




Delta 3.0 Treadmill


USER MANUAL



 **kinomap**

30 DAY FREE TRIAL

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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.

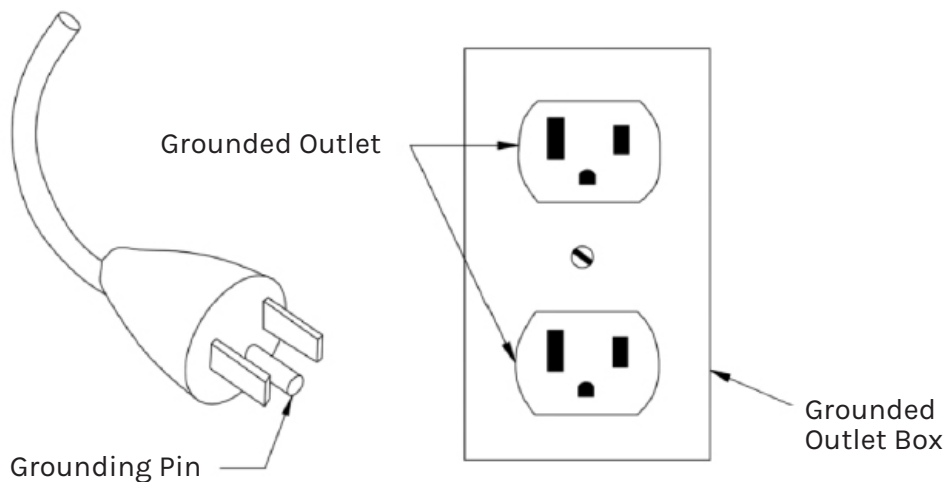
GROUNDING METHODS

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.



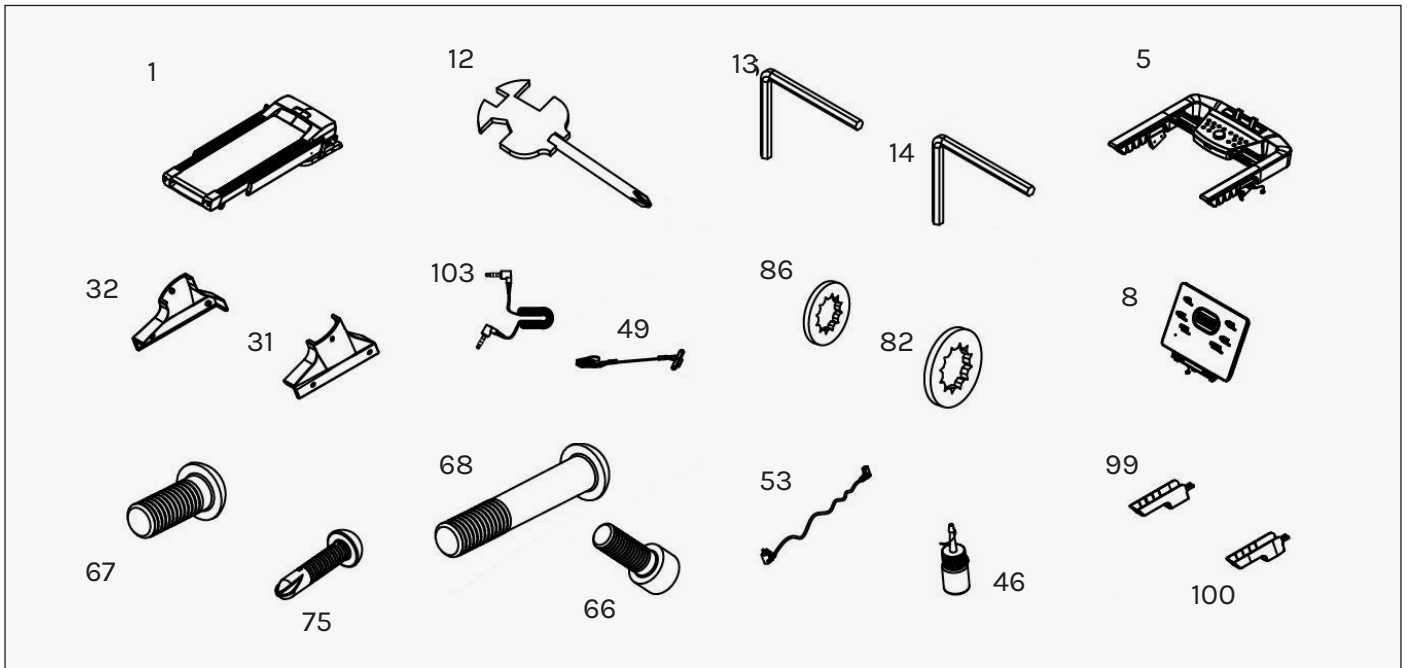
III. IMPORTANT OPERATING INSTRUCTIONS

- 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

Part No.	Description	Specs	Qty.	Part No.	Description	Specs	Qty.
1	Main frame group		1	8	Panel assembly		1
12	With cross wrench	S=13\ 14\ 15mm	1	67	Hexagon socket flat round head screw	M8*16	8
13	5 # Hexagon wrench	5mm	1	75	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*19	12
14	6 # Hexagon wrench	6mm	1	68	Hexagon socket flat round head screw	M10*70	4
5	Electronic watch assembly		1	66	Hexagon socket head screws	M8*12	4
32	Left bottom shield		1	53	Power cord		1
31	Right bottom shield		1	46	Oil bottle		1
103	Aux Cord		1	99	Lower cover of left armrest		1
49	Safety lock		1	100	Right armrest lower cover		1
86	Internal serrated lock washer	8	8				
82	Internal serrated lock washer	10	4				

Installation Tools:

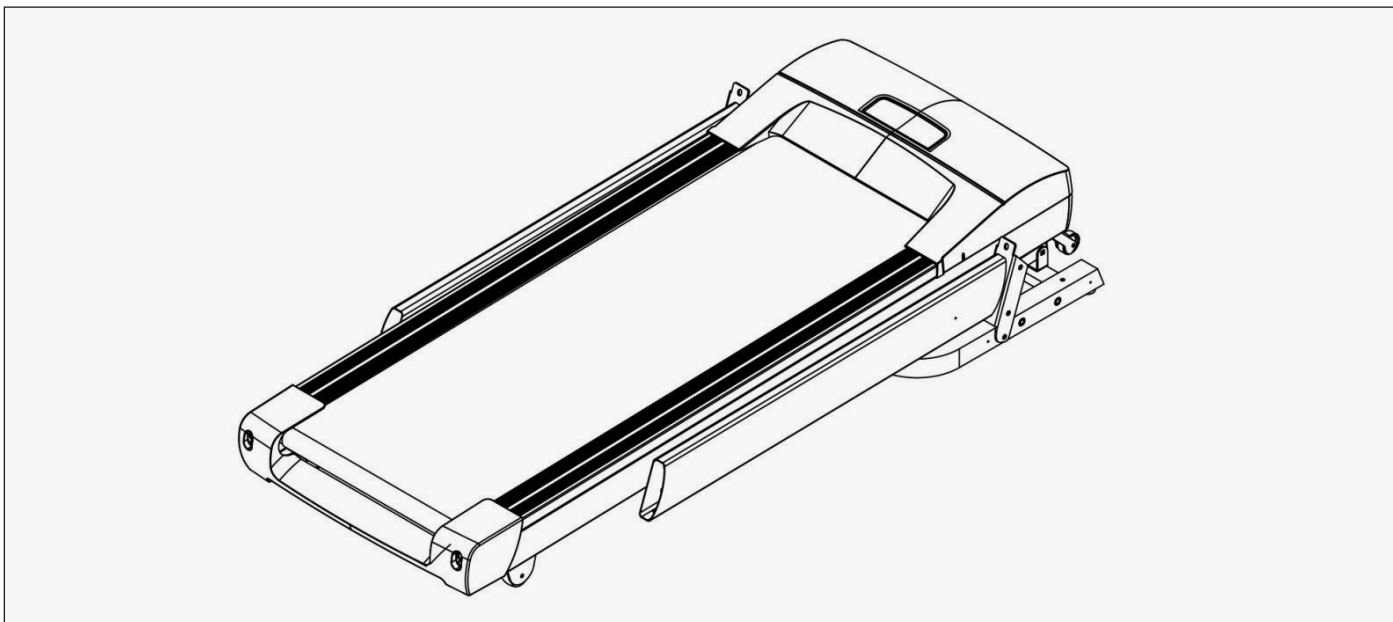
5 # Hexagon wrench 5mm 1pc.

6 # hexagon wrench 6mm 1pc.

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

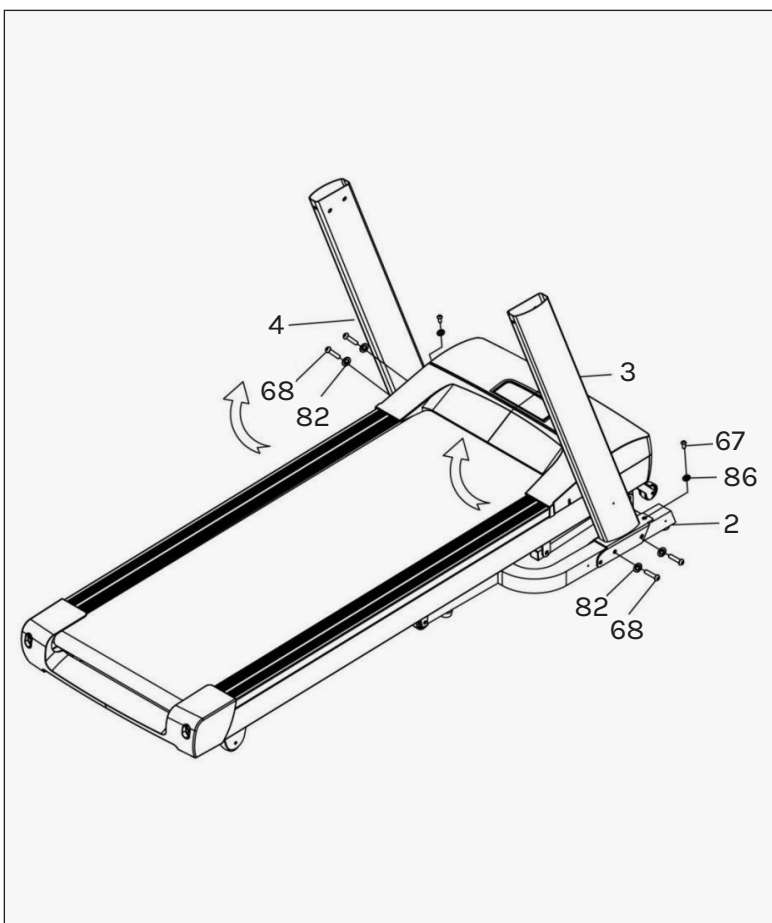
Note: Do not plug in the power supply until the installation is completed.

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.



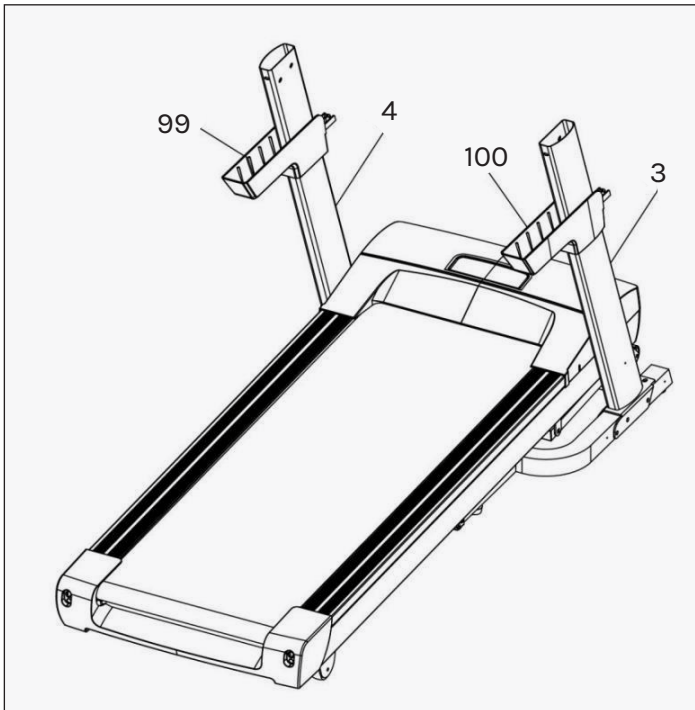
STEP 2

1. Use a 6# hexagon wrench (14) to secure the hexagon flat round head screw (68) and the internal serrated locking washer (82) through the base (2) and the right column group (3), and lightly tighten it on the base (2).

2. Lock the base (2) and the right column group (3) together using the hexagon flat head screw (67) and the internal serrated locking washer (86), employing a 5# hexagon wrench (13). This is illustrated in the left view.

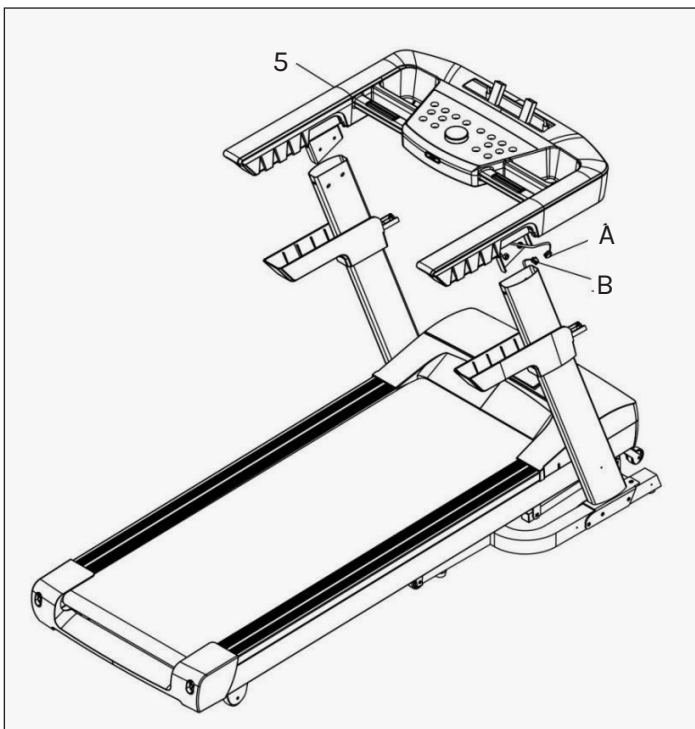
3. The assembly method on the left is identical to that on the right.

Note: During the tightening process, always grasp the upright post to prevent it from falling and causing damage.



STEP 3

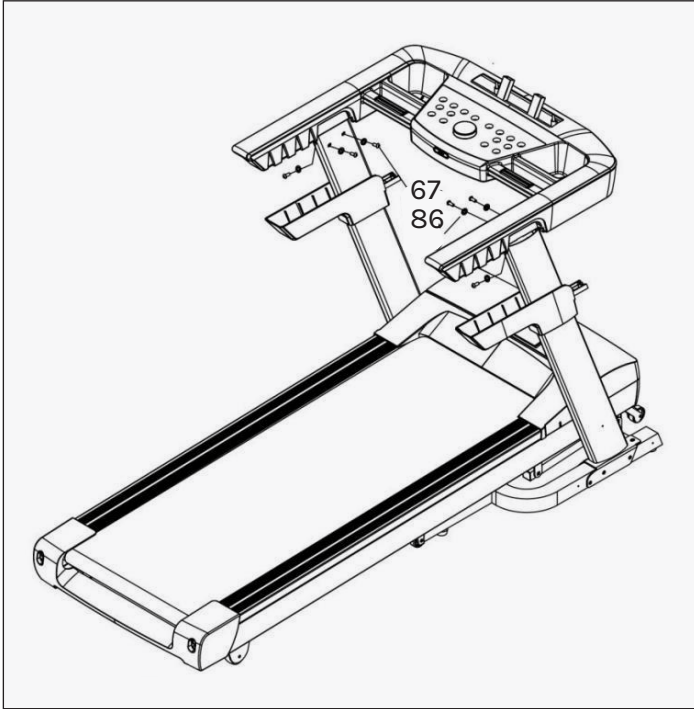
1. Place the L/R armrest lower cover (99/100) onto the upright post (4/3).



STEP 4

1. First, identify the connecting wires in the electronic watch assembly (5). As depicted in the left view, connect the male and female plugs accordingly, place the wires into the column cover, and then insert the electronic watch assembly (5) into the column.

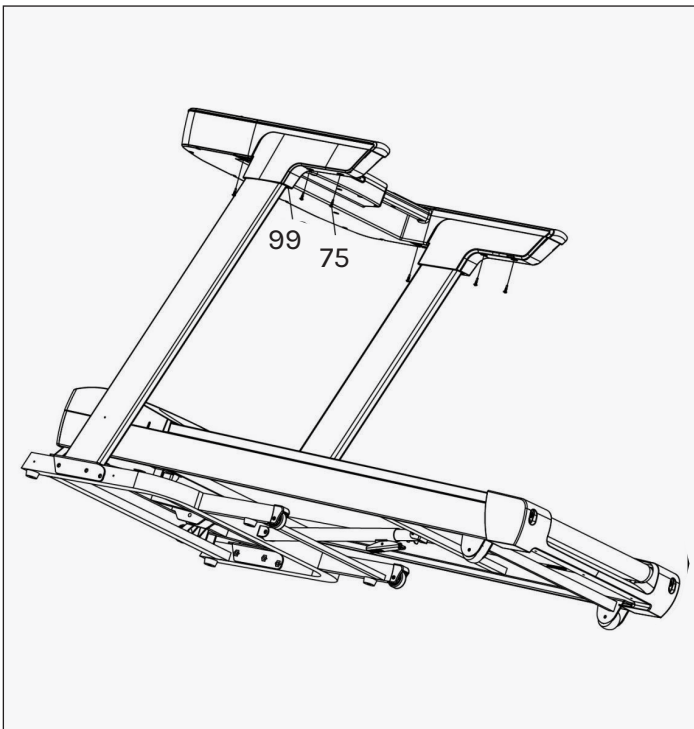
Caution: Be careful not to clamp on any wires.



STEP 5

1. Using a 5# hexagon wrench (13), thread the hexagon flat round head screw (67) and the internal serrated locking washer (86) through the electronic watch assembly and the right column group (3), and gently tighten it on the column.

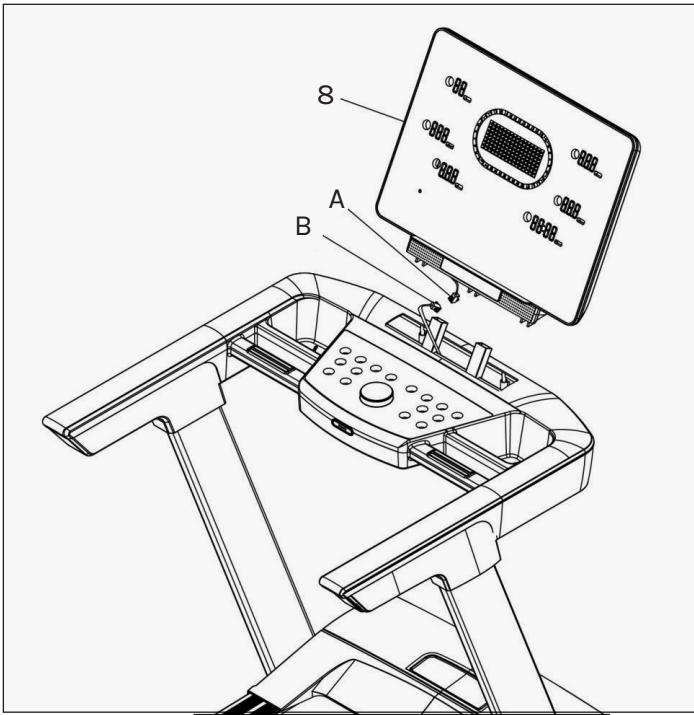
2. The assembly method on the left is identical to that on the right.



STEP 6

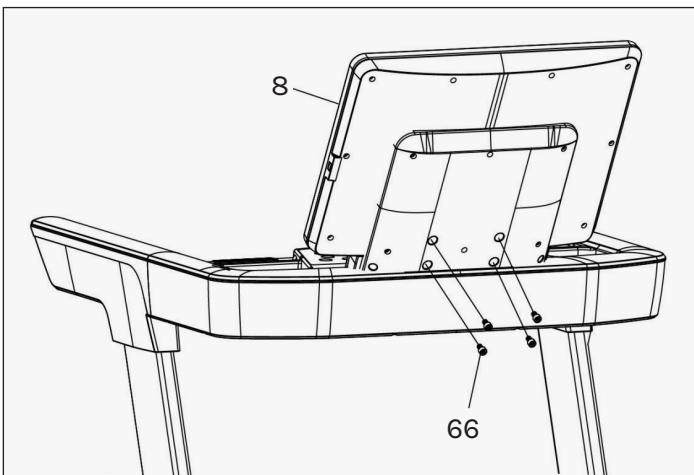
1. Clip the armrest lower cover into the armrest and secure the left armrest lower cover (99) onto the electronic watch assembly using a cross wrench (12) and a cross slotted pan head self-tapping and self-drilling screw (75).

2. The left and right sides are fastened in the same manner.



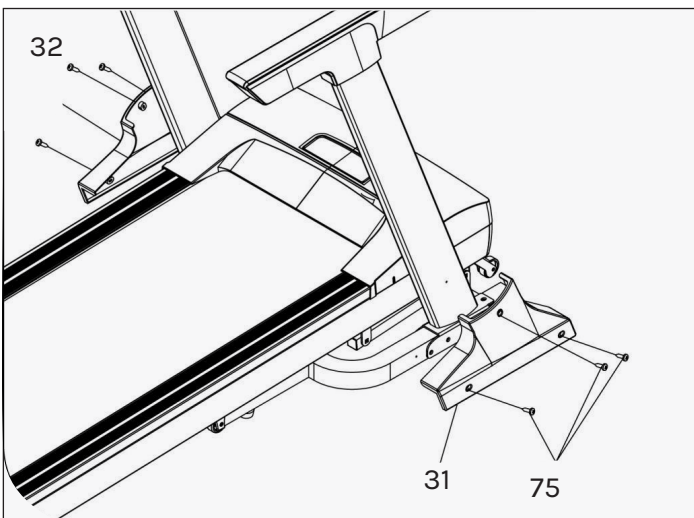
STEP 7

1. First, identify the connecting wires in the panel assembly (8). As depicted in the left view, connect the male and female plugs accordingly. Place the wires into the electronic watch, and then insert the panel assembly (8) into the electronic watch assembly.



STEP 8

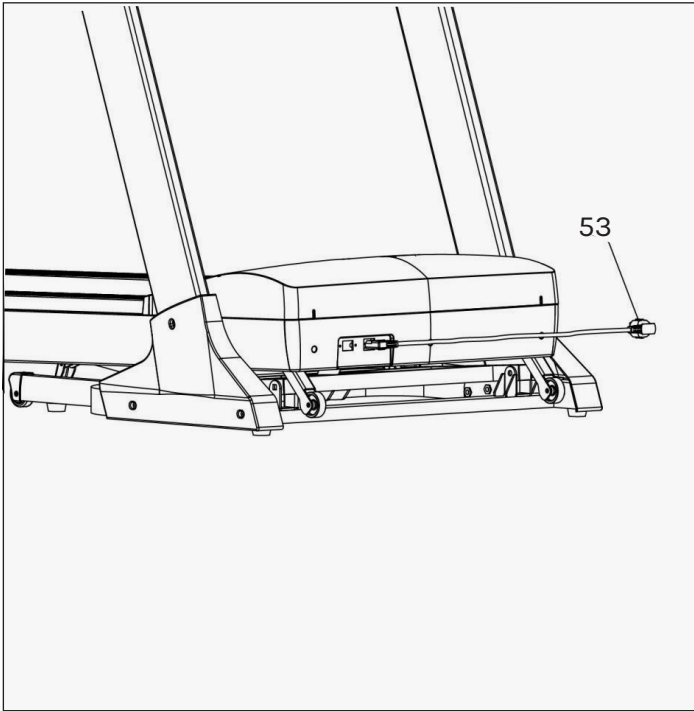
1. Use a 6# socket wrench (14) to secure the socket cylinder head screw (66) through the panel assembly (8) and gently tighten it on the electronic watch.



STEP 9

1. Secure the right base shield (31) onto the base and the right upright post using a cross wrench (12) and a cross slotted pan head self-tapping and self-drilling screw (75).

2. Repeat the same procedure on both the left and right sides.



STEP 10

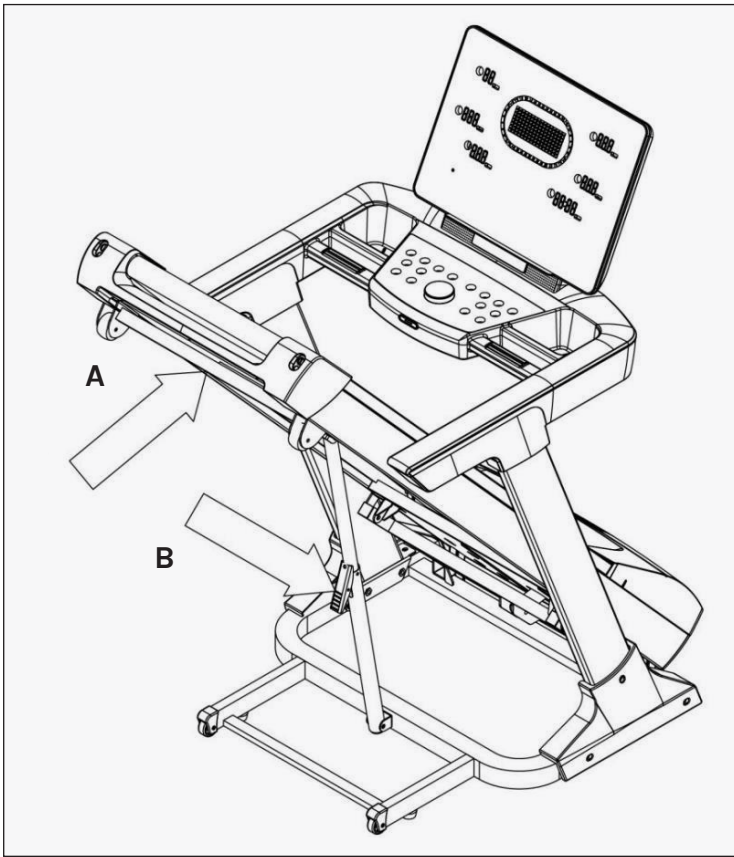
1. Insert the power cord (53) into the power cord socket on the main rack. Note that the power cord can be unplugged when the treadmill is not in use.



STEP 11

1. Place the safety lock (49) on the electronic watch. You can now turn on your treadmill.

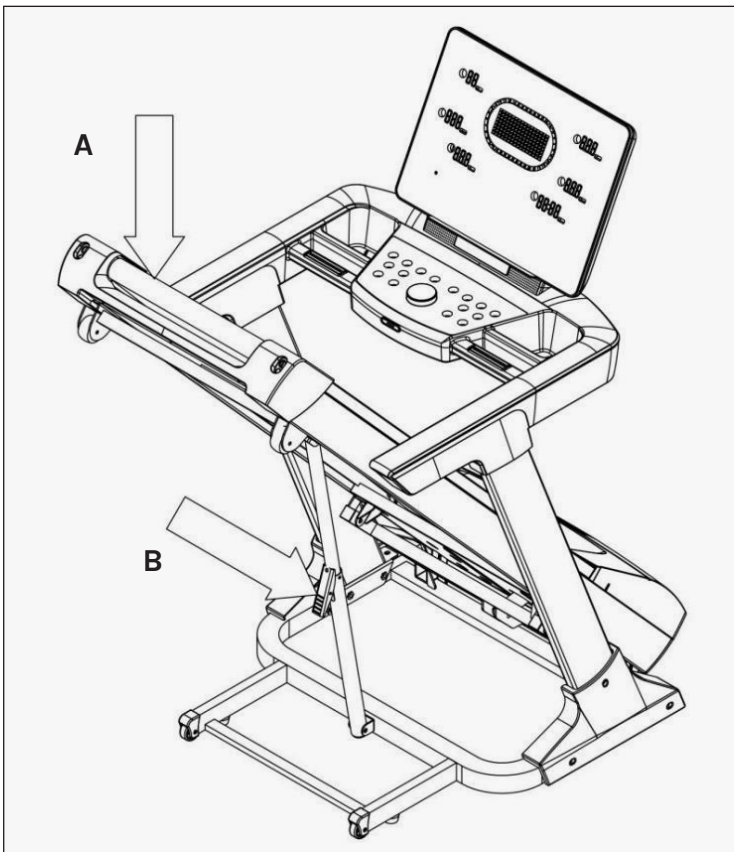
VI. FOLDING AND UNFOLDING



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.

In the folded size, you can tilt the treadmill onto the transportation wheels and move to desired location. Ensure to unplug the power cables before moving.

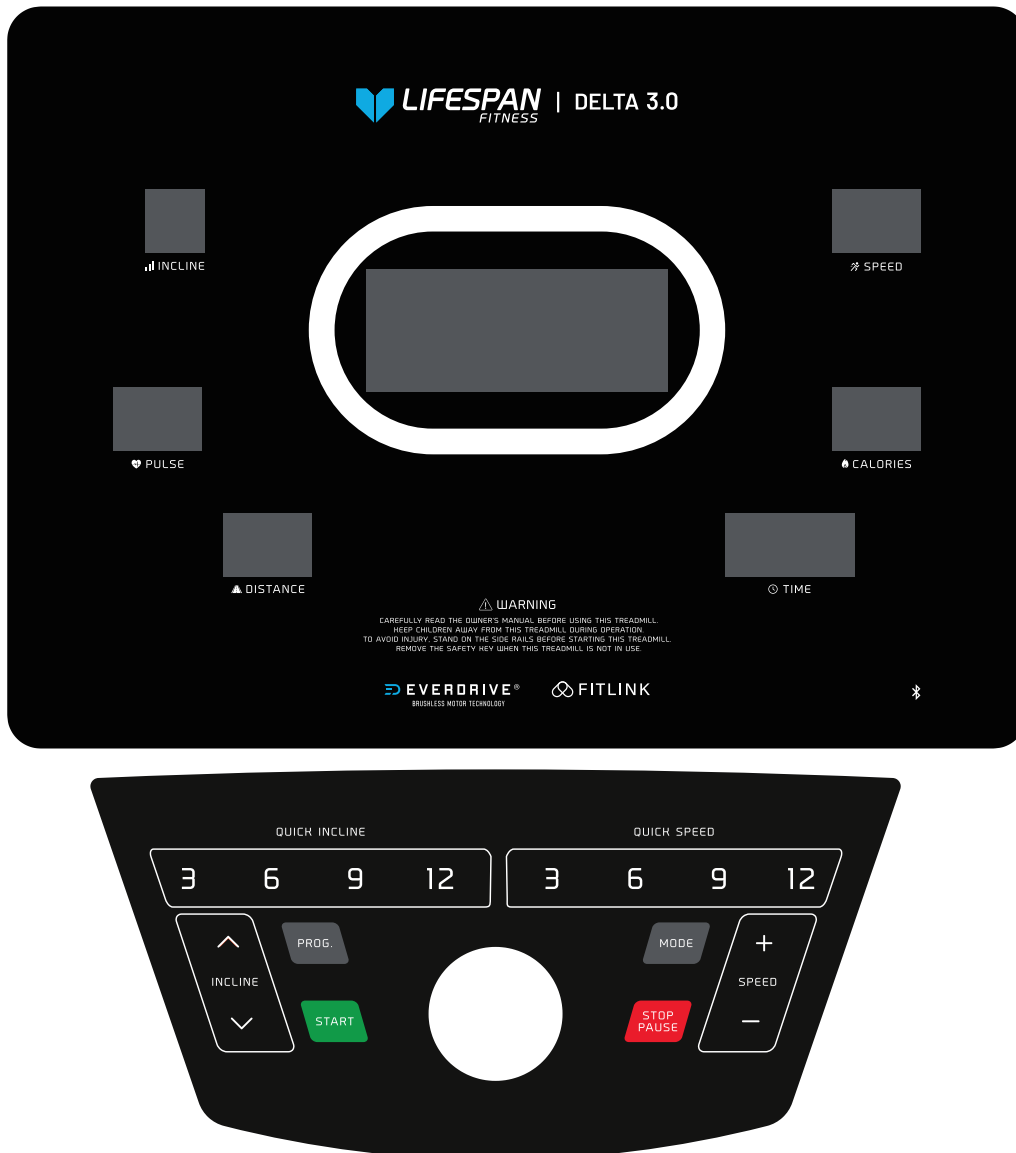


UNFOLDING INSTRUCTION

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

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

VII. OPERATION GUIDE



1. WINDOW DESCRIPTION

- A. "Time" Window: Displays the current time. During the startup process, a 3-second countdown is shown: 3, 2, 1.
- B. "Speed" Window: Indicates the current speed.
- C. "Distance" Window: Displays the covered distance.
- D. "Calories" Window: Shows the calories burned.
- E. "Incline" Window: Indicates the level of incline.
- F. "Heartbeat" Window: When the heart rate symbol flashes, this window displays the current heartbeat.
- G. "Track" Window: Displays track.
- H. "Lattice" Window: Shows program segments when selecting or running programs. At other times, it displays the number of laps.

2. KEY FUNCTION

1. "PROG." Key: Program selection key. The selection order is: Manual Mode, P01-P20, U01-U03, 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 and Calorie countdown.

2.2 Under the FAT measuring mode, the selection keys are FAT measuring parameters: the selection order is "Gender", "Age", "Height" and "Weight".

3. "START" button: Press this button to start the treadmill. After the countdown from 3, it will begin at a slow pace.

4. "STOP" button: Press this button during a workout, and the treadmill will gradually decelerate until it comes to a stop. It then enters a pause state. Press the button again to resume to the standby state.

5. SPEED +/-: Adjusts the speed. The speed can be adjusted while in motion and can also be used to modify parameters when the treadmill is stationary.

6. SPEED (3, 6, 9, 12): Quick SPEED adjustment key.

7. INCLINE +/-: Adjusts the incline levels. The number of elevation segments can be adjusted while in motion and can also be used to modify parameters when the treadmill.

8. INCLINE (3, 6, 9, 12): Incline shortcut adjustment key.

9. Knob Display Function: Start/Pause/Stop key.

9.1 When in standby, a short press initiates the start. Within 3 seconds after the short press, the treadmill will begin running from the lowest speed or the default speed programmed.

9.2 During a run, a brief press of the display button will show "PAU" for pause, and all data remains unchanged.

9.3 While pausing, a short press resumes movement. All counts restart from the data before pausing, and the speed starts from the lowest speed with a gradual incline return to 0.

9.4 During running or on pause, a long press stops the treadmill, gradually slowing it down, and resumes to standby after stopping. All data is cleared.

9.5 While running, the rotation allows for speed adjustment.

• When any key is pressed, a prompt tone will accompany it. If during the parameter adjustment of the key exceeds the limit, a long tone prompt will be heard. No prompt tone will be produced when a key is pressed ineffectively.

3. MAIN FUNCTIONS

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

1. Quick Start (Manual Mode):

- Secure the safety lock, press the start button, and after a 3-second countdown, the treadmill initiates from the lowest speed.
- While running, use the SPEED adjustment keys to modify the speed and the INCLINE keys to adjust the elevation segments.
- To stop running, either press the stop button or directly disengage the safety lock.

2. Countdown Mode:

- Press the "MODE" button to cycle through time countdown, distance countdown, and calorie countdown.
- The respective window displays the default value and 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 from the lowest speed. Adjust speed with the SPEED keys and elevation with the INCLINE keys.
- When the window value reaches 0, the treadmill gradually slows down to a stop. Alternatively, press the "STOP" key or disconnect the safety lock to stop the treadmill.

3. Program Mode:

- Press the "PROG." button to select one of the built-in programs (P1 to P20).
- The "TIME" window displays the default value and flashes. Adjust the exercise time using the "SPEED +/-" (INCLINE +/-) keys.
- The built-in program consists of 16 segments, with each segment's running time set at time/16. Press the START key to begin, and the treadmill adjusts speed and elevation for each segment automatically.
- During operation, use the "SPEED +/-" (INCLINE +/-) or armrest keys to modify speed and elevation, but the values will reset to the program's default when entering the next segment.
- Press the "STOP" key or disconnect the safety lock to stop the operation. At the end of the program, the treadmill gradually slows down to a stop.
- Blinking windows and 15 prompts indicate the end of the mode or program movement, and all data is cleared to enter the standby state.

At the end of the mode and program movement, the corresponding window will blink with 5 prompts, signaling the conclusion of the activity. Subsequently, all data will be cleared, and the treadmill will return to the standby state.

4. PULSE MEASUREMENT

Hold the left and right armrest steel sheets with both hands. After approximately 5 seconds, the "PULSE" window will display your heartbeat value. For more accurate reading, please stand on the treadmill and measure your heartbeat when the treadmill is stopped, ensuring you hold the position for at least 30 seconds. It's important to note that heartbeat data is intended solely as a reference for assessing the intensity of exercise and should not be considered medical data.

5. FAT MEASUREMENT MODE

In the standby state, press the "PROG." key. When the window displays "FAT," it indicates entry into the FAT measurement mode. Press the "MODE" key to choose 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 +/-) key to adjust the parameter value.

Once all parameters are adjusted, press the "MODE" key again. The corresponding window will display "F-5" and "--" respectively, signifying entry into the testing state. At this point, grasp both hands on the left and right armrest steel sheets. After approximately 5 seconds, the corresponding window will display your body fat index.

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

6. SLEEP FUNCTION

After stopping without any operation for 2 minutes, the system resets to standby state, and the backlight goes out. When it is more than 10 minutes, the system turns off all displays and enters sleep state. Press any key to wake up.

7.SAFETY LOCK FUNCTION

Disconnecting the safety lock at any time causes the treadmill to stop running abruptly, and all data is reset to 0. The window displays "--." It is crucial to note that all normal operations and activities must be performed with the safety lock securely closed.

8. DISPLAY AND SETTING RANGE OF MOTION PARAMETERS

	Display range	Mode Default	Program default	Set range
Speed	1.0-20.0 km	-----	-----	1.0-20.0 km
Incline	0-20%			0-20%
Time	0:00--99:59	30:00	30:00	5:00---99:00
Distance	0.00 km-99.9 km	1.00 km	-----	0.50 km-99.9 km
Calorie	0Kcl-999Kcl	50Kcl	-----	10Kcl-990Kcl

9. BLUETOOTH FUNCTION

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

10. USER-DEFINED PROGRAM FUNCTION

1. By continuously pressing the "PROG." key, you can select from the 3 User (U1, U2, U3) programs and configure settings such as start time and functions like built-in programs. If you find the factory-set data for the U program unsatisfactory, choose the corresponding U program, press the MODE key, and enter custom modifications for the built-in data of the U program. Utilize the "SPEED +/-" (INCLINE +/-) keys or the quick buttons to adjust the speed and increase the value. After setting one segment is completed, press the MODE key to proceed to the next segment setting until all segments are configured. Press the MODE key again to save the custom data, which will be retained until the next reset.

U1 has a default factory speed of 1KM and an elevation of 0; U2 defaults to a factory speed of 2KM with an elevation of 0; U3 defaults to a factory speed of 3KM with an elevation of 0.

11. IN-BUILT PROGRAM CHART

20 built in Program with 16 Segments

PROGRAM	TIME	Set the set time/16 time periods = the running time of the upper and lower time periods															
		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	3	4	4	5	6	6	6	4	5	6	4	4	2	5	4	2
	INCLINE	4	2	2	2	3	2	2	2	2	2	3	3	4	3	2	2
P03	SPEED	4	4	4	6	7	7	7	4	7	7	4	4	4	5	3	2
	INCLINE	5	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P04	SPEED	5	5	5	6	5	7	7	8	8	5	9	5	6	4	4	3
	INCLINE	3	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P05	SPEED	4	4	4	5	7	5	6	7	8	8	5	4	6	5	4	2
	INCLINE	5	3	3	4	5	5	4	4	4	4	5	5	3	2	2	2
P06	SPEED	4	4	4	4	8	8	6	7	8	8	6	4	5	4	3	2
	INCLINE	4	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P07	SPEED	3	3	3	3	3	4	5	3	4	5	3	3	6	5	3	3
	INCLINE	3	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P08	SPEED	5	3	3	6	4	6	7	4	6	7	4	4	3	4	4	2
	INCLINE	3	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

P16	SPEED	2	4	6	8	6	4	2	2	2	4	6	8	4	4	2	2
	INCLINE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4	1
P17	SPEED	2	2	6	6	6	6	2	2	2	2	6	6	6	6	2	2
	INCLINE	4	5	5	5	6	7	8	9	9	9	10	10	12	8	6	3
P18	SPEED	2	3	4	5	4	5	3	2	2	3	4	5	4	5	3	2
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	3	2
P19	SPEED	2	4	6	2	2	4	6	2	2	4	6	2	2	4	6	2
	INCLINE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P20	SPEED	1	3	4	5	4	3	2	1	1	3	4	5	4	3	2	1
	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.

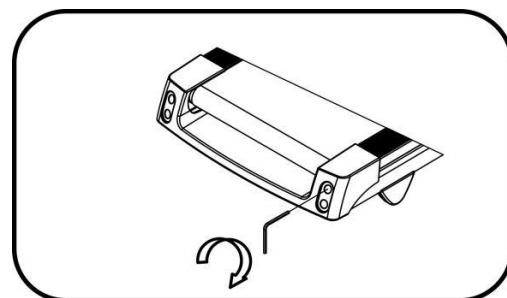
To assess the appropriate tightness of the running belt, you can manually lift both sides of the running belt about 50-75mm away from the running board. Adjust the tightness as needed to maintain the recommended distance for optimal functionality.

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:

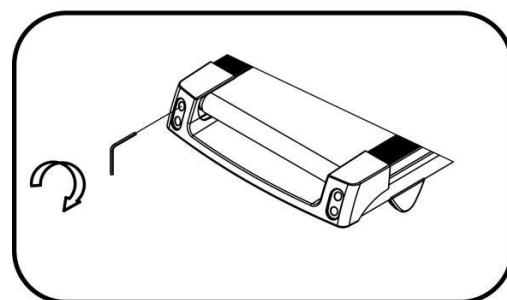
- Unplug the safety lock and power switch.
- Rotate the adjusting bolt on the right clockwise for 1/4 turn.
- Insert the power switch and safety lock.
- Start the treadmill and observe the running belt deviation.
- Repeat these steps until the running belt is centered (refer to Figure A).



A

If the running belt leans to the left:

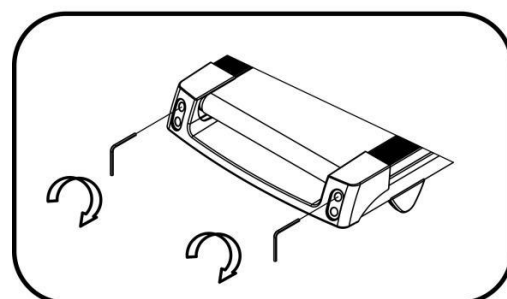
- Unplug the safety lock and power switch.
- Rotate the adjusting bolt on the left clockwise for 1/4 turn.
- Insert the power switch and safety lock.
- Start the treadmill and observe the running belt deviation.
- Repeat these steps until the running belt is centered (refer to Figure B).



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:

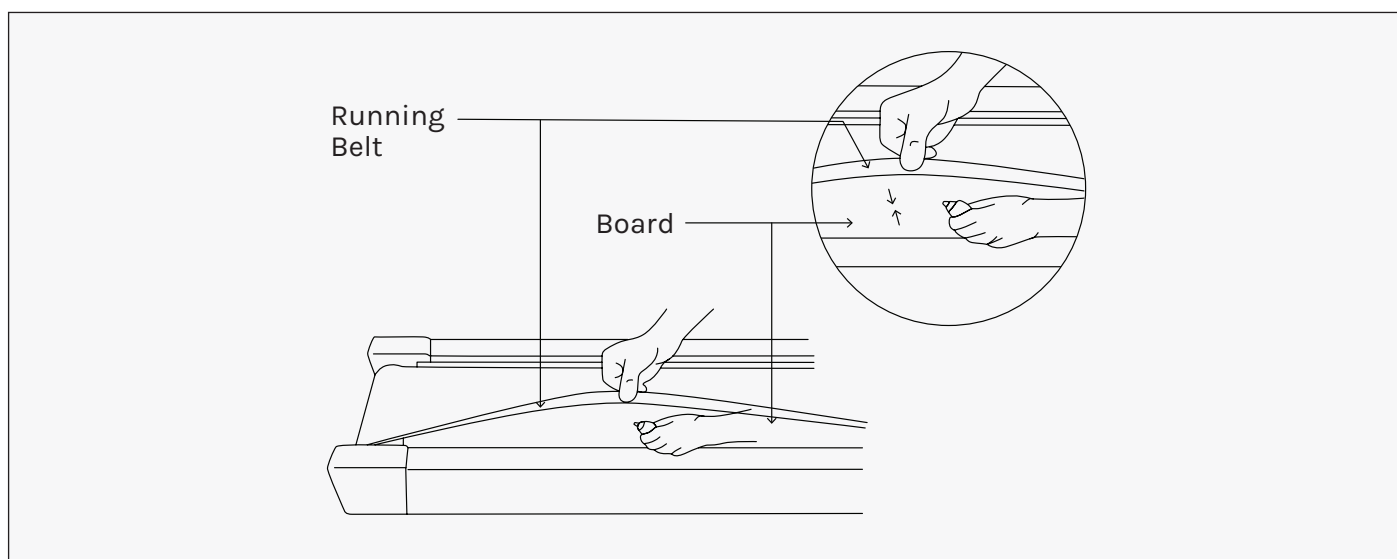
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING:

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

HOW TO LUBRICATE:

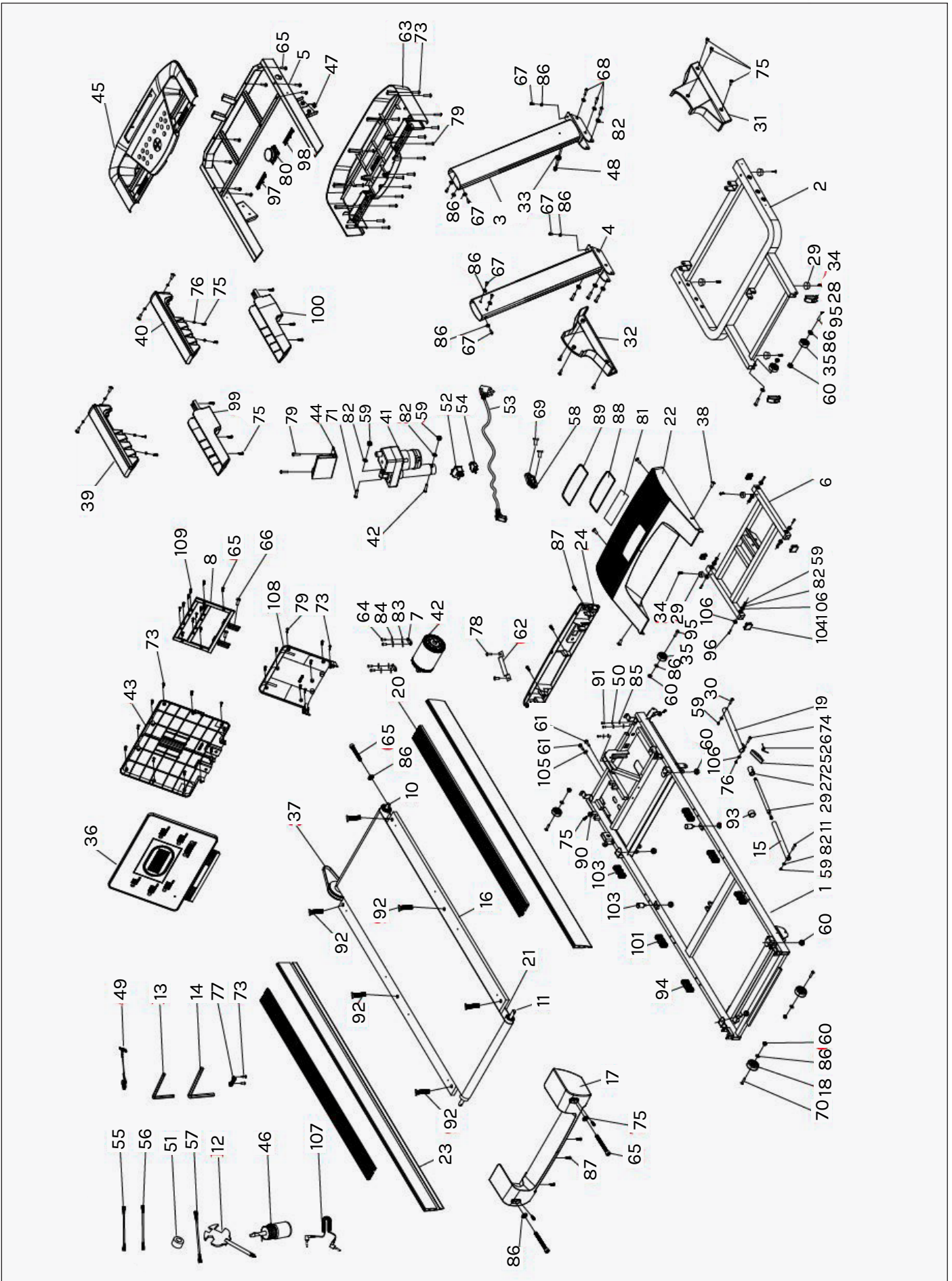
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. 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 frame assembly		1
3	Right column group		1
4	Left column group		1
5	Electronic watch assembly		1
6	Lifting frame assembly		1
7	Motor fixing plate		2
8	Panel assembly		1
9	Pneumatic rod		1
10	Front drum		1
11	Rear drum		1
12	With cross wrench	S = 13, 14, 15	1
13	5 # hexagon wrench	5mm	1
14	6 # hexagon wrench	6mm equal length	1
15	Adjusting rod assembly		1
16	Running board		1
17	Rear angle guard		1
18	Transparent adjusting roller		2
19	Adjusting lever		1
20	Side strip		2
21	Running belt		1
22	Motor cover		1
23	Side strip		2
24	Motor front cover		1
25	Safety pedal assembly		1
26	Torsion spring		1
27	Inter-tubular bushing		1
28	Roller shield		2
29	Foot pad		6

No.	Name	Specification	Qty.
56	Blue single branch		1
57	Brown single branch		1
58	Power cord socket		1
59	Type I non-metallic insert hexagon lock nut	M10	8
60	Type I non-metallic insert hexagon lock nut	M8	12
61	Hexagon head screws Class C	M8*35	2
62	Backlight plate tablet		1
63	Lower cover of electronic watch		1
64	Hexagon socket head screws	M6*15	4
65	Cross recessed pan head tapping screws with pad	4.2*15	12
66	Hexagon socket head screws	M8*12	6
67	Hexagon socket flat round head screw	M8*16	8
68	Hexagon socket flat round head screw	M10*70	6
69	Cross recessed pan head screws	M4*20	2
70	Hexagon socket flat round head screw	M8*50	2
71	Hexagon socket flat round head screw	M10*45	1
72	Hexagon socket flat round head screw	M10*60	1
73	Cross recessed pan head tapping screws	4.2*13 (scraping pin end)	33
74	Cross recessed pan head screws	M6*40	1
75	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*19	15
76	Type I non-metallic insert hexagon lock nut	M6	1
77	Safety lock base		1
78	Cross recessed pan head tapping screws	ST2.9*6.5	2
79	Cross recessed pan head self-tapping and self-drilling screws	ST4.2*12	13
80	Flying shuttle		1
81	Backlight plate		1
82	Internal serrated lock washer	10	14
83	Plain washer class	6	4

No.	Name	Specification	Qty.
30	Hexagon socket flat round head	M10*50	1
31	Right base shield		1
32	Left base shield		1
33	Annular thread guard plug		2
34	Cross recessed pan head self-tapping and self-drilling screws	4.2*25	6
35	Carrying wheel		2
36	Panel upper cover		1
37	Multi-wedge belt		1
38	Self-tapping and self-drilling screws with cross recessed disc	4.8*19	4
39	Left foam armrest		1
40	Right foam armrest		1
41	Lifting motor		1
42	Brushless motor		1
43	Lower panel cover		1
44	Control circuit board		1
45	Upper cover of electronic watch		1
46	Oil bottle		1
47	Upper segment line of electronic watch		1
48	Lower segment line of electronic watch		1
49	Safety lock		1
50	Standard spring washer	5	2
51	Magnetic ring		1
52	Power switch		1
53	Standard power cord		1
54	Overload protector		1
55	AC single branch		1
84	Standard spring washer		6
85	Internal serrated lock washer		5
86	Internal serrated lock washer		8
87	Self-tapping and self-drilling screws with cross recessed disc head and pad	ST4.2*19	6
88	Acrylic plate		1
89	Chrome-plated frame		1
90	Side strip buckle		2
91	Cross recessed pan head screws	M5*8	2
92	Hexagon socket countersunk head screw	M8*32	6
93	Adjusting rod spacer sleeve		1
94	Buffer pad	Yellow	2
95	Hexagon socket flat round head screw	M8*40	4
96	Square neck screws with round head	M10*55	4
97	Left pulse iron plate		2
98	Right pulse iron sheet		2
99	Lower cover of left armrest		1
100	Right armrest lower cover		1
101	Buffer pad	Blue	2
102	Buffer pad	Red	2
103	Buffer pad	φ 25*30*M8	2
104	Plug in square pipe		4
105	Plain washer class C	8*24	1
106	Casing		8
107	MP3 line		1
108	Panel rear cover plate		1
109	Cross recessed pan head screws	M6*20	6

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:

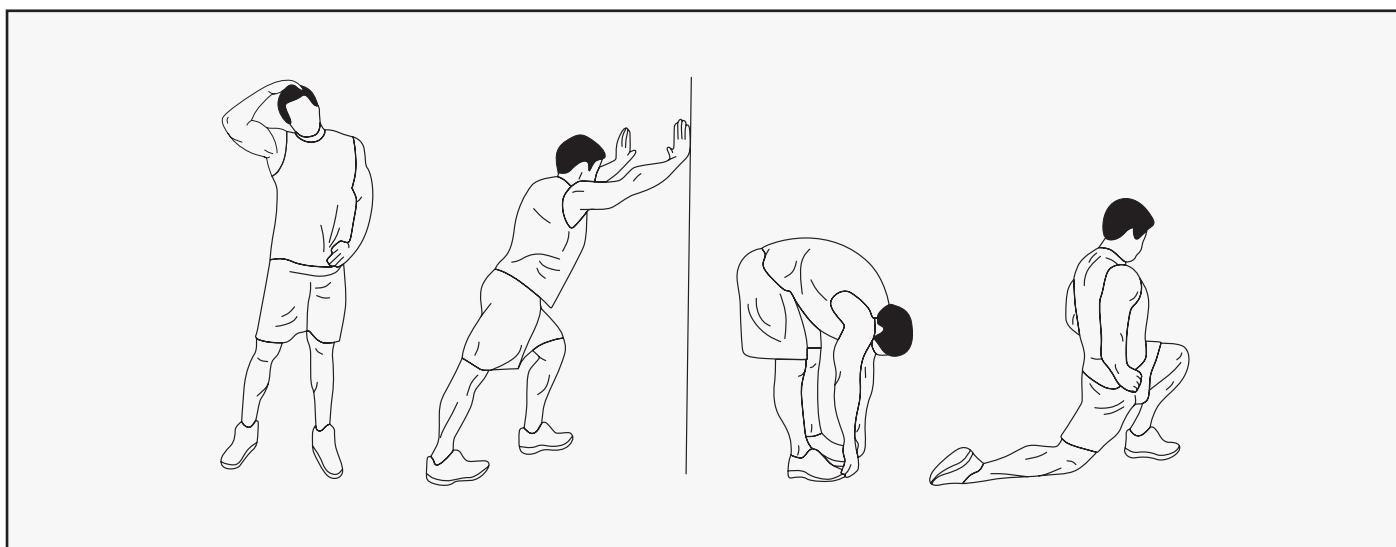
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

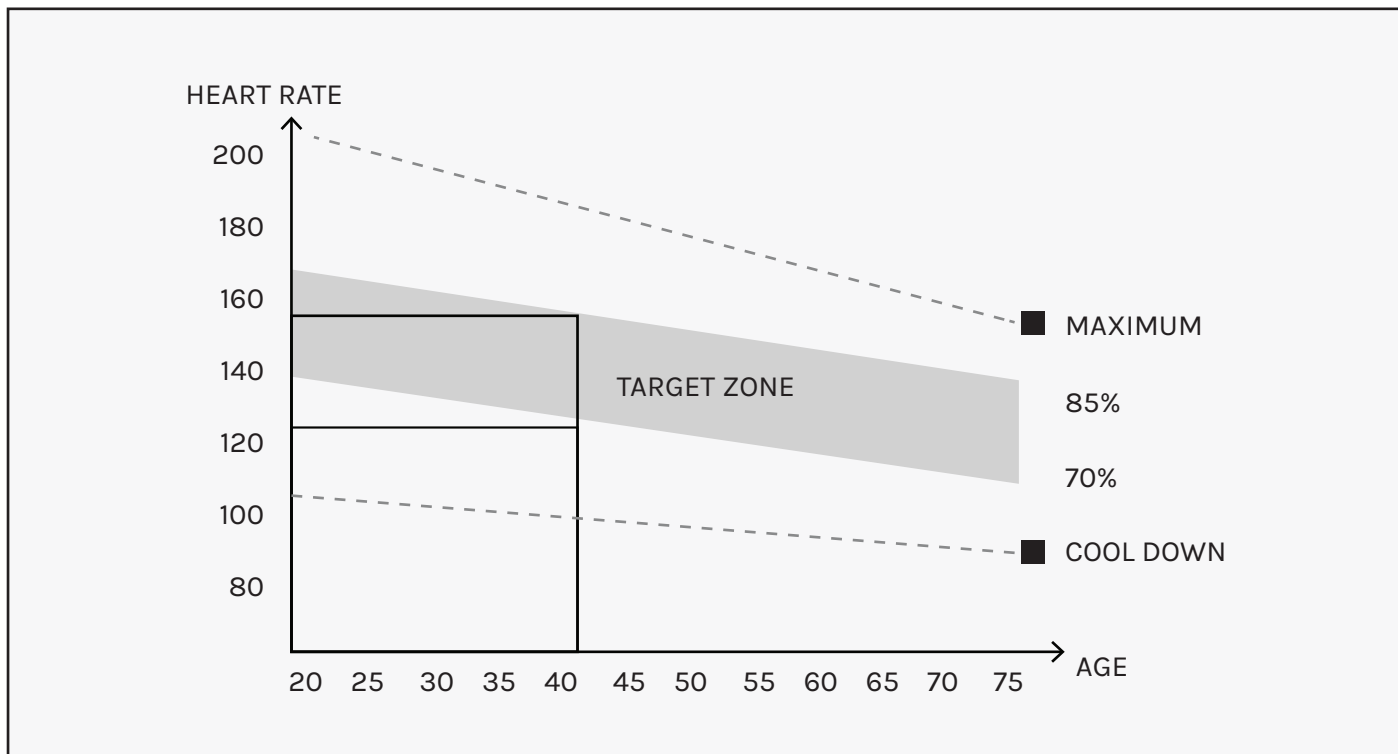
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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	Overcurrent Protection	<ol style="list-style-type: none"> 1. The possible reason is that the current exceeds the rated load, and the system protects itself. Restart the treadmill. 2. The treadmill has detected an obstruction in a specific component or is overheated, preventing the smooth rotation of the treadmill. The self-protection mechanism has been activated to prevent potential damage. To resolve this issue, either restart the treadmill or consider applying additional lubrication to facilitate smoother operation. 3. Check for abnormal sounds or burning smells during motor operation; replace motor if necessary. 4. Replace the controller.
E02	Hall Error	<ol style="list-style-type: none"> 1. Check if the motor wire is properly connected and reconnect the motor wire. 2. Replace the motor. 3. Replace the controller.
E03	Hardware overcurrent	<ol style="list-style-type: none"> 1. The possible reason is that the current exceeds the rated load, and the system protects itself. Restart the treadmill. 2. Check whether the source socket and motor connection are loose. 3. Replace the controller.
E04	Phase loss	<ol style="list-style-type: none"> 1. Check if the motor wire is properly connected and reconnect the motor wire. 2. Replace the motor. 3. Replace the controller.
E05	Under voltage	<ol style="list-style-type: none"> 1. Check whether the source is normal. 2. Check whether the source socket plug is loose.
E06	Overvoltage	<ol style="list-style-type: none"> 1. Check whether the source is normal.

E08	Hardware error	<ol style="list-style-type: none"> 1. Check whether the source socket and motor connection are loose. 2. Replace the controller.
E21	Saving data exception	<ol style="list-style-type: none"> 1. Power off for 2 minutes then restart the machine. If there is changes, please change the controller.
E30	Motor calibration error	Check whether the connection of incline is loose and the connection is plugged in properly.
E31	Over temperature	Wait until the electromechanical temperature is normal before running.
E32	Motor reverse rotation	Check whether the motor line UVW is connected normally.
E33	Motor parameter error	Please provide the correct motor parameters from the original factory.
E50	Other errors	
E91	Poor communication	<ol style="list-style-type: none"> 1. Check the communication line. 2. Replacement of display. 3. 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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