PRIME 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

- 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 not suitable for long term running.

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- 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.

- Allowed 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 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.

- Replace any defective components immediately. The machine must be kept out of use until repaired.

4. ASSEMBLY INSTRUCTIONS

1	6	7	45	64
41	42	87	58	65
52	66	4	5	82
17	18	38		83
102	103	62		
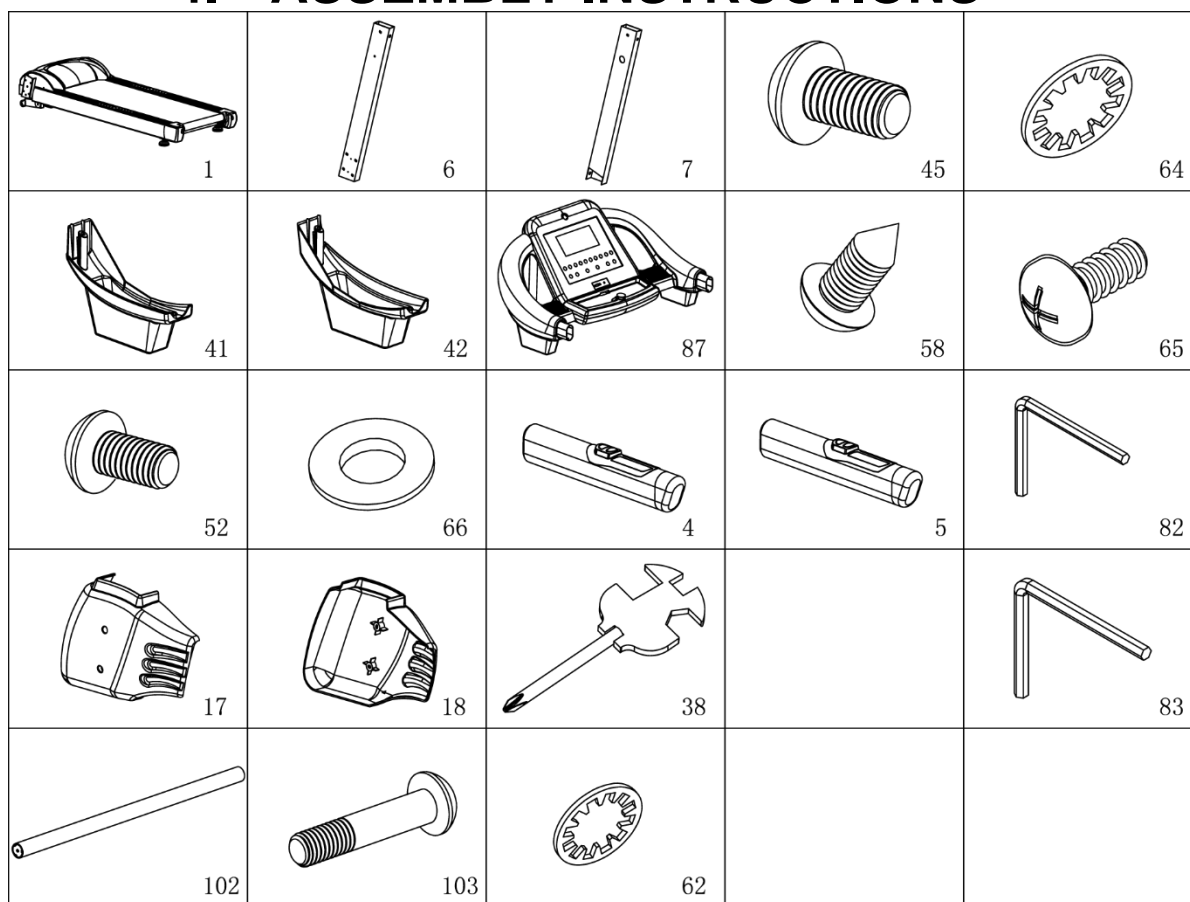
PARTS LIST

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main Frame		1	52	Bolt	M8*15	5
6	Left Upright Tube		1	66	Arc Washer	8	4
7	Right Upright Tube		1	4	Left handle bar		1
45	Bolt	M10*15	18	5	Right handle bar		1
64	Lock washer	10	18	82	5# Allen Wrench	5mm	1
41	Left Upright Tube Cover		1	83	6# Allen Wrench	6mm	1
42	Right Upright Tube Cover		1	17	Left handle bar cover		1
87	Console		1	18	Right handle bar cover		1
58	Bolt	ST4.2*12	2	38	Wrench s/screw Driver	S=13、14、15	1
65	Bolt	M5*12	6	102	Fasten bar		1
103	Bolt	M8*50	1	62	Lock washer	8	1

ASSEMBLY TOOLS:

5# Allen Wrench 5mm   1pc
6# Allen Wrench 6mm   1pc
Wrench s/screw Driver S=13, 14, 15   1pc
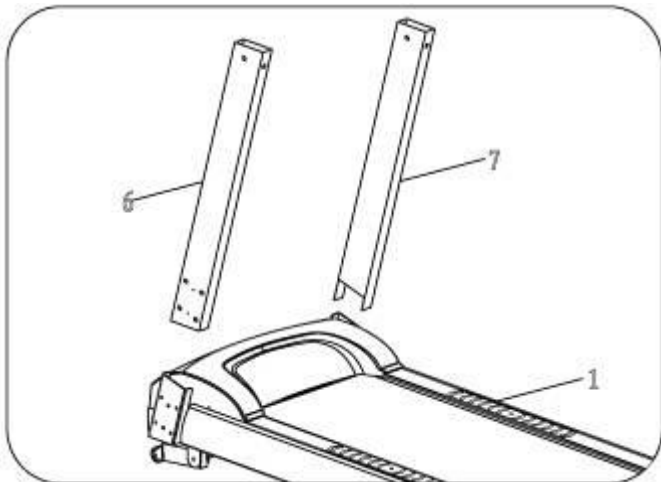
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Do not connect power until assembly is complete

STEP 1:
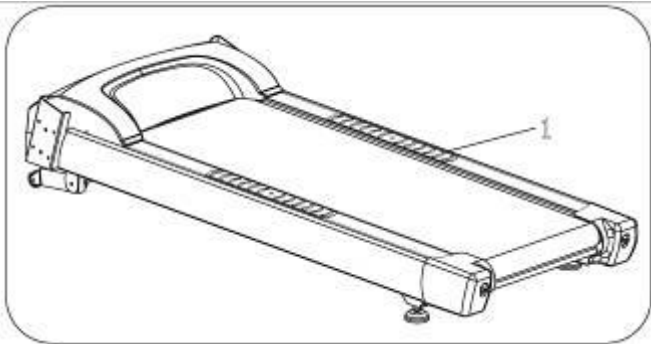
1. Open the carton

2. Extract the parts listed above

3. Place the Main Frame onto level

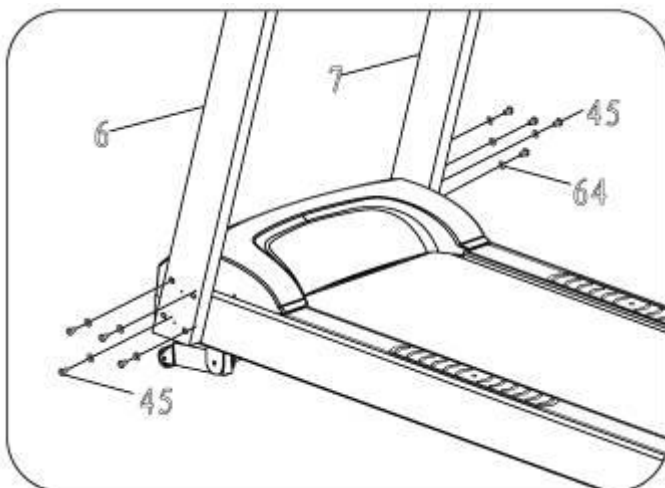   ground

STEP 2:

1. Attach the left and right upright tubes (6,
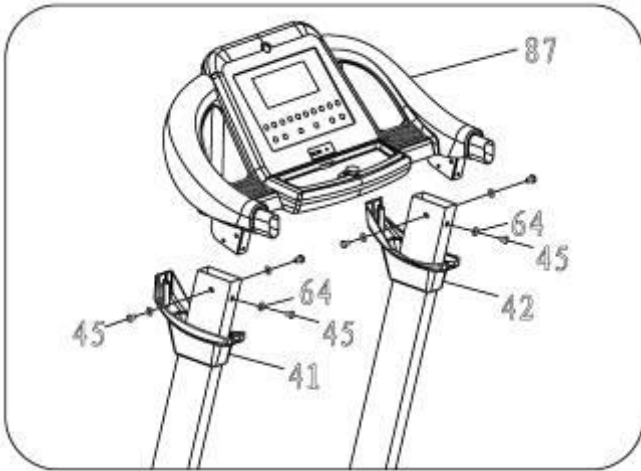
   7) to the main frame.

Please connect the middle signal wire and the

lower signal wire at the same time.

STEP 3:

1. Use the 6# Allen Wrench(83), fasten

   the Left Upright Tube (6) and right

   upright tube(7) onto the Main Frame(1)

   with Bolt (45) M10*15 and Lock Washer

   (64).

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STEP 4:

1. Use the Wrench w/screw Driver(38) to loosen the screw ST4.2*12(58) and bolt M5*12(65). [Seen in step 5]
2. These will be used to fasten the left handle bar (41) and right handle bar(42). [Seen in step 5]
3. Use the 6# Allen Wrench(83) to attach the console(87) to the upright tubes with the Bolt (45) and Lock Washer (64).

STEP 5:
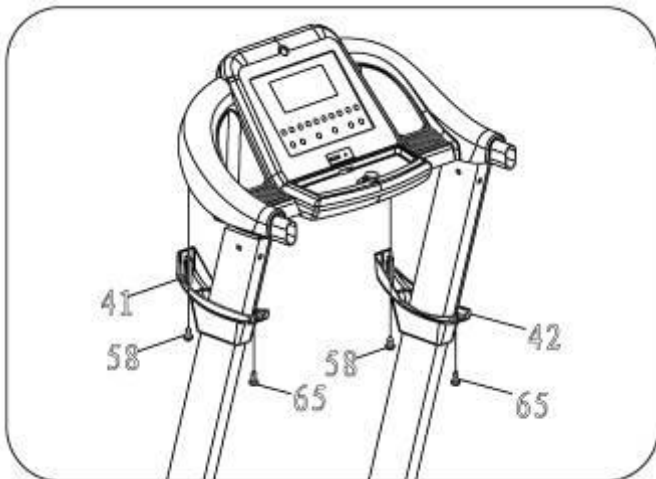
1. Use the Wrench w/screw Driver(38) to attach the left handle bar(41) and right handle bar(42) onto the left and right upright tubes with screw ST4.2*12(58) and bolt M5*12(65).

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STEP 6:
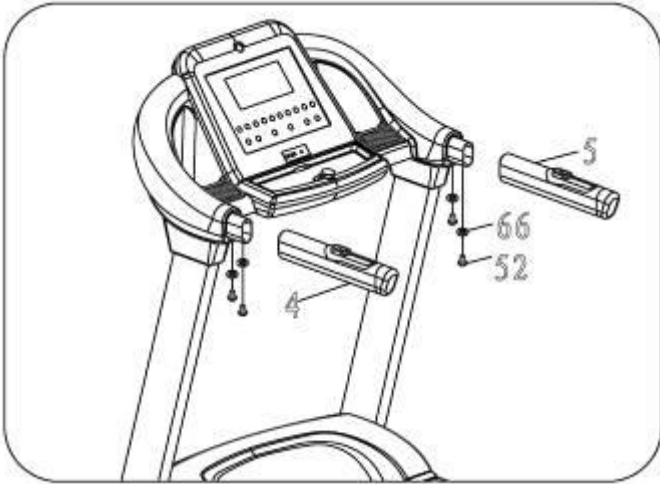
1. Using the 5# Allen Wrench(82), attach the left handle bar(4) and right handle bar(5) onto the console by using bolt M8*15(52) and arc washer(66).

Attention: Before attaching the left and right handle bar onto the console, please connect the speed pulse signal wire and incline signal wire with the wires from the console.

STEP 7:
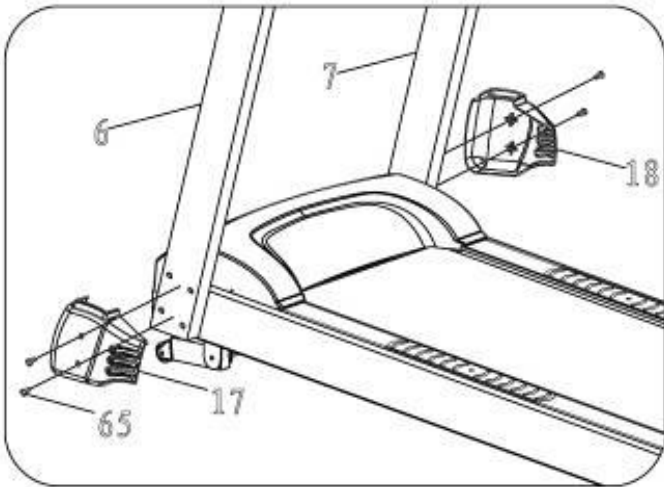
1. Use Wrench w/screw Driver(38) to attach the left upright tube cover(17) and right upright tube cover(18) onto the upright tubes using bolt M5*12(65).

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STEP 8:
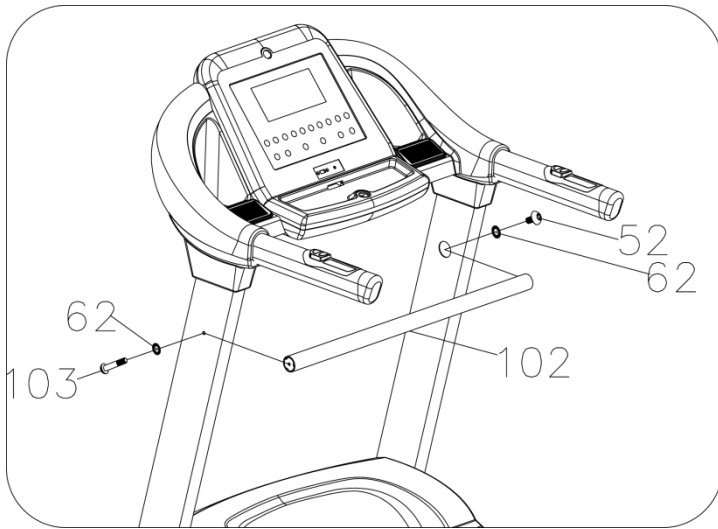
1. Use the 5# Allen Wrench (82) to attach the left end of the fasten bar (102) to the left upright tube using bolt M8*50(103) and lock washer(62)

2. Attach the right end of fasten bar(102) to the right upright tube by using bolt M8*15(52) and lock washer(62).

5. OPERATION GUIDE

WINDOW DISPLAY:

1. "Speed" window: Shows speed. The speed range is 0.5-22 km/h.

2. "Incline" window: Shows incline. The incline range is 0-20 section.

3. "Pulse" window: shows an estimation of your pulse. Hold the pulse sensors for 2 seconds and your pulse will be displayed on the treadmill. The pulse data range is 50-200 beats/min (this data is for reference only and cannot be used as medical data.)

4. "Time" window: shows the total workout time. The range is from 0:00 to 99:59 (minutes:seconds). After reaching 99:59, the machine will stop smoothly and show 'End'. The display will then enter startup mode after 5 seconds. During a preset countdown, when the countdown timer reaches 0:00, the machine will stop smoothly and show 'End'. It will then enter the startup mode.

5. "Distance" window: Shows the running distance. It counts up from 0.00 to 99.9. Upon reaching 99.9, it will begin counting up from 0. During a preset countdown, the machine will slowly stop and show 'End' once distance reaches 0. It will then enter startup mode after 5 seconds.

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6. "Calories" window: Shows calories burnt. When your hand is on the pulse sensors, it will show the current pulse data. When showing calories, the window will count from 0 to 999 calories. Upon reaching 999, the window will restart from 0. During countdown, the window will count down from the preset amount to 0. Upon reaching 0, the machine will stop smoothly and show 'End'. It will then enter startup mode after 5 seconds.

7. Centre LCD display window: In setting state, it will show P1-P24, U1-U3, HP1-HP2, FAT. When the machine is operating, the window will display a 400 meter running track. It will also show the lap progress and number of laps. Upon completed of a lap, the display will "beep".

BUTTON FUNCTION:

1. "Program" button: During startup mode, press this button to choose a program. Programs are 'P1-P24, U1-U3, FAT" Manual mode is the default program. The default speed is 0.5 KM/H. ("0:00" is manual program, P1-P24 is inner install program, U1-U3 is self-define program, FAT is the body fat test function)

2. "HRC" button: During startup mode, press this button to choose heart rate control from HP1 to HP2.

3. "MODE" button: During startup mode, press this button to choose between "0:00", "15:00", " 1.0 ", "50" ("0:00" is manual mode, "15:00" is time countdown mode, " 1.0 " is distance countdown mode, "50" is calories counting down mode). When setting each mode, you can press speed +/- and incline +/- to set the data, press "START" to start the machine.

4. "START" button: When the machine is connected to power and safety key attached, press this button at any time to start the machine. If starting from manual mode, the machine will operate at the lowest speed: 0.5 km/h, incline 0.

5. "STOP/PAUSE" button: Press this button to stop the motor running.
    Pressing the STOP button once during your workout will pause the workout and the workout data on the LCD will remain. Press the START button to resume your workout. Instead of pressing START, you may clear the workout data by pressing the STOP button a second time.

6. "SPEED +", "SPEED –" buttons: During startup mode, set speed data with this button. When the machine is running, press theses buttons to adjust speed. Speed will be adjusted at 0.1 KM at each press, when holding the button for over 0.5 seconds, the speed will change up or down continuously.

7. "INCLINE+", "INCLINE-" buttons: During startup mode, set incline data with this button. When the machine is running, press theses buttons to adjust incline. Incline will be adjusted at 1 level per press, when holding the button for over 0.5 seconds, the speed will change up or down continuously.

8. "INCLINE: 5, 8, 12, 18" – quick shortcut buttons to set incline.

9. "SPEED: 5, 8, 12, 18" – quick speed shortcut buttons to set speed.

10. "MUTE" button: Stop or Start the music from playing out of the speakers.

11. Emergency button: Press this button to stop the machine immediately.

QUICK START UP (MANUAL)

1. Switch the machine on at the power switch and twist the emergency button in a clockwise direction. The machine will then enter startup mode.

2. Press the START/STOP button. The machine will enter a 3 second count down. The buzzer will then make a sound and the time display window count down from 3 to 0. The speed will begin at 0.5km/hour after the countdown.

3. After start-up, you can use the SPEED buttons to adjust speed and INCLINE buttons to adjust incline.

THE OPERATION OF EXERCISE PROCESS:

1. Pressing speed-down will reduce the running speed.

2. Pressing speed-up will increase the running speed.

3. Pressing incline down will reduce the incline level.

4. Pressing incline up will increase the incline level.

5. Pressing the speed shortcut button will adjust the running speed.

6. Pressing incline shortcut button will adjust the incline level.

7. Pressing the stop button will stop the machine.

8. Holding the handle pulse with two hands approximately 5 seconds will show pulse data.

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MANUAL MODE

1. If you do not make any settings and press the START button directly, the treadmill will start to run from the speed 0.5km/h, incline 0. The other windows will start to count up. Press "SPEED+", "SPEED-" change the speed, press "INCLINE+"、"INCLINE -"to change the incline;

2. To set up the Time countdown mode, press "MODE". The TIME window will then display "15:00" and flashes. Press "SPEED+", "SPEED-" or "INCLINE+", "INCLINE –" to set the desired time interval. The setting range is from 5:00-99:00minutes.

3. To set up distance countdown, press "MODE" until the DISTANCE window displays "1.0" and flashes. Press "SPEED+", "SPEED-" or "INCLINE+", "INCLINE –" to set the desired distance what you need. The setting range is 0.5—99.9km.

4. To set up calorie countdown, press "MODE" until the CAL window will displays "50" and flashes. Press "SPEED+", "SPEED-" or "INCLINE+", "INCLINE –" to set the desired distance. The setting range is from 10-999 calories.

After completing this step, press the "START" button to start the treadmill. The treadmill will start after 3 seconds. Use the "SPEED+", "SPEED-" and "INCLINE+", "INCLINE –" buttons to adjust speed and incline; Press the "STOP" button to stop your workout.

PRESET PROGRAMS

Press the "PROGRAM" button and the centre LCD window will display programs ranging from P1 to P24. To set the program duration, use the "SPEED+", "SPEED-", "INCLINE+" and "INCLINE –" buttons. The default duration is 10 minutes. Press the "START" button begin preset program. Each preset program is divided into 10 sections. Each section is 1/10th of the total duration. When the treadmill enters into the next section, it will beep 3 times and speed/incline will change according to the set program. Use the "SPEED+", "SPEED-", "INCLINE+" and "INCLINE –" buttons to change the SPEED and INCLINE during a section. When a new section begins, these settings will revert to the preset settings of the next section. After finish a program, the treadmill will beep 3 times and stop after 5 seconds. It will then enter standby mode.

PROGRAM EXERCISE CHART

Each program is divided into 10 sections for the exercise time and each time section has a separate speed and incline setting.

Time / Program		TIME INTERVAL= 1/10th of total workout duration									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3

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P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

USER DEFINED PROGRAMS

Apart from the 24 preset programs, there are 3 user self-defined programs: U1, U2, U3

1. User self-define program setting: during startup mode, press "program" continuously until the programs U1, U2, U3, appear, the "time" window flashes and shows the time 15:00. Use the "incline+", "incline-", "speed+", "speed-" buttons to set the program duration. Press "mode" to set program data, to set data of the first section, use the "speed+" and "speed-" buttons or the speed shortcut buttons to set speed. Use the "incline+", "incline-" or the incline shortcut buttons to set incline. Then press the "mode" button to finalise the first section data and enter into the second section data. Repeat this process until all 10 sections are completed. The data will be stored until it is overwritten. This data will not be lost if power is disconnect.

2. User defined program startup: when the machine is in startup mode, press the "program" button continuously until U1, U2, U3 appears. Set the program duration, then press "start" to start the machine.

3. User self-defined program quick instructions: each program will be divided into 10 time sections, set the speed and incline in each time section, then press "start" to run the machine.

HEART RATE CONTROL PROGRAM: (THIS FUNCTION IS OPTIONAL)

1. Press the "HRC" button whilst in standby mode. You can choose heart rate control from HP1 to HP2.

   HP1: Max speed: 8.0km/h, default heart rate: 120beats/min.

   HP2: Max speed: 9.0km/h, default heart rate: 130beats/min.

2. Press the "MODE" button to enter age setting. The time window will begin by showing the default age of 30. Use the "INCLINE+", "INCLINE -", "SPEED+" and "SPEED -" buttons to set the correct age. The age range is between 15 to 80 years old.

3. After age is selected, press "MODE". The system will recommend a suitable target hear rate, which will be displayed on screen for reference. Use the "INCLINE+", "INCLINE -", "SPEED+" and "SPEED -" buttons to choose expected target heart rate. The available option range is from 84 to195beats/min.

4. After setting age and target heart rate, press "MODE" to enter time setting. The "TIME" window will show the preset time of 10:00min. Use the "INCLINE+", "INCLINE -", "SPEED+" and "SPEED -" buttons to adjust time. The available range is from 10:00 to 99:00min.

5. Press "START" button to start the workout.

6. Under HRC mode, if you do not set any value and press "START" directly, the system will adjust speed and incline automatically as per the default target heart rate value.

7. During a HRC program, "INCLINE+", "INCLINE -", "SPEED+" and "SPEED -" buttons will be available to adjust speed and incline. The system will also adjust speed and incline automatically to achieve the user's target heart rate value.

8. The first minute of any HRC program is the warm-up stage where the system will not adjust speed and incline automatically. Only manual adjustment is available in the first minute. After 1 min, the system will add speed under the frequency of 0.5km per adjustment. If the value reaches the max speed but still does not achieve the target heart rate value, the system will add incline with frequency of 1 level per adjustment in order to reach owner's target heart rate value. The machine will stop automatically when setting time is complete.

9. Note: Heart rate control programs can only be used with a wireless chest strap. This must be attached closely to bare skin.

SELF-LUBRICATION SYSTEM: (THIS FUNCTION IS OPTIONAL)

For proper maintenance, this treadmill is designed to self-lubricate.

1. Manual lubrication: Remove the motor cover. Press the button on the oil adding driver board. The oil output will be around 2-3mL. When complete the system will beep 3 times.

2. Automatic lubrication: The system will lubricate the treadmill with 2-3mL of oil automatically after every 20 kilometres of operation.

3. The total storage volume for the oil tank is approximately 200ml. A the total running distance reaches approximately 1200 to 1500 kilometres, please add silicone oil into the storage tank. Remove the motor cover, remove the storage tank plug and add oil into the tank.

4. After every 1000 kilometres of usage, the system will "beep"15 times to remind the user check the oil level of the storage tank. Do this by removing the motor cover and examining the oil level. If the oil level is low, fill the storage tank with silicone oil. It is important that this is done to prevent damage to the belt.

5. To check the inbuilt odometer, hold the "SPEED+" and "SPEED –" buttons down together during startup mode for 3 seconds. The LCD window will then display the total running mileage. Press "STOP" button to quit.

PROGRAM PARAMETERS

	Initial	Initial Data	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00－99:59
INCLINE(SECTION)	0	0	0-20	0-20
SPEED(K/h)	0.5	0.5	0.5-20	0.5-20
DISTANCE(KM)	0	1.0	0.5-99.9	0.00－99.9
PULSE(hypo/min)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50	10-999	0－999

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BODY FAT TESTER:

During startup mode, press "PROGRAM" continuously to select FAT.

1. Press "MODE" to enter data values for F-1, F-2, F-3, F-4, F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 BODY FAT).

2. Use the "SPEED+", "SPEED -" buttons to set F-1 – F4 values (refer to the chart below).

3. Press "MODE" to set the F-5 value.

4. Hold the hand pulse sensors. The window will now display your body mass index after 3 seconds. The body mass index tests the relation between height and weight. This index is suitable for both males and females. The ideal BMI reading is between 20 and 25. Readings under 19 suggests that the subject is underweight. Readings between 25 and 29 suggest that the subject is overweight. Readings over 30 suggest that the subject is obese. (The data is for reference only and must not be used for medical purposes).

F-1	Sex	01 male	02 female
F-2	Age	10------99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	$\leqslant$19	Underweight
	FAT	=(20---25)	Normal
	FAT	=(26---29)	Overweight
	FAT	$\geqslant$30	Obesity

EMERGENCY STOP:

If the user presses emergency stop button in any situation, the treadmill will stop immediately. All the windows will display "———". The buzzer will then beep 3 times "B—B—B" and the treadmill will not be able to operate. If you would like to resume operation, twist this button in a clockwise direction and the machine will enter into startup mode.

POWER SAVING FUNCTION:

The machine will enter standby more if it is inactive for 10min. Press any button to wake the machine.

SPEAKER FUNCTION (OPTIONAL)

Insert the 1.5mm auxiliary cable into your audio device. All controls are opertated via the audio device itself. Please be mindful for the volume as extended operation on high volume may affect the life of the speaker.

DISCONNECTING POWER:

Disconnecting power at any time will not damage the treadmill.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety cord to the computer and also attach the clip to your clothing for safety
3. To end your workout immediately, press the emergency button or remove the safety cord. The treadmill will stop immediately.

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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.
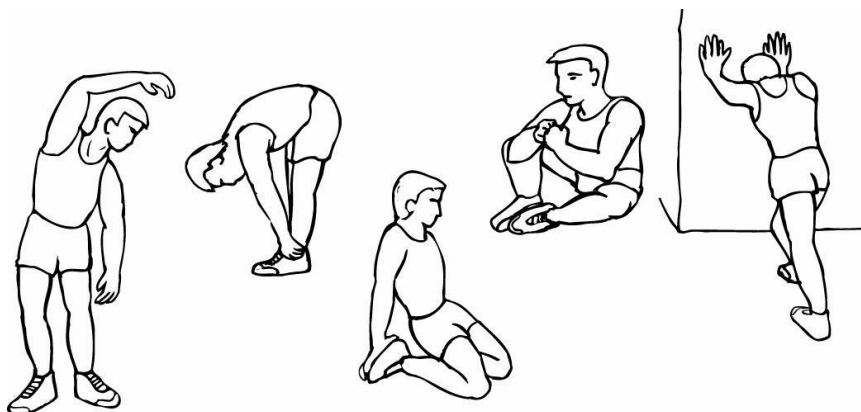
Training Zone Exercise

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

<u>TARGET ZONE</u>
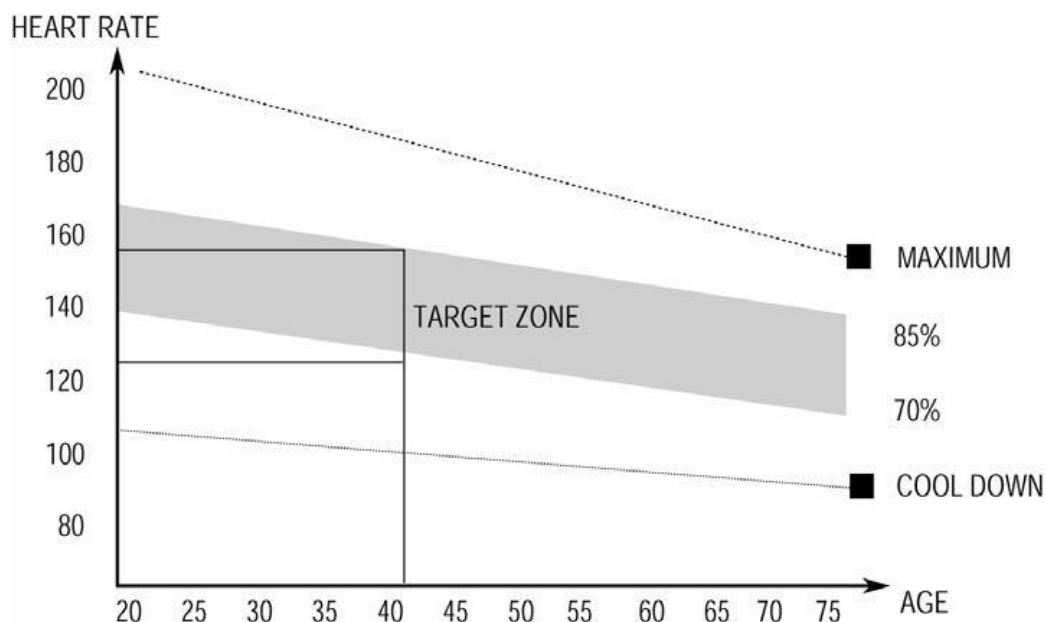
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

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.

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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.

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- 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.
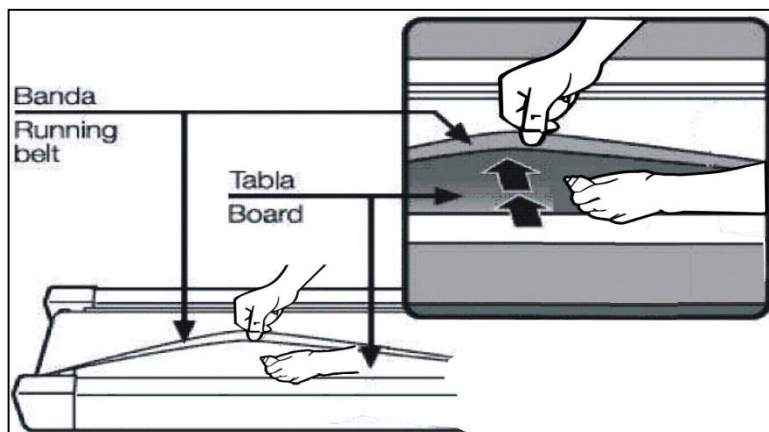
3.   Belt/Deck/Roller Lubrication

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.

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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.

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

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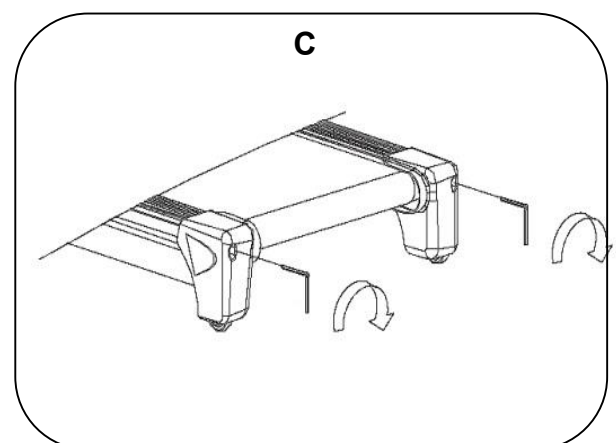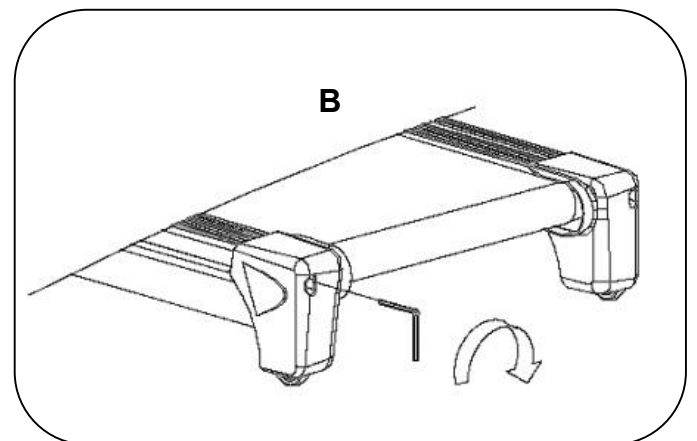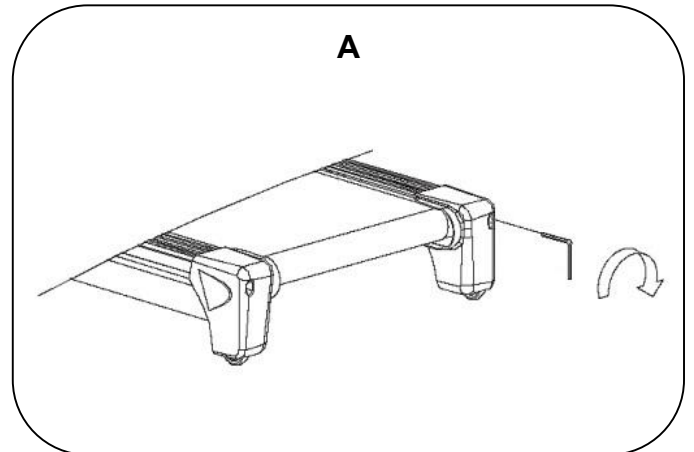
NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.
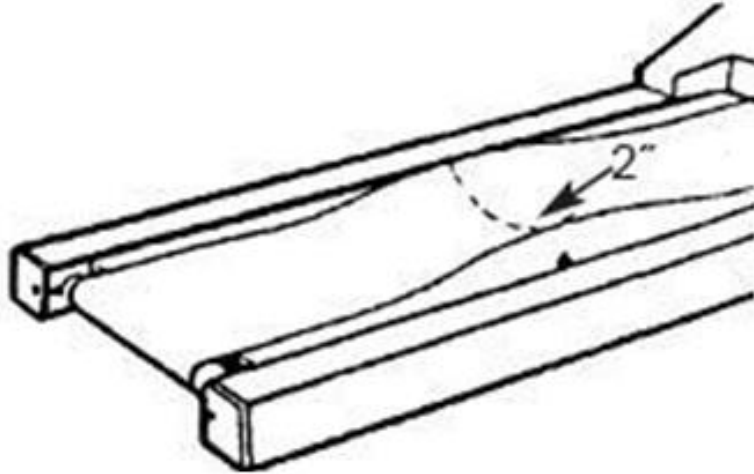
8. EXPLODED DIAGRAM

9. PARTS LIST

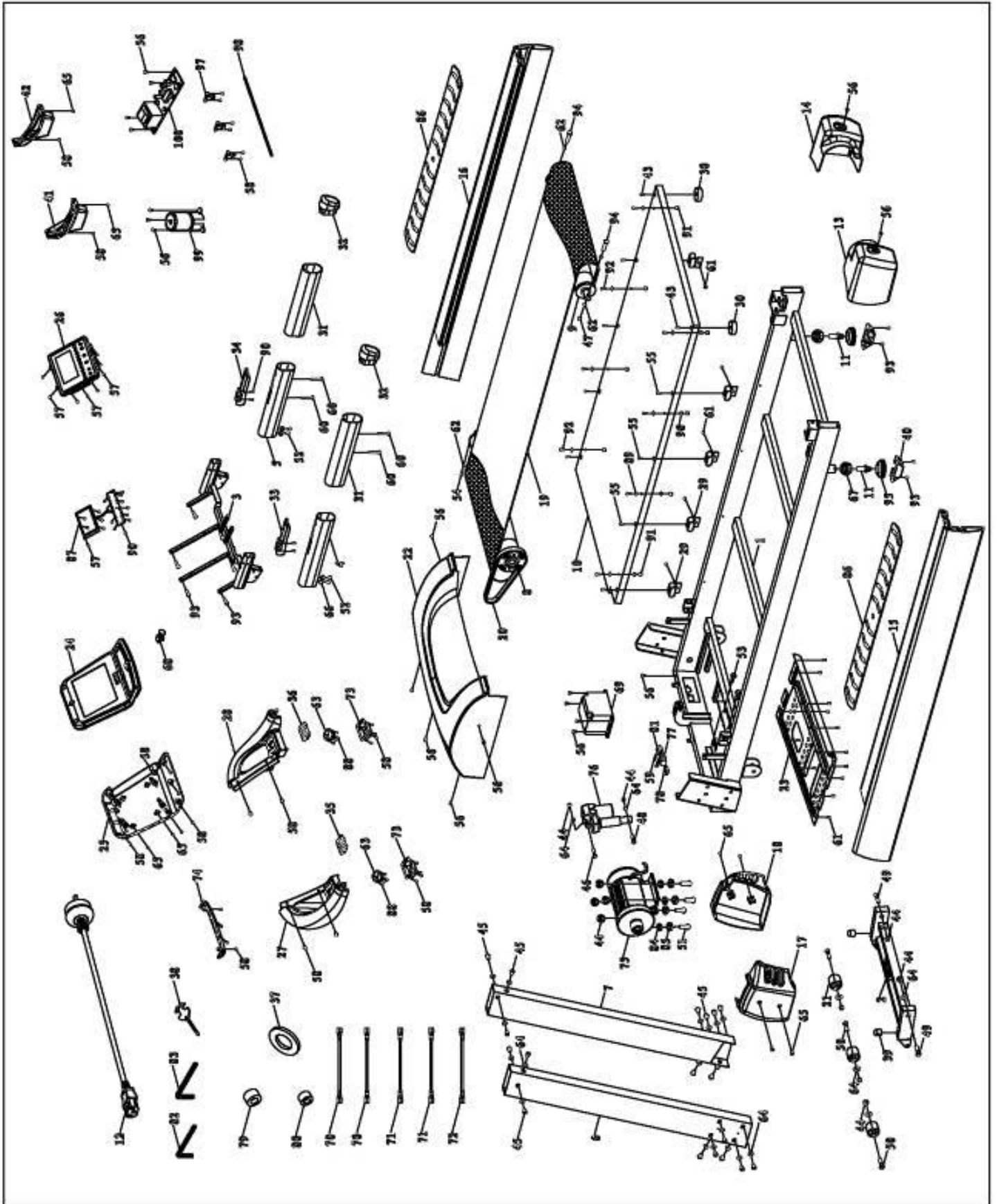| #.	DESCRIPTION	REMARK	QTY	#.	DESCRIPTION	REMARK	QTY
1	Main Frame		1	53	Bolt	M8*50 C	2
2	Incline Bracket		1	54	Screw	M8*60	1
3	Computer Bracket		1	55	Screw	M6*32	8
4	Left handle bar		1	56	Screw	M5*8	15
5	Right handle bar		1	57	Screw	S T2.9*8	17
6	Left Upright Tube		1	58	Screw	ST4.2*12	25
7	Right Upright Tube		1	59	Screw	ST2.9*8	2
8	Front roller		1	60	AC single wire	300	2
9	Rear roller		1	61	Screw	ST4.2*12	20
10	Running board		1	62	Washer	8	5
11	Spiral		2	63	Speaker		2
12	Power wire		1	64	Washer	10	25
13	Left back end cover		1	65	Screw	M5*12	12
14	Right back end cover		1	66	ARC washer	Φ8	4
15	Left side rail		1	67	Bolt	M16*P2.0	2
16	Right side rail		1	68	Safety key		1
17	Left upright tube bottom cover		1	69	Invertor		1
18	Right upright tube bottom cover		1	70	AC single wire	350 blue	2
19	Running blet		1	71	AC single wire	350 brown	2
20	Motor belt		1	72	Grounding wire	350	1
21	Wheel		3	73	Speacker cover		2
22	Motor top cover		1	74	Emergency button bottom cover		1
23	Motor bottom cover		1	75	AC motor		1
24	Computer top cover		1	76	Incline motor		1
25	Computer Bottom Cover		1	77	Square switch		1
26	Computer Panel		1	78	Overload Protector		1
27	Console left side cover		1	79	Magnet ring		1
28	Console right side cover		1	80	Magnet Core		1
29	Cushion		8	81	Power outlet		1
30	Black Cushion		2	82	5# Wrench		1
31	Foam		2	83	6# Wrench		1
32	Oval plug		2	84	Washer C	10	4
33				85	Spring washer	10	4

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34				86	Side rail non-slip pat		2
35	Left speaker net		1	87	Computer board		1
36	Right speacker net		1	88	Screw	ST3.5*12	2
37	Ringlike wire protector		2	89	Side rail washer	5	8
38	Wrench	S=13、14、15	1	90	Screw	ST2.5*6	11
39	Cushion		2	91	Bolt	M5	8
40	Foot pad cover		2	92	Screw	M5*35	8
41	Left upright tube top cover		1	93	Screw	ST4.2*25	10
42	Right upright tube top cover		1	94	Screw	M8*65	2
43	Bolt	M6*40	2	95	Versatile foot pad		2
44	Bolt	M10	11	96	Washer	5	8
45	Screw	M10*15	18	97	Oil pipe fix bracket		1
46	Screw	M10*45	1	98	Oil pipe	OPTIONAL	1
47	Bolt	M8	2	99	Oil tank	OPTIONAL	1
48	Screw	M10*100	1	100	Oil control board	OPTIONAL	1
49	Screw	M10*55	2	101	Back plate		1
50	Screw	M10*70	3	102	Fasten bar		1
51	Screw	M10*65	4	103	Bolt	M8*50	1
52	Screw	M8*15	5				

10. TROUBLE SHOOTING GUIDE

1. Computer not workable after connecting power

   a) Check if the overload safety switch has been triggered. If please switch it back on and continue operation

   b) Check if the wires of the power switch, overload protection, control board and the transformer are intact and connected well.

   c) Check if the wire from the display to the control board is intact and connected well. Remove the upright tube and check connection between each wire. Ensure each wire core completely plugged in and intact. if wires are damaged replace the wire.

   d) Check the condition of the transformer. If it is faulty, replace the transformer.

2. Display E01: Message failure. Probable cause: The wires from computer and bottom control board are not connected well, please check each wire. If the wire is damaged, replace the wire. If the above does not solve the issue, replace the transformer.

3. Display E03 or E05: Overload protection. When experiencing an overload, the system will self-protect and restart. If the machine is jammed and the motor is prevented from moving, this will lead to an overload. This will cause the machine to self-protect. Please find the cause of the jam and adjust the machine accordingly. Adding lubrication to a jammed part may also help. When completed, restart the machine. Listen to the motor to check if these is a sound of an over current or a burning smell. If so, replace it. Check if the control board has a burning smell. If so, replace it.

4. Display E04: Incline sensor error. Check the condition and connection of the VR wire of the incline motor. Check the condition and connection of the AC wire of the motor, whether it is connected properly with the control board; Check the condition and connection of the motor's connection line. Finally press the "learning" button of the bottom control board to relearn after the above procedures are completed.

5. Display E06: The inverter has overheated.

6. Display E08: The inverter cannot receive any signal from control board.

7. Display E09 or E10: Inverter internal signal problem.

11. 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.

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Hand Pulse Technology

Lifespan Fitness Treadmills come 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 signals
- 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 side step 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 Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au

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