



POWER-S 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.

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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
- Never allow children on or near the treadmill.
- 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 cord or plug.
- 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 not suitable for long time running.

- 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.
- Allowed temperature: 5 to 40 degrees.

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

2. IMPORTANT ELECTRICAL INFORMATION

WARNING!

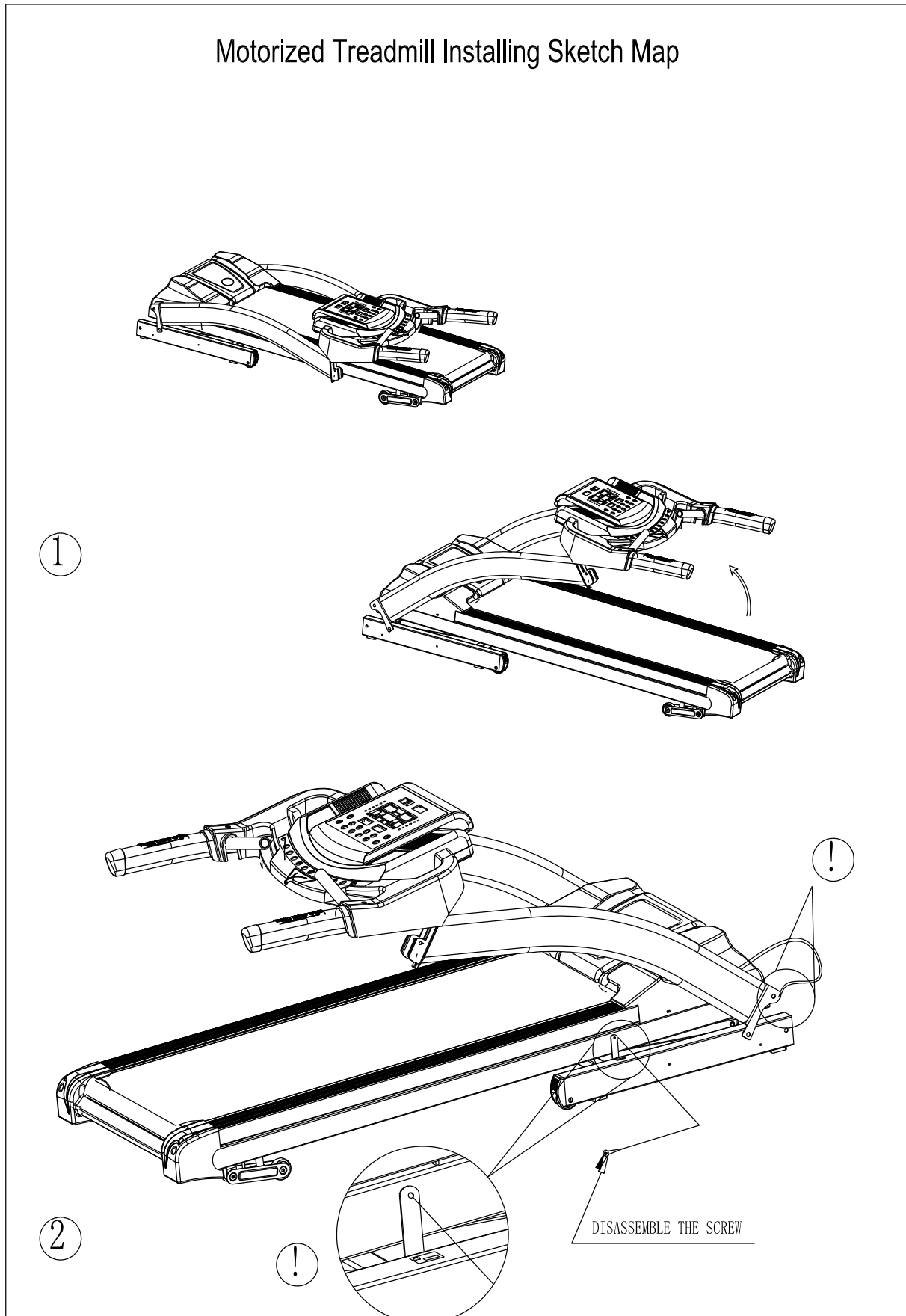
- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is 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

- Be sure to read the entire manual before operating your machine.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

4. ASSEMBLY INSTRUCTIONS

Motorized Treadmill Installing Sketch Map



Motorized Treadmill Installing Sketch Map

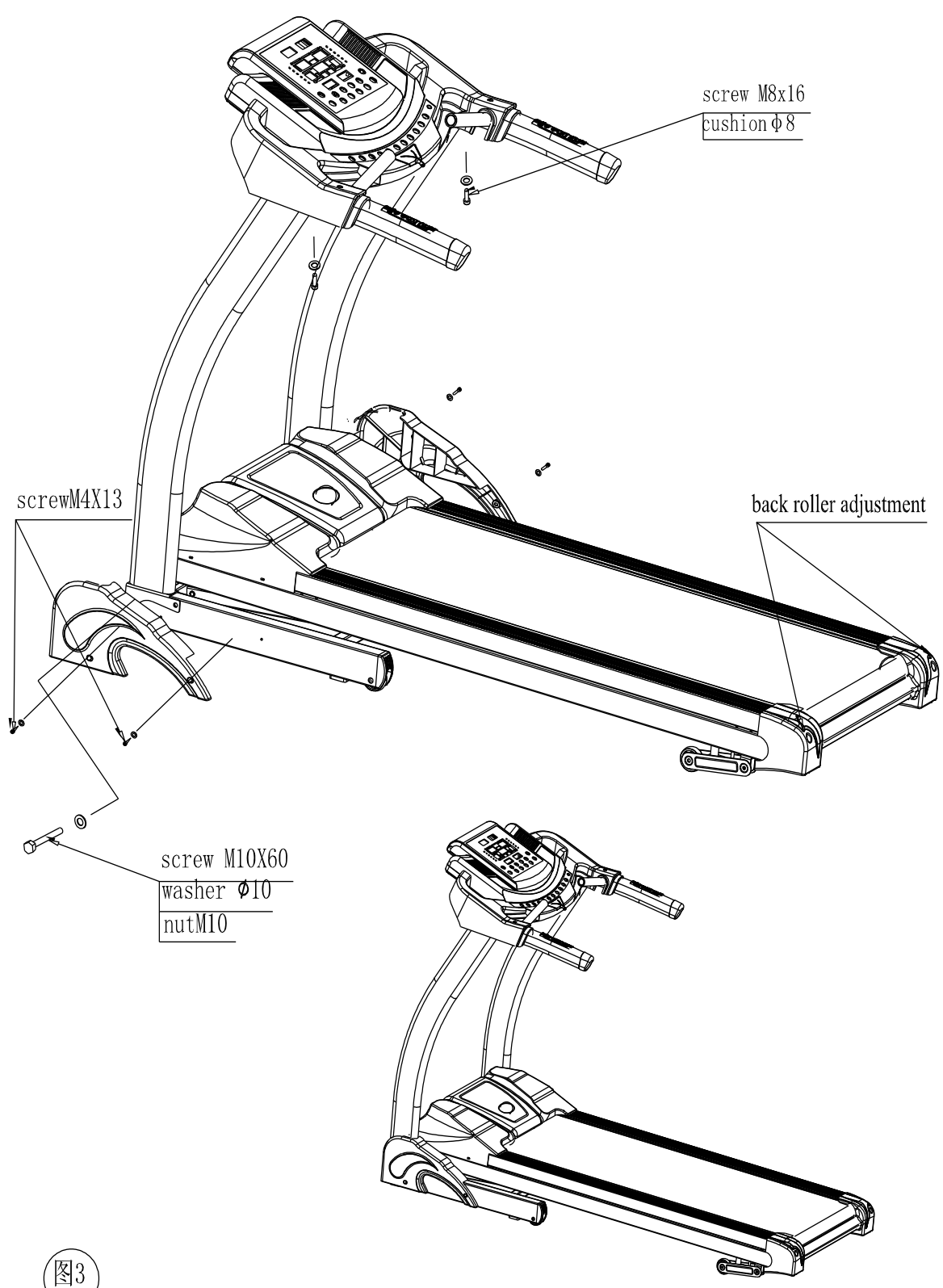
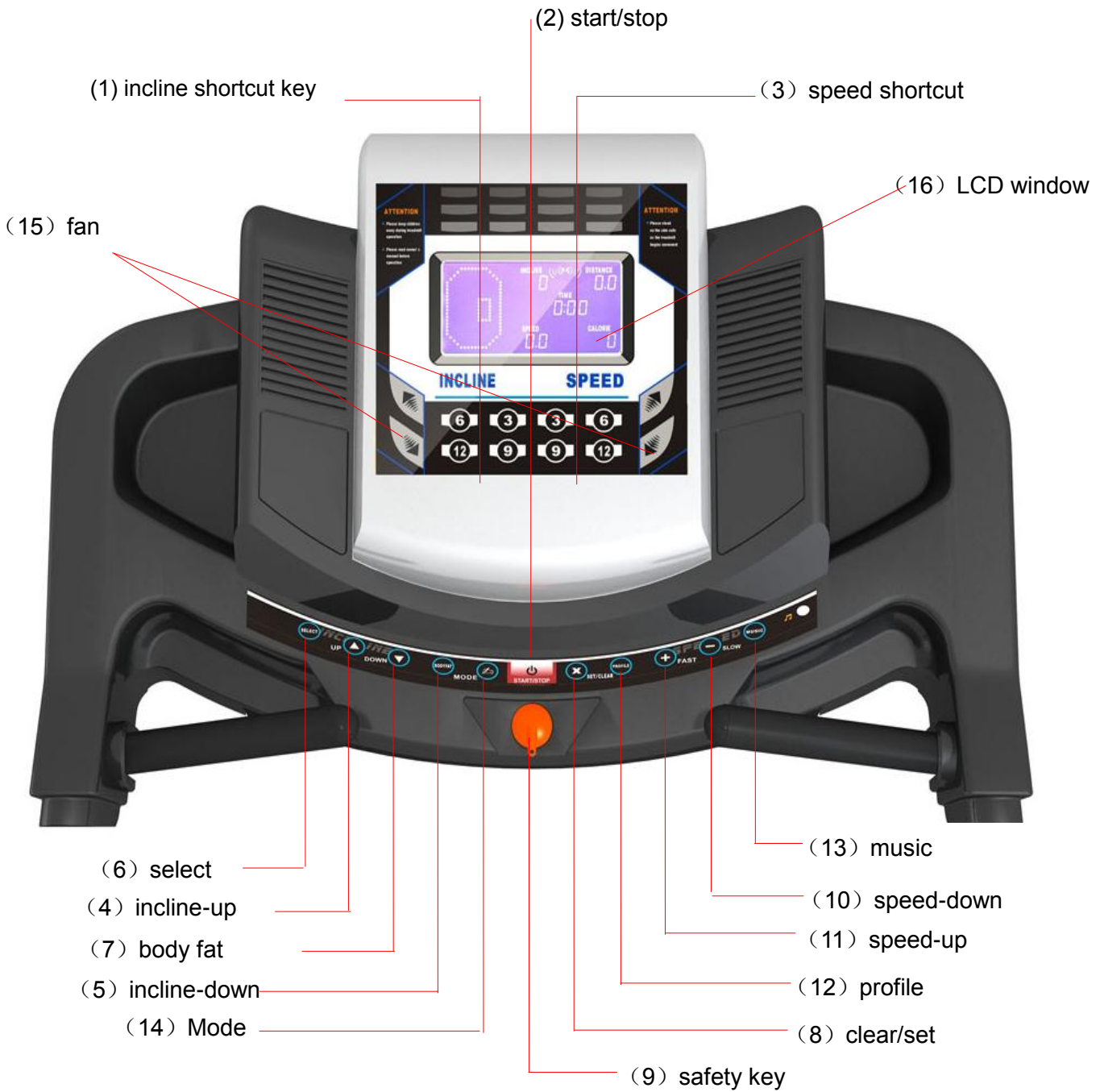


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5. OPERATION GUIDE

Panel Keys and Function



(1) **“incline shortcut key”**

Press this key, the incline goes directly to the chosen height.

(2) **“start/stop”**

When machine is in ready condition, press this key, it runs at the speed of 1.0km/h. In running condition, a speed of more than 3.5km/h will result in the treadmill slowing down then stopping. During this stopping process, other keys are not available. A speed of less than 3km/h, will result in an immediate stop.

(3) **“speed short cut key”**

In running condition, pressing this key will directly change the speed value.

(4) **“incline up”**

Pressing this key will directly increase the incline value

(5) **“incline down”**

Pressing this key will directly decrease the incline value

(6) **“select”**

In ready condition, press this key to enter “distance running” mode, it has four kinds, U1~U4, under this mode, the treadmill will record your total running distance automatically (minimum unit is 100m). The records will remain after you shut off the power supply.

(7) **“bodyfat”**

In ready condition, press this key to evaluate your body fat.

Press once, it will show SEX, press “speed up” and “speed down” key to select.

Press this key again, it will show AGE, press “speed up” and “speed down” key to select your age.

(From 10~99years)

Press this key again, it will show HEIGHT, press “speed up” and “speed down” key to select your height. (From 50~250cm)

Press this key again, it will show WEIGHT, press “speed up” and “speed down” key to select your weight. (From 20~200KGS)

Then press “ bodyfat ” key to get your Bodyfat.

Explanation:

Body fat < 19: too thin.

Body fat 19~25: normal

Body fat 26~30: overweight

Body fat > 30: obese

(8) “clear/set”

In ready condition, press this key once to clear all operations.

In ready condition, hold this key for 3 seconds, time, distance and calorie can be set. Press “speed-up” or “speed-down” keys, time, distance and calorie can be set. Then press “start/stop” key, the machine will run at 1.0km/h. And the set figures will count down to “0”, and then stop. Under running operation, press “set/clear”, and all figures will be kept at “0” except for speed.

(9) “safety key”

In emergency pull this out to stop the machine immediately.

(10) “speed down”

In running condition, press this key, speed can be reduced.

(11) “speed up”

In running condition, press this key, speed can be increased.

(12) “profile”

In ready condition, press this key to enter own programs mode, you have 3 own programs, C1~C3, please set your programs at first.

Select the program at first, then press “clear/set” key to edit it.

Press “speed up” (“incline up”) and “speed down” (“incline down ”) key to select the speed (incline) you want. Then press “profile” to set the speed (incline) of next minute. After set all the speeds (incline) for 16minutes, you may press “start/stop” key to run your program.

(13) “music”

Press this key to open or shut the speaker amplify.


(14) “Mode”

In ready condition, press this key to choose running program. There are 99 programs in total.

(15) “Fan”

Press this key to open or shut fan.

(16) LCD window

- a. “incline”: It shows auto incline (range: 0-20 Levels)
- b. “distance”: It shows the distance (range: 0 km-9.99km)
- c. “time”: It shows time (range: 00:00 -99:99)
- d. “speed”: It shows speed (range: 1km/h-22km/h)
- e. “cal/pulse”: It shows the pulse when your hand is on the pulse sensors, if without pulse, it shows calorie (range: 0-999 calories)
- f. . It will be displayed when the MP3 function is in use.

5.2 Unload operating

- a. Insert power plug into the socket with earth wire, turn the switch to “1” position which is on the frame
- b. Place the safety key in the right position, then circuit is on, press “start/stop”, keep it running in unload condition. Test the condition of running belt (testing from low speed to high ones), after testing, press “start/stop”.
- c. If everything is ok, then start to run.

5.3 Meter operating instruction

5.3.1

- a. Insert power plug into the socket with earth wire, turn the switch to “1” position which is on the frame. Place the safety key to the appointed position. After a few seconds, panel will show that the machine is ready.

- b. clip another end of safety key to your clothes, and stand on the footplate on both sides.
- c. Press “start/stop” key, running belt moves at the lowest speed (1.0km/h). Speed windows will display your running speed.
- d. Start to run.
- e. Press speed key or incline key to adjust speed and incline, speed window and incline window will display your speed and incline.
- f. To end your exercise in a safe way, please first press “start/stop” key to close the treadmill. Please do not leave the running belt until it stops slowly. Turn off the power.

5.3.2 Heart Rate Testing

Our treadmill can test your heart rate via the heart rate sensor. The data is only for reference and should not be taken as medical data.

5.3.3 Heart Rate Control User Guide (Note: The Wireless Heart Rate Control is an option and not included in the box.)

A. Setting Basic Heart Rate

1. Turn on treadmill, set heart rate within 6 seconds.
2. Press “speed up “ or “ speed down “ key to increase or decrease basic heart rate setting value
3. After setting basic heart rate , press “ start/stop” to confirm
4. Basic heart rate setting range :100-140

B. Use and Operation

1. Fasten wireless chest band (Note: fasten it right above your heart position)
2. After a number appears in the heart rate window , you can run (Do not run at the rear of the running board for a long period as it may affect the wireless signal)
3. While your heart rate exceeds set basic heart rate and incline exceeds 0 Level , incline will decrease one unit every time
4. While your heart rate exceeds set the basic heart rate and incline is set at 0, and speed exceeds 8

KM/H ,speed will decrease 0.4KM/H every time

5. While your heart rate exceeds set basic heart rate , incline = 0 Level and speed exceeds 3KM/H ,speed will decrease 0.2KM/H every time
6. While your heart rate exceeds set basic heart rate, incline = 0 Level and speed is below 3 KM/H, speed and incline will not change .

5.4 Folding and Opening Treadmill

5.4.1 Folding

Firstly lift and fold the back part of the frame board by hand till you hear a light sound, which means the folding system has been locked. At this time running board can't be turned to the opposite direction

5.4.2 Opening

Put the folded treadmill in a capacious position when you want do exercise. Then pull the adjusting parts by hand to keep it unlocked. Press the back part by your hands down to about 10%, release it, then it will open automatically.

6. 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.

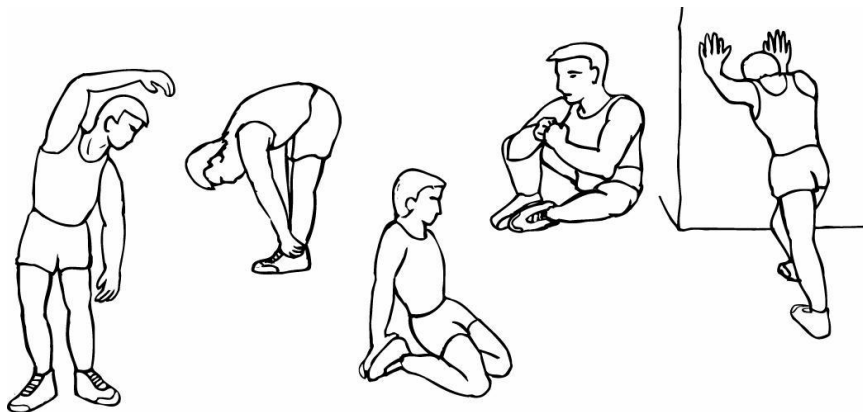
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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.



Training Zone Exercise

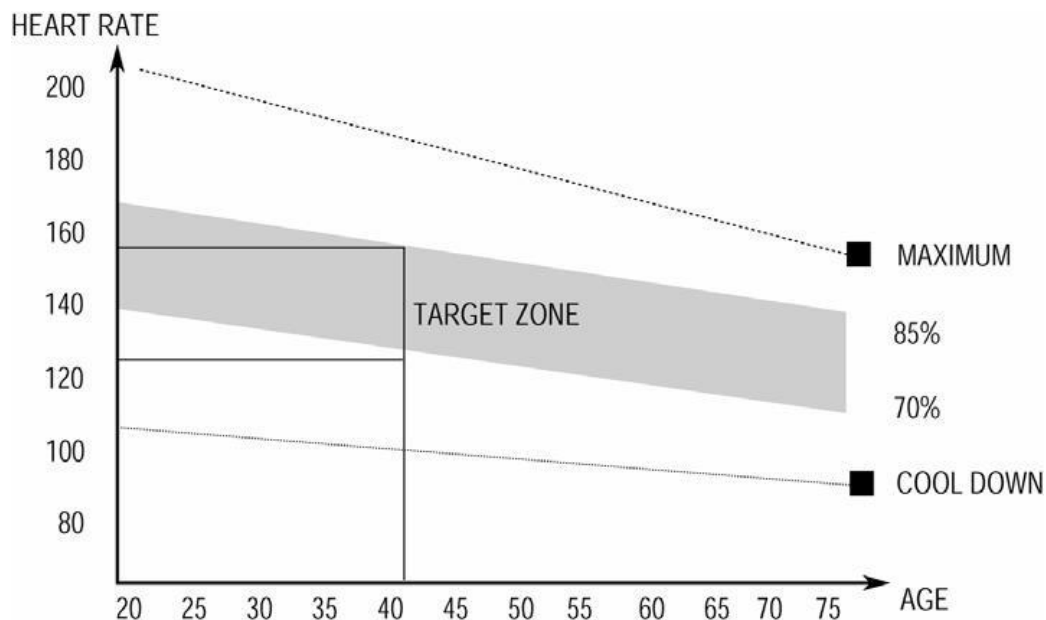
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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

TARGET ZONE



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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

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

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.

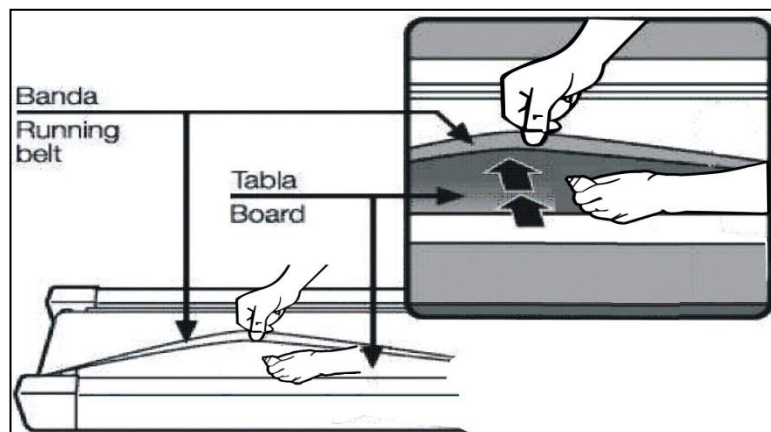
3. Belt/Deck/Roller Lubrication

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.

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.

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.

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*

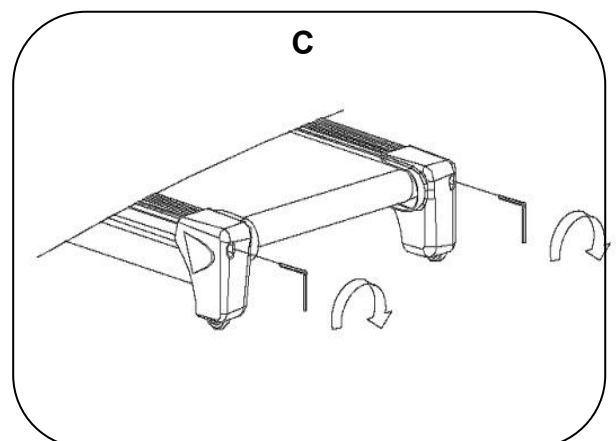
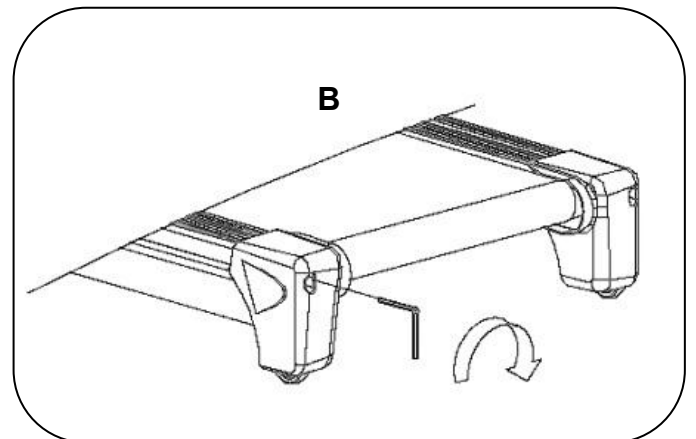
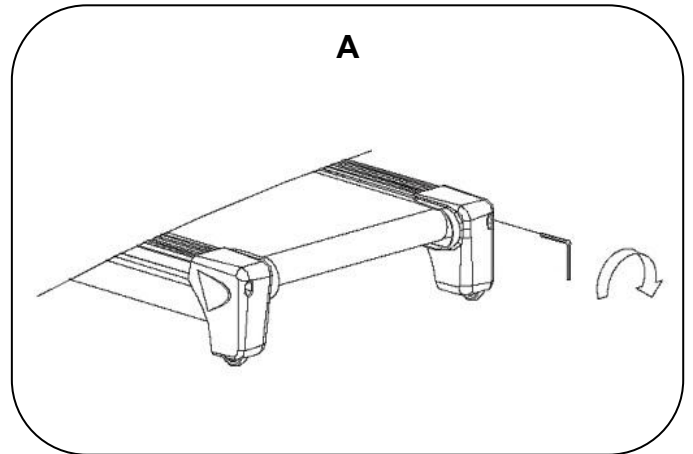
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

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.

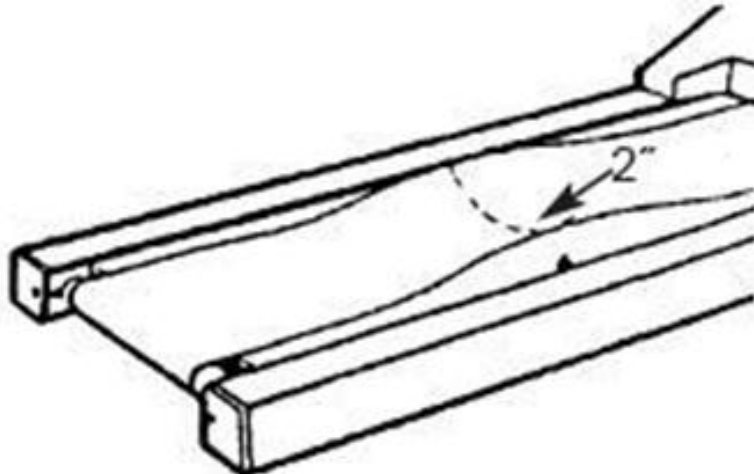
See *Picture C*

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.



Check the power is right, if not, use correct power to test. Check if the bottom control is burnt out, if burnt out replace it and then reconnect the motor wire.

E03: "No sensor signal"

The sensor signal has not been detected within 10 seconds. Check the sensor plug connection or the see if the magnetic sensor is broken or damaged, re-connect the plug well or change the sensor.

E05: "Incline learning defeated"

Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm.

Check to see if AC wire of motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. Check connection line of motor to see if it is destroyed, exchange it or incline motor. And press "learning" button of bottom control board to relearn upon completion of checks.

Motor not functioning after pressing START button:

Either: the motor wire is broken; the safety pipe is broken or has fallen off; motor wire is not connected well or IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

9. 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.lifespanonline.com.au/Warranty-Policy>