LSG

Focus M3 Treadmill

USER MANUAL

kinomap

30 DAY FREE TRIAL

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 Offer can be rescinded at any time.

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.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.

⚠ **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
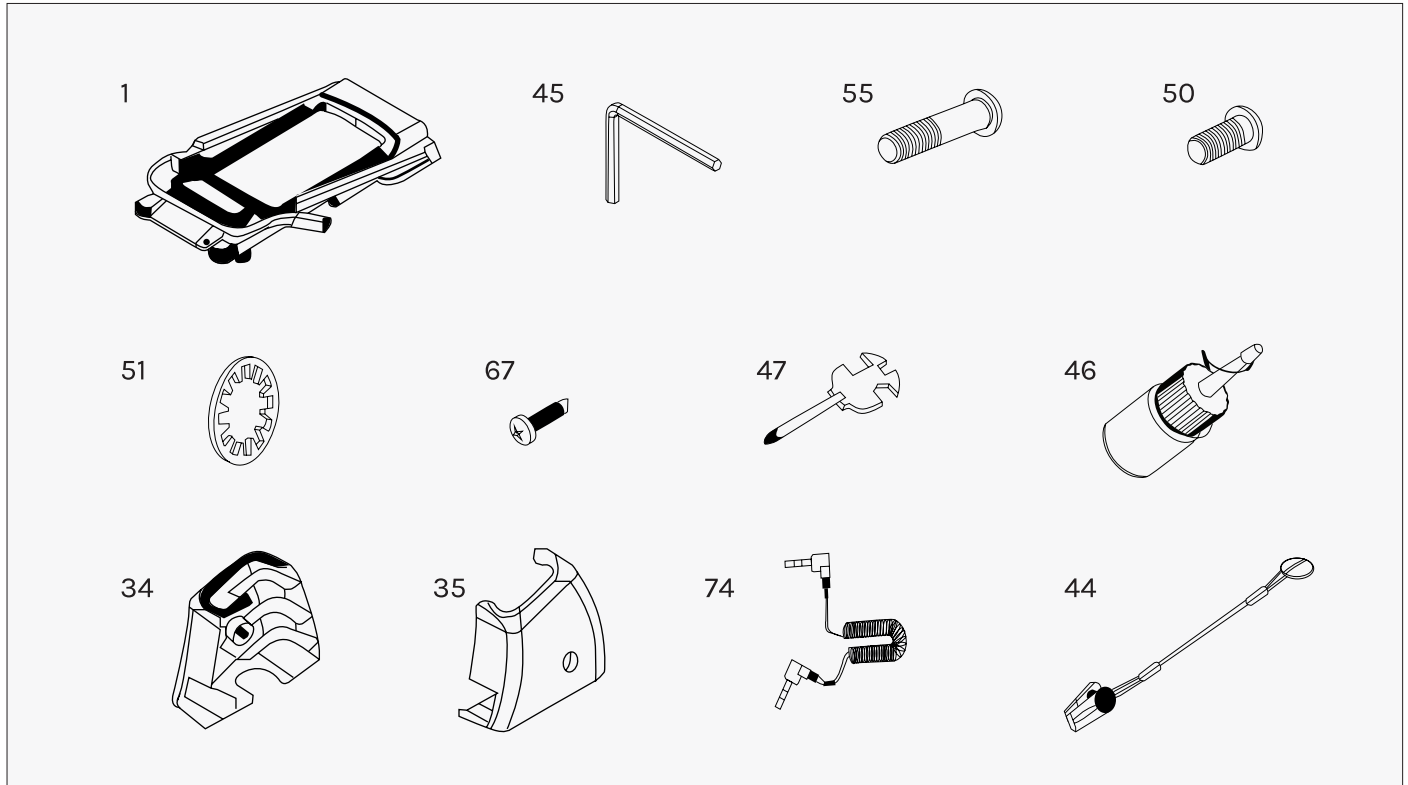
⚠️ **WARNING!**

- 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 display console and release the adjustment key. The display 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

When you open the carton, and you will find the below parts in the carton.

No.	Description	Specs	Qty
1	Main frame		1
45	5# Allen Wrench	5mm	1
55	Bolt	M8*45	2
50	Bolt	M8*16	6
51	Lock washer	8	8
67	Bolt	4.2*19	2

No.	Description	Specs	Qty
47	Wrench with screwdriver	S =13, 14, 15	1
46	Water bottle	M8*45	1
34	Left base cover	M6*15	1
35	Right base cover	M8*20	1
74	MP3 Wire	Optional	1
44	Safety key	6	1

FIXING TOOLS:

5# Allen Wrench 5mm   1pc

⚠ WARNING!

Do not turn on the power before completing the assembly.
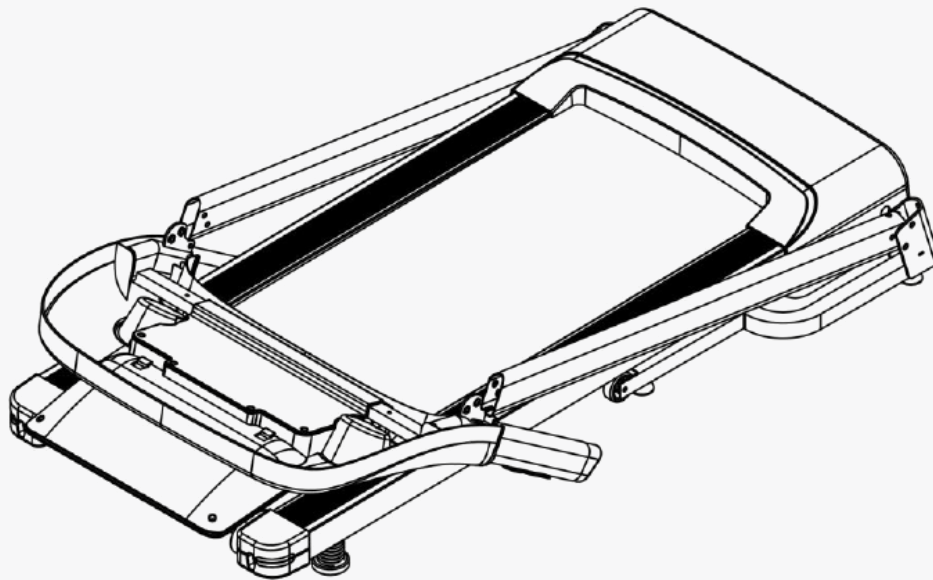
STEP 1

1. Open the carton and take out the above spare parts.

2. Place the Main Frame on level ground.
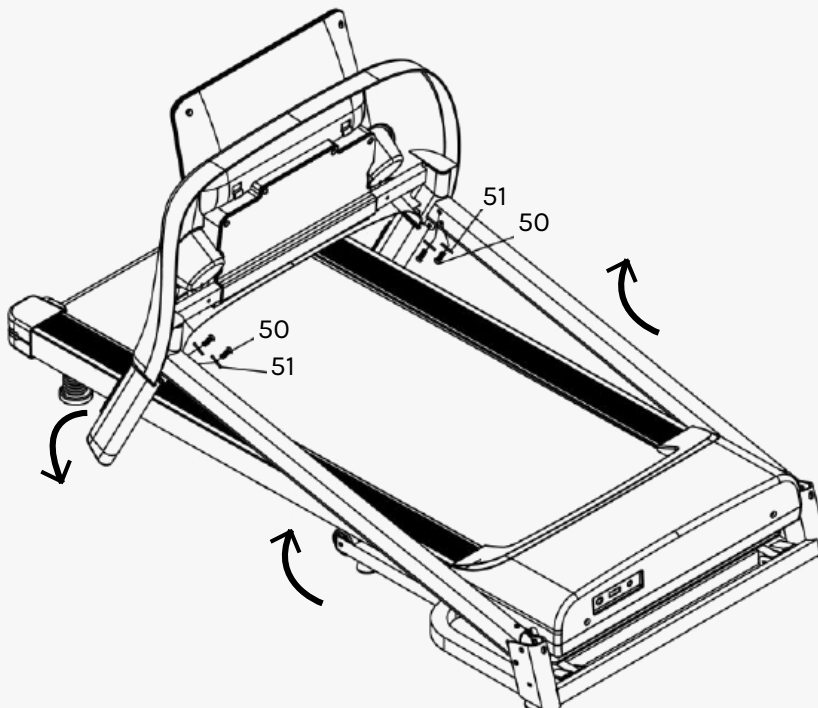
STEP 2

1. Hold the Computer frame and use the 5# Allen wrench (45), bolt (51) and lock washer (50) to fix the computer frame onto the right and left upright.
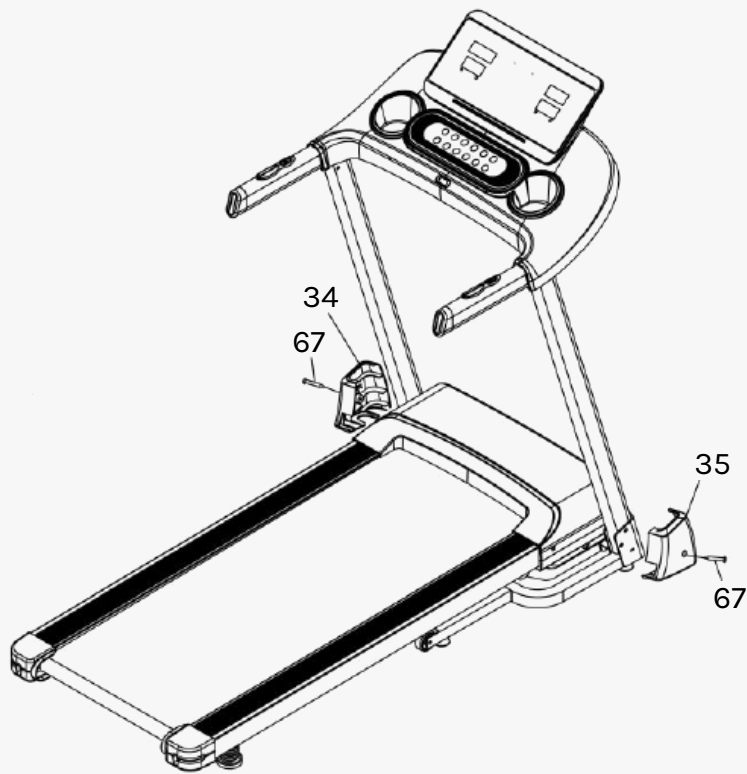
STEP 3

1. Push up the Computer and L&R uprights.
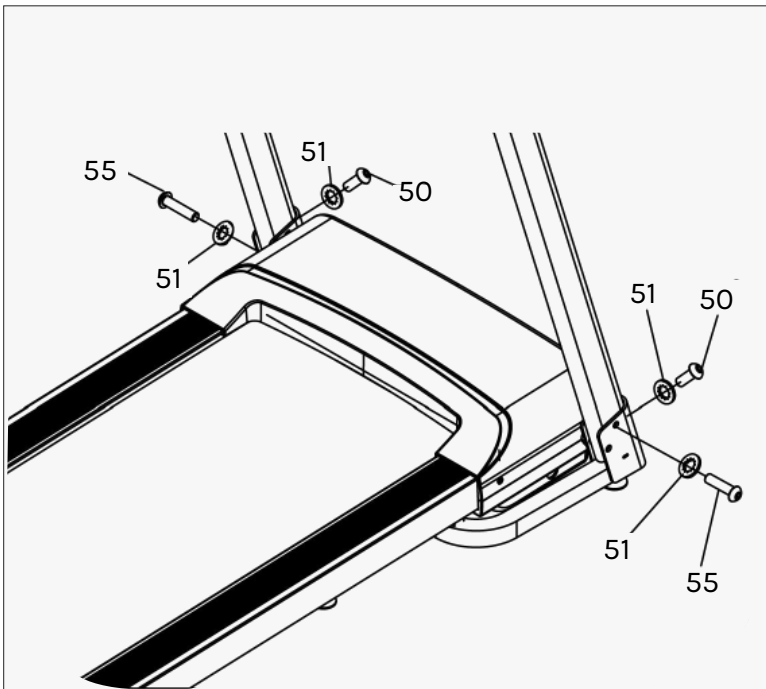
STEP 4

1. Use 5# Allen wrench, to secure the upright onto base frame by using bolt (55) and lock washer (51). Then lock upright onto base frame by bolt (50) and lock washer (51).

Repeat step on the other side, see picture for reference.

NOTICE:

Support the upright with hand to prevent it from falling and causing injury.

STEP 5

1. Use the Wrench with screwdriver (19), lock the Bolt 4.2*19 (34) and Left base cover (67) to the Base Frame.

Right side assembly method is the same as left side.

Use the Wrench with screwdriver (19), lock Bolt 4.2*19 (34) to the upright tube.

NOTICE:

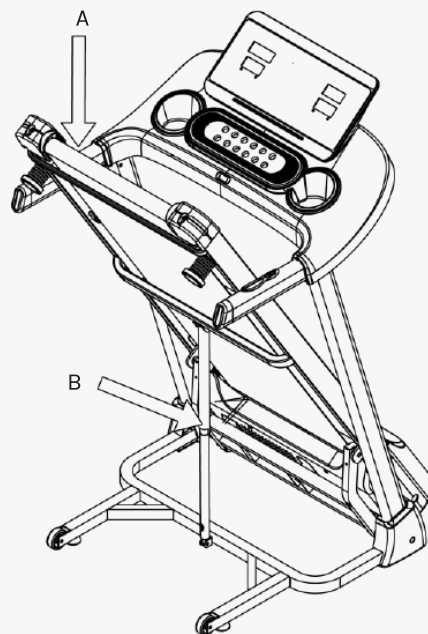Support the upright with hand to prevent it from falling and causing injury.
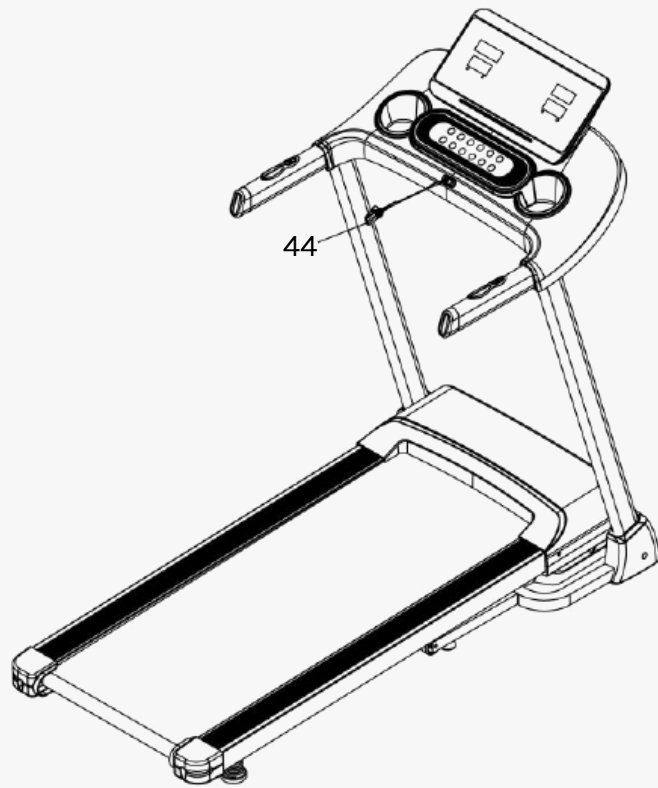
STEP 6

1. Put the safety key (44) on the computer as pictured.

V. FOLDING INSTRUCTIONS
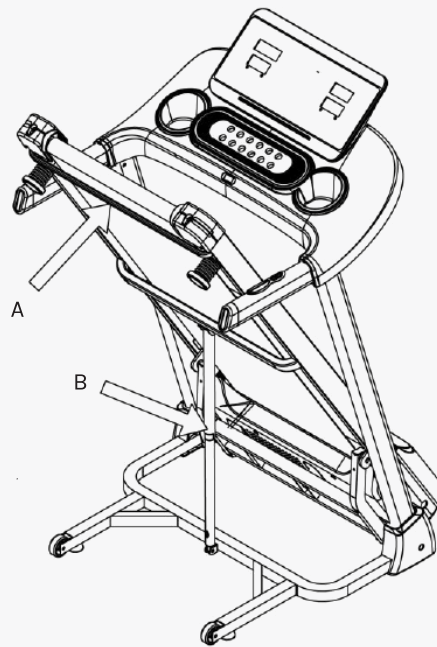
FOLDING

1. Pull up the base frame at position (A) till hearing the sound that the air pressure bar (B) is locked into the round tube.
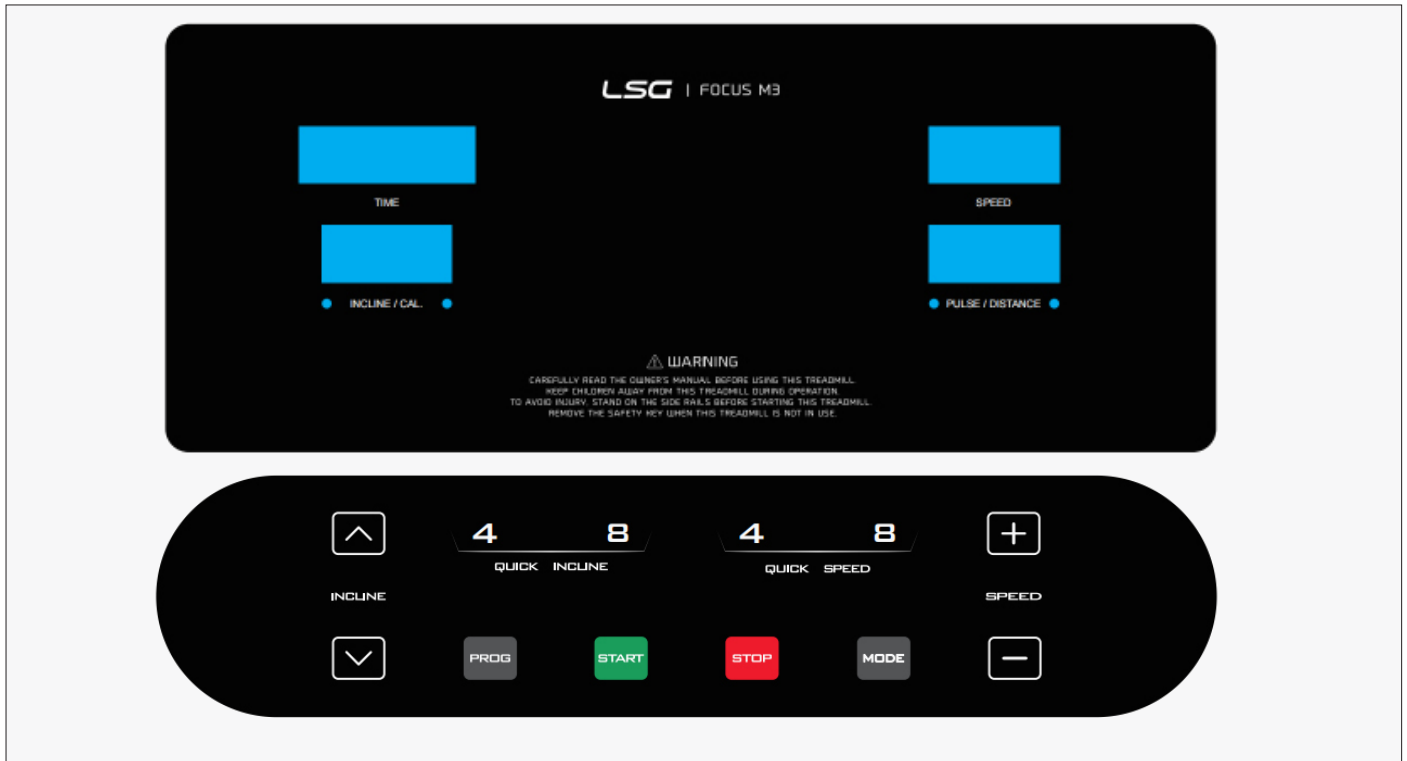

UNFOLDING

1. Support place (A) with hand, press on the pressure bar (B) (with foot) to unfold. The base frame will gently come down.

(!) **WARNING:** Keep pets and children away from the machine when unfolding.

VI. OPERATION GUIDE

1. DISPLAY WINDOW

"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.

"STOP" button: Press this button to stop the machine, the machine will slow the speed still stop.

"PROG" button: Press this button to choose program from manual mode—P1----P20---FAT.

"MODE" button: 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.

SPEED ▲,▼ : Adjust the speed. Press the button to adjust the speed when running and adjust the data when stop.

INCLINE ▲,▼ : Adjust the incline. Press the button to adjust the incline when running and adjust the data when stop.

SPEED (4 , 8) : Adjust the speed quickly.

INCLINE (4 , 8) : Adjust the incline quickly.

When any key is pressed effectively, it will be accompanied by a prompt tone, and when the parameter adjustment of the key exceeds the limit, it will be accompanied by a long tone prompt. There will be no prompt tone when the key press is invalid.

3. SAFETY KEY FUNCTION

Pull out the safety key and the treadmill will stop quickly. Safety key must be attached to computer to start the machine.

4. PULSE SENSOR TEST

When holding the pulse sensor handlebars by two hands, the pulse window will show your heartbeat after 5 seconds. To get the sensor more accurate, test when the machine stops by holding the hand pulse sensor for more than 30 seconds. The pulse sensor reading is just for reference and is not to be used as a medical device.

5. RUNNING DATA DISPLAY AND SETTING RANGE

	INITIAL DATE	INITIAL SETTING DATE	SET RANGE	SHOW RANGE
SPEED(KM/H)	1.0-18KM	--------	--------	--------
INCLINE (%)	15%	--------	--------	0—15%
MODE TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00km—99.9km	1.0km	--------	0.5km—99.9km
CALORIES	0Kcl—999Kcl	50kcl	--------	10Kcl—990Kcl

6. DATE 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
PO1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
PO2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
PO3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
PO4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
PO5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
PO6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
PO7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
PO8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
PO9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	2
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1

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
PO 14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
PO 15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
PO 16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
PO 17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
PO 18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	2
PO 19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
PO 20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

7. USER DEFINED PROGRAM

7.1. Setting

Press MODE key enter to user setting, the speed & incline window show the value of the segment. Use the Speed +/- or Incline ^/v to adjust settings. Press the MODE button to confirm and move to the next segment. After finishing the 20th time setting your data will be saved until it is changed by next user.

This data will not be lost by outage.

7.2. Start

A: Under standby mode, press "PROG" continuous to set user defined program (U01-U03) directly. When time setting is ready, press "START" to start.

B: After setting user program and time, press START to start running.

7.3. Setting manual

Each program divides into 20 segments equally. Only after finishing each segment for speed and incline, you can start the treadmill

8. BODY FAT TEST

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

8.1. Data display and set range

PARAMETER TYPE	DEFAULT	SETTING RANGE	MARK
SEX(F1)	0(MALE)	0—1	0=MALE 1=FEMALE
AGE(F2)	25	10—99	
HEIGHT(F3)	170CM	100—240CM	
WEIGHT(F4)	70KG	20—160KG	
RESULT(F5)	AS BELOW SHOWING		

8.2. BMI reference

(BMI)	
FAT ≤19	Under weight
19<FAT ≤25	Normal weight
25<FAT ≤29	Over weigh
FAT≥30	Obesity

9. Bluetooth music function

1. The Bluetooth enables users to connect to Fitlink App(download free Appf rom Apple or Google store).

2. Bluetooth music function: Speakers are connected via Bluetooth. Turn on your devices

Bluetooth and connect to treadmill Bluetooth device.

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.
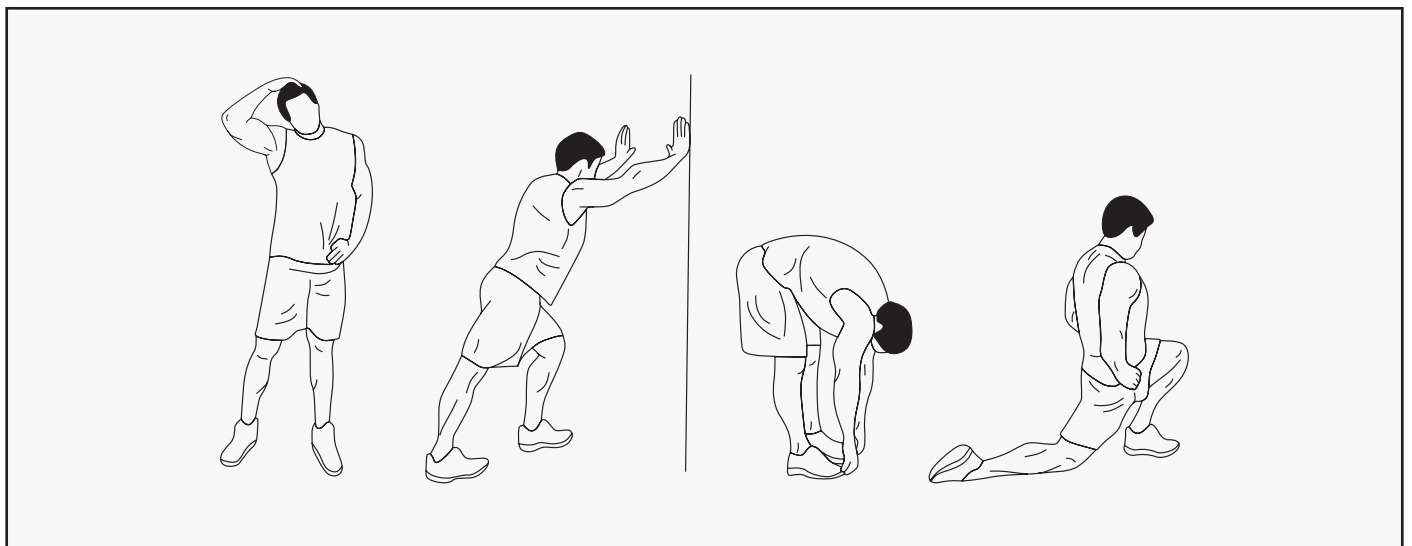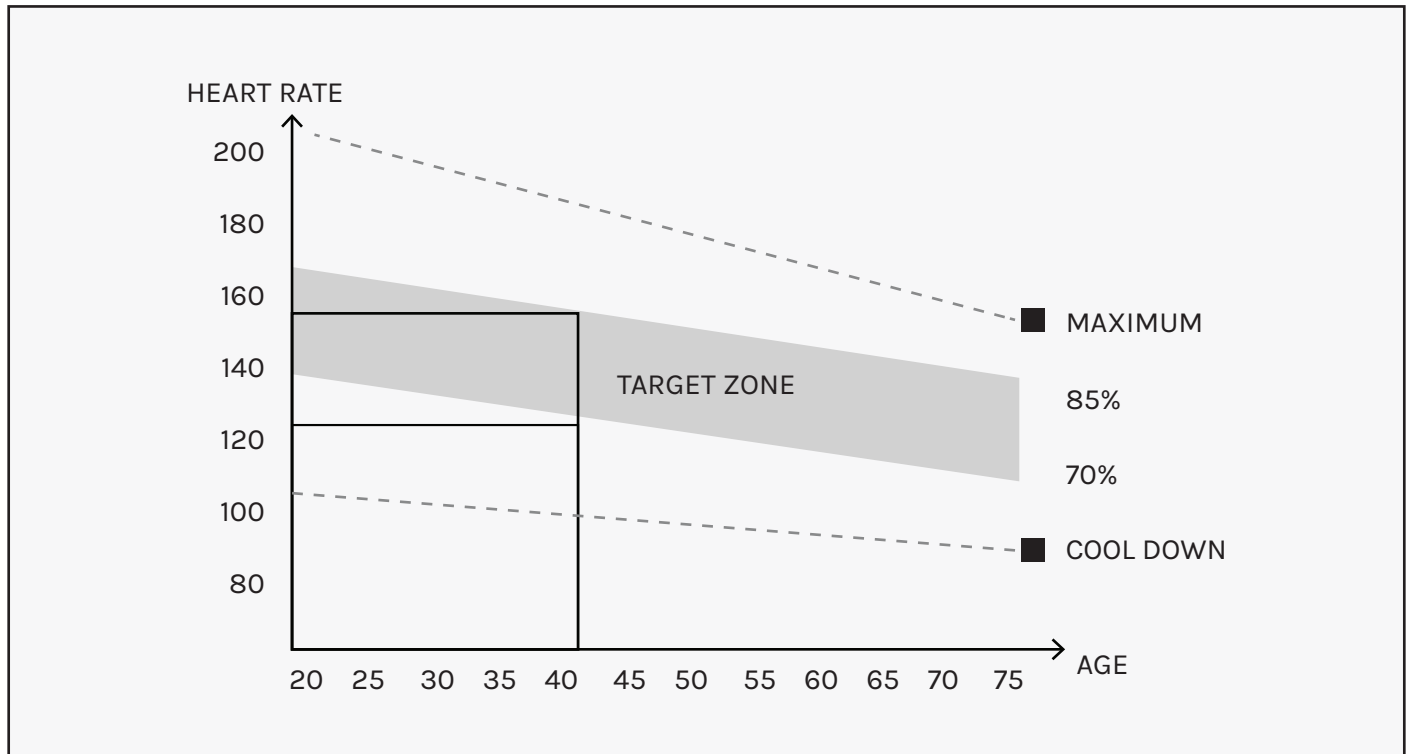

WARM UP

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

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 lay 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 power cord before maintenance.

- Stop treadmill before folding.

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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.
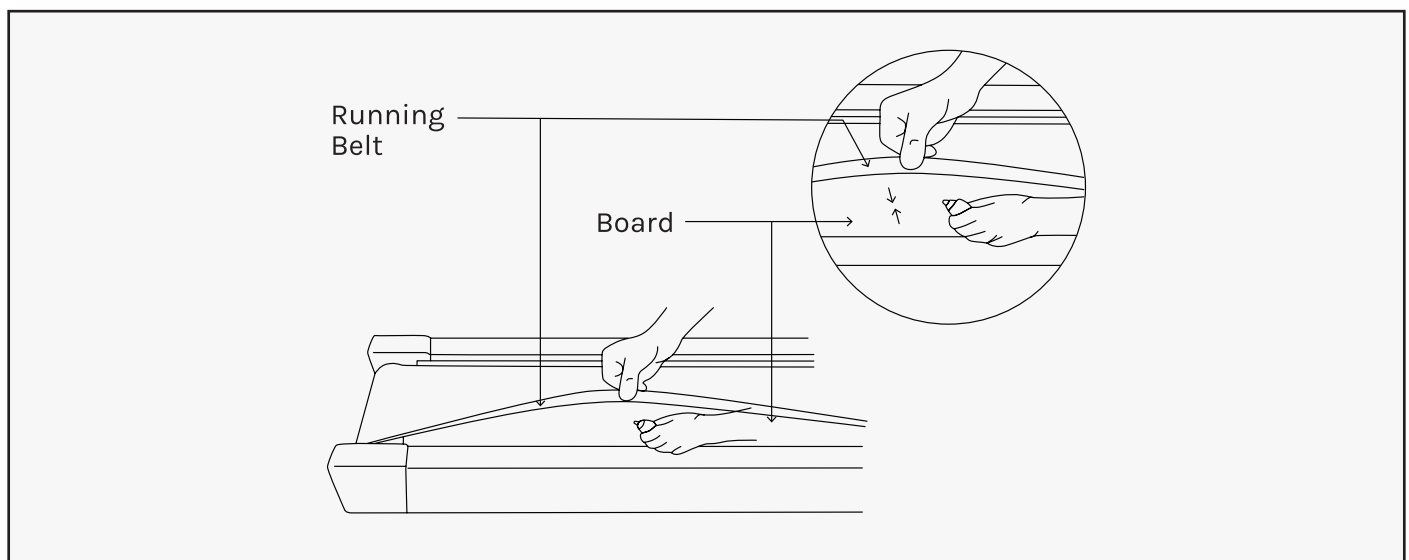
3. BELT/DECK/ROLLER LUBRICATION

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 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.**

Video Tutorial Available at: **http://youtu.be/cP9NtFHfWlc**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

5. ADJUSTING THE RUNNING BELT

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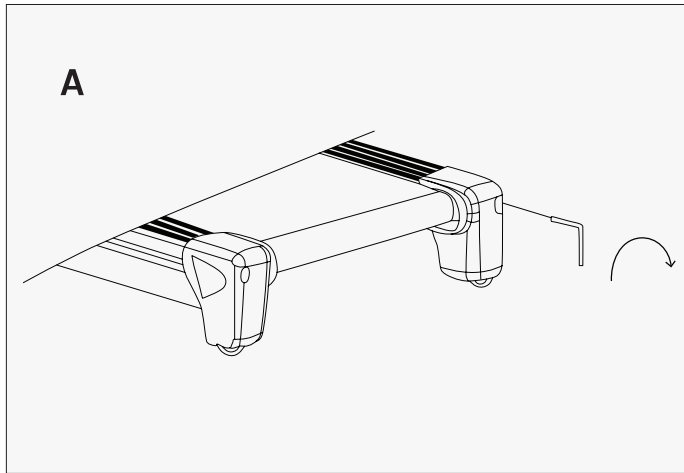
If the belt has drifted to the right: Whilst the treadmill is running at 4km/h, carefully turn the right adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.
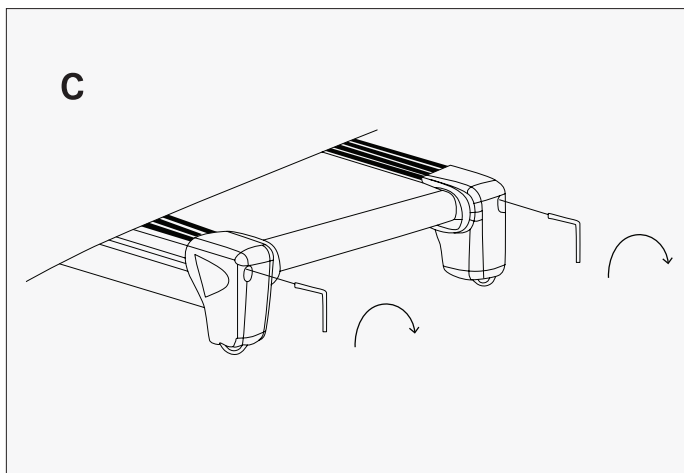
See Picture A

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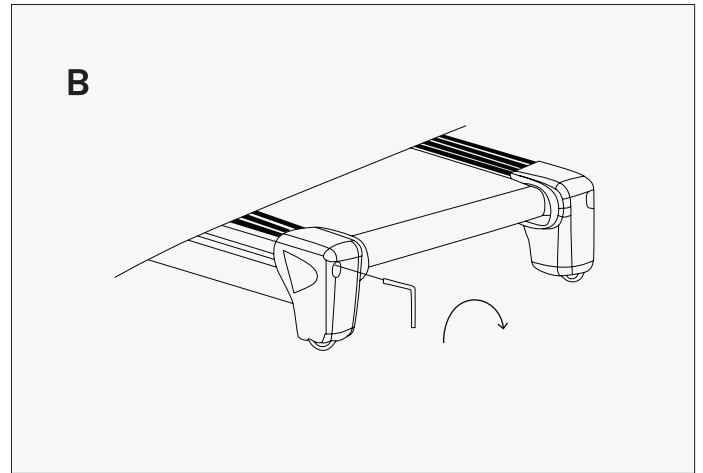
If the belt has drifted to the left: Whilst the treadmill is running at 4km/h, carefully turn the left adjusting bolt 1/4 turn clockwise. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See Picture B

If you have over adjusted it, carefully turn the left adjusting bolt anticlockwiseand 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/vIIsamTSvvA**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**
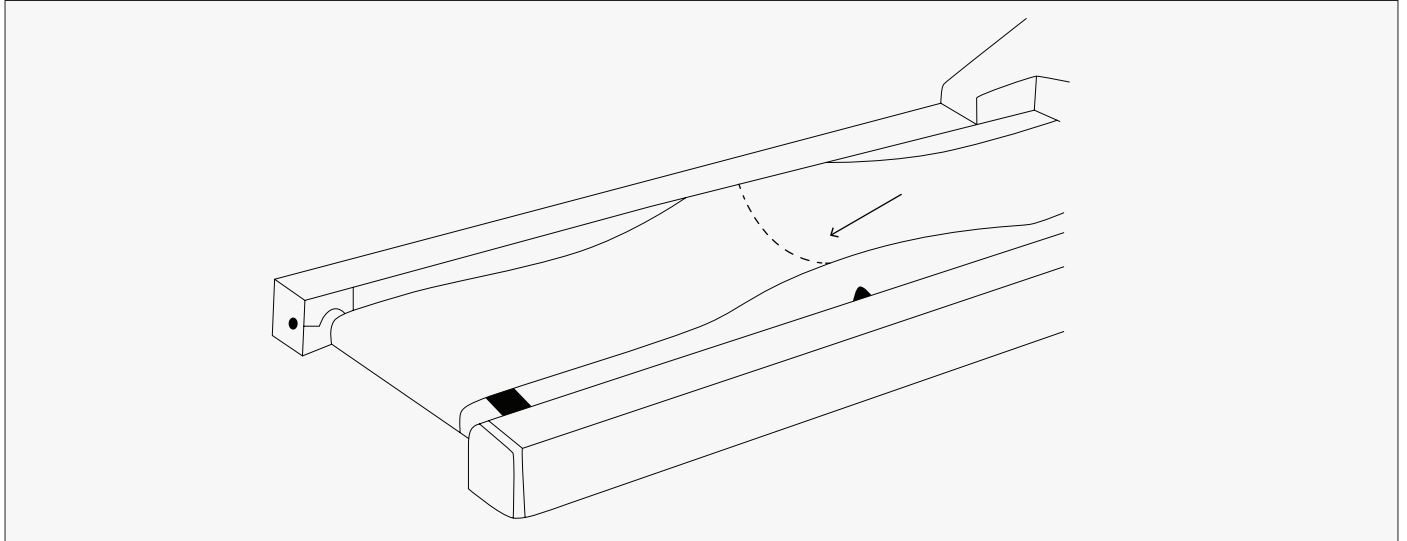
IX. REPLACING MOTOR BRUSHES

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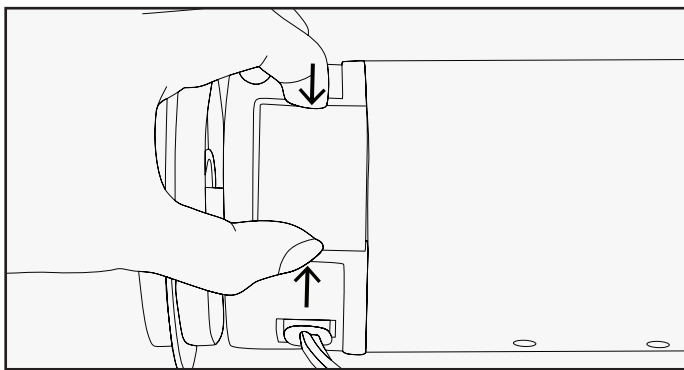
1. Remove the cover from the motor by squeezing it from the sides.

Lead
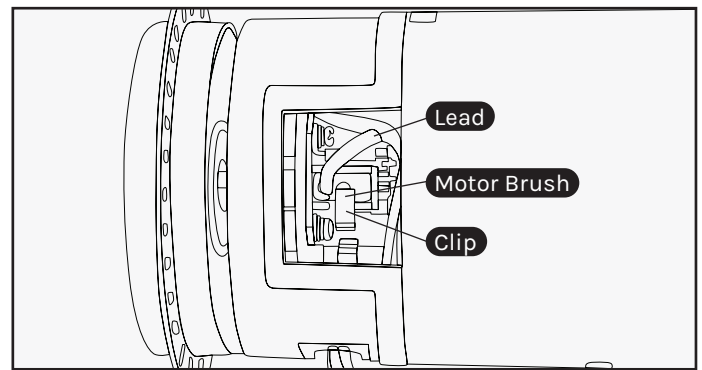
Motor Brush

Clip

2. You will find the motor brush held in with a clip, with the lead plugged in.
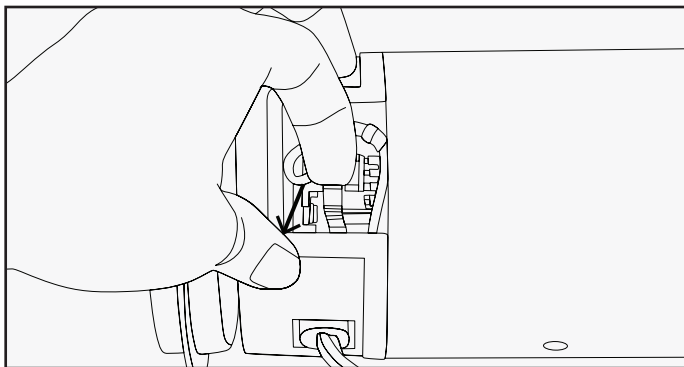
3. Pull the clip out from its position.
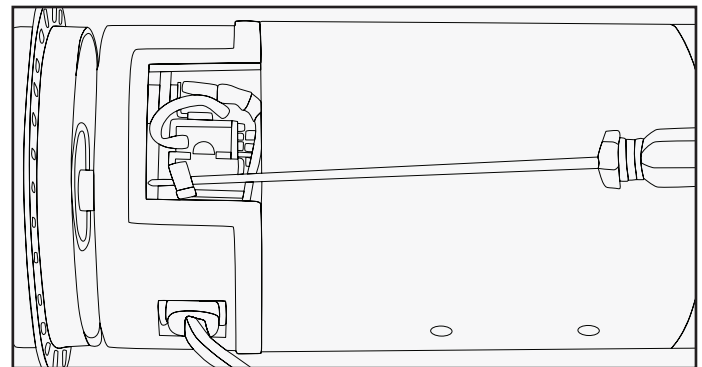
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.
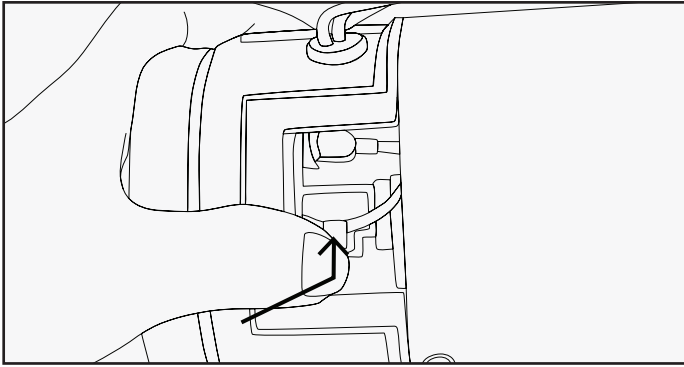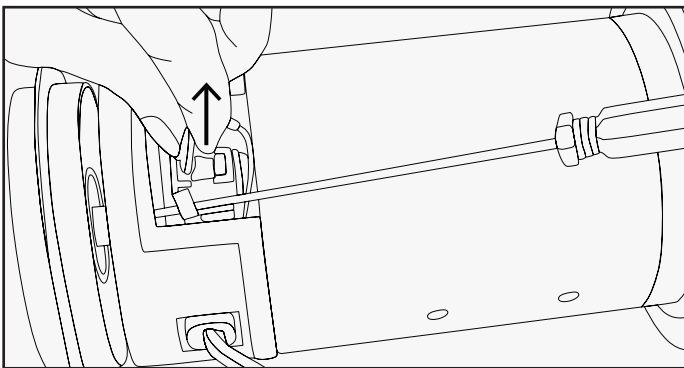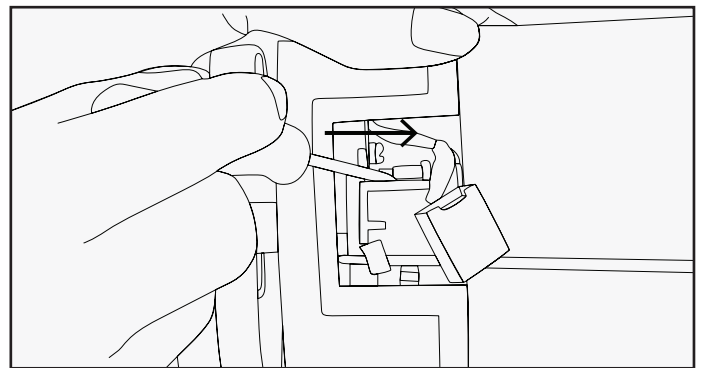
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.
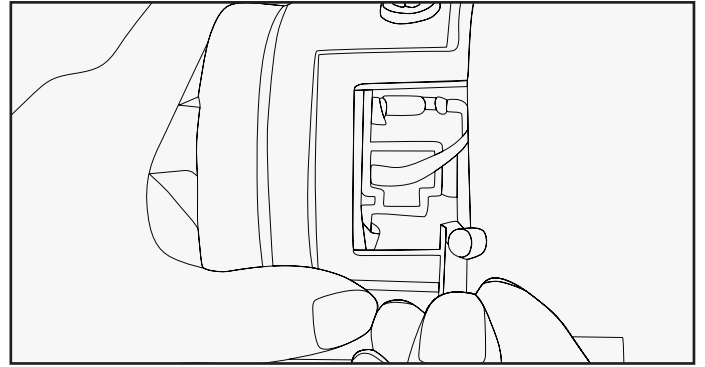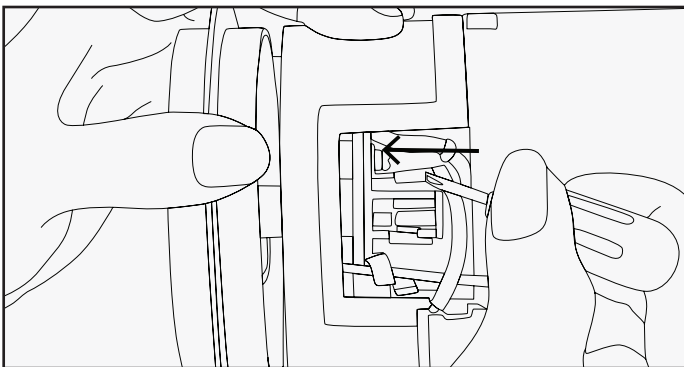
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.
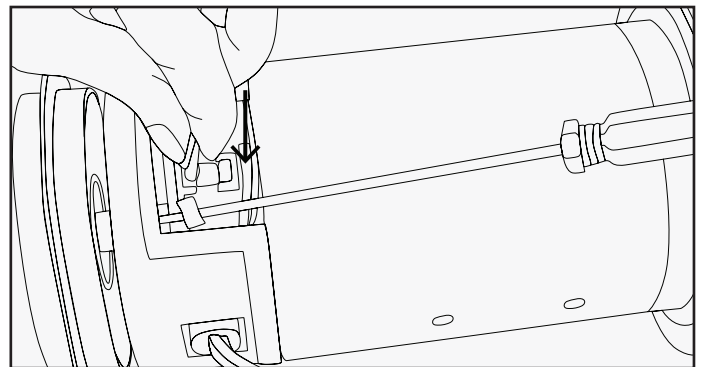
5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.
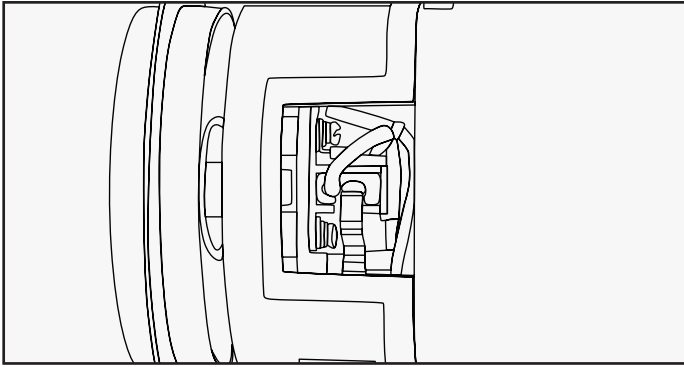
6. Slide the motor brush lead off the terminal using another small screwdriver or needle nosed pliers.
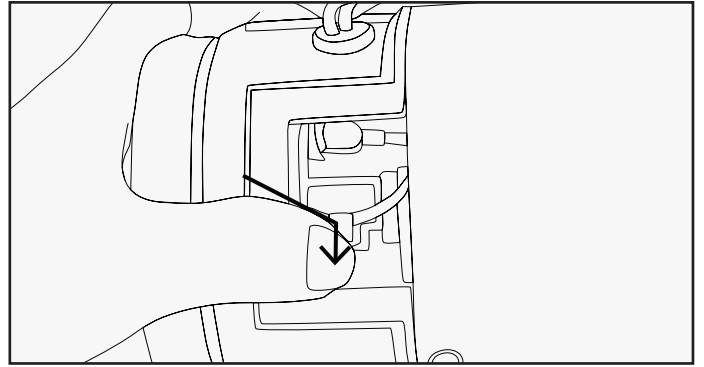
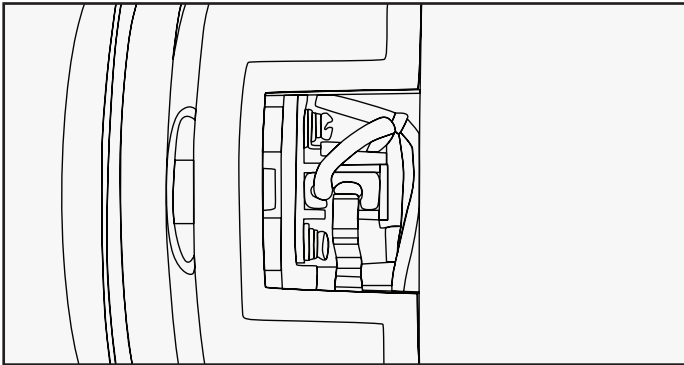**7.** Plug the new motor brush lead into the terminal.

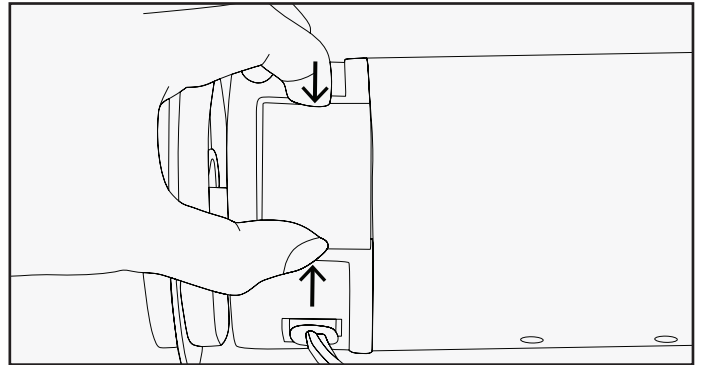**8.** Slide the new motor brush into the slot.

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.

X. EXPLODED DIAGRAM
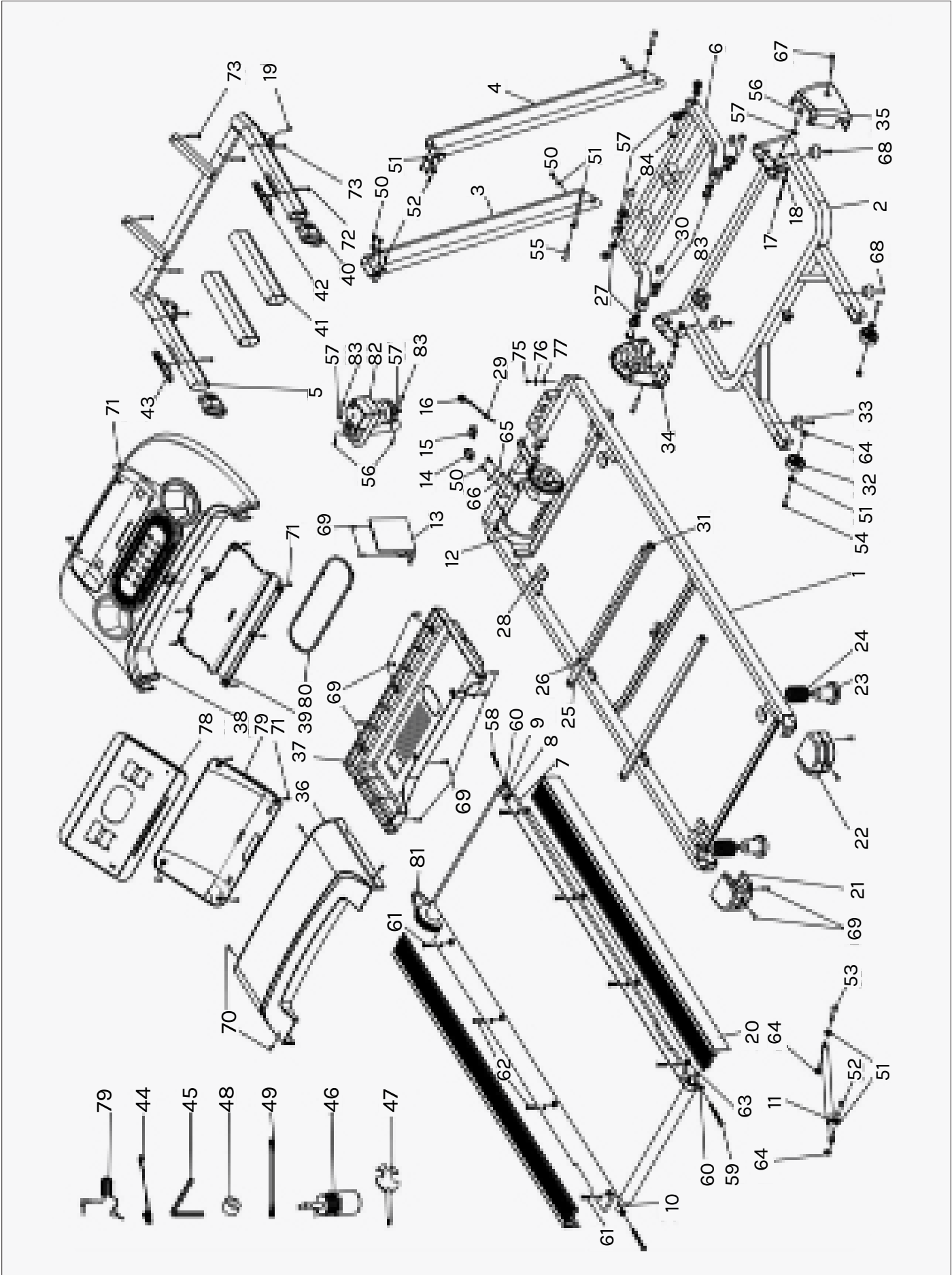
XI. PARTS LIST

⚠ Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

No.	Description	Specs	Qty
1	Main frame		1
2	Base frame		1
3	Left Upright Frame		1
4	Right Upright Frame		1
5	Computer Bracket		1
6	Incline Bracket		1
7	Running Board		1
8	Running belt		1
9	Front Roller		1
10	Rear Roller		1
11	Cylinder		1
12	DC Motor		1
13	Control Board		1
14	Over Protector		1
15	Bolt	M6*35	4
16	Power Line		1
17	Computer Bottom Wire		1
18	Ring Wire Protector B		1
19	Computer Up Wire		7
20	Side Rail		2
21	Right Back-End Cover		1
22	Left Back-End Cover		1
23	Spring Foot pad		2
24	Spring		2
25	Running Board Strengthen Tube		2
26	Running Board Strengthen Tube pad		4
27	Space Casing		8
28	Cushion		2
29	Moving Wheel Cover		2
30	Moving Wheel Cover		2
31	Standard Power Wire		1
32	Power Switch		1
33	Foam		2
34	Incline Motor		1
35	Computer Cover		1
36	Computer Seal Cover		1
37	Space Sleeve		8
38	Hand Pulse with Speed+/-		1
39	Hand Pulse with Incline+/-		1
40	Control Board		1
41	Computer Bottom Wire		1
42	Computer Up Wire		1
43	Bolt	M10*55	1
44	Magnetic Ring		1
45	5# Allen Wrench	5mm	1
46	Oil Bottle		
47	Lock Nut	S=13, 14, 15	1
48	Magnet Ring		2
49	Brown Wire		1
50	Bolt	M8*16	12
51	Lock Nut	8	12
52	Bolt	M8*25	3
53	Bolt	M8*42	1
54	Bolt	M8*40	2
55	Bolt	M8*45	2
56	Bolt	M10*55	2
57	Lock Nut	10	6
58	Bolt	M6*55	1
59	Bolt	M6*65	2
60	Lock Nut	6	3
61	Bolt	M6*30	4
62	Bolt	M6*37	4
63	Bolt	M6	8
64	Bolt	M8	4
65	Lock Nut	8	2
66	Lock Nut	8	2
67	Bolt	ST 4.2*19	2
68	Bolt	ST 4.2*25	4
69	Bolt	ST 4.2*12	14
70	Bolt	ST 4.2*19	4
71	Bolt	ST 4.2*13	13
72	Bolt	ST 4.2*45	2
73	Bolt	ST 4.2*35	6
74	MP3 wire	Option	
75	Bolt	M5*8	1
76	Lock Nut	5	1
77	Lock Nut		1
78	Computer Up Cover		1
79	Computer Bottom		1
80	Decorate Ring		1
81	Motor Belt		1
82	Incline Motor		1
83	Lock Nut	M10	6
84	Lock Nut	M10*45	4

XII. TROUBLESHOOTING

FAULT CODE	MAIN REASON	SOLUTION
E01	The wire from computer to bottom control board did not connect well	1. Check the connection wire between computer and control board was well connected. 2. Make sure the IC on the control board was well inserted. If not re-insert. 3. Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	1. Bad contact with motor open circuit. Please change a new motor or check the connector. 2. Power tube was punctured. Please change a new Power tube or control board.
E05	Over current Protection	1. Overloaded. 2. Running board with heavy resistance. Need to be oiled. 3. Damage in Motor. Change to a new motor.
E06	Motor wire connection problem	1. Check if the motor connect wire is connected properly. 2. Check if peculiar smell comes from controller if it is, replace the controller.
E07	Parameter missing	1. Change Control Board

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

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 LSG Fitness website, please visit
https://lsgfitness.com.au/warranty-form.

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit **https://lsgfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

XIV. 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).

LSG