Boost-R Treadmill

USER MANUAL

30 DAY FREE TRIAL
kinomap
*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 Offer can be rescinded at any time.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

TABLE OF CONTENTS

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.

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.

- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.

- Always hold on to handrail while making control changes.

- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.

- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

- 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 itto ride smoother over the rollers.

IV. ASSEMBLY INSTRUCTIONS
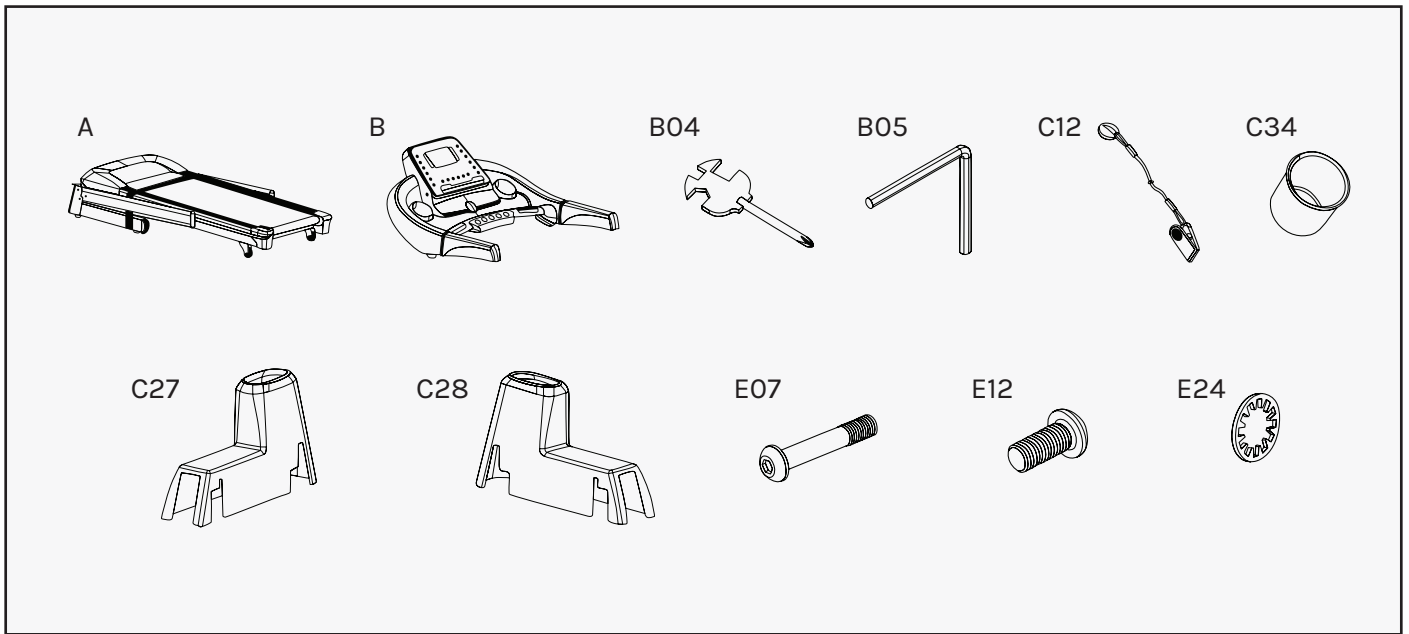
PARTS LIST

No.	Description	Specification	Qty
A	Main Frame		1
B	Console		1
B04	Wrench w/Screw Driver	S=13, 14, 15	1
B05	5#Allen Wrench	5mm	1
C12	Safety Key		1
C34	Bottle Holder		2

No.	Description	Specification	Qty
C27	Left Upright Tube Cover		1
C28	Right Upright Tube Cover		1
E07	Bolt	M8*50	2
E12	Bolt	M8*15	6
E24	Washer	8	8

ASSEMBLY TOOLS:

5#Allen Wrench 5mm   1pc
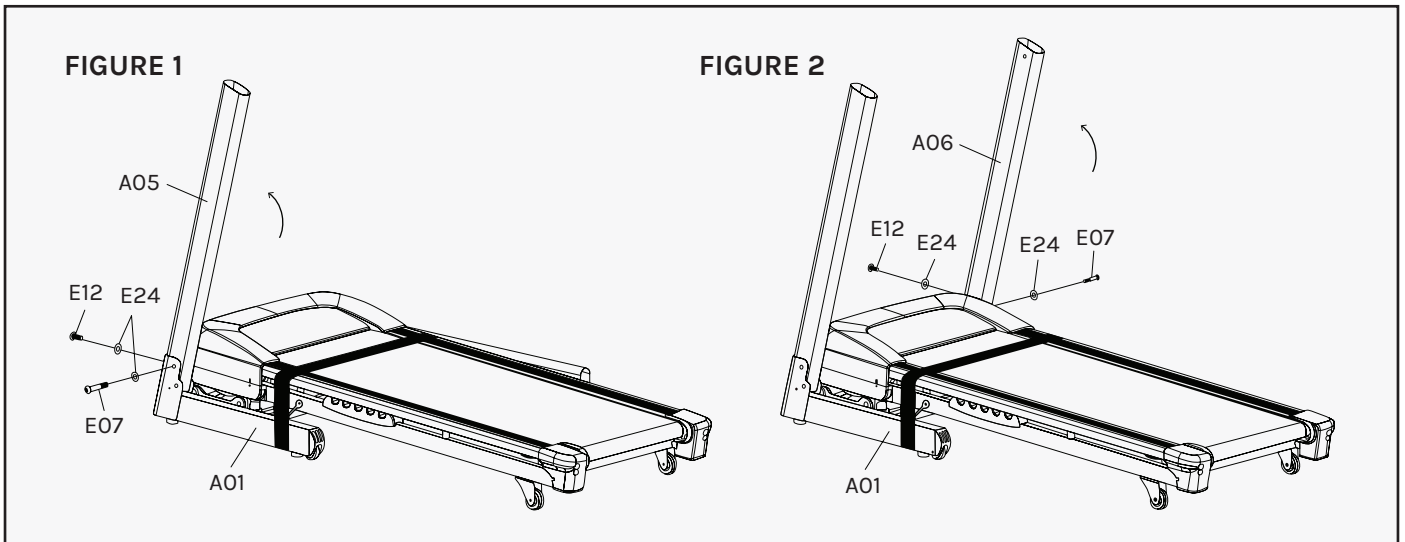Spanner with Screw Driver S=13, 14, 15   1pc

⚠ NOTE:

Do not connect power before completing assembly.
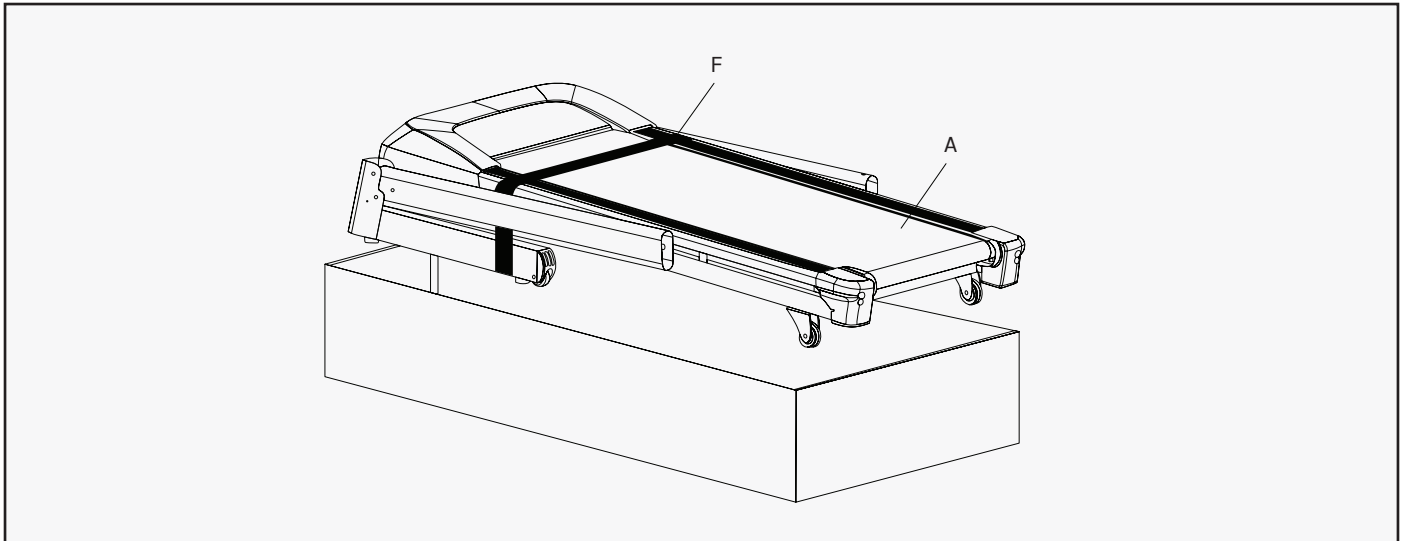
STEP 1

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

2. **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 (E07) and 1 Lock Washer (E24) to secure the side. Use 1 Bolt (E12) and Lock Washer (E24) to secure the front. Tighten using Allen Wrench (B05).

3. Repeat the step above to assemble the Right Upright Tube (A06) to the Base Frame (A01). See Figure 2.

4. **NOTE:** During assembly, support the Upright Tubes (A05 and A06) with your hand to prevent them from falling down.
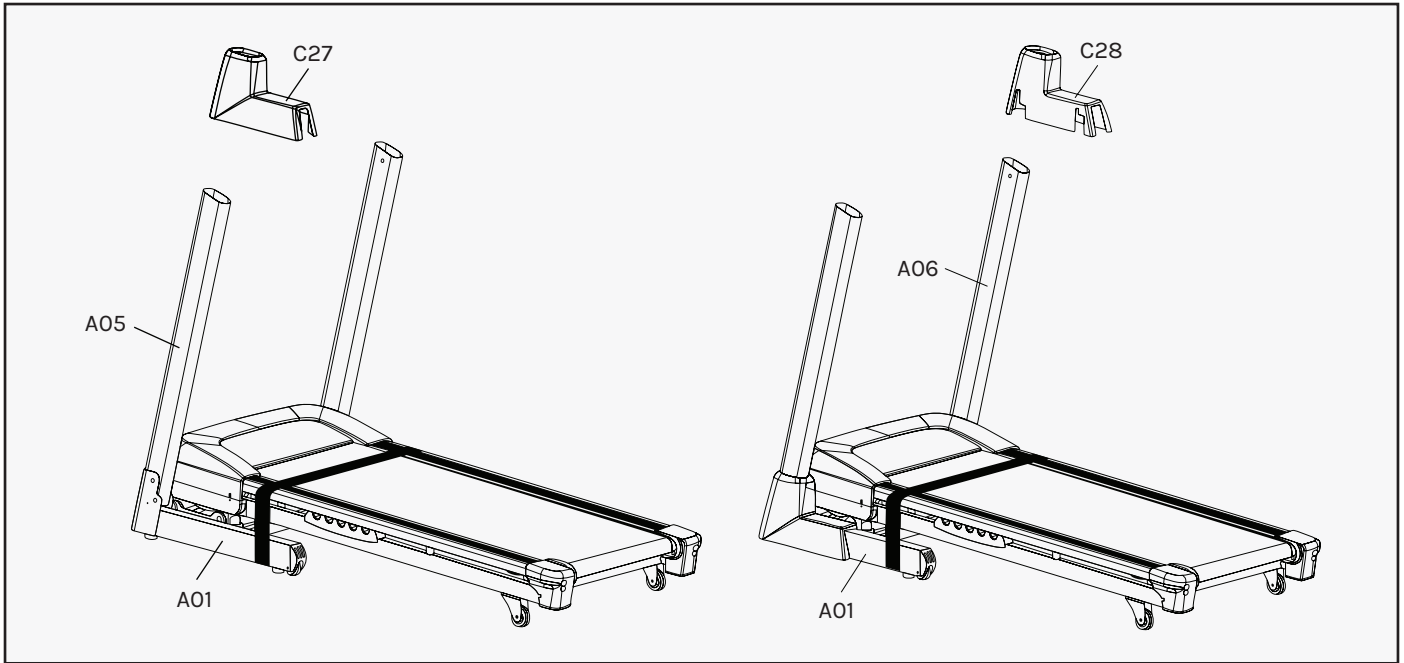
STEP 3

1. Insert the Left Upright Tube Cover (C27) into the bottom of the Left Upright Tube (A05). Push down to secure the Left Upright Tube Cover (C27) to the Base Frame (A01).

2. Repeat the step above to attach the Right Upright Tube Cover (C28) to the Base Frame (A01).
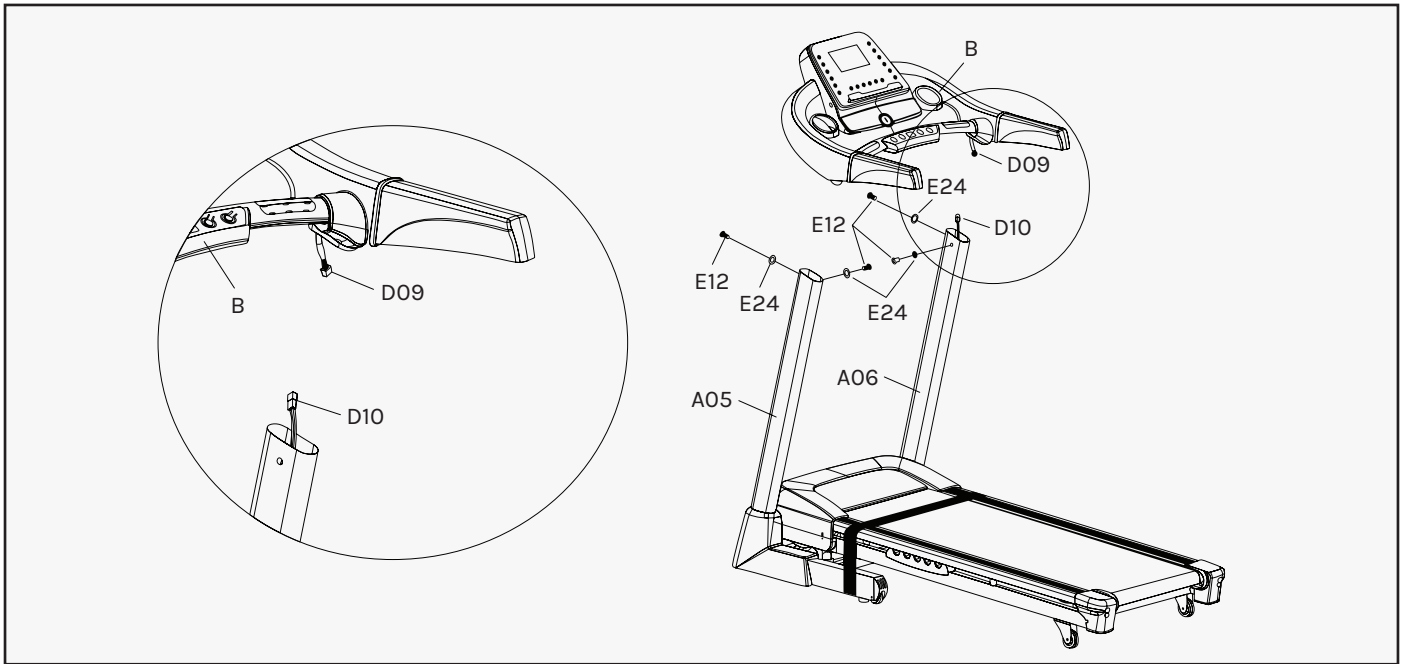
STEP 4

1. Connect the Top Signal Wire (D09) to the Middle Signal Wire (D10).

2. Fix the Console (B) to the Left and Right Upright Tubes (A05 & A06) with 4 Bolts (E12) and 4 Lock Washers (E24). Tighten using Allen Wrench (B05).
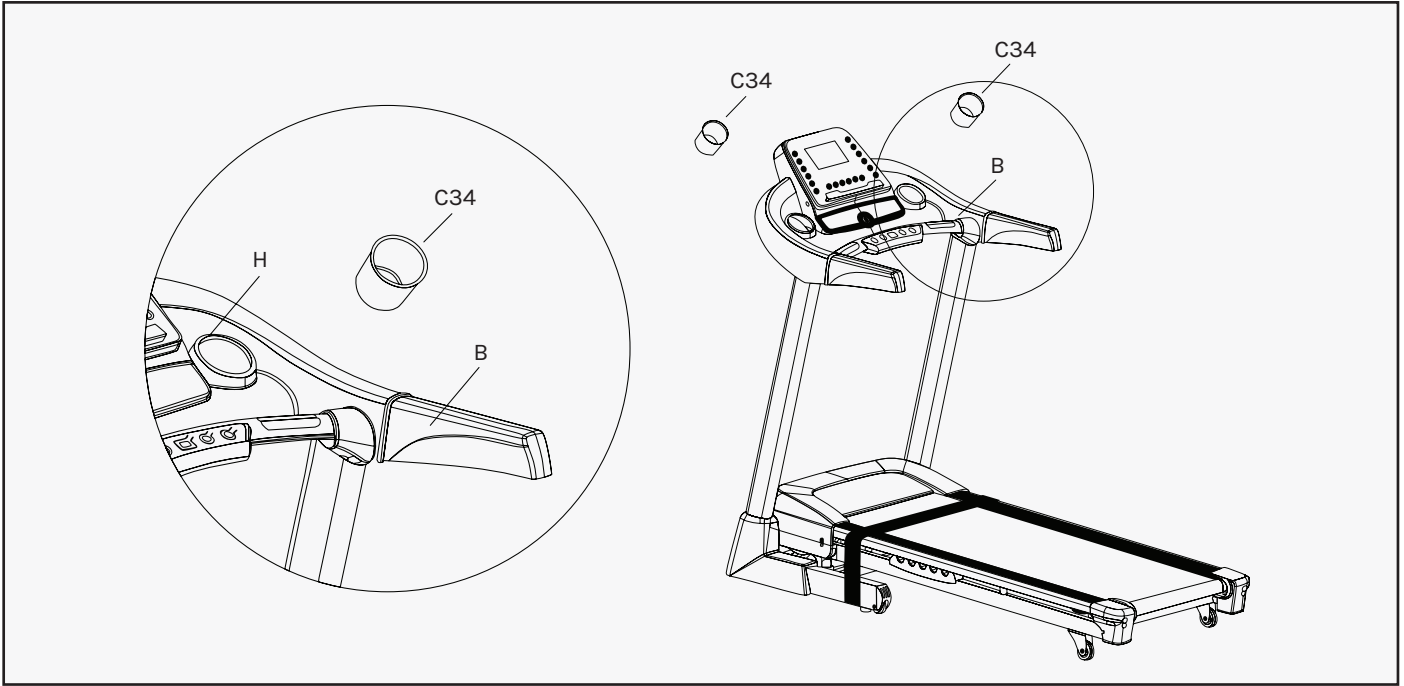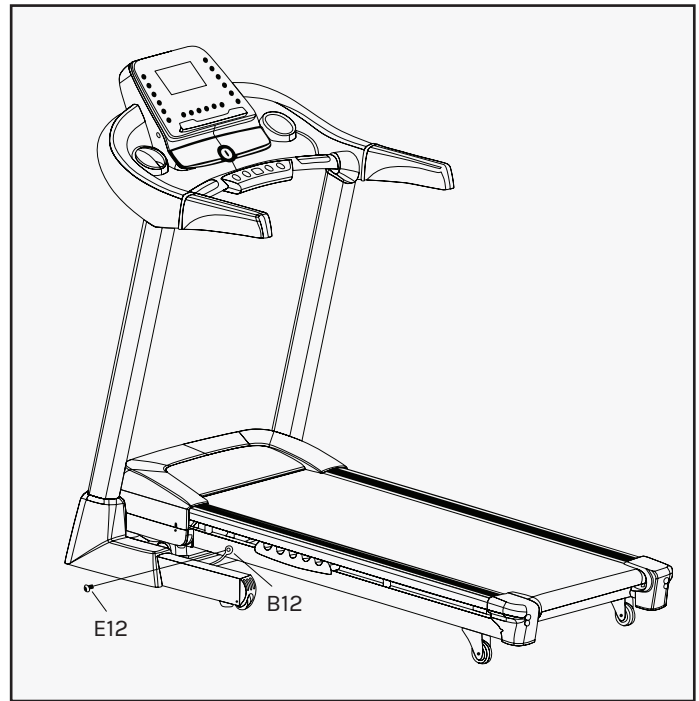
STEP 5

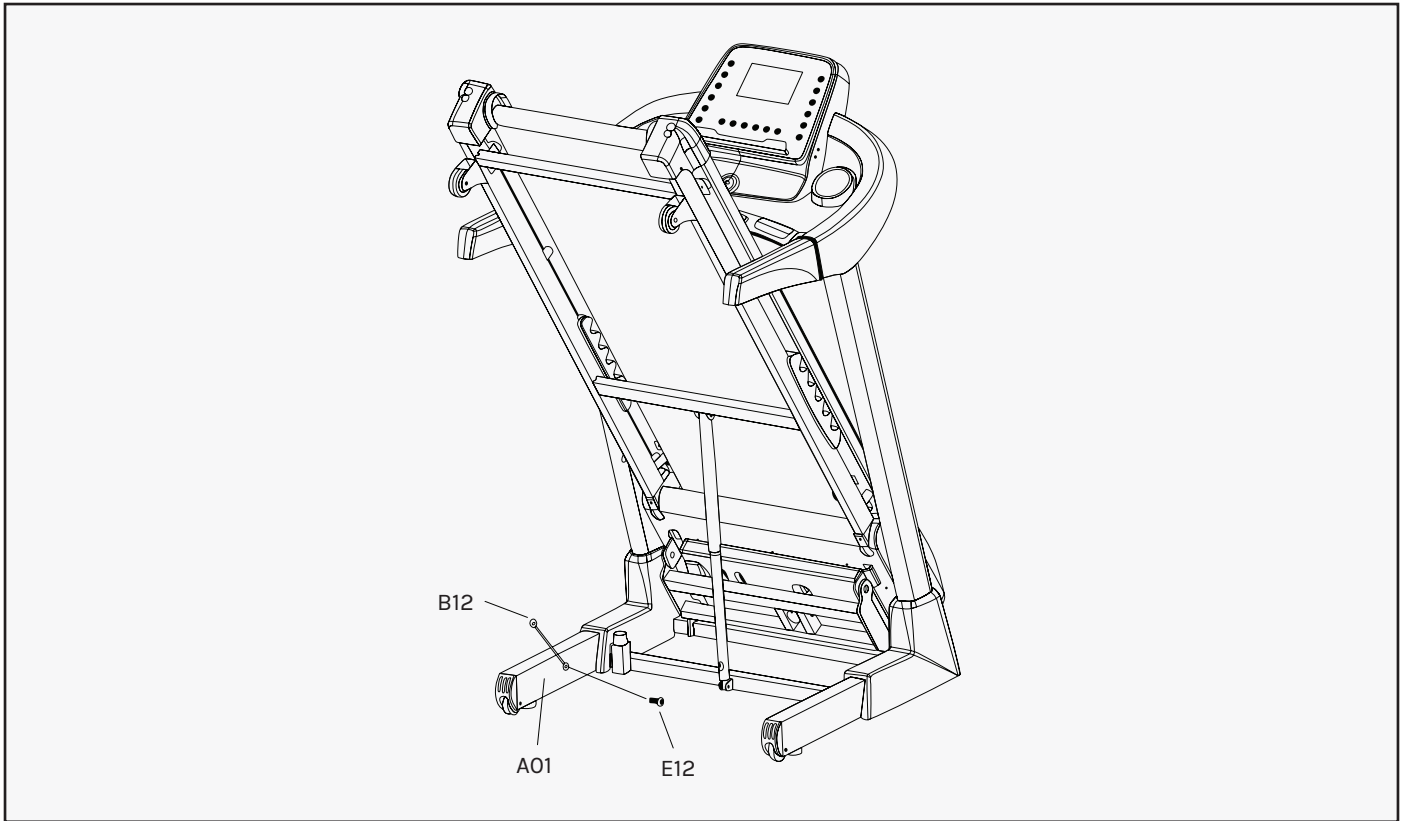1. Insert the bottle holder (C34) into the Console slots (B).
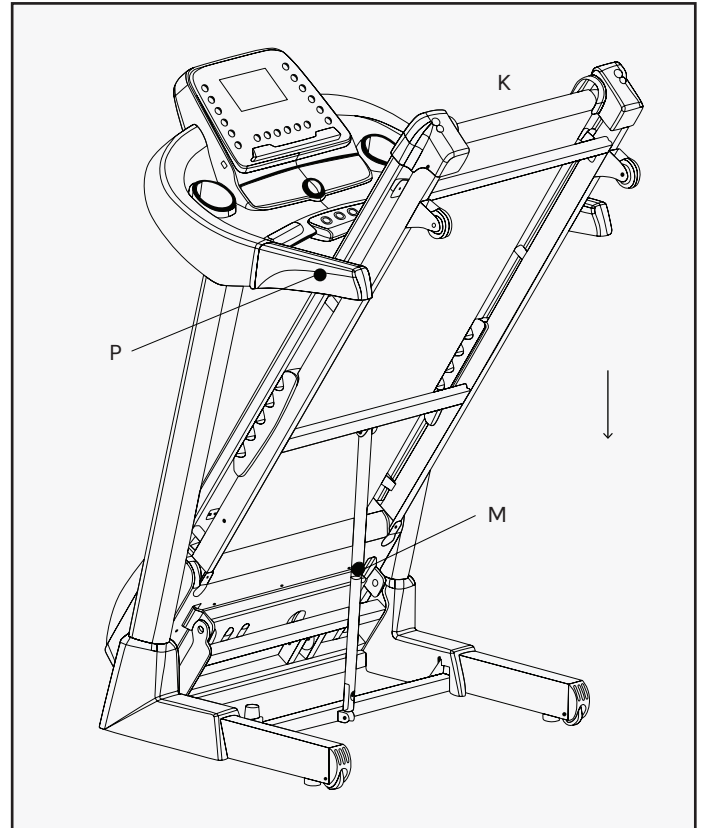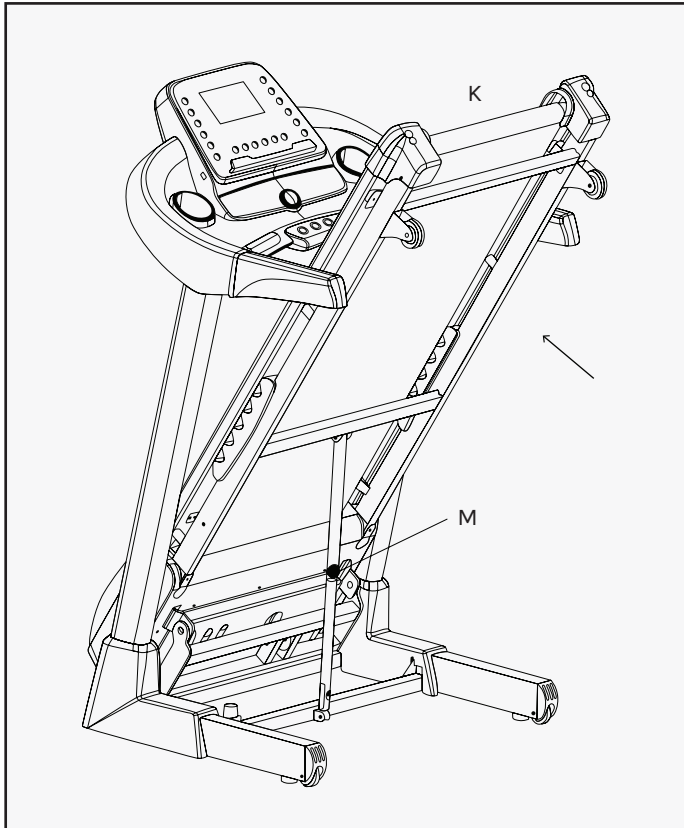

STEP 6

1. Cut the Packing Belt (F).

STEP 7

1. Loosen the M8*15 bolt (E12) in the main frame with Allen Wrench (B05).

STEP 8

1. Fold up the machine in accordance with the folding instructions in the next page.

2. Loosen the M8*15 bolt (E12) in base frame by using Allen Wrench (B05) then untie safety lock (B12).

V. FOLDING INSTRUCTIONS

FOLDING

1. 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.

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

UNFOLDING

1. 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.

2. **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**

VI. HOW TO USE THE SAFETY KEY

1. Before running, please insert the **Safety Key (C12)** to **Console (B)** and clip the opposing end to your clothes.

2. For any emergency, please pull the safety key cord, the machine will stop immediately.
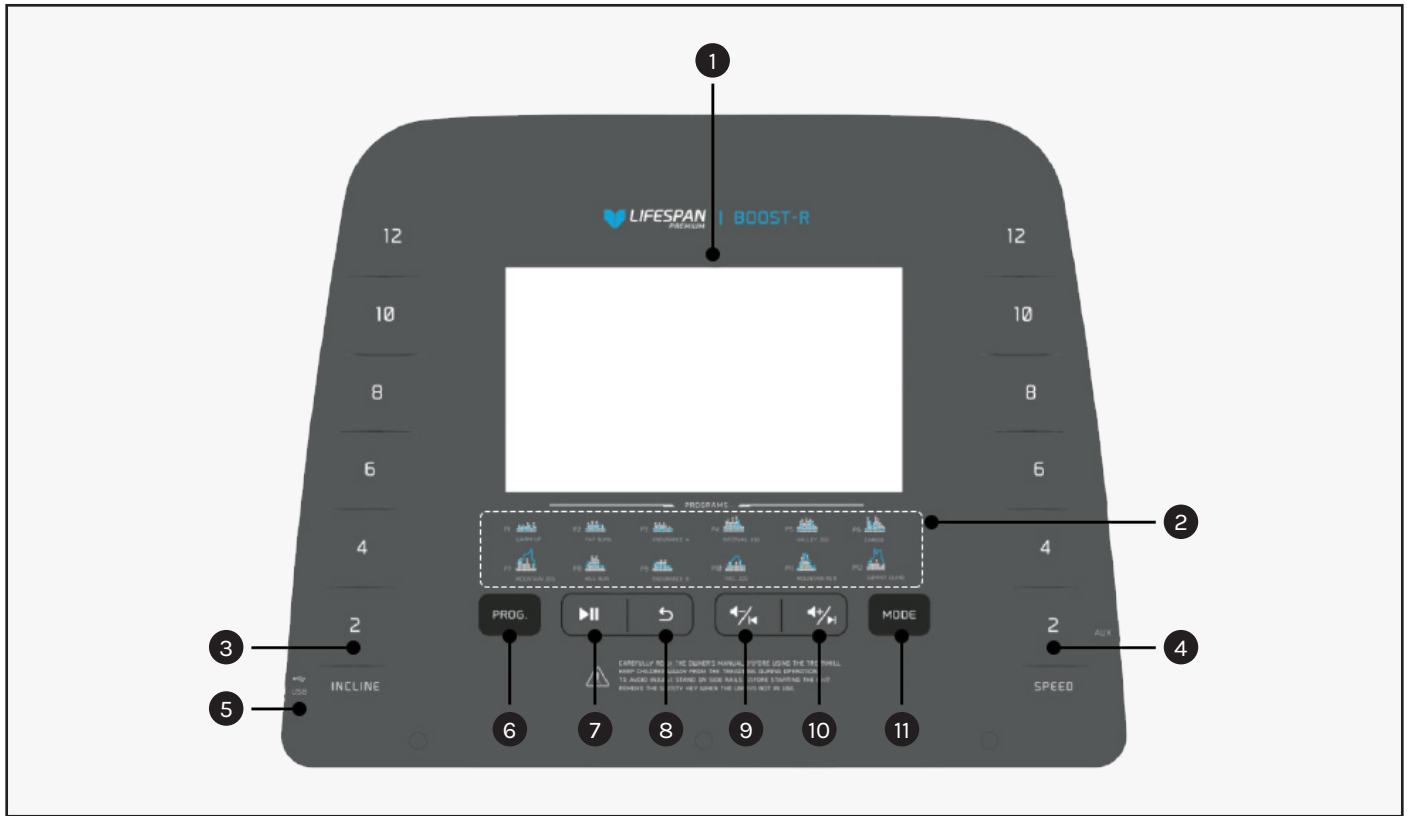
VII. MOVING THE MACHINE

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 N to hold the bottom end of the treadmill steady.

With your foot at position N, 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.

VIII. OPERATION GUIDE

1. OVERVIEW
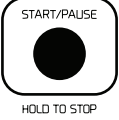
1. CONSOLE OVERLAY DISPLAY

No	Icon	Function Instructions
1		**Parameter Display;**
2		**Program Chart;**
3		**"Incline: 2, 4, 6, 8, 10, 12":** Incline shortcut button;
4		**"Speed: 2, 4, 6, 8, 10, 12":** Speed shortcut button;
5	⇐	**"USB Slot":** Insert a USB memory stick into this slot to play music.
6	PROG	**"Program" Button:** Press the PROG 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

No	Icon	Function Instructions
7	▶❚❚	**Play/Pause Button:** To start or pause music or video.
8	↩	**Switch Button:** You can press this button to choose between standby mode, music and video.
9	◀−/◀❙	**VOL-/ DOWN Button:** Long Press: Reduce Volume. Short Press: Previous Song.
10	◀+/❙▶	**VOL+/ UP Button:** Long press: Increase Volume. Short press: Next Song.
11	MODE	**"Mode" 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.
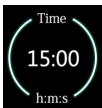
No	Icon	Function Instructions
12		**Safety Key:** Insert the magnet end of the Safety Key into the slot of console. The machine will not function until the safety key is inserted. Remove the safety key in an emergency or after your workout to prevent unauthorized use.
13	INCLINE	**"Incline+" "Incline-":** 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.
14	START/PAUSE HOLD TO STOP	**"Start":** To start the machine, insert the magnet end of the Safety Key into the slot of console and press the START button. **"Pause":** 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.
15	SPEED	**"Speed +" "Speed-":** 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.

2. WINDOW DISPLAY

Icon	Control Instruction
⚡% 0	**"INCLINE" Window:** Display the current incline. The Incline range is 0-18 level.
❤ bpm 0	**"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).
⏱ h:m:s 0:0:0	**"TIME" Window:** Display running time.
km	**"DISTANCE" Window:** Display running distance.
🔥 kcalories 0.0	**"CALORIES" Window:** Display runner's calories have burned.
⚡km/h 0.0	**"SPEED":** Displays the current speed. The speed range is 1.0—18.0km/h.
👣	**STEP:** Calculate the runner's steps when the runner is running on the machine.
Time 0:0:0 h:m:s	**"TIME" Window:** Display the running time.
Distance 0:00 km	**"DISTANCE" Window:** Display the running distance.
Calorie 0.0 kcal	**"CALORIES" Window:** Display runner's calories have burned.

3. MAIN FUNCTIONS

Icon	Control Instruction
Time 15:00 h:m:s	**"TIME" 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.
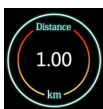
Icon	Control Instruction
Distance 1.00 km	**"DISTANCE" Countdown Window:** Displays running distance. Displays the distance from 0.0-99.9 kilometers. When the count reaches 99.9, it will reset and begin counting again from 0.0. When in Countdown Mode, it will count down from the desired setting to 0.00. When it reaches 0.00, the machine will stop smoothly and give a report.
Calories 50.0 kcal	**"CALORIES" 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.
MATCH RUN MODE	You can choose this mode to have a running competition with system. Please find below detailed explanation of how to use match running mode.
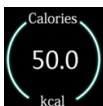
MATCH RUN MODE

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	20:00
5km	33:20
10km	01:06:40
15km	01:40:00
21.10km	02:20:39
42.19km	04:13:10
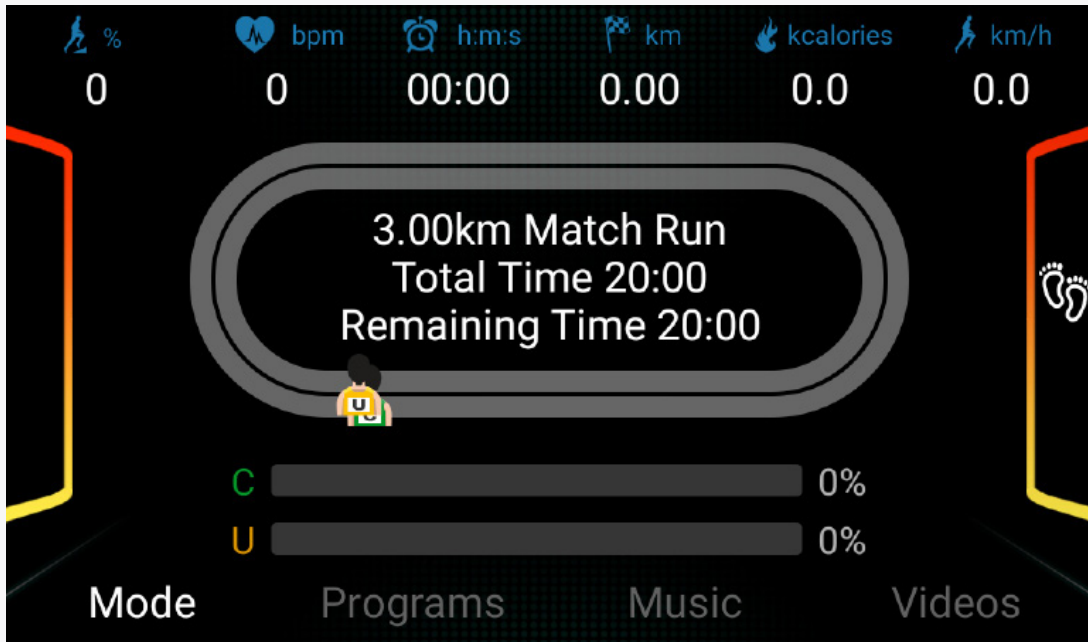
After choosing distance, press the "INCLINE" +/- or "SPEED" +/- buttons to adjust the match time. Press the START button to start.

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 competed by the computer.
	U stands for user			Display the distance percentage competed 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
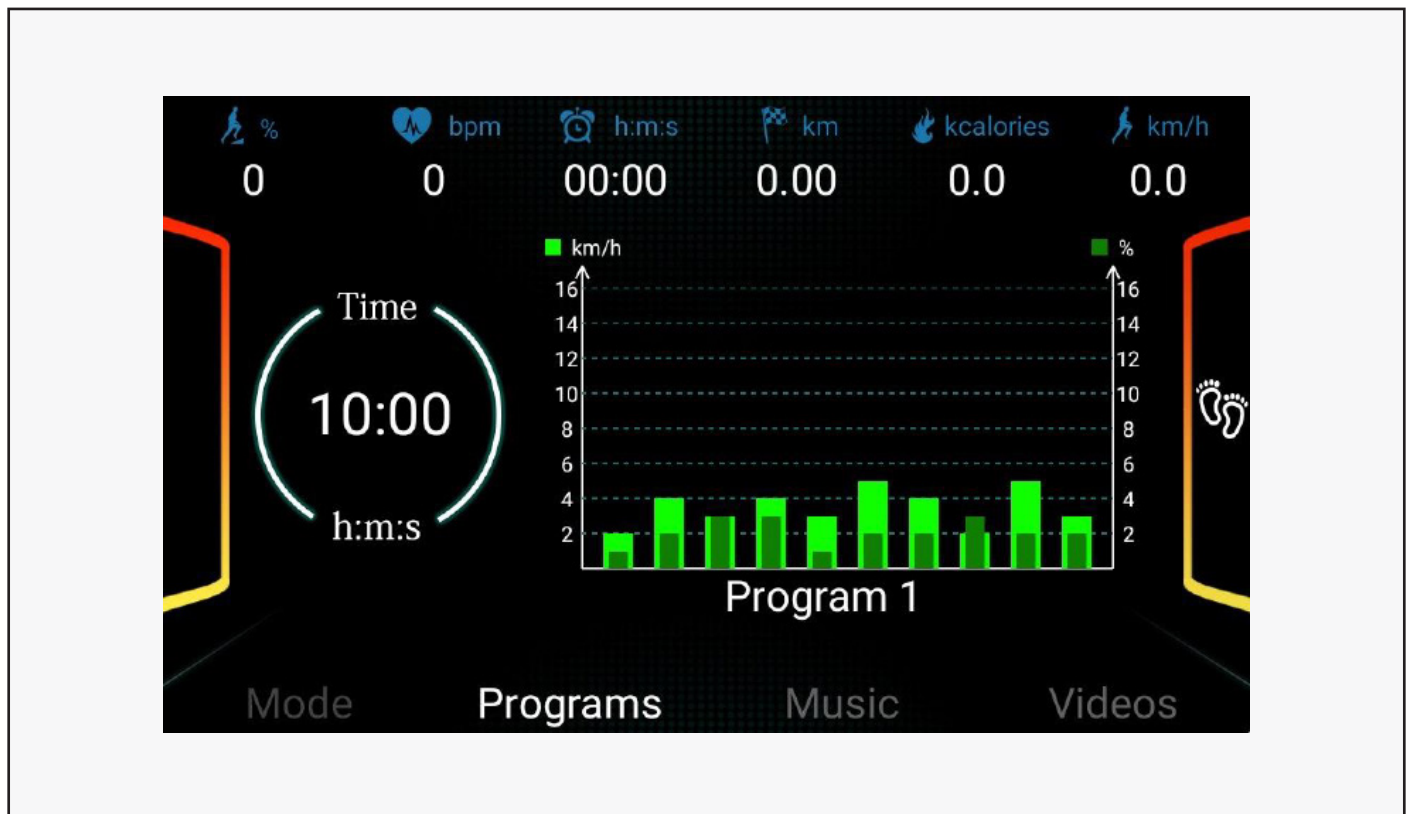
Program Display
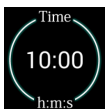
Select the desired program, and the time window should display the setting time at 10:00MINS. Press the **+/−** buttons to set the desired exercise time from 5MINS to 99MINS.

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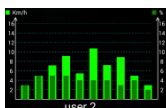
Program Chart: Display 24 built-in programs, three user programs and the body fat program.

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	3
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
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

		1	2	3	4	5	6	7	8	9	10
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.
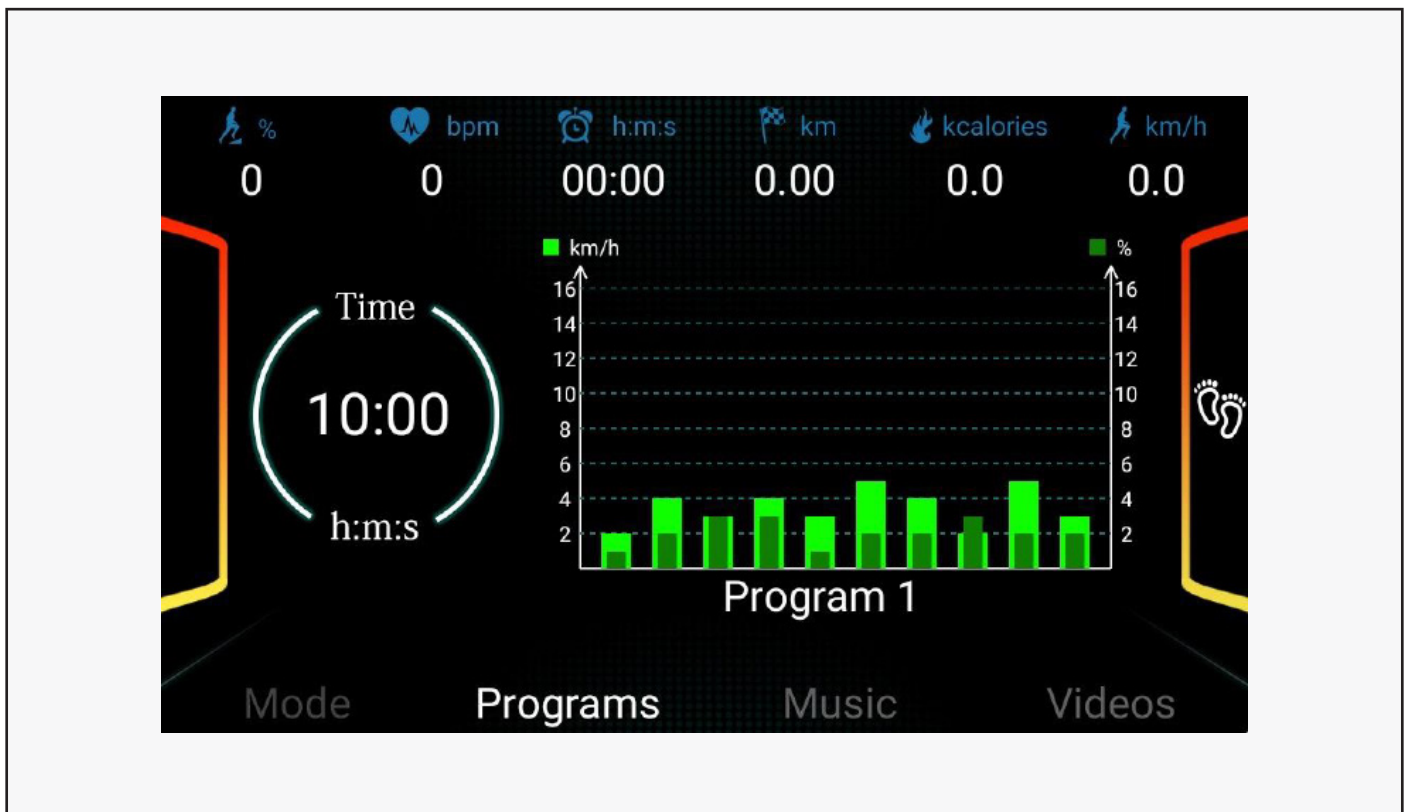
4.3 BODY FAT CALCULATOR

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.
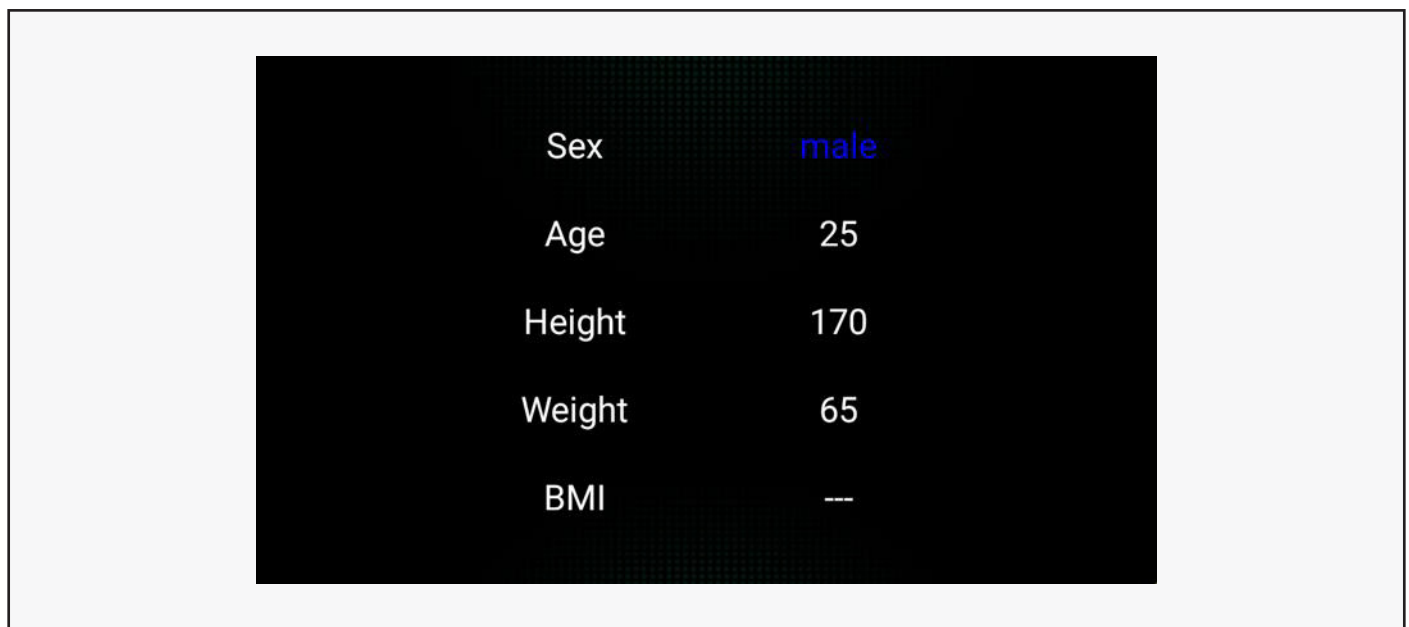
BODY QUALITY INDEX (BMI) CHART

Sex	Male	Female
Age	10-99 Years Old	10-99 Years Old
Height	100-200 cm	100-200 cm
Weight	20-150 kg	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
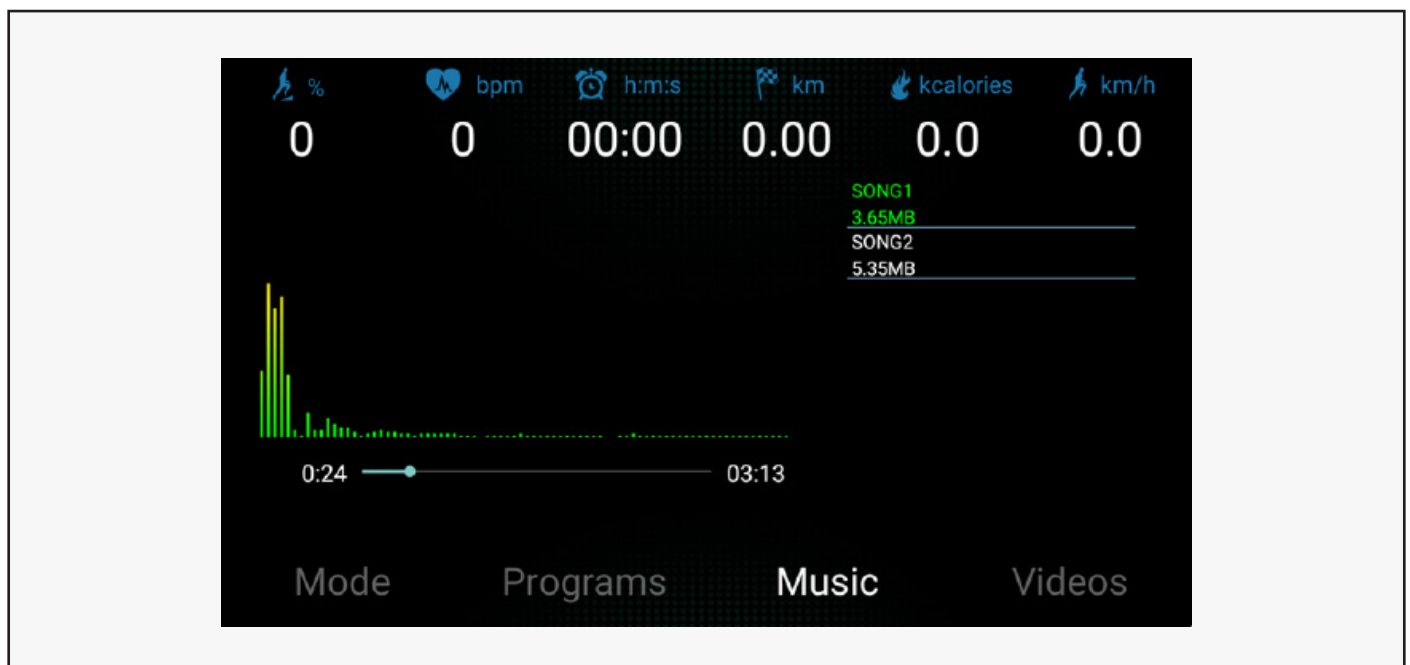
6. VIDEO

Press the switch button �shape to enter video play function. RMVB, MOV, AVI formats are available. Then press play button ▶❚❚ to 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
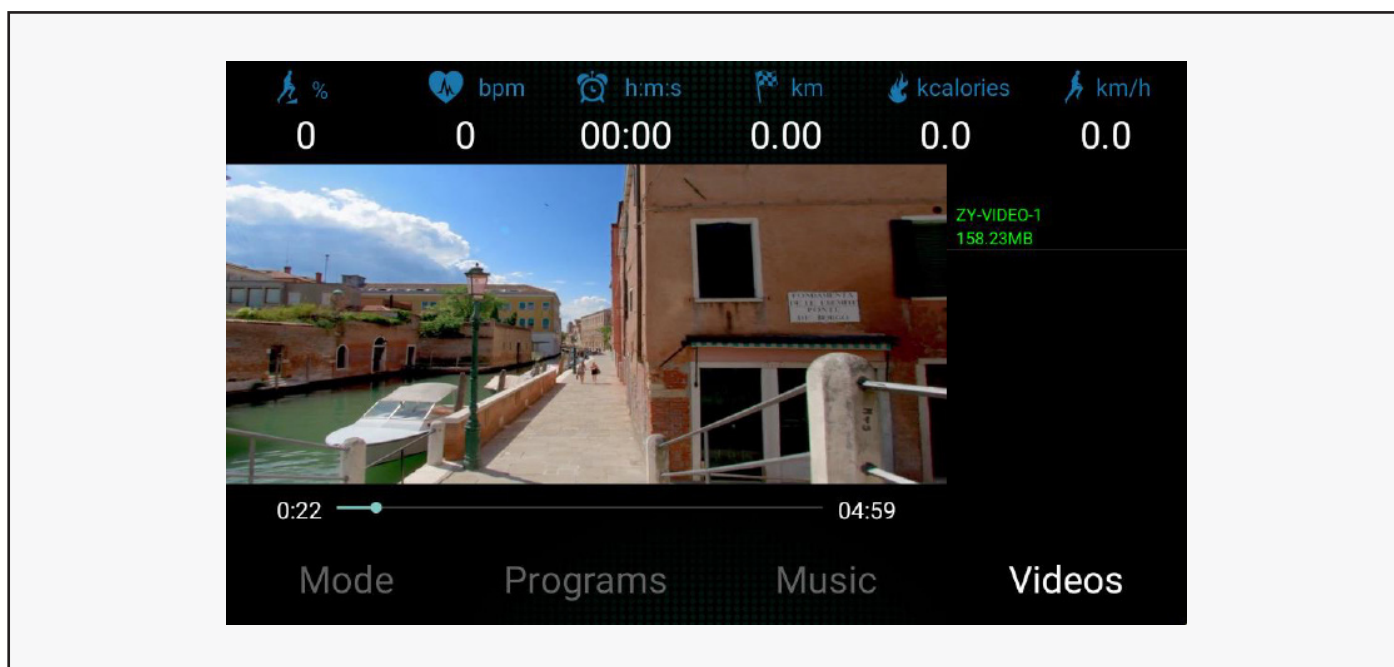
7. SPEAKER FUNCTION

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.

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.

LUBRICATION REMINDER

Your treadmill belt needs to be lubricated every 300 kilometres. Please lubricate now.

Hold the STOP button for 3 seconds to clear this reminder

TREADMILL USAGE REPORT

Maintenance Period	300Km
This Maintenance Distance	301.234Km
Total Distance	1456.232Km
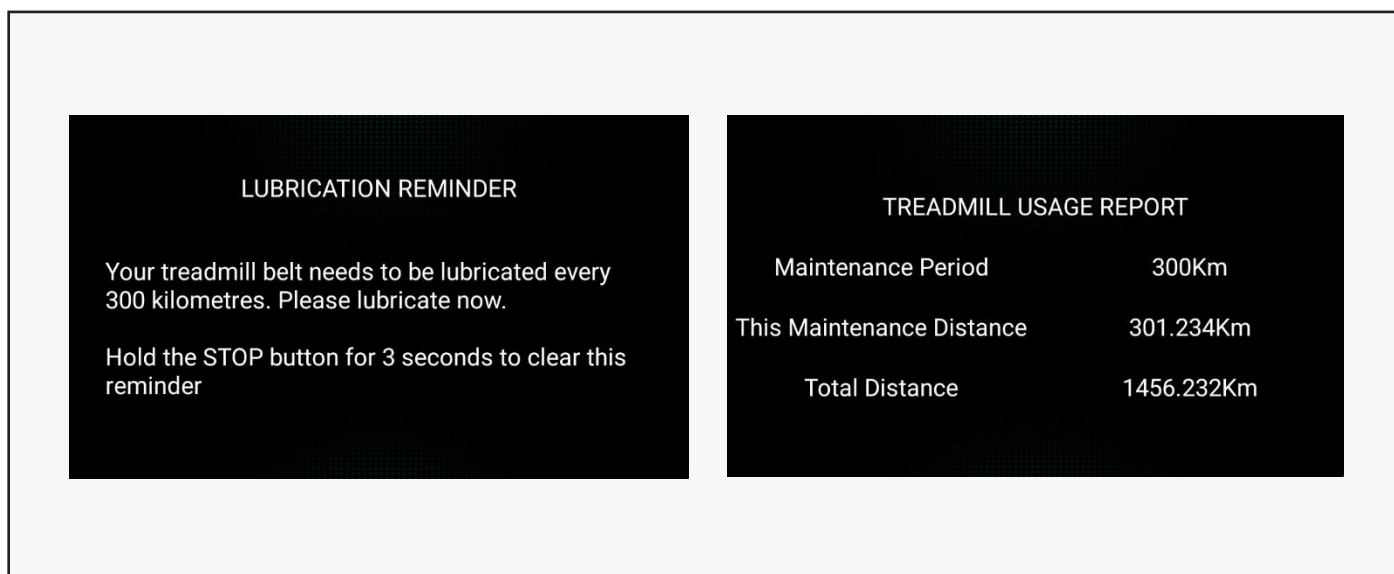
11. PLAYING MUSIC

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.

IX. 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.
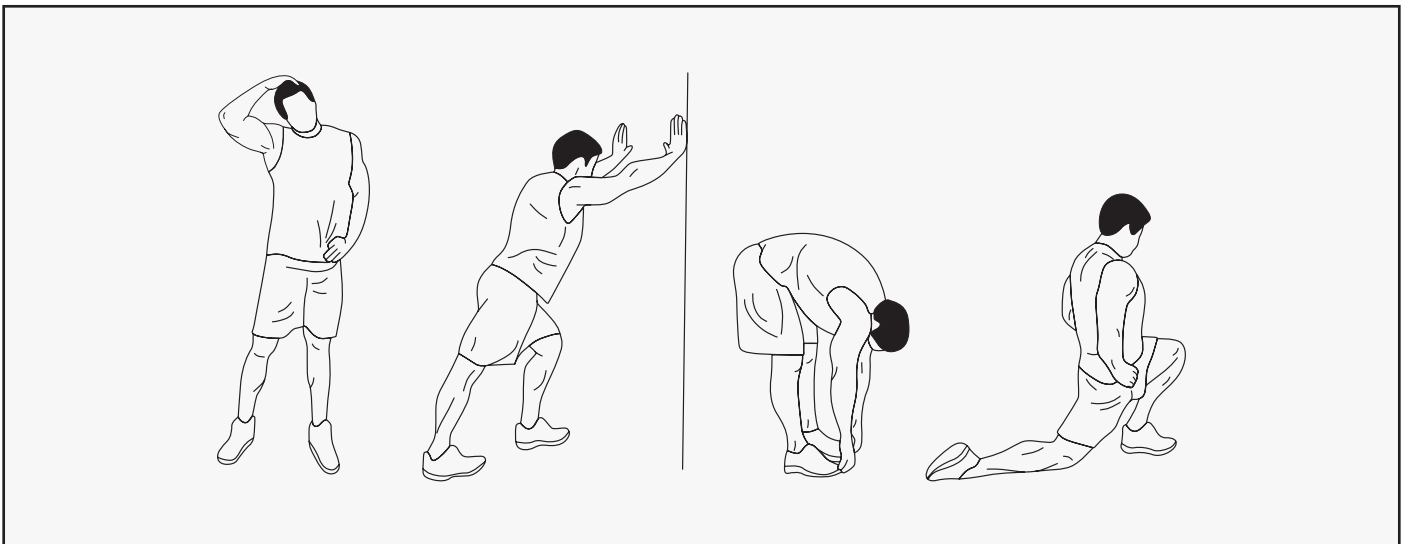
WARM UP

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.

TRAINING ZONE 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
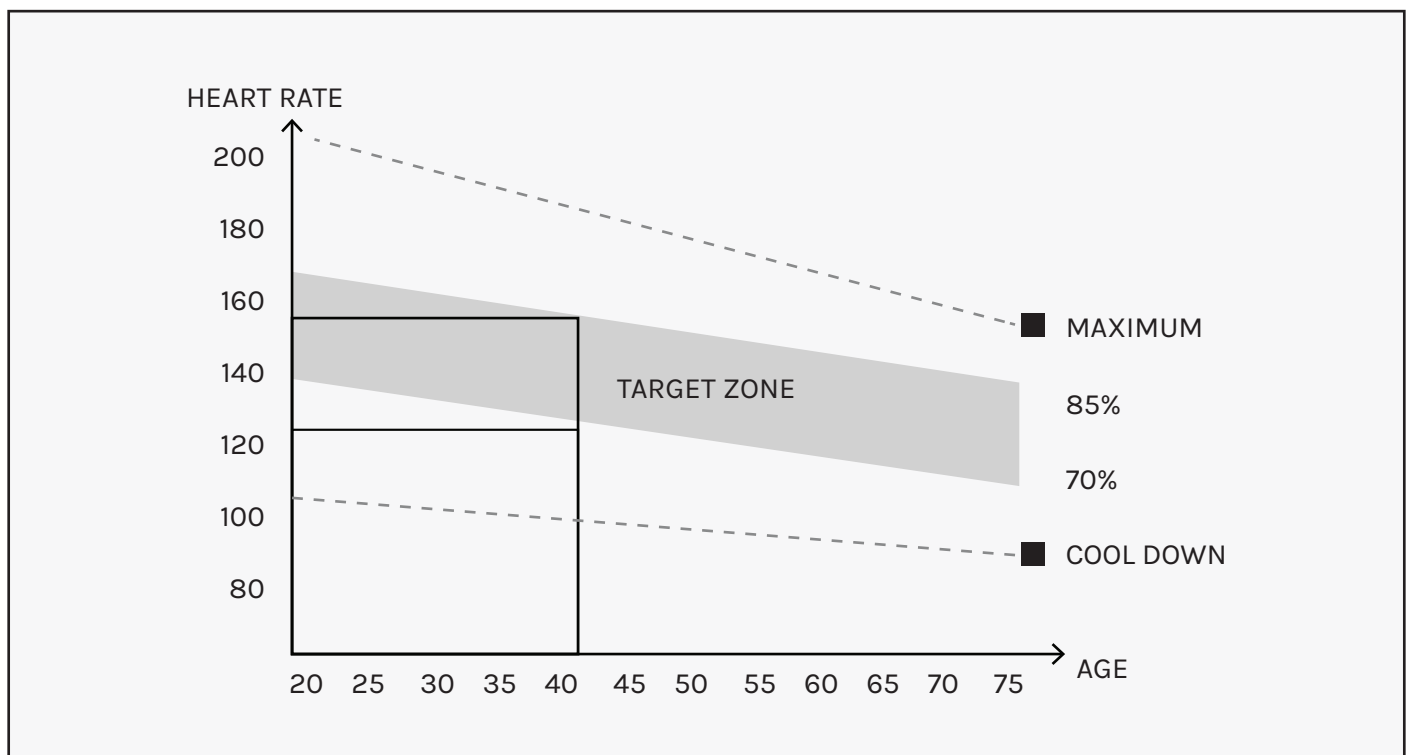
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

X. MAINTENANCE INSTRUCTIONS

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

⚠ **WARNING:**

- The mat/deck friction may 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/treadmillsvideos**
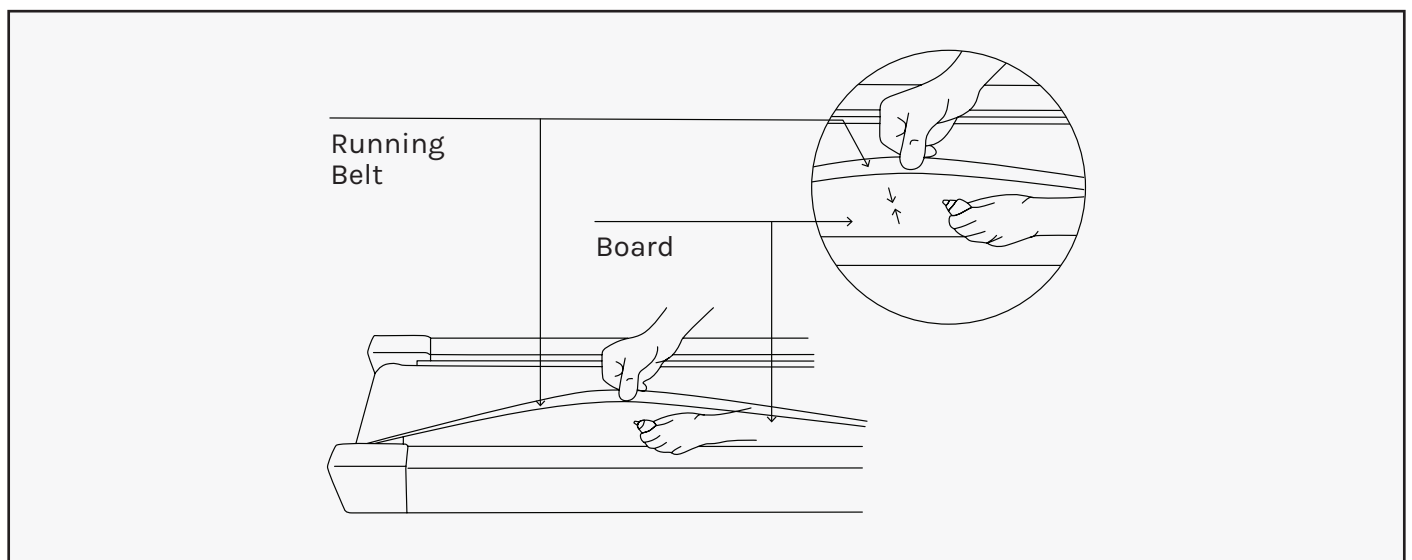
4. HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION

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

If the surface is slick when touched, then no further lubrication is needed.
If the surface is dry to the touch, apply a suitable silicone lubricant.

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

5. ADJUSTING THE RUNNING BELT

Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.
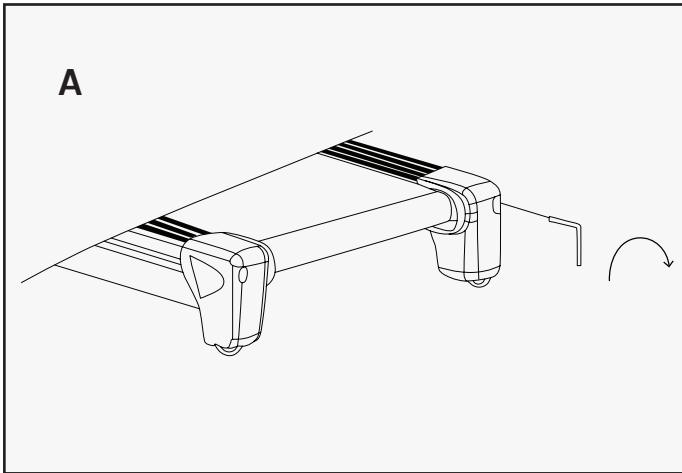
If the belt has drifted to the right: Whilst the treadmill is running at 4km/h, carefully turn the right adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See Picture A

If you have over adjusted the belt and it drifts to the right, carefully turn the right adjusting bolt anticlockwise until the belt centers.
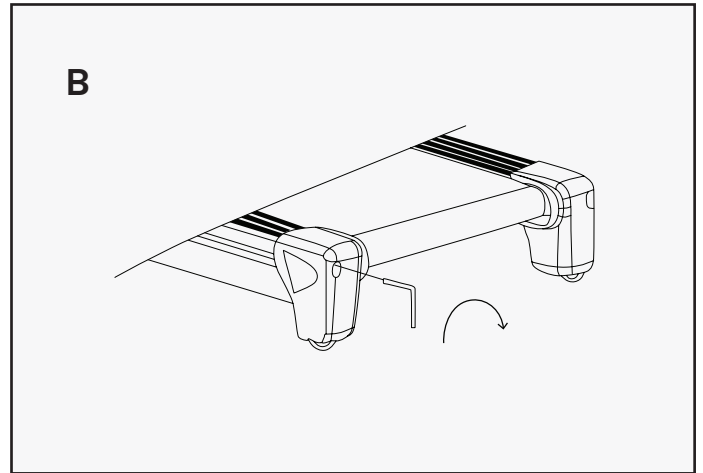
If the belt has drifted to the left: Whilst the treadmill is running at 4km/h, carefully turn the left adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See Picture B

If you have over adjusted it, carefully turn the left adjusting bolt anticlockwise and until the belt centers.
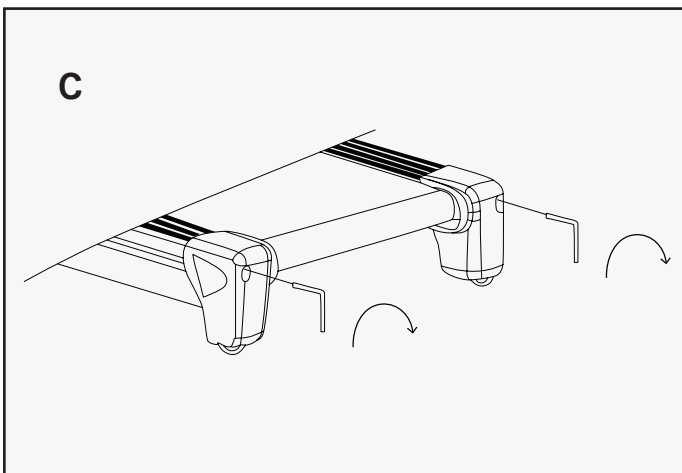
To adjust the tightness of the belt: Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

See Picture C

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

$\textcircled{!}$ **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**
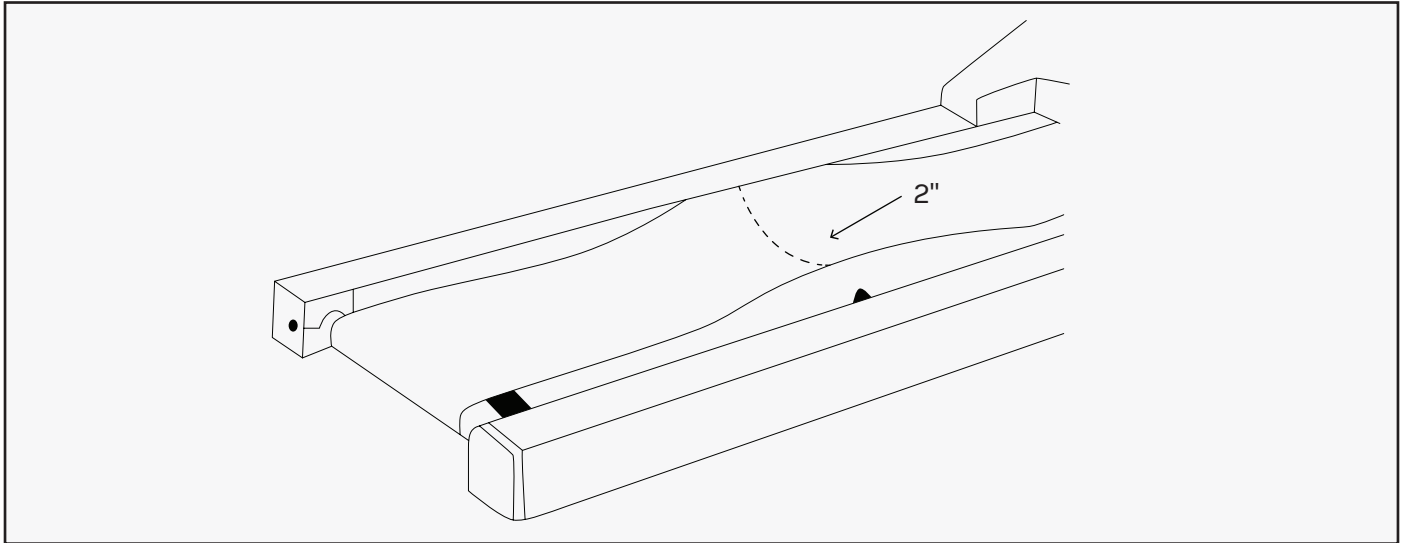
XI. EXPLODED DIAGRAM

XIII. PARTS LIST

No.	Description	Specs	Qty
A01	Base Frame		1
A02	Main Frame		1
A03	Incline Bracket		1
A04	Computer Frame		1
A05	Left Upright Tube		1
A06	Right Upright Tube		1
B01	Front Roller		1
B02	Back Roller		1
B03	Cylinder		1
B04	Wrench with Screw Driver	S=13, 14, 15	1
B05	5# Allen Wrench	5mm	1
B06	Iron Sheet		2
B07	Iron Sheet		2
B08	Transport Wheel Plug		4
B09	Spring Plate		2
B10	Speaker Net		1
B11	Bushing		4
B12	Safety Lock		1
B13	Sleeve		2
B14	Motor fixed aluminum seat L		1
B15	Motor fixed aluminum seat R		1
B16	Ground copper		1
B17	Motor fixed bracket		2
C01	Computer Top Cover		1
C02	Computer Panel		1
C03	Computer Bottom Cover		1
C04	Computer Acrylic		1
C05	Handle Bar Top Cover		1
C06	Handle Bar Bottom Cover		1
C07	Motor Top Cover		1
C08	Motor Bottom Cover		1
C09	Left Back End Cover		1
C10	Right Back End Cover		1
C11	Safety Key Outlet		1
C12	Safety Key		1
C13	Form		2
C14	iPad Holder		1
C15	Side Rail		2
C16	Running Belt		1
C17	Black Rubber Cushion		4
C18	Blue Rubber Cushion		2

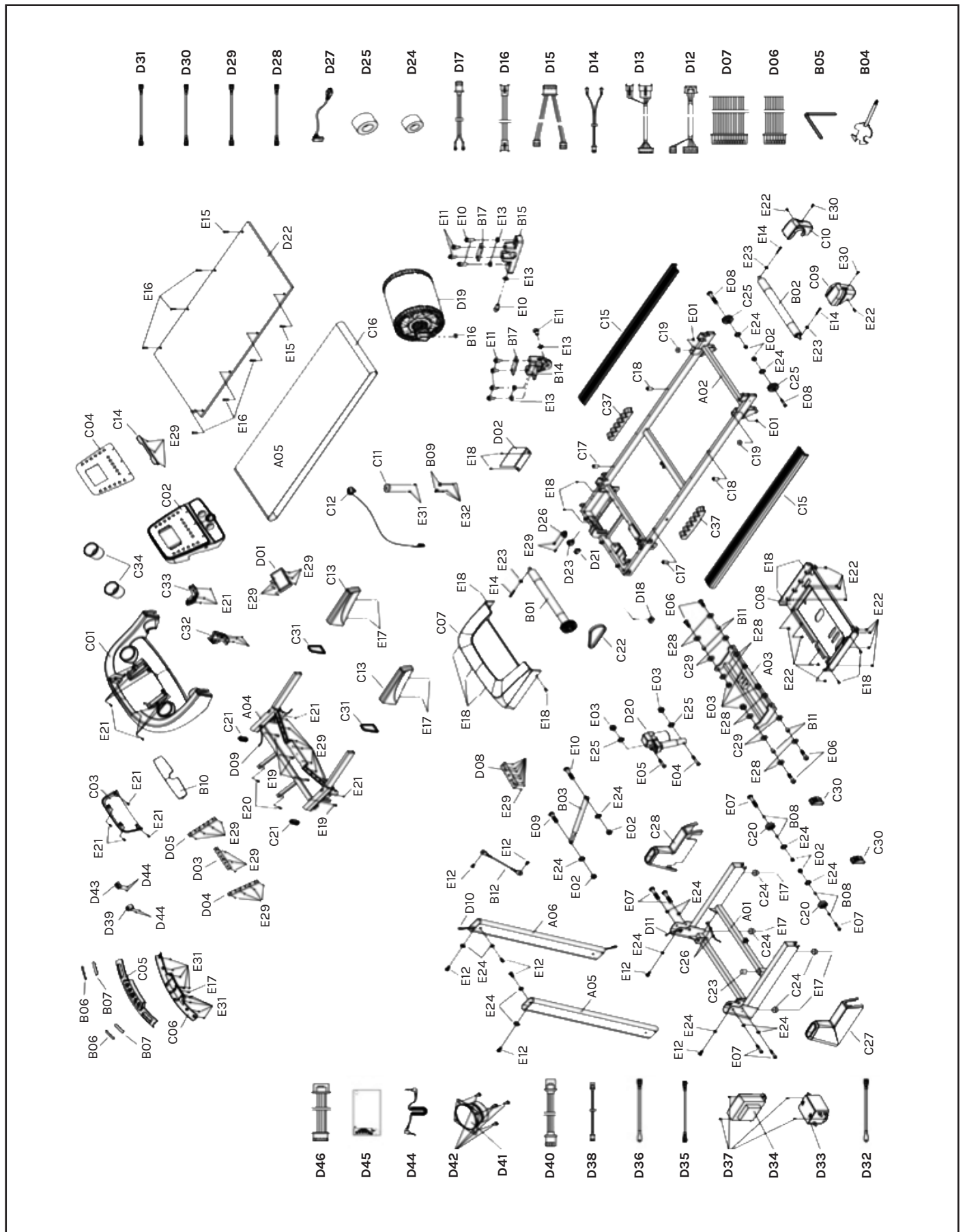| No.	Description	Specs	Qty
C19	Blue Rubber Cushion		2
C20	Transport Wheel		2
C21	Oval Plug		2
C22	Motor Belt		1
C23	Cone-Shape Cushion		1
C24	Flat Foot Pad		4
C25	Adjustable Wheel		2
C26	Wire Protector		2
C27	Left Upright Tube Cover		1
C28	Right Upright Tube Cover		1
C29	Plastic Pad		4
C30	Transport Wheel Plug		2
C31	Handlebar Trim Ring		2
C32	Front Handlebar Left Cover		1
C33	Front Handlebar Right Cover		1
C34	Bottle Holder		2
C35	Wavy Cushion		2
C36	Rubber pad		2
D01	Computer Board		1
D02	Control Board		1
D03	Control Key Board		1
D04	Incline Quick Button		1
D05	Speed Quick Button		1
D06	Key Board Connecting Wire		2
D07	Key Board Connecting Wire		1
D08	Front Handle Bar Key Board		2
D09	Top Signal Wire		1
D10	Middle Signal Wire		1
D11	Bottom Signal Wire		1
D12	Quick Button Top Wire		1
D13	Quick Button Lower Wire		1
D14	Safety Key Sensor Wire		1
D15	Handpulse Top Wire		1
D16	Handpulse Middle Wire		2
D17	Handpulse Lower Wire		2
D18	Speed Sensor		1
D19	DC Motor		1
D20	Brushless motor		1
D21	Overload Protector		1

No.	Description	Specs	Qty	No.	Description	Specs	Qty
D22	Running Board		1	E07	Bolt	M8*50	6
D23	Square Switch		1	E08	Bolt	M8*40	2
D24	Magnet Ring		1	E09	Bolt	M8*30	1
D25	Magnet Core		1	E10	Bolt	M6*20	3
D26	Power Outlet		1	E11	Bolt	M6*12	7
D27	Power Wire		1	E12	Bolt	M8*15	10
D28	AC Single Wire	200mm	1	E13	Flat washer C	6	6
D29	AC Single Wire	350mm	1	E14	Bolt	M6*55	3
D30	AC Single Wire	200mm	2	E15	Bolt	M6*40	2
D31	AC Single Wire	350mm	1	E16	Bolt	M6*25	6
D32	Grounding Wire		1	E17	Bolt	M5*16	9
D33	Filter	Optional	1	E18	Bolt	M5*8	4
D34	Inductor	Optional	1	E19	Screw	ST4.2*25	4
D35	AC Single Wire	Optional	1	E20	Screw	ST4.2*20	2
D36	Grounding Wire	Optional	1	E21	Screw	ST4.2*12	38
D37	Bolt	Optional	4	E22	Screw	ST4.2*12	2
D38	USB Power Wire	Optional	1	E23	Washer	6	3
D39	USB Module	Optional	1	E24	Washer	8	14
D40	Audio Output Cables	Optional	1	E25	Washer	10	2
D41	Speaker		2	E28	Washer	φ10*	6
D42	Screw	ST2.9	16	E29	Screw	ST2.9	31
D43	Audio input/output board		1	E30	Bolt	M5*12	2
D44	MP3 wire		1	E31	Screw	ST3.5	2
D45	Bluetooth module		1	E32	Screw	ST2.9*4	4
D46	Bluetooth wire		1				
D47	Bluetooth power wire		1				
E01	Nut	M6	2				
E02	Nut	M8	6				
E03	Nut	M10	6				
E04	Bolt	M10*90	1				
E05	Bolt	M10*45	1				
E06	Bolt	M10*30	2				

XIV. 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

XV. 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 h**ttps://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**

XVI. 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 must be amplified 1000 times to make the signal viable 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 also affect pulse readings.

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 technologies work 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 the 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).