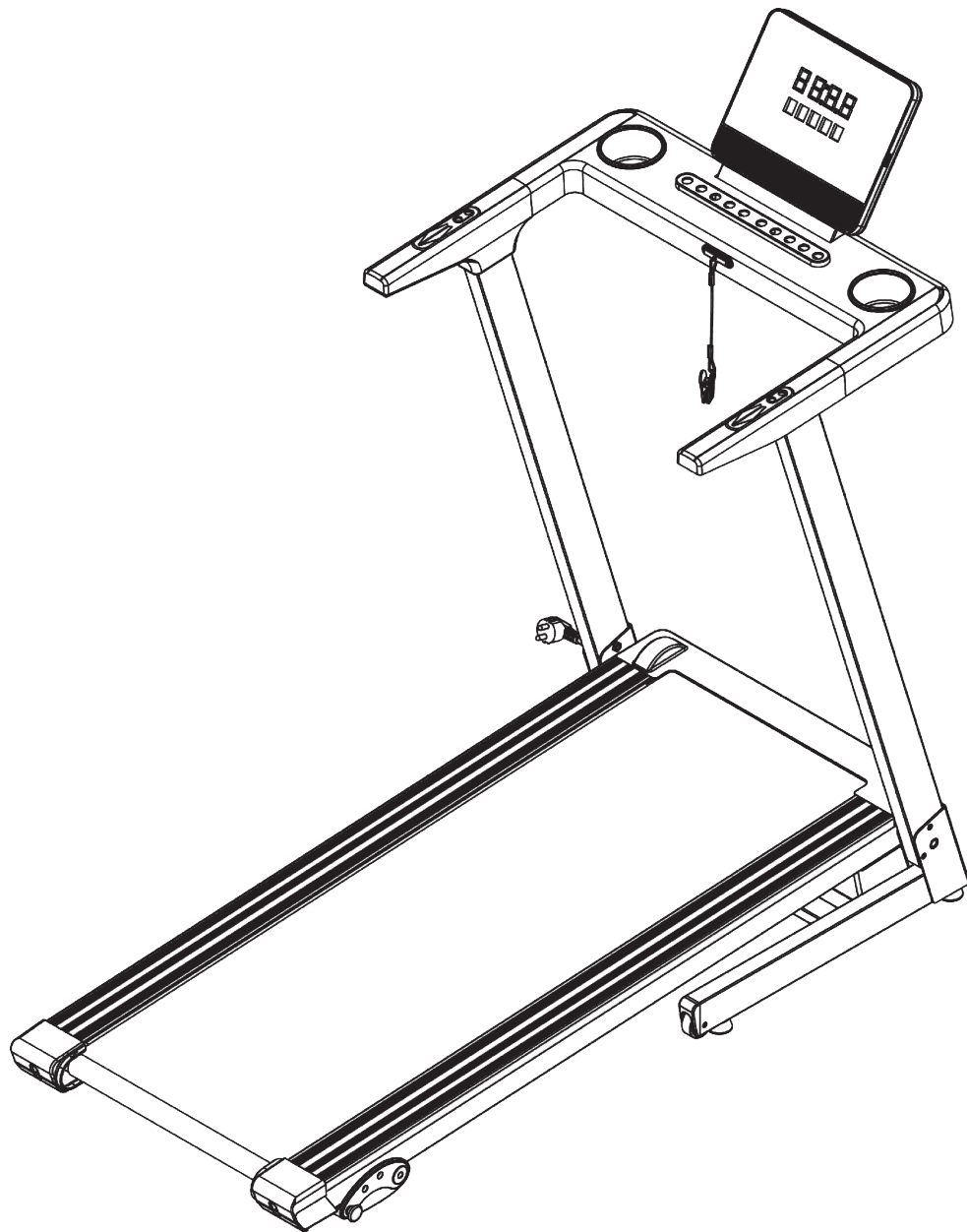# LSG

Chaser 3 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

TABLE OF 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.

- The treadmill is intended for in-home use only and is not suitable for commercial environments.

- 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!**

- 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.

- 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

1   8   56

67   39   38

60   45
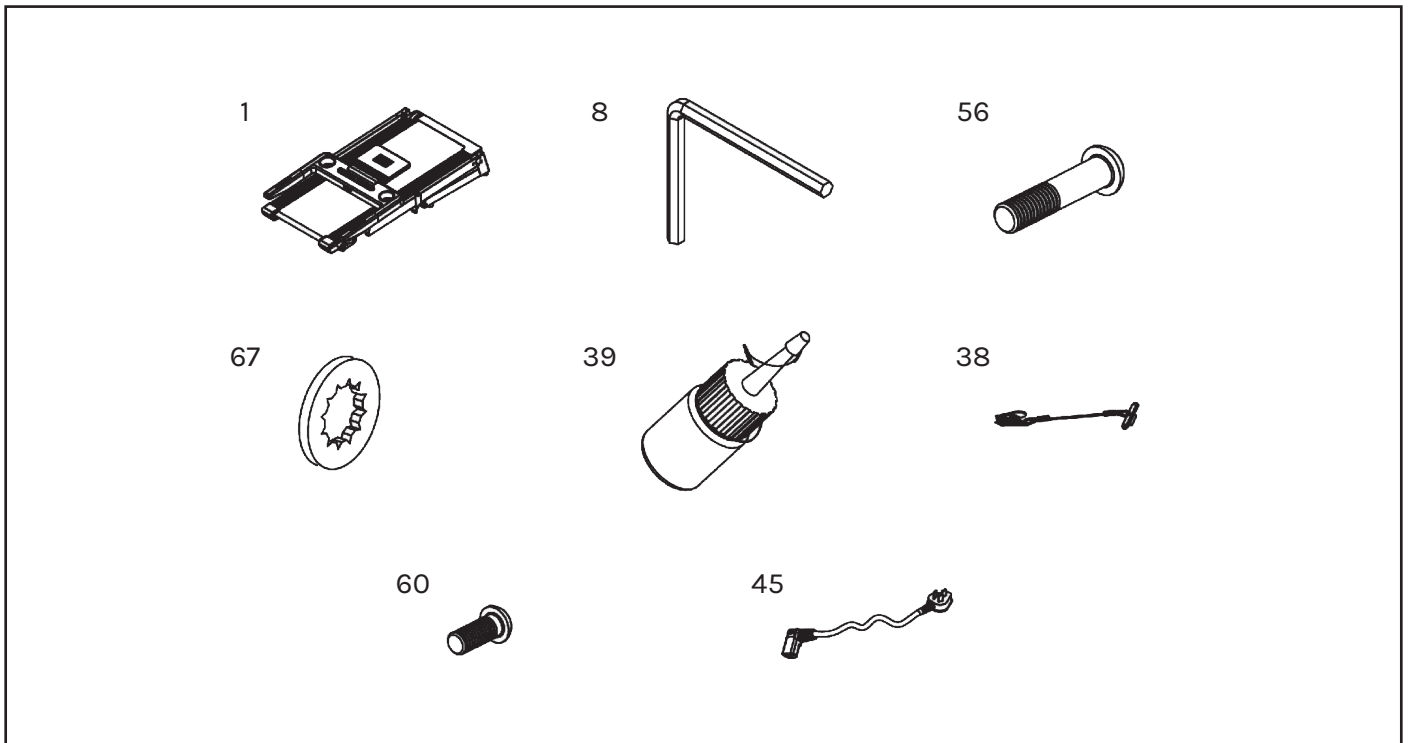
PARTS LIST

No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Main Frame		1	39	Silicone Oil		1
8	#5 Allen Wrench		1	38	Safety Key		1
56	Bolt	M8*42	2	60	Bolt	M8*16	4
67	Lock Washer	8	6	45	Power Wire		1

FIXING TOOLS:

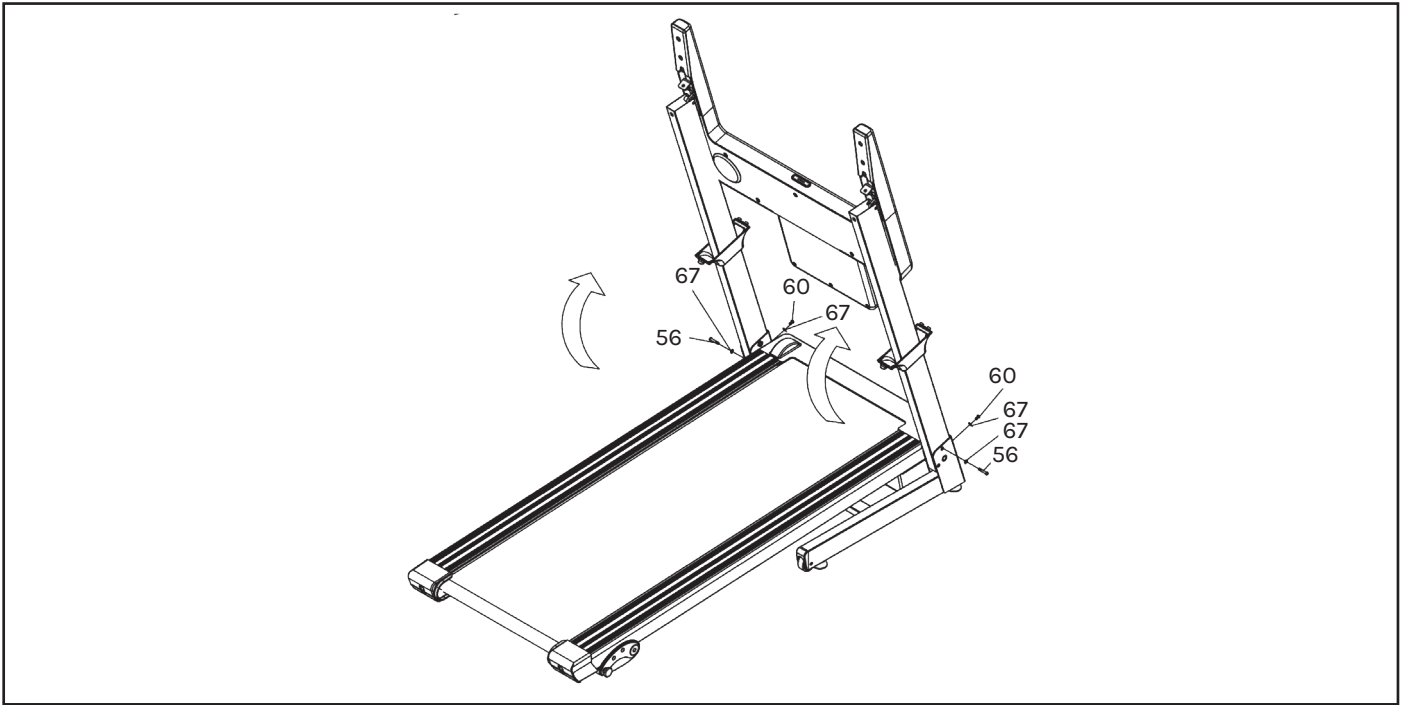| #5 Allen Wrench 5mm		1pc
Wrench with Screwdriver	S=13, 14, 15	1pc

⚠ NOTE:

Do no turn on equipment until assembly is completed.
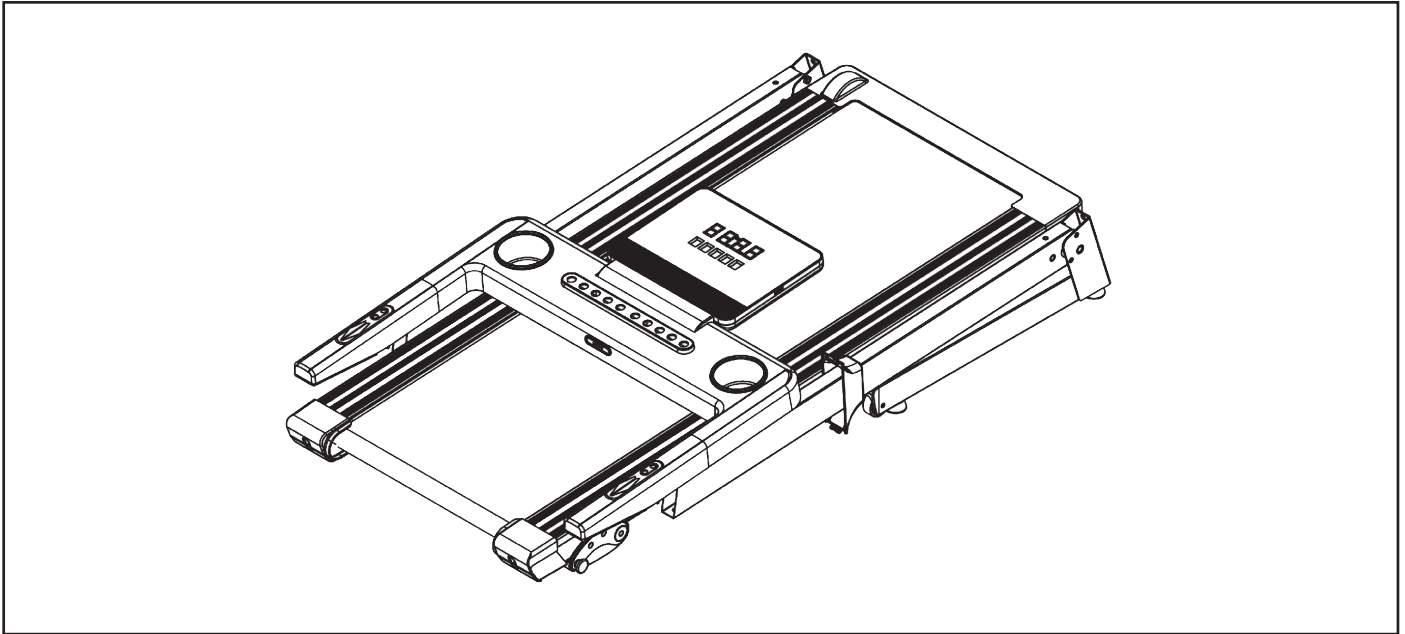
STEP 1

1. Open the carton, take out the above spare parts and place the Main Frame on level ground.

STEP 2

1. Holding onto the upright tube, use the 5# Allen wrench to lock the bolt (56) and lock washer (67) on the left upright and base frame and secure the upright to base frame, as pictured.
2. Use the 5# Allen wrench to lock the bolt (60) and lock washer (67) onto the left upright and base frame and secure the upright to base frame, as pictured.
3. Repeat the same steps for the Right upright tube.

(!) **CAUTION:**

   During assembly, support the Upright Tubes with your hand to prevent them from falling.
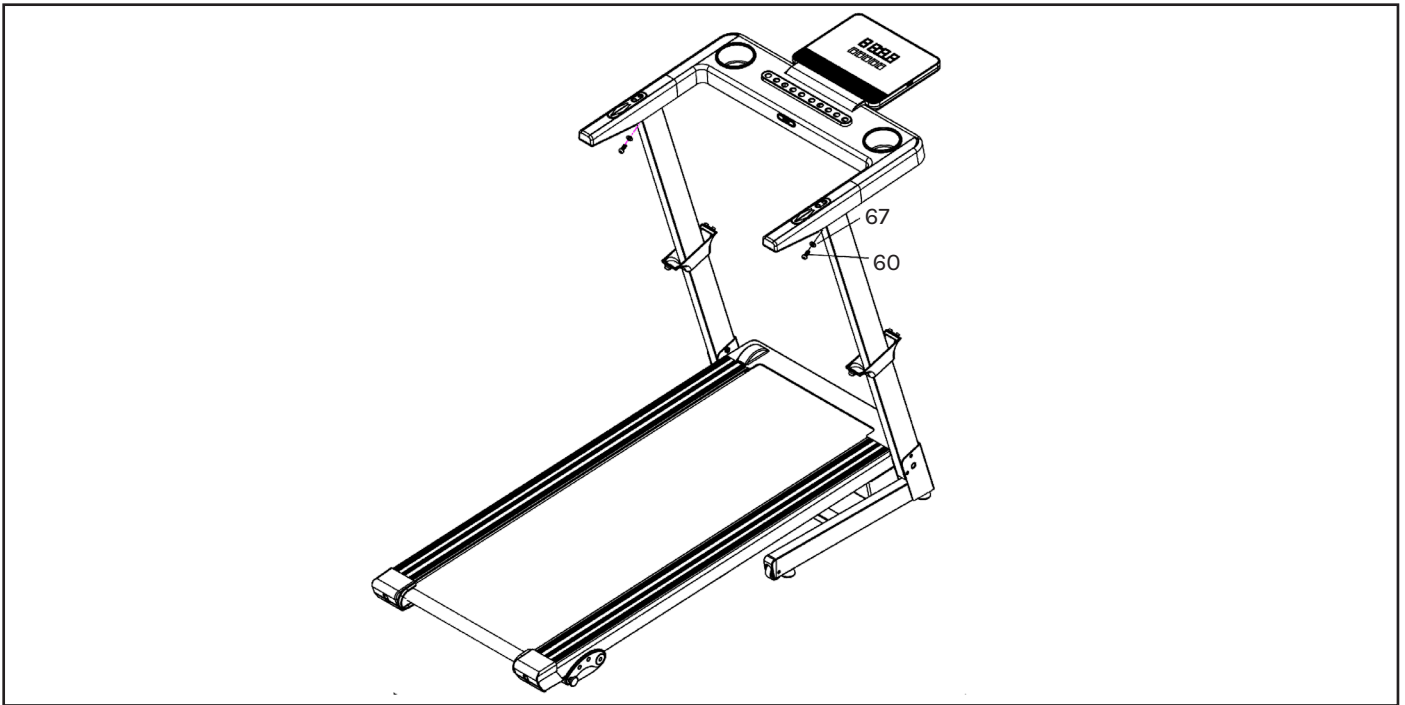
STEP 3

1. Pull up the uprights as pictured. Be careful not to squish any cables.
2. Use the 5# Allen wrench to lock the bolt (60) and lock washer (67) on left upright (do not fully tighten). Then fix the right upright in same way as left upright.
3. You can now fully tighten the Left & Right bolts.

(!) **CAUTION:**

Do not squish the wires inside the tube and check if wires are connected properly. During assembly, support the Upright Tubes with your hand to prevent them from falling.
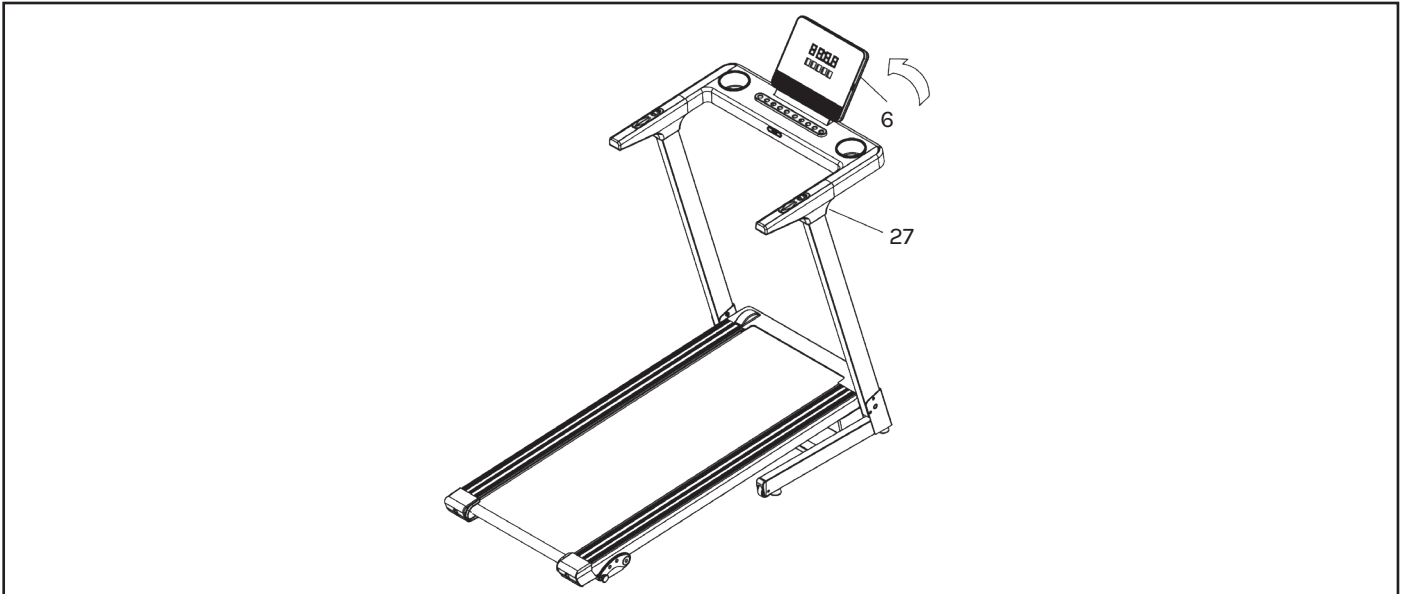
STEP 4

1. Fasten the Left & Right-side cover (27) on the handle bar.
2. Turn the computer display (6) to a suitable angle.

STEP 5

1. Place the safety key (38) onto the computer.
2. Plug the power cord (45) into the power cord socket of the main frame (at the back), switch on the treadmill and start your exercise.

(!) **NOTE:**

Please make sure all parts have been fixed properly. Before you use the treadmill, please read the instruction carefully.
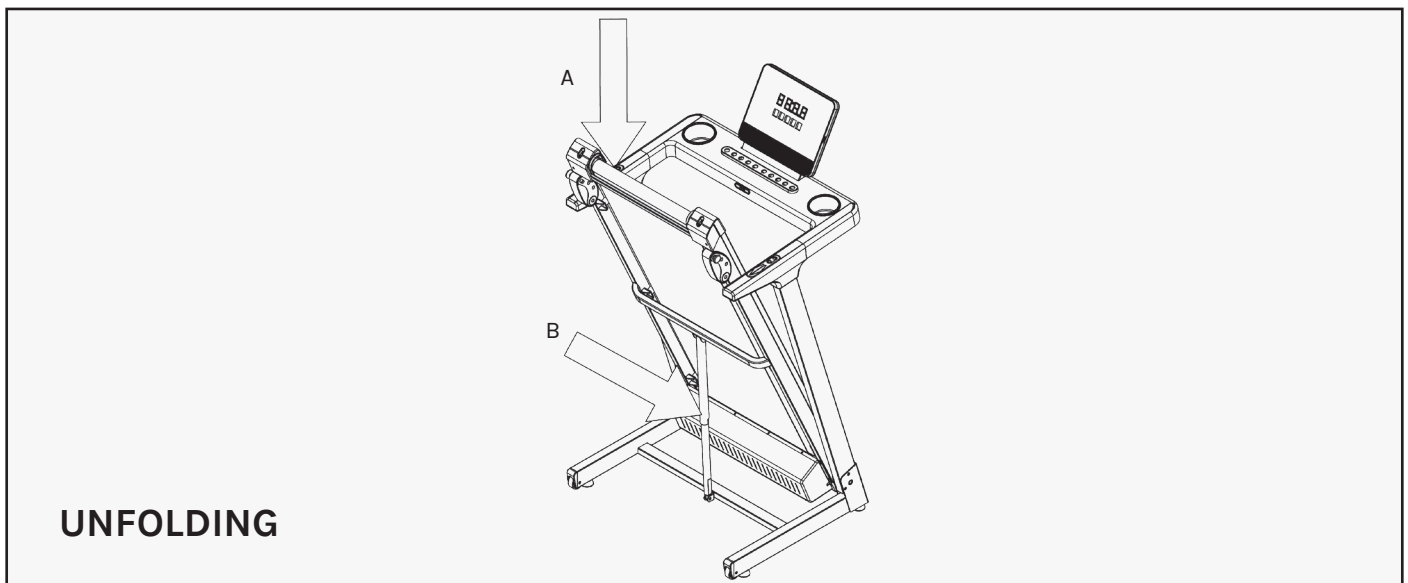
V. FOLDING INSTRUCTIONS

FOLDING
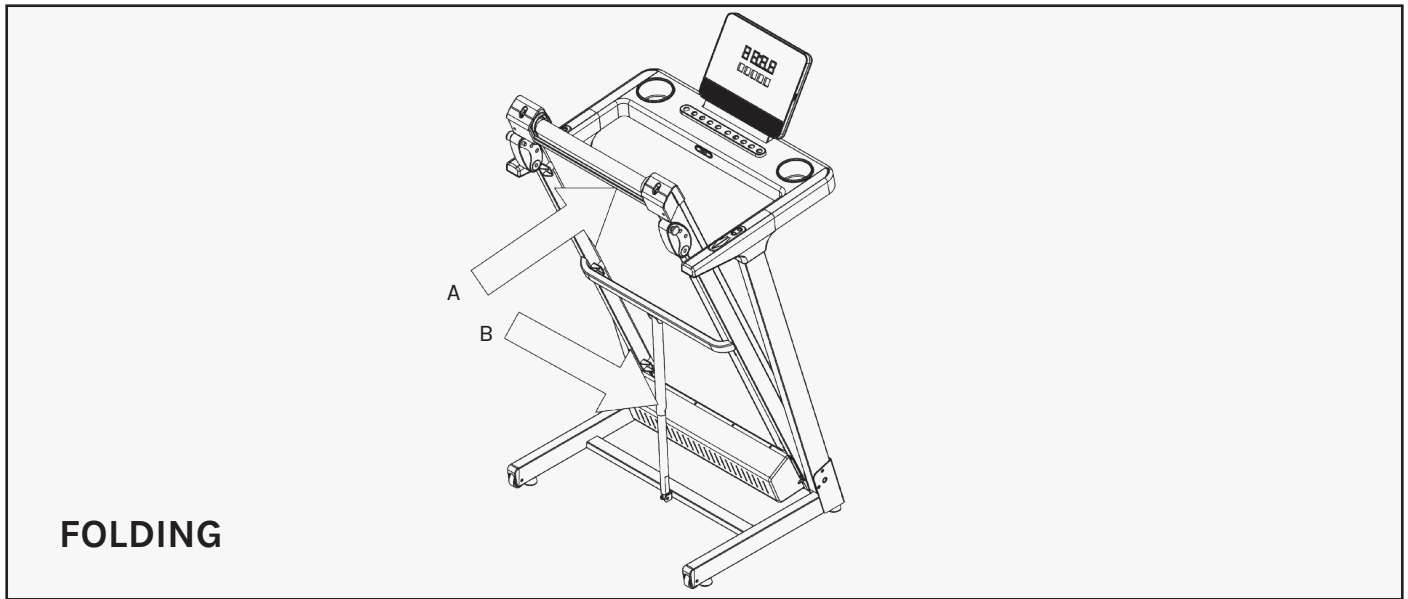
Place your hand at the end of the running deck (A) and lift up the Main Frame until the Air Pressure Cylinder (B) locks.

(!) **NOTE:**

You will hear a click when the Air Pressure Cylinder (B) is successfully locked in.

UNFOLDING

Grasp the Main Frame with one hand (A) and use your foot to lightly kick the Air Pressure Cylinder (B) to unlock. Give the Main Frame a slight downward push from position (A) and the running deck should automatically continue to steadily lower itself until the Main Frame reaches level ground.

(!) **NOTE:**

Before lowering the main frame, ensure that the space directly underneath it is clear of any objects.

Video Tutorial Available at: **http://youtu.be/TcuPbJ7KuxQ**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

VI. TECHNICAL PARAMETER

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

ⓘ **DANGER:**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman 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 a qualified electrician.

This product is for use on a nominal 220-240/100-120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

(The below picture is just for reference; the actual plug and jack is depending on import country)

GROUNDING METHODS
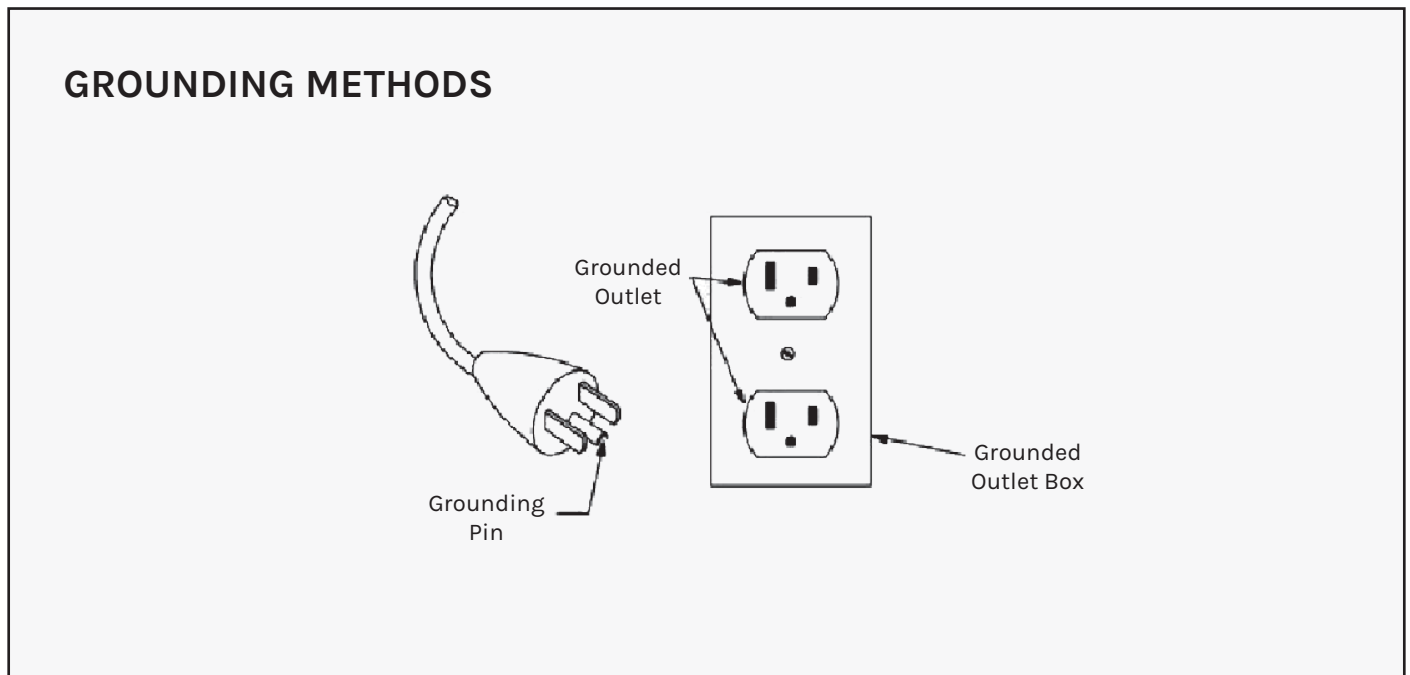
VII. OPERATION GUIDE

OVERVIEW
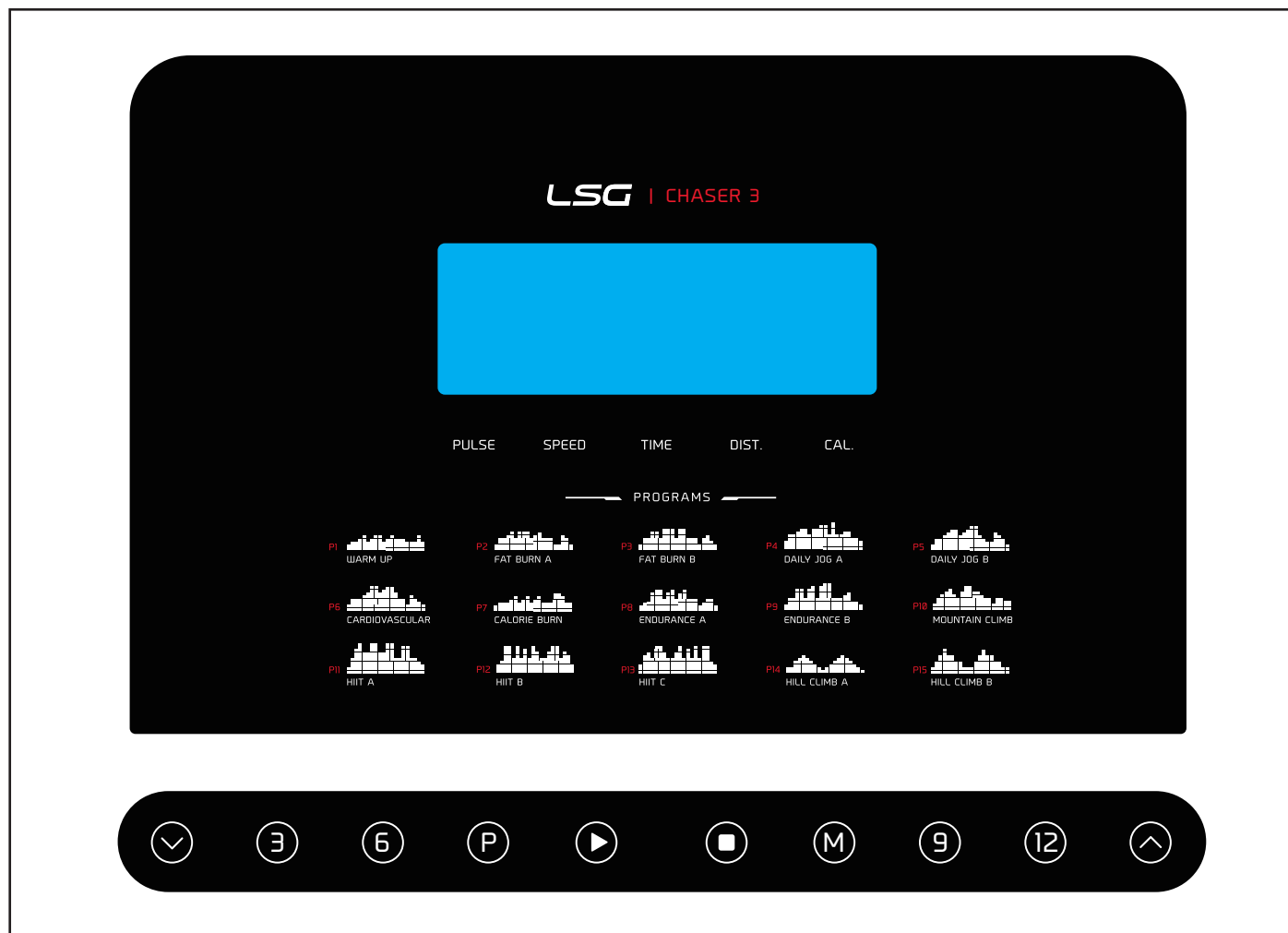
1. WINDOW DISPLAY

SPEED: Display the speed.

TIME: Display the time.

DIST: Display the distance.

CAL: Display the calories.

PULSE: Display the heart rate.

2. KEY FUNCTION

"START" Button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program.

"STOP" Button: Pause/stop key. In the running state of the treadmill, press this key to pause the treadmill. Press this key again, the machine will slow the speed still stop and all data will be cleared.

"PROG" Button: Press this button to choose program from manual mode—P1---P15---FAT.

"MODE" Button: In the normal mode of the manual program P0, press this button to choose 4 different operating modes: time countdown mode, distance countdown mode, calorie countdown mode, and normal mode.

SPEED+/-: Adjust the speed. Press the button to adjust the speed when running and to adjust the data when stopped.

SPEED (3,6,9,12): Adjust the speed quickly.

3. MAIN FUNCTION

Turn on the power switch at the back of motor cover, the display window will light up. The machine will enter ready state.

3.1 START-UP QUICKLY (MANUAL):
Place the safety key on display and attach the other end to your clothing then press 'START' button. The treadmill will run at the lowest speed after a 3 second countdown.

Press SPEED +/- to adjust the speed.
Press the 'STOP' button or take out the safety key directly to stop the treadmill.

3.2 COUNT DOWN MODE:
Press the 'MODE' button, it can choose time countdown mode, distance count down mode, calories countdown mode, and the window will show the default data and blink.

Use the SPEED +/- to set the data.

Press 'START' button, the machine will run at the lowest speed, you can press SPEED +/- to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the computer to stop the machine.

3.3 INNER INSTALL PROGRAM:
Press 'PROG' button to choose the inner install program from P1----P15.

When setting the program, the time window will show default data and blink, press SPEED button to set the running time. Each program has been divided into 20 sections.

Each exercise time = the setting time divide by 20.

Press 'START', the machine will run at the first section speed. When the section is over, it will enter the next section automatically, the speed will change as per the set data. When the program is finished, the machine will stop smoothly.

During the program, you can manually change the speed by the SPEED +/- however when the program enters the next section it will go back to the pre-set speed.
You can press 'STOP' or take out the safety key to stop the machine.

4. HANDLEBAR PULSE SENSOR

When holding the handlebar pulse sensor by two hands, the pulse window will show your heartbeat at after 5 seconds. In order to get the heartbeat more correct, please test when the machine stopped and holding the hand pulse more than 30 seconds.

The heartbeat data is just for reference only and cannot be used as medical data. It will not be 100% accurate.

5. BODY FAT TEST

Press 'PROG' button under ready condition, until 'FAT' show up in the speed window. 'FAT' is body fat test mode.

Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT' and window will show "F1", "F2", "F3", "F4". When each parameter is set, press SPEED +/- to adjust the data and window will show the data and press 'MODE' button to finish. The window will show "F5" and "---" enter ready condition. Hold the handlebar pulse sensor with two hands and it will show your BMI data after 8 seconds.

5.1 Data Display and Set Range

	Default	Setting Range	Mark
SEX (F1)	1 (MALE)	1-2	1=MALE 2=FEMALE
AGE (F2)	25	10—99	
HEIGHT (F3)	170cm	100—200cm	
WEIGHT (F4)	70kg	20—150kg	

5.2 BMI Reference

BMI

<19	Thin
19—26	Normal
26—30	Overweight
>30	Fat

6. SLEEP FUNCTION

When the machine is idle for more than 10 minutes without any operation, the display will go into sleep mode. Press any key to turn it back on.
We recommend switching off the treadmill (from the back) when it will not be in used for a while.

7. SAFETY KEY FUNCTION

Pull out the safety key and the treadmill will stop quickly. All data will reset to zero.
All the windows will display "------". Without the safety key on the treadmill will not allow you to start it.
Place the safety key back into place to allow normal operations.

8. Exercise Parameter and Setting

	Display Range	Default Data	Default	Setting Range
Speed (km/h)	1-16km/h	--------	--------	1-16km/h
Time (min:sec)	0:00—99:59	15:00	0:00	5:00-99:59
Distance(km)	0.00—99.9	1.0	--------	0.50—99.9
Calories	0Kcl—999Kcl	50Kcl	--------	10Kcl—999Kcl

9. PROGRAMS TABLE

PROGRAM	TIME	To set time/20 time = running time of each time period																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	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	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

VIII. EXERCISE GUIDE

⚠ PLEASE NOTE:

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

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

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

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

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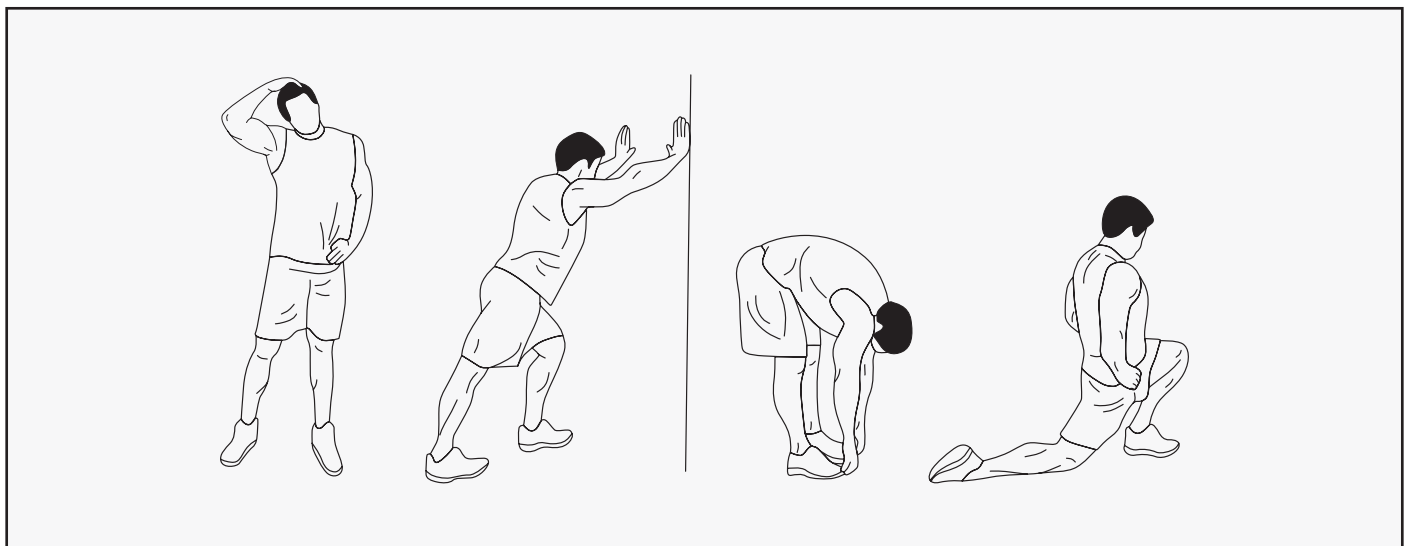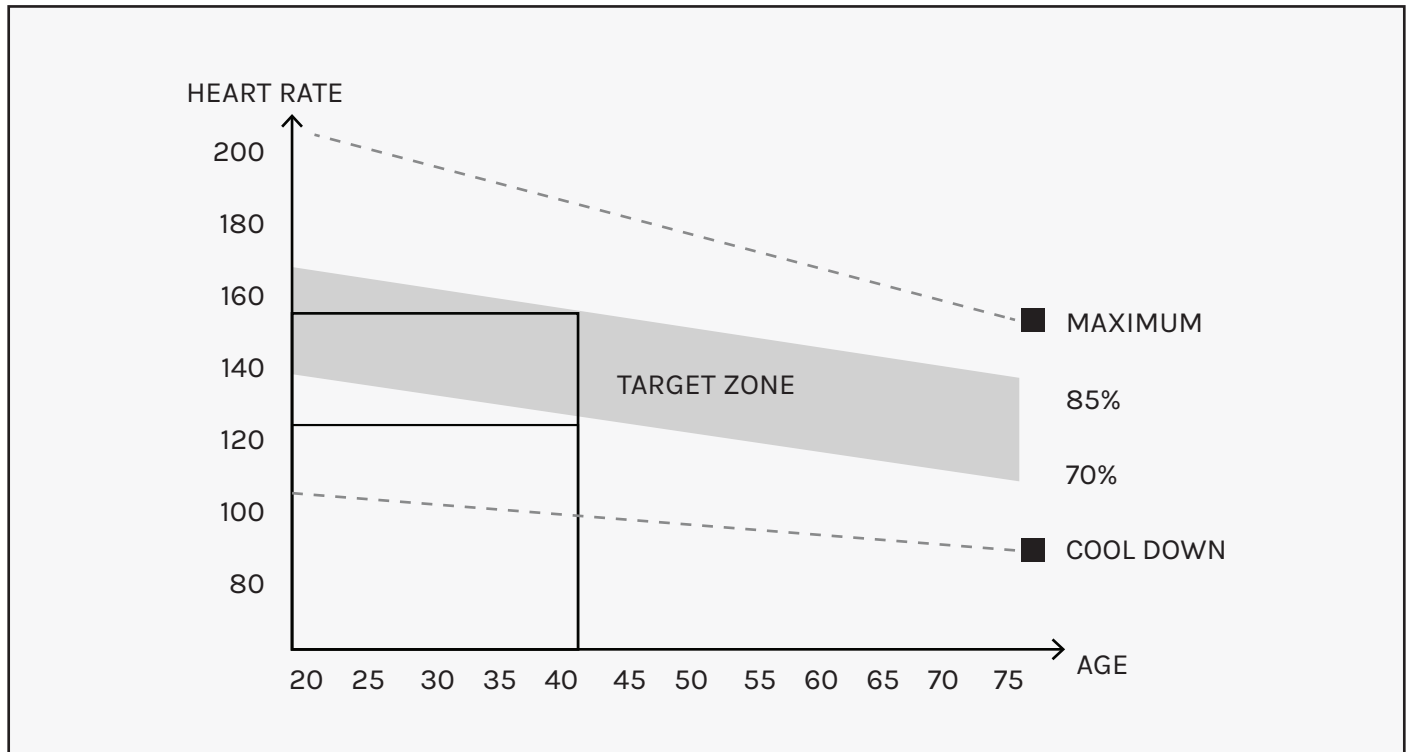

WARM UP

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.

IX. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the lifetime of this unit. Performance is maximized when the belt and mat are kept as clean as possible.
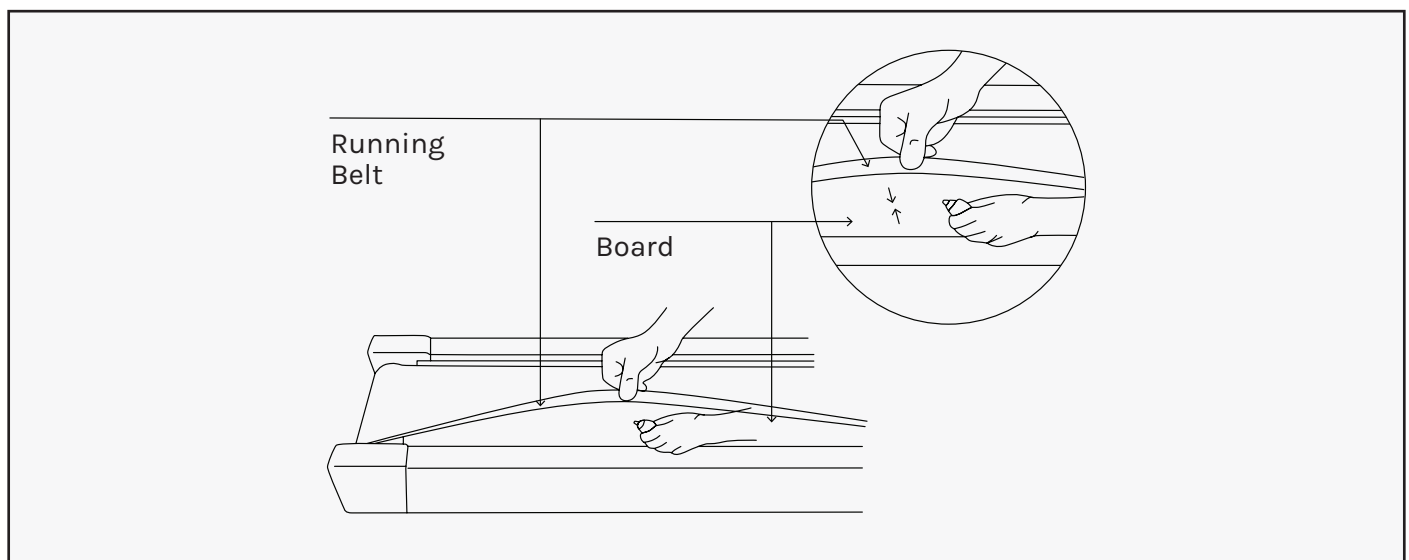
⚠ **WARNING:**

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

- Unplug the 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 the 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.**

5. ADJUSTING THE RUNNING BELT

Place the treadmill on a level surface. Run the treadmill at approximately 4km/h, checking the running condition.
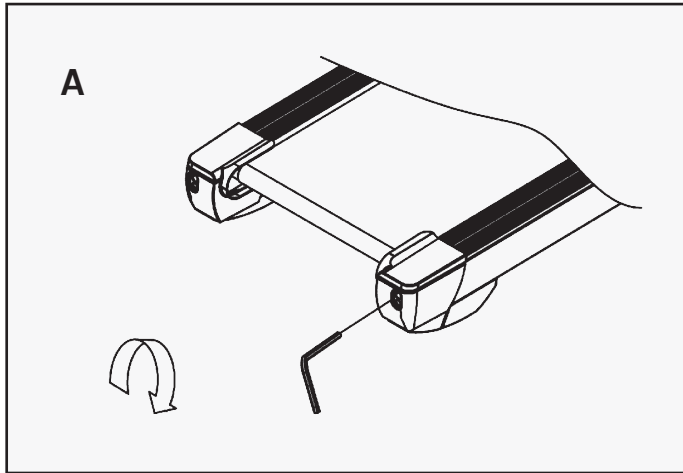
If the belt has drifted to the right: Whilst the treadmill is running at 4km/h, carefully turn the right adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.
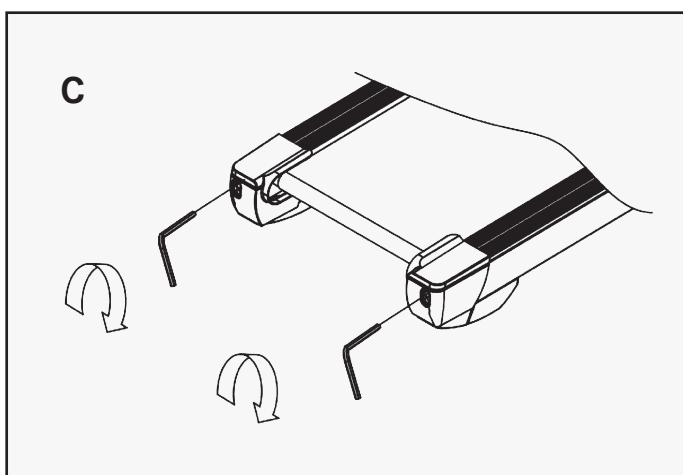
See Picture A

If you have over adjusted the belt and it drifts to the right, carefully turn the right adjusting bolt anticlockwise until the belt centers.
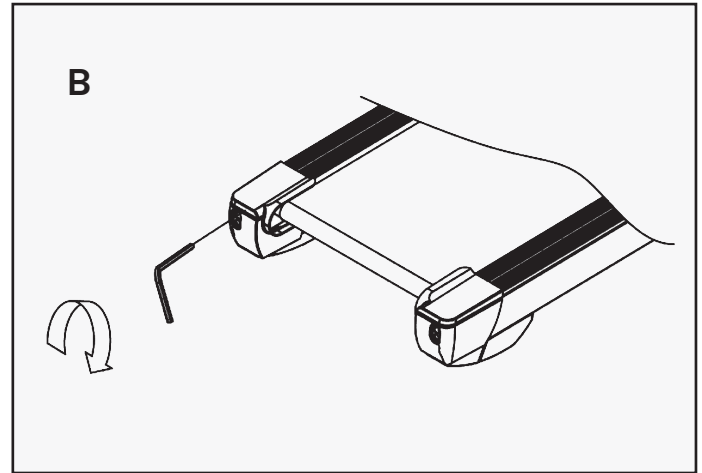
If the belt has drifted to the left: Whilst the treadmill is running at 4km/h, carefully turn the left adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

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.
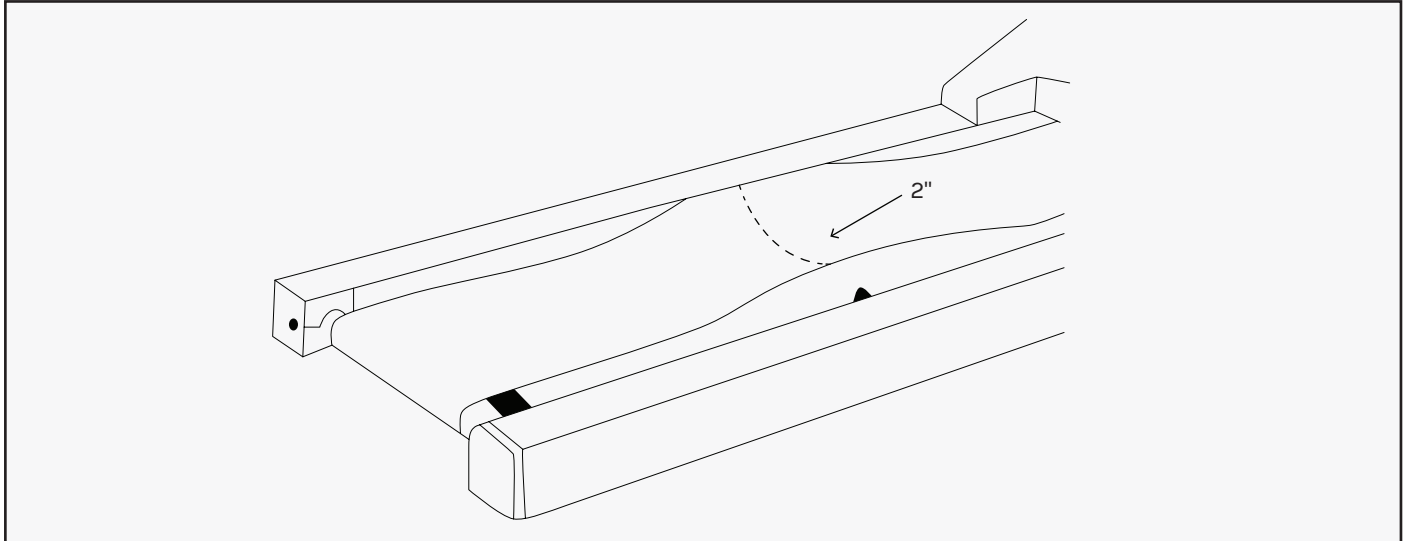
See Picture C

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**

X. 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.
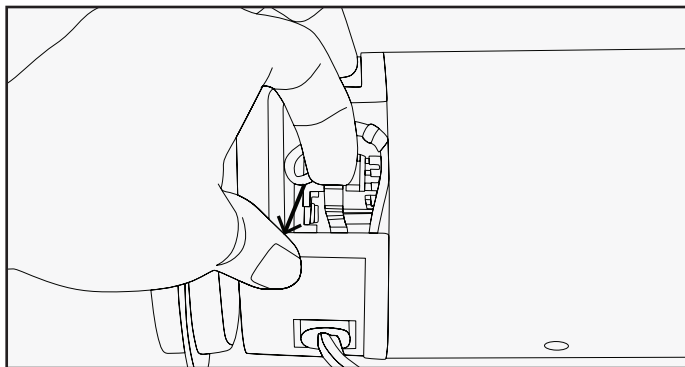
⚠ IMPORTANT:

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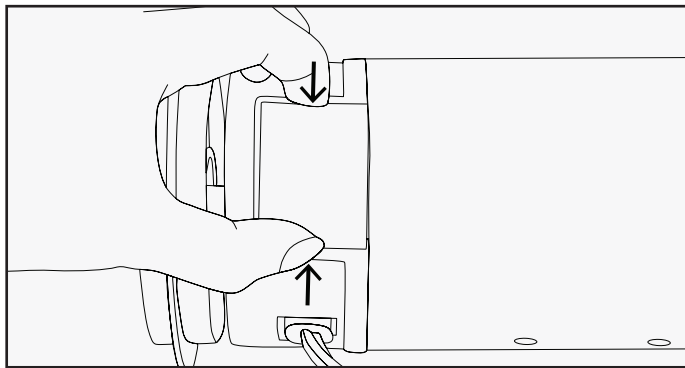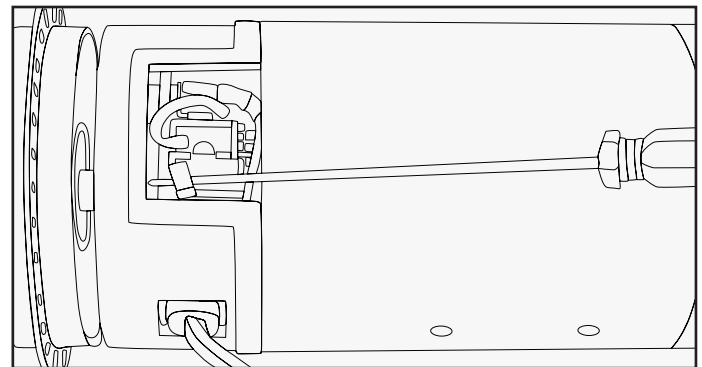

1. Remove the cover from the motor by squeezing it from the sides.
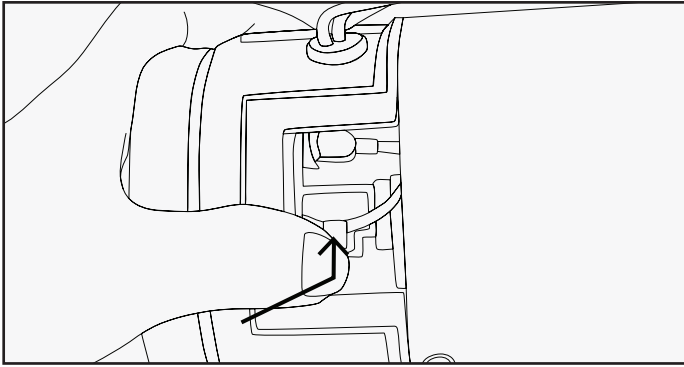

Lead
Motor Brush
Clip
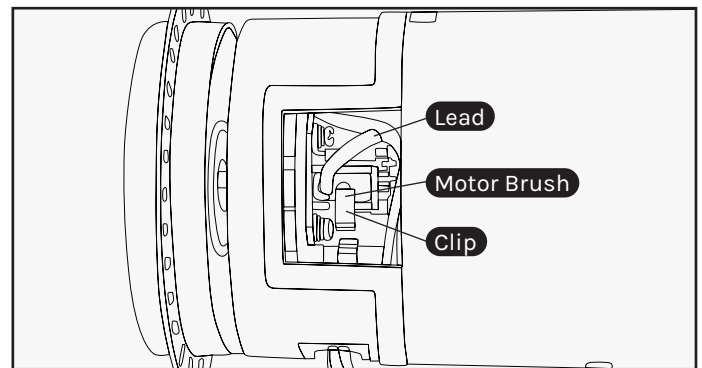
2. You will find the motor brush held in with a clip, with the lead plugged in.
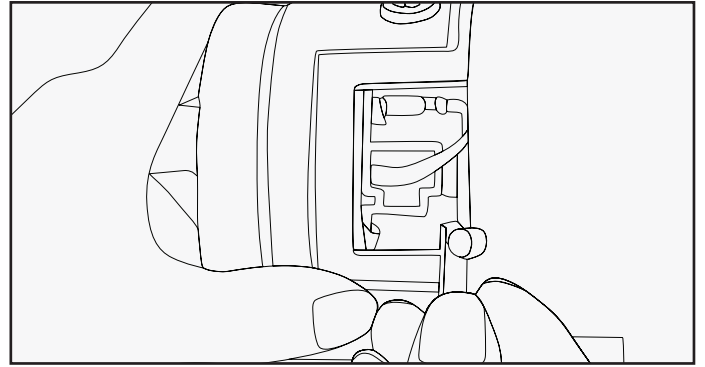

3. Pull the clip out from its position.

4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.
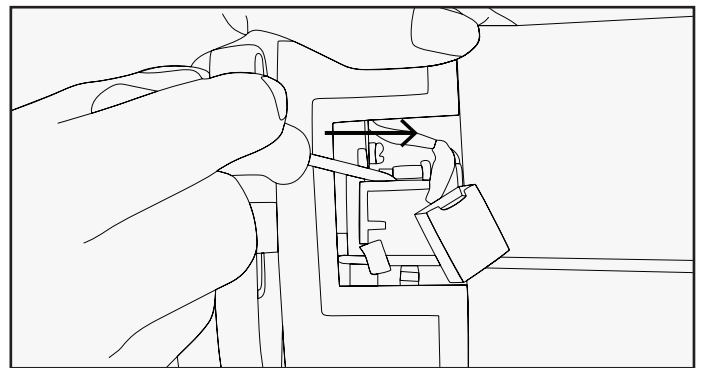
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.

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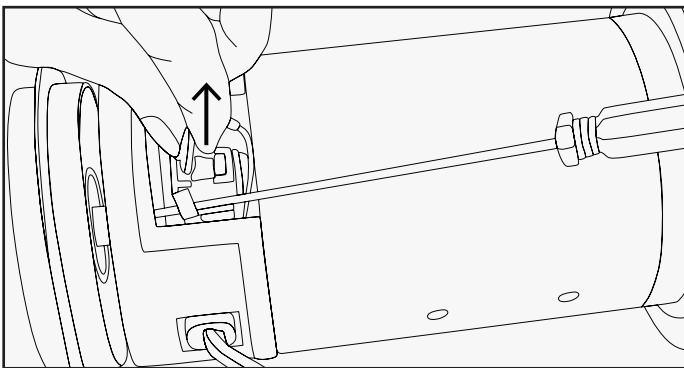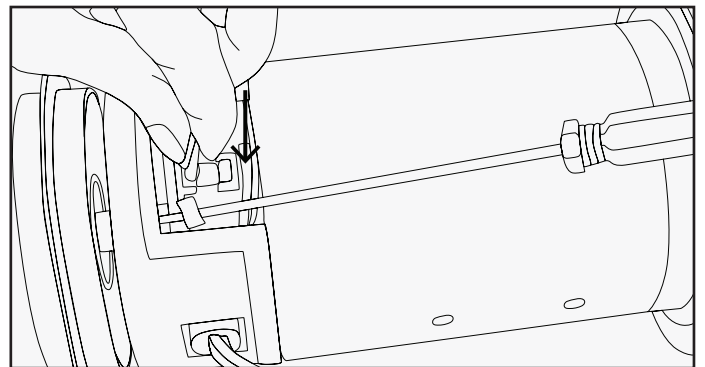

5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.

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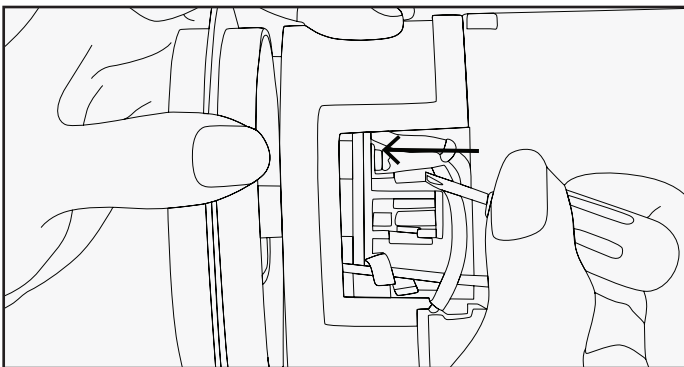
7. Plug the new motor brush lead into the terminal.

8. Slide the new motor brush into the slot.
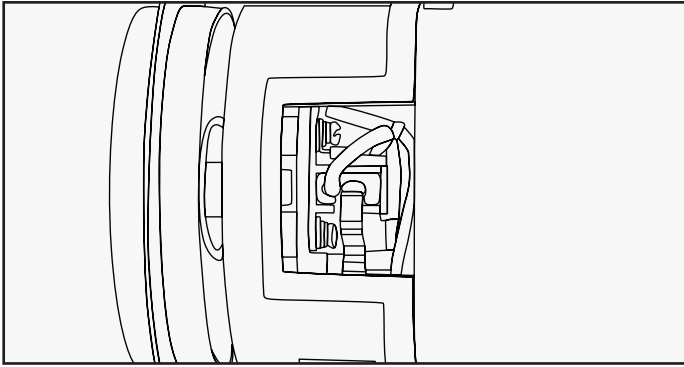
9a. Release the clip back into its position.
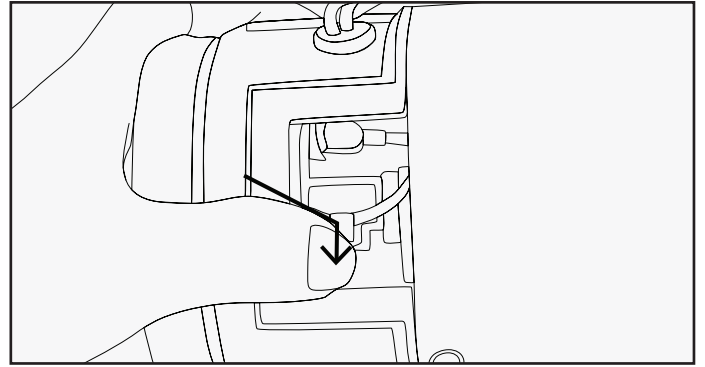
9b. If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.
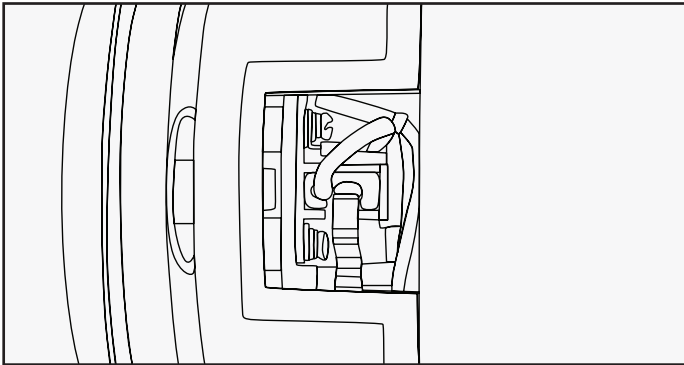
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.
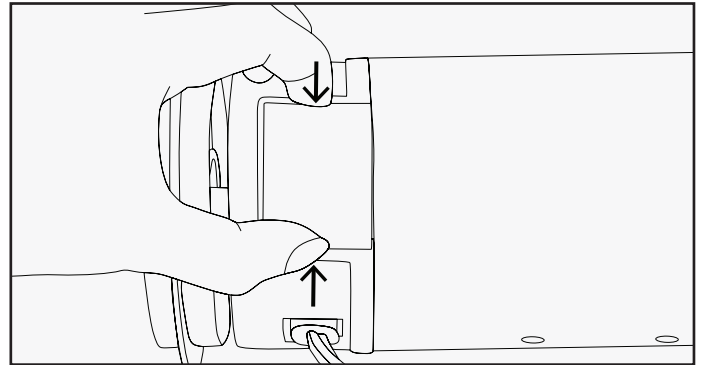
11. Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

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.

XI. EXPLODED DIAGRAM
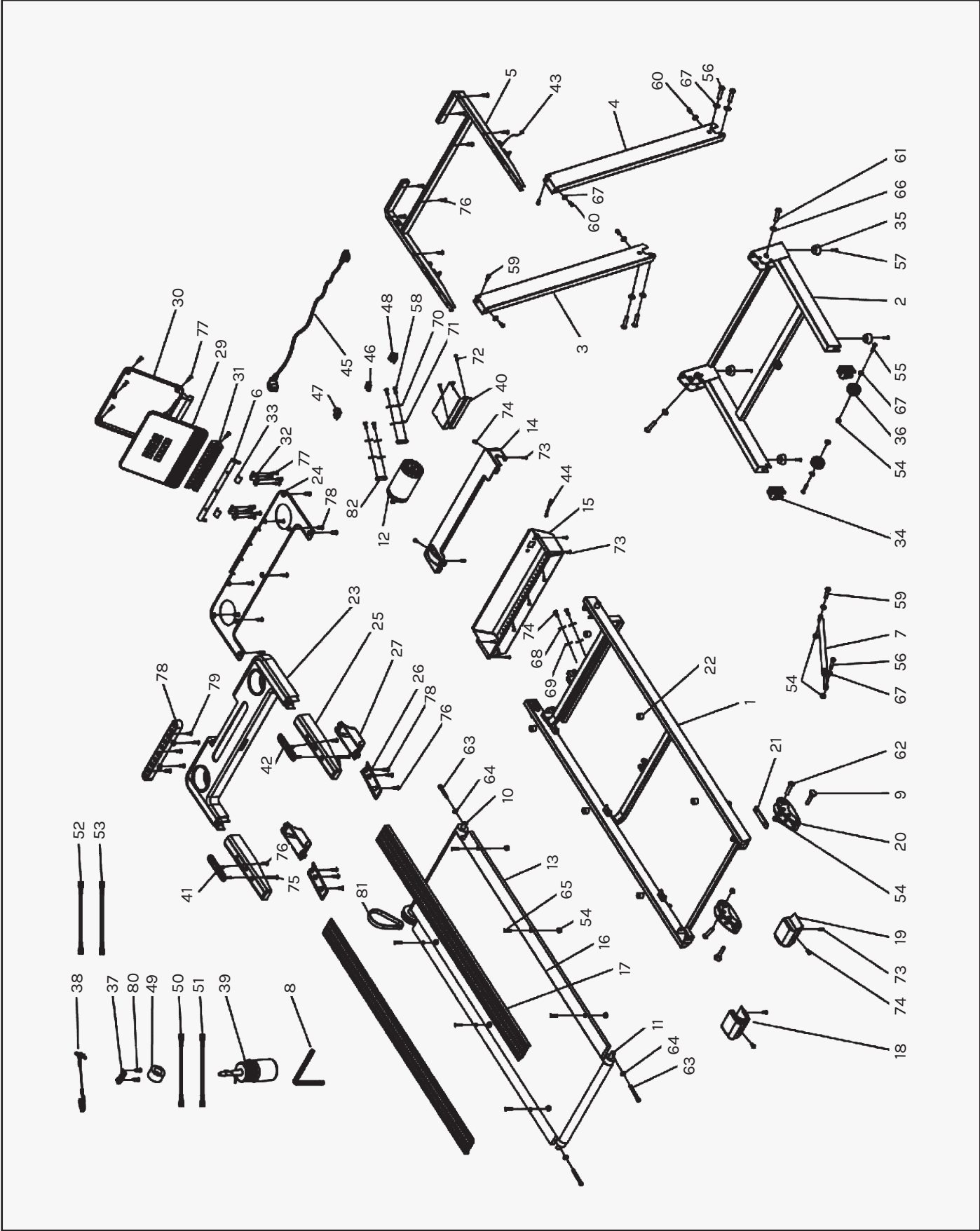
XII. PARTS LIST

Key No.	Description	Spec	Qty.
1	Main Frame		1
2	Base Frame		1
3	Left Upright		1
4	Right Upright		1
5	Computer Bracket		1
6	Panel Rotating Assembly		1
7	Cylinder		1
8	5# Allen Wrench		1
9	Fix Pin		2
10	Front Roller		1
11	Back Roller		1
12	Brushless Motor		1
13	Running Board		1
14	Motor Top Cover		1
15	Motor Bottom Cover		1
16	Running Belt		1
17	Side Rail		2
18	Left End Cap		1
19	Right End Cap		1
20	Adjust Foot Pad		2
21	Rubber Pad 2		2
22	Stiffener Cushion		6
23	Computer Top Cover		1
24	Computer Bottom Cover		1
25	Handlebar Top Cover		2
26	Handlebar Bottom Cover		2
27	Upright Decorative Cover		2
28	Keyboard		1
29	Computer Top Cover		1
30	Computer Bottom Cover		1
31	Rotate Lid		1
32	Tile Clamp		2
33	Tile		2
34	Wheel Cover		2
35	Foot Pad		4
36	Transportation Wheel		2
37	Safety Key Base		1
38	Safety Key		1
39	Silicon Oil		1
40	Control Board		1
41	Hand Pulse with Start/Stop		1
42	Hand Pulse with Speed +/-		1
43	Computer Top Wire		1
44	Computer Bottom Wire		1
45	Power Wire		1
46	Switch		1
47	Overload Protector		1
48	Power Socket		1
49	Magnet Ring		1
50	AC Single Wire	Length 120	2
51	Blue Single Wire	Length 250	1
52	Ground Wire		1
53	Brown Single Wire	Length 350	1
54	Lock Nut	M8	12

Key No.	Description	Spec	Qty.
55	Screw	M8 x 40	2
56	Screw	M8 x 42	5
57	Screw	4.2 x 25	4
58	Screw	M6 x 15	4
59	Screw	M8 x 25	3
60	Screw	M8 x 16	4
61	Screw	M10 x 55	2
62	Screw	M8 x 45	2
63	Screw	M6 x 60	3
64	Lock Washer	M6	3
65	Screw	M8 x 45	6
66	Lock Washer	10	2
67	Lock Washer	8	14
68	Standard Spring Washer	5	2
69	Lock Washer	5	2

Key No.	Description	Spec	Qty.
69	Lock Washer	5	2
70	Standard Spring Washer	6	4
71	Lock Washer	6	4
72	Screw	ST4.2 x 19	2
73	Screw	ST4.2 x 12	11
74	Screw	M5 x 10	6
75	Screw	4.2 x 19	2
76	Screw	4.2 x 12	10
77	Screw	4.2 x 13	21
78	Screw	4.2 x 12	11
79	Screw	4.2 x 9	5
80	Screw	2.9 x 8	2
81	Drive Belt		1
82	Motor Fixing Plate		2

TROUBLESHOOTING

Code	Reason	Solution
E01	Software runs overload	Turn off the switch and restart the machine.
E02	Hardware is overloaded	Turn off the switch and restart the machine.
E03	IPM module is overheated due to overload.	Turn off the machine for 30 minutes rest, then restart the machine.
E04	1. Input voltage is too low 2. Control board is damaged	1. Input voltage is too low 2. Control board is damaged
E05	1. Input voltage is too high 2. Control board is damaged	1. Check if the power supply voltage is normal. 2. If input voltage is normal, please replace the lower control board.
E06	Motor open-phase protection	1. Check whether the motor wiring is normal, if it is normal, replace the control board. 2. Change the motor.
E07	Motor lock-up protection	1. It is either overload or the motor rollers is stuck. Check whether the transmission parts are normal. Turn off the switch and restart the machine.
E08	Motor can't work	1. The motor/drum is stuck. Check whether the transmission parts are normal. 2. Replace the lower control or motor.
E09	Motor over current protection	1. The machine was running for a long time. The resistance is high. Put some oil under running belt according to instruction. 2. Replace the motor.
E10	Overload protection	1. The machine was running for a long time. The resistance is high. Put some oil under running belt according to instruction. 2. Replace the motor (within the rated load).

Code	Reason	Solution
E12	Communication failure	1. Check if the computer top and bottom wire are properly connected and without damage. If not, reconnect the wire or change the broken computer top and bottom wire. 2. Check if the control board communication interface is normal. 3. Change the control board. 4. Check if the computer communication interface is normal. 5. Change the computer.

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 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**

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