

Lifelong LLTM333

Lifelong LLTM333 Treadmill with Desk User Manual

Model: LLTM333 | Brand: Lifelong

1. INTRODUCTION

This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your Lifelong LLTM333 Treadmill with Desk. Please read this manual thoroughly before initial use and retain it for future reference. Proper assembly and adherence to safety guidelines are crucial for user safety and product longevity.

Important Safety Instructions

- Always consult with a physician before starting any exercise program.
- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it is damaged or malfunctioning.
- The maximum user weight for this treadmill is 100 kg.

2. PRODUCT FEATURES

The Lifelong LLTM333 Treadmill with Desk is designed to integrate fitness with productivity, offering a versatile exercise solution for home or office environments.

- **Fit & Productive:** Combines fitness and functionality, allowing users to exercise while working or engaging in other activities.
- **Wide Running Area:** Features a 420mm x 1000mm running surface for a secure and comfortable experience.
- **High-Performance Motor:** Equipped with a 2.5 horsepower motor, supporting speeds up to 12 km/hr.
- **Laptop Table:** Innovative 3-in-1 design includes a detachable laptop table for multitasking.
- **Diamond-Cut Belt & Large Display:** Premium textured belt for stable footing and a large LCD display to track speed, time, distance, and calories burned.
- **Manual Incline:** Offers 2 levels of manual incline for varied workout intensity.
- **Bluetooth Speaker:** Integrated Bluetooth speaker for wireless audio streaming.

- **Fit Show App:** Compatible with the Fit Show App for tracking progress and personalized workouts.



Figure 2.1: Lifelong LLTM333 Treadmill with Desk, showcasing its integrated laptop table.



Figure 2.2: The 3-in-1 multifunctional design of the treadmill, serving as a walking pad, treadmill, and laptop table.



Figure 2.3: Highlighting the 2.5 HP motor, 12 km/h speed, and 100 kg maximum user weight capacity.



Figure 2.4: Close-up of the anti-skid legs, wide running surface (420mm x 1000mm), and 2 manual incline levels.



Figure 2.5: The control console showing the FitShow App integration and Bluetooth speaker functionality.

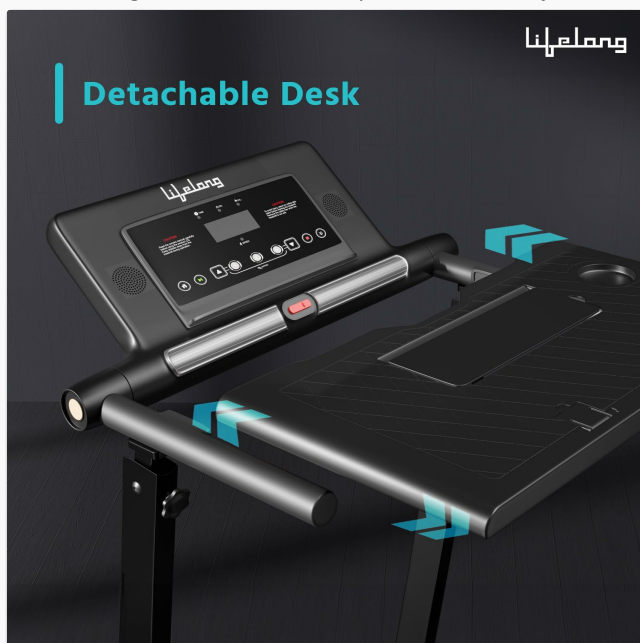


Figure 2.6: The detachable desk feature, providing a workspace while exercising.

3. SETUP

The Lifelong LLTM333 Treadmill requires minimal assembly. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for potential future transport or service.
2. **Placement:** Position the treadmill on a level, solid surface. Ensure there is adequate clear space (at least 2 meters) behind the treadmill and 0.5 meters on each side for safe operation and access.
3. **Assembly:** The main frame is largely pre-assembled. Attach the console and any support bars as per the included quick start guide. Ensure all bolts and screws are securely tightened.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging it in.
5. **Safety Key:** Attach the safety key clip to your clothing before starting any workout. The treadmill will not operate without the safety key in place.

4. OPERATING INSTRUCTIONS

4.1 Basic Operation

1. **Power On:** Turn on the main power switch located near the power cord inlet. The LCD display will illuminate.
2. **Attach Safety Key:** Place the safety key into its designated slot on the console and clip the other end to your clothing.
3. **Start:** Press the 'START' button. The treadmill will begin moving at a low speed after a 3-second countdown.
4. **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the running belt speed. The maximum speed is 12 km/hr.
5. **Stop:** Press the 'STOP' button to gradually bring the treadmill to a halt. To stop immediately in an emergency, pull the safety key.

4.2 Manual Incline Adjustment

The LLTM333 features 2 levels of manual incline. To adjust the incline:

1. Ensure the treadmill is powered off and unplugged.
2. Locate the incline adjustment pins at the rear base of the treadmill.
3. Lift the rear of the treadmill slightly and adjust the pins to the desired incline level. Ensure both sides are set equally.
4. Lower the treadmill carefully and ensure it is stable before use.

4.3 Using Fitness Presets

The treadmill includes 12 pre-set workout programs. To select a program:

1. From standby mode, press the 'PROGRAM' or 'MODE' button to cycle through the available programs (P1-P12).
2. Once your desired program is displayed, press 'START' to begin the workout. The program will automatically adjust speed and time according to its pre-defined profile.

4.4 Bluetooth Speaker & Fit Show App

- **Bluetooth Speaker:** Activate Bluetooth on your mobile device and search for the treadmill's Bluetooth name (e.g., "LLTM333 Audio"). Pair the devices to stream music wirelessly.
- **Fit Show App:** Download the Fit Show App from your device's app store. Follow the in-app instructions to connect your treadmill via Bluetooth. The app allows you to track workout data, control the treadmill, and access additional features.

5. MAINTENANCE

Regular maintenance ensures optimal performance and extends the lifespan of your treadmill.

5.1 Cleaning

- **General Cleaning:** Wipe down the console and exterior surfaces with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Running Belt:** Periodically clean the running belt and the area beneath it to prevent dust and debris buildup.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions provided

with your treadmill's lubrication kit. Typically, lubrication is recommended every 3-6 months depending on usage.

5.3 Belt Tension and Alignment

Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, refer to the detailed instructions in the full user manual for adjustment procedures. Incorrect tension or alignment can cause premature wear and affect performance.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Lifelong LLTM333 Treadmill. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, main switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Turn main power switch ON. Check household circuit breaker.
Running belt does not move.	Safety key not in place, 'STOP' button pressed, motor issue.	Ensure safety key is correctly inserted. Press 'START'. If issue persists, contact support.
Unusual noise during operation.	Lack of lubrication, loose components, belt misalignment.	Lubricate the running belt. Check for and tighten any loose bolts. Adjust belt alignment if necessary.
Remote control not responding.	Low battery, interference, remote sensor issue.	Replace remote batteries. Ensure no obstructions between remote and console.
Treadmill overheats after short use.	Motor overload, insufficient lubrication, poor ventilation.	Ensure user weight is within limits. Lubricate belt. Ensure treadmill is in a well-ventilated area. Allow to cool down.

7. SPECIFICATIONS

- **Brand:** Lifelong
- **Model Name:** LLTM333
- **Colour:** Black
- **Product Grade:** Home
- **Product Dimensions:** 127.5D x 64W x 15.5H Centimeters
- **Item Weight:** 22 kg
- **Material:** Alloy Steel
- **Maximum Speed:** 12 Kilometers per Hour
- **Special Feature:** Manual Incline (2 levels)
- **Target Audience:** Adult, Youth
- **Maximum Horsepower:** 2.5 Horsepower
- **Assembly Required:** Yes
- **Display Type:** LCD
- **Power Source:** Corded Electric
- **Connectivity Technology:** Power Cord (for power), Bluetooth (for app/audio)
- **Included Components:** User Manual
- **Metrics Measured:** Distance, Calories Burned, Time, Speed

- **Maximum Weight Recommendation:** 100 Kilograms
- **Frame Material:** Alloy Steel

8. WARRANTY AND SUPPORT

Your Lifelong LLTM333 Treadmill is covered by a **1 Year Warranty** from the date of purchase. This warranty covers manufacturing defects and ensures repair or replacement of faulty parts under normal use conditions.

Customer Support

For warranty claims, technical assistance, or any product-related inquiries, please contact Lifelong customer support:





- **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
- **Website:** www.lifelongindiaonline.com/contact-us



Please have your purchase receipt and product model number (LLTM333) ready when contacting support.



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Related Documents - LLTM333

	<p>Lifelong FitPro Treadmill (LLTM09) User Manual</p> <p>User manual for the Lifelong FitPro Treadmill (LLTM09), providing detailed instructions on installation, operation, maintenance, and troubleshooting. Features include a 2.5 HP peak motor, adjustable speed, and safety features.</p>
	<p>Lifelong Gas Stove 4 Burners LLGS27 User Manual Safety, Specifications & Warranty</p> <p>Comprehensive user manual for the Lifelong Gas Stove 4 Burners (Model LLGS27). Includes introduction, safety precautions, care and maintenance, gas leak information, detailed specifications, troubleshooting guide, and warranty terms.</p>
	<p>Lifelong Smart Body Fat Scale LLWS36 User Manual and Guide</p> <p>Comprehensive guide to the Lifelong Smart Body Fat Scale LLWS36, covering product features, installation, app connection, operation, troubleshooting, and warranty information.</p>
	<p>Lifelong Foot Massager Instruction Manual and Warranty Card</p> <p>User guide and warranty details for the Lifelong Foot Massager (#FootRelief). Learn about its features, operation, health benefits, safety precautions, and warranty terms for optimal foot health and relaxation.</p>

	<p>Lifelong Air Fryer User Manual LLHFD423/LLHFD429</p> <p>User manual for the Lifelong Air Fryer LLHFD423/LLHFD429, detailing its features, usage instructions, cleaning, troubleshooting, technical specifications, and warranty information. Learn how to use your air fryer for healthier cooking with little to no oil.</p>
	<p>Lifelong Soft Touch Rechargeable Multi-Trimmer for Women - User Manual and Warranty</p> <p>Comprehensive user manual and warranty details for the Lifelong Soft Touch Rechargeable Multi-Trimmer for Women. Includes product features, operating instructions, cleaning, maintenance, and warranty terms and conditions.</p>