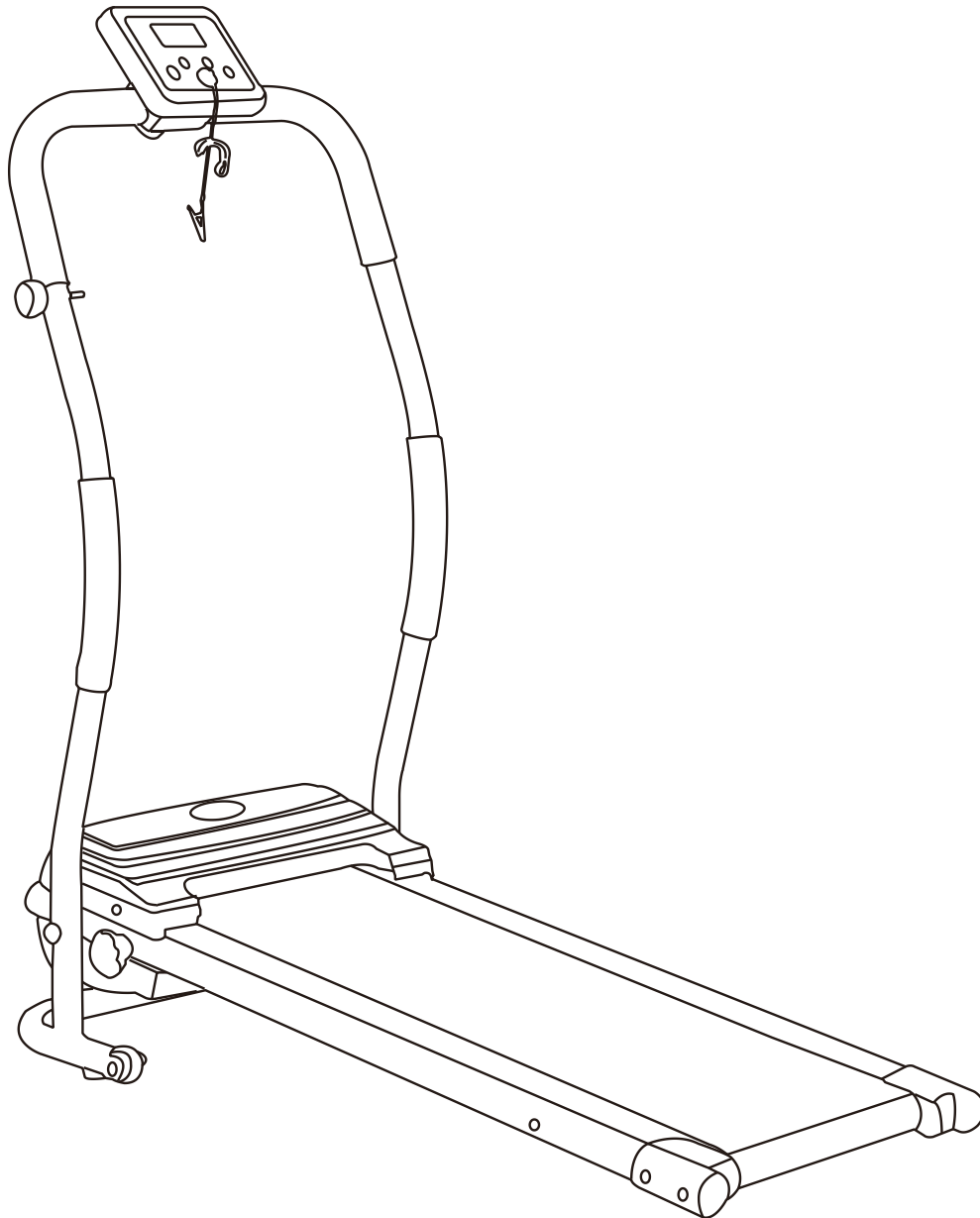




LS-11 OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- Never allow children on or near the treadmill.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and not suitable for long time running.

- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

2. IMPORTANT ELECTRICAL INFORMATION

WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is high-power item; please do not share the same outlet with other high power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

3. IMPORTANT OPERATING INSTRUCTIONS

- Be sure to read the entire manual before operating your machine.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Do not use excessive pressure on console control keys. They are precision set to function properly

4. PRODUCT DIAGRAM



5. ASSEMBLY INSTRUCTIONS

PART LIST

1. M6*40 Inner hex screw 1pc
2. M12*50 Inner hex screw 1pc
3. Magnetic Safety Key

ASSEMBLY TOOLS

1. M6 Inner Hex Spanner 1pc

STEP 1:



1. Open the carton
 2. Extract the parts listed above
 3. Place the Main Frame onto level ground
-

STEP 2:



1. Remove the nut from the upper of handrail.
 2. Erect the handrail
 3. Twiddle nut into the hole
-

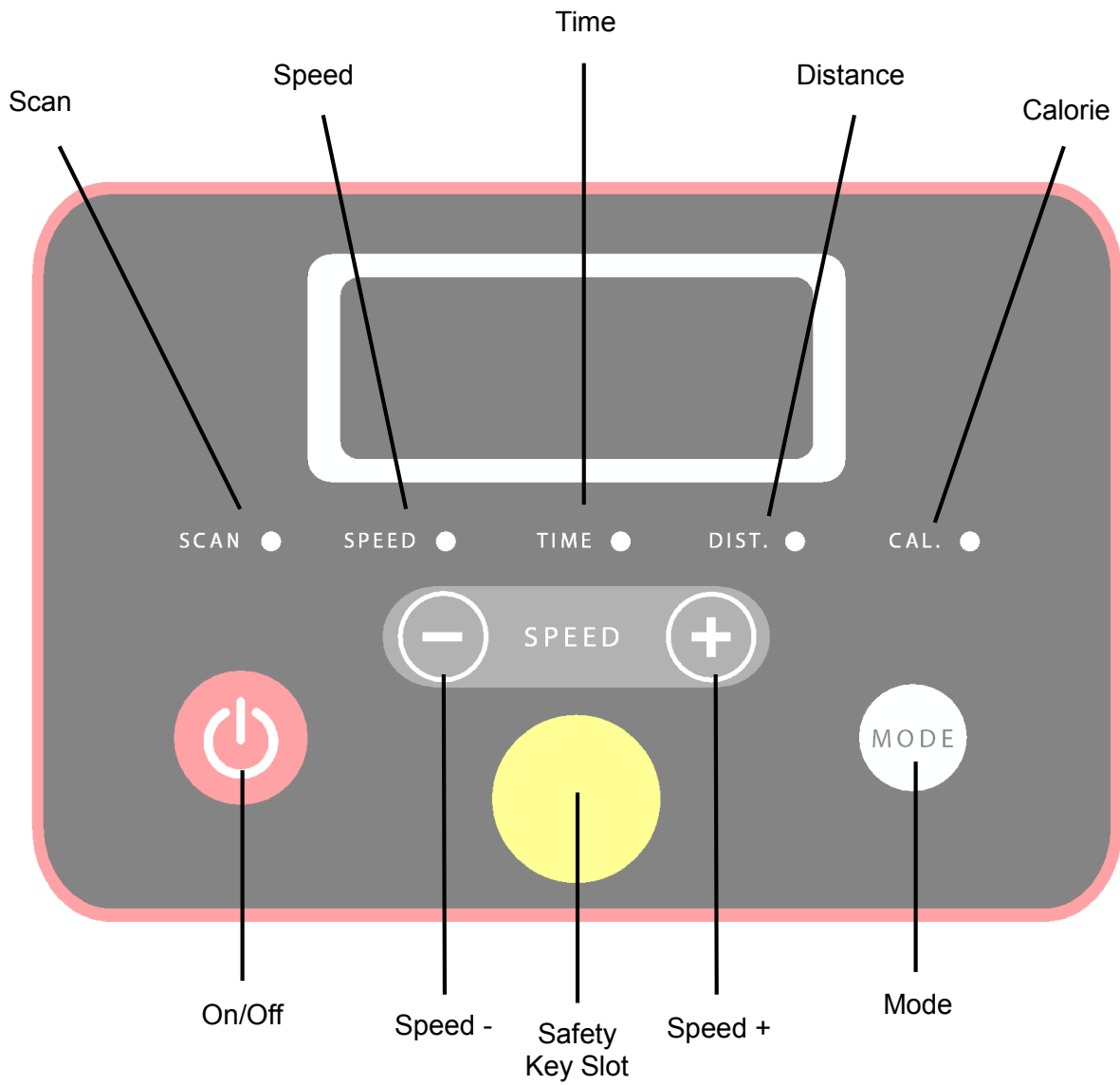
STEP 3:



1. Connect the control panel with the net and use the M6 inner hex screw to connect it tightly.
 2. Attach the safety key onto the control panel.
-

6. OPERATION GUIDE

1. OVERVIEW



2. OPERATION

1. Plug in the power, attach safety key and switch the machine on. The machine will then enter standby. Press the on/off button machine enter into working conditions. Pressing the on/off button again will place the machine back into standby.
2. Program Usage: during standby press MODE to cycle through available programs.
 - a. “- - - -“: manual mode
 - b. P1: automatic program 1
 - c. P2: automatic program 2
 - d. P3: automatic program 3

In program mode you can use the speed +/- keys to set the total workout time between 5 and 30 minutes. The default time is 10 minutes.

Press the on/off button to start the program.

3. In manual mode, the starting speed is 1.0km/h. Speed can be adjust using the speed +/- buttons. Speed can be set between 1.0km/h and 8.0hm/h.
4. In automatic programs the speed +/- buttons are not available. The machine will beep for 3-4 seconds before changing to the next speed.
5. Press the on/off button stop your workout. The machine will slow down to a stop.
6. Removing the safety key will stop the machine quickly. The display will show the word “safe” when this is done.

Program Charts

Program 1 (based on default 10min workout)

INTERVAL NO.	1	2	3	4	5	6	7
SPEED	1.0	3.0	5.0	7.0	5.0	3.0	1.0
WORKING TIME (MIN)	1	1	1	4	1	1	1
TIME RATIO	10%	10%	10%	40%	10%	10%	10%

Program 2 (based on default 10min workout)

INTERVAL NO.	1	2	3	4	5	6	7	8	9	10
SPEED	2.0	3.0	4.0	5.0	6.0	5.0	4.0	3.0	2.0	3.0
WORKING TIME (SEC)	30	30	30	30	60	30	30	30	60	30
TIME RATIO	5%	5%	5%	5%	10%	5%	5%	5%	10%	5%

INTERVAL NO.	11	12	13	14	15	16	17
SPEED	4.0	5.0	6.0	5.0	4.0	3.0	2.0
WORKING TIME (SEC)	30	30	60	30	30	30	30
TIME RATIO	5%	5%	10%	5%	5%	5%	5%

Program 3 (based on default 10min workout)

INTERVAL NO.	1	2	3	4	5	6	7	8	9	10
SPEED	3.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0
WORKING TIME (SEC)	30	30	30	30	30	30	30	30	30	30
TIME RATIO	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%

INTERVAL NO.	11	12	13	14	15	16	17	18	19	20
SPEED	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0
WORKING TIME (SEC)	30	30	30	30	30	30	30	30	30	30
TIME RATIO	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%

7. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE

WARNING: STOP TREADMILL BEFORE FOLDING

1. General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

2. General Care

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.

- If in doubt do not use the treadmill and contact us.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

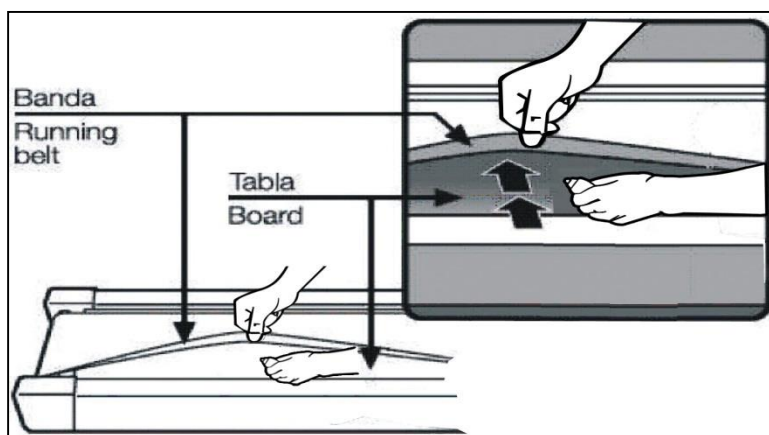
3. Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).



3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

Video Tutorial Available at:
<http://youtu.be/cP9NtFHfWlc>

Lifespan Fitness Channel:
<http://www.youtube.com/user/treadmillsvideos>

4. How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.

5. Adjusting the Running Belt

Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

If the belt has drifted to the **right**:

Whilst the treadmill is running at 4km/h, carefully turn the **right** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture A*

If you have over adjusted the belt and it drifts to the right, carefully turn the **right** adjusting bolt **anticlockwise** until the belt centers.

If the belt has drifted to the **left**:

Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture B*

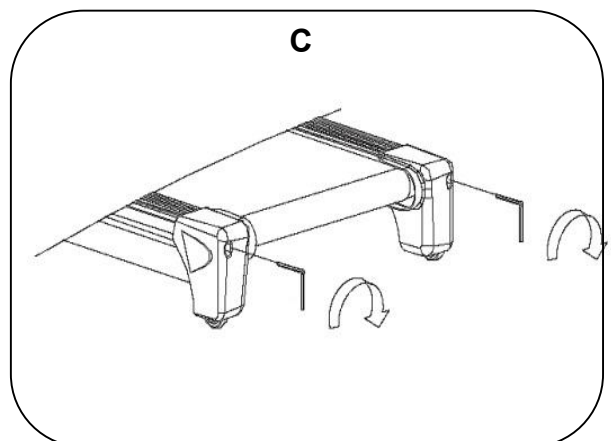
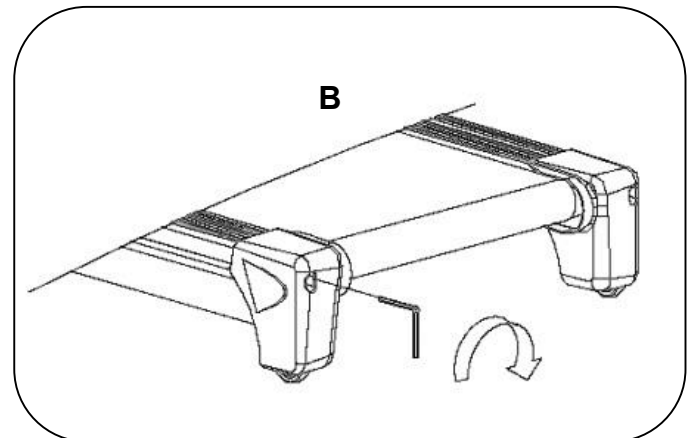
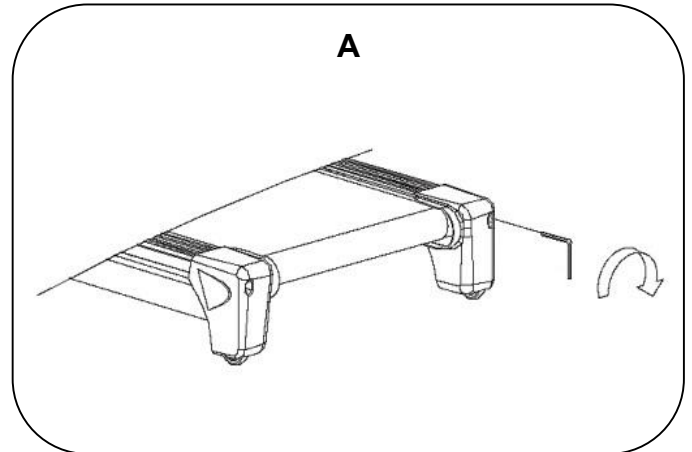
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

To adjust the **tightness** of the belt:

Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

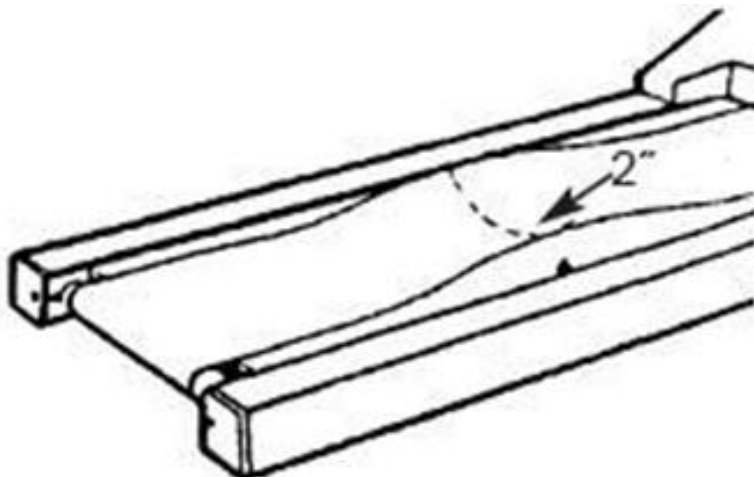
See *Picture C*

If the belt is over tightened, simply do the opposite to loosen.



NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.



Video Tutorial Available at:
<http://youtu.be/vllsamTSvvA>

Lifespan Fitness Channel:
<http://www.youtube.com/user/treadmillsvideos>

8. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via other means.