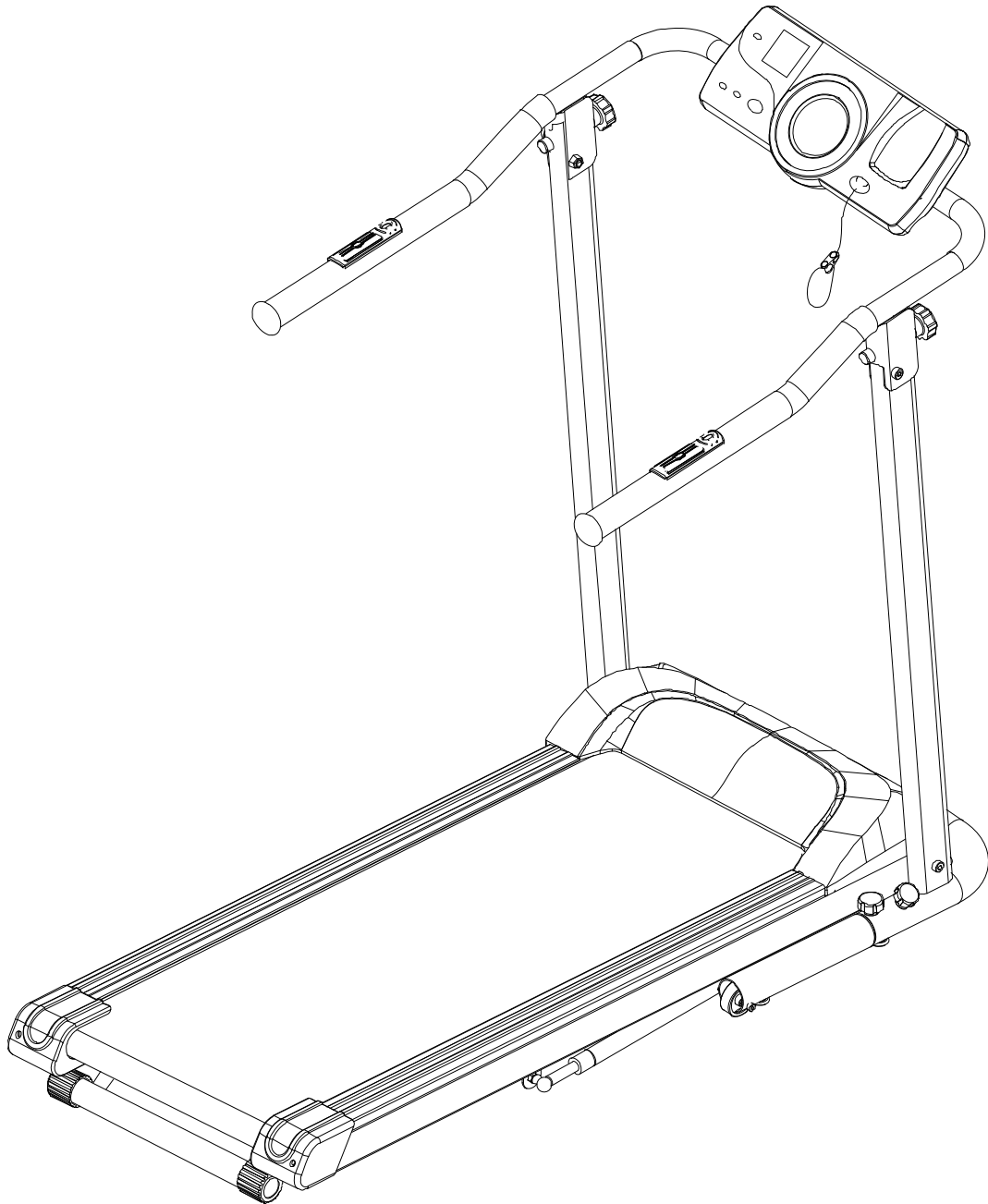# LSG

PACER M2 TREADMILL
OWNER'S MANUAL

Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

TABLE OF CONTENTS

1. 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 heat 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.

2.   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.

3.   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.

4. PARTS LIST

Part #	Description	Qty	Part #	Description	Qty
1	Main Frame	1	26	Computer MT18	1
2	Handlebar	1	27	Safety Tether Key	1
3	Incline Adjuster	1	28	Triangle Knob M6X45mm	2
4	Safety Tube A 480*30*30mm	1	29	Handlebar Knob	2
5	Safety Tube B T1.2*20*20*350mm	1	30	Cross recess Phillips Screw M10X50mm	2
6	Gas Spring	1	31	Cap Nut M10	2
7	Hex Bolt M12X90mm	2	32	Anti-Loosen Nut M10	2
8	Stabilizer Knob	4	33	Foam Grip φ32*T2.0*2480mm	2
9	Adjustable Pad	5	34	Handlebar End Cap φ50*37.5mm	2
10	Transport Wheel φ51*φ8.5*20mm	2	35	Speed Quick Key	1
11	Bushing φ12*φ8.4*15mm	4	36	Self-Tapping Screw ST4*16mm	4
12	Hex Socket Bolt M8X65mm	2	37	Power Cord 1800mm	1
13	Anti-Loosen Nut M8	2	38	Socket	1
14	Square End Cap 30*30*12mm	1	39	Switch AC Power	1
15	Hex Socket Bolt M8X44mm	1	40	Fuse Box 10A	1
16	Flat Washer M8	1	41	Wire for Switch	1
17	Bushing 30*30*28mm	1	42	Wire for Power Control Board	1
18	Bushing 26*26*50mm	1	43	Power Control Board	1
19	Hex Socket Bolt M8X35mm	1	44	Power Control Plastic Plate	1
20	Anti-Loosen Nut M8	2	45	Self-Tapping Screw 3X12 mm	4
21	Square End Cap 20*20*12mm	1	46	Phillips Screw M5X12mm	4
22	Hex Socket Bolt M8X20mm	1	47	Anti-Loosen Nut M5	4
23	Hex Socket Bolt M8X30mm	1	48	Inductor	1
24	Wire Plug φ16	2	49	Cross Head Screw M5X8MM	2
25	Sensor Cable 2200mm	1	50	Spring Washer φ5	3

| Part #	Description	Qty	Part #	Description	Qty
51	Motor	1	70	Rear Roller	1
52	Optical Coupler	1	71	Motor Cover	1
53	Hex Bolt M8X25mm	4	72	Phillips Screw M5X10mm	10
54	Spring M8	4	73	Side Rail	2
55	Flange Nut M8	4	74	Self-Tapping Screw ST5*14mm	8
56	Buffer 55*35*8.5mm	6	75	Rear Left End Cap	1
57	Support Board 50*12*T4*556mm	1	76	Rear Right End Cap	1
58	Round End Cap φ25*15mm	2	77	Spring Knob 54*27*27mm	1
59	Incline Adjuster End Cap φ45*40mm	2	78	Short Knob 43*23*23mm	1
60	Phillips Screw M10X40mm	2	79	Flat Washer φ10*T1.5mm	2
61	Bushing φ14*φ10.2*19mm	2	80	Stabilizer 374*820*1081mm	1
62	Deck 945*560*T20mm	1	81	Left Stabilizer Tube	1
63	Phillips Screw M6X35mm	8	82	Right Stabilizer Tube	1
64	Flange Nut M6	8	83	End Cap 50*25*17.5mm	2
65	Front Wheel	1	84	Function Quick Key	1
66	Hex Socket Bolt M8X55mm	3	85	Cross recessed Pan Head Screw M3x8mm	2
67	Phillips Screw M6X25 mm	1	86	Cross Head Screw M5X10 MM	3
68	Belt 180/J6	1	87	Flat Washer φ5	3
69	Running Belt 2140*515*T1.6MM	1			

5. ASSEMBLY INSTRUCTIONS

STEP 1:

1. Place the treadmill in the upright position on a level surface. Lower the main frame (1) by pulling out the spring knob (77), and allowing it to lower.
2. Ensure that the spring knob (77) "pops" into the locked position and the main frame (1) is flat with the ground.
   **NOTE:** To prevent injury make sure you have a firm hold when setting down the deck.
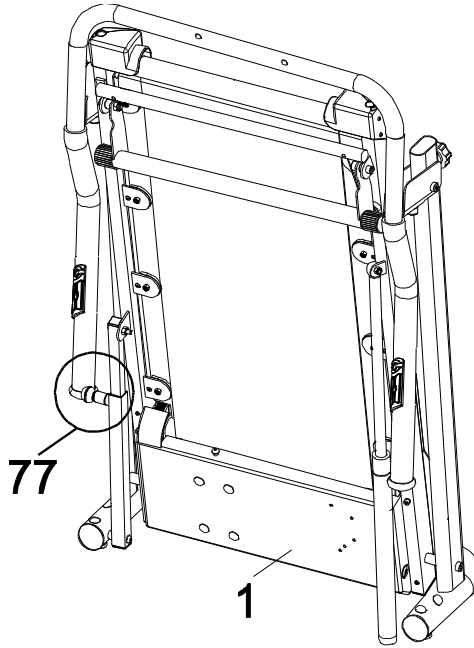
STEP 2:

1. Using the 2x stabiliser knobs (8) to install the right stabiliser tube (82) into the stabiliser (80) and thoroughly tighten the stabiliser knobs (8).
2. Repeat the step above on the Left Side to install the left stabiliser tube (81).
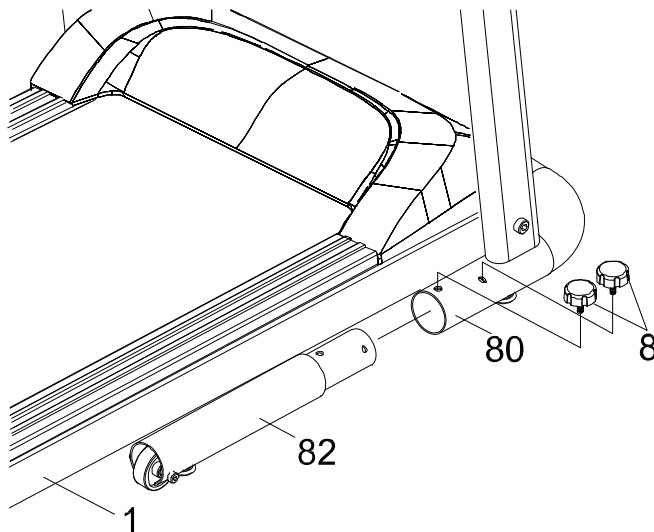
STEP 3:

1. Pull the short knob (78) and then lift the handlebar (2) all the way up. Ensure that the short know (78) "pops" into the locked position.
2. Secure the handlebar (2) to the stabiliser (80) with the two handlebar knobs (29) and 2x flat washers (79).
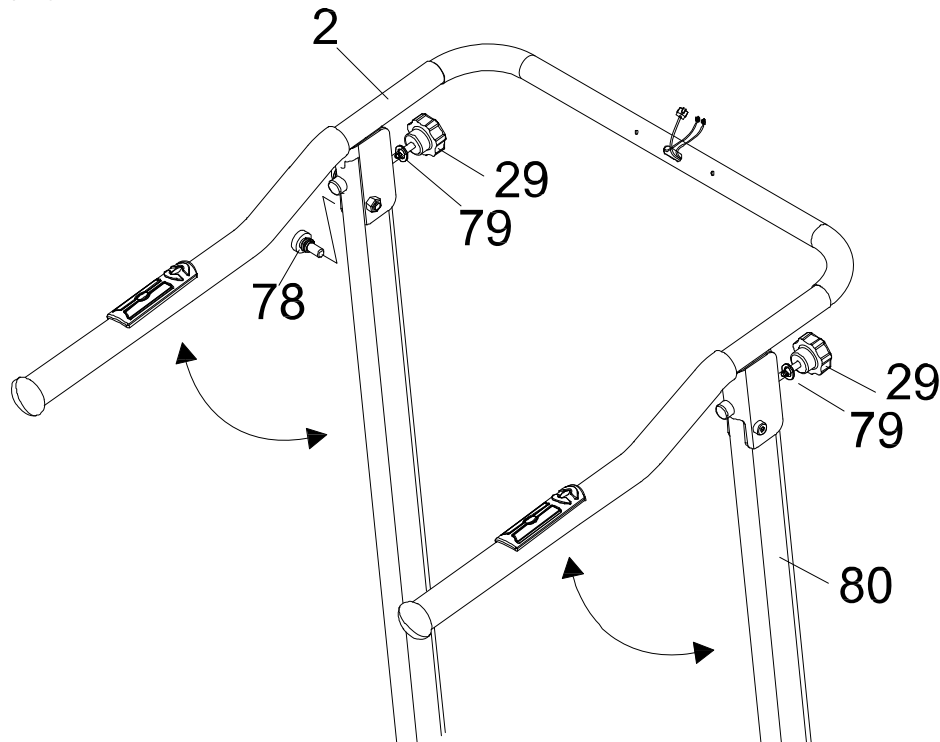
STEP 4:

1. Connect the black function quick key (84) to the black wire connection coming from the computer (26).
2. Connect the white speed quick key (35) to the white wire connection coming from the computer (36).
3. Connect the sensor cable (25) from the handlebar (3) to the wire coming from the computer (26) and then attach the computer (26) onto the handlebar (2) with 2x triangle knobs (28). Be sure to tuck the excess wires into the frame.
4. Place the safety tether key (27) onto the computer (26).
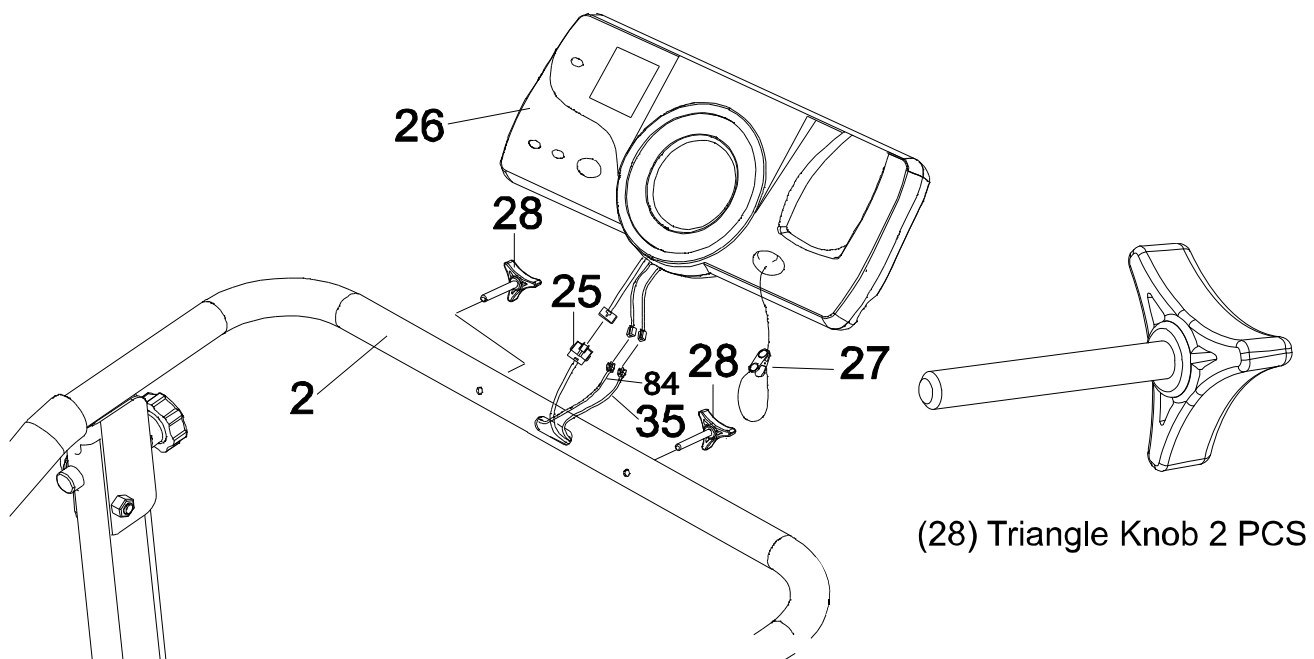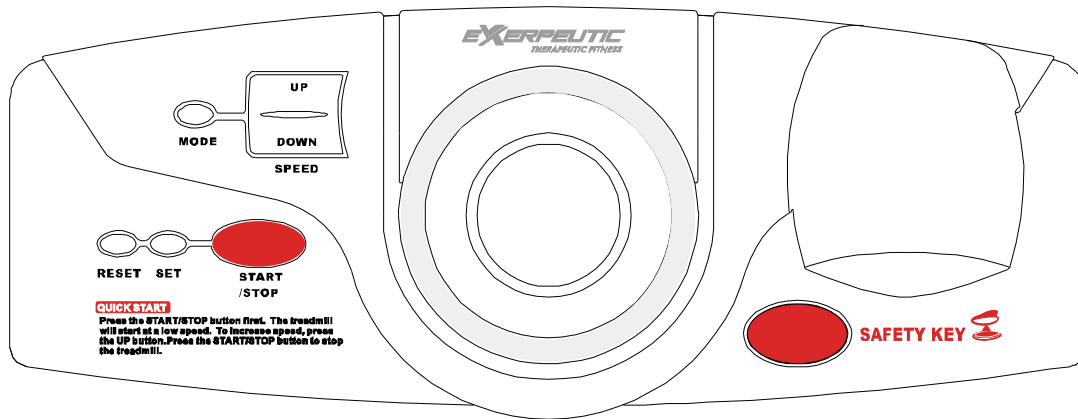
(28) Triangle Knob 2 PCS

STEP 5:

1. There are 5x adjustable levellers (9) on the bottom of the right and left stabiliser tubes (81) & (82) and stabiliser (80).
2. Turn the adjustable leveller (9) as needed to level the treadmill.
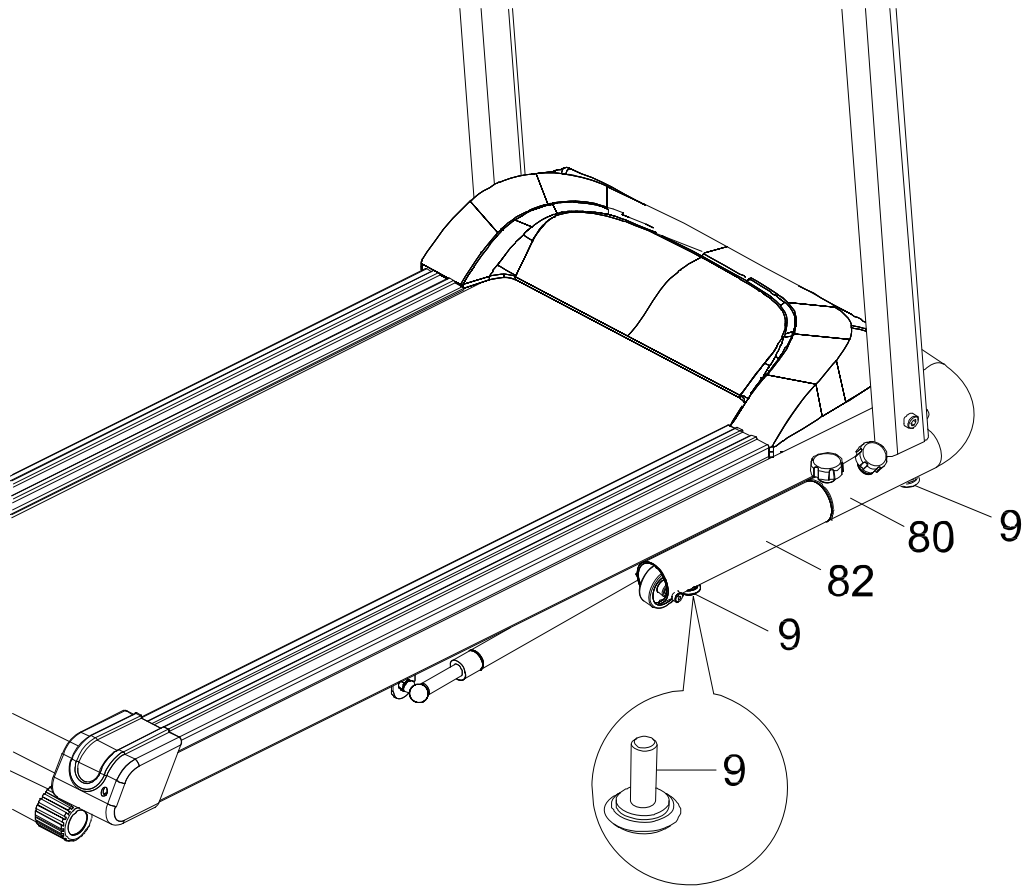
6. OPERATION GUIDE

1. OVERVIEW

QUICK START: secure the magnetic end of the safety tether key (27) to the computer (26), and the slip end of the safety tether key (27) to your clothing. While standing on the side rails (73), press the START/STOP button to start the treadmill. The treadmill will start moving at a speed of 0.6MPH. While in the quick start mode, use the SPEED UP and SPEED DOWN buttons to adjust the speed.
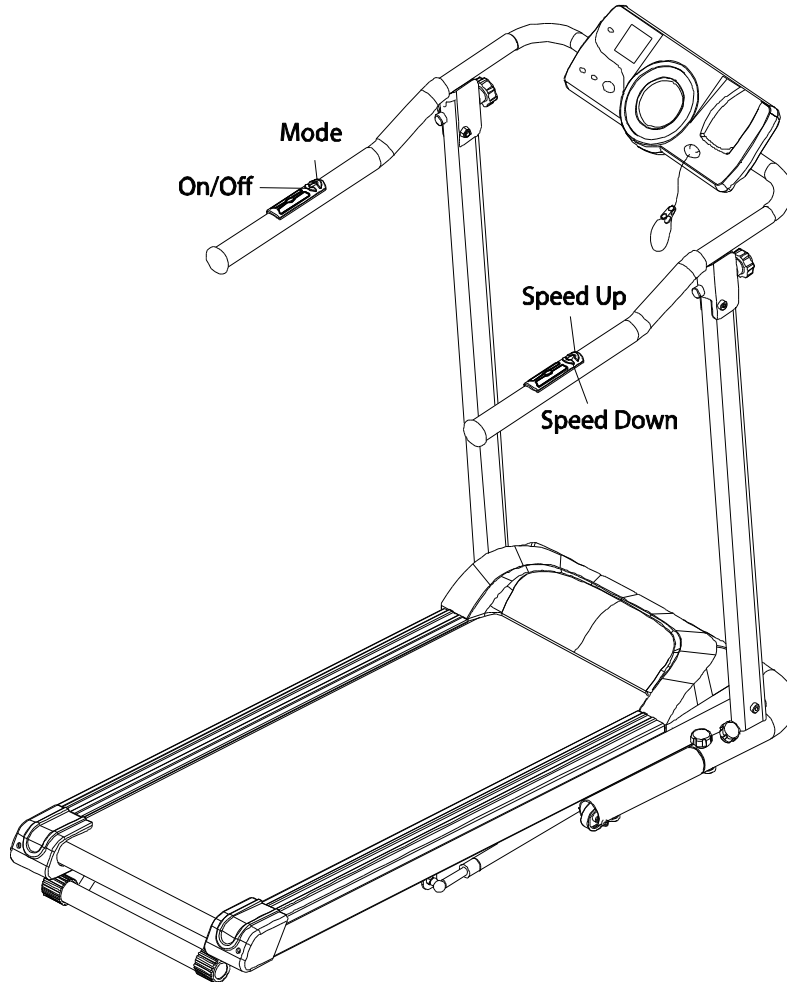
2. FUNCTIONS

1. **START/STOP**: Press the START/STOP button to start or stop the treadmill.

2. **MODE:** Press MODE button to select each function (TIME, DISTANCE or CALORIES) for set up of workout goal value.

3. **SET**: Use the SET button to confirm goal values of TIME, DISTANCE, or CALORIES.

4. **RESET**: Press the RESET button to clear data values of TIME, DISTANCE or CALORIES to zero.

5. **SPEED UP**: Press the SPEED UP button to increase speed.

6. **SPEED DOWN**: Press the SPEED DOWN button to decrease speed.

3. COMPUTER FUNCTIONS

1. **TIME**: Display your elapsed workout time in minutes and seconds. Use the SET button to set a Time Goal. Confirm the goal using the MODE button. Time can be between 1:00 and 99:00.

2. **SPEED**: Displays the current workout speed. You may increase or decrease the speed by pressing the SPEED UP or SPEED DOWN button on the computer console or right handlebar at any time. The speed can be adjusted between 0.6MPH to 8.0MPH.

3. **DISTANCE**: Displays the total cumulative calories burned during the workout. Press START/STOP button to start exercise. Use the SET button to set Distance goal. Confirm the goal using the MODE button. Distance can be set between 0.1 Miles to 99.9 miles.

4. **CALORIES**: Displays the total cumulative calories burned during your workout. Press START/STOP button to start exercising. Use the SET button to set a Calorie goal. Calorie goals can set between 0 and 9990 calories burned. Confirm your selection using the MODE button.

NOTE: The display consoled will automatically enter sleep mode when no activity is detected after 10 minutes. To activate the display, press the START/STOP button.

5. **MODE:** Press MODE button on the left handrail to select each function (TIME, DISTANCE, or CALORIES) for set up of workout goal value.

6. **ON/OFF:** Press the ON/OFF button located on the left handrail to start or stop the treadmill.

7. **SPEED UP:** Press the SPEED UP button on the right handrail to increase speed.

8. **SPEED DOWN:** Press the SPEED DOWN button on the right hand rail to decrease speed.

4. STORAGE

A

B

Spring Knob

Handlebar Knob

C

D

Handlebar
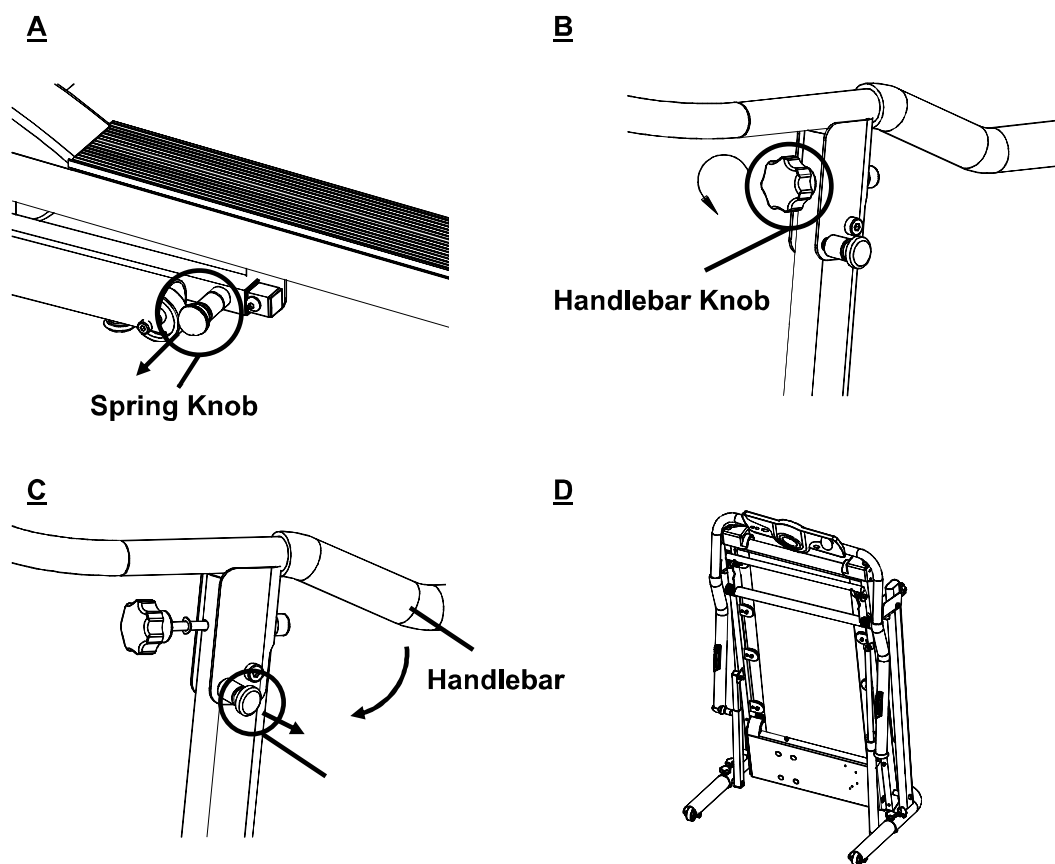
FOLDING THE TREADMILL

For your convenience, the treadmill can be folded up and placed in a storage area.

To fold the treadmill place one hand on the rear end of main frame and use your other hand to pull out the Spring Knob, then lift the main frame up until the Spring Knob "pops" down into the locked position as shown in figure A.

Release both Handlebar Knobs as shown in figure B.

Pull out the Short Knob and then push the Handlebar all the way down.

Insert both Handlebar Knobs back to the Stabilizer as shown in figure C.

The figure D shows the treadmill in the folded position. Now the treadmill is ready to be stored.

IMPORTANT: TO PREVENT INJURY PLEASE MAKE SURE YOU HAVEA FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

7. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE

WARNING: 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.
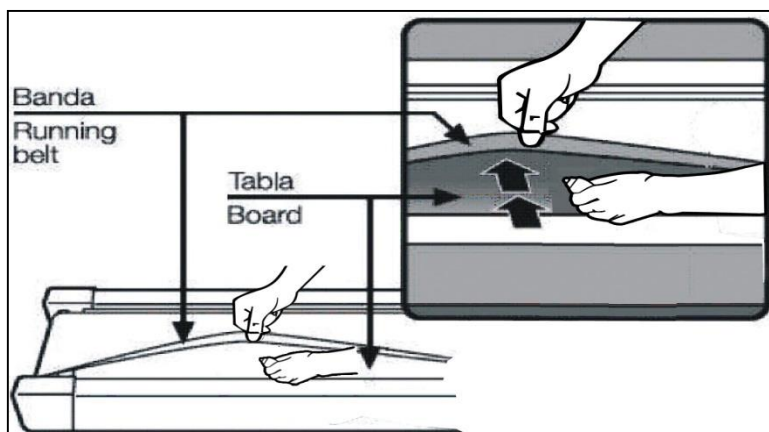
3.   Belt/Deck/Roller Lubrication

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:

- o   Light use (less than 3 hours per week) every 6 months
- o   Medium use (3-5 hours a week) every 3 months
- o   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: **Lifespan Fitness Channel:**
http://youtu.be/cP9NtFHfWlc   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 Lifespan treadmill. This can be purchased directly from us or any hardware store.
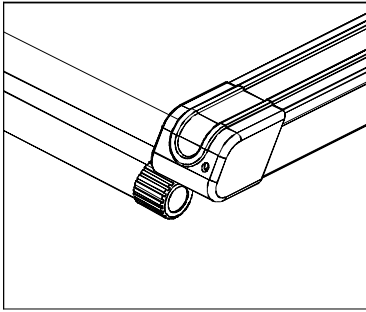
Incline Adjustment
Place one hand on the rear end of main frame. Lift the main frame up then adjust the Incline Adjuster to the desired position.

2 Incline Degree Options:
3 % Incline degree when Incline Adjuster at Position A.
6 % Incline degree when Incline Adjuster at Position B.

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 **anticlockwise** until the belt centers.

A

If the belt has drifted to the **left**:

Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers. See *Picture B*
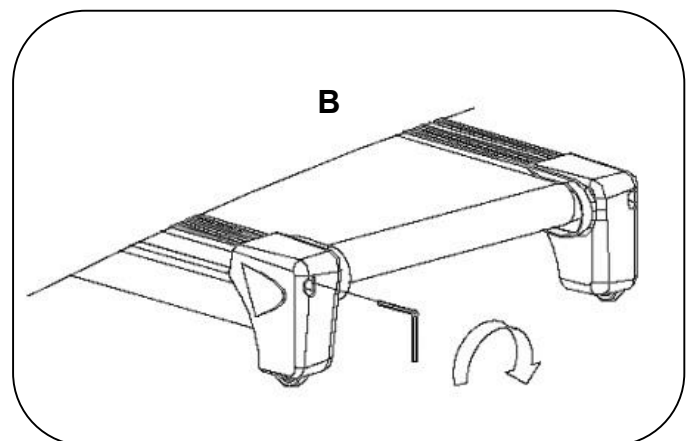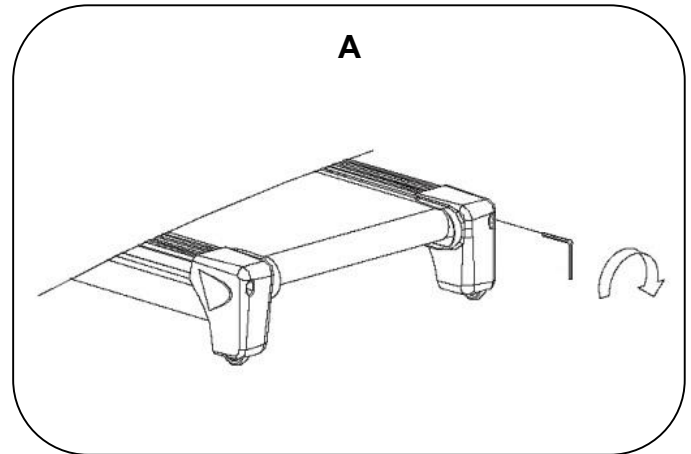
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

B

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.
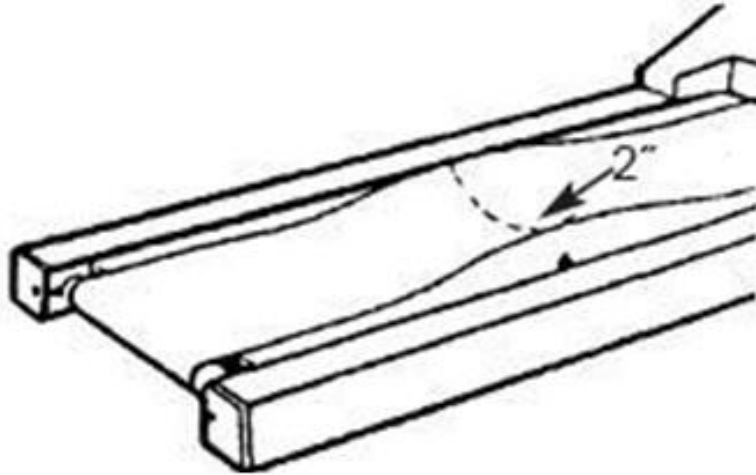See *Picture C*

If the belt is over tightened, simply do the opposite to loosen.

C
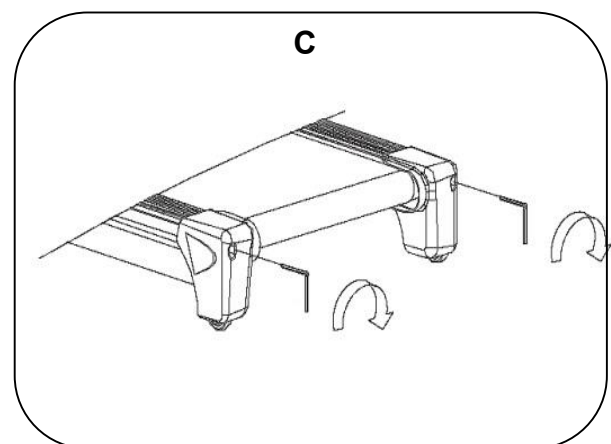
NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.
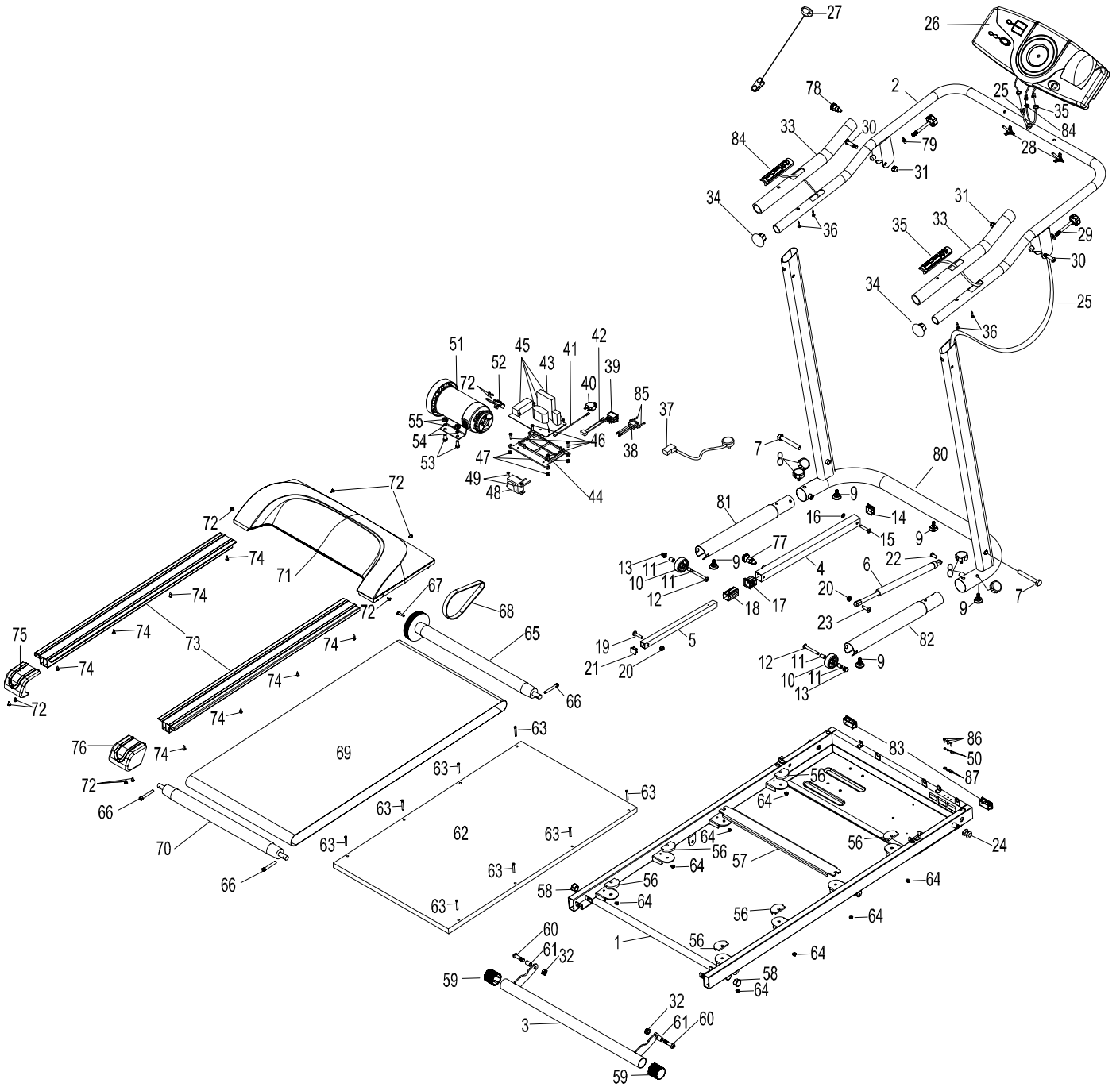
Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.

Video Tutorial Available at:
http://youtu.be/vllsamTSvvA

Lifespan Fitness Channel:
http://www.youtube.com/user/treadmillsvideos

8. EXPLODED DIAGRAM

9. TROUBLESHOOTING & MAINTENANCE

Fault Code	Cause	Solution
SAFE	Safe tether key protection	1.Reinstall the Safety Tether Key 2.Restart the power after 1 minute and install the Safety Tether Key 3.Computer IC Board damaged, Contract with the after-sale department
Er1	Computer get trouble Signal up to 15 seconds.	1.Restart the power after 1 minute 2.Check the sensor cable is connected perfectly 3.Sensor cable or computer IC board damaged, contract with the after-sale department
Er3	Low Voltage or Run up	1. Restart the power after 1 minute Check if the input voltage is lower. Use when voltage is normal 2.Sensor Cable or power IC board damaged, contract with the after-sale department
Er5	1.Motor Cable become loose 2.Motor is blocked 3.Motor damaged	1.Restart the power after 1 minute 2.Check the motor cable , make sure it is connect perfectly 3.Check the motor quality, make sure the function is fine 4.Make sure the running belt with enough lubricating oil 5.Motor or power IC board damaged, contract with
Er7	Power IC board get trouble Signal	1.Restart the power after 1 minute 2.Check the sensor cable is connected perfectly 3. Sensor cable or power IC board damaged, contract with the after-sale department

10. 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 an email must be sent before contacting us via any other means.