



Viper 5 Smart Treadmill

USER MANUAL



Find the
Digital Manual
Online



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



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

NOTE:

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



TABLE OF CONTENTS

I.	Important Safety Instructions	03
II.	Important Electrical Information	05
III.	Important Operating Instructions	06
IV.	Assembly Instructions	07
V.	Operation Guide	16
VI.	Maintenance & Care	26
VII.	Exercise Guide	30
VIII.	Exploded Diagram	32
IX.	Parts List	34
X.	Trouble Shooting	36
XI.	Warranty	37
XII.	Hand Pulse Technology	38

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.
- 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.

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

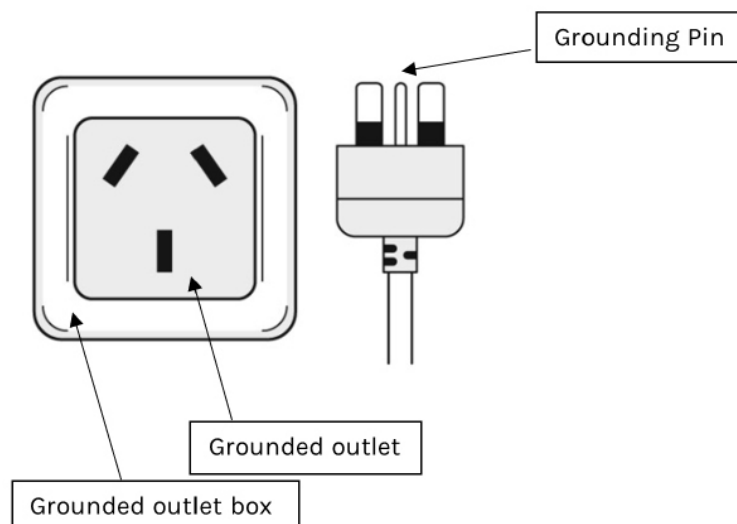
This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product 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!

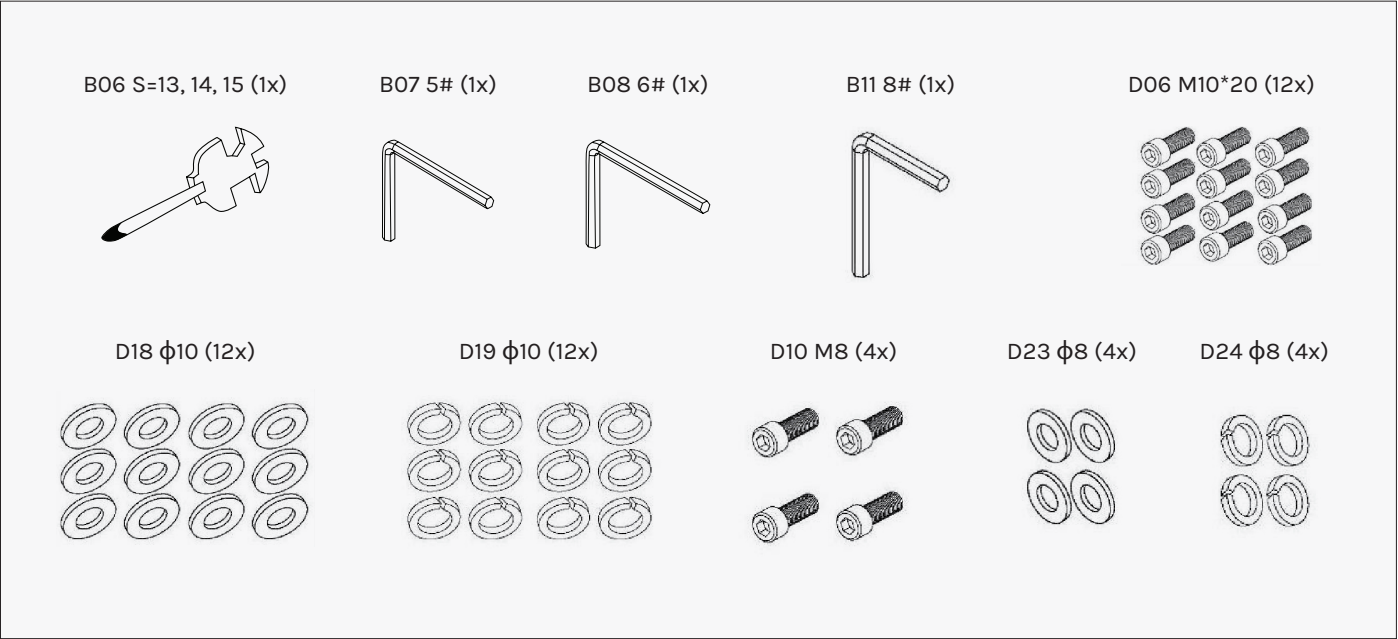
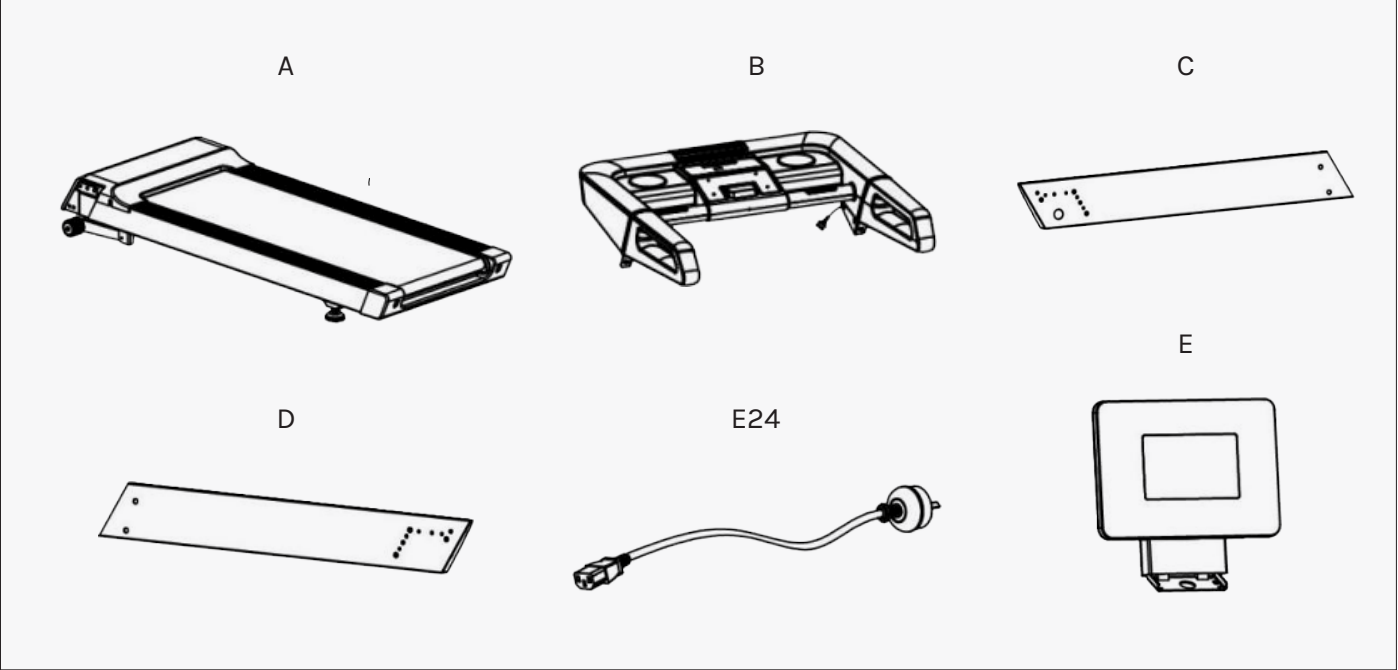
1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover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

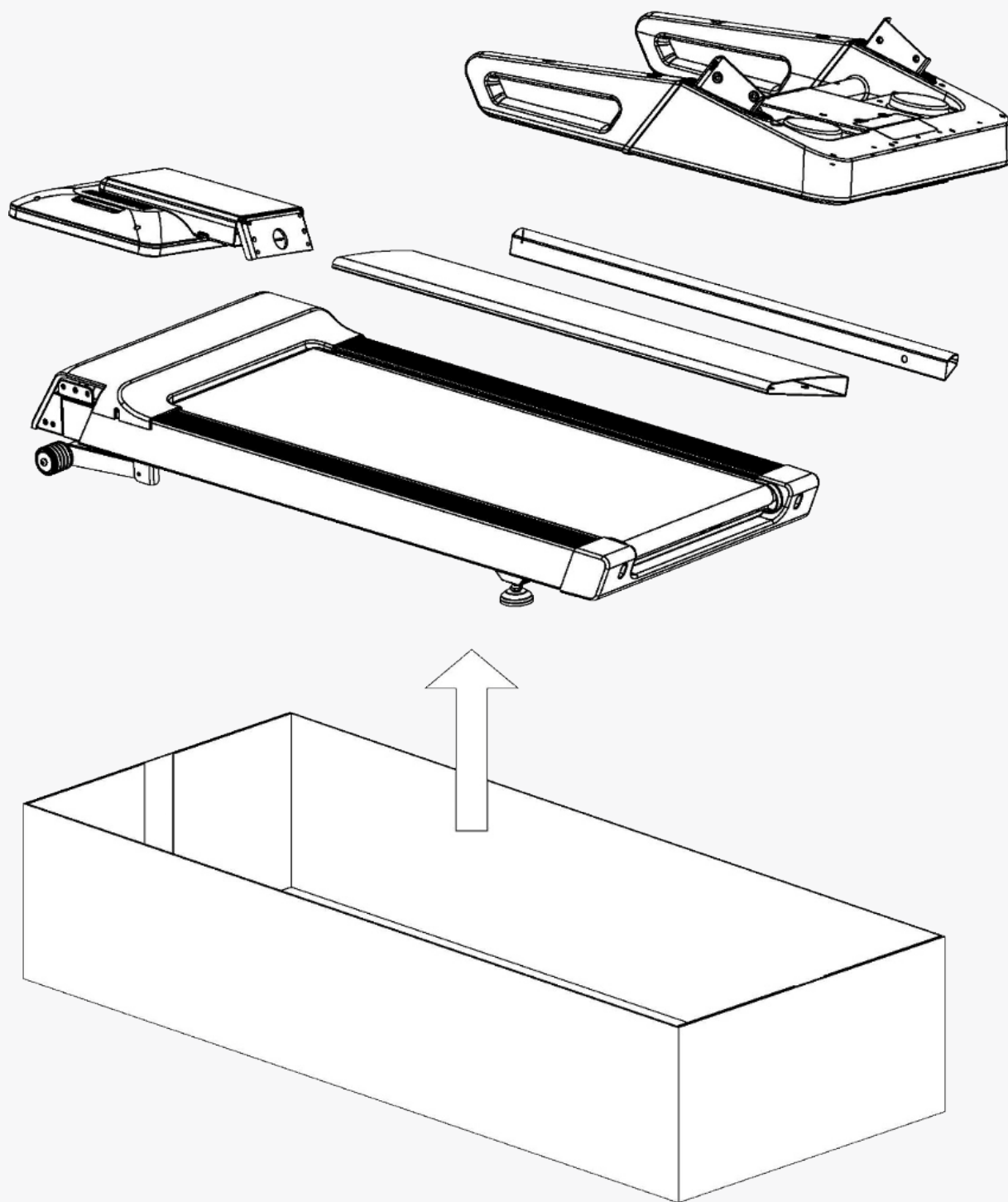
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching 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.
- 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.
- This machine has a safety key and a red safety button. Pressing the safety button or pulling the safety key will stop the walking belt immediately; the treadmill will shut off and reset.
- 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.
- Set up your machine for storage when the machine is not in use to ensure maximum longevity of electrical components via the following steps:
 1. Ensure incline (if applicable) is reset to zero.
 2. Turn off the machine via the red on/off switch located at the back of the motor. If your machine does not have a switch, turn off the machine at the wall power outlet.

IV. ASSEMBLY INSTRUCTIONS



No.	Description	Qty
A	Main Frame	1
B	Console Base	1
C	Left Upright Tube	1
D	Right Upright Tube	1
E24	Power Wire	1
E	Console	1

B-1



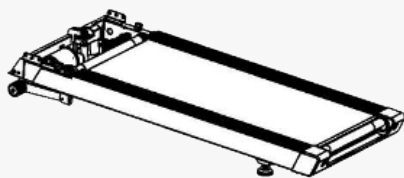
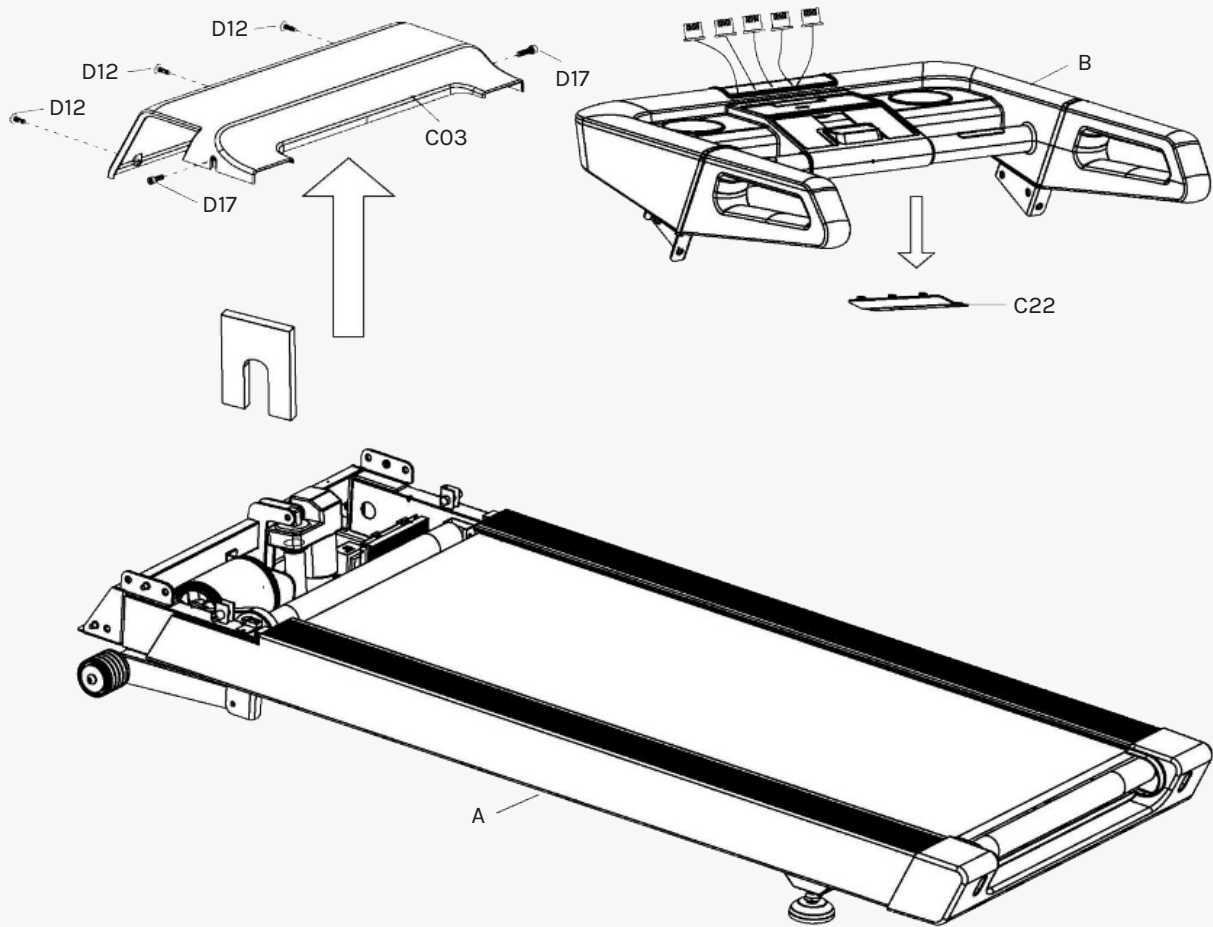
STEP 1

Open the carton and remove the items from the packaging.

Place the Treadmill on a flat level surface and check that all parts are present.

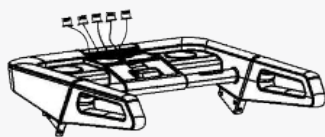
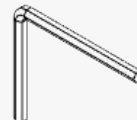
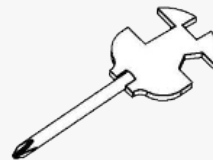
Ensure you have enough area to assemble and have assistance when lifting the main frame.

B-2



B06, S=13, 14, 15 (1x)

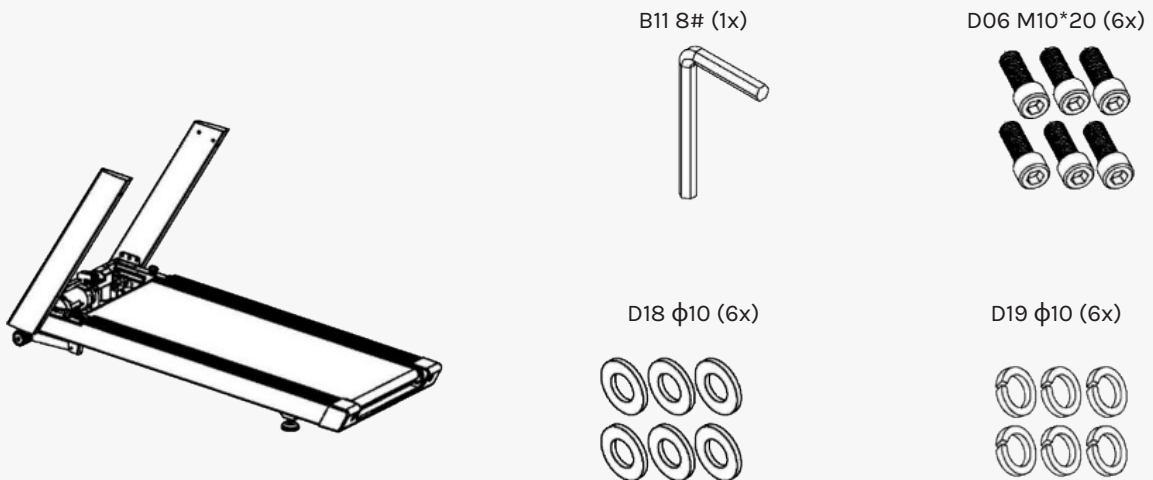
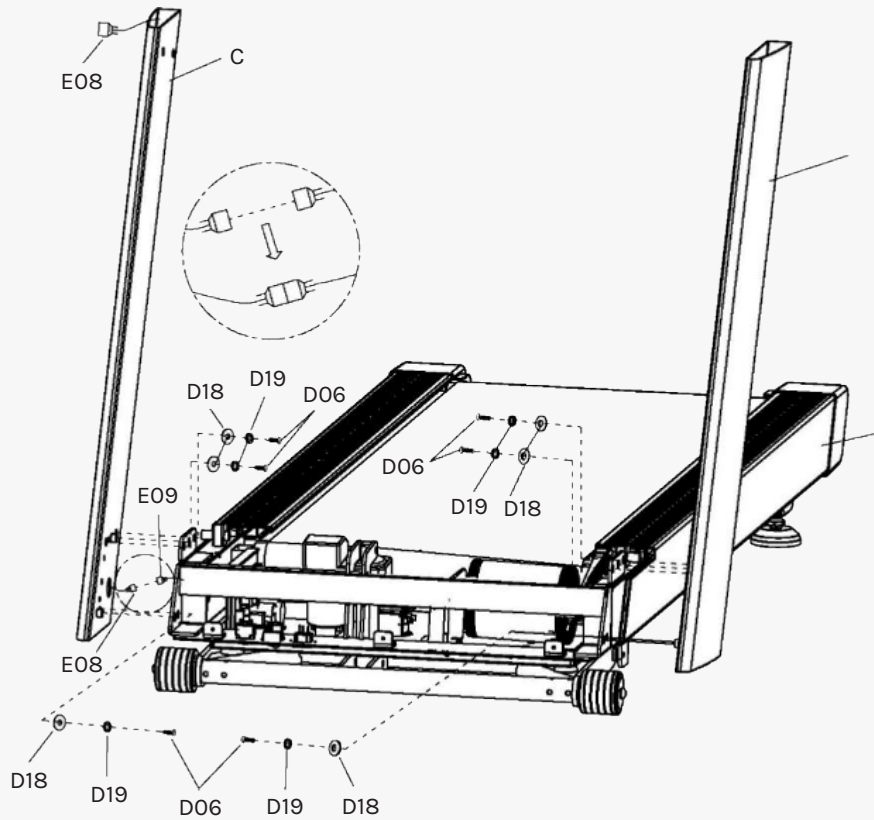
B07 5# (1x)



STEP 2

1. Remove the motor cover screws and set the cover and screws aside for later.
2. On the handlebar, remove the cover C22 from underneath. Set aside for later.
3. Remove the arch shape piece from inside the motor section. This is packaging and not required for use.

B-3

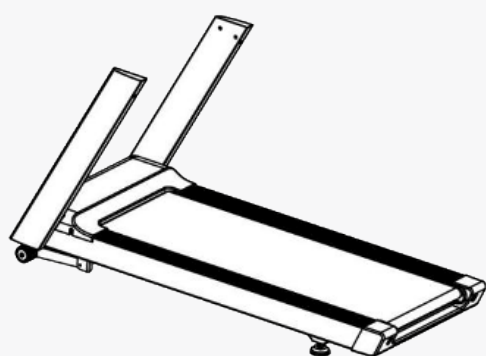
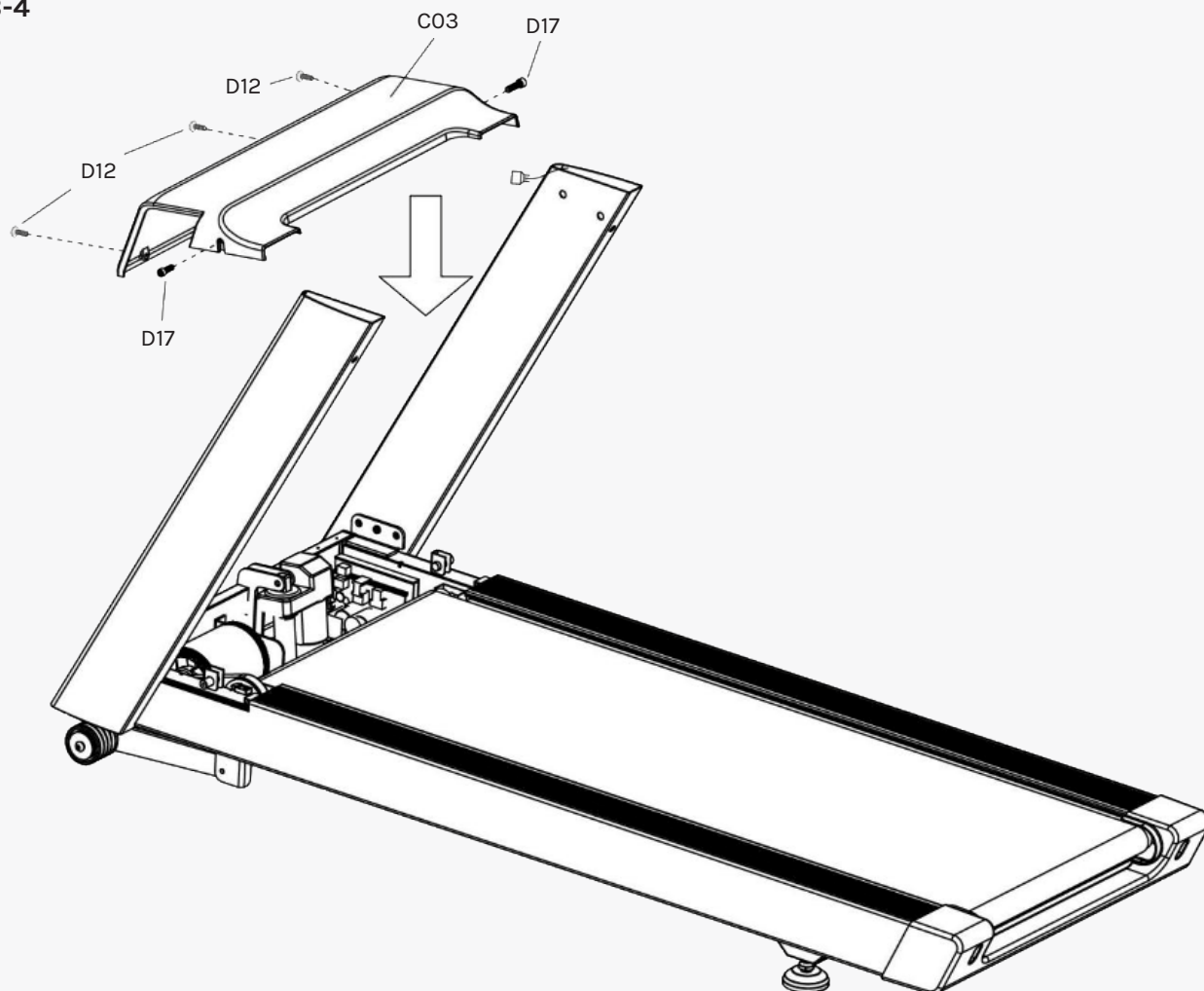


STEP 3

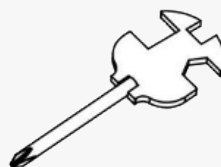
CAUTION: When installing the upright arms ensure not to crush the cables on the part C and mainframe (A).

1. Connect the cable E08 (on part C) and E09 (on main frame A) as pictured in the zoom image. The other end on the E08 comes out from the top of the part C. Place a tape on it or have someone hold onto it so it does not slide back down.
2. Connect part C upright arms to main frame (A) using 3x washers (D18), 3x washers (D19) and 3x bolts (D06). Note the direction of the bolts.
3. Repeat step 2 for part B upright arms.

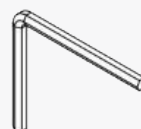
B-4



B06, S=13, 14, 15 (1x)



B07 5# (1x)



D12 M5*12 (3x)



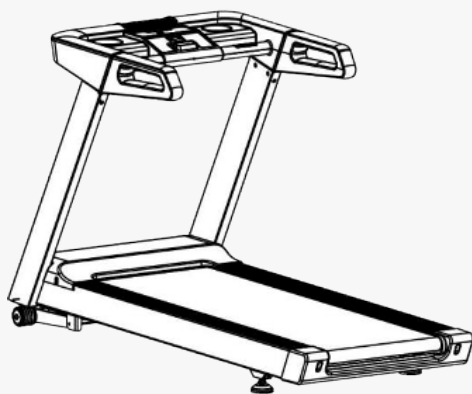
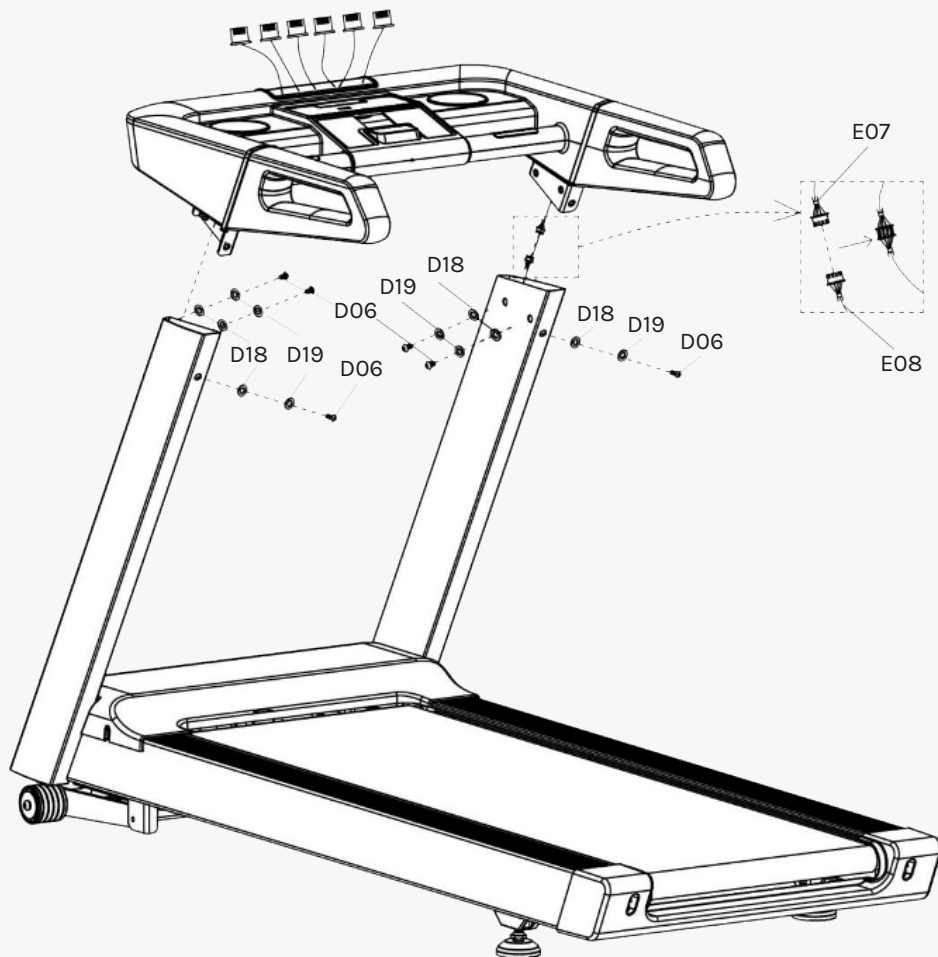
D17 M6*10 (2x)



STEP 4

1. Place the motor cover (C03) back on top using 3x screws (D12) for the back and 2x screws (D17) for the sides.

B-5



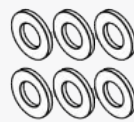
B11 8# (1x)



D06 M10*20 (6x)



D18 $\phi 10$ (6x)



D19 $\phi 10$ (6x)

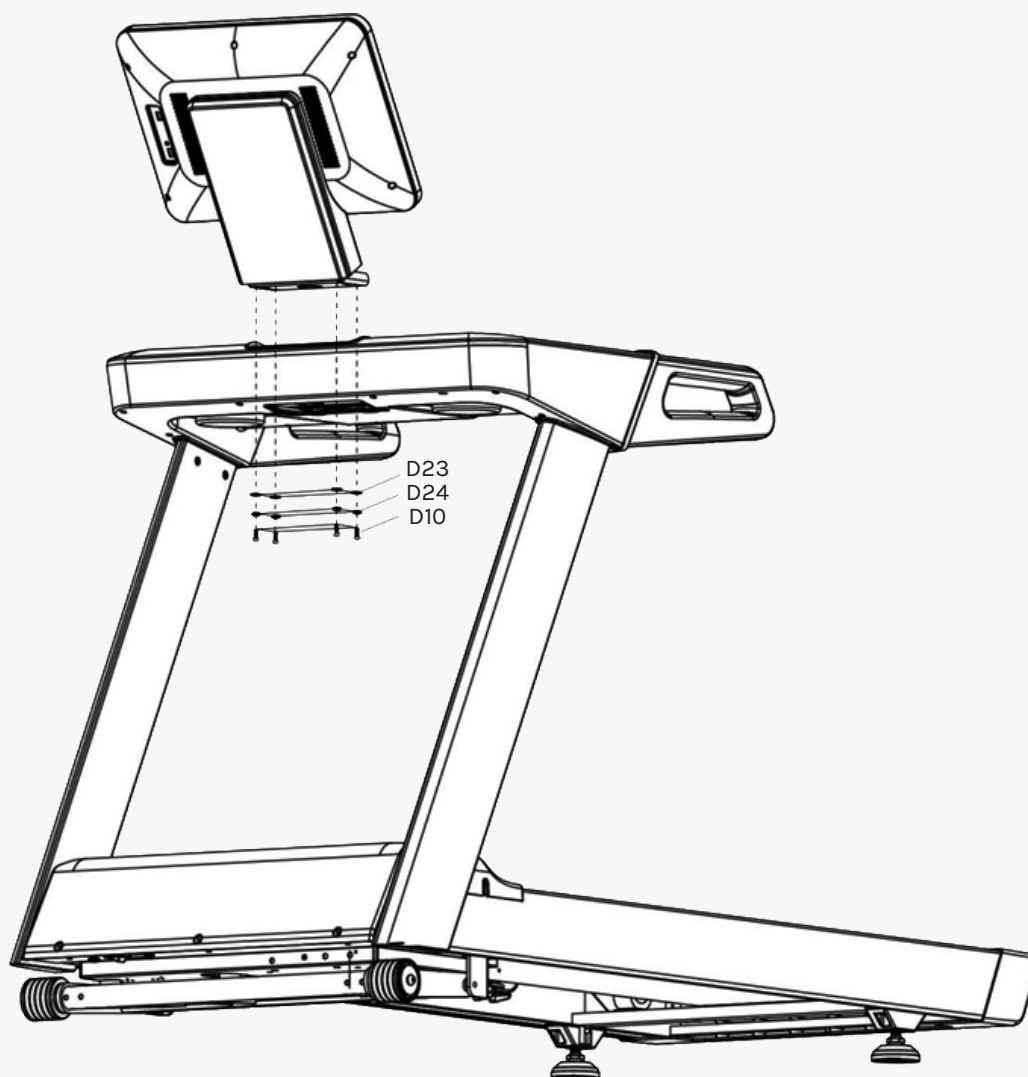


STEP 5

CAUTION: Be careful not to crush the cables when installing the handlebar panel to the upright arms. Check that cables are perfectly inside the tube.

1. Connect the cables E07 (from handlebar panel) to E08 (from part C), then ensure the cables are inside the tube before mounting the handlebar panel.
2. Secure the handlebar panel to two upright arms using 6x washers (D18), 6x washers (D19) and 6x screws (D06).

B-6



B08 6# (1x)



D10 M8*15 (4x)



D24 ϕ 8 (4x)



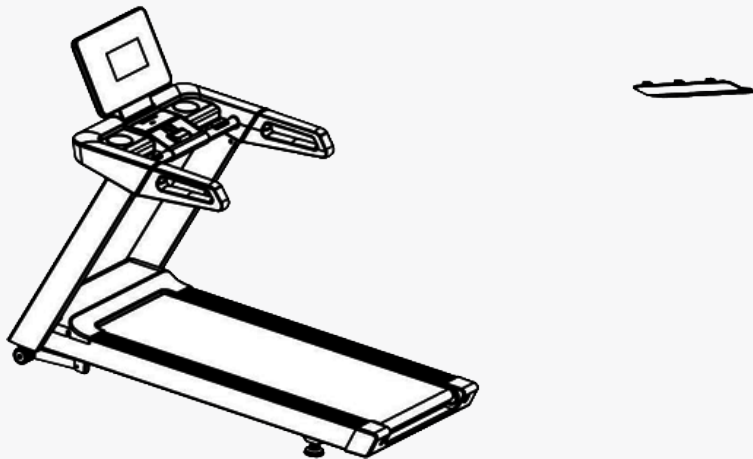
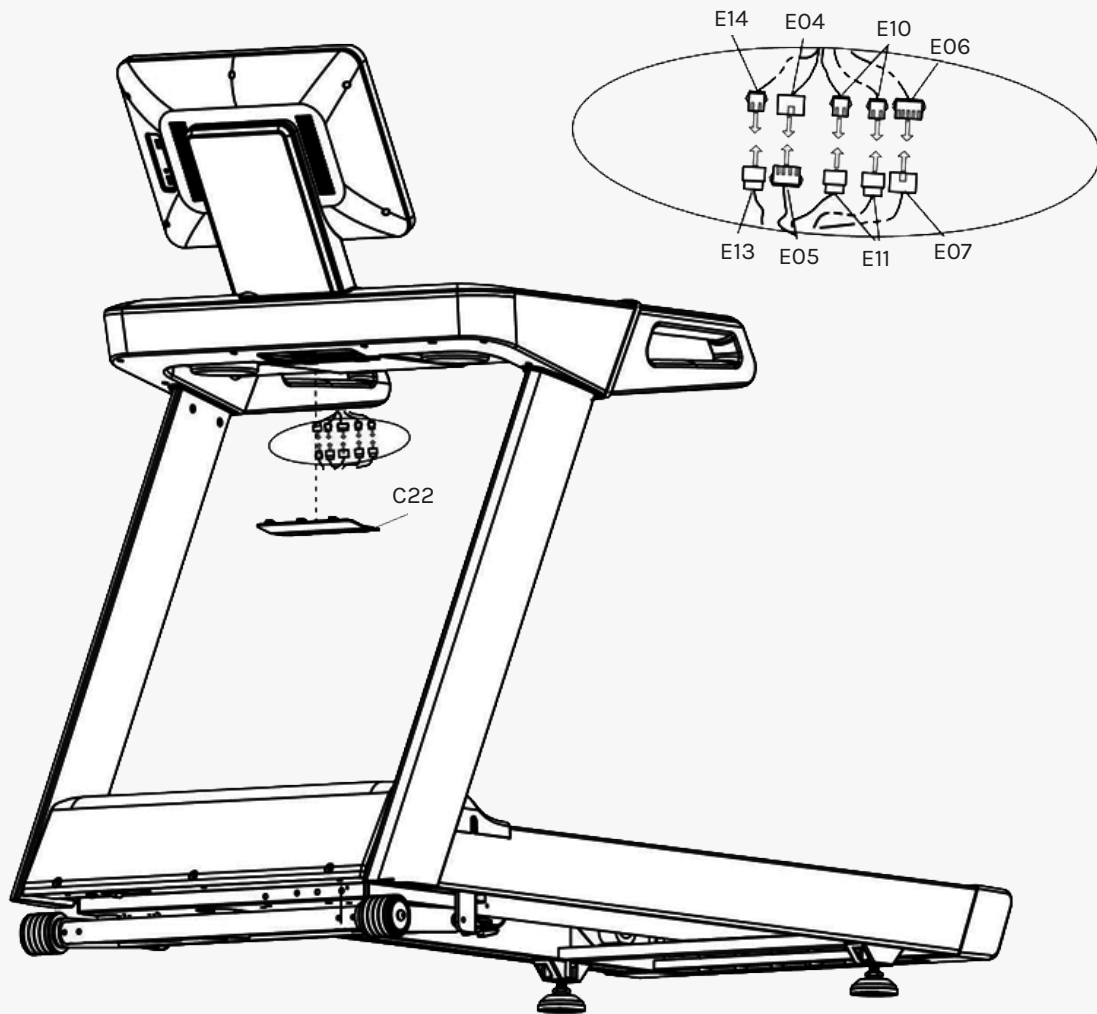
D23 ϕ 8 (4x)



STEP 6

1. Install the Display to the handlebars section using 4x washers (D23), 4x washers (D24) and 4x bolts (D10).

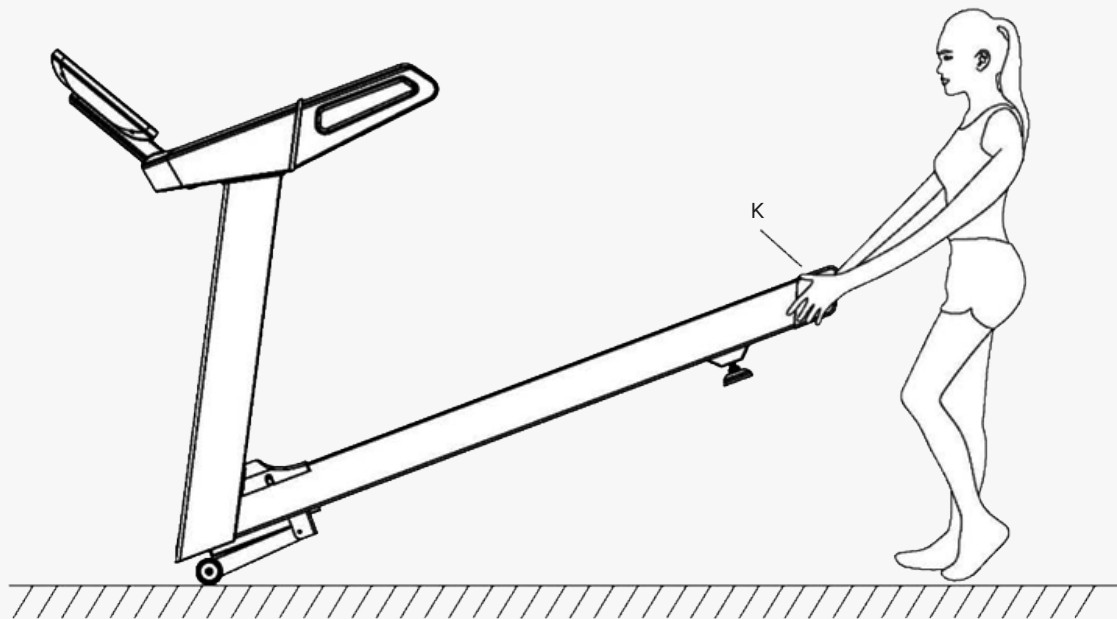
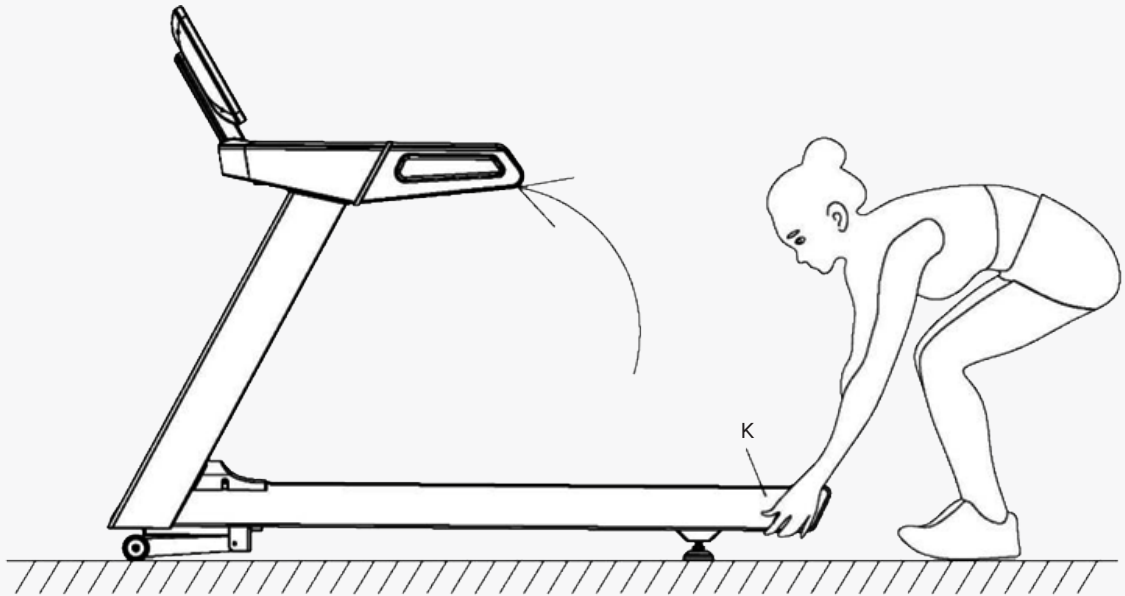
B-7



STEP 7

1. Connect the cables are per the following order: E14 to E13, E04 to E05, 2x E10 to 2x E11 and E06 to E07.
2. Securely place all the cables inside before closing the cover C22. Be careful not to crush any cables.
3. Plug in the power cord E24 to the back of treadmill and plug to wall socket. Do not use on a power board or share the socket with a high-powered equipment.

C-1



Moving the Treadmill

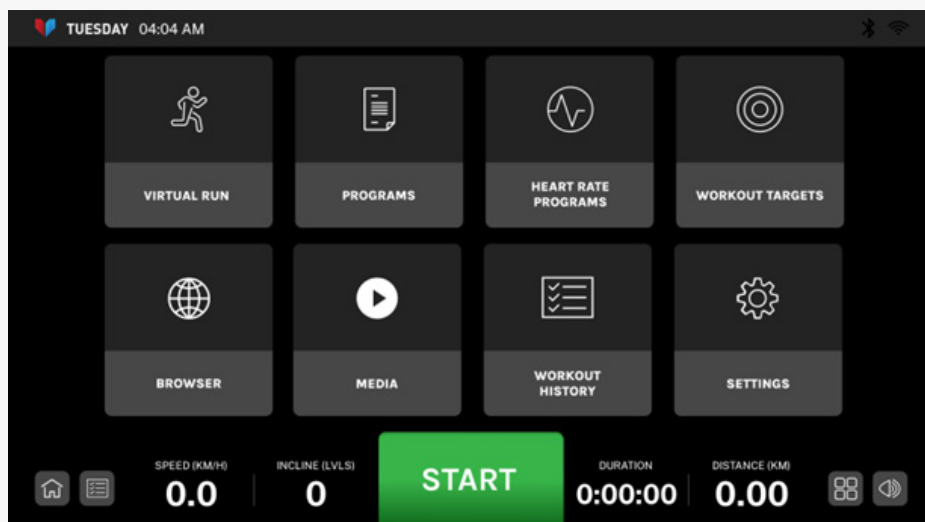
WARNING: Treadmill is heavy and will need a capable adult or 2 people to lift and move. Ensure to bend your knees to avoid back injury.

Hold from point K and lift the treadmill until the transportation wheel touch the floor.

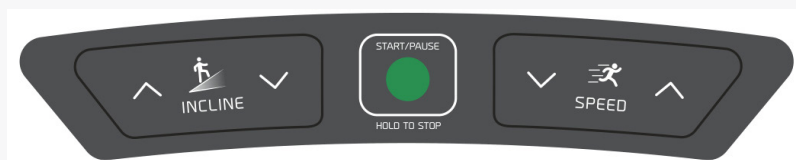
Floor Leveler

If your ground is not levelled, level the treadmill using the two floor leveler at the end of the running deck.

VI. OPERATION GUIDE



Button Control Panel



BUTTON FUNCTIONS:

1. **INCLINE +:** Increases the incline level.
2. **INCLINE -:** Reduces the incline level.
3. **START / PAUSE:** Press to start or pause a workout. Hold to stop the treadmill.
4. **SPEED +:** Increases the belt speed.
5. **SPEED -:** Reduces the belt speed.

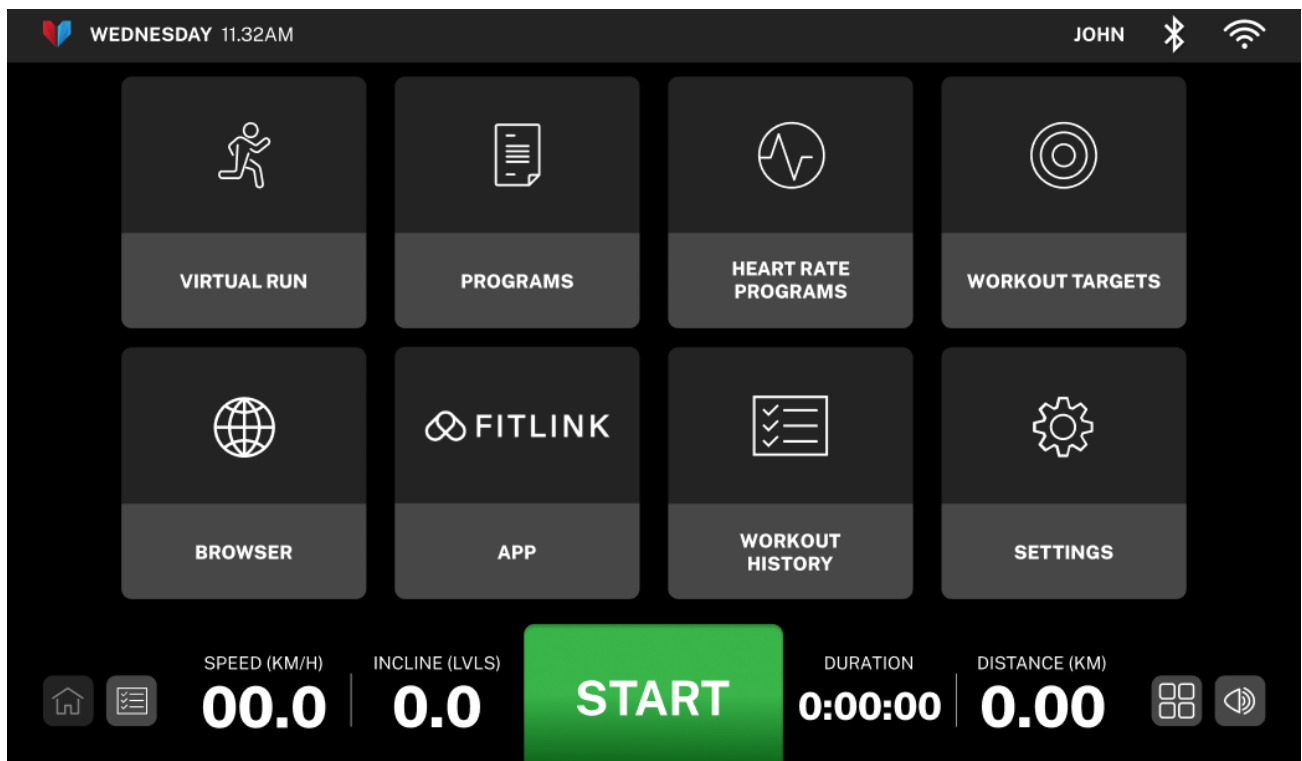
1. Getting Started

1. Confirm the treadmill is correctly assembled and connected to a suitable power outlet.
2. Switch the main power switch to ON.
3. Insert the magnetic safety key into the console and attach the clip to your clothing.
4. Stand on the side rails and wait for the home screen to load.
5. Select Quick Start or choose a workout mode, then press START.
6. Adjust speed and incline gradually. To finish, press and hold STOP, then wait until the belt has completely stopped before stepping off.

FIRST USE

The treadmill belt is pre-lubricated; however, the lubricant may dry out during storage. Before first use, lift the edge of the running belt and check the deck underneath. If it feels slightly oily or slippery, sufficient lubricant is present. If it feels dry, lubricate the treadmill before use.

2. Home Screen and Quick Start



Touch screen home menu

The home screen provides access to the main workout and entertainment functions. The lower status bar displays the current speed, incline, workout duration and distance.

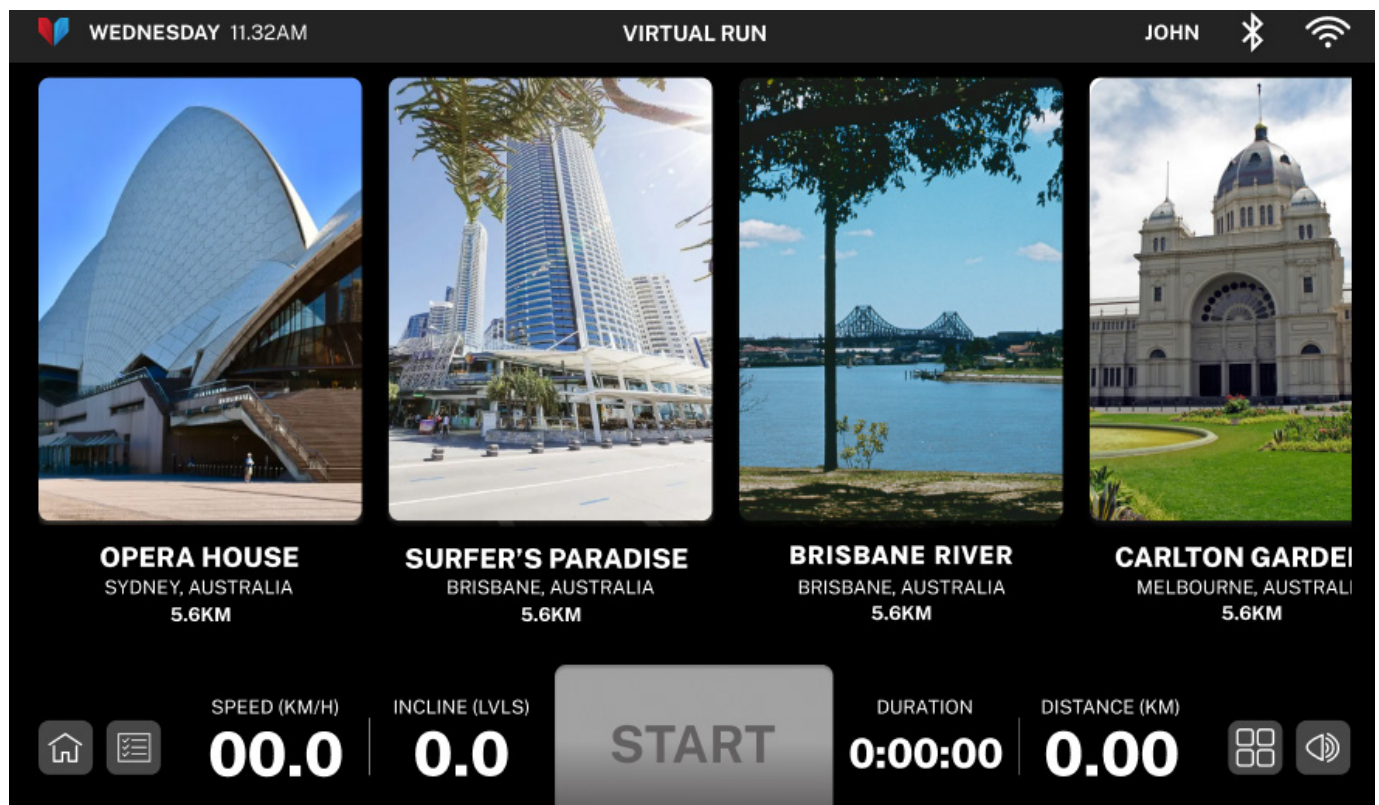
Quick Start

1. Insert the safety key and stand on the side rails.
2. Press the green START button on the touch screen or the physical START button.
3. The belt will begin at a low speed. Step onto the belt carefully.
4. Use SPEED + / - and INCLINE + / - to adjust the workout.
5. Press START / PAUSE to pause. Hold the button to stop the workout.

STATUS BAR

Tap the on-screen arrow (^/v) controls, where available, to hide or show workout data while exercising.

3. Virtual Run



Virtual Run Route Selection Screen

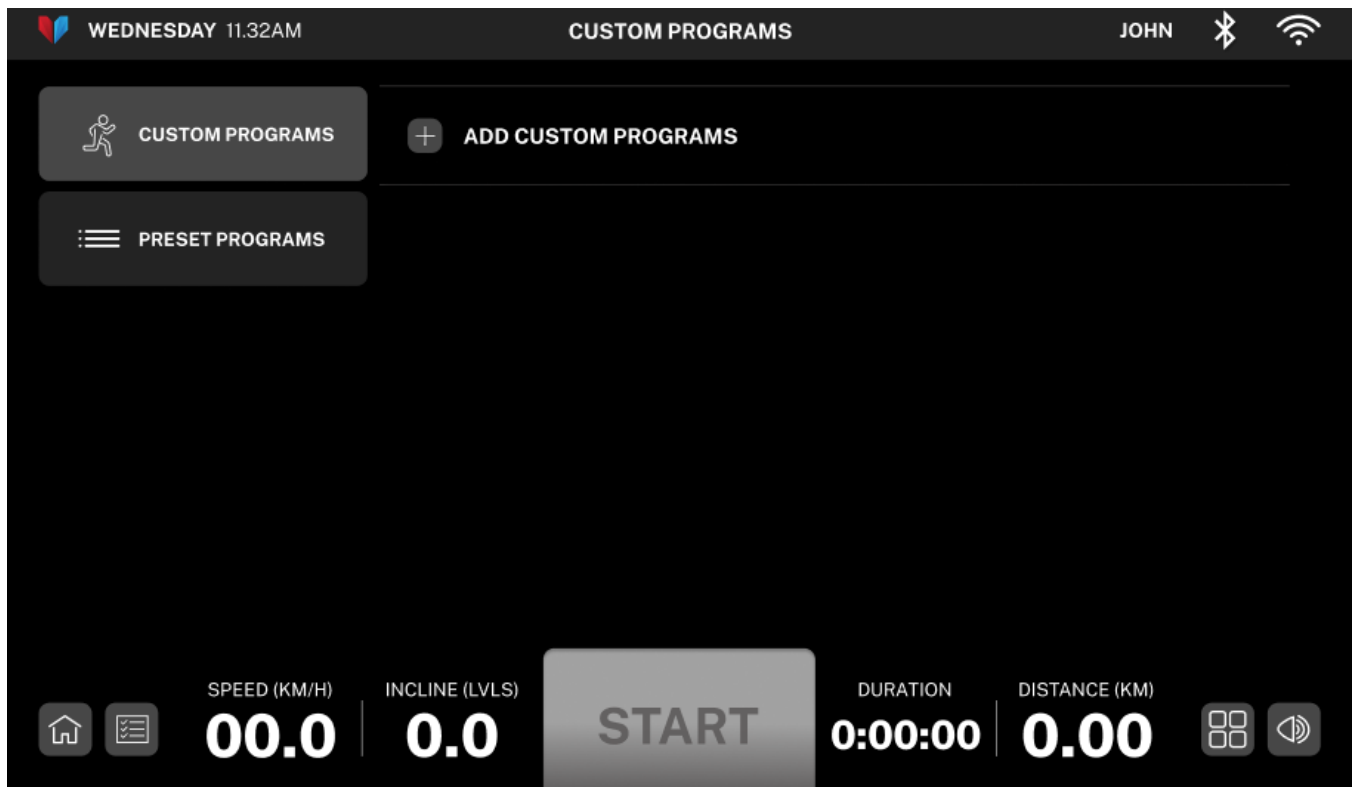
Virtual Run displays a scenic route while you walk or run. Available routes may differ by model or software version.

1. From the home screen, select VIRTUAL RUN.
2. Choose a route from the available locations.
3. Press START to begin.
4. Adjust speed or incline using the physical controls. The visual pace changes with the treadmill speed. The on-screen scenery may not visually reflect the selected incline level.
5. Use the on-screen arrows to hide or show the workout data bar.

WARNING

Keep your attention on the moving belt and your surroundings. Do not rely on the scenery display for balance.

4. Workout Programs



Programs Menu

4.1 Custom Programs

Custom Programs allow you to create and save a workout profile using your preferred speed, incline and interval settings. Select ADD CUSTOM PROGRAM, enter the required settings, save the profile, then press START to begin workout. There is no limit to the custom programs.

4.2 Preset Programs

The console includes 24 preset programs. Each program is divided into 12 intervals and automatically changes the speed and/or incline throughout the workout. Select a program, review the settings, then press START. The complete profiles are provided in the Programs chart table below.

ADJUSTMENTS DURING A PROGRAM

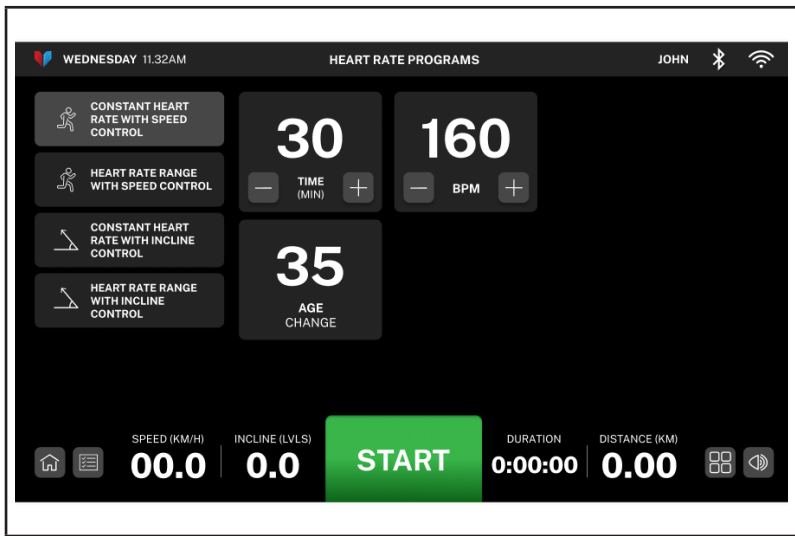
You may adjust speed or incline during a preset workout. The change normally applies to the current interval; the next interval may return to the programmed value.

Programs 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 (Advanced)	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 and 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 and 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 and 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

Program	Intervals	1	2	3	4	5	6	7	8	9	10	11	12
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	8	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	4	8	10	5	5	6	4	8	10	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

5. Heart Rate Programs and Workout Targets



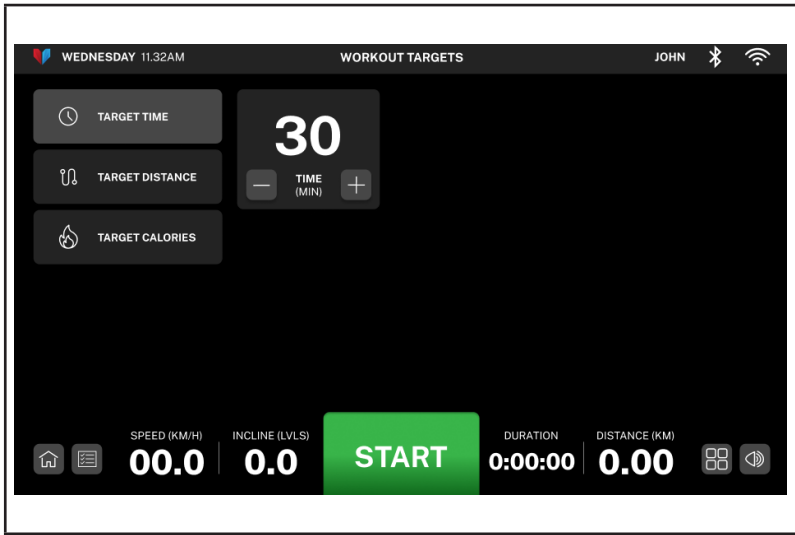
Heart Rate Programs

- Constant heart rate with speed control
- Heart rate range with speed control
- Constant heart rate with incline control
- Heart rate range with incline control

Set the workout time, target heart rate and age as requested on screen. During the workout, the treadmill adjusts speed or incline to help keep your heart rate near the selected target.

WARNING

Heart rate programs should be used only by users who understand their appropriate training range. Stop immediately if you feel unwell. The displayed heart rate is an estimate, not a medical measurement.



Workout Targets

- Target Time
- Target Distance
- Target Calories

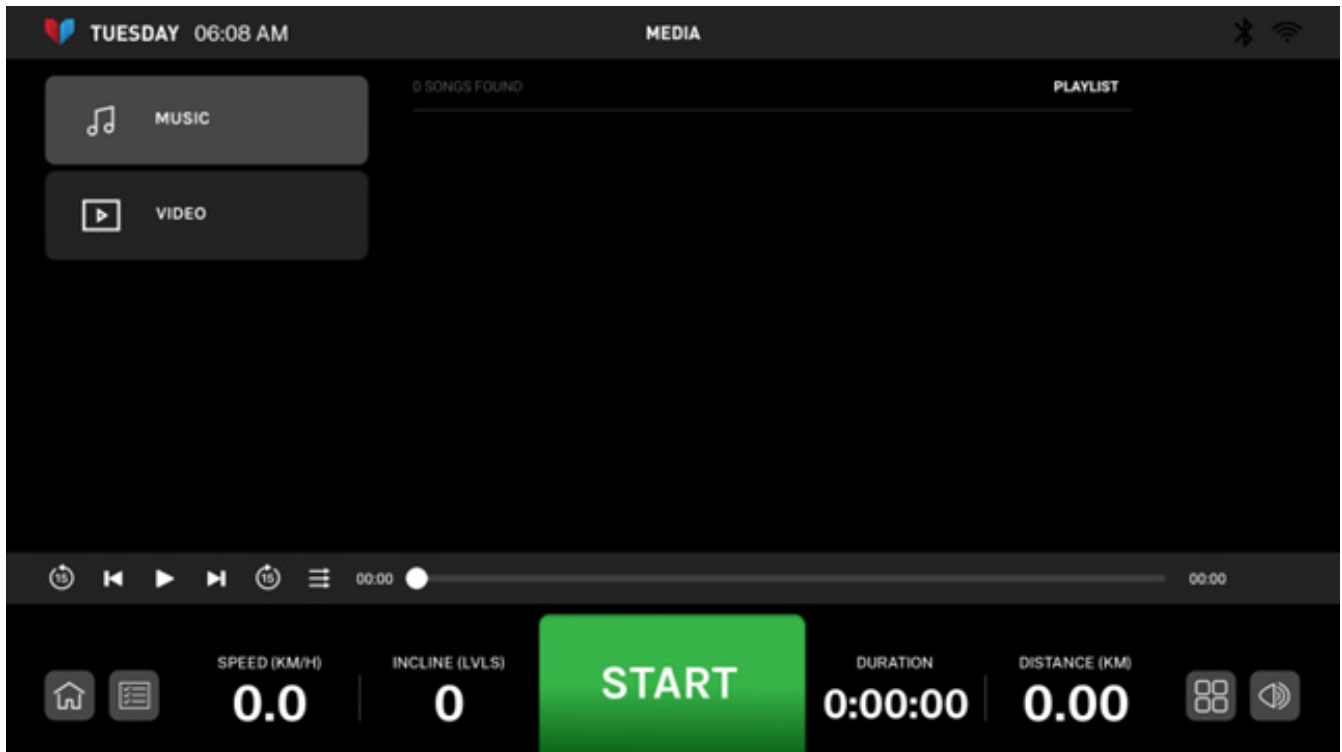
Select the required target, adjust the value using the on-screen plus and minus buttons, then press START. The console counts toward the selected target and ends or prompts you when the target is reached.

6. Browser, Media and Audio

Browser and Built-in Apps

The Browser menu provides access to built-in applications. Connect the console to Wi-Fi before opening online content. App availability and features may change with software updates.

USB Media



Media player screen

- Insert a compatible USB storage device containing music or video files.
- Select MEDIA, then choose MUSIC or VIDEO.
- Use the on-screen playback controls to play, pause, skip or adjust playback.
- The USB port is intended for compatible media storage only. Do not connect unsupported peripherals.

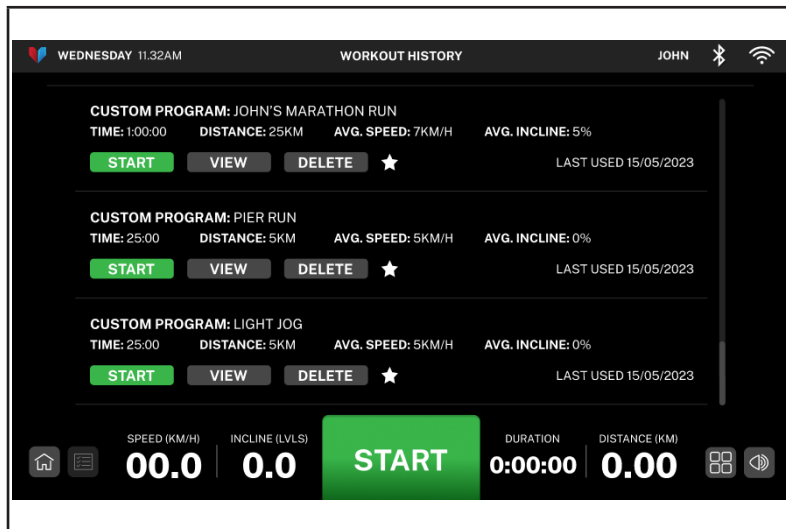
MP3 Cable

Connect a mobile device using the supplied MP3 cable. Select the music and control the volume from the connected device.

Bluetooth Music

1. Open Bluetooth settings on your mobile device.
2. Select Lifespan Fitness from the list of available devices.
3. Play music and adjust the volume using your mobile device.
4. If a phone call interrupts the connection, Bluetooth audio may disconnect temporarily and reconnect after the call.

7. Workout History and Settings



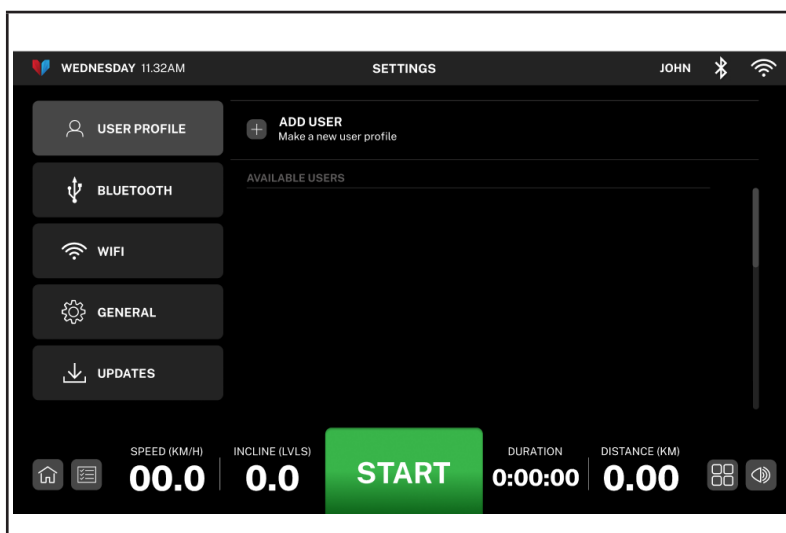
Workout History

- Review completed workout records
- Check time, distance and calories
- View average speed and incline where recorded

Workout records are saved under WORKOUT HISTORY. Stored data may be linked to the selected user profile.

WARNING

Heart rate programs should be used only by users who understand their appropriate training range. Stop immediately if you feel unwell. The displayed heart rate is an estimate, not a medical measurement.

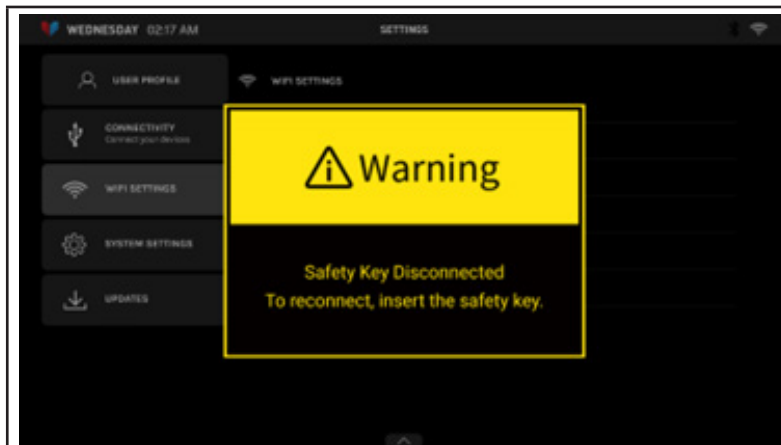


Settings

- User Profile
- Connectivity and Bluetooth
- WiFi Settings
- System Settings
- Software Updates

- Use **USER PROFILE** to create or select a user profile.
- Use **CONNECTIVITY** to manage supported Bluetooth connections
- Use **WI-FI SETTINGS** to select a network and enter the password.
- Use **UPDATES** to check for available software updates. Keep the treadmill powered on during an update. Do not turn it off until update is completed.

8. Alerts, Power Save and Shutdown



Safety Key Disconnect

- The treadmill will not start without the safety key.
- Insert the magnetic key securely into the console.
- Attach the clip to your clothing before continuing.



Error Message

- Stop using the treadmill if an error appears.
- Note the displayed code or message.
- Follow the basic checks in Troubleshooting page.

Lubrication Reminder

After approximately 300 km of total running distance, the console may sound every 10 seconds and display OIL. Lubricate the running deck as described in this manual. After lubrication, hold the STOP button for 3 seconds to clear the reminder.

Power Save

If no controls are used for approximately 11 minutes while the treadmill is in standby, the display enters power-saving mode. Press any button or touch the screen to wake the console.

Powering Off

1. Stop the treadmill and wait until the running belt is completely stationary.
2. Remove the safety key.
3. Switch the main power switch to OFF after each use.
4. Unplug the treadmill before cleaning, lubricating or servicing.

VI. MAINTENANCE & CARE

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

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

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

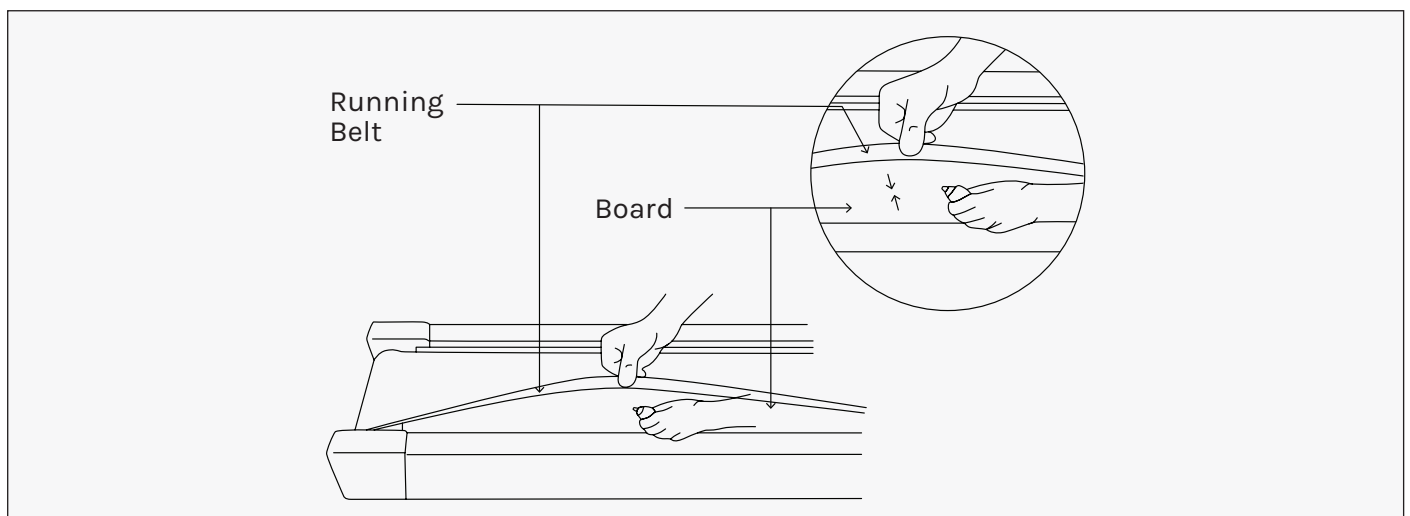
The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation.

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 2 months.

See below procedures for lubricating:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



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

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

4. HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

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

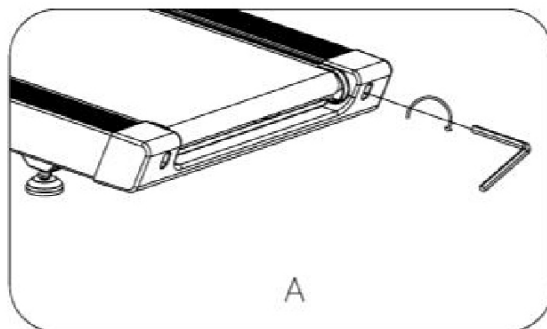
Video Tutorial Available at: <http://youtu.be/cP9NtFHfWlc>

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

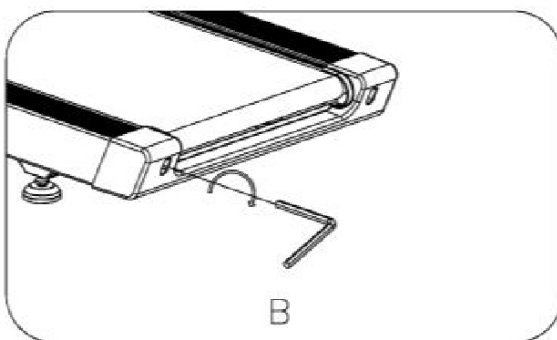
5. CENTERING THE RUNNING BELT

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

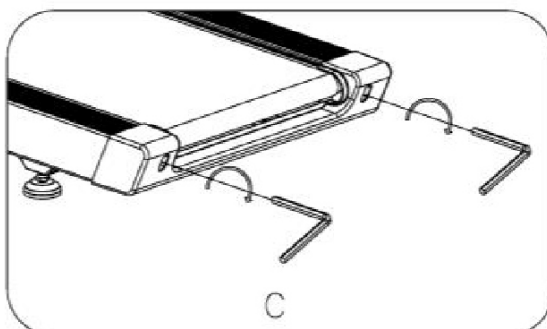
1. If the Running Belt moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.

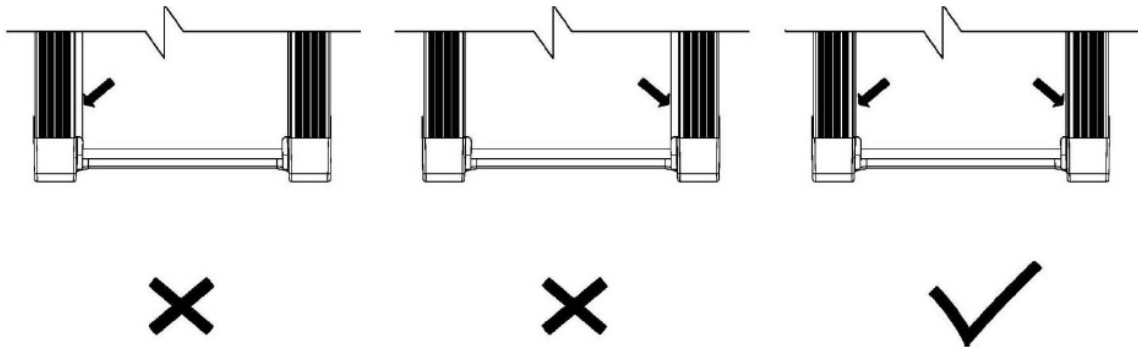


2. If the Running Belt moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the Running Belt will loosen. To tighten the belt, turn the Left & Right-side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.

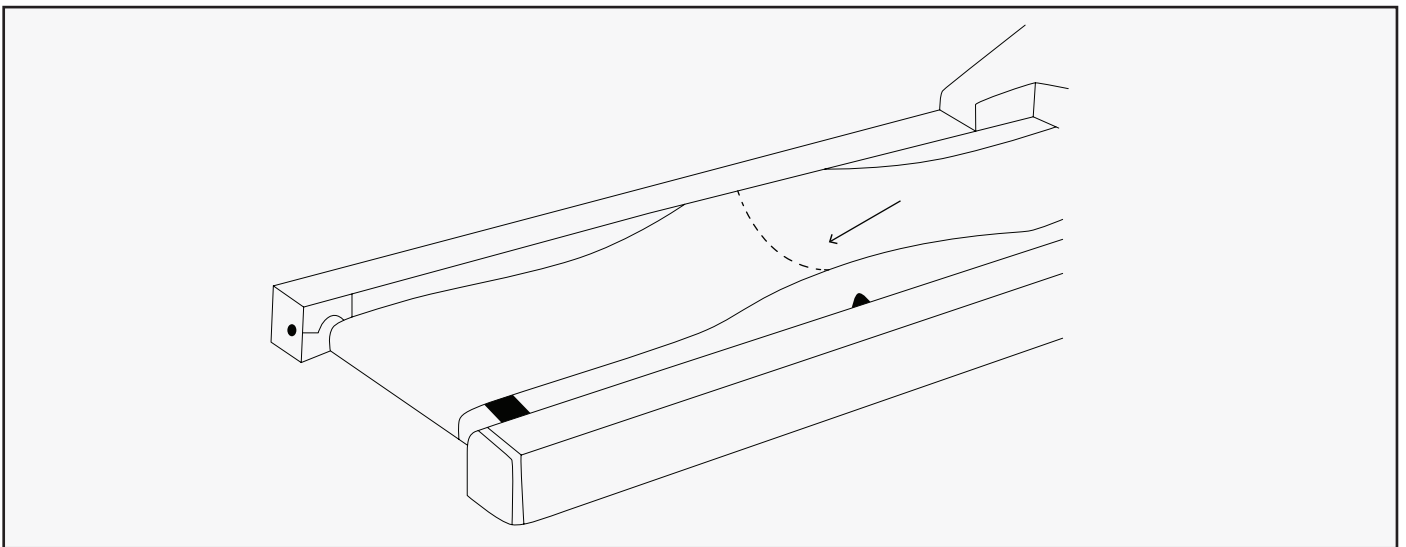




! NOTE:

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>

VII. EXERCISE GUIDE

! PLEASE NOTE:

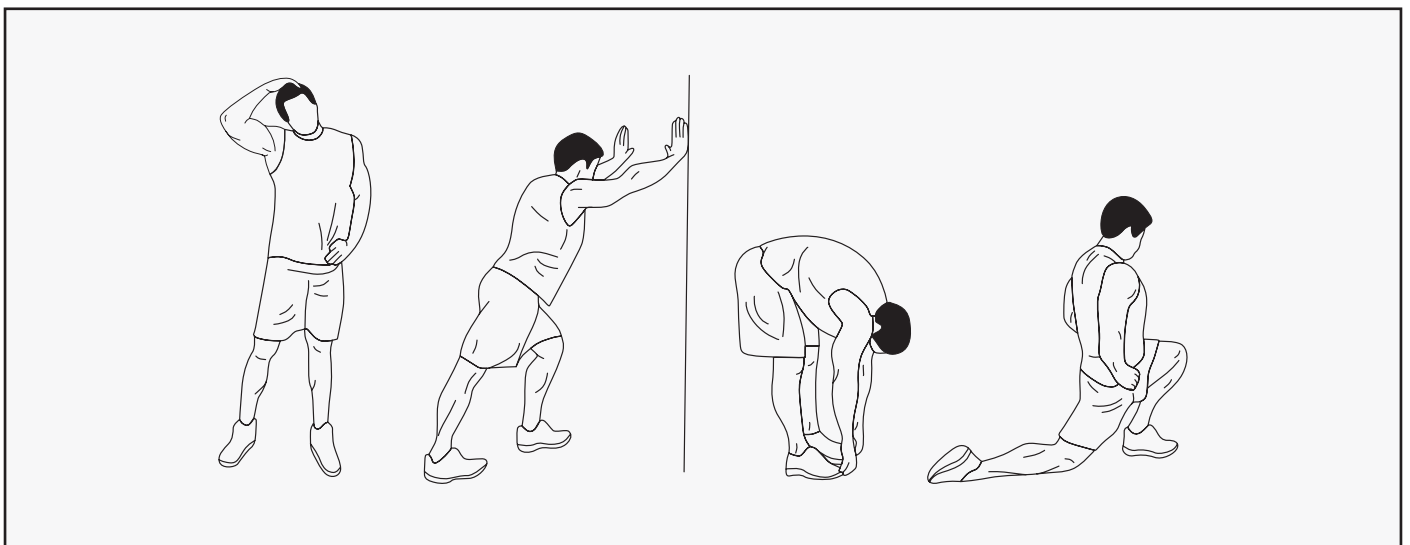
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 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

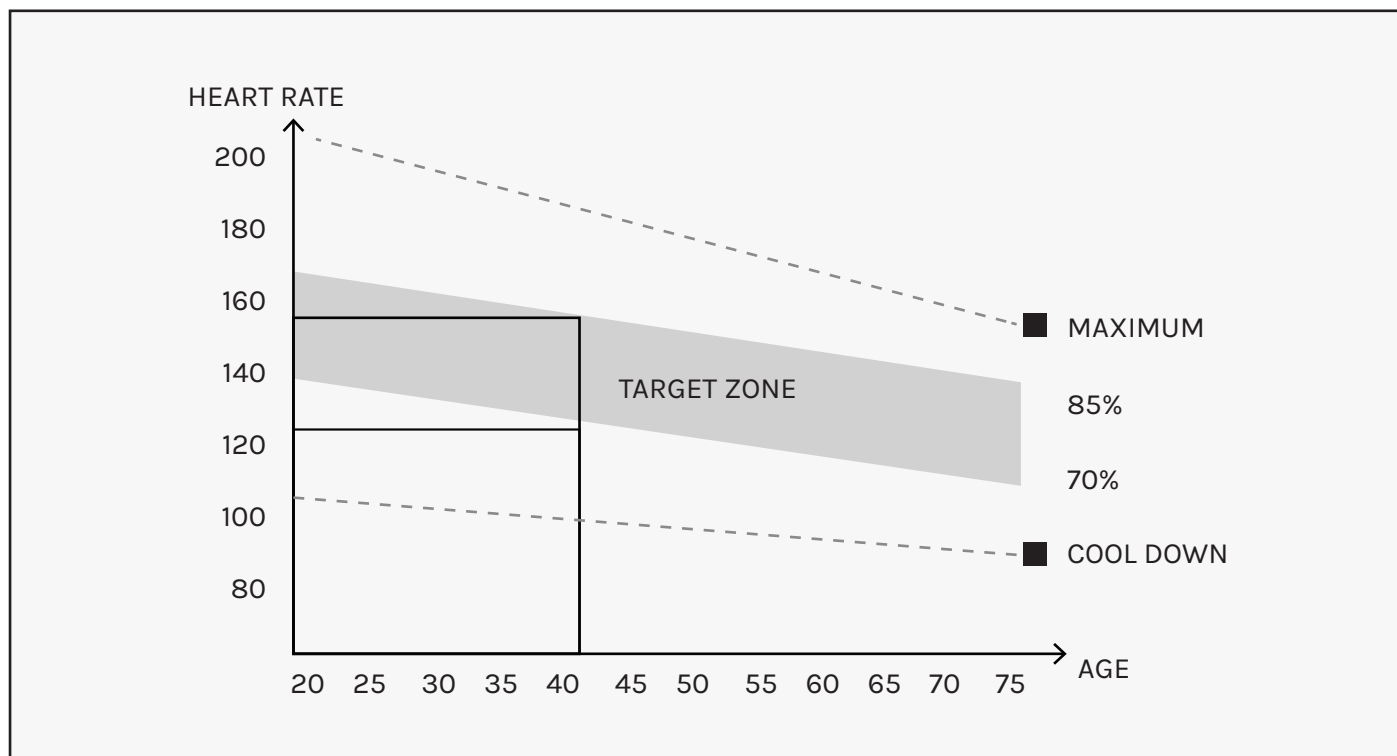
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

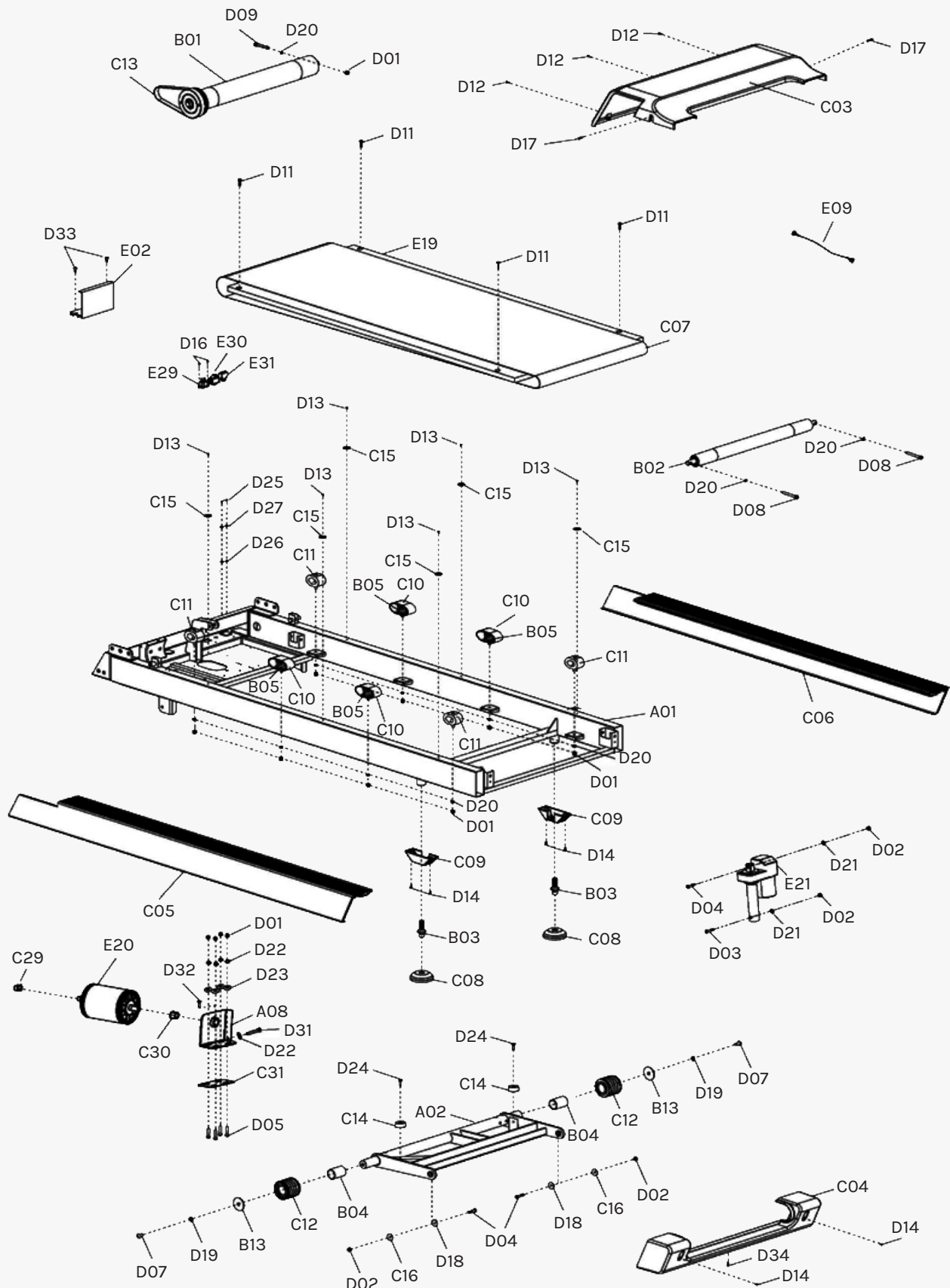
WORKOUT GUIDELINES



! 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. EXPLODED DIAGRAM



IX. PARTS LIST

No.	Description	Specs	Qty
A01	Main Frame		1
A02	Incline Bracket		1
A03	Console Base Bracket		1
A04	Panel Connecting Bracket		1
A05	Left Upright Tube		1
A06	Right Upright Tube		1
A08	Motor Fixed Base		1
B01	Front Roller		1
B02	Back Roller		1
B03	Cardan Joint Screw		2
B04	Wheel Sleeve		2
B05	Spring 1		4
B06	Wrench w/ Screwdriver	S=13,14, 15	1
B07	5# Allen Wrench	5mm	1
B08	6# Allen Wrench	6mm	1
B09	Pulse Steel Plate		4
B10	Spring		1
B11	8# Allen Wrench	8mm	1
B12	Screen Fixing Plate		1
B13	Big Gasket		2
C01	Panel Top Cover		1
C02	Panel Bottom Cover		1
C03	Motor Top Cover		1
C04	Back-end Cover		1
C05	Left Side Rail		1
C06	Right Side Rail		1
C07	Running Belt		1
C08	Universal Mats		2
C09	Mats Cover		2
C10	Elliptical Cushion		4
C11	Cushion		4
C12	Wheel		2
C13	Motor Belt		1

No.	Description	Specs	Qty
C14	Foot Pad		2
C15	Plastic Side Rail Gasket		6
C16	Plastic Gasket		2
C18	Console Top Cover		1
C19	Emergency Button		1
C20	Button Holder		1
C21	Console Bottom Cover		1
C22	Console Screw Cover		1
C23	Console Support Top Cover		1
C24	Console Support Bottom Cover		1
C25	Left Handlebar		1
C26	Right Handlebar		1
C27	Left Handlebar Decoration Ring		1
C28	Right Handlebar Decoration Ring		1
C29	Motor Left Insulating Sleeve		1
C30	Motor Right Insulating Sleeve		1
C31	EVA Pad		1
D01	Nut	M8	13
D02	Nut	M10	4
D03	Bolt	M10*65	1
D04	Bolt	M10*45	3
D05	Bolt	M8*15	4
D06	Bolt	M10*20	12
D07	Bolt	M10*20	2
D08	Bolt	M8*65	2
D09	Bolt	M8*60	1
D10	Bolt	M8*15	8
D11	Bolt	M8*25	4
D12	Bolt	M5*12	3
D13	Screw	ST4.2*12	37
D14	Screw	ST4.2*20	6

No.	Description	Specs	Qty
D15	Screw	ST4.2*25	8
D16	Screw	ST2.9*8	18
D17	Bolt	M6*10	2
D18	Flat Washer	10	14
D19	Spring Washer	10	14
D20	Lock Washer	8	11
D21	Lock Washer	10	2
D22	Flat Washer	8	17
D23	Spring Washer	8	8
D24	Bolt	M5*16	4
D25	Bolt	M5*12	2
D26	Spring Washer	5/65Mn	2
D27	Lock Washer	5	2
D28	Bolt	M8*40	4
D29	Screw	ST4.2*12	2
D30	Screw	ST2.9*8	4
D31	Bolt	M8*50	1
D32	Bolt	M5*10	1
D33	Bolt	M5*8	1
D34	Screw	ST4.2*20	1
E01	Console		1
E02	Control Board		1
E03	Touch Button Board		1
E04	Touch Button Top Signal Wire		1

No.	Description	Specs	Qty
E05	Touch Button Bottom Signal Wire		1
E06	Console Top Signal Wire		1
E07	Console Middle Signal Wire 1		1
E08	Console Middle Signal Wire 2		1
E09	Console Bottom Signal Wire		1
E10	Hand Pulse Top Signal Wire		1
E11	Hand Pulse Bottom Signal Wire		2
E12	Microswitch		1
E13	Switch Top Signal Wire		1
E14	Switch Bottom Signal Wire		1
E22	Magnetic Ring		1
E23	Magnetic Core		1
E24	Power Wire		1
E25	AC Signal Wire	200 Blue	1
E26	AC Signal Wire	350 Blue	2
E27	AC Signal Wire	350 Brown	2
E28	Ground Wire	350	2
E29	Power Socket		1
E30	Switch on-off		1
E31	Overload Protector		1
E33	Safety Key Clip		1
G01	Speaker		2
G02	Screw		8

OPTIONAL PARTS LIST

No.	Description	Specs	Qty
H01	USB Module		1
H02	USB Connecting Wire		1
H03	Screw	ST2.9*8	2
K1	Wireless Charging Board Wire		1
K2	Wireless Charging Bottom Board Wire		1

No.	Description	Specs	Qty
K2	Wireless Charging Board		4
K3	Screw	ST2.9*8	1
K4	Wireless Charging Base		1

X. TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board	Tighten the adjustment bolts on both the left and right sides of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check and secure the wire connections between the computer and the control board
	Transformer is damaged	If the transformer is damaged, contact customer service
E01: Message failure	Wires from the console and bottom control board are not properly connected	• Check and secure the wire connections between the console and control board • Replace any punctured or damaged wires • If unresolved, replace the control board • Inspect the console and replace it if damaged
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board	• Check if the speed sensor port is securely connected; reconnect if loose • Inspect the control board for damage and replace if necessary • Check the motor for damage and replace if necessary
E05: Current Overload Protection (Self-Protecting System)	• Incoming voltage is too low or too high. • Control board is damaged. • A moving part of the treadmill is stuck, causing the motor to malfunction.	• Restart the treadmill. • Verify the incoming voltage is correct. • Inspect and ensure all moving parts operate smoothly. • Check the motor for unusual noises or a burning smell; replace if necessary. • Inspect and replace the control board if damaged. • Lubricate the treadmill.
E08: IPM Module Short Circuit	IPM module failure.	Replace the inverter with a new one.
E09: Over Temperature	Treadmill has overheated.	Allow the treadmill to cool to a normal temperature before resuming use.

XI. WARRANTY

AUSTRALIAN CONSUMER LAW

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

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



XII. 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).



WWW.LIFESPANFITNESS.COM.AU