

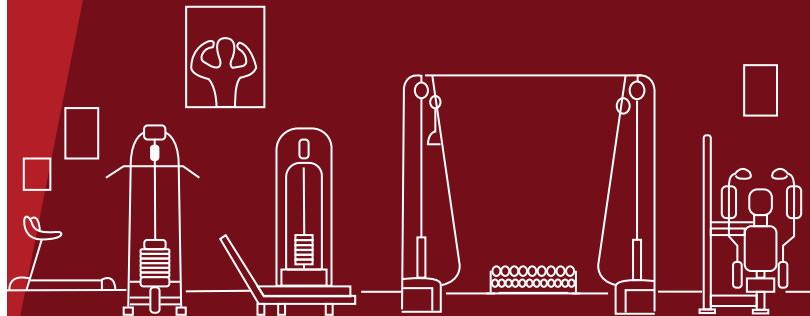
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Lifelong Online Retail Private Limited

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www.lifelongindiaonline.com

lifelong

MOTORIZED TREADMILL

User Manual



Built for Endurance. Built for India.

INTRODUCTION:

Dear Customer,

We welcome you to the Lifelong family, as you welcome our Lifelong Motorized Treadmill in your home.

At Lifelong, our products are carefully built for India, which is why we have crafted a diverse range of innovative products, across a spectrum of categories – Baby, Home, Kitchen, Grooming, Fitness, Lifestyle and Smart Home, to help you better. We then deliver them at the best prices, enriching your everyday living.

We are sure you can't wait to use your new Lifelong Motorized Treadmill. We know we can't!

Looking forward to building our bond for life, cheers!

Thank you, Team Lifelong

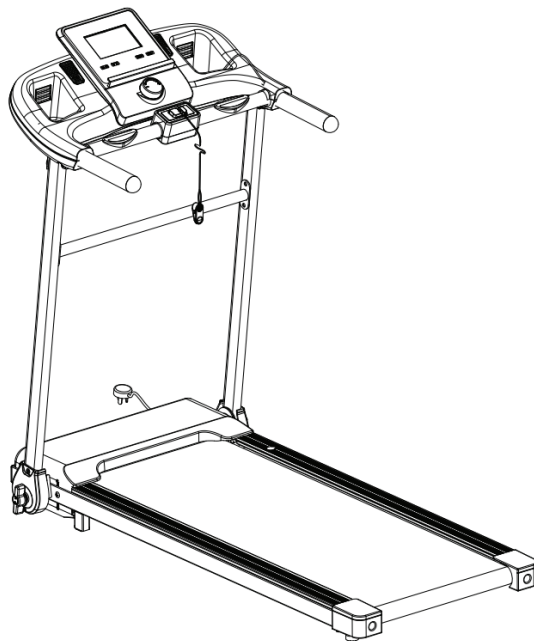


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ABOUT THE PRODUCT:

The Lifelong motorized treadmill is equipped with an electric motor that powers a moving belt. Users can walk, jog, or run on the belt, simulating outdoor exercise indoors. It often includes features like adjustable speed and incline settings, built-in workout programs, and tracking metrics such as distance, speed, time, and calories burned.

INCLUSIONS IN THE LIFELONG MOTORIZED TREADMILL KIT:



Safety Tether Key
x 1



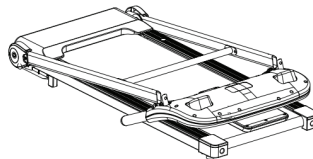
Allen Wrench
x 1



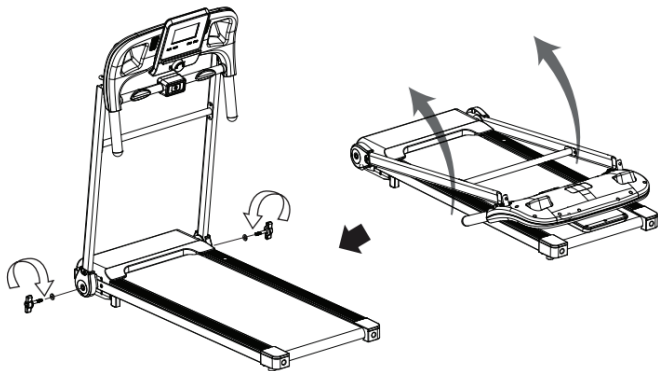
Flat Gasket with
Lock Knob
x2



Screw and
Curved Gasket
x2



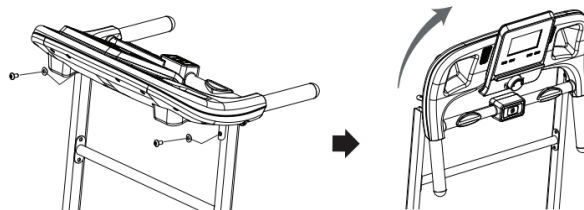
ASSEMBLING THE LIFELONG MOTORIZED TREADMILL:



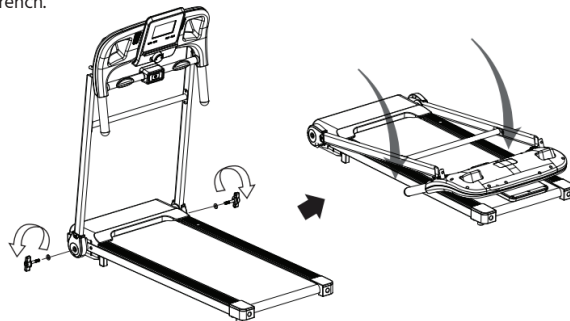
Steps to Assemble the Lifelong Motorized Treadmill

- To raise the handlebars, raise the support tubes on the left and right. While the other tightens the lock knobs and flat gaskets, one person holds the support tubes for the left and right handlebars.
- After raising the computer console, fasten the screws with the curved gaskets using an Allen wrench.

FOLDING THE LIFELONG MOTORIZED TREADMILL:



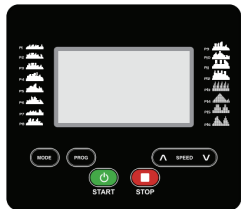
- Turn down the computer console by unscrewing the curved gaskets and screws with an Allen wrench.



- While the other loosens the flat gaskets and lock knobs, one grips the handlebar support tubes on the left and right. Lastly, shut down the storage device.

OPERATING THE MOTORIZED TREADMILL:

Operating the Control Panel



Note: When using the treadmill, you should never stand on the running belt; instead, you should always stand on the side rails.

Display Functions

Quick Start: To start exercising, click the START button on the computer. The running belt moves at a speed of 1.0 KPH at first. To change the jogging speed while exercising, hit the SPEED + or SPEED - buttons on the computer panel. You can stop working out at any moment by pressing the STOP button on the computer interface.

START: Press the START button to begin exercising.

STOP: Press the STOP button to end your workout.

MODE: To select different functions (TIME, DISTANCE, or CALORIES) for setting exercise goals in manual program mode before training.

PROG (PROGRAM): To select your chosen workout (P1 to P16).

SPEED +: To raise the function value. to raise the amount at which running speed is adjusted throughout all training sessions and training types.

SPEED -: To adjust the function value down. To decrease running speed adjustments during all training periods on different training modes.

Operating the Display

TIME: Displays your elapsed workout time in minutes and seconds.

Prior to training, you can also pre-set the target time in STOP mode. Press the MODE button on the computer console to set the time by seeing the split window of time blink. To adjust the setting, use the SPEED + or SPEED - button on the computer console. The goal time range that has been specified is 5:00 to 99:00 minutes. To start exercising, press the START button on the computer once you've pre-set your desired time.

SPEED: Shows the current speed, ranging from 1.0 mph to 14.0 mph at its fastest.

DIS (DISTANCE): Shows the total distance covered during the exercise. Prior to training, you can also pre-set the target distance in STOP mode. Press the MODE button on the computer console until you see the DIS (DISTANCE) split window start to blink to set DIS (DISTANCE).

To adjust the setting, use the SPEED + or SPEED - button on the computer console.

The predetermined range of the target distance is 1.00 to 65.0 km. Press the START button on the computer to start exercising after you've pre-set your target distance.

CAL (CALORIES): Shows the total number of calories you burned working out. Prior to training, you may also pre-set your desired calorie intake in STOP mode. Press the MODE button on the computer console until the CAL (CALORIES) split window starts blinking to configure CAL (CALORIES). To adjust the setting, use the SPEED + or SPEED - button on the computer console. The range of predetermined target calories is 10 to 995 calories. To start exercising when you've pre-set your target calories, click the START button on the computer.

Training in Pre-Set Program Mode: Press the PROG (PROGRAM) button to choose your workout (P01 to P16) when the device is in PROGRAM mode. To adjust the setting, use the SPEED + or SPEED - button. To confirm and get started with your workout, press the START button.

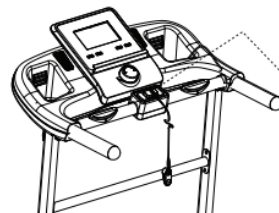
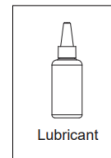
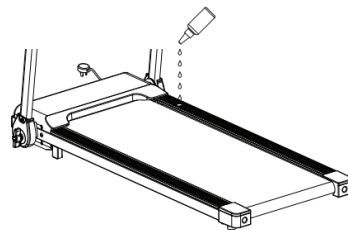
Programm	Geschwindigkeit in km/h pro Segment																							
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3				
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2				
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2				
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3				
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2				
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2				
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3				
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2				
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2				
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3				
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3				
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	7	7	5	5	4	3				
P13	3	6	8	10	3	6	8	10	3	6	8	10	3	6	8	10	3	6	8	3				
P14	2	3	4	5	6	7	8	9	10	9	8	7	6	5	4	3	2	3	4	2				
P15	3	3	6	6	9	9	9	9	6	6	3	3	6	6	9	9	6	6	3	3				
P16	2	3	4	8	9	10	10	7	6	5	4	3	2	6	8	10	8	6	4	2				

Lubrication

Maintaining the lubrication of your treadmill running belt can guarantee optimal performance and increase its lifespan. When you receive your treadmill, please make sure that each oil cap is lubricated. Apply lubricant after the first 25 hours of use (or two to three months), and then do it again after every 50 hours of use (or five to eight months). To evenly disperse lubrication, spend three to five minutes running slowly on the treadmill.

Checking Running Belt for Lubrication

- Take off the lubrication system's cap and inject a few lubricant drops.
- No more lubrication is needed if the surface feels smooth to the touch.
- Lubricate the surface if it feels dry to the touch.
- Avoid over oiling the running deck.

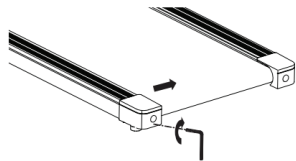


**SAFETY
TETHER KEY**

Make sure the Safety Tether Key is correctly inserted into the computer console and the Safety Clip is fastened to a piece of clothing before starting an exercise routine. In the case of a fall, the clip will extract the safety tether key from the computer console and cause the running belt to halt instantly for an emergency stop, thereby reducing the risk of harm. Replace the computer console's safety tether key. To start the workout again, press the START button.

Belt Adjustment

Although the running belt is pre-adjusted to the running deck at the factory, it may expand and need to be readjusted after extended use. Turn on the treadmill's main power switch, then allow the belt to run between 3.0 and 6.0 KMPH to set its speed. To centre the belt, crank the rear roller adjustment nuts with the included Allen wrench. Turn the left adjustment bolt 1/4 turn clockwise to stop the running belt from shifting to the left. The running belt should then begin to adjust itself.

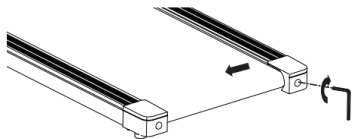


Tool:



Allen Wrench

Turn the right adjustment bolt 1/4 turn clockwise if the running belt is shifting to the right. The belt should then begin to adjust itself. When the running belt is correctly positioned, keep twisting the adjustment bolts.

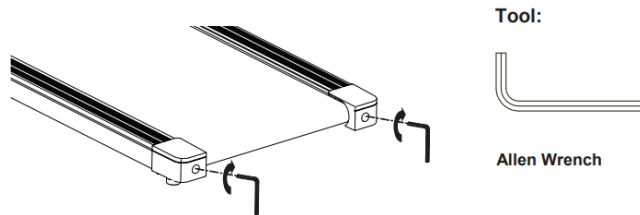


Tool:



Allen Wrench

Turn off and disconnect the treadmill if the running belt is slipping while it is being used. Turn the left and right rear roller adjustment bolts 1/4 turn clockwise using the included Allen wrench. Then, flip the main power switch back on and operate the treadmill at 3.0-6.0 KPH. To find out if the belt is still slipping, run on top of it. Continue doing this until the belt stops slipping.



Tool:



Allen Wrench

Turn the left and right rear roller adjustment bolts 1/4 turn clockwise using the included Allen wrench. Then, flip the main power switch back on and operate the treadmill at 3.0-6.0 KPH. To find out if the belt is still slipping, run on top of it. Continue doing this until the belt stops slipping.

CLEANING, MAINTAINING & TROUBLESHOOTING THE LIFELONG MOTORIZED TREADMILL:

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

Cleaning the Lifelong Motorized Treadmill

Make sure the device is cleaned and free of sweat after every workout.

A gentle cloth and a small amount of detergent can be used to clean the treadmill.

Avoid using solvents or abrasives. Avoid letting the display panel get too wet as this could harm the device and present an electrical risk.

To avoid damaging the screen, please keep the treadmill—and the computer console in particular—out of direct sunlight.

Storing & Maintaining the Treadmill

The treadmill should be kept inside in a dry and clean space. Don't use the device outside or go outside. Make sure the power cord is unplugged from the wall outlet and that the master power switch is off.

TECHNICAL SPECIFICATIONS:

LLTM777	
Parameters Name	Description
Input power voltage	AC220-240V; 50-60Hz
Speed	1.0-14 Km/h
HP	1.2 HP
Functions	Running

TROUBLESHOOTING:

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

Changes in table: Problem 3: Change hesitates to shakes

SAFETY PRECAUTIONS:

When using this treadmill, basic safety measures, such as adhering to the following crucial safety rules, should always be taken. Before utilizing this treadmill, make sure to read all instructions.

Danger: Always unplug the treadmill from the electrical outlet after use and before assembling, maintaining, or cleaning it to lower the risk of electric shock.

Ignoring these recommendations could result in harm to oneself as well as harm to the treadmill.

WARNING:

Read the following to lessen the chance of burns, fire, electric shock, or other injuries to anyone:

- When the treadmill is hooked in, never leave it alone. When not in use, disconnect by flipping off the master power switch and unplugging from the wall outlet before attaching or removing components.
- Only use this appliance as directed by the instructions provided in this handbook. Never utilize attachments that the manufacturer has not advised.
- If there is damage to the cord or plug on this treadmill, or if it is not functioning properly, never use it. Should the appliance have been dropped, damaged, or exposed to water, send it back to a service centre for inspection and maintenance.
- Other than the maintenance and adjustments outlined in this manual, never try them. If issues emerge, stop using the product and speak with an Authorized Service Representative.
- Make sure the appliance's air openings are never clogged before using it. Make sure that hair, lint, and other obstacles are kept out of the air holes.

- Avoid using the treadmill outside. Avoid using the power wire as a handle or pulling the treadmill by it.
- During use, keep kids and pets away from the equipment.
- When oxygen is being given or aerosol (spray) products are being used, do not operate.
- Avoid operating in a damp or moist environment; stay dry.
- When the treadmill is operating, the motor cover may get heated. Avoid setting the treadmill down on a blanket or any other combustible surface as this could result in a fire.
- Electrical cords should not be placed near hot surfaces.
- Make sure there is a minimum of two meters of safety area clearance around the treadmill and keep it on a level, stable surface. Make sure there are no obstacles in the way of the treadmill when it is in use.
- Avoid operating in a damp or moist environment; stay dry.
- When the treadmill is operating, the motor cover may get heated. Avoid setting the treadmill down on a blanket or any other combustible surface as this could result in a fire.
- Electrical cords should not be placed near hot surfaces.
- Make sure there is a minimum of two meters of safety area clearance around the treadmill and keep it on a level, stable surface. Make sure there are no obstacles in the way of the treadmill when it is in use.
- When using the treadmill, always keep your hands on the handrails.
- When folding and adjusting the treadmill, always make sure the round and spring knobs are in their proper positions.
- Children under the age of twelve should never be left unattended near or on the treadmill.
- To disconnect, pull the plug from the wall outlet and flip all controls to the off position.

- This device is not meant to be used by anyone (including children) who have diminished physical, sensory, or mental skills, or who lack experience and knowledge, unless someone who oversees their safety has given them supervision or instructions on how to operate the appliance.
- At all times, children shouldn't be permitted to play on or close to the treadmill.
- **WARNING: POSSIBLE INJURY** Take great care when getting on and off a moving treadmill belt to prevent injury. Before using, carefully read this instruction manual.
- Make sure all the visible fasteners on the treadmill are securely fastened and that the belt is centred and aligned on the running deck before using it.
- Kids are not allowed to play with the device.
- It is forbidden for minors to do cleaning tasks or user maintenance without adult supervision.
- To prevent a hazard, the supply cord must be changed by the manufacturer, its service agent, or other appropriately authorized individuals if it is damaged.
- When this treadmill is folded, you should never use it.
- Before folding up the treadmill, let the running belt come to a complete stop and remove the power wire from the wall socket.
- Never turn away from the computer console and avoid sprinting backward on the running belt.
- This treadmill comes with a 2.5 HP Peak Motor.

Warning

See your doctor before starting any fitness regimen. This is particularly crucial for those over 35 or those with underlying medical conditions. Before use any exercise equipment, make sure to read all directions. The moving pieces of this workout equipment might cause significant damage if they are not properly fitted with protectors. Do not use it without them.

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 service.
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 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 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

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.