




Delta 2.0 Treadmill


USER MANUAL





 **kinomap**

30 DAY FREE TRIAL

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 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	03
II. Important Electrical Information	05
III. Important Operating Instructions	06
IV. Assembly Instructions	07
VI. Folding and Unfolding	11
VII. Operation Guide	12
VIII. Maintenance Instructions	17
IX. Exploded Diagram	19
X. Parts List	20
XI. Exercise Guide	22
XII. Troubleshooting	24
XIII. Warranty	26
XIV. Hand Pulse Technology.....	27

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.

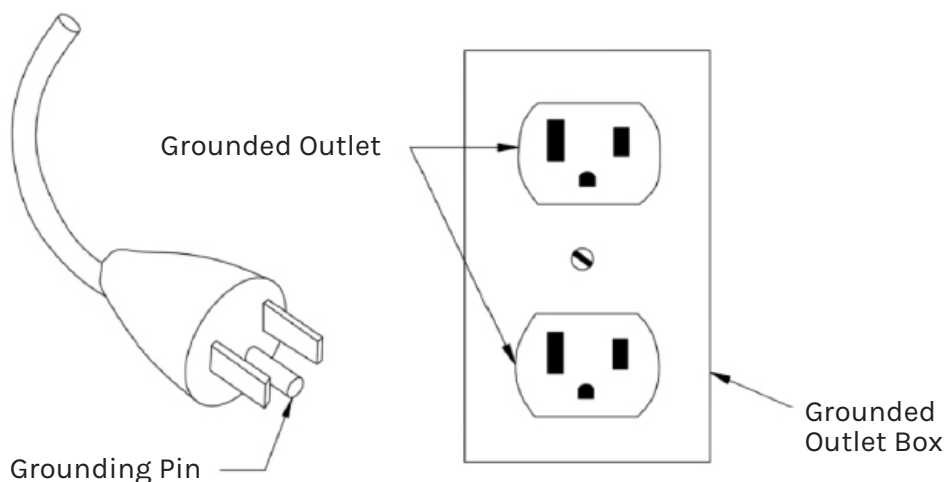
GROUNDING METHODS

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.



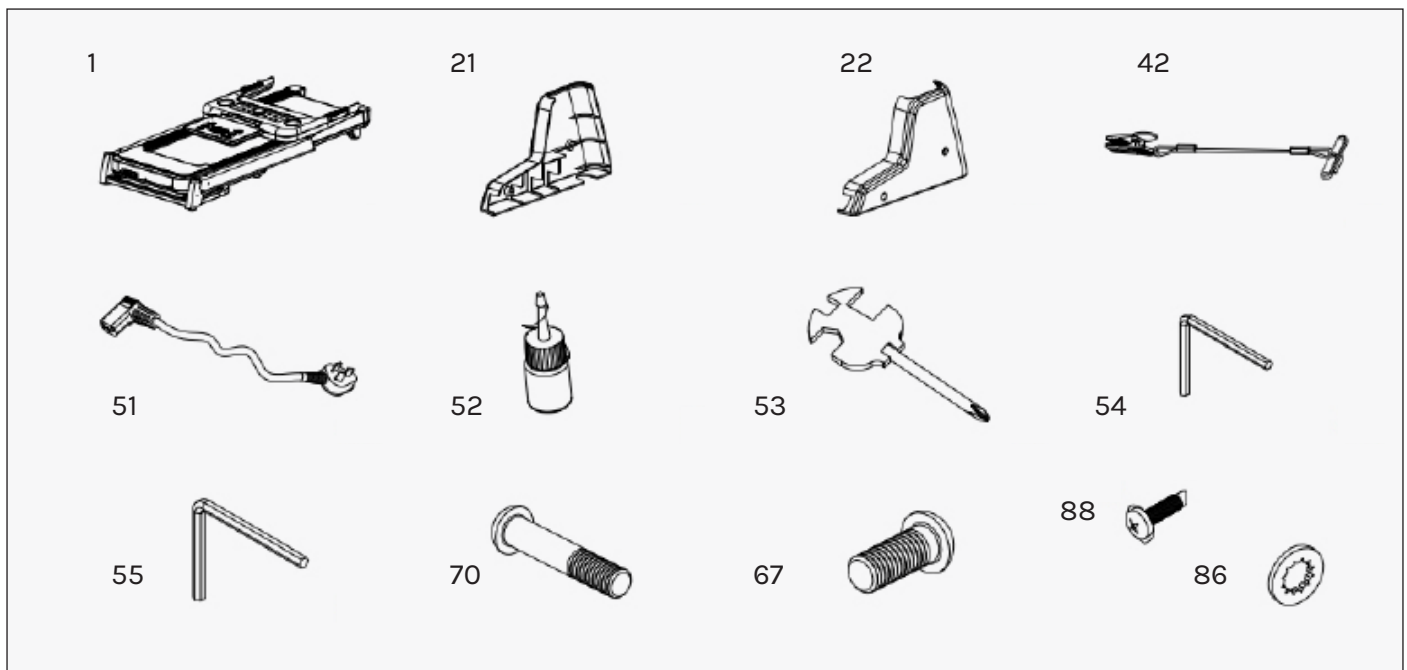
III. IMPORTANT OPERATING INSTRUCTIONS

- 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.	Part No.	Description	Specs	Qty.
1	Main frame assembly		1	54	5 # hexagon wrench	5mm	1
21	Left bottom side cover		1	55	6 # hexagon wrench	6mm	1
22	Right bottom side cover		1	70	Hexagon socket flat round head screw	M8*42	2
42	Safety lock		1	67	Hexagon socket flat round head screw	M8*16	4
53	With cross wrench	S = 13, 14, 15	1	88	Self tapping and self drilling screws with cross recessed disc head and pad	ST4.2*19	4
52	Oil bottle		1	86	Internal serrated lock washer	8	6
51	Power cord		1				

Installation Tools:

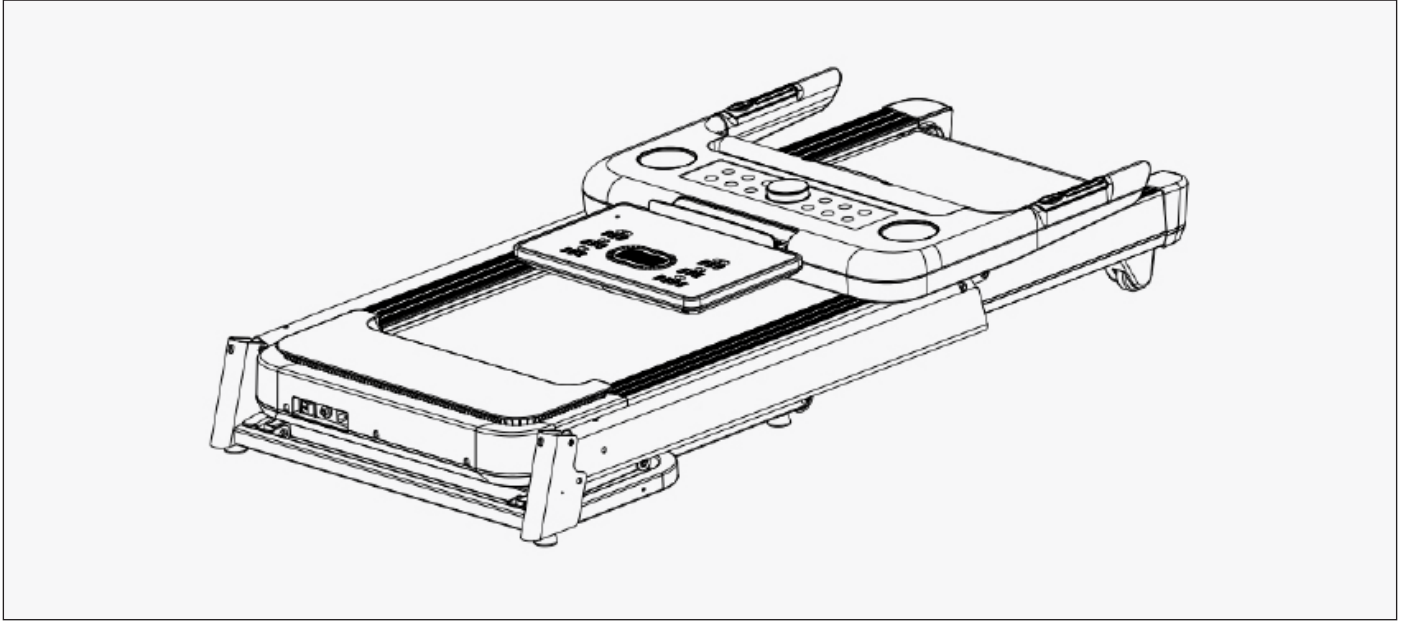
5 # Hexagon wrench 5mm 1pcs.

6 # hexagon wrench 6mm 1pcs.

With cross wrench S=13, 14, 15 1pcs.

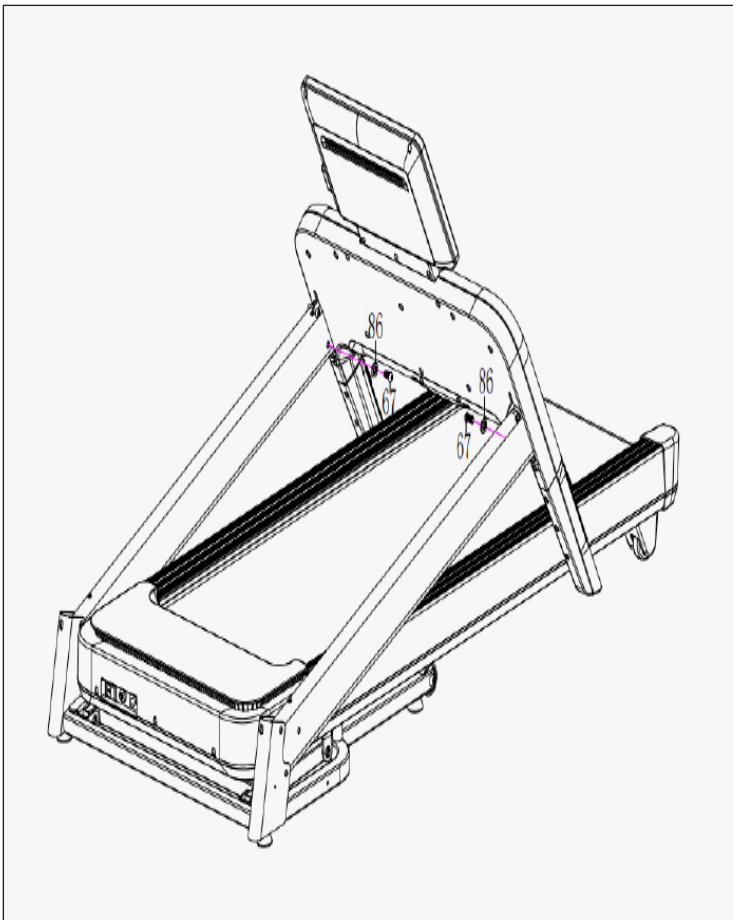
Note: Do not plug in the power supply until the installation is completed.

V. ASSEMBLY INSTRUCTIONS



STEP 1

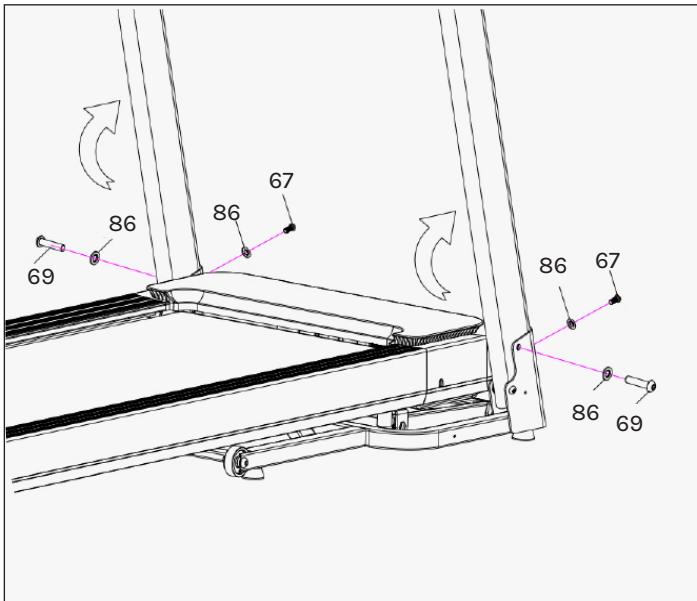
1. Open the package and remove the contents. Lay the machine on flat ground and check all parts are there.



STEP 2

1. Hold the upper console by hand, then use the hexagon wrench (54) to lightly secure the hexagon flat round head screw (67) and the internal serrated locking washer (86) to the L/R posts as pictured.

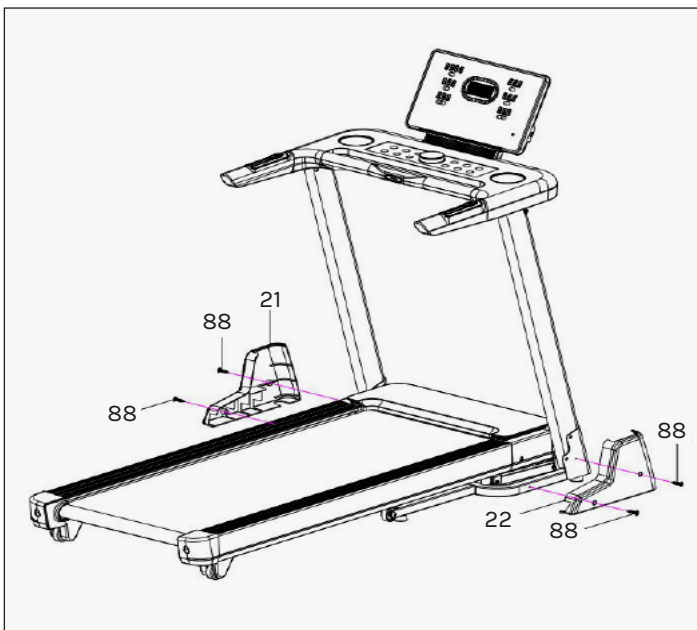
Caution: Be careful not to clamp of any wires. Hold the upright post with one hand to avoid injury from the console falling.



STEP 3

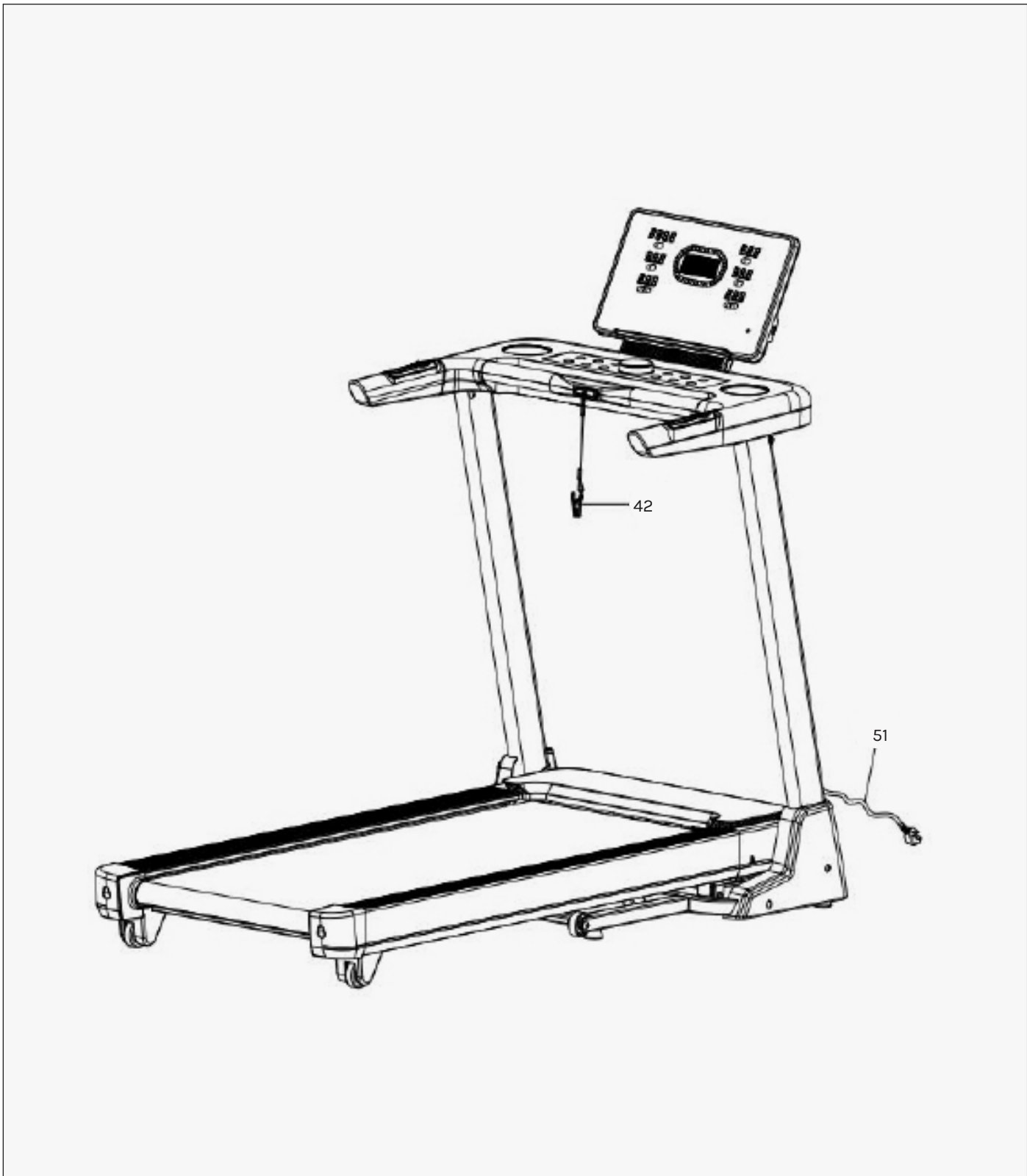
1. First, use 5 # hexagon wrench to secure the M8*42 hexagon flat round head screw (69) and internal serrated locking washer (86) to the upright post group on the base.
2. Then use 5 # hexagon wrench to secure the M8*16 hexagon flat round head screw (67) and internal serrated locking washer (86) to the column group on the main frame group.
3. The left and right sides are the same.

Caution: Hold the upright post with one hand to avoid injury from the console falling.



STEP 4

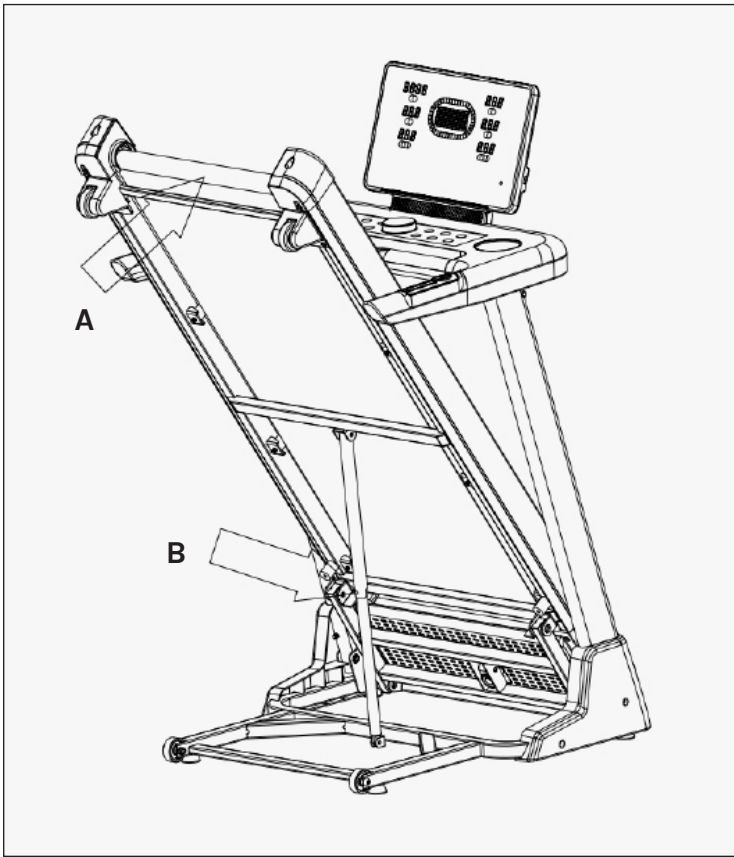
1. Lock the left base cover (21) to the base using the cross recessed pan head pad self-tapping self-drilling screw (88) with a cross wrench (53).
2. Lock the right base cover (22) to the base using the cross-slotted pan head padded self-tapping self-drilling screw (88) with a cross wrench (53).



STEP 5

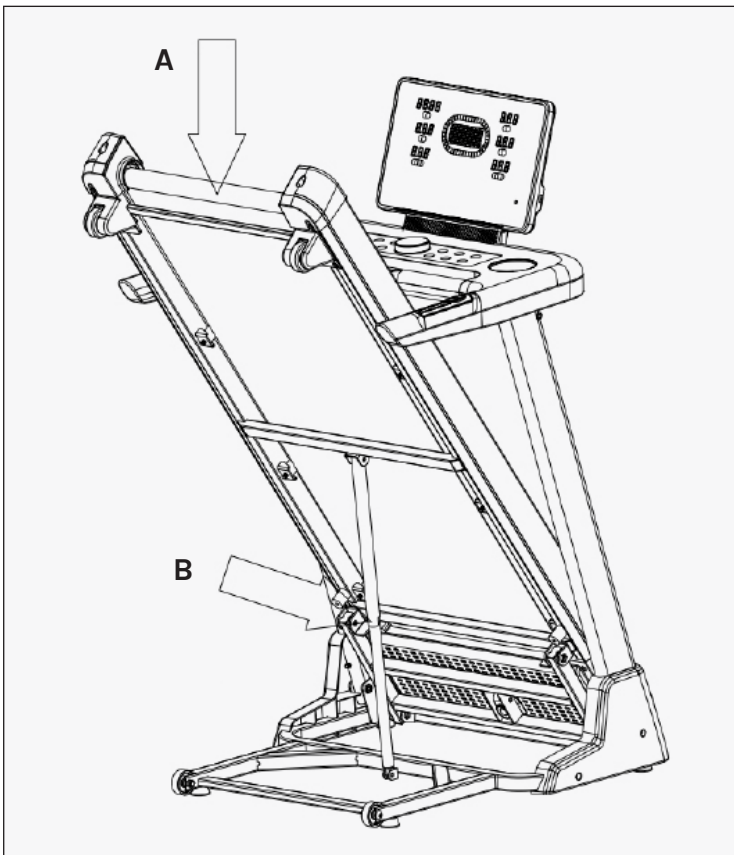
Place the safety lock (42) on the console. Then connect the power cord (51) to the power supply, and you can then turn on the treadmill.

VI. FOLDING AND UNFOLDING



FOLDING INSTRUCTION

Hold position A with both hands and lift the machine up then push it up slightly until you hear the sound of a click.

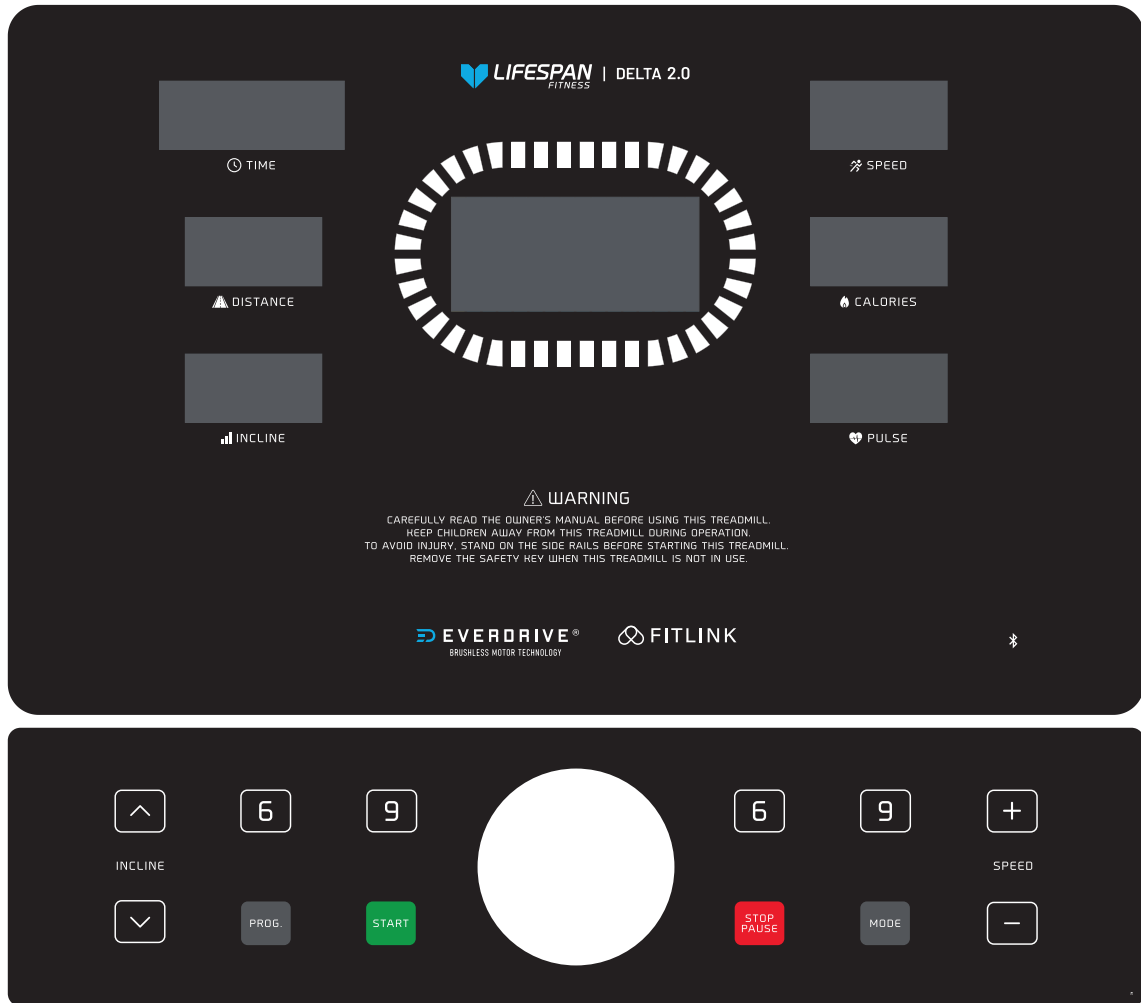


UNFOLDING INSTRUCTION

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

The deck will slowly lower. Keep children and pets away from the folding bar to prevent accidental unlocking.

VII. OPERATION GUIDE



WINDOW DESCRIPTION:

1. **"Time" window:** Display time. In the startup process, a 3-second countdown is displayed.
2. **"Speed" window:** Displays the speed.
3. **"Distance" window:** Displays distance.
4. **"Calories" window:** Displays calories.
5. **"Incline" Window:** Displays incline.
6. **"Pulse" window:** When the heart rate symbol flashes, the corresponding window displays the heartbeat.
7. **"Runway" window:** Displays the track.
8. **"Lattice" window:** Displays program segments when selecting programs or running programs. The number of laps is displayed at other times.

KEY FUNCTION

1. **"PROG." Key:** Program election key. The selection order is: Manual Mode, P01-P15, FAT Loop
2. **"MODE" button:**
 - 2.1 In standby state, it is the reverse counting mode selection key. The selection order is manual mode, distance countdown, time countdown, calorie countdown.

2.2 Under the condition of FAT program, it is used to select the parameters: the selection order is: "gender", "age", "height" and "weight".

3. Knob Key Function:

3.1 **"START" button:** Press the START button to initiate the treadmill; it will start running three seconds after counting from the lowest speed or program default speed.

3.2. **"STOP" button:** Press the STOP button during exercise to gradually slow down the treadmill until it comes to a complete stop. It then enters the pause state, and pressing it again resumes the standby state.

4. **SPEED +, -:** Adjustment for SPEED addition and subtraction. Speed can be adjusted while moving and can also be used to adjust parameters when stopping.

5. **SPEED (6, 9):** Quick SPEED adjustment key.

6. **INCLINE +, -:** Adjustment for ascending and descending. The number of lifting segments can be adjusted while moving, and to set parameters on programs.

7. **INCLINE (6, 9):** Incline shortcut adjustment key.

KNOB KEY FUNCTION: START/PAUSE/STOP KEY

3.1. When in standby, a short press starts the treadmill. After a short press, the treadmill begins running from the lowest speed or program default speed after 3 seconds.

3.2. During running, a short press of pause displays "PAU," keeping all data unchanged.

3.3. When paused, a short press resumes movement, starting counts from before pausing, and the speed starts from the lowest speed with dynamic recovery, Ascension to 0.

3.4. While running or pausing, a long press stops the treadmill, gradually slowing it down to resume standby after stopping.

3.5. While running, the rotation can adjust the speed. During setting, rotate the adjustable parameters.

Note: When any key is pressed effectively, it will be accompanied by a prompt tone, and when the parameter adjustment of the key exceeds the limit, it will be accompanied by a long tone prompt. There will be no prompt tone when the key is pressed ineffectively.

MAIN FUNCTIONS

Turn on the power, and all windows light up for 2 seconds before entering the standby state.

1. Quick start (manual mode): Put on the safety lock, press the start button, and after a 3-second countdown, the treadmill starts from the lowest speed. Adjust the SPEED using the addition and subtraction keys and adjust the number of lifting segments using the INCLINE keys. To stop running, press the stop button or directly disconnect the safety lock.

2. Countdown MODE: Press the "MODE" button to choose time countdown, distance countdown, or calorie countdown. The window displaying the default value flashes. Use the "SPEED +, -" (INCLINE +, -) keys to adjust to the desired value. Press the START key, and after a 3-second countdown, the treadmill starts running from the lowest SPEED. Adjust the speed using the SPEED keys and the number of incline segments using the INCLINE keys. When the window value reaches 0, the treadmill slows down to stop. Alternatively, press the "STOP" key or disconnect the security lock to stop running.

3. Program Mode: Press the "PROG." button and select any one of the built-in programs. The "TIME" window displays the default value and flashes. Use the "SPEED +, -" (INCLINE +, -) keys to adjust to the required exercise time. The built-in program has 16 segments, and the running time for each segment is set time/16. Press the START key, and the treadmill starts running according to the speed and lifting number of the first section after a 3-second countdown. At the end of the program, the treadmill slows down to stop.

Adjust speed and incline using the "SPEED +, -" (INCLINE +, -) keys or armrest keys during operation. The treadmill automatically adjusts to the default value when entering the next segment. During movement, press the "STOP" key or disconnect the safety lock to stop the operation.

At the end of the mode and program movement, the corresponding window will blink with 15 prompts, and then all data will be cleared to enter the standby state.

PULSE MEASUREMENT

Hold the left and right armrest steel sheets with both hands. After about 5 seconds, the "PULSE" window will display your heartbeat value. For a more accurate heartbeat value, stand on the treadmill and measure it when stopped, holding it for no less than 30 seconds. Heartbeat data is only used as a reference for the degree of exercise and cannot be used as medical data.

FAT MEASUREMENT MODE

In the standby state, press the "PROG." key, and when the window displays "FAT," it means entering the FAT measurement mode. Press the "MODE" key to select the parameter categories ("gender", "age", "height", "weight"). The corresponding window will display "F-1," "F-2," "F-3," and "F-4." For each selected parameter category, use the "SPEED +, -" (INCLINE +, -) keys to adjust the parameter value. When all parameters are adjusted, press the "MODE" key again. The corresponding window will display "F-5" and "--", indicating that it has entered the state to be tested. Hold both hands on the left and right armrest steel sheets. After about 5 seconds, the corresponding window shows your body fat index. Input parameters display and setting range.

Parameter Display and Setting Range

Parameter category	Default value	Set range	Remarks
Gender (-1-)	0 (Male)	0-1	0=Male 1=Female
Age (-2-)	25 years old	10-99 years old	
Height (-3-)	170 CM	100-200 CM	
Weight (-4-)	70KG	20-150KG	

Body Fat Index Control

Body fat index (BMI)	Degree of obesity
<19	Lean
19--26	Normal
26--30	Overweight
>30	Obesity

SLEEP FUNCTION

If there is no operation for 2 minutes after stopping, the system resets to the standby state, and the backlight turns off. After 10 minutes of inactivity, the system shuts off all displays and enters a sleep state. Press any key to wake up the system.

SAFETY KEY FUNCTION

Disconnecting the safety lock at any time results in the treadmill quickly stopping, and all data is reset to 0. The window displays "--." The key must be placed back on to resume normal operations.

DISPLAY & SETTING RANGE OF MOTION PARAMETERS

	Display range	Mode Default	Program default	Set range
Speed	1.0-16.0 km	-----	-----	1.0-16.0 km
Ascension	0-15%			0-15%
Time	0:00--99:59	30:00	30:00	5:00---99:00
Mileage	0.00 km-99.9 km	1.00 km	-----	0.50 km-99.9 km
Heat	0Kcl-999Kcl	50Kcl	-----	10Kcl-990Kcl

BLUETOOTH FUNCTION

Bluetooth for speakers - Turn on your device Bluetooth and connect to the treadmill Bluetooth. The name will begin with FS.

PROGRAM CHART

15 Built-in Program: 16 segments

PROGRAM	TIME	TIME INTERVAL= setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	SPEED	2	3	3	4	4	5	5	3	4	5	4	4	3	3	5	3
	INCLINE	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2	2
P02	SPEED	2	4	4	5	6	6	6	4	5	6	4	4	2	5	4	2
	INCLINE	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2	2
P03	SPEED	2	4	4	6	7	7	7	4	7	7	4	4	4	5	3	2
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P04	SPEED	3	5	5	6	5	7	7	8	8	5	9	5	6	4	4	3
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P05	SPEED	2	4	4	5	7	5	6	7	8	8	5	4	6	5	4	2
	INCLINE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2	2
P06	SPEED	2	4	4	4	8	8	6	7	8	8	6	4	5	4	3	2
	INCLINE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P07	SPEED	2	3	3	3	3	4	5	3	4	5	3	3	6	5	3	3
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P08	SPEED	2	3	3	6	4	6	7	4	6	7	4	4	3	4	4	2
	INCLINE	4	5	5	5	6	7	8	9	9	9	10	10	12	8	6	3
P09	SPEED	2	4	4	7	7	8	4	8	9	9	4	4	6	3	3	2
	INCLINE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4	2
P10	SPEED	2	4	5	6	4	6	8	8	6	6	5	4	4	4	3	3
	INCLINE	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6	3
P11	SPEED	2	5	8	10	10	10	7	7	10	10	5	5	5	5	4	3
	INCLINE	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2	0
P12	SPEED	3	4	9	9	5	8	5	9	7	5	5	7	5	7	6	3
	INCLINE	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3	3
P13	SPEED	3	6	7	5	7	5	5	7	9	5	8	5	9	9	4	3
	INCLINE	3	3	5	6	3	7	5	3	2	0	0	5	2	3	2	1
P14	SPEED	2	2	4	5	4	3	2	1	2	3	4	5	4	3	2	1
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P15	SPEED	2	4	6	8	4	4	2	2	2	4	6	8	4	4	2	2
	INCLINE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	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.

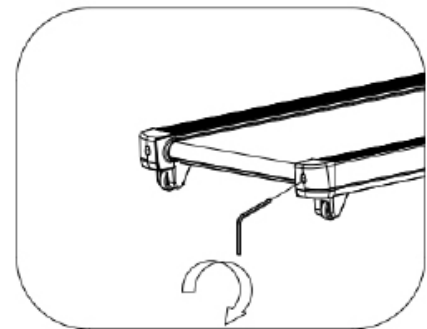
To assess the appropriate tightness of the running belt, you can manually lift both sides of the running belt about 50-75mm away from the running board. Adjust the tightness as needed to maintain the recommended distance for optimal functionality.

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.

If the running belt leans to the right:

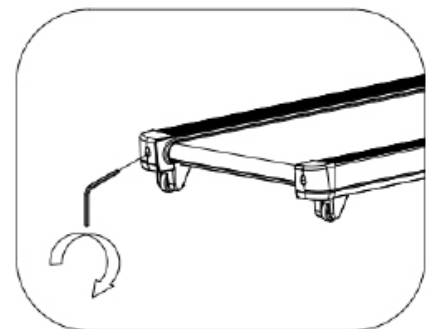
- Unplug the safety lock and power switch.
- Rotate the adjusting bolt on the right clockwise for 1/4 turn.
- Insert the power switch and safety lock.
- Start the treadmill and observe the running belt deviation.
- Repeat these steps until the running belt is centered (refer to Figure A).



A

If the running belt leans to the left:

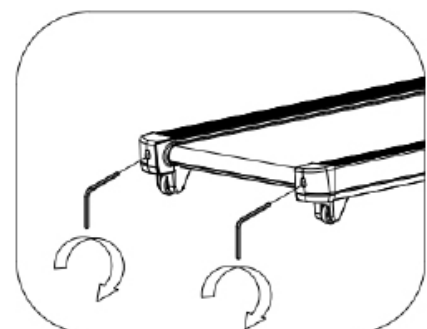
- Unplug the safety lock and power switch.
- Rotate the adjusting bolt on the left clockwise for 1/4 turn.
- Insert the power switch and safety lock.
- Start the treadmill and observe the running belt deviation.
- Repeat these steps until the running belt is centered (refer to Figure B).



B

After adjustments or prolonged use, the running belt may gradually loosen, requiring further adjustments:

- Pull off the safety lock and power switch.
- Rotate the adjusting bolts on the left and right sides clockwise for 1/4 turn.
- Insert the power switch and safety lock.
- Start the treadmill and stand on the running belt to confirm the tightness.
- Repeat these steps until the running belt is appropriately tight (refer to Figure C).



C

LUBRICATING THE TREADMILL

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

IMPORTANT NOTE:

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

RUNNING BELTS & TREADMILL LUBRICANT:

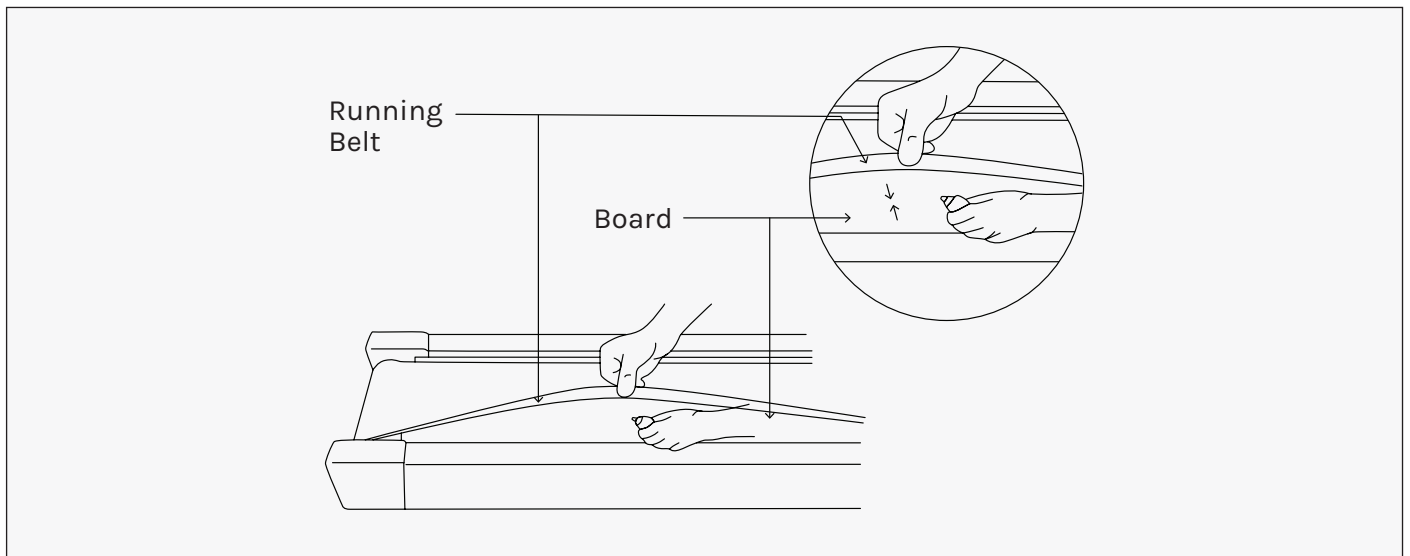
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING:

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

HOW TO LUBRICATE:

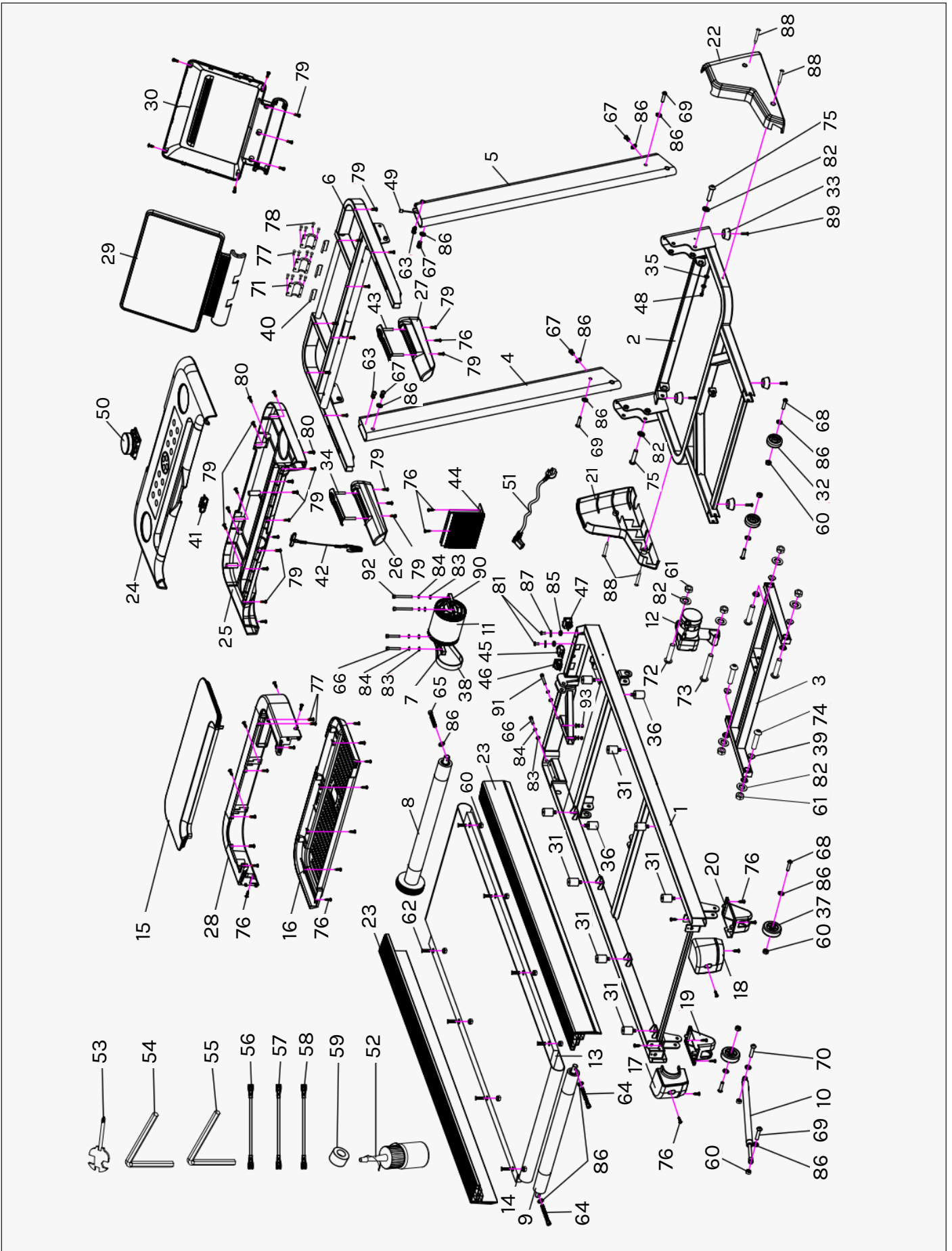
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment.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



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.

IX. EXPLODED DIAGRAM



X. COMPLETE PARTS LIST

No.	Name	Specification	Qty.
1	Main frame assembly		1
2	Base assembly		1
3	Lifting frame assembly		1
4	Left column assembly		1
5	Right column assembly		1
6	Console		1
7	Motor left fixing seat		2
8	Front drum		1
9	Rear drum		1
10	Pneumatic rod		1
11	Brushless motor		1
12	Lifting motor		1
13	Running board		1
14	Running belt		1
15	Motor upper cover		1
16	Motor lower cover		1
17	Left rear corner guard		1
18	Right posterior corner guard		1
19	Left rear caster cover		1
20	Right rear caster cover		1
21	Left base cover		1
22	Right base cover		1
23	Side strip		2
24	Upper cover of console		1
25	Lower cover of electronic watch		1
26	Left foam armrest		1
27	Right foam armrest		1
28	Motor front cover		1
29	LED display panel		1
30	Lower panel cover		1
31	Buffer pad		8
32	Carrying wheel		2
33	Foot pad		4
34	Pulse device with start-stop key		1
35	Annular thread guard plug B		1
36	Buffer nut bolt		2
37	Adjusting roller		2
38	Multi-wedge belt		1
39	Spacer sleeve		8
40	Tile		3
41	Safety lock base		1
42	Safety lock switch		1
43	Pulse device with speed addition and subtraction key		1
44	Lower controller		1
45	Overload protector		1
46	Power switch		1
47	Power socket		1
48	Lower segment line		1
49	Upper segment line		1
50	Flying shuttle		1
51	Power cord		1
52	Oil bottle		1
53	With cross wrench		1
54	5 # hexagon wrench		1
55	6 # hexagon wrench		1
56	AC single branch		1
57	Blue single branch		1
58	Brown single branch		1
59	Magnetic ring		1
60	Type 1 non-metallic insert hexagon lock nut	M8	14
61	Type 1 non-metallic insert hexagon lock nut	M10	6
62	Hexagon socket countersunk head screw	M8*25	8

63	Hexagon socket flat round head screw	M8*25	2	81	Cross recessed pan head screws	M5*8	2
64	Hexagon socket head screws	M8*65	2	82	Internal serrated lock washer	10	8
65	Hexagon socket head screws	M8*45	1	83	Plain washer class C	6	8
66	Hexagon socket head screws	M6*25	3	84	Standard spring washer	6	8
67	Hexagon socket flat round head screw	M8*16	4	85	Internal serrated lock washer	5	2
68	Hexagon socket flat round head screw	M8*40	4	86	Internal serrated lock washer	8	15
69	Hexagon socket flat round head screw	M8*42	3	87	Standard spring washer	5	2
70	Hexagon socket flat round head screw	M8*25	1	88	Cross recessed disc head with Wass self-tapping and self-drilling screws	ST4.2*19	4
71	Tile pressure plate		3	89	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*25	4
72	Hexagon socket flat round head screw	M10*42	1	90	Motor right fixing seat		1
73	Hexagon socket flat round head screw	M10*55	1	91	Hexagon socket head screws	M6*35	1
74	Square neck screws with round head	M10*45	4	92	Hexagon socket head screws	M6*40	2
75	Hexagon socket flat round head screw	M10*45	2	93	Type 1 non-metallic insert hexagon lock nut	M6	2
76	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*15	24				
77	Cross recessed pan head tapping screws	ST4.2*15	13				
78	Cross recessed pan head tapping screws	ST4.2*20	6				
79	Cross recessed pan head tapping screws	ST4.2*13	28				
80	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*19	5				

Note: In the event of any slight discrepancies between the color and structure of the images in this manual and the actual products, please rely on the real objects. The company retains the right to enhance and improve its products without prior notice. Updated manuals will be placed online.

XI. EXERCISE GUIDE

ⓘ PLEASE NOTE:

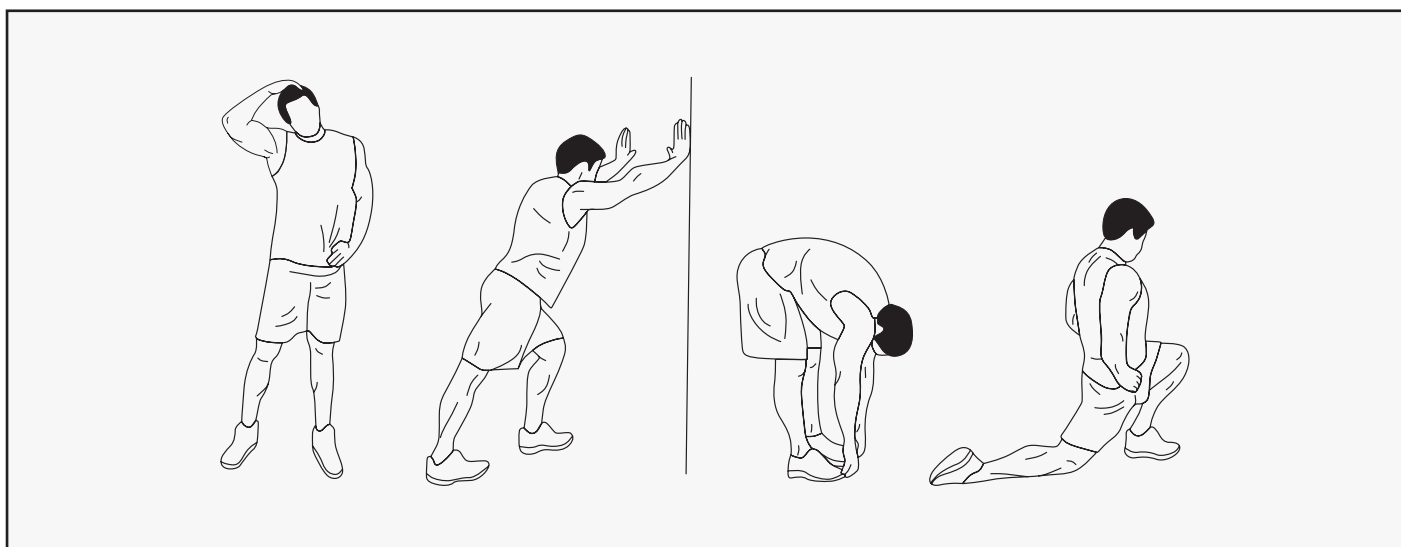
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

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

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



WARM UP

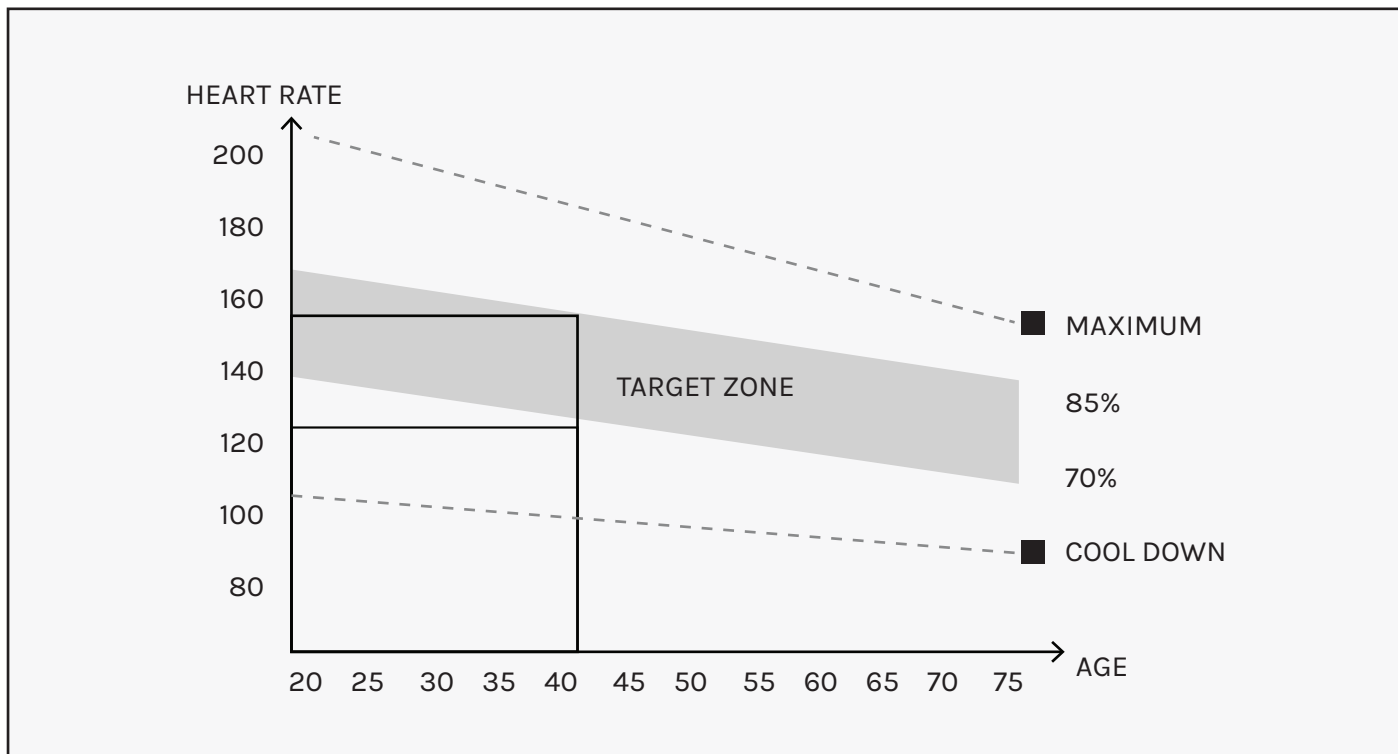
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

COOL DOWN

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

WORKOUT GUIDELINES



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

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

XII. TROUBLESHOOTING

Error Code	Description	Troubleshooting Methods
E01	Poor communication between watch and controller	1. Check connections between electronic watch and lower control line. Ensure each core is fully plugged in.
		2. Inspect the connecting line for damage; replace if necessary.
		3. Verify integrity of communication lines of electronic meter and controller. Replace electronic meter or controller if damaged.
E02	Blast impact protection	1. Check power supply voltage; retest using correct voltage specification.
		2. Inspect the controller for peculiar smells; replace if needed.
		3. Verify proper motor wire connections; reconnect if required.
E03	Poor speed sensing or no signal	1. No speed sensor signal is detected for 10 consecutive seconds. Check whether the sensor plug is not plugged in or whether the magnetic sensor is broken or damaged. Plug it in or replace the magnetic sensor.
E05	Overcurrent Protection	1. The possible reason is that the current exceeds the rated load and the system protects itself.
		2. Check for abnormal sounds or burning smell during motor operation; replace motor if necessary.
		3. Inspect controller for burnt smell; replace if identified.
		4. Verify power supply voltage consistency; retest with correct specification.

E06	Controller self-test error	1. Inspect the control motor circuit for abnormalities.
		2. Check lower control safety tube; replace if damaged or fallen off. Ensure proper motor wire connections.
		3. Check for burnt IGBT on the lower control; replace if necessary.
E07/E08	Parameter missing / EEPROM Corrupt	1. Replace the controller.

Note: For any repairs beyond the scope of troubleshooting, it is recommended to seek professional assistance.

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 <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



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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