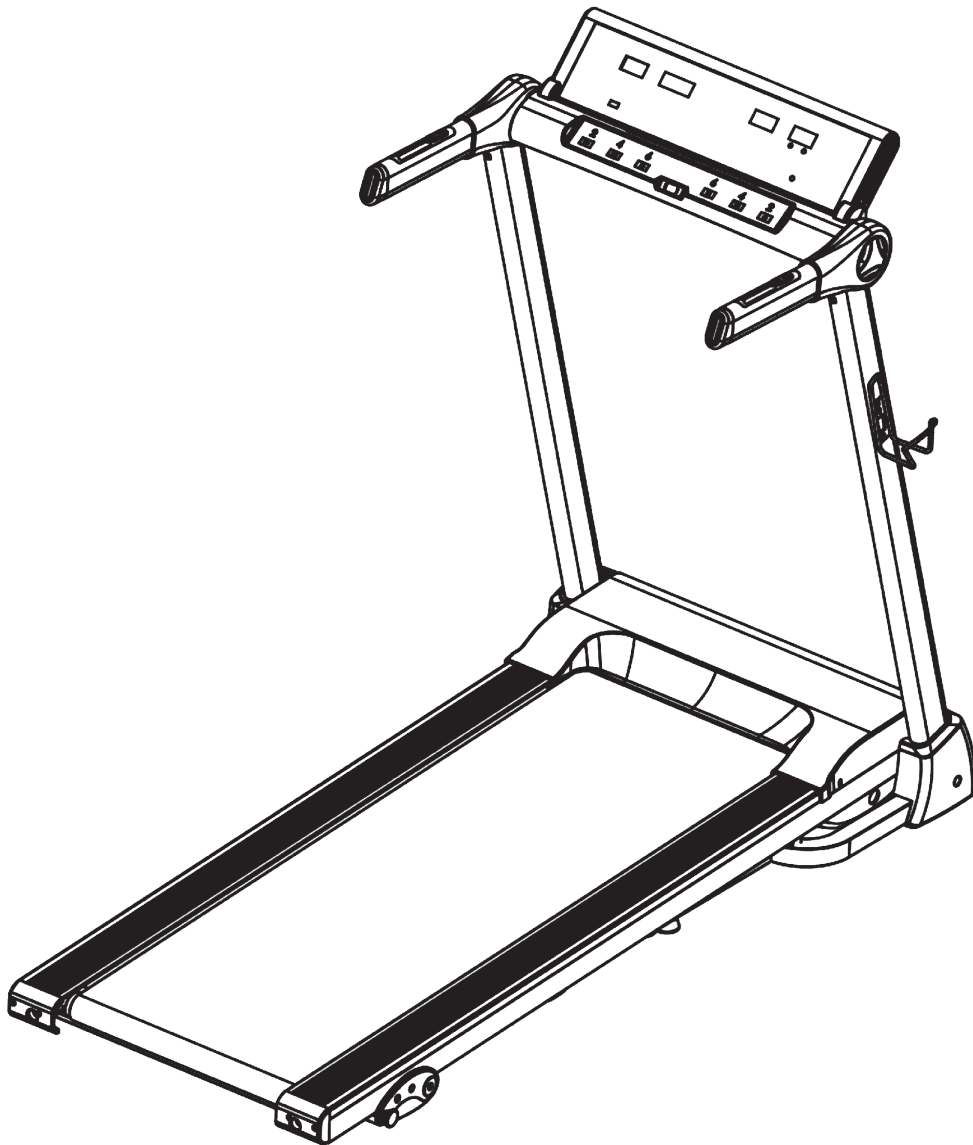


LSG

Dyna 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.lsgfitness.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.
- 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.

WARNING!

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

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is professionally 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.

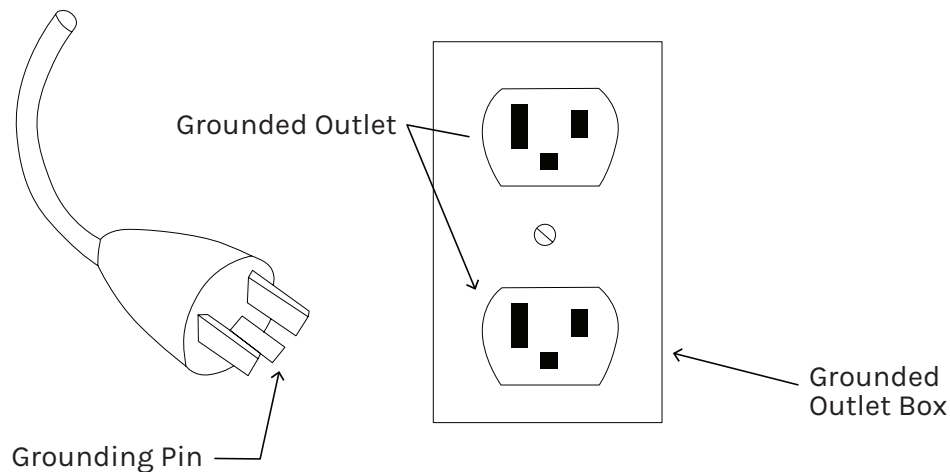
DANGER

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!

- **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.
- **NEVER** operate the treadmill using a generator or UPS power supply.
- **NEVER** remove any cover without first disconnecting AC power.
- **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

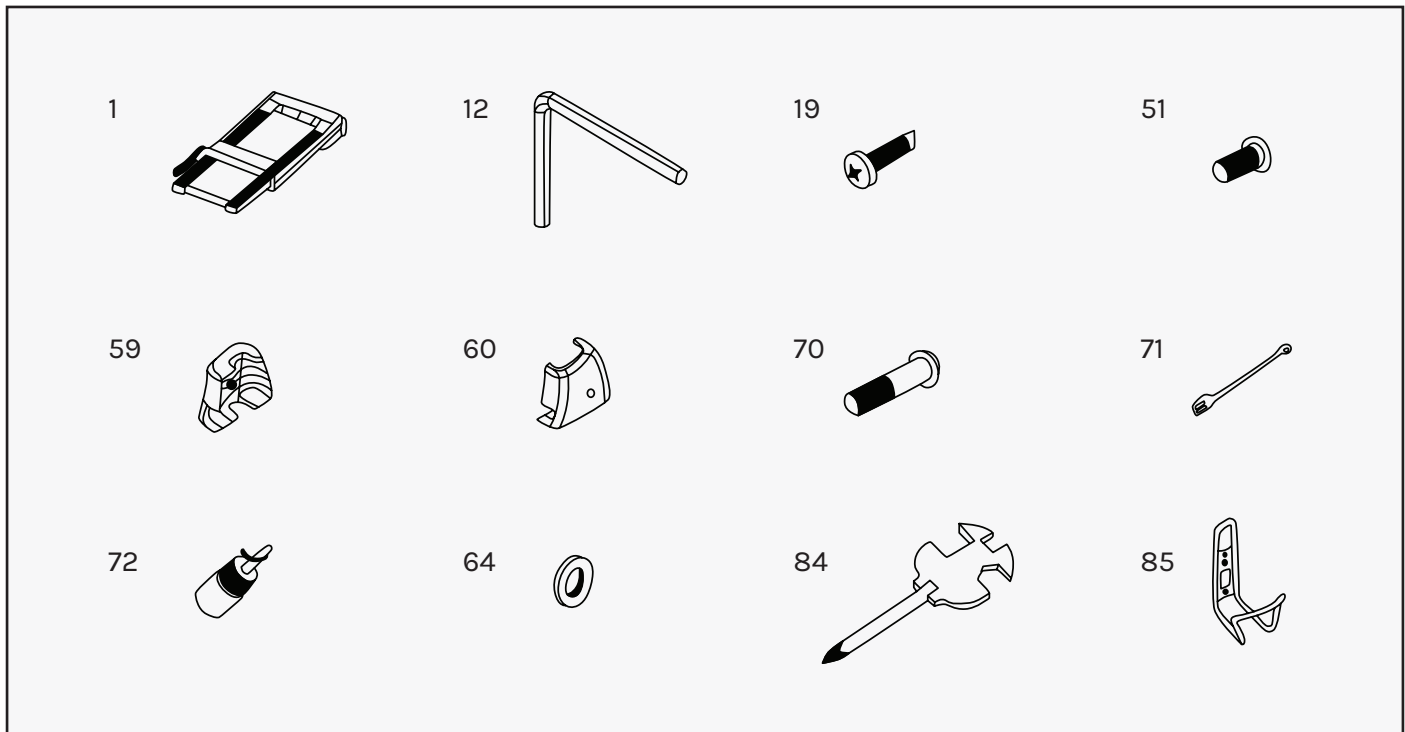
GROUNDING METHODS



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.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove 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



PARTS LIST

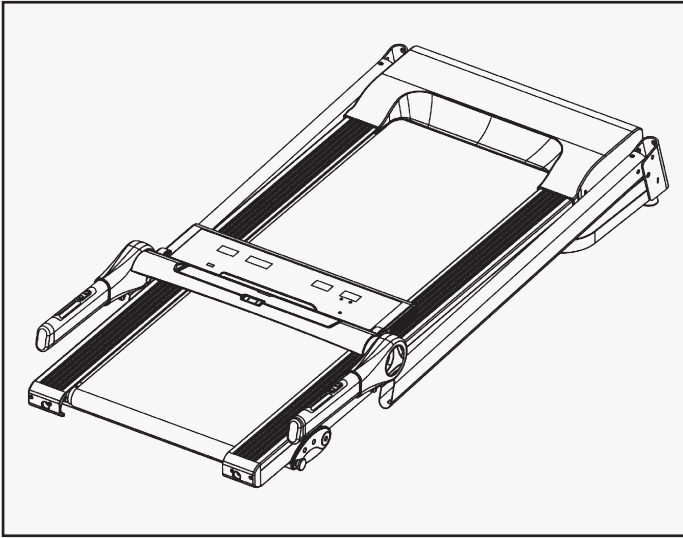
No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Main Frame		1	70	Bolt	M8*45	2
12	5#Allen Wrench		1	71	Safety Key		1
85	Bottle Cage		1	72	Oil Bottle		1
19	Bolt	4.2*19	4	64	Lock Washer	8	6
51	Bolt	M8*16	4	84	Wrench with Screwdriver		1
59	Left Base Cover		1	85	Bottle Cage		1
60	Right Base Cover		1				

FIXING TOOLS:

5# Allen Wrench 5mm	1pc
Wrench with Screwdriver	1pc

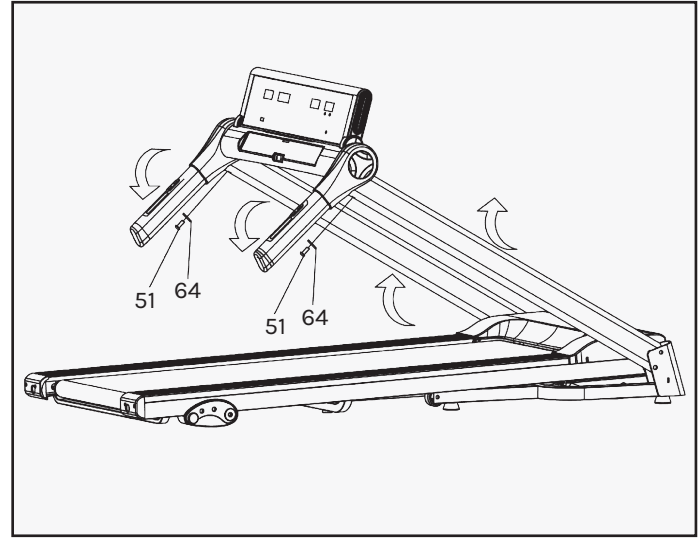
NOTE:

Do not turn on the power until assembly is completed.



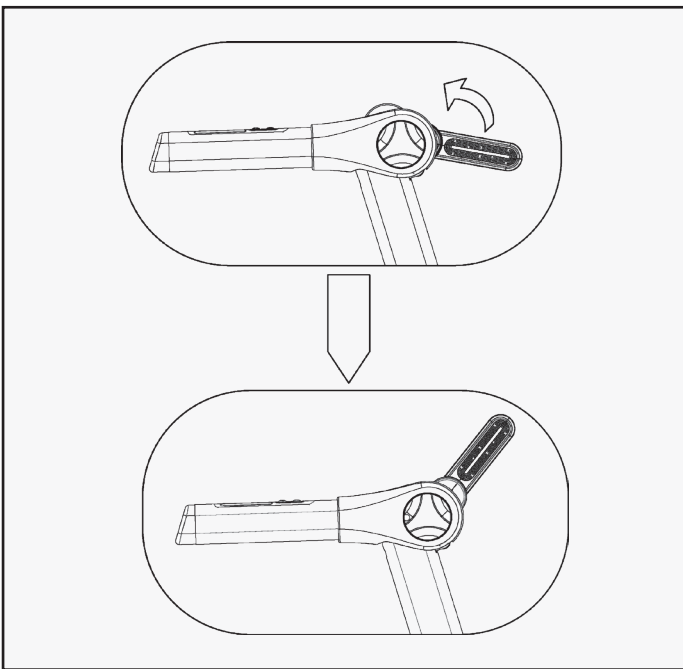
STEP 1

Open the carton and remove the parts.
Place the Main Frame on the level ground.



STEP 2

Hold the Computer frame and rotate the handlebars downward. Use the 5# Allen wrench (13), bolt (51) and lock washer (64) to secure the computer frame onto the right and left upright. Left picture for reference.

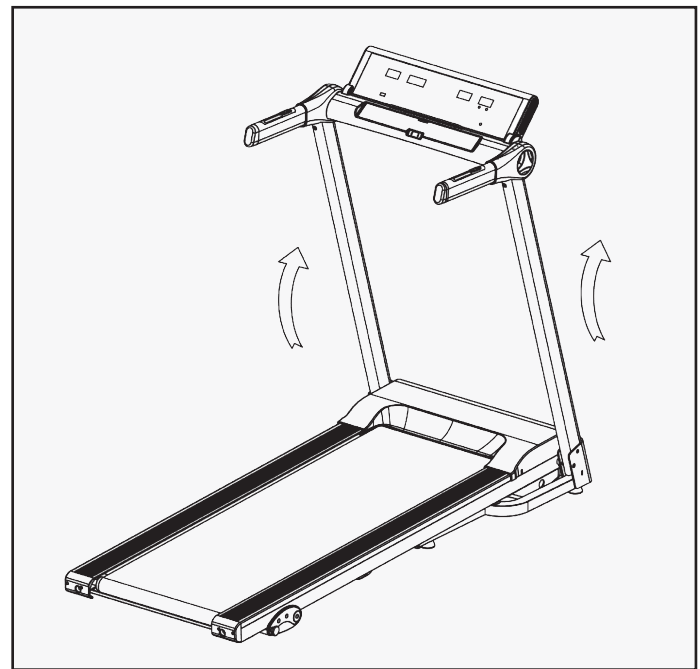


STEP 3

Rotate the computer as shown in picture.

! **NOTE:**

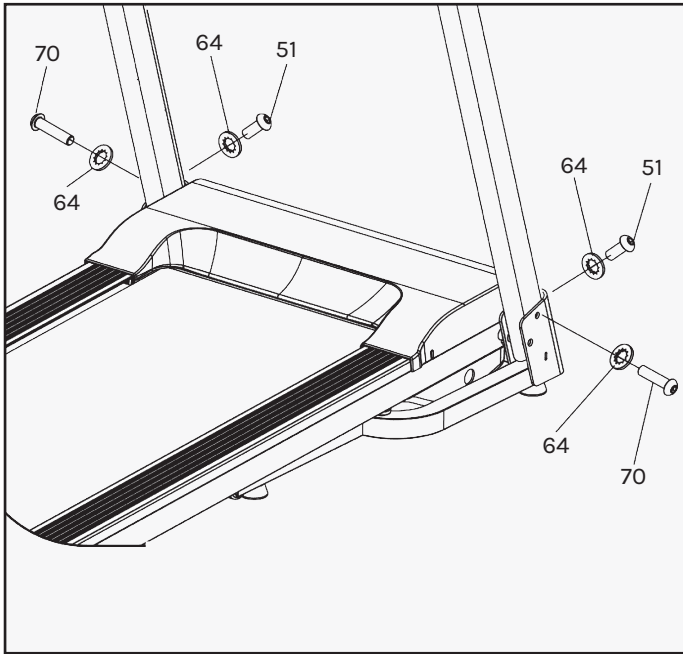
Depending on the height of user, the computer needs to be rotated 45 degrees counterclockwise.



STEP 4

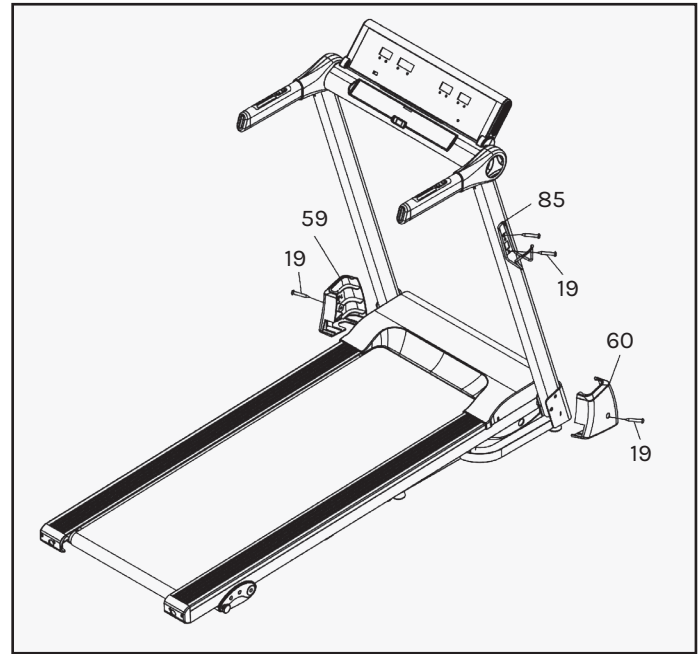
Fold up the uprights, ensure to keep hold of it to prevent it from falling.

You may need assistance while you secure the bolts in the next step.



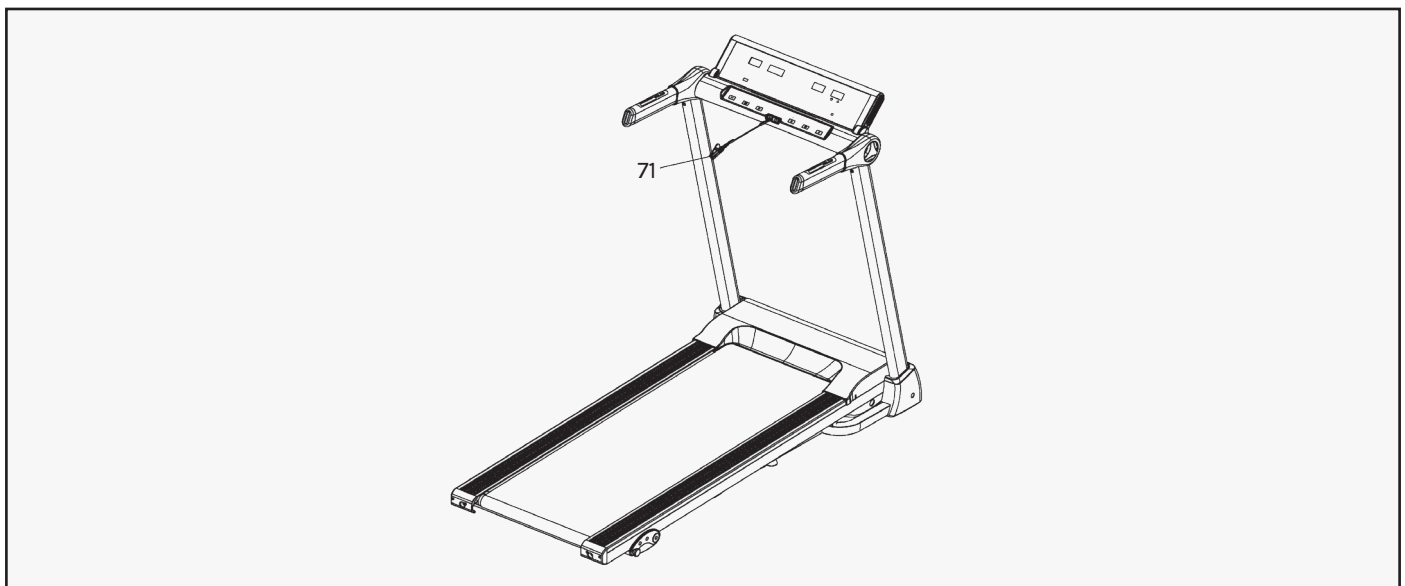
STEP 5

1. Use #5 Allen wrench (13), Bolt (70) and lock washer (64) to lock the upright (3) into the main frame.
2. Then use Allen wrench (13), bolt (51) and lock washer (64) to lock the upright (3) into the main frame.
3. Repeat on other side.



STEP 6

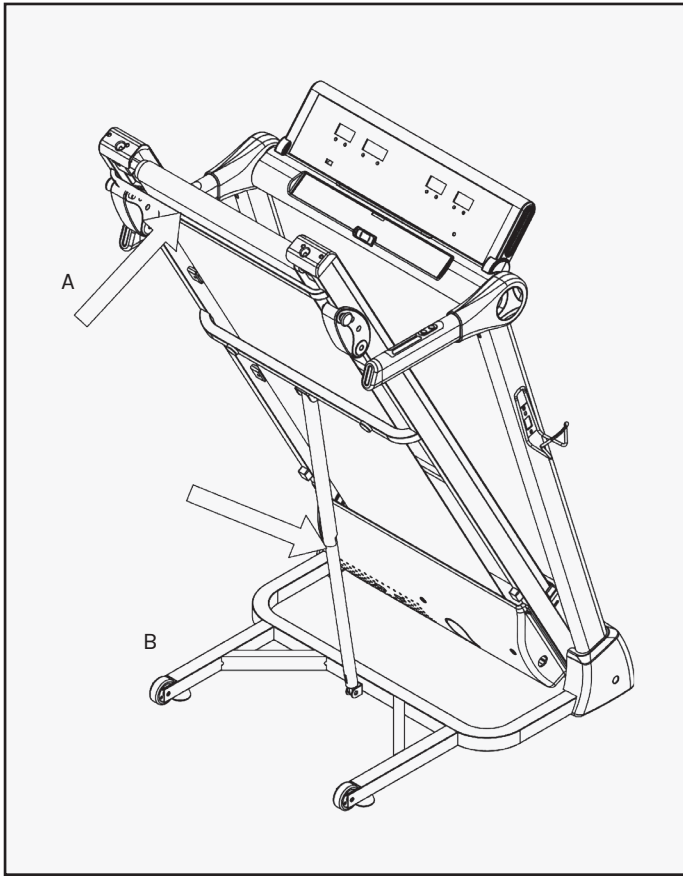
1. Use wrench with screwdriver (12), bolt (19) to secure the left base cover into the base frame.
2. Repeat on the other side.
3. Use wrench with screw driver (12), bolt (19) to secure the bottle cage into the right upright.



STEP 7

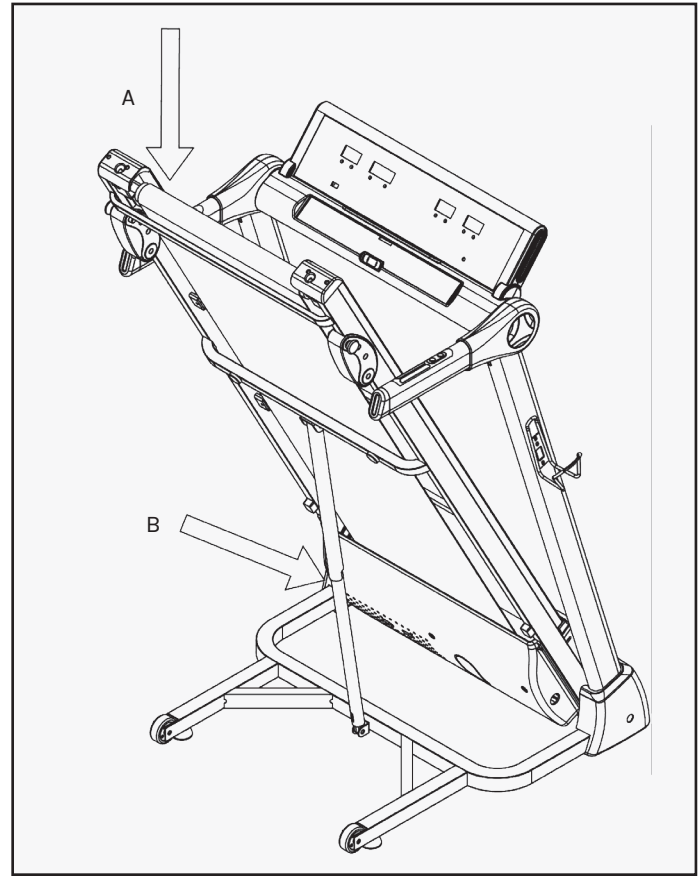
Place the safety key (71) onto the computer as pictured.

V. FOLDING INSTRUCTIONS



PULLING UP

Pull up the base frame at position (A) until you hear the sound that the air pressure bar (B) is locked into the round tube.



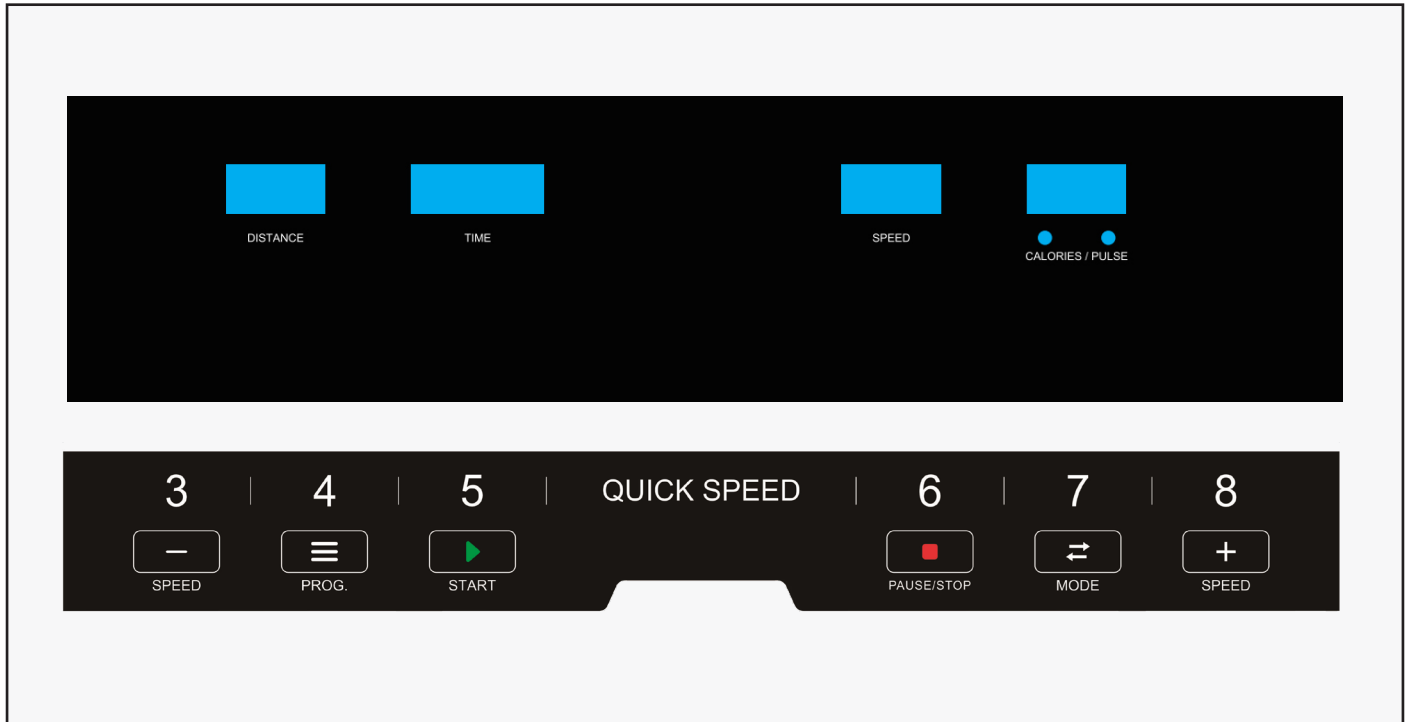
PULLING DOWN

Support place A with hand and press on B the place of air pressure bar. The base frame will slowly come down automatically.

(Please keep pets and children away while machine is being unfolded).

VI. OPERATION GUIDE

1. DISPLAY WINDOW



2. LCD WINDOW DISPLAY DETAILS

DIST: Show running distance.

TIME: Show running time.

SPEED: Show speed. During the start-up process, a 3 second countdown is displayed: 3, 2, 1.

PULSE: Show heartbeat data.1. When there is a heartbeat, the heartbeat value is displayed; when there is no heartbeat, the character 'P' is displayed.

CALO/PULSE: Show calories/heart rate. When the CAL character is lit, the corresponding window displays the calories; when the PULSE character is lit, the corresponding window displays the heart rate.

3. BUTTON FUNCTION

1. **"PROG" button:** Press this button to choose program from manual mode—P1----P15---FAT.
2. **"MODE" button:**
 - 2.1 When machine in standby state, press this button to choose the mode: manual mode, time count down mode, distance count down mode, calories count down mode.
 - 2.2 When machine is in FAT mode, the choose sequence is "Sex", "Age", "Height", "Weight".
3. **"START" button:** Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down.
4. **"PAUSE/STOP" button:** When the treadmill is running, press this button once to slow down treadmill and stop into PAUSE state. All data will remain. In this PAUSE state, if you press this button twice, the machine will stop completely, and all the data will reset. But in this PAUSE state, if you press START button, the treadmill will start running and continue the data of PAUSE state.
5. **"SPEED▲, ▼":** Adjust the speed. Press the button to adjust the speed when running or adjust the data when stop.
6. **"SPEED (3,4,5,6,7,8)":** Adjust the speed quickly.
7. **Left Handrail Button:** Start/stop adjustment button. Right handrail button: Speed adjustment button.

 **NOTE:**

When any button is pressed, it will be accompanied by a prompt tone. When the button is adjusted for parameter overrun, it will be accompanied by a long tone prompt. There is no beep when the button is pressed Invalid.

4. MAIN FUNCTIONS

I. Start-up Quickly (Manual)

Put safety key, press 'START' button, the treadmill will run at the lowest speed in 3 seconds, press SPEED▲, ▼ to adjust the speed. Press the 'STOP' button or take out the safety key directly to stop the treadmill.

II. Countdown Mode

Press the 'MODE' button, you can choose time countdown mode, distance count down mode, calories countdown mode, and the screen window will show the default data and glitter. At the same time, press 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.

III. Inner Install Program

Press 'PROG' button to choose the inner install program from P1---P15. When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 20 sections, Each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed by the SPEED ▲/▼, When the program enter next section will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever.

At the end of the program mode the treadmill will flash with 15 beeps, after which all data will be cleared to 0 and come into standby status.

5. HEARTBEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heartbeat after 5 seconds. To get an accurate heartbeat value, please holding the hand pulse more than 30 seconds to test when the machine stop. The heartbeat data is just for reference, cannot be as the medical data.

6. BODY FAT TEST

When the treadmill standby, press 'PROGRAM' button till 'FAT' show in the speed window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "-1-", "-2-", "-3-", "-4-". When set each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, the window will show "-5-" and "---" enter into ready to go condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

6.1 Data display and set range

Parameter Type	Default	Setting Range	Mark
SEX (-1-)	0 (MALE)	0-1	0=MALE 1=FEMALE
AGE (-2-)	25	10-99	
HEIGHT (-3-)	67in	40-95in	
WEIGHT (-4-)	154lbs	44-352lbs	

6.2 BMI Reference

BMI	
<19	Under weight
19-26	Normal weight
26-30	Over weight
>30	Obesity

7. SLEEP FUNCTION

Stopped for more than 2 minutes without any operation, the system is reset to standby state and the backlight is off. When it is more than 10 minutes, the system turns off all displays and enters a sleep mode. Press any key to wake up.

8. SAFETY KEY FUNCTION

Whenever pull out the safety key, the treadmill will stop quickly, all data turn to zero, All the windows display "OFF". All normal operation must under safety key locked condition.

9. RUNNING DATA DISPLAY AND SETTING RANGE

	Show Range	Default Program	Default Mode	Set Range
SPEED (KM/H)	0.8-12km	-----	-----	-----
TIME	0:00-99:59	30:00	30:00	5:00 - 99:00
DISTANCE	0:00km-99.9km	1.00km	-----	0.5km - 99.9km
CALORIES	0Kcl - 999Kcl	50Kcl	-----	10Kcl - 990Kcl

DATA TABLE

PROG	TIME	SETTING TIME/20 = INTERVAL RUNNING TIME																			
		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

VII. EXERCISE GUIDE

WARM UP STAGE

If you are over 35 years old or have health problem, also it's your first time do exercise, please consult with your doctor or professional people.

Before you use the motorized treadmill, please learn how to control the machine first, know well how to start, stop, adjust the speed and so on. After that, stand on anti-slip pad both sides and hold the handle bar with your both hands. Keep the machine at the low speed about 1.0~2.0 mph, Stand straight and test the running machine by one foot, after getting used to the speed, you can begin to run and can increase speed to 1.9~3.1 mph. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 0.6 mile at stable velocity, it will take you about 15-25 minutes. If walk at 3.0 mph, it will take you about 12 minutes in 0.6 mile. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you cannot add the speed or incline too much at one time, it is good for your health.

EXERCISE INTENSITY

Warm up at the speed 3.0 mph in 2 minutes, then add the speed to 3.3 mph and keep walking in 2 minutes, then add to 3.6 mph and walk in 2 minutes. After that, add up 0.2mph in each 2 minutes, until rapid breath but not feel difficulty. Finally, you should slow down the speed step by step for 4Mints. If you feel it is difficult to increase the speed to strengthening exercise, please increase the incline slowly. Increasing the incline slowly will improve the exercise intensity greatly.

Calorie burning---the best effective way

Warm-up for 5 mints by the velocity:2.5-3.0 mph, then slowly increase the speed by 0.2 mph/2Mints, until up to the stable speed which you feel is Challenging for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.2 mph each interval time, after that return to the original speed. You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally, you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY

The cycle time: 3-5times/teek, 15-60mins/times. Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, if you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going. You can choose the normal walking speed or the jogging speed if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity, you can follow the instruction:

Speed 0.6-1.9 mph: people not well physically

Speed 1.9-2.8 mph: people less movement or workout

Speed 2.8-3.8 mph: people normal walking

Speed 3.8-4.7 mph: Fast walking people

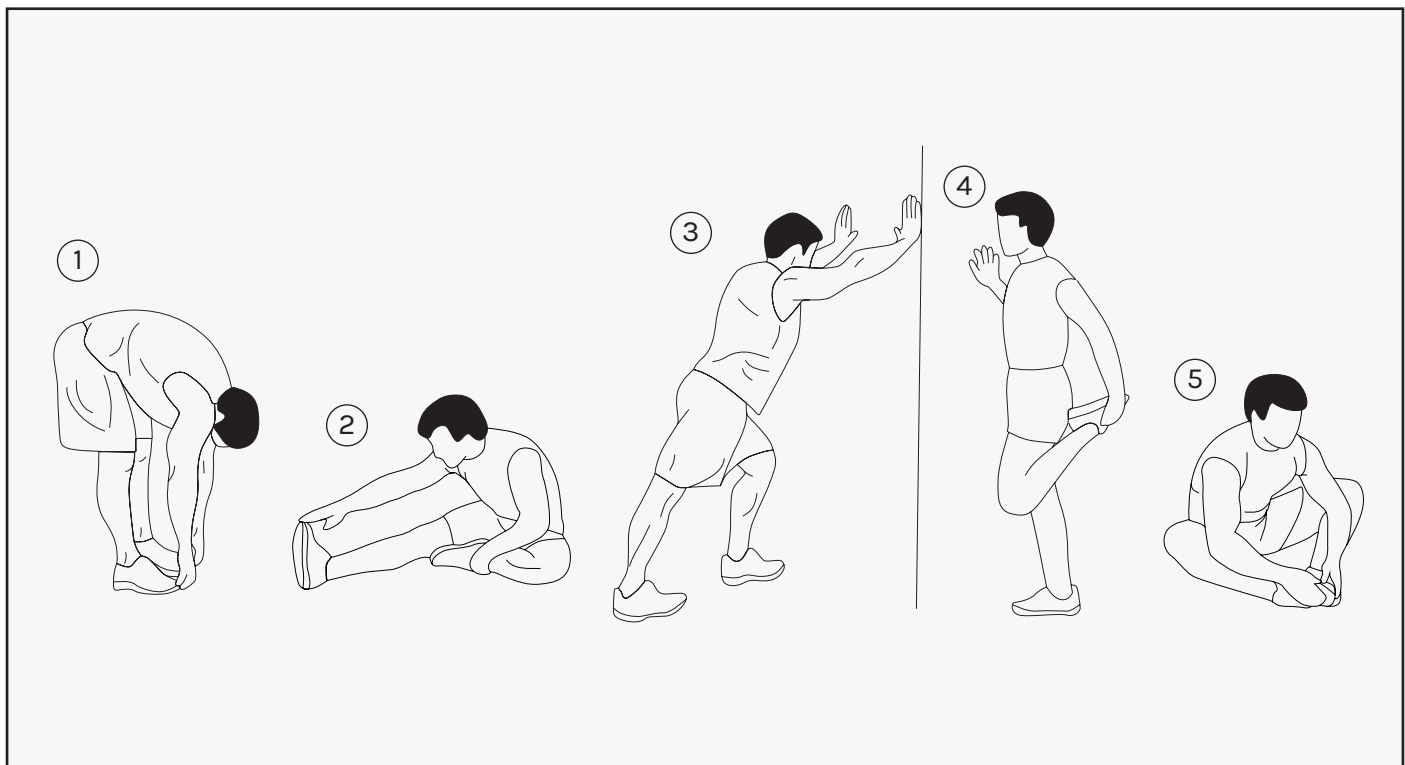
Speed 4.7-5.6 mph: Jogging

Speed 5.6-7.5 mph: intermediate speed running

Speed 7.5-8.5 mph: well experiences of running

ATTENTION:

The velocity of movement $\leq 3.8\text{MP/H}$ is suitable for normal walking; The velocity of movement $\geq 5.0\text{ mph}$ is suitable for runner.



WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, spend the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).
2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).
3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (See Figure 3).
4. Quadriceps stretch: the left-hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).
5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).

VIII. RUNNING BELT ADJUSTMENT

 **WARNING:**

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEAN:

General cleaning the unit will greatly prolong the treadmill.

Keep treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and the side rails. This reduces the buildup of foreign material underneath the walking belt by wearing the clean running shoes.

 **WARNING:**

Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

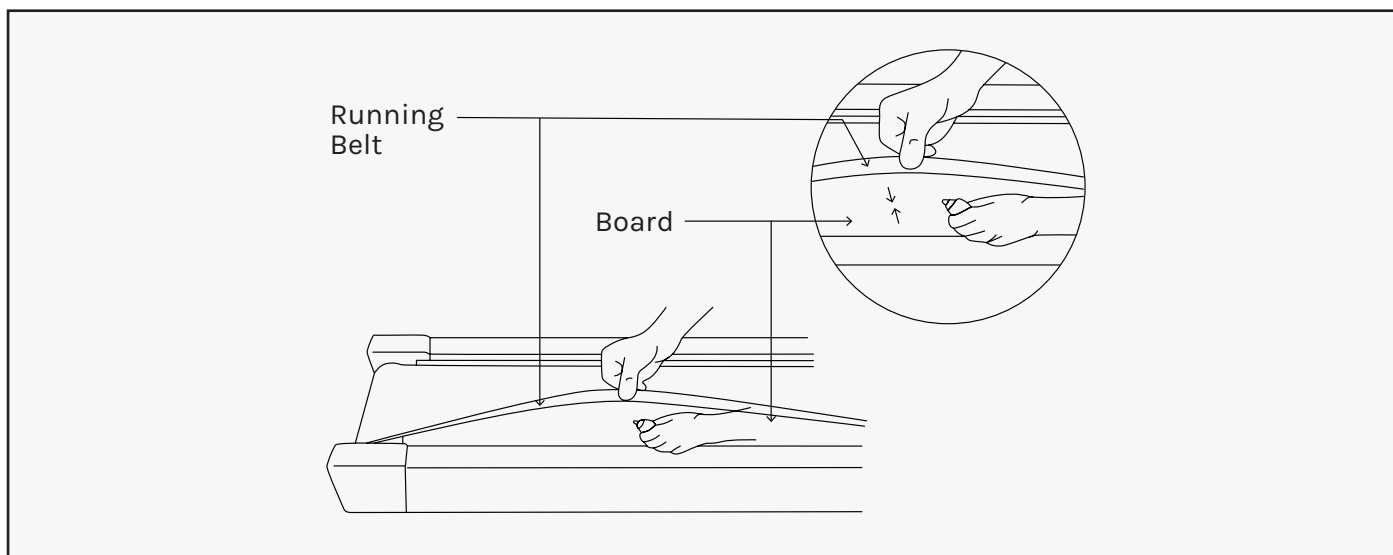
We recommend that lubricate the deck according to the following timetable:

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

We recommend that you buy the lubrication from our distributor or directly to our company.

 **ATTENTION:**

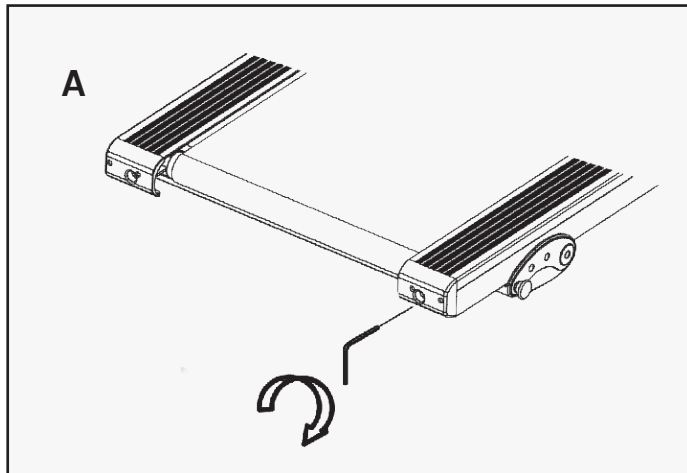
Any repair need professional technician.



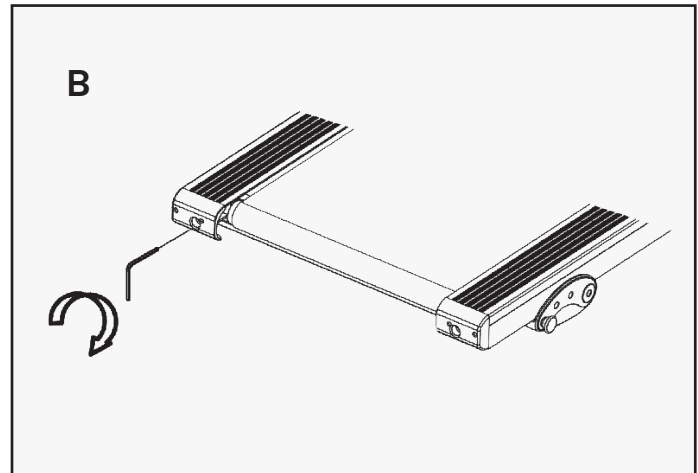
1. We suggest that you should cut off the power for 10Mints after keep running 2HS, so that it's good for maintain the treadmill.
2. For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75mm on both sides, if the best not too tight nor loose.

IX. CENTER THE RUNNING BELT

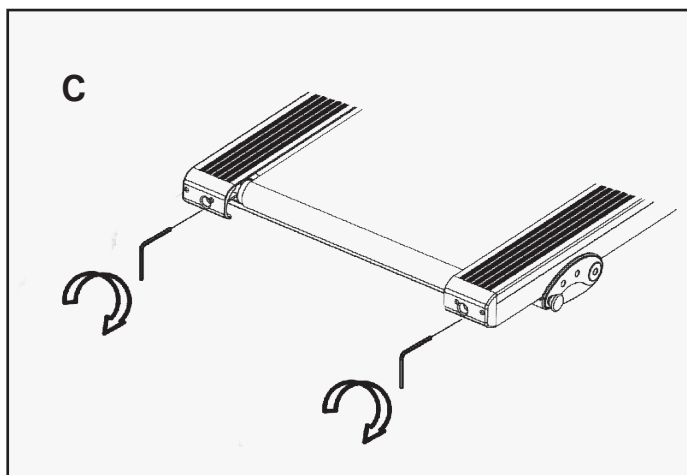
Place treadmill on a level surface. Run Treadmill at approximately 3.7-5mph, checking the running condition.



If the belt has drifted to the right, Unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

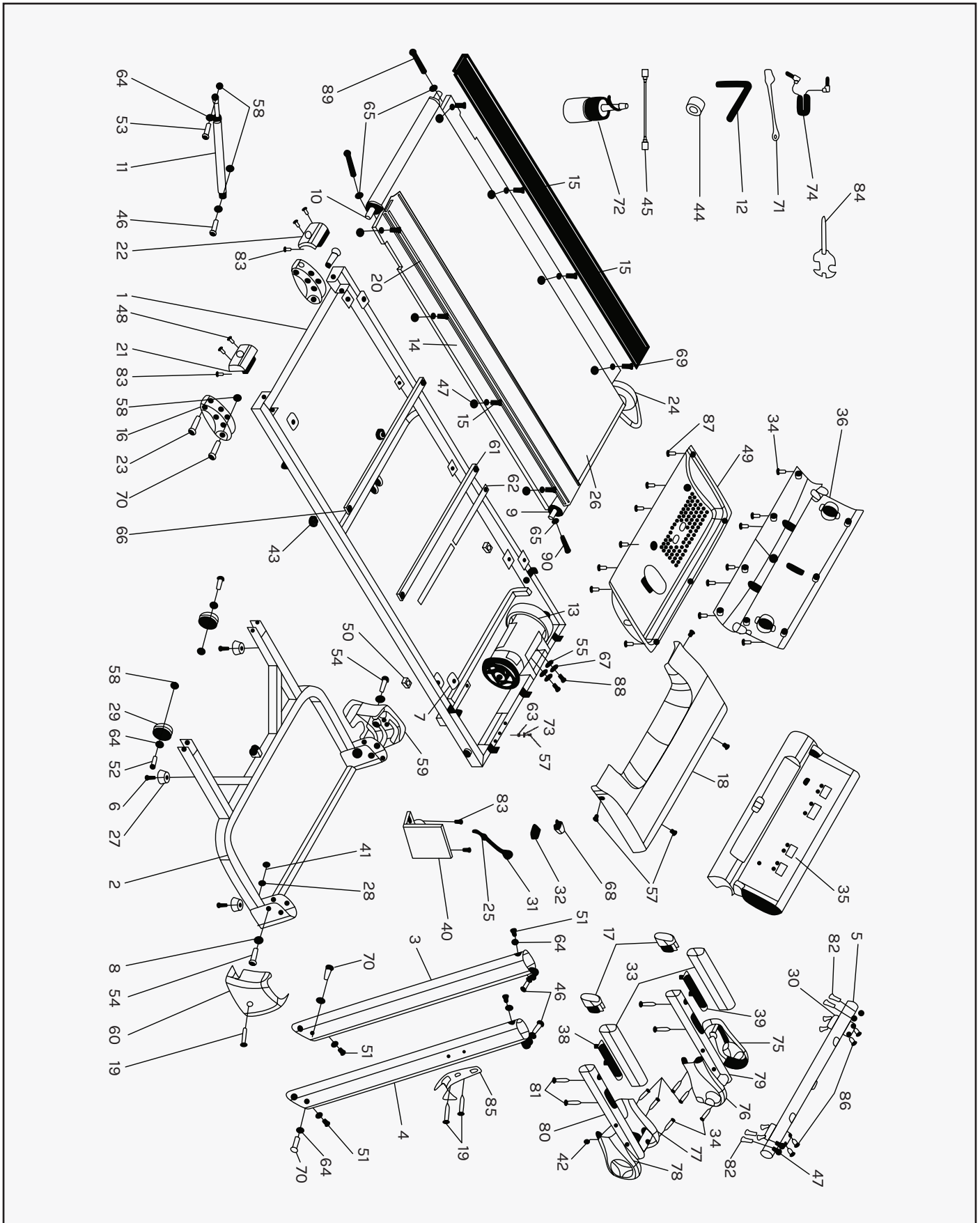


If the belt has drifted to the left, pull out of the safety lock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt.



Timely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety lock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness.

X. EXPLODED DIAGRAM



XI. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
3	Left Upright		1	41	Computer Top Cover		1
4	Right Upright		1	42	Computer Top Cover		1
5	Computer Bracket		1	43	Barb Cushion		2
6	Bolt	ST4.2*25	4	44	Magnetic Ring		1
7	Rubber Pad		4	45	Brown Single Wire		1
8	Bolt	10	2	48	Bolt	ST4.2*30	4
9	Front Roller		1	49	Motor Bottom Cover		1
10	Back Roller		1	50	Barb Cushion 2		2
11	Cylinder		1	51	Bolt	M8*16	4
12	5#Allen Wrench	5mm	1	52	Bolt	M8*40	2
13	DC Motor		1	53	Bolt	M8*42	3
14	Running Board		1	54	Bolt	M10*55	2
15	Bolt	M6*37	4	55	Lock Washer C	8	2
16	Adjustable Foot Pad		2	56	Bolt	M6*55	1
17	Inclined Tube Plug		2	57	Bolt	M5*8	5
18	Motor Cover		1	58	Lock Nut	M8	6
19	Bolt	ST4.2*19	4	59	Left Base Cover		1
20	Side Rail		2	60	Right Base Cover		1
21	Right Back-end Cap		1	61	Running Board		2
22	Left Back-end Cap		1	62	Strengthening Tube	275*20*3	4
23	Fixed Plug		2	63	Lock Washer	5	2
24	Motor Belt		1	64	Lock Washer	8	12
25	Power Wire Buckle		1	65	Lock Washer	6	3
26	Running Belt		1	66	Isolation Nylon Pad	φ23*φ10.5	4
27	Foot Pad		4	67	Spring Washer	8	2
28	Ring Protecting Plug B		2	68	Overload Protector		1
29	Moving Wheel		2	69	Bolt	M6*30	4
30	Rotating Plate		2	70	Bolt	M8*42	4
31	Switch		1	71	Safety Key		1
32	Foam		1	72	Oil Bottle		1
33	Bolt		2	73	Spring Washer	5	2
34	Computer Top Cover	ST4.2*13	11	74	MP3	Option	1
35	Computer Bottom Cover		1	75	Outer Cover		2
36	Bolt		1	76	Inner Cover		1
37	Speed +/-	ST4.2*15	4	77	Outer Cover		1
38	Start/Stop		1	78	Inner Cover		1
39	Control Board		1	79	Left Hand Bar Bracket		2
40	Computer Bottom Wire		1	80	Right Hand Bar		1
				81	Bolt	ST4.2*45	4
				82	Bolt	M6*37	4

No.	Description	Specs	Qty	No.	Description	Specs	Qty
83	Bolt	ST4.2*9.5	4	87	Bolt	ST4.2*12	8
84	Bottle Cage		1	88	Bolt	M8*12	2
85	Bottle Cage		1	89	Bolt	M6*65	2
86	Bolt	4.2*9	8				

XII. TROUBLE SHOOTING GUIDE

Code	Reason	Solution
E01	Message wire is broken or not connected well	<ol style="list-style-type: none"> 1. Check if the computer and bottom control board wire connect well. 2. Check if IC on bottom control board is loosen, reset the IC.
E02	Burst clash	<ol style="list-style-type: none"> 1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test. 2. Check if the control board is burnt with irregular smell, replace a control board. 3. Check if the motor wire is well connected, reconnect it.
E03	No sensor signal	<ol style="list-style-type: none"> 1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light. 2. Check if the plug of sensor is well connected. 3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.
E05	Current overload protecting	<ol style="list-style-type: none"> 1. Overrated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart. 2. Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change motor and bottom control. 3. Check if the power voltage is wrong, use right voltage to test again.

Code	Reason	Solution
Show "----"	<ol style="list-style-type: none"> 1. The safety key is not at the appointed site. 2. The safety key is not connected well or broken. 	<ol style="list-style-type: none"> 1. Check if the safety key is at the appointed site. 2. Check if the safety key sensor board is connected well. 3. Replace the safety key sensor board inside computer.

If the motor doesn't rotate after press "START" button. The wire that controls the motor may be the issue.

Such as:

- the protective tube on control board is damaged or fallen off.
- or the motor wire isn't connected well.
- or the IGBT on control board is burnt out.

Check if the motor wire is connected well and re-connect well. Check if the protective tube is OK, re-set it or change one. Use multimeter to test if the IGBT is burnt out and change an IGBT or control board.

E07/E08	EEPROM damaged	Change a control board
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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:

<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

Please email us at support@lsgfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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