

وسلونا

FitPro Treadmill With Auto Incline



5 HP



INCLINE
UPTO 15



MAX USER
WEIGHT- 110 KGS



USB MUSIC
CONNECTOR



FOLDABLE

**1 YEAR
WARRANTY**

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LLTM90

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FEATURES

Congratulations on choosing the motorized treadmill. You have taken the first step to a healthier and more rewarding lifestyle.

The treadmill is especially designed to meet your needs. The following are the features of the treadmill.

- Speed Range: 0.8~18KM/H
- 15 levels power incline
- Hand pulse
- 12 pre-programs + HRC Program + BODY FAT
- Input voltage: 220V
- The frame lies low on the ground to ensure a more stable and safer experience.
- This foldable treadmill also has wheels to make it even easier to move.
- Different programs to help you achieve your fitness goals.
- Fixed speed settings to make for a more convenient workout.

FEATURES

TO REDUCE THE RISK OF ELECTRIC SHOCK, BURN, FIRE OR OTHER INJURY, PLEASE READ THE FOLLOWING CAUTIONS AND INFORMATION BEFORE OPERATING THIS TREADMILL.

- It is the responsibility of the owner to be sure that all the users of this treadmill are informed of all warning and precautions.
- Keep pets and small children away from the treadmill at all times.
- Never start the treadmill while you are standing on the walking belt.
- The treadmill is capable of high speeds. To avoid sudden jumps in speed, adjust the speed in small increments.
- Regularly inspect and tighten all parts of the treadmill. Keep hands away from all moving parts.
- Never leave the treadmill unattended while it is running. Always remove the safety key and move the on/off switch to the "off" position when the treadmill is not in use. Refer to the console instructions page of this manual for the location and operation of the on /off switch.
- Never leave the treadmill unattended when plugged in.
- When folding or moving the treadmill, make sure that the safety lock is fully engaged. Do not remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed only by an authorized service representative.
- Keep the plug and power cord away from heated surfaces.
- Keep all electrical components, such as the motor, power cord and on/off switch away from water or other liquids to prevent shock. Do not set anything on the handrails, computer console or belt.

FOR YOUR OWN SAFETY, BE ADVISED OF THE FOLLOWING:

- Assemble and operate the treadmill on a solid level surface. Keep at least four feet of clearance around the treadmill at all times.
- Always insert the safety key and attach the clip to your clothing on your waist before commencing your workout. If you should encounter problems and need to stop the motor quickly, simply pull the cord to disengage the safety key from the console. To continue operation, simply reinsert the safety key into the console.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Remove the safety key and store it in a safe place when the treadmill is not in use. Keep the safety key away from children.
- Wear the proper exercise clothing and shoes for your workout. Do not wear loose clothing or shoes with leather soles or heels. Be sure to tie long hair back.
- Keep all loose clothing and towels away from the running surface. The belt will not stop immediately if an object gets caught in the rollers or belt. Should an object gets caught, turn the unit off immediately.
- Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Step onto the running belt only when it is running at a very slow speed. Do not step off the treadmill while the belt is moving.
- To get on or off the running surface, straddle the running surface by standing on the right and left platforms on each side of the belt before starting the belt (to begin your workout) and after it has

stopped (at the end of your workout).

- Never attempt to turn around while on the treadmill with the belt running. Keep your head and body facing forward at all times.
- Never turn on the treadmill while someone is standing on the running surface.
- Do not rock the treadmill, stand on the handrails or computer console at any time.
- Do not overexert yourself during your workout. Stop your workout immediately if you feel overexerted. If you feel any pain or discomfort, please consult your physician.
- Do not attempt any service on the treadmill yourself other than the assembly and maintenance described in this manual. The treadmill is for household use only. Please refer to the customer service information contained in this manual should your treadmill require additional service other than that described in this manual.
- 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. Children should be supervised to ensure that they do not play with the appliance.








ELECTRICAL SAFETY: This motorized treadmill must be grounded. Should it break or malfunction, grounding reduces the risk of shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

IMPORTANT: Improper connection of the equipment-grounding conductor can result in a risk of an electric shock. If you are in doubt as to whether the treadmill is properly grounded, check with a qualified electrician or service person. Do not modify the plug provided with the treadmill. If it does not fit the outlet, then get a proper outlet installed by a qualified technician.

SURGE PROTECTION: Although this treadmill is equipped with built-in surge protection, an external surge protector is still recommended.

The treadmill will shut off automatically if it encounters a surge in power. A reset button is located at the lower front of the motor cover. If the treadmill should be shut down, turn the on/off switch to the “off” position, then press the reset button. The treadmill will now work properly.

ASSEMBLY INSTRUCTION

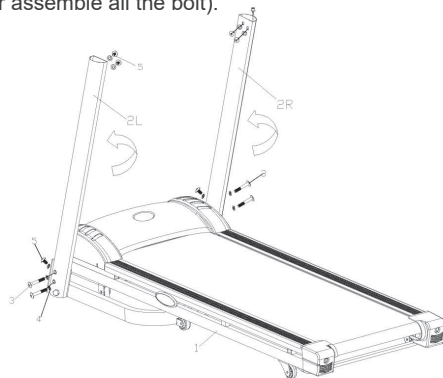
Hardware packing list			
Part # Description	Quantity (PCS)	Part # Description	Quantity (PCS)
M8x15 mm. Bolt 	6	4x16mm Bolt 	4
M8x45 mm. Bolt 	4	Safety key 	1
Silicone Oil 	1	Allen wrench 	1
M8 Clock Washer (Ø 15xØ 8.4xT0.8) 	10		

NOTE:

- Above described parts are all the parts you need to assemble this treadmill. Before you start to assemble, please check the hardware packing to make sure they are included.
- Please find tools in the hardware pack to help you assemble this treadmill easier.

● STEP ONE: Assemble the posts

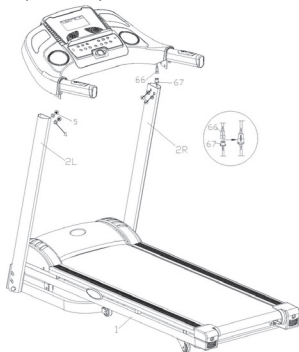
Lift the upright post 2L and 2R, Use the bolt (M8 x 45, No3) and (M8 x 15) with flat washer to fix the both upright post on the deck frame(Please not fix too tight before your assemble all the bolt).



● STEP TWO : Assemble the console

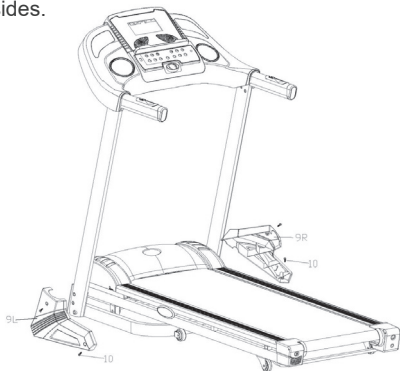
- Connect the cable 66 from console and the cable 67 from the upright post (2R).

2. USE the bolt (M8x 15) with the flat washer fix the consoler on the upright post.

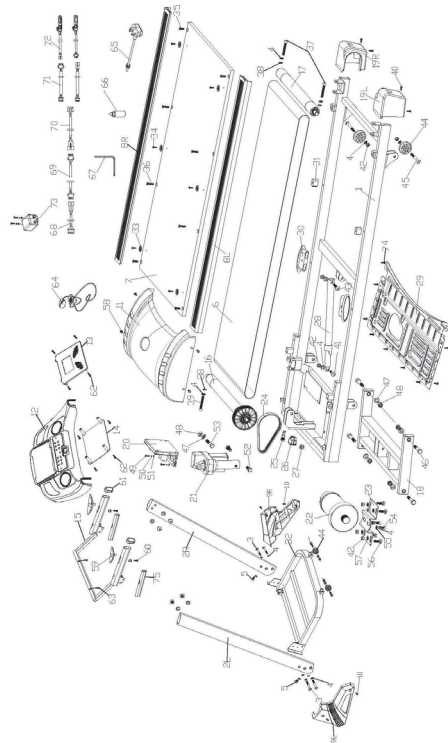


STEP THREE: Assemble side decorative covers.

Use the supplied screws (10) to fix the decorative cover (9 L&R) to the both sides.



Exploring Drawing:



SPARE PART LIST

part no	parts name	qty	part no	parts name	qty
1	deck frame	1	38	spring washer	3
2	upright post (L/R)	2	39	bolt M8x55	1
3	bolt M8x45	4	40	screws	4
4	flat washer	13	41	bolt M8x45	1
5	bolt M8x15	6	42	nut M8	10
6	running belt	1	43	bolt M8x30	1
7	running deck	1	44	moving wheel	4
8	side rail	2	45	bolt M8x 50	4
9	decorative cover(L/R)	2	46	bolt M10 x 35	4
10	screws	4	47	flat washer	5
11	motor cover	1	48	nut M10	5
12	console up cover	1	49	bolt M4 x 15	2
13	console display	1	50	flat washer	2
14	console lower cover	1	51	spring washer	2
15	handle bar frame	1	52	bolt M10 x 16	2
16	front roller	1	53	bolt M10 x 45	1
17	real roller	1	54	bolt M8x 12	2
18	incline frame	1	55	spring washer	2
19	end cap(L/R)	2	56	bolt M8x20	4
20	controller(MCU)	1	57	flat washer	4
21	incline motor	1	58	bolt M5 x 15	4
22	motor	1	59	handle pulse slice	2
23	motor plate	1	60	screw	2
24	motor belt	1	61	handle bar end cap	2
25	fuse set	1	62	bolt m5 x 15	8
26	switch	1	63	bolt M4 x 35	4
27	cable lock	1	64	safety key	1

28	gas spring	1	65	power cable	1
29	motor lower cover	1	66	silicone oil	1
30	round rubber cushion	2	67	Allen key	1
31	rubber cushion	2	68	cables up	1
32	base frame	1	69	cable middle	1
33	side rail fixer	6	70	cable lower	1
34	screws	6	71	hand pulse cable	2
35	bolt M6x25	4	72	speed button cable	2
36	bolt M6 x 45	4	73	no	
37	bolt M8 x55	2	74	screw	10
			75	handle bar foam	2

CONSOLE PANEL

KEY FUNCTION

1. "START" ,Start the treadmill ;"STOP" ,Stop the treadmill.
2. "P": Program button, at the stopping state, select loop (P1,P2,P3,..... P12) as you want:
3. "M": mode button at the setting state, select the countdown time, countdown distance and countdown calories circularly. when you choose the mode, you can use speed'+ and speed'- setting the countdown data, when you have finished setting, press the "START" you can running the machine.
4. SPEED"+": speed + button, at the running state, press it will be add 0.1KM/H every time ,press it for a long time ,it will add the speed constantly;
5. SPEED"-: speed – button, at the running state, press it will decrease 0.1KM/H every time, press it for a long time, it will decrease the speed constantly.
6. One step speed button,3.6.9,you can go to the speed at one step.
7. One step incline button 3.6.9 you can go to incline at one step
8. INCLINE ▲ increase the incline level
9. INCLINE ▼ decrease the incline level

PROGRAM

1. Speed display ; at the setting state ,it will show p1-P12 program, at the running state, it will show speed rage; 0.8-1 8 km/h
2. Countdown time training mode :at the stopping state ,press "MODE" button ,enter setting state ,the time window display flash, default display 30:00, press SPEED+,- button amend the setting value .The setting range:5—99 minutes .Press "START" button and startup the treadmill. when the countdown time is 00:00 ,the treadmill stop running automatically .

3. Countdown distance training mode: at the stopping state ,press "MODE" button ,enter setting state, the distance window flash display , default display 5.0KM ,press SPEED+,-button and amend setting value ,setting range: 0.5—99.0KM. Press "START" button to startup treadmill ,as the speed 0.8KM/H to start to run, press SPEED+,- to adjust the speed .When countdown distance is 0.0 ,treadmill stop running automatically.
4. Countdown calories training mode: at the stopping state , press "MODE" button for three times ,enter the setting state ,the calories window display flash ,default display 100CAL, press SPEED+,-button to amend setting value ,setting range:20—990CAL. Press "START/STOP" button to startup treadmill , as the speed 0.8KM/H to start to run, press the SPEED+,- to adjust speed. When Countdown calories is 0,treadmill will stop running automatically.
5. "PUL": it will test the heart rate when your both hands hold the rate sensor. and it will show the data on the display, heart rate ragne:50-250 per minute.(the data just for reference not medical data)
6. Now input program mode, the program mode have P1-P12 in all, please press program key separately you can choose you desired and the time window will flash.

Enter setting state ,the time window display flash, default display 30:00, press The setting range:5—99 minutes SPEED+,- button amend the setting the time .Press "START" button and startup the treadmill. when the countdown time is 00:00 ,the treadmill stop running automatically .Press speed +,- can change the program data during running.

PROGRAM LIST

Program time		10 parts total 30 minutes each program									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3

HRC programs(This function only for the treadmill with HRC function)

- At the stop state and use the “PROG” button to choose the “HR1 or HR2 or HR3.And press the “START” button to start.

“HR1” program, max speed is 8.0km/h, age 30/default heart rate 124

“HR2” program, max speed is 9.0km/h, age 30/default heart rate 143

“HR3” program, max speed is 10.0km/h, age 30/default heart rate 162

- If use the Mode button enter the age setting, the speed window will display 30,and user can use the incline button to change the age as you want, setting age from 15-80.(Pls refer the heart rate details as below sheet.

- After set the age, use the Mode button, the system will recommend a hart rate goal and display on the window. But just for reference, the use can set the heart rate according to their body situation to increase the heart rate or

- After user set the age and heart rate, press the MODE button to enter the time setting, the Time window will display 10:00 as default. User can use the incline or speed button to adjust the running time. Time setting can be between 5-99 minutes.

- Press the mode button to enter the waiting state, or press the Start button to start.

- While using the HRC program, can use the incline button or speed button, but the system still will adjust the speed or incline to close your heart rate goal.

-Start the HRC program, at the first 1 minute is warm up time, the system will not adjust the speed or incline. After 1 minute, the system will adjust the speed by 0.5km/h every time to close your set goal. When add the speed to max speed and still did not reach your heart rate goal, then the system will increase the incline level to increase your exercise. If the heart rate is more than your set goal, then system will reduce the incline level by 1 level/10 second till to 0, if your heart rate still higher than the goal, then we will reduce 0.5km/h every 10 second.

Remark: Must use the wireless chest belt for the HRC programs

HRC1 program				HRC2 program				HRC3program			
Age	Target zone (L-H)			Age	Target zone (L-H)			Age	Target zone (L-H)		
	Lowest	Default	Highe st		Lowest	Default	Highe st		Lowes t	Default	Highest
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166
32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162

36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150
51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147
54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143
59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140
62	98	103	108	62	114	119	124	62	129	134	139
63	97	102	107	63	113	118	123	63	128	133	138
64	96	101	106	64	112	117	122	64	128	133	138
65	96	101	106	65	111	116	121	65	127	132	137
66	95	100	105	66	111	116	121	66	126	131	136
67	94	99	104	67	110	115	120	67	125	130	135
68	94	99	104	68	109	114	119	68	124	129	134
69	93	98	103	69	108	113	118	69	123	128	133
70	93	98	103	70	108	113	118	70	123	128	133
71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

QUICK START (MANUAL MODE)

1. Press power switch ,put the safe key to correct place.
2. Press "START" button, the system into 3 seconds countdown time, the buzzer sounds ,the time display will show countdown time at the same time 0.3 seconds later the machine will start to running with 0.8km/h.
3. At the running state, press "SPEED+" "SPEED-" adjust the speed according to your request.

MANUAL MODE

1. At the alert state, press "START" button, the machine start to running with 0.8km/h,other display window start to count data, Press "SPEED +", "SPEED-" change the speed.
2. at the alert state Press "MODE" button into countdown time, The "TIME" display "30:00" and flash, press "SPEED+" "SPEED-" setting running time, time setting range:5:00-99:00.
- 3 at the countdown time mode, press "MODE" into countdown distance mode, The "DISTANCE" display "5.0" and flash, Press "SPEED+" "SPEED-" set running distance, distance setting range:0.5-99.
4. At the countdown distance mode, press "MODE" into countdown calorie mode, "CAL" display "100" and flash, press "SPEED+" "SPEED-" setting calorie, Calorie setting range:20-990.
5. Choose one mode of above three modes to setting, then press "START" , 3 seconds later ,the machine will start to running, Press "SPEED+" "SPEED-" adjust speed, Press "STOP" ,the machine stop running.

BUILD-IN PROGRAM

1. At the alert state, press "START" button, the machine start to running with 0.8km/h,other display window start to count data, Press "SPEED +", "SPEED-" change the speed.
2. At the alert state Press "MODE" button into countdown time, The "TIME" display "30:00" and flash, press "SPEED+", "SPEED-" setting running time, time setting range:5:00-99:00.
3. At the countdown time mode, press "MODE" into countdown distance mode, The "DISTANCE" display "5.0" and flash, Press "SPEED+" "SPEED-" set running distance, distance setting range:0.5-99.
4. At the countdown distance mode, press "MODE" into countdown calorie mode, "CAL" display "100" and flash, press "SPEED+" "SPEED-" setting calorie, Calorie setting range:20-990.
5. Choose one mode of above three modes to setting, then press "START" ,3 seconds later ,the machine will start to running, Press "SPEED+" "SPEED-" adjust speed, Press "STOP" ,the machine stop running.

BODY FAT TEST

1. At the setting state, Continuous press "program" into body fat text (FAT), then press "mode" button, Windows will show "F-1, F-2, F-3, F-4, F -5".
(F-1---Gender, F-2---Age, F-3---Height, F-4---weight, F-5, Fat test);
Press "Speed+" "Speed-" button to setting "F-1 to F-4"(please reference below list),

After finished setting, press "mode" button, windows will show into "F-5", keep both hands on the hand pulse for 2-3 seconds, windows will show your Fat data, please check whether your height and weight correspond. FAT text is just measure the inner relationship between height and weight not for body proportion.

FAT texting is suit for all the female and male, it is same as other health indicator providing help people to adjust weight. The best FAT data is between 20 to 25 range, if FAT data less than 19 means too slim, if FAT data between 25 to 29 means over weight, if the data more than 30 means too fat. (This data just for reference not for medical data.)

F-1	Gender	01male	02female
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

TROUBLE SHOOTING

Code	Problem	Possible Reason	Solution
ER1	Display did not receive the signal in 30 seconds	Cable connection	Check or replace the Cables
		Motor interference	Add the Degauss Ring on the Motor Cable
		MCU connection or component broken	Replace the MCU
ER3	Over Voltage	Input Voltage over 265v	Adjust the Voltage to 220v
		MCU IC2 broken	Replace MCU or the IC2
ER4	Over Power Current	Motor Belt too tight	Adjust the Motor Belt
		IGBT Broken	Replace the MCB or IGBT
		Running Deck resistance too high	Add lubricant (Silicon Oil / Spray)
ER5	Overload	User over Maximum User Weight	Reduce users weight
		Data setting wrong	Re-set the data
ER6	Motor not working	Motor Cable not connected	Check the Motor Cable or replace the Motor
		IGBT Broken	Replace MCU or IGBT
ER7	Motor Control Board did not receive the signal	Cable connection or open circuit problem	Replace the Connecting Cable
		MCB Connection broken	Replace the MCU
		Motor interference	Add the Degauss Ring on the Motor Cable
SAFE	Safety Protect	Safety Key	Safety Key not fitted
		Computer Diode broken	Replace Computer Diode
		Safety Key Magnistor broken	Replace Magnistor
-	Incline not working	Press the Speed "+" "-" and Incline "+" "-" together for 10 seconds. The Treadmill will start self-check.	

OPERATION INSTRUCTION

1. PREPARATION BEFORE START

1.1 Plug in the power cord and press the power key at the down front part of the machine. If the machine is not operated or moved for a long time, please turn off the power.

1.2 Nip the safe key on the clothes and put the switch of magnet into the computer. If the safety magnet is not put into the assigned location, then the machine will not work.

2. START

2.1 Press START/STOP, the machine begins to work with starting speed 1.0KM/h

2.2 Press SPEED can control the speed, with one press 0.1 KM/h will be increased or decreased. Press the key without stop can get to the speed you want.

3. TWO WAYS TO STOP THE MACHINE

3.1 Pulling the safe key will put a quick stop to the machine which will beep. Before restart, please put the yellow magnet to the original place.

3.2 Press START/STOP, the machine will stop working

IMPORTANT SAFETY INSTRUCTION

1. The machine is for home use
2. The voltage for the machine is 220V.
3. Before operating the machine, please do 10-minute warm-up and wear clothes and shoes that are suitable for sports
4. Do not stand on the motorized treadmill when you adjust, test or start the motorized treadmill.

5. Be careful when you get on or off the machine. Before starting the machine, please grab the handlebars and place your feet on the side rails (not the running belt). After starting the machine, stand on the belt with the machine operating at the lowest speed. Then increase the speed gradually. Before getting off the machine, please decrease the speed to the lowest level in case of any danger.

6. When operating, press the safety at any time, the motor will stop working and the controller will give warnings.

7. Children should be supervised by adults when they play on or beside the machine.

8. The motorized treadmill should be protected from sunshine, damp and dirt. All the parts shall be cleaned often.

When the machine is free from using for a long time, please don't place any objects or stand on the machine.

CARE AND MAINTENANCE

1. Care

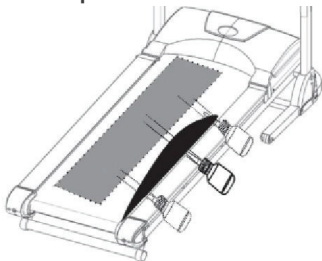
- For cleaning the running belt use a vacuum cleaner. If the belt is really dirty, please use a wet cloth. Do not use any cleanser. When cleaning, use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture comes into the computer. Components that come into contact with perspiration, need cleaning only with a damp cloth.

2. Lubrication

The treadmills have already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances.

To maintain the running belt, we have included a small bottle of "Silicone Oil". "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredient; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



3. Centering the running belt

During the exercise, one foot is pushing the running belt stronger than the other. According to that, the belt will be moved out of the centre. Normally the belt will be centered automatically, but during longer exercise, it can be, that the belt is off the centre. In this case, please follow up the following instruction. At the rear end of the running deck, there are 2pcs of Allen screws, which will be used for centering the belt. Don't use any loose clothes during centering.

- Please turn the Allen screw not more than $\frac{1}{4}$ turn for each step.
- Stretch one side and release the other side.
- the speed of the belt has to be 6km/h, but make sure, that nobody is running on the belt.

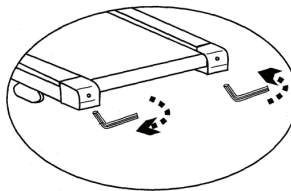
If you finish the centering, walk on the treadmill for about 5 minutes, with the speed of 6km/h. If the running belt is still not in centre, please centre the belt again. Pay attention, that you don't force the belt too much, a shorter life will be caused. If the gap on the left side is too big, please

- turn the left screw a $\frac{1}{4}$ turn clockwise (tighten it)
- turn the right screw a $\frac{1}{4}$ turn anticlockwise (loose it)

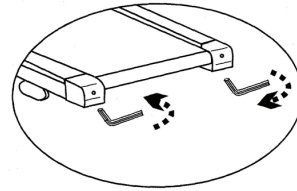
If the gap on the right side is too big, please

- turn the left screw a $\frac{1}{4}$ turn anticlockwise (loose it)
- turn the right screw a $\frac{1}{4}$ turn clockwise (tighten it)

running belt moves to right side



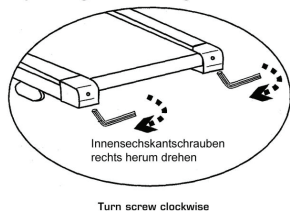
running belt moves to left side



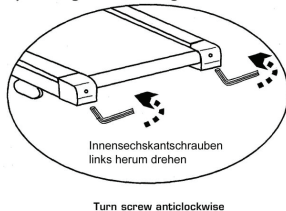
4 Tighten the belt

After longer exercise, the tension of the belt will decrease. It can be checked if you put one foot on the belt and belt will stop. To solve this problem, please turn both screws clockwise for $\frac{1}{4}$ turns. Please do not turn them more. If the belt is running out of the centre, please adjust it like described under above center the belt.

Spannung erhöhen/ tighten the belt



Spannung lösen/ untighten the belt



TRAINING MANUAL

Training with the treadmill is an ideal movement training for strengthening important muscle groups and the cardio-circulatory system.

General notes for Training

- Never train immediately after a meal.
- If possible, orientate training to pulse rate.
- Do muscle warm-up before starting training by loosening or stretching exercises.
- When finishing training, please reduce speed. Never abruptly end training.

1. Training frequency

To improve physical fitness and to enhance condition over the long term, we recommend training at least three times a week. This is the average training frequency for an adult in order to obtain long-term condition success or high fat burning. As your fitness level increases, you can also train daily. It is particularly important to train at regular intervals.

2. Training intensity

Carefully structure your training. Training intensity should be increased gradually, so that no fatigue phenomena of the musculature or the locomotion system occurs.

3. Heart rate orientated training

For your personal pulse zone it is recommended that an aerobic training range will be chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range. Find this zone in the target pulse diagram or orientate yourself on the pulse programs. You should complete 80% of your training time in this aerobic range (up to 75% of your maximum pulse).

In the remaining 20% of the time, you can incorporate load peaks, in order to shift your aerobic threshold upwards. With the resulting training success you can later produce higher performance at the same pulse; this means an improvement in your physical shape. If you already have some experience in pulse-controlled training, you can match your desired pulse zone to your special training plan or fitness status.

Note:

Because there are persons who have „high“ and „low“ pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram). In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important that a physician will be consulted before starting training, in order to check health capacity for training.

4. Training control

Both medically and in terms of training physiology, pulse-controlled training makes most sense and is orientated on the individual maximum pulse. This rule applies both to beginners, ambitious recreational athletes and to pros. Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points). In order to effectively configure cardio circulatory training according to sport-medical aspects, we recommend a training pulse rate of 70% - 85% of maximum pulse. Please refer to the following target pulse diagram.

Measure your pulse rate at the following points in time:

1. Before training = resting pulse
 2. 10 minutes after starting training = training / working pulse
 3. One minute after training = recovery pulse
- During the first weeks, it is recommended that training will be done at a pulse rate at the lower limit of the training pulse zone (approximately 70 %) or lower.

- During the next 2 - 4 months, intensify training stepwise until you reach the upper end of the training pulse zone (approximately 85 %), but without overexerting yourself.

- If you are in good training condition, disperse easier units in the lower aerobic range here and there in the training program so that you regenerate sufficiently. „Good“ training always means training intelligently, which includes regeneration at the right time. Otherwise overtraining results and your form degenerates.

- Every loading training unit in the upper pulse range of individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75 % of the maximum pulse). When condition has improved, higher intensity of training is required for the pulse rate to reach the „training zone“; that means, the organism is capable of higher performance.

Calculation of the training / working pulse:

220 pulse beats per minute minus age = personal, maximum heart rate (100 %).

Training pulse

Lower limit: $(220 - \text{age}) \times 0.70$

Upper limit: $(220 - \text{age}) \times 0.85$

5. Training duration

Every training unit should ideally consist of a warm-up phase, a training phase, and a cool-down phase in order to prevent injuries.

Warm-up: 5 to 10 minutes of slow running.

Training: 15 to 40 minutes of intensive or not overtaxing training at the intensity mentioned above.

Cool-down: 5 to 10 minutes of slow running.

Stop training immediately if you feel unwell or if any signs of overexertion occur.

Alterations of metabolic activity during training:

- In the first 10 minutes of endurance performance our bodies consume the sugars stored in our muscles.

Glycogen.

- After about 10 minutes fat is burned in addition. After 30 - 40 minutes fat metabolism is activated, then the body's fat is the main source of energy.

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 them date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customer care@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

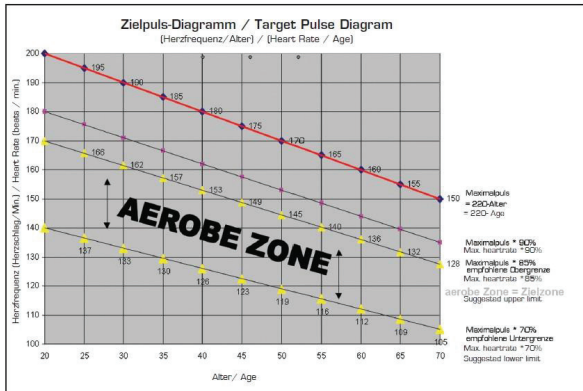
Serial No.: _____

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.



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 well 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 withstanding 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.

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