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LifeSpan Fitness TR5000-GlowUp (TR5000-SC130)

Lifespan Fitness TR5000-GlowUp Under Desk Treadmill User Manual

Model: TR5000-GlowUp (TR5000-SC130)

Brand: LifeSpan Fitness

1. INTRODUCTION

Thank you for choosing the LifeSpan Fitness TR5000-GlowUp Under Desk Treadmill. This manual provides essential information for the safe and effective operation, setup, and maintenance of your new treadmill. Designed for both home and office environments, this walking pad allows you to integrate physical activity into your daily routine without interrupting your work.

The TR5000-GlowUp features a multi-speed range, an intuitive LED display for tracking your progress, a powerful yet quiet motor, and a compact, portable design. Its Intelli-Guard safety technology ensures automatic pausing when not in use, enhancing user safety.





Image 1.1: Top-down view of the TR5000-GlowUp Under Desk Treadmill, showcasing its sleek, compact design.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the treadmill. Keep this manual for future reference.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation and emergency dismount.
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords or adapters.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Intelli-Guard Safety:** The treadmill is equipped with Intelli-Guard safety technology, which automatically

pauses the belt when it detects that you are no longer walking on it. This feature is designed to prevent accidental operation.

- **Safety Key:** Always attach the safety key to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Weight Limit:** Do not exceed the maximum user weight recommendation of 400 pounds.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.



Image 2.1: Key features of the TR5000-GlowUp, highlighting safety and performance aspects.

3. SETUP AND PLACEMENT

The Lifespan Fitness TR5000-GlowUp Under Desk Treadmill comes pre-assembled, allowing for immediate use upon unboxing. No complex installation is required.

3.1 Unpacking

Carefully remove the treadmill from its packaging. Inspect for any damage that may have occurred during shipping.

If any damage is found, do not use the product and contact customer support immediately.

3.2 Placement

Position the treadmill under your standing desk or in your desired workout area. The compact design (63"D x 28.5"W x 7.25"H) allows it to fit seamlessly into various spaces, including under a desk, sofa, or bed when not in use.



Image 3.1: Dimensions of the TR5000-GlowUp, illustrating its compact footprint.

3.3 Moving the Treadmill

The treadmill is equipped with two integrated wheels for easy portability. To move, simply lift one end and roll the unit to your desired location. This feature makes storage convenient and effortless.



Image 3.2: The TR5000-GlowUp seamlessly fits under a standing desk for active work.

4. OPERATING INSTRUCTIONS

The TR5000-GlowUp is controlled via a remote console that sits on your desk, providing easy access to all functions.

4.1 Control Panel Overview

The control panel features an LED display and several buttons for operation:

- **On/Start Button:** Press and hold to power on. Press to start a workout.
- **Stop/Reset Button:** Press to pause or stop the treadmill.
- **Enter Mode Button:** Cycle through display modes (Time, Step/Level, Calories, Distance, Speed, Weight).
- **Up (^) / Down (V) Buttons:** Adjust speed or other settings depending on the selected mode.
- **Safety Key Slot:** Insert the safety key here to enable operation.



Image 4.1: The intuitive control panel for the TR5000-GlowUp.

4.2 Starting a Workout

1. Place the treadmill on a stable surface and ensure it is plugged into a power outlet.
2. Place the control console on your desk within easy reach.

3. Insert the safety key into its designated slot on the control panel. Attach the clip of the safety key to your clothing.
4. Press and hold the **On/Start** button to power on the console.
5. Use the **Enter Mode** button to select the desired display metric (e.g., Time, Distance, Speed).
6. Adjust your desired speed using the **Up (^)** and **Down (V)** buttons. The speed range is 0.4 to 4.0 mph.
7. Press the **On/Start** button again to begin your walk. The treadmill will typically provide a 3-second countdown before starting.

4.3 Adjusting Speed During Workout

While walking, use the **Up (^)** and **Down (V)** buttons on the control panel to increase or decrease the treadmill speed.

4.4 Stopping a Workout

To stop the treadmill, press the **Stop/Reset** button on the control panel. In an emergency, pull the safety key to immediately halt the treadmill.



Image 4.2: User actively walking on the TR5000-GlowUp during work.

5. MAINTENANCE

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

5.1 Cleaning

- **General Cleaning:** Wipe down the treadmill surface and control panel with a damp cloth after each use. Avoid abrasive cleaners or solvents.

- **Belt Cleaning:** Periodically clean the walking belt with a mild detergent and a soft cloth. Ensure the belt is dry before next use.

5.2 Lubrication

The walking belt may require lubrication over time to reduce friction and ensure smooth operation. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance on appropriate lubricants and application frequency.

5.3 Belt Adjustment

If the walking belt appears to be slipping or misaligned, it may need adjustment. Consult the detailed instructions in the full product manual or contact customer support for assistance. Incorrect adjustment can damage the treadmill.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. For problems not listed here, please contact customer support.

- **Treadmill Does Not Start:**

- Ensure the power cord is securely plugged into a working outlet and the treadmill.
- Verify that the safety key is fully inserted into the control panel.
- Check if the main power switch (if present) is in the 'ON' position.

- **Walking Belt Slips or Hesitates:**

- The walking belt may need lubrication. Refer to the 'Maintenance' section.
- The walking belt may need tension adjustment. Consult the full product manual or contact support.

- **Unusual Noise:**

- Ensure the treadmill is on a flat, level surface.
- Check for any loose components or debris under the belt.
- If the noise persists, contact customer support.

- **Display Not Working Correctly:**

- Ensure all connections to the control panel are secure.
- Try unplugging the treadmill for 60 seconds and then plugging it back in to reset the system.

7. SPECIFICATIONS

Feature	Specification
Brand	LifeSpan Fitness
Model Name	TR Glowup Series
Part Number	TR5000-DT3
Color	Black
Product Dimensions (LxWxH)	63"D x 28.5"W x 7.25"H

Feature	Specification
Item Weight	158 Pounds
Material	Aluminum, Plastic
Minimum Speed	0.4 Miles per Hour
Maximum Speed	4 Miles per Hour
Maximum Horsepower	4 Horsepower
Maximum Weight Recommendation	400 Pounds
Deck Length	40 Inches
Display Type	LED
Power Source	Corded Electric
Connectivity Technology	Power Cord
Included Components	User Manual
Metrics Measured	Speed, Heart Rate, Calories Burned, Distance
Recommended Uses For Product	Office, Indoor, Home Gym
UPC	810983023404

	TR1000 BASE	TR1200 BASE	TR5000 BASE
BELT SIZE	20" W x 44" L	20" W x 50" L	20" W x 50" L
SIDE RAILS	Non-slip plastic	Non-slip plastic	Aluminum
MAX USER WT.	350 lbs	350 lbs	400 lbs
USAGE HOURS	6 hours rec. daily use	6 hours rec. daily use	9 hours rec. daily use
MOTOR	2.25 hp cont. duty	2.25 hp cont. duty	3.0 hp cont. duty



Image 7.1: Comparison of LifeSpan treadmill base models, including the TR5000.

8. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official LifeSpan Fitness website. If you require technical assistance, have questions about operation, or need to order replacement parts, please contact LifeSpan Fitness customer support.

LifeSpan Fitness Customer Support:

- Refer to your product packaging or the official website for the most current contact information.