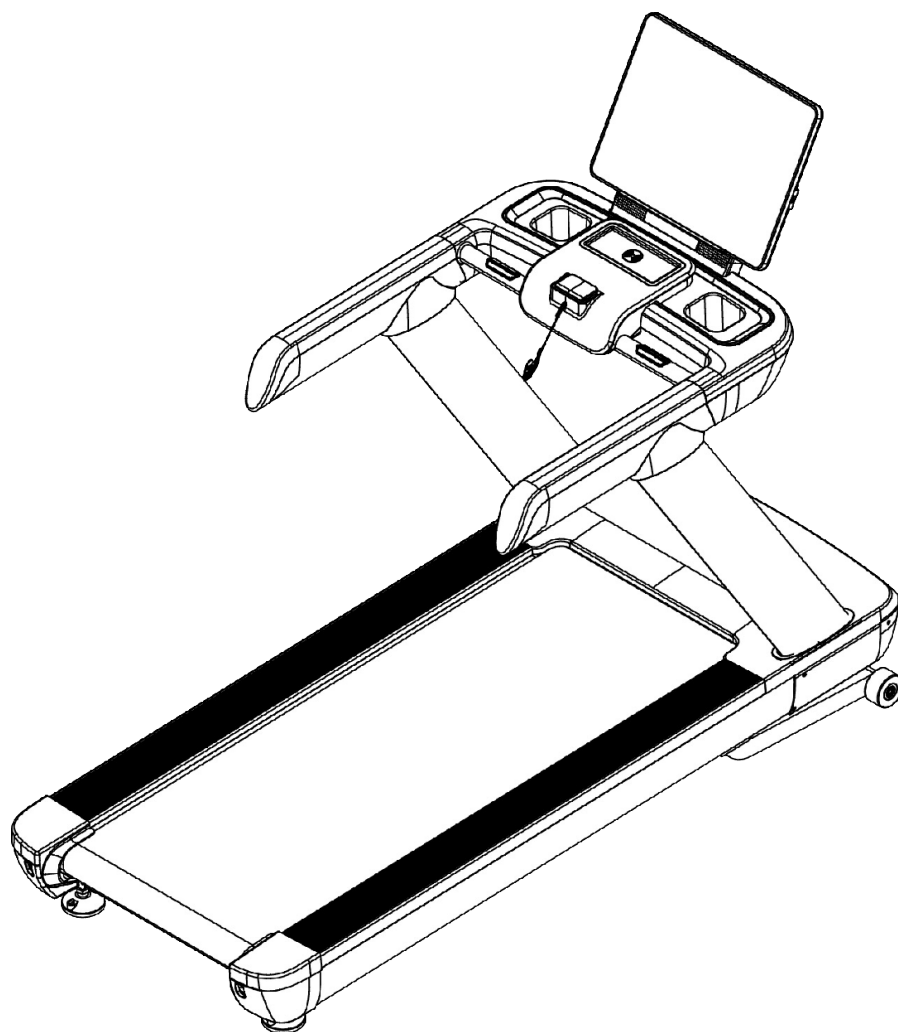







Delta 4.1 Commercial Treadmill


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 Offer can be rescinded at any time.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 may be subject to updates or changes. Up to date 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. Assembly Instructions 06
- IV. Operation Guide 12
- V. Exercise Guide 24
- VI. Maintenance Instructions 26
- VII. Exploded Diagram 28
- VIII. Parts List 29
- IX. Trouble Shooting Guide 31
- X. Warranty 33
- XI. Hand Pulse Technology 34

I. IMPORTANT SAFETY INSTRUCTIONS

 **WARNING: Read all instructions before using this treadmill.**

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

 **DANGER**

To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD:

DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.

- The treadmill is intended for indoor use, in a well-ventilated and insulated room.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Injuries to health may result from incorrect or excessive training.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **WARNING:** Heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C.

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

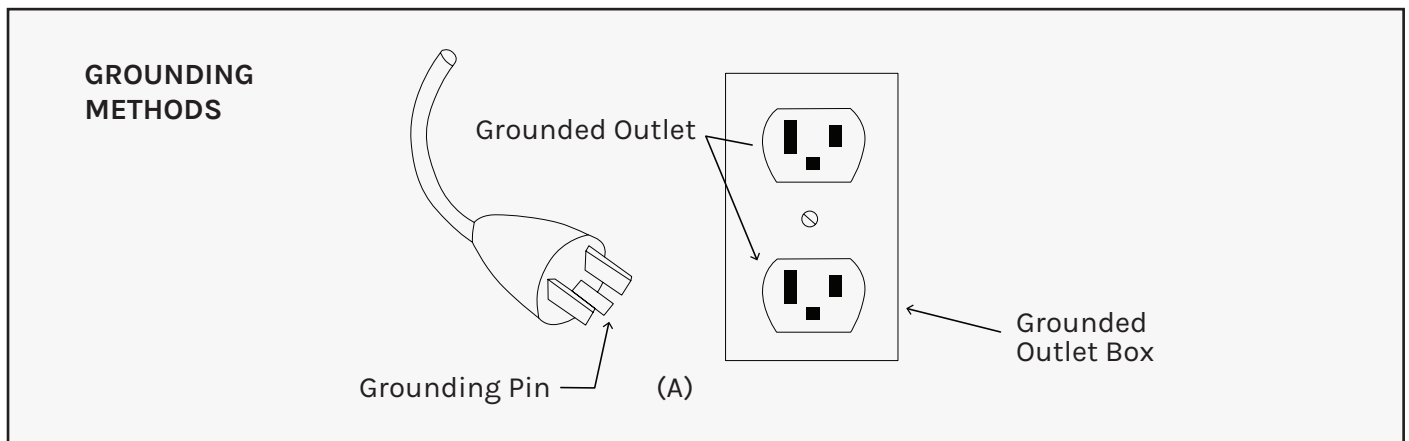
II. IMPORTANT ELECTRICAL INFORMATION

Grounding Information

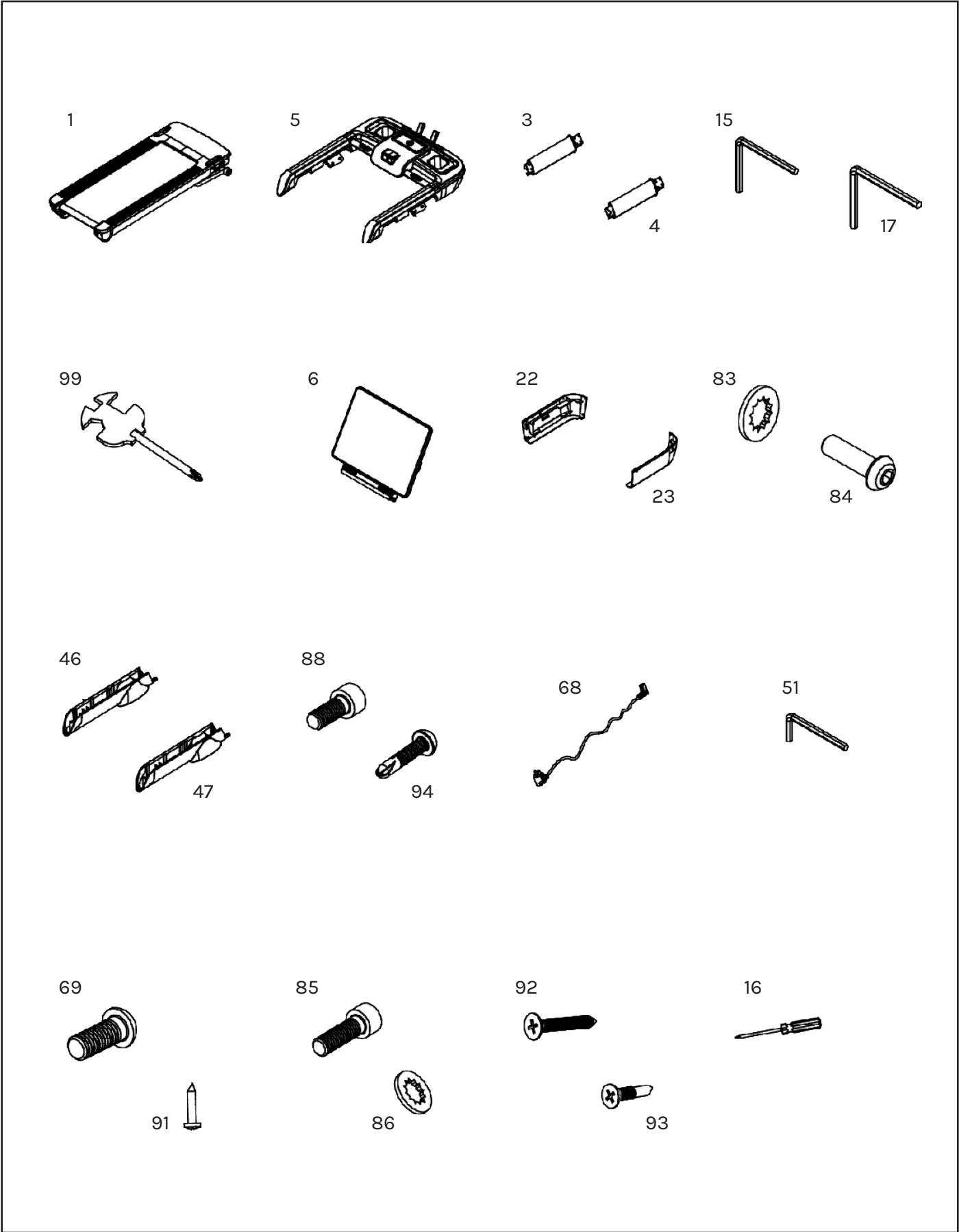
This product must be grounded. If it should malfunction or breakdown, grounding provided a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a Grounding plug. The plug must be plugged into an approved outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240/100-120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. (The below picture is just for reference; the actual plug and jack is depending on import country)



III. ASSEMBLY INSTRUCTIONS



SPARE PARTS LIST

No.	Description	Specs	Qty
1	Main Frame		1
5	Computer Bracket		1
3	Left Upright Tube		1
4	Right Upright Tube		1
15	#6 Allen Wrench	80*80	1
17	#8 Allen Wrench	80*80	1
99	Wrench w/ Screwdriver		1
6	Panel Assembly		1
22	Left Frame Cover		1
23	Right Frame Cover		1
83	Lock Washer	10	14
84	Bolt	M10*50	8
46	Left Hand Bar Lower Cover		1

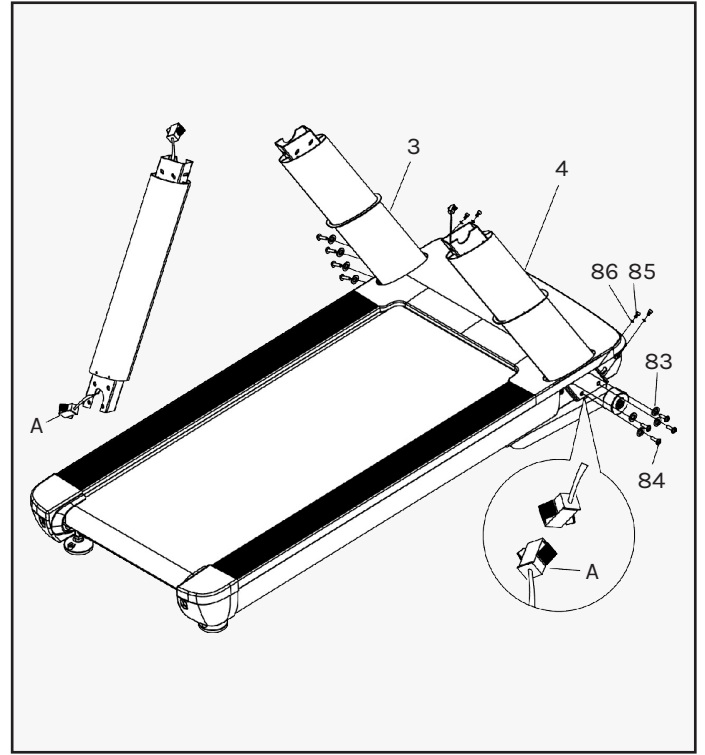
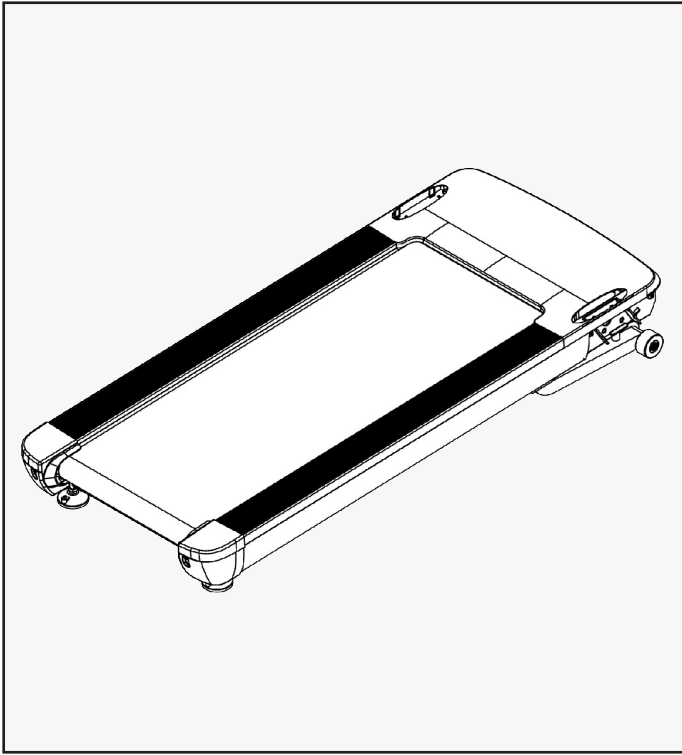
No.	Description	Specs	Qty
47	Right Hand Bar Lower Cover		1
88	Bolt	M8*12	4
94	Screw	ST4.2*19	4
68	Power Wire		1
51	#6 Allen Wrench	30*80	1
69	Bolt	M10*20	6
91	Screw	ST4.2*15	2
85	Bolt	M8*20	4
86	Lock Washer	8	4
92	Screw	4.2*12	6
93	Screw	4.2*15	4
16	Phillips screwdriver		1

Fixing Tools:

#6 Allen Wrench 80*80 6mm	1pc
#8 Allen Wrench 80*80 8mm	1pc
Wrench s/screwdriver S=13, 14, 15	1pc
Phillips Screwdriver	1pc
#6 Allen Wrench 30*80 6mm	1pc

Note:

Do not turn on machine until assembly is completed.



STEP 1

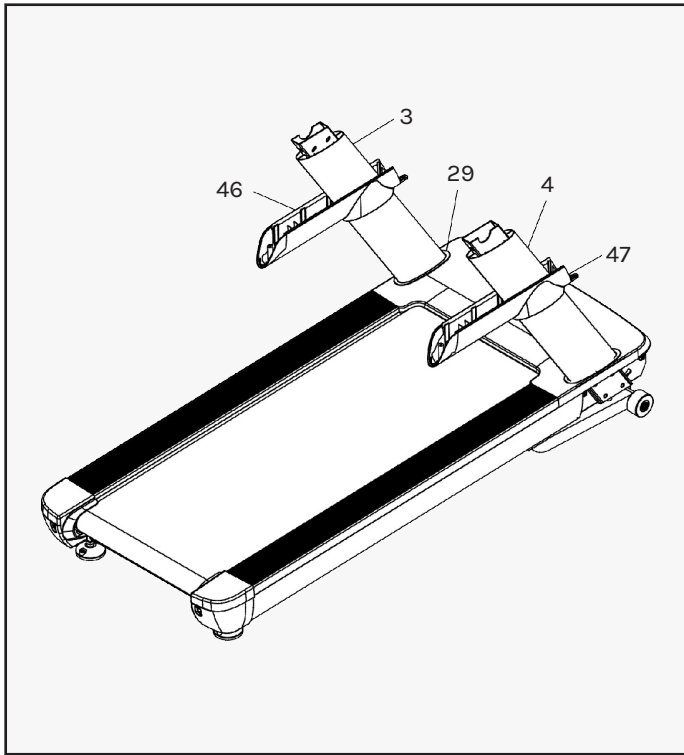
1. Open the carton, take out the spare parts listed above, and place the Main Frame on a level surface.

STEP 2

1. First, disconnect the communication line from the main frame and insert the Right Upright Tube (4) into the Motor Up Cover.
2. Using a #6 Allen wrench (15), insert Bolt (84) and Lock Washer (83) through the Right Upright Tube and Main Frame, and gently secure the Right Upright Tube to the Main Frame.
3. Using a #6 Allen wrench (51), insert Bolt (85) and Lock Washer (86) through the Main Frame and Right Upright Tube, and gently secure them together.
4. Connect the communication wire from End (A) to the communication port on the Main Frame and tuck any excess wire inside the Upright Tube.
5. Tighten all connections securely. Repeat these steps for the left side.

! NOTE:

Ensure the communication line is not pinched when fastening the screws on the Upright Tube.

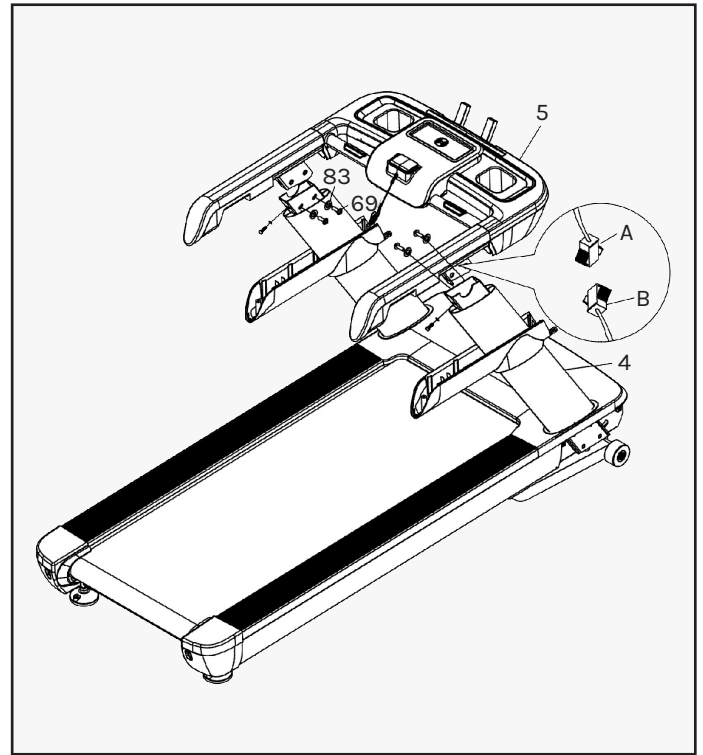


STEP 3

1. First, attach the Upright Trim Strip (29) to the Motor Cover.
2. Insert the Left Armrest Lower Cover (46) into the Upright Tube.
3. Repeat the same steps for the right side.

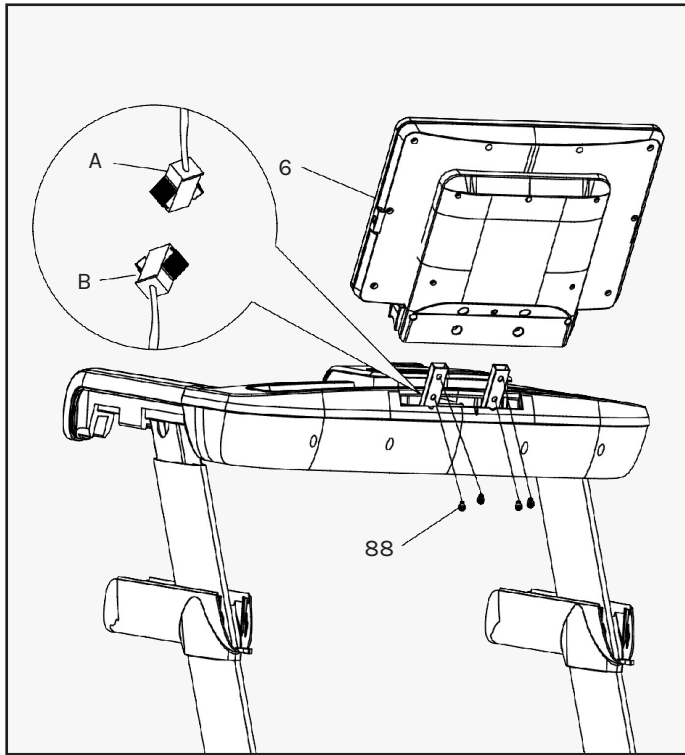
! **NOTE:**

When installing the Armrest Lower Covers (46/47), handle them gently to avoid scratching or damaging the paint on the posts.



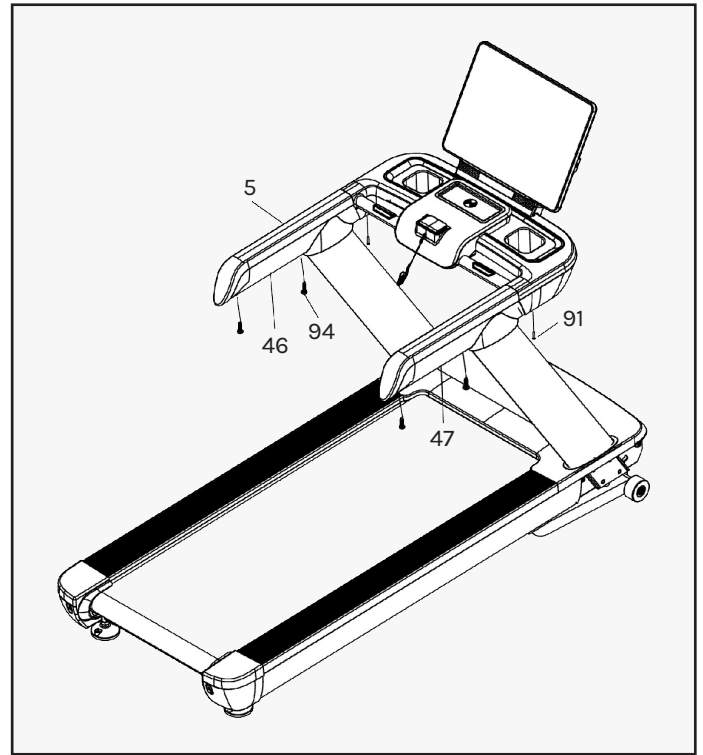
STEP 4

1. Connect the communication line between End (A) and End (B), then insert the line into the Upright Tube and attach the Computer Bracket (5) onto the Upright Tube.
2. Using a #6 Allen wrench (15), insert Bolt (69) and Lock Washer (83) through the Upright Tube and Computer Bracket, and gently secure the Computer Bracket to the Upright Tube.



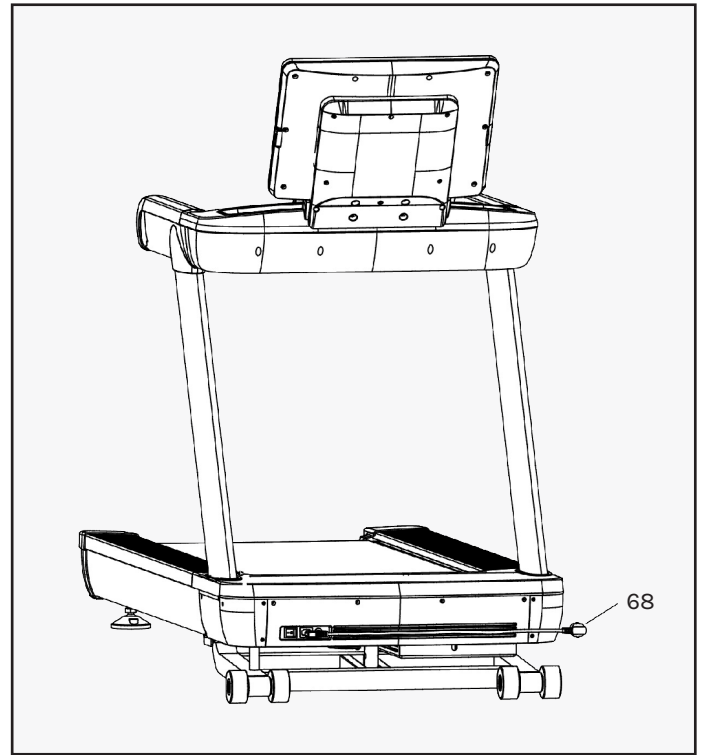
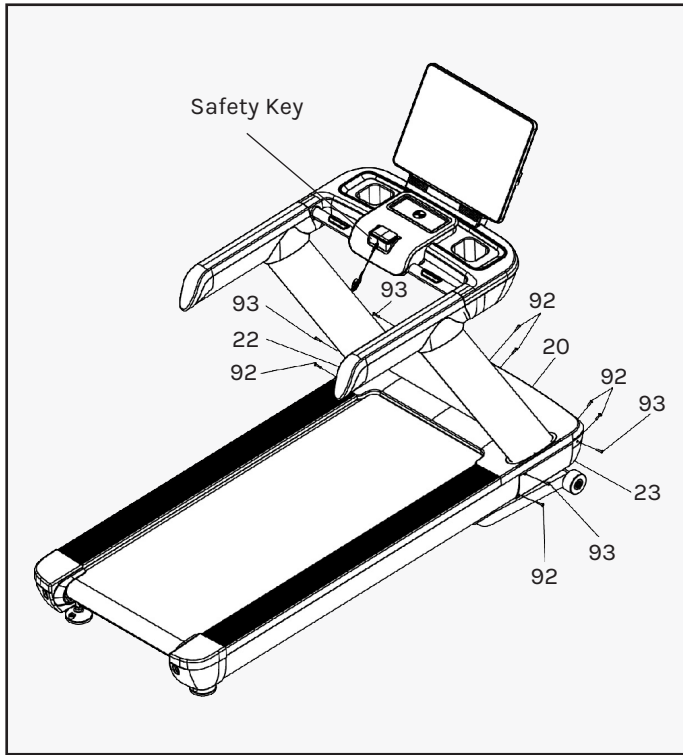
STEP 5

1. Connect End (A) and End (B) of the communication cable, then insert the Panel Assembly (6) into the Computer Bracket Assembly (5).
2. Using a #6 Allen wrench (15), insert Bolt (88) through the Computer Bracket Assembly and Panel Assembly, and gently secure the Panel Assembly to the Computer Bracket Assembly (5).



STEP 6

1. Slide the Left-Hand Bar Lower Cover (46) upward to fit the left foam armrest. Use a Phillips screwdriver (16) and Screw (94) to secure the Left-Hand Bar Lower Cover (46) to the Computer Bracket.
2. Use Screw (91) and a Wrench with Screwdriver (99) to securely fasten the Left-Hand Bar Lower Cover (46) to the Computer Bracket.
3. Repeat the same assembly process for the right side.



STEP 7

1. Push the Left frame cover (22) back and let the left frame cover fits the motor front cover.
2. Use a Phillips screwdriver (16) and screw (92) to lock the left frame cover (22) to the motor front cover.
3. Use a Phillips screwdriver (16) to lock the left frame cover (22) to the front cover of the motor with screw (93). (See above picture)
4. The right assembly method is the same as the left.
5. Ensure safety key is attached to the display.

STEP 8

1. Connect the Power Wire (68) to the Power Socket on the Main Frame.

IV. OPERATION GUIDE



BUTTON FUNCTIONS

INCLINE 5/ 7/ 9/ 11: Quick controls to adjust incline to 5/ 7/ 9/ 11.

INCLINE UP/DOWN BUTTONS: Controls the incline by increasing (up) and decreasing (down).

SPEED 6/ 9/ 12/ 15: Quick controls to adjust speed 6/ 9/ 12/ 15.

PROG.: Press this button to select a program when in standby mode.

START: Press start to begin workout.

STOP: Press stop to to stop workout.

MODE: Press mode to navigate and set your parameters like Time, Calories, Distance, Speed and Incline.

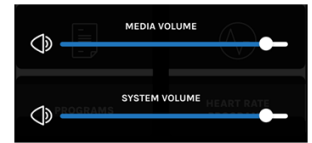
DISPLAY ICONS



Displays Username with User profile is selected in Settings page.



Volume - Users can change Media or System volume by pressing this icon. The volume bar will show the following and user can adjust volume by swiping the dot left or right. After 3 seconds it will disappear.



Media Icon (USB) will be greyed out when there is no USB stick plugged into display.



Bluetooth Icon will be greyed out if it is not connected. Users need to connect this at the settings page and ensure their Device Bluetooth is also turned ON.



Wi-Fi Icon will be greyed out if it is not connected. Users need to connect this at the settings page.



Clicking on this icon will take you to the workout dashboard to change the Speed/Incline. Speed ranges from 1.0-20km/h and Incline 0-18 levels.



Displays workout history.



or  **Cooldown Icon.**



Workout Dashboard - Displays the Speed/Incline graph, Keypad for quick Speed/Incline or -/+ icon for Speed/Incline.



Back Button - Returns to previous screen.



Home Button - Returns to Main Screen.

MEDIA HUB

MP3 Connection: Connect your mobile device to the treadmill using the MP3 AUX cord to play music. Use your device's controls to choose songs and adjust the volume.

Bluetooth Music: Connect your mobile device to the treadmill via Bluetooth to play music. Use your device to select songs and control the volume.

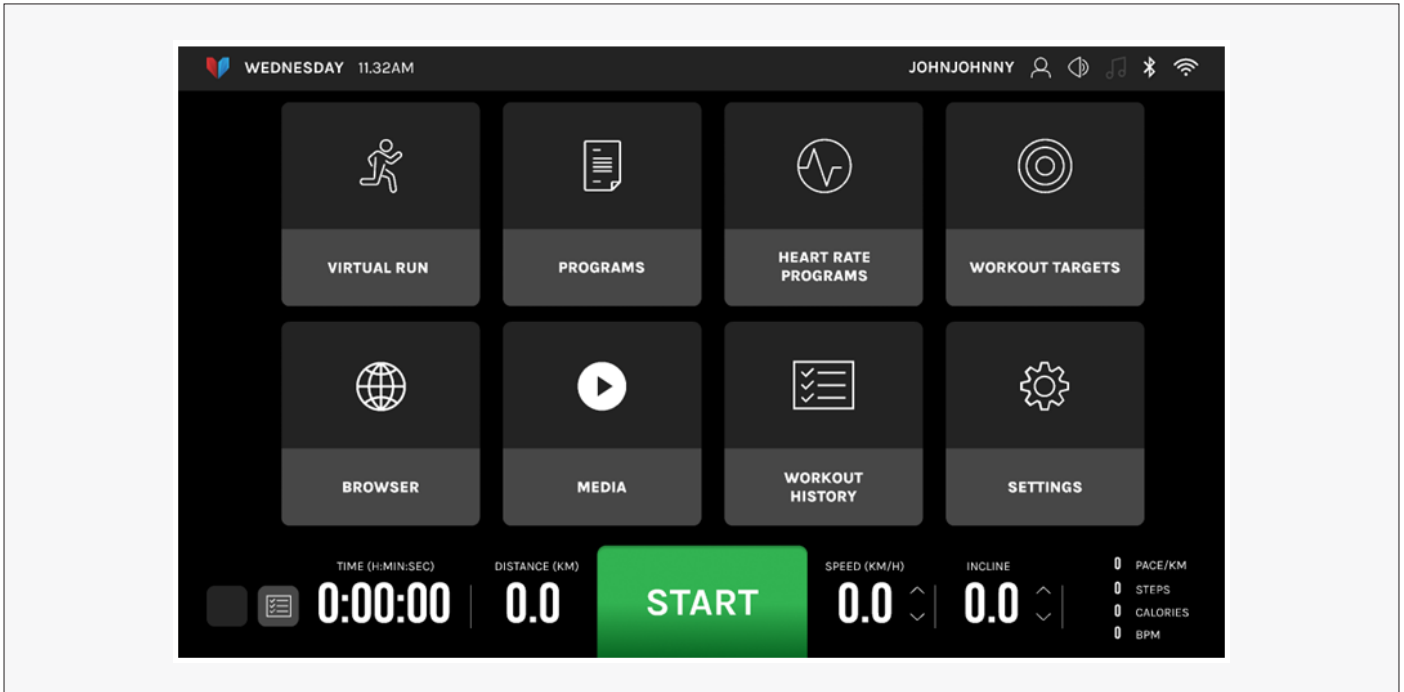
2.1 Connect your device through Bluetooth.

2.2 On your mobile device, select "QY-BTSP" from the list of available devices to connect.

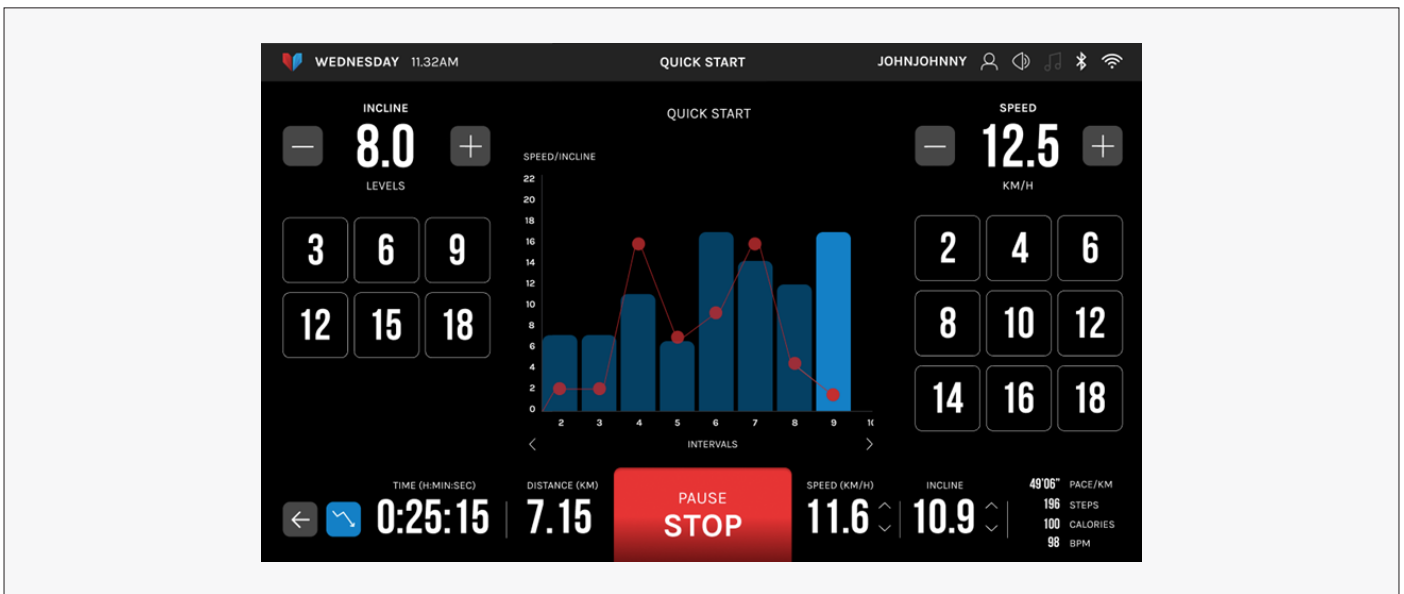
2.3 If your mobile device receives a call while connected via Bluetooth, the treadmill's Bluetooth will automatically disconnect. After the call ends, Bluetooth will reconnect, and music playback will resume automatically.

WORKOUT PROGRAMS

1. QUICK START MODE





- Press the Start/Pause button or the Start (on screen) to begin work out after countdown from 3.
- The display will remain in the main menu. To access the work out setting page (**Dashboard**), press the Up/Down arrows (on screen) or . To return back to main menu press the . You can watch videos or play music from **MEDIA** or access the **BROWSER** during your workout. Clicking on other programs, workout history or settings icons on the main menu will display a prompt to ask if you wish to end your current workout.
- Use the Up/Down buttons or from the screen -/+ or keypad to adjust your speed and incline.






- Press Start/Pause button or Pause/Stop (on screen) to pause your workout.



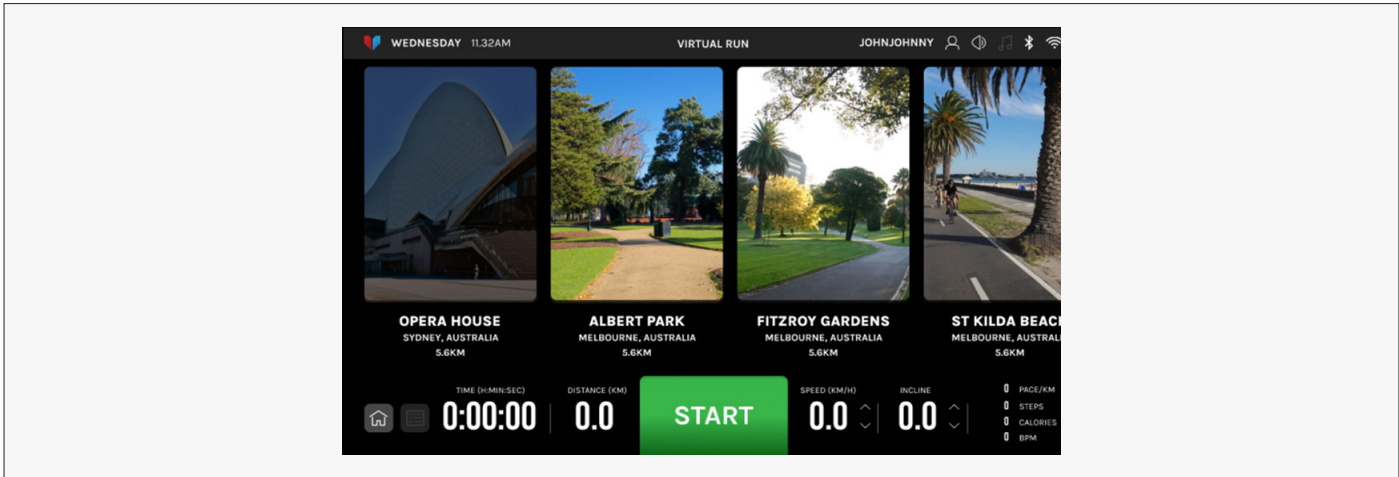
- Display will show a workout summary. You can resume work out by pressing the Start/Pause button or pressing Resume on the display. The speed and incline will continue from previous setting.
- To end workout, first PAUSE the workout then press End Workout on display (in work out summary page) or press and hold the Start/Pause button. The screen will be cleared and return to main menu.
- At any time, User can enter Cooldown mode with the following buttons  or  (Summary screen).

2. COOLDOWN MODE

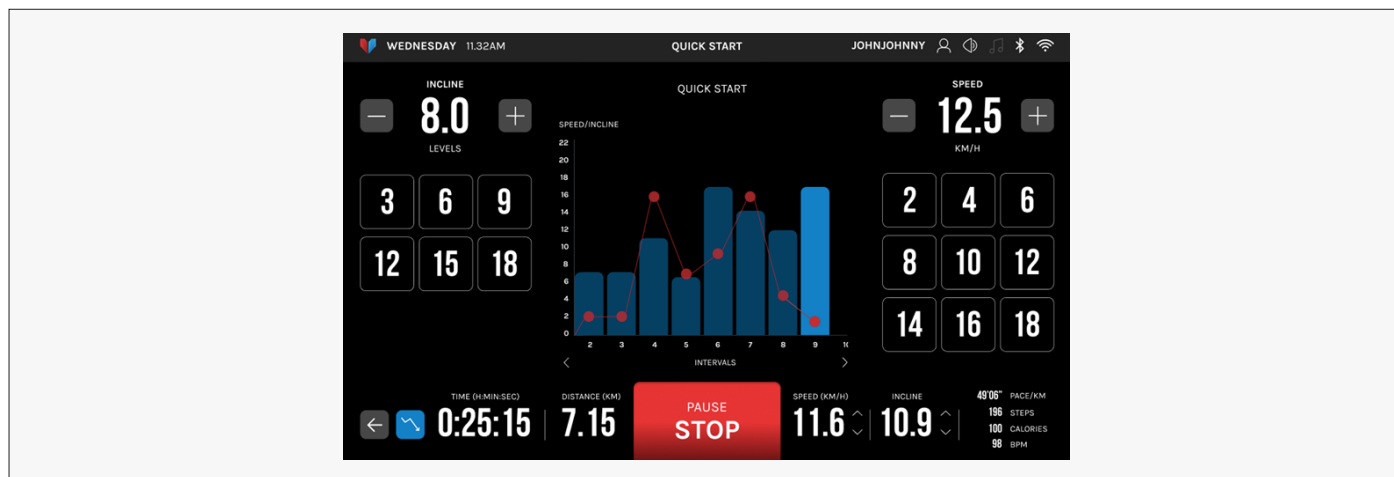
- Duration of Cooldown mode is 5 minutes.
- Default Cooldown speed is 7, 6, 5 and 4. Incline is 4, 3, 3, 0 and 0. If your current workout speed is under 7, then the starting speed for the Cooldown will begin from the initial workout speed and then follow through to the next Cooldown speed. The same applies for Incline. If User is already at the Minimum Speed and no Incline, the Cooldown will run at the current settings for 5 minutes.
- During your workout (on all programs) you can enter cooldown mode by pressing this button .
- At the work out summary page you can enter cooldown mode by pressing .
- At the end of the workout, you will see a workout summary of your initial workout and Cooldown time will be entered in. 
- To exit the screen, press the Home button or press Start to enter Quick Start.

3. VIRTUAL RUN PROGRAM

Choose from the following virtual run locations: Opera House, Albert Park, Fitzroy Gardens, St Kilda Beach, Werribee Gorge, or Yarra River Trail.



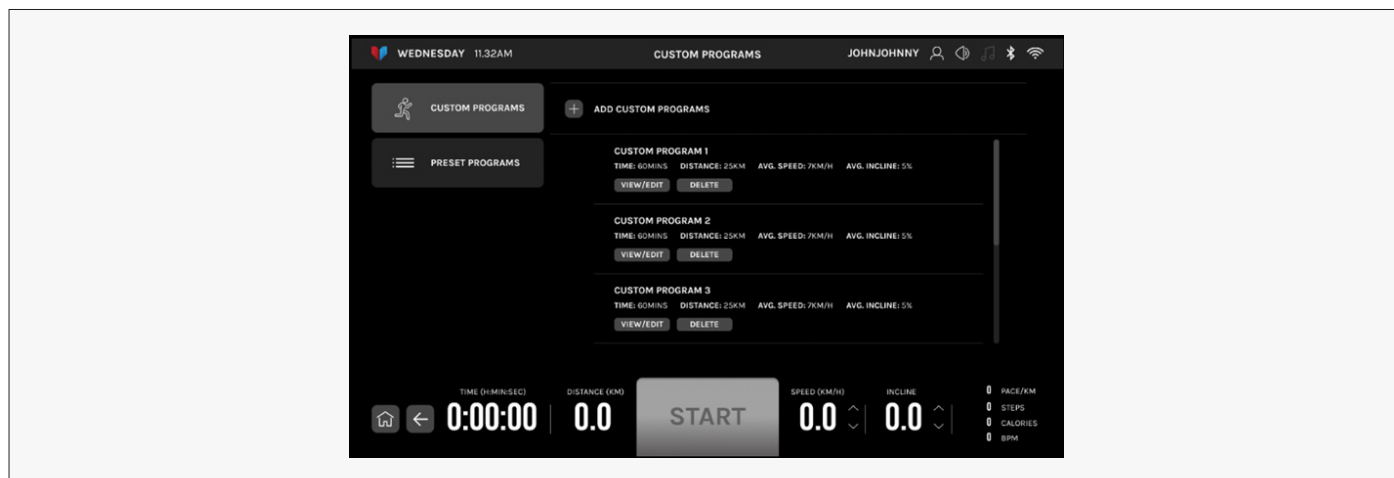
- After selecting a virtual run location, press **START** to begin the workout.
- Press ∇ to hide the running data on the console and enlarge the virtual scene, or \wedge to display it again.
- During the run, you can adjust speed and incline using the Up/Down buttons or on the screen **0.0 0.0**. Pressing the screen \wedge/∇ will change the screen to the Dashboard page. From here you can change speed/incline with the keypad or $-/+$. To return to the scenery screen press \leftarrow .



NOTE: The virtual run speed will adapt to these changes, but the virtual incline will change if there back automatically if there is incline on the virtual scene. For example: If user setting had 1 incline and the scenery comes to an area with a higher incline, the incline setting will revert to scenery incline level.

4. PROGRAMS MODE

You can choose between **Custom Programs** and **Preset Programs**.



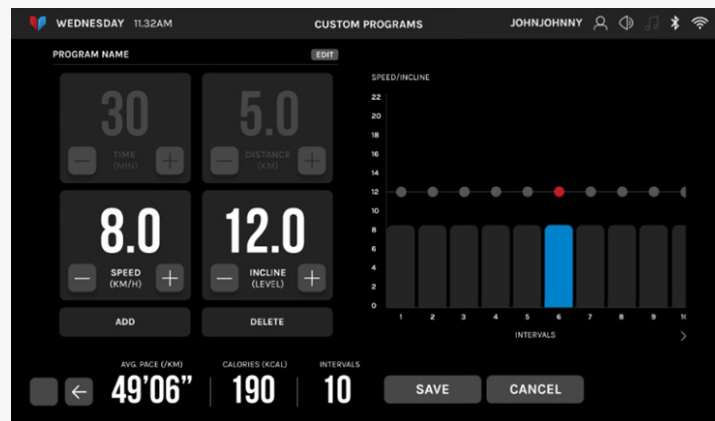
4.1. CUSTOM PROGRAMS

Set your preferred workout parameters to personalize your session.

- Maximum segment users can set is 12. Maximum speed at 20km/h and maximum incline at 18 levels.



- Press the [+] to add a custom program.
- Set the **TIME** by pressing the -/+ or press the digit to bring up the keypad. Users can set the time to maximum 100 minutes.
- To edit the segments for Speed/Incline, click on the graph bar for the 1st segment. The greyed-out Speed/Incline will change to white text, and you can edit the speed using the -/+ or the keypad.



- To add more segments, press **ADD**.
- To delete a segment, choose the segment to delete on the graph bar and press **DELETE**.
- Once you have finished your setting. Press **SAVE** or **CANCEL** (if you do not have to save).
- Press the back button to return to the Custom programs or press **START** to start the program.
- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.
- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

4.2. PRESET PROGRAMS

Choose from 24 different preset workout programs.

- On the Preset Programs screen you can view the programs by pressing **VIEW**.
- In the Preview page for the Present program, Users can edit the time for how long the program runs for. Default times are set for each program which and be viewed on the Program list screen.
- To start the program simply choose the program and press **START**.
- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.
- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

PROGRAMS CHART

PROGRAM	INTERVALS	1	2	3	4	5	6	7	8	9	10	11	12
P01 Warm Up	SPEED	4	5	6	6	7	7	7	7	6	6	5	4
	INCLINE	0	1	1	2	2	2	2	2	2	1	1	0
P02 Incline Walk (Beginner)	SPEED	3	3.5	3	3	3.5	3	3	3.5	3	3	3.5	3
	INCLINE	3	3	3	4	4	4	5	5	4	4	3	3
P03 Incline Walk (Intermediate)	SPEED	4.5	5	4.5	4.5	5	4.5	4.5	5	4.5	4.5	5	4.5
	INCLINE	3	3	3	4	5	6	7	7	8	8	3	0
P04 Incline Walk (Advanced)	SPEED	6	6.5	6	6	6.5	6	6	6.5	6	6	6.5	6
	INCLINE	5	5	5	6	7	8	9	9	10	10	5	0
P05 Incline Jog (Beginner)	SPEED	6	6.5	6	6	6.5	6	6	6.5	6	6	6.5	6
	INCLINE	3	3	3	4	4	4	5	5	4	4	3	0
P06 Incline Jog (Intermediate)	SPEED	8	8.5	8	8	8.5	8	8	8.5	8	8	8.5	8
	INCLINE	3	3	3	4	5	6	7	7	8	8	3	0
P07 Incline Jog (Advanced)	SPEED	10	10.5	10	10	10.5	10	10	10.5	10	10	10.5	10
	INCLINE	5	5	5	6	7	8	9	9	10	10	5	0
P08 HIIT Speed Only (Beginner)	SPEED	5	7	5	7	5	7	5	7	5	7	5	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P09 HIIT Speed Only (Intermediate)	SPEED	5.5	8	5.5	8	5.5	8	5.5	8	5.5	8	5.5	5.5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P10 HIIT Speed Only (Advanced)	SPEED	6	12	6	12	6	12	6	12	6	12	6	6
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P11 HIIT Speed and Incline (Beginner)	SPEED	5	7	5	7	5	7	5	7	5	7	5	5
	INCLINE	4	8	4	8	4	8	4	8	4	8	4	4
P12 HIIT Speed and Incline (Intermediate)	SPEED	5.5	8	5.5	8	5.5	8	5.5	8	5.5	8	5.5	5.5
	INCLINE	4	8	4	8	4	8	4	8	4	8	4	4
P13 HIIT Speed and Incline (Advanced)	SPEED	6	9	6	9	6	9	6	9	6	9	6	6
	INCLINE	5	9	5	9	5	9	5	9	5	9	5	5
P14 Hill Climb (Beginner)	SPEED	6	6	6	5.5	5.5	5.5	5	5	5	4	4	4
	INCLINE	0	2	4	6	7	8	9	10	11	12	13	3
P15 Hill Climb (Intermediate)	SPEED	7	7	7	6.5	6.5	6.5	6	6	6	5	5	5
	INCLINE	1	3	5	7	8	9	10	11	12	13	14	4

PROGRAM	INTERVALS	1	2	3	4	5	6	7	8	9	10	11	12
P16 Hill Climb (Advanced)	SPEED	8	8	8	7.5	7.5	7.5	7	7	7	6	6	6
	INCLINE	2	4	6	8	9	10	11	12	13	14	15	5
P17 Leg Burner	SPEED	5	5	5	6	6	6	5	5	5	6	6	6
	INCLINE	0	6	8	10	12	12	0	6	8	10	12	12
P18 Trail Walk	SPEED	5	5	4	3	3	6	6	4	3	3	4	4
	INCLINE	2	4	3	5	6	1	1	3	5	7	4	4
P19 Steep Trail Walk	SPEED	5	5	4	3	3	6	6	4	3	3	4	4
	INCLINE	7	9	8	10	11	6	6	8	10	12	9	9
P20 Energy Burst	SPEED	4	4	5	6	8	10	10	12	12	8	5	4
	INCLINE	0	2	3	3	2	2	2	2	2	2	3	0
P21 Track Sprint	SPEED	5	6	8	10	12	12	6	8	10	12	12	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0
P22 Over The Hills	SPEED	5	6	4	8	10	5	5	6	4	8	10	5
	INCLINE	5	4	6	2	0	5	5	4	6	2	0	5
P23 Fast Slow	SPEED	6	10	12	10	8	8	6	10	12	10	8	8
	INCLINE	4	0	0	0	2	2	4	0	0	0	2	2
P24 Walk In the Park	SPEED	3	3	3	4	4	5	5	4	5	5	4	3
	INCLINE	0	1	2	1	2	2	0	1	2	1	2	0

5. HEART RATE CONTROL (HRC) PROGRAMS

To use this program, Users must hold onto the pulse handlebars or wireless heart rate strap (**not included with the machine**). Frequency for Wireless strap will need to be 5.3khz to connect with display.

Choose from four different heart rate programs:

CONSTANT HEART RATE CONTROL WITH SPEED CONTROL

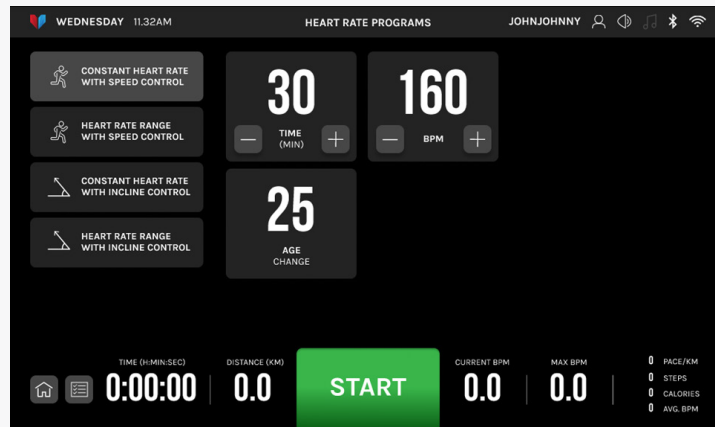
CONSTANT HEART RATE CONTROL WITH INCLINE CONTROL

- Speed/Incline is controlled by BPM setting.
- Maximum Incline 18 levels and Speed 20km/h.

HEART RATE RANGE WITH SPEED CONTROL

HEART RATE RANGE WITH INCLINE CONTROL

- Speed/Incline is controlled by Min-Max BPM setting.
- Maximum Incline 18 levels and Speed 20km/h.



5.1. USING THE CONTANT HEART RANGE CONTROL WITH SPEED/INCLINE

- Set your preferred TIME and BPM, and your AGE for exercise. Maximum BPM is 180.
- Press START to begin.
- User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline 1, 2, and 3.
- After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting.
- Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.

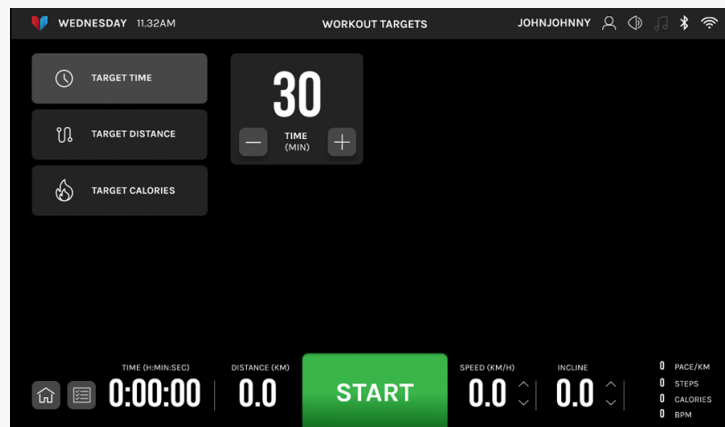
5.2. USING THE HEART RATE RANGE WITH SPEED/INCLINE

- Set your preferred TIME and Min. BPM/BPM (Max), and your AGE for exercise. Maximum BPM is 180.
- Press START to begin.
- User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline automatically set at 1, 2, and 3.
- After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting range.
- Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.

6. WORKOUT TARGETS



Choose from the following workout targets: Target Time, Target Distance and Target Calories.

- Exercise workout will count down from set TIME/ DISTANCE (KM)/ CALORIES. Users can manually adjust Speed/Incline via display icons or Up/Down buttons. At any time during the workout, users can enter Cooldown mode or via the work out summary page using the Cooldown icons.
- Users can set Maximum as 100 minutes for TIME, 100km for Distance and 1000 Calories.




7. BROWSER

Browser allows access to entertainment via Browser or APP. Requires Wi-Fi to be connected and your own subscription login to the following APPS: Netflix, Binge, Prime Video, Kayo and Spotify.

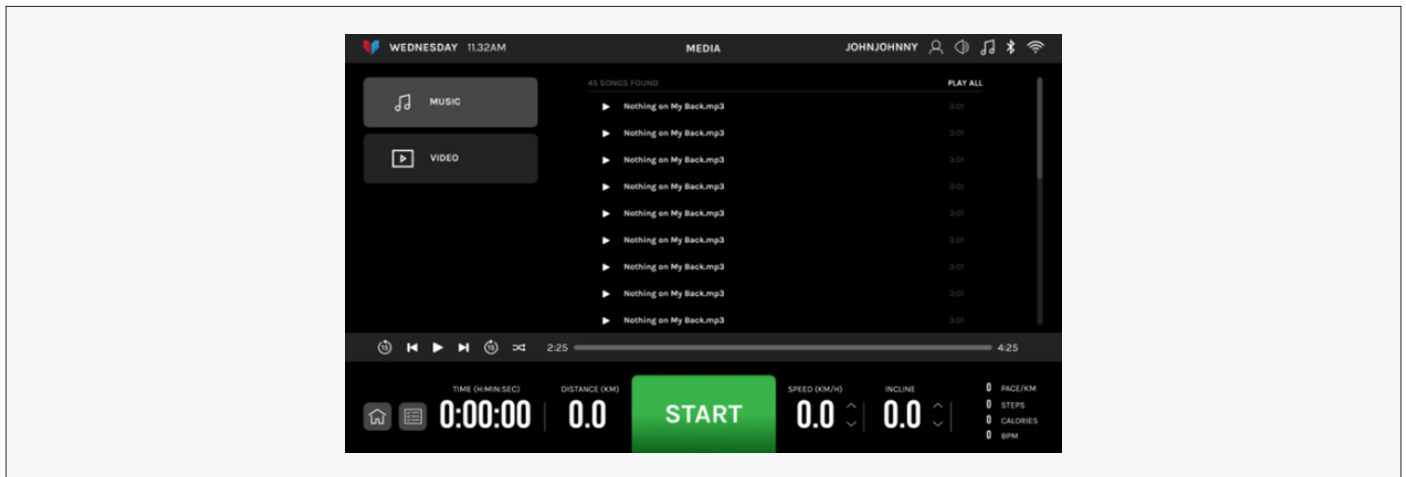
User can make the browser full screen by pressing the  icon to hide the bottom control icons. Press  to make them reappear.

Videos on Web Browser

When a video is played on website browser, a volume icon  will appear on the bottom right corner for volume adjustments of the video.


8. MEDIA



Plug your USB flash drive to the USB Slot. Playback only supports music (MP3), and video playback (MP4) saved on USB flash drive. Insertion of any other device to this port may cause error to the display.







Music (USB)

Users can select the music by tapping on the name.

The following controls for the music bar (from left to right) are Rewind 15 seconds, Back to previous song, Pause/Play, Skip to next music, Fast forward 15 seconds and Shuffle. 

- After the first song is finished it will play the next song. When Shuffle is chosen the music will play at random order.
- Press the same icon and it will change to . This icon will loop repeat the same music.
- Press the same icon again and it will change to . This icon will play your music in the order of the file. The cycle will repeat back to Shuffle, Repeat and In Order icon.

Video (USB)

- When playing a video, you can go to full screen mode by pressing the square icon. The bottom control icon will disappear.
- To bring up the bottom control icons press the . The video control icons (Skip, Pause, Fullscreen etc.) won't be visible until you tap on the video.
- At any time during workout, you can go to the workout dashboard using the following icons:  or  (press the  while the video is playing. To return to the video screen press the back arrow icon.
- Pressing the back arrow in the video screen will end the video.

9. WORKOUT HISTORY

- Displays previously used workout programs.
- Users can quickly start previously used work out program.

NOTE: Quick start programs are not saved for the setting of Speed/Incline. Please use Custom Programs if you wish to have a user program made.

10. SETTINGS

1. **User Settings:** Add user profile name, age, weight, gender and height. To delete user profile, press the "...".
2. **Connectivity:**
 - **USB:** Plug in your USB and this will automatically show the files in MEDIA.
 - **Bluetooth:** Turns on/off Bluetooth setting. Ensure to have your device Bluetooth turned on then pair with the treadmill display.
3. **Wi-Fi Settings:** Turns On/Off Wi-Fi. Choose your Wi-Fi and enter Wi-Fi Password. To disconnect click on the Wi-Fi then "Forget".
4. **System Settings:**
 - **Time and Date:** Sets time and date.
 - **Screen Settings:** Changes brightness of the screen.
 - **Third Party App Data Reset:** Clears app Data and Cache.
 - **System Reset:** Resets the system to initial factory settings.
 - **About:** Shows current system version.
5. **Updates:** Updates display software.

NOTE: During update you will not be able to use or turn off treadmill until update is completed. Once the update is completed, turn off the power switch and turn it back on.

11. START//STOP

Press this button to start, pause or stop the machine.

SAFETY KEY FUNCTION

Clip the safety key to your clothing. If you are going too fast, pull the cord and the safety stop will activate. A warning prompt will be displayed. To remove the prompt, press the safety key again and your display will resume to normal operation.

LUBRICATION REMINDER FEATURE

This machine has a lubrication reminder function. After every total running distance of 300km, your treadmill needs to be maintained with oil. The system will have a reminder prompt on the display to perform lubrication to the belt.

PULSE SENSOR HANDLEBARS

When holding the hand pulse sensor with two hands, the pulse window will show your heart rate after 5 seconds.

To get the heartrate more correct, please test when the machine is stopped, and holding the hand pulse more than 30 seconds. The pulse sensors are not 100% accurate and is not to be used as a medical device.

POWER SAVING FEATURE

The machine includes an energy-saving function. When in standby mode, if no operation is detected for 10 minutes, the power-saving mode will activate, and the display will turn off. To reactivate the display, simply press any button.

POWER ON (I) AND POWER OFF (O)

Users can turn the power off from the back switch. We recommend switching it off if it is not being used for a while. This will help prolong the control board's life.

ⓘ CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

V. EXERCISE GUIDE

! PLEASE NOTE:

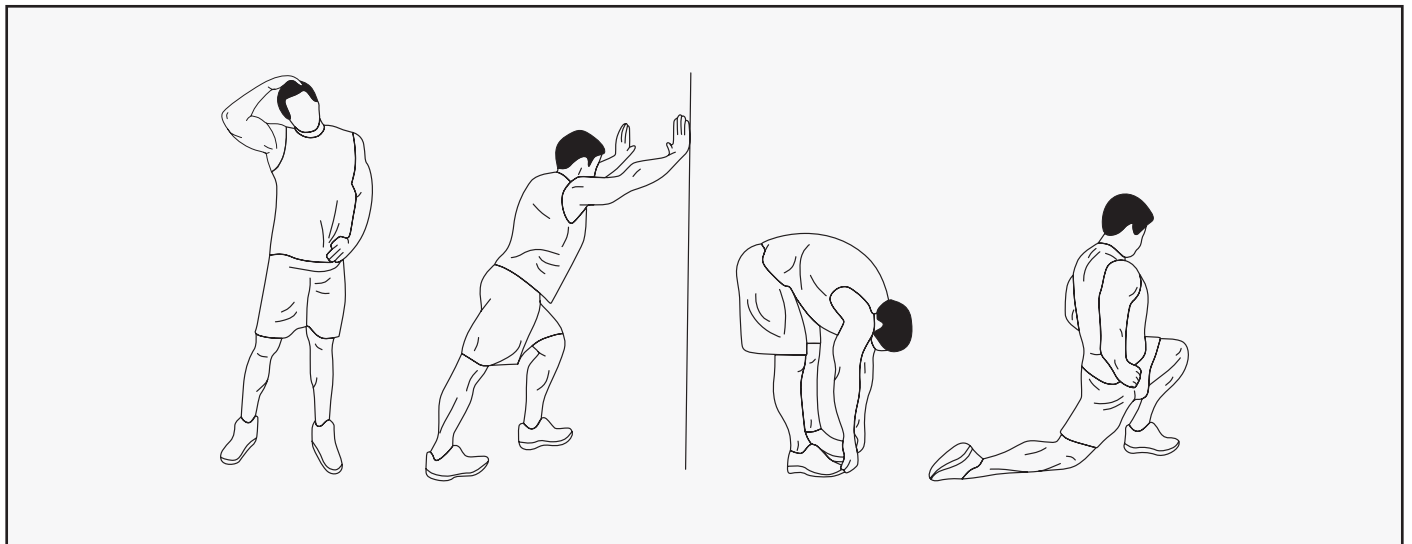
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

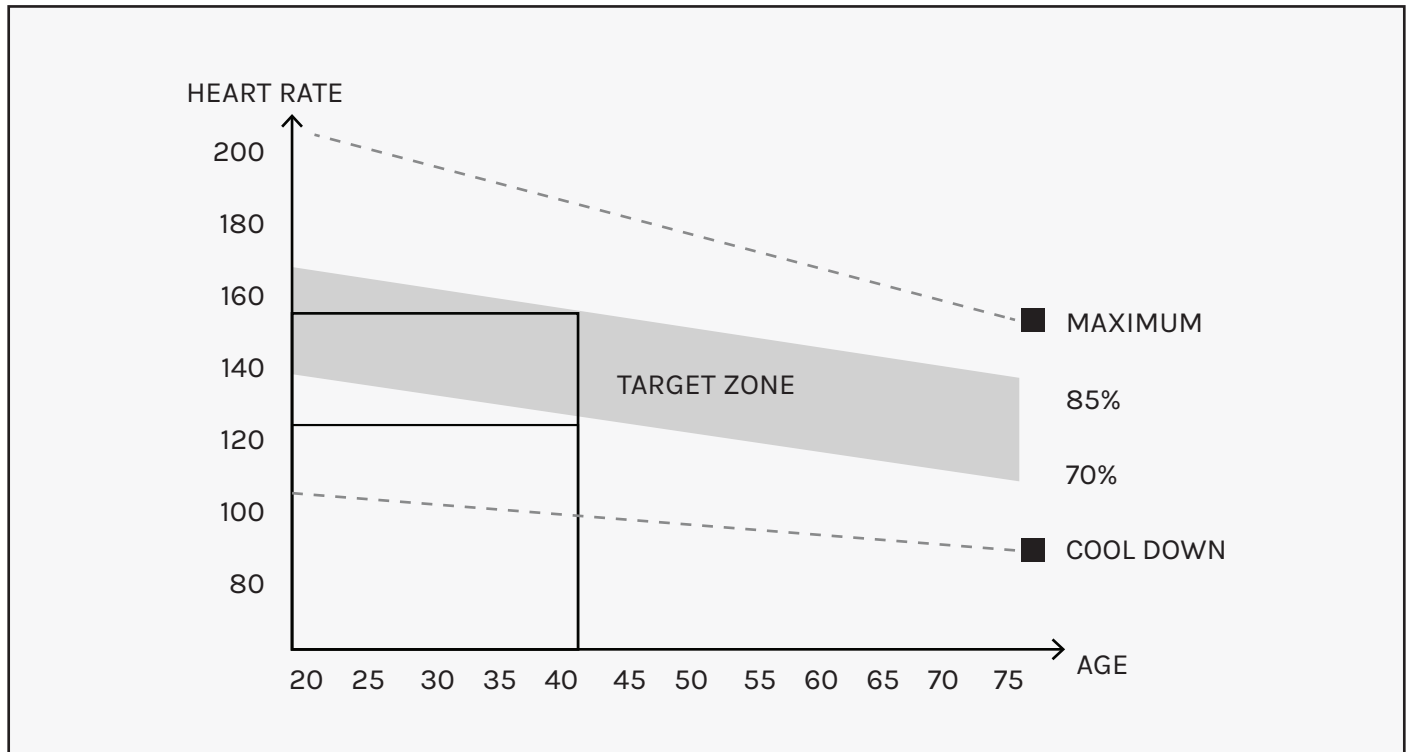
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

VI. MAINTENANCE INSTRUCTIONS

WARNING:

Always unplug the electric treadmill before cleaning or performing any maintenance.

CLEANING

- Regular and thorough cleaning will help extend the life of your treadmill.
 - Dust removal is crucial for keeping components clean. Regularly sweep the exposed areas on both sides of the running belt to prevent debris buildup underneath the belt.
 - Ensure your shoes are clean to avoid carrying foreign objects onto the running board and belt, which can cause wear.
 - Clean the surface of the running belt using a damp cloth with mild soap. Be careful not to splash water on electrical components or underneath the running belt.
-

WARNING:

Always unplug the treadmill before removing the motor protective cover. Clean and vacuum the motor area at least once a year.

ADJUSTING THE RUNNING BELT

1. PREPARATION

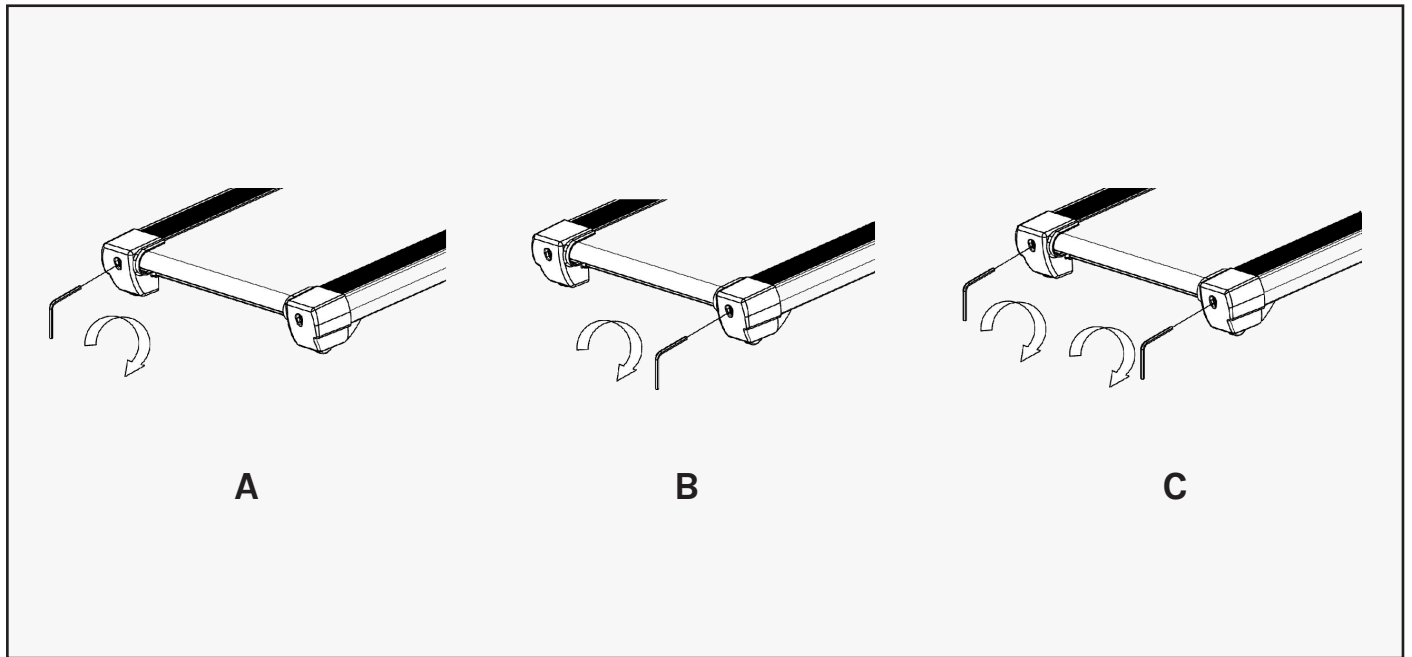
- Place the treadmill on a level surface.
- Set the treadmill speed to approximately 6-8 km/h and observe the alignment of the running belt.

2. ADJUSTING BELT DEVIATION

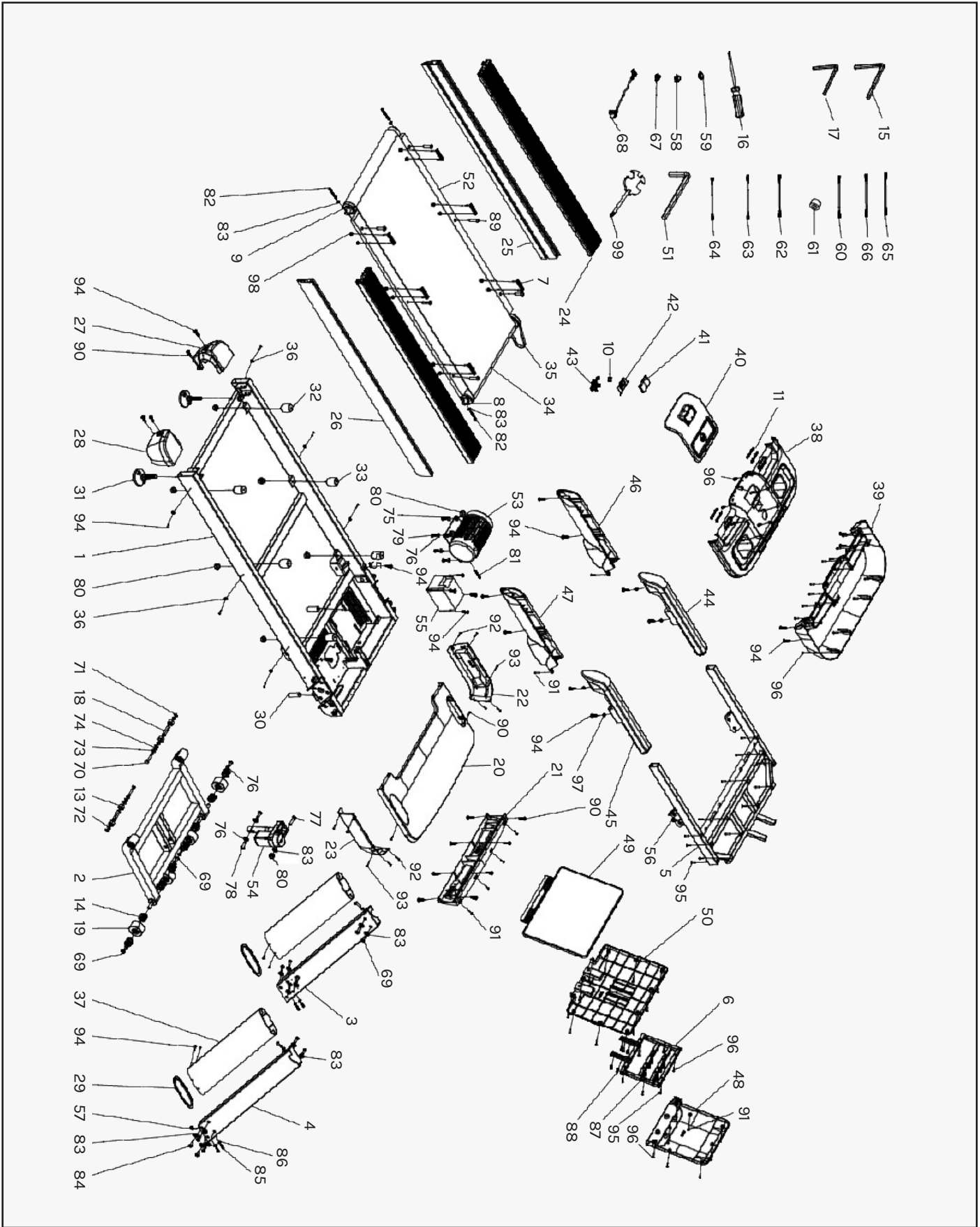
- **If the running belt is biased to the right:**
 1. Unplug the safety lock and power switch.
 2. Turn the adjustment bolt on the right side clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, then run the treadmill and observe the belt alignment.
 4. Repeat this process until the running belt is centered (**Figure A**).
- **If the running belt is biased to the left:**
 1. Unplug the safety lock and power switch.
 2. Turn the adjustment bolt on the left side clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, then run the treadmill and observe the belt alignment.
 4. Repeat this process until the running belt is centred (**Figure B**).

3. ADJUSTING BELT TENSION

- After making the above adjustments or after using the treadmill for a while, the running belt may become loose and require tightening.
 1. Unplug the safety lock and power switch.
 2. Simultaneously turn both the left and right adjustment bolts clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, run the treadmill, and stand on the belt to check the tension.
 4. Repeat these steps until the running belt reaches a moderate tension level (**Figure C**).



VII. EXPLODED DIAGRAM



VIII. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame		1	32	Cushion	φ50 * 75 * M10 hard- ness 70	4
2	Incline Bracket		1	33	Cushion	φ50 * 75 * M10 hard- ness 40	2
3	Left Upright Tube		1	34	Running Belt		1
4	Right Upright Tube		1	35	Motor Belt		1
5	Computer Bracket		1	36	Side Rail Buckle		6
6	Panel Assembly		1	37	Upright Sleeve		2
7	Side Rail Fixing Plate Assembly		6	38	Computer Top Cover		1
8	Front Roller		1	39	Computer Bottom Cover		1
9	Rear Roller		1	40	Key Plate		1
10	Safety Key Compression Spring		2	41	Safety Key Cover		1
11	Hand Pulse Metal Plate		4	42	Safety Key Wrap Point Plate		1
12	Locating Plate		4	43	Safety Key Seat		1
13	Bearing	6004Z	4	44	Left Foam Armrest		1
14	Bearing	6203	8	45	Right Foam Armrest		1
15	#6 Allen Wrench	80*80	1	46	Left Armrest Lower Cover		1
16	Phillips Screwdriver		1	47	Right Armrest Lower Cover		1
17	Phillips Screwdriver	80*80	1	48	Panel Rear Cover		1
18	Incline Shaft		1	49	Panel Top Cover		1
19	Moving Wheel		4	50	Panel Lower Cover		1
20	Motor Up Cover		1	51	#6 Allen Wrench	30*80	1
21	Motor Front Cover		1	52	Running Board		1
22	Left Frame Cover		1	53	AC Motor		1
23	Right Frame Cover		1	54	Incline Motor		1
24	Side Rail		2	55	Transducer		1
25	Left Side Rail		1	56	Computer Up Wire		1
26	Right Side Rail		1	57	Computer Bottom Wire		1
27	Left End Cap		1	58	Power Switch		1
28	Right End Cap		1	59	Overload Protector		1
29	Upright Trim Strip		2				
30	Limit Cushion		2				
31	Supporting Leg		2				

No.	Description	Specs	Qty
60	AC Single Wire		1
61	Magnetic Ring		1
62	Blue Single Wire		1
63	Single Wire		1
64	Brown Single Wire		1
65	Single Wire 1		1
66	Ground Wire		1
67	Power Wire Socket		1
68	Power Wire		1
69	Bolt	M10*20	1
70	Bolt	M12*95	2
71	C-buckle	φ20*1T	4
72	Wave Washer	φ20 * 0.5T	4
73	Spring Washer	12	2
74	Flat Washer C	12	2
75	Flat Washer C	10	8
76	Spring Washer	10	6
77	Bolt	M10*42	1
78	Bolt	M10*35	2
79	Bolt	M10*42	4
80	Lock Nut	M10	10

No.	Description	Specs	Qty
81	Bolt	M10*75	1
82	Bolt	M10*65	3
83	Lock Nut	10	18
84	Bolt	M10*50	8
85	Bolt	M8*20	4
86	Lock Nut	8	4
87	Bolt	M6*30	8
88	Bolt	M8*12	4
89	Bolt	M10*35	8
90	Screw	4.2*19	12
91	Screw	4.2*15	11
92	Screw	4.2*12	6
93	Screw	4.2*15	4
94	Screw	4.2*19	32
95	Screw	4.2*15	18
96	Screw	4.2*13	38
97	Lock Nut	M6	4
98	Lock Nut	M4	12
99	Wrench w/Screwdriver	S=13, 14, 15	1

IX. TROUBLE SHOOTING GUIDE

Error Code	Reason	Suggestion Solution
E01	Low Voltage Trip During Operation	<ol style="list-style-type: none">1. Power off the treadmill for 1 minute and restart.2. Check the power plug, socket, and switch connections to ensure they are not loose.3. Verify if the power supply voltage is too low.4. If the issue persists, please contact customer service.
E02	Temperature Sensor Abnormal	<ol style="list-style-type: none">1. Power off the treadmill for 1 minute and restart.2. Check if the NTC plug connection on the transducer is loose.3. If the problem cannot be resolved, please contact customer support for maintenance.
E04	Output Overcurrent	<ol style="list-style-type: none">1. Power off the treadmill for 5 minutes and restart.2. Check if the load is too heavy.3. Inspect the transmission mechanism for any abnormalities.4. If the issue persists, please contact customer service.
E06	Transducer Overvoltage	<ol style="list-style-type: none">1. Confirm if the power supply voltage is within the normal range.2. Power off the treadmill for 1 minute and restart. If the issue cannot be resolved, please contact customer service.
E07	Communication Timeout	<ol style="list-style-type: none">1. Check if the connection line between the transducer and the upper control meter is broken.2. Replace the transducer or inspect the panel.
E08	Landing Anomaly	<ol style="list-style-type: none">1. Power off the treadmill for 1 minute and restart.2. Ensure that the motor and motor wires are well insulated.3. Confirm that the load is within the design range and inspect the transmission mechanism for abnormalities.4. If the problem cannot be resolved, please contact customer service.
E09	Transducer Overheating	<ol style="list-style-type: none">1. Improve ventilation around the equipment and clean the frequency converter heat sink.2. Replace the transducer cooling fan (if the transducer temperature reaches 50°C).3. If the issue persists, please contact customer service.

Error Code	Reason	Suggestion Solution
E0B	Transducer Overload	<ol style="list-style-type: none"> 1. Verify if the load is too heavy. 2. Inspect the transmission mechanism for any abnormalities.
E0D	Motor Disconnect Detected	<ol style="list-style-type: none"> 1. Check the connections and joints of the motor and transducer to ensure they are not loose. 2. Verify that the motor is properly connected.
E22	EEPROM Fault	<ol style="list-style-type: none"> 1. Power off the treadmill for 2 minutes, then restart. If the treadmill does not start, replace the transducer.
E23	Low Voltage Display	<ol style="list-style-type: none"> 1. Check if the input power supply voltage of the inverter is normal. 2. Inspect the power socket and plug connection to ensure they are not loose.
E25	Emergency Stop	<ol style="list-style-type: none"> 1. Check if the emergency switch is loose or disconnected. 2. Inspect the connection line from the panel to the transducer for any loose connections.

X. 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



XI. 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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