LIFESPAN FITNESS

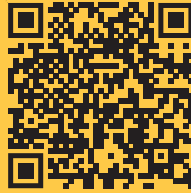# Tempest CRXCommercial Smart Treadmill

kinomap

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 Offer can be rescinded at any time.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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CONTENTS

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.

- 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!**

This treadmill requires the right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and/or user.

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.

⚠ **DANGER**

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

⚠ **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.

Grounding methods

GROUNDED OUTLET

GROUNDING PIN

GROUNDED OUTLET BOX
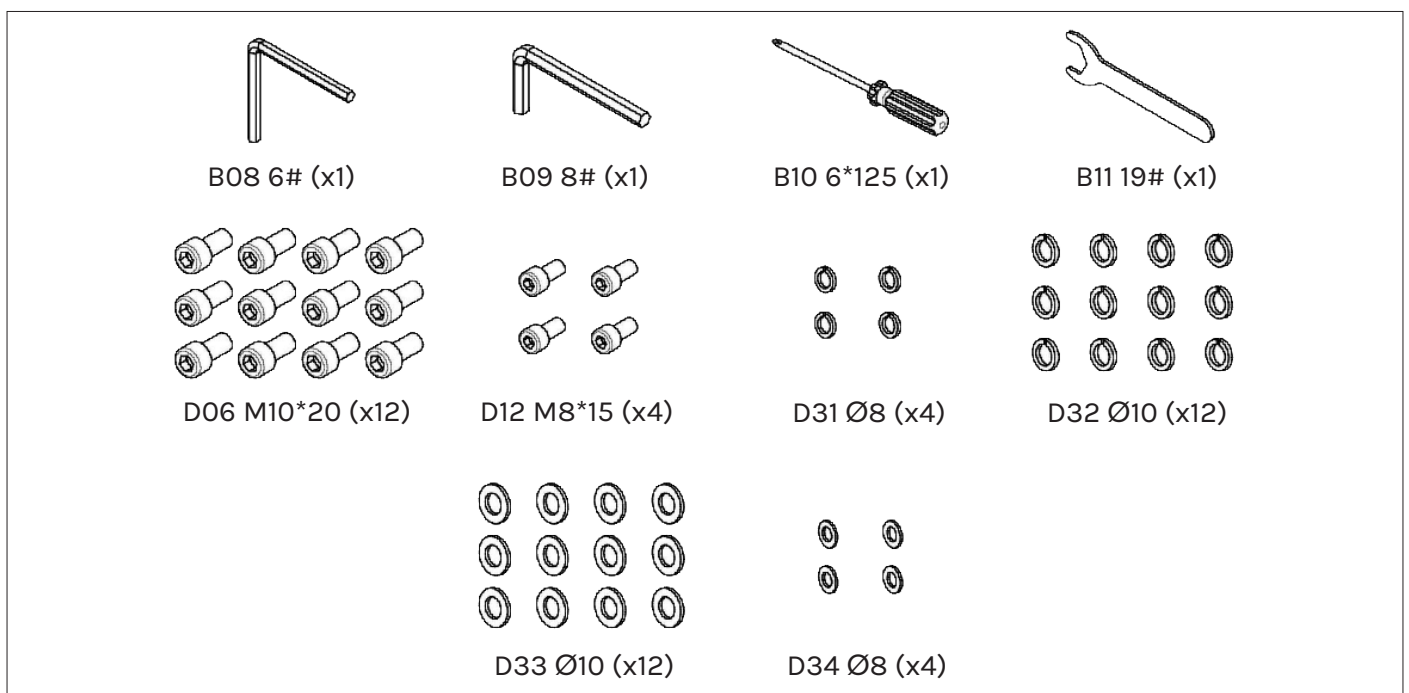
(A)
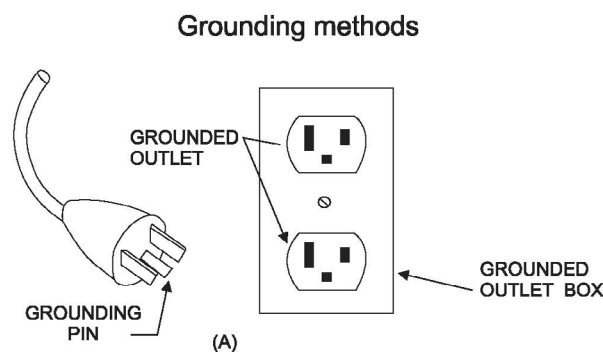
III. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.

- This unit starts with at a very low speed. It is recommended to stand on the side rails and only step on the treadmill as it is moving on a slow speed. This will prolong the life of your motor and run the belt smoothly.

- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving at high speeds.

- Always hold on to handrail while making control changes.

- A safety key is provided with this machine. 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.
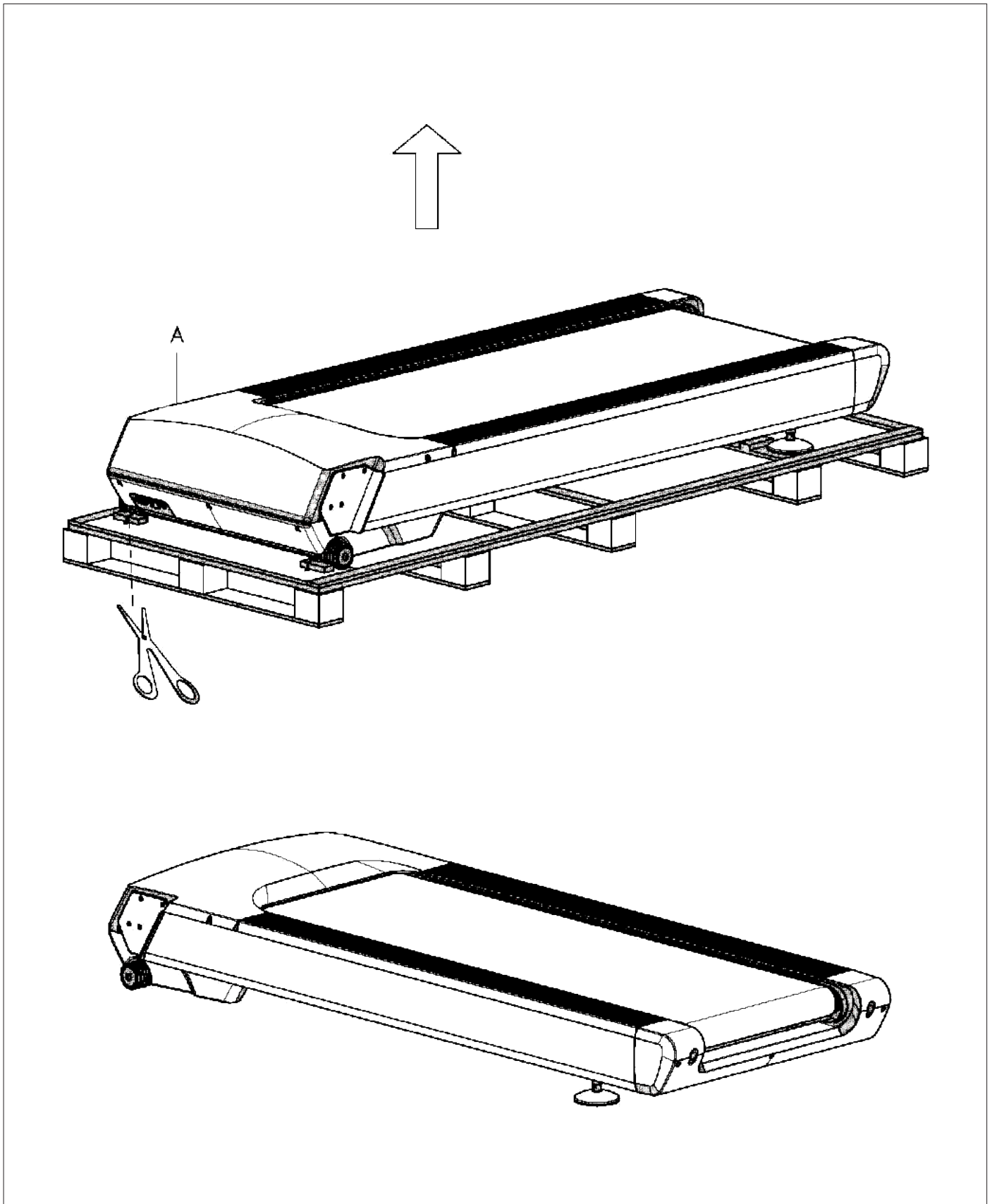
IV. ASSEMBLY INSTRUCTIONS

A   B   C   D

E   E22   T01
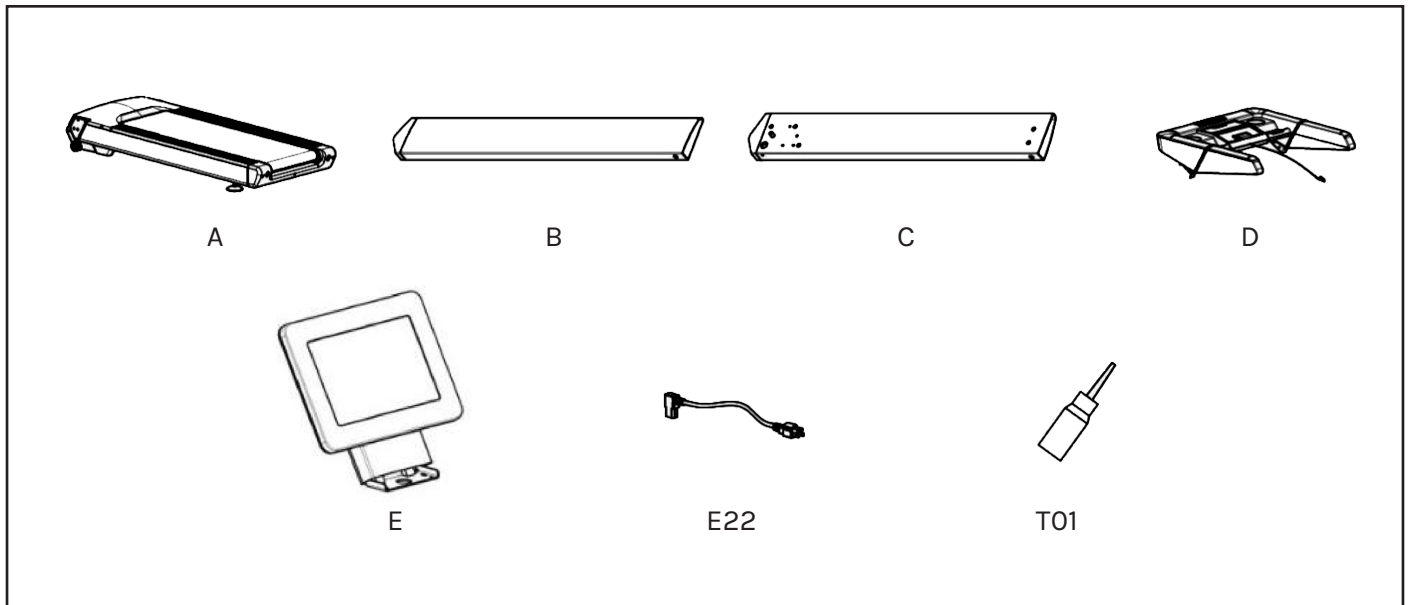
PARTS LIST

No.	Description	Qty	No.	Description	Qty
A	Main Frame	1	E	Console	1
B	Left Upright Tube	1	E22	Power Wire	1
C	Right Upright Tube	1	T01	Silicon Oil	1
D	Console Frame	1			

B08 6# (x1)   B09 8# (x1)   B10 6*125 (x1)   B11 19# (x1)

D06 M10*20 (x12)   D12 M8*15 (x4)   D31 Ø8 (x4)   D32 Ø10 (x12)

D33 Ø10 (x12)   D34 Ø8 (x4)

STEP 1

Open the crate and remove the items from the packaging. You will need to cut the straps on the base of the treadmill. 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.

D16

D16

D16

D16

D16

D16

C01

A

B10 6*125 (x1)
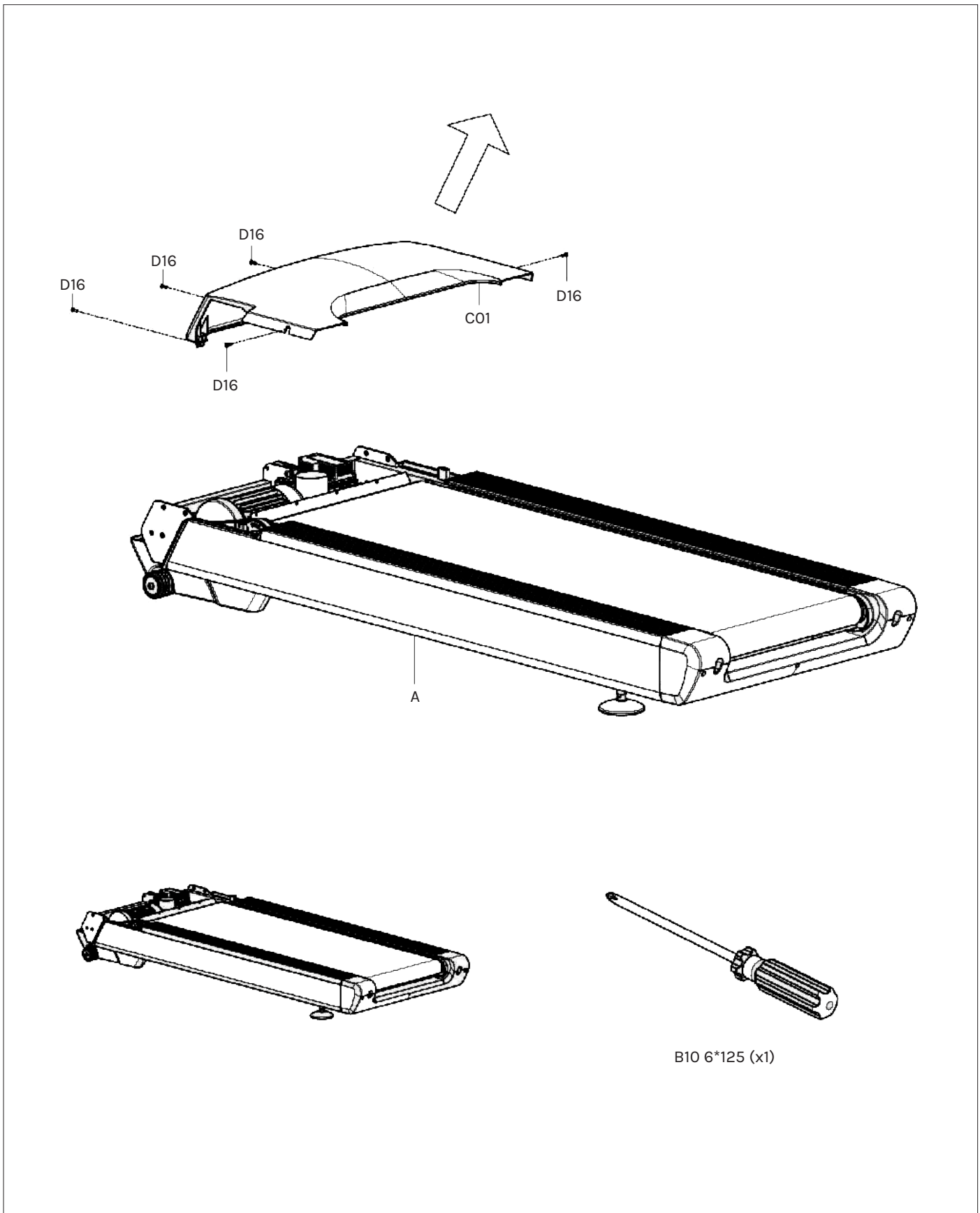
STEP 2

Using the Philips screwdriver remove the screws (D16) on the motor cover (C01) and set aside.
Do not lose the screws.

B09 8# (x1)

D06 M10*20 (x6)

D32 Ø10 (x6)

D33 Ø10 (x6)
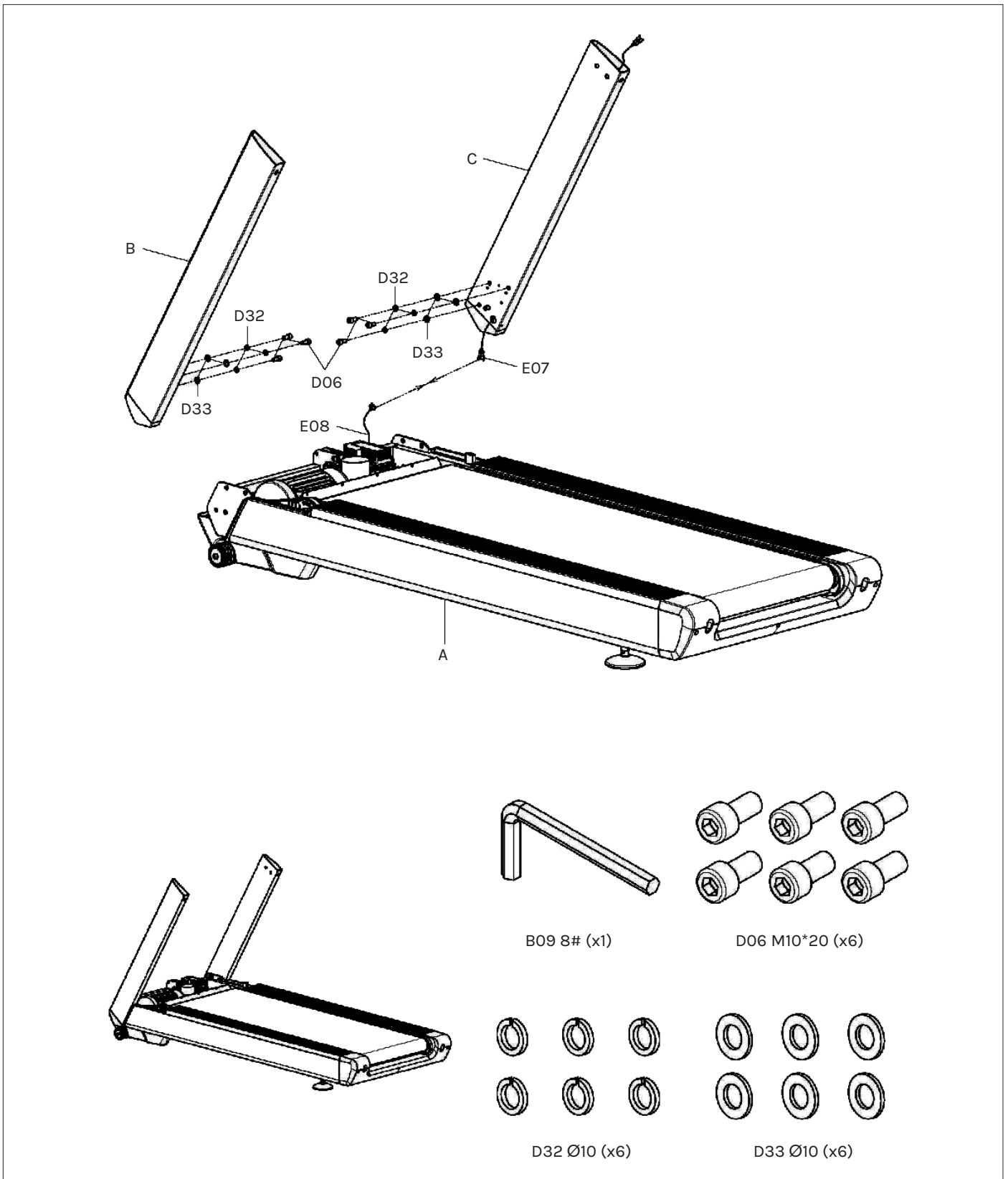
STEP 3

Caution: When installing the upright arms ensure not to crush the cables on the part C and main frame (A).

1. Connect cable E07 (on part C) to E08 (on main frame A). 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 to the main frame (A) using 3x washers (D33), 3x washers (D32) and 3x screws (D06).

3. Repeat step 2 for part B upright arms.

B09 8# (x1)

D06 M10*20 (x6)

D32 Ø10 (x6)

D33 Ø10 (x6)
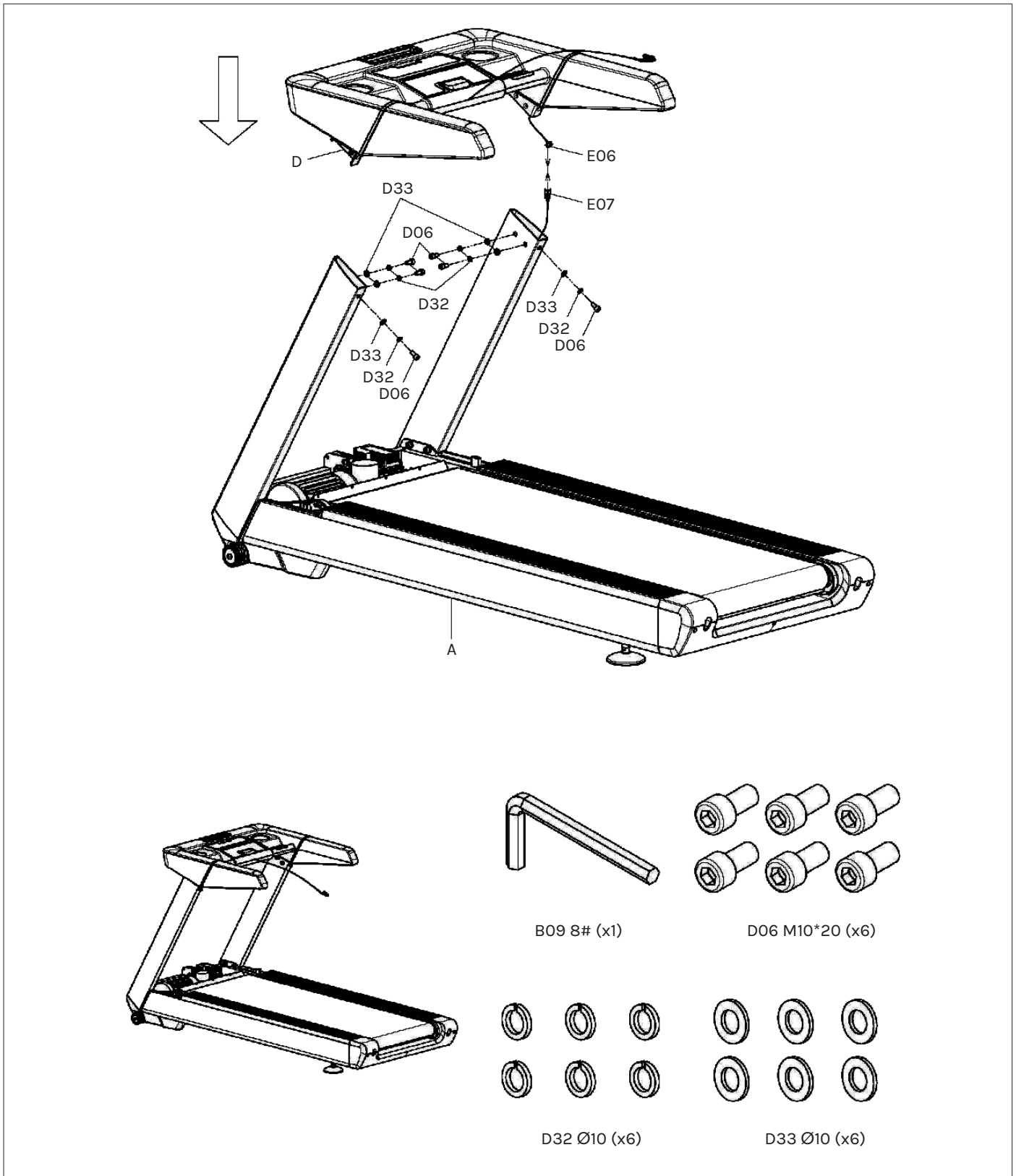
STEP 4

**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 E06 (from handlebar panel D) to E07 (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 (D33), 6x washers (D32) and 6x screws (D06).

C19

D16

D16

D16

D16

D16

C01

D16

A

B10 6*125 (x1)

D16 M5*12 (x5)
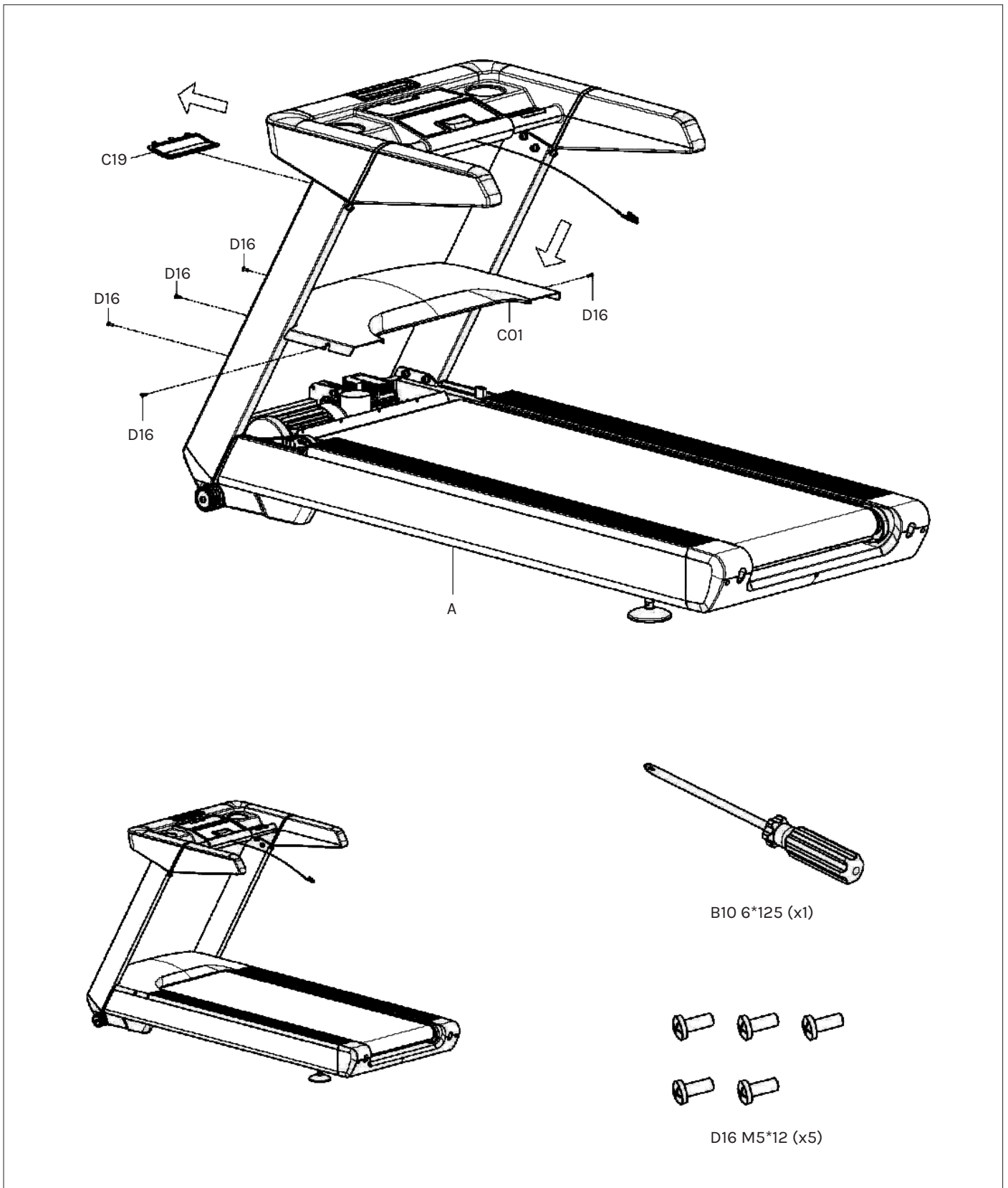
STEP 5

1. Remove the C19 cover from underneath the handlebar panel (D). Set aside for later.
2. Secure the motor cover (C01) back with the same screws (D16).

E

D34
D31
D12
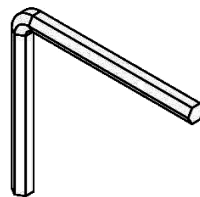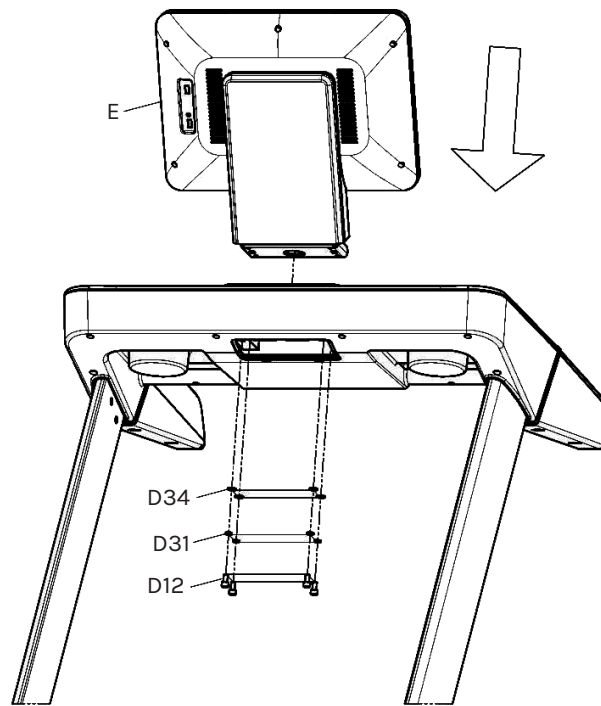
B08 6# (x1)
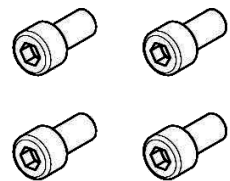
D12 M8*15 (x4)
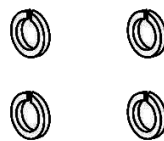
D31 Ø8 (x4)
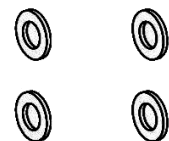
D34 Ø8 (x4)

STEP 6

1. Insert the display panel (E) into the handlebar panel slot.

2. Secure with 4x washer (D34), 4x washer (D31) and 4x bolts (D12).
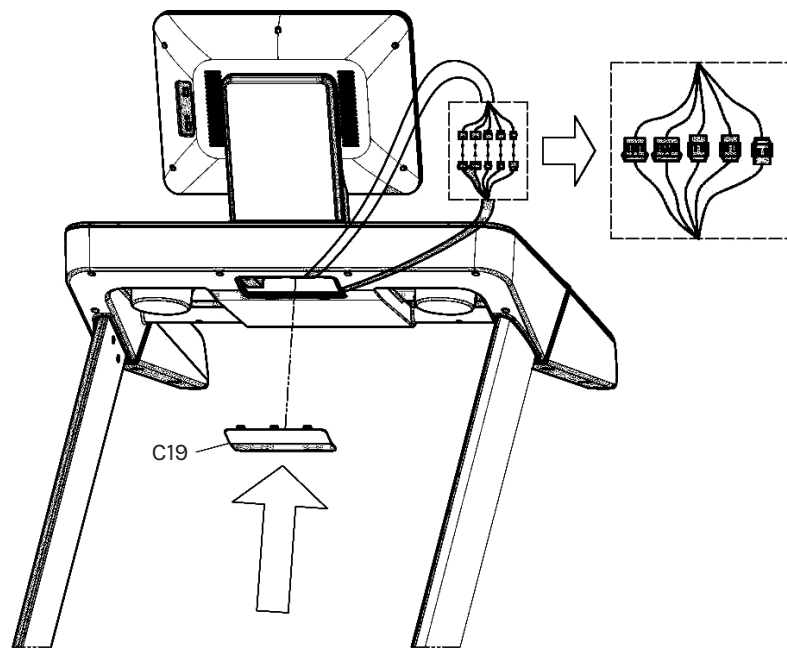
STEP 7

1. Connect the cables from the display to the handlebar panel.

2. Securely place all the cables inside before closing the cover C19. Be careful not to crush any cables.
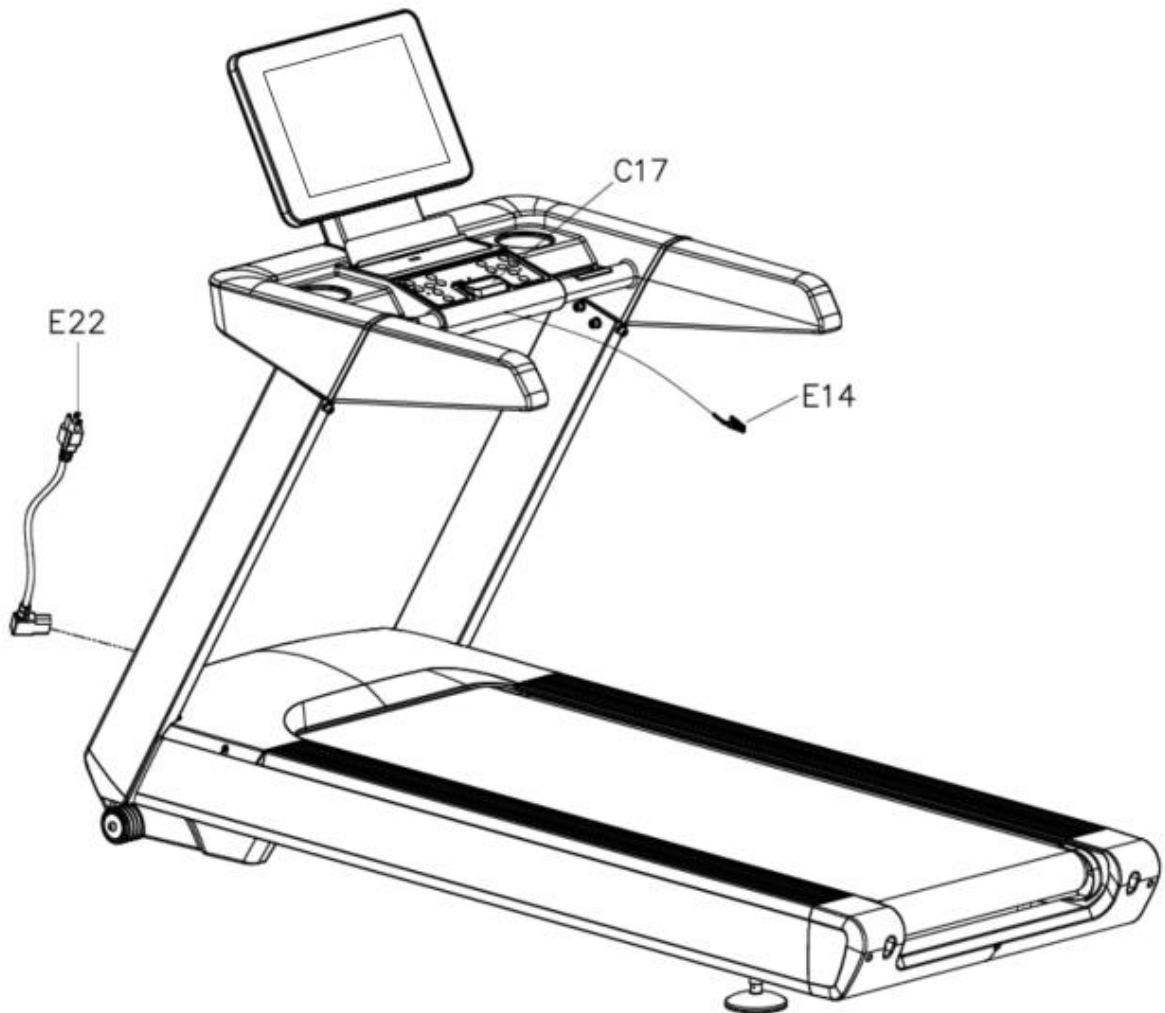
STEP 8

1. Plug the power cord E22 to the back of the treadmill and plug to a wall socket.

2. Do not use on a power board or share the socket with a high-powered equipment.

3. Attach the safety key clip E14 to you clothing. Plugging the cord will trigger the emergency stop during operation. This is your emergency stop if you need to stop the machine but cannot reach the stop button.

V. HOW TO MOVE THE TREADMILL
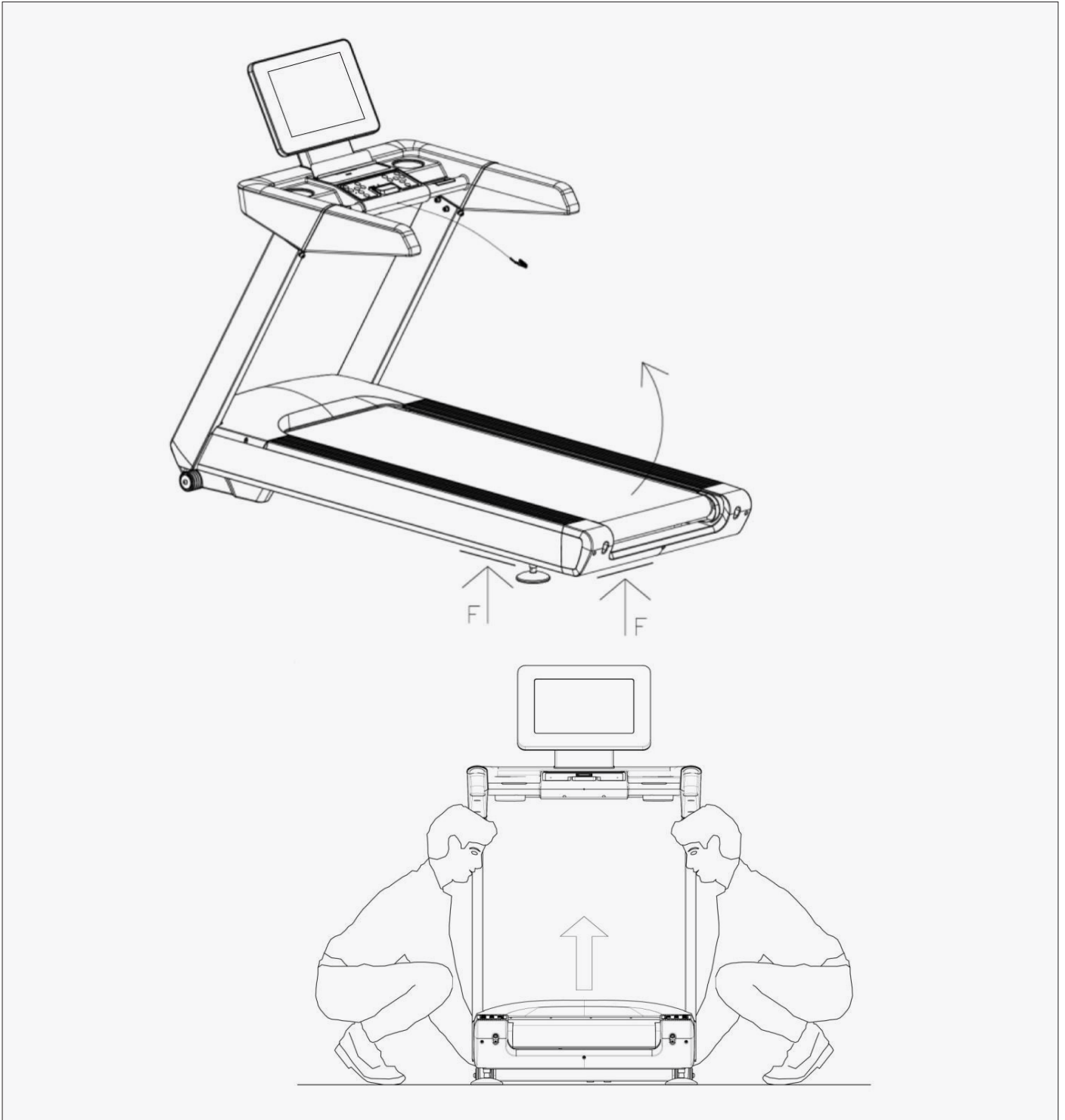
Moving the Treadmill
Warning: Treadmill is heavy and will need a capable adult or 2 people to lift and move. Ensure to bend your knees to avoid back injury. Hold from point F and lift the treadmill until the transportation wheel touch the floor.

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

VI. OPERATION GUIDE

Main Menu Page

Button Control Panel
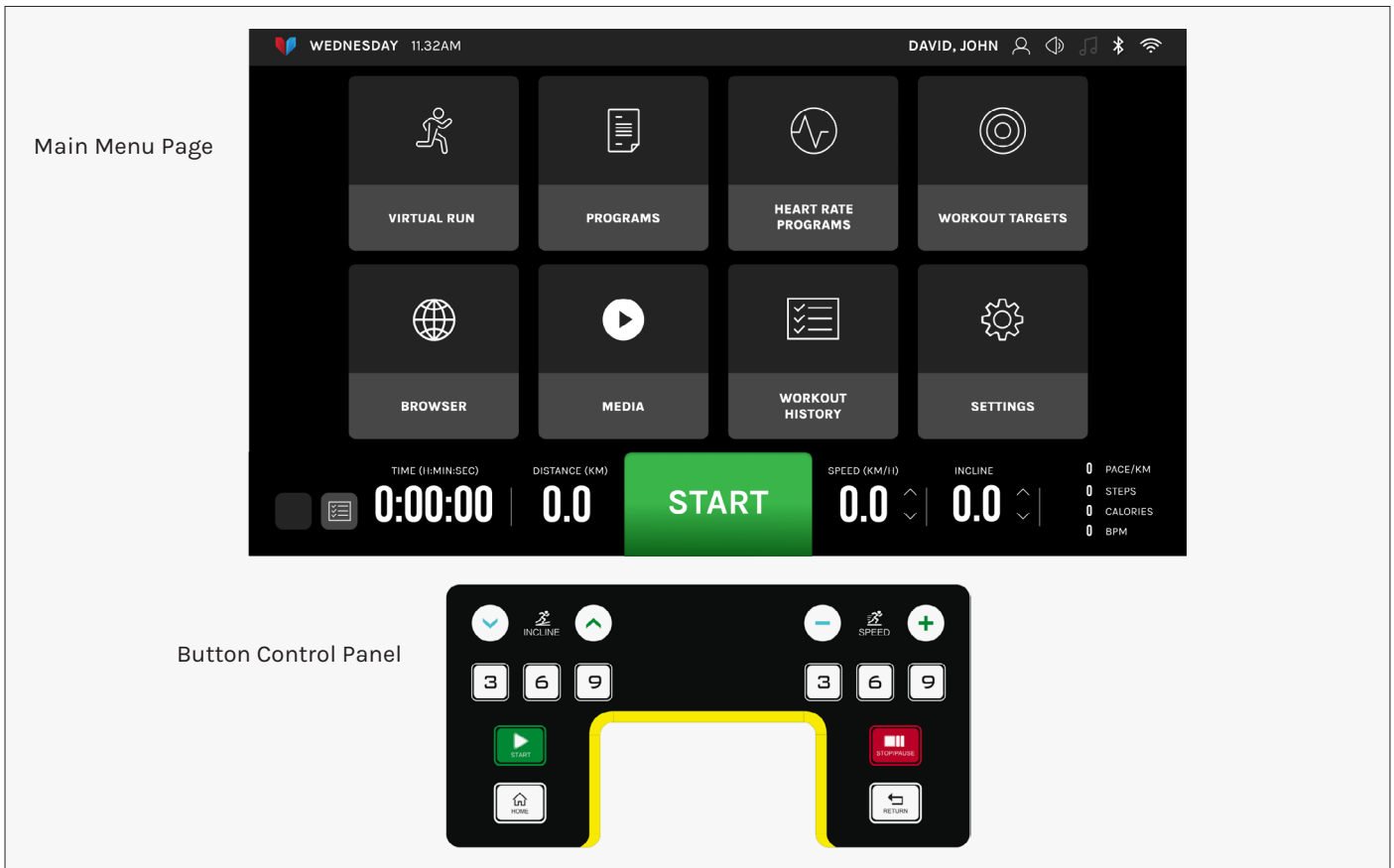
BUTTON FUNCTIONS:

1. INCLINE -: Press this button to reduce the incline.

2. INCLINE +: Press this button to increase the incline.

3. QUICK INCLINE: Press 3,6,9 to choose incline quickly.

4. START: Press this button to start the machine.

5. HOME: Press this button to enter the main page.

6. SPEED -: Press this button to reduce the speed.

7. SPEED +: Press this button to increase the speed.

8. QUICK SPEED: Press 3,6,9 to choose speed quickly.

9. STOP/PAUSE: Press this button to pause or stop the machine.

10. RETURN: Press this button to return to the previous page.

DISPLAY ICONS:

DAVID, JOHN 👤 Displays Username with User profile is selected in Settings page.

🔊 Volume – Users can change Media or System volume by pressing this icon. The volume bar will show the following and user can adjust volume by swiping the dot left or right. After 3 seconds it will disappear.

🎵 Media icon (USB) will be greyed out when there is no USB stick plugged into display.

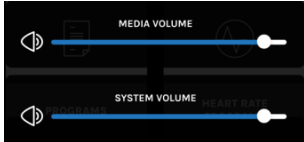🅱 Bluetooth Icon will be greyed out if it is not connected. Users need to connect this at the settings page and ensure their Device Bluetooth is also turned ON.

📶 Wi-Fi icon will be greyed out if it is not connected. Users need to connect this at the settings page.

SPEED (KM/H) 0.0   INCLINE 0.0 Clicking on this icon will take you to the workout dashboard to change the Speed/Incline. Speed ranges from 1.0-20km/h and Incline 0-18 levels.

📋 Displays workout history.

↘ or **COOLDOWN** Cooldown icon.

📊 Workout dashboard – displays the Speed/Incline graph, Keypad for quick Speed/Incline or -/+ icon for Speed/Incline.

↩ **RETURN** Back button – returns to previous screen.

🏠 **HOME** Home button – Returns to Main Screen.

MEDIA HUB:

MP3 Connection: Connect your mobile device to the treadmill using the MP3 AUX cord to play music. Use your device's controls to choose songs and adjust the volume.

Bluetooth Music: Connect your mobile device to the treadmill via Bluetooth to play music. Use your device to select songs and control the volume.
2.1 Connect your device through Bluetooth.
2.2 On your mobile device, select "QY-BTSP" from the list of available devices to connect.
2.3 If your mobile device receives a call while connected via Bluetooth, the treadmill's Bluetooth will automatically disconnect. After the call ends, Bluetooth will reconnect, and music playback will resume automatically.

WORKOUT PROGRAMS

1. Quick Start Mode
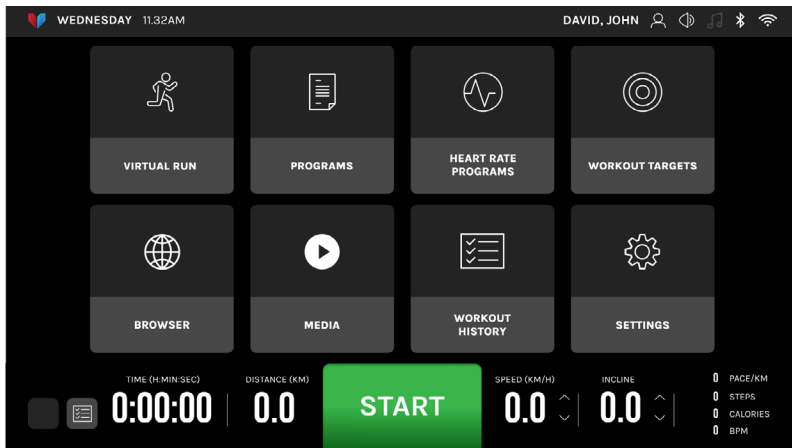
• Press the **Start/Pause** button or the **Start** (on screen) to begin work out after countdown from 3.

• The display will remain in the main menu. To access the work out setting page **(Dashboard)**, press the Up/Down arrows (on screen) [0.0 | 0.0] or [graph icon] . To return back to main menu press the [←] . You can watch videos or play music from **MEDIA** or access the **BROWSER** during your workout. Clicking on other programs, workout history or settings icons on the main menu will display a prompt to ask if you wish to end your current workout.

• Use the Up/Down buttons or from the screen -/+ or keypad to adjust your speed and incline.
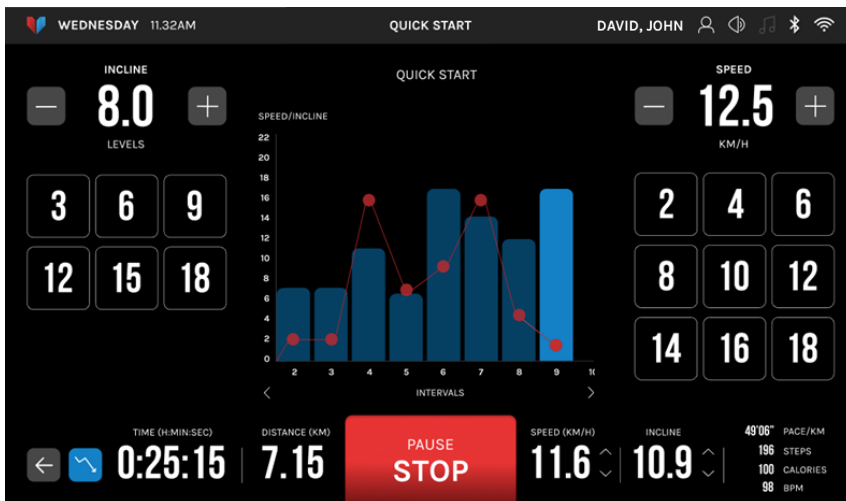
• Press **Start/Pause** button or **Pause/Stop** (on screen) to pause your workout.
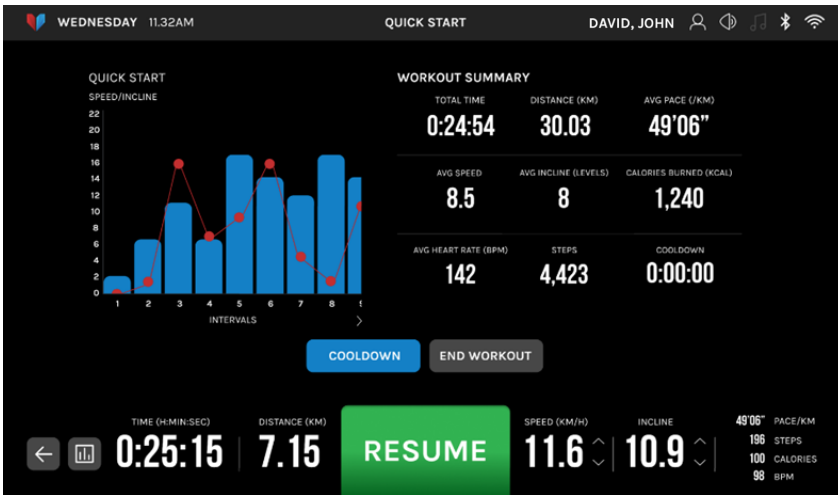
• Display will show a workout summary. You can resume work out by pressing the Start/Pause button or pressing Resume on the display. The speed and incline will continue from previous setting.

• To end workout, first **PAUSE** the workout then press **END** Workout on display (in work out summary page) or press and hold the Start/Pause button. The screen will be cleared and return to main menu.

• At any time, User can enter Cooldown mode with the following buttons or

 (Summary screen).

2. Cooldown Mode

• Duration of Cooldown mode is 5 minutes.

• Default Cooldown speed is 7, 6, 5 and 4. Incline is 4, 3, 3, 0 and 0. If your current workout speed is under 7, then the starting speed for the Cooldown will begin from the intial workout speed and then follow through to the next Cooldown speed. The same applies for Incline. If User is already at the Minimum Speed and no Incline, the Cooldown will run at the current settings for 5 minutes.

• During your workout (on all programs) you can enter cooldown mode by pressing this button

• At the work out summary page you can enter cooldown mode by pressing

• At the end of the workout, you will see a workout summary of your initial workout and Cooldown time will be entered in.

• To exit the screen, press the **HOME** button or press **Start** to enter Quick Start.

3. Virtual Run Program

Choose from the following virtual run locations: Opera House, Albert Park, Fitzroy Gardens, St Kilda Beach, Werribee Gorge, or Yarra River Trail.
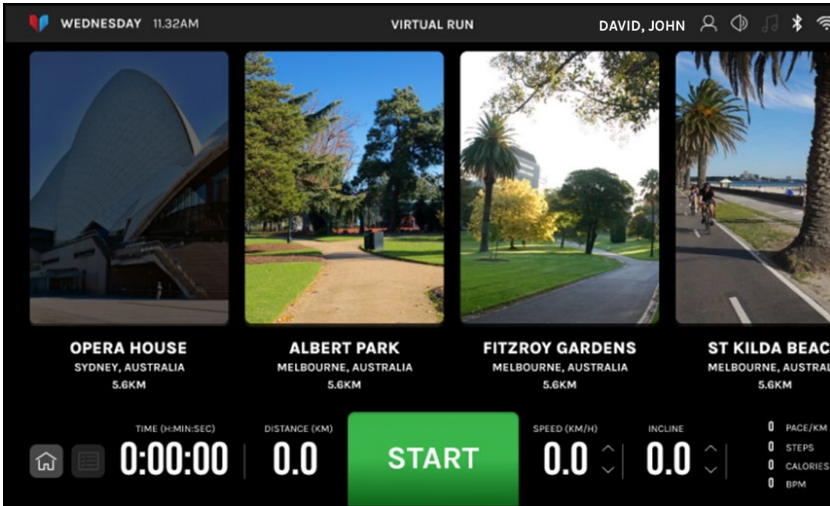
• After selecting a virtual run location, press **START** to begin the workout.

• Press v to hide the running data on the console and enlarge the virtual scene, or ^ to display it again.

• During the run, you can adjust speed and incline using the Up/Down buttons or on the screen [0.0] [0.0].
Pressing the screen ^/v will change the screen to the Dashboard page. From here you can change speed/
incline with the keypad or -/+. To return to the scenery screen press [←] .

• After the run is completed the system will judge your running performance automatically.
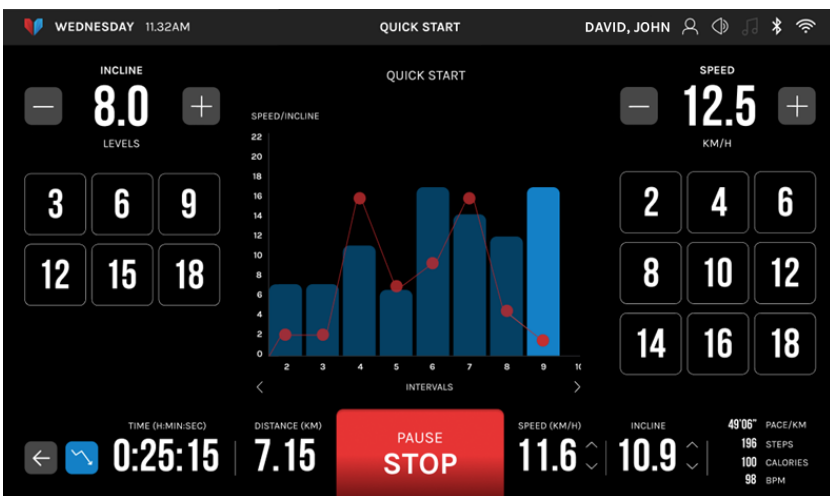
Note: The virtual run speed will adapt to these changes, but the virtual incline will change if there
back automatically if there is incline on the virtual scene. For example: If user setting had 1 incline and
the scenery comes to an area with a higher incline, the incline setting will revert to scenery incline level.

4. Programs Mode

You can choose between Custom Programs and Preset Programs.
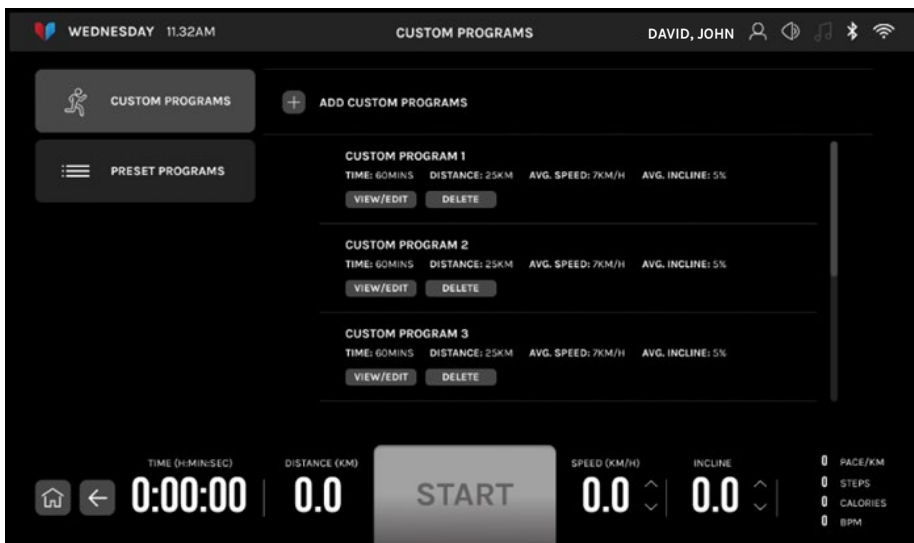
4.1. Custom Programs: Set your preferred workout parameters to personalize your session.
- Maximum segment users can set is 12. Maximum speed at 20km/h and maximum incline at 18 levels.

- Press the [+] to add a custom program and name the program. Program name is mandatory or it will not save.

- Set the **TIME** by pressing the -/+ or press the digit to bring up the keypad. Users can set the time to maximum 100 minutes.

- To edit the segments for Speed/Incline, click on the graph bar for the 1st segment. The greyed-out Speed/Incline will change to white text, and you can edit the speed using the -/+ or the keypad.

- To add more segments, press **ADD.**

- To delete a segment, choose the segment to delete on the graph bar and press **DELETE.**

- Once you have finished your setting. Press SAVE or CANCEL (if you do not want to save).

- Press the back button to return to the Custom programs or press **START** to start the program.

- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.

- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

4.2. Preset Programs: Choose from 24 different preset workout programs.

- On the Preset Programs screen you can view the programs by pressing **VIEW.**

- In the Preview page for the Present program, Users can edit the time for how long the program runs for. Default times are set for each program which and be viewed on the Program list screen.

- To start the program simply choose the program and press **START.**

- Users can still manually change the Speed/Incline settings during workout however it will revert to the settings when it moves on to the next segment.

- At any time during work out you can enter Cooldown mode or Pause/Stop your workout.

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 Control (HRC) Programs

To use this program, Users must hold onto the pulse handlebars or wireless heart rate strap **(not included with the machine)**. Frequency for Wireless strap will need to be 5.3khz to connect with display.

Choose from four different heart rate programs:
CONSTANT HEART RATE CONTROL WITH SPEED CONTROL
CONSTANT HEART RATE CONTROL WITH INCLINE CONTROL

• Speed/Incline is controlled by BPM setting.
• Maximum Incline 18 levels and Speed 20km/h.

HEART RATE RANGE WITH SPEED CONTROL
HEART RATE RANGE WITH INCLINE CONTROL

• Speed/Incline is controlled by Min-Max BPM setting.

• Maximum Incline 18 levels and Speed 20km/h.
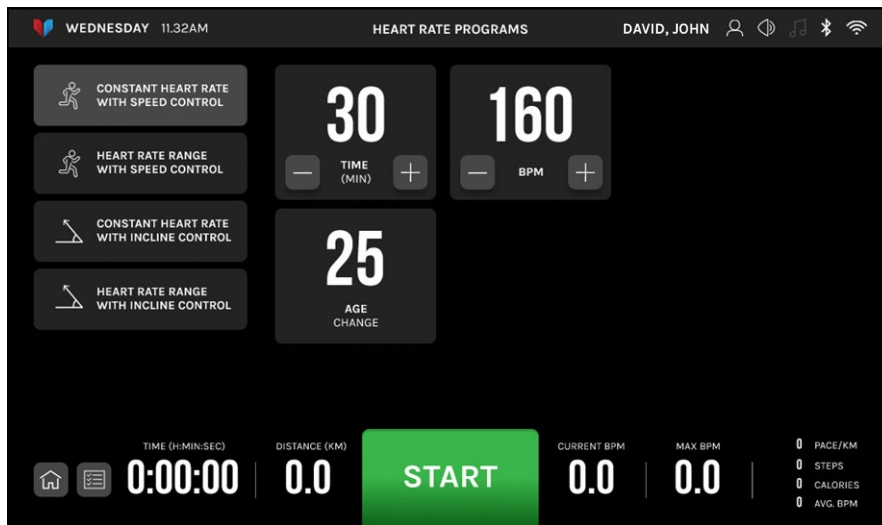
5.1. Using the Contant Heart Range Control with Speed/Incline:

• Set your preferred TIME and BPM, and your AGE for exercise. Maximum BPM is 180.

• Press START to begin.

• User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline 1, 2, and 3.

• After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting.

• Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.

5.2. Using the Heart Rate Range with Speed/Incline:

• Set your preferred TIME and Min. BPM/BPM (Max), and your AGE for exercise. Maximum BPM is 180.

• Press START to begin.

• User will enter a WARM-UP period for 3mins. Speed is automatically set 4, 5, 6 and Incline automatically set at 1, 2, and 3.

• After warmup ends, HRC program will begin. Speed/Incline will change according to the BPM setting range.

• Cooldown can be used at any time during workout or at the work out summary page using the Cooldown icons on screen.

6. Workout Targets

Choose from the following workout targets: **Target Time, Target Distance and Target Calories.**

• Exercise workout will count down from set TIME/ DISTANCE (KM)/ CALORIES. Users can manually adjust Speed/Incline via display icons or Up/Down buttons. At any time during the workout, users can enter Cooldown mode or via the work out summary page using the Cooldown icons.

• Users can set Maximum as 100 minutes for TIME, 100km for Distance and 1000 Calories.
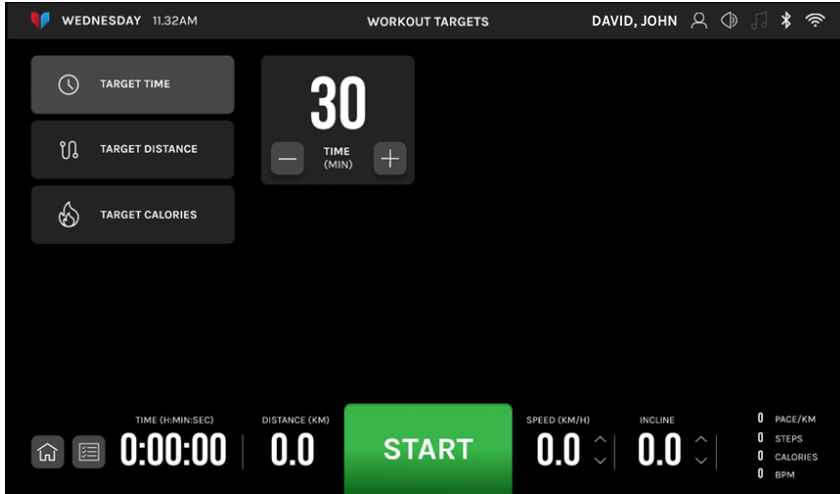
7. Browser

Browser allows access to entertainment via Browser or APP. Requires Wi-Fi to be connected and your own subscription login to the following APPS: Netflix, Binge, Prime Video, Kayo and Spotify. User can make the browser full screen by pressing the v icon to hide the bottom control icons. Press ^ to make them reappear.

Videos on Web Browser

When a video is played on website browser, a volume icon will appear on the bottom right corner for volume adjustments of the video.

8. Media

Plug your USB flash drive to the USB Slot. Playback only supports music (MP3), and video playback (MP4) saved on USB flash drive. Insertion of any other device to this port may cause error to the display.
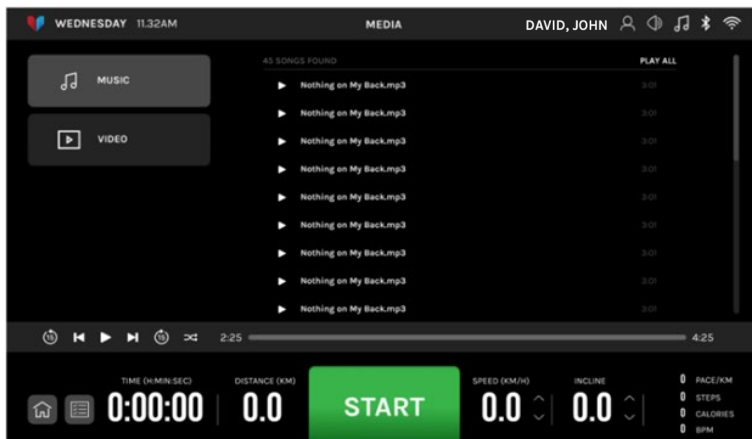
Music (USB)

Users can select the music by tapping on the name.

The following controls for the music bar (from left to right) are Rewind 15 seconds, Back to previous song, Pause/Play, Skip to next music, Fast forward 15 seconds and Shuffle.

• After the first song is finished it will play the next song. When Shuffle is chosen the music will play at random order.

• Press the same icon and it will change to . This icon will loop repeat the same music.

• Press the same icon again and it will change to . This icon will play your music in the order of the file. The cycle will repeat back to Shuffle, Repeat and In Order icon.

Video (USB)

• When playing a video, you can go to full screen mode by pressing the square icon. The bottom control icon will disappear.

• To bring up the bottom control icons press the ^. The video control icons (Skip, Pause, Fullscreen etc.) won't be visible until you tap on the video.

• At any time during workout, you can go to the workout dashboard using the following icons: or (press the ^/v) while the video is playing. To return to the video screen press the back arrow icon.

• Pressing the back arrow in the video screen will end the video.

9. Workout History

• Displays previously used workout programs.
• Users can quickly start previously used work out program.

Note: Quick start programs are not saved for the setting of Speed/Incline. Please use Custom Programs if you wish to have a user program made.

10. Settings

1. User Settings: Add user profile name, age, weight, gender and height. To delete user profile, press the "...".

2. Connectivity:
• USB: Plug in your USB and this will automatically show the files in MEDIA
• Bluetooth: Turns on/off Bluetooth setting. Ensure to have your device Bluetooth turned on then pair with the treadmill display.

3. Wi-Fi Settings: Turns On/Off Wi-Fi. Choose your Wi-Fi and enter Wi-Fi Password. To disconnect click on the Wi-Fi then "Forget".

4. System Settings:

• Time and Date: Sets time and date.
• Screen Settings: Changes brightness of the screen.
• Third Party App Data Reset: Clears app Data and Cache.
• System Reset: Resets the system to initial factory settings.
• About: Shows current system version.

5. Updates: Updates display software. Note: During update you will not be able to use or turn off treadmill until update is completed. Once the update is completed, turn off the power switch and turn it back on.

11. START/STOP:

Press this button to start, pause or stop the machine.

SAFETY KEY FUNCTION

Clip the safety key to your clothing. If you are going too fast, pull the cord and the key will come off from the display. This will stop the treadmill, and a Warning prompt will be displayed. Re-plug the safety key back to the slot to be able to restart the treadmill. Treadmill will not operate if the key is not in the safety key slot.

LUBRICATION REMINDER FEATURE:

This machine has a lubrication reminder function. After every total running distance of 300km, your treadmill needs to be maintained with oil. The system will have a reminder prompt on the display to perform lubrication to the belt.

PULSE SENSOR HANDLEBARS

When holding the hand pulse sensor with two hands, the pulse window will show your heart rate after 5 seconds.
To get the heartrate more correct, please test when the machine is stopped, and holding the hand pulse more than 30 seconds. The pulse sensors are not 100% accurate and is not to be used as a medical device.

POWER SAVING FEATURE:

The machine includes an energy-saving function. When in standby mode, if no operation is detected for 10 minutes, the power-saving mode will activate, and the display will turn off. To reactivate the display, simply press any button.

POWER ON (I) AND POWER OFF (O)

Users can turn the power off from the back switch. We recommend switching it off if it is not being used for a while. This will help prolong the control board's life.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.

2. Attach the magnet end of the safety pulling rope to the computer and attach the clip of the safety pulling rope to your clothing.

3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

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.
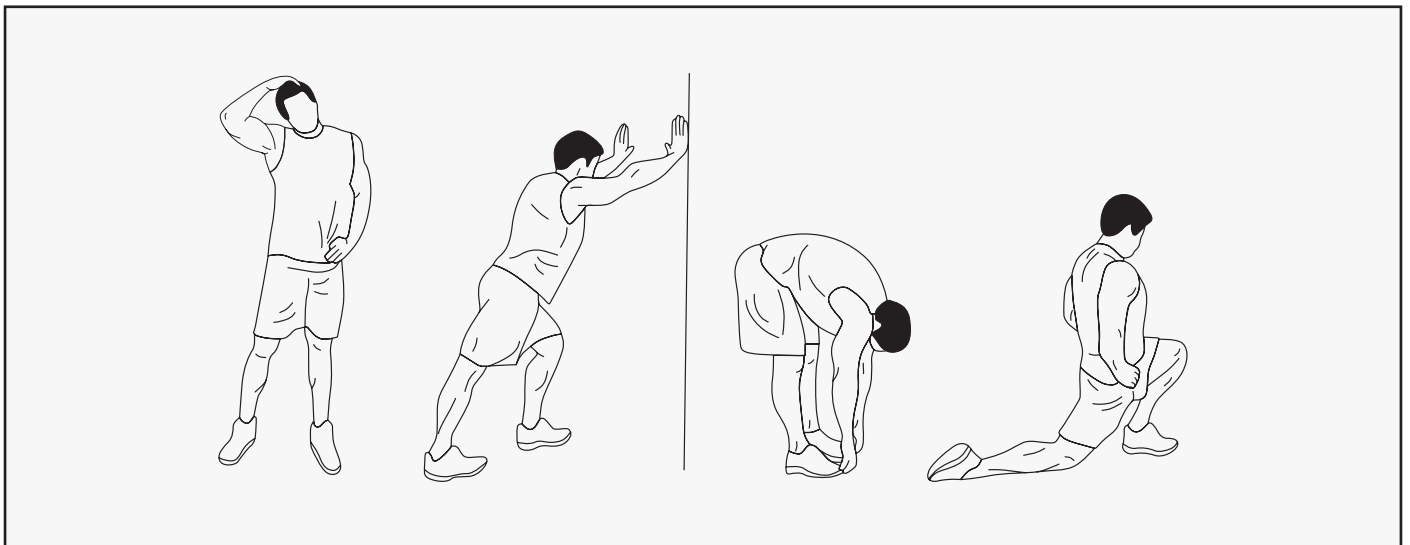
WARM UP

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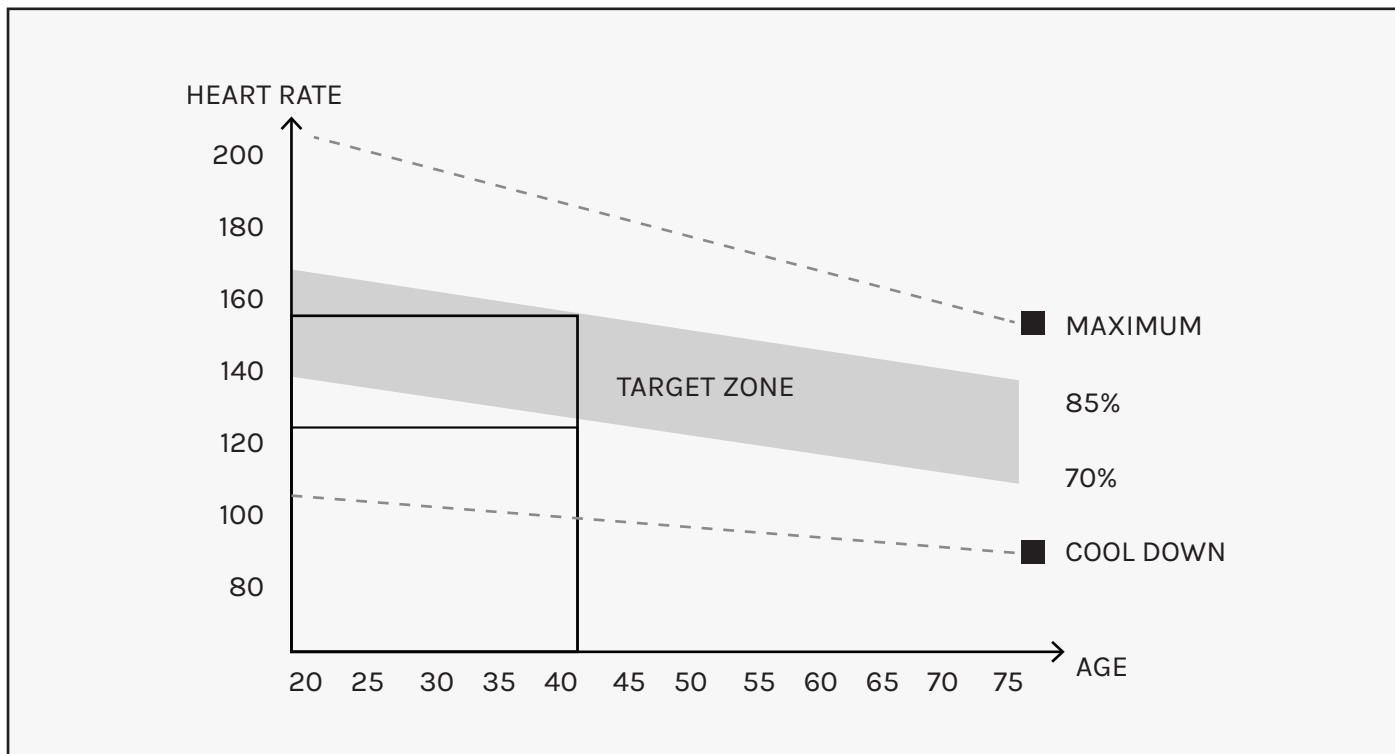
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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. MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintain it 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 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.

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 ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.
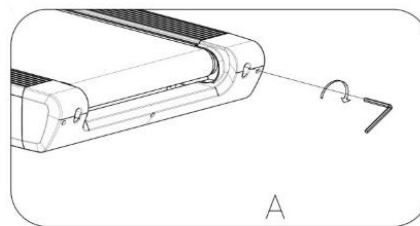
2. If the **Running Belt** moves to the left, turn the adjusting bolts on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counterclockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.
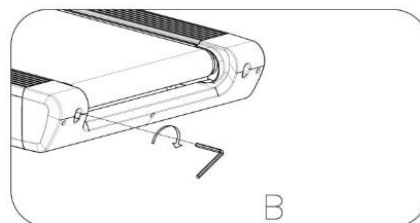
3. Over time the **Running Belt will loosen**. To tighten the belt, turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.
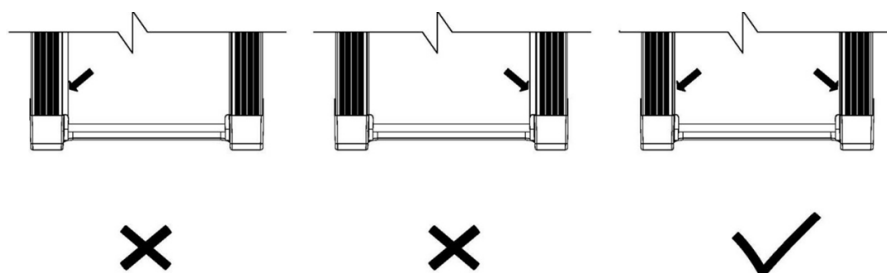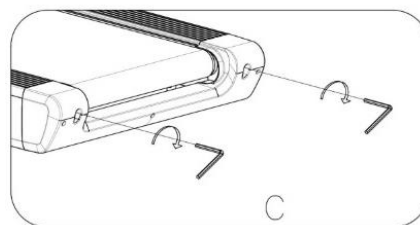
LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING:

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

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.
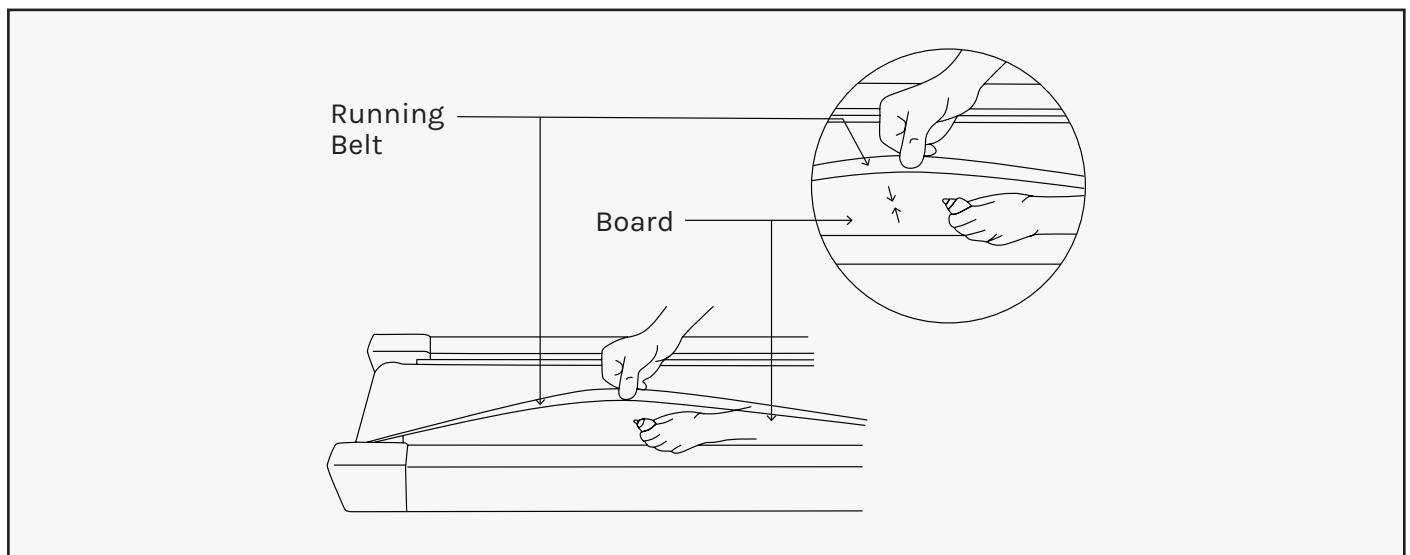
The following timetable is recommended:

Light user (less than 3 hours/ week)   >   every six months
Medium user (3-5 hours/ week)   >   every three months
Heavy user (more than 5 hours/ week)   >   every two months

(!) **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**

IX. EXPLODED DIAGRAM

B08	
B09	
B10	
B11	
E08	
E22	
E23	
E24	
E25	
E26	
E27	
E28	
E29	
E32	
G04	
G03	
G05	
G02	
G01	
J02	
J01	
K02	
K03	
K01	
L03	
L02	
L04	
L01	
M05	
M04	
M06	
M02	
M03	
M01	

X. PARTS LIST

No.	Description	Specs	Qty
A01	Main frame		1
A02	Incline bracket		1
A03	Console base bracket		1
A04	Left upright tube		1
A05	Right upright tube		1
A06	Panel connecting bracket		1
A07	Screen holder		1
A08	Power box fixing plate		1
A09	Back-end cover support tube		1
B01	Front roller		1
B02	Back roller		1
B03	Versatile foot pad		2
B04	Pulse steel plate		4
B05	Spring		1
B06	Big gasket		2
B07	Side rail pressing plate		2
B08	6# Allen wrench	6mm	1
B09	8# Allen wrench	8mm	1
B10	Cross screwdriver		1
B11	Open wrench		1
B12	Motor cover thread board		3
B13	Side rail pressing plate		6
C01	Motor top cover		1
C02	Motor bottom cover		1
C03	Motor left side cover		1
C04	Motor right side cover		1
C05	Left side rail decoration		1
C06	Right side rail decoration		1
C07	Top side rail		2
C08	Left side rail		1
C09	Right side rail		1
C10	Back-end cover		1
C11	Left upright tube cover		1

No.	Description	Specs	Qty
C12	Right upright tube cover		1
C13	Console top cover		1
C14	Console bottom cover		1
C15	Left handlebar		1
C16	Right handlebar		1
C17	Emergency button		1
C18	Button holder		1
C19	Console screw cover		1
C20	Console support top cover		1
C21	Console support bottom cover		1
C22	Panel top cover		1
C23	Panel bottom cover		1
C24	Plastic side rail gasket		8
C25	Eva pad		4
C26	Wheel		2
C27	Cushion		4
C28	Cushion		6
C29	Square tube plug		4
C30	Plastic gasket		2
C31	Cylindrical cushion		2
C32	Running belt		1
C33	Motor belt		1
C34	Left handlebar decorative ring		1
C35	Right handlebar decorative ring		1
C36	Rubber pad		2
D01	Nut	M10	8
D02	Nut	M8	17
D03	Bolt	M10*105	1
D04	Bolt	M10*45	3
D05	Bolt	M10*20	2
D06	Bolt	M10*30	12
D07	Bolt	M10*45	4
D08	Bolt	M8*40	1

No.	Description	Specs	Qty
D09	Bolt	M8*55	6
D10	Bolt	M8*35	4
D11	Bolt	M8*40	4
D12	Bolt	M8*15	4
D13	Bolt	M8*65	2
D14	Bolt	M8*60	1
D15	Bolt	M6*10	2
D16	Bolt	M5*12	7
D17	Screw	ST4.2*19	4
D18	Bolt	M5*10	2
D19	Bolt	M4*30	4
D20	Bolt	M4*12	8
D21	Screw	ST4.2*30	6
D22	Screw	ST4.2*25	2
D23	Screw	ST2.9*8	12
D24	Screw	ST4.2*12	41
D25	Screw	ST4.2*12	25
D26	Screw	ST2.9*8	5
D27	Lock washer	10	2
D28	Lock washer	8	13
D29	Lock washer	5	3
D30	Spring washer	5	3
D31	Spring washer	8	4
D32	Spring washer	10	18
D33	Flat washer	10	22
D34	Flat washer	8	14
D35	Big washer	φ5*φ15*1	4
D36	Bolt	M5*20	4
D37	Bolt	8	3
D38	Screw	ST4.2*12	2
E01	Console		1
E02	Touch button board		1
E03	Touch button top signal wire		1
E04	Touch button bottom signal wire		1
E05	Console top signal wire		1
E06	Console middle signal wire 1		1
E07	Console middle signal wire 2		1
E08	Console bottom signal wire		1

No.	Description	Specs	Qty
E09	Hand pulse top signal wire		1
E10	Hand pulse bottom signal wire		2
E11	Round self-locking push button switch		1
E12	Switch top signal wire		1
E13	Switch bottom signal wire		1
E14	Safety key		1
E15	AC motor		1
E16	Incline motor		1
E17	Running board		1
E18	Inventor		1
E19	Overload protector		1
E20	Switch on-off		1
E21	Power socket		1
E22	Power wire		1
E23	AC signal wire	200 Brown	1
E24	AC signal wire	350 Brown	2
E25	AC signal wire	350 Blue	2
E26	Magnetic ring		1
E27	Magnetic core		3
E28	Ground wire	350	2
E29	Running board ground wire	350	1
E30	Fan and fan wire		1
E31	Inventor power box		1
E32	Power box wire		1

OPTIONAL PARTS LIST

No.	Description	Specs	Qty
F01	Oiling system		1
F02	Glass tube fixing knob		7
F03	Screw	ST4.2*12	7
F04	Bolt	M4*12	5
F05	Screw	ST2.9*8	2
G01	Filter		1
G02	Inductance		1
G03	AC signal wire		1
G04	Ground wire		1
G05	Screw	ST4.2*12	4
H01	Aluminum alloy non-slip pad		2
H02	Rubber washer		24
H03	Screw	ST4.2*12	24
J01	Speaker		2
J02	Screw	ST2.9*8	8

No.	Description	Specs	Qty
K01	USB module		1
K02	USB connecting wire		1
K03	Screw	ST2.9*8	2
L01	MP3 module		1
L02	MP3 data wire		1
L03	MP3 connecting wire		1
L04	Screw	ST2.9*8	2
M01	Wireless charging pinboard wire		1
M02	Wireless charging pinboard		1
M03	Wireless charging board wire		1
M04	Wireless charging board		1
M05	Wireless charging base		1
M06	Screw	ST2.9*8	5

XI. TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	- Not plugged in - Safety key not inserted	- Plug the cord into an outlet - Insert the 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 are not properly connected - Transformer is damaged	- Check wire connections between the computer and the control board. - Contact customer service if the transformer is damaged.
E01/E81: Message failure	- Wires from the console and bottom inverter are not properly connected.	- Check wire connections between the computer and inverter. Replace damaged wires. - Replace the inverter if necessary. - Check and replace the console if damaged.
E02: Overcurrent protection	- Incoming voltage is too low or too high. - Control board is damaged. - A moving part of the treadmill is stuck.	- Restart the treadmill. - Check and ensure the incoming voltage are correct. - Inspect moving parts and ensure they operate correctly. - Check for motor issues (noise or burning smell) and replace if necessary. - Inspect and replace the inverter if damaged. - Lubricate the treadmill.
E04: Overvoltage protection	- Incoming voltage is too low or too high. - Control board is damaged.	- Restart the treadmill. - Verify the incoming voltage. - Inspect and lubricate moving parts. - Check the motor for noise or burning smell; replace if necessary. - Check and replace the inverter if damaged.
E08: Overload protection	- Incoming voltage is too low or too high. - Control board is damaged. - A moving part is stuck.	- Restart the treadmill. - Verify the incoming voltage. - Inspect and lubricate moving parts. - Check the motor for noise or burning smell; replace if necessary. - Check and replace the inverter if damaged.
E10	- Motor or inverter issues.	- Check the motor for noise or burning smell; replace if necessary. - Inspect and replace the inverter if damaged.
E20	- Running belt is reversed.	- Check if the running belt is reversed. - Insert the motor line correctly if reversed.
E80: Overtemperature protection	- Treadmill is overheated.	- Restart the treadmill. - Check and replace the inverter if damaged.
E18/E88/E98	- Inverter failure.	- Replace the inverter with a new one.
E00	- Communication wire issue.	- Replace the communication wire.

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**