

# READY, SET, PRO

USER MANUAL

SWIFT TREADMILL



Aerobic exercise has enormous benefits for your body, brain, and mental health.

At least 75 minutes of vigorous aerobic exercise, such as walking or running on a treadmill, are recommended each week for optimal health.

## HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.  
We're in this together now.

*Abe & Joel*



Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

With the Lifepro Swift Treadmill, you can build cardiovascular fitness and muscle strength from the comfort of your own home. The Swift's low-decibel motor is designed specifically for in-home use. The Swift can be folded up for small-footprint storage, and it folds quickly and easily without the need for any tools or screws.

The Swift treadmill has a speed-range of 1–10 mi/hr. Fifteen preset training programs provide you with endless training challenges. Three training modes allow you to set distance, time, or calorie training goals. Begin a manual workout instantly by simply pressing the Start button. Pulse sensors built into the handrails let you track your pulse rate during your workout so you can train within the most effective heart-rate for your fitness goals. A handy tablet and phone holder allows you to watch movies or read during training. A USB charging port on the front of the display panel allows you to keep all of your devices fully charged. Walk, jog, or run to improve your strength, stamina, and cardiovascular health. See results in as little as 15–20 minutes a day.

## Redefine your workouts and experience the transformative power of the Lifepro Swift:

- **Increase strength & stamina:** improves stability and muscle tone
- **Regulate weight:** boosts your heart rate and burn calories.
- **Decrease chronic pain:** improves core strength & circulation
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Lower blood pressure:** improves circulation
- **Develop stronger bones:** increases bone density

Check out the information in this manual for ways to get started using your Swift. Next, be sure to visit our website [swift.lifeprofitness.com](http://swift.lifeprofitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Swift into your fitness routine.

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro Swift Treadmill
  - Folded Treadmill Body
  - Display Panel with LED Screen
  - Wheel Brackets (2)
- User Manual
- Hardware & Tool Kit
  - A. Multi-tool (Hex Key & Screwdriver)
  - B. Combination Wrench
  - C. M8×16mm Socket Head Screws (2)
  - D. M6×40mm Phillips Head Screws (3)
  - E. Flat Washers (6)
  - F. M8 Lock Nuts (4)
  - G. M8×45mm Socket Head Screws (4)
  - H. Magnetic Safety Key
  - I. Security Knob
  - J. Bottle of Maintenance Oil

### FIRST STEP

1. Remove all packaging from the folded treadmill body, parts, and hardware. **Have someone to assist you with lifting the folded treadmill body from the packaging, it is heavy and bulky.**
2. Confirm that all parts and hardware listed above are included.
3. Read carefully through this user manual, the **IMPORTANT SAFETY INFORMATION** on page 9, and the **SAFETY INSTRUCTIONS** on page 38 before assembling and using the treadmill.
4. Go to [swift.lifeprofitness.com](https://swift.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the **20-MINUTE ASSEMBLY GUIDE** on page 10 to assemble your Swift.

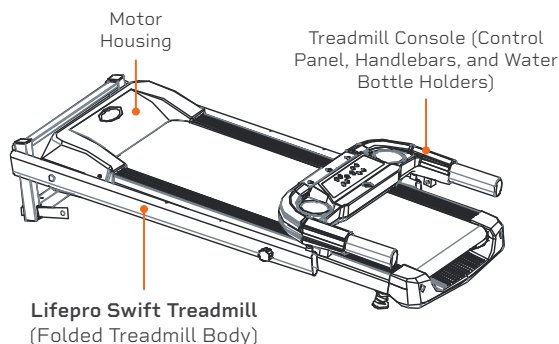
### CUSTOMER SUPPORT

If you have any questions about assembling and using your Swift treadmill, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (732) 456-6063.

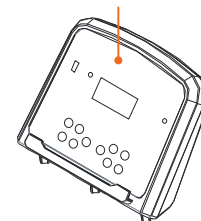
RECOVERY + FITNESS

## SWIFT TREADMILL

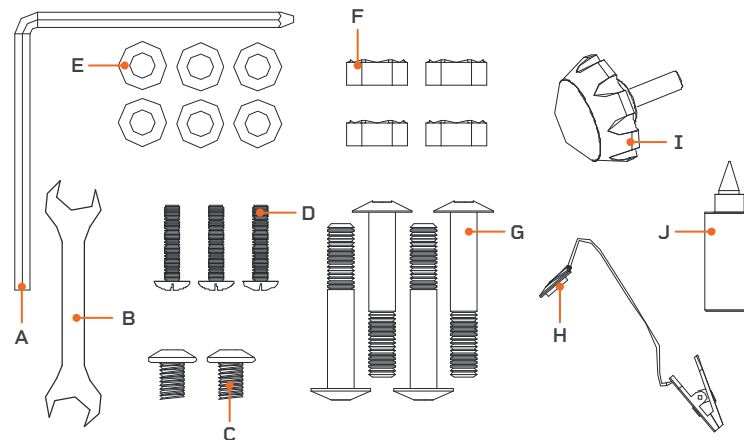
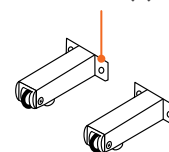
## GET ACQUAINTED



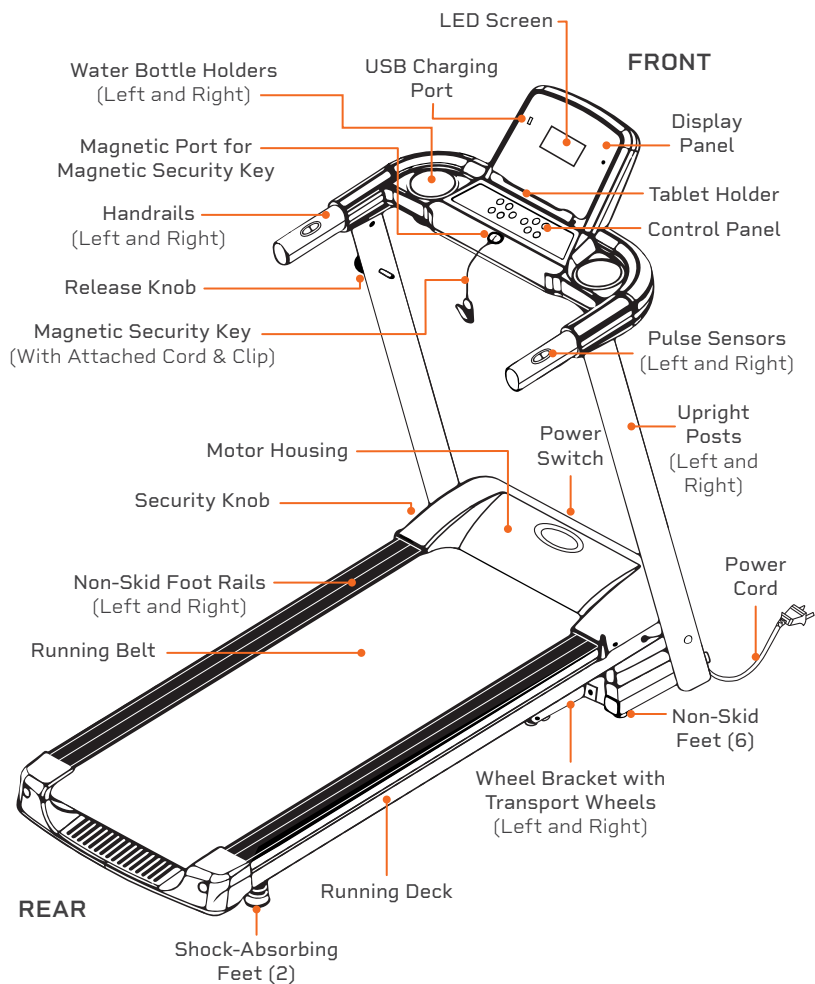
Display Panel with LED Screen



Wheel Bracket (2)



## PARTS OF THE SWIFT



## IMPORTANT SAFETY INFORMATION

### USING THE MAGNETIC SAFETY KEY

**⚠ The magnetic safety key MUST be in place before the treadmill can be used.**

The error code "E7" will show on the display until the magnetic safety key is in place on the magnetic port on the front of the treadmill console. If the safety key is removed from its port during training, the treadmill will stop automatically and cannot be restarted until the safety key is back in position.

### WHAT TO DO IN AN EMERGENCY

**⚠ WARNING: You must wear the magnetic safety key clipped to your clothing every time you use the treadmill.**

- Stop training immediately if you realize that you cannot keep up with the pace, if you start feeling sick, or if any other emergency arises.
- Pull the cord to remove the magnetic safety key from its port; this will cause the treadmill to stop immediately.
- As the treadmill stops, hold onto the handrails firmly with both hands and place your feet on the extra-wide, non-skid foot rails on each side of the running belt.
- If you trip during training, hold onto the handrails immediately with both hands and support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the running belt.
- You should practice how to safely get off the running belt quickly several times so that you will know what to do if an emergency arises.
- Make sure that all third parties are familiar with the safety instructions and that they always use the magnetic safety key correctly while training.

### DISABLING THE SWIFT FOR SAFETY

To prevent the treadmill from being used by unauthorized third parties, always remove the safety key when you have finished training. Keep the safety key stored in a separate place, out of the reach of unauthorized people, especially children.

### DURING EXERCISE

1. Keep your body and head facing forward at all times.
2. Never attempt to turn around on the treadmill while the running belt is moving.
3. Make sure to breathe regularly and calmly during exercise.
4. Stay hydrated before, during, and after exercise.
5. Wear light, comfortable clothing and well-fitting athletic shoes. Do not wear loose clothing that could become caught in the treadmill or tear.
6. Check your pulse regularly using the pulse sensors on the handrails.

# 20-MINUTE ASSEMBLY GUIDE

## ASSEMBLY NOTES

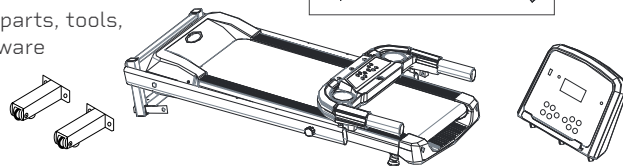
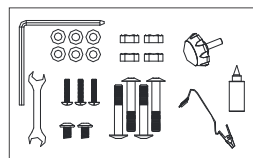
- Assemble the Swift on flat, clean floor, free of obstructions.
- Ensure you have at least a 6-by-6-foot space to complete the assembly.
- ⚠ Assembly requires two people; the treadmill is heavy and bulky.

## SAFE PLACEMENT OF YOUR SWIFT TREADMILL

- Only operate and store the Swift on a flat, non-slip floor.
- Ensure the running deck is level to the ground. If the deck is positioned on an uneven surface, it could cause damage to the electrical system.
- Set up with at least 7 feet of clearance from walls and furniture at the back and at least 4 feet of clearance at the front and sides of the treadmill.
- Do not use outdoors or in high-moisture or high-temperature environments.
- If setting up in a carpeted room, check underneath the treadmill to ensure clearance between the carpet and the running deck. If there is not enough clearance, or you're not sure, place a mat or rug under the Swift. Ensure the mat or rug is at least 60" × 36" and will not slip during use.
- Sometimes after an extended amount of use, you will find a fine black dust under the treadmill. This is normal wear and does not mean there is anything wrong with the treadmill. The dust can be easily vacuumed up. If you wish to prevent the dust from getting on your flooring or carpet, place a mat or rug under the treadmill.

## 1 LAY OUT THE TREADMILL, PARTS, AND HARDWARE

1. Place the folded treadmill body on the floor.
2. Place all parts, tools, and hardware nearby.

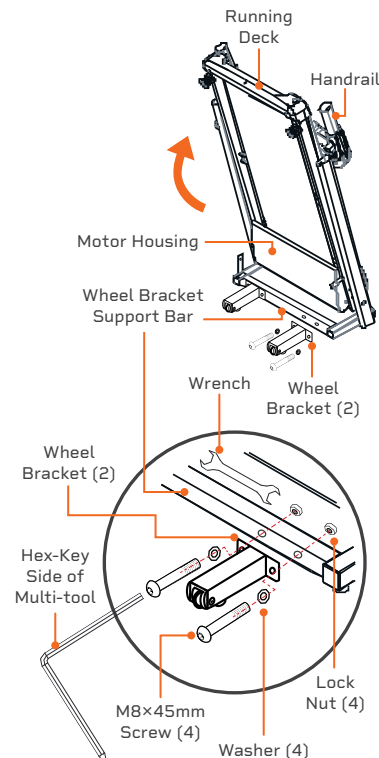


## 2

## INSTALL THE WHEEL BRACKETS

**You will need:** 2 wheel brackets, 4 M8×45mm screws (G), 4 washers (E), 4 lock nuts (F), multi-tool (A), wrench (B)

1. Tip the treadmill body onto the non-slip feet under the front of the motor housing. The running deck and handrails will point **UP**.
2. Align one of the wheel brackets with one set of screw holes on the wheel bracket support bar.
3. Put a washer (E) onto one of the screws (G).
4. Insert the screw/washer combination through the screw holes in the wheel bracket and the support bar.
5. Screw a lock nut (F) onto the end of the screw.
6. Repeat steps 3–5 to attach the other side of the wheel bracket.
7. Attach the second wheel bracket to the support bar in the same manner.
8. Use the hex key end of the multi-tool (A) to hold each screw in place as you use the wrench (B) to tighten all four nuts.



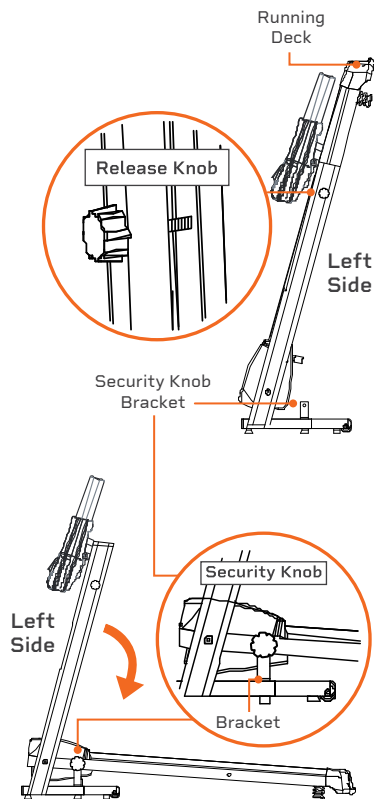
## 20-MINUTE ASSEMBLY GUIDE

3

### UNFOLD THE TREADMILL

You will need: 1 security knob (I)

1. Ensure the treadmill is positioned with the running deck and handrails pointing **UP**.
2. With one hand, grasp the top end of the running deck.
3. With your other hand, pull the black release knob at the top of the left upright post to release the running deck.
4. Using both hands, lower the running deck to the floor. The upright posts are now at approximately an 80° angle with the running deck.
5. Insert the security knob (I) through the screw hole in the security knob bracket and the screw hole in the side of the running deck.
6. Tighten the security knob to lock the running deck in position.

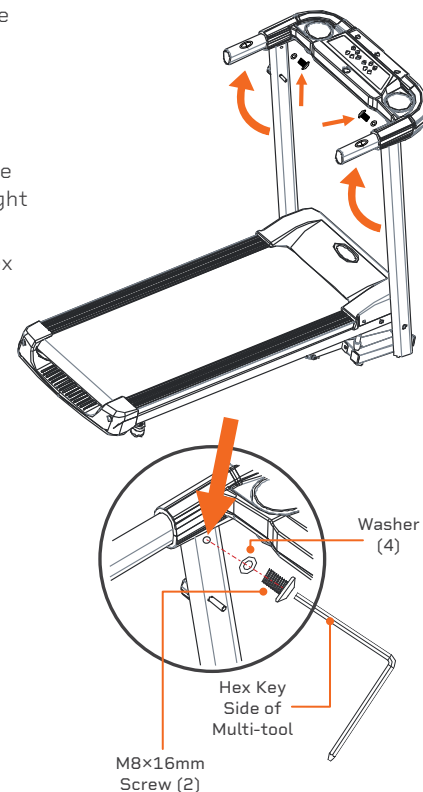


4

### SECURE THE HANDRAILS

You will need: 2 M8×16mm socket head screws (C), 2 washers (E), multi-tool (A)

1. Tilt the handrails up so they are parallel to the floor.
2. Put a washer (E) on one of the screws (C).
3. Insert the screw/washer combination into the screw hole on the **INSIDE** of the left upright post.
4. Tighten the screw using the hex key end of the multi-tool (A).
5. Repeat steps 2–4 to secure the handrails to the right upright post.

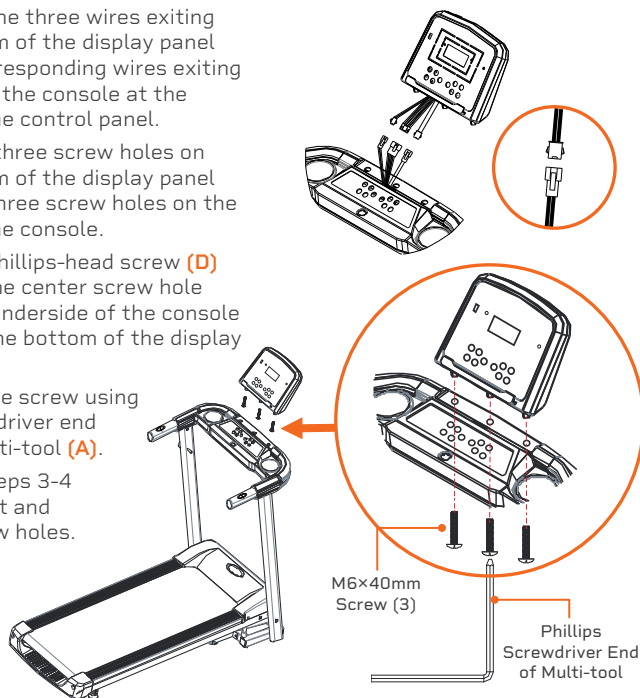


## 20-MINUTE ASSEMBLY GUIDE

### 5 INSTALL THE DISPLAY PANEL

You will need: display panel, 3 M6×40mm Phillips-head screws (D), multi-tool (A)

1. Connect the three wires exiting the bottom of the display panel to the corresponding wires exiting the top of the console at the front of the control panel.
2. Align the three screw holes on the bottom of the display panel with the three screw holes on the front of the console.
3. Insert a Phillips-head screw (D) through the center screw hole from the underside of the console and into the bottom of the display panel.
4. Tighten the screw using the screwdriver end of the multi-tool (A).
5. Repeat steps 3-4 for the left and right screw holes.



### 6 LUBRICATE THE RUNNING BELT

Before using your Swift treadmill for the first time, you must lubricate the running belt. Follow the steps in **LUBRICATING THE RUNNING BELT** on page 32.

## USING YOUR TREADMILL

### STARTING THE TREADMILL

1

#### POWER ON THE SWIFT

1. Plug the power cord into a grounded wall outlet.
2. Flip the Power switch at the front to the ON position. The display will light up and all values will be set to zero.



2

#### PLACE THE MAGNETIC SAFETY KEY

The magnetic safety key cuts power to the treadmill if you fall or an emergency occurs. See **USING THE MAGNETIC SAFETY KEY** on page 9.

1. Place the magnetic end of the safety key on the round magnetic port just below the control panel on the treadmill console.
2. Clip the other end of the safety key securely to your clothing.
3. Give the clip a tug to make sure it won't release from your clothing.

**▲ The magnetic key MUST be in place before the treadmill can be operated.**

3

#### GET ON THE TREADMILL

1. Hold onto the handrails with both hands.
2. Stand with your feet on the foot rails on either side of the running belt. Do not stand on the running belt.
3. Press the green **Start button**.
4. Place your feet, one at a time, on the running belt only **after** it has begun to move at a consistent, low speed of 2 mi/hr or less.

### STOPPING THE TREADMILL

1

#### GET OFF THE TREADMILL

1. Press the red **Stop button** to stop the running belt.
2. Wait until the treadmill has come to a **complete stop** before attempting to get off the treadmill.

2

#### POWER OFF AND UNPLUG THE SWIFT

1. Remove the magnetic safety key and store it in a separate location.
2. Flip the Power switch to the OFF position.
3. Unplug the power cord from the wall outlet.

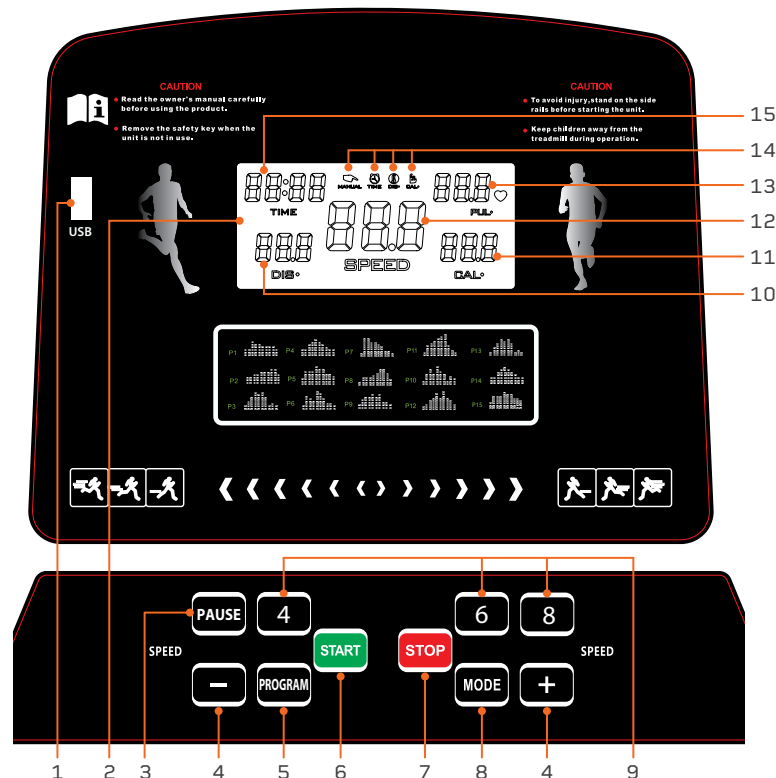


# OPERATING INSTRUCTIONS

## USING THE KEYPAD TO OPERATE THE SWIFT

- USB Port:** Insert a USB charging cable to charge your smartphone or tablet.
- Display Window:** The window shows remaining time, distance completed, calories burned, and pulse (if hands are on the pulse sensors). The center of the window shows current speed or program selected.
- Pause Button:** During training, press the button to pause the workout.
- + / - Buttons:** During training, increase/decrease the speed, in 0.1 mi/hr increments, from 1–10 mi/hr. When setting up a training mode, use the buttons to increase/decrease the time goal from 5–45 minutes, in 1-minute increments, the distance goal from 1–99 miles, or the calorie goal from 20–990 kilocalories.
- Program Button:** Choose a preset program. While in standby mode,\* press the button to toggle through the preset programs: P01–P15.
- Start Button:** Start a manual workout or begin the selected preset program after a 3-second countdown.
- Stop Button:** Stop the current workout and the movement of the running belt. The motor will slow the running belt to a smooth stop. All workout values will be reset. If no additional buttons are pressed within 10 minutes, the display will enter sleep mode.\* To exit sleep mode, press any button.
- Mode Button:** When creating a manual workout, toggle through the three training modes: time goal (H-1), distance goal (H-2), and calorie goal (H-3).
- Speed Shortcut Buttons:** Quickly change the running belt speed according to your selection. Select from three speeds: 4, 6, or 8 mi/hr.
- Distance Readout:** Shows distance completed, in miles, during the current workout.
- Calorie Readout:** Shows the number of calories burned, in kilocalories, during the current workout.
- Program/Speed Readout:** In standby mode, shows the current selected preset program (P01–P15) or training mode (H-1–H-3). During the workout, shows the current speed.
- Pulse Readout:** Shows pulse rate, in beats per minute, when both hands are in contact with the sensors on the handrails. If hands are not on the sensors or there is poor contact, the readout displays “P”.
- Mode Icons:** When a simple manual workout or a training mode is selected, the “manual” icon lights up. The time, distance, or calorie icon lights up when the corresponding training mode is selected.
- Time Readout:** Shows time remaining or elapsed, in HR:MIN, depending on the selected program or mode.

\*See **STANDBY, WORKING, AND SLEEP MODES** on page 19.



## USING THE PULSE SENSORS

**Pulse Sensors:** Grasp the oval-shaped sensors on the handrails with both hands. Hold the sensors firmly but not too tightly. Your pulse will show in the Pulse Readout in the upper-right corner of the display window after a few seconds. If the sensors become damp, it may be difficult to get a pulse reading.

**CAUTION:** Pulse rate shown may be inaccurate. Overexertion can damage your health. See **PULSE RATE MONITORING** on page 26 for more information.

# CREATING A MANUAL WORKOUT

## CREATING A SIMPLE MANUAL WORKOUT

To begin a quick and simple manual workout:

1. Press the **Start button** to begin training. You will see a hand icon and “MANUAL” at the top of the display window.
2. The elapsed training time will show in the Time Readout. 45 minutes is the maximum workout duration.
3. Use the **+/- buttons** or the **Speed Shortcut** buttons to adjust the speed at any time during your workout.
4. Press the **Pause button** to pause the workout at any time.
5. Press the **Stop button** when you wish to stop training.

**NOTE:** When the Start button is pressed, the display will show a 3-second countdown (you will hear accompanying tones). The training timer will begin upon completion of the countdown and the treadmill will begin automatically. The treadmill will stop automatically when the 45-minute maximum workout duration is reached or when the Stop button is pressed.

## USING TRAINING MODES TO SET TRAINING GOALS

Three training modes (H-1–H-3) allow you to set a specific training goal, time, distance, or a certain number of calories to be burned, for your manual workout. During training, your specific training goal will count down and the treadmill will automatically stop when the goal is reached. The three training modes are not available for preset programs.

### MODE H-1: SET A TRAINING TIME GOAL

1. Press the **Mode button** one time to choose mode H-1, which shows on the Program/Speed Readout. A clock icon and “TIME” will light up at the top of the window.
2. The default time “10:00” will flash in the Time Readout. Enter the desired training time, from 5:00–45:00 minutes, in one-minute increments, by pressing the **+/- buttons**.
3. Press the **Start button** to begin the training program.
4. Use the **+/- buttons** or the **Speed Shortcut** buttons to adjust the speed at any time during your workout.

### MODE H-2: SET A TRAINING DISTANCE GOAL

1. Press the **Mode button** two times to choose mode H-2, which shows on the Program/Speed Readout. A road icon and “DIS•” will light up.
2. The default distance “1.0” will flash in the Distance Readout. Enter the desired training distance, from 1.0–45 miles, by pressing the **+/- buttons**.
3. Press the **Start button** to begin the training program.
4. Use the **+/- buttons** or the **Speed Shortcut** buttons to adjust the speed at any time during your workout.

### MODE H-3: SET A CALORIE GOAL

1. Press the **Mode button** three times to choose mode H-3, which shows on the Program/Speed Readout. A calorie icon and “CAL•” will light up.
2. The default calorie goal “50” will flash in the Calorie Readout. Enter the desired calorie goal, from 20–990 calories, by pressing the **+/- buttons**.
3. Press the **Start button** to begin the training program.
4. Use the **+/- buttons** or the **Speed Shortcut** buttons to adjust the speed at any time during your workout.

**NOTE:** When the Start button is pressed, the display will show a 3-second countdown (you will hear accompanying tones). The training time will begin upon completion of the countdown and the treadmill will begin automatically. The treadmill will stop automatically when the training mode goal has completed.

## STANDBY, WORKING, AND SLEEP MODES

**Standby Mode:** The treadmill is powered on, but no workout is in progress.

**Working Mode:** A preset program or manual workout is in progress.

**Sleep Mode:** After 10 minutes without input from the control panel or movement of the running belt, the display window will enter sleep mode. Press any button to wake the display.

# USING THE PRESET PROGRAMS

The Swift has a large number of preset training programs to help you reach your fitness goals: P01–P15.

## TRAINING WITH PRESET PROGRAMS (P01–P15)

The 15 preset training programs are each divided into 10 segments, each with a preset speed. See the Preset Program Speed chart on the next page. To begin a preset training program:

1. Press the **Program button** to toggle through the programs. Choose one of the preset training programs: P01–P15.
2. The default time of “10:00” will flash in the Time Readout. Use the **+/- buttons** to adjust the workout time from 5:00–45:00 minute, in one-minute increments.
3. Press the **Start button** to begin the preset program.
4. You may adjust the speed using the **Speed Shortcut buttons** or **+/- buttons** if desired; however, after the segment ends, the speed will resume at the next segment’s preset speed.
5. Press the **Pause button** to pause the workout at any time.
6. Press the **Stop button** if you wish to stop the workout before the preset program ends.

**NOTE:** When the Start button is pressed, the display will show a 3-second countdown (you will hear accompanying tones). The training time will begin upon completion of the countdown and the treadmill will begin automatically. The treadmill will stop automatically when the preset program finishes.

## CHARGING YOUR CELL PHONE OR TABLET

You can charge your cell phone or tablet while using the treadmill. To charge:

1. Plug a USB charging cable into your cell phone or tablet.
2. Plug the charging cable into the USB output port on the face of the display panel at top left.

# PRESET PROGRAM SPEED

| PRGM | VALUE | SPEED BY SEGMENT |   |   |   |   |   |    |   |   |    |
|------|-------|------------------|---|---|---|---|---|----|---|---|----|
|      |       | 1                | 2 | 3 | 4 | 5 | 6 | 7  | 8 | 9 | 10 |
| P01  | mi/hr | 3                | 3 | 6 | 5 | 5 | 4 | 4  | 4 | 4 | 3  |
| P02  | mi/hr | 3                | 3 | 4 | 4 | 5 | 5 | 5  | 6 | 6 | 4  |
| P03  | mi/hr | 2                | 4 | 6 | 8 | 7 | 8 | 6  | 2 | 3 | 2  |
| P04  | mi/hr | 3                | 3 | 5 | 6 | 7 | 6 | 5  | 4 | 3 | 3  |
| P05  | mi/hr | 3                | 6 | 6 | 6 | 8 | 7 | 7  | 5 | 5 | 4  |
| P06  | mi/hr | 2                | 6 | 5 | 4 | 8 | 7 | 5  | 3 | 3 | 2  |
| P07  | mi/hr | 2                | 9 | 9 | 7 | 7 | 6 | 5  | 3 | 2 | 2  |
| P08  | mi/hr | 2                | 4 | 4 | 4 | 5 | 6 | 8  | 8 | 6 | 2  |
| P09  | mi/hr | 2                | 4 | 5 | 5 | 6 | 5 | 6  | 3 | 3 | 2  |
| P10  | mi/hr | 2                | 5 | 7 | 5 | 8 | 6 | 5  | 2 | 4 | 3  |
| P11  | mi/hr | 2                | 5 | 6 | 7 | 8 | 9 | 10 | 5 | 3 | 2  |
| P12  | mi/hr | 2                | 3 | 5 | 6 | 7 | 8 | 9  | 6 | 5 | 3  |
| P13  | mi/hr | 2                | 5 | 6 | 9 | 7 | 8 | 5  | 2 | 3 | 2  |
| P14  | mi/hr | 3                | 4 | 5 | 6 | 7 | 8 | 5  | 4 | 3 | 3  |
| P15  | mi/hr | 3                | 5 | 7 | 7 | 8 | 7 | 7  | 5 | 5 | 4  |

## FOLDING, MOVING, AND STORING

### ⚠ CAUTION:

- Always power OFF the treadmill at the Power switch and unplug the treadmill before folding, moving, storing, or setting up.
- Never allow children to fold, set up or move the treadmill.
- Always ensure there are no children, pets, or objects under the running deck when it is being folded, set up, or moved.
- Never operate the treadmill in its folded state.
- Children must never climb on or play near the treadmill in its folded state to prevent the machine from falling and causing injury.

### FOLDING THE TREADMILL

The Swift treadmill can be quickly and easily folded to save space. When folded, the treadmill can be stored under furniture such as a bed or stored upright in an out-of-the-way location.

#### STEP 1

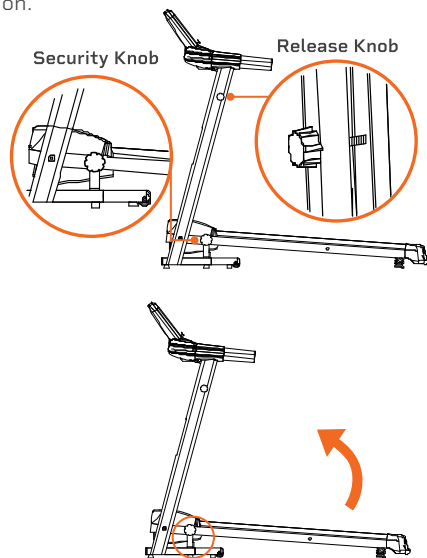
Flip the Power switch at the front of the treadmill to the OFF position. Unplug the power cord from the wall outlet.

#### STEP 2

Locate the black security knob and black release knob on the front left side of the treadmill. The black security knob is located at bottom-left. The black release knob is located at the top of the left upright post.

#### STEP 3

Unscrew the black security knob. Grasp the back end of the running deck, and lift it up to meet the upright posts.

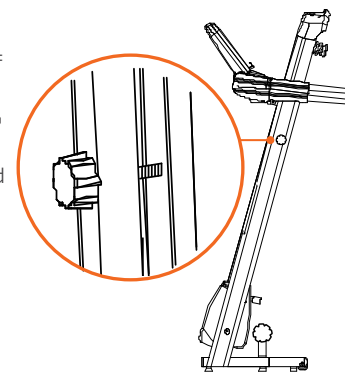


#### STEP 4

Pull the release knob as you bring the running deck up towards the upright posts. When the screw hole on the side of running deck and the pin on the release knob are aligned, push in the release knob so that the pin goes into the hole. The running deck should now be securely fixed to the upright posts.

#### STEP 5

Test to see if the treadmill is securely locked before moving or storing it. Screw the security knob back in for safekeeping. The treadmill can now be moved and stored out of the way.



### SETTING UP THE FOLDED TREADMILL

To set up the folded treadmill, complete step three **UNFOLD THE TREADMILL** in the 20-MINUTE ASSEMBLY GUIDE on page 12.

### MOVING THE TREADMILL

#### STEP 1

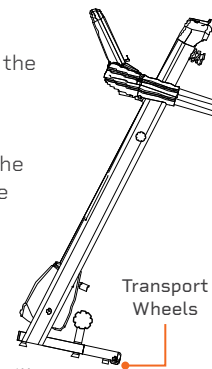
Fold up the treadmill as instructed on page 22. Ensure the power cord is wrapped up and out of the way.

#### STEP 2

Grasp the top of the treadmill by both handrails. Tilt the treadmill toward you, onto the transport wheels. Make sure to stand with your feet firmly on the ground.

#### STEP 3

The treadmill can now be moved easily. Make sure there are no children, pets, or objects in the way when you are moving the treadmill. Make sure your feet stay firmly on the ground while moving the treadmill.



# FOLDING, MOVING, AND STORING

## STORING THE TREADMILL

The treadmill can be stored in its upright folded position, or laid flat. When it's laid flat, it can be tucked under a bed, table, or desk. To store the treadmill laid flat:

### STEP 1

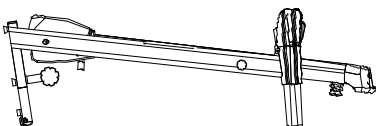
Remove the display screen by removing the three screws attaching it to the console/handrail/cockpit assembly.

### STEP 2

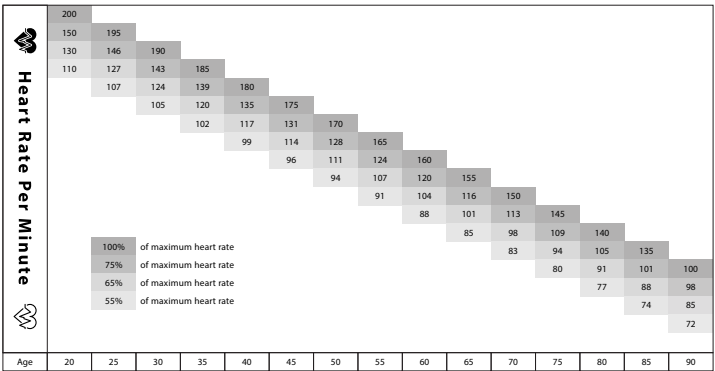
Grasp the top of the treadmill by both handrails. Tilt the treadmill toward you, onto the transport wheels. Make sure to stand with your feet firmly on the ground.

### STEP 3

Slowly lower the treadmill to the ground until the ends of the handrails are touching the ground and the treadmill is horizontal.



# PULSE AND HEART RATE



Calculate your personal target heart rate when training based on your fitness goals:

**MAXIMUM HEART RATE** **220 - Your Age = Max Heart Rate**

This value represents your maximum heart rate ("max HR") and serves as a basis from which to calculate your personal training heart rate.

**HEALTH & WELLNESS TRAINING** **Target Zone = 50-60% of Max HR**

- Ideal for people who are overweight, older, beginners, or who do not exercise often.
- Burn approx. 4-6 calories per minute to produce energy in this zone.

**FAT BURNING TRAINING** **Target Zone = 60-70% of Max HR**

- Ideal for athletes and sports people who aim to lose weight.
- Burn approx. 6-10 calories per minute to produce energy in this zone.

**CONDITIONING & FITNESS TRAINING** **Target Zone = 70-80% of Max HR**

- Ideal for athletes and sports people who want to improve their stamina and/or conditioning.
- Burn approx. 10-12 calories per minute to produce energy in this zone.

For best results, calculate the average value of selected target zone (see chart above):

- **Health & Wellness:** target zone average = 55% of max HR (max HR x 0.55)
- **Fat Burning:** target zone average = 65% of max HR (max HR x 0.65)
- **Conditioning & Fitness:** target zone average = 75% of max HR (max HR x 0.75)

## PULSE RATE MONITORING

**⚠ CAUTION:** The pulse rate monitoring system may be inaccurate. Excessive training can cause serious injury or even death. If you feel unwell, lightheaded, nauseous, or if you experience chest pain or shortness of breath, stop training immediately. Make sure all users of this treadmill are familiar with this information, understand it, and apply it unconditionally.

### PULSE RATE MONITORING USING THE HAND SENSORS

The Swift is equipped with pulse sensors integrated into the handrails. These sensors are used for short-term determination of the pulse rate. To do this, you need to cover the sensors with both hands at the same time. The pulse measuring system is based on changes in electrical skin resistance measured by the hand sensors due to the heartbeat and blood pressure fluctuations. These changes are summarized as a mean value and shown after a short time on the display as the current pulse rate.

**⚠ CAUTION:** For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands, and body tremors may prevent correct measurement. In such cases, the pulse value may be displayed incorrectly or not at all.

If the pulse fails to display or displays incorrectly, check to see if the same problem occurs for other users. If the problem occurs only with one user, the treadmill is not defective.

**⚠ CAUTION:** The sensors measure pulse only for the purpose of displaying the current pulse during exercise. This value says nothing about the safety and effectiveness of the training. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes.

Therefore, it is important to discuss with your physician the most suitable exercise type, duration, and exertion level for you and to create a suitable exercise plan before you begin using the Swift. This applies especially to those who:

- Are older than 35 years
- Have blood pressure that is too high or too low
- Have heart problems
- Are overweight
- Have not been physically active for a long period of time

## TRAINING RECOMMENDATIONS

### PREPARING FOR TRAINING

If you have not done endurance or cardio training for a long period of time, you should make an appointment with your physician for a checkup and to discuss your training goals. This is especially important for people who are over 35, overweight, or have heart/circulatory problems.

### TRAINING RECOMMENDATIONS

#### HYDRATION

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 4 cups of liquid. You should drink about 1.5 cups 30 minutes before beginning exercise. Take care to maintain balanced hydration during the workout.

#### TRAINING FREQUENCY

Experts recommend endurance training 3–4 days a week to keep your cardiovascular system fit. The more you train, the faster you will achieve your training goals. However, it is important to plan sufficient breaks, to give your body enough time for rest and recovery. After each training session, you should take at least one day off.

#### EXERCISE INTENSITY

Many beginners make the mistake of training too intensely. If your goal is to run a marathon, your training intensity will certainly be high. However, most people have training goals such as weight reduction, cardiac/exercise training, stress reduction, and therefore should exercise at a lower intensity. We recommend aiming for the appropriate target heart rate for your particular training goal. See **PULSE AND HEART RATE** on page 25 for more information.

#### DURATION OF INDIVIDUAL TRAINING SESSIONS

For optimal endurance or weight-reduction training, the duration of each training session should be 25–60 minutes. Beginners and those who have not exercised regularly for a long period of time should start with short training sessions of 10 minutes or less in the first week and slowly increase training duration week to week.

#### TRAINING DOCUMENTATION

To stay motivated and to evaluate the success of your training, create a training plan before beginning a new exercise routine. In your plan, document data from each training session, such as distance, training time, pulse, as well as data, such as body weight, blood pressure, resting heart rate (measured in the morning right after waking up), and how you feel during exercise. See the **SAMPLE WEEKLY TRAINING PLAN** on the bottom of page 29.

## TRAINING INSTRUCTIONS

### STEP 1: WARM-UP PHASE

Spend about 5 minutes doing warm-up stretches before exercising; this prevents pulled muscles and other exercise injuries. Stretching gets blood flowing and helps loosen your muscles so they are ready for exercise. While doing the following stretches, do not force or jerk your muscles, and most importantly, if it hurts: STOP. After stretching, continue your warm-up by walking on the treadmill for 3–5 minutes at a low speed.

#### TOUCH YOUR TOES

1. Bend your knees slightly. Let your back and shoulders relax as you bend over and try to touch your toes.
2. Hold the stretch for 10–15 seconds. Repeat 3 times.



#### STRETCH YOUR LEGS, CALVES, AND BUTTOCKS

1. Sit on the floor or a cushion. Place your left foot against your right inner thigh.
2. Bend toward your right foot and try to touch your toes.
3. Hold the stretch for 10–15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.



#### STRETCH YOUR QUADS

1. Place your left hand on a wall or a table to help with balance.
2. With your right hand, grab your right ankle. Pull your heel in toward your buttocks.
3. Hold the stretch for 10–15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.



#### STRETCH YOUR GROIN AND INNER THIGH MUSCLES

1. Sit on the floor or a cushion with your knees bent and the soles of your feet together.
2. Hold your ankles and bend forward at your hips.
3. Hold the stretch for 10–15 seconds. Repeat 3 times.



### STEP 2: EXERCISE PHASE

During the exercise phase you're building muscle, stamina, and improving your cardiovascular health slowly over time. The most important thing is to always listen to your body. If you are tired or sore, slow down or stop training for the day.

### STEP 3: RECOVERY PHASE

After exercising, it's important to give your body time to cool down and recover. Walk on the treadmill for another 3–5 minutes at low speed. Then, spend 5 minutes completing the above warm-up stretches to continue cooling down your muscles. Be careful not to force or jerk your muscles as you stretch.

## CONNECTING TO BLUETOOTH SPEAKERS

You can connect your smartphone or tablet to the Swift's built-in Bluetooth speakers. When connected, you can listen to music and videos and take phone calls while exercising. To connect:

1. On your smartphone or tablet, go to **Settings**, then **Bluetooth**.
2. Turn on Bluetooth.
3. In the Device List, select the **hmk\_audio** device.
4. When prompted, tap **Pair**.

Your smartphone or tablet is now connected to the Bluetooth speakers.

| SAMPLE WEEKLY TRAINING PLAN          |      |                   |                   |                 |            |       |
|--------------------------------------|------|-------------------|-------------------|-----------------|------------|-------|
| Week: _____ Month: _____ Year: _____ |      |                   |                   |                 |            |       |
| Day                                  | Date | Exercise Duration | Exercise Distance | Calories Burned | Pulse Rate | Notes |
| Mon.                                 |      |                   |                   |                 |            |       |
| Tues.                                |      |                   |                   |                 |            |       |
| Wed.                                 |      |                   |                   |                 |            |       |
| Thur.                                |      |                   |                   |                 |            |       |
| Fri.                                 |      |                   |                   |                 |            |       |
| Sat.                                 |      |                   |                   |                 |            |       |
| Sun.                                 |      |                   |                   |                 |            |       |
| Weekly Totals:                       |      |                   |                   |                 |            |       |

## MAINTENANCE AND CARE

**⚠ CAUTION:** Before you perform any care, cleaning, maintenance, repair, or similar work on your treadmill, switch off the power and remove the power cable from the electrical outlet. Check before starting the planned work that your treadmill is completely disconnected and switched off. Only when all work is fully completed, and the device is completely re-assembled, may the treadmill be reconnected to a wall outlet and switched on.

### BEFORE FIRST USE OR AFTER A LONG BREAK FROM TRAINING

Check that the treadmill is safe. There must be no objects on or under the device. Make sure that there is a continuous film of lubricant (silicone) on the running deck. If this is not the case, then use the supplied silicone to apply a lubricant film. See **LUBRICATING THE RUNNING BELT** on page 32.

### MAINTENANCE & CLEANING INTERVALS

After each workout, clean the treadmill with a damp cloth to remove any perspiration and/or other liquid residues. Never use solvents or chemical cleaners to clean the treadmill. Dry the cleaned areas thoroughly.

#### CHECK THE LUBRICATION OF THE RUNNING BELT: ONCE A WEEK

If your regular checks show that there is no longer enough lubrication, lubricate the belt immediately and shorten the inspection interval accordingly. Please see **LUBRICATING THE RUNNING BELT** on page 32 for instructions. If the treadmill has a folding mechanism and has been standing upright for a long time, check whether there is still enough lubricant present.

#### CHECK THE ALIGNMENT OF THE RUNNING BELT: ONCE A WEEK

The alignment of the running belt must be checked regularly. If you notice that the belt is running to one side, this must be corrected immediately. Please see **ADJUSTING THE RUNNING BELT** on page 34.

#### CLEAN THE MOTOR COMPARTMENT: ONCE A MONTH

To clean the motor compartment, remove the motor cover bolts and cover. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

**⚠ CAUTION:** This work may only be performed when the treadmill is switched off and the power plug is removed.

#### CHECK THE MOUNTING MATERIALS: ONCE A MONTH

Check the bolts and nuts at least once a month. Tighten, if necessary.

#### WHY IS MAINTENANCE OF MY TREADMILL SO IMPORTANT?

In order to enjoy using your treadmill for many years, it is important to regularly and consistently do basic maintenance. The maintenance interval will depend very much on how often you use your treadmill, and therefore the intervals may need to be shorter than specified.

#### WHAT CAN HAPPEN IF THERE IS A LACK OF MAINTENANCE?

There is friction between the running belt and the running deck when in use. Any kind of friction creates wear which reduces the life of your treadmill. By lubricating between the running belt and the running deck with silicone oil, this friction is reduced, thus increasing the life of both parts. If the treadmill runs dry, the running deck will get hot, and the surface of the running deck and the running belt may be damaged or destroyed. Friction can also lead to a static charge which can discharge on contact with the frame. This is not only unpleasant but can also destroy the treadmill's electronics.

#### WHY DO I HAVE TO CLEAN THE MOTOR COMPARTMENT?

Due to movement of the running belt and ventilation of the motor, the treadmill attracts dust from the environment. This dust will be deposited both under and in the machine. Without cleaning, the interior of the treadmill would at some point get so dusty that a short would be caused in the electronic components. To avoid this, regular cleaning is necessary.

#### DAMAGE CAUSED BY NEGLECT OR LACK OF MAINTENANCE AND CARE ARE EXCLUDED FROM THE WARRANTY.



## MAINTENANCE AND CARE

**⚠ WARNING:** Always flip the Power switch to the OFF position **and** unplug the power cord before starting any maintenance, cleaning, or repairs.

### CLEANING & GENERAL MAINTENANCE

- Wipe down the Swift after exercise. Clean only with a damp cloth. Do not use chemical or solvent cleaners.
- Inspect for visible damage before use. Do not use if damaged or malfunctioning.
- Inspect and tighten all external bolts periodically.
- Only use with the original parts and accessories provided by the manufacturer.
- Never remove the motor hood, other than to perform cleaning and maintenance procedures described in this manual, or unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Never insert or drop any object into any opening.

### LUBRICATING THE RUNNING BELT

The most important maintenance for a treadmill is regular, timely lubrication and care and maintenance of the running belt.

- The running belt must be lubricated if a significant increase in friction is noted. This will be apparent if the belt makes jerking movements during training.
- Insufficient lubrication and the resulting increase in friction will inevitably lead to an increase in wear and cause damage to the treadmill's running belt, deck, motor, and circuit board.
- How often you use the treadmill will generally determine how often you must perform maintenance. Typically, treadmills will only need to be lubricated every few months. However, as use-time will vary greatly from person to person, we recommend you keep a maintenance log and set a specific day each week in the first 6 months of use to check the lubrication of the running belt.
- To check the belt lubrication, lift up the front third of the belt and feel with your hand for lubrication under the center of the belt. If lubrication is present, then write "OK" next to the date in your maintenance log. If there is little or no lubrication present, then lubricate the belt and record in your maintenance book accordingly. Over time, you will be able to see how often lubrication is needed.

**⚠ Even if you choose not to keep a maintenance log, you MUST check the lubrication of the running belt at least once a week.**

- If the treadmill is not used, or remains folded-up for a long period, you must check the lubrication of the belt before use and lubricate it if necessary.

**⚠ CAUTION:** Only use the included bottle of silicone maintenance oil to lubricate the running belt. Do NOT use any other kinds of silicone, lubricants, or silicone sprays.

### HOW TO LUBRICATE THE RUNNING BELT

1. Make sure that the treadmill is switched off, unplugged, and that the belt is no longer moving.
2. Open the bottle of silicone maintenance oil by pulling the top up. See *Fig. 1*.
3. Lubrication must be applied under the center of the belt. Lift one side of the belt high enough that you can reach the center with the end of bottle's applicator tip. See *Fig. 2*.
4. Apply one line of silicone oil under the center of the belt, from the front to the back of the treadmill. See *Fig. 3*.
5. Do not apply more than 5–7ml of silicone oil. If too much oil is applied it can lead to the running belt slipping. If this occurs, use a dry cloth to remove the excess oil from the running deck and drive rollers with a dry cloth.
6. After applying the lubrication, let the running belt run without any load (no one on the treadmill) at a speed of 2.5 mi/hr for 5 minutes to evenly distribute the silicone oil.



Figure 1

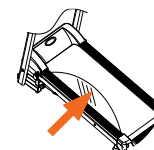


Figure 2

**⚠ CAUTION:** Do not fold up the treadmill for at least 3 days after lubricating the belt.

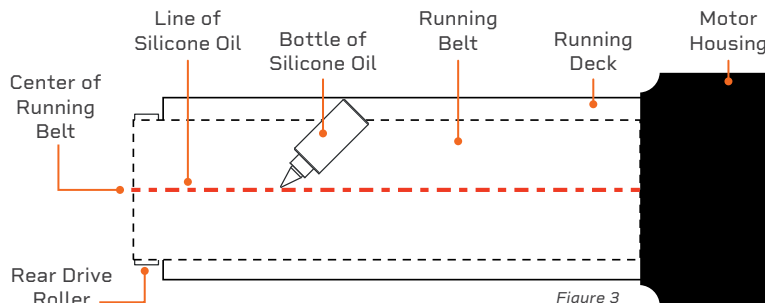


Figure 3

## MAINTENANCE AND CARE

**⚠ WARNING:** Always power off the treadmill, by flipping the Power switch to the OFF position, **and** unplug the power cord before starting any maintenance, cleaning, or repairs.

### ADJUSTING THE RUNNING BELT

**⚠ WARNING:** If the running belt has become so displaced that it is rubbing along one of the foot rails, this will cause friction and defects to the running belt. Damage caused by failure to make adjustments to the belt or insufficient adjustments will not be covered by the warranty under any circumstances.

To achieve as long a service life as possible, the running belt should always be kept running straight along the center of the running deck. Therefore, it is important to examine the belt before each training session to see if it is straight and running in the center of the deck or if it has changed position.

Possible reasons for the running belt changing position are:

- The ground on which the treadmill is standing is either uneven or at an incline.
- Personal running style (for example, distribution of weight to one side, in- or out-turned feet).

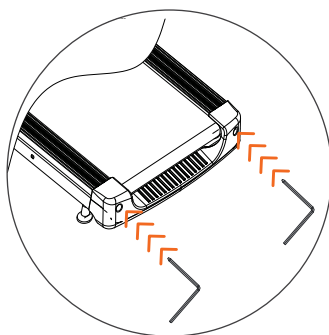
### HOW TO ADJUST THE RUNNING BELT

#### If the Belt Is Running to the Left of Center:

1. Use the provided multi-tool to turn the left adjustment screw, located at the back end of the belt, 1–2 turns clockwise.
2. Start up the running belt and let it run at a constant speed of 2.5 mi/hr to see if the belt is now running along the center.
3. If the running belt is now running in the center of the running deck, the adjustment was successful. If the belt is still off-center, repeat steps 1 and 2 until the belt is running in the center.

#### If the Belt Is Running to the Right of Center:

1. Use the provided multi-tool to turn the right adjustment screw, located at the back end of the belt, 1–2 turns clockwise.



2. Start up the running belt and let it run at a constant speed of 2.5 mi/hr to see if the belt is now running along the center.
3. If the running belt is now running in the center of the running deck, the adjustment was successful. If still off-center, repeat steps 1 and 2 until the belt is running in the center.

**NOTE:** If the belt cannot be adjusted, please contact a support representative immediately.

### RE-TENSIONING THE RUNNING BELT

If the running belt is slipping on the drive rollers during operation (this will be apparent because the belt will jolt noticeably during operation) the belt is too loose and must be re-tensioned. The running belt is re-tensioned using the same adjustment screws used when adjusting the belt, located at the back end of the belt.

1. Start up the running belt and let it run at a constant speed of 2.5 mi/hr.
2. Use the provided multi-tool to turn one adjustment screw, then the other, 1–2 turns clockwise.
3. Try to slow down the running belt by walking on it as if you are walking down a steep slope. If the front roller is still turning, repeat the tensioning process once again. The running belt should be tensioned so that the front roller only turns with heavy braking.
4. If the belt is too tight, you will feel excessive resistance, skidding, or pausing. In this case, use the provided multi-tool to turn one adjustment screw, then the other, 1–2 turns counterclockwise.

## TROUBLESHOOTING & ERROR CODES

Quickly troubleshoot simple issues you might experience with your Swift Treadmill using the table below.

Please contact a customer support representative for additional assistance at: (732) 456-6063 or [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com). Please do not attempt to repair the treadmill on your own.

| PROBLEM                     | POSSIBLE REASON                         | HOW TO RESOLVE                                                                                 |
|-----------------------------|-----------------------------------------|------------------------------------------------------------------------------------------------|
| Treadmill is not working.   | No power.                               | Insert the plug into a wall outlet.                                                            |
|                             | Power switched off.                     | Flip the Power switch to the ON position.                                                      |
|                             | Magnetic safety key is not in position. | Place the magnetic safety key in place on the magnetic port on the front of the treadmill.     |
|                             | Treadmill has entered sleep mode.       | Press any button on the control panel to exit sleep mode.                                      |
|                             | Short circuit.                          | Contact customer support.                                                                      |
|                             | Fuse burned out.                        | Contact customer support.                                                                      |
| Keypad not functioning.     | Broken or disconnected buttons.         | Contact customer support.                                                                      |
| Running belt is not smooth. | Not enough lubrication.                 | Lubricate with the belt with silicone oil. See <b>LUBRICATING THE RUNNING BELT</b> on page 32. |
|                             | Running belt too tight.                 | Adjust the belt. See <b>ADJUSTING THE RUNNING BELT</b> on page 34.                             |
| Running belt is skidding.   | Running belt too loose.                 | Adjust the belt. See <b>ADJUSTING THE RUNNING BELT</b> on page 34.                             |

| ERROR CODE                      | POSSIBLE REASON                                                                | HOW TO RESOLVE                                                                   |
|---------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| E1                              | Wires are not well connected.                                                  | Check wire connection or replace wires.                                          |
|                                 | Display is defective.                                                          | Replace display.                                                                 |
|                                 | Transformer/controller is defective.                                           | Replace transformer/controller.                                                  |
| E2                              | Motor wire or motor is defective.                                              | Check/replace wire or motor.                                                     |
|                                 | Poor wire connection between motor and controller, or controller is defective. | Check/replace wire or controller.                                                |
| E3                              | Speed sensor is not well connected.                                            | Check that the speed sensor is connected correctly.                              |
|                                 | Speed sensor is defective.                                                     | Replace speed sensor.                                                            |
|                                 | Poor connection between speed sensor and controller.                           | Check/replace wire.                                                              |
|                                 | Controller is defective.                                                       | Replace controller.                                                              |
| E5                              | Controller is defective.                                                       | Replace controller.                                                              |
|                                 | Motor is defective.                                                            | Replace motor.                                                                   |
| E6                              | Voltage is too low, or no voltage.                                             | Replace controller.                                                              |
| E7                              | No signal from magnetic safety key.                                            | Check that the magnetic safety key is in position. Or check wires to safety key. |
| No pulse data shown on display. | Handrail pulse sensor wires are defective.                                     | Check/replace the wires.                                                         |
|                                 | Display is defective.                                                          | Check/replace display.                                                           |
| Display does not show all data. | PCB screws are loose.                                                          | Tighten the screws.                                                              |
|                                 | Display is defective.                                                          | Replace display.                                                                 |

# SAFETY INSTRUCTIONS

**PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.**

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the Swift treadmill.

## RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the Swift are adequately informed of all warnings and precautions.
2. Use the Swift only as instructed in this manual.
3. Check treadmill and power cord for damage and loose screws prior to every use. Tighten any loose screws before use. Do not use if damaged, faulty, or defective. Do not use if the device emits unusual sounds or odors.
4. Adults with diminished mental or physical capacity may only use the Swift while supervised by an adult responsible for their safety.
5. Do not allow children to use the Swift. Always remove the magnetic safety key from the Swift and unplug the power cable when not in use to prevent inappropriate and uncontrolled use by others, especially children.
6. Keep children and pets away from the Swift at all times. Do not allow children to play on or around the treadmill.
7. Do not allow more than one person to use the treadmill at a time.
8. Do not exceed the maximum weight capacity of 286 lbs.
9. The treadmill will automatically stop working after the set working time. Do not allow to run continuously for more than two hours at a time.
10. Keep the bottle of maintenance oil out of reach of children to prevent accidental ingestion.

## ELECTRICAL

11. Only power the treadmill using the integrated power cord.
12. Plug the Swift into an appropriately grounded outlet, installed by a

professional electrician and on a dedicated circuit. It is important that no sensitive electronic equipment, such as computers or TVs, share the same circuit as the Swift.

13. Do not plug into a power strip. It is not recommended to use an extension cable.
14. Do not connect other appliances to the same outlet as the Swift.
15. Do not use outdoors. Do not use the unit in high-temperature, high-moisture, or high-dust environments. Do not use or store in direct sunlight. Do not use during severe storms. Unplug the device immediately in the event of a power failure.
16. The treadmill is not waterproof. Never spill water or beverages onto or into the treadmill body or operating components as this may cause electric shock or fire. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet, unplug it, and do not use.
17. Keep the Swift and power cord away from flammable or explosive items, chemicals, direct sunlight, open flames, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
18. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
19. Always unplug the Swift when it is not in use. Always unplug the unit before cleaning, doing maintenance, moving, or storing.
20. Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
21. Never operate the unit or unplug the power cord with wet hands.
22. The unit should only be powered on and off using the Power switch on the front of the motor housing.
23. Always place the power cable where it won't be damaged, stepped on, or create a tripping hazard. Never place heavy objects on the power cord. Never cut, bend, tie, or destroy the power cord.

# SAFETY INSTRUCTIONS

## PERSONAL SAFETY INSTRUCTIONS FOR EXERCISE

24. The magnetic safety key must be in place before the treadmill can be operated.
25. Consult with a medical professional before beginning a new exercise program, especially if you have heart disease, hypertension, blood clots, cancer, spinal disease, or osteoporosis, severe fractures, malignant tumors; if you have a pacemaker, artificial heart, or other similar implant; if you recently had surgery; if you are or may be pregnant. Do not use if injured or if you have a fever.
26. Incorrect or excessive exercise can be damaging to health. Always exercise within the heart beat range and time limits recommended by your physician.
27. Stop exercising immediately and consult your physician if you begin to feel faint, dizzy, or experience pain or difficulty breathing.
28. Do not use the treadmill during or immediately after eating or when you feel tired. Never use while intoxicated.
29. Always wear appropriate athletic clothing, socks, and shoes when using the Swift. It is especially important that your athletic shoes fit well.
30. Do not wear loose clothing as it can get caught during exercise, causing injury.
31. Do not jump on the running deck while exercising. Do not jump from the unit to the ground while it is moving.
32. The Swift is intended for in-home use only. Do not use the Swift in any commercial, rental, institutional, therapeutic, or school setting.

## TRAINING ENVIRONMENT

33. Keep the Swift indoors, away from moisture and dust. Do not use outdoors. Do not store in a garage or covered patio, or near water.
34. Only operate and store the unit in a dry environment between 50°F–86°F.

35. Place the unit on a sturdy, flat, clean floor during operation and while not in use.
36. Ensure there is at least seven feet of clearance behind the treadmill, and at least four feet of clearance to the front and sides.
37. It is recommended to place a floor covering (rug, carpet, mat) beneath the Swift to protect floors that could be damaged, such as wood, laminates, floor tiles, etc. Ensure that the underlayment does not slide around before beginning exercise.
38. Do not place the Swift on white or light-colored carpets or rugs as the feet could leave marks or discoloring.
39. Use the Swift in a well-ventilated room, so that an optimal amount of oxygen is available during training. Avoid drafty areas.

## CLEANING, STORAGE & MAINTENANCE

40. Flip the power switch to the OFF position, unplug the power cable, and allow the treadmill to completely cool down before cleaning, storing, or transporting.
41. Wipe down the treadmill with a soft, slightly damp cloth after each use. Ensure the treadmill is completely dry before using again. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents.
42. Store the treadmill in a cool, dry location.
43. Store the magnetic safety key separately to prevent unauthorized use.
44. Never open the motor housing unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
45. Never insert or drop any object into any opening.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Running Surface:** 39.4" L × 15.4" W

**Setup Size:** 49.6" L × 26.0" W × 48.8" H

**Folded Size:** 21.3" L × 26.0" W × 48.8" H

**Net Weight:** 63.9 lbs.

**Maximum User Weight:** 286.6 lbs.

**Power Consumption:** 600 W

**Motor Power:** 0.75 HP

**Voltage:** 110 V

**Amplitude:** 60 Hz

**Decibel Rating:** 60 dB

**Speed:** 0–10 mi/hr

**Preset Programs:** 15

**Training Modes:** 3

MADE IN CHINA

RECOVERY + FITNESS  
**SWIFT**  
TREADMILL



## LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Swift ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Swift cannot be repaired, we'll replace it—free of charge. Register your Swift at [swift.lifeprofitness.com](https://swift.lifeprofitness.com) to activate your warranty within 14 days of purchase.

# SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from 4 vibration speed levels to apply the perfect amount of intensity every time.

## SURGER BENEFITS

- Increase workout effectiveness
- Reduce soreness
- Speed up recovery
- Prevent injury
- Boost circulation
- Improve muscle flexibility and performance
- Decrease pain and inflammation
- Loosen knots, trigger points, and tightness in your muscles and fascia.



# AGILITY

VIBRATING MASSAGE BALL

The Agility vibrating massage ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

## AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow



# SONIC

VIBRATING MESSAGE GUN

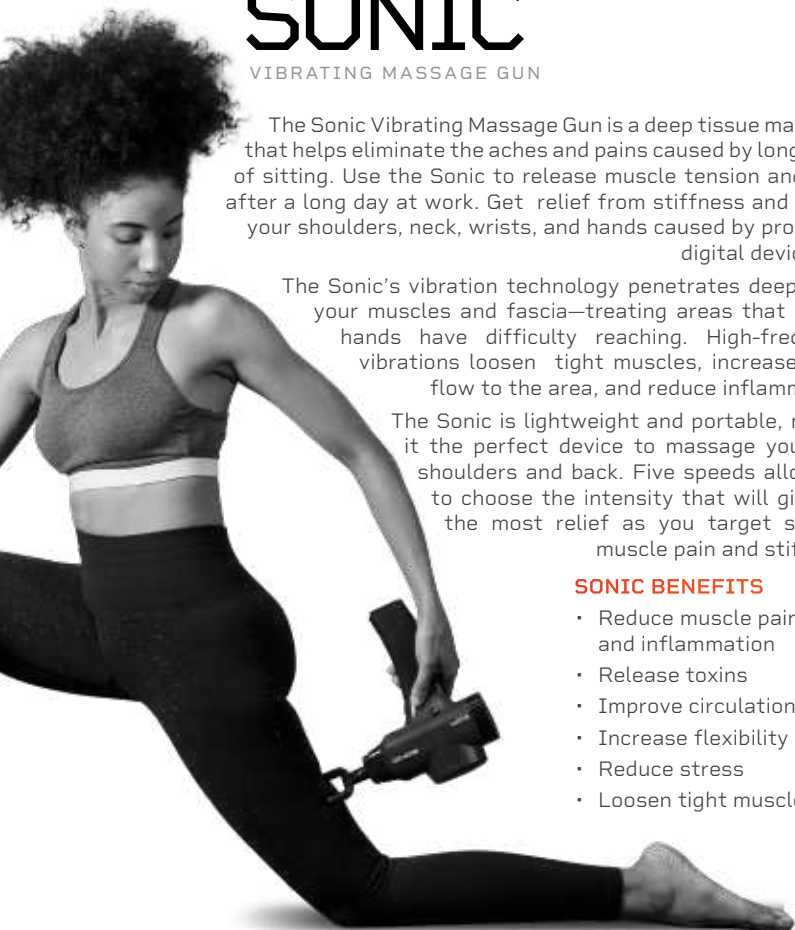
The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

## SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress
- Loosen tight muscles



# RHYTHM

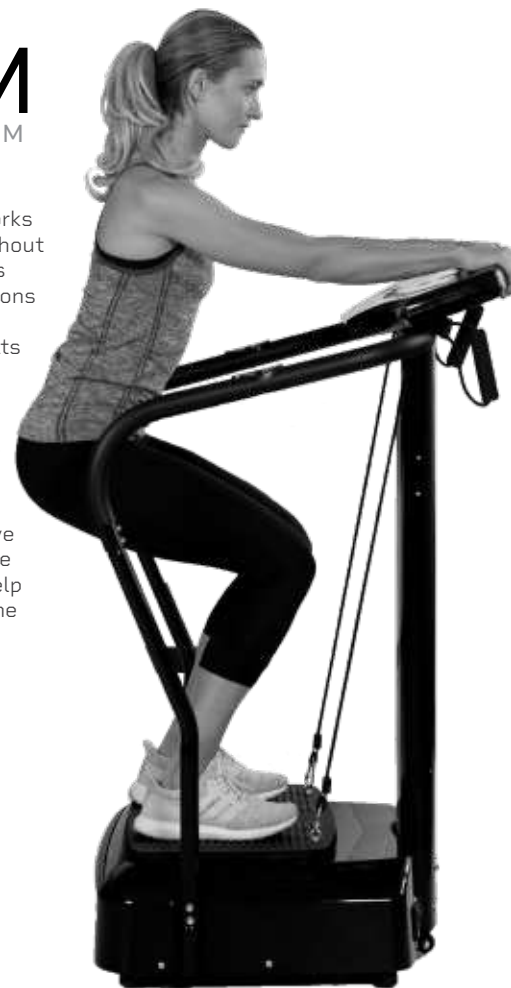
VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

## RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation







Access Lifepro TV, our library of free personal training videos on the web at [swift.lifeprofitness.com](http://swift.lifeprofitness.com) to learn how to get the most out of your Lifepro® Swift and achieve the results you want.



**YOU'VE  
GOT  
THIS**