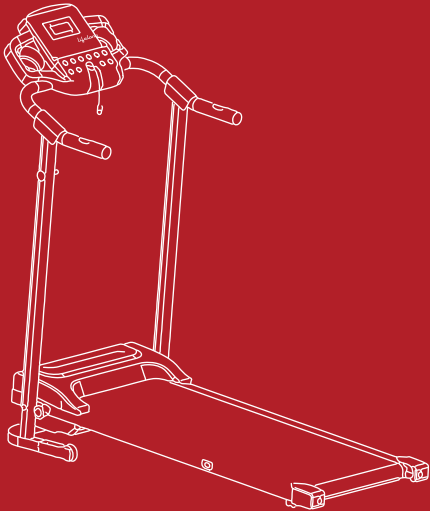




MAKING IT POSSIBLE

Lifelong Fit Pro Treadmill



2HP Peak
Motor



Max. Speed
10km/hr



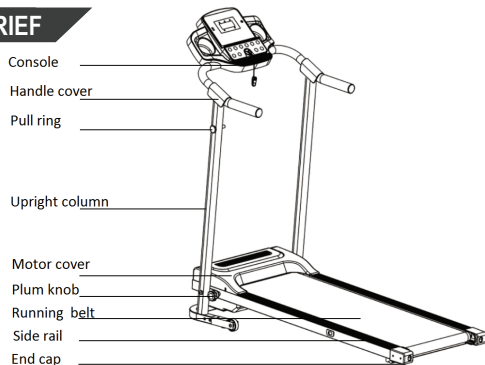
Max. User
Weight
90kg

**1 YEAR
WARRANTY**

LLTM81

1.Product Brief
2.Security Precautions and Warnings
3.Installation Instructions
4.Using Instructions
5.Routine Maintenance

PRODUCT BRIEF



Main parameters and parts list					
Main technical parameters					
No.	Parameters Names	Description			
1	Input power voltage	AC 220-240V(50/60Hz)			
2	Motor power	2 HP			
3	Speed	Max Speed- 10 km/h			
6	Expand dimensions	1360*585*1230mm			
Packing list					
No.	Name	units	Qty		
1	Complete machine	set	1		
2	Accessory Bag	set	1		
3	Handle cover	pc	2		
4	Base supporting frame	pc	2		
Accessory bag list					
NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 5mm	1	7	MP3 cable	1
2	Inner hexagon spanner 6mm	1	8	ScrewM8*55	2
3	Combination wrench	1	9	Screw M6*12	4
4	Safety key	1	10	Plum knob	1
5	Silicone oil	1	11	Arc washer M8	2
6	User's manual	1			

Terms and Conditions:

- This warranty is void if:
 - The completely filled warranty card is not presented at the time of servicing the product.
 - The product is not operated according to the instructions given under the user manual.
 - Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - Product label specifying the model number, serial number and production code has been removed and altered.
 - 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.
 - Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - 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.
- Repairs or replacements will be carried out by authorized service provider.
- 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.
- All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
- 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 warranties, 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 laws.
- 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.
- 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.
- 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
www.lifelongindiaonline.com

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

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 and complete the online warranty form with your personal and product details within 14 days.

SECURITY PRECAUTIONS & WARNINGS

Please read the instructions carefully before use.

- For Indoor use. Avoid dampness, and do not spill water.
- Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.
- High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- Keep children away from the machine to avoid accidents.
- Avoid usage for a long time and overloading, otherwise it can cause motor and controller damage, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.
- Keep machine away from dust to avoid strong static.
- Please cut the electric power off after using.
- Please maintain good ventilation when running.
- Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.
- If you do not feel well when using this machine, please stop and consult a doctor.
- Silicone oil must be kept away from children after use.
- If power cord is damaged, please contact our qualified maintenance personnel for service rather than disassembling it at your own discretion.

Forbidden

- Don't use the machine in the status of the shell break in or break off (the internal structure exposed) or under the condition of welding-parts falling off. ---- Otherwise an accident or injury may happen.
- Don't jump up and down in the process of movement.---- Can cause injuries by falling.
- Don't keep machine in or near moist space such as the bathroom.

- Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance. ----Otherwise may cause the leakage and burst into flames.

- Don't use when the power cord is damaged or power plug pin is loose.----Otherwise will lead to an electric shock, short circuit or fire.

- Don't damage or bend it by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line. ----Otherwise will cause fire or get an electric shock.

- Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use. ---- Or it may cause an accident or injury due to falls.

-People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill. ----Accident or injury may occur.

- Avoid drinking water or pouring water when in operation. ---- May cause electric shock and fire.

Forbidden!

- People who seldom exercise shouldn't suddenly do intense exercise.

- Do not use the machine, after eating or when tired. ---- May cause damage to your health.

- This product is suitable for family use, does not apply to schools, gymnasium and so on. ---- There is the danger of injury.

- Don't use when hard objects are in pants pockets. ----May cause accident or injury.

- Don't use when the power plug is on the needle, garbage, or water. ----May cause electric shock, short circuit, or fire. Do not use with wet hands!

- When not in use, pull out the power plug from the socket. ----The dust and moisture can age the insulation, and result in leakage fire.

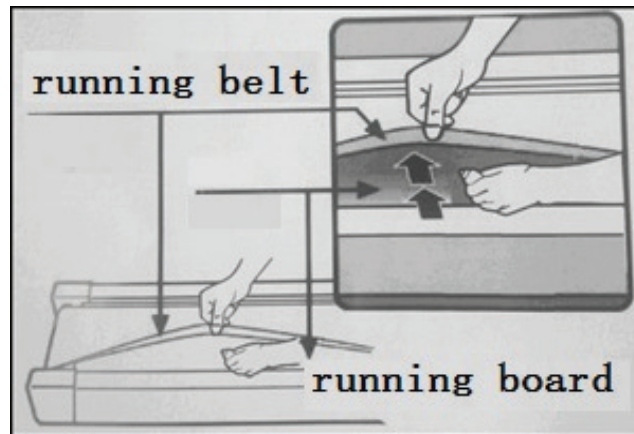
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction

concerning use of the appliance by a person responsible for their safety.

Silicone oil using method

Step 1: Lift the running belt slightly.

Step 2: Open the silicone oil bottle, squeeze the silicone oil on the sides of running board , as shown in the following picture:



Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly.(we advise treading the treadmill belts with the user's own weight)

A. The instantaneous step cannot stop the belt, the tightness is appropriate.

B. If your instantaneous step stops the running belt, but the multi-wedge belt and former roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use

C. If you observe that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments must be made to facilitate the the safe use

Step 2: Use a wrench to adjust the screws on the motor base according the the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

Step 3: Finally lock the motor base,and install the front cover.

- Children should be supervised to ensure that they do not play with the appliance.

Ground protection system!

- This product must be grounded. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.

- This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.

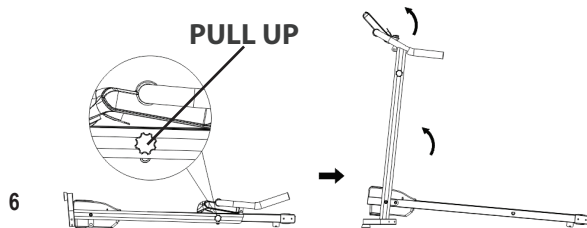
- If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.

- Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

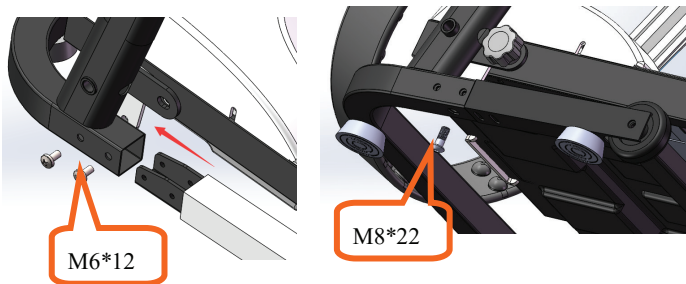
INSTALLATION INSTRUCTIONS

When installing, simple fix all screws first, then tighten the screws when the installation of frame is done.

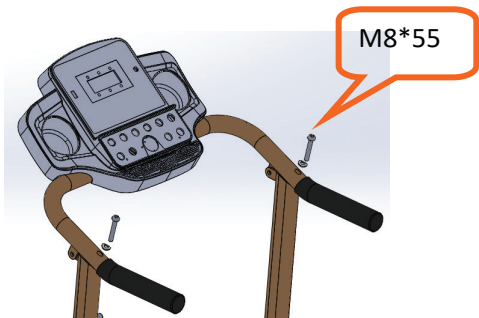
1. Put the machine flat on the ground. Remove the knob in the picture bellow. Then stand the columns and console with the direction shown in the picture below.



2. Remove the preinstalled screws M8*22. Use 5# hexagon wrench and screw M6*12 to lock and fix the base with the hole sites. Then install screw M8*22 back.



3. Hold left& right columns, use 5# hexagon wrench and screw M8*55 to lock the console frame on the columns(Tighten all screws in above steps, and please notice not to clamp the cable by column).



Running with adjusted alignment and tightness

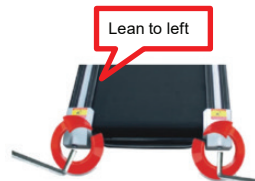
In order to better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

Running Belt alignment

- Put electric treadmill flat on the ground.
- Make the electric treadmill run at a speed of about 6-8km/hour .
- If the running belt is lean to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- If the running belt is lean to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



PICTURE A



PICTURE B

Multi-wedge Belt Tension Adjusting

When you use the treadmill for a long time, the multi-wedge belt becomes loose because of the abrasion, then you have to do some appropriate adjustment to facilitate the safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt are a little loose and further affirmation need to be made.

ROUTINE MAINTENANCE

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid damping the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running belt specialized lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center. We advise using lubricant between running belt and running board with following schedule:

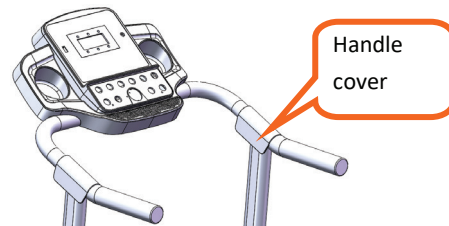
Lightweight user (use less than 3 hours a week) once per month;

Heavyweight use (use more than 7 hours a week) once every half month.

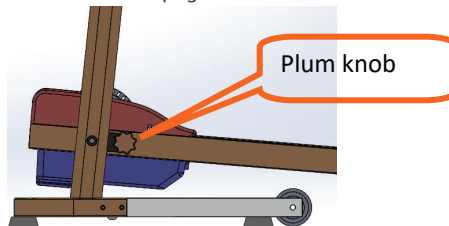
1. In order to better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continued use of two hours, turn off the machine and let it rest for 10 minutes before using again.

2.If the treadmill belt is too loose, there will be skid while running; if it's too tight, it may reduce motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

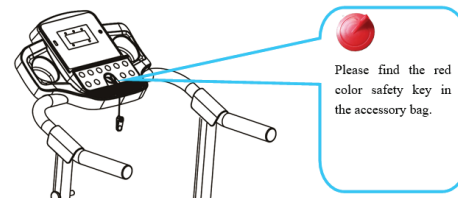
4. Put the handle covers on the handle.



5. Use plum knob to lock the upright column and the the base.



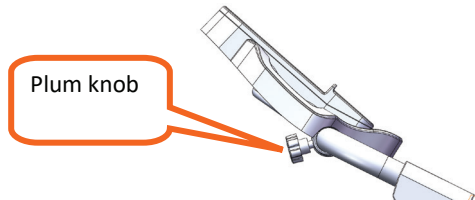
6.Put the safety key on the picture showing yellow area, then press the start button to start the treadmill.(Notice: The treadmill can only starts when the safety key is put on the yellow area on the console.)



NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

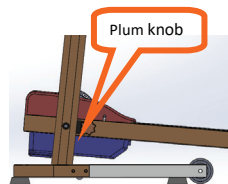
Console adjustment

The display console can be adjusted. Please tighten the two screws after adjusting the display console to a suitable angle.

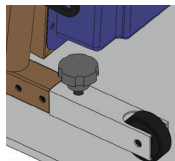


FOLDING INSTRUCTIONS

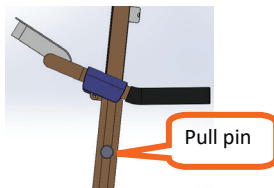
1. Remove the plum knob(A).
2. Screw the plum knob on the base supporting frame(B).
3. Lift the running deck and use the pull pin to lock the running deck(C).



A



B



C

Translation of Error Codes

Error code	Description	Solution
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check all joints between the controller and console, make sure that each core is fully plugged in. Check the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.
E5	Over current protection: In working, the lower controller detects the current to be over than rated current	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burnt smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage, use the correct voltage and test the machine again; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	No safety key	Put the safety key on the right place.

Automatic program

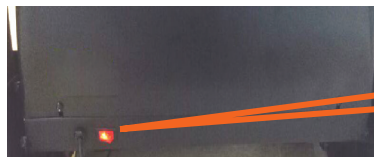
Each program is divided into 10 segments, and the running time of each segment of the program is evenly distributed. Following is a form of time distribution of 12 programs.

Time Program		Set time / 10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

USING INSTRUCTIONS

Using Treadmill

1. Insert the power plug properly and turn on the switch(in red color)(1). When the light is on, there will be a beep sound, and then the screen will light up.



1

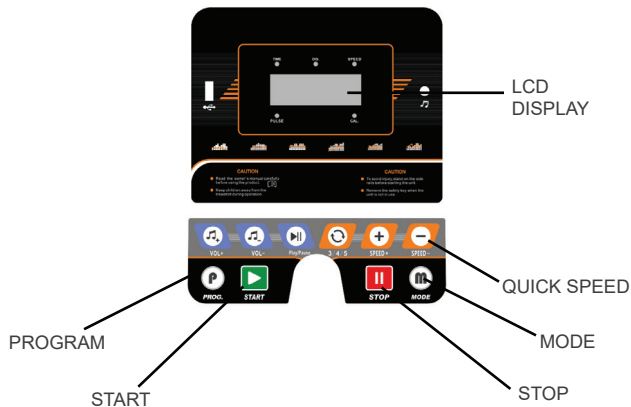
2. Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in places that children cannot reach. If it is eaten or split into eyes by mistake, please use water to wash and consult doctor immediately.

3. Safety key Introduction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents. Put the safety key back when you stop using the treadmill.



CONSOLE PANEL



Start up

Normally starts after 3 seconds of countdown.

Program

In standby mode, pressing this key can cycle the options from manual mode to P1 to P12 automatic programs. Manual mode is the system defaulting running mode.

Stop

When the treadmill is in running state, press the stop button, all data will be cleared, and the treadmill gradually comes into a complete stop and returns to the manual mode.

Mode

In standby mode, press this key can cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode.

Play/Pause

When connect to pen drive and phone, use these buttons to pause or play the music file.

Volume

Adjust the volume when playing music.

Speed ±

Use these keys to adjust the speed of the treadmill, press "+" to increase the speed and "-" to decrease the speed.

Speed cycle

When the treadmill is in running state, use this button to cycle the speed of 3/4/5 km/h.

Display Function

1. Speed Display.

Display the current running speed value.

2. Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

3. Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

4. Calorie display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

5. Heart rate display

Display the heart rate value when the signal is detected. (This value is for reference only, it cannot be considered as medical data.)