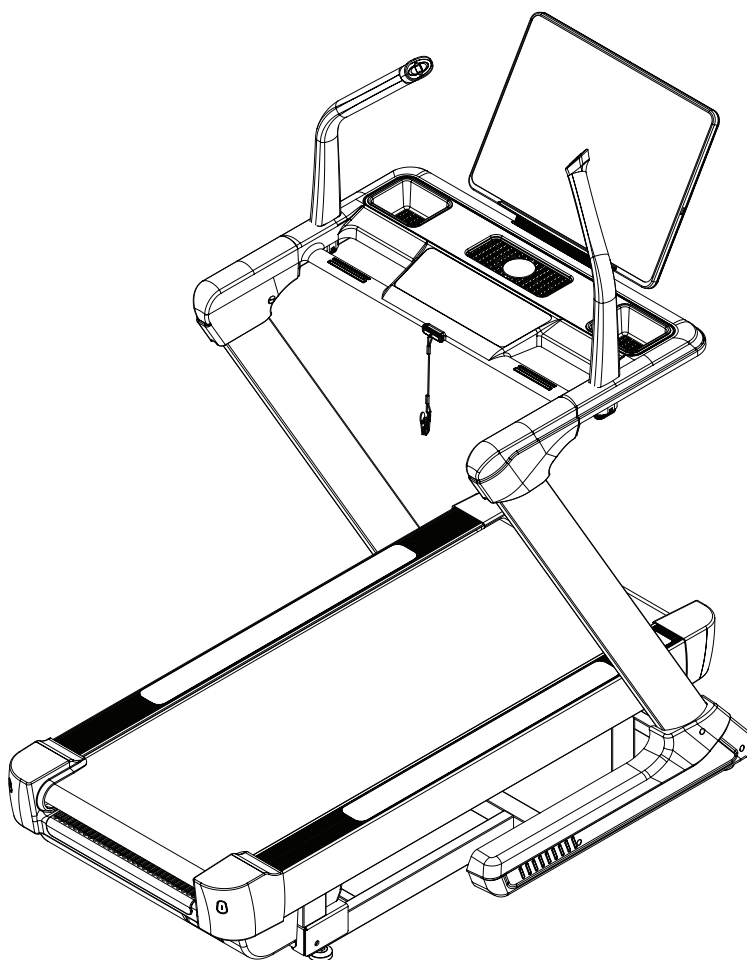




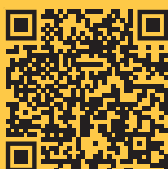
Everest 4 Ultra High Incline Smart Treadmill

USER MANUAL



30 DAY FREE TRIAL

*Terms and conditions apply. Offer can be rescinded at any time.



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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 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!

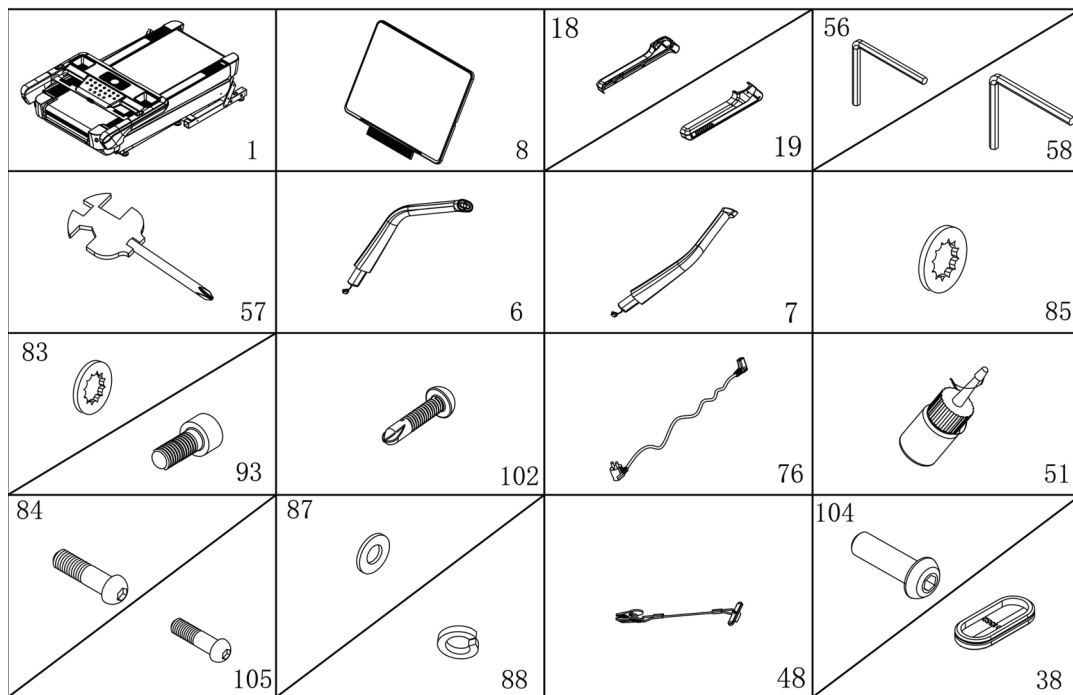
1. Before starting any exercise program, consult with your physician or health professional.
2. Check all the bolts are securely locked.
3. Never put the treadmill in a humid area, or it will cause troubles.
4. We take no responsibility for any troubles or hurts due to above reasons.
5. Dress sport clothes 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

The diagram below illustrates the components installed on the complete unit. After opening the packaging box, you will find the following parts included.



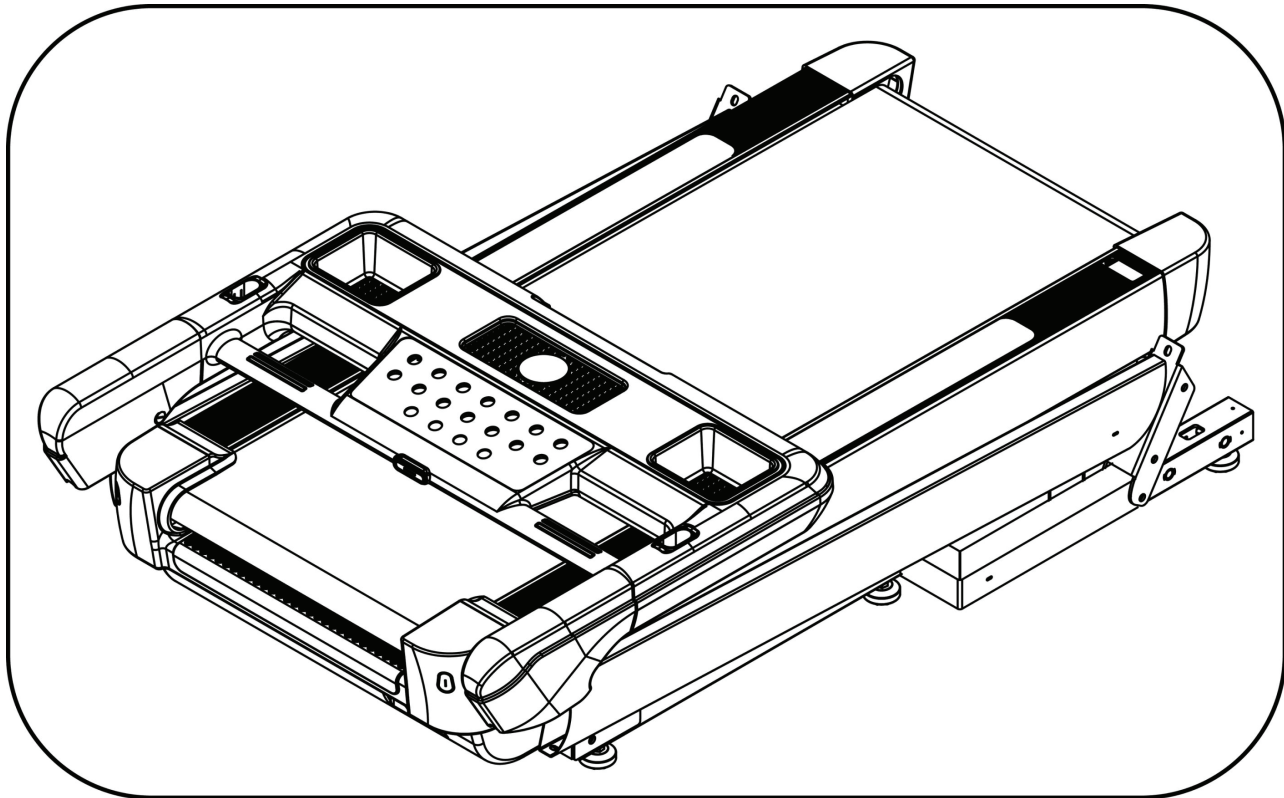
Key No.	Description	Qty.	Key No.	Description	Qty.
1	Main frame	1	102	Cross groove head self-tapping and self-drilling screw 4.2*19	6
8	Display panel	1	76	Power line	1
18	Left base cover	1	51	Oil bottle	1
19	Right base cover	1	84	Internal hexagonal flat head screw M10*65	4
56	5# hex key	1	105	Internal hexagonal flat head screw M8*40	3
58	6# hex key	1	87	Flat washer, Grade C (8)	4
57	Cross wrench	1	88	Standard spring washer (8)	4
6	Left front foam armrest-1	1	48	Security keylock	1
7	Right front foam armrest-1	1	104	Internal hexagonal flat head screw M8*16	4
85	Internal serrated locking(10) washer	4	38	Handrail hole plug	2
83	Internal serrated locking(8)	4			
93	Internal hexagon head cylindrical screw M8*15	4			

Assembly Tool: 5mm hex key (1 piece). 6mm hex key with cross head (1 piece).

V. ASSEMBLY INSTRUCTIONS

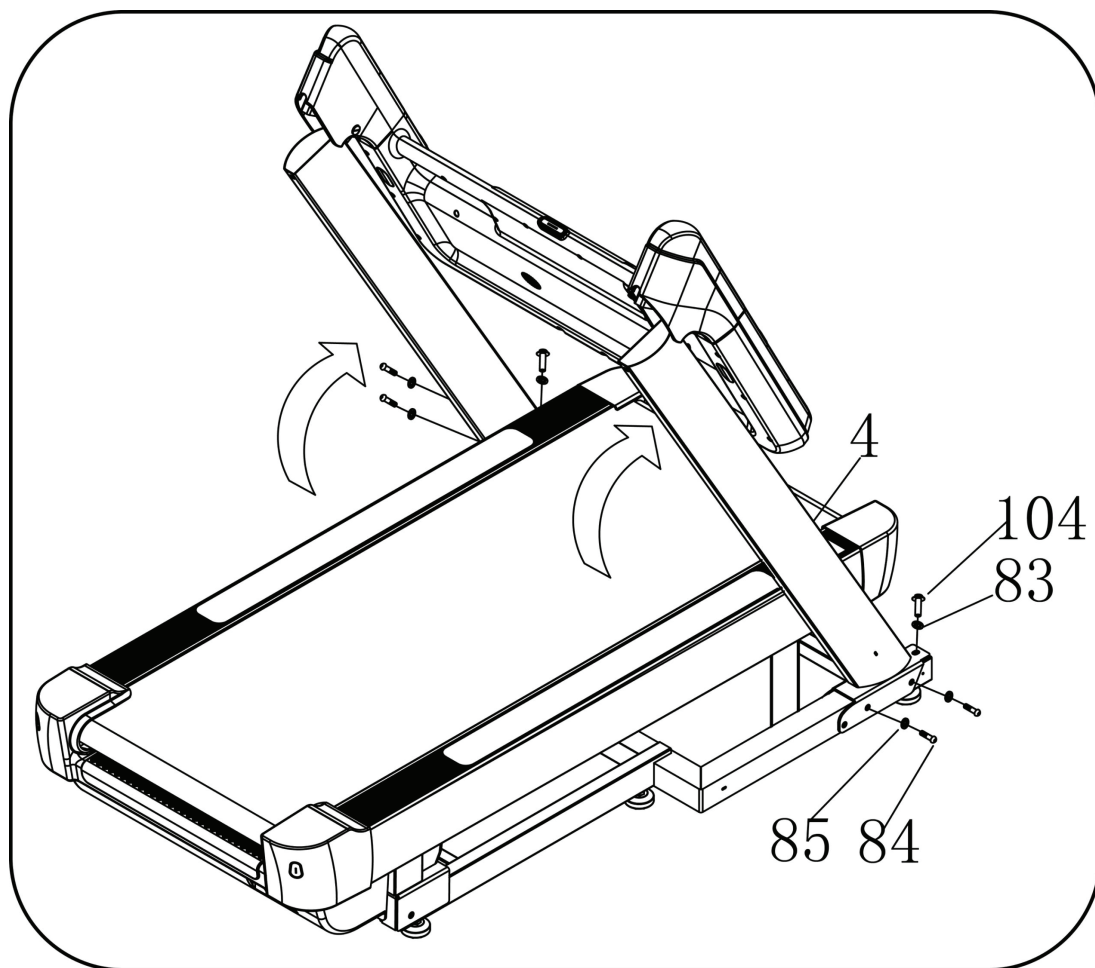
Note: Do not plug in the power supply before installation is complete.

STEP 1



1. Open the packaging box, remove all components listed above, and lay the main vehicle parts flat on the ground.

STEP 2

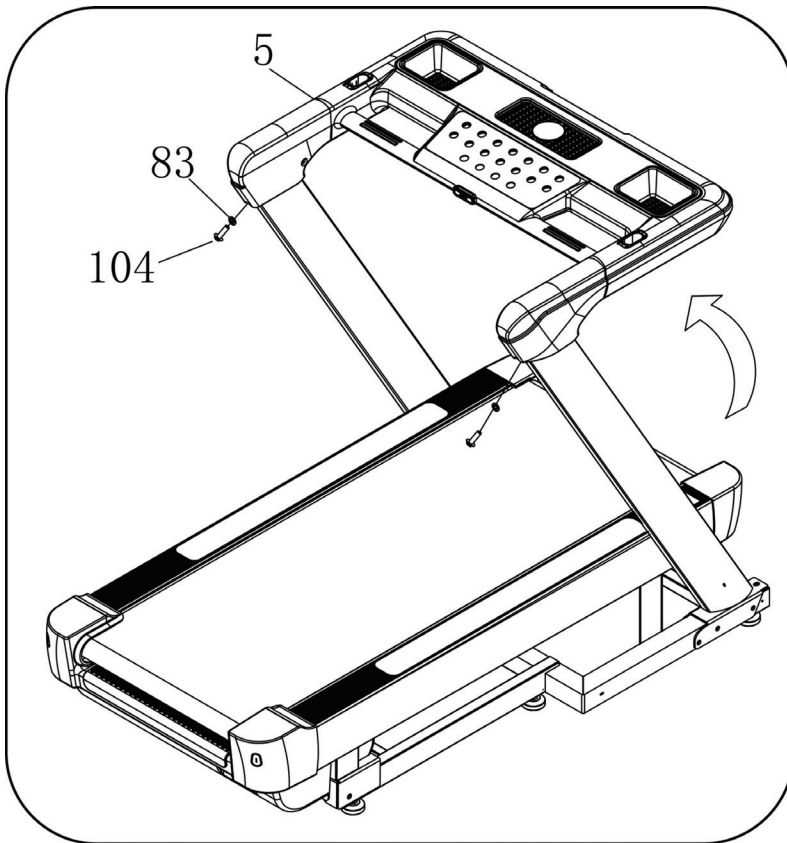


Caution: Be careful not to pinch any cables when assembling the upright columns and the display.

1. Support the column by hand and carefully fold it in the direction indicated by the arrow. Take care not to pinch or apply pressure to the lower power cable.
2. Using internal hex wrench (58), secure the internal hex flat head screw (84) together with the internal serrated locking washer (85). Insert the fastener through the base and the right column, then tighten firmly to the base.
3. Using internal hex wrench (56), secure the internal hex flat head screw (104) together with the internal serrated locking washer (83). Insert the fastener through the base and the right column, then tighten firmly to the base.
4. Repeat for the left and right sides as shown in the illustration.

Note: During tightening, keep one hand supporting the column at all times to prevent sudden movement, damage, or personal injury.

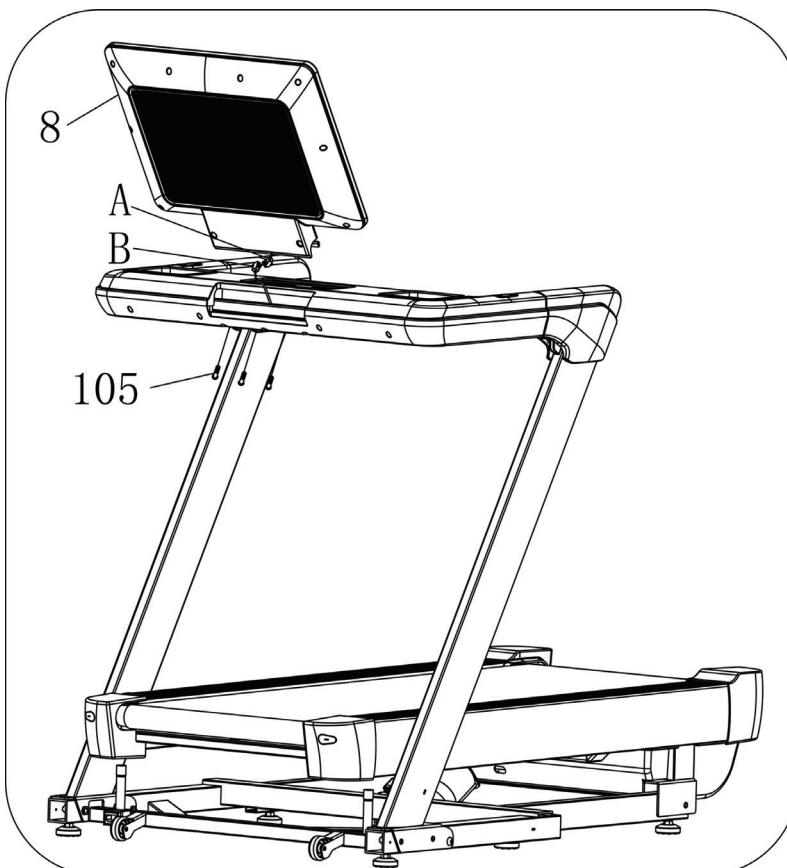
STEP 3



1. Support the electronic watch assembly (5) with one hand and carefully fold it in the direction indicated by the arrow. Take care not to pinch, stretch, or apply pressure to the upper or lower console cables.
2. Using internal hex wrench (58), secure the internal hex flat head screw (104) together with the internal serrated locking washer (83). Insert the fastener through the column and the electronic watch assembly, then tighten firmly to the column.
3. Repeat for the left and right sides as shown in the illustration.

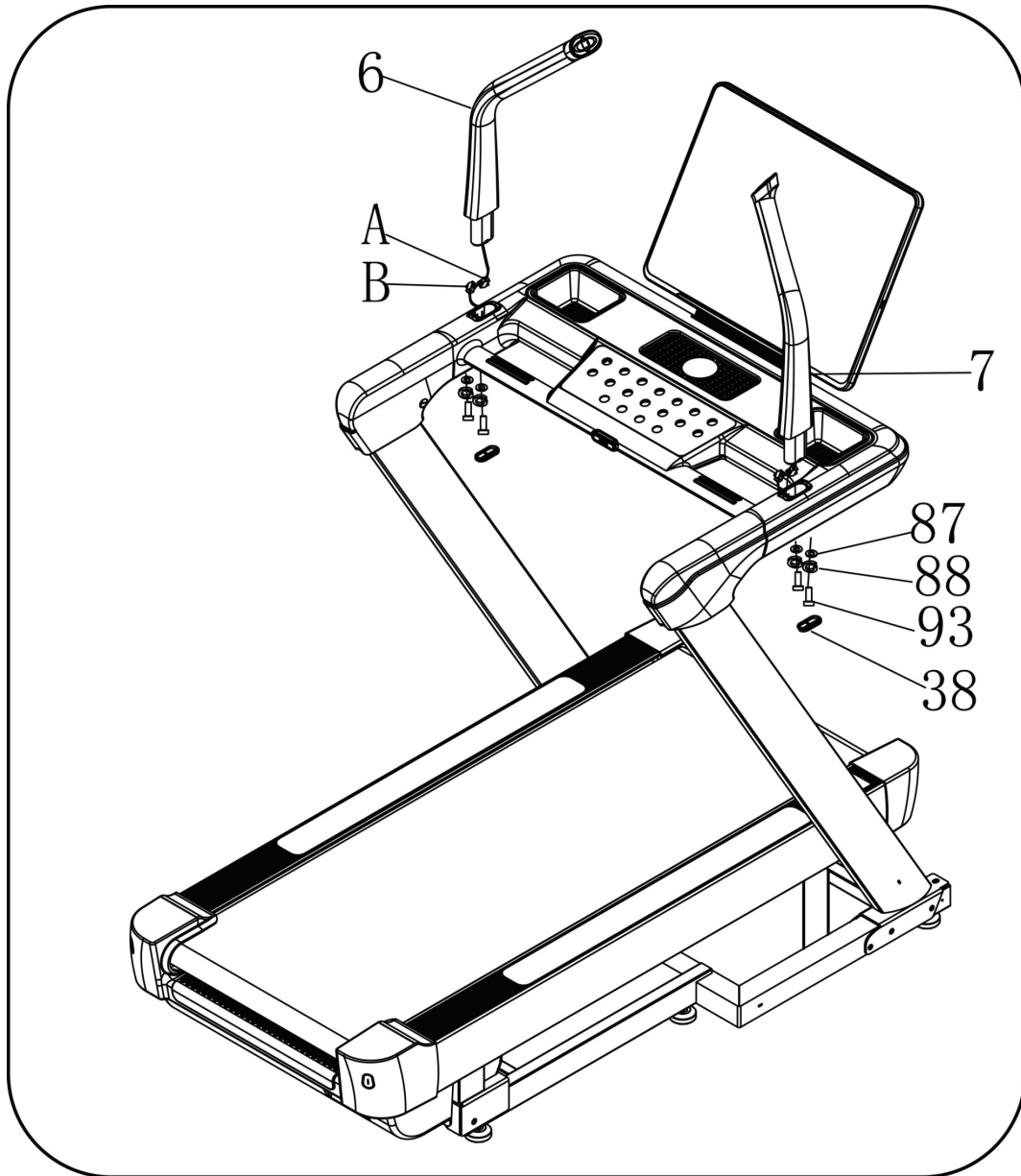
Note: Keep one hand supporting the electronic watch assembly during tightening to prevent accidental dropping, damage, or personal injury.

STEP 4



1. Connect the communication cable from the display panel (8) to the communication cable from the console. Ensure the connectors are fully seated, then carefully insert the display panel into the console housing. Tuck any excess wiring neatly inside the console to avoid pinching.
2. Using internal hex wrench (56), insert and tighten the flat round-head hex screw (105) through the console and panel fixing assembly, securing the display panel in place.

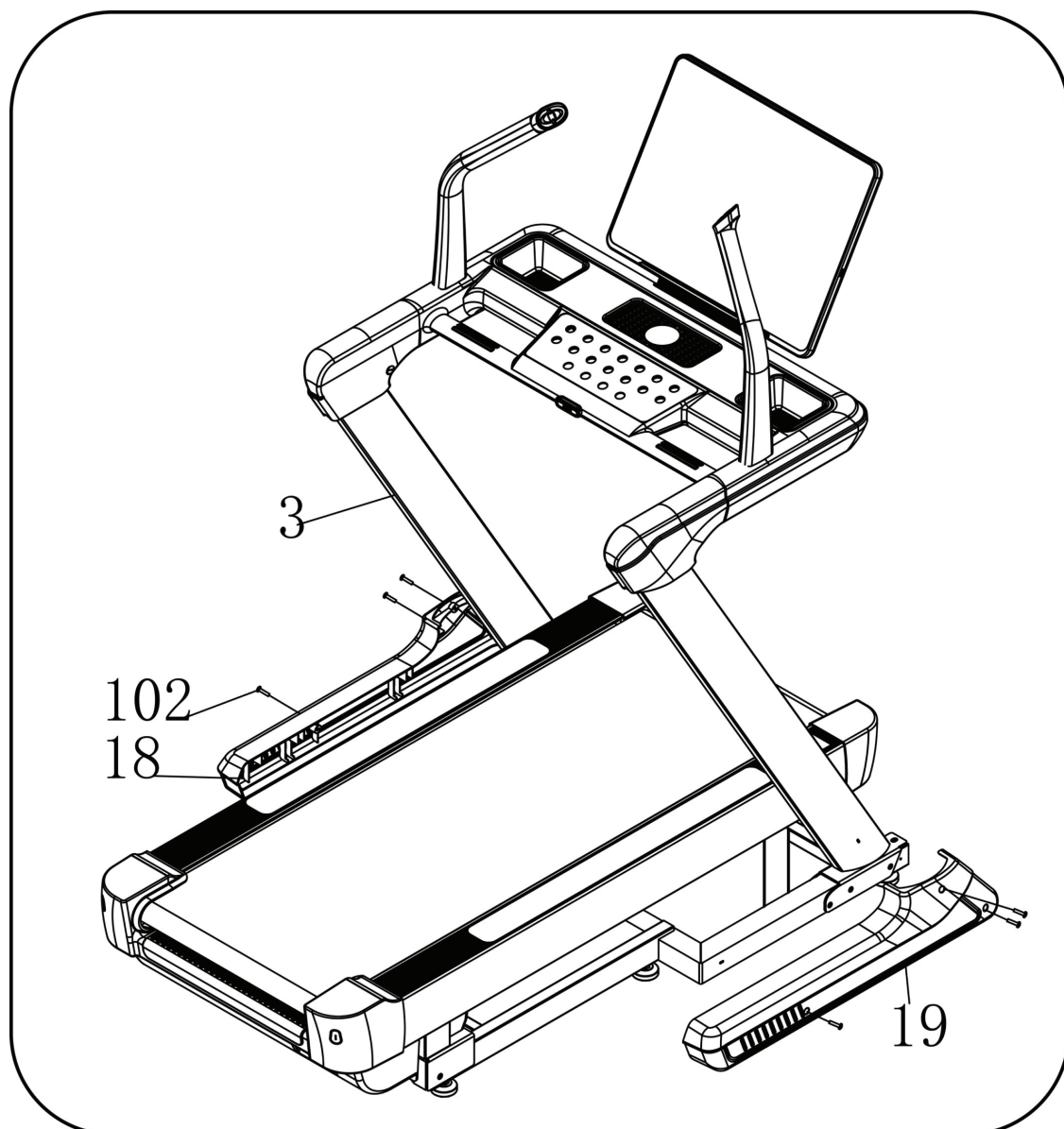
STEP 5



1. Connect the communication cable from the left front foam armrest (6) to the corresponding communication cable from the console. Once connected (A & B), carefully insert the armrest into the console housing, ensuring any excess cable is neatly tucked inside.
2. Using internal hex wrench (58), secure the armrest with the internal hex cylindrical head screw (93), spring washer (88), and flat washer (87).
3. Insert the fasteners through the console and the armrest, then tighten firmly. Insert the front handle hole plug (38) into the console.
4. Repeat the above steps for the right-hand side, as shown in the illustration.

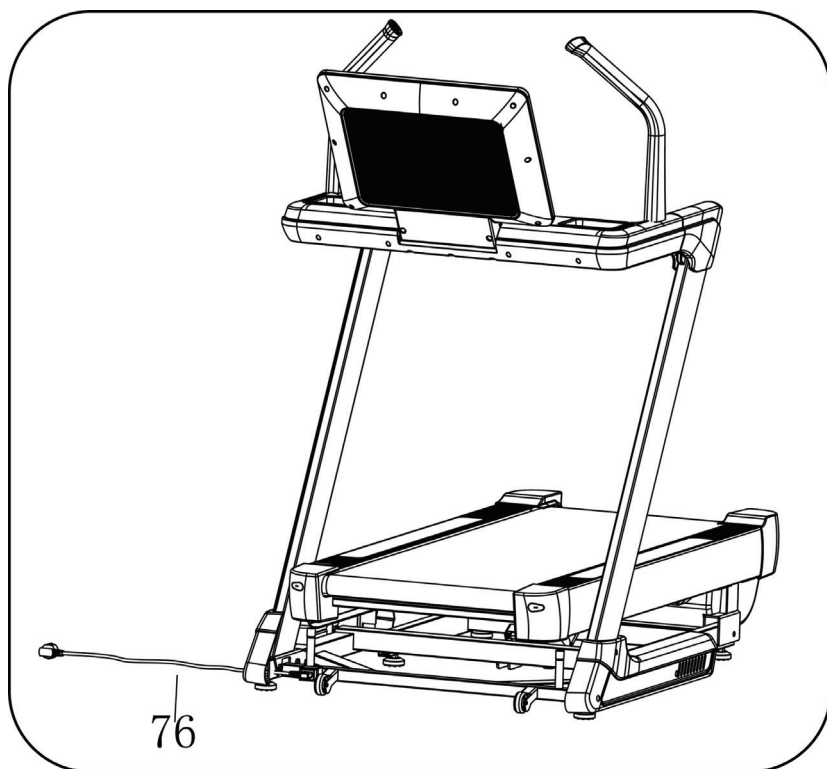
Note: When inserting the armrest into the console, gently pull the communication cable upward to prevent it from being trapped before tightening the screws.

STEP 6



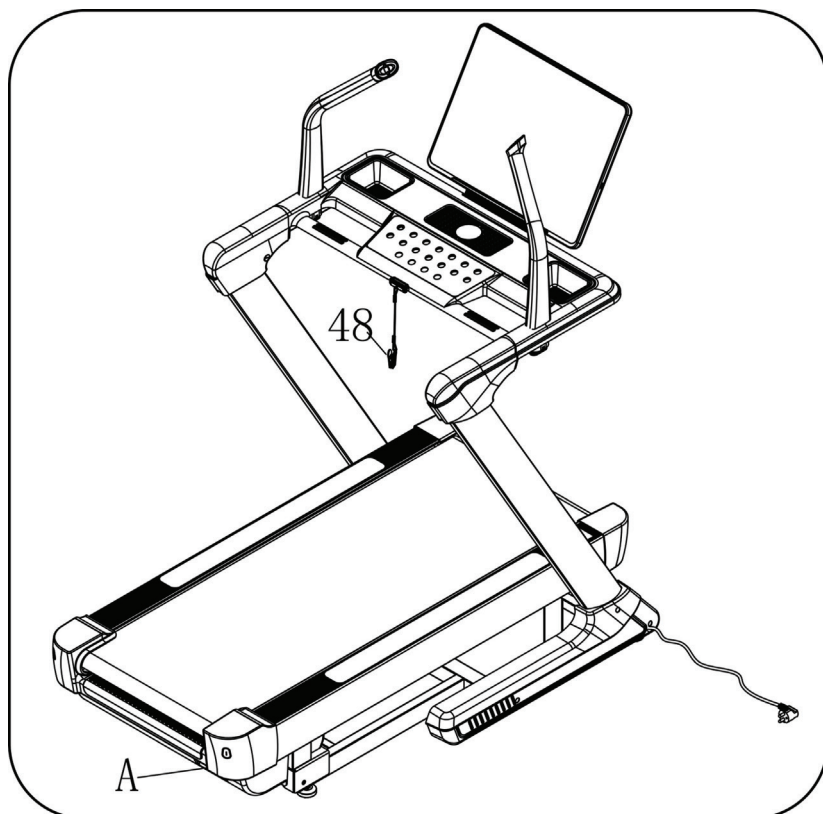
1. Position the right base cover (19) onto the right column and base, ensuring it aligns correctly with the mounting points.
2. Using a cross-head screwdriver (57), secure the base cover with the cross-head screw (102). Tighten until secure, but do not over-tighten.
3. Repeat the above steps for the left-hand side, as shown in the illustration.

STEP 7



1. Plug the power cord (76) into the main frame's power socket.

STEP 8



1. Place the safety lock (48) on the electronic watch.
2. Turn on the power switch location at the front labelled (A).

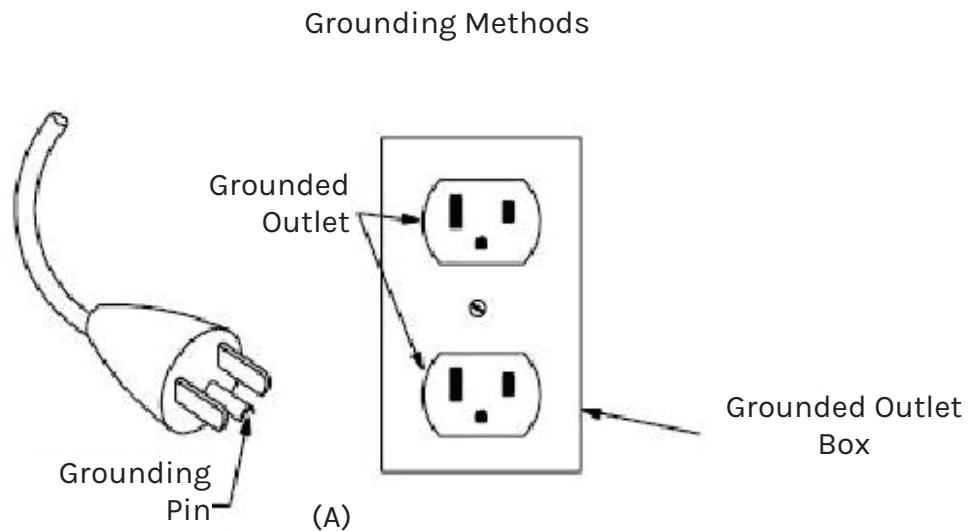
Please note: Ensure all components are correctly installed and checked for completeness before powering on the treadmill. Refer to the following instructions for operation.

VI. GROUNDING

This product must be grounded. If it should malfunction or breakdown, grounding provides 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 appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

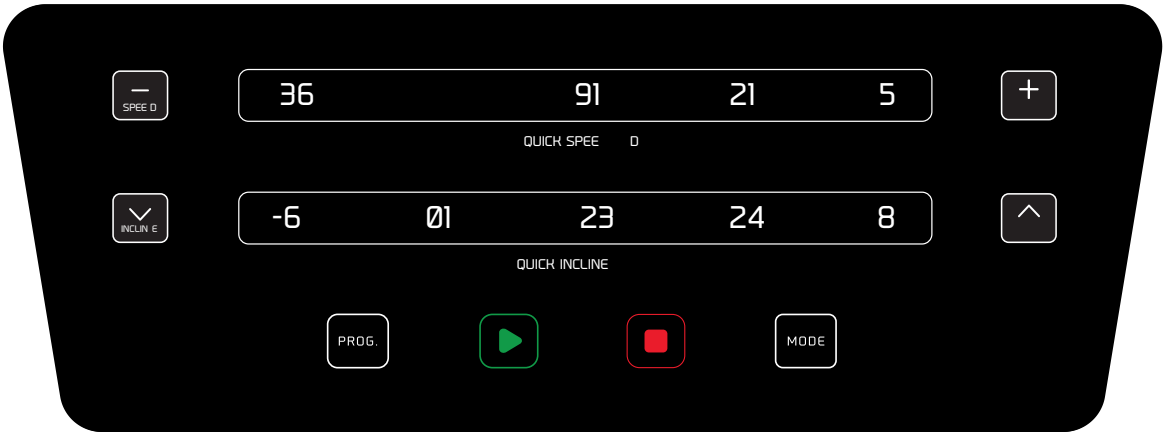
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 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.

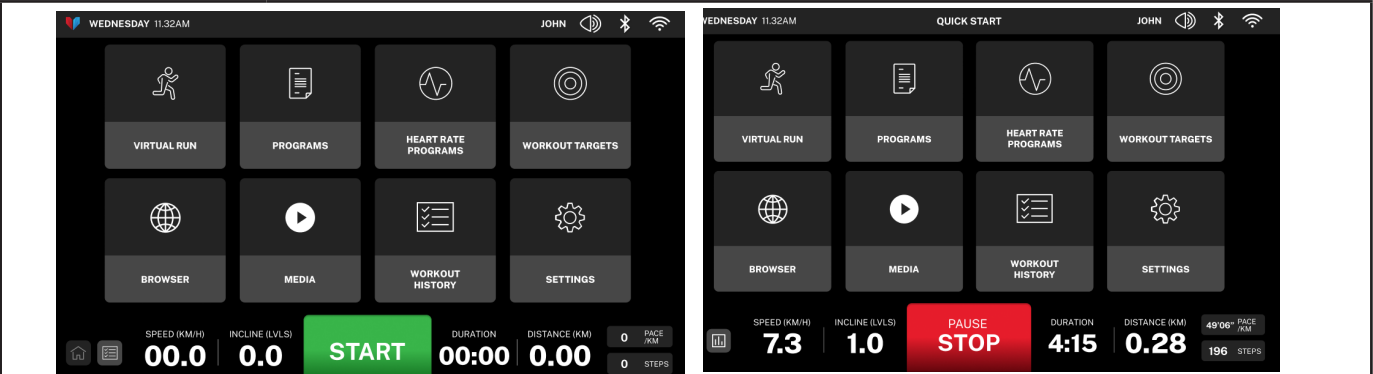


VII. OPERATING INSTRUCTIONS

Function Description of KA1352ET Electronic Watch

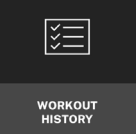


1. Main Interface



In the above interface, tap the icon on the touch screen to access the corresponding submenu.

	Click this icon to access the "VIRTUAL RUN" submenu, featuring 6 built-in real-scene sports.
	Click this icon to access the "PROGRAMS" submenu, which contains 24 pre-installed programs and user-defined programs.
	Click this icon to access the "HEART RATE PROGRAMS" submenu, which contains four built-in HRC programs.
	Click this icon to access the "WORKOUT TARGETS" submenu, featuring three built-in countdown modes: time, distance, and calories.
	Click this icon to access the BROWSER submenu, which includes 8 built-in apps: WEB BROWSER, YOUTUBE, NETFLIX, KAYO, BINGE, PRIME VIDEO, SPOTIFY, and SOUNDCLOUD. (Due to hardware and software updates, the online apps may differ from the descriptions. Please refer to the actual product for details.)
	Click this icon to open the MEDIA submenu. Users can access music and video files after inserting a USB drive.
	Click this icon to access the "WORKOUT HISTORY" submenu, which tracks your treadmill workout history.

 SETTINGS	Click this icon to open the SUBMENU of "SETTINGS".
	Click the icon in the motion parameter bar to return to the main interface.
 WORKOUT HISTORY	Click the icon in the exercise parameter bar to view the user's treadmill exercise records.
	Click the icon in the motion parameter bar to enter the "START" interface. The icon will then switch to " 

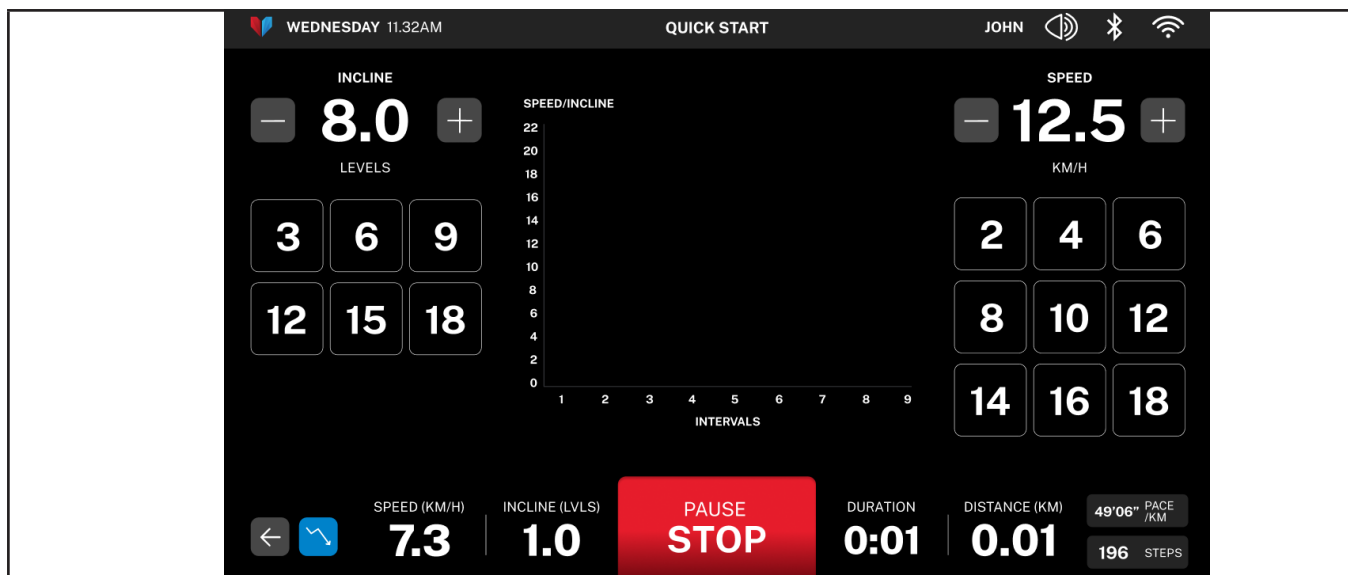
2. Operation Instructions

1. Quick Start

Press the 'Start' button on the key panel or select 'START' on the main interface. The system will initiate the countdown sequence 'GET READY, 3, 2, 1' before the treadmill begins operation (this countdown applies to all exercise functions). The display interface will be as follows:



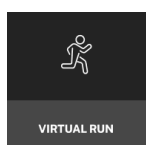
The treadmill's parameter panel displays various exercise metrics to help users understand their workout details. During operation, you can adjust the speed and incline by clicking the speed and incline buttons on the control panel or using the speed and incline adjustment icons in the status bar (as shown below) to access the settings interface.



Press the "End" button on the key panel or the "STOP" button on the display to stop the treadmill. The exercise data will then pop up, with the interface shown below (this step applies to all exercise functions).

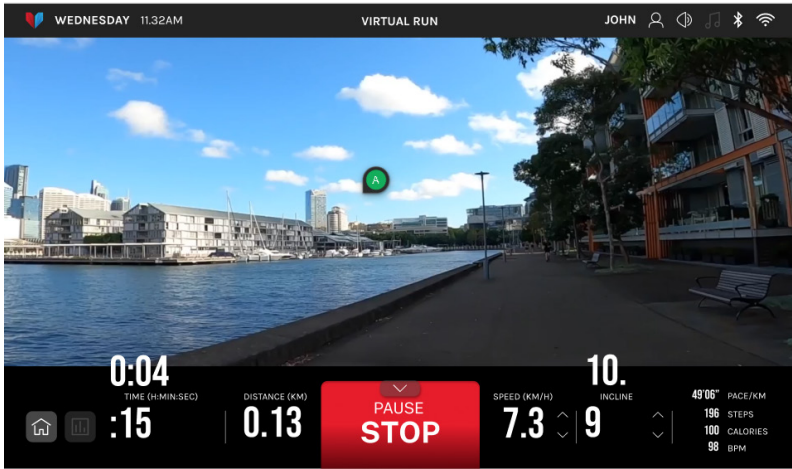
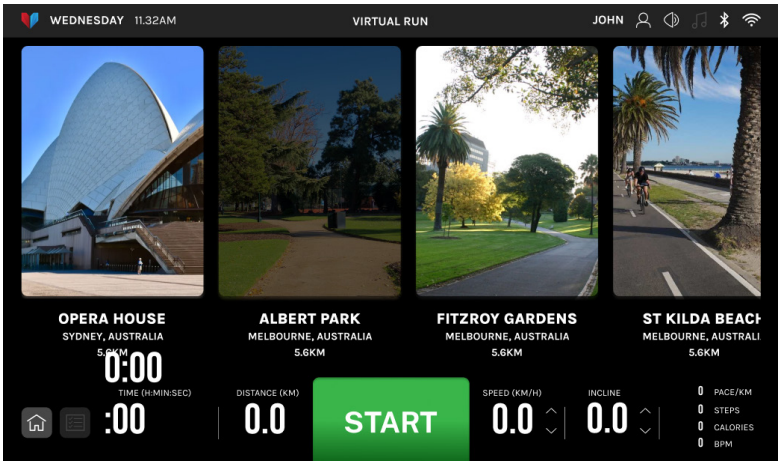


2. Virtual Run



Click this icon to open the VIRTUAL RUN submenu, which displays the following interface:

Click the "Start" button on the key panel or the "START" button on the screen to run the live sports event. The display interface is as follows:



Press to hide the motion  parameter bar, press  to show the motion parameter bar



When the treadmill is running, clicking the + and - speed buttons on the key panel will adjust the speed of the live video accordingly. User can change the incline and speed however the incline will be the same as the live video.

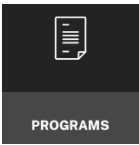
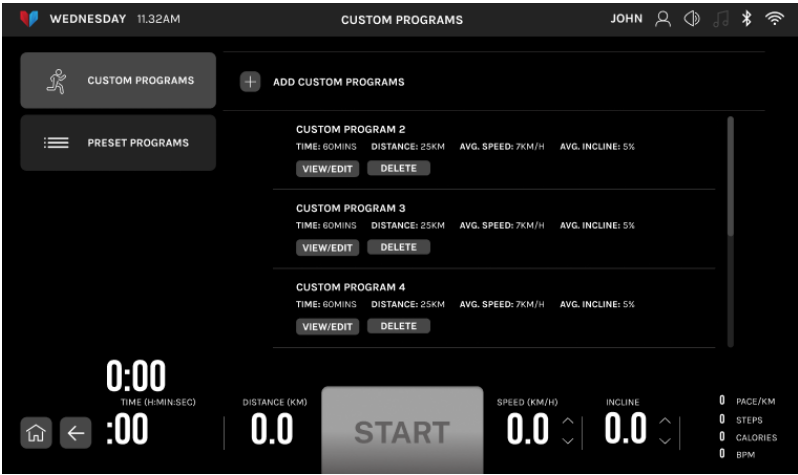
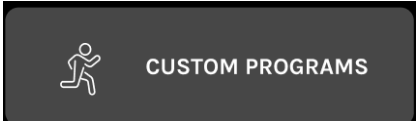
6 Virtual Run Programs

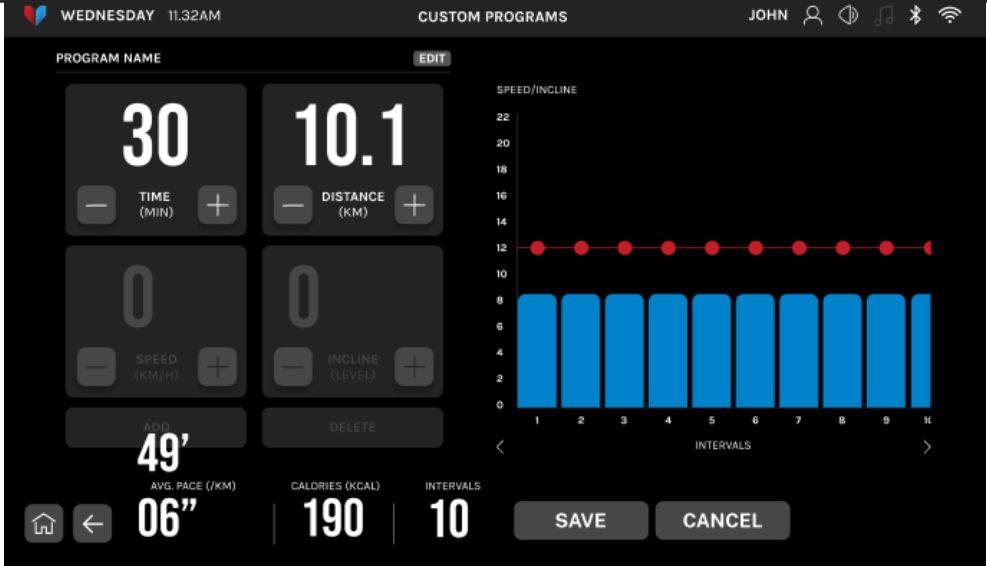
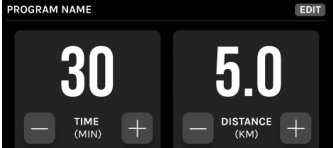
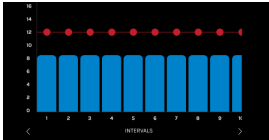


Click the icon to switch the image to the selected state and display the live sports name. Press the 'Start' button on the keyboard to enter the OPERA HOUSE interface.

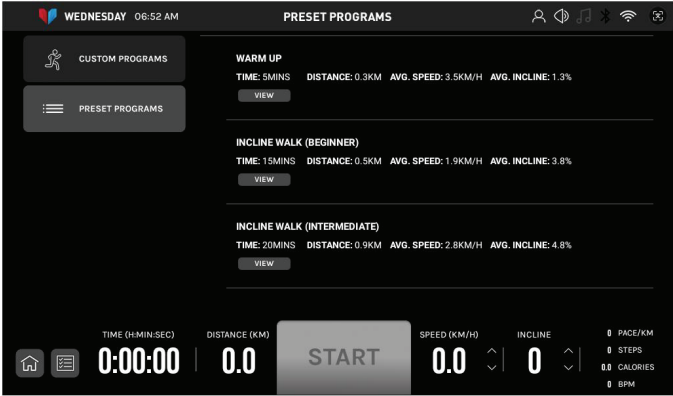
	Click the icon to switch the image to the selected state and display the live sports event name. Press the 'Start' button on the control panel to enter the 'ALBERT PARK' interface.
	Click the icon to switch the image to the selected state and display the live sports name. Press the 'Start' button on the control panel to enter the 'FITZORY GARDENS' interface.
	Click the icon to switch the image to the selected state and display the live sports event name. Press the 'Start' button on the control panel to enter the 'ST KILDA BEACH' interface.
	Click the icon to switch the image to the selected state and display the live sports event name. Press the 'Start' button on the control panel to enter the 'WERRIBEE GORGE' operation interface.
	Click the icon to switch the image to the selected state and display the live sports event name. Press the 'Start' button on the control panel to enter the 'YARRA RIVER TRAIL' interface.

3. Pre-set & Custom Programs

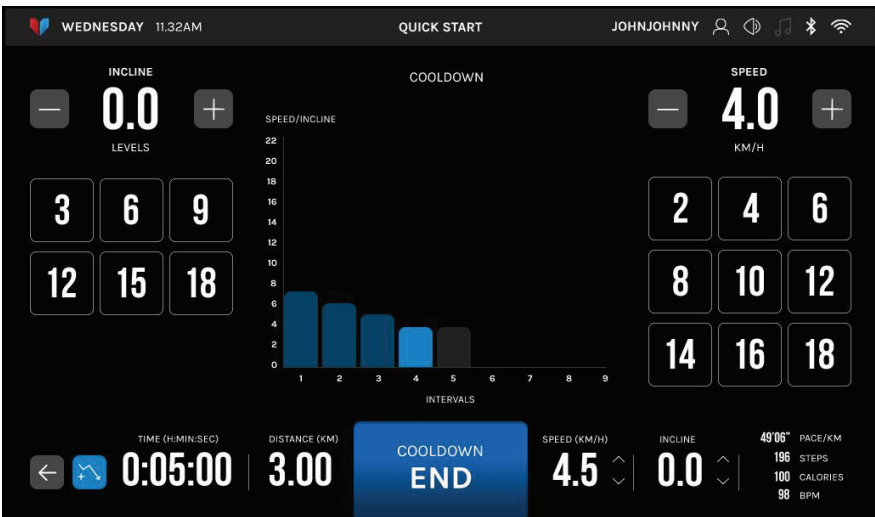
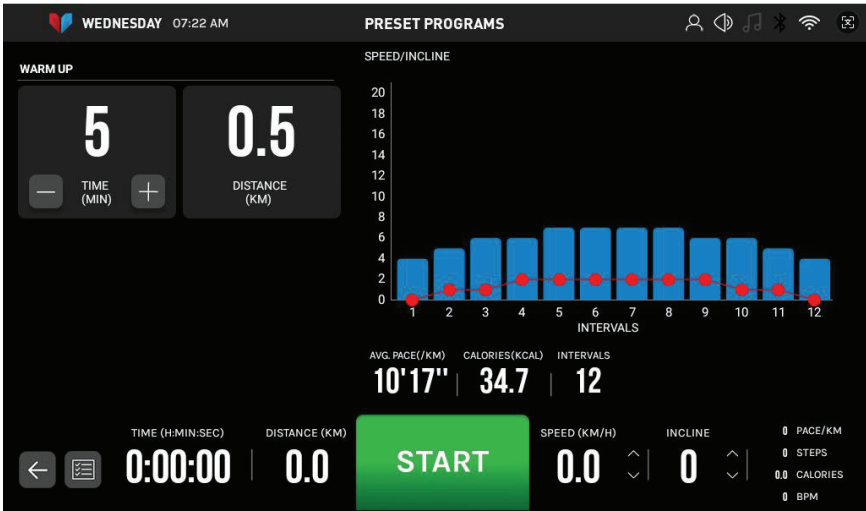
	Click this icon to access the SUBMENU 'PROGRAMS', featuring two options: 'CUSTOM PROGRAMS' and 'PRESET PROGRAMS'. The interface displays as follows:
	
	Custom programs allows users to design their own workout. Click "ADD CUSTOM PROGRAMS" to access the customization interface (as shown above). Set incline and speed values (as shown below), and the system will save the data for easy reference and reuse.

	
	Name the exercise mode based on your personal preferences and habits
	Customize exercise parameters for each mode segment based on your personal fitness goals and preferences. Use the "ADD" button to create up to 12 segments, or the "DELETE" button to remove any segments.
	Select the corresponding exercise mode segment for modification. The updated data will be instantly displayed in the progress chart, allowing users to clearly monitor their workout intensity and trends.
	
Press the 'Start' button on the key panel or the 'START' button on the screen to launch the program. The display interface will appear as shown above:	
	Preset exercise modes. There are 24 exercise modes (users can view and select by swiping up or down), each with an introduction to the related exercise parameters, allowing users to intuitively understand the exercise intensity. The display interface is as follows:

Each program can be previewed by clicking the "VIEW" button, and users can customize the runtime duration as shown in the figurebelow.



Select the appropriate program and adjust the required exercise duration. The built-in program consists of 12 segments, with each segment’s duration calculated as the set time divided by 12. The speed and incline for each segment are displayed as shown in the figure below. When the program transitions to the next segment, the speed and incline windows will show the corresponding values for the subsequent segment.

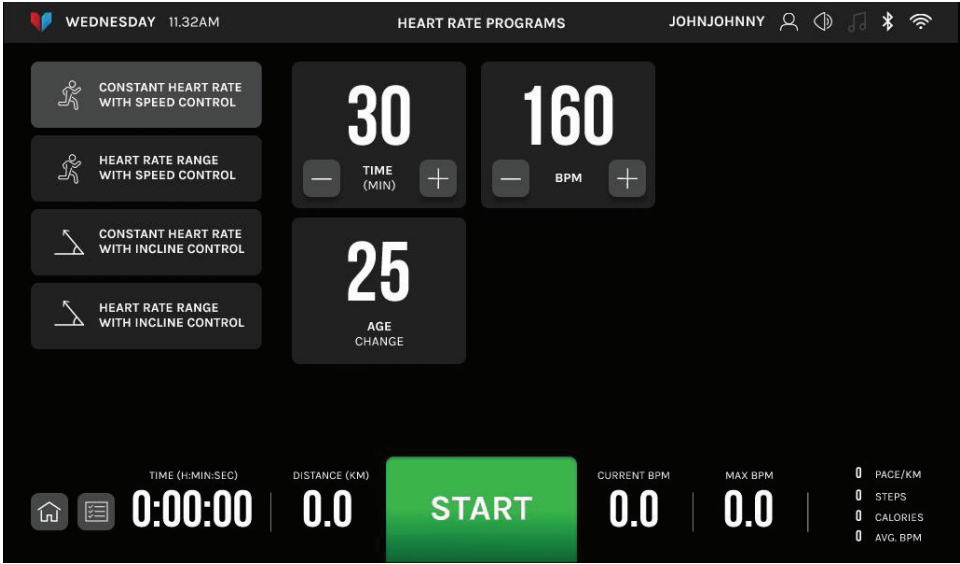


24 Programs	
Warm Up	Click the "Warm Up" option. When selected, the corresponding exercise mode options will turn gray, displaying incline and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Incline Walk (Beginner)	Click the "Incline Walk (Beginner)" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to begin the mode.
Incline Walk (Intermediate)	Click the "Incline Walk (Intermediate)" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to begin the mode.
Incline Walk (Advanced)	Click the "Incline Walk (Advanced)" option. When selected, the mode options will turn gray, displaying slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Incline Jog (Beginner)	Click the "Incline Jog (Beginner)" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to begin the mode.
Incline Jog (Intermediate)	Click the "Incline Jog (Intermediate)" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Incline Jog (Advanced)	Click the "Incline Jog (Advanced)" option. When selected, the mode options will turn gray, displaying slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
HIIT Speed Only (Beginner)	Click the "HIIT Speed Only (Beginner)" option. When selected, the corresponding exercise mode will turn gray, displaying the incline and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
HIIT Speed Only (Intermediate)	Click the "HIIT Speed Only (Intermediate)" option. When selected, the corresponding exercise mode will turn gray, displaying the incline and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
HIIT Speed Only (Advanced)	Click the "HIIT Speed Only (Advanced)" option. When selected, the corresponding exercise mode will turn gray, displaying the incline and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
HIIT Speed and Incline (Beginner)	Click the "HIIT Speed and Incline (Beginner)" option. When selected, the corresponding exercise mode options will turn gray, displaying slope and speed values. After setting the parameters, press the Start button on the control panel or the START button on the display to begin the mode.
HIIT Speed and Incline (Intermediate)	Click the "HIIT Speed and Incline (Intermediate)" option. When selected, the corresponding exercise mode options will turn gray, displaying slope and speed values. After setting the parameters, press the Start button on the control panel or the START button on the display to activate the mode.
HIIT Speed and Incline (Advanced)	Click the "HIIT Speed and Incline (Advanced)" option. When selected, the corresponding exercise mode options will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the control panel or the "START" button on the display to activate the mode.
Hill Climb (Beginner)	Click the "Hill Climb (Beginner)" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to begin the mode.
Hill Climb (Intermediate)	Click the "Hill Climb (Intermediate)" option. When selected, the mode options will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to begin the mode.

Hill Climb (Advanced)	Click the "Hill Climb (Advanced)" option. When selected, the mode options will turn gray, displaying slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Leg Burner	Click the "Leg Burner" option. When selected, the corresponding movement mode will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the control panel to activate the mode.
Trail Walk	Click the "Trail Walk" option. When selected, the mode options will turn gray, displaying slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Steep Trail Walk	Click the "Steep Trail Walk" option. When selected, the mode options turn gray and display slope and speed values. Set the parameters, then press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Energy Burst	Click the "Energy Burst" option. When selected, the corresponding exercise mode will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Track Sprint	Click the "Track Sprint" option. When selected, the mode options will turn gray, displaying slope and speed values. Set the parameters, then press the Start button on the keypad or the START button on the display to activate the mode.
Over The Hills	Click the "Over The Hills" option. When selected, the corresponding movement mode will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the key panel or the "START" button on the display to activate the mode.
Fast Slow	Click the "Fast Slow" option. When selected, the corresponding motion mode becomes gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.
Walk In The Park	Click the "Walk In The Park" option. When selected, the corresponding exercise mode options will turn gray, displaying slope and speed values. After setting the parameters, press the "Start" button on the keypad or the "START" button on the display to activate the mode.

4. Heart Rate Programs

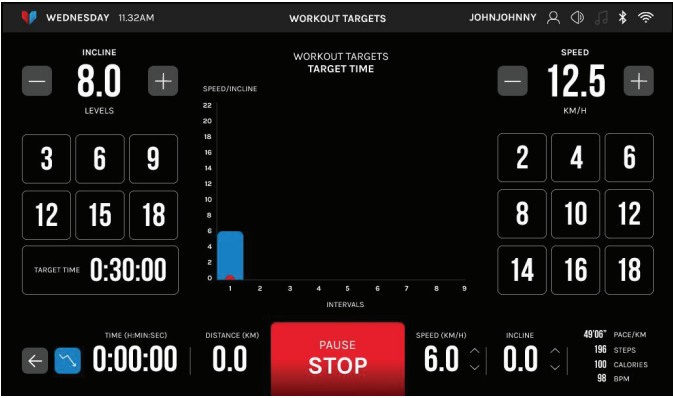
 HEART RATE PROGRAMS	Click this icon to access the HEART RATE PROGRAMS submenu, which displays four HRC exercise modes as follows:
--	---



CONSTANT HEART RATE WITH SPEED CONTROL	Control the heart rate to approach the set target
HEART RATE RANGE WITH SPEED CONTROL	Control the speed to maintain the heart rate within the set range
CONSTANT HEART RATE WITH INCLINE CONTROL	Control the incline to approach the target heart rate
HEART RATE RANGE WITH INCLINE CONTROL	Control the slope to maintain the heart rate within the set range
Press the 'Start' button on the key panel or the 'START' button on the screen to launch the program. The system will first enter the warm-up interface. Each press of the button adds 3 minutes to the warm-up time. After completing the warm-up, the HRC program display interface will appear as shown above.	

5. Movement Goal Pattern

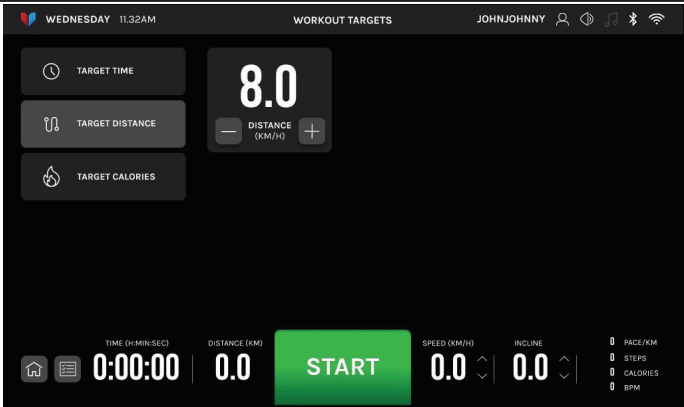
WORKOUT TARGETS	Click this icon to enter the WORKOUT TARGETS submenu, which displays the following interface:
TARGET TIME	The single-machine icon opens the target time settings. The interface is as follows:
Click the "Start" button on the key panel or the "START" button on the screen to run the target time movement. The display interface is as follows:	



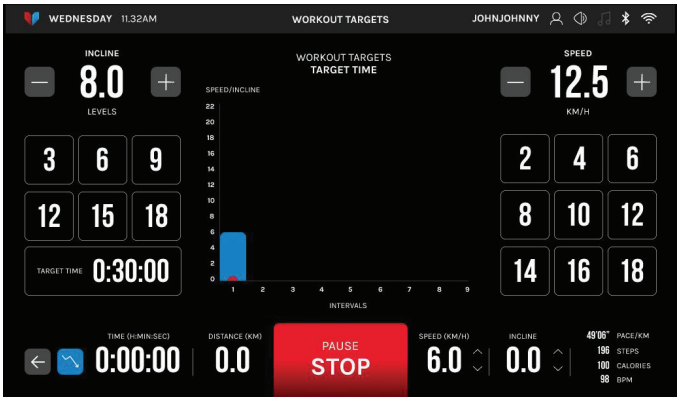
The **TARGET TIME 0:30:00** target time will appear in the lower left corner after startup



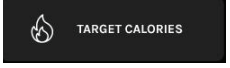
The single-machine icon allows you to set the target distance. The settings interface is as follows:



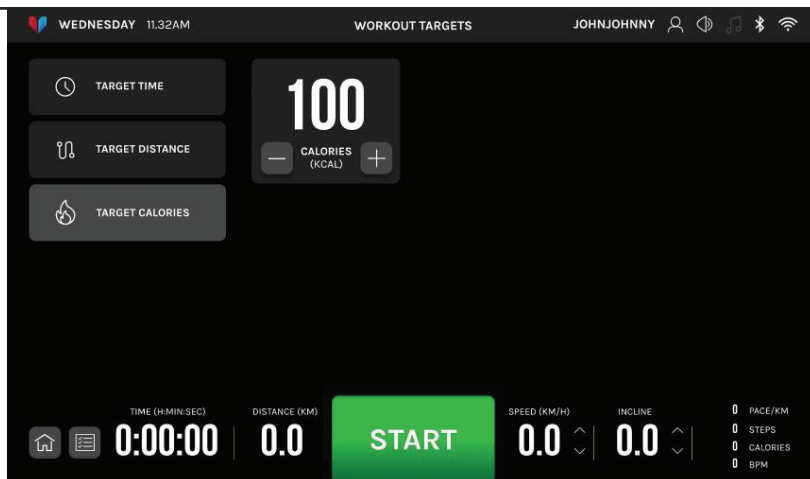
Click the "Start" button on the key panel or the "START" button on the screen to run the target time movement.
The display interface is as follows:



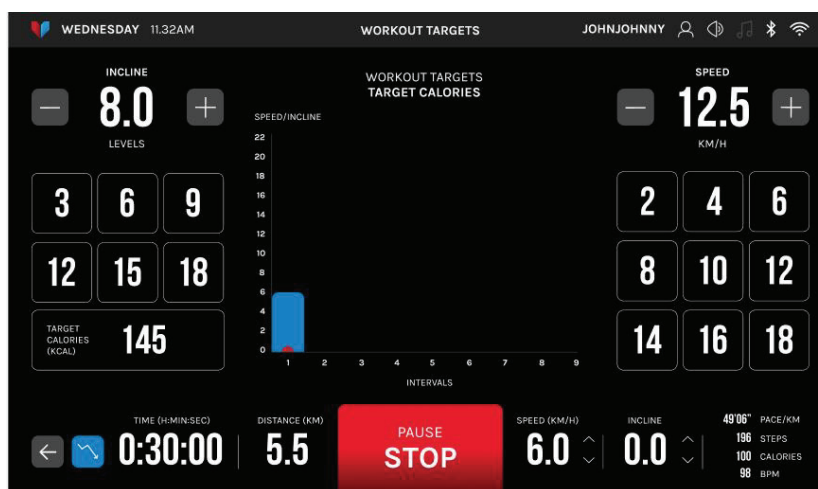
After startup, the target distance will appear in the lower left **TARGET DISTANCE (KM) 10.5** corner of the settings.



The single-machine icon opens the target calorie settings interface, as shown below:

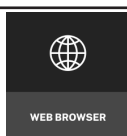


Click the "Start" button on the key panel or the "START" button on the screen to run the target time movement.
The display interface is as follows:

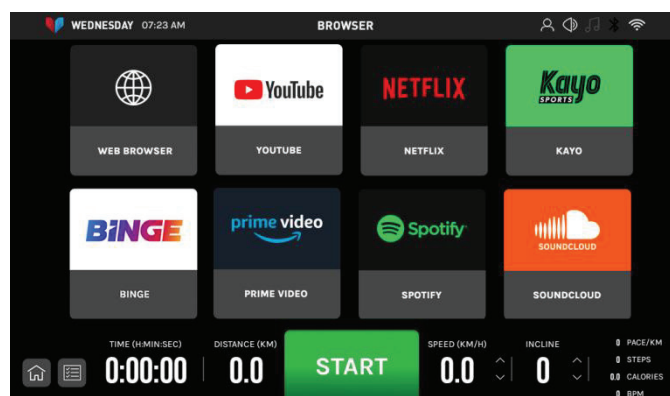


After startup, the **TARGET CALORIES (KCAL) 145** target distance will appear in the lower left corner of the settings.

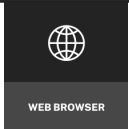
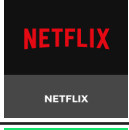
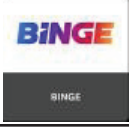
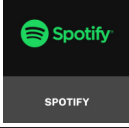
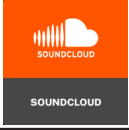
6. Online Applications



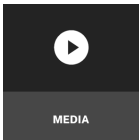
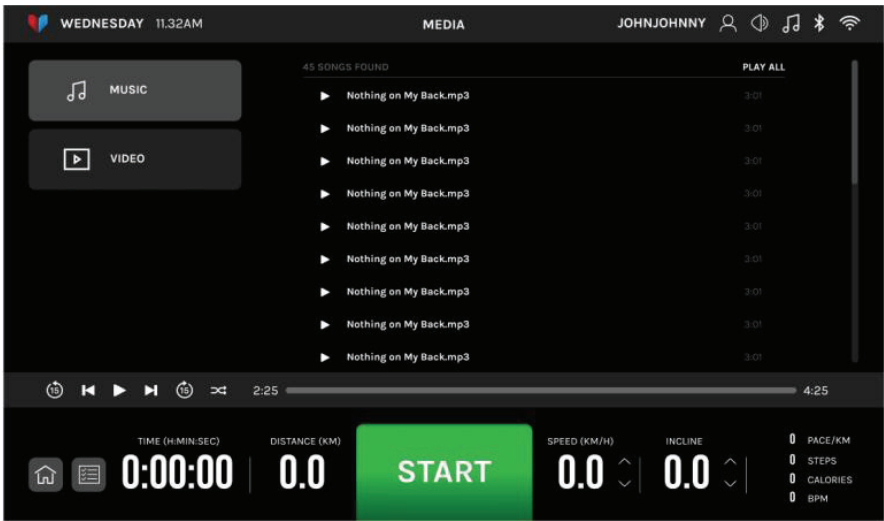
Click this icon to open the BROWSER interface, which displays as follows:



Due to hardware and software updates, the online application may differ from the description. Please refer to the product description at time of purchase.

	Tap the "WEB BROWSER" icon to open the app.
	Tap the "YOUTUBE" icon to open the app.
	Tap the "NETFLIX" icon to open the app. User will need to log in to their own subscription.
	Tap the "KAYO" icon to open the app. User will need to log in to their own subscription.
	Tap the "BINGE" icon to open the app. User will need to log in to their own subscription.
	Tap the "PRIME VIDEO" icon to open the app. User will need to log in to their own subscription.
	Tap the "SPOTIFY" icon to open the app. User will need to log in to their own subscription.
	Tap the "SOUNDCLOUD" icon to open the app. Please note that the app may vary depending on the time of day.

7. Local Player

	Click this icon to enter the MEDIA submenu, which displays the following interface:
 After inserting the USB drive, users can play music and video files.	

8. Workout History



WORKOUT HISTORY

Click this icon to open the WORKOUT HISTORY submenu, which displays the following interface:

WEDNESDAY 07:38 AM

WORKOUT HISTORY



QUICK START

TIME: 0:00:02 DISTANCE: 0.00KM AVG. SPEED: 0.0KM/H AVG. INCLINE: 0%

START

DELETE



LAST USED 30/10/2024

QUICK START

TIME: 0:00:15 DISTANCE: 0.00KM AVG. SPEED: 0.7KM/H AVG. INCLINE: 0%

START

DELETE



LAST USED 30/10/2024

QUICK START

TIME: 0:00:05 DISTANCE: 0.00KM AVG. SPEED: 0.7KM/H AVG. INCLINE: 0%

START

DELETE



LAST USED 30/10/2024

QUICK START

TIME: 0:00:05 DISTANCE: 0.00KM AVG. SPEED: 0.7KM/H AVG. INCLINE: 0%

START

DELETE



LAST USED 30/10/2024



TIME (H:MIN:SEC) | DISTANCE (KM) |

START

 | SPEED (KM/H) | INCLINE |

PACE/KM

 |

STEPS

 |

CALORIES

 |

BPM

Save the treadmill usage records.

9. Settings



SETTINGS

Click this icon to open the SUBMENU of "SETTINGS", and the interface will display as follows:

WEDNESDAY 11:32AM

SETTINGS

JOHN 

USER PROFILE

ADD USER

Make a new user profile

AVAILABLE USERS

BLUETOOTH

WIFI

GENERAL

UPDATES



SPEED (KM/H) | INCLINE (LVLS) |

START

 | DURATION | DISTANCE (KM) |

PACE /KM

 |

STEPS



USER PROFILE

Add and record each user's age, weight, height, and gender. The interface is shown below:

WEDNESDAY 01:07 AM

SETTINGS



USER SETTINGS

CONNECTIVITY

Connect your devices

WIFI SETTINGS

SYSTEM SETTINGS

UPDATES

YOUR NAME

25

70

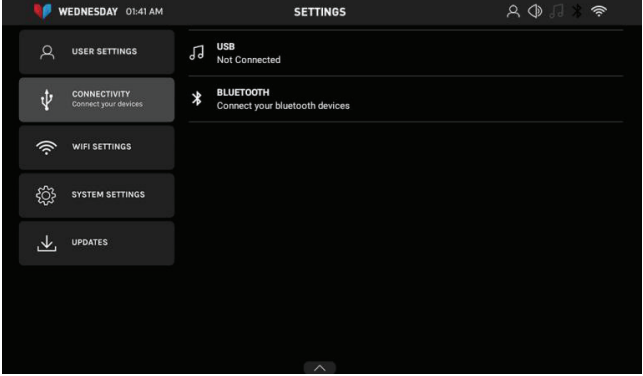
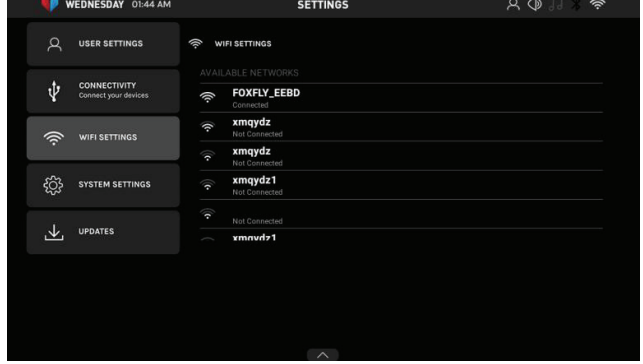
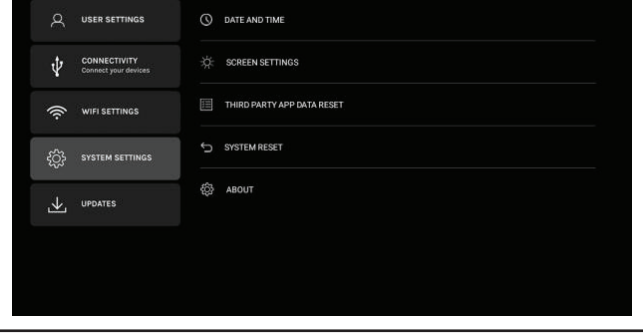
170

FEMALE

MALE

SAVE

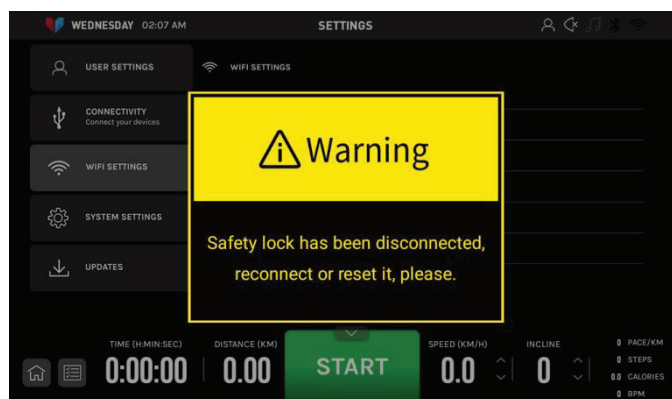
CANCEL

 CONNECTIVITY Connect your devices	Device connection settings. The interface is shown below:
	
 WIFI SETTINGS	WiFi connection settings, as shown in the following interface:
	
 SYSTEM SETTINGS	System settings. The settings interface is shown below:
	
 DATE AND TIME	Click this option to open the Time Zone Settings interface, where users can configure it as needed.
 SCREEN SETTINGS	Click this option to enter the backlight adjustment settings, where users can adjust brightness as needed.
 THIRD PARTY APP DATA RESET	Click this option to reset third-party app data.
 SYSTEM RESET	Click this option to open the One-Click Restore settings interface. To restore the system to factory settings, follow the corresponding steps.
 ABOUT	Click this option to view device information.
 UPDATES	Update the system settings and select the version to upgrade. After the progress bar completes, enter the APK installation interface and click Install. After installation, do not turn off treadmill while the software is installing the update. Do not turn off treadmill while the software is installing the update.

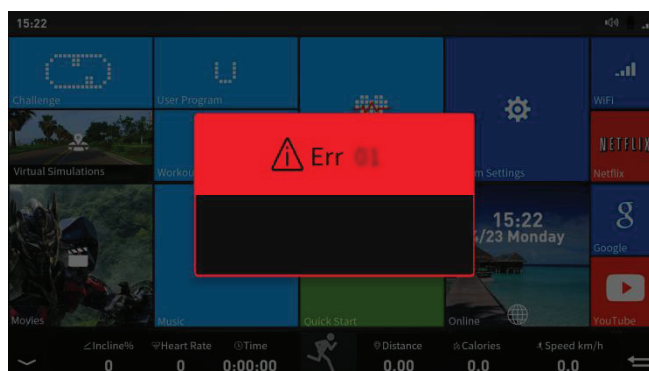
10. Status Bar

	JOHN  : This icon displays the logged in user's name.  : This icon is to adjust the volume for speakers. If sound is turned off the icon will change to:   : This icon is for Media when a USB is inserted to the screen. Once inserted the icon will light up and if no USB is inserted the icon will appear grey.  : This icon will light up if Wi-fi is connected. If disconnected the icon will be grey.  : This icon will light up if Bluetooth is connected to your device (phone/ipad) and when not connected the icon will be grey.
--	---

11. Error Prompts



The safety key error will appear if your safety key is not connected to the treadmill or is not inserted properly. If you do have the key properly inserted and this error still appears, contact the place of purchase for technical assistance.



The above error prompt will appear if there is a fault with the treadmill along with a fault message on the bottom of ERR. Contact the place of purchase for technical support if you are unable to resolve the error.

12. Pre-set Program Workout 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 (Advance)	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 & 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 & 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 & 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
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	7	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	8	10	12	12	6	8	10	12	12	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

2. Button Functions

1. "START" button: Press to start workout.
2. "STOP" button: Press to stop workout.
3. "PROG" button: Program selection key. Press to access PROGRAMS.
4. "Mode" button: Press to access WORKOUT TARGETS.
5. SPEED+: Speed adjustment feature. Adjust the speed during exercise.
6. SPEED (3,6,9,12,15): A key for quick speed adjustment.
7. INCLINE+: Press to adjust the treadmill incline.
8. INCLINE (-6,0,12,32,48): Quick adjustment key for incline.

3. Speed & Incline Parameters

	Indication Range	Default Mode	Default Program Value	Set Range
Speed	1.0-20.0KM	-	-	1.0-20.0KM
Incline	0.0	-	-	(-6)-48

4. Troubleshooting

E01	Low voltage trip in operation	1. After a 1-minute power outage, restart the system by restoring power. 2. Check whether the power plug, socket, and switch connections are loose. 3. Check if the power supply voltage is too low 4. If you cannot restore the service, contact customer service.
E02	Temperature sensor malfunction	1. After a 1-minute power outage, restart the system by restoring power. 2. Check if the NTC plug connection on the inverter is loose 3. If the issue cannot be resolved, contact customer support for repair
E04	Overcurrent output	1. After a 5-minute power outage, restart the system. 2. Is the load overloaded? 3. Check for any abnormalities in the transmission mechanism. 4. If you cannot restore the service, contact customer service.
E06	Overvoltage of frequency converter	1. Check if the power supply voltage is normal? 2. After a 1-minute power outage, restart the system. If the system fails to resume normal operation, contact customer service.
E07	Communication timeout	1. Check for any broken or damaged connection cables between the frequency converter and the upper control panel. 2. Check the inverter or the upper control panel.
E08	Landing anomaly	1. After a 1-minute power outage, restart the system by restoring power. 2. Ensure the motor and its wiring have good insulation. 3. Verify that the load is within the design range and inspect the transmission mechanism for any abnormalities. 4. If you cannot restore the service, contact customer service.
E09	Inverter overheating	1. Enhance equipment ventilation and clean the inverter's heat sink. 2. Return to the factory to replace the inverter cooling fan (the fan should be replaced when the inverter temperature reaches 50°C).
EOB	Inverter overload	1. Check if the load is overloaded? 2. Check for any abnormalities in the transmission mechanism
E0D	Motor wire break detection	1. Check if the motor and inverter connection cables and joints are loose 2. The motor is not connected.
E22	EEPROM hitch	1. After a 2-minute power outage, restart the system. If it still fails to start, replace the inverter.
E23	Low voltage display	1. Check if the inverter's input voltage is normal. 2. Check if the power socket plug is loose
E25	Emergency stop	1. Check whether the emergency switch is loose or disconnected. 2. The cable connecting the upper table to the inverter is loose.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

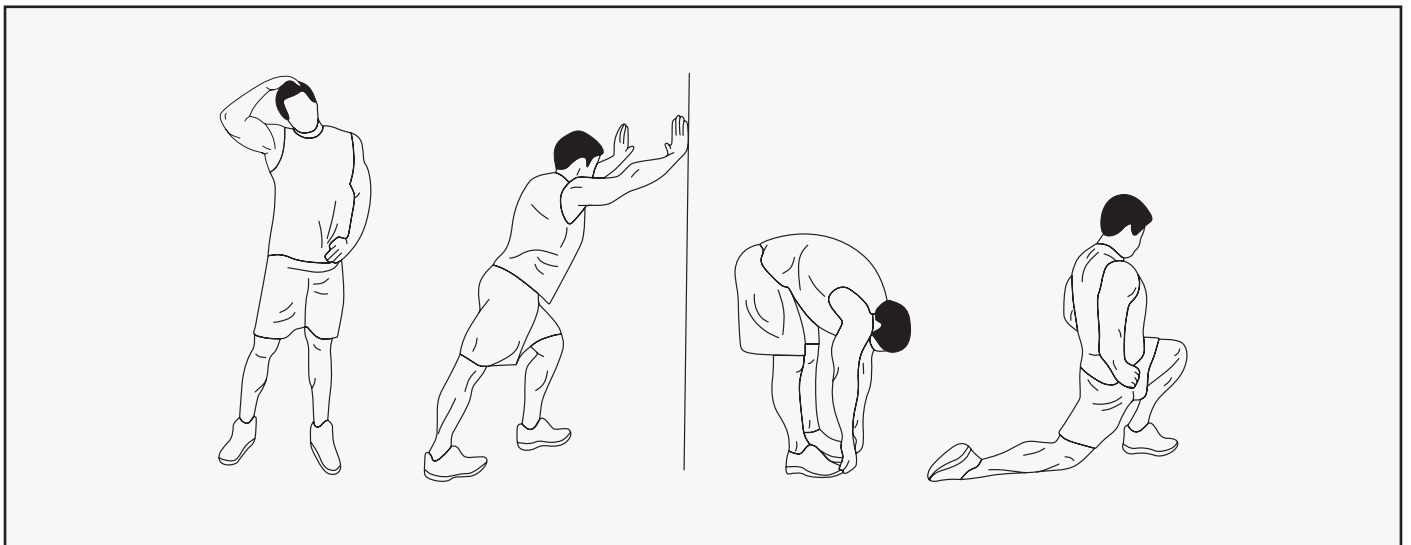
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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

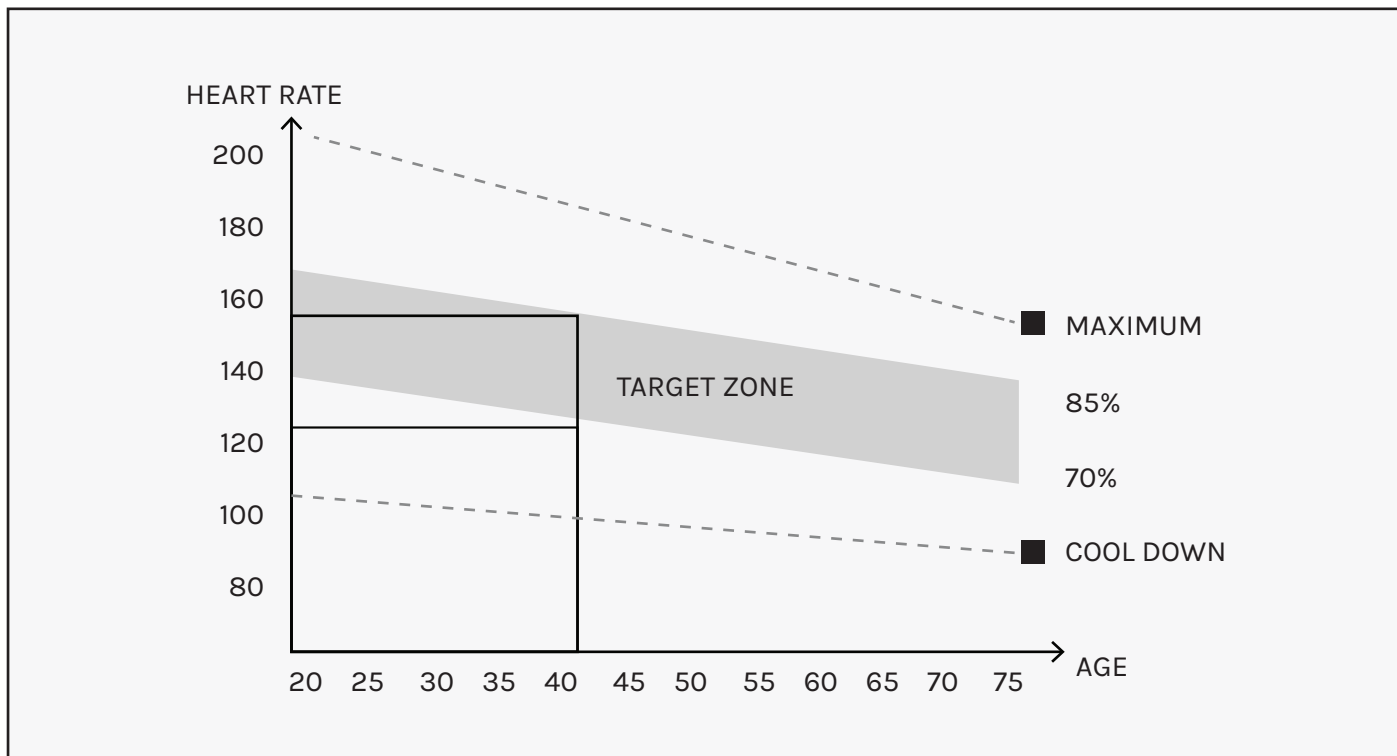
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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 INSTRUCTIONS

WARNING: always unplug the treadmill from the electrical outlet before cleaning or servicing the unit.

CLEANING & GENERAL CARE

1. Regular cleaning will help extend the lifespan and performance of your electric treadmill.
2. Remove dust and debris frequently to keep components clean.
3. Sweep the exposed sides of the running belt to prevent dirt from building up underneath.
4. Ensure running shoes are clean before use to avoid introducing foreign objects that may cause premature wear to the belt or running deck.
5. Clean the treadmill surface using a soft, damp cloth with mild soapy water.
6. Do not allow water to splash onto electrical components or underneath the running belt.

MOTOR MAINTENANCE

WARNING: Always unplug the treadmill before removing the motor cover.

1. Clean the motor area by vacuuming at least once per year to remove dust buildup.
2. Do not use liquids when cleaning internal components.

RUNNING BELT & LUBRICATION

The running deck and belt are pre-lubricated at the factory. However, regular lubrication is essential, as friction between the belt and running board affects performance and service life.

1. Periodically inspect the running board surface.
2. If any damage or excessive wear is observed, contact customer service immediately.
3. To maintain optimal performance, turn off the treadmill after 1.5 hours of continuous use and allow it to rest for 10 minutes before restarting.

RECOMMENDED LUBRICATION SCHEDULE

Apply lubricant between the running belt and running board as follows:

1. Light use (less than 3 hours per week): once per year
2. Moderate use (3–5 hours per week): every 6 months
3. Heavy use (more than 5 hours per week): every 3 months

Lubricant can be purchased from local suppliers or directly from our company.

IMPORTANT NOTE:

Any repairs beyond routine maintenance must be carried out by a qualified professional.

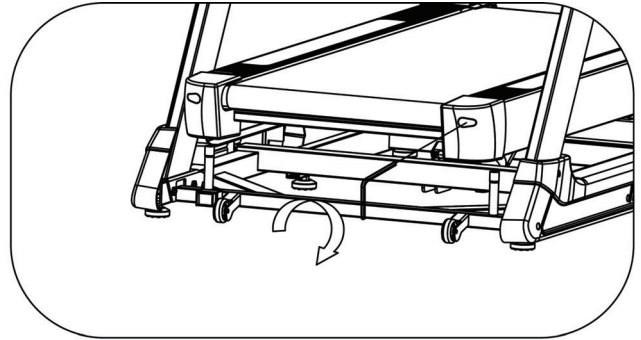
RUNNING BELT ALIGNMENT

PREPARATION

1. Place the treadmill on a flat, level surface.
2. Run the treadmill at approximately 6–8 km/h.
3. Observe the running belt to determine whether it is tracking to the left or right.

Belt Drifts to the Right (Figure A)

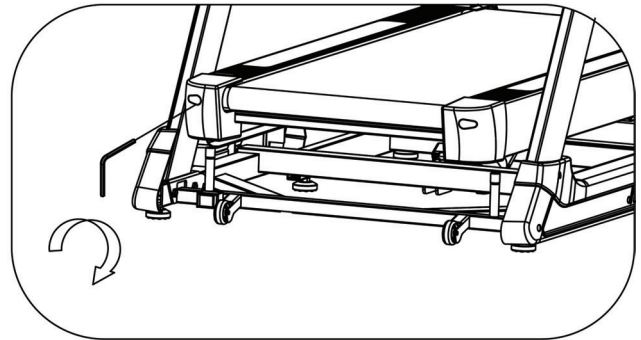
1. Place the treadmill on a flat, level surface.
2. Run the treadmill at approximately 6–8 km/h.
3. Observe the running belt to determine whether it is tracking to the left or right.



A

Belt Drifts to the Left (Figure B)

1. Rotate the left rear adjustment bolt clockwise by 1/4 turn. The belt will slowly shift.
2. Observe the belt position.
3. Repeat as required until the belt is centred.

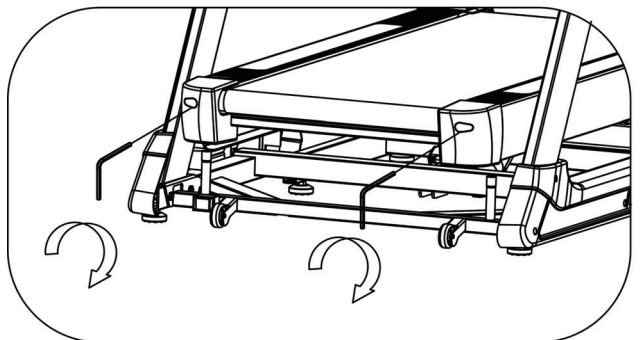


B

Belt Loosening / Tension Adjustment (Figure C)

Proper belt tension is critical:

1. A belt that is too loose may slip during use.
2. A belt that is too tight may reduce motor efficiency and accelerate wear.
3. When correctly adjusted, the belt should lift approximately 50–75 mm from the running deck when gently raised by hand at the centre of the belt.



C

TO ADJUST TENSION:

1. While the treadmill is turned off, rotate both left and right rear adjustment bolts clockwise by 1/4 turn.
2. Reinsert the safety key and start the treadmill.
3. Carefully stand on the belt to confirm proper tension.
4. Repeat adjustments if necessary until the belt is correctly tensioned and runs smoothly.

This diagram illustrates the exploded view of a mechanical assembly, likely a piece of industrial equipment. The assembly consists of a main frame (1) with various components mounted on it, including a motor (92), a control panel (27), and a display unit (90). The assembly is supported by a base (19) and includes a handle (4) and a foot (100). The parts are numbered 1 through 111, and the following table lists the corresponding part names and quantities.

Part Number	Part Name	Quantity
1	Frame	1
2	Base	1
3	Handle	1
4	Foot	1
5	Control Panel	1
6	Motor	1
7	Display Unit	1
8	Base Plate	1
9	Motor Mount	1
10	Control Panel Mount	1
11	Display Unit Mount	1
12	Base Plate	1
13	Motor Mount	1
14	Control Panel Mount	1
15	Display Unit Mount	1
16	Base Plate	1
17	Motor Mount	1
18	Control Panel Mount	1
19	Display Unit Mount	1
20	Base Plate	1
21	Motor Mount	1
22	Control Panel Mount	1
23	Display Unit Mount	1
24	Base Plate	1
25	Motor Mount	1
26	Control Panel Mount	1
27	Display Unit Mount	1
28	Base Plate	1
29	Motor Mount	1
30	Control Panel Mount	1
31	Display Unit Mount	1
32	Base Plate	1
33	Motor Mount	1
34	Control Panel Mount	1
35	Display Unit Mount	1
36	Base Plate	1
37	Motor Mount	1
38	Control Panel Mount	1
39	Display Unit Mount	1
40	Base Plate	1
41	Motor Mount	1
42	Control Panel Mount	1
43	Display Unit Mount	1
44	Base Plate	1
45	Motor Mount	1
46	Control Panel Mount	1
47	Display Unit Mount	1
48	Base Plate	1
49	Motor Mount	1
50	Control Panel Mount	1
51	Display Unit Mount	1
52	Base Plate	1
53	Motor Mount	1
54	Control Panel Mount	1
55	Display Unit Mount	1
56	Base Plate	1
57	Motor Mount	1
58	Control Panel Mount	1
59	Display Unit Mount	1
60	Base Plate	1
61	Motor Mount	1
62	Control Panel Mount	1
63	Display Unit Mount	1
64	Base Plate	1
65	Motor Mount	1
66	Control Panel Mount	1
67	Display Unit Mount	1
68	Base Plate	1
69	Motor Mount	1
70	Control Panel Mount	1
71	Display Unit Mount	1
72	Base Plate	1
73	Motor Mount	1
74	Control Panel Mount	1
75	Display Unit Mount	1
76	Base Plate	1
77	Motor Mount	1
78	Control Panel Mount	1
79	Display Unit Mount	1
80	Base Plate	1
81	Motor Mount	1
82	Control Panel Mount	1
83	Display Unit Mount	1
84	Base Plate	1
85	Motor Mount	1
86	Control Panel Mount	1
87	Display Unit Mount	1
88	Base Plate	1
89	Motor Mount	1
90	Control Panel Mount	1
91	Display Unit Mount	1
92	Base Plate	1
93	Motor Mount	1
94	Control Panel Mount	1
95	Display Unit Mount	1
96	Base Plate	1
97	Motor Mount	1
98	Control Panel Mount	1
99	Display Unit Mount	1
100	Base Plate	1
101	Motor Mount	1
102	Control Panel Mount	1
103	Display Unit Mount	1
104	Base Plate	1
105	Motor Mount	1
106	Control Panel Mount	1
107	Display Unit Mount	1
108	Base Plate	1
109	Motor Mount	1
110	Control Panel Mount	1
111	Display Unit Mount	1

XI. PARTS LIST

Part No.	Part Name	Specs	Qty.	Part No.	Part Name	Specs	Qty.
1	Main frame assembly		1	27	Panel cover		1
2	Base assembly		1	28	Panel bottom cover		1
3	Left pillar assembly		1	29	Armrest cover hole plug		2
4	Right pillar assembly		1	30	Speed addition and subtraction shortcut keys		1
5	Electronic watch stand assemblystand assembly		1	31	Add and subtract shortcut keys for ascending		1
6	Left front foam armboard-1		1	32	Armrest liner		2
7	Right front foam armboard-1		1	33	Interval sleeve	23*, 10.2*7.5	4
8	Panel fixing assembly		1	34	transport wheel		2
9	Standard spring washer	5	3	35	adjustable foot pad		6
10	Left front drum cover		1	36	Cushion		4
11	Right front drum cover		1	37	Running board cushion		4
12	Left bar		1	38	Multi wedge belt		2
13	Right bar		1	40	Running Belt		1
14	Rear corner protector		1	41	Oil guide pipe		1
15	Rear motor lower cover		1	42	Buffer nut column		2
16	Front motor lower cover-1		1	43	Left foam armrest		1
17	Non-slip mat		2	44	Right foam armrest		1
18	Left base cover		1	45	I pad		1
19	Right base cover		1	46	Edge hole plug		1
20	Roller cover		2	47	safety lock base		1
21	Left front drum cover hole plug		1	48	Safety Lock-1		1
22	Right front drum cover hole plug		1	49	Dynamic brake system		1
23	Left rear corner guard hole plug		1	50	Hexagonal socket head screw	M12*50	2
24	Right rear corner guard hole plug		1	51	Oil bottle		1
25	Electronic watch cover		1	52	Left pulse iron plate		2
26	Electronic watch cover		1	53	Right pulse iron plate		2

Part No.	Part Name	Specs	Qty.
54	Hexagonal socket head screw	M12*20	2
55	Standard spring washer	M12	2
56	5 # Allen wrench		1
57	With a cross wrench		1
58	6 # Allen wrench		1
59	Front drum		1
60	Rear roller		1
61	Internal serrated lock washer	5	3
62	Interval sleeve	25*, 12*7.5	2
63	Running board		1
64	AC motor		1
65	Ascension Motor		1
66	Frequency converter		1
67	On-off switch		1
68	Overload protector		1
69	AC single branch line		1
70	Magnet ring		1
71	Ground wire		1
72	Blue/Brown Dual Branch Line		1
73	Brown single branch line		1
74	Blue single branch line		1
75	Power cord socket		1
76	Standard power cord		1
77	Upper line of electronic watch		1
78	Lower section line of electronic watch		1

Part No.	Part Name	Specs	Qty.
79	Type 1 non-metallic embedded hexagonal lock	M10	1
80	Type 1 non-metallic embedded hexagonal lock	M8	10
81	Type 1 non-metallic embedded hexagonal lock	M6	2
82	Hexagonal socket head screw	M8*42	2
83	Internal serrated lock washer	8	8
84	Hexagonal socket head screw	M10*65	6
85	Internal serrated lock washer	10	6
86	Cross recessed pan head self-tapping screw	ST2.9*8	2
87	Flat washer Class C	8	14
88	Standard spring washer	8	14
89	Hexagonal socket head screw,	M10*50	1
90	Ip pad		1
91	Internal serrated lock washer	12	2
92	Hexagonal socket head screw	M8*20	4
93	Hexagonal socket head screw	M8*15	4
94	Hexagonal socket head screw	M8*40	1
95	Flat washer Class C	8*24*2	5
96	Hexagonal socket head screw	M8*65	2
97	Hexagonal socket head screw	M8*60	2
98	Hexagonal countersunk head screw	M8*40	4
99	Hexagonal countersunk head screw	M8*32	4
100	Cross groove pan head with cushion self tapping and self drilling screw	4.2*15	28
101	Cross recessed pan head self-tapping screw	4.3*13	30
102	Cross groove pan head self tapping and self drilling screw	4.2*19	6

Part No.	Part Name	Specs	Qty.	Part No.	Part Name	Specs	Qty.
103	Hexagonal socket head screw	M8*32	4	108	Cross groove pan head self tapping and self drilling screw	4.2*15	6
104	Hexagonal socket head screw	M8*16	4	109	Cross recessed countersunk self-tapping screw	M4*20	4
105	Hexagonal socket head screw	M8*40	3	110	Flat washer Class C	10	2
106	Cross groove pan head with cushion self tapping and self drilling screw	4.2*19	6	111	Cross recessed pan head self-tapping screw	M5*8	3
107	Cross groove pan head with cushion self tapping screw	4.2*15	24				

IMPORTANT NOTE:

Note: Minor variations in colour or structural details may exist between the illustrations in this manual and the actual product. In such cases, the actual product shall take precedence.

The company reserves the right to make improvements or changes to the product specifications and design without prior notice.

XII. 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



XIII. 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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