

Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

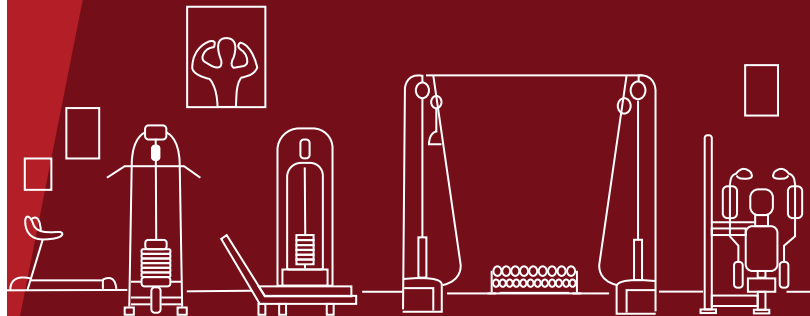
For queries and complaints:
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www.lifelongindiaonline.com

lifelong

FITPRO TREADMILL

(LLTM111)

User Manual



Built for Endurance. Built for India.

INTRODUCTION:

Dear Customer,

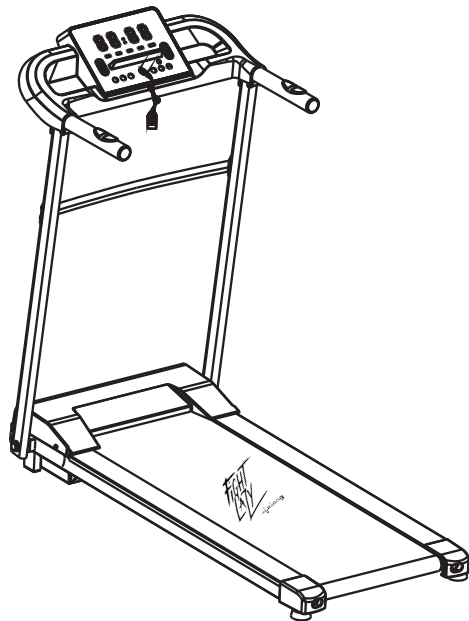
Congratulations! We welcome you to the Lifelong family, as you welcome the Lifelong Fitpro treadmill to be a part of your home.

We started Lifelong Online with a simple dream of being a part of every Indian household, which is why we have produced a varied assortment of innovative products across a spectrum of categories - Home, Kitchen, Grooming, Fitness, Lifestyle, and Smart Home - to better assist you.

We hope you enjoy using our treadmill as much as we enjoyed designing it for you.

Delivering promises that last Lifelong.

Thank you for choosing us,
Lifelong
Built For India



LLTM111

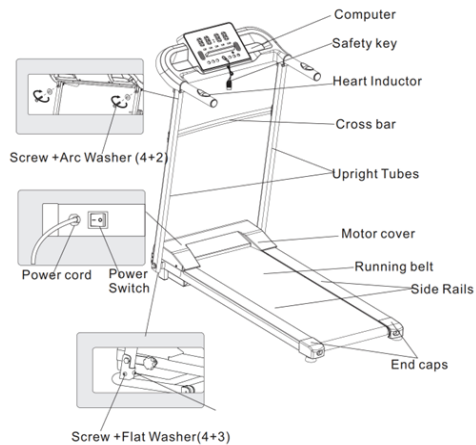
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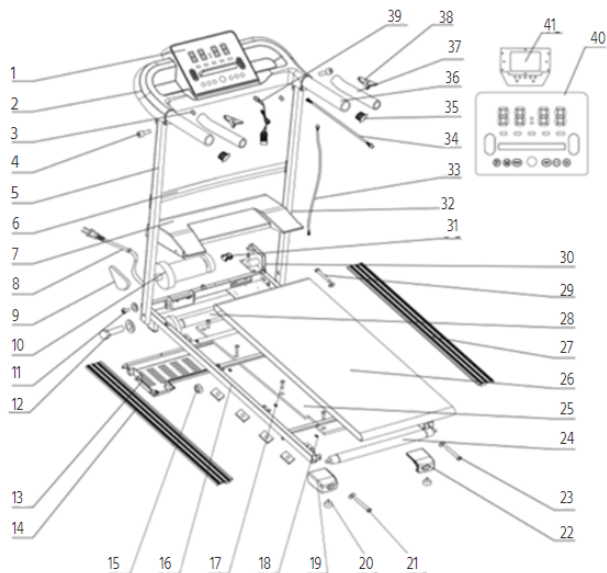
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2. Marking of Product
3. Precautions Before Use
4. Tools and Hardware Kit
5. Installation Instructions
6. Cleaning and Storage
7. Terms and conditions
8. Warranty

ABOUT THE PRODUCT:

Lifelong Fitpro Treadmill combines power and elegance to take your fitness journey to the next level. It is the perfect machine for losing weight or increasing endurance.

MARKING OF PRODUCT:





No.	Name	PCS
1	Computer upper cover	1
2	Computer lower cover	1
3	Nut	2
4	Screw	2
5	R-Upright tube	1
6	Support rods	1
7	Motor cover	1
8	Power cord	1
9	Motor belt	1
10	Motor pulley	1
11	Screw	2
12	Fix Knob	2
13	Motor under cover	1
14	Side rial	2
15	Wheel	2
16	Main frame	1
17	Screw	8
18	Nut	8
19	End cap L	1
20	Footpad	2
21	Washer	2
22	End cap R	1
23	Bolt	2

No.	Name	PCS
24	Rear roller	1
25	Running board	1
26	Running belt	1
27	Side rial	1
28	Front roller	1
29	Screw	2
30	PCB	1
31	Power switch	1
32	R- Upright tube	1
33	Dwon connect line	1
34	Up connect line	1
35	Cap	2
36	Handlebar	1
37	Grip	2
38	Hold heart rate	2
39	Safety key	1
40	Sticker	1
41	Computer	1

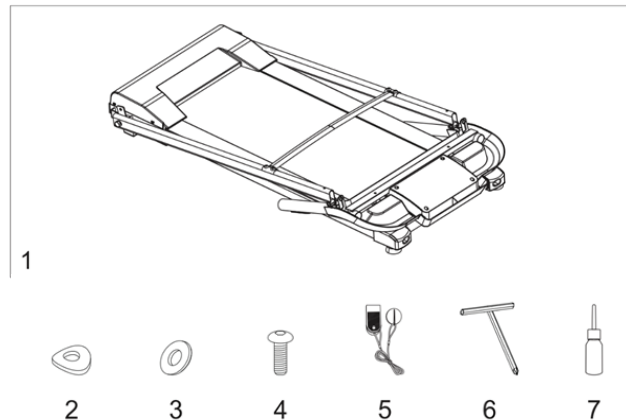
PRECAUTIONS BEFORE USE:

- Before folding the treadmill, make sure that the gradient is "zero".
- This Treadmill is for indoor usage only, avoid moisture and dust.
- Please wear suitable clothes and sneakers before exercise. It is prohibited to exercise on the treadmill barefoot.
- Keep children away from the machine to avoid accidents.
- Avoid overloading or using it for an exceedingly long time, otherwise it could cause damage to the motor and controller and will accelerate the deterioration of treadmill, running belt and running board. It is advised to maintain the machine on a regular basis.
- Please maintain good ventilation while running.
- Please clamp the security lock cable on your clothing to make sure the machine stops at an emergency.
- If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassembling it at your own discretion. If you feel any pain or discomfort, please consult your physician.
- Do not use the machine when the power cord is damaged or the power plug pin is loose, otherwise will lead to an electric shock, short circuit, or fire.
- Do not damage or bend the power cord by force or reverse it.

- Do not place heavy objects on the machine, do not clamp the power line
- Machine should not be used by more than 1 person at the same time.

TOOLS AND HARDWARE KIT:

When you open the carton, you will find the following components



Main Parameters And Parts List

No.	Parameters Name	Description
1	Input power voltage	AC220-240V; 50-60Hz
2	Speed	1.0-14 Km/h
3	Functions	Running
4	HP	1.2 HP
5	Bluetooth connected by	Speaker
6	Display	LED seven segment

Parts List:

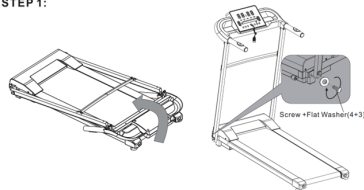
NO.	Name	Quantity
1	Main frame	1
2	Arc washer	2
3	Flat washer	2
4	Screw	4
5	Safety key	1
6	(L)Hex wrench	1
7	Silicone oil	1

INSTALLATION INSTRUCTIONS:

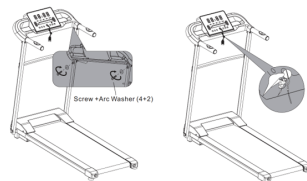
Warning: Do not connect the Treadmill to a power source before completing assembly.

Open the carton, remove the main frame and the components and place it on the floor in an open area.

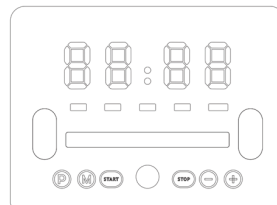
STEP 1:



STEP 2:



Console Instruction:



OPERATION(MANUAL)

- 1.Plug the power, then place safety key on the computer and turn on the power switch which is located at the front of the treadmill.
- 2.The window will display “0.0”. Then press the “START/STOP” key to start the treadmill, after 5 second countdown, the treadmill will start at the speed of 1.0KM/H.
- 3.You may press the speed “+” or speed “-” key to increase or decrease the running speed during exercise. Each increment or reduction will be of 0.1 km/h. The speed range is from 1.0 km/h to 14 km/h. This treadmill comes with a 2.5 HP Peak Motor.
4. Press the “STOP” key to stop the treadmill. For emergency stops, remove the Safety Key. The Running Belt will stop automatically and all windows will display “E07”.

HANDLEBAR PULSE SENSORS

Grab the Pulse Sensors located on the left & right handlebars and hold for 5 seconds. The console screen will display your heart frequency during exercise. It will not function if only one side of the handlebar is sensed. The Pulse window will display your current heart rate in beats per minute, with a range from 40 to 199.

DISPALY WINDOW AND KEY

- 1.Three windows display: SPEED, TIME, DISTANCE, CALORIE, PULSE, PROGRAM.
- 2.Functional keys: SPEED+, SPEED-, START, STOP, MODE, PROGRAM.

- 3.When the display window shows “0.0” place the Safety key into the computer for activate operations.
4. For emergency stops, remove the Safety key. The running belt will stop automatically, and the window will display “E07”.

MODE KEY

1. Press the “MODE” key to access countdown Mode. You may set a target Time, or Distance, or Calores burned by using the speed “+” or “-”key to adjust to the desired amount. Press the “START” key to start your set workout
2. Press“STOP”key to stop the treadmill
- 3.The system will shut down and stop after your desired goal has been reached and machine will stop.

PROGRAM(PROG) KEY

1. Before starting treadmill, press the “PROG.” button to select program, you may select P1, P2, P3, P4, P5, P6, P7, P8, P9, P10, P11, P12.
2. The TIME window will display a flashing pre-set time 30:00 minutes, press the “+” or “-” to increase or decrease desired workout time. The TIME range is from 8:00 to 99:00 minutes.
3. Press the “START” button to start the treadmill and press the “STOP” button to stop the treadmill. 4.Under program mode, the pre-set workout time is 30 minutes, 1/20 minutes per interval.

Note: “MODE” key and “PROGRAM” key must be selected before starting.

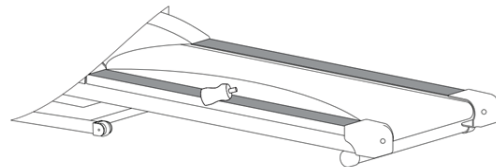
TIME PROGRAM		INTERVALS-Set Time / 20 sections of various levels of intensity																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	speed	2	3	3	4	5	3	4	8	5	3	4	5	4	4	4	2	3	3	5	3
P2	speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	4	1
P3	speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	speed	3	4	5	9	5	9	5	5	5	9	5	5	5	9	9	2	8	7	6	3
P12	speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

LUBRICATION OF TREADMILL

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 centre of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

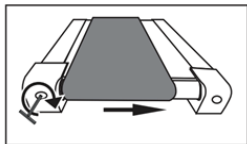
NOTE: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredients; otherwise, the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



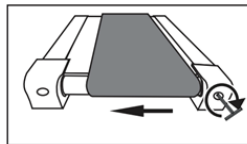
RUNNING BELT ADJUSTMENT

- Adjust speed to 3km/h
- If the running belt is deflecting to the right, adjust the bolt on the right one half turn clockwise using the Allen key, and adjust the bolt on the left one half turn anti-clockwise (see pic 1)
- If the running belt is deflecting to the left, adjust the bolt on the left one half turn clockwise using the Allen key, and adjust the bolt on the right one half turn anti-clockwise (see pic 2)

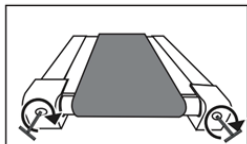
- d) If the running belt is not deflected, but is slipping, adjust both left and right bolts one half turn clockwise to tighten, or one half turn anti-clockwise to loosen if the belt is too tight. (See pic 3 and 4)
- e) After adjustment, check the running belt, and adjust further if required.



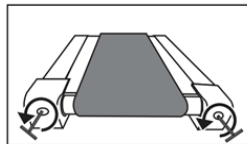
Pic 1. The adjustment for deflection to the right



Pic 2. The adjustment for deflection to the left



Pic 3. Tightening the running belt



Pic 4. Loosening the running belt

CLEANING AND STORAGE:

- Do not use abrasive detergents or products that could damage the appliance. Simply clean the surface with a wet cloth.
- Do not immerse the appliance in water or any other liquid.
- Store the appliance in a safe and dry place.
- Check the running belt's situation every 3-4 weeks and add some lubricating oil on it.
- Check all components to make sure one of them is loose.

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 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.

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: customercare@lifelongonline.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 on to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.