

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

9060125200

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described in this manual.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord , plug the power cord into an earthed circuit. No other appliance should be on the same circuit.
11. If an extension cord is needed, use only a 3- conductor, 14-gauge (1mm²) cord that is no longer than 6.5 ft. (2.0m)
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.

14. Read, understand, and test the emergency stop procedure before using the treadmill .
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use.
18. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never drop or insert any object into any opening on the treadmill.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.
26. **WARNING:**
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. 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 a

pliance by a person responsible for their safety. children should be supervised to ensure that they do not play with the appliance.

27. Install the treadmill on a flat level surface with a suitable volt/Hz which marked in the machine label, grounded outlet.

28. Allowed temperature: 5 to 40 degrees. If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

1.1 IMPORTANT ELECTRICAL INFORMATION

WARNING!

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

1.2 IMPORTANT OPERATION 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 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; 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.

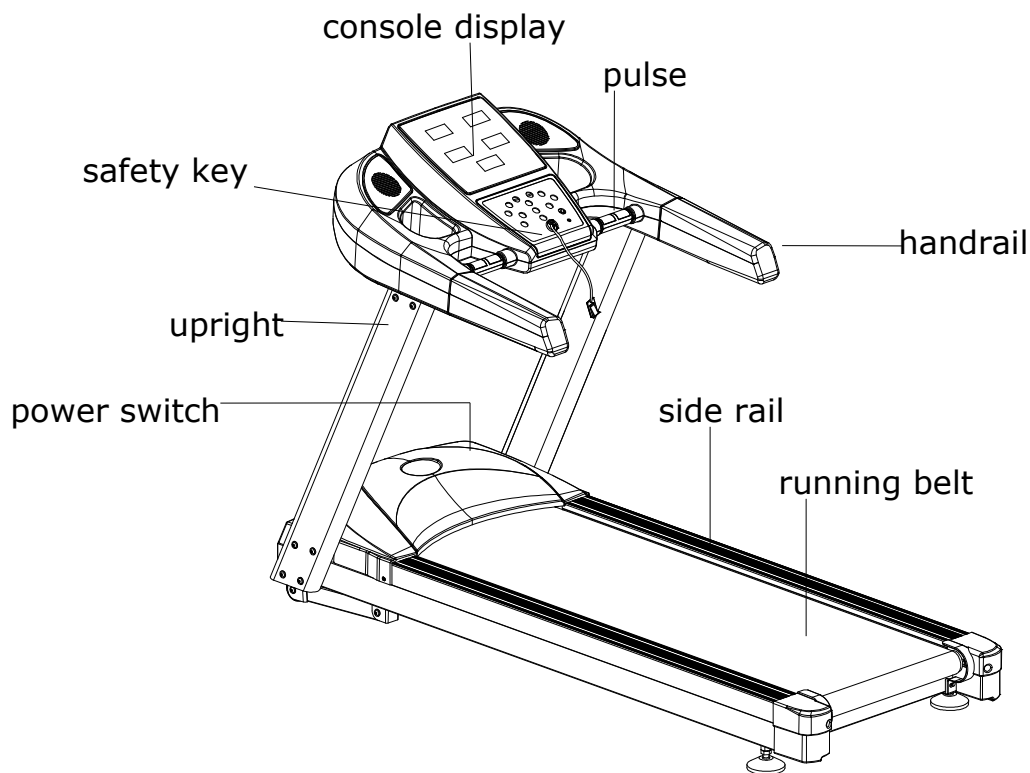
2.BRIEF DESCRIPTION

This motorized treadmill can help complete your goal of keeping fit. Together with the unique, elegant and dignified shape, it takes a little space when folded by gasoline spring.

Speed range: 1.0-20km/h

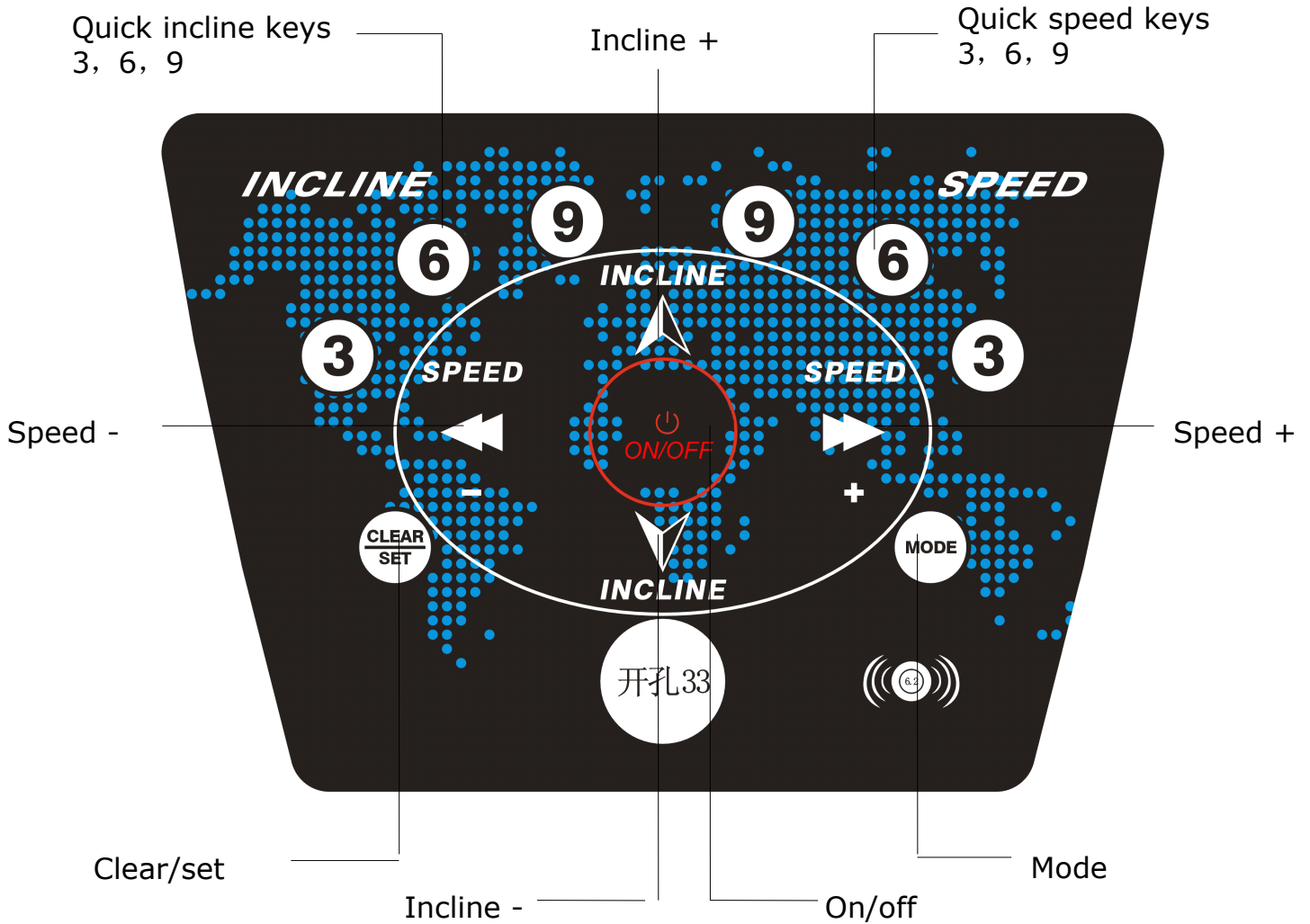
Auto incline : 0-20%

Programs: 25pcs pre-set programs (P1-P25)



3. OPERATION INSTRUCTIONS

3.1 Console keys



(1) MODE

Power on the machine, press it to choose pre-set programs P1-P25. Press CLEAR/SET to exit.

(2) CLEAR/SET

Power on the machine, press it to choose time, distance, calorie count-down training. When running, clear up time, distance and calorie.

(3) ON/OFF

Power on the machine, press it to start running. When running, press it to stop and record the running. Press CLEAR/SET to clear up the record.

(4) SPEED +

When running, press it to increase speed by 0.5km/h. Hold on it, speed is increased continuously.

(5) SPEED -

When running, press it to decrease speed by 0.5km/h. Hold on it, speed is decreased continuously.

(6) QUICK SPEED

Speed 3,6,9, when running, press it to choose speed.

(7) INCLINE +

When running, press it to increase incline by 1 level. Hold on it, incline is increased continuously.

(8) INCLINE -

When running, press it to decrease incline by 1 level. Hold on it, incline is decreased continuously.

(9) QUICK INCLINE

Incline 3,6,9, when running, press it to choose incline.

User's Mode Operation

1. Count-down training: power on the machine, press CLEAR/SET to enter TIME count-down training, press it again to enter DISTANCE count-down training, press it once more to enter CALORIE count-down training. Finally press CLEAR/SET to exit.
2. TIME count-down training: power on the machine, press CLEAR/SET, TIME figure glitering, showing 30:00. Press SPEED+,- to choose the time between 5-99minutes. Press ON/OFF to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when time shows 00:00.
3. DISTANCE count-down traing: power on the machine, press CLEAR/SET two times, distance figure glitering, showing 1.0km. Press SPEED+,- to choose the distance between 1.0-9.0km. Press ON/OFF to start at speed of 1.0km/h.Speed can be adjusted by pressing SPEED+,-. The machine stops when distance shows 0.00.
4. CALORIE count-down training: Power on the machine, press CLEAR/SET three times, calorie figure glitering, showing 50CAL. Press SPEED+,- to choose the

calorie between 10-990CAL. Press ON/OFF to start at speed of 1.0km/h.Speed can be adjusted by pressing SPEED+,-. The machine stops when calorie shows 0.

3.2 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 switch is turned on, the display is ready for operation.

3.3 Self-Checking

When using for the first time, it is necessary to make the machine carry on self-check:

- Remove the safety key, press *MODE* and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing *ON/OFF* two times , the machine begins to self -check.

Incline motor goes to the top automatically, then goes to the bottom automatically.

After that, 888 shows at the right of the display, press *CLEAR/SET* 3 seconds to exit.

Note: Don't stand on the machine when self-checking.

3.4 Quick-Start Operation

1. Press and release the *ON/OFF* to begin belt movement, at 1.0 Km/h, then adjust to the desired speed using the '+' or '-'. You may also use the quick speed keys (3, 6 and 9) to adjust the speed.
2. To slow the treadmill down, press and hold the 'speed -' key to desired speed. You may also press the rapid speed adjust keys: 3, 6, 9.
3. In a state of running, single press *ON/OFF*, the walking belt will gradually slow down.
4. In the state of running, single press *CLEAR/SET* will reset time, distance, calorie.

3.5 Incline Feature

- Incline may be adjusted anytime after belt movement.
- Incline can't be back to 0 after removing safety key.
- Incline can be back to 0 after starting machine again.

3.6 Pulse Grip Feature

Hold on both stainless steel pulse sensors in the handrails, the The Pulse (Heart Rate) console window will display your current heart rate during the workout within 15 seconds . Note: Your hands must hold on both stainless steel sensors to display your pulse.

3.7 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.

3.8 Transport

There are two wheels at the front of machine and you can roll the treadmill away by pushing the machine.

3.9 Programmable Operations

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

3.10 To Select a Program

- Power on the machine, press '*MODE*' to choose desired program, then press and release '*ON/OFF*' to begin the program with default values.
- The speed window will now be showing the preset speed of the selected program.
- After every one minute speed can be altered automatically according to the programs, and can be altered manually. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.

4. 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.

4.1 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.

4.2 General Care

- Check parts for wear before use.
- 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.

4.3 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.

Lubrication is provided with this unit. You should apply the enclosed lubrication after approximately the first 40 hours of operation. We recommend lubrication of the deck according to the following timetable:

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

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

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

See below procedures for lubricating:

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

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

4.4 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 back surface of the running mat.

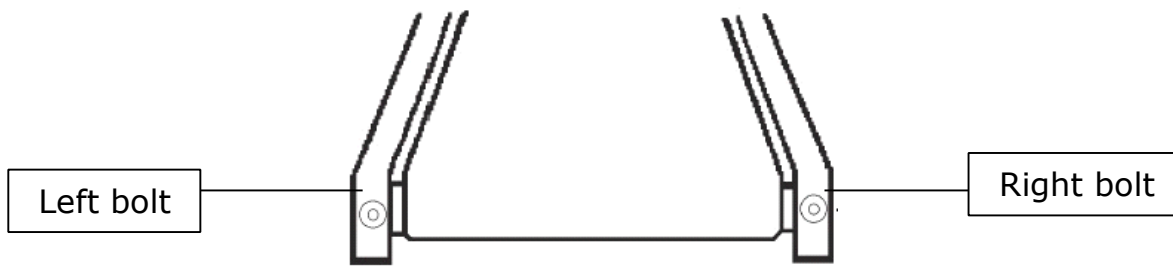
If the surface is slick when touched, then no further lubrication is needed.

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.

4.5 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.

4.6 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 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 Hexagonal Wrenches, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.

5. TROUBLE SHOOTING

This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor).

When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on. If, after you have reset the treadmill, it is still not running correctly, please run the self-checking analyse (please refer to **Self-Checking**) to distinguish what type of error problem the machine is encountering.

6. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 35 or individuals with pre-existing health problems.

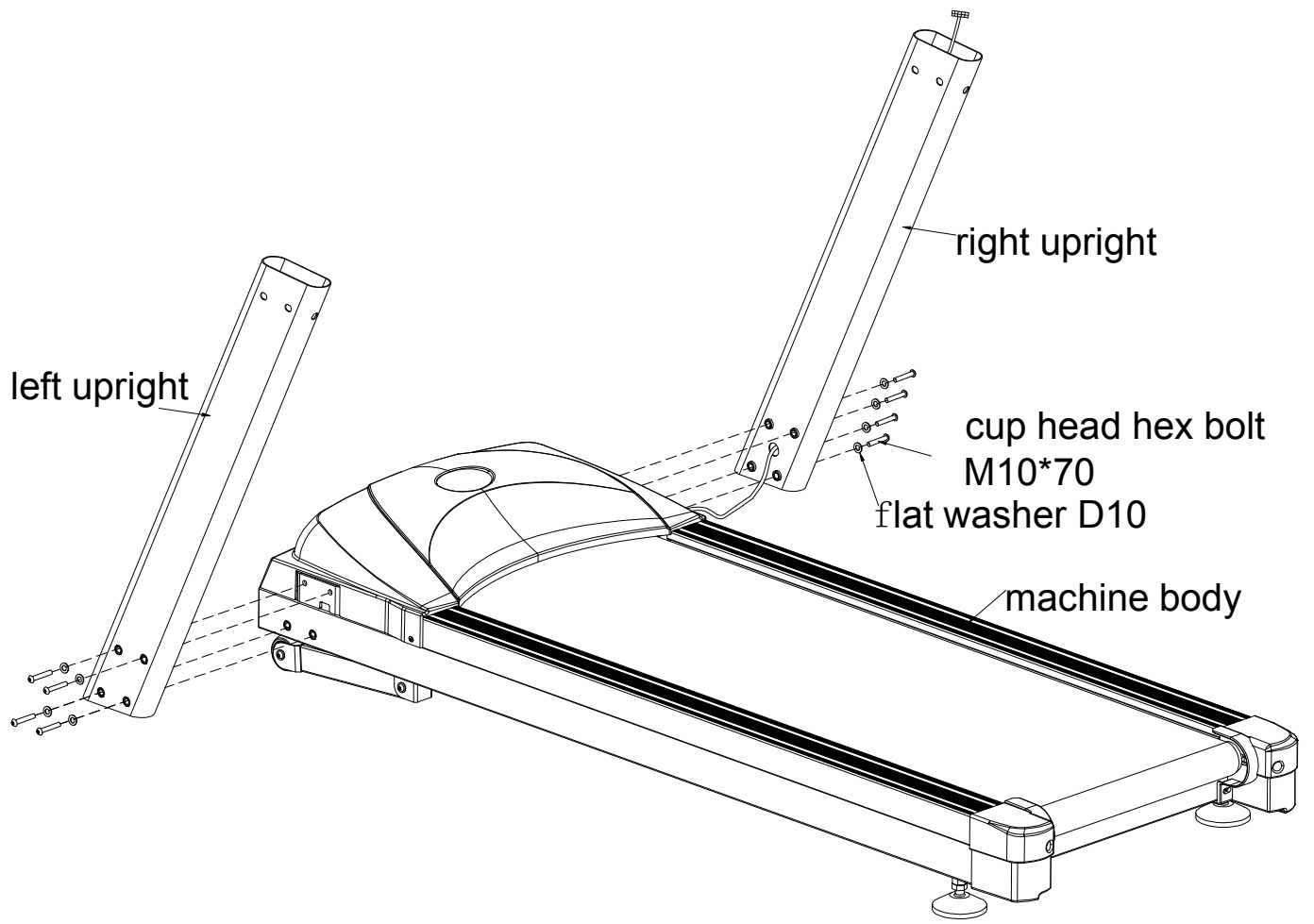
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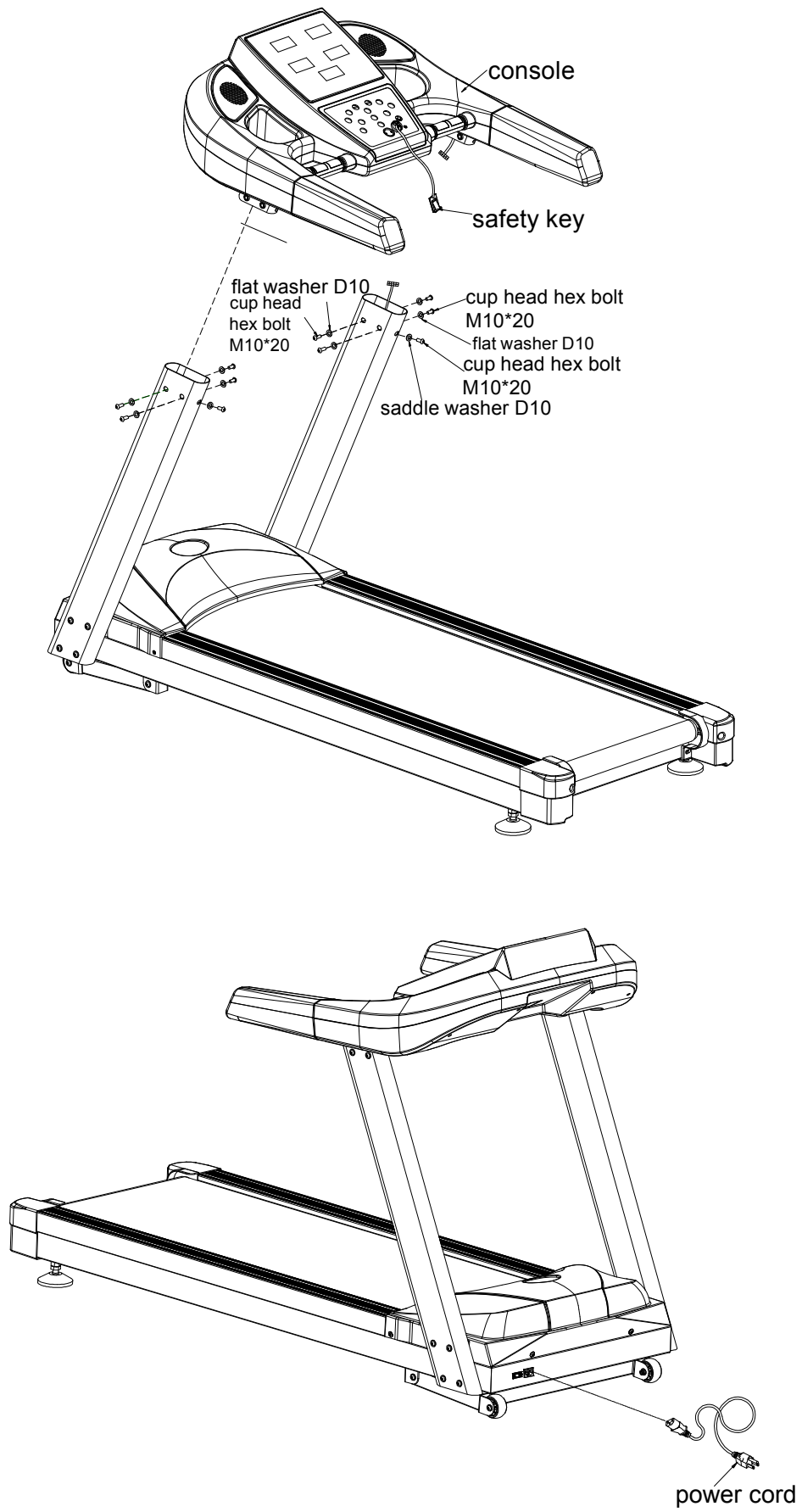
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

7. INSTALLATION GUIDE

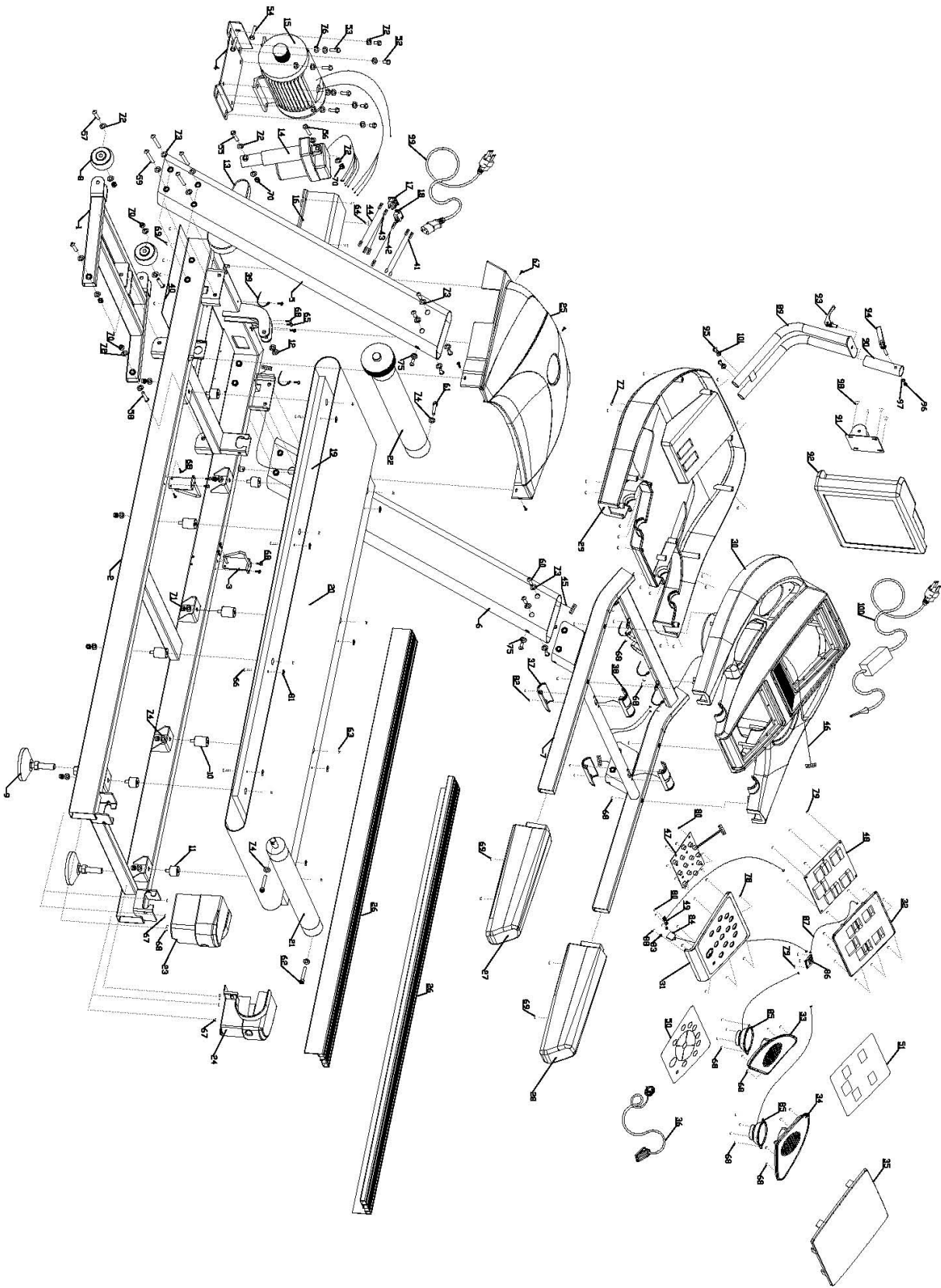




8. Explored Drawing

Item	Qty	Description	Item	Qty	Description
1	1	Incline Bracket	51	1	Console Showing Sticker
2	1	Machine Steel Frame	52	4	Hex Bolt M8*15
3	2	V-belt Bracket	53	4	Hex Bolt M8*20
4	1	Motor Bracket	54	2	Hex Bolt M10*30
5	1	Left Upright	55	1	Hex Bolt M10*75, tooth 15
6	1	Right Upright	56	1	Hex Bolt M10*55, tooth 15
7	1	Console Bracket	57	2	Cup Head Hex screw M10*65, tooth 15
8	2	Moving Wheel	58	2	Cup Head Hex Screw M10*60, tooth 15
9	2	Adjustable Wheel	59	8	Cup Head Hex screw M10*70, tooth 20
10	4	Deck Shock Absorber Rubber	60	10	Cup Head Hex screw M10*20
11	4	Deck Shock Absorber Rubber	61	1	Hex Head screw M8*65, full tooth
12	2	Deck Shock Absorber Plate	62	2	Hex Head Screw M8*80, full tooth
13	1	V-belt	63	8	Cross Socket Head Cap Screw M8*25
14	1	Incline Motor	64	4	Cross Pan Head Cap Screw M4*16,full tooth, with cushion, flat washer
15	1	Drive Motor	65	2	Cross Pan Head Cap Screw M4*10, full tooth,with cushion,flat washer
16	1	Controller	66	8	Cross Pan Head Cap Screw M4*30, full tooth
17	1	Receptacle	67	8	Cross Large Flat Head Tapping Screw ST4.2*13
18	1	Reset/Off Circuit Breaker	68	36	Cross Pan Head Tapping Screw ST4.2*13
19	1	Running Platform	69	20	Cross Umbrella Head Self-drilling Tapping Screw ST4.2*13
20	1	Running Belt	70	6	Nut M10
21	1	Idler Roller	71	8	Nut M8
22	1	Drive Roller/Pulley	72	20	Flat Washer Φ10
23	1	Left Idler Roller Cover	73	16	Flat Washer Φ10
24	1	Right Idler Roller Cover	74	11	Flat Washer Φ8
25	1	Motor Hood	75	2	Saddle Washer Φ10
26	2	Foot Rail	76	4	Spring Washer Φ10
27	1	PU Left Handrail	77	18	Cross Pan Head Tapping Screw ST4.2*20

28	1	PU Left Handrail	78	18	Cross Pan Head Tapping Screw ST4.2*8
29	1	Console Lower Plastic Cover	79	9	Cross Pan Head Tapping Screw ST3*8
30	1	Console Upper Plastic Cover	80	11	Cross Pan Head Tapping Screw ST3*6
31	1	Key Board Plastic	81	8	Foot Rail Mount
32	1	Console board Plastic	82	4	Cross Pan Head Tapping Screw ST3*16
33	1	Left Speaker Cover	83	2	Flat Washer Φ 4
34	1	Right Speaker Cover	84	1	MP3 Jack
35	1	Console Cover	85	2	Speaker
36	1	Safety Key	86	1	Music Board
37	2	Pulse Lower Cover	87	1	Sound Wire
38	2	Pulse Upper Cover	88	2	Cross Large Flat Head Tapping Screw ST3*8
39	6	Wire Tie	89	1	TV Bracket
40	1	Belly Pan	90	1	TV Support Tube
41	2	Yellow-Green Ground Wire	91	1	TV Support Bracket
42	1	Red Wire 150	92	1	TV
43	1	Black Wire	93	1	Quick Release
44	1	Red Wire 100	94	1	Quick Release
45	1	Controll Upper Wire	95	2	Cup Head Hex Screw M10*65
46	1	Controll Lower Wire	96	1	Nut M6
47	1	Key Board	97	1	Flat Washer Φ 6
48	1	Console board	98	4	Cross Pan Head Screw M4*10
49	1	Safety Key Sensor Board	99	1	Power Cord
50	1	Console Key Sticker	100	1	TV Power Cord



We have checked the words carefully in the manual. If there is something wrong in printing, please kindly consider it.

If the pictures are different from the product, please take the product as the final and correct one.

Please note: If there are changes in function and specification due to technical improvement, we will not keep you informed.