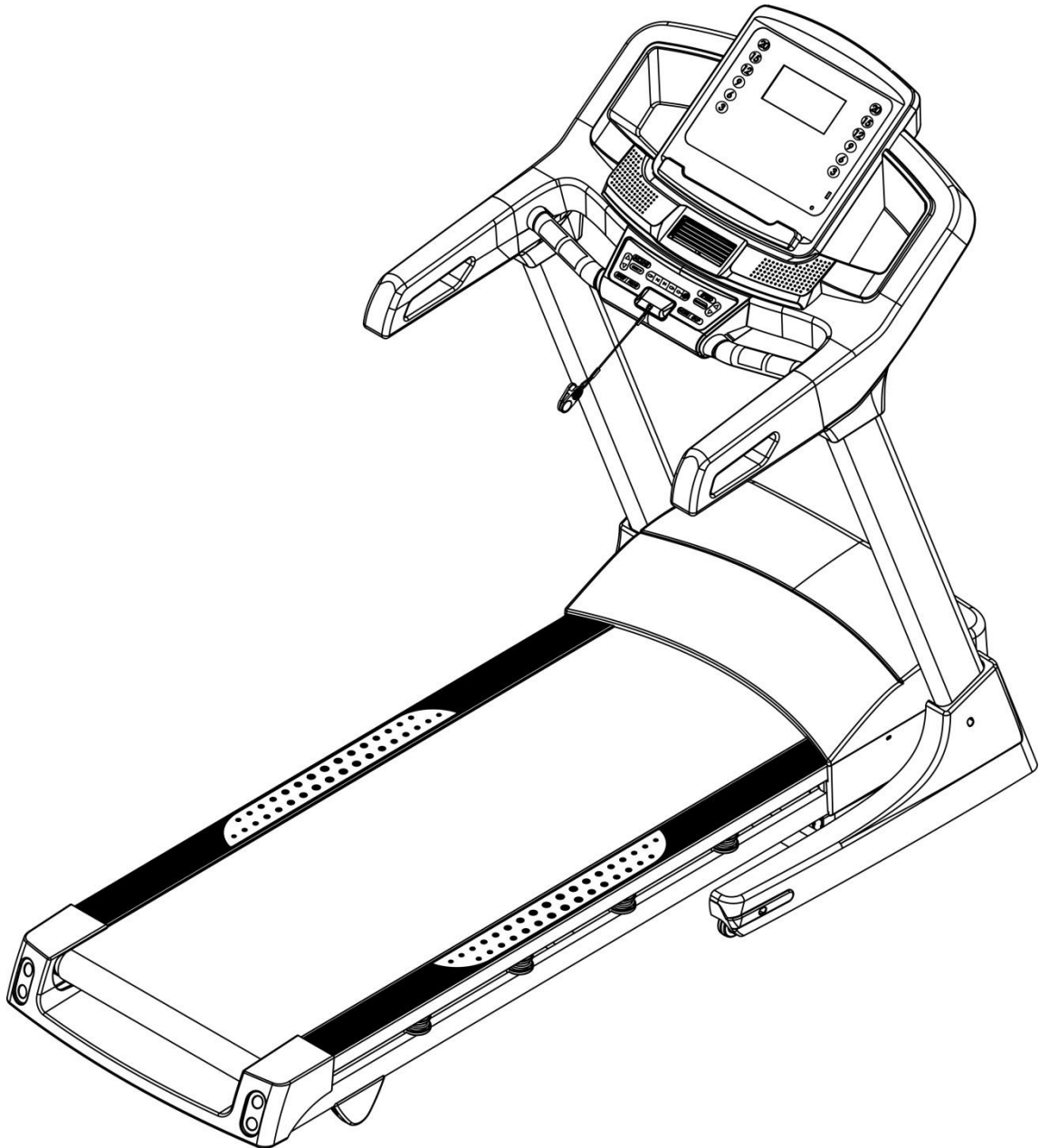# VIPER M2 TREADMILL
OWNER'S MANUAL

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

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

TABLE OF CONTENTS

LIFESPAN
FITNESS

VIPER M2

1. IMPORTANT SAFETY INSTRUCTIONS

<u>WARNING</u> - 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.

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

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

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.

- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.

- Place your unit on a solid, level surface when in use

- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.

- Keep hands away from all moving parts.

- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

- Keep the cord away from heated surfaces.

- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.

- Never drop or insert any object into any openings.

- The treadmill is intended for in-home use only and is not suitable for commercial environments.

- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.

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

- Use the handrails provided; they are for your safety.

- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.

- Before undertaking any type of exercise program, it is recommended that you consult a doctor.

- Injuries to health may result from incorrect or excessive training.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- WARNING heat rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.

- Children should not be allowed on or around the equipment, even when not in use.

- Children should be supervised to ensure that they do not play with this machine

- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.

- Training shoes should be worn when using the equipment.

- Equipment must be used on a level and stable surface.

- All fixings should be checked before the equipment is used.

- All literature relating to the use of the equipment should be retained for future reference.

- Recommended operating temperature: 5-40°C

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

2. IMPORTANT ELECTRICAL INFORMATION

WARNING!

- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

- NEVER remove any cover without first disconnecting AC power.

- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

- This is a high-power item; please do not share the same outlet with other high power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

3. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the display console and release the adjustment key. The display will obey the command gradually.

- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.

- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.

- Always hold on to handrail while making control changes.

- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.

- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

- Replace any defective components immediately. The machine must be kept out of use until repaired.

- Belt wear-in period: all treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not completely go away. The belt will stretch over time, causing it to ride smoother over the rollers.

4.   ASSEMBLY INSTRUCTIONS
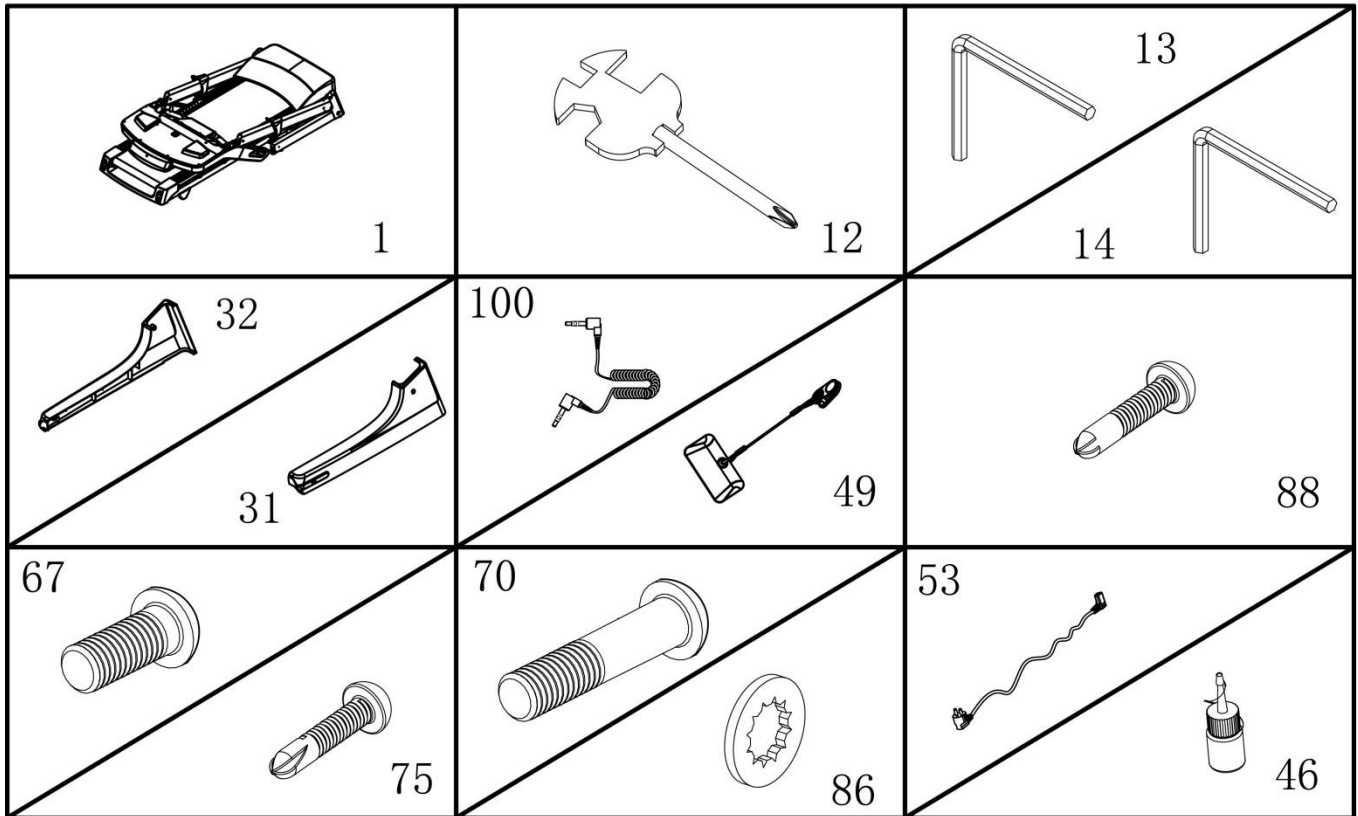
PARTS LIST

NO.	Description	Specification	Qty		NO.	Description	Specification	Qty
1	Main frame		1		67	Bolt	M8*20	8
12	Allen Wrench	S=13\14\15mm	1		70	Bolt	M8*55	2
13	5#Allen Wrench	5mm	1		86	Lock washer	8	10
14	6#Allen Wrench	6mm	1		75	Screw	ST4.2*19	10
32	Left base cover		1		53	Standard Power Line		1
31	Right base cover		1		100	Mp3 Wire		1
49	Safety key		1					

ASSEMBLY TOOLS:

#5 Allen Wrench 5mm: 1pc

#6 Allen wrench 6mm: 1pc

Wrench w/screw Driver S=13, 14, 15: 1pcs

Notice: Do not connect power until after assembly is completed.

STEP 1:
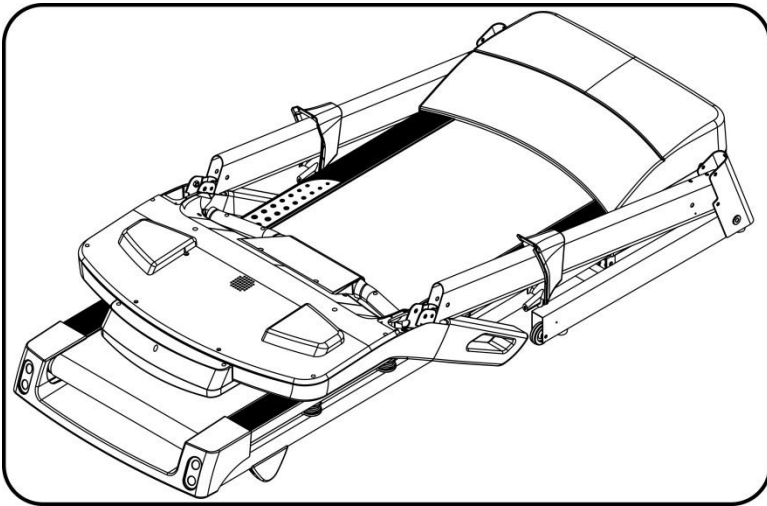
1. Open the carton

2. Extract the parts listed above

3. Place the Main Frame onto level

   ground

STEP 2:

1. Erect the upright tubes in the direction

   of the arrows.

Note: Take care not to damage the upright

covers (23, 24) or the wires inside the uprights

LIFESPAN *FITNESS*

STEP 3:
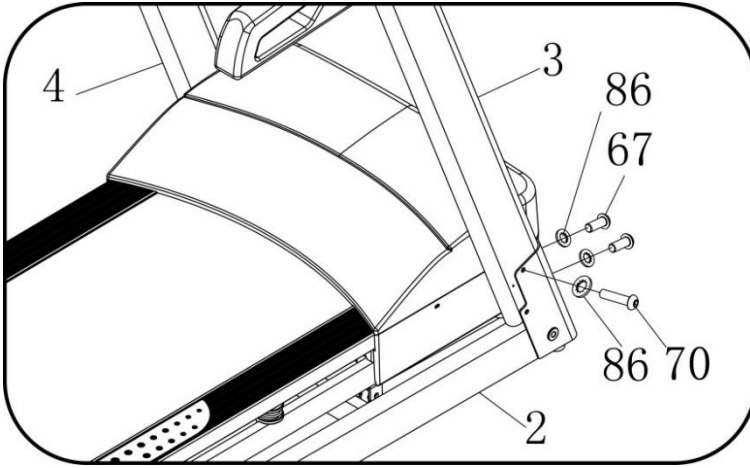
1. Attach the Right Upright to the base frame (2) using 5# Allen wrench (13), Bolt M8*55(70), Bolt M8*20 (67) and 2 x Lock washer (86).
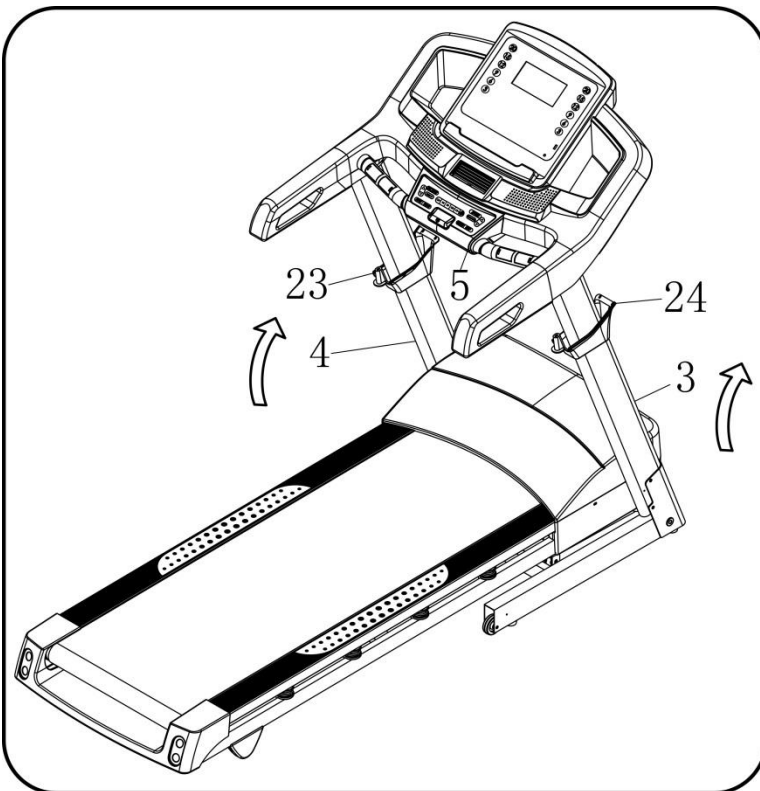
2. Repeat above steps to assemble the left side.

Note: Support the upright with your hand to avoid it falling down and causing injury.

STEP 4:
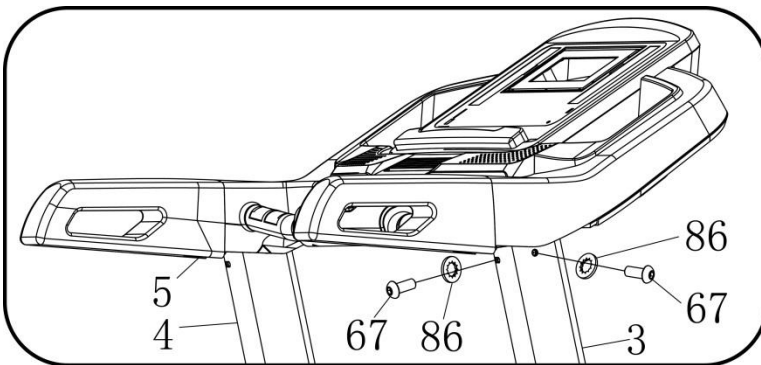
1. Attach the computer frame onto the right upright with the 5# Allen wrench (13), M8*20 bolt (67) and lock washer (86).

2. Repeat above step to assemble the left side.

STEP 5:
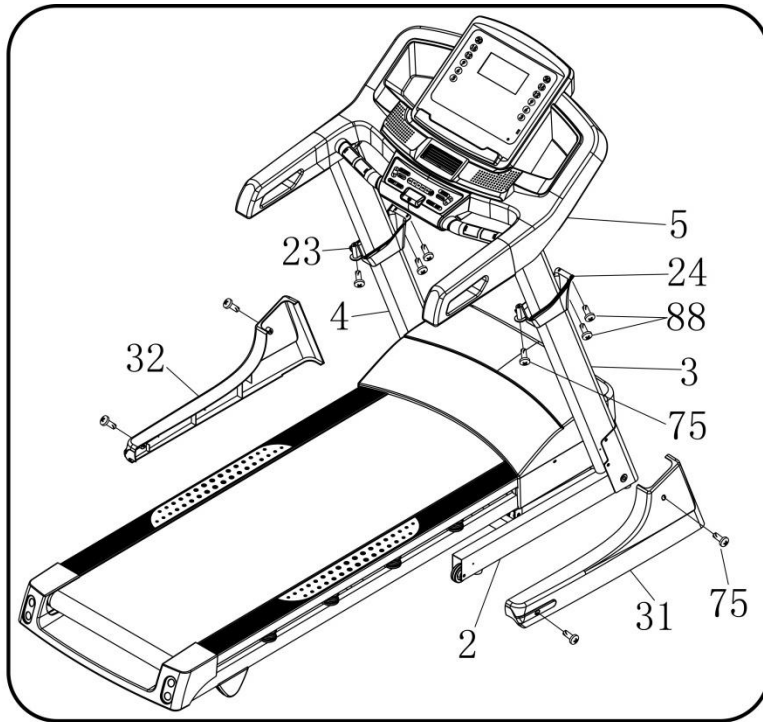
1. Attach the right upright cover to the computer bracket with screw driver (12), Bolt ST4.2*19 (75) and ST4.2*20 bolt (88).

2. Attach the base cover (31) to the base frame（2）using screw driver (12), ST4.2*20 Bolt (88) and bolt (75).

3. Repeat above steps to assemble the left side.

STEP 6:
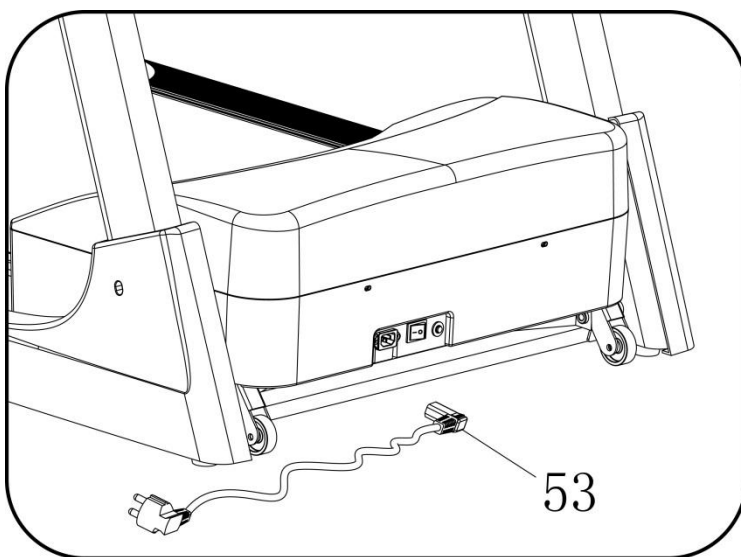
1. Connect the power cord (53) onto main frame.

STEP 7:

49
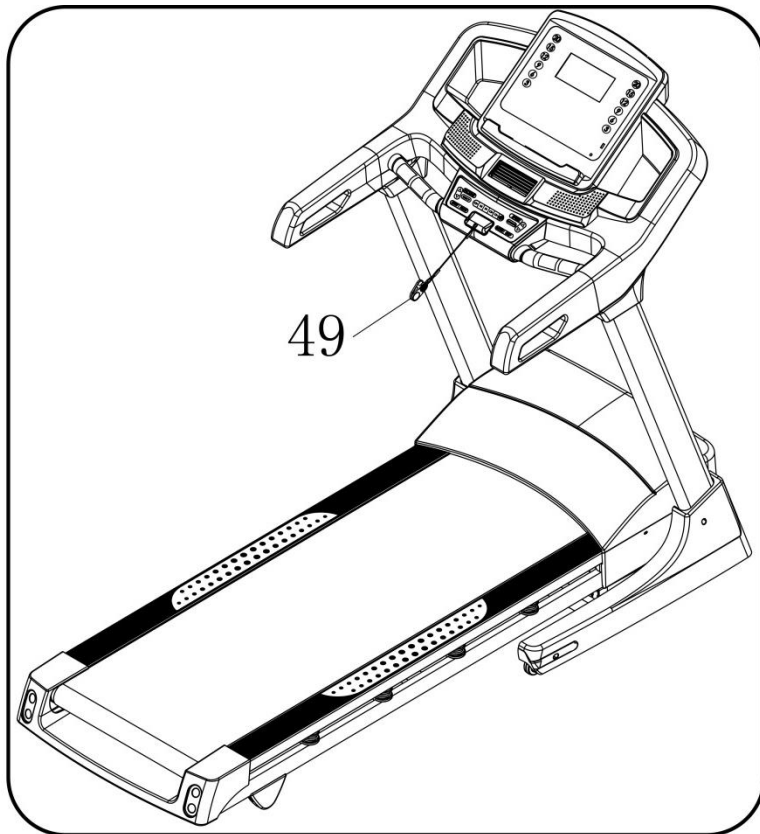
1. Place the safety key (49) onto the

    computer.

LIFESPAN
FITNESS

5. FOLDING INSTRUCTIONS

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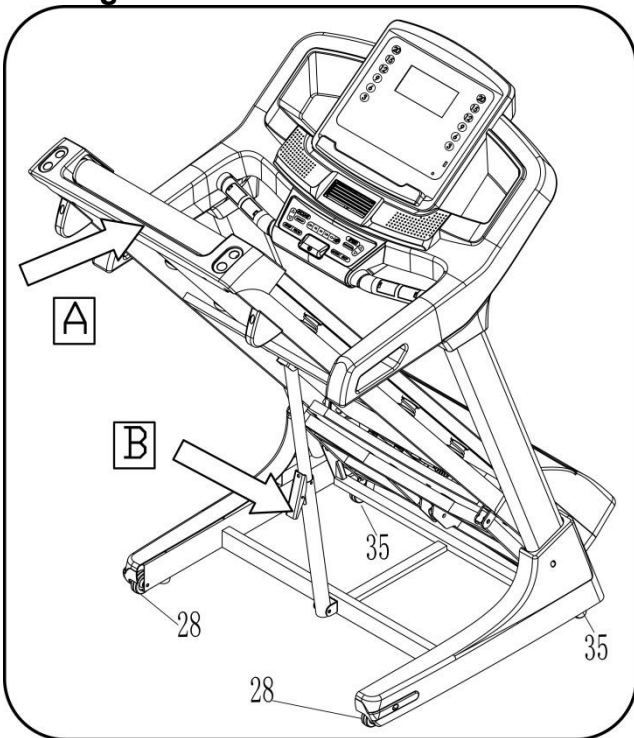
Place your hand on position (A), then pull up the base frame until you hear the click sound emitted when the air pressure bar (B) is locked into the round tube.

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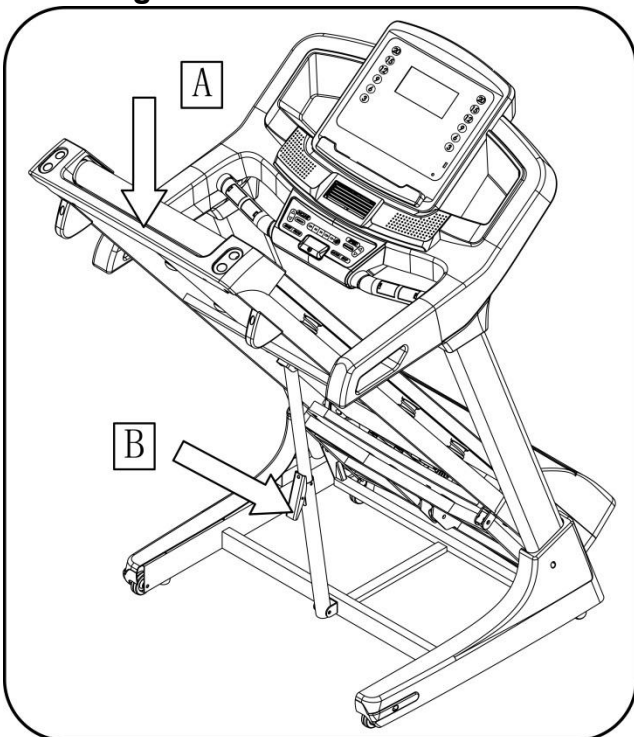
Whilst supporting position A with your hand, gently push the marked area on the air pressure bar with your foot.
The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

Video Tutorial Available at:
http://youtu.be/cP9NtFHfWlc

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

LIFESPAN FITNESS

VIPER M2

6. OPERATION GUIDE WITH PROGRAM CHART

1. OVERVIEW

2. LCD WINDOW DISPLAY

1. **Speed window**: displays speed and program

2. **Incline window**: displays incline level

3. **Time window**: displays workout time

4. **Distance window**: displays workout distance

5. **Calorie window:** displays calories burnt

6. **Pulse window**: displays pulse

(Calorie and pulse data is an estimate intended for reference only. Not suitable for medical purposes.)

VIPER M2

3. BUTTON FUNCTIONS

1. "**PROG**": when the treadmill is in standby mode, this button cycles through:

   a. "HRC" – heart rate control programs

   b. "P1-P40" - built in programs

   c. "U1-U3" - user defined programs

   d. "FAT" - body fat testing mode

2. "**MODE**": mode selection button. Press this button to cycle through "time count down", "distance count down" and "calorie count down"

   a. You can adjust the value with the Speed +/- or Incline +/ - buttons. Press "START" to start your workout after setting the values.

3. "**START**": begins workout after a 3 second countdown. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill.

4. "**STOP**": press button once and the machine will slow down to a stop.
   Pressing the STOP once button during your workout will pause the workout and data on the LCD will remain. Press the START button to resume your workout. Instead of pressing START, you may clear the workout data by pressing the STOP button a second time.

5. **SPEED**+**SPEED**-: Increase or decrease speed when excising. Sets parameter when stopped.

6. "**INCLINE**+", "**INCLINE**-": increase or decreases incline. Adjust the incline level during excising. Sets parameter when stopped.

7. "**SPEED:** 3, 6, 9, 12, 15, 20" Speed adjustment quick buttons

8. "**INCLINE:** 3, 6, 9, 12, 15, 20" Incline adjustment quick buttons.

9. "**FAN**"**:** Turns the fan ON/OFF

10. "**VOL+**"**:** Increases volume during USB memory stick playback

11. "**VOL-**"**:** Decreases volume during USB memory stick playback

12. : Track selection buttons

13. : Mute Button

3. MAIN FUNCTIONS

3.1. Quick Start-up (Manual):

Attach the safety key. After a 3 second countdown, the treadmill will starting and running from the lowest speed.

3.2. Countdown mode:

Press the MODE button to cycle options: time countdown, distance countdown, calorie countdown. The default value corresponds to the window and flashing display. Once you reach your desired option, use the SPEED +/- buttons to adjust to the desired value. Press START to start your workout.

You may also add and subtract speed and incline during the workout. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect safety lock to stop.

Time Setting Range	99:59 min
Distance Setting Range	0.5-99.9 km
Calorie Setting Range	10.0 – 999.0 calories

3.3. Preset programs:

Press the program button; programs from P1 to P40 are built-in programs. The time window displays the default value of TIME. When flashing, press the SPEED +/- and INCLINE +/- buttons to adjust to your desired time. Built-in programs are divided into 20 equal segments.

After pressing the START button, the treadmill will automatically run through each time segment in order. Speed and incline will automatically adjust to the pre-set value of each segment. Upon completion of all 20 segments, the program will end, slowing the treadmill down to a stop. During program operation speed incline can still be adjusted but upon reaching the next segment, these values will be automatically adjusted to the program defaults. Built-in program data is listed in the following table.

LIFESPAN FITNESS

VIPER M2

3.4. User defined programs:

There are three programs U1, U2, U3 for user defined.

1. Setting

Press "PROGRAM" continuously during stand by to set user defined program (U1-U3). This will allow you to customize each of the 20 time segments.

Press MODE to setup the first time segment. Adjust speed using "SPEED+", "SPEED–". Adjust incline using "INCLINE+", "INCLINE -". Press MODE to finish and enter next time segment. After finishing the 20th time segment the data will be stored in memory. You must complete all 20 time segments before exiting the setting mode.

2. Start

Press "PROGRAM" continuously during standby to select user defined program (U1-U3). Press START to being workout.

4. 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 should be used as an estimation for reference purposes only. Please refer to page xx for more information.

5. HEART RATE CONTROL (HRC) PROGRAMS:

DEFAULT is the default heart rate display parameter values (Default display)

Program Number	Functions
HP1	Incline only
HP2	Speed only
HP3	Speed and incline

- HRC programs have a maximum duration of 22 minutes.

- In standby mode, press the "Program" key until the DISTANCE window displays HP1, HP2 or HP3. When in the HP1/HP2/HP3 display interface, press the start key to select a HRC program. The system will automatically recommend HRC parameters available to users. Default parameters:

"HP1" program: Maximum operating speed: 8.0km/h, 30 years of age, default target heart value of 150beats/min

"HP2" program: Maximum operating speed: 9.0km/h, 30 years of age, default target heart value of 160beats/min

"HP3" program: Maximum operating speed: 10.0km/h, 30 years of age, default target heart value of 170beats/min

- The time window will begin by showing the default age of 30. Use the INCLINE+/- or SPEED+/- buttons to set the correct age. The age range is between 15 to 80 years old.

- After age is selected, press "MODE". The system will recommend a suitable target heart rate, which will be displayed on screen for reference. You may also use the INCLINE+/- or SPEED+/- buttons to choose a desired target heart rate. The available option range is from 95 to 180beats/min.

- After setting desired age and target heart rate values, press START to start your workout or MODE to return to standby mode.

- During a HRC program, INCLINE+/- or SPEED+/- buttons will be available to adjust speed and incline. The system will also adjust speed and incline automatically to achieve the user's target heart rate value.

Scenario	Program Number	Result
Actual heart rate is less than target heart rate	HP1	Incline will increase by 1 level every 10 seconds, until the incline limit or the target heart rate is reached. (speed is controlled by the user)
	HP2	Speed will increase by 0.5km/h every 10 seconds, until the speed limit or the target heart rate is reached. (incline is controlled by the user)
	HP3	Speed will increase by 0.5km/h every 10 seconds, until the speed limit is reached. Once the maximum speed limit is reached, incline will increase by 1 level every 10 seconds, until the incline limit is reached.
Actual heart rate is greater than target heart rate	HP1	Incline will decrease by 1 level every 10 seconds, until minimum incline is reach or the target heart rate is reached. (speed is controlled by the user)
	HP2	Speed will decrease by 0.5km/h every 10 seconds, until minimum speed or the target heart rate is reached. (incline is controlled by the user)
	HP3	Incline will decrease by 1 level every 10 seconds, until the minimum incline is reached. Once the minimum incline is reached, speed will decrease by 0.5km/h every 10 seconds, until the minimum speed is reached. Values will stop changing once target heart rate is reached.

During the program, pressing STOP or disconnecting the safety key will end the workout.

Note: Heart rate control programs can only be used with a wireless chest strap. This must be worn just below the chest in direct contact with skin.

6. 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	DESCRIPTION
F-1	SEX	01--02	01= MALE 02= FEMALE
F-2	AGE	10—99 YEARS	
F-3	HEIGHT	100—200 CM	
F-4	WEIGHT	30—180 KGS	

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

7. VALUE PARAMETERS:

SETTING	INITIAL	SETTING INITAIL VALUE	SETTING RANGE	SHOW RANGE
TIME(MIN:SEC)	0:00	15:00	5:00-99:00	0:00－99:59
GRADE（SEGMENT）	0	0	0-20	0-20
SPEED（KM/H）	1.0	1.0	1.0-20	1.0-20
INCLINE（KM/H）	0	0	0-22	0-22
DISTANCE(KM)	0	1.0	0.5-99.9	0.00－99.9
HEART (PER/MIN)	P	N/A	N/A	50-200
CALORIE(KC)	0	50	10-999	0－999

8. POWER SAVING MODE:

The treadmill automatically enters sleep mode after 30 minutes of inactivity. Press any key on the display to wake the treadmill.

9. SAFETY KEY FUNCTION:

The machine will not function without the safety key being correctly attached. Pulling out the safety will set the display into "off" mode.

10. STOP KEY:

Pressing STOP once during your workout will pause your workout and slow your machine to a stop. After 5 minutes, the computer will display "PRESS START TO RESUME OR STOP TO END".

- Press "stop" twice to stop the machine and end the workout.
- Press "stop" three times for the machine to return to IDLE mode.

11. CALORIE CALCULATION FORMULA:

70.3×V(Km/h)×t(h)×(1+?%)

When incline is 0, 7.3kc is lost.

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.
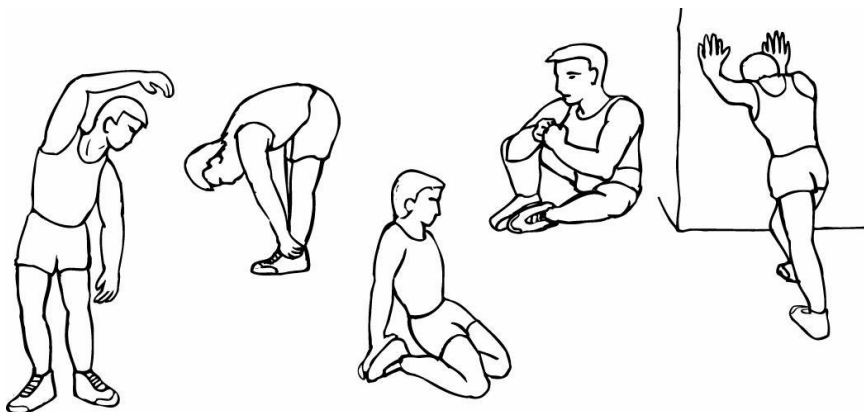
Training Zone Exercise

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.

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
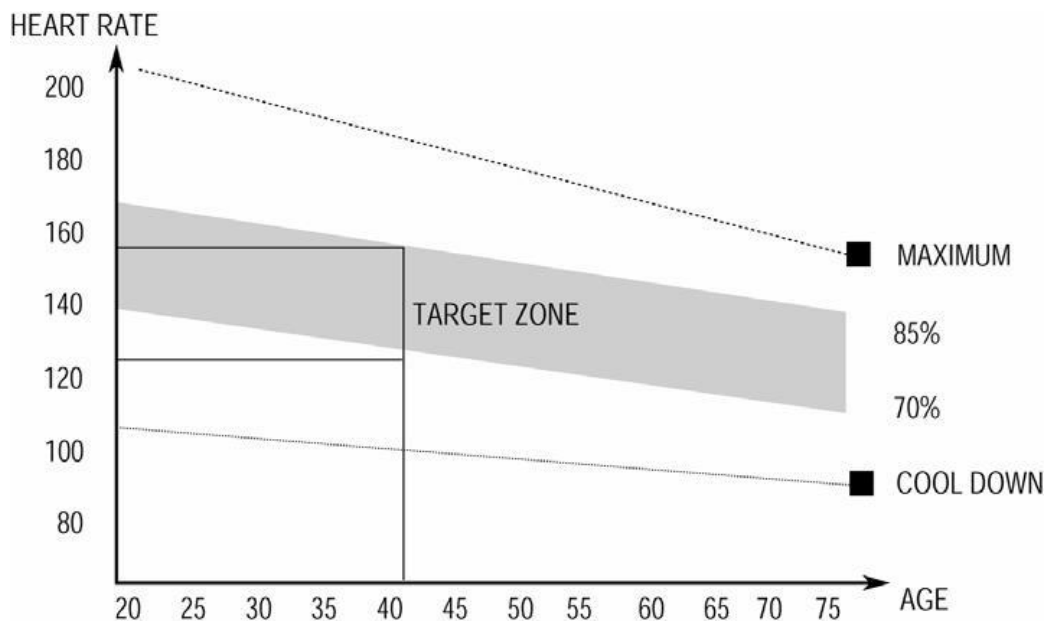
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

LIFESPAN FITNESS

VIPER M2

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:

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

See below procedures for lubricating:

1.   Use a soft, dry cloth to wipe the area between the belt and deck.

2.   Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
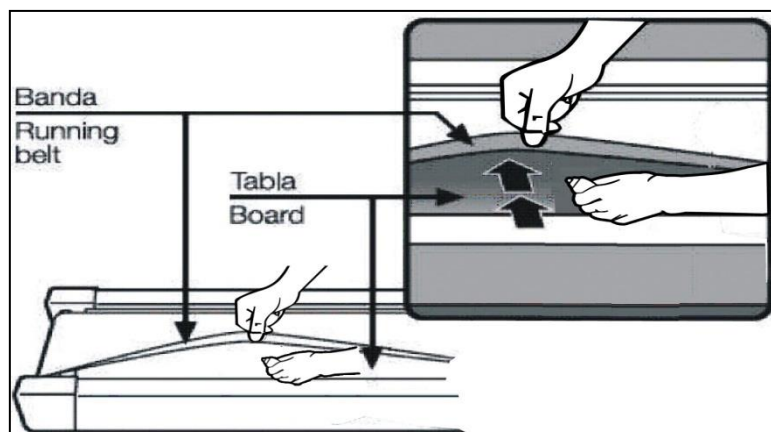
3.   Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

Video Tutorial Available at:
http://youtu.be/cP9NtFHfWlc

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

LIFESPAN FITNESS

VIPER M2

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 treadmill. This can be purchased directly from us or any hardware store.

Video Tutorial Available at:
http://youtu.be/cP9NtFHfWlc

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

5. Adjusting the Running Belt

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

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.

A

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.

B

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.

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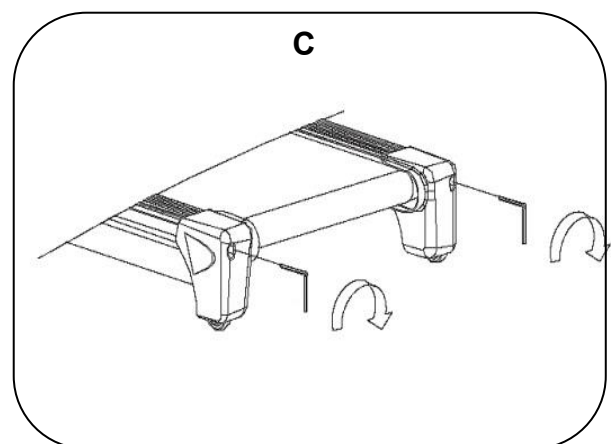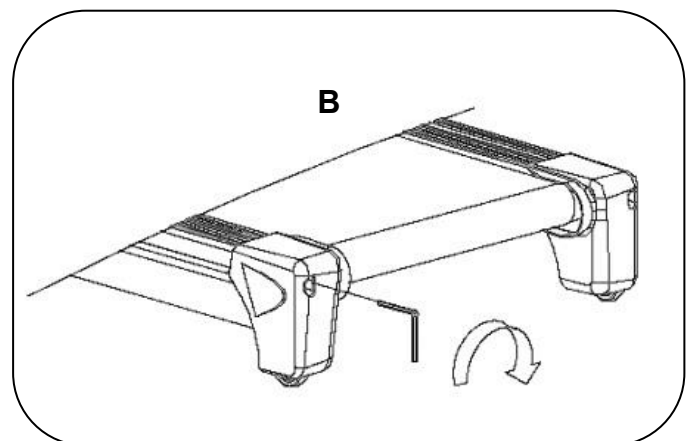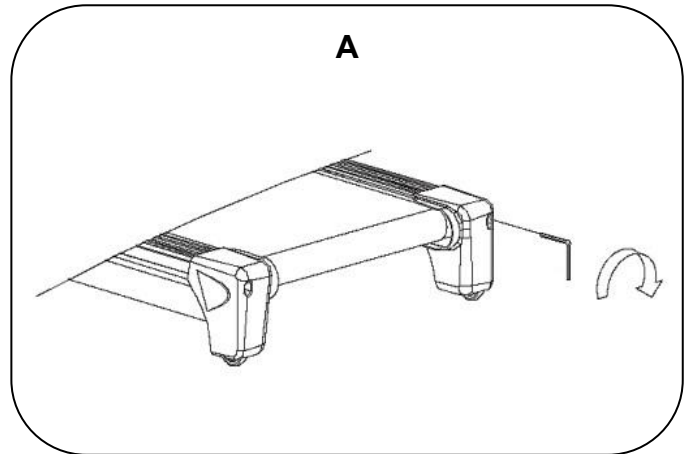
NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

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

Video Tutorial Available at:
http://youtu.be/vllsamTSvvA
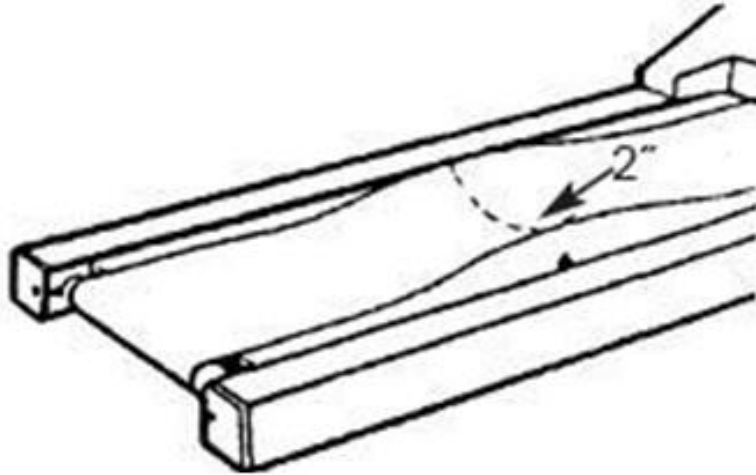
Lifespan Fitness Channel:
http://www.youtube.com/user/treadmillsvideos

6. Replacing Motor Brushes

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

IMPORTANT: Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.
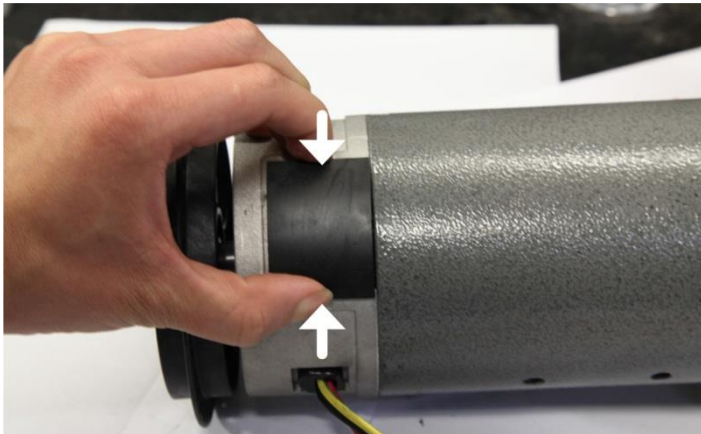
1. Remove the cover from the motor by squeezing it from the sides.
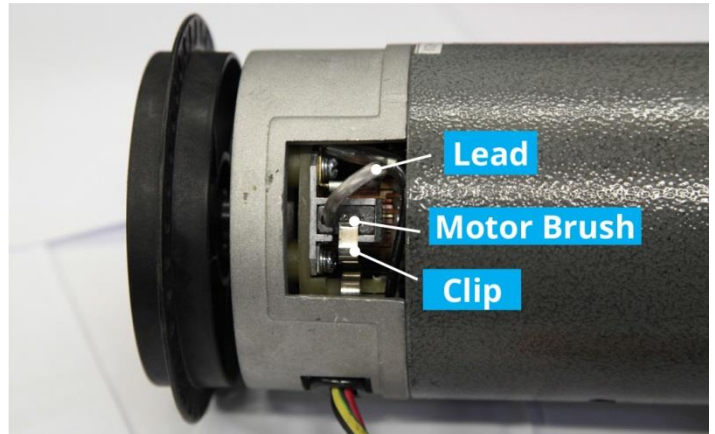
2. You'll find the motor brush held in with a clip, with the lead plugged in.
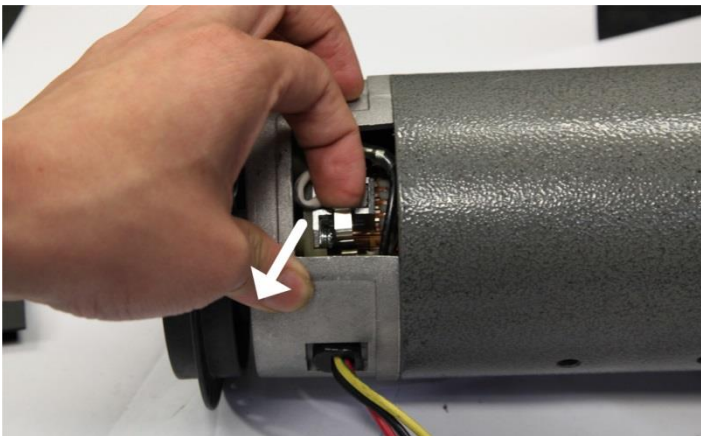
3. Pull the clip out from its position.
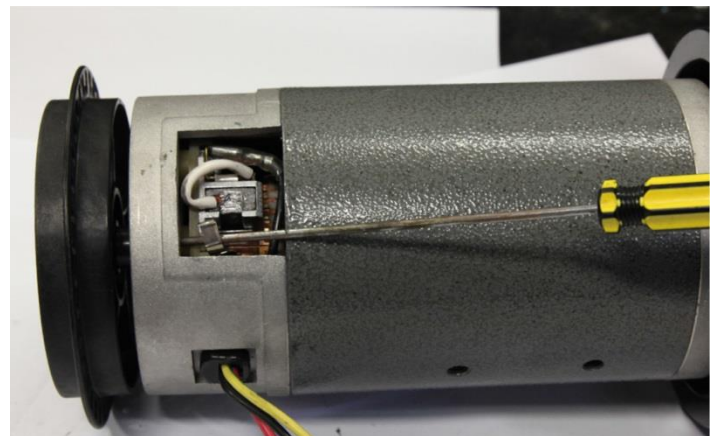
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.

LIFESPAN FITNESS
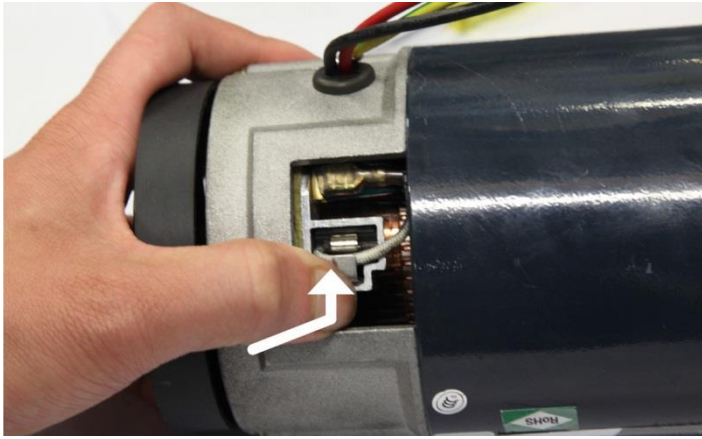
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.
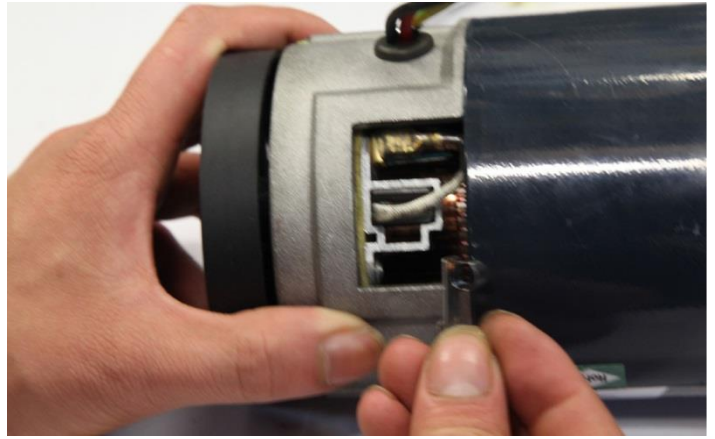
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.
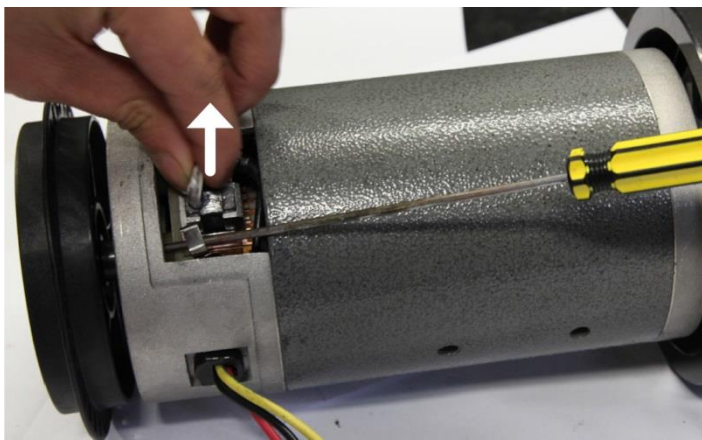
5. Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.
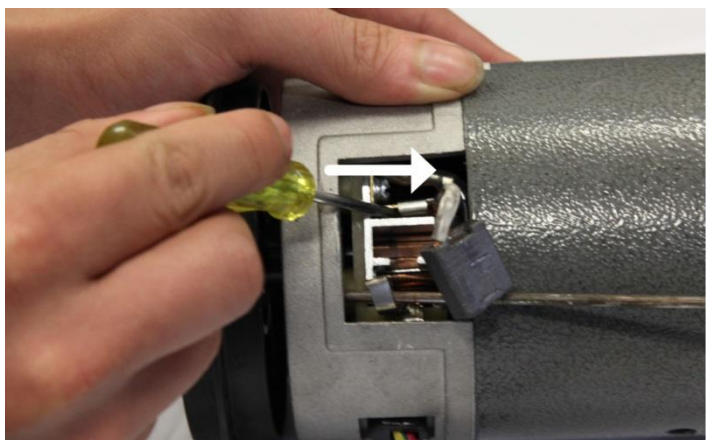
6. Slide the motor brush lead off the terminal using a another small screwdriver or needle-nosed pliers.
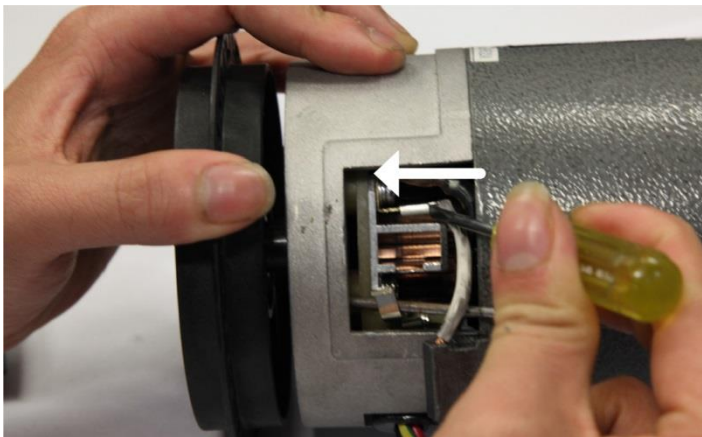
7. Plug the new motor brush lead into the terminal.
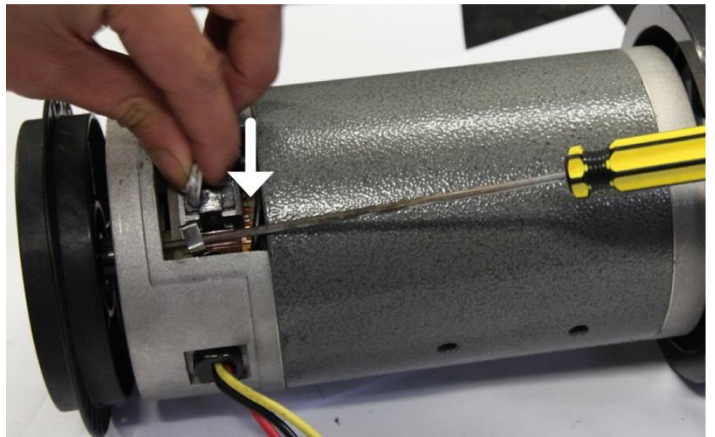
8. Slide the new motor brush into the slot.

LIFESPAN FITNESS

VIPER M2
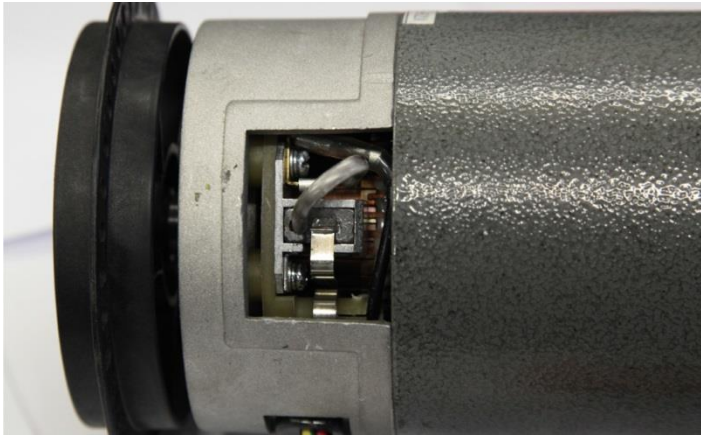
9a. Release the clip back into its position.
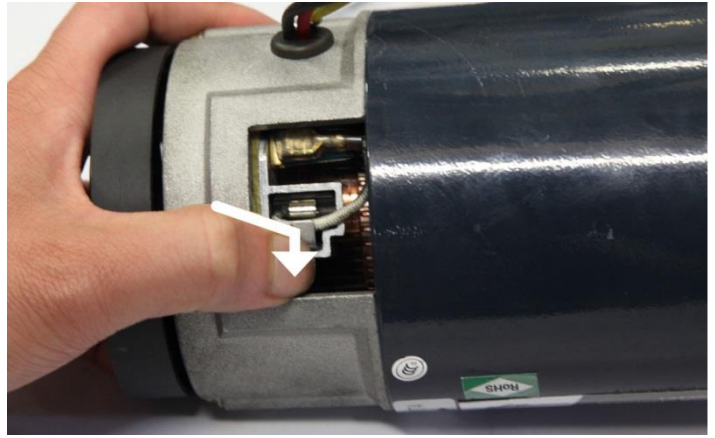
9b. If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.
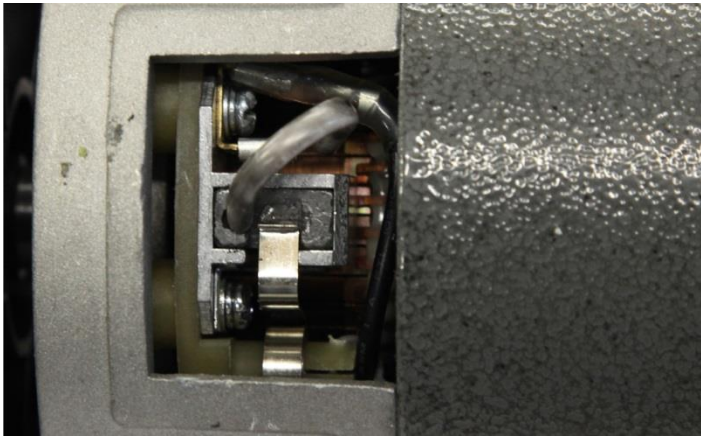
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.
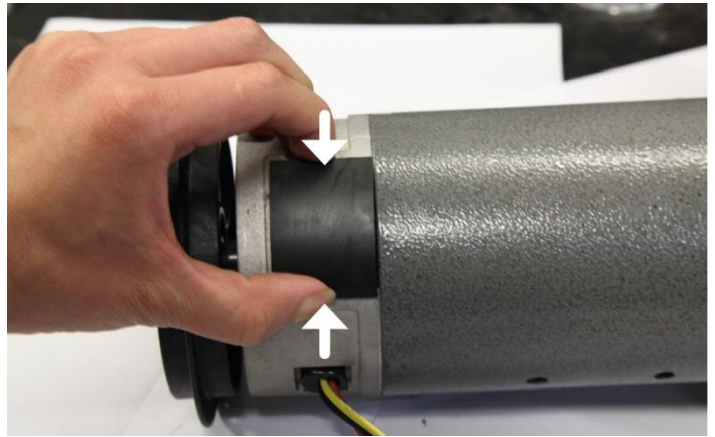
11. Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

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

LIFESPAN
FITNESS

VIPER M2

9.EXPLODED DIAGRAM

LIFESPAN FITNESS

VIPER M2
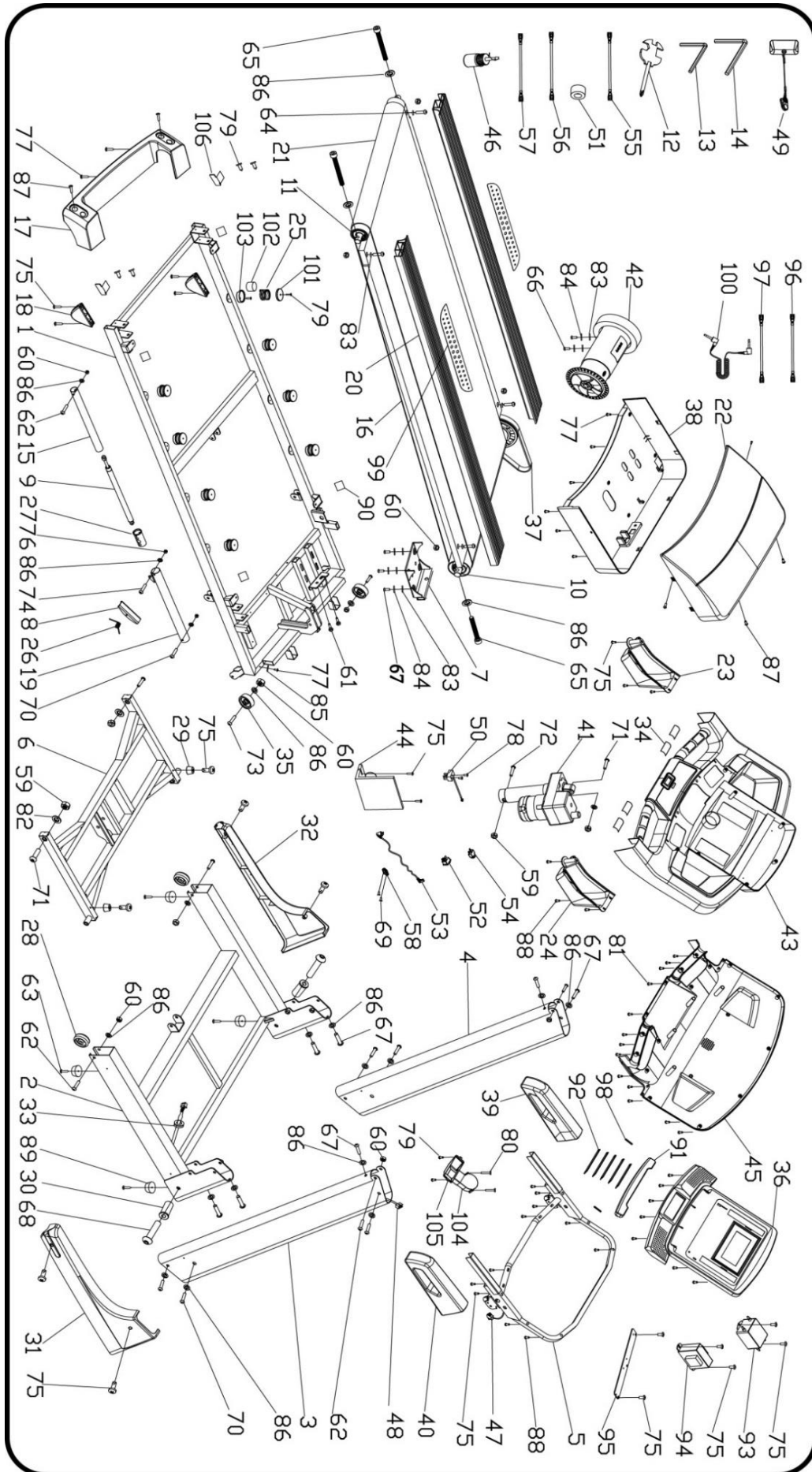
10. PARTS LIST

NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main frame		1	51	Magnet Ring		1
2	Base frame		1	52	Power Switch		1
3	Left upright		1	53	Power Line		1
4	Right upright		1	54	Overload protection		1
5	Computer Bracket		1	55	AC Single Wire		1
6	Incline Bracket		1	56	Blue Single Wire		1
7	Motor Bracket		1	57	Brown Single Wire		1
8	Rotating pipe		2	58	Power cord jack		1
9	Cylinder		1	59	Lock nut	M10	4
10	Front roller		1	60	Lock nut	M8	12
11	Rear roller		1	61	Bolt	M8*25	2
12	wrench w/screw driver	S=13、14、15	1	62	Bolt	M8*48	5
13	#5 Allen wrench	5mm	1	63	Bolt	M6*16	4
14	#6 Allen wrench	6mm	1	64	Bolt	M8*32	4
15	Spring cushion		8	65	Bolt	M8*55	3
16	Running board		1	66	Bolt	M8*12	2
17	Left back cover		1	67	Bolt	M8*20	10
18	Right back cover		1	68	Bolt	M10*65	2
19	EVA pad	30*47*2	4	69	Bolt	M4*50	2
20	Side Rail		2	70	Bolt	M8*55	5
21	Running Belt		1	71	Bolt	M10*42	3
22	Motor Cover		1	72	Bolt	M10*60	1
23	Left Upright Cover		1	73	Bolt	M8*40	2
24	Right Upright Cover		1	74	Bolt	M6*40	1
25	pul-out piece spring		8	75	Bolt	ST4.2*19	22
26	Torsion Spring		1	76	Lock nut	M6	1
27	Hollow casing pipe		1	77	Bolt	ST4.2*12	10
28	Adjustable wheel		2	78	Bolt	ST2.9*6.5	2
29	Taper Cushion		2	79	Bolt	ST4.2*12	20
30	Rotating pipe		2	80	Bolt	ST4.2*55	2
31	Right base cover		1	81	Bolt	ST4.2*13	25
32	Left base cover		1	82	Lock Washer	10	4
33	Ring wire plug		2	83	Flat Washer	8	10
34	Hand pulse		2	84	Spring washer	8	6
35	Transport wheel		2	85	Lock washer	5	3
36	Face panel		1	86	Lock washer	8	21
37	Drive belt		1	87	Bolt	ST4.2*19	6
38	Motor bottom cover		2	88	Bolt	ST4.2*20	6
39	Left handle bar		1	89	Foot pad		4
40	Right handle bar		1	90	EVA		4
41	Incline Motor		1	91	IPAD rack		1
42	DC Motor		1	92	Fan blade		5
43	Computer top cover		1	93	Filter		1
44	Control board		1	94	Inductor		1
45	Computer bottom cover	ST4.2*12	2	95	CE fix board		1
46	Oil Bottle		1	96	Wind scooper		1
47	Computer up wire		1	97	Earth wire		1
48	Computer bottom wire		1	98	Connecting rod		2
49	Safety key		1	99	Non-slip pad		2
50	Light sensor		1	100	MP3 wire	optional	1
103	Spring bottom cover		8	101	Spring top cover		8
104	Fan		1	102	Spring cushion		8

LIFESPAN FITNESS

VIPER M2

11. TROUBLE SHOOTING GUIDE

Error/Code	Description	Possible Solutions
	Computer not functioning after connecting power	a. Please check if the overload protect jump, if it has, please press it, let it continue operation. b. Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. c. 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. d. Check the state of the transformer is good, if broken, change it.
E1	Message failure	1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it. 2. Check the state of the transformer is good, if broken, change it.
E2	No sensor signal	1. The speed sensor signal was not detected within 5-8 seconds. Check the sensor plug connection 2. See if the magnetic speed sensor is broken or damaged, re-connect the plug well or change the sensor.
E3	Overload protection	1. 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. 2. Check if the motor sounds like its being over worked or for a burning smell. If so, change motor 3. Check control board. If control board is emitting a burning smell, change it.
E4	Incline sensor error	1. Check connection of incline motor wires 2. Check to see if AC wire of incline 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 incline motor to see if it is destroyed, exchange it or incline motor. Press "learning" button of bottom control board to relearn upon completion of checks.
E6	Burst clash	1. Ensure power is correct, if not, use correct power to test. 2. Check if the bottom control boards is burnt out, if burnt out replace it and then reconnect the motor wire.
E07	Control board error	1. Check and replace controller
E08	Control board error	1. Check and replace controller
	Motor not functioning after pressing START button	1. the motor wire is damaged 2. the safety pipe is broken or has fallen off; 3. motor wire is not properly connected 4. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

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.lifespanfitness.com.au/warranty-repairs

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

Hand Pulse Technology

Our products come equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the display to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of $3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au

Program Chart: Preset

Program		Each column represents 1/20th of the total program time																			
Time		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P21	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2

LIFESPAN FITNESS

VIPER M2

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

LIFESPAN FITNESS

VIPER M2

Program Chart: HRC

	HRC 1				HRC 2				HRC 3		
Age	Target zone (L-H)			Age	Target zone (L-H)			Age	Target zone (L-H)		
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	160	165	170	15	170	175	180	15	170	175	180
16	159	164	169	16	169	174	179	16	170	175	180
17	158	163	168	17	168	173	178	17	170	175	180
18	157	162	167	18	167	172	177	18	169	174	179
19	156	161	166	19	166	171	176	19	169	174	179
20	155	160	165	20	165	170	175	20	168	173	178
21	154	159	164	21	164	169	174	21	168	173	178
22	153	158	163	22	163	168	173	22	168	173	178
23	152	157	162	23	162	167	172	23	167	172	177
24	151	156	161	24	161	166	171	24	167	172	177
25	150	155	160	25	160	165	170	25	166	171	176
26	149	154	159	26	159	164	169	26	166	171	176
27	148	153	158	27	158	163	168	27	166	171	176
28	147	152	157	28	157	162	167	28	165	170	175
29	146	151	156	29	156	161	166	29	165	170	175
30	145	150	155	30	155	160	165	30	165	170	175
31	144	149	154	31	154	159	164	31	164	169	174
32	143	148	153	32	153	158	163	32	164	169	174
33	142	147	152	33	152	157	162	33	163	168	173
34	141	146	151	34	151	156	161	34	163	168	173
35	140	145	150	35	150	155	160	35	163	168	173
36	139	144	149	36	149	154	159	36	162	167	172
37	138	143	148	37	148	153	158	37	162	167	172
38	137	142	147	38	147	152	157	38	161	166	171
39	136	141	146	39	146	151	156	39	160	165	170
40	135	140	145	40	145	150	155	40	160	165	170
41	134	139	144	41	144	149	154	41	159	164	169
42	133	138	143	42	143	148	153	42	159	164	169
43	132	137	142	43	142	147	152	43	158	163	168
44	131	136	141	44	141	146	151	44	158	163	168
45	130	135	140	45	140	145	150	45	158	163	168
46	129	134	139	46	139	144	149	46	157	162	167
47	128	133	138	47	138	143	148	47	156	161	166
48	127	132	137	48	137	142	147	48	155	160	165
49	126	131	136	49	136	141	146	49	154	159	164
50	125	130	135	50	135	140	145	50	153	158	163
51	124	129	134	51	134	139	144	51	152	157	162
52	123	128	133	52	133	138	143	52	151	156	161
53	122	127	132	53	132	137	142	53	150	155	160
54	121	126	131	54	131	136	141	54	149	154	159
55	120	125	130	55	130	135	140	55	148	153	158
56	119	124	129	56	129	134	139	56	147	152	157
57	118	123	128	57	128	133	138	57	146	151	156
58	117	122	127	58	127	132	137	58	145	150	155
59	116	121	126	59	126	131	136	59	144	149	154
60	115	120	125	60	125	130	135	60	143	148	153
61	114	119	124	61	124	129	134	61	142	147	152
62	113	118	123	62	123	128	133	62	141	146	151
63	112	117	122	63	122	127	132	63	140	145	150

LIFESPAN FITNESS

VIPER M2

64	111	116	121	64	121	126	131	64	139	144	149
65	110	115	120	65	120	125	130	65	138	143	148
66	109	114	119	66	119	124	129	66	137	142	147
67	108	113	118	67	118	123	128	67	136	141	146
68	107	112	117	68	117	122	127	68	135	140	145
69	106	111	116	69	116	121	126	69	134	139	144
70	105	110	115	70	115	120	125	70	133	138	143
71	104	109	114	71	114	119	124	71	132	137	142
72	103	108	113	72	113	118	123	72	131	136	141
73	102	107	112	73	112	117	122	73	130	135	140
74	101	106	111	74	111	116	121	74	129	134	139
75	100	105	110	75	110	115	120	75	128	133	138
76	99	104	109	76	109	114	119	76	127	132	137
77	98	103	108	77	108	113	118	77	126	131	136
78	97	102	107	78	107	112	117	78	125	130	135
79	96	101	106	79	106	111	116	79	124	129	134
80	95	100	105	80	105	110	115	80	123	128	133