

LifeSpan™

TR2000-HRC



TR2000-HRC Owners Manual

- Intelli-Step
- Intelli-Guard

Version 1.1

table of contents

	page
Introduction	1
Specifications.	2
Limited Home Use Warranty	3
Important Safety Precautions	4
Getting Fit	5
Assembly Instructions	7
Exercise Programs	10
Treadmill Operations	12
Moving and Storage	16
Trouble Shooting	18
Maintenance and Cleaning	20

Congratulations on the purchase of your LifeSpan treadmill.

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

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

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

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

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

PCE Health and Fitness
PO Box 981316
Park City, Utah 84098-1316
Phone: (801) 973-9993
Fax: (801) 973-9923
www.pcefitness.com

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

product specifications



Dimensions	63.5" L * 32" W * 53" H
Weight	220 Pounds
Construction	All Steel Welded Frame
Power Requirements	120 VAC/20A grounded circuit
Motor	2.5 HP Continuous Duty
Display Type	1 Multi-Color LCD Window
Data Displayed	Time, Distance, Calories, Heart Rate, Incline, Speed, Step Count
Programs	Manual, 5 Speed, 6 Incline, 1 Decline, 1 Step Count, 2 User, 2 My Zone Heart Rate Control, Body Mass Analysis
Speed Range	.5 - 10 MPH
Incline Range	10 levels
Decline Range	5 levels
Unique Features	Intelli-Step: Foot Step Counting Intelli-Guard: Automatic Safety Pause

limited home use warranty

The LifeSpan TR2000-HRC comes with the following limited warranty, which applies only to the use of this treadmill in the home, for residential, non-commercial purposes:

- **Frame: 10 Years**
- **Parts: 2 years**
- **Labor: 1 year**

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

If within the time frames specified above, any part of the LifeSpan product fails to operate properly contact your authorized PCE Health and Fitness retailer to report the problem. All labor shall be supplied by the authorized retailer that sold your product and the product must be located within that retailer's service area. If you are unable to reach the dealer that you purchased the product from, contact PCE Health and Fitness at our web site, www.pcefitness.com or at (801) 973-9993.

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

Exclusions and Limitations

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

Registration

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

Note: Read ALL instructions before using your LifeSpan treadmill.

important safety precautions

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

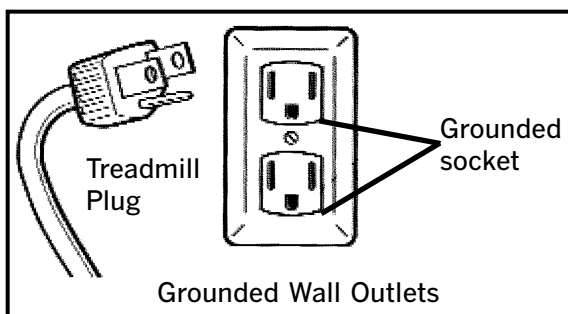
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged, if it is not working properly or if it has been exposed to water. Return the treadmill to a retailer for examination and repair.
- To reduce the risk of electric shock, unplug the treadmill from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

Children and Pets

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

Grounding Instructions

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



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

Other Safety Tips

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

Save These Instructions

getting fit

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

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

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

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

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

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

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

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

Follow your workout with at least 10 minutes of stretching. Focus on the major muscle groups of the lower extremity. When stretching, stretch the muscle until you feel gentle tension, hold it and wait for the tension to relax while the muscle elongates, stretch the muscle again until you feel gentle tension.

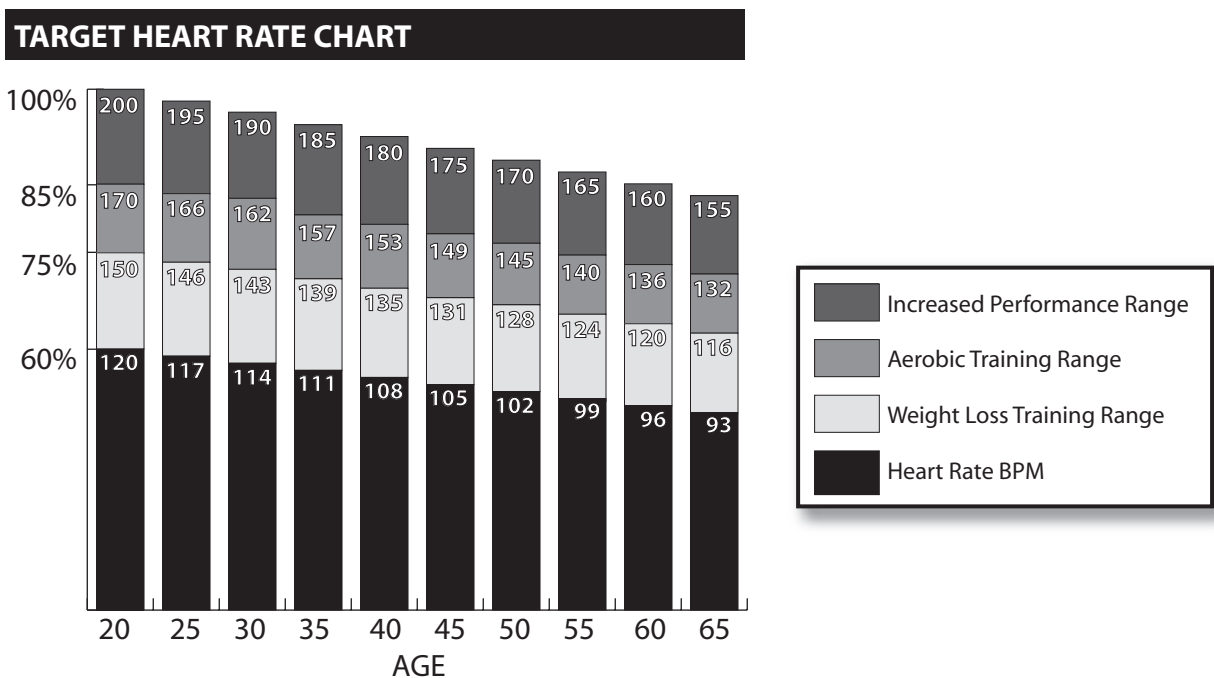
Do not bounce when you stretch, bouncing is not an effective approach to stretching and can lead to injury.

The three components of a successful cardiovascular exercise program are:

- Frequency
- Intensity
- Time

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

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



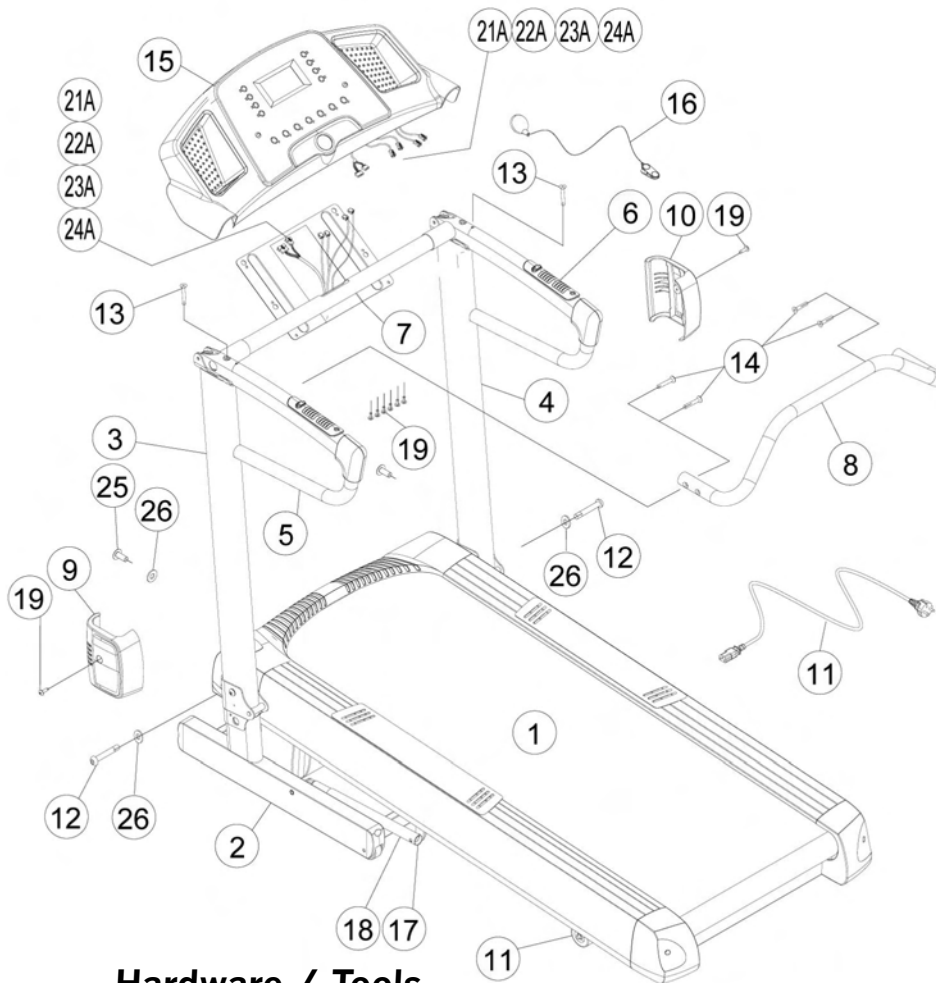
To achieve benefits from your workout, your workout **time** should be at least 30 minutes per session. If you are trying to lose weight focus on longer (more than 30 minutes) less intense workouts, to improve your aerobic performance focus on shorter more intense workouts.

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

assembly instructions

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

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

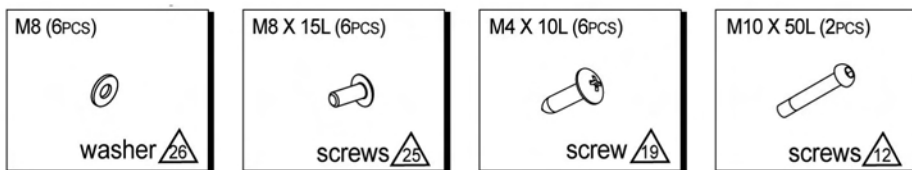


Parts

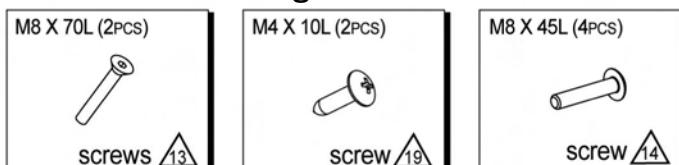
- 1: Frame
- 2: Base frame
- 3: Support posts (Left)
- 4: Support posts (Right)
- 5: Handlebar (Left)
- 6: Handlebar (Right)
- 7: Console bracket
- 8: Handle rail
- 9: Left cover
- 10: Right cover
- 11: Power cord
- 12: Screw M10*50L
- 13: Screw M8*70L
- 14: Screw M8*45L
- 15: Console
- 16: Safety key
- 17: Upper folding tube
- 18: Folding lock tube
- 19: Screw M4*10L
- 20: Base frame bracket
- 21A: Wire harness
- 21B: Wire harness
- 22A: Hand pulse cable
- 22B: Hand pulse cable
- 23A: Speed control harness
- 23B: Speed control harness
- 24A: Incline control harness
- 24B: Incline control harness
- 25: Screw M8*15L
- 26: Washer M8

Hardware / Tools

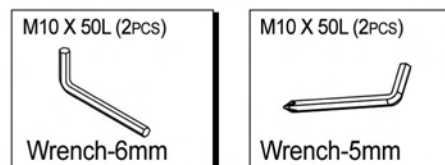
Screws Already in Place on the Treadmill



Screws in Plastic Bag

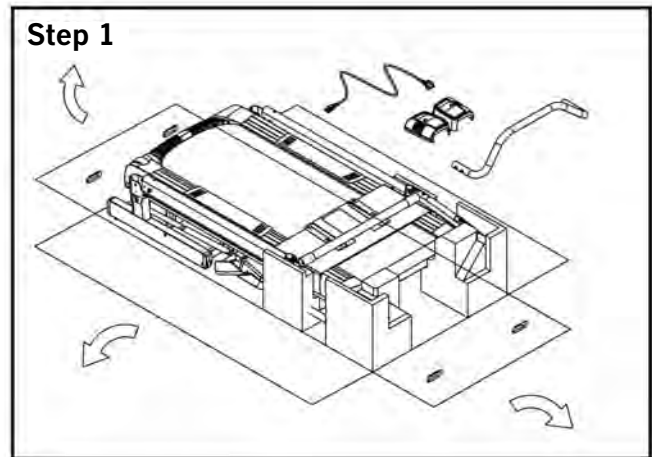


Tools



Step 1: Remove Packaging (Fig 1)

1. Flatten the shipping box and remove all packing materials and parts.



Step 2: Assemble Handlebars (Fig 2)

1. Remove Bolts (12) and (25) with Washers (26) from the treadmill.

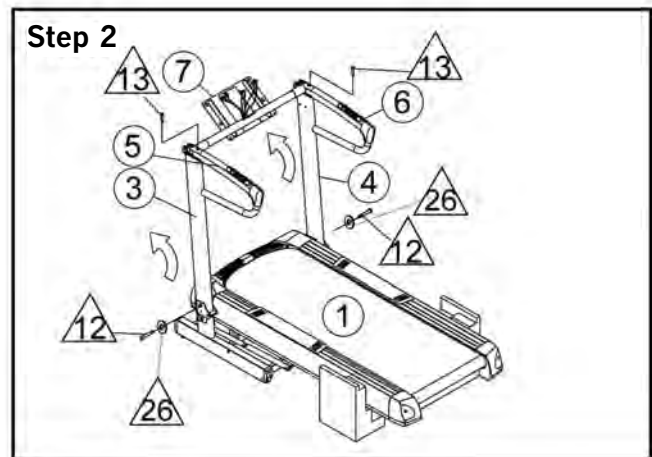
2. Carefully lift the Support Handles up to their operating position. Check the wire harness at the bottom pivot point to make sure it runs inside the frame and does not get in the way as the Support Posts are lifted.

Note: Please be very careful not to pinch the wire harnesses where the Base Frame and Support Handles meet.

3. Re-install Bolts (12) and (25) and Washers (26) using the 6mm Allen Wrench for bolt (12) and the 5mm Allen Wrench for bolt (25). Do not completely tighten these bolts until the end of Step 3.

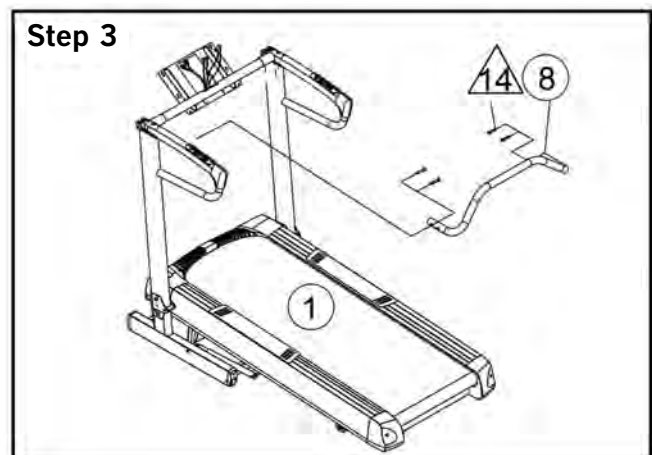
4. Install screw (13) thru the handlebars and into the handlebar supports using the provided 5mm Allen wrench.

Note: Please be careful not to damage the wires running inside the handlebars that are used by the grip pulse and toggle switches.



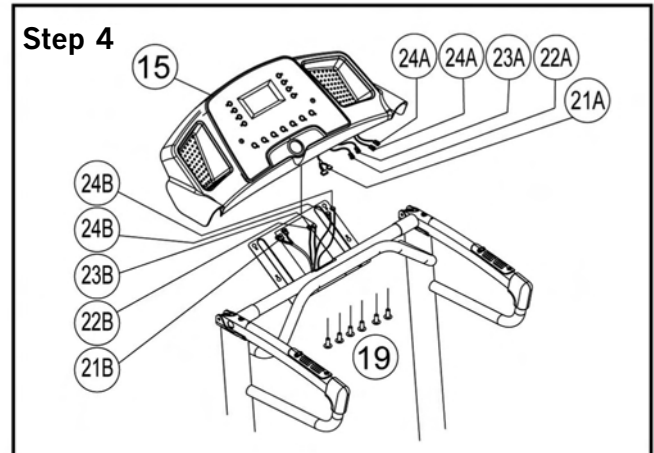
Step 3: Assemble Safety Bar (Fig 3)

1. Install the Safety Bar onto the Support Posts using screw (14) and the 5mm Allen wrench found in your hardware bag.
2. Securely tighten screws (12), (13), (14) and (25).

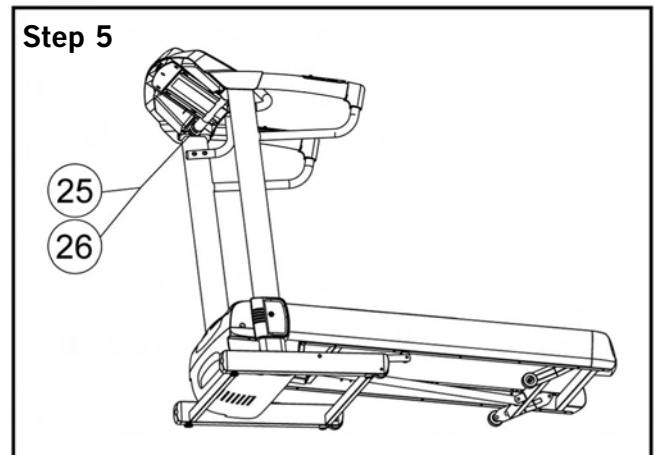


Step 4: Console Assembly (Fig 4)

1. Remove the 6 screws (19) from the back of the console and hold until the wiring harnesses are all connected.
2. Hold the console close to the console bracket. It's helpful to have someone hold the console in place while a 2nd person connects the wire harnesses.
3. Connect cables (21A) and (21B). This is the main wire harness with a 5 pin and 7 pin connector.
4. Connect the handlebar pulse cables. There is one harness with a 2 pin connector coming from right and left side handlebars. These need to be connected to the 2 pin connectors coming from the console.
Note: Either harness coming from the console will work on the right or left side grip pulse wire coming from the handlebars.



5. Connect the Speed Control harness (23A) and (23B). This is a 3 pin connector coming from the right side handlebar. Match the colors of the wires coming from the handlebar with the same colors coming from the console.
6. Connect the Incline Control harness (24A) and (24B). This is a 3 pin connector coming from the left side handlebar. Match the colors of the wires coming from the handlebar with the same colors coming from the console.
7. Carefully tuck the wiring harnesses into the back of the console and inside the console bracket tube. Once all wires are out of the way re-install the 6 screws removed in the first step and tighten with a Phillips screw driver.

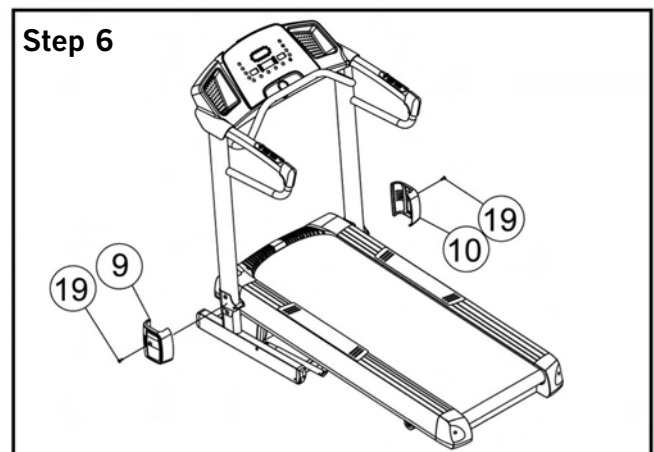


Step 5: Secure Console Angle (Fig 5)

1. Make sure the angle of the console and cup holders is correctly adjusted to match the handlebars and then tighten the 4 screws under both sides of the console bracket tube using the 5mm Allen Wrench.

Step 6: Plastic Cover Assembly (Fig 6)

1. Attach the right and left side base covers using Phillips screw (19).



exercise programs

The advanced exercise console on the TR2000 comes with a wide variety of exercise programs. This includes Speed programs, Incline Programs, Decline Programs, a Step Count program and a Preset Distance program. Most programs include 5 levels of intensity to help you find a workout that meets your personal training requirements. “Remember that variety is important in a balanced exercise program.

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



Incline Programs – Programs 6 – 12 automatically modify the level of incline or decline of the running belt. The TR2000 comes with several traditional incline programs and several unique incline programs such as Interval Program, Step Count Program, Decline Program and a Distance Program. If an adjustment is made to the incline while in a program the adjustment will only last until the next segment in the workout.

P6: Decline – the Decline program uses only decline levels through the course of the workout. It includes 5 levels of programs that can be pre-selected.

P10: Interval – the Interval program allows you to select two levels of Incline positions - a Minimum Incline and a Maximum Incline. With this program you set your desired minimum and maximum incline levels. The program will automatically complete use these incline levels to complete the workout.

P11: Distance – the Distance program lets you pre-select how far you want to walk or run during your workout and counts down from the preset selection.

P12: Step Count - The Step Count Program lets you pre-select the number of steps that you want to walk or run in increments of 1,000. This is a great option if you are working on a 10,000 steps per day exercise program or use a pedometer during daily activities. The Step Count program senses when each foot strikes the walking belt. This program is based on our exclusive Intelli-Step feature. This feature requires that the user's foot land on the belt with a minimum amount of resistance. Depending on walking or running style, people under 100 pounds may not be able to use this program.



User Setup Programs - there are two user set up programs that provide the ability to establish customized workout programs specific to a users workout requirements. For each user set up program, the workout time is set and then 12 unique workout segments are set up by the user. For each segment the user can preset the speed and incline of the segment by using the up and down arrow buttons and then pushing the mode button to set each program.

Once a program is set up the user simply scrolls to the User1 or User2 program and pushes the start button. To modify the program after it is established, select the program and then push the mode button.

Target Heart Rate Program - The TR2000 includes 2 My Zone heart rate programs, a constant heart rate program and an interval heart rate program. The HRC1 is a constant heart rate program that lets you select a single heart rate that you want to maintain during the workout. After a 3 minute warm up the console will automatically adjust the speed and incline every 10 seconds to get your heart rate up to the preset level and then maintain your heart rate during the workout. The HRC2 program is an interval heart rate program that lets you select a LOW target heart rate and a HIGH target heart rate. After a 3 minute warm-up the console will adjust the speed and incline every 10 seconds to raise your heart rate to the preset LOW target and maintain your heart rate for 2 minutes at this level. Then the console will adjust the speed and incline to raise your heart rate to the HIGH target that was selected during program set-up. After holding your heart rate at the HIGH setting the console will begin to lower your heart rate and repeat the process. It is recommended that you set the program time to 25 minutes or higher to use this program effectively.

treadmill operations

Intelli-Guard - The TR2000 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. When this occurs the treadmill will wait for 20 seconds with this status. Before starting your treadmill the following actions will need to be properly completed:

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 safety key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step - The TR2000 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 walking steps. This may also be the case 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 dependant 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.

1. Be certain that your treadmill is sitting level and stable. There are adjustment feet at the front corners of the base frame to help level the treadmill. If the treadmill is not level the running belt will move toward the lowest side of the treadmill. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch located on the front right side base frame to the On position.
4. Insert the magnetic safety key into the round area centered at the bottom of your display. If the safety key is not inserted properly the screen will say "Safety Key".

QuickStart

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. QuickStart - The quickest and easiest way to start your treadmill is to push the start button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at 0.5 mph.
3. Speed - To increase the speed push the Speed (up) button. Each time you press the Speed (up) button the speed will increase by 0.1 mph. There are 4 quick speed keys on the display which can be pushed at any time during a workout. The quick speed keys are labeled 3, 4, 5 and 6. This means if you press 3 the treadmill will speed up to 3 mph.

4. **Incline** - To increase the Incline press the incline (up) button. Each time you press the incline (up) button the incline will raise 1 level. To reduce the incline press the incline (down) button. There are 4 quick incline keys which can be pushed at any time during a workout. The quick incline keys are labeled 4, 6, 8 and 10. This means if you press 6 the treadmill will incline to level 6.
5. **Display Readouts** - During treadmill operation the Display will show Calories, Time, Distance, Incline Level, Speed, Step Count, Heart Rate and Program Profile. In order to see the Heart Rate and Step Count during use, press the Mode Button and the Heart Rate will display in the lower left corner and the Step Count will display in the lower center of the screen.

Program Setup and Selection

1. **Manual mode** - The easiest way to use the treadmill is just by pressing start. In manual mode the time will start counting from 00:00 up. The speed and incline are totally controlled by the user in manual mode.
2. **Distance Program** - Press the speed or incline buttons until you reach program P11. Press the Mode button. Press the speed or incline buttons to select your desired level. The Mode button to select the level. Press the speed and incline buttons to select your target distance. This selection can range from 1 kilometer to 20 kilometers. Press the Start button to begin the workout.
3. **P1 thru P10 Programs** - To select programs P1 - P12 press the speed or incline (up) buttons to get to the desired program. To select the desired program press the Mode Button. The Level will start flashing on the display. There are 5 levels of intensity for each of the P1 - P12 programs. Using the speed or incline (up) or (down) buttons adjust to the desired intensity level and press the Mode Button. The Time will start flashing on the display. Using the speed or incline (up) or (down) buttons set the workout time. Once the desired time is set press the Start Button. The unit will count down from 3 seconds, the belt will start to move and the timer will count down from the pre-selected time.
4. **P12: Step Program** - Press the speed or incline buttons until you reach program P12. Press the mode button. Press the speed or incline buttons to adjust the level. Press the mode button. The step count window starts flashing at 5,000. Press the speed or incline buttons to adjust the step count target to your desired goal in increments of 1,000. Press the Start button.
5. **User 1 Program** - Press the speed or incline (down) button 6 times until the display says User 1. Press the mode button. The time starts flashing. Press the speed or incline (up) or (down) buttons to set the desired time. Press mode. SEG01 shows up in the display. This stands for Segment 1. Press the incline (up) or (down) button to set the desired incline for segment 1. Press the speed (up) or (down) buttons to set the desired speed for segment 1. Press Mode. This brings you to SEG02. Repeat above steps for Segment 2. Repeat these steps for all 12 segments. Once the 12 segments are set to the desired levels Press Start. The display will count down from 3 seconds, the belt will start moving and the timer will start at the set time and count down to 0.
6. **User 2 Program** - Press the speed or incline (down) button 5 times until the display says User 2. Press the mode button. The timer starts flashing. Press the speed or incline (up) or (down) buttons to set the desired time. Press mode. SEG01 shows up in the display. This stands for Segment 1. Press the incline (up) or (down) button to set the desired incline for segment 1. Press the speed (up) or (down) buttons to set the desired speed for segment 1. Press Mode. This brings you to SEG02. Repeat above steps for Segment 2. Repeat these steps for all 12 segments. Once the 12 segments are set to the desired levels Press Start. The display will count down from 3 seconds, the belt will start moving and the timer will start at the set time and count down to 0.

7. **HRC1 – Constant Heart Rate Program** – Press the speed or incline (down) button 4 times until the display shows HRC1. Age comes up on the display and a number is flashing. Use the speed or incline (up) or (down) buttons to select the users age. Press the Mode Button. A heart shows up in the display and a number is flashing. The flashing number is the heart rate you would like to keep throughout the entire workout. Use the speed or incline (up) or (down) buttons to select the desired heart rate. Press the Mode Button. Max Speed shows up in the display with the speed flashing. Set the maximum speed you would allow the treadmill belt to go in order to get your heart rate to the level set earlier. Press the Mode Button. Max Incline shows in the display and the incline number is flashing. Using the speed or incline (up) or (down) buttons set the desired max incline for this workout. Press the Mode Button. The time is flashing. Select the amount of time you would like to workout. Press the start button. The unit will count down from 3 and the belt will start moving. The speed and incline will be constant for the first 3 minutes as this is a warm up period. After the first 3 minutes the unit will change speed and incline every 10 seconds to get your heart rate to the heart rate initially set up. The Speed is more commonly changed over the Incline. Neither the speed nor the incline can go above the selected max numbers initially set up.

8. **HRC2 – Interval Heart Rate Program** – Press the speed or incline (down) button 3 times until the display shows HRC2. Age comes up on the display and a number is flashing. Use the speed or incline (up) or (down) buttons to select the users age. Press the Mode Button. LOW shows up in the display and a number is flashing. The flashing number is the Minimum heart rate you would like to keep throughout the workout. Use the speed or incline (up) or (down) buttons to select the desired Minimum heart rate interval reading. Press the Mode Button. High shows up in the display with a flashing number. Use the speed or incline (up) or (down) buttons to set the maximum heart rate interval reading. Press the Mode Button. Max Speed shows up in the display with the speed flashing. Set the maximum speed you would allow the treadmill belt to go in order to get your heart rate to the level set earlier. Press the Mode Button. Max Incline shows in the display and the incline number is flashing. Using the speed or incline (up) or (down) buttons set the desired max incline for this workout. Press the Mode Button. The time is flashing. Select the amount of time you would like to workout. Press the start button. The unit will count down from 3 and the belt will start moving. The speed and incline will be constant for the first 3 minutes as this is a warm up period. After the first 3 minutes the unit will change speed and or incline every 10 seconds to get your heart rate to the Low heart rate initially set up. After 2 minutes at the LOW heart rate the speed and incine will change to get your heart rate to the HIGH heart rate set up initially. The heart rate will be held at the HIGH level for 2 minutes and then the speed and incline will change again to bring your heart rate back down to the LOW Heart Rate again.

9. **Body Mass Analysis** - Press the speed or incline (down) button 2 times till the display shows Body Mass. Press the Mode button. SEX comes up in the display. Use the speed or incline (up) or (down) buttons to select 1 for male or 0 for female. Press the Mode button. FT comes up in the display with a flashing number. The number stands for user Height in Feet and Inches. Use the speed or incline (up) or (down) buttons to set your height in Feet and Inches. Press the mode button. LB comes up in the display with a flashing number representing the user's weight in pounds. Use the speed or incline (up) or (down) buttons to adjust to your weight in pounds. Press the mode button. Age comes up in the display with a flashing number. Use the speed or incline (up) or (down) buttons to set the user age. Press the mode button. Please Hold comes up in the display. At this time hold onto the pulse grips until the Display shows a corresponding Body Mass Index number. If an E4 error message comes up the heart rate was not being picked up by the pulse grips. Slightly wet your hands and try again. Make sure you have a firm grip on the pulse grips.

- **Body Fat Percentage** is calculated using a technique called Bioelectrical Impedance Analysis (BIA). This is a simple and easy way to determine body fat by sending a signal from one hand to another while the users hands are placed on the heart rate sensors. The faster the signal travels the higher the muscle density. The results are based on the fact that muscle tissue conducts electricity faster than fat because muscle is about 70% water and fat contains almost no water.

Age	Female Range			Male Range		
	Excellent	Good	Poor	Excellent	Good	Poor
19-24	18.9 %	25.0%	29.6%	10.8%	19.0%	23.3%
25-29	18.9%	25.4%	29.8%	12.8%	20.3%	24.4%
30-34	19.7%	26.4%	30.5%	14.5%	21.5%	25.2%
35-39	21.0%	27.7%	31.5%	16.1%	22.6%	26.1%
40-44	22.6%	29.3%	32.8%	17.5%	23.6%	26.9%
45-49	24.3%	30.9%	34.1%	18.6%	24.5%	27.6%
50-54	26.6%	33.1%	36.2%	19.8%	25.6%	28.7%
55-59	27.4%	34.0%	37.3%	20.2%	26.2%	29.3%
60+	27.6%	34.4%	38.0%	20.3%	26.7%	29.8%

Note: This measure is not a perfect calculation and is impacted by multiple variables including level of body hydration and time of day. It should only be used as a relative gauge.

Pause Function

Pause the treadmill at any time during the operation by pressing the Start/Stop button once. To resume operations, press the Start/Stop button. The treadmill will remain in the Pause mode for 5 minutes and will then reset the console automatically.

To reset the console press the reset button at any time, and repeat the program steps to get to the desired program, level and workout time.

At The End Of Every Exercise Session Always...

1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the front of the treadmill.
3. Always position and store the electrical cord where it is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or other treadmill components.

moving and storage

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

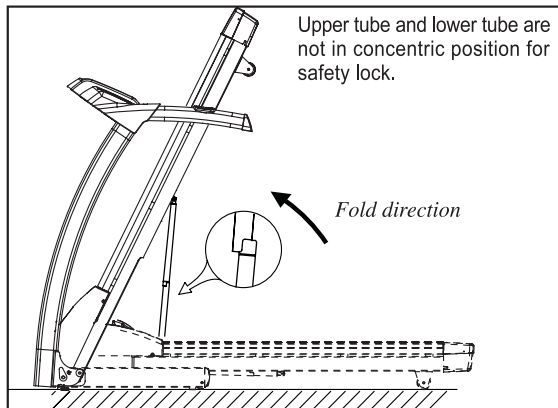
Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the wall.
2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.
3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point.

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

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

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

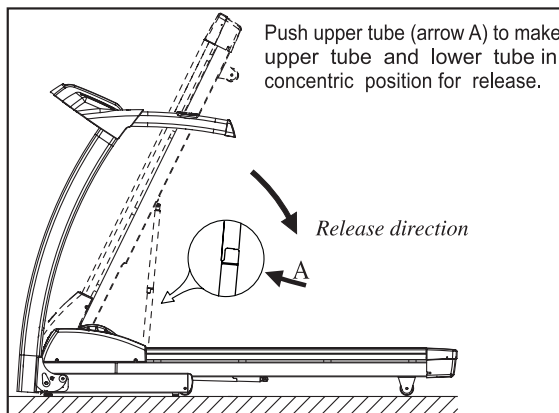


Caution:

- Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.
- Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.
- Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position

Unfolding the Treadmill

1. Make sure you have adequate space to lay the treadmill down. There needs to be at least 2 feet of clearance on both sides and in the front of the treadmill. There should be at least 4 feet of clearance on the back side of the treadmill for safety reasons. If the user were to fall this would give adequate clearance to get off the treadmill.
2. Inspect to ensure that nothing is on or near your treadmill that might spill, be knocked over or prevent the treadmill from completely unfolding.
3. Position yourself behind the treadmill. Slightly push the treadmill forward towards the display and with your left foot lightly push the top portion of the hydraulic lift forward till the locking tube frees and the treadmill can be pulled back away from the console.
4. The hydraulic lift is set up to drop softly without assistance. It is not a bad idea to hold onto the treadmill until it is about 2/3 of the way down. Make sure that you use proper lifting technique, bending your knees and keeping your back straight.



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. 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.

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

Solution: The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray.

Problem: The treadmill belt slips during use.

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

Problem: Speed does not match quick keys. Treadmill Starts at 1 and goes to 16.

Solution: The treadmill is set up in Metric Mode. See chart on next page for Console Engineering Mode.

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 position properly on your chest.

2000HRC – Console Engineering Mode			
<p>Press and Hold Reset and then Speed Up ^ buttons until the console beeps and the display changes. The display just shows the date code and version of the software</p>	<p>Console</p>	<p>2007</p>	<p>0907 1.00</p>
<p>Press Mode This is for turning the Intelliguard on and off. Intelliguard automatically pauses the unit if it detects the treadmill is not being walked on. If 1 is in the lower right corner then Intelliguard is on. Use the up or down buttons to select 0 to turn Intelliguard off. If 0 is in the lower right corner then Intelliguard is off. Use the up or down buttons to select 1 to turn Intelliguard on.</p>	<p>Console</p>	<p>I - S</p>	<p>1 or 0</p>
<p>Press Mode The display changes to:</p>	<p>Console</p>	<p>Rol</p>	<p>599</p>
<p>Press Mode The display changes to:</p>	<p>Console</p>	<p>Ldu</p>	<p>4910</p>
<p>Press Mode The display changes to:</p>	<p>Console</p>	<p>ISP</p>	<p>110 001</p>
<p>Press Mode The Display changes to: If you want to be in Si and it says En in the lower left corner of the display press any of the up or down buttons til is says Si. The same goes for En. If it says Si press the up or down buttons to change to En.</p>	<p>Console</p>	<p>En or Si</p>	
<p>Press Mode The Display changes to: Dis stands for total distance the treadmill has been run in miles or Kilometers depending on what mode the treadmill is in. The right 4 digits show distance up to 9,999 miles or KM.</p>	<p>Console</p>	<p>dis</p>	<p>0 000</p>
<p>Press Mode The display changes to: Hur stands for total number of hours the treadmill has been used. The right 4 digits count up to 9,999 hours. Press Mode and the unit goes back to run mode.</p>	<p>Console</p>	<p>Hur</p>	<p>0 000</p>

maintenance and cleaning

Belt Tensioning

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

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

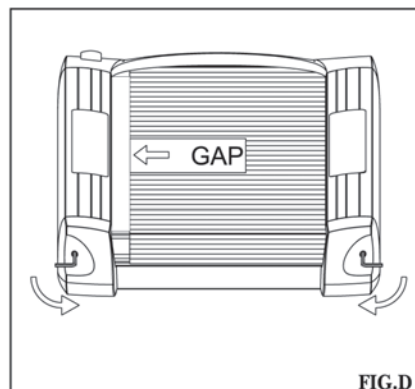
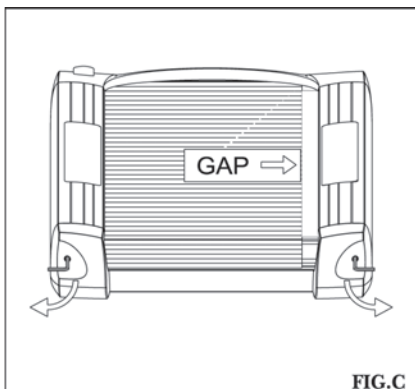


Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Aligning the Running Belt

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

1. Press "START" to begin running belt, then increase the treadmill's speed to 3MPH.
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clockwise and the right adjustment bolt one-quarter turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about two minutes. Repeat step 3, 4 and 5 as needed.



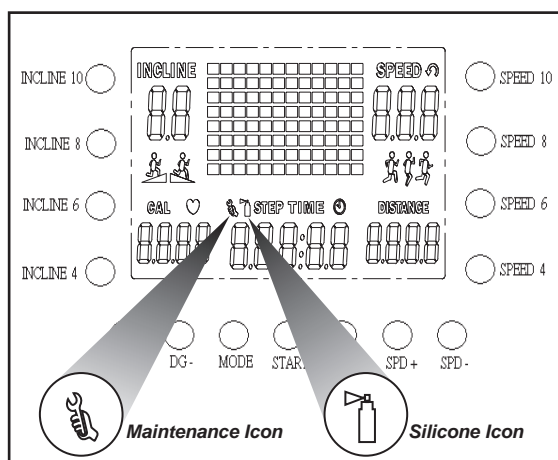
Belt Lubrication

Use only 100% Silicone and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of Silicone should be used for each application. LifeSpan offers 100% silicone lubricant that can be ordered at www.lifespanfitness.com or by calling 801-973-9993

Your treadmill running belt should be lubricated every 3 months (irregardless of use) or every 50 hours of use, whichever comes first. Even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the running belt is lubed from the manufacturer, it is not a bad idea to lubricate the running belt when first using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.

The Silicone icon in figure 1 will turn on in the display every 100 hours of use and is a reminder that it is time to lubricate the running belt. As indicated above it is best to lubricate the running belt every 50 hours of use. This is a reminder for the 2nd 50 hours. The icon will be in the display for 5 minutes and then it will turn off. To turn the icon off you can simply press the “Speed down” and “Incline down” buttons simultaneously till the icon goes off.



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

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

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.

The icon in figure 2 shows up in the display every 150 hours of use. This is a reminder to clean the unit really good. 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 a lot of pet hair or 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 as well.

Warning: Unplug the Power Cord Before Removing the Motor Cover.

After cleaning and checking all assembly hardware, to turn the maintenance icon off, press the “Speed down” and “Incline down” buttons simultaneously till the icon turns off.



801-973-9993
www.pcefitness.com

P.O. Box 981316
Park City, Utah 84098-1316