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Lifelong LLTM36

Lifelong FitPro Motorised Treadmill LLTM36 User Manual

Model: LLTM36

1. INTRODUCTION AND OVERVIEW

Welcome to the Lifelong FitPro Motorised Treadmill LLTM36 user manual. This document provides essential information for the safe and effective assembly, operation, and maintenance of your new treadmill. Please read this manual thoroughly before using the product.

The Lifelong FitPro Treadmill is designed for home use, featuring a powerful 3.0 HP peak motor, a maximum speed of 14 km/hr, and a maximum user weight capacity of 110 kg. It includes 12 preset workout programs and comfort cell cushioning technology for a comfortable exercise experience.



Image: Lifelong FitPro Treadmill in operation, showcasing its features.

2. SAFETY INFORMATION

- Always consult a physician before starting any exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- The maximum user weight for this treadmill is 110 kg. Do not exceed this limit.
- Always attach the safety key clip to your clothing before beginning a workout. In case of an emergency, the safety key will stop the treadmill.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not use the treadmill outdoors or in areas of high humidity.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present:

- 1U Treadmill Machine
- 1U User Manual
- 1U Warranty Card
- Toolkit (including screws, wrenches, and Allen keys for assembly)
- MP3 Cable
- Safety Key
- Lubricant Oil

FREE INSTALLATION

1.
After Delivery of
the Treadmill

2.
Contact our
customer support
team.

3.
Our Technician will
be there at your
doorstep within
48-72 hours.



CALL US - 9711558877

TIME - 8AM - 8 PM

EMAIL - customercare@lifelongindia.com



Year Frame Warranty



Year Motor Warranty

Image: Components included with the Lifelong FitPro Treadmill.

4. SETUP AND INSTALLATION

The Lifelong FitPro Treadmill requires minimal assembly. Follow these steps carefully:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Position:** Place the folded treadmill on a flat, stable surface.
3. **Unfold:** Gently lift the console and unfold the treadmill deck until it locks into place.
4. **Secure Uprights:** Attach the uprights to the base using the provided screws and tools from the toolkit. Ensure they are securely fastened.
5. **Install Console:** Connect any necessary cables and secure the console to the uprights.
6. **Attach Covers:** Place the plastic covers over the connection points for a neat finish.
7. **Power Connection:** Plug the power cord into a grounded electrical outlet.

For a visual guide, please refer to the installation video below:

5. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and its functions before starting your workout.

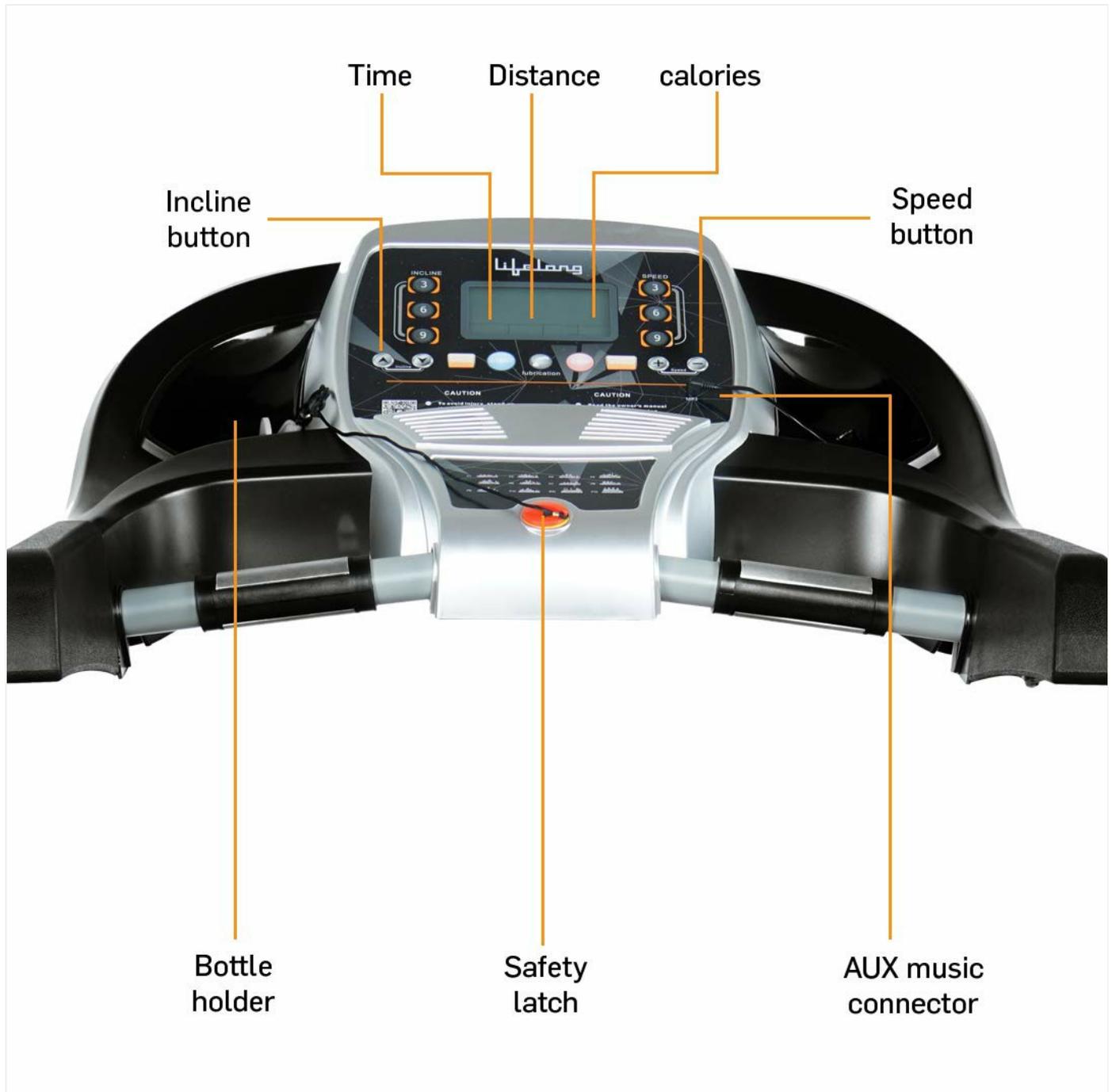


Image: Lifelong FitPro Treadmill control console layout.

5.1. Getting Started

1. **Power On:** Ensure the treadmill is plugged in and the main power switch (usually located near the front base) is turned on.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert it into the designated slot on the console. The display will illuminate.
3. **Start Workout:** Press the "Start" button to begin. The treadmill will typically start at a low speed.
4. **Adjust Speed:** Use the speed adjustment buttons (usually marked with + and - or specific speed presets) to

increase or decrease your walking/running speed up to 14 km/hr.

5. **Adjust Incline:** If your model supports it, use the incline buttons to adjust the motor incline (0-15%).
6. **Preset Programs:** Select from 12 preset workout programs for varied exercise routines. Refer to the full user manual for details on each program.
7. **Monitor Progress:** The display shows Time, Speed, Distance, Calories burned, and Pulse Rate (via heart rate sensors on the handlebars).
8. **AUX Connectivity:** Connect your phone or iPod via the AUX cable to listen to music through the built-in speakers during your workout.
9. **Stop Workout:** Press the "Stop" button to gradually slow down and stop the treadmill. Alternatively, pull the safety key for an immediate stop.

5.2. Folding and Storage

The treadmill features a 90-degree foldable design for easy storage.

1. Ensure the treadmill is completely stopped and powered off.
2. Lift the running deck until it locks into an upright position.
3. Utilize the wheels for easy transportation and storage.



Image: Lifelong FitPro Treadmill in folded position.

Watch the product features and operation in the video below:

Your browser does not support the video tag.

Video: Overview of Lifelong FitPro Treadmill features and operation.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Lubrication:** Periodically lubricate the running belt with the provided lubricant oil. Refer to the full user manual for frequency and specific instructions.
- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Adjustment:** Check the running belt tension and alignment regularly. Adjust as needed according to the detailed instructions in the complete manual.
- **Inspection:** Routinely inspect all nuts, bolts, and moving parts for tightness and wear.

7. TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the following common troubleshooting tips. For more complex problems, consult the complete user manual or contact customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in, main switch off, safety key not inserted.	Check power connection, turn on main switch, ensure safety key is fully inserted.
Running belt slips or is off-center.	Belt tension too loose, belt misaligned.	Adjust belt tension and alignment using the rear roller bolts (refer to full manual).
Unusual noise during operation.	Loose parts, lack of lubrication, foreign object.	Inspect for loose components and tighten. Lubricate the belt. Check for any obstructions.

8. SPECIFICATIONS

Feature	Detail
Brand	Lifelong
Model	LLTM36
Motor Horsepower	3 HP Peak
Maximum Speed	14 Kilometers per Hour
Maximum User Weight	110 Kilograms
Running Surface Dimensions (L x W)	1230 x 420 mm
Overall Dimensions (L x W x H)	168 x 70.5 x 129 cm
Incline	Motorized (0-15%)
Programs	12 preset workout programs
Display Type	LCD
Metrics Measured	Speed, Distance, Heart Rate, Calories, Time
Connectivity	AUX
Special Features	Foldable design, Shock absorption, Wheels for transportation
Material	Alloy Steel
Item Weight	63 kg



Image: Key dimensions and features of the Lifelong FitPro Treadmill.

9. WARRANTY AND SUPPORT

Your Lifelong FitPro Motorised Treadmill comes with the following warranty:

- **Frame:** 3 years warranty
- **Motor:** 1 year motor warranty
- **Parts & Manufacturing Defects:** 1 year warranty

For installation assistance, service requests, or any other support, please contact Lifelong customer care:

Phone: +91 9711558877 (8 AM - 8 PM)

Email: customercare@lifelongonline.com

Website: www.lifelongindiaonline.com/contact-us

Installation assistance is typically provided within 48-72 hours after delivery.

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Year Frame Warranty



Year Motor Warranty

Image: Lifelong customer support and warranty details.