LifeSpan) *FIT*

TR7000i/TR8000i

Treadmill
Owner's Manual

For safe use and product knowledge, please
completely read this product OWNER'S MANUAL

Made for
iPhone 5S, iPhone 5C, iPhone 5, iPhone 4S, iPhone 4, iPad Air, iPad mini with retina
display, iPad (4th generation, iPad mini, iPad (3rd generation), iPad 2

TREADMILL MODEL NUMBER - *TR7000i/TR8000i*
Made in Taiwan

Welcome to LifeSpan,

Congratulations on choosing the LifeSpan Pro Series for your fitness or exercise area. Performance and durability are at the heart of each Pro Series model, which include commercial warranties that cover institutional use up to nine hours per day.

We start with a heavy gauge robotically welded steel frame, then add top-of-the-line components like a heavy-duty motor and heavy duty deck. The results are treadmills that deliver a smooth and consistent workout for every user that will last for years to come.

To make the Pro Series easy to use, we include our Intelli-Key™ system that simply and easily steps the user through the program set-up process. For motivation, we include a variety of pre-set programs, including heart rate control programs. This gives your customers the programming variety they appreciate.

Please read this manual thoroughly before assembly and operation of your LifeSpan Pro Series treadmill. It includes assembly and maintenance information, as well as a detailed operation guide.

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

U.S. and Canada:

P.O. Box 981316
Park City, Utah 84098-1316
Phone: 801.973.9993
Fax: 801.973.9923
www.lifespanfitness.com

International:

Contact your local distributor
or visit: www.lifespanfitness.com

Table of Contents

Specifications (TR7000i)

Display:	Large 6.5" backlit LCD screen with scrolling alphanumeric messaging, program profile, showing workout progress, and simultaneous display of all readouts. Three additional LED displays with readouts for time, speed, and incline
Readouts:	Program name, date and time, speed, incline, distance, calories, steps, heart rate, and pace
Programs:	Two heart rate control programs, and 17 programs grouped by exercise motivation type for weight loss, healthy living, and sports training
Quickstart:	Yes
USB Ports:	2 USB ports to automatically save your exercise data and charge your wireless mobile device simultaneously
Bluetooth:	Wirelessly connect to your supported iPad or Android device for additional console readouts and functionality.
Heart Rate:	Grip pulse and heart rate receiver
Media Holder:	Book, magazine, and tablet computer holder
Intelli-Key™:	Button lighting system prompts users through program set-up and operations
Emergency Stop:	Magnetic safety clip, when detached, immediately turns off power, bringing the treadmill to a gentle stop
Units of Measure:	Standard and metric settings
Language Support:	English
Belt Size:	22" W x 62" L (56cm W x 157.5cm L)
Drive Motor:	3.5 HP Continuous Duty 220 VAC
Belt Type :	Multi-ply polyester belt with PVC non-slip surface
Incline Motor:	1000 lbs. (453.6 kg) thrust
Rollers:	3.0" (7.5cm) crown rollers keep belt centered
Speed:	0.5 - 12 MPH (0.8 - 20 KPH)
Incline:	0 - 15
Deck Suspension:	4 Variable Density Elastomers
Deck:	1" (2.54cm) melamine laminated reversible deck medium-density fiber board
Dimensions:	
Step-Up Height:	80.5" L x 33.25" W x 61" H (204.5cm L x 84.4cm W x 154.9cm H)
Max. User Weight:	8" (20cm)
Net Weight:	368 lbs. (167 kg)
Gross Weight:	400 lbs. (181.4 kg)

Specifications (TR8000i)

Display:	Large 6.5" backlit LCD screen with scrolling alphanumeric messaging, program profile, showing workout progress, and simultaneous display of all readouts. Three additional LED displays with readouts for time, speed, and incline
Readouts:	Program name, date and time, speed, incline, distance, calories, avg. heart rate, heart rate, and pace
Programs:	Two heart rate control programs, reverse walking, and 17 programs grouped by exercise motivation type for weight loss, healthy living, and sports training
Quickstart:	Yes
USB Ports:	2 USB ports to automatically save your exercise data and charge your wireless mobile device simultaneously
Bluetooth:	Wirelessly connect to your supported iPad or Android device for additional console readouts and functionality.
Heart Rate:	Grip pulse and heart rate receiver
Media Holder:	Book, magazine, and tablet computer holder
Intelli-Key™:	Button lighting system prompts users through program set-up and operations
Emergency Stop:	Magnetic safety clip, when detached, immediately turns off power, bringing the treadmill to a gentle stop
Units of Measure:	Standard and metric settings
Language Support:	English
Belt Size:	22"W x 60"L (56cm W x 152.4cm L)
Drive Motor:	5 HP Permanent Magnet AC
Belt Type :	Multi-ply polyester belt with PVC non-slip surface
Incline Motor:	1000 lbs. (453.6 kg) thrust
Rollers:	3.0" (7.5cm) crown rollers keep belt centered
Speed:	Forwards: 0.1 to 12 MPH / 0.2 to 20 KPH
	Backwards: -0.1 to -3 MPH / -0.2 to -5KPH
Incline:	3 decline - 12 incline
Deck Suspension:	Independent shock absorbers
Deck:	1" (2.54cm) melamine laminated reversible deck medium-density fiber board
Dimensions:	89.7" L x 41"W x 20" H (230cm L x 105cm W x 51cm H)
Step-Up Height:	9.5" (24cm)
Max. User Weight:	500 lbs. (225 kg)
Net Weight:	408 lbs. (185 kg)
Gross Weight:	454 lbs. (206 kg)

Warranty Information

The LifeSpan TR7000i/TR8000i Treadmill comes with the following limited warranty, valid in the US and Canada only.

	Residential	Commercial
Treadmill Usage:	-	6 hrs/day
Treadmill Frame:	Lifetime	10 Years
Motor:	Lifetime	5 Years
Parts:	5 Years	5 Years
Labor:	2 Years	1 Year

LifeSpan warrants that 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, log on to our website at www.lifespanfitness.com, click on Customer Support and complete the form to request assistance. Or call 877.654.3839 x4 for a Customer Support Agent.

LifeSpan reserves the right to make changes and improvements to our product 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 nontransferable form the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and click on product registration or fill out the warranty card provided and mail it today. Registration cards must be completed and sent to LifeSpan within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the registration is properly completed and received within 30 days.

Important Safety Precautions

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

- Never drop or insert any object into any opening. If an object falls into an opening, turn the power off and unplug the power cord from the outlet. Remove the object or call customer service.
- Never operate this treadmill if it has been damaged or even partially submersed in water.
- 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 areas of high humidity or extreme temperature changes.
- Do not lean against or climb on the treadmill.
- Wear shoes with high traction rubber soles. Do not wear shoes with heals, leather soles, cleats or spikes.
- 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, this may pinch or damage the cord causing fire damage or personal injury.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan.
- Do not leave your treadmill running while not in use.
- Keep the treadmill on a solid surface, with the side rails and front a minimum of two feet (0.61m) from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet (1.2m) of clearance   is required for safety reasons.

Running
Surface
55" x 21"
138cm x 53cm

2 feet
0.61m

4 feet
1.22m

2 feet
0.61m
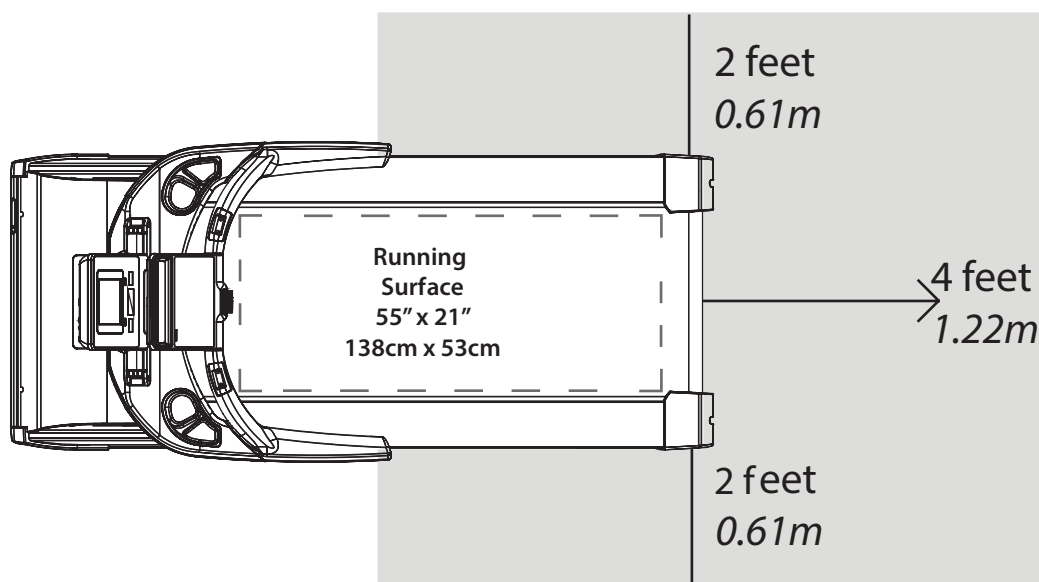
Children and Pets

- Keep children from playing on your treadmill at all times.
- When in use children and pets should be kept at least 10 feet (3m) away.
- This appliance can be used by children ages 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

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. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled, stopping the treadmill, in case of emergency.
- **Warning!** Heart rate monitoring may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Note: Read all instructions and save for future use.

Caution:

- While walking or running always use the correct ergonomic position.
- In case of emergency, grab on to the side hand rails and place your feet on the side rails located on each side of the running belt.
- Do not walk or run backwards on the treadmill, always face forward while using the reverse program.
- Allow the running belt to fully stop prior to getting off the treadmill.
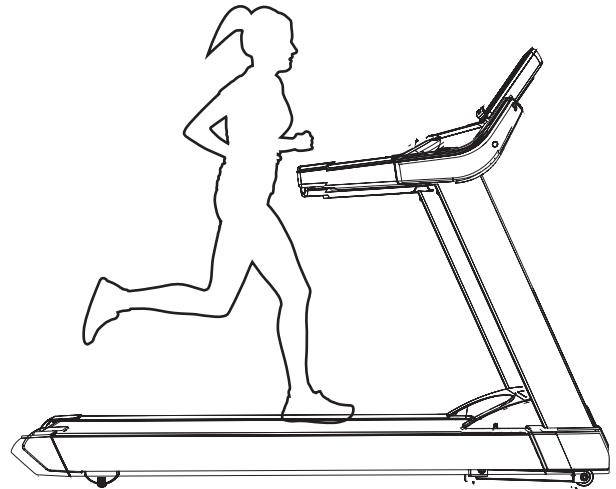
Grounding and Power Requirements

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 adaptor 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.

An extension cord should not be used between the equipment and the wall outlet.

The unit should not be plugged into a GFI plug or on a GFI circuit. The unit may not work as it may trip the GFI circuit.

This product should only be run on the proper power designed for this unit. To locate the proper power outlet for your area please refer to FIG. 2 (example for the U.S. and Canada, these units require a 115 V NEMA 5 - 15 non GFI circuit.)
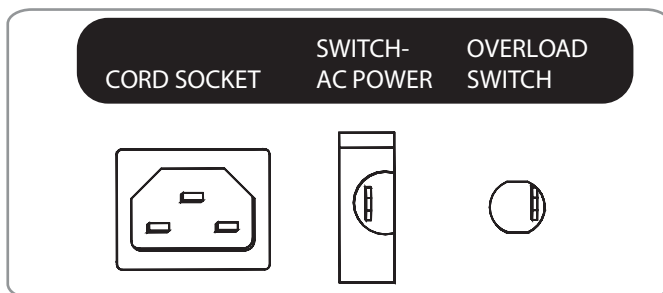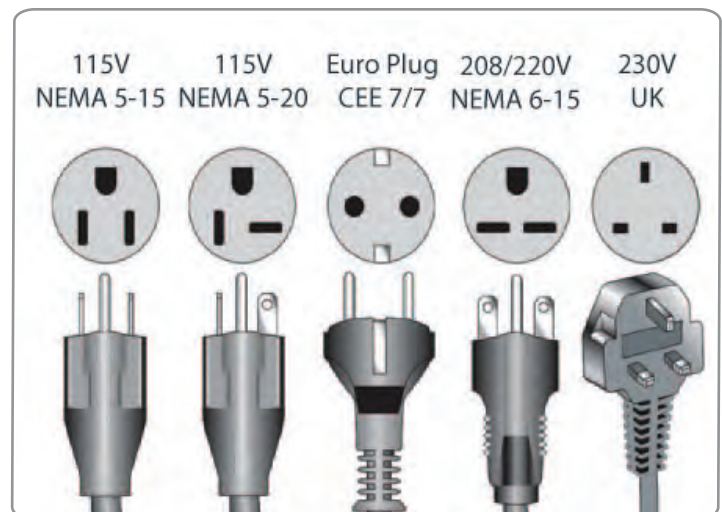

FIG. 1

FIG. 2

Assembly

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be preassembled are always assembled and tested on the production line.

Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.
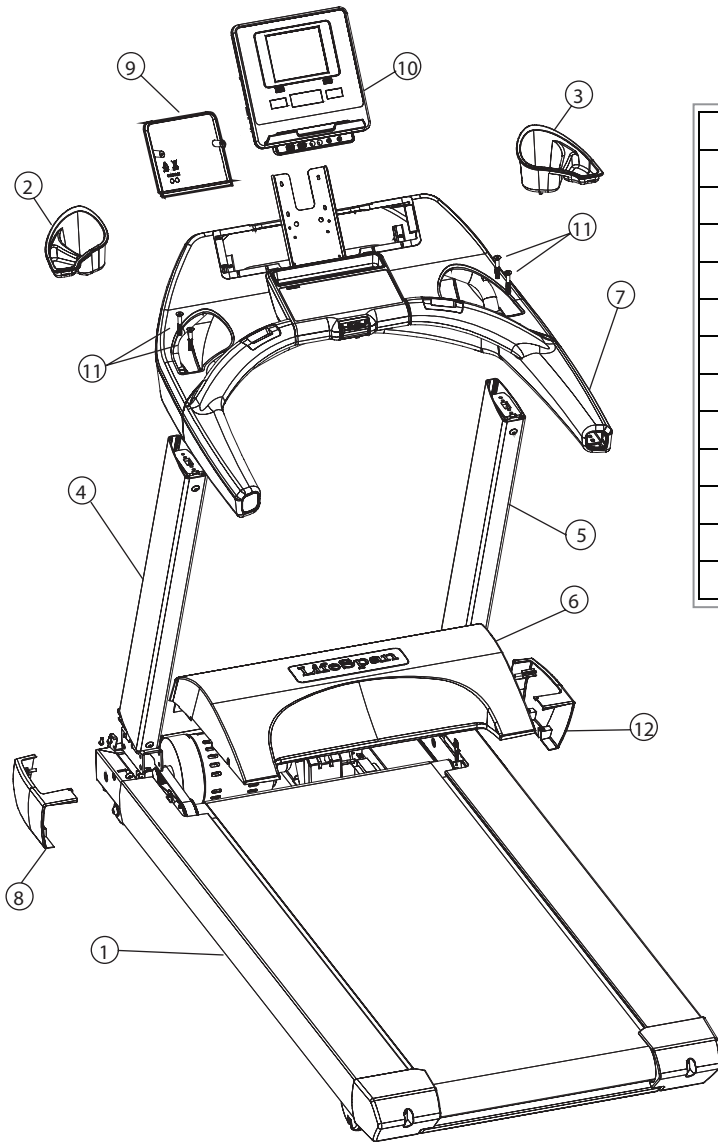
Item#	Description
1	Main Frame
2	Left Accessory Tray
3	Right Accessory Tray
4	Left Support Post
5	Right Support Post
6	Motor Cover
7	Handlebar Assembly
8	Left Support Post Cover
9	Console Access Panel
10	Console
11	Bolts M8 x 55
12	Right Support Post Cover

| Tools Required |
|----------------|
| Phillips Screwdriver |
| 5 mm Allen Wrench |
| 6 mm Allen Wrench |

Optional Medical Handlebars
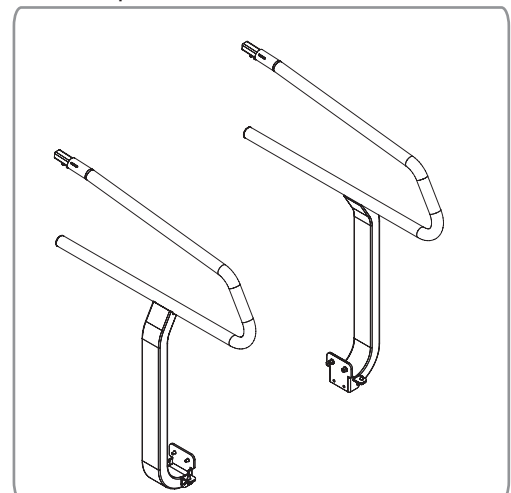
Step 1: Unpacking Treadmill

A.   Cut packaging straps and remove.

B.   Remove the box top.

C.   Remove small parts and packaging material and unwrap parts.

D.   Cut corners of the bottom box and remove all packaging material to begin assembly. The treadmill can be assembled in the box. No need to pick the treadmill up to remove it from box.

Note: All hardware, except for the handlebar attaching bolts (11), are pre-installed in the treadmill components. Bolt (11) will be found in the hardware bag.

Step 2: Remove Motor Cover

A.   Loosen **(do not remove)** the four screws (13) along the bottom edge of the motor cover (6).

B.   Lift the motor cover straight up to remove.
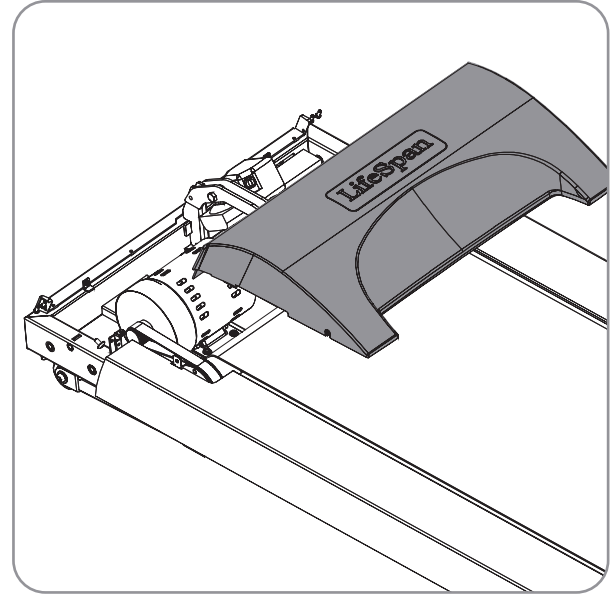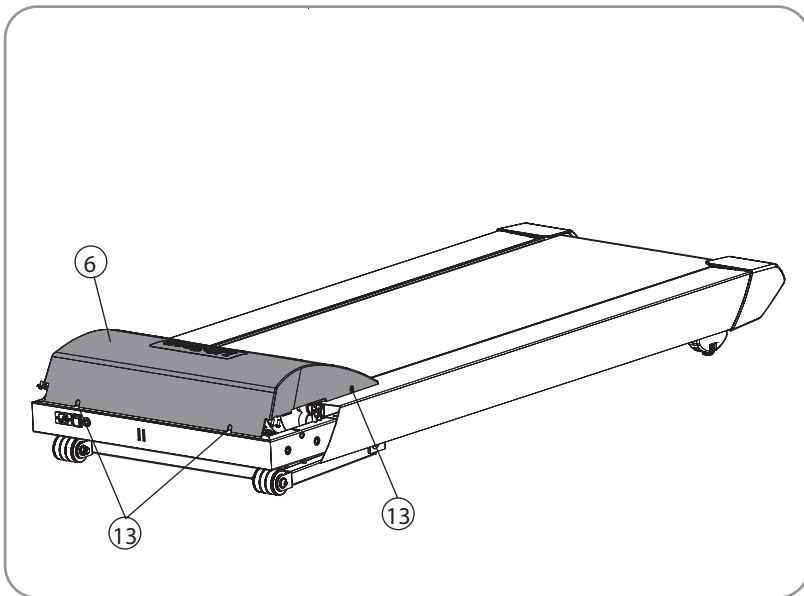
Step 3: Support Post Assembly

A.   Remove the three bolts (14) and washers (15) from the bottom of the left upright (4).

B.   Place the U shaped bracket on the bottom of the support post onto the main frame of the unit. Align the three holes in the bracket with the holes in the frame. Install the three bolts (14) and washers (15) removed in step 3-A. Do not tighten at this time.

C.   Remove the three bolts (14) and washers (15) from the bottom of the right upright (5). Make sure the cable (16) is not in the U-shaped bracket.

D.   Place the U-shaped bracket on the bottom of the right support post (5) onto the main frame. Align the three holes in the bracket with the holes in the frame. Install the three bolts (14) and washers (15) removed in step 3-C. Do not tighten at this time.

Note: Move cables 16 and 17 so they do not get pinched or damaged when installing upright.

E.   Connect cable (16) coming from the bottom of the right support post to cable (17) coming from the motor control board.
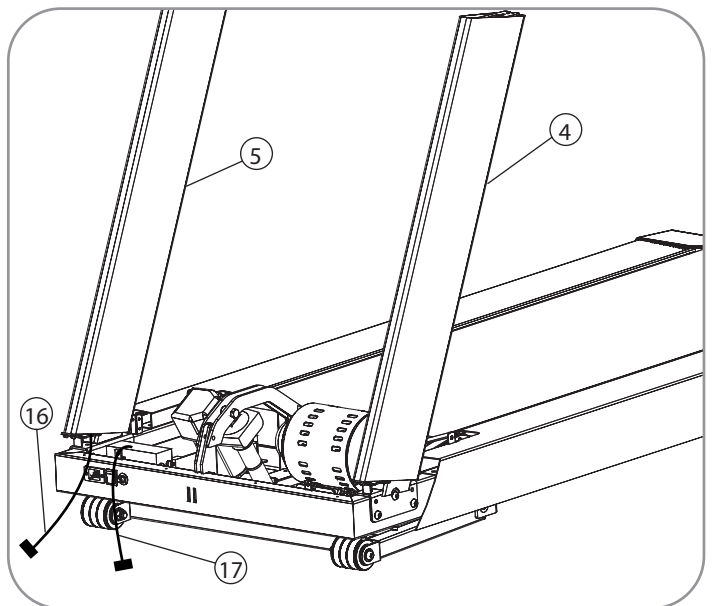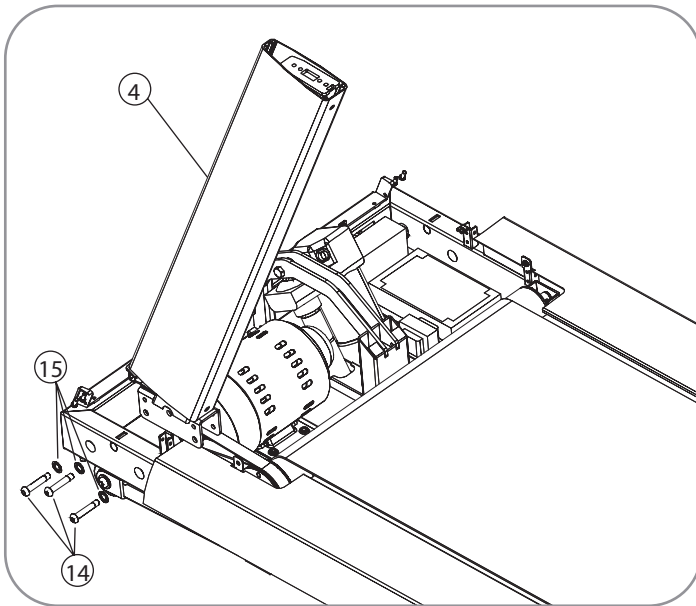
Step 4: Handlebar Set

A.   Hold the handlebar set (7) above the upright posts (4 and 5). Feed the cable (16) from the right support post (5) through the square hole on the right side of the handlebar set.

B.   Place the handlebar set (7) onto the support post (4 and 5). Be careful not to pinch the cable (16) on the right side.

C.   Align the bolt holes in the handlebar set (7) to the holes in the upper end of the support posts (4 and 5).

D.   Install the four bolts (11) from the hardware bag. Do not tighten the bolts until all four bolts have been installed.

E.   Tighten the three bolts (14) on the bottom of each support post installed in steps 3-B and 3-D.

F.   Connect the cable (16) from the support post to the cable (18) inside of the handlebar set.
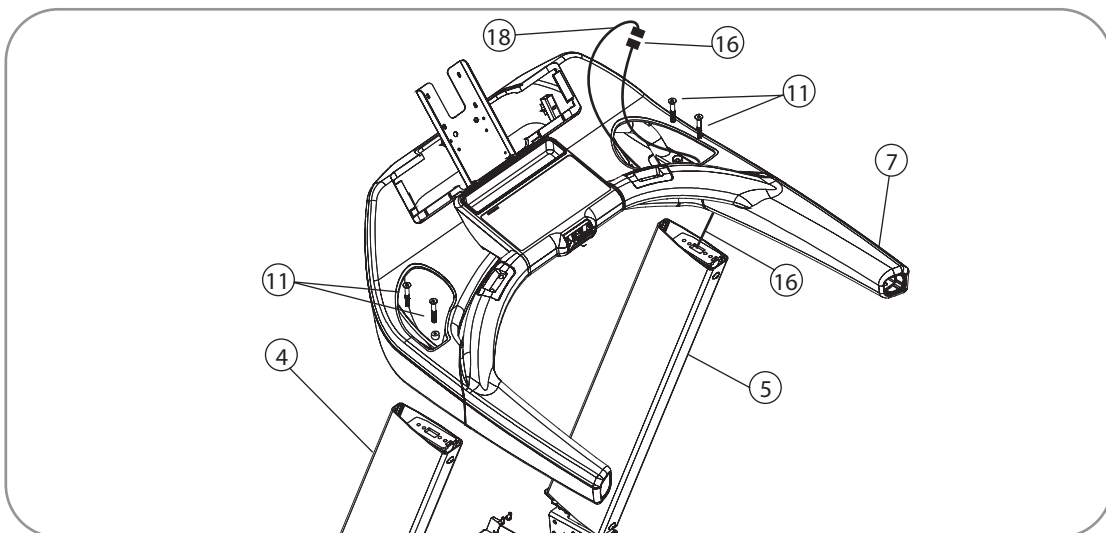
Step 5: Attach Console Set

A.   Remove the two screws (23) from the access panel (9) and four screws (22) from the back of the console (10).

B.   Place the console (10) face down on the handlebar set so the bottom of the console is just in front of the wires coming from the console mount area.

C.   Connect the 6-pin and 9-pin ribbon cables.

Note: Plug the ribbon cables together so that the gold lines in the ribbon are matching.

D.   Connect the 7-pin connectors and the three remaining 2-pin connectors from the console to the connectors coming from the console mount area.

Note: One of the 2-pin connector sets is different so match this set. For the other 2-pin connectors it does not matter which 2 get plugged together.

E.   Lift the console up and carefully push the excess wire into the handlebar assembly.

F.   Place the console set onto the mounting bracket. Make sure none of the wires will be pinched when the console is attached.

G.   Align the screw holes on the back of the console with the holes on the mounting bracket and install the four screws (22) removed in step 5-A.
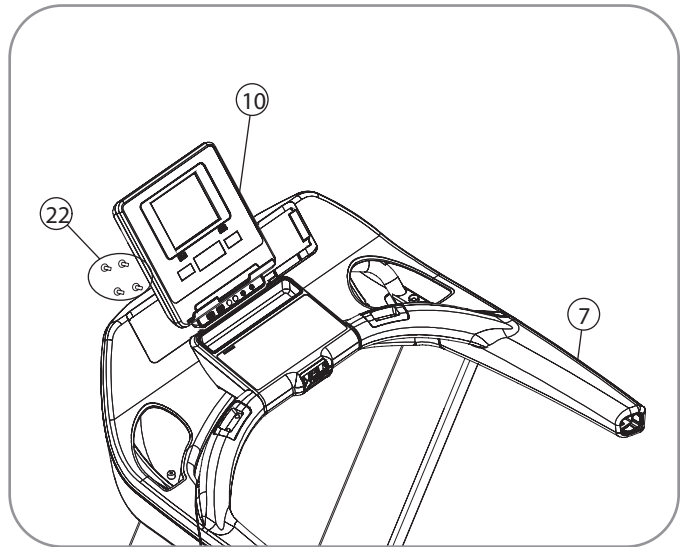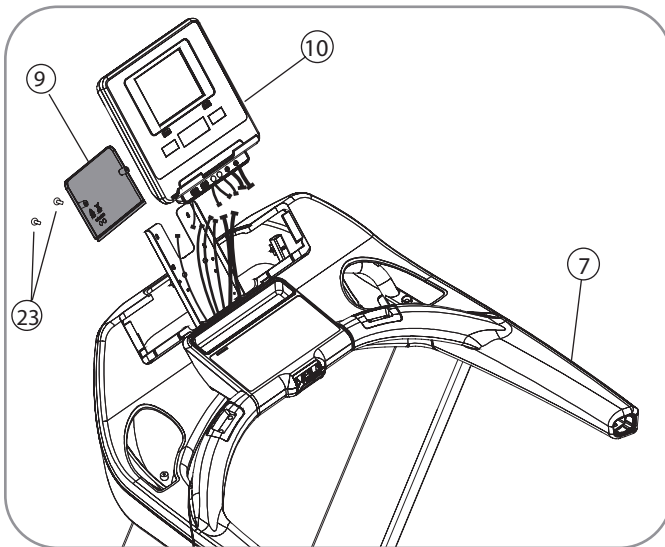
Step 5: (Continued)

H. Attach the access panel (9) using the two screws (23) removed in step 5-A.
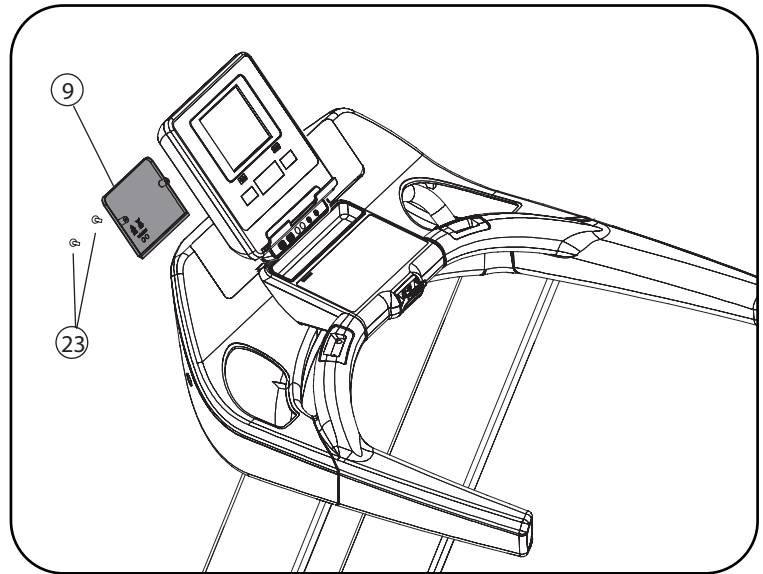
Step 6: Attach Accessory Trays

A. Remove the screw (25) from the bottom of each accessory tray (2 and 3).

B. Before installing the right tray (3) make sure the cable inside of the handlebar set is pushed to the front of the assembly so it will not be pinched when installing the tray.

C. Place the accessory trays (2 and 3) into place and install the screws (25) removed in step 6-A into the bottom of the bottle holder.
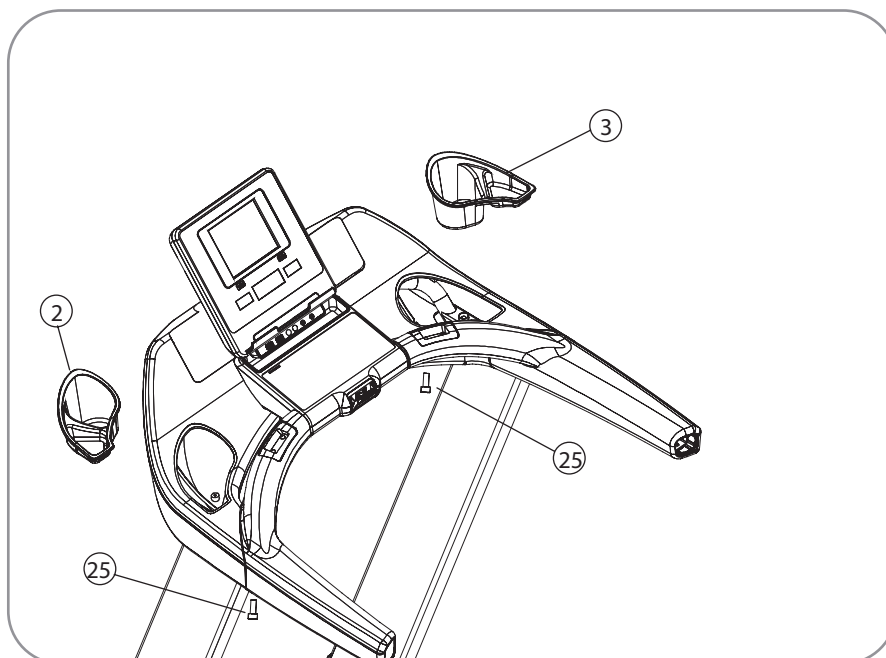
Step 7: Medical Handlebar (optional)
(If not attaching the medical handlebars skip to step 8)

1.   Un-package the Handlebars

   A.   Open carton, remove and un-package all components.

   B.   Check to be sure all components are present. The carton contains 1 left handlebar, 1 right handlebar and
         a hardware kit.
         The hardware kit includes:
             1 - Left Handlebar End Cap
             1 - Right Handlebar End Cap
             4 - M6*15 Allen Bolts
             8 - M8*20 Allen Bolts
             8 - M8 Lock Washers
             8 - M8 Flat Washers

2.   Remove the Original Handlebar end caps (2) from the Pro Series Treadmill

   A.   Remove the two screws (1), located under the handlebar, holding the end cap on.

   B.   Use a small screw driver to remove the end caps (2).

3.   The treadmill will need to be raised in the back or laid on its side in order to attach the medical handlebars. If
        raising the back end up, it is good to have the back end at least one foot off the ground

Note: The assembly instructions are written as if the treadmill is raised in the back.
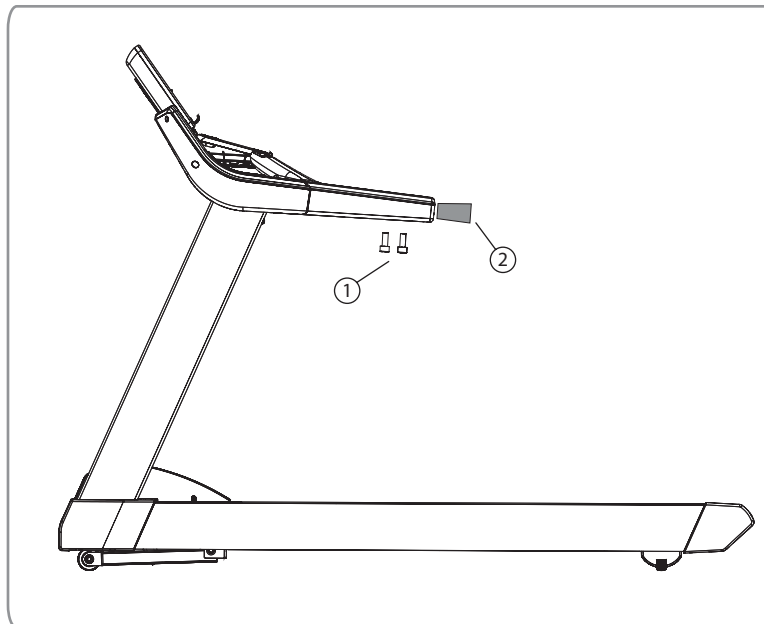
4.   Install the Left and Right Handlebars

   A.   Slide the new left handlebar end cap (3) onto the left
        handlebar (4) and the right end cap (5) onto the right
        handlebar (6). (FIG. 1)

Note: The new left and right handlebar end caps are included in
the hardware pack. The screw threads in the end cap when installed
on the handlebars should be facing down. If not, the wrong end
cap is on the wrong handlebar.

   B.   Slide the bottom of the left handlebar (4) up under
        the treadmill lower frame and slide the top of the
        medical handlebar into the treadmill handlebar
        frame. (FIG. 2)

   C.   Line the holes up in the treadmill handlebar frame
        with the threads in the new end caps and loosely
        install the two new M6*15 Allen head screws (7).
        (FIG 2)

   D.   Align the holes in the medical handlebar frame with the
        threaded holes in the treadmill base frame and loosely
        install the two M8*20 bolts (8), two M8 lock washers (9)
        and two M8 washers (10). (FIG. 2)

   E.   Install the two inside frame M8*20 bolts (8),two M8 locks
        washers (9) and two M8 washers (10). (FIG. 3)

   F.   Repeat steps B-E for the right handlebar (6).

   G.   Tighten all hardware.

Figure 1

Figure 2

Figure 3

17
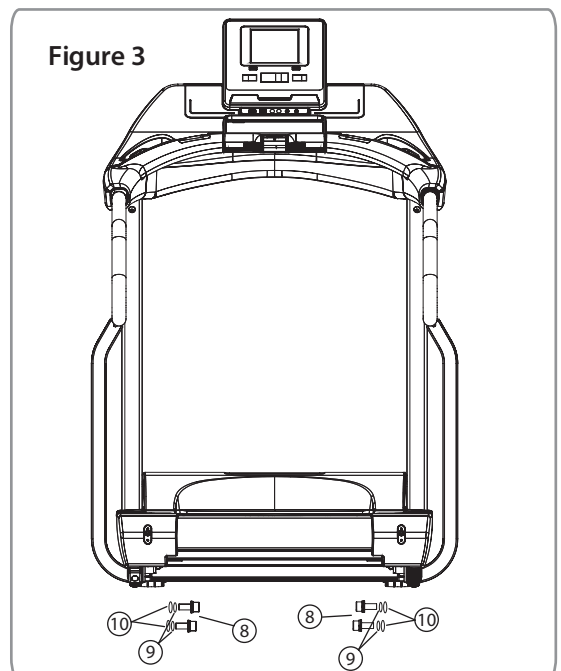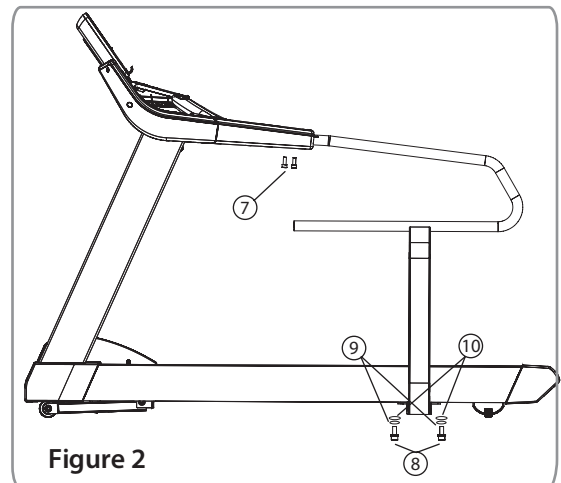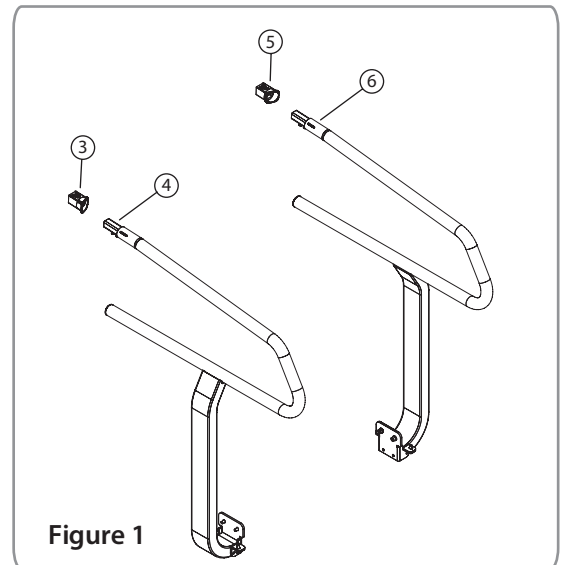
Step 8: Attach Lower Covers

A.   Remove the screw (24a) from each of the right (12) and left (8) support post covers.

B.   Remove screw (24b) from the inside of the motor compartment on both sides.

C.   Loosen the four screws (26) on the bottom of the frame. Two on each side.

D.   Slide the right upright cover (12) into place. Install the screw (24b) on the inside of the motor compartment that was removed in step 8-B. Install screw (24a) that was removed in step 8-A.

E.   Tighten the two screws (26) on the bottom of the frame from step 8-C.

F.   Repeat steps 8-D and 8-E for left upright cover (8).

G.   Once the two upright covers are installed, reinstall the motor cover that was removed in step 2 by placing the motor cover (6) so the four screws (27) slide into the cutouts in the cover. Then tighten the screws.

Note: To tighten the four screws (26) on the bottom of the frame, it may be easier to start the treadmill and raise the incline. This will give more space to get to the screws.
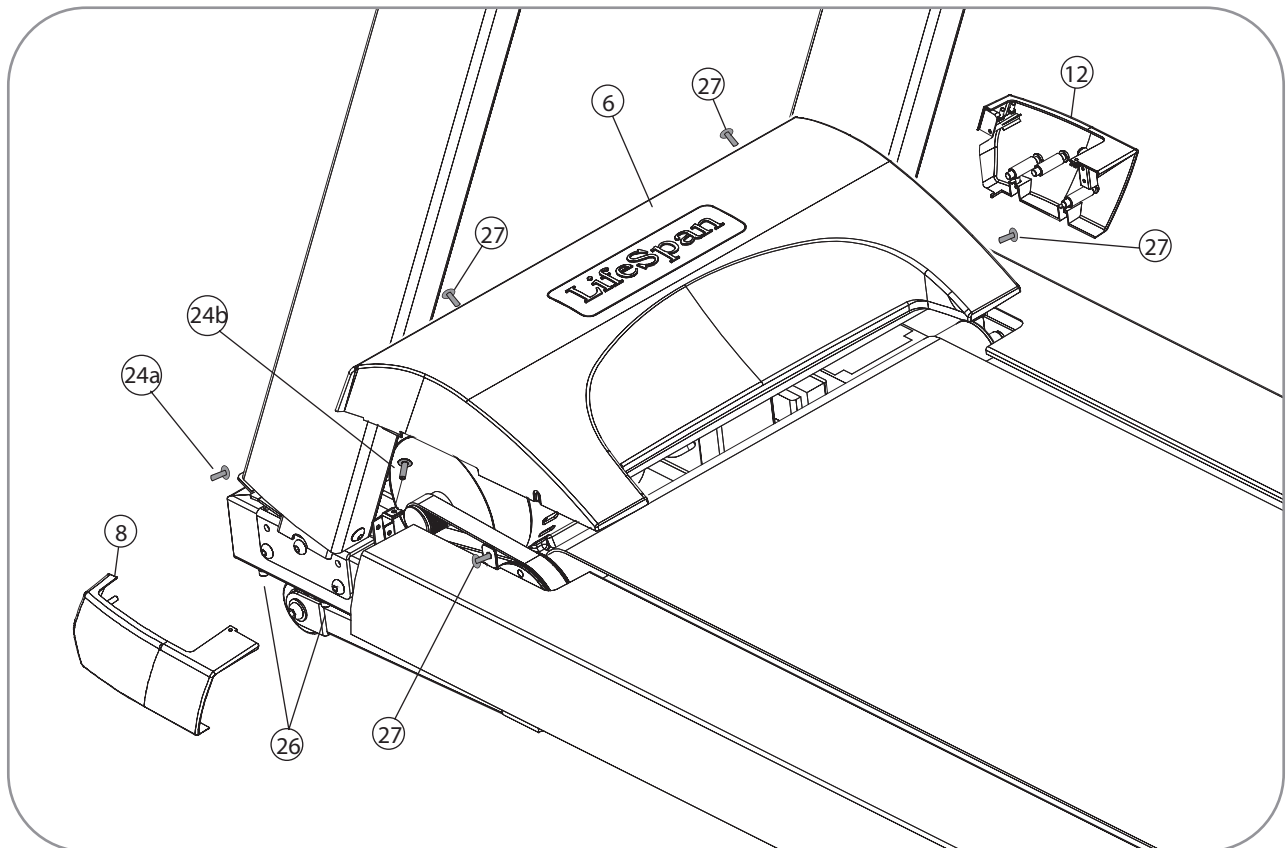
Step 9: Roll the treadmill out of the box
Carefully lift the treadmill up from the back and roll it out of the box.

Step 10: Plug the power cord in and turn the treadmill on

Power
Socket   Power Switch
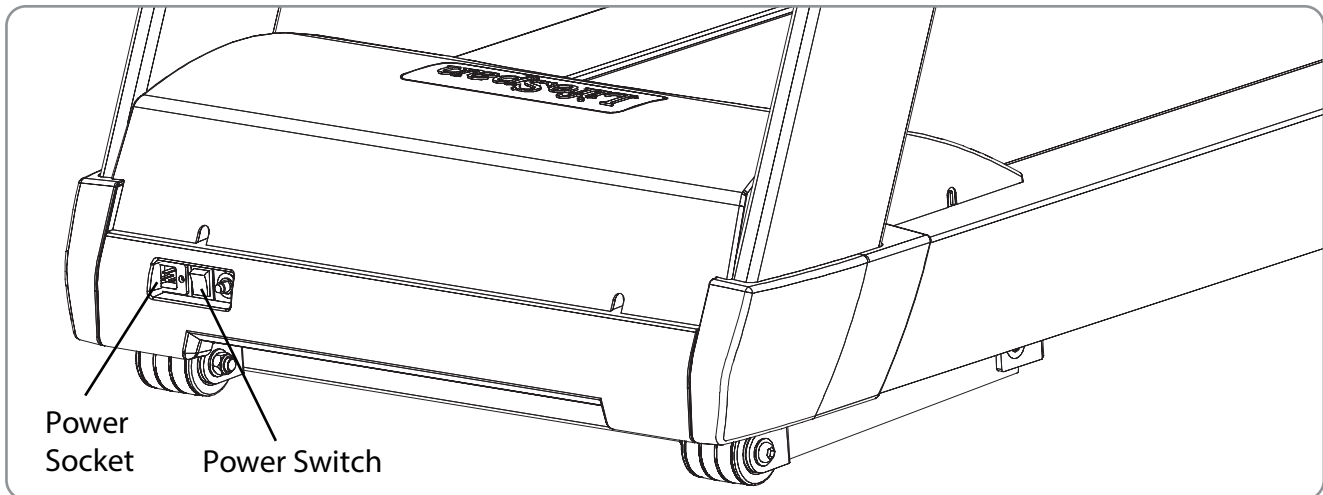
Step 11: Set date and time

To set the date and time of day on your console follow these steps:

1. Disengage and re-engage red Emergency stop safety key.

2. Press the STOP buttons for 3 seconds to initiate the date and time set up mode, press ENTER.

3. Press the UP / DOWN buttons to set the correct YEAR, press ENTER.

4. Press the UP / DOWN buttons to select the correct MONTH, press ENTER.

5. Press the UP / DOWN buttons to select the correct DAY, press ENTER.

6. Press the UP / DOWN buttons to set the HOUR, press ENTER.

7. Press the UP / DOWN buttons to set the MINUTES, press ENTER.

Display Console Overview (Continued)

Alpha Numeric Window: The TR7000i/TR8000i comes with a 16-character window that is used to show the program name and other pertinent information during setup mode.

Workout Feedback: The display window will simultaneously display the following information:

Time: The workout time elapsed or the workout time remaining.

Incline: The level of belt incline ranging from 0 to 15 (TR7000i) or -3 to 12. (TR8000i)

Speed: The speed you are traveling in miles per hour (this reading can be changed to kilometers by using the Engineering Mode).

Calories: Estimated calories burned since the beginning of the workout.

Distance: Total distance traveled in miles or kilometers since the beginning of the workout.

Step Count(TR7000i only): If you participate in a daily or weekly step program you can use the Step Count window to follow the number of steps that you have taken in your workout. Remember that 10,000 steps per day is recommended by the Centers for Disease Control (CDC).

Heart Rate: Your measured heart rate using the hand pulse sensors located on the front handlebar.

Pace: The time it will take to go 1 mile at the current speed.

Average Heart Rate: Your average heart rate during the length of the workout.

Misc. Display Information:

Date: The date is presented as the year / month / day below the program matrix.

Time: The time of day is shown below the program matrix.
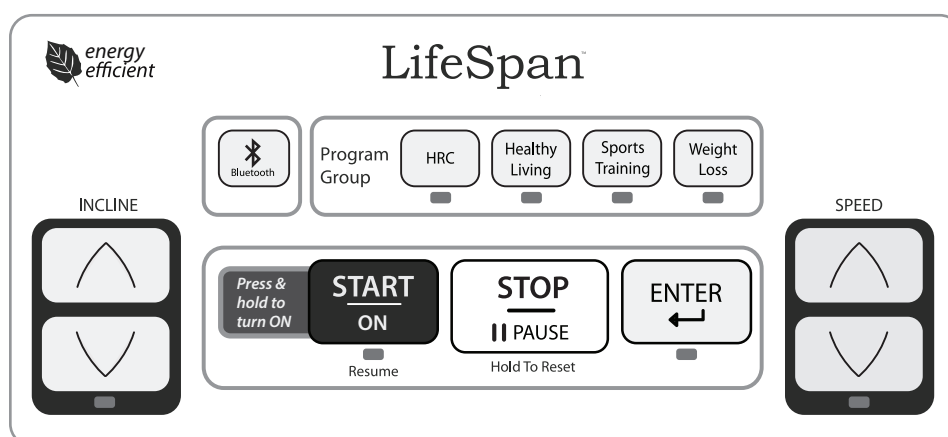
Reading Your Heart Rate

Contact Heart Rate Sensors are built into the front handlebar of the TR7000i/TR8000i treadmill to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip, with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands or you can warm up as you exercise to increase the moisture in your hands.
Dry hands do not transfer your pulse as effectively as moist hands.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.

In addition to the contact heart rate sensors, this treadmill has a built-in receiver for the use of a wireless chest strap. Our receiver is compatible with the non-coded Polar type transmitter.

- **Warning!** Heart rate monitoring may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
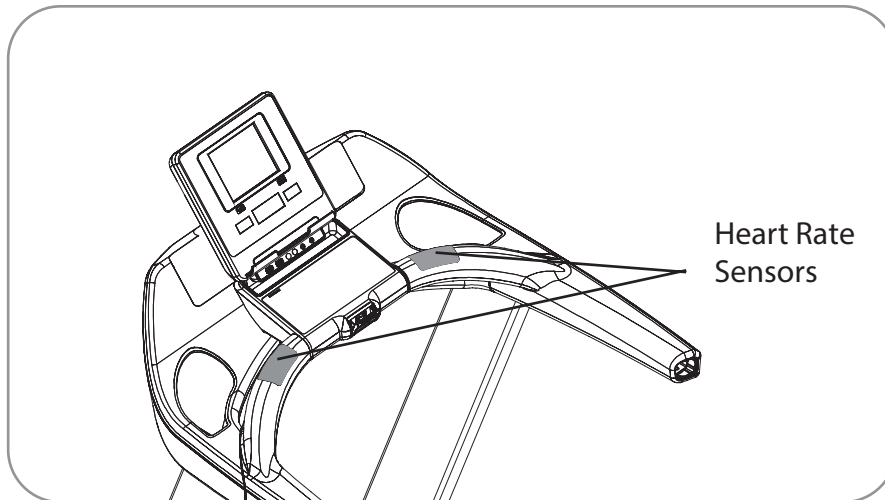
Heart Rate
Sensors

Remember that to use the My Zone Heart Rate Control
Programs you will need to use a chest strap or keep
your hands on the sensors

Operating Your Treadmill

Setting the Date and Time:
To set the date and time of day in your console follow these steps:
1. Press the STOP button for 3 seconds to initiate the date and time set up mode. Press ENTER.
2. Press the UP/Down buttons to set the correct YEAR. Press ENTER.
3. Press the UP/Down buttons to select the correct MONTH. Press ENTER.
4. Press the UP/Down buttons to select the correct DAY. Press ENTER.
5. Press the UP/Down buttons to set the HOUR. Press ENTER.
6. Press the UP/Down buttons to set the MINUTE. Press ENTER.

Starting in Manual Mode
The quickest way to get started is to press the START button. Pressing the START button will select the Manual program and the TIME will start counting up from 00:00. You can also press ENTER to select the Manual program. Using the ENTER button will allow you to set a specific workout TIME, and set your WEIGHT for more accurate calorie calculation.

Starting the Manual Reverse program (TR8000i only)

1. Select the program by pressing the Speed or Incline Down button two times, Press Enter
2. Select the amount of time (in minutes) you want to use the manual reverse program by pressing the speed or incline up or down buttons. Press Enter
3. Use the speed or incline up or down buttons to set you weight. Your weight is used to more accurately calculate calories burned. Press Enter
4. Press Start and the treadmill will start going in reverse at -0.1 mph
5. To increase speed in reverse, press the speed up button and the speed will increase up to -3.0 mph

Starting a Preset Program

1. Select Program – Use the program buttons to select your desired Exercise Program. Each program button has multiple programs that you can scroll through. Each time you press the program button you will move to the next program option. Once you find the desired program press enter.
2. Select Program Mode – with each program selection you can choose to run the program in the Incline Mode or the Speed Mode. Use the UP / DOWN arrows to make the selection then press ENTER.
3. Set Program Level – There are 3 levels of intensity with each preset program (1 being the easiest and 3 being the most difficult).
4. Set Time – Set the program TIME of your workout using the UP / DOWN arrow keys. Press ENTER.
5. Set Weight – Set your WEIGHT in the console for more accurate calorie calculation using the UP / DOWN arrow keys. Press ENTER.
6. Press the START button to begin your workout.

Custom User Set-up Programs

User programs need to be set-up before they can be used. To set up a user program:
1. Select USER1 or USER2 Programs – Use the UP / DOWN arrow keys to select the USER1 or
    USER2 programs. Press ENTER.
2. Set Time – Set the program TIME of your workout using the UP / DOWN arrow keys. Press ENTER.
3. Set Weight – Set your WEIGHT in the console for more accurate calorie calculation using the UP/
    DOWN arrow keys. Press ENTER.
4. Set Level – Select the level for each segment in the exercise program. Both speed and incline can be
    used for each segment. Press ENTER and repeat until all 20 segments are complete.
5. START – Press the START button.

Once the program has been set up, simply scroll to the USER1 or USER2 program and press START.

Using Heart Rate Control Programs

The constant Heart Rate Control (HRC) program requires that you set a heart rate that the display console will maintain throughout the workout and the interval requires that you set a LOW and a HIGH heart rate. While using the HRC programs you will be required to hold the pulse grips or wear a chest strap for the duration of the workout.

HRC – Constant:

1. Select HRC Constant – Use the UP / DOWN arrow keys to select the HRC Constant program. Press the
    ENTER button to select.
2. Select Program Mode – Select either the Incline Control Mode or the Speed Control Mode using the UP /
    DOWN arrow keys. Press ENTER.
3. Set Time – Set the program TIME using the UP / DOWN arrow keys. Press ENTER. Remember that the
    program will include 3 minutes of warm-up.
4. Set Weight – Enter your WEIGHT using the UP / DOWN arrow keys. Press ENTER.
5. Set Age – Enter your age using the UP / DOWN arrow keys. Press ENTER.
6. Set Target Heart Rate – Set your target heart rate using the UP / DOWN arrow keys. Press ENTER.
7. Press the START button to begin your workout.

HRC – Interval:

1. Select HRC Interval – Use the UP / DOWN arrow keys to select the HRC Interval program. Press the
    ENTER button to select.
2. Select Program Mode – Select either the Incline Control Mode or the Speed Control Mode using
    the UP / DOWN arrow keys. Press ENTER.
3. Set Time – Set the program TIME using the UP / DOWN arrow keys. Press ENTER. Remember that the
    program will include 3 minutes of warm-up.
4. Set Weight – Enter your WEIGHT using the UP / DOWN arrow keys. Press ENTER.
5. Set Age – Enter your age using the UP / DOWN arrow keys. Press ENTER.
6. Set HIGH Target Heart Rate – Set your HIGH interval training rate using the UP / DOWN arrow
    keys. Press ENTER.

Heart Rate Control Programs (continued)

7. Set LOW Target Heart Rate – Set your LOW interval training rate using the UP / DOWN arrow keys. Press ENTER.
8. Press the START button to begin your workout.

Custom User Set-up Programs: There are two user programs that provide you with the ability to establish customized program profiles specific to your workout requirements. For each user set-up program, first set the workout time then set weight, speed, and incline for each segment in the program profile by pressing either the up and down arrows for speed and incline. After obtaining your desired selections press enter to move to the next column in the program profile. This program will now be saved for you each time you select it and press the start button.

My Zone Heart Rate Control Programs: The TR7000i/TR8000i treadmill comes with two types of heart rate control programs – Constant and Interval and within each of these you can select either a Speed control option or an Incline control option. There is a 3 minute warm up for this program prior to the treadmill taking control of the speed or incline. **Note:** To use the Heart Rate Control programs the treadmill needs to receive your heart rate throughout the entire workout either through using the grip pulse pads or a chest strap heart rate transmitter.

Constant Heart Rate Control: The Constant program lets you select a single heart rate that you want to maintain throughout your workout and the treadmill will maintain this heart rate for you by either adjusting the speed or incline. After selecting the Constant Heart Rate program the next selection option will be Incline Mode or Speed Mode. Select which mode you prefer and the treadmill will adjust the speed or incline every 10 seconds to keep you at your selected heart rate level. For instance, if you select the incline mode there will be a 3 minute warm up and then the incline will start to adjust each 10 seconds to obtain and maintain your target heart rate. You choose the speed that you want the belt to run and the treadmill will control the incline. Typically for Weight Loss set the target heart rate at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum.

Interval Heart Rate Control: The Interval program is designed to help you increase your aerobic endurance and improve hear rate recover. This program lets you select a LOW or recover target heart rate and a HIGH target. After a 3 minutes warm-up the console will adjust the speed or incline, which ever you select, every 10 seconds to maintain your LOW target to 2 minutes. Then the console will adjust the speed or incline to raise your heart rate to the HIGH target that you selected and once again keep it at this level for 2 minutes and then repeat the process until the end of the workout. It is recommended that you set the workout time to 20 minutes or higher to use this program effectively.

Reverse Walking (TR8000i only): The TR8000i treadmill's reverse walking program can provide multiple health benefits to users. Reverse ambulation, or walking backwards, has been found to increase flexibility of the hamstrings, reduce certain compressive loads on the knees (specifically the kind that negatively affect those recovering from meniscus or osteoarthritis), improve traditional walking speed, and improve body composition through increased calorie burn.

Custom User Set-up Programs (continued)

Fitness Test:

This test is to evaluate the overall cardiovascular fitness of an adult. The formula which takes the user to a final evaluation number when the test is done, uses Sex, Age, Weight, Heart Rate, and Time in an equation to determine the cardiovascular fitness for adults.

To start this program:

1. Press the UP / DOWN buttons till top window says FITNESS TEST. Press ENTER
2. Enter your weight using the UP / DOWN buttons. Press ENTER
3. Enter your age using the UP / DOWN buttons. Press ENTER
4. Enter your Sex using the UP / DOWN buttons. 1 = M; 0 = F. Press ENTER
5. Press START. Walk as briskly as possible for 1 mile (1609 meters). Do not jog or run.
6. When you get to within 0.1 miles of the end of the test (160 meters), place your hands on the contact heart rate pads so that the treadmill can measure your heart rate. (If you are wearing a heart rate chest strap, you do not need to do this.)
7. When the test is finished, the treadmill will display your fitness test score and fitness category.

Note: it is a good idea to warm up for a few minutes prior to performing this test.

Warning: Do not over-exert yourself during this test. If you feel faint or dizzy at any time during this test, stop walking immediately.

Innovative Features

Intelli-Guard™ (TR7000i only): This treadmill is equipped with the Intelli-Guard safety feature. This feature senses when you stop walking on the treadmill and for safety purposes it automatically pauses the treadmill to avoid accidental falls and resulting injury. The Intelli-Guard feature is triggered when the treadmill senses that you are no longer walking or running on the treadmill.

> **Caution:** The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 1.0 mph. If the speed is within this parameter the step icon will flash. When the icon flashes, the treadmill will not auto pause.

> **Caution:** At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a notice that the treadmill belt is about to stop. If for some reason you are still on the treadmill when this occurs move your feet to the side rails and prepare for the belt to stop. The Intelli-Guard feature does not replace the use of your saftey key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step™ (TR7000i only): The treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the running belt each time your foot strikes. There are several factors that will effect the accuracy of this feature including your walking style, your weight, and your usage characteristics. For example, the Intelli-Step feature will have a more difficult time picking up the steps of a light user and especially a light user walking at an incline. The higher the incline the more difficult it is for the feature to recognize steps. This may also be the base at lower speeds. In summary, the Intelli-Step is a great feature for users interested in maintaining a step count walking or running program, but it is dependent on many variables for accuracy and the accuracy of the count will depend on your individual characteristics as well as variables related to the treadmills usage.

Innovative Features (continued)

2 USB Ports: The TR7000i/TR8000i includes a USB port that works with the LifeSpan Fitness Club online health management system. Before using the treadmill, simply insert your USB flash drive into the left USB port, after loading your profile from the IHP system onto the flash drive. The USB will read your personal information and then save your workout data every 20 seconds onto the flash drive. Information saved includes your heart rate, workout start and finish time, distance traveled, calories burned, and steps taken. This information can be uploaded into your account, summarized over time and used to compare your results with the goals you set in your personal LFC account. Prior to using your USB, make sure you refer to the "Getting Started Guide" and "Success Guide" found in your membership kit, located in your owner's manual packet. Both ports can be used to charge portable devices such as iPads and cell phones.

Don't remove the USB flash drive while the LED light is flashing red – you may lose your workout information.

Bluetooth: The TR7000i/TR8000i series products include a free iPad app that lets you connect wirelessly to view graphically your heart rate, pace on a quarter-mile track and easily sync results with your LifeSpan Fitness Club account. Currently LifeSpan does not have an iPhone app. However, other app developers are working on iPhone apps which could be available in the near future.

Energy Saving Mode: The energy saving mode cuts all power to the treadmill with the exception of one dimly lit LED below the START button. This will cut power consumption to well under 0.1 watts.

Cleaning and Maintenance

Daily: 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: This cleaning would include 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 check and tighten all assembly hardware, power cord for damage, or anything else that would indicate the need for service.

Warning: Unplug the power cord before removing the motor cover

Important: 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 unit 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.

> **Suggestion:** It is always a good idea in a commercial setting to have someone on staff or a local service provider to perform periodic maintenance on the treadmill. For help finding a local service provider that will perform periodic maintenance, please contact customer service at 877.654.3839 x 4 (US and Canada only).

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 clockwise. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt 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 will need to be aligned. DO NOT tighten more than 2 full turns on each side. If slippage still occurs, contact LifeSpan Customer Service.

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 the center.

1. Press START, then increase the treadmill speed to 3 MPH.

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. 1)

4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clockwise and the right adjustment bolt one-quarter turn clockwise. (See FIG. 2)

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

To move belt to the Right

FIG. 1

To move belt to the Left
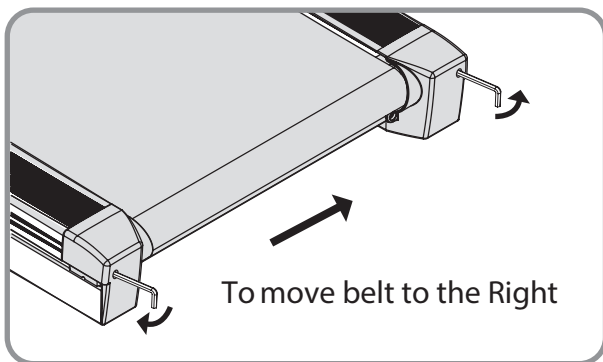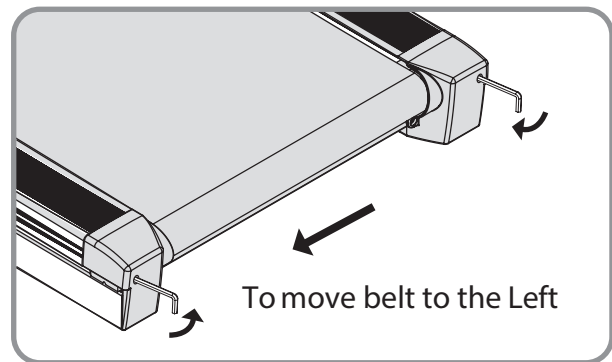
FIG. 2

Moving 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 moving.

3. 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.

4. Lift the back of the treadmill and roll to the desired location.

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.
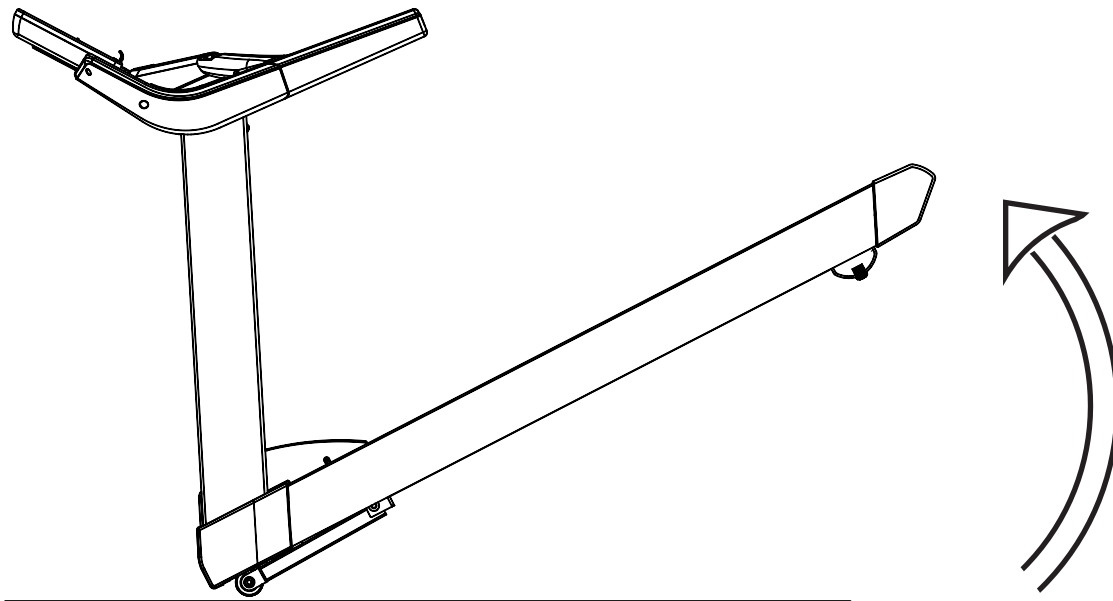
Troubleshooting

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 is erratic or not lighting up
Solution: Check to make sure that the treadmill is properly plugged in, turn the power switch off and back
                on again and make sure the safety key is in place.
                Check all wire harness connections to be sure they are all properly connected. If the problem
                persists contact LifeSpan Customer Service.

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 (PG. 28).

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 (PG. 28).

Problem: Heart Rate is erratic or not picking up.
Solution: Make sure your hands are moist (Aloe Vera helps). Make sure all connectors at the back of the
                console are properly connected and no wires are damaged.
                If wearing a chest strap make sure the batteries are good and that the electrodes are moist and
                positioned properly on your chest.

Problem: Treadmill automatically pauses during workout. (TR7000i only)
Solution: Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli-Guard off.

Warning: This will disengage the Intelli-Guard feature but may be necessary based on different variables

Problem: E6 or E7 Error Code.
Solution: Turn the power off and wait 10 seconds and turn the power back on again. Go into the Console
                Test Mode (see page 32) and press enter until you get to the I/O testing step. The goal is to try to
                calibrate the incline motor so that it functions again. Sometimes this works and other times
                service is required to repair the unit. If the unit is in a high incline position, press the incline
                down button and when it is at about the half-way point in the incline range, press the
                incline down button again to stop the incline motor from turning. If the unit is in a low
                incline position, press the incline up button and when it is at about the half-way point in
                the incline range, press the incline up button again to stop the incline motor from turning. At this
                point pulling and resetting the safety key should make the treadmill go back to a 0 incline level.
                If this does not work and all wire harnesses look good, contact LifeSpan customer support for
                service.

Engineering Mode

Press STOP and then speed up to enter the Engineering Mode. You can press Enter / Mode to switch setup screens. The table below shows the sequence setup screens.

TR7000i

Engineering Function	Information viewed on screen
Press and hold STOP and then Speed for 3 seconds to enter Egineering Mode. The first screen show the software versions.	Engineering Mode H = 0028 F = 0109 12 12.07 1.00
Press Enter This for turning the Intelli-Guard on and off. Intelli-Guard automatically pauses the unit if it detects the treadmill is not being walked on. Press Speed / Incline UP / DOWN buttons to change between on and off	Intelli-Guard On or Off
Press Enter to set up the units of measurement in metric (SI) or in English (EN). Press Speed / Incline UP / DOWN to change.	Select the units EN or SI
Press Enter for pause time This allows you to set the amount of time the treadmill will be paused prior to automatically resetting. The choices ar 90,180, or 300 seconds as shown in the time window.	Select the pause time 90, 180, or 300 seconds
Press Enter for Distance This is the total distance the treadmill has been run in Miles or Kilometers depending on what mode the treadmills is in.	Total Distance 0 000
Press Enter for Workout Time This is the total number of hours the treadmill has been used.	Total Hours 0 000
Press Enter again to return to standby mode	

TR8000i

Engineering Function	Information viewed on screen
Press and hold STOP and then Speed for 3 seconds to enter Egineering Mode. The first screen show the software versions.	Software Ver. H = 0010 F = 0109 014 5.06 2.00
Press Enter to set up the units of measurement in metric (SI) or in English (EN). Press Speed / Incline UP / DOWN to change.	Select the units EN or SI
Press Enter for pause time This allows you to set the amount of time the treadmill will be paused prior to automatically resetting. The choices ar 90,180, or 300 seconds as shown in the time window.	Select the pause time 90, 180, or 300 seconds
Press Enter for Distance This is the total distance the treadmill has been run in Miles or Kilometers depending on what mode the treadmills is in.	Total Distance 0 000
Press Enter for Workout Time This is the total number of hours the treadmill has been used.	Total Hours 0 000
Press Enter again to return to standby mode	

Test Mode

TR7000i

Test Function	Information viewed on screen
Press Stop and then Start and hold for 3 seconds	Hardware Testing
Press Enter Tests all LED's and segments	All lights flashing and LED flashing
Press Enter Tests alphanumeric and LED's	Display list characters - LED cycling
Press Enter Keypad LED test	LED test - LED's on keypad cycling
Press Enter Key test	Key test - press key to show value in time field

Press Enter
This allows a quick test for incline and speed
	I/O testing
	   0 or 1
	    1
	0 Hp HP
	1060 0.0

Press Enter	Back to hardware testing Press Stop and then Start and hold for 3 seconds to reset the console

TR8000i

Test Function	Information viewed on screen
Press Stop and then Start and hold for 3 seconds	Hardware Testing H = 010 F = 0109 014 5.06 2.00
Press Enter Tests all LED's and segments	All lights flashing
Press Enter Tests alphanumeric and LED's	Display list characters
Press Enter Keypad LED test	LED test - LED's on keypad cycling
Press Enter Key test	Key test - press key to show value in time field

Press Enter
This allows a quick test for incline and speed
	I/O testing
	   0 or 1
	    1
	0 Hp HP
	1060 0.0

Press Enter	Back to hardware testing Press Stop and then Start and hold for 3 seconds to reset the console