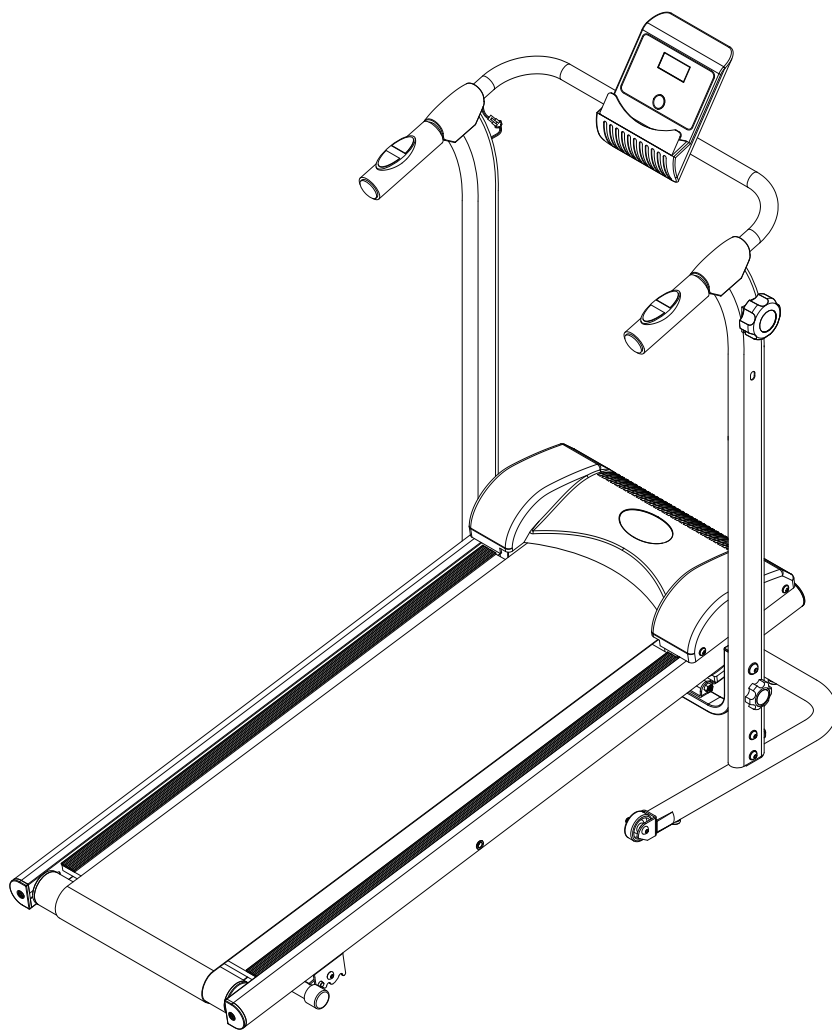


CV: magnetic/ TREADMILL

ITEM NO.: 40160

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 and are subject to change without prior notice.

2019, July

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
EXPLODED VIEW -----	4
PARTS LIST -----	5
TOOL -----	6
HARDWARE LIST -----	7
ASSEMBLY INSTRUCTIONS -----	8
OPERATING THE COMPUTER -----	15
STORAGE -----	16
MOVING THE TREADMILL -----	17
ADJUSTMENTS -----	18
LUBRICATION -----	22
MAINTENANCE -----	23
TROUBLESHOOTING -----	23
WARM UP AND COOL DOWN ROUTINE -----	24

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 offered only to the original owner and is not transferable. Proof of purchase is required.

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**

IMPORTANT SAFETY INSTRUCTIONS

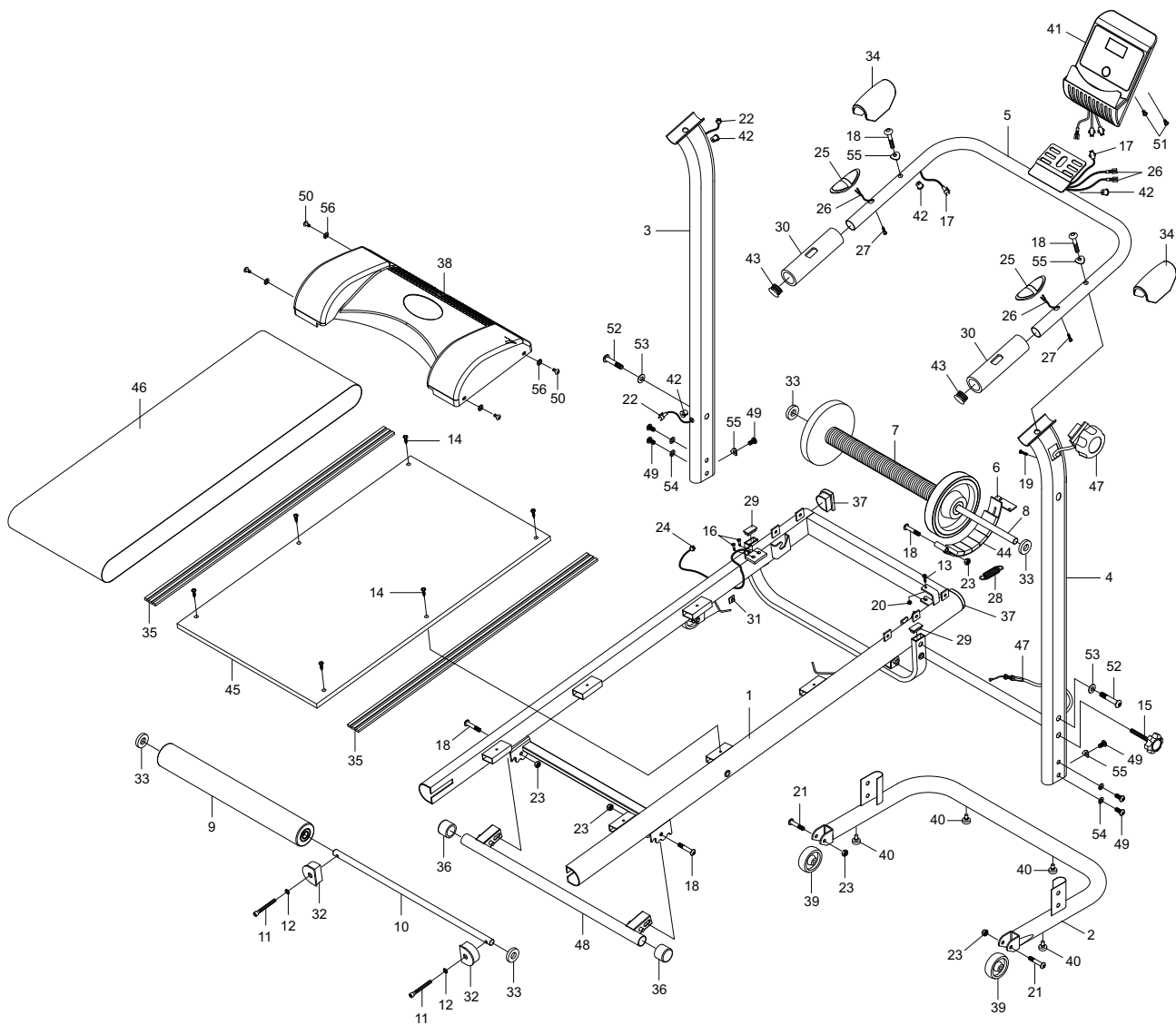
Basic precautions should always be followed, including the following safety instructions when using this magnetic treadmill. Read all instructions before using this magnetic treadmill.

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 magnetic 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 your local dealer.
6. Wear comfortable and suitable clothing when using the magnetic treadmill. Do not use the magnetic treadmill barefoot, in only socks or in sandals, always wear athletic shoes.
7. Never wear loose clothing because it could run the risk of getting caught in the magnetic treadmill.
8. Keep children and pets away from the equipment while in use.
9. Do not use the magnetic treadmill outdoors. This magnetic treadmill is for household use only.
10. Only **one** person should be on the magnetic treadmill while in use.
11. Keep the magnetic treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm around the unit. Be sure the area around the magnetic treadmill remains clear during use and has adequate clearance.
12. Hold the handlebar with your hands when starting or stopping exercise and increasing or decreasing the speed.
13. If feeling chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people 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.

EXPLODED VIEW



PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	021	Hexagon Socket Pan Head Cap Bolt M8x40	2
002	Base Tube	1	022	Extension Sensor Wire (1000 mm)	1
003	Left Upright Tube	1	023	Nylon Nut M8	5
004	Right Upright Tube	1	024	Sensor with Wire (210 mm)	1
005	Handlebar Ø28	1	025	Hand Pulse Sensor	2
006	Magnet Bracket	1	026	Hand Pulse Sensor Wire (800 mm)	2
007	Front Roller Ø42x417.5	1	027	Cross Recessed Pan Head Tapping Screw ST4.2x19	2
008	Front Roller Axle Ø12x450	1	028	Spring	1
009	Rear Roller Ø60x444	1	029	Rectangular End Cap (□30x15)	2
010	Rear Roller Axle Ø12x496	1	030	Handlebar Foam Grip	2
011	Hexagon Socket Cheese Head Cap Bolt M6x75	2	031	Wire Clip	1
012	Washer Ø13xØ6.2	2	032	Main Frame Rear End Cap	2
013	Cross Recessed Pan Head Bolt M6x20	1	033	Plastic Washer Ø23.5xØ12.2x4	4
014	Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread ST5.5x25	6	034	Handlebar Cover	2
015	Lock Knob M8x60	1	035	Side Rail (975Lx30W)	2
016	Cross Recessed Countersunk Head Drilling Screws with Tapping Screw Thread M3x10	2	036	Incline Adjustment Frame Round End Cap Ø33xØ25x25	2
017	Extension Sensor Wire I (650 mm)	1	037	Main Frame Front End Cap (D50.8x41.4)	2
018	Hexagon Socket Pan Head Cap Bolt M8x45	5	038	Plastic Cover	1
019	Cross Recessed Pan Head Bolt M5x15	1	039	Transport Wheel Ø48xØ8.2x16.5	2
020	Nut M6	1	040	Rubber Pad	4

PARTS LIST

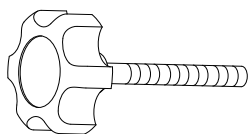
No.	Description	Qty	No.	Description	Qty
041	Computer	1	049	Hexagon Socket Pan Head Cap Bolt M8x15	6
042	Wire Grommet Ø12	4	050	Cross Recessed Pan Head Bolt M6x10	4
043	Handlebar End Cap	2	051	Cross Recessed Pan Head Bolt M5x10	2
044	Magnet 39.5x25x12	6	052	Hexagon Socket Pan Head Cap Bolt M8x50	2
045	Running Deck 975x450x12T	1	053	Washer Ø22xØ8.3	2
046	Running Belt 2360x335x1.2T	1	054	Washer Ø16xØ8.3	4
047	Tension Control Knob	1	055	Curve Washer Ø16xØ8.3	4
048	Incline Adjuster Ø25x1.5Tx555	1	056	Washer Ø13xØ6.1	4

TOOL

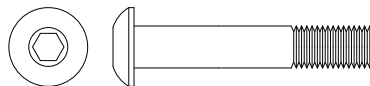


S5 Allen Wrench with Phillips Screwdriver
1 PC

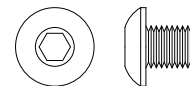
HARDWARE LIST



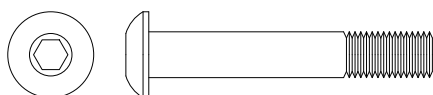
(15) Lock Knob
1 PC



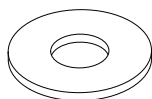
(18) Hexagon Socket
Pan Head Cap Bolt
2 PCS



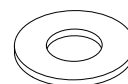
(49) Hexagon Socket
Pan Head Cap Bolt
6 PCS



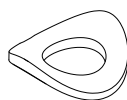
(52) Hexagon Socket
Pan Head Cap
2 PCS



(53) Washer
2 PCS

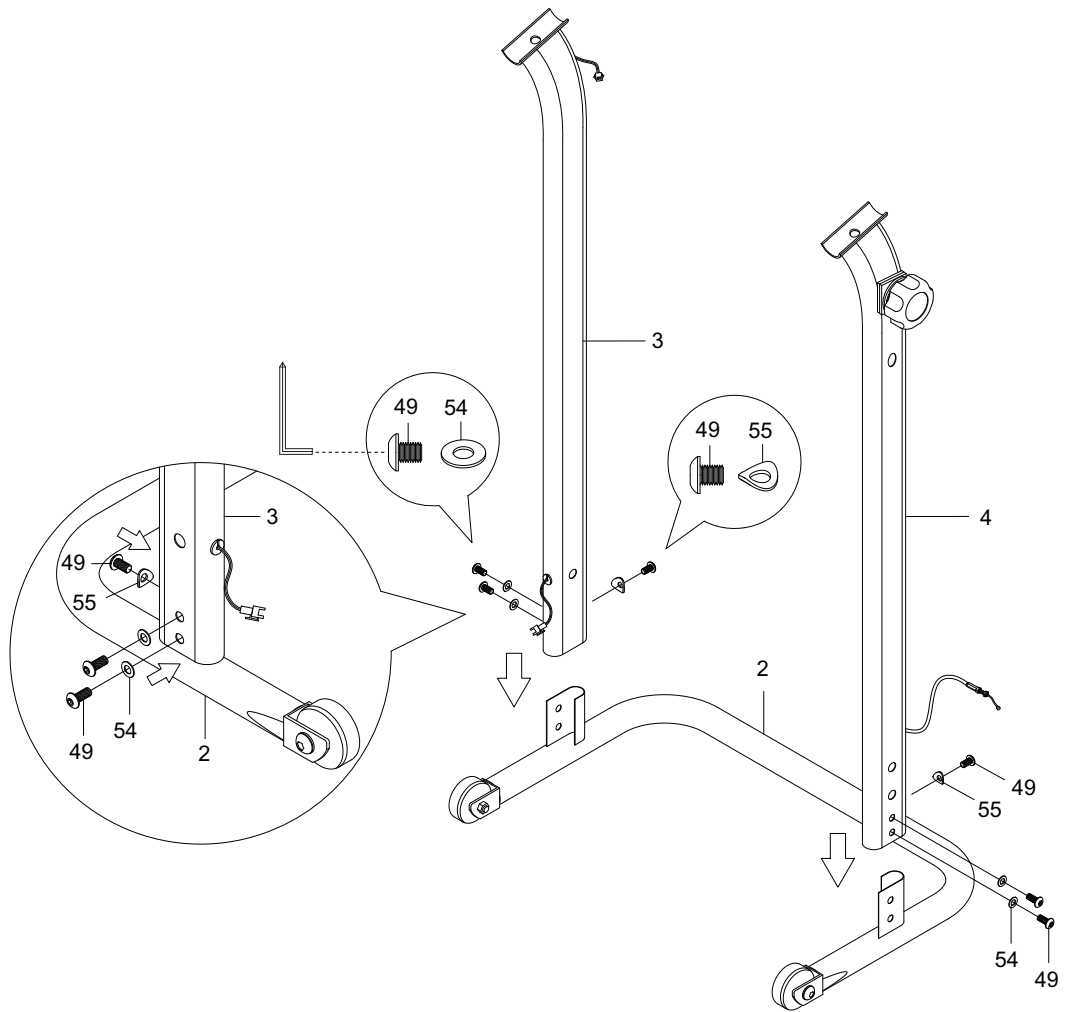


(54) Washer
4 PCS



(55) Curve Washer
4 PCS

ASSEMBLY INSTRUCTIONS

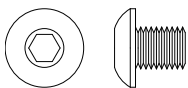


Step 1

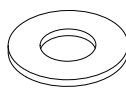
Attach both Left/Right Upright Tubes (3, 4) onto the Base Tube (2) with six Hexagon Socket Pan Head Cap Bolts (49), four Washers (54), and two Curve Washers (55). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 1 UNTIL THE STEP 5 IS COMPLETE.

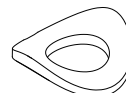
Hardware:



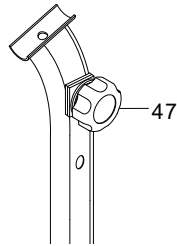
(49) Hexagon Socket
Pan Head Cap Bolt
6 PCS



(54) Washer
4 PCS

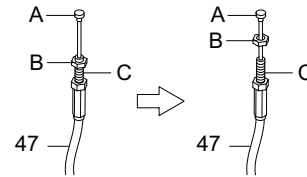


(55) Curve Washer
2 PCS



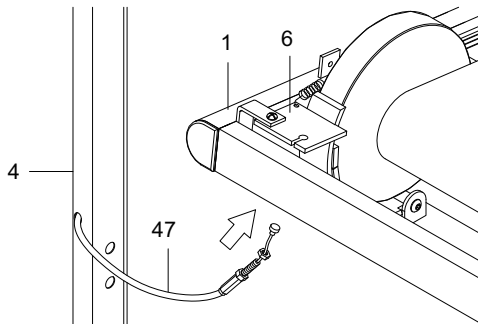
Step 2-1

Turn the Tension Control Knob (47) clockwise to the highest level (8-Level).



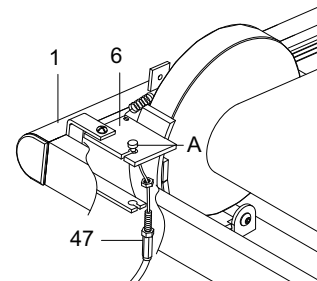
Step 2-2

Remove the B (Nut) from the resistance cable of the Tension Control Knob (47).



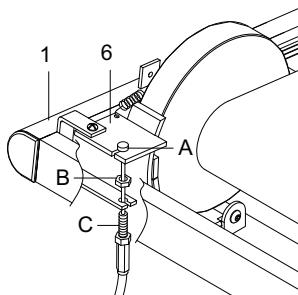
Step 2-3

Insert the resistance cable of the Tension Control Knob (47) to the Magnet Bracket (6).



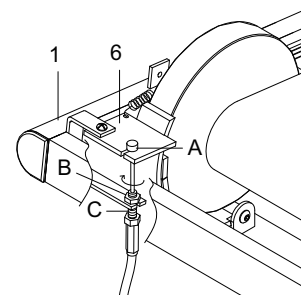
Step 2-4

Put the A (cable end of resistance cable) into the cable lock of Magnet Bracket (6).



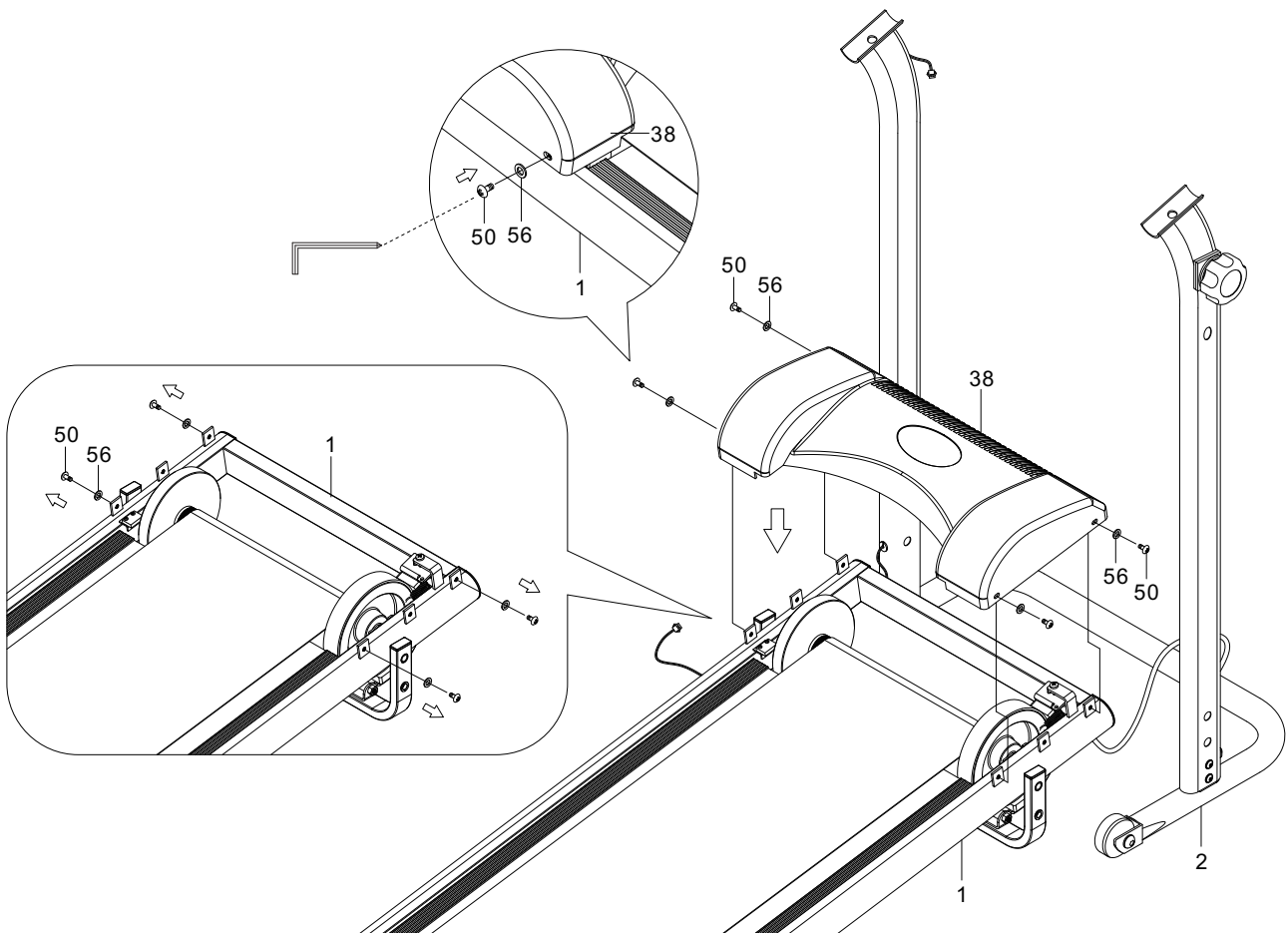
Step 2-5

Pull the resistance cable down and force C into the slot of metal bracket.



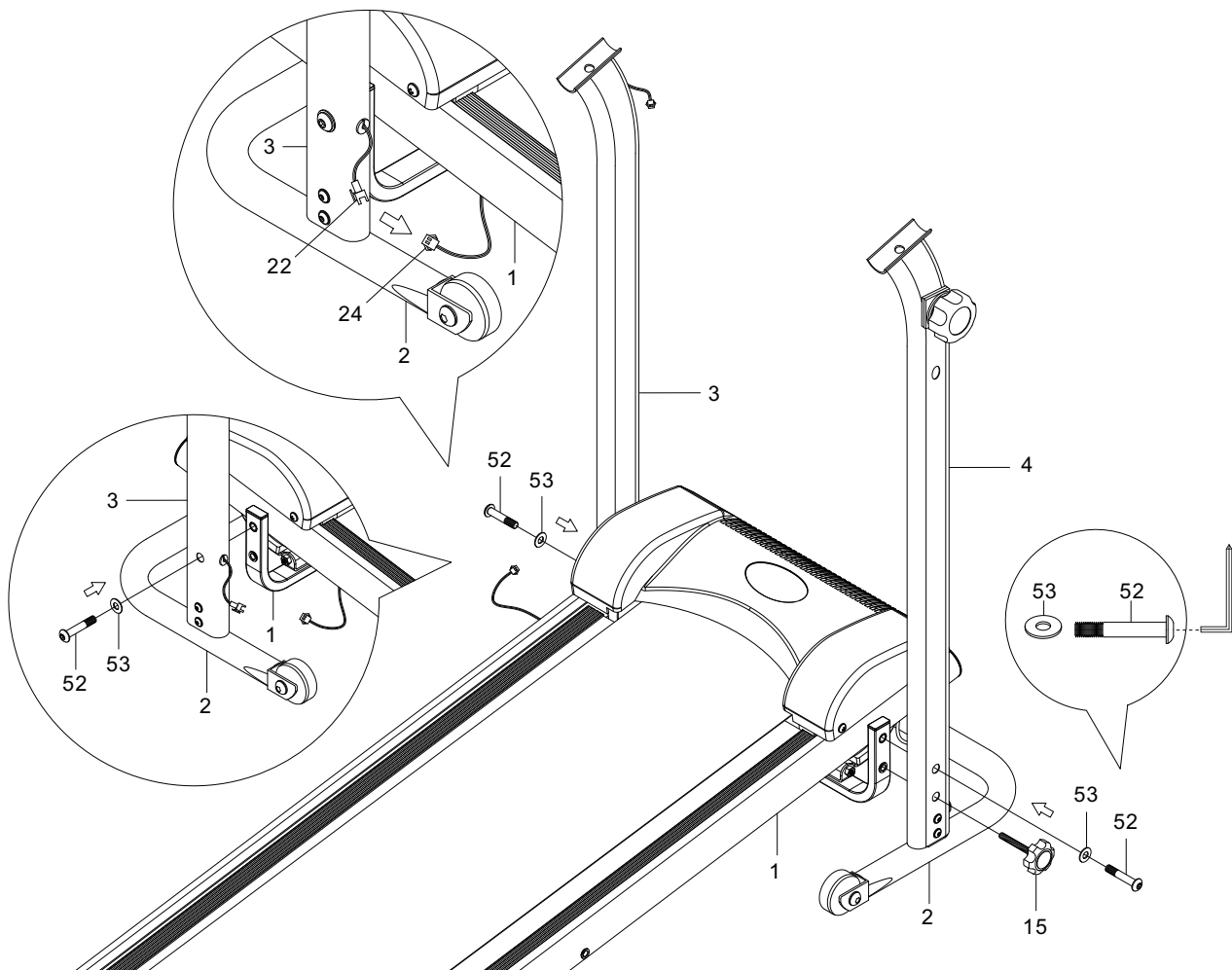
Step 2-6

Finally, tighten the B (Nut) by hand.



Step 3

Remove four Cross Recessed Pan Head Bolts (50) and four Washers (56) from the Main Frame (1). Remove bolts with the Allen Wrench with Phillips Screwdriver provided. Attach the Plastic Cover (38) onto the Main Frame (1) with four Cross Recessed Pan Head Bolts (50) and four Washers (56) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



Step 4

It is recommended to have a second person assist with this step. One person should lift the front end of the Main Frame (1) up and align bolt holes while the other person tightens the bolts.

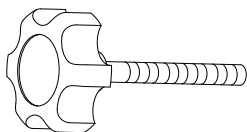
Position the front end of the Main Frame (1) up onto the Left/Right Upright Tubes (3, 4) and align bolt holes. Semi-tighten two Hexagon Socket Pan Head Cap Bolts (52) and two Washers (53) with the Allen Wrench with Phillips Screwdriver provided.

Semi-tighten the Lock Knob (15) by turning it in a clockwise direction into the holes on the Right Upright Tube (4) and Main Frame (1).

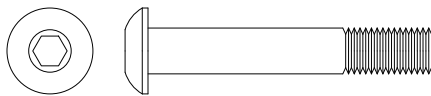
NOTE: DO NOT FULLY TIGHTEN BOLTS AND LOCK KNOB IN STEP 4 UNTIL THE STEP 5 IS COMPLETE.

Connect the Sensor Wire (24) from the Main Frame (1) to the Extension Sensor Wire (22) from the Left Upright Tube (3).

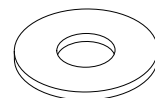
Hardware:



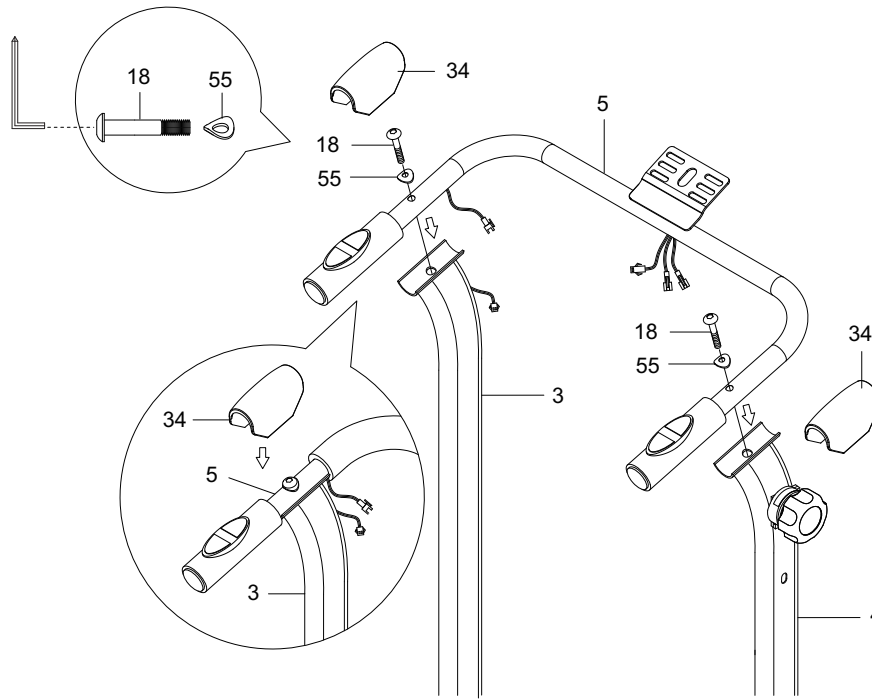
(15) Lock Knob
1 PC



(52) Hexagon Socket
Pan Head Cap
2 PCS



(53) Washer
2 PCS



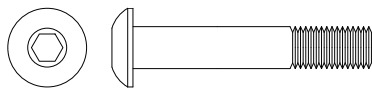
Step 5

Attach the Handlebar (5) onto the both Left/Right Upright Tubes (3, 4) with two Hexagon Socket Pan Head Cap Bolts (18) and two Curve Washers (55). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

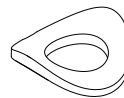
NOW PLEASE FULLY TIGHTEN ALL BOLTS AND LOCK KNOB INSTALLED IN STEP 1 AND STEP 4 WITH THE ALLEN WRENCH WITH PHILLIPS SCREWDRIVER PROVIDED.

Install two Handlebar Covers (34) onto the Handlebar (5).

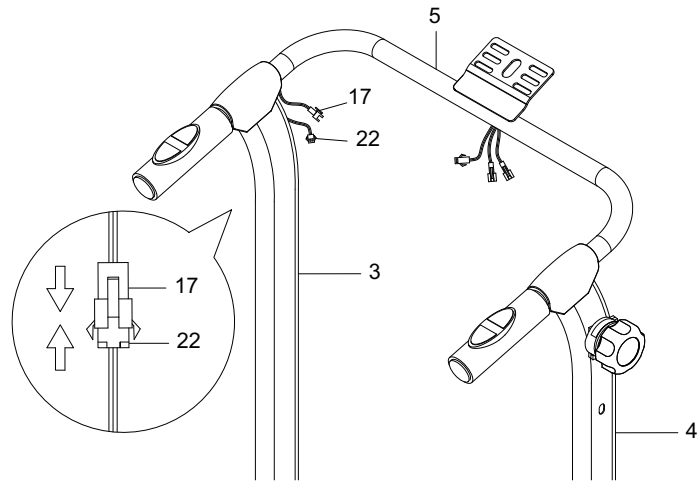
Hardware:



(18) Hexagon Socket
Pan Head Cap Bolt
2 PCS

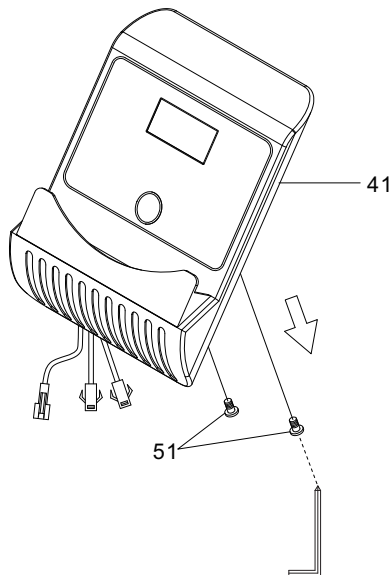


(55) Curve Washer
2 PCS



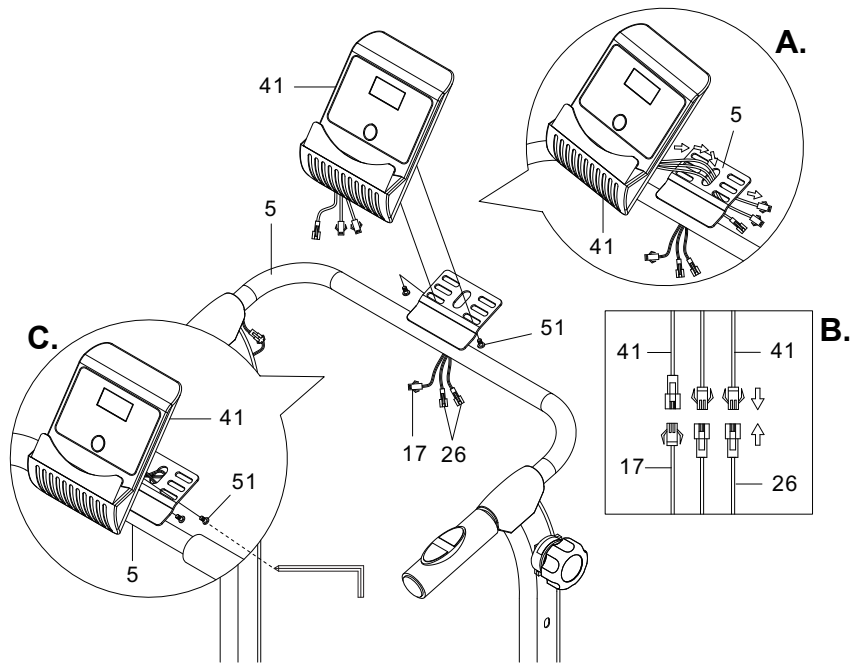
Step 6

Connect the Extension Sensor Wire (22) from the Left Upright Tube (3) to the Extension Sensor Wire I (17) from the Handlebar (5).



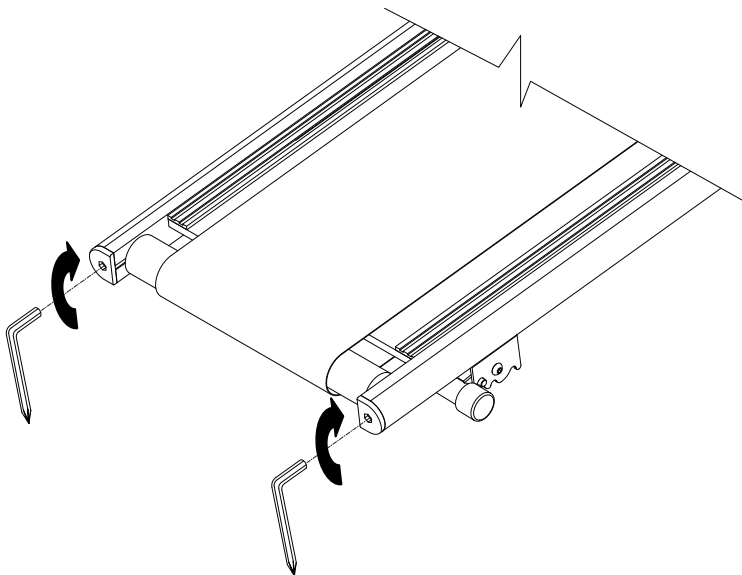
Step 7

Remove two Cross Recessed Pan Head Bolts (51) from the Computer (41). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



Step 8

- A. Insert the wires that come from the Computer (41) through into the hole on the plate of the Handlebar (5).
- B. Connect the Extension Sensor Wire I (17) and Hand Pulse Sensor Wires (26) from the Handlebar (5) to the wires that come from the Computer (41).
- C. Attach the Computer (41) onto the plate of the Handlebar (5) with two Cross Recessed Pan Head Bolts (51) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



Tool:



*S5 Allen Wrench with
Phillips Screwdriver*

Step 9

The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the Allen Wrench with Phillips Screwdriver provided to turn the both left and right hexagon socket cheese head cap bolts 1/4 turn clockwise before using the treadmill.

OPERATING THE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by running. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.



BUTTON FUNCTIONS:

Press the MODE button to select each function of the computer.

Press and hold the MODE button for 4 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 5 seconds.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance travelled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

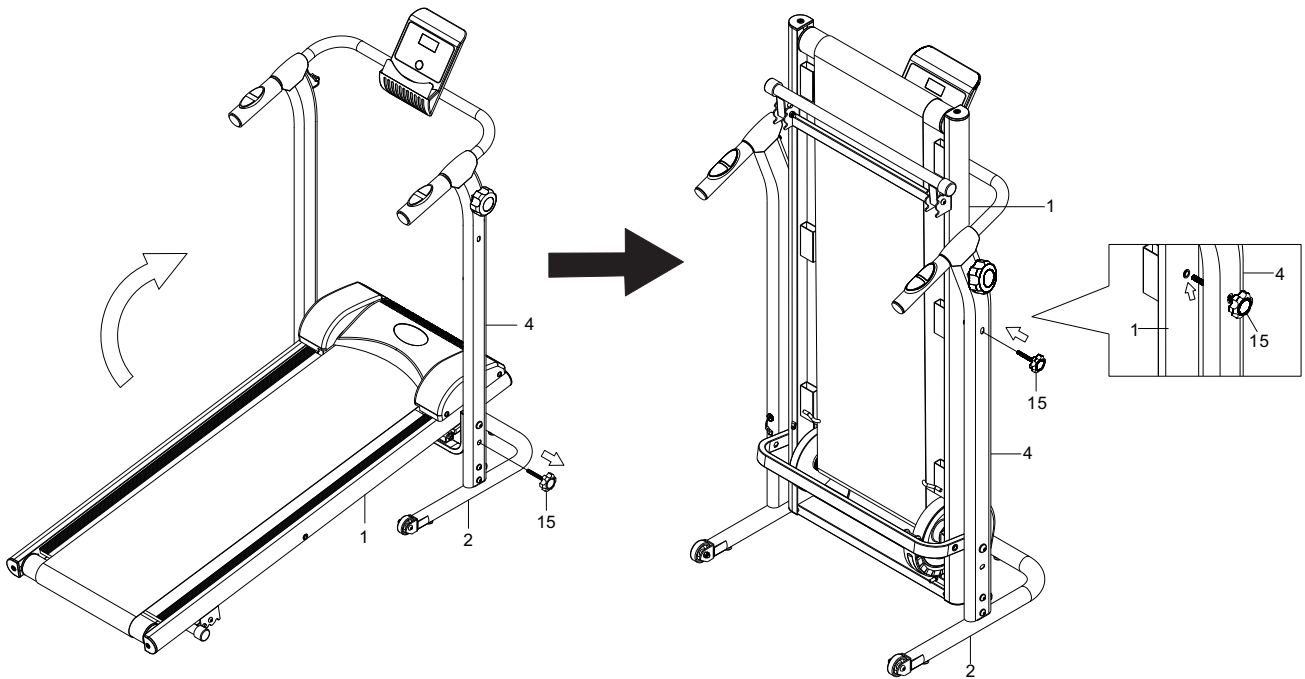
ODO (ODOMETER): Displays the total accumulative distance travelled.

P (PULSE): Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

STORAGE



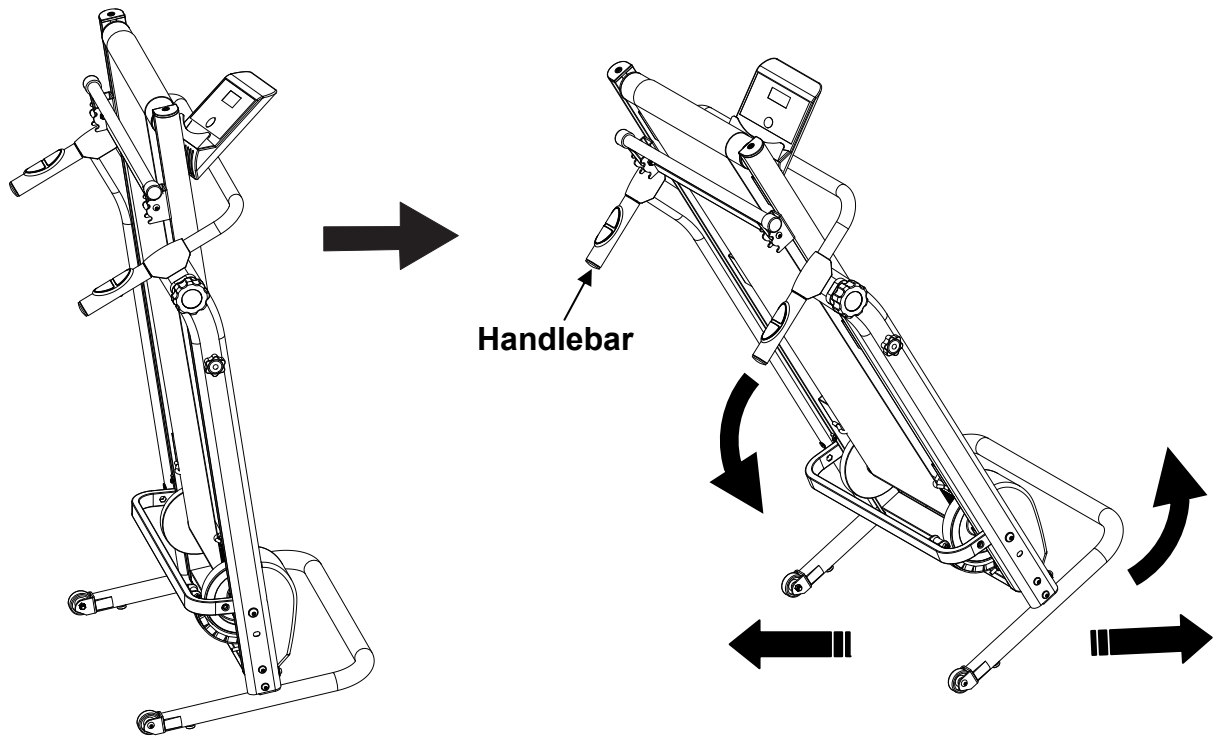
Remove the Lock Knob (15) from the lower end of the Right Upright Tube (4). Lift the rear end of the Main Frame (1) up in the vertical position and align Lock Knob hole. Tighten the Lock Knob (15) by turning it in a clockwise direction into the holes on the Right Upright Tube (4) and Main Frame (1).

CAUTION: Failure to secure the Main Frame with the Lock Knob may cause the treadmill accidental fall and cause bodily injury.

WARNING: Do not stand under the deck when setting down the treadmill.

To prevent injury please make sure you have a firm hold when lifting up or setting down the main frame. Do not undo the lock knob unless you have a firm hold and control of the treadmill base, or it can drop to the ground quickly and dangerously when the lock knob is released. Always keep children and pets away from the machine when folding, unfolding, or during operation.

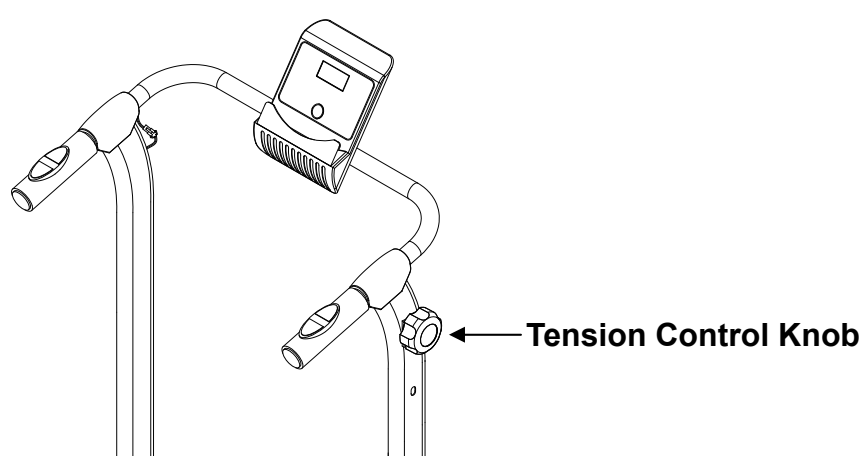
MOVING THE TREADMILL



The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position, firmly grasp the both Handlebars with both hands. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.

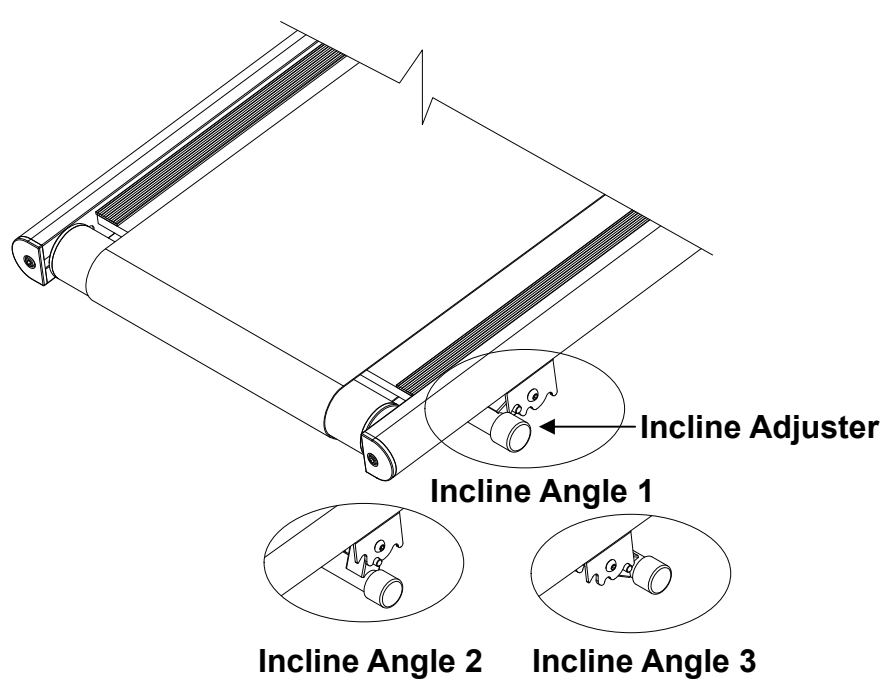
CAUTION: Do not attempt to move the treadmill while it is in the unfolded position.

ADJUSTMENTS



Adjusting the Tension Control Knob

To increase the tension, turn the Tension Control Knob in a clockwise direction.
To decrease the tension, turn the Tension Control Knob in a counterclockwise direction.

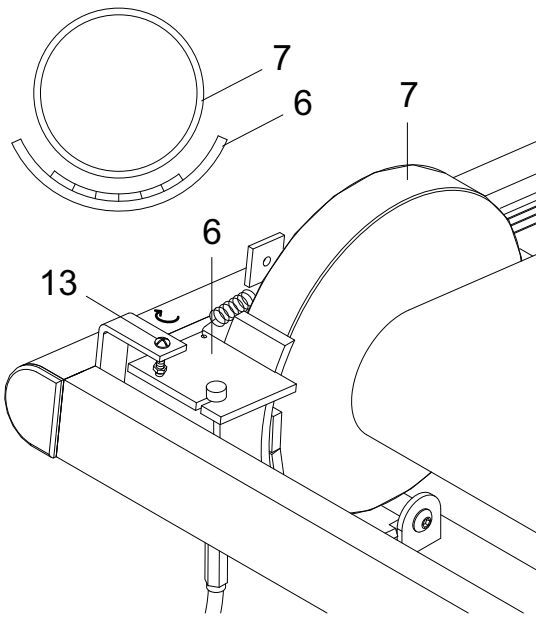


Adjusting the Incline Adjuster

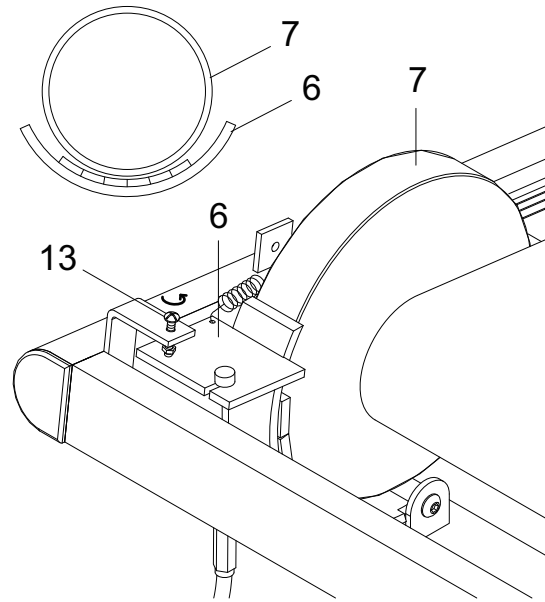
There are three incline angles that the Incline Adjuster can be set to. Place one hand on the rear end of the main frame, then lift the rear end of the main frame up and use your other hand to adjust the Incline Adjuster to the desired position.

Adjusting the Tension

The user can set the desired tension power according to the figure as below:

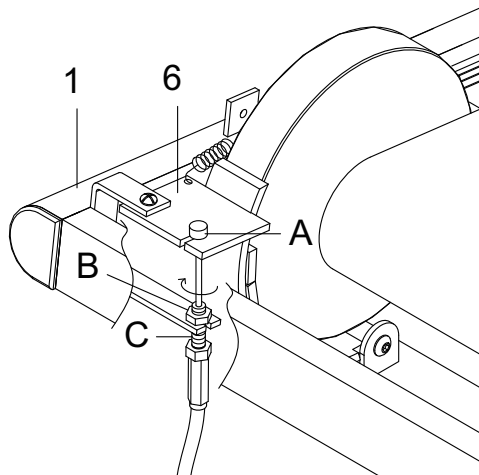


To decrease the tension, turn the Bolt (13) in a clockwise direction.



To increase the tension, turn the Bolt (13) in a counterclockwise direction.

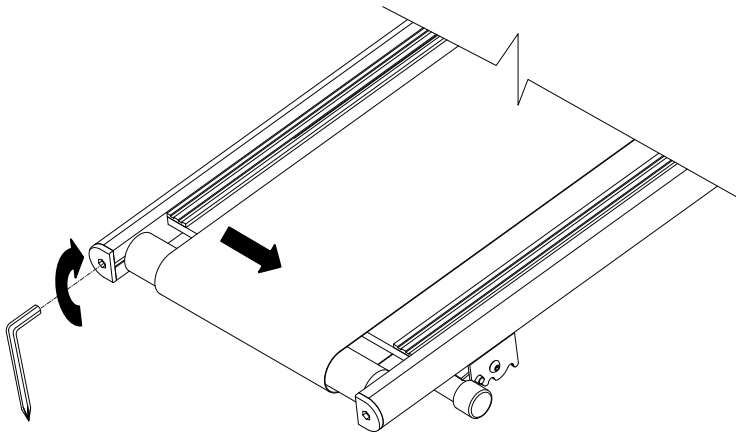
Once after adjusting the Bolt (13), you also have to check if the tension wire is too loose, if necessary you just adjust the B (Nut).



Adjusting the Running Belt

The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. It is recommended that the user run on the center of the running belt. After prolonged use, the belt will begin to stretch out. It is suggested that the user always to walk or run on the central area. This will prevent the belt shifting off the center.

If the running belt begins to shift to the left, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your right foot to run on the right side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the left, use the S5 Allen Wrench with Phillips Screwdriver provided and turn the left Hexagon Socket Cheese Head Cap Bolt 1/2 turn in a clockwise direction. Then try running on the center of the running belt again. If the running belt is still shifting to the left, turn the left Hexagon Socket Cheese Head Cap Bolt another 1/4 turn in the clockwise direction. Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.

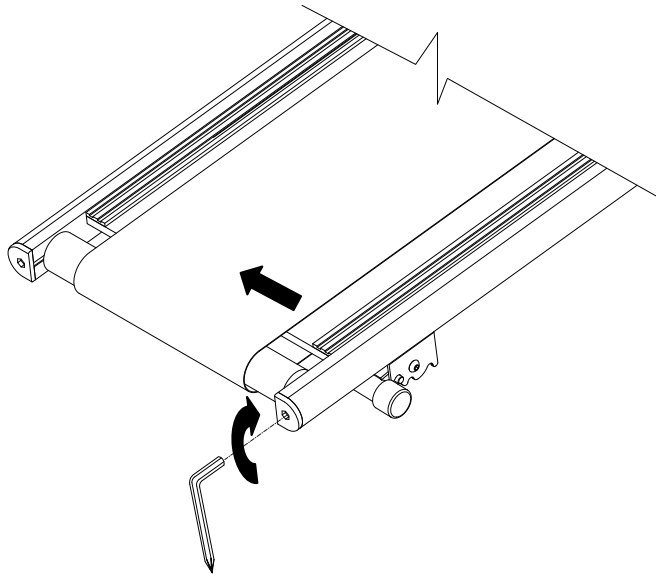


Tool:



*S5 Allen Wrench with
Phillips Screwdriver*

If the running belt begins to shift to the right, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your left foot to run on the left side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the right, use the S5 Allen Wrench with Phillips Screwdriver provided and turn the right Hexagon Socket Cheese Head Cap Bolt 1/2 turn in a clockwise direction. Then try running on the center of the running belt again. If the running belt is still shifting to the right, turn the right Hexagon Socket Cheese Head Cap Bolt another 1/4 turn in the clockwise direction. Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.

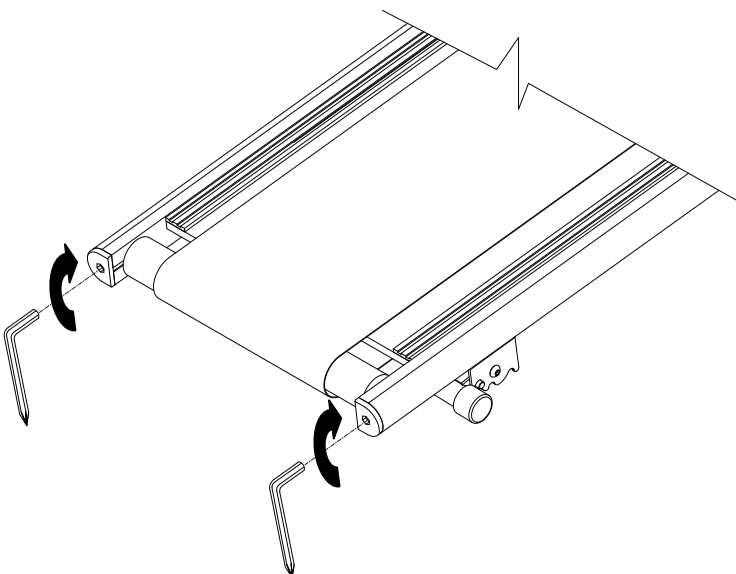


Tool:



*S5 Allen Wrench with
Phillips Screwdriver*

If the running belt is slipping during use, then use the S5 Allen Wrench with Phillips Screwdriver provided and turn both left and right Hexagon Socket Cheese Head Cap Bolts 1/4 turn in the clockwise direction. You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.



Tool:



*S5 Allen Wrench with
Phillips Screwdriver*

LUBRICATION

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

How to check running belt for proper lubrication

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

How to apply lubricant

Lift one side of running belt.

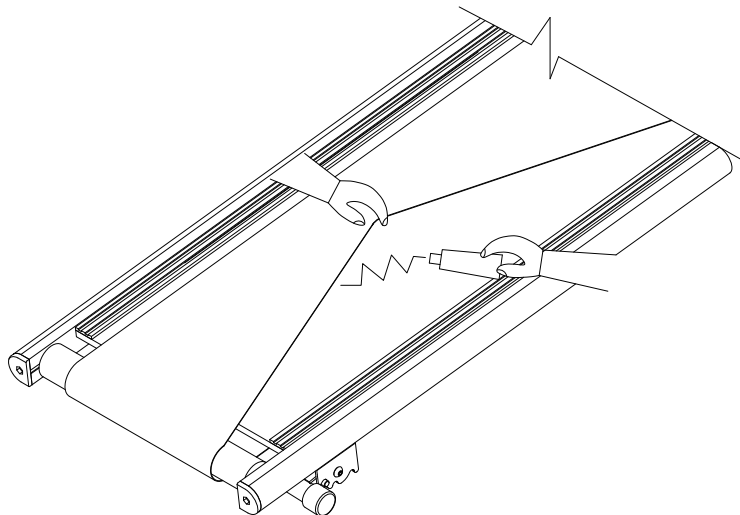
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill for 3 to 5 minutes to evenly distribute lubricant.

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



Lubricant
1 PC



MAINTENANCE

Cleaning

The magnetic 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 to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the magnetic treadmill, especially 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.

Storage

Store the magnetic treadmill in a clean and dry environment away from children.

TROUBLESHOOTING

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

SOLUTION: Refer to “Adjusting the Running Belt” section on page 20.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar.

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

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

SOLUTION: The bolts may be loose on the treadmill. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the magnetic treadmill.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

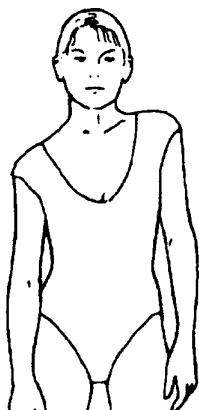
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

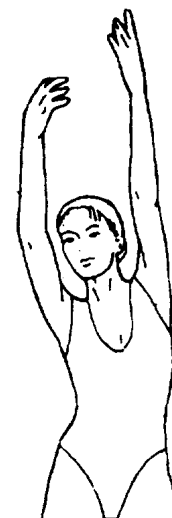
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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.

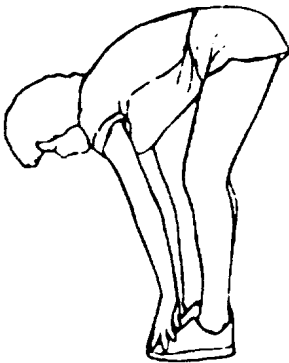


QUADRICEPS STRETCH

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.

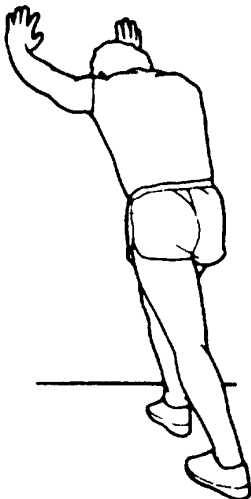
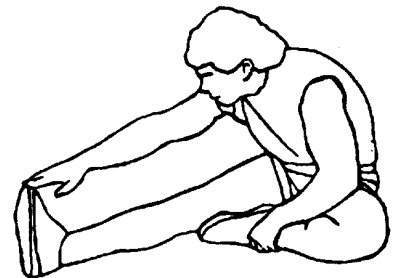


TOE TOUCHES

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.