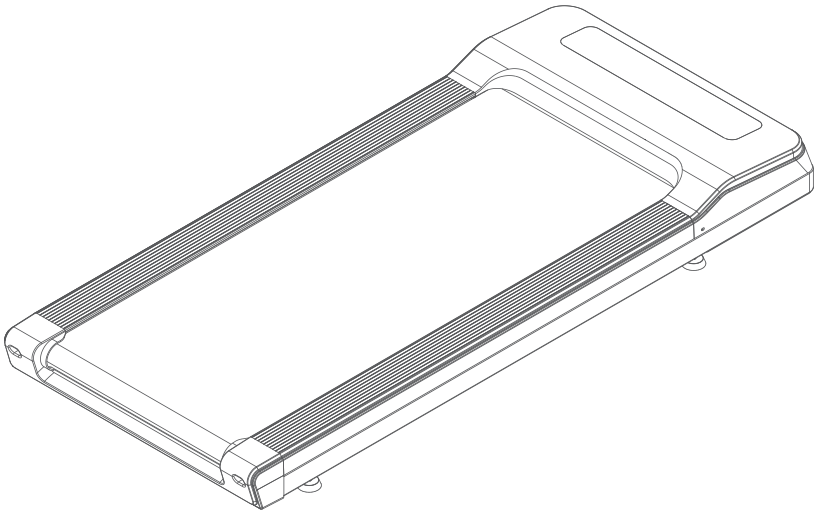
LifeSpan®

Life's short. Live longer.



LifeSpan TX6 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

Safety First 4
IMPORTANT SAFETY INSTRUCTIONS
WARNING

Assembling Your LifeSpan Under-desk Treadmill.....6
Assembly Instructions
Assembly Steps

About Your LifeSpan Under-desk Treadmill.....7
LifeSpan Under-desk Treadmill Features & Specifications
Grounding Instructions
Display Description
Remote Control Key Functions
Unique Feature

Moving.....10
Moving the Treadmill Base

Warranty and Safety Precautions.....11
Warranty
Exclusions and Limitations

Maintenance and Tips 12
Daily Cleaning
Safety and Integrity
Belt Tensioning
Belt Alignment

Exercise Guidelines.....15
Warm-up
Preparation
Exercise Volume
Heat Consumption Method
Exercise Frequency

EXPLODED DRAWING.....18
Product Diagram
Parts List

Troubleshooting.....20

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.

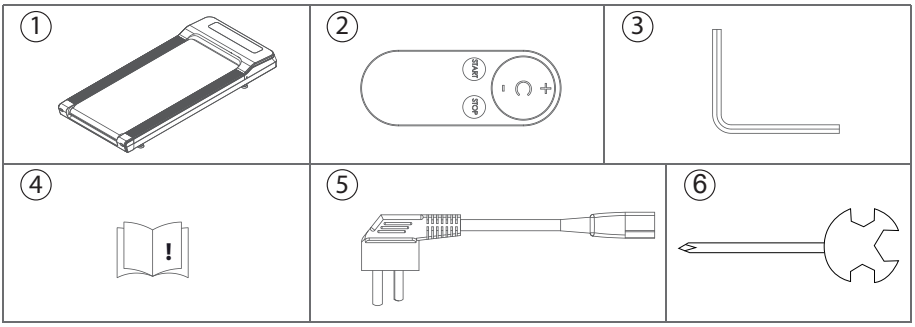
Warning:

- 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 aluminum side rails on both sides 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 1.6 ~ 3.3 ft. (50 ~100 cm) 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.
- 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.
- 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.
- 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.

Assembly Instructions

The figure below illustrates the scatter diagram of the components installed on the assembly table. Open the packaging box to remove the following parts contained within.



Item#	Part Description	Qty.
①	Treadmill	1
②	Remote Control	1
③	Screw Driver	1
④	Owner's Manual	1
⑤	Power Cord	1
⑥	Wrench	1

Assembly Steps

Remove the product from the packaging box, thoroughly read the manual, and then power on the product before use.

LifeSpan Under-desk Treadmill Features & Specifications

Expanded Size	60.6" x 28" x 5.8" (154 x 71 x 14.8 cm)	Motor	BLDC 4.5 HP (Peak)
Input Power	110V/60HZ	Belt	Self Lubricating
Running Are	48.43"x19.88"(123x50.5cm)	Speed	0.4 ~ 6 MPH (0.6 ~ 9.6 KPH)
Net Weight	84.66lbs.(38.40kg)	Max. User Weight	396 lbs. (180 kg)
LED Display	Time, Speed, Calories, Distance		

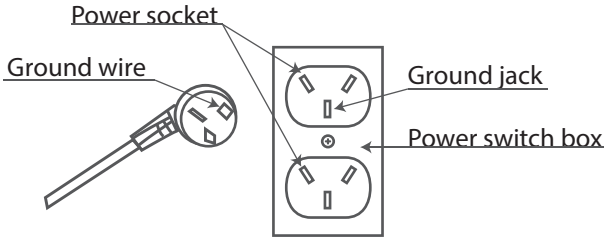
Grounding Instructions

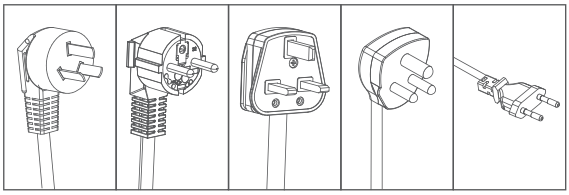
Product must be grounded. In the event of a malfunction or breakdown, grounding provides a path of least resistance for electric current, which reduces the risk of electric shock. This product comes with a cord that includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all applicable local codes and ordinances.

DANGER – Improper connection of the equipment grounding conductor can result in a risk of electric shock. If you are uncertain about whether the product is properly grounded, consult with a qualified electrician or serviceman. Do not modify the plug provided with the product if it does not fit into the outlet, have a proper outlet installed by a qualified electrician.

This product is designed for use on a nominal 110 volt circuit and is equipped with a grounding plug that resembles the plug illustrated in Sketch A in the following figure. Ensure that the product is connected to an outlet with the same configuration as the plug. No adapter should be used with this product.

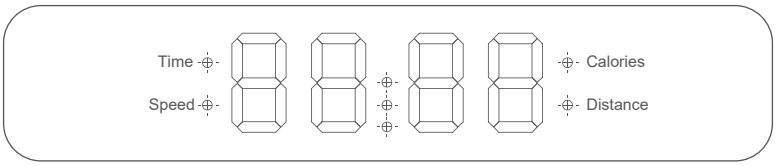
Description of power grounding





Display Description

Four Digital Numbers display alternately every 5 seconds for Speed, Time, Distance, and Calories.



Display and setting range of motion parameters

	Display Settings
Speed(MPH)	0.4~6
Time	0:00~99:59
Distance(mile)	0.00~99.99
Calories	0~9999

Your treadmill comes with everything needed for easy setup. Follow the detailed assembly steps provided to get started. Specifications include a Brushless Motor power of DC 4.5 HP(Peak) a voltage of 110V (60Hz), and a speed range of 0.4 ~ 6 MPH (0.6 ~ 9.6 KPH). The treadmill supports a maximum user weight of 396 lbs (180 kg) and features an LED display for time, speed, calories, and distance tracking.

Remote Control Key Functions

1. "START": To start, touch this key. The machine will begin running at the lowest speed after a 3-second delay.
2. "STOP": To pause, press this key. The machine will pause and keep the data. To stop, press and hold this key for 3 seconds. The machine will slow down and stop, clear all data, and return to standby mode.
3. "+/-": To adjust speed. Use these keys to change the speed during your workout.
4. "C": Child Lock. Press and hold for 3 seconds in standby mode to activate the child lock. Press and hold for 3 seconds again to deactivate the child lock. All treadmill functions can be operated only when unlocked.

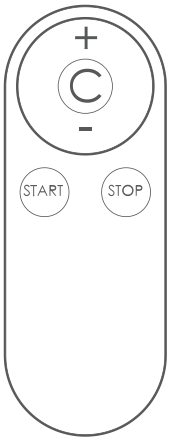
When any button is pressed correctly, there will be a beep as confirmation, and if a button's parameter adjustment exceeds the limit, there will be a continuous beep. If a button is pressed incorrectly, there will be no sound.

This machine has built-in Bluetooth device. In addition to being operated by the Remote Control, you can also use the APP to connect it. After downloading and installing the APP, launch the APP and search for the name of the machine, and then you can connect to the APP for operation.

Main Function

Turn on the power to light up all displays for 2 seconds, then enter standby mode.

Press the START button, and after a 3-second countdown, the treadmill will start at the lowest speed. Use the "+" or "-" buttons to adjust the speed during exercise. To stop the treadmill, press the STOP buton 3 seconds.



Press and hold the "+" and "-" buttons on the remote control simultaneously to lock the speed at 2 mph. Press and hold the "+" and "-" buttons on the remote control simultaneously again to unlock and return to 6 mph.

If you purchase a desk control, only one (either the desk control or the remote control) can work at a time. When the desk control is connected to the machine, the remote control will be disabled and cannot adjust the speed.

When using the desk control, if the remote control has locked the speed at 2 mph, you need to unlock it before connecting the desk control. The speed will be fully controlled by the desk control; otherwise, the speed will remain locked at 2 mph.

Sleep Function

If there is no operation for more than 10 minutes while the machine is stopped, the system will turn off all displays and enter sleep mode. Press any button of the Remote Control to wake it up.

Unique Feature

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. Learn more about how to use these features in this Owner's Manual.

Intelli-Guard™

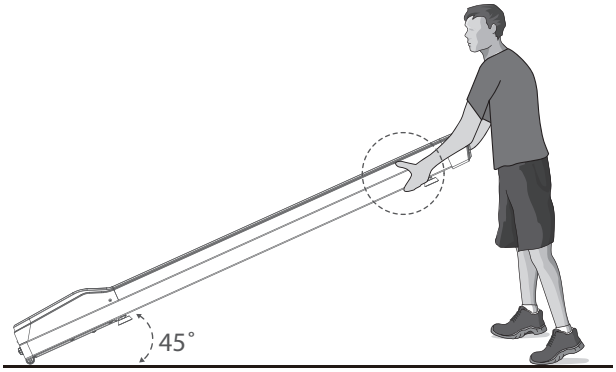
Walk confidently knowing your safety is assured with Intelli-Guard™. Step away from your treadmill for more than sixty seconds and your treadmill's belt will automatically glide to a smooth stop.

Intelli-Step™

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

Moving 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 treadmill frame on both sides and lift it to approximately 45 degrees from the ground. The machine can be moved freely only when the front moving 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.

Waranty

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@lifespanfitness.com.

Warranty – Treadmill	TX6	TR1000B	TR1200B	TR5000B
Treadmill Frame	10 Years	10 Years	10 Years	10 Years
Parts	2 Years	2 Years	2 Years	2 Years
Labor	1 Years	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@lifespanfitness.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. Place the treadmill on a clean, flat area, not on thick carpeting, to ensure proper air circulation and avoid water exposure or outdoor use.

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 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 1/4 turn clockwise.

B. Test to see if the slipping is eliminated. If the belt slips repeat step A and test again.

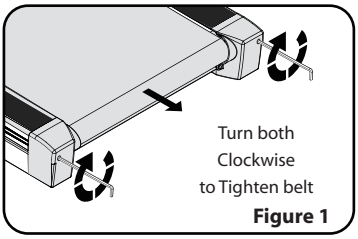


Figure 1

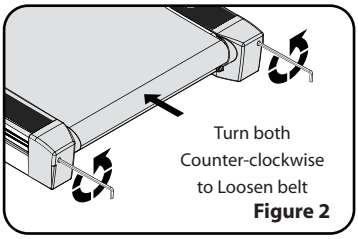


Figure 2

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 or 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 or the right adjustment bolt 1/4 turn clockwise. (See FIG. 2)
E. Observe the alignment for two minutes. Repeat steps A-D as needed.

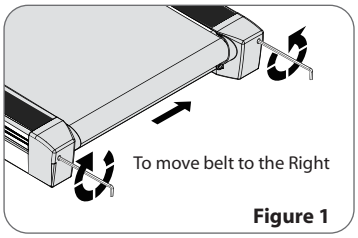


Figure 1

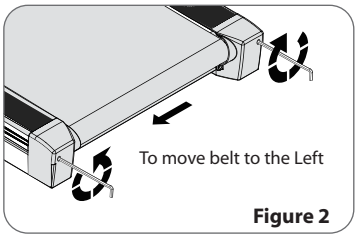


Figure 2

Visit www.LifeSpanFitness.com for a full video demonstration on the aligning your treadmill belt.

Note:

This product has a lubrication-free running belt, which improves its durability and is maintenance-free.

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).

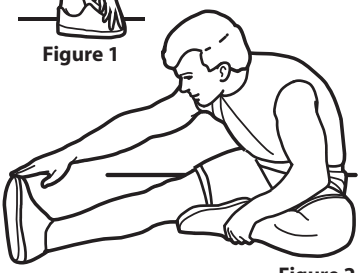


Figure 2

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).

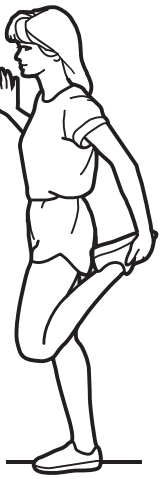


Figure 4

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 aluminum side rails on both sides of the treadmill. Start the machine at a low speed 1~2 MPH (1.6~3.2 KPH), 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 1.9 ~ 3.1 MPH (3~5 KPH) and maintain this pace for about 10 minutes, then gradually come to a stop.

Effective Exercise:
Before each session, ensure you know how to adjust the treadmill's settings, like speed.
Start with a steady pace, walking about 0.6 mile(1 KM), which should take around 15-25 minutes. At a speed of 3 MPH (4.8 KPH), 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 3 MPH(4.8 KPH).
- Then, increase the speed to 3.3 MPH (5.3KPH) and 3.6 MPH (5.8 KPH), maintaining each speed for 2 minutes.
- Continue to increase the speed by 0.2 MPH (0.3 KPH) 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 0.2 MPH (0.3 KPH).
- Conclude with a 4-minute cooldown.

Heat Consumption Method

- Warm up for 5 minutes at a speed 2.5 ~ 3 MPH (4 ~ 4.8 KPH).
- Increase the speed by 0.2 MPH (0.3 KPH) every 2 minutes, aiming to exercise at a challenging but sustainable speed for 45 minutes.
- During an one-hour TV show, increase the speed by 0.2 MPH (0.3 KPH) at every commercial break, then return to the prior speed when the program resumes. This fluctuation helps maximize calories 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. Start 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:

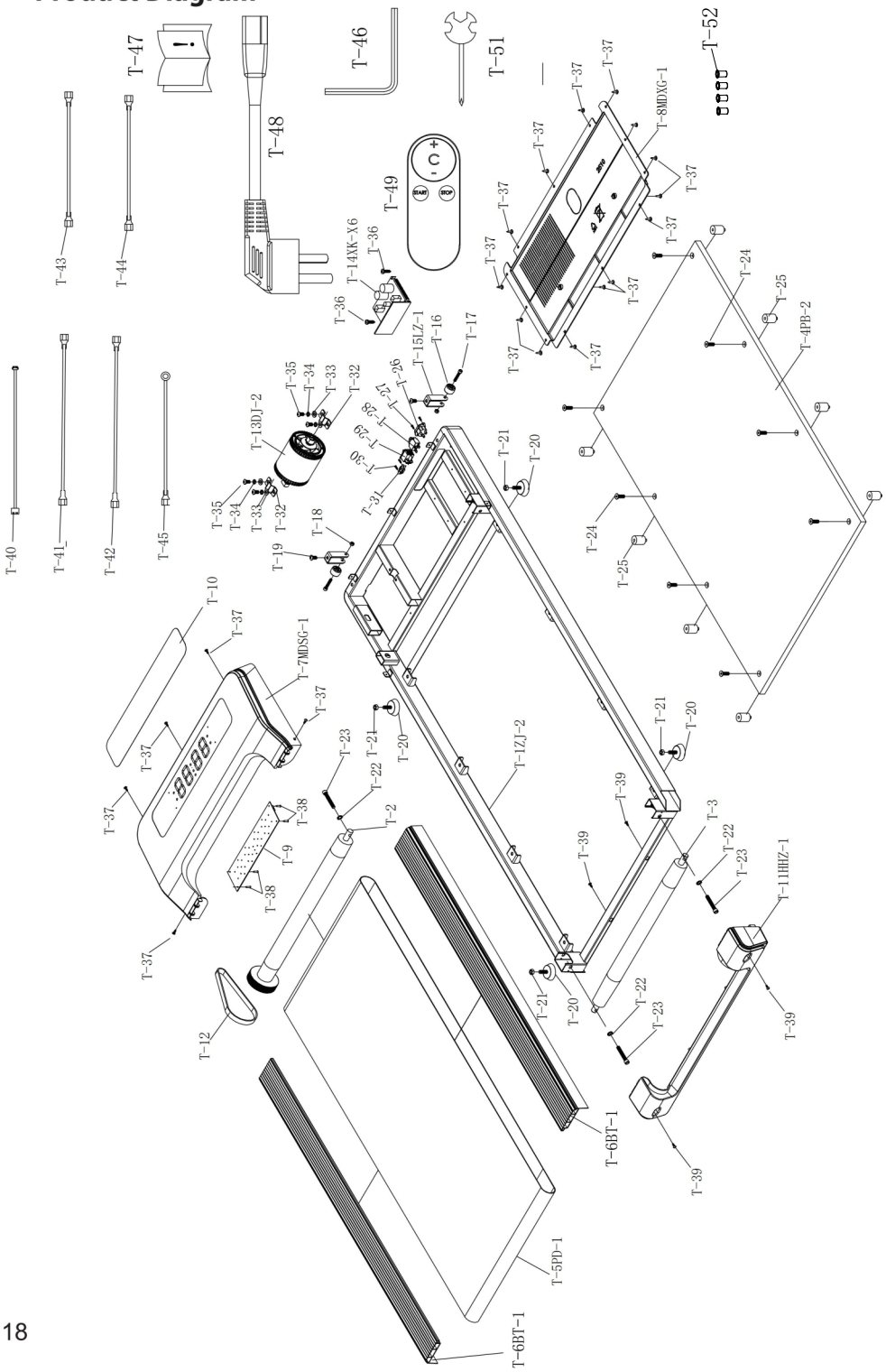
- 0.6 ~ 1.8 MPH (1.0 ~ 3.0 KPH) for those with poor physical fitness
- 1.8 ~ 2.5 MPH (3.0 ~ 4.0 KPH) for those not accustomed to regular exercise
- 2.5 ~ 3.1 MPH (4.0 ~ 5.0 KPH) for average walking speed
- 3.1 ~ 3.8 MPH (5.0 ~ 6.0 KPH) for a brisk walking pace
- 3.8 ~ 4.4 MPH (6.0 ~ 7.0 KPH) for a slow jogging speed
- 4.4 ~ 5.0 MPH (7.0 ~ 8.0 KPH) for a moderate jogging speed

Note:

Increasing the speed to 4 MPH(6 KPH) are more suitable for walking.

EXPLODED DRAWING

Product Diagram



Parts List

NO.	Item & Specifications	Qty.	NO.	Item & Specifications	Qty.
T-1ZJ-2	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-2	Running Deck	1	T-29	Power Switch	1
T-5PD-1	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-9	Display	1	T-34	Shim 8	4
T-10	Display Sticker	1	T-35	Screw M8*16	4
T-11HHZ-1	Back Protect Cover	1	T-36	Screw 4.2*19	2
T-12	Belt	1	T-37	Screw 4.2*13	19
T-13DJ-2	Brushless Motor	1	T-38	Screw 3*8	4
T-14XK-X6	Controller	1	T-39	Screw 4.2*16	4
T-15LZ-1	Fixed Base	2	T-40	Up/Down Control Connect Line	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	Ground line	1
T-21	Nut M8	4	T-46	Wrench S6	1
T-22	8.5 Sawtooth Shim	3	T-47	Manual	1
T-23	Screw 8*55	3	T-48	Power Cord	1
T-24	Screw 8*55	8	T-49	Remote	1
T-25	Running Deck Shock	8	T-51	Wrench	1
			T-52	M8 rivet nut	4

Error Code

Code	Description	Solution
E01	Over Load	1. The possible reason for the shutdown is that the current exceeds the rated load, causing the system to activate self-protection. Restart the machine. 2. If a part of the treadmill becomes jammed, causing the motor to not rotate, the load may be too heavy, and the current too high, which will trigger the system's self-protection. Adjust the treadmill to restart. 3. Check for any excessive noise or a burning smell when the motor is running, and replace the motor if necessary. 4. Replace the controller.
E02	Controller Error	1. Check the motor line and reconnect the line. 2. Replace with a new motor. 3. Replace with a new controller.
E03	Hardware Overload	1. A possible reason for the issue is that the current exceeds the rated load, causing the system to engage self-protection. Restart the machine. 2. Check if the power socket plug and the motor connections are loose. 3. Replace the controller.
E04	Phase Error	1. Check the motor cord and reconnect it. 2. Replace the motor. 3. Replace the controller.
E05	Less Voltage	1. Check the Voltage. 2. Check the Power Cord if loose in connection.
E06	Over Voltage	1. Check the input Voltage.
E08	Hardware Error	1. Check for a loose connection between the power plug and the motor. 2. Replace the controller.
E21	Save Data Error	Turn off the power for 2 minutes, then restart. Replace the controller if the machine can't start.
E31	Over Heat	Restart the machine after the temperature has normalized.
E32	Motor reversal	Check the Motor cord UVW connect well.
E33	Motor Data Error	Check the motor data correct
E50	Other Error	
E91	Poor communication	1. Check the communication Line. 2. Replace Console. 3. Replace Controller.

Note: To prevent overexertion and remind users to take breaks, hydrate, and stretch,the treadmill automatically stops after 99 minutes and 59 seconds of operation.Please wait for two minutes, then restart the treadmill.

LifeSpan TX6 Under-desk Treadmill

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Version 2.3