

# LSG

## VULCAN TREADMILL OWNER'S MANUAL



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

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

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

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# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this treadmill.

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

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

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

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and is not suitable for commercial environments.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.

- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Injuries to health may result from incorrect or excessive training.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- WARNING heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C

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

## 2. IMPORTANT ELECTRICAL INFORMATION

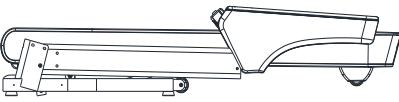
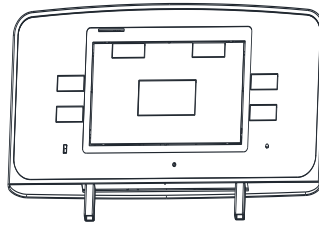
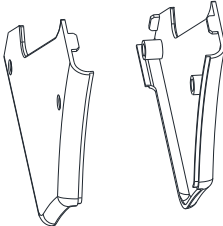
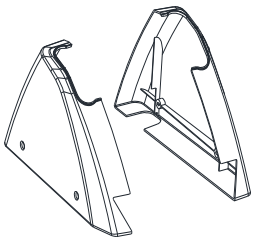
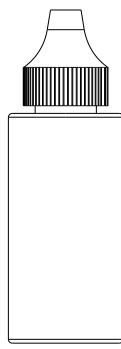
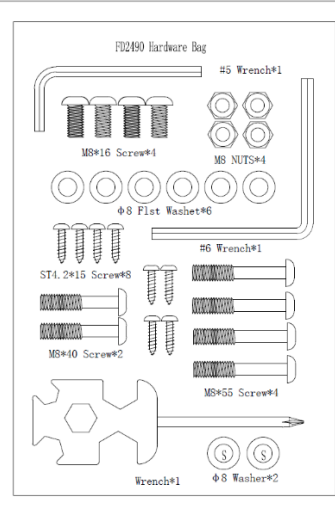
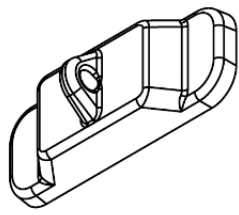
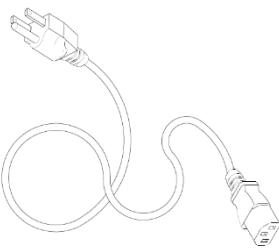
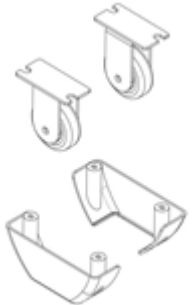
### WARNING!

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

### 3. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Replace any defective components immediately. The machine must be kept out of use until repaired.
- Belt wear-in period: all treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not completely go away. The belt will stretch over time, causing it to ride smoother over the rollers.

# 4. ASSEMBLY INSTRUCTIONS

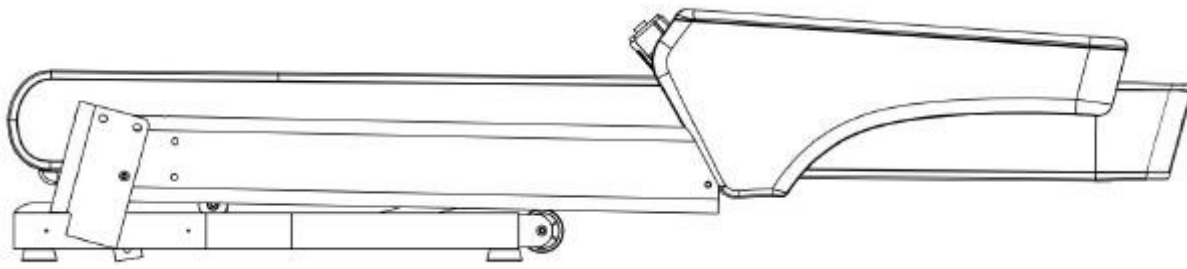
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<p>IV</p> 	<p>V</p> 	<p>VI</p> 
<p>VII</p> 	<p>VIII</p> 	<p>IX</p> <p>USER MANUAL</p>
<p>X</p> 		

## PART LIST

No	DES.	Specification	Qty.
I	Main frame		1 PC
II	Computer		1 PC
III	Right/Left armrest inside cover		2 PCS
IV	Right/Left base cover		2 PCS
V	Oil bottle		1 PC
VI	Tool bag		1SET
VII	Safety Key		1 PC
IX	Power wine		1 PC
X	Wheel and covers		2 PCS



## STEP 1:

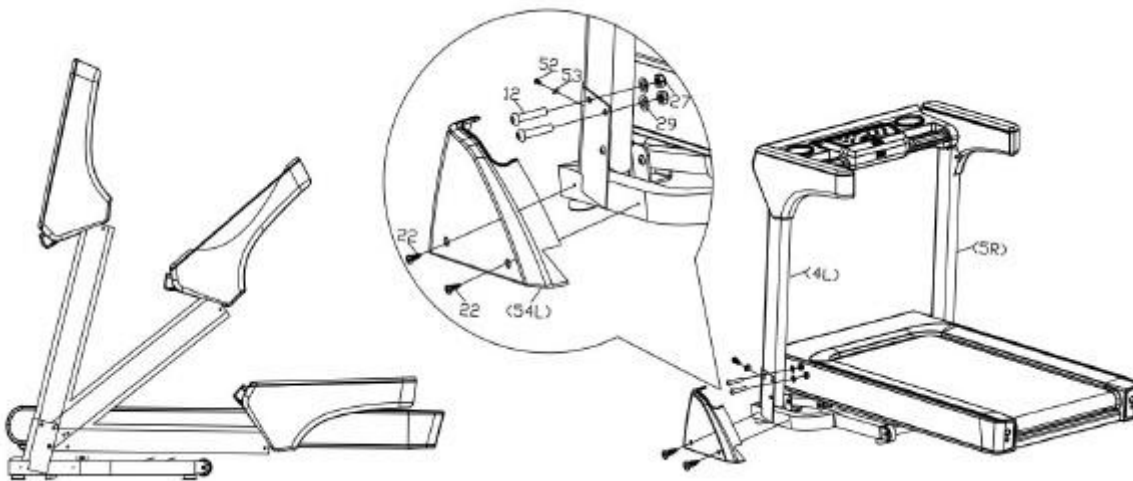


1. Open the carton
2. Extract the parts listed above
3. Place the Main Frame onto level ground

**Warning:** Use 2 people to remove treadmill from the box to avoid accidents.

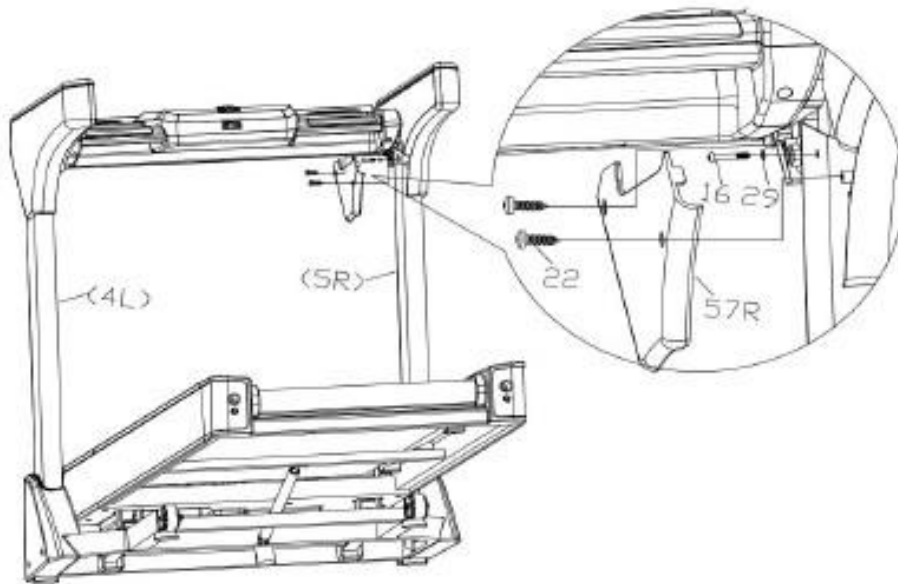
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## STEP 2:



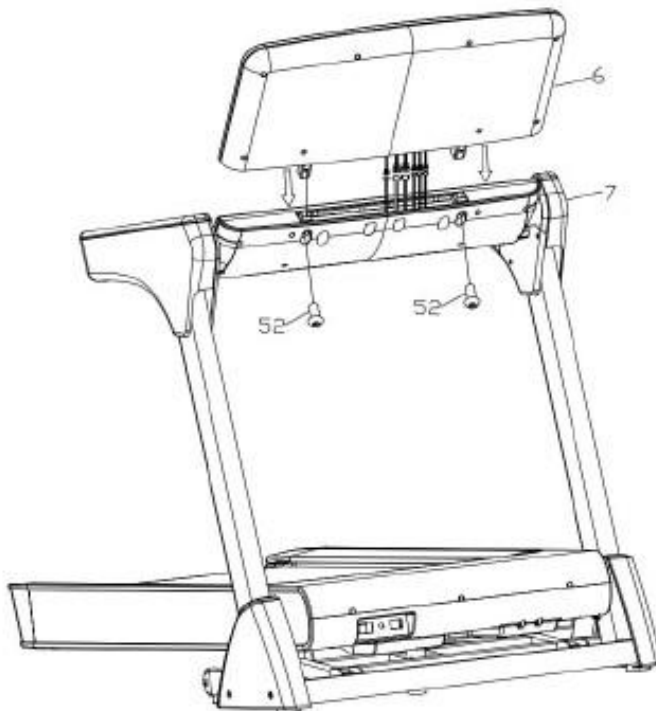
1. Fold the treadmill upright as shown above. You will need a second person to hold the treadmill upright while you assemble it.
2. Secure the Right/Left upright (4L) (5R) to the base frame with:
  - 2pcs M8\*16mm bolt (52)
  - 2pcs  $\phi 8$  washer (53)
  - 4pcs M8\*54mm bolt (12)
  - 4pcs  $\phi 8$  flat washer (29)
  - 4pcs lock nut (27)
3. Connect the Right/Left upright (4L) (5R) with the base frame (1) and tighten bolts.
4. Check the upright is tighten, then use 2pcs bolt (25) to secure the Right/Left base cover (54L) (55R) on the Right/Left upright (4L) (5R).

### STEP 3:



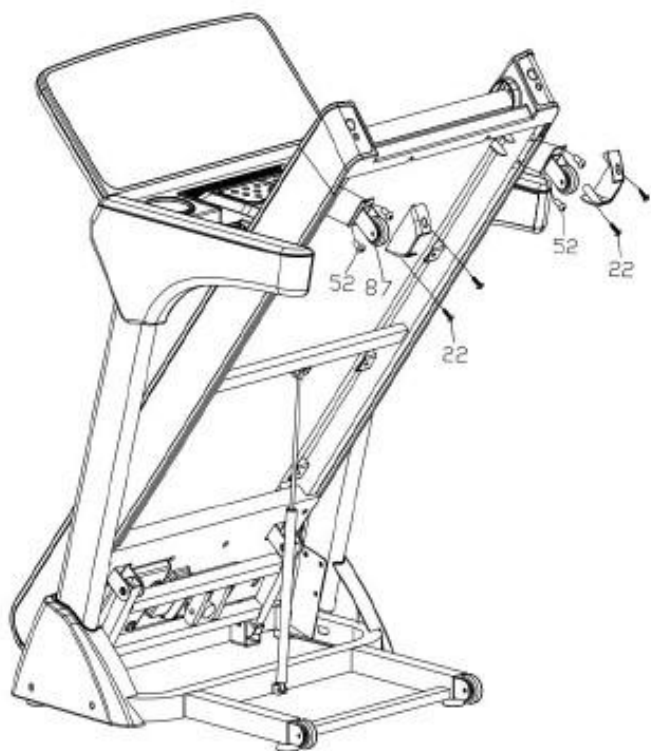
1. Use 2pcs M8\*40mm bolt (16), 2pcs  $\phi 8$  flat washer (29) to connect the Right/Left upright (4L) (5R) with the armrest. Tighten all bolts.
  2. Then use 4pcs bolt (22) to secure the Right/Left armrest inside cover (56L) (57) on the Right/Left upright (4L) (5R).
- 

### STEP 4:



1. Connect the signal line.
  2. Put the fixed seat below the computer into the hole of the fixed tube. Connect the display screen on the computer frame with 2pcs M8\*16mm bolt (52). Tighten all bolts.
-

## STEP 5:



1. Take out the wheels and covers.
  2. Fit the wheels on the main frame with 4 pcs M8\*16mm bolt (52).
  3. Fit the wheel covers on the main frame with 4pcs bolt (22)
- 

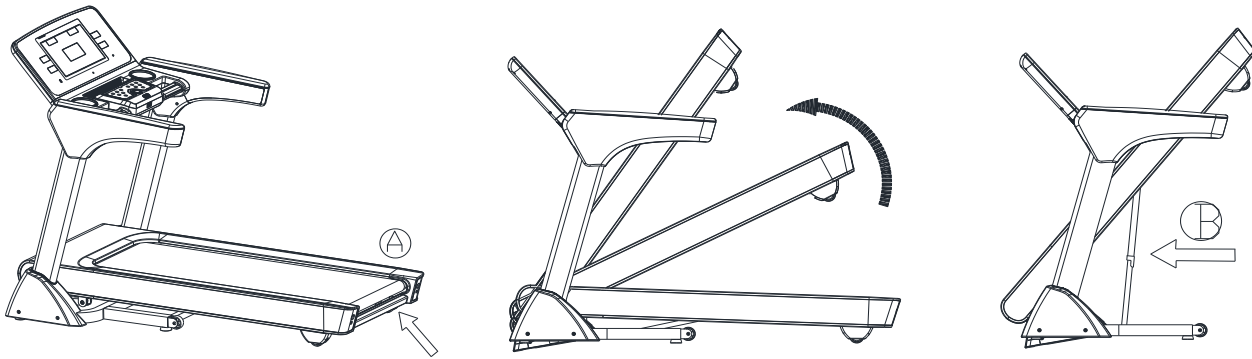
## STEP 6:



1. Put the safety key (VII) on the computer.

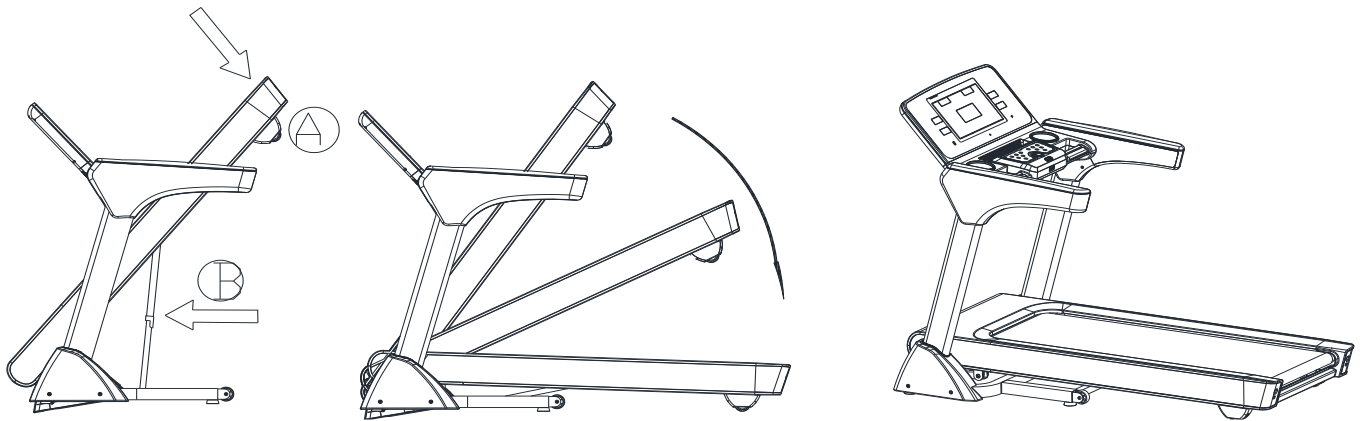
## 5. FOLDING INSTRUCTIONS

### 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.

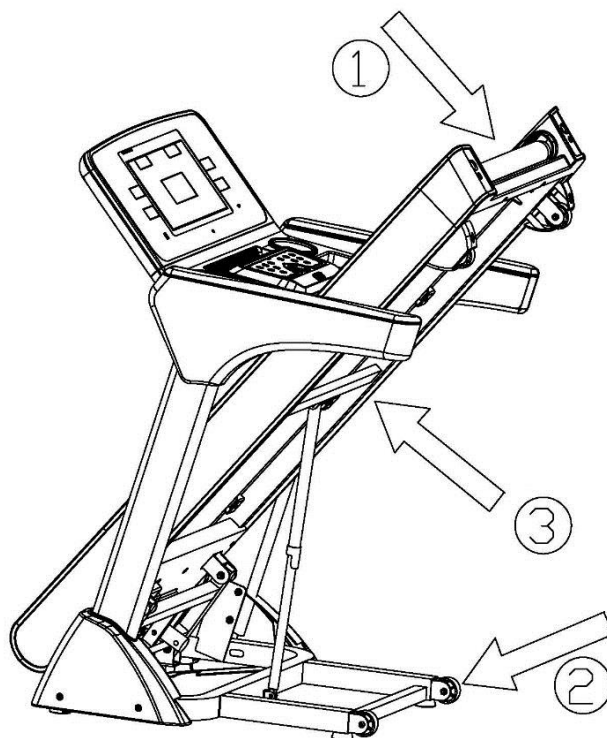
### Unfolding:



Whilst supporting position (A) with our hand, gently push position (B), the marked area on the air pressure bar, with your foot.

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

## Moving the treadmill:



Whilst the treadmill is folded, stand in the middle of the treadmill and hold (1). Tilt the treadmill until wheels (2) are touching the ground and push to your designated location.

**Warning:** Before moving the treadmill, make sure to disconnect the power cord to avoid damaging the plug and socket.

# 6. OPERATION GUIDE

## 1. OVERVIEW



## 2. LCD WINDOW DISPLAY

1. **“SPEED”**: Under running status displays the current values for speed, the speed range is 0.0-18.0KM / H.
2. **“INCL”**: Displays the value of inclination, the range is from 0 to 15.
3. **“TIME”**: Displays the time for sport. The time ranges from 0:00 to 99:59.
4. **“DIS”**: Displays the distance traveled. The account value from 0.00-99.9.
5. **“CAL.”**: Displays the calorie consumption and heart rate. When you display the calorific value, from 0.00-999.
6. **“PUL.”**: Heartbeat value range from 50-200 times/minute. (This data is for reference only, not as a medical data.)
7. **“Lattice Windows”**: Display runway, program diagram, running turns, prompt message and so on. When playing music, require lattice display dynamic frequency. Always display:



## 3. BUTTON FUNCTIONS

1. **“POWER” button**: Switch control the windows, link power, and light on.
2. **“PROG” button**: Press this button to choose program P01-P02-...-P15-U01-U02-U03-FAT;

3. **“MODE” button:** When machine in standby state, press this button to choose the mode: mode-time count down, mode-distance count down, mode-calories count down;
4. **“START” button:** Press this button to start the machine,
5. **“STOP” button:** Press this button to stop the machine, the machine will stop smoothly;
6. **“SPEED+”, “SPEED-”:** Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;
7. **“INCLINE +”, “INCLINE -”:** Adjust the incline. Press the button to adjust incline section when run, and adjust the data when stop;
8. **SPEED (4, 8, 12KMH):** Adjust the speed quickly
9. **INCLINE (4, 8, 12):** Adjust the incline quickly
10. **Music Bluetooth control keys:** Move Next/Move Previous and Volume+, Volume-.

#### 4. MANUAL MODE

Under the manual mode, in the standby mode, press the "MODE" button to enter the time countdown mode, "TIME" window displays "15:00". Time setting range: 5:00-99:00.

At the time the countdown mode, press the "MODE" button to enter the distance countdown mode, "DISTANCE" window displays "1.00". Movement distance can be set, setting range: 0.50-99.9.

At the distance countdown mode, press the "MODE" button to enter the calorie count down mode, "CAL" window shows "50". Calories setting range: 10-999.

## 5. PROGRAMS TABLE:

SPEED representative speed, INCLINE representative slope. In each program the exercise time divided into 20 equal parts, each period has a corresponding speed and slope.

PROG TIME		Total program time/20= running time of each segment																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5



	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2
P13	SPEED	5	7	9	10	10	11	11	12	11	11	10	10	11	11	12	11	11	9	7	3
	INCLINE	3	3	4	4	5	4	4	3	4	4	5	5	4	4	3	4	4	5	4	3
P14	SPEED	5	8	9	9	9	10	10	9	9	9	10	10	9	9	9	10	10	8	5	3
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2
P15	SPEED	5	6	7	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	5	3
	INCLINE	1	1	2	3	3	3	2	2	2	3	3	3	2	2	2	3	3	3	2	1

## 6. USER DEFINED PROGRAM

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

### User define program setting

Press "PROGRAM" continuously under standby mode until window display U1-U3, press "MODE" to start setting first segment, setup speed and incline by pressing "SPEED+" "SPEED-" AND

"INCLINE+" "INCLINE-", press "MODE" finish first segment setting and enter second one, until finish all 20 segments. The data will be permanently saved until user reset next time.

### Start user define program

A. Press "PROG" under standby mode until window display U01-U03, press START after setting running time for this program.

B. Press START bottom after setting user define program and running time.

### Instruction of user define program setting

Each program is divided into 20 segments, the machine can only be started when all the speed and incline are finish set for each segment.

## 7. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and the window will show "F-1", "F-2", "F-3" "F-4". When set each parameter, press SPEED or INCLINE bottom to adjust the data, and the window will show the data and press 'MODE' button to finish, and the window will show "-5-" and "---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds. (Below date just for reference)

### Data display and set range

FAT	Catalog	Setting & Testing date	
F-1	Sex	01-men	02-women
F-2	Age	10-99(25)	
F-3	Height	100-200(170)	
F-4	Weight	20-150(70)	
F-5	FAT	---	
		<19	Underweight
		19~25	Normal weight
		25~29	Overweight
		>29	Obesity

## 8. DATA DISPLAY AND SET RANGE

	INITIAL DATA	DEFAULT DATA	SETTING RANGE	SHOWING RANGE
Time (min; sec.)	0:00	15:00	5:00-99:00	0:00-99:59
Speed (km/h)	0.0	1.0	1.0-18.0	0.0—18.0
Incline (piece)	0	0	0-15	0-15
Distance (km)	0.00	1.00	0.50—99.9	0.00—99.9
Calories (Kilo calories)	0.0	50.0	10.0—999	0.0—999
Pulse (piece/min)	P	0	0	50-200

## 9. SAFETY LOCK FUNCTION

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display“———”, the buzzer will make 3 sound “B—B—”, now the treadmill must be stop. Attach the magnet end of the safety key to the computer, the treadmill will be at the beginning of running.

## 10. SLEEP FUNCTION

Stopped for more than 10 minutes without any operation, the system completed all showed off into the body of sleep state. Press any key to wake up.

## 11. BLUETOOTH SPEAKER FUNCTION

Connect the mobile phone blue tooth with the treadmill blue tooth, treadmill can play the music from mobile phone.

## 12. LUBRICATING PROMOT FUCTIONS:

When the miles are added up to 300KM, the screen will display: “OIL”, the buzzer will make sound “B—B—”, then you should lubricate the treadmill as instructions shows. After lubricating, under standby mode, press the “STOP” button until the sound disappear, and the treadmill will return to normal.

**ATTENTION:** Before exercise, to check whether load the power and the safety lock is valid.

Appeared the abnormalities during movement, can pull off the safety lock, the treadmill will quickly decelerate to stop; then put safety locks, the device is reset, waiting for input instructions.

If any questions of the treadmill. Please contact your dealer, non-professionals, do not attempt to disassemble or repair, in order to avoid equipment damage.

# 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 a great way to control your weight, improve your fitness and reduce the effect of aging and stress.

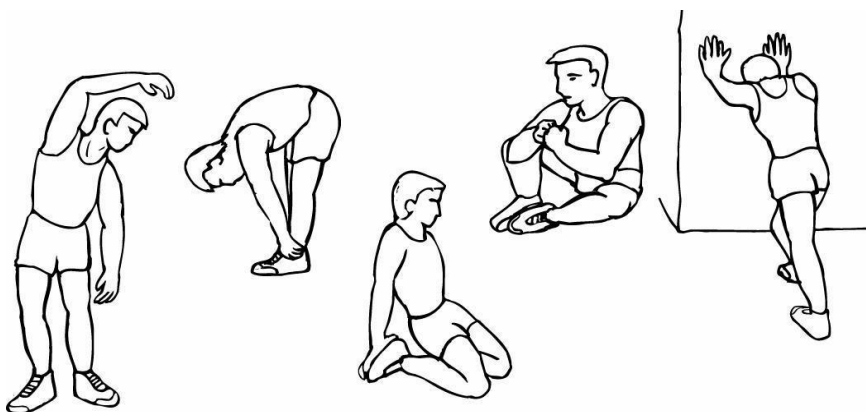
The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

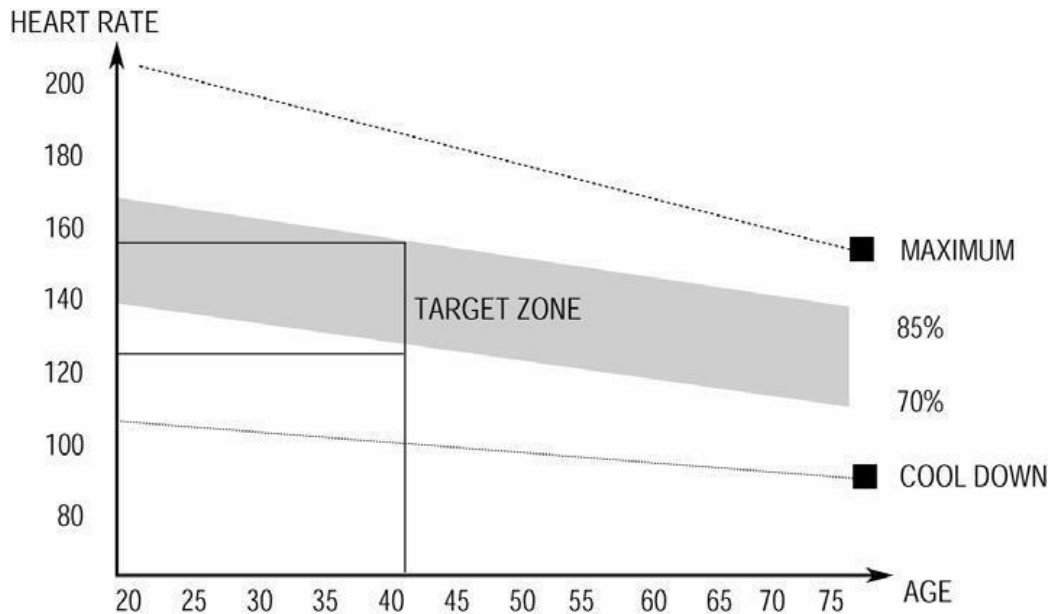
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.

## 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

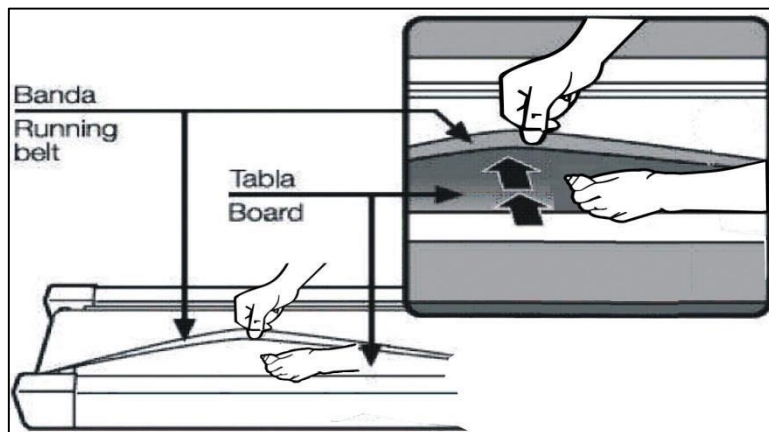
### 3. Belt/Deck/Roller Lubrication

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>

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

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

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

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

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

## 5. Adjusting the Running Belt

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

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

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

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

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

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

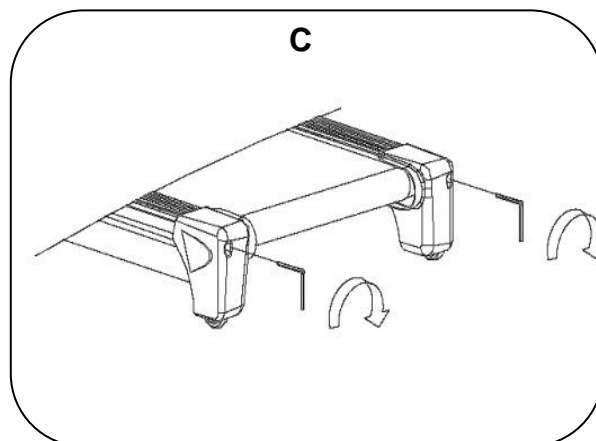
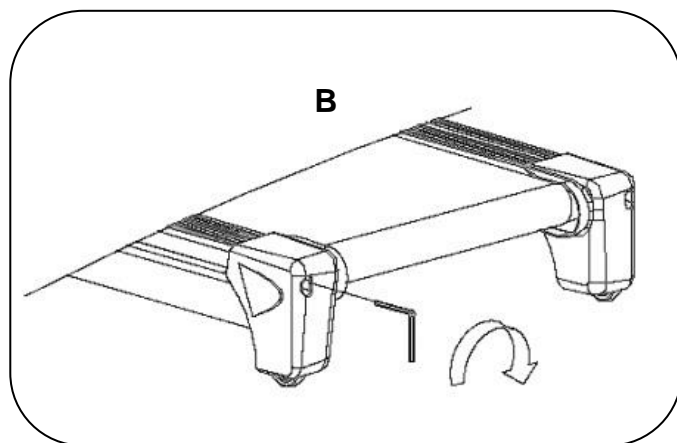
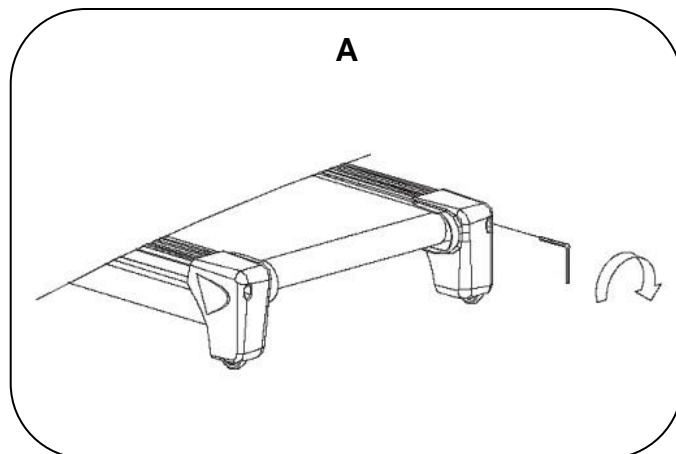
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

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

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

See *Picture C*

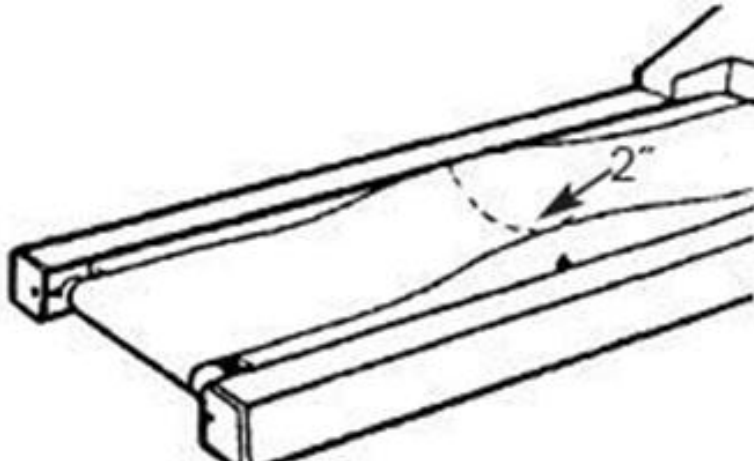
If the belt is over tightened, simply do the opposite to loosen.





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

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



**Video Tutorial Available at:**

<http://youtu.be/vllsamTSvVA>

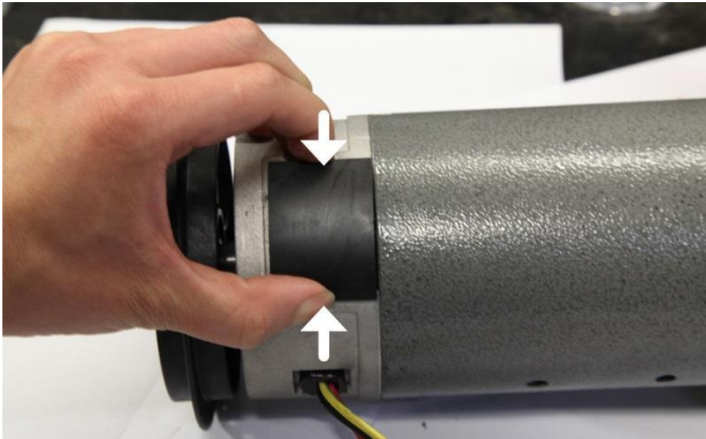
**Lifespan Fitness Channel:**

<http://www.youtube.com/user/treadmillsvideos>

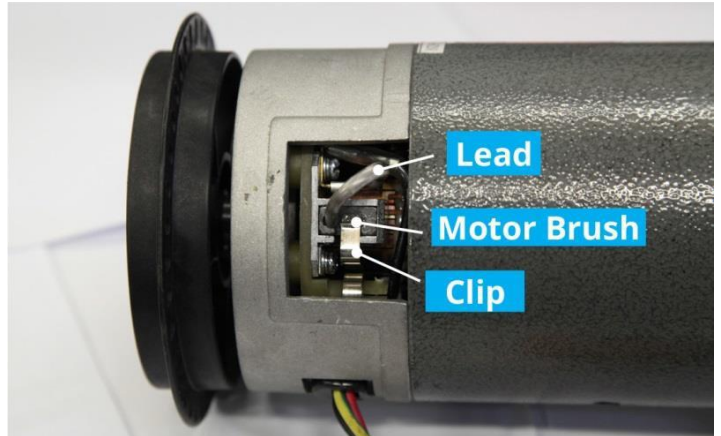
## 6. Replacing Motor Brushes

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

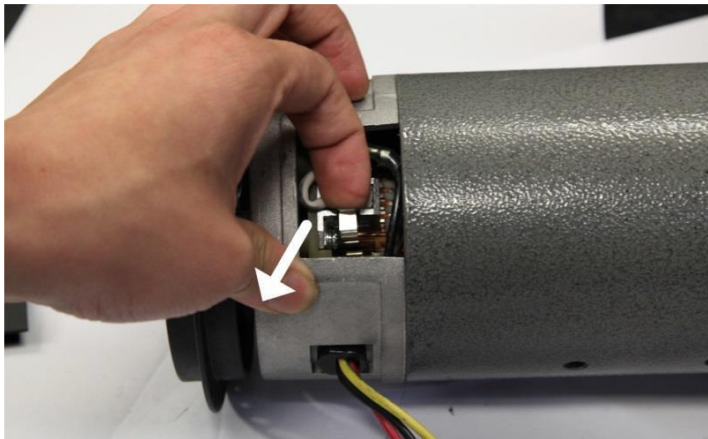
**IMPORTANT:** Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



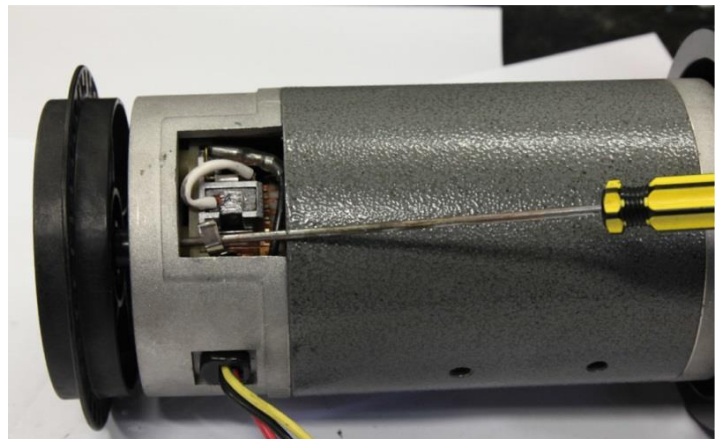
1. Remove the cover from the motor by squeezing it from the sides.



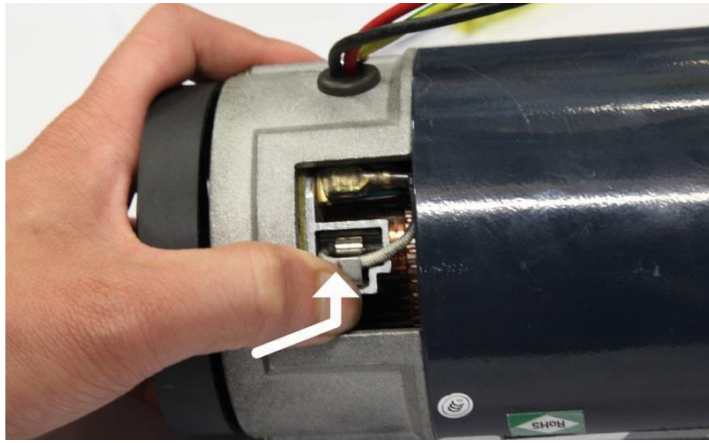
2. You'll find the motor brush held in with a clip, with the lead plugged in.



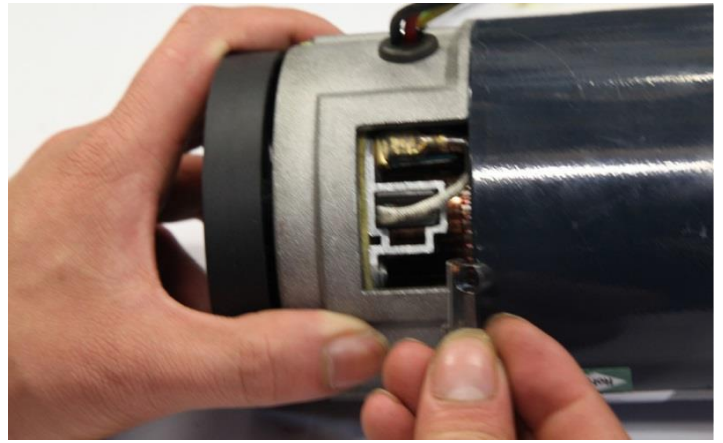
3. Pull the clip out from its position.



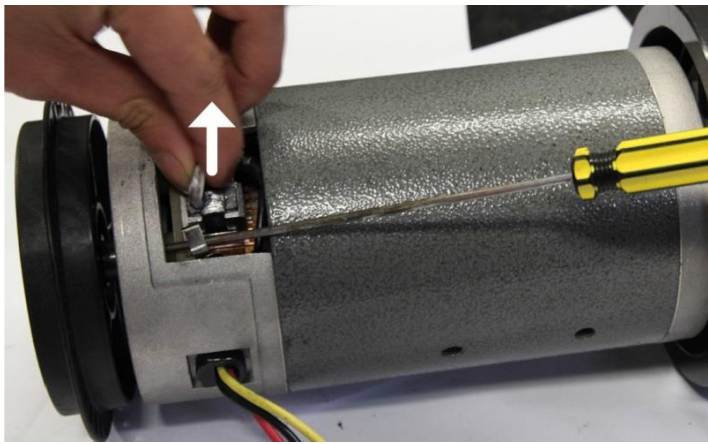
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



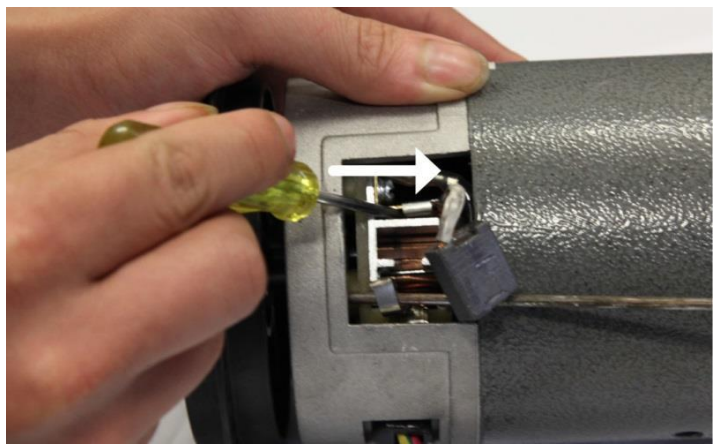
**4b.** Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



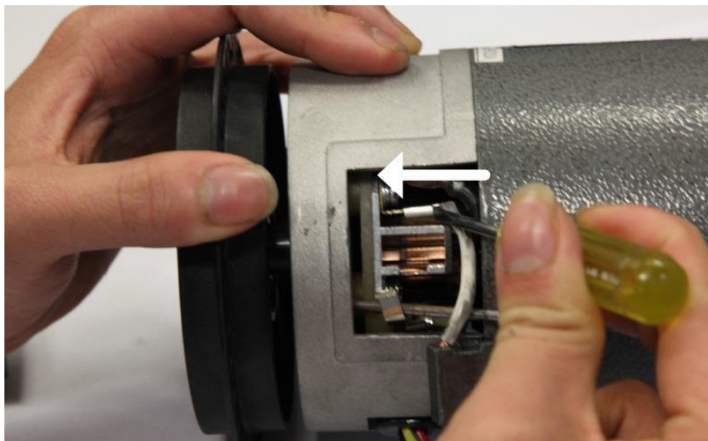
**4c.** Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



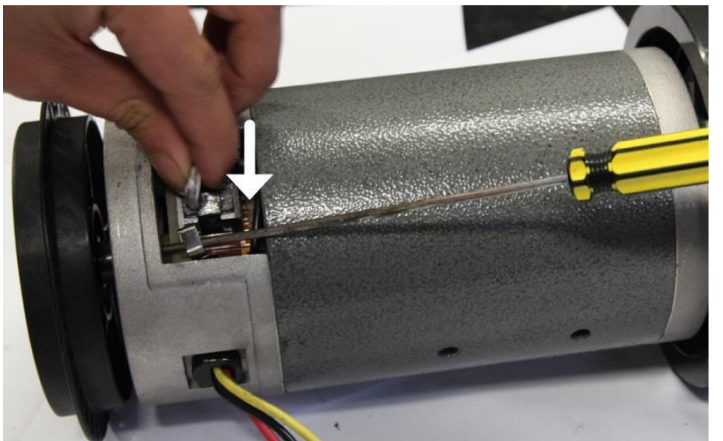
**5.** Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.



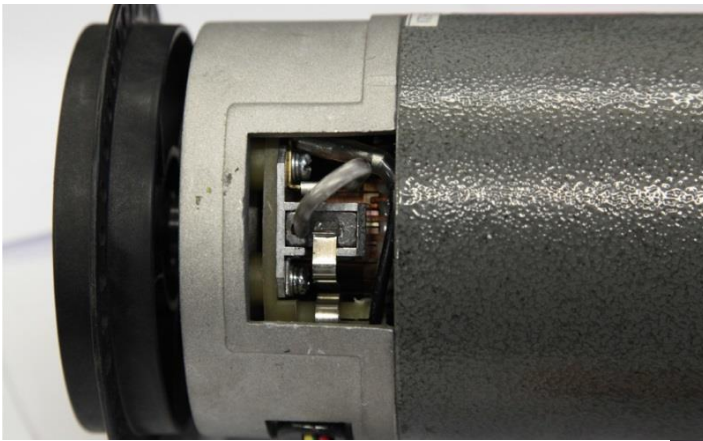
**6.** Slide the motor brush lead off the terminal using another small screwdriver or needle-nosed pliers.



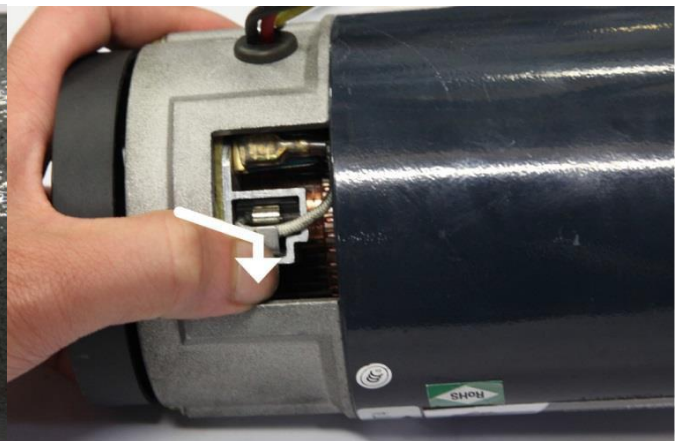
**7.** Plug the new motor brush lead into the terminal.



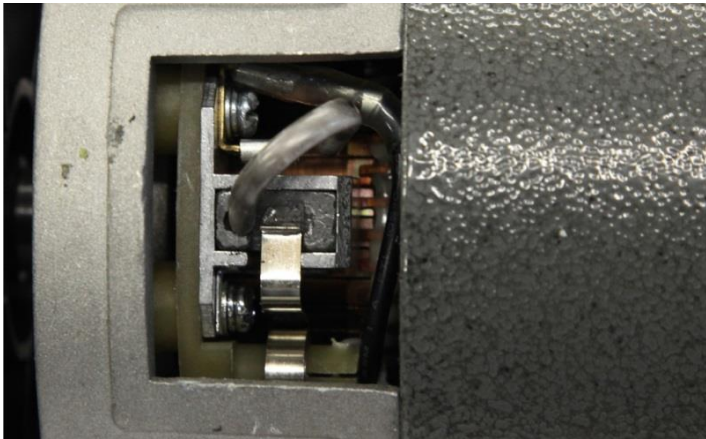
**8.** Slide the new motor brush into the slot.



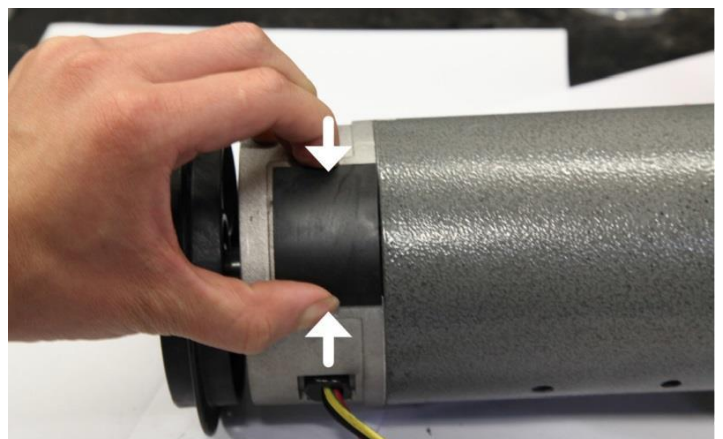
**9a.** Release the clip back into its position.



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



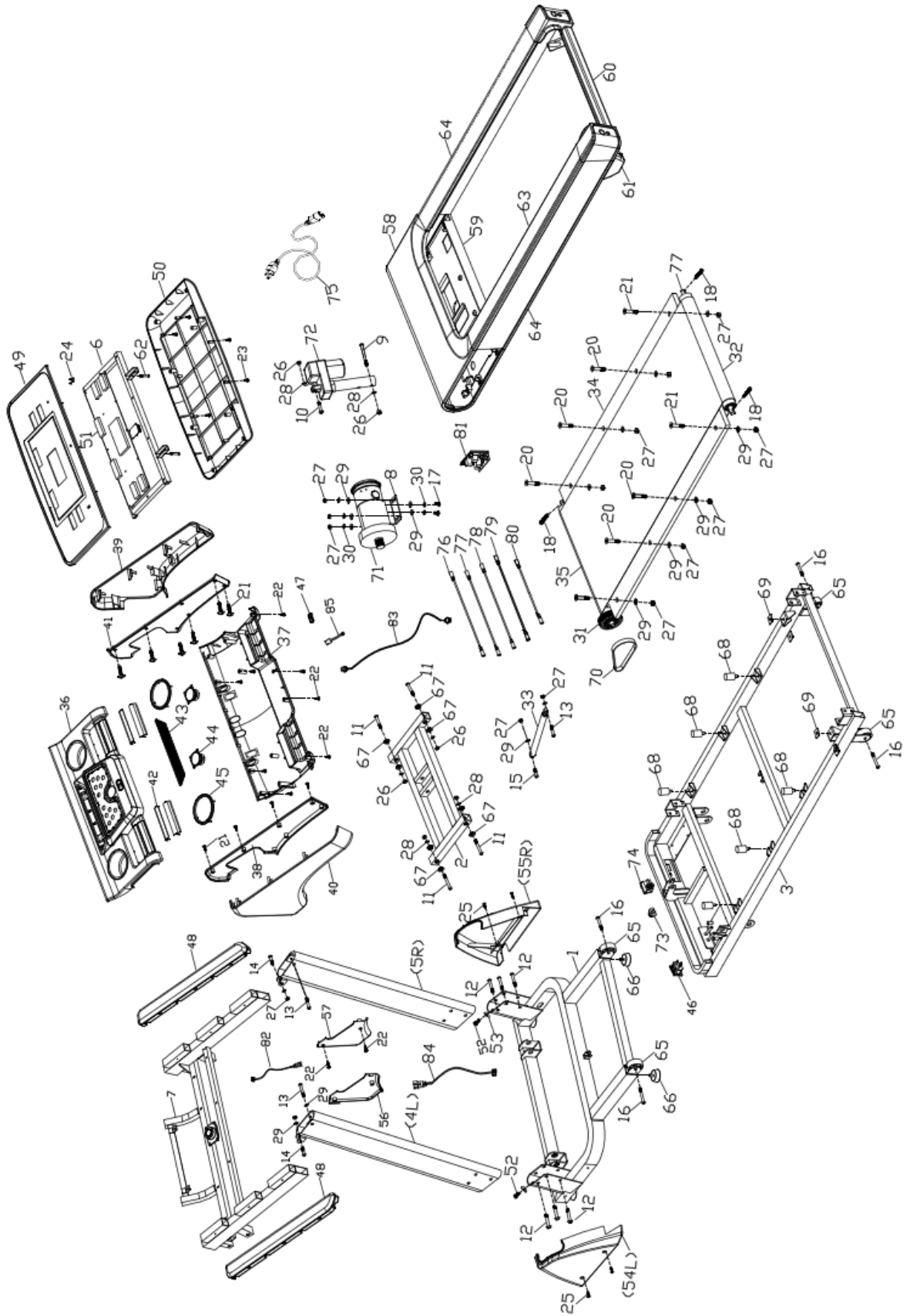
**10.** Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



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

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

# 10. EXPLODED DIAGRAM



# 10. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Base frame	1	49	Computer up cover	1
2	Incline Bracket	1	50	Computer bottom cover	1
3	Main frame	1	51	Main Circuit Board	1
4	Left upright(4L)	1	52	Bolt M8*16	8
5	Right upright(5R)	1	53	Washer $\phi 8.5 \times \phi 17 \times 1.5$	2
6	Computer Bracket	1	54	Left base cover	1
7	Bracket Assembly	1	55	Right base cover	1
8	Motor Assembly	1	56	Left armrest inside cover	1
9	Bolt M10*95	1	57	Right armrest inside cover	1
10	Bolt M10*40	1	58	Motor Up Cover	1
11	Bolt M10*60	4	59	Motor Bottom Cover	1
12	Bolt M8*55	6	60	Back Cover	1
13	Bolt M8*45	3	61	Wheel cover	2
14	Bolt M8*35	2	62	Bolt STA4.2*35	2
15	Bolt M8*30	1	63	Side rail	2
16	Bolt M8*40	4	64	Side rail 2	2
17	Bolt M8*12	2	65	Wheel	4
18	Bolt M8*65	3	66	Foot pad	4
19	Bolt M8*90	2	67	Teleflex	2
20	Bolt M8*25	6	68	Cushion	6
21	Bolt M8*35	2	69	Rubber Pad	2
22	Screw ST4.2*15	50	70	Motor Belt	1
23	Screw ST2.9*10	20	71	DC Motor	1
24	Screw ST2.5*7	30	72	Incline Motor	1
25	Screw ST4.2*15	4	73	overload protector	1

26	Lock Nut M10	6	74	Power Switch	1
27	Lock Nut M8	28	75	Power Wire	1
28	Flat Washer φ10.5*φ20*1.5	6	76	Power Cables 1	1
29	Flat Washer φ8.5*φ17*1.5	28	77	Power Cables 2	1
30	spring washer M8	6	78	Power Cables 3	1
31	Front roller	1	79	Power Cables 4	1
32	Rear roller	1	80	Grounding wire	1
33	Gas spring	1	81	Control Board	1
34	Running Board	1	82	Main control up wire	1
35	Running Belt	1	83	Main control middle wire	2
36	Bracket up cover	1	84	Main control Bottom wire	1
37	Bracket Bottom cover	1	85	Safety Switch Sensor	1
38	Left armrest inside up cover	1	86	Screw STA4.2*9.5	12
39	Right armrest inside cover	1			
40	Left armrest inside cover	1			
41	Right armrest inside up cover	1			
42	Hand pulse	4			
43	Sound net	1			
44	Loud speaker	2			
45	Water bottle cage decoration	2			
46	Socket	1			
47	Safety Switch	1			
48	Left/Right armrest foam	2			

# 11. 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.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto: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.



## TROUBLESHOOTING

Error		Main reason	Solution
Display screen not turning on		A No power supply	Connect the power cord to AC, or check the AC outlet
		B The power switch is not turned on	Set the power switch to the ON position
		C The drive is not powered or damaged	Press the overload protector again, or replace the drive
		D Damaged cable	Replace the signal cable and re-plug it up
		E The computer is damaged	Replace the computer
		F Backlight is not bright	Need to repair, check the backlight line, or replace the backlight
Treadmill display incomplete, lack of strokes		A Show driver IC Weld or solder	Need to repair, check the solder joints, re-welding in place
		B The conductive strip is slid and not fixed in place	Reassemble LCD
		C Display driver IC damaged	Need to repair, welding the new display driver IC
Treadmill movement is not smooth; weak or jittery		A Transmission parts have resistance	Adjust the transmission parts, or add lubricating oil
		B The belt is too tight or too loose	Adjust the belt tight
		C The drive torque is too small or too large	Adjust the torque potentiometer to the proper position
Computer display	Show ---or----	A Safety key has fallen off	Place the safety key on the panel or the card position
		B The magnetron does not pull	The magnetron is mounted to the correct position
	E01 or E13	A The computer signal line is not connected or bad	Re-plug the line
		B The computer signal line is broken or open circuit	Replace the signal line
		C The computer signal line fault	Change the computer
		D Drive signal line fault	Replace the drive
	E02	A The motor cable is not plugged in, or the motor is open	Re-insert the motor cable, or replace the motor
		B The driver IGBT breakdown and	Replace the drive

		damaged	
		C The external AC voltage is too low	Stop using, let elective to troubleshooting
E04	A	Incline motor line or signal line is not plugged in	Check whether the connection is wrong or not and reconnect
	B	Incline motor is bad	Change the incline motor
	C	the drive is damaged	Change the drive
E05	A	Overloaded	System protection, human stall can be restarted
	B	Running board with heavy resistance. Need to be oiled	Adjust the transmission parts, or add lubricating oil
	C	Internal motor short circuit	Change the motor
	D	The drive burns out	Change the drive
E10	A	Drive torque is too large	Adjust the torque potentiometer to the proper position
	B	Internal motor short circuit	Replace the motor
	C	Transmission parts stuck	Adjust the transmission parts, or add lubricating oil

# Hand Pulse Technology

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

To ensure proper operation:

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

Other factors that could affect the reading:

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

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

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

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

For more information, please contact our Lifespan Technical Support Department [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)  
[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)