LIFESPAN FITNESS

Reformer 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

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I. IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING: Read all instructions before using this treadmill.

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

⚠ DANGER

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

DO NOT USE AN EXTENSION CORD:

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

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

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

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

II. IMPORTANT ELECTRICAL INFORMATION

⚠ WARNING!

- 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 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.

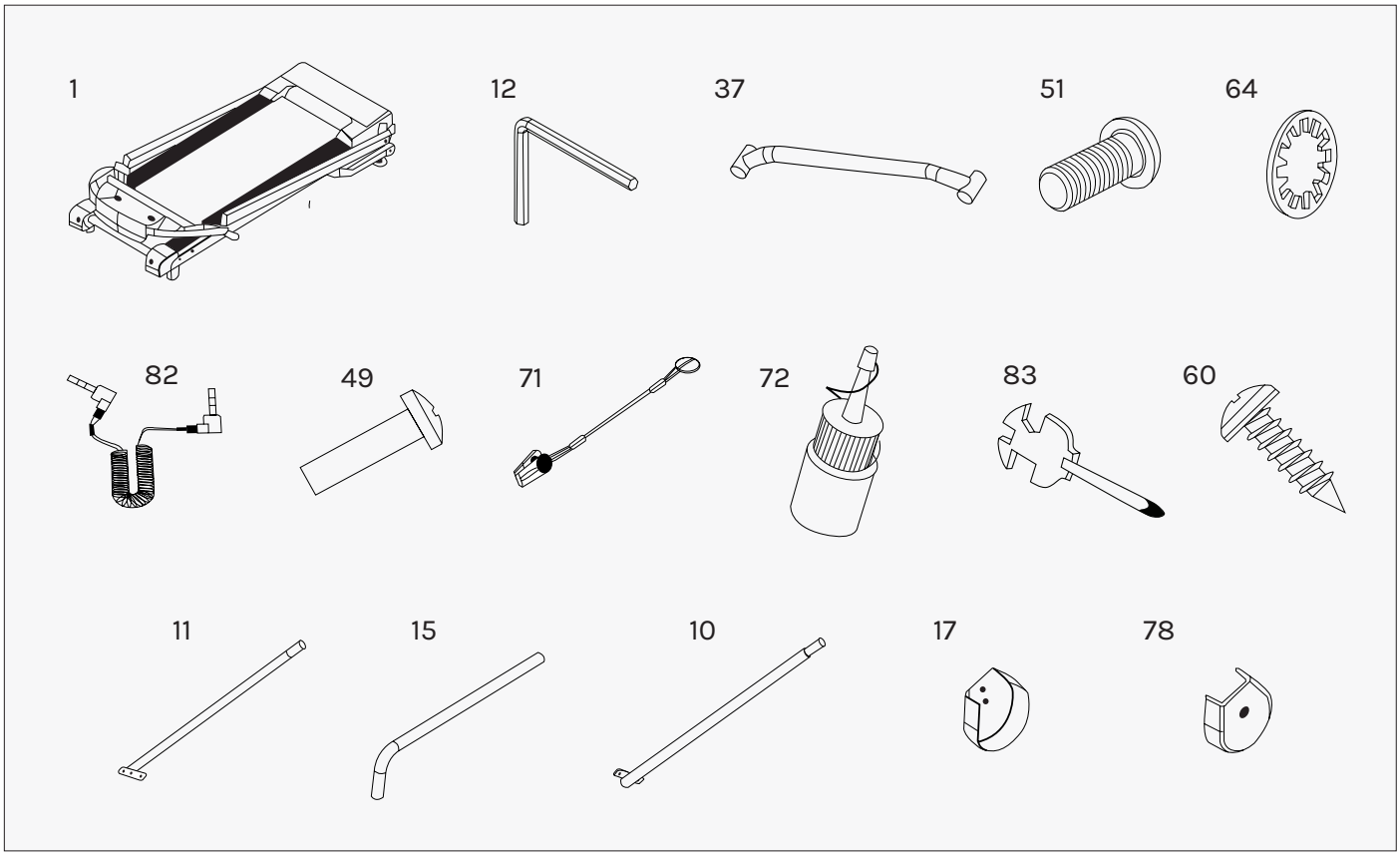
- A safety key is provided with this machine. Removing the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.

- 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	Specs	Qty
1	Main frame		1
12	5# Allen wrench	5#	1
37	Hand hold horizontal bracket		1
51	Bolt	M8*20	10
64	Lock washer	8	10
82	MP3 wire	option	1
49	Screw	M6*15	10
71	Safety key		1

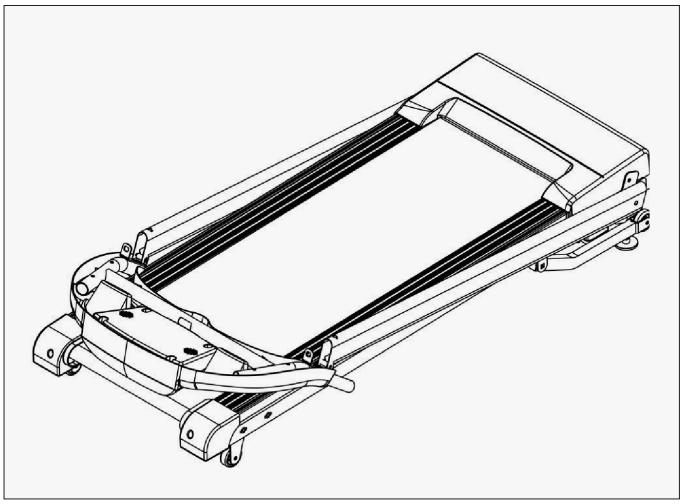
No.	Description	Specs	Qty
72	Oil bottle		1
83	Wrench with screw driver	13/14/15	1
15	Handrail connection tube		2
11	Left handrail connection tube		1
10	Right handrail connection tube		1
60	Bolt	4.2*19	2
17	Left base cover		1
78	Right base cover		1

ASSEMBLY TOOLS:

6#Allen Wrench 5mm 1pc
Wrench screw Driver S=13, 14, 15 1pc

⚠ WARNING!

Do not connect power before completing assembly

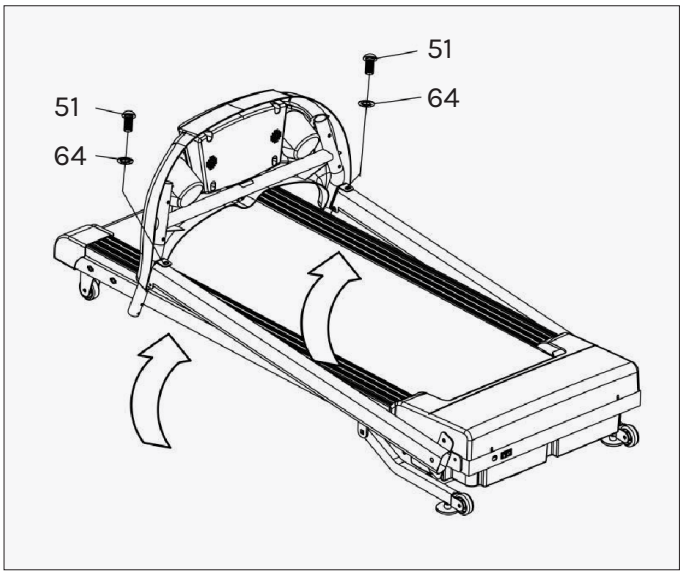


STEP 1

1. Open the carton.
2. Extract all parts.
3. Place the Main Frame (1) onto level ground.

NOTE:

For safety reasons, do NOT cut the Packing Belt (F) until you've completed assembly.



STEP 2

1. Position the console according to the diagram.
2. Using the 5# Allen wrench (12), secure the console frame to Left Upright and Right Upright by using Bolt M8*20 (51) and Lock washer (64).

NOTE:

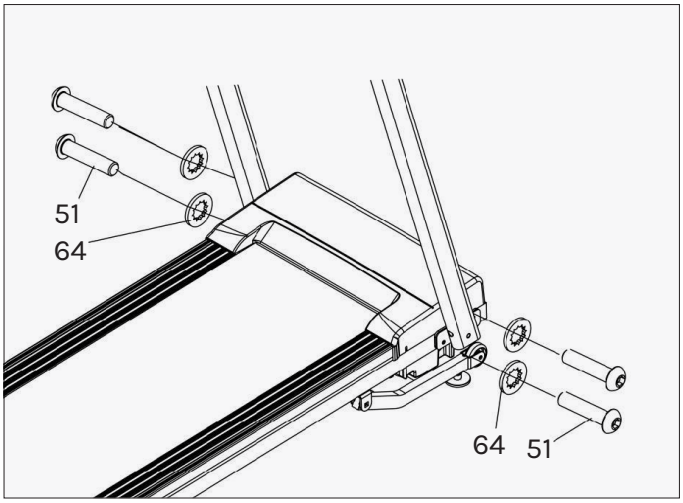
Support the upright with your hands to prevent it falling down and causing injury.

STEP 3

1. Carefully erect the frame and the upright tubes.
2. Take care not to damage the wiring when doing so.

NOTE:

Support the upright with your hand to avoid the display falling down and causing injury.



STEP 4

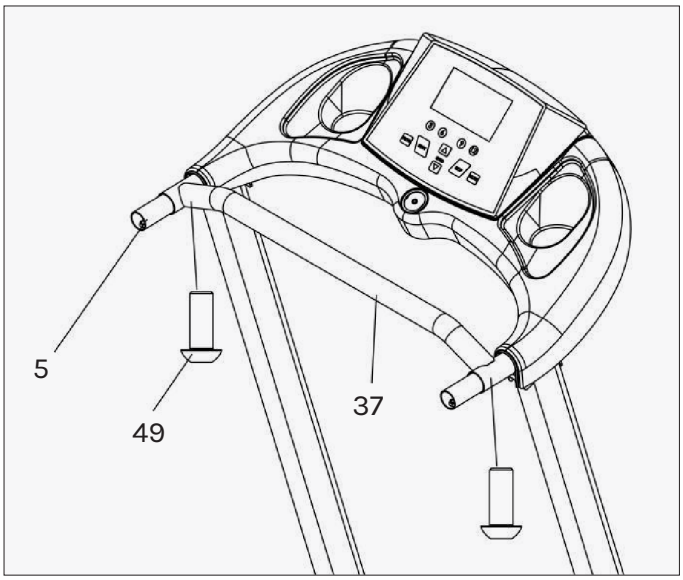
1. Using the 5# Allen wrench (12), screw in the Bolt M8*20 (51) and Lock washer (64).

2. Attach the Right Upright Tube to the Main Frame (1).

Repeat this method for the left side assembly.

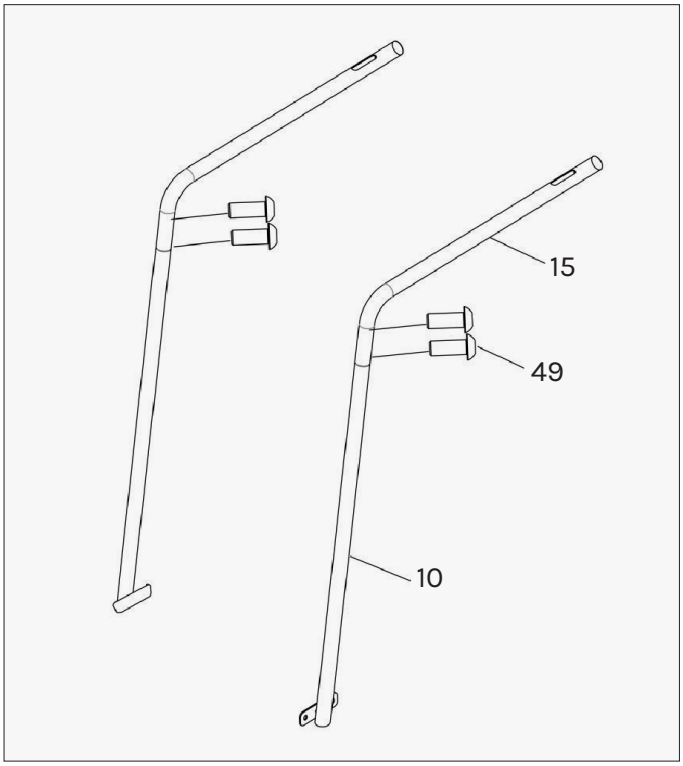
NOTE:

Support the upright with your hands to prevent it falling down and causing injury.



STEP 5

1. Use the wrench, screw driver (83) and Bolt M6*15 (49) to secure the hand hold horizontal bracket (37) to the console bracket (5).



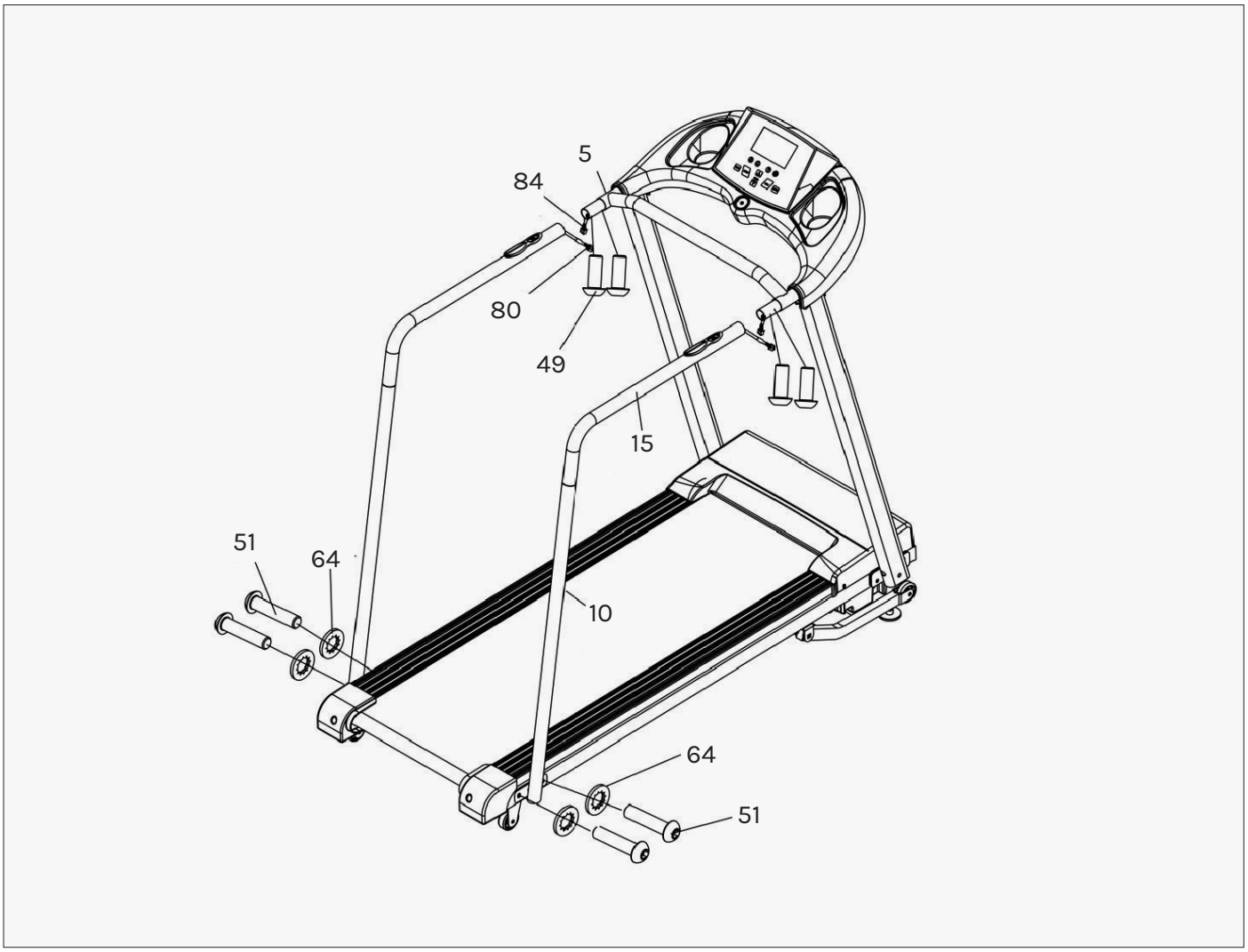
STEP 6

1. Use the wrench, screw driver (83) and Screw M6*15 (49) to secure the handrail connection tube (15) to the right handrail connection tube (10).

NOTE:

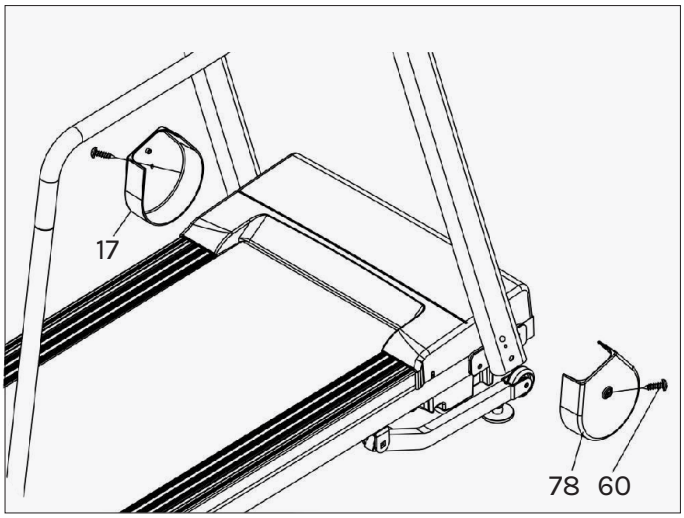
Consider asking a second person to hold the connection tubes (15) and (10) together while you connect them.

2. Repeat steps for the left side.



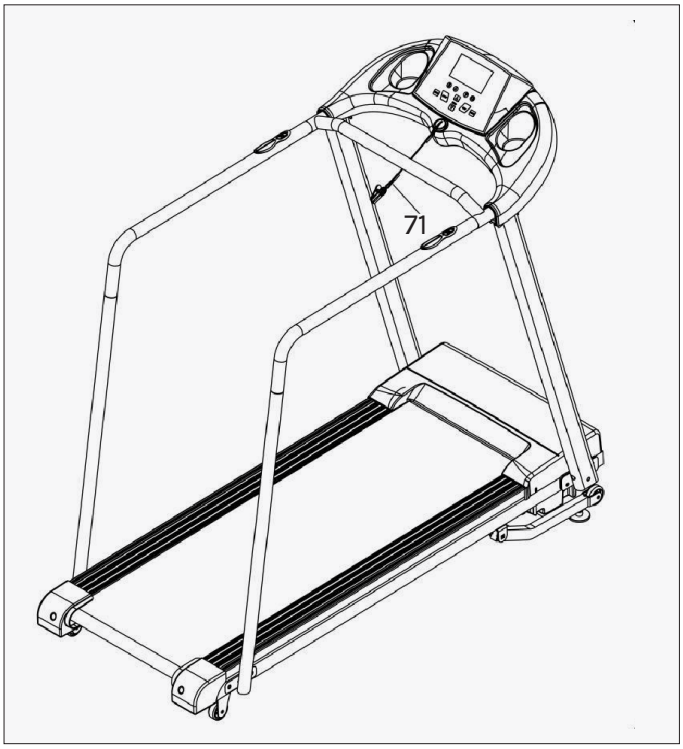
STEP 7

1. Hold the handrail connection tube (15).
2. Connect the incline wire (84) and incline hand pulse wire (80) together. Place the connected wire into the connection tube.
3. Connect the handrail connection tube (15) and computer bracket (5) together. Use the wrench and screw driver (83) with screw M6*15 (49) to secure the handrail connection tube (15) onto the computer bracket (5). Do not tighten at this step.
4. Use #5 Allen wrench (12) with Bolt M8*20 (51) and Lock Washer (64) to right handrail connection tube (10) onto the Main Frame (1). Do not tighten at this step.
5. Repeat steps for the left side.
6. Tighten all bolts and connections.



STEP 8

1. Use the wrench and screw driver to lock the left and right base cover (17, 78) onto the base frame with screw ST4.2*19.

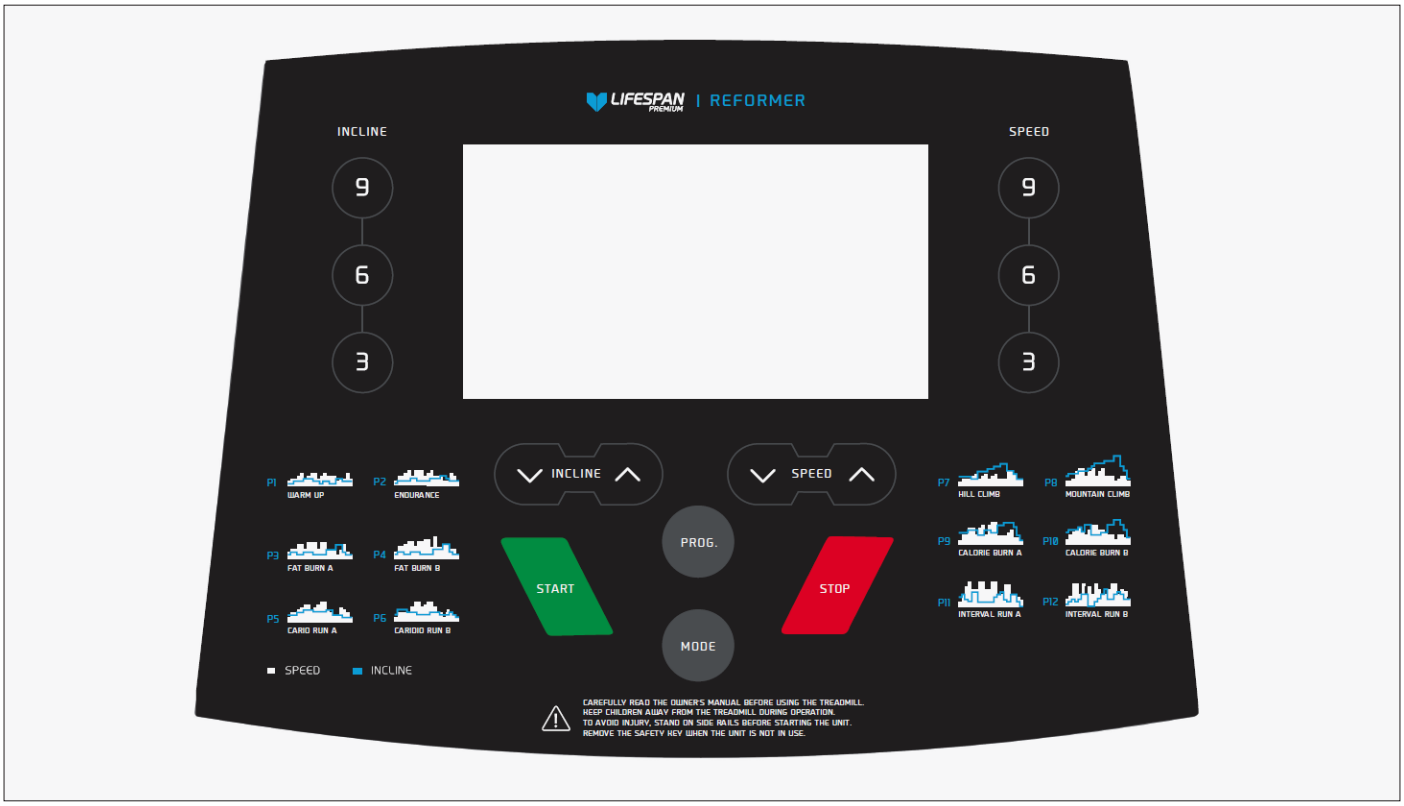


STEP 9

1. Place safety key (71) onto the console.

V. OPERATION GUIDE

1. Overview



2. LCD Window Display

1. **TIME Window**: Shows exercise time.
2. **SPEED**: Shows running speed.
3. **PULSE:** Shows heart rate. Heart rate data is a guide only and is not to be used as medical data.
4. **INCLINE:** Shows slope.
5. **CALO Window:** Shows calories burnt. Calories burnt are a guide only and is not to be used as medical data.
6. **DIST Window:** Shows the running distance.

3. Button Functions

1. **"PROGRAM"** - Chooses the program, select from manual mode, P1 – P12 to FAT.

2. **"MODE"** - Mode selection button. Press this button to select the mode.
During standby mode, use MODE to choose between countdown mode, from TIME countdown, DISTANCE countdown and CALORIE countdown.

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

4. **"STOP"** - Press once to stop the machine.

5. **"SPEED+\SPEED"** - Increase or decrease speed when exercising. Sets parameters when stopped.

6. **"SPEED: 3, 6, 9"** - Speed adjustment shortcut keys.

7. **"INCLINE+\INCLINE"** - Increase or decrease incline when exercising. Sets parameters when stopped.

8. **"INCLINE: 3, 6, 9"** - Incline adjustment shortcut keys.

Left handle bar buttons: adjusts incline

Right handle bar buttons: adjusts speed

3. Main Functions

4.1. Quick Start-up (Manual):

Attach the safety key. After a 3 second countdown, the treadmill will start and run from the lowest speed, add and subtract to the speed using the SPEED +/- buttons.

4.2. Countdown mode:

Press the MODE button to cycle through the 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 plus and minus functions to adjust to the desired value. Press the START button, then 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 the safety key to stop.

4.3. Manual Operation:

When in Standby mode, press the "START" button and the treadmill will run at speed 0.8KM/H. Other windows will begin to record your workout data. Use the "SPEED+", "SPEED-" buttons to change the speed. Setting TIME countdown: When in Standby mode, press the "MODE" button and the "Time" window will show 15:00 and light up. Use the "SPEED+". "SPEED-", buttons to set the desired workout time. The setting range is between: 5:00-99:00.

Setting DISTANCE countdown: When in Standby mode, press "MODE" until the "DISTANCE" window displays "1.00" and lights up. Use the "SPEED+", "SPEED-", buttons to set total workout distance. The setting range is between: 0.50-99.90.
Setting CALORIES countdown: When in Standby mode, press "MODE" until the "CALORIES" window display lights up. Use the "SPEED+", "SPEED-", buttons to set total workout distance. The setting range is between: 10.0-999.0.

4.4. Preset Program Operation:

Preset programs change speed and incline for you during your workout. Every program will have 20 intervals, in which speed can be adjusted between. See the next page for the program list.

4.5. 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 after holding your hands on the sensors for more than 30 seconds when the machine stops. Please turn to the final page of document for more information about our pulse sensors.

The heart rate data is for reference purposes only and should not be used for medical purposes. Please turn to the end of this document for further detail.

4.6. Sleep function:

The treadmill automatically enters sleep mode after 10 minutes of inactivity. Press any key on the display to wake the treadmill.

4.7. Speaker Function (if applicable)

Plug the 3.5mm jack audio cable into any 3.5mm headphone jack slot. Music can be controlled via the MP3 device. Please keep the volume at appropriate levels to prevent the damage to the speakers.

4.8. Safety Key Function:

Disconnecting the safety key will result in the treadmill beeping 3 times and stopping the current workout.

4.9. Data display and Setting range:

Setting parameter	Initial date	Initial set	Set range	Display range
Time (min, sec)	0:00	30:00	5:00-99:00	0:00 - 99:59
SPEED (KM/H)	0.0	N/A	N/A	0.3-14KM/H
SLOPE (%)	0	N/A	N/A	0-12
DISTANCE (KM)	0.0	1.00	1.0 - 99.9	0.00 - 99.9
CALORIES	0	50	20.0-995	0 - 999

4.10. Body Fat Test Function

1. Press the "PROGRAM" button under ready condition until the letters "FAT" show in the speed window. "FAT" is body fat test mode.

2. Press the "MODE" button to input data into parameters "SEX / AGE / HEIGHT / WEIGHT". The "TIME/DIST" window will show "-1-", "-2-", "-3-", "-4-", which corresponds to "SEX / AGE / HEIGHT / WEIGHT" respectively. 01 is MALE, whilst 02 is FEMALE.

3. When setting each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data. Press the "MODE" button to finish, and the window will show "-5-" and "---" then it will enter into ready condition. Hold the hand pulse sensors with both hands and it will show your BMI data after 5 seconds.

4. Input parameter display and setting limits.

	Default	Range	Mark
SEX (F1-)	1 (MALE)	1-2	1=MALE 2=FEMALE
AGE (F2-)	25	10—99	
HEIGHT (F3-)	17cm	100—220cm	
WEIGH (F4-)	70kg	20—150kg	

FA (BMI)	RESULT
≤19	UNDER WEIGHT
20--25	NORMAL WEIGHT
25--29	OVER WEIGHT
≥30	OBESE

PROGRAM CHART

PROGRAM/ TIME		TO SET TIME / 20 TIME = RUNNING TIME OF EACH 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	3	3
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	4	5	6	3	2	5	5	2	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

VI. EXERCISE GUIDE

PLEASE NOTE:

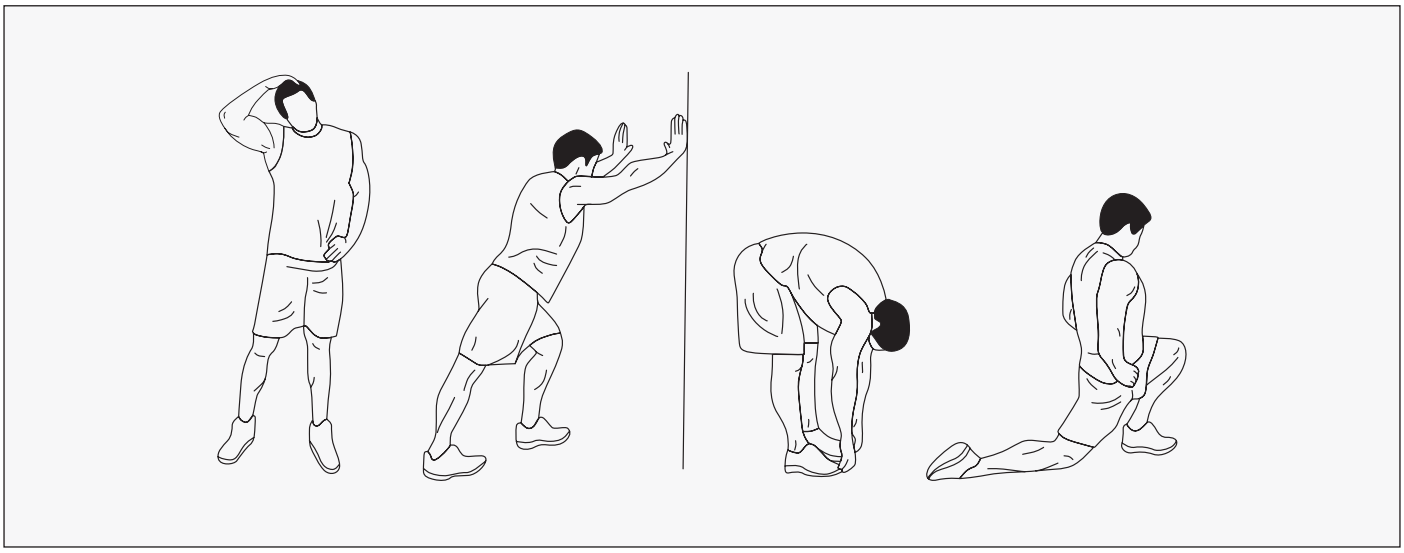
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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

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

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

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



WARM UP

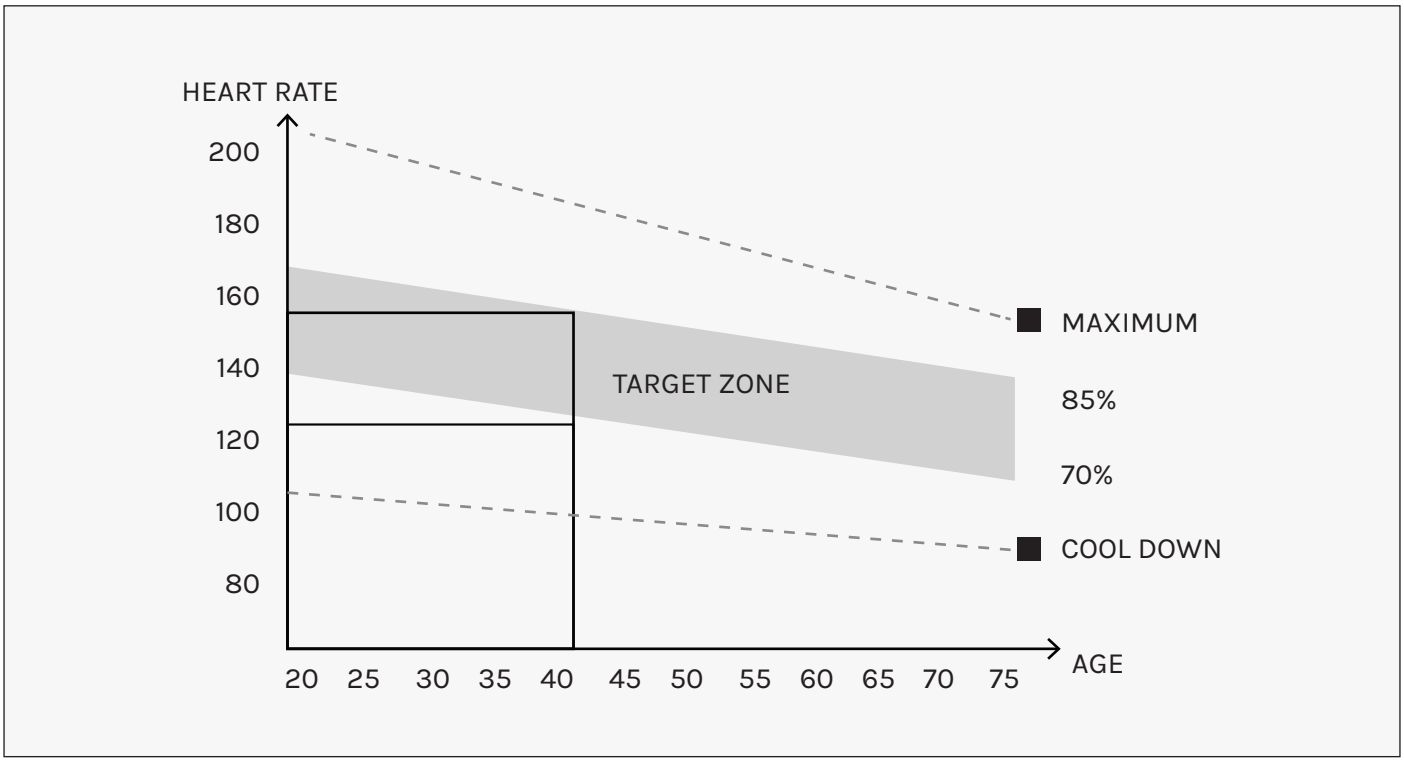
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

COOL DOWN

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

WORKOUT GUIDELINES



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

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

VII. 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.

⚠ WARNING:

- 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. Failing to do this may void your warranty.
- Unplug power cord before maintenance.
- Stop treadmill before folding.

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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 treadmill 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

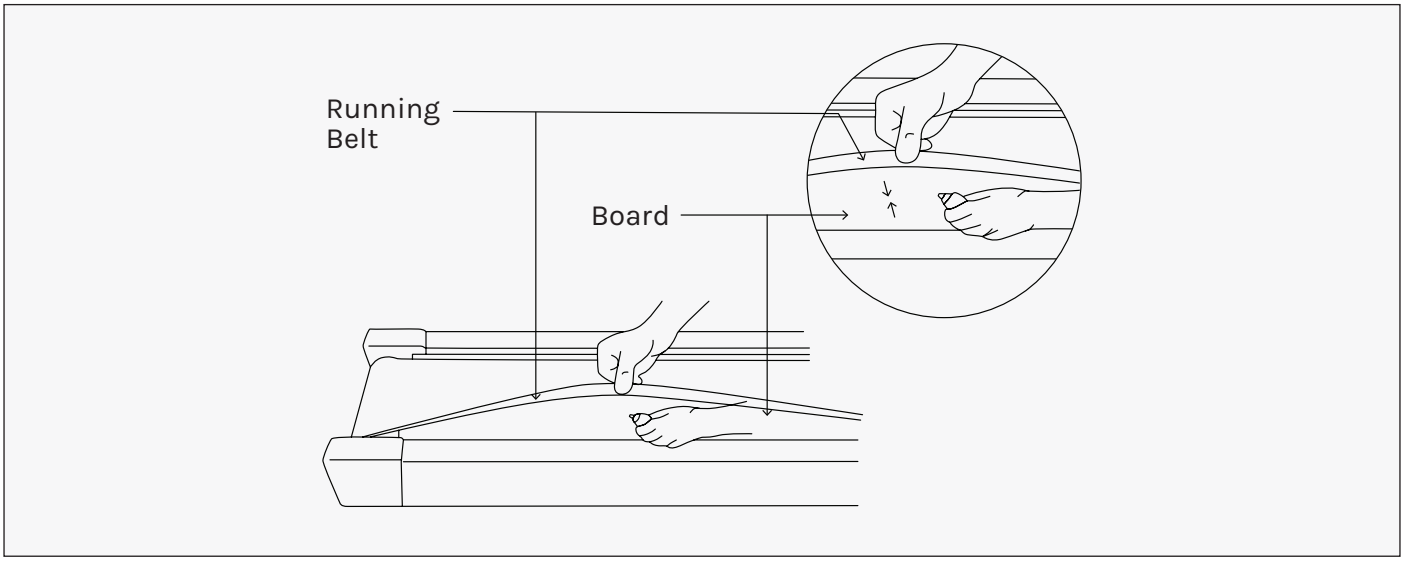
The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation.

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:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.



Video Tutorial Available at: **http://youtu.be/cP9NtFHfWlc**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

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.

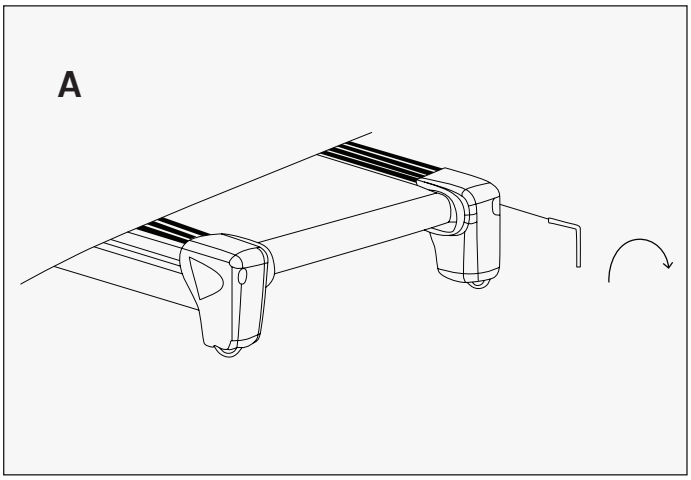
If the surface is slick when touched, then no further lubrication is needed.
If the surface is dry to the touch, apply a suitable silicone lubricant.

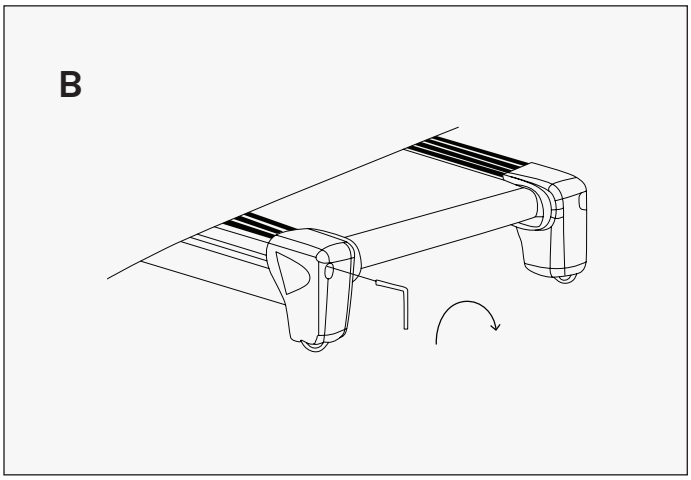
(!) **We recommend that you use a silicone based spray to lubricate your treadmill. This can be purchased directly from us or any hardware store.**

Video Tutorial Available at: **http://youtu.be/cP9NtFHfWlc**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

5. 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.

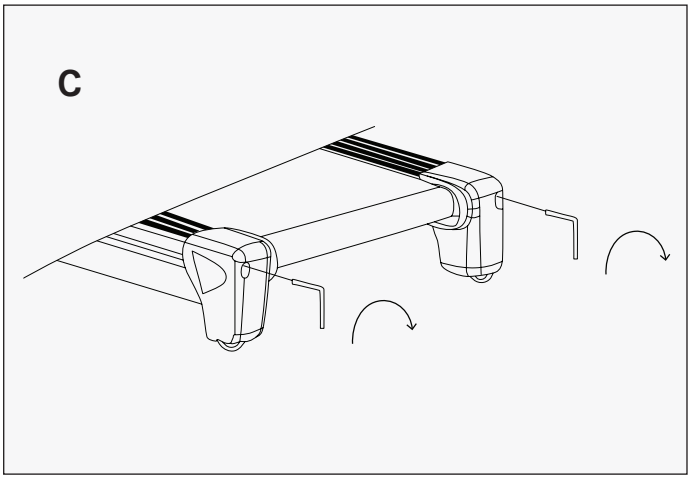
See Picture A

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.

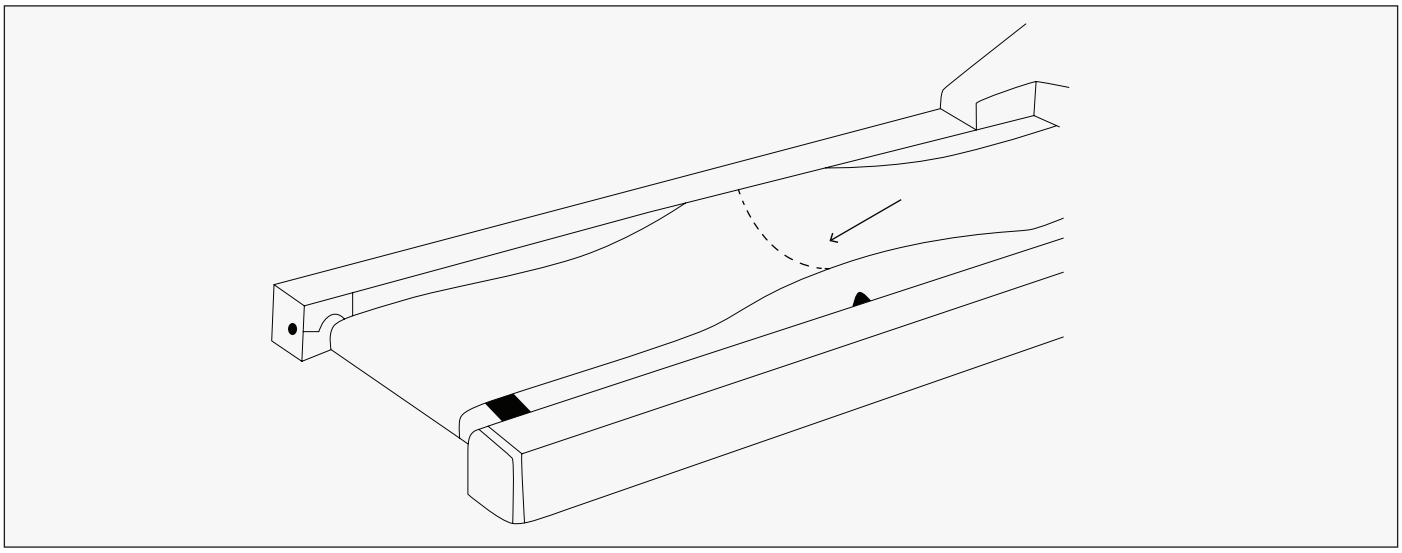
See Picture C

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.



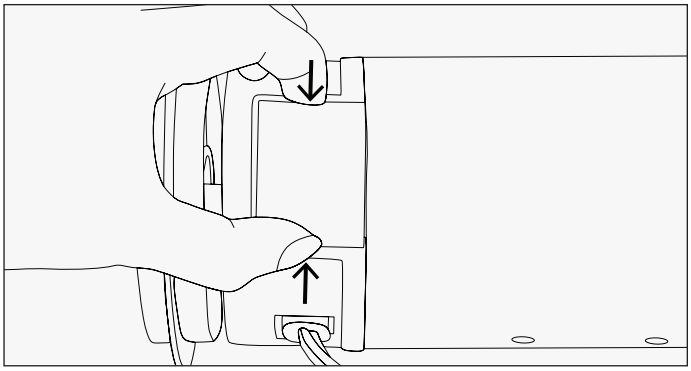
Video Tutorial Available at: **http://youtu.be/vIlsamTSvvA**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

VIII. REPLACING MOTOR BRUSHES

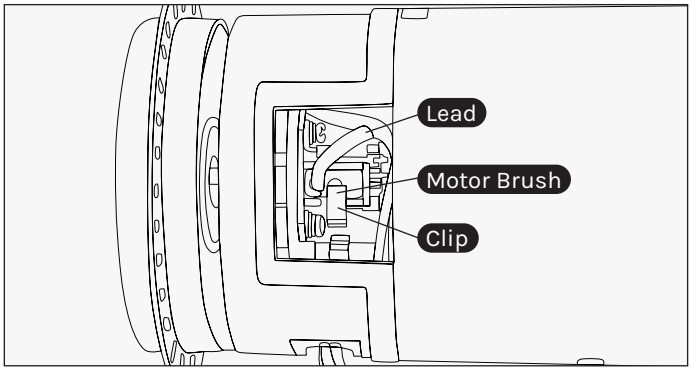
After extended use, the motor brushes in your treadmill motor will wear down, and this can lead to motor failure. It is important that you maintain your motor by replacing the brushes on either side of the motor when they are worn down. We recommend that you check your motor every 1000 hours of usage.

⚠ IMPORTANT:

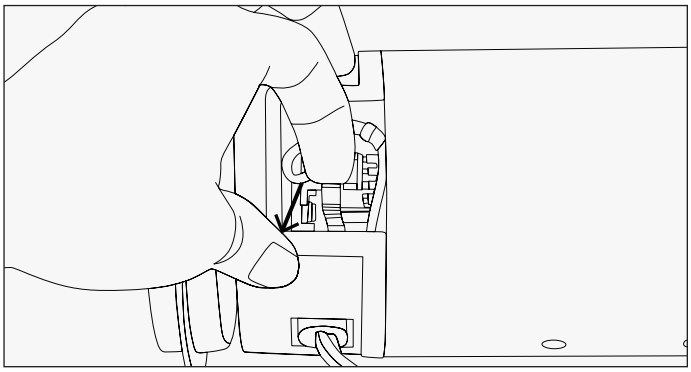
Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



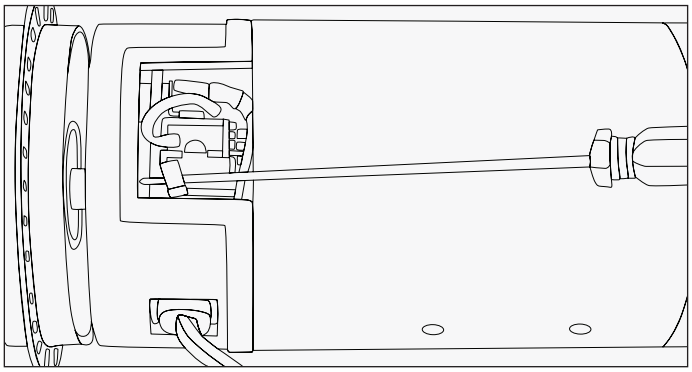
1. Remove the cover from the motor by squeezing it from the sides.



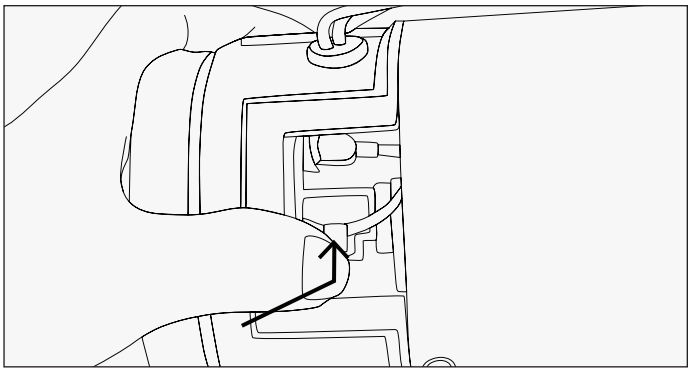
2. You will find the motor brush held in with a clip, with the lead plugged in.



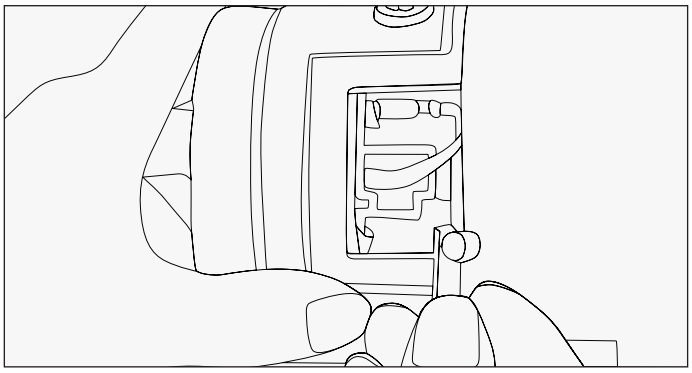
3. Pull the clip out from its position.



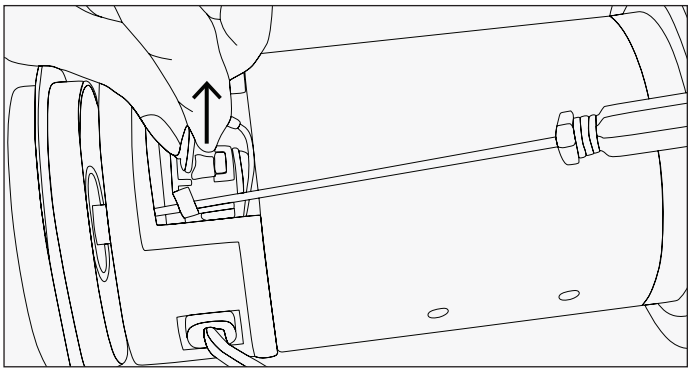
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



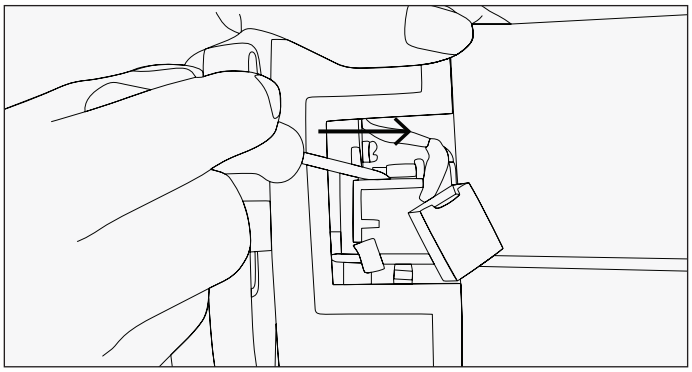
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



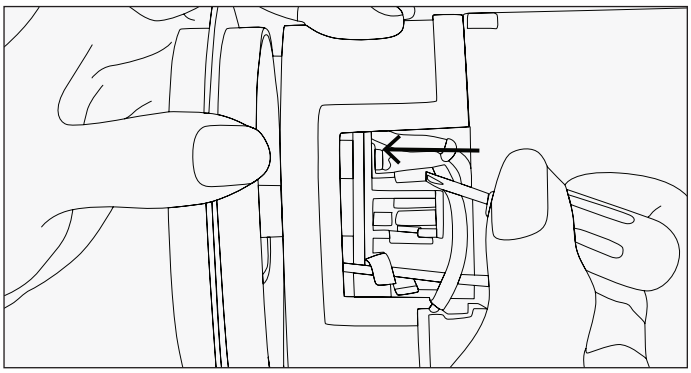
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



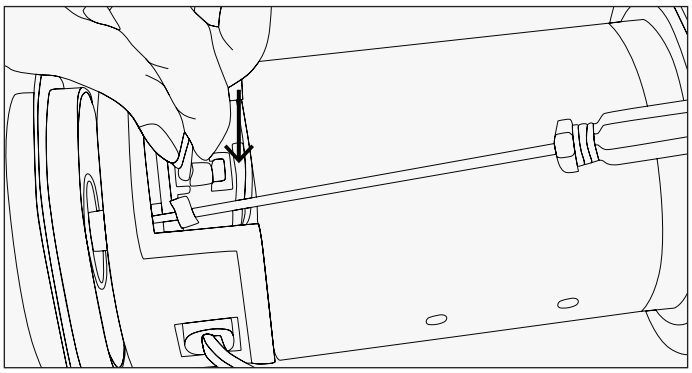
5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.



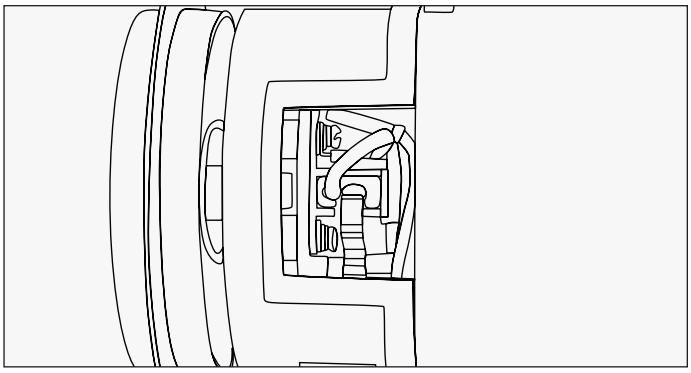
6. Slide the motor brush lead off the terminal using another small screwdriver or needle nosed pliers.



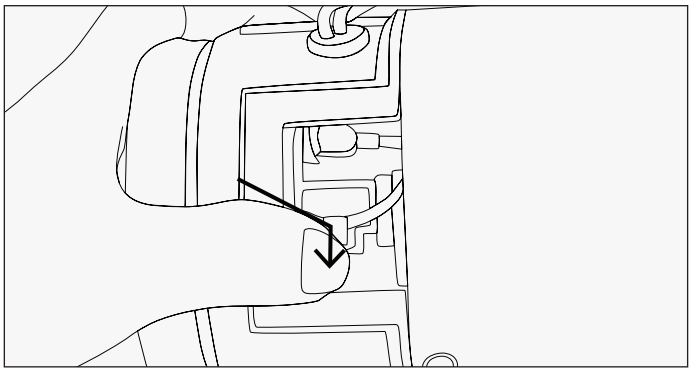
7. Plug the new motor brush lead into the terminal.



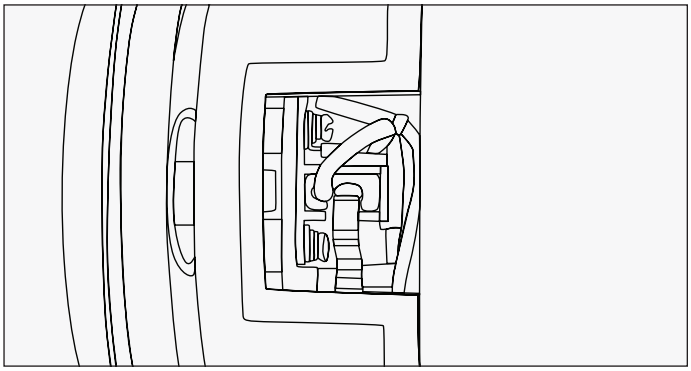
8. Slide the new motor brush into the slot.



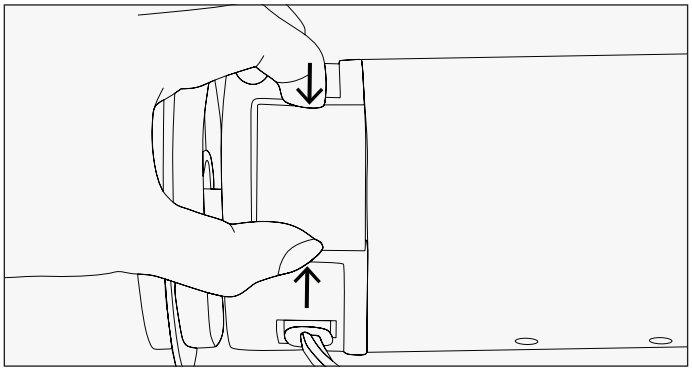
9a. Release the clip back into its position.



9b. If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.



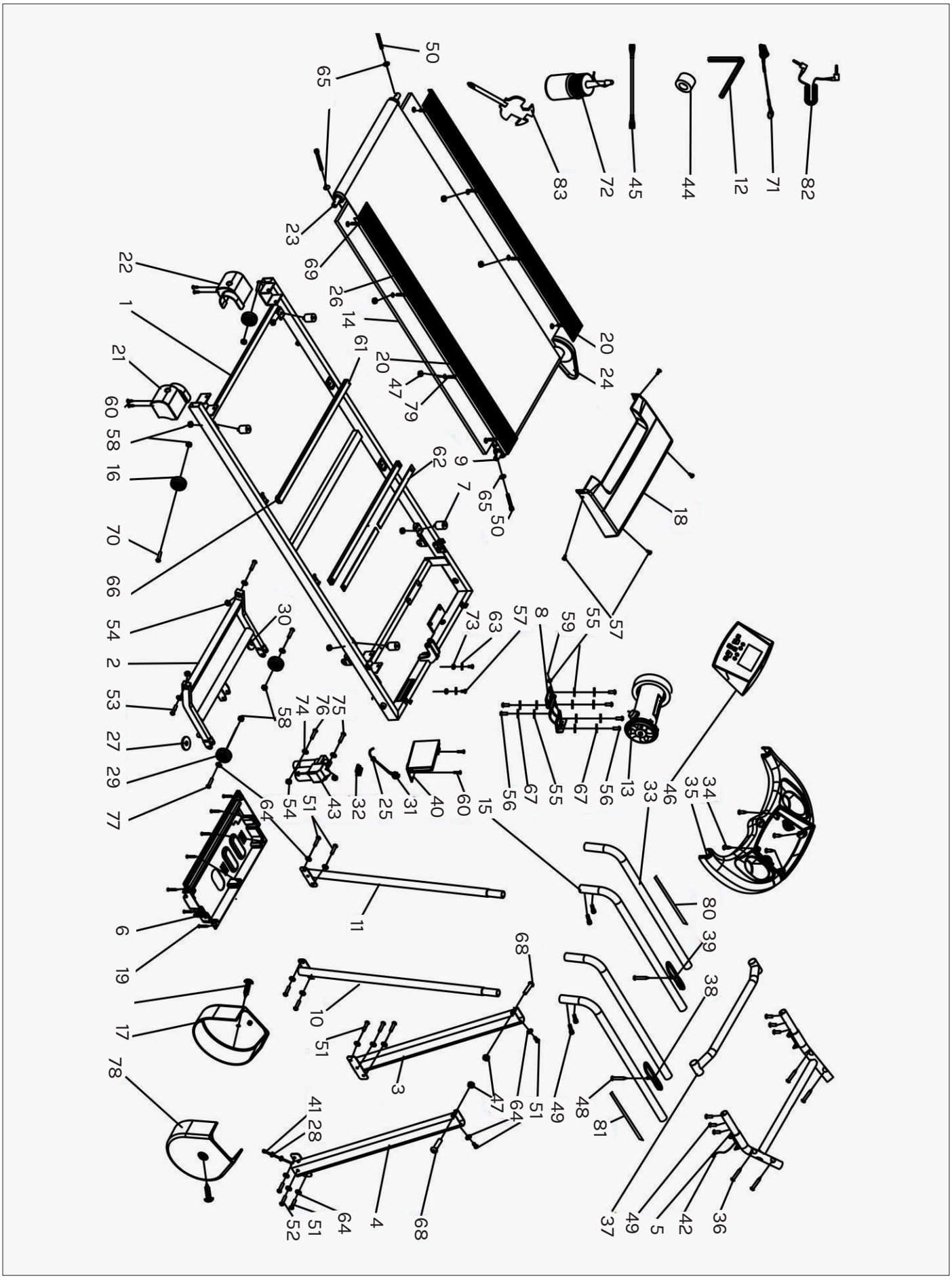
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



11. Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

12. You have now successfully replaced the motor brushes. We also recommend that you remove any dirt and dust from your treadmill motor fan using a vacuum cleaner before replacing the cover.

IX. EXPLODED DIAGRAM



X. PARTS LIST

No.	Description	Specs	Qty
1	Main frame		1
2	Incline frame		1
3	Left upright tube		1
4	Right upright tube		1
5	Computer bracket		1
6	Motor bottom cover		1
7	Rubber pad		4
8	Motor frame	ST4.2*25	1
9	Front roller		1
10	Right handrail connection tube		1
11	Left handrail connection tube		1
12	5# Allen Wrench		1
13	DC Motor		1
14	Running Board		1
15	Handrail connection tube		1
16	Wheel		2
17	Left base cover		1
18	Motor up cover		1
19	Bolt		9
20	Side rail		2
21	Right end cover		1
22	Left end cover		1
23	Rear Roller		1
24	Drive belt		1
25	Power cord buckle		1
26	Running belt		1
27	Rubber pad		2
28	Ring shaped power line plug B		2
29	Transport wheel		2
30	Universal mat		2

No.	Description	Specs	Qty
44	Magnetic Ring		1
45	Brown Single-Line		1
46	Computer up cover		1
47	Lock Nut	M6	6
48	Bolt	ST4.2*28	2
49	Bolt	M6*15	10
50	Bolt	M6*65	3
51	Bolt	M8*20	10
52	Bolt	M8*45	2
53	Bolt	M10*45	2
54	Lock Nut	M10	4
55	Flat Washer Class C	8	7
56	Bolt	M8*16	6
57	Bolt	M5*8	5
58	Lock Nut	M8	8
59	Bolt	M8*25	1
60	Bolt	ST4.2 x 19	8
61	Running board reinforcement tube		2
62	Cushion of strenghthen tube	275*20*3	4
63	Lock Washer	5	1
64	Lock Washer	8	10
65	Lock Washer	6	3
66	Nylon spacer	φ23*φ	4
67	Elastic washer	8	6
68	Bolt	M6*37	2
69	Bolt	M8*25	4
70	Bolt	M8*40	2
71	Safety Key		1
72	Oil bottle		1
73	Standard elastic Washer	5	1

No.	Description	Specs	Qty
31	Standard power cord		1
32	Power Switch		1
33	Foam grip		2
34	Screw	ST4.2*13	2
35	Computer bottom cover		1
36	Screw	ST4.2*20	6
37	Hand hold horizontal bracket		1
38	Hand pulse with speed +/-		1
39	Hand pulse with in-cline +/-		1
40	Control board		1
41	Computer bottom wire		1
42	Computer up wire		1
43	Incline motor		1

No.	Description	Specs	Qty
74	Lock Washer	10	2
75	Bolt	M10*42	1
76	Bolt	M10*55	1
77	Bolt	M8*35	2
78	Right base cover		1
79	Bolt	M6*35	2
80	The middle section wire of hand pulse with inlcine		1
81	The middle section wire of hand pulse with speed		1
82	MP3 wire		1
83	5#Allen wrench		1
84	Incline extension line		1
85	Speed extension line		1

XI. TROUBLESHOOTING

CODE	SOLUTION
E01	**Reason:** Signal failure within the connection between computer and controller
	Solution: A. Check that the wires connecting the computer and controller are not damaged and are connected well. B. Replace the IC of controller or computer.
E02	**Reason:** The voltage of the motor is not detected by controller
	Solution: A. Check whether the positive and negative line of motor are successfully connected with the controller terminal interface B. Check if the power tube on the controller and peripheral components are damaged C. Consider replacing controller or motor
E03	**Reason:** Speed feedback is not detected by controller when motor is running
	Solution: A. Check if the motor rotates when the machine starts before displaying E03. If so, conduct the following checks. 1. Check that the speed sensor is attached well. 2. Check that the speed sensor wires are not damaged 3. Check that the interface between light sensor and 4 white pin on the controller is connected well 4. Check if the peripheral area of the four white pin is damaged 5. Consider replacing controller and IC B. If the motor does not run when you start the machine and E03 shows, check if the motor is stuck. If the problem persists, consider replacing the motor.
E04	**Reason:** Incline Error
	Solution: A. Check incline motor wire connection and reconnect. B. Check incline motor for damage and replace if necessary.
E05	**Reason:** The voltage is over the protection value when the motor is running.
	Solution: A. Check the motor condition, and if there anything stuck in running belt or roller so as to unnaturally increase the resistance of for the motor. B. Replace the controller
E06	**Reason**: Motor not running.
	Solution: A. Check power cable to motor connection and reconnect. B. Check bottom control board condition. If it is burnt out, replace and reconnect.

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 h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

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

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).

LIFESPAN FITNESS

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