



## TRAIL 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.

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

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

## 2. IMPORTANT ELECTRICAL INFORMATION

### WARNING!

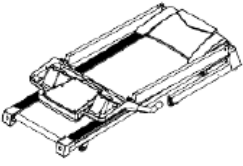

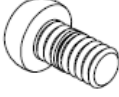



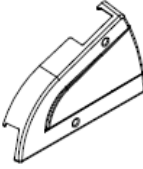

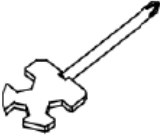
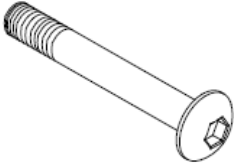


- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to 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.

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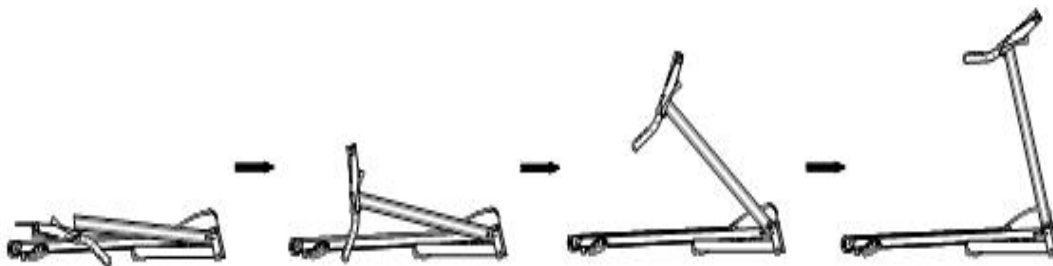
## 3. IMPORTANT OPERATING INSTRUCTIONS

- 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

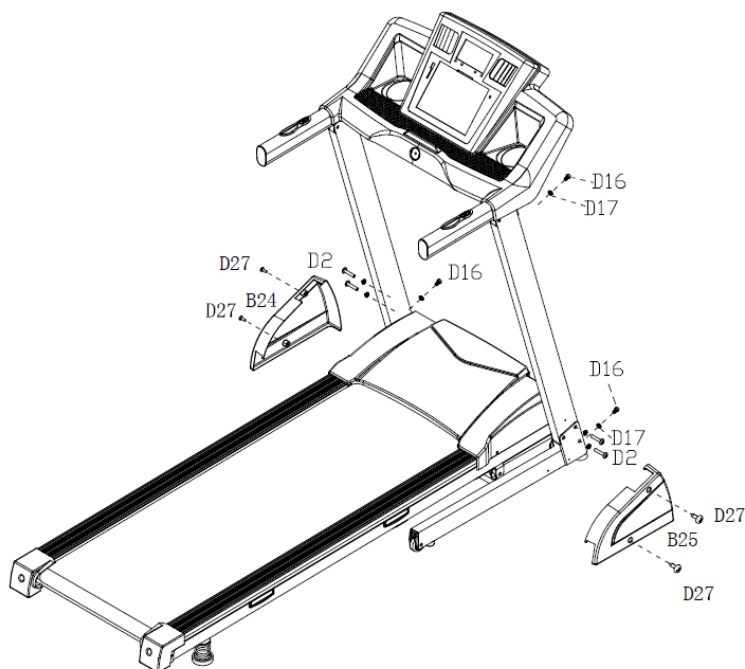
<p>Main frame 1set</p> 	<p>D17 Inner washer 8 PCS</p> 	<p>D16 Half round hex bolt M8*15 4PCS</p> 	<p>C14 Safety key 1 set</p> 
<p>D23 Allen wrench 1 PC</p> 	<p>B24 Left front cover 1 PC</p> 	<p>B25 Right front cover 1 PC</p> 	<p>D27 Cross head self tapping screw ST4.2*19 4 PCS</p> 
<p>D28 Screw driver 1 PC</p> 	<p>D2 Half round hex bolt M8*40 4PCS</p> 	<p>C25 I equipment line 1 PC</p> 	<p>C26 MP3 line1 PC</p> 

**STEP 1:** Raise the computer bracket as show below. Ensure that you do not damage any wires whilst doing this.



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**STEP 2:** Tighten the bolt M8\*40 D2 M8\*15 D16 and inner washer (D17) as shown below. Screw the left side cover (B24) and right side cover (B25) with bolt ST4.2\*19 (D27)



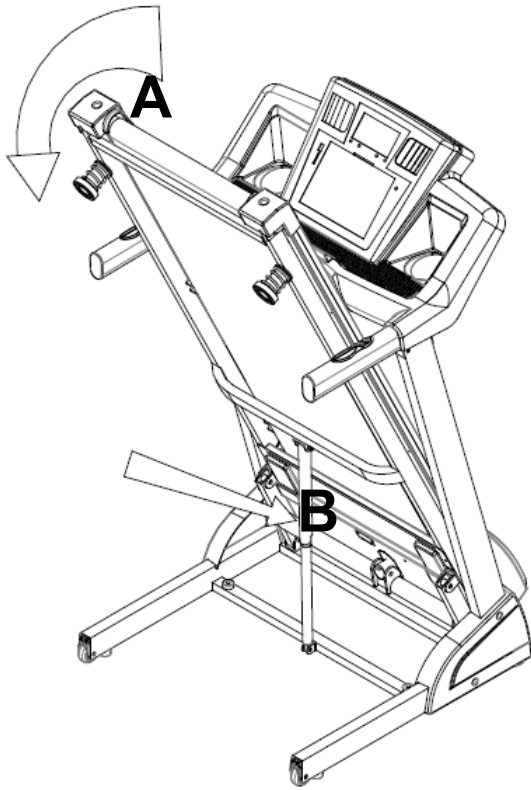
**STEP 3:** Place the safety key (C14) onto the designated area on the display

**ATTENTION:** Please double check that you have completed the assembly as instructed above and all bolts have been tightened. Before using the treadmill, please read all instructions carefully.

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## 5. FOLDING INSTRUCTIONS

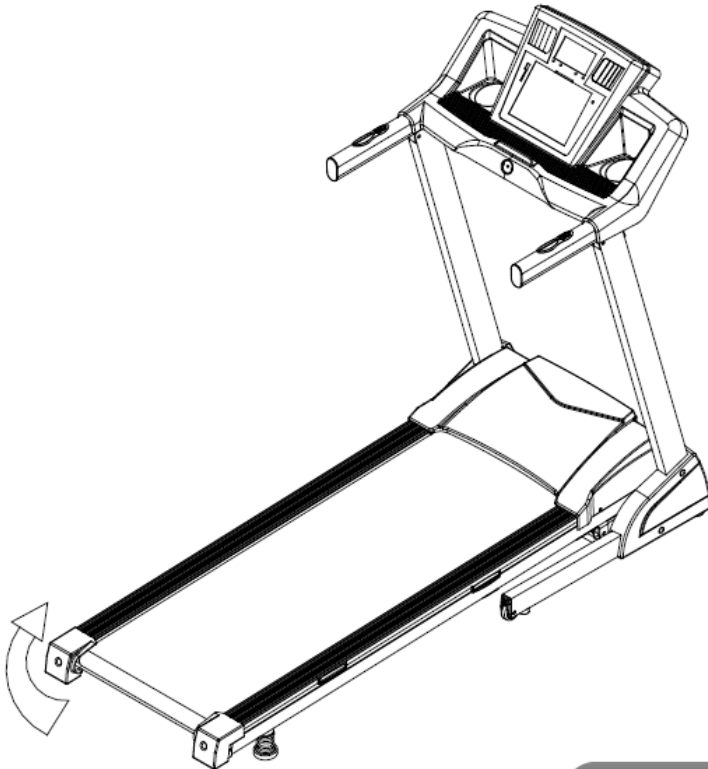
### Unfolding:



Whilst supporting position (A) with your hand, push the safety sleeve lightly with your foot to unlock the treadmill.

The base frame will descend automatically.  
(Please keep people and any pets away the machine during descent)

### Folding:

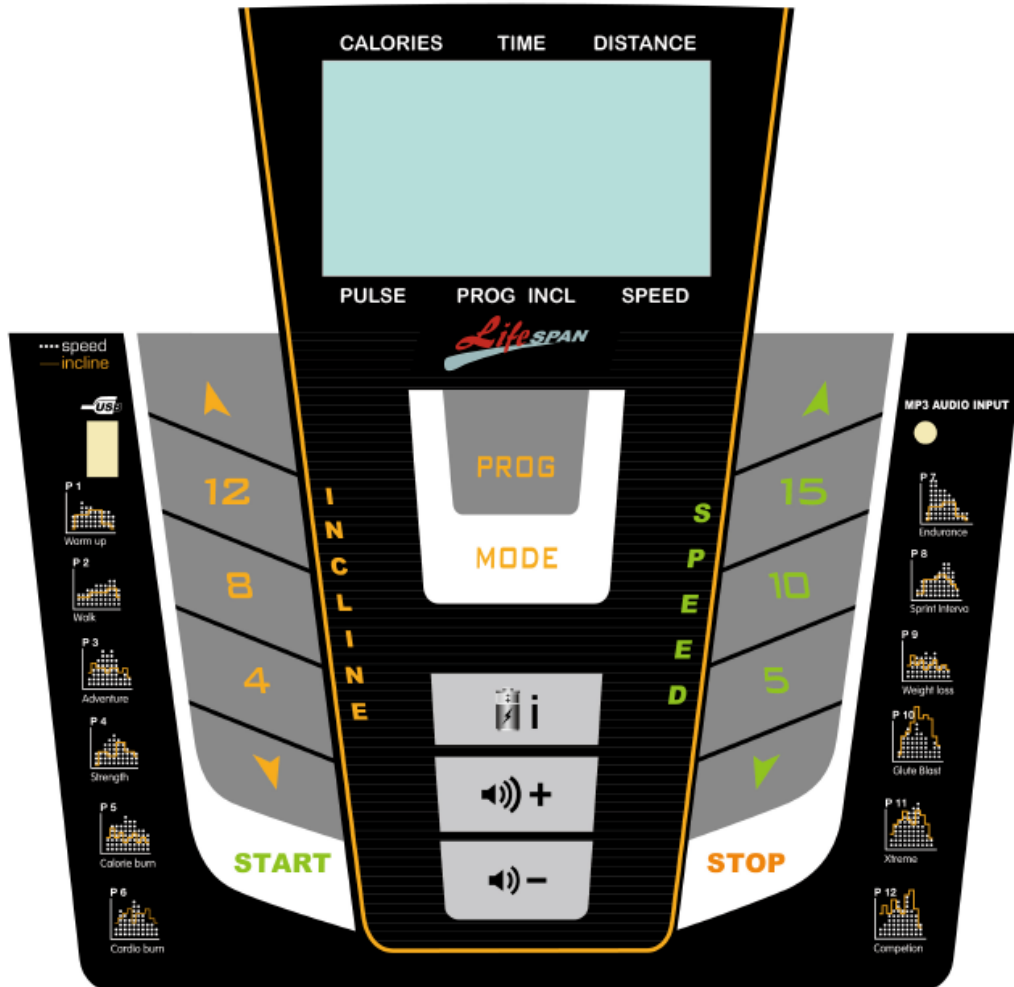


Lift the base frame up to fold. Do this until you hear a “click” sound, which will indicate that lock is engaged and the treadmill has been successfully folded.



# 6. OPERATION GUIDE

## 1. OVERVIEW



## 1.2. START

Normal start after a 5 second countdown

## 1.3. PROGRAM

The treadmill contains 1 manual mode, 99 pre-set programs, 1 body fat program and 3 countdown functions

## 1.4. SAFETY KEY FUNCTION

The window shows "----" when removing the safety key and the treadmill will stop quickly with two "beeps" After placing the safety key back onto the treadmill, the computer will display for 2 seconds and the date with countdown to "0"

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## **1.5. BUTTON FUNCTION**

### **1.5.1. START/STOP**

“START” - When the treadmill is not running, press this button to start your workout. The starting speed is 1.0km/h.

“STOP” - When the treadmill is running, press this button to stop your workout. The stop button will also set your current program (if you are using a program) to default value and then return to manual mode after stopped.

### **1.5.2 “PROGRAM” BUTTON**

When the treadmill is not running, press this button to circle choose from manual mode, pre-set program mode P1-P99 or body fat mode.

### **1.5.3 “MODE” BUTTON**

When the treadmill is not running, press this button to choose the countdown function.

The available countdown modes are:”H-1”, ”H-2”, ”H-3”

“H-1” is the time countdown mode

“H-2” is the distance countdown mode

“H-3” is the calorie countdown mode

Press the “SPEED+/-” or “INCLINE+/-” button to adjust the data. After that, press the “START” button to start the treadmill

### **1.5.4 “SPEED +/-” BUTTON**

SPEED +/- buttons adjust running speed when treadmill is in operation. The increment is by 0.1km/h. Holding the button for more than 2 seconds, will result in speed increasing automatically.

### **1.5.5 QUICK SPEED BUTTON**

Pressing the quick speed button 5km/h, 10km/h, 15km/h to adjust the speed directly when the treadmill is running

### **1.5.6 “INCLINE+/-” BUTTON**

INCLINE +/- buttons adjust incline when treadmill is in operation. The increment is by 1 level. Holding the button for more than 2 seconds will result in incline increasing automatically.

### **1.5.7 INCLINE QUICK BUTTON**

Pressing the quick speed button 4, 8, 12 will adjust the speed directly when the treadmill is running

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## **1.6. DISPLAY FUNCTION**

### **1.6.1 SPEED**

Displays running speed in km/h

### **1.6.2 TIME**

Display the running time for your current workout or countdown time when in countdown mode

### **1.6.3 DISTANCE**

Display the running total distance or distance countdown in kilometres.

### **1.6.4 CALORIE**

Displays calories burnt or calorie countdown

### **1.6.5 INCLINE**

Displays the incline

### **1.6.6 PULSE**

Display pulse data in bpm (beats per minute)

### **1.6.7 DISPLAY WINDOW DATA RANGE**

TIME : 0:00 - 99.59 (MIN)

DISTANCE: 1.00 - 99.9 (KM)

CALORIES: 0.0 - 999 (C)

SPEED:1-22(km/h)

PULSE: 50 - 200 (BPM)

INCLINE : 0 - 20

## **1.7 PULSE FUNCTION**

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. The display will show heart-shaped graphics when measuring pulse. This data is only for reference and it should not under any circumstance be used as medical data.

## 1.8 PROGRAM EXERCISE CHART

		1	2	3	4	5	6	7	8	9	10
P01	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P02	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P03	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P04	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P05	SPD	3	6	6	6	8	7	7	5	5	4
	INC	3	5	3	4	2	3	4	2	3	2
P06	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P07	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P08	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P09	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2
P10	SPD	2	5	7	5	8	6	5	2	4	3
	INC	1	5	6	8	12	9	10	9	5	3
P11	SPD	2	5	6	7	8	9	10	5	3	2
	INC	3	5	6	8	6	5	8	7	5	2
P12	SPD	2	3	5	6	8	6	9	6	5	3
	INC	5	7	5	8	6	5	9	10	6	2
P13	SPD	2	5	5	5	10	10	5	5	5	3
	INC	0	0	1	1	1	1	2	2	2	2
P14	SPD	2	2	7	2	2	7	7	12	4	4
	INC	0	1	2	2	3	3	2	2	3	3

P15	SPD	2	4	9	9	4	4	8	8	10	10
	INC	0	1	2	3	4	5	4	5	4	2
P16	SPD	2	6	6	6	12	12	12	12	6	6
	INC	0	1	2	3	4	5	6	7	6	6
P17	SPD	2	4	6	12	12	12	3	3	3	3
	INC	0	2	4	6	4	2	1	0	1	1
P18	SPD	2	4	5	5	6	6	8	8	6	6
	INC	0	1	3	4	4	3	3	1	2	1
P19	SPD	2	7	7	9	9	4	4	12	12	4
	INC	0	1	1	2	2	3	3	4	4	3
P20	SPD	2	2	6	6	6	8	9	10	11	12
	INC	0	1	2	4	2	1	2	4	2	1
P21	SPD	2	4	8	10	2	4	8	10	2	4
	INC	0	1	2	3	4	5	6	7	8	9
P22	SPD	2	5	6	7	8	9	10	11	10	9
	INC	0	1	2	4	6	6	6	4	4	4
P23	SPD	2	5	6	7	9	9	6	9	6	9
	INC	0	2	2	2	3	3	3	4	4	4
P24	SPD	2	6	8	10	8	6	4	6	8	12
	INC	0	1	1	3	3	5	5	7	7	5
P25	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	8	10	13	4	8	10	13	4	8
P26	SPD	2	8	10	12	4	8	10	12	4	8
	INC	0	8	12	13	4	8	12	13	4	8
P27	SPD	2	12	10	8	12	12	10	8	12	12
	INC	0	3	4	5	6	8	7	8	8	7
P28	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	4	5	6	2	4	5	6	2	4
P29	SPD	2	4	6	8	10	12	12	2	4	6
	INC	0	4	6	8	10	12	13	12	13	12
P30	SPD	2	6	8	4	6	8	4	6	8	4
	INC	0	6	8	2	6	8	1	6	8	2
P31	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P32	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P33	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P34	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P35	SPD	3	6	6	6	8	7	7	5	5	4
	INC	3	5	3	4	2	3	4	2	3	2

P36	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P37	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P38	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P39	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2
P40	SPD	2	5	7	5	8	6	5	2	4	3
	INC	1	5	6	8	12	9	10	9	5	3
P41	SPD	2	5	6	7	8	9	10	5	3	2
	INC	3	5	6	8	6	5	8	7	5	2
P42	SPD	2	3	5	6	8	6	9	6	5	3
	INC	5	7	5	8	6	5	9	10	6	2
P43	SPD	2	5	5	5	10	10	5	5	5	3
	INC	0	0	1	1	1	1	2	2	2	2
P44	SPD	2	2	7	2	2	7	7	12	4	4
	INC	0	1	2	2	3	3	2	2	3	3
P45	SPD	2	4	9	9	4	4	8	8	10	10
	INC	0	1	2	3	4	5	4	5	4	2
P46	SPD	2	6	6	6	12	12	12	12	6	6
	INC	0	1	2	3	4	5	6	7	6	6
P47	SPD	2	4	6	12	12	12	3	3	3	3
	INC	0	2	4	6	4	2	1	0	1	1
P48	SPD	2	4	5	5	6	6	8	8	6	6
	INC	0	1	3	4	4	3	3	1	2	1
P49	SPD	2	7	7	9	9	4	4	12	12	4
	INC	0	1	1	2	2	3	3	4	4	3
P50	SPD	2	2	6	6	6	8	9	10	11	12
	INC	0	1	2	4	2	1	2	4	2	1
P51	SPD	2	4	8	10	2	4	8	10	2	4
	INC	0	1	2	3	4	5	6	7	8	9
P52	SPD	2	5	6	7	8	9	10	11	10	9
	INC	0	1	2	4	6	6	6	4	4	4
P53	SPD	2	5	6	7	9	9	6	9	6	9
	INC	0	2	2	2	3	3	3	4	4	4
P54	SPD	2	6	8	10	8	6	4	6	8	12
	INC	0	1	1	3	3	5	5	7	7	5
P55	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	8	10	13	4	8	10	13	4	8
P56	SPD	2	8	10	12	4	8	10	12	4	8
	INC	0	8	12	13	4	8	12	13	4	8
P57	SPD	2	12	10	8	12	12	10	8	12	12
	INC	0	3	4	5	6	8	7	8	8	7

P58	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	4	5	6	2	4	5	6	2	4
P59	SPD	2	4	6	8	10	12	12	2	4	6
	INC	0	4	6	8	10	12	13	12	13	12
P60	SPD	2	6	8	4	6	8	4	6	8	4
	INC	0	6	8	2	6	8	1	6	8	2
P61	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P62	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P63	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P64	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P65	SPD	3	6	6	6	8	7	7	5	5	4
	INC	3	5	3	4	2	3	4	2	3	2
P66	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P67	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P68	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P69	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2
P70	SPD	2	5	7	5	8	6	5	2	4	3
	INC	1	5	6	8	12	9	10	9	5	3
P71	SPD	2	5	6	7	8	9	10	5	3	2
	INC	3	5	6	8	6	5	8	7	5	2
P72	SPD	2	3	5	6	8	6	9	6	5	3
	INC	5	7	5	8	6	5	9	10	6	2
P73	SPD	2	5	5	5	10	10	5	5	5	3
	INC	0	0	1	1	1	1	2	2	2	2
P74	SPD	2	2	7	2	2	7	7	12	4	4
	INC	0	1	2	2	3	3	2	2	3	3
P75	SPD	2	4	9	9	4	4	8	8	10	10
	INC	0	1	2	3	4	5	4	5	4	2
P76	SPD	2	6	6	6	12	12	12	12	6	6
	INC	0	1	2	3	4	5	6	7	6	6
P77	SPD	2	4	6	12	12	12	3	3	3	3
	INC	0	2	4	6	4	2	1	0	1	1
P78	SPD	2	4	5	5	6	6	8	8	6	6
	INC	0	1	3	4	4	3	3	1	2	1

P79	SPD	2	7	7	9	9	4	4	12	12	4
	INC	0	1	1	2	2	3	3	4	4	3
P80	SPD	2	2	6	6	6	8	9	10	11	12
	INC	0	1	2	4	2	1	2	4	2	1
P81	SPD	2	4	8	10	2	4	8	10	2	4
	INC	0	1	2	3	4	5	6	7	8	9
P82	SPD	2	5	6	7	8	9	10	11	10	9
	INC	0	1	2	4	6	6	6	4	4	4
P83	SPD	2	5	6	7	9	9	6	9	6	9
	INC	0	2	2	2	3	3	3	4	4	4
P84	SPD	2	6	8	10	8	6	4	6	8	12
	INC	0	1	1	3	3	5	5	7	7	5
P85	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	8	10	13	4	8	10	13	4	8
P86	SPD	2	8	10	12	4	8	10	12	4	8
	INC	0	8	12	13	4	8	12	13	4	8
P87	SPD	2	12	10	8	12	12	10	8	12	12
	INC	0	3	4	5	6	8	7	8	8	7
P88	SPD	2	12	4	12	4	12	4	12	4	12
	INC	0	4	5	6	2	4	5	6	2	4
P89	SPD	2	4	6	8	10	12	12	2	4	6
	INC	0	4	6	8	10	12	13	12	13	12
P90	SPD	2	6	8	4	6	8	4	6	8	4
	INC	0	6	8	2	6	8	1	6	8	2
P91	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P92	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P93	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P94	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P95	SPD	3	6	6	6	8	7	7	5	5	4
	INC	3	5	3	4	2	3	4	2	3	2
P96	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P97	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P98	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P99	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2



---

## 1.9 Manual mode operation

1.9.1 Press the start button. Then the timer will count down 5 seconds and treadmill will start with an initial speed 1km/h

1.9.2 Press the speed +/- buttons so you can adjust the speed

1.9.3 Press the incline +/- buttons so you can adjust the incline

1.9.4 Press stop button so you can stop treadmill and end your workout

1.9.5 Press one of the quick speed buttons so you can instantly jump to the listed speed

1.9.6 Press one of the quick incline buttons so you can instantly jump to the listed incline

## 1.10 COUNTDOWN FUNCTION PARAMETER

Time countdown: initial setting 15:00 minutes

Setting range 5:00---99:00 minutes

Each increment is by 1:00 minute

Calorie countdown: initial setting 50 calories

Setting range 10---990 calories,

Each increment is by 1 calorie

Distance countdown: initial setting 1.0km

Setting range 0.5---99.9 km

Each increment is by 0.1km

To cycle through the different modes:

Press the mode button repeatedly and mode options will cycle through: manual, time, distance, calories.

---

## 1.11 BODY FAT TEST PROGRAM

Press "PROGRAM" continually until the display shows "FAT", which is the body fat test program.

Press "MODE" to confirm and proceed to the next step. F1=SEX, F2=AGE, F3=HEIGHT, F4=WEIGHT.

Press "SPEED+" or "SPEED-" to set your values. After setting, the computer will display F5.

At this point, grasp the hand pulse sensors and the window will display your body quality index.

The body mass index (BMI) is to test the relation between height and weight rather than body scale.

The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means underweight. If between 25 and 29, it means overweight, if over 30, it means obese. (This data is only for reference and is not to be used as medicinal data)

Step: 01          Sex 01 Male 02 Female

Step: 02          Age 10-----99

Step: 03          Height  100----200

Step: 04          Weight  20-----150

Step: 05          FAT ≤19      Under weight

FAT = (20---25) Normal weight

FAT = (25---29) Over weight

FAT ≥30      Obese

---

## **1.12 OTHERS FUNCTIONS**

**1.12.1** The system will enter into power saving mode automatically if there is no action within the first 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

**1.12.2** Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

**1.12.3** MP3 audio function: Insert the MP3 line into the audio input hole of the right side in the computer

**1.12.4** Connect the equipment from the USB input in the left side of the computer

**1.12.5** Fast charge mode: Insert the connection line and press the charge button, then you can charge any electrical equipment with a compatible USB charging connection.

This function should be considered as an additional function and should not be relied upon as a primary charging device.

---

## 8. 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.

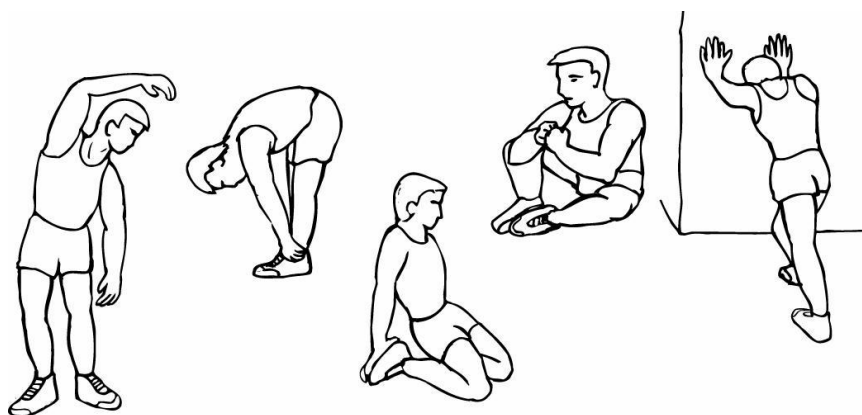
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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.



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### Training Zone Exercise

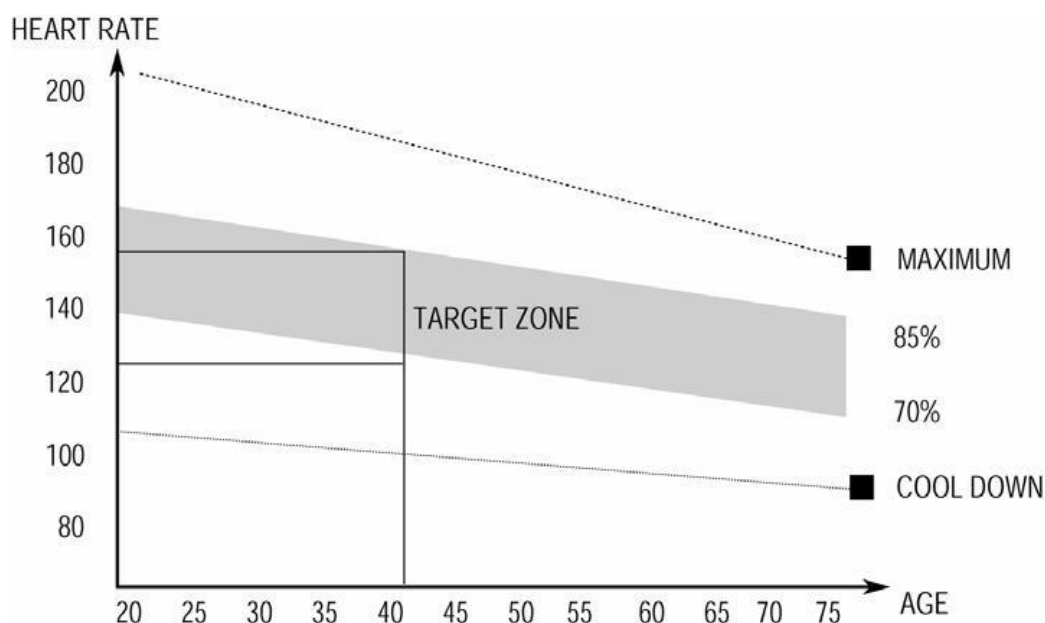
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

### 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.

---

## 9. 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.

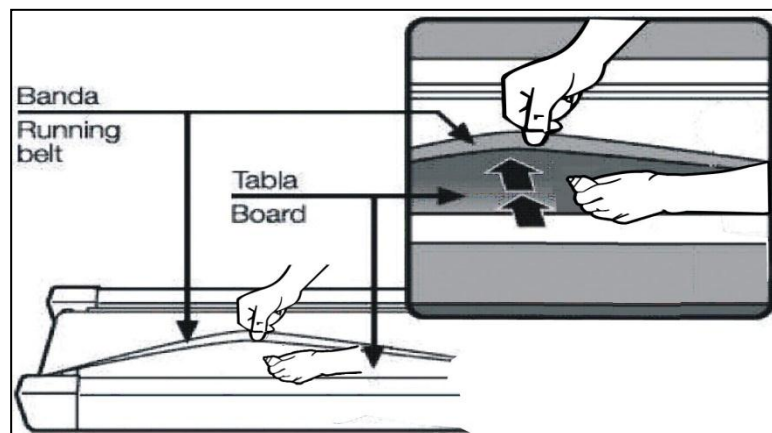
### 3. Belt/Deck/Roller Lubrication

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 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.

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

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

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

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

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



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## 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.

---

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.

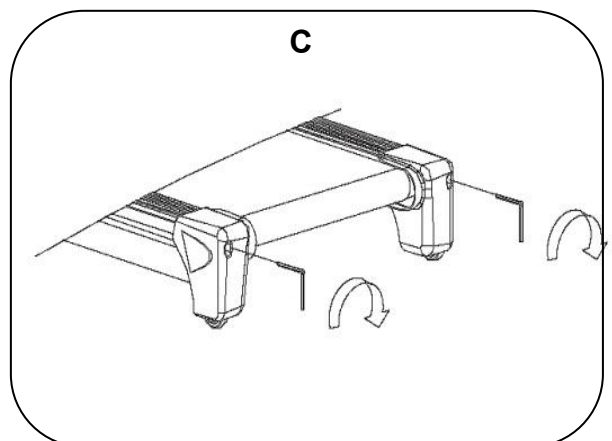
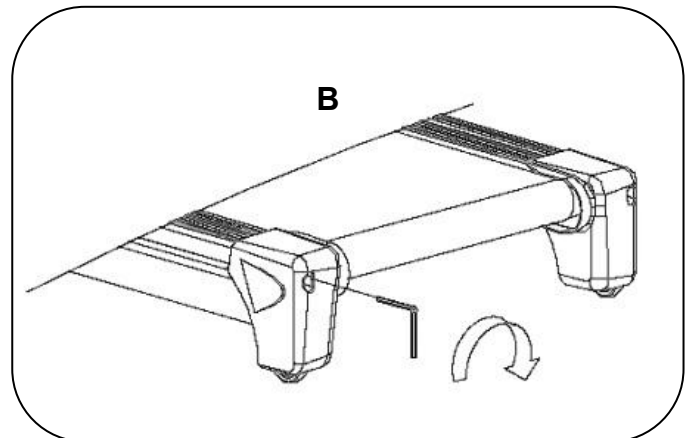
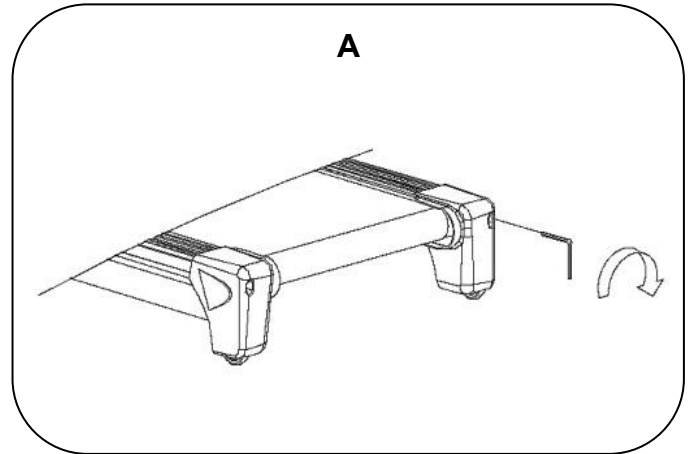
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To adjust the **tightness** of the belt:

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*

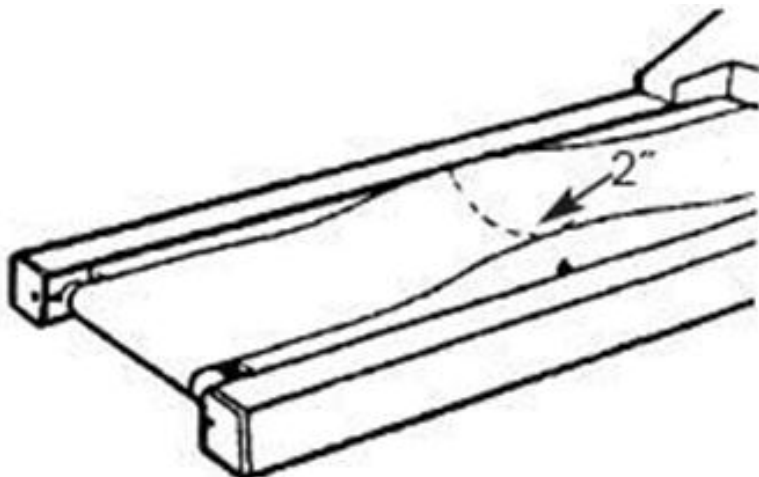
If the belt is over tightened, simply do the opposite to loosen.



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

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





# 11. PARTS LIST

A Welding Parts			
NO	DESCRIPTION	SPEC	QTY
A1	Main frame		1
A2	Base frame		1
A3	Left upright		1
A4	Right upright		1
A5	Computer bracket		1
A6	Incline bracket		1
B Plastic Parts			
B1	Computer cover		1
B2	Computer panel		1
B3	Overlay		1
B4	Motor upper cover		1
B5	Motor lower cover		1
B6	Side rail		2
B7	Left rear cover		1
B8	Right rear cover		1
B9	END CAP		2
B11	Cushion	Ø7*ø28*10.5	6
B12	Air cushion		4
B13	Transport plug		2
B14	Transport wheel	Ø51.5*ø8.5*22	2
B15	Flat pad		4
B16	Limited cushion		2
B17	Handrail foam		2
B18	Inner plug	Ø38*15	2
B20	Power buckle		1
B22	Protecting wire plug		1
B23	Computer lower cover		1
B24	Left front cover		1
B25	Right front cover		1
B26	Incline bracket plug		4

B27	Adjust wheel	Ø8.2*ø62*23.5	2
<b>C Electrical and Drive parts</b>			
C1	DC motor		1
C2	Motor Bracket		1
C3	Controller		1
C4	Front roller		1
C5	Rear roller		1
C6	Motor belt	210J6	1
C7	Running belt		1
C8	Running board		1
C9	Computer lower wire		1
C11	Computer upper wire		1
C12	Single line(brown)	300mm length	1
C13	Single line(blue)	300mm length	1
C14	Safety key		1
C15	Safety key sensor		1
C16	Magnetic sensor	500mm length	1
C17	handle pulse (L)		1
C18	handle pulse(R)		1
C19	Power code		1
C20	Power switch		1
C21	Cylinder		1
C23	Incline motor		1
C25	I equipment line		1
C26	MP3 Line		1
<b>D Hardware Parts</b>			
D1	Cross round head bolt	M5*20	6
D2	Hex half round head bolt	M8*40	6
D3	Flat washer	M8	11
D4	Lock nut	M8	6
D5	Half round hex bolt	M10*45	7
D6	Hex round head bolt	M6*45	1
D7	Hex round head bolt	M6*60	2
D8	bolt	M8*10	2
D9	Spring Washer	M8	6

25

D10	Hex round head bolt	M8*20	4
D11	Hex round head bolt	M8*45	1
D12	Hex round head bolt	M8*80	1
D13	Cross head bolt with washer	M5*15	7
D14	Cross head self-tapping bolt	ST4.2*16	13
D16	Hex round head bolt	M8*15	4
D17	Inner washer	M8	8
D18	Cross head self-tapping bolt	ST4.2*16	16
D19	Cross head self-tapping bolt	ST4.2*40	2
D20	Hex round head bolt	M8*30	1
D21	Lock nut	M10	8
D22	Flat washer	M10	8
D23	Allen wrench	80*80*5	1
D24	Hex round head bolt	M10*60	4
D25	Cross head bolt	M6*35	6
D26	Hex round head bolt	M4*8	2
D27	Cross head self tapping screw	ST4.2*19.	4
D28	Screw driver	13mm.15mm.17mm	1

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## 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](http://www.consumerlaw.gov.au)*

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

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