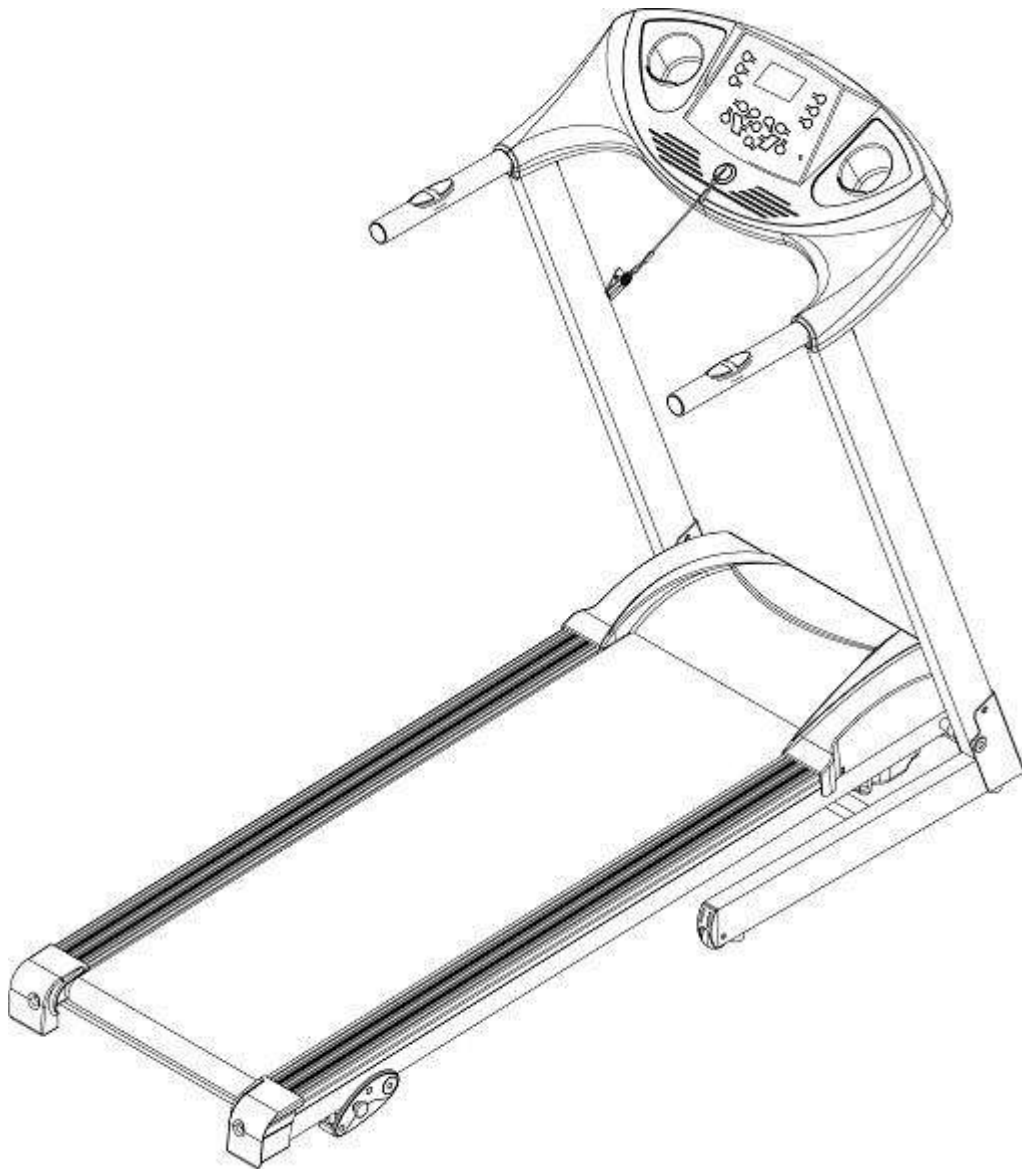




## DYMO OWNER'S MANUAL



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.

# TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	IMPORTANT ELECTRICAL INFORMATION	4
3.	IMPORTANT OPERATING INSTRUCTIONS	5
4.	ASSEMBLY INSTRUCTIONS	6
5.	FOLDING INSTRUCTIONS	9
6.	TECHNICAL PARAMETERS	10
7.	GROUNDING METHODS	11
8.	OPERATION GUIDE	12
9.	EXERCISE GUIDE	16
10.	MAINTENANCE GUIDE	18
11.	EXPLODED DIAGRAM	22
12.	PARTS LIST	23
13.	TROUBLE SHOOTING GUIDE	24
14.	WARRANTY	25

# 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

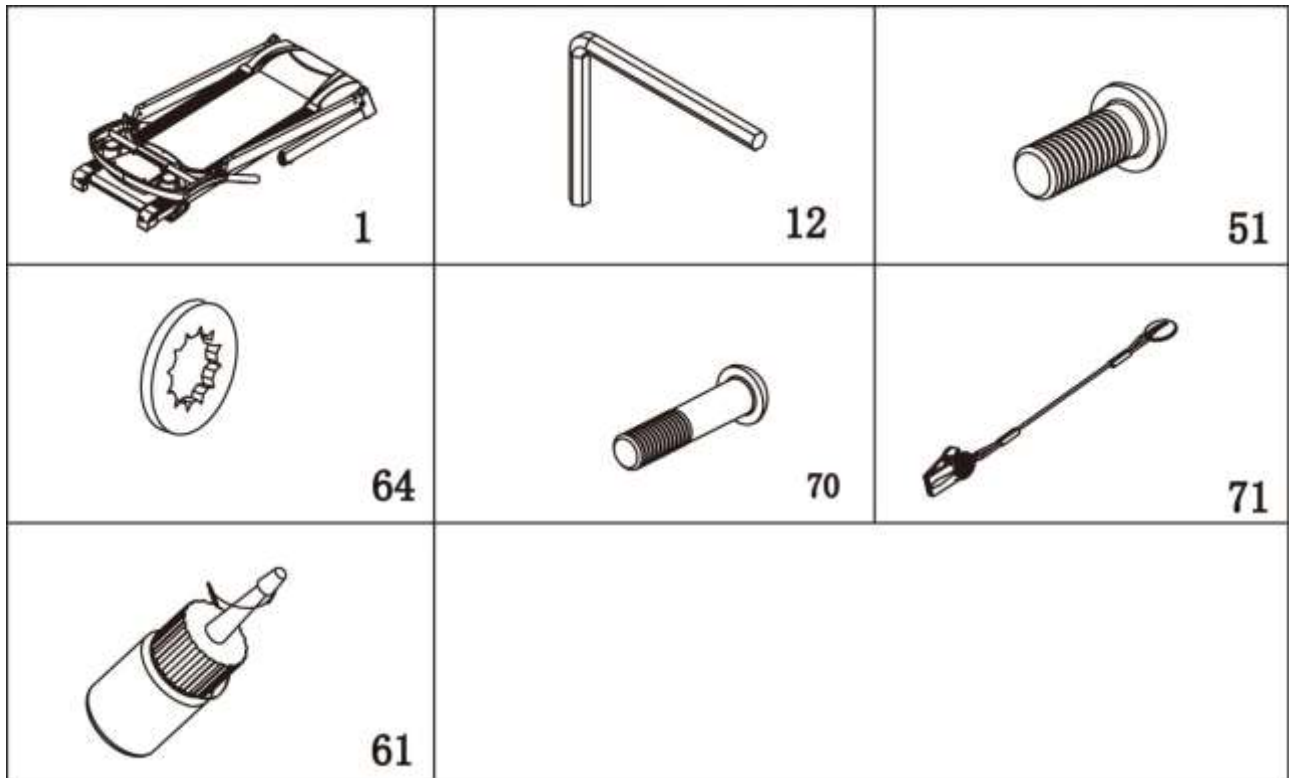
### WARNING!

- 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.

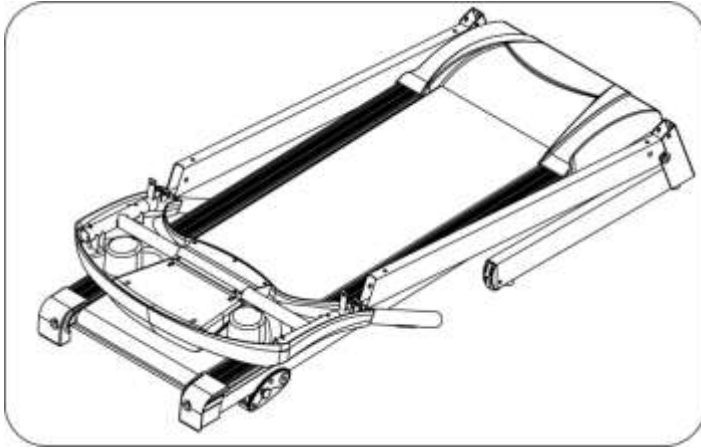
## 4. ASSEMBLY INSTRUCTIONS



### PART LIST

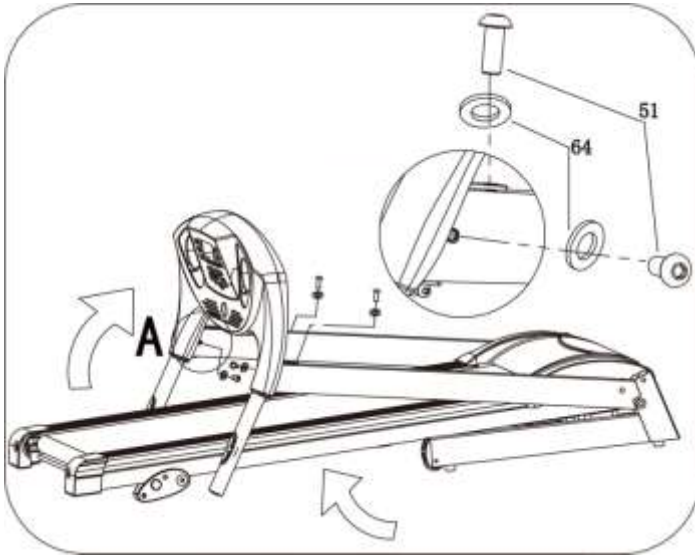
#	Description	Specification	Qty.	#	Description	Specification	Qty.
1	Main Frame		1	64	Lock washer	8	8
12	Allen Key Wrench	5mm	1	70	Bolt	M8*45	2
51	Bolt	M8*16	6	71	Safety lock		1

### STEP 1:



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

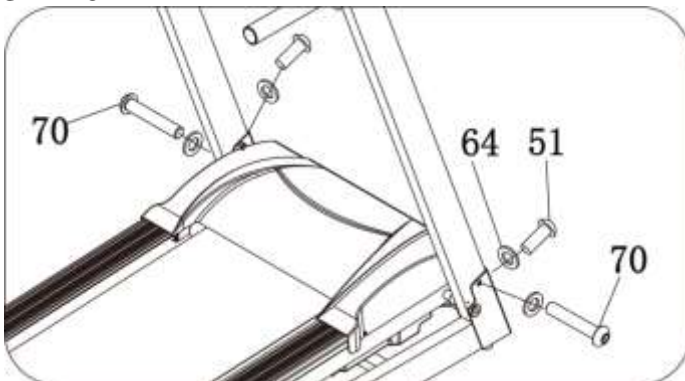
### STEP 2:



1. Whilst holding the display frame, use the Allen Key Wrench to lock the base
2. Secure upright tube by tightening screw M8\*16 (#51) and Lock Washer (#64)
3. Left side assembly method same as right side

**PLEASE NOTE: BE CAREFUL NOT TO CUT OUTSTANDING WIRES UNDERNEATH HANDLES BELOW THE DISPLAY**

### STEP 3:



1. Using the Allen Key Wrench (#12), attach the screw M8\*45 (#70) and Lock Washer (#64) to the base frame through the base and right upright tube
2. Repeat for the left upright tube

*Note: Support the upright with your hand to prevent it falling down and causing injury.*

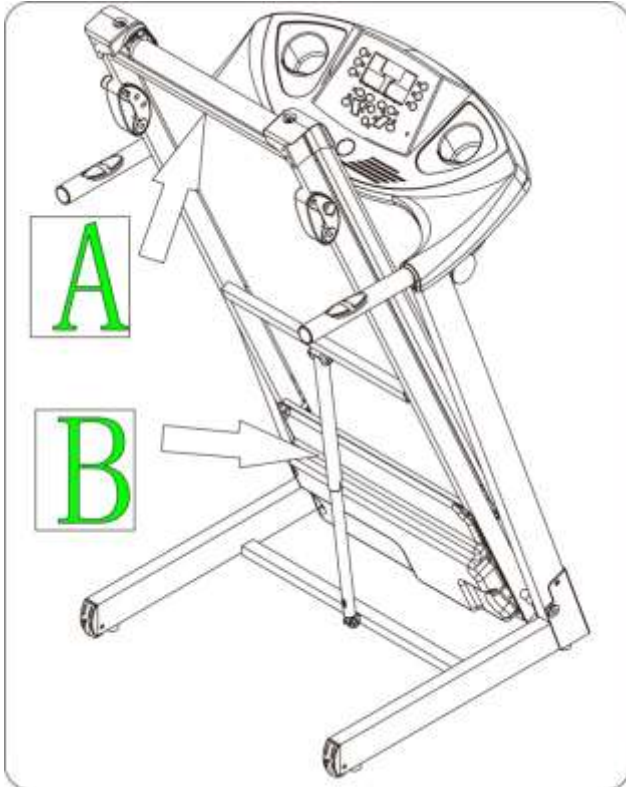
**STEP 4:**



1. Place Safety Key (#71) into position on the display and start your exercise.

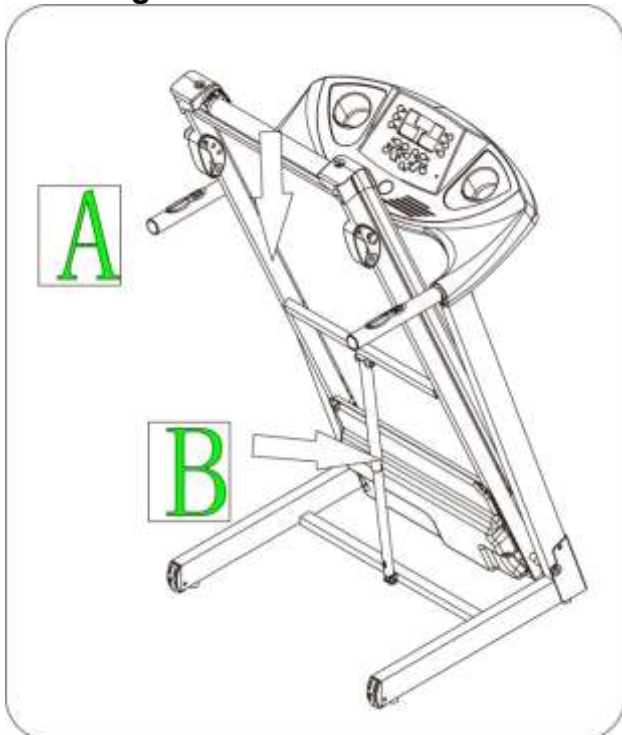
## 5. FOLDING INSTRUCTIONS

### Folding:



Erect the base frame using position A until you hear the click sound emitted when the air pressure bar B is locked into the round tube.

### Unfolding:



Whilst supporting position A with our hand, gently push the marked area on the air pressure bar with your foot. The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

## 6. TECHNICAL PARAMETERS

BUILT UP SIZE(mm)	1525*700*1265	POWER	As shown on the rating label
FOLDABLE SIZE(mm)	640*700*1460	Maximum output power	As shown on the rating label
SPEED RANGE	0.8-14km/h		
NET WEIGHT	46KG		
THREE LCD WINDOWS WITH BLUE BACKGROUND	Speed, Time, Distance, Calories, Pulse		

## 7. 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.

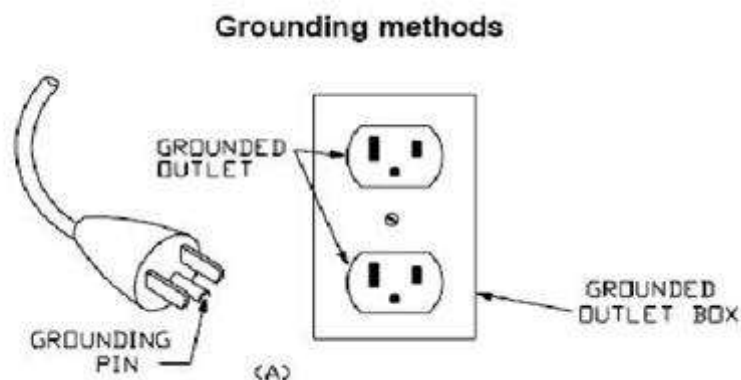
### **DANGER**

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.

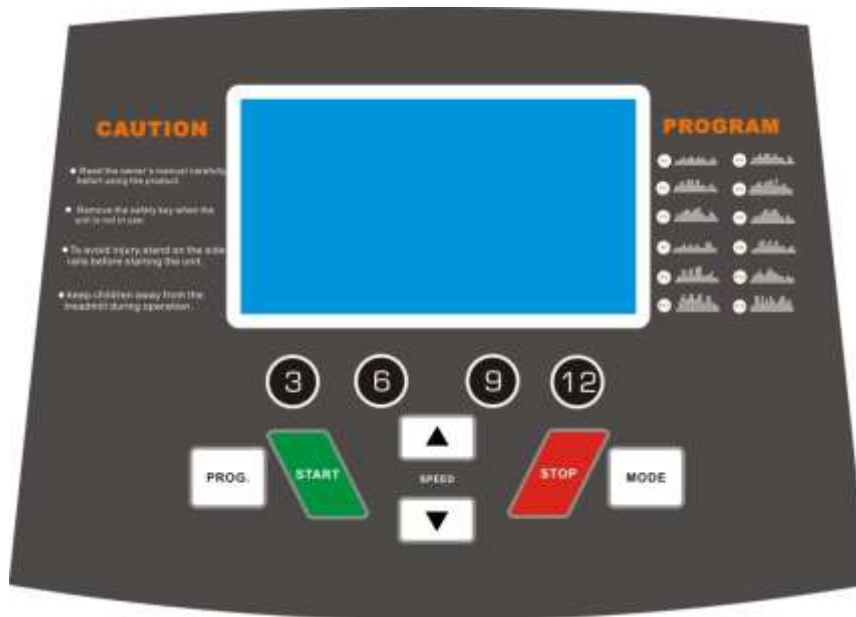
Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

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.



# 8. OPERATION GUIDE

## 1. OVERVIEW



## 2. BUTTON FUNCTIONS

'PROG'	Program select key. In order: Manual Mode, P1, P2 - P12
'MODE'	Mode select key. In order: <u>Manual Mode</u> ; timer countdown, distance countdown, calorie count down
'START'	Treadmill will start running at the lowest speed or default speed after a 3 second count down.
'STOP'	Stops the machine smoothly.
'SPEED ▲、▼'	Adjusts the speed (increase/decrease). When stopped, adjust the parameter
'SPEED (3, 6, 9, 12)'	Quick speed buttons: Press the button to jump to listed speed
Left armrest buttons:	start and stop button.
Right armrest buttons:	speed adjusting buttons

## 3. MAIN FUNCTIONS

### 3.1. Quick Start-up (Manual):

Attach the safety key. After a 3 second countdown, the treadmill will starting and running from the lowest speed, add and subtract to the speed using the SPEED button.

### 3.2. Countdown mode:

Press the MODE button to cycle options: time countdown, distance countdown, calories countdown. The default value corresponds to the window and flashing display. At this point the SPEED buttons serve as a

plus and minus functions to adjust to the desired value. Press the START, add and subtract speed by using SPEED buttons once again. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect safety lock to stop.

### **3.3. Preset programs:**

Press the program button; programs from P1 to P12 are built-in programs. The time window displays the default value of TIME. When flashing, press the SPEED buttons to adjust to your desired time. Built-in program are divided into 20 equal segments. After press the START button, the treadmill will automatically cycle through the time segments. Speed will automatically adjust to the preset value for the segment. Upon completion of the segments, the program will end, slowing the treadmill down to a stop. During the operation speed can be adjusted but the next segment will be automatically adjusted to the program defaults. Built-in program data is listed on the table.

### **4. HEART RATE:**

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds. To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

**The heart rate data is for reference purposes ONLY.**

### **5. Measured in accordance with the order patterns: (the lipid)**

Standby state, press "-" button, until finally a, speed window displays "FAT" said into the test pattern. FAT Press the "MODE" button to choose parameters category (" lastname don't ", "age", "height", "weight"), a/DIST. Window corresponding displays "- 1 -" and "- 2 -" and "- 3 -" "- 4 -". Each choose a parameter category and then press "school + -" button to adjust the parameter value, CAL/points window displays parameter values. When adjusting all parameters, again press "MODE" button. Corresponding window will respectively show "- 5 -" and "-", said to be measured state, now entering hands handholding left armrest pieces of steel. About 5 seconds later, corresponding window shows your body fat index.

## 5.1 Input parameter display and setting limits

Parameter	default	Settings	range	category	remark
SEX	don't	(-1-)	0(male)	0-1	0= male 1=female
Years	age	(-2)	25	10-99	
Body	height	(-3)	170cm	100-240CM	
Body	weight	(-4)	70KG	20-160KG	

## 5.2 Body fat index comparison

Body fat index (BMI)	Obesity level
<19	Underweight
19--26	Normal
26--30	Overweight
>30	Obese

## 6. Audio features: (OPTIONAL FEATURE, FOR APPLICABLE MODELS)

Plug audio line provided into external audio equipment to play music through speakers on the treadmill.

## 7. Sleep function:

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

## 8. Exercise parameter and settings

	Mode Default	Program Default	Setting range	Showing range
Speed (KM/H)	-----	-----	-----	0.8KMH—12KMH
Time (MIN:SEC)	30:00	30:00	5:00---99:00	0:00—99:59
Distance (KM)	1.00KM	-----	0.5KM—99.5KM	0.00KM—99.9KM
Calories	50Kcl	-----	10Kcl—995Kcl	0Kcl—999Kcl

## 9. Program table:

Time Program	To set time / 20 time = running time of each period																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1 SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2 SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3 SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4 SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5 SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6 SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P7 SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8 SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9 SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10 SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11 SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P12 SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3

## 9. 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

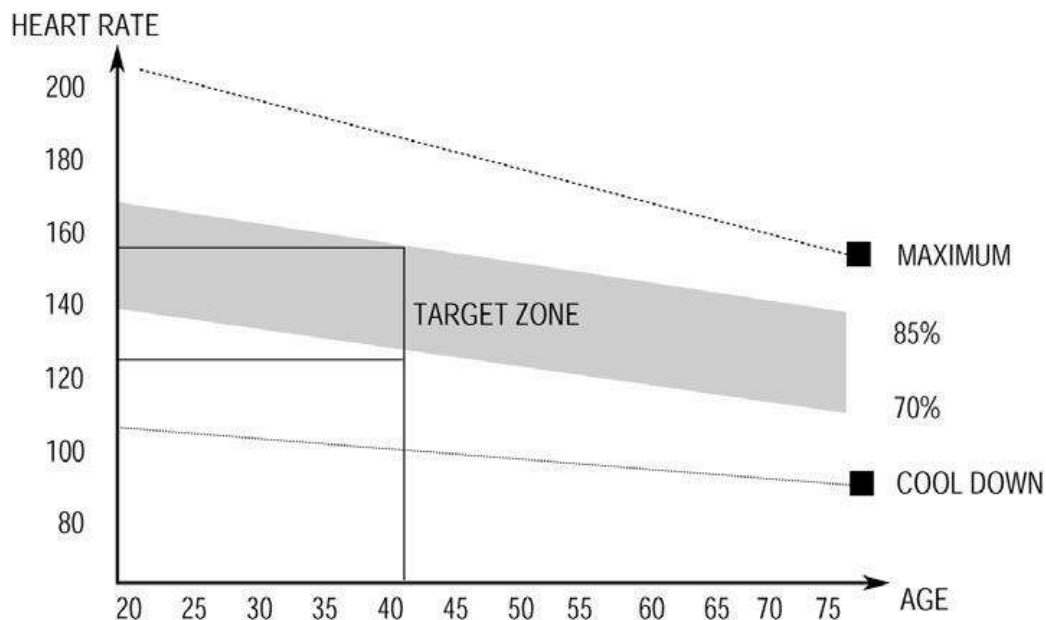
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

## 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.

# 10. 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.

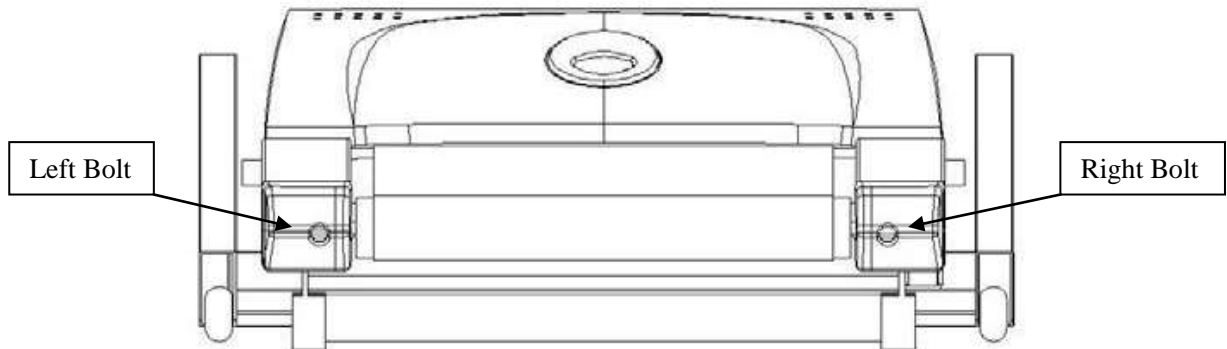
If the surface is slick when touched, then no further lubrication is needed.

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:



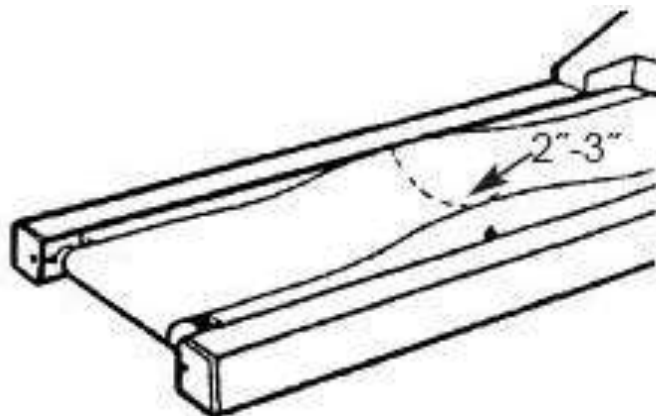
**Note: Adjustment is through small hold of end cap.**

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.



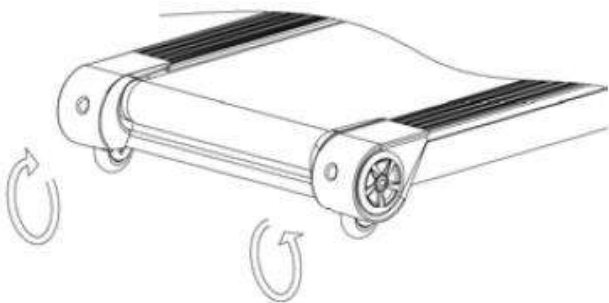
## 6. Belt Tracking Adjustment:

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:

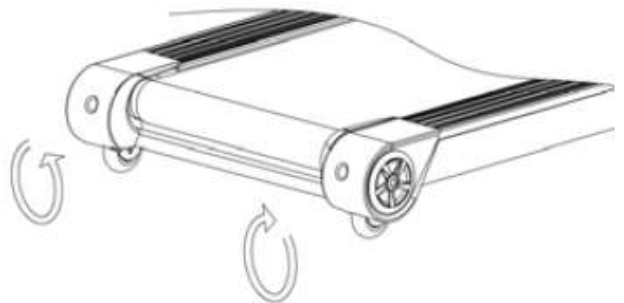
1. Set speed at approximately 3.5km/h.
2. Check the side the belt shifts to.

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.

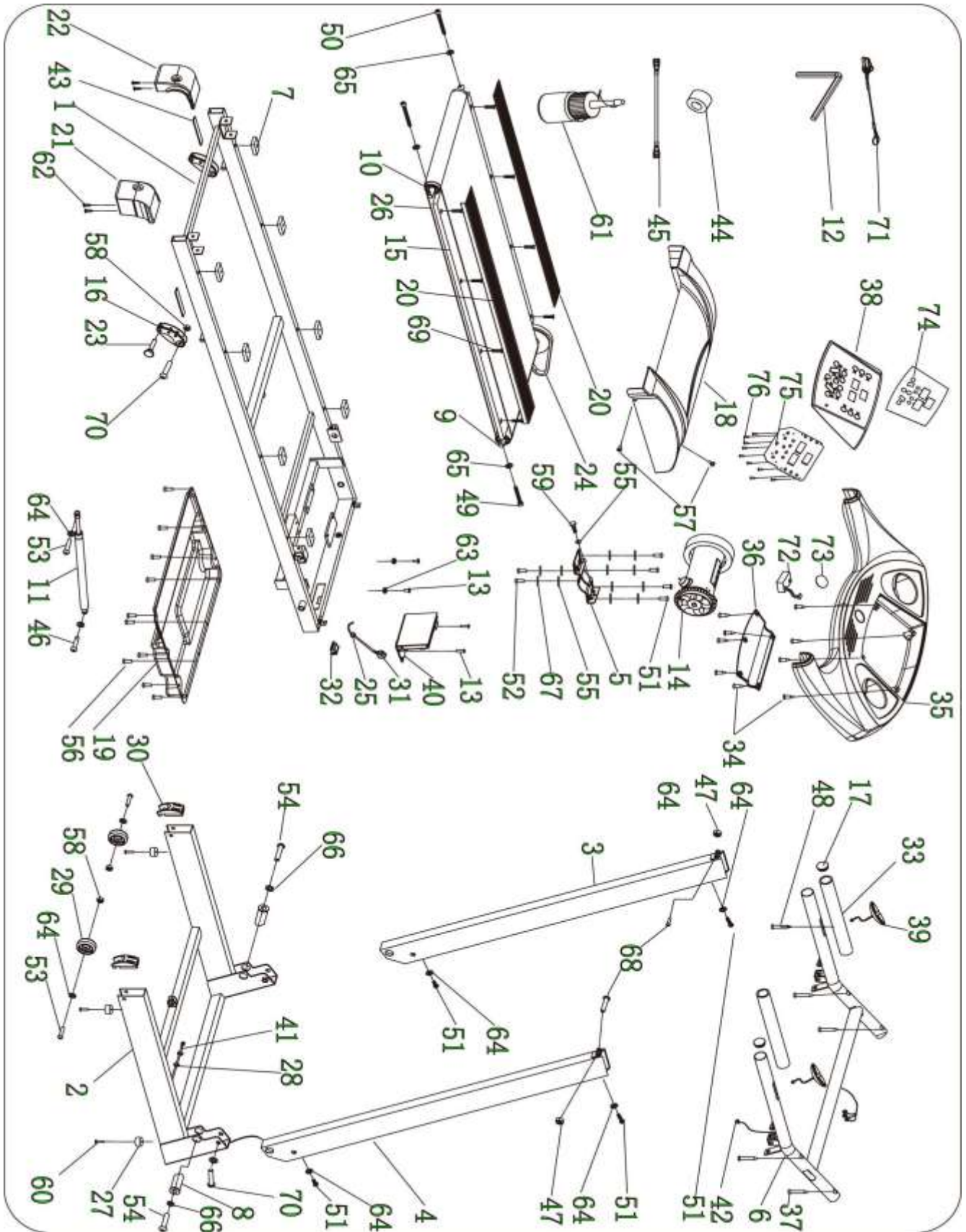
If belt drifts to the LEFT



If belt drifts to the RIGHT



# 11. EXPLODED DIAGRAM



## 12. PARTS LIST

#.	DESCRIPTION	REMARK	QTY	#.	DESCRIPTION	REMARK	QTY
1	Main frame		1	39	Pulse		2
2	Base frame		1	40	Control circuit board		1
3	Left upright tube		1	41	Computer bottom wire		1
4	Right upright tube		1	42	Computer up wire		1
5	Motor bracket		1	43	Rubber pad 2		2
6	Computer bracket		1	44	Magnetic Ring		1
7	Rubber pad		8	45	Blue Single-Line		1
8	Rotating tube		2	46	Hexagon cap screw	M8*25	1
9	Front roller		1	47	I - Hexagon nuts	M6	2
10	Back roller		1	48	Screw	ST4.2*19	2
11	Air Pressure Bar		1	49	Hexagon cap screw	M6*55	1
12	5# Allen Wrench	5mm	1	50	Hexagon cap screw	M6*65	2
13	Cross Bolt	M5*15	5	51	Hexagon cap screw	M8*16	10
14	DC Motor		1	52	Hexagon cap screw	M8*12	2
15	Running Board		1	53	Hexagon cap screw	M8*40	3
16	Adjust food pad		2	54	Hexagon cap screw	M10*70	2
17	Circle plug		2	55	Flat Washer C Class	8	7
18	Motor cover		1	56	Screw	ST4.2*12	10
19	Motor bottom cover		1	57	Cross pan had screw	M5*8	4
20	Side staps		2	58	I - Hexagon nuts	M8	4
21	Right end cap		1	59	I - Hexagon nuts	M10	2
22	Left end cap		1	60	I-Hexagon nuts	M8	4
23	Fixing Plug		2				
24	Drive belt		1	62	screw	ST4.8*19	4
25	Power cord		1	63	Lock Washer	5	2
26	Running belt		1	64	Lock Washer	8	16
27	Foot pad		4	65	Lock Washer	6	3
28	Ring shaped power		1	66	Lock Washer	10	6
29	Transport wheel		2	67	Spring washer	8	6
30	Wheel cover		2	68	Hexagon cap screw	M6*27	2
31	Standard power cord		1	69	Hexagon cap screw	M6*30	8
32	Power Switch		1	70	Hexagon cap screw	M8*45	4
33	Foam grip		2	71	Safety Key		1
34	Screw	ST4.2*13	9	72	Safety Key inductor		1
35	Computer bottom cover		1	73	Safety Key metal plate		1

36	Computer shrouding			74	Computer face sticker		1
37	Screw	ST4.2*20	4	75	Computer circuit board		1
38	Computer		1	76	Screw	ST2.9*6.5	12

## 13. TROUBLE SHOOTING GUIDE

Fault Code	Main reason	Solution
E01	The wire from treadmill display to bottom control board is not connected	<ol style="list-style-type: none"> <li>1. Check the connection wire between computer and control board was well connected.</li> <li>2. Ensure the IC on the control board was well inserted.</li> <li>3. Abnormal power supply in control board. Please replace control board.</li> </ol>
E02	Protect the exploding	<ol style="list-style-type: none"> <li>1. Bad contact with motor open circuit. Please change a new motor or check the connector.</li> <li>2. Power tube was puncture. Please change a new Power tube or control board.</li> </ol>
E05	Over current Protection	<ol style="list-style-type: none"> <li>1. Overloaded</li> <li>2. Running board experiencing heavy resistance and needs to be oiled</li> <li>3. Damage to motor, replace motor.</li> </ol>
E06	Control board self-checking	
E08	EEPROM damage	Change the control board

# 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](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>