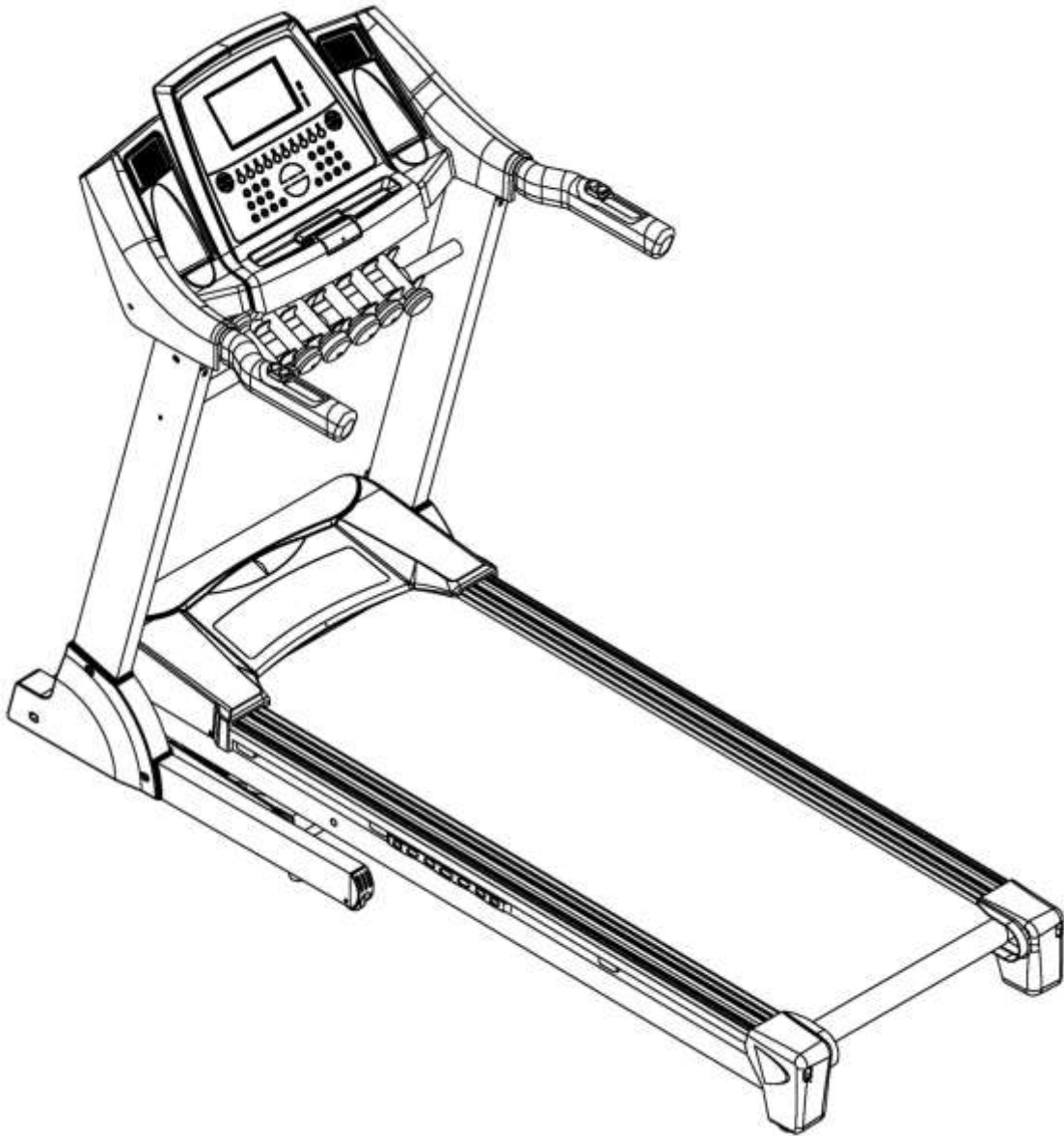




DIAMOND OWNER'S MANUAL



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

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

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- Never allow children on or near the treadmill.
- 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 cord or plug.
- 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 not suitable for long time running.

- 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.
- Allowed temperature: 5 to 40 degrees.

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

2. IMPORTANT ELECTRICAL INFORMATION

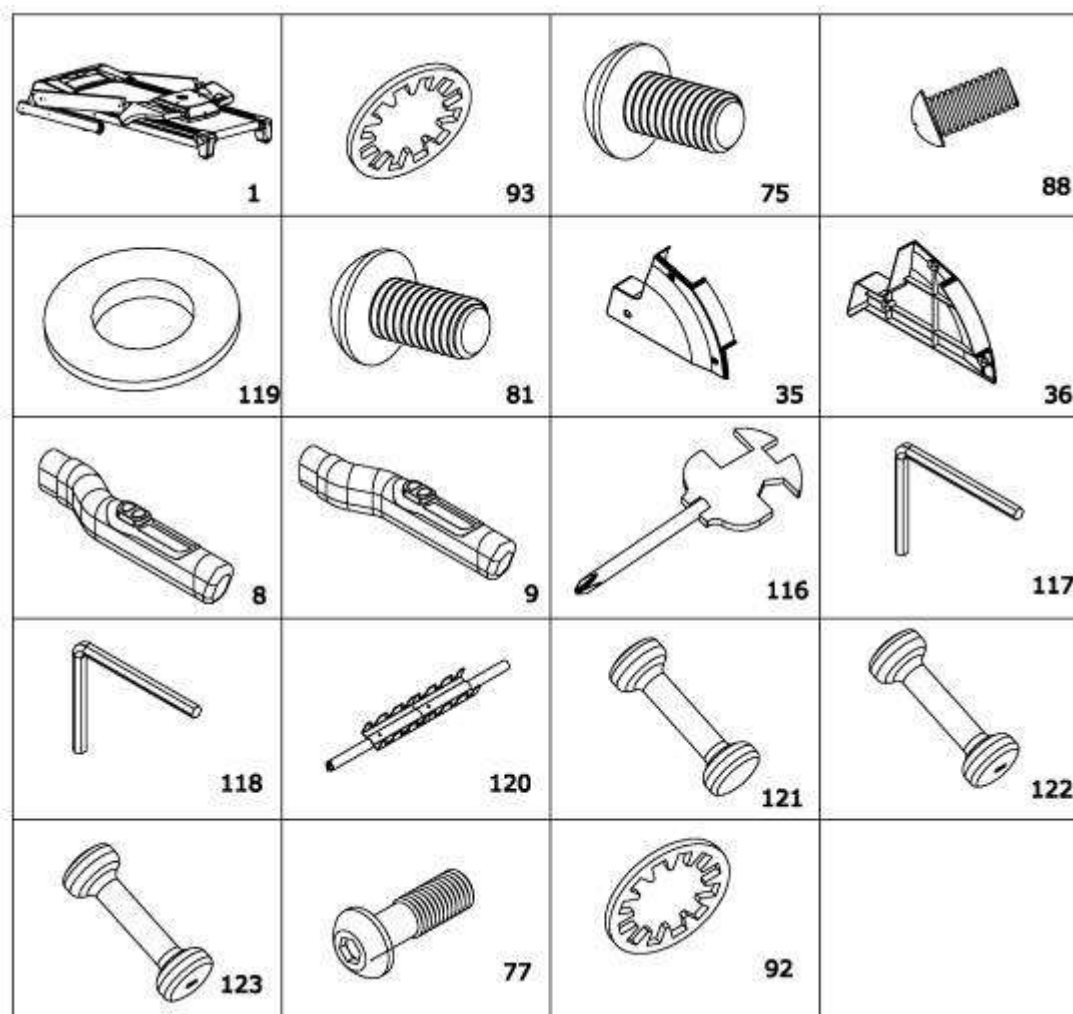
WARNING!

- 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.
- 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.

3. IMPORTANT OPERATING 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 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 at 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 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.

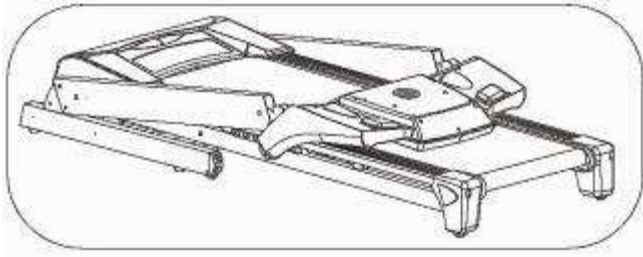
4. ASSEMBLY INSTRUCTIONS



PART LIST

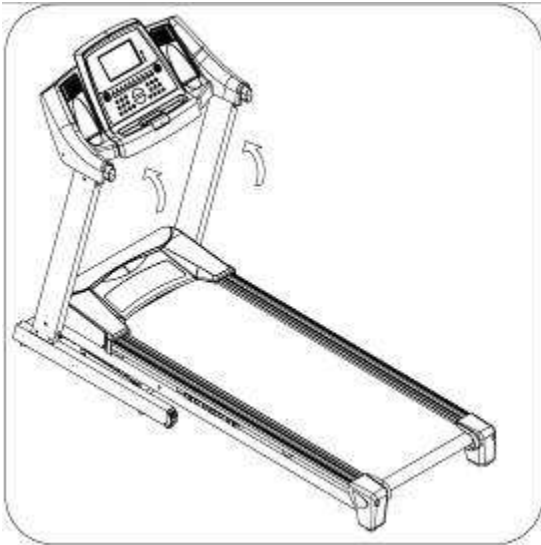
NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main Frame		1	81	Bolt	M8*15	5
93	Lock Washer	10	10	35	Left Upright Tube Cover		1
75	Bolt	M10*15	10	36	Right Upright Tube Cover		1
88	Bolt	M5*8	6	117	5# Allen Wrench	5mm	1
119	Arc Washer	8	4	118	6# Allen Wrench	6mm	1
8	Left Handle Bar		1	9	Right Handle Bar		1
116	Wrench w/screw Driver	S=13,14,15	1	117	5# Allen Wrench	5mm	1
118	5# Allen Wrench	5mm	1	120	Dumbbell frame		1
121	Dumbbell	2LB	2	122	Dumbbell	3LB	2
123	Dumbbell	4LB	2	77	Bolt	M8*50	10
92	Lock Washer	8	2				

STEP 1:



1. Open the carton
 2. Extract the parts listed above
 3. Place the Main Frame (1) onto level ground
-

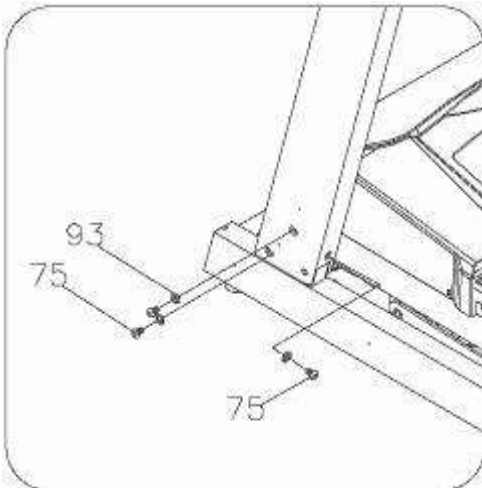
STEP 2:



1. Raise the Computer and Upright tubes in the direction of the arrows.

Note: Whilst erecting the uprights, make sure the upright does not press against and damage the wires inside the upright tubes. Keep holding the upright and computer by hand so they do not fall down and cause injury

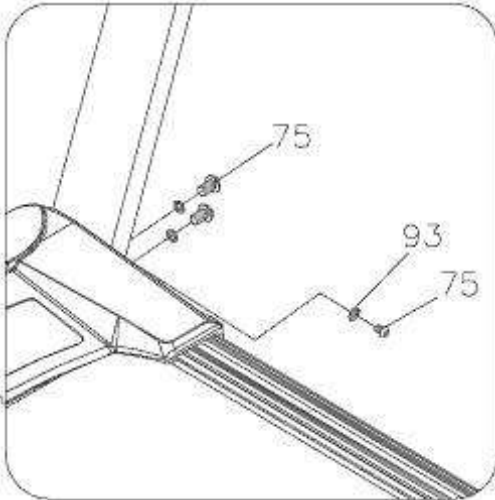
STEP 3:



1. Using the 6# Allen wrench, screw through the bolt (75) M10*15 to the Lock washer (93), then lock the Left upright tube onto MAIN FRAME.

Note: Support the Uprights with your hands to prevent them falling down and causing injury.

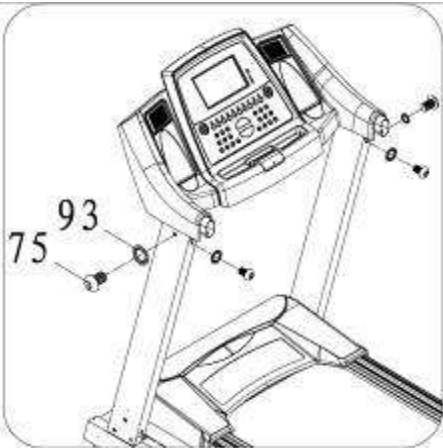
STEP 4:



1. Using the 6# Allen wrench, screw through the bolt (75) M10*15 to the Lock washer (93), then lock the Right upright onto the MAIN FRAME.

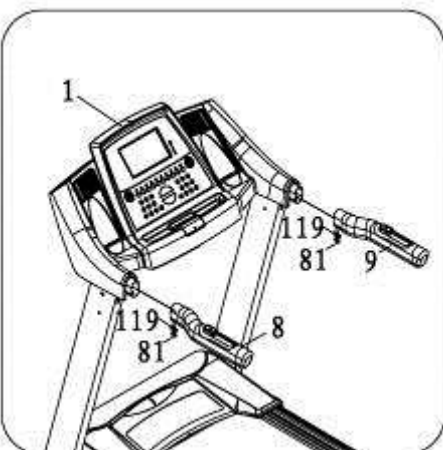
Note: Support the Computer with your hands to prevent it falling down and causing injury.

STEP 5:



1. Using the 5# Allen wrench, screw through the bolt (75) to M10*15 Lock washer (93), and then lock the COMPUTER onto the main frame.

STEP 6:



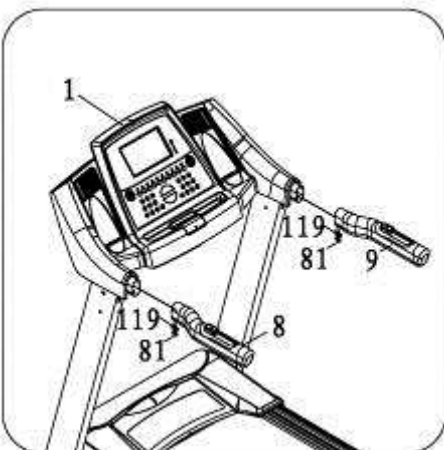
1. Using the 5# Allen Wrench, drill the Bolt (81) M8*15 through the Arc Washer (119), then lock the Left and Right Handle bar onto the Computer.

STEP 7:



1. Lock the Left (35) and Right (36) Upright Tube Cover onto the Base Frame with Bolt (88) M5*8
-

STEP 8:

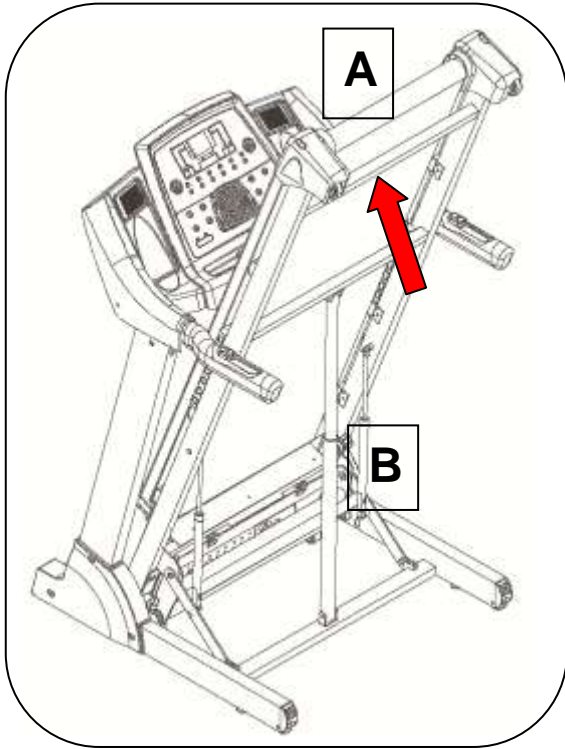


1. Lock the bolt M8*15 (81), the bolt M8*50 (77), the washer 8(92) to fasten the dumbbell frame (120) onto the upright tubes.

Make sure the dumbbell frame is firmly fastened onto the upright tubes, and then place the dumbbells of 2LB (121), 3LB (122) and 4LB (123) onto the frame.

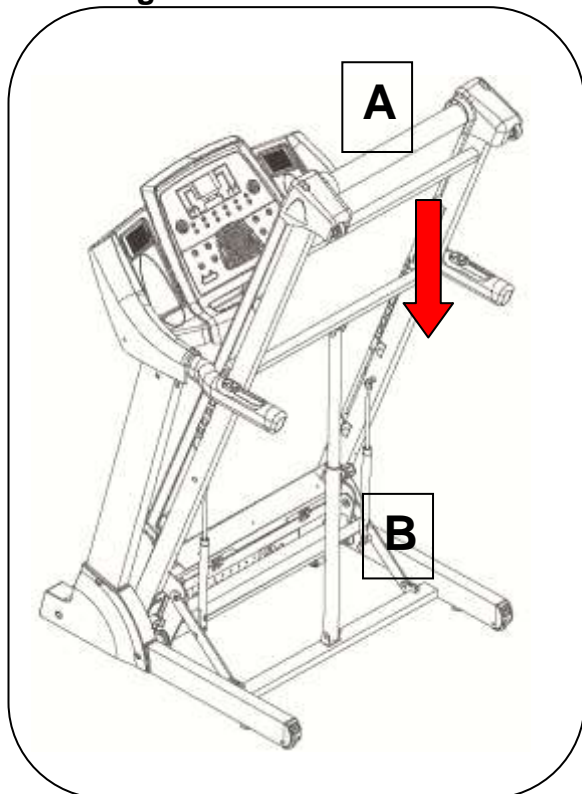
5. FOLDING INSTRUCTIONS

Folding:



Support position A with your hand, then pull up the running board following the arrow direction until you hear a clicking sound of the cylinder (10) locking into the round tube.

Unfolding:



Supporting position A with your hand, pull out the pin at B on the air pressure bar, then the base frame will descend automatically

6. GROUNDING METHODS

This product must be grounded. In the event of malfunction or breakdown, grounding reduces the risk of electric shock. This product is equipped with a cord with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

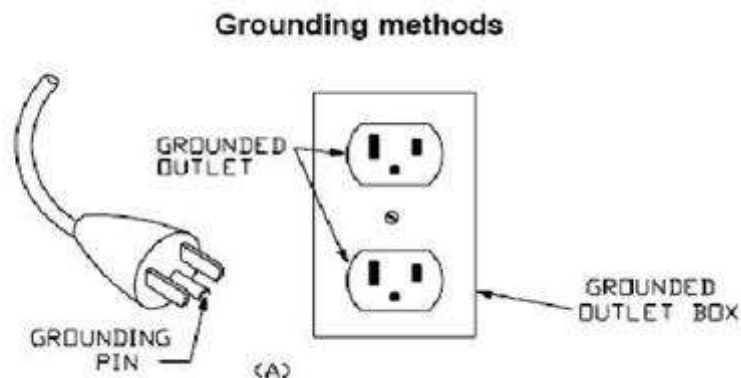
DANGER

Improper connection of the equipment-grounding conductor can result in 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 240-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Ensure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



7. OPERATION GUIDE

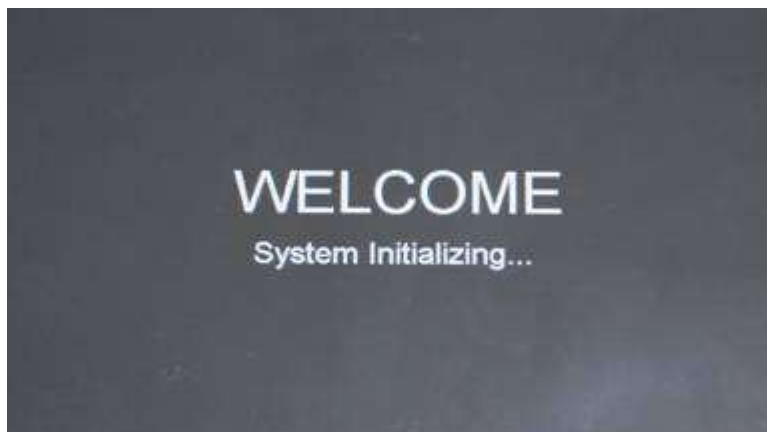
1. OVERVIEW



This machine features an 8 inch touch screen that provides various multimedia functions. Besides the internal storage of files, this machine is also compatible with USB disk, SD card, and supports the file display of MP3, MP4, WMV formats.

After the machine is connected onto the power supply, the screen will display initial image and screen adjust image:

Initial image: The screen will display following image once the machine in on power on stage,

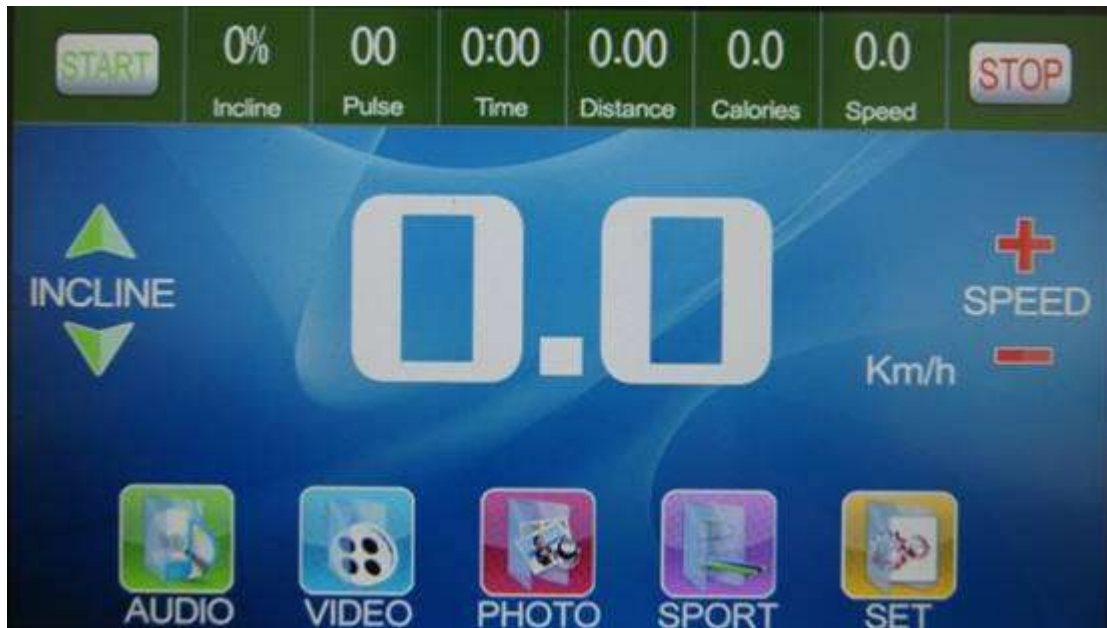


Screen adjust image



Touch the indicator of "Day" to adjust the screen, and then the machine will enter standby mode.

Standby mode:

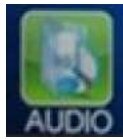


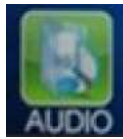
The choice on standby mode mainly includes two parts: multimedia functions and treadmill functions.

Multimedia functions shown on the screen from the left to the right are: Music display (AUDIO), Video display (VIDEO), Photo and slide display (PHOTO), Program choice (SPORT) and Tool choice (SET).

Motorized treadmill functions shown on the screen are: Incline, Pulse, Time, Distance, Calories, Speed, Incline up/down arrows, Speed up/down arrows, Speed display.

1. MUSIC DISPLAY



Touch the indicator of  to enter music display.



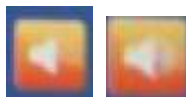
The left side of the screen shows display routes, from the top down are: Internal storage, USB disk and SD card. Touch the corresponding indicator to choose the files, internal storage is default. Touch the music file you want to listen, and then the system will display the music you want. You can also touch display button



on the below to play the selected song.



Touch the front and back buttons  to choose different music.



Touch volume "+" and volume "-" button  to control the sound.



Touch the BACK button  to return the previous image stage.

The screen should show as follows when music is playing:



2. VIDEO DISPLAY



Touch the indicator of VIDEO to enter video display.



The left side of the image shows display routes, from the top down are: Internal storage, USB disk and SD card. Touch the corresponding indicator to choose the files, internal storage is default. Touch the video file

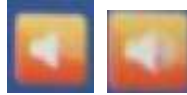
you want to watch, and then the system will display the video you want. You can also touch display button



on the below to play the selected video.



Touch the front and back buttons to choose different videos.



Touch volume “+” and volume “-” button to control the sound.



Touch the BACK button to return the previous image stage.

The screen should show as follows when music is playing:



If you find the video image is too small, you can touch full screen button to adjust the size of the image.

If you want to return to the small size image, you can touch anywhere of screen to adjust.

3. PHOTO DISPLAY



Touch the indicator of  to enter picture display.



The left side of the image shows display routes, from the up to the down are: Internal storage, USB disk and SD card. Touch the corresponding indicator to choose the files, internal storage is default. Touch the picture file you want to watch, and then the system will display the picture you want. The system will display pictures in internal storage or memory cards automatically, and every picture will stay for 3 seconds before the display of the next one.




Touch the front and back buttons   to choose different videos.



Touch the BACK button  to return the previous image stage.

You can find the screen image as follow when the picture is playing:



If you find the picture image is too small, you can touch full screen button  to adjust the size of the picture.

If you want to return to the small size image, you can touch anywhere of screen to adjust.

4. PROGRAM CHOICE



Touch the indicator of  to enter program choice.




You can find PROGRAM, USER and MODE on the left side of the screen. The system default one is PROGRAM if you do not make any choice.

There are 24 PROGRAMS, 3 USERS and 3 MODES included.

(A) PRE SET PROGRAM:

Please touch the  button on the top of the screen to choose the program,

there are 24 programs for your choice. Touch "START"  button to start the program.

Touch "BACK" button  to return back to the previous image.

Each program is divided into 16 time sections and each time sect has the speed and incline set accordingly.

PROGRAM EXERCISE CHART


TIME PROGRAM		TIME INTERVAL=setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	4	3	4	3	5	4	2	5	3	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3	5	6	5	12	8	3

P20	SPEED	3	7	9	10	11	12	10	8	5	2	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2	6	5	8	6	3	2

P21	SPEED	3	6	8	7	9	10	5	8	3	2	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2	10	12	9	6	3	2

(B) USER PROGRAM:






Please touch the  button on the top of the screen to choose the user, there are 3 users for your choice. After choose your favorite user, the screen will show "STEP" "INCLINE" "SPEED" and "TIME", you can touch figure on the right to set the figure you expect and then touch "START" button



to start the program. Touch "BACK" button  to return back to the previous image.


(C) MODE:



Please touch the  button on the top of the screen to choose the mode, there are 3 modes to select from. After mode selection, the screen will show “TIME” ”DISTANCE” and ”CALORIES”, you can touch figure on the right to set the figure you expect and then touch “START” button  to start the program. Touch “BACK” button  to return back to the previous image.

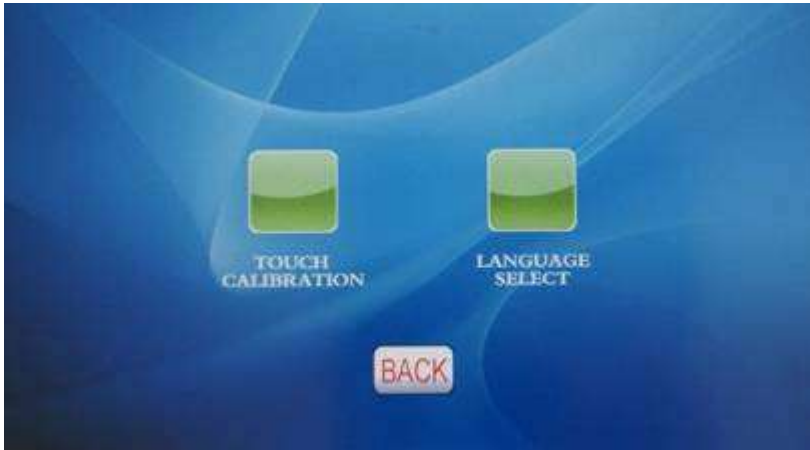
(D) TOOL CHOICE:



Touch the indicator of  to enter tool choice.
Tool choice includes functions of touch calibration and language select.



1. Touch the TOUCH CALIBRATION button to enter the function of touch calibration, which is used to adjust the touch point.





2. Touch LANGUAGE SELECT to enter the function of language choice, you can choose SIMPLIFIED CHINESE, TRADITIONAL CHINESE and ENGLISH from here.



(E) MOTORIZED TREADMILL FUNCTIONS

Touch the “START” at the top of the screen, and the machine will starts after the countdown of 3 seconds.



You can adjust “INCLINE” and “SPEED” by touching screen of  and .

You can find start-up image should show as follows:



This is what you should see when the machine is running at 1km/h:



When the machine is running, you can control the machine using shortcut indicators. Shortcut indicators are shown as follows:



Aside from touching the screen, you can also control the function of START, STOP, INCLINE and SPEED by pressing buttons under the 8 inch LCD screen. The instructions are listed as follow:

- 1) "START" button: After connecting power and safety key, press this button at any time to start the machine. If starting from the manual mode, the machine will run at the lowest speed 1.0 km/h, with an incline of 0.
- 2) "STOP" button: press button to stop the motor running
- 3) SPEED increase/decrease arrows: Sets data when machine is not running. When machine is running, adjust speed by 0.1 km/h, holding the button down will continually increase speed until released.
- 4) INCLINE increase/decrease arrows: Sets data when machine is not running. When machine is running, adjust incline by 0.5 km/h, holding the button down will continually increase incline until released.
- 5) "INCLINE: 3, 5, 8, 10, 12, 15" incline shortcut buttons to set the incline quickly.
- 6) "SPEED: 3, 5, 8, 10, 12, 15" speed shortcut buttons to set the speed quickly.

(F) OTHER FUNCTIONS AND WARNINGS

Safety-lock function:

Pulling out the safety pulling rope will cause the treadmill to stop immediately, all the windows display“———” and the buzzer will make 3 “beeps”. Attach the magnet end of the safety pulling rope to the computer; the treadmill will be at the beginning of running.

Sleep Function

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

WARNINGS:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the PAUSE button or pull out the safety pulling rope, then the treadmill will stop immediately.
4. The maximum resolution ratio for the system is 1920*1080, and the maximum flow rate is 5M. When you display files, please pay attention to the file size. A file size that is too large may cause slowness and freezing.

8. 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.



Training Zone Exercise

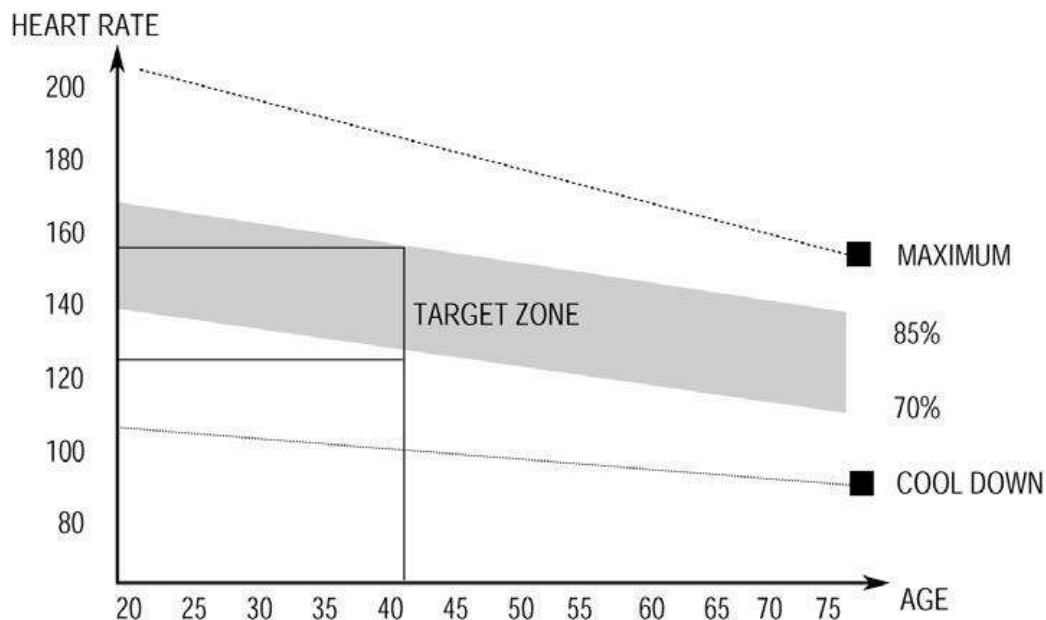
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

9. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE

WARNING: STOP TREADMILL BEFORE FOLDING

1. General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

2. General Care

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

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

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 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 their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

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 underside surface of the running mat.

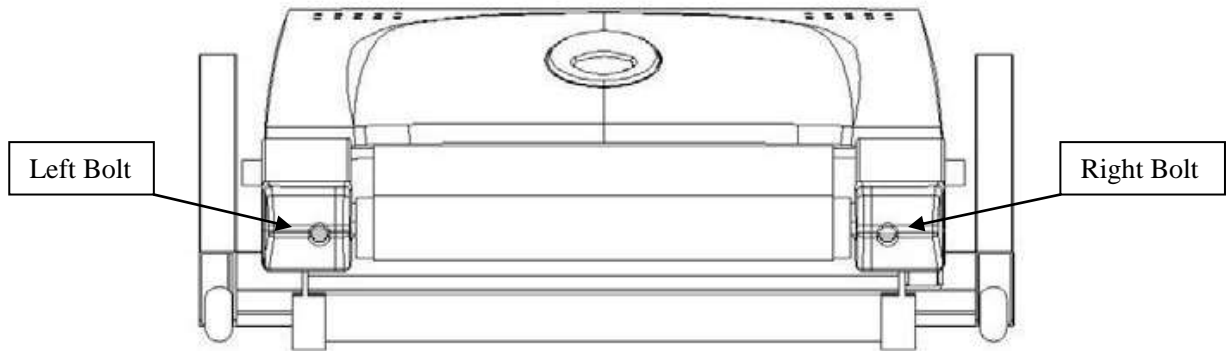
If the surface is slick when touched, then no further lubrication is needed.

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

We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.

5. 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 Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in the diagram below:



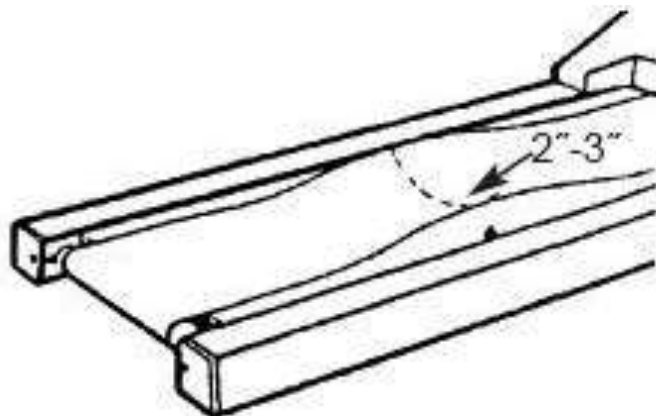
Note: Adjustment is through small hold of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn 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 OVER TIGHTEN - Over tightening will cause belt damage and premature bearing failure.

This may also cause reduced motor performance and excessive roller wear.

NOTE: When properly tightened, the sides of the belt can be raised approximately 2-3 inches off the board.

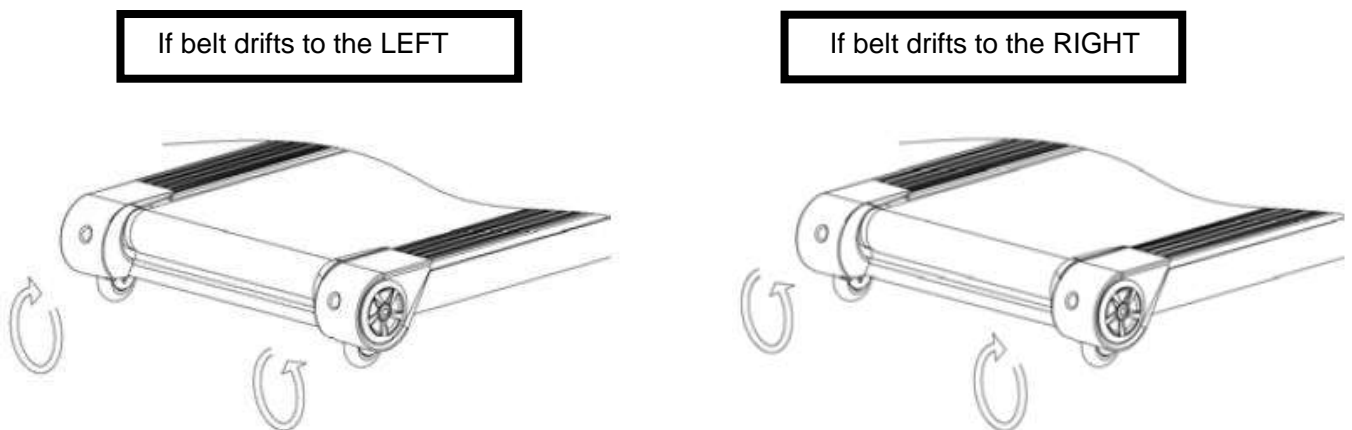


6. Belt Tracking Adjustment:

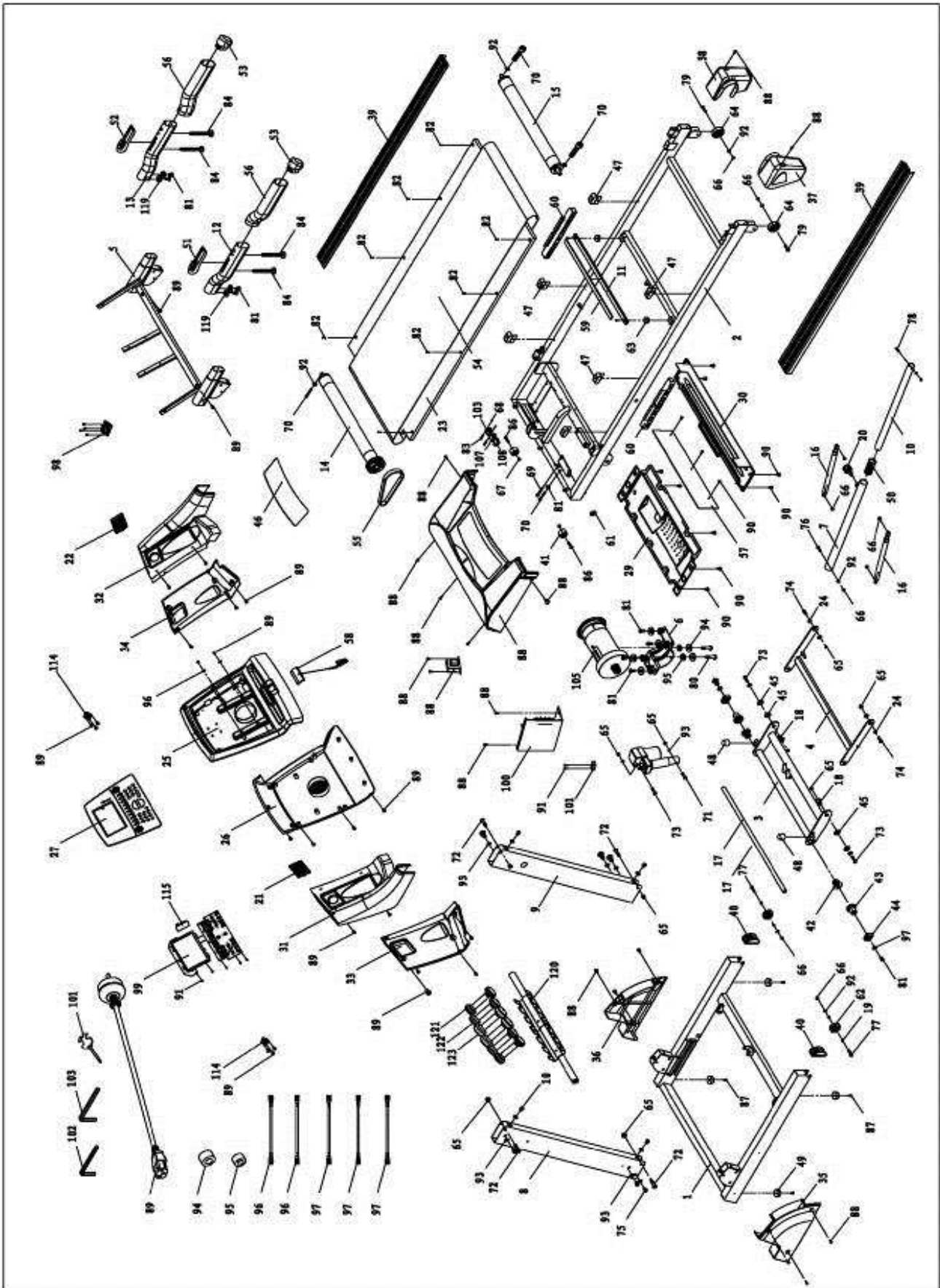
This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one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

1. Set speed at approximately 3.5km/h.
2. Check the side the belt shifts to.

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



10. EXPLODED DIAGRAM



11. PARTS LIST

#.	DESCRIPTION	REMARK	QTY	#.	DESCRIPTION	REMARK	QTY
1	Base Frame		1	38	Right Back End Cover		1
2	Main Frame		1	39	Side Rail		2
3	Incline Bracket		1	40	Transport Wheel Plug		2
4	Support Bracket		1	41	Transport Wheel		2
5	Computer Bracket		1	42	Inner End Cap		2
6	Motor Bracket		1	43	Plastic Bearing		2
7	Conditioning Casing Components		1	44	Slider		2
8	Left Upright Tube		1	45	Plastic Pad		4
9	Right Upright Tube		1	46	Acrylic		1
10	Adjusting Inner Tube		1	47	Cushion		6
11	Running board strengthen tube		1	48	Cone Cushion		2
12	Left Handle Bar		1	49	Flat Foot Pad		4
13	Right Handle Bar		1	50	Adjust Inner Cashing		1
14	Front Roller		1	51	Handle Pulse with Incline		1
15	Rear Roller		1	52	Handle Pulse with Speed		1
16	Cylinder		2	53	Oval Cashing		2
17	Slide Shaft		1	54	Running Belt		1
18	axle sleeve with oil		2	55	Motor Belt		1
19	Pipe Plug Casing		4	56	Foam Grip		2
20	Spring Pin		1	57	Baffle		1
21	Left Speaker Net		1	58	Safety Key		1
22	Right Speaker Net		1	59	EVA Pad		1
23	Running Board		1	60	Cushion Pad Components		2
24	Incline Turning Bushing		2	61	Ring Wire Plug		2
25	Computer Top Cover		1	62	Transport Wheel		2
26	Computer Bottom Cover		1	63	Blue Cushion		2
27	Computer Panel		1	64	Adjustable Wheel		2
28	Motor Top cover		1	65	Lock Nut	M10	10
29	Motor Bottom Cover		1	66	Lock Nut	M8	10
30	Bottom Cover		1	67	Lock Nut	M5	2

31	Left Handle Bar Cover		1	68	Nut	M3	2
32	Right Handle Bar Cover		1	69	Bolt	M8*55	1
33	Left Computer Bottom Cover		1	70	Bolt	M8*60	4
34	Right Computer Bottom Cover		1	71	Bolt	M10*55 L20	1
35	Left Upright Tube Cover		1	72	Bolt	M10*50 L15	4
36	Right Upright Tube Cover		1	73	Bolt	M10*40 L15	3
37	Left Back End Cover		1	74	Bolt	M10*25	2

75	Bolt	M10*12	10	109	Magnetic Ring		1
76	Bolt	M8*55 L20	1	111	AC Single Wire		2
77	Bolt	M8*50 L20	2	112	AC Single Wire		3
78	Bolt	M8*45 L20	1	113	ground wire		1
79	Bolt	M8*40 L 20	2	114	Speaker	Optional	2
80	Bolt	M8*25 L15	2	115	Fan	Optional	1
81	Bolt	M8*15	10	116	Wrench s/screw Driver	S=13,14,15	1
82	Bolt	M6*25	10	117	5# Allen Wrench	5mm	1
83	Bolt	M3*10	2	118	6# Allen Wrench	6mm	1
84	Screw	ST4.2*65(Φ8)	4	119	Arc Washer	Φ8	4
85	Screw	ST4.2*20	4	120	Dumbbell Frame		1
86	Bolt	M5*38 L20	2	121	Dumbbell of 2LB		2
87	Bolt	M5*16	6	122	Dumbbell of 3LB		2
88	Bolt	M5*8 (Φ9)	10	123	Dumbbell of 4LB		2
89	Screw	ST4.2*12	27				
90	Screw	ST4.2*12(Φ8)	22				
91	Screw	S T2.9*6.5	38				
92	Lock Washer	GB861.2-87 8	9				
93	Lock Washer	GB861.2-87 10	16				
94	Spring Washer	GB/T 93-1987 8	6				
95	Flat Washer	GB/ T 95-2002 8	6				
96	Flat Washer	GB/T 95-2002 5	4				
97	Big Washer	φ8*φ22*2.0	3				
98	Amplifier Board		1				
99	Computer Board		1				
100	Control Board		1				

101	Magnetic Sensor		1
102	Transformer		1
103	Power Socket		1
104	Power Wire		1
105	DC Motor		1
106	Incline Motor		1
107	Square Shape Switch		1
108	Overload Protect		1

12. TROUBLE SHOOTING GUIDE

Error/Code	Description	Possible Solutions
	Computer not functioning after connecting power	<ol style="list-style-type: none"> Please check if the overload protect jump, if it has, please press it, let it continue operation. Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. Ensure the wire from the computer to the control board is connected properly. Remove the upright tube and check the connection between each wire. Ensure each wire is completely plugged in; if wires are damaged please change the wire. Check the state of the transformer is good, if broken, change it.
E01	Message failure	<ol style="list-style-type: none"> The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it. Check the state of the transformer is good, if broken, change it.
E02	Burst clash	<ol style="list-style-type: none"> Ensure power is correct, if not, use correct power to test. Check if the bottom control is burnt out, if burnt out replace it and then reconnect the motor wire.

E03	No sensor signal	<ol style="list-style-type: none"> 1. The sensor signal was not detected within 10 seconds. Check the sensor plug connection 2. See if the magnetic sensor is broken or damaged, re-connect the plug well or change the sensor.
E04 or E06	Incline learning defeated	<ol style="list-style-type: none"> 1. Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm. 2. Check to see if AC wire of motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. 3. Check connection line of motor to see if it is destroyed, exchange it or incline motor. And press “learning” button of bottom control board to relearn upon completion of checks.
E05	Overload protection	<ol style="list-style-type: none"> 1. Upon overload, the system will restart to prevent damage. If the treadmill gets stuck and the motor cannot move it will lead to an overload. Please locate the cause of this. A possible reason is a lack of lubricant in a particular component. Then restart the machine. 2. Check if the motor sounds like its being over worked or for a burning smell. If so, change motor 3. Check control board. If control board is emitting a burning smell, change it.
E07	No signal between the control board and computer	<ol style="list-style-type: none"> 1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire is destroyed replace it. 2. Ensure wires of control board are properly connected, replace any broken parts on the board 3. Replace transformer

E08	Control board problem	1. Replace controller
E09	Machine is folded	1. Ensure that the machine is correctly unfolded, restart. 2. Replace transformer
	Motor not functioning after pressing START button	1. the motor wire is broken; the safety pipe is broken or has fallen off; 2. motor wire is not properly connected 3. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

13. 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.lifespanonline.com.au/Warranty-Policy>