

DT-3 / DT-5 / DT-7

LifeSpanTM

Desktop Treadmill

Owners Manual

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

v. 3.0

Specifications

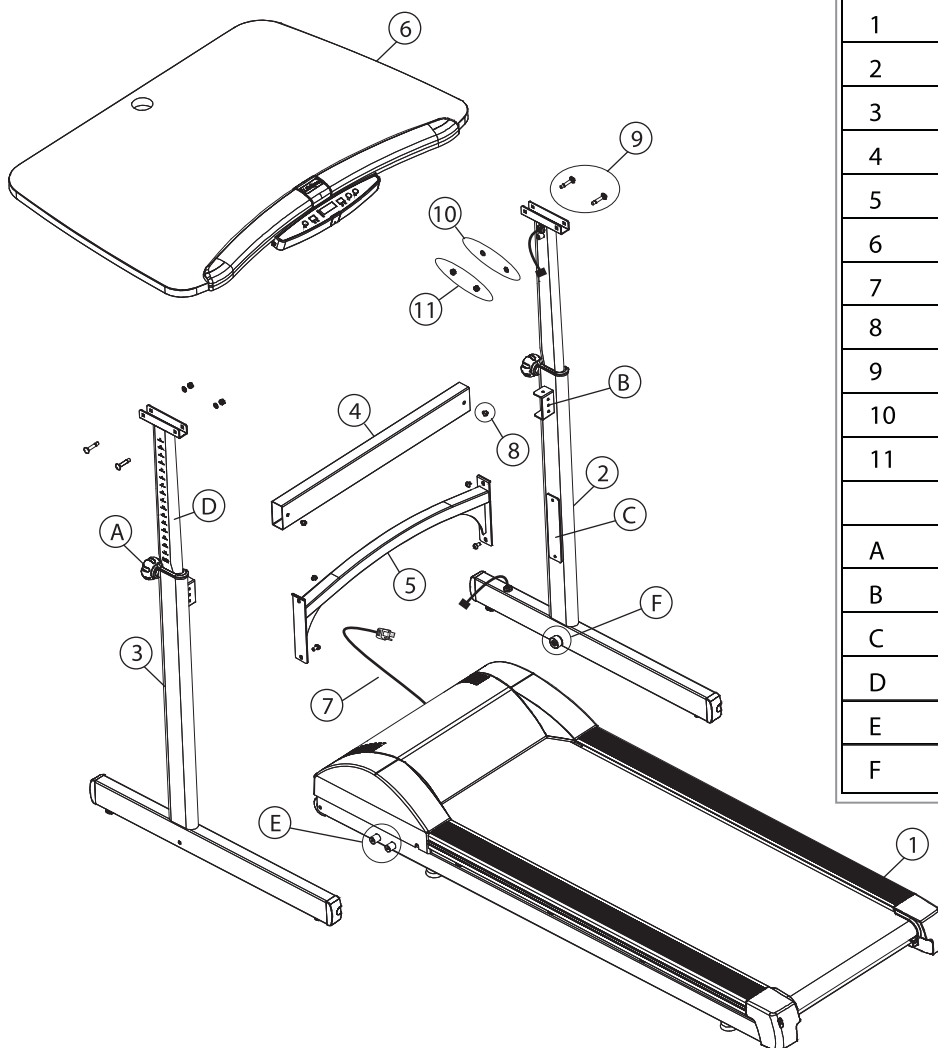
	DT-3	DT-5/DT-7
Console Readouts	Time, Steps, Calories, Distance, Speed	Time, Steps, Calories, Distance, Speed
Display	LED	LED
Bluetooth	Yes	Yes
Mechanics and Performance	Console Only	
Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)	0.4 - 4.0 mph (0.6 - 6.5 kph)
Dimensions	12.5" W x 3" D x 2" H (32cm W x 7.6cm D x 5.1cm H)	46.5" W x 31" D (118.1cm W x 78.7cm D)
Height Adjustment	NA	36" to 52" (91.4cm to 132.1cm) users 4'10" to 6'8" (users 147cm to 203cm)
Height Adjustment Method	NA	Manual - (DT-5) Electric - (DT-7)
Desktop Material	NA	1" (2.54cm) Thick HD Composite Board
Desktop Surface	NA	Durable Laminate
Max. Load on Desktop	NA	100 lbs. (45 kg)
U.S. and Canada only		
Warranty		
Frame	NA	Lifetime
Parts	2 Year Replacement	2 Years
Labor	NA	1 Year

Assembly - (DT-5)

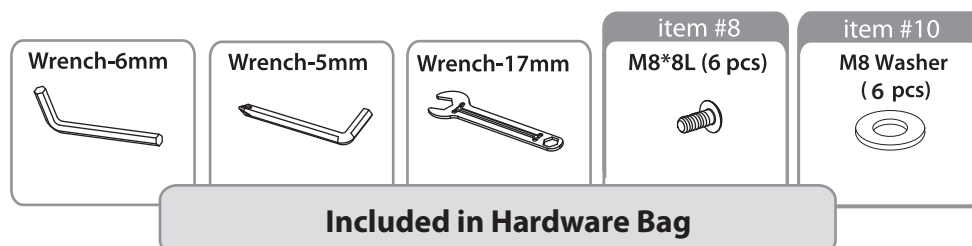
At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

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

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



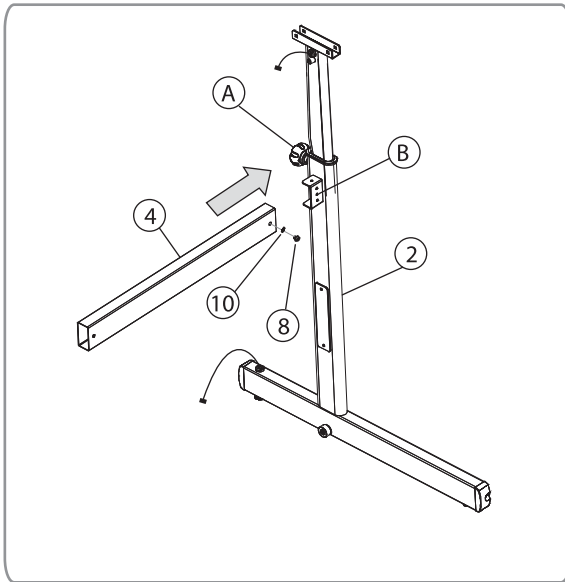
Item#	description
1	Treadmill
2	Right upright tube
3	Left upright tube
4	Upper support tube
5	Lower support tube
6	Desktop
7	Power cord
8	M8 * 8L Bolt
9	M8 * 45L (preinstalled on D)
10	M8 Washer
11	M8 Lock nut
A	Adjustment knob
B	Upper mounting bracket
C	Lower support bracket
D	Extension Tube
E	Treadmill positioning bumpers
F	Upright positioning bumper



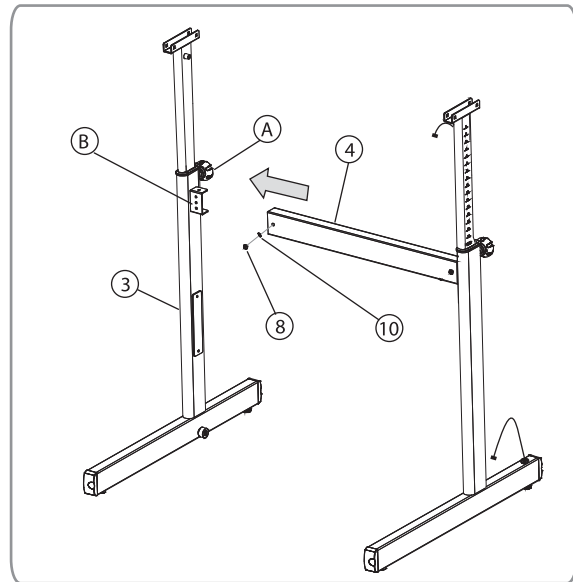
Step 1: Upright Support Assembly

- A. Position the right upright (2) with the adjustment knob (A) facing away from you and mounting bracket (B) facing left. Slide upper support tube (4) over mounting bracket (B) and loosely install one M8*8L mounting bolt (8) and M8 washer (10).
- B. Position the left upright (3) with the adjustment knob (A) facing away from you and mounting bracket (B) facing right. Slide upper support tube (4) over mounting bracket (B) and loosely install one M8*8L mounting bolt (8) and M8 washer (10).

Note: Do not tighten any mounting bolts at this time.



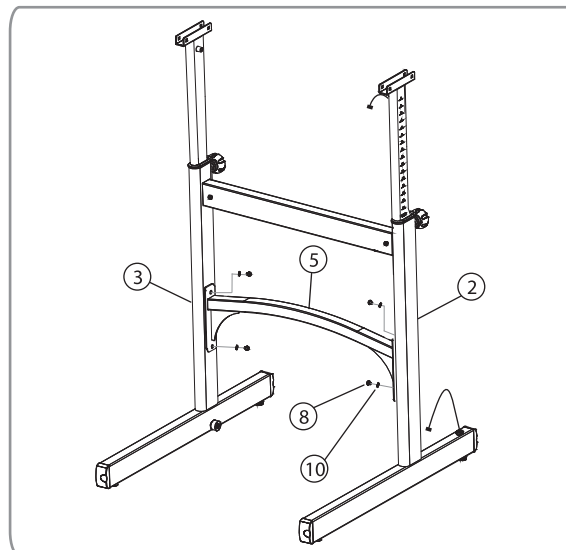
Step 1A



Step 1B

- C. Place the lower support tube (5) between the right upright (2) and left upright (3) and loosely install the four M8*8L mounting bolts (8) and M8 washers (10).

Note: Do not tighten any mounting bolts at this time.

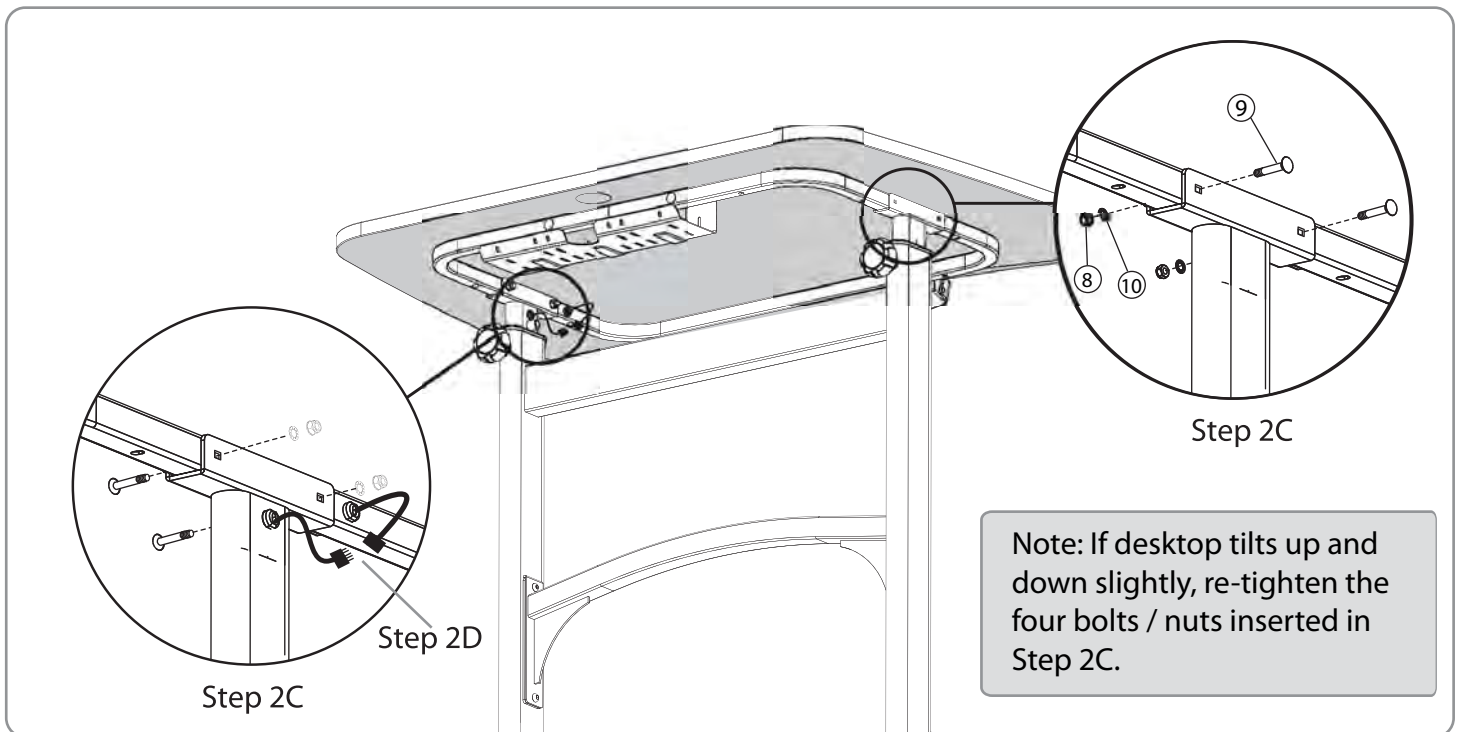


Step 1C

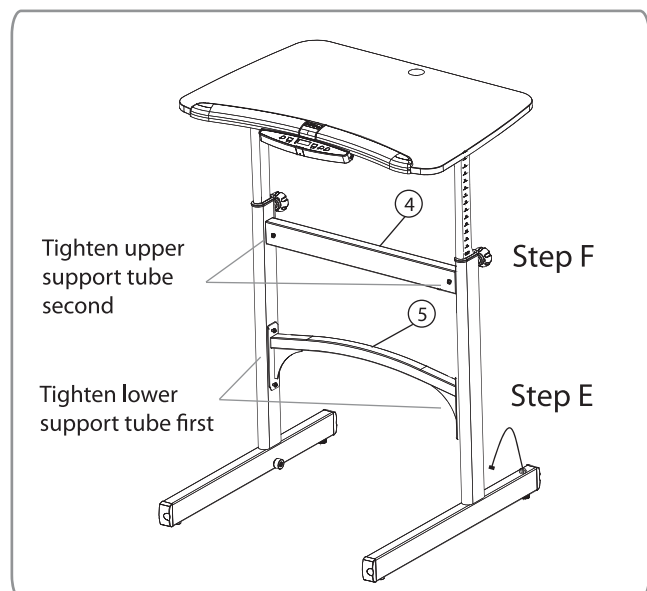
Step 2: Desktop Assembly

- A. Raise each extension tube (D) to level 16 and turn the adjustment knobs clockwise to tighten.
- B. Align desktop on top of the extension tubes (D) so the wire harness from the desktop frame is on the same side as the wire harness coming from the right extension tube. Gently lower the desktop support frame onto the u-brackets of the extension tubes (D).

Note: Make sure the console wire harness or connector does not get caught or pinched between the u-bracket and desktop frame.



- C. Insert four M8*45L carriage bolts (9) through u-brackets. Install four M8 washers (10) and nuts (11). Securely tighten the four M8 nuts.
- D. Connect the two wire harness connectors.
- E. Securely tighten the four lower support tube (5) bolts from step 1C.
- F. Securely tighten the two upper support tube (4) bolts from step 1A & 1B.



Innovative Features

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

Caution: The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 1.0 mph (1.6 kph).

If the speed is within these parameters the step count will flash.

When the display for the step count flashes, the treadmill will not auto-pause.

Caution: At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a caution 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 treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the walking 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 difficult time picking up the steps of a light user (under 110lbs/50kg) or at speeds lower than 1mph/1.6kph.

Audible Safety Alert - This treadmill has an audible alert to notify the user when the treadmill is starting as well as when the speed is being adjusted.

The alert may be distracting in an office setting so it can be turned off. Please see the Engineering Mode section on page 15 to turn this feature off.

Caution: If the audible safety alert is turned off, the alert for the Intelli-Guard feature will also be disabled.

Bluetooth - The DT series consoles include a bluetooth module to support LifeSpan apps, which can be downloaded from the LifeSpan Fitness Club.

Charging Port (DT-3 ONLY) - Used for charging your wireless mobile devices.

Specifications

TR800DT

US and Canada Warranty Only

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	18" x 52" (45.7 cm x 132 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	2.0 HP Continuous Duty Motor
Max. User Weight	300 lbs. (136 kg)
Dimensions	66"L x 29"W (167.6 cm x 73.7 cm)

Usage (3 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	1 Year
Labor	1 Year

TR1200DT

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	20" x 56" (58 cm x 142.2 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	2.25 HP Continuous Duty Motor
Max. User Weight	350 lbs. (159 kg)
Dimensions	70"L x 29"W (177.8 cm x 73.7 cm)

Usage (6 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	2 Years
Labor	1 Year

TR5000DT

Mechanics and Performance

Speed Range	0.4 - 4.0 mph (0.6 - 6.5 kph)
Running Belt Size	20" x 56" (58 cm x 142.2 cm)
Roller Size	2.0" (5.1 cm) Tapered
Deck	1" (2.5 cm) Phenolic Deck
Deck Suspension	6 Variable Density Elastomers
Drive Motor	3.0 HP Continuous Duty AC Motor
Max. User Weight	400 lbs. (181 kg)
Dimensions	70"L x 29"W (177.8 cm x 73.7 cm)

Usage (10 hrs/day)

Treadmill Frame	Lifetime
Motor	3 Years
Parts	2 Years
Labor	1 Year

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