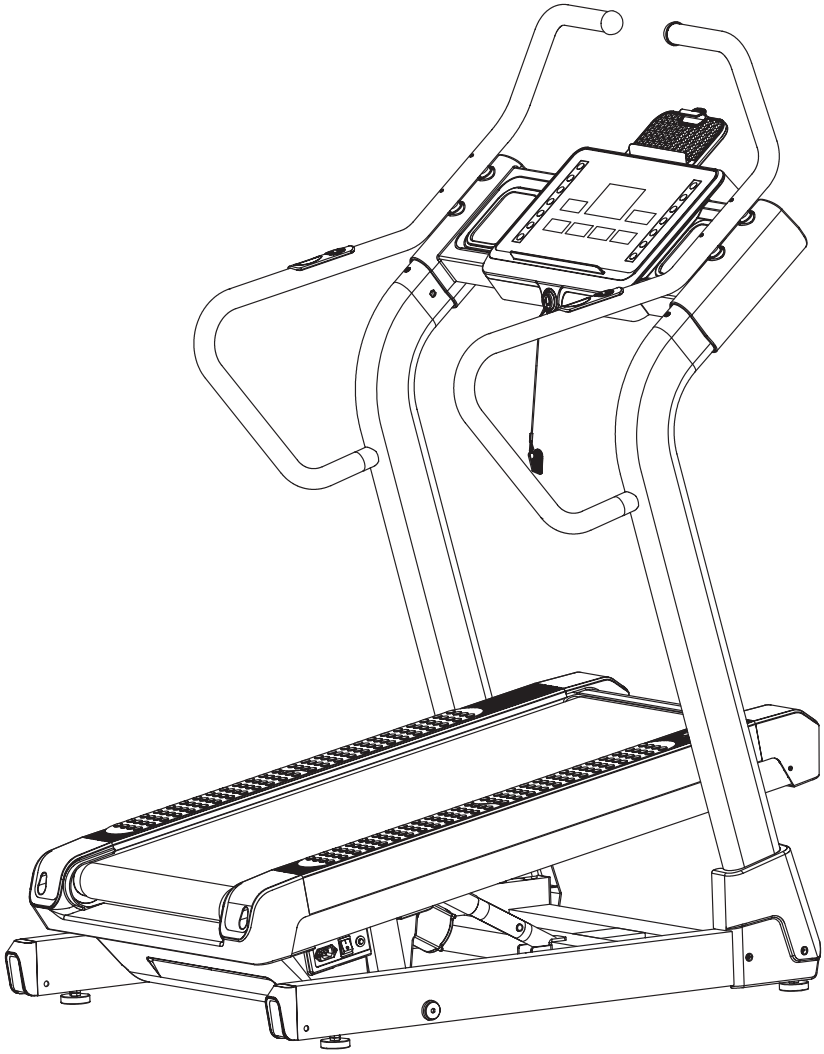
LIFESPAN FITNESS

Everest 2 Ultra High Incline Treadmill

USER MANUAL



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

⚠ WARNING: Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its lifespan. 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 onto 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, 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 in-home use only and is not suitable for commercial environments.
- To disconnect, turn all controls to the off setting, 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 and injury.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Health related injuries may result from incorrect or excessive training.
- This appliance is not intended for use by persons (including children) with limited 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!

1. Before starting any exercise program, consult with your physician or health professional.
2. Check all the bolts are securely locked.
3. Never put the treadmill in a humid area, or it will cause troubles.
4. We take no responsibility for any troubles or hurts due to above reasons.
5. Dress sport clothes and shoes before running.
6. Do not do exercise in 40 minutes after meal.
7. To prevent hurts, please warm up before exercise.
8. Consult with doctor before exercise if you have high blood pressure.
9. The treadmill is only used for adults.
10. Do not plug anything into any parts of this equipment, or it may be damaged.
11. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put anything heavy on cable or put the cable near heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
12. Switch off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.
13. Pulse data may not be very accurate, so cannot be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

III. IMPORTANT OPERATING INSTRUCTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected and the safety key is effective before using the treadmill. Fit one side of the safety key on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before removing the treadmill motor cover.
8. Make sure there is no less than 2*1m space behind the treadmill.
9. Keep children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
11. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety key immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.
14. Put the safety key away where it can not be reached by the children.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have them replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
18. Put your feet on the side rail before using the treadmill, and always attach the safety key rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid losing balance, please slow down the speed to the lowest or take off the safety lock. And hold the handle bar to jump to the side rails when emergency or the safety key is not attached.

IV. PARTS LIST

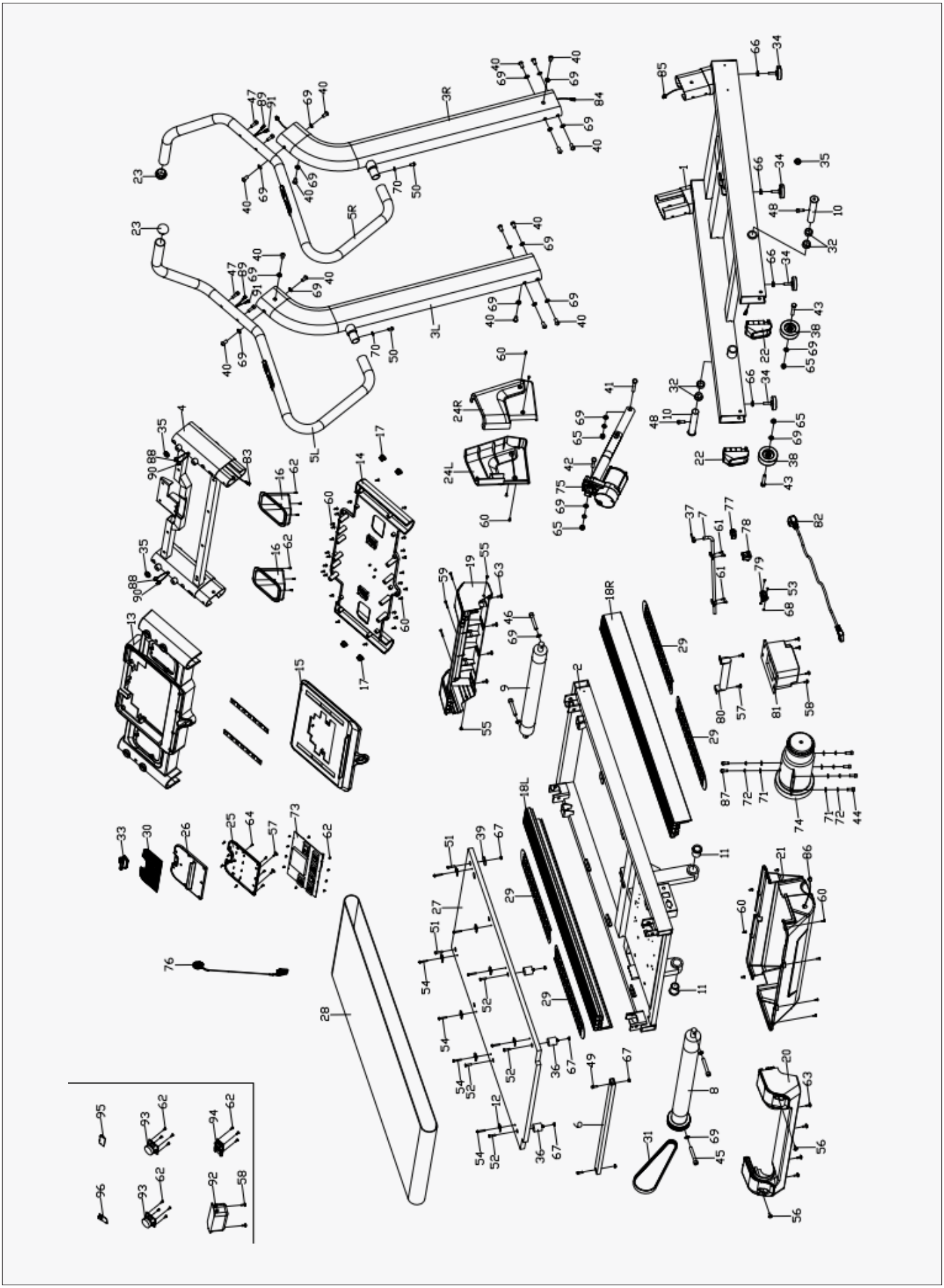
Key No.	Description	Qty.
1	Bottom frame	1
2	Main frame	1
3L/R	Upright tube	1pr
4	Computer frame	1
5L/R	Armrest	1pr.
6	Strengthen tube	1
7	Oil tube connection	1
8	Front roller	1
9	Rear roller	1
10	Main frame axle	2
11	Spacer φ38*φ25*39	2
12	Edgings pressing plate	8
13	Computer up cover	1
14	Computer bottom cover	1
15	Computer board	1
16	Water bottle	2
17	Front Handlebar end cap	4
18L/R	Edgings	1pr.
19	Front protective cover for main frame	1
20	Rear protective cover	1
21	Motor cover	1
22	Roller cover	2
23	End cap	2
24L/R	Bottom frame protective cover	1pr.
25	Tablet holder bottom cover	1
26	Tablet holder top cover	1
27	Running board	1
28	Running belt	1

Key No.	Description	Qty.
29	Rubber cushion	4
30	Rubber pad	1
31	Belt	1
32	Spacer φ32*φ25*14	4
33	Tablet holder clip	1
34	Adjustable foot pad	4
35	Hole wire	3
36	Cushion	1
37	Oil hole plug	1
38	Roller	2
39	Plastic cushion	2
40	Inner-hex bolt M10*20	16
41	Hex bolt M10*65	1
42	Hex bolt M10*45	1
43	Hex bolt M10*60	2
44	Socket head cap bolt M8*18	4
45	Socket head cap bolt M10*70	2
46	Socket head cap bolt M10*65	2
47	Socket head cap bolt M8*25	4
48	Socket head cap bolt M8*20	2
49	Socket head cap bolt M6*15	2
50	Inner-hex flat head bolt M8*15	2
51	Inner-hex sunk bolt M6*30	2
52	Inner-hex sunk bolt M6*25	4
53	Cross sunk head screw M3*15	2
54	Cross pan head bolt M5*30	8
55	Phillips sunk tapping screw ST4.0*16	2
56	Phillips screw M5*16	2

Key No.	Description	Qty.
57	Phillips screw M5*8	4
58	Phillips screw M4*8	6
59	Phillips tapping screw ST4*35	3
60	Phillips tapping screw ST4*16	38
61	Phillips tapping screw ST4.0*12	4
62	Phillips tapping screw ST2.9*8	27
63	Phillips tapping screw ST4.0*16	8
64	Phillips tapping screw ST2.9*6	8
65	Nylon nut M10	4
66	Hex thin nut M10	4
67	Hex nut M6	8
68	Hex nut M3	2
69	Serrated lock washerφ10*1.2	24
70	Serrated lock washerφ8*1.2	2
71	Flat washer φ8	6
72	Spring washer φ8	6
73	Computer	1
74	DC motor	1
75	Incline motor	1
76	Safety key	1

Key No.	Description	Qty.
77	Circuit breaker	1
78	Switch	1
79	Power socket	1
80	Rheostat	1
81	Inverter	1
82	Power wire	1
83	Computer upper wire	1
84	Computer middle wire	1
85	Computer middle and lower wire	1
86	Computer lower wire	1
87	Socket head cap bolt M8*15	2
88	handle pulse upper wire	2
89	handle pulse lower wire	2
90	Shortcut key upper wire	2
91	Shortcut key lower wire	2
92	Filter (optional)	1
93	Loudspeaker (optional)	2
94	Amplifier board (optional)	1
95	Audio jack	1
96	Fitshow Bluetooth (optional)	1

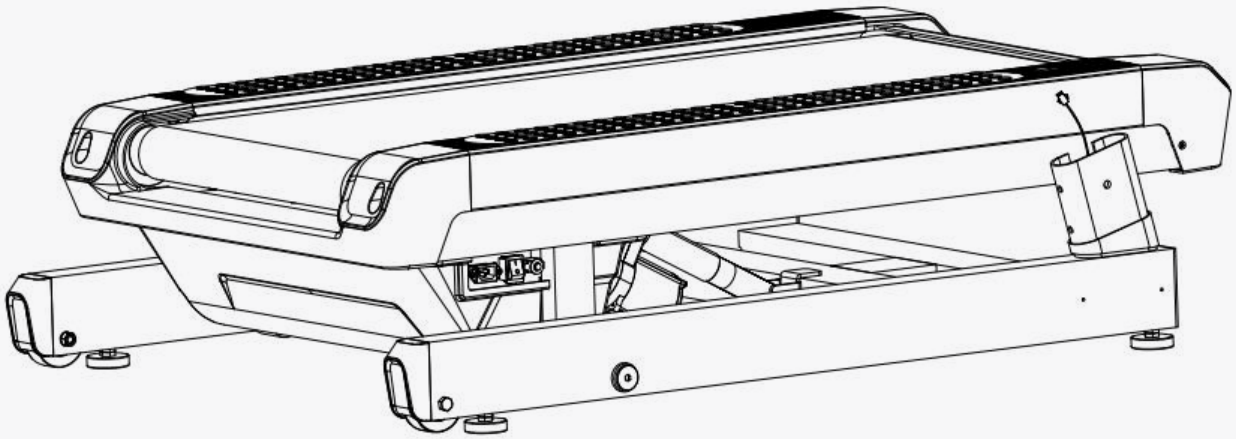
V. EXPLODED DIAGRAM



VI. ASSEMBLY INSTRUCTIONS

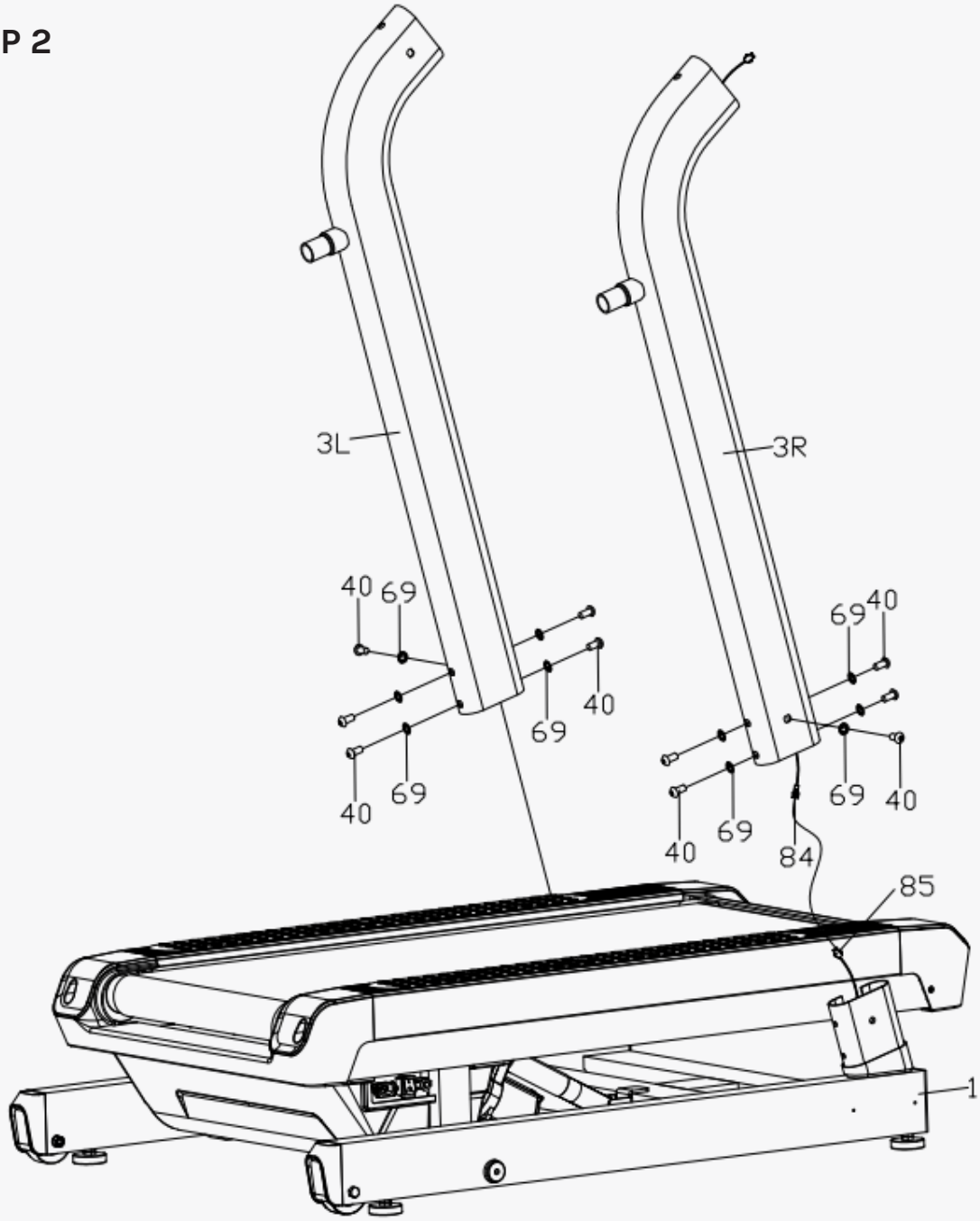
Before assembly, ensure you have adequate space for step up. You may require a second person to assist with assembly.

STEP 1



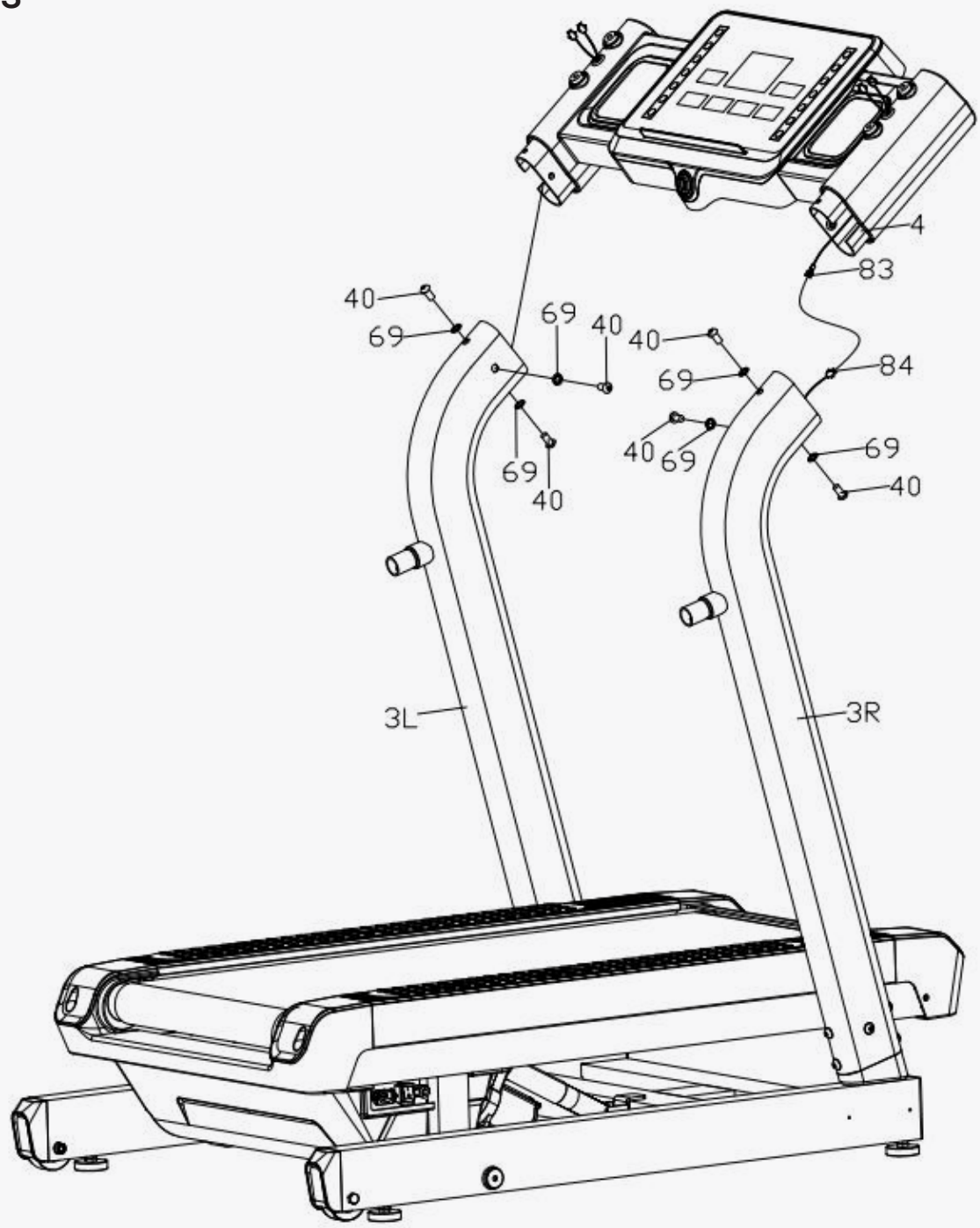
1. Open the package, take out the following parts and place the main frame flat on the ground.

STEP 2



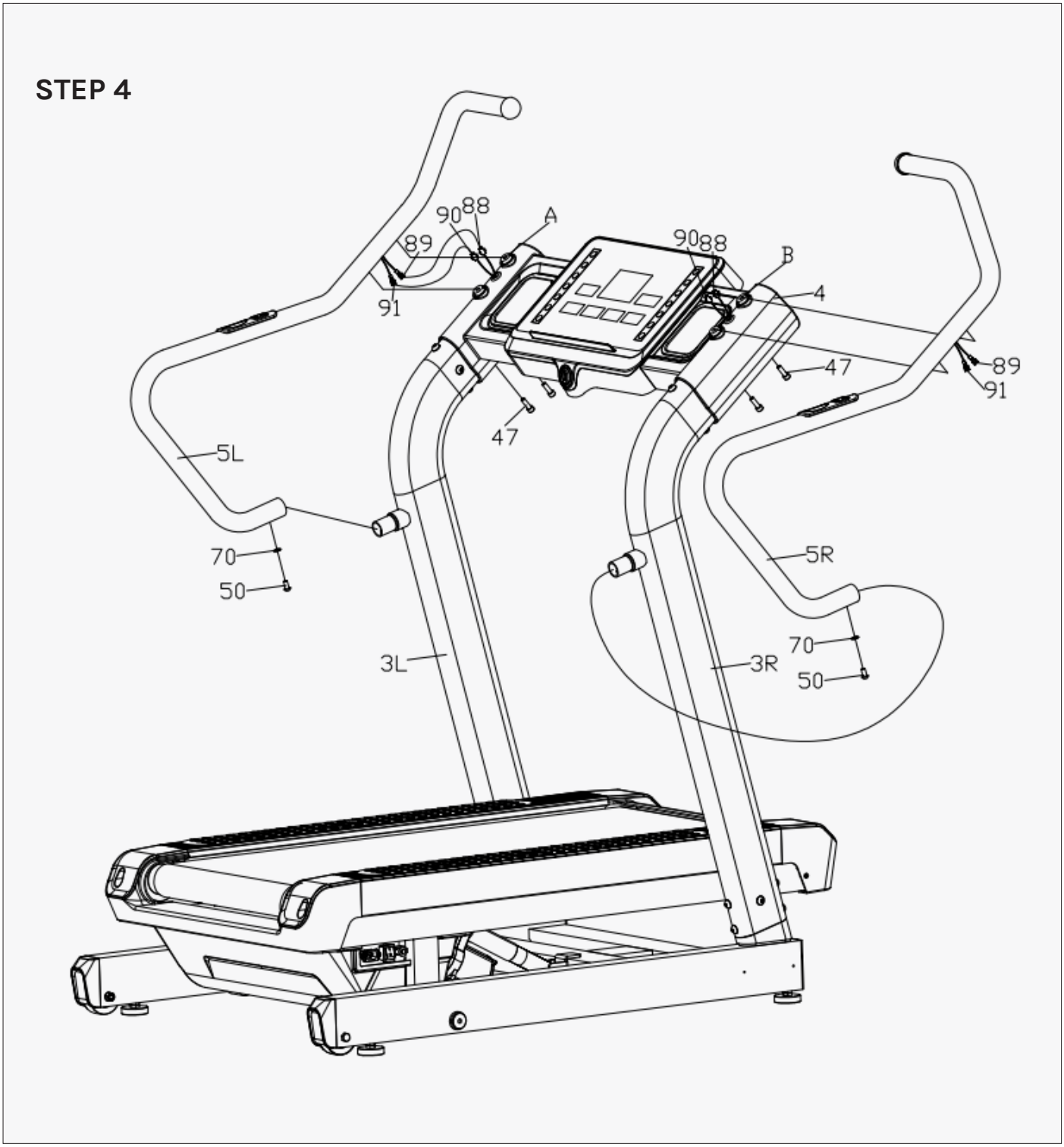
1. Connect Computer middle wire (84) and Computer middle and lower wire (85.)
2. Pre assembly Upright tube (3L/R) to the bottom frame (1) with In ner hex bolt M10*20 (40) and Serrated lock washer φ 10*1.2 (69).
   Caution: do not clamp the wires. Do not lock the Inner hex bolt M10*20 (40) at this stage.

STEP 3



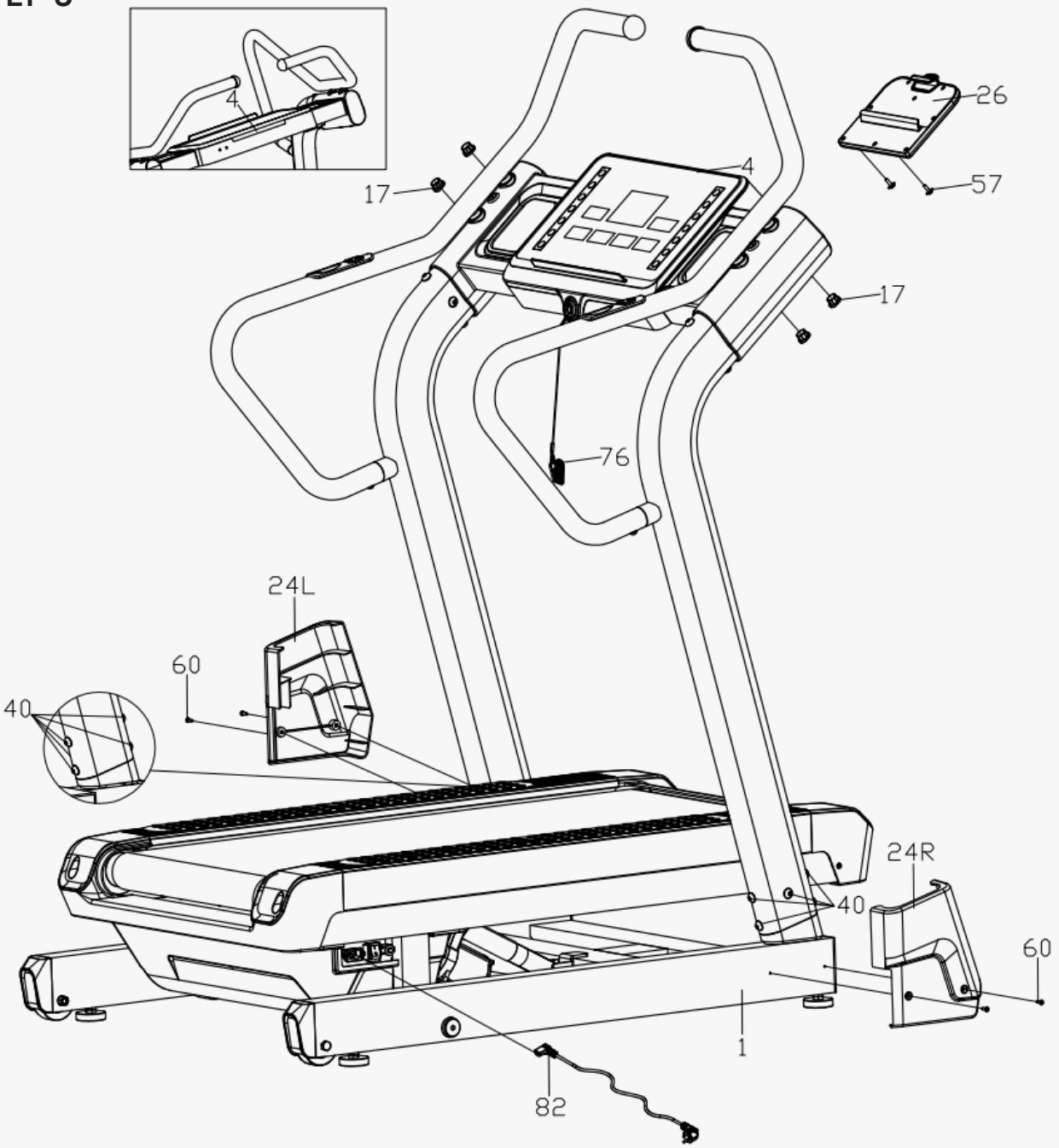
1. Connect Computer upper wire (83) and Computer middle wire (84).
2. Lock Computer frame (4) to Upright tube (3L/R) with Inner-hex bolt M10*20 (40) and Serrated lock washerφ10*1.2 (69). **Caution**: do not clamp the wires.

STEP 4



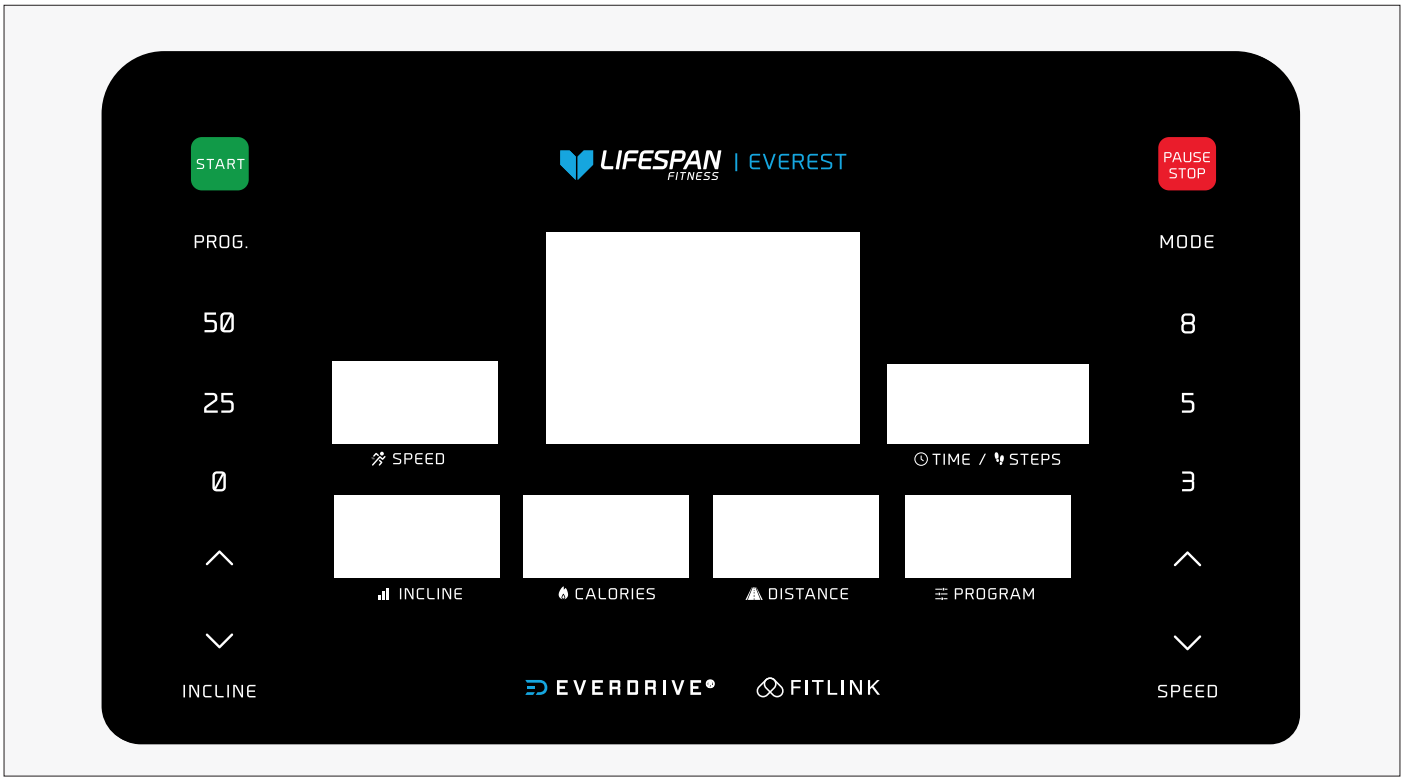
1. Insert Armrest (5L/R) into the armrests connecting tubes of Upright tube (3L/R).
2. Connect the corresponding lines handle pulse upper wire (88) and handle p ulse lower wire (89), shortcut key upper wire (90) and short cut key lower wire (91), and insert the line connectors into the holes of Computer frame (4) in turn.
3. Place Armrest (5L/R) on the Computer frame (4), and align the holes on the Armrest (5L/R) with holes A and B of Computer frame (4). Then lock Armrest (5L/R) to Computer frame (4) with Socket head cap bolt M8*25 (47).
4. Lock Armrest (5L/R) to Upright tube (3L/R) with inner hex flat head bolt M8*15 (50) and Serrated lock washerφ 8*1. 2 (70).

STEP 5



1. Lock all the Inner-hex bolts M10*20 (40) that are not locked.
2. Insert Tablet holder (26) into Computer frame (4), and then lock Tablet holder (26) to Computer frame (4) by using Phillips screw M5*8 (57).
3. Lock Bottom frame protective cover (24L/R) on the Bottom frame (1) with Phillips tapping screw ST4*16 (60).
4. Insert Front Handlebar end cap (17) onto Computer frame (4), and the insert Safety key (76) onto Computer frame (4).
5. Plug one end of the power wire (82) into the treadmill and the other end into the power supply. When not in use for a while, we recommend switching off from the power switch.

VII. OPERATION INSTRUCTIONS



1. Window and Key Description:

1. The LED window displays the following functions:

A. Point array window:

a) Standby or select the three inverted modes of time, distance and calories
b) Displays the speed dot matrix diagram when selecting the program
c) Display fat measurement mode and error
d) Display the runway and the number of laps, or the speed lift dot pattern.

B. Speed window: Displays the speed data, scope: 0.0-8.0KMH.

C. Time / step number window: Displays time data, scope: 0:00-99:59. Alternate display of steps during runtime, scope: 0-9999.

D. Incline window: Display incline data, scope: 5-50 paragraph.

E. Program/ calorie window:

a) Displays the selected program serial number / calorie data. Program range: P01-P12 U01-U03
b) Displays the calorie data, the calorie range: 0.0-999.

F. Distance window: Displays distance data, scope: 0.00-99.9

G. Heart rate window: Showing heart rate data, heart rate range: 50-200 (For reference only, not as medical data).

2. Function button: Start, Stop, Program, Mode, Speed +/-, Incline+/-, Speed shortcut key: 3, 5, 8KM/H, Incline shortcut key 0, 25, 50 paragraph.

3. Function key instructions:

A. Program key: In the main menu, press the program key to cycle the selection program: Manual mode or Preset Program P01 to P12 or User program U01 to U03.

B. Mode key: In the standby state, press the mode key to select the program cycle: manual mode (normal mode), time countdown meter, distance countdown meter, calorie countdown meter.

C. Start key: In the standby or pause state, press the key to start the treadmill.

D.Stop/ Pause key: When the motor is running, the motor will stop.

E. Speed +/-: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the speed.

F. Incline +/-: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the lifting.

G. Speed shortcut key: 3/ 5/ 8KM/H. When the motor is running, the key will adjust the motor speed directly to the speed value identified on the key.
H. Incline shortcut key: 0/ 25/ 50 Incline. When the motor is running, the key will adjust the lifting motor to the lifting value marked on the key.

I. In the standby state, press and hold the "Speed +" and "Speed -" keys for 3 seconds to enter the total mileage view, and press the "Stop" button for 3 seconds to clear the total mileage.

J. In standby state, press and hold the "Incline +" and "Incline -" keys for 3 seconds to enter the lift self-test.

2. Fixed Program / Operation instructions:

1. Schematic description:
   - A. Manual mode includes: normal mode, time mode, calorie mode, distance mode.
   - B. 12 fixed programs: P01, P02, ... P12.
   - C. 3 custom programs: U01, U02, U03.
2. Start the instructions:
   - A. Attach the safety lock to the safety lock switch position on the panel.
   - B. Press the start key, the lattice window shows: countdown from 3 with buzzer sound, then treadmill will begin moving.

3. Manual mode:

1. How to get into the manual mode:
   - A. Turn on the power switch and go directly to the normal mode in the manual mode.
   - B. In the standby state, press the mode key to select the normal mode in the manual mode.
2. Three setting functions in manual mode: time setting, distance setting, and calorie setting.
   - A. In manual mode, the time window is 0:00.
   - B. In the manual mode, press the mode key to enter the time countdown mode. The time window will flash, the default time is: 30:00. Press the speed + key or incline + key to set the countdown. Time setting range: 5:00-99:00.
   - C. In the distance countdown mode: press the mode key to enter the distance countdown mode. The default distance is: 1.00 km, press the speed + key or incline + key to set the distance. Setting range: 0.50-99.9 km, each increase or decrease from 0.1 km.
   - D. In the calorie countdown mode, press the mode key to enter the calorie countdown mode. The default calorie is: 50.0 kcal, press the speed + key or incline + key to set the calorie. Setting range: 10.0-999 kcal, increase or reduce from 1 kcal each time.

3. Operation in the manual mode:

A. Press the Start key for 3 seconds, then the motor starts running with an initial speed of 0.5 KMH.
B. Press the speed +/ - key to adjust the speed.
C. Press the incline +/ - key to adjust the incline.
D. Press the speed shortcut key to quickly set the speed identified by the key.
E. Press the incline shortcut key to quickly set the incline to the lift marked by the key.
F. When the motor is running, press the stop key and the motor stops running.
G. When the set time decreases to zero, or when the set calorie decreases to zero, or when the set distance decreases to zero, there will be a 3-beep sounds and the speed slowly decreases until it stops. A longer 3 beep sounds will occur and the window will display End. 5 seconds later it will revert back to standby, 2 beep sound will occur.
H. If parameters are not set in manual mode, the values will count up. Treadmill will stop after exceeding 99:59 (100 minutes) in manual mode.

4. Fixed program mode:

1. The initial time is set to 30 minutes, and only the time can be set. The time setting range is from 5:00 to 99:00. Press the speed +/ - key, or Incline +/ - key to adjust the set value.
2. Press the start button to start the motor running, and the speed gradually increases to the speed indicated in the first section of the automatic program (see the program value table for details).
3. Press the speed +/ - button to adjust the speed.
4. Press the incline +/ - keys to adjust the incline.
5. Press the speed shortcut key to quickly set the speed represented by the key.
6. Press the lifting shortcut key to quickly set the lifting represented by the key.
7. Each program is divided into 20 segments, with each segment running for 1/20 of the set time.
8. When switching between paragraphs, it will beep three times.
9. When the setting time decreases to zero, the speed slowly decreases until it stops. The buzzer emits a short sound 3 beeps, and the speed will slowly decrease until it stops. The buzzer will emit a long sound 3 beeps, and the lattice window will display End. After 5 seconds, it will return to standby and the buzzer emits a long sound of 2 beeps.

5. Fixed Program Data (Metric):

Speed represents speed, and incline represents slope (with a total of 55 slopes, each slope being 1/55 of the total slope).
Each program divides the movement time into 20 equal parts, with corresponding speeds and slopes for each time period.

PROGRAM	TIME	Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	5	5	3	3	1
	INCLINE	0	1	1	1	1	1	2	2	2	2	3	3	3	2	2	3	2	2	2	2
P02	SPEED	2	3	3	3	3	4	4	5	5	5	4	4	5	5	5	4	4	5	3	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	1	2	3	3	2
P03	SPEED	2	2	2	3	3	3	4	4	4	4	5	5	6	6	6	5	5	5	4	3
	INCLINE	0	2	2	4	4	4	6	6	6	7	7	8	8	8	8	6	6	6	4	3

P04	**SPEED**	0	2	2	4	4	4	6	6	6	7	7	8	8	8	8	6	6	6	4	3
	INCLINE	1	1	2	2	4	4	5	5	5	6	6	6	8	8	10	10	8	6	6	3
P05	**SPEED**	2	5	5	5	6	6	6	8	7	7	6	5	4	3	3	3	5	5	4	4
	INCLINE	0	2	8	8	8	9	9	10	10	12	12	12	14	14	14	13	13	12	10	6
P06	**SPEED**	2	6	6	6	7	7	7	7	6	6	8	8	7	7	6	6	5	5	6	4
	INCLINE	0	8	10	14	16	18	20	22	24	25	25	22	20	18	17	16	15	15	12	3
P07	**SPEED**	2	3	3	5	3	3	7	7	6	6	5	5	4	8	8	8	6	6	5	3
	INCLINE	0	8	12	13	13	13	15	15	15	16	16	18	18	20	20	22	22	23	20	5
P08	**SPEED**	2	4	6	6	6	5	8	8	6	7	7	5	5	5	5	8	7	7	6	6
	INCLINE	2	2	6	6	8	7	9	12	12	14	16	20	22	22	18	18	18	15	15	5
P09	**SPEED**	1	2	2	3	3	2	2	3	3	2	2	3	3	4	4	3	3	3	2	1
	INCLINE	24	25	26	28	29	25	26	28	29	25	26	28	29	25	26	25	26	25	25	0
P10	**SPEED**	1	2	3	3	3	4	4	5	5	4	4	3	3	3	2	3	3	2	2	1
	INCLINE	24	28	25	25	28	25	28	25	28	28	25	25	28	27	24	28	30	32	34	0
P11	**SPEED**	1	2	3	4	5	3	4	5	3	4	5	4	3	4	4	3	3	2	2	1
	INCLINE	20	22	24	26	28	30	26	28	24	26	28	30	30	32	34	36	34	34	32	0
P12	**SPEED**	1	2	2	3	3	4	4	3	3	2	3	2	3	3	3	2	2	3	2	1
	INCLINE	20	22	24	24	26	26	28	28	30	30	28	26	24	22	20	22	24	26	25	0

6. Custom Programs:

In addition to 12 built-in programs of the system, the Treadmill also has three user-defined programs that allow users to set up according to their personal conditions: U01, U02, U03.

a) User defined program settings:

In standby mode, continuously press the "Program" button until the desired user-defined program (U01-U03) is displayed.

Press the "Mode" button to confirm entry into the settings, and then set the first time period. When setting, use the "Speed +", "Speed -" keys or speed shortcut keys to set the speed, and use the "Incline +", "Incline -" keys to set the Incline.

Press the "Mode" button to complete the setting of the first time period and enter the setting state of the second time period until all 20 time periods are set.

After the setting is completed, the data will be permanently saved until the next time you reset it, and this data will not be lost due to power outage.

b) Launching User Defined Programs:

i. Press the "Program" button continuously in standby mode until the desired user-defined program (U01-U03) is displayed, and set the running time before pressing the start button to start it.

ii. After the user defined program and running time settings are completed, pressing the start button can also start immediately.

c) User Defined Program Settings Description:

Each program divides the movement time into 20 time periods. When setting, the speed, incline and running time of all 20 time periods must be set before pressing the start key to start the Treadmill.

7. Display Range Of Various Parameters:

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME (minute: second)	0:00	10:00	5:00-99:00	0:00-99:59
SPEED (KM/H)	0.0	N/A	N/A	0.5-8.0KMH
DIS (DISTANCE)	0:00—99:59	30:00	30:00	5:00---99:00
CAL (CALORIE)	0.00	1.00	0.50-99.9	0.00-99.9

8. Safe lock function:
Pull off the safety lock in any state to stop the treadmill, the display window will show "----/---". Dot matrix window moving display "SAFETY KEY DISCONNECTED".
The buzzer emits a short sound 3 beep sound. If the motor is running, the motor will come to an emergency stop. When the safety lock is detached, you cannot use the machine and buttons would not work.

9. Power saving mode:
The system has the function of power saving. If there is no key command input within 10 minutes under standby state, the system enters the power saving mode, automatically closes the display. You can press any key to reawaken the system.

10. MP3 playback function:
When MP3 are connected after power on, the display can play music. Volume of the music is adjusted on your device. Please pay attention to controlling the size of the sound to avoid affecting the quality of the sound and the built-in audio circuit.

11. Shutdown:
You can turn off the treadmill at any time by turning off the power switch, which does not damage the treadmill. We recommend turning off at the switch if you are not using it for a while to prolong the life of the control board.

12. Checks on Machine:
1.Check the power supply before exercise; check whether the safety lock is valid.
2. If any abnormal situation occurs during exercise, the safety lock can be pulled off and the running opportunity can quickly slow down to stop; then put the safety lock, reset the equipment and wait for the input instruction.
3. If there is any problem with this machine, please contact the Seller.

13. Troubleshooting:

Error	Possible reasons	Test Method	Solutions
E01	Communicational failure between the meter and the controller, and the drive cannot receive signal from the meter.	Check whether the connector of the meter and the controller has broken down.	If yes, change the connector.
		Check whether the joint has been plugged in well.	Pull the joint and plug in again.
E02	Explosion proof protection	Whether the supply voltage is 50% lower than the normal voltage.	Use correct voltage standard and retest.
		Whether the electric machine has been installed well.	Change the electric machine.
		Whether the controller has awful smell.	Change the controller.
E03	Failure in inspecting the motor signal for more than 15 seconds continuously and speed sensor for 10 seconds continuously.	Whether the distance and location of the sensor and the disc is correct or the sensor is installed well.	The sensor should be installed right in the hole of disc.
		Whether the sensor wire has been open circuited, short circuited or broken circuited.	Reconnect the motor interface, and examine the sensor wire.
		Whether the sensor has been broken down.	Change the sensor.
E04	Lifting learning or self-inspection fails	Check whether motor wiring is damaged to form open circuit.	re-insert the signal wire joint to ensure that it is reliable.
		Check whether lifting motor's AC wires are properly connected.	Lifting motor shall be correctly plugged according to marks on its AC controller.
		Check whether motor wiring is damaged to form open circuit.	If yes, replace wires or replace the lifting motor.
		Check whether the lifting motor is damaged.	If yes, change the lifting motor.
		Lifting motor fails in learning.	Press the button of controller for 3 seconds and relearn again.

Error	Possible reasons	Test Method	Solutions
E05	Over-current protection	Check whether the controller match with the standard of electric engine.	Change the electric machine or controller and retest.
E06	Fault of motor's open circuit	Check whether the motor interface of the drive is loose.	Re-plug the motor interface properly.
		Check whether the motor is open-circuited.	Change the motor.
		When the motor is idling, if the current is less than standard, it will go wrong, please install the machine and test.	
E10	Transient current protection	Check if the torsion of controller is normal.	Adjust the torsion regulator to normal value.
		Check whether the motor is short-circuited.	Change the motor.
		Check whether treadmill's transmissional part is stuck.	Eliminate the disturbance, and make sure the treadmill goes smoothly.

VIII. EXERCISE GUIDE

PLEASE NOTE:

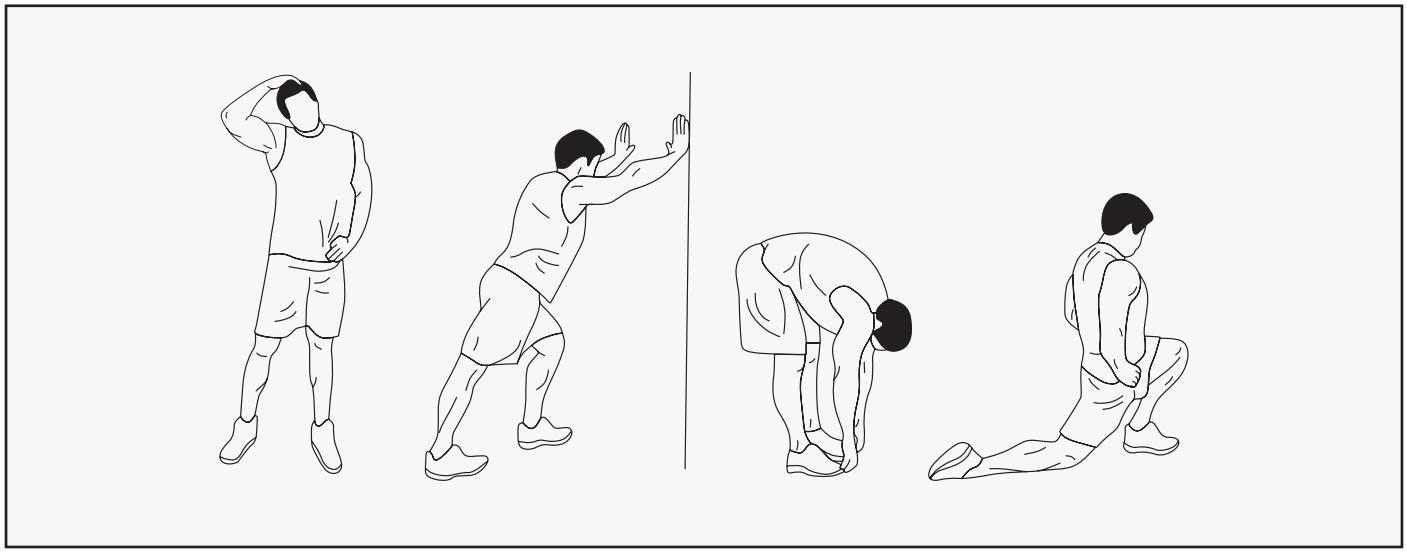
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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 a healthy lifestyle 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 strain on your heart.

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



WARM UP

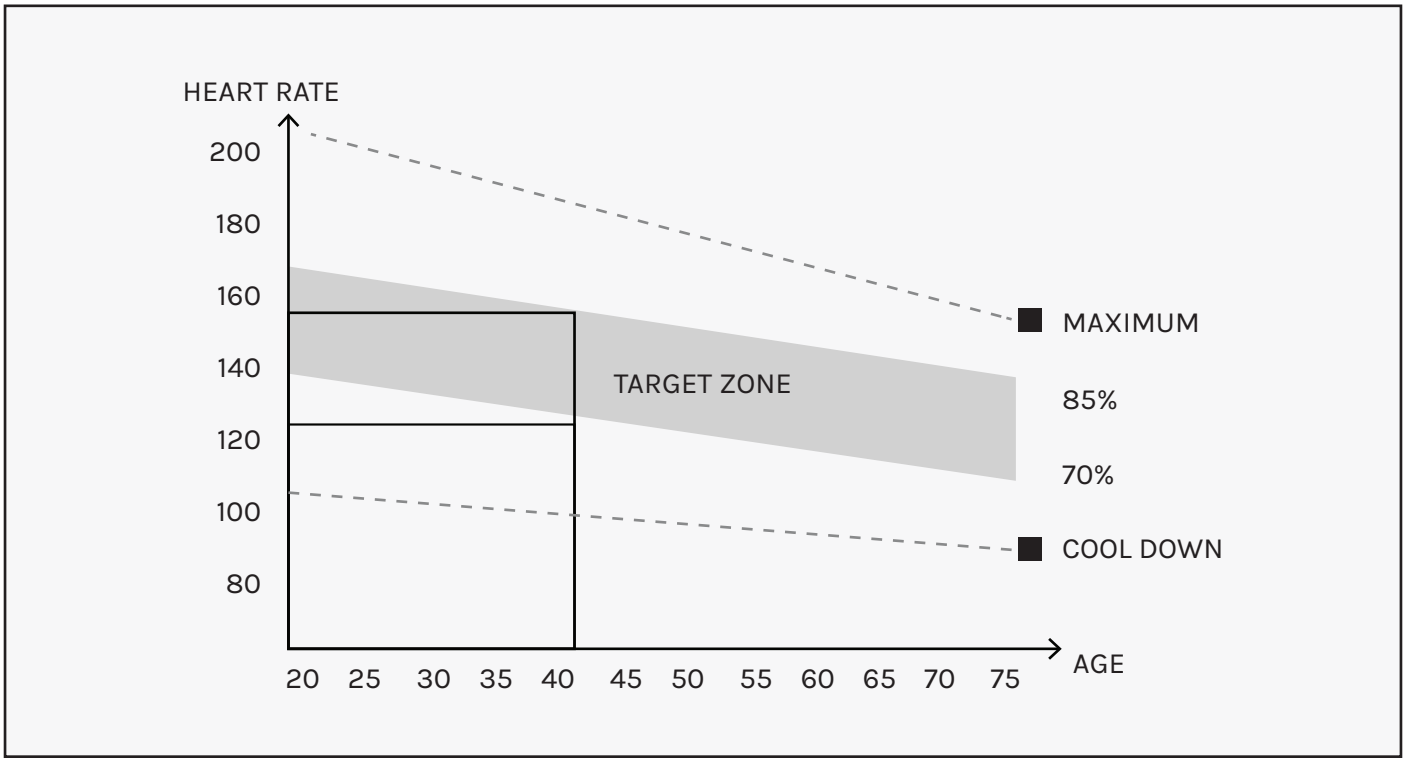
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

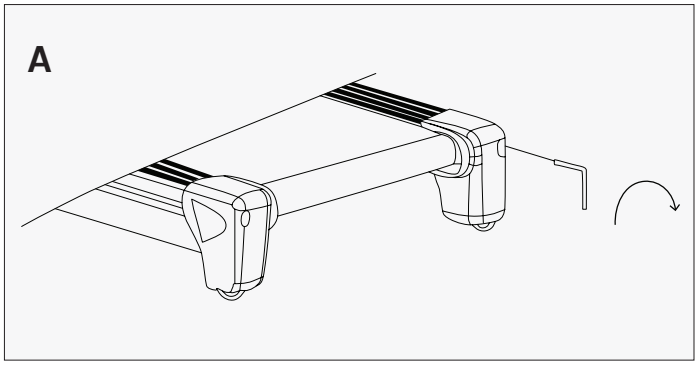
The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

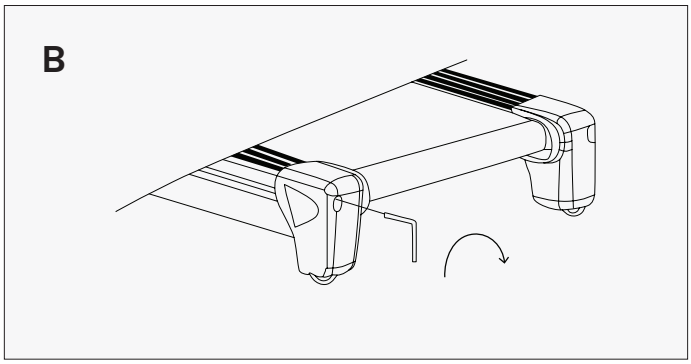
IX. MAINTENANCE & CARE

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

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

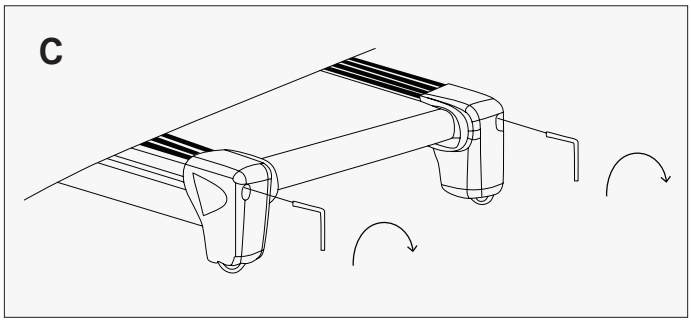
CENTERING THE RUNNING BELT:



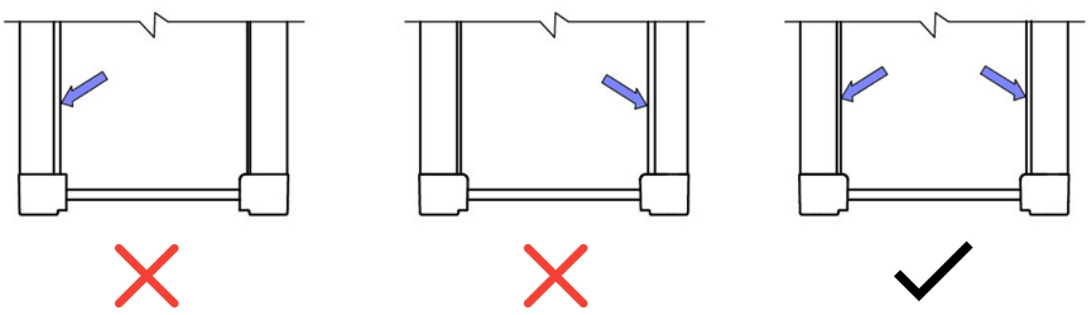


1. If the Running Belt moves to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.

2. If the Running Belt moves to the left, turn the adjusting bolts on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. 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:

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!

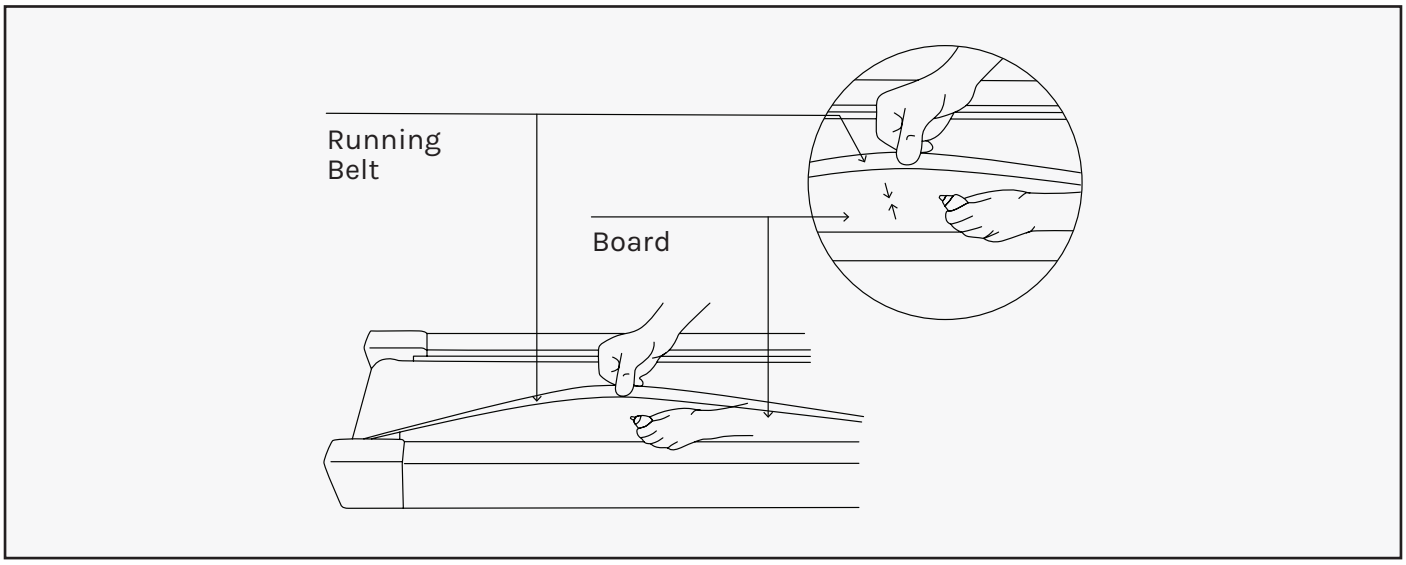
Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

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.



The following time table is recommended:

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

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 h**ttps://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 that they must be amplified 1000 times to make the signal useful 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 affect pulse readings as well.

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 technology works 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 a 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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