



Viper M3 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 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

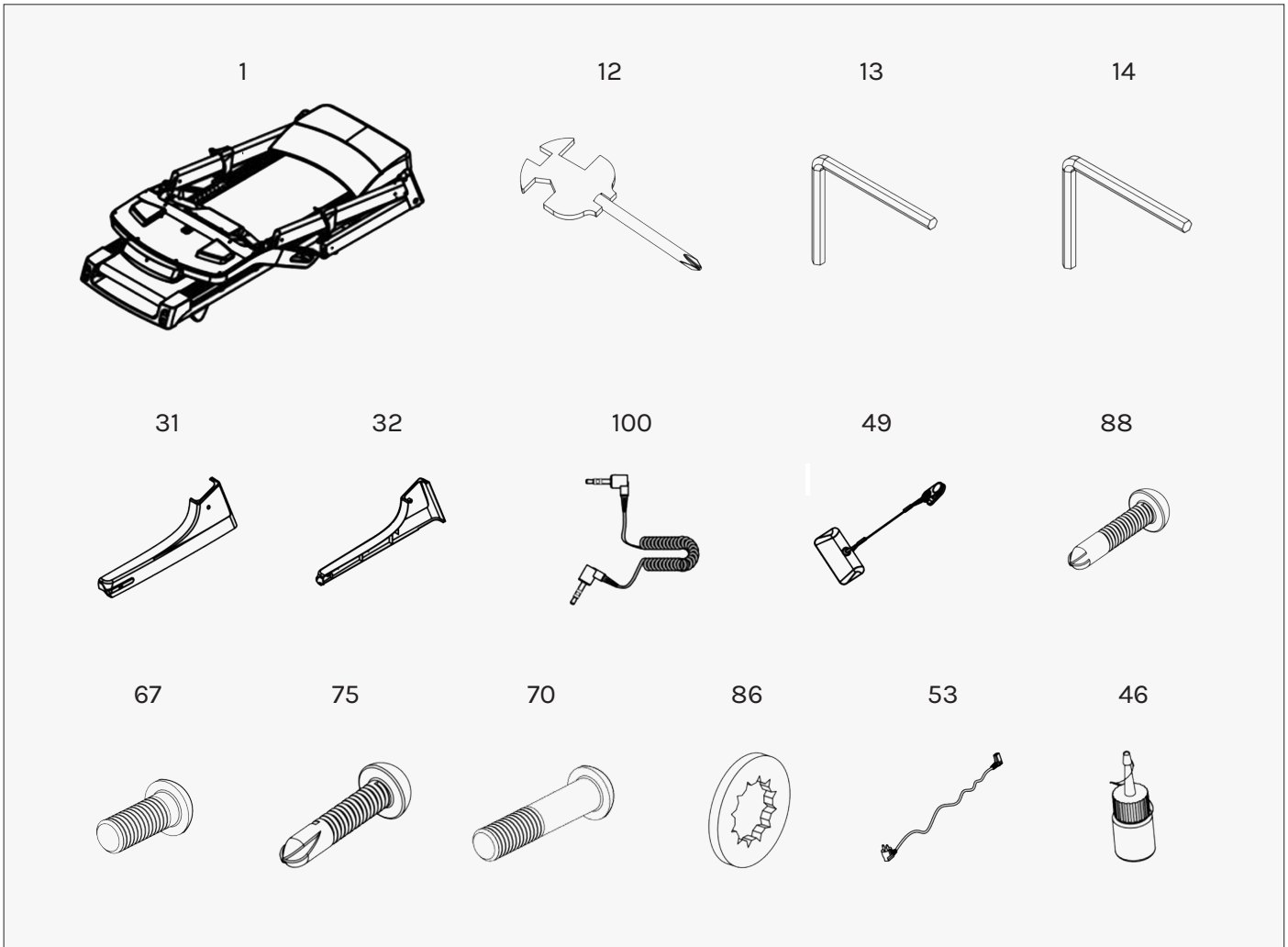
WARNING!

- 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.

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



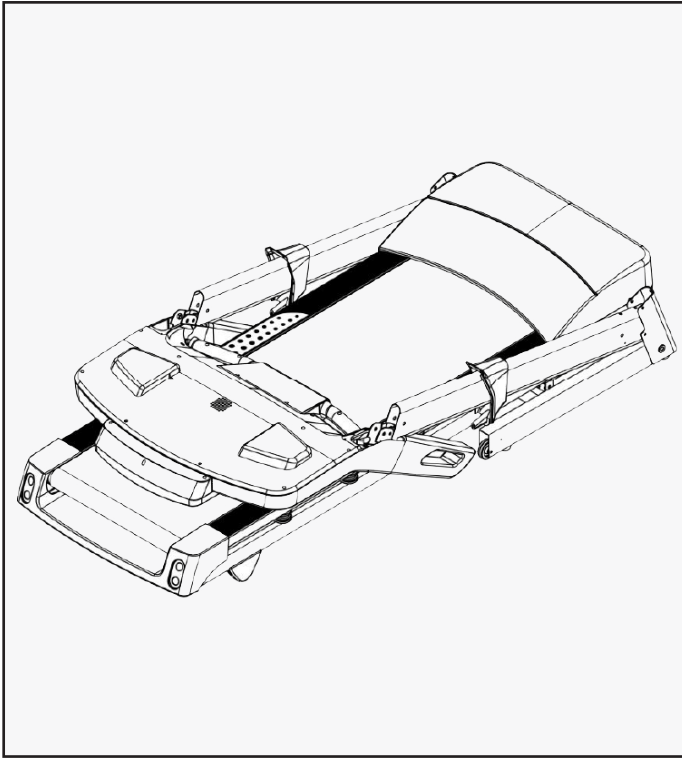
No.	Description	Qty	No.	Description	Qty
1	Main frame	1	67	Bolt 8*20	8
12	Allen Wrench S=13\14\15mm	1	70	Bolt M8*55	2
13	5#Allen Wrench 5mm	1	86	Lock washer 8	10
14	6#Allen Wrench 6mm	1	75	Screw ST4.2*19	10
32	Left base cover	1	53	Standard Power Line	1
31	Right base cover	1	100	Mp3 Wire	1
49	Safety key	1			

ASSEMBLY TOOLS:

#5 Allen Wrench 5mm: 1pc
 #6 Allen wrench 6mm: 1pc
 Wrench w/screw Driver S=13, 14, 15: 1pcs

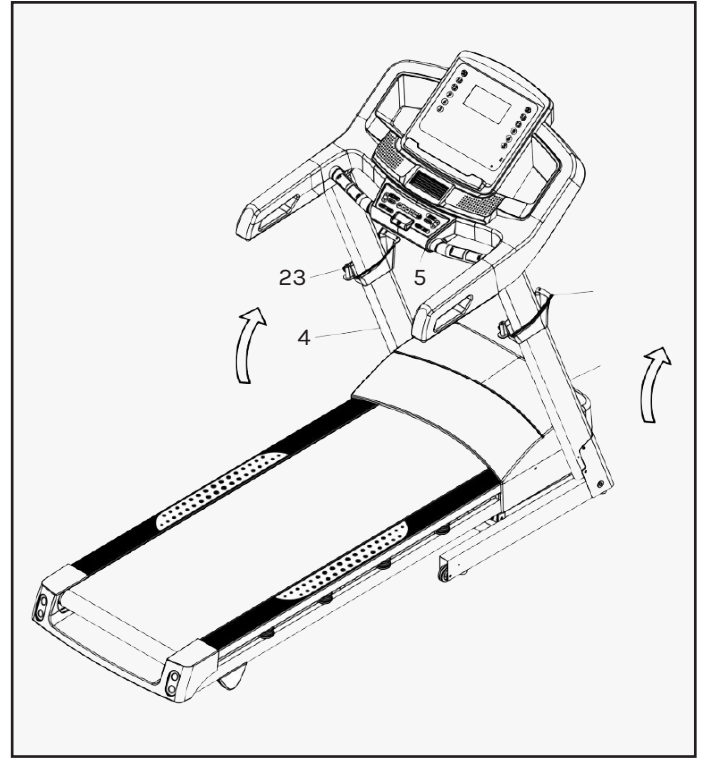
! NOTICE:

Do not connect power until after assembly is completed.



STEP 1

1. Open the carton.
2. Extract the parts listed above.
3. Place the Main Frame onto level ground.

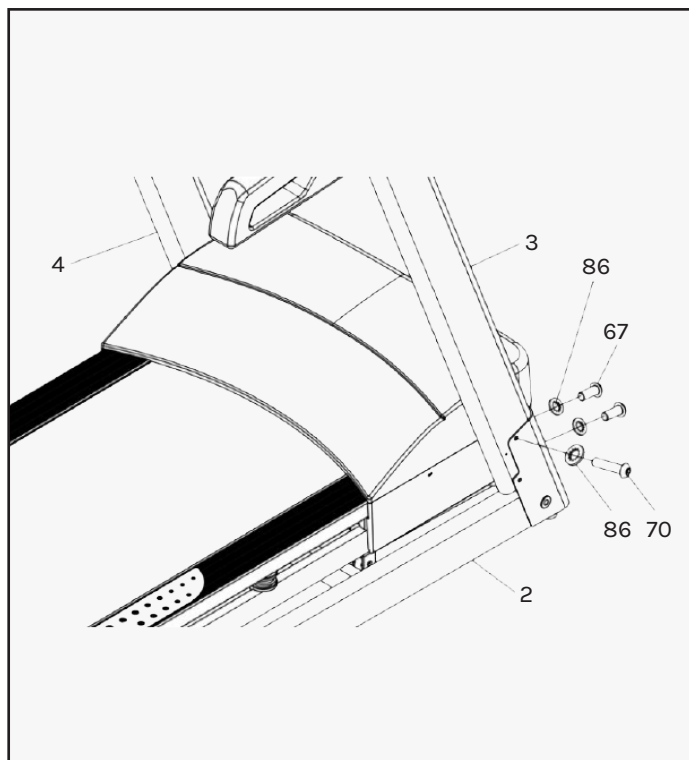


STEP 2

1. Erect the upright tubes in the direction of the arrows.

! NOTE:

Take care not to damage the upright covers (23, 24) or the wires inside the uprights.

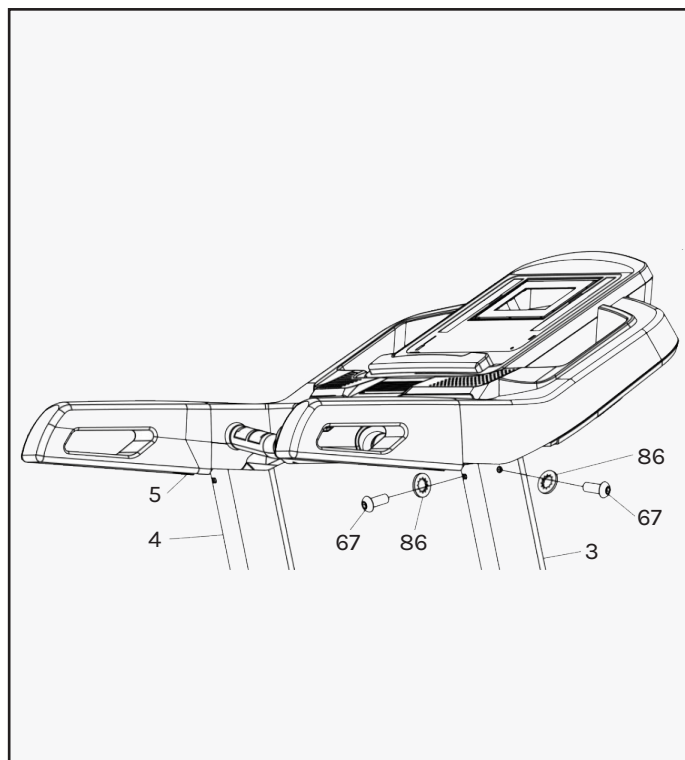


STEP 3

1. Attach the Right Upright to the base frame (2) using 5# Allen wrench (13), Bolt M8*55(70), Bolt M8*20 (67) and 2 x Lock washer (86).
2. Repeat above steps to assemble the left side.

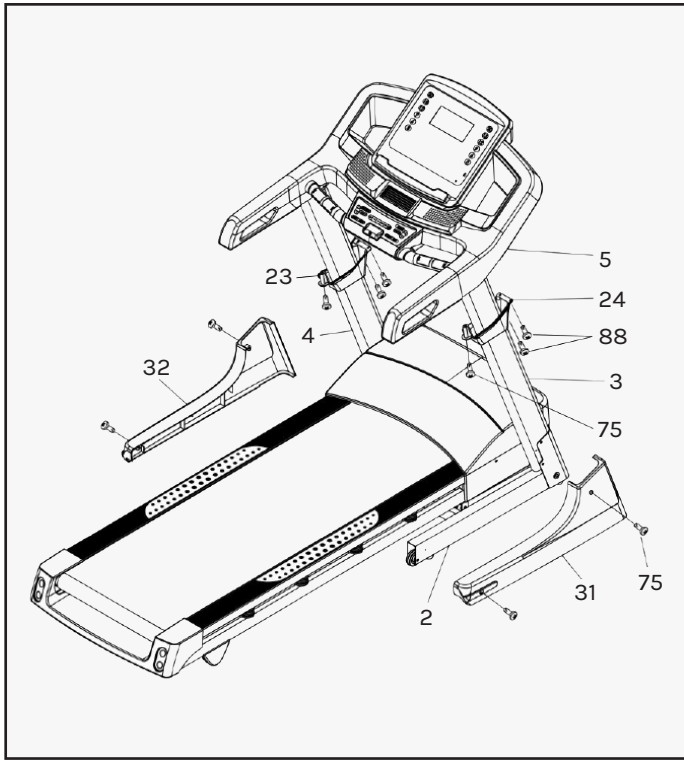
! **NOTE:**

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



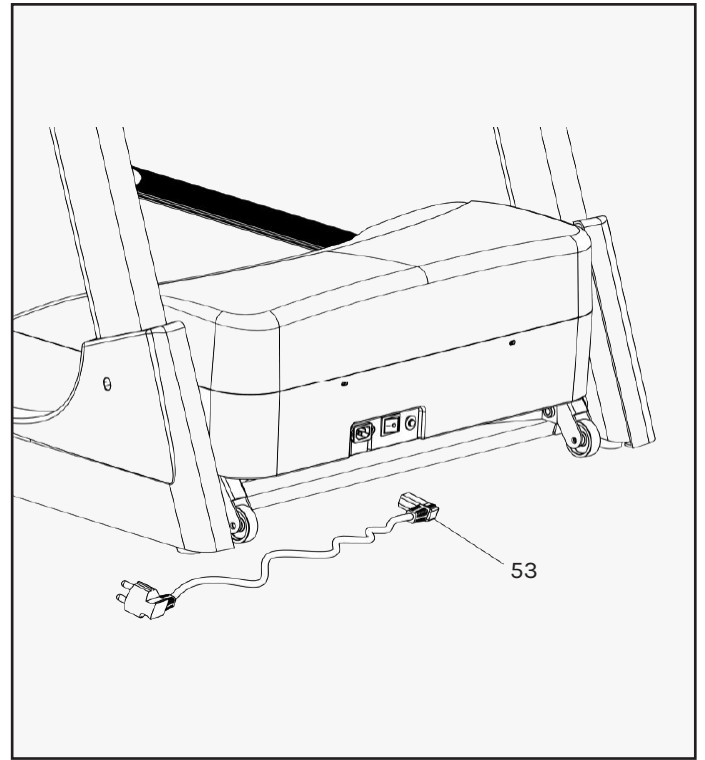
STEP 4

1. Attach the computer frame onto the right upright with the 5# Allen wrench (13), M8*20 bolt (67) and lock washer (86).
2. Repeat above step to assemble the left side.



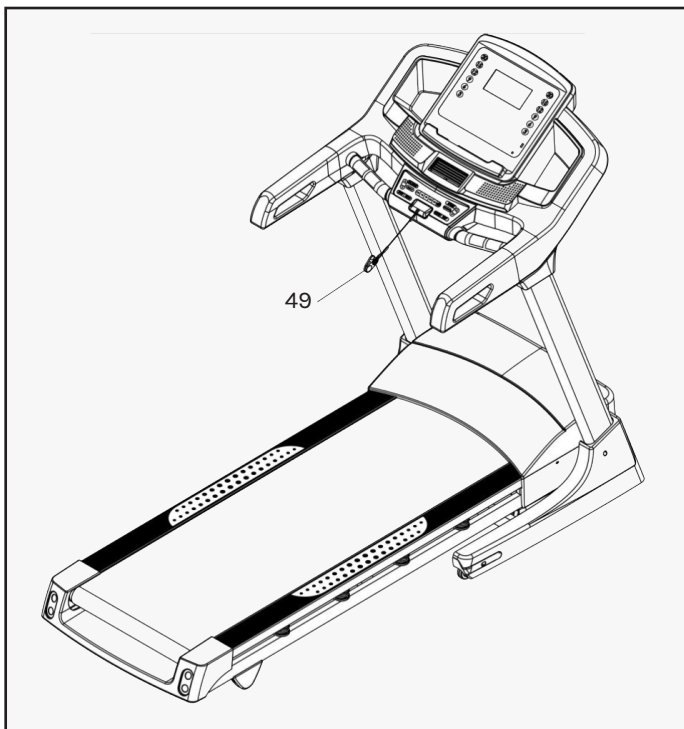
STEP 5

1. Attach the right upright cover to the computer bracket with screw driver (12), Bolt ST4.2*19 (75) and ST4.2*20 bolt (88).
2. Attach the base cover (31) to the base frame (2) using screw driver (12), ST4.2*20 Bolt (88) and bolt (75).
3. Repeat above steps to assemble the left side.



STEP 6

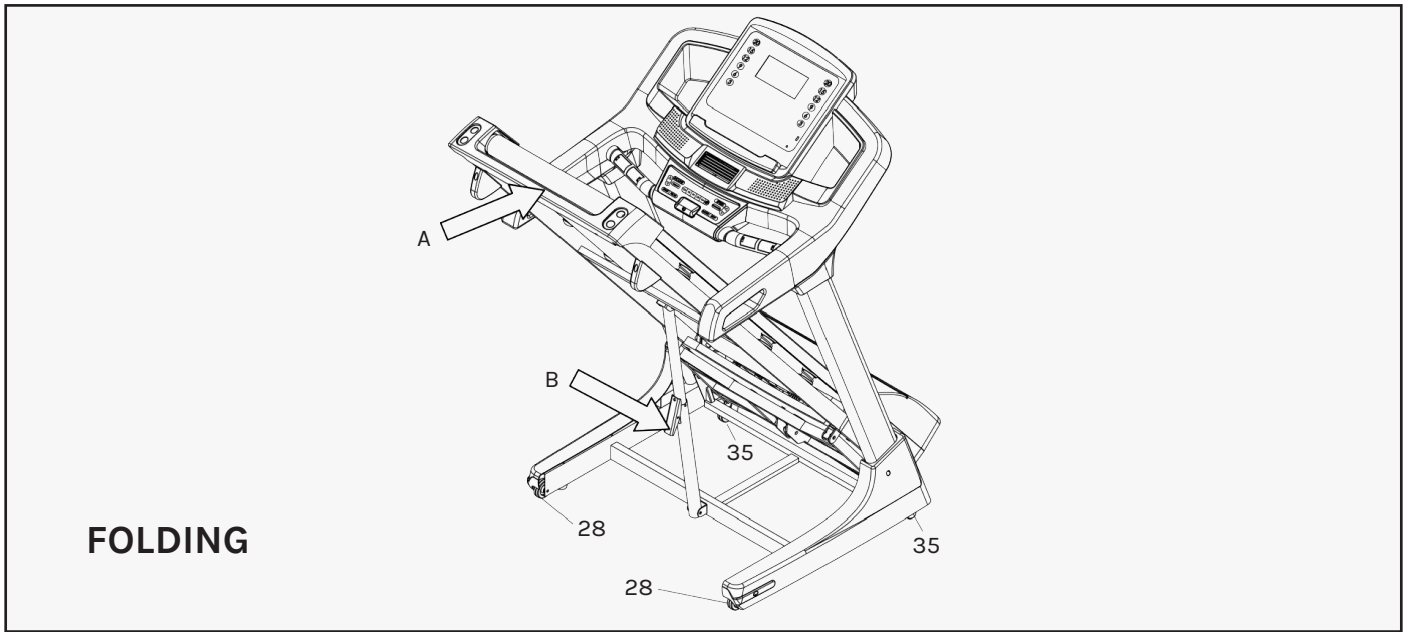
1. Connect the power cord (53) onto main frame.



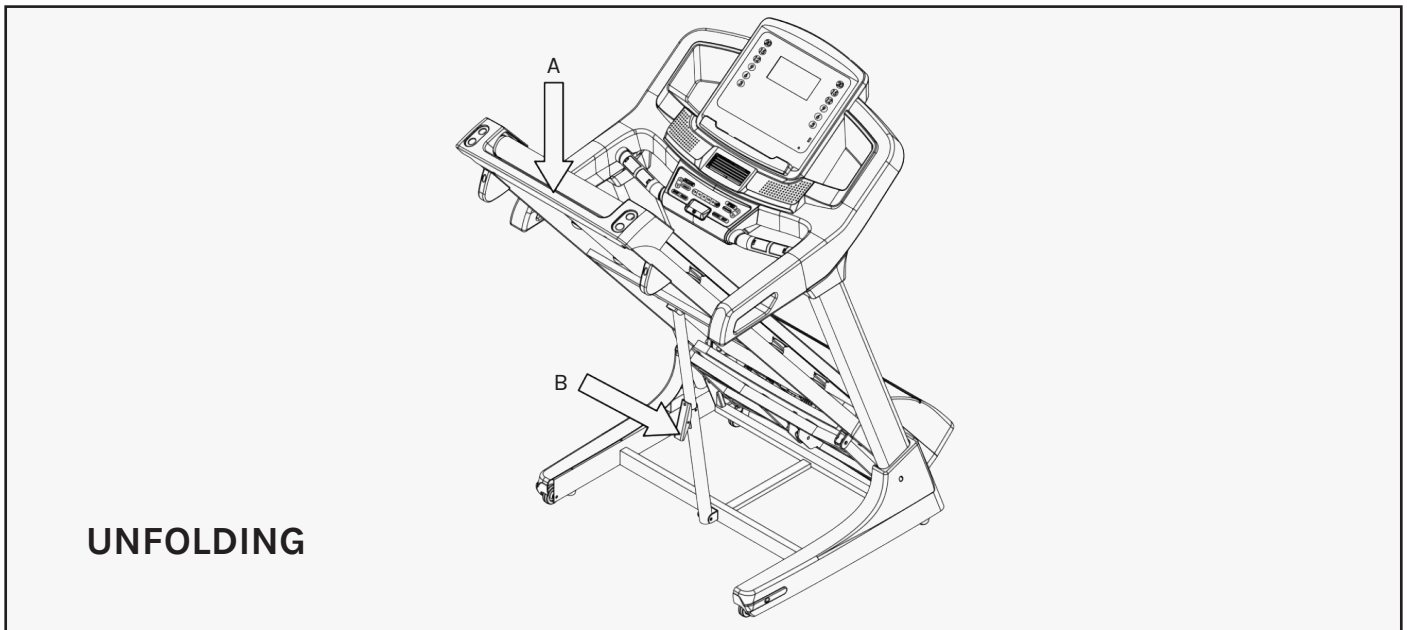
STEP 7

1. Place the safety key (49) onto the computer.

V. FOLDING INSTRUCTIONS



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



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

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

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

VI. OPERATION GUIDE

OVERVIEW






LCD WINDOW DISPLAY

1. **SPEED WINDOW:** Displays speed and program
2. **INCLINE WINDOW:** Displays incline level
3. **TIME WINDOW:** Displays workout time
4. **DISTANCE WINDOW:** Displays workout distance
5. **CALORIE WINDOW:** Displays calories burn
6. **PULSE WINDOW:** Displays pulse

(Calorie and pulse data is an estimate intended for reference only. Not suitable for medical purposes.)

BUTTON FUNCTIONS:

- "PROG"**: When the treadmill is in standby mode, this button cycles through:
 - "HRC" – heart rate control programs
 - "P1-P40" – built in programs
 - "U1-U3" – user defined programs
 - "FAT" – body fat testing mode
- "MODE"**: Mode selection button. Press this button to cycle through "time count down", "distance count down" and "calorie count down".
 - You can adjust the value with the Speed +/- or Incline +/- buttons. Press "START" to start your workout after setting the values.
- "START"**: Begins workout after a 3 second countdown. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill.
- "STOP"**: Press button once and the machine will slow down to a stop. Pressing the STOP once button during your workout will pause the workout and data on the LCD will remain. Press the START button to resume your workout. Instead of pressing START, you may clear the workout data by pressing the STOP button a second time.
- "SPEED+ \ SPEED-"**: Increase or decrease speed when exercising. Sets parameter when stopped.
- "INCLINE+", "INCLINE-"**: Increase or decreases incline. Adjust the incline level during exercising. Sets parameter when stopped.
- "SPEED: 3, 6, 9, 12, 15, 20"**: Speed adjustment quick buttons.
- "INCLINE: 3, 6, 9, 12, 15, 20"**: Incline adjustment quick buttons.
- "FAN"**: Turns the fan ON/OFF.
- "VOL+"**: Increases volume during USB memory stick playback.
- "VOL-"**: Decreases volume during USB memory stick playback.
-   Track selection buttons.
-  Mute Button.

MAIN FUNCTIONS:

Quick Start-up (Manual):

Attach the safety key. After a 3 second countdown, the treadmill will starting and running from the lowest speed.

Countdown Mode:

Press the MODE button to cycle options: time countdown, distance countdown, calorie countdown. The default value corresponds to the window and flashing display. Once you reach your desired option, use the SPEED +/- buttons to adjust to the desired value. Press START to start your workout.

You may also add and subtract speed and incline during the workout. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect safety lock to stop.

Time Setting Range	99:59 min
Distance Setting Range	0.5-99.9 km
Calorie Setting Range	10.0 - 999.0 calories

PRESET PROGRAMS:

Press the program button; programs from P1 to P40 are built-in programs. The time window displays the default value of TIME. When flashing, press the SPEED +/- and INCLINE +/- buttons to adjust to your desired time. Built-in programs are divided into 20 equal segments.

After pressing the START button, the treadmill will automatically run through each time segment in order. Speed and incline will automatically adjust to the pre-set value of each segment. Upon completion of all 20 segments, the program will end, slowing the treadmill down to a stop. During program operation speed incline can still be adjusted but upon reaching the next segment, these values will be automatically adjusted to the program defaults. Built-in program data is listed in the following table.

USER DEFINED PROGRAMS:

There are three programs U1, U2, U3 for user defined.

Setting:

Press "PROGRAM" continuously during stand by to set user defined program (U1-U3). This will allow you to customize each of the 20 time segments.

Press MODE to setup the first time segment. Adjust speed using "SPEED+", "SPEED-". Adjust incline using "INCLINE+", "INCLINE -". Press MODE to finish and enter next time segment. After finishing the 20th time segment the data will be stored in memory. You must complete all 20 time segments before exiting the setting mode.

Start:

Press "PROGRAM" continuously during standby to select user defined program (U1-U3). Press START to being workout.

HEART RATE:

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

The heart rate data should be used as an estimation for reference purposes only. Please refer to page 15 for more information.

HEART RATE CONTROL (HRC) PROGRAMS:

DEFAULT is the default heart rate display parameter values (Default display)

Program Number	Functions
HP1	Incline only
HP2	Speed only
HP3	Speed and incline

- HRC programs have a maximum duration of 22 minutes.
- In standby mode, press the "Program" key until the DISTANCE window displays HP1, HP2 or HP3. When in the HP1/HP2/HP3 display interface, press the start key to select a HRC program. The system will automatically recommend HRC parameters available to users. Default parameters:
 - "HP1" program:**
Maximum operating speed: 8.0km/h, 30 years of age, default target heart value of 150beats/min.
 - "HP2" program:**
Maximum operating speed: 9.0km/h, 30 years of age, default target heart value of 160beats/min.
 - "HP3" program:**
Maximum operating speed: 9.0km/h, 30 years of age, default target heart value of 160beats/min.
- The time window will begin by showing the default age of 30. Use the INCLINE+/- or SPEED+/- buttons to set the correct age. The age range is between 15 to 80 years old.
- After age is selected, press "MODE". The system will recommend a suitable target heart rate, which will be displayed on screen for reference. You may also use the INCLINE+/- or SPEED+/- buttons to choose a desired target heart rate. The available option range is from 95 to 180beats/min.
- After setting desired age and target heart rate values, press START to start your workout or MODE to return to standby mode.
- During a HRC program, INCLINE+/- or SPEED+/- buttons will be available to adjust speed and incline. The system will also adjust speed and incline automatically to achieve the user's target heart rate value.

Scenario	Program Number	Result
Actual heart rate is less than target heart rate	HP1	Incline will increase by 1 level every 10 seconds, until the incline limit or the target heart rate is reached. (speed is controlled by the user)
	HP2	Speed will increase by 0.5km/h every 10 seconds, until the speed limit or the target heart rate is reached. (incline is controlled by the user)
	HP3	Speed will increase by 0.5km/h every 10 seconds, until the speed limit is reached. Once the maximum speed limit is reached, incline will increase by 1 level every 10 seconds, until the incline limit is reached.
Actual heart rate is greater than target heart rate	HP1	Incline will decrease by 1 level every 10 seconds, until minimum incline is reached or the target heart rate is reached. (speed is controlled by the user)
	HP2	Speed will decrease by 0.5km/h every 10 seconds, until minimum speed or the target heart rate is reached. (incline is controlled by the user)
	HP3	Incline will decrease by 1 level every 10 seconds, until the minimum incline is reached. Once the minimum incline is reached, speed will decrease by 0.5km/h every 10 seconds, until the minimum speed is reached.
		Values will stop changing once target heart rate is reached.

During the program, pressing STOP or disconnecting the safety key will end the workout.

NOTE:

Heart rate control programs can only be used with a wireless chest strap. This must be worn just below the chest in direct contact with skin.

BODY FAT TESTER:

Press "PROGRAM" until the window displays "FAT".

Press "MODE" to select parameters after entering data (F1 = "SEX", F2 = "AGE", F3 = "HEIGHT", F4 = "WEIGHT").

Use "SPEED+/-" to set data. After entering all data the window will display "F5".

Place both hands on the hand sensors for 5 seconds, and the window will display your body fat data.

Input parameter display and setting limits

	Parameters	Arrangement	Description
F-1	SEX	01--02	01= MALE 02= FEMALE
F-2	AGE	10--99 YEARS	
F-3	HEIGHT	100--200 CM	
F-4	WEIGHT	30--180 KGS	

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

VALUE PARAMETERS:

Setting	Initial	Setting Initial Value	Setting Range	Show Range
TIME(MIN:SEC)	0:00	15:00	5:00-99:00	0:00-99:59
GRADE (SEGMENT)	0	0	0-20	0-20
SPEED (KM/H)	1.0	1.0	1.0-20	1.0-20
INCLINE (KM/H)	0	0	0-22	0-22
DISTANCE (KM)	0	1.0	0.5-99.9	0.00-99.9
HEART (PER/MIN)	P	N/A	N/A	50-200
CALORIE (KC)	0	50	10-999	0-999

POWER SAVING MODE:

The treadmill automatically enters sleep mode after 30 minutes of inactivity. Press any key on the display to wake the treadmill.

SAFETY KEY FUNCTION:

The machine will not function without the safety key being correctly attached. Pulling out the safety will set the display into "off" mode.

STOP KEY:

Pressing STOP once during your workout will pause your workout and slow your machine to a stop. After 5 minutes, the computer will display "PRESS START TO RESUME OR STOP TO END".

- Press "stop" twice to stop the machine and end the workout.
- Press "stop" three times for the machine to return to IDLE mode.

CALORIE CALCULATION FORMULA:

$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$

When incline is 0, 7.3kc is lost.

VII. EXERCISE GUIDE

! PLEASE NOTE:

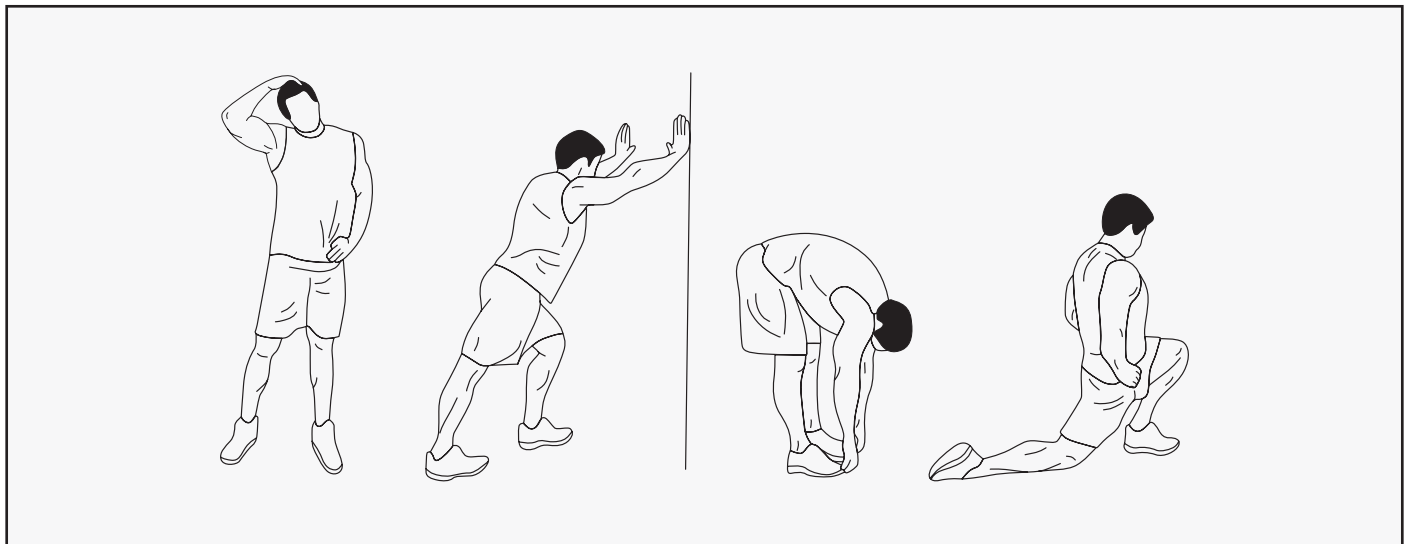
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

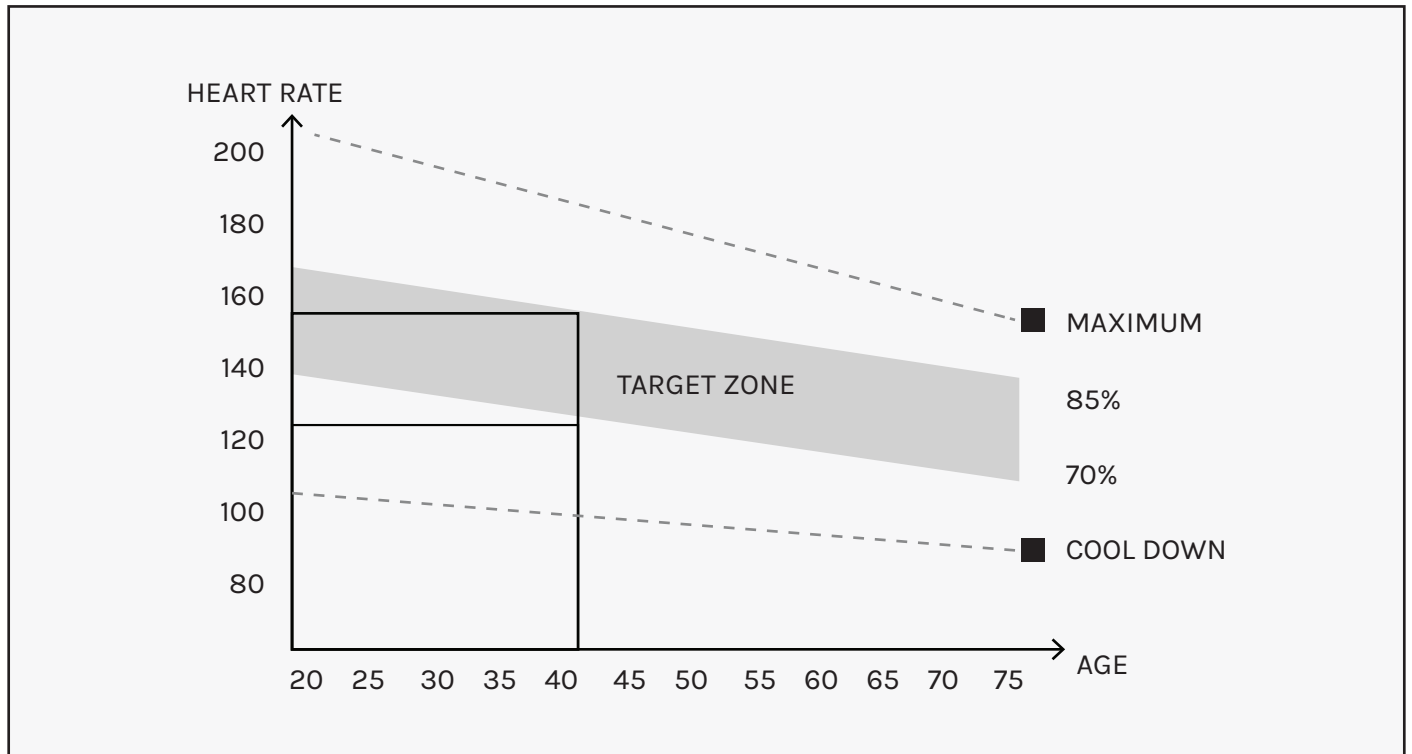
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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 INSTRUCTIONS

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

WARNING:


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

1. GENERAL CLEANING

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

2. GENERAL CARE

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

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

3. BELT/DECK/ROLLER LUBRICATION

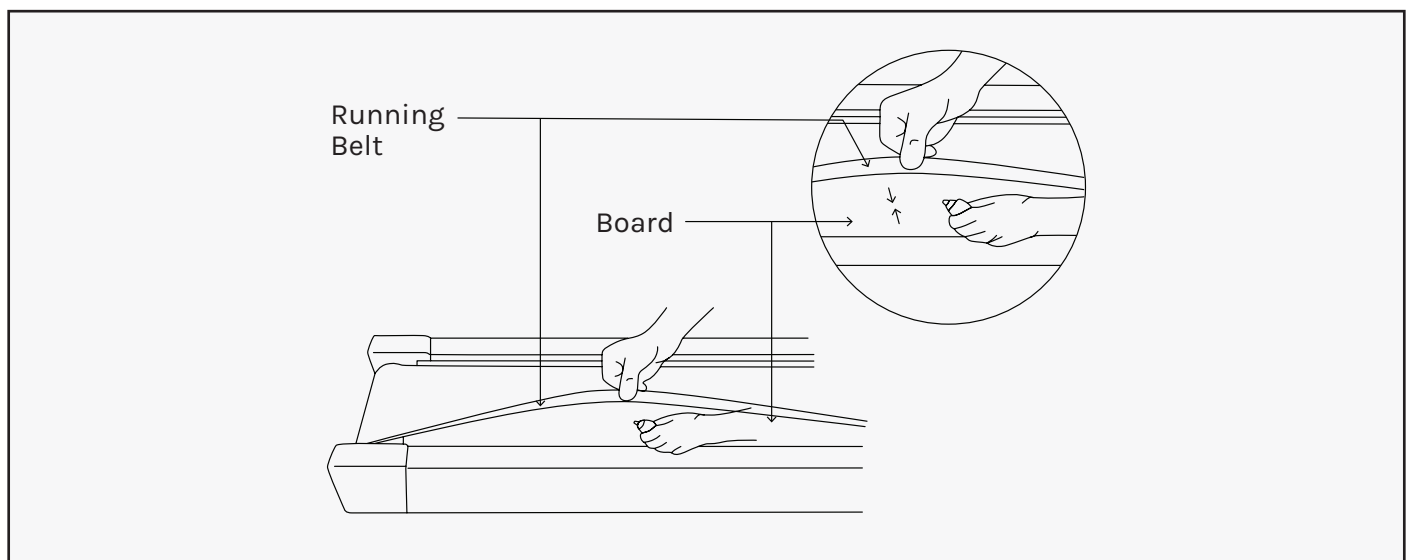
The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation.

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

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

See below procedures for lubricating:

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.

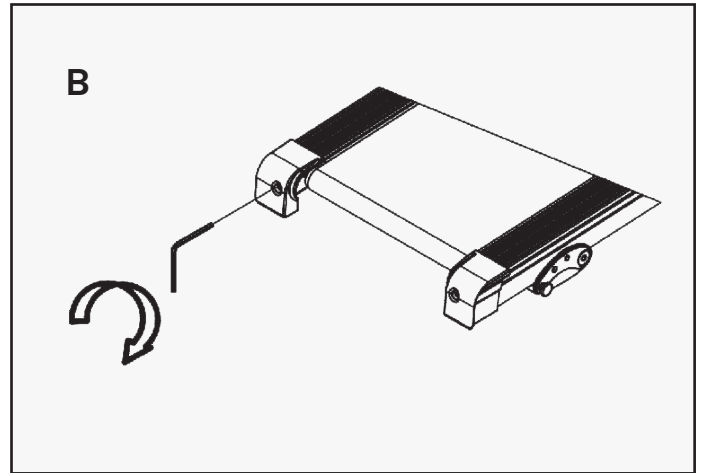
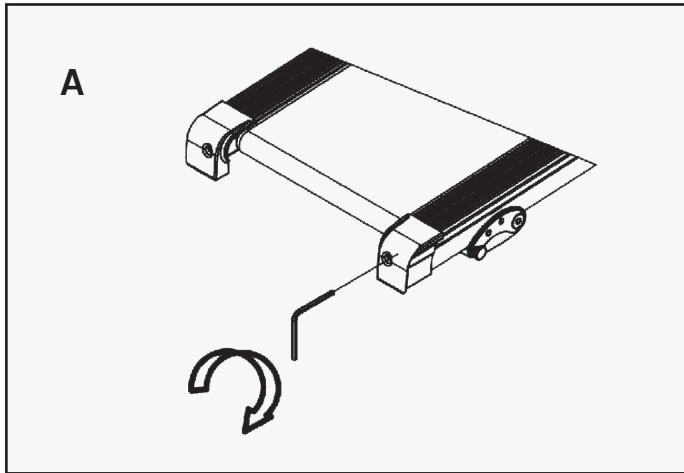
! We recommend that you use a silicone based spray to lubricate your treadmill.
This can be purchased directly from us or any hardware store.

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.

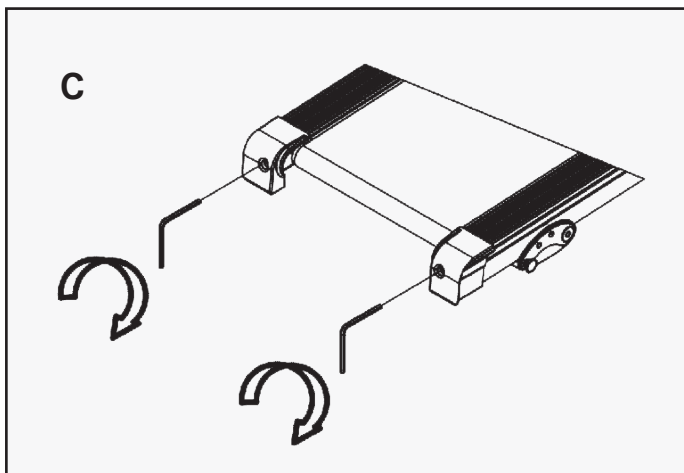
See Picture A

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 and until the belt centers.



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

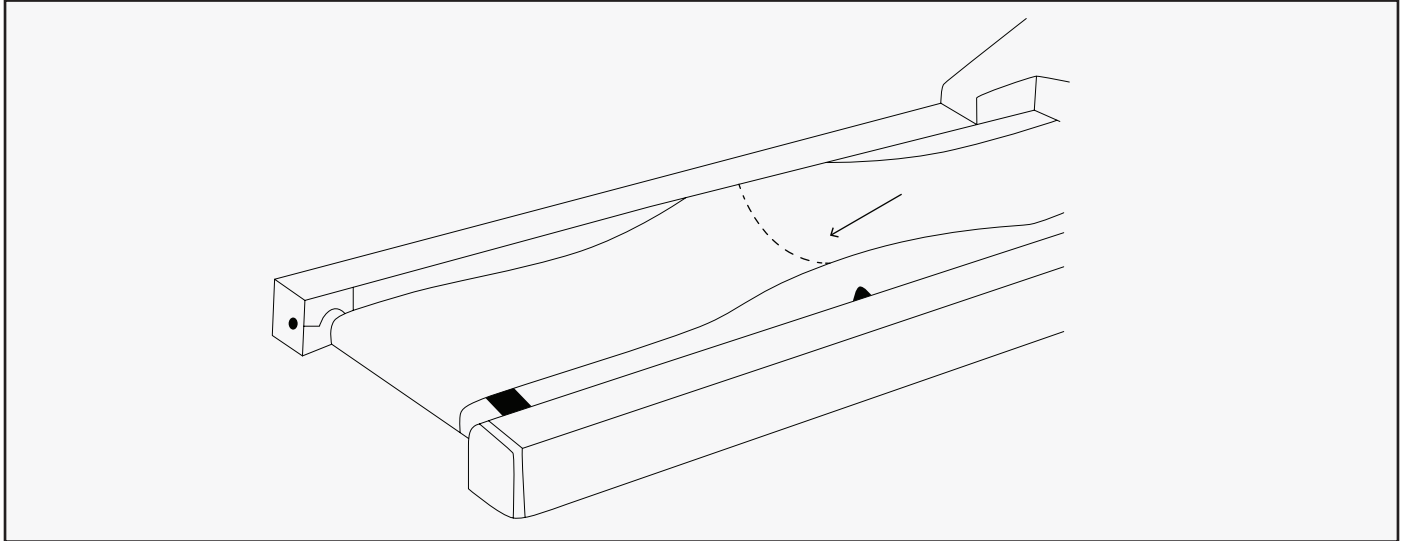
See Picture C

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

! NOTE:

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

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



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

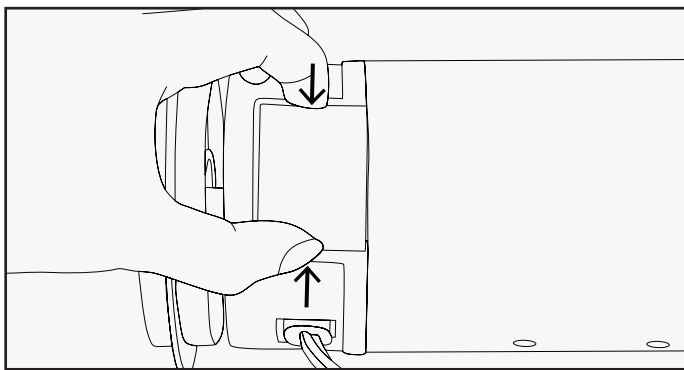
Lifespan Fitness YouTube Channel: <http://www.youtube.com/user/treadmillsvideos>

IX. REPLACING MOTOR BRUSHES

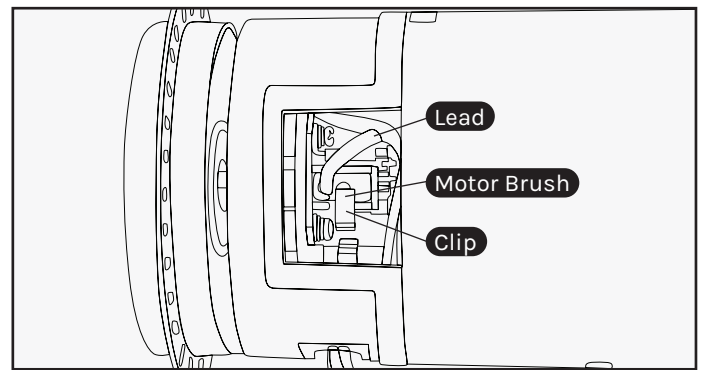
After extended use, the motor brushes in your treadmill motor will wear down, and this can lead to motor failure. It is important that you maintain your motor by replacing the brushes on either side of the motor when they are worn down. We recommend that you check your motor every 1000 hours of usage.

IMPORTANT:

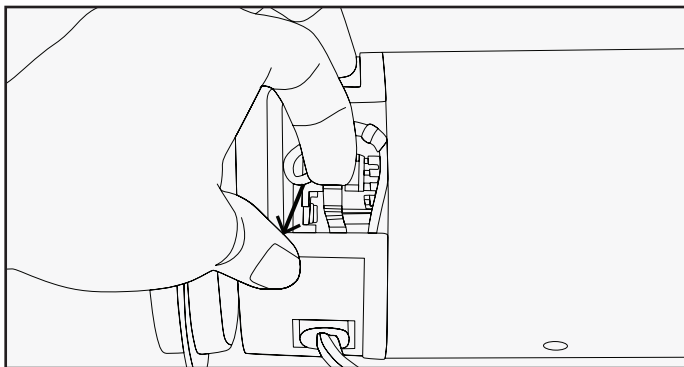
Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



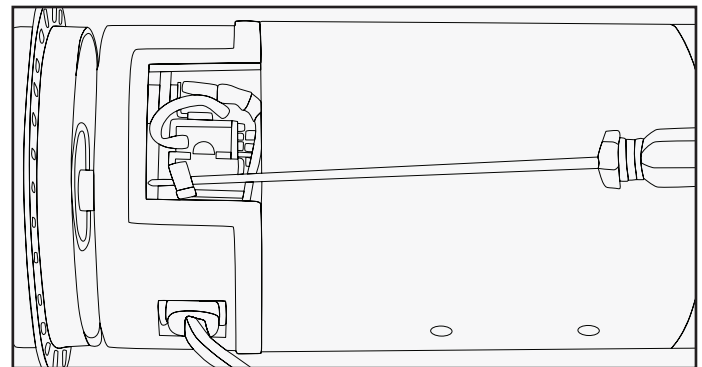
1. Remove the cover from the motor by squeezing it from the sides.



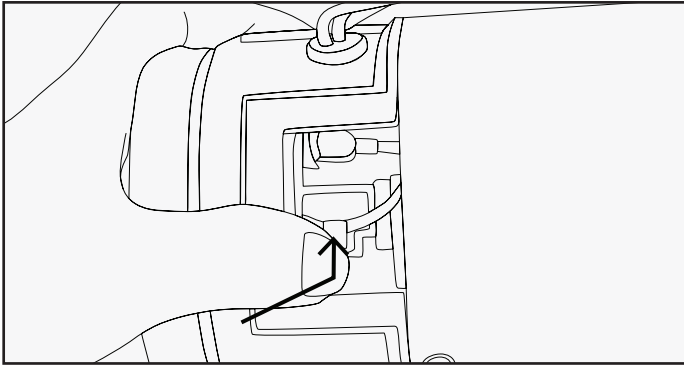
2. You will find the motor brush held in with a clip, with the lead plugged in.



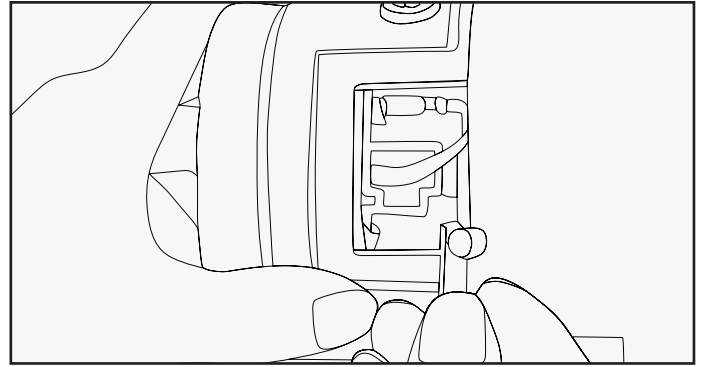
3. Pull the clip out from its position.



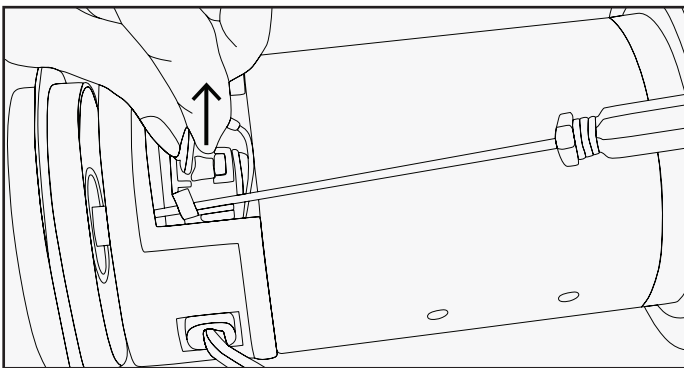
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



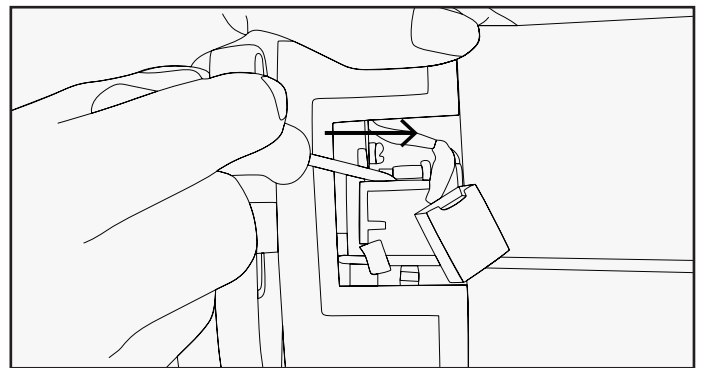
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



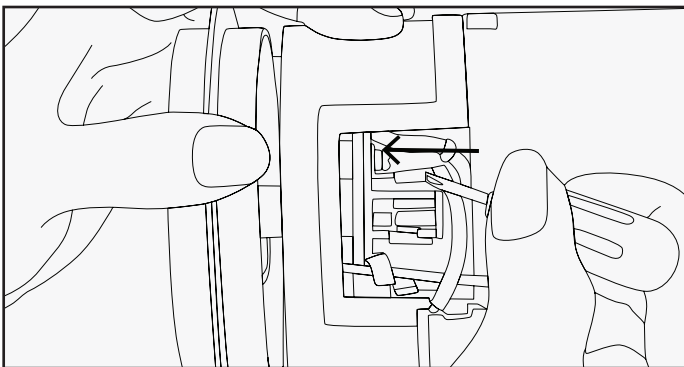
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



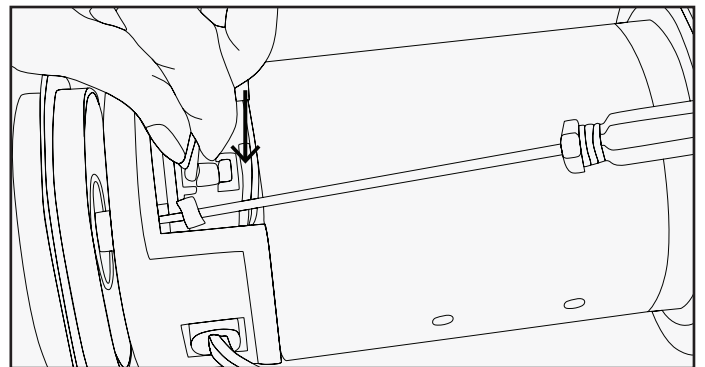
5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.



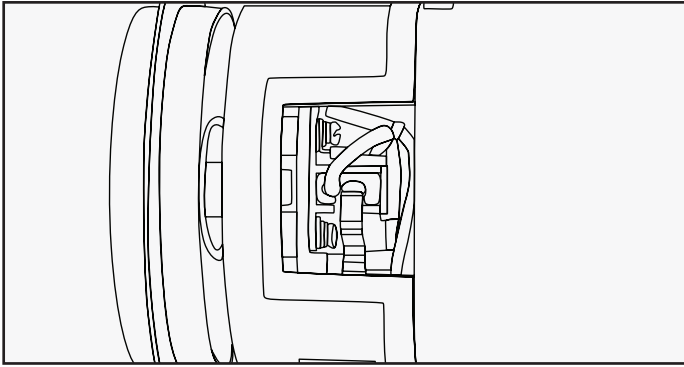
6. Slide the motor brush lead off the terminal using another small screwdriver or needle-nosed pliers.



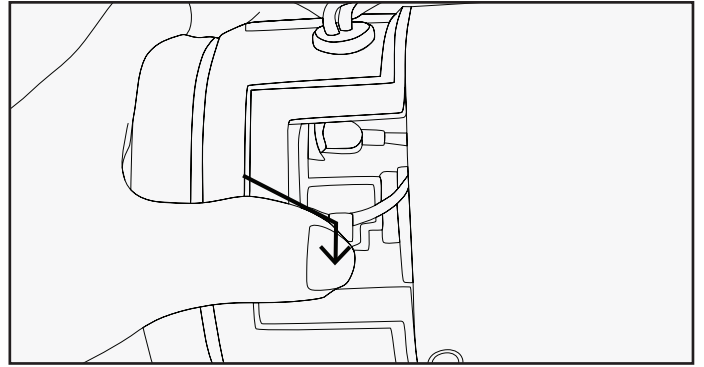
7. Plug the new motor brush lead into the terminal.



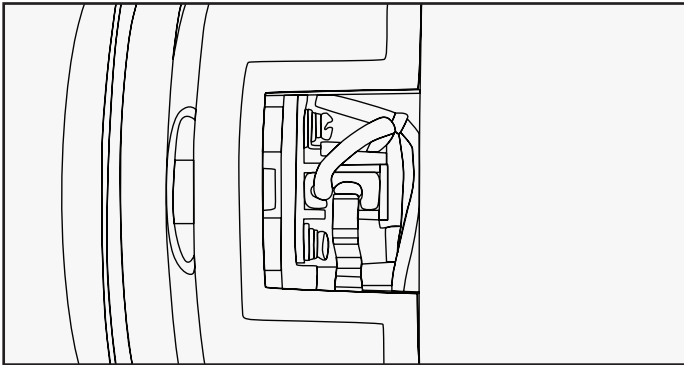
8. Slide the new motor brush into the slot.



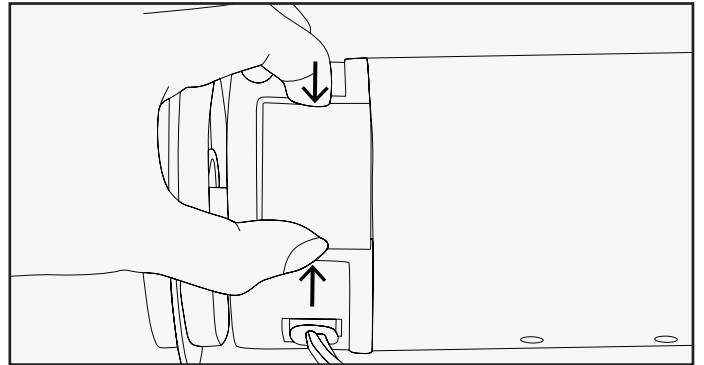
9a. Release the clip back into its position.



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.



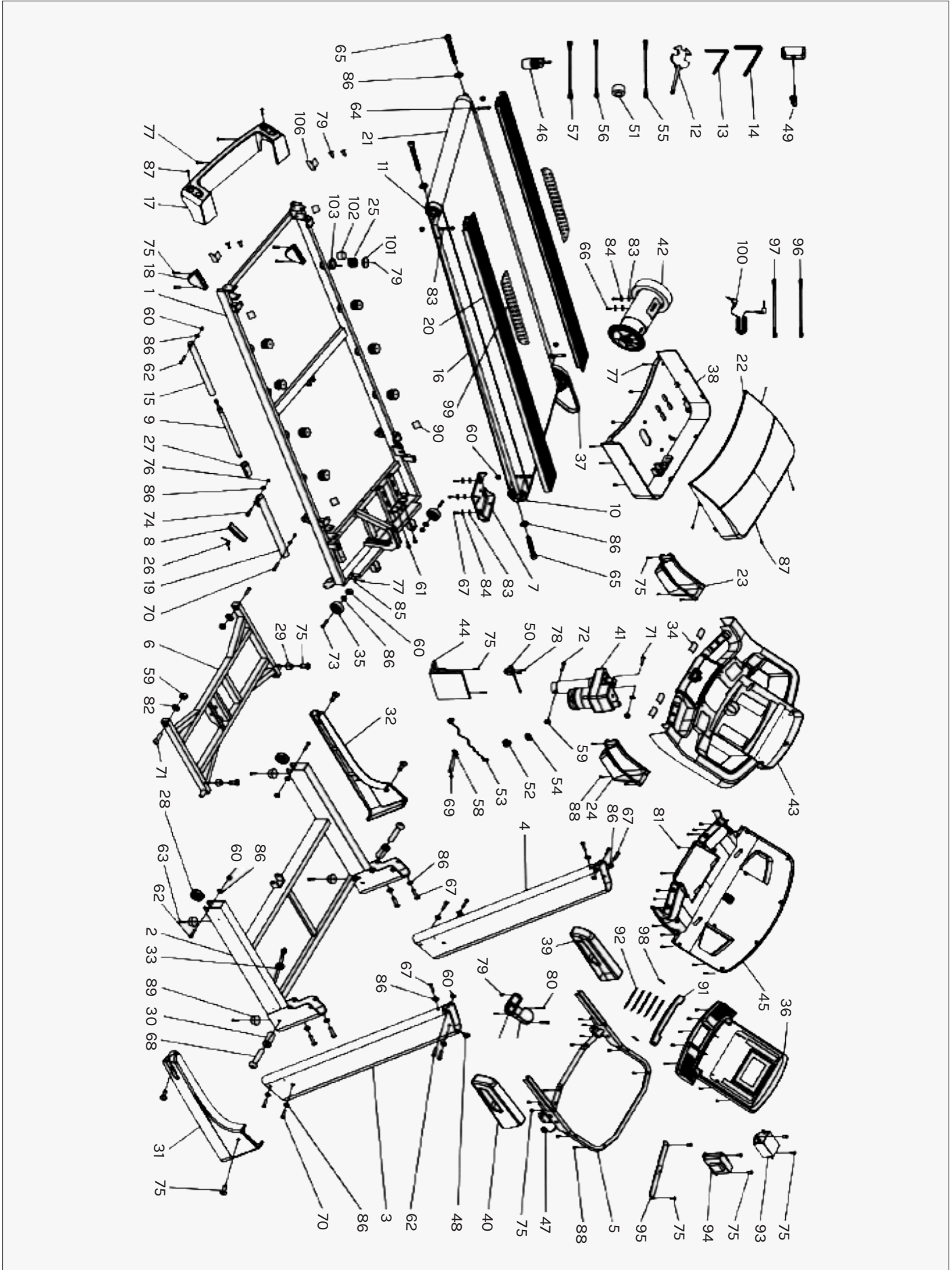
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



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.

X. EXPLODED DIAGRAM



XI. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame		1	34	Hand Pulse		2
2	Base Frame		1	35	Transport Wheel		2
3	Left Upright		1	36	Face Panel		1
4	Right Upright		1	37	Drive Belt		1
5	Computer Bracket		1	38	Motor Bottom Cover		2
6	Incline Bracket		1	39	Left Handle Bar		1
7	Motor Bracket		1	40	Right Handle Bar		1
8	Rotating Pipe		2	41	Incline Motor		1
9	Cylinder		1	42	DC Motor		1
10	Front Roller		1	43	Computer Top Cover		1
11	Rear Roller		1	44	Control Board		1
12	Wrench w/ Screw Driver	S=13,14,15	1	45	Computer Bottom Cover	ST4.2*12	2
13	#5 Allen Wrench	5mm	1	46	Oil Bottle		1
14	#6 Allen Wrench	6mm	1	47	Computer Up Wire		1
15	Spring Cushion		8	48	Computer Bottom Wire		1
16	Running Board		1	49	Safety Key		1
17	Left Back Cover		1	50	Light Sensor		1
18	Right Back Cover		1	51	Magnet Ring		1
19	EVA Pad	30*47*2	4	52	Power Switch		1
20	Side Rail		2	53	Power Line		1
21	Running Belt		1	54	Overload Protection		1
22	Motor Cover		1	55	AC Single Wire		1
23	Left Upright Cover		1	56	Blue Single Wire		1
24	Right Upright Cover		1	57	Brown Single Wire		1
25	Pull-out Piece Spring		8	58	Power Cord Jack		1
26	Torsion Spring		1	59	Lock Nut	M10	4
27	Hollow Casing Pipe		1	60	Lock Nut	M8	12
28	Adjustable Wheel		2	61	Bolt	M8*25	2
29	Taper Cushion		2	62	Bolt	M8*48	5
30	Rotating Pipe		2	63	Bolt	M6*16	4
31	Right Base Cover		1	64	Bolt	M8*32	4
32	Left Base Cover		1	65	Bolt	M8*55	3
33	Ring Wire Plug		2	66	Bolt	M8*12	2

No.	Description	Specs	Qty
67	Bolt	M8*20	10
68	Bolt	M10*65	2
69	Bolt	M4*50	2
70	Bolt	M8*55	5
71	Bolt	M10*42	3
72	Bolt	M10*60	1
73	Bolt	M8*40	2
74	Bolt	M6*40	1
75	Bolt	ST4.2*19	22
76	Lock Nut	M6	1
77	Bolt	ST4.2*12	10
78	Bolt	ST2.9*6.5	2
79	Bolt	ST4.2*12	20
80	Bolt	ST4.2*55	2
81	Bolt	ST4.2*13	25
82	Lock Washer	10	4
83	Flat Washer	8	10
84	Spring Washer	8	6
85	Lock Washer	5	3

No.	Description	Specs	Qty
86	Lock Washer	8	21
87	Bolt	ST4.2*19	6
88	Bolt	ST4.2*20	6
89	Foot Pad		4
90	EVA		4
91	iPad Rack		1
92	Fan Blade		5
93	Filter		1
94	Inductor		1
95	CE Fix Board		1
96	Wind Scooper		1
97	Earth Wire		1
98	Connecting Rod		2
99	Non-Slip Pad		2
100	MP3 Wire	Optional	1
101	Spring Top Cover		8
102	Spring Cushion		8
103	Spring Bottom Cover		8
104	Fan		1

XII. TROUBLESHOOTING

ERROR/CODE	DESCRIPTION	POSSIBLE SOLUTIONS
	Computer not functioning after connecting power	<ol style="list-style-type: none"> 1. Please check if the overload protect jump, if it has, please press it, let it continue operation. 2. Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. 3. Ensure the wire from the computer to the control board is connected properly. Remove the upright tube and check the connection between each wire. Ensure each wire is completely plugged in; if wires are damaged please change the wire. 4. Check the state of the transformer is good, if broken, change it.
E1	Message Failure	<ol style="list-style-type: none"> 1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it. 2. Check the state of the transformer is good, if broken, change it.
E2	No sensor signal	<ol style="list-style-type: none"> 1. The speed sensor signal was not detected within 5-8 seconds. Check the sensor plug connection. 2. See if the magnetic speed sensor is broken or damaged, reconnect the plug well or change the sensor.
E3	Overload Protection	<ol style="list-style-type: none"> 1. Upon overload, the system will restart to prevent damage. If the treadmill gets stuck and the motor cannot move it will lead to an overload. Please locate the cause of this. A possible reason is a lack of lubricant in a particular component. Then restart the machine. 2. Check if the motor sounds like its being over worked or for a burning smell. If so, change motor. 3. Check control board. If control board is emitting a burning smell, change it.
E4	Incline Sensor Error	<ol style="list-style-type: none"> 1. Check connection of incline motor wires 2. Check to see if AC wire of incline motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. 3. Check connection line of incline motor to see if it is destroyed, exchange it or incline motor. Press "learning" button of bottom control board to relearn upon completion of checks.

E6	Burst Clash	<ol style="list-style-type: none"> 1. Ensure power is correct, if not, use correct power to test. 2. Check if the bottom control boards is burnt out, if burnt out replace it and then reconnect the motor wire.
E07	Control Board Error	<ol style="list-style-type: none"> 1. Check and replace controller.
E08	Control Board Error	<ol style="list-style-type: none"> 1. Check and replace controller.
	Motor not functioning after pressing START button	<ol style="list-style-type: none"> 1. The motor wire is damaged. 2. The safety pipe is broken or has fallen off; 3. Motor wire is not properly connected. 4. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

XIII. 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





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