



# Bolt M2 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](http://www.lifespanfitness.com.au)







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# I. IMPORTANT SAFETY INSTRUCTIONS

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

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

## **DANGER**

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

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## **DO NOT USE AN EXTENSION CORD:**

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

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

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

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

## II. IMPORTANT ELECTRICAL INFORMATION

### **WARNING!**

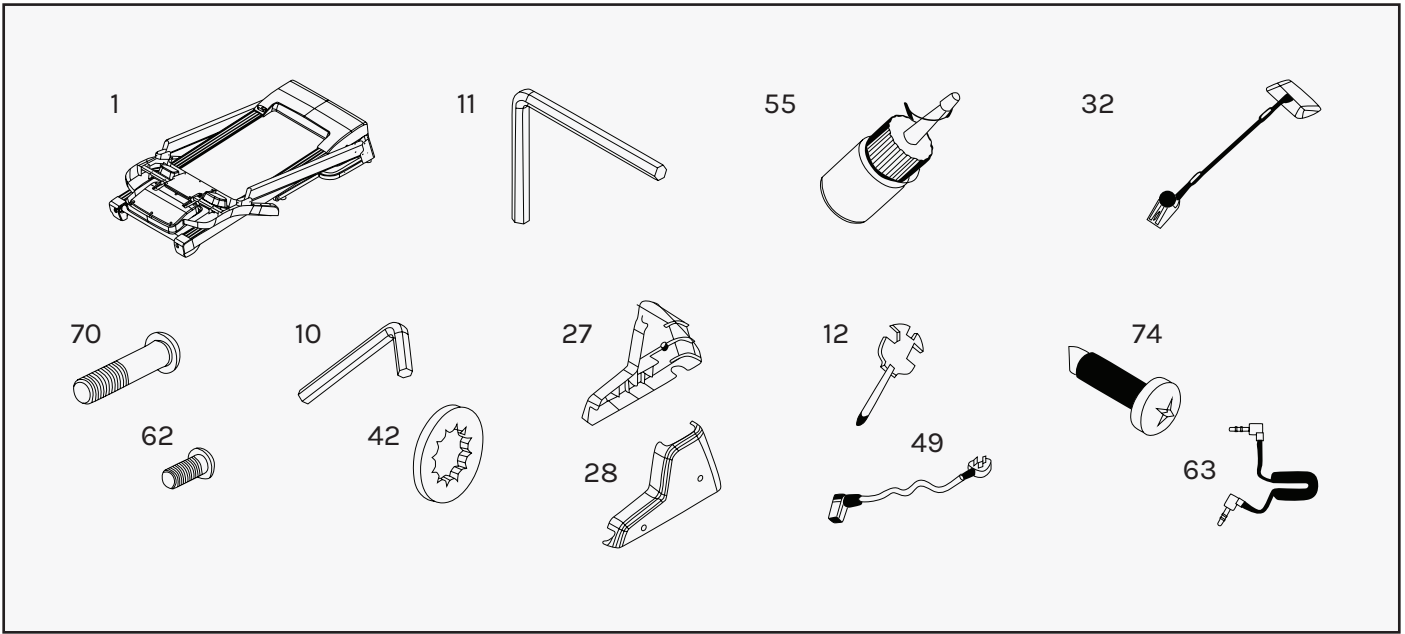
- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- **NEVER** remove any cover without first disconnecting AC power.
- **NEVER** expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is a high-power item; please do not share the same outlet with other high-power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

# III. IMPORTANT OPERATING INSTRUCTIONS

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



# IV. ASSEMBLY INSTRUCTIONS



No.	Description	Specification	Qty
1	Main Frame		1
11	6#Allen Wrench	6mm	1
70	Bolt	M8*42	2
62	Bolt	M8*16	4
10	5#Allen Wrench	5mm	1
42	Arc Washer	8	6
55	Oil bottle		1
32	Safety Key		1

No.	Description	Specification	Qty
27	Left Base Cover		1
28	Right Base Cover		1
12	Wrench With Screwdriver	S=13,14,15	1
49	Power Wire		1
74	Bolt	ST4.2*19	4
63	MP3 Wire	Optional	1

## FIXING TOOLS:

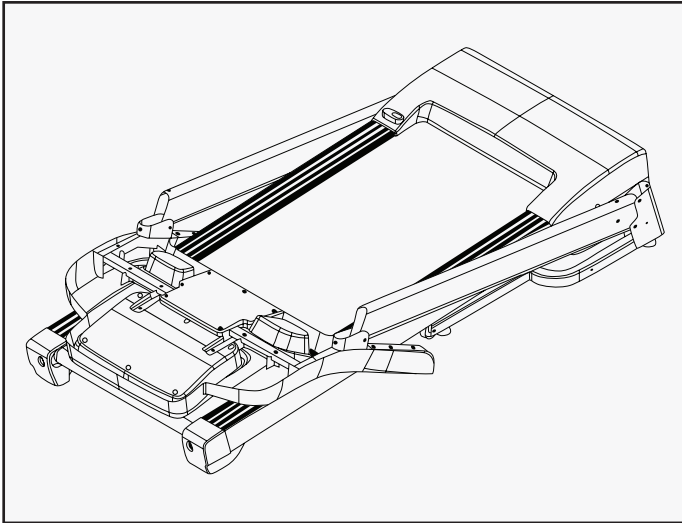
5# Allen Wrench 5mm 1pc

6# Allen Wrench 6mm 1pc

Wrench with Screwdriver S=13, 14, 15, 1pcs

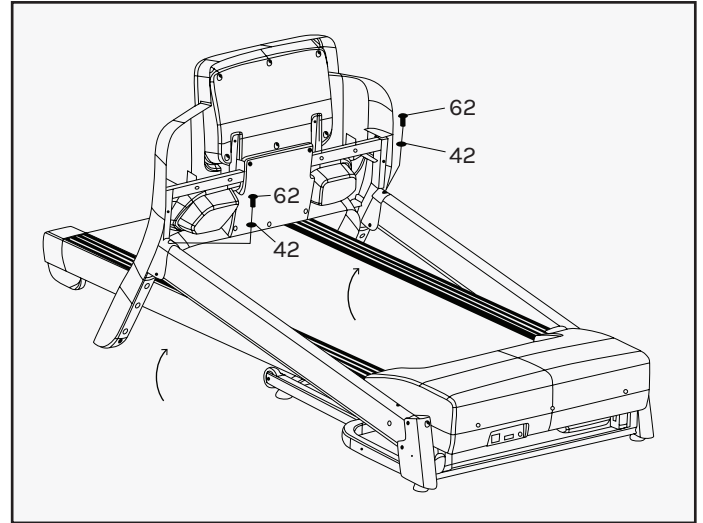
## WARNING!

Do not turn on the machine until assembly is completed.



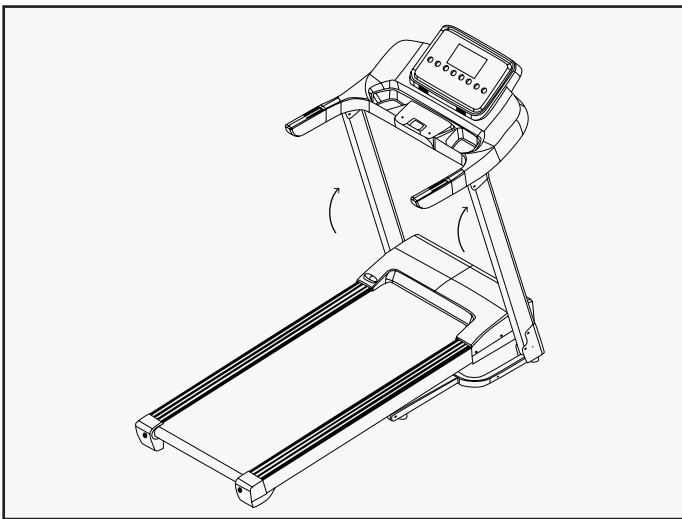
### STEP 1

1. Open the carton and remove the parts.
2. Place the treadmill on a flat surface.



### STEP 2

1. Hold the computer frame and use the 5# Allen key (10), bolt (62) and lock washer (42) to secure the computer frame onto the right and left upright. Refer to image.

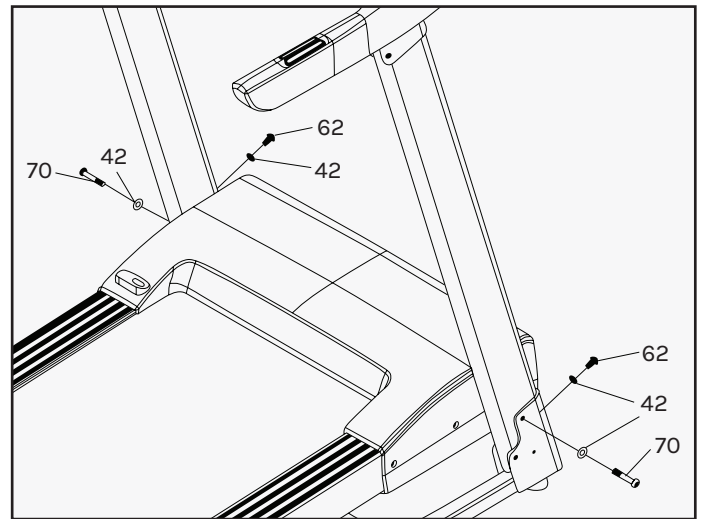


### STEP 3

1. Position the display according to the illustration.

#### ! NOTE:

When you are unfolding ensure that any wires are tucked inside and do not get pressed on by the frame. You will need assistance with holding the frame upright.

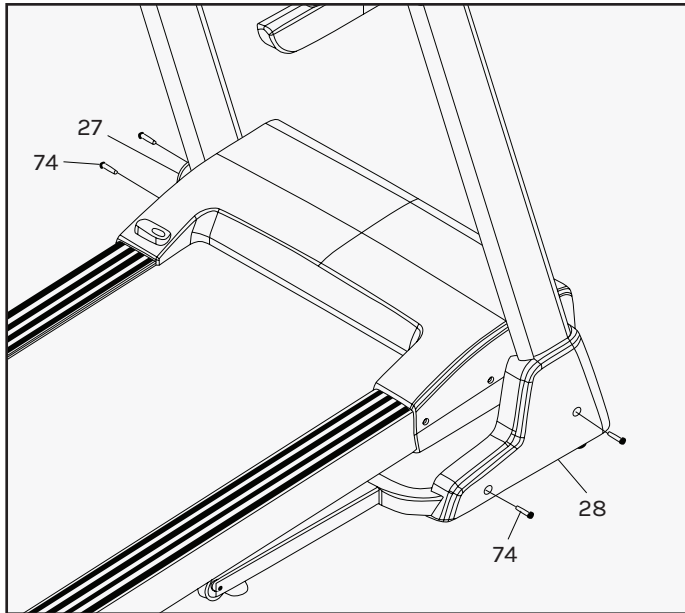


### STEP 4

1. Use 5# Allen wrench (10) to secure right upright onto base frame with bolt (70), bolt (62) and 2x lock washer (42).
2. Repeat the same steps for the left uprights, as shown in image.

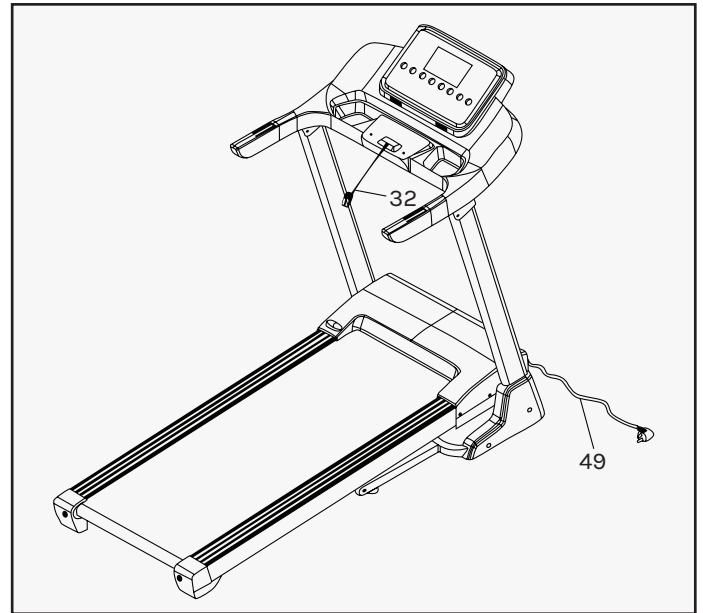
#### ! WARNING:

You may need another person to support the uprights as you install the bolt, to avoid it from collapsing.



## STEP 5

1. Use wrench w/screwdriver (12) and secure the right base cover (28) to the right upright and base frame, using bolt ST4.2\*19 (74).
2. Repeat steps for left base cover (27) as shown in image.



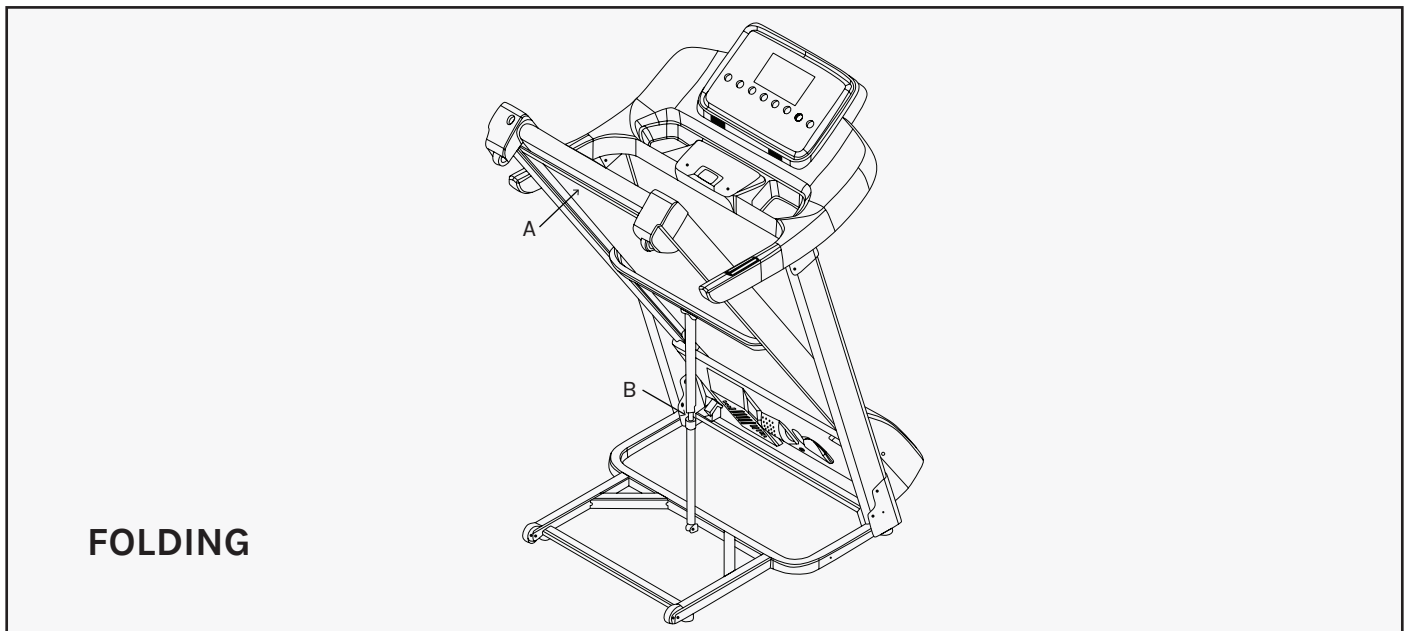
## STEP 6

1. Place the safety key (32) on the computer.
2. Insert the standard power wire (49) to the power socket.

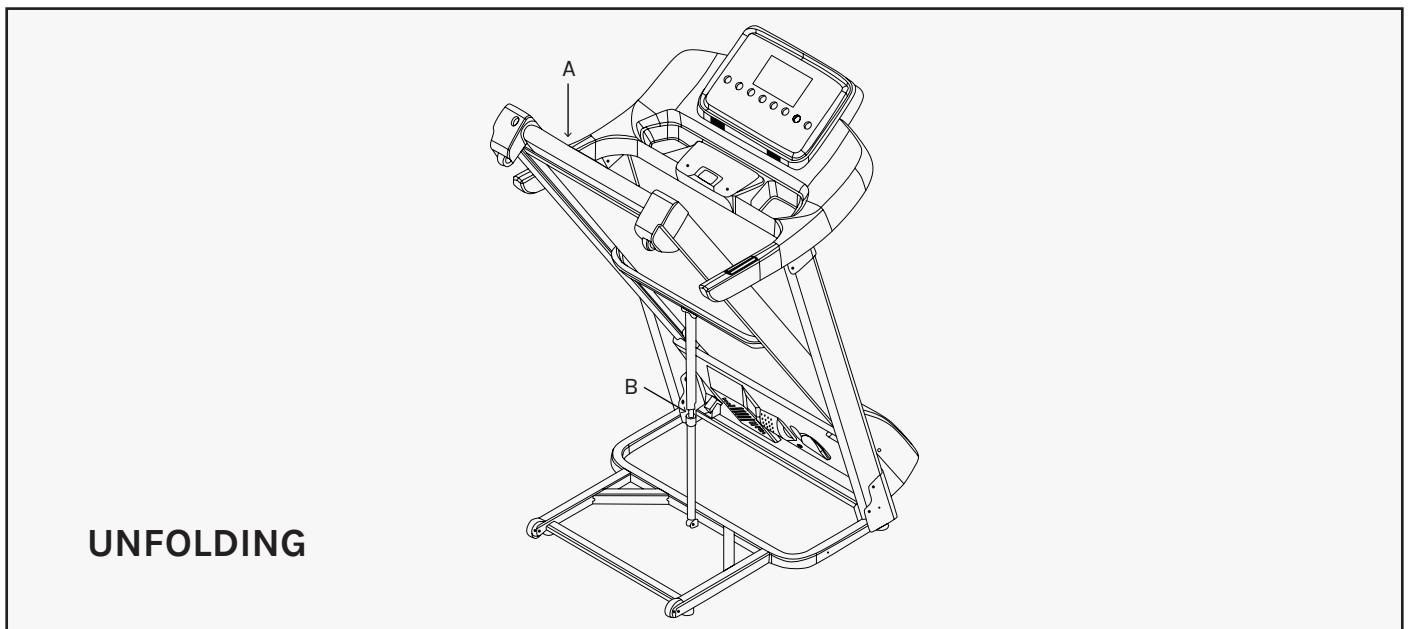
### ! NOTE:

- Ensure all bolts are safely secured before using the treadmill.
- Avoid using a power board with other cords plugged in.

# V. FOLDING INSTRUCTIONS



Place your hand on position (A), then pull up the base frame until you hear the click sound emitted when the air pressure bar (B) is locked into the round tube.



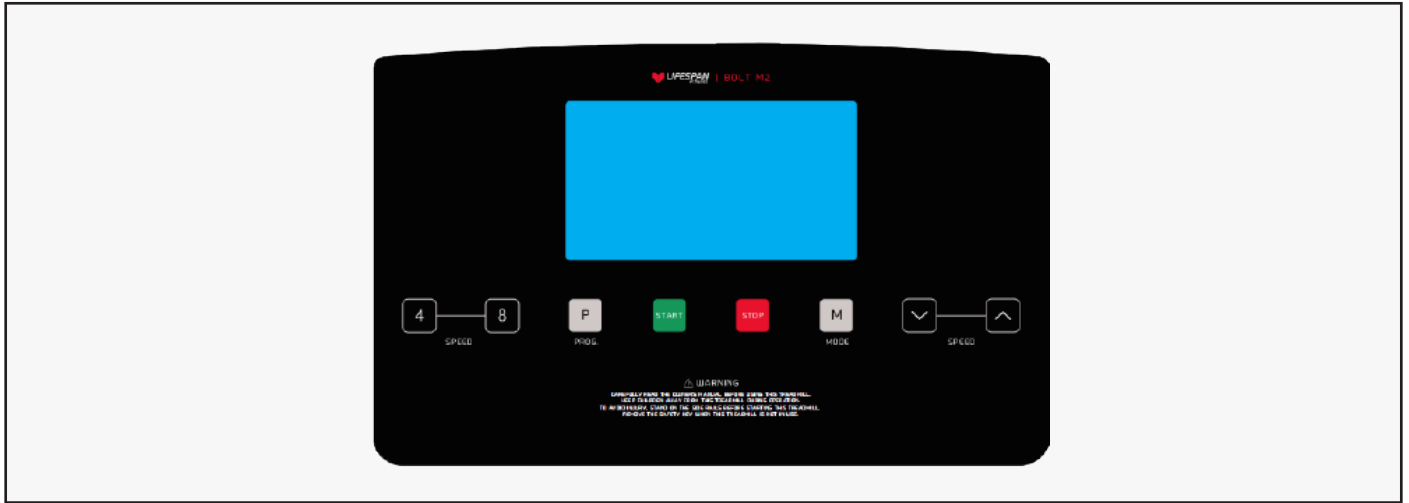
Whilst supporting position (A) with our hand, gently push position (B), the marked area on the air pressure bar, with your foot. The base frame will descend automatically. (Please keep people and any pets away from the machine during descent)

Video Tutorial Available at: <http://youtu.be/TcuPbJ7KuxQ>

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

# VI. OPERATION GUIDE

## 1. OVERVIEW



## 2. LCD WINDOW DISPLAY

**PROGRAM:** Shows the program number.

**SPEED:** Shows speed and program.

**TIME:** Displays running time.

**PULSE:** Shows heart rate. (Heart rate data is for reference only).

**DIS/CAL:** Shows calories burnt. This is an estimate only. This is not intended to be used as medical data.

## 3. BUTTON FUNCTIONS

**"PROG":** Choose the program, cycle between manual mode, FAT MODE, U01-U03; P01----P99.

**"MODE":** Mode selection button. Press this button to cycle the mode: mode-time count down, mode-distance count down, mode-calories count down.

**"START":** Begins workout. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill after a 3 second countdown.

**"STOP":** Press button to stop the motor running and to stop the machine.

**"SPEED ▲ ▼":** Increase or decrease speed when exercising. Sets parameter when stopped.

**"SPEED (4, 8)":** Speed adjustment shortcut key.

## 4. MAIN FUNCTIONS

### I. Quick Start-up (Manual)

Ensure the safety key is attached. After a 3 second countdown, the treadmill will start running from the lowest speed, add and subtract to the speed using the SPEED +/- button. Press the 'STOP' button or take out the safety key directly to stop the treadmill.

### II. Countdown Mode

Press the MODE button to cycle options: timer countdown, distance countdown, calories countdown. The default value corresponds to the window and flashing display. At this point the SPEED buttons serve as a plus and minus functions to adjust to the desired value. Press the START, add and subtract speed by using SPEED buttons once again. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect safety lock to stop.


### III. Preset Programs

Press the 'Prog' button; programs from P1 to P99 are built-in programs. The time window displays the default value of TIME. When flashing, press the SPEED buttons to adjust to your desired time. Built-in program is divided into 20 equal segments. Each segment time = the setting time divide by 20. After pressing the START button, the treadmill will automatically cycle through the time segments. Speed will automatically adjust to the preset value for the segment. Upon completion of the segments, the program will end, slowing the treadmill down to a stop.

During the operation speed can be adjusted but the next segment will be automatically adjusted to the program defaults. Built-in program data is listed on the table. You can also directly press the STOP button or disconnect safety lock to stop.

## 5. HEART RATE

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds. To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

 The heart rate data is for reference purposes ONLY and should not be used for medical purposes.

## 6. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the speed window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "F1", "F2", "F3", "F4".

When set each parameter, press SPEED▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show "F5" and "---" enter ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

## I. Data Display and Setting Range

Parameter Type	Default	Setting Range	Mark
SEX (-1-)	0 (MALE)	0-1	0=MALE 1=FEMALE
AGE (-2-)	25	10-99	
HEIGHT (-3-)	170cm	100-240cm	
WEIGHT (-4-)	70kg	20-160kg	

## II. BMI Reference

BMI	Fat Level
<19	Under Weight
19-26	Normal
26-30	Overweight
>30	Fat

## 7. SLEEP FUNCTION

The system has power-saving features, in the standby mode if within 10 minutes without any key command input, the system into Power mode, automatically turn off the display, and press any key to re-start the system.

## 8. SAFETY KEY FUNCTION

Pull out the safety key, the treadmill will stop quickly, all data turn to zero, All the windows display "———". All normal operation must be in the state of safety key locked.

## 9. DATA DISPLAY AND SET RANGE

	Default Program	Default Mode	Set Range	Show Range
SPEED(KM/H)	1-16KM	-----	-----	1-16KM
TIME	0:00-99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00km-99.9km	1.00km	-----	0.5km-99.5km
CALORIES	0Kcl-999Kcl	50Kcl	-----	10Kcl-995Kcl

## 10. LUBRICATION REMINDER

Once the accumulated distance exceeds 100km, a reminder will pop up, accompanied by a buzzer sound to prompt lubrication maintenance. In this state, press the stop key to cancel the prompt and clear the accumulated distance.

To check the accumulative distance, pull out the safety lock and hold down the program and mode keys for more than 3 seconds. To clear the distance, hold down the program and mode keys for more than 3 seconds at the same time.

## 11. BLUETOOTH/MUSIC FUNCTION

Turn on your Bluetooth on your device and connect with treadmill Bluetooth. You can then play sound on the speakers of your treadmill.

## 12. PROGRAM CHART

PROG	TIME	SETTING TIME/20 = INTERVAL 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	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P21	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P22	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P23	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P24	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P25	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P26	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P27	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P28	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P29	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P30	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P31	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P32	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P33	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P34	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2



**PROG TIME**

**SETTING TIME/20 = INTERVAL RUNNING TIME**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P36	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P41	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P42	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P43	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P44	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P45	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P46	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P47	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P48	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P49	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P50	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P51	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P52	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P53	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P54	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P55	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P56	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P57	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P58	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P59	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P60	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P61	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P62	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P63	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P64	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P65	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P66	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P67	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P68	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P69	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P70	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P71	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P72	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P73	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P74	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P75	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P76	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P77	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P78	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2

**PROG TIME**

**SETTING TIME/20 = INTERVAL RUNNING TIME**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P79	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P80	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P81	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P82	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P83	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P84	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P85	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P86	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P87	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P88	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P89	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P90	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P91	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P92	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P93	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P94	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P95	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P96	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P97	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P98	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P99	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

# VII. EXERCISE GUIDE

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## ! PLEASE NOTE:

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

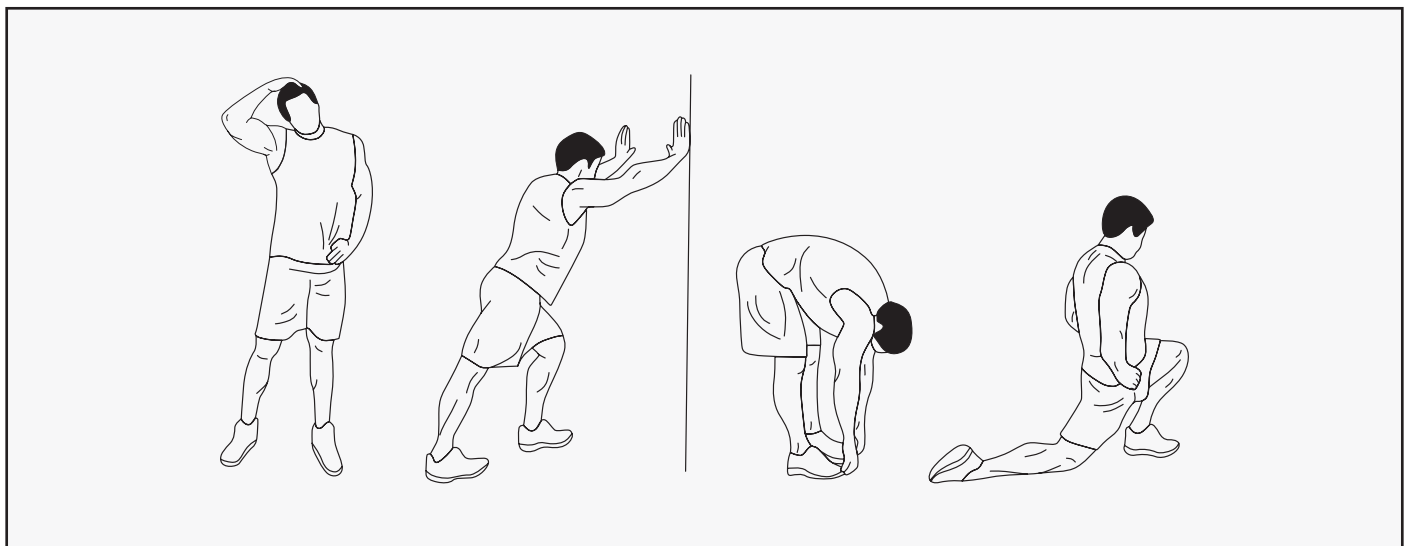
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

Exercising is a great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

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



## WARM UP

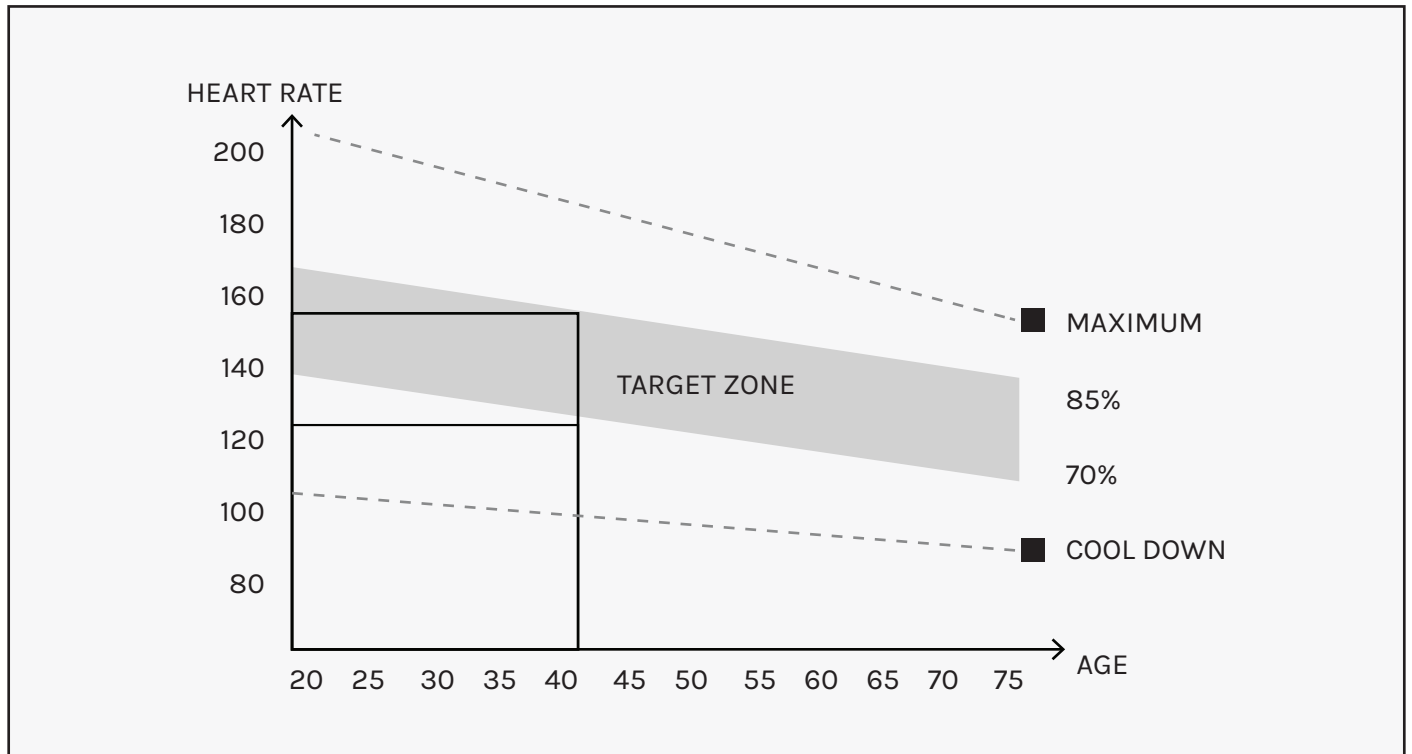
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



⚠ This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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

# VIII. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the lifetime of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

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## **WARNING:**


- The mat/deck friction may lay a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. Failing to do this may void your warranty.
  - Unplug power cord before maintenance.
  - Stop treadmill before folding.
- 

## 1. GENERAL CLEANING

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

## 2. GENERAL CARE

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- If in doubt do not use the treadmill and contact us.

 **Take care to protect carpets and floor** in case of leakages. This product is a machine that contains moving parts which have been greased/lubricated and could leak.

## 3. BELT/DECK/ROLLER LUBRICATION

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation.

We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months.
- Medium use (3-5 hours a week) every 3 months.
- Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

- On the side rail there is a lid to top up the lubrication tub.
- Refill it once it is low and this will self-lubricate the belt.

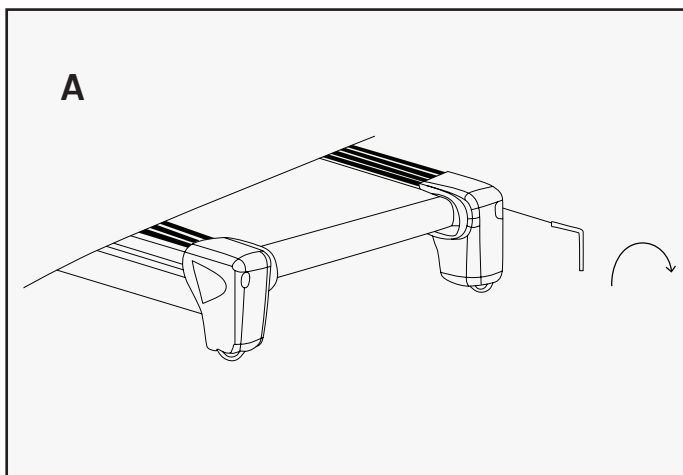
**!** We recommend that you use a silicone-based oil to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.

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

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

## 4. ADJUSTING THE RUNNING BELT

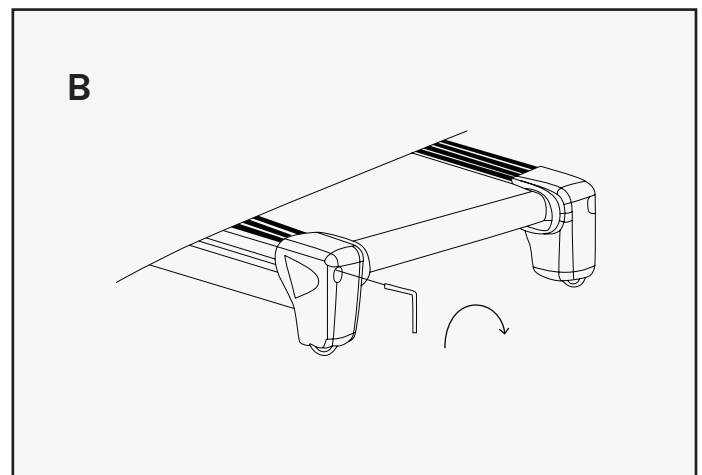
Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.



If the belt has drifted to the right: Whilst the treadmill is running at 4km/h, carefully turn the right adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

**See Picture A**

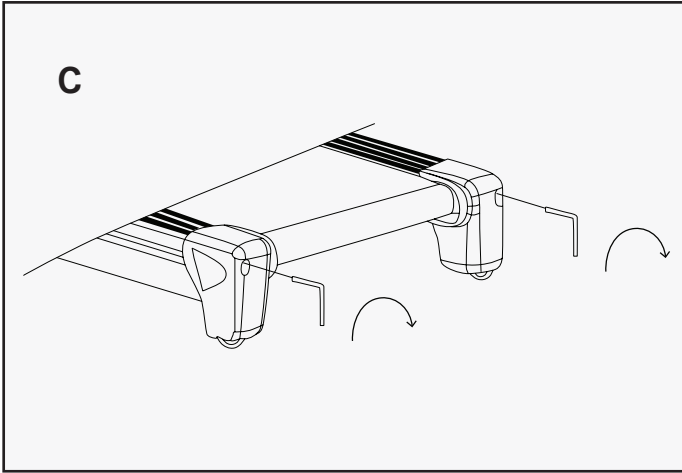
If you have over adjusted the belt and it drifts to the right, carefully turn the right adjusting bolt anticlockwise until the belt centers.



If the belt has drifted to the left: Whilst the treadmill is running at 4km/h, carefully turn the left adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

**See Picture B**

If you have over adjusted it, carefully turn the left adjusting bolt anticlockwise until the belt centers.



To adjust the tightness of the belt: Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

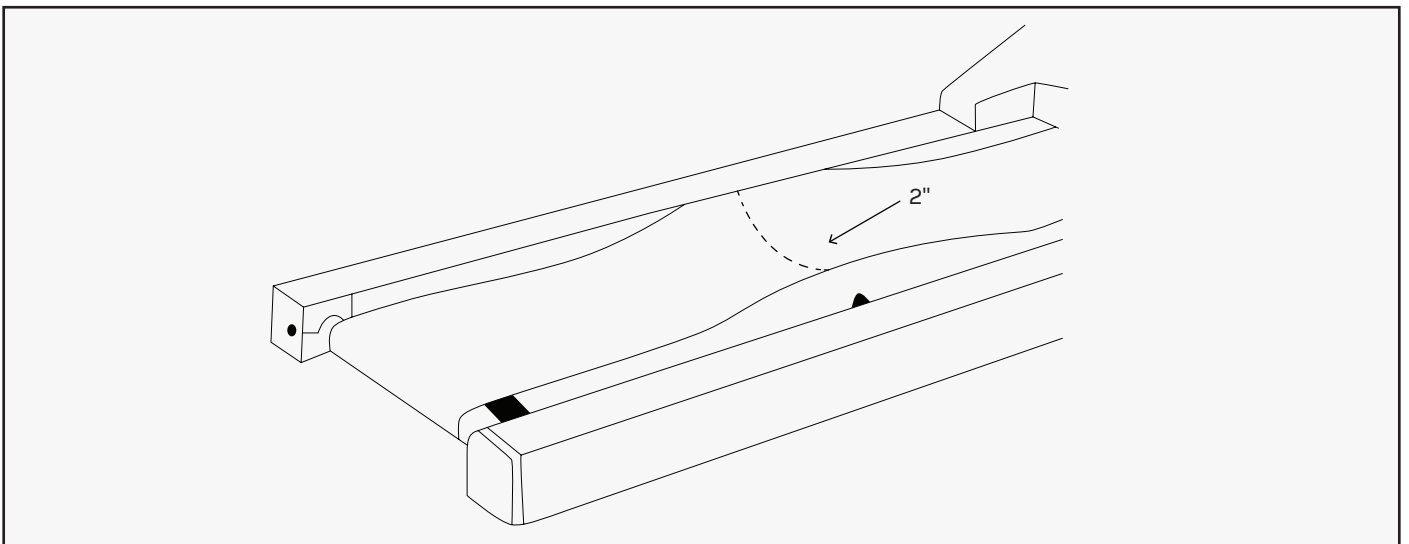
**See Picture C**

If the belt is over tightened, simply do the opposite to loosen.

**! NOTE:**

When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However, this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

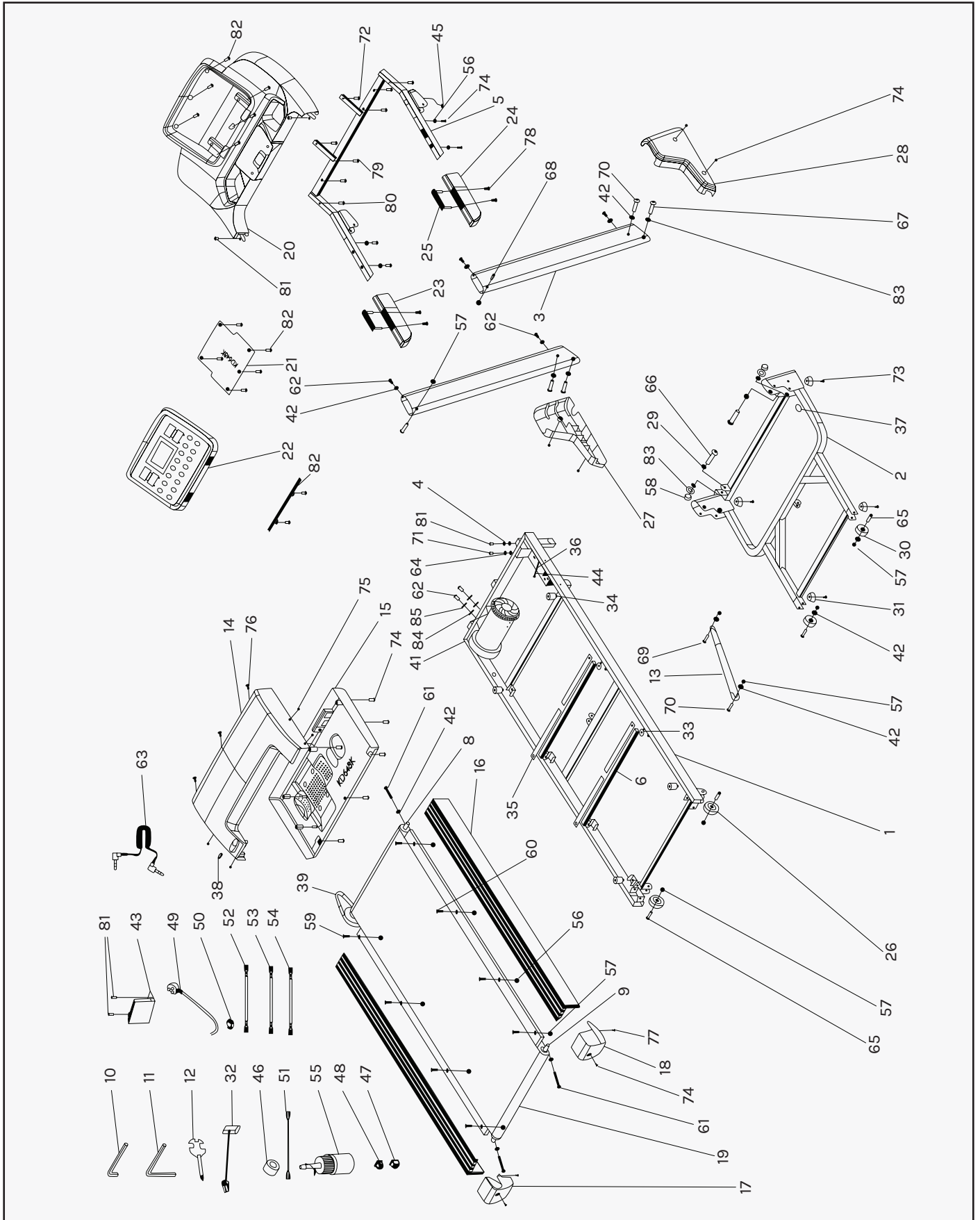
Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.



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

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

# IX. EXPLODED DIAGRAM





# X. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame		1	38	Oil Plug		1
2	Base Frame		1	39	Motor Belt		1
3	Upright Frame		2	40	Running Board		1
4	Standard Washer		1	41	DC Motor		1
5	Computer Bracket		1	42	Washer	8	13
6	Running Board Strengthen Tube		2	43	Control Board		1
7	Oil Frame		1	44	Computer Up Wire		1
8	Front Roller		2	45	Computer Bottom Wire		1
9	Rear Roller		1	46	Magnetic Ring		1
10	5#Allen Wrench	5mm	1	47	Square Boat Switch		1
11	6#Allen Wrench	6mm	1	48	Power Cord Socket		1
12	Wrench with Screwdriver	S=13,14, 15	1	49	Power Line		1
13	Cylinder		1	50	Overload Protector		1
14	Motor Cover		1	51	Single Wire 1		1
15	Motor Bottom Cover		1	52	AC Single Wire		1
16	Side Rails		2	53	Single Wire		1
17	Left Back End Cover		2	54	Ground Wire		1
18	Right Back End Cover		1	55	Oil		1
19	Running Belt		7	56	Bolt	M6	6
20	Computer Up Cover		2	57	Bolt	M8	12
21	Computer Bottom Cover		1	58	Bolt	M10	2
22	Panel		1	59	Bolt	M8*25	4
23	Left Handlebar		2	60	Bolt	M6*40	4
24	Right Handlebar		1	61	Bolt	M8*65	3
25	Handlebar		2	62	Bolt	M8*16	6
26	Roller		1	63	MP3 Wire	Optional	1
27	Left Base Cover		4	64	Washer	5	2
28	Right Base Cover		2	65	Bolt	M8*40	4
29	Spacer Sleeve		2	66	Bolt	M10*45	4
30	Transport Wheel		2	67	Bolt	M10*45	2
31	Foot Pad		1	68	Bolt	M8*45	2
32	Safety Key		1	69	Bolt	M8*25	1
33	Nylon Spacer		4	70	Bolt	M8*42	3
34	Cushion		4	71	Bolt	M5*8	1
35	Strengthen Tube Cushion		4	72	Bolt	4.2*20	2
36	Ring Wire Protector A		1	73	Bolt	4.2*25	4
37	Ring Wire Protector B		1	74	Bolt	4.2*19	18
				75	Bolt	4.2*25	4
				76	Bolt	4.2*19	3

No.	Description	Specs	Qty	No.	Description	Specs	Qty
77	Bolt	4.2*9.5	2	82	Bolt	4.2*13	13
78	Bolt	4.2*30	4	83	Washer	10	4
79	Bolt	4.2*25	4	84	Washer	8	2
80	Bolt	4.2*40	2	85	Washer	8	2
81	Bolt	4.2*12	5				

## TROUBLESHOOTING

Code	Reason	Solution
E01	Message wire is broken or not connected well.	<ol style="list-style-type: none"> <li>1. Check if the computer and bottom control board wire connect well;</li> <li>2. Check if IC on bottom control board is loosen, reset the IC.</li> </ol>
E02	Burst clash.	<ol style="list-style-type: none"> <li>1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test;</li> <li>2. Check if the control board is burnt with irregular smell, replace a control board;</li> <li>3. Check if the motor wire is well connected, reconnect it.</li> </ol>
E03	No sensor signal.	<ol style="list-style-type: none"> <li>1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light;</li> <li>2. Check if the plug of sensor is well connected;</li> <li>3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.</li> </ol>
E05	Current overload protecting.	<ol style="list-style-type: none"> <li>1. Overrated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart;</li> <li>2. Check if the motor has noise from motor or if the motor/bottom control board were burnt out, if burnt out, change motor and bottom control;</li> <li>3. Check if the power voltage is wrong, use right voltage to test again.</li> </ol>

Code	Reason	Solution
Show "----"	<ol style="list-style-type: none"> <li>1. The safety key is not at the appointed site.</li> <li>2. The safety key is not connected well or broken.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the safety key is at the appointed site.</li> <li>2. Check if the safety key sensor board is connected well.</li> <li>3. Replace the safety key sensor board inside computer.</li> </ol>

If the motor doesn't rotate after pressing "START" button. The wire that control the motor might be the issue.

If the protective tube on control board is damaged or fallen off:  
Check if the protective tube is OK, re-set it or change one.

If the motor wire isn't connected well:  
Check if the motor wire is connected well and re-connect it.

If the IGBT on control board is burnt out:  
Use multimeter to test if the IGBT is burnt out and change an IGBT or control board.

E07/E08	EEPROM damaged.	Change a control board.
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# XI. WARRANTY

## AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://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](https://lifespanfitness.com.au/warranty-form)



# XII. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and must be amplified 1000 times to make the signal viable for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may also affect pulse readings.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technologies work well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).







[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)