



Enduro CR Commercial Treadmill

USER MANUAL



Find the
Digital Manual
Online



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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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.

- 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.

- 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

WARNING!

This treadmill requires the right power source in order 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.

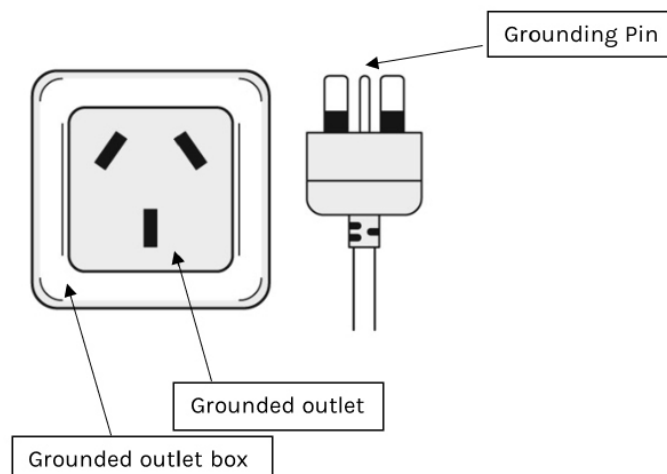
This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

DANGER

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician 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 an electrician.

WARNING!

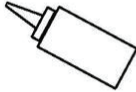
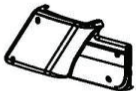
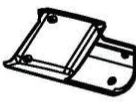
1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover 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

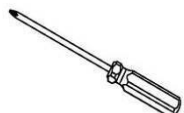
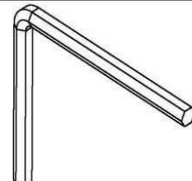
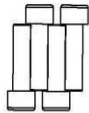
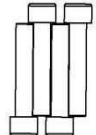
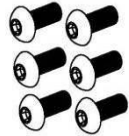
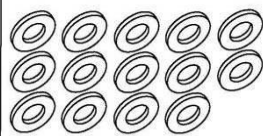
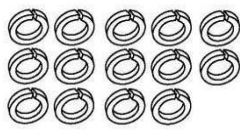
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching 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.
- This unit starts with at a very low speed. It is recommended to stand on the side rails and only step on the treadmill as it is moving on a slow speed. This will prolong the life of your motor and run the belt smoothly.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving at high speeds.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Removing the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Replace any defective components immediately. The machine must be kept out of use until repaired.
- Belt wear-in period: all treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not completely go away. The belt will stretch over time, causing it to ride smoother over the rollers.

IV. ASSEMBLY INSTRUCTIONS

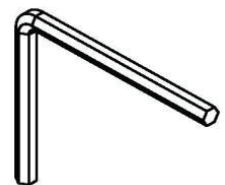
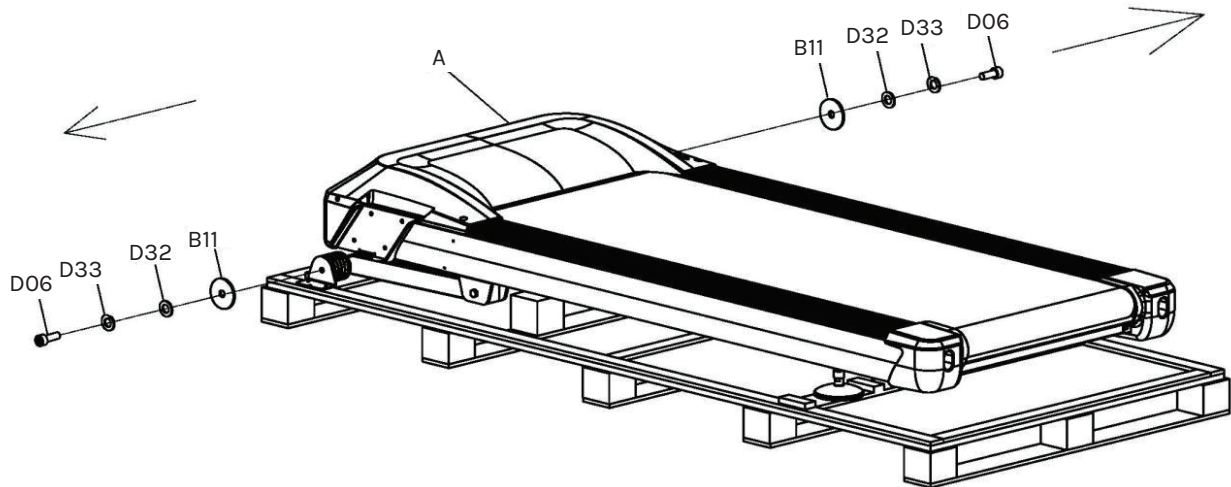
 A	 B	 C	 A06
 A07	 C05	 C06	 E09

PARTS LIST

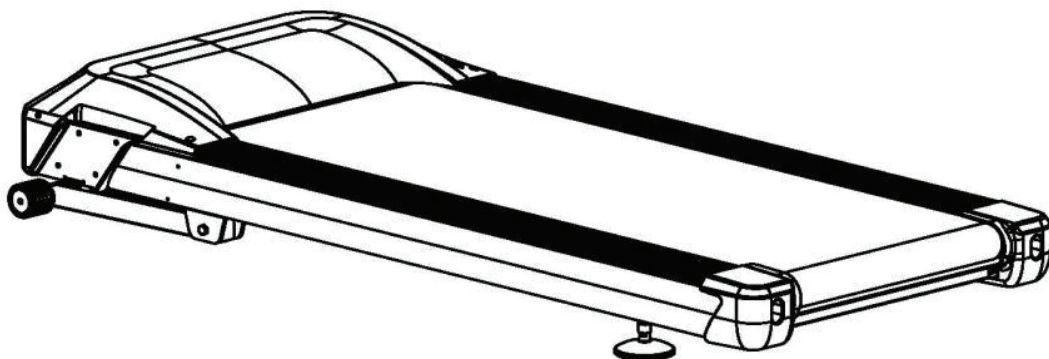
No.	Description	Qty	No.	Description	Qty
A	Main Frame	1	A07	Right Upright Tube	1
B	Console Base	1	C05	Left Bottom Cover	1
C	Lubrication Oil	1	C06	Right Bottom Cover	1
A06	Left Upright Tube	1	E09	Power Wire	1

B04 6# (1X)	B05 8# (1X)	B06 S5-S6(1X)	D22 M5*12(8X)	D11 M10*35(4X)
				
D12 M10*45(4X)	D08 M10*15(6X)	D32 Ø10 (x14)	D33 Ø10 (x14)	B10 19# (1x)
				

Important: The treadmill is heavy. Use assistance when removing it from the pallet and take care to avoid placing hands or feet underneath the frame.

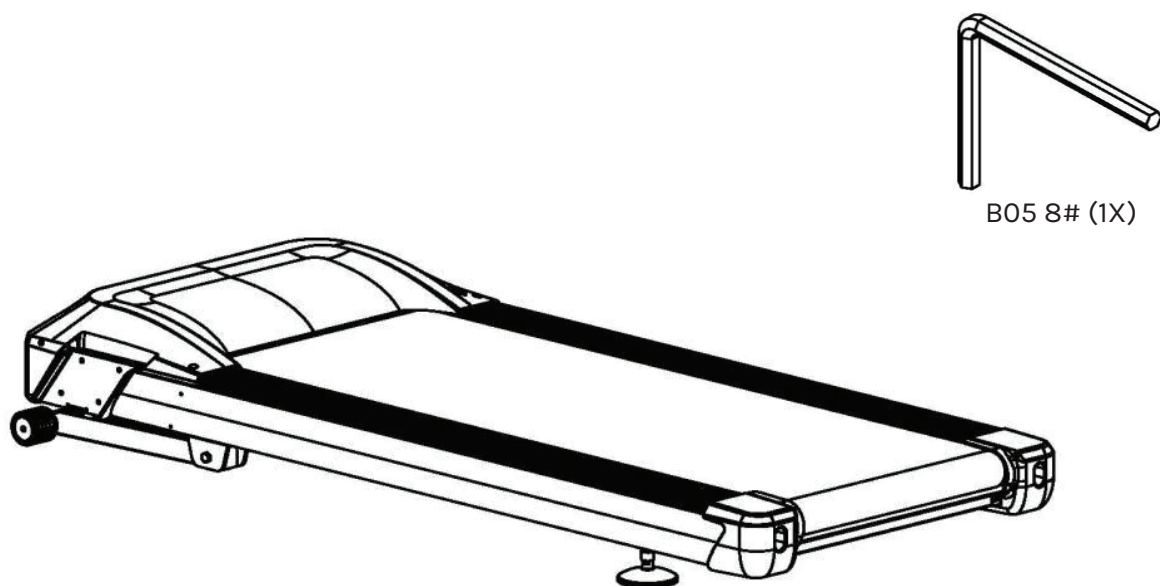
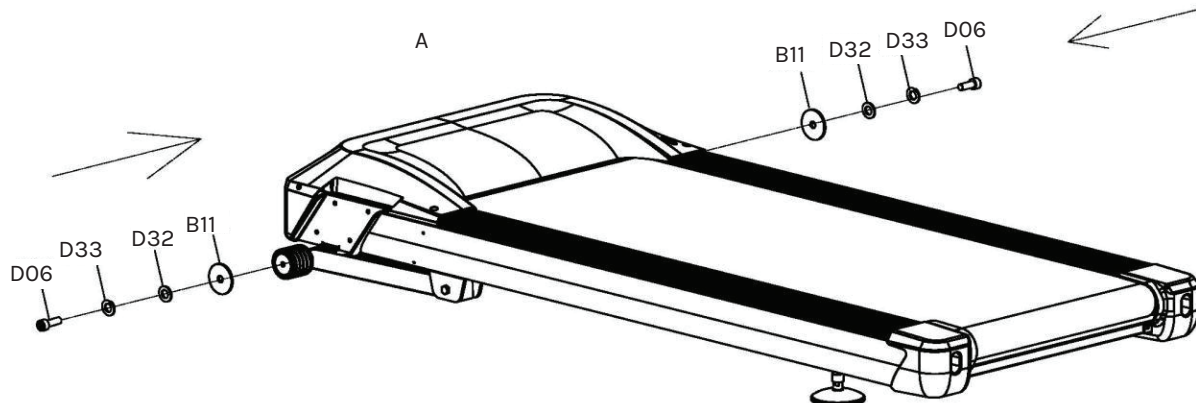


B05 8# (1X)



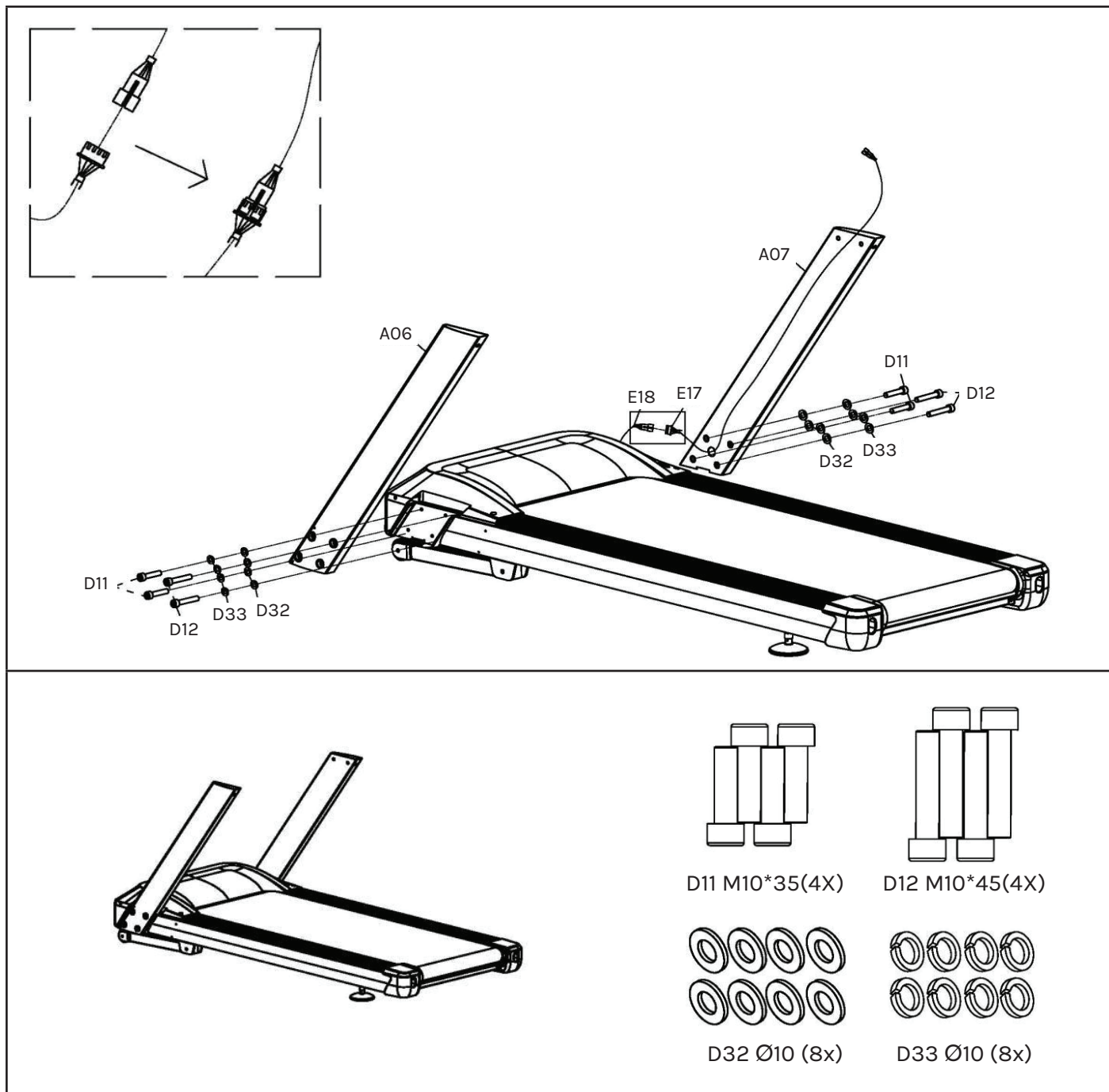
STEP 1

1. With the Main Frame (A) still positioned on the shipping pallet, use the 8# Allen Wrench (B05) to remove the fixing hardware from both sides of the treadmill.
2. Remove 2 Bolts (D06) together with the Spring Washers (D33), Flat Washers (D32) and Big Washers (B11).
3. Keep all removed hardware nearby, as it will be reinstalled in Step B-2.
4. With assistance, carefully lift the Main Frame (A) from the shipping pallet and place it on a flat, level surface.



STEP 2

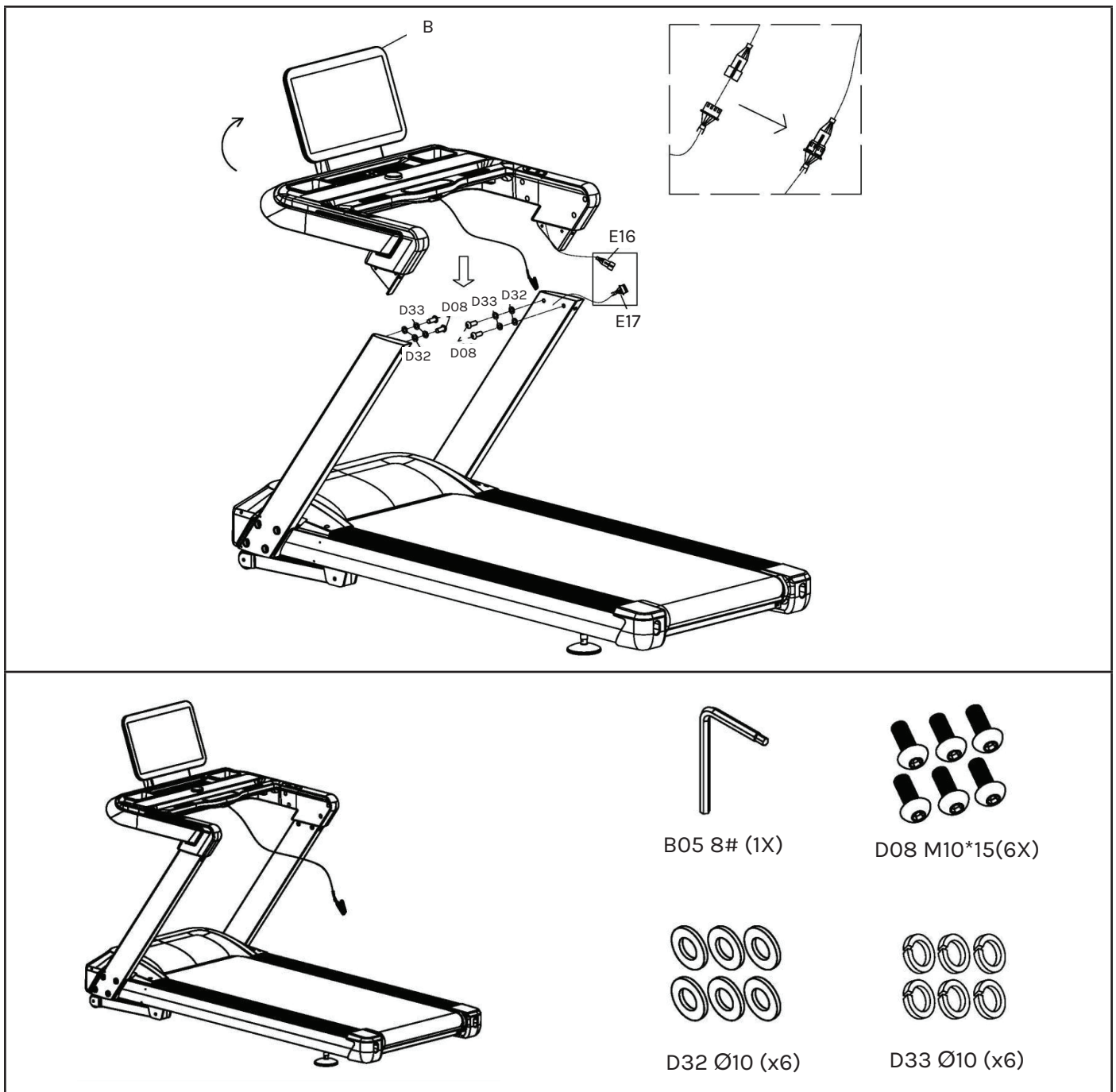
1. Once the Main Frame (A) has been removed from the shipping pallet, reinstall the hardware removed in Step 1 on both sides of the treadmill.
2. On each side, install the hardware in the following order:
 - Big Washer (B11)
 - Flat Washer (D32)
 - Spring Washer (D33)
 - Bolt (D06)
3. Tighten both bolts securely using the 8# Allen Wrench (B05).



STEP 3

1. Position the Left Upright Tube (A06) and Right Upright Tube (A07) onto the mounting points on the Main Frame.
2. Before securing the Right Upright Tube (A07), connect the Lower Control Connection Line (E18) to the Console Bottom Signal Wire (E17) as shown.
3. Carefully guide the signal wire through the Right Upright Tube (A07), ensuring the upper connector remains accessible for the next assembly step.
4. Secure both Upright Tubes to the Main Frame using:
 - 4 x M10 x 35 Bolts (D11)
 - 4 x M10 x 45 Bolts (D12)
 - 8 x Flat Washers (D32)
 - 8 x Spring Washers (D33)
5. Install the bolts in the positions shown in the diagram and tighten securely.

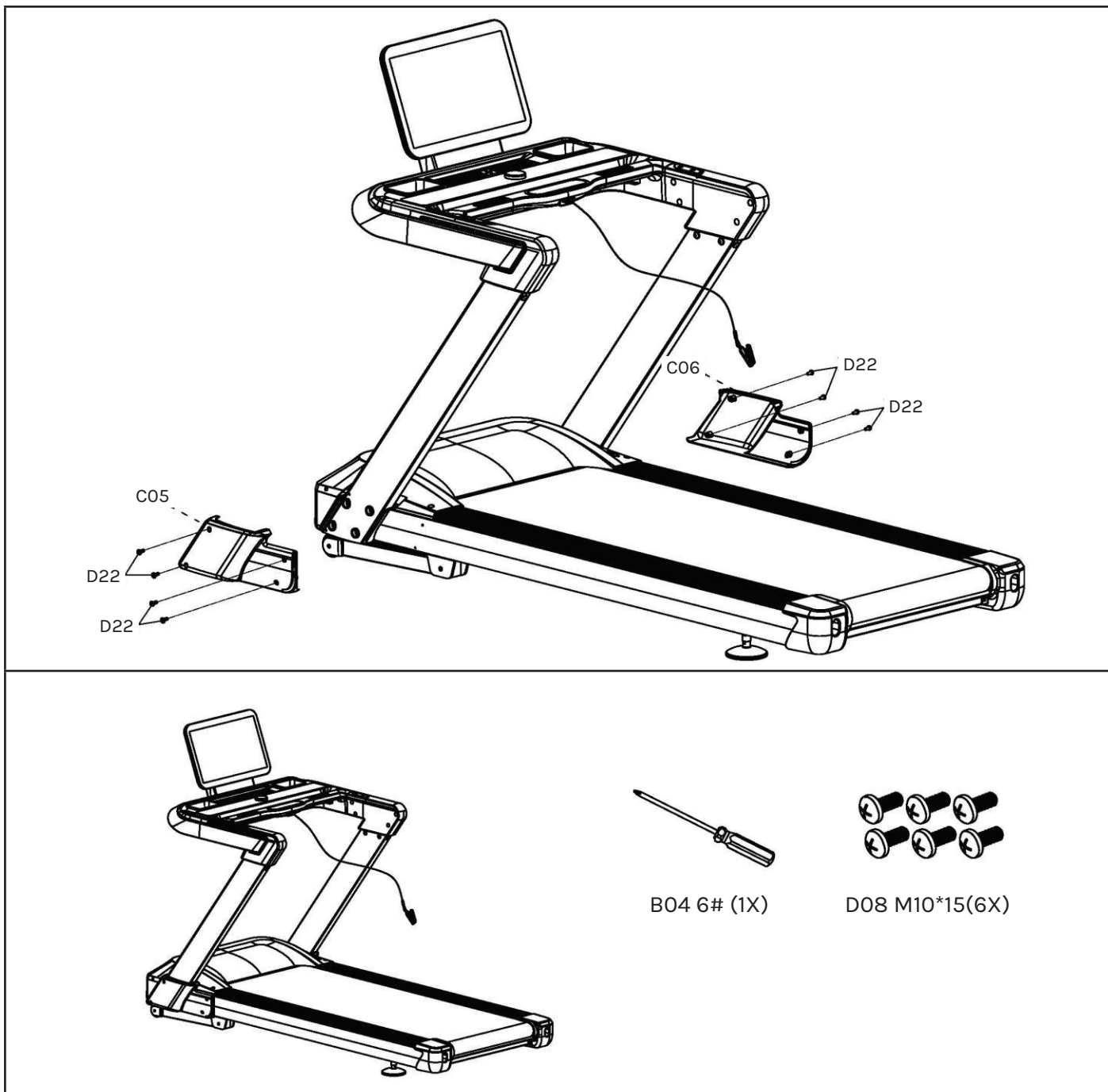
CAUTION: Ensure the signal wires are completely inside the frame and are not pinched, crushed or damaged while installing the Right Upright Tube



STEP 4

1. With assistance, position the Console Base (B) above the Left and Right Upright Tubes.
2. Connect the Console Middle Signal Wire (E16) to the Console Bottom Signal Wire (E17).
3. Carefully place the connected wires inside the Right Upright Tube. Do not allow the cables to become trapped between the Console Base and Upright Tube.
4. Lower the Console Base (B) onto the Upright Tubes and align the mounting holes.
5. Secure the Console Base using:
 - 6 x M10 x 15 Bolts (D08)
 - 6 x Flat Washers (D32)
 - 6 x Spring Washers (D33)
6. Tighten the bolts securely using the Allen Wrench (B06).
7. Rotate the display upward into its operating position as shown.

CAUTION: Before tightening the Console Base, check that all cables are safely inside the frame and are not pinched between any metal components.

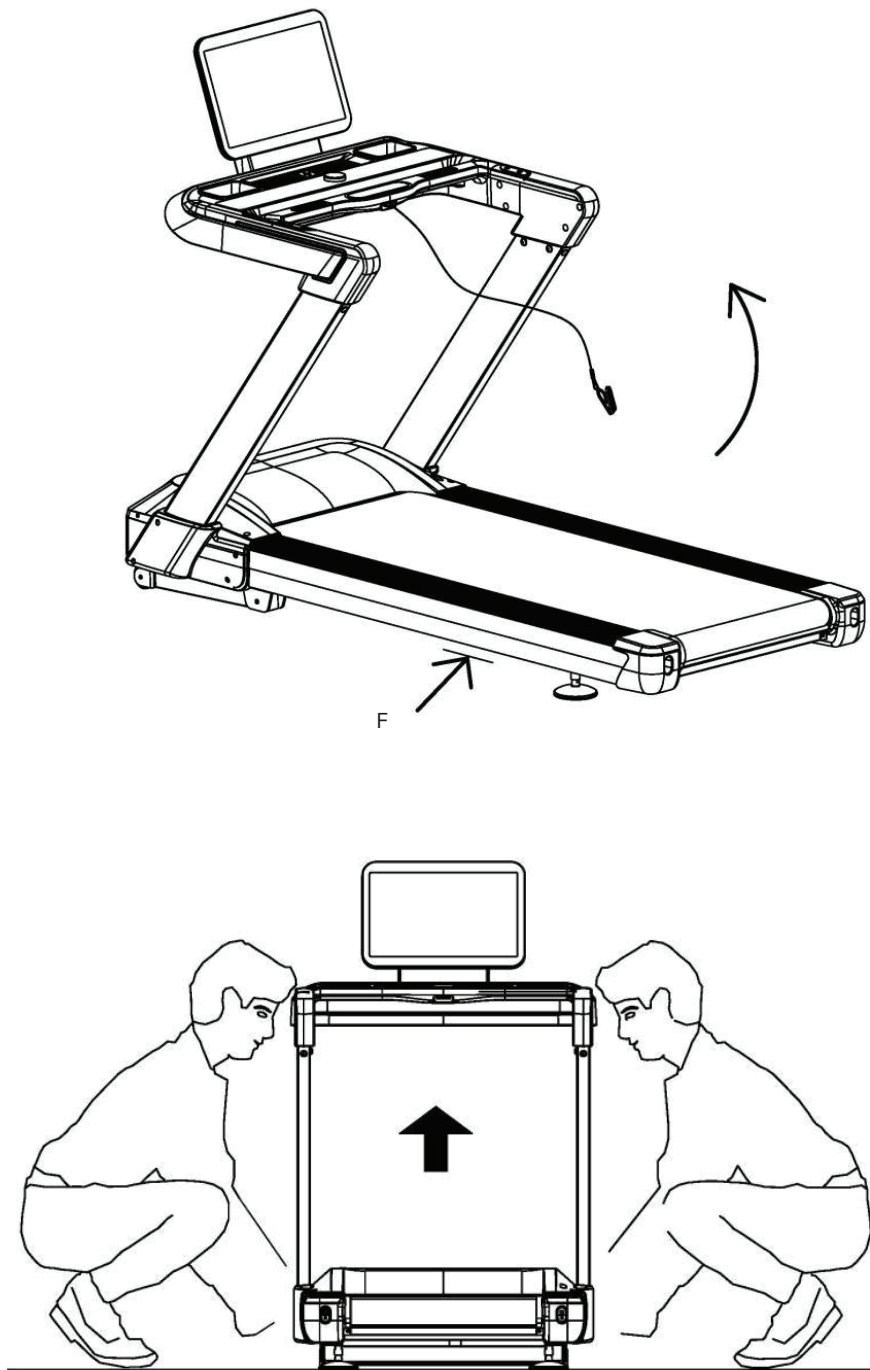


STEP 5

1. Position the Left Upright Tube Cover (C05) over the base of the Left Upright Tube.
2. Secure the cover using 4 x M5 x 12 Bolts (D22).
3. Position the Right Upright Tube Cover (C06) over the base of the Right Upright Tube.
4. Secure the cover using the remaining 4 x M5 x 12 Bolts (D22).
5. Tighten all six bolts using the Cross Screwdriver (B04).
6. Check that both covers sit correctly against the frame and that no cables are trapped underneath them.
7. Plug the power cord (E09) to the bottom front of the machine. We recommend plugging directly to a wall power point and not on a shared power board.

FINAL CHECK: Before using the treadmill, check that all assembly bolts and screws are securely tightened and that all electrical connections are fully connected.

V. MOVING INSTRUCTION



Warning: Before moving the treadmill disconnect the power cord and have 2 people to assist with the move. Clear your area before moving the treadmill.

Lift the treadmill so that the transportation wheels at the front are touching is touching ground, wheel this to the new area and re-plug the power cord.

VI. OPERATION GUIDE



BUTTON FUNCTIONS:

- 1. INCLINE -3 / 6 / 9 / 12:** Press one of the preset incline buttons to quickly select the corresponding incline level. To customise a preset incline value:
 - In standby mode, press and hold the preset button you wish to change for approximately 3 seconds until the value flashes.
 - Press INCLINE + / - to adjust the value. 8
 - Press the same preset button again to save the new setting.
- 2. PROG. (P):** Press to cycle through the 7 built-in programs (P01-P07), 4 user programs (U1-U4) and Body Fat Test.
- 3. MODE (M):** Press to select a workout target for Time, Distance or Calories.
- 4. INSTANT SPEED -3/6/9/12:** Press one of the preset speed buttons to quickly select the corresponding speed. To customise a preset speed value:
 - In standby mode, press and hold the preset button you wish to change for approximately 3 seconds until the value flashes.
 - Press SPEED + / - to adjust the value.
 - Press the same preset button again to save the new setting.

5. **INCLINE ^** : Press to increase the incline level.
6. **INCLINE v** : Press to decrease the incline level.
7. **START**: Press to start the treadmill.
8. **PAUSE**: Press to pause the treadmill while retaining the current workout data.
9. **STOP**: Press to stop the treadmill.
10. **SPEED +** : Press to increase running speed.
11. **SPEED -** : Press to decrease running speed.

SMART ADJUSTMENT KNOB

The Smart Adjustment Knob can be used to start, pause and stop the treadmill, as well as adjust the speed and incline.

1. **Standby Mode**: Press the knob to start the treadmill.
2. **Running Mode**: Short press the knob to switch between speed and incline adjustment. Turn the knob to increase or decrease the selected setting.
3. **Pause**: Press and hold the knob to pause the treadmill. Current workout data will be retained.
4. **Resume**: While paused, short press the knob to resume the workout. Workout data will continue from where it was paused.
5. **Stop**: While paused, press and hold the knob to stop the treadmill.

MEDIA HUB (OPTIONAL)

1. **USB INPUT**: Connect a compatible USB device to the USB port for charging.
2. **WIRELESS CHARGING**: Place a compatible smartphone on the wireless charging area to begin charging.

COMPUTER FUNCTIONS

1. **TIME/DISTANCE**: Displays the elapsed workout time and total distance travelled.
2. **INCLINE**: Displays the current incline level. Adjust the incline using:
 - INCLINE + / -
 - Instant Incline buttons
 - Smart Adjustment Knob
3. **SPEED**: Displays the current running speed. Adjust the speed using:
 - SPEED + / -
 - Instant Speed buttons 9
 - Smart Adjustment Knob
4. **CALORIES**: Displays the estimated calories burned during the workout.
5. **PULSE**: Displays the user's heart rate when both hand pulse sensors are held. Hold both sensors firmly and the pulse reading should appear after approximately 5 seconds.

NOTE: Heart rate readings are provided for exercise reference only and are not intended for medical purposes.
6. **MODE: WORKOUT TARGETS**:

Press the M (MODE) button to select a target for Time, Distance or Calories.

 - From standby mode, press M until the indicator for the desired target is displayed.

- Use SPEED + / -, INCLINE + / -, or the Smart Adjustment Knob to set the target value.
- Press START or the Smart Adjustment Knob.
- The treadmill will begin after a 3-second countdown.
- During the workout:
 - Use SPEED + / - or the Smart Adjustment Knob to adjust speed.
 - Use INCLINE + / - or the Smart Adjustment Knob to adjust incline.

7. PROGRAMS

Press the P (PROG.) button to access:

- 7 built-in programs
- 4 user-defined programs
- Body Fat Test

7.1 BUILT-IN PROGRAMS – P01 TO P07

1. From standby mode, press P to cycle through programs P01-P07.
2. Use the Smart Adjustment Knob, SPEED + / - or INCLINE + / - to set the workout time.
3. Press START or the Smart Adjustment Knob to begin.
4. The treadmill will start after a 3-second countdown.
5. Each program is divided into 10 sections of equal duration.
6. The treadmill will beep once when moving to the next section.
7. Speed and incline can be adjusted during each section using the Smart Adjustment Knob or the relevant SPEED / INCLINE buttons.
8. At the end of the program, the treadmill will beep 6 times and stop.

Program	Intervals	1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P02	SPEED	2	6	7	8	3	6	8	7	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	3	8	3	8	5	9	5	9	12	6
	INCLINE	1	3	5	7	9	10	8	6	5	2
P04	SPEED	8	10	11	12	12	11	10	10	9	8
	INCLINE	1	2	2	3	1	2	2	2	2	1
P05	SPEED	6	10	12	9	11	8	12	7	9	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P06	SPEED	2	8	6	10	10	9	11	8	5	3
	INCLINE	2	2	3	2	3	4	5	6	5	3
P07	SPEED	2	6	7	9	7	9	6	5	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3

7.2 USER PROGRAMS – U1 TO U4

1. From standby mode, press P until one of the four user programs is displayed.
2. Select the desired user program.
3. Use SPEED + / -, INCLINE + / -, or the Smart Adjustment Knob to set the workout time.
4. Press M to confirm and set the speed and incline values for each section.
5. Press START or the Smart Adjustment Knob to begin the workout.
6. The treadmill will start after a 3-second countdown.
7. Each user program is divided into 10 sections.
8. The treadmill will beep once at the beginning of each new section.
9. Speed and incline can be adjusted during each section.
10. At the end of the program, the treadmill will beep 6 times and stop.

8. BODY FAT TEST

1. From standby mode, press P until FAT is displayed.
2. Press M to cycle through settings F-1 to F-4:
 - F-1: Gender
 - F-2: Age
 - F-3: Height
 - F-4: Weight
3. Use SPEED + / -, INCLINE + / -, or the Smart Adjustment Knob to adjust each value.
4. After setting F-1 to F-4, press M to enter F-5 – Body Fat Test.
5. Hold both hand pulse sensors firmly.
6. After approximately 3 seconds, the console will display the calculated body fat value.

Setting	Parameter	Range/Value
F-1	Gender	01 Male / 02 Female
F-2	Age	10-99 years
F-3	Height	100-200 cm
F-4	Weight	20-150 kg
F-5	Body Fat	Below 19 – Underweight
		19-25 – Normal weight
		25-29 – Overweight
		Above 29 – Obesity

Note: The body fat result is provided as a general reference only and should not be considered medical data.

SAFETY REMINDER

WARNING: For your safety, do not browse websites, watch videos or use other distracting media while walking or running on the treadmill.

ENERGY-SAVING FUNCTION

To reduce power consumption, the treadmill will automatically enter Sleep Mode after approximately 10 minutes of inactivity.

The console will provide a reminder before entering Sleep Mode.

To wake the treadmill:

1. Remove the safety key.
2. Reinsert the safety key to reactivate the system.

NOTE: It is recommended to switch off the treadmill when not in use to help prolong the lifespan of the control board.

POWER ON/OFF

Use the treadmill's main power switch to turn the machine on or off.

The treadmill may be switched off using the main power switch after use.

ERROR MESSAGES

If an error message appears on the console, stop using the treadmill and contact an authorised service technician or the after-sales support team for assistance.

VII. MAINTENANCE & CARE

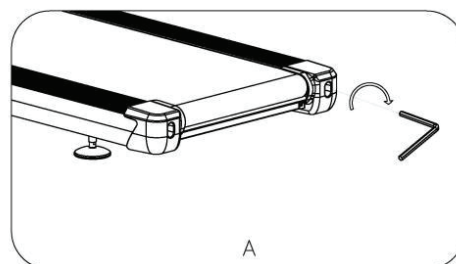
General cleaning and regular maintenance will help prolong the lifespan and performance of your treadmill. Dust all components regularly and clean both sides of the running belt to prevent dirt and debris from accumulating underneath. Keep your running shoes clean to minimise wear on the running belt and running board. Wipe the surface of the running belt with a clean, damp cloth.

- To help maintain the treadmill and prolong its lifespan, allow the machine to rest for approximately **10 minutes after every 2 hours** of continuous use. Switch the treadmill off completely when not in use.
- A loose running belt that is too loose may slip during use, while a belt that is too tight may reduce motor performance and increase friction between the belt and rollers. The recommended belt tension should allow the running belt to be lifted approximately **50-75 mm from the running board**.

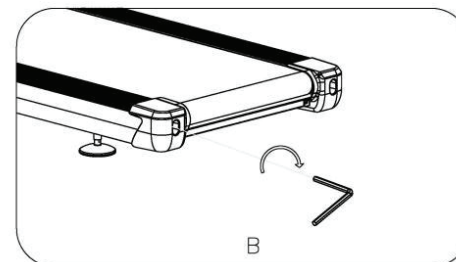
CENTERING THE RUNNING BELT:

Place the treadmill on a flat, level surface. Run the treadmill at approximately 6-8 km/h and observe whether the running belt moves away from the centre. Adjust the belt as required using the rear roller adjustment bolts.

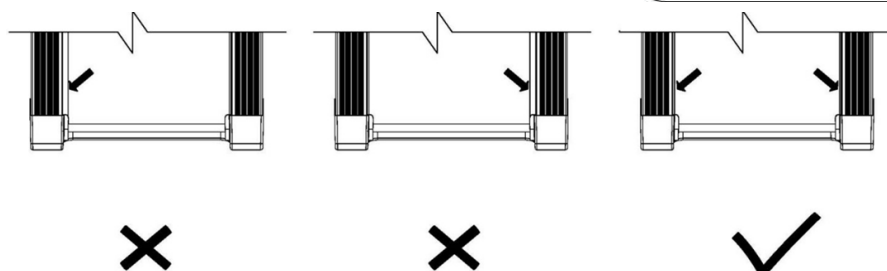
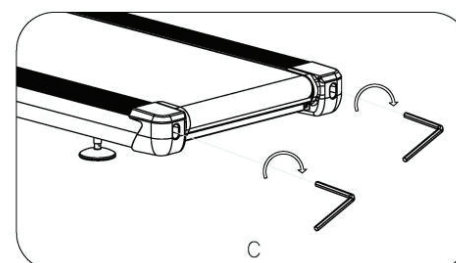
1. If the **Running Belt** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



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

IMPORTANT NOTE:

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

RUNNING BELTS & TREADMILL LUBRICANT:

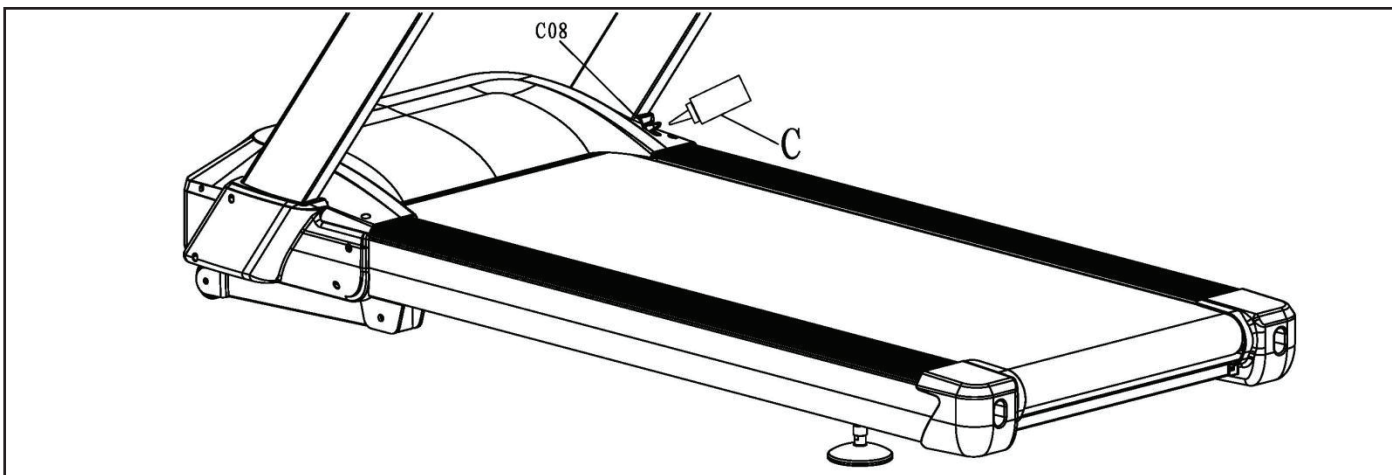
Proper lubrication between the running belt and running board helps reduce friction and prolong the lifespan and performance of the treadmill. Inspect the running belt and running board regularly and lubricate as required.

WARNING:

Always switch off and unplug the treadmill from the electrical outlet before cleaning, lubricating or performing any maintenance.

HOW TO LUBRICATE:

1. Locate the lubrication port on the motor cover and open the cover.
2. Add treadmill silicone lubricant through the lubrication port. The lubrication system will distribute the lubricant to the running belt automatically.
3. Use only 10 mL of silicone lubricant each time. Do not over-lubricate the treadmill, as excessive lubricant may affect treadmill performance and cause lubricant to leak onto surrounding components or flooring.
4. Check that all moving parts operate freely and quietly. If any abnormal movement or noise is noticed, stop using the treadmill and inspect the machine.
5. Regularly inspect and tighten all bolts and fasteners.
6. Carry out routine maintenance regularly to help maintain performance and prolong the lifespan of the treadmill.



The following timetable is recommended:

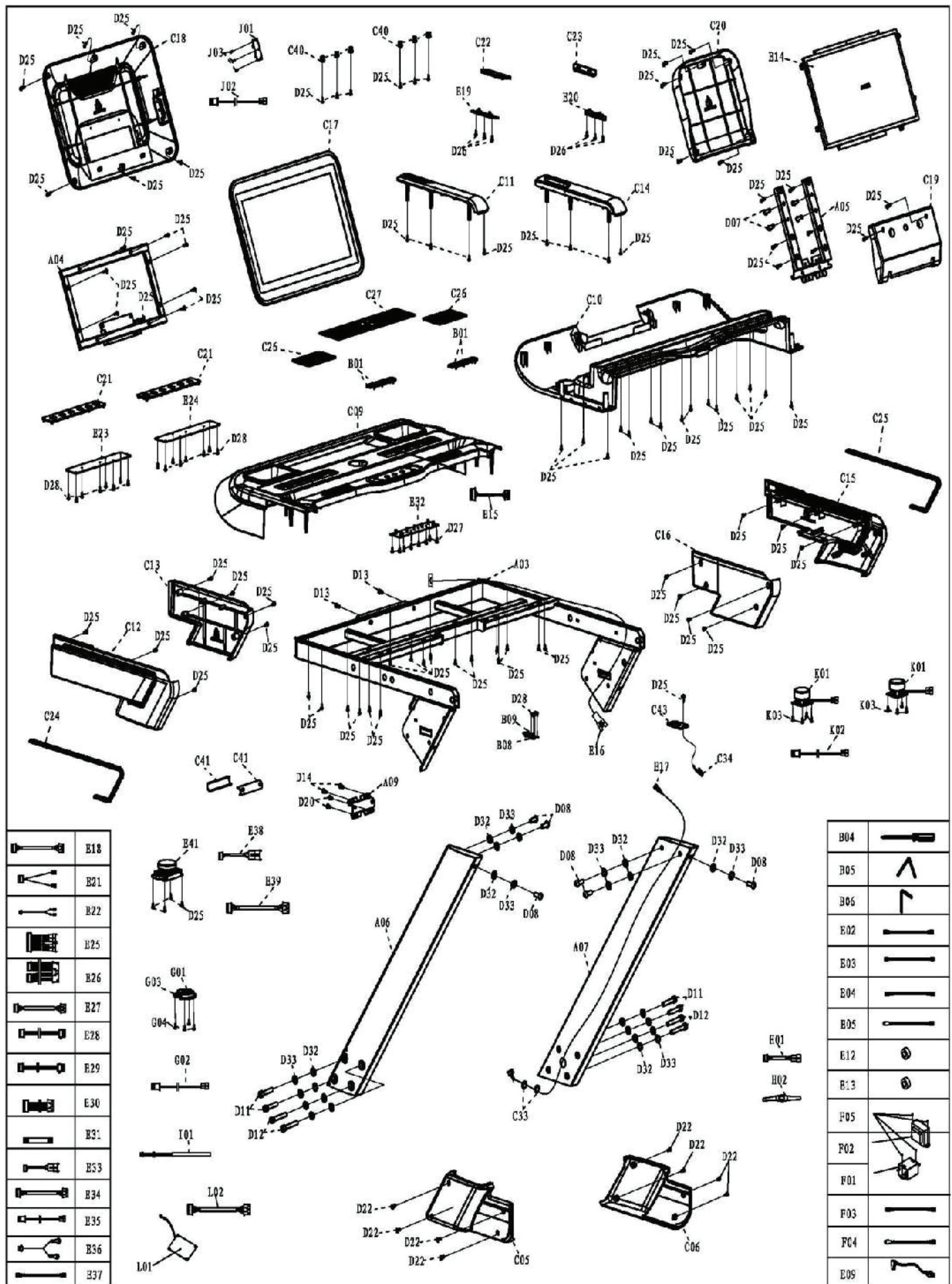
- | | | |
|--------------------------------------|---|--------------------|
| Light user (less than 3 hours/ week) | > | every six months |
| Medium user (3-5 hours/ week) | > | every three months |
| Heavy user (more than 5 hours/ week) | > | every two months |

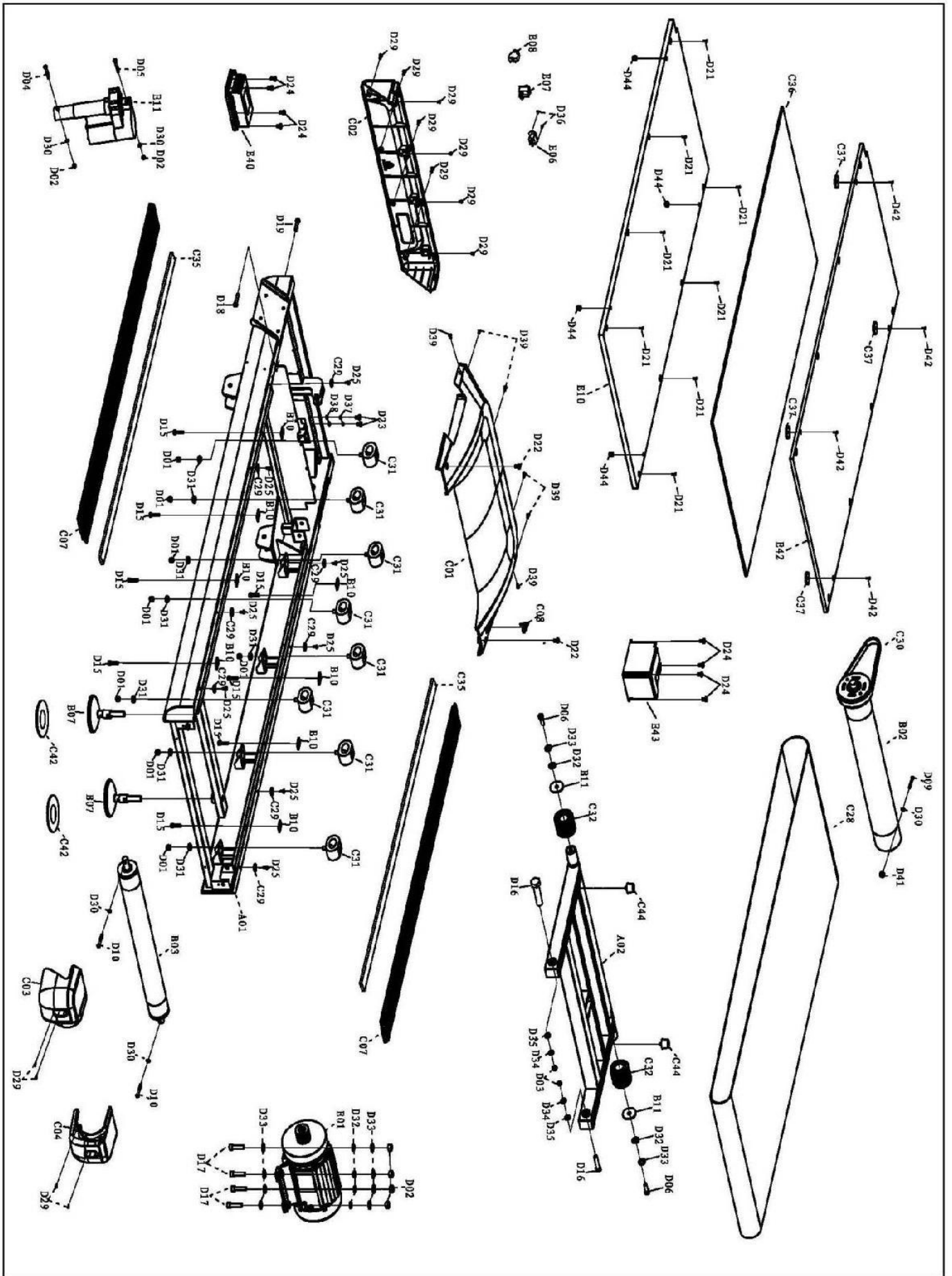
! We recommend that you use a silicone based spray to lubricate your treadmill.
This can be purchased directly from us or any hardware store.

Video Tutorial Available at: <http://youtu.be/cP9NtFHfWlc>

Lifespan Fitness YouTube Channel: <http://www.youtube.com/user/treadmillsvideos>

VIII. EXPLODED DIAGRAM





IX. PARTS LIST

No.	Description	Specs	Qty
A01	Main frame		1
A02	Incline bracket		1
A03	Console bracket		1
A04	Panel fixing bracket		1
A05	Panel rotation bracket		1
A06	Left upright tube		1
A07	Right upright tube		1
A08	Power box fixing plate		1
A09	Panel rotation fixed plate		1
B01	Pulse slice		4
B02	Front roller		1
B03	Back roller		1
B04	Cross screwdriver		1
B05	Allen wrench #8		1
B06	Allen wrench		1
B07	Universal foot pad		2
B08	Safety lock spring Clip A		1
B09	Safety lock spring Clip B		1
B10	Side rail fixing plate		8
B11	Big washer		2
C01	Motor top cover		1
C02	Motor front cover		1
C03	Left rear cover		1
C04	Right rear cover		1
C05	Left upright tube cover		1
C06	Right upright tube cover		1
C07	Side rail		1
C08	Fuel Hole Cover		1
C09	Console top cover		2
C10	Console bottom cover		1
C11	Left handrail cover		1
C12	Left handrail outside cover		1
C13	Left handrail outside cover		1

No.	Description	Specs	Qty
C14	Right handrail cover		1
C15	Right handrail outside cover		1
C16	Right handrail inside cover		1
C17	Panel top cover		1
C18	Panel bottom cover		1
C19	Panel support front cover		1
C20	Right handrail back cover		1
C21	Keyboard grating		1
C22	Left button fixed seat		1
C23	Right button fixed seat		1
C24	Left handrail lampshade		1
C25	Right handrail lampshade		1
C26	Water bottle pad		2
C27	Mobile phone pad		1
C28	Running belt		1
C29	Plastic edge pad		8
C30	Motor belt		1
C31	Cushion		8
C32	Moving wheel		2
C33	Ring-shape wire plug		2
C34	Safety key clip		1
C35	EVA pad		2
C36	Glass tube		1
C37	Glass tube fixing clamp		4
C38	Oil tube 3		1
C39	Oil adapter seat		1
C40	Fixed buckle		6
C41	Panel rotating sleeve		2
C42	Rubber pad		2
C43	Safety key		1
C44	Cone-shape cushion		2
D01	Nut	M8	8
D02	Nut	M10	6

No.	Description	Specs	Qty
D03	Nut	M12	2
D04	Bolt	M10*70	1
D05	Bolt	M10*45	1
D06	Bolt	M10*20	2
D07	Bolt	M8*20	4
D08	Bolt	M10*15	6
D09	Bolt	M10*70	1
D10	Bolt	M10*90	2
D11	Bolt	M10*35	4
D12	Bolt	M10*45	4
D13	Bolt	M6*10	3
D14	Bolt	M6*12	2
D15	Bolt	M6*22	8
D16	Bolt	M12*80	2
D17	Bolt	M10*45	4
D18	Bolt	M8*40	1
D19	Bolt	M8*45	1
D20	Bolt	M6*15	2
D21	Bolt	M8*30	8
D22	Bolt	M5*12	12
D23	Bolt	M5*12	2
D24	Bolt	M4*8	8
D25	Screw	ST4.2*12	106
D26	Screw	ST2.9*12	6
D27	Screw	ST2.9*8	8
D28	Screw	ST2.9*6.0	20
D29	Screw	ST4.2*12	12
D30	Lock washer	10	5
D31	Flat washer	8	8
D32	Flat washer	10	24
D33	Spring washer	10	20
D34	Flat washer	12	2
D35	Spring washer	12	2
D36	Screw	ST2.9*8	2
D37	Lock washer	5	2
D38	Spring washer	5/65Mn	2
D39	Screw	ST4.2*12	6
D40	Screw	ST4.2*16	2
D41	Bolt	M10	1
D42	Bolt	M6*45	4

No.	Description	Specs	Qty
E01	AC motor		1
E02	AC single wire	Brow 200mm	2
E03	AC single wire	Brow 350mm	2
E04	AC single wire	Blue 350mm	1
E05	Grounding wire		1
E06	Power socket		1
E07	Square switch button		1
E08	Overload protector		1
E09	Power wire		1
E10	Running board		1
E11	Incline motor		1
E12	Magnet ring		1
E13	Magnet core		1
E14	Console		1
E15	Console top signal wire		1
E16	Console middle signal wire		1
E17	Console bottom signal wire		1
E18	Lower control connection line		1
E19	Incline keyboard		1
E20	Speed keyboard		1
E21	Pulse top signal wire		1
E22	Pulse bottom signal wire		2
E23	Left keypad		1
E24	Right keypad		1
E25	Mainboard and right keypad top signal wire 1		1
E26	Mainboard and right keypad bottom signal wire 1		1
E27	Mainboard and right keypad top signal wire 2		1
E28	Mainboard and right keypad bottom signal wire 2		1
E29	Left and right keypad connection wires		1
E30	Power box wire		1
E31	Keypad and knob connection cable		1
E32	Front handrail keypad		1
E33	Front handrail keypad signal wire 1		1
E34	Front handrail keypad signal wire 2		1
E35	Safety switch sensing wire 1		1

No.	Description	Specs	Qty
E36	Safety switch sensing wire 2		1
E37	Red AC single wire		2
E38	Knob top signal wire		1
E39	Knob bottom signal wire		1
E40	Inverter power box		1
E41	LED Knob		1
E42	Running board 2		1
E43	Inverter		1
G01	Wireless charging small board		1
G02	Wireless charging connection cable		1
G03	Wireless charging dock		1
G04	Screw		4

No.	Description	Specs	Qty
J01	USB module		1
J02	USB charging power cable		1
J03	USB read cable		1
J04	Screw		3
L01	Bluetooth adapter board		1
L02	Bluetooth power cable		1
L03	Bluetooth music audio cable		1
I01	RGB waterproof strip light		2
K01	Speaker		2
K02	Speaker cable		2
K03	Screw		8

X. TROUBLESHOOTING

PROBLEM/ERROR CODE	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	- Power cord is not plugged in. - Safety Key is not inserted.	- Plug the power cord securely into a suitable power outlet. - Insert the Safety Key correctly.
Running belt not centered	- Running belt tension is uneven between the left and right sides of the running board.	- Adjust the left and right rear roller adjustment bolts until the running belt is correctly centred.
Computer not working	- Wires between the computer and bottom control board are not connected correctly. - Transformer is damaged	- Check all wire connections between the computer and control board and reconnect securely. - Contact Customer Service for assistance if the transformer is damaged.
E01: Message Failure	- Wires between the computer and inverter are not connected correctly.	- Check all wire connections between the computer and inverter. If a wire is damaged or punctured, replace it. If the error remains, the inverter may need to be replaced.
E03: Burst Clash Protection	- Incoming voltage is less than 50% of the required voltage.	- Check that the incoming power supply provides the correct voltage.
E04 / E12: Incline Failure	- Incline motor is damaged, or the incline motor wiring is loose, disconnected or damaged.	- Check and reconnect the incline motor wiring. Replace damaged wiring if required. If the fault remains, the incline motor may need to be replaced.
E05: Current Overload Protection – Self-Protecting System	- Incoming voltage is too low or too high, or the control board/inverter may be damaged. - A moving component is jammed, preventing the motor from rotating correctly.	- Restart the treadmill and check that the incoming voltage is correct. Check the inverter and replace it if damaged. - Inspect all moving components to ensure they move freely. Check the motor for unusual noises or a burning smell. Replace the motor if necessary.
E06: Inverter MCU Abnormality	- Inverter abnormality.	- Replace the inverter if required.
E07: Inverter Overheating	- Inverter temperature is too high.	- Stop using the treadmill and allow it to cool before restarting. Check that the treadmill is correctly lubricated.
E08: Inverter Does Not Receive Signal	- Communication between the console and inverter is interrupted. - Console communication failure. - Inverter communication failure.	- Check the wire connections between the console and inverter. Replace damaged wires if necessary. - Replace the console if required. - Replace the inverter if required.
E09 / E10: Inverter Internal Signal Problem	- Internal inverter components are damaged.	- Replace the inverter if required.
E11: Message Failure	- Excessive electrical interference in the surrounding environment or an inverter abnormality.	- Restart the treadmill. If the error continues, the inverter may need to be replaced.
E14: Inverter Problem	- Wires between the motor and inverter are not connected correctly. - Inverter abnormality.	- Check all connections between the motor and inverter. Replace damaged wires if necessary. - Replace the inverter if required.

XI. 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



XII. SECURITY SUPPORT INFORMATION

Reporting

To report a cyber security issue, please email **support@gflgroup.com.au** with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

Device Support Period

This product will receive security updates for a minimum of 12 months from the date of purchase.



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