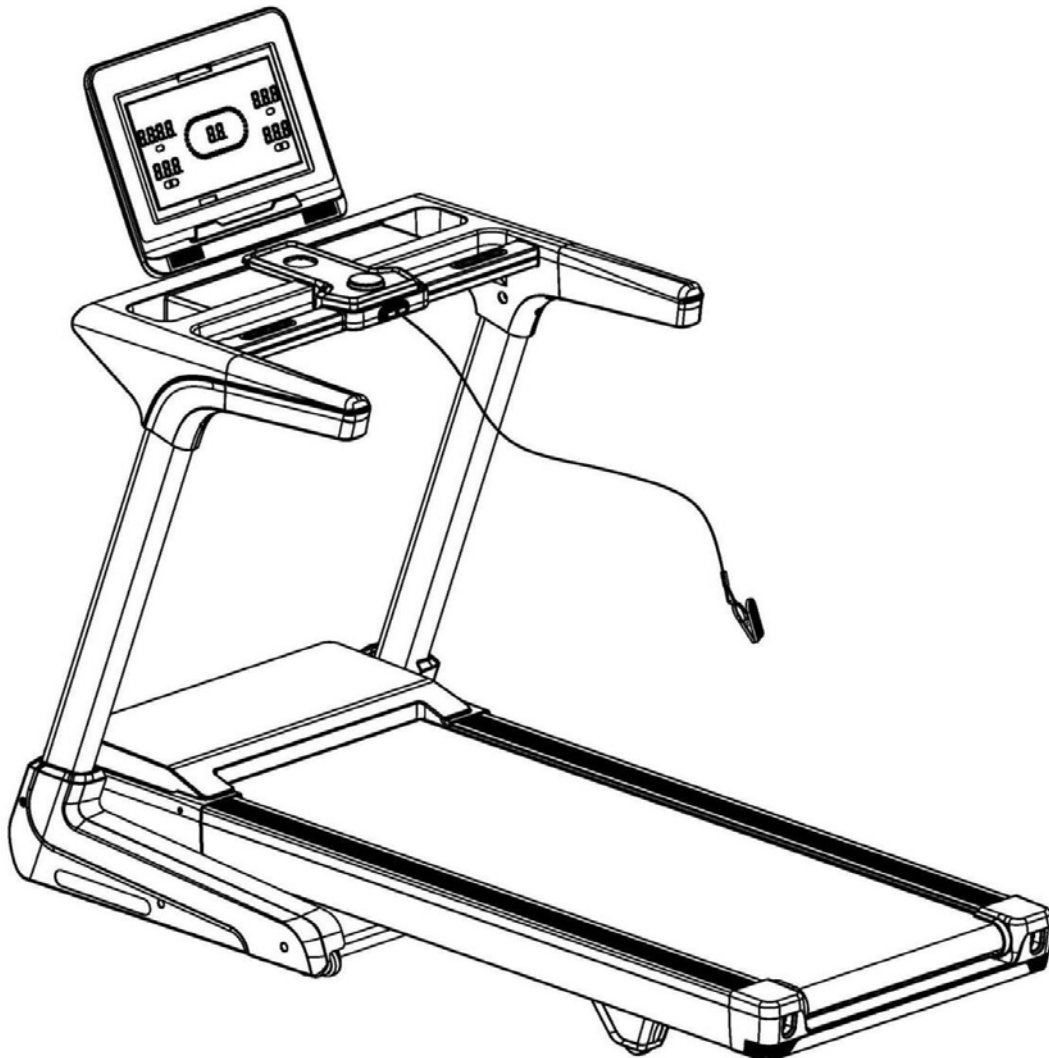







Delta 2.1 Treadmill


USER MANUAL



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 Offer can be rescinded at any time.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



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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.

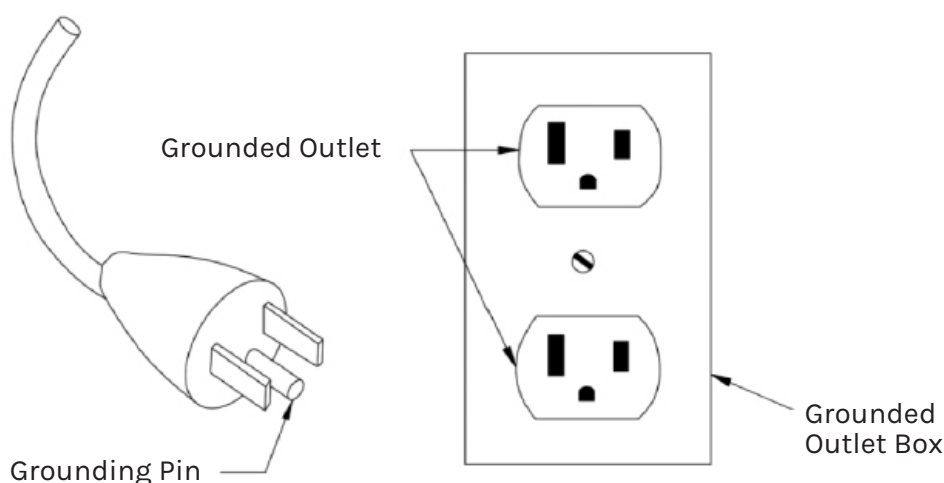
GROUNDING METHODS

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.



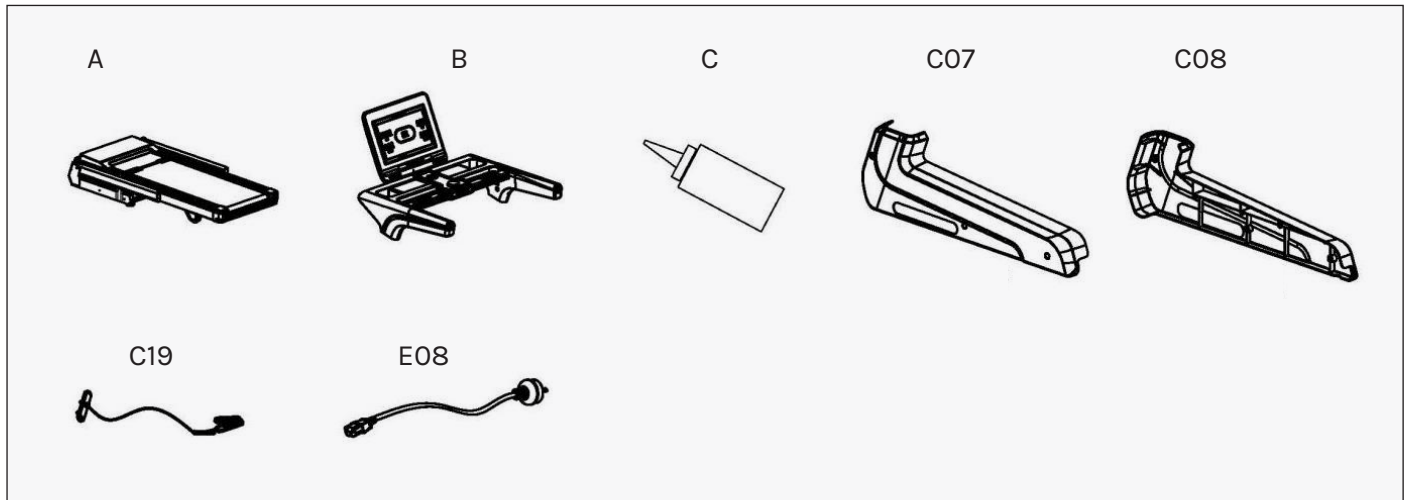
III. IMPORTANT OPERATING INSTRUCTIONS

- 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.

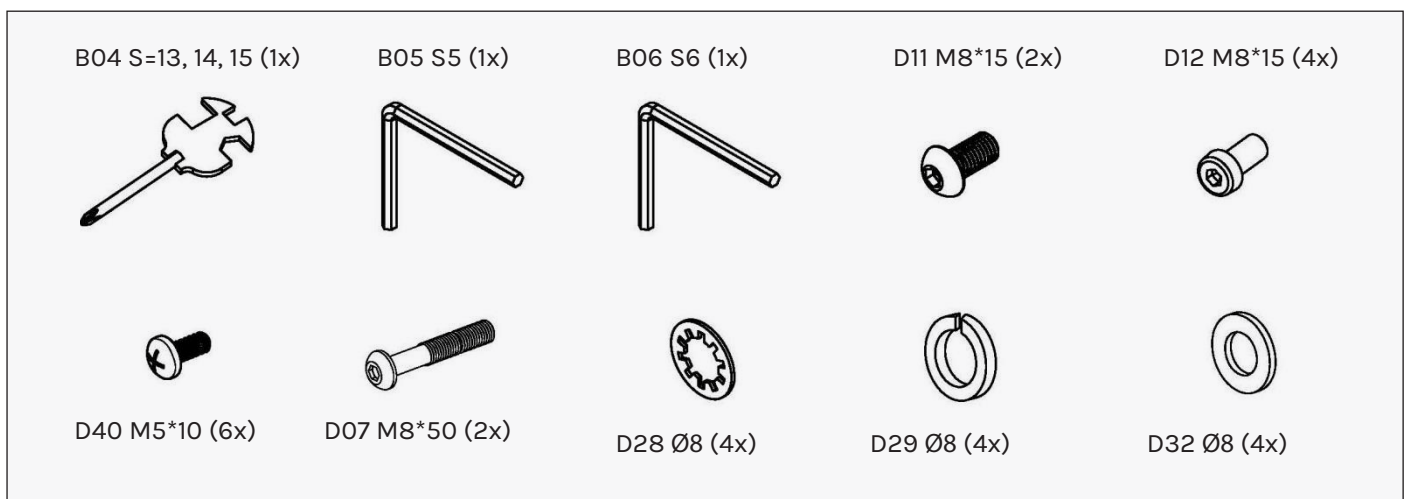
IV. ASSEMBLY INSTRUCTIONS

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.

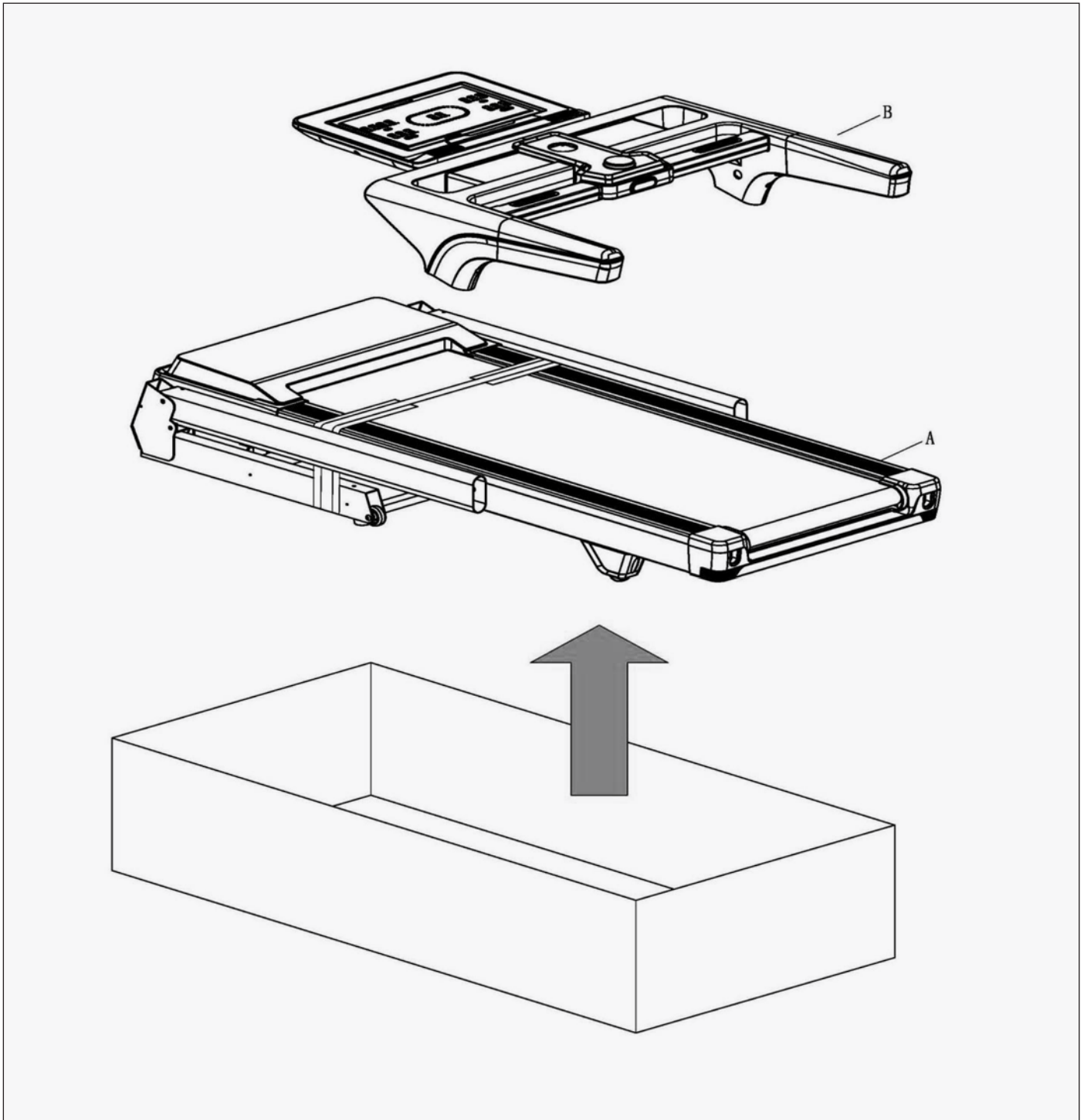


PARTS LIST

Key No.	Description	Specs	Qty.
A	Main Frame		1
B	Console Base		1
C	Lubrication Oil		1
C07	Left Upright Tube Cover		1
C08	Right Upright Tube Cover		1
C19	Safety Key		1
E08	Power Wire		1

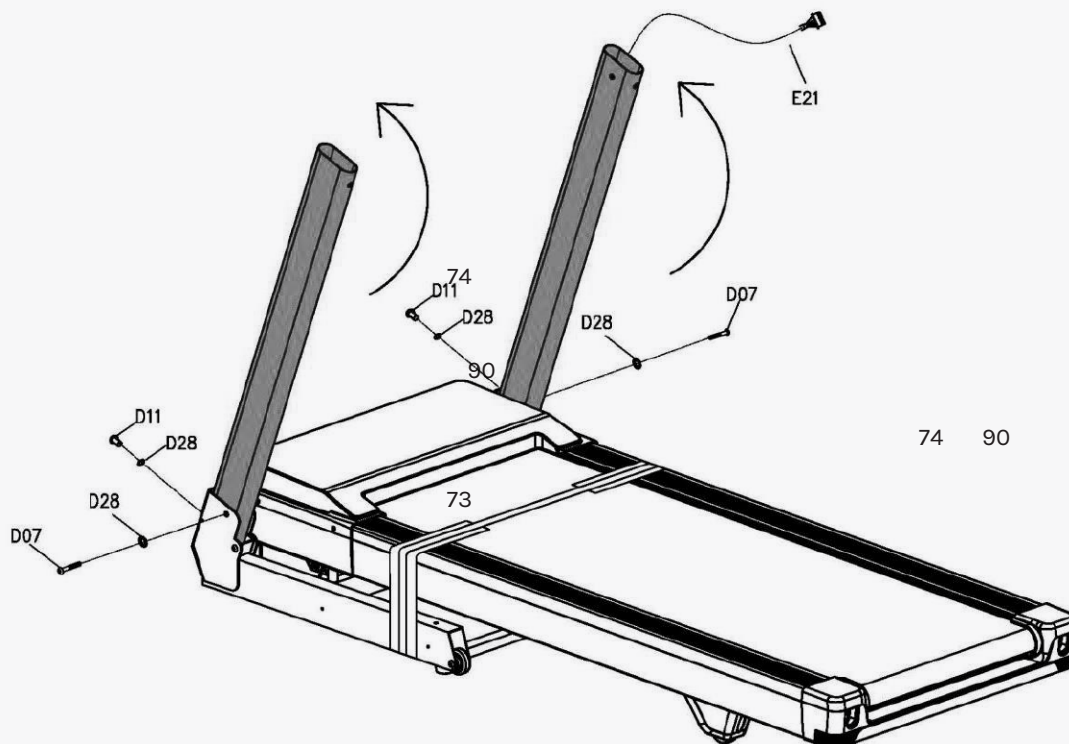


V. ASSEMBLY INSTRUCTIONS



STEP 1

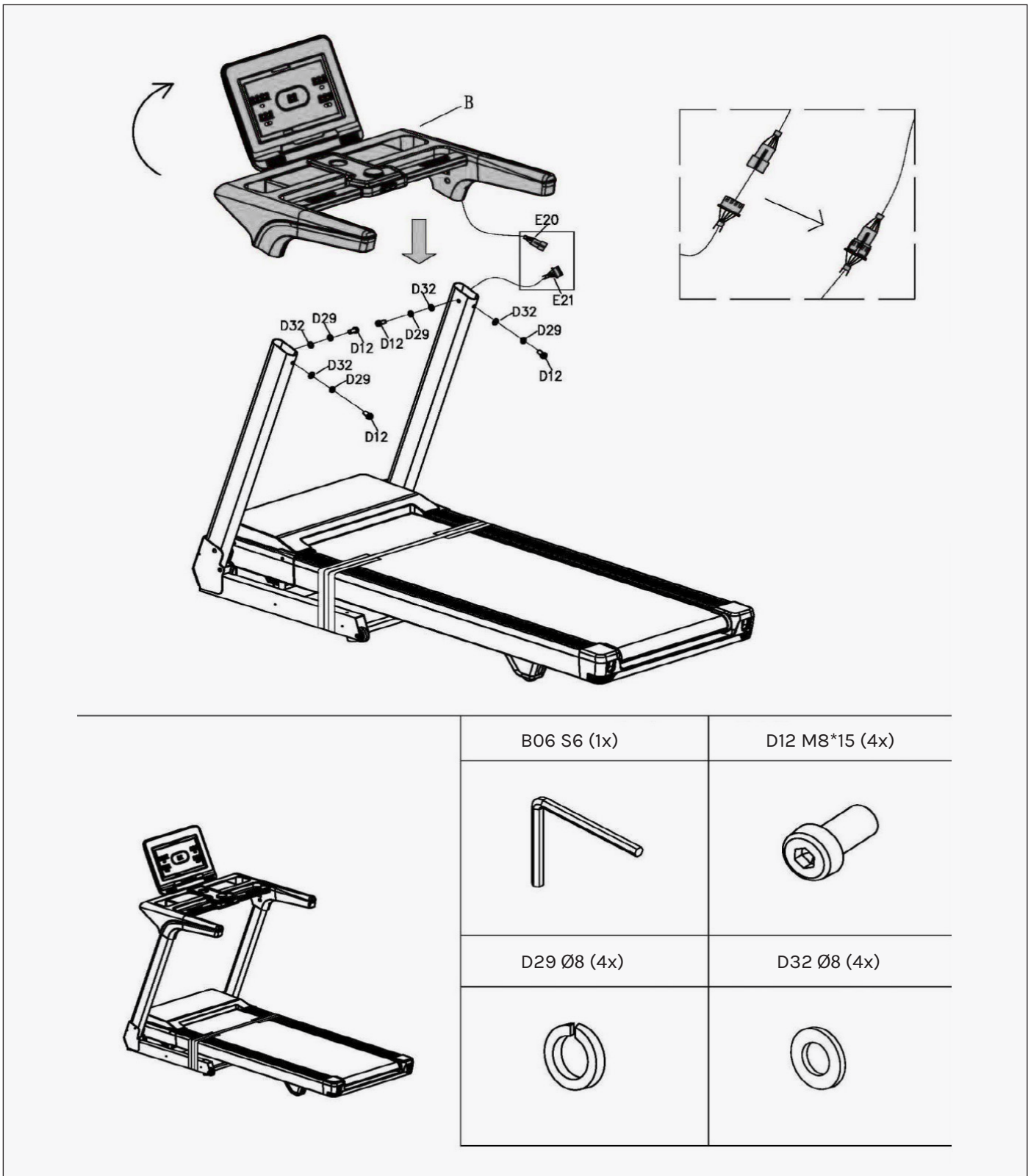
1. Remove the treadmill from the packaging and place on flat ground. Ensure you have enough space to move.



	B05 S5 (1x)	D11 M8*15 (2x)
	D28 Ø8 (4x)	D07 M8*50 (2x)

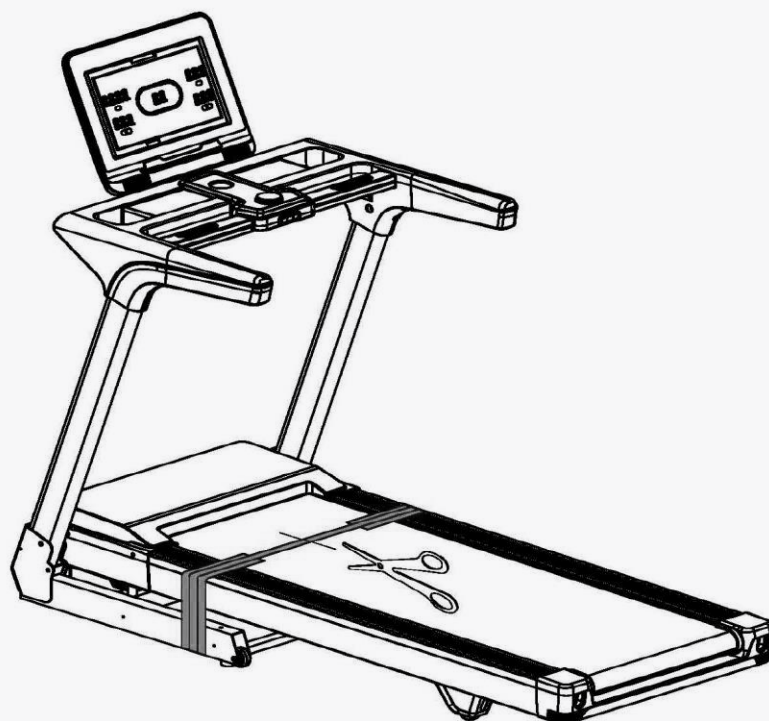
STEP 2

1. Lift the two up right columns and secure with the bolts D07 and D11, and washer D28 . Ensure the Wire E21 does not fall inside the tube.



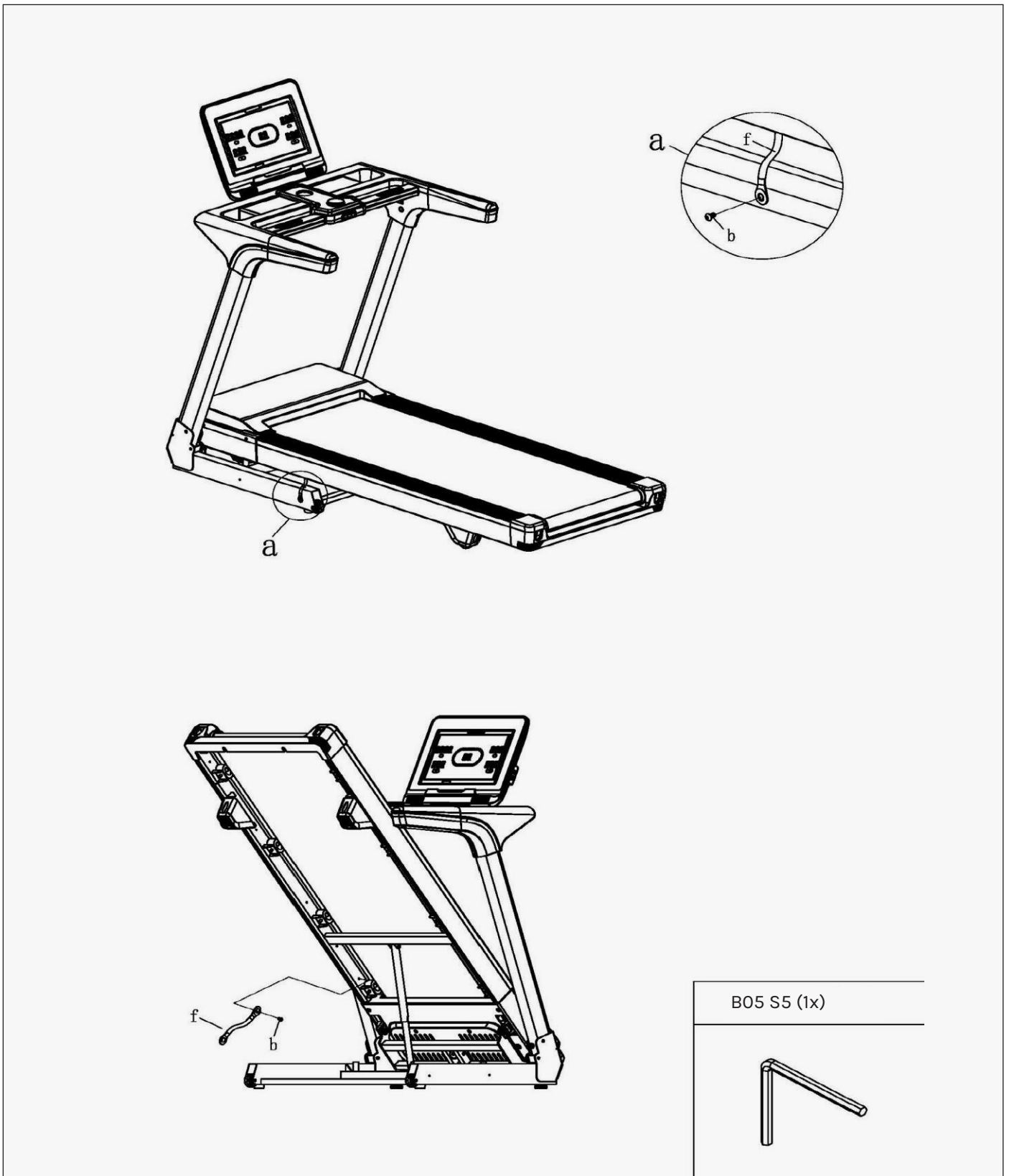
STEP 3

1. Tip the display screen upwards, as pictured.
2. Attach the cables E20 (on display) to E21, see image for reference.
3. Place the display (B) onto the two upright columns and secure with bolt D12 and washers D29 and D32 on both sides.



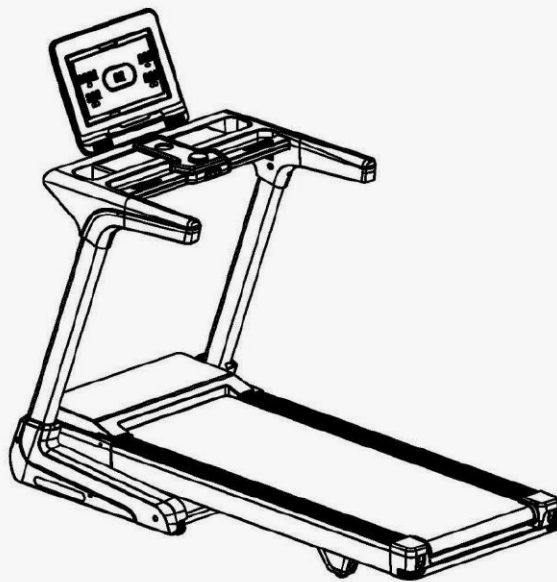
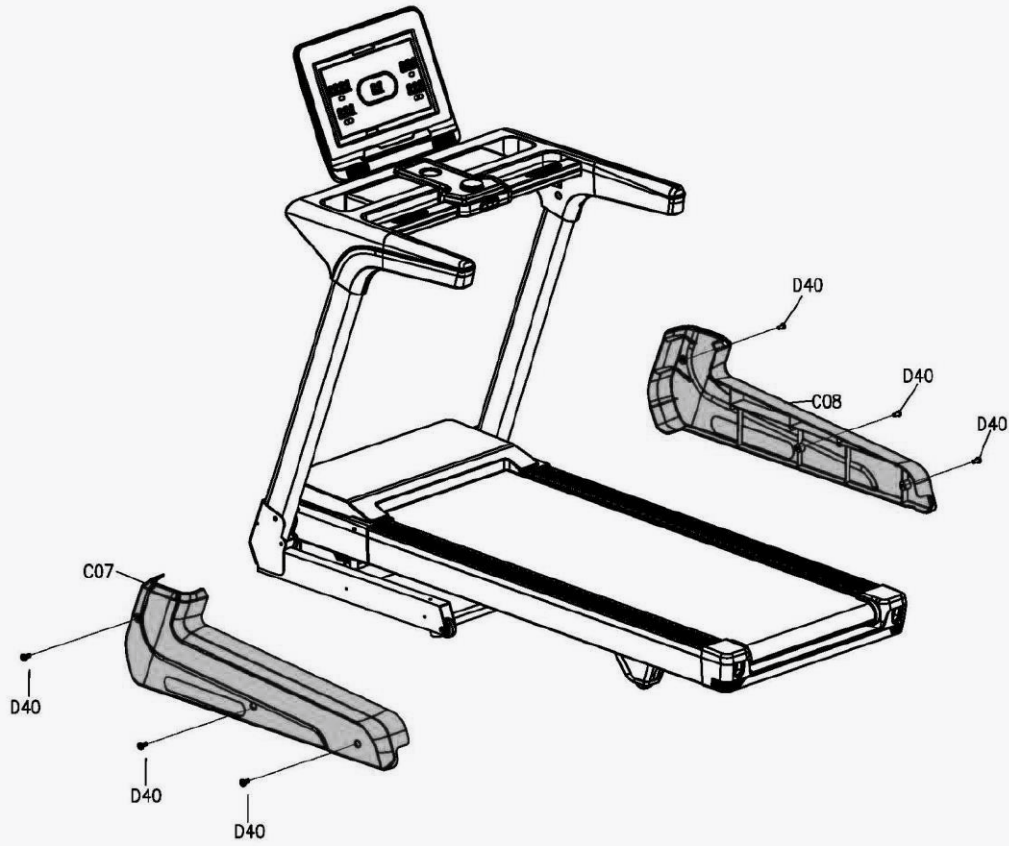
STEP 4

1. Cut the safety strap as pictured.



STEP 5

1. Remove the safety cord (F) by removing bolt B.
2. Lift the machine into the folded position and remove the bolt B on the frame as pictured.

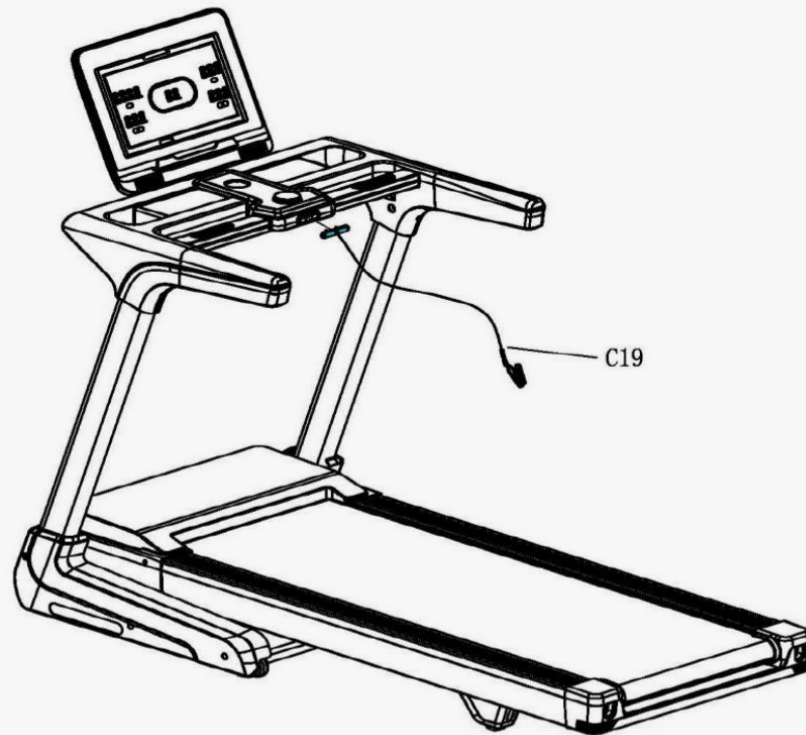


B04 S=13, 14, 15 (1x)



STEP 6

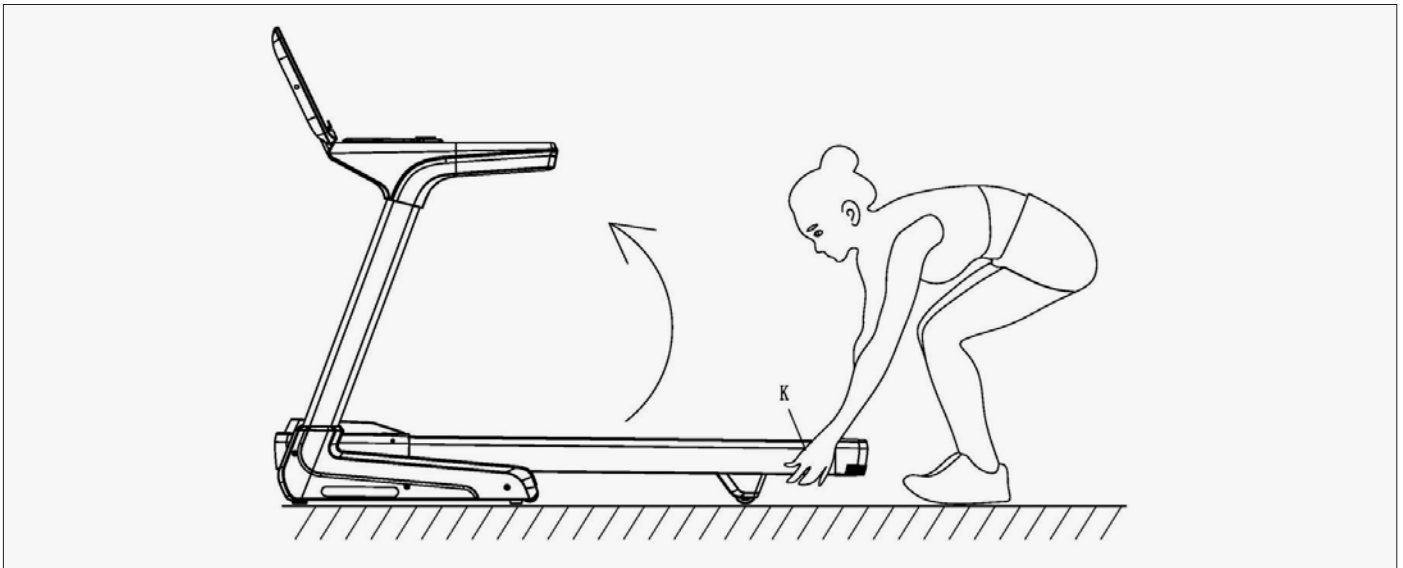
1. Install the side covers (C07 & C08) on both sides using bolts D40.



STEP 7

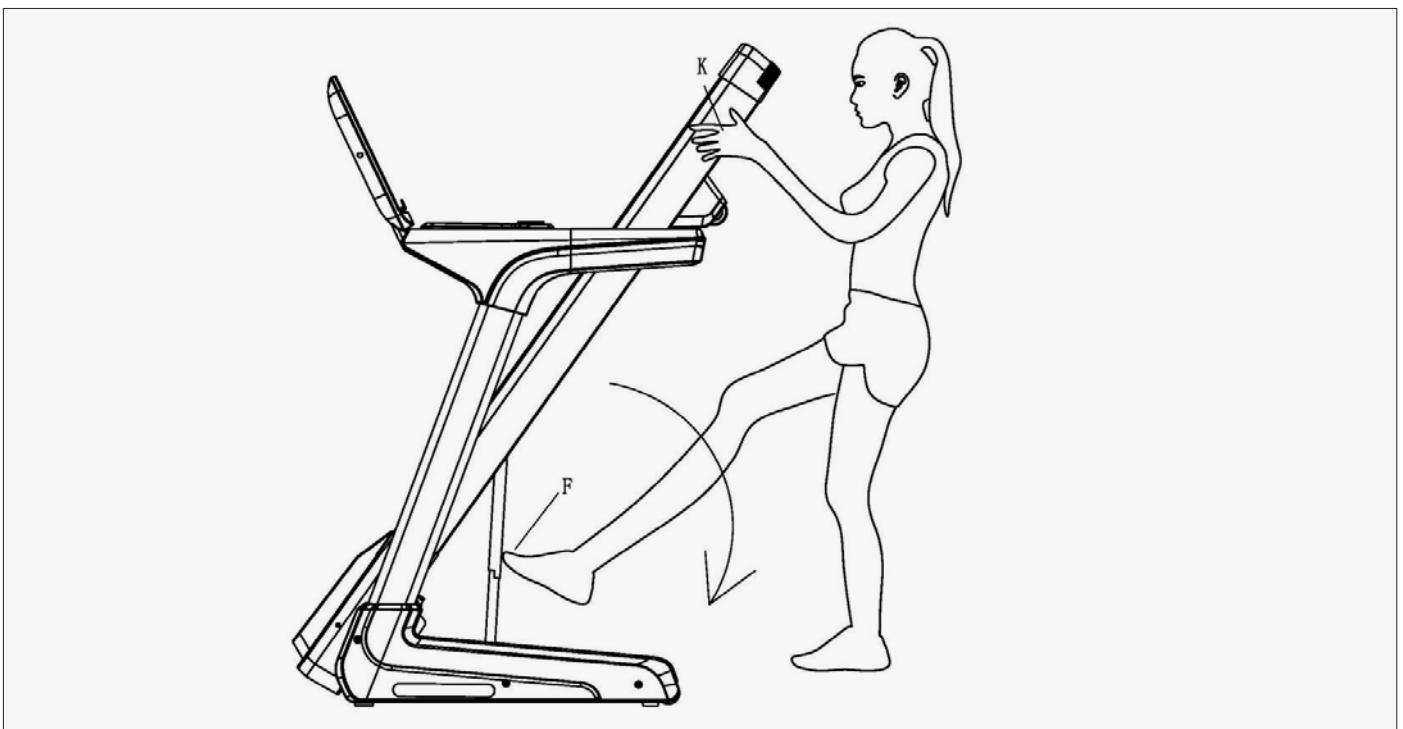
1. Secure the safety key (C19) to the safety key slot on the machine. The other side can be clipped onto your clothing.
2. You can now plug the machine and turn it on.

VI. FOLDING AND UNFOLDING



FOLDING INSTRUCTION

Lift the machine from point K until it clicks at the top.



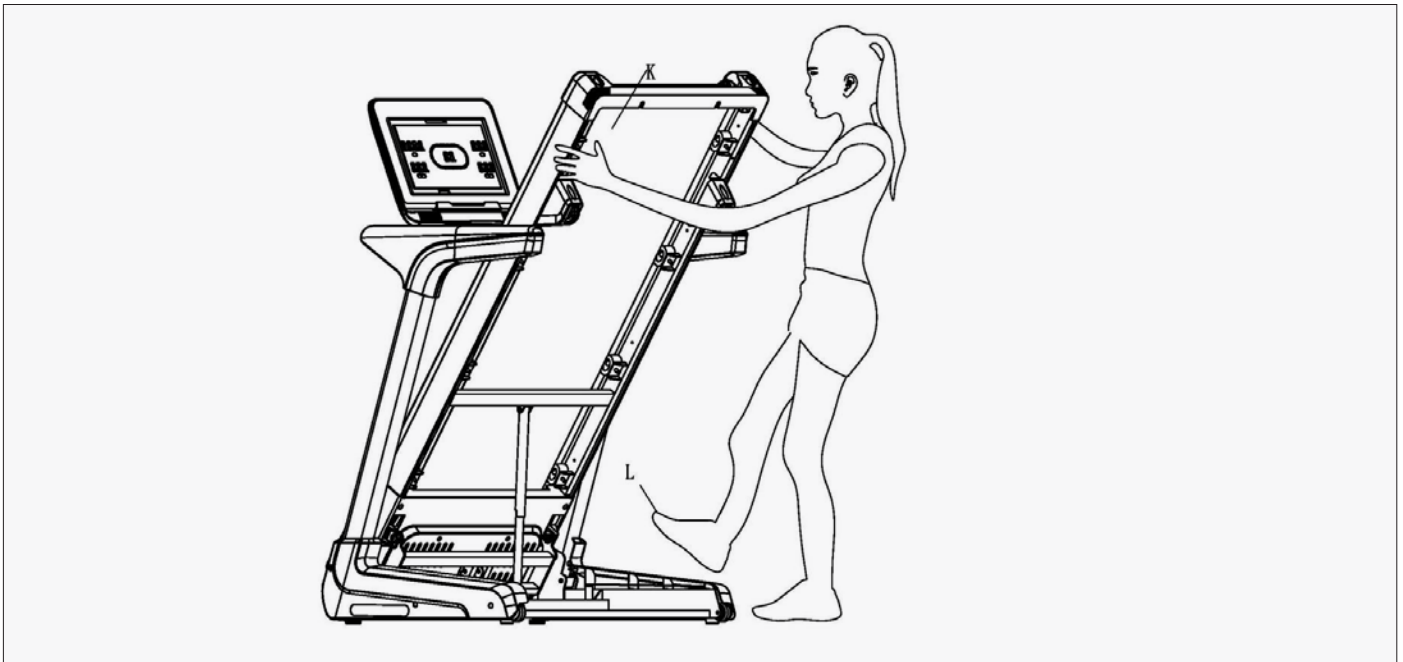
UNFOLDING INSTRUCTION

1. Hold the sides of the machine at point K.

2. With your feet, press at point F to release the hydraulic. The machine will slowly lower.

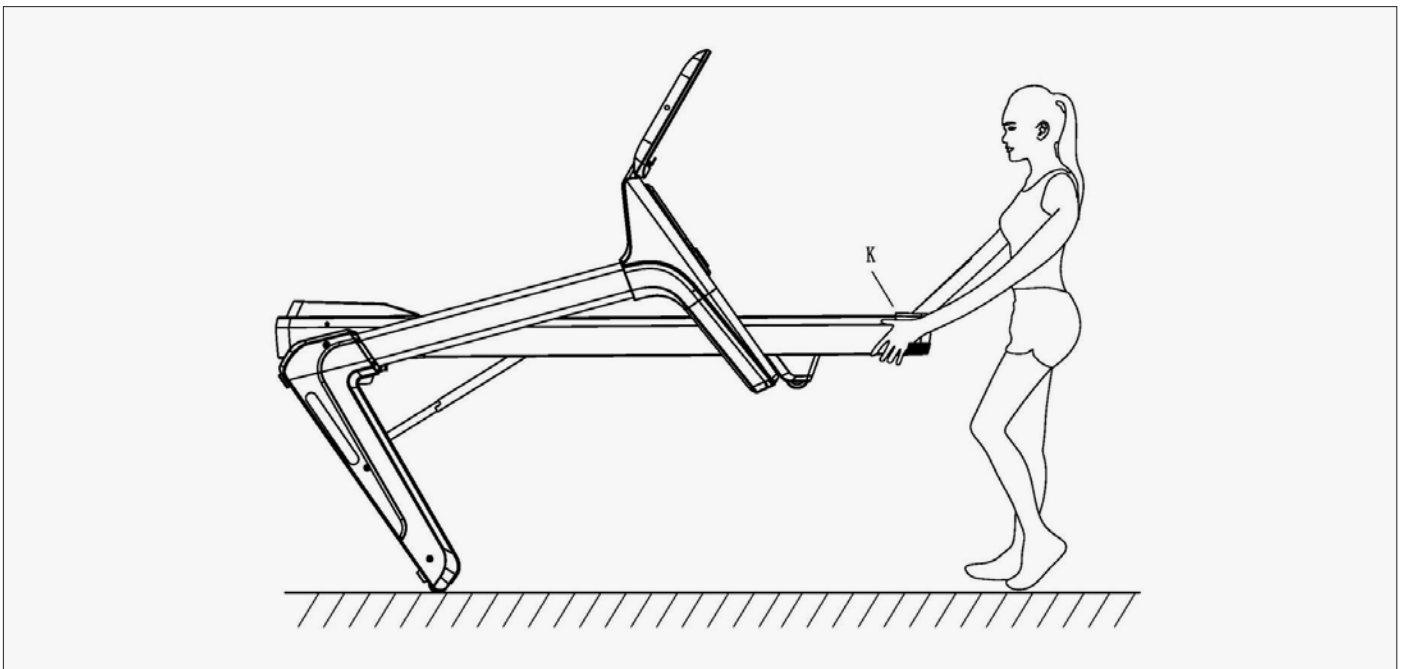
Tip: if it's not lowering after pressing point F, pull the machine gently at point K towards you to help it slowly lower.

MOVING INSTRUCTIONS

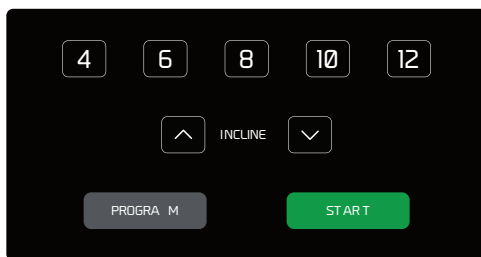
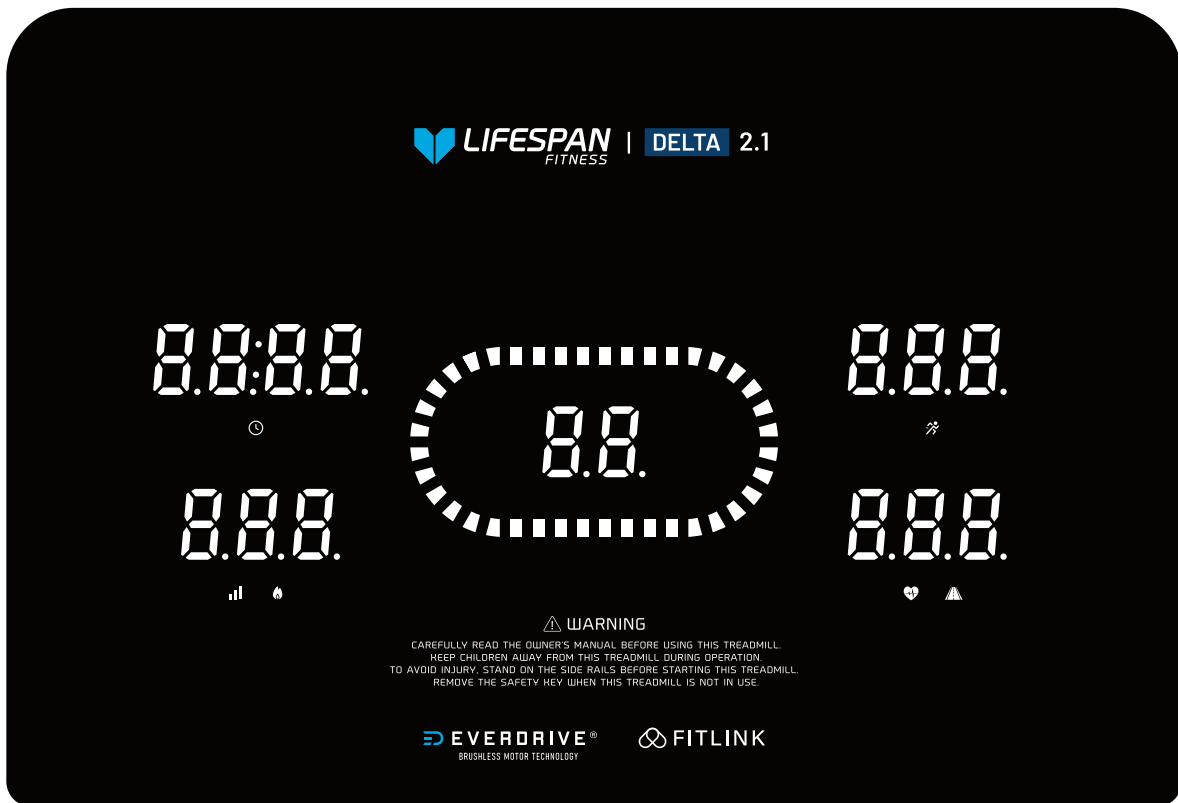


Before moving treadmill ensure the power is switched off and the cord is unplugged.

1. Fold the machine up, then hold onto point K and with your right foot, step on the corner of the right-hand side feet.
2. Pull the machine towards you and at the same time push with your right foot, until the transportation wheels are touching the ground.
3. Once the wheels are on the ground, you can now wheel it to your desired location.



VII. OPERATION GUIDE



BUTTON FUNCTIONS:

1. **INSTANT INCLINE:** Press 4,6,8,10,12 to choose incline quickly.
2. **INCLINE +:** Press this button to increase the incline.
3. **INCLINE -:** Press this button to reduce the incline.
4. **PROG:** Press this button to choose between 12 Programs, 3 User program and Body fat.
5. **START:** Press this button to start the machine.
6. **INSTANT SPEED:** Press 4,6,8,10,12 to choose speed quickly.
7. **SPEED +:** Press this button to increase the speed.
8. **SPEED -:** Press this button to reduce the speed.
9. **STOP/PAUSE:** Press this button to pause or stop the machine.
10. **MODE:** Press this button to choose between time, distance, calories workout targets.

SWITCH KNOB:

The switch knob has three functions: STOP, PAUSE, and START.

In Standby Mode, pressing the knob starts the treadmill.

In running mode, pressing the knob pauses the machine while retaining all data. Turning the knob adjusts the data. During pause mode, a short press of the knob restarts the machine, resuming data counting from the point before the pause with a speed of 0.8 km/h and an incline of 0. A long press of the knob stops the machine.

MEDIA HUB:

1. **USB INPUT:** Charging your device.

2. **BLUETOOTH MUSIC:** You can connect your mobile to the Treadmill Bluetooth speakers.

Once your Bluetooth is turned on, from your mobile device, select SYMK from the list of available devices and connect.

3. **APP CONNECTION:**

You can connect your mobile with our FitLink App on Google and Apple store. On your mobile device, select Delta 2.1 from the list of available devices and connect.

COMPUTER FUNCTIONS:

1. **INCLINE:** Display current incline. Press INCLINE+/- to adjust the incline of the machine.

2. **SPEED:** Display current speed. Press SPEED+/- to adjust the speed of the machine.

3. **CALORIES:** Display the calories has consume.

4. **TIME:** Display the time has run.

5. **DISTANCE:** Display the distance has run.

6. **PULSE:** Display user's heart rate, this date is just for reference, cannot be regarded as medical use. Hold the hand pulse sensor by both hands, the console will show user's pulse value after about 5 seconds.

7. **MODE:** Press this button to choose between time, distance, calories workout targets.

- From standby mode, press Mode button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.

- Press SPEED+/- or INCLINE+/- to set the workout target value.

- Press START button, treadmill will run after 3 seconds.

- Press SPEED+/- to adjust the speed.

- Press INCLINE+/- to adjust the incline.

8. **PROG:** Press this button to choose between 12 programs, 3 User program and body fat.

8.1 **Set of 12 build-in programs:** From standby mode, press PROG button, console will show 12 programs, select between 12 programs.

- Press SPEED+/- or INCLINE+/- to set the workout target value.

- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.

- Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.

- Machine will beep 3 times and stop when the program is finished.

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

8.2 Set of 3 User programs: From standby mode, press Mode button, console will show 3 User programs, select between 3 User programs.

- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
- Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.
- Machine will beep 3 times and stop when the program is finished.

8.3 Set of body FAT test: From standby mode, press Mode button until you get to FAT.

- Press Mode button to enter information.

Set value with SPEED+/- from F-1 to F-4 (F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)

-Press Mode button to enter F-5 (F-5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

-The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	≤19	Under weight
	FAT	= (20---25)	Normal weight
	FAT	= (26---29)	Overweight
	FAT	≥30	Obesity

LUBRICATION REMIND FUNCTION:

This machine has a lubrication reminder function. After every total running distance of 300 km, your treadmill needs to be maintained with oil. The system will remind you with a sound every 10 seconds, and the display window will show "OIL." This indicates that your treadmill needs to be lubricated with oil. Please read the user's manual first and add the oil to the middle part of the running board. After you finish lubricating, please hold the "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION:

Under any mode, if the safety key is pulled, the machine will stop. The window will show "---" with a sound. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION:

The machine is equipped with an energy-saving function. In standby mode, while waiting for operation, if there is no activity within 10 minutes, the power-saving function will activate, and the display will shut off. You can press any button to turn the display back on.

POWER ON (I) AND POWER OFF (O):

To turn off the treadmill, you can switch off the power, and this action will not cause any damage at any time. We recommend turning it off to preserve control board life if you are not using for a period of time.

CAUTION:

1. We recommend starting your session at a slow speed and holding onto the handrails until you feel comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and secure the clip of the safety pulling rope to your clothing.
3. To conclude your workout safely, press the STOP button or pull out the safety pulling rope; the treadmill will stop immediately.

VIII. MAINTENANCE INSTRUCTIONS

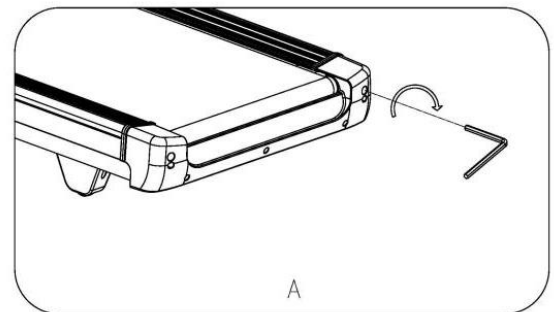
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.
- Stop treadmill before folding.

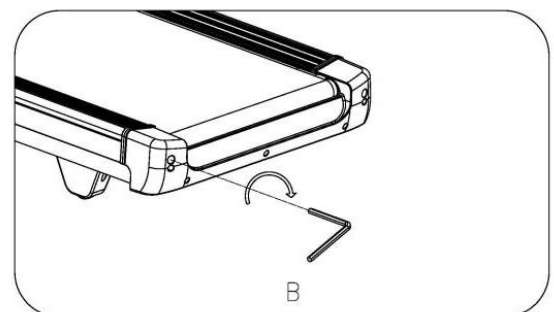
CENTERING THE RUNNING BELT:

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

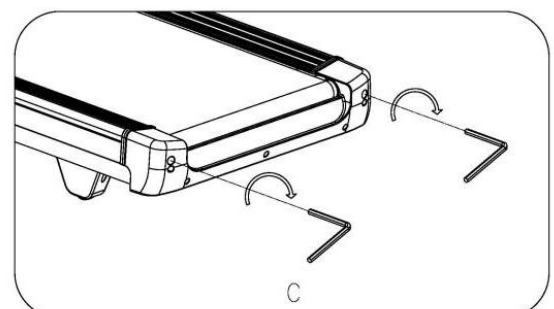
1. If the Running Belt moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the Running Belt moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the Running Belt will loosen. To tighten the belt, turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL

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:

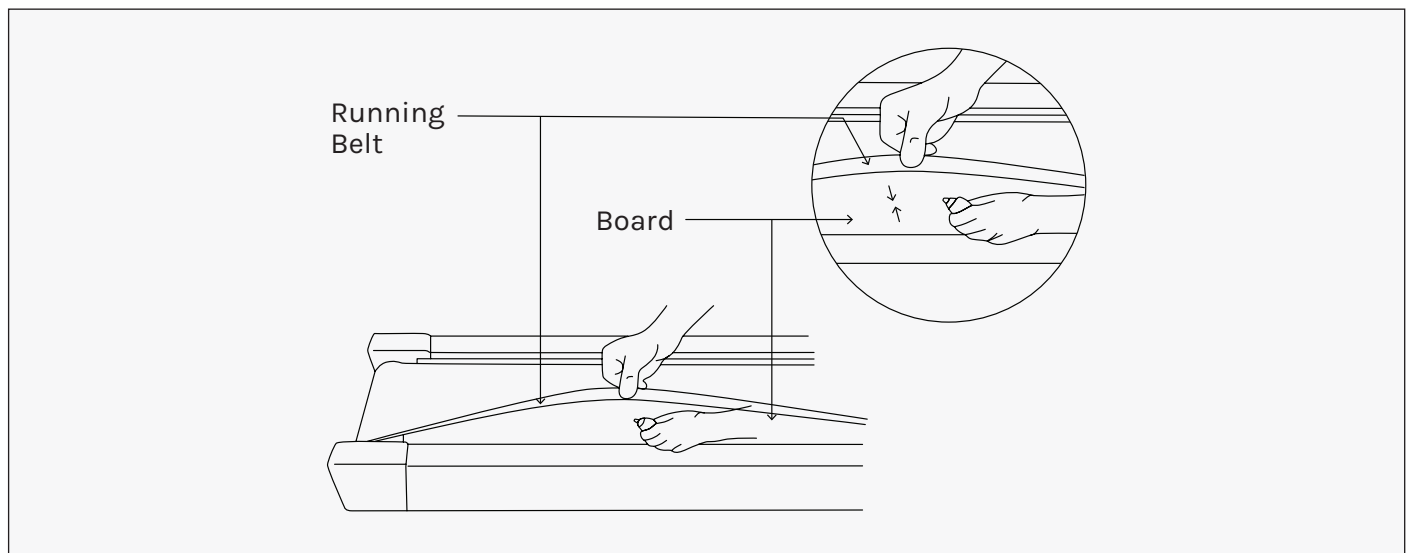
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING:

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

HOW TO LUBRICATE:

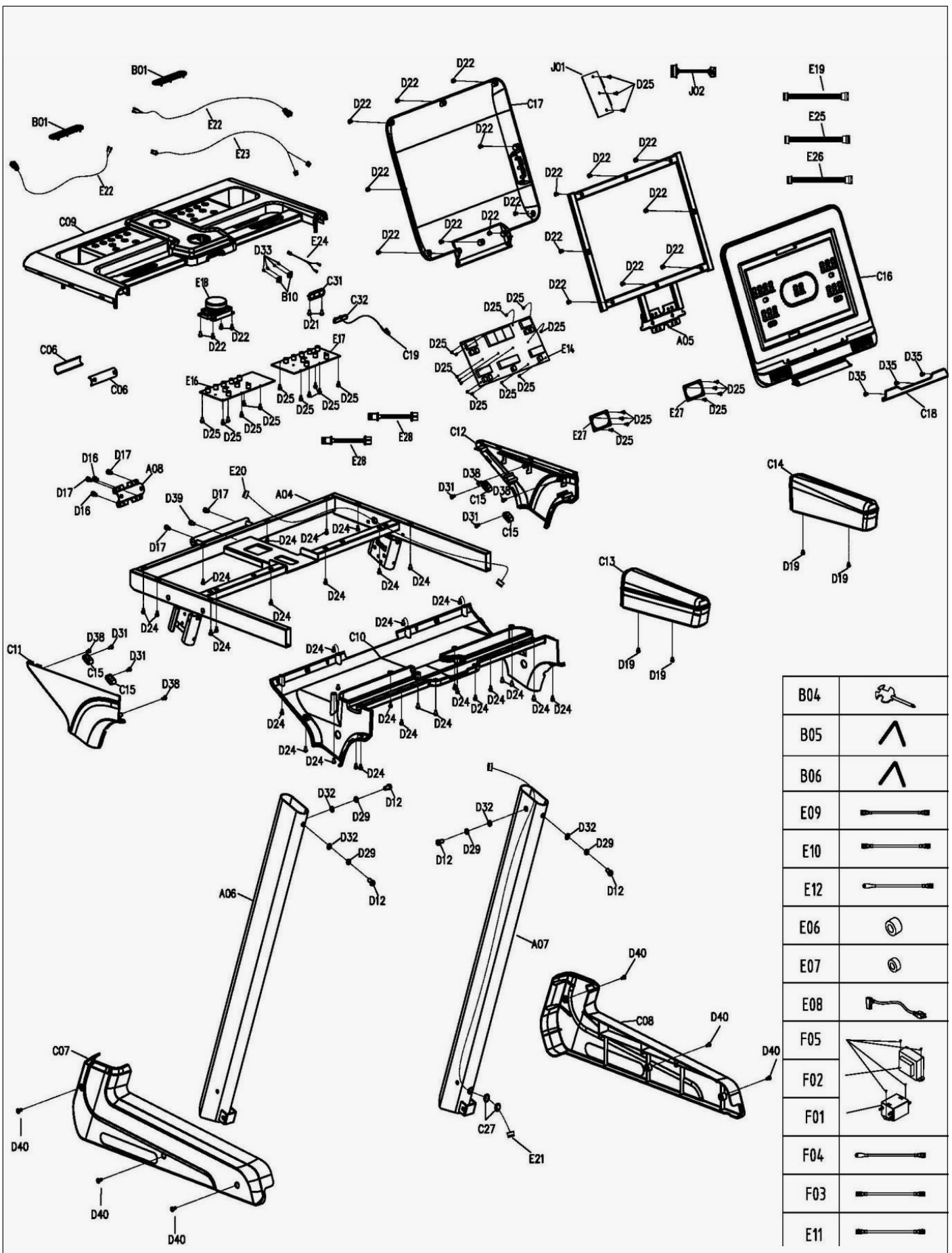
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. 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.



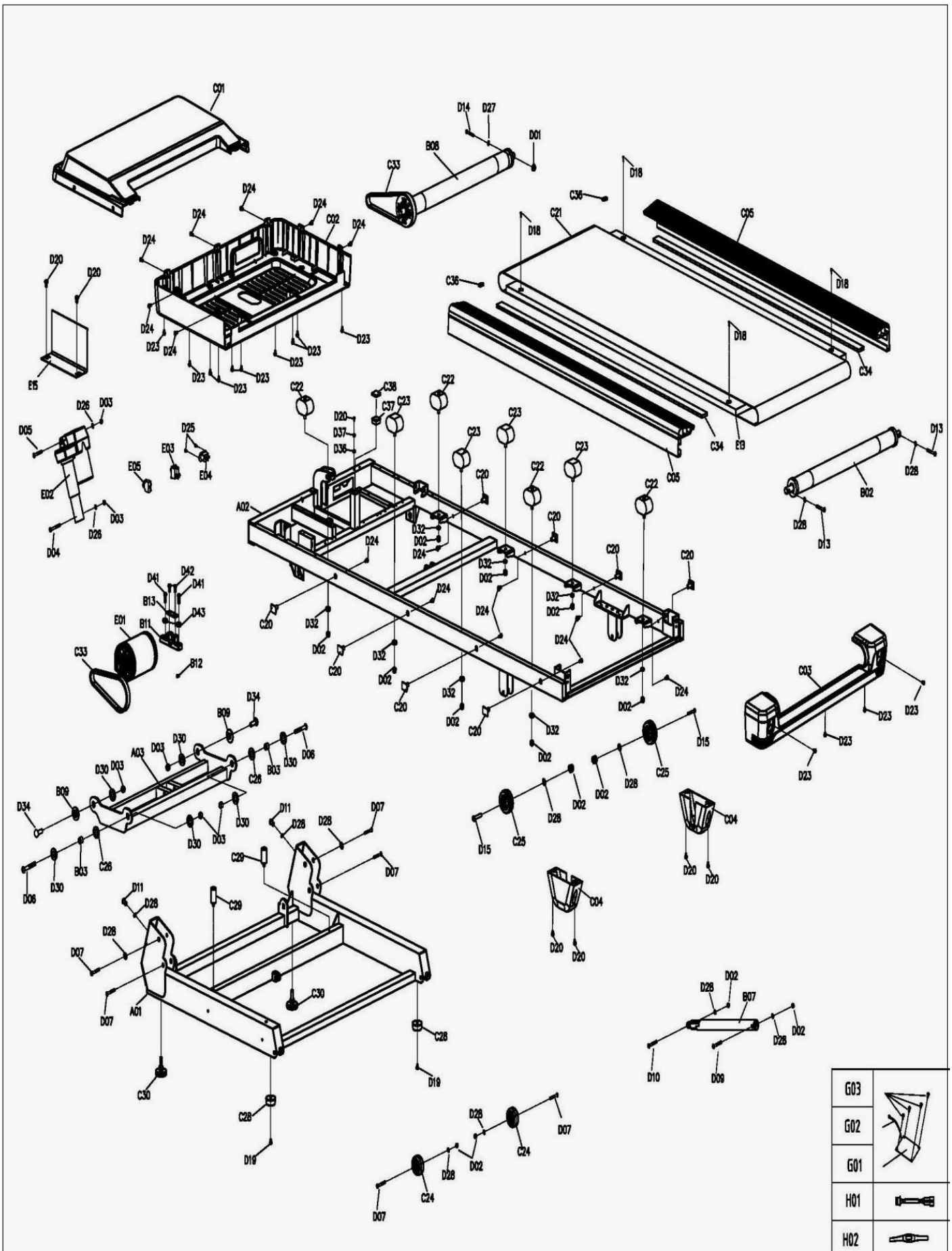
We recommend lubrication of the deck according to the following timetable:

- 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



B04	
B05	
B06	
E09	
E10	
E12	
E06	
E07	
E08	
F05	
F02	
F01	
F04	
F03	
E11	



X. PARTS LIST

No.	Description	Remark	Qty.
A01	Base frame		1
A02	Main frame		1
A03	Incline bracket		1
A04	Console base bracket		1
A05	Panel connecting bracket		1
A06	Left upright tube		1
A07	Right upright tube		1
A08	Panel turning fixed bracket		1
B01	Pulse steel plate		4
B02	Back roller		1
B03	Pipe		2
B04	Wrench w/screw driver	S=13,14,15	1
B05	5# Allen wrench	5mm	1
B06	6# Allen wrench	6mm	1
B07	Cylinder		1
B08	Front roller		1
B09	Sleeve		2
B10	Spring plate		2
B11	Ground plate		1
B12	Motor Mount Aluminum R		1
C01	Motor top cover		1
C02	Motor bottom cover		1
C03	Back end cover		1
C04	Adjustable wheel cover		2
C05	Side rail		2
C06	Panel turning sleeve		2
C07	Left upright tube cover		1
C08	Right upright tube cover		1
C09	Console top cover		1
C10	Console bottom cover		1
C11	Console left side cover		1
C12	Console right side cover		1
C13	Left handle bar		1
C14	Right handle bar		1
C15	Console cover adapter block		1
C16	Panel top cover		1
C17	Panel bottom cover		1
C18	Holder		1
C19	Safety key clip		1
C20	Side rail tension seat		8
C21	Running belt		1
C22	Cushion		4
C23	Cushion		4
C24	Wheel		2
C25	Adjustable wheel		2
C26	Plastic gasket		2
C27	Ring protective plug		2
C28	Foot pad		2
C29	Cylindrical cushion		2
C30	Adjustable foot pad		2
C31	Safety key base		1
C32	Safety key		1
C33	Motor belt		1
C34	EVA pad		2
C35	EVA pad		1
C36	Rubber cushion		2
C37	Square pipe plug		1
C38	EVA pad		1
D01	Nut	M6	1
D02	Nut	M8	14
D03	Nut	M10	6
D04	Bolt	M10*90	1
D05	Bolt	M10*45	1
D06	Bolt	M10*305	2
D07	Bolt	M8*50	6
D08	Bolt	M8*50	2

D09	Bolt	M8*45	1
D10	Bolt	M8*30	1
D11	Bolt	M8*15	4
D12	Bolt	M8*15	4
D13	Bolt	M8*65	2
D14	Bolt	M6*60	1
D15	Bolt	M8*40	2
D16	Bolt	M6*15	2
D17	Bolt	M6*15	4
D18	Bolt	M8*25	4
D19	Bolt	M5*16	6
D20	Bolt	M5*12	8
D21	Screw	ST2.9*8	2
D22	Screw	ST4.2*10	22
D23	Screw	ST4.2*12	14
D24	Screw	ST4.2*12	51
D25	Screw	ST2.9*8	39
D26	Lock washer	10	2
D27	Lock washer	6	1
D28	Lock washer	8	12
D29	Spring washer	8	6
D30	Big washer	φ10*φ26*2.0	6
D31	Screw	ST4.2*20	4
D32	Flat washer	8	14
D33	Screw	ST2.0*6	4
D34	Bolt	M10*3	2
D35	Screw	ST2.9*16	3
D36	Lock washer	5	2
D37	Spring washer	5	2
D38	Screw	ST4.2*30	4
D39	Bolt	M6*10	1
D40	Bolt	M5*10	6
D41	Bolt	M6*20	2
D42	Bolt	M6*12	2

D43	Flat washer	6	2
E01	DC motor		1
E02	Incline motor		1
E03	Switch on-off		1
E04	Power socket		1
E05	Overload protector		1
E06	Magnetic ring		1
E07	Magnetic core		1
E08	Power wire		1
E09	AC signal wire	200 brown	2
E10	AC signal wire	350 brown	2
E11	AC signal wire	350 blue	1
E12	Ground wire		1
E13	Running board		1
E14	Console		1
E15	Control board		1
E16	Left touch button board		1
E17	Right touch button board		1
E18	Switch knob		1
E19	Console top signal wire		1
E20	Console middle signal wire		1
E21	Console bottom signal wire		1
E22	Hand pulse top signal wire		2
E23	Hand pulse bottom signal wire		2
E24	Safety switch induction wire		1
E25	Switch knob top signal wire		1
E26	Switch knob bottom signal wire		1
E27	Speaker		2
E28	Touch button connecting signal wire		1

OPTIONAL PARTS LIST

No.	Description	Remark	Qty.
F01	Filter		1
F02	Inductance		1
F03	AC signal wire (L 350)		1
F04	Ground wire (L 350)		1
F05	Screw	ST4.2*12	4
G01	Wireless charging adapter board		1
G02	Wireless charging adapter board wire		1
G03	Screw		4
H01	Wireless pulse connecting wire		1
H02	POLAR wireless receiver		1
J01	USB module		1
J02	USB connecting wire		1

XI. EXERCISE GUIDE

ⓘ PLEASE NOTE:

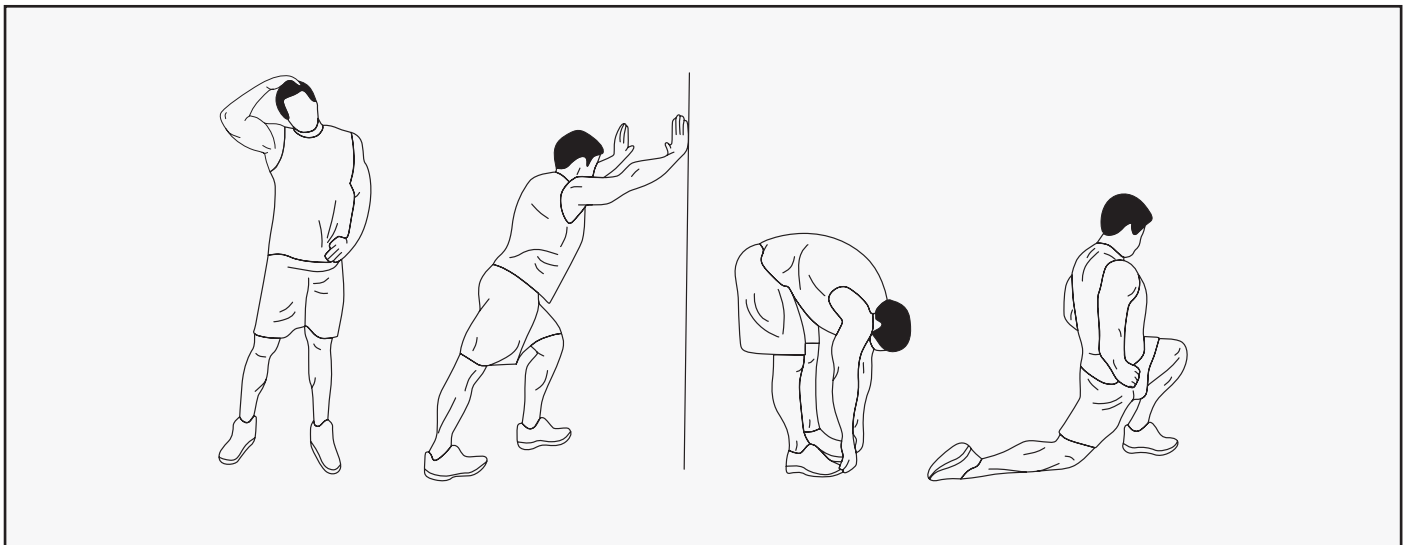
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

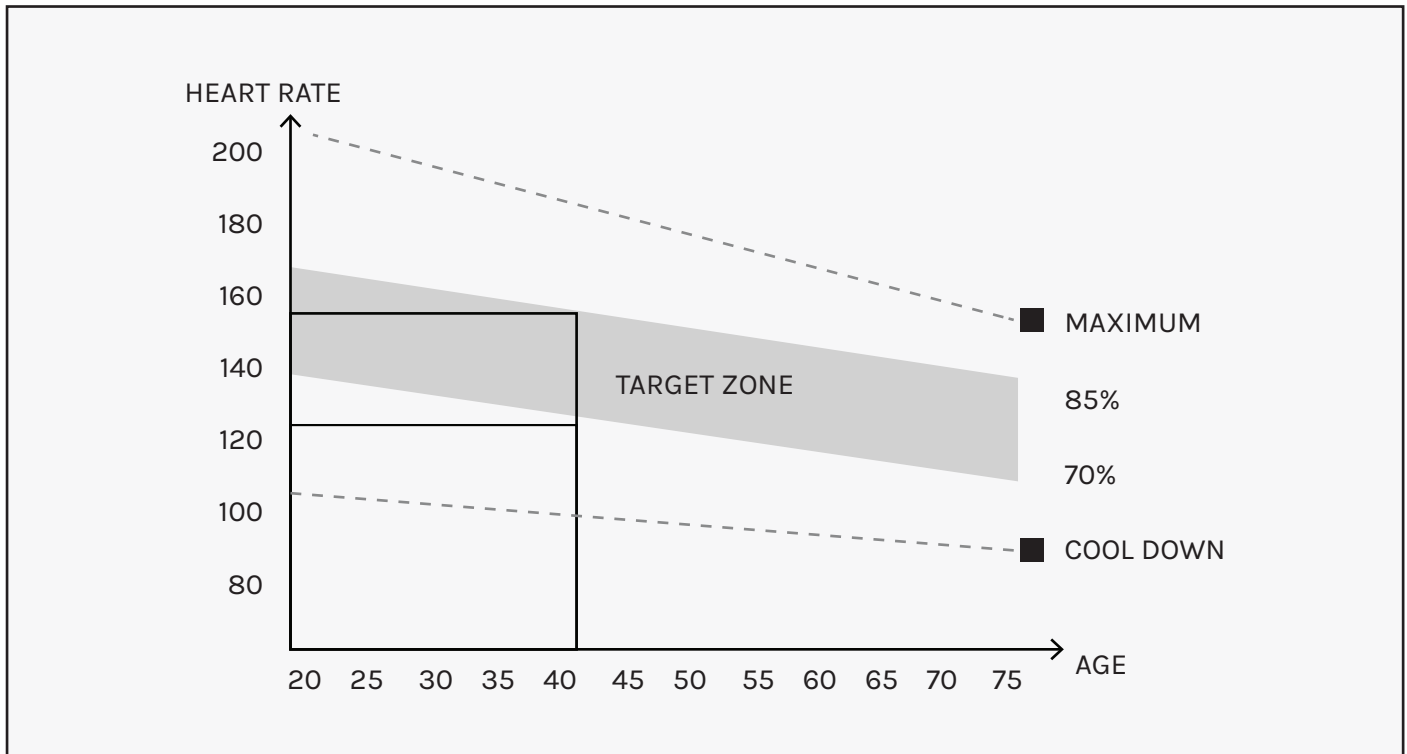
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

PROBLEM	SUGGESTED ACTION
E01/E15. Communication Error	a. Check/change connection wire b. Change display c. Change control board
E03. Hall Sensor Error	a. Check/change speed sensor b. Change control board
E04/E09. Incline Study Fail	a. Check incline motor wires b. Check incline motor c. Check control board
E06/E07. Current Overflow Protection	a. Decrease load b. Change transmission c. Change motor
E05/E20. Exterior Voltage Overflow or Low	a. Check current net b. Repair
E08. Over heated	a. Check control board
E10/E18. Driver Fault	b. Check control board

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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