

LifeSpan™

Desktop Treadmill

Owners Manual

DT-3 / DT-5 / DT-7

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

v. 3.0

Welcome to LifeSpan

Congratulations on choosing the LifeSpan treadmill desk. This desktop treadmill gives you the opportunity to remain productive while taking care of yourself as you integrate movement with normally sedentary tasks.

The average American now spends 11 hours, 5 days a week, sitting, and burns 100 fewer calories each day than they did a few decades ago. Sitting for long periods slows your metabolism, reduces calories burned, and increases your risk for heart disease and diabetes.

Whether you plan on placing the treadmill desk in a TV room, replacing your desk at home or adding a new workspace in the office, the treadmill desk is a great way to add movement to an otherwise sedentary activity.

Before you assemble or operate your treadmill desk, please read this manual thoroughly. Important information including safety precautions, ongoing product maintenance, assembly instructions and information on proper operation are included.

If you need to contact LifeSpan customer service visit our web site at www.lifespanfitness.com and select customer support. Complete the information requested and we will respond to your inquiry within 1 business day. In the U.S. and Canada you can also call (801) 973-9993 and choose option 4.

Remember that some types of service should only be performed by a qualified service technician.

U.S. and Canada

*PO Box 981316
Park City, Utah 84098-1316
Phone: 801.973.9993
Fax: 801.973.9923
www.lifespanfitness.com*

International

Contact your local distributor

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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Specifications

	DT-3	DT-5/DT-7
Console Readouts	Time, Steps, Calories, Distance, Speed	Time, Steps, Calories, Distance, Speed
Display	LED	LED
Bluetooth	Yes	Yes
Mechanics and Performance	Console Only	
Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)	0.4 - 4.0 mph (0.6 - 6.5 kph)
Dimensions	12.5" W x 3" D x 2" H (32cm W x 7.6cm D x 5.1cm H)	46.5" W x 31" D (118.1cm W x 78.7cm D)
Height Adjustment	NA	36" to 52" (91.4cm to 132.1cm) users 4'10" to 6'8" (users 147cm to 203cm)
Height Adjustment Method	NA	Manual - (DT-5) Electric - (DT-7)
Desktop Material	NA	1" (2.54cm) Thick HD Composite Board
Desktop Surface	NA	Durable Laminate
Max. Load on Desktop	NA	100 lbs. (45 kg)
U.S. and Canada only		
Warranty		
Frame	NA	Lifetime
Parts	2 Year Replacement	2 Years
Labor	NA	1 Year

Warranty Information

The LifeSpan DT-3/DT-5/DT-7 Treadmill Desks come with the following limited warranty, valid in the U.S. and Canada only.

	DT-3	DT-5	DT-7
Frame:	NA	Lifetime	Lifetime
Parts:	2 Year Replacement	2 Years	2 Years
Labor:	NA	1 Year	1 Year

LifeSpan Fitness warrants that the equipment it manufactures is free from defects in material workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, LifeSpan Fitness will repair or replace any defective part. Free labor is included for the first year on all parts that are not normally assembled or replaced by the customer. Customer may be responsible to pay for Service Technician travel time where travel in excess of 20 miles (32 km) is required.

If within the time frames specified above, any part fails to operate properly, log on to our web site at www.lifespanfitness.com, click on Customer Support and complete the form to request assistance. Or call 877-654-3839 x4 for a Customer Support Agent.

LifeSpan Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- LifeSpan Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration (U.S. and Canada only)

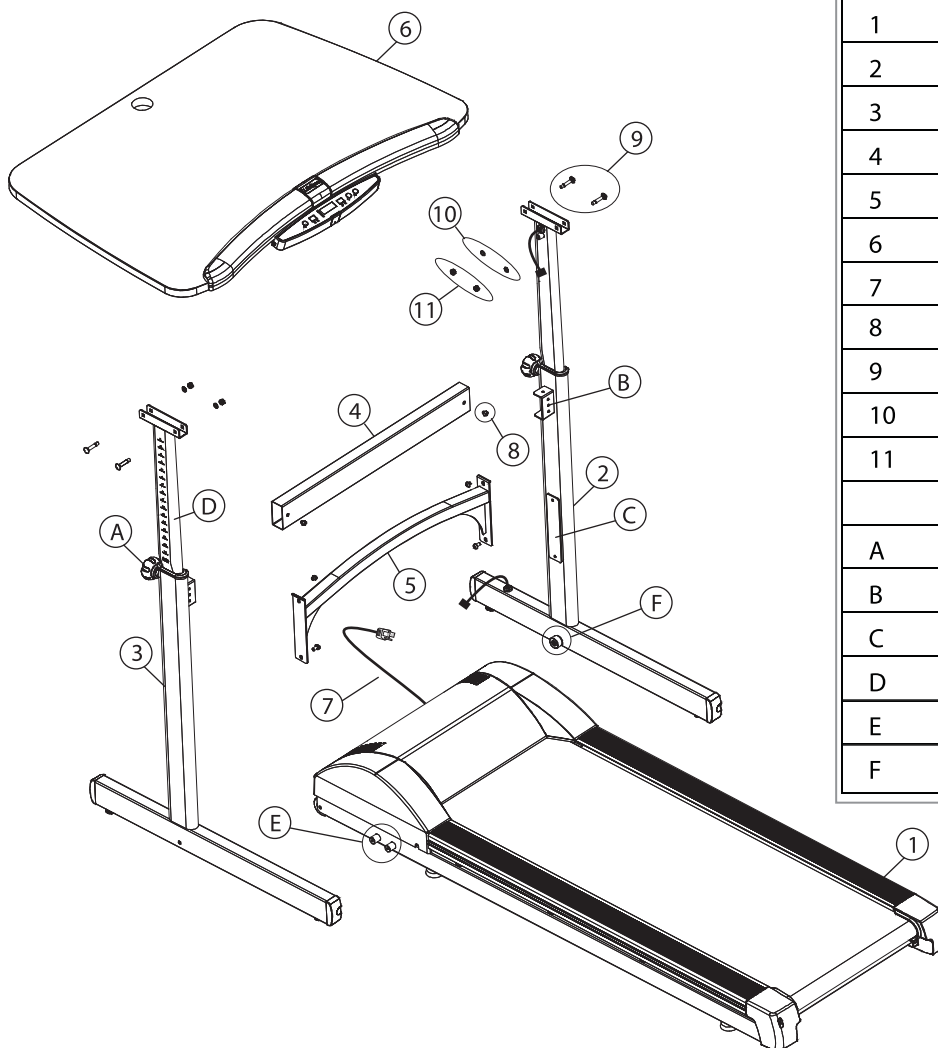
You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and Register Products or fill out the warranty card provided and mail it today. Registration cards must be completed and sent to LifeSpan within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the registration is properly complete and received within 30 days.

Assembly - (DT-5)

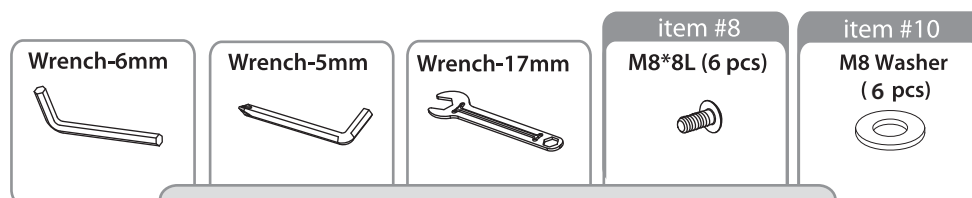
At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



Item#	description
1	Treadmill
2	Right upright tube
3	Left upright tube
4	Upper support tube
5	Lower support tube
6	Desktop
7	Power cord
8	M8 * 8L Bolt
9	M8 * 45L (preinstalled on D)
10	M8 Washer
11	M8 Lock nut
A	Adjustment knob
B	Upper mounting bracket
C	Lower support bracket
D	Extension Tube
E	Treadmill positioning bumpers
F	Upright positioning bumper

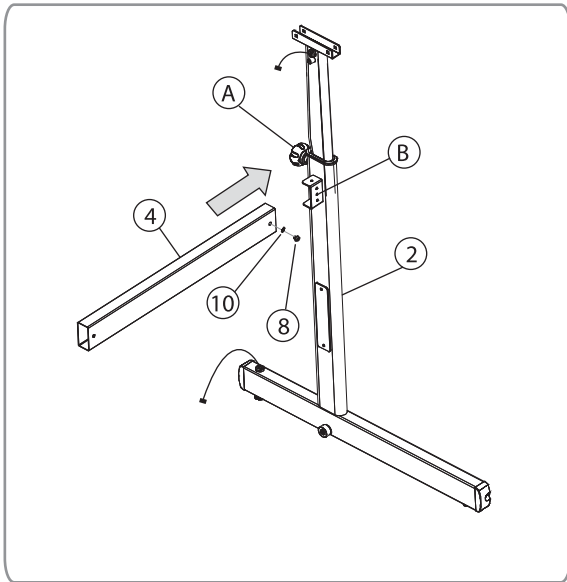


Included in Hardware Bag

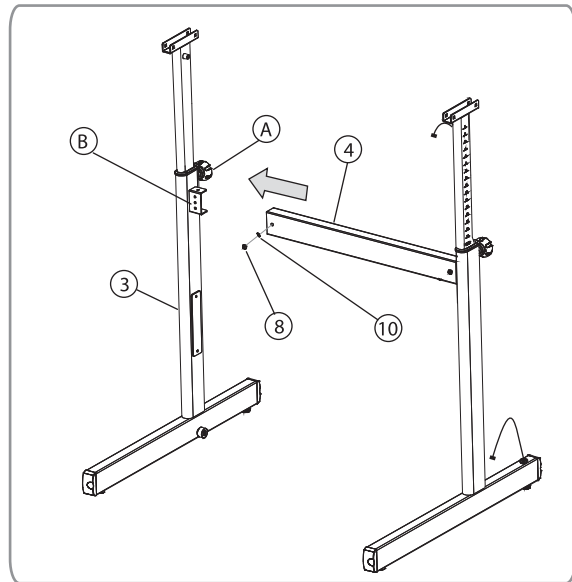
Step 1: Upright Support Assembly

- A. Position the right upright (2) with the adjustment knob (A) facing away from you and mounting bracket (B) facing left. Slide upper support tube (4) over mounting bracket (B) and loosely install one M8*8L mounting bolt (8) and M8 washer (10).
- B. Position the left upright (3) with the adjustment knob (A) facing away from you and mounting bracket (B) facing right. Slide upper support tube (4) over mounting bracket (B) and loosely install one M8*8L mounting bolt (8) and M8 washer (10).

Note: Do not tighten any mounting bolts at this time.



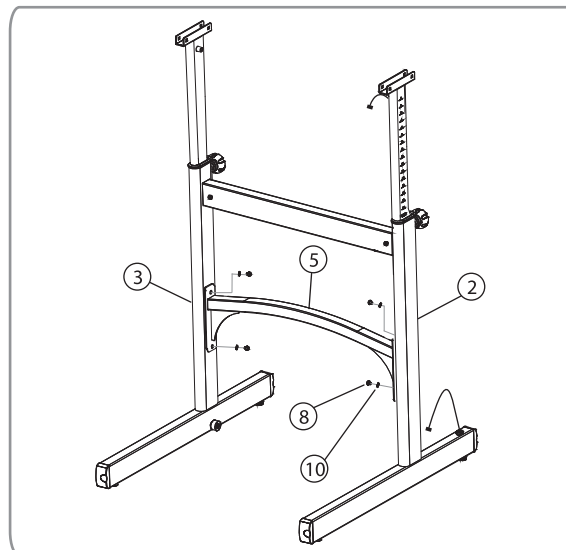
Step 1A



Step 1B

- C. Place the lower support tube (5) between the right upright (2) and left upright (3) and loosely install the four M8*8L mounting bolts (8) and M8 washers (10).

Note: Do not tighten any mounting bolts at this time.

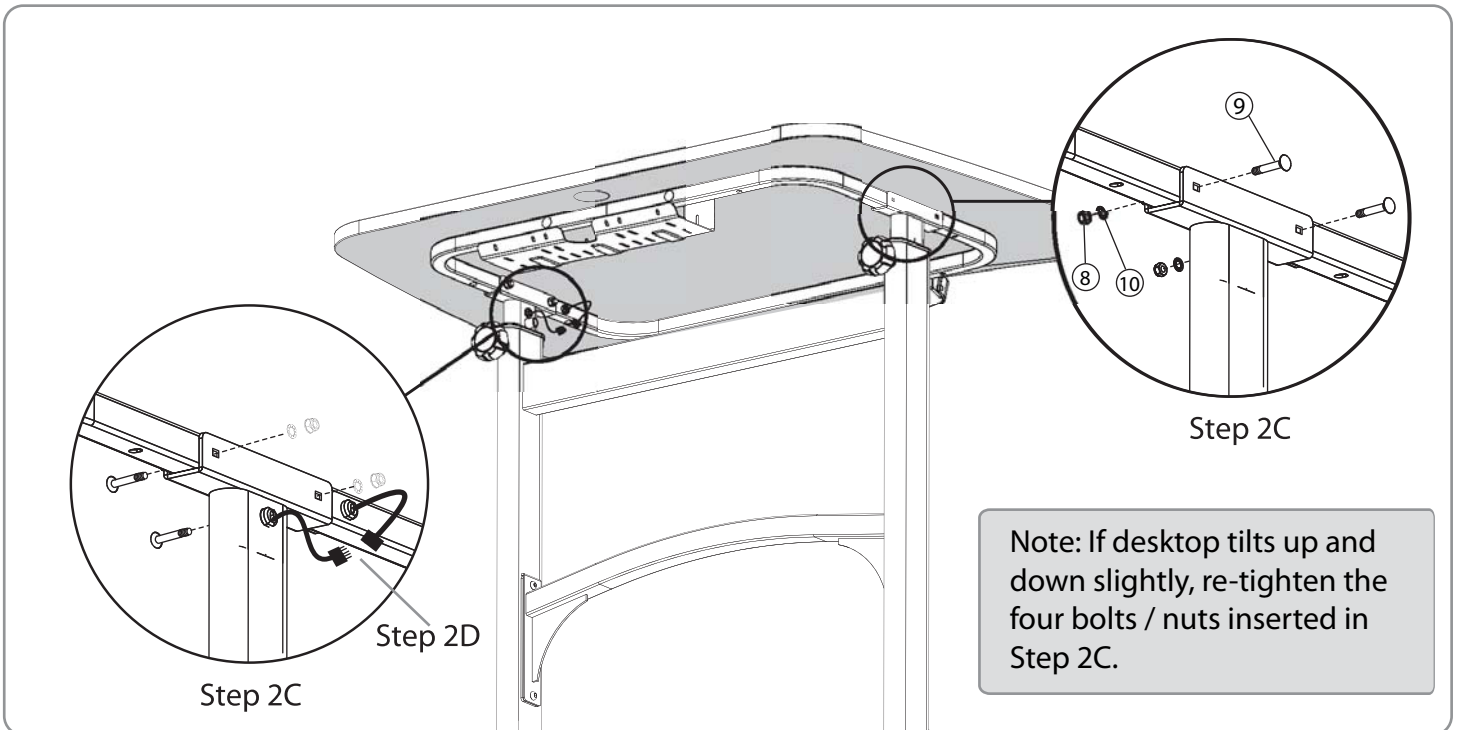


Step 1C

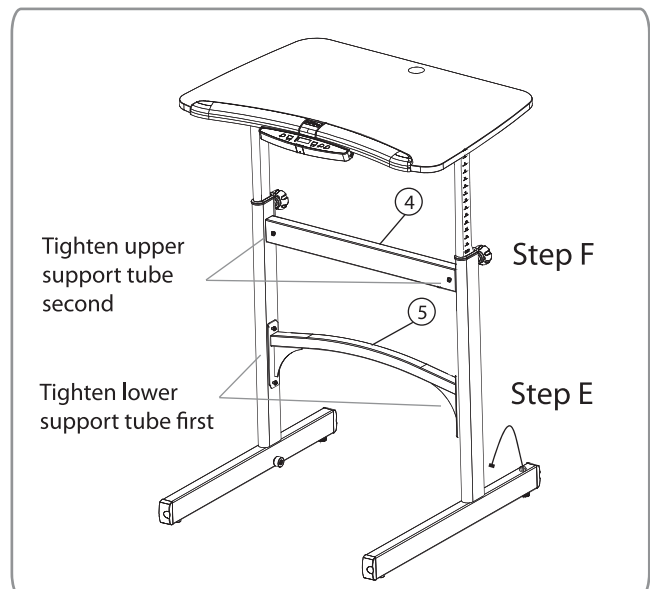
Step 2: Desktop Assembly

- Raise each extension tube (D) to level 16 and turn the adjustment knobs clockwise to tighten.
- Align desktop on top of the extension tubes (D) so the wire harness from the desktop frame is on the same side as the wire harness coming from the right extension tube. Gently lower the desktop support frame onto the u-brackets of the extension tubes (D).

Note: Make sure the console wire harness or connector does not get caught or pinched between the u-bracket and desktop frame.

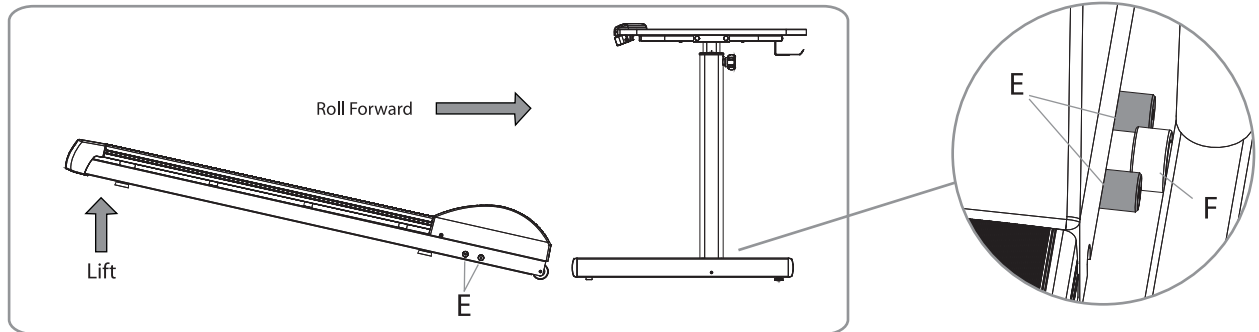


- Insert four M8*45L carriage bolts (9) through u-brackets. Install four M8 washers (10) and nuts (11). Securely tighten the four M8 nuts.
- Connect the two wire harness connectors.
- Securely tighten the four lower support tube (5) bolts from step 1C.
- Securely tighten the two upper support tube (4) bolts from step 1A & 1B.

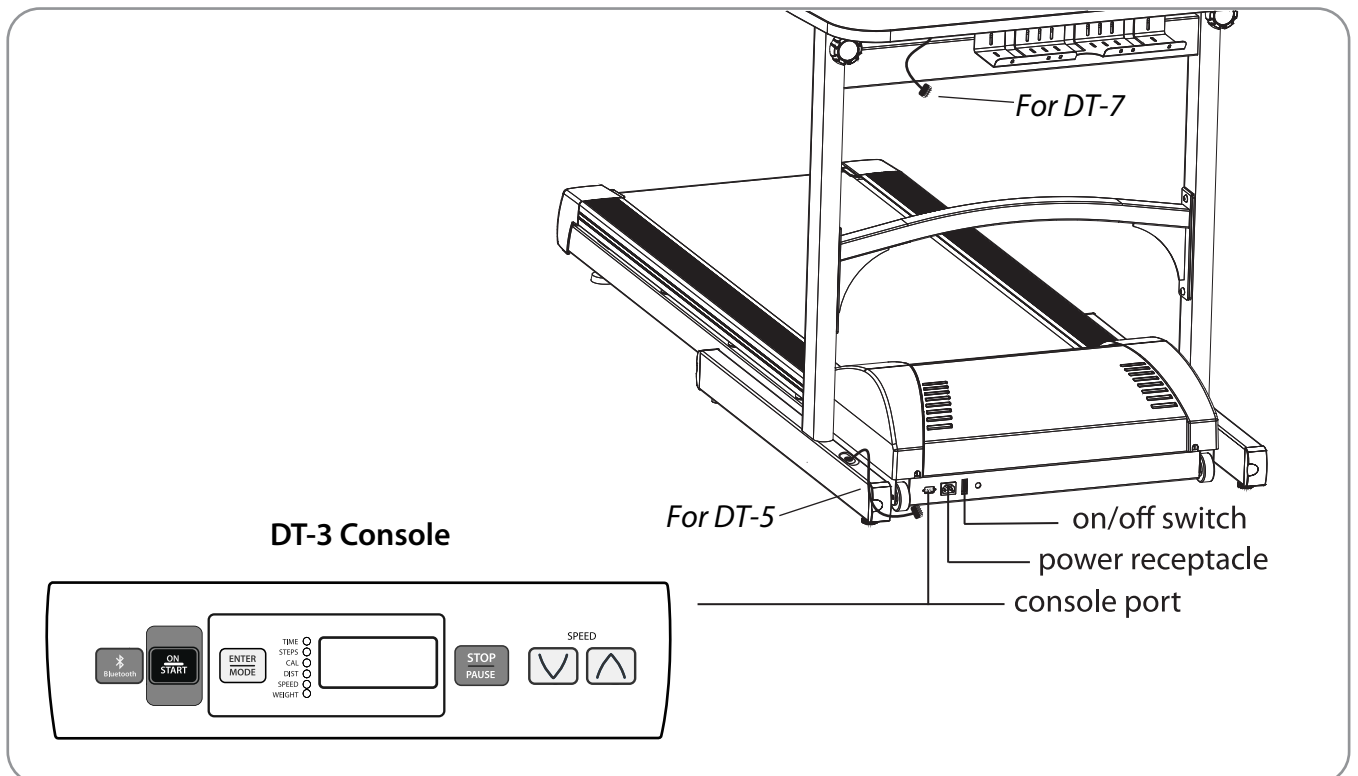


Step 3: Treadmill to Desktop Assembly - DT-3/DT-5/DT-7

- A. Position the pre-assembled treadmill as shown below.
- B. Lift the rear of the treadmill and roll it forward under the desktop until the positioning bumpers (E) on the treadmill are centered over the positioning bumper (F) at the base of the uprights. Lower the rear of the treadmill to the floor.

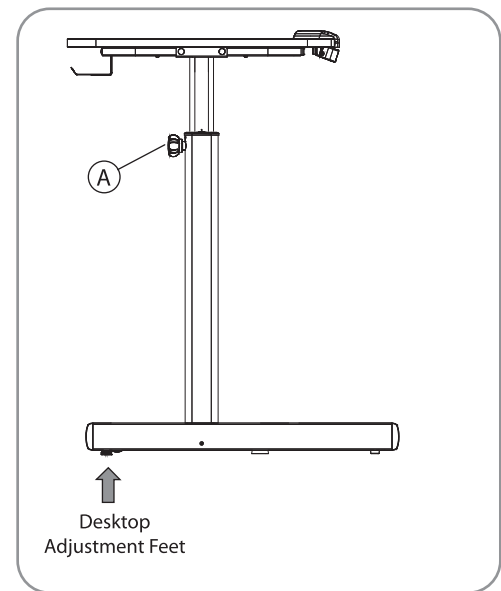


- C. Plug the console connector from the treadmill to the desktop, see illustration below.
- D. Plug the power cord into the power receptacle and turn the power switch on.
- E. Install the safety key into the front of the console.



Desk Leveling

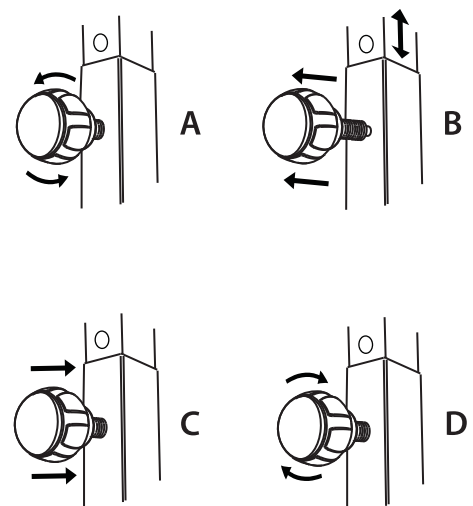
The treadmill desk needs to be leveled prior to use. The desk comes with 2 adjustable feet that can be used to level the desk and eliminate rocking. If the desk is rocking on two of the feet, adjust the two front feet until all four feet are sitting securely on the floor.



Desktop Height Adjustment

Caution: Remove all objects from desktop prior to making height adjustments. We recommend using two people for the height adjustment.

- Loosen the adjustment knobs (A) on each upright by turning it no more than two turns counter-clockwise.
- While firmly holding each side of the desktop, pull both adjustment knobs (A) out and slowly raise or lower the desktop.
- Release the adjustment knob (A) as the desired level is reached. The adjustment knob will click into place.
- Check to make sure the desktop height is set at the same level on both sides. Turn adjustment knobs (A) clockwise to lock in place.

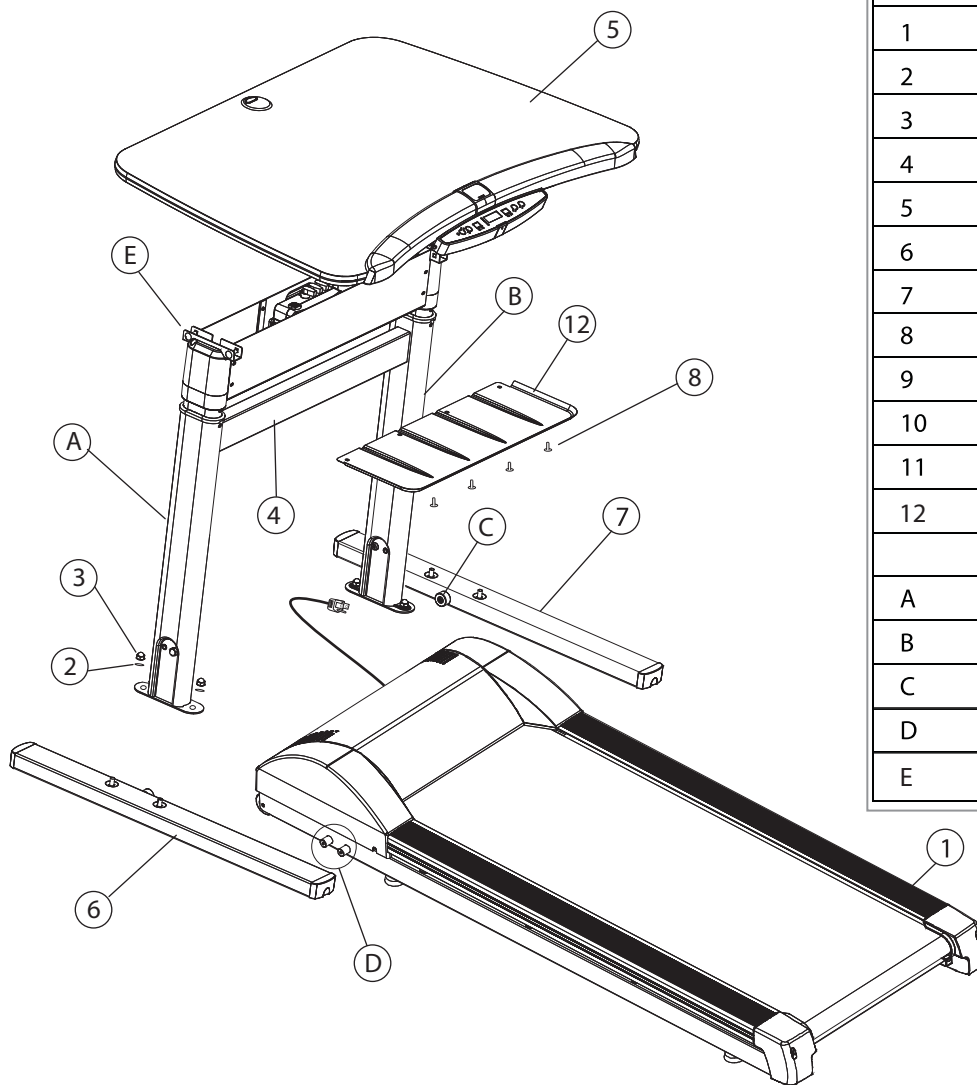


Assembly - DT-7

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



Item#	description
1	Treadmill Base
2	M8 Washer
3	M8 Acorn Nut
4	Upright Assembly
5	Desktop
6	Left Base Foot
7	Right Base Foot
8	M4 Screw
9	M8 * 45L
10	M8 Washer
11	M8 Lock nut
12	Accessory Tray
A	Left Upright
B	Right Upright
C	Upright Positioning Bumper
D	Treadmill Positioning Bumpers
E	Mounting Desktop Brackets

Wrench-6mm



Wrench-5mm



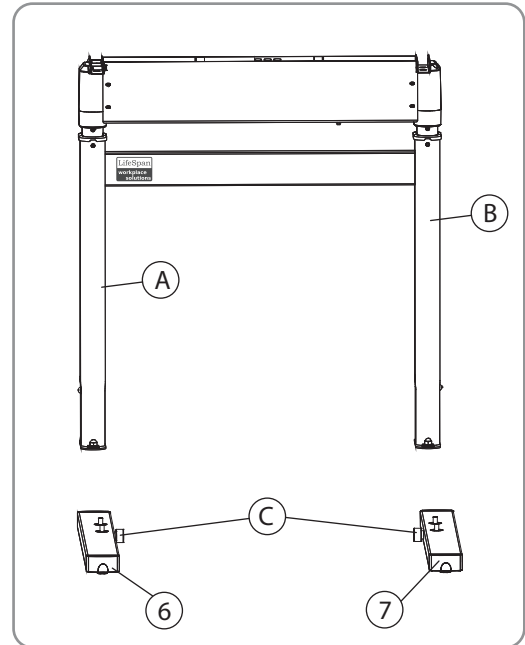
Wrench-17mm



Included in Hardware Bag

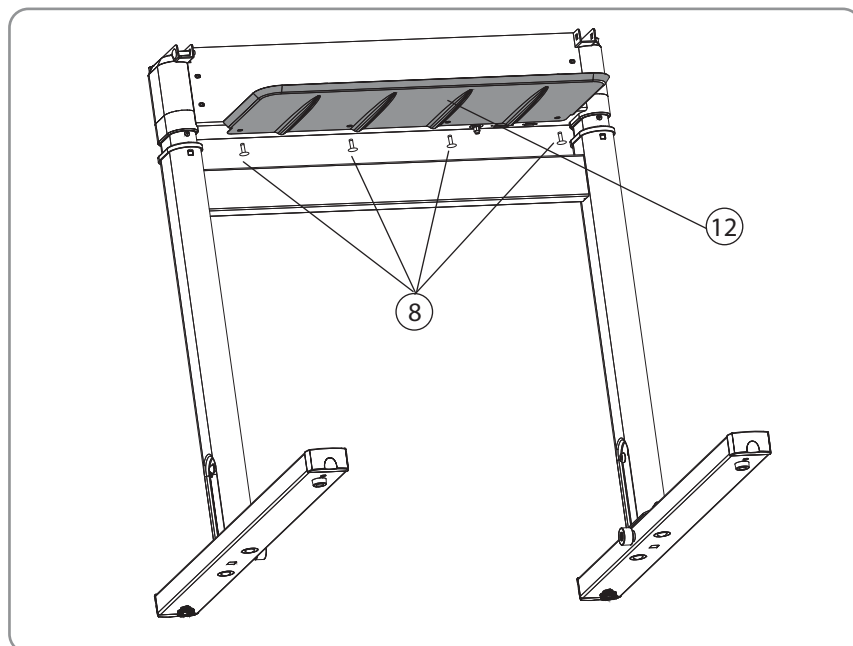
Step 1: Upright Support Assembly

- A. Position the left base foot (6) so the treadmill position bumper (C) is facing inward.
- B. With the workplace solutions logo facing towards you, slide the left upright support post over the bolts installed in the left base foot. (Nuts and washers pre-installed in base feet)
- C. Install the nuts and washers and tighten.
- D. Repeat steps A through C for the right base foot (7) and upright.



Step 2: Accessory Tray Assembly

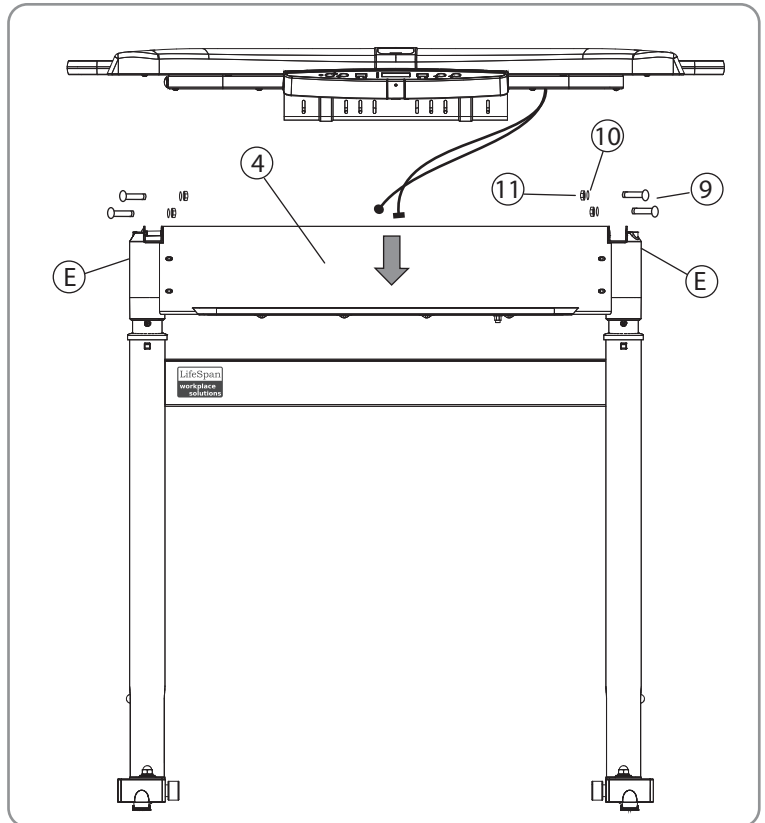
- A. Remove the 4 screws (8) pre-installed in the bottom of the upright assembly crossbar.
- B. Line the holes in the accessory tray (12) with the holes in the upright assembly.
- C. Install 4 screws and tighten.



Step 3: Desktop Assembly

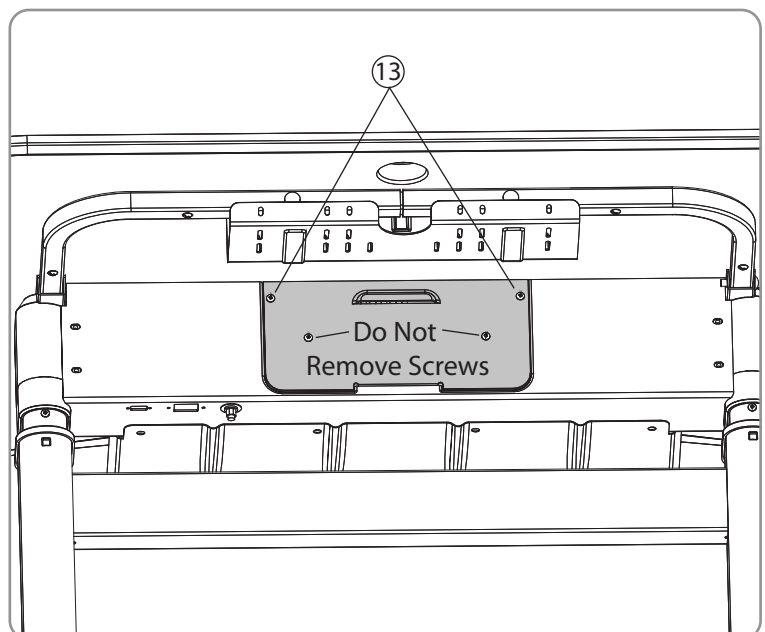
Note: It is a good idea to use two people for this part of the assembly in order to be sure wires are properly routed and do not get pinched while installing desktop.

- A. Remove the Bolts (9), Washers (10) and Nuts (11) pre-installed in the upright assembly posts.
- B. Hold the desktop over the upright assembly and place the desk height control wire harness and the console wire harness into the center of the upright assembly (4). Place the connector ends towards the center of the tray for easy access in the next steps of the assembly.
- C. Set the desktop down into the mounting brackets (E) on the upright posts, align the mounting holes and re-install the hardware removed in step A.
- D. Tighten the desktop mounting bolts/nuts.



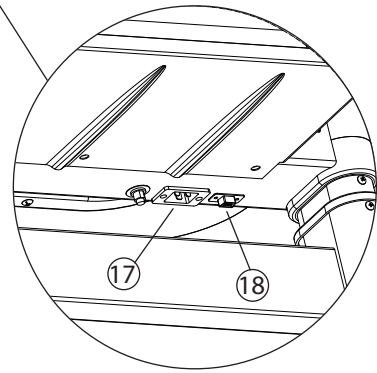
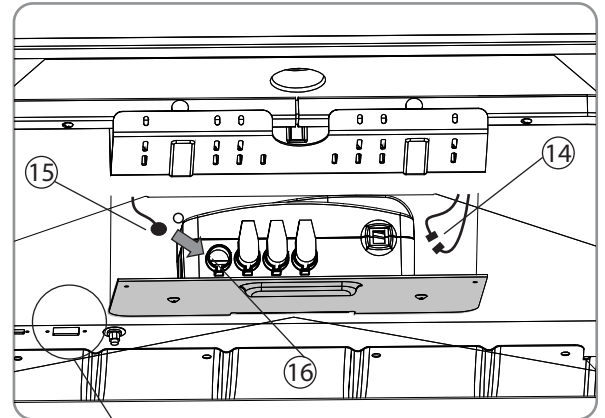
Step 4: Height Adjustment/Console Harness Connections

- A. Remove the 2 upper screws (13) attaching the access panel for the height adjustment control unit.
- B. Tilt down and pull the access panel out several inches. There are harnesses pre-attached to the height controller, so do not try to fully remove.



Step 4: Height Adjustment/Console Harness Connections Continued

- C. Attach the round connector (15) (placed in the center tray during desktop assembly) to the height controller port (16).
- D. Connect the 7-pin rectangular connectors (14) (one is placed in the center tray during desktop assembly and the other is pre-installed at the factory).
- E. Re-attach the access panel to the center tray and tighten the two screws removed in step A.
Note: Check to be sure all wires are carefully tucked into the center tray prior to tightening access panel screws to prevent harness damage.



Step 5: Treadmill to Desktop Assembly

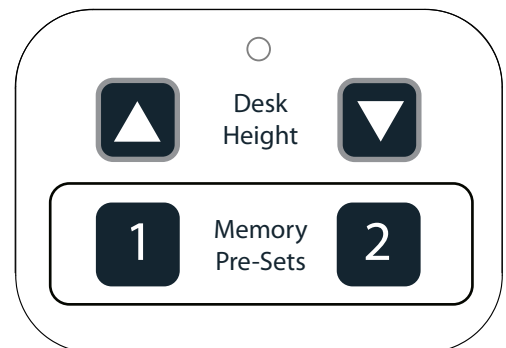
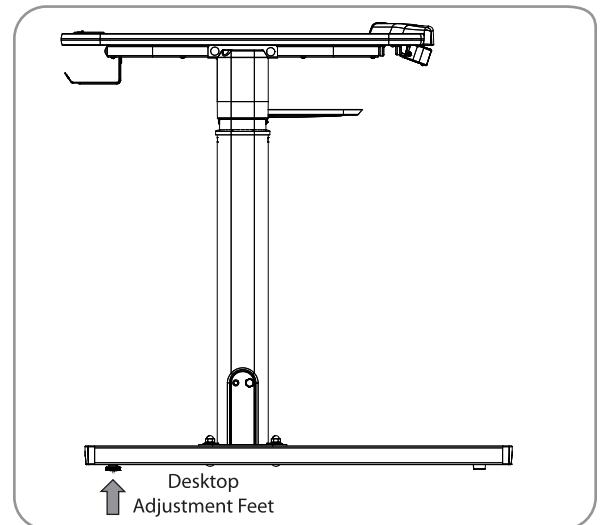
- Plug the power cord into the desk receptacle (17) and into a wall outlet. Plug the console electronics cord into desk D-connector (18). See instructions on page 10 for treadmill base connection.

Desk Leveling

The treadmill desk needs to be leveled prior to use. The desk comes with 2 adjustable feet that can be used to level the desk and eliminate rocking. If the desk is rocking on two of the feet, adjust the two front feet until all four feet are sitting securely on the floor.

Desktop Height Adjustment

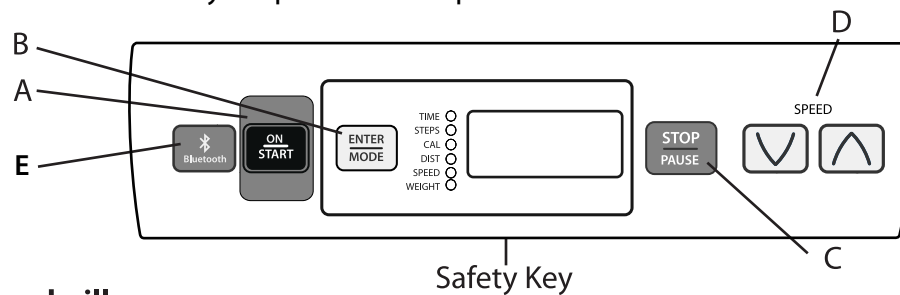
- A. To raise the desk press the up or down arrow until the desktop is at the desired height.
- B. To save a height (for an environment with two users) press the up or down arrows until the desired height is reached.
- C. Press and hold the memory preset 1 or 2 button for 3 seconds. This will save the current height into memory.
- D. The next time the desk is used simply press the memory preset that you previously.



Operating the Treadmill (Console)

Console Buttons:

- A. **Start/ON** - If the console is in sleep mode press and hold this button for 3 seconds to turn the console on. Once the console is turned on press to start the treadmill.
- B. **Enter/Mode** - Press to switch between display readings (time, steps, calories, distance and speed). Holding the Enter/Mode button will initiate a scan mode that rotates between display readouts every 5 seconds. Press the button again to exit the scan mode.
- C. **Stop/Pause** - Press to pause your workout. This will maintain your current workout data. To reset the console and current workout data press and hold the Stop/Pause button for 3 seconds.
- D. **Speed** \wedge \vee - Press to adjust weight in setup mode or to change speed during a workout.
- E. **Bluetooth** - Press to turn on bluetooth to pair with personal computer.
Note: Not all personal computers have a bluetooth module. A bluetooth adaptor can be purchased to work with your personal computer.



Starting the Treadmill:

1. Turn the on/off switch located on the front right corner of the treadmill to the on position.
2. Make sure the safety key is installed on the console.
Note: The display will show " - - - - " if the safety key is not installed.
3. The current user weight will be flashing on the display panel. Adjust your weight to obtain accurate calorie calculations.
4. Press the start button to begin your workout. The treadmill will start counting up from 00:00
5. Press the up/down buttons to adjust speed.

Note: The Steps are counted normally from 1 to 9999 steps. After 9,999 steps the display format changes to accommodate more than 4 digits. Take the number shown in the display and add a zero to the right and that shows the number of steps.

Below are examples of what the display will read and what those numbers mean:

1001 = 10,010 steps
 1005 = 10,050 steps
 1010 = 10,100 steps
 1100 = 11,000 steps

Innovative Features

Intelli-Guard - This treadmill is equipped with the Intelli-Guard safety feature. This feature senses when you stop walking on the treadmill and for safety purposes it automatically pauses the treadmill to avoid accidental falls and resulting injury. The Intelli-Guard feature is triggered when the treadmill senses that you are no longer walking.

Caution: The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 1.0 mph (1.6 kph).
If the speed is within these parameters the step count will flash.
When the display for the step count flashes, the treadmill will not auto-pause.

Caution: At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a caution that the treadmill belt is about to stop. If for some reason you are still on the treadmill when this occurs move your feet to the side rails and prepare for the belt to stop. The Intelli-Guard feature does not replace the use of your safety key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step – The treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the walking belt each time your foot strikes. There are several factors that will effect the accuracy of this feature including your walking style, your weight, and your usage characteristics. For example, the Intelli-Step feature will have a difficult time picking up the steps of a light user (under 110lbs/50kg) or at speeds lower than 1mph/1.6kph.

Audible Safety Alert - This treadmill has an audible alert to notify the user when the treadmill is starting as well as when the speed is being adjusted.

The alert may be distracting in an office setting so it can be turned off. Please see the Engineering Mode section on page 15 to turn this feature off.

Caution: If the audible safety alert is turned off, the alert for the Intelli-Guard feature will also be disabled.

Bluetooth - The DT series consoles include a bluetooth module to support LifeSpan apps, which can be downloaded from the LifeSpan Fitness Club.

Charging Port (DT-3 ONLY) - Used for charging your wireless mobile devices.

Troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

- | | |
|-----------|---|
| Problem: | Only the weight LED is dimly lit. |
| Solution: | The treadmill is in sleep mode. Press and hold the on/start button for three seconds to power on the unit. |
| Problem: | The console is erratic or not lighting up |
| Solution: | Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. Make sure connectors in the front of the treadmill and under the desktop are fully plugged in. If the problem persists contact LifeSpan Customer Service. |
| Problem: | The treadmill motor seems strained or E1 comes up after several minutes of use. |
| Solution: | The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray. |
| Problem: | Treadmill automatically pauses during workout . |
| Solution: | Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli Guard off. |
| Problem: | The treadmill speed doesn't feel right (too fast or slow). |
| Solution: | Go into Engineering mode and check if you're in Metric or English. If you are in the correct mode contact LifeSpan Customer Service |
| Problem: | Uart shows in display. |
| Solution: | Turn treadmill power switch off. Unplug and replug connections made in steps 2D and 3C during assembly. Turn the treadmill power back on and check to see if it functions. |
| Problem: | dc-6 shows in display. |
| Solution: | Turn treadmill power switch off. Unplug and replug connections made in steps 2D and 3C during assembly. Turn the treadmill power back on and check to see if it functions. |
| Problem: | Console not connecting to personal computer via Bluetooth. |
| Solution: | Log into your LifeSpan Fitness Club account. Go to the Frequently Asked Questions link located at the bottom of your home page. If further assistance is needed please email coordinator@LifeSpanFitness.com . |

Engineering Mode

To enter engineering mode Press and hold the Stop/Pause button and while holding this button press and hold the **Λ** button. F001 should show up on the display after 3 seconds.

1. To change between English and Metric mode press the **▼** button until F014 shows in the display. Press enter and EN or SI will show up in the display. To change to EN (miles) press the **▼** button. To change to SI (kilometers) press the **Λ** button. Press enter and remove and reinstall the safety key.
2. To turn Intelli-Guard on or off press the **▼** button until F012 shows up in the display. Press enter and on or off will show up in the display. Press the **▼** button to turn Intelli-Guard off, or press the **Λ** button to turn Intelli-Guard on. Press enter and remove and reinstall the safety key.
3. To turn the Audible Alert on and off press the **▼** button until F015 shows in the display. Press enter and on or off will show in the display. Press the **▼** button to turn the audible alert off, or press the **Λ** button to turn the audible alert on. Press enter and remove and reinstall the safety key.

Warning - The audible alert is turned on from the manufacturer to warn the user that the treadmill is starting or that the speed is changing. Turning this function off is done at the sole discretion of the user.

4. To find the running total distance you have walked, press the **Λ** or **▼** button until F016 shows in the display. Press enter and the total distance will show in the display.
5. To find the Total hours the treadmill has run press the **Λ** or **▼** button until F017 shows in the display. Press Enter and the total hours used will show in the display.

LifeSpan[®]

TREADMILL MODEL NUMBER- ***DT-3 / DT-5 / DT-7***

LifeSpan™

Desktop Treadmill

Owners Manual

TR800DT / TR1200DT / TR5000DT

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

v. 1.0

Welcome to LifeSpan

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Remember that some types of service should only be performed by a qualified service technician.

U.S. and Canada

*PO Box 981316
Park City, Utah 84098-1316
Phone: 801.973.9993
Fax: 801.973.9923
www.lifespanfitness.com*

International

Contact your local distributor

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Specifications

TR800DT

US and Canada Warranty Only

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	18" x 52" (45.7 cm x 132 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	2.0 HP Continuous Duty Motor
Max. User Weight	300 lbs. (136 kg)
Dimensions	66"L x 29"W (167.6 cm x 73.7 cm)

Usage (3 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	1 Year
Labor	1 Year

TR1200DT

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	20" x 56" (58 cm x 142.2 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	2.25 HP Continuous Duty Motor
Max. User Weight	350 lbs. (159 kg)
Dimensions	70"L x 29"W (177.8 cm x 73.7 cm)

Usage (6 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	2 Years
Labor	1 Year

TR5000DT

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	20" x 56" (58 cm x 142.2 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	1" (2.5 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	3.0 HP Continuous Duty AC Motor
Max. User Weight	400 lbs. (181 kg)
Dimensions	70"L x 29"W (177.8 cm x 73.7 cm)

Usage (10 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	2 Years
Labor	1 Year

Warranty Information

The LifeSpan TR800DT/TR1200DT/TR5000DT Treadmill Desks come with the following limited warranty, valid in the US and Canada only.

	TR800DT	TR1200DT	TR5000DT
Treadmill Usage:	3 hrs / day	6 hrs / day	10 hrs / day
Treadmill Frame:	Lifetime	Lifetime	Lifetime
Motor:	3 Years	3 Years	3 Years
Parts:	1 Year	2 Years	2 Years
Labor:	1 Year	1 Year	1 Year

LifeSpan Fitness warrants that the equipment it manufactures is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, LifeSpan Fitness will repair or replace any defective part. Free labor is included for the first year on all parts that are not normally assembled or replaced by the customer. Customer may be responsible to pay for Service Technician travel time where travel in excess of 20 miles (32 km) is required.

If within the time frames specified above, any part fails to operate properly, log on to our web site at www.lifespanfitness.com, click on Customer Support and complete the form to request assistance. Or call 877-654-3839 x4 for a Customer Support Agent.

LifeSpan Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- LifeSpan Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and click on product registration or fill out the warranty card provided and mail it today. Registration cards must be completed and sent to LifeSpan within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the registration is properly complete and received within 30 days.

Important Safety Precautions

When using exercise equipment, basic precautions should always be followed, including:

- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged or even partially submerged in water.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
- Do not use outdoors.
- Do not lean against or climb on the desktop. Doing so may result in the desktop tipping and falling and could result in serious personal injury.
- Keep the treadmill and desktop on a solid surface, with the side rails and front a minimum of two feet (0.61 m) from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet (1.2 m) of clearance is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, this may pinch or damage the cord causing fire damage or personal injury.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan Fitness.
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children off your treadmill at all times.
- When in use children and pets should be kept at least 10 feet (3 m) away.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.
- This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

Note: Read all instructions and save for future use.

Grounding and Power Requirements

LifeSpan Fitness equipment must be grounded. Improper connection of the equipment's grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the outlet is properly grounded. Do not modify the plug provided with the product or use a ground plug adaptor to adapt to a non-grounded outlet. If the plug will not fit in the outlet, have the proper outlet installed by a qualified electrician.

An extension cord should not be used between the equipment and the wall outlet.

The unit should not be plugged into a GFI plug or on a GFI circuit. The unit may not work or trip the GFI circuit.

This product should only be run on the proper power designed for this unit. Check the power label located on the front of the unit for the proper power needs (see FIG. 1). For the proper power outlet for your area please refer to FIG. 2. (example for the US and Canada, these units require a 115V NEMA 5-15 non GFI circuit.)

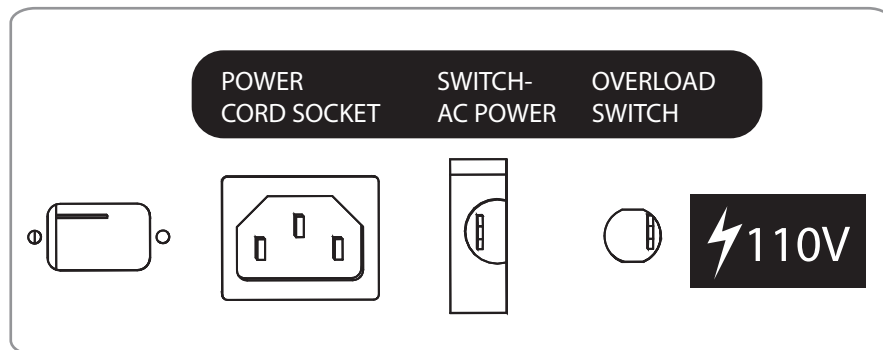


FIG. 1

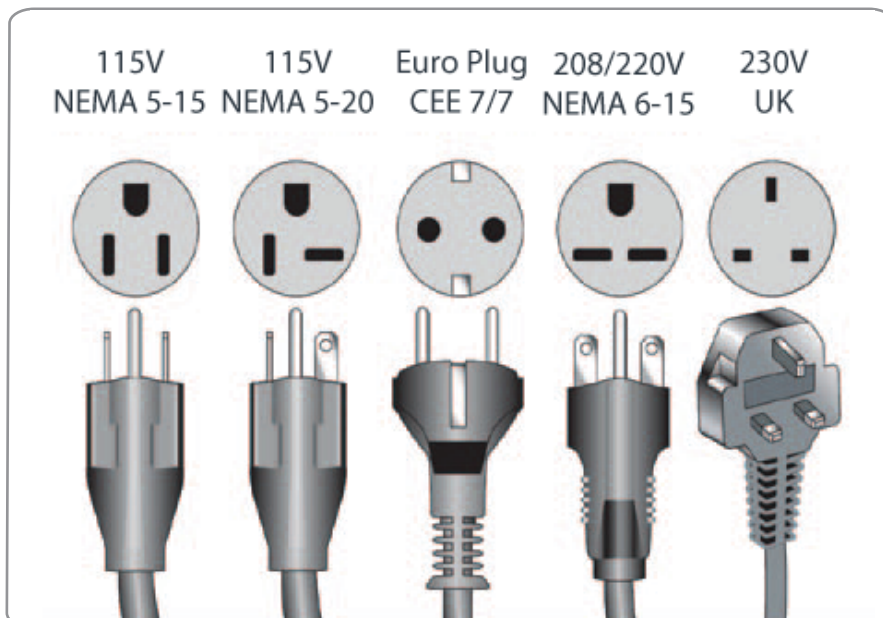


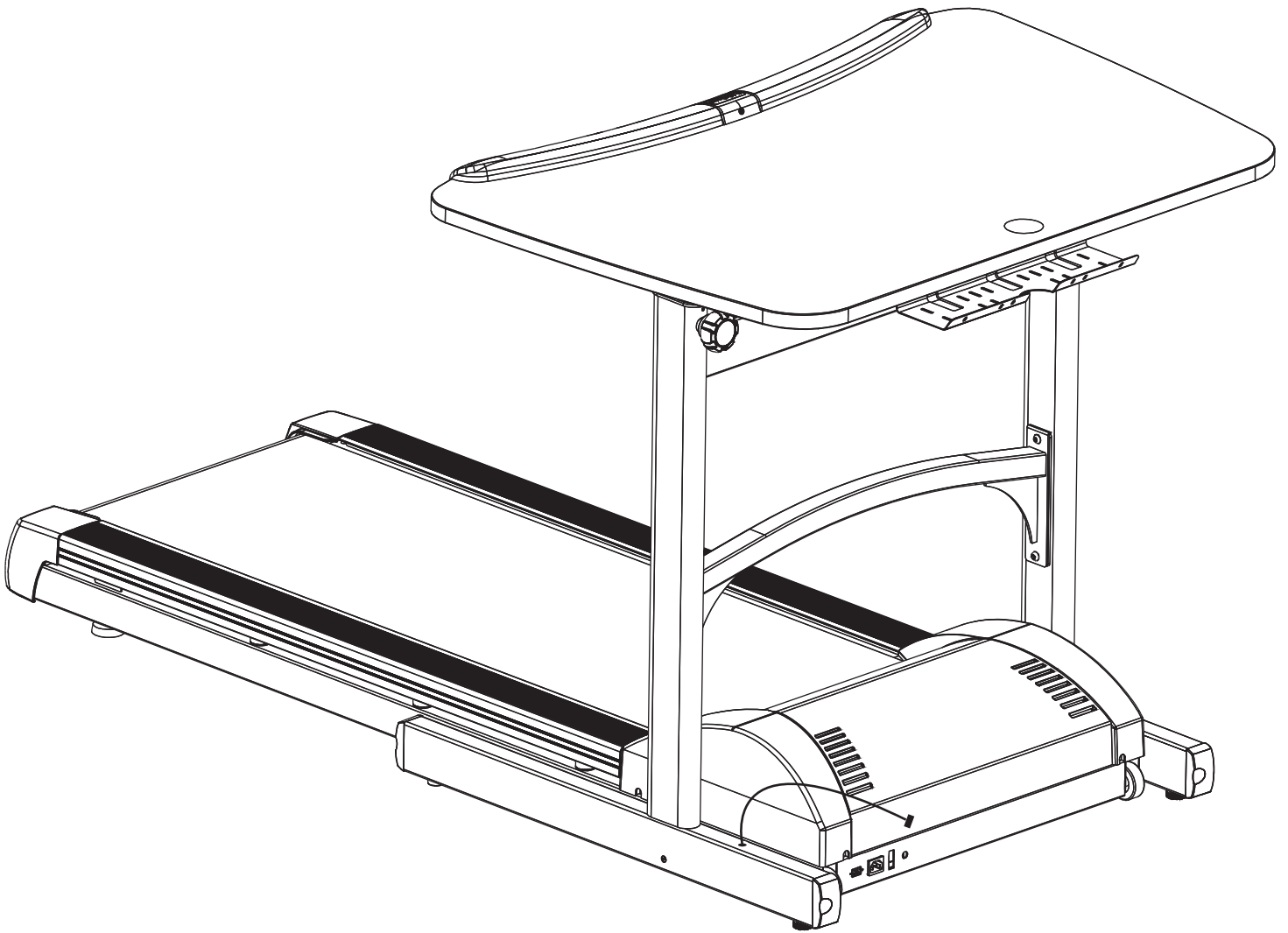
FIG. 2

Assembly

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

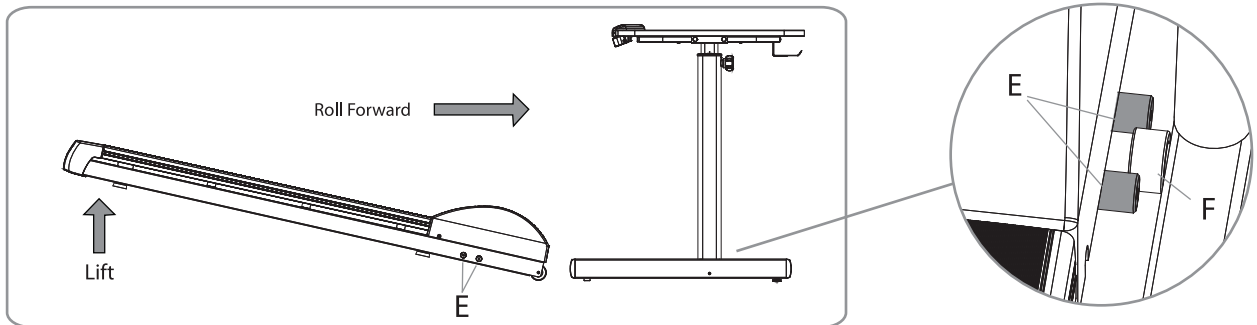
Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.

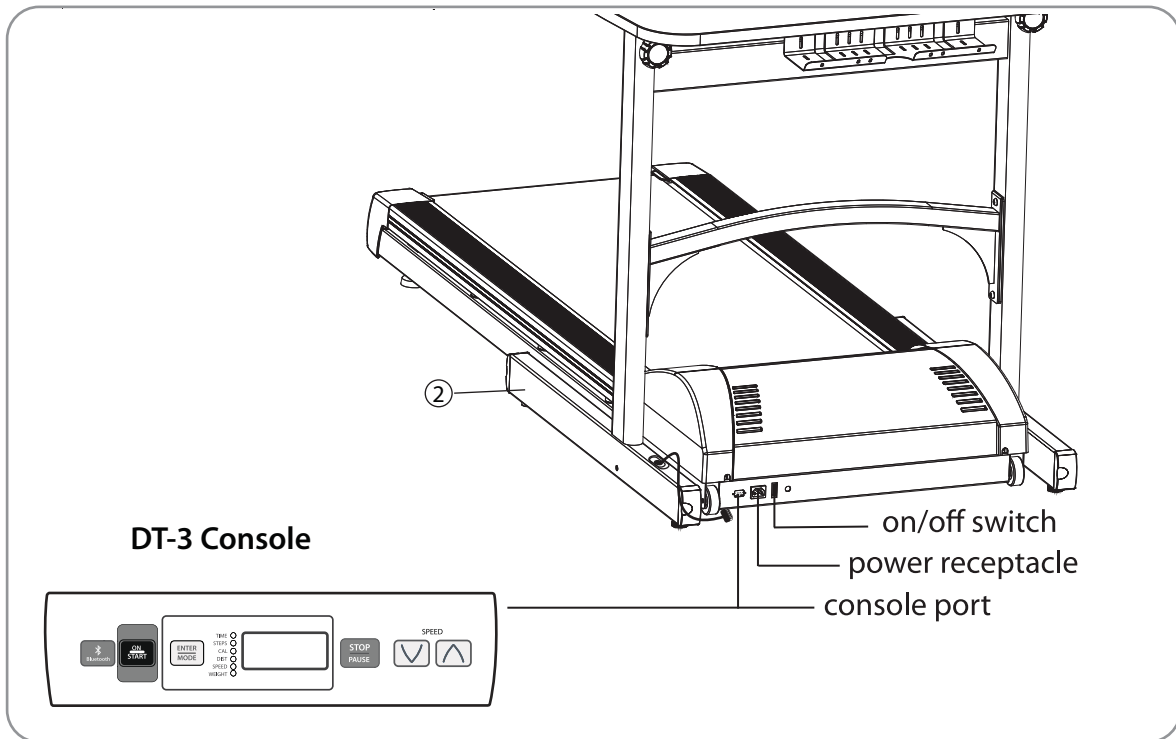


Treadmill to Desktop Assembly - If purchased with the DT-5 or DT-7 Desktop

- A. Position the pre-assembled treadmill as shown below.
- B. Lift the rear of the treadmill and roll it forward under the desktop until the positioning bumpers (E) on the treadmill are centered over the positioning bumper (F) at the base of the uprights. Lower the rear of the treadmill to the floor.



- C. Plug the console connector from the right upright (2) into the console port on the treadmill and tighten the thumb screws.
- D. Plug the power cord into the power receptacle and turn the power switch on.



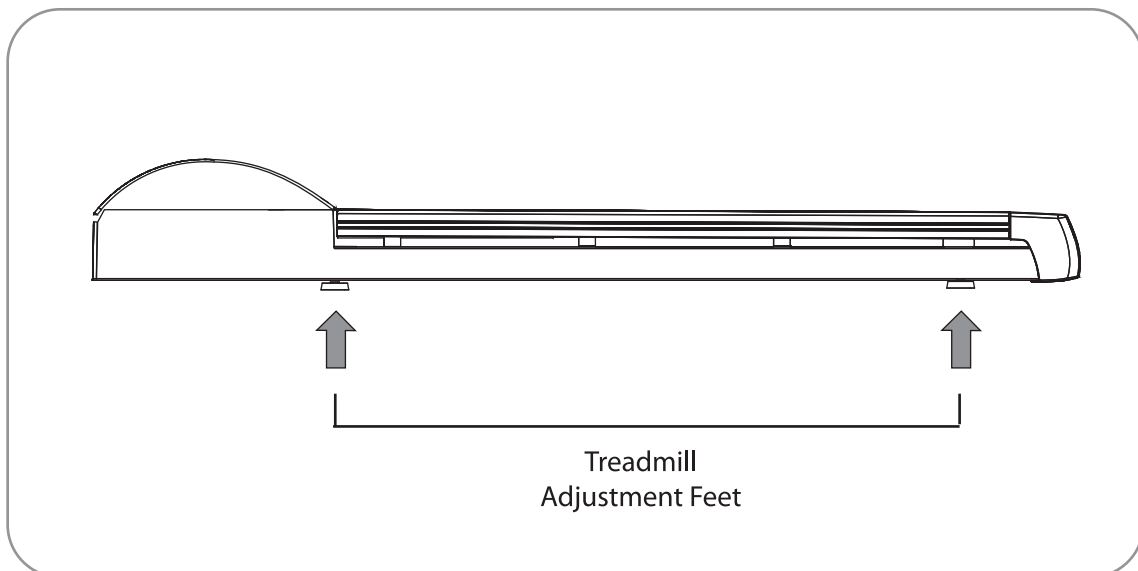
Treadmill to Tethered Console (DT-3)

Plug the console connector into the console port as shown in the figure above and tighten the thumb screws.

Treadmill Leveling

The treadmill needs to be leveled prior to beginning use.

Treadmill: If the treadmill is not level the walking belt will move toward the lowest side of the treadmill during use and start to rub on the frame. There are 4 adjustable feet, located near each of the 4 corners that can be screwed in and out to level your treadmill. If the treadmill is rocking on two of the feet, unscrew the feet that are not staying in contact with the floor until the rocking is eliminated. If one of the sides of the treadmill sits lower than the other side, unscrew the adjustable feet on the low side the same number of turns until the treadmill sits level.



Belt Lubrication

Proper lubrication between the deck and the walking belt is essential for good maintenance and years of use. Reducing the friction between the deck and belt reduces wear on the motor and motor controller board.

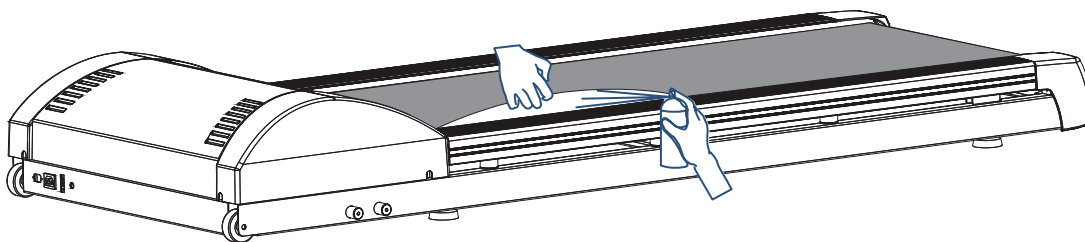
Use only 100% Silicone and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of Silicone should be used for each application. LifeSpan offers 100% silicone lubricant that can be ordered at www.lifespanfitness.com.

The walking belt should be lubricated every three months, even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the walking belt is lubed from the manufacturer, it is a good idea to lubricate the walking belt when first using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.

Pull the treadmill walking belt away from the deck with one hand and with other hand, insert the silicone spray nozzle underneath the walking belt and spray the silicone towards the center of the walking belt. Follow this procedure spraying up and down both sides of the walking belt. When complete, walk on the treadmill for several minutes to distribute the silicone underneath the belt.

Note: When lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill walking belt, clean any excess silicone off the belt and frame.



Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.

It is recommended to clean the unit thoroughly every 150 hours. This cleaning would include removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be a lot of pet hair or plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to check and tighten all assembly hardware as well.

Warning: Unplug the Power Cord Before Removing the Motor Cover.

Troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

- Problem:** The console is erratic or not lighting up
Solution: Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. Make sure connectors in the front of the treadmill and under the desktop are fully plugged in. If the problem persists contact LifeSpan Customer Service.
- Problem:** The belt does not stay in the center of the treadmill when in use.
Solution: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.
- Problem:** The treadmill motor seems strained or E1 comes up after several minutes of use.
Solution: The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray.
- Problem:** The treadmill belt slips during use.
Solution: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.
- Problem:** Treadmill automatically pauses during workout .
Solution: Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli Guard off.
Note: For Engineering Mode information see the owner's manual for the DT-3/DT-5
- Problem:** The treadmill speed doesn't feel right (too fast or slow).
Solution: Go into Engineering mode and check if you're in Metric or English mode. If you are in the correct mode contact LifeSpan Customer Service

Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH (4.8 KPH). Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn clockwise.

After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt slips repeat this step and test again.

If you turn one side more than the other, the belt will start to drift to the side of the treadmill and will need to be aligned. DO NOT tighten more than 2 full turns on each side. If slippage still occurs, contact LifeSpan Customer Service.

Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Aligning the Walking Belt

Ensure the walking belt is centered on your treadmill at all times. Walking style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START", then increase the treadmill speed to 3MPH (4.8 KPH).
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.A)
4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clockwise and the right adjustment bolt one-quarter turn clockwise. (See FIG.B)
5. Observe the tracking of the belt for about two minutes. Repeat steps 3, 4 and 5 as needed.

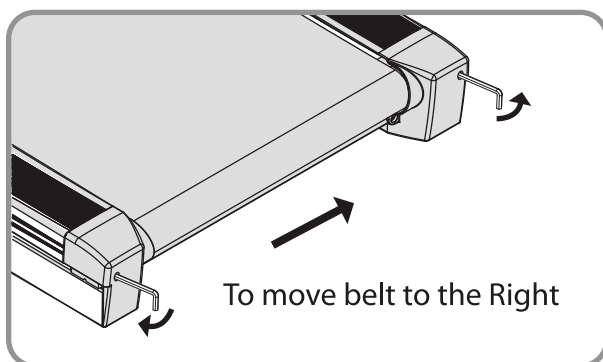


FIG A.

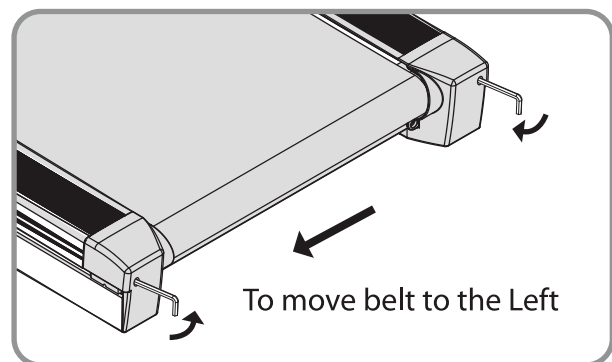


FIG B.

LifeSpan™

TREADMILL MODEL NUMBER- ***TR800DT/TR1200DT/TR5000DT***

SERIAL NUMBER :

TR800DT Made in China

TR1200DT Made in Taiwan

TR5000DT Made in Taiwan