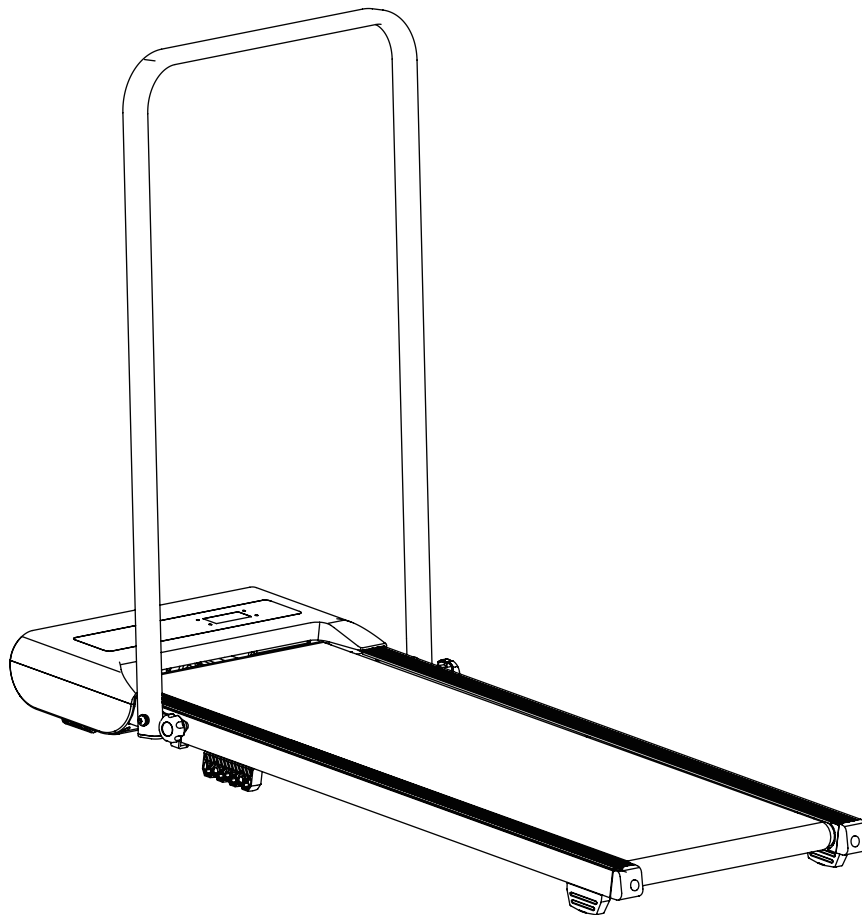




Steps A2 Walking Pad Under Desk Fold-Down Treadmill

USER MANUAL



kinomap

30 DAY FREE TRIAL

*Terms and conditions apply. Offer can be rescinded at any time.



Find the
Digital Manual
Online



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.lsgfitness.com.au



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I. 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.

The treadmill is intended for household use only.

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.
- 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.
- 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.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- All fixings should be checked before the equipment is used.
- Do not use outdoors.

- All product manual relating to the use of the equipment should be retained for future reference.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Recommended operating temperature: 5-40°C.

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

Battery Safety



WARNING

THIS PRODUCT CONTAINS A BUTTON BATTERY THAT IS HAZARDOUS AND IS TO BE KEPT AWAY FROM CHILDREN

The battery can cause severe or fatal injuries in 2 hours or less if it is swallowed or placed inside any part of the body. Seek medical attention immediately if this occurs.

If suspected of swallowing the battery or otherwise placed inside any part of the body, please contact Australian Poison Centre immediately on **13 11 26**.

Hotline is open 24/7.

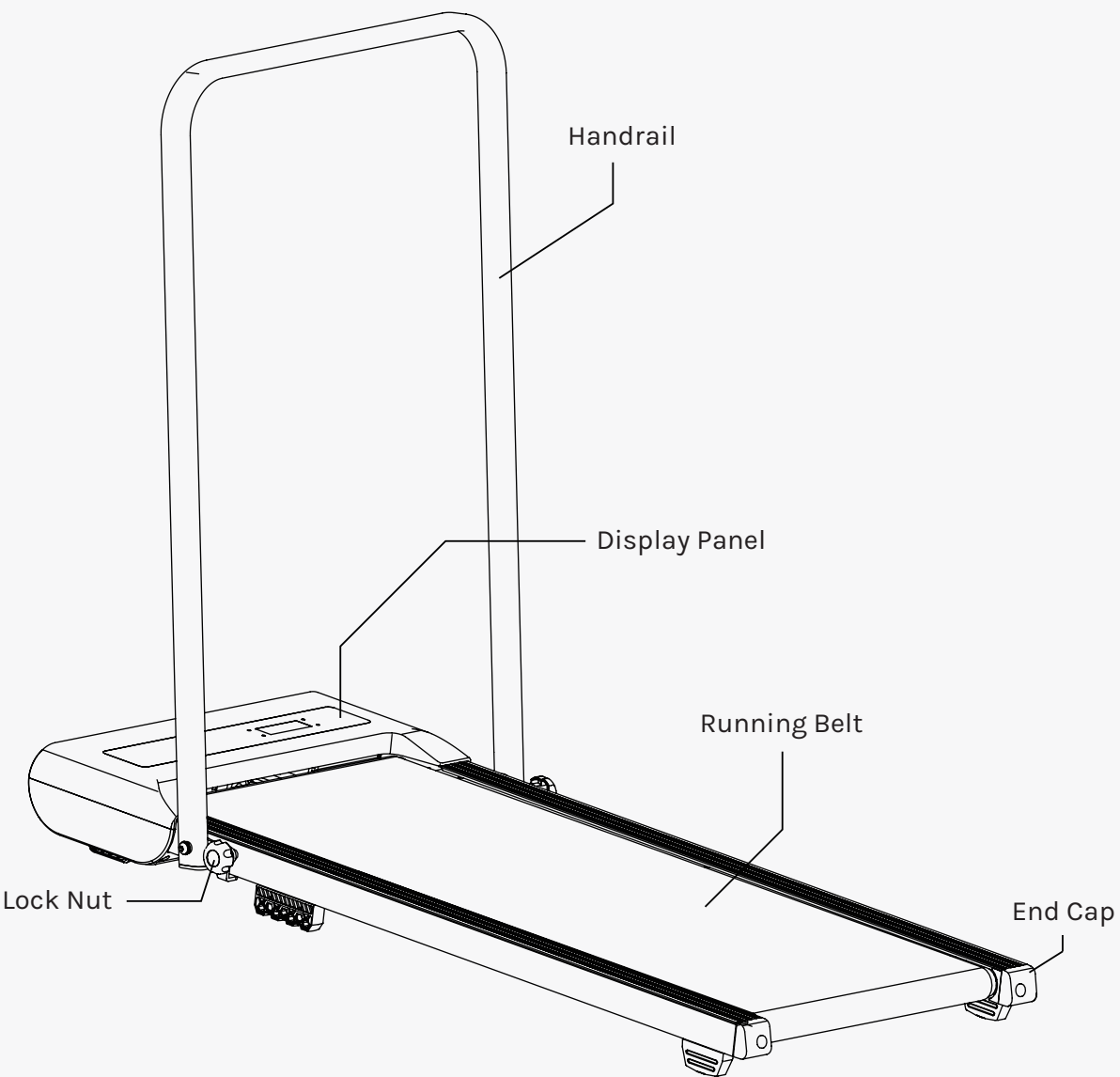
Call triple zero (000) immediately if you or someone you know stops breathing, slips into a coma, or has a seizure or a severe allergic reaction to suspected poisoning.

II. IMPORTANT ELECTRICAL INFORMATION

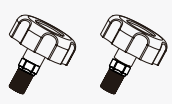
WARNING!

- 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.

III. PARTS LIST



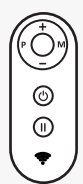
ACCESSORIES



Lock Nut



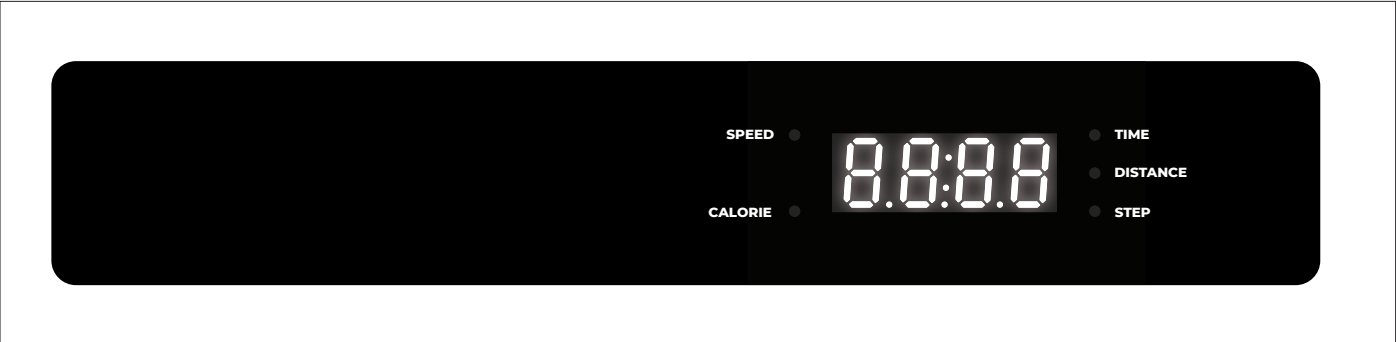
Allen Key



Remote Control

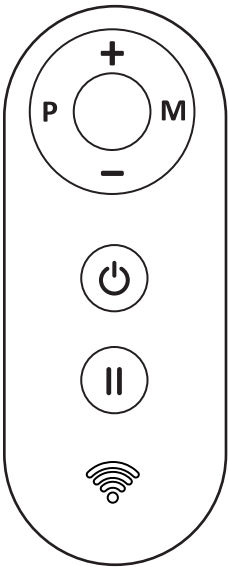
IV. OPERATION GUIDE

CONTROL PANEL



DISPLAY FUNCTIONS:

- TIME:** Displays your elapsed workout time in minutes and seconds.
- SPEED:** Displays the current speed from the minimum 1.0 km/h to the maximum 6.0 km/h.
- DISTANCE:** Displays the accumulative distance travelled during workout.
- CALORIES:** Displays the total calories burned during your workout.
- STEP:** Display the number of steps you have run.



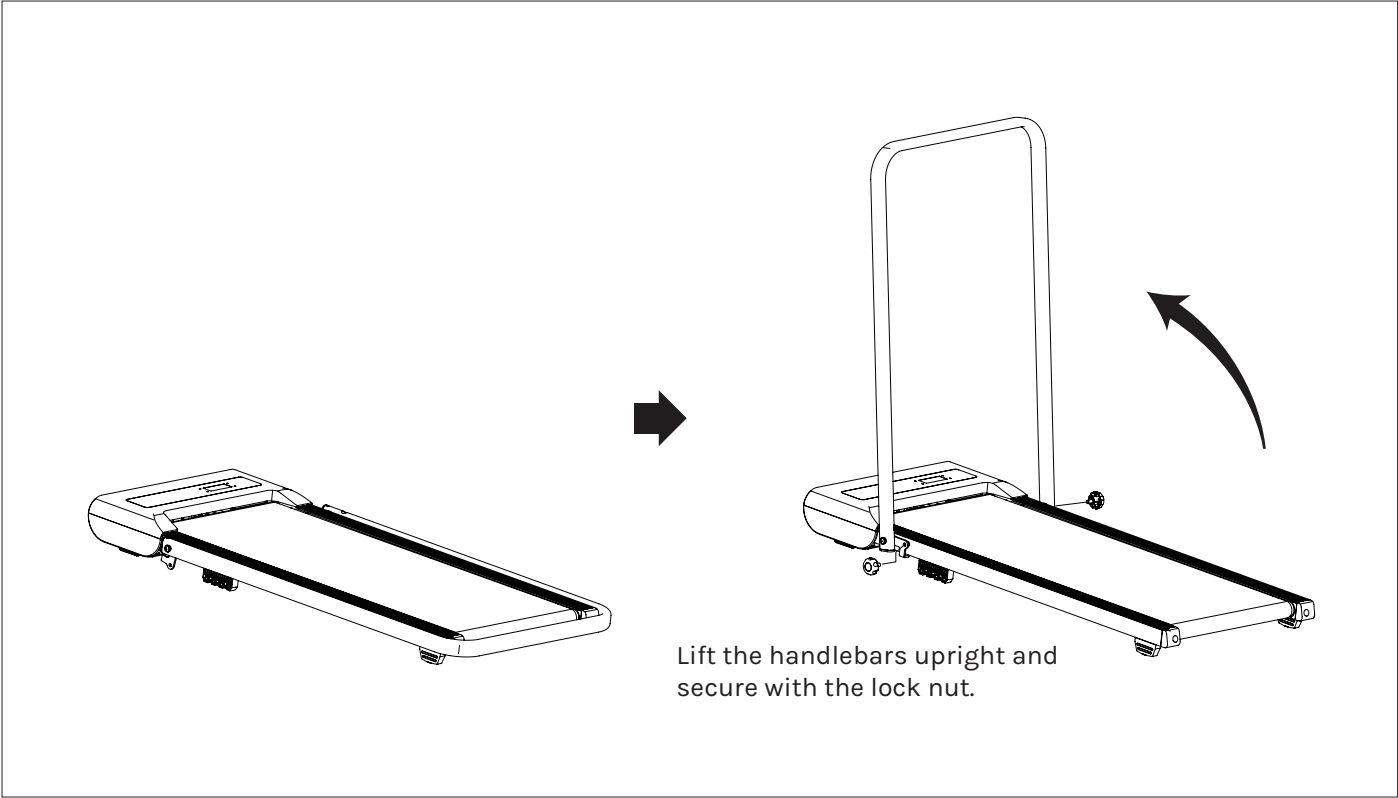
FUNCTION BUTTONS:

- Press the button to start/stop training on different training mode immediately.
- Press the button pause current training.
- Press the button to select the pre-set training program (P01-P06) mode before training.
- Press the button to switch the display.
- Press the button to make upward adjustments for the speed.
- Press the button to make backward adjustments for the speed.

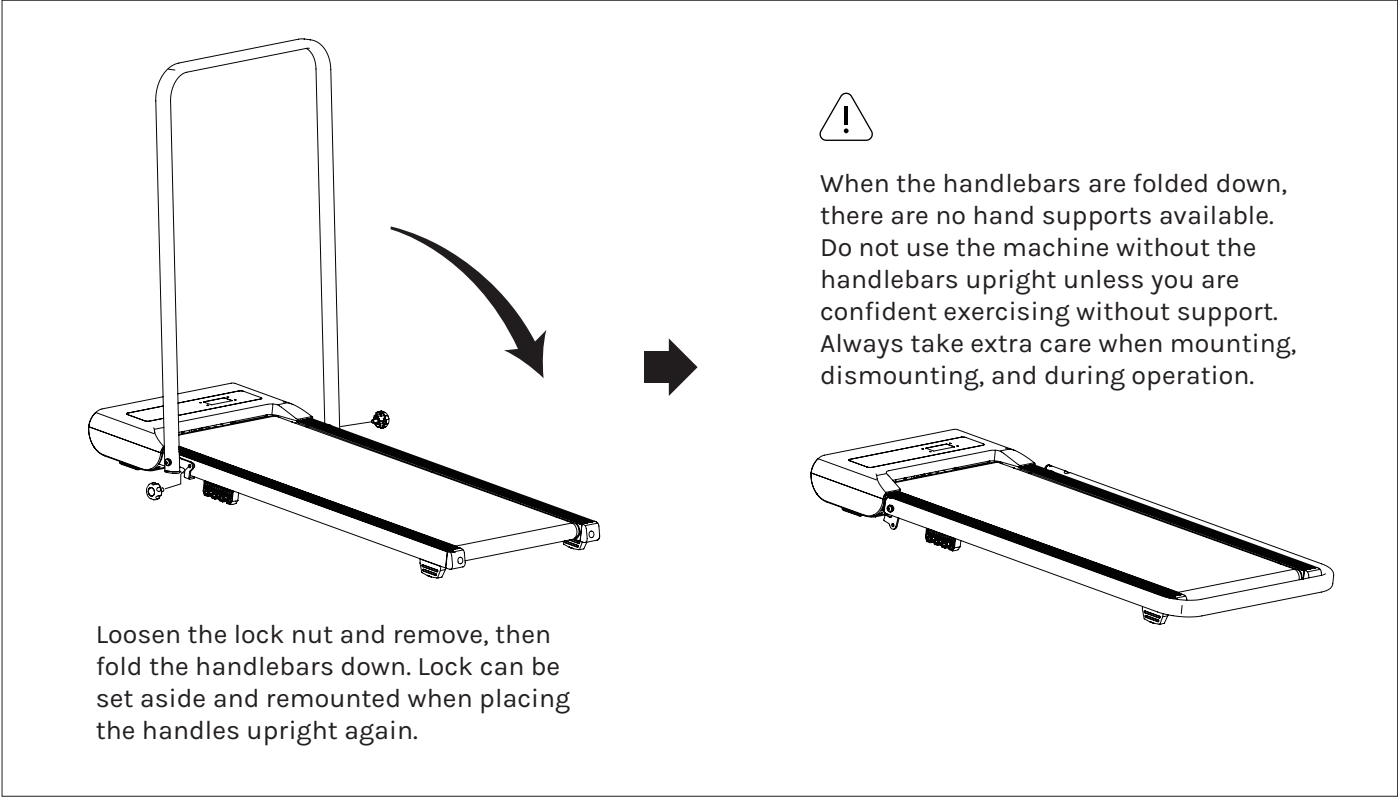
PROG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1	1.5	2	2.5	3	2.5	2	1.5	1	1.5	2	2.5	3	2.5	2	1.5	1	1.5	2	1.5
P2	1.5	1.5	2	2	2.5	2.5	3	3	4	4	3	3	2.5	2.5	2	2	1.5	1.5	2	2
P3	1	1.5	2	1.5	2	2.5	3	3	4	4	3	4	3	2.5	3	2.5	2	2.5	2	1.5
P4	1.5	2	2	2.5	2	2.5	2.5	3	2.5	3	3	4	3	4	4	3	2.5	2	1.5	1
P5	1.5	1.5	2	2.5	3	4	4	3	2.5	2	2	1.5	2	2.5	2.5	3	4	3	2.5	2
P6	1	1.5	2	2	2	2.5	3	4	4	4	3	2.5	2	1.5	1.5	1.5	2	2.5	2	1.5

V. UNFOLDING/FOLDING THE HANDLEBARS

1. UNFOLDING THE HANDLEBARS



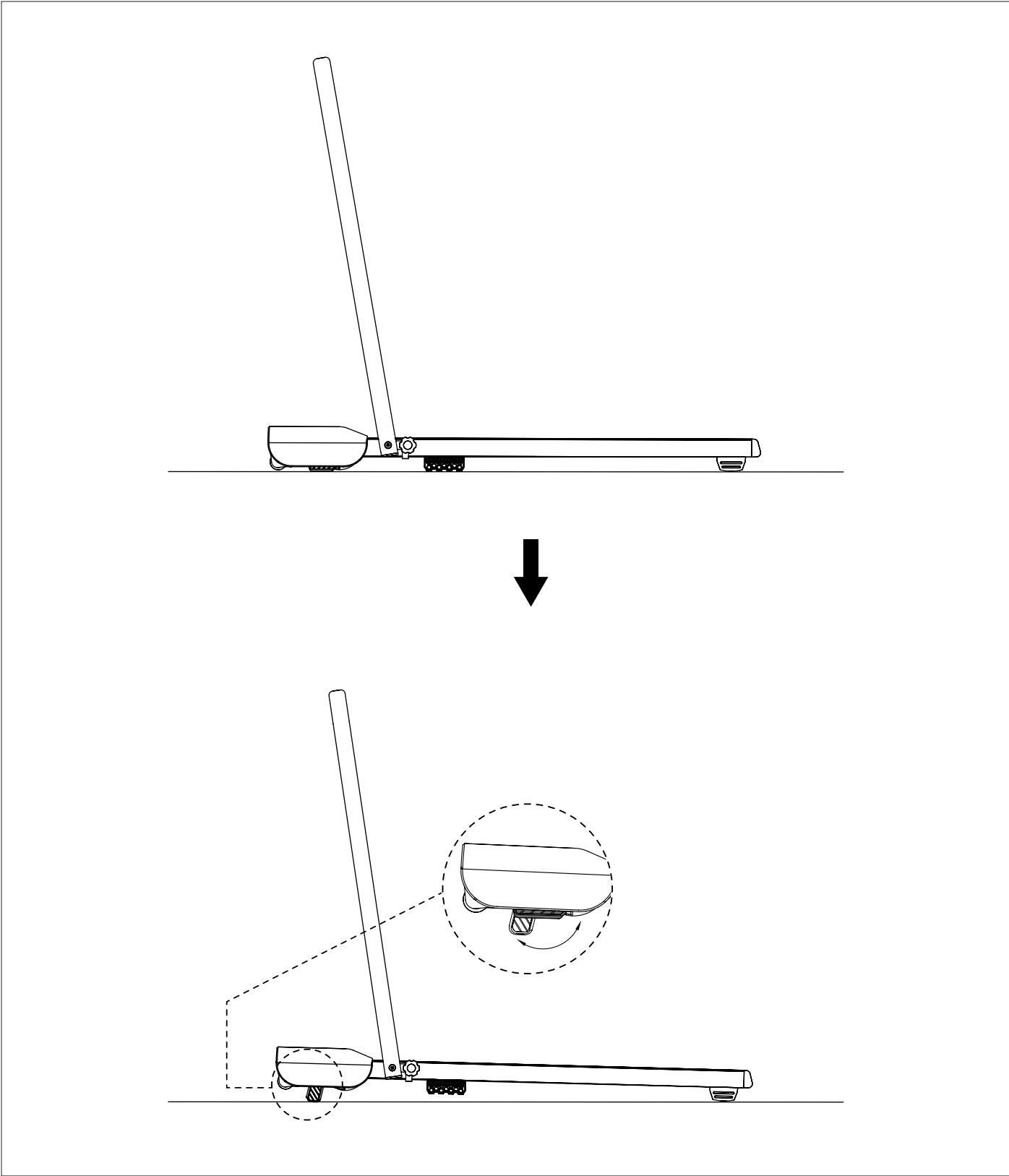
2. FOLDING THE HANDLEBARS



VI. INSTRUCTIONS FOR INCLINE

Under the deck is a feature to make the treadmill sit on an incline. Follow the diagram below to create incline.

IMPORTANT: Users should adjust the incline before starting the machine.



VII. MAINTENANCE



WARNING:

To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.



WARNING:

Always check the wear and tear components like spring knob and running belt to prevent injury.

1. Before moving or cleaning your Treadmill, unplug it from the main power supply.
2. Always clean the Treadmill with a damp cloth avoiding the control panel.
DO NOT USE ROUGH CLEANING AGENTS.
3. Clean the power switch and control panel with a soft dry cloth.
DO NOT USE A WET CLOTH IN THESE AREAS.
4. Do not use your treadmill in wet, damp conditions or dusty areas as this can cause damage to the Treadmill. The treadmill is designed to be used indoors.

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

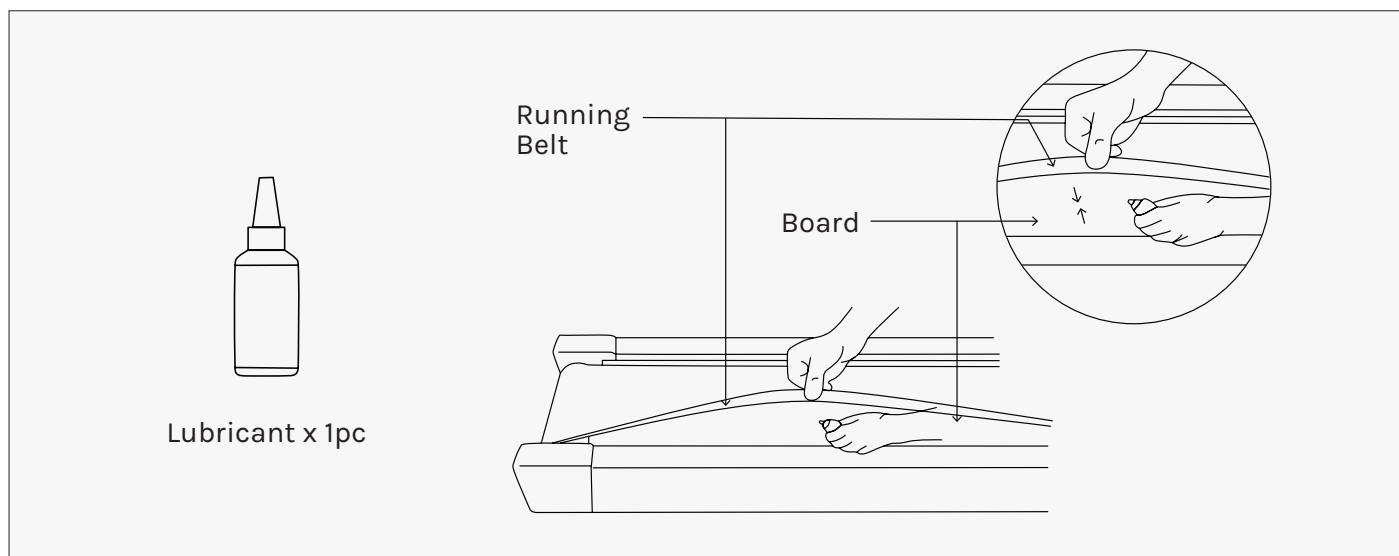
- Lift one side of the running belt and feel the top surface of the running deck.
- If the surface is slick to the touch, then no further lubrication is required.
- If the surface is dry to the touch, apply some lubricant.

How to apply lubricant

- Lift one side of running belt.
- Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

**NOTE:**

DO NOT over lubricate the running deck. Any excess lubricant that comes out should be wiped off.



CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

Video Tutorial Available at:

<http://youtu.be/vllsamTSvvALifespan Fitness>

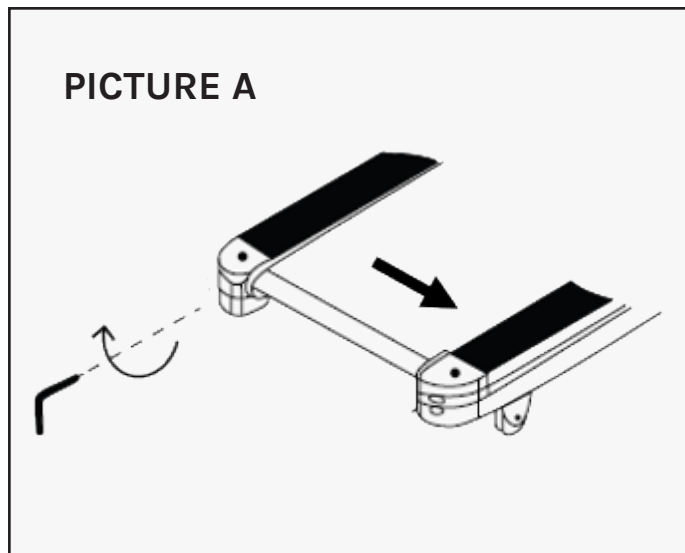
YouTube Channel:

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

VIII. ADJUSTING THE RUNNING BELT

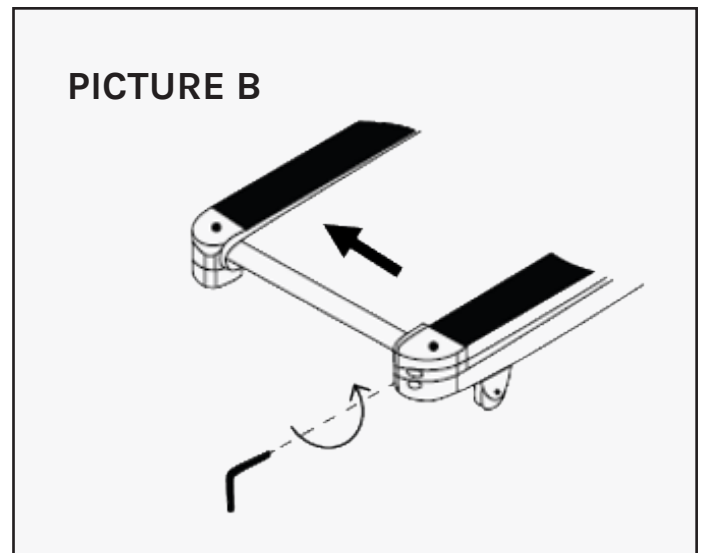
HOW TO CENTRE YOUR BELT

The running belt on the Treadmill will shift slightly after continuous use. This is normal for all treadmills. If your belt is not centred ensure to adjust it immediately to avoid damage to your belt. To centre the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 6-8 KPH.



Picture A: Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

Wait for the belt to shift over and if you need to move it further, do another 1/4 turn or until it is centred.

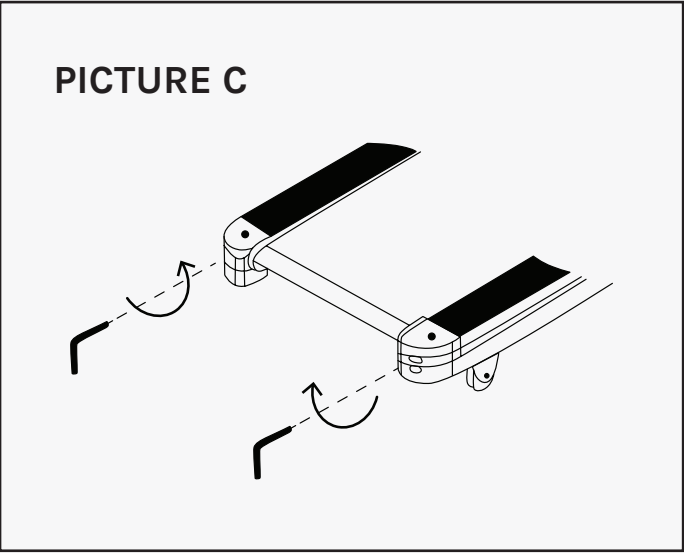


Picture B: If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn counterclockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centred.

Wait for the belt to shift over and if you need to move it further, do another 1/4 turn or until it is centred.

HOW TO TIGHTEN YOUR BELT

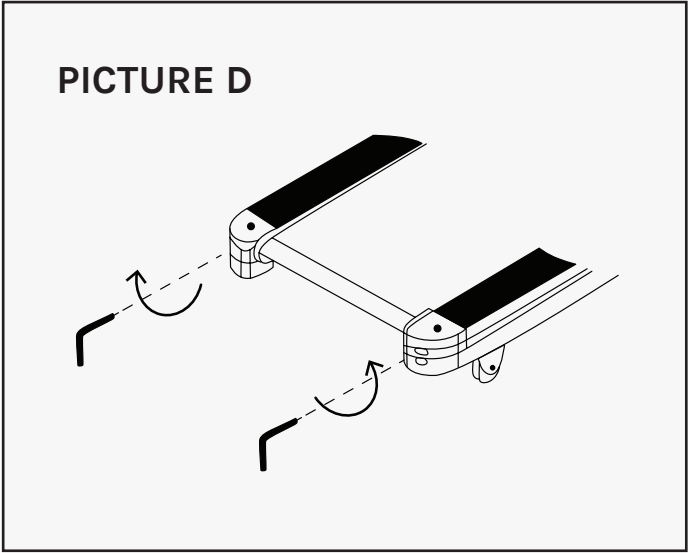
Overtime the treadmill belt may stretch from use and require retightening. To do this you will need to have the treadmill turned off.



Picture C: Using the Allen key turn 1/4 turn counterclockwise on the left side and 1/4 on the right clockwise turn. Make sure that you do the same amount of turns on both sides to avoid misaligning the belt.

Test the treadmill at walking and running speeds to see if it needs further adjustments.

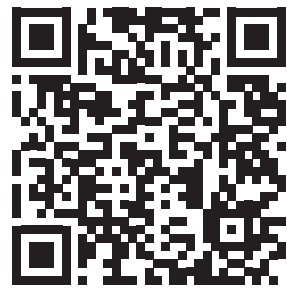
IMPORTANT: Do not over tighten the belt as this can cause strain and excessive friction on your deck.



Picture D: If you have overtightened the belt and need to loosen it up: Use the Allen key and turn 1/4 clockwise on the left side and 1/4 turn counterclockwise on the right side.

If it is still too tight adjust it again.

See video as an example for belt tightening and adjusting.



IX. TROUBLESHOOTING GUIDE

PROBLEM	POTENTIAL CAUSES	CORRECTIONS
Treadmill will not start.	1. Treadmill is not plugged in or plugged on a shared power board. 2. Circuit breaker in the house has been tripped. 3. Treadmill circuit breaker has been tripped.	1. Plug the power cord directly into a wall outlet, separate from any high powered equipment. Check that your outlet is input: 220v - 240v. 2. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 3. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt is loose.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight. 3. User weight	1. Apply lubricant. 2. Adjust belt tension. 3. - Stand on the side rails and run the treadmill first. When weight is on the belt before starting this can cause the belt to stall at the beginning. - Check user weight is not more than the weight recommendation.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt. If the belt is still shifting it may need to be tightened, check that the tension is equal on both sides.

X. EXERCISE GUIDE

! PLEASE NOTE:

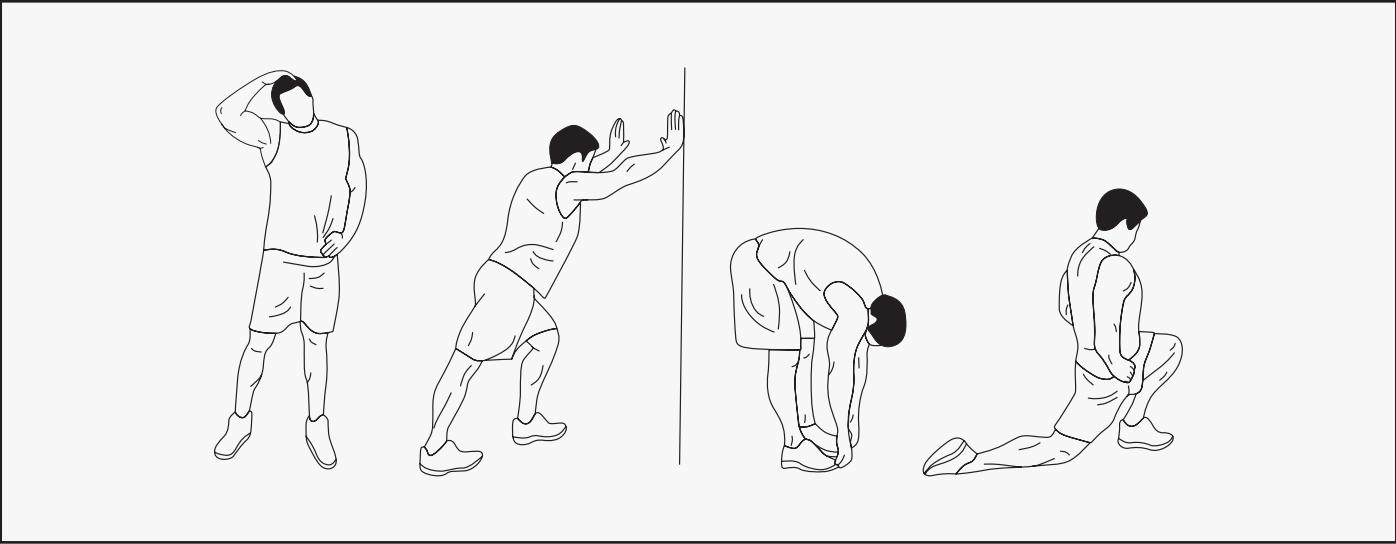
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

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

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

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



WARM UP

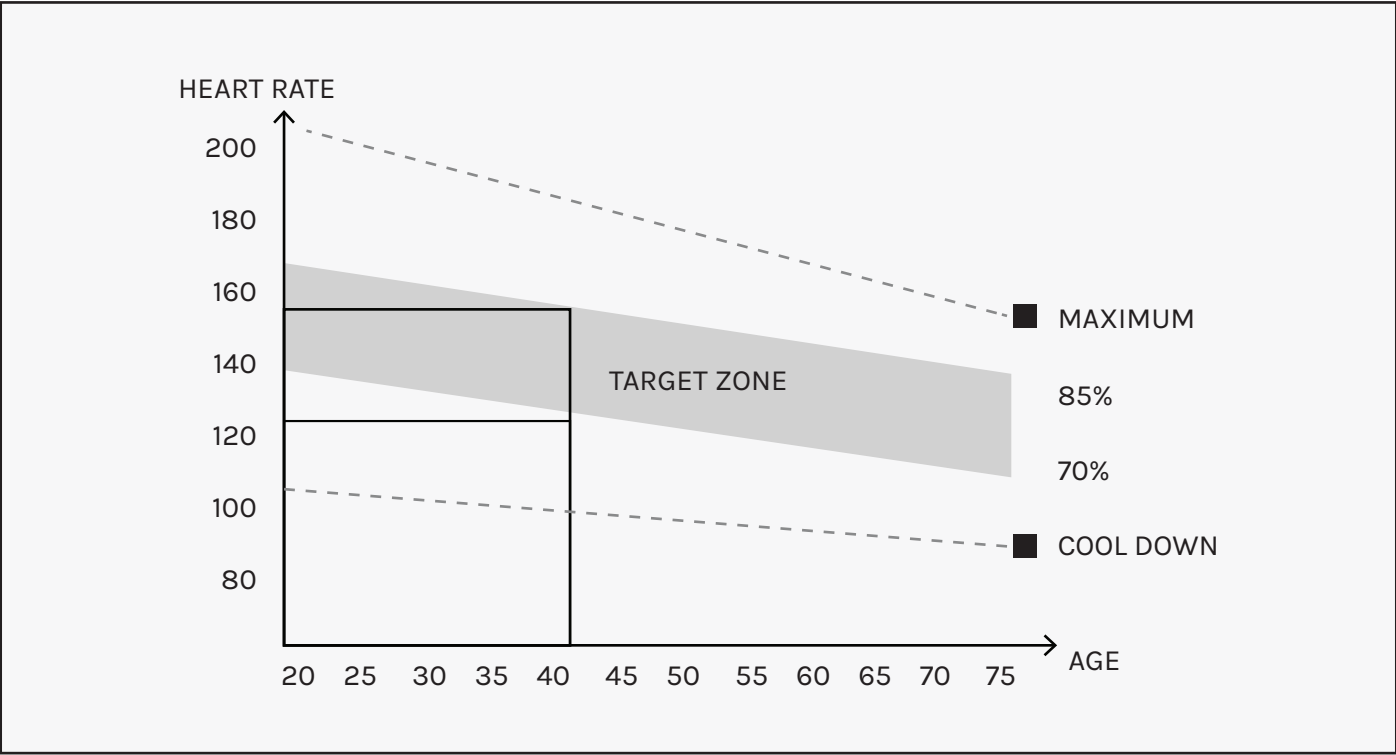
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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



! 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.

XI. 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, please lodge a support ticket first by sending us an email.

XII. SECURITY SUPPORT INFORMATION

REPORTING

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

DEVICE SUPPORT PERIOD

This product will receive security updates for a minimum of 12 months from the date of purchase.



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