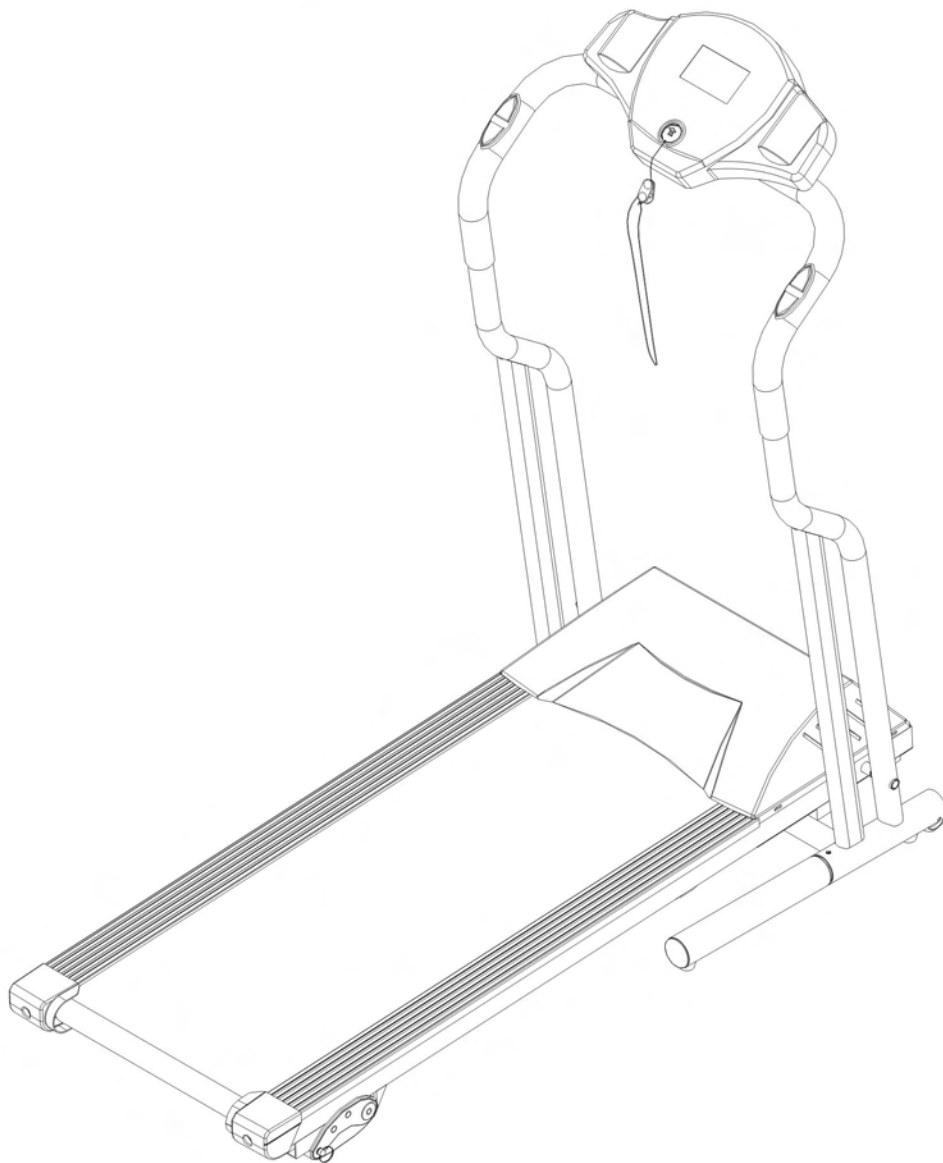


SONIC

MOTORIZED TREADMILL

OWNER'S MANUAL



PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUAL CAREFULLY BEFORE ASSEMBLY AND USE THE TREADMILL. AND KEEP IT FOR FUTURE REFERENCE.

This is HIGH-POWER item; please DO NOT USE THE SAME OUTLET WITH OTHER HIGH-POWER HOUSEHOLD APPLIANCE like air-conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

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IMPORTANT SAFETY PRECAUTIONS

WARNING : 1、 Before starting any exercise program, consult with your physician or health professional, specially the person who above 35 years old people or has some health problems before. We take no responsibility for any troubles and hurts due to above reasons.

ATTENTIONS :

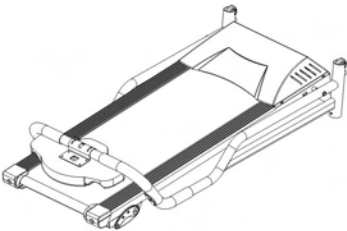
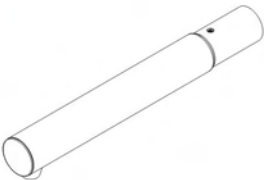
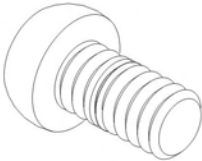
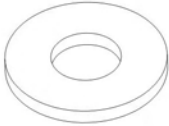

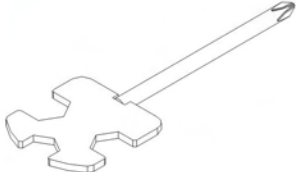
- ① When using this treadmill, keep attaching the safety pull pin rope to your clothes or belt.
- ② Do not plug anything into any parts of this equipment, or it may damage.
- ③ Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
- ④ Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- ⑤ Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- ⑥ Keep small children or pet away from the treadmill during operation.
- ⑦ Do not do exercise in 40 minutes after meal.
- ⑧ The treadmill is only used for adults, child use the treadmill must have adult on side.
- ⑨ Always hold the handrails when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.
- ⑩ The treadmill is for indoor equipment, do not use outdoor. Position the treadmill on a clean, level surface. Note the treadmill made by special equipment, please do not remodel or do others.
- ⑪ The power cord of motoried treadmill is specialized. If the power cord damaged, please purchase it from distributor or contact our company directly.
- ⑫ If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13 Do not connection in the middle of power cord, extending the power cord or replace the power cord plug , Stacked weight object on the power cord or make the power cord near the high temperature heat, prohibit use the porous socket, otherwise it will cause fire or electric shock injury accident because of poor contact.

14 When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts.

	3 	55 
65 	67 	68 

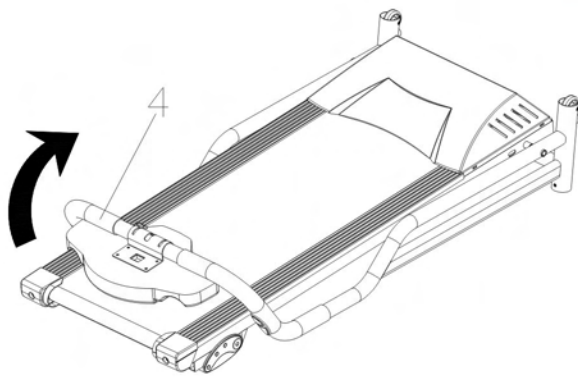
Spare parts list :

NO.	DES.	Specification	QTY.	NO.	DES.	Specification	QTY.
	MAIN FRAME		1	65	washer	$\phi 9 * \phi 16 * t 1.6$	4
3	seat frame support		2	67	ALLEN WRENCH	S5	1
55	bolt	M8*15	4	68	WRENCH W/SCREW DRIVER	S=14、15、17	1

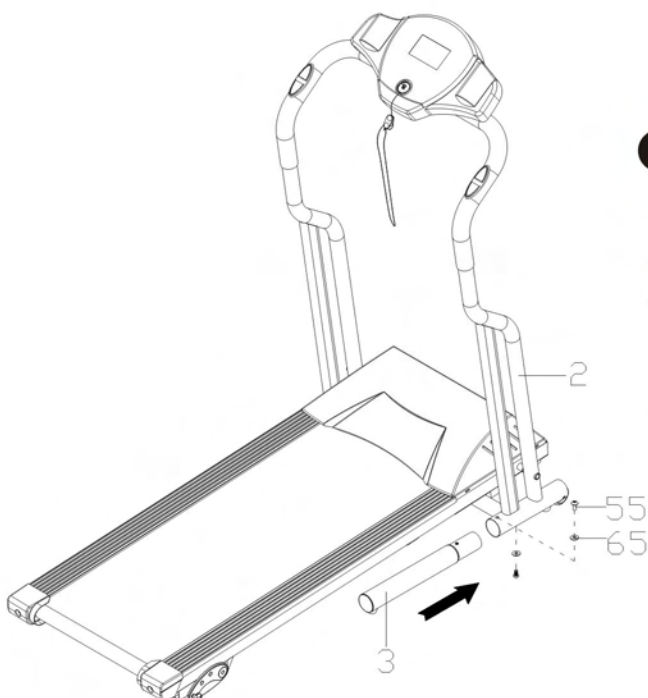
FIXING TOOLS:

5# ALLEN WRENCH 5mm 1pcs

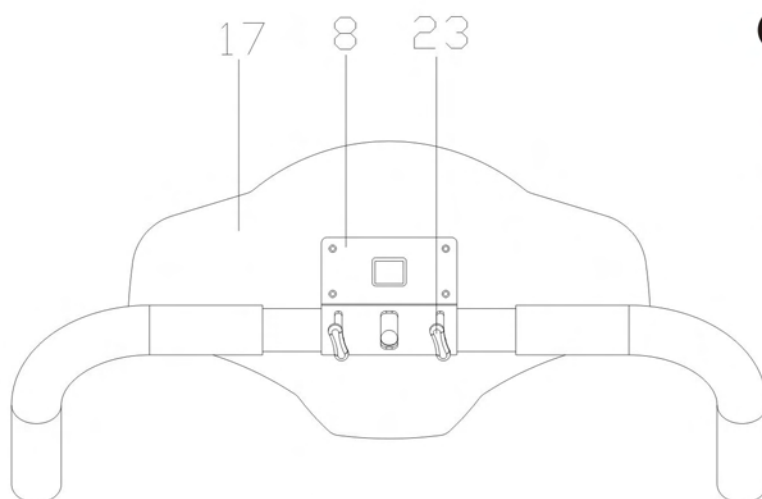
WRENCH W/SCREW DRIVER S=14、15、17 1pcs



STEP 1: open the box (see left picture) both hands holding the computer and pull up (4) as the arrow direction), until the Screw holes are alignment, see below picture.



STEP 2: use the M8*15 bolt (55) 、 $\phi 9 * \phi 16 * t1.6$, washer (65) lock the seat frame support (3) on the frame (2) .

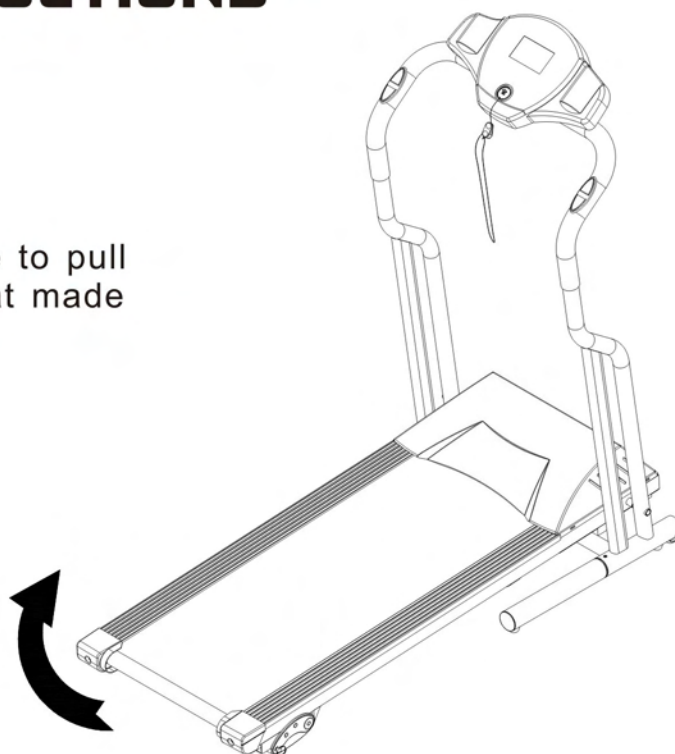


STEP 3: turn the computer (17) into a right position, then make this button (23) fix on the (8) .

ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

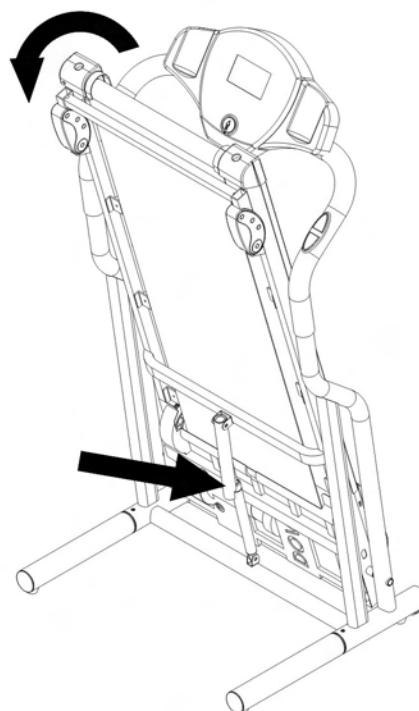
FOLDING INSTRUCTIONS

Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

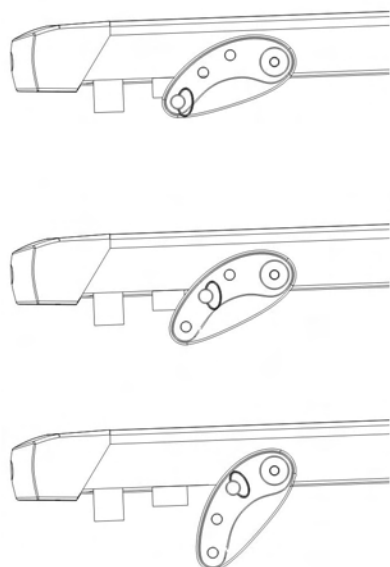


UNFOLDING INSTRUCTIONS

Use foot kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.



INCLINE INSTRUCTIONS



See picture, through the steel pin position to adjust the incline degree, total have three section manual adjustment incline degree.

GROUNDING METHODS

This product must be grounded. If it should be malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

OPERATION GUIDE

1.1 WINDOWS DISPLAY :



1.2 WINDOWS EXPLAIN :

SPEED : display running speed

TIME : display the running time or countdown

DISTANCE: display the running total distance or distance countdown

CALORIE: display the calorie or calorie countdown

PULSE : display pulse data

1.3 BUTTON FUNCTION :

PROG : program select button . In proper order : manual mode—P1-P2---P24.

MODE : countdown mode select button . In proper order : manual mode—time countdown—distance countdown—calorie countdown.

START : press this button to start, treadmill will start running after 3 second countdown.

STOP : press this button when running, the machine will stop.

SPEED : speed“+”, “-”adjust. When stop it can adjust parameter.

SPEED (3 6 9 12) : speed quick adjust button.

1.4 MAIN FUNCTION :

Turn on the power, all windows lightened 2 seconds, then go into manual mode.

1.4.1 QUICK START(MANUAL MODE) :

Put on safety lock and press start button, after 3 seconds countdown, treadmill start from lowest speed, and press this button to adjust the speed. Press stop button to stop running or take away the safety lock to stop running.

1.4.2 COUNTDOWN MODE :

Press mode button, in proper order choose: time countdown, distance countdown, calorie countdown. The opposite window shows default and flicker. Then press speed button to adjust the speed you wanted value. Press the start button, the machine start from lowest speed after 3 seconds countdown, press speed button or quick speed handrail button to adjust the speed. When the window countdown to "0", the machine will cut down the speed until stop, indeed you can press stop button or take away the safety lock to stop the machine.

1.4.3 BUILT-IN PROGRAM :

Press program button, choose any one in P1---P24, the TIME window show default and flicker, press SPEED button adjust the time you needed, built-in program totally have 20 section, every section running time is 1/20 of the setting time. Press start button, the treadmill start running after 3 countdowns, after this section exercise finish then will go into next section running automatic and the speed will change to this section speed. All section finished, the program stopped. While the running, you can adjust the speed, but when go into next section, the speed will be the program default value. And also can press stop button or take away safety lock to stop the machine.

1.5 HEARTBEAT MEASUREMENT :

Hands holding steel plate, the window will show you heartbeat value about 5 seconds later, in order to obtain more accuracy value, please measure it when machine stopped and holds not less than 30 seconds. This date is only for reference, can not as medical date.

1.6 SOUND FUNCTION :

Make the wire of outer audio equipment insert into audio input, then can start playing music.

1.7 DORMANCY FUNCTION :

If no any operation about 10 minutes while machine stopped, system will close all display and go into dormancy status. Press any button can restart.

GETTING STARTDE GUIDE

PREPARE :

If you are around 35 years old, or have health problem, even this is you first time do fitness exercise, please consult doctor or professional before use it.

Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapt, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE :

Please stand on the side to learn how to operate, such as speed and incline, until you know it than can start do exercise. Walk 1km by constant step need about 15-25minutes, please record it in fact. And walk 1km by 4.8km/h need about 12minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30minutes, you can take a good exercise. before do slow walk exercise, please remember it is for you health and can not irritable.

Shortcut——the best way to save time is do 15-20minutes exercise.

Warm up 2 minutes by 4.8km/h, and adjust the speed to 5.3km/h and 5.8km/h, continue do exercise by this two speeds. Then add 0.3km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feel uncomfortable, please reduce 0.3km/h. leave 4mins to reduce speed at last If you fell it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly , it also can strengthen exercise.

CONSUMPTION OF HEAT —this way can really consumption the heat

Warm up 5 minutes by 4--4.8km/h speed, then add 0.3km/h per 2 minutes increasing speed, you can do 45mins on the speed that you feel it is comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At

last keep 4mins to reduce the speed.

EXERCISE FREQUENCY :

Target is 3--5 times per week, do 16-60mins each time. It is better to make a time schedule, do not accord to you favor. You can get the strenuous exercise degree through adjust speed and incline. We'd suggest that do not setting incline when start do exercise.

SAFETY EXERCISE

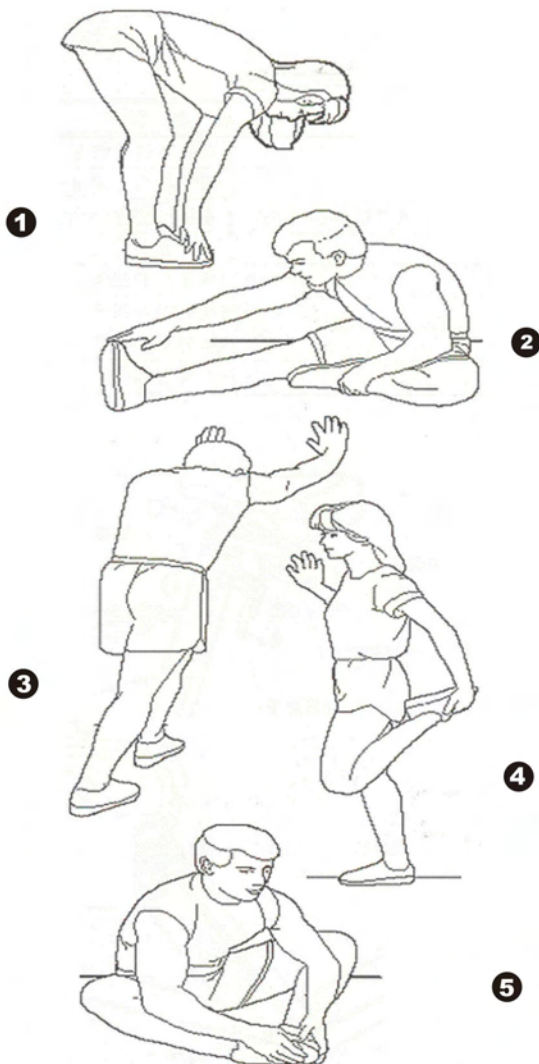
Please consult professional staff before do exercise. He can help recommendation exercise rate intension and time according to you old and health condition. While running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continue to do exercise. If you often use treadmill, you can choose normal walk speed or jogger. If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0km	Weak constitution people
Speed 3.0-4.5km	Sedentary or not often movement people
Speed 4.5-6.0km	often walked quickly people
Speed 6.0-7.5km	fast walk people
Speed 7.5-9.0km	jogger
Speed 9.0-12.0km	intermediate speed runner
Speed 12.0-14.5km	experienced runner

Please attention : it is suitable for walker to choose less than or equal to 6km speed. It is suitable for runner to choose less than or equal to 8.0km speed.

WARM-UP EXERCISE

It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercise again.



1 Reach down: knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keeping 10-15 seconds, and relax. Repeat 3 times (see picture 1).

2 Hamstrings Stretches: sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg. (See picture 2).

3 Crus and Feet tendon Stretches: Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg. (See picture 3).

4 Quadriceps Stretches: Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (see picture 4).

5 Sartorius (Inner muscles of the thigh) muscle Stretches: Sitting down with your soles opposite and knee outward. Pull your feet toward your inguina. Keep 10 to 15 seconds, and relax. Repeat 3 times (see picture 5).

MAINTENANCE INSTRUCTIONS

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.

Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.

Inspect the power cord. If the power cord is damaged, contact Lifespan Fitness.

Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.

Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.

Fold the treadmill into the upright position, making sure that the lock latch is secure.

Move the treadmill to a remote location.

Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.

Return the treadmill to its previous position.

EVERY MONTH -IMPORTANT!

Inspect all assembly bolts of the machine for proper tightness.

Turn off the treadmill with the on/off switch, then unplug the power cord and wait 60 seconds.

Remove the motor cover. Wait until ALL LED lights turn off.

Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated.

Failure to do so may result in premature failure of key electrical components.

EVERY 6 MONTHS

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill. Please contact Lifespan Fitness with questions about applying lubricant to your treadmill.

Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.

Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck.

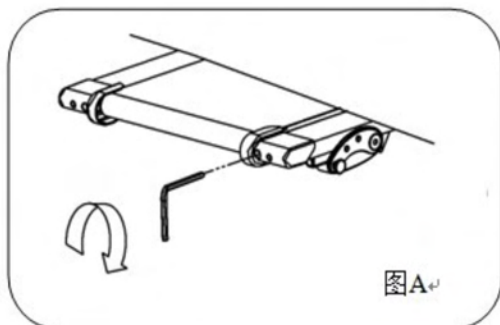
Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant. Lubricate the air shocks with Teflon based spray.

EVERY 2 YEARS

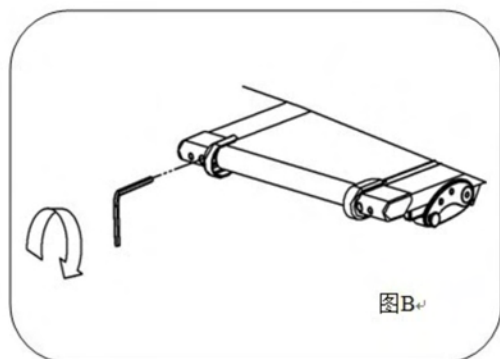
It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

BELT ADJUSTMENT

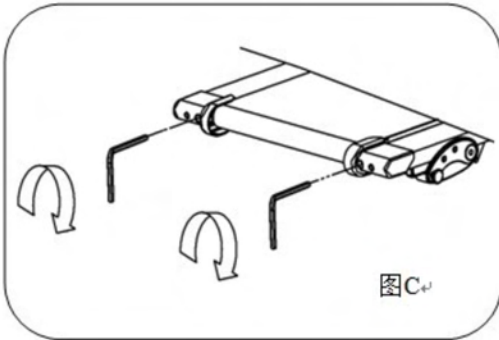
Place treadmill on a level surface. Make treadmill run at approximately 6-8km/h, observe the running belt deviate condition.



If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. ————— **See picture A**



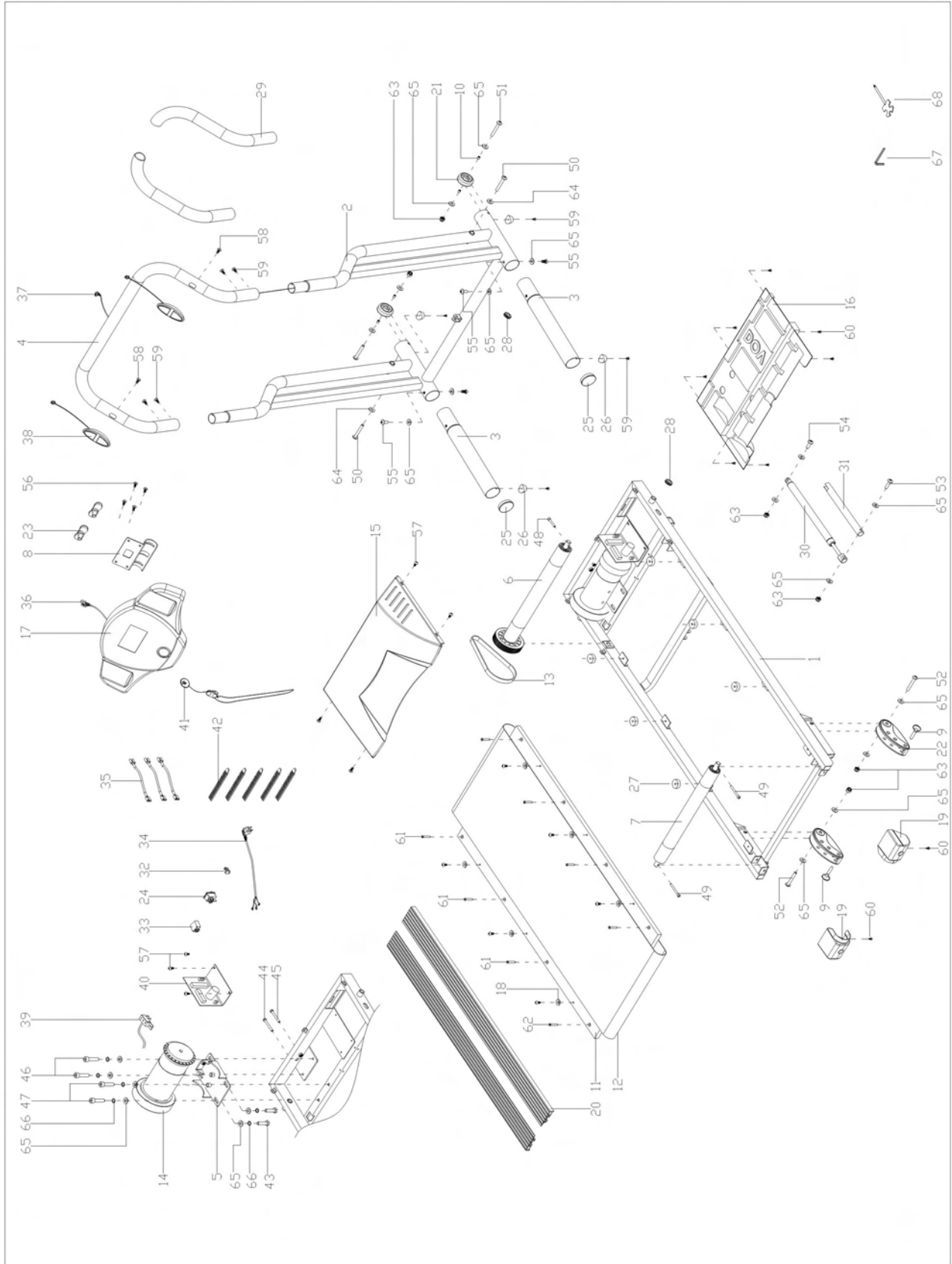
Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. ————— **See picture B**



The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

See picture C

EXPLODED DRAWING



PARTS LIST

NO.	DESCRIPTION	REMARK	QTY	NO.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1	24	POWER SWITCH	250V/15A	1
2	BASE FRAME		1	25	INNER END CAP	φ 50*t1.5	4
3	BASE FRAM SUPPORT		2	26	FOOT PAD	φ 30* φ 22*15	6
4	HANDRAIL BENT PIPE		1	27	BLUE BUFFERPAD	φ 6.2* φ 30*10	2
5	MOTOR BRACKET		1	28	RING PLUG	φ 12* φ 18* φ 24*9	2
6	FRONT ROLLER		1	29	HANDRAIL COVER	φ 37* φ 44*540	1
7	REAR ROLLER		1	30	CYLINDER	F=35kg	1
8	BUSHING		1	31	CYLINDER SAFETY CASING		1
9	STEEL SAFETY PIN		1	32	POWER WIRE BUTTON	6N3-4	1
10	BUSHING		4	33	OVERLOAD PROTECT	10Amp 125/250VAC	1
11	RUNNING BOARD		1	34	POWER PLUG	13A/250V	1
12	RUNNING BELT		1	35	SINGLE LINE	10A line: 150mm	3
13	BELT	200-J7	1	36	COMPUTER UPPER WIRE	170mm	1
14	DC MOTOR	HP:0.8	1	37	COMPUTER BOTTOM WIRE	1850mm	1
15	MOTOR BOTTOM COVER		1	38	HAND PLUSE	480mm	2
16	MOTOR TOP COVER		1	39	MAGNETIC SENSOR	500mm	1
17	COMPUTER		1	40	CONTROLLER		1
18	WASHER		6	41	SAFETY KEY	RED : 1100mm	1
19	END COVER		1	42	TAPE	ST-100mm	5
20	PLASTIC EDGINGS		2	43	BOLT	M8*10	2
21	WHEEL	φ 8.2* φ 51.5*20	2	44	BOLT	M8*60	1
22	FOOT PAD		2	45	BOLT	M8*50	1
23	KNOB	φ 21* φ 13.5*M6*15L	2	46	BOLT	M8*20	2

NO.	DESCRIPTION	REMARK	QTY	NO.	DESCRIPTION	REMARK	QTY
47	ROUND HEAD HEX BOLT	M8*35	1	59	BOLT	ST4.2*15	8
48	BOLT	M6*45		60	BOLT	M4*15	8
49	ROUND HEAD HEX BOLT	M6*60	2	61	BOLT	M6*30	6
50	BOLT	M12*85	2	62	BOLT	M6*20	2
51	BOLT	M8*60	2	63	NUT	M8	6
52	BOLT	M8*50	2	64	WASHER	φ 13* φ 24*t2.0	2
53	BOLT	M8*45	1	65	WASHER	φ 9* φ 16*t1.6	20
54	BOLT	M8*30	1	66	SPRING WASHER	φ 8.1* φ 12.3*t2.1	6
55	BOLT	M8*15	4				
56	CROSS HEAD SELF TAPPING BOLT	M8*15	4				
57	CROSS HEAD SELF TAPPING BOLT	M8*15	8				
58	BOLT	M8*15	2				

ERROR CODE AND SIGNIFICANCE

Fault code	Fault description	Fault processing
E01	Communication abnormal: The control and computer has abnormal communication after start.	Stop and go into fault. The machine can't running, the computer shows fault code "E01", that is failure to communication Possible reasons : communication obstructed between controller and computer, please check the wire and make sure the wire connect well and the wire without and danger.
E02	Explosion-proof protection : some unusual condition of power or voltage that Cause damage to the motor drive circuit.	Computer shows fault code "E2". It is explosion-proof protection Possible reasons : can't receive the motor speed sensor feedback above three seconds, please check sensor plug and motor connect wire and the controller. Make sure the wire connect well and have no damaged.
E03	No speed wireless sensor network	Computer shows fault code "E03" while running, it is no speed wireless sensor network. Possible reasons : o can't receive the motor speed sensor feedback above ten seconds, please check sensor plug and motor connect wire and the controller.
E05	Over-current protection	Computer shows fault code "E05", it is over-current protection. Possible reasons: over the rated load cause too much electricity t that make system Self-preservation or some parts blocked and make DC motor can't process. Adjust the machine and restart. Another please check the DC motor or controller have any burned smell or not. If yes, please change the motor or controller. Another make sure the power and voltage is comply with standard.
E06	Controller self-checking fault	DC motor can't start running when press start button, please check if the relate line of controller motor unusual; or the protective tube is damaged; or the line is connect well; or the IGBC burnout.

WARRANTY REGISTRATION

1 WARRANTY LINK

Please visit the following link to complete the product warranty form online.
Please visit <http://warrantyform.lifespanfitness.com.au/>

PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).

2 ONLINE HELP

SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT lifespanfitness@hotmail.com.

