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› [Lifelong](#) /

› [Lifelong LLTM183 Walking Pad Treadmill User Manual](#)

## Lifelong LLTM183

# Lifelong LLTM183 Walking Pad Treadmill User Manual

Model: LLTM183

## 1. INTRODUCTION

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Thank you for choosing the Lifelong LLTM183 Walking Pad Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly, operation, or maintenance. Keep this manual for future reference.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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To reduce the risk of serious injury, read all instructions before using this treadmill. Lifelong assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- Do not use the treadmill outdoors or in damp areas.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

## 3. PRODUCT FEATURES

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The Lifelong LLTM183 Walking Pad Treadmill is designed for home fitness with a focus on convenience and performance.

- **Powerful 3 HP Brushless Motor:** Provides smooth and quiet operation for walking and light jogging.
- **2-Level Manual Incline:** Allows for increased workout intensity and calorie burn.
- **Foldable Space-Saving Design:** Easily folds for storage in compact living spaces.
- **Built-In Transport Wheels:** Facilitates easy movement and storage.

- **LED Display:** Monitors speed, time, calories, and distance.
- **Remote Control:** For convenient operation.



# Interactive LED Display & Control

Speed | Time | Calories | Distance



Image: Key specifications including 3 HP motor, 1-8 km/h speed, 100 kg max user weight, 2-level manual incline, and built-in transport wheels.

**Bring the gym home**      One machine for seamless workout experience.☑

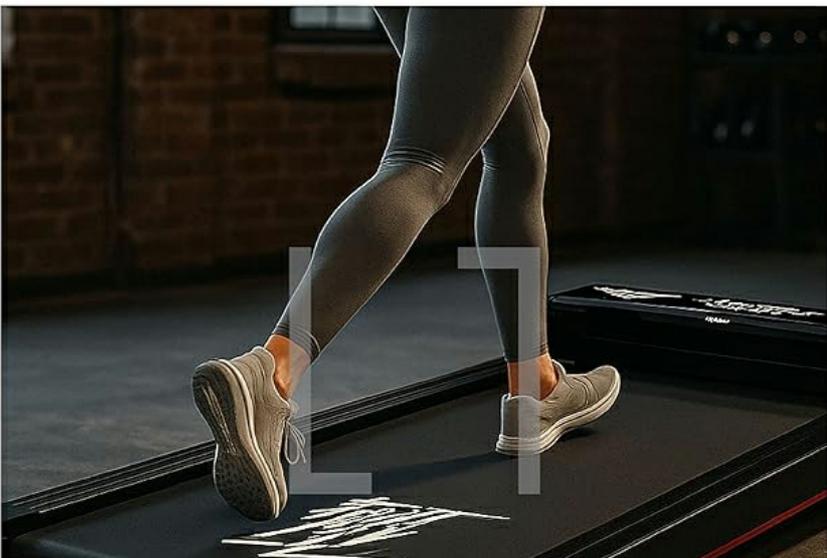


Image: Internal diagram illustrating the 3 HP high-performance brushless motor.

# Portable walking pad treadmill



**Jogging mode**



**Walking mode**



**Space saving design. Easy to store under Sofa/bed.**

Image: Cross-section diagram of the antiskid belt, highlighting its five layers for wear resistance, insulation, shock absorption, and compression.

## 4. SETUP AND ASSEMBLY

The Lifelong LLTM183 Walking Pad Treadmill requires no assembly. It comes pre-assembled and ready for use. Simply unpack, place, and plug in.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 2 meters of clear space behind the treadmill and 0.6 meters on each side for safe operation.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Initial Inspection:** Before first use, inspect the treadmill for any visible damage or loose parts. Ensure the running belt is centered and tensioned correctly.

## Smart space-saving design



Slim, foldable & easy to store anywhere.

Image: The portable walking pad treadmill shown in use for jogging and walking, and its space-saving design allowing storage under furniture.

# Antiskid belt

with shock reduction feature



Image: A woman demonstrating the space-saving design by easily storing the treadmill under a bed using its built-in transport wheels.

## 5. OPERATING INSTRUCTIONS

Your Lifelong LLTM183 Walking Pad Treadmill is operated via a remote control and features an intuitive LED display.

### 5.1 Remote Control Functions

The remote control allows you to start, stop, and adjust the speed of the treadmill.

- **Power Button ( ):** Press to turn the treadmill ON or OFF.
- **Start/Stop Button:** Press to start or stop the running belt.
- **Speed Adjustment (+/-):** Use these buttons to increase or decrease the speed of the running belt. Speed ranges from 1 km/h to 8 km/h.
- **Mode Button (M):** Cycles through display modes (Time, Distance, Calories, Speed).
- **Program Button (P):** Selects pre-set workout programs (if available, refer to specific program details).

## 5.2 LED Display

The integrated LED display shows your workout data in real-time.

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows the current speed of the running belt in km/h.
- **DISTANCE:** Indicates the total distance covered during your workout.
- **CALORIES:** Estimates the number of calories burned.

## Space saving

Easy to store, no installation needed.

 Built-in  
transport  
wheels

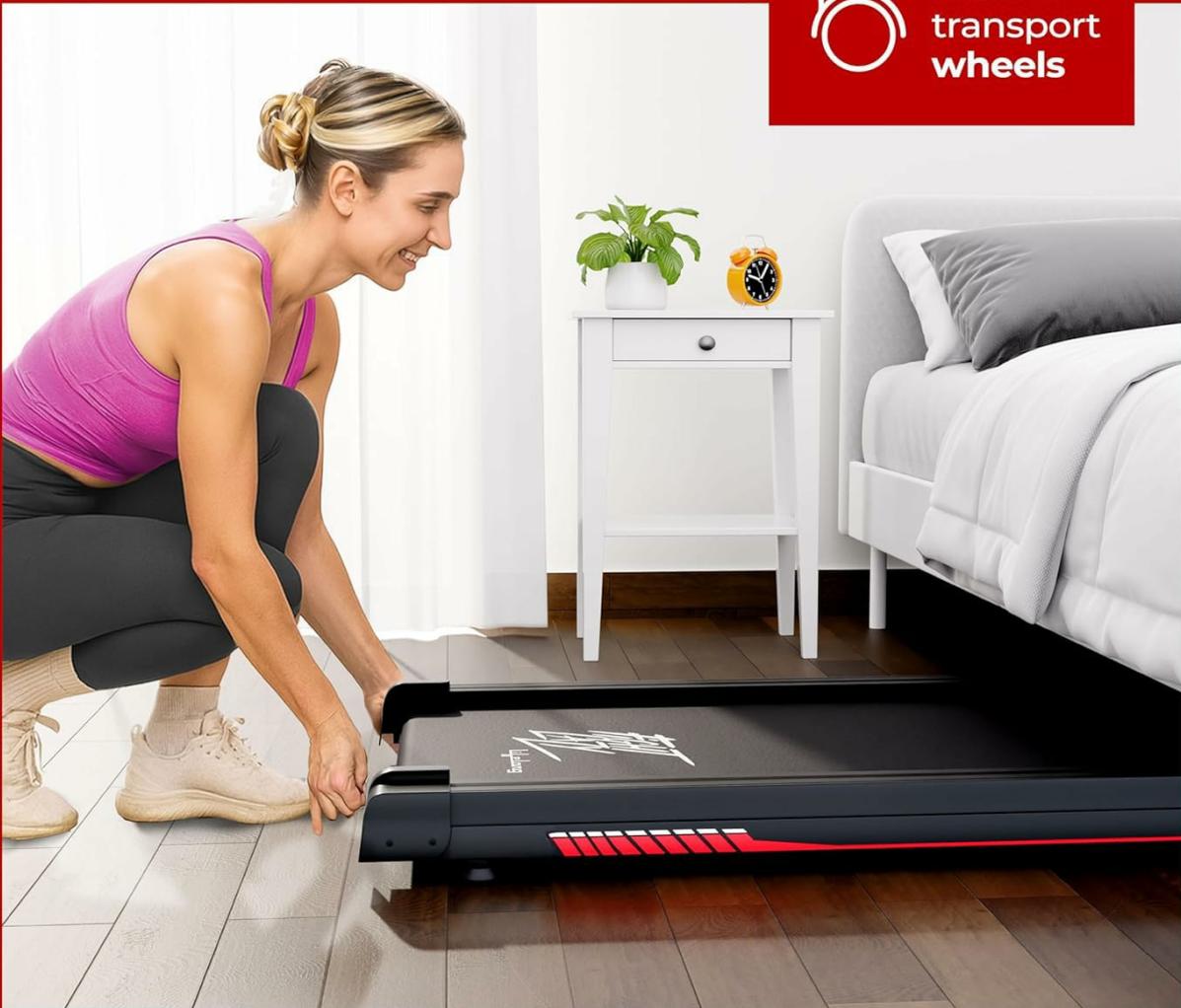


Image: Close-up of the LED control panel displaying workout metrics and the remote control for operating the treadmill.

## 5.3 Manual Incline Adjustment

The treadmill features a 2-level manual incline to vary your workout intensity.

1. Ensure the treadmill is turned off and unplugged.
2. Carefully lift the rear of the treadmill.
3. Adjust the incline supports to the desired level (Level 1 or Level 2).
4. Ensure both supports are securely in place before resuming use.

Lifelong

## FitPro Treadmill

Walk,  
jog & vibe  
All in one



Image: A user walking on the treadmill, demonstrating the remote control and the 2-level manual incline feature.

### 5.4 Video Demonstration

Your browser does not support the video tag.

Video: A short demonstration showcasing the compact design, antiskid running surface, LED control panel, built-in transport wheels, remote-controlled operation, 1-8 km/h speed range, 3 HP brushless motor, spacious running area, and space-saving design of the Lifelong LLTM183 Walking Pad Treadmill.

## 6. MAINTENANCE AND CARE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt may require lubrication periodically (every 3-6 months depending on usage). Refer to the included toolkit for lubricant and instructions.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Use the provided Allen wrench to adjust the tension bolts at the rear of the treadmill. Turn clockwise to tighten, counter-clockwise to loosen. Adjust in small increments (1/4 turn) and test.
- **Storage:** When not in use, fold the treadmill and store it in a dry, cool place, away from direct sunlight. Utilize the transport wheels for easy relocation.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the power switch. Reset the circuit breaker if necessary.
Running belt slips or hesitates.	Belt too loose; belt needs lubrication.	Adjust belt tension (refer to Maintenance section). Lubricate the belt if dry.
Running belt shifts to one side.	Belt not centered; uneven tension.	Adjust belt alignment (refer to Maintenance section).
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for and tighten any loose screws. Lubricate belt. If noise persists, contact customer support.
Remote control not responding.	Dead batteries; remote out of range.	Replace remote control batteries. Ensure remote is pointed towards the treadmill's receiver.

## 8. PRODUCT SPECIFICATIONS

Detailed specifications for the Lifelong LLTM183 Walking Pad Treadmill.

Feature	Specification
Model Name	LLTM183
Brand	Lifelong
Motor Horsepower	3 HP (Brushless)
Speed Range	1 - 8 Kilometers per Hour
Maximum Weight Capacity	110 Kilograms
Incline Levels	2-Level Manual Incline
Product Dimensions (L x W x H)	114.7D x 50.7W x 13.4H Centimeters
Folded Size	45.1 x 19.9 x 5.3 inches
Item Weight	15 kg
Material	Alloy Steel
Power Source	Corded Electric
Metrics Measured	Calories Burned, Distance, Speed
Assembly Required	No
Included Components	1 N Main Unit; 1 N Toolkit; 1 N Manual
Country of Origin	China

## 9. WARRANTY AND CUSTOMER SUPPORT

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For warranty information, service, or technical support, please contact Lifelong customer care.

- **Manufacturer:** Imported and Marketed by 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](mailto:customercare@lifelongonline.com)
- **Extended Warranty:** 1 Year Extended Warranty Plan by Onsitego is available for purchase.