




# Apex 2 Smart Treadmill


USER MANUAL




 **kinomap**

**30 DAY FREE TRIAL**

\*Terms and conditions apply. Offer can be rescinded at any time.



 Find the Digital Manual Online



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.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)





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# I. IMPORTANT SAFETY INSTRUCTIONS

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 **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.

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## **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.
- 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 power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- 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 is not suitable for commercial environments.
- 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.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Injuries to health may result from incorrect or excessive training.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **WARNING:** Heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C.

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

# II. IMPORTANT ELECTRICAL INFORMATION

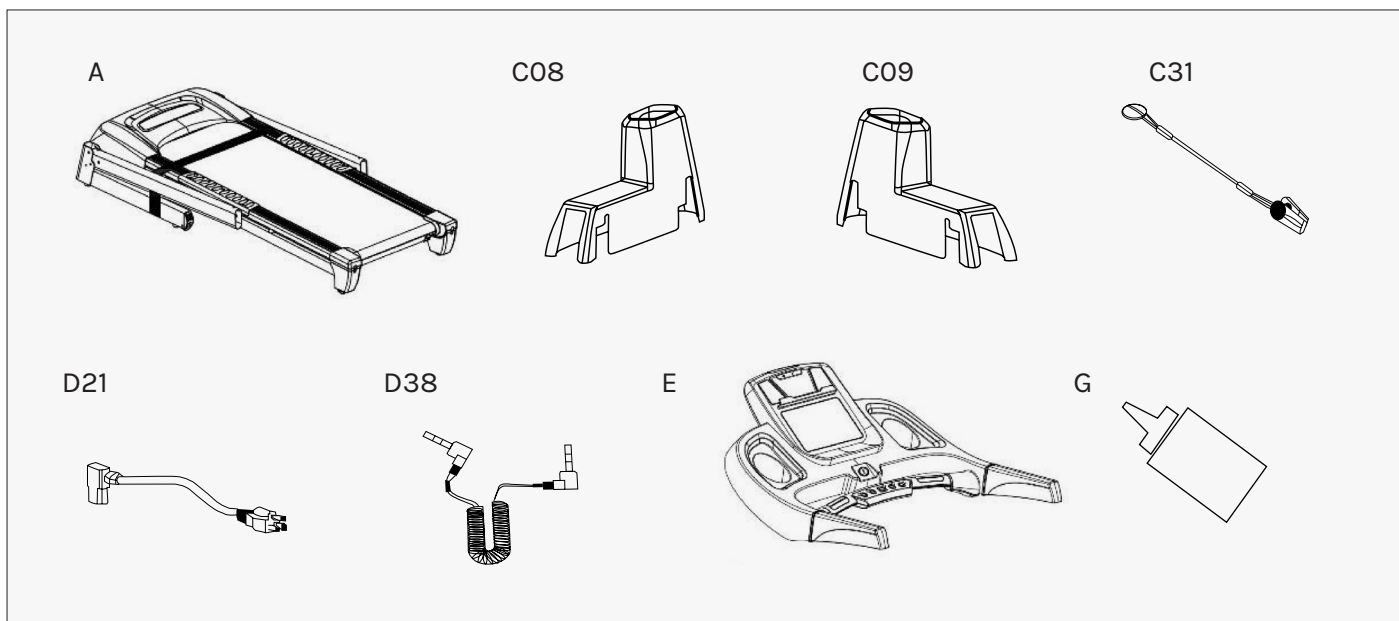
## **WARNING!**

- 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 a 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.

# III. IMPORTANT OPERATING INSTRUCTIONS

- 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.
- This unit starts with at a very low speed. It is recommended to stand on the side rails and only step on the treadmill as it is moving on a slow speed. This will prolong the life of your motor and run the belt smoothly.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving at high speeds.
- 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.
- Replace any defective components immediately. The machine must be kept out of use until repaired.
- Belt wear-in period: all treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not completely go away. The belt will stretch over time, causing it to ride smoother over the rollers.

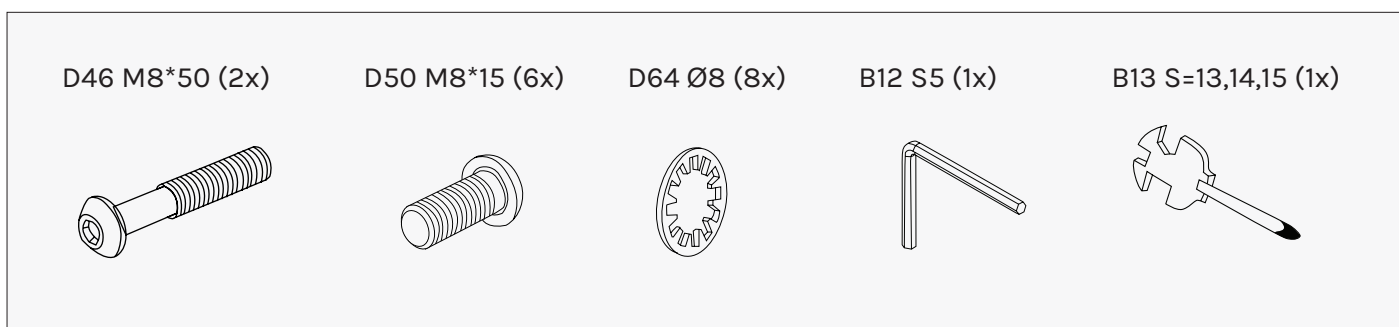
# IV. ASSEMBLY INSTRUCTIONS



No.	Description	Qty
A	Main Frame	1
C08	Left Upright Tube Cover	1
C09	Right Upright Tube Cover	1
C31	Safety Key	1
D21	Power Wire	1

D38	MP3 Wire	1
E	Console Base	1
C	Lubrication Oil	1

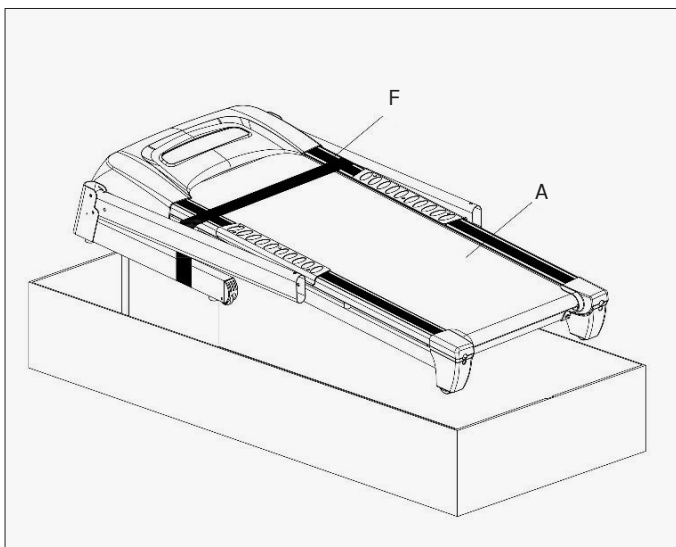
## HARDWARE PACK:



### WARNING!

Do not connect power before completing assembly

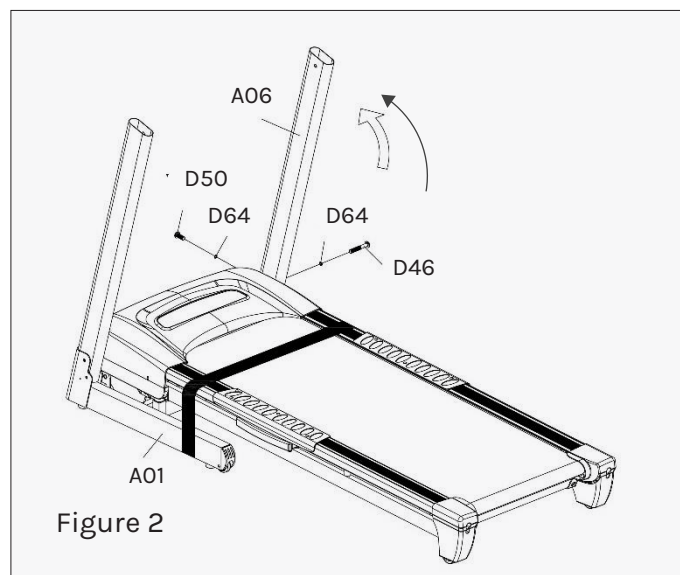
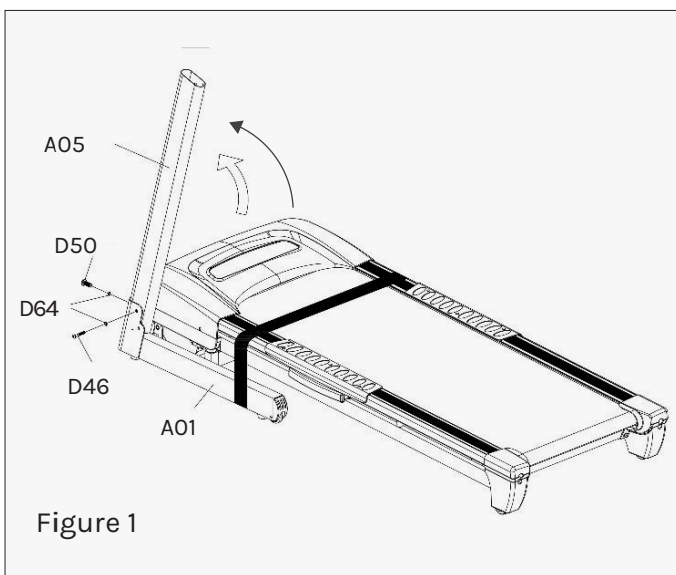




## STEP 1

1. Open the carton and remove all contents. Place the Main Frame (A02) on level ground and ensure that you have a clean work space that has adequate space.

**NOTE:**  
For safety reasons, do NOT cut the Packing Belt (F) until you've completed assembly.

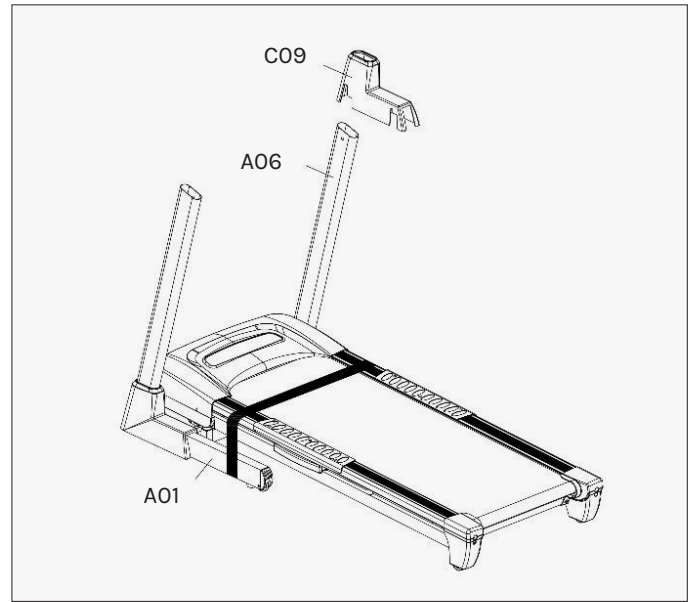
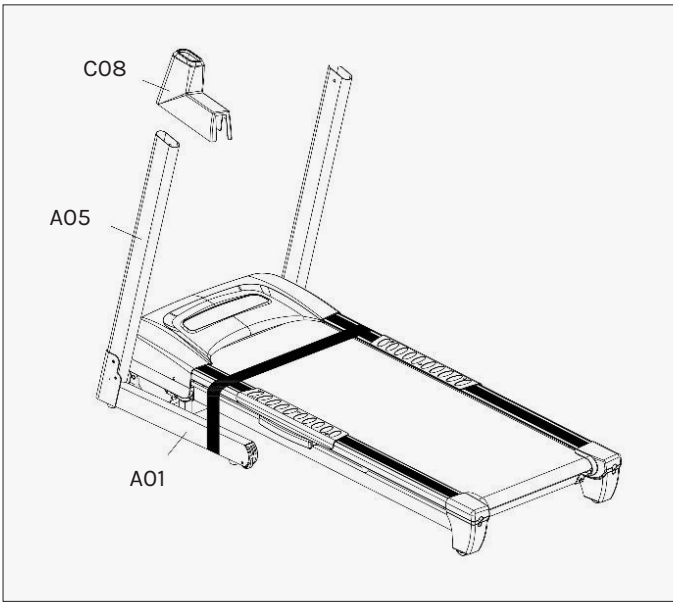


## STEP 2

**Caution:** Be careful when unfolding to avoid crushing or damaging the cables inside the upright tubes.

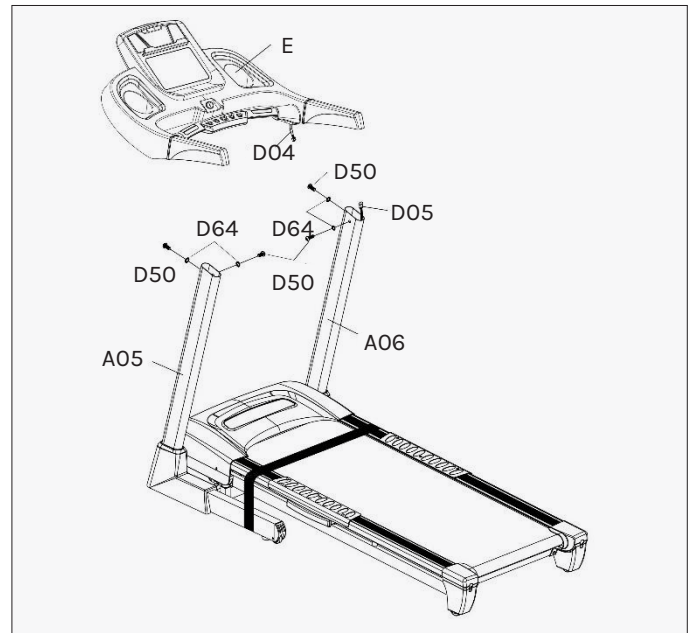
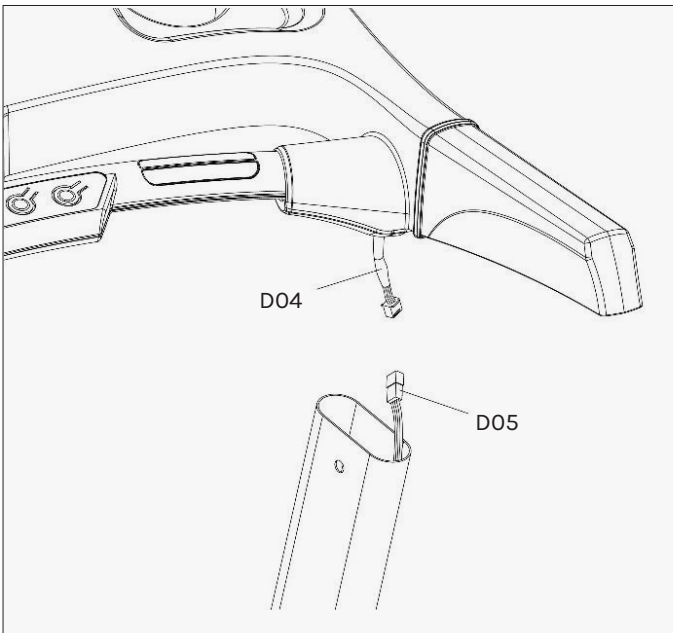
1. Lift the Left Upright Tube (A05) upwards. See Figure 1.
2. Fix the Left Upright Tube (No. A05) to the Base Frame (No. A01). Use 1x Bolt (No. D46) and 1x Lock Washer (No. D64) to attach the side, and 1x Bolt (No. D50) and Lock Washer (No. D64) to attach the front. Secure using Allen Wrench (No. B12).
3. Repeat the step above to assemble the Right Upright Tube (No. A06) to the Base Frame (No. A01). See Figure 2.

**NOTE:**  
During assembly, support the Upright Tubes (No. A05 and A06) with your hand to prevent them from falling.



### STEP 3

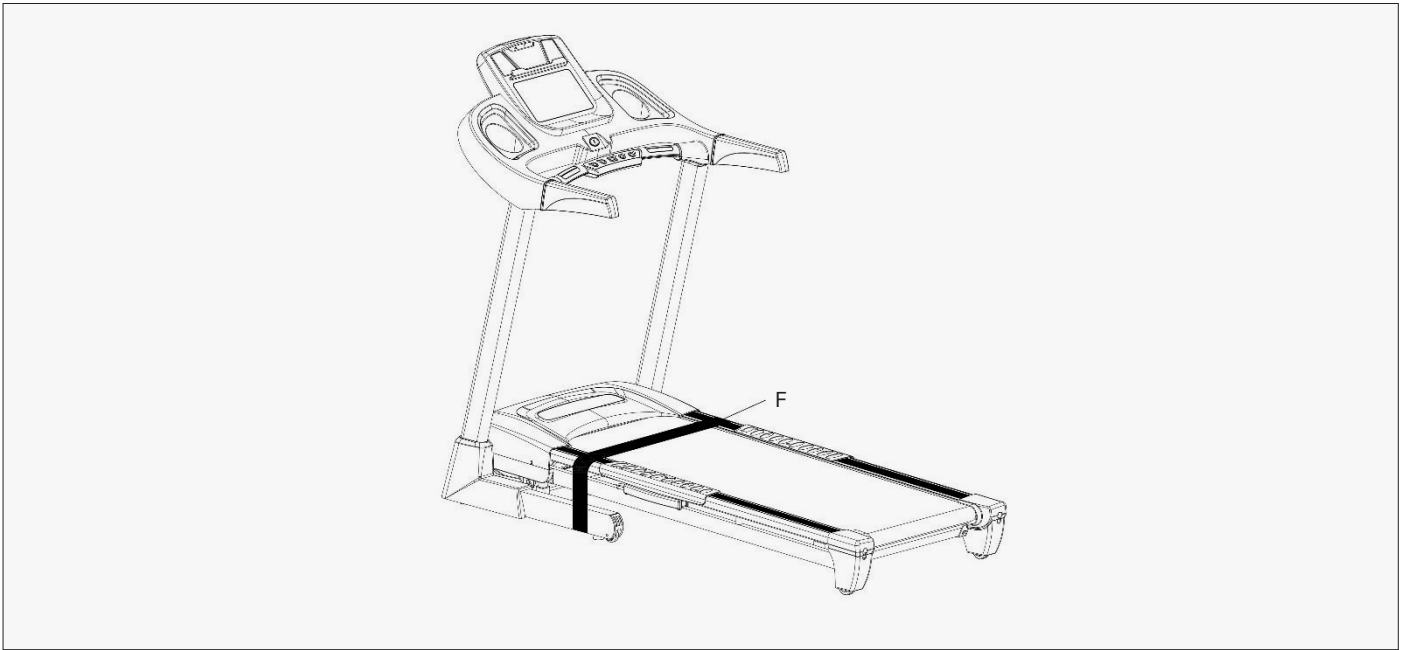
1. Insert the Left Upright Tube Cover (C08) into the bottom of the Left Upright Tube (A05). Push down to secure the Left Upright Tube Cover (C08) to the Base Frame (A01).
2. Repeat the step above to attach the Right Upright Tube Cover (C09) to the Base Frame (A01).



**Caution:** When installing the display, check the cables are safely slotted inside the tubes to avoid crushing and damaging the cables.

### STEP 4

1. Connect the Top Signal Wire (No. D04) to the Middle Signal Wire (No. D05).
2. Fix the Console Base (No. E) to the Left and Right Upright Tubes (No. A05 & A06) with 4 Bolts (No. D50) and 4 Lock Washers (No. D64). Tighten using Allen Wrench (No. B12).



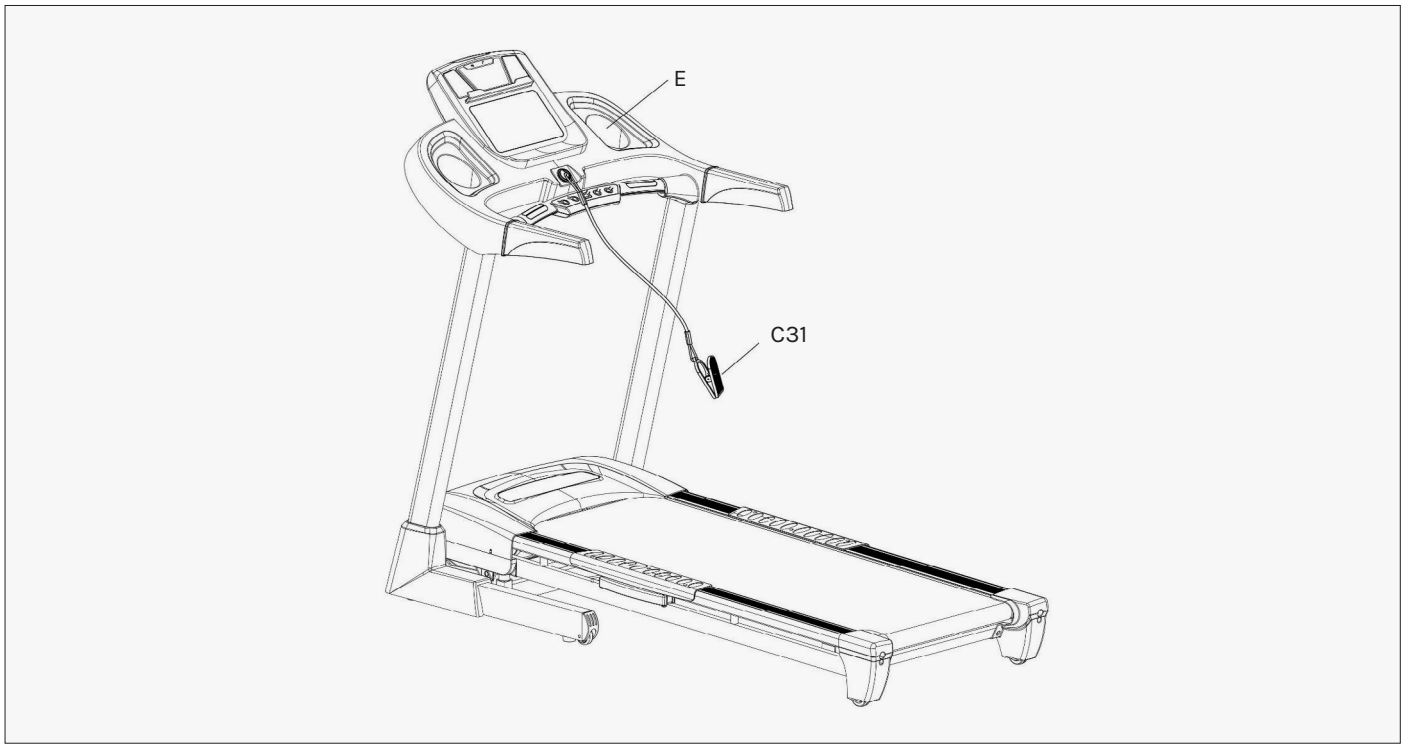
## STEP 5

1. Cut the Packing Belt (F).



## STEP 6

1. Unscrew the Wire Rope (No. B15) and Bolt (No. D50) by using Allen Wrench (No. B12).

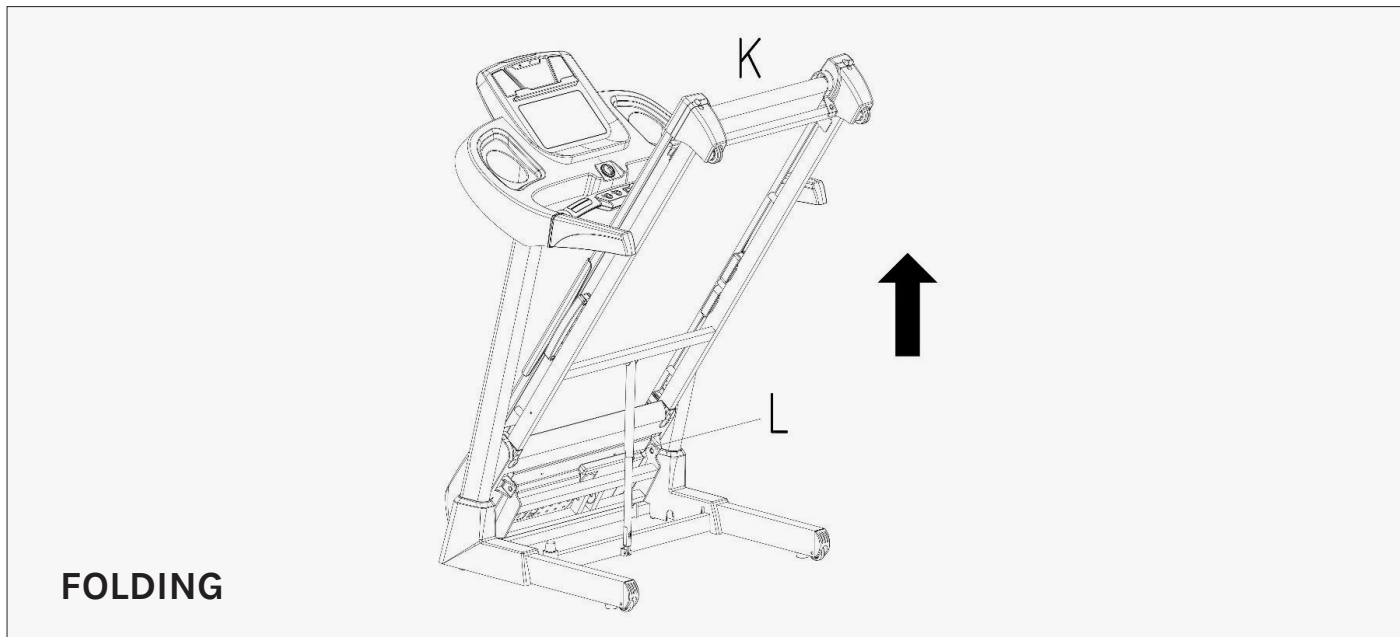


## STEP 7

1. Insert the Safety Key (No.C31) into the magnet area of the Console (No. E).
2. Plug the power cord at the back and turn on the power switch. You can now begin exercising.

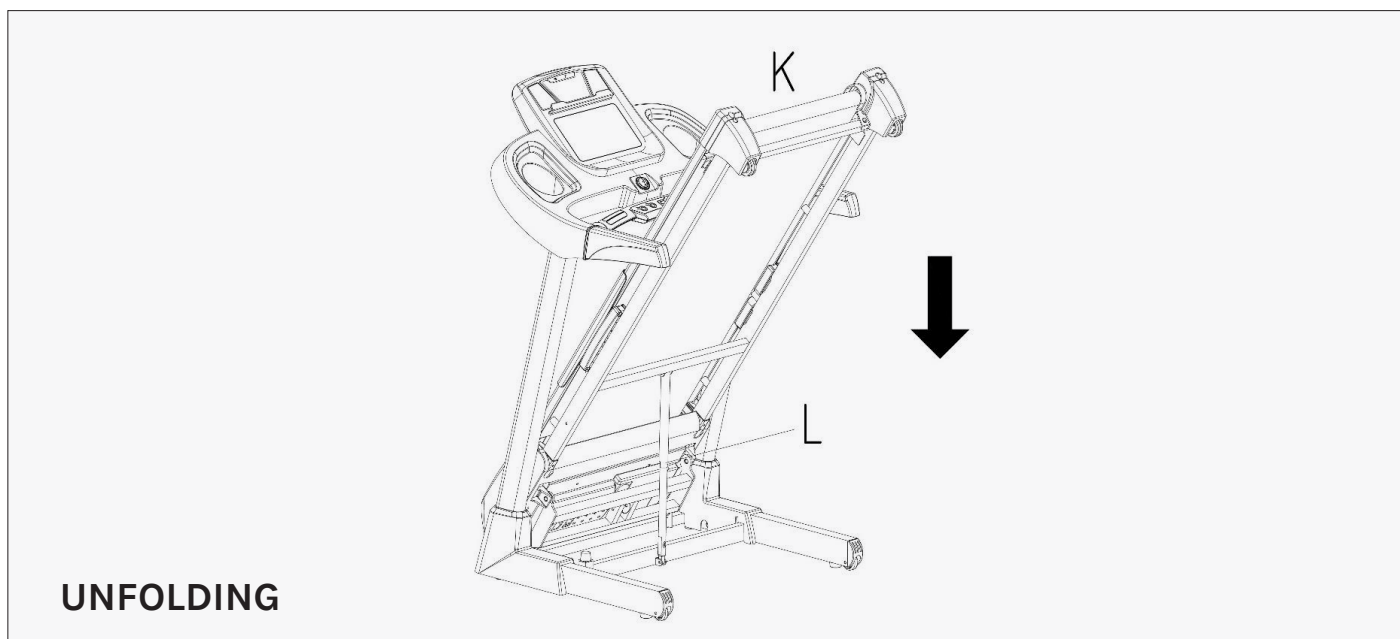
**Important:** Do not plug this treadmill on a power board with other electrical equipment. Plug directly on its own socket on the wall.

# V. FOLDING INSTRUCTIONS



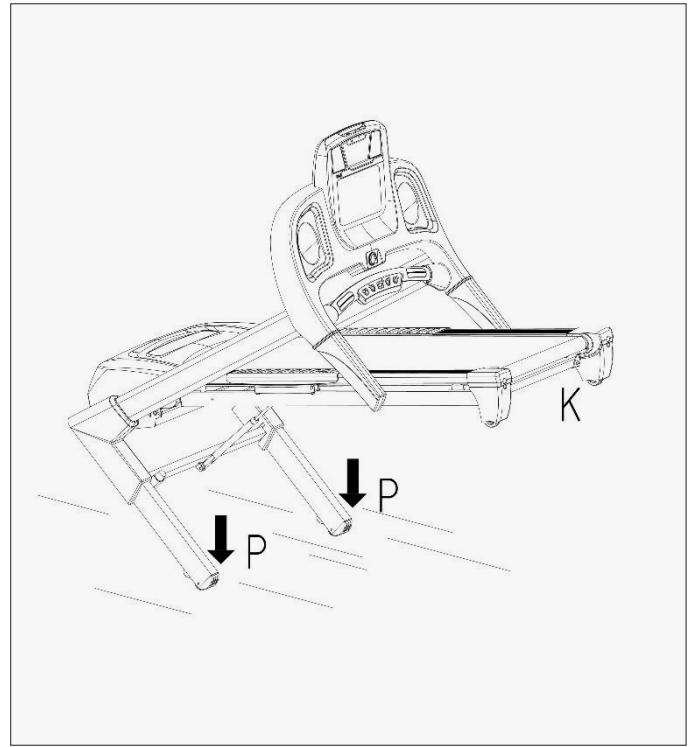
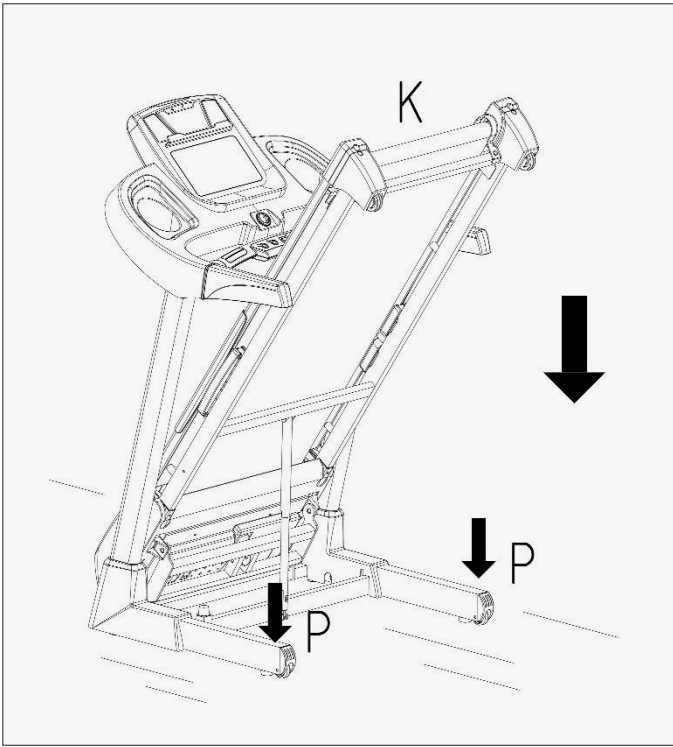
Place your hand at the end of the running deck [position K] and lift the Main Frame until the Air Pressure Cylinder locks [position L].

**!** **NOTE:** You will hear a click when the Air Pressure Cylinder is successfully locked in.



Grasp the Main Frame with one hand [position K] and use your foot to lightly kick the Air Pressure Cylinder to unlock [position L]. Give the Main Frame a downward push from position K and the running deck should automatically continue to steadily lower itself (you do not need to hold onto it) until the Main Frame reaches level ground.

**!** **NOTE:** Before lowering the main frame, ensure that the space directly underneath it is clear of any objects.



## HOW TO MOVE THE MACHINE

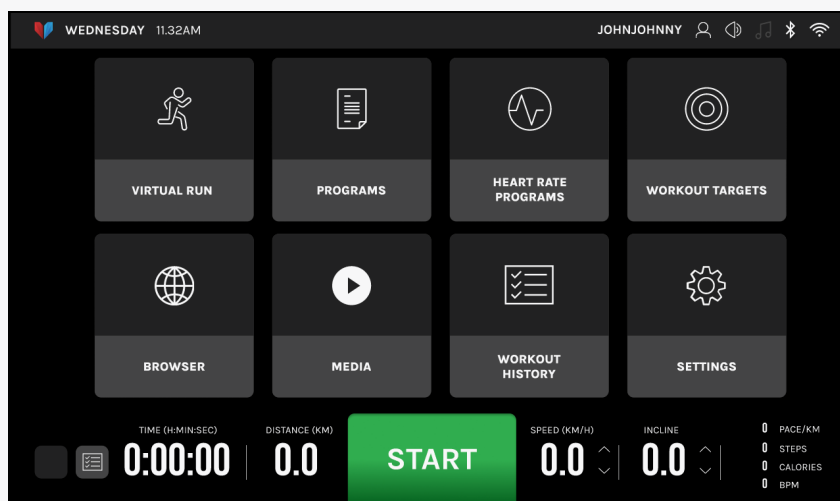
Before attempting to move the treadmill, please make sure the treadmill has been properly folded and the power cord has been removed from the outlet.

Clear the space where you wish to move it to and ensure you have enough space.

Start by placing one hand at position K to support the top end of the treadmill. Next, place one foot at position P to hold steady the bottom end of the treadmill.

With your foot at position P, slowly begin lowering the top of the treadmill towards the ground. Once the top of the treadmill [position K] reaches a low enough point, the wheels will hit the ground, making it easy to move your treadmill to the desired location. You can hold onto [position K] and one of the handlebars to help you wheel it into position.

# VI. OPERATION GUIDE




Button Control Panel




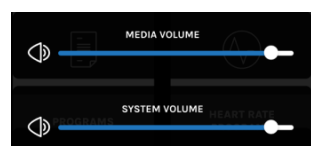
## BUTTON FUNCTIONS:


1. **INCLINE +:** Press this button to increase the incline. Maximum is 18 levels.
2. **INCLINE -:** Press this button to reduce the incline.
3. **START//STOP//PAUSE:** Press this button to start, pause or stop the machine.
4. **SPEED +:** Press this button to increase the speed. Maximum is 20km/h.
5. **SPEED -:** Press this button to reduce the speed. Minimum is 1.0km/h.


## DISPLAY ICONS:

 **JOHNJOHNNY** Displays Username with User profile is selected in Settings page.

 Volume - Users can change Media or System volume by pressing this icon. The volume bar will show the following and user can adjust volume by swiping the dot left or right. After 3 seconds it will disappear.



 Media icon (USB) will be greyed out when there is no USB stick plugged into display.

 Bluetooth Icon will be greyed out if it is not connected. Users need to connect this at the settings page and ensure their Device Bluetooth is also turned ON.



Wi-Fi icon will be greyed out if it is not connected. Users need to connect this at the settings page.



Clicking on this icon will take you to the workout dashboard to change the Speed/ Incline. Speed ranges from 1.0-20km/h and Incline 0-18 levels.



Displays workout history.



or



Cooldown icon.



Workout dashboard - displays the Speed/Incline graph, Keypad for quick Speed/Incline or -/+ icon for Speed/Incline.



Back button - returns to previous screen.



Home button - Returns to Main Screen.

## MEDIA HUB:

**MP3 Connection:** Connect your mobile device to the treadmill using the MP3 AUX cord to play music. Use your device's controls to choose songs and adjust the volume.

**Bluetooth Music:** Connect your mobile device to the treadmill via Bluetooth to play music. Use your device to select songs and control the volume.

2.1 Connect your device through Bluetooth.

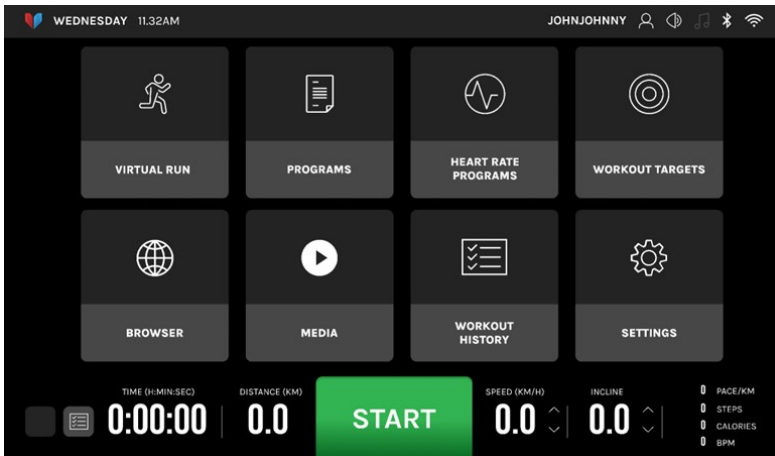
2.2 On your mobile device, select "QY-BTSP" from the list of available devices to connect.

2.3 If your mobile device receives a call while connected via Bluetooth, the treadmill's Bluetooth will automatically disconnect. After the call ends, Bluetooth will reconnect, and music playback will resume automatically.

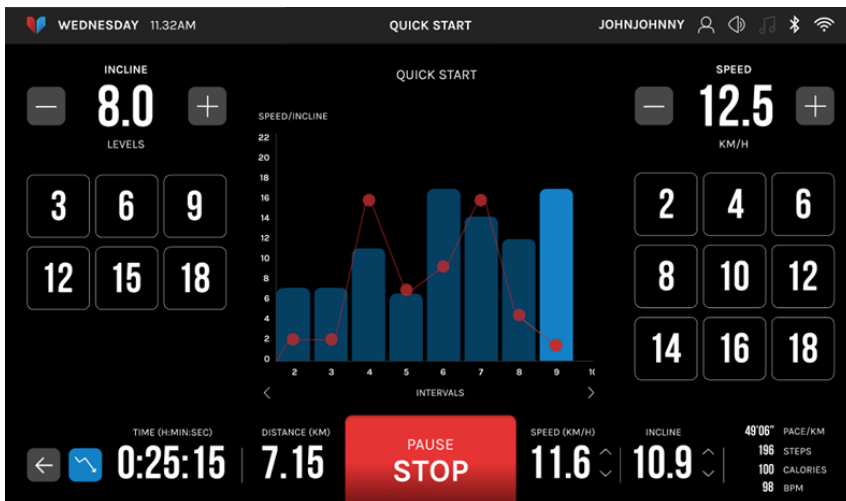


# WORKOUT PROGRAMS

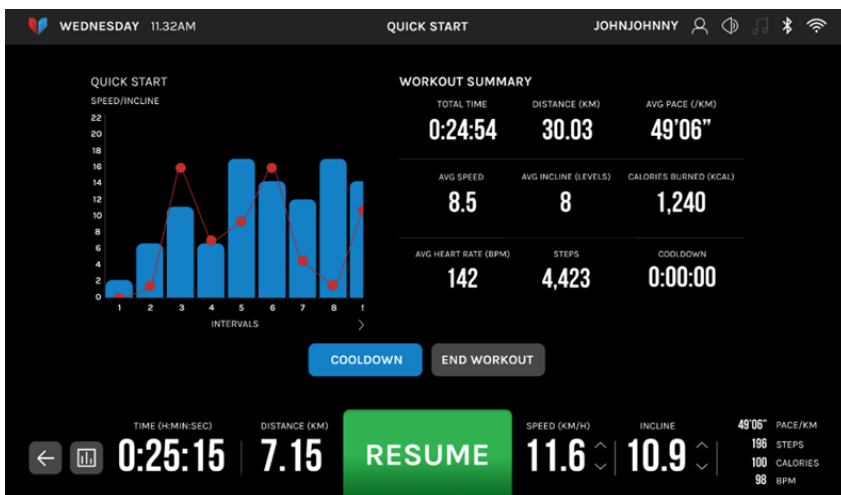
## 1. Quick Start Mode



- Press the **Start/Pause** button or the **Start** (on screen) to begin work out after countdown from 3.
- The display will remain in the main menu. To access the work out setting page (**Dashboard**), press the Up/Down arrows (on screen) or . To return back to main menu press the . You can watch videos or play music from **MEDIA** or access the **BROWSER** during your workout. Clicking on other programs, workout history or settings icons on the main menu will display a prompt to ask if you wish to end your current workout.
- Use the Up/Down buttons or from the screen -/+ or keypad to adjust your speed and incline.





- Press **Start/Pause** button or **Pause/Stop** (on screen) to pause your workout.





- Display will show a workout summary. You can resume work out by pressing the Start/Pause button or pressing Resume on the display. The speed and incline will continue from previous setting.

- To end workout, first **PAUSE** the workout then press **END** Workout on display (in work out summary page) or press and hold the Start/Pause button. The screen will be cleared and return to main menu.

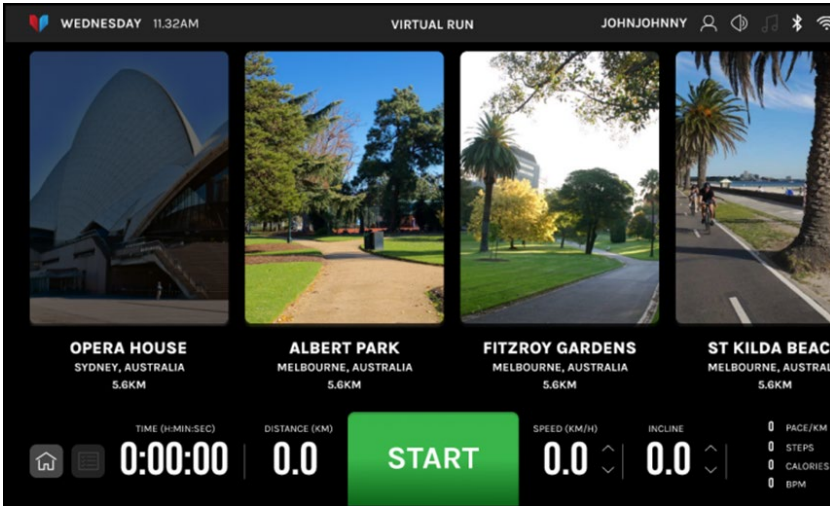
- At any time, User can enter Cooldown mode with the following buttons  or  (Summary screen).



## 2. Cooldown Mode

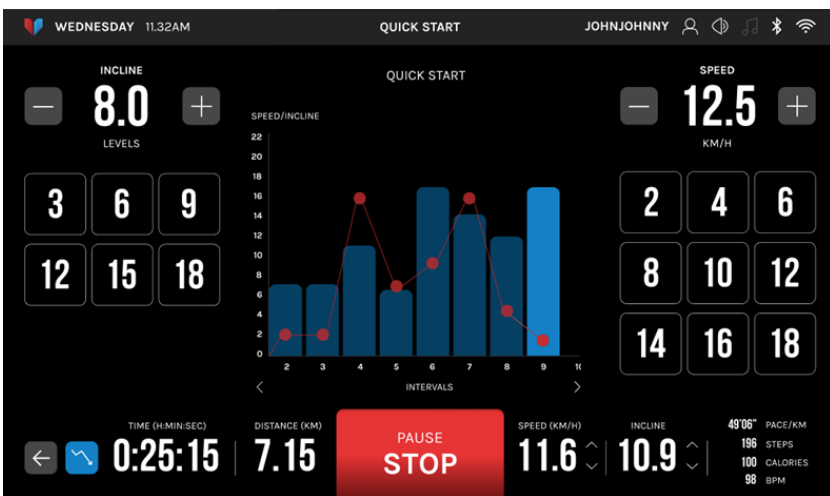
- Duration of Cooldown mode is 5 minutes.
- Default Cooldown speed is 7, 6, 5 and 4. Incline is 4, 3, 3, 0 and 0. If your current workout speed is under 7, then the starting speed for the Cooldown will begin from the initial workout speed and then follow through to the next Cooldown speed. The same applies for Incline. If User is already at the Minimum Speed and no Incline, the Cooldown will run at the current settings for 5 minutes.
- During your workout (on all programs) you can enter cooldown mode by pressing this button 
- At the work out summary page you can enter cooldown mode by pressing 
- At the end of the workout, you will see a workout summary of your initial workout and Cooldown time will be entered in.
- To exit the screen, press the **HOME** button or press **Start** to enter Quick Start.

## 3. Virtual Run Program

Choose from the following virtual run locations: Opera House, Albert Park, Fitzroy Gardens, St Kilda Beach, Werribee Gorge, or Yarra River Trail.



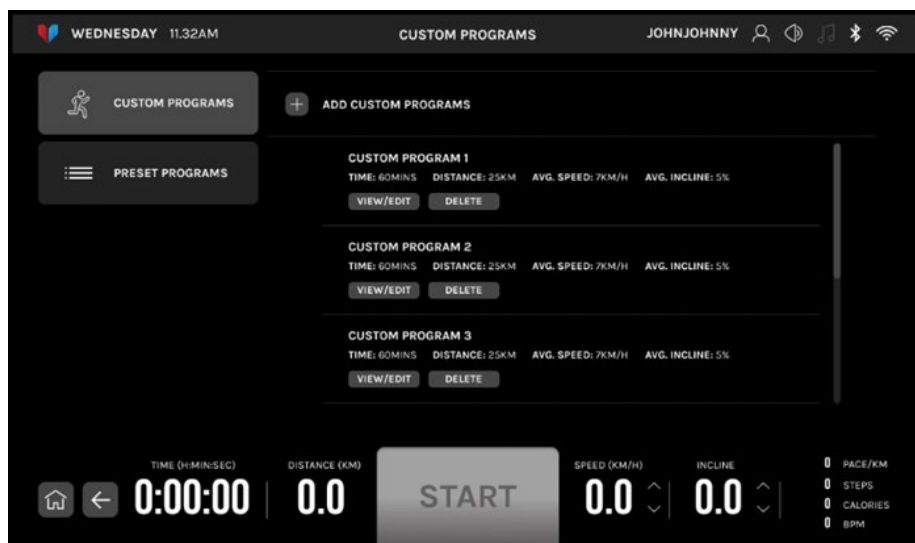
- After selecting a virtual run location, press **START** to begin the workout.
- Press v to hide the running data on the console and enlarge the virtual scene, or ^ to display it again.
- During the run, you can adjust speed and incline using the Up/Down buttons or on the screen . Pressing the screen ^/v will change the screen to the Dashboard page. From here you can change speed/incline with the keypad or -/+ . To return to the scenery screen press .
- After the run is completed the system will judge your running performance automatically.



**Note:** The virtual run speed will adapt to these changes, but the virtual incline will change if there back automatically if there is incline on the virtual scene. For example: If user setting had 1 incline and the scenery comes to an area with a higher incline, the incline setting will revert to scenery incline level.

## 4. Programs Mode

You can choose between Custom Programs and Preset Programs.

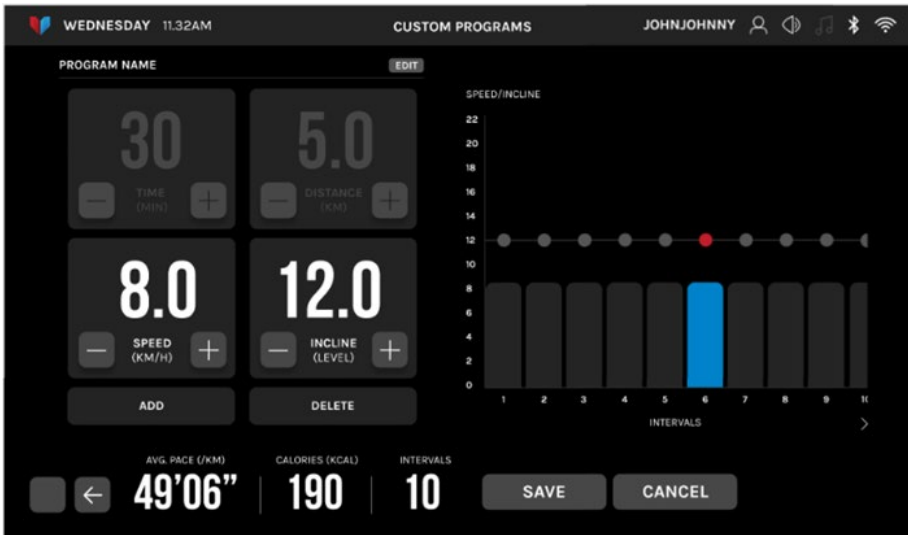


**4.1. Custom Programs:** Set your preferred workout parameters to personalize your session.

- Maximum segment users can set is 12. Maximum speed at 20km/h and maximum incline at 18 levels.



- Press the [+] to add a custom program and name the program. Program name is mandatory or it will not save.
- Set the **TIME** by pressing the -/+ or press the digit to bring up the keypad. Users can set the time to maximum 100 minutes.
- To edit the segments for Speed/Incline, click on the graph bar for the 1st segment. The greyed-out Speed/Incline will change to white text, and you can edit the speed using the -/+ or the keypad.



- To add more segments, press **ADD**.
- To delete a segment, choose the segment to delete on the graph bar and press **DELETE**.
- Once you have finished your setting. Press **SAVE** or **CANCEL** (if you do not want to save).
- Press the back button to return to the Custom programs or press **START** to start the program.
- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.
- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

#### 4.2. Preset Programs: Choose from 24 different preset workout programs.

- On the Preset Programs screen you can view the programs by pressing **VIEW**.
- In the Preview page for the Present program, Users can edit the time for how long the program runs for. Default times are set for each program which and be viewed on the Program list screen.
- To start the program simply choose the program and press **START**.
- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.
- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

## Programs Chart

Program	Intervals	1	2	3	4	5	6	7	8	9	10	11	12
P01 Warm Up	SPEED	4	5	6	6	7	7	7	7	6	6	5	4
	INCLINE	0	1	1	2	2	2	2	2	2	1	1	0
P02 Incline Walk (Beginner)	SPEED	3	3.5	3	3	3.5	3	3	3.5	3	3	3.5	3
	INCLINE	3	3	3	4	4	4	5	5	4	4	3	3
P03 Incline Walk (Intermediate)	SPEED	4.5	5	4.5	4.5	5	4.5	4.5	5	4.5	4.5	5	4.5
	INCLINE	3	3	3	4	5	6	7	7	8	8	3	0
P04 Incline Walk (Advanced)	SPEED	6	6.5	6	6	6.5	6	6	6.5	6	6	6.5	6
	INCLINE	5	5	5	6	7	8	9	9	10	10	5	0
P05 Incline Jog (Beginner)	SPEED	6	6.5	6	6	6.5	6	6	6.5	6	6	6.5	6
	INCLINE	3	3	3	4	4	4	5	5	4	4	3	0
P06 Incline Jog (Intermediate)	SPEED	8	8.5	8	8	8.5	8	8	8.5	8	8	8.5	8
	INCLINE	3	3	3	4	5	6	7	7	8	8	3	0
P07 Incline Jog (Advanced)	SPEED	10	10.5	10	10	10.5	10	10	10.5	10	10	10.5	10
	INCLINE	5	5	5	6	7	8	9	9	10	10	5	0
P08 HIIT Speed Only (Beginner)	SPEED	5	7	5	7	5	7	5	7	5	7	5	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P09 HIIT Speed Only (Intermediate)	SPEED	5.5	8	5.5	8	5.5	8	5.5	8	5.5	8	5.5	5.5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P10 HIIT Speed Only (Advanced)	SPEED	6	12	6	12	6	12	6	12	6	12	6	6
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P11 HIIT Speed and Incline (Beginner)	SPEED	5	7	5	7	5	7	5	7	5	7	5	5
	INCLINE	4	8	4	8	4	8	4	8	4	8	4	4
P12 HIIT Speed and Incline (Intermediate)	SPEED	5.5	8	5.5	8	5.5	8	5.5	8	5.5	8	5.5	5.5
	INCLINE	4	8	4	8	4	8	4	8	4	8	4	4
P13 HIIT Speed and Incline (Advanced)	SPEED	6	9	6	9	6	9	6	9	6	9	6	6
	INCLINE	5	9	5	9	5	9	5	9	5	9	5	5
P14 Hill Climb (Beginner)	SPEED	6	6	6	5.5	5.5	5.5	5	5	5	4	4	4
	INCLINE	0	2	4	6	7	8	9	10	11	12	13	3

Program	Intervals	1	2	3	4	5	6	7	8	9	10	11	12
P15 Hill Climb (Intermediate)	SPEED	7	7	7	6.5	6.5	6.5	6	6	6	5	5	5
	INCLINE	1	3	5	7	8	9	10	11	12	13	14	4
P16 Hill Climb (Advanced)	SPEED	8	8	8	7.5	7.5	7.5	7	7	7	6	6	6
	INCLINE	2	4	6	8	9	10	11	12	13	14	15	5
P17 Leg Burner	SPEED	5	5	5	6	6	6	5	5	5	6	6	6
	INCLINE	0	6	8	10	12	12	0	6	8	10	12	12
P18 Trail Walk	SPEED	5	5	4	3	3	6	6	4	3	3	4	4
	INCLINE	2	4	3	5	6	1	1	3	5	7	4	4
P19 Steep Trail Walk	SPEED	5	5	4	3	3	6	6	4	3	3	4	4
	INCLINE	7	9	8	10	11	6	6	8	10	12	9	9
P20 Energy Burst	SPEED	4	4	5	6	8	10	10	12	12	8	5	4
	INCLINE	0	2	3	3	2	2	2	2	2	2	3	0
P21 Track Sprint	SPEED	5	6	8	10	12	12	6	8	10	12	12	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P22 Over The Hills	SPEED	5	6	4	8	10	5	5	6	4	8	10	5
	INCLINE	5	4	6	2	0	5	5	4	6	2	0	5
P23 Fast Slow	SPEED	6	10	12	10	8	8	6	10	12	10	8	8
	INCLINE	4	0	0	0	2	2	4	0	0	0	2	2
P24 Walk In the Park	SPEED	3	3	3	4	4	5	5	4	5	5	4	3
	INCLINE	0	1	2	1	2	2	0	1	2	1	2	0

## 5. Heart Rate Control (HRC) Programs

To use this program, Users must hold onto the pulse handlebars.

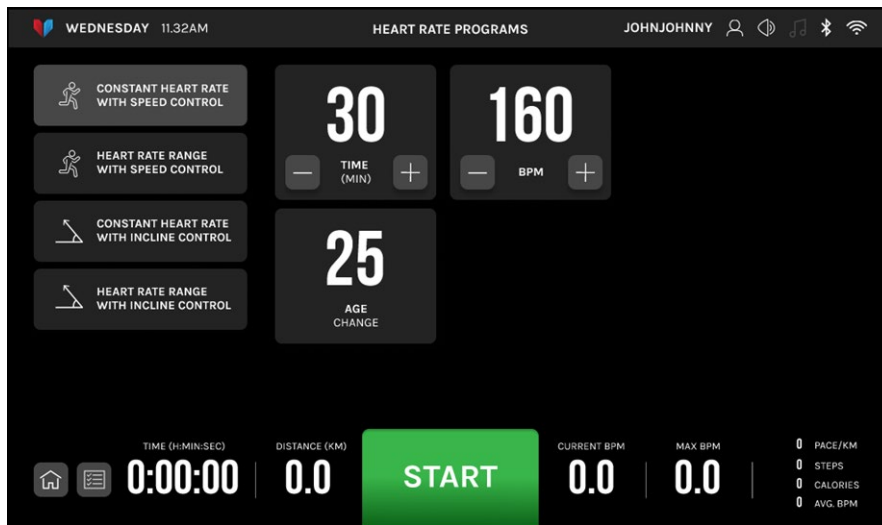
Choose from four different heart rate programs:

### CONSTANT HEART RATE CONTROL WITH SPEED CONTROL CONSTANT HEART RATE CONTROL WITH INCLINE CONTROL

- Speed/Incline is controlled by BPM setting.
- Maximum Incline 18 levels and Speed 20km/h.

## HEART RATE RANGE WITH SPEED CONTROL HEART RATE RANGE WITH INCLINE CONTROL

- Speed/Incline is controlled by Min-Max BPM setting.
- Maximum Incline 18 levels and Speed 20km/h.



### 5.1. Using the Contant Heart Range Control with Speed/Incline:

- Set your preferred TIME and BPM, and your AGE for exercise. Maximum BPM is 180.
- Press START to begin.
- User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline 1, 2, and 3.
- After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting.
- Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.

### 5.2. Using the Heart Rate Range with Speed/Incline:

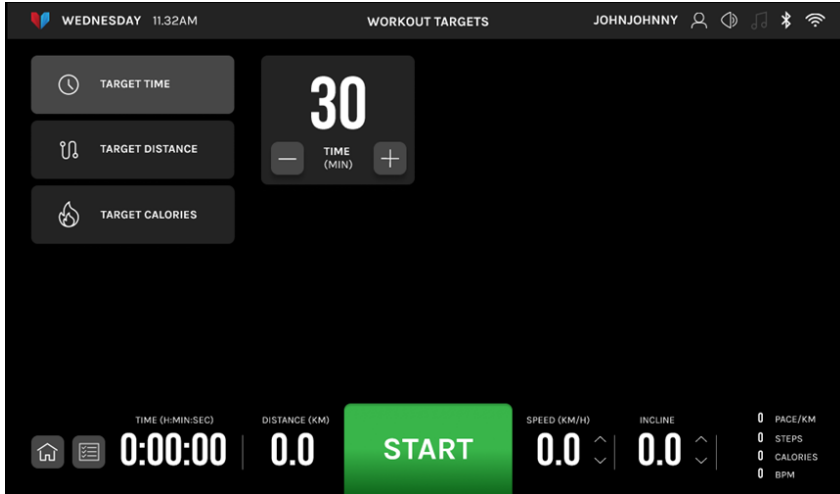
- Set your preferred TIME and Min. BPM/BPM (Max), and your AGE for exercise. Maximum BPM is 180.
- Press START to begin.
- User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline automatically set at 1, 2, and 3.
- After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting range.
- Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.



## 6. Workout Targets

Choose from the following workout targets: **Target Time, Target Distance and Target Calories.**


- Exercise workout will count down from set TIME/ DISTANCE (KM)/ CALORIES. Users can manually adjust Speed/Incline via display icons or Up/Down buttons. At any time during the workout, users can enter Cooldown mode or via the work out summary page using the Cooldown icons.
- Users can set Maximum as 100 minutes for TIME, 100km for Distance and 1000 Calories.



## 7. Browser

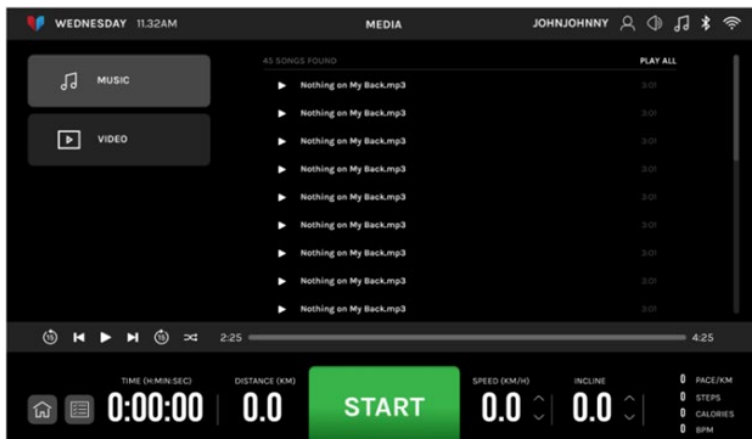
Browser allows access to entertainment via Browser or APP. Requires Wi-Fi to be connected and your own subscription login to the following APPS: Netflix, Binge, Prime Video, Kayo and Spotify. User can make the browser full screen by pressing the v icon to hide the bottom control icons. Press ^ to make them reappear.

### Videos on Web Browser

When a video is played on website browser, a volume icon  will appear on the bottom right corner for volume adjustments of the video.

## 8. Media

Plug your USB flash drive to the USB Slot. Playback only supports music (MP3), and video playback (MP4) saved on USB flash drive. Insertion of any other device to this port may cause error to the display.





## Music (USB)



Users can select the music by tapping on the name.

The following controls for the music bar (from left to right) are Rewind 15 seconds, Back to previous song, Pause/Play, Skip to next music, Fast forward 15 seconds and Shuffle.



- After the first song is finished it will play the next song. When Shuffle is chosen the music will play at random order.
- Press the same icon and it will change to . This icon will loop repeat the same music.
- Press the same icon again and it will change to . This icon will play your music in the order of the file. The cycle will repeat back to Shuffle, Repeat and In Order icon.

## Video (USB)

- When playing a video, you can go to full screen mode by pressing the square icon. The bottom control icon will disappear.
- To bring up the bottom control icons press the ^. The video control icons (Skip, Pause, Fullscreen etc.) won't be visible until you tap on the video.
- At any time during workout, you can go to the workout dashboard using the following icons:  or  (press the ^/v) while the video is playing. To return to the video screen press the back arrow icon.
- Pressing the back arrow in the video screen will end the video.

## 9. Workout History

- Displays previously used workout programs.
- Users can quickly start previously used work out program.

**Note:** Quick start programs are not saved for the setting of Speed/Incline. Please use Custom Programs if you wish to have a user program made.

## 10. Settings

1. *User Settings:* Add user profile name, age, weight, gender and height. To delete user profile, press the "...".

2. *Connectivity:*

- USB: Plug in your USB and this will automatically show the files in MEDIA
- Bluetooth: Turns on/off Bluetooth setting. Ensure to have your device Bluetooth turned on then pair with the treadmill display.

3. *Wi-Fi Settings:* Turns On/Off Wi-Fi. Choose your Wi-Fi and enter Wi-Fi Password. To disconnect click on the Wi-Fi then "Forget".

#### 4. System Settings:

- Time and Date: Sets time and date.
- Screen Settings: Changes brightness of the screen.
- Third Party App Data Reset: Clears app Data and Cache.
- System Reset: Resets the system to initial factory settings.
- About: Shows current system version.

5. Updates: Updates display software. Note: During update you will not be able to use or turn off treadmill until update is completed. Once the update is completed, turn off the power switch and turn it back on.

#### 11. START/STOP:

Press this button to start, pause or stop the machine.

#### SAFETY KEY FUNCTION

Clip the safety key to your clothing. If you are going too fast, pull the cord and the key will come off from the display. This will stop the treadmill, and a Warning prompt will be displayed. Re-plug the safety key back to the slot to be able to restart the treadmill. Treadmill will not operate if the key is not in the safety key slot.

#### LUBRICATION REMINDER FEATURE:

This machine has a lubrication reminder function. After every total running distance of 300km, your treadmill needs to be maintained with oil. The system will have a reminder prompt on the display to perform lubrication to the belt.

#### PULSE SENSOR HANDLEBARS

When holding the hand pulse sensor with two hands, the pulse window will show your heart rate after 5 seconds.

To get the heartrate more correct, please test when the machine is stopped, and holding the hand pulse more than 30 seconds. The pulse sensors are not 100% accurate and is not to be used as a medical device.

#### POWER SAVING FEATURE:

The machine includes an energy-saving function. When in standby mode, if no operation is detected for 10 minutes, the power-saving mode will activate, and the display will turn off. To reactivate the display, simply press any button.

#### POWER ON (I) AND POWER OFF (O)

Users can turn the power off from the back switch. We recommend switching it off if it is not being used for a while. This will help prolong the control board's life.

#### CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

# VII. EXERCISE GUIDE

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## ⓘ PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

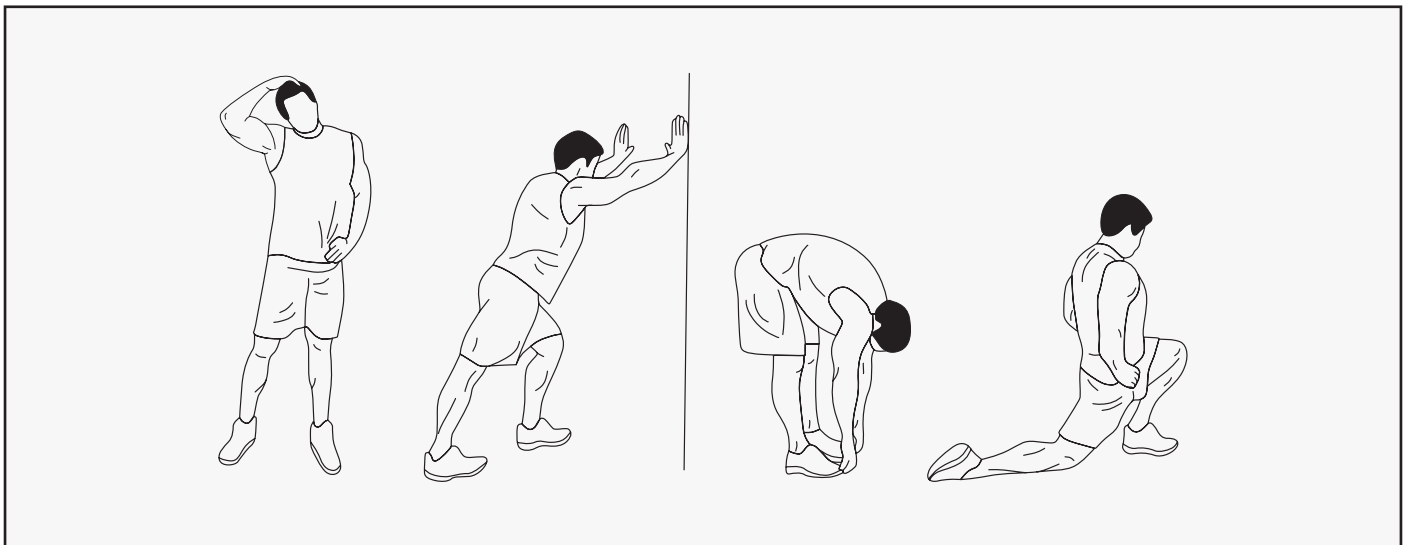
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



## WARM UP

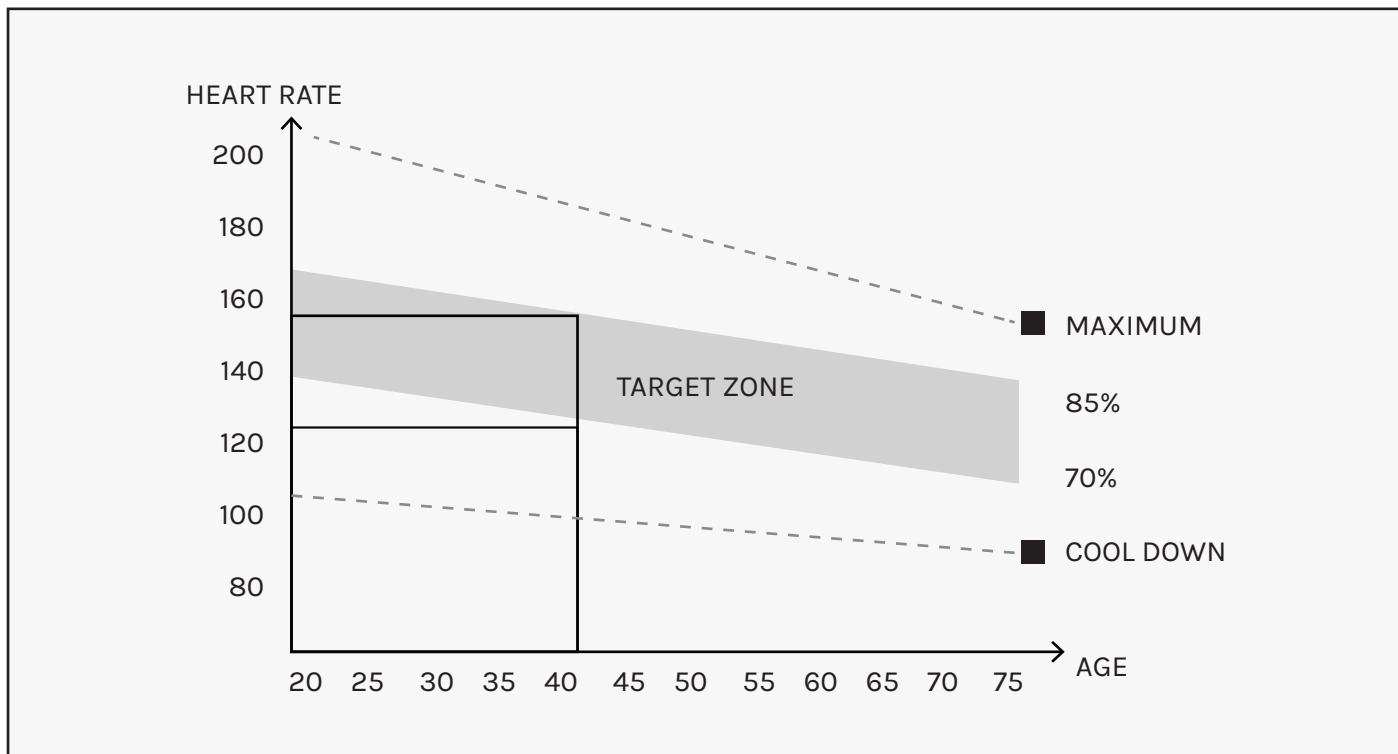
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



⚠ This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

# VIII. MAINTENANCE & CARE

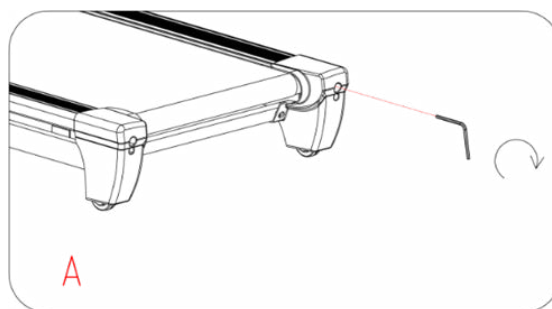
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintain it by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

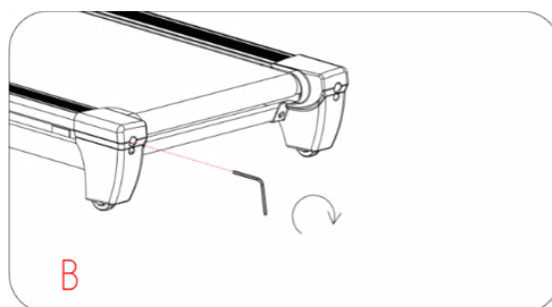
## CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

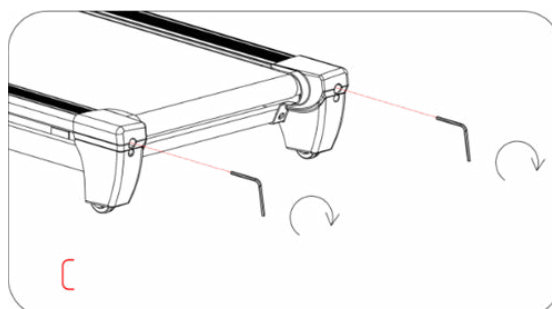
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side turn clockwise, then turn the left adjustment bolt turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side of a turn clockwise, then turn the right adjustment bolt turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt, turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



## LUBRICATING THE TREADMILL

### IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

### RUNNING BELTS & TREADMILL LUBRICANT:

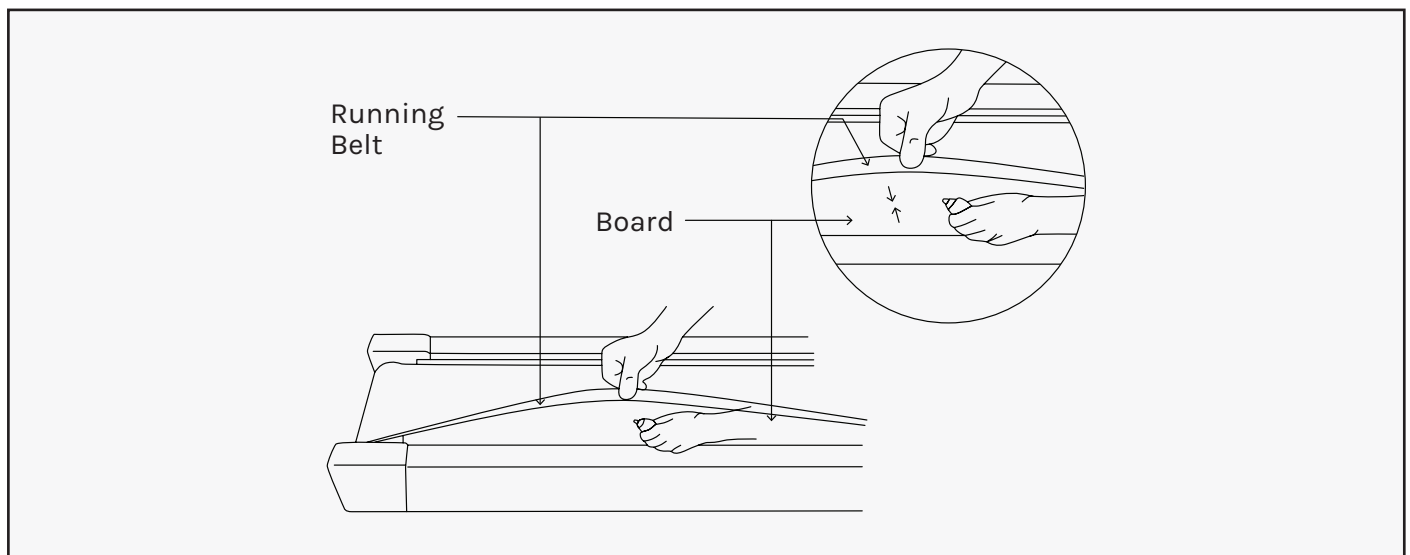
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

### WARNING:

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

### HOW TO LUBRICATE:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



### The following timetable is recommended:

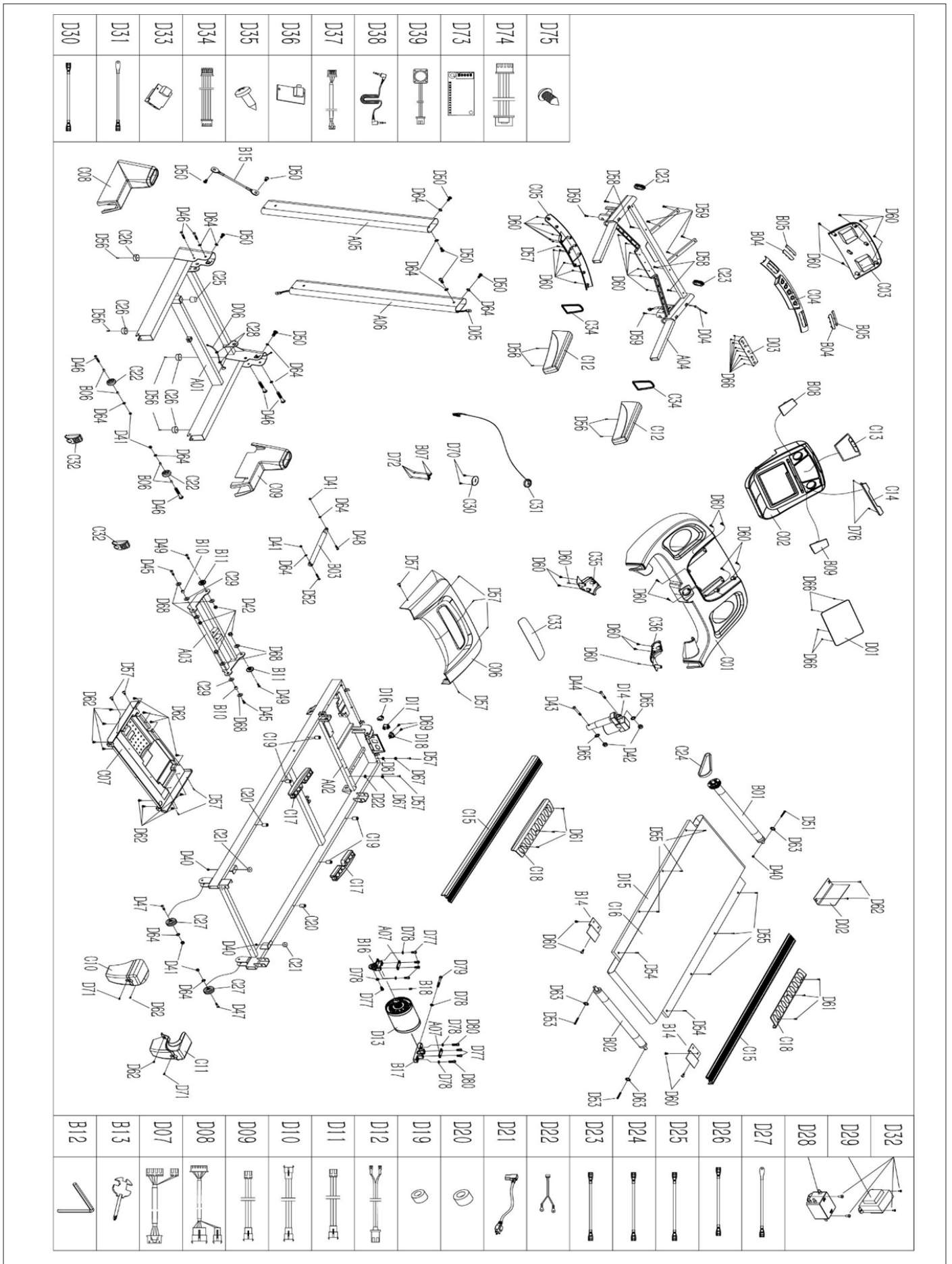
- Light user (less than 3 hours/ week) > every six months
- Medium user (3-5 hours/ week) > every three months
- Heavy user (more than 5 hours/ week) > every two months

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

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

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

# IX. EXPLODED DIAGRAM





# X. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
A01	Base frame		1	C09	Right upright tube cover		1
A02	Main frame		1	C10	Left back-end cover		1
A03	Incline bracket		1	C11	Right back-end cover		1
A04	Console bracket		1	C12	Handlebar foam		2
A05	Left upright tube		1	C13	Rubber pad		1
A06	Right upright tube		1	C14	Plastic bracket		1
A07	Motor bracket		2	C15	Side rail		2
B01	Front roller		1	C16	Running belt		1
B02	Back roller		1	C17	Air cushion		2
B03	Air pressure cylinder		1	C18	Side rail anti-slip pad		2
B04	Hand pulse sheet iron 1		2	C19	Black cushion		4
B05	Hand pulse sheet iron 2		2	C20	Blue cushion		2
B06	Transport wheel cover		4	C21	Blue cushion		2
B07	Spring sheet		2	C22	Transport wheel		2
B08	Left speaker net		1	C23	Oval inner plug		2
B09	Right speaker net		1	C24	Motor belt		1
B10	turning bush		2	C25	Cone-shape cushion		1
B11	copper sheet		2	C26	Flat foot pad		4
B12	Allen wrench	5mm	1	C27	Adjustable wheel		2
B13	Spanner with screwdriver	S=13,14,15	1	C28	Wire protector		2
B14	Z shape board		2	C29	Plastic pad		2
B15	Wire Rope		1	C30	Safety key bracket		1
B16	Motor Mount Aluminum L		1	C31	Safety key		1
B17	Motor Mount Aluminum R		1	C32	Transport wheel plug		2
B18	Grounding sheet		1	C33	Motor top cover acrylic		1
C01	Console top cover		1	C34	Handlebar decoration ring		2
C02	Console middle top cover		1	C35	Handlebar left cover		1
C03	Console middle bottom cover		1	C36	Handlebar right cover		1
C04	Hand pulse top cover		1	D01	Computer board		1
C05	Hand pulse bottom cover		1	D02	Control board		1
C06	Motor top cover		1	D03	Handlebar button board		1
C07	Motor bottom cover		1	D04	Top signal wire	900mm	1
C08	Left upright tube cover		1	D05	Middle signal wire	1100mm	1

No.	Description	Specs	Qty
D06	Bottom signal wire	800mm	1
D07	Shortcut top wire	350mm	1
D08	Shortcut bottom wire	800mm	1
D09	Hand panel wire	350mm	2
D10	Hand pulse top wire	650mm	2
D11	Hand pulse bottom wire	200mm	2
D12	Safety key wire	450mm	1
D13	Brushless motor		1
D14	Incline motor		1
D15	Running board		1
D16	Overload protector		1
D17	Square switch		1
D18	Power socket		1
D19	Magnetic ring		1
D20	Magnetic core		1
D21	Power wire		1
D22	Locked washer	5	2
D23	AC single wire	200mm	1
D24	AC single wire	350mm	1
D25	AC single wire	200mm	2
D26	AC single wire	350mm	1
D27	Grounding wire	350mm	1
D28	Filter		1
D29	Inductance		1
D30	Single wire 2	350mm	1
D31	Grounding wire	350mm	1
D32	Screw	ST4.2*12	4
D33	USB Module		1
D34	USB Wire		1
D35	Screw	ST2.9*8.0	12
D36	MP3 Module		1
D37	MP3 connecting wire		1
D38	MP3 Wire		1
D39	Speaker		2
D40	Nut	M6	3
D41	Nut	M8	6
D42	Nut	M10	6
D43	Bolt	M10*90	1
D44	Bolt	M10*45	1

No.	Description	Specs	Qty
D45	Bolt	M10*30	2
D46	Bolt	M8*50	6
D47	Bolt	M8*40	2
D48	Bolt	M8*30	1
D49	Bolt	M10*30	2
D50	Bolt	M8*15	8
D51	Bolt	M6*60	1
D52	Bolt	M8*42	1
D53	Bolt	M6*55	2
D54	Bolt	M6*40	2
D55	Bolt	M6*25	6
D56	Bolt	M5*16	8
D57	Bolt	M5*8	12
D58	Screw	ST4.2*30	4
D59	Screw	ST4.2*20	6
D60	Screw	ST4.2*12	37
D61	Screw	ST4.2*15	6
D62	Screw	ST4.2*12	16
D63	Locked Washer	6	3
D64	Locked Washer	8	14
D65	Locked Washer	10	2
D66	Screw	ST2.9*6.0	12
D67	Spring Washer	5	2
D68	Flat washer C	φ10*φ26*2.0	6
D69	Screw	ST2.9*8	2
D70	Screw	ST3.5*10	2
D71	Bolt	M5*12	2
D72	Screw	ST2.9*4	4
D73	Bluetooth Module		1
D74	Bluetooth Wire		1
D75	Screw	ST2.9*6.0	1
D76	Screw	ST2.9*16	2
D77	Bolt	M6*12	7

# XI. TROUBLESHOOTING ERROR CODES

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
<b>Treadmill will not start</b>	- Not plugged in	- Plug the cord into an outlet
	- Safety key not inserted	- Insert the safety key
<b>Running belt not centered</b>	- Running belt tension is not correct on the left or right sides of the running board	- Tighten the adjustment bolts on both the left and right sides of the rear roller
<b>Computer not working</b>	- Wires from the computer and bottom control board are not properly connected	- Check and secure the wire connections between the computer and the control board
	- Transformer is damaged	- If the transformer is damaged, contact customer service
<b>E01: Message failure</b>	- Wires from the console and bottom control board are not properly connected	- Check and secure the wire connections between the console and control board
		- Replace any punctured or damaged wires
		- If unresolved, replace the control board
		- Inspect the console and replace it if damaged
<b>E03: No speed sensor signal</b>	- Speed sensor signal cannot be received by the control board	- Check if the speed sensor port is securely connected; reconnect if loose
		- Inspect the speed sensor for damage and replace if necessary
		- Inspect the control board for damage and replace if necessary
		- Check the motor for damage and replace if necessary

# XII. 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](http://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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)



# XIII. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).







[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)