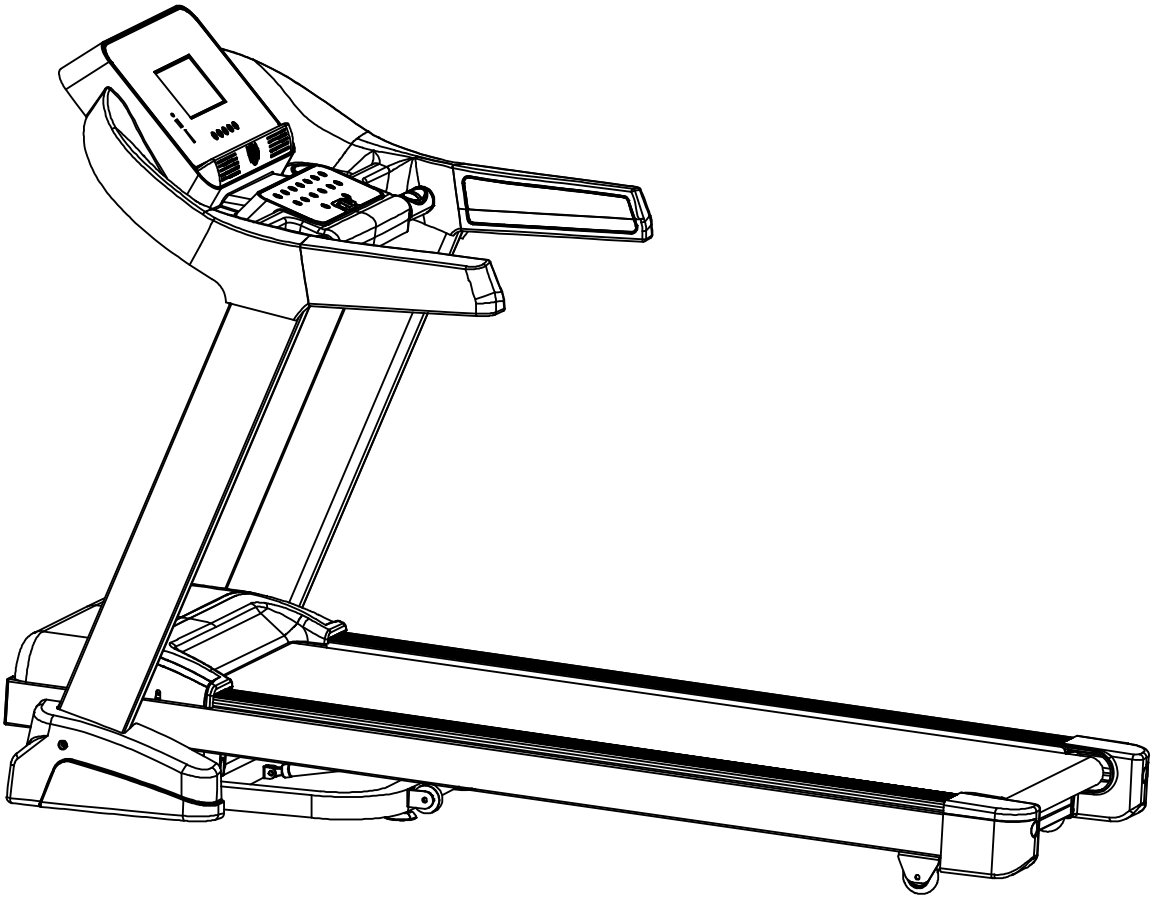
# STRIDE M2 TREADMILL
# OWNER'S MANUAL



**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.**

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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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 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.

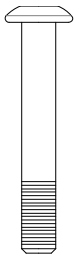
# 3. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the 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.
- 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.

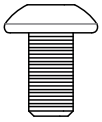
# 4. ASSEMBLY INSTRUCTIONS

## PART LIST

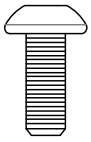
(S1) #5 #6 Allen Wrench each 1pc



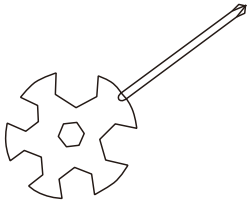
(S2) Hex Bolt M8x50mm teeth 12mm 4 Pcs



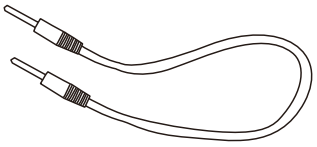
(S3) Hex Bolt M8x16mm 6Pcs



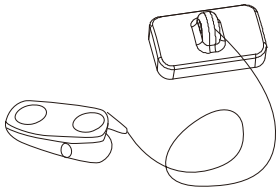
(S4) Phillips Head Screw M8x25mm 2 Pcs



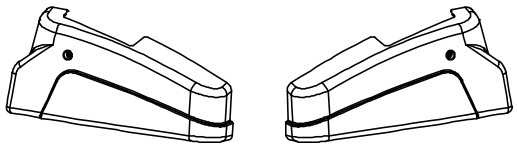
(S5) Multi Hex Tool with Philips Screwdriver 1 Pc



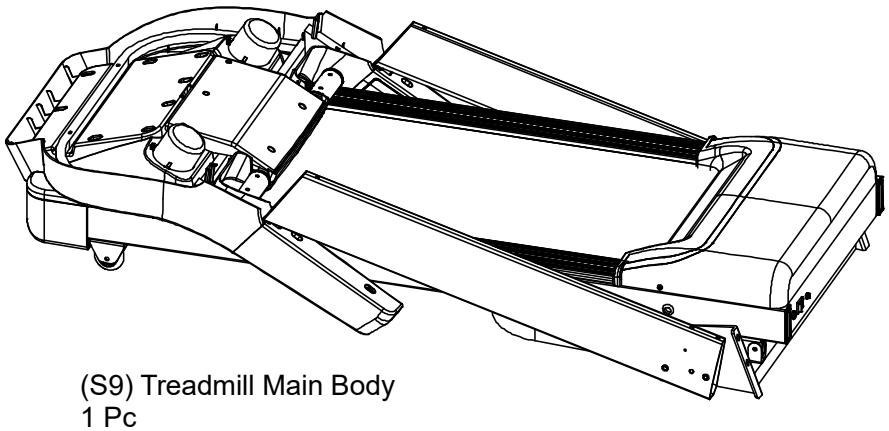
(S6) Audio Cable 1 Pc



(S7) Safety Key 1 Pc



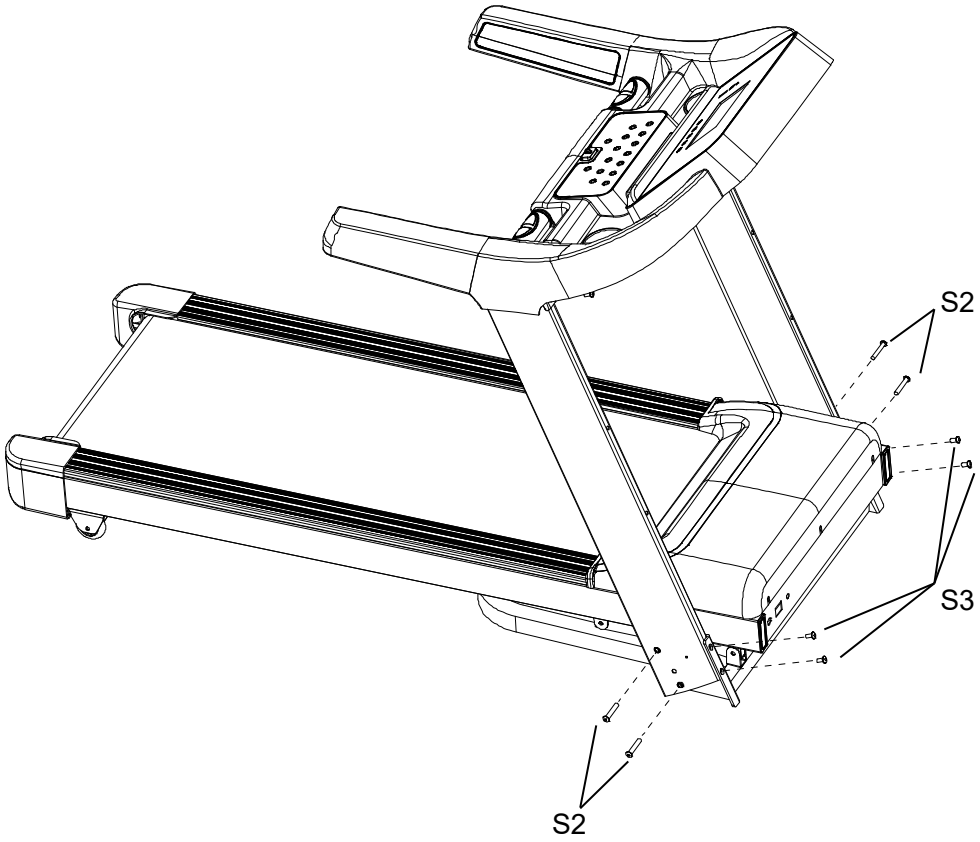
(S8) Covers 2 Pc



(S9) Treadmill Main Body 1 Pc

**Please note some bolts may be attached on the machine and not in the bolt pack.**

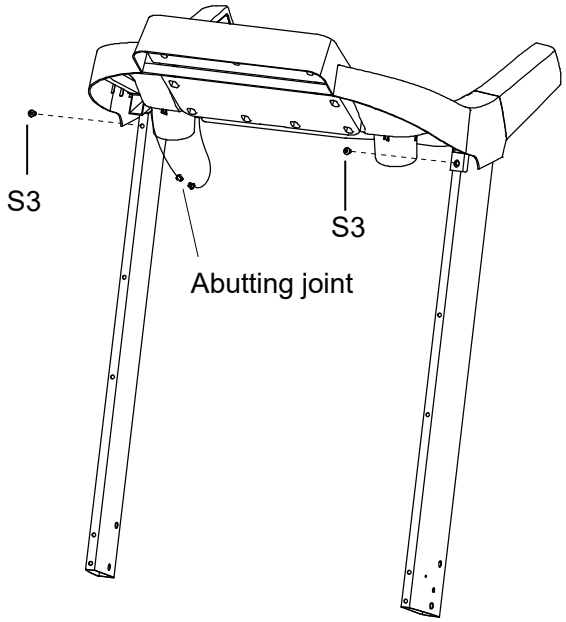
**STEP 1:**



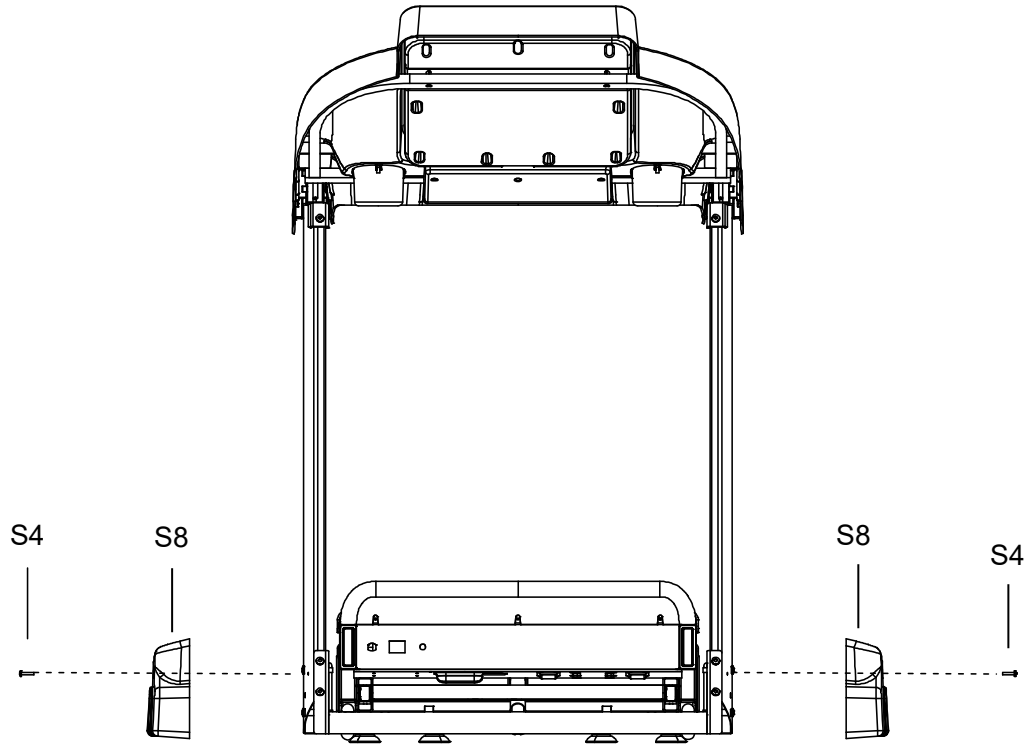

1. Secure the upright frame and stabilizer with 4x Hex bolt M8x50mm teeth 12mm (S2) and 4x Hex bolt M8x16mm (S3).

**STEP 2:**

**1.** Connect the signal wire from the computer to the signal wire on the upright frame.
**2.** Secure the computer onto upright frame with 2x Hex bolt M8x16mm (S3). Tighten the bolts with the Allen wrench (S1).

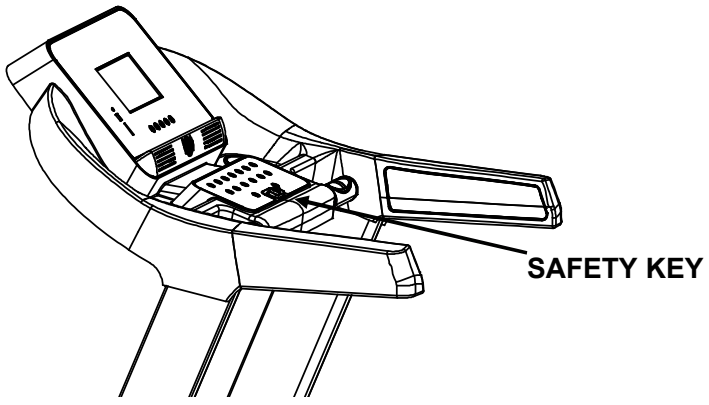


**STEP 3:**




1. Secure the cover (S8) to the upright frame with 1x Hex Bolt (S4) both sides, tighten the bolts with Multi Hex Tool with Philips Screwdriver (S5) provided.

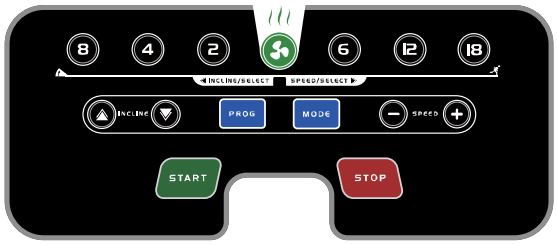
**EMERGENCY STOP**




Before beginning a workout, session ensure that the Safety Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the SAFETY KEY from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.
Replaced the Safety Tether Key onto the Computer Console.
Press the START button to begin exercise again.

# 5. OPERATION GUIDE WITH PROGRAM CHART

## 1. OVERVIEW


## 2. LCD WINDOW DISPLAY

| | |
|---|---|
| TIME | No Set Target Time - TIME will count up from 00:00 to maximum 99:00 with each increment is one minute.<br>Using Set Target Time - TIME will count down from Preset Value. Each preset Increment is one minute between 5:00 to 99:00 minutes. |
| SPEED | Display current training speed from 1.0 to a maximum of 18.0 km/h. |
| DISTANCE | No Set Target Distance - DISTANCE will count up from 0.00 to a maximum of 99.5km with each increment 0.1 KM.<br>Using Set Target Distance - DISTANCE will count down from preset Value. Each preset increment is 0.5 KM between 0.5 to 99.5. |
| CALORIES | No Set Target Calories - CALORIES will count up from zero to maximum 995 with each increment 1 cal.<br>Using Set Target Calories - CALORIES will count down from preset value. Each preset increment is 5 cal from 10 to 995 cal. |
| PULSE | Hold the hand sensor tight and the console will detect your pulse signal. When monitor is reading your heart tare signal, the HEART SYMBOL will flash on the console. |

## 2. BUTTON FUNCTIONS

1. "**MODE**": To confirm all settings and to enter exercise modes.
2. "**SPEED +**": begins workout. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill after a 3 second countdown.
3. "**SPEED -**": press button to stop the motor running and to stop the machine
4. **"START/STOP"**: To start or stop your workout.

## 3. POWER ON

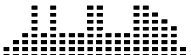
Plug the main power cord in a grounded wall outlet, please make sure the power matched. Ensure the 'Safety Key' is in the correct position and inserted properly in the console.

## 4. QUICK WORKOUT

User can start a workout by pressing the 'Quick Select' button for either Speed or incline.
There are 3 'Quick Select' buttons for both Speed and Incline – 6km/h to 18km/h for speed options and 2% to 8% for Incline options.
You can use Quick Workout (the speed and incline) during your workout, press 'START' to beginning your workout.
If you need to stop the treadmill during your workout, press 'STOP' or pull out the Safety Key.

## 5. PROGRAM MODE

This treadmill console has 12 Preset Workout Programs to choose from (see below for breakdown of each Program). When in PROGRAM mode, use PROGRAM button to select your chosen workout – P1 TO P12. Press START button to confirm and start your workout.

| | | | | | |
|---|---|---|---|---|---|
| P1 |  | WARM- UP | P7 |  | TIME GOAL |
| P2 |  | RANDOM | P8 |  | DISTANCE GOAL |
| P3 |  | 5K RUN | P9 |  | CALORIES GOAL |
| P4 |  | COMPETITION | P10 |  | MO UN TA IN CL IM B |
| P5 |  | WEIGH T - LOSS | P11 |  | BEACH SPORT |
| P6 |  | HILL | P12 |  | CROSS CO UNTR Y RACE |

## 6. MUSIC

The computer with MP3 player, USB Port and SD Port, this program design support user to play music during training.

# 6. EXERCISE GUIDE

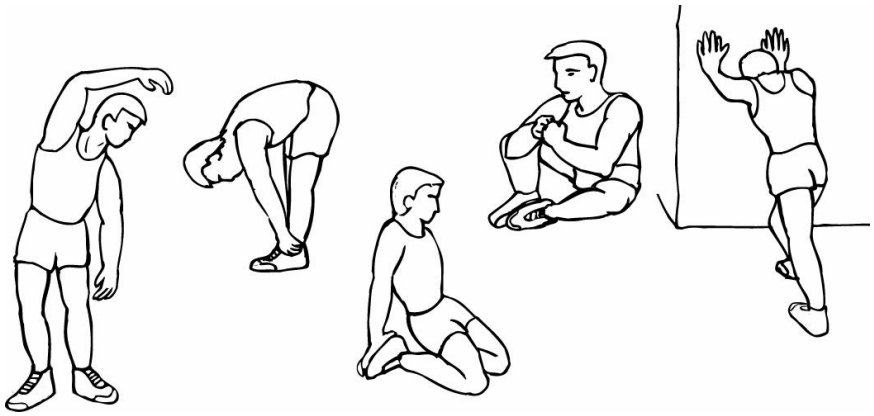
**PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.**

**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**

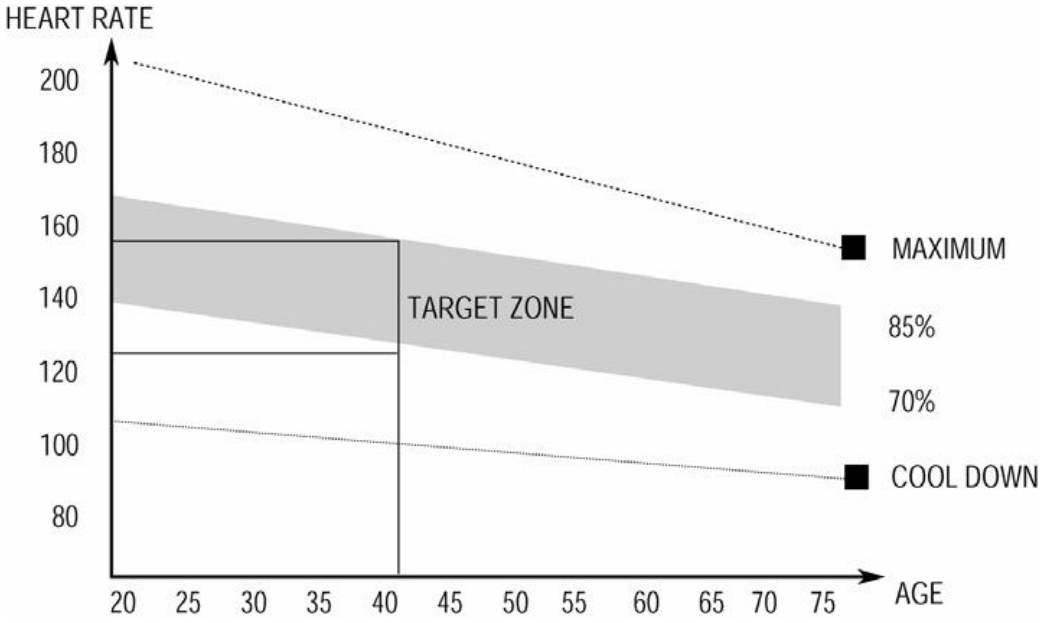
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

**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.

# 7. MAINTENANCE INSTRUCTIONS

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

**WARNING: THE MAT/DECK FRICTION MAY 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.

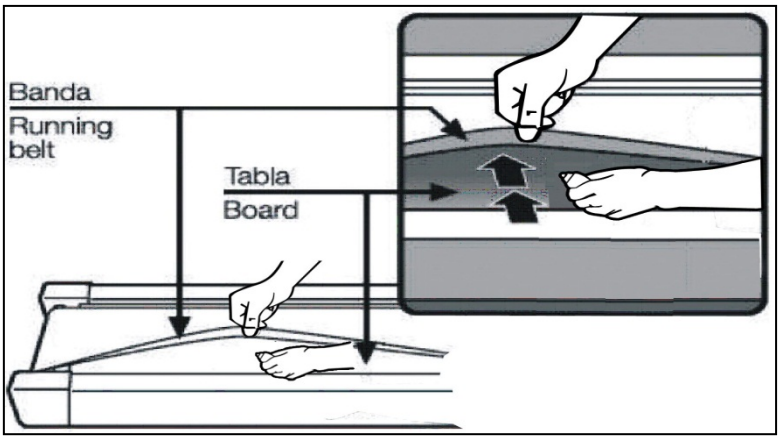
## 3. Belt/Deck/Roller Lubrication

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.

**Video Tutorial Available at:**
http://youtu.be/cP9NtFHfWIc

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

## 4. How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.**

**Video Tutorial Available at:**
http://youtu.be/cP9NtFHfWIc

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

## 5. Adjusting the Running Belt

Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

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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.

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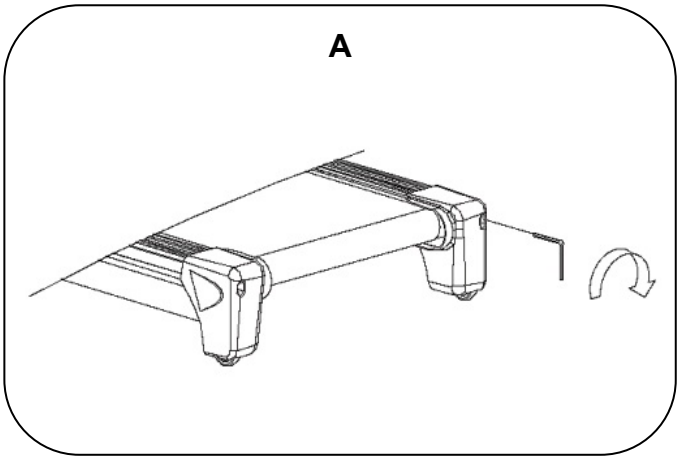


If the belt has drifted to the **left**:
Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.
See *Picture B*

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

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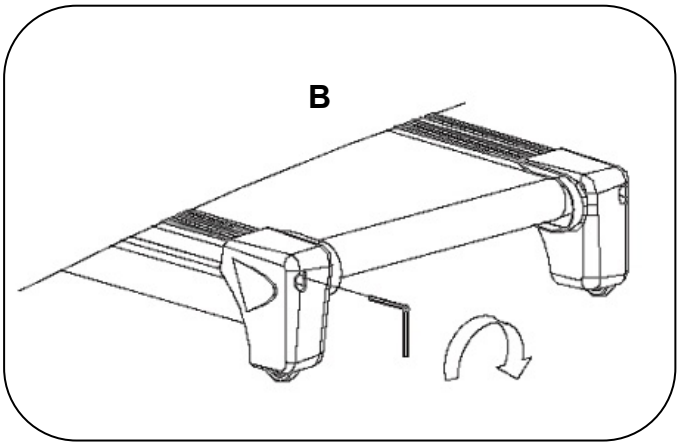
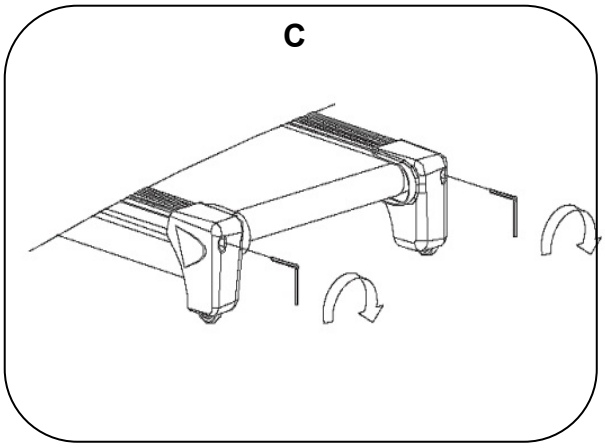


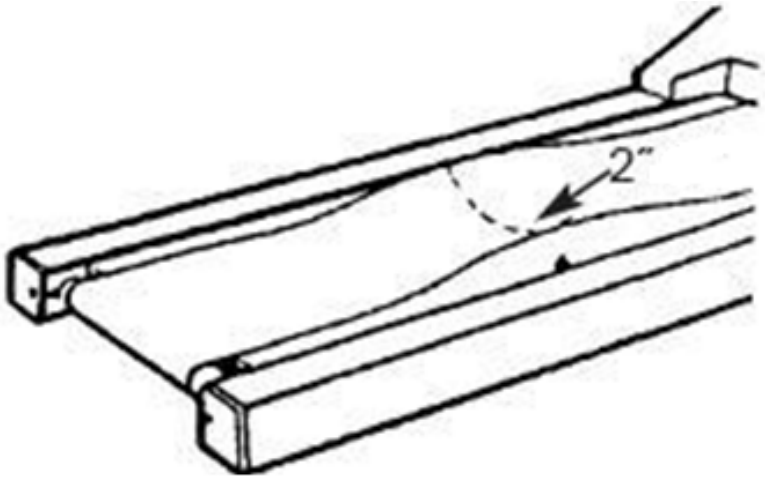

To adjust the **tightness** of the belt:
Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.
See *Picture C*

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



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

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



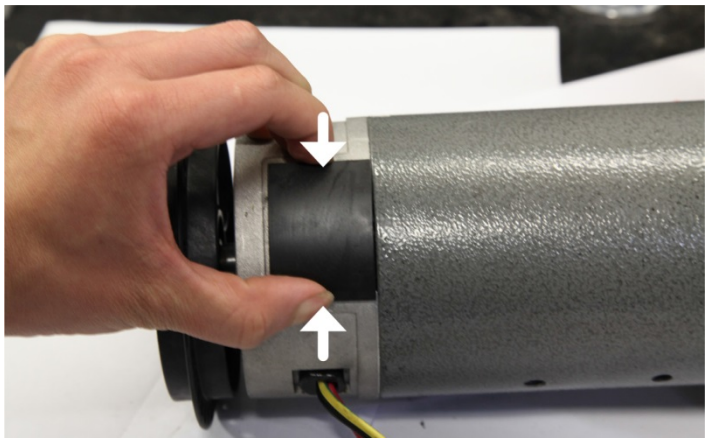

**Video Tutorial Available at:**
http://youtu.be/vllsamTSvvA

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

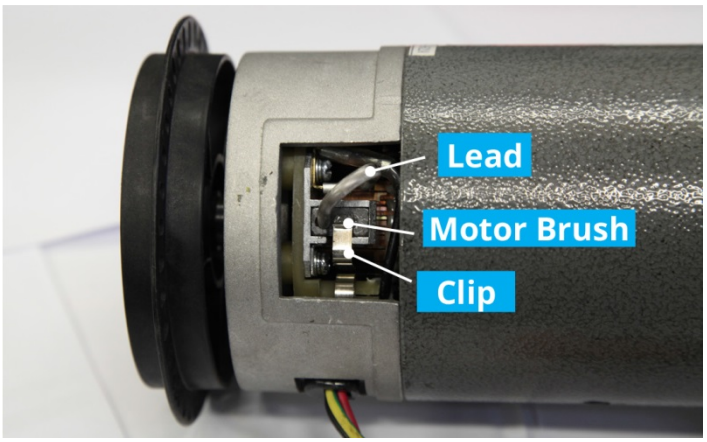
## 6. Replacing Motor Brushes

After extended use, the motor brushes in your treadmill motor will wear down, and this can lead to motor failure. It is important that you maintain your motor by replacing the brushes on either side of the motor when they are worn down. We recommend that you check your motor every 1000 hours of usage.

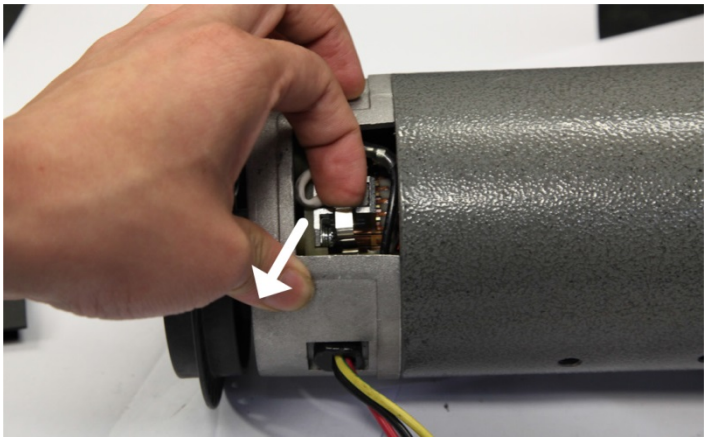
**IMPORTANT:** Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



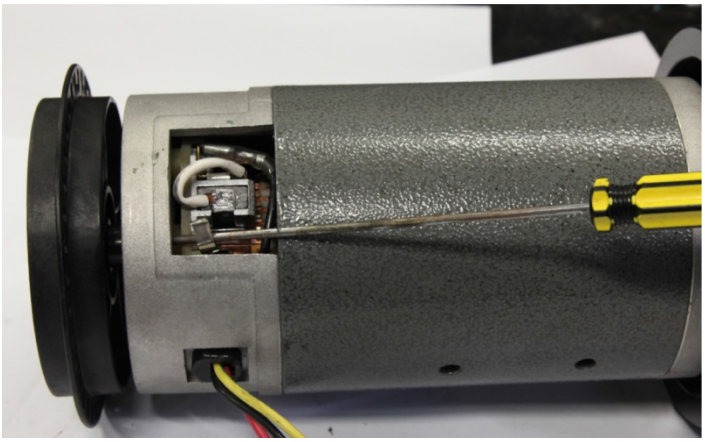
**1.** Remove the cover from the motor by squeezing it from the sides.



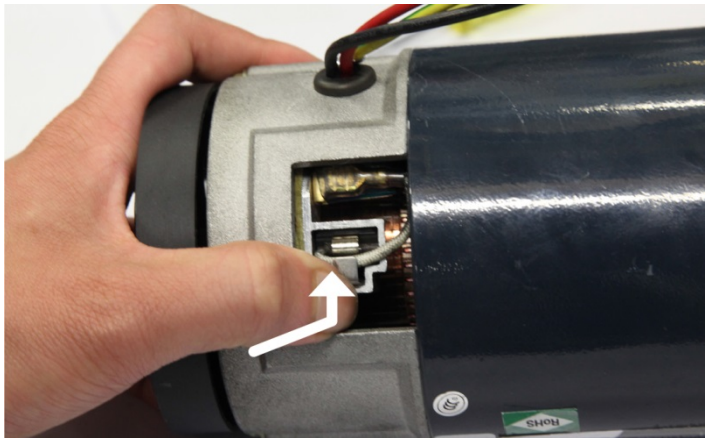

**2.** You'll find the motor brush held in with a clip, with the lead plugged in.



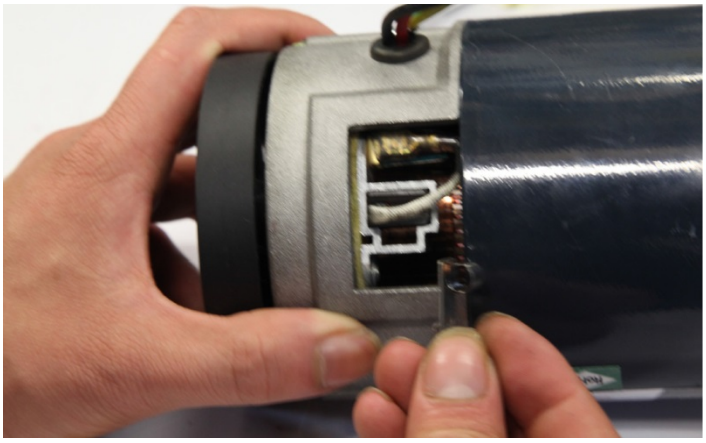
**3.** Pull the clip out from its position.



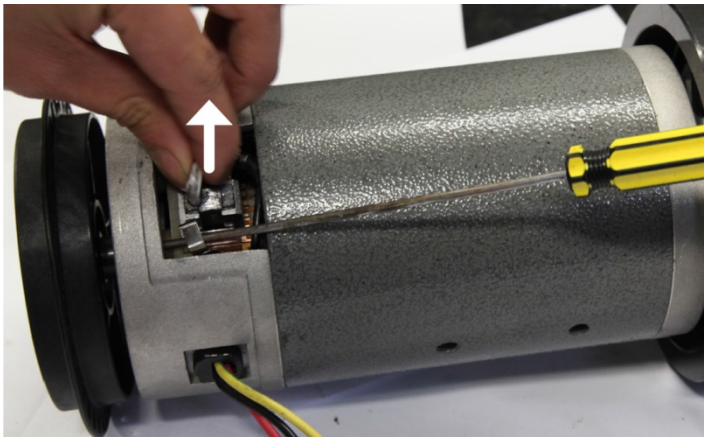
**4a.** Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



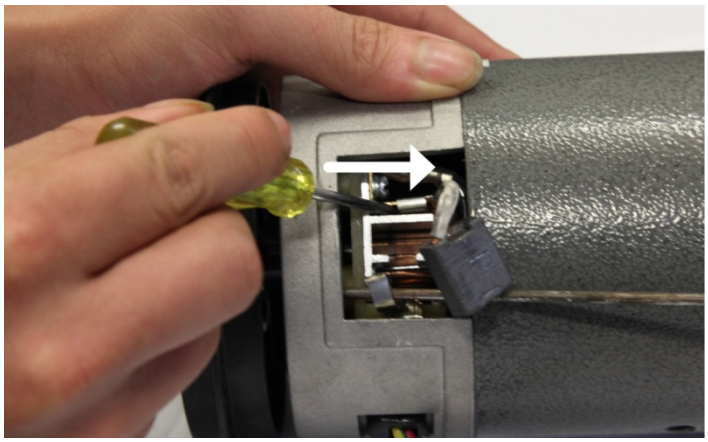
**4b.** Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



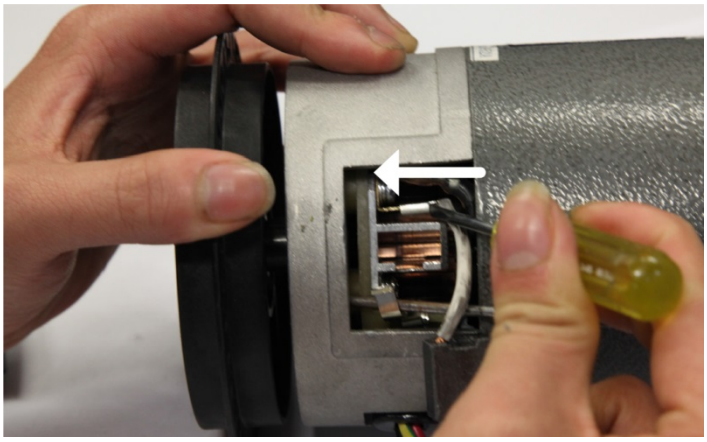
**4c.** Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



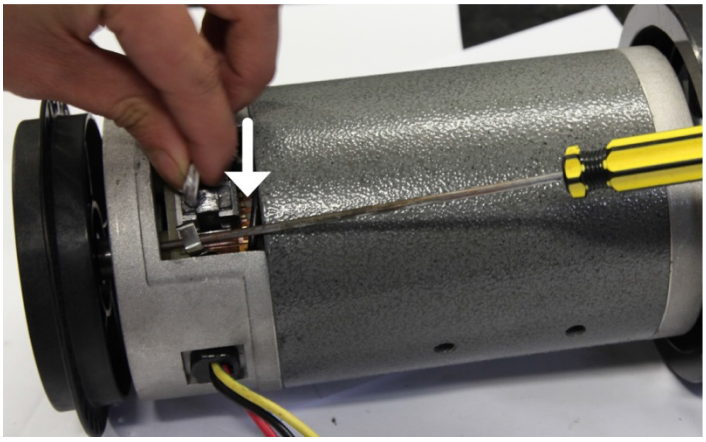
**5.** Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.



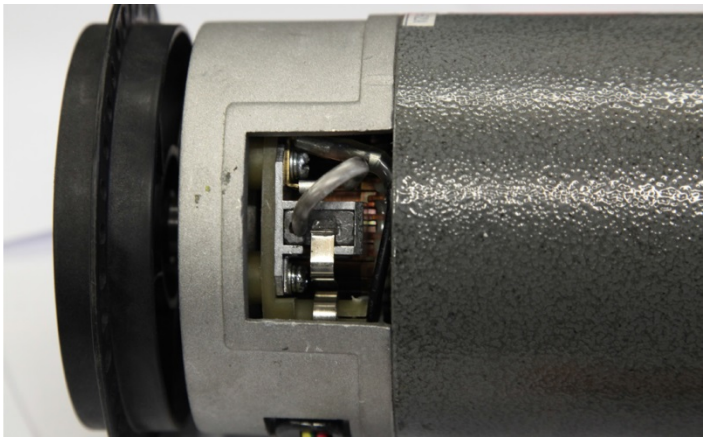
**6.** Slide the motor brush lead off the terminal using a another small screwdriver or needle-nosed pliers.



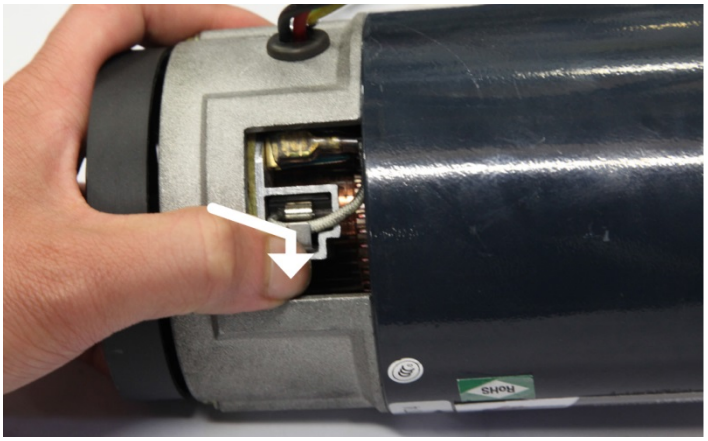
**7.** Plug the new motor brush lead into the terminal.



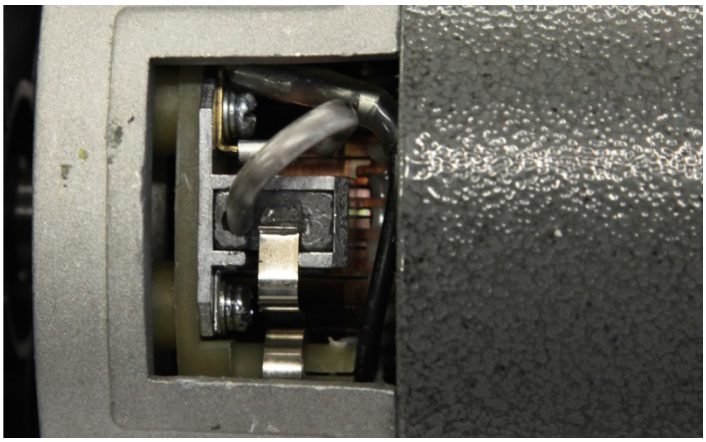
**8.** Slide the new motor brush into the slot.



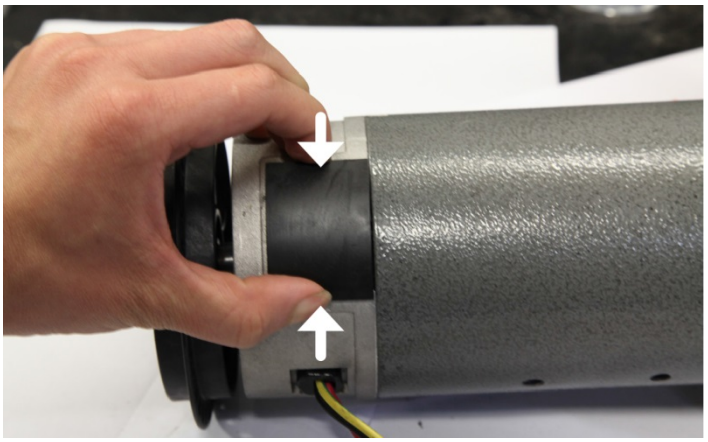
**9a.** Release the clip back into its position.



**9b.** If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.



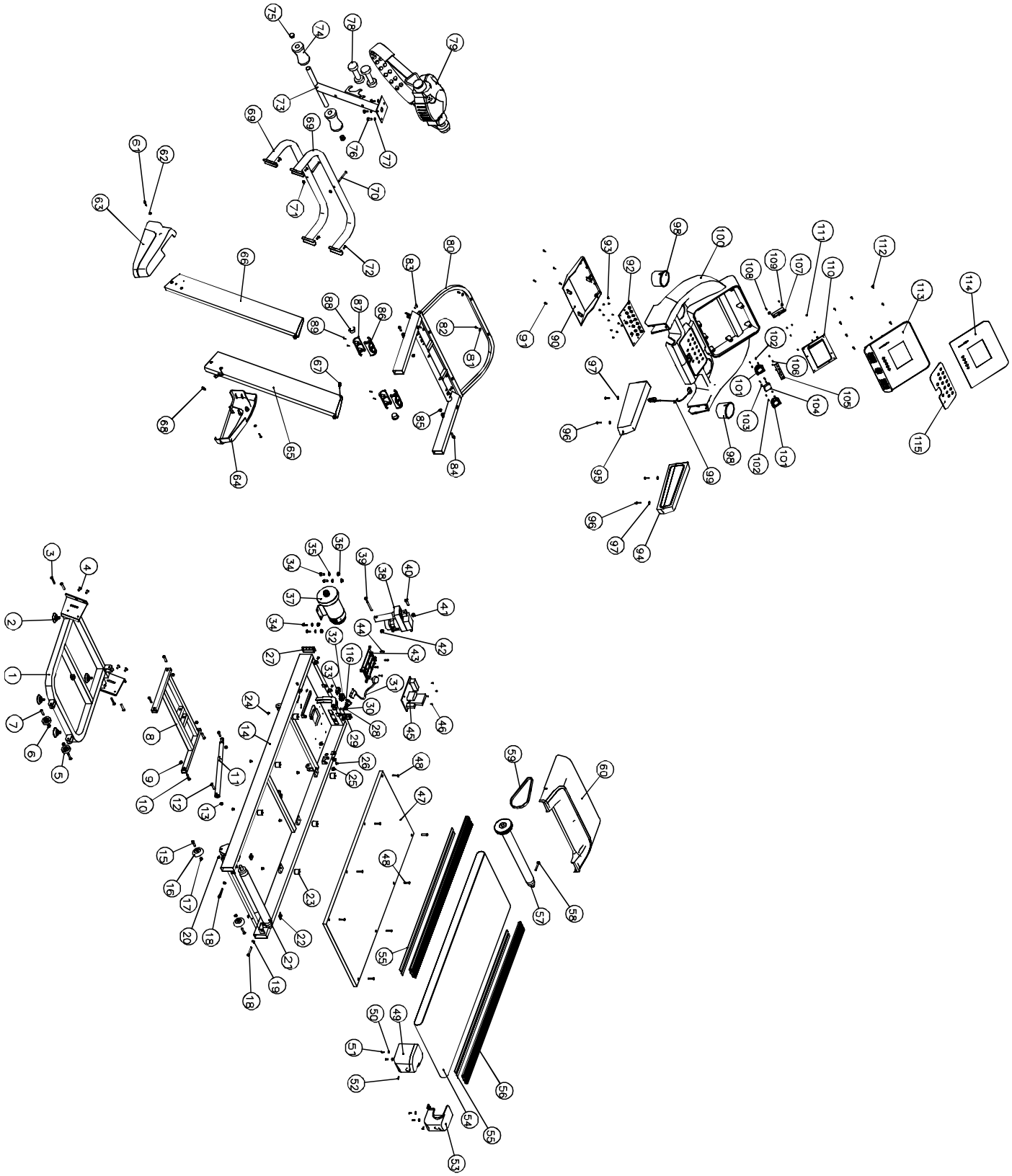
**10.** Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



**11.** Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

**12.** You have now successfully replaced the motor brushes. We also recommend that you remove any dirt and dust from your treadmill motor fan using a vacuum cleaner before replacing the cover.

# 8. EXPLODED DIAGRAM



# 9. PARTS LIST

| N° | Description | N° | Description | N° | Description |
|---|---|---|---|---|---|
| 1 | Base Frame | 37 | Motor | 80 | Handlerail frame |
| 2 | PVC Foot Pad | 38 | Incline motor | 81 | Flat washer |
| 3 | Hexagon socket cap screws | 39 | Hexagon socket cap screws | 82 | Head screw |
| 4 | Hexagon socket cap screws | 40 | Hexagon socket cap screws | 83 | Hexagon socket cap screws |
| 5 | Base wheel | 41 | Locknut | 84 | Hexagon socket cap screws |
| 6 | Locknut | 42 | Locknut | 85 | Locknut |
| 7 | Hexagon socket cap screws | 43 | Plastic board | 86 | Pulse senor cover (upper) |
| 8 | Incline Frame | 44 | Screw | 87 | Pulse senor cover (down)) |
| 9 | Locknut | 45 | Electric controller | 89 | Head screw |
| 10 | Hexagon socket cap screws | 46 | Hexagon socket cap screws | 90 | Console cover (down) |
| 11 | Gas Spring | 47 | Running Board | 91 | Head screw |
| 12 | Hexagon socket cap screws | 48 | Screw | 92 | Display board |
| 13 | Hexagon socket cap screws | 49 | Rear end cover (L) | 93 | Head screw |
| 14 | Main Frame | 50 | Flat washer | 94 | Handlebar grip (R) |
| 15 | Hexagon socket cap screws | 51 | Hexagon socket cap screws | 95 | Handlebar grip (L) |
| 16 | Rear Wheel | 52 | Hexagon socket cap screws | 96 | Screw |
| 17 | Hexagon socket cap screws | 53 | Rear end cover (R) | 97 | Flat washer |
| 18 | Hexagon socket cap screws | 54 | Running belt | 98 | Cup holder |
| 19 | Washer | 55 | EVA tape | 99 | Safety key |
| 20 | Hexagon nuts | 56 | Side rail | 100 | Console (middle) |
| 21 | Rear Roller | 57 | Front roller | 101 | Speaker |
| 22 | EVA tape | 58 | Hexagon socket cap screws | 102 | Head screw |
| 23 | Bumper post | 59 | Motor belt | 103 | Head screw |
| 24 | Flat screw | 60 | Motor cover | 104 | Fan |
| 25 | Wire Grommet | 61 | Head screw | 105 | Safety spring |
| 26 | Flat screw | 62 | Flat washer | 106 | Head screw |
| 27 | Tube cap | 63 | Tube cover (L) | 107 | HIFI board |
| 28 | Flat screw | 64 | Tube cover (R) | 108 | Head screw |
| 29 | Washer | 65 | Side tube (R) | 109 | Flat washer |
| 30 | Flat washer | 66 | Side tube (L) | 110 | Display screen |
| 31 | Power cord | 67 | Connecting wire | 111 | Head screw |
| 32 | Switch | 68 | Wire Grommet | 112 | Head screw |
| 33 | Overload button | 69 | Oil cover (down) | 113 | Console (upper) |
| 34 | hex screw | 70 | Oil cover (upper) | 114 | Overlay (screen) |
| 35 | Srping washer | 71 | Seal cap | 115 | Overlay (button) |
| 36 | Hexagon nut | 72 | Oil tube | 116 | Power Cord Socket |

# 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.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.

# Hand Pulse Technology

Our products 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