



SUPREME OWNER'S MANUAL



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

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

TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	IMPORTANT ELECTRICAL INFORMATION	4
3.	IMPORTANT OPERATING INSTRUCTIONS	5
4.	ASSEMBLY INSTRUCTIONS	6
5.	FOLDING INSTRUCTIONS	11
6.	OPERATION GUIDE AND PROGRAM CHART	12
7.	EXERCISE GUIDE	27
8.	MAINTENANCE INSTRUCTIONS	29
9.	EXPLODED DIAGRAM	34
10.	PARTS LIST	35
11.	TROUBLE SHOOTING GUIDE	38
12.	WARRANTY	40

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- Never allow children on or near the treadmill.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and not suitable for long time running.

- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Allowed temperature: 5 to 40 degrees.

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

2. IMPORTANT ELECTRICAL INFORMATION

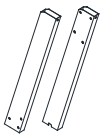
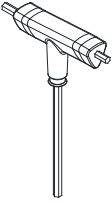

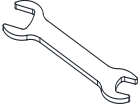

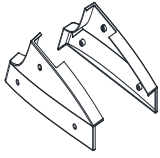
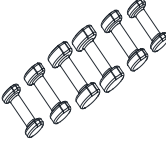
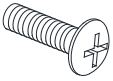
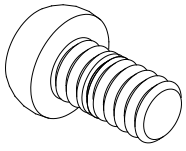
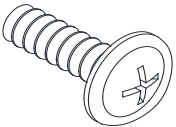
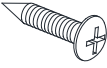
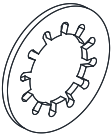
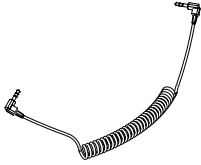

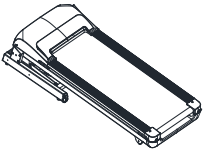
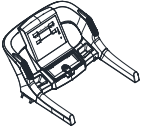
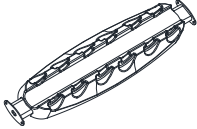

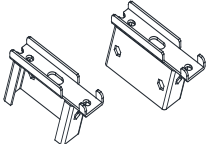
WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is high-power item; please do not share the same outlet with other high power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

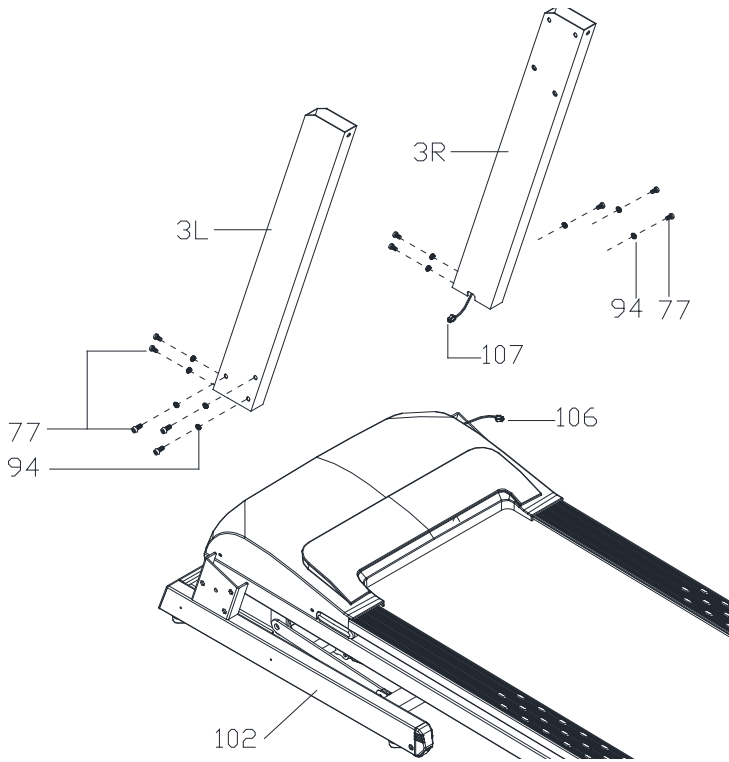
3. IMPORTANT OPERATING INSTRUCTIONS

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

4. ASSEMBLY INSTRUCTIONS

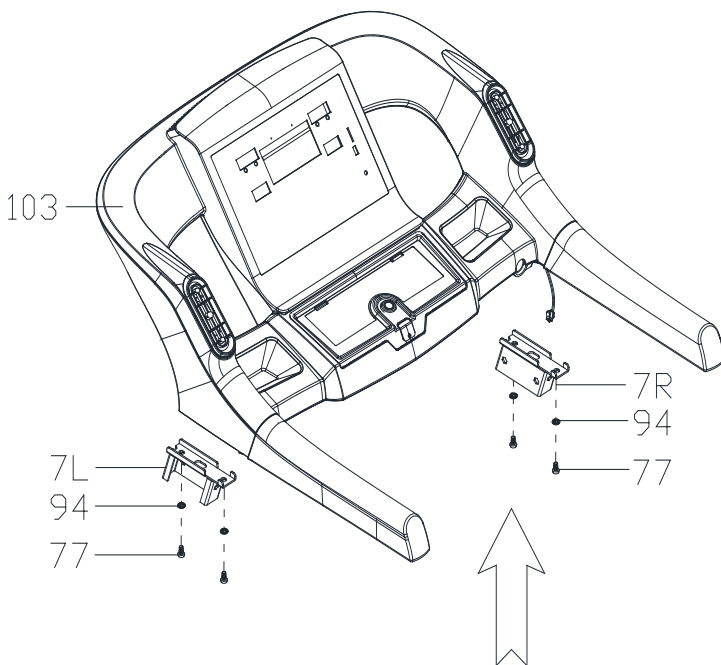
			
3L/R Upright	13. T-Type Wrench	14. Screw Driver	15. Wrench
			
31. Safety lock	41. Front cover	55. Dumbbell	76. Bolt M6*15
			
77. Bolt M8*20	83. Bolt M4*8	84. Tapping screw 85. M4*15	94. Washer φ 8.4*φ 14.5*t0.8
			
	98. spring line	99. HRC	102. Main Frame
			
103. Computer Assembly	104. DB Rack	105. EKG Grip Pulse	7. connection parts

STEP 1:



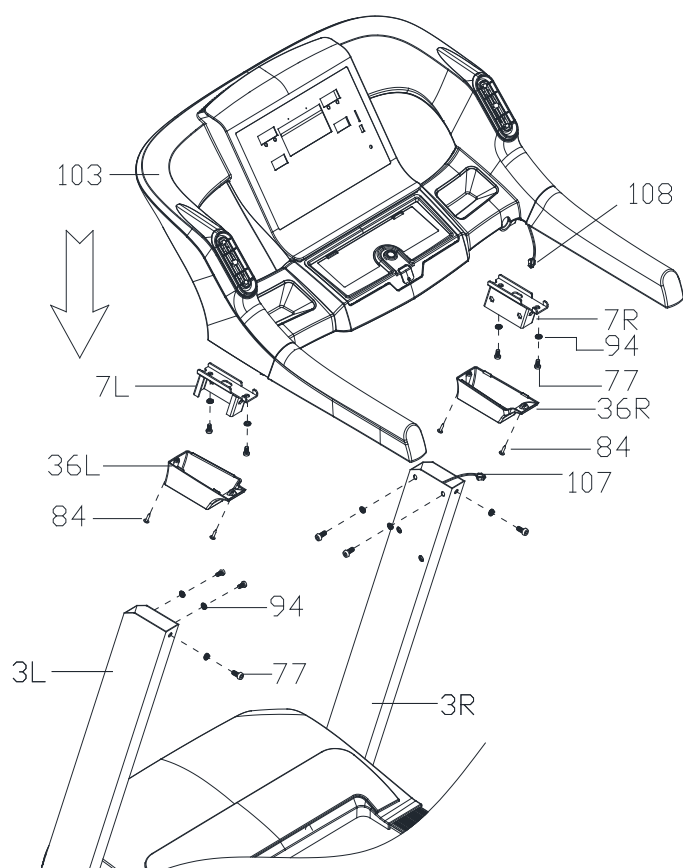
1. Connect the bottom wire (106) with the middle wire (107). Then place the L/R upright (3L/R) on the main frame assembly (102), secure them with bolt M8*20 (77) and the Internal Washer $\phi 8.4 * \phi 14.5 * t 0.8$ (94). Do not tighten these bolts completely at this step

STEP 2:



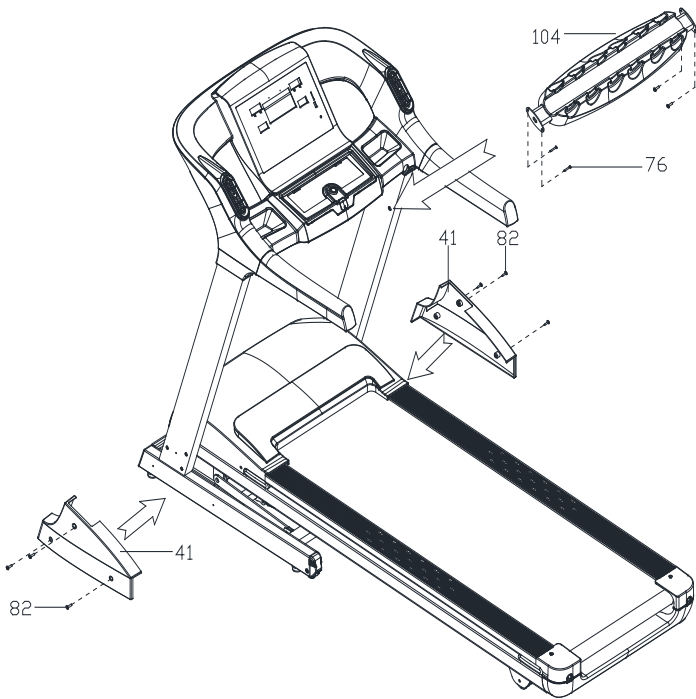
1. Attach the connection parts (7L/R) onto the computer (103) tightly with bolts M8*20 and the washer $\phi 8.4 * \phi 14.5 * t 0.8$ (94)

STEP 3:



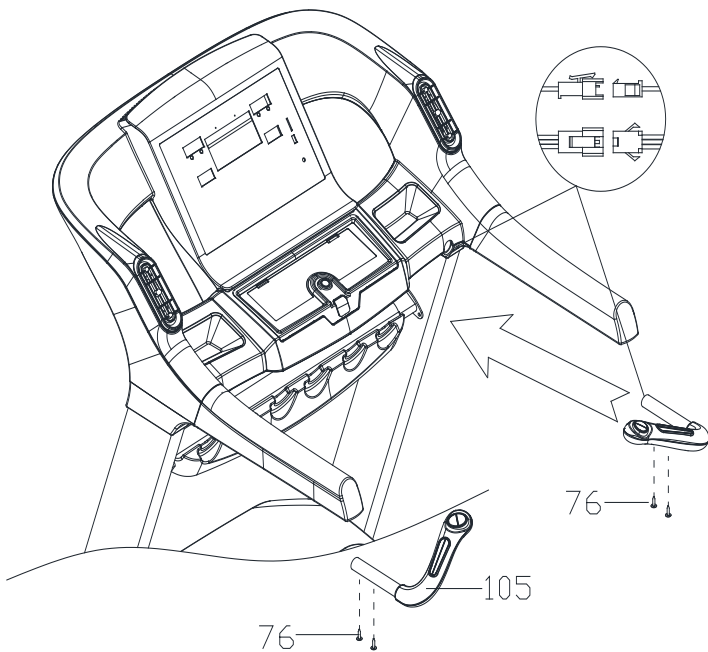
1. Set the cover (36L/R) on the upright (3L/R).
2. Connect the middle wire (107) with the up wire (108).
3. Attach the computer assembly (103), the connection parts (7L/R) and L/R upright (3L/R) together with bolt M8*20 (77) and internal washer (94) according to the diagram.

STEP 4:



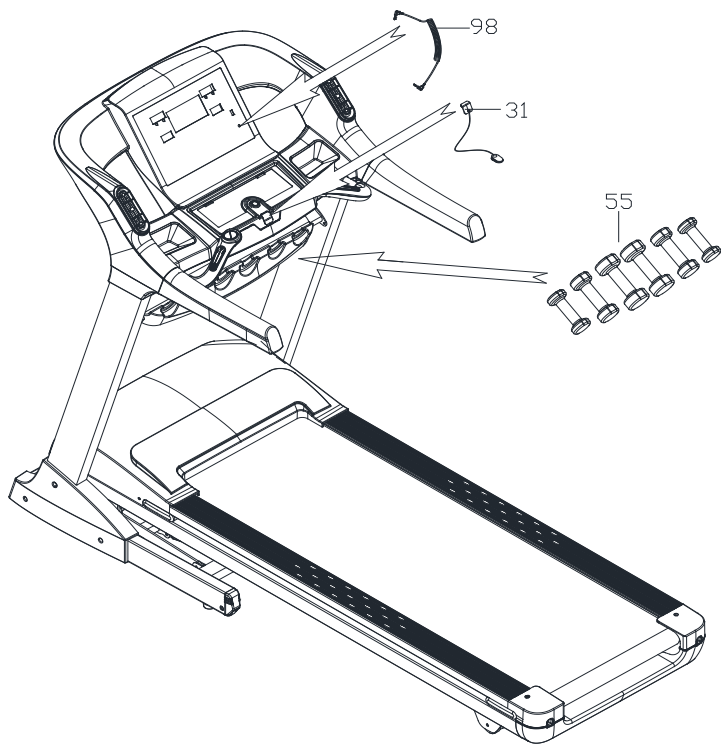
1. Attach the DB rack (104) on the upright (3L/R) with bolt M6*15(76).
2. Completely tighten the bolts in the STEP 1
3. Attach the front cap (41) onto the upright and the main frame with the bolt M4*8(83).

STEP 5:



1. Connect the wires between the computer and the EKG Grip Pulse (105)
2. Attach the EKG Grip Pulse (105) onto the treadmill according to the diagram
3. Secure them with the bolt M6*15(76).

STEP 6:

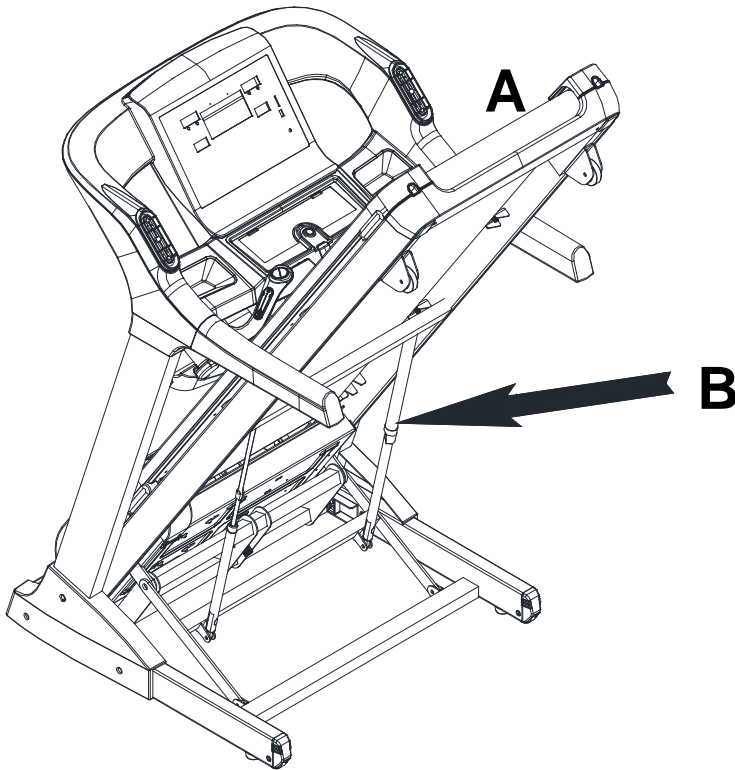


1. Install the dumbbell (55), safety lock (31) and the spring line for the MP3 (98) according to the diagram.

ATTENTION: Confirm that assembly is complete as required above, and then check that all bolts are tightened before turning the machine on.

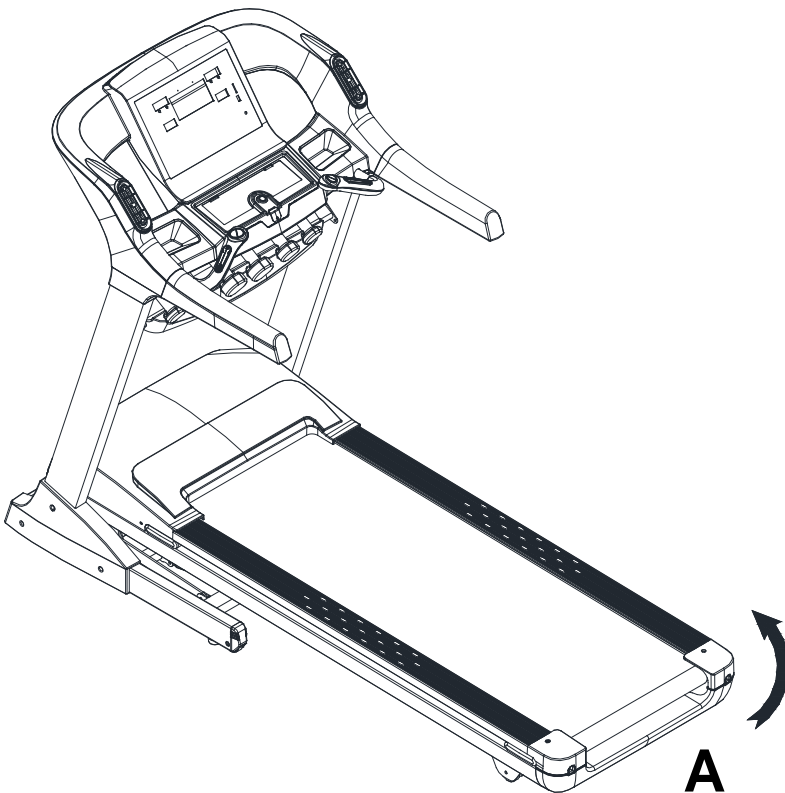
5. FOLDING INSTRUCTIONS

Unfolding:



Whilst supporting position (A) with our hand, gently push position (B), the marked area on the air pressure bar, with your foot. The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

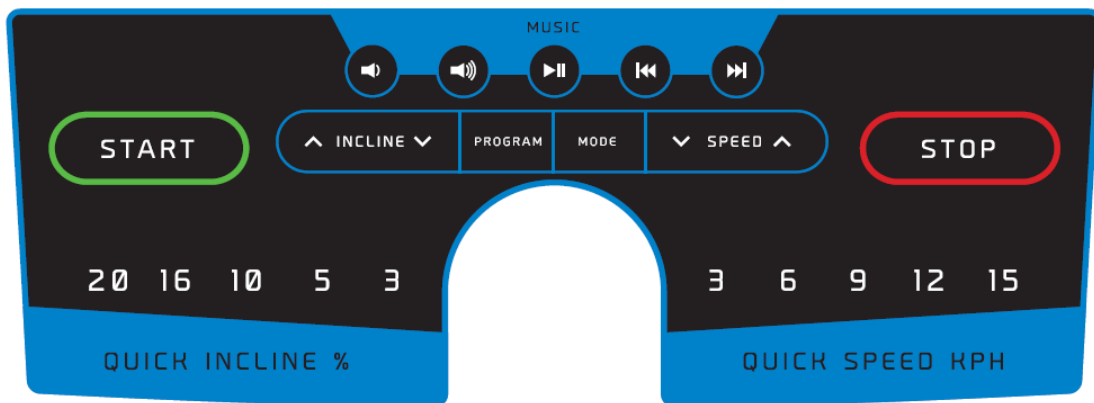
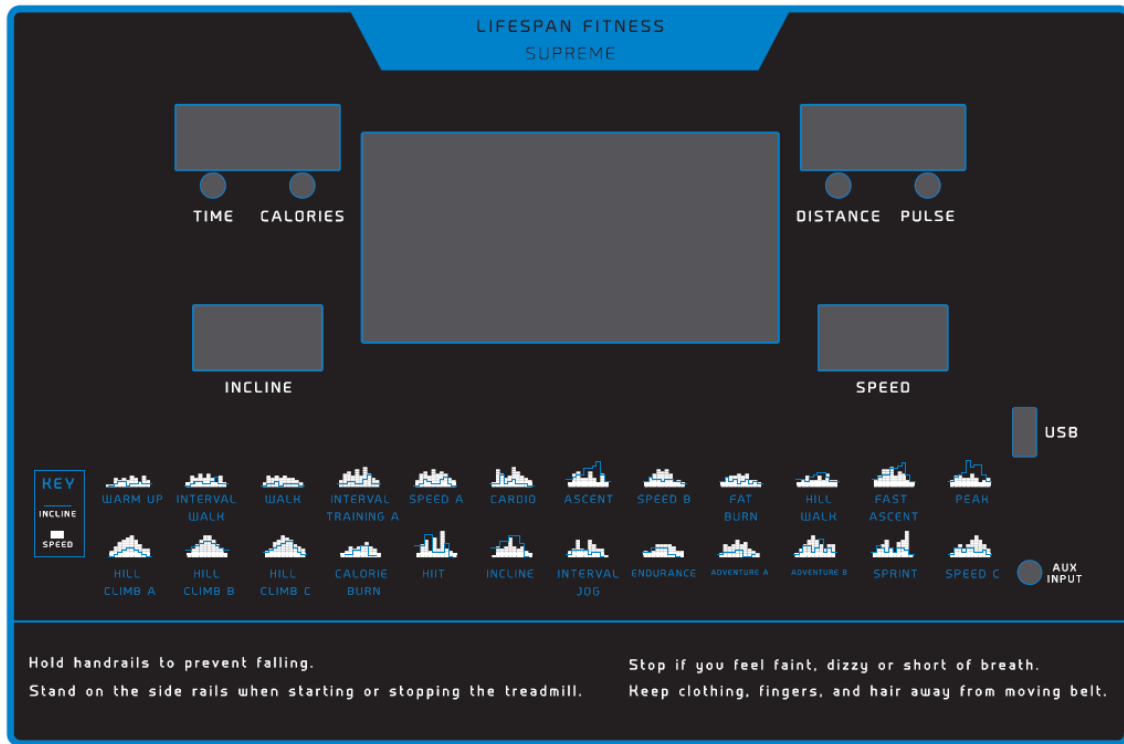
Folding:



Place your hand on position (A), then pull up the base frame until you hear the click sound emitted when the air pressure bar (B) is locked into the round tube.

6. OPERATION GUIDE

1. OVERVIEW



2. LED WINDOW DISPLAY

- A. TIME/CALORIES window: displays time and calories data, auto exchange in 5 seconds
- B. DISTANCE/PULSE window: displays a record of distance or pulse data
- C. SPEED Window: displays speed data
- D. INCLINE Window: displays incline data
- E. Dot matrix window: Displays program data and running track.

Program data displays: speed and incline information charts switches every 5 seconds.

Running track displays: a 400meter track equivalent to one complete revolution of the oval on the display.

3. BUTTON FUNCTIONS

- A. 'PROGRAM' button: in standby condition, Press the 'PROGRAM' button to select the desired program: manual program (normal mode) -P01-P99-U01-U02-U03-HRC-FAT
- B. 'MODE' button: in standby condition, Press the 'MODE' button to select the mode: manual program (normal mode)—time countdown—distance countdown—calories countdown
 - a) When using the 'FAT' program, the function of the mode button references to the body fat test function.
- C. 'START' BUTTON: press the button to start the motor.
- D. 'STOP' BUTTON: press the button to stop the motor.
- E. 'SPEED+' BUTTON: in the set state, pressing the button will increase the setting data.
During work out, pressing the button increases speed.
- F. 'SPEED-' BUTTON: in the set state, pressing the button will decrease the setting data.
During work out, pressing the button decreases speed.
- G. 'INCLINE+' button: in the set state, pressing the button will decrease the setting data.
During work out, pressing the button increases incline.
- H. 'INCLINE-' button: in the set state, pressing the button will decrease the setting data. During work out, pressing the button decreases incline.
- I. Speed shortcuts: 3, 6, 9, 12, 15km/h, during a workout, press this button adjust the speed to

the set value.

- J. Incline shortcuts: 3, 5, 10, 16, 20 sections, during a workout, press the button adjust the incline to the set value.
- K. Emergency stop button: pressing the button can stop the treadmill at any time. Press this button again to resume regular function.

4. PRESET PROGRAMS

4.1. Program Types:

- A. One manual program. This program includes: normal mode (default), time countdown, calories countdown, distance countdown.
- B. 99 fixed programs: P01 - P99.
- C. 3 user setting program: U01, U02, U03.
- D. One heart rate control function: HRC
- E. One body fat test function: FAT

4.2. Starting the Programs

- A. Ensure the safety key is attached to the treadmill
- B. Press the 'START' button. The machine will complete a 3 second countdown before starting the program.

4.3. Manual Programs:

Getting into normal mode:

- A. When powered off: turn on the power and you will enter normal mode instantly.
- B. When in standby state: press the 'MODE' button and you can select to the normal mode in the manual program.

Three setting function in the manual program: time set, distance set, calories set.

- A. Enter into the manual program, Time window initial display: 0:00
- B. Under the manual program (normal mode), press the 'MODE' button get into time countdown mode, the time window will flash and display the time, initial time: 15:00. Press 'SPEED+/SPEED-/INCLINE+/INCLINE-' buttons to set the time (total range: 5:00-99:00).
- C. In the time countdown mode, press the 'MODE' button until you get into distance countdown mode, the window flashing and display the distance, initial data:1.00 km. Press 'SPEED+/SPEED-/INCLINE+/INCLINE-' buttons to set the value. (Range: 0.50-99.90).Each press will increase the value by 0.1km.
- D. In the distance countdown mode, press the 'MODE' button until you get into calories countdown mode, the window flashing and display the calories, initial data:50.0kcal, Press 'SPEED+/SPEED-/INCLINE+/INCLINE-' buttons to set the value.(Range: 10.0-999.0).Each press will increase the value by 1.0kcal.

Manual programming operation:

- A. Press the "START" button, wait for the 3 second countdown, then the treadmill start with the speed 1.0km/h
- B. Press SPEED+/SPEED- to adjust the speed
- C. Press INCLINE+/INCLINE- to adjust the incline
- D. Press the speed shortcut button to set speed value
- E. Press the incline shortcut button to set incline value
- F. Whilst the treadmill is running press the "STOP" button to end your workout

- G. Remove the safety lock and the treadmill will stop immediately and beep 3 times. The LED window display “----”.
- H. If you are using a countdown program: When the set time/calories/distance countdowns to 0 the treadmill will beep 3 times and the workout will end.
- I. The unset parameters will add up. When reach the max data parameters are reached, they will reset to 0 and the workout will continue. In normal mode, the treadmill will stop running when the time reaches 99:59 (100minutes).

Fixed Program Mode:

1. Initial setting time is 10 minutes. Only time can be adjusted. Range: 5:00 - 99:00. Press the SPEED+/SPEED- to adjust the time value
2. Press the START button and the motor will begin operation. The speed will increase to the setting value in the first PROGRAM column (See the PROGRAM EXERCISE CHAT)
3. Press SPEED+/SPEED- to adjust speed
4. Press INCLINE+/INCLINE- to adjust incline
5. Press the speed shortcut button to select the speed
6. Press the incline shortcut button to select the incline
7. Each program is divided into 10 sections ,the operation time of each section is one-tenth of the set running time
8. At the transition between the sections, the treadmill will beep
9. When the time countdowns to zero the treadmill will beep. The speed gradually reduce to 0, the treadmill will beep and the speed window display “End”, 5 seconds later, the treadmill back to standby situation and beep.
10. Removing the safety lock will result in the treadmill stopping immediately.

4.4. Program Chart:

PROGRAM \ TIME		SETTING TIME/ 10 = EVERY GARDE TIME									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P02	SPEED	2	5	4	6	4	6	4	2	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	2	5	4	5	4	5	4	4	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P04	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P05	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P06	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P07	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	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	3	5	8	8	9	5	7	6	3	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	10	10	6	3
P13	SPEED	3	5	7	8	9	10	8	6	4	3
	INCLINE	1	2	3	4	5	5	4	3	2	1
P14	SPEED	2	4	6	8	10	10	8	6	4	2
	INCLINE	4	5	6	7	8	8	7	6	5	4
P15	SPEED	3	4	7	8	10	9	8	6	5	4
	INCLINE	3	4	5	6	7	8	8	5	3	2
P16	SPEED	2	3	5	4	5	5	7	5	4	2
	INCLINE	0	2	2	4	4	6	6	1	1	0
P17	SPEED	2	6	8	3	9	4	12	4	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0
P18	SPEED	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	8	8	10	10	10	7	2	0
P19	SPEED	3	4	8	4	3	8	6	4	4	1
	INCLINE	2	4	4	4	4	2	3	3	1	0

P20	SPEED	3	2	3	6	6	6	6	5	3	3
	INCLINE	3	3	5	5	5	5	2	2	1	0
P21	SPEED	2	6	5	6	8	6	7	4	3	2
	INCLINE	2	3	3	3	4	4	1	1	2	0
P22	SPEED	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	6	6	3	5	8	3	5	3
P23	SPEED	2	4	6	8	4	2	7	8	12	1
	INCLINE	3	6	5	3	5	3	5	5	4	2
P24	SPEED	2	4	6	4	6	8	10	8	6	4
	INCLINE	2	5	5	3	5	5	3	3	4	2
P25	SPEED	2	2	2	6	6	10	11	4	8	2
	INCLINE	5	5	8	8	8	3	3	5	8	0
P26	SPEED	2	4	10	12	4	10	4	10	4	2
	INCLINE	2	2	2	2	2	2	3	3	1	0
P27	SPEED	2	6	4	8	4	8	6	10	8	2
	INCLINE	3	3	6	6	6	6	2	2	1	0
P28	SPEED	2	4	6	8	10	4	6	8	10	2
	INCLINE	0	2	2	5	5	5	5	1	1	0
P29	SPEED	2	4	6	8	12	2	2	4	8	2
	INCLINE	5	5	10	10	3	3	3	8	10	0
P30	SPEED	2	4	6	10	8	4	10	6	10	2
	INCLINE	5	5	8	8	10	10	10	4	4	0
P31	SPEED	2	3	3	4	5	3	4	5	4	3
	INCLINE	1	1	3	3	3	3	3	2	2	1
P32	SPEED	2	4	4	5	6	4	6	5	4	2
	INCLINE	1	2	3	3	3	3	3	2	3	2
P33	SPEED	2	4	4	6	6	4	7	5	3	2
	INCLINE	2	3	4	3	4	3	3	3	4	2
P34	SPEED	3	5	5	6	7	7	5	7	9	3
	INCLINE	2	3	3	2	2	4	4	4	4	0
P35	SPEED	2	4	4	5	6	7	7	5	2	2
	INCLINE	3	3	3	4	4	5	5	5	5	2
P36	SPEED	2	4	4	4	5	5	5	8	6	2
	INCLINE	3	5	5	5	4	4	4	3	4	2
P37	SPEED	2	3	3	3	2	5	2	4	3	3
	INCLINE	4	4	4	3	3	6	6	8	3	1
P38	SPEED	2	3	3	6	9	9	9	9	4	2
	INCLINE	4	5	5	5	6	6	6	7	10	3
P39	SPEED	2	4	4	7	9	4	9	8	4	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P40	SPEED	2	4	5	6	7	9	4	9	5	3
	INCLINE	5	6	6	6	7	5	8	8	5	3
P41	SPEED	3	4	5	9	5	9	5	5	5	3
	INCLINE	3	6	5	3	5	3	5	5	4	2

P42	SPEED	2	5	8	10	7	7	10	10	9	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P43	SPEED	1	1	3	3	3	4	4	4	5	1
	INCLINE	5	5	8	8	8	3	3	6	8	0
P44	SPEED	3	4	6	3	4	6	3	4	6	3
	INCLINE	2	4	4	4	4	2	5	5	1	0
P45	SPEED	3	4	7	5	7	6	7	5	7	3
	INCLINE	3	3	5	5	5	5	3	3	1	0
P46	SPEED	3	3	3	5	5	5	5	5	7	2
	INCLINE	0	2	2	5	5	5	5	1	1	0
P47	SPEED	2	2	4	4	4	3	4	4	4	2
	INCLINE	5	5	10	10	6	6	6	7	9	0
P48	SPEED	1	3	4	4	4	4	5	5	5	2
	INCLINE	5	5	7	7	1	1	1	7	4	0
P49	SPEED	3	4	6	4	4	6	6	6	7	1
	INCLINE	2	3	3	3	3	2	0	2	1	0
P50	SPEED	3	4	4	7	7	7	7	7	6	3
	INCLINE	3	3	2	2	2	2	2	1	2	0
P51	SPEED	2	4	4	4	4	4	7	7	6	2
	INCLINE	2	3	3	3	2	2	1	4	4	0
P52	SPEED	2	4	6	8	10	8	6	4	10	4
	INCLINE	2	3	6	2	8	10	15	8	6	3
P53	SPEED	2	4	6	6	8	6	8	8	6	4
	INCLINE	3	6	5	5	4	6	8	14	5	2
P54	SPEED	2	4	7	4	6	8	10	8	6	1
	INCLINE	2	5	5	6	8	4	6	6	13	2
P55	SPEED	2	2	2	9	8	7	10	10	4	1
	INCLINE	5	5	9	8	9	4	4	4	4	0
P56	SPEED	2	2	4	9	10	12	4	4	10	1
	INCLINE	2	2	2	6	6	0	0	2	1	0
P57	SPEED	2	6	4	9	8	8	6	10	8	1
	INCLINE	3	3	6	1	2	2	2	2	2	0
P58	SPEED	2	4	3	8	10	2	4	6	6	1
	INCLINE	0	2	2	3	3	3	1	1	1	0
P59	SPEED	2	4	3	8	10	12	10	8	8	1
	INCLINE	5	5	1	9	9	4	4	4	4	0
P60	SPEED	2	4	2	10	8	4	10	6	10	1
	INCLINE	5	5	8	9	9	4	4	4	4	0
P61	SPEED	1	4	6	6	6	6	9	9	6	1
	INCLINE	2	3	6	2	8	10	15	8	6	3
P62	SPEED	2	6	6	6	6	6	10	8	4	2
	INCLINE	3	6	5	5	4	6	8	14	5	2
P63	SPEED	2	2	2	6	6	6	10	11	6	2
	INCLINE	2	5	5	6	8	4	6	6	13	2

P64	SPEED	2	2	4	4	10	12	4	5	4	2
	INCLINE	5	5	6	8	9	4	4	4	4	0
P65	SPEED	2	6	4	8	4	8	6	10	4	2
	INCLINE	2	2	7	6	6	0	0	2	1	0
P66	SPEED	2	4	6	8	12	2	6	6	10	2
	INCLINE	3	3	6	1	2	2	2	2	2	0
P67	SPEED	2	4	7	8	12	12	12	8	9	2
	INCLINE	0	2	2	3	3	3	1	1	1	0
P68	SPEED	2	4	6	12	8	4	12	7	10	2
	INCLINE	5	5	10	9	9	4	4	4	4	0
P69	SPEED	2	3	3	4	5	4	4	3	4	3
	INCLINE	5	5	6	9	9	4	4	4	4	0
P70	SPEED	2	4	4	6	6	4	6	6	4	2
	INCLINE	1	1	5	1	1	3	3	2	2	2
P71	SPEED	2	4	4	6	6	4	9	8	3	2
	INCLINE	1	2	5	3	3	4	4	3	2	2
P72	SPEED	3	5	5	6	8	8	5	8	4	3
	INCLINE	2	3	4	4	4	6	6	3	2	2
P73	SPEED	2	4	4	5	6	8	8	8	4	2
	INCLINE	2	3	3	4	6	6	3	2	2	0
P74	SPEED	2	4	3	4	5	8	9	8	3	2
	INCLINE	3	3	3	5	3	3	3	2	2	2
P75	SPEED	2	3	2	5	8	8	3	5	3	3
	INCLINE	3	5	5	4	3	3	3	4	3	2
P76	SPEED	2	3	3	6	4	2	3	4	4	2
	INCLINE	4	4	4	9	9	6	6	5	3	3
P77	SPEED	2	4	4	8	8	5	6	3	3	2
	INCLINE	4	5	5	10	10	12	12	8	6	3
P78	SPEED	2	4	5	7	9	5	4	4	2	3
	INCLINE	5	5	5	8	9	9	9	7	4	2
P79	SPEED	3	4	5	9	5	7	5	9	6	3
	INCLINE	5	6	6	8	8	10	10	8	6	3
P80	SPEED	2	5	7	6	11	10	6	5	4	3
	INCLINE	3	6	5	5	3	3	2	4	5	2
P81	SPEED	1	1	3	3	2	5	4	3	1	1
	INCLINE	2	5	5	6	4	4	6	6	3	2
P82	SPEED	3	4	6	4	2	2	6	3	4	3
	INCLINE	5	5	8	8	9	4	4	4	4	0
P83	SPEED	3	4	7	5	7	2	6	4	4	3
	INCLINE	2	4	4	6	6	0	0	2	1	0
P84	SPEED	3	3	3	5	7	5	7	6	2	2
	INCLINE	3	3	5	1	2	2	2	2	2	0
P85	SPEED	2	2	4	3	3	3	4	4	2	2
	INCLINE	0	2	2	3	3	3	1	1	1	0

P86	SPEED	1	3	4	3	3	4	5	5	3	2
	INCLINE	5	5	10	9	9	4	4	4	4	0
P87	SPEED	3	4	6	9	9	9	9	6	2	1
	INCLINE	5	5	7	9	9	4	4	4	4	0
P88	SPEED	3	4	5	5	5	5	7	7	3	3
	INCLINE	2	3	3	6	6	0	0	2	1	0
P89	SPEED	2	4	4	5	5	4	7	7	3	2
	INCLINE	3	3	2	1	2	2	2	2	2	0
P90	SPEED	2	4	9	9	10	8	6	4	4	3
	INCLINE	2	3	3	5	5	4	4	4	4	0
P91	SPEED	2	4	6	8	8	3	8	9	12	2
	INCLINE	2	3	6	2	8	10	15	8	6	3
P92	SPEED	2	4	7	8	8	8	10	4	8	1
	INCLINE	3	6	5	5	4	6	8	14	5	2
P93	SPEED	2	2	8	9	8	8	10	7	8	1
	INCLINE	2	5	5	6	8	4	6	6	13	2
P94	SPEED	2	2	4	9	12	12	4	10	4	1
	INCLINE	5	5	9	8	9	4	4	4	4	0
P95	SPEED	1	2	3	4	5	6	7	8	4	2
	INCLINE	2	2	2	6	6	0	0	2	1	0
P96	SPEED	2	12	3	12	12	3	4	8	10	1
	INCLINE	3	3	6	1	2	2	2	2	2	0
P97	SPEED	2	4	2	8	2	12	2	4	8	1
	INCLINE	0	2	2	3	3	3	1	1	1	0
P98	SPEED	2	4	2	12	1	4	12	6	10	1
	INCLINE	5	5	10	9	9	4	4	4	4	0
P99	SPEED	2	4	2	12	8	4	12	6	10	1
	INCLINE	5	5	8	9	9	4	4	4	4	0

4.4. User Programs:

A. Setting the user program

During the standby state, Press the 'PROGRAM' button to select the 'U01','U02','U03', the 'TIME' window will flash and showing the pre-set time 10:00. Press the 'INCLINE+', 'INCLINE-', 'SPEEDE+', 'SPEED-' to set the time. Then press the 'MODE' button to set the program parameters. Now you can set the parameters of the first period.

1. Press the 'SPEED+', 'SPEED-' or the shortcut button(3,6,9,12,15km/h) to set the speed,
2. Press the 'INCLINE+', 'INCLINE-' or the shortcut button(3,5,10,16,20) to set the incline.
3. Press the 'MODE' button to finish the settings of the first period and to enter into the second.
4. Continue this until all 10 periods are complete. The setup parameters will remain permanently until you reset them. The data be lost if power was disconnected.

B. Using the user program

During the standby state continue to press the 'PROGRAM' button until you reach 'U01','U02','U03'. Once you have finished setting them up, press the 'START' button to start the treadmill. The treadmill will run according to the setup program.

4.4. Heart Rate Control (HRC) Programs:

The sheet of HRC

HRC											
AGE	BPM			AGE	BPM			AGE	BPM		
	High	Default	Low		High	Default	Low		High	Default	Low
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91

26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

Using the HRC

1. Continue press the 'MODE' button till the distance window displays 'HRC', the peak speed of this program is 10.0km/h. (**Note:** under this situation ,the system default is: age 30, Target HR:114 for reference)
2. Press the 'MODE' button enter into the setup for age, the INCLINE window by default will display the age:30, the TIME window shows the title: 'Age' . You can select the appropriate age through the 'INCLINE+' or 'INCLINE- ', 'SPEED+' or 'SPEED-' button .The range is between:15-80 years (reference the HRC sheet)
3. After the selection of the age, press the 'MODE' button. The system will recommend an appropriate target heart-rate displaying on the window for reference, and the time window will show 'HR'. You can chose the appropriate TARGET HR according to your body through the 'SPEED+' or 'SPEED-', 'INCLINE+' or 'INCLINE-' button. The range is between: 84 – 195 (reference the HRC sheet).
4. After the selection of the age and the target heart rate, press 'MODE' to set the total time. The time window default display: 10:00 minutes. Press the 'INCLINE+ or INCLINE-, SPEED+ pr SPEED-' to set the time. The range is between: 5:00-99:00minutes.
5. Under this situation The 'MODE' button is invalid, Press the 'START' directly to start the treadmill.
6. Under the operation of the HRC program, Press the 'INCLINE+, INCLINE-, SPEED+, SPEED-' to adjust the incline and the speed. However, the system will adjust the cylinder and speed to keep you heart rate close to the target heart rate.

7. The warm up state starts 1 minute from the beginning. At this time, only manual adjustment of the speed and incline is allowed, not the auto-adjustment by the system. After 1 minute, the system will add the speed at the frequency of 1 setting every 10 seconds. When the speed has reached the peak value, the system will add the incline at the frequency of 1 setting every 10 seconds to increase intensity. As the amount of intensity increases, the user's heart rate will increase. When the user's heart rate exceeds the Target value, the System will reduce the incline first at the same frequency. When the incline reaches '0', the system will reduce the speed to keep the user's actual heart rate close to the target heart-rate.

4.5. Body Fat Test Program:

1. During the standby state, press the "PROGRAM" button to select the "FAT" (Body fat test mode)
2. Press the "MODE" button to set the parameter (F-1--sex, F-2—age, F-3—height, F-4—weight, F-5-physical testing). Press the "SPEED+/SPEED-" buttons to set the value (F-1...F-4). Upon reaching the heart rate step (F-5 where the screen displays "---") grasp the hand pulse with both hands for 5-6 seconds the window will display your body mass index.
3. After entered the body fat test function, the first display will be F-1 to set the sex. The setting default value is 01(male) and you can press the SPEED+/SPEED- to input the sex:01-male, 02-female.
4. Press the "MODE" button to enter into the state (window display: F-2) to set the age, the setting default value is 25 years. Press the SPEED+/- to adjust the data (Range: 10—99 years).
5. Press "MODE" button enter into the state (window display: F-3) to set the height, the setting default value is 170(cm). Press the SPEED+/- to adjust the data (Range: 100-200cm).
6. Press "MODE" button enter into the state (window display: F-4) to set the weight, the setting default value is 70(kg). Press the SPEED+/- to adjust the data (Range: 20-150kg).
7. Press "MODE" button select "F-5",when the window displays "---" you have enter into the body fat test procedure . Grasp the hand pulse for 8 seconds , the window will display the body fat data and BMI.

This data is just for reference is not medical data.

F-1	sex	01-male	02-female
F-2	age	10-99	
F-3	height	100-200	
F-4	weight	20-150	
F-5	BMI	≤19	underweight
		=(20---25)	normal
		=(25---29)	overweight
		≥30	obese

Running parameter display and setting range:

	Default value	Setting default value	Setting Range	Display Range
TIME(M:S)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(KM/H)	0.0	N/A	N/A	1.0—22.0
INCLINE (SECTIONS)	0	N/A	N/A	0—20
DISTANCE(KM)	0.0	1.00	0.50—99.90	0.00—99.99
CALORIES(KCL)	0	50.0	10.0—999.0	0.0—999

4.6. Speaker Function:

When turn on the power, connect your audio equipment, the computer will play the music you can adjust the sound size by the button on the audio equipment. PLS not too loud that will affect the quality of the sound and the inside audio.

4.7. Heart Rate:

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds. To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

The heart rate data is for reference purposes ONLY.

4.8. Sleep function:

The treadmill automatically enters sleep mode after 10 minutes of inactivity. Press any key on the display to wake the treadmill.

4.9. USB Dock:

The display is equipped with a USB Dock. This can be used to connect external devices, such as USB memory sticks and portable devices. Connecting a memory stick with music files will allow it to play music. Connecting a devices such as a phone, will allow the device to charge.

7. EXERCISE GUIDE

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

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

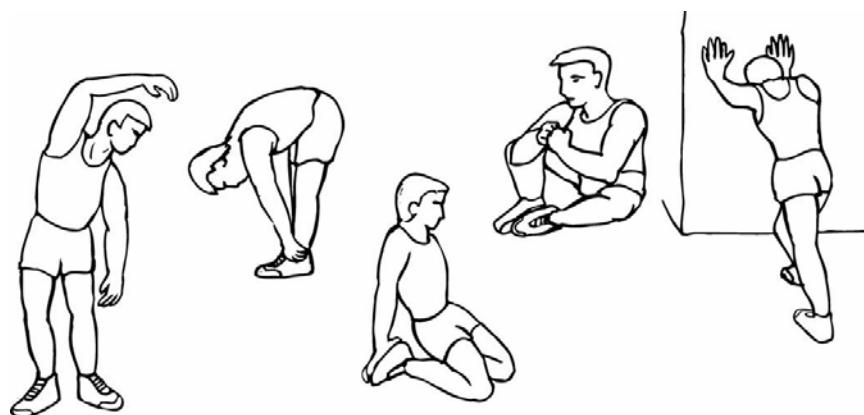
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

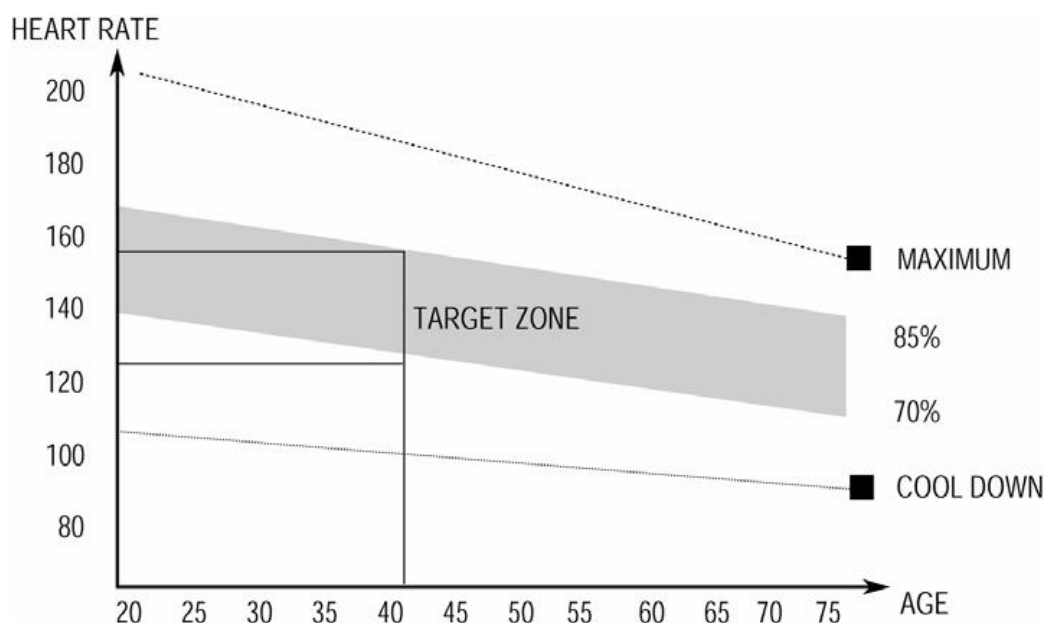
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

8. MAINTENANCE INSTRUCTIONS

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

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

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE

WARNING: STOP TREADMILL BEFORE FOLDING

1. General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

2. General Care

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.

- If in doubt do not use the treadmill and contact us.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

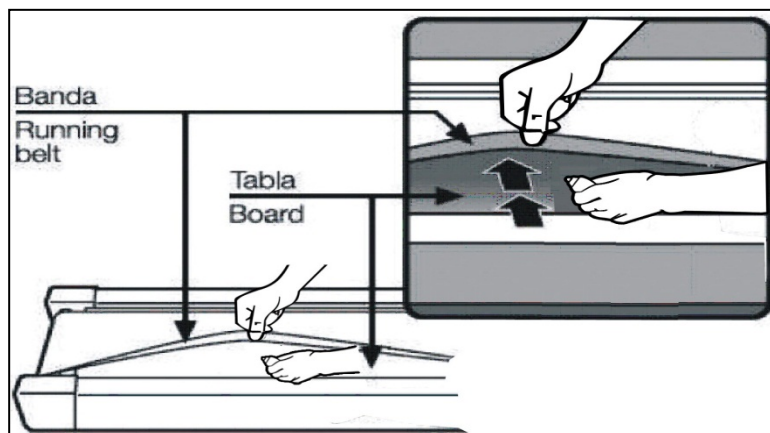
3. Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 30 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).



3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

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

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

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

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

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

5. Adjusting the Running Belt

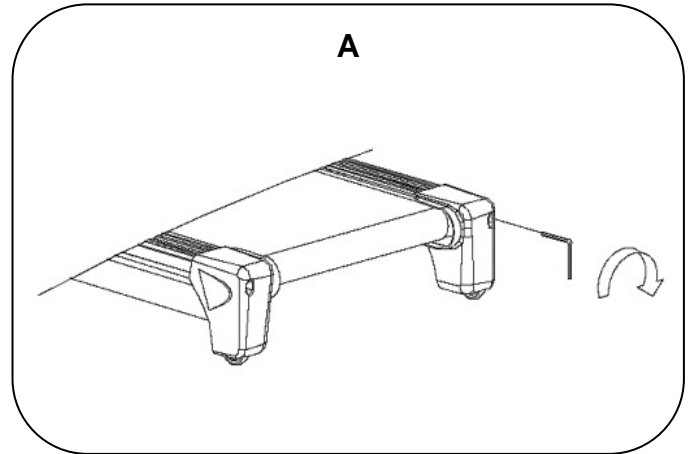
Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

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

Whilst the treadmill is running at 4km/h, carefully turn the **right** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture A*

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

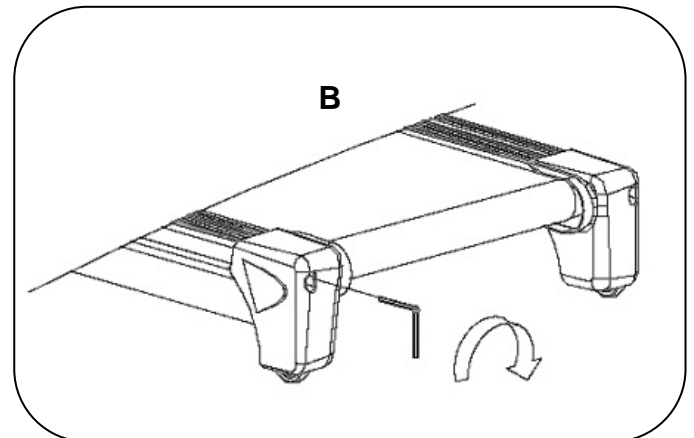


If the belt has drifted to the **left**:

Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture B*

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

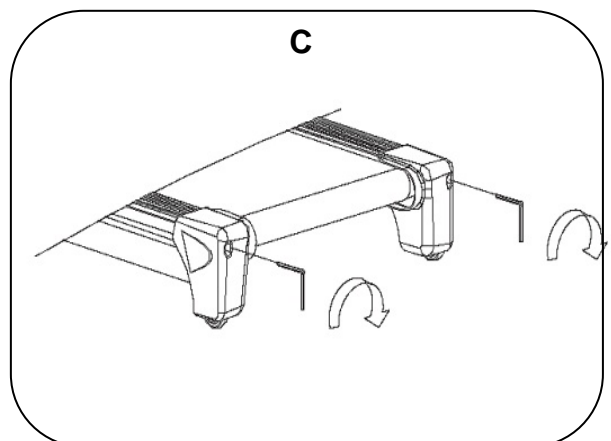


To adjust the **tightness** of the belt:

Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

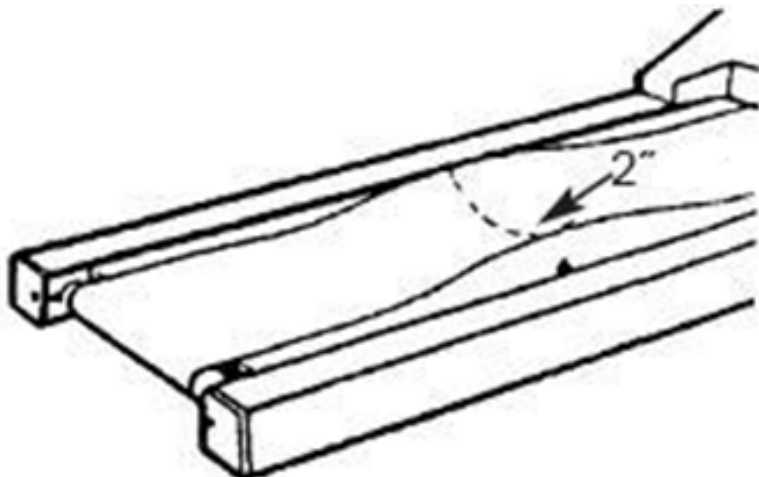
See *Picture C*

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

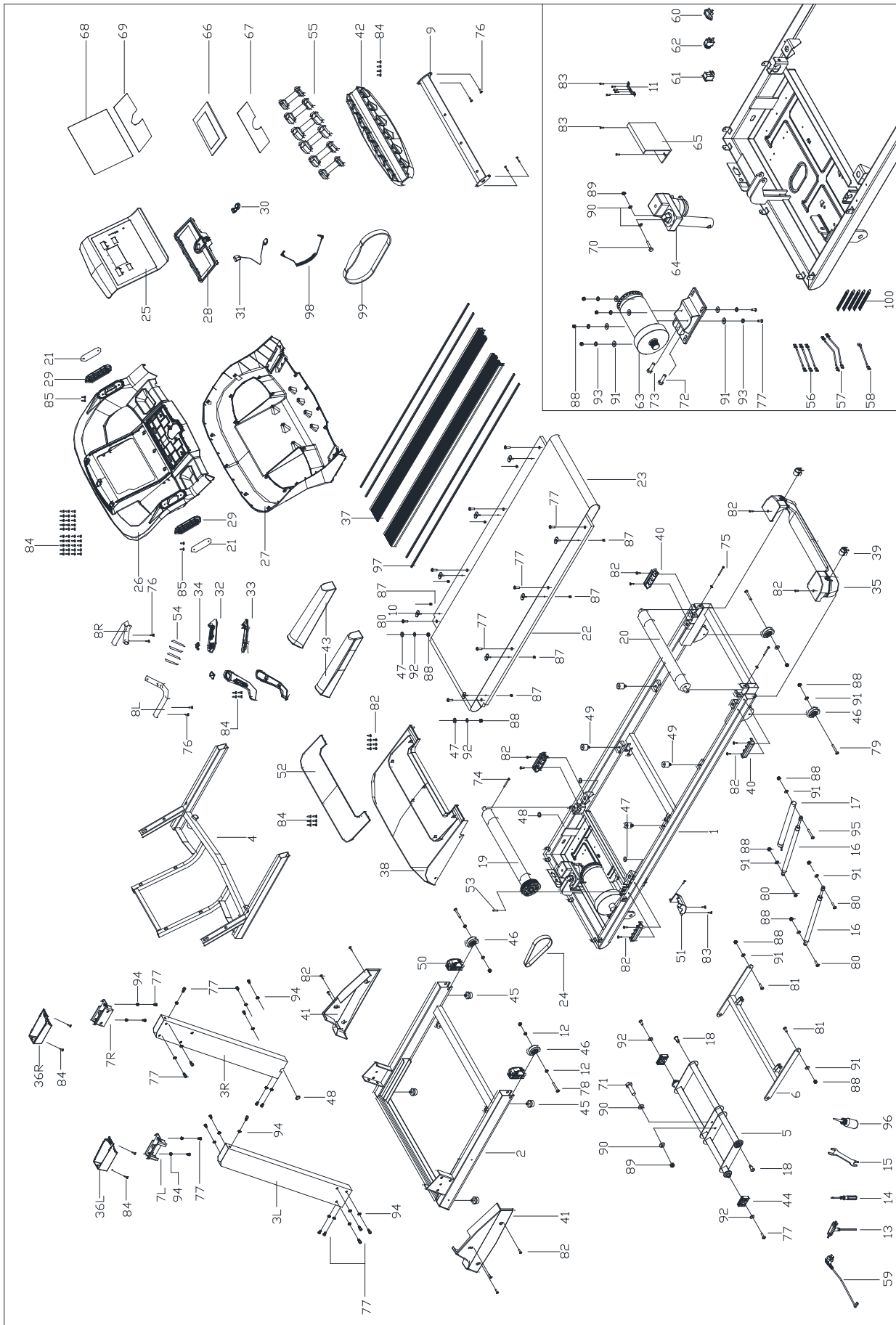


NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

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



9. EXPLODED DIAGRAM



10. PARTS LIST

NO.	ITEM	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	Q'TY
1	Main frame		1	25	Computer panel		1
2	Base frame		1	26	Computer top cover		1
3	L/R Upright		2	27	Computer bottom cover		1
4	Computer bracket		1	28	Button Board		1
5	Incline bracket		1	29	Speaker net fixed part		2
6	Incline stop		1	30	Emergency stop button		1
7	Connection parts		2	31	Safety lock		1
8	Hand pulse tube		2	32	Hand pulse top cap		2
9	Dumbbell bracket tube		1	33	Hand pulse bottom cap		2
10	Ending buckle		8	34	button		2
11	Earth wire connector		1	35	Rear end cap		1
12	Small sleeve		2	36	L/R upright end cap		2
13	T-type wrench		1	37	Plastic edging		2
14	Screw driver		1	38	Motor top cover		1
15	Wrench		1	39	decorative cap of rear end cap		2
16	Cylinder		2	40	Oval bumper		4
17	Cylinder sleeve		1	41	Front protect cap		2
18	Bolt		2	42	Dumbbell bracket		1
19	Front roller		1	43	L/R handrail		2
20	Rear roller		1	44	Incline slider		2
21	Speaker net		2	45	Foot pad		4
22	Running board		1	46	Transporting wheel		4
23	Running belt		1	47	Running board shock pad		2
24	Belt	200-J8	1	48	Ring plug		2

NO.	ITEM	DESCRIPTION	QTY	NO.	ITEM	DESCRIPTION	QTY
49	Bumper		4	75	bolt	M8*75	2
50	Transporting wheel end cap		2	76	bolt	M6*15	8
51	Belt pulley protect cap		2	77	bolt	M8*20	30
52	Motor decorative cap		1	78	bolt	M8*50	2
53	bolt	M6*20	1	79	bolt	M8*40	4
54	Steel disc for hand pulse		4	80	bolt	M8*30	5
55	Dumbbell		1set	81	bolt	M8*25	2
56	Single wire		3	82	bolt	M6*20	2
57	Single wire		2	83	bolt	M4*8	28
58	Single earth wire		1	84	Tapping screw	ST4.0*15	53
59	Power wire		1	85	Tapping screw	ST4.0*10	4
60	Tail socker		1	86	bolt	M5*30	2
61	Power switch		1	87	nut	M5	8
62	Overload protector		1	88	nut	M8	18
63	DC motor		1	89	nut	M10	2
64	AC motor		1	90	washer	φ11*φ20*t2.0	4
65	controller		1	91	washer	φ9*φ16*t1.6	18
66	Display screen		1	92	washer	φ9*φ20*t1.6	4
67	Film button		1	93	washer	φ8.1*φ12.3*t2.1	8
68	Face map		1	94	washer	φ8.4*φ14.5*t0.8	20
69	Button board sticker		1	95	bolt	M8*45	1
70	bolt	M10*45	1				
71	bolt	M10*60	1	97	Little edging		4
72	bolt	M8*60	1	98	Spring line of MP3		1
73	bolt	M8*55	1	99	HRC		1
74	bolt	M8*60	1	100	Wire buckle		5
75	bolt	M8*75	2	101	Plastic edging washer		38

NO	ITEM	DESCRIPTION	QTY		NO.	ITEM	DESCRIPTION	QTY	
102	Main frame		1		105	Hand pulse		2	
103	Computer assembly		1		106				
104	Dumbbell rack		1		107				

11. TROUBLE SHOOTING GUIDE

Fault Description	Possible Reason	Check Method	Fault Processing
Power on , no reaction in the computer	1. power plug get loose	1. check the plug and make sure the wire connect well	1. connect the wire again
	2. power switch not open	2. check the switch	2. turn on the power again
E01(fault code)	Communication issues exist between computer and controller	1. check the connection line between the computer and the controller	1. change the line
		2. check the joints	2. connect the joints again
E02(fault code)	Explosion-proof protection	1. the power and voltage is less than 50% normal	1. use the correct power and voltage
		2. check the connection of the motor or the motor may damaged	2. connect again or change the motor
		3. check if there is a smell coming from the controller	3. exchange the controller
E03(fault code)	1. failure to detect the motor signal for 15 seconds or above 2. failure to detect the sensor signal for 10 seconds	1. check the installation of the sensor and the magnet.	1. correct install the sensor and the magnet
		2. check the connection of the sensor	2. reconnect
		3. check the sensor if it is damaged	3. change the sensor
E04(fault code)	Incline motor fault	1. check the connection of the VR line	1. reconnect the joint of the VR line
		2. check the connection of the AC line	2. reconnect the joint of the AC line
		3. check the connection of the motor line	3. reconnect or change the wires
		4. check the motor if it is damaged	4. change the motor

E05(fault code)	Over-current	<ol style="list-style-type: none"> 1. make sure the power and voltage complies with standard 2. change the motor or controller, test again
E08(fault code)	EEPROM(data memory error)	The part 24C02 is broken or not connected well check connection and replace if necessary.
Press the 'START' button, the motor doesn't work	<ol style="list-style-type: none"> 1. the motor is not connected well. 2. The protector of the controller damaged or loose 3. The IGBT is burn out, 	<ol style="list-style-type: none"> 1. Check the connection of the motor. Check the wires and the plug. make sure the connection is well 2. Correct install the protector, make sure it is intact. 3. Use the universal meter to check the IGBT, If it is burn out. You should change the IGBT or the controller.

12. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>