

Lifelong LLTM111

Lifelong Fitpro LLTM111 Motorized Treadmill User Manual

Model: LLTM111 | **Brand:** Lifelong

1. INTRODUCTION

Thank you for choosing the Lifelong Fitpro LLTM111 Motorized Treadmill. This manual provides important information regarding the assembly, operation, maintenance, and safety of your new fitness equipment. Please read it thoroughly before first use and keep it for future reference. This treadmill is designed for home use, offering a convenient way to achieve your fitness goals with its compact design, 2.5 HP peak motor, 12 preset workouts, and a maximum speed of 14 Km/Hr.

Lifelong

WIDE RUNNING AREA



2.5 HP
Motor



12 Preset
Programs



Speed
14 Km/Hr



Max User
Weight 110 Kg



Image 1.1: The Lifelong Fitpro LLTM111 Motorized Treadmill in use, showcasing its wide running area and integrated display. Key features such as the 2.5 HP motor, 12 preset programs, 14 Km/Hr maximum speed, and 110 Kg maximum user weight are highlighted.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- Always consult a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to both the console and your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- The maximum user weight for this treadmill is 110 Kilograms. Do not exceed this limit.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.

- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.



Image 2.1: A user on the Lifelong Fitpro LLTM111 Treadmill, demonstrating the proper use of the emergency safety key for a secure workout.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all the following items are included:

- 1 N Main Unit (Treadmill)
- 1 N Toolkit
- 1 N User Manual
- 1 N Warranty Card

4. SETUP AND ASSEMBLY

The Lifelong Fitpro LLTM111 Treadmill requires some assembly. Follow these general steps:

1. Carefully remove all components from the packaging.
2. Place the main unit on a clear, level surface.
3. Unfold the treadmill according to the specific instructions provided in the included manual (refer to the detailed manual for step-by-step diagrams).
4. Secure all bolts and connections using the provided toolkit.
5. Ensure all parts are firmly in place before connecting to power.

This treadmill features a compact and foldable design for easy storage when not in use.



Image 4.1: The Lifelong Fitpro LLTM111 Treadmill shown in its folded configuration, illustrating its space-saving design.

EASY STORAGE

Space saving and easy to setup almost anywhere in your home



Super Shock Absorption



Image 4.2: The Lifelong Fitpro LLTM111 Treadmill stored discreetly under a sofa, highlighting its easy storage feature for home environments.

5. OPERATING INSTRUCTIONS

5.1. Console Display and Controls

The treadmill console provides real-time feedback and control over your workout. Familiarize yourself with the display and buttons:

Win the fight with yourself,
your lazy self.

Mike Herman



Image 5.1: Detailed view of the treadmill's console, indicating display metrics (Pulse, Speed, Time, Distance, Calories), control buttons (P, M, Start, Stop, +/-), Bluetooth speakers, and the safety latch connection point.

- **Display Metrics:** Shows Pulse, Speed, Time, Distance, and Calories burned.
- **P (Program) Button:** Selects from 12 pre-set workout programs.
- **M (Mode) Button:** Cycles through different display modes or settings.
- **Start Button:** Initiates the treadmill belt movement.
- **Stop Button:** Halts the treadmill belt movement.
- **+/- Buttons:** Adjusts the speed of the treadmill.
- **Safety Latch:** Connects to the safety key; must be in place for operation.

5.2. Starting a Workout

1. Ensure the treadmill is plugged into a grounded power outlet.
2. Attach the safety key to the console and clip the other end to your clothing.
3. Step onto the treadmill belt, holding onto the handrails for balance.

4. Press the **Start** button. The belt will begin moving at a low speed.
5. Use the **+** and **-** buttons to adjust your desired speed (1.0-14 Km/Hr).
6. To select a preset program, press the **P** button and use the **+** and **-** buttons to cycle through the 12 available programs.

5.3. Heart Rate Sensors

The treadmill is equipped with heart rate sensors on the handrails. To measure your heart rate, grip both sensors firmly with clean, dry hands during your workout. Your pulse will be displayed on the console.



Image 5.2: A user on the Lifelong Fitpro LLTM111 Treadmill, demonstrating the location of the heart rate sensors on the handrails and indicating the treadmill's speed capabilities.

5.4. Bluetooth Speaker

The integrated Bluetooth speakers allow you to connect your device and play audio during your workout. Refer to your device's Bluetooth settings to pair with the treadmill.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the detailed manual for specific instructions on how and when to lubricate the belt.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed following the instructions in the full manual.
- **Storage:** When not in use, fold the treadmill and store it in a dry, safe place away from direct sunlight and moisture.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged in; Insert safety key correctly; Turn on the power switch.
Belt stops abruptly during power cut	Loss of electrical power.	This is a characteristic of the machine. Always maintain a grip on the handrails during operation to ensure stability.
Unusual noise from belt	Lack of lubrication; Belt misalignment.	Lubricate the running belt; Adjust belt tension and alignment as per the detailed manual.
Inaccurate heart rate reading	Hands not firmly on sensors; Dry hands; Electrical interference.	Ensure firm and consistent contact with both sensors; Moisten hands slightly if too dry; Avoid using electronic devices near sensors.

If the problem persists after attempting these solutions, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Lifelong
Model Number	LLTM111
Product Grade	Home
Product Dimensions (D x W x H)	129D x 62W x 20H Centimeters
Item Weight	25500 Grams
Maximum Speed	14 Kilometers per Hour
Special Features	Compact Design, Foldable

Feature	Detail
HP (Peak)	2.5 Horsepower
Display Type	LCD
Power Source	Corded Electric
Connectivity Technology	Power Cord
Metrics Measured	Distance, Speed
Maximum Weight Recommendation	110 Kilograms
Number of Programs	12
Material Type	Alloy Steel
Frame Material	Alloy Steel
Assembly Required	Yes

9. WARRANTY AND SUPPORT

Your Lifelong Fitpro LLTM111 Motorized Treadmill comes with a **1-year warranty** from the date of purchase. Please retain your purchase receipt for warranty claims.

For any product-related queries, service requests, or technical support, please contact Lifelong customer care:

- **Importer/Manufacturer:** Lifelong Online Retail Private Limited
- **Address:** 5th Floor, Unit No. 508, DLF South Court, Saket District Center, Saket New Delhi, India – 110017
- **Telephone:** +91 9711558877
- **Email:** customercare@lifelongonline.com

When contacting support, please have your model number (LLTM111) and purchase details readily available.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for

conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question