LifeSpan®

Life's short. Live longer.

Electric Adjustable Desk

Owner's Manual for SD120

Congratulations on Choosing
LifeSpan Workplace™ line of products.

These products give you the opportunity to remain productive while taking care of yourself as you integrate movement with normally sedentary tasks.

The average American now spends eleven hours, five days a week, sitting, and burns one-hundred fewer calories each day than they did a few decades ago. Sitting for long periods slows your metabolism, reduces calories burned, and increases your risk for heart disease and diabetes.

Whether you plan on placing this product in a TV room, replace your desk at home or are adding another workspace in the office, LifeSpan Workplace™ products are a great way to add movement to an otherwise sedentary activity.

Before you assemble or operate your product, please read this manual thoroughly. Important information, including safety precautions, ongoing product maintenance, assembly instructions, and information on proper operation are included.

If you need to contact LifeSpan customer service, call (877) 654-3837 and choose option 4.

Welcome

Warranty

Your LifeSpan treadmill/bike desk comes with the following limited warranty valid in North America. If you are outside of this area contact your local authorized LifeSpan dealer.

Desk Frame & Parts	2 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 replace defective parts. 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, call 877.654.3837 option 4 for a Customer Service Agent (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.

Proper Grounding

LifeSpan equipment must be grounded. Improper connection of the equipment's grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the outlet is properly grounded. Do not modify the plug provided with the product or use a ground plug adapter to adapt to a non-grounded outlet. If the plug will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Power Cord Options

This standing desk should only be used with the proper power cord and power outlet. Several power cord options (shown below) are available from LifeSpan. We do our best do include the correct power cord with the standing desk for your area. In the event that the correct power cord is not included in the packaging please contact your local distributor.
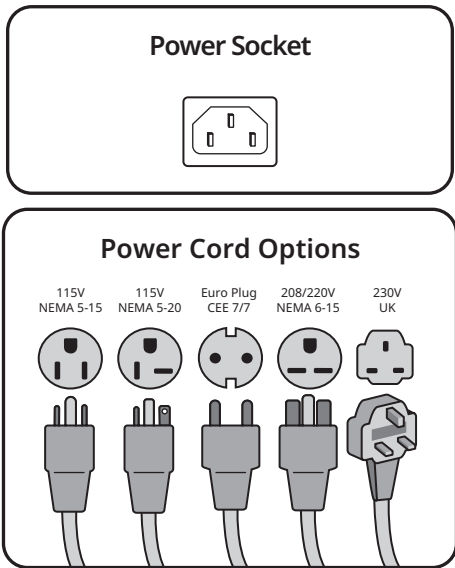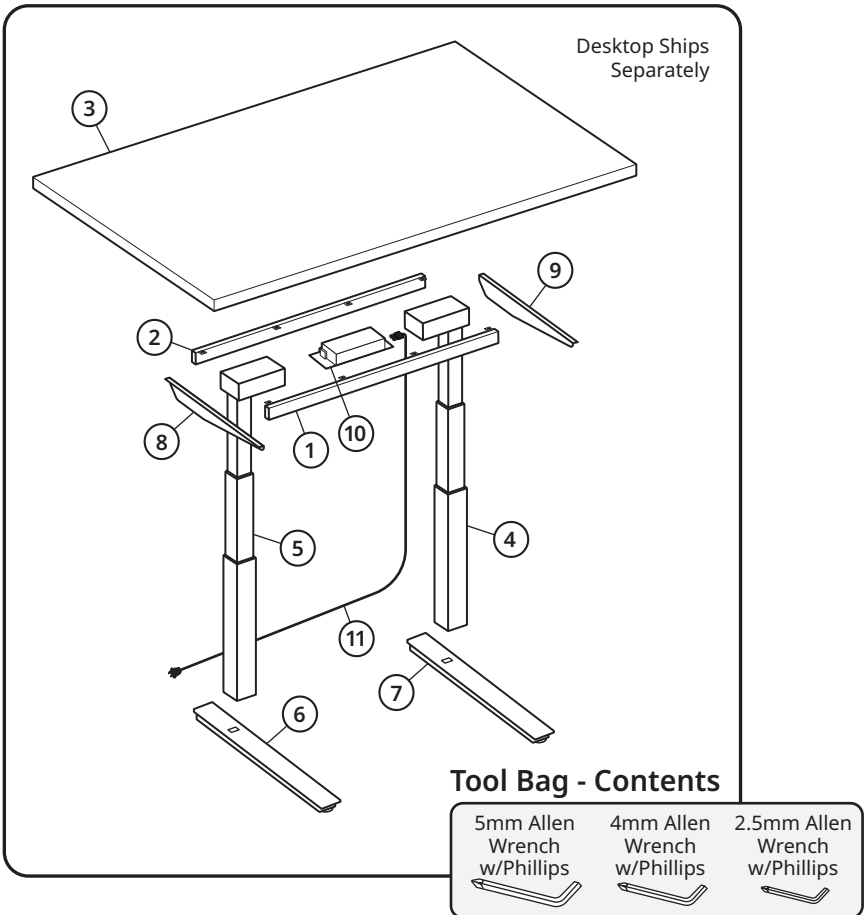

Do not use extension cords between the standing desk and power outlet.

Desk Assembly

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

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

Since your desk 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 may occur.

Desktop Ships Separately

Tool Bag - Contents

5mm Allen Wrench w/Phillips	4mm Allen Wrench w/Phillips	2.5mm Allen Wrench w/Phillips

Hardware Included

Item#	Part Description
1	Front Reinforcement Frame
2	Back Reinforcement Frame
3	Desktop
4	Right Motorized Leg
5	Left Motorized Leg
6	Left Base Foot

Item#	Part Description
7	Right Base Foot
8	Left Desk Support Bracket
9	Right Desk Support Bracket
10	Electronics Control Box
11	Power Cord

Hardware Bag Contents

Bag#	Item#	Qty.	Part Description
2	11	6	M6x15L Screws/Washers
3	12	6	M8x12L Screws/Washers
4	13	8	M8x35L Screws/Washers
6	14	8	M8x55L Bolts/Washers
8	15	4	M4x10L Screws/Washers

M6x15L (x6)
STEP 2 BAG

M8x12L (x6)
STEP 3 BAG

M8x35L (x8)
STEP 4 BAG

M8x55L (x8)
**STEP 6 BAG**

M4x10L (x4)
STEP 8 BAG

Desk Assembly

Step 1: Setup Your Workspace

> **LOCATE DESKTOP BOX**
> Contents: 1 Desktop

A. Place the desktop box on the floor with enough space to work around.

B. Open the box and if needed, turn the Desktop over so the screw holes are facing up. Building the desk on top of the cardboard of the box will help prevent the top of the desktop from getting scratched or damaged during assembly.
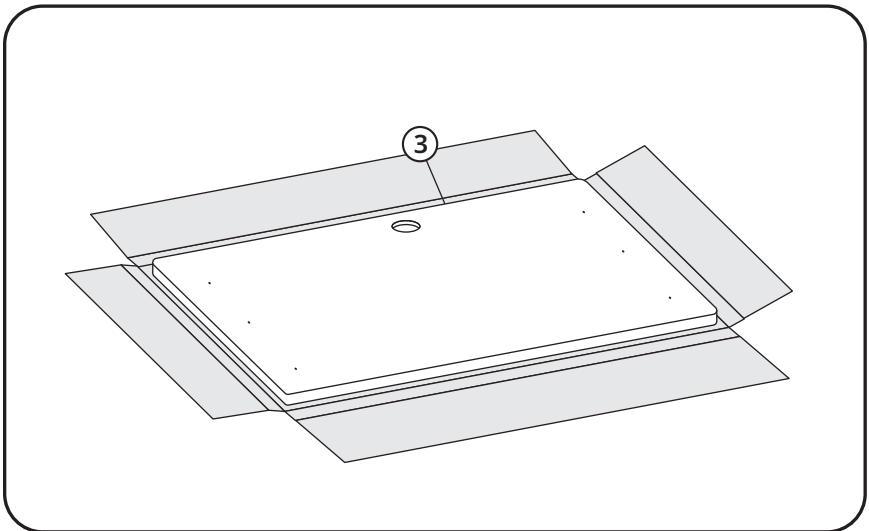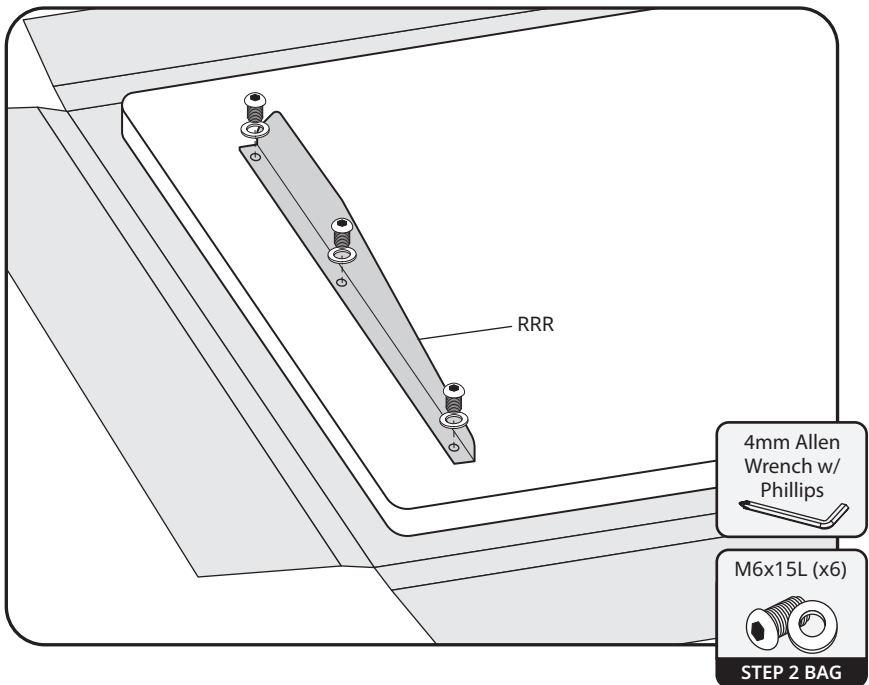
Step 2: Attach Support Brackets to Desktop

> **LOCATE BAG LABELED STEP 2**
>
> Contents: 6 each M6x15L Screws

A.   Position the Right Desk Support Bracket(9) on top of the Desktop(3) as shown in the illustration. **Finger tighten** each of the three M6x15L Screws and Washers(11) as shown.

B.   Repeat on the left side.

RRR

4mm Allen Wrench w/ Phillips

M6x15L (x6)

STEP 2 BAG

Desk Assembly

Step 3: Attach Right and Left Side Desk Support Brackets

LOCATE BAG LABELED STEP 3

Contents: 6 each M8x12L Screws with Washers

A. Attach the Right Desk Support Bracket(9) to the Right Motorized Leg(4). Each will have an "RRR" sticker attached for easy identification.

B. Stand the leg on the motor side as shown in the illustration and align the bracket.

C. Locate the screws for Step 3 and hand tighten the bracket to the leg. Then securely tighten with the included tool.

D. Repeat for the Left Desk Support Bracket(8) and Left Motorized Leg(5).

④

⑨

RRR

RRR

5mm Allen Wrench w/ Phillips

M8x12L (x6)

STEP 3 BAG
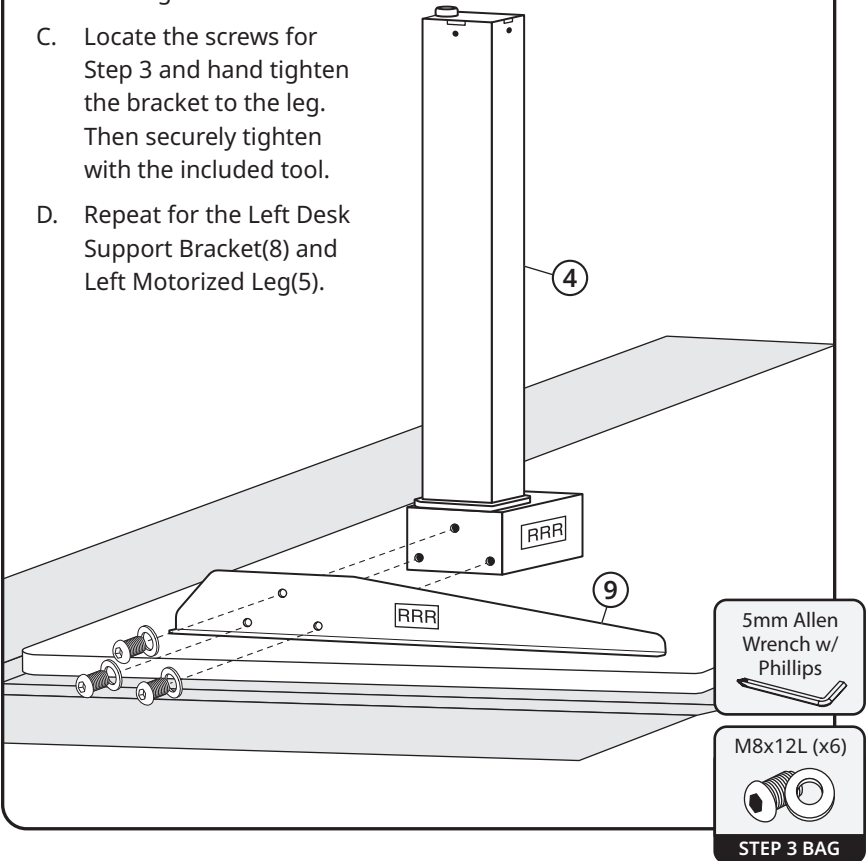
Step 4: Attach Reinforcement Frame

<div>

LOCATE BAG LABELED STEP 4
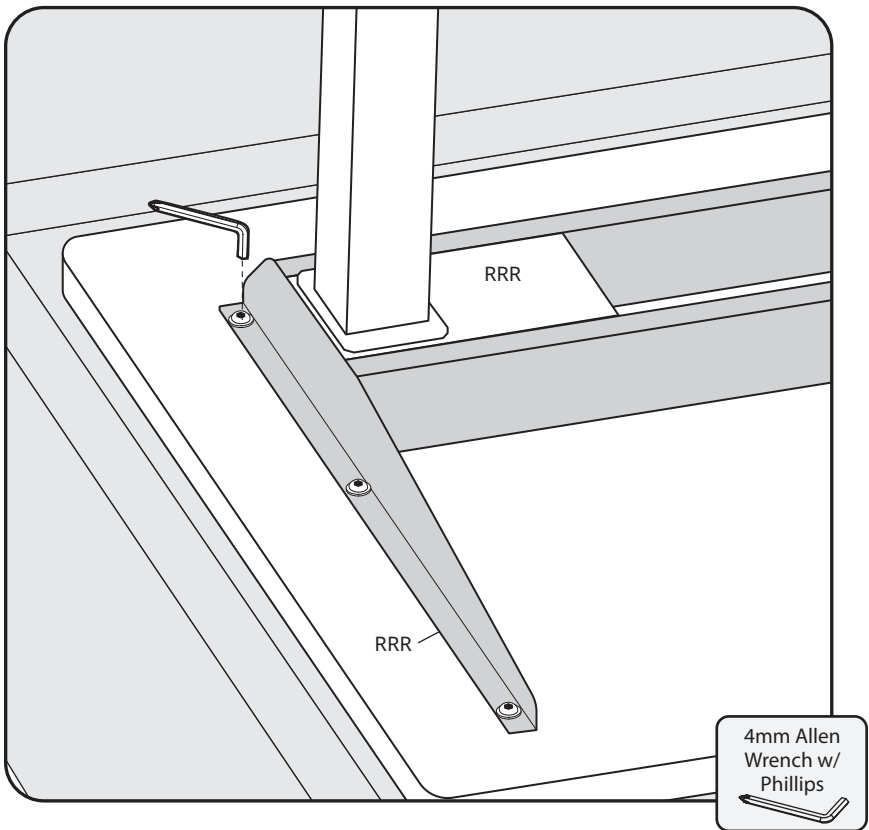
Contents: 8 each M8x35L Bolts/Washers.

</div>

A. Locate the Front Reinforcement Frame labeled (1) and the Back Reinforcement Frame labeled (2). Place these frames on Desktop with screw tabs down and facing each other as shown.

B. Extend Front and Back reinforcement Frames(1, 2) to align all mounting holes with Desktop(3) and Motorized Legs(4, 5).

C. Loosely install the eight M8x35L(13) bolts through the Reinforcement Frames (1,2) and into the Motorized Legs (4,5).

D. Tighten all eight M8x35L(16) bolts.

5mm Allen Wrench w/ Phillips

M8x35L (x8)

STEP 4 BAG
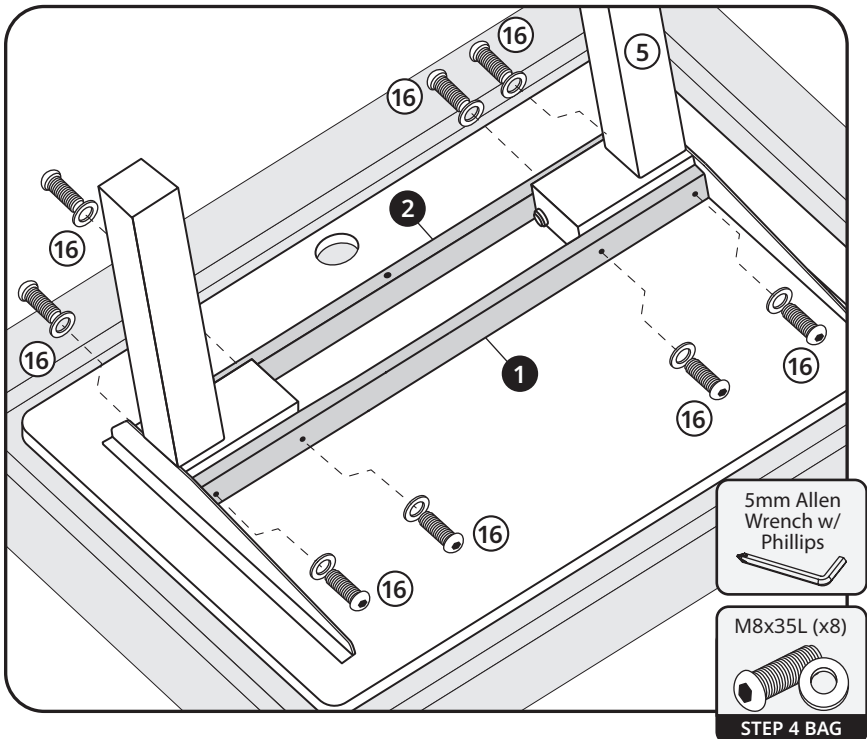
Desk Assembly

Step 5: Secure Desktop to Posts

A. After the reinforcement frame has been attached, **fully tighten** the Support Brackets to the desktop with the M6x15L Screws and Washers(15) as shown below.

F. Repeat the same procedure on the left side.

RRR

RRR

4mm Allen Wrench w/ Phillips

Step 6: Attach Base Feet

<div>

LOCATE BAG LABELED STEP 6

Contents: 8 each M8x55L Bolts with Washers

</div>

A. Insert four M8x55L Bolts and Washers through the Left Base Foot (6).

B. Align Left Base Foot(6) labelled "LLL" with the Left Motorized Leg(5).

C. Connect the Left Base Foot(6) to the Left Motorized Leg(5) with the four installed M8x55L Bolts with Washers(14).

D. Fully tighten each of the four bolts.

F. Repeat the same procedure on the right side.

5mm Allen Wrench w/ Phillips

M8x55L (x8)

STEP 6 BAG
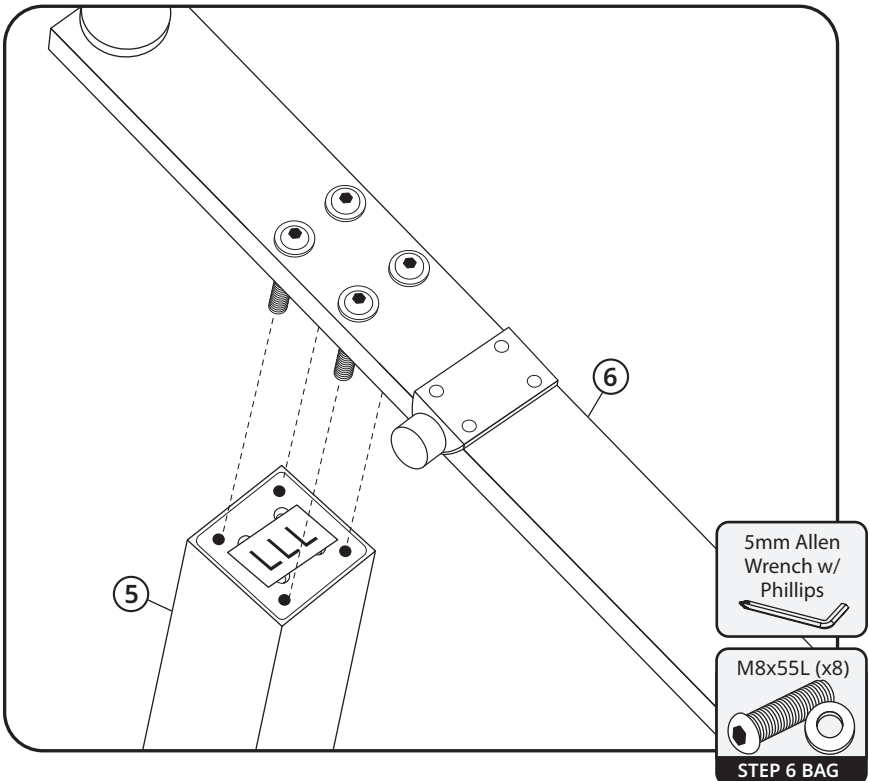
Desk Assembly

Prepare the Console for Desk Assembly
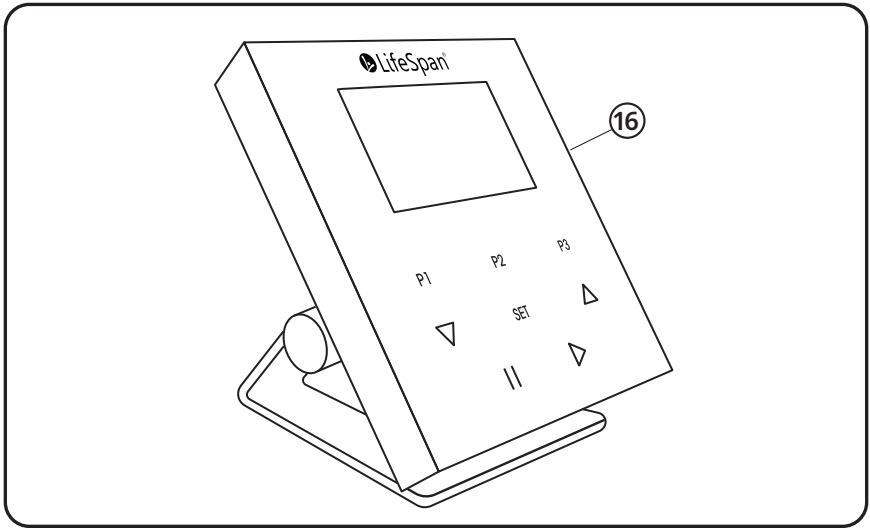
Console Box

Item#	Qty.	Part Description
16	1	SC120 Console
17	2	#6 x 1/2" Phillips Screw
18	1	Double Sided Tape
19	1	Safety Key Unit & Cable
20	3	Cable Ties
21	1	Velcro Strap
22	1	9 Pin Data Cable

#6 x 1/2" Screw x2

Double Sided Tape

Safety Key Unit

Cable Ties (x3)

9 Pin Data Cable

Velcro Strap
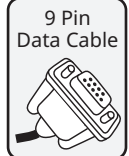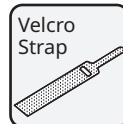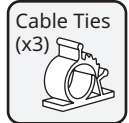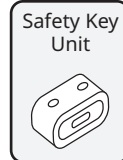
Open the packaging for the SC120 Console

You will need to open the console packaging at this point in the desk assembly process. There are a couple of cable connections to be made that integrate the console into the desk.

Step 7: Attach Electronics Controller Box

A. Lay the Electronic Control Box(10) next to the frame before connecting the cords. Make sure the notch is pointing to the front.

B. Connect cables from the Motorized Legs(4, 5) into each side of the Electronic Control Box(10).

C. Connect the cable from the Console to the Electronic Control Box(10).

D. Connect the Power Cord(11) to the Electronic Control Box(10).

Console

Left Side

Right Side
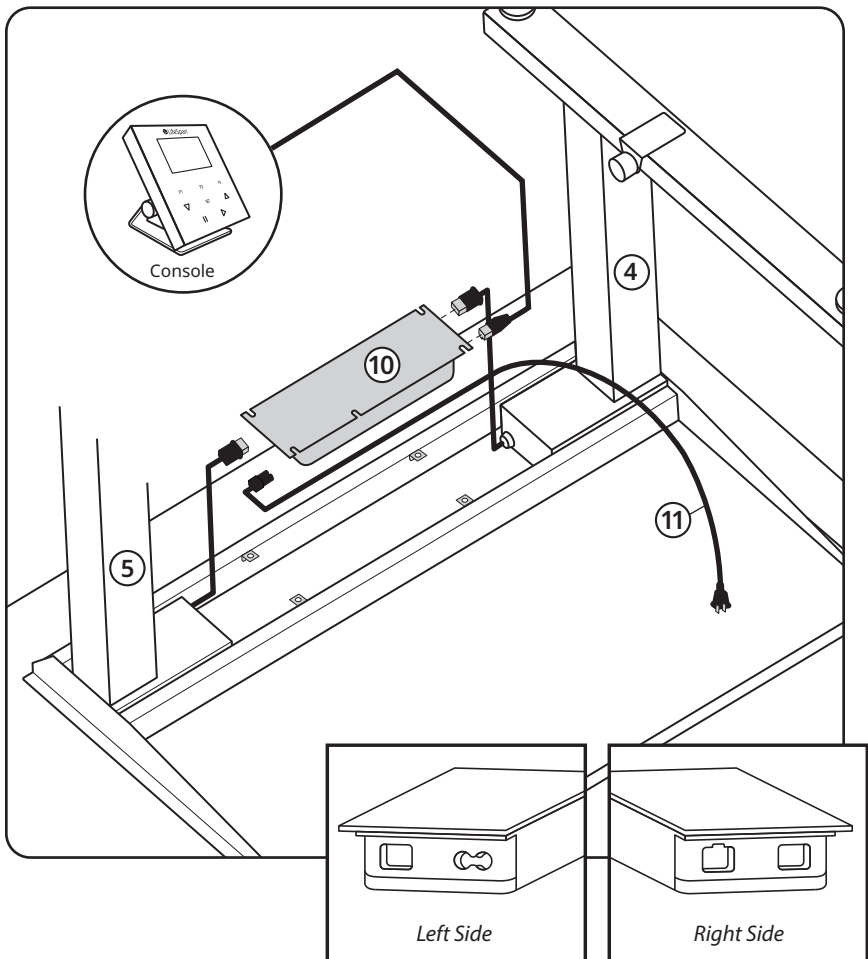
Desk Assembly

Step 8: Attach Electronics Controller Box Continued

> **LOCATE BAG LABELED STEP 8**
>
> Contents: 4 each **M4x10L** Screws/Washers

E.   Secure the Electronics Controller Box(10) in place with four M4X10L screws(15). You can run the Power Cord along the side of the Electronic Control Box so the end comes out the other side if it helps place it closer to an outlet.
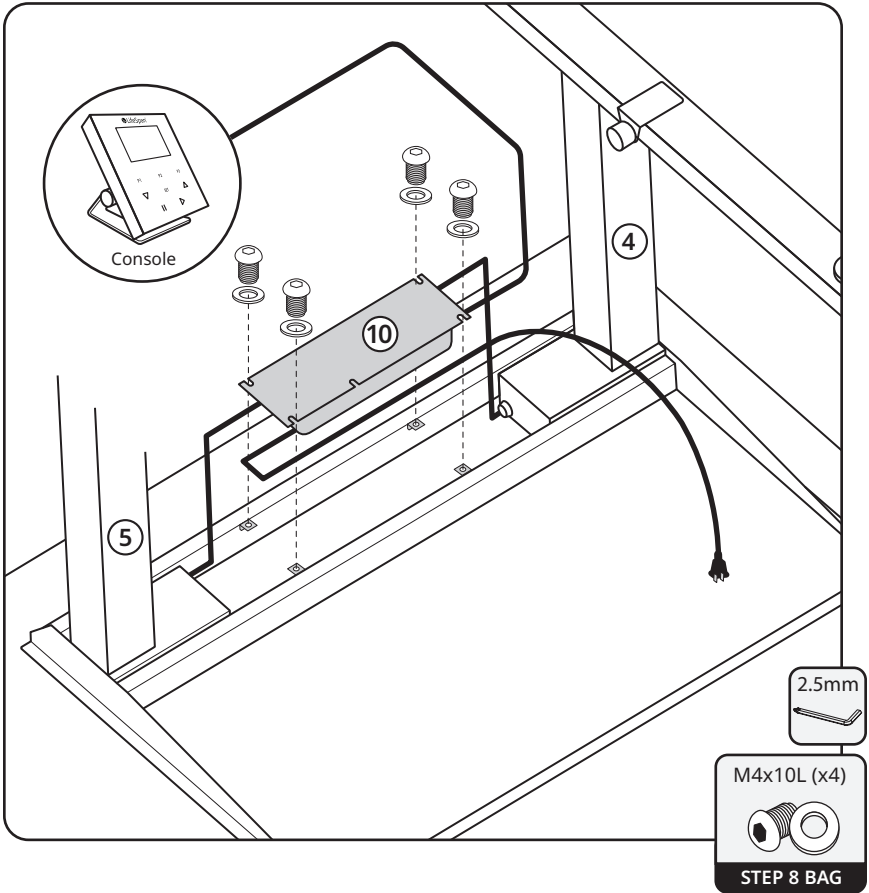
Step 9: Install the Safety Key

A. From the console packaging get the Safety Key Unit(19) and position toward the front center of the desk. Use the Double Sided Tape(18) to hold it in place.

B. Fasten to the desk with the two #6 x 1/2" Phillips Screws(17).

C. Position the cable for the Safety Key Unit in the center of the desk and attach with the Cable Ties(20). You can also use the Velcro Strap(21) to help bundle and organize your cables.

Secure Position With Double Sided Tape

Cable Ties (x3)

#6 x 1/2" Screw x2

Velcro Strap

Double Sided Tape
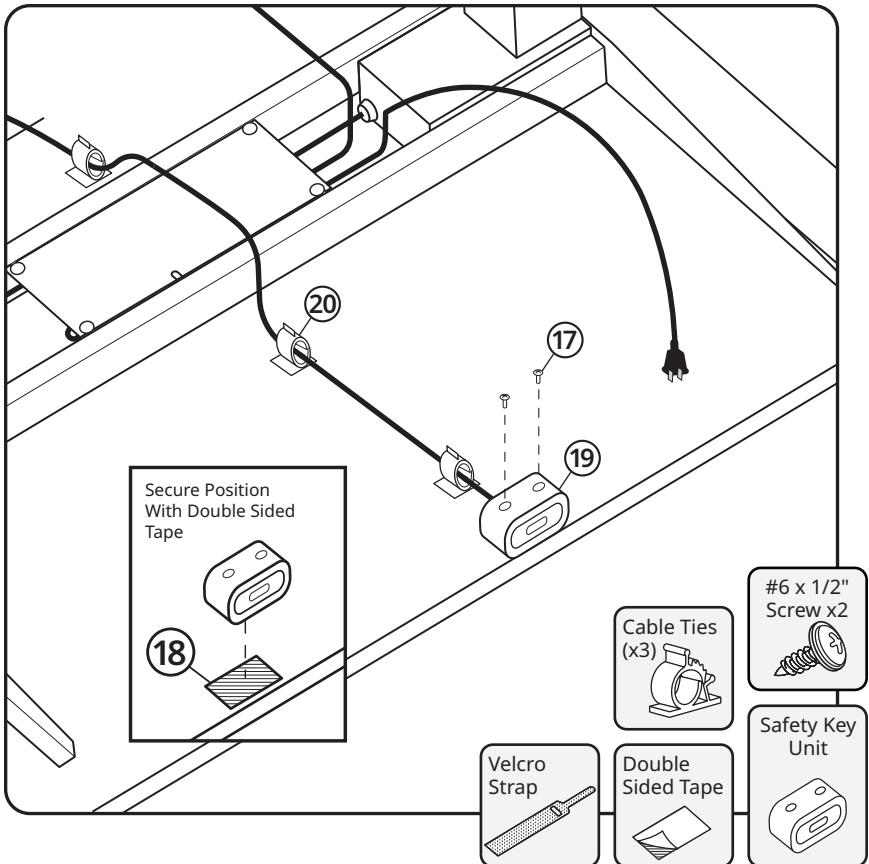
Safety Key Unit

Desk Assembly

Step 10: Turn Desk Upright

A. Use two people to lift and turn upright; and position on floor where desired.

B. Attach the end of the Safety Key cable to the back of the Console(16).

C. Plug desk cord into an outlet.
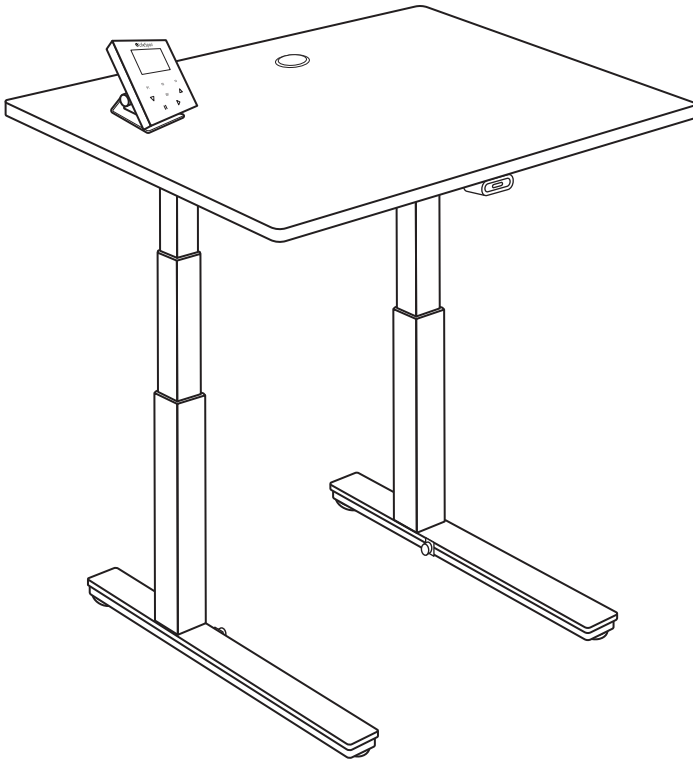
Moving Your Desk

1. Lift the desk via the frame. If lifting from the desktop or attachments, mounting hardware under the desktop could pull out causing personal or property damage.

2. Move the desk to a level surface and adjust leveling feet as necessary.

⚠ **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.

Setup Your Electric Adjustable Desk

Treadmill to Desk Setup

A. Position the pre-assembled treadmill as shown below.

B. Once in position, stand on the treadmill and see if you feet are too close to the hood. If so, reposition the treadmill further under the desk.

Roll Forward

D

Lift

**Treadmill
Connections,
Rear View**

22

7

Note: Be sure all connectors are plugged in prior to connecting the power cord

9 Pin
Data Cable

Power Switch

Power Receptacle
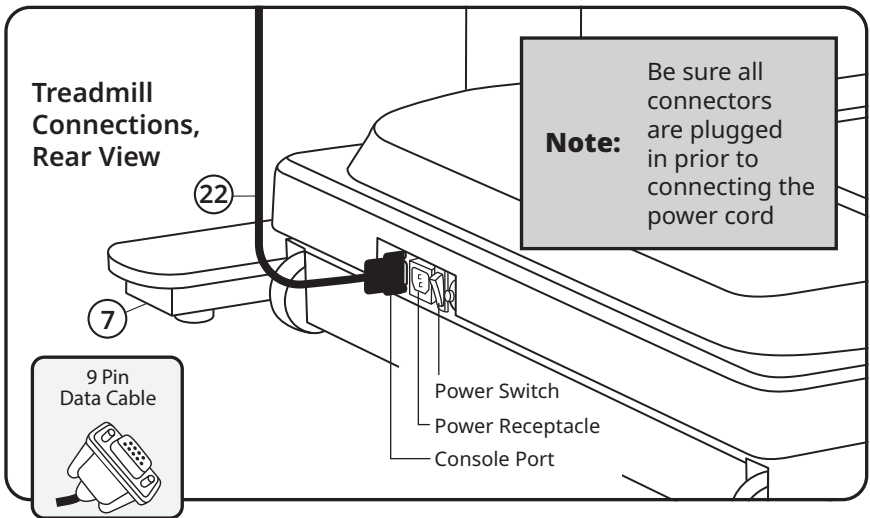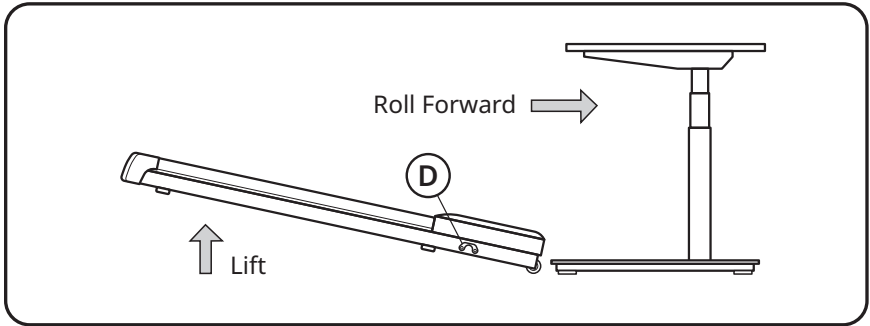
Console Port

C. Connect the 9 Pin Data Cable(22) from the Console into the treadmill Console Port and tighten the thumb screws.

D. Plug the Power Cord into the treadmill Power Receptacle and into a wall outlet.

E. Turn the treadmill Power Switch on.

Bike to Desk Setup

A.   Position the pre-assembled bike as shown below.

B.   Tilt the front of the bike up and roll it forward under the desk to the desired position.

Roll Forward

Place Into Position

Tilt Back

Bike Connections, Rear View

7

9 Pin Data Cable

22

Bike Data Cable

Note: Be sure all connectors are plugged in prior to connecting the power cord

C.   Connect the 9 Pin Data Cable(22) from the Console into the Bike Data Cable and tighten the thumb screws.
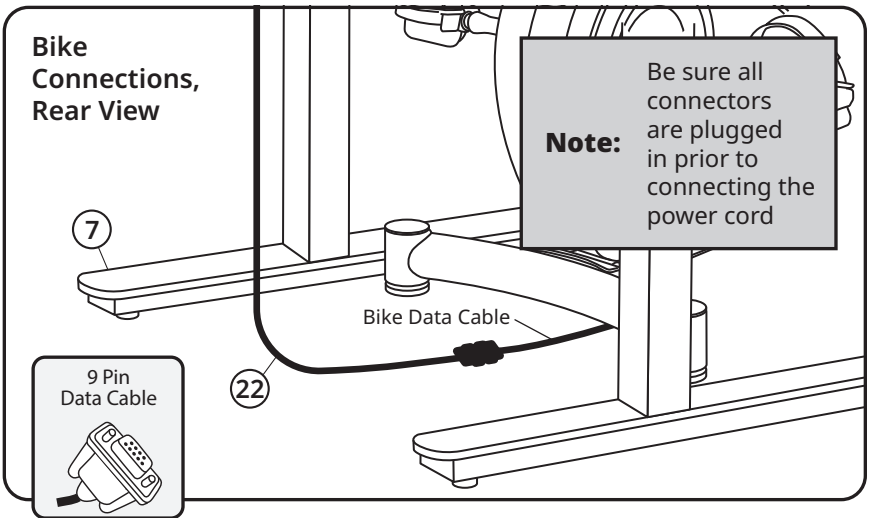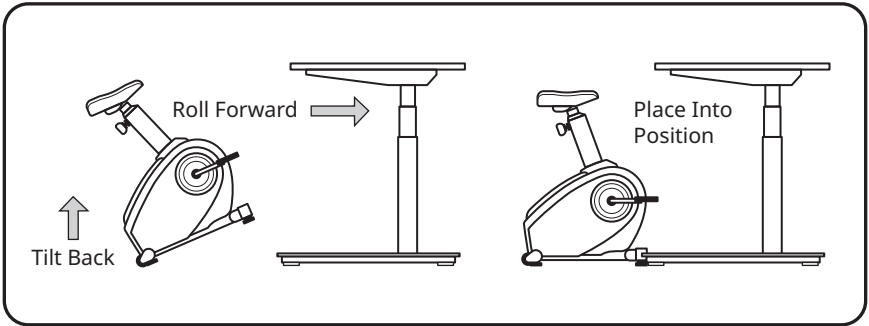
D.   Plug the Power Cord from the back of the bike to a wall outlet.

Treadmill/Bike Desk Operation
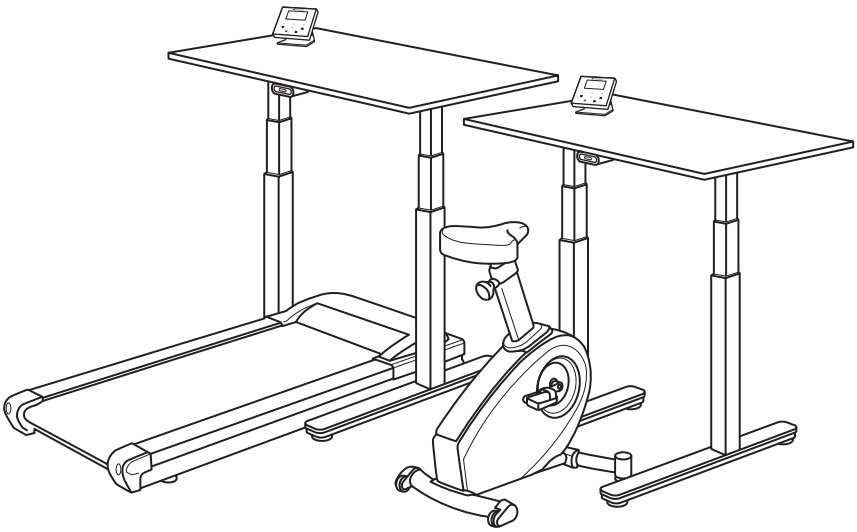
Treadmill/Bike Desk Operation

Console Specifications

Readouts	Time, Date, Speed(Treadmill/Resistance(Bike)), Distance, Exercise Time, Calories, Steps, Speed (Bike), Summary
Display	3" 400x240 pixel TFT
Bluetooth	Yes
Buttons	Desk Height Preset, Height Up/Down, Set, Pause/Stop, Start

Desk Specifications

Speed Range	0.4 - 4.0 mph* 0.6 - 6.4 kph	
Dimensions	Two Optional Sizes:	38"W x 29"D in– (96.52"W x 73.66 D cm) 48"W x 29"D in – (120.65 W x 73.66 D cm)
Desktop Height Adjustment Range	Approx. 28 in. to 50 in. Approx. 71 cm to 128 cm	
User Height Range	3'9" - 7'2" 120 - 220 cm	
Height Adjustment Method	Electric	
Desktop Material	High-density Composite Board or Bamboo	
Desktop Surface	Durable Laminate or Bamboo	
Maximum Load on Desktop	220 lbs 100 kg	
Desk Lift Speed	Up 1.7 in/sec, Down 1.9 in/sec Up 4.3 cm/sec, Down 3.8 cm/sec	
Desk Height Memory	3 Pre-Sets	

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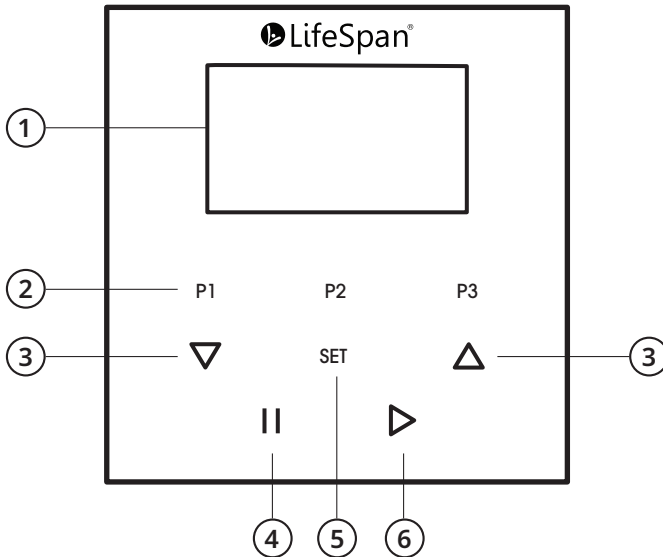
Console Button Functions

1. 3" Display Screen

2. Preset buttons: Used for desktop height adjustment or for preset treadmill speeds

3. Up and Down Arrows: Used to adjust desktop height or making selections in Initial Setup and Personal Settings. When using treadmill will increase or decrease speed. When using the desk bike, will increase and decrease pedal resistance.

4. Pause/Stop Button: Used to pause/stop the treadmill, or to pause bike program. Press again and the summary screen of your exercise data will show. This is also used to back out of any current screen you are on. When you press and hold down it will turn off the console.

5. Set: Tap the Set button to access Personal Settings. Press and hold the Set button to access initial setup screen.

6. Start Button: Press to start the treadmill.

Treadmill/Bike Desk Operation

Quick Start

- Make sure the safety key is set in place.

<table>
<tr><td>**Note:**</td><td>The display will show a warning image if the Safety Key is not engaged. Please make sure that the Safety Key is fully engaged. It is possible the display will not show a warning when just partially engaged.</td></tr>
</table>

- Press and hold the Start Button to turn on console screen.
- Enter settings for Initial Setup Mode.
- Press the up and down arrows to adjust the desk height.
- Press and hold the Start Button for 2 seconds to start the treadmill. If using a desk bike this will start recording your exercise data).
- Use the up and down arrows to adjust speed or pedal resistance.
- Press the Pause/Stop button to stop treadmill belt, and pause the exercise program.
- Press the Pause/Stop button to exit the program and to see your exercise summary.
- Press the Pause/Stop button to exit exercise summary and enter standby mode.
- Press and hold the Pause/Stop button to turn off the Console.

Initial Setup Mode

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

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

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

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

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

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

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

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

Height: Use the up and down buttons to input your height. Press Set.

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

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

Desktop Height Adjustment

You can only adjust the height of the desktop when the treadmill belt is not moving.

- Use the up and down arrows to adjust the height of the desk.

Preset Desktop Height Settings

To set the desktop height presets, your console screen needs to be in standby mode that shows the date and time. Press the Pause/Stop button to back out of any screen you may be on and it will return you to the standby screen.

- Press the up and down arrow keys to adjust the desktop to your desired height
- Press and hold the P1, P2 or P3 key. A message on the screen will tell you that the height has been successfully set.

Treadmill/Bike Desk Operation

Custom Settings

- Tap the Set Button to enter Settings mode.
- Press the up or down arrows to highlight your choice selection.
- Press the Set Button to scroll down the list to the next item.
- Press the Pause/Stop button to exit Settings mode.

Intelli-Guard — Intelli-Guard ON/OFF. (Treadmill only)

Buzzer — Turns off the normal treadmill beep that happens at every button press.

Speed Resume — Controls whether, after a Pause, the treadmill resumes the most recent walking speed, or resets to 0.4 mph. If ON, the speed resets to 0.4 mph. (Treadmill only)

Speed Limit — The maximum speed of the treadmill.

Adj. Desk — The default setting of Present lets the desk height be adjusted. The None setting keeps the desk at its current height and prevents it from being adjusted.

BT ID No. — You can change the last two digits of your console's Bluetooth Identification Number. In the event that you have two or more SC110/SC120 consoles in the same room, and both have the same BT ID No, you can change one of them to be different. Your number options are from 00-99.

Sleep Mode — Set the amount of minutes before the console/treadmill go to sleep. Can set from 0 - 99 minutes.

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

Settings Display

Setting	Choice 1 (Default)	Choice 2
Intelli-Guard	ON	OFF
Buzzer:	OFF	ON
Speed Resume:	ON	OFF
Speed Limit (mi/h):	2.0	4.0
Adj. Desk:	Present	None
BT ID No.	LifeSpan-TM-2001	
Sleep Mode:	10	
Preset	Height	Speed

Troubleshooting

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

Problem: The console is erratic or not lighting up.

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

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

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

Problem: The treadmill automatically pauses during a workout.

Solution: The treadmill is not picking up the step count. Go into the Personal Settings section (page 31) to turn the Intelli-Guard feature off.

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

Follow the instructions on page 35 regarding how to deal with this error message.

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

Solution: Turn the treadmill desk power switch off. Unplug and re-plug the connections made in Step C on page 22. Make sure the thumb screws are properly tightened. Turn the treadmill desk power back on and check to see if it functions properly.

Problem: The desktop surface is not level.

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

Problem: "E32" appears in the display.

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

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

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

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

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

Problem: "E26" appears in the display.

Solution: There may be too much weight on the desktop. The motor cannot lift up the desk or the lift mechanism may be stuck. Remove weight from desktop. Check for and remove any obstacle that my be obstructing the desk from lifting. If the problem persists, contact LifeSpan Customer Service.

Problem: "Table UART" appears in the display.

Solution: Check the connection of the console wire that goes into the Electronic Control Box. It is most likely a loose connection.

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

Troubleshooting

This bike desk has been designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: The console is erratic or not lighting up.
Solution: Check to make sure the bike is properly plugged in. Make sure the connectors on the bike and under the desktop are fully plugged in. If the problem persists contact LifeSpan customer service.

Problem: "Table UART Communication Time Out" appears in the display.
Follow the instructions on page 35 regarding how to deal with this error message.

Problem: "E32" appears in the display.
Solution: Check to make sure the motor wires from the Left and Right Motorized Legs are properly connected into the Electronic Control Box. See

page 17. Run calibration by pressing and holding the height $\triangledown\triangle$ adjustment buttons simultaneously for three seconds.

Problem: The desktop surface is not level.

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

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

UART Trouble Shooting

If you do not have an adjustable motorized desk connected to your OMNI Hub Console please choose **INSTRUCTION A.**

If you have an adjustable desk connected to your OMNI Hub Console please choose **INSTRUCTION B.**

INSTRUCTION A:
Problem: "UART" appears in the display. (For under OMNI-Hub Consoles without any motorized desk connected to it)

Notice: The steps below have a bit of a learning curve to it, and it usually takes around 4 to 5 tries before most people successfully do it correctly. Because of this we would like to ask for a bit of your patience in performing this troubleshooting procedure.

That "UART" error is actually something to do with the configuration of the console causing it to try and look for a cable connection going to a motorized desk.

To solve this we just have to tell the console to stop looking for a motorized desk and that error should go away.

But before we begin please turn off the treadmill by flipping the power switch on the lower front of the machine (Close to where the power cord is connected into the front of the treadmill) to the "Off" position.

After that please check and make sure that the connection between the console and the treadmill (Page 22) is secured.

Once you confirm that the cable connection is secured, we will now begin to set the configuration.

Note that you would need to do the steps below within a certain amount of time (Around 20 to 30 seconds) before the UART error comes up again because once the error is back on the screen you would need to power off the treadmill again for about 10 seconds using the power switch before turning it back on again and trying to start over.
1. Power the treadmill by flipping the switch back to the on position.

2. Press the "Set" button for 1 second to enter the menu. (Note: if you encounter the screen that ask for the date time weight etc. just press the "Set" button in quick succession until it enters the menu)

3. Once in the menu tap the "Set" button to cycle thru the available options and find the one that says "Adj Desk", once you find the "Adj Desk" use the up or down arrow button to set it to "None"

4. Once you confirm that the option for "Adj Desk" is set to "None" press and hold the "Pause" button (The button with the two red vertical lines button) for 1 second to save the settings and exit the menu.

Note: Press and hold for 1 second only do not hold it for too long since it will not save properly if you do so

If done properly the console will go to the home screen and you will be able to operate the treadmill which you can do by pressing and holding the "Play/ Start" (Green triangle button) button for 1 second before letting go of it.

If in case you are still having some issues after trying the steps a few times please call LifeSpan Customer Support so that we can do our best to assist you.

INSTRUCTION B:
Problem: "UART" appears in the display. (For OMNI-Hub Consoles with a motorized desk connected to it)

If your treadmill came with a LifeSpan adjustable motorized desk the error would most likely be caused by a loose connection.

But before we begin please turn off the treadmill by flipping the power switch on the lower front of the machine (Close to where the power cord is connected into the front of the treadmill) to the "Off" position.

After that please check and make sure that the connection between the console and the treadmill (Page 22), and all the wire connections on the desk including the cable that connects the console and the motorized desk (Page 17) are all secured.

Note: The connections on page 17 are friction fit connections meaning they are designed to be a tight fit in order for the cables to stay in place after installation. Because of this you may need to wiggle the wire leads a bit as you push them in to ensure that they really go all the way in and form a reliable connection with the desk motor control board (Black circuit box).

Once you are sure that all the cable connections are secured you can go ahead and power the treadmill back on using the power switch in front of it to see if the error would be resolved.

If in case you are still having some issues after trying the steps a few times please call LifeSpan Customer Support so that we can do our best to assist you.

Electric Adjustable Treadmill Desk
SD120

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Treadmill Desk Patent(s) Pending