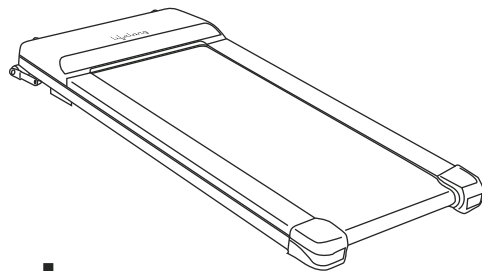


وہم لعلنا

## SmartTrack Treadmill LLTM18



EASY STORAGE



PLUG & RUN



MAX SPEED 6KM



ADAPTIVE SPEED CONTROL



WHEELS FOR EASY MOBILITY





## Terms and Conditions:

1. This warranty is void if:
  - a. The completely filled warranty card is not presented at the time of servicing the product.
  - b. The product is not operated according to the instructions given under the user manual.
  - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
  - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
  - e. Product label specifying the model number, serial number and production code has been removed and altered.
  - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
  - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
  - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as will as any other expenses and incidentals will be borne by the consumer.

5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Manufactured for & Marketed by :  
**Lifelong Online Retail Private Limited**

Made in China  
For queries and complaints:  
please contact: [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)  
[www.lifelongindiaonline.com](http://www.lifelongindiaonline.com)

## SmartTrack Treadmill LLTM18

Input Voltage	110V±10%
Frequency	50/60 HZ
Running area	1050X410mm
Function	Time, Speed, remote controller, easy self lubrication
Speed Range	1.0-6.0KM/H
Max user weight	90kgs
Power	1.5 HP

In order to decrease the risk of suffering severe injuries, carefully read all the important instructions and warnings about the use of a treadmill before using it.

Lifelong doesn't take any responsibility for personal injuries or property damages resulting from the use of this product.

- Before starting any workout program, consult your doctor. It's especially important for people older than 35 years, people with health problem and pregnant women.

- The owner must ensure that all users are correctly informed about the warnings.
- Use the equipment as explained in the instructions manual.
- Keep the equipment in an enclosed area, away from dust or humidity. Don't store it in a garage, indoor backyard or near the water. Humidity, dust and water could lead to malfunctioning of the equipment, annulling its guarantee.
- Place the unit on a flat surface. If the surface is uneven, the proper functioning could be affected. Some models include levelers or levelling threads behind the legs, helping the levelling. Please read the manual to verify if your unit is provided with one of them.
- The unit must be placed in a ventilated area. Don't use it in places with sprays or with oxygen dispenser. The air you breathe may be affected and cause an accident.
- Keep children younger than 12 years old and pets away from the equipment. Keep distance for security reasons.
- Check in the manual about the maximum weight your equipment can support. Excessive weight could lead to a malfunction in the operating system, which won't be covered by the warranty.
- Wear suitable clothes and shoes. Do not wear loose clothes that may get hooked.
- If your equipment is working through a power supply: make sure that the power cord and plug are in good conditions. Carry out the connection only when the circuit has ground connection, otherwise it could cause damage to the equipment or in the property which the warranty won't cover. Power cords must be kept away from hot surfaces.

## Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

### Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: \_\_\_\_\_

Model: \_\_\_\_\_

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)

### Customer Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Number: \_\_\_\_\_

Office Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Product Details

Model No.: \_\_\_\_\_

Serial No.: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

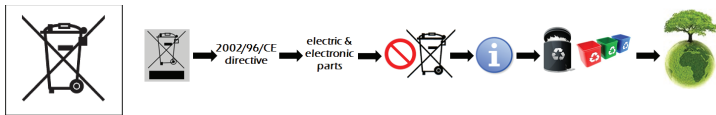
Invoice Number: \_\_\_\_\_

Online Site: \_\_\_\_\_

Please log onto to [www.lifelongindiaonline.com](http://www.lifelongindiaonline.com) and complete the online warranty form with your personal and product details within 14 days.



## RECYCLING INFORMATION



A correct lubrication of the treadmill with silicon oil or teflon is REALLY IMPORTANT. This lubrication MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

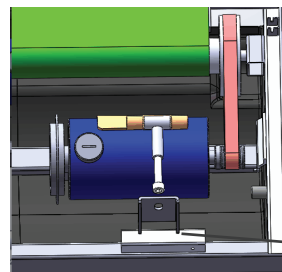
YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD

- If it is a battery-powered unit: check and make sure that they are charged enough so the display will fully function.
- If your equipment is provided with a security key, please understand the produce before using it. The security key has a magnet which must be put in the display. At the end of the lace there is a clamp which should be attached to the clothes. The treadmill will start working only if the key is placed in the display. **THIS IS ESSENTIAL.**
- If your unit works due to a power supply: don't put it into operation while you are on the belt. The motor would be unnecessarily loaded. The right way is placing yourself with open legs, each one on a side of the belt and stand up once it is ongoing.
- Check the speed it can reach, for your security. The best is to adjust the speed gradually in order to avoid sudden changes.
- If your unit works through an electric supply: never leave the machine unattended while it is working. Take the security key off, turn the "ON" button to "OFF" and unplug the power cord.
- If your equipment is provided with a pulse sensor, you may know it isn't a medical instrument. It's designed as a help for the workout and determines the tendencies of heart rates. There are some factors which could affect the accuracy of the heart rate interpretations, for example the movements of the user.
- Machines don't take too much space as they can be folded. Once folded, make sure that all is well assembled to the locking system, either if it has a lock or a hydraulic engine. Don't try to move it or raise unless you are insured. Should any damage happen leaving the machine uninsured, it won't be covered by the warranty.

- Check and tighten all screws on a regular basis, because due to vibrations screws and nuts tend to loosen. Damages caused by a lack of maintenance won't be covered in the warranty.
- A correct lubrication of the treadmill with silicon oil or Teflon is **REALLY IMPORTANT**. This lubrication must be performed regularly depending on each person, even before its first use. The lubrication must be carried out this way: disconnect the equipment from the power supply (in case you have one), pull up the tapestry from the side with one hand and spread the oil on the board. Please repeat this procedure from the other lateral side. Connect the equipment to the power supply (in case you have one) and turn the "on" button (red button) into the correct position (I), insert the security key and let the treadmill work for several minutes without any weight on it. Repeat this action on a regular basis.
- Two people will be needed in order to take the unit out from the package. Otherwise, if there is any damage caused in this moment, it won't be covered in the warranty.
- Don't let any object fall into the grooves.
- If the unit works through a power cord: always unplug the power cord before cleaning it, after the workout and before performing any maintenance duty.
- This unit is designed for domestic purposes and to keep it in an interior place, not for business environment or outdoors.
- Do workout stretches before and after the sessions, to avoid injuries.
- Drink water before, during and after the workout.
- If you start feeling pain or dizziness while training: **STOP IMMEDIATELY**.

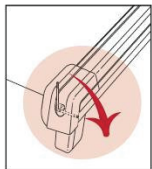
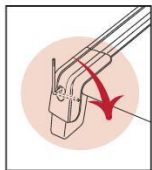
- **TIGHTEN THE DRIVEN BELT:** if the driven belt becomes loose after using for a period of time, you need to:

- (1) Open the motor cover and,
- (2) Use the 5mm wrench to turn the adjusting bolt clockwise. Repeat this procedure until the driven belt is not slippery anymore.



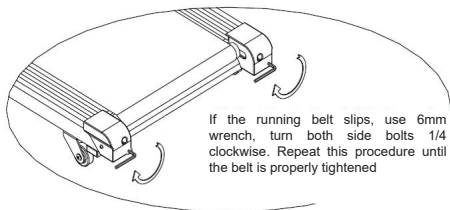
Adjusting bolt

- **CLEANING:** Do not use abrasive products. A damp cloth is enough.
  - **LEVELING:** If your unit comes with leveling wheels, please adjust them in order to avoid vibrations and malfunctions.
- KEEP THESE MAINTENANCE ADVISES FOR FUTURE REFERENCES**



LEFT BOLT  
RIGHT BOLT

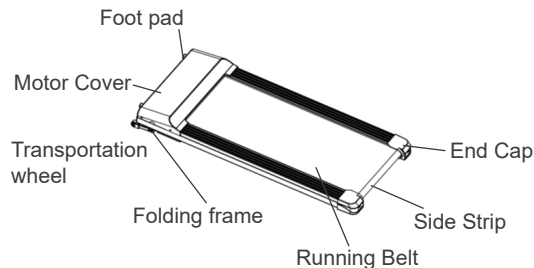
• **TIGHTEN THE BELT:** (if the belt slips on the treadmill while walking). Start treadmill and increase the speed to 3MPH. Using the 5mm Wrench, turn both bolts 1/4 clockwise. If the belt is properly tightened to walk, you must be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and maintain the belt alignment. Repeat this procedure until the belt is properly tightened.



If the running belt slips, use 6mm wrench, turn both side bolts 1/4 clockwise. Repeat this procedure until the belt is properly tightened

- YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, MANUAL AND COMPONENTS DURING THE WARRANTY PERIOD.
  - The accessories can vary with different models.
  - Should you need technical assistance or advice with the installation of pieces, you can get in touch with us by email: [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)
- YOU MUST KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE KEEP THESE ADVISES FOR FUTURE REFERENCES**





## MAIN TECHNICAL FEATURES



## ASSEMBLY



### NOTICE: ASSEMBLY REQUIRES TWO PERSONS

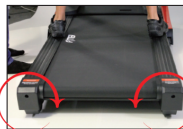
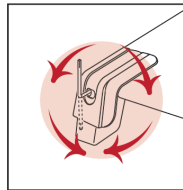
No.	Fittings	Qty
1.	Remote Controller	1
2.	Silicone oil 	1
3.	5mm wrench 	1
4.	6mm wrench 	1
5.	Multi- wrench 	1

### STEP 1

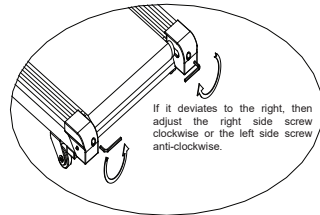
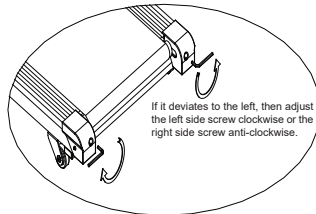
1. Take the machine out from the package (requires two people) and place it lightly on flat floor, and put other fittings beside the machine.
2. Plug in the power and turn on the switch. Press the start key and stop key on the controller to check if the machine is working well.



- **ALIGN THE BELT:** Due to its use, the belt can move off the center. If the belt has moved to the left, start treadmill and increase the speed to 3MPH. Use the 5mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counter clockwise. Don't tighten the belt too much in order to not be able to walk. Repeat this procedure until the belt is properly aligned.



LEFT BOLT RIGHT BOLT



## MAINTENANCE



This product must be earthed. If the power is damaged, it must be replaced with a cturer recommended power cord.



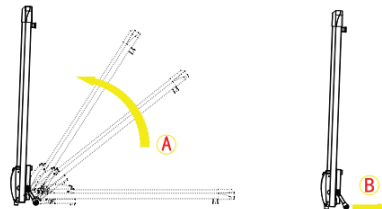
DO NOT TANGLE THE POWER CORD

## MAINTENANCE

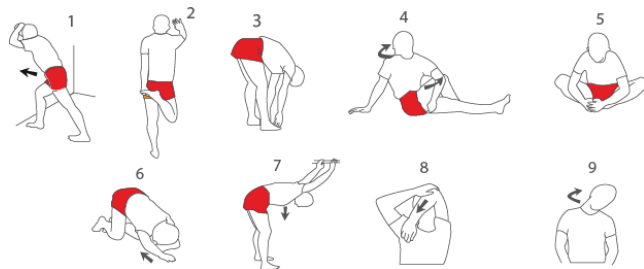
- **ELECTRIC CABLE:** Make sure that the cable and plug are in perfect conditions. Electric cables must be kept away from hot surfaces.
- **ALIGN AND TIGHTEN THE BELT OF THE TREADMILL**

## STEP 2

When not in use, please fold the machine in the direction of arrow A until the transportation wheels pop up in direction of arrow B.



## WORKOUT GUIDELINES



## PROGRAM WITH WARM UP WORKOUTS:

**WARM UP:** Start stretching and slightly activating the muscles between 5 and 10 minutes. The warm up will increase your corporal temperature, your heart rate and your blood flow, making you ready for the workouts.

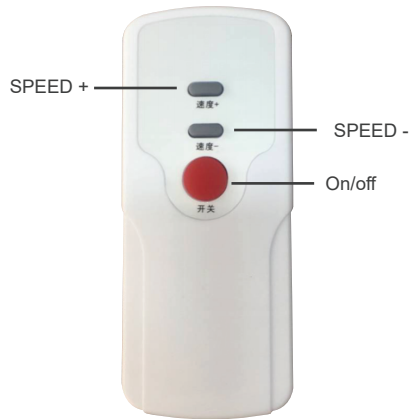
**WORKOUT FOCUSED ON THE TRAINING AREA:** Do some exercises during 20-30 minutes of your workout (don't maintain your heart rate for more than 20 minutes during the first weeks of the exercise program). Breathe constantly and deeply during the workout (never hold your breath).

**COOL DOWN:** Finish with stretching exercises during last 5-10 minutes. Stretching increases the flexibility of your muscles and help you to avoid injuries after the workouts.

**FREQUENCY OF THE WORKOUT:** In order to be fit or improve your shape, complete three workout sessions each week, with a rest day between the workouts. After some months of regular training, you will be able of complete up to five workouts a week.

## TREADMILL OPERATION

1. LED display: Speed range 1 mile - 6 mile.
2. Press "Speed +" key, speed will go up by 0.5 mile.
3. Press "Speed -" key, speed will go down by 0.5 mile.



Time Program		Set time/20 time section=exercise time between last and next time section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P	speed	1.2	2	2	2.5	3	2	2.5	3	3	2	2.5	3	2.5	2.5	2.5	1.2	2	2	3	2