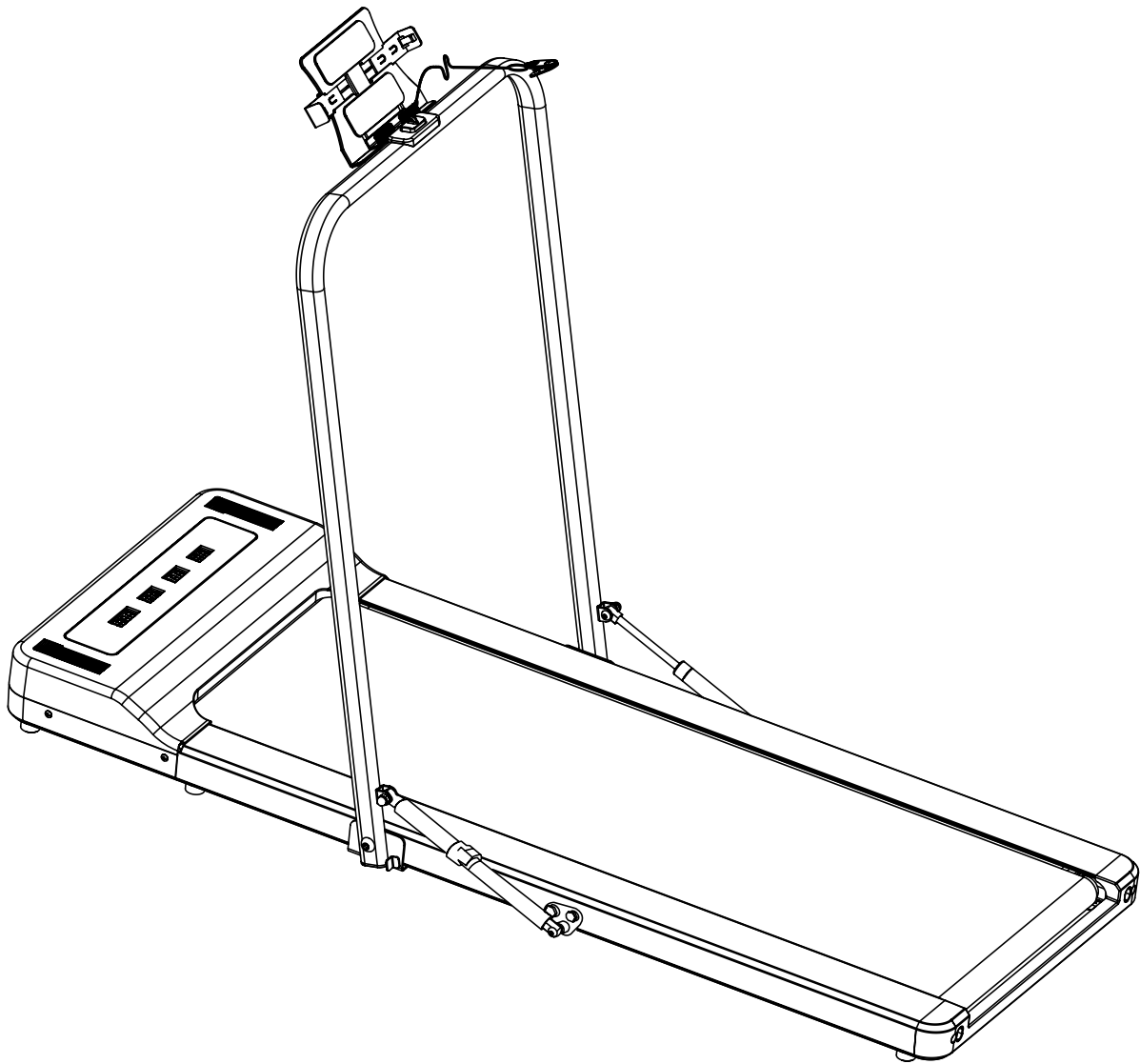# LSG

Nimbus Walking Pad Under Desk Treadmill

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

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.

The treadmill is intended for household use only.

⚠ **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.

- 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.

- 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.

- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.

- All fixings should be checked before the equipment is used.

- Do not use outdoors.

- All product manual relating to the use of the equipment should be retained for future reference.

- To disconnect, turn all controls to the off position, then remove plug from outlet.

- Recommended operating temperature: 5-40°C.

⚠ **Remove the safety key after use to prevent unauthorized treadmill operation.**

Battery Safety

⚠ **WARNING**

THIS PRODUCT CONTAINS A BUTTON BATTERY THAT IS HAZARDOUS AND IS TO BE KEPT AWAY FROM CHILDREN

The battery can cause severe or fatal injuries in 2 hours or less if it is swallowed or placed inside any part of the body. Seek medical attention immediately if this occurs.

If suspected of swallowing the battery or otherwise placed inside any part of the body, please contact Australian Poison Centre immediately on **13 11 26.**

Hotline is open 24/7.

Call triple zero (000) immediately if you or someone you know stops breathing, slips into a coma, or has a seizure or a severe allergic reaction to suspected poisoning.

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.
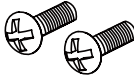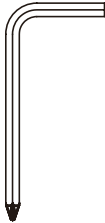
III. PARTS LIST

Handrail

Control Panel

Running Belt
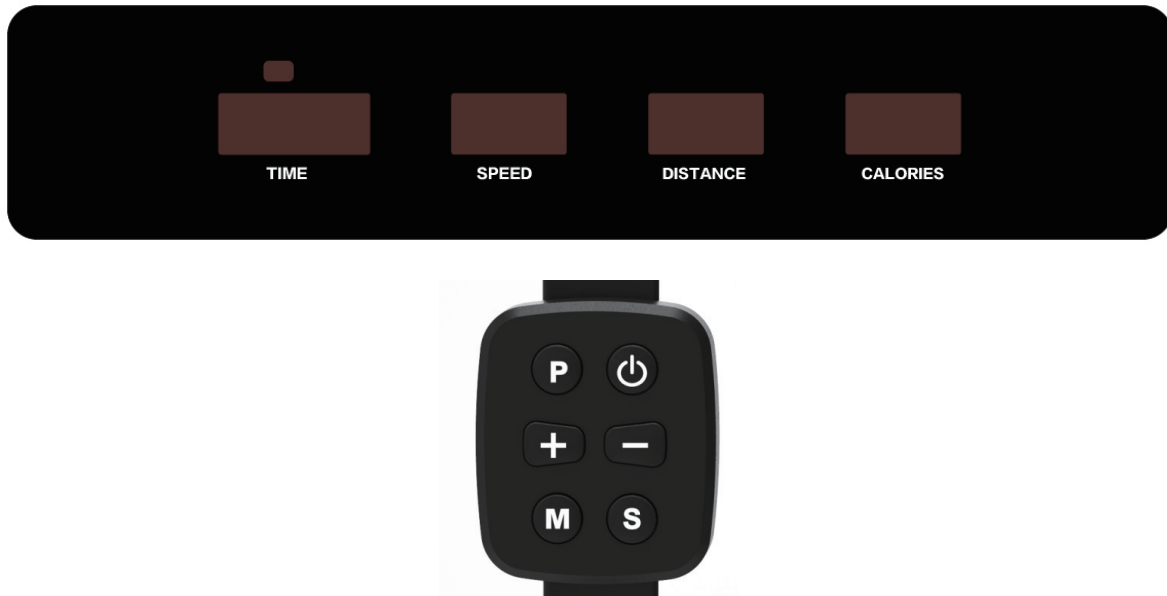
Toe Cap
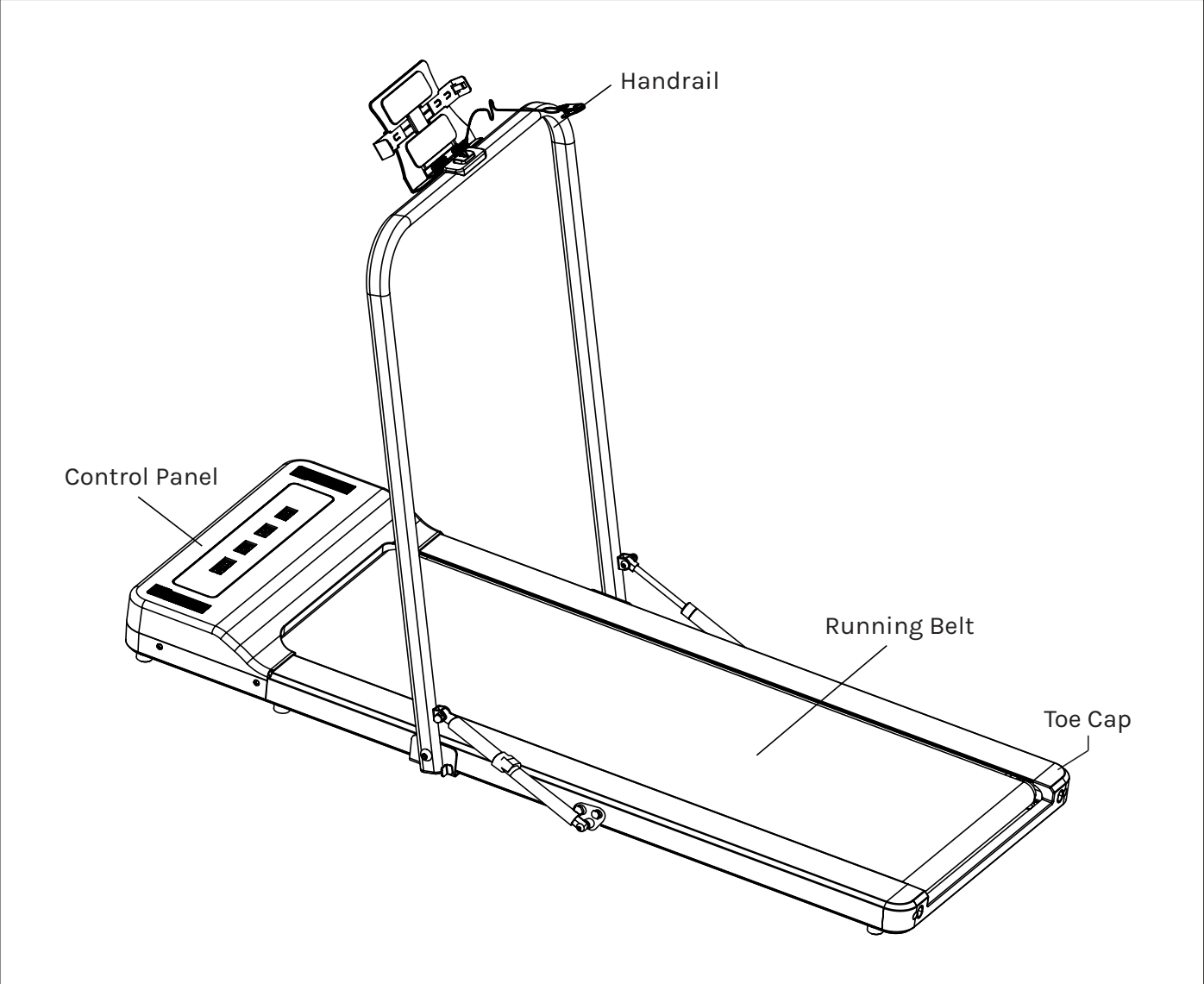
ACCESSORIES
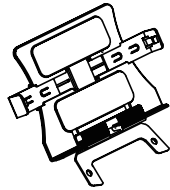
Shelf

Screw

Allen Key

Safety Key

IV. OPERATION GUIDE

CONTROL PANEL

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

(!) **NOTE:**

Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

1. Plug in the power, turn on the power switch. The display shows the program code first, then the beep will enter the manual standby mode after the full display: SPEED displays 0.0; TIME displays 0:00; DIST displays 0.00; CAL displays 0.

2. In the manual standby mode, by pressing the MODE button (M) you can select it to run according to the preset time or preset distance or preset calories. The time is counted, the second ":" flashes; the countdown, the second is quiet.

   A. When running according to the preset time, the initial time is 30:00. It can be adjusted to 5:00---99:00 by the acceleration/deceleration button. The countdown will be based on time, and the distance and calories will be operated. The time will countdown to 0.

B. When running according to the preset distance, the initial value is 1.00 which can be adjusted to 0.50-1.00-1.50...-65.0 by the acceleration/deceleration key. The increment and decrement is 0.5 each time, and the unit is KM. The time and calories will be counted down by distance. The distance will count down to 0.

C. When running according to the preset calorie, the initial value is 50. It can be adjusted to 10-15-20---995 by the acceleration/deceleration button (addition and subtraction to 5 each time), and the calorie will be counted down. The time and distance are Run by. The calorie will countdown to 0.

D. When the initial operation is performed by manual standby, the time, distance and calories are all in line, and the machine stops in 60 minutes.

3. In the standby mode, press the program key (P) to select the automatic standby mode P1---P6 (6 automatic modes) and manual standby mode.

4. In the automatic standby mode, the countdown is displayed according to the time. The initial time is 30:00 will flash and the running time can be preset by the acceleration/deceleration button to 5:00--99:00, and the time is by minute.

5. In standby mode, press START/STOP button and it will run in the corresponding mode.

6. When running in various modes, the initial count must be 3 seconds (speed display box), and the buzzer sounds 3 times.

7. While the treadmill is running, the MODE button (M) and the program button (P) are invalid. The running speed can be set by acceleration/deceleration 0.8---6.0 KM/H/(1.0---8.0 KM/H).

8. In the automatic mode, there are 6 automatic modes, each of which is a 20-shot. The specific operation mode of the automatic mode is shown in the attached table.

9. In the automatic mode, every time the switching speed is reached a beep will be given 3 seconds in advance to prompt the user.

10. In the working state, press the slow stop button (S) the motor will stop for 1 minute, the time will count down for 1 minute. Press the START/STOP button during the period, it will stop according to the normal deceleration and the display content will not be cleared.

11. In the working state, press the START/STOP button, the motor will decelerate normally to stop the standby mode, and the display content will not be cleared.

V. ASSEMBLY INSTRUCTIONS
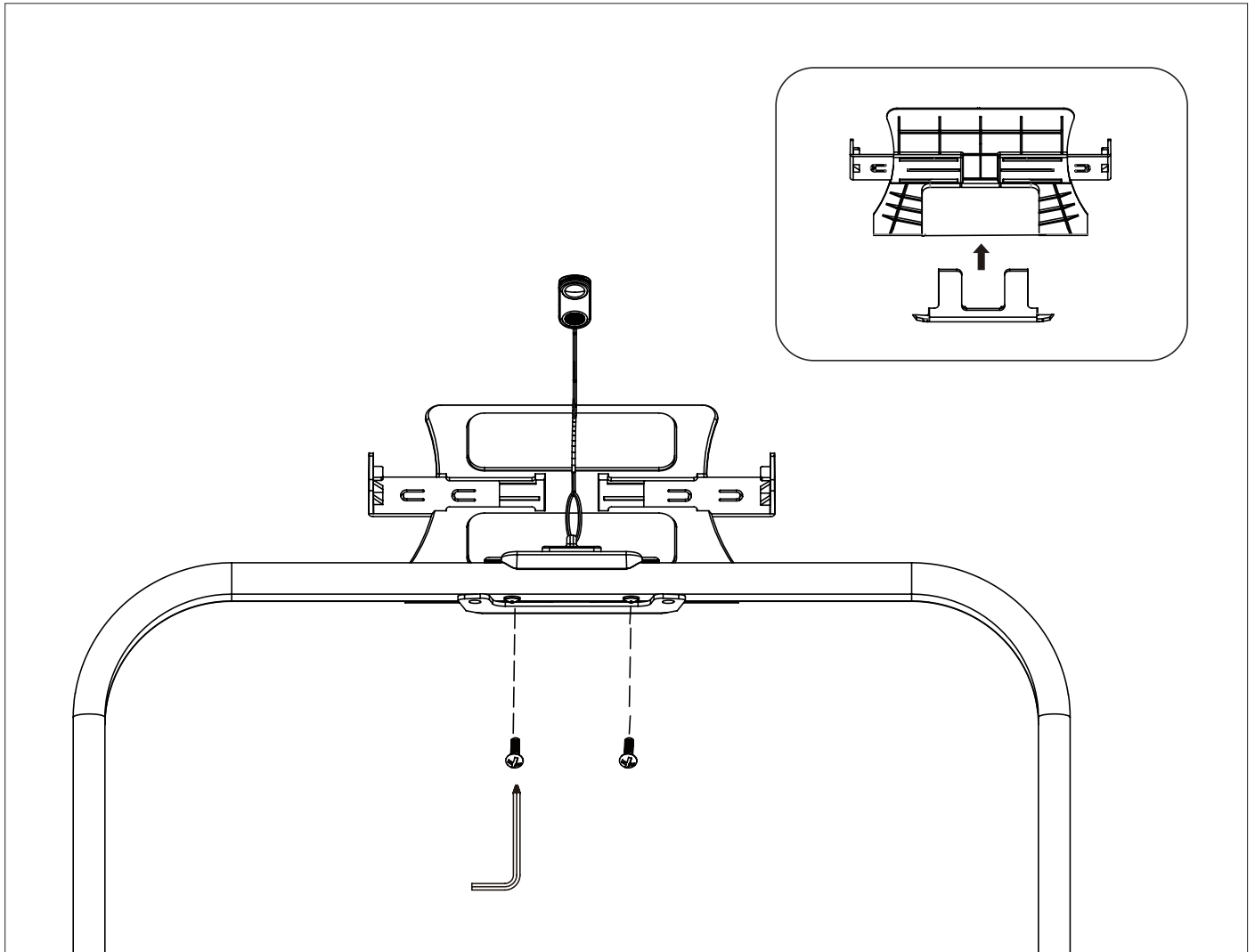
SHELF INSTALLATION
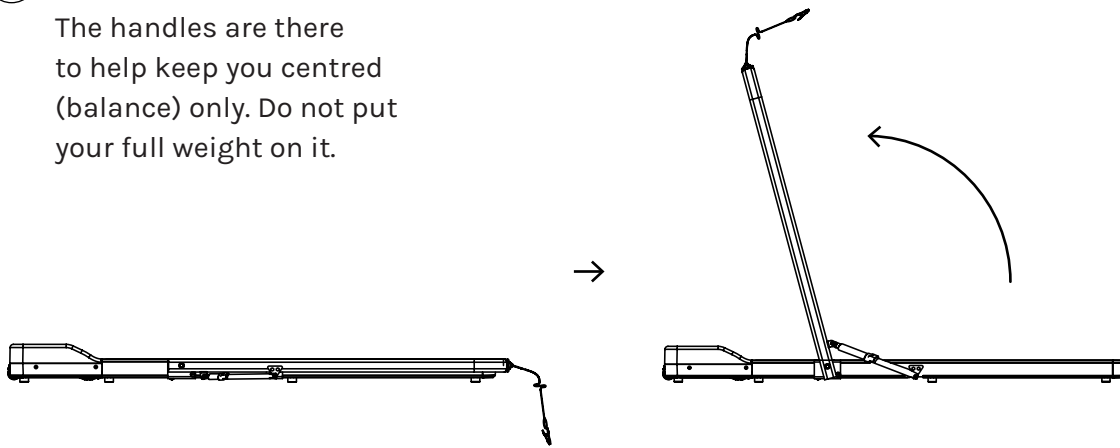
Fix the screws on the corresponding arm rest parts.
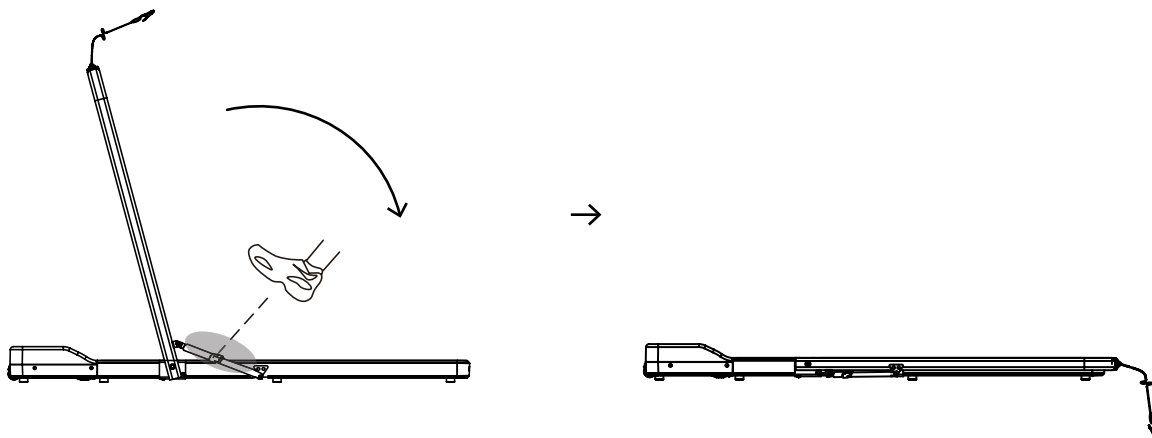
VI. FOLDING INSTRUCTIONS

1. Unfolding the machine.
   Lift the handlebars up until it locks into place.

⚠ **CAUTION:**

The handles are there
to help keep you centred
(balance) only. Do not put
your full weight on it.

2. Folding the machine.

Hold onto the handlebars and tap on the bar as pictured. Once the locking system is released, gently lower the handlebars to the ground.

VII. MAINTENANCE

⚠ **WARNING:**

To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

⚠ **WARNING:**

Always check the wear and tear components like spring knob and running belt to prevent injury.

1. Before moving or cleaning your Treadmill, unplug it from the main power supply.

2. Always clean the Treadmill with a damp cloth avoiding the control panel.
   DO NOT USE ROUGH CLEANING AGENTS.

3. Clean the power switch and control panel with a soft dry cloth.
   DO NOT USE A WET CLOTH IN THESE AREAS.

4. Do not use your treadmill in wet, damp conditions or dusty areas as this can cause damage to the Treadmill. The treadmill is designed to be used indoors.

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

**How to check running belt for proper lubrication**
- Lift one side of the running belt and feel the top surface of the running deck.
- If the surface is slick to the touch, then no further lubrication is required.
- If the surface is dry to the touch, apply some lubricant.

How to apply lubricant
- Lift one side of running belt.
- Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck.**

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

(!) **NOTE:**
DO NOT over lubricate the running deck. Any excess lubricant that comes out should be wiped off.

Lubricant x 1pc

Running Belt

Board
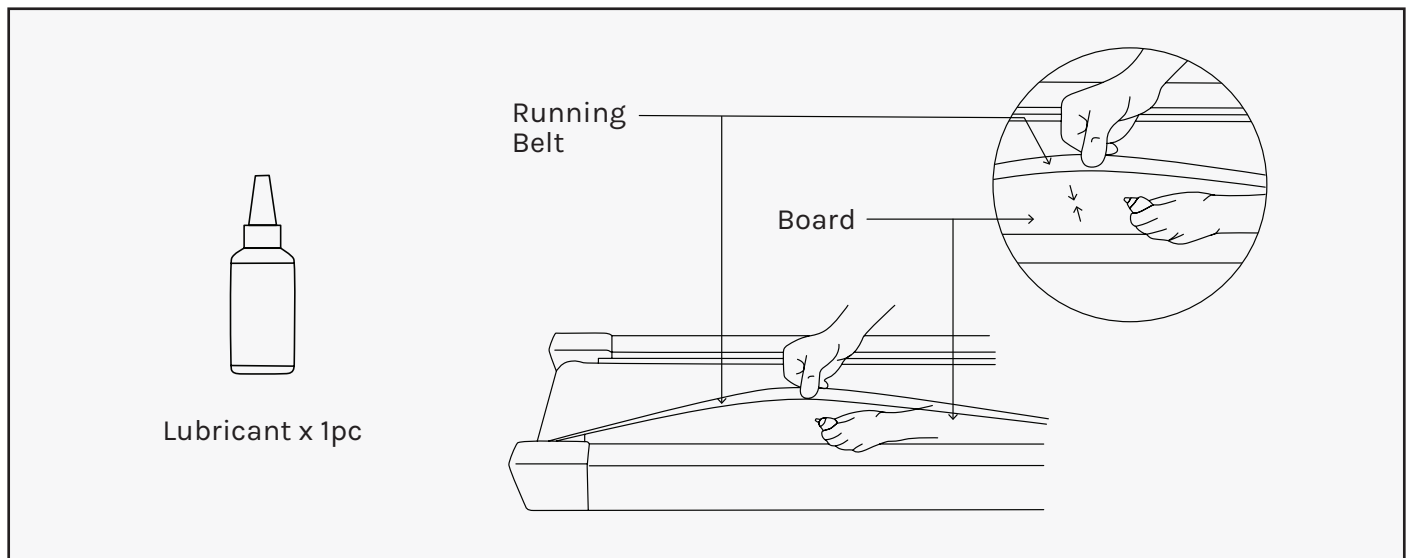
CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

VIII. ADJUSTING THE RUNNING BELT

PICTURE C

PICTURE D
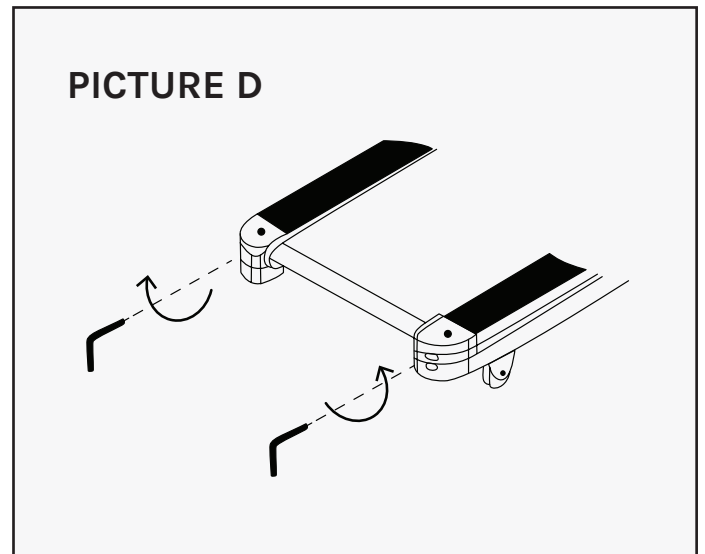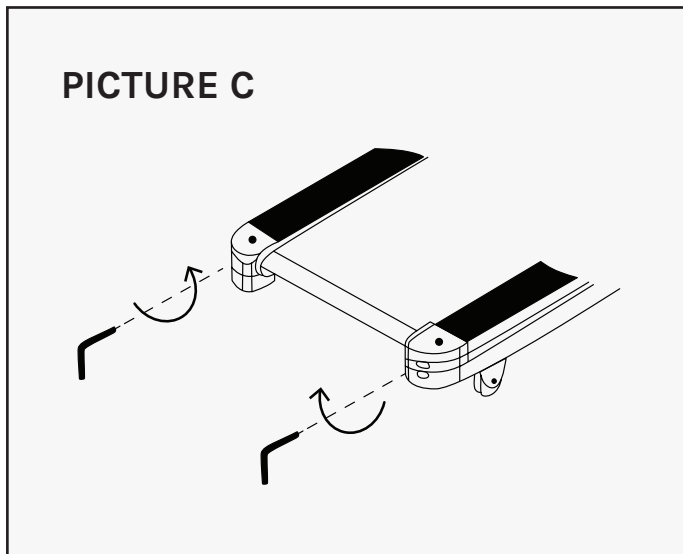
1. The running belt on the Treadmill will shift slightly after continuous use. This is normal for all treadmills.

2. To straighten/adjust the running belt turn the adjusting bolt on either side of the base, see figure C and D.

3. Do not allow for the running belt to catch the sides of the Treadmill as this will fray or cause a tear to the belt.

IX. REPLACING MOTOR BRUSHES

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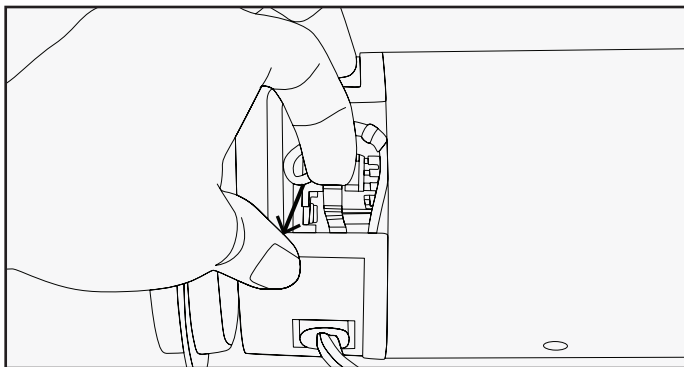
⚠ IMPORTANT:

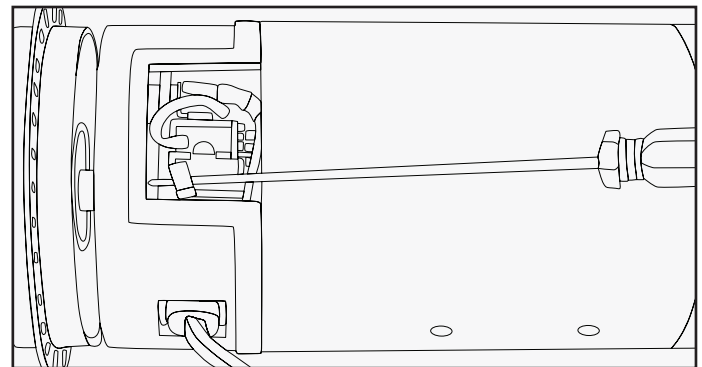Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.

Lead
Motor Brush
Clip
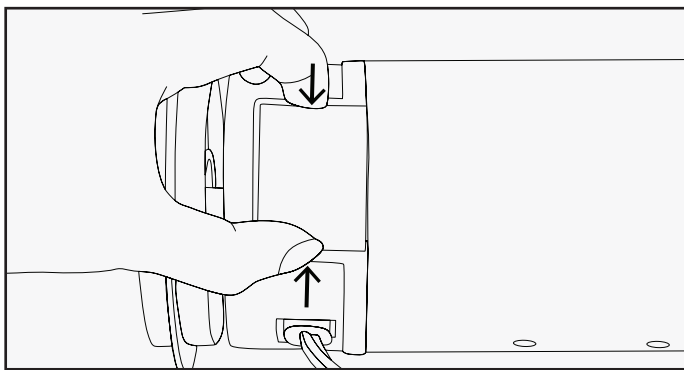
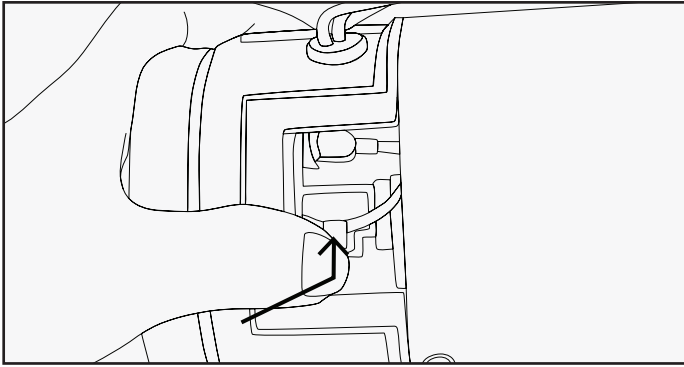1. Remove the cover from the motor by squeezing it from the sides.
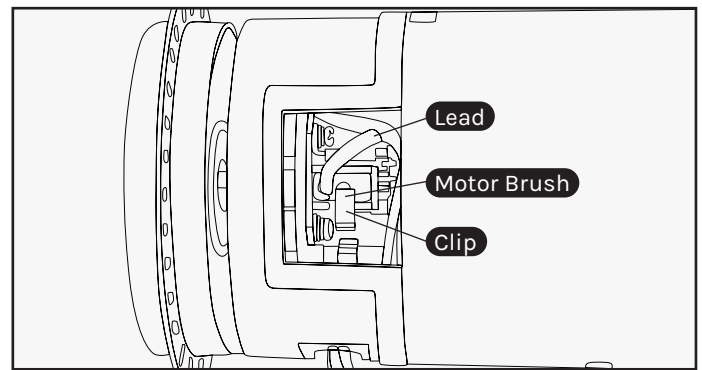
2. You will find the motor brush held in with a clip, with the lead plugged in.
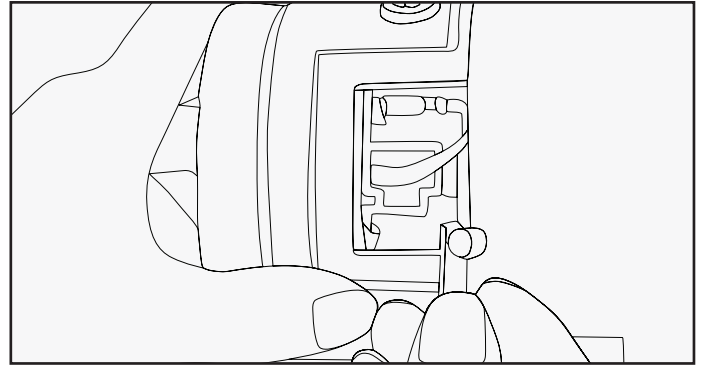
3. Pull the clip out from its position.

4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.
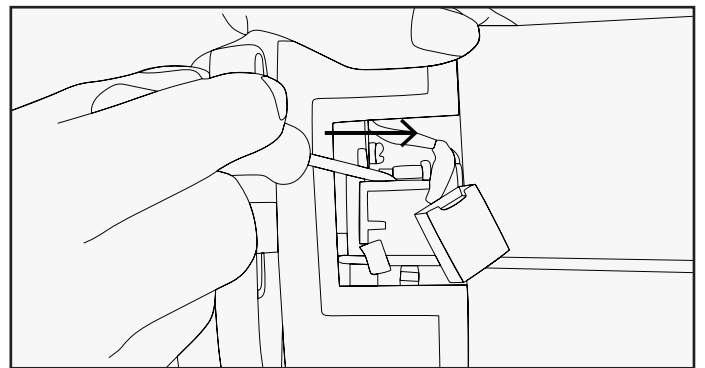
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.
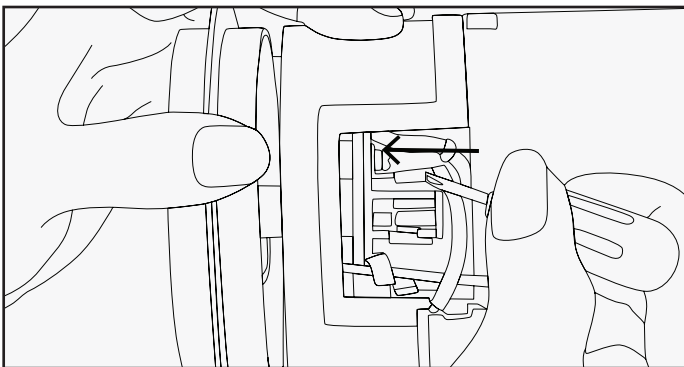
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.
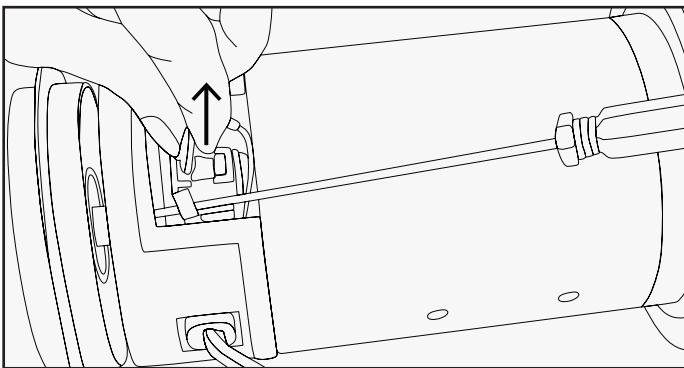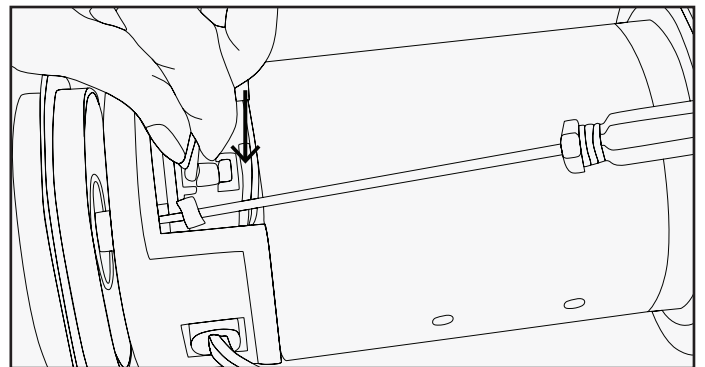

5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.
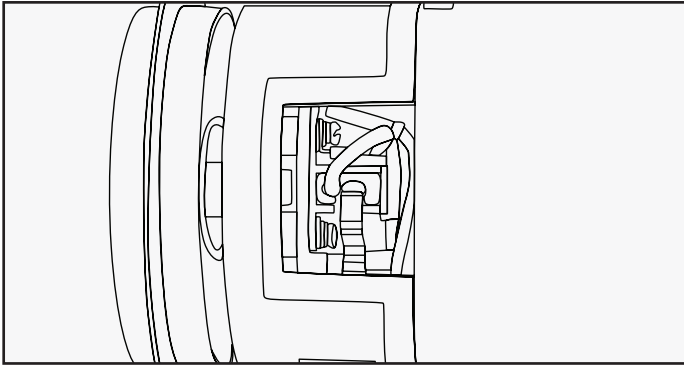
6. Slide the motor brush lead off the terminal using another small screwdriver or needle nosed pliers.
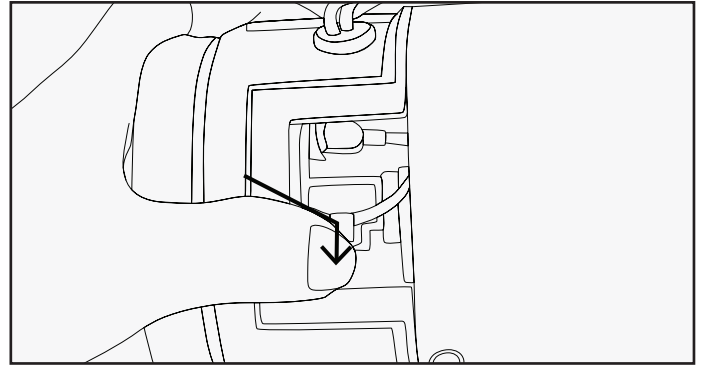

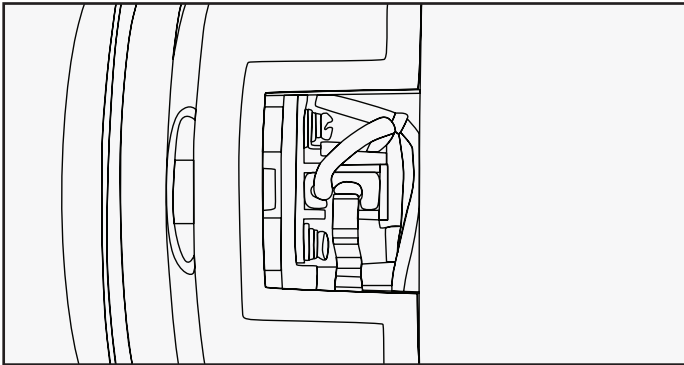**7.** Plug the new motor brush lead into the terminal.

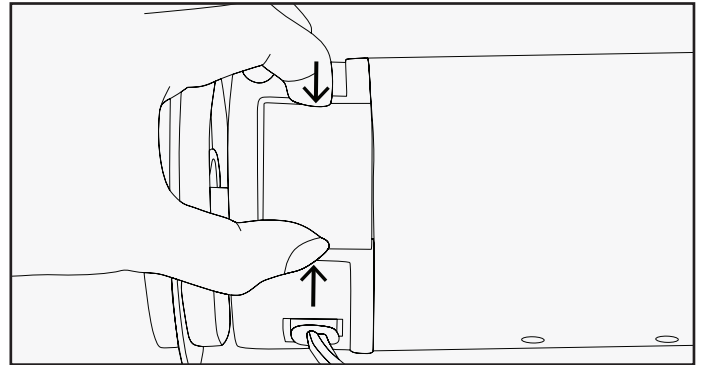**8.** Slide the new motor brush into the slot.

9a. Release the clip back into its position.

9b. If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.

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

11. Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

12. You have now successfully replaced the motor brushes. We also recommend that you remove any dirt and dust from your treadmill motor fan using a vacuum cleaner before replacing the cover.

X. EXERCISE GUIDE

⚠ PLEASE NOTE:

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

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

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

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

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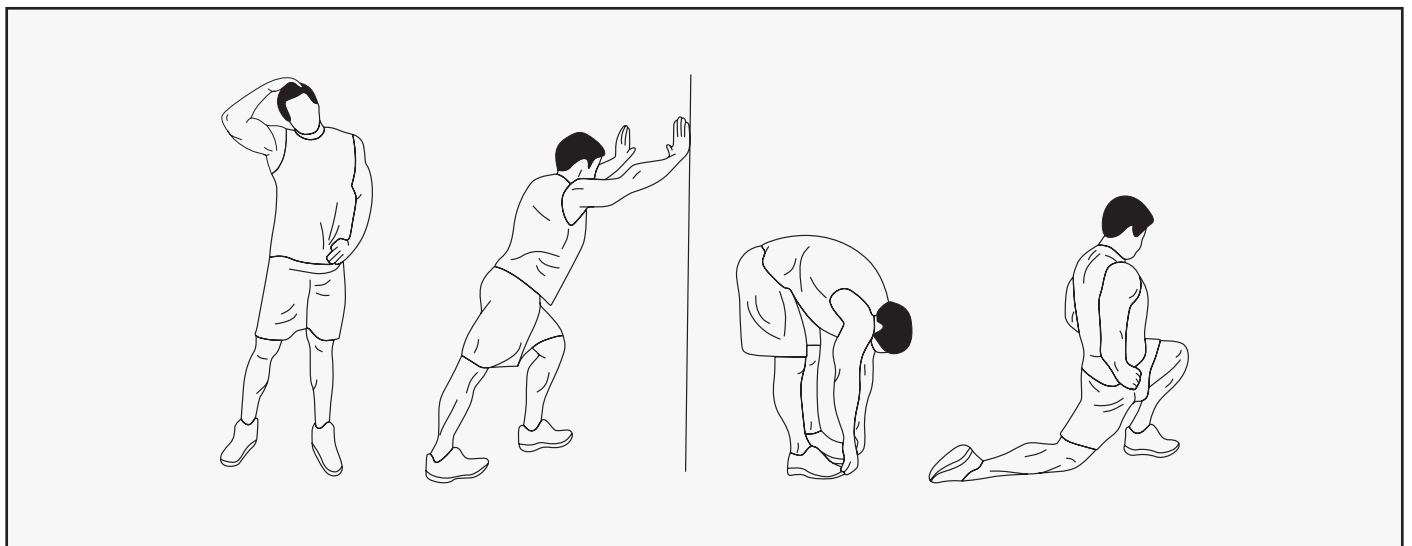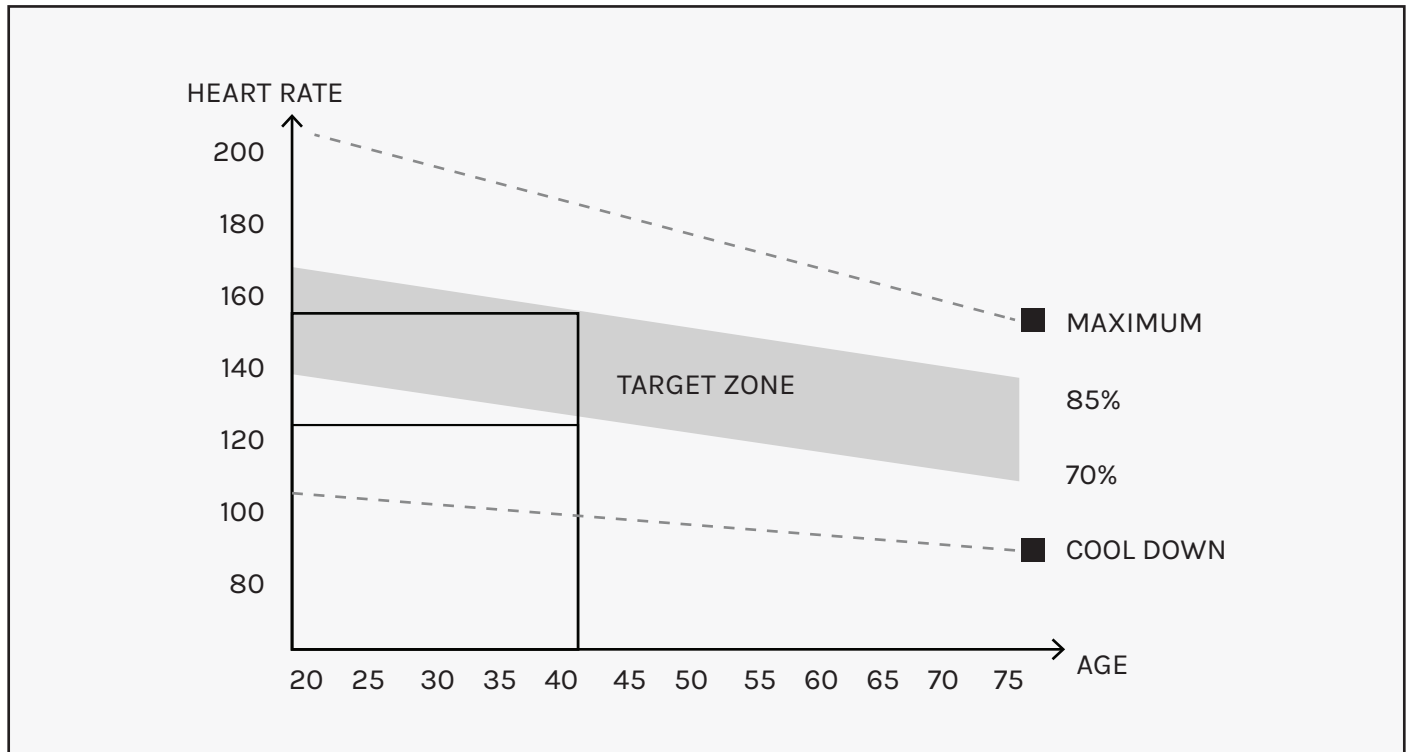

WARM UP

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

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

COOL DOWN

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

WORKOUT GUIDELINES

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

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

XI. TROUBLESHOOTING

PROBLEM	POTENTIAL CAUSES	CORRECTIONS
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	1. Centre the belt.

XII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
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.

LSG