






Pursuit Max 2 Treadmill


USER MANUAL



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30 DAY FREE TRIAL
*Terms and conditions apply. Offer can be rescinded at any time.



 Find the
Digital Manual
Online



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



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

NOTE:

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



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I. IMPORTANT SAFETY INSTRUCTIONS

WARNING: Read all instructions before using this treadmill.

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

DANGER

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

DO NOT USE AN EXTENSION CORD:

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

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

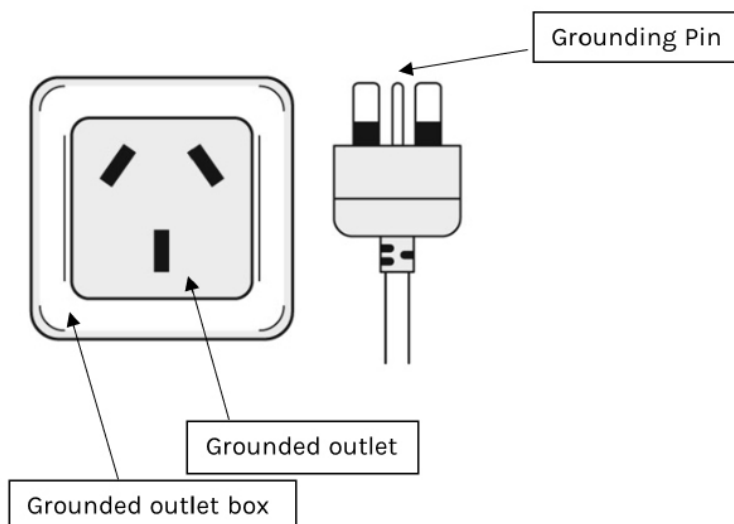
GROUNDING METHODS

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

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

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

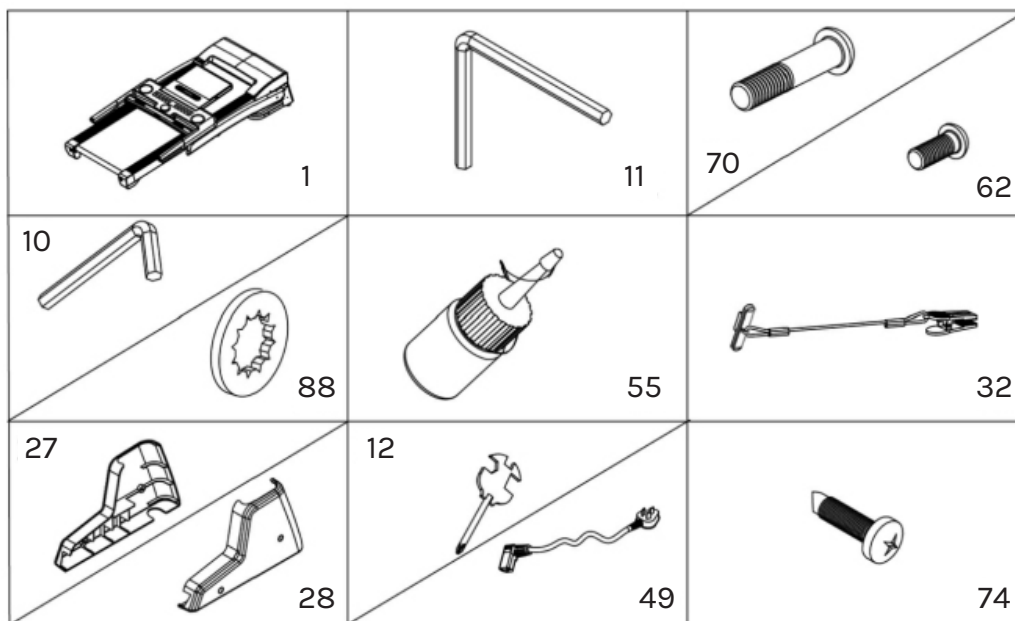


III. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the display console and release the adjustment key. The display 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.
- 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 HARDWARE

The diagram below shows all components of the machine in an exploded layout. After opening the packaging, please check and remove all the listed parts from the box.



PARTS LIST

Key No.	Description	Specs	Qty.	Key No.	Description	Specs	Qty.
1	Main frame set		1	32	Safety lock		1
11	6# Allen wrench	6mm	1	27	Left bottom shield		1
70	Allen hexagon flat round head screw	M8*42	2	28	Right bottom shield		1
62	Allen hexagon flat round head screw	M8*16	4	12	With Phillips wrench	S =13, 14, 15	1
10	5# Allen wrench	5mm	1	49	Power cord		1
88	Internal serrated locking washer	8	6	74	Self-tapping and self-drilling screw with cross-groove disk head and pad	ST4.2*19	6
55	Oil bottle		1				

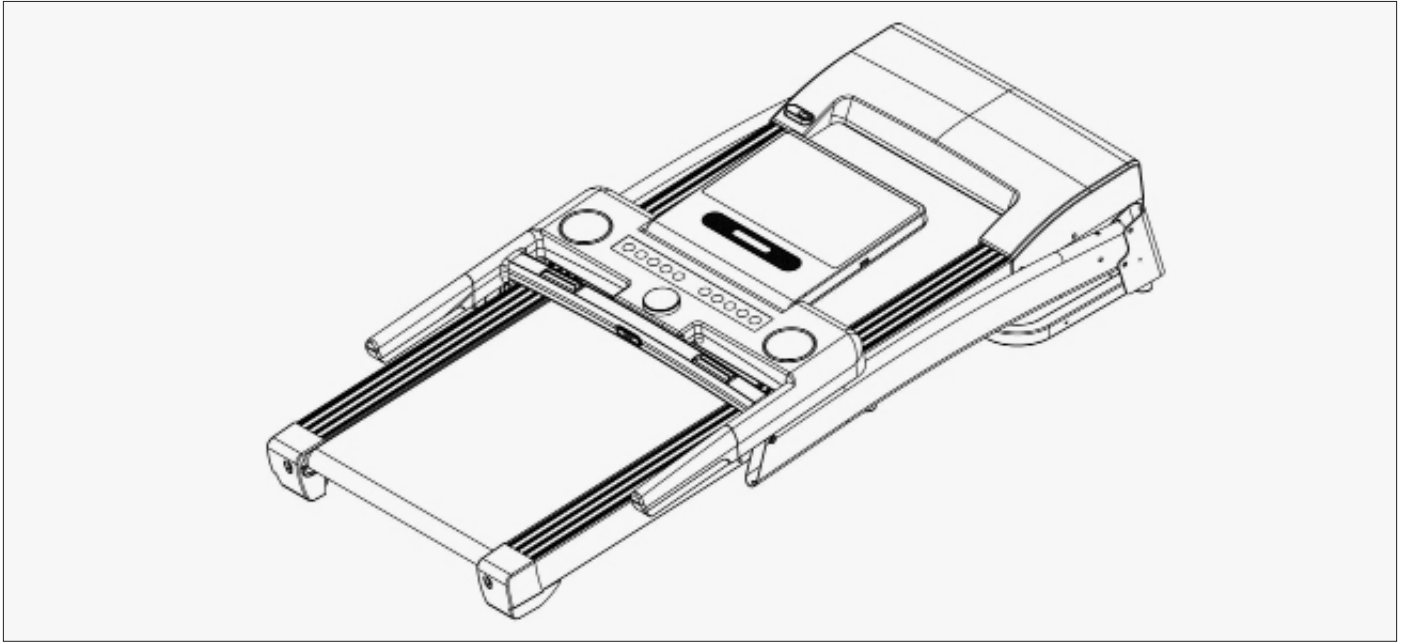
ASSEMBLY TOOLS:

6#Allen Wrench 6mm 1pcs
 5#Allen Wrench 5mm 1pcs,
 Phillips Wrench S =13, 14, 15 1pcs

⚠ NOTE:

Do not connect power before completing assembly.

V. ASSEMBLY INSTRUCTIONS



STEP 1

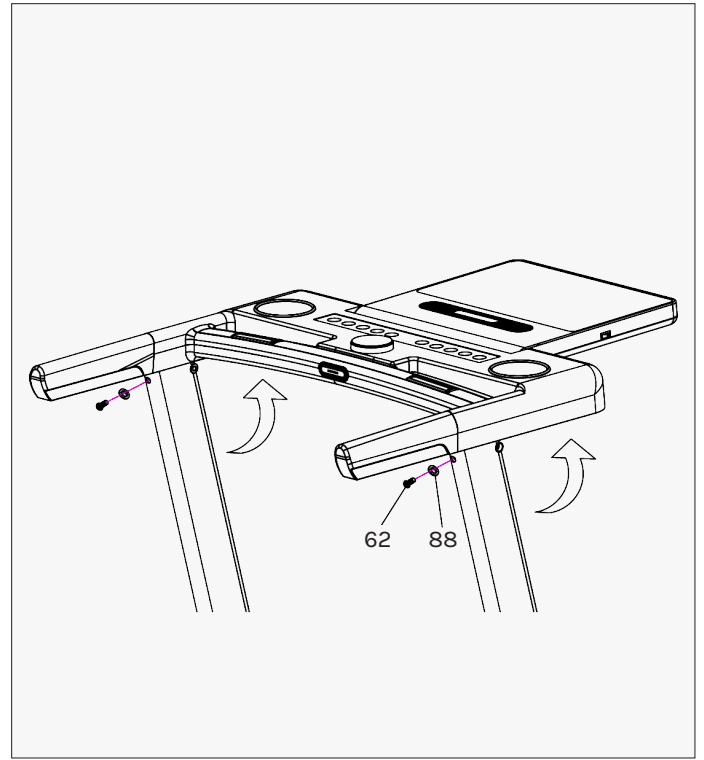
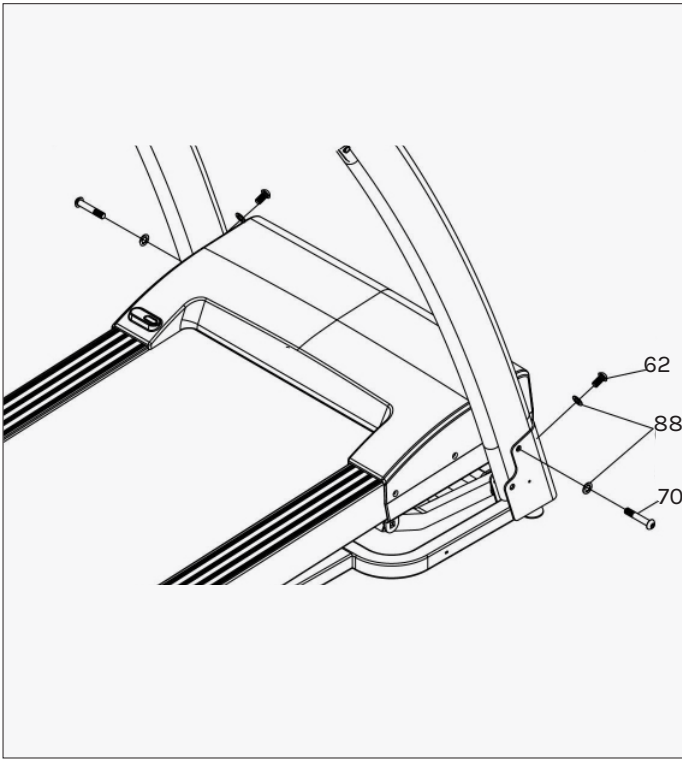
Open the packaging, remove all components listed above, and place the main frame assembly flat on the ground.



STEP 2

⚠ Caution: Ensure cables are not pinched when unfolding.

Fold the column upward in the direction pictured.



STEP 3

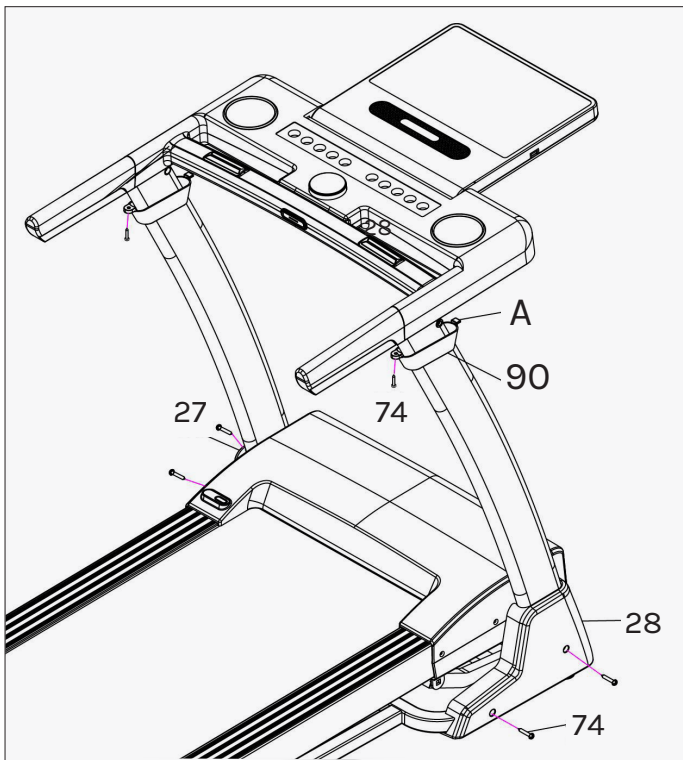
Caution: Ensure cables are not pinched or trapped when attaching the posts.

1. Using the 5# Allen wrench (10), secure the right upright column to the base with Allen flat round head screws (70) and inner serrated locking washers (88). Lightly tighten at this stage.
2. Continue fastening the right upright column assembly to the base using the 5# Allen wrench (10), Allen flat round head screws (62), and inner serrated locking washers (88). Do not fully tighten yet.
3. Repeat the same steps for the left upright column, as pictured

ⓘ Note: During assembly, always support the upright column by hand to prevent it from tipping over and causing injury or damage.

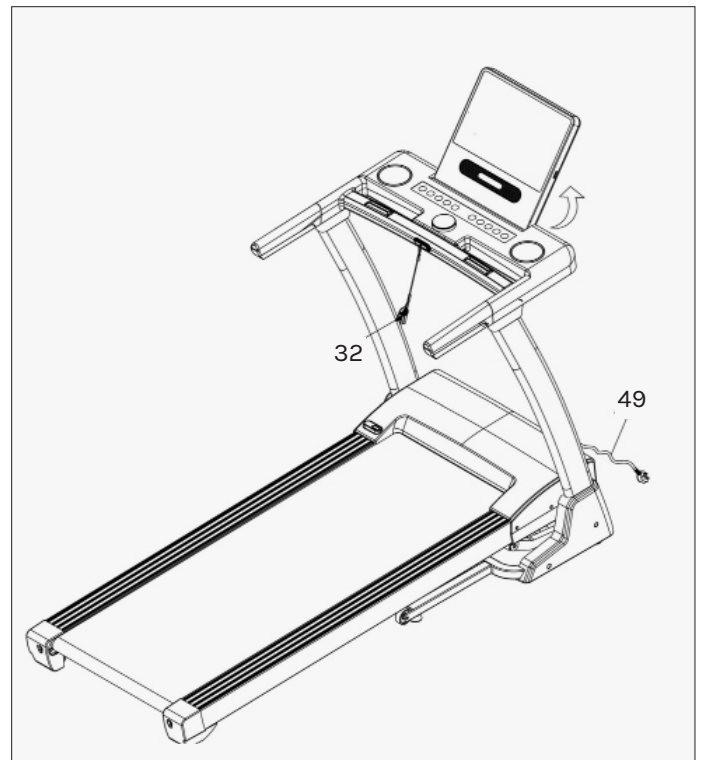
STEP 4

Hold the electronic watch frame with your hand and fold it upward, use 5# Allen wrench (10), and use Allen flat round head screw (62) and inner serrated locking washer (88) to lock the electronic watch on the left and right column groups.



STEP 5

1. Insert slot A of the armrest trim cover (90) into the electronic console. Secure the trim cover using a Phillips screwdriver and self-tapping screws (74) with washers.
2. Repeat the same process for both the left and right sides.
3. Attach the right lower cover (28) to the base, then secure it using a Phillips screwdriver (12) and self-tapping screws (74) with washers.
4. Repeat for the left side.



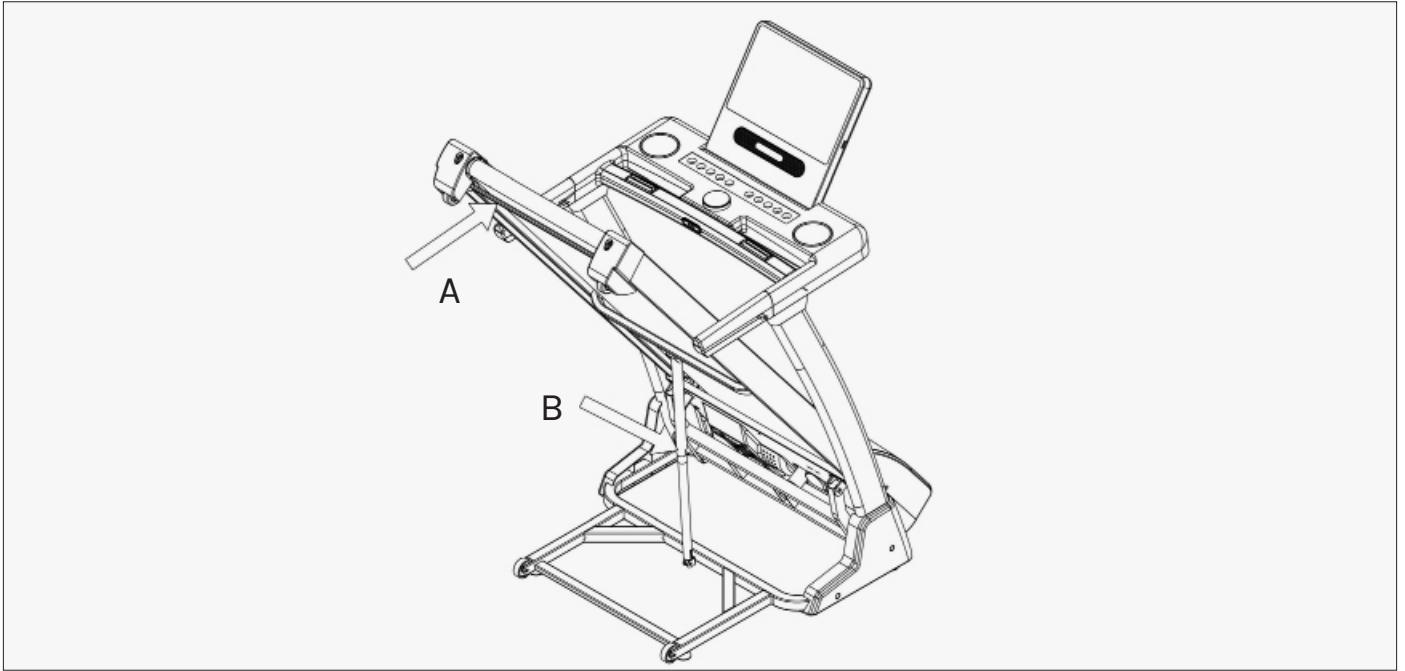
STEP 6

1. Attach the safety key (32) to the electronic console, then lift the display screen into position.
2. Connect the power cord (49) to the main frame's power socket.

Note: The power cord can be unplugged when the treadmill is not in use.

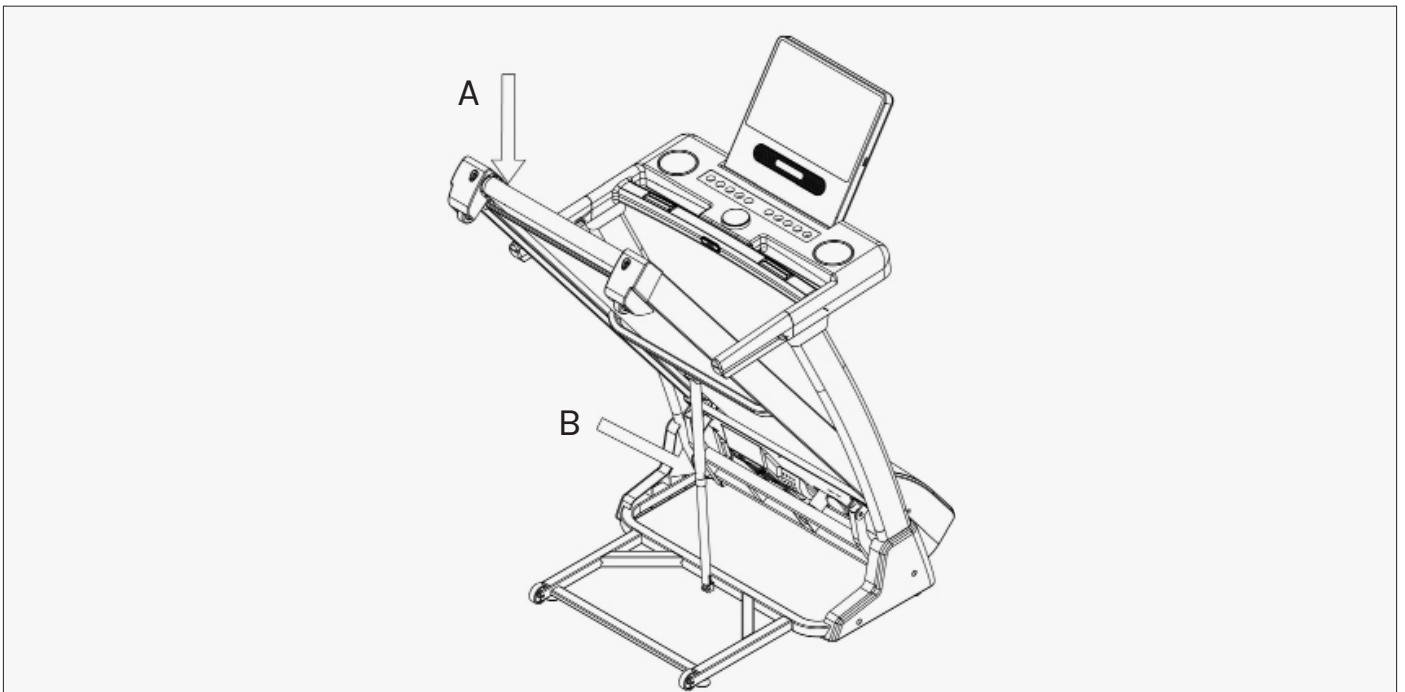
Important: Before fully tightening all screws, ensure they have been installed correctly according to the steps above. Confirm that no screws are missing before connecting the power.

VI. FOLDING AND UNFOLDING



FOLDING INSTRUCTIONS

Hold position A with both hands and lift the machine. Raise it slightly until you hear the air pressure rod sleeve engage with air pressure rod B.



UNFOLDING INSTRUCTIONS

Hold position A with both hands and lift the machine slightly. Gently tap the air pressure rod sleeve with your foot until it releases. Then carefully lower the main frame with your hands, allowing it to descend slowly.

Warning: Keep people and pets clear of the machine during this process to avoid injury.

VII. OPERATION GUIDE

Display Window	Description
Slope/Calorie Window	Displays incline level or calories burned, depending on the active icon.
Time Window	Shows the elapsed workout time.
Speed Window	Displays the current running speed.
Heart Rate/Distance Window	Shows heart rate or distance travelled, depending on the active icon.
Dot Matrix Window	Displays workout programs and track simulation.
Lap Counter Window	Displays the number of completed laps.

KEY FUNCTIONS

1. PROG. Button

Selects workout programs in the following order: Manual Mode → P01-P15 → FAT → Manual Mode (cycle).

2. MODE Button

Selects operating modes in the following order: Manual Mode → Time Countdown → Distance Countdown → Calorie Countdown (cycle).

- In standby mode: cycles through Manual, Time, Distance, and Calorie countdown modes.
- In FAT measurement mode: selects parameters in the following order: Name → Age → Height → Weight.

3. SPEED ▲ / ▼ Buttons

Adjust speed up or down during exercise. Can also be used to adjust parameters when the treadmill is stopped.

4. SPEED Shortcut (6, 9)

Quickly sets speed to preset levels.

5. INCLINE ▲ / ▼ Buttons

Adjust incline level during exercise. Can also be used to adjust parameters when stopped.

6. INCLINE Shortcut (6, 9)

Quickly sets incline to preset levels.

7. SHUTTLE KNOB

- Short press: Start / Pause
- Long press: Stop
- Rotate clockwise: Increase speed
- Rotate counterclockwise: Decrease speed

Note:

A confirmation tone will sound when a button is pressed successfully. If a setting exceeds its limit, a longer warning tone will sound. No sound will be heard if the button press is invalid.

MAIN FUNCTIONS

When powered on, all display windows will light up for 2 seconds, then the treadmill will enter standby mode.

1. Quick Start (Manual Mode)

Attach the safety key, then press the START button. After a 3-second countdown, the treadmill will begin running at the lowest speed.

- Use the SPEED ▲ / ▼ buttons to adjust speed.
- Use the INCLINE ▲ / ▼ buttons to adjust incline.

To stop the treadmill, press the STOP button.

2. Countdown Modes

Press the MODE button to select from: Time Countdown, Distance Countdown, or Calorie Countdown. The selected window will display a default value and begin flashing.

- Use the SPEED ▲ / ▼ or INCLINE ▲ / ▼ buttons to set your desired value.

Press START to begin. After a 3-second countdown, the treadmill will start at the lowest speed.

- Adjust speed and incline during the workout using the corresponding buttons.

When the countdown reaches zero, the treadmill will gradually slow down and stop automatically.

You can also press the STOP button at any time to end the workout.

3. Program Mode

Press the PROGRAM button to select one of the preset programs (P01–P15). The TIME window will display a default value and begin flashing.

- Use the SPEED ▲ / ▼ or INCLINE ▲ / ▼ buttons to set your desired workout time.

Each program is divided into 20 segments, with the total time evenly distributed across each segment. Press START to begin. After a 3-second countdown, the treadmill will start according to the preset speed and incline of the first segment.

As each segment ends, the treadmill will automatically transition to the next, adjusting speed and incline accordingly.

- You can manually adjust speed and incline during exercise; however, settings will revert to the program defaults at the start of the next segment.
- Press STOP at any time to end the workout.

At the end of the program, the treadmill will gradually slow down and stop. The display will flash and emit a series of beeps before clearing all data and returning to standby mode.

Preset Program Workout Chart

PROGRAM	TIME	To set time/20 time = running time of each time period																			
		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
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	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
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	2	4	5	6	3	2	5	5	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

HEART RATE MEASUREMENT

Grip the metal sensors on both armrests with both hands. After approximately 5 seconds, your heart rate will be displayed in the PULSE window.

For a more accurate reading:

- Stand still on the treadmill while measuring.
- Hold the sensors for at least 30 seconds.

Note: Heart rate readings are for reference only and should not be used for medical purposes.

BODY FAT (FAT) MEASUREMENT MODE

In standby mode, press the PROGRAM button until "FAT" appears on the display to enter body fat measurement mode.

- Press the MODE button to cycle through parameters: Gender → Age → Height → Weight.
- The display will show "-1-", "-2-", "-3-", and "-4-" for each parameter respectively.
- Use the SPEED ▲ / ▼ buttons to adjust each value.

Once all parameters are set, press the MODE button again. The display will show "-5-" and "---", indicating it is ready to measure.

Hold the metal sensors on both armrests with both hands. After approximately 5 seconds, your body fat index will be displayed.

Input Parameter Display and Setting Range

Parameter Category	Default Value	Set Range	Remark
Last Name (-1-)	0 (Male)	0-1	0= Male 1= Female
Age (-2-)	Age 25	Age 10 - 99	
Height (-3-)	170 CM	100-240 CM	
Body Weight (-4-)	70KG	20-160kg	

Body Fat Index Control

Body Fat Index (BMI)	Level of Body Fat
<19	Skinny
19--26	Normal
27--30	Overweight
>30	Obesity

SLEEP FUNCTION

If there is no activity for more than 10 minutes while the treadmill is stopped, the system will automatically turn off all displays and enter sleep mode. Press any button to wake the unit.

SAFETY KEY FUNCTION

If the safety key is removed at any time, the treadmill will stop immediately, and all data will reset to zero. The display will show "---".

The treadmill must only be operated with the safety key properly attached.

PARAMETER DISPLAY AND SETTING RANGE

	Display Range	Mode Defaults	Program Defaults	Set Range
Speed	1-18KM	-----	-----	1-18KM
Incline	15	-----	-----	0-15
Time	0:00-99:59	30:00	30:00	5:00---99:00
Mileage	0.00KM – 99.9KM	1.00KM	-----	0.5KM – 99.9KM
Heat	0Kcl – 999Kcl	50Kcl	-----	10KCl-990KCl

MUSIC FUNCTIONS

Bluetooth Speakers: Search for "Lifespan Fitness" on your mobile device. After pairing, music will play through the speakers.

BLUETOOTH APP FUNCTION

Ensure the machine and your device's Bluetooth is turned on. Open the app and choose the equipment model name.

TROUBLESHOOTING

Exception Code	Description	Troubleshooting / Solution
E01	Overload	<ol style="list-style-type: none"> 1. Reduce load and restart the machine. 2. Check for obstructions; adjust treadmill or lubricate. 3. Inspect motor for unusual noise or burning smell; replace if needed. 4. Replace controller.
E02	Hall Error	<ol style="list-style-type: none"> 1. Check and reconnect motor wiring. 2. Replace motor. 3. Replace controller.
E03	Hardware Overcurrent	<ol style="list-style-type: none"> 1. Reduce load and restart the machine. 2. Check plug and motor connections. 3. Replace controller.
E04	Phase Absence	<ol style="list-style-type: none"> 1. Check and reconnect motor wiring. 2. Replace motor. 3. Replace controller.
E05	Undervoltage	<ol style="list-style-type: none"> 1. Check if input power voltage is normal. 2. Check power plug connections.
E06	Overvoltage	<ol style="list-style-type: none"> 1. Check if input power voltage is normal.
E08	Hardware Error	<ol style="list-style-type: none"> 1. Check plug and motor connections. 2. Replace controller.
E21	Data Storage Error	<ol style="list-style-type: none"> 1. Power off for 2 minutes, then restart. 2. If issue persists, replace controller.
E30	Motor Calibration Error	<ol style="list-style-type: none"> 1. Check lift motor connections and ensure proper installation.
E31	Overtemperature	<ol style="list-style-type: none"> 1. Allow the unit to cool down before restarting
E32	Motor Reverse Rotation	<ol style="list-style-type: none"> 1. Check motor wiring (UVW) connections.
E33	Motor Parameter Error	<ol style="list-style-type: none"> 1. Ensure correct motor parameters are set by the manufacturer.
E50	Other Errors	<ol style="list-style-type: none"> 1. Contact customer support or a qualified technician.
E91	Communication Error	<ol style="list-style-type: none"> 1. Check communication cables. 2. Replace console (display). 3. Replace controller.

VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

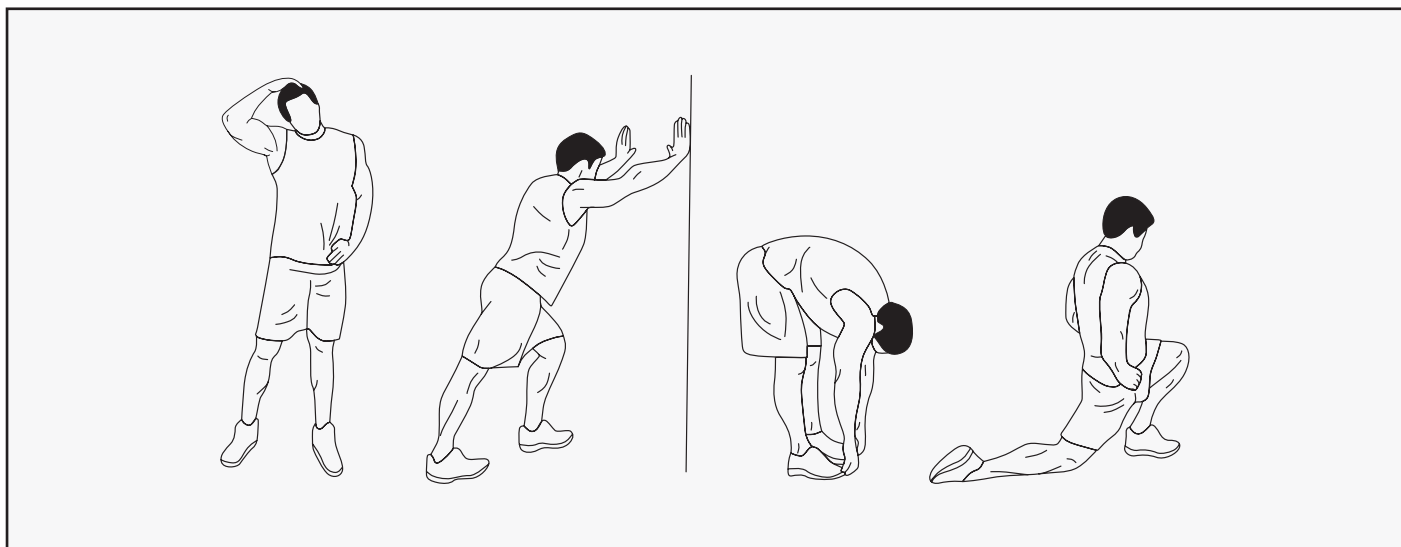
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

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

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

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



WARM UP

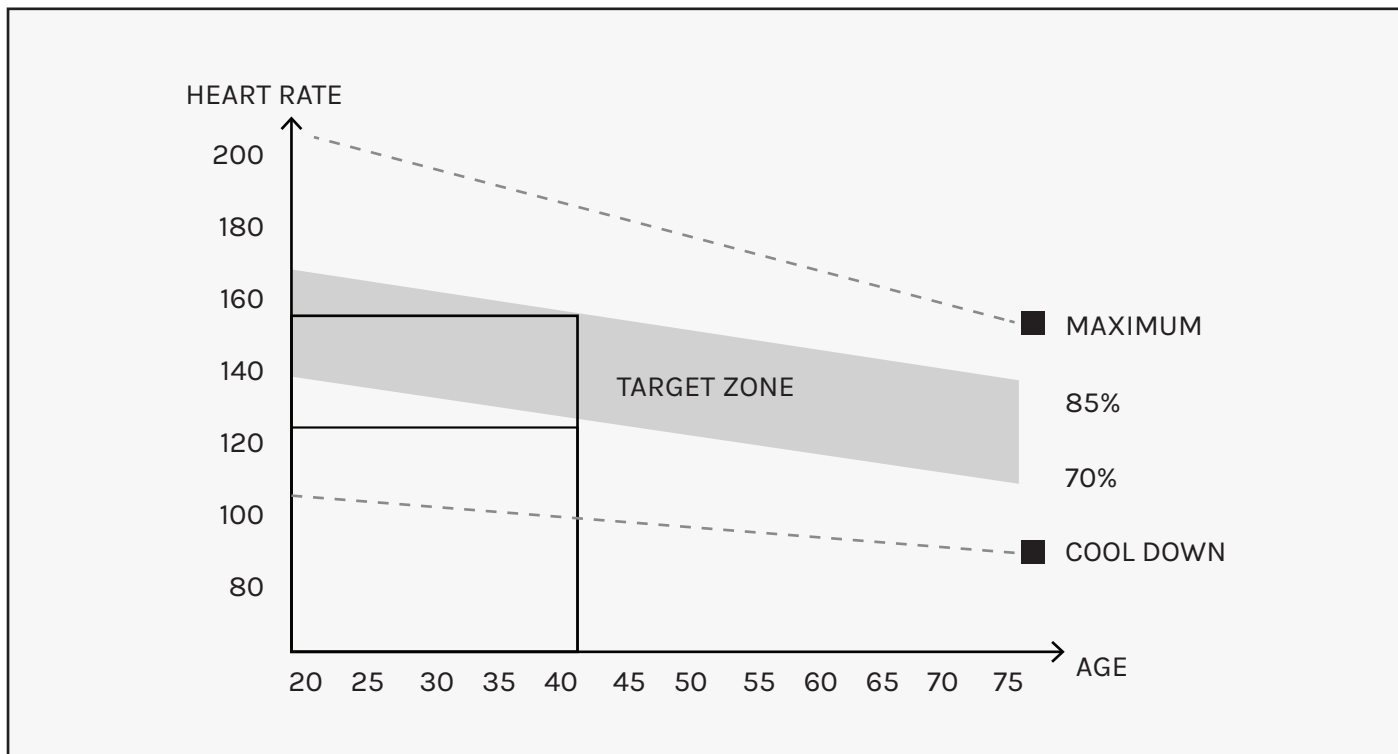
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

COOL DOWN

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

WORKOUT GUIDELINES



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

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

IX. MAINTENANCE INSTRUCTIONS

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

WARNING:

- Always unplug the treadmill from the power supply before cleaning or performing maintenance.

CLEANING

Regular cleaning will help extend the lifespan of your treadmill.

- Remove dust frequently to keep all components clean.
- Clean both sides of the running belt to prevent debris build-up underneath.
- Ensure footwear is clean to avoid carrying dirt onto the belt.
- Wipe the running belt surface with a damp cloth and mild soap.
- Do not allow water to enter electrical components or underneath the belt.

WARNING: Always disconnect power before removing the motor cover.

Open the motor cover at least once per year and use a vacuum to remove dust from the motor.

Lubrication

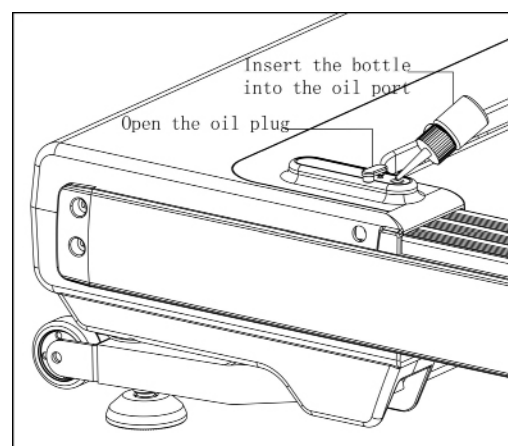
The treadmill has a self-lubrication tub as pictured below. Top up the oil for the tank at the beginning of use, approximately 10ml. Regular lubrication is required under the belt to prevent excessive friction and prolong the life of the machine.

- Inspect the running board surface regularly.
- If damage is found, contact customer support.
- Use only approved treadmill lubricant.

Recommended Lubrication Schedule:

- Light use (under 3 hours/week): Once per year
- Moderate use (3-5 hours/week): Every 6 months
- Heavy use (over 5 hours/week): Every 3 months

Lubricant can be purchased from your local distributor or directly from the supplier.



General Maintenance Notes

- For optimal performance, turn off the treadmill and allow it to rest for 10 minutes after every 1.5 hours of continuous use.
- Ensure proper belt tension:
- If too loose, the belt may slip.
- If too tight, it may strain the motor and increase wear.
- Correct tension allows the belt to be lifted approximately 50-75 mm from the running board on each side.

Note: Any major repairs must be carried out by a qualified technician.

RUNNING BELT ALIGNMENT

Place the treadmill on a flat, level surface. Run the machine at approximately 6-8 km/h and observe the alignment of the running belt.

If the belt shifts to the right:

- Turn off the power and remove the safety key.
- Rotate the right adjustment bolt clockwise by 1/4 turn.
- Reconnect the power and safety key, then run the treadmill to check alignment.
- Repeat until the belt is centred. (See Figure A)

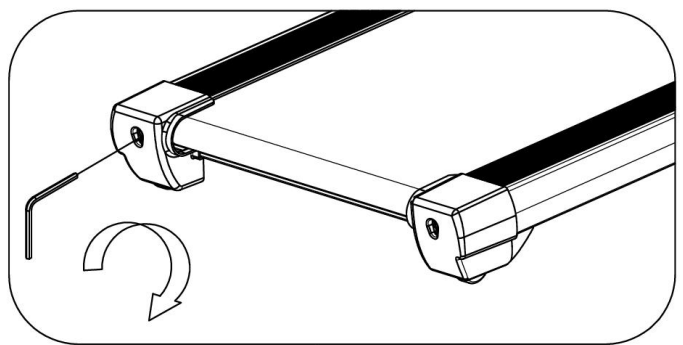
If the belt shifts to the left:

- Turn off the power and remove the safety key.
- Rotate the left adjustment bolt clockwise by 1/4 turn.
- Reconnect the power and safety key, then run the treadmill to check alignment.
- Repeat until the belt is centred. (See Figure B)

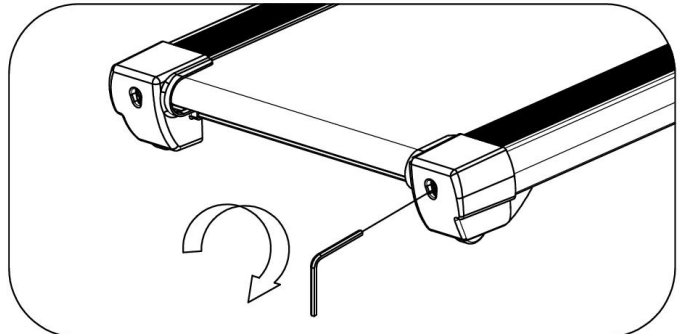
Belt Tension Adjustment

Over time, the running belt may loosen and require tightening.

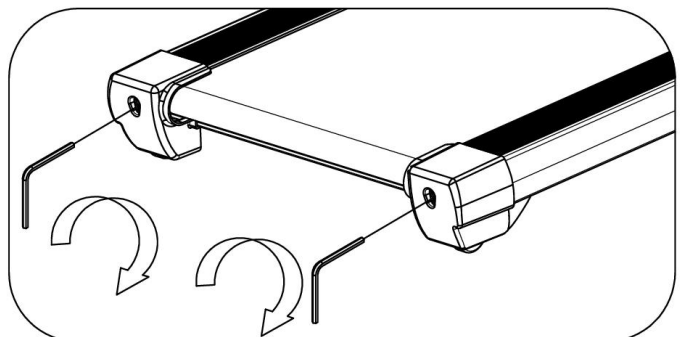
- Turn off the power and remove the safety key.
- Rotate both the left and right adjustment bolts clockwise by 1/4 turn simultaneously.
- Reconnect the power and safety key, then run the treadmill.
- Stand on the belt to check for proper tension.
- Repeat as needed until the belt is correctly tensioned. (See Figure C)



A

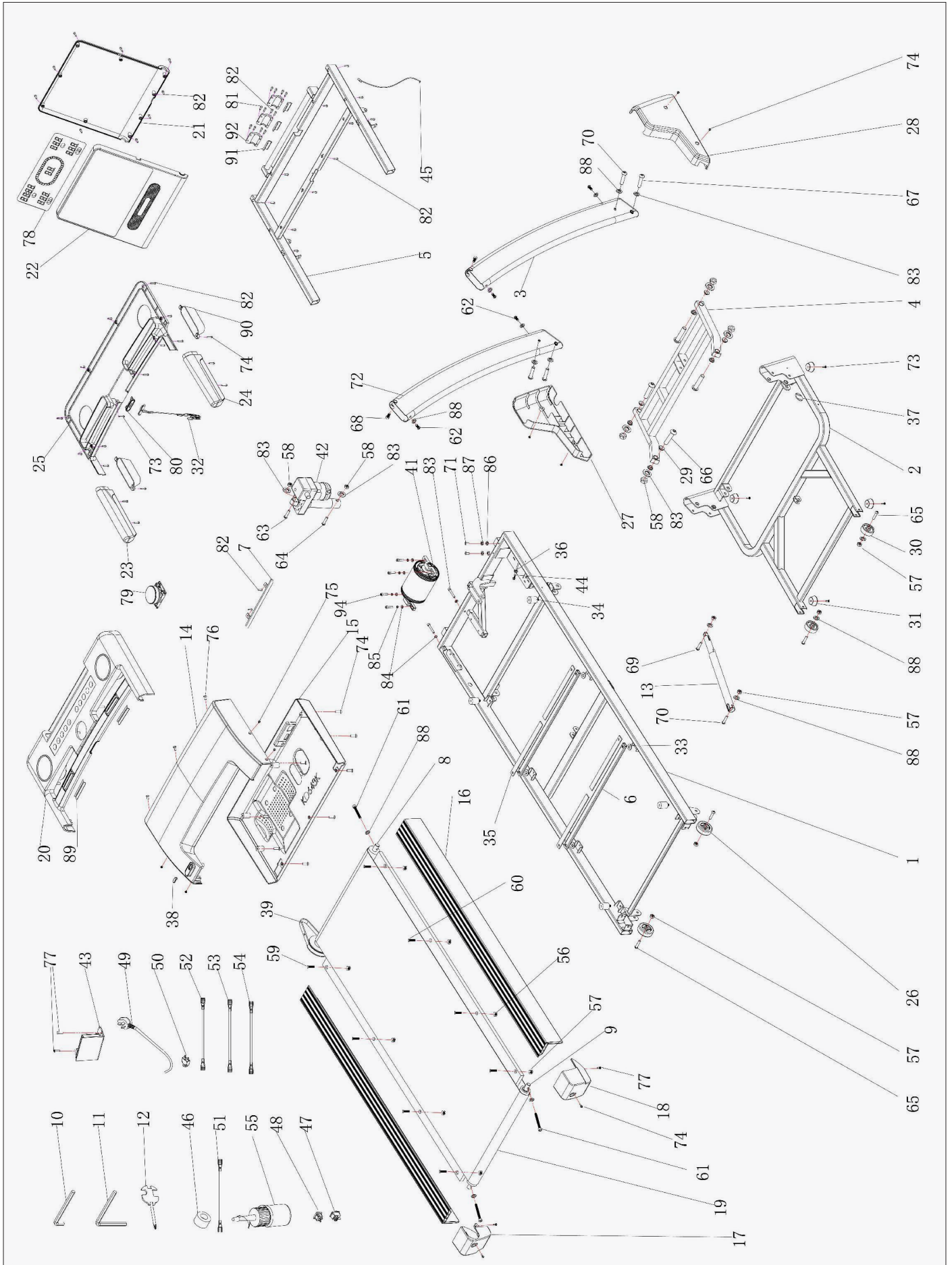


B



C

X. EXPLODED DIAGRAM



XI. PARTS LIST

No.	Description	Specs.	Qty.	Key No.	Description	Qty.
1	Main frame assembly		1	28	Right base guard	1
2	Base assembly		1	29	Spacer sleeve	8
3	Left column assembly		2	30	Carrying wheel	2
4	Lifting frame assembly		1	31	Foot pad	4
5	Electronic watch frame assembly		1	32	Safety lock switch	1
6	Running plate reinforcing plate		2	33	Nylon isolation pad	4
7	Oil guide rod tube		1	34	Cushion	4
8	Front drum		1	35	Reinforcement rod cushion	4
9	Rear drum		1	36	Annular wire guard plug A	1
10	5# Allen wrench		1	37	Annular wire guard plug B	1
11	6# Allen wrench		1	38	Oil plug	1
12	Phillips wrench		1	39	Multi-wedge belt	1
13	Pneumatic rod		1	40	Running board	1
14	Upper cover of motor		1	41	DC motor	1
15	Motor lower cover		1	42	Lifting motor	1
16	Edge strip		2	43	Control circuit board	1
17	Left rear corner guard		1	44	Lower segment of electronic watch	1
18	Right rear corner guard		1	45	Upper segment line of electronic watch	1
19	Running belt		1	46	Magnetic ring	1
20	Upper cover of electronic watch		1	47	Square boat switch	1
21	Panel lower cover		1	48	Power cord socket	1
22	Blue screen panel		1	49	Power cord	1
23	Left handrail		1	50	Overload protector	1
24	Right armrest		1	51	Single branch 1	1
25	Lower cover of electronic watch		1	52	AC single branch line	1
26	Roller		2	53	Single branch line	1
27	Left base guard		1	54	Ground wire	1
				55	Oil bottle	1

Key No.	Description	Specs.	Qty.
56	Type 1 non-metallic insert hexagonal lock nut	M6	4
57	Type 1 non-metallic insert hexagonal lock nut	M8	8
58	Type 1 non-metallic insert hexagonal lock nut	M10	12
59	Allen countersunk head screw	M8*25	4
60	Allen countersunk head screw	M6*40	4
61	Allen hexagon cylindrical head screw	M8*65	3
62	Allen hexagon flat round head screw	M8*16	4
63	Allen hexagon flat round head screw	M10*42	1
64	Allen hexagon flat round head screw	M10*55	1
65	Allen hexagon flat round head screw	M8*40	4
66	Flat round head square neck screw	M10*45	4
67	Allen hexagon flat round head screw	M10*45	2
68	Allen hexagon cylindrical head screw	M8*25	2
69	Allen hexagon flat round head screw	M8*25	1
70	Allen hexagon flat round head screw	M8*42	3
71	Phillips pan head screw	M5*8	2
72	Right column assembly		1
73	Self-tapping and self-drilling screw with cross-groove pan head	4.2*25	6

Key No.	Description	Specs.	Qty.
73	Self-tapping and self-drilling screw with cross-groove pan head	4.2*25	6
74	Self-tapping and self-drilling screw with cross-groove disk head and pad	4.2*19	20
75	Self-tapping self-drilling screw with cross groove countersunk head	4.2*25	4
76	Self-tapping self-drilling screw with cross groove countersunk head	4.2*19	3
77	Self-tapping and self-drilling screw with cross-groove pan head	4.2*9.5	4
78	Electronic watch		1
79	Flying shuttle		1
80	Safety lock base		1
81	Cross groove pan head self-tapping screw	4.2*20	6
82	Cross groove pan head self-tapping screw	4.2*13	33
83	Internal serrated locking washer	10	8
84	Flat washer class c	8	6
85	Standard type spring washer	8	4
86	Internal serrated locking washer	5	2
87	Standard type spring washer	5	2
88	Internal serrated locking washer	8	13
89	Pulse iron tablet		4

Key No.	Description	Specs.	Qty.
90	Armrest trim		2
91	Tile		3
92	Tile platen		3
93	Allen hexagon cylindrical head screw	M8*50	2
94	Allen hexagon cylindrical head screw	M8*20	4

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).

SECURITY SUPPORT INFORMATION

Reporting

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

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

Device Support Period

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



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