LifeSpan ™

TR500
TR1000-TV
Owners Manual
Version 1.0

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Congratulations on the purchase of your LifeSpan treadmill.

We all know that exercise is a key component to achieving the level of Health and Wellness that all of us desire. Regular activity prevents the development of numerous diseases, helps to reduce stress, leads to an improved self image, weight loss and increased energy levels.

The LifeSpan product line is designed specifically for people who want to make exercise a part of their lifestyles. Your treadmill includes the features you want to make your exercise routine enjoyable and effective. These features include preset programs that you can tailor for your specific requirements and display readouts to monitor the intensity and duration of your workout.

To complement these features we have designed and manufactured your treadmill to the highest quality standards. The all steel frame construction, heavy duty deck, pre-lubricated belt, and durable drive motors are all included to provide years of use and require minimal ongoing maintenance.

Please read this manual thoroughly before assembly and operation of your LifeSpan treadmill. It includes basic information on starting an exercise program, and safety tips that will assist you in reaching your goals for a healthy lifestyle.

To keep your treadmill in optimal condition, please pay attention to the maintenance and cleaning section of this manual and remember that some kinds of service should only be performed by a qualified service technician. If service is required, please contact your authorized PCE Health and Fitness Retailer. If a question or problem arises that cannot be answered by your retailer, contact us:

PCE Health and Fitness
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Park City, Utah 84098 –1316
Phone: (801) 973-9993
Fax: (801) 973-9923
www.pcefitness.com

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented in the manual except under the terms of the product warranty.

product specifications

Console and Programming	TR500	TR1000-TV
Display Panel	Oversize blue backlit display with program matrix	TV Entertainment Package 3 LED Display
Readouts	Incline Level, Speed, Time Distance, Calories, Heart Rate	Incline Level, Speed, Time Distance, Calories, Heart Rate
Programs	**Speed Control** Weight Management – Interval Weight Management-Steady Pace Heart Health – Pyramid Heart Health – Ladder Cardio **Incline Control** Uphill Walking Rolling Hills Uphill Hike Uphill Intervals Pyramid Climb Plateau Climb **My Zone Heart Rate Control** **2 x User Setup Programs** **Body Mass Analysis**	**Speed Control** Weight Management – Interval Weight Management-Steady Pace Heart Health – Pyramid Heart Health – Ladder Cardio **Incline Control** Uphill Walking Rolling Hills Uphill Hike Uphill Intervals Pyramid Climb Plateau Climb **My Zone Heart Rate Control** **2 x User Setup Programs** **Body Mass Analysis**
Heart Rate	Contact Heart Rate	Contact Heart Rate
Speed / Incline Controls	Quick Speed & Incline Handlebar Speed & Incline Control	Quick Speed & Incline Handlebar Speed & Incline Control
Mechanical Performance	**TR500**	**TR1000-TV**
Speed	0.6 – 10 MPH (1.0 - 16 KPH)	0.6 – 10 MPH (1.0 - 16 KPH)
Incline Levels	0 - 12	0 - 12
Belt Size	18" x 52"	20" x 56"
Roller Size	2" Tapered with oversize bearings	2" Tapered with oversize bearings
Frame	Heavy Gauge Steel Welded Frame	Heavy Gauge Steel Welded Frame
Deck	3/4 " with 8 variable density elastomers	3/4 " with 8 variable density elastomers
Drive Motor	1.75 HP Continuous Duty	2.0 HP Continuous Duty
Lift Motor	500 lb. Max Lift	500 lb. Max Lift
Product Weight	167 lb.	198 lb.
Max. User Weight	275 lb.	275 lb.
Floor Space	71"L x 31"W x 50"H	76"L x 33"W x 50" H

limited home use warranty

The TR500 and TR1000-TV come with the following limited warranty, which applies only to the use of these treadmills in the home, for residential, non-commercial purposes:

	TR500	TR1000-TV
Frame:	Lifetime	Lifetime
Motor:	Lifetime	Lifetime
Parts:	1 Year Parts	3 Years Parts
Entertainment Console:	90 Days	90 Days
Labor:	1 Year Labor	1 Year Labor

PCE Health and Fitness warrants that the equipment it manufacturers is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year.

If within the time frames specified above, any part of the LifeSpan product fails to operate, please contact PCE Health and Fitness via our website at www.pcefitness.com and click on Customer Support/Customer Service. This is the quickest way to get all the information to us. If you are not able to get online we can be reached at 801-973-9993.

PCE Health and Fitness reserves the right to make changes and improvements in our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your treadmill, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

Exclusions and Limitations
• This warranty does not apply to any defects caused by negligence, misuse, improper assembly
   or maintenance, accident, or an "act of god".
• This warranty does not apply to discoloration of paint or plastics
• PCE Health and Fitness shall not be responsible for incidental or consequential damages.
• This warranty is nontransferable from the original owner.

Registration
You must register your LifeSpan product before a warranty claim can be processed. To complete your registration card online, go to www.pcefitness.com and fill out the registration card online or fill out the warranty card provided with your treadmill and mail it today. Registration Cards must be completed and sent to PCE Fitness within 30 days of purchase to activate the Product Warranty on your LifeSpan equipment. Product Warranties are not valid unless properly completed and sent to PCE Fitness within this 30 day period.

Note: Read ALL instructions before using your LifeSpan treadmill.

important safety precautions

**When using electrical equipment, basic precautions should always be followed, including:**

• Never drop or insert any object into any opening.
• Never operate this treadmill if it has been damaged, if it is not working properly or if it has been exposed to water. Return the treadmill to a retailer for examination and repair.
• To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
• Do not use outdoors or in an environment with unregulated temperature control.
• Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
• Do not hang or place items on the treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
• Do not operate the treadmill with the side rails or dust covers removed.
• Keep the treadmill on a solid surface, with the sides and front a minimum of two feet from any walls and furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet of clearance behind the treadmill is required for safety reasons.
• Do not operate where aerosol spray products are being used or where oxygen is being administered.
• Never place the power cord under carpeting or place any object on top of the cord, which may pinch or damage it.
• Use this exercise product for its intended use as described in this Owners Manual. Do not use attachments that are not recommended by PCE Health and Fitness.
• Do not leave your treadmill running while not in use.

Children and Pets

• Keep children off your treadmill at all times.
• When in use, young children and pets should be kept at least 10 feet away.

Grounding Instructions

• Never use extension cords between the treadmill and the wall outlet.
• This product for use on a nominal 120 volt / 20 Amp circuit. This unit may not work with a common GFCI outlet.
• The power cord comes with a ground terminal. Never remove or otherwise bypass with any kind of adapter.

Treadmill Plug

Grounded socket

Grounded Wall Outlets
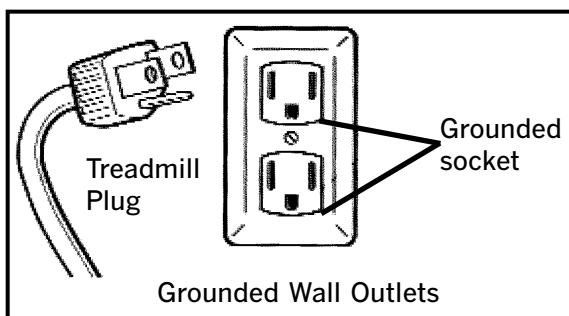
Danger: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Other Safety Tips
• Always consult a physician before beginning this or any exercise program.
• If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
• Do not wear clothing or jewelry that might catch on any part of the treadmill.
• This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

Save These Instructions

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Cardiovascular endurance is the most important component of physical fitness. There are two types of cardiovascular training, these are interval training and steady state training.

Interval training varies the amount of effort required to workout. The Weight Management, Heart Health and Cardio programs all modify the speed during the program and the Uphill Walking, Rolling Hills, Uphill Hike, Uphill Intervals and Pyramid Climb modify the incline to vary the effort required throughout the workout.

Steady state training keeps the workload constant. Your Manual program on the treadmill gives you this Steady State workout and allows you to manually control the speed and incline of your treadmill. If you have a requirement to maintain a steady heart rate during your workout, the manual program is the best selection.

There is no one exercise program that is right for everyone. Your age, current level of physical fitness, and your goals should all help determine the program that is right for you.

Regardless of your personal fitness goals and the program that you pursue, warming up and cooling down before and after you workout will help reduce the risk of injury and improve the effectiveness of your workout.

Warming up is important to bring your body from its normal level of activity to a state where it is ready to exercise by increasing the flow of blood to the muscle to raise the muscle temperature. This will increase the muscle elasticity and protect the joints. The warm up period also helps to mentally prepare you for your workout.

Warmups should be done at a low intensity level and last for at least five minutes.

Cooling down after your workout is required to gradually bring your cardiovascular system down to its normal level.

Follow your workout with at least 10 minutes of stretching. Focus on the major muscle groups of the lower extremity. When stretching, stretch the muscle until you feel gentle tension, hold it and wait for the tension to relax while the muscle elongates, stretch the muscle again until you feel gentle tension.
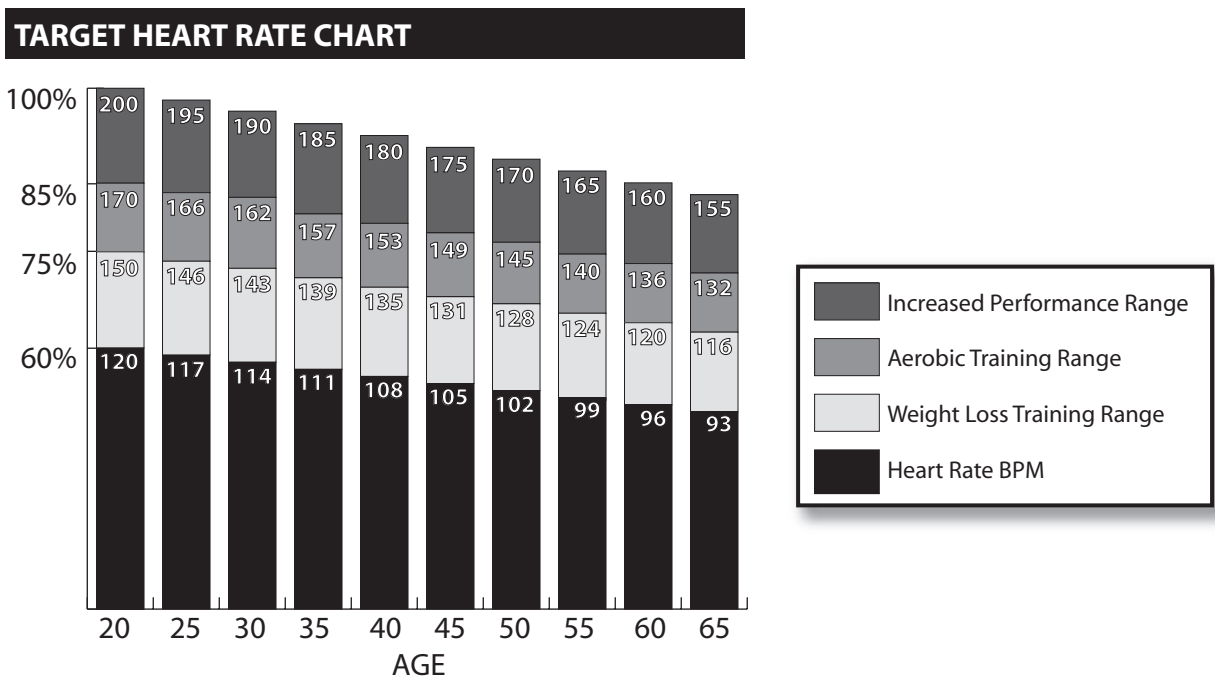
Do not bounce when you stretch, bouncing is not an effective approach to stretching and can lead to injury.

The three components of a successful cardiovascular exercise program are:
- Frequency
- Intensity
- Time

In terms of frequency, you should exercise at least three times per week and preferably 6 times per week at least 30 minutes per session.

The **intensity** of each workout refers to how hard you feel your working and can be measured by your heart rate. Depending on your fitness goals, exercise between 55% and 90% of your maximum heart rate. A simple way of estimating your maximum heart rate is by subtracting your age from 220. As a general rule of thumb, if your fitness objective is to lose weight, you will want to keep your heart rate at between 60% and 75% of your maximum heart rate. If your objective is improved aerobic performance keep your heart rate between 75% and 85% of your maximum heart rate.

TARGET HEART RATE CHART

AGE	20	25	30	35	40	45	50	55	60	65
100%	200	195	190	185	180	175	170	165	160	155
85%	170	166	162	157	153	149	145	140	136	132
75%	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	96	93

Legend:
- Increased Performance Range
- Aerobic Training Range
- Weight Loss Training Range
- Heart Rate BPM

To achieve benefits from your workout, your workout **time** should be at least 30 minutes per session. If you are trying to lose weight focus on longer (more than 30 minutes) less intense workouts, to improve your aerobic performance focus on shorter more intense workouts.

As a rule of thumb when your exercising, if your having trouble completing a sentence, you are working too hard. When exercising, you should be able to speak freely without gasping for air.

This treadmill is very heavy. It is a good idea to have two people present if any lifting is required. We recommend taking off the top portion of the box and slitting the corners of the box that the treadmill is sitting in. This will allow for the sides of the box to be folded down eliminating the need to pick the treadmill out of the box.

Prior to starting the assembly process take all of the parts out of the box, remove all plastic bags, and lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handlebars and the console.
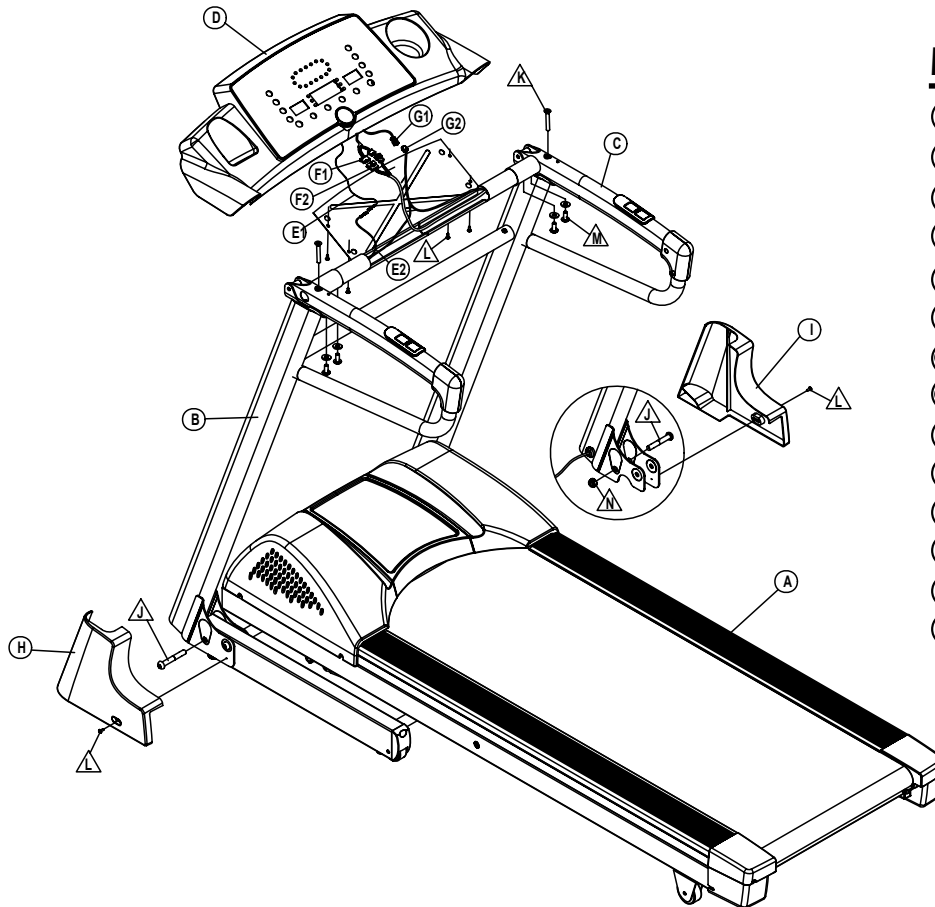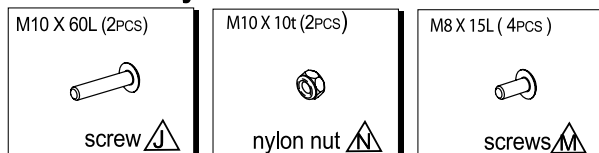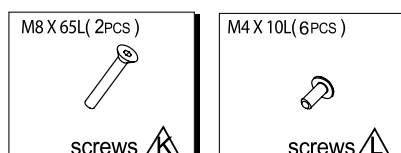
Parts

- **A** Frame
- **B** Support Handle
- **C** Handlebar
- **D** Console
- **F1** PCB cable
- **F2** PCB cable
- **G1** Hand Pulse Cable
- **G2** Hand Pulse Cable
- **H** Left Base Cover
- **I** Right Base Cover
- **O1** Speed Control Harness
- **O2** Speed Control Harness
- **P1** Incline Control Harness
- **P2** Incline Control Harness
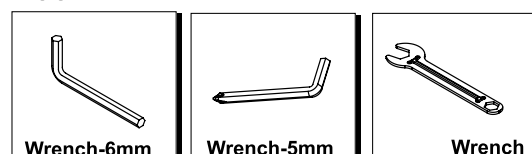
Hardware / Tools

Screws Already in Place on the Treadmill

M10 X 60L (2PCS)	M10 X 10t (2PCS)	M8 X 15L (4PCS)
screw /J\	nylon nut /N\	screws /M\

Hardware Bag

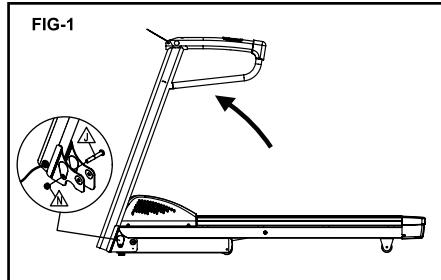| M8 X 65L(2PCS)	M4 X 10L(6PCS)
screws /K\	screws /L\

TOOL

Wrench-6mm	Wrench-5mm	Wrench

Step 1: Base Frame / Support Handle Assembly

1. Remove screw ⚠J , and nut ⚠N from both right/left sides of base frame.

2. Carefully lift the support handle and handlebars upright. Do not let the handlebars just drop down, which could damage the wire harness. (FIG-1)

FIG-1

3. Align the holes in the bottom of the base frame and reinstall Bolt ⚠J and nut ⚠N back into both sides of the base frame and tighten the bolts. Tighten the bolts removed and installed as well as the bolts that remain in the frame for the support handle to pivot on. (FIG-2)

4. Attach the Left and Right Base Frame Covers with Screw ⚠L from the hardware packet. (FIG 2 & 3)

FIG-2

FIG-3
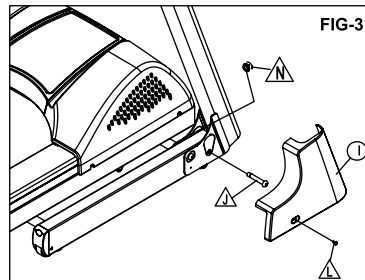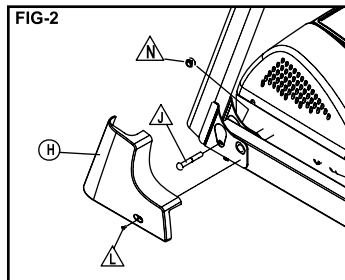
Step 2: Handlebar Assembly

1. Allow the handlebars to fold down in place being careful not to let the wire harness get pinched between the handlebar and the support handle. Line the holes up and install Bolt ⚠K thru top of both handlebars. Tighten securely.

2. Rotate the console tube up in order to install console.

FIG-4

console tube

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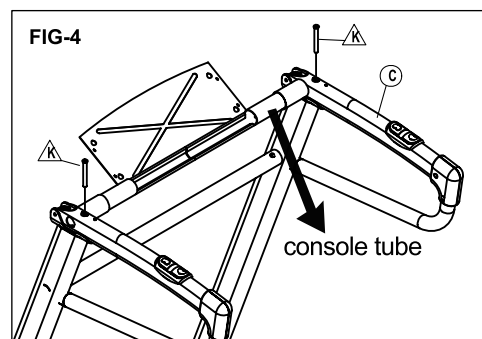
Step 3: Console Assembly

1. Lay the console on the console tube and connect harnesses. *Do not pull a lot of wire out of the handlebars as it may be difficult tucking the excess wire back into the handle bars. It is helpful to have someone hold the console while making these connections.*

    (a) Connect the 5-pin connector from the console to the 5-pin connector coming from the handlebar.

    (b) Connect the 2 sets of 3-pin connectors together. *Just match the colors of the wires for this connection.*

    (c) Connect the 2 sets of 2-pin connectors together. These are the pulse grip wires so it doesn't matter which side gets plugged to either connector out of the console.

2. Carefully tuck excess wire back into the console and the handlebars and lay the console in place. Do not pinch the wires between the console and the mounting plate.

3. Install the screws into the console thru the console mounting plate and into the console. The TR500 has 4 mounting screws and the TR1000-TV has 6 mounting screws.
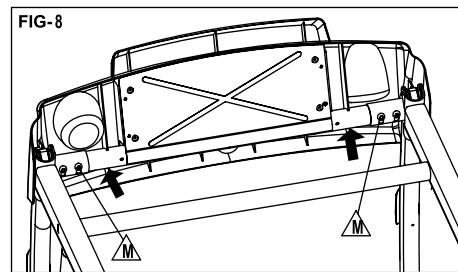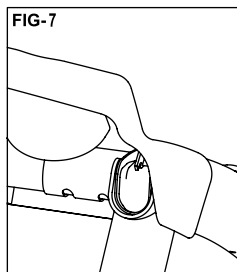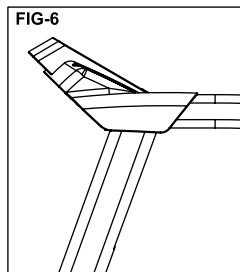
Warning:
Make sure no cables or wires are pinched when the console screws are tightened.

FIG-5
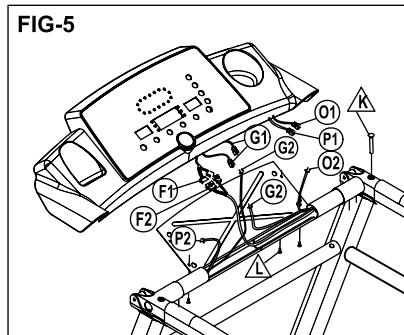
Step 4: Complete Assembly

Make sure the console bracket and the plastics fit properly (FIG-6 & 7). Tighten 4 bolts △M under both sides of the console tube (FIG-8).

FIG-6

FIG-7

FIG-8

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electronics overview
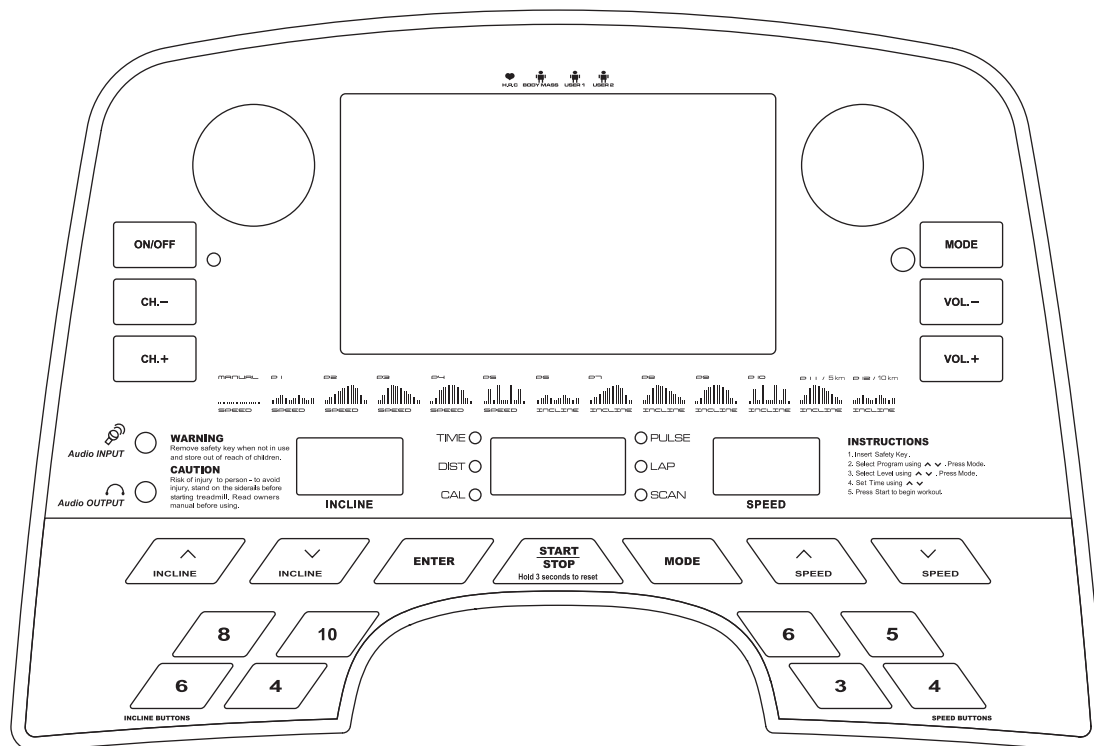
Display Functions

Button function:

Button	Function
POWER ON/OFF	Press to power on or power off TV display.
MODE	1. Press to select TV/Video/MP3 Function. TV-AV-MP3 2. Hold for 3-4 seconds: enter into "MENU" to setup screen.
CH+ **CH-**	1. In TV mode: Press to select channel. 2. In MENU mode: Press to select item to set up.
VOL+ **VOL -**	1.In TV/Video/MP3 mode: Press to adjust volume. 2. In MENU mode: Press to adjust the value of each item.

MENU Mode: Allows the user to adjust the Brightness, Contrast, Color and Tint.
1. Hold "Mode" (Upper Right Side) for 3 to 4 seconds and release. The menu is displayed.
   Use the CH+ or CH- buttons to select the item you would like to change.
2. Use the VOL+ or VOL- buttons to adjust each item as below.

Item	Description
BRIGHTNESS	Adjust BRIGHTNESS. 0 - 63
CONTRAST	Adjust CONTRAST. 0 - 63
COLOR	Adjust COLOR. 0 - 63
TINT	Adjust TINT. 0 - 63
RESET	Return to DEFAULT value.
MUTE	Mute
TV SYSTEM	Select TV system. NTSC-M、BNTSC-J、BPAL-BG、 BPAL-DK、BPAL-AI、BSECAM-BG、BSECAM-DK、 BSECAM-L according to Tuner.
EXIT	Press VOL+ or VOL– to exit MENU mode.

Grounding Instructions

This product must be properly grounded to work safely and properly. If a malfunction should occur, grounding provides a path for electric current and reduces the risk of electric shock.

Your LifeSpan treadmill includes a standard American ground plug. Do not alter this plug in anyway and do not by pass the ground with an adapter. Plug your treadmill into a 120 volt / 20 amp grounded electrical outlet with 120 volts measured at the treadmill. If this breaker switch has other appliances that run at the same time, you may experience problems with the breaker switch or erratic performance from your treadmill.

Using electrical power other than the one specified above will void any warranty, implied or otherwise.

Note: This unit may not work with a common GFCI outlet.

Treadmill Plug
Grounded socket
Grounded Wall Outlets
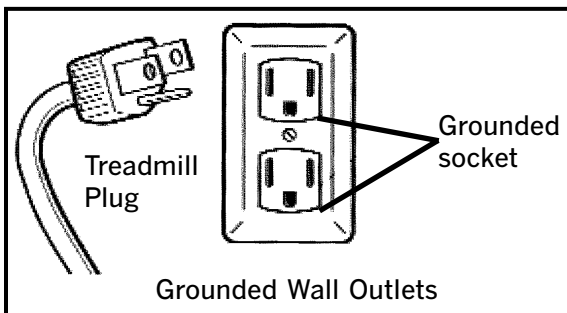
Warnings
Improper connection of the grounded plug can result in the risk of shock. Check with a qualified electrician if you have any questions or are in doubt as to whether the product is properly ground.

Never use extension cords between the treadmill and wall outlet.

TR1000-TV treadmill comes with 1 manual and 12 preset programs (5 Speed Programs, 5 Incline Programs, 2 distance programs and H.R.C. program). Each preset program has 3 different levels.

Speed Programs – Programs P1 – P5 automatically change the speed of the treadmill throughout the workout. The incline can be manually set by the user in any of the speed programs and this incline will remain throughout the workout unless modified by the user. The speed can also be modified, but changes to the speed will only last until the end of each specific program segment. Profiles for the speed programs are shown below:

SPEED PROGRAM	P1	P2	P3	P4	P5

Incline Programs – Programs P6 – P10 automatically modify the level of incline for the treadmill belt. In an incline program, the user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout but at the end of each workout segment the program will override any adjustments made to the incline. The range of incline in programs P6-P10 is from 1 to 11 level. Profiles for the incline programs are shown below:

INCLINE PROGRAM	P6	P7	P8	P9	P10
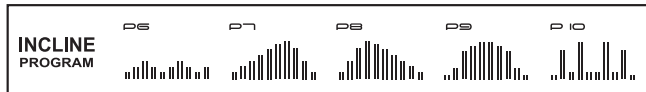
Programs P11 and P12 are preset distance programs. The preset distance is 5 kilometers for P11 and 10 kilometers for P12. The incline will be changed automatically in these programs. The range of incline is from 2 to 10 levels.

INCLINE PROGRAM	P11 / 5km	P12 / 10km

TARGET HEART RATE PROGRAM: This program automatically modifies the speed and incline to maintain a preset target heart rate. This target is established in the setup process. The chart on this owners manual should be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age, and your target heart rate.

TARGET HEART RATE CHART

Increased Performance Range
Aerobic Training Range
Weight Loss Training Range
Heart Rate BPM

AGE	20	25	30	35	40	45	50	55	60	65
100%	200	195	190	185	180	175	170	165	160	155
85%	170	166	162	157	153	149	145	140	136	132
75%	150	146	143	139	135	131	128	124	120	116
60%	119	116	113	110	107	104	101	98	95	92
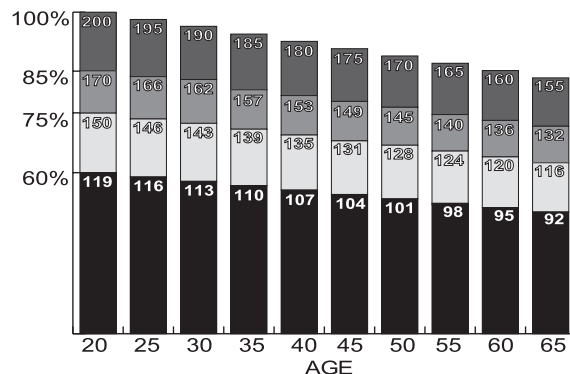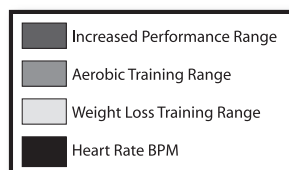
Body Mass Program:

Body Mass Index (BMI) - Is a scientific measure that uses a ratio of height and weight. It is a general measure of health risk, but does not take into account lean body mass. As a result, a healthy muscular individual with very low body fat can be classified as over weight. The following are general ranges of BMI measurements:

Below 20	Lean - if you are not an athlete you should consider gaining weight through good diet and exercise.
Between 21 and 24	Ideal - indicates a healthy amount of body fat and the lowest incidence of serious illness.
Between 25 and 29	Slightly Overweight - increased risk for a variety of illnesses. You should find ways to reduce your weight through diet and exercise.
Over 30	Overweight - indicates an unhealthy condition with a higher risk of heart disease, diabetes, high blood pressure, gall bladder disease and some cancers. You should focus on losing weight by changing your diet and increasing levels of exercise.

User Setup Programs - Provide the ability to establish customized workout programs specific to a users workout requirements. For each user set up program, the workout time is set and then 10 unique workout segments are set up by the user. For each segment the user can preset the speed and incline of the segment by using the up and down arrow buttons and then pushing the mode button to set each program.

Once a program is set up the user simply scrolls to the User1 program and pushes the start button. To modify the program after it is established, select the program and then push the mode button.

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Before starting your treadmill the following actions will need to be properly completed:

1. Be certain that your treadmill is sitting level and stable. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.

2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.

3. Turn the On/Off switch, which is located in the front of your treadmill, to the On position.

4. Insert the magnetic safety key into the round area centered at the bottom of your display. If the safety key is not inserted properly you will see lines across the middle of each LED display.

QuickStart

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.

2. **QuickStart** - The quickest and easiest way to start your treadmill is to push the Quick Start button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at 0.6 mph.

3. **Speed Adjustment** - can be increased and decreased in 3 different ways:

    Display Console - "/\" "\/" Each time you press the "/\" button on the display console the speed will increase by 0.1 mile per hour.

    Handlebar Speed Control - The heart rate sensor on the right side of the handlebars includes a speed control switch. Pushing the switch on the right side increases the speed by 0.1 mile and pushing the button on the right side decreases the speed. It needs to say right side for increasing and left side for decreasing.

    Quick Buttons - The display console includes buttons that immediately set the speed to 3, 4, 5, and 6 mile per hour without having to scroll through the speeds.

4. **Incline** - Like the speed settings, incline can be adjusted 3 different ways:

    Display Console - "/\" "\/" Each time you depress the "/\" or "\/" button on the display console the incline will increase or decrease by 1 level.

    Handlebar Incline Control - The heart rate sensor on the left side of the handlebars includes an incline control switch. Pushing the switch on the left side increases the incline by 1 level and pushing the button on the right side decreases the incline by 1 level.

    Quick Buttons - The display console includes buttons that immediately set the incline to 4, 6, 8, and 10 level without having to scroll through the incline levels.

5. **Display Readouts** - Besides "Speed" and "Incline" the center LED window will display Time, Distance, Calories, Heart Rate and Laps. By pressing the MODE button, you can select the function that you want displayed on the center LED window, or you can go to the Scan mode to scan through all functions. In the "Quick Start" mode, time will start to count up from 0:00.

Programs Setup and Selection (P1-P12)

1. **Select Program:** To start a program simply select the desired program by pressing on either " /\ " or " \/ " buttons and then pressing the "Enter" button.

2. **Select Level:** Select the desired level (L1-L3) by pressing on either the " /\ " or " \/ " buttons and then pressing the "Enter" button.

3. **Set Time:** Now choose how long you would like to workout by pressing either set of " /\ " or " \/ "arrows. Each time you push the " /\ " or " \/ " button the workout time will change by one minute. You can also hold these buttons down to quickly scroll through the time. The shortest preset program time is 10 minutes and the longest is 99 minutes.

4. **Press Start:** Once the desired time is selected, push the "Start" button to begin your workout.

Target Heart Rate Program Setup

1. Select Program: Use either " /\ " or " \/ " arrows to scroll through the programs until "H1" is shown on the center display. Then press the "Enter" button.

2. Select Age: Use either " /\ " or " \/ " arrows to enter the user age. Then press the "Enter" button.

3. Set Target Heart Rate: Use either " /\ " or " \/ " arrows to set the target heart rate. Then press "Enter". After a warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate (Range From 60-180 bpm).

4. Set Target Max Speed / Incline: Use either " /\ " or " \/ " arrows to set the target max. speed/incline. During the workout, the speed/incline of the treadmill will not exceed the maximum speed or incline set during program setup.

5. Enter program Time: Use either " /\ " or " \/ " arrows to enter the program workout time. Then press the "Start" button.

Notes:

1. *This program requires that you keep you hands on the grip pulse pads while using the treadmill.*

2. *After pressing the "Start" button there is a 3 minute warm up. During the warm up the treadmill include is adjusted to 5 and the speed is set at 2.0 MPH.*

3. *After warming up, the Heart Rate program will compare your actual heart rate with the target heart entered during program set-up. If your actual heart rate is lower than your target heart rate the treadmill will automatically adjust the belt speed .2 MPH. After 5 adjustments to the speed, the incline level will be adjusted once. This process will repeat until you desired heart rate is obtained.*

4. *If the speed increases up to the maximum speed that you set during program set up, the incline will change until your heart rate is obtained.*

5. *If the console does not pick up your heart rate from the grip pulse within 30 seconds after warm up the treadmill will stop.*

Body Composition Analysis

1. **Select Program:** Use either set of " ∧ " and " ∨ " arrows to scroll through the programs until you reach the "Body Mass" composition program and press the "Enter" button.

2. **Select Sex:** Press the mode button for a " 1/Male " selection or press either set of " ∧ " or " ∨ " buttons to scroll to the " 0/Female " selection and then press the "Enter" button. Because of the limitations of the LED display these selections are shwon as " 1/Male " and " 0/Female " on the display console.

3. **Enter Height:** Use either set of " ∧ " and " ∨ " arrows to select your height and press the "Enter" button.

4. **Enter Weight:** Use either set of " ∧ " and " ∨ " arrows to select your weight and press the "Enter" button (50-275lbs).

5. **Enter Age:** 13-80 years old.

6. **Press Start:** After all selections are made, press the start button and place both hands over the heart rate sensors on the handlebars. It will take several seconds for the system to calculate each readout. If after waiting for 10 seconds the system doesn't show your readouts, it is not getting a good reading from the heart rate sensors. This can generally be solved by walking on the treadmill at an average speed for 3-4 minutes to increase your heart rate and improve the signal pickup from the heart rate sensors.

User Setup Programs (2 users)

1. **Select Program:** Use either set of " ∧ " and " ∨ " arrows to scroll through the programs until you reach U1 or U2 and press the "Enter" button.

2. **Set Time:** Choose how long you would like to workout by pressing either set of " ∧ " and " ∨ " and press the "Enter" button.

3. **Enter Segment Speed and Incline:** each program is divided into 10 equal segments. Select the desired speed for each segment by pressing the speed " ∧ " and " ∨ " buttons. Then select the desired incline for each segment by pressing the incline " ∧ " and " ∨ " arrows. After selecting the incline and speed for the segment , press the "Enter" button and make the selection for the next segment until all 10 segments are completed. Press the "Start" button to begin the workout.

4. **Editing a User Setup Program:** To edit the program, scroll to either "U1" or "U2" programs and press the "Enter" button. Make the desired changes to the program and press "Enter" at the end of each segment. Press the "Start" button once completed.

Note: After a user program has been set, to select that program for subsequent workouts, use the " ∧ " and " ∨ " arrows to scroll to "U1" or "U2" and press the "START" button.
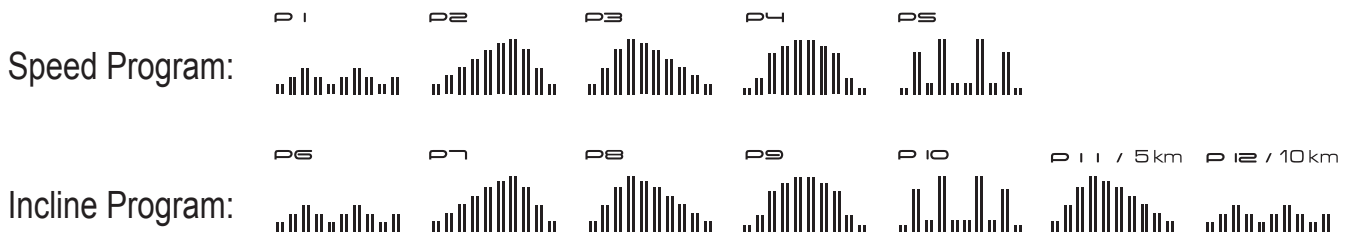
Pause Function
Pause the treadmill at any time during the operation by pressing the "Stop" button once. To resume operations, press the "Start" button.

Resetting the Console
Press and hold the Start/Stop button until the console resets.

TR1000-TV

	SEGMENT		1	2	3	4	5	6	7	8	9	10	11	12
Speed Program	P1	LEVEL 1	1.2	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	1.2
		LEVEL 2	1.8	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	1.8
		LEVEL 3	2.5	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	2.5
	P2	LEVEL 1	1.2	1.8	2.5	3.1	3.7	4.3	4.3	5.0	5.0	3.7	2.5	1.2
		LEVEL 2	1.8	2.5	3.1	3.7	4.3	5.0	5.0	5.6	5.6	4.3	3.1	1.8
		LEVEL 3	2.5	3.1	3.7	4.3	5.0	5.6	5.6	6.2	6.2	5.0	3.7	2.5
	P3	LEVEL 1	1.2	2.5	3.7	5.0	5.0	4.3	4.3	3.7	3.1	2.5	1.8	1.2
		LEVEL 2	1.8	3.1	4.3	5.6	5.6	5.0	5.0	4.3	3.7	3.1	2.5	1.8
		LEVEL 3	2.5	3.7	5.0	6.2	6.2	5.6	5.6	5.0	4.3	3.7	3.1	2.5
	P4	LEVEL 1	0.6	1.8	3.7	4.3	4.3	5.0	5.0	4.3	4.3	3.7	1.8	0.6
		LEVEL 2	1.2	2.5	4.3	5.0	5.0	5.6	5.6	5.0	5.0	4.3	2.5	1.2
		LEVEL 3	1.8	3.1	5.0	5.6	5.6	6.2	6.2	5.6	5.6	5.0	3.1	1.8
	P5	LEVEL 1	0.6	4.3	1.2	5.6	5.6	1.2	1.2	5.6	5.6	1.2	4.3	0.6
		LEVEL 2	1.2	5.0	1.2	6.2	6.2	1.8	1.8	6.2	6.2	1.2	5.0	1.2
		LEVEL 3	1.8	5.6	1.2	6.8	6.8	2.5	2.5	6.8	6.8	1.2	5.6	1.8
Incline Program	P6	LEVEL 1	2	2	3	4	3	2	3	4	3	2	3	2
		LEVEL 2	3	3	4	5	4	3	4	5	4	3	4	3
		LEVEL 3	4	4	5	6	5	4	5	6	5	4	5	4
	P7	LEVEL 1	2	3	4	5	6	7	7	8	9	6	4	2
		LEVEL 2	3	4	5	6	7	8	8	9	9	7	5	3
		LEVEL 3	4	5	6	7	8	9	9	10	10	8	6	4
	P8	LEVEL 1	2	4	6	8	8	7	7	6	5	4	3	2
		LEVEL 2	3	5	7	9	9	8	8	7	6	5	4	3
		LEVEL 3	4	6	8	10	10	9	9	8	7	6	5	4
	P9	LEVEL 1	1	3	6	7	7	8	8	7	7	6	3	1
		LEVEL 2	2	4	7	8	8	9	9	8	8	7	4	2
		LEVEL 3	3	5	8	9	9	10	10	9	9	8	5	3
	P10	LEVEL 1	1	7	2	9	9	2	2	9	9	2	7	1
		LEVEL 2	2	8	2	10	10	3	3	10	10	2	8	2
		LEVEL 3	3	9	2	11	11	4	4	11	11	2	9	3
	P11 (5km)	LEVEL 1	2	4	6	8	8	7	7	6	5	4	3	2
		LEVEL 2	3	5	7	9	9	8	8	7	6	5	4	3
		LEVEL 3	4	6	8	10	10	9	9	8	7	6	5	4
	P12 (10km)	LEVEL 1	2	3	4	3	3	2	2	3	3	4	3	2
		LEVEL 2	3	4	5	4	4	3	3	4	4	5	4	3
		LEVEL 3	4	5	6	5	5	4	4	5	5	6	5	4

Speed Program: P1 P2 P3 P4 P5

Incline Program: P6 P7 P8 P9 P10 P11 / 5km P12 / 10km

The treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.
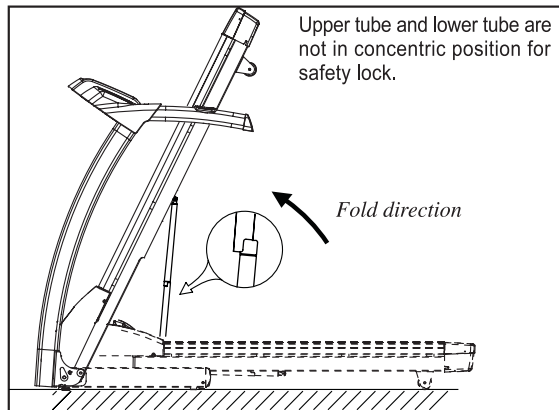
Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the wall.

2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.

3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point.

   (b.) Lift the treadmill all of the way forward and make sure that the hydraulic lift is properly locked in place.

   Caution: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.

   (c.) Ensure that the locking mechanism is secure by gently pulling back on the treadmill and make sure that it doesn't move. When doing this, be careful to be securely positioned in case the treadmill lock has not engaged.
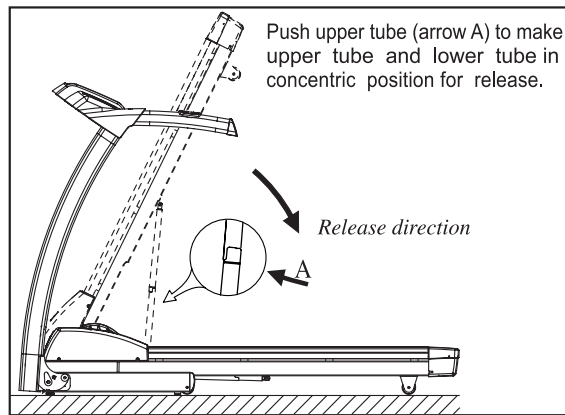

Upper tube and lower tube are not in concentric position for safety lock.

Fold direction

Caution:
• Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.

• Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.

• Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position

Unfolding the Treadmill

1. Make sure you have adequate space to lay the treadmill down. There needs to be at least 2 feet of clearance on both sides and in the front of the treadmill. There should be at least 4 feet of clearance on the back side of the treadmill for safety reasons. If the user were to fall this would give adequate clearance to get off the treadmill.

2. Inspect to ensure that nothing is on or near your treadmill that might spill, be knocked over or prevent the treadmill from completely unfolding.

3. Position yourself behind the treadmill. Slightly push the treadmill forward towards the display and with you left foot lightly push the top portion of the hydraulic lift forward till the locking tube frees and the treadmill can be pulled back away from the console.

4. The hydraulic lift is set up to drop softly without assistance. It is not a bad idea to hold onto the treadmill until it is about 2/3 of the way down. Make sure that you use proper lifting technique, bending your knees and keeping your back straight.

Push upper tube (arrow A) to make upper tube and lower tube in concentric position for release.

Release direction

A

troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: The console lights do not light up.
Solution: Check to make sure that the treadmill is properly plugged-in, the On/Off switch is turned to the "On" position, and Safety Key is attached.

Problem: The belt does not stay in the center of the treadmill when in use.
Solution: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.

Problem: The treadmill motor seems strained or the fuse becomes blown.
Solution: The lubricating silicon that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicon spray.

Problem: The treadmill belt slips during use.
Solution: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.

Problem: Speed does not match quick keys. Treadmill Starts at 1 and goes to 16.
Solution: The treadmill is set up in Metric Mode. See chart on next page for Metric English Conversion.

Problem: The console has some static lines going thru the display while the treadmill is running. Some of this is normal due to interference from the motor.
Solution: Check the connection at the base of the right handlebar support post and at the back of the console. Make sure the connections are tight and that the rubber boot at the console connection is pulled up over the metal cable connectors. The boot will keep the metal connectors from making contact with the metal handlebars or anything metallic inside the console.

Note: There will be some static lines thru the display when the unit is running while in TV mode.

TR1000 – TV Engineering Mode			
Press "Enter" and then "Speed Up" buttons until the console changes to show a number in incline, center and speed windows. The numbers shown are examples	Incline 006	Center 10.11	Speed 2.00
Press the "Enter" button. The Incline, Center and Speed windows should change to another set of numbers. The numbers shown are examples	Incline 110	Center 4910	Speed 001
Press the "Enter" button. The Incline window will Show "Si" or "En". **En = English mode** **Si = Metric mode** **Depending on which mode you would like to use, pressing the Incline "up" or "down" buttons will allow you to change between the two modes.**	Incline En or Si	Center	Speed
Press the "Enter" button. The Incline window shows "dis" for total distance the unit has run. The center and Speed windows show the total miles or kilometers.	Incline Dis	Center 0	Speed 000
Press the "Enter" button. The Incline window shows "hrs" for the total number of hours the treadmill has been used. The center and speed window will Show the total number of hours the treadmill has been used.	Incline Hrs	Center 0	Speed 000
Press the "Enter" button. The console goes back into the set up and run mode.	Incline 0	Center 00:00	Speed 0

Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH. Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn, alternating back and forth until the belt slipping stops. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt still slips repeat this step and test again.

If you turn one side more than the other, the belt will start to drift to the side of the treadmill and need to be aligned.

Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START" to begin running belt, then increase the treadmills speed to 3MPH.

2. Stand at the rear of the treadmill to determine which direction the belt is drifting.

3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.C)

4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clock wise and the right adjustment bolt one-quarter turn clockwise. (See FIG.D)

5. Observe the tracking of the belt for about two minutes. Repeat step 3, 4 and 5 as needed.

GAP ⟹   ⟸ GAP

FIG.C   FIG.D
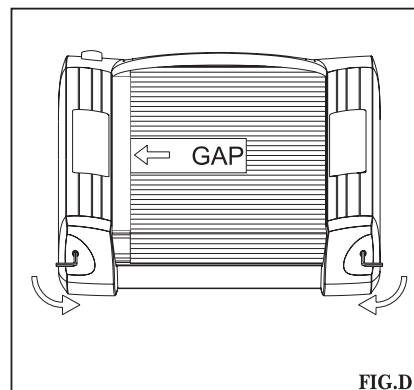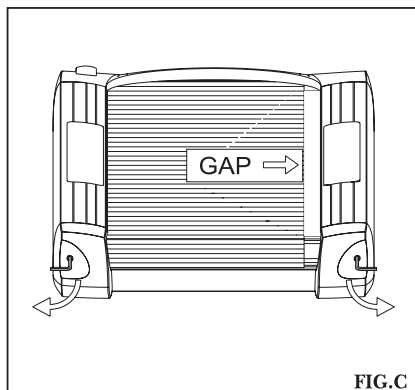
Belt Lubrication

Your LifeSpan treadmill belt should be lubricated every 3 months of regular use or every 40 hours of use.

Use only 100% Silicon and avoid using aerosol silicon sprays that include additives and petroleum distillates. One ounce of silicon should be used for each application. LifeSpan offers 100% silicon lubricant that can be ordered at www.LifeSpanFitness.com or from 801.973.9993

When applying the silicon either apply it directly to the deck surface or to the back of the running belt. This may be accomplished by folding the treadmill and applying the silicon to the back of the belt from each back corner. Spray the silicon down and across the belt from each corner. Rotate the belt 1/2 of the circumference and repeat from each corner.

Note: When lubricating the belt, make sure that the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill, clean off any excess silicon from the belt and frame.

Cleaning

After use, wipe down your treadmill with a soft cloth. On a regular basis, you will also want to clean the treadmill using a mild detergent to remove all dirt and salt from the belt, painted parts and the display.

Avoid getting dirt and other materials on the belt as these materials can work their way under the belt and damage your treadmill or cause components to wear prematurely.

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