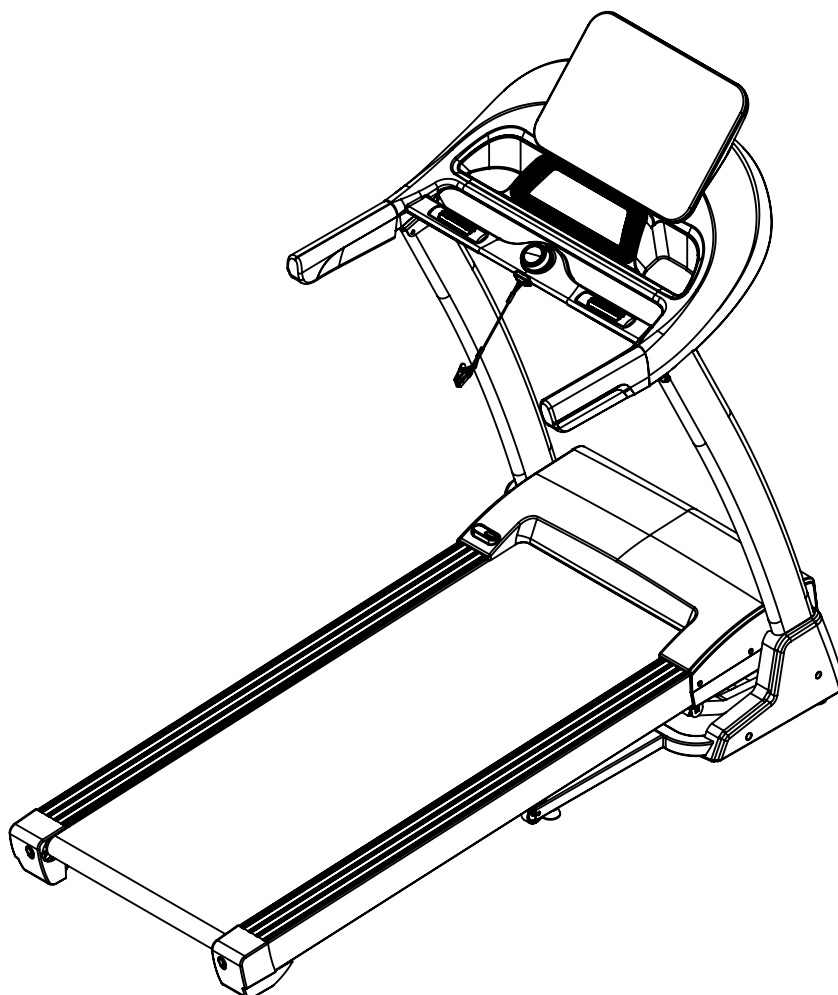




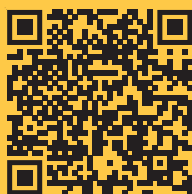
Boost 3 Treadmill

USER MANUAL



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 Offer can be rescinded at any time.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.lifespanfitness.com.au



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Important Electrical Information	05
III. Important Operating Instructions	06
IV. Assembly Instructions	07
V. Folding Instructions	10
VI. Moving the Treadmill	11
VII. Operation Guide	12
VII. Exercise Guide	15
VIII. Trouble Shooting Guide	21
IX. Exercise Guide	23
X. Maintenance Instructions	25
XI. Exploded Diagram	28
XII. Parts List	29
XIII. Warranty	31
XIV. Hand Pulse Technology	32

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.

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.**

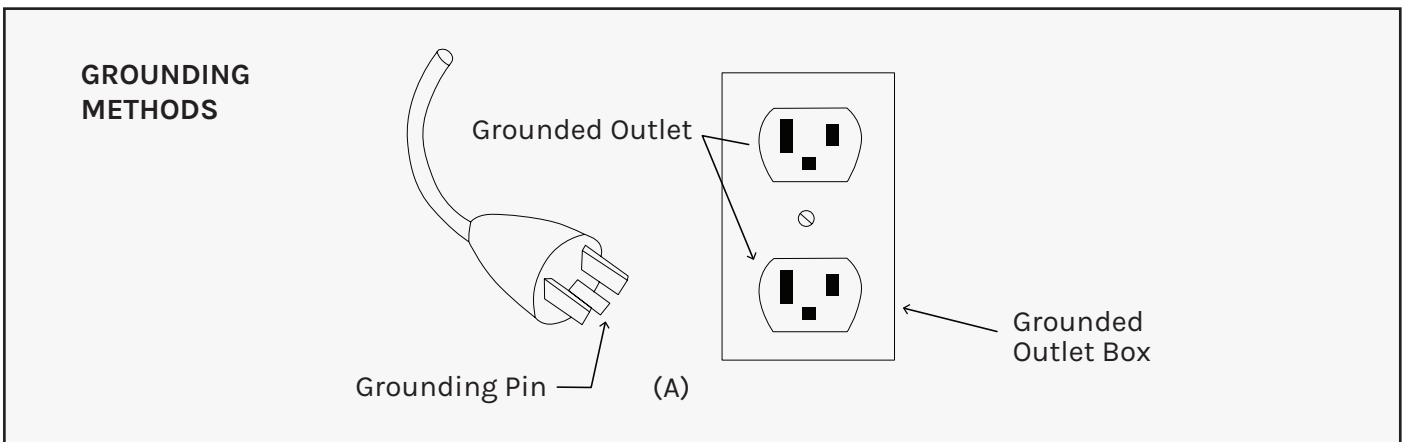
II. IMPORTANT ELECTRICAL INFORMATION

Grounding Information

This product must be grounded. If it should malfunction or breakdown, grounding provided a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a Grounding plug. The plug must be plugged into an approved outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

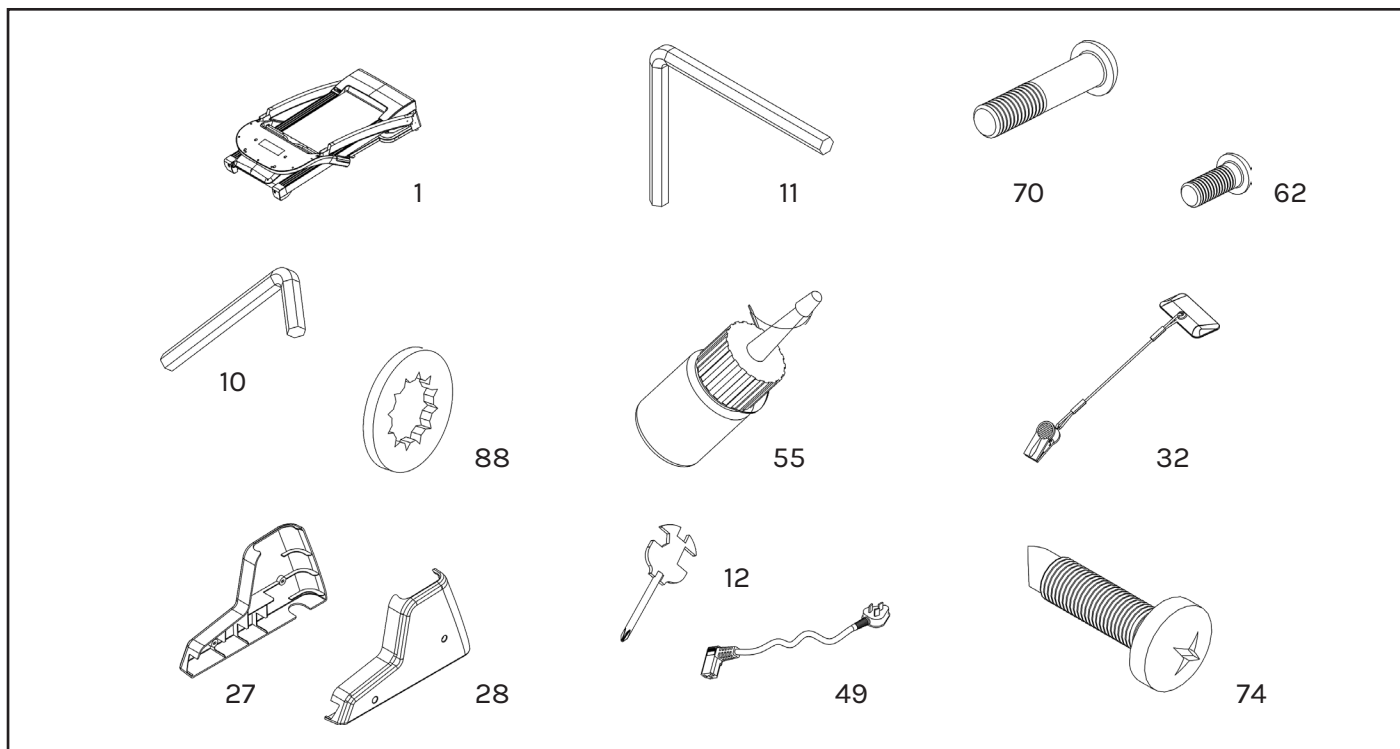
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240/100-120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. (The below picture is just for reference; the actual plug and jack is depending on import country)



III. 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.
- This unit starts with at a very low speed. It is recommended to stand on the side rails and only step on the treadmill as it is moving on a slow speed. This will prolong the life of your motor and run the belt smoothly.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving at high speeds.
- 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.

IV. ASSEMBLY INSTRUCTIONS



PARTS LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame Set		1	32	Safety Lock		1
11	6 # Allen Wrench	6mm	1	27	Left Bottom Shield		1
70	Hex Socket Flat Round Head Screw	M8*42	2	28	Right Bottom Shield		1
62	Hex Socket Flat Round Head Screw	M8*16	4	12	With Cross Wrench	S = 13, 14, 15	1
10	5 # Allen Wrench	5mm	1	49	Power Cord		1
88	Internal Serrated Locking Washer	8	6	74	Cross Groove Pan Head Self-tapping and Self-drilling Screw with Pad	ST4.2 * 19	4
55	Oil Bottle		1				

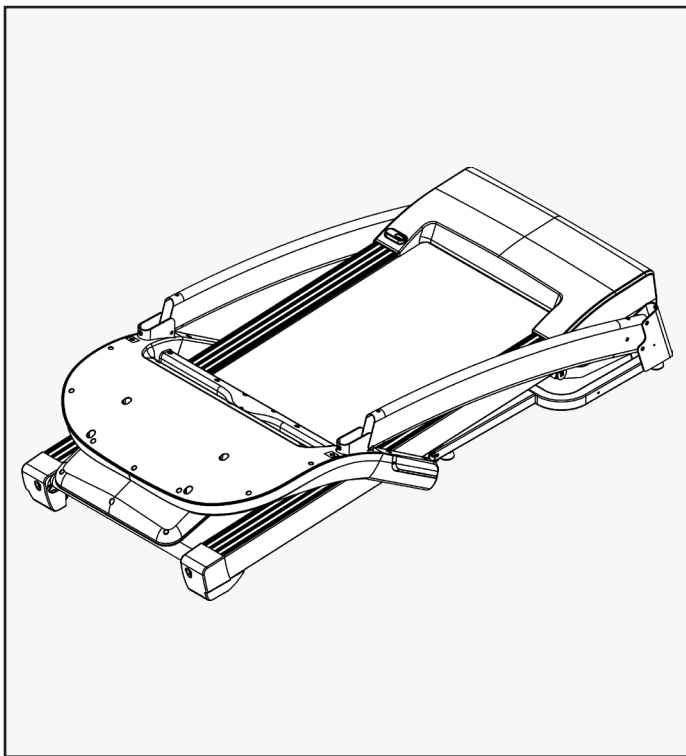
Installation Tools:

6 # Allen Wrench 6mm	1pc
5 # Allen Wrench 5mm	1pc
With cross wrench S = 13, 14, 15	1pc



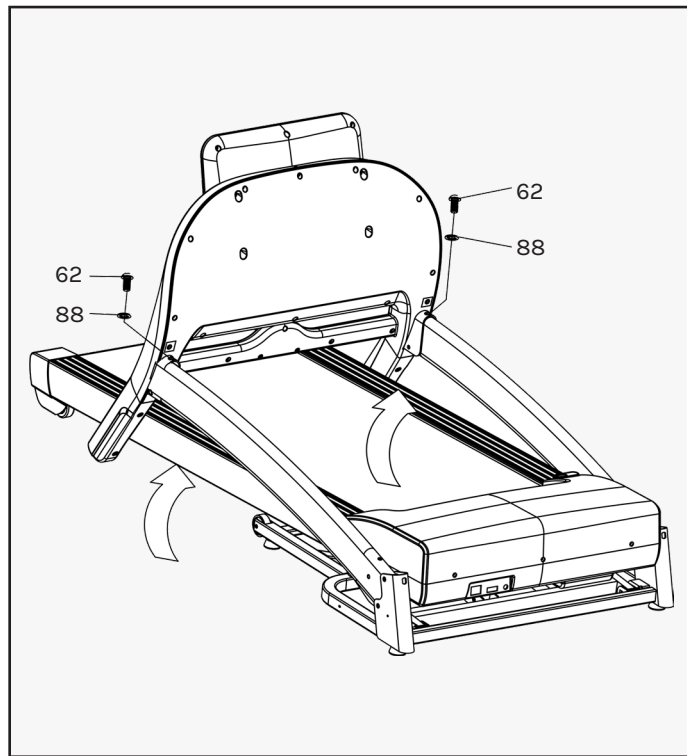
Note:

Do not plug in until the installation is complete.



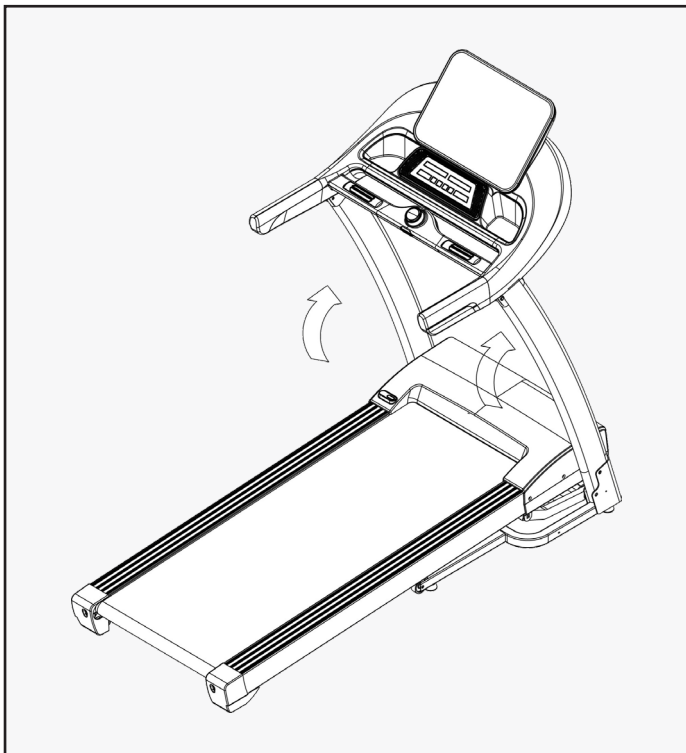
STEP 1

1. Open the packing box and remove the contents from the box. Lay the main frame group flat on the ground.



STEP 2

1. Hold the electronic watch frame with your hand and using a 5 # Allen wrench (10), secure the Allen flat round head screw (62) and an internal serrated locking washer (88), to the electronic watch frame on the left and right column groups. Refer to diagram.

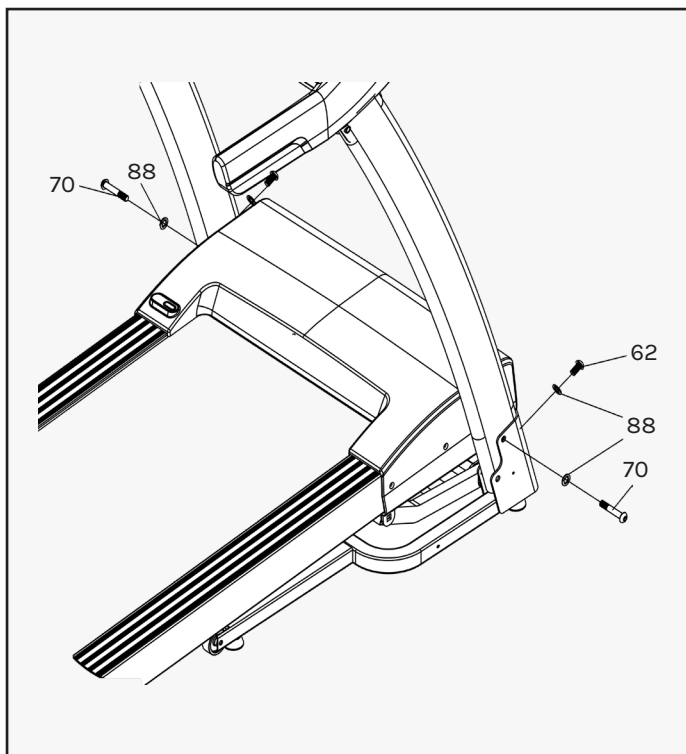


STEP 3

1. Fold the electronic watch upward along the direction shown on the left.

! IMPORTANT:

Beware not to crush the cables leading from the display to the upright tubes.

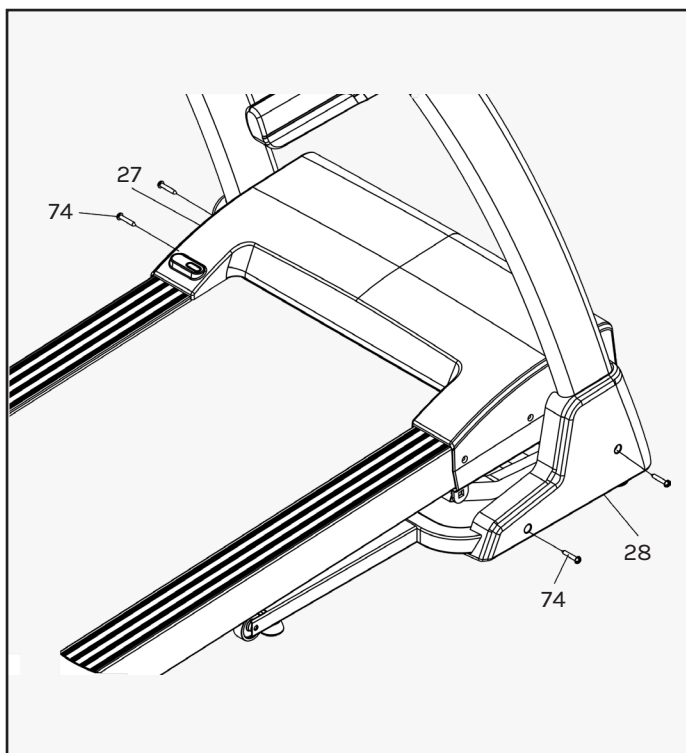


STEP 4

1. Use a 5 # Allen wrench (10) to secure Allen flat round head screw (70) and an internal serrated locking washer (88) to pass through the base and the right column, and lightly lock it on the base.
2. Use a 5 # Allen wrench (10) to lightly lock the right column group on the base with an Allen flat round head screw (62) and an internal serrated locking washer (88).
3. The left side is the same as the right side, as in the left view.

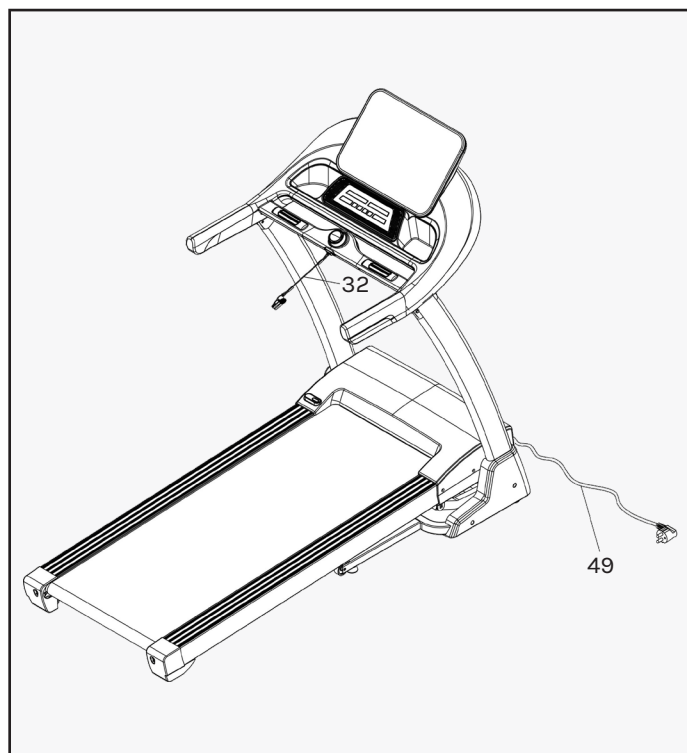
! NOTE:

Hold the upright post with your hands all the time during locking to avoid falling and being injured.



STEP 5

1. Secure the right bottom guard (28) on the base, and then fix it with the cross-slot pan head with pad self-tapping and self-drilling screw (74) with a cross-slot wrench (12).
2. Repeat the same steps for the other side.

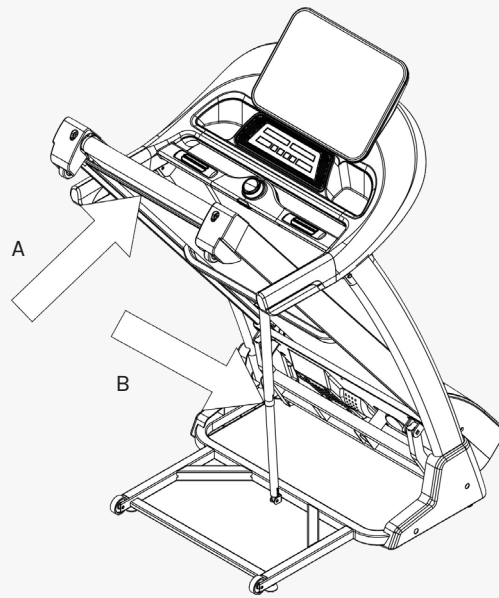


STEP 6

1. Place the safety lock (32) on the electronic watch as shown.
2. Plug the power cord (49) into the power cord socket of the main frame. (You can unplug the power cord when the treadmill is not in use). Turn on the switch to use treadmill.

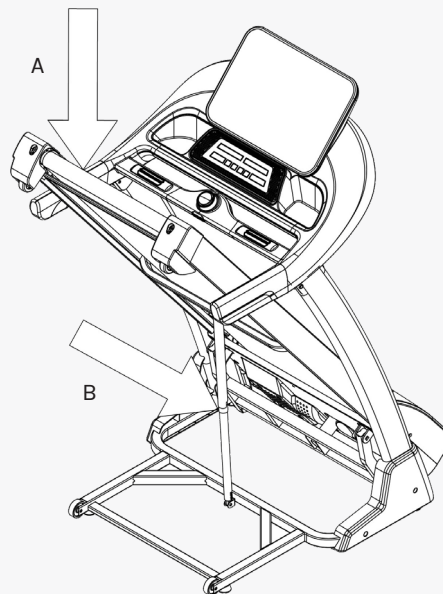
V. FOLDING INSTRUCTIONS

FOLDING



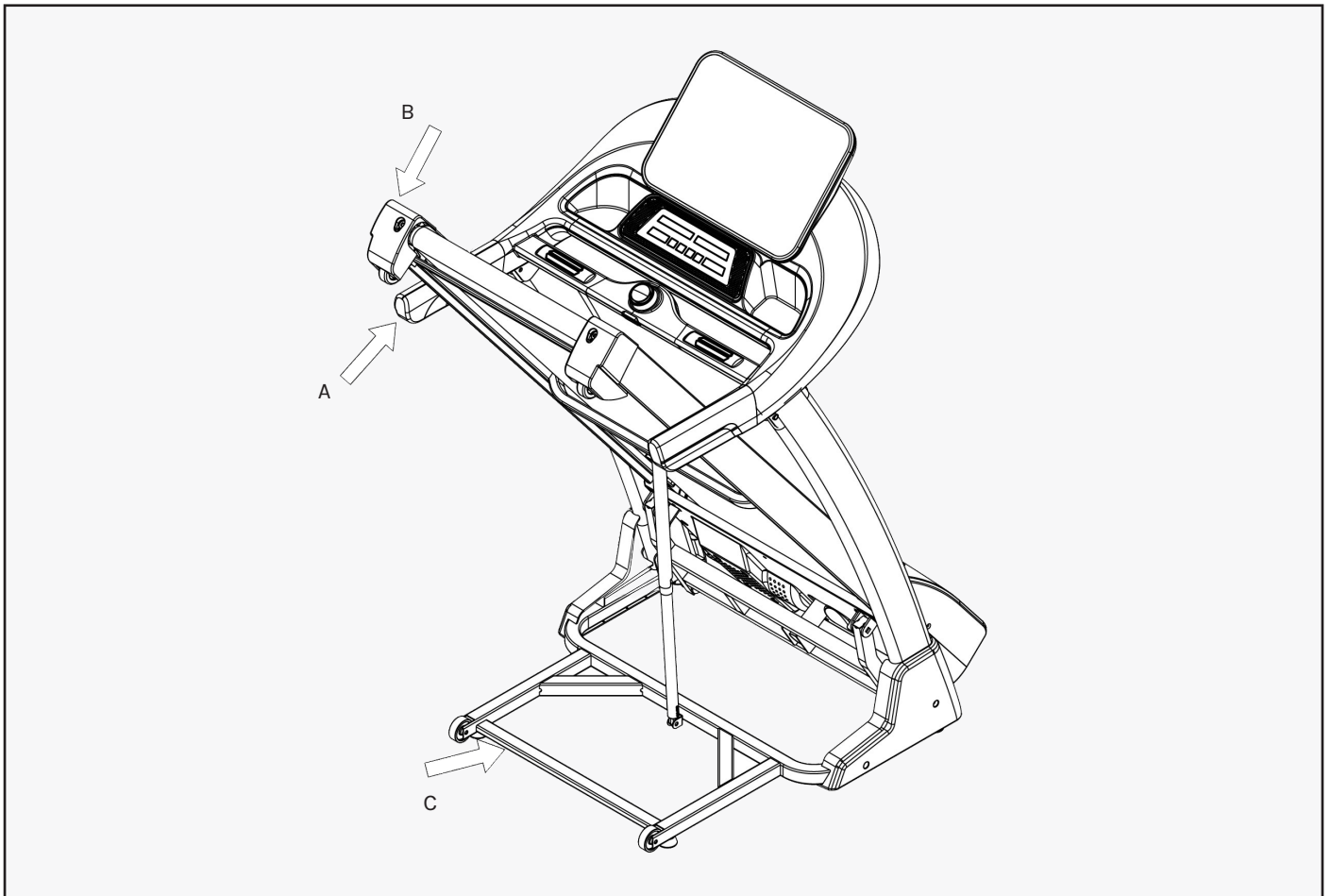
Hold position A with both hands, lift the machine up, and push it up with a little force until you hear a click for hydraulic folding rod (B).

UNFOLDING



Hold position A with both hands, lift the machine slightly up, then apply pressure with your foot to the mid-section of the hydraulic folding rod (B) (it is usually in orange for the unlock release point). Once the release point is pressed, pull the treadmill gently towards you and it will slowly start to lower on its own.

VI. MOVING THE TREADMILL



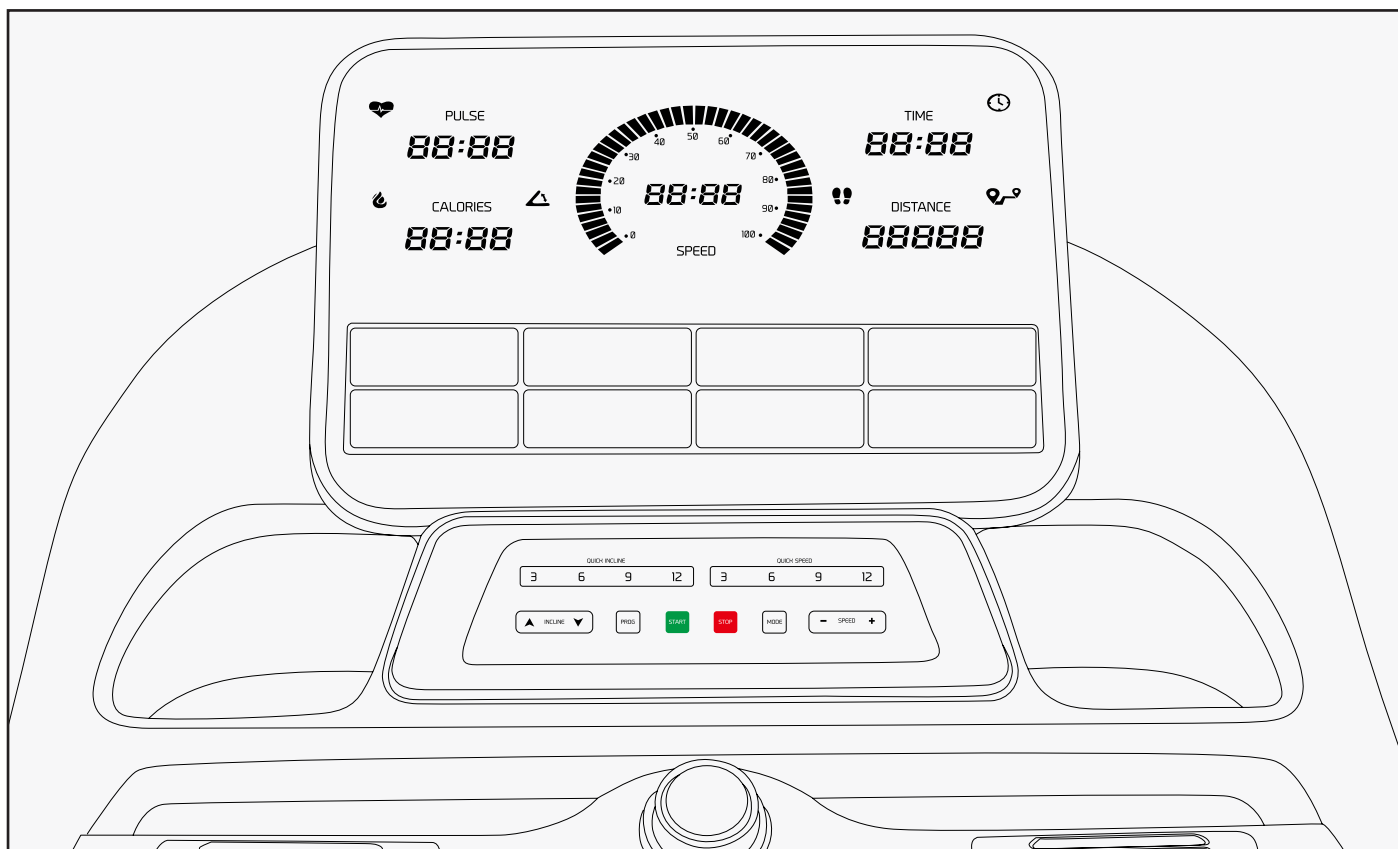
Before moving the treadmill, unplug the power cord and ensure the area is cleared for where you wish to place it in.

! CAUTION:

Seek assistance if you are unable to lift heavy equipment.

1. With your left hand on onto point A and with your right-hand hold onto point B.
2. Using your left foot, place on point C and while you are pulling the treadmill, use your foot to help push the treadmill onto the transportation wheels.
3. When the wheels are touching on the ground, move it to your desired location.

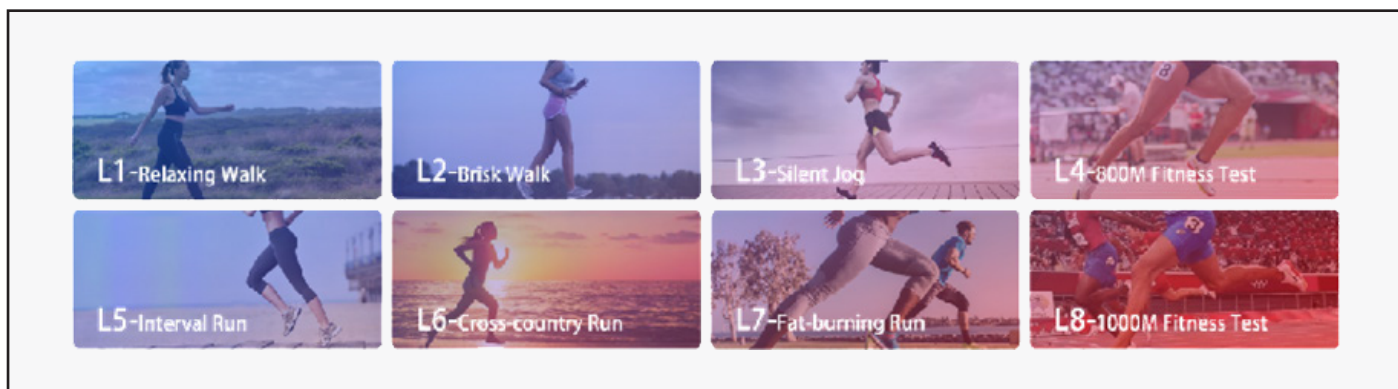
VII. OPERATION GUIDE



WINDOW DESCRIPTIONS

1. **Time Window:** Displays the duration of the exercise.
2. **Speed Window:** Shows the current speed of movement.
3. **Calorie Window:** Indicates the calories burned during the exercise.
4. **Slope/Heart Rate Window:** Displays either the slope or heart rate, depending on which icon is active.
5. **Distance Window:** Shows the total distance covered.
6. **Dashboard Scale Window:** Represents the current speed amplitude on a scale.
7. **L Program Window:** Displays the selected L program function, which can be chosen by touch.

KEY FUNCTIONS



1. **"PROG." Button:** Program selection key. The sequence is as follows: manual mode, P01-15, FAT mode, and back to manual mode in a continuous cycle.
2. **"MODE" Key:** Mode selection key. The sequence is: manual mode, time countdown, distance countdown, calorie countdown, and back to manual mode.
 - **2.1 Countdown Mode Selection:** In standby mode, the key cycles through manual mode, time countdown, distance countdown, and calorie countdown.
 - **2.2 FAT Measurement Parameters:** In FAT measurement mode, the key allows selection of parameters in this order: surname, age, height, and weight.
3. **L Program Key:** Each key corresponds to a specific L program, allowing easy selection.
4. **SPEED ▲/▼:** Adjusts the speed. You can increase or decrease the speed during exercise and adjust parameters when stopped.
5. **SPEED (6, 9):** Quick speed adjustment buttons for setting speed shortcuts.
6. **INCLINE ▲/▼:** Adjusts the incline level. You can increase or decrease the incline during exercise and adjust parameters when stopped.
7. **INCLINE (6, 9):** Quick adjustment buttons for incline levels.
8. **Shuttle Knob:** Synchronizes with the electronic watch data. Short press to start/pause, long press to stop. Rotate clockwise to increase speed; rotate counterclockwise to decrease speed. When any button is pressed effectively, a prompt tone will sound. If a button is adjusted beyond its limit, a long tone will alert you. No sound will occur if the button press is invalid.

MAIN FUNCTIONS

1. **Power On:** When the power is turned on, all windows light up for 2 seconds, and then the treadmill enters standby mode.
2. **Quick Start (Manual Mode):**
 - Attach the safety lock and press the start button. After a 3-second countdown, the treadmill will begin operating at the lowest speed.
 - Use the SPEED ▲/▼ buttons to adjust speed and the INCLINE ▲/▼ buttons to adjust incline levels.
 - To stop the treadmill during operation, press the stop button.
3. **Countdown Mode:**
 - Press the "MODE" button to select between time countdown, distance countdown, or calorie countdown.
 - The corresponding window will display the default value and blink.
 - Use the SPEED ▲/▼ and INCLINE ▲/▼ buttons to adjust the values to your preference.
 - Press the start button, and after a 3-second countdown, the treadmill will begin at the lowest speed.
 - Adjust the speed and incline during exercise using the corresponding buttons.
 - When the countdown reaches zero, the treadmill will slowly decelerate to a stop. You can also stop it manually by pressing the "STOP" button.

4. PROGRAM Mode:

- Press the "PROGRAM" button to select one of the built-in programs (P01-P15).
- The "TIME" window will display the default value and blink. Adjust the exercise time using the SPEED ▲/▼ or INCLINE ▲/▼ keys.
- The built-in program is divided into 20 segments, with each segment's running time calculated as total time divided by 20.
- Press the start button, and after a 3-second countdown, the machine will begin running according to the speed and incline settings of the first segment.
- When a segment ends, the treadmill will automatically transition to the next segment, adjusting speed and incline as per the program.
- Once all segments are completed, the treadmill will gradually slow down and stop.
- During the workout, you can manually adjust the speed and incline using the SPEED ▲/▼ or INCLINE ▲/▼ buttons or the armrest buttons. However, when the next segment begins, the treadmill will revert to the program's preset values.
- To stop the treadmill during exercise, simply press the "STOP" button.

5. L Program Mode:

Press the corresponding L program button to select a specific L program. The brightness of the other unselected programs will dim, indicating that the brightest L program is currently selected.

The specific modes of the 8 L programs are as follows:

L1 (Relaxing Walk/Relaxing Walk)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	1.0 (km/h)		1.0-3.0 (km/h)			1.0-3.0 (km/h)		Adjustable only after start-up		
Incline	0 level		0-15 level					Adjustable only after start-up		
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	1.0	1.0	2.0	2.0	3.0	3.0	2.0	2.0	1.0	1.0
Incline	0	0	1	1	2	2	1	1	0	0
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	3.0	3.0	2.0	2.0	1.0	1.0	2.0	3.0	2.0	1.0
Incline	1	1	2	2	1	1	1	1	0	0

L2 (Brisk Walk)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	4.0 (km/h)		1.0-6.0 (km/h)			1.0-6.0 (km/h)		Adjustable only after start-up		
Incline	0 level		0-15 level					Adjustable only after start-up		
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	4.0	4.0	5.0	5.0	6.0	6.0	6.0	6.0	5.0	5.0
Incline	0	1	2	3	2	1	0	1	2	3
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	6.0	6.0	5.0	5.0	6.0	6.0	5.0	5.0	4.0	4.0
Incline	2	1	0	1	2	3	2	1	1	0

L3 (Silent Jog/Silent Jogging)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	6.0 (km/h)		6.0-8.0 (km/h)			6.0-8.0 (km/h)		Adjustable only after start-up		
Incline	0 level		0-15 level					Adjustable only after start-up		
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	6.0	7.0	8.0	8.0	7.0	6.0	6.0	7.0	8.0	8.0
Incline	0	1	1	2	2	3	3	4	4	3
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	7.0	7.0	6.0	6.0	7.0	7.0	8.0	8.0	7.0	6.0
Incline	3	2	2	2	3	4	3	2	1	0

L4 (800M Fitness Test/800M Fitness Test)

	Default Value	Adjustment Range	Display Range	Remark
Speed	3.0 (km/h)	1.0-maximum (km/h)	1.0-maximum (km/h)	Adjustable only after start-up
Incline	0 level	0-15 level		Adjustable only after start-up
Distance	0.8 (km)	Not adjustable		

800-Meter Countdown: In this mode, the treadmill will countdown an 800-meter distance. Once the countdown is complete, the time taken to finish the distance will be displayed in the speed window as the result.

Performance	Time
A (Excellent)	Within 3 '39 "
B (Good)	3'40"~4'20"
C (Pass)	4'21"~4'45"
D (Fail)	4 '46 "or more

L5 (Interval Run/Interval Run)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	3.0 (km/h)		3.0-10.0 (km/h)			3.0-10.0 (km/h)		Adjustable only after start-up		
Incline	1 level		0-15 level							
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	3.0	5.0	7.0	3.0	5.0	7.0	8.0	5.0	7.0	9.0
Incline	1	2	3	1	2	3	4	2	3	4
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	5.0	7.0	8.0	3.0	5.0	7.0	3.0	5.0	7.0	3.0
Incline	2	3	4	1	2	3	1	2	3	1

L6 (Cross-country Run)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	4.0 (km/h)		4.0-10.0 (km/h)			4.0-10.0 (km/h)		Adjustable only after start-up		
Incline	2 level		0-15 level							
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	4.0	6.0	8.0	10.0	8.0	9.0	10.0	10.0	10.0	9.0
Incline	2	5	8	3	6	9	2	4	6	2
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	9.0	9.0	8.0	8.0	8.0	9.0	9.0	8.0	6.0	4.0
Incline	10	5	2	5	7	4	6	3	5	2

L7 (Fat-burning Run/Fat-burning Run)

	Default Value		Adjustment Range			Display Range		Remark		
Speed	3.0 (km/h)		1.0-12.0 (km/h)			1.0-12.0 (km/h)		Adjustable only after start-up		
Incline	2 level		0-15 level							
Time	30:00 (min)		5:00--99:00 (min)			5:00-99:00 (min)				
Each time = set time/20 speed unit km/h										
Number of Segments	1	2	3	4	5	6	7	8	9	10
Speed	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0
Incline	2	3	4	5	6	7	8	9	10	11
Number of Segments	11	12	13	14	15	16	17	18	19	20
Speed	11.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0	2.0
Incline	10	9	8	7	6	5	4	3	2	1

L8 (1000M Fitness Test/1000M Fitness Test)

	Default Value	Adjustment Range	Display Range	Remark
Speed	3.0 (km/h)	1.0-maximum (km/h)	1.0-maximum (km/h)	Adjustable only after start-up
Incline	0 level	0-15 level		
Distance	1.0 (km)			
Time	7 minutes	Not adjustable	0-7'00"	

1000-meters Countdown: Once the countdown is complete, the speed window will appear based on the time assessment results.

Performance	Time
A (Excellent)	Within 3 '50"
B (Good)	3'51"~4'30"
C (Pass)	4'31"~4'55"
D (Fail)	4 '56 "or more

At the end of the mode program movement, the corresponding window will flash with 15 prompt tones. After that, all data will reset to zero, and the system will enter standby mode.

6. Heartbeat Measurement

To measure your heartbeat, place both hands on the steel pieces of the left and right armrests. After approximately 5 seconds, the "PULSE" window will display your heartbeat value. For more accurate results, stand still on the treadmill and measure your heartbeat for at least 30 seconds. Please note that the heartbeat data is only for exercise reference and should not be considered medical data.

7. FAT Measurement Mode

While in standby mode, press the "PROGRAM" key to enter the FAT measurement mode when the window displays "FAT." Use the "MODE" key to select the parameter category ("Last Name," "Age," "Height," "Weight").

The corresponding windows will display "-1-", "-2-", "-3-" and "-4-". After selecting a category, adjust the values using the "SPEED ▲" keys. Once all parameters are set, press the "MODE" key again.

The display will show "-5-" and "---", indicating the test is ready. Hold both armrest steel sheets with your hands. After about 5 seconds, your body fat index will appear in the corresponding window.

Input Parameter Display and Setting Range:

Parameter Category	Default Value	Setting Range	Remark
Surname (-1-)	0 (M)	0—1	0 = Male, 1 = Female
Age (-2-)	Aged 25	10-99 years old	
Height (-3-)	170CM	100-240CM	
Weight (-4-)	70KG	20-160KG	

Body Mass Index Chart:

Body Mass Index (BMI)

<19	Under Weight
19--26	Normal
27--30	Overweight
>30	Obese

8. Sleep Function

If the treadmill remains inactive for more than 10 minutes while stopped, the system will turn off all displays and enter sleep mode. To wake the system, simply press any key.

9. Safety Lock Function

If the safety lock is disconnected at any time, the treadmill will immediately stop, and all data will reset to zero. All windows will display "---". The safety lock must be engaged for normal operation to resume.

10. Parameter Display and Setting Range

	Display Range	Mode Default	Program Defaults	Setting Range
Speed	1-18KM	-----	-----	1-18KM
Incline	15 level	-----	-----	0—15 level
Time	0:00—99:59	30:00	30:00	5:00---99:00
Distance	0.00KM - 99.9KM	1.00KM	-----	0.5KM - 99.9KM
Calories	0Kcl - 9999Kcl	50Kcl	-----	10Kcl - 9990Kcl

11. Music Function

To use the Bluetooth music feature, search for the Bluetooth name FS-xxxxxx-A on your mobile device (where xxxxxx is the Bluetooth serial number). Once paired successfully, your mobile phone's music will play through the treadmill's speaker system, amplified by the treadmill's power amplifier. (This feature is available if your treadmill supports it.)

12. Bluetooth APP Function

If your treadmill includes this feature, turn on your device Bluetooth then go to the compatible App to connect equipment to App.

15 Built-in Program Data Sheets with 20 Segments

PROGRAM	TIME	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	3	4	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	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
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

VIII. TROUBLE SHOOTING GUIDE

Error Code	Reason	Suggestion Solution
E01	Overload: The current may be too high due to exceeding the rated load.	1. The system may have protected itself due to high current. Restart the system. 2. A part of the treadmill may be stuck, causing the motor to stop rotating. Check the treadmill, adjust it, and restart, or apply lubricating oil. 3. Check for any unusual sounds or burning smells from the motor. If detected, replace the motor. 4. Replace the controller if necessary.
E02	Hall error: A connection issue with the motor cable.	1. Ensure the motor cable is properly connected and reconnect if needed. 2. Replace the motor if the issue persists. 3. Replace the controller if required.
E03	Hardware overcurrent: The current may be too high due to exceeding the rated load.	1. Restart the treadmill. 2. Check for loose connections in the power outlet plug and motor. 3. Replace the controller if necessary.
E04	Lack of phase: A connection issue with the motor cable.	1. Ensure the motor cable is properly connected and reconnect if needed. 2. Replace the motor if the issue persists. 3. Replace the controller if required.
E05	Undervoltage: The input power voltage may be abnormal.	1. Verify that the input power voltage is normal. 2. Ensure the power socket plug connection is secure.
E06	Overpressure	1. Check whether the input power voltage is normal.
E08	Hardware error: A loose connection between the power socket plugs and the motor.	1. Check and secure any loose connections. 2. Replace the controller if needed.
E21	Save data exception: A data error during power operations.	1. Cut off the power for 2 minutes, then restart. If the problem persists, replace the controller.
E30	Motor calibration error: Loose or incorrect ascending connection.	1. Ensure the connection is correct.
E31	Overtemperature: The electromechanical machine may be overheating.	1. Wait until the temperature returns to normal before restarting.
E32	Motor reversal: The motor wire UVW may not be connected properly.	1. Check and ensure the motor wire UVW is connected correctly.

Error Code	Reason	Suggestion Solution
E33	Motor parameter error: Incorrect motor parameters.	1. Provide the correct motor parameters from the original factory.
E50	Other Errors	Contact support for further assistance
E91	Poor communication: Communication line issues.	1. Check the communication line. 2. Replace the electronic watch if necessary. 3. Replace the controller if required.

IX. EXERCISE GUIDE

! PLEASE NOTE:

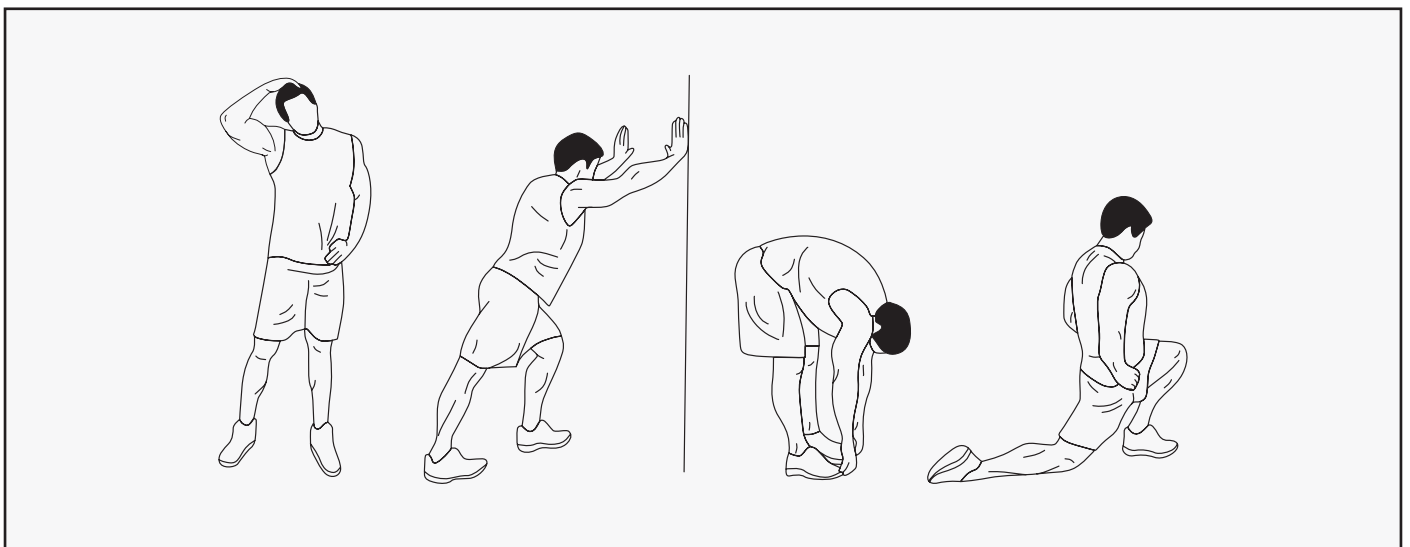
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

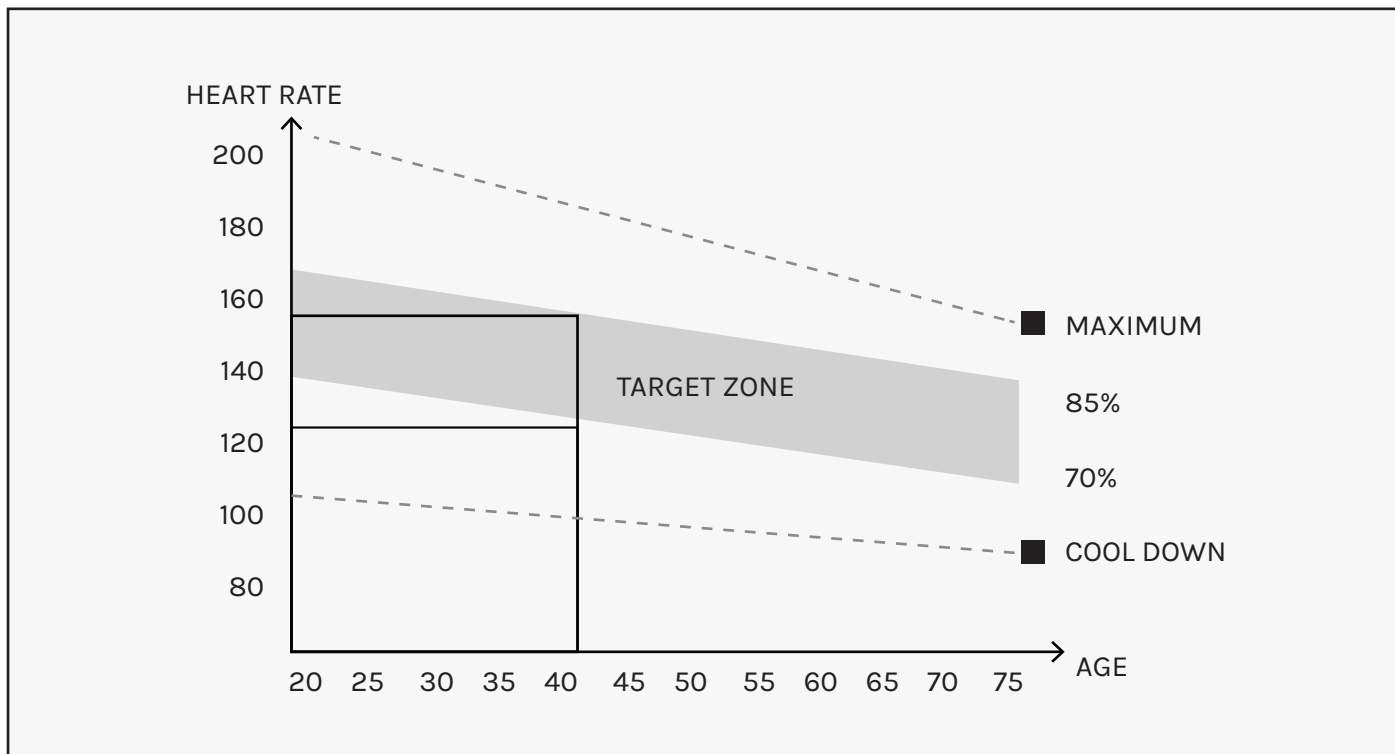
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

X. MAINTENANCE INSTRUCTIONS

WARNING:

Always unplug the electric treadmill before cleaning or performing any maintenance.

CLEANING

- Regular and thorough cleaning will help extend the life of your treadmill.
 - Dust removal is crucial for keeping components clean. Regularly sweep the exposed areas on both sides of the running belt to prevent debris buildup underneath the belt.
 - Ensure your shoes are clean to avoid carrying foreign objects onto the running board and belt, which can cause wear.
 - Clean the surface of the running belt using a damp cloth with mild soap. Be careful not to splash water on electrical components or underneath the running belt.
-

WARNING:

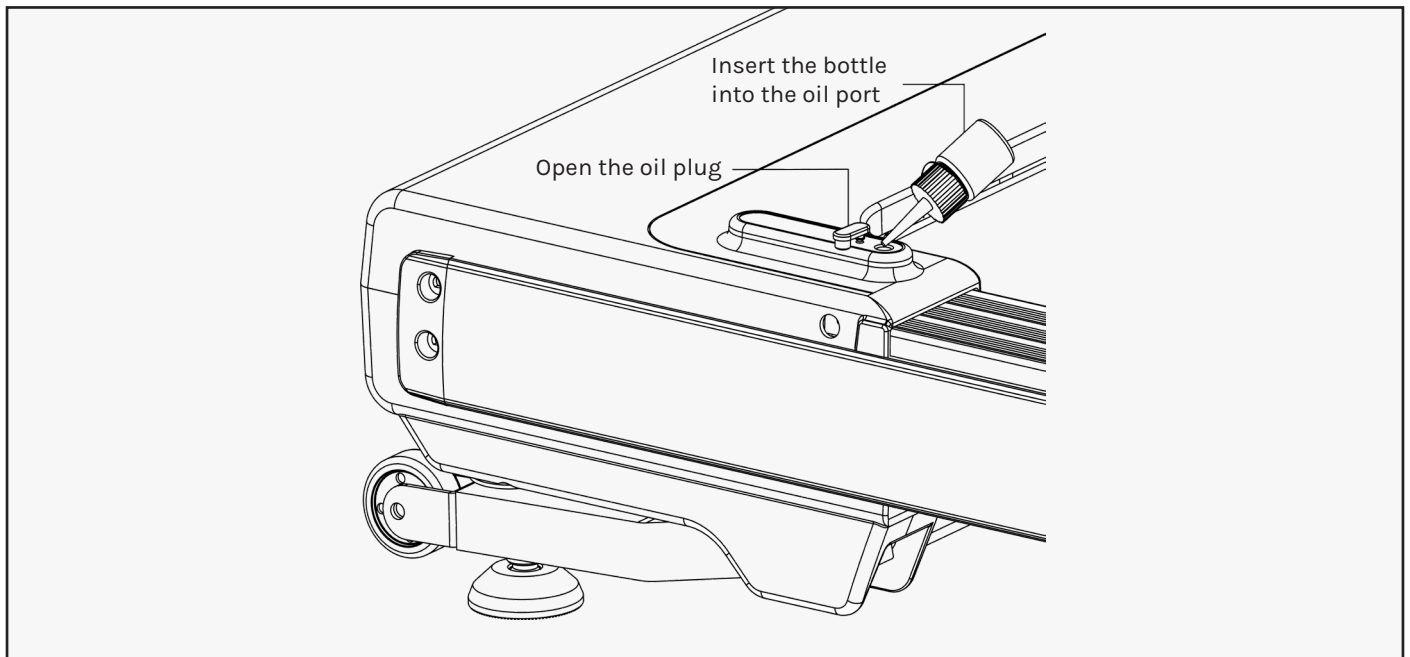
Always unplug the treadmill before removing the motor protective cover. Clean and vacuum the motor area at least once a year.

LUBRICATING THE RUNNING BELT

- Your treadmill comes pre-lubricated between the running board and the running belt. Since friction between these parts affects the machine's performance and lifespan, regular lubrication is essential.
- Inspect the board surface regularly for any damage. If damage is found, contact customer service.
- Follow this lubrication schedule based on usage:
 - Light Users (less than 3 hours per week): Lubricate once a year.
 - Moderate Users (3-5 hours per week): Lubricate every 6 months.
 - Heavy Users (more than 5 hours per week): Lubricate every 3 months.
- We recommend purchasing lubricants from your local distributor or contacting us directly.

 **NOTE:** Any repairs beyond basic maintenance should be performed by a professional.

1. To prolong the life of your treadmill, turn off the power after 1.5 hours of continuous use. Let the machine rest for 10 minutes before resuming use.
2. Ensure the running belt is properly tensioned. If the belt is too loose, it may slip during use; if it's too tight, it could strain the motor and increase wear on the belt and drum. The belt should be tight enough that you can lift both sides about 50-75mm (2-3 inches) off the running board by hand.



ADJUSTING THE RUNNING BELT

1. PREPARATION

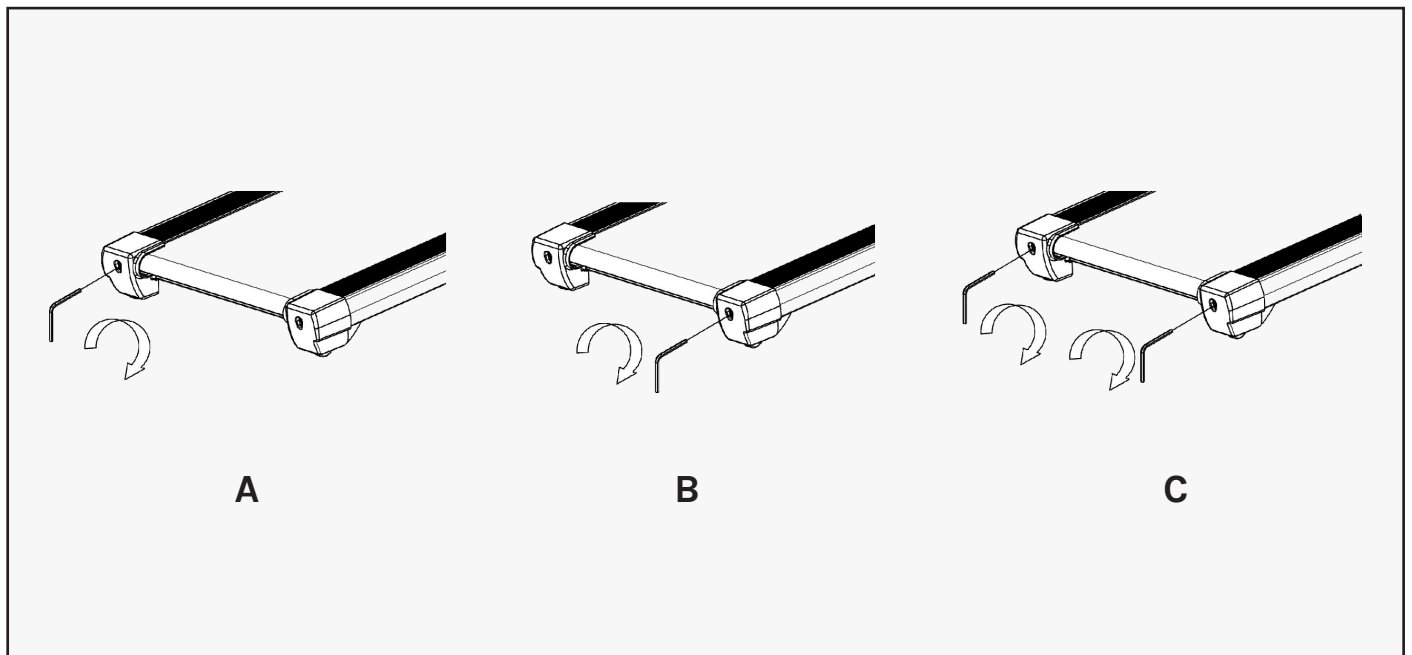
- Place the treadmill on a level surface.
- Set the treadmill speed to approximately 6-8 km/h and observe the alignment of the running belt.

2. ADJUSTING BELT DEVIATION

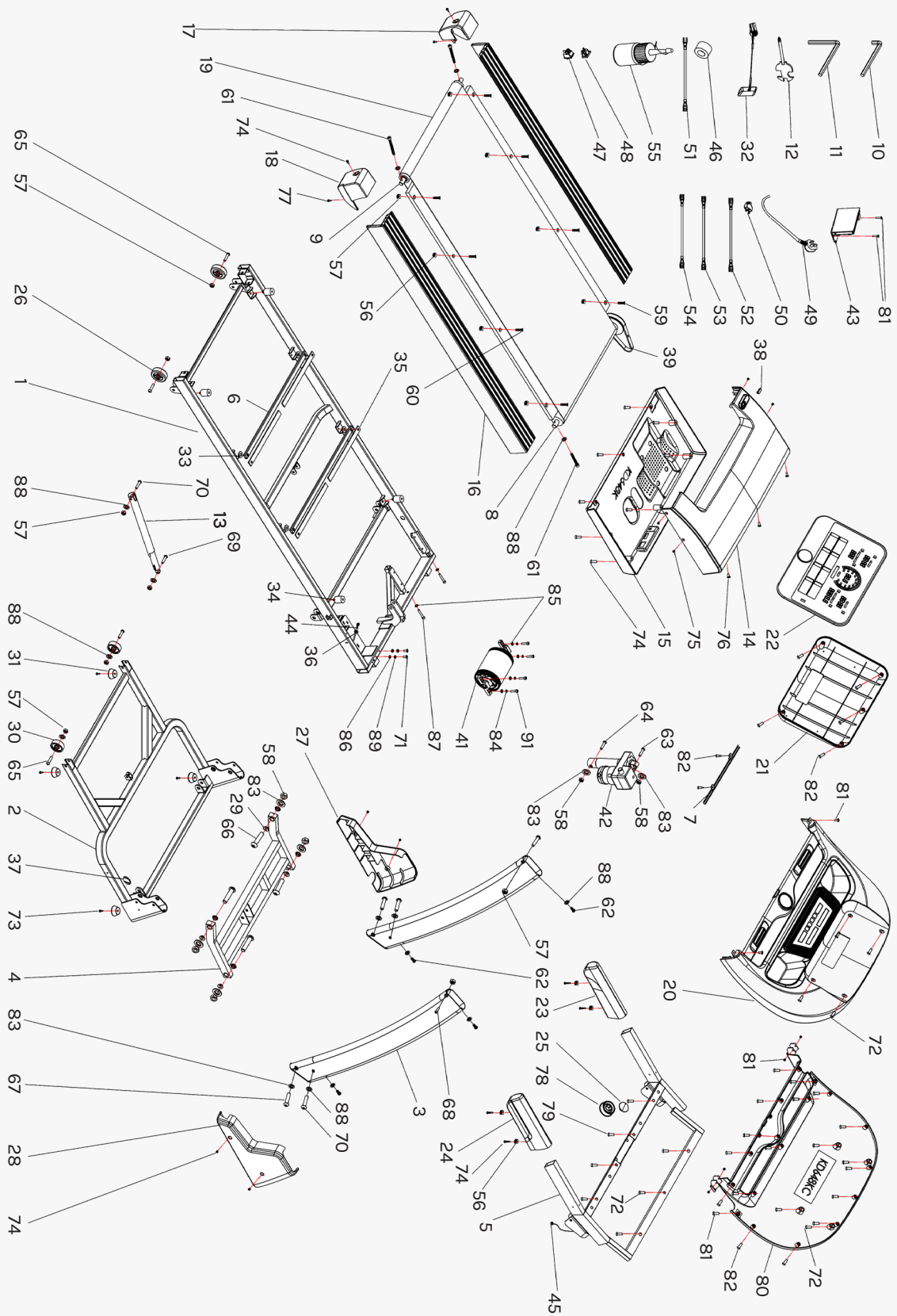
- **If the running belt is biased to the right:**
 1. Unplug the safety lock and power switch.
 2. Turn the adjustment bolt on the right side clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, then run the treadmill and observe the belt alignment.
 4. Repeat this process until the running belt is centered (**Figure A**).
- **If the running belt is biased to the left:**
 1. Unplug the safety lock and power switch.
 2. Turn the adjustment bolt on the left side clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, then run the treadmill and observe the belt alignment.
 4. Repeat this process until the running belt is centred (**Figure B**).

3. ADJUSTING BELT TENSION

- After making the above adjustments or after using the treadmill for a while, the running belt may become loose and require tightening.
 1. Unplug the safety lock and power switch.
 2. Simultaneously turn both the left and right adjustment bolts clockwise by 1/4 turn.
 3. Reinsert the power switch and safety lock, run the treadmill, and stand on the belt to check the tension.
 4. Repeat these steps until the running belt reaches a moderate tension level (**Figure C**).



XI. EXPLODED DIAGRAM



XII. PARTS LIST

No.	Description	Specs	Qty
1	Main Frame Assembly		1
2	Base Assembly		1
3	Column Assembly		2
4	Lifting Frame Assembly		1
5	Electronic Watch Frame Assembly		1
6	Running Board Reinforcement Plate		2
7	Oil Guide Plate Assembly		1
8	Front Drum		1
9	Rear Drum		1
10	5 # Allen Wrench		1
11	6 # Allen Wrench		1
12	With Cross Wrench		1
13	Pneumatic Rod		1
14	Motor Cover		1
15	Motor Lower Cover		1
16	Edge Strip		2
17	Left Rear Corner Guard		1
18	Right Rear Corner Guard		1
19	Running Belt		1
20	Electronic Watch Upper Cover		1
21	Panel Lower Cover		1
22	Panel Upper Cover		1
23	Left Armrest		1
24	Right Armrest		1
25	Main Button		1
26	Roller		2
27	Left Base Cover		1
28	Right Base Cover		1
29	Spacer Sleeve		8
30	Handling Wheel		2

No.	Description	Specs	Qty
31	Foot Pad		4
32	Safety Lock		1
33	Nylon Isolation Pad		4
34	Cushion		4
35	Reinforcing Rod Cushion		4
36	Annular Wire Guard Plug A		1
37	Annular Wire Guard Plug B		1
38	Oil Plug		1
39	Multi-Wedge Belt		1
40	Running Board		1
41	Brushless Motor		1
42	Lift Motor		1
43	Control Circuit Board		1
44	Upper Segment Line of Electronic Watch		1
45	Lower Segment Line of Electronic Watch		1
46	Magnetic Ring		1
47	Square Boat Switch		1
48	Power Cord Socket		1
49	Power Cord		1
50	Overload Protector		1
51	Single Branch Line 1		1
52	AC Single Branch Line		1
53	Single Branch Line		1
54	Grounding Wire		1
55	Oil Bottle		1
56	Type 1 Non-metallic Insert Hex Lock Nut	M6	6
57	Type 1 Non-metallic Insert Hex Lock Nut	M8	8

No.	Description	Specs	Qty
58	Type 1 Non-metallic Insert Hex Lock Nut	M10	12
59	Hex Socket Countersunk Head Screw	M8*25	4
60	Hex Socket Countersunk Head Screw	M6*40	4
61	Hex Socket Cylindrical Head Screw	M8*65	3
62	Hex Socket Flat Round Head Screw	M8*16	4
63	Hex Socket Flat Round Head Screw	M10*42	1
64	Hex Socket Flat Round Head Screw	M10*55	1
65	Hex Socket Flat Round Head Screw	M8*40	4
66	Flat Round Head Square Neck Screw	M10*45	4
67	Hex Socket Flat Round Head Screw	M10*45	2
68	Hex Socket Flat Round Head Screw	M8*45	2
69	Hex Socket Flat Round Head Screw	M8*25	1
70	Hex Socket Flat Round Head Screw	M8*42	3
71	Phillips Groove Pan Head Screw	M5*8	2
72	Cross Groove Pan Head Self-tapping Screw with Pad	4.2*20	7
73	Cross Groove Pan Head Self-tapping and Self-drilling Screw	4.2*25	4
74	Cross Groove pan Head Self-tapping and Self-drilling Screw with Pad	4.2*19	17
75	Cross Groove Countersunk Head Self-tapping and Self-drilling Screw	4.2*25	4

No.	Description	Specs	Qty
76	Cross Groove Countersunk Head Self-tapping and Self-drilling Screw	4.2*19	3
77	Cross Grooves Pan Head Self-tapping and Self-drilling Screw	4.2*9.5	2
78	Luminous Ring		1
79	Cross Groove Pan Head Self-tapping Screw with Pad	ST4.2*12	4
80	Electronic Watch Upper Cover		1
81	Cross Groove Pan Head Self-tapping and Self-drilling Screw with Pad	4.2*12	9
82	Cross Groove Pan Head Self-tapping Screw	4.2*13 (scraping end)	24
83	Internal Serrated Locking Washer	10	8
84	Standard Spring Washer	6	4
85	Flat Washer	6	6
86	Internal Serrated Locking Washer	5	2
87	Hex Socket Cylindrical Head Screw	M6*40	2
88	Internal Serrated Locking Washer	8	13
89	Standard Spring Washer	5	2
90	Cross Groove Pan Head Self-tapping Screw with Pad	ST4.2*12	4
91	Hex Socket Cylindrical Head Screw	M6*25	4

XIII. 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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



XIV. HAND PULSE TECHNOLOGY

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

To ensure proper operation:

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

Other factors that could affect the reading:

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

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

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

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



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