

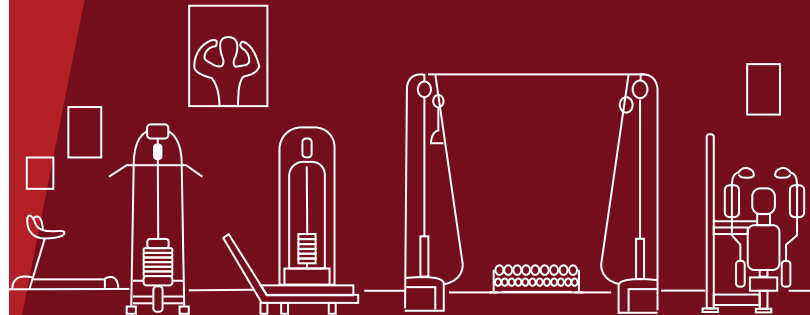
Manufactured for & Marketed by :  
**Lifelong Online Retail Private Limited**

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

# lifelong

## MULTI FUNCTION TREADMILL

User Manual



**Built for Endurance. Built for India.**

## INTRODUCTION:

Dear Customer,

Congratulations! We welcome you to the Lifelong family, as you welcome the Lifelong 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.

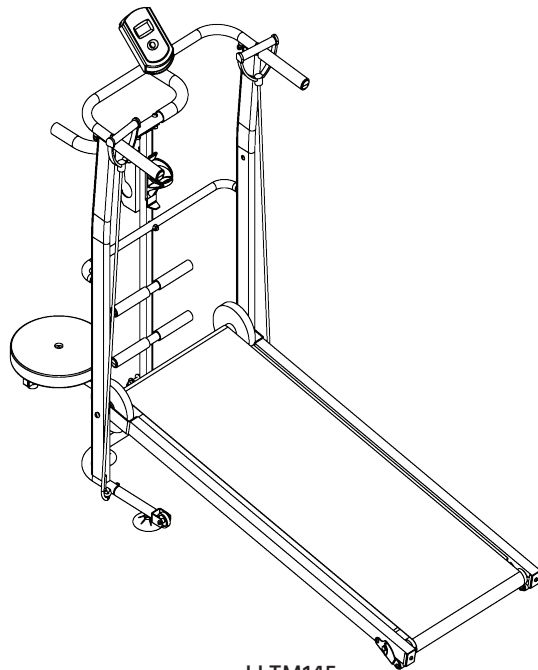
We hope you enjoy using our Treadmill as much as we enjoyed designing it for you.

Delivering promises that last lifelong.

Thank you for choosing us,

Lifelong

Built For India



LLTM145

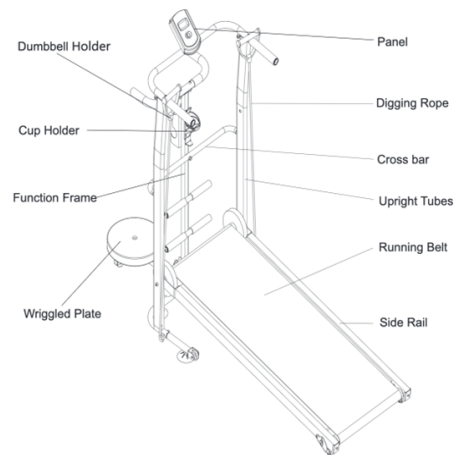
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## ABOUT THE PRODUCT:

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

## MARKING OF PRODUCT:



## HARDWARE & TOOL KIT:



NO.	Name	Specification	Pcs
1	Screw	M6*40	1
2	Screw	St4*16	4
3	Screw	M8*60	1
4	Screw	M8*16	2
5	Screw	M8*40	4
6	Nut		2
7	Arc		7
8	Flat Washer		1
9	Hex wrench		1
10	Open- end wrench		1
11	Silicone oil		1

## PRECAUTIONS BEFORE USE:

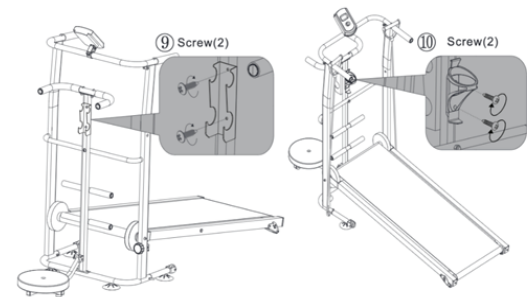
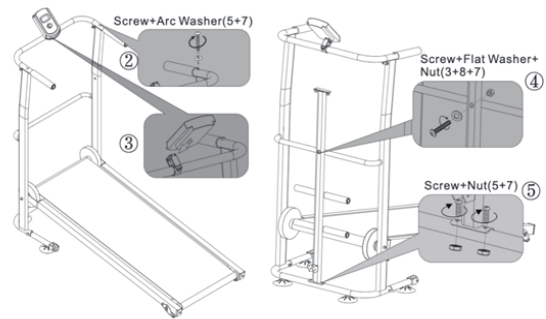
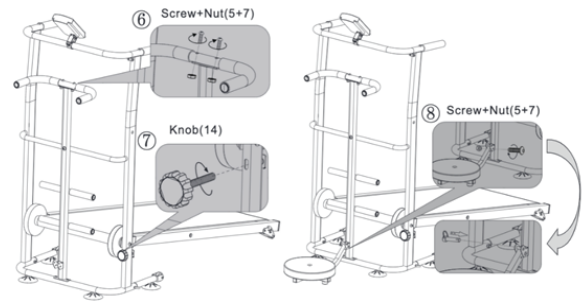
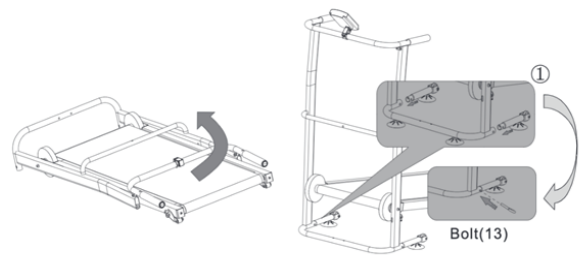
- Before folding the treadmill, make sure that the gradient is "zero".
- This Treadmill is for indoor usage only, avoid moisture and dust.
- Please wear suitable clothes and sneakers before exercise. It is prohibited to exercise on the treadmill barefoot.
- Keep children away from the machine to avoid accidents.
- Avoid overloading or using it for an exceedingly long time, otherwise it could cause damage 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 you feel any pain or discomfort, please consult your physician.
- Do not place heavy objects on the machine.
- Machine should not be used by more than 1 person at the same time.

## INSTALLATION INSTRUCTIONS:

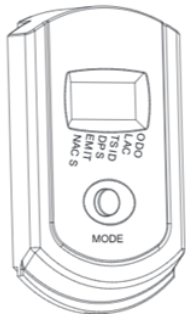
Warning: Open the carton, remove the main frame and the components and place it on the floor in an open area.



Step 1:



#### Console Instructions:



SPECIFICATIONS: TIME.....00.00-99.59  
SPEED.....0.0-99.9KM/H or ML/H  
DISTANCE.....0.00-999.9KM or ML  
ODOMETER (IF HAVE).....0-9999KM or ML  
PULSE (IF HAVE) .....40-240BPM  
CALORIES.....0.0-9999KCAL

#### KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

### OPERATION PROCEDURES:

- 1.AUTO ON/OFFThe system turns on when any key is pressed or when it receives a signal input from the speed sensor The system turns off automatically when the sensor has no signal input, or no key are pressed for approximately 4 minutes
- 2.RESET: The unit can be reset by, either changing battery or pressing the mode key for 3 seconds.
- 3.MODE: To choose SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.
- 4.FUNCTIONS: TIME Press the MODE key until pointer advance

#### Console Instructions:

SPEED: to TIME. The total working time will be shown. Press the MODE Key until the pointer advance to SPEED. The total working time will be shown.

DISTANCE: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

ODOMETER: Press the MODE key until the pointer advances\*(IF HAVE) to ODOMETER The total accumulated distance will be shown

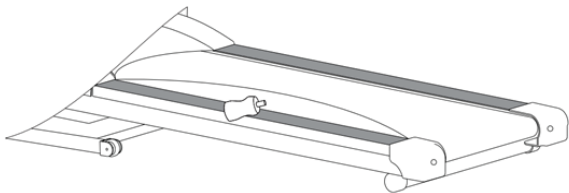
CALORIES: Press the MODE key until the pointer advance to CALORIES. The calories burned will be displayed.

### LUBRICATION OF TREADMILL:

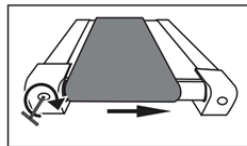
The treadmills have already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances.

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.

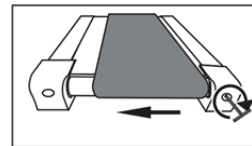
NOTE: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredients; otherwise, the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



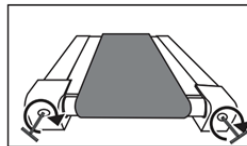
- a) Adjust speed to 3km/h
- b) If the running belt is deflecting to the right, adjust the bolt on the right one half turn clockwise using the Allen key, and adjust the bolt on the left one half turn anti-clockwise (see pic 1)
- c) If the running belt is deflecting to the left, adjust the bolt on the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



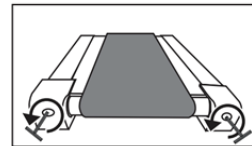
Pic 1. The adjustment for deflection to the right



Pic 2. The adjustment for deflection to the left



Pic 3. Tightening the running belt



Pic 4. Loosening the running belt

#### HEIGHT ADJUSTMENT:

This Treadmill has been designed equipped with 3 level height adjustment function, you can adjust the height by Bolts.

**NOTE:** Ensure that both sides Bolts adjusted evenly.



LEVEL 1



LEVEL 2

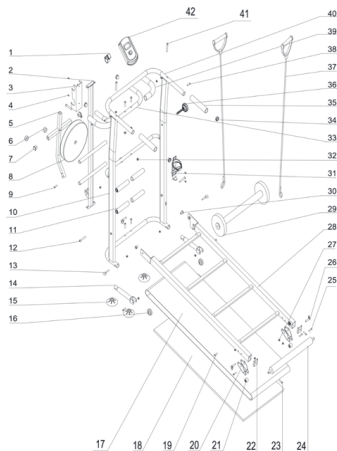


LEVEL 3

## 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.

## OVERVIEW DRAWING



NO.	Name	Pcs
1	Adapter sleeve	1
2	Multi function rack	1
3	Dumbbell	1
4	Screw	4
5	Twist waist tray rack	1
6	rubber mat	2
7	Square tube plug	3
8	Wriggled Plate	1
9	Screw	1
10	Stand column	1
11	Handrail foam	2
12	Screw	2
13	Question mark hook	2
14	Connecting pipe	2
15	Sucking disc	4
16	Wheel	2
17	Running belt	1
18	Running board	1
19	Screw	2
20	Three stage regulation	2
21	Regulation Wheel	2

NO.	Name	Pcs
22	Adjusting U board	2
23	Screw	2
24	Driving roll	1
25	Screw	2
26	Pull pin	2
27	Nut	11
28	Main vehicle frame	1
29	Front roller	1
30	Nut	2
31	Water bottle cage	1
32	Nut	3
33	Handril bracket	1
34	Round tube plug	4
35	Handrail foam	2
36	Round fixing pin	1
37	Digging rope	2
38	Screw	2
39	Bent handrail foam	2
40	Electronic watch holder	1
41	Screw	2
42	Electronic meter	1

## 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 laws.
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.

## 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@lifelongonline.com](mailto: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](http://www.lifelongindiaonline.com) and complete the online warranty form with your personal and product details within 14 days.