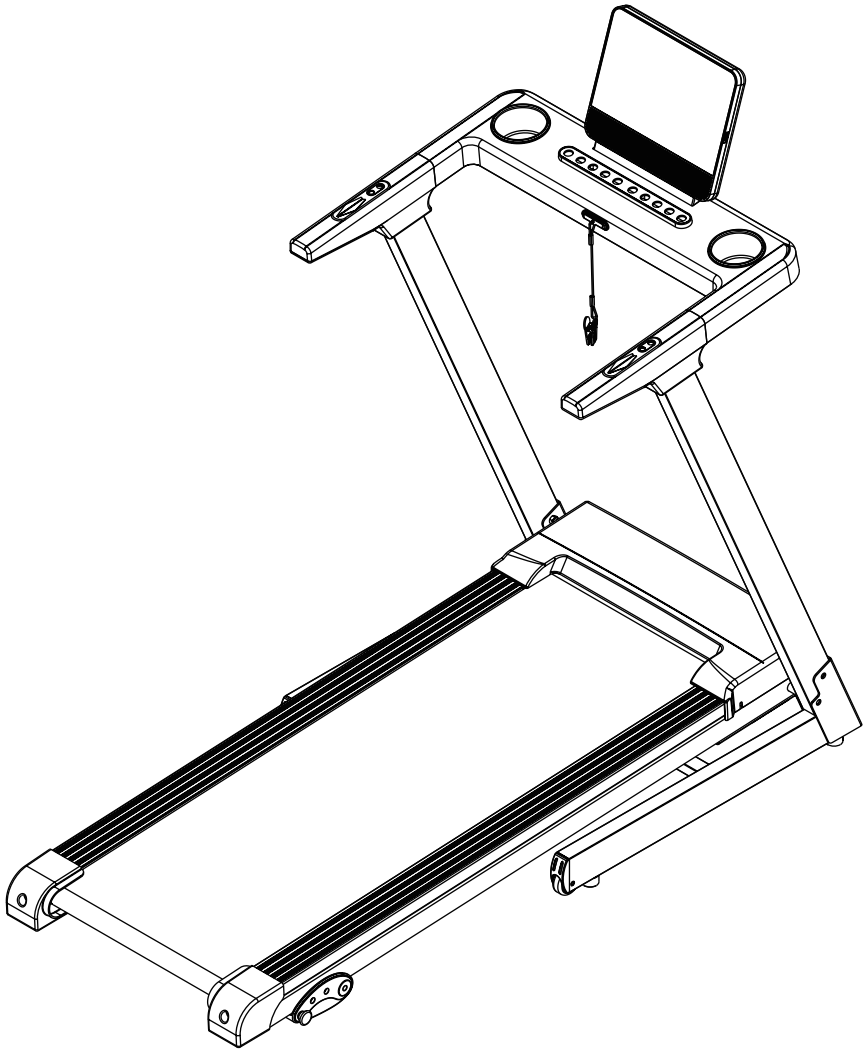
LIFESPAN FITNESS

Delta 1.0 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

⚠ 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.

1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.

2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.

3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.

4) Place your unit on a solid, level surface when in use.

5) Never allow children on or near the treadmill.

6) 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.

7) Keep hands away from all moving parts.

8) Never operate the treadmill if it has a damaged cord or plug.

9) Keep the cord away from heated surfaces.

10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.

11) Never drop or insert any object into any openings.

12) The treadmill is intended for in-home use only and not suitable for long time running.

13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.

14) 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.

15) Use handrails provided; they are for your safety.

16) 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.

17) Allowed temperature: 5 to 40 degrees.

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

II. IMPORTANT ELECTRICAL INFORMATION

⚠ 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 treadmill on Generator or UPS power supply.

3) **NEVER** remove any cover without first disconnecting AC power.

4) **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.

⚠ WARNING!

This treadmill requires a right power source to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

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.

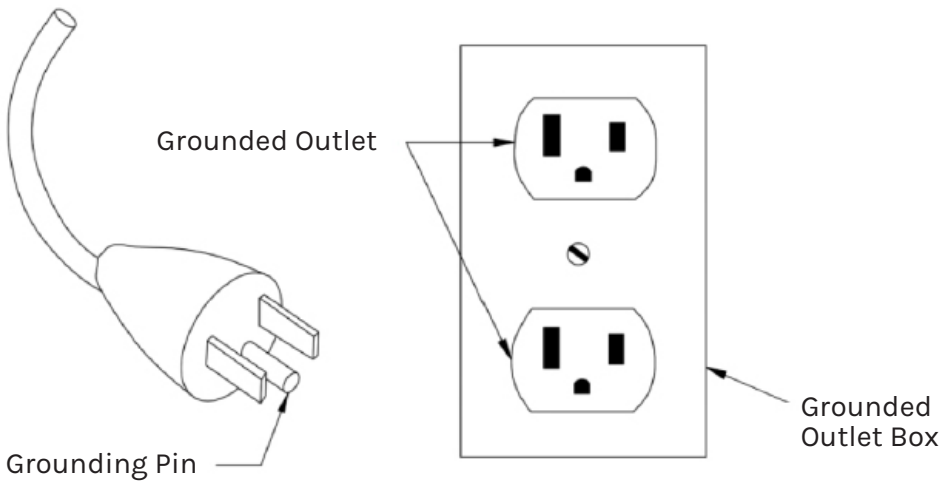
⚠ WARNING!

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

1) Insert the power plug into the socket directly.

2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.

3) 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.

4) 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.

5) 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 a very low speed. Stand on the side rails and wait for the belt to start moving before stepping on the belt.

6) Always hold on to handrail while making control changes.

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

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

9) 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, Children should be supervised to ensure that they do not play with the appliance.

10) Please consult your doctor at first before running, if you have one of the following diseases:

a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.

b. If you are over 35 years old and heavier than common weight.

c. Women in pregnant or in breasting period.

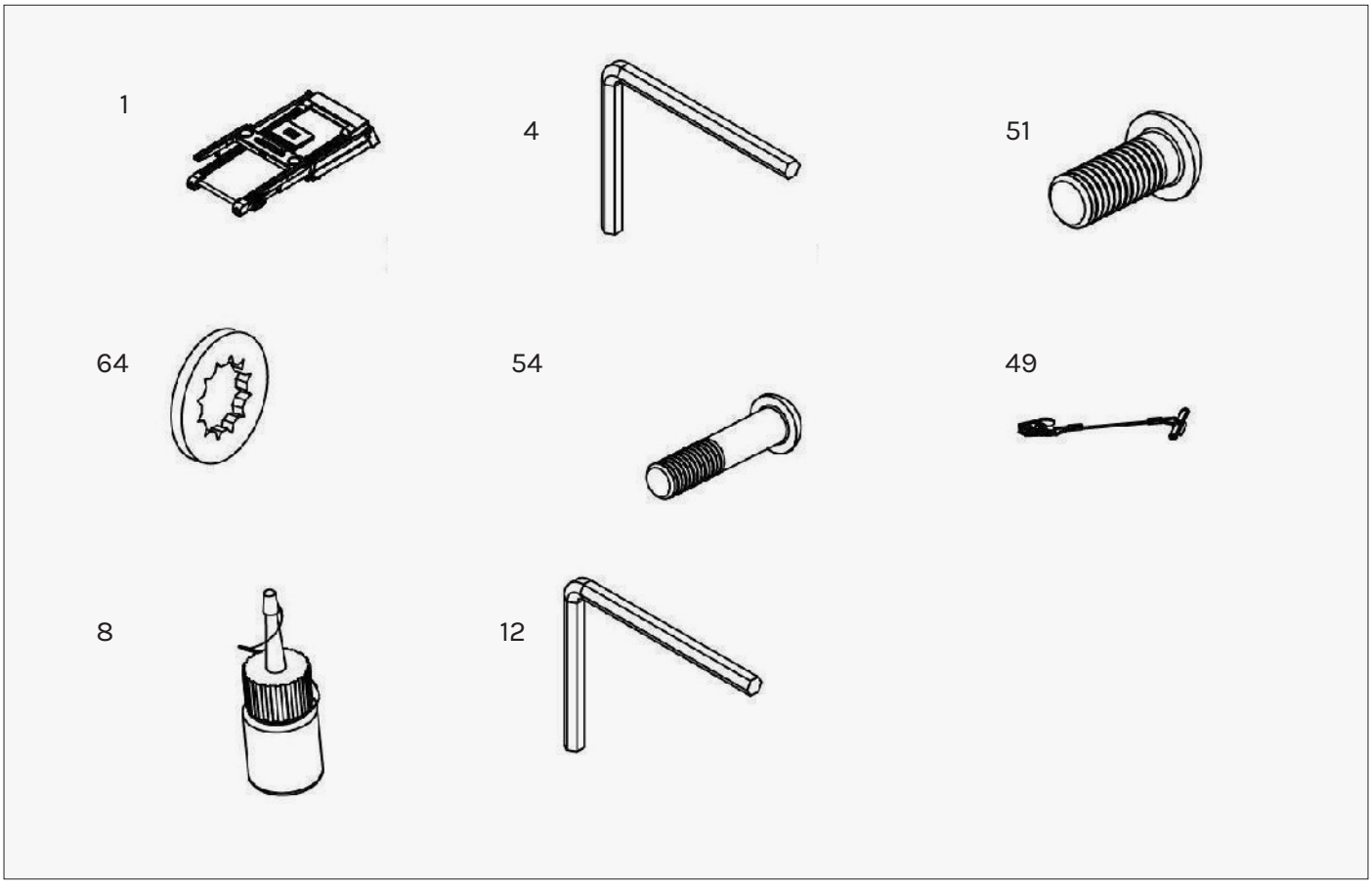
11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.

12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

WARNING: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don’t following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

IV. ASSEMBLY INSTRUCTIONS

The following figure shows the scatter diagram of the parts installed in the whole machine table. Open the packaging box, and you can remove the following parts from the box.



PARTS LIST

Part No.	Description	Specs	Qty.
1	Main frame group		1
4	6# Allen key		1
51	Hexagon socket button head screws	M8*16	4
54	Hexagon socket button head screws	M8*45	2

Part No.	Description	Specs	Qty.
49	Safety Lock		1
64	Internal serrated locking washer	Φ8	6
8	Oil bottle		1
12	5# Allen key		1

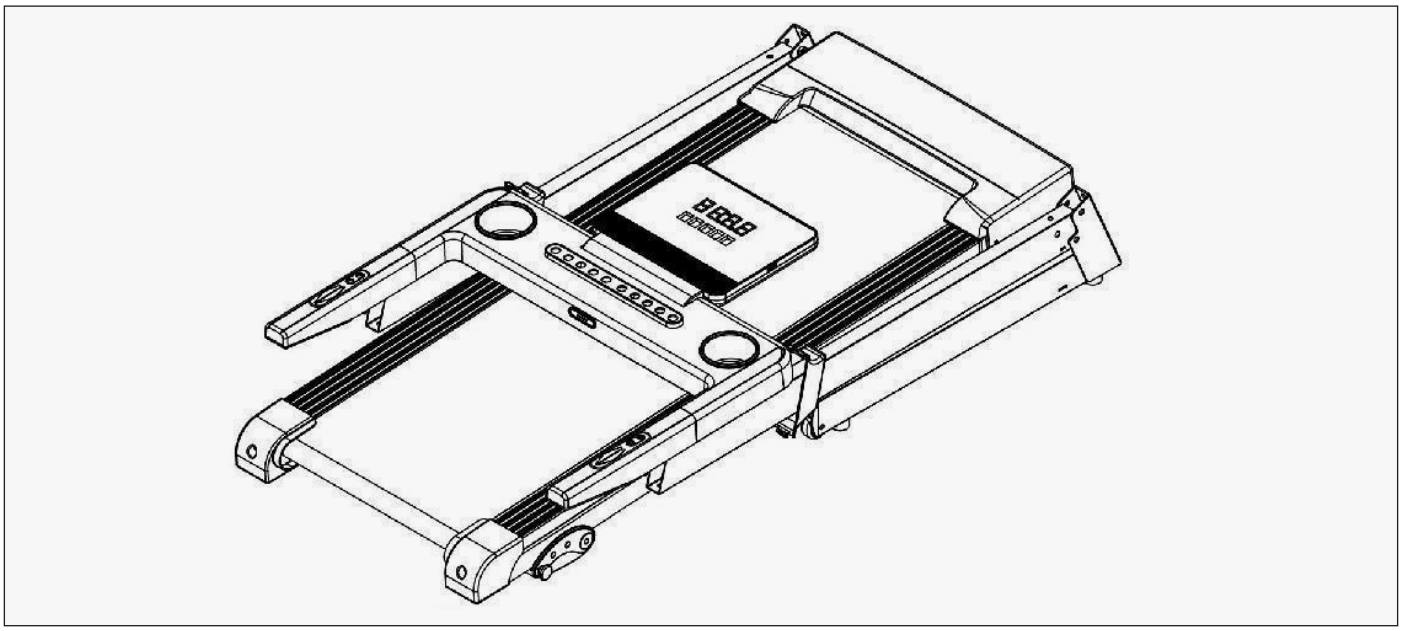
Installation Tools:

5 # Allen key 5mm 1pcs.

6 # Allen key 6mm 1pcs.

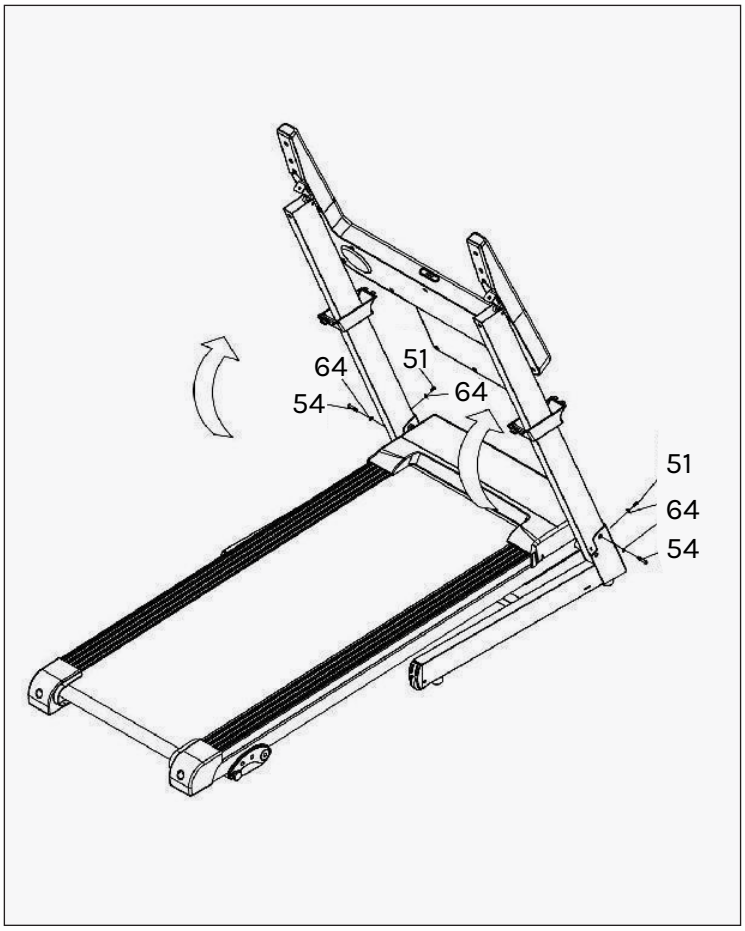
Note: Do not plug in the power supply until the installation is completed.

V. ASSEMBLY INSTRUCTIONS



STEP 1

1. Open the package and remove the contents. Lay the machine on flat ground and check all parts are there.

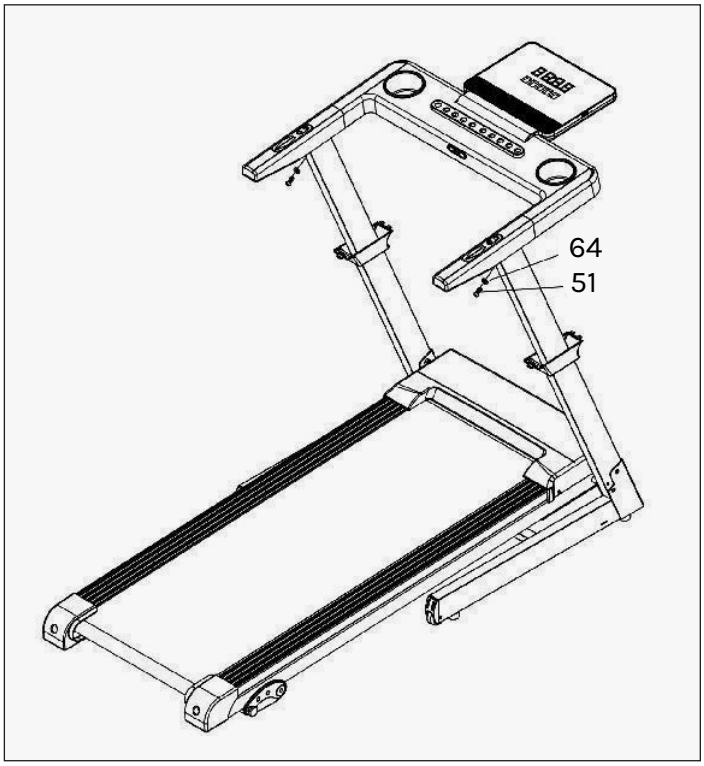


STEP 2

1. Hold the upright post and use an Allen wrench (12) to secure Allen head screw (54) and an internal serrated locking washer (64) to pass through the base and the right upright post, and lightly lock it on the base.

2. Use an Allen wrench (12), lightly lock the right column group on the base with an Allen head screw (51) and an internal serrated locking washer (64).

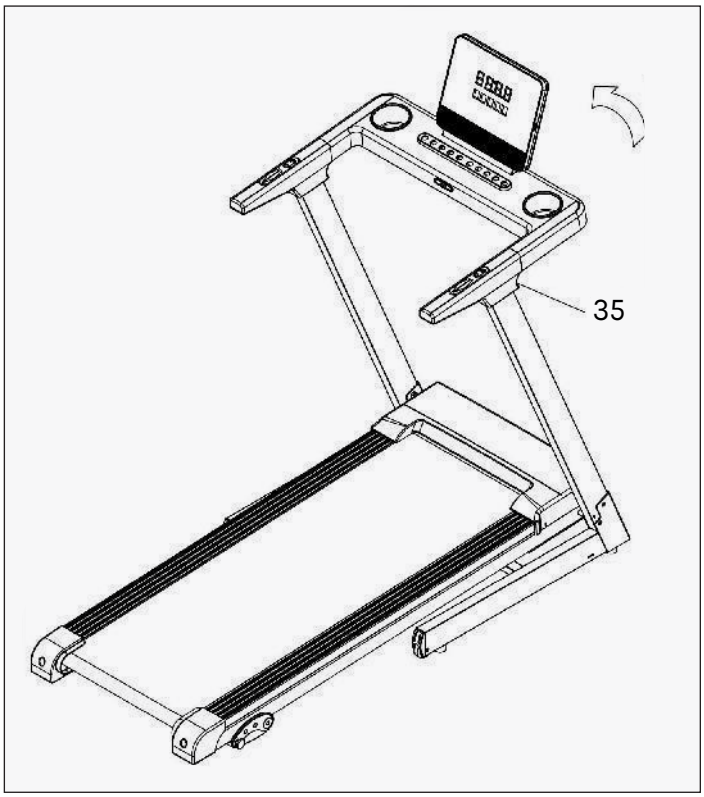
3. The left side is the same as the right side.



STEP 3

Caution: Be careful not to clamp of any wires. Hold the upright post with one hand to avoid injury from the console falling.

1. Use an Allen wrench (12) and lightly lock the column with an Allen head screw (51) and an internal serrated locking washer (64), then secure the other side, and tighten the bolts.



STEP 4

1. First, insert the front end of the column decorative cover (35) into the console handlebars, and then push the column decorative cover on the electronic watch. It will click in place. Repeat for the other side.

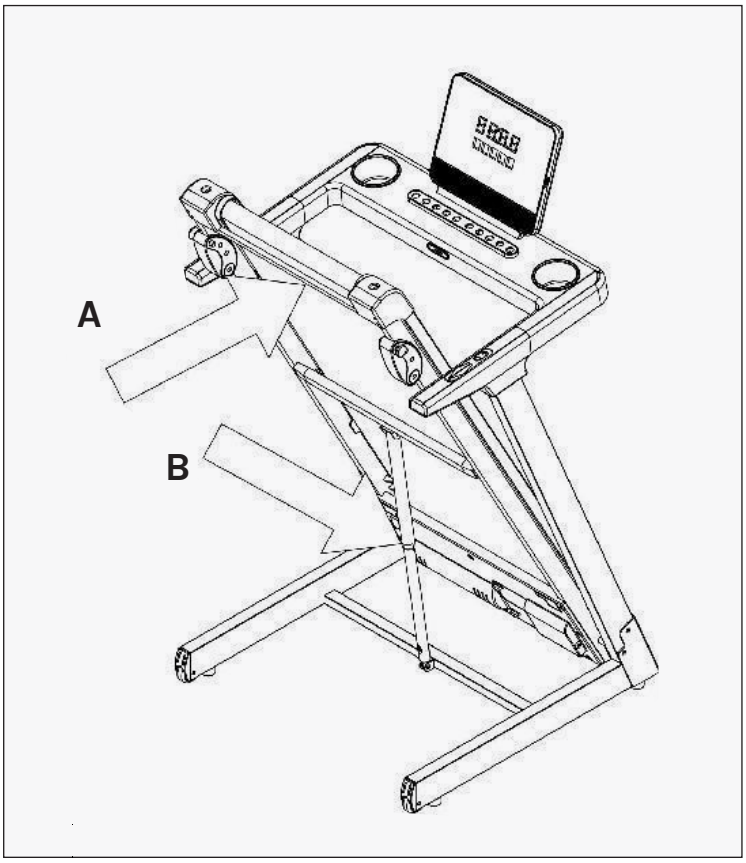
2. Turn the console display to the right angle.

STEP 5

1. Place the safety lock (49) on the console.

You can now plug in the power cord and turn on the treadmill.

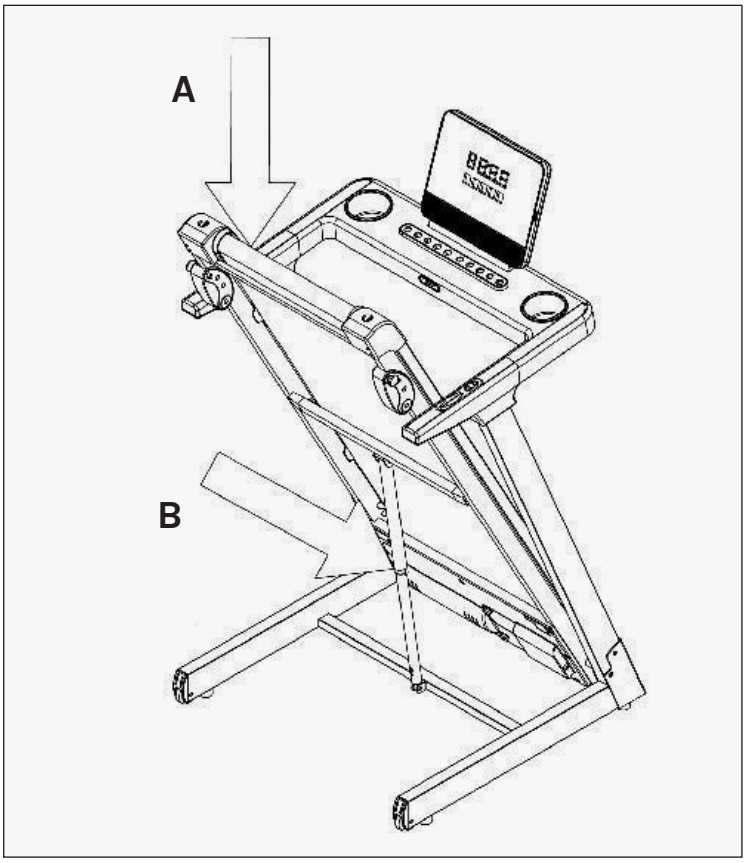
VI. FOLDING AND UNFOLDING



FOLDING INSTRUCTION

1. Hold the machine in position A with both hands and push it up slightly, until you hear the sound of the air pressure rod sleeve against the air pressure rod B.

Note: The wire rope assembly needs to be unplugged when folding.



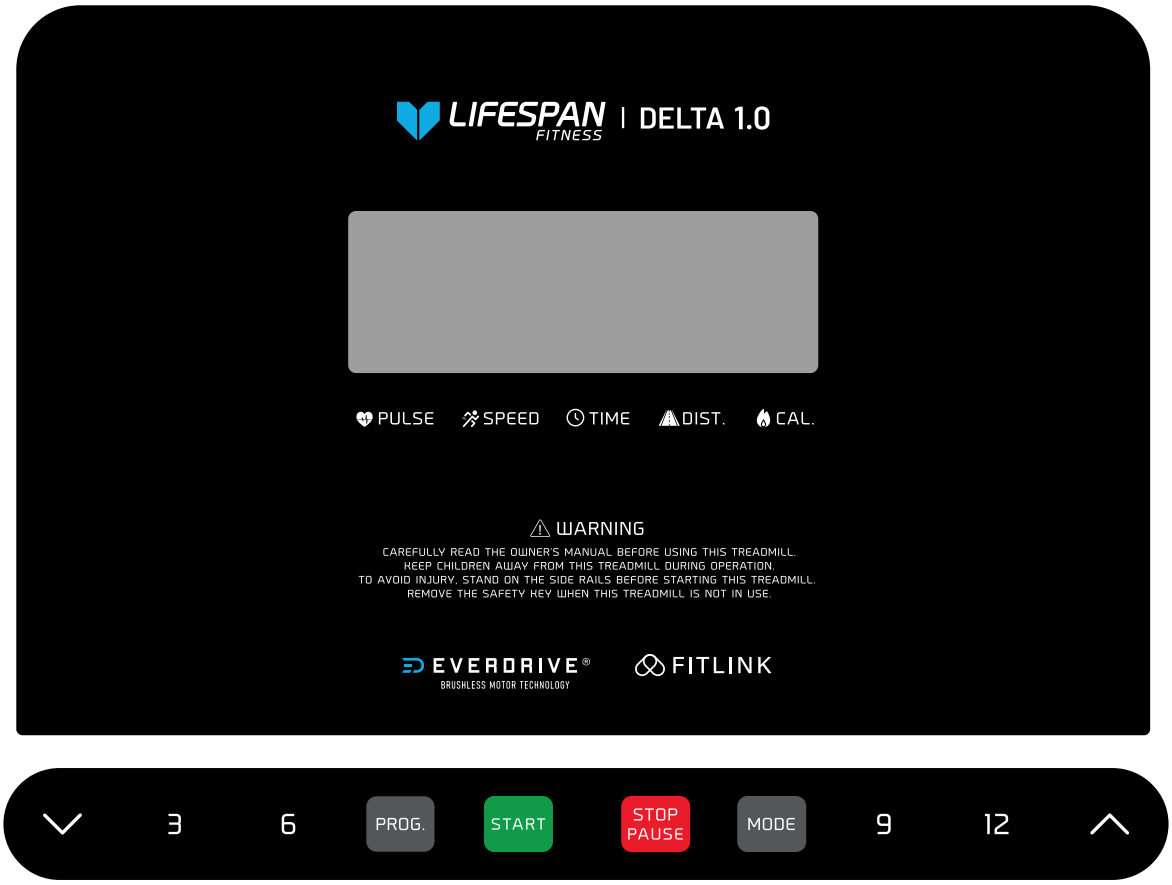
UNFOLDING INSTRUCTION

1. Hold position A with both hands, then with your feet push down on the section marked B to release the hydraulic.

Pull the deck gently and the deck will slowly lower on its own.

Keep children and pets away from the folding bar to prevent accidental unlocking.

VII. OPERATION GUIDE



1. DISPLAY WINDOW DESCRIPTION:

A. "DIS" window: Displays the numerical value of the distance.

B. "CAL" window: Displays the numerical value of calories.

C. "TIME" window: Displays the numerical value of time.

D. "PULSE" window: Displays the value of heart rate.

E. "SPEED" window: Display the speed value.

2. BUTTON FUNCTION

Function keys: START, STOP, PROGRAM, MODE, SPEED addition and subtraction keys, speed shortcut keys.

A. Program key: Allows you to choose the programs. In idle mode, press P and you can then select "manual program, P01~P15 mode or FAT measurement mode.

B. MODE key: Is a selection key used to change your Time, Distance, Calorie so that it counts down. It is also used in programs when selecting P mode to jump directly to the Target mode.

C. START: Press the Start button to begin workout. It will begin at a slow pace.

D. STOP: When the treadmill is running, press this button to stop the treadmill. Press this button again to stop the treadmill and all data will be cleared.

E. Speed keys: "SPEED +" and "SPEED -"are speed increase and decrease keys, which can also be used to adjust the set value when setting the parameters of the treadmill.

F. Speed shortcut key: after the treadmill starts, you can use 3 6 9 12 to set the speed quickly.

3. PROGRAM AND START-UP INSTRUCTIONS

1. Program description

A. Normal mode

B. Three countdown modes: Time countdown, Distance countdown and Calorie countdown.

C. 15 setting procedures: P01~P15

D. FAT measuring function

2. Start-up instructions

Place the safety lock on the switch position of the safety lock on the panel, the console will be fully displayed, and a buzzer will sound. It will then be on standby state.

3. Normal Mode

1.1 In the standby state, press the "START" key. The display enters the normal mode, a buzzer will beep, and the window displays will countdown from 3, after 3 the treadmill will begin moving. Time starts from "0:00" and other windows start from zero, and the speed starts from 1.0kph.

1.2 Press the "STOP" key during operation to pause workout, and the distance, calories and time will remain the same values. The speed window will decrease with a change of 0.1, and the window will display "PAU" after the speed changes to 0.0.

1.3 Press the "STOP" key in the during PAU state to stop running. This will return the treadmill to standby state and reset all data to zero.

4. Target (Countdown) Mode

There are three target countdown modes.

A. Press the "Mode" key in standby mode to enter the Time countdown mode. In the setting state, the time window displays the initial time and will flash. Press the Speed +/- key to set the time.

B. In the Time countdown MODE, press the "Mode key" to enter the Distance countdown mode, the "distance" window will flash "1.00" every second. When the Distance icon lights up, press the Speed +/- key to set the moving distance.

C. In the Distance countdown MODE, press the "Mode key" to enter the Calorie countdown mode. The "Calories" window will flash "50.0" every second. When the Calorie ICON lights up, press the Speed +/- key to set the movement distance.

D. Select one of the three countdown modes, press the start key after setting is completed. The display will countdown from 3. You can press the "Speed +" and "Speed -" keys to adjust the speed in the movement state.

4. OPERATION OF TARGET MODE:

A. Press the start button to initiate the countdown, and the motor will commence running at its lowest initial speed.

B. Adjust the speed by using the speed addition and subtraction keys.

C. Stop the motor by pressing the stop key while it is running.

D. Quickly set the speed marked by the key by pressing the speed shortcut key.

E. In case of an urgent need to stop the motor, pull off the safety lock. The display will show "-", and a buzzer will sound bi.

F. When the set target decreases to zero, the speed will gradually slow down until it stops, accompanied by a short bi every second. After 15 seconds, the window will flash, displaying "END," and then return to standby mode in 3 seconds.

5. PROGRAM MODE

1. In standby mode, press the "PROG" key to select the "P01 (P01-P15)" mode. The window will display " P01-P15" for 1 second. After this, the "time" window will flash [30:00], and the time icon will illuminate, with a setting range of 5:00-99:00. Press to confirm.

2. A prompt from the buzzer (bi) indicates entry into the next stage. The system's speed changes with each program segment. During this period, you can use "Speed +" and "Speed -" to adjust the speed. However, upon entering the next segment, it will revert to the speed set for that segment.

3. As the time decreases to zero, the speed gradually slows down until it comes to a complete stop, accompanied by a short bi every second. After 15 seconds, the window will flash and display "end." within 3 seconds, it will return to standby mode.

6. FAT MODE

Body mass index (FAT) is a measure of the relationship between a person's height and weight, not the proportion of his body. FAT is suitable for all men and women and provides a basis for people to adjust their weight together with other health indicators.

1. In the standby state, press the "PROG" key continuously to enter the body mass index (FAT) detection function. After entering the body fat test function, the window will display: F1, indicating that the gender is entered at this time, and the window will display the default value. Users can set gender by adding and subtracting keys.

2. Press the mode key, and the window will display: F2, indicating entering the set age, and the window will display the default value. Users can adjust their age by adding and subtracting keys.

3. Press the mode key, and the window will display: F3, which means to enter the set height. The window will display the default value, and the user can adjust the height with the addition and subtraction keys.

4. Press the mode key, and the window will display F4, which means to enter the set weight. The default value will be displayed in the window, and the user can adjust the weight with the addition and subtraction keys.

5. Press the mode key, and the window will display: F5, which means entering the function of testing body fat. At this time, the window will display the corresponding body fat index within 8 seconds when holding the heart rate board with both hands; When there is no heartbeat, the window displays "-", and when there is heartbeat, the window displays the corresponding body fat index.

Display and Setting Range of each Parameter (Table 1)

Parameter category	Default value	Set range	Remarks
Gender (F1)	0 (Male)	1—2	1= Male 2= Female
Age (F2)	25 years old	10-99 years old	
Height (F3)	170 CM	100—200 CM	
Body weight (F4)	70KG	20—150KG	

Body Fat Index Control (Table 2)

Body fat index (BMI)	Obesity degree
FAT<19	Thin
19>FAT≤25	Normal
25>FAT≤29	Overweight
>30	Obese

Special note: This data is only used as exercise reference, not as medical data.

7. SAFETY KEY

In any situation requiring an immediate stop, the treadmill should be urgently halted by removing the safety lock. When the treadmill stops abruptly, the buzzer will emit a "BIBIBI" sound three times, and the display will show "-", accompanied by a persistent error prompt indicating power failure. The treadmill must be restarted to clear the error message.

Once the safety lock disengages, no other operations can be performed on the treadmill except shutting it down. Upon correctly reinstalling the safety lock, the error prompt disappears, the electronic watch window fully displays, and the buzzer emits a short BI sound. Subsequently, the treadmill reenters standby mode, awaiting further input instructions.

8. PULSE MEASUREMENT

Upon powering on the treadmill, grasp the left and right handrails with both hands, and the heartbeat value will be presented in the "PULSE" window. For a more accurate reading, stand on the treadmill and take the measurement when it comes to a stop, maintaining the handrail grip for a minimum of 30 seconds. The initial value obtained represents the measured heart rate, with a display range of 50-200 beats per minute.

It's important to note that this data is provided for reference purposes only and should not be considered as medical data. For precise medical assessments, consult with healthcare professionals.

9. DISPLAY RANGE OF EACH VALUE

	Initial	Set initial value	Set range	Indication Range
Time (minutes: seconds)	00:00	15:00	5:00-99:00	0:00-99:59
Speed (km/h)	1.0	1.0km/h	1.0-16km/h	0-16.0km/h
Distance (km)	0.0	1.0	0.5-99.9	0-99.9
Calories (kcal)	0.0	50	10-999	0-999

When setting a parameter, use the speed up and down key to adjust, and you can set it circularly.

10. SHUT DOWN

You can safely turn off the treadmill at any time by switching off the power. Doing so will not cause damage to the treadmill.

11. PROGRAM CHART

Each program divides the motion time into 20 segments (Time/20), each segment has a corresponding speed (KPH), and the running time of each program segment is evenly distributed.

PROG	TIME	TIME INTERVAL= setting time/20																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

VIII. MAINTENANCE INSTRUCTIONS

To ensure optimal maintenance and extend the service life of your electric treadmill, consider the following recommendations:

1. After continuous use for 1.5 hours, it is advisable to turn off the power supply and allow the machine to rest for 10 minutes before resuming use.

2.Proper adjustment of the running belt tightness is crucial for optimal performance and machine longevity:

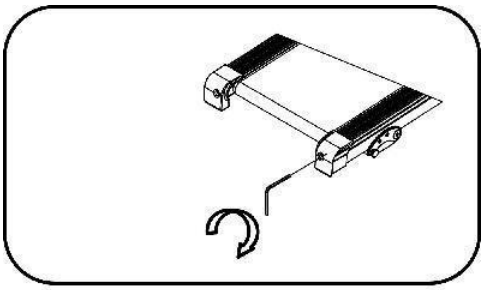
- If the running belt is too loose, it may slip during operation.
- If it is too tight, it can negatively impact motor performance and accelerate wear on the drum and running belt.

To assess the appropriate tightness of the running belt, you can manually lift both sides of the running belt about 50-75mm away from the running board. Adjust the tightness as needed to maintain the recommended distance for optimal functionality.

Running Belt Alignment

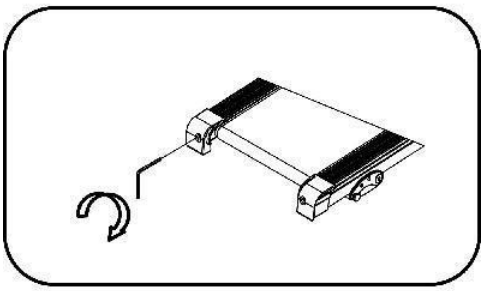
Ensure the electric treadmill is placed on a flat surface. Run the treadmill at a speed of approximately 6-8 km/h and observe the alignment of the running belt.

Put the electric treadmill on a flat ground. Run the electric treadmill at a speed of about 6-8 km/h and observe the deviation of the running belt.
If the running belt deviates to the right, unplug the safety lock and power switch, turn the adjusting bolt on the right clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure A.



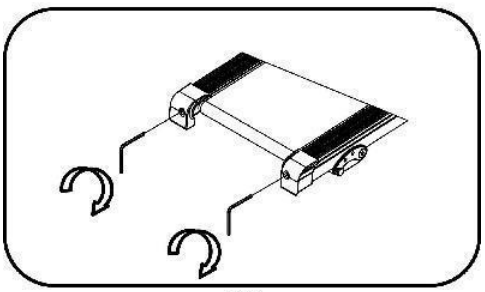
A

If the running belt deviates to the left, unplug the safety lock and power switch, turn the left adjusting bolt clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure B.



B

After the above adjustment or after a period of use, the running belt will gradually relax and need to be adjusted. Unplug the safety lock and power switch, at the same time, rotate the left and right adjusting bolts clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the tightness of the running belt is moderate. Figure C.



C

LUBRICATING THE TREADMILL

Warning: Ensure to unplug the electric treadmill before undertaking any cleaning or maintenance procedures.

Cleaning: Regular and thorough cleaning is essential to extend the life of your electric treadmill. Follow these steps:

1. Remove dust regularly to maintain cleanliness of various components.
2. Pay special attention to cleaning exposed parts on both sides of the running belt to reduce impurity accumulation beneath it.
3. Ensure your sneakers are clean to prevent carrying foreign bodies under the running belt, avoiding wear on the running board and belt.
4. Scrub the surface of the running belt with a soapy wet cloth. Take care not to splash water on electrical components or beneath the running belt.

Warning: Always unplug the power supply before moving the motor protection cover. Open the motor protective cover at least once a year for vacuuming and cleaning the motor.procedures.

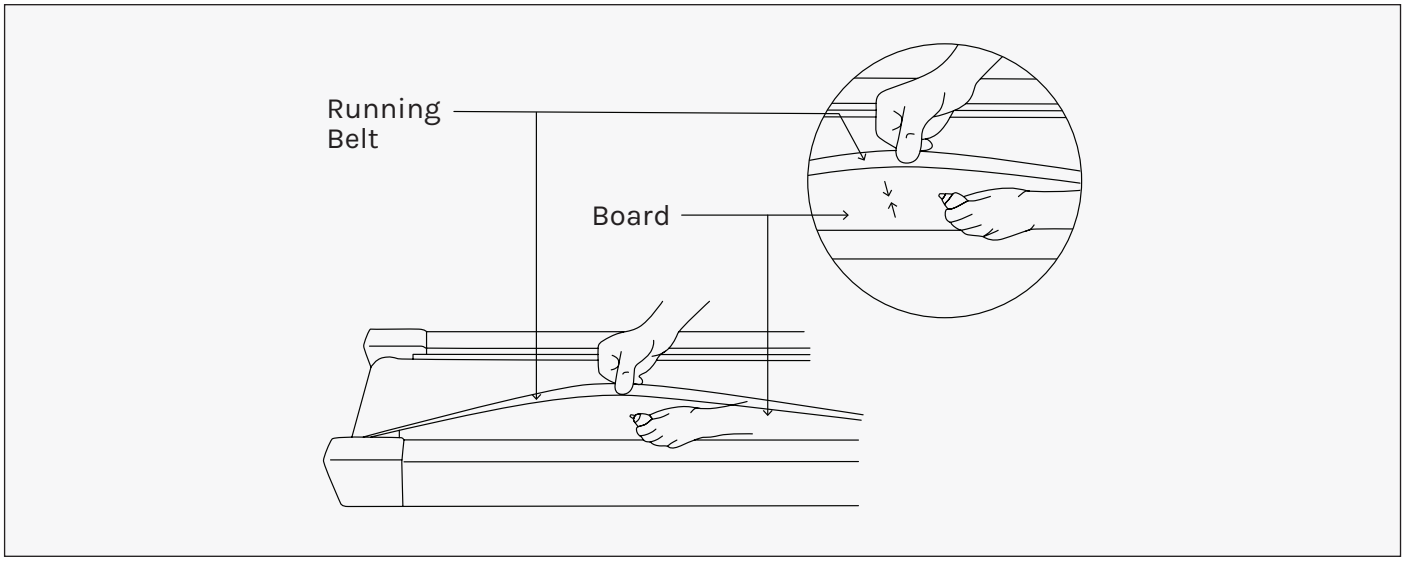
Lubricating Oil for Running Belt and Electric Running:

Lubricating oil is pre-coated between the treadboard and running belt to enhance the electric treadmill's lifespan and performance. Regular application of lubricating oil is necessary. Follow these recommendations:

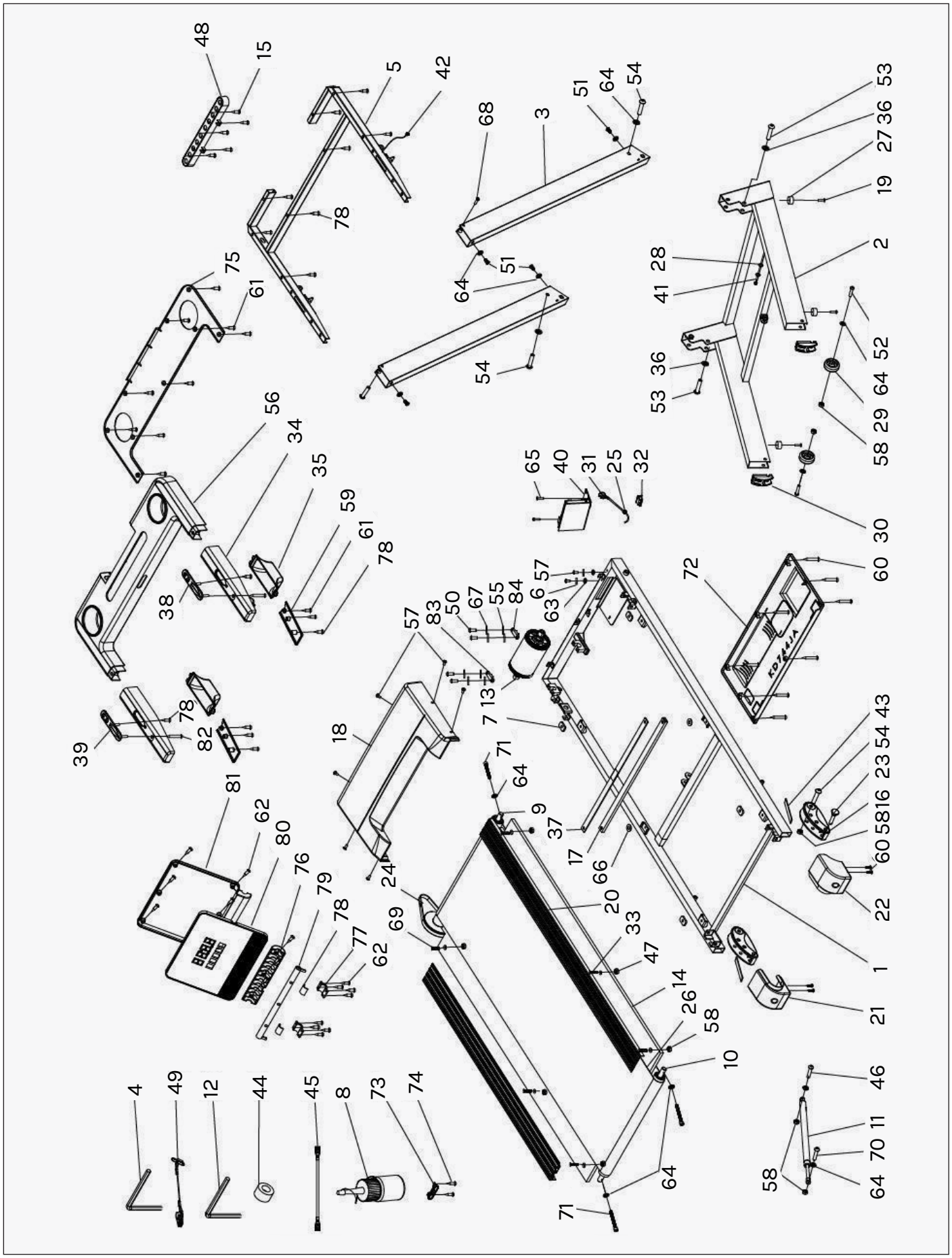
- Regularly inspect the board surface, and if damaged, contact our customer service centre.
- Apply lubricating oil between the running belt and treadboard based on the following schedule:
- Lightweight users (less than 3 hours per week): once a year.
- Middleweight users (3-5 hours per week): once every 6 months.
- Heavyweight users (more than 5 hours a week): once every 3 months.

Purchase lubricating oil from a local distributor or contact our company directly.

Note: For any other repairs, it is recommended to seek assistance from professionals.



IX. EXPLODED DIAGRAM



X. COMPLETE PARTS LIST

No.	Name	Specification	Qty.
1	Main frame assembly		1
2	Base frame assembly		1
3	Column assembly		2
4	6# Allen key	6mm	1
5	Electronic watch frame		1
6	Spring washer	Φ5	2
7	Rubber blanket		4
8	Oil bottle		1
9	Front drum		1
10	Rear drum		1
11	Pneumatic rod		1
12	5# Allen key	5mm	1
13	Brushless motor		1
14	Running board		1
15	Cross recessed pan head self-tapping self-drilling screw	4.2*9	5
16	Adjustable foot pad		2
17	Running board reinforcing tube		1
18	Motor upper cover		1
19	Cross recessed pan head self-tapping self-drilling screw	ST4.2*25	4
20	Side rail		2
21	Left rear corner protector		1
22	Right rear corner protector		1
23	Fixed bolt		2
24	Multi-wedge belt		1
25	Power cord buckle		1
26	Running belt		1
27	Foot pad		4
28	Ring protectors plug a		2

No.	Name	Specification	Qty.
47	Torque type hexagon nuts	M6	2
48	Keyboard		1
49	Safety lock		1
50	Hexagon socket head cap screws	M6*16	4
51	Hexagon socket button head screws	M8*16	6
52	Hexagon socket button head screws	M8*40	2
53	Hexagon socket button head screws	M10*55	2
54	Hexagon socket button head screws	M8*45	4
55	Flat washer class c	6	4
56	Electronic watch cover		1
57	Pan head screws with cross recess	M5*8	8
58	Torque type hexagon nuts	M8	10
59	Armrest lower cover		2
60	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*19	11
61	Cross recessed pan head self-tapping self-drilling screw	4.2*12	11
62	Cross recessed pan head tapping screws	4.2*13 (Scraping pin end)	21
63	Internal serrated locking washer	Φ5	2
64	Internal serrated locking washer	Φ8	12
65	Cross recessed pan head self-tapping self-drilling screw	4.2*9.5	2
66	Nylon spacer		2
67	Spring washer	Φ6	4
68	Hexagon socket button head screws	M8*30	2

29	Transportation wheel		2
30	Roller guard		2
31	Standard power cord		1
32	Power switch		1
33	Hexagon socket counter-sunk head screw	M6*40	2
34	Armrest upper cover		2
35	Column decorative cover		2
36	Internal serrated locking washer	10	2
37	Reinforcing rod cushion		2
38	Handlebar speed buttons		1
39	Start stop shortcut key		1
40	Control circuit board		1
41	Lower segment line of electronic watch		1
52	Upper segment line of electronic watch		1
43	Rubber pad 2		2
44	Magnet ring		1
45	Brown single line		1
46	Hexagon socket button head screws	M8*25	1
69	Hexagon socket counter-sunk head screw	M8*35	4
70	Hexagon socket button head screws	M8*42	1
71	Hexagon socket head cap screws	M8*65	3
72	Motor lower cover		1
73	Safety lock base		1
74	Cross recessed pan head tapping screws	2.9*8	2
75	Electronic watch lower cover		1
76	Rotating cover		1
77	Tile pressing plate		2
78	Cross recessed pan head with Wallace tapping screw	4.2*12	10
79	Panel rotating assembly		1
80	Panel upper cover		1
81	Panel lower cover		1
82	Cross recessed pan head tapping screws	4.2*19	2
83	Motor press block a		1
84	Motor press block b		1

Note: If the color and structure of the images in this manual differ slightly from the actual product, please consider the real product as the standard. The company retains the right to enhance the product, and no advance notice will be provided at such times.

XI. EXERCISE GUIDE

PLEASE NOTE:

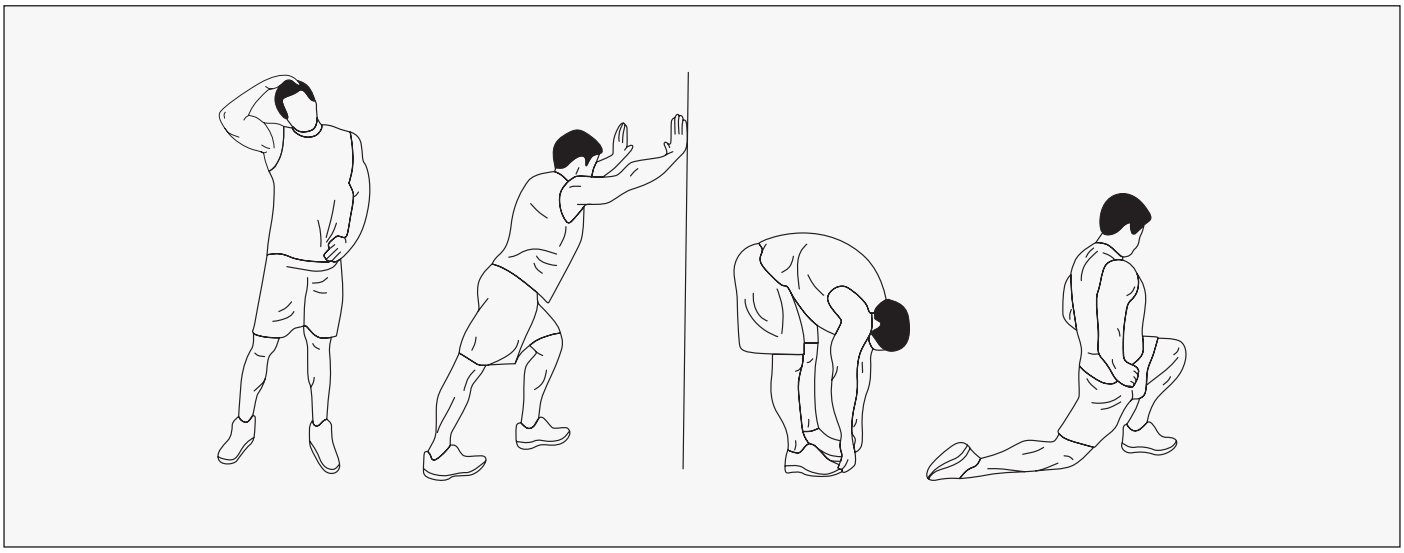
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

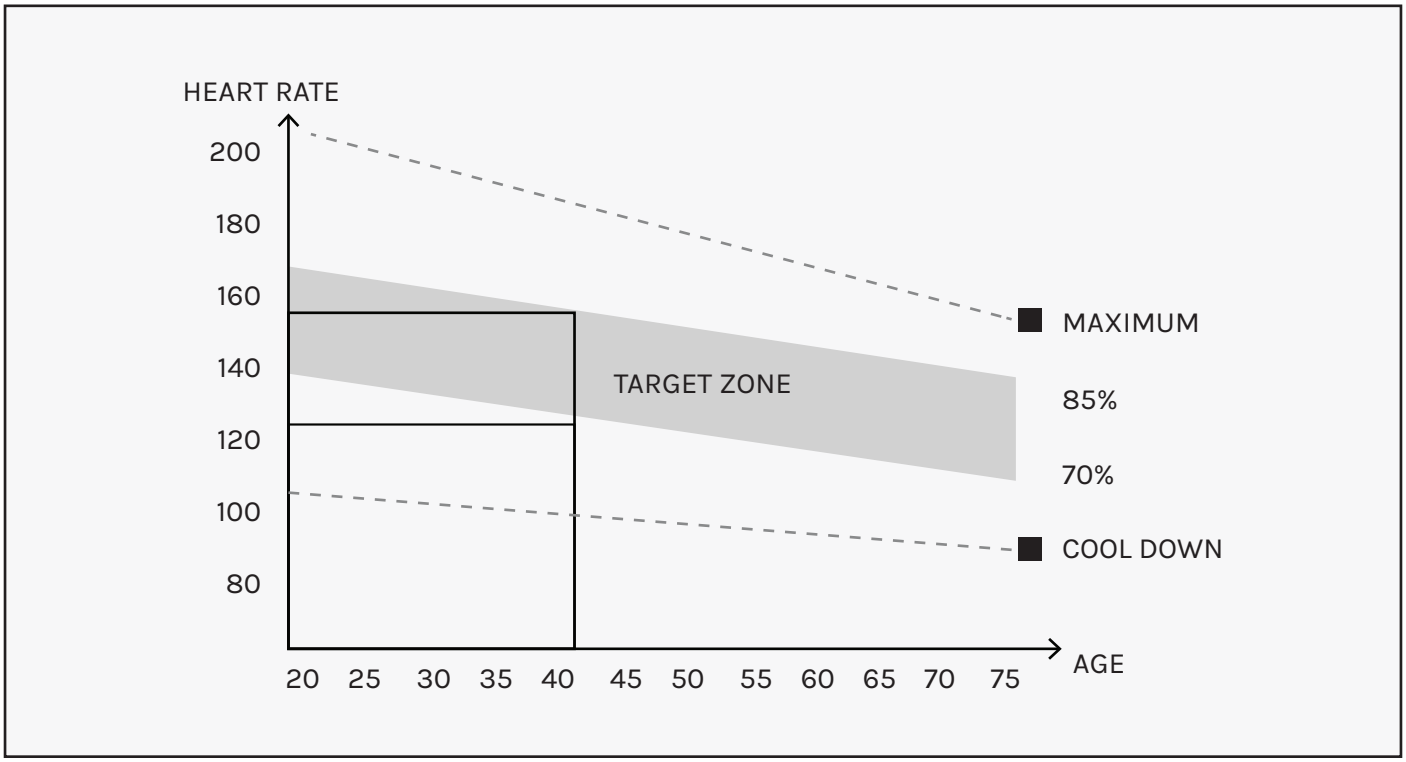
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

XII. TROUBLESHOOTING

Error Code	Description	Solution
E01	Hardware error includes	1. Check if the connection between the power socket plug and the motor is loose. 2. Replace the controller.
E02	Hardware overcurrent protection	1. The possible reason is that the current exceeds the rated load, so the system can protect itself and restart. 2. Check if the power socket plug and the motor connection are loose. 3. Replace the controller.
E03	IPM over-temperature protection	1. Turn off the power and turn it on again when the temperature drops. 2. Replace the controller.
E04	low-voltage protection	1. Check whether the input power supply voltage is normal.
E05	Overvoltage protection	1. Check whether the input power supply voltage is normal.
E06	Motor open-phase protection	1. Check if the motor cable is connected properly and reconnect the motor cable. 2. Replace the motor. 3. Replace the controller.
E07	Motor reverse protection	1. Check if the motor wire is connected properly.
E12	Motor overcurrent protection	1. Power off and power on again. 2. Check whether the connection between the power socket plug and the motor is loose. 3. Replace the controller.
E13	Overload protection	1. The possible reason is that the current exceeds the rated load, so the system can protect itself and restart. 2. A certain part of the treadmill is stuck, causing the motor to fail to rotate, the load is too heavy, the current is too large, and the system protects itself. Just adjust the treadmill to restart or add lubricating oil. 3. Check whether there is an over-current sound or burning smell when the motor is running and replace the motor. 4. Replace the controller.
E14	Hall error protection	1. Check whether the motor cable is connected properly and reconnect the motor cable. 2. Replace the motor. 3. Replace the controller.

E15	Error in communication between electronic watch and lower control itself	1. Check whether the display wire and the controller are loose or fallen off. 2. Check whether the controller is damaged. 3. Check whether the electronic watch is damaged. 4. Power off for 2 minutes, then power on again.

XIII. 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**

XIV. 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).

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