

**SUPER XL**

*USER'S  
MANUAL*



This is HIGH-POWER item; please DO NOT USE THE SAME OUTLET WITH OTHER HIGH-POWER HOUSEHOLD APPLIANCE like air-conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

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

# IMPORTANT SAFETY PRECAUTIONS

**CAUTION:** Before starting any exercise program, consult with your physician or health professional.

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

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit.  
This product must be grounded well. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear and level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. **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.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing which maybe caught by treadmill. Always wear running or aerobic shoes with rubber soles.
6. Always unplug the power cord before removing the treadmill's motor cover.
7. Keep small children away from the treadmill during operation.
8. Don't let go of your hands until you are getting used to treadmill's waking or running.
9. If you want to stop the exercise or the Treadmill suddenly increases in speed due to an electronics failure, please be sure to put your hands on the both uprights firstly, and then step on the ride rail to avoid the damage by moving running belt.
10. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill suddenly increases in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console. Pull off the **safety** key and keep it well when you do not use the machine.
11. When the treadmill is not being used, the power cord should be unplugged and the safety key should be removed.
12. Before starting any exercise program, consult with your physician or health professional. He or she can help you to establish the exercise frequency, intensity (target heart zone) and time appropriate to your particular age and physical condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your physician before continuing.
13. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
14. When the treadmill is not being used, please pull out the safety lock and store up it in order to prevent the children and other people from incorrectly using of the treadmill.

**15.** 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.

**For your information, please note following electronical specification of Treadmill:**

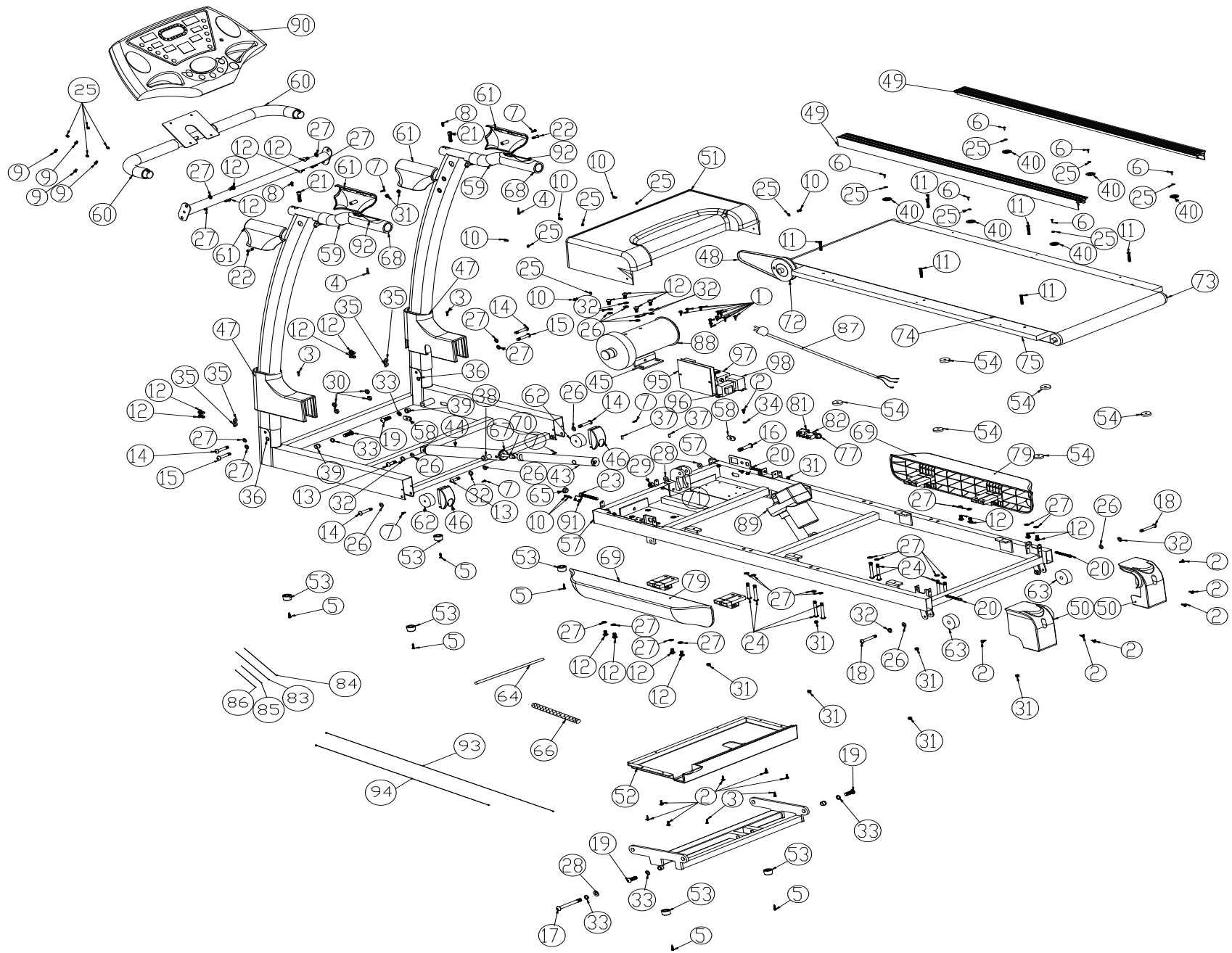
- a. The input voltage:  $240V \pm 10\%$  (50HZ)
- b. Input current:  $\leq 6A$
- c. The rating power: 2.0 Continuous HP ;
- d. Time Range: 0:00-99:99
- e. Speed Range: 1-20.00KM/H
- f. Distance Range: 0.00-99.9KM
- g. Calories range: 0-999CAL
- h. Pulse range: 40-235times/ minute

## **IMPORTANT OPERATION INSTRUCTIONS**

- Be sure to read the entire manual before operating your machine.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you 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 unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts at a very low speed. Simply standing on the belt during slow acceleration is proper before 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. Insert 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.

## **FOLDING INSTRUCTIONS**

When folding the treadmill, pull out the handles on the holding spanner and place the main frame at corresponding position. And then, the handle bolt will appear automatically. After that, move the treadmill to another place so as to make it occupy a smaller area. Before usage, place the treadmill to the position you would like to do exercise, and lift its main frame by right hand and pull out the handles and place them on the floor slowly. Then the handles will appear automatically. Finally screw down the handles firmly to release yourself from being worried about the safety during exercise.



# PARTS LIST

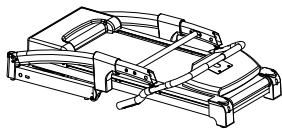
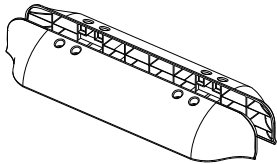
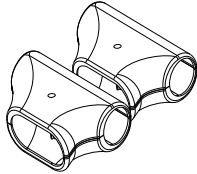
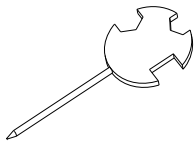
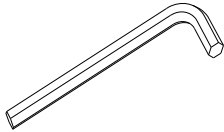

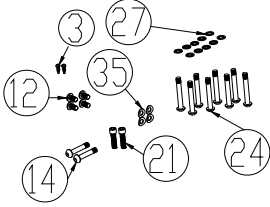
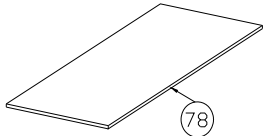
#	Name	Specification	NR
1	Cross pan-headed bolt	ST4.2*12	10
2	Cross pan-headed bolt	ST4.2*15	13
3	Cross pan-headed bolt	ST4.2*15 head $\phi$ 8	4
4	Cross sunk-headed bolt	ST3.5*20	2
5	Cross pan-headed bolt	ST4.2*25	6
6	Cross pan-headed bolt	ST4.2*12 head $\phi$ 6	6
7	Cross pan-headed bolt	ST4.2*15 head $\phi$ 6.5	6
8	Cross pan-headed bolt	M6*12 teeth	2
9	Cross pan-headed bolt	M5*12 teeth	4
10	Cross pan-headed bolt	M5*12 teeth	7
11	Cross sunk-headed bolt	M6*35 8.8	6
12	Inner hexagonal pan-headed bolt	M8*15 S6	20
13	Inner hexagonal pan-headed bolt	M8*30 teeth length 10 S6	2
14	Inner hexagonal pan-headed bolt	M8*50 teeth length 10 S6	4
15	Inner hexagonal pan-headed bolt	M8*50 teeth 10 S6 8.8	2
16	Inner hexagonal pan-headed bolt	M10X50 S6 teeth length 14 8.8	1
17	Inner hexagonal pan-headed bolt	M10X95 S6 teeth length 10 8.8	1
18	Inner hexagonal pan-headed bolt	M8*38 teeth length 8 S6	2
19	Inner hexagonal pan-headed bolt	M10*30 teeth 8.8	4
20	Inner hexagonal bolt	M6*60 teeth length S5 8.8	3
21	Inner hexagonal bolt	M8*30 S6 teeth head $\phi$ <15	2
22	Inner hexagonal bolt	M6*22 teeth length 10 8.8	2
23	Inner hexagonal bolt	M8*75 S6 8.8 teeth head $\phi$ <16	1
24	Inner hexagonal pan-headed bolt	M8x65 teeth length 20	8
25	Flat washer	D5	11
26	Flat washer	D8	10
27	Washer	D8	24
28	Flat washer	D10	3
29	Nylon nut	M10	1
30	Nylon nut	M8	4

#	Name	Specification	NR
51	Upper cover	PS	1
52	Nether cover	PS	1
53	Rubber cushion	$\phi$ 30*16 $\phi$ 5	6
54	Running board rubber cushion	$\Phi$ outer 29.5X $\phi$ inner 10X6	6
55	Nylon lace	Length 100	7
56	Thick nylon lace	length 500mm width 8mm thickness 1.5mm	4
57	Square cap	$\square$ 50*25*2.0	2
58	sleeve	28*12	2
59	Round cap	$\phi$ 32 length 300mm thickness 5mm	2
60	Round cap	$\phi$ 32 length 330mm thickness 5mm	2
61	Handlebar cover	ABS	1
62	Plastic running wheel	$\phi$ 48* $\phi$ 8*21	2
63	Rubber running wheel	$\phi$ 54* $\phi$ 8*20	2
64	Wax tube	Length 200mm	1
65	Round cap		1
66	Switch	$\phi$ 10X400	1
65	Current wire	$\phi$ 34.5X32.5X110	2
66	Current connection wire	$\phi$ 32	2
67	Round sleeve		2
68	Round caps	350mm	1
69	Plastic pedal		1
70	Gas spring		1
71	Magnetic circle	$\phi$ 25* $\phi$ 15*12	2
72	Front roller	20km/H $\phi$ 90* $\phi$ 50	1
73	Rear roller		1
74	Running belt	2400*450*1.6	1
75	Running board	1060*550*18 (6 hole)	1
77	Current wire	6N-4	1
78	Owner's manual		1

#	Name	Specification	NR
31	Nylon nut	M6	9
32	Spring washer	D8	8
33	Spring washer	D10	5
34	Washer	D5 inner teeth	1
35	Spring washer	D8	4
36	sleeve	Round steel: $\phi$ 13X $\phi$ 8. 2X40. 2	2
37	Fixed pin	$\phi$ 5X1X12	2
38	Pin spring	$\phi$ 8. 2X $\phi$ 0. 8X15	1
39	Steel bushing	$\phi$ 16*outer $\phi$ 14outer * $\phi$ 10. 1*12	4
40	Washer		6
41	Inner hexagonal wrench	S6	1
42	wrench	S13、S14、S15	1
43	$\phi$ 32 spring sleeve		1
44	$\phi$ 38 spring sleeve		1
45	Motor set		1
46	Semicircular caps		2
47	Decoration cover		1
48	Belt	20km/H 170J J6	1
49	Side slider	1038L*50W	2
50	Alloy cover	M	1

#	Name	Specification	NR
79	Friction cushion		2
80	label		1
81	Current switch		1
82	Protector	10A 250V	1
83	Connection wire	16#*170	1
84	Connection wire	16#*170	1
85	Connection wire	16#*130	1
86	Connection wire	16#*130	1
87	Circuit wire and plug	According to order	1
88	Motor	2.0HP 180VDC	1
89	Lifting motor	1/15Hp	1
90	Display	GM001	1
91	Square magnet	Line length 1000mm	1
92	Hand pulse set	Line length 380mm	2
93	Trunk line 2	1200mm	1
94	Trunk line 3	720mm	1
95	Controller		1
96	transformer		1
97	Filter	63x51x38	1
98	Current protector		1

## ASSEMBLY PARTS

 <p style="text-align: center;">I</p>	 <p style="text-align: center;">II</p>	 <p style="text-align: center;">III</p>
 <p style="text-align: center;">IV</p>	 <p style="text-align: center;">V</p>	<b>DELETE THIS COLUMN</b>
 <p style="text-align: center;">VII</p>	 <p style="text-align: center;">VIII</p>	 <p style="text-align: center;">IX</p>

## Hardware contains

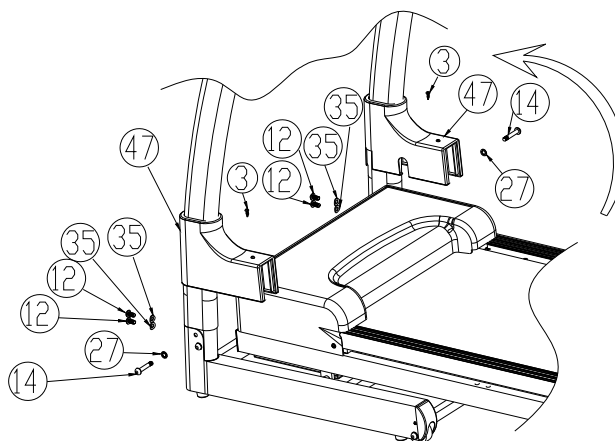
Part NO.	Name	Specification	NR
I	Production connection		1
II	Plastic pedal		1
III	Handlebar cover		1
VI	76. Oil		1
VII	Safety key		1
VIII	3、 Cross pan-headed bolt	ST4.2*15 head $\phi$ 8	2
	12. inner hexagonal pan-headed bolt	M8*15 S6	4
	14. inner hexagonal pan-headed bolt	M8*50 teeth length10 S6	2
	21. inner hexagonal bolt	M8*30 S6 Head $\phi$ <15	2
	24 、 Cross pan-headed bolt	M8x65 teeth length 20	8
	27、 Washer	D8	10
	35、 Spring washer	D8	4
IX	78、 Owner's manual		1

## Tools and nuts list:

Part NO.	Name	Specification	NR
IV	Cross-head wrench	S13, S14, S15	1
V	Inner hexagonal wrench	S6	1

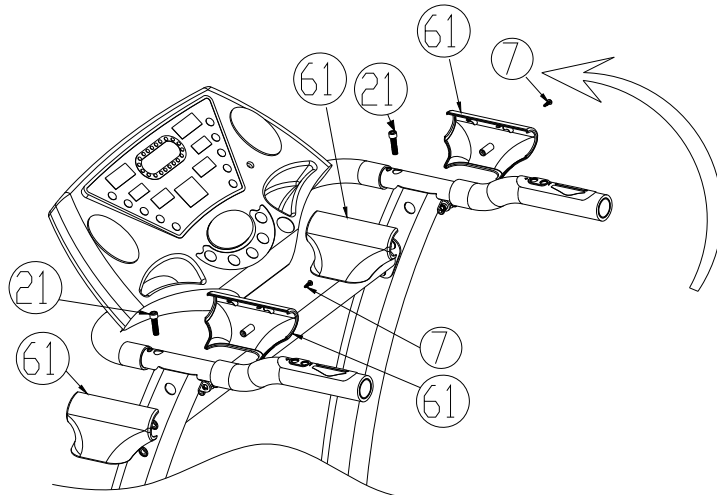
## ASSEMBLY INSTRUCTIONS

1. Take out all the assembly parts from the treadmill package.
2. (1) Insert spring washer(35) into inner hexagonal pan-headed bolt(12), and fix them into the sperate holes with inner hexagonal wrench ;  
 (2) insert the washer(27) into inner hexagonal pan-headed bolt(14), and fix them into the sperate holes with hexagonal wrench  
 (3) tighten left and right support, put decoration cover(47) onto the left and right support, fix the cross pan-headed bolt(3) into the decoration cover(47).

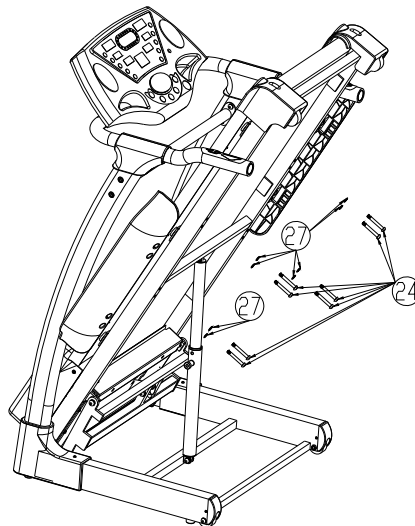




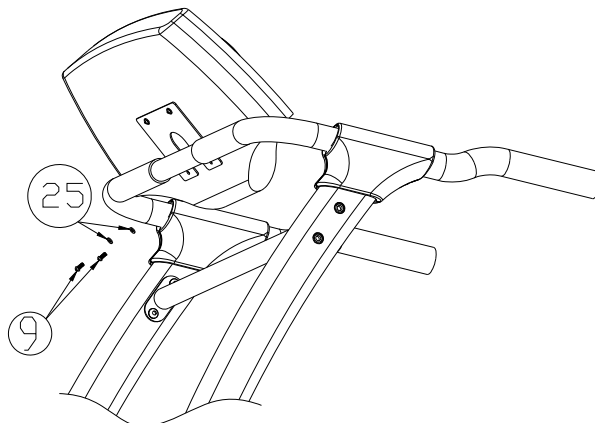
3. (1) fix the inner hexagonal bolt(21) into left and right support.  
(2) fix the cross pan-headed (7) into left and right support, and fasten them with cross-head wrench.



4. Put the washer(27) into the inner hexagonal pan-headed bolt(24),and tighten the plastic peddle fixed set to the left and right frames.



5. insert the flat washer(25) into the cross pan-headed bolt(9), fix the display(90).



**CAUTION:**

1. DO NOT PLUG IN POWER CORD UNTIL FINAL ASSEMBLY IS COMPLETED AND MOTOR COVER IS INSTALLED.
2. Do not attempt to assemble the treadmill until the assembly instructions are followed and the uprights are attached to the treadmill. Failure to follow this can result in damage to the treadmill.
3. Your treadmill is a very heavy piece of exercise equipment and should be handled with caution.
4. Children should not be allowed to play on the treadmill or move the treadmill deck up and down.

WE RECOMMEND YOU HAVE SOMEONE TO ASSIST YOU IN LIFTING AND ASSEMBLING YOUR LIFESPAN TREADMILL. FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER TO ASSEMBLE YOUR LIFESPAN TREADMILL

## Operation Guide



# 1 Basic Characters

1. Time Range: 0:00~99:59
2. Speed Range: 1~20.00KM/H
3. Distance Range: 0.00~99.9KM
4. Calories range: 0~999CAL
5. Speed, Distance, Calorie and Time can be set in advance. When Distance, Calorie and Time are set to non-zero value, they have the countdown function.
6. 3 seconds time-suspend startup.
7. Broken-down alarm function
8. Pulse measuring and display
9. Safeguard Function
  - a. Security device, urgently stop when draw out the safety key.
  - b. Automatic stop when out of control

There are 15 Buttons in the console panel and 2 control buttons in each handrail.

# 2 Safety Key

**IMPORTANT:** The treadmill will not operate if the safety key is not in place.

Before starting the treadmill, attach the magnetic key to the display panel, and then attach the clip on the other end to your clothing (above the waist). If the safety key is removed whilst you are operation the treadmill, the machine will turn itself off.

When the treadmill is not in use, you should remove the safety key.

Store the safety key in a safe place OUT OF REACH OF CHILDREN.

# 3 Console Display Status

## 1. STOP

In STOP status, the treadmill belt is not moving, both LCD and back light are on.

- a. If there is no operation over 10 minutes, it will turn to SLEEP status.
- b. Press START button to start running
- c. Turn off the safety key, it will turn to OFF status

## 2. RUNNING

In RUNNING status, the treadmill belt is moving, both LCD and back light are on.

- a. Press STOP button will stop running
- b. Turn off the safety key, it will turn to OFF status

### **3. SLEEP**

In SLEEP status, the treadmill belt stops moving. Both LCD and back light are off.

- a. If there is any button operation, it will turn to STOP or OFF status
- b. If turn on the safety key, it will turn to STOP status
- c. If turn off the safety key, it will turn to OFF status.

### **4. OFF**

In OFF status, the treadmill belt stops moving. The LCD shows "off" and back light is off.

- a. If there is any button operation over 10 minutes, it will turn to SLEEP status
- b. If turn on the safety key, it will turn to STOP status
- c. There will be no respond when pressing any button.

## **4 Button Operations**

Only when the safety key is on, can the user operate the computer that will beep for every button pressing.

### **1.START**

In STOP status, press START, it will display 3 seconds in TIME window and count down. When it reached zero, it will turn to RUNNING status and will run at the default speed.

In RUNNING status, press START will not work.

During the 3 seconds counting down, you can press any button to cancel startup and turn to STOP status.

### **STOP**

In RUNNING status, press STOP button to stop running and turn to STOP status. Each window will return to zero automatically.

In STOP status, press STOP will not work.

### **PROGRAM**

In STOP status, press PROGRAM button to choose among P1~P12 or 3 USER PROGRAM.

In RUNNING status, press PROGRAM to show your current working program. P0 represents the USER PROGRAM.

### **MODE**

In STOP status, when SPEED window showing 0.0, press MODE button to choose counting up or counting down if you are in USER PROGRAM mode.

In RUNNING status, press MODE will not work.

### **SPEED UP/ SPEED DOWN**

In STOP status, press SPEED UP/ SPEED DOWN will adjust the related window value where "SET" flash.

In RUNNING status, press SPEED UP/ SPEED DOWN to increase/decrease the speed. Press

SPEED UP/SPEED DOWN once, the speed will increase/decrease 0.1km/h. But if the speed reaches 20.0km/h, pressing SPEED UP will no longer increase the speed, if the speed reaches 1.0km/h; pressing SPEED DOWN will no longer decrease the speed. If you hold the SPEED UP or SPEED DOWN keys for 1 second, the speed will increase or decrease rapidly.

SPEED UP/ SPEED DOWN in the handrails

The button in the handrails will affect the same function as the SPEED UP/ SPEED DOWN in the console panel.

## 5 Getting Started

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the **safety key** is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time.

## 6 Pulse Grip Feature:

If the computer detects a pulse signal, the PULSE window will show your heart rate beat per minute instead of "P". You must use both stainless steel sensors to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal.

## 7 Calorie Display:

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise Sessions, which cannot be used for medical purposes.

## 8 USER Program

The SPEED window will show 0.0 in this mode. You can press MODE button to choose counting up or time, distance and calories counting down.

### a. COUNTING UP

In USER PROGRAM mode, you may press MODE to set time, distance and calories to zero. When you begin running, the time will count up and distance and calories will count up from zero. It will stop automatically if the time reaches to 99:59.

### b. COUNTING DOWN

In USER PROGRAM mode, you may press MODE to enter the data (except zero) of time. The data of time will be decreased gradually with exercise. When the data displays "0", the treadmill will shut itself off in a short period.

The "SET" will flash and you can set the value in related window.

Press PROGRAM to change from P1 to P12 and USER PROGRAM.

## 1.9 Programmable Operations

Press PROGRAM button to choose automatic program (from P1 to P12). You can not adjust the speed when pause training.

Preset programs P1~P12 will be displayed in the SPEED window. You may only need to preset the time. **The default time for each program is 30 minutes.** You may choose to change the program time from the default period of 30 minutes. This is done by simply using the speed up and speed down keys. Each program has 18 intervals with each interval representing 1/18 of the program time. (Refer to program table and graphs). For example, if you were to set a program time of 16 minutes, then each interval would be 1 minute. If you were to set a program time of 32 minutes, then each interval would be 2 minutes and so on.

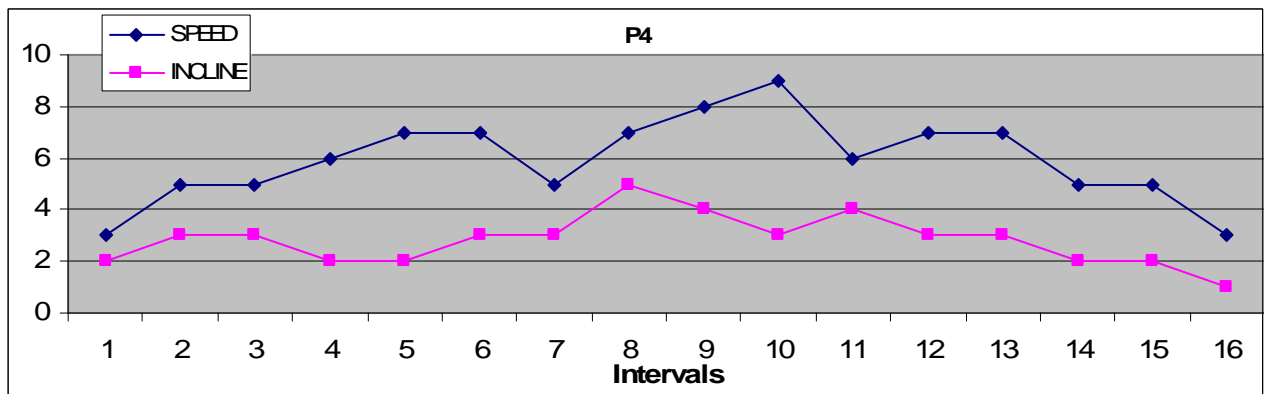
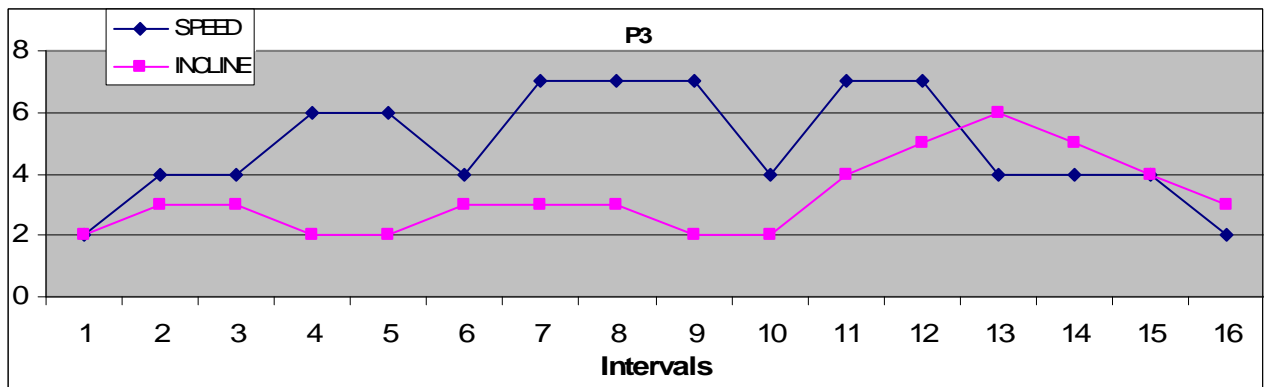
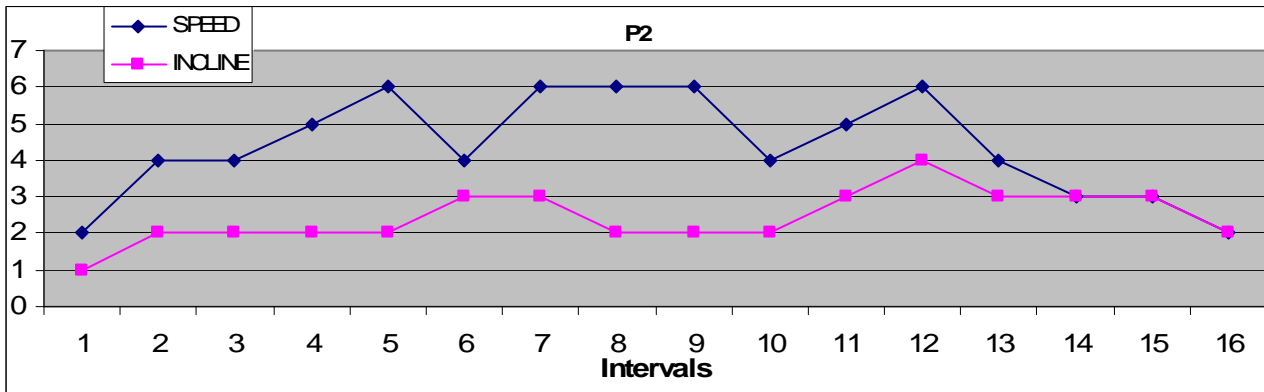
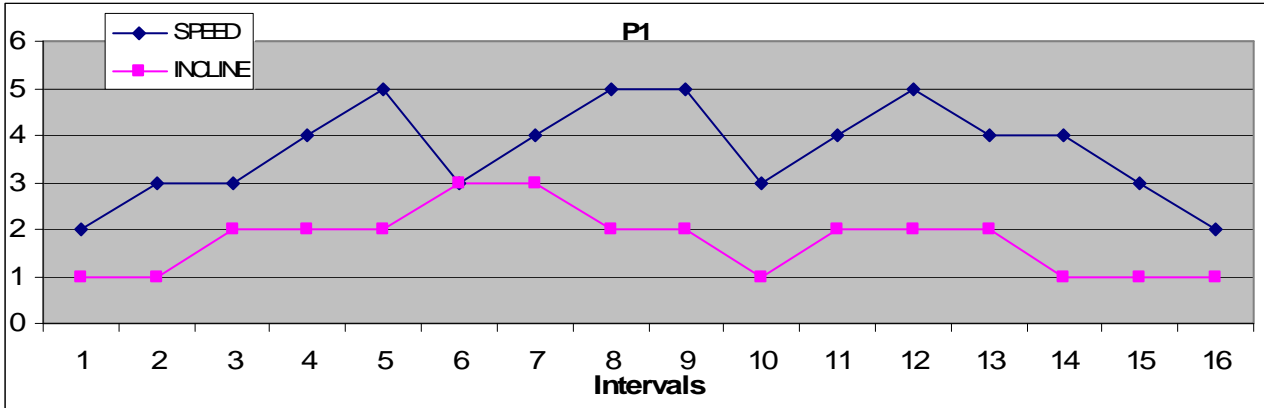
Press PROGRAM to change through P1 to P12 and USER PROGRAM.

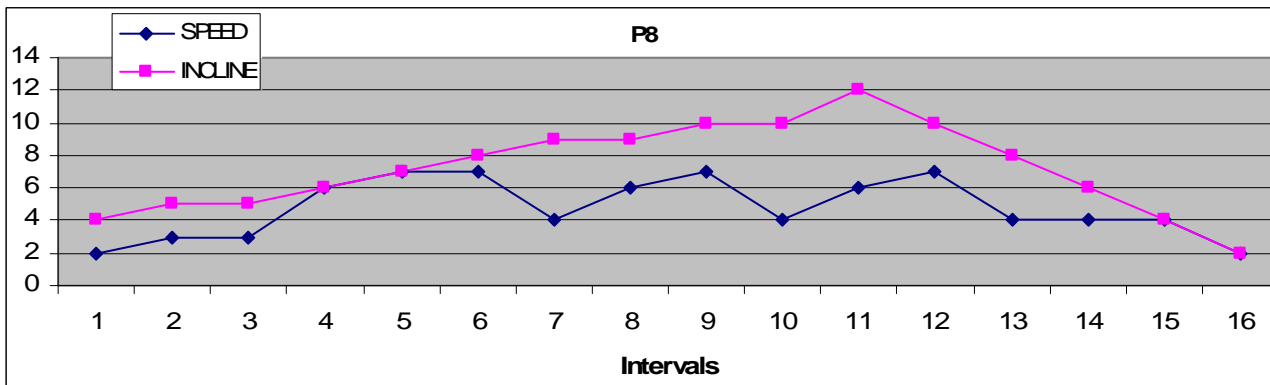
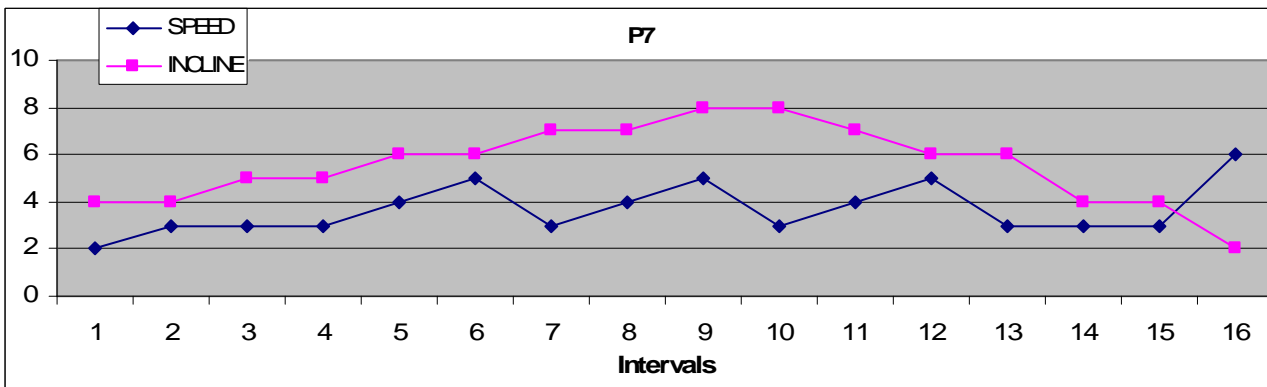
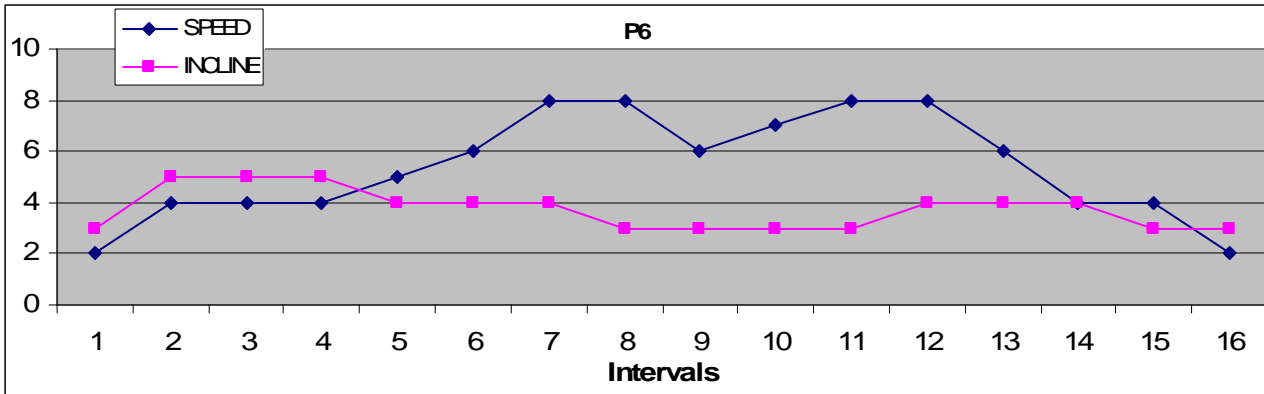
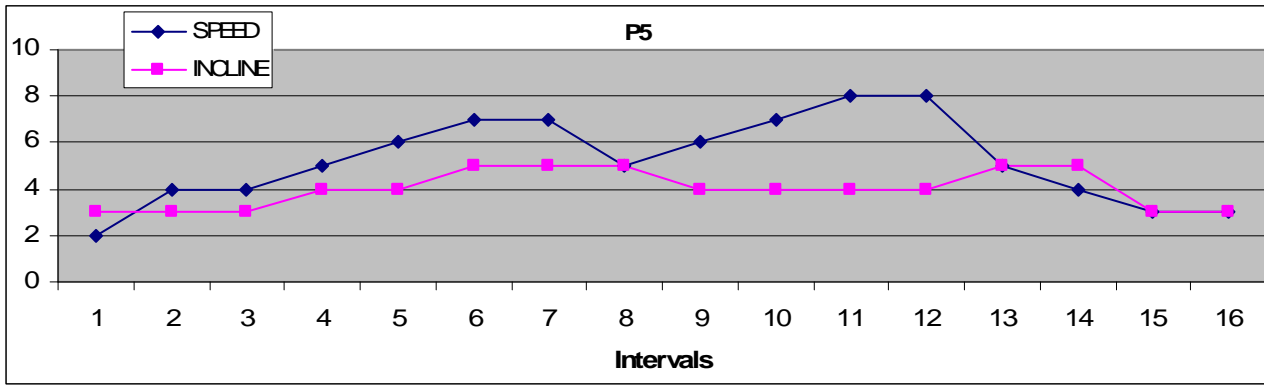
## 10 Preset Programs

PROGRAM	INTERVALS																
	SPEED	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	3	2
	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	1
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	3	3	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	3	4	3	3	3	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	4	5	6	5	4	3
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P4	SPEED	3	5	5	6	7	7	5	7	12	9	6	7	7	5	5	3
	INCLINE	2	3	3	2	2	3	3	5	4	3	4	3	3	2	2	1
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P5	SPEED	2	4	4	5	6	7	7	5	6	7	12	12	5	4	3	3
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	4	5	5	3
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P6	SPEED	2	4	4	4	5	6	12	12	6	7	12	12	6	4	4	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6
	INCLINE	4	4	5	5	6	6	7	7	12	12	7	6	6	4	4	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2
	INCLINE	4	5	5	6	7	12	9	9	10	10	12	10	12	6	4	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P9	SPEED	2	4	4	7	7	4	7	12	4	12	9	9	4	4	4	5
	INCLINE	5	5	5	6	6	7	7	12	12	6	5	5	6	4	3	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P10	SPEED	2	4	5	6	7	5	4	6	12	12	6	6	5	4	4	2
	INCLINE	5	6	6	6	7	5	12	12	4	4	6	6	7	5	3	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P11	SPEED	4	4	5	5	6	6	7	12	9	10	12	6	4	4	3	3

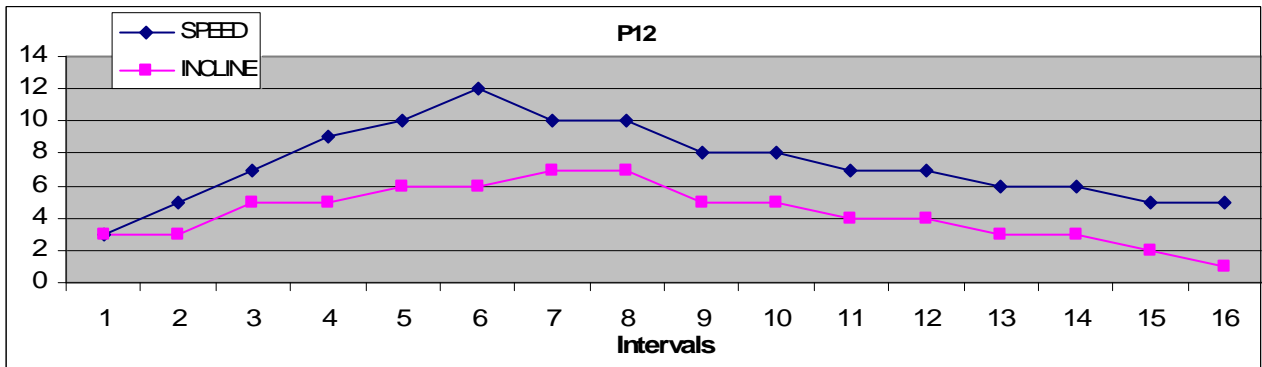
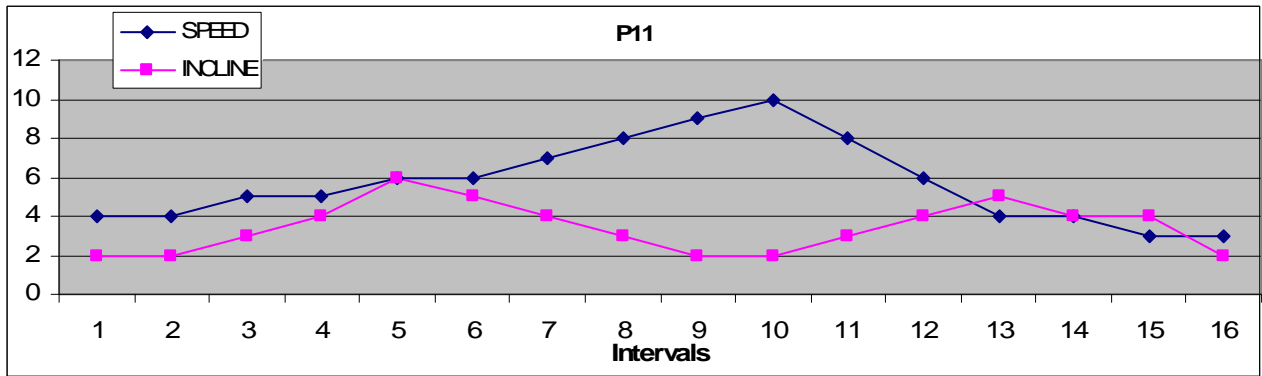
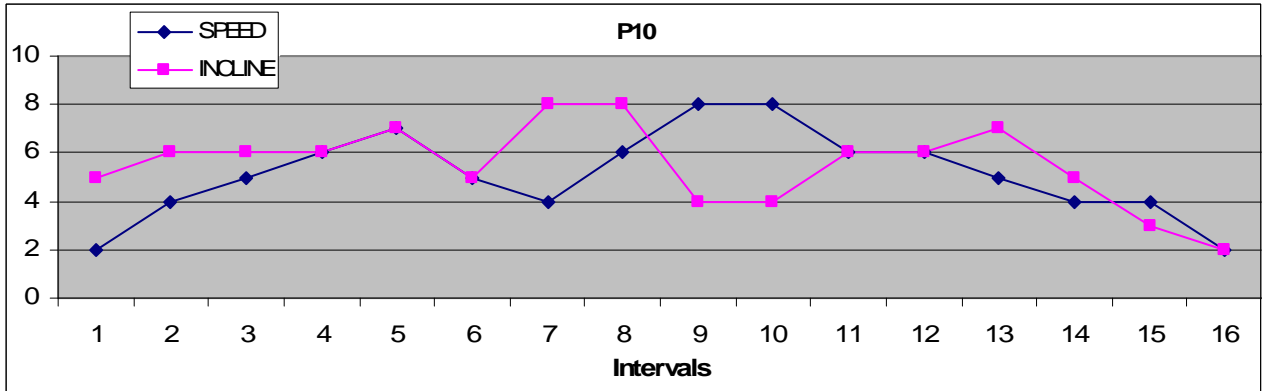
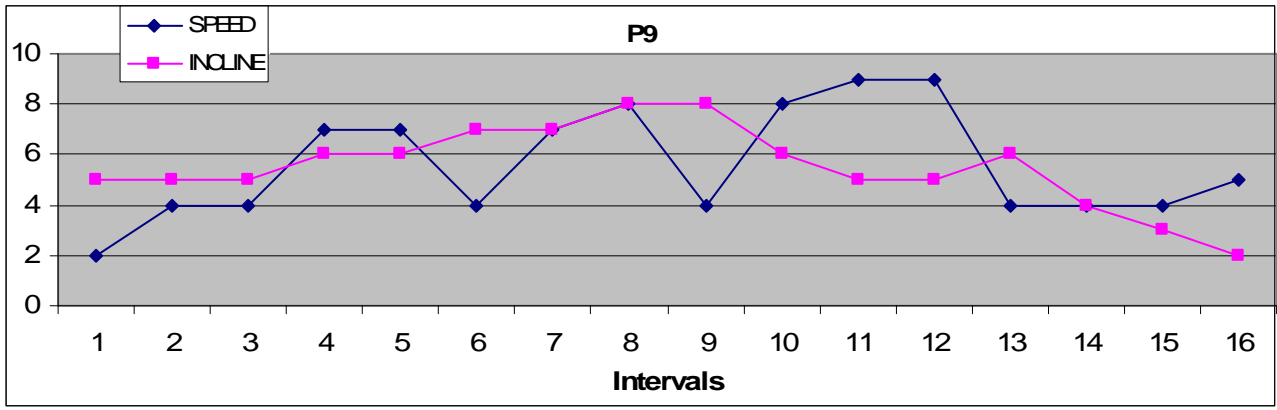
	INCLINE	2	2	3	4	6	5	4	3	2	2	3	4	5	4	4	2
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P12	SPEED	3	5	7	9	10	12	10	10	12	12	7	7	6	6	5	5
	INCLINE	3	3	5	5	6	6	7	7	5	5	4	4	3	3	2	1

## 11 Program Graphs









# MAINTENANCE

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 Maintenance and servicing

### ***AFTER EACH USE (DAILY)***

Clean and inspect, following these steps:

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact Lifespan Fitness.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

### ***EVERY WEEK***

Clean underneath the treadmill, following these steps:

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, and make sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

### **EVERY MONTH -IMPORTANT!**

- Inspect all assembly bolts of the machine for proper tightness.
- Turn off the treadmill with the on/off switch, then unplug the power cord and wait 60 seconds.
- Remove the motor cover. Wait until ALL LED lights turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated.

Failure to do so may result in premature failure of key electrical components.

### **EVERY 6 MONTHS**

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill (refer to section 4.4 for information). Please contact Lifespan Fitness with questions about applying lubricant to your treadmill.

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both side of rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosen, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- Lubricate the air shocks with Teflon based spray.

### **EVERY 2 YEARS**

It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

**PLEASE NOTE: TREADMILL MOTOR BRUSHES NEED TO BE CHANGED EVERY 2 YEARS OTHERWISE MOTOR WARRANTY WILL BE VOID.REFER TO MANUAL**

**SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT [lifespanfitness@hotmail.com](mailto:lifespanfitness@hotmail.com).**

## **2 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.

## **3 General Care**

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.

- If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

#### **4 Belt/Deck/Roller Lubrication:**

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

Lubrication is provided with this unit. You should apply the enclosed lubrication after approximately the first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

Light use (less than 3 hours per week) every 6 months

Medium use (3-5 hours a week) every 3 months

Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3. Periodically lubricate the front and rear rollers to keep them at there peak performance.

If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubing is necessary.

#### **5 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 back surface of the running mat.

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

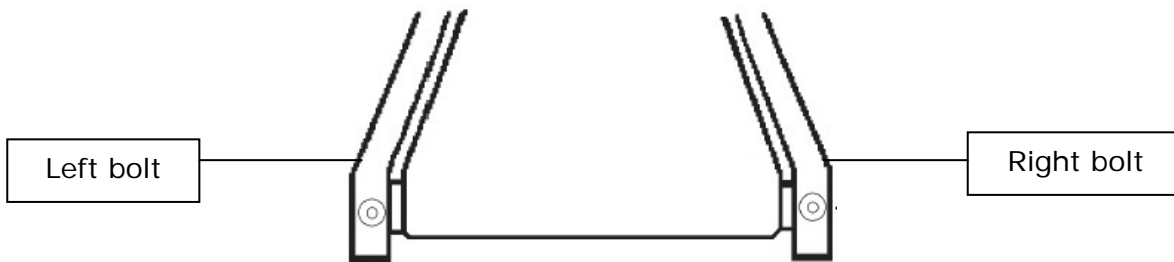
If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend you use a silicone based spray to lubricate your Lifespan Treadmill. This can be purchased from your local sports Retailer or a local hardware store.**

#### **6 Belt Adjustment**

Belt Tension Adjustment-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to

adjust tension with the Hexagonal Wrench provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:



**Note: Adjustment is thru the small hold on the end caps.**

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

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

## 7. Belt Tracking Adjustment:

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

- ▲ first set speed at lowest position.
- ▲ second check the belt shifts to which side.

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

## 8. Solutions for Failure Elimination

Failure	Possible Reason	Solution
The power supply is connected and the electric running machine has started, however, there is no any display.	<ol style="list-style-type: none"> <li>1 . The socket and power supply is not connected well.</li> <li>2 . The socket of electric motor is not connected well.</li> <li>3 . The fuse is burned.</li> </ol>	<ol style="list-style-type: none"> <li>1. Insert the socket again.</li> <li>2. Re-connect the socket.</li> <li>3 . Disconnect the power supply and replace the fuse.</li> </ol>
All displays fail to work.	Keys are installed improperly in	Perfect the installation.

	emergency.	
Operation stops automatically and E1 is displayed.	The self-maintenance function of system works suddenly.	<ol style="list-style-type: none"> <li>1 . Restart the electric running machine after pressing 'STOP'.</li> <li>2 . Restart the electric running machine after the power supply has been disconnected for 5min.</li> <li>3 . Replace the sensor.</li> </ol>
Display shows a normal operation, the strap, however, operates improperly and suffers from a cacophony.	The input voltage is too low.	The input power should meet the requirement.
The electric running machine operates normally with no load but halts midway.	The strap becomes loose.	Adjust the strap following the specification.
The display fails to work normally or cannot display at all, and the keys don't work.	The electronic meter is influenced by an external factor.	Disconnect the power supply and switch off switches, and restart the electric running machine 5min later.

## **WARRANTY REGISTRATION**

Please visit the following link to complete the product warranty form online. Please visit <http://warrantyform.lifespanfitness.com.au/>

**PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. a copy of the receipt, invoice, delivery date or internet confirmation).**

