



Apex 2 Smart Treadmill

USER MANUAL



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



TABLE OF CONTENTS

I.	Important Safety Instructions	04
II.	Important Electrical Information	06
III.	Important Operating Instructions	07
IV.	Assembly Instructions	08
V.	Folding Instructions	13
VI.	Operation Guide	15
VII.	Exercise Guide	25
VIII.	Maintenance Instructions	27
IX.	Exploded Diagram	29
X.	Parts List	30
XI.	Troubleshooting	32
XII.	Warranty	33
XIV.	Hand Pulse Technology	34

I. 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.
- 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.

GROUNDING METHODS

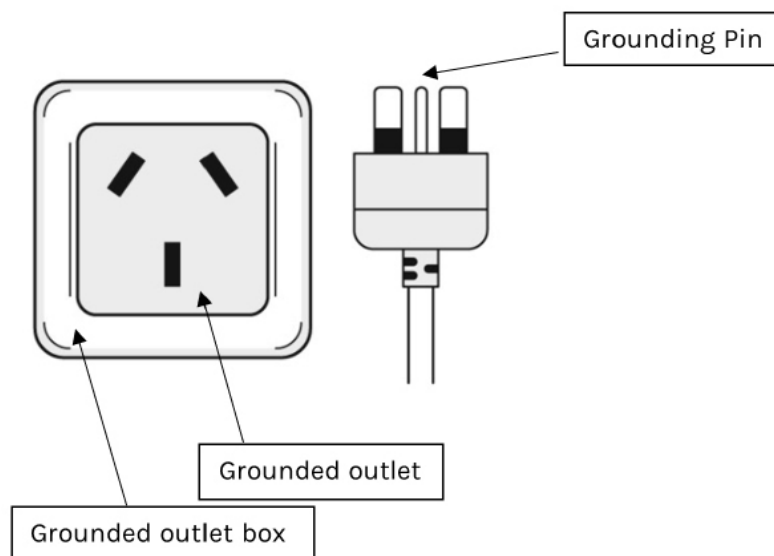
This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch

A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

WARNING!

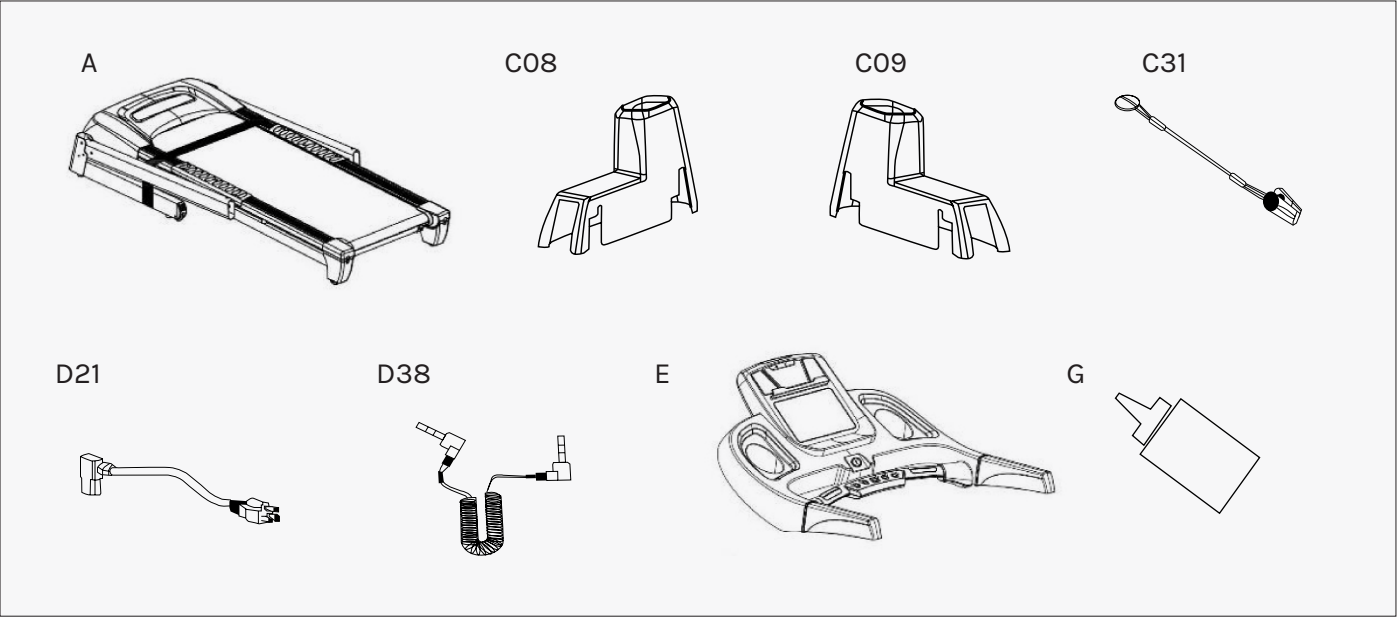
1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover without first disconnecting power.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.



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.

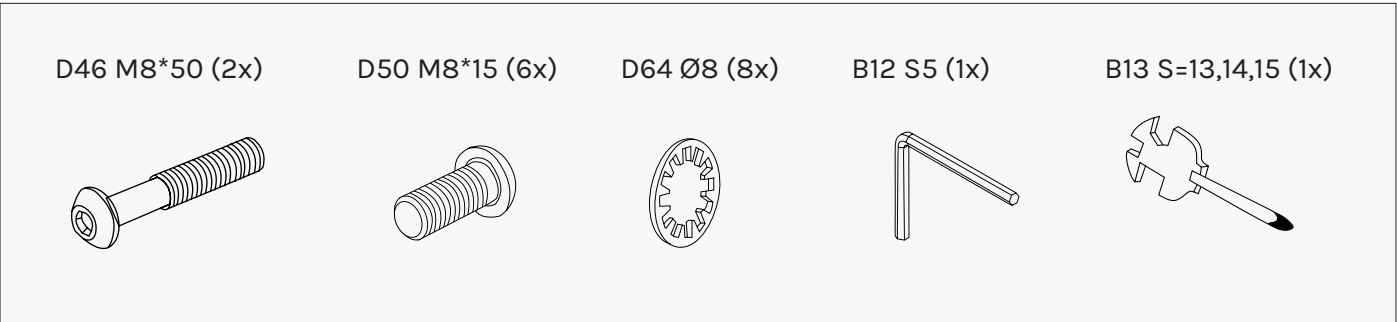
IV. ASSEMBLY INSTRUCTIONS



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

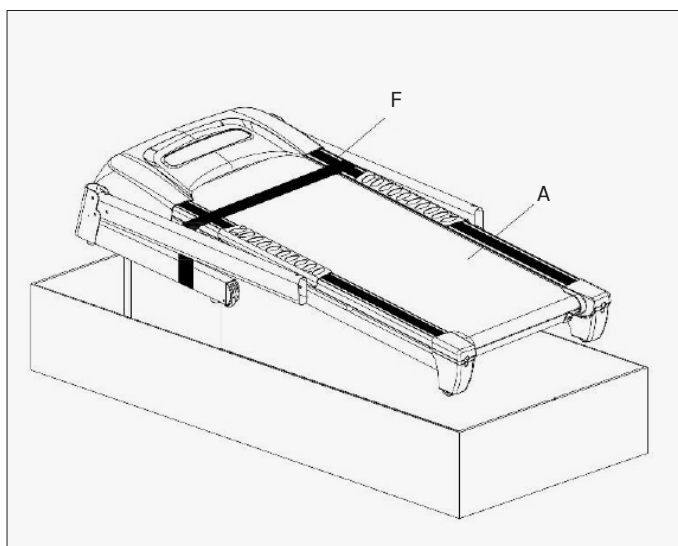
D38	MP3 Wire	1
E	Console Base	1
C	Lubrication Oil	1

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.

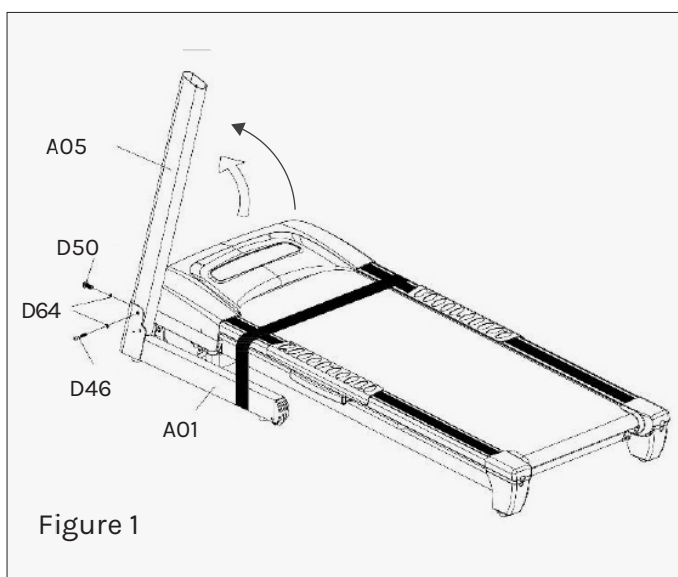


Figure 1

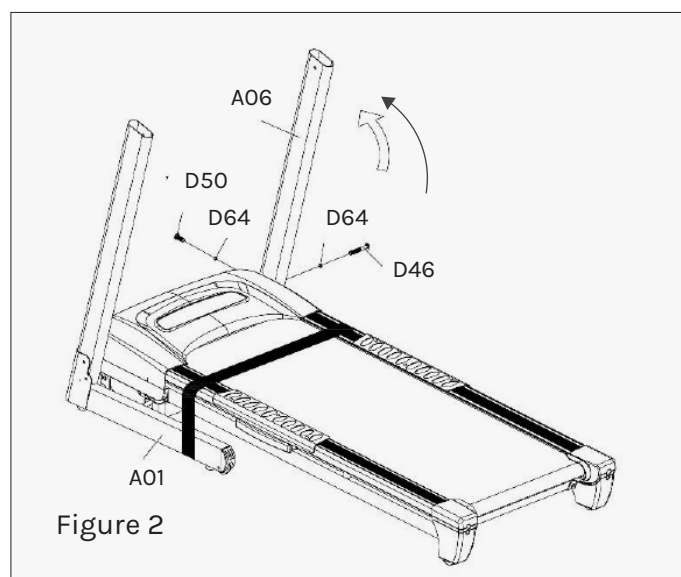


Figure 2

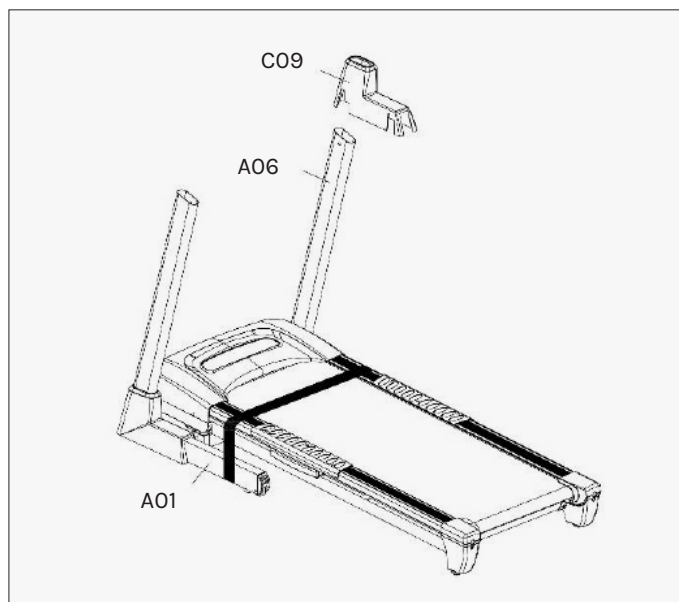
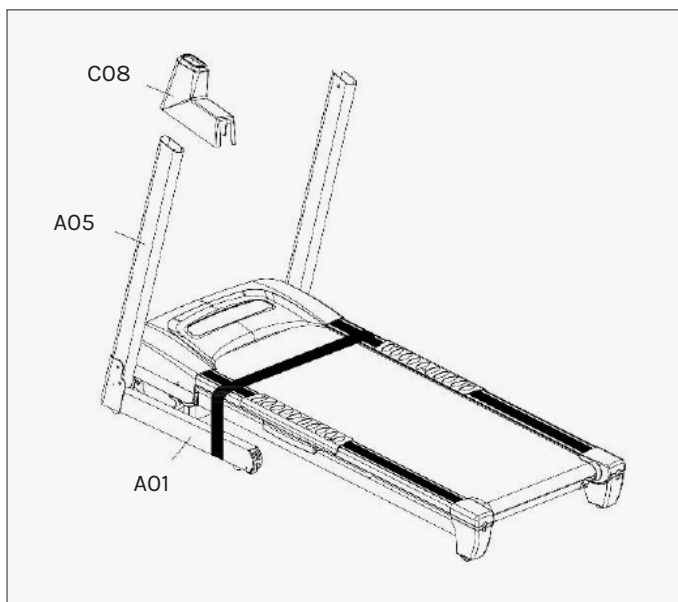
STEP 2

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.

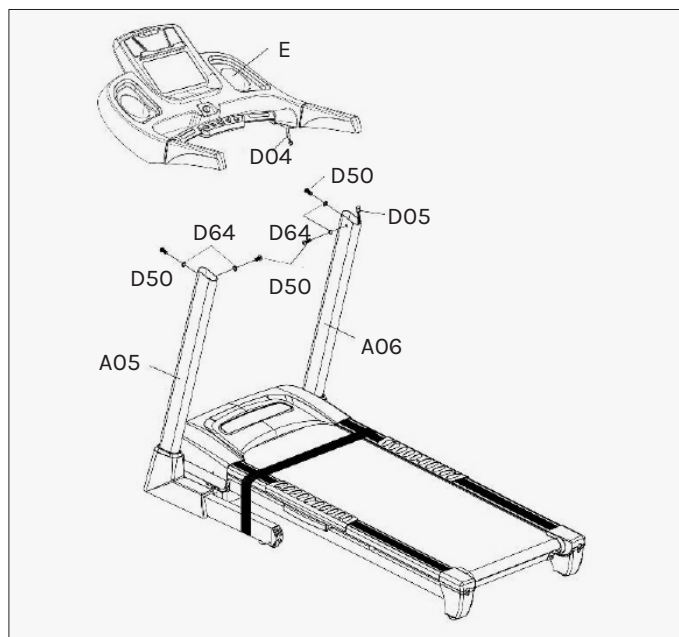
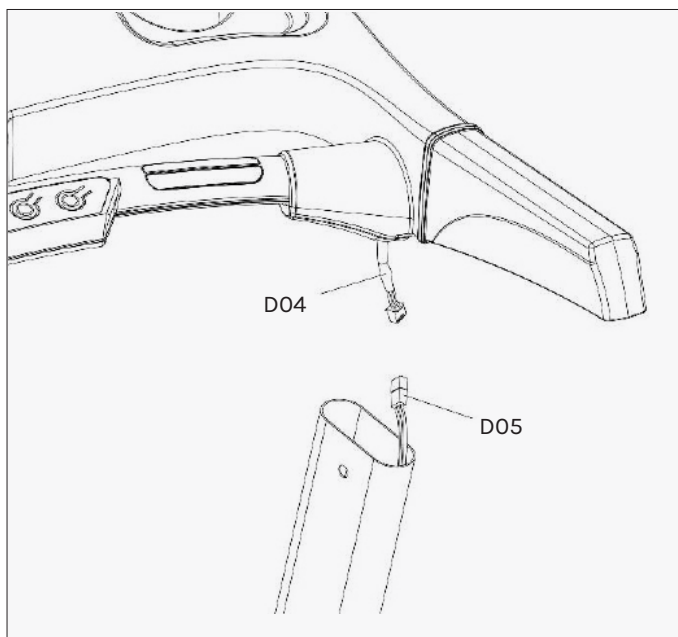
! NOTE:

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



STEP 3

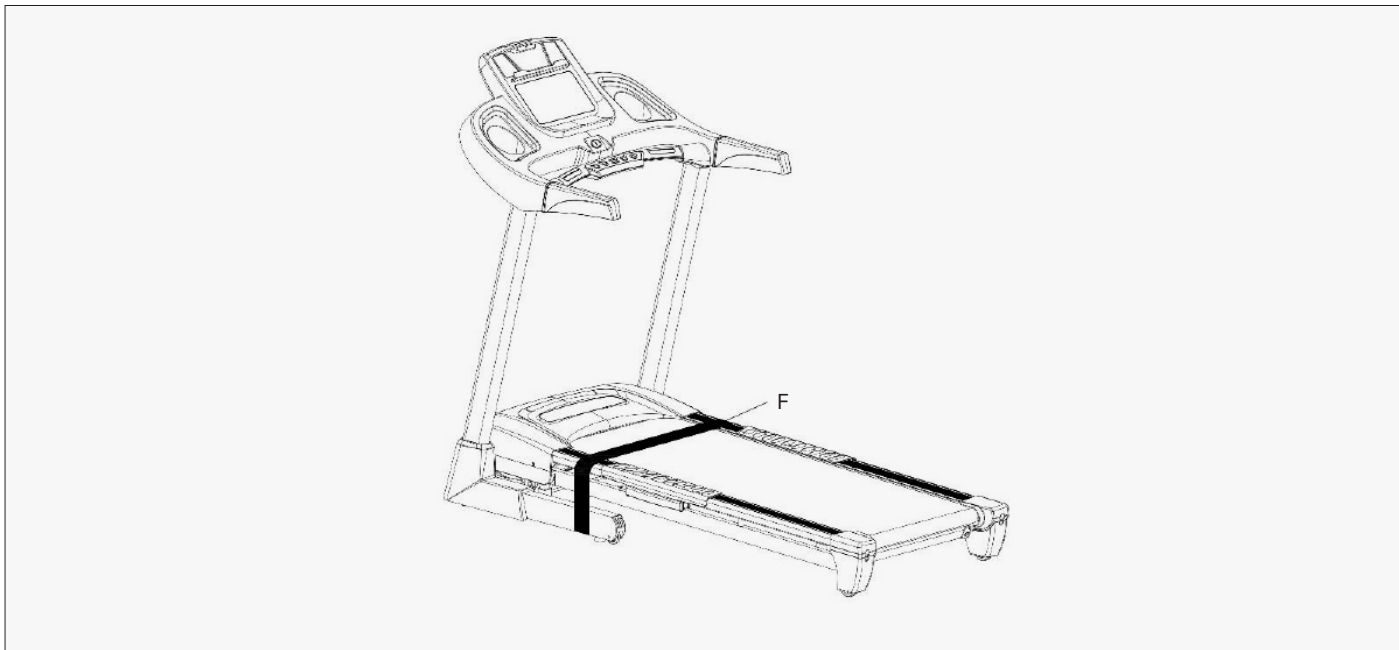
1. Insert the Left Upright Tube Cover (C08) into the bottom of the Left Upright Tube (A05). Push down to secure the Left Upright Tube Cover (C08) to the Base Frame (A01).
2. Repeat the step above to attach the Right Upright Tube Cover (C09) to the Base Frame (A01).



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

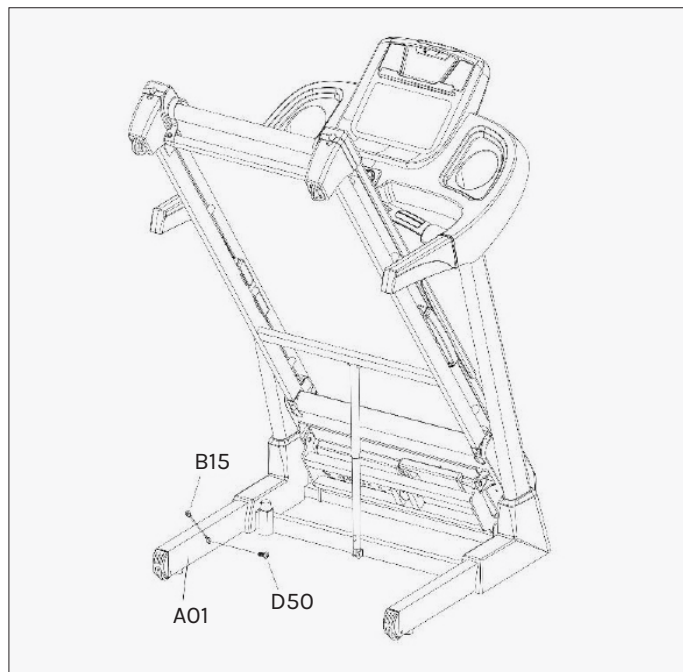
STEP 4

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).



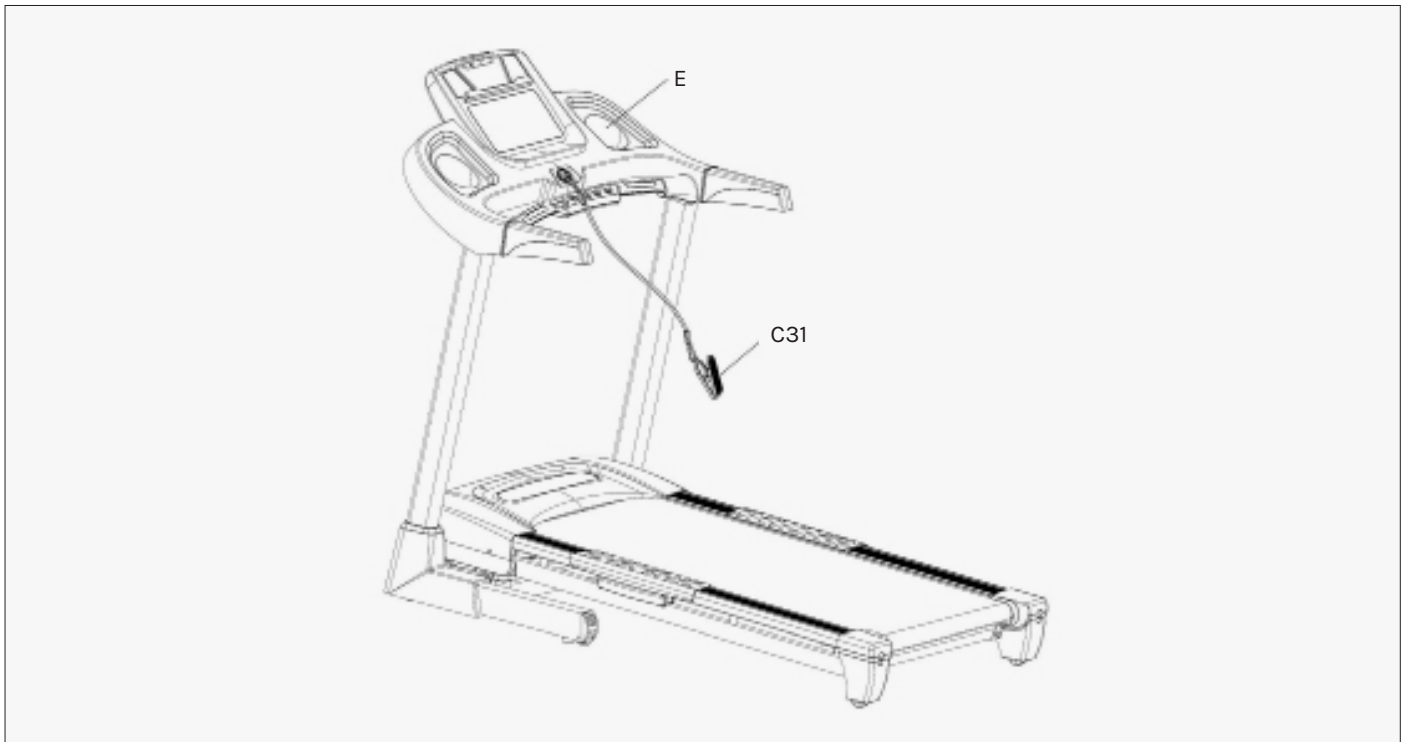
STEP 5

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).

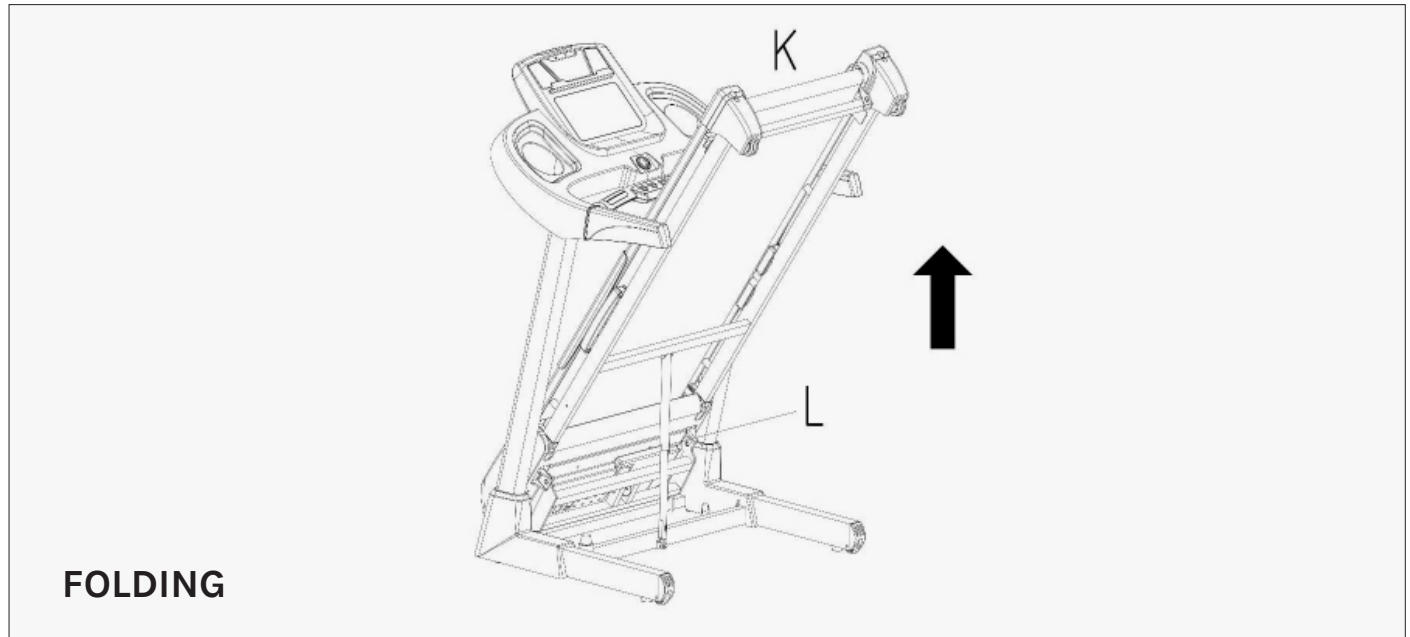


STEP 7

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.

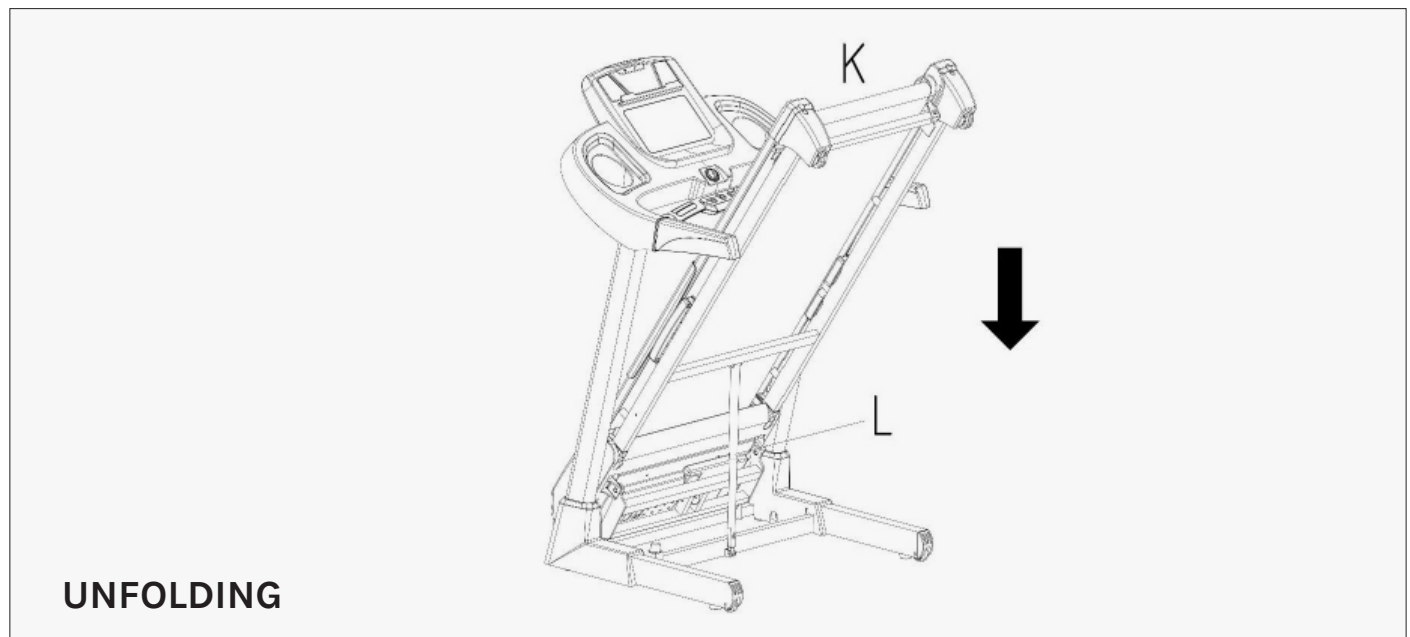
Important: Do not plug this treadmill on a power board with other electrical equipment. Plug directly on its own socket on the wall.

V. FOLDING INSTRUCTIONS



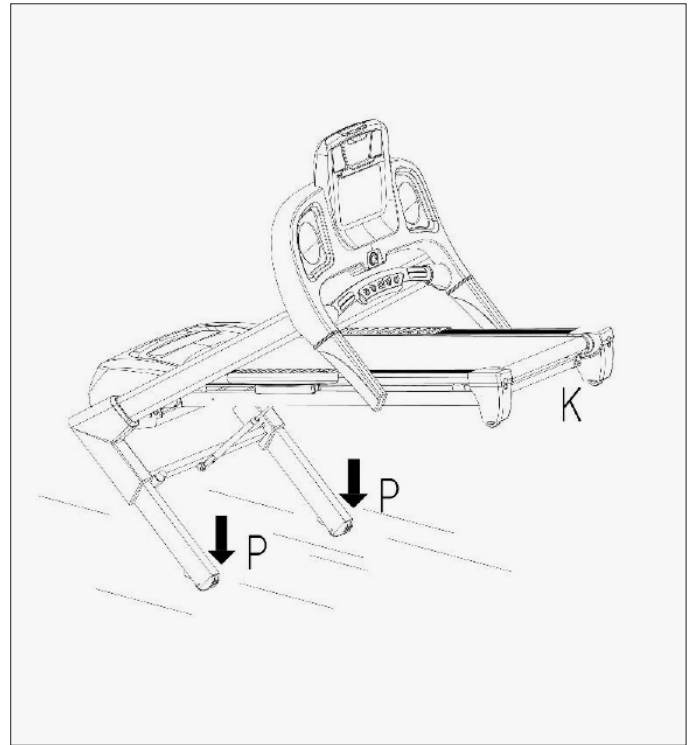
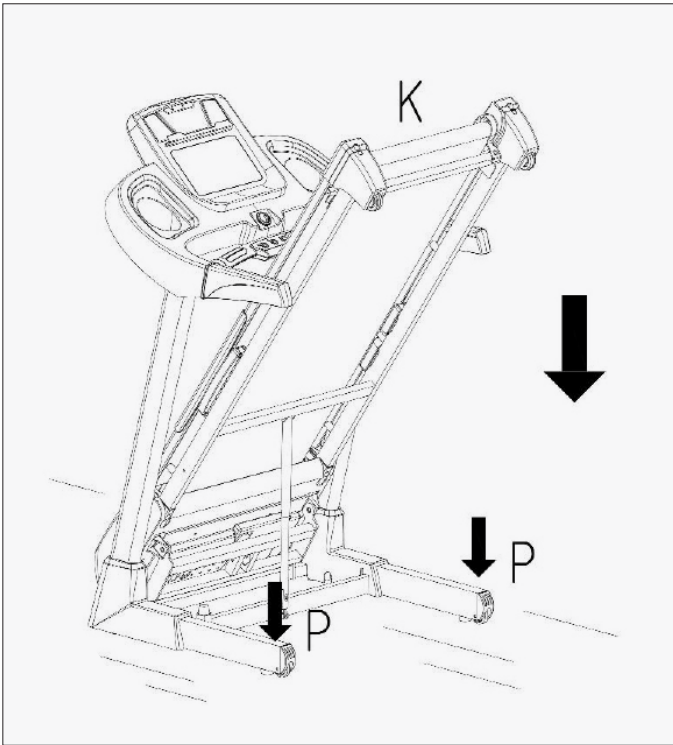
Place your hand at the end of the running deck [position K] and lift the Main Frame until the Air Pressure Cylinder locks [position L].

! **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

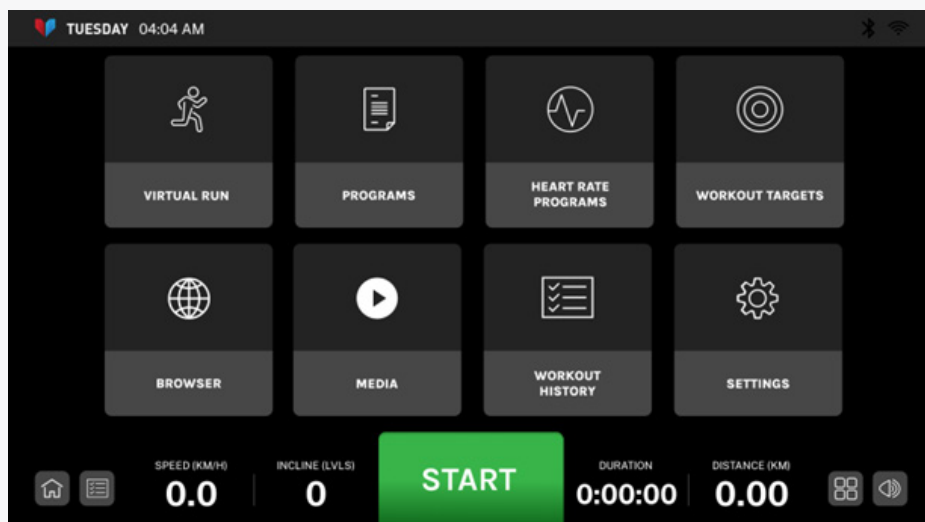
Before attempting to move the treadmill, please make sure the treadmill has been properly folded and the power cord has been removed from the outlet.

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

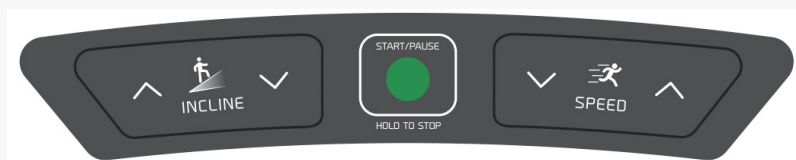
Start by placing one hand at position K to support the top end of the treadmill. Next, place one foot at position P to hold steady the bottom end of the treadmill.

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 +**: Increases the incline level.
2. **INCLINE -**: Reduces the incline level.
3. **START / PAUSE**: Press to start or pause a workout. Hold to stop the treadmill.
4. **SPEED +**: Increases the belt speed.
5. **SPEED -**: Reduces the belt speed.

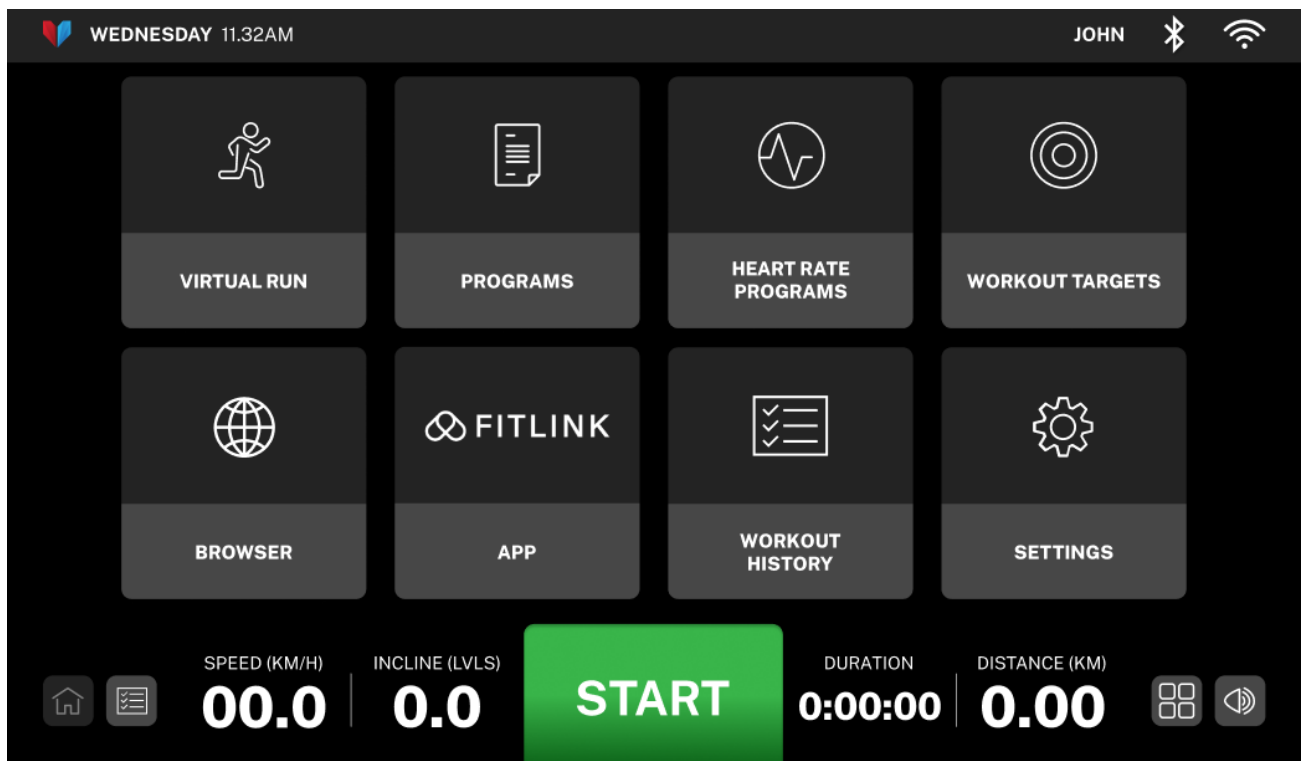
1. Getting Started

1. Confirm the treadmill is correctly assembled and connected to a suitable power outlet.
2. Switch the main power switch to ON.
3. Insert the magnetic safety key into the console and attach the clip to your clothing.
4. Stand on the side rails and wait for the home screen to load.
5. Select Quick Start or choose a workout mode, then press START.
6. Adjust speed and incline gradually. To finish, press and hold STOP, then wait until the belt has completely stopped before stepping off.

FIRST USE

The treadmill belt is pre-lubricated; however, the lubricant may dry out during storage. Before first use, lift the edge of the running belt and check the deck underneath. If it feels slightly oily or slippery, sufficient lubricant is present. If it feels dry, lubricate the treadmill before use.

2. Home Screen and Quick Start



Touch screen home menu

The home screen provides access to the main workout and entertainment functions. The lower status bar displays the current speed, incline, workout duration and distance.

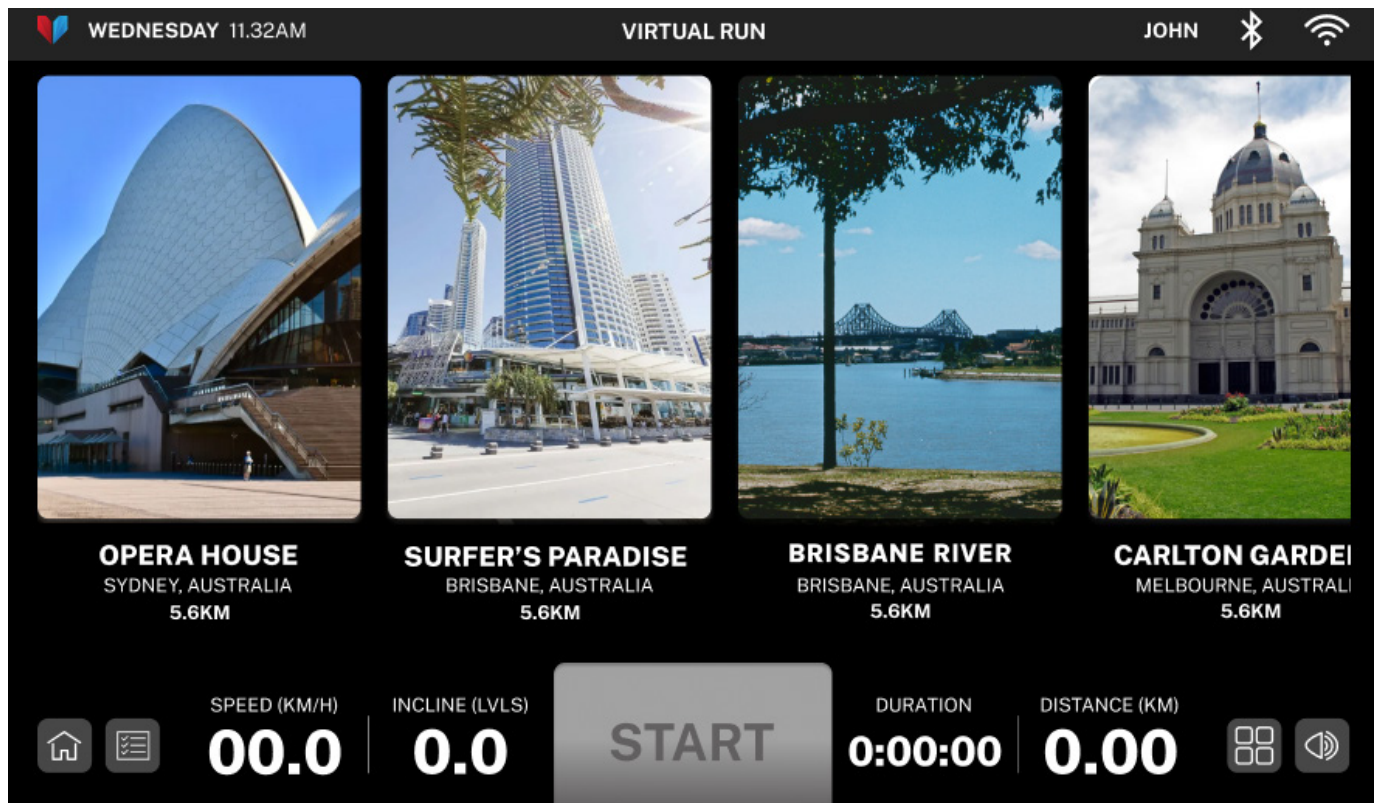
Quick Start

1. Insert the safety key and stand on the side rails.
2. Press the green START button on the touch screen or the physical START button.
3. The belt will begin at a low speed. Step onto the belt carefully.
4. Use SPEED + / - and INCLINE + / - to adjust the workout.
5. Press START / PAUSE to pause. Hold the button to stop the workout.

STATUS BAR

Tap the on-screen arrow (^/v) controls, where available, to hide or show workout data while exercising.

3. Virtual Run



Virtual Run Route Selection Screen

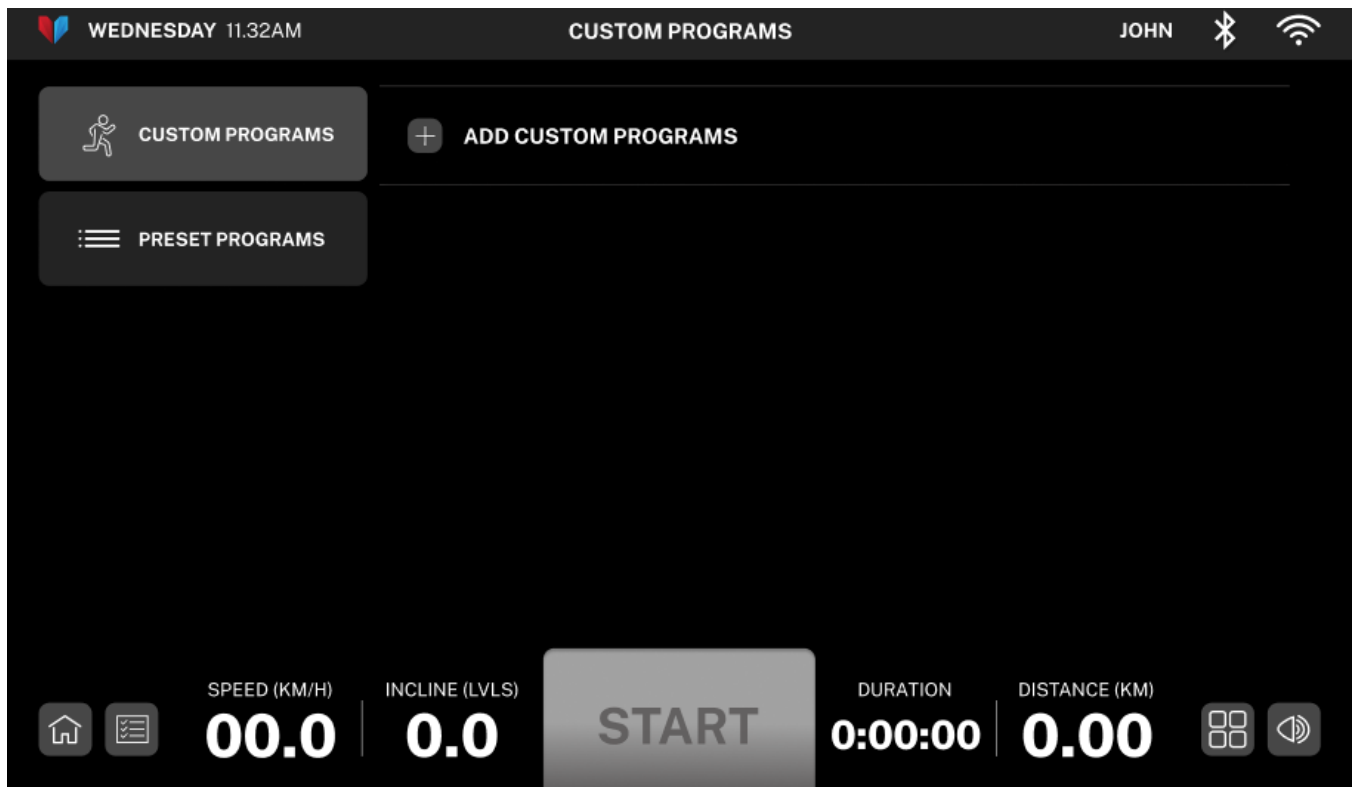
Virtual Run displays a scenic route while you walk or run. Available routes may differ by model or software version.

1. From the home screen, select VIRTUAL RUN.
2. Choose a route from the available locations.
3. Press START to begin.
4. Adjust speed or incline using the physical controls. The visual pace changes with the treadmill speed. The on-screen scenery may not visually reflect the selected incline level.
5. Use the on-screen arrows to hide or show the workout data bar.

WARNING

Keep your attention on the moving belt and your surroundings. Do not rely on the scenery display for balance.

4. Workout Programs



Programs Menu

4.1 Custom Programs

Custom Programs allow you to create and save a workout profile using your preferred speed, incline and interval settings. Select ADD CUSTOM PROGRAM, enter the required settings, save the profile, then press START to begin workout. There is no limit to the custom programs.

4.2 Preset Programs

The console includes 24 preset programs. Each program is divided into 12 intervals and automatically changes the speed and/or incline throughout the workout. Select a program, review the settings, then press START. The complete profiles are provided in the Programs chart table below.

ADJUSTMENTS DURING A PROGRAM

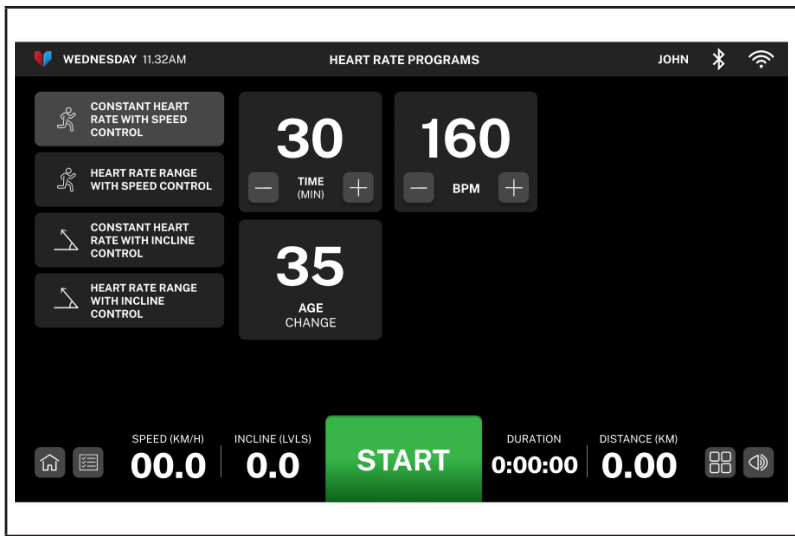
You may adjust speed or incline during a preset workout. The change normally applies to the current interval; the next interval may return to the programmed value.

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 Programs and Workout Targets



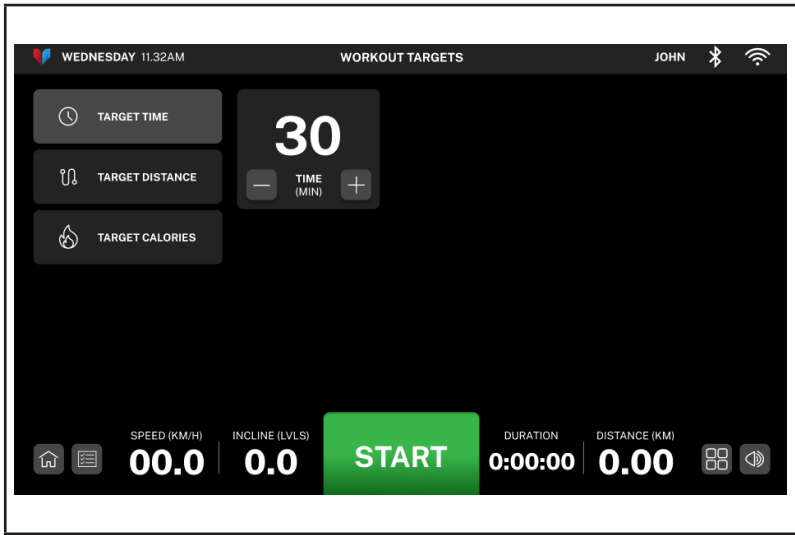
Heart Rate Programs

- Constant heart rate with speed control
- Heart rate range with speed control
- Constant heart rate with incline control
- Heart rate range with incline control

Set the workout time, target heart rate and age as requested on screen. During the workout, the treadmill adjusts speed or incline to help keep your heart rate near the selected target.

WARNING

Heart rate programs should be used only by users who understand their appropriate training range. Stop immediately if you feel unwell. The displayed heart rate is an estimate, not a medical measurement.



Workout Targets

- Target Time
- Target Distance
- Target Calories

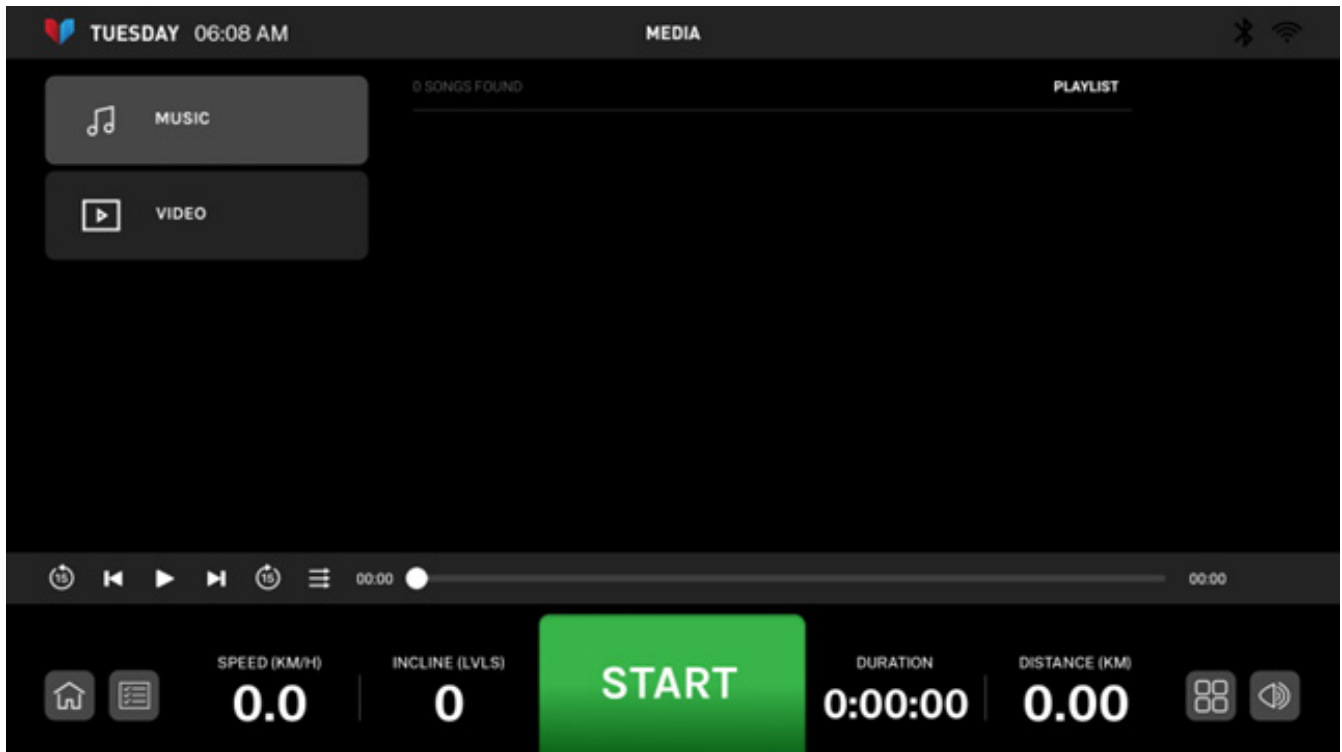
Select the required target, adjust the value using the on-screen plus and minus buttons, then press START. The console counts toward the selected target and ends or prompts you when the target is reached.

6. Browser, Media and Audio

Browser and Built-in Apps

The Browser menu provides access to built-in applications. Connect the console to Wi-Fi before opening online content. App availability and features may change with software updates.

USB Media



Media player screen

- Insert a compatible USB storage device containing music or video files.
- Select MEDIA, then choose MUSIC or VIDEO.
- Use the on-screen playback controls to play, pause, skip or adjust playback.
- The USB port is intended for compatible media storage only. Do not connect unsupported peripherals.

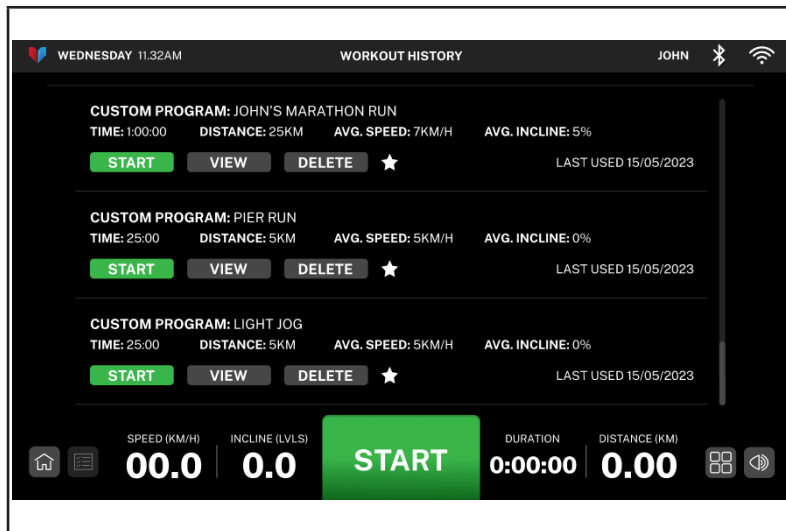
MP3 Cable

Connect a mobile device using the supplied MP3 cable. Select the music and control the volume from the connected device.

Bluetooth Music

1. Open Bluetooth settings on your mobile device.
2. Select Lifespan Fitness from the list of available devices.
3. Play music and adjust the volume using your mobile device.
4. If a phone call interrupts the connection, Bluetooth audio may disconnect temporarily and reconnect after the call.

7. Workout History and Settings



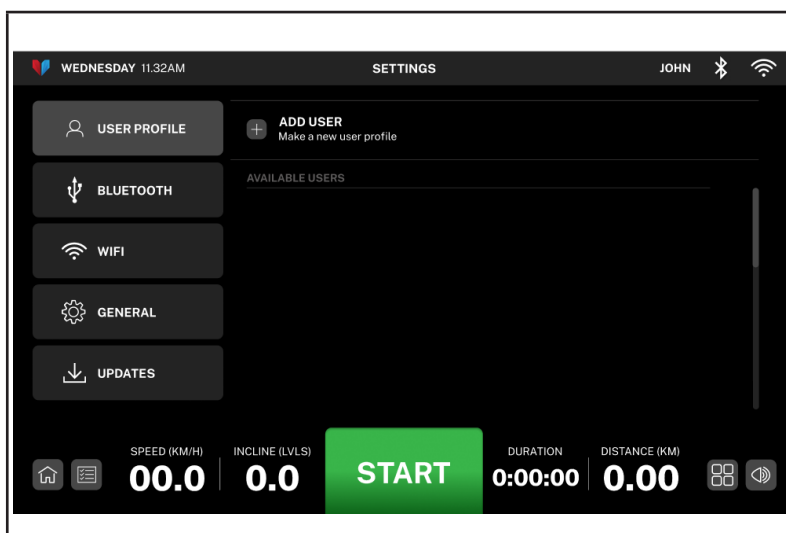
Workout History

- Review completed workout records
- Check time, distance and calories
- View average speed and incline where recorded

Workout records are saved under WORKOUT HISTORY. Stored data may be linked to the selected user profile.

WARNING

Heart rate programs should be used only by users who understand their appropriate training range. Stop immediately if you feel unwell. The displayed heart rate is an estimate, not a medical measurement.



Settings

- User Profile
- Connectivity and Bluetooth
- WiFi Settings
- System Settings
- Software Updates

- Use **USER PROFILE** to create or select a user profile.
- Use **CONNECTIVITY** to manage supported Bluetooth connections
- Use **WI-FI SETTINGS** to select a network and enter the password.
- Use **UPDATES** to check for available software updates. Keep the treadmill powered on during an update. Do not turn it off until update is completed.

8. Alerts, Power Save and Shutdown

	Safety Key Disconnect • The treadmill will not start without the safety key. • Insert the magnetic key securely into the console. • Attach the clip to your clothing before continuing.
	Error Message • Stop using the treadmill if an error appears. • Note the displayed code or message. • Follow the basic checks in Troubleshooting page.

Lubrication Reminder

After approximately 300 km of total running distance, the console may sound every 10 seconds and display OIL. Lubricate the running deck as described in this manual. After lubrication, hold the STOP button for 3 seconds to clear the reminder.

Power Save

If no controls are used for approximately 11 minutes while the treadmill is in standby, the display enters power-saving mode. Press any button or touch the screen to wake the console.

Powering Off

1. Stop the treadmill and wait until the running belt is completely stationary.
2. Remove the safety key.
3. Switch the main power switch to OFF after each use.
4. Unplug the treadmill before cleaning, lubricating or servicing.

VII. EXERCISE GUIDE

! PLEASE NOTE:

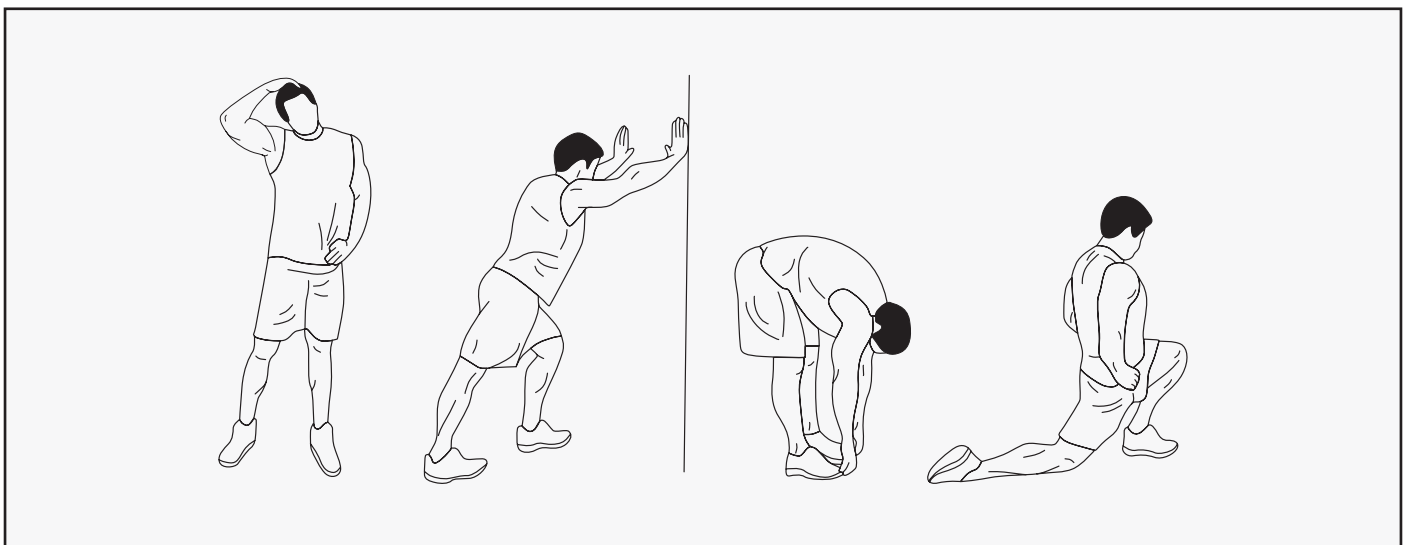
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

Exercising is great way to control your weight, improving 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

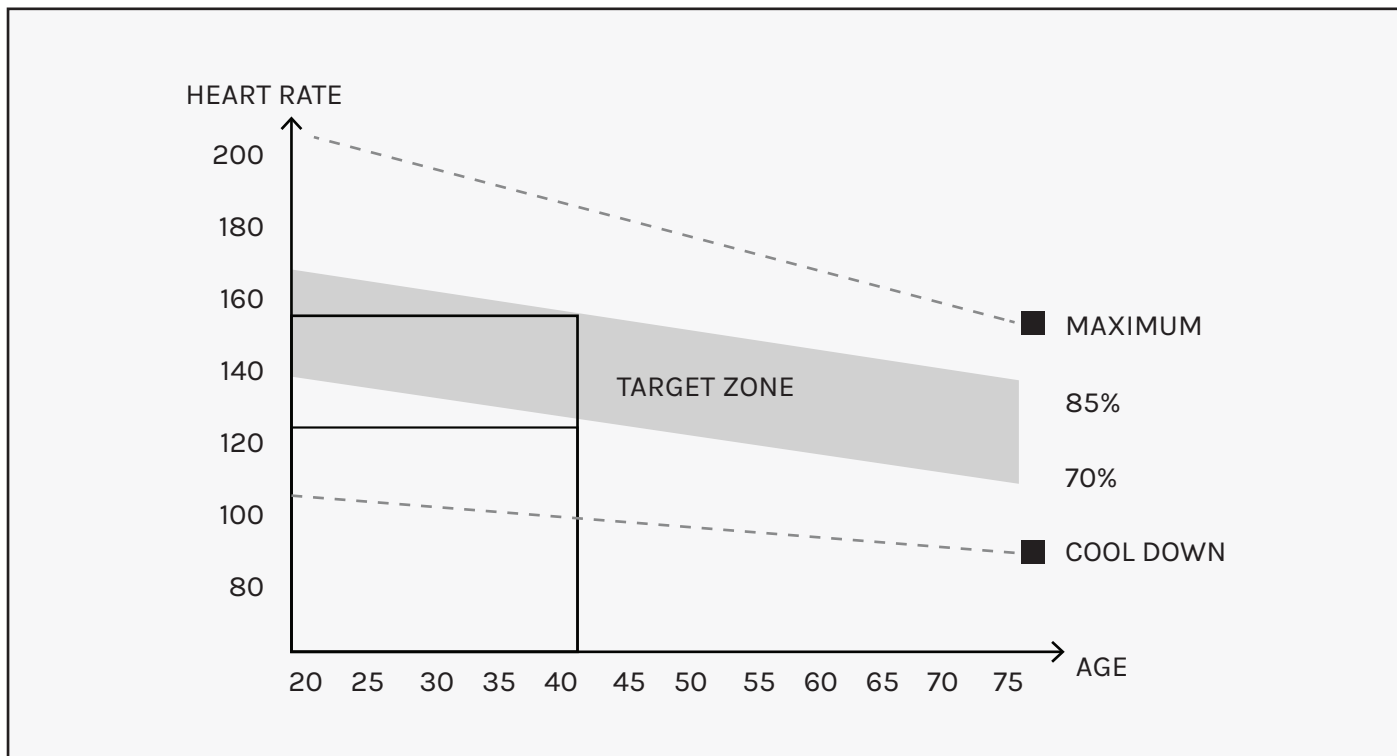
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

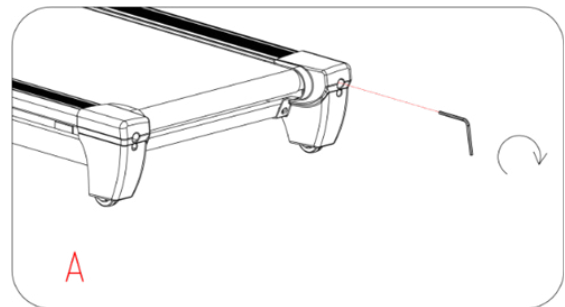
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintain it by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from 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.

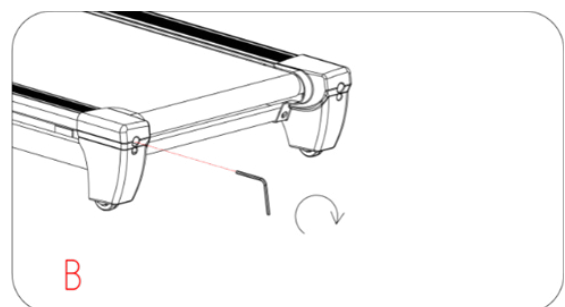
CENTERING THE RUNNING BELT:

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

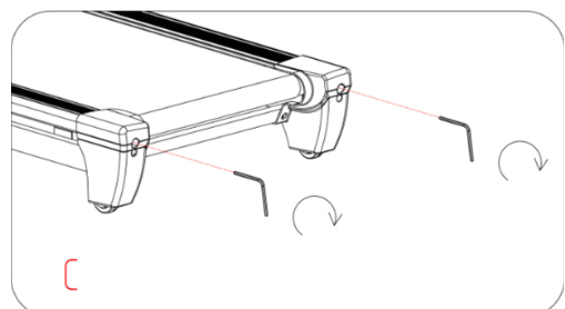
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side turn clockwise, then turn the left adjustment bolt turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



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:

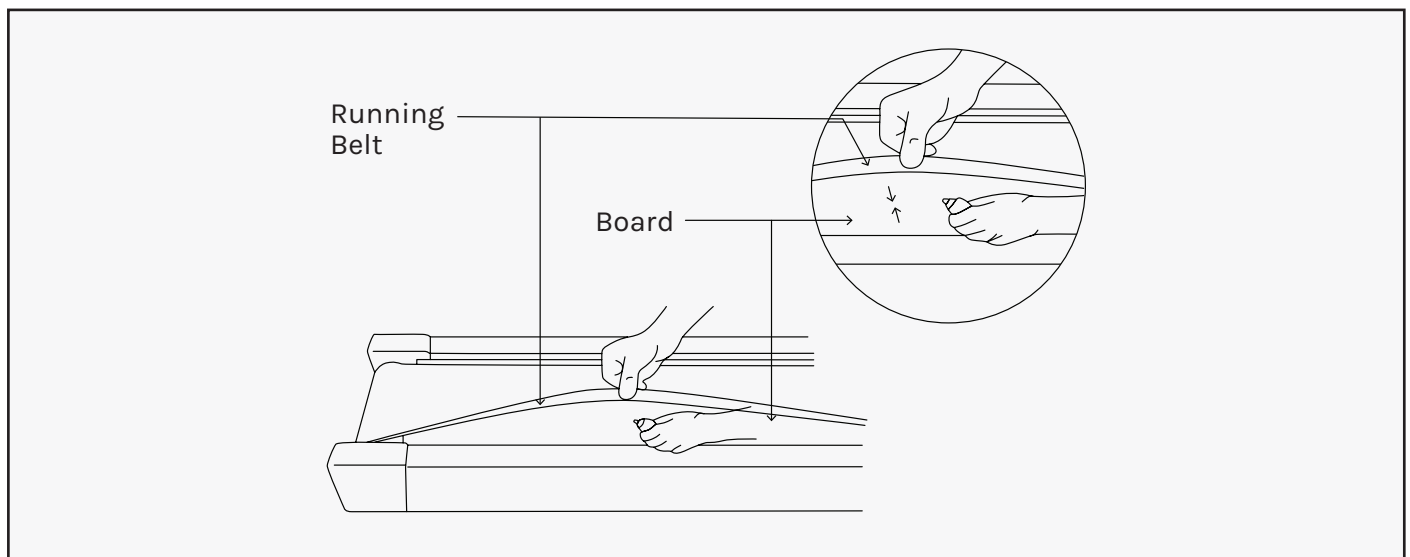
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

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:

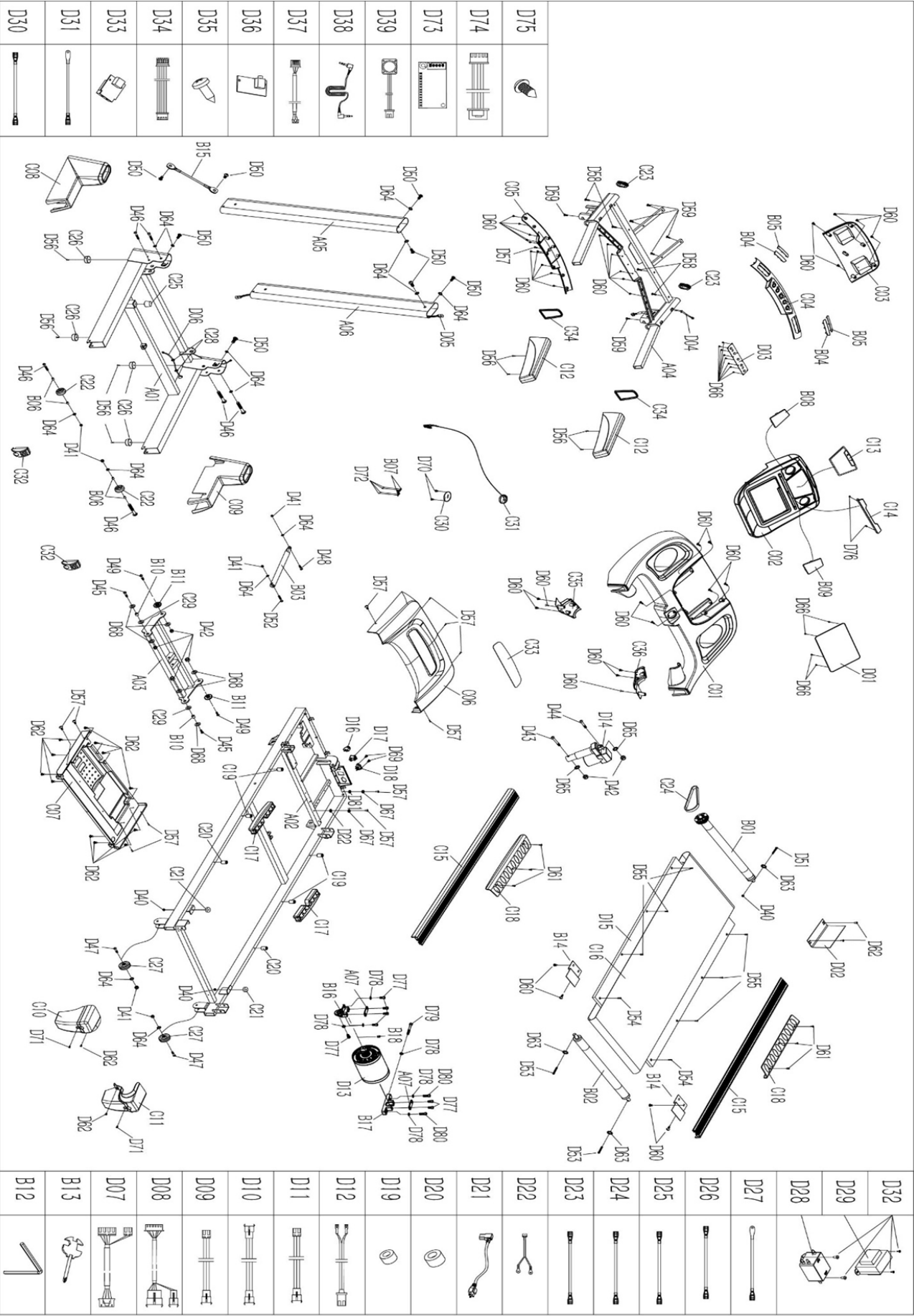
- | | | |
|--------------------------------------|---|--------------------|
| Light user (less than 3 hours/ week) | > | every six months |
| Medium user (3-5 hours/ week) | > | every three months |
| Heavy user (more than 5 hours/ week) | > | every two months |

! 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
A01	Base frame		1
A02	Main frame		1
A03	Incline bracket		1
A04	Console bracket		1
A05	Left upright tube		1
A06	Right upright tube		1
A07	Motor bracket		2
B01	Front roller		1
B02	Back roller		1
B03	Air pressure cylinder		1
B04	Hand pulse sheet iron 1		2
B05	Hand pulse sheet iron 2		2
B06	Transport wheel cover		4
B07	Spring sheet		2
B08	Left speaker net		1
B09	Right speaker net		1
B10	turning bush		2
B11	copper sheet		2
B12	Allen wrench	5mm	1
B13	Spanner with screwdriver	S=13,14,15	1
B14	Z shape board		2
B15	Wire Rope		1
B16	Motor Mount Aluminum L		1
B17	Motor Mount Aluminum R		1
B18	Grounding sheet		1
C01	Console top cover		1
C02	Console middle top cover		1
C03	Console middle bottom cover		1
C04	Hand pulse top cover		1
C05	Hand pulse bottom cover		1
C06	Motor top cover		1
C07	Motor bottom cover		1
C08	Left upright tube cover		1

No.	Description	Specs	Qty
C09	Right upright tube cover		1
C10	Left back-end cover		1
C11	Right back-end cover		1
C12	Handlebar foam		2
C13	Rubber pad		1
C14	Plastic bracket		1
C15	Side rail		2
C16	Running belt		1
C17	Air cushion		2
C18	Side rail anti-slip pad		2
C19	Black cushion		4
C20	Blue cushion		2
C21	Blue cushion		2
C22	Transport wheel		2
C23	Oval inner plug		2
C24	Motor belt		1
C25	Cone-shape cushion		1
C26	Flat foot pad		4
C27	Adjustable wheel		2
C28	Wire protector		2
C29	Plastic pad		2
C30	Safety key bracket		1
C31	Safety key		1
C32	Transport wheel plug		2
C33	Motor top cover acrylic		1
C34	Handlebar decoration ring		2
C35	Handlebar left cover		1
C36	Handlebar right cover		1
D01	Computer board		1
D02	Control board		1
D03	Handlebar button board		1
D04	Top signal wire	900mm	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
Treadmill will not start	- Not plugged in	- Plug the cord into an outlet
	- Safety key not inserted	- Insert the safety key
Running belt not centered	- 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
Computer not working	- 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
E01: Message failure	- 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
E03: No speed sensor signal	- 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.

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



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