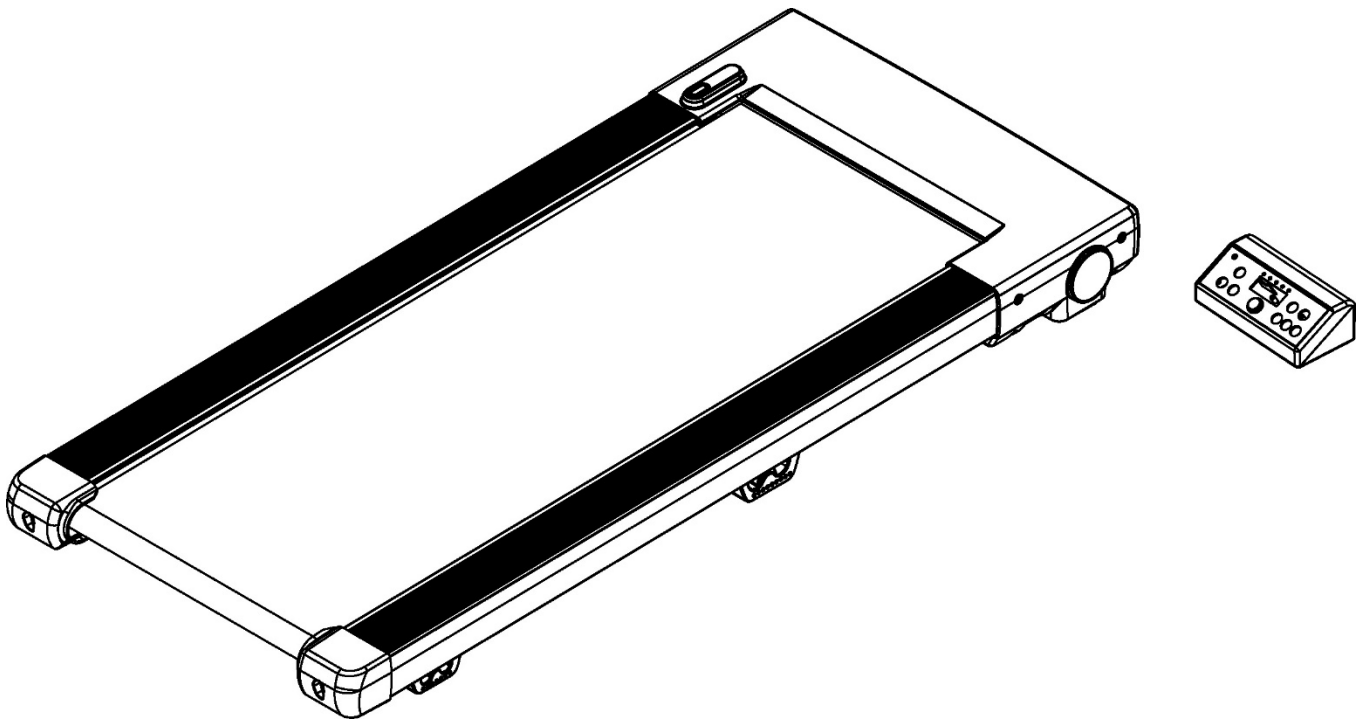


WALKSTATION L1 TREADMILL OWNER'S MANUAL



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.

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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!

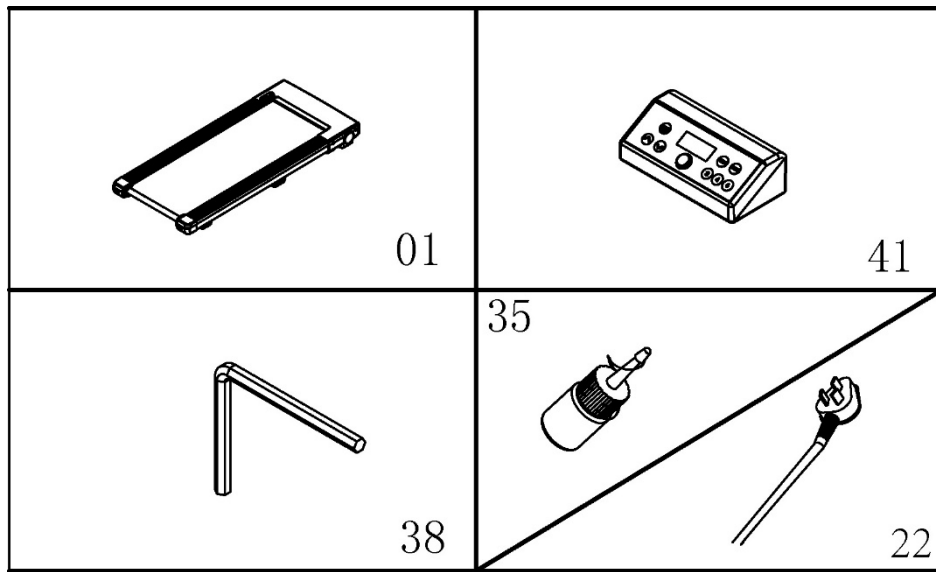
- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or 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.
- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- Never mount or dismount on a high-speed setting to avoid injury.
- 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



PART LIST

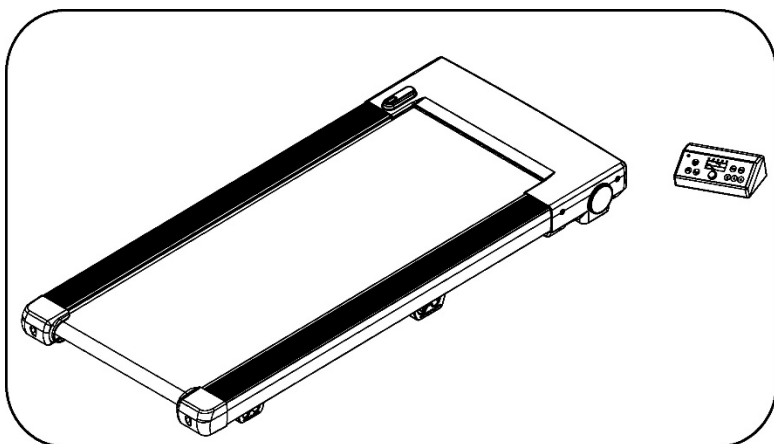
NO.	DES.	Specification	Qty	NO.	DES.	Specification	Qty
1	Main frame		1	41	Computer		1
38	5#Allen key	5mm	1	35	Oil bottle		1
				22	Power Line		1

ASSEMBLY TOOLS:

1X 5# Allen Wrench 6mm

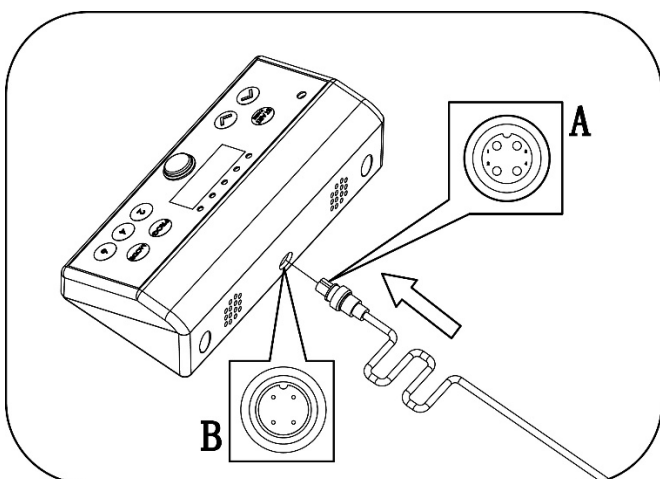
Notice: Do not connect power before completing assembly.

STEP 1:



1. Open the carton.
 2. Extract all parts.
 3. Place the Main Frame onto level ground.
-

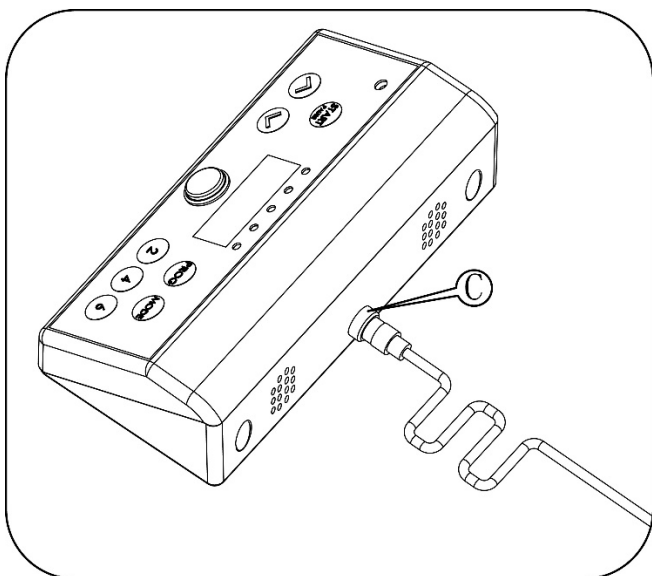
STEP 2:



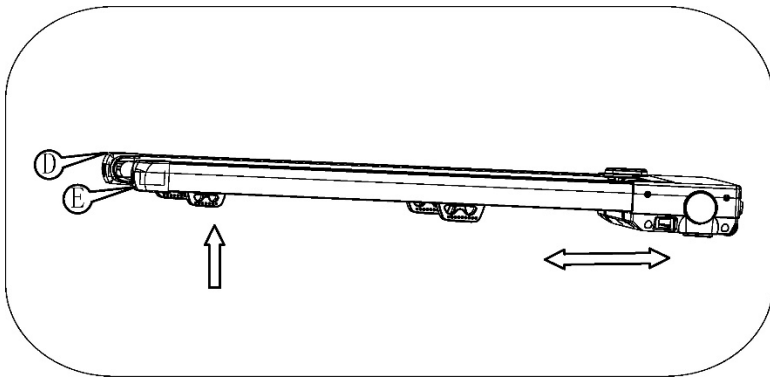
1. Insert the connection wire Terminal (A) into the back of Computer (Part 41) Terminal (B)

NOTICE: The indentation on terminal A must correspond to the convex groove on terminal B.

STEP 3:



1. Tighten the Screw Cap (C) as shown in image.
-

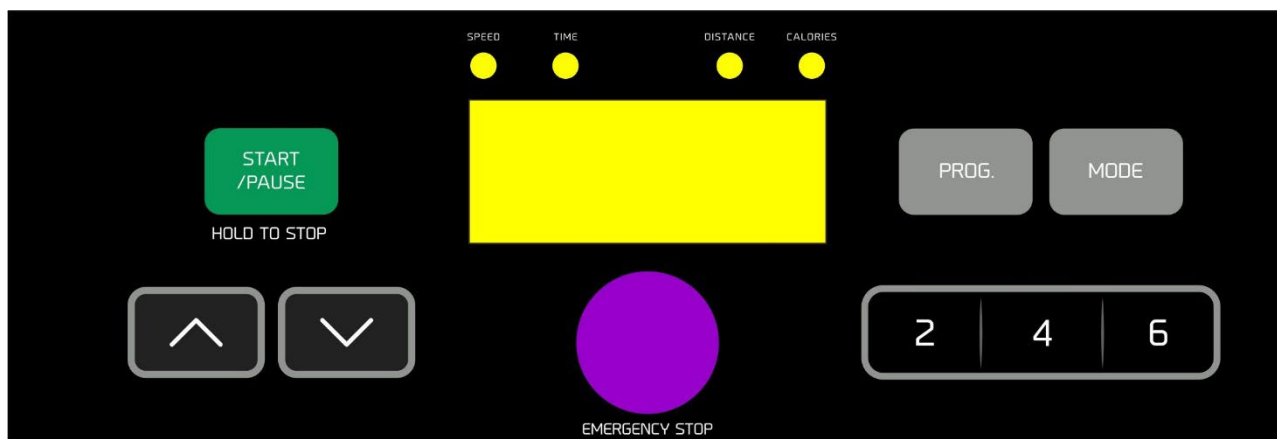


1. To move the treadmill, hold onto D & E position to lift the treadmill then move forward or backward on the wheels.

Note: Please pull out the computer connect wire before moving.

5. OPERATION GUIDE WITH PROGRAM CHART

1. Overview



2. LCD WINDOW DISPLAY

1. **TIME**: Shows exercise time
2. **SPEED**: Shows running speed.
3. **CALO**: Shows calories burnt. Calories burnt are a guide only and are not to be used as medical data.
4. **DIST**: Shows the running distance

SPEED, TIME, DISTANCE, CALO will display in turn for every 5 second, the LED light in same time.

3. BUTTON FUNCTIONS

1. **“START/PAUSE”**:
 - a. When treadmill is in ready state, press this button to start the machine. The machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;
 - b. When treadmill is in running process, press the button and the treadmill will reduce its speed slowly until it stops. This will pause the treadmill and the data will not to be cleared. If you press this button again, the machine will continue run at the same settings before the pause, after 3 seconds time count down;
 - c. To completely clear the settings and stop, hold onto the START/PAUSE button longer than 2 seconds. The data will be cleared.
2. **“MODE”**: mode selection button. Press this button to cycle the mode. During standby mode, use MODE to choose between countdown modes: TIME countdown, DISTANCE countdown and CALORIE countdown.
1. **“EMERGENCY STOP”**: press button to stop the treadmill quickly. All data will turn to zero and the treadmill will be in ready status.

2. **SPEED+ \SPEED-**: Increase or decrease speed when exercising. Sets parameters when stopped.
3. **"SPEED: 2,4,6"** Speed adjustment shortcut keys

4. MAIN FUNCTIONS

4.1. Start-up Quickly (Manual):

Press 'START/PAUSE', after a 3 second countdown the treadmill will start and run from the lowest speed. Add and subtract to the speed using the 'SPEED +/-' button. Press the 'START/PAUSE' to pause or hold for more the 2 seconds to stop. Press the 'EMERGENCY STOP' button to stop immediately.

4.2. Countdown mode:

Press the MODE button to cycle options: timer countdown, distance countdown, calories countdown. The default value corresponds to the window and flashing display. At this point, the SPEED buttons serve as plus and minus functions to adjust to the desired value. Press the START, add and subtract speed by using SPEED buttons once again. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect the safety key to stop.

4.3. Preset Program Operation:

Press 'PROG.' to select programs from P1--P12 and 'START' to run the program. Preset programs change speed and incline for you during your workout. Every program will have 20 intervals, in which speed can be adjusted between. See the next page for the program list.

5. SLEEP FUNCTION

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

5. RUNNING DATA DISPLAY AND SETTING RANGE

	SHOW RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
SPEED	0.8KMH—8KMH	-----	-----	-----
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.5KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—995Kcl

Program Chart

TIME PROGRAM		Setting time/20= interval running 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
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	8	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	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
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	8	8	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	8	7	7	8	8	7	7	8	8	5	5	8	8	5	5	4	3
P12	SPEED	3	4	8	8	5	8	5	8	5	8	7	5	5	7	8	8	5	7	6	3
P13	SPEED	3	6	7	5	8	8	7	5	5	7	8	5	8	5	8	5	8	8	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

6. 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.

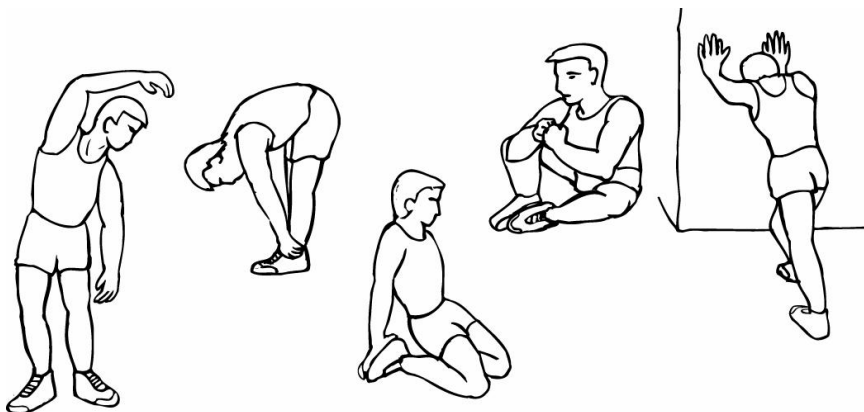
The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

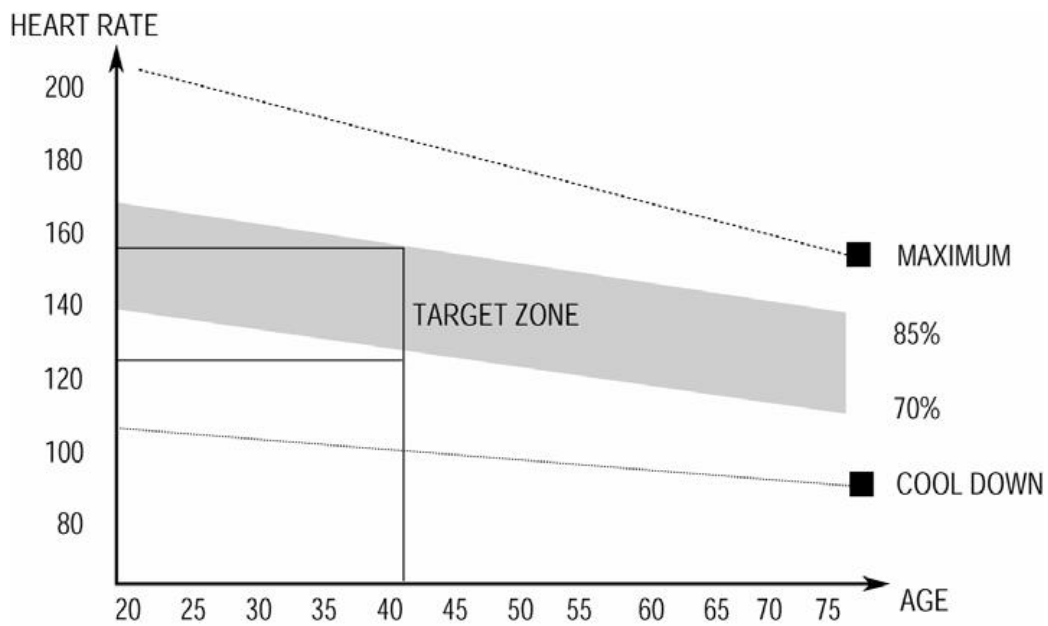
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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.

7. 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

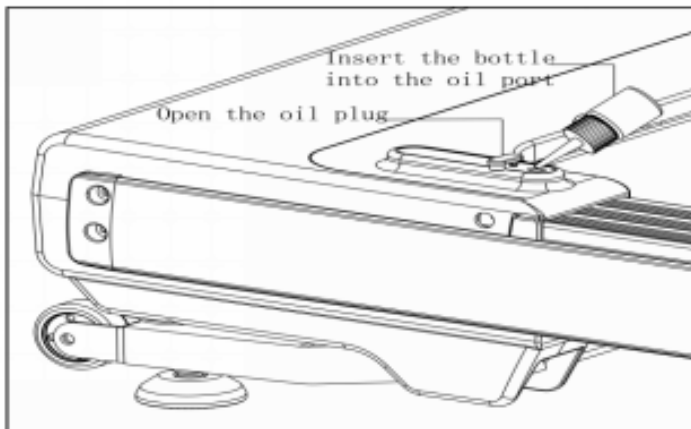
This treadmill is equipped with a self-lubrication tub. The belt friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You will need to contact our service centre if you find damage on the belt.

We recommend that lubricate the deck according to the following timetable:

Light user (less than 3 hours/ week): Annually

Medium user (3-5 hours/ week): Every six months

Heavy user (more than 5 hours/ week): Every three months



We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Repairs need to be completed by a professional technician.

1. 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 belt.

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.

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.

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*

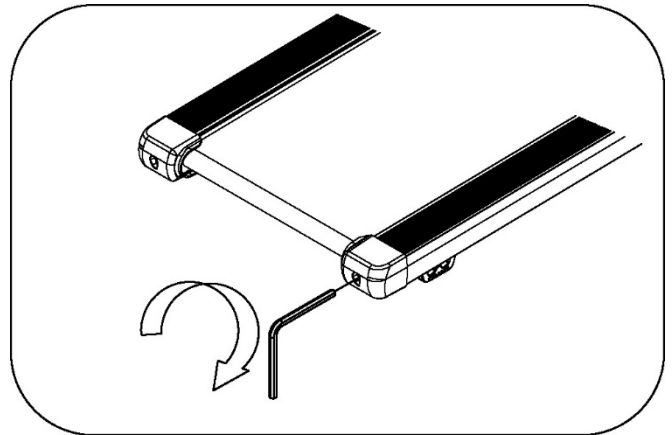
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

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

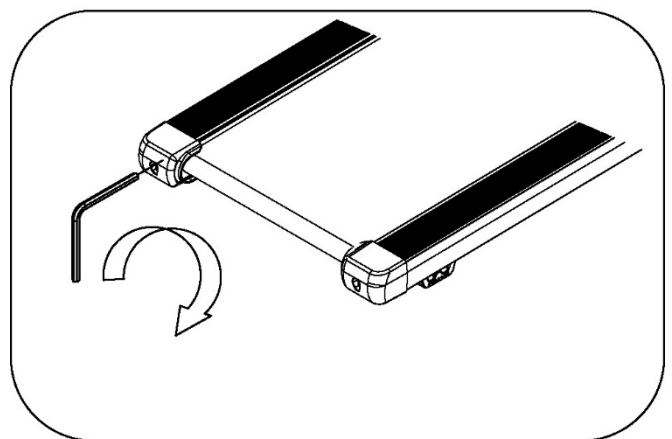
Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

See *Picture C*

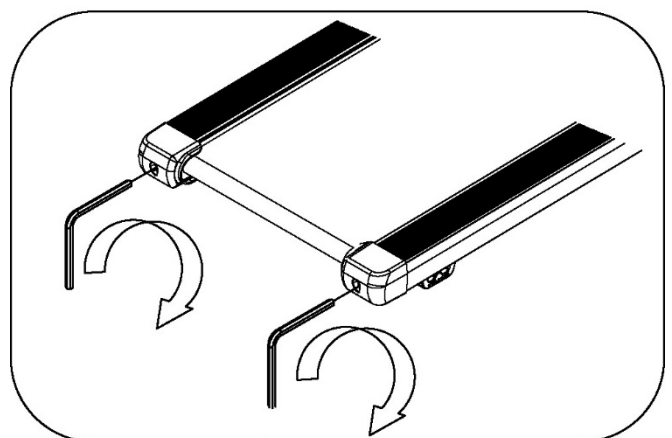
If the belt is over tightened, simply do the opposite to loosen.



A



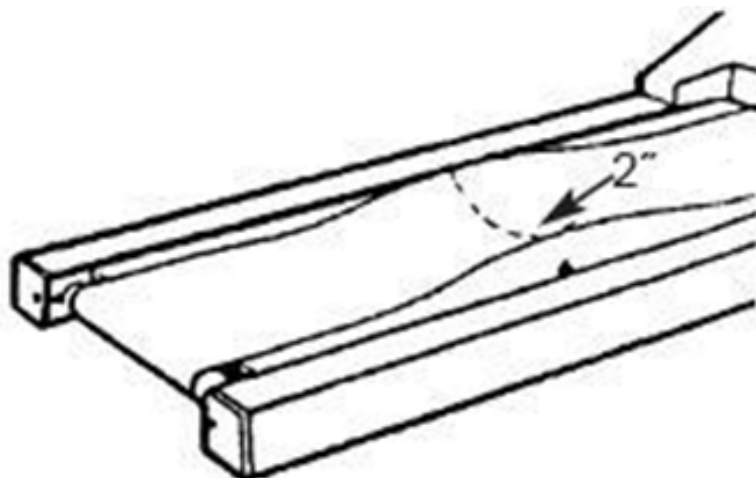
B



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.



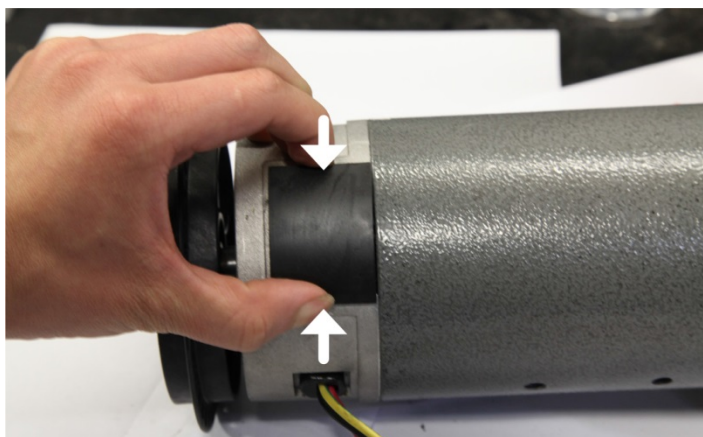
Video Tutorial Available at:
<http://youtu.be/vllsamTSvvA>

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

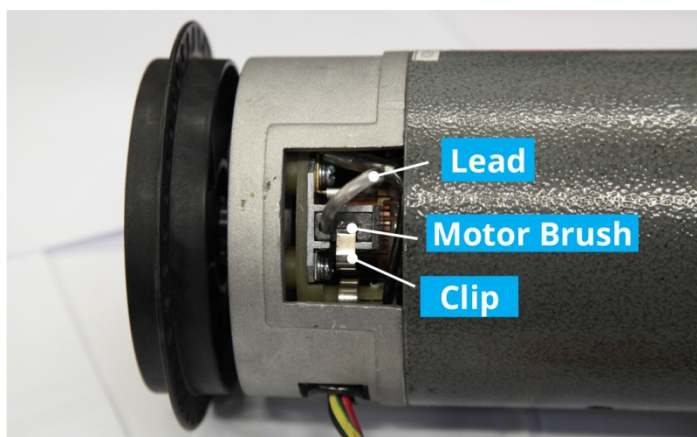
6. Replacing Motor Brushes

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.

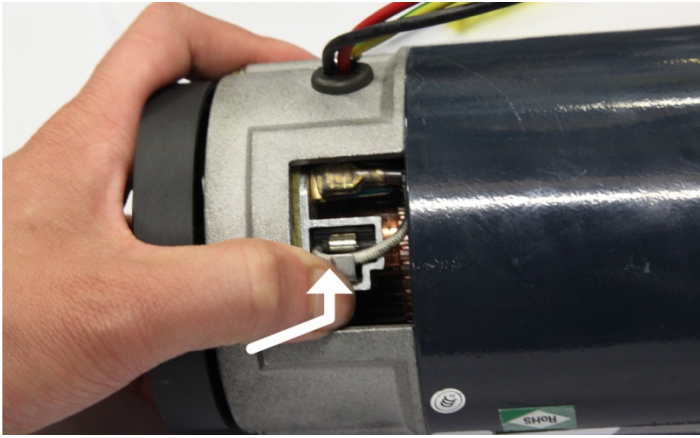
IMPORTANT: Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



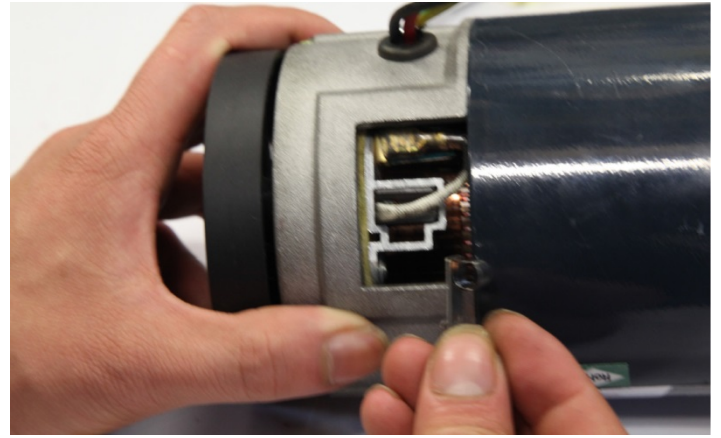
1. Remove the cover from the motor by squeezing it from the sides.



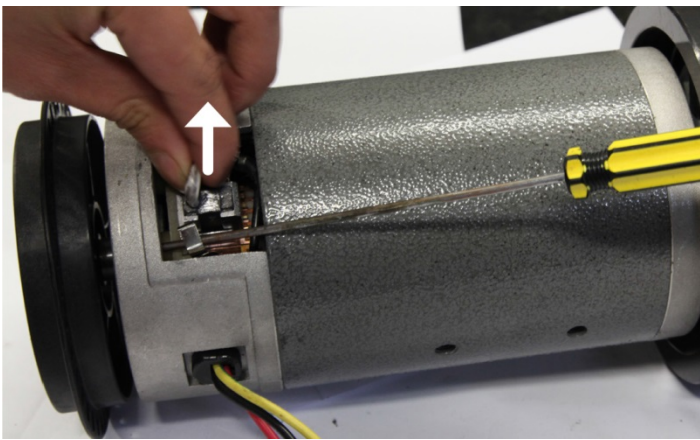
2. You'll find the motor brush held in with a clip, with the lead plugged in.



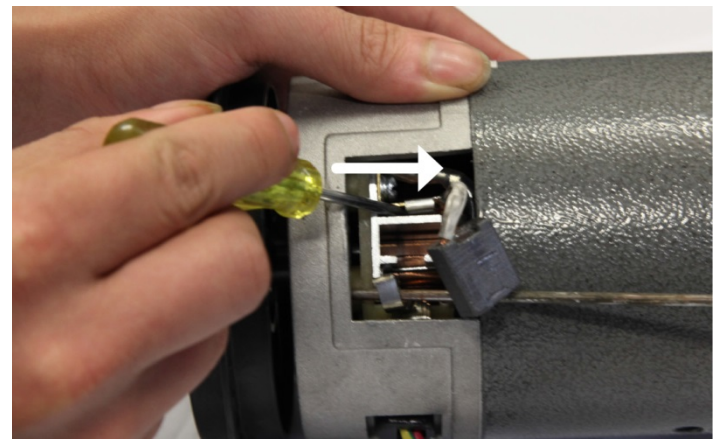
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



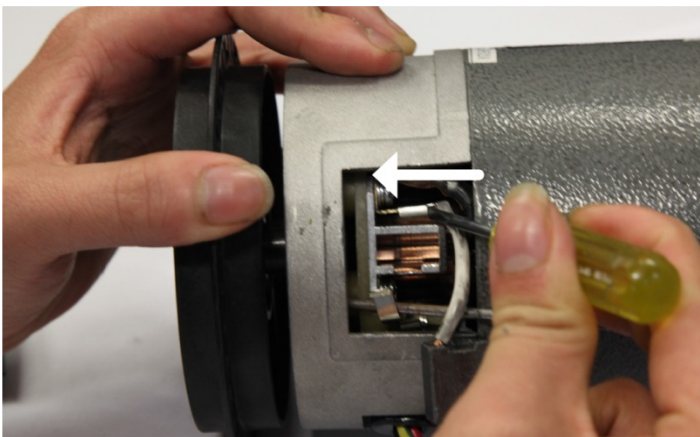
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



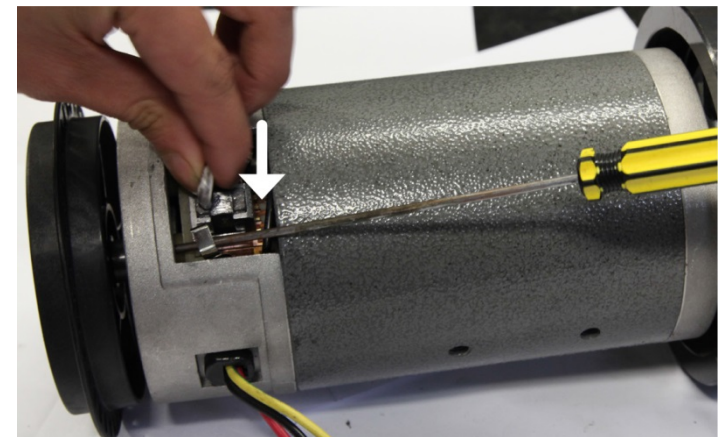
5. Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.



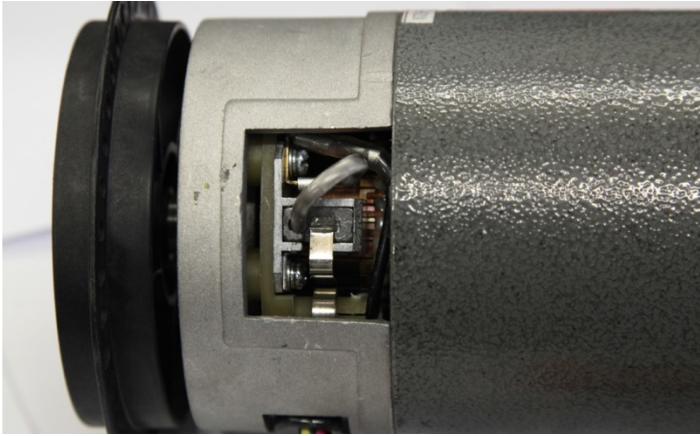
6. Slide the motor brush lead off the terminal using another small screwdriver or needle-nosed pliers.



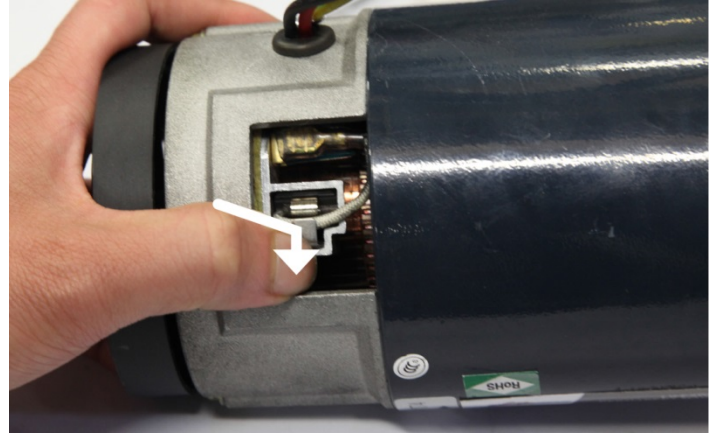
7. Plug the new motor brush lead into the terminal.



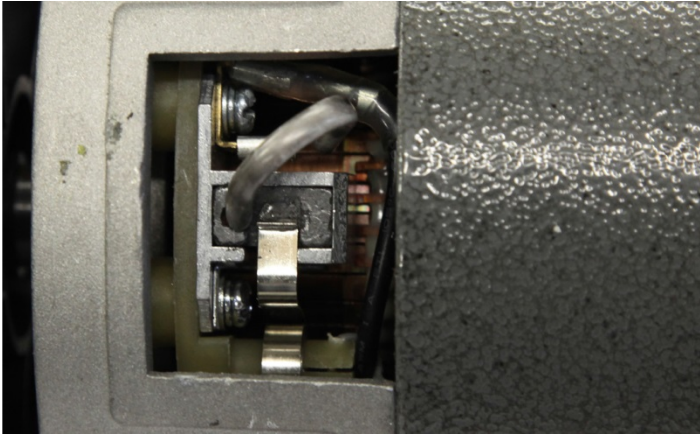
8. Slide the new motor brush into the slot.



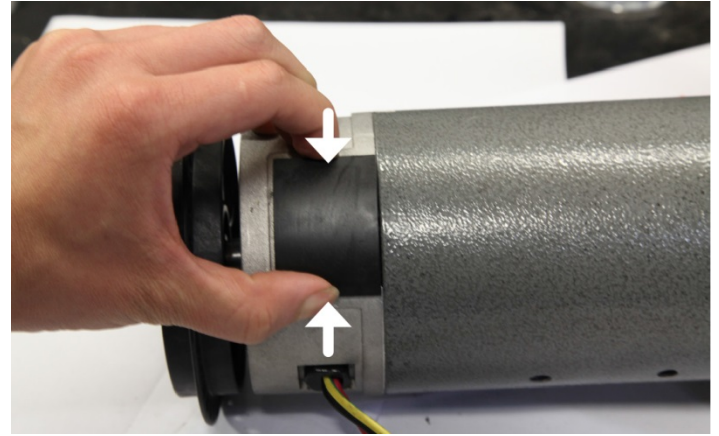
9a. Release the clip back into its position.



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.



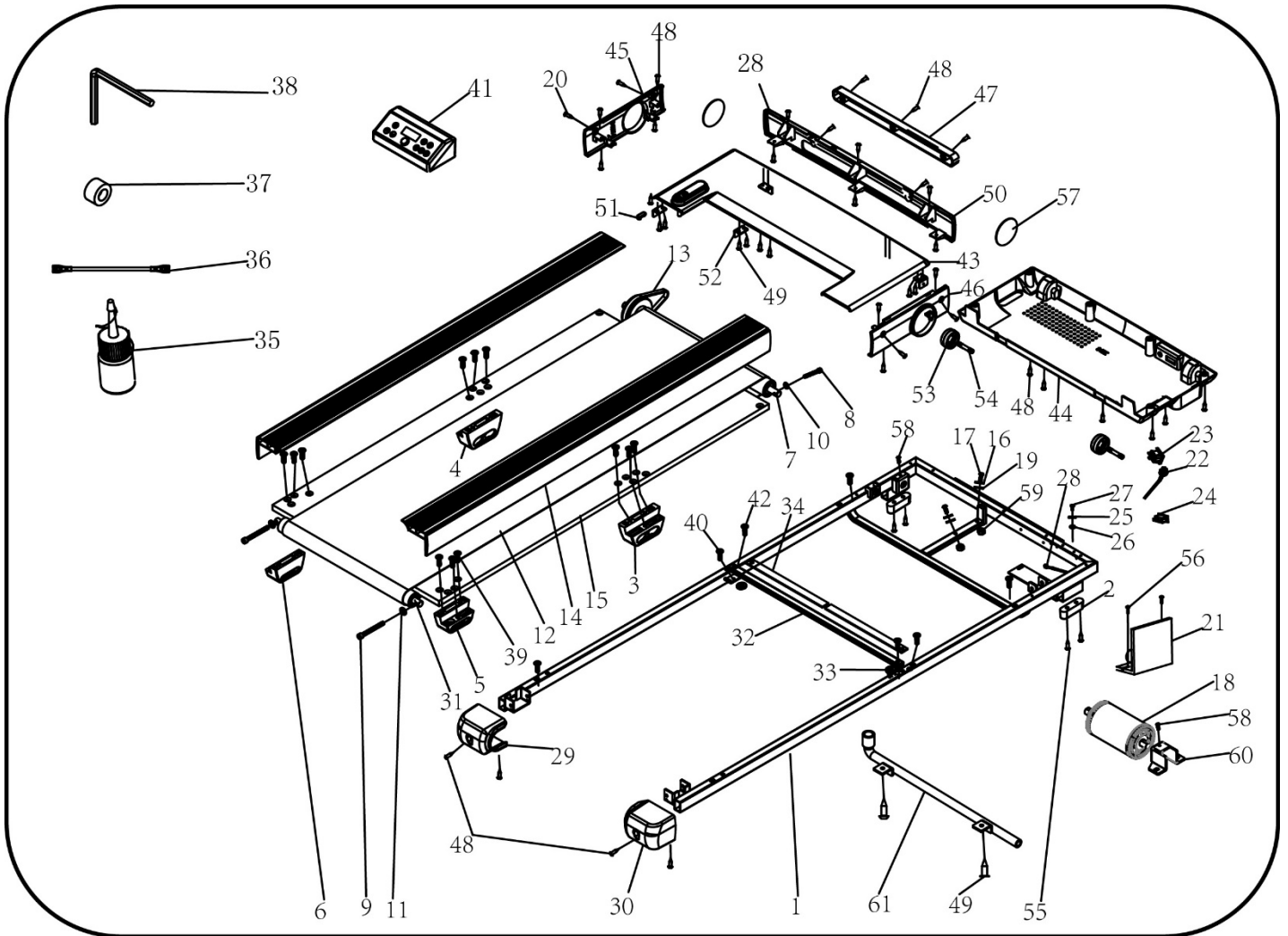
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



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.

8. EXPLODED DIAGRAM



9. PARTS LIST

No.	Description	Specs.	Qty	No...	Description	Specs.	Qty
2	Main frame front cushion		2	32	Main frame strengthen tub		1
3	Main frame right feet cushion		1	33	Nylon isolation pad		2
4	Main frame left feet cushion		1	34	Strengthen rod buffer		2
5	Main frame feet cushion		1	35	Oil bottle		1
6	Main frame left cushion		1	36	Brown single wire		1
7	Front roller		1	37	Magnetic ring		1
8	Bolt	M8*45	1	38	5# Allen wrench	5#	1
9	Bolt	M6*65	2	39	Bolt	M8*25	14
10	Lock washer	8	1	40	Bolt	M6*37	2
11	Lock washer	6	2	41	Bolt		1
12	Running belt		1	42	Bolt	M8*55	4
13	Motor belt		1	43	Motor cover		1
14	Side rail		2	44	Motor bottom cover		1
15	Running board		1	45	Motor left cover		1
16	Lock washer	8	2	46	Motor right cover		1
17	Bolt	M8*30	2	47	Motor front cover		1
18	Motor		1	48	Bolt	4.2*12	30
19	Lock washer	8	2	49	Bolt	4.2*13	16
20	Bolt	M5*10	6	50	Motor front end cover		1
21	Controller		1	51	Oil plugs		1
22	Power line		1	52	Motor cover fix board		6
23	Power outlet		1	53	Adjust the roller		2
24	Power switch		1	54	Roller shaft		2
25	Lock washer	5	2	55	Bolt	4.2*19	4
26	Lock washer	5	2	56	Bolt	4.8*12	2
27	Bolt	M5*8	1	57	Acrylic board		2
28	Computer connect wire		1	58	Bolt	M6*15	2
29	Left end cap		1	59	Bolt	M8	2
30	Right end cap		1	60	Motor fix board B		1
				61	Oil guide		1

10. TROUBLE SHOOTING GUIDE

CODE	REASON	SOLUTION
E01	The controller detects that the motor load current is maintained at the maximum set value for 3 consecutive seconds.	Check whether there is something blocking the motor, reduce the load of running belt or let the running belt run empty to see if the display returns E1 error, and replace the motor or controller.
E02	Controller detects Abnormal Hall Signal of Motor.	Check whether the motor hall wire is inserted tightly or loosened, confirm that the motor hall wire is no problem, report E2 error or computer, and replace the motor or controller.
E03	The controller detects that that current of the motor instantly exceeds a safe value.	Check whether the motor cable is plugged tightly and whether there is abnormal sound in the motor. Make sure that there is no problem. See if the computer turns E3 error. If there is still a replacement motor or controller.
E04	The controller detected that the motor line was not plugged in for about 3 seconds.	Check whether the motor line is plugged tightly and plug and unplug the motor phase line once again after power failure. Make sure that there is no problem. See if the electronic watch returns E4 error. If there is still a replacement motor or controller
E05	Driver detected low power input threshold.	Check that the input power supply is lower than the AC160V. If the input power supply is OK, replace the drive if the electronic meter or the report E5.
E06	Driver detected high power input threshold.	Check that the input power supply is higher than the AC260V. If the input power supply is OK, replace the drive if the electronic meter or the report E6.
E08	The controller has detected an abnormality in its own circuit.	Contact the seller to change the controller
E16	The controller has detected that the AD value of the lifting motor is abnormal during adjustment.	Check whether the feedback signal wire of the lifting motor is plugged tightly or falls off or recalibrate the lifting motor with a computer. If the electronic watch still reports E16 error, please replace the lifting motor or controller.
E17	The controller detected that the AD value of the lifting motor was abnormal during calibration.	Check whether the feedback signal wire of the lifting motor is plugged tightly or falls off or recalibrate the lifting motor with an electronic watch. If the computer still reports E17 error, please replace the lifting motor or controller.
E21	The controller failed to receive data for the above computer	Please contact the manufacturer to change the controller

E31	The controller has detected that its temperature has reached the safety setting value.	Check whether the fan on the controller is turned on or not, check whether the treadmill is overloaded for a long time, allow the treadmill to cool to room temperature before starting to see if the electronic watch returns E31, and replace the controller if there is any error.
E32	The controller detected that the motor was running in the opposite direction for more than one week.	Check whether there is anything that forcibly makes the motor rotate in the opposite direction, check whether the motor is installed normally, make sure that there is no problem, and see whether the electronic watch returns E32 error, and if there is any replacement of the motor or controller.
E33	Controller detect the motor setting unreasonable	Please contact the manufacturer to change the controller.
E50	Other Error	Contact the seller to change the controller.
E91	Message wire is broken or not connected well.	Check if the computer and bottom control board wire connect well.

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

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 other means.