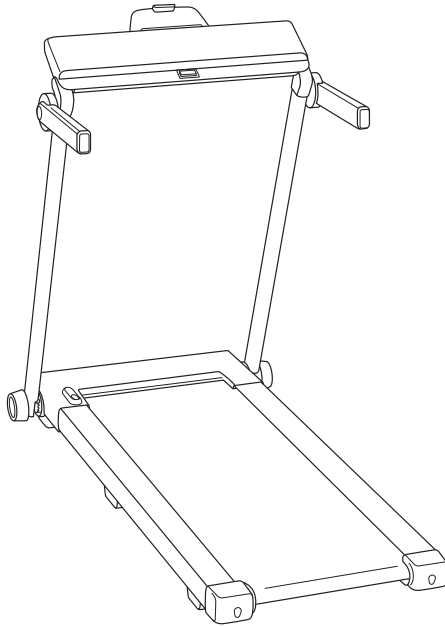




Life's short. Live longer.



## Treadmill

Owner's Manual for TR650 Slim

### **Congratulations on Purchasing Your LifeSpan Treadmill!**

At LifeSpan we take pride in the quality, safety, and reliability of our products as well as the professionalism of our sales support and customer service teams. Making it our number one priority that you have an exceptional experience using our products.

To support the quality of our products we pre-assemble parts on the manufacturing line whenever possible to reduce the number of steps and complexity of customer assembly, independently certify our products to comply with the latest industry Safety Standards, and use state of the art production processes and quality components.

Then we back LifeSpan products with excellent warranties and a responsive customer service department making it simple and easy to get assistance should the need arise.

This attention to quality, our high standard for customer service and focus on innovation has earned LifeSpan numerous awards and consistent praise from independent review groups, industry authorities and you, the consumer.

Thanks for choosing LifeSpan.

Please thoroughly read this manual before you assemble or operate your treadmill. Neither LifeSpan nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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## Specifications

### Console

Unfolded Size	56.3" x 37.7" x 48.9" inches (1430 x 807 x 1241mm)
Folded Size	9.8" x 37.7" x 56.3" inches ( 250 x 807 x 1430 mm)
Running Surface	17.7 x 47.25" inches (450 x 1200 mm)
Net Weight	94.8 lbs (43 kg)
Power	110V 60Hz
Drive Motor	1.5 HP
Speed Range	0.6-10 mph (1-16 km/h)
Max User Weight	220 lbs (110 kg)
3 LED Window With Red Back Light	Speed, Time, Distance, Calories

## About Your Treadmill

### Warranty

Your LifeSpan TR650 Treadmill comes with the following limited warranty that is valid in North America. If you are outside of this area contact your local authorized LifeSpan dealer.

<b>Frame</b>	10 Years
<b>Parts</b>	2 Years
<b>Labor</b>	1 Year

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

If within the time frames specified above, if any part fails to operate properly, login to our website at [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com), click on "Customer Service" and complete the form to request assistance or call 801-973-9993 x4 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 from the original owner.

### Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to [www.lifespanfitness.com/support/registration](http://www.lifespanfitness.com/support/registration). Registration must be completed within 60 days of delivery to activate the product warranty. Product warranties are not valid unless the registration is properly completed within 60 days. You can also scan the QR code to register.



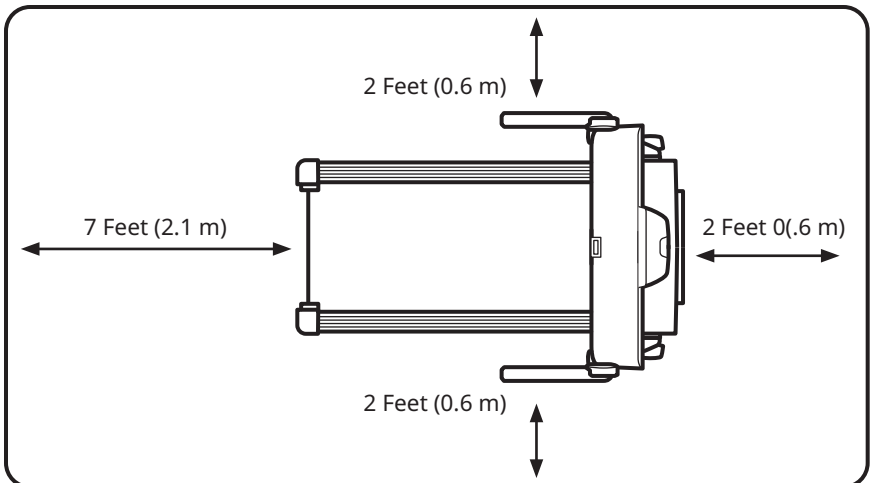
When using exercise equipment, basic precautions should always be followed, including:

- Attach the safety key to clothing or belts before using the treadmill.
- Please do not insert any items to any part of the equipment, which would damage the equipment.
- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- Never start the treadmill while you are standing on the treadmill belt. After turning the power on and adjusting the speed control, there may be a pause before the treadmill belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving.
- Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- Keep children and pets away from the treadmill while starting workout.
- Don't exercise within 40-Minutes of eating a meal.
- The equipment is suitable for adults. Juveniles need be accompanied with an adult during workout.
- Until you become comfortable and familiar with the treadmill, hold onto the handrails as you start your workouts.
- This is an indoor-use treadmill and is not meant for outdoor use. To avoid damage store in a place that's clean, flat and dry. Using the treadmill for any other purpose is prohibited.
- The power cord is for treadmill use only. In case the power cord is damaged, please purchase power cord from your local distributor or LifeSpan Fitness.
- If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, pull the safety key from the console. The treadmill will come to a sudden stop.
- Connect the power cord directly to the wall power outlet. Do not use an extension wire. Keep the power cord away from any heat source. Do not place any heavy objects on top of the cord. Do not use a multi plug power strip since it might cause a poor connection and lead to fire or electric shock.

## Safety First

- When the treadmill is power off for long time period, please un-plug the power cord. Please hold the connector to unplug from wall power socket, do not pull the wire to remove it from wall socket, it might cause power cord damaged. The power cord has to connect with safety grounding socket. This power cord is specific for treadmill usage, if the power cord is damaged please contact with your supplier/local vendor.
- 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.
- This Treadmill is only for home use.
- Keep the treadmill on a solid level surface, with the side rails and front of the treadmill a minimum of 2 feet (0.6m) from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 7 feet (2m) of clearance is required for safety reasons.

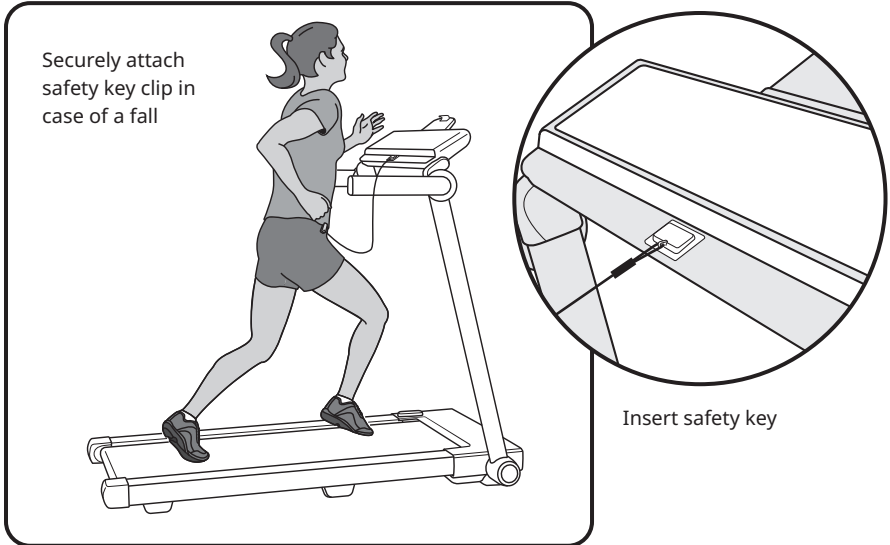
### Safety Clearance





## Safety Key

The safety key is required to operate this treadmill. With the safety key engaged (pushed in) the treadmill is operational. With the safety key pulled, power is turned off to the motor making the treadmill inoperable.



**CAUTION:** For your safety always attach safety key clip to an article of clothing prior to use. The safety key clip needs to be securely attached to clothing parallel to or above the height of the safety key.

**WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

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

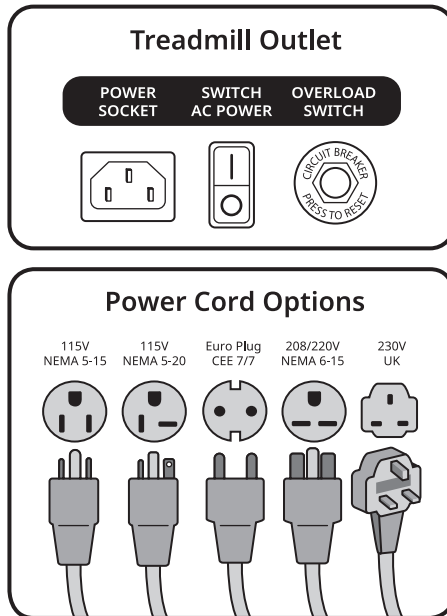
# Safety First

## Proper Grounding

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

## Power Cord Options

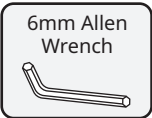
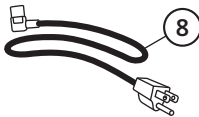
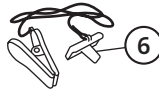
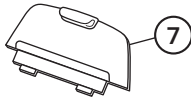
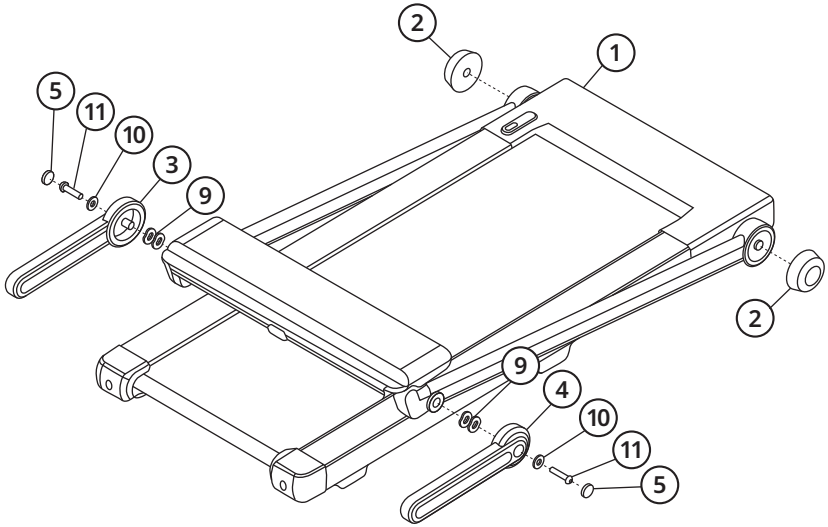
This treadmill should only be used with the proper power cord and power outlet. Several power cord options (shown below) are available from LifeSpan. We do our best to include the correct power cord with the treadmill for your area. In the event that the correct power cord is not included in the packaging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



**!** **DO NOT** use extension cords between the treadmill and power outlet.

**!** **DO NOT** plug into a GFI outlet or circuit as it may trip the breaker.

# Assembling Your Treadmill



## Exploded View

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

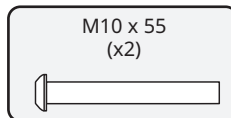
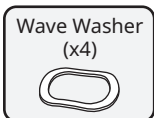
Since your treadmill is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.

## Hardware Included

Item#	Part Description
1	Main Frame
2	Rotary Knob Set
3	Left Hand Bar
4	Right Hand Bar
5	Hand Bar Sticker
6	Safety Key
7	Smart Phone Rack
8	Power Cord

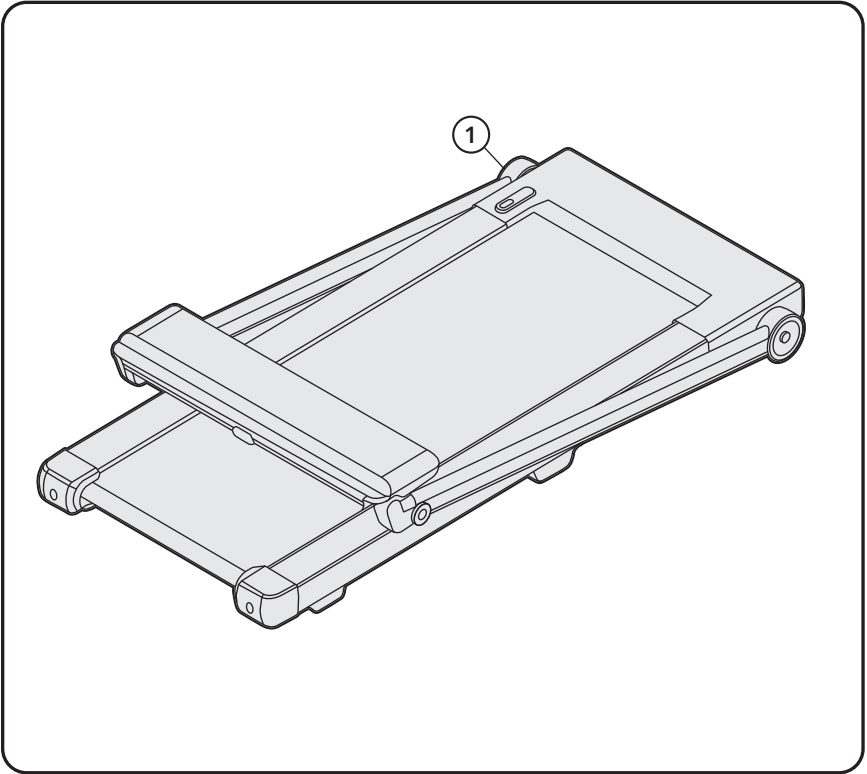
## Hardware Bag Contents

Item #	Qty.	Hardware Description
9	4	Wave Washers
10	2	Isolation Nylon Pad
11	2	M10x55 Bolt
12	1	Silicone Oil



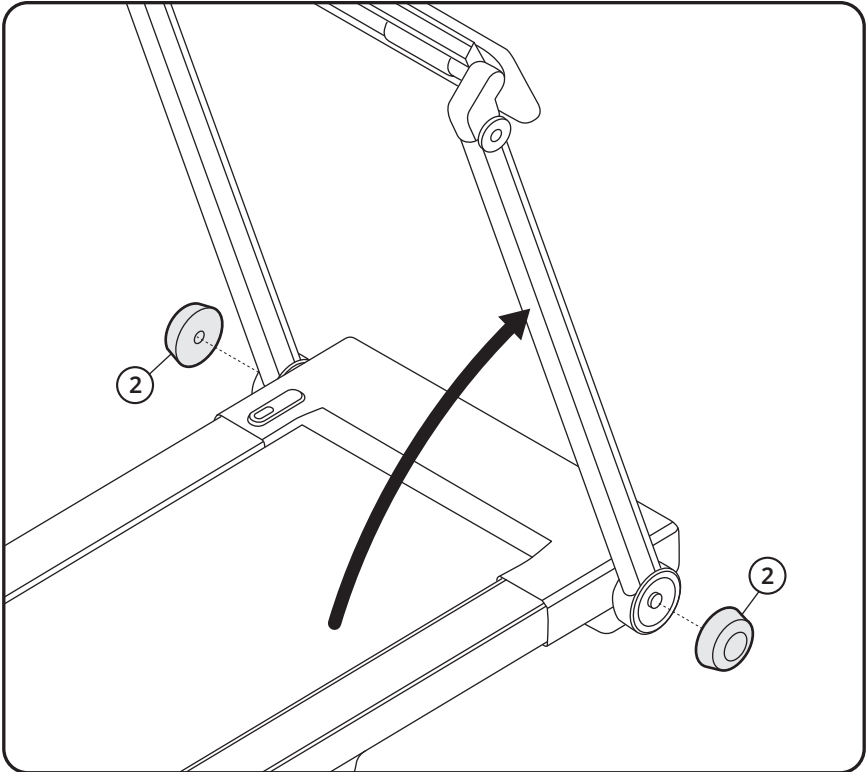
**CAUTION:** Avoid damaging parts by not using power tools.

## Assembling Your Treadmill



### Step 1: Unpacking the Treadmill

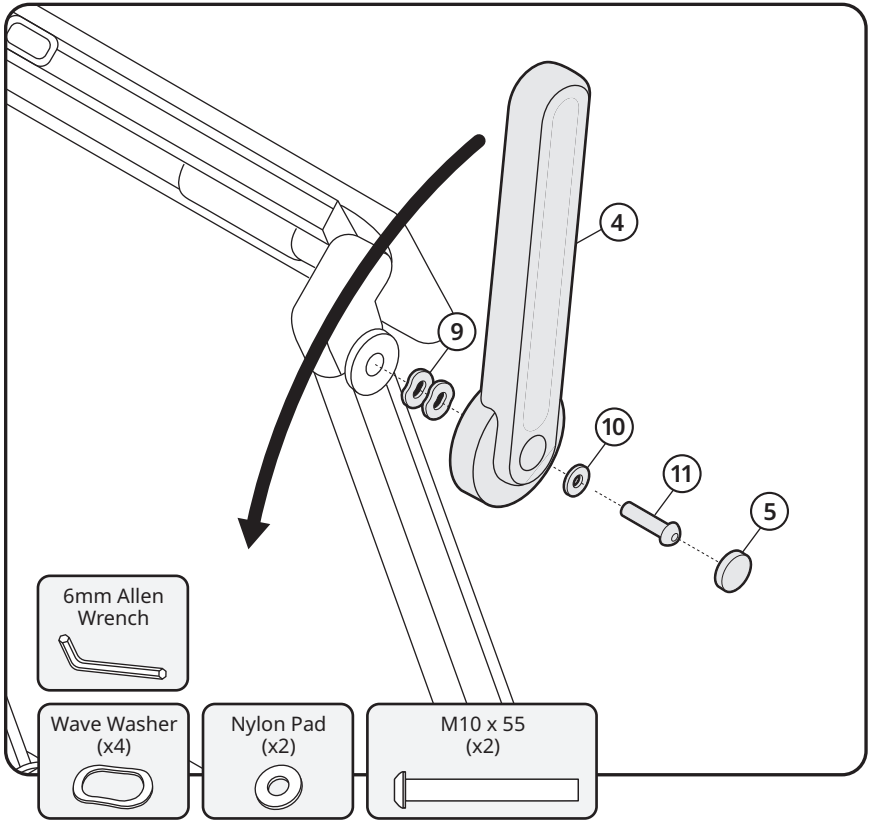
- A. Open the box.
- B. Remove small parts and packaging material and unwrap parts.
- C. Place the Main Frame(1) onto a level surface for assembly.



### Step 2: Securing the Uprights

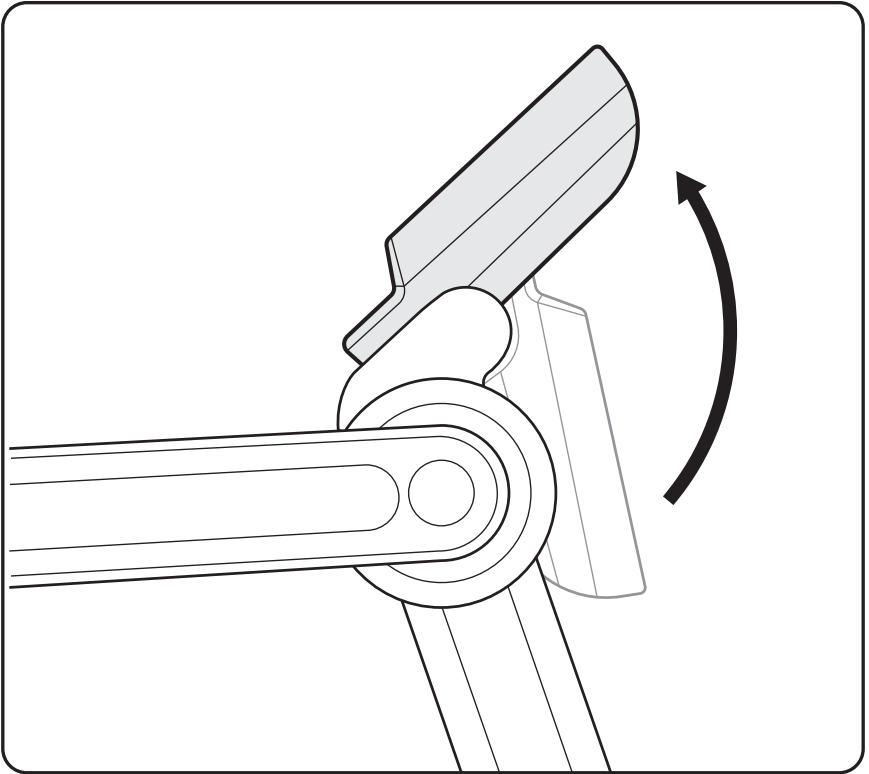
- A. Lift the uprights as shown in image above. Support the upright with one hand to prevent it from falling down causing possible injury.
- B. Screw on the Rotary Knob(2) to lock the right upright to the main frame.
- C. Repeat for the other side.

## Assembling Your Treadmill



### Step 3: Attaching the Hand Bars

- Place two Wave Washers(9) on the inside post of the Right Hand Bar(4). Then slide the Hand Bar onto the treadmill upright.
- Place one Nylon Isolation Pad(10) onto a Bolt(11) and slide the Bolt into the Hand Bar. Rotate the Hand Bar to a horizontal position and tighten with #6 Allen Wrench. Insert the Hand Bar Sticker(5) into place to cover the bolt.
- Repeat Steps A-B with the Left Hand Bar(3).

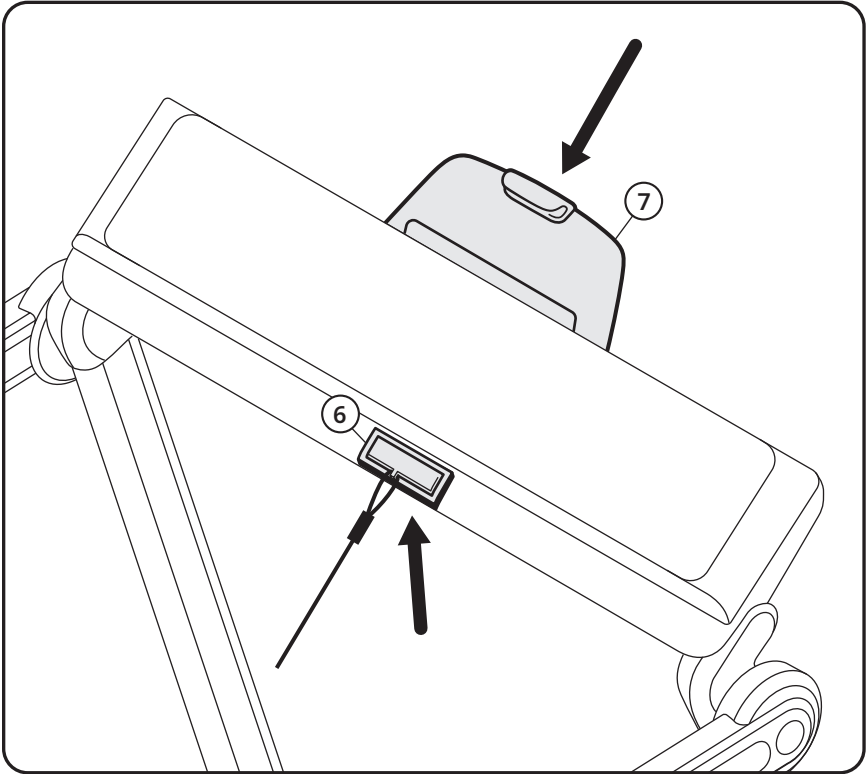


### Step 4: Console

- A. Roll the console upward until it is completely upright.

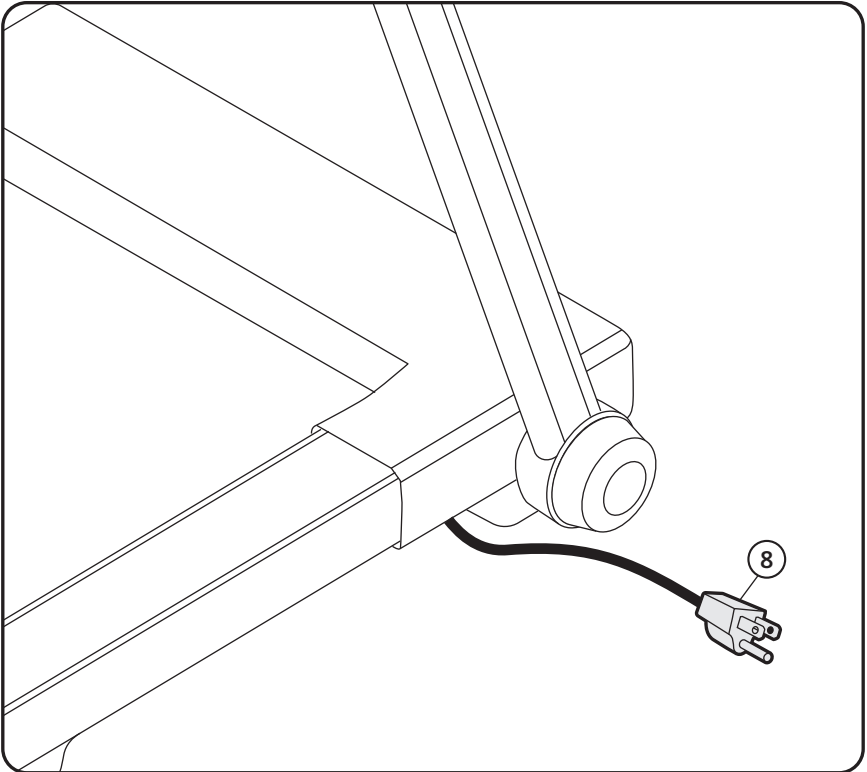


## Assembling Your Treadmill



### Step 5: Final Attachments

- A. Insert the Safety Key(6) into the Console.
- B. Insert the Smart Phone Rack(7) into the top of the Console.



### Step 6: Attach Power Cord

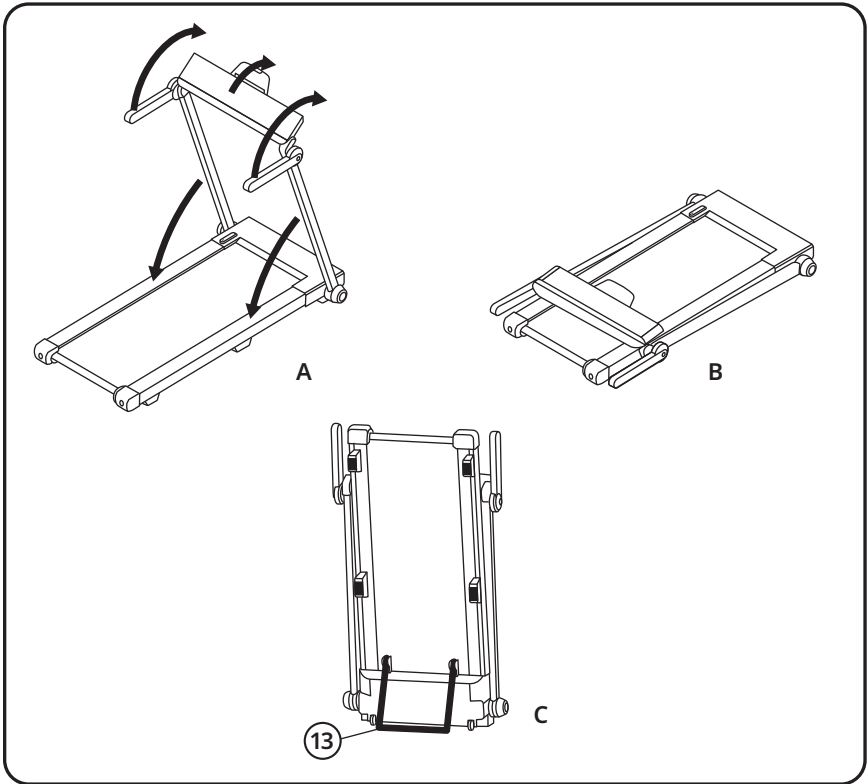
- A. Plug the Power Cord(8) into the treadmill base. The connection is in front of the upright post on the right side.

**Note:** Please review your work to confirm that assembly is complete. Read instructions on operation before using treadmill.

## Storing the Treadmill

### Folding the Treadmill Up

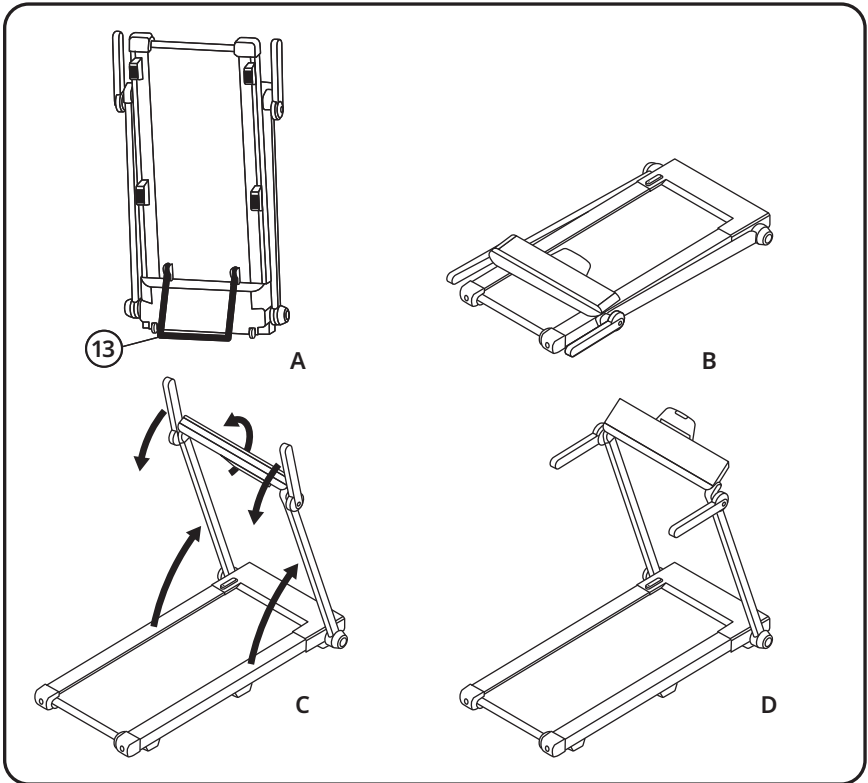
- A. Turn the Console backward so it lies against the uprights. Turn the Hand Bars up like the uprights. Hold the upright up and unscrew the Rotary Knob Set until the upright can be folded down as shown in picture (B). Then retighten the Rotary Knob Set.
- B. Use both hands to lift up the treadmill as in picture (C), and use one foot to hook up the Base Frame(13) and then gently put down the Base Frame until hearing the sound that the Base Frame is locked into the main frame.



**Note:** Once folded the treadmill must be placed close to a wall. If there are children or pets, it is better not to fold up.

### Unfolding the Treadmill

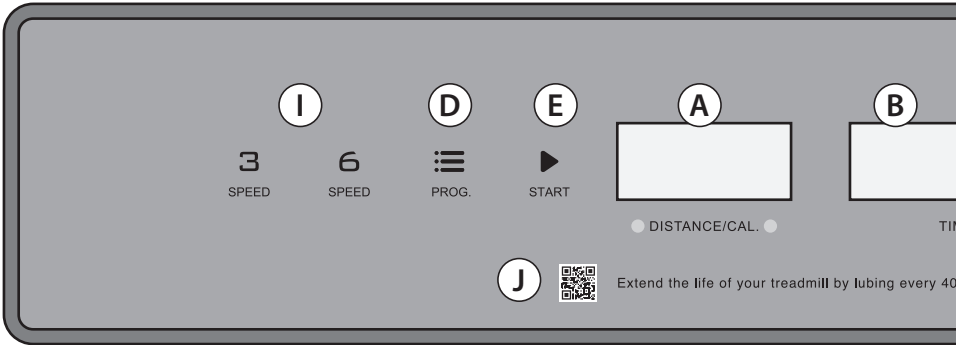
- A. Push forward the treadmill a little, use one foot to press down the Base Frame(13), then gently put down the treadmill until hearing the sound that the Base Frame is locked into the Main Frame, as the picture (B).
- B. Unscrew the Rotary Knob Set until the upright can be pulled up, then pull up the upright tube and screw the Rotary Knob Set tightly as in picture (C).
- C. Turn the Console upward, then turn down the left and right Hand Bars to the horizontal level as the picture(D).



## Console Basics

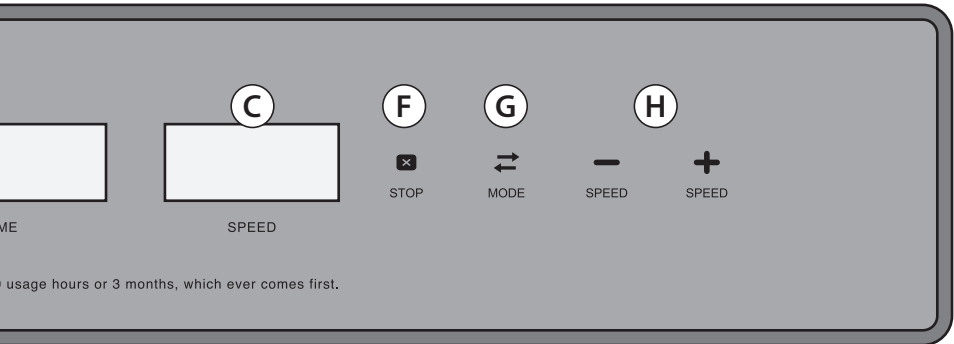
### Display Window

A touchscreen display provides all the information you need to monitor your exercise results and get the most out of your exercise program.



### LCD Windows

- A. **Distance** - Displays running distance.
- A. **Calories** - Show calories. When the CALORIES indicator is lit, the window displays calories.
- B. **Time** - Displays running time.
- C. **Speed** - Show speed. During the start-up process, a 3 second countdown is displayed: 3, 2, 1.



## Button Function

- D. **Prog.** - Press this button to choose manual programs P1 – P15.
- E. **Start** - Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down.
- F. **Stop** - When the treadmill is running, press this button once to slow down treadmill and stop. All data will remain. In this PAUSE state, If you press the “STOP” button once again, the machine will stop completely and all the data will reset. But in this PAUSE state, if you press START button, the treadmill will go on from the data of PAUSE state.
- G. **Mode** - When machine in standby state, press this button to choose the mode: manual mode, time count down mode, distance count down mode, calories count down mode.  
When in FAT mode, the choose sequence is “Sex”, “Age”, “Height”, “Weight”.
- H. **Speed +/-** - Adjust the speed. Press the button to adjust the speed when running, or adjust the data when stop.
- I. **3 Speed / 6 Speed** - Preset speed quick keys.
- J. **Lubrication Reminder** - Scan QR code to order silicone when needed.

## Operations

### Turning On the Treadmill

Confirm that the Safety Key is inserted into the console. Turn on the power switch on the front of base of treadmill. The screen window will light up, the machine will enter into standby state.

### Basic Functions

**Manual Mode:** Press the START button, the treadmill will run at the lowest speed in 3 seconds. Press SPEED+/- to adjust the speed. Press the STOP button or take out the safety key directly to stop the treadmill.

**Count Down Mode:** Press the MODE button and choose your countdown option. You can select time, distance or calories to countdown from. The screen window will show the default data and flash. Press the SPEED+/- to set the data. Press the START button, the machine will run at the lowest speed. You can press SPEED+/- to change the speed. When it counts down to 0, the machine will stop smoothly. You can also press the STOP button or take out the Safety Key from the computer to stop the machine at any time.

**Inner Install Program:** Press the PROG button to choose the inner install program from P1– P15. When you set the program, the time window will show the default data and flash. Press the SPEED+/- button to set the running time.

Each program has been divided into 20 sections. Each exercise time = the setting time/20. Press START. The machine will run at the first section speed. When the section is over, it will enter into next section automatically. The speed will change as it advances to the next section.

When finished the machine will come to a complete stop. While running you can change the speed with the SPEED+/- button. When the program enters the next section it will adjust the speed predetermined for that section.

At any time you can press STOP or take out the safety key to stop the treadmill. At the end of the program the treadmill will flash with 15 beeps, and all data will be cleared to 0, and come into standby status.

**Sleep Function:** When the treadmill is stopped for more than 10 minutes, the system turns off all displays and enters Sleep Mode. Press any key to wake up.

**Safety Key Function:** When the Safety Key is pulled out, the treadmill will stop quickly and all data changes to zero. All the windows will display "---". All normal

operations are locked until the Safety Key is put back into the console

**Oil Reminder Function:** Every 100 miles, in standby or shutdown state, the word OIL will flash three times in the Time Window with three beeps. It will repeat this reminder three times when you turn on the treadmill. After three reminders the message will stop displaying. When the treadmill reaches 200 miles the reminder will appear again.

To maintain the longevity of your treadmill it is highly recommended that you lube every 40 usage hours or 3 months, whatever comes first. Over time the lubricant will dry out regardless of whether the treadmill is used or not. Lubing will help increase the longevity of your motor and belt. This will help extend the life of your treadmill and keep you on track to reach your goals.

**Window Light Colors:** When the treadmill runs the light will be green. When the treadmill is in standby state the light will be red. When the safety key is removed the light turns to yellow.



# Operations

## Window Data Display Range Settings

	SHOW RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
SPEED	0.6 - 10 MPH	-----	-----	-----
TIME	0:00 - 99:59	30:00	30:00	5:00 – 99:00
DISTANCE	0.00 - 99.9 Miles	1.00 Mile	-----	0.5 – 99.9 Miles
CALORIES	0 Kcl - 999 Kcl	50 Kcl	-----	10 Kcl – 990 Kcl

## Date Table:

Time Program	Setting time/20= Time For Each Interval Segment								
	1	2	3	4	5	6	7	8	9
P01 - Speed	2	3	3	4	5	3	4	5	5
P02 - Speed	2	4	4	5	6	4	6	6	6
P03 - Speed	2	4	4	6	6	4	5	6	5
P04 - Speed	3	5	5	6	5	4	5	3	3
P05 - Speed	2	4	4	5	6	5	6	5	6
P06 - Speed	2	4	4	4	5	6	3	4	6
P07 - Speed	2	3	3	3	4	5	3	4	5
P08 - Speed	2	3	3	6	5	4	4	6	2
P09 - Speed	2	4	4	3	5	4	3	2	4
P10 - Speed	2	4	5	6	3	5	4	6	3
P11 - Speed	2	5	4	3	4	5	6	6	4
P12 - Speed	3	4	5	6	5	4	5	2	5
P13 - Speed	3	6	2	5	5	6	6	5	5
P14 - Speed	2	2	4	5	6	5	4	3	2
P15 - Speed	2	4	6	8	6	6	4	4	2

Setting time/20= Time For Each Interval Segment										
10	11	12	13	14	15	16	17	18	19	20
3	4	5	4	4	4	2	3	3	5	3
4	5	6	4	4	4	2	2	5	4	2
4	3	3	4	4	4	2	4	5	3	2
2	4	5	6	5	5	6	6	4	4	3
4	3	2	5	4	3	3	6	5	4	2
3	2	3	6	4	4	2	5	4	3	2
3	4	5	3	3	3	6	6	5	3	3
4	6	5	4	4	4	2	3	4	4	2
5	6	6	4	4	4	5	6	3	3	2
3	6	6	5	4	4	2	4	4	3	3
5	6	6	5	5	6	3	5	5	4	3
6	4	5	5	3	6	5	5	2	6	3
3	3	5	2	5	6	5	6	5	4	3
1	2	3	4	5	6	5	4	3	2	1
2	2	4	6	5	6	6	4	4	2	2

## Maintenance and Tips



**WARNING:** Always unplug the treadmill from the electrical outlet before cleaning or servicing the unit.

### Cleaning

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Wear clean running shoes.



**WARNING:** Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

### Repairs

Any needed repairs will require a professional technician. Please contact LifeSpan Fitness.

### Tip

Turning the power off for 10 minutes after using for 2 hours will help extend the treadmill use over time.

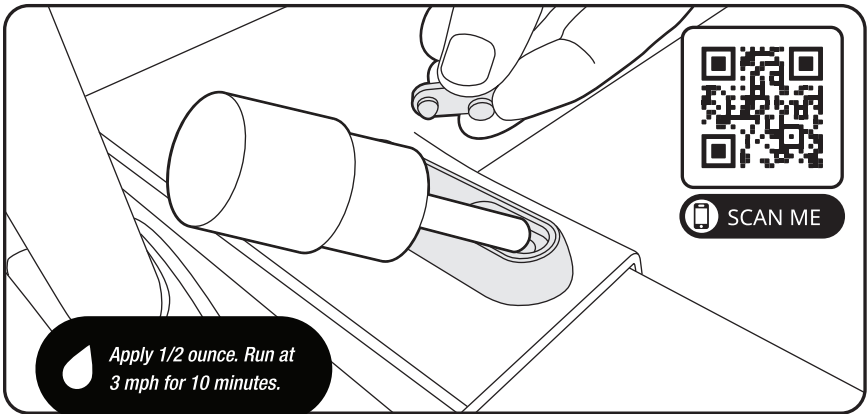
### Belt Lubrication

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](http://www.LifeSpanFitness.com).

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need to contact LifeSpan customer service if you find damage to the deck.

It is highly recommended that you lube every 40 usage hours or 3 months, whichever ever comes first. Over time the lubricant will dry out regardless of whether the treadmill is used or not. Lubing will help increase the longevity of your motor and belt. This will help extend the life of your treadmill and keep you on track to reach your goals.

You can buy lubrication from directly from [LifeSpanFitness.com](http://LifeSpanFitness.com) by scanning the QR code below that can also be found on your treadmill console.



**Note:**

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

## Maintenance and Tips

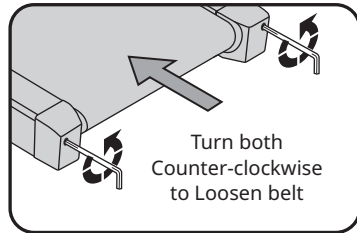
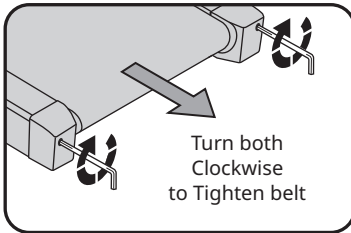
### Belt Tensioning

If the belt begins to slip and needs to be tensioned, there are 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 (5 kph).

- A. Using a 5 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.
- C. **DO NOT** tighten more than 2 full turns on each side. If slippage still occurs, contact LifeSpan Customer Service.

**Note:**

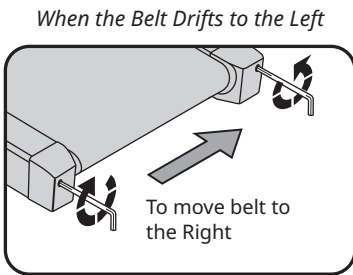
Adjusting one side more than the other will cause the belt to drift to the side of the treadmill and will require belt alignment. Check to be sure the running belt is still aligned. If belt alignment is off as shown below refer to Belt Alignment section.



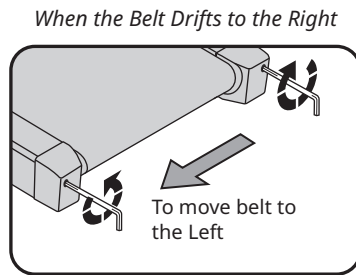
**CAUTION: DO NOT** tighten more than 2 full turns on each side. Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

### Belt Alignment

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



**Figure 1**



**Figure 2**



For a full video demonstration on aligning your treadmill belt, scan the QR code to watch our YouTube video.

## Maintenance and Tips

### Troubleshooting

If you have a question that isn't answered in this Owner's Manual, visit our website at [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com) or call us at 801-973-9993 x4.

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 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 Owner's Manual on how to align the belt.

**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 Section of this Owner's Manual.

**Problem: E01 Error Code.**

Solution: Communications problem. Check connections inside motor compartment. If this does not help, replace motor control board.

**Problem: E02, E05 Error Code.**

Solution: Too much current going through motor control board. Replace the motor control board.

**Problem: E07 / E08 Error Code.**

Solution: The motor control board is damaged. Replace the motor control board.

**Problem: "----" Shows in Display.**

Solution: The Safety Key is missing. The Safety Key is not connected to the console or is not pushed in all the way.

# TR650 Slim

Treadmill

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## LifeSpan Fitness

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2021 Version 1.0