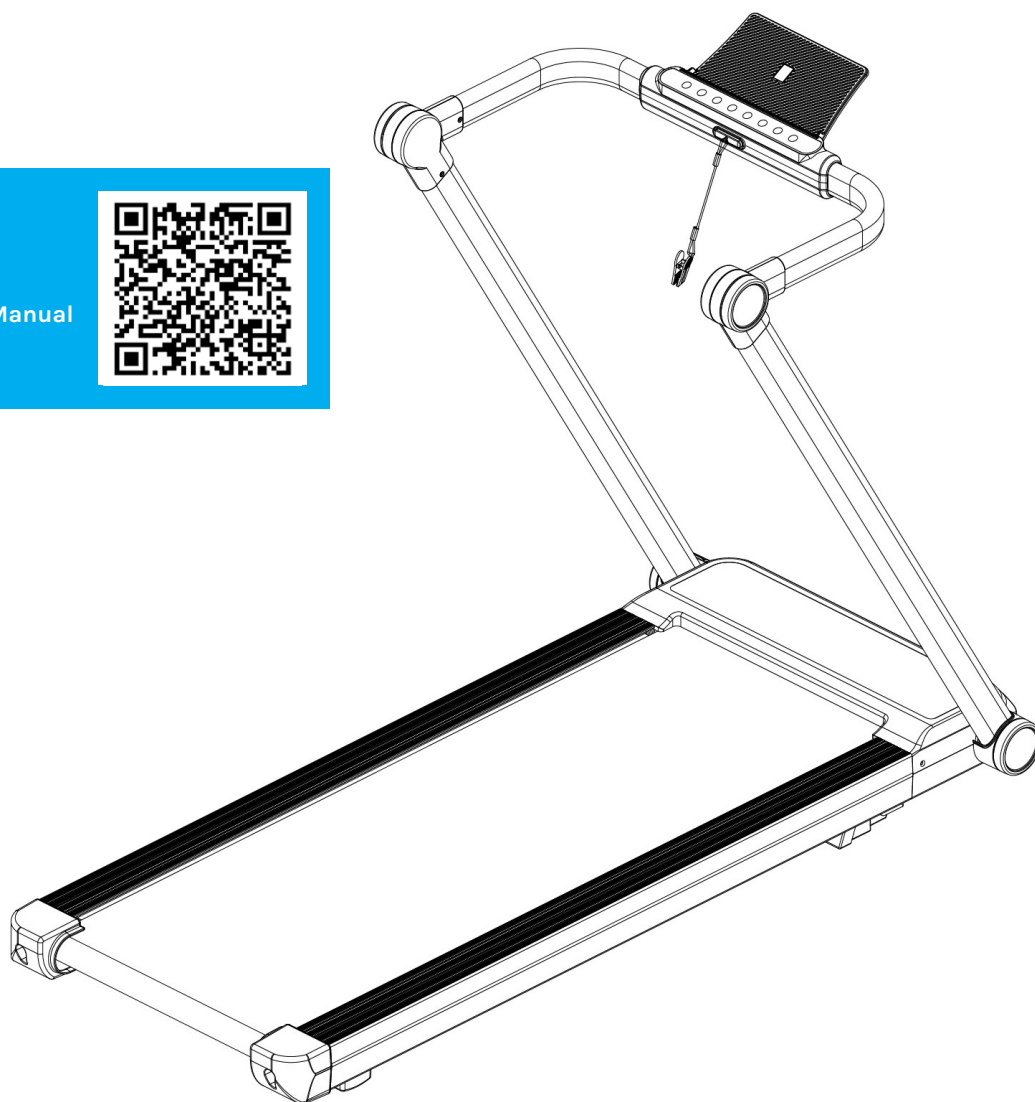




Z-Pad WalkingPad Fold Down Treadmill

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



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I. GENERAL SAFETY INFORMATION



DANGER

To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



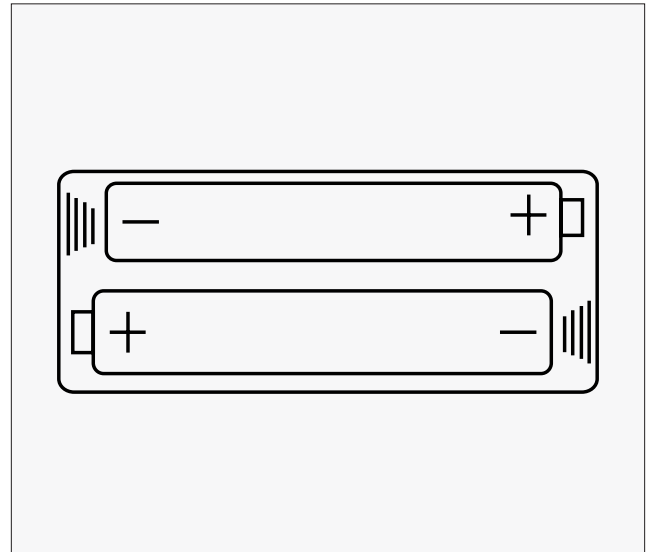
WARNING

Read all instructions before using this product. Use the treadmill only for its intended purpose and keep this manual for future reference.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- The treadmill is intended for in-home use only and is not suitable for commercial environments. Do not store or use outdoors
- Place the treadmill on a clean, solid and level indoor surface. Keep it away from water, moisture, heat sources and thick carpet that may restrict ventilation.
- Keep children and pets away from the treadmill. Do not allow more than one person to use the treadmill at a time.
- Before each use, check that the treadmill is stable, the running belt is correctly aligned and all adjustment knobs and fasteners are secure.
- Attach the safety key clip securely to your clothing before starting. If an emergency occurs, remove the safety key to stop the treadmill.
- Stand on the side rails when starting the treadmill. Step onto the running belt only after it begins moving at a low speed.
- Wear suitable exercise clothing and running shoes. Do not wear loose clothing that may become caught in moving parts.
- Do not insert objects into openings or place hands near moving parts. Keep the area around and behind the treadmill clear while in use.
- Do not modify the treadmill, power cord or plug. If the power cord is damaged, stop using the product and contact an authorised service provider.
- Turn the treadmill off and disconnect the power when it is not in use, before folding or changing configuration, and before cleaning or maintenance.

BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



II. IMPORTANT ELECTRICAL INFORMATION

WARNING!

- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is a high-power item; please do not share the same outlet with other high-power machines such as fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

GROUNDING METHODS:

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

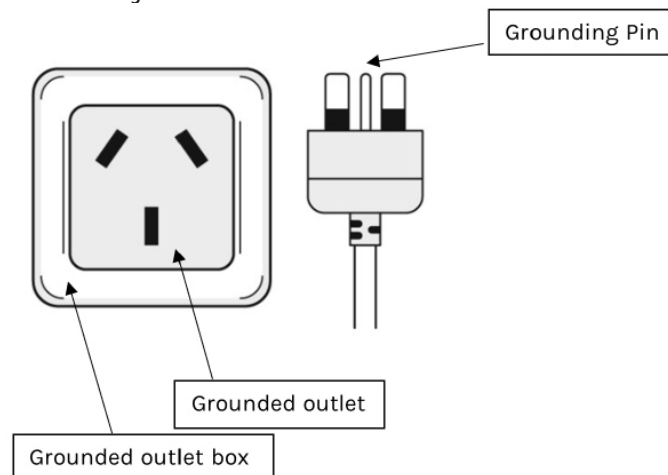
This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

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.

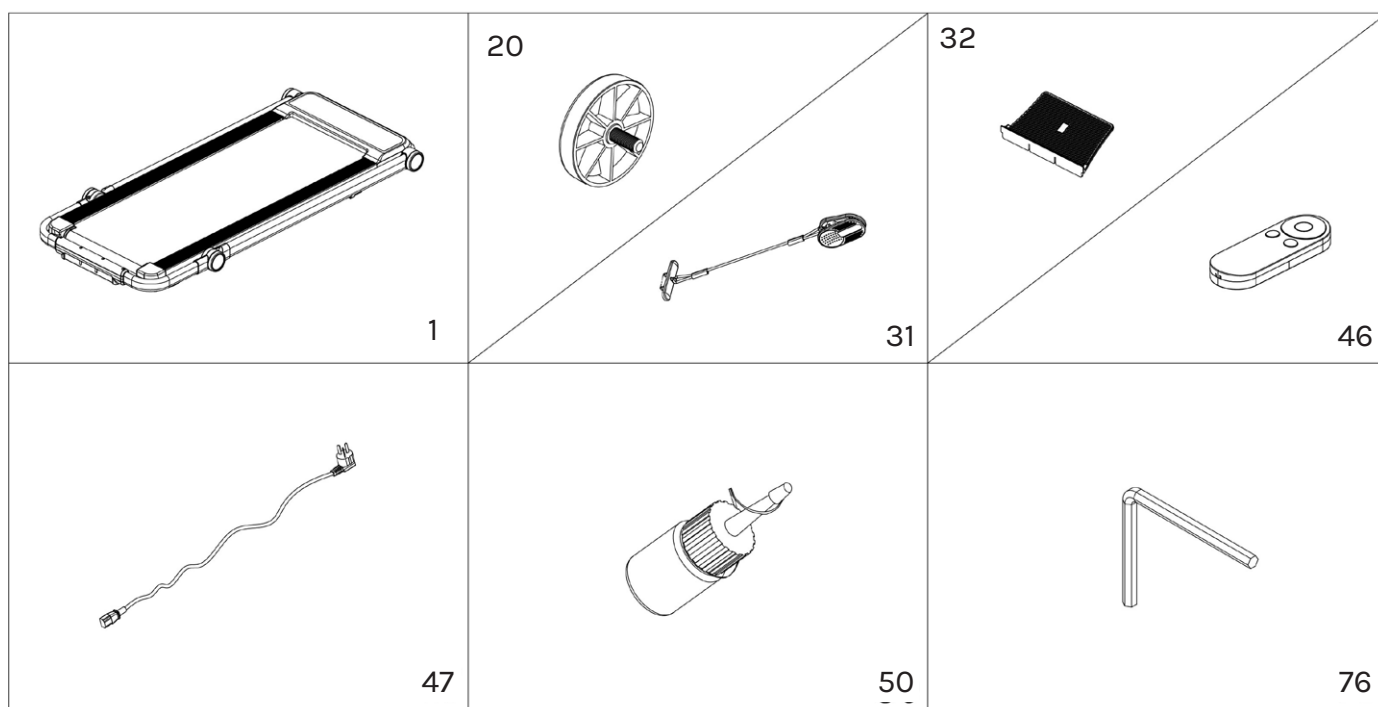


III. BEFORE USE

- Complete all assembly and adjustment steps before connecting the treadmill to power.
- Confirm the left and right columns and handrail assembly are fully raised and locked before using Running Mode.
- Ensure the safety key is fitted before starting the treadmill in Running Mode.
- Check that the running belt is centred and moves freely before exercise.
- Familiarise yourself with START/STOP, SPEED +, SPEED -, PROGRAM and MODE controls before stepping onto the running belt.

IV. ASSEMBLY INSTRUCTIONS

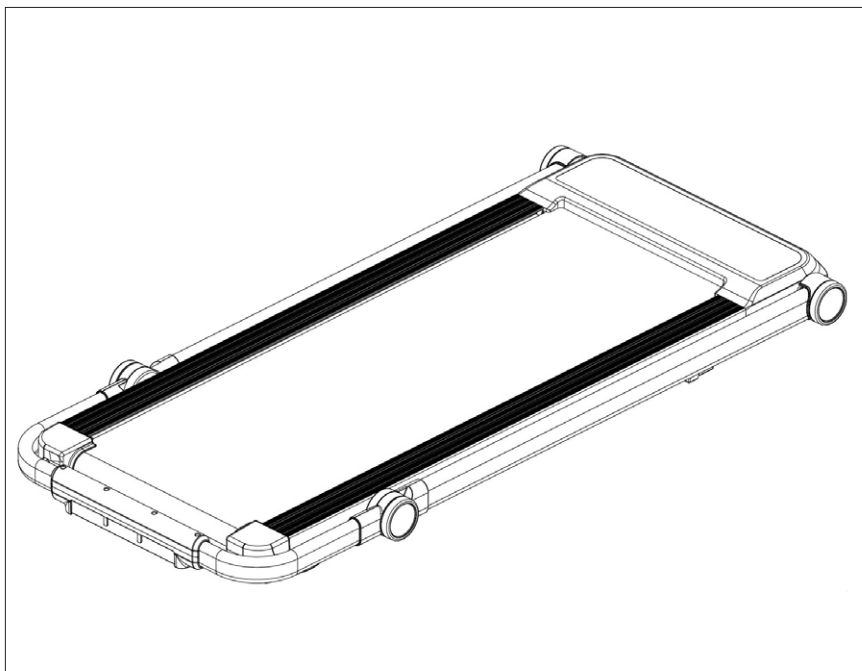
The image below shows a scattered diagram of the components installed on the entire machine. Open the packaging box, and you can take out the following components.



PARTS LIST

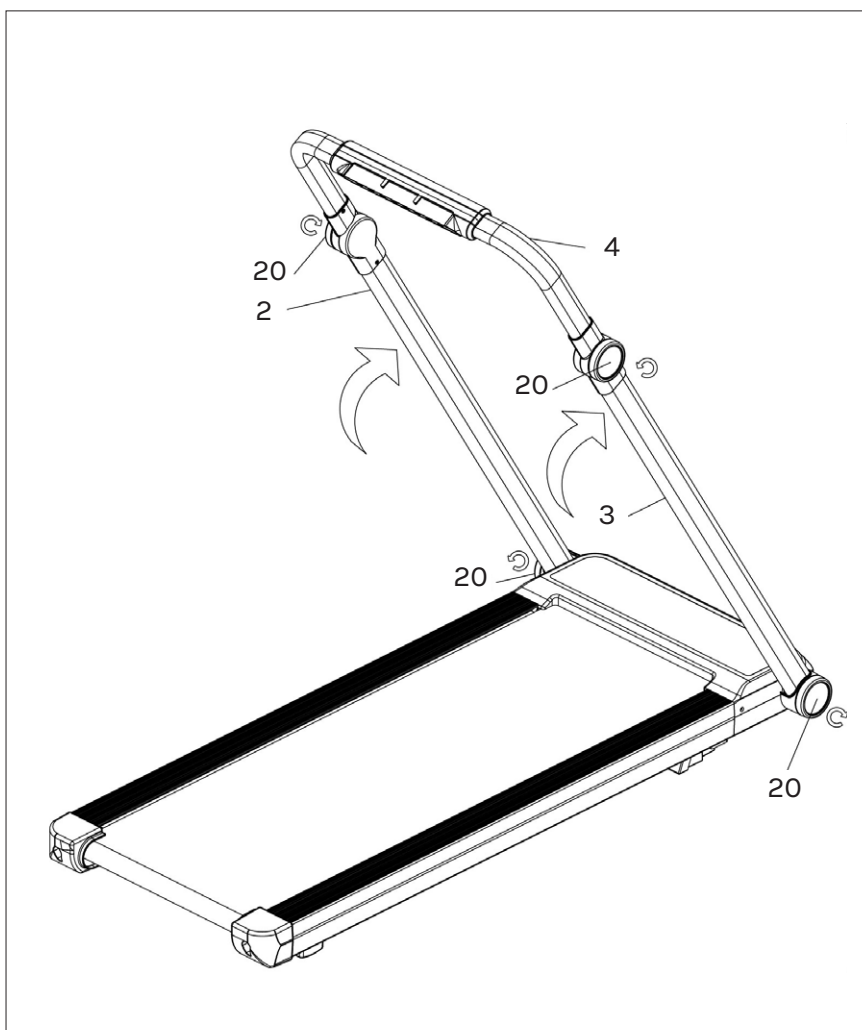
No.	Description	Spec	Qty	No.	Description	Spec	Qty
1	Main Frame Group		1	46	Remote Control		1
20	Knob Cover		4	47	Power Cord		1
31	Safety Lock		1	50	Oil Bottle		1
32	iPad Bracket		1	76	6# Allen Wrench	6mm	1

Note: Do not plug in power until installation is complete.



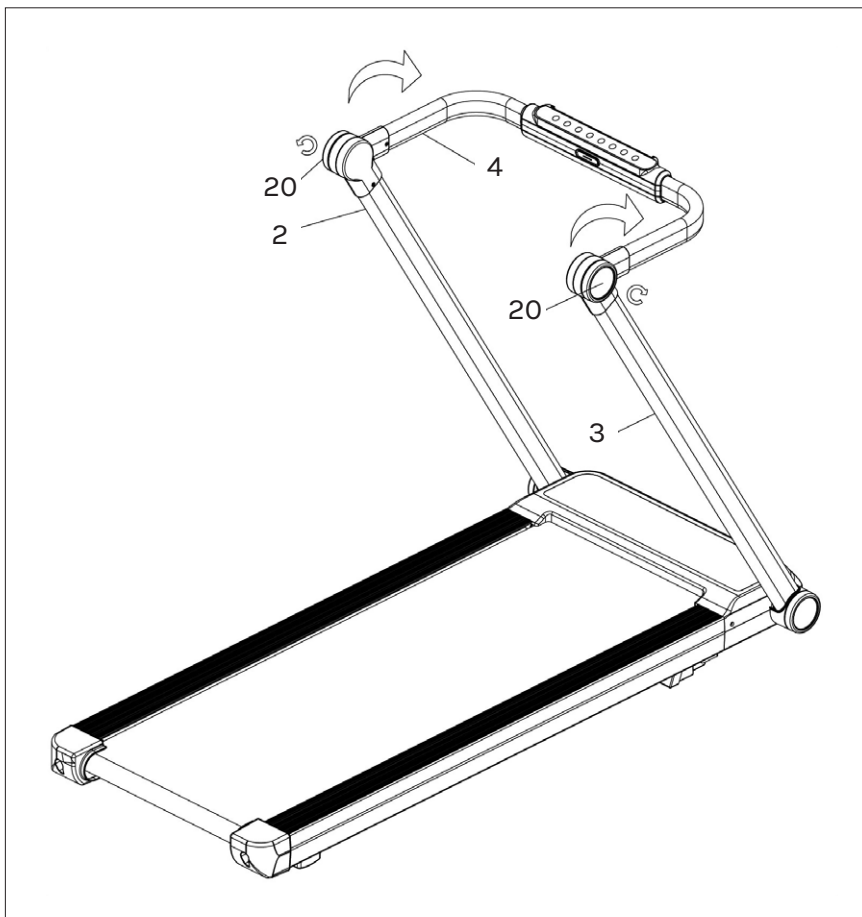
STEP 1

Open the packaging box, remove the above materials from the box, and lay the main frame flat on the ground.



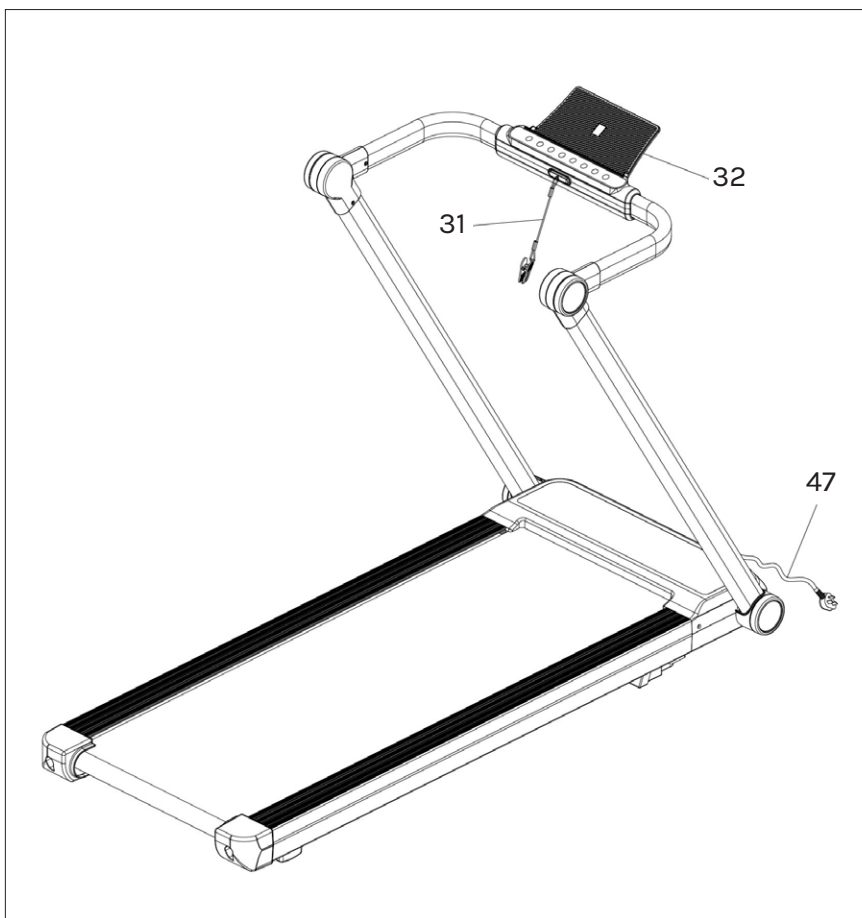
STEP 2

1. Unscrew the knob cover (20) at the bottom of the left and right columns 3-5 times counterclockwise, then fold the columns upwards in the direction shown on the image.
2. Then tighten the knob cover (20) at the bottom of the left and right columns clockwise 3-5 times to fix the columns.
3. Finally, loosen the knob cover (20) at the connection between the handrail assembly (4) and the left and right.



STEP 3

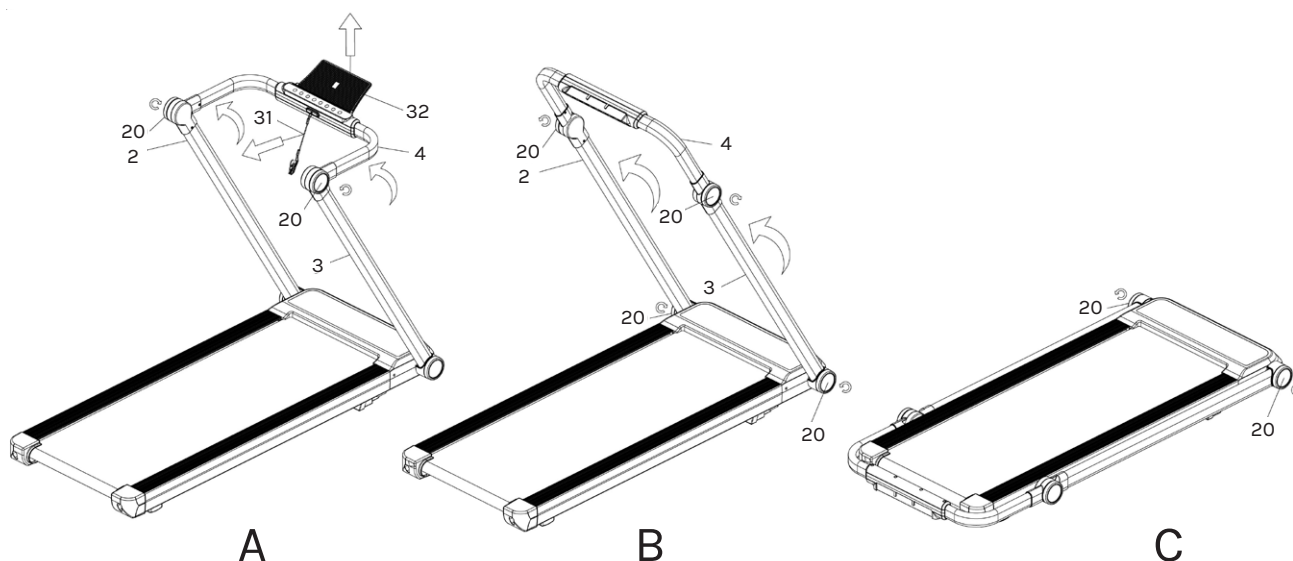
1. Rotate the handrail assembly forward as shown in the image until it is parallel to the running table. (Note that when rotating normally to a fixed position, please do not forcibly rotate the handrail assembly after laying it flat in the fixed position).
2. Finally, the knob cover (20) at the connection between the handrail assembly (4) and the left and right columns (2, 3) is tightened clockwise for 3-5 turns.



STEP 4

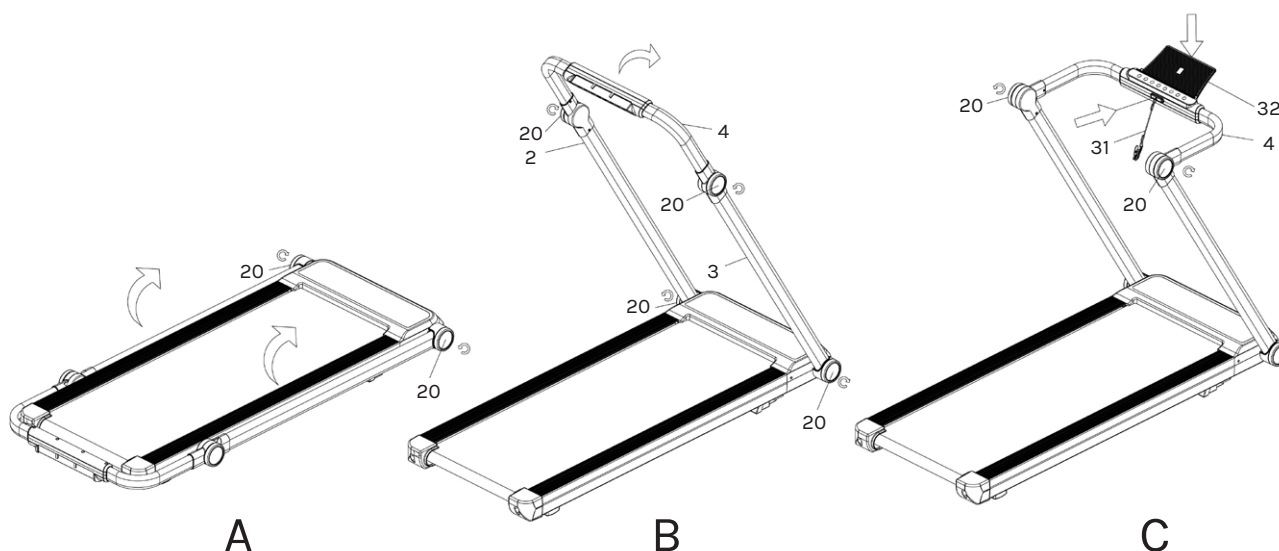
1. Place the safety lock (31) on the electronic watch and then insert the iPad holder (32) into the electronic watch.
2. Plug the power cord (47) into the wall power point.

A. How to use Walking and Running Mode



Walking Mode

1. Stop the treadmill and switch off the power before changing modes.
2. Remove the safety key and iPad holder.
3. Loosen the handrail adjustment knobs, rotate the handrail assembly upward until it is parallel with the columns, then retighten the knobs.
4. Support each column while loosening the lower column knobs. Lower the columns slowly until they are level with the running deck, then retighten the knobs.

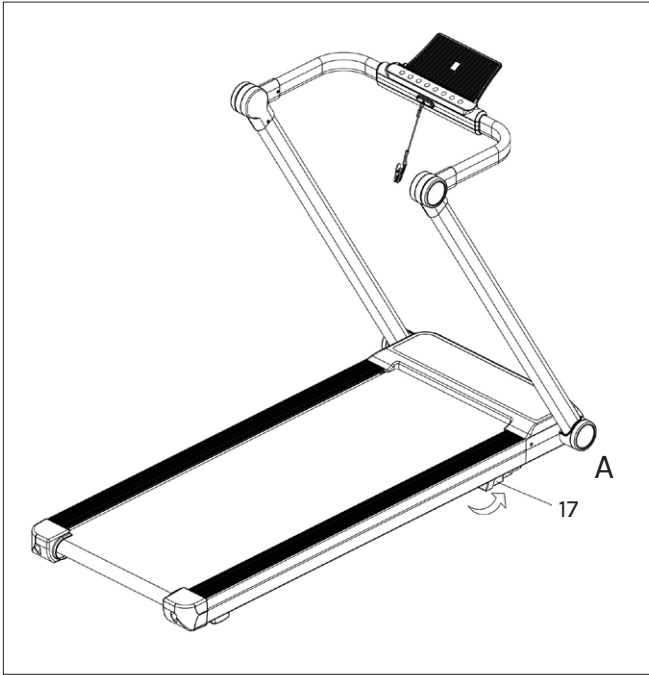


Running Mode

5. Stop the treadmill and switch off the power before changing modes.
6. Loosen the lower column knobs. Support the columns and raise them slowly to the upright position.
7. Tighten both lower column knobs securely.
8. Loosen the handrail adjustment knobs, rotate the handrail assembly forward until it is parallel with the running deck, then retighten the knobs.
9. Fit the safety key and iPad holder before use.

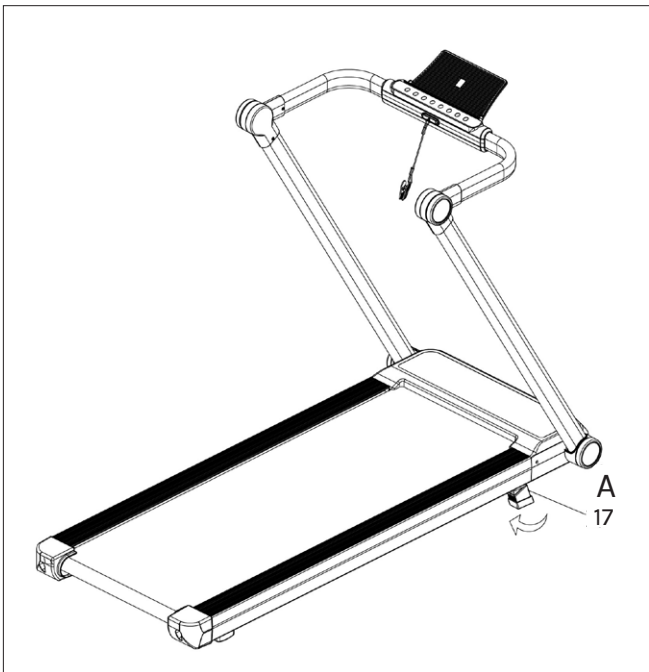
B. Incline Adjustment

1. Increasing Incline



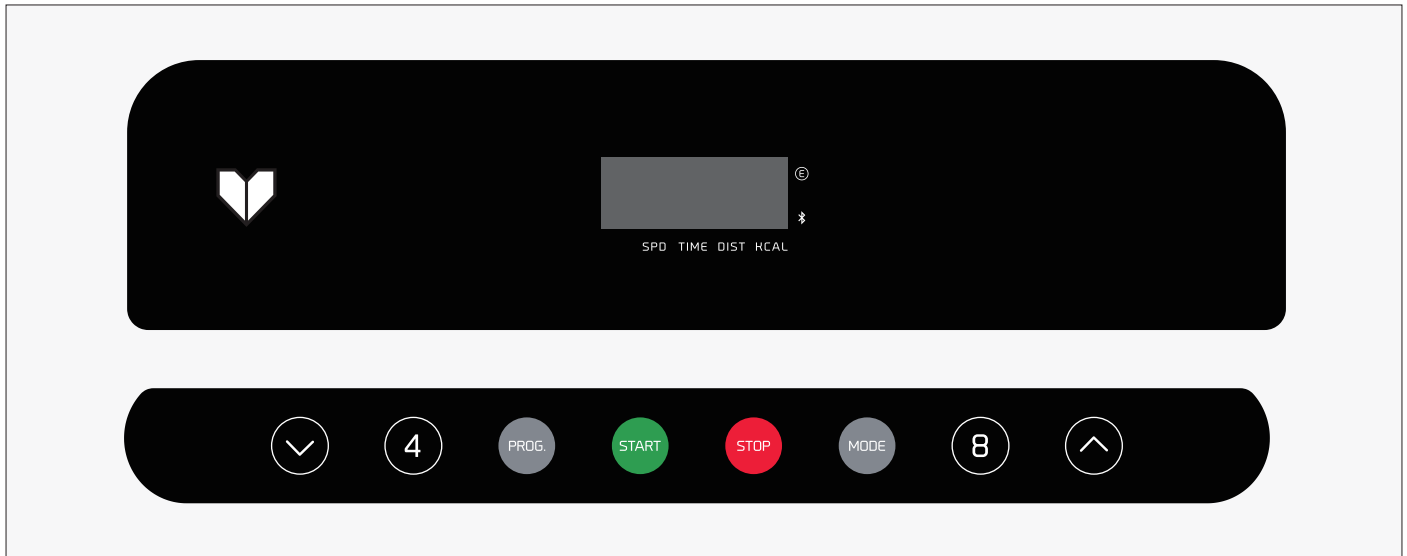
1. This machine has two manual slope adjustment functions: low and high levels.
2. When switching from low gear to high gear, the machine must be in a stationary state and the power of the machine must be turned off.
3. Grasp the machine position A with your right hand and lift the machine up to about 200mm or higher off the ground. Rotate the second-level adjustable footrest counterclockwise with your left hand. Note: Ensure that the second-level adjustable footrest (17) is rotated in place, as shown in the slope level diagram below.
4. The second-level adjustable footpad (17) on the other side is then treated in the same way.
5. Finally, gently lower the machine until it reaches the ground before using it.

2. Lowering Incline



1. When descending from the high position to the low position, the machine must be in a stationary state, and the machine power must be turned off.
2. Grasp the machine position A with your right hand and lift the machine up to about 200mm or higher off the ground. Rotate the second-level adjustable footrest clockwise with your left hand. Note: Ensure that the second-level adjustable footrest (17) is rotated in place, as shown in the horizontal gear position diagram above.
3. The second-level adjustable footpad (17) on the other side is then treated in the same way.
4. Finally, gently lower the machine until it reaches the ground before using it.

IV. OPERATION INSTRUCTIONS



Display

- DIST: Displays distance travelled.
- KCAL: Displays estimated calories burned.
- TIME: Displays elapsed or countdown workout time.
- SPD: Displays the current speed.

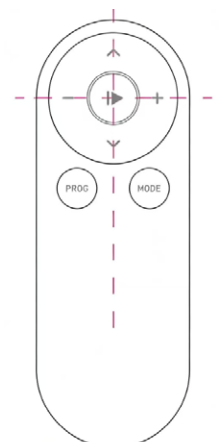
Console Buttons

- PROGRAM: In standby mode, press to cycle through the available preset programs. Use SPEED + / SPEED - to adjust the program time where applicable.
- MODE: In standby mode, press to select the available countdown modes. Use SPEED + / SPEED - to adjust the selected value.
- START: Press to begin operation. A countdown is shown before the running belt starts.
- STOP: Press while running to pause/stop the treadmill. Follow the display prompts to return to standby mode.
- SPEED + / SPEED -: Adjust speed while running and adjust values while setting a program or countdown.
- Speed shortcut keys: Press the applicable shortcut key to select the marked speed while the treadmill is running.

Remote Control

- START: Press to start or pause. From pause, press again to restart at the applicable start speed. Press and hold for approximately 3 seconds in pause mode to stop and return to standby.
- PROG: In standby mode, press to cycle through the available manual, vibration and preset program modes shown on the display.
- MODE: In standby mode, press to cycle through the available manual countdown modes.
- SPEED + / SPEED -: Adjust speed or the selected setting. Press and hold to change the value continuously.

Always start at a low speed and increase gradually. Stop exercise immediately if you feel unwell.



Startup Instructions:

Press the start button, the time window will display: 3-2-1, and the buzzer will sound every time the time is reduced. The treadmill will only start when the time is reduced to 1. The treadmill starts at a speed of 0.8 km/h.

Display range of each value:

	Default	Default Set Value	Setting Range	Display Range
Time (minutes: seconds)	0:00	15:00	5:00-99:00	0:00-99:59
Speed (km/h)	0.0	N/A	0.8-12-6	0.8-12-6
Distance (km)	0.00	1.0	0.5-99.9	0.0-99.9
Calories (kcal)	0.0	50	10-999	0-999

Shaking Mode:

Users should first stand sideways on the treadmill belt (not facing the handlebars).

In standby mode, press the program button to enter shake mode.

The default time is 5 minutes, and the adjustable time range is 2-10 minutes. In operation, press the speed up/down buttons to adjust the shake level 1-3.

Shutdown:

The treadmill can be turned off at any time by turning off the power switch, which will not damage the treadmill.

Meaning of Error Message Codes:

Error Code	Description	Possible Cause / Solution
E01	Software Overcurrent	Usually caused by excessive load. Reduce the load and restart the treadmill.
E02	Hardware Overcurrent	Usually caused by excessive load. Reduce the load and restart the treadmill.
E03	IPM Module Overheating	Usually caused by excessive load. Turn the treadmill off and allow it to cool for approximately 30 minutes before restarting.
E04	Undervoltage Protection	The input voltage may be too low, or the lower controller may be faulty. Check that the power supply voltage is correct. If the voltage is normal, replace the lower controller.
E05	Overvoltage Protection	The input voltage may be too high, or the lower controller may be faulty. Check that the power supply voltage is correct. If the voltage is normal, replace the lower controller.
E06	Motor Out-of-Phase Protection	Check that the motor wiring and motor phase wires are correctly and securely connected. If the connections are normal, replace the lower controller or motor.

E07	Motor Blockage Protection	Usually caused by excessive load or a jammed motor or roller. Check that all transmission and moving parts operate freely. Reduce the load if required, then restart the treadmill.
E08	Motor Will Not Start	The motor or roller may be jammed. Check that all transmission and moving parts operate freely. If the issue remains, replace the lower controller or motor.
E09	Motor Overcurrent Protection	Excessive load or a jammed component may cause excessive motor current and activate protection. Reduce the load and check that all moving parts operate freely. Check the motor and controller for unusual noise, overheating or a burning smell. Confirm that the power supply voltage matches the treadmill specifications. Replace the motor or controller if faulty.
E10	Overload Protection	Check that the running belt is adequately lubricated and is not creating excessive resistance. If the fault remains within the rated load, replace the motor or lower controller as required.
E12	Upper and Lower Control Communication Fault	Communication between the display console and lower controller has been interrupted. Check all communication cable connections and ensure each connector is fully inserted. Inspect the cable between the display console and controller for damage and replace it if necessary.

Note: If an error remains after completing the recommended checks, stop using the treadmill and contact an authorised service technician.

Programs Chart

Program/ Segment		The set time / 20 time periods = the running time of the upper and lower time periods.																			
		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
P02	SPEED		4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	6	6	6	4	6	6	4	4	4	2	4	5	3	2
P04	SPEED		3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P05	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P06	SPEED		4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

Note:

1.How to check the version: While the treadmill is in standby mode, press and hold the SPEED button on the remote control to check the version number or press and hold the keyboard to increase or decrease speed.

V. TREADMILL MAINTENANCE

Warning: Be sure to unplug the electric treadmill before cleaning or maintaining the product.

Cleaning: A thorough cleaning will extend the life of the electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed areas on both sides of the treadmill to reduce the accumulation of impurities under the treadmill. Keep your sneakers clean and avoid bringing foreign objects under the treadmill and wearing out the treadmill and treadmill. The surface of the treadmill should be wiped with a damp cloth soaked in soap. Be careful not to splash water on the electrical components and under the treadmill.

Warning: Be sure to unplug the electric treadmill before moving the motor protective cover. Open the motor protective cover to vacuum and clean the motor at least once a year.

Lubrication

Lubricating oil has been applied in advance between the running plate and the running belt of this electric treadmill; however, they may dry out while in the box. Check if lubrication is required before each use. The friction between the belt and the board has a significant impact on the lifespan and performance of the treadmill, so it is necessary to apply lubricating oil regularly.

We recommend regular inspection of the board surfaces. If the panel is damaged, please contact our customer service center.

We recommend applying silicon spray or silicon oil (10ml each use) between the running belt and running board of the electric treadmill according to the following schedule: (Usage is shown in the figure below)

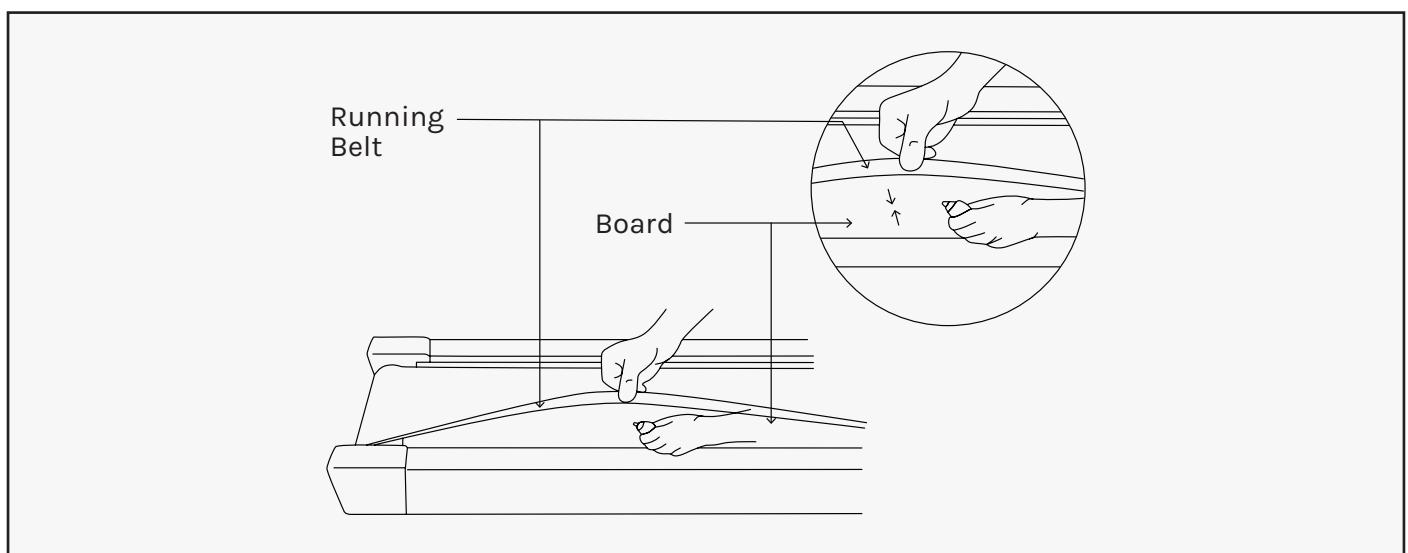
Lightweight users (using less than 3 hours per week) once a year;

Medium-sized users (3-5 hours of use per week) once every 6 months;

Heavy users (more than 5 hours per week) once every 3 months.

We recommend that you purchase lubricants from your local dealer or contact us directly.

Note: Any other repairs should be performed by a professional.



To better maintain your electric treadmill and extend its lifespan, we recommend that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it. If the running belt is too loose, it may slip while running; If it is too tight, it may reduce motor performance and exacerbate wear on the rollers and treadmills. When the running belt is tight enough, you can lift both sides of the running belt about 50-75mm off the treadmill by hand.

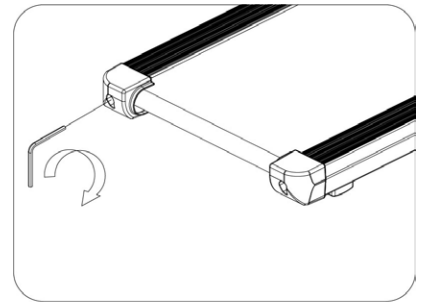
Running Belt Alignment:

Place the electric treadmill on a flat surface. Run the electric treadmill at a speed of approximately 2.5-3 mph and observe the deviation of the treadmill.

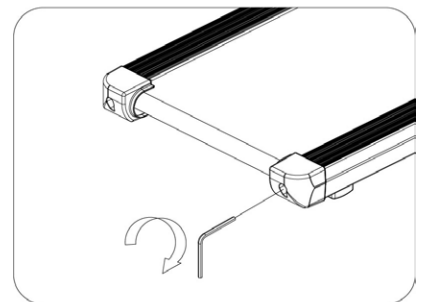
If the treadmill is tilted to the right, remove the safety lock and power switch, rotate the right adjustment bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the deviation of the treadmill. Repeat the above steps until the running belt is centered. Figure A

If the treadmill is tilted to the left, remove the safety lock and power switch, rotate the left adjustment bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the deviation of the treadmill. Repeat the above steps until the running belt is centered. Figure B

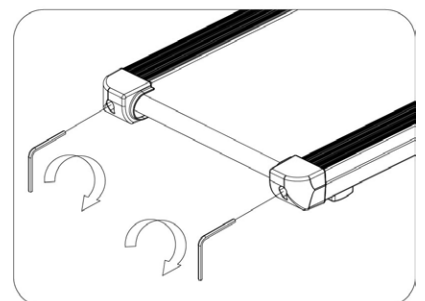
The treadmill will gradually loosen after the above adjustments or after a period of use and needs to be adjusted. Remove the safety lock and power switch, rotate the adjustment bolts on both sides clockwise by 1/4 turn, insert the power switch and safety lock to run the treadmill, and then stand on the treadmill to check the tightness. Repeat the above steps until the running belt is moderately loose. Figure C



A

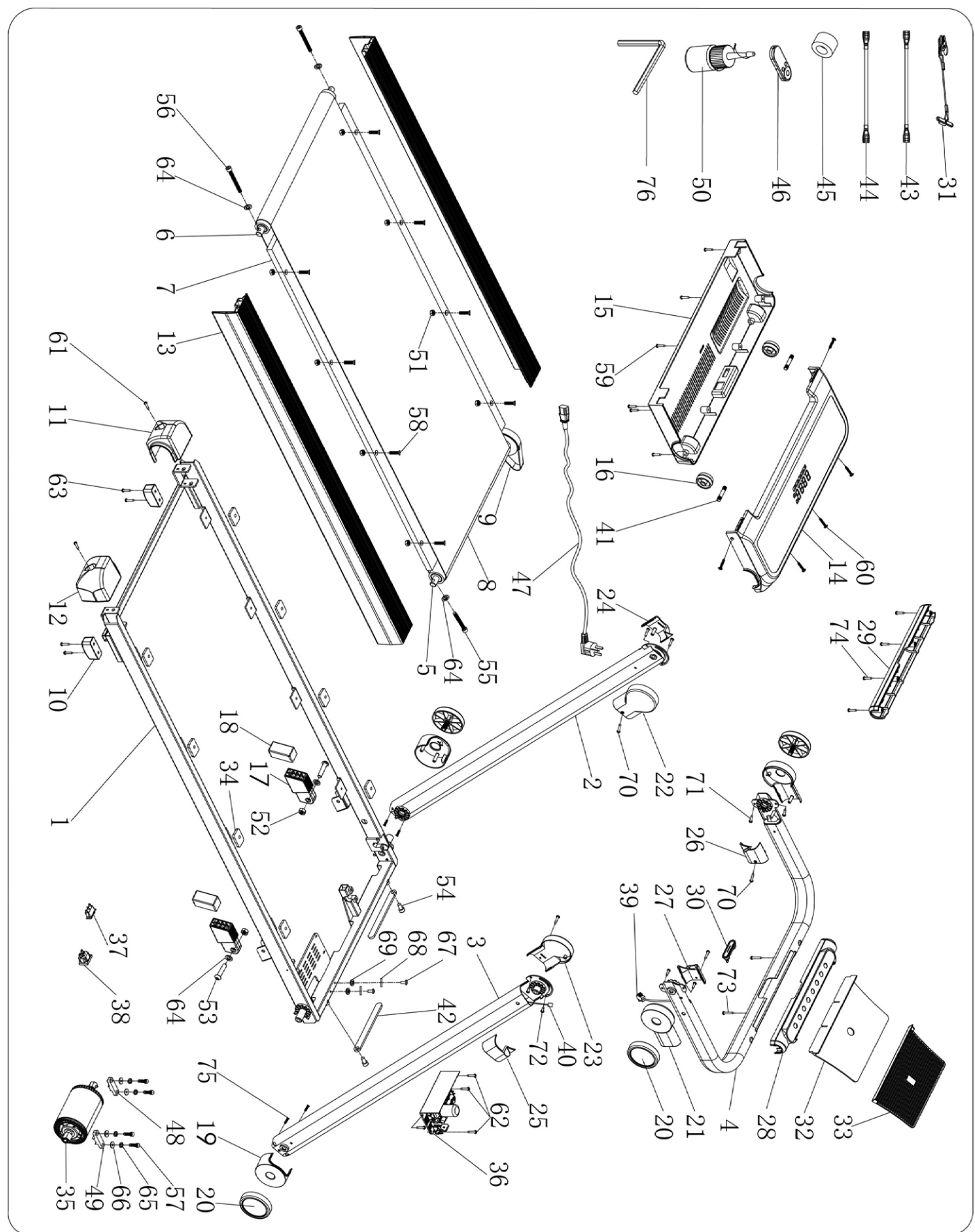


B



C

VI. EXPLODED DIAGRAM



VII. PARTS LIST

No.	Description	Specs	Qty
1	Main Frame Assembly		1
2	Left Column Assembly		1
3	Right Column Assembly		1
4	Handrail Assembly		1
5	Front Drum		1
6	Rear Roller		1
7	Running Board		1
8	Treadmill		1
9	Multi-Wedge Belt		1
10	Cushioning Foot Pad		2
11	Left Rear Foot Protector		1
12	Right Rear Foot Protector		1
13	Edge Strip		2
14	Motor Upper Cover		1
15	Motor Lower Cover		1
16	Roller		2
17	Two-Stage Adjustable		2
18	Rubber Floor Mats		2
19	Column Outer Cover		2
20	Knob Cover		4
21	Handrail Outer Cover		2
22	Left Column Outer Cover		1
23	Right Column Outer Cover		1
24	Left Column Inner Cover		1
25	Right Column Inner Cover		1
26	Left Armrest Inner Cover		1
27	Right Armrest Inner		1
28	Watch Cover		1
29	Watch Bottom Cover		1
30	Safety Lock Base		1
31	Safety Lock		1
32	iPad Bracket		1
33	iPad Pad		1

No.	Description	Specs	Qty
43	Brown Single Branch		1
44	AC Single Branch		1
45	Magnetic Ring		1
46	Remote Control		1
47	Power Cord		1
48	Motor Fixing Block A		1
49	Motor Fixing Block B		1
50	Oil Bottle		1
51	Type 1 Non-Metallic Insert	M6	8
52	Type 1 Non-Metallic Insert Hex Lock Nut	M8	2
53	Socket Hex Flat Round	M8*40	2
54	Inner Hex Cylindrical Head	M8*15	2
55	Inner Hex Cylindrical Head	M8*45	1
56	Inner Hex Cylindrical Head	M8*60	2
57	Inner Hex Cylindrical Head	M6*15	4
58	Socket Hex Countersunk	M6*30	8
59	Self-Tapping and	ST4.2*19	6
60	Cross Groove Countersunk	ST4.2*19	5
61	Self-Tapping and		2
62	Self-Tapping and Self-Drill-	ST4.2*15	4
63	Self-Tapping and	ST4.2*19	4
64	Internal Serration Locking	8	5
65	Standard Type Spring Washer	6	4
66	Flat Gasket	6	4
67	Cross Groove Disc Head	M5*8	2
68	Standard Type Spring Wash-	5	2
69	Internal Serration Locking	5	2
70	Cross Groove Counter-	ST4.2*19	4
71	Phillips Head Self-Tapping	4.2*13	4
72	Phillips Head Self-Tapping	ST4.2*9	4
73	Self-Tapping Screw with		2
74	Self-Tapping Screw with		4

34	Rubber Pad	8
35	Brushless Motor	1
36	Control Circuit Board	1
37	Square Boat-Shaped	1
38	Power Cord Socket	1
39	Upper Segment Line	1
40	Lower Segment Line	1
41	Knurled Shaft	2
42	Support Plate	2

75	Cross Groove Disc Head	M5*20	4
76	6# Allen Wrench		1

Note: If there are any slight differences between the colors and structures of the images in this manual and the actual product, please refer to the actual product. The company reserves the right to make product improvements. No further notice will be given at that time!

VIII. EXERCISE

! PLEASE NOTE:

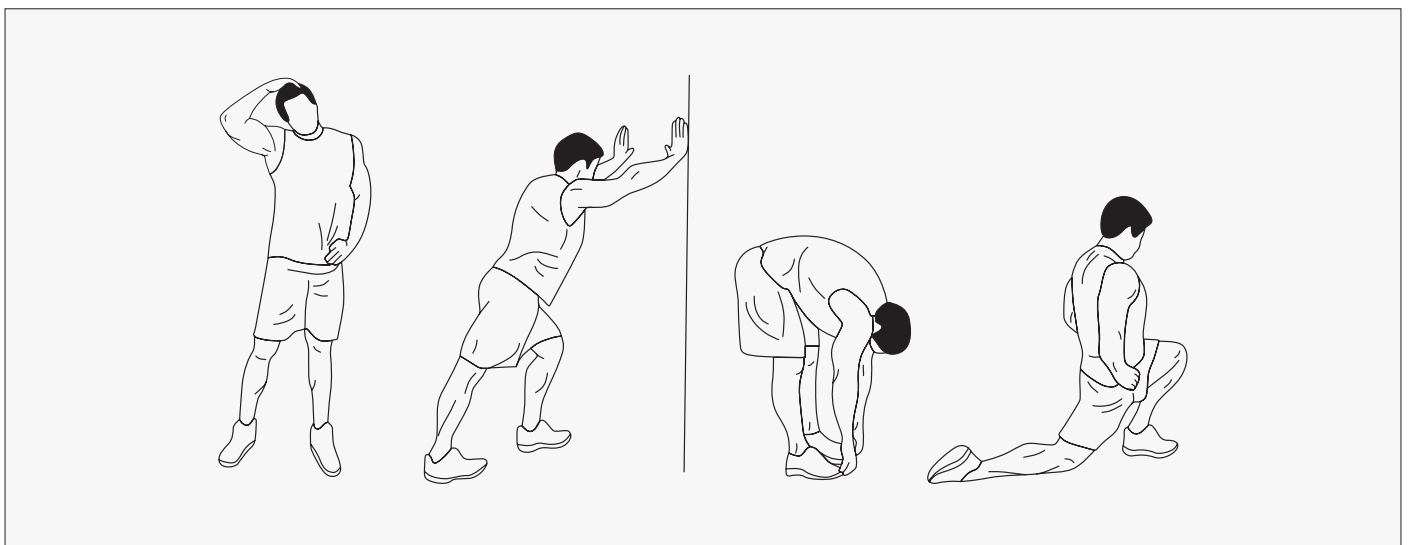
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

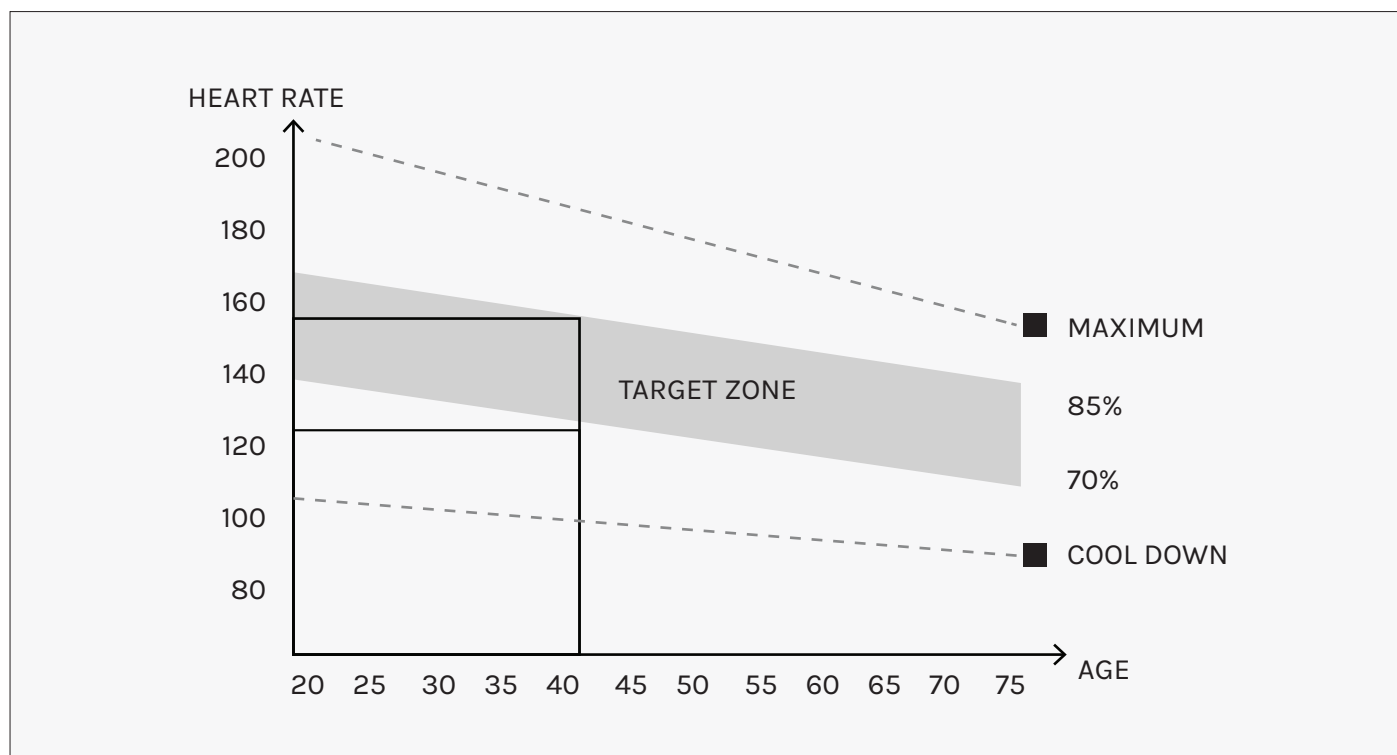
TRAINING ZONE EXERCISE

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

COOL DOWN

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

WORKOUT GUIDELINES



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

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

IX. 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 the website:

Australian Website: <https://www.lifespanfitness.com.au/pages/product-support-forms>

New Zealand Website: <https://lifespanfitness.co.nz/pages/warranty-claim>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit the above links and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to:

Australian Website



New Zealand Website



SECURITY SUPPORT INFORMATION

Reporting

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

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

Device Support Period

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



WWW.LIFESPANFITNESS.COM.AU