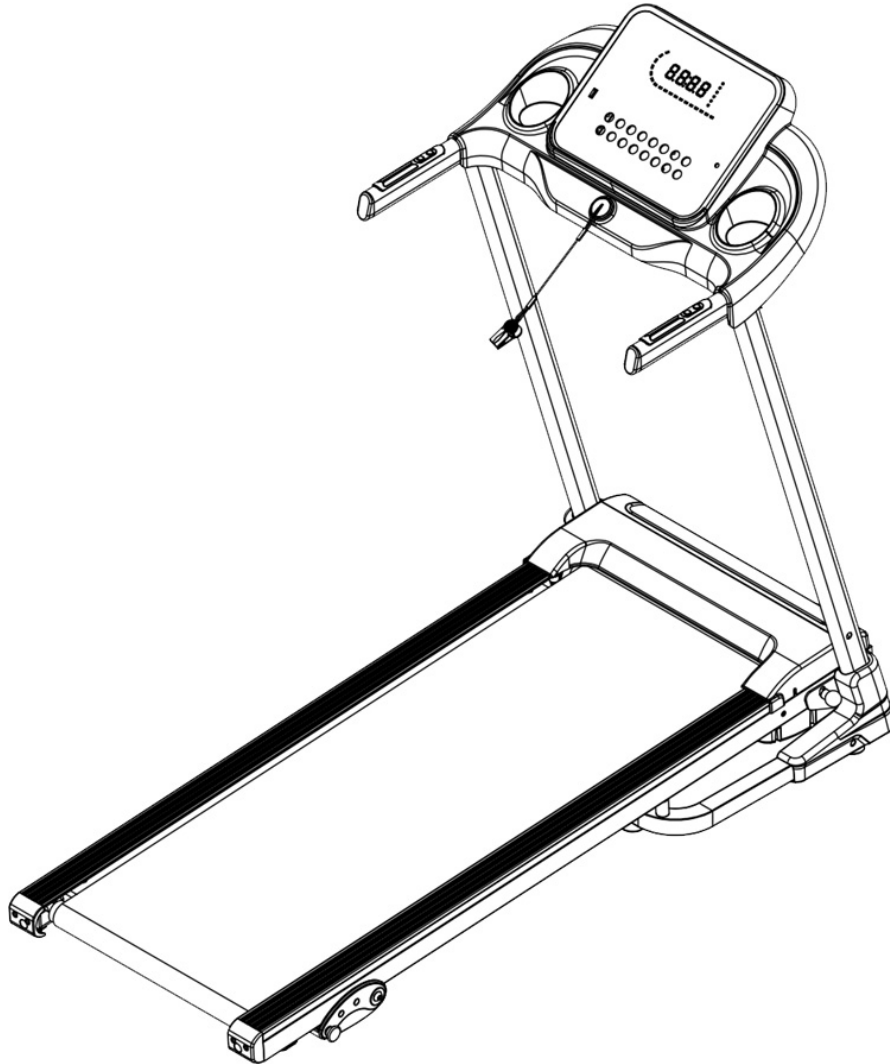


LSG

Focus C1 Treadmill

USER MANUAL



30 DAY FREE TRIAL

*Terms and conditions apply. Offer can be rescinded at any time.



Find the
Digital Manual
Online



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.

- 1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) 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.
- 7) Keep hands away from all moving parts.
- 8) Never operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.

- 11) Never drop or insert any object into any openings.
- 12) The treadmill is intended for in-home use only and not suitable for long time running.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) 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.
- 15) Use handrails provided; they are for your safety.
- 16) 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.
- 17) Allowed temperature: 5 to 40 degrees.
- 18) Do not exceed the weight loading capacity. Weight loading capacity is based on walking use. Running creates greater impact and strain on deck and motor; please add 30kg to your body weight when assessing suitability. Exceeding limits may cause damage or shorten equipment lifespan.

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

II. IMPORTANT ELECTRICAL INFORMATION

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 treadmill on Generator or UPS power supply.
- 3) **NEVER** remove any cover without first disconnecting AC power.
- 4) **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.

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

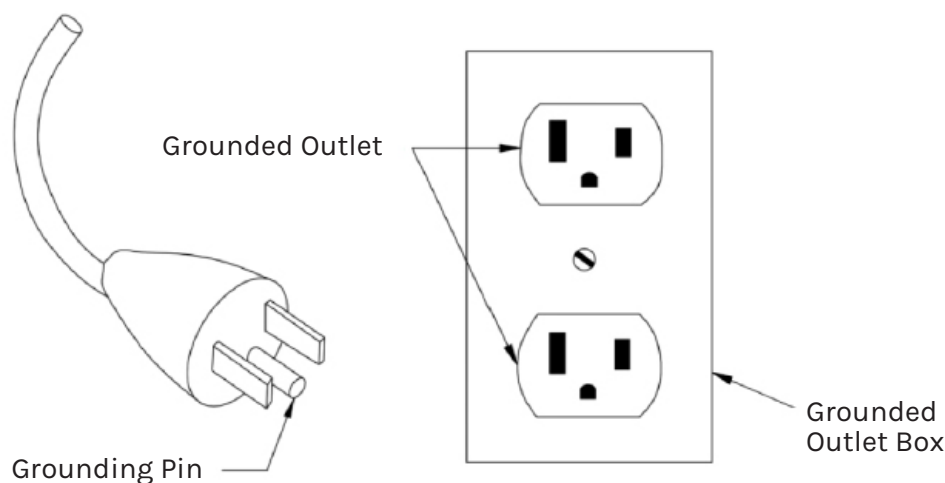
This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product 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.

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.

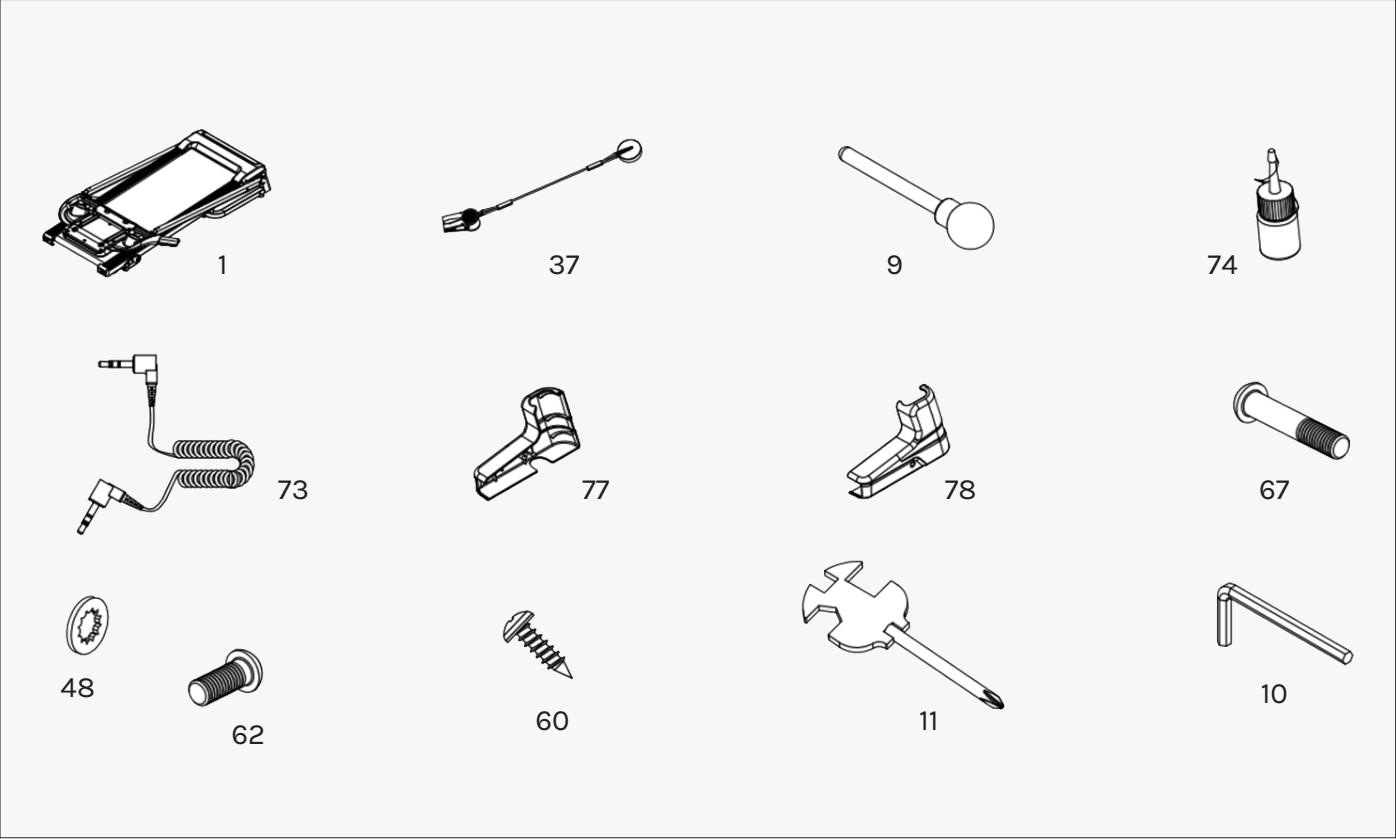


III. IMPORTANT OPERATING INSTRUCTIONS

- 1) Insert the power plug into the socket directly.
- 2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3) 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.
- 4) 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.
- 5) 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 a very low speed. Stand on the side rails and wait for the belt to start moving before stepping on the belt.
- 6) Always hold on to handrail while making control changes.
- 7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 9) 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, Children should be supervised to ensure that they do not play with the appliance.
- 10) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

WARNING: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

IV. ASSEMBLY INSTRUCTIONS



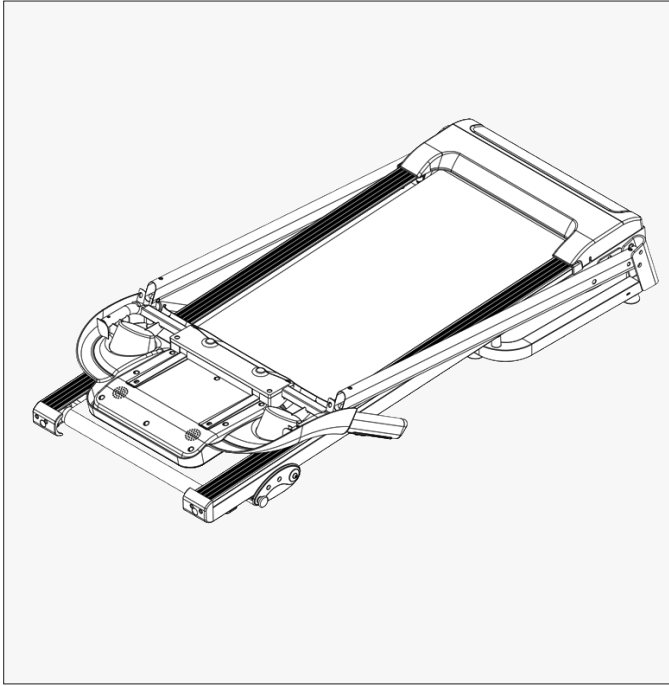
No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame		1	62	Bolt	M8*20	4
10	5# Allen Wrench		1	74	Oil Bottle		1
37	Safety Key		1	73	MP3 Wire	Optional	1
9	Ball Head Pin		1	11	Wrench with Screwdriver	S13\14\15	1
67	Bolt	M8*37	2	48	Lock Washer	8	6
77	Left Base Cover		1	60	Bolt	ST4.2*19	2
78	Right Base Cover		1				

FIXING TOOLS:

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

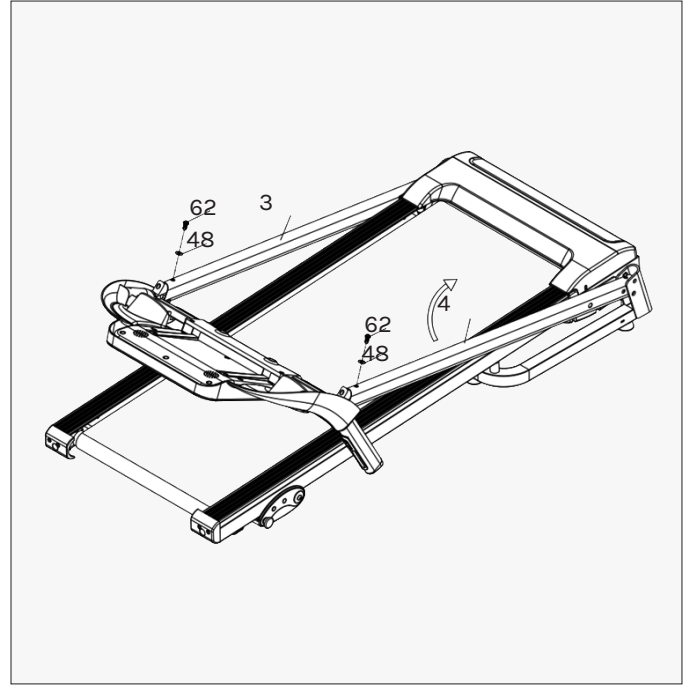
WARNING!

Do not connect to power until assembly is fully completed.



STEP 1

Open the carton, remove the spare parts, and place the Main Frame on level ground.

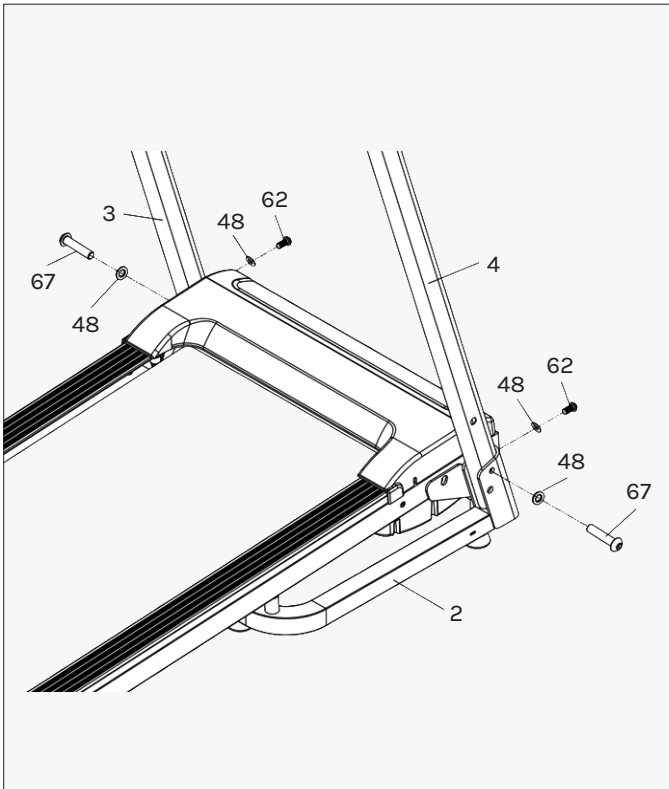


STEP 2

! CAUTION:

Do not pinch or clamp the cables when installing the display.

Hold the Computer Frame and, using the 5# Allen wrench (10), bolt (62), and lock washer (48), secure the Computer Frame to the right and left uprights.

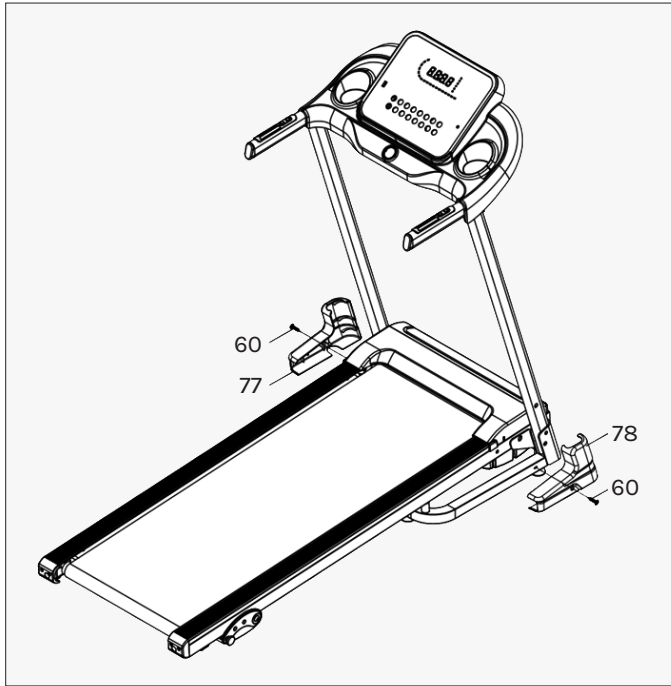


STEP 3

! WARNING:

- Support the upright with your hand during installation to prevent it from falling and causing injury.
- Do not pinch or clamp the cables when installing the display.

1. Lift the left and right uprights (3, 4).
2. Position the uprights (3, 4) bolt holes to the base frame (2).
3. Using the 5# Allen wrench (10), first loosely secure the upright to the base with bolt (67) and lock washer (48).
4. Then loosely secure the upright to the base with bolt (62) and lock washer (48).
5. Finally, tighten all bolts in sequence using the 5# Allen wrench (10).

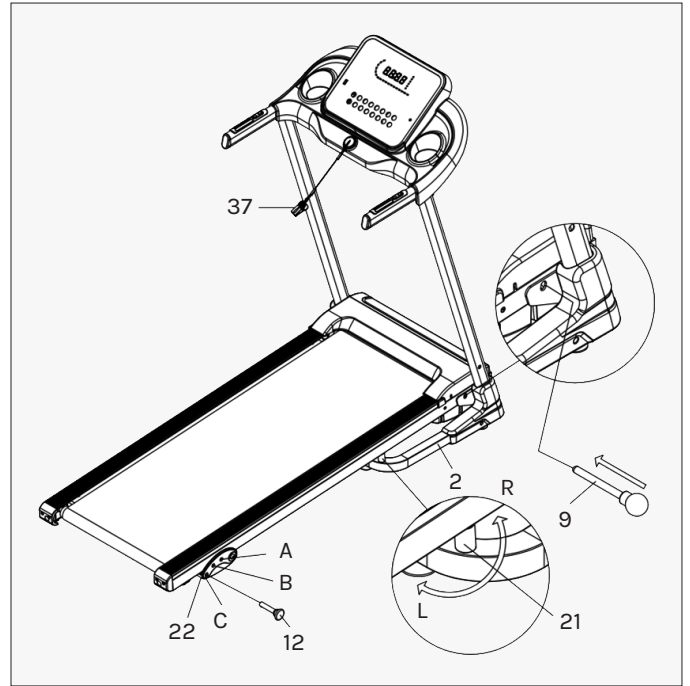


STEP 4

Use the wrench with screwdriver (11) and bolt (60) to secure the left base cover (77) onto the base frame.

Repeat the same steps for the right side.

! IMPORTANT:
Ensure the base cover is properly buckled into the upright tube.



STEP 5

1. Insert the Ball Head Pin (9) into the Base Frame (2), then place the Safety Key (37) onto the computer.
2. Select the desired gear position (A/B/C) on the Adjustable Foot Pad (22) and insert the Lock Pin (12) to secure it.
3. When adjusting the Adjustable Foot Pad (22) from C to B or A, rotate the Cushion (21) approximately 5mm away from the Main Frame tube following the R direction indicated in the diagram.
4. When adjusting from A to B, first rotate the Cushion (21) toward the Main Frame tube (L direction in the diagram) until it is about 5mm from the surface.
5. When shifting the Adjustable Foot Pad (22) from A or B to C, first rotate the Cushion (21) toward the Base Frame tube (L direction in the diagram).

! IMPORTANT:
Incline must be adjusted manually and cannot be changed while the treadmill is running. User must get off and adjust it, while session is stopped.

V. FOLDING INSTRUCTIONS



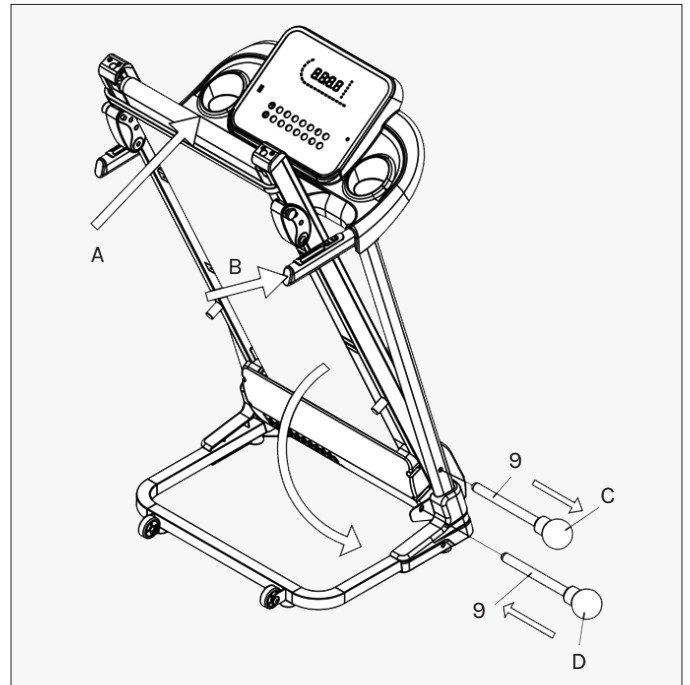
FOLDING

1. Before folding the machine, pull out the Ball Head Pin (9) from position D.
2. Gently press position B with your right hand, hold position A with your left hand, and lift the Main Frame upward following the arrow direction.
3. Secure the Main Frame by inserting the Ball Head Pin (9) into position C.



NOTE:

Be careful not to pinch your hands when lifting the Main Frame.



UNFOLDING

1. Use your left hand to support position A, and with your right hand, pull out the Ball Head Pin (9) from position C.
2. Slowly lower the Main Frame following the direction of the arrow.
3. Once the Main Frame is fully lowered onto a level surface, insert the Ball Head Pin (9) into position D.



NOTE:

Ensure all people and pets are kept clear of the machine while it is being lowered.

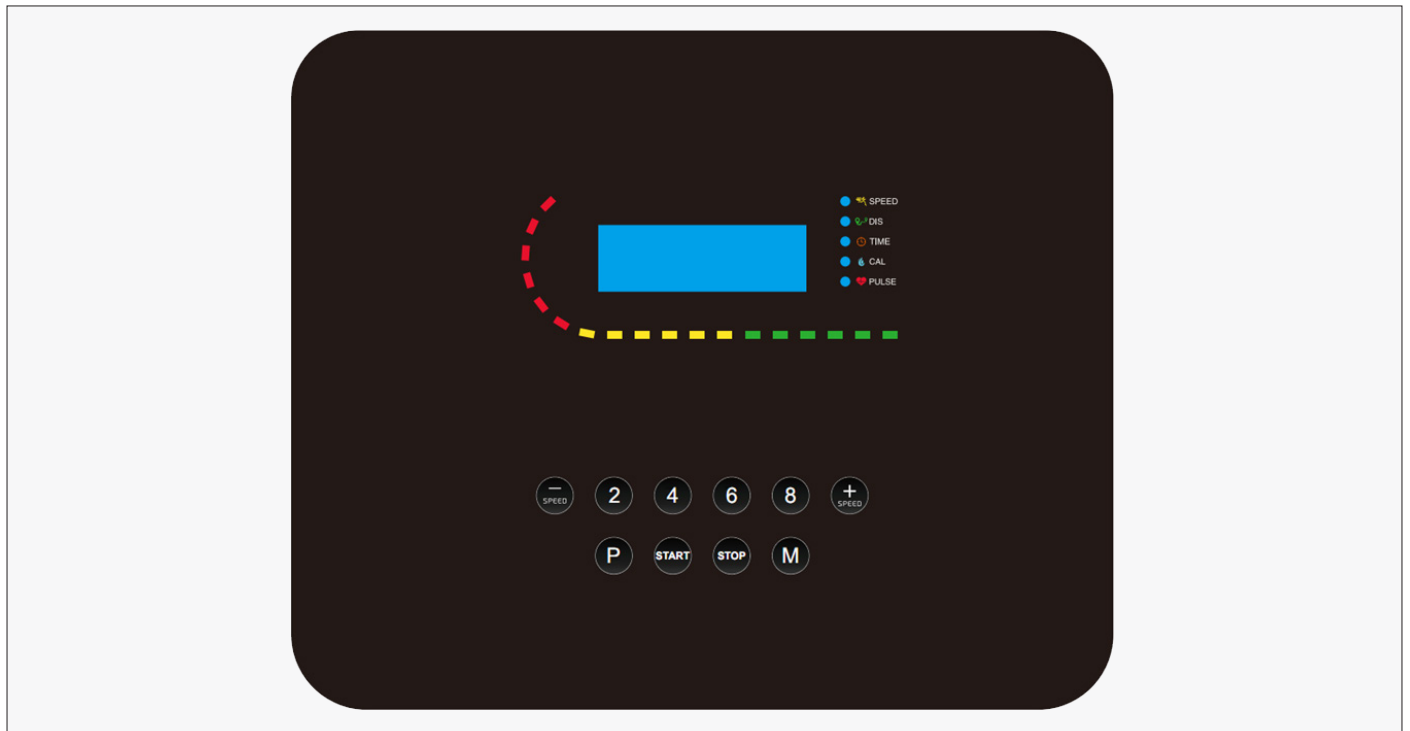
TRANSPORTING

Before moving the treadmill, ensure the power cord is unplugged first.

To move the treadmill there are transportation wheels at the front. While the treadmill is in the folded position, tilt the treadmill on the wheels.

VI. OPERATION GUIDE

OVERVIEW



1. BRIEF INTRODUCTION

- **Treadmill Parameters:** Refers to the "speed" value.
- **Workout Parameters:** Refers to "distance," "calories," "time," and "heart rate" values.
- **Workout Modes:** Includes manual mode and program mode.
- **Manual Mode:** A workout mode without a preset exercise target.
- **Program Mode:** A workout mode with specific exercise targets.
- **Automatic Programs:** Pre-set exercise programs built into the treadmill. This treadmill includes 15 automatic programs.

2. PARAMETER DESCRIPTION

Sport parameters across different workout modes:

- **Minimum Display Speed:** 0.8 km/h
- **Maximum Display Speed:** 14 km/h
- **Time Mode Maximum Exercise Time:** 99 minutes
- **Time Mode Minimum Exercise Time:** 5 minutes
- **Distance Mode Maximum Distance:** 99 km
- **Distance Mode Minimum Distance:** 0.5 km
- **Calorie Mode Maximum Calories:** 990 calories
- **Calorie Mode Minimum Calories:** 10 calories
- **Program Mode (P01-P15) Minimum Run Time:** 5 minutes
- **Program Mode (P01-P15) Maximum Run Time:** 99 minutes

3. LED DISPLAY DETAILS

-  SPEED

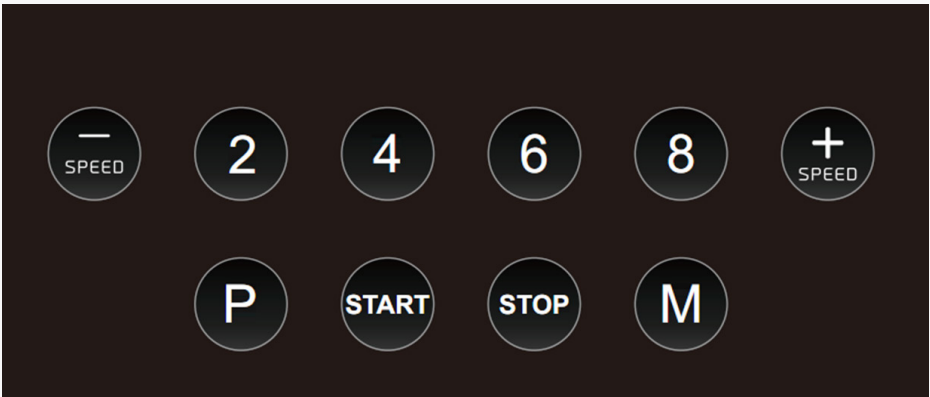
When the dot in front of SPEED lights up, the window displays the speed.
-  DIS

When the dot in front of DIS lights up, the window displays the distance.
-  TIME

When the dot in front of TIME lights up, the window displays the time.
-  CAL

When the dot in front of CAL lights up, the window displays the calories.
-  PULSE

When the dot in front of PULSE lights up, the window displays the pulse.



4. BUTTON FUNCTIONS AND OPERATION INSTRUCTIONS

Speed +/-

Function: Adjusts speed during operation and parameter values during settings.

Operation Instructions:

1. While the treadmill is running, use the Speed +/- key to adjust the speed.
2. During parameter setting, use the Speed +/- key to adjust the parameter values.

Speed Shortcut Keys (2, 4, 6, 8)

Function: Quickly selects preset speed values during operation.

Operation Instructions:

1. While the treadmill is running, press a shortcut key to immediately switch to the corresponding speed value.

Program Key

Function: Selects automatic programs.

Operation Instructions:

1. When the console is in standby mode, press the Program key to enter the automatic program selection.
2. After reaching automatic program P15, press the Program key again to enter the Body Fat Test setting.
3. Operation sequence: Automatic Program Setting → Body Fat Test Setting → Return to Standby Mode.



Start Key

Function: Starts the motor.

Operation Instructions:

1. When the console is in standby mode, press the Start key to initiate a 3-second countdown, then the motor will start.
2. When the console is in mode setting, press the Start key to initiate a 3-second countdown, then the motor will start.
3. When the console is in program setting, press the Start key to initiate a 3-second countdown, then the motor will start.



Stop Key

Function: Stops the motor.

Operation Instructions:

1. When the treadmill is running, press the Stop key to stop the motor.
2. Once the motor has completely stopped, all data will reset to zero, and the treadmill will return to manual mode.



Mode Key

Function: Selects countdown modes.

Operation Instructions:

1. In manual mode, press the Mode key to enter the countdown setting mode.
2. In the Body Fat Test setting, press the Mode key to move to the next parameter.
3. **Operation sequence in standby mode:**
Time Countdown → Distance Countdown → Calorie Countdown → Manual Mode
4. **Operation sequence in Body Fat Test setting:**
Set Gender → Set Age → Set Height → Set Weight → Body Fat Test

Handrail Function Keys

- Left Handrail Button: Start/Stop control.
- Right Handrail Button: Speed adjustment control.

5. MANUAL MODE AND PROGRAMS

A. Entering Manual Mode:

After the console fully lights up, it enters manual operation mode. Press the Start key to begin manual operation.

Operation Description:

- The initial running speed is 0.8 km/h.
- Time, distance, and calorie windows will count up from zero.
- You can adjust the running speed using the Speed +/- keys.
- If the exercise time exceeds 99:59 minutes, the system will automatically shut down.

B. Countdown Mode Function:

1. Time Countdown Mode

- Entering Time Countdown Mode: In manual operation mode, press the Mode key to select the Time Countdown mode. The time window will display 15:00 minutes and blink.
- Setting: Use the Speed +/- keys to set the desired time (range: 5:00–99:00 minutes).
- Start: Press the Start key to begin.

Running Instructions:

- Initial running speed: 0.8 km/h.
- The time window will count down from the set time.
- Distance and calorie windows will count up from zero.
- Adjust speed using the Speed +/- keys.
- When time counts down to zero, the treadmill will slow down and stop automatically.

2. Distance Countdown Mode

- Entering Distance Countdown Mode: In manual operation mode, press the Mode key to select the Distance Countdown mode. The distance window will display 1.0 km and blink.
- Setting: Use the Speed +/- keys to set the desired distance (range: 0.5–99.0 km).
- Start: Press the Start key to begin.

Running Instructions:

- Initial running speed: 0.8 km/h.
- The distance window will count down from the set distance.
- Time and calorie windows will count up from zero.
- Adjust speed using the Speed +/- keys.
- When distance counts down to zero, the treadmill will slow down and stop automatically.

3. Calorie Countdown Mode

- Entering Calorie Countdown Mode: In manual operation mode, press the Mode key to select the Calorie Countdown mode. The calorie window will display 50 and blink.
- Setting: Use the Speed +/- keys to set the desired calorie goal (range: 10–990 calories).
- Start: Press the Start key to begin.

Running Instructions:

- Initial running speed: 0.8 km/h.
- The calorie window will count down from the set value.
- Time and distance windows will count up from zero.
- Adjust speed using the Speed +/- keys.
- When calories count down to zero, the treadmill will slow down and stop automatically.

C. Automatic Program Function:

- Entering Automatic Program Mode:
- In manual operation mode or mode setting, press the Program key to enter automatic program selection.
- The time window will display 30:00 minutes and flash.
- Use the Speed +/- keys to adjust the desired running time (range: 5:00–99:00 minutes).
- Press the Start key to begin the automatic program.

Running Instructions:

- The automatic program is divided into 20 sections.
- Each section will run at a preset speed value.
- The duration of each section is 1/20 of the total set time.

- The time window will count down from the set time, while the distance and calorie windows will count up from zero.
- You can manually adjust the running speed during the workout using the Speed +/- keys.
- When moving to the next section, the speed will automatically adjust to the preset value for that section. Once the countdown reaches zero, the treadmill will gradually slow down and stop.

6. BODY FAT TEST FUNCTION DESCRIPTION

Entering Body Fat Test Settings:

- From the initial standby mode or mode setting state, press the Program key to enter Body Fat Test settings.
- (When in the P15 program setting, press the Program key again to access the Body Fat Test setting.)

Body Fat Test Setting Instructions:

- In the Body Fat Test setting state, the Distance window displays the parameter type, and the Calorie (CAL) window shows the adjustable value.
- Use the Speed +/- keys to adjust the value.
- Press the Mode key to move to the next setting.

Setting Steps:

1. Gender (F-1):
 - Initial value: 1 (Range: 1-2)
 - 1 = Male, 2 = Female
2. Age (F-2):
 - Initial value: 25 (Range: 10-99 years)
3. Height (F-3):
 - Initial value: 170 (Range: 100-220 cm)
4. Weight (F-4):
 - Initial value: 70 (Range: 20-150 kg)
5. Body Fat Test (F-5):
 - Initial display: "--"

Conducting the Body Fat Test:

- After completing all settings, the display will show "--".
- Place both hands on the heart rate sensors (steel plates) for about 5 seconds.
- The body fat index will then be displayed.

Body Fat Index Description:

- The body fat index measures the relationship between height and weight and provides a reference for weight management.
- Ideal body fat index: 20-25
- Below 19: Underweight
- Between 26-29: Overweight
- Above 30: Obese

Note: This measurement is for reference only and should not be used as medical data.

7. HEART RATE FUNCTION TEST

Hand-Grip Heart Rate Test Method:

- Place the palms of both hands on the steel plates located on the left and right armrests.
- Hold the handlebars naturally and steadily on both sides.
- After approximately 5 seconds, the LCD heart rate display window will show an initial reading.
- Keep your hands still and continue holding the handlebars; the heart rate reading will gradually adjust.
- After about 30 seconds, the display will show a value close to your actual heart rate.

Conditions That May Cause Irregular Heart Rate Readings:

1. Gripping the handlebars too tightly during the test. Maintain a relaxed, natural grip.
2. Testing while running or moving can cause inconsistent contact. For accurate results, stop exercising, stand on the side rails, and hold the handlebars quietly.
3. Having dry, cold hands or very thick palm skin may affect the readings.



NOTE:

The hand-held heart rate test is intended for fitness reference only and should not be used for medical purposes, as readings may vary due to testing methods and other factors.

8. SLEEP FUNCTION

If the treadmill remains stopped for more than 10 minutes, the system will turn off all displays and enter sleep mode.

Press any key to wake up the system. Once the display fully lights up, it will return to the initial standby state.

9. SAFETY KEY FUNCTION

In normal use, the computer can be operated only after the safety key is placed in the designated position of the computer. If the safety lock is removed in the running state, the computer window displays "--", the system will stop quickly. After the safety lock is closed again, all sport data will be cleared.

10. BLUETOOTH SPEAKER FUNCTION (IF APPLICABLE)

- Turn on the Bluetooth on your phone or tablet (iPad).
- Search for available Bluetooth devices and connect to the treadmill's Bluetooth.
- Once connected, any music played on your phone or tablet will play through the treadmill's speakers.

11. PROGRAMS CHART

PROG /		SETTING TIME/20= INTERVAL RUNNING TIME																			
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

! PLEASE NOTE:

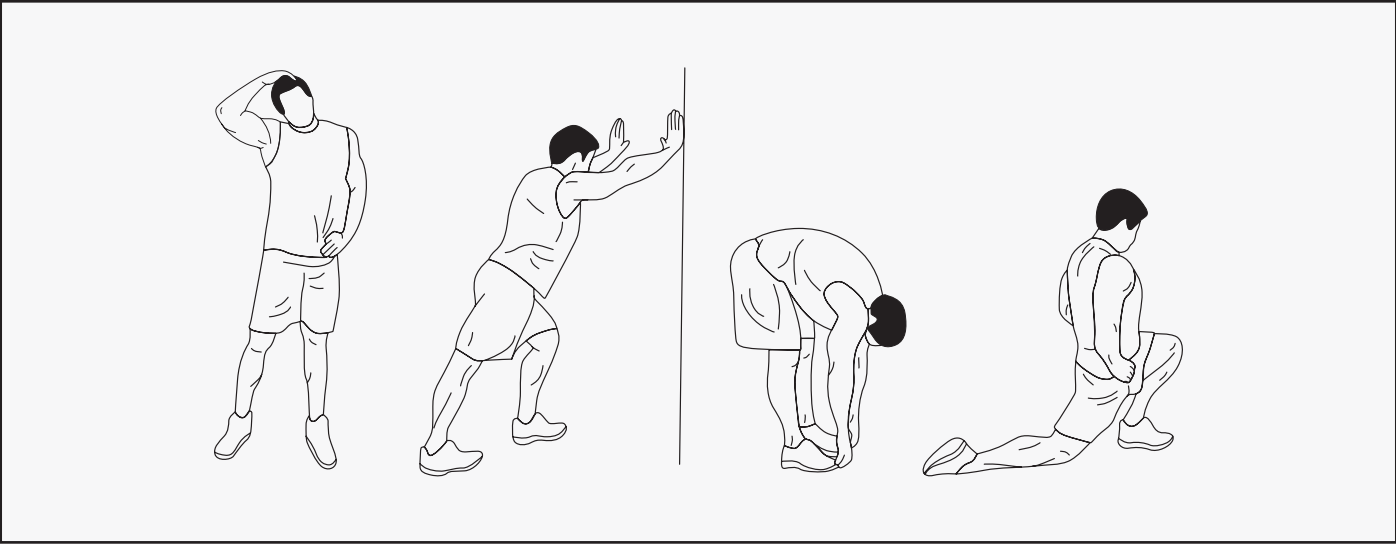
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

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

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

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



WARM UP

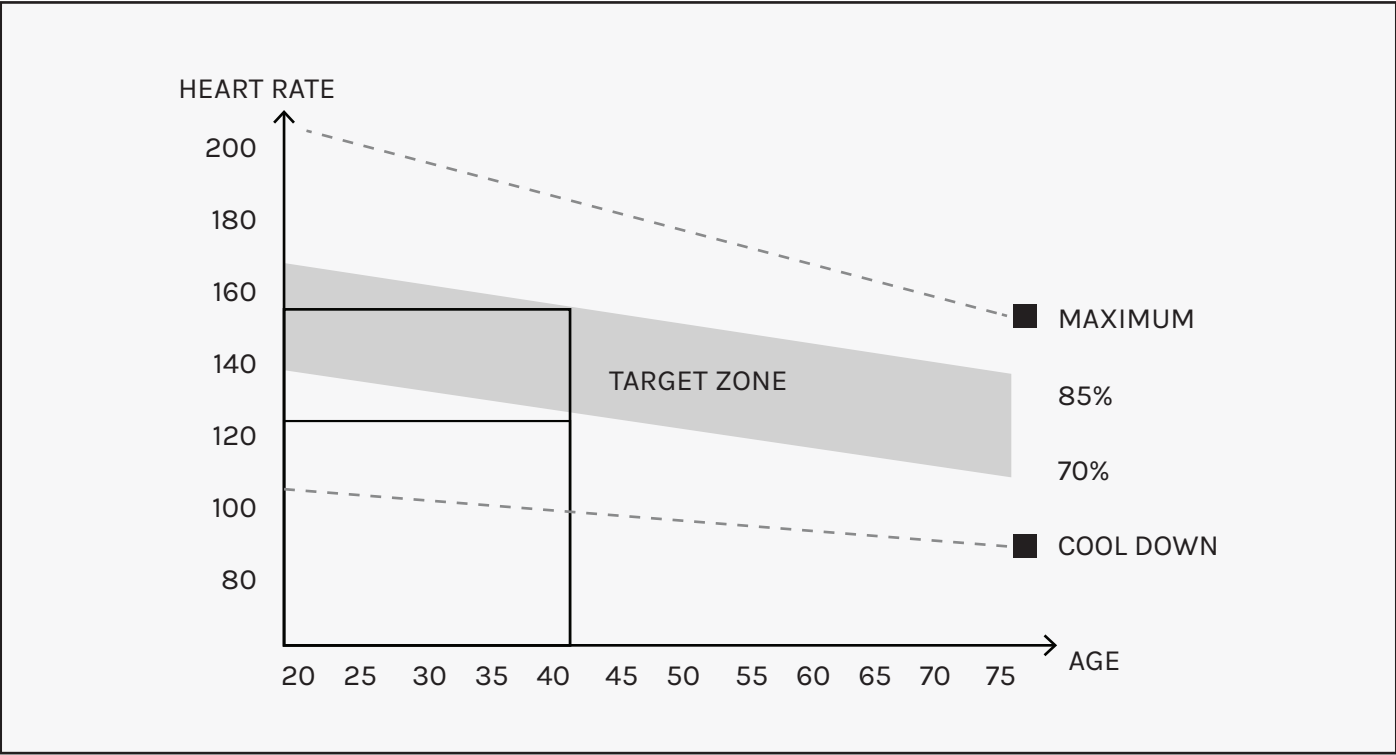
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

COOL DOWN

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

WORKOUT GUIDELINES



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

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

VIII. MAINTENANCE INSTRUCTIONS

1. Cleaning Guidelines

Proper cleaning helps extend the life of your electric treadmill.

A. Regular Dust Removal

- Clean dust regularly from the treadmill’s surface and components.
- Pay special attention to sweeping the exposed areas on both sides of the running belt. This helps prevent debris buildup underneath the belt.

B. Clean Footwear

- Always wear clean sneakers while using the treadmill to prevent foreign objects from damaging the running board and belt.

C. Cleaning the Running Belt

- Wipe the surface of the running belt with a damp cloth and mild soap.
- Avoid splashing water onto electrical components or underneath the running belt.

D. Motor Cleaning

- Unplug the power supply before opening the motor protective cover.
- Clean inside the motor cover at least once per year by vacuuming out dust and debris.

2. Lubrication Maintenance

This electric treadmill is pre-lubricated, but regular lubrication is essential for optimal performance and longevity.

Why Lubricate?

Friction between the running board and running belt affects the treadmill’s performance and lifespan. Regular lubrication reduces wear and ensures smooth operation.

Lubrication Schedule

User Type	Usage	Lubrication Frequency
Lightweight Users	Less than 3 hours per week	Once a year
Middleweight Users	3 - 5 hours per week	Every 6 months
Heavyweight Users	More than 5 hours per week	Every 3 months

Important Notes:

- Inspect the running board regularly. If you notice damage, contact our customer service centre immediately.
- Use special lubricating oil designed for treadmills. You can purchase it from your local dis-tributor or contact us directly.
- Any additional repairs should be performed by qualified professionals.

3. Additional Maintenance Tips

1. Rest Periods

- To prolong your treadmill's life, turn off the power after 1.5 hours of continuous use.
- Allow the treadmill to rest for **10 minutes** before using it again.

2. Running Belt Tension

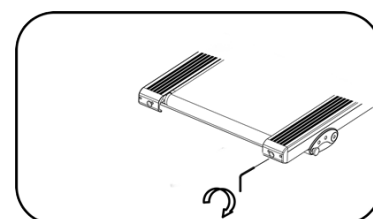
- If the belt is **too loose**, it may slip during use.
- If the belt is **too tight**, it can strain the motor and increase wear on the drum and belt.
- Correct belt tension allows you to lift both sides of the belt about **50 – 75 mm** from the running board by hand.

Running Belt Adjustment Instructions

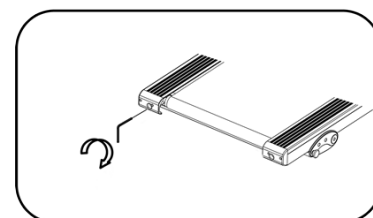
- Place the treadmill on a level surface.
- Run the treadmill at approximately 6-8 km/h and observe the belt's running position.

If the belt drifts to the right:

- Remove the safety key to stop the treadmill.
- Turn the right-side adjusting bolt 1/4 turn clockwise.
- Restart the treadmill and check if the belt is centred (refer to PIC A).



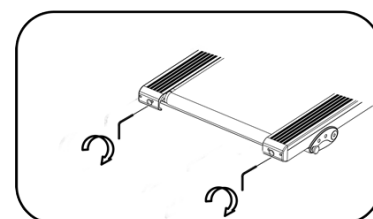
A



B

If the belt drifts to the left:

- Remove the safety key to stop the treadmill.
- Turn the left-side adjusting bolt 1/4 turn clockwise.
- Restart the treadmill and check if the belt is centred (refer to PIC B).

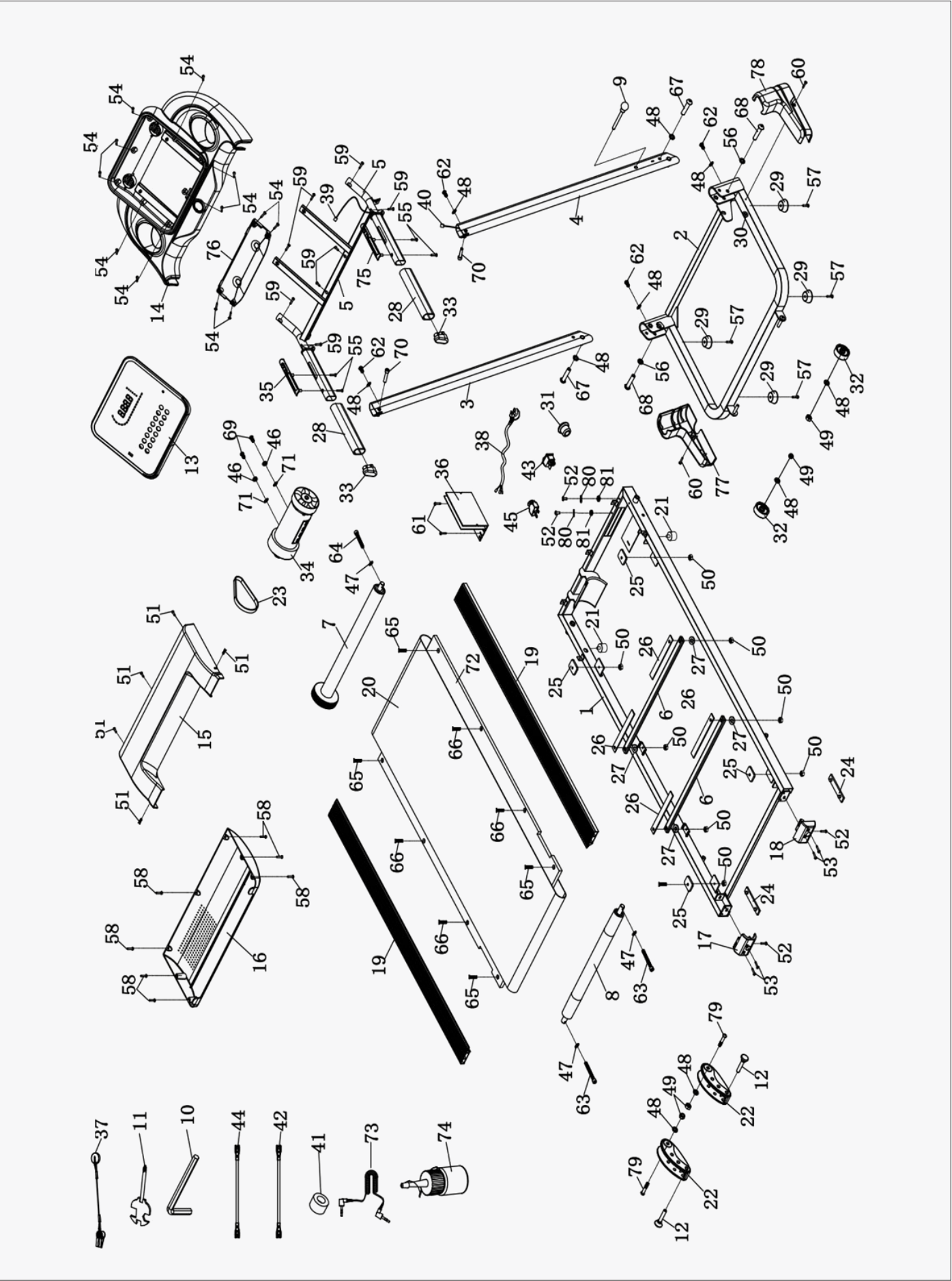


C

If the belt becomes loose after use:

- Remove the safety key to stop the treadmill.
- Turn both the left and right adjusting bolts 1/4 turn clockwise.
- Restart the treadmill and check the belt tension, repeating the adjustment, if necessary, until the belt has the correct tightness (refer to PIC C).

IX. EXPLODED DIAGRAM



X. PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame		1	31	Power Wire Buckle		1
2	Base Frame		1	32	Moving Wheel		2
3	Left Upright Frame		1	33	Inclined Tube Plug		2
4	Right Upright Frame		1	34	DC Motor		1
5	Computer Bracket		1	35	Hand Pulse with Start / Stop Key		1
6	Running Board Strengthen Tube		2	36	Control Circuit Board		1
7	Front Roller		1	37	Safety Key		1
8	Rear Roller		1	38	Standard Power Wire		1
9	Ball Head Pin		1	39	Computer Up Wire		1
10	5#Allen Wrench		1	40	Computer Bottom Wire		1
11	Wrench with screwdriver	S13, 14, 15	1	41	Magnetic Ring		1
12	Lock Pin	φ10*60	2	42	AC Single Wire		1
13	Panel		1	43	Switch		1
14	Computer Bottom Cover		1	44	Single Line		1
15	Motor Up Cover		1	45	Overload Protector		1
16	Motor Bottom Cover		1	46	Spring Washer	8	2
17	Left Back-end Cover		1	47	Lock Washer	6	3
18	Right Back-end Cover		1	48	Lock Washer	8	10
19	Side Rails		2	49	Lock Nut	8	4
20	Running Belt		1	50	Lock Nut	6	8
21	Cushion		2	51	Screw	M5*10	5
22	Adjustable Pads		2	52	Screw	M5*8	4
23	Motor Belt	J390	1	53	Screw	ST4.8*30	4
24	Rubber Pad 2	100*18*5	2	54	Spring Washer	ST4.2*13	12
25	Rubber Pad	30*40*5	4	55	Lock Washer	ST4.2*35	4
26	Strengthen Tube Cushion		4	56	Lock Washer	10	2
27	Nylon Isolation Mat		4	57	Screw	ST4.2*25	4
28	Foam		2	58	Screw	ST4.2*20	9
29	Foot Pad		4	59	Screw	ST4.2*20	8
30	Ring Wire Protector B		1	60	Screw	ST4.2*19	2
				61	Screw	ST4.8*19	2

No.	Description	Specs	Qty	No.	Description	Specs	Qty
62	Bolt	M8*20	4	73	MP3 Wire	Optional	1
63	Bolt	M6*65	2	74	Oil Bottle		1
64	Bolt	M6*60	1	75	Hand Pulse with Speed+/-		1
65	Bolt	M6*37	4	76	Sealing Cover		1
66	Bolt	M6*30	4	77	Left Base Cover		1
67	Bolt	M8*37	2	78	Right Base Cover		1
68	Bolt	M10*55	2	79	Bolt	M8*45	2
69	Bolt	M8*14	2	80	Spring Washer	5	2
70	Bolt	M6*25	2	81	Lock Washer	5	2
71	Flat Washer C	8	2				
72	Running Board		1				

XI. TROUBLESHOOTING

CODE	REASON	SOLUTION
E01	Abnormal communication between computer and control board	• Reconnect the communication wire • Replace the computer if no signal output • Replace the lower control board if no signal output
E02	Abnormal voltage between lower controller and motor	• Check and reconnect the motor cable • Replace the lower control board if motor voltage is abnormal • Replace the motor if damaged
E03	Detection of speed anomaly in the lower control	• Replace the lower control board
E04	Motor overvoltage protection triggered	• Ensure treadmill is operated within the rated motor voltage range • Replace the motor if abnormal • Replace the lower control board if motor overvoltage circuit fails
E05	Motor overcurrent protection triggered	• Ensure treadmill load stays within the rated current range • Inspect treadmill structure for resistance or blockage • Replace the lower control board if current limiting system fails
E07	Safety key not placed or detected	• Place the safety key properly on the console • Replace the computer if the safety lock system fails

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:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Please email us at **support@lifespanfitness.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.

XIII. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Fitness Technical Support Department
www.lsgfitness.com.au
support@lsgfitness.com.au



WWW.LSGFITNESS.COM.AU