



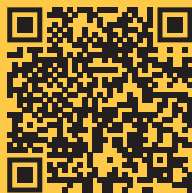
# Apex Treadmill

USER MANUAL



**30 DAY FREE TRIAL**

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 Offer can be rescinded at any time.



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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

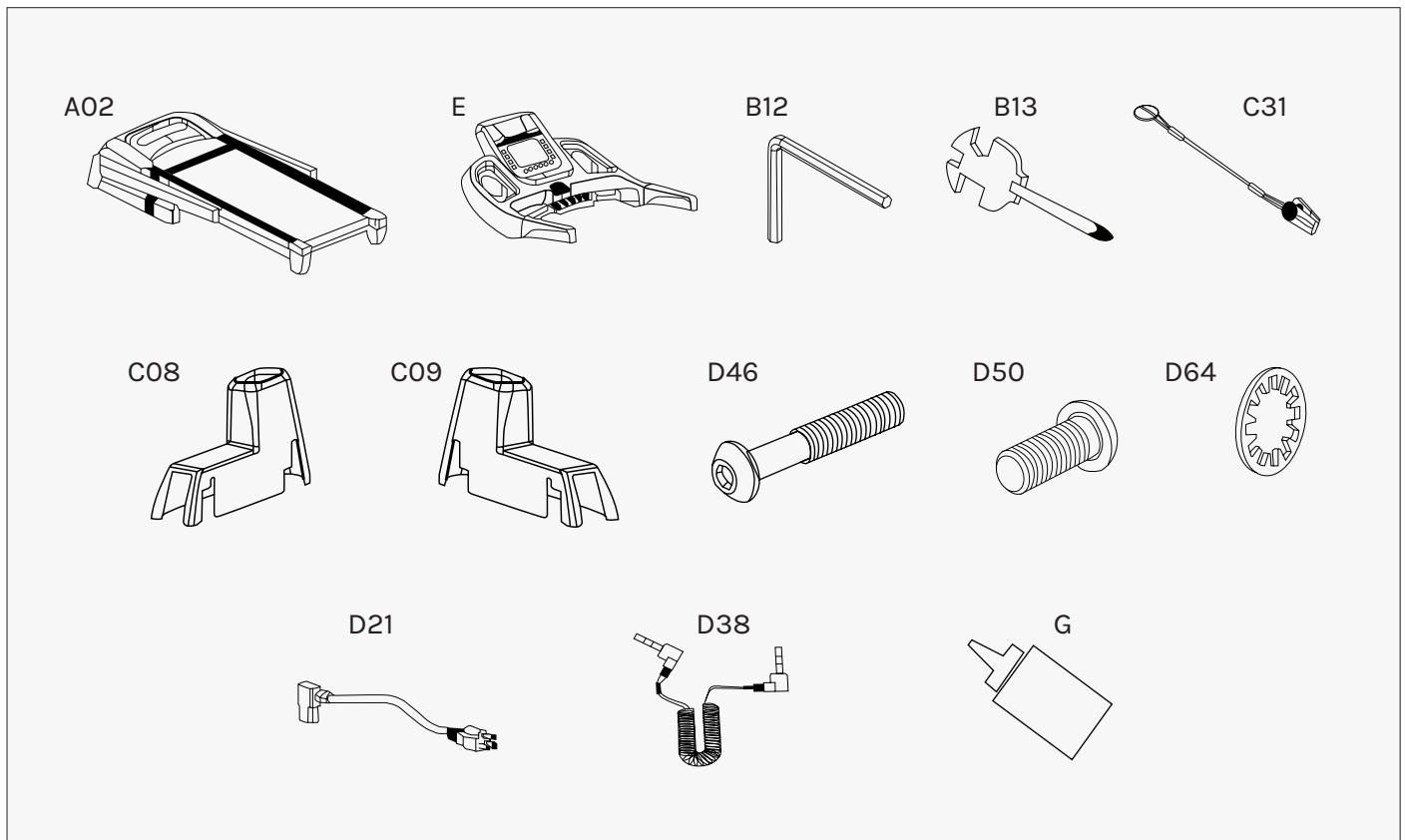
## **WARNING!**

- 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	Specs	Qty	No.	Description	Specs	Qty
A02	Main frame		1	D46	Bolt	M8*50	2
E	Console		1	D50	Bolt	M8*15	6
B12	Allen wrench	5mm	1	D64	Lock washer	8	8
B13	Wrench with Screw Driver	S=13, 14, 15	1	D21	Power wire		1
C31	Safety key		1	D38	MP3 connecting wire		1
C08	Left upright tube cover		1	G	Lubricant oil		1
C09	Right upright tube cover		1				

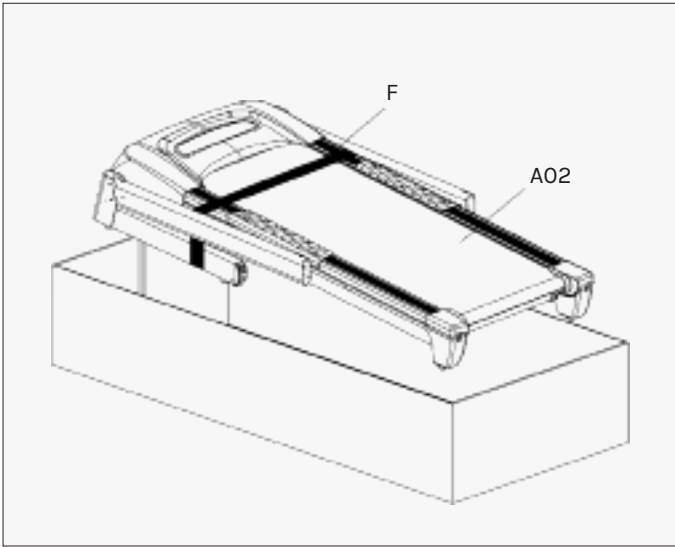
## ASSEMBLY TOOLS:

6#Allen Wrench 5mm 1pc

Wrench screw Driver S=13, 14, 15 1pc

## 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.

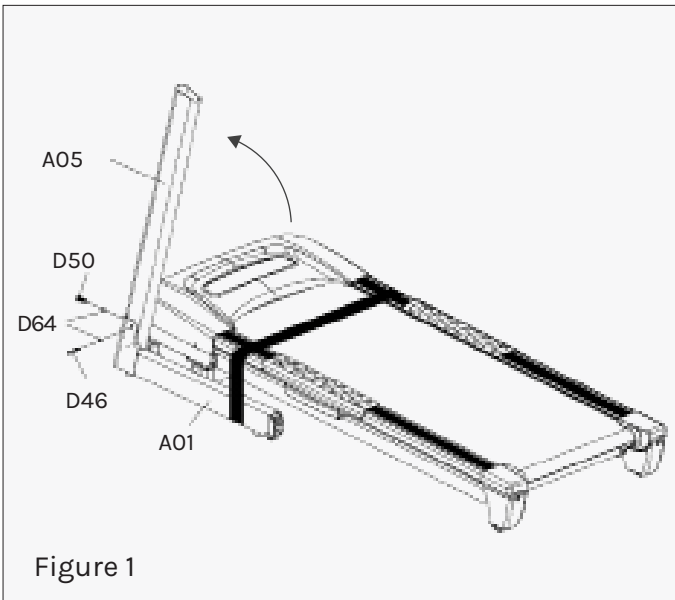


Figure 1

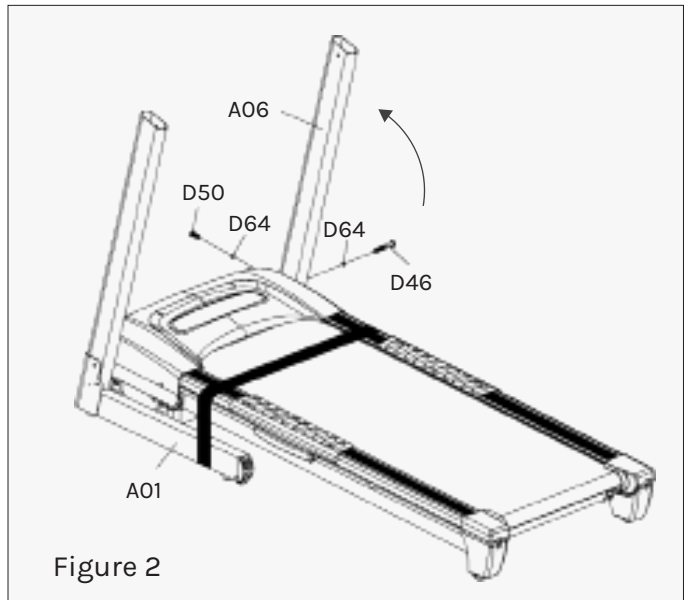


Figure 2

## STEP 2

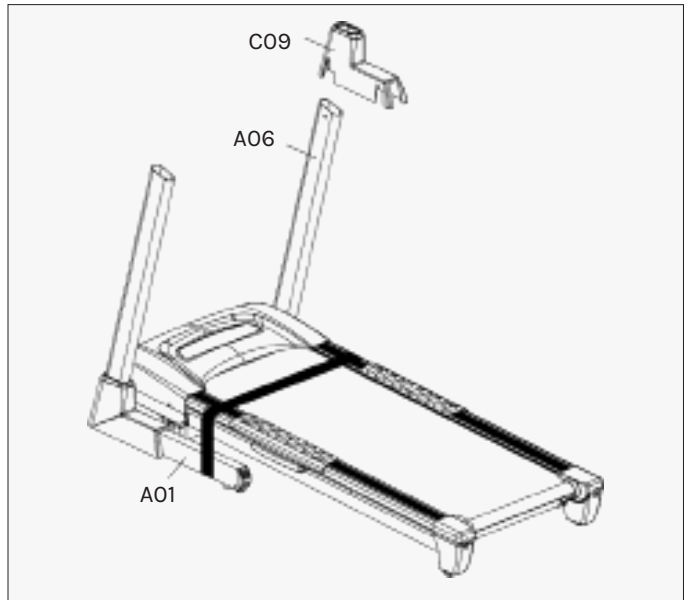
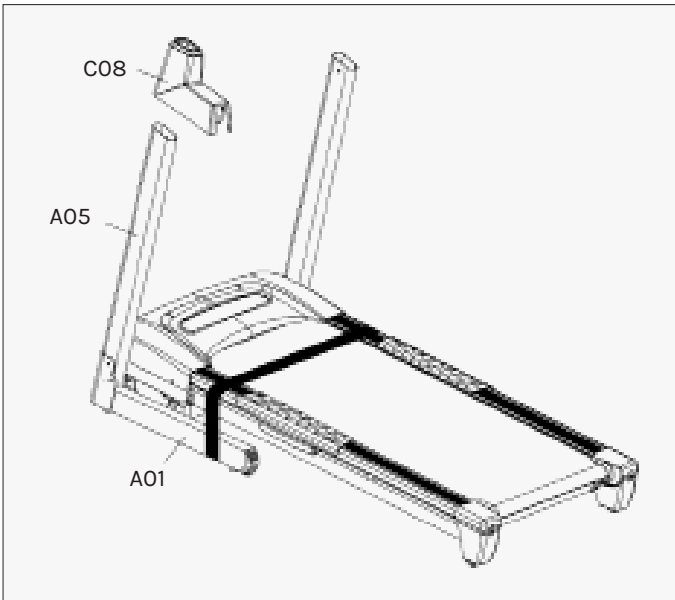
1. Lift the Left Upright Tube (A05) upwards. See Figure 1.
2. Fix the Left Upright Tube (A05) to the Base Frame (A01). Use 1 Bolt (D46) and 1 Lock Washer (D64) to secure the side, and 1 Bolt (D50) and Lock Washer (D64) to secure the front. Tighten using Allen Wrench (B12).
3. Repeat the step above to assemble the Right Upright Tube (A06) to the Base Frame (A01). See Figure 2.



### NOTE:

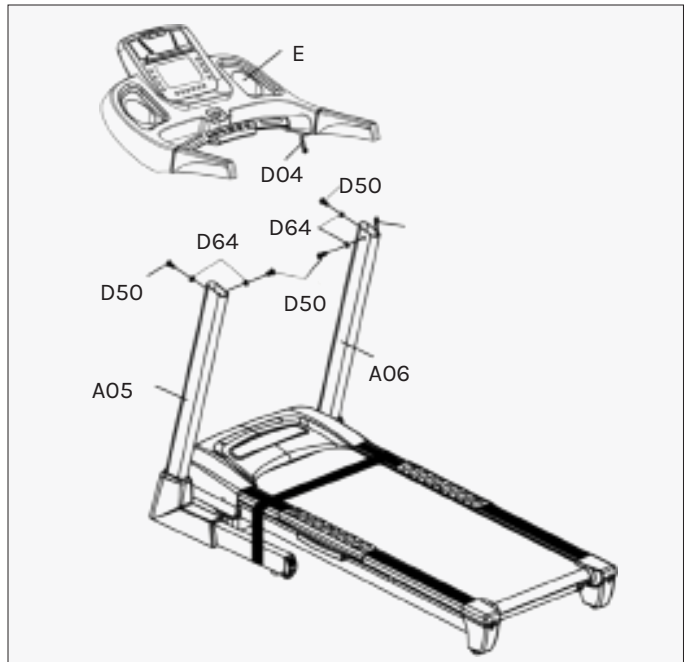
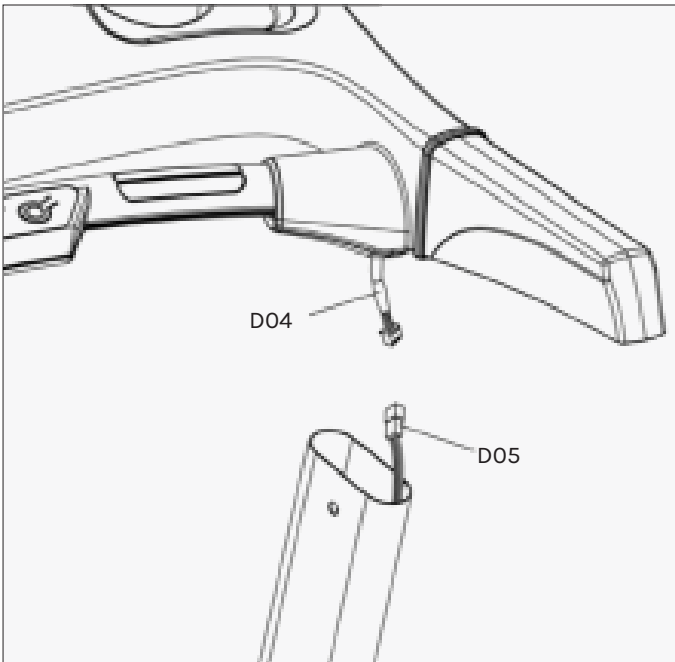
During assembly, support the Upright Tubes (A05 and A06) with your hand to prevent them from falling down.





### 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).



### STEP 4

1. Connect the Top Signal Wire (D04) to the Middle Signal Wire (D05).
2. Fix the Console (E) to the Left and Right Upright Tubes (A05 & A06) with 4 Bolts (D50) and 4 Lock Washers (D64). Tighten using Allen Wrench (B12).



## STEP 5

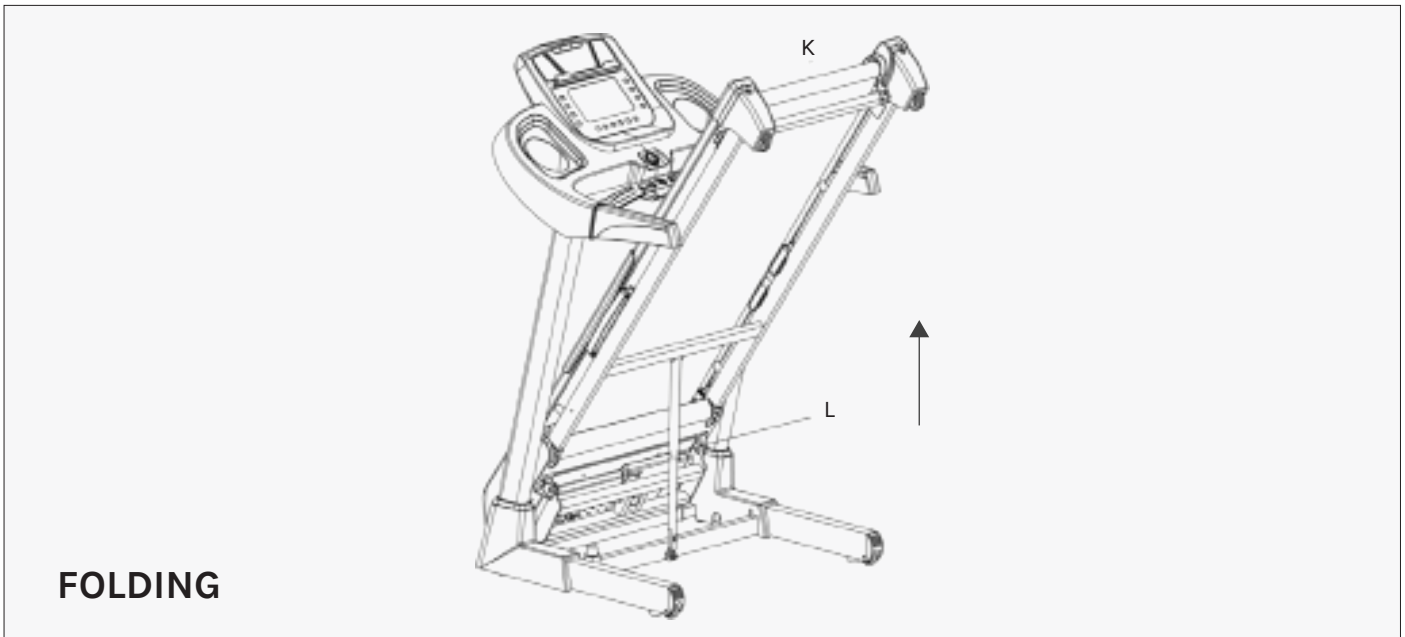
1. Cut the Packing Belt (F).



## STEP 6

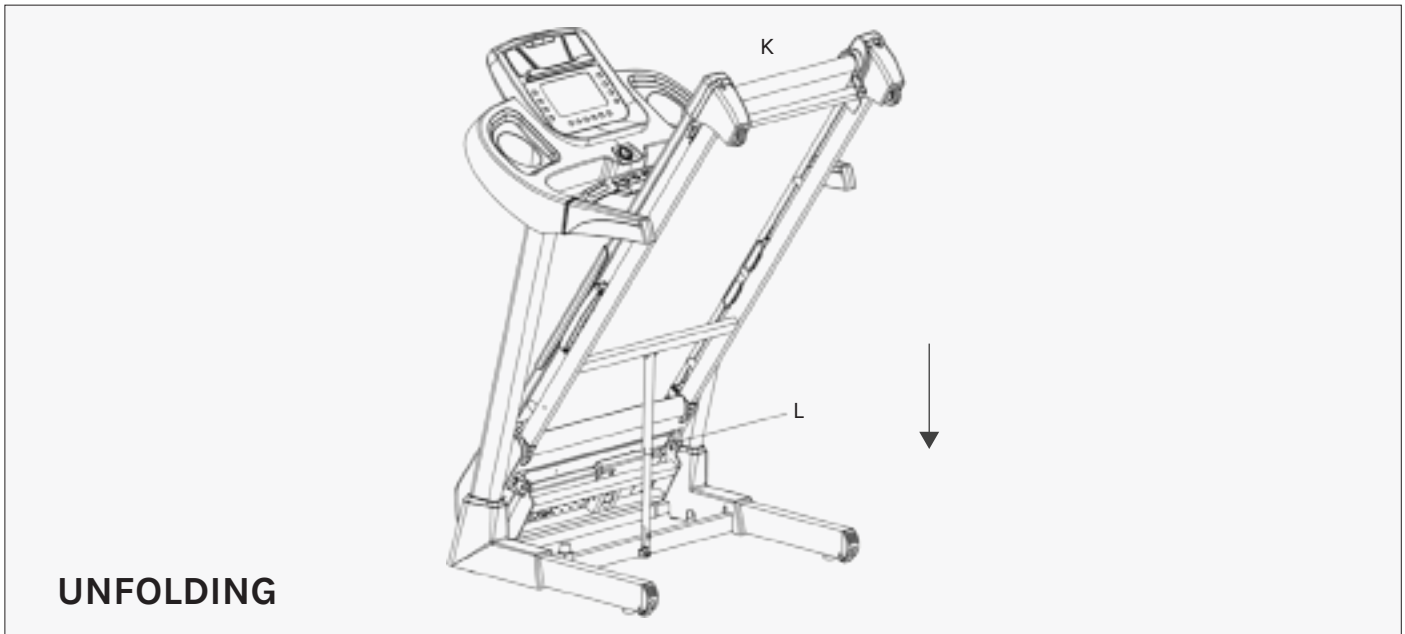
1. Loosen the M8\*15 bolt (D50) in the main frame by using Allen Wrench (B12).
2. According to folding instruction, fold the machine, and loosen the M8\*15 bolt (D50) in base frame by using Allen Wrench (B12) then untie safety lock (No.B15)

# V. FOLDING INSTRUCTIONS



Place your hand at the end of the running deck (position K) and lift up the Main Frame until the Air Pressure Cylinder (B03) locks.

**!** **NOTE:** You will hear a click when the Air Pressure Cylinder (B03) is successfully locked in.

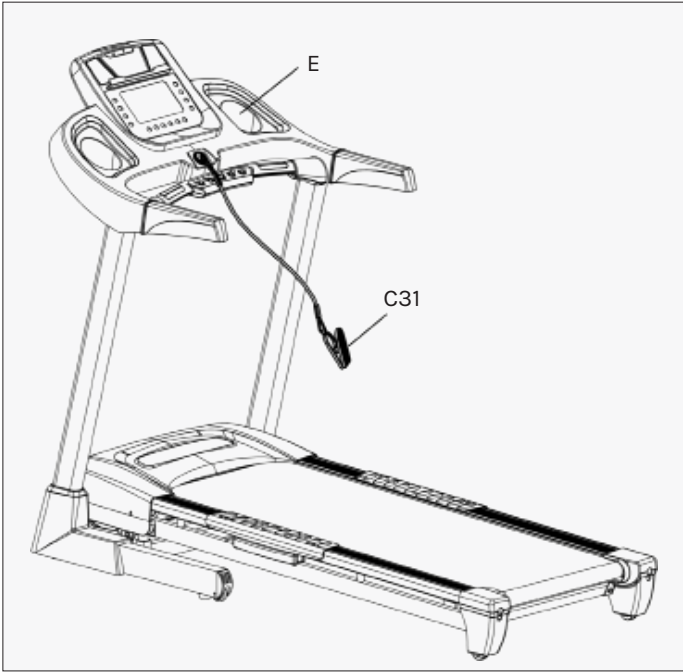


Grasp the Main Frame with one hand (position K) and use your foot to lightly kick the Air Pressure Cylinder (B03) to unlock. Give the Main Frame a downward push from position K and the running deck should automatically continue to steadily lower itself until the Main Frame reaches level ground.

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

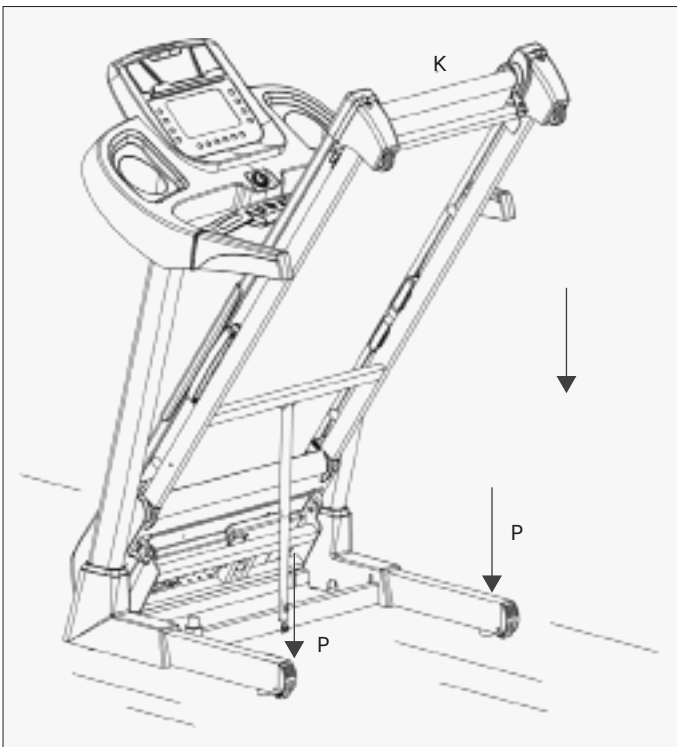
Video Tutorial Available at: <http://youtu.be/TcuPbJ7KuxQ>

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



## HOW TO USE THE SAFETY KEY

1. Before running, please insert the **Safety Key (C31)** to **Console (E)** and clip the opposing end to your clothes.
2. For any emergency, please pull the safety key cord, the machine will stop immediately.



## MOVING 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.





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 the bottom end of the treadmill steady.



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.

# VI. OPERATION GUIDE

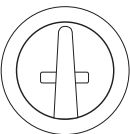





## 1. CONSOLE OVERLAY DISPLAY

NO.	ICON	FUNCTION INSTRUCTIONS
1		<b>Parameter display</b>
2		<b>Program chart</b>
3		" <b>Incline: 3, 6, 9, 12</b> ": Incline shortcut button
4		" <b>Speed: 3, 6, 9, 12</b> ": Speed shortcut button
5		" <b>Program</b> " button: Press the <b>PROG</b> key and the machine will show: P1-P24: Preset Programs U1-U3: User-Defined Programs HP1-HP2: Heart Rate Control Programs (if applicable) FAT: body fat test function
6		" <b>Mode</b> " button: Press this button to cycle through different countdown modes: 1. "15:00" flashing window is time countdown 2. "1.0" flashing window is distance countdown 3. "50" flashing window is calories countdown 4. Match Run mode  After you choose a mode, press "incline+" "incline -" or "speed+" "speed -" to set countdown value. If you do not choose any mode, exit to back to standby mode.
7		<b>Play/Pause</b> button: To pause or to start when playing music or video.
8		<b>Switch</b> button: You can press this button to choose between standby mode, music and video.

NO.	ICON	FUNCTION INSTRUCTIONS
9		<b>VOL-/ DOWN</b> button: Long press: reduce volume. Short press: previous song.
10		<b>VOL+/ UP</b> button: Long press: increase volume. Short press: next song.




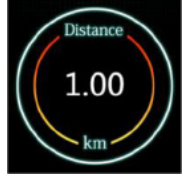
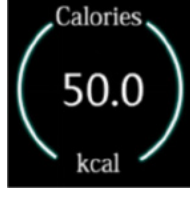
NO.	ICON	FUNCTION INSTRUCTIONS
11		<b>Safety key:</b> Insert the magnet end of the Safety Key into the slot of console. The machine will not function until the safety key is inserted. Remove the safety key in an emergency or after your workout to prevent unauthorized use.
12		<b>"Incline+" "Incline-":</b> In setting mode, press this button to adjust setting value. When it is used to adjust incline, press and hold for more than 0.5 seconds, the machine will increase or decrease incline by 1 level rapidly.
13		<b>"Speed +" "Speed-":</b> In setting mode, press this button to adjust setting value. When it is used to adjust speed, press and hold for more than 0.5 seconds, the machine will increase or reduce speed every 0.1 km rapidly.
14		<b>"Start":</b> To start the machine, insert the magnet end of the Safety Key into the slot of console and press the START button. <b>"Pause":</b> When the machine is running, press PAUSE button to pause the machine. Hold down START for 3 seconds to stop the machine and clear the workout. You may also replace the safety key to reset the machine.



## 2. WINDOW DISPLAY

NO.	ICON	CONTROL INSTRUCTIONS
1		"INCLINE" window: Display the current incline. The Incline range is 0-18 level.
2		"PULSE" window: Hold the pulse sensors with both hands for 5 seconds to calculate and display the runner's heart beats per minute, the display range is 50-200 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).
3		"TIME" window: Display running time.
4		"DISTANCE" window: Display running distance.
5		"CALORIES" window: Display runner's calories have burned.
6		"SPEED": Displays the current speed. The speed range is 1.0–20.0km/h.
7		"STEP": Calculate the runner's steps when the runner is running on the machine.
8		"TIME" window: Display the running time.
9		"DISTANCE" window: Display the running distance.
10		"CALORIES" window: Display runner's calories have burned.

### 3. MAIN FUNCTIONS

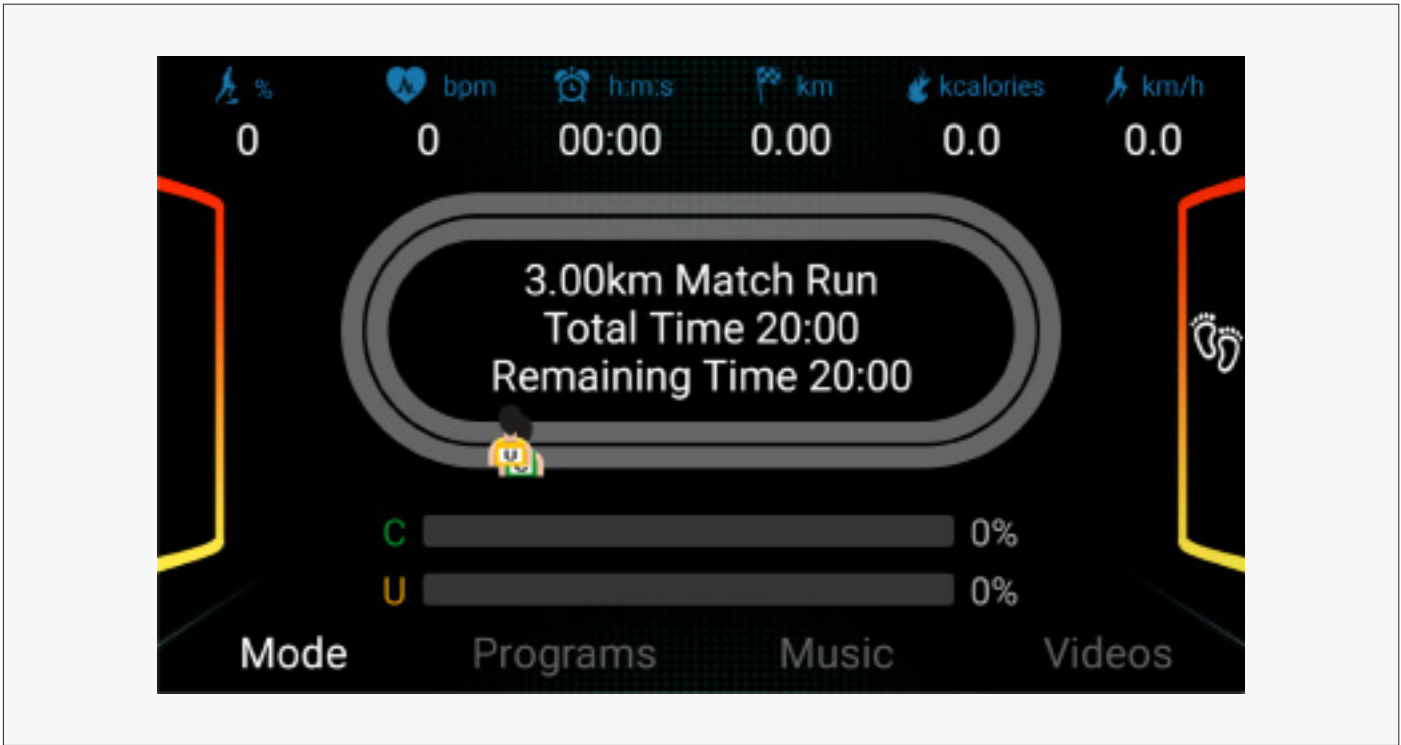
CONTROL INSTRUCTIONS	
	<p><b>"TIME"</b> countdown window: Displays exercise time.            Displays the running time from 0:00-18 hours. When the count reaches the maximum of 18 hours, the machine will reset to 0:00 and continue to operate.            When in Countdown Mode, it will count from the set time to 0:00. Once the count reaches 0:00, the machine will stop smoothly and give a report.</p>
	<p><b>"DISTANCE"</b> countdown window: Displays exercise time.            Displays the running time from 0:00-18 hours. When the count reaches the maximum of 18 hours, the machine will reset to 0:00 and continue to operate.            When in Countdown Mode, it will count from the set time to 0:00. Once the count reaches 0:00, the machine will stop smoothly and give a report.</p>
	<p><b>"CALORIES"</b> countdown window: Display calories.            Displays the amount of calories burned from 0 to 999 KCAL. When the count reaches 999, it will reset and start back from 0.            When in Countdown Mode, it will count down from the desired setting to 0. When it reaches 0.00, the machine will stop smoothly and give a report.</p>
<p>MATCH RUN MODE</p>	<p>You can choose this mode to have a running competition with system. Please find below detailed explanation of how to use match running mode.</p>

### MATCH RUN MODE

Press the "MODE" button continuously to enter match run mode. There are six default distances to choose from:


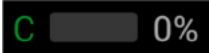


CONTEST DISTANCE (KM)	Default time (min)
3km	18:00
5km	30:00
10km	01:00:00
15km	01:30:00
21.10km	02:06:35
42.19km	04:13:10





After choosing distance, press the "INCLINE"+/- or "SPEED" +/- buttons to adjust the match time. Press the START button to start.

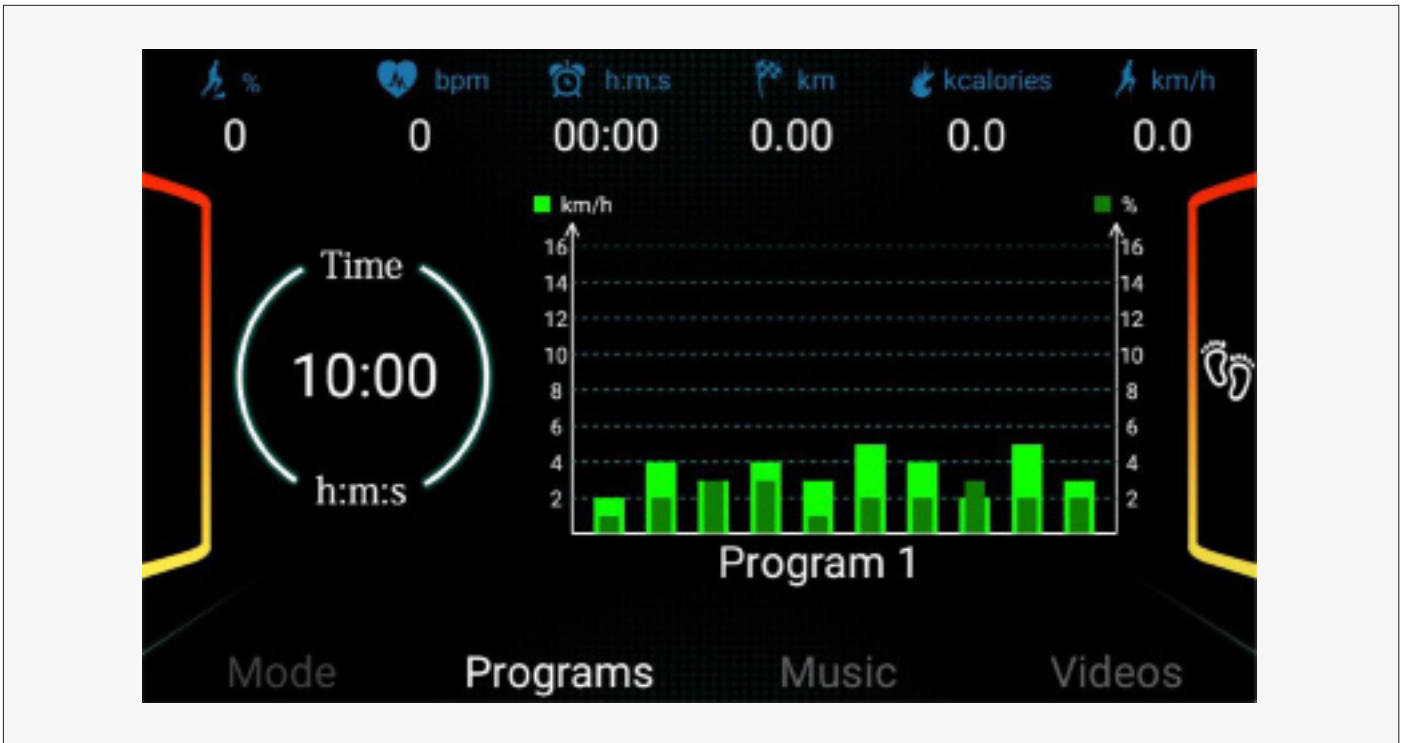
During the process of the competition, you can press speed button to adjust speed, and press incline button to adjust incline.

COMPETITION DISPLAY			
	C stands for computer		Displays the distance percentage completed by the computer.
	U stands for user		Display the distance percentage completed by the user.

After the run is completed the system will judge your running performance automatically.

## 4. BUILT-IN PROGRAMS AND USER SETTING

### 4.1 BUILT-IN PROGRAMS



#### PROGRAM DISPLAY



Select the desired program, and the time window should display the setting time at 10:00MINS. Press the +/- buttons to set the desired exercise time from 5MINS to 99MINS.

Press the START button to start the program. When the system enters into the next interval, the speed will be changed according to the program setting. Press +/- keys to adjust the incline and speed. When the program enters the next interval, it will return to the current incline and speed.

Each program will divide into 10 setting times for the exercise time, each time section will adjust speed and incline accordingly depending on the speed and incline determined within the program.



Program chart: Display 24 built-in programs, three user programs and the body fat program.

PROG		TIME INTERVAL= SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3

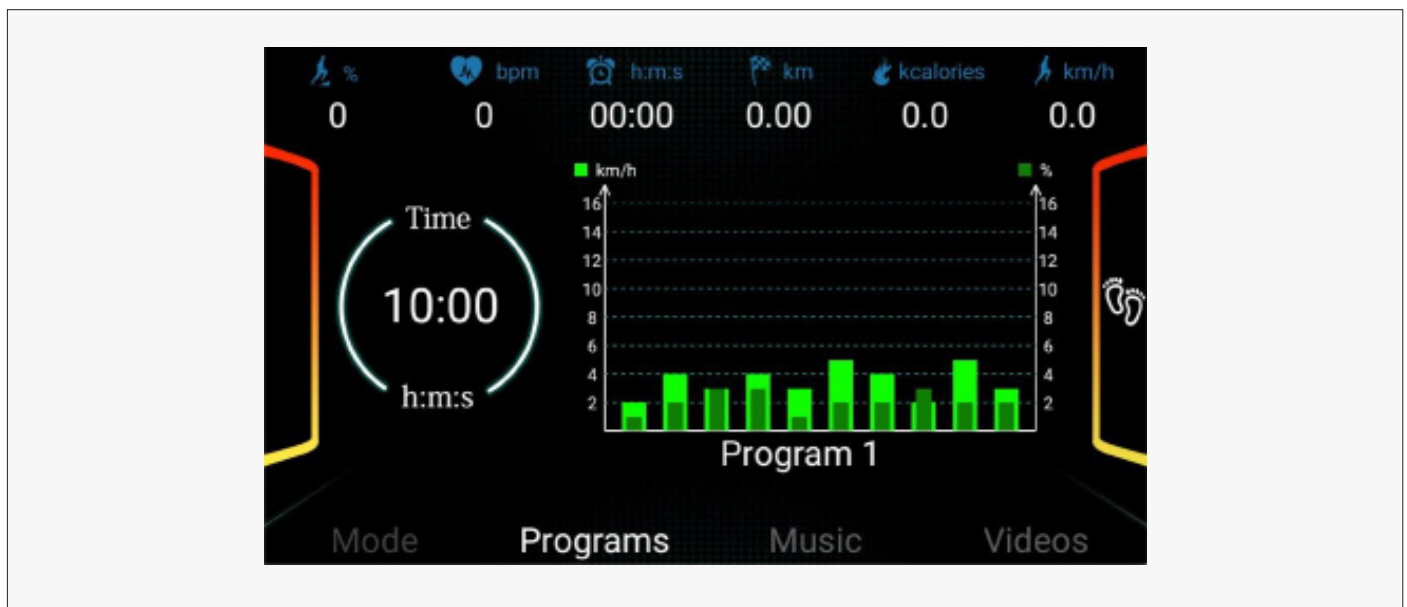
PROG		TIME INTERVAL= SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

## 4.2 USER SETTINGS (U1-U3)

Press the PROGRAM button to cycle through the programs until you reach User1-User2-User3. User Settings Programs (U1-U3) are programs that allow the user to manually preset each of the 10 exercise programs in order to tailor your personal workout regime.

To begin, select U1 (first user setting profile), once you've select the setting, the TIME window will show a setting time of 10:00MINS. Use the SPEED +/-, INCLINE +/-, or QUICK SPEED/INCLINE buttons to set the desired value. Press the MODE key to move to next section or to skip through sections. Once you've set the first section, you can set the value for the next section. Repeat this process until you have completed all sections. The values you set will not change unless edited.

Once you have finished setting your workout regime, you may press the START button to begin exercising. The machine will operate at the preset speed and incline of your settings. The whole program will be divided into 10 sections. Each section will divide into 10 setting times for the exercise time, and section will adjust to a speed and incline based on the speed and incline determined within the program. When the whole program has completed, the machine will stop.

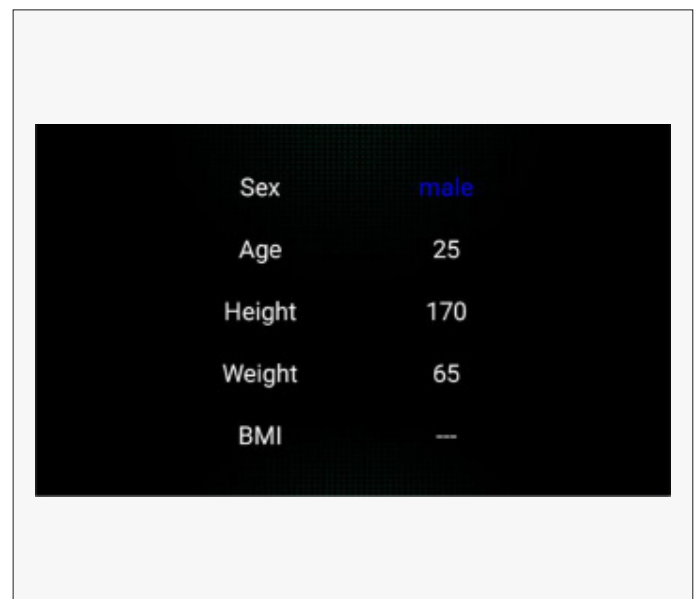


## 4.3 BODY FAT CALCULATOR

Press the PROGRAM button until the window displays FAT (Body Fat Calculation). Press MODE to enter SEX, AGE, HEIGHT, WEIGHT, BMI body quality index.

Press the SPEED +/- keys to set SEX, AGE, HEIGHT, WEIGHT (refer to the chart below). Once you have finished setting, press MODE, this will take you to the setup for BMI (Body Quality Index).



To set BMI, grasp the pulse sensors located on the handles with both hands and hold them for at least 3 seconds. The window will display your body quality index. The Body Quality Index is used to test the relation between your height and weight. It is only for reference not suitable for the medical use. The Body Quality Index is suitable for both male and female.



## BODY QUALITY INDEX (BMI) CHART


Sex	Male	Female
Age	10-99 years old	
Height	100-200 cm	
Weight	20-150 kg	
BQI	≤19	Underweight
BQI	=(20---25)	Normal Weight
BQI	=(26---29)	Overweight
BQI	≥30	Obesity

## 5. MUSIC

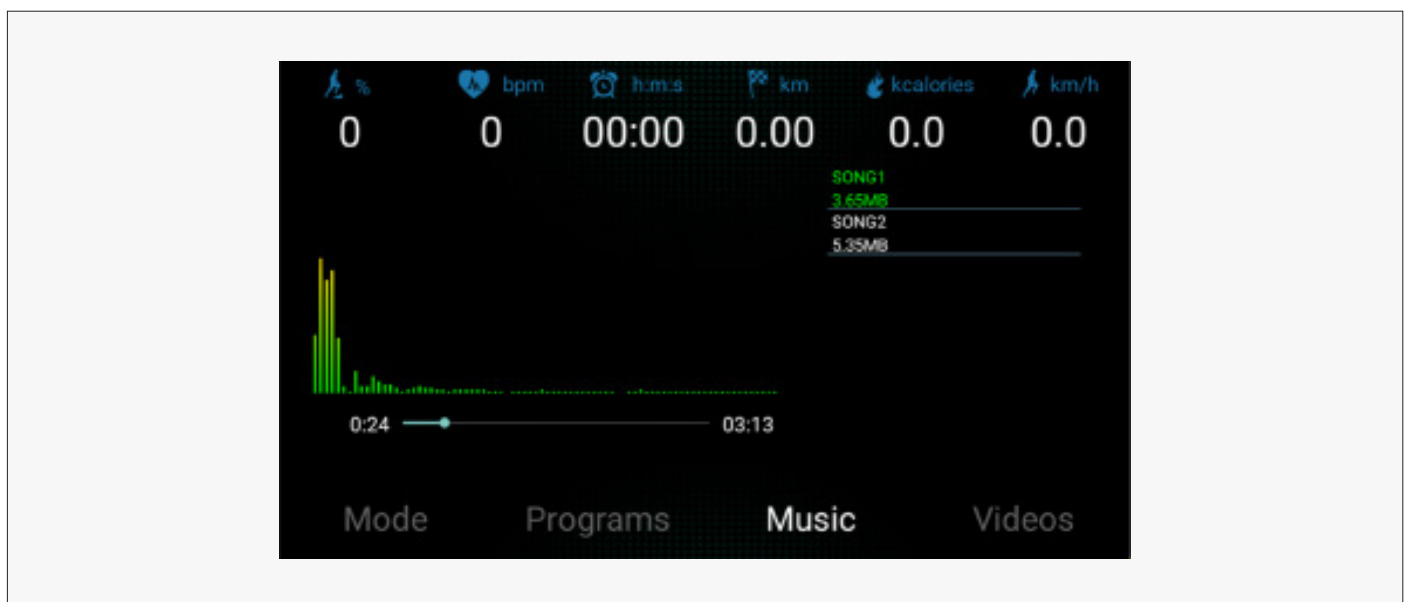
Press the switch button  to enter music play function. WAV, MP3, MP4 formats are available. Then press play button  to play music.

Some system built-in music is available. You can also store music inside you own USB stick, and insert it into the USB slot to play.



### CONTROL GUIDE

**VOL-/ DOWN** button   
 - long press: reduce volume  
 - short press: previous song

**VOL+/ UP** button   
 - long press: increase volume  
 - short press: next song



## 6. VIDEO

Press the switch button  to enter video play function. RMVB, MOV, AVI formats are available. Then press play button  play video.

Some system built-in video is available. You can also store videos inside you own USB stick, and insert it into the USB slot to play.

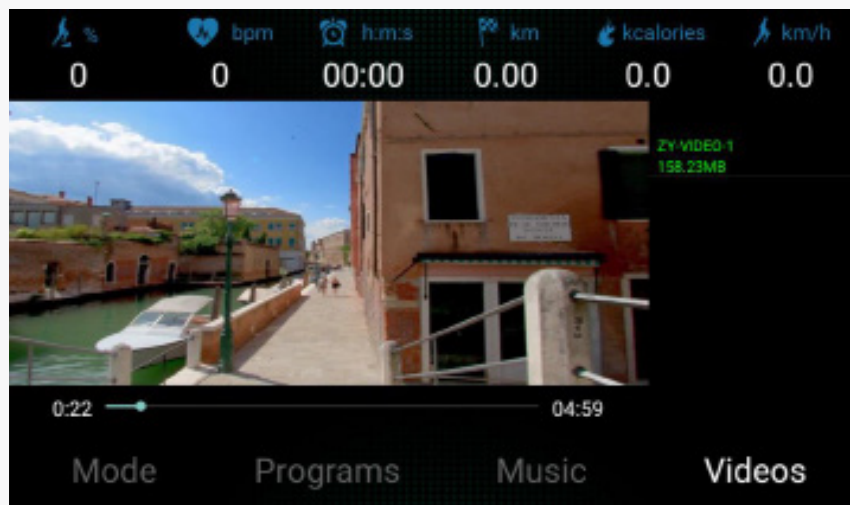
### CONTROL GUIDE

**VOL-/ DOWN** button 

- long press: reduce volume
- short press: previous video

**VOL+/ UP** button 

- long press: increase volume
- short press: next video



## 7. SPEAKER FUNCTION

Plug your phone or music player into the display via the AUX cable provided to play sound out of the treadmill speakers. All volume and other functions will be controlled directly via your phone or music player.

## 8. CONTROL FUNCTIONS

1. - Speed Button: reduce running speed.
2. + Speed Button: increase running speed.
3. - Incline Button: reduce incline.
4. + Incline Button: increase incline.
5. Speed Keys: instantly change speed.
6. Incline Keys: instantly change incline.
7. STOP: to stop the running belt of the machine.
8. Hold the pulse sensors with both hands for 5 seconds to calculate and display the runner's heart beats per minute (BPM) on the computer display screen.

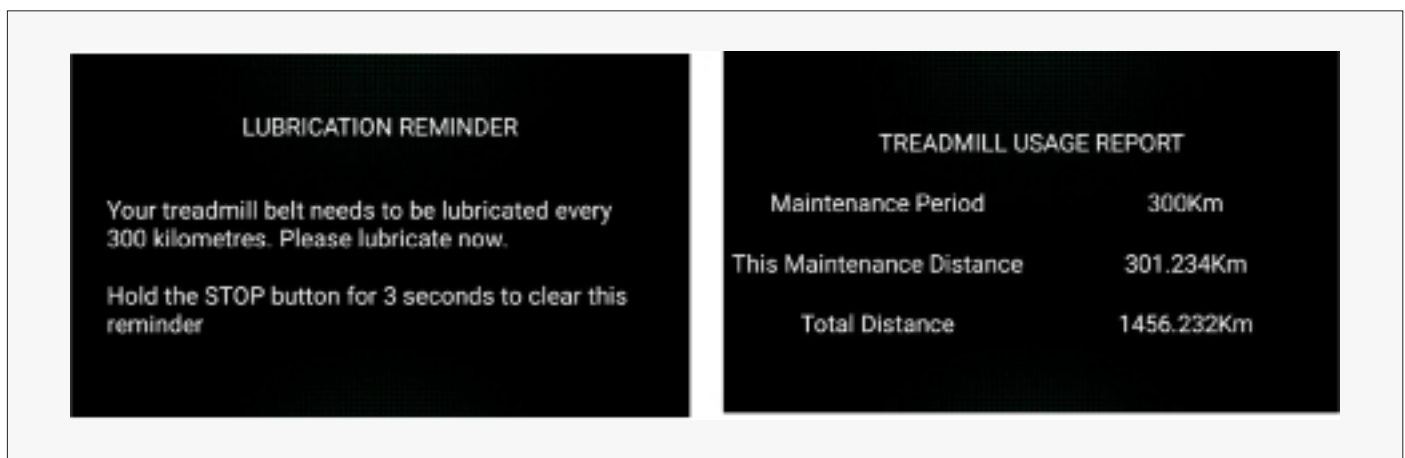
## 9. QUICK START

1. Insert the magnet end of the safety key into the computer console.
2. Press the START button, a buzzer will sound and the system will automatically display a 3 second countdown. When the countdown reaches zero, the running belt will start at a slow speed.
3. After start-up, you can use the speed +/- buttons or QUICK SPEED keys to adjust the speed of the treadmill. You can also use the incline +/- buttons or QUICK INCLINE buttons to adjust the incline of the treadmill.

## 10. LUBRICATION REMINDER

The system will remind you to lubricate your treadmill every 300 kilometres via a warning on the window. Please read the MAINTENANCE INSTRUCTIONS for the proper steps to lubricating your machine. After lubrication is applied, press and hold the START/PAUSE button for 3 seconds to clear the reminder. The window will then display total odometer distance.

To check the total distance: Press speed -, speed -, speed -, speed +, speed -, speed -, speed +, speed +, speed +, speed +, speed -, and incline + in turn. This must be done within 5 seconds.



## 11. PLAYING MUSIC

You can connect your mobile device to the treadmill to play music. To select music tracks and adjust the volume of music, this will be done directly from your device buttons.

There are 2 ways to connect to the treadmill:

1. Connect your device using the MP3 AUX cable.
2. Connect your device using Bluetooth.

To connect using Bluetooth, make sure the MP3 AUX cable is disconnected. If the MP3 AUX cable is connected, the Bluetooth will not function.

From your mobile device, select SYMK from the list of available devices and connect.

If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. When you want to resume playing music on the treadmill, you will have to connect again.



# 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.

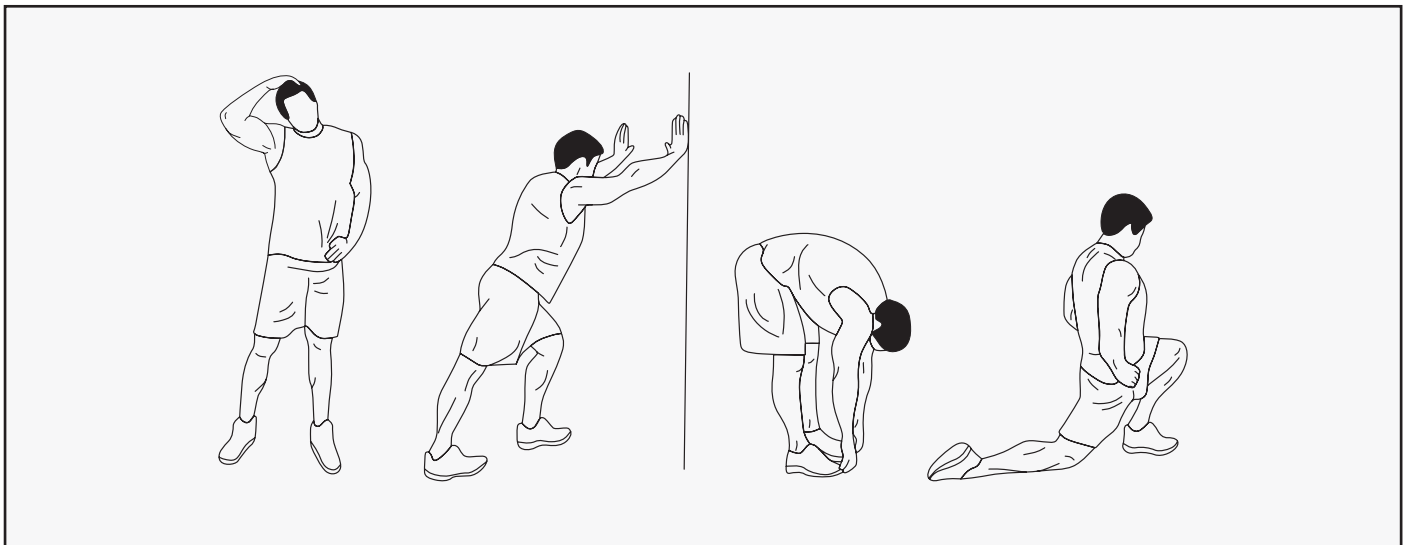
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

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

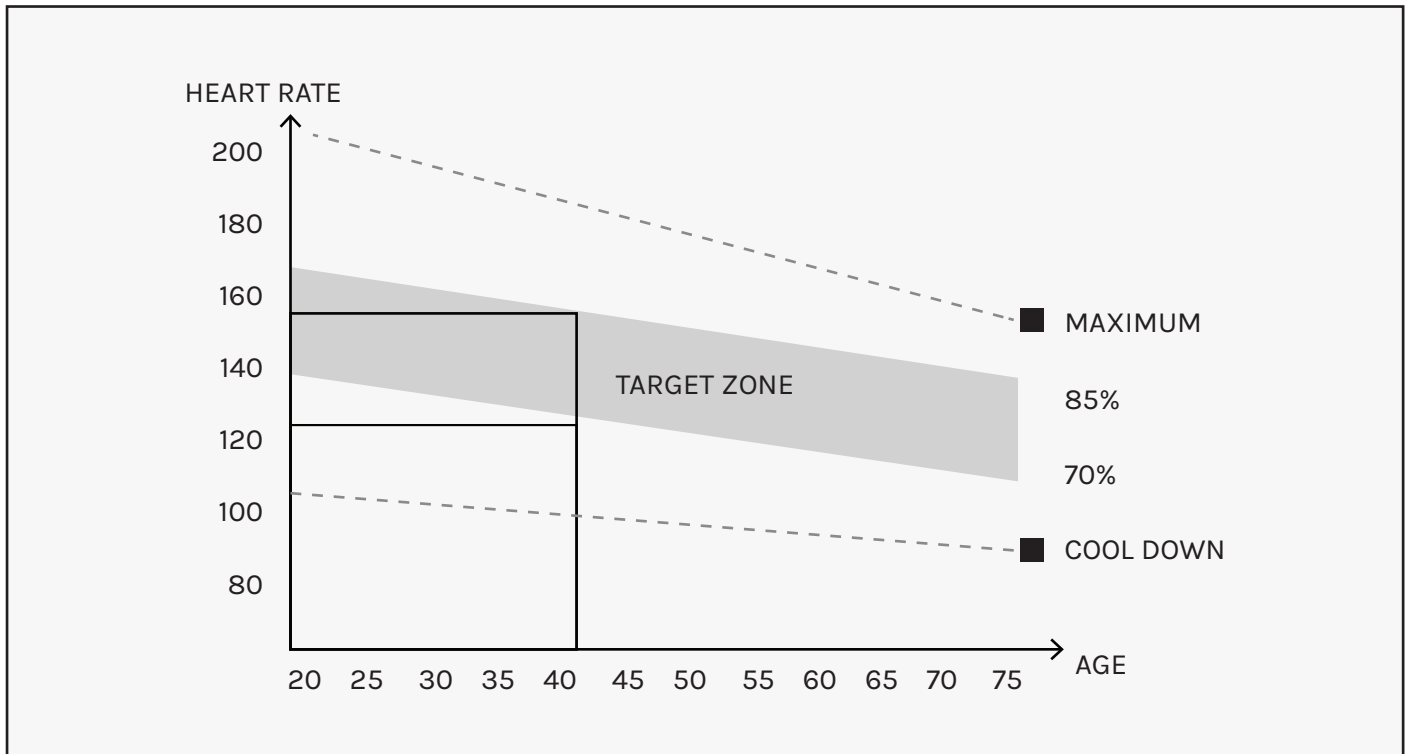
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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 INSTRUCTIONS

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

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## **WARNING:**


- The mat/deck friction may lay 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.
  - Unplug power cord before maintenance.
  - 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

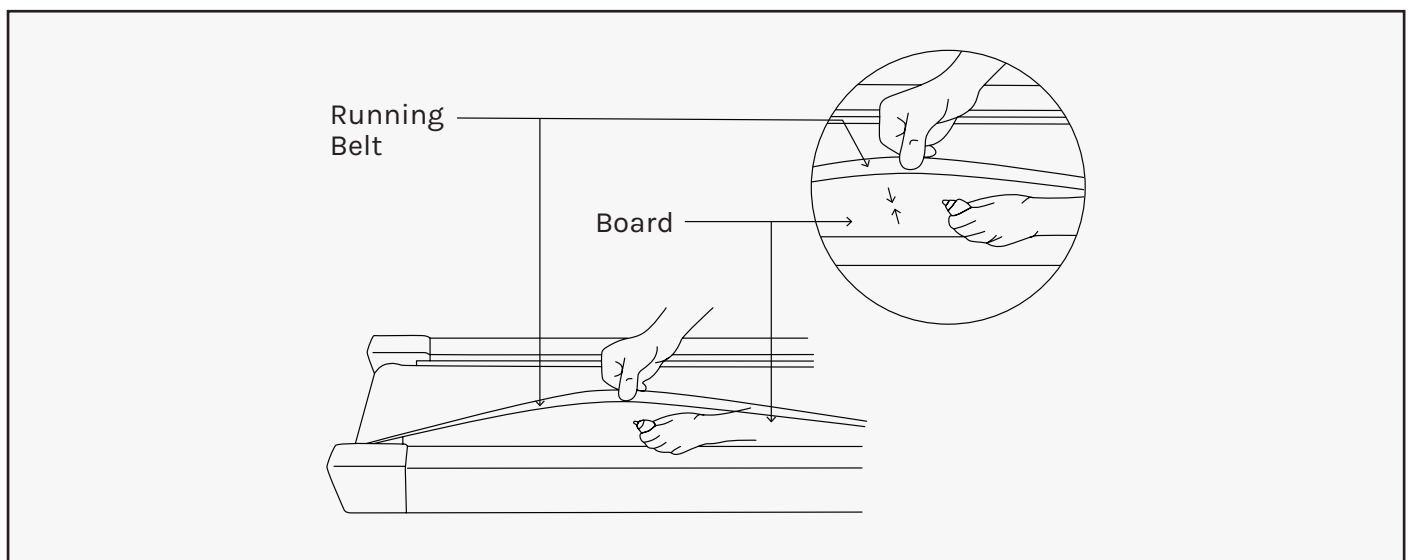
The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation.

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 YouTube Channel: <http://www.youtube.com/user/treadmillvideos>

#### 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.

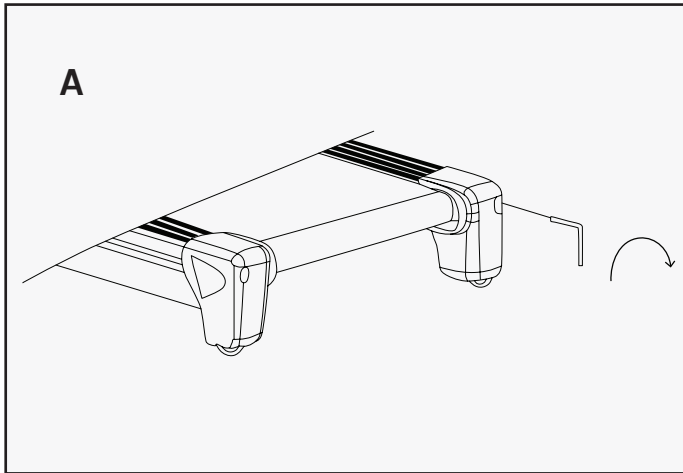
**!** We recommend that you use a silicone based spray to lubricate your treadmill.  
This can be purchased directly from us or any hardware store.

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

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

## 5. ADJUSTING THE RUNNING BELT

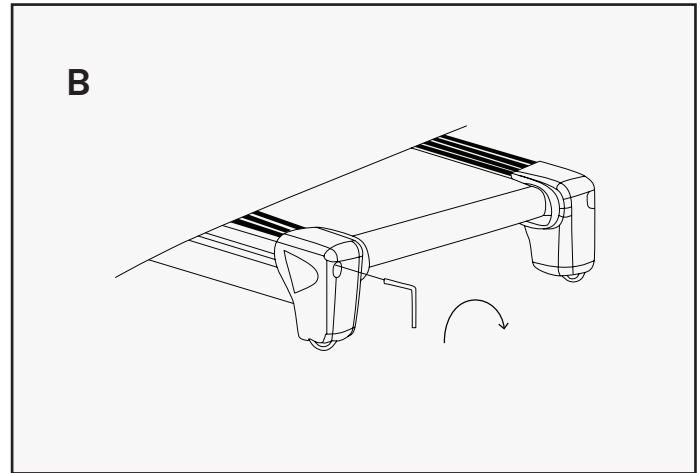
Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.



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**

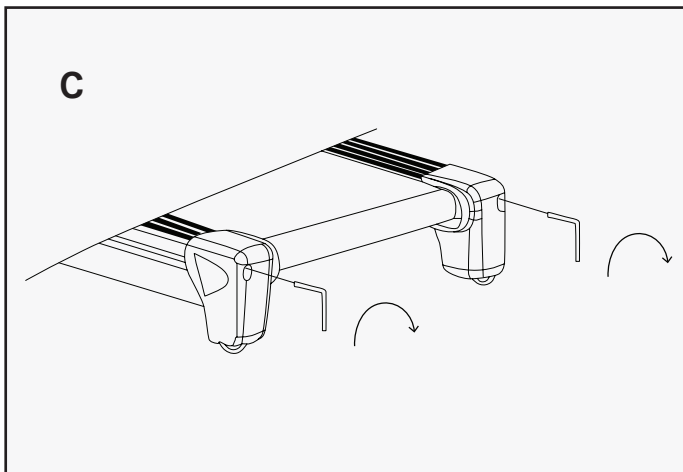
If you have over adjusted the belt and it drifts to the right, carefully turn the right adjusting bolt anticlockwise until the belt centers.



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 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.

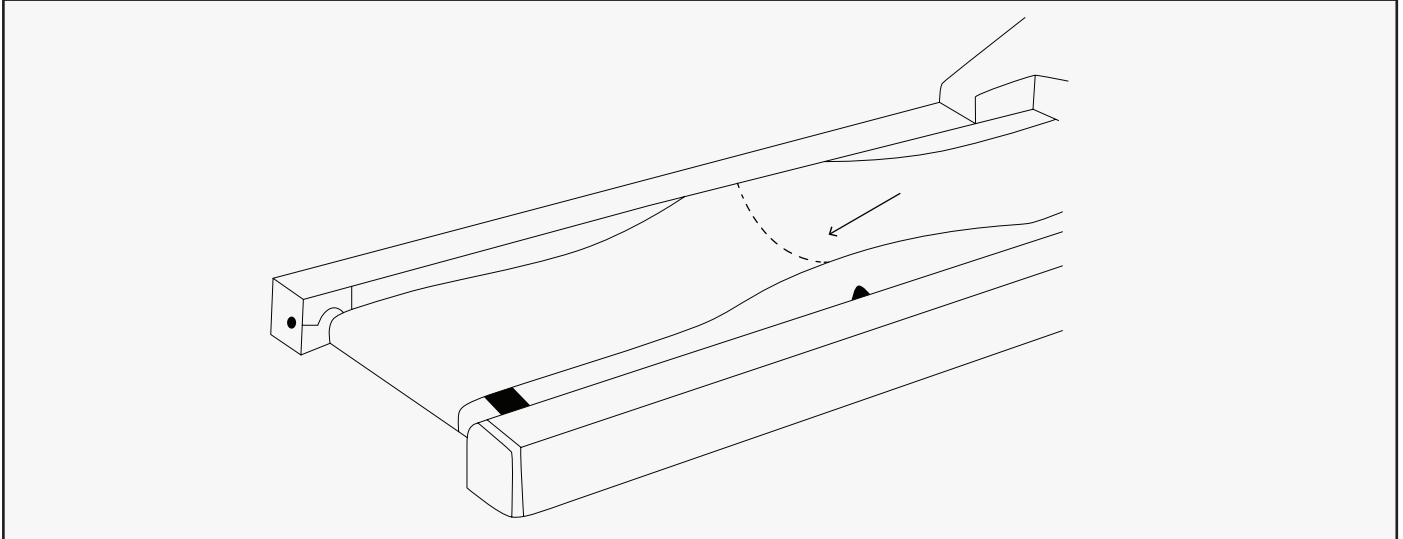
**See Picture C**

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



# 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	Sleeve		2
B12	Allen wrench	5mm	1
B13	Spanner with screw driver	S=13,14,15	1
B14	Z shape board		2
B15	Safety block		1
B16	Motor fixed aluminum seat L		1
B17	Motor fixed aluminum seat R		1
B18	Ground copper		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
C09	Right upright tube cover		1
C10	Left back end cover		1
C11	Right back end cover		1
C12	Handle bar foam		2
C13	Rubber pad		1

No.	Description	Specs	Qty
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	Handle bar decoration ring		2
C35	Handle bar left cover		1
C36	Handle bar right cover		1
D01	Computer board		1
D02	Control board		1
D03	Handle bar button board		1
D04	Top signal wire	900mm	1
D05	Middle signal wire	1100mm	1
D06	Bottom signal wire	800mm	1
D07	Shortcut top wire	350mm	1
D08	Shortcut bottom wire	750mm	1
D09	Hand pulse top wire	150mm	1
D10	Hand pulse middle wire	650mm	2
D11	Hand pulse bottom wire	200mm	2
D12	Speed sensor	1000mm	1



No.	Description	Specs	Qty
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	Safety key wire	450mm	1
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	Inductor		1
D30	Single wire 2	350mm	1
D31	Grounding wire	350mm	1
D32	Screw	ST4.2*12	2
D33	Amplifier wire	300mm	1
D34	USB board	450mm	1
D35	USB wire	250mm	1
D36	Speaker	6Ω5ω 250mm	2
D37	Screw	ST2.9*8.0	12
D38	Bolt	M6*25	1
D39	Bolt	M6*20	2
D40	Nut	M6	3
D41	Nut	M8	6
D42	Nut	M10	6
D43	Bolt	M10*90	1
D44	Bolt	M10*45	1
D45	Nut	M10*30	2
D46	Bolt	M8*40	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

No.	Description	Specs	Qty
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	Washer	6	3
D64	Washer	8	14
D65	Washer	10	2
D66	Screw	ST2.9*6.0	23
D67	Washer	5	2
D68	Flat Washer C	φ10*φ 26*2.0	6
D69	Screw	ST2.9*8	4
D70	Screw	ST3.5*10	2
D71	Bolt	M5*12	2
D72	Screw	ST2.9*4	4
D73	Button board		1
D74	Bluetooth board		1
D75	Bluetooth wire	300mm	1
D76	Screw	ST4.2*15	4
D77	Incline key board		1
D78	Speed key board		1
D79	Connecting wire	150mm	1
D80	Connecting wire	200mm	2
D81	Connecting wire	100mm	1
D82	Screw	ST2.9*16	2
D83	Bolt	M6*12	7
D84	Flat Washer C	6	6
D85	Bluetooth module		1
D86	Bluetooth wire	200	1
D87	Bluetooth power wire	250	1
D88	MP3 connecting wire		1

# XI. TROUBLESHOOTING

## 1. Communication Error, Display to Control Board or vice versa

- a. Check/change connection wire
- b. Change display
- c. Change control board

## 2. No Speed Signal

- a. Check/change speed sensor
- b. Change control board

## 3. Stall Protection

- a. Check motor wires
- b. Check motor
- c. Check control board

## 4. Incline Failure

- a. Check incline motor wires
- b. Check incline motor
- c. Check control board

## 5. Current Overflow Protection

- a. Decrease load
- b. Change transmission
- c. Change motor

## 6. Motor Failure

- a. Check motor wires
- b. Check motor

## 7. Current Overflow

- a. Adjust control board potentiometer
- b. Check transmission
- c. Change motor

## 8. Display Communication Error

- a. Check display wires

## 9. Exterior Voltage Overflow or Low

- a. Check current net
- b. Repair

# 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)