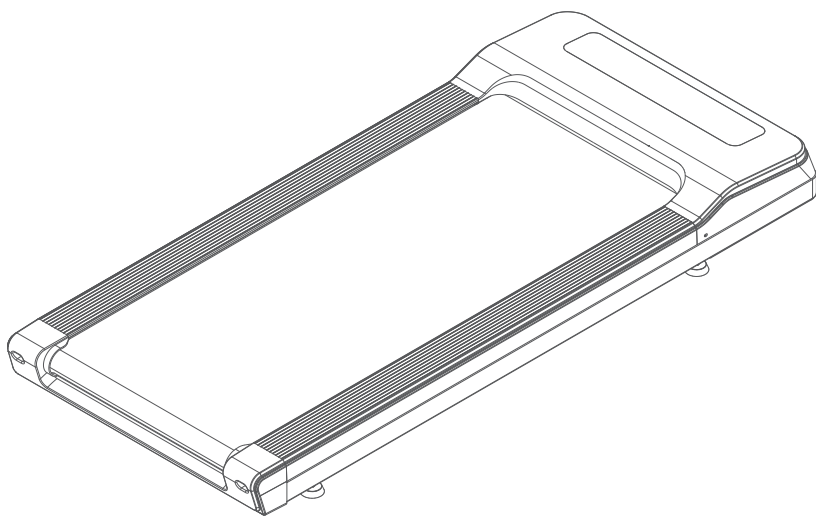




Life's short. Live longer.



## **LifeSpan TR1200B Pro Under-desk Treadmill**

Owner's Manual



Before installing and using this treadmill, please carefully read all the instructions in the manual and keep them for future reference.



## ***Welcome to LifeSpan: Pioneering Wellness at Work!***

*Transform your workspace with our Active Workstations! Since 2016, LifeSpan has been leading the revolution in office wellness, allowing you to burn over 1,000 extra calories during your workday. Embrace a more dynamic and energetic office life with us!*

*Our products are more than just office furniture; they're a wise investment. Watch as they positively impact insurance costs and contribute to fewer sick days, revolutionizing employee health and productivity.*

*Step into our wellness program and let our software seamlessly integrate with all LifeSpan products, fostering a culture of health and vitality. Boost workplace energy and morale with company-wide fitness challenges. Every step, every pedal, becomes a journey toward a happier, healthier team.*

*Join our mission for a healthier, cleaner planet. We practice eco-friendly manufacturing, contributing to environmental sustainability. Discover AMPERA, our energy-efficient range, and power your devices through exercise. Be part of our journey toward a healthier, more sustainable world.*



**Welcome**

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## **Safety First**

# **IMPORTANT SAFETY INSTRUCTIONS**

Before starting any exercise program, we recommend that you consult a professional doctor, particularly if you are over 35 years old or have had health problems in the past. We are not responsible for injuries caused by the use of this equipment. The electric treadmill should only be switched on after it has been fully installed and the motor protection cover is in place.

## **Warning:**

- Before using the treadmill, ensure that the safety switch clip is attached to your clothing or belt.
- Please do not insert any objects into any part of the equipment, as this may cause damage.
- Place the electric treadmill in a clean and flat area. Do not place it on thick carpeting, which could impede air circulation underneath, and avoid using the treadmill near water or outdoors.
- Do not stand on the running belt when turning on the machine. The belt may pause momentarily when starting. Stand on the plastic anti-slip boards on either side of the treadmill until the belt begins to move.
- Avoid wearing long or loose clothing while exercising to prevent it from catching on the treadmill. Typically, wear running shoes with rubber soles for safety.
- Keep children and pets away from the treadmill when it is in use. Maintain a safety clearance of 50cm to 100cm around the equipment.
- Engage in strenuous exercise no sooner than 40 minutes after eating.
- This fitness equipment is intended for adult use. Minors should be supervised by adults when using the treadmill.
- When using the treadmill for the first time, hold the handrails until you are comfortable with the motion.
- The treadmill is designed for indoor use only. Keep the area clean and flat, and protect the equipment from moisture. Do not modify the electric treadmill for other uses.
- The power cord for the electric treadmill is specialized. If it is damaged, please purchase a replacement from the dealer or contact our company directly.
- In case of a sudden or unexpected speed increase due to an electronic malfunction, immediately pull the safety key from the console to stop the treadmill.
- Do not connect other wires to the middle of the power cable; do not extend the cable or change its plug; do not place heavy objects on the cable or position it near a heat source; avoid using multi-hole sockets. These actions could result in fire or electrical injury. When plugging in the cord, ensure it is inserted into an outlet with a safety ground circuit.

### **Safety First**

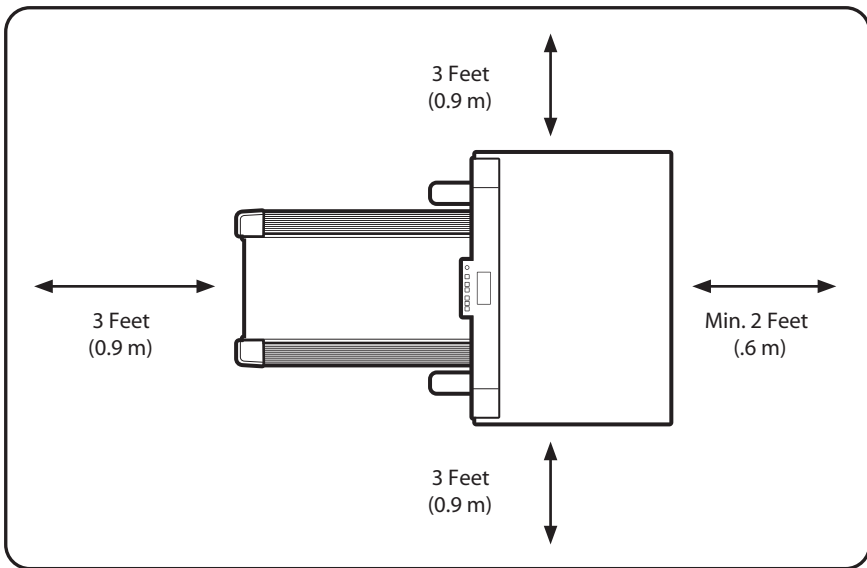
- If the machine is not going to be used for an extended period, disconnect the power supply. To disconnect, grip the power plug and pull it out directly, rather than pulling on the cord, to prevent damage to the power Cord's internal wiring. Use only the designated power cord for the electric treadmill. If the power cord is damaged, contact the manufacturer as soon as possible.
- This treadmill is intended for home use only.
- Be aware that incorrect or excessive exercise may cause health issues.
- Check monthly to ensure that all connecting screws are tight and that all parts are undamaged. If any damage is found, replace or repair the parts immediately.

## Safety First

### Safety Tips While in Use

- Always consult a physician before beginning an 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.
- Wear shoes with high traction rubber soles. Do not wear shoes with heels, leather soles, cleats or spikes.
- Do not walk or run backwards on the treadmill, always face forward.
- Allow the running belt to fully stop prior to getting off the treadmill.
- Make sure the area behind the treadmill remains completely clear during use. A minimum of 3 feet (1m) of clearance is required for safety reasons. There should be a minimum of 2 ft. (.6 m) on at least one side of the treadmill.

### Safety Clearance



#### Note:

**Read all instructions and save for future reference.**

## Specifications

### TR1200B Pro

|                   |                               |
|-------------------|-------------------------------|
| Walking Belt Size | 48.43"x19.88" (123 x 50.5 cm) |
| Deck              | 0.59" (1.5 cm)                |
| Drive Motor       | 3.0HP (Peak BLDC)             |
| Max User Weight   | 330 lbs. (150 kg)             |
| Net Weight        | 77.61 lbs. (35.2 kg)          |
| Dimensions        | 60.63"Lx27.95"W(154 x71 cm)   |

## About Your LifeSpan Under-desk Treadmill

### Proper Grounding

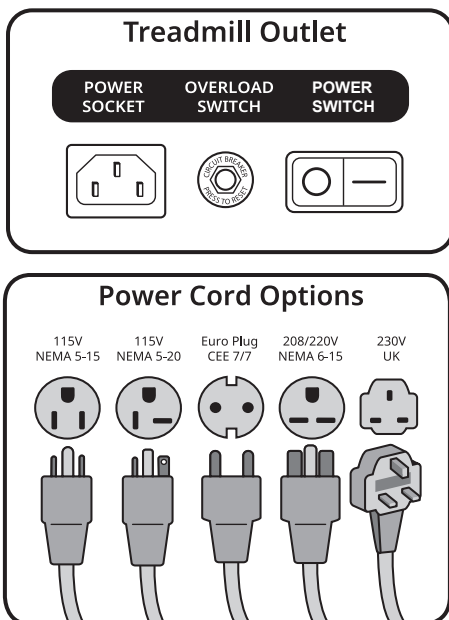
LifeSpan equipment must be grounded. Improper connection of the equipment's grounding conductor can result in the risk of electric shock.

Check with a qualified electrician or service person if you are in doubt as to whether the outlet is properly grounded. Do not modify the plug provided with the product or use a ground plug adapter to adapt to a non-grounded outlet. If the plug will not fit in the outlet, have the proper outlet installed by a qualified electrician.

### Power Cord Options

This treadmill should only be used with the proper power cord and power outlet. Several power cord options (shown below) are available from LifeSpan.

We do our best to include the correct power cord with the treadmill for your area. In the event that the correct power cord is not included in the packaging please contact your local distributor.



**Do not use extension cords between the treadmill and power outlet.**



**Do not plug into a GFI outlet or circuit as it may trip the breaker.**

## About Your LifeSpan Under-desk Treadmill

### Unique Features

As a leader in active workstations, LifeSpan has developed a number of unique features in our treadmills making them more engaging, safer and easier to use.

#### **Intelli-Guard™**

Walk confidently knowing your safety is assured with Intelli-Guard™. Step away from your treadmill for more than sixty seconds and your treadmill's belt will automatically glide to a smooth stop.

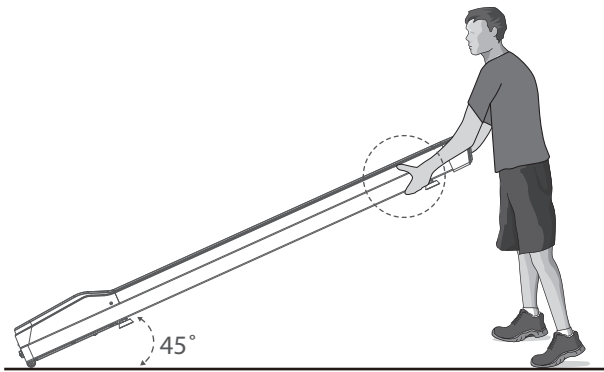
#### **Intelli-Step™**

Never miss a stride with Intelli-Step™. Your steps are automatically calculated with meticulous precision, displaying immediate feedback.

## Moving

### Moving the Treadmill Base

1. Make sure the ON/OFF switch is turned OFF and the power cord is unplugged from the wall.
2. Make sure nothing is on or near your treadmill which might spill, be knocked off, or prevent the treadmill from moving.
3. Move the entire machine to the desired location, as illustrated in the diagram. Grasp the running table on both sides and lift it to approximately 45 degrees from the ground. The machine can be moved freely only when the front handling wheel is in contact with the ground.



**CAUTION:** When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and lift evenly with both arms.

## Warranty and Safety Precautions

Your LifeSpan under-desk treadmill comes with the following limited warranty valid in North America. If you are outside of these areas contact your local distributor for warranty information or email : [support@lifespansfitness.com](mailto:support@lifespansfitness.com).

| LifeSpan Fitness Treadmill Warranty |            |                |                |
|-------------------------------------|------------|----------------|----------------|
| <b>Parts</b>                        | 2 Years    |                |                |
| <b>Warranty – Treadmill</b>         | <b>TX6</b> | <b>TR1200B</b> | <b>TR5000B</b> |
| <b>Treadmill Frame</b>              | 10 Years   | 10 Years       | 10 Years       |
| <b>Parts</b>                        | 2 Years    | 2 Years        | 2 Years        |
| <b>Labor</b>                        | 1 Years    | 1 Years        | 1 Years        |

LifeSpan warrants the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will repair or replace any defective part. Free labor is included on all parts that are not normally assembled or replaced by the customer within the labor period.

If within the time frames specified above, any part fails to operate properly, login to our email : [support@lifespansfitness.com](mailto:support@lifespansfitness.com). (please note that certain kinds of service should only be performed by a qualified service technician).

LifeSpan reserves the right to make changes and improvements to 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 LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

### Exclusions and Limitations

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or “act of God.”
- This warranty does not apply to discoloration of paints or plastics.
- LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable form the original owner.

Please read all instructions carefully before installing and using this treadmill, and keep the manual for future reference. Consult a healthcare professional before starting any exercise program, especially if you have previous health issues. Ensure the safety switch clip is attached to your clothing or belt before use. Place the treadmill on a clean, flat area, not on thick carpeting, to ensure proper air circulation and avoid water exposure or outdoor use.

## Maintenance and Tips

### Daily Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.

### Monthly Cleaning

This cleaning includes removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to tighten all assembly hardware and check the power cord for damage or anything else that would indicate the need for service.

### Safety and Integrity

The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. Worn or damaged components shall be replaced immediately or the treadmill be removed from service until the repair is made. Pay special attention to components most susceptible to wear.



**WARNING:** Keep treadmill stable on flat ground.



**WARNING:** Unplug the power cord before removing the motor cover.



**WARNING:** If service is required, turn the power off and remove the power cord to ensure the unit cannot be used. Let all other users know the treadmill needs service.



**CAUTION:** Acidic cleaning detergents may damage painted or powder coated surfaces and should not be used. Such cleaners may void the LifeSpan warranty.

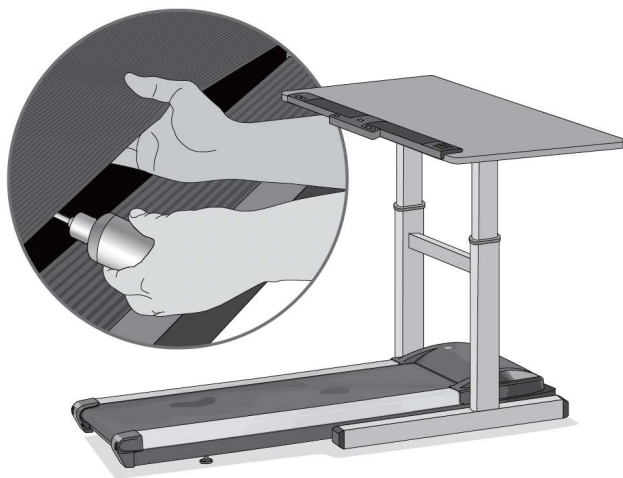
### Belt Lubrication

Use only a 100% silicone based treadmill belt lubricant and avoid using aerosol silicone sprays which include additives and petroleum distillates that may damage or change the properties of a treadmill's running belt. Put at least one and a half to two ounces of silicone lubricant for each application making sure that to follow the lubrication procedure below. Never put more than two ounces of treadmill lubricant into the running belt since over lubrication can cause damage to your treadmills electronic components. LifeSpan offers 100% silicone lubricant that can be ordered at [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com).

The walking belt should be lubricated every 50 hours of use or three months.

To lubricate, unplug your treadmill.

1. Start toward the front of the treadmill, slide your hand under the belt and lift it away from the deck.
2. Slide tube under the belt as close to the center as possible.
3. Apply controlled pressure to the squeeze bottle to dispense 0.75 to one ounce of lubricant, keeping the hose applicator near the center of the running belt. There's no need to slide the applicator along the entire belt—just focus on the center.
4. Repeat step 3 on the opposite side, ensuring not to exceed 1/2 oz. per side to avoid over-lubrication.
5. After lubricating both sides, start the treadmill and let it run on it own at no more than 3 miles per hour for 3 to 5 minutes to spread the lubricant before use.



#### **Note:**

**When lubricating the belt, make sure the treadmill is on a surface that can be easily cleaned. After lubricating clean any excess silicone off the walking surface of the belt and side rails.**

For a full video demonstration on lubricating your treadmill go to [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com).

## Maintenance and Tips

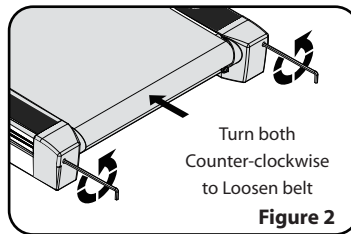
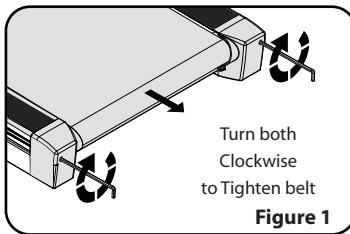
### Belt Tensioning

If the belt begins to slip and needs to be tensioned, tension bolts are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 mph (5 kph).

- A. Using a 6 mm Allen wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn clockwise.
- B. Test to see if the slipping is eliminated. If the belt slips repeat step A and test again.

#### Note:

**Adjusting one side more than the other will cause the belt to drift to the side of the treadmill and will require belt alignment. Check to be sure the running belt is still aligned. If belt alignment is off as shown below, refer to Belt Alignment section.**



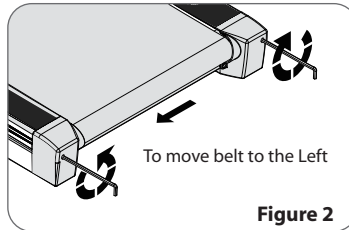
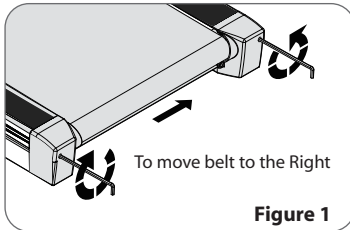
#### CAUTION:

**DO NOT tighten more than 2 full turns on each side.**

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

### Belt Alignment

- A. Press Start, then increase the treadmill speed to 3 mph (5 kph).
- B. Stand behind the treadmill to see which way the belt is drifting.
- C. If the belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/4 turn counter-clockwise. (See FIG. 1)
- D. If the belt drifts to the right, turn the left adjustment bolt 1/4 turn counter-clockwise and the right adjustment bolt 1/4 turn clockwise. (See FIG. 2)
- E. Observe the alignment for two minutes. Repeat steps A-D as needed.



Visit [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com) for a full video demonstration on the aligning your treadmill belt.

## Exercise Guidelines

### Warm-up

It's best to stretch before exercising. Warm muscles are more pliable, so take 5-10 minutes to warm up. Then stop and perform the following stretches — do each five times, holding each leg for 10 seconds or more, and repeat at the end of your workout.

**Forward Bend:** Slightly bend your knees, lean forward slowly, relax your back and shoulders, and try to touch your toes with your hands as much as you can. Hold for 10-15 seconds, then release. Repeat this 3 times (refer to Figure 1).



Figure 1

**Hamstring Stretch:** Sit on a clean mat with one leg extended straight. Tuck the other leg in so that its foot is close to the inner thigh of the extended leg. Reach towards your toes with your hands. Hold for 10-15 seconds, then relax. Perform this stretch three times for each leg (see Figure 2).

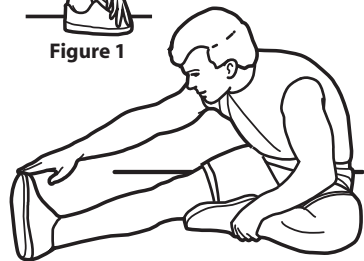


Figure 2

**Calf and Achilles Tendon Stretch:** Stand facing a wall or tree with one foot behind you. Keep the back leg straight, heel on the ground, and lean into the wall or tree. Hold for 10-15 seconds, then relax. Do this three times for each leg (refer to Figure 3).



Figure 3

**Quadriceps Stretch:** With your left hand for balance against a wall or table, reach your right hand back to grasp your right ankle and gently pull it towards your hip until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then release. Perform this stretch three times for each leg (see Figure 4).



Figure 4

**Adductor (Inner Thigh) Stretch:** Sit with the soles of your feet together and knees out to the sides. Grasp your feet with both hands and pull them towards your groin area. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

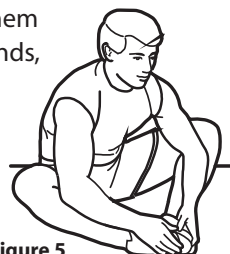


Figure 5

### Preparation

If you are over 35 years old, have health issues, or are new to exercising, please consult a doctor or a professional before using the treadmill.

Familiarize yourself with the treadmill's controls, such as how to start, stop, and adjust the speed, before using it.

Begin by standing on the plastic anti-slip boards on both sides of the treadmill and holding the handrails with both hands. Start the machine at a low speed (1.6–3.2 km/h), stand up straight, look forward, and gently tap the running belt with one foot a few times before stepping on it.

After getting accustomed, slowly increase the speed to 3-5 km/h and maintain this pace for about 10 minutes, then gradually come to a stop.

Exercise:

Before each session, ensure you know how to adjust the treadmill's settings, like speed and incline.

Start with a steady pace, walking about 1 kilometer, which should take around 15-25 minutes. At a speed of 4.8 km/h, this distance would typically take about 12 minutes.

Once comfortable, you can incrementally increase your speed and incline, aiming for a 30-minute session for effective exercise.

Remember, progress in exercise should be gradual. It is about long-term health benefits, not immediate results.

### Exercise Volume

For a quick workout, exercising for 15-20 minutes can be highly effective.

- Start with a 2-minute warm-up at 4.8 km/h.
- Then, increase the speed to 5.3 km/h and 5.8 km/h, maintaining each speed for 2 minutes.
- Continue to increase the speed by 0.3 km/h every 2 minutes until your breathing quickens but is not labored.
- Sustain this pace for your workout. If you start to feel breathless, reduce the speed by 0.3 km/h.
- Conclude with a 4-minute cooldown.
- If increasing the speed makes the exercise too challenging, try a gradual incline to intensify the workout. A slight slope can significantly boost exercise intensity.

## **Exercise Guidelines**

### **Heat Consumption Method**

- Warm up for 5 minutes at a speed between 4-4.8 km/h.
- Increase the speed by 0.3 km/h every 2 minutes, aiming to exercise at a challenging but sustainable speed for 45 minutes.
- During a one-hour TV show, increase the speed by 0.3 km/h at every commercial break, then return to the prior speed when the program resumes. This fluctuation helps maximize calorie burn.
- Finish with a 4-minute cooldown.

### **Exercise Frequency**

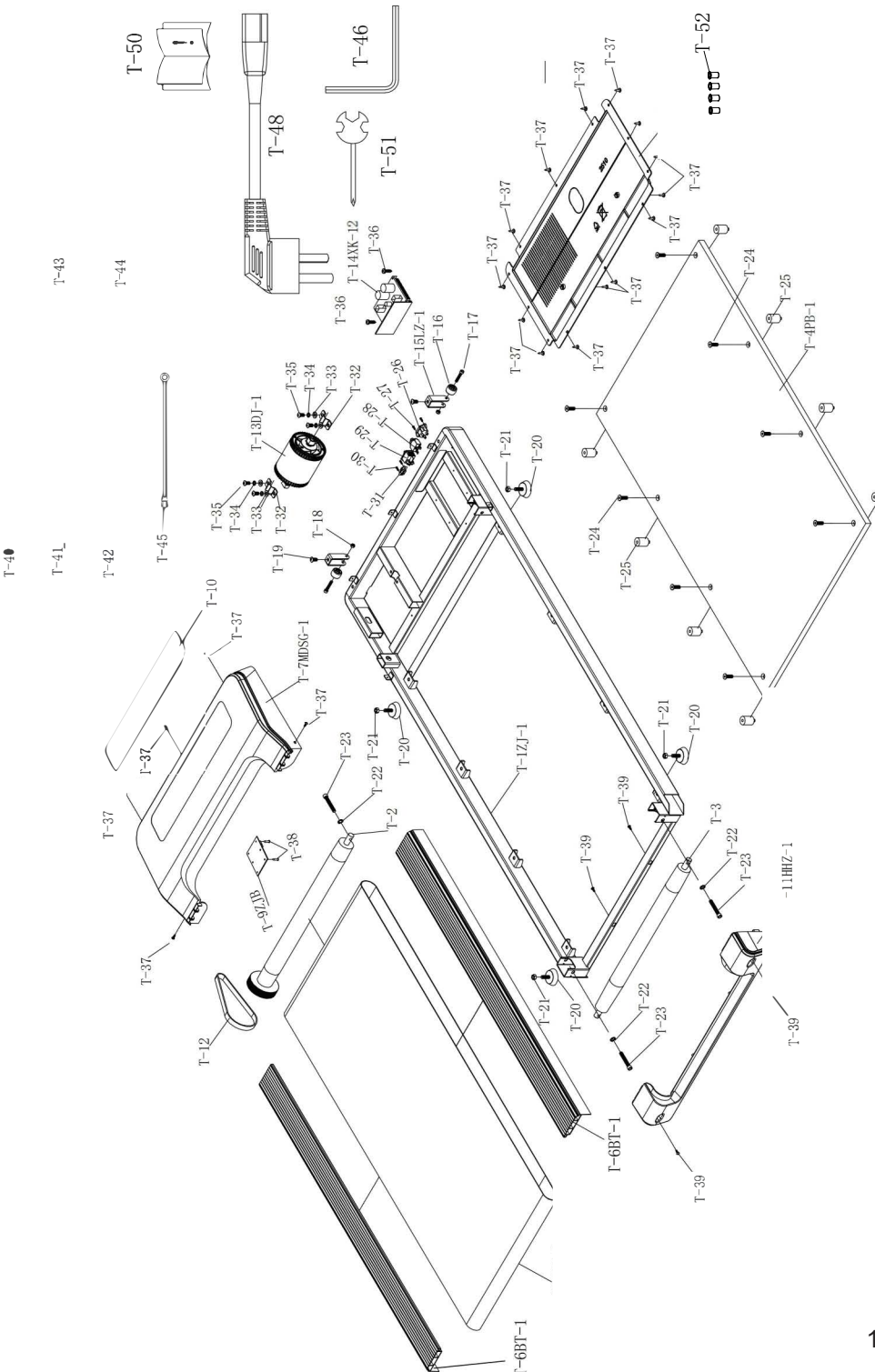
- Aim for 3-5 sessions per week, ranging from 15 to 60 minutes each.
- Establish a consistent workout schedule, avoiding sporadic exercise routines.
- Adjust the intensity by controlling the speed and incline. Start without an incline and introduce it gradually to increase the workout's challenge.
- Always consult a professional for personalized advice on exercise frequency and intensity, considering your age and physical condition.
- Stop exercising immediately if you experience chest pain, irregular heartbeat, shortness of breath, dizziness, or any other discomfort, and consult a professional before resuming.

### **Speed Selection for Electric Treadmill Users:**

- 1-3.0 km/h for those with poor physical fitness
- 3.0-4.0 km/h for those not accustomed to regular exercise
- 4.0-5.0 km/h for average walking speed
- 5.0-6.0 km/h for a brisk walking pace
- 6.0-7.0 km/h for a slow jogging speed
- 7.0-8.0 km/h for a moderate jogging speed

**Please note that speeds of up to 6 km/h are more suitable for walking.**

EXPLODED DRAWING  
Product Diagram



## Parts List

| NO.        | Item & Specifications | Qty. | NO.  | Item & Specifications             | Qty. |
|------------|-----------------------|------|------|-----------------------------------|------|
| T-1ZJ-1    | Main frame group      | 1    | T-26 | Socket                            | 1    |
| T-2        | Front roller          | 1    | T-27 | Screw 4.2*10                      | 2    |
| T-3        | Back roller           | 1    | T-28 | Overload protector                | 1    |
| T-4PB-1    | Running Deck          | 1    | T-29 | Power Switch                      | 1    |
| T-SPD-3    | Running Belt          | 1    | T-30 | Screw M3*10 (Optional)            | 2    |
| T-6BT-1    | Side Rail             | 2    | T-31 | DB9 Connector (Optional)          | 1    |
| T-7MDSG-1  | Motor Up Cover        | 1    | T-32 | Motor Fix Part                    | 2    |
| T-8MDXG-1  | Motor Down Cover      | 1    | T-33 | Shim 16*8.5                       | 4    |
| T-9ZJB     | PCB                   | 1    | T-34 | Shim 8                            | 4    |
| T-10       | Display Sticker Back  | 1    | T-35 | Screw M8*16                       | 4    |
| T-11 HHZ-1 | Protect Cover         | 1    | T-36 | Screw 4.2*19                      | 2    |
| T-12       | Belt                  | 1    | T-37 | Screw 4.2*13                      | 19   |
| T-13DJ-1   | Brushless Motor       | 1    | T-38 | Screw 3*8                         | 4    |
| T-14XK-12  | Controller            | 1    | T-39 | Screw 4.2*16                      | 4    |
| T-15LZ-1   | Fixed Base            | 2    | T-40 | Up/Down Control Connectline       | 1    |
| T-16       | Wheel                 | 2    | T-41 | Red power connection line 300mm   | 1    |
| T-17       | Screw 6*35            | 2    | T-42 | Black power connection line 300mm | 1    |
| T-18       | Nut M6                | 2    | T-43 | Red power connection line 150mm   | 1    |
| T-19       | Screw M6*16           | 2    | T-44 | Black power connection line 150mm | 2    |
| T-20       | M8 Pad                | 4    | T-45 | Groun dline                       | 1    |
| T-21       | Nut M8                | 4    | T-46 | Wrench 56                         | 1    |
| T-22       | 8.5 Sawtooth Shim     | 3    | T-48 | Power Cord                        | 1    |
| T-23       | Screw 8*55            | 3    | T-50 | Manual                            | 1    |
| T-24       | Screw 8*55            | 8    | T-51 | Wrench                            | 1    |
| T-25       | Running Deck Shock    | 8    | T-52 | M8 rivet nut                      | 4    |

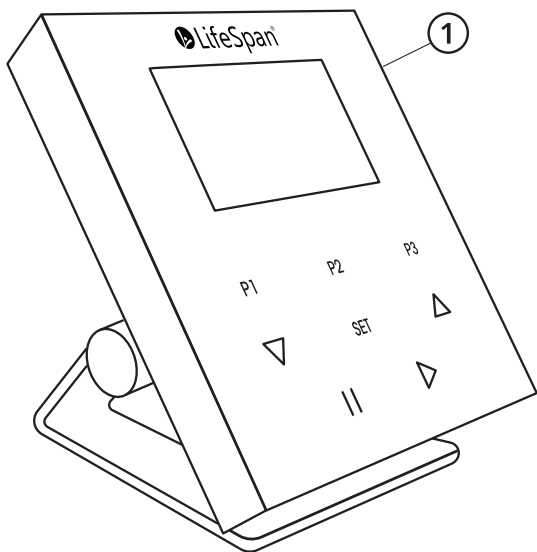
## **Treadmill Error Code**

| <b>Code</b> | <b>Description</b>    | <b>Solution</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DC-1        | Less Voltage          | <ol style="list-style-type: none"> <li>1. Check the Voltage.</li> <li>2. Ensure the power cord is securely connected.</li> </ol>                                                                                                                                                                                                                                                                                                                                                  |
| DC-2        | Voltage anomaly       | <ol style="list-style-type: none"> <li>1. Restart the Treadmill.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                       |
| DC-3        | Over Voltage          | <ol style="list-style-type: none"> <li>1. Check the input Voltage.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                     |
| DC-4        | Over Load             | <ol style="list-style-type: none"> <li>1. The treadmill may shut down if the current exceeds the rated load, triggering the system's self-protection. Restart the machine.</li> <li>2. Ensure no part of the treadmill is jammed, causing the motor to stop rotating. Adjust the treadmill to restart or apply lubricating oil.</li> <li>3. If there is excessive noise or a burning smell when the motor runs, replace the motor.</li> <li>4. Replace the controller.</li> </ol> |
| DC-5        | Hardware Overload     | <ol style="list-style-type: none"> <li>1. Restart the machine</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                          |
| DC-6        | MCB Error             | <ol style="list-style-type: none"> <li>1. The controller needs to be checked</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                           |
| DC-7        | Hardware Error        | <ol style="list-style-type: none"> <li>1. Check the motor cord and reconnect it.</li> <li>2. Ensure the power plug and motor connection are secure.</li> <li>3. Restart the machine after the temperature normalizes.</li> <li>4. Replace the motor or controller.</li> </ol>                                                                                                                                                                                                     |
| DC-8        | SWVIIN+ Disconnect    | <ol style="list-style-type: none"> <li>1. Turn off the switch and check whether the Up/Down Control Connect Line is loose.</li> <li>2. If the error persists, replace the Up/Down Control Connect Line, Console or Controller.</li> </ol>                                                                                                                                                                                                                                         |
| Uart        | Communication timeout | <ol style="list-style-type: none"> <li>1. Restart the treadmill.</li> <li>2. If the error persists, check for loose connections.</li> </ol>                                                                                                                                                                                                                                                                                                                                       |
| E1          | Controller Error      | <ol style="list-style-type: none"> <li>1. Check the motor line and reconnect it.</li> <li>2. Replace the motor.</li> <li>3. Replace the controller.</li> </ol>                                                                                                                                                                                                                                                                                                                    |

# **Console Operations**

Setup With Your Existing Desk

Hardware



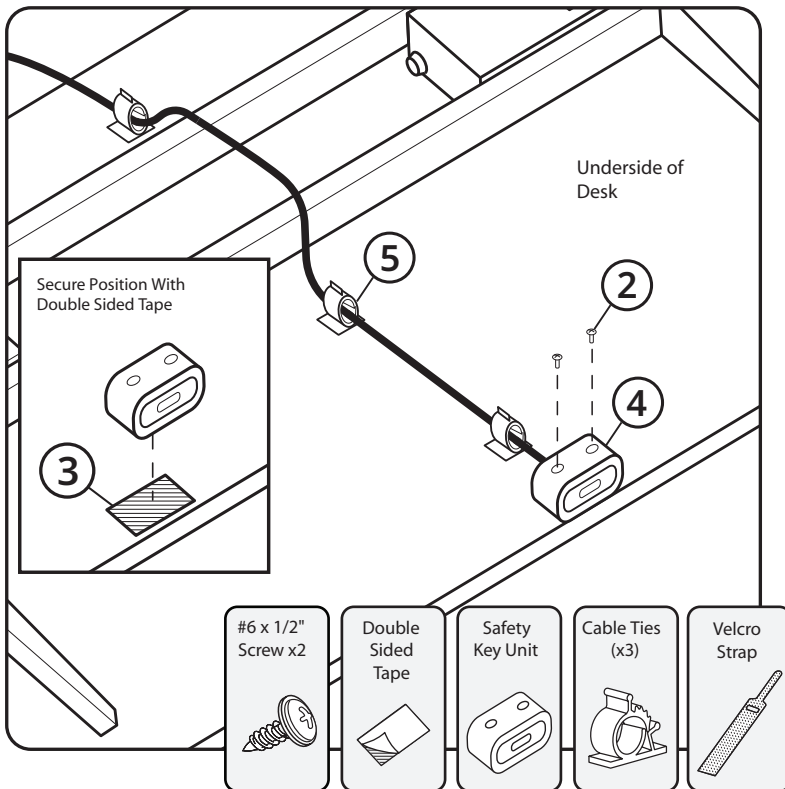
|   |   |   |   |
|---|---|---|---|
| 2 | 3 | 4 | 5 |
| 6 | 7 | 8 |   |

| Item# | Qty. | Part Description         |
|-------|------|--------------------------|
| 1     | 1    | SC130 Console            |
| 2     | 2    | #6 x 1/2" Phillips Screw |
| 3     | 1    | Double Sided Tape        |
| 4     | 1    | Safety Key Unit & Cable  |
| 5     | 3    | Cable Ties               |
| 6     | 1    | Velcro Strap             |
| 7     | 1    | 9 Pin Data Cable         |
| 8     | 1    | Desktop Ht. Adj. Cable   |

## Setup With Your Existing Desk

### Install the Safety Key

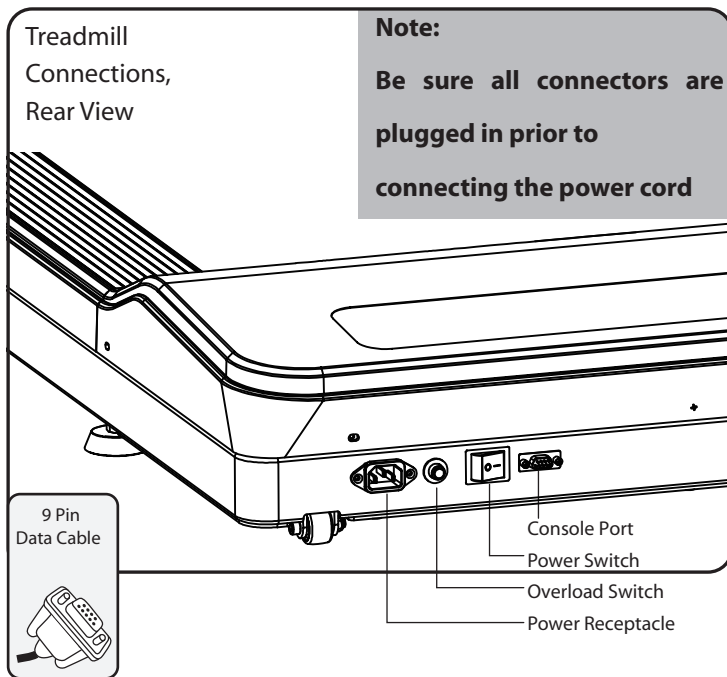
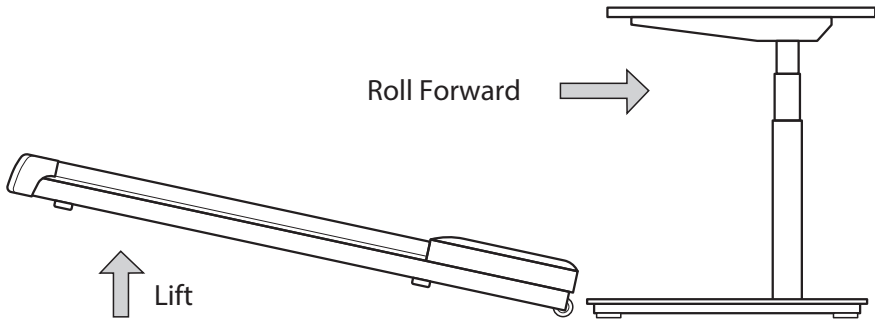
- A. A. Get the Safety Key Unit(4) and attach the Double Sided Tape(3) to the side of the Safety Key Unit that will be against the desk. Position toward the front of the desk where the treadmill or bike will be used, and tack in place.
- B. Fasten to the desk with the two #6 x 1/2" Phillips Screws(2).
- C. Position the cable for the Safety Key Unit in the center of the desk and attach with the Cable Ties(5). You can also use the Velcro Strap(6) to help bundle and organize your cables.
- D. Check to see that the end of cable for the Safety Key Unit is plugged into the back of the Console.



## Setup With Your Existing Desk

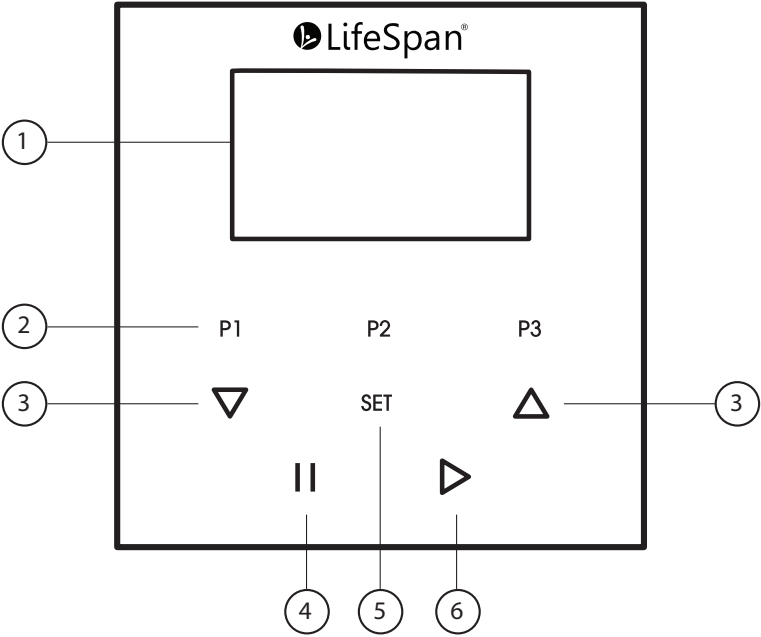
### Setup With Your Existing Desk

- A. Position the pre-assembled treadmill as shown below.
- B. Lift the rear of the treadmill and roll it forward under the desk. Once in position, stand on the treadmill and see if your feet are too close to the hood. If so, reposition the treadmill further under the desk.



- C. Connect the 9 Pin Data Cable(7) from the Console into the treadmill Console Port and tighten the thumb screws.
- D. Plug the Power Cord into the treadmill Power Receptacle and into a wall outlet.
- E. Turn the treadmill Power Switch on.

**Setup With Your Existing Desk**



**Note:**  
Default setting is 4 mph (6.4 kph). Can be changed to max speed of 2 mph/  
3.2 kph in personal settings

**Console Overview**

- 1. 3.5" Display Screen
- 2. Preset buttons: Preset treadmill speeds. The default values for preset speeds are P1=0.4 mph, P2=1.2 mph, and P3=2.0 mph.
- 3. Up and Down Arrows: When using treadmill will increase or decrease speed.
- 4. Pause/Stop Button: Used to pause/stop the treadmill, or to pause bike program.
- 5. Press again and the summary screen of your exercise data will show. This is also used to back out of any current screen you are on. When you press and hold down it will turn off the console.  
Set: Tap the Set button to access Personal Settings. Press and hold the Set button to access initial setup screen.
- 6. Start Button: Press to start the treadmill.

|           |                                                                                                                |
|-----------|----------------------------------------------------------------------------------------------------------------|
| Readouts  | Time, Date, Speed(Treadmill/Resistance(Bike)), Distance, Exercise Time, Calories, Steps, Speed (Bike), Summary |
| Display   | 3.5" 320x480 pixel TFT                                                                                         |
| Bluetooth | Yes                                                                                                            |
| Buttons   | Speed or Resistance Preset, Increase/Decrease Speed or Resistance, Pause/Stop, Start                           |

## Treadmill Operation

### Quick Start

- Make sure the safety key is set in place.

#### **Note:**

**The display will show a warning image if the Safety Key is not engaged. Please make sure that the Safety Key is fully engaged. It is possible the display will not show a warning when just partially engaged.**

- Press and hold the Start Button to turn on console screen.
- Enter settings for Initial Setup Mode.
- Press and hold the Start Button for 3 seconds to start the treadmill.  
Use the up and down arrows to adjust the speed of the treadmill.
- Press the Pause/Stop button to stop treadmill belt, and pause the exercise program.  
Press the Pause/Stop button to exit the program and to see your exercise summary.
- Press the Pause/Stop button to exit exercise summary and enter standby mode.
- Press and hold the Pause/Stop button to turn off the Console.
- 

### Initial Setup Mode

The first time you turn on the console you will need to set the calendar, time, and some basic physical information about yourself.

Year: Use the up and down buttons to select year. Press Set.

Month: Use the up and down buttons to select month. Press Set.

Day: Use the up and down buttons to select day. Press Set.

Time: Use the up and down buttons to select time. Press Set.

Units: Use the up and down buttons to select Imperial or Metric. Press Set.

Age: Use the up and down buttons to input your age. Press Set.

Weight: Use the up and down buttons to input your weight. Press Set.

You will exit initial setup mode and see the Standby Screen showing the date and time.

If you ever need to change any of the settings for Initial Setup, press and hold the Set Button.

### Custom Settings

**Preset:** The P1, P2, and P3 preset buttons can be set for desktop height or speed. Preset desktop heights can be set to any level. Preset treadmill speeds cannot be changed. The default values for preset speeds are P1=0.4 mph, P2=1.2 mph, and P3=2.0 mph.

**Engineering mode:** You can view the total distance and time by pressing and holding the SET and the Pause buttons together for 3 seconds while in standby mode. Then press the Pause button to leave the engineering mode.

### Settings Display

| Setting             | Choice 1<br>(Default) | Choice 2 |
|---------------------|-----------------------|----------|
| Intelli-Guard       | ON                    | OFF      |
| Buzzer:             | ON                    | OFF      |
| Speed Resume:       | ON                    | OFF      |
| Speed Limit (mi/h): | 4.0                   | 2.0      |
| Adj. Desk:          | Present               | None     |
| BT ID No.           | LifeSpan-TM-2100      |          |
| Sleep Mode:         | 10                    |          |
| Preset              | Height                | Speed    |

## Treadmill Desk Troubleshooting

The LifeSpan Treadmill Desk 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 is erratic or not lighting up.

**Solution:** Check to make sure the treadmill desk is properly plugged in. Turn the power switch off and back on again and make sure the Safety Key is in place. Make sure the connectors located in the front of the treadmill and under the desktop are fully plugged in. If the problem persists contact LifeSpan customer service.

**Problem:** The treadmill motor seems strained or E1 comes up after several minutes of use.

**Solution:** The silicone lubricant that is applied to the deck and belt is wearing down and the belt needs to be lubricated with 100% silicone (non-aerosol). Available at [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com).

**Problem:** The treadmill automatically pauses during a workout.

**Solution:** The treadmill is not picking up the step count. Go into the Personal Settings section (page 29) to turn the Intelli-Guard feature off.

**Problem:** "UART" appears in the display.

**Solution:** Turn the treadmill desk power switch off. Unplug and re-plug the connections made in Step C on page 13. Make sure the thumb screws are properly tightened. Turn the treadmill desk power back on and check to see if it functions properly.

**Problem:** "dc-7" appears in the display.

**Solution:** Turn the treadmill desk power switch off. Unplug and re-plug the connections made in Step C on page 13. Make sure the thumb screws are properly tightened. Turn the treadmill desk power back on and check to see if it functions properly.

**Problem:** The desktop surface is not level.

**Solution:** Check to make sure the base feet are on a level surface. Run calibration by pressing and holding the height  $\nabla\Delta$  adjustment buttons simultaneously for three seconds.

**Problem:** "E32" appears in the display.

**Solution:** Check to make sure the motor wires from the Left and Right Motorized Legs are properly connected into the Electronic Control Box. See page 17. Run calibration by pressing and holding the height  $\nabla\Delta$  adjustment buttons simultaneously for three seconds.

## Treadmill Desk Troubleshooting

Problem: "Table Uart Communication Time Out" appears on the display.

Solution: Check both cable connections to the console and to the desktop motor control are securely in place. Go to Settings in your console by pressing and holding the "Set button" for one second until you see the settings menu. Check the settings and look for the one that says "Adj. Desk". If you have a LifeSpan OMNI desk set the "Adj. Desk" to 'Present' instead of 'None'. If you are using the treadmill without a LifeSpan OMNI desk, set the "Adj. Desk" to 'None'. Once the proper setting for the "Adj. Desk" is set, press and hold the "Pause" button in order to properly save the settings on the console.

**Note:** The OMNI-Hub console is only designed to be connected to a LifeSpan OMNI-Desk. If you are using a LifeSpan Standing Desk that comes with its own dedicated control module on the front underside of the desk, you must not connect the OMNI-Hub to the LifeSpan Standing Desk since the LifeSpan Standing Desk is designed to be controlled via its own control panel.

Problem: The treadmill belt is beginning to slip and needs to be tensioned.

Solution: Refer to the owners manual included with the treadmill base.

Problem: The treadmill belt is beginning to drift to the left or right and needs to be aligned.

Solution: Refer to the owner's manual included with the treadmill base.

If you experience any other error codes, please call LifeSpan Customer Support.

## **LifeSpan TR1200B Pro Under-desk Treadmill**

### **LifeSpan Fitness**

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