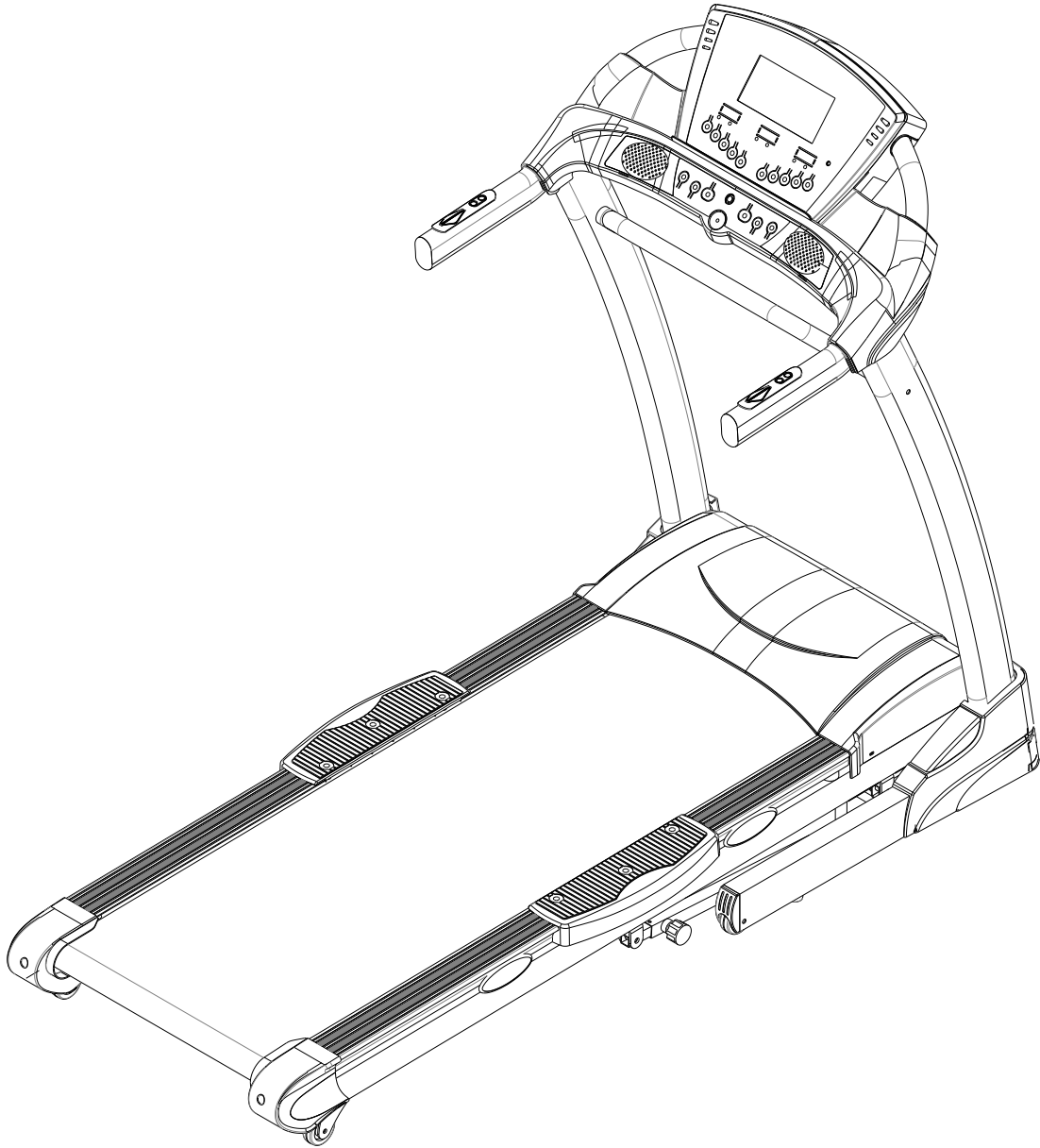




TRACTION II OWNER'S MANUAL



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

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

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill.

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

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

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

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

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

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

2. IMPORTANT ELECTRICAL INFORMATION

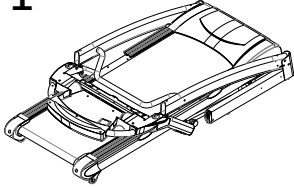

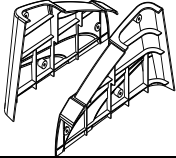
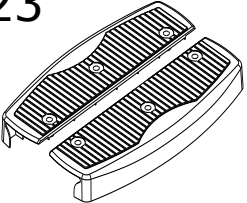
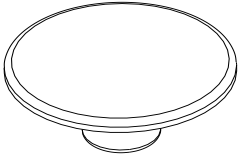
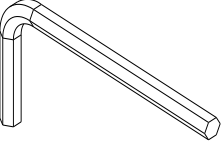
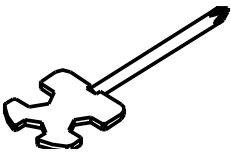
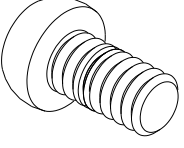

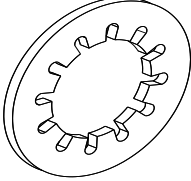
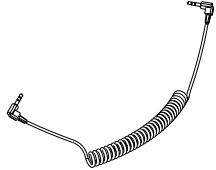
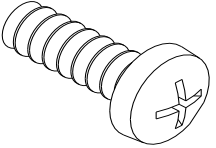
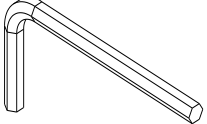
WARNING!

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

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.

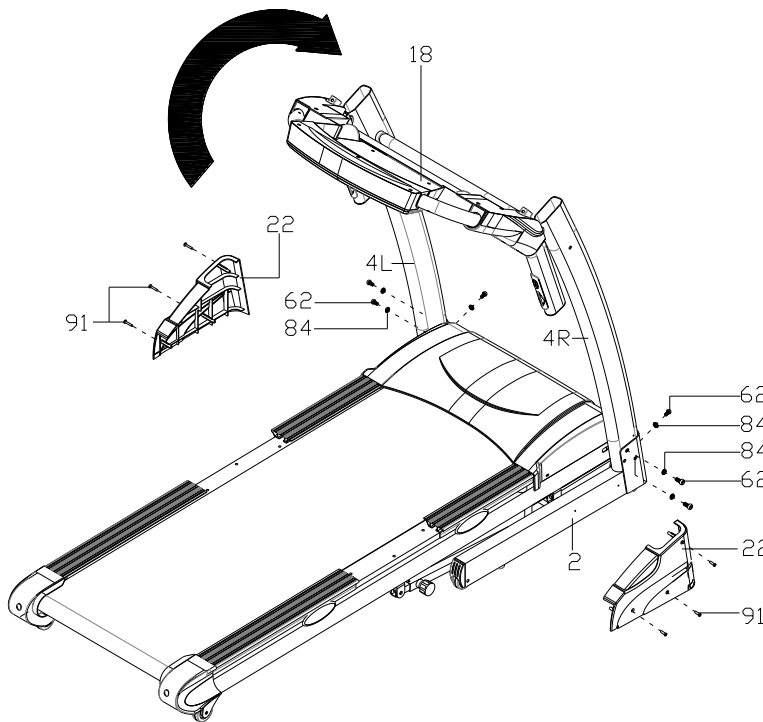
4. ASSEMBLY INSTRUCTIONS

1 	19 	22L/R 	23 
33 	51 	52 	62 
63 	84 	86 	91 
92 			

PART LIST

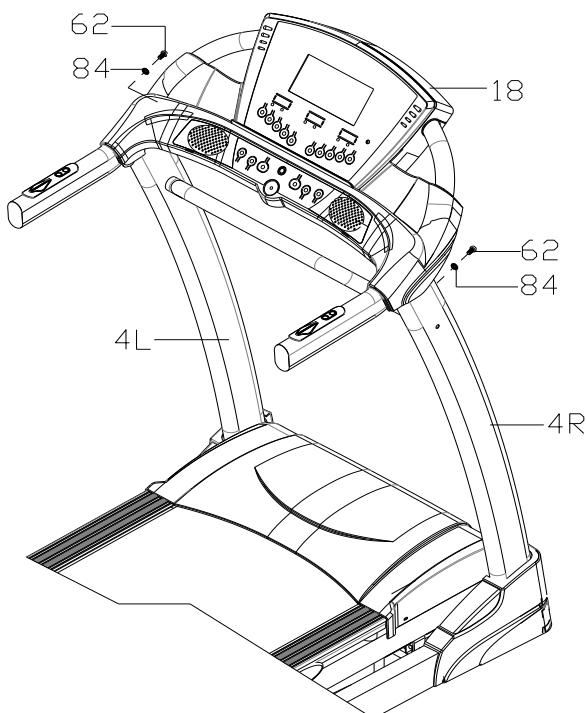
NO.	DESCRIPTION	REMARK	Q'Y	NO.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1	62	BOLT	M8*15	8
19	SAFETY KEY		1	63	BOLT	M6*25	6
22L/R	FRONT COVER		2	84	INNER WASHER	$\phi 8.4 * \phi 14.5 * t0.8$	8
23	FOOT PLATE		2	86	MP3 OUTPUT WIRE		1
33	FOOT PLATE PLUG		6	91	BOLT	M4*15	6
51	ALLEN WRENCH	S5	1	92	ALLEN WRENCH	S6	1
52	SCREW DRIVER		1				

STEP 1:



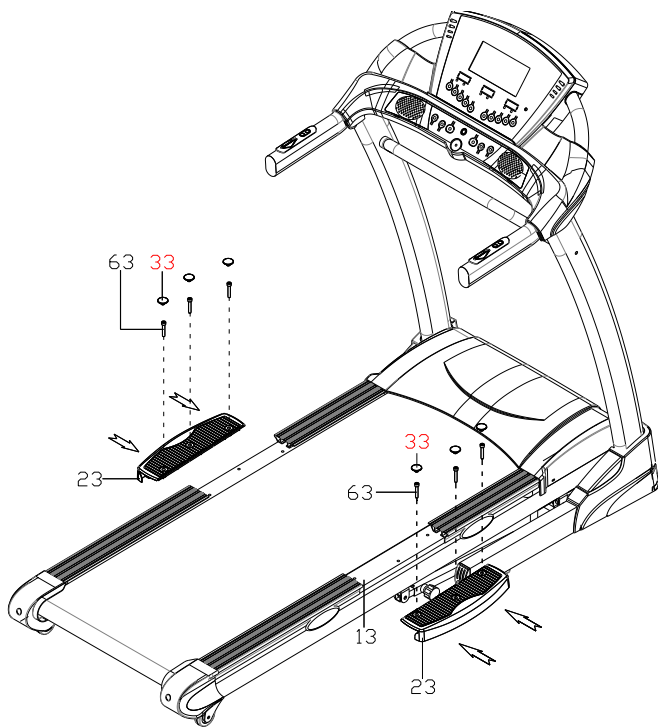
1. Open the box and put mainframe on the floor;
 2. With both hands holding the computer (18), rotate the uprights (4L/4R) so it is aligned with the arch pocket on mainframe (2) as shown by the arrow
 3. Use the M8*15 bolt (62) and washer (84) to secure the uprights (4L/R) to the mainframe (2)
 4. Use the M4*15 bolt (91) to secure the cover (22) to the mainframe (2)
 5. Pull up (4L/4R), as shown by the arrow, and rotate until it is aligned with the arch pockets on uprights (4L/4R).
-

STEP 2:



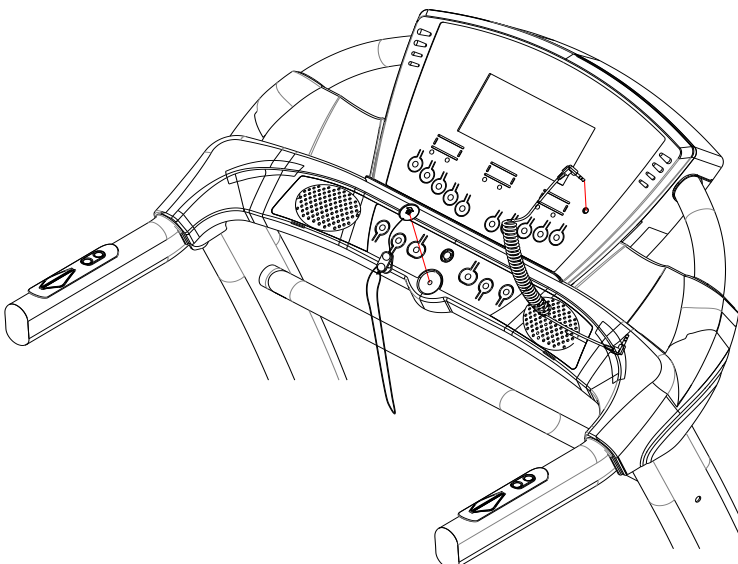
1. Use the M8*15 bolt (62) and washer (84) to lock the computer (18) to the upright (4L/4R).
-

STEP 3:



1. Use the M6*25 bolt (63) to lock the foot plate (23) to the running board (13) tightly
 2. Attach the foot plate plug (33)
-

STEP 4:



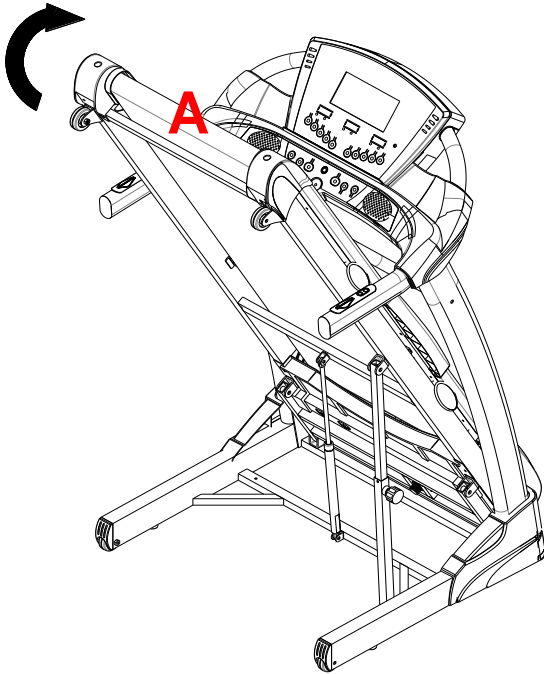
1. Put on the safety key and MP3 output wire
-

ATTENTION

You must first confirm that you have performed a complete assembly as outlined above and secured all nuts bolts before proceeding with the following.

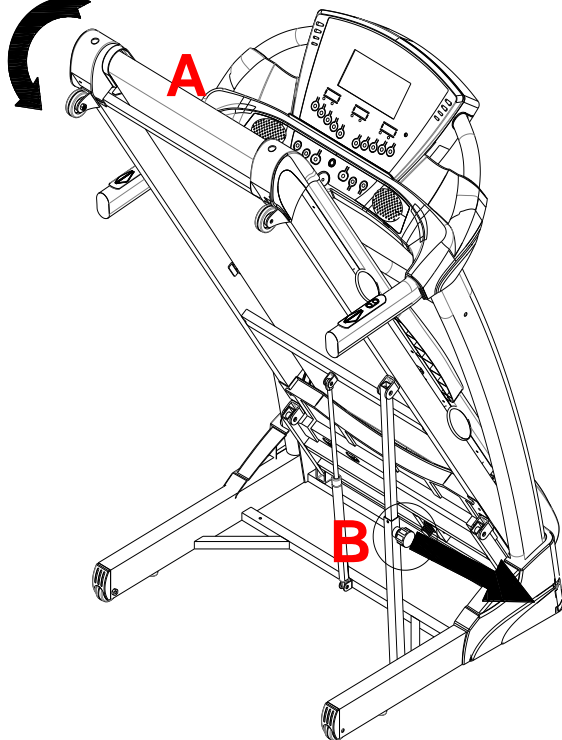
5. FOLDING INSTRUCTIONS

Folding:



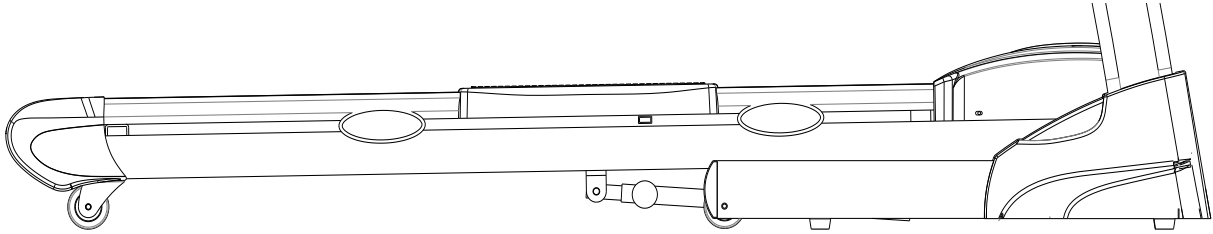
Erect the base frame using position (A) until you hear the click sound emitted by the lock pin

Unfolding:

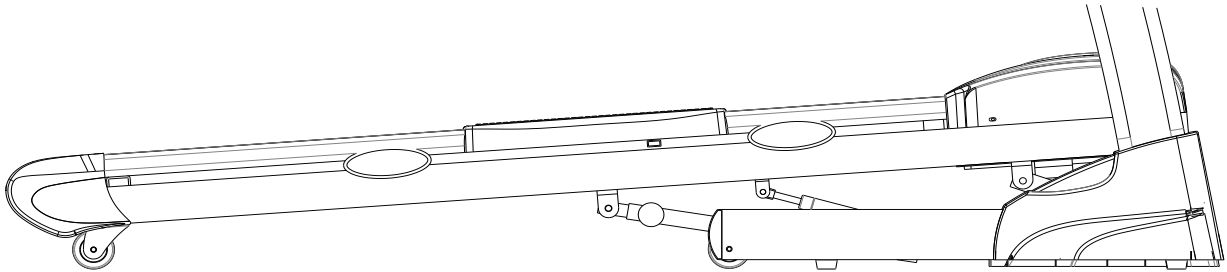


Whilst supporting position (A) with your hand, use your hand to pull the spring pin (B) lightly and allow the machine to descend but itself smoothly.

6. INCLINE INSTRUCTIONS



PICTURE 1



PICTURE 2

"INCLINE+/-" and "+/-" on left handrail are incline add and subtract buttons.

When adjusting the incline whilst the treadmill is running, the increase is 1 level per press.

Holding the incline for button more than 2 seconds will quickly increase or decrease the incline.

There are also shortcut keys 3, 6, 9, 12 on the computer.

Picture 1 shows incline "0", Picture 2 shows incline "20".

7. GROUNDING METHODS

This product must be grounded. In the event of malfunction or breakdown, grounding reduces the risk of electric shock. This product is equipped with a cord with 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.

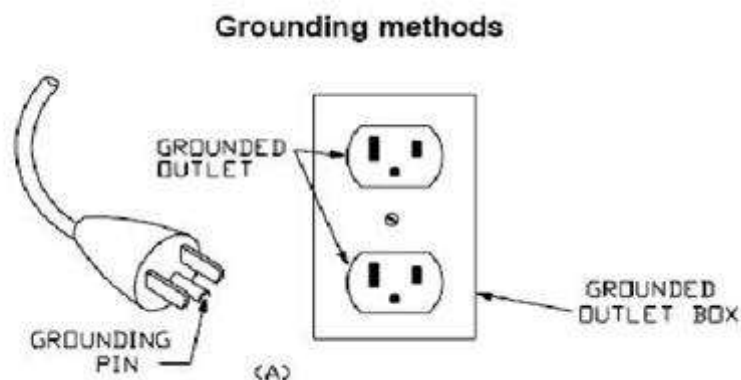
DANGER

Improper connection of the equipment-grounding conductor can result in 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.

This product is for use on a nominal 240-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Ensure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



8. OPERATION GUIDE

1. OVERVIEW



2. START

Quick start after a 3 second countdown

3. PROGRAM

Cycles through available programs – 3 manual, 99 preset

4. SAFETY LOCK

Display window will show “---” if safety key is removed and the treadmill will stop immediately after emitting 2 beeps. Replace the safety key to resume normal operation.

5. BUTTON FUNCTIONS

5.1 START/STOP

START – when the treadmill is not running, press this button to start at 1km/h

STOP – when the treadmill is running, press this button to stop and return the program back to the default manual program

5.2 PROGRAM

When the treadmill is not running, press the 'PROG' button to cycle through available programs and choose desired program from "1.0" (manual) to "P01—P99"(preset) to FAT (BMI test).

Manual mode is the default program, the default speed in kilometers is 1.0 km/h. and the fastest speed is 22.0 km/h.

A) Press "PROG" and the window will show "P01--P99". Choose the desired program, and the "TIME" window will show "10:00", and press "INCLINE+/-" & "SPEED+/-" to set desired duration, and then press "START" to run.

B) Press "START" to start the preset program. All programs are divided into 10 sections. The time for each section is 1/10th of the total program time. When the system enters into the next section, the treadmill will emit 3 "beeps" and the speed will be changed according to the program settings.

C) You can press "INCLINE+/-" & "SPEED+/-" to change the speed and incline in every section, however when the treadmill reaches the next section, it will return its default speed and incline set by the program.

D) When you are about to complete a program, the treadmill will emit 3 beeps it will stop gradually within 5 seconds. The window will show "END".

5.3 MODE

Whilst the treadmill is not running, pressing this button cycles through modes: "0:00", "15:00", "1.0", "50" ("0:00" = Manual mode; "15:00" = timer countdown mode, "1.0" = distance countdown mode and "50" = calorie countdown mode). Upon selecting a mode, pressing the speed button to will change the total amount. The START button will start the selected mode.

6. DISPLAY FUNCTIONS

SPEED – running speed

TIME – running time, time remaining

DISTANCE – running distance, distance remaining

CALORIE – calories burnt, calories remaining

PULSE – current pulse (beats per minute)

7. PULSE FUNCTION

Hold hand pulse sensors for 5 seconds. Heart shaped graphics will appear when the machine is testing pulse. Heart rate data is for reference ONLY.

8. BODY FAT TESTER

Press "PROGRAM" until the window displays "FAT".

Press "MODE" to select parameters after entering data (F1 = "SEX", F2 = "AGE", F3 = "HEIGHT", F4 = "WEIGHT").

Use "SPEED+/-" to set data. After entering all data the window will display "F5".

Place both hands on the hand sensors for 5 seconds, and the window will display your body fat data.

Input parameter display and setting limits

	PARAMETERS	ARRANGEMENT	NOTE
F-1	SEX	01--02	01= MALE 02= FEMALE
F-2	AGE	10—99 YEARS	
F-3	HEIGHT	100—200 CM	
F-4	WEIGHT	20—150 KGS	

FA (BMI)	RESULT
≤19	UNDER WEIGHT
20--25	NORMAL WEIGHT
25--29	OVER WEIGHT
≥30	OBESITY

9. PROGRAM TABLE

	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P0	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Speed	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P1/ P49	Incline	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2/ P50	Incline	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3/ P51	Incline	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4/ P52	Incline	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5/ P53	Incline	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6/ P54	Incline	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
	Speed	2	4	4	5	6	8	8	6	7	8	8	6	6	4	4	2	5	4	3	2
P7/ P55	Incline	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8/ P56	Incline	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9/ P57	Incline	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10/ P58	Incline	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11/ P59	Incline	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P12/ P60	Incline	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	7	6	3
	Speed	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13/ P61	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P14/ P62	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P15/ P63	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
P16/ P64	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P17/ P65	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P18/ P66	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P19/ P67	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P20/ P68	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
P21/ P69	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
P22/ P70	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
P23/ P71	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
P24/ P72	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Speed	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
P25/ P73	Incline	2	6	6	8	10	8	6	6	2	2	2	6	6	8	10	8	6	6	2	2
	Speed	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P26/ P74	Incline	2	3	4	5	2	3	4	5	4	3	2	3	4	5	2	3	4	5	4	3
	Speed	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P27/ P75	Incline	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	Speed	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
P28/ P76	Incline	1	3	1	2	1	2	1	1	2	0	1	3	1	2	1	2	1	1	2	1
	Speed	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P29/ P77	Incline	1	2	2	3	4	4	3	2	1	0	1	2	2	3	4	4	3	2	1	1
	Speed	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2

P30/ P78	Incline	1	4	5	7	9	11	9	7	5	3	1	4	5	7	9	11	9	7	5	3
	Speed	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P31/ P79	Incline	2	5	6	8	1	8	6	6	2	2	2	5	6	8	1	8	6	6	2	2
	Speed	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P32/ P80	Incline	2	4	4	5	2	3	4	5	4	3	2	4	4	5	2	3	4	5	4	3
	Speed	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
P33/ P81	Incline	2	3	6	2	4	6	2	4	6	2	2	3	6	2	4	6	2	4	6	2
	Speed	1	4	6	8	1	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
P34/ P82/ P99	Incline	4	5	5	5	6	6	6	7	8	9	9	9	1	1	1	12	12	8	6	3
	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P35/ P83	Incline	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P36/ P84/ P98	Incline	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	1	1	8	6	3
	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P37/ P55	Incline	2	6	6	8	1	8	6	6	2	2	2	6	6	8	1	8	6	6	2	2
	Speed	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P38/ P86	Incline	2	3	4	5	2	3	4	5	4	3	2	3	4	5	2	3	4	5	4	3
	Speed	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P39/ P87/ P97	Incline	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	Speed	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
P40/ P88	Incline	1	3	1	2	1	2	1	1	2	0	1	3	1	2	1	2	1	1	2	1
	Speed	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P41/ P89	Incline	1	2	2	3	4	4	3	2	1	0	1	2	2	3	4	4	3	2	1	1
	Speed	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P42/ P90	Incline	1	4	5	7	9	11	9	7	5	3	1	4	5	7	9	11	9	7	5	3
	Speed	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P43/ P91	Incline	2	5	6	8	1	8	6	6	2	2	2	5	6	8	1	8	6	6	2	2
	Speed	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P44/ P92	Incline	2	4	4	5	2	3	4	5	4	3	2	4	4	5	2	3	4	5	4	3
	Speed	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
P45/ P93	Incline	2	3	6	2	4	6	2	4	6	2	2	3	6	2	4	6	2	4	6	2
	Speed	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
P46/ P94	Incline	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P47/ P95	Incline	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P48/ P96	Incline	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	1	1	8	6	3
	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3

9. 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

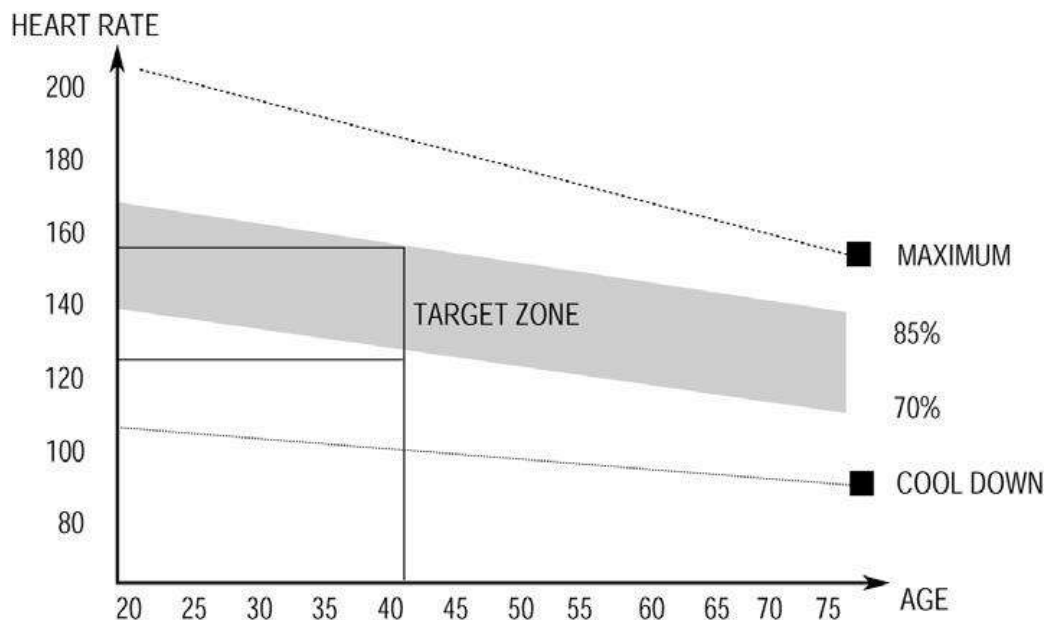
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.

10. 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 our helpline.

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. Lubrication is provided with this unit. You should apply lubrication after approximately the first 50 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.

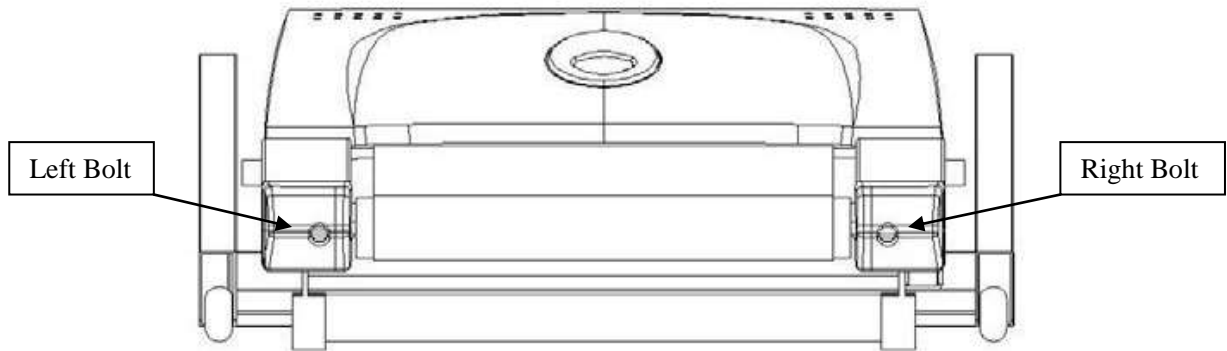
If the surface is slick when touched, then no further lubrication is needed.

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. Belt Tension Adjustment

It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in the diagram below:



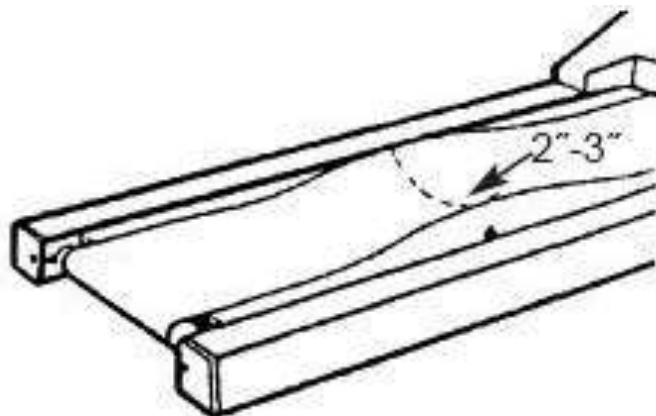
Note: Adjustment is through small hold of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVER TIGHTEN - Over tightening will cause belt damage and premature bearing failure.

This may also cause reduced motor performance and excessive roller wear.

NOTE: When properly tightened, the sides of the belt can be raised approximately 2-3 inches off the board.

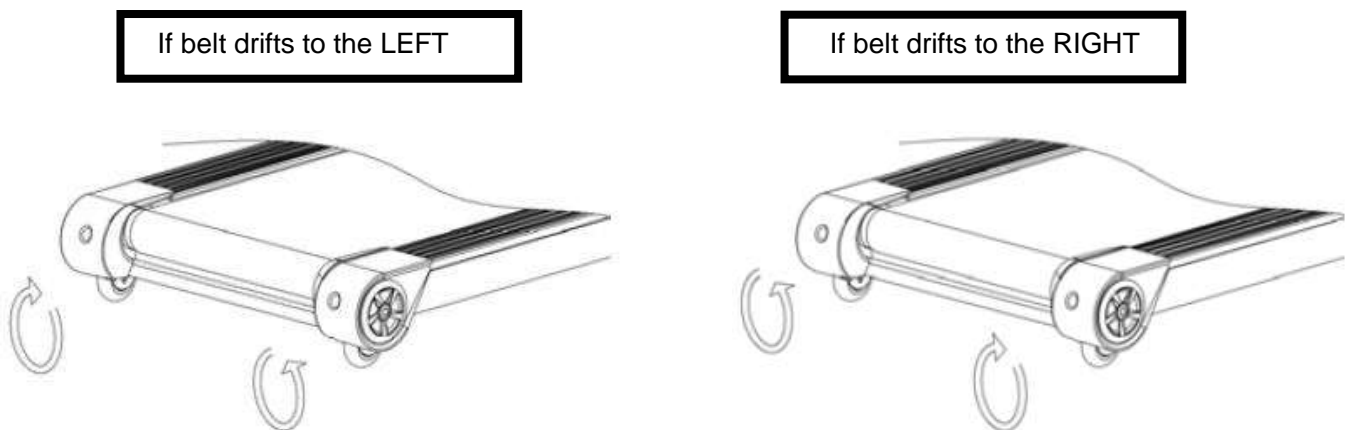


6. Belt Tracking Adjustment:

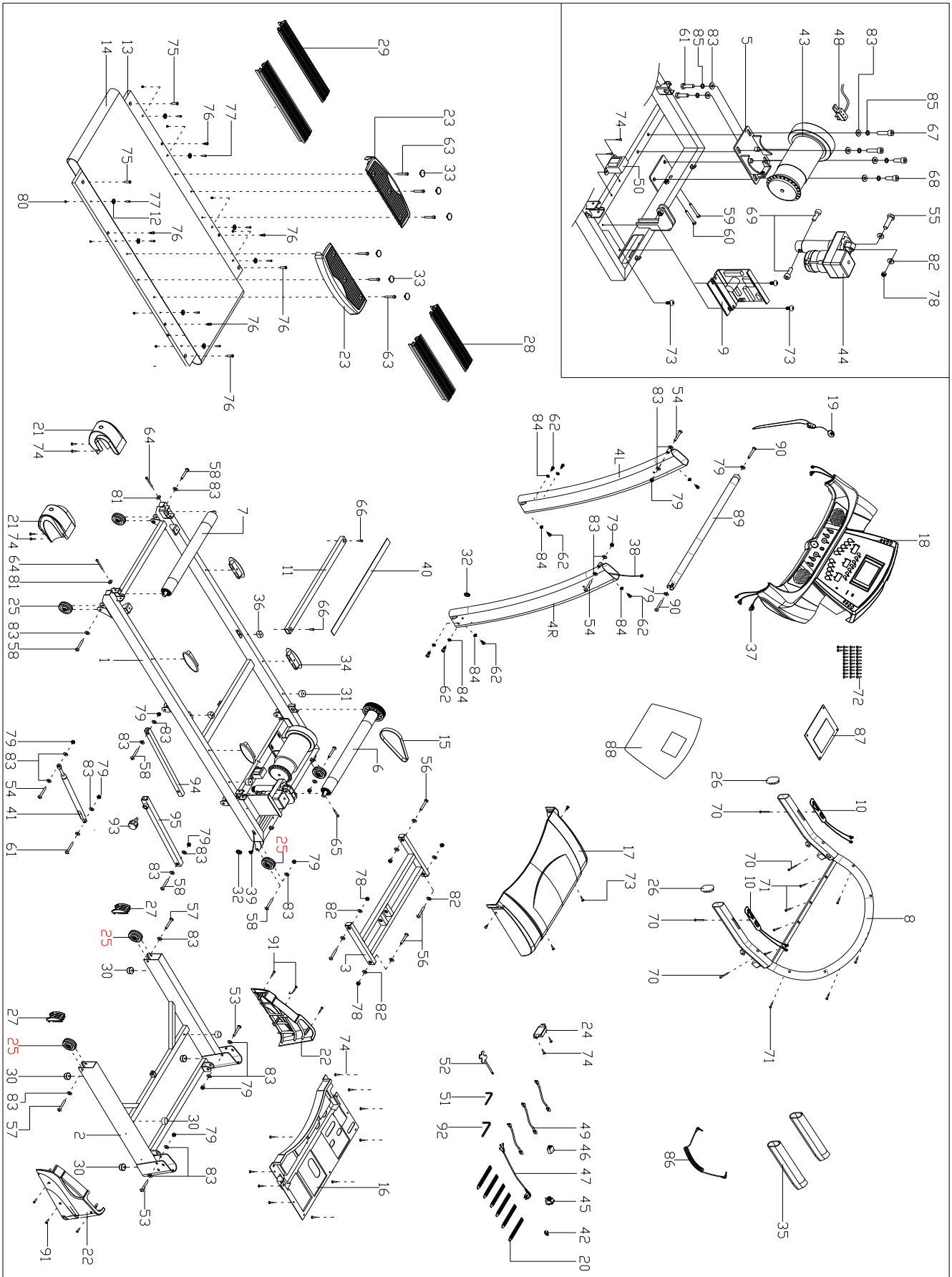
This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are below:

1. Set speed at approximately 3.5km/h.
2. Check the side the belt shifts to.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Allen Key, until the belt is centred itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using a 6mm Allen Key, until the belt is centred. When adjusting the belt using the 6 mm Allen Key, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.



11. EXPLODED DIAGRAM



12. PARTS LIST

NO	DESCRIPTION	REMARK	Q'Y	NO	DESCRIPTION	REMARK	Q'Y
1	Main frame		1	25	Adjustable wheel	φ 9*φ 62*23.5	6
2	Base frame		1	26	Ellipse end cap	30*60*t1.5	2
3	Incline bracket		1	27	Transporting wheel end cap	40*80*t1.8	2
4L\R	Upright		1	28	Plastic edgings A		2
5	Motor bracket		1	29	Plastic edging B		2
6	Front roller		1	30	Foot pad		6
7	Rear roller		1	31	Cushion pad	φ 30*φ 6.5*16	2
8	Computer bracket		1	32	Ring protecting wire plug		2
9	Controller		1	33	Foot plate plug		6
10	Hand pulse		2	34	Blue cushion pad		4
11	Running board strengthen pipe		1	35	Handrail cover	φ 48*φ 54*287	2
12	Bowl washer		8	36	Cushion rubber		2
13	Running board		1	37	Computer up wire		1
14	Running belt		1	38	Computer middle wire		1
15	belt	200-J7	1	39	Computer bottom wire		1
16	Motor bottom cover		1	40	EVA rubber	t3.0*20*565	1
17	Motor top cover		1	41	cylinder	F=35 kg	1
18	computer		1	42	Power wire buckle		1
19	Safety key		1	43	DC motor		1
20	Tape		6	44	Incline motor		1
21	Foot end cap		2	45	Power switch		1
22	Front cover		2	46	Overload protector		1

23	Foot plate		2	47	Power switch		1
24	Little cover		1	48	Magic sensor		1

NO	DESCRIPTION	REMARK	Q'Y	NO	DESCRIPTION	REMARK	Q'Y
49	Single wire		3	74	Bolt	ST4.2*15	18
50	Voltage transformer		1	75	Bolt	M6*25	2
51	Allen wrench	S5	1	76	Bolt	M6*45	6
52	Screw driver		1	77	Bolt	M5*30	8
53	Bolt	M8*60	2	78	Lock nut	M10	5
54	Bolt	M8*45	3	79	Lock nut	M8	8
55	Bolt	M10*45	1	80	Screw nut	M5	8
56	Bolt	M10*40	4	81	Washer	φ 6.6*φ 12*t1.6	2
57	Bolt	M8*50	2	82	Washer	φ 11*φ 20*t2	6
58	Bolt	M8*40	4	83	Washer	φ 9*φ 16*t1.6	18
59	Bolt	M8*80	1	84	Washer	φ 8.4*φ 14.5*t0.8	8
60	Bolt	M8*75	1	85	Washer	φ 8.1*φ 12.3*t2.1	6
61	Bolt	M8*30	3	86	Mp3 output wire		1
62	Bolt	M8*15	8	87	Upper controller		1
63	Bolt	M6*25	6	88	Display		1
64	Bolt	M6*60	2	89	Horizontal armrest		1
65	Bolt	M6*45	1	90	Bolt	M8*55	2
66	Bolt	M6*15	2	91	Bolt	M4*15	6
67	Bolt	M8*35	2	92	Allen wrench	S6	1
68	Bolt	M8*20	2	93	Spring bolt		1
69	Bolt	M10*30	2	94	Pipe		1
70	Bolt	ST4.2*50	4	95	Pipe		1
71	Bolt	ST4.2*25	8				

72	Bolt	ST4.2*15	34				
73	Bolt	M5*10	7				

13. TROUBLE SHOOTING GUIDE

Fault code	Fault description	Fault processing
E01	Abnormal communication with computer	<p>The machine cannot run, the computer shows fault code“E1”, and three “beeps” will sound.</p> <p><u>Possible reasons</u>: communication is obstructed between controller and computer, please check the wire and make sure the wire is connected well and is not damaged.</p>
E02	No Speed Wireless Sensor Network	<p>Computer displays shows fault code “E02” with other areas blank. After 10 seconds machine will go into ready mode, and can be restarted.</p> <p><u>Possible Reasons</u>: Can’t receive motor speed sensor feedback within 3 seconds, please check sensor plug, motor connection wire and the controller.</p>
	Abnormal communication with computer and controller after startup	<p>The machine cannot run, the computer shows fault code “E02”, and three “beeps” will sound.</p> <p><u>Possible reasons</u>: communication is obstructed between controller and computer, please check the wire and make sure the wire is connected well and is not damaged.</p>

E03	Over-Current Protection	<p>Computer displays shows fault code “E03” with other areas blank. After 10 seconds it will return to ready mode, and can be restarted.</p> <p><u>Possible Reasons:</u> Upon overload, the system will restart to prevent damage. If the treadmill gets stuck and the motor cannot move it will lead to an overload. Please locate the cause of this. A possible reason is a lack of lubricant in a particular component. Then restart the machine.</p> <p>Check if the motor sounds like its being over worked or for a burning smell. If so, change motor</p> <p>Check control board. If control board is emitting a burning smell, change it.</p>
E04	Incline self-learning fault	<ol style="list-style-type: none"> 1. Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm. 2. Check to see if AC wire of motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. 3. Check connection line of motor to see if it is destroyed, exchange it or incline motor. And press “learning” button of bottom control board to relearn upon completion of checks.
E06	Explosion-Proof Protection	<p>Computer displays shows fault code “E06” with other areas blank. Machine cannot restart.</p> <p><u>Possible Reason:</u> check the motor wire if connect well, and then connect it again.</p>

<p>Computer not functioning after connecting power</p>	<ol style="list-style-type: none"> 1. Please check if the overload protect jump, if it has, please press it, let it continue operation. 2. Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. 3. Ensure the wire from the computer to the control board is connected properly. Remove the upright tube and check the connection between each wire. Ensure each wire is completely plugged in; if wires are damaged please change the wire. 4. Check the state of the transformer is good, if broken, change it.
<p>Motor do not work when you press START</p>	<ol style="list-style-type: none"> 1. the motor wire is broken; the safety pipe is broken or has fallen off; 2. motor wire is not properly connected 3. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

13. 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>