

Manufactured for & Marketed by:

**Lifelong Online Retail Private Limited**

For queries and complaints:

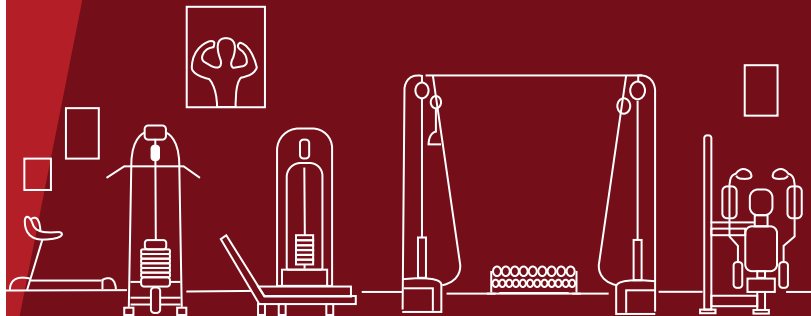
please contact: [customercare@lifelongonline.com](mailto:customercare@lifelongonline.com)

[www.lifelongindiaonline.com](http://www.lifelongindiaonline.com)

lifelong

# AC Motor 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 AC 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 AC Treadmill as much as we enjoyed designing it for you.

Delivering promises that last lifelong.

Thank you for choosing us,

Lifelong

Built For India



**LLACTM01**

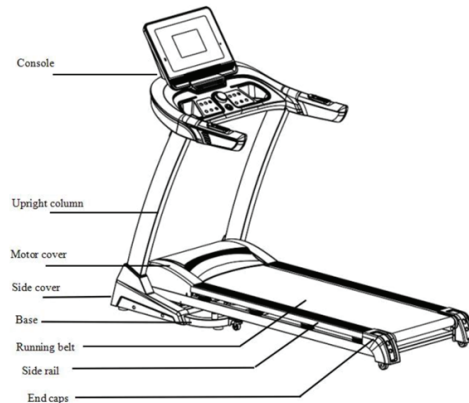
## TABLE OF CONTENTS :

1. About the product
2. Marking of Product
3. Main Parameters and Parts list
4. Installation Instructions
5. Operating Instructions
6. Device Cleaning and Maintenance
7. Dos & Don'ts
8. Troubleshoot Chart
9. Terms and conditions
10. Warranty

## ABOUT THE PRODUCT:

Lifelong AC Motor 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. This treadmills' innovative design features space-saving folding design, and a reliable, sturdy frame.

## MARKING OF PRODUCT:



## MAIN PARAMETERS AND PARTS LIST:

Main parameters and parts list		
Main technical parameters		
NO	Parameters Names	Description
1	input power voltages	AC220V-240V
2	Rated Frequency	50/60Hz
3	Speed	1-20km/h
4	Motor power	AC1100W
5	Running surface	480*1350mm
6	Max user weight	140KG
7	Expand dimensions	1930*830*1430

Packing list

No	Name	Units	Qty
1	Complete machine	Set	1
2	Accessory Bag	Set	1

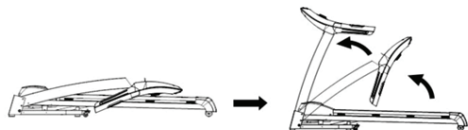
Accessory bag list

No	Name	Qty	No	Name	Qty
1	Inner hexagon spanner 6mm	1	6	MP3 cable	1
2	Inner hexagon spanner 6mm	1	7	Screw M8*22	4
3	Silicone oil	1	8	Screw M8*52	2
4	User manual	1	9	Screw M8*25	4
5	Safety key	1	10	Power line	1

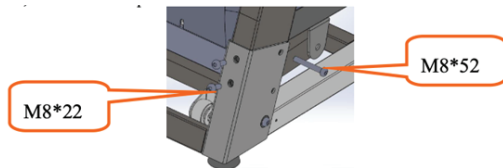
## INSTALLATION INSTRUCTIONS:

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

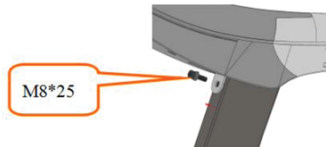
1. Put the machine flat on the ground. Cut the nylon cable ties on the base. Then stand the columns and console with the direction shown in the picture below (The machine is heavy, please ensure there are two people to install it).



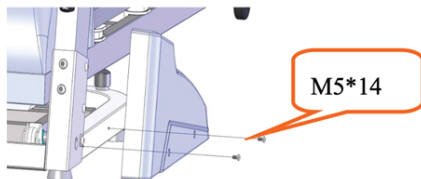
2. Use 5# inner hexagon spanner, screw M8\*52 and screw M8\*22 to lock the columns on the base, as shown in the picture below:



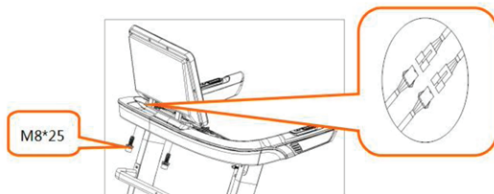
3. Use 6# inner hexagon spanner and screw M8\*25 to lock the console on the columns.



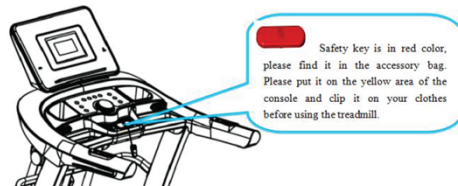
4. Use screwdriver and screw M5\*14 to fix the base corner covers on the columns.



5. Take the console out, connect the signal lines one by one, put the extra exposed lines into the case and then put the console on the console slot (please be careful and do not stick or cut the lines), adjust the position and use screw M8\*25 to lock it tightly



6. Put the safety key on the picture showing position and press the start button to start the treadmill.



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.

## OPERATING INSTRUCTIONS:

### Using the Treadmill

1. Insert the power plug properly and turn on the switch (in red colour) (1). When the light is on, there will be a beep sound, and then the screen will light up (Systems of TFT screen takes more time to enter the start interface).



2. Please keep the safety key away from children when the treadmill is not in use.

Please put the silicon oil bottle in places 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 continue using the treadmill.

### 4. Folding Instructions

**Fold the treadmill:** It will save space when the treadmill is folded. Please turn off the switch and pull out the power plug before folding. Lift the running deck until it is held.

**Unfold the treadmill:** Kick the pressure rod, hold the running deck and then let the running deck to fall gradually.

### Display instructions

#### Start-up

The treadmill starts after pressing the start button.

#### Number of programs

3 modes and several automatic programs.

### Safety lock function

Disconnect the security lock, "E7" shows on the screen and the treadmill stops immediately. Put the safety key back, all the data will be cleared in 2 seconds.

### Button Instructions

Start button, stop button:

When the power is on, press the start button to start the treadmill. Stop key: when the treadmill is in a running state, press the stop button, all data will be cleared, and the treadmill gradually comes to a complete stop and returns to the manual mode.

### Speed+/Speed -

In running mode, press these buttons to set the speed value.

### Program key

In standby mode, pressing this key can cycle the options from manual mode from P1 to P8 automatic programs. Manual mode is the system's default running mode.

### Model Key

In standby mode, press this key will give you the options of 3 different countdown running modes:

- time countdown running mode,
- distance countdown running mode and
- calorie countdown running mode.

When choosing each mode, press speed button to adjust the related values, and press the start button to start the treadmill after setting.

#### **Incline Touch Function**

When the treadmill is in running state, use your finger to touch the incline touching zone. When slided to right, the incline will increase and when slided to left, the incline will decrease.

- **Incline+/Incline -**

In running mode, press these buttons to set the incline value.

- **Volume + - key**

When playing music, pressing these buttons to adjust the volume.

#### **Display Functions**

##### **1. Speed display**

Displays the current value of speed

##### **2. Incline display**

Displays the current value of incline

##### **3. Time display**

Displays the time under manual mode and the countdown mode.

##### **4. Distance display**

Displays the distance under manual mode and program and the countdown distance under countdown mode.

##### **5. Calorie display**

Displays the calorie under manual mode and program and the countdown calorie under countdown mode.

##### **6. Heart Rate Display**

In running mode and standby mode, the appliance displays the heart rate value, and

## Programs

Time Program		Set time/10=Running time of each segment									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	3	3	3	6	5	5	4	4	4	3
	Inclien	0	3	3	3	4	4	4	1	1	0
P2	Speed	3	3	4	4	5	5	5	6	6	4
	Inclien	2	2	2	3	3	3	3	4	4	2
P3	Speed	2	4	6	8	7	8	6	2	3	2
	Inclien	3	5	4	4	3	4	4	3	4	2
P4	Speed	3	3	5	6	7	6	5	4	3	3
	Inclien	0	3	3	2	2	5	5	3	3	2
P5	Speed	3	6	6	6	8	7	7	5	5	4
	Inclien	3	5	3	4	2	3	4	2	3	2
P6	Speed	2	6	5	4	8	7	5	3	3	2
	Inclien	3	4	5	6	3	5	5	6	4	3
P7	Speed	2	9	9	7	7	6	5	3	2	2
	Inclien	0	3	3	3	4	4	4	1	1	0
P8	Speed	3	4	4	4	5	6	8	8	6	2
	Inclien	1	1	4	4	4	5	5	4	3	2
P9	Speed	2	4	5	5	6	5	6	3	3	2
	Inclien	3	5	3	4	2	3	4	2	3	2
P10	Speed	2	5	7	5	8	6	5	2	4	3
	Inclien	1	5	6	8	12	9	10	9	5	3
P1	Speed	2	5	6	7	8	9	10	5	3	2
	Inclien	3	5	6	8	6	5	8	7	5	2
P1	Speed	2	3	5	6	8	6	9	6	5	3
	Inclien	5	7	5	8	6	5	9	10	6	2

## DEVICE CLEANING AND 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 useful life of the electric treadmill.

Move dust periodically to keep the parts clean. Be sure to clean the running belt with both sides of the exposed ion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying dirty matters into running board and belt. Treadmill belts shall be cleaned with a damp cloth with soap. And please pay attention to avoid wetting 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 have been lubricated in the factory. Friction between the running belt and running board has a great influence on the using life and the performance of the electric treadmill, therefore regular application of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service centre.

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. Open the motor cover, check and make sure the oil is no less than 30ml. If it's less than 30ml, please refill it to 90ml (no more than 90ml). Heavyweight use (use more than 7 hours a week) once every two months. Open the motor cover, check and make sure the oil is no less than 30ml. If it's less than 30ml, please refill it to 90ml ( no more than 90ml).

1.To better safeguard your electric treadmill and extend the life of the machine, it is recommended that after 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 a skid phenomenon while running; if it's too tight, it may reduce motor performance and harden the abrasion of the roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness appropriate. 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 on the flat ground.
- Make the electric treadmill run at a speed of about 6-8km/h.
- If the running belt is closer 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 B)

- If the running belt is closer 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 A).

#### 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 must 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.

Method of judging which part is loose: Remove the four screws on the 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

Lightweight user (use less than 3 hours a week): once per month. Open the motor cover, check and make sure the oil is no less than 30ml. If it's less than 30ml, please refill it to 90ml (no more than 90ml). Heavyweight use (use more than 7 hours a week) once every two months. Open the motor cover, check and make sure the oil is no less than 30ml. If it's less than 30ml, please refill it to 90ml (no more than 90ml).

1.To better safeguard your electric treadmill and extend the life of the machine, it is recommended that after 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 a skid phenomenon while running; if it's too tight, it may reduce motor performance and harden the abrasion of the roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness appropriate. 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 on the flat ground.
- Make the electric treadmill run at a speed of about 6-8km/h.
- If the running belt is closer 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 B)

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 its safe use.

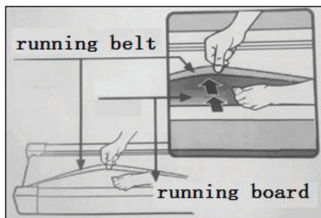
Step 2: Use a wrench to adjust the screws on the motor base according to the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very 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.

#### Applying silicone oil

Step1: Lift the running belt slightly.

Step2: Open the silicone oil bottle, squeeze the silicone oil on the sides of the running board, as shown in the following picture:



## DOS & DON'TS:

- Do not use the machine in the status of a shell break in or break off (the internal structure exposed) or under the condition wherein the welding-parts may fall off, otherwise an accident or injury can happen.
- Don't jump up and down in the process of movement. It may cause injuries.
- Don't keep machine in or near moist area such as the bathrooms.
- Do not place the machine in direct sunlight, or elevated temperature places such as near a stove or a heating appliance. It may cause leakage and may 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 the power cord by force or reverse it. Do not place heavy objects on the machine, do not clamp the power line, otherwise will cause fire or an electric shock.
- Machine should not be used by more than 1 person at the same time. Do not go close to the machine when it is in use. It may cause an accident or injury.
- Avoid drinking water or pouring water when machine is in operation. It may cause electric shock and fire.
- People who do not exercise frequently should not suddenly do intense exercise.
- Do not use this machine, after eating or when tired.

## TROUBLESHOOT CHART:

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 each joint between the controller and console, ensure that each terminal is fully matched well. Check the connection line, replace it if it's damaged.

Error code	Description	Solution
E2	No signal from motor.	Possible Cause: Check the cable between the motor and drive board to see whether it is connected well or not, if not connect it well. Check the motor cable to see whether it is damaged or has a burnt smell, if yes replace the motor
E5	Over current protection: While working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops for self-protection, or some part of treadmill is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is over current sound or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match or is in alignment with the specifications, use the correct voltage to test the machine again.

Error code	Description	Solution
E6	Explosion-proof impact protection: the power supply voltage is abnormal, or motor is abnormal, causing a faulty circuit while driving the motor.	Possible Cause: Check if the power supply voltage is 150% lower normal voltage, use the correct voltage and test the machine again : check if the lower controller has a burnt smell, if yes, replace the lower controller is connected well, to make sure these connect well.
E7	No safety key	Put the safety key on the right place.

## Terms and Conditions:

1. This warranty is void if:

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

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 their date of purchase.

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

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

Warranty coverage: 6 months

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.