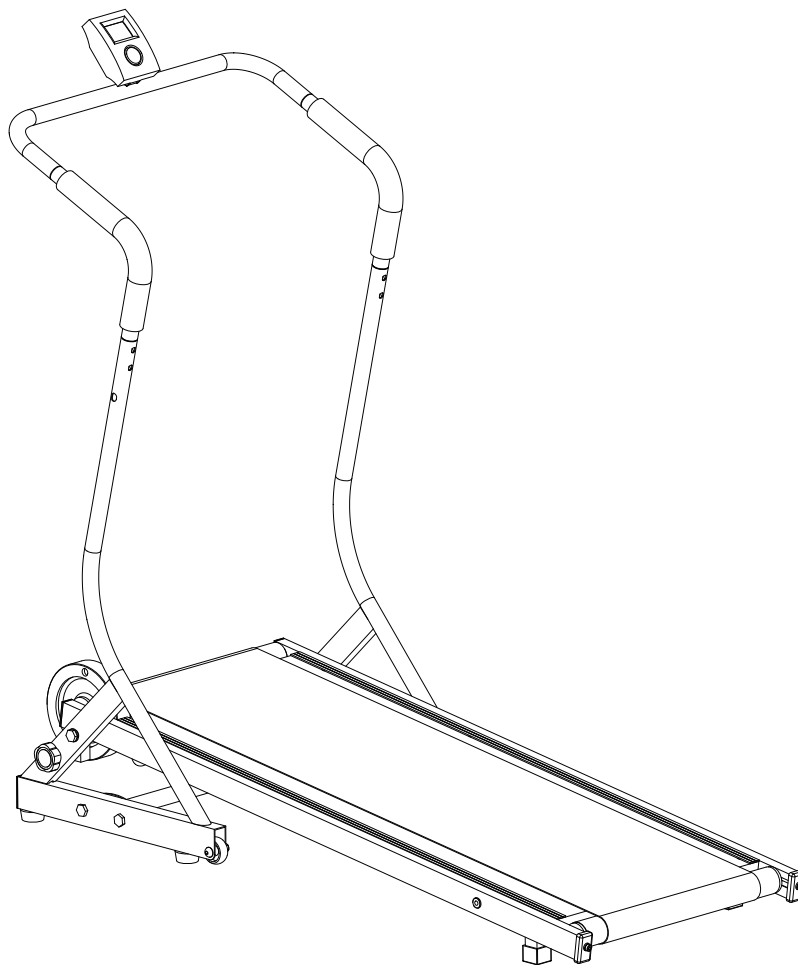


# ***MANUAL TREADMILL***

***ITEM NO.: 40115***

***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.***

# TABLE OF CONTENTS

WARRANTY -----	1
SAFETY INSTRUCTIONS -----	2
OPERATING THE COMPUTER -----	3
PARTS LIST -----	4
HARDWARE PACKING LIST -----	5
TOOLS -----	5
OVERVIEW DRAWING -----	6
ASSEMBLY INSTRUCTIONS -----	7
LIFTING UP THE TREADMILL FOR STORAGE -----	11
ADJUSTMENT -----	12
MAINTENANCE -----	13
TROUBLESHOOTING -----	13
WARM UP AND COOL DOWN ROUTINE -----	14

## ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this manual treadmill: Read all instructions before using this manual treadmill.

1. Check every part of the equipment before exercise. If there is any defective component, replace it immediately; keep the equipment out of use until repair.
2. Make sure all parts, bolts and nuts are well assembled and locked before exercise.
3. Never insert any object into any opening.
4. Never operate this manual treadmill if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
7. Keep children and pets away from the equipment while in use.
8. Do not use the treadmill outdoors. This manual treadmill is for household use only.
9. Only **one** person should be on the treadmill while in use.
10. Keep the manual treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the manual treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
11. Hold the handlebar with your hands when starting or stopping exercise and increasing or decreasing the speed.
12. If feeling chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
13. The maximum weight capacity for this product is 110kgs.

**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

# OPERATING THE COMPUTER

## SPECIFICATIONS:

TIME (TMR) -----	00:00-99:59 MIN: SEC
SPEED (SPD) -----	0.0-999.9 KM/H
DISTANCE (DST) -----	0.00-99.99 KM
CALORIES (CAL) -----	0-9999 KCAL



## FUNCTIONS AND OPERATIONS:

**AUTO ON /OFF:** When you start to exercise or press MODE button on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

**SCAN:** Press MODE button until SCAN appears on the screen; the computer will automatically scan the function every 5 seconds.

**TIME (TMR):** Press MODE button until TMR appears on the screen; the computer will display your elapsed workout time in minutes and seconds.

**SPEED (SPD):** Press MODE button until SPD appears on the screen; the computer will display the current training speed.

**DISTANCE (DST):** Press MODE button until DIST appears on the screen; the computer will display the accumulative distance traveled during workout.

**CALORIES (CAL):** Press MODE button until CAL appears on the screen; the computer will display the total accumulated calories burned during workout.

**RESET:** Press and hold MODE button for 3 seconds, all data values will clear to zero.

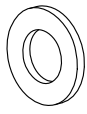
## HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

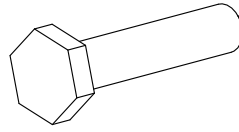
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Right Handlebar Support Frame	1	022	End Cap (□20x40)	2
002	Left Handlebar Support Frame	1	023	Bolt M10x40	4
003	Handlebar Support Tube	2	024	Rear Roller Adjustment Bolt Plate	2
004	Computer Tube	1	025	Washer Ø6	2
005	Connecting Support Frame	1	026	Rear Roller Adjustment Bolt M6x55	2
006	Main Frame	1	027	End Cap (□25x25)	2
007	Rubber Pad Ø33xØ38x15	4	028	End Cap (□20x20)	1
008	Bolt M6x25	4	029	Sensor with Wire 100mm	1
009	Nylon Nut M8	2	030	Screw ST2.9x9.5	2
010	Washer Ø8	2	031	Rear Roller Ø42x436	1
011	Transport Wheel Ø50xØ8x20	2	032	Front Roller Ø42Ø180x435	1
012	Bolt M8x35	2	033	Front Roller Sleeve	4
013	End Cap (□25x50)	2	034	Running Deck 975x448x15	1
014	Washer Ø10	6	035	Running Belt 340x2252x1.3	1
015	Bolt M10x55	2	036	Bolt M5x25	8
016	Bolt M6x15	4	037	Wire Plug Ø12	2
017	Round Knob M8x70	1	038	Sensor Wire I (L=500mm)	1
018	Foam Grip Ø23xØ34x240	2	039	Sensor Wire II (L=480mm)	1
019	Bolt M6x12	2	040	Sensor Wire III (L=780mm)	1
020	Computer XLG509	1	041	Side Rail I 926x30x2	1
021	Nylon Nut M10	4	042	Side Rail II 975x30x2	1

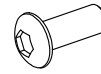
# HARDWARE PACKING LIST



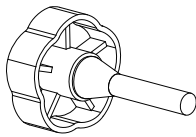
(14) Washer Ø10  
6 PCS



(15) Bolt M10x55  
2 PCS



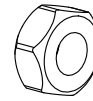
(16) Bolt M6x15  
4 PCS



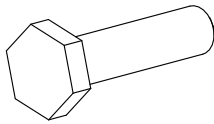
(17) Round Knob  
M8x70  
1 PC



(19) Bolt M6x12  
2 PCS

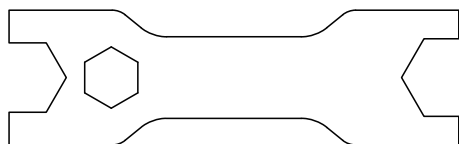


(21) Nylon Nut M10  
4 PCS



(23) Bolt M10x40  
4 PCS

# TOOLS

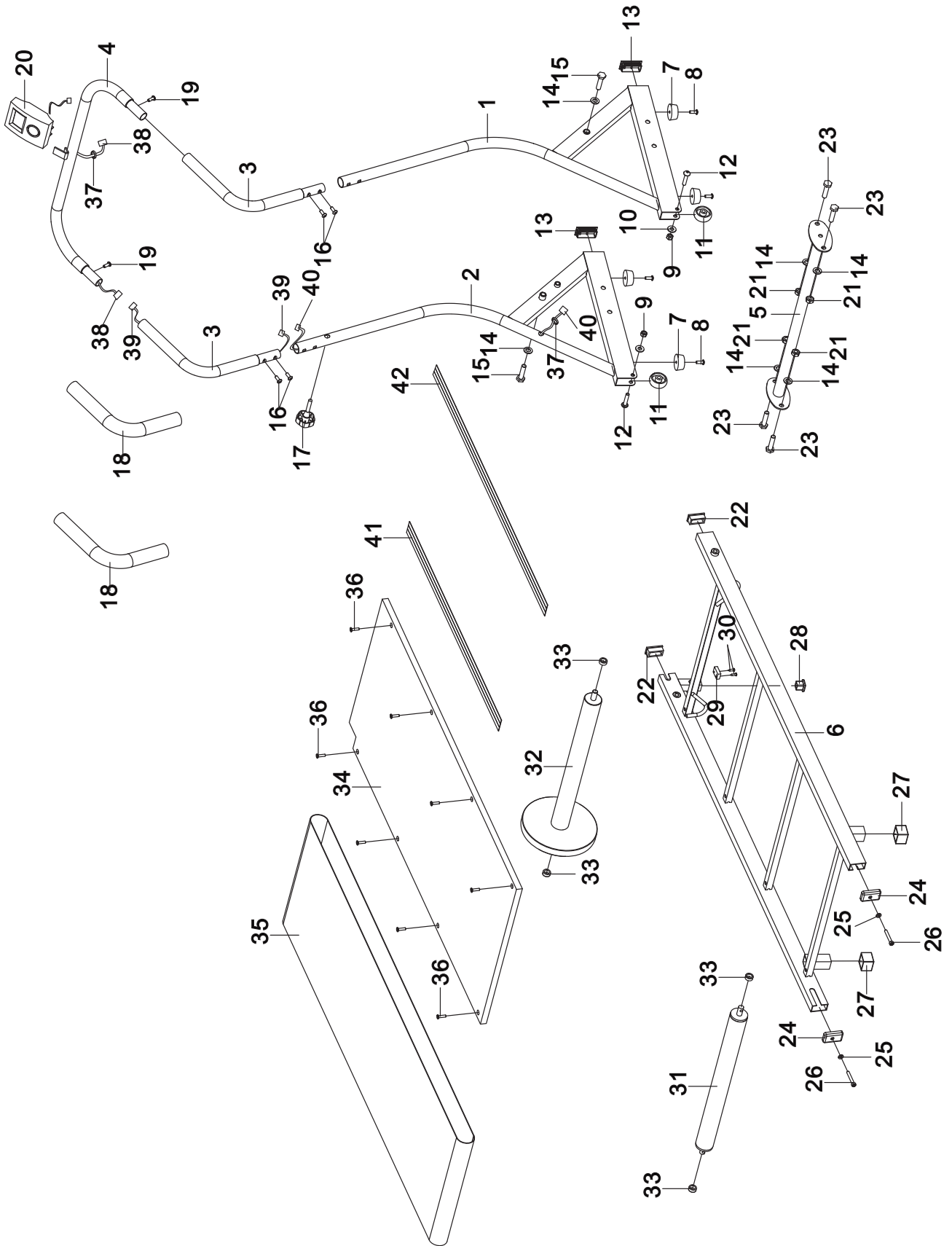


Multi Hex Tool S13, S17, S19  
2 PCS

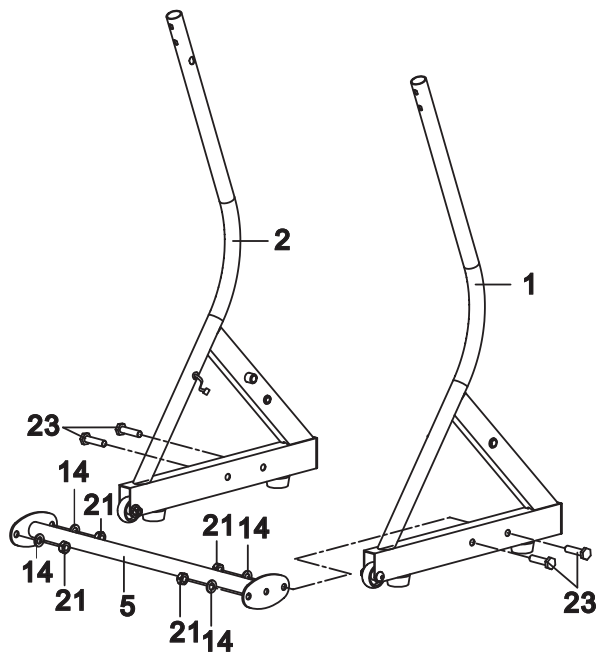


Allen Wrench #5  
1 PC

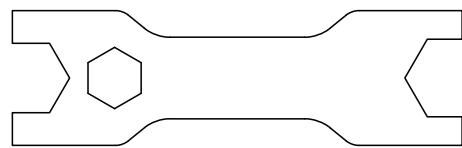
# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



## Tool:

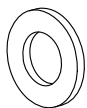


2 Multi Hex Tools (S13, S17, S19)

## Step 1

Attach the Connecting Support Frame (5) onto the Right/Left Handlebar Support Frames (1, 2) with four  $\text{\O}10$  Washers (14), four M10 Nylon Nuts (21), and four M10x40 Bolts (23). Tighten bolts and nuts with two Multi Hex Tools provided.

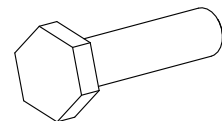
## Hardware:



4 Washers ( $\text{\O}10$ )

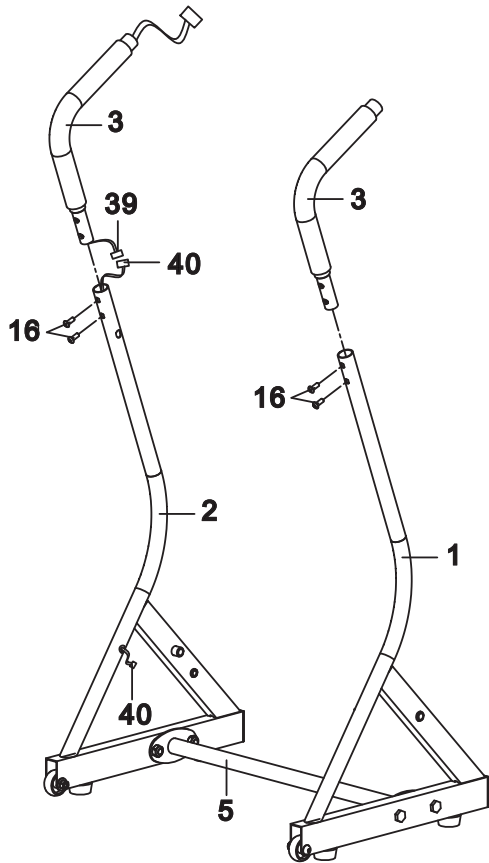


4 Nylon Nuts (M10)



4 Bolts (M10x40)





**Tool:**



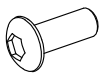
*Allen Wrench #5*

**Step 2**

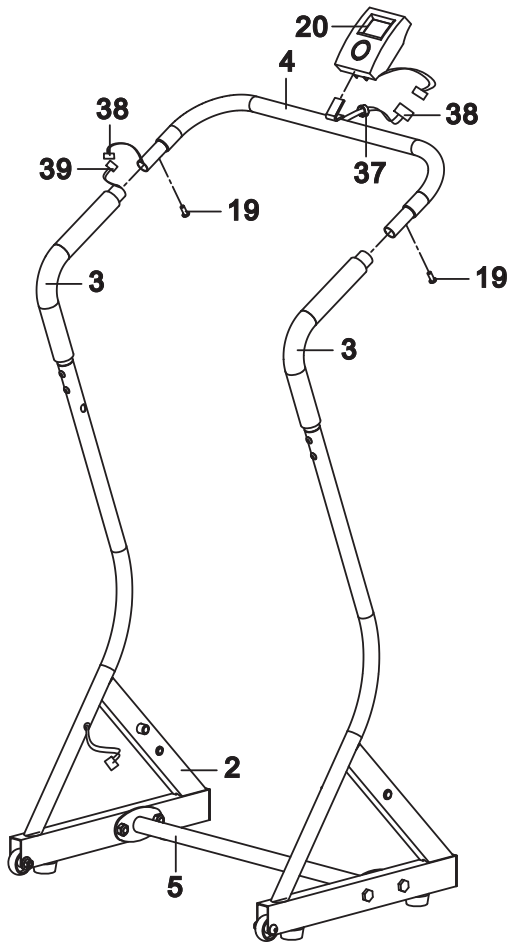
Attach the Handlebar Support Tube (3) onto the Right Handlebar Support Frame (1) with two M6x15 Bolts (16).

Connect the Sensor Wire II (39) from the Handlebar Support Tube (3) to the Sensor Wire III (40) from the Left Handlebar Support Frame (39). Then attach the Handlebar Support Tube (3) onto the Left Handlebar Support Frame (2) with two M6x15 Bolts (16).

**Hardware:**



*4 Bolts (M6x15)*



**Tool:**



*Allen Wrench #5*

**Step 3**

Connect the Sensor Wire I (38) from the Computer Tube (4) to the Sensor Wire II (39) from the Handlebar Support Tube (3).

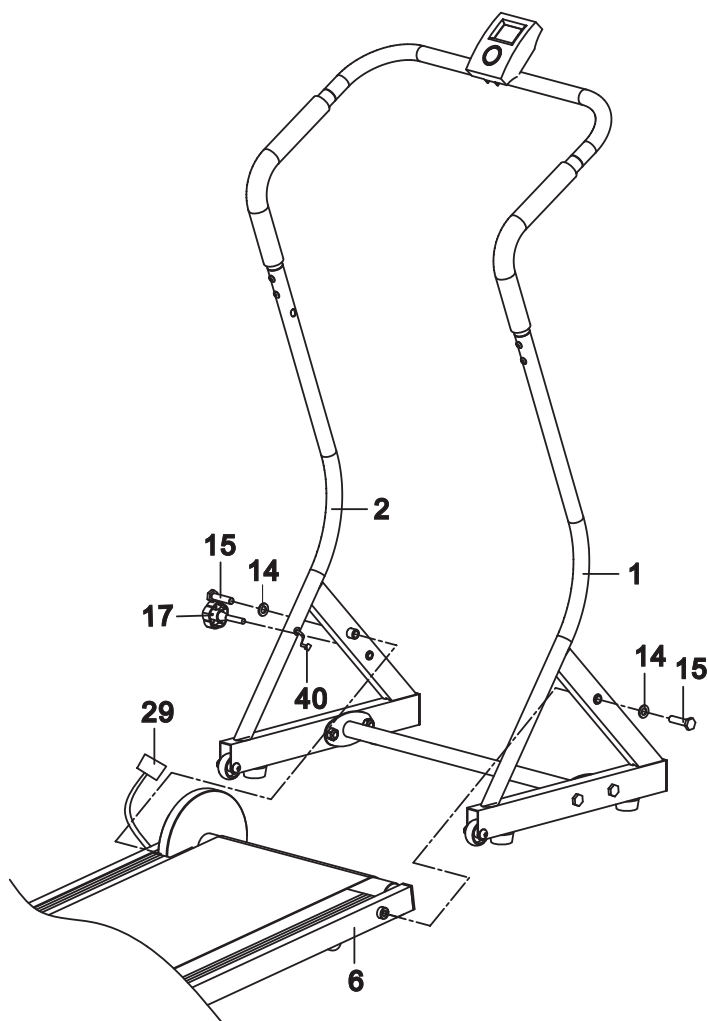
Attach the Computer Tube (4) into the Handlebar Support Tubes (3) with two M6x12 Bolts (19). Tighten bolts with the Allen Wrench provided.

Remove the Ø12 Wire Plug (37) from the Computer Tube (4). Connect the Sensor Wire I (38) from the Computer Tube (4) to the wire that comes from the Computer (20). Tuck wire into the Computer Tube (4). Install the Ø12 Wire Plug (37) onto the Computer Tube (4) that was removed.

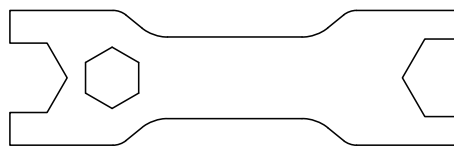
**Hardware:**



*2 Bolts (M6x12)*



**Tool:**



2 Multi Hex Tools (S13, S17, S19)

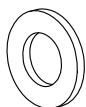
**Step 4**

Attach the Main Frame (6) onto the Right/Left Handlebar Support Frames (1, 2) with two Ø10 Washers (14) and two M10x55 Bolts (15). Tighten bolts with two Multi Hex Tools provided. Tighten the Round Knob (17) by turning it in a clockwise direction into the holes of the Left Handlebar Support Frame (2) and Main Frame (6).

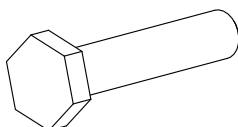
Connect the Sensor Wire (29) from the Main Frame (6) to the Sensor Wire III (40) from the Left Handlebar Support Frame (2).

**NOTE:** It is recommended that you always use the aid of a second person when assembling the treadmill.

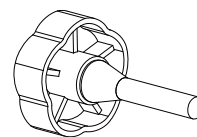
**Hardware:**



2 Washers (Ø10)



2 Bolts (M10x55)



1 Round Knob (M8x70)

## LIFTING UP THE TREADMILL FOR STORAGE

Remove the Round Knob (17) from the lower end of the Left Handlebar Support Frame (2). See Figure 1. Lift the rear end of the Main Frame (6) up in the vertical position and align Round Knob (17) hole. Tighten the Round Knob (17) by turning it in a clockwise direction into the holes of the Left Handlebar Support Frame (2) and Main Frame (6). See Figure 2. The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

**TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE MAIN FRAME.**

**Warning:** Keep the children and pets away from the folding machine.

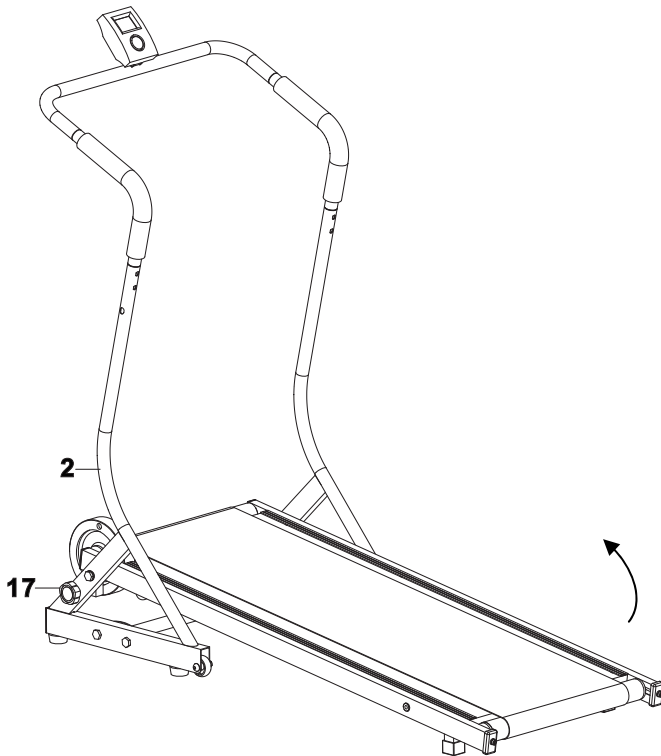


Figure 1

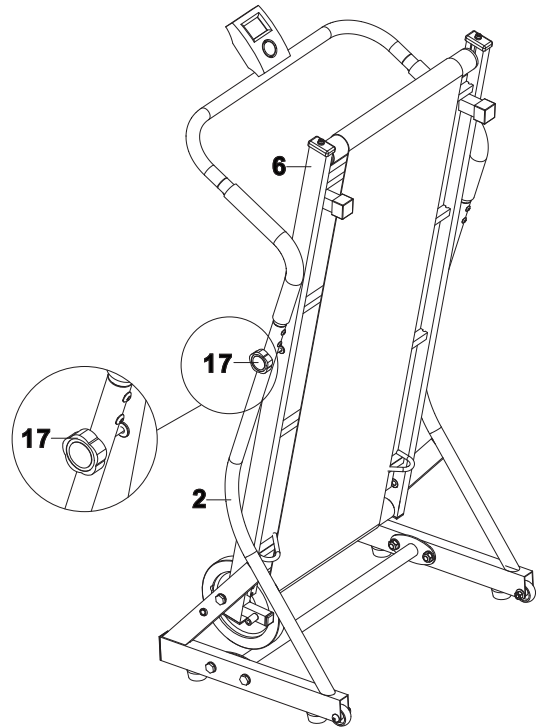
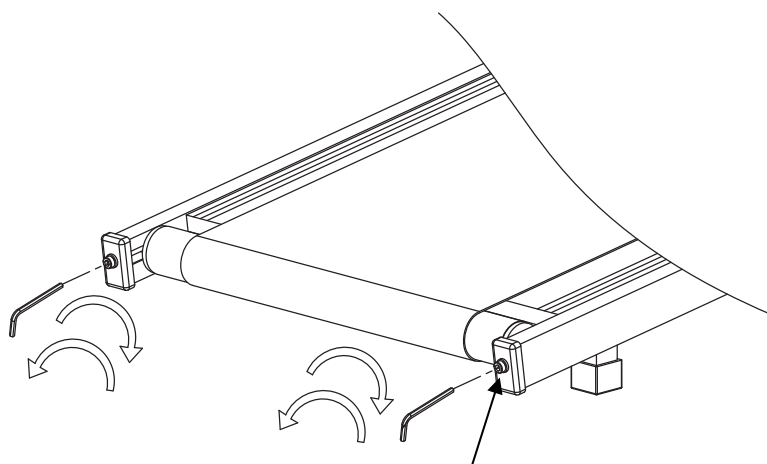


Figure 2

## ADJUSTMENT



**Rear Roller Adjustment Bolt**

### **Adjusting the Running Belt**

The Running Belt is adjusted at the factory; it may come loose during transportation and from use. After prolong use of running, the belt will stretch out. If the Running Belt is shifting to the left, using the Allen Wrench provided, turn the left Rear Roller Adjustment Bolt 1/4 turn in a clockwise direction. Try running again; you should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered. If the Running Belt is shifting to the right, using the Allen Wrench provided, turn the right Rear Roller Adjustment Bolt 1/4 turn in the clockwise direction. Try running again; you should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered. If the Running Belt is slipping during use, using the Allen Wrench provided, turn both left and right Rear Roller Adjustment Bolts 1/4 turn in the clockwise direction for the same distance, you should now walk on to the running belt to determine if the Running Belt is still slipping. Repeat the above procedure until the Running Belt is not slipping.

# MAINTENANCE

## Cleaning

The treadmill can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the treadmill after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

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

Please inspect all assembly bolts, nuts, and screws on the machine for proper tightness every week.

# TROUBLESHOOTING

**PROBLEM:** Treadmill running belt slips or is not centered on rear roller.

**SOLUTION:** Refer to “Adjusting the Running Belt” section on page 12.

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the computer tube.

**SOLUTION:** Check the batteries are correctly positioned and battery springs are proper contact with batteries.

**SOLUTION:** The batteries in the computer console may be dead. Change the new batteries.

**PROBLEM:** The treadmill makes a squeaking noise when in use.

**SOLUTION:** The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose bolts.

## WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

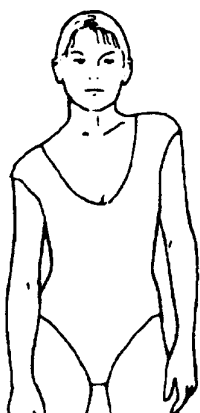
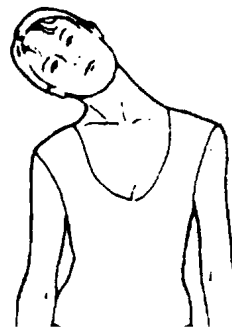
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

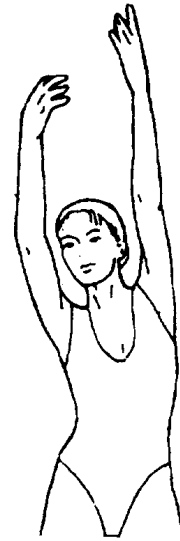


### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

### **SIDE STRETCHES**

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



### **QUADRICEPS STRETCH**

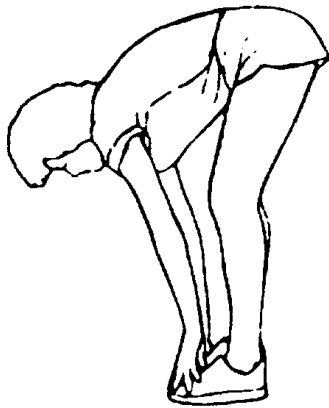
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.





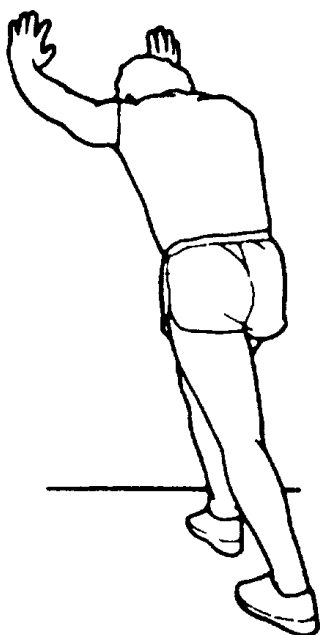
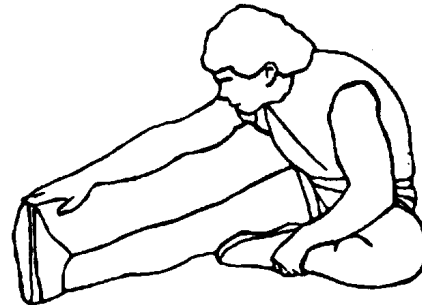


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.