

# LifeSpan™



**TR500**  
**TR1000**  
**Owners Manual**  
**Version 1.9**



# table of contents

	page
Introduction . . . . .	1
Specifications. . . . .	2
Limited Home Use Warranty . . . . .	3
Important Safety Precautions . . . . .	4
Getting Fit . . . . .	5
Assembly Instructions . . . . .	7
Electronics Overview . . . . .	10
Exercise Programs . . . . .	11
Treadmill Operations . . . . .	14
Moving and Storage . . . . .	17
Trouble Shooting . . . . .	19
Maintenance and Cleaning . . . . .	21



# 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](http://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

<b>Console and Programming</b>		
	<b>TR500</b>	<b>TR1000</b>
Display Panel	Oversize blue backlit display with program matrix	Oversize blue backlit display with program matrix
Readouts	Incline Level, Speed, Time Distance, Calories, Heart Rate	Incline Level, Speed, Time Distance, Calories, Heart Rate
Programs	<p><b>Speed Control</b>            Weight Management – Interval            Weight Management-Steady Pace            Heart Health – Pyramid            Heart Health – Ladder            Cardio</p> <p><b>Incline Control</b>            Uphill Walking            Rolling Hills            Uphill Hike            Uphill Intervals            Pyramid Climb            Plateau Climb</p> <p><b>My Zone Heart Rate Control</b>  <b>2 x User Setup Programs</b>  <b>Body Mass Analysis</b></p>	<p><b>Speed Control</b>            Weight Management – Interval            Weight Management-Steady Pace            Heart Health – Pyramid            Heart Health – Ladder            Cardio</p> <p><b>Incline Control</b>            Uphill Walking            Rolling Hills            Uphill Hike            Uphill Intervals            Pyramid Climb            Plateau Climb</p> <p><b>My Zone Heart Rate Control</b>  <b>2 x User Setup Programs</b>  <b>Body Mass Analysis</b></p>
Heart Rate	Contact Heart Rate	Contact Heart Rate Chest Strap Receiver (chest strap not included)
Speed / Incline Controls	Quick Speed & Incline Handlebar Speed & Incline Control	Quick Speed & Incline Handlebar Speed & Incline Control
<b>Mechanical Performance</b>		
	<b>TR500</b>	<b>TR1000</b>
Speed	.06 – 10 MPH (1.0 - 16 KPH)	.06 – 10 MPH (1.0 - 16 KPH)
Incline Levels	0 - 12	0 - 12
Belt Size	18" x 52"	20" x 56"
Roller Size	2" Tapered with oversize bearings	2" Tapered with oversize bearings
Frame	Heavy Gauge Steel Welded Frame	Heavy Gauge Steel Welded Frame
Deck	3/4 " with 8 variable density elastomers	3/4 " with 8 variable density elastomers
Drive Motor	1.75 HP Continuous Duty	2.0 HP Continuous Duty
Lift Motor	500 lb. Max Lift	500 lb. Max Lift
Product Weight	167 lb.	198 lb.
Max. User Weight	275 lb.	275 lb.
Floor Space	71"L x 31"W x 50"H	76"L x 34.5"W x 50" H

## limited home use warranty

The TR500 and TR1000 come with the following limited warranty, which applies only to the use of these treadmills in the home, for residential, non-commercial purposes:

	<b>TR500</b>	<b>TR1000</b>
<b>Frame:</b>	Lifetime	Lifetime
<b>Motor:</b>	Lifetime	Lifetime
<b>Parts:</b>	1 Year Parts	3 Years Parts
<b>Labor:</b>	1 Year Labor	1 Year Labor

PCE Health and Fitness warrants that the equipment it manufacturers 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](http://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](http://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:

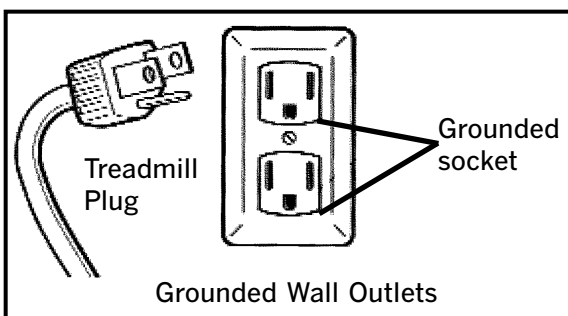
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged, if it is not working properly or if it has been exposed to water. Return the treadmill to a retailer for examination and repair.
- To reduce the risk of electric shock, unplug the treadmill from 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.

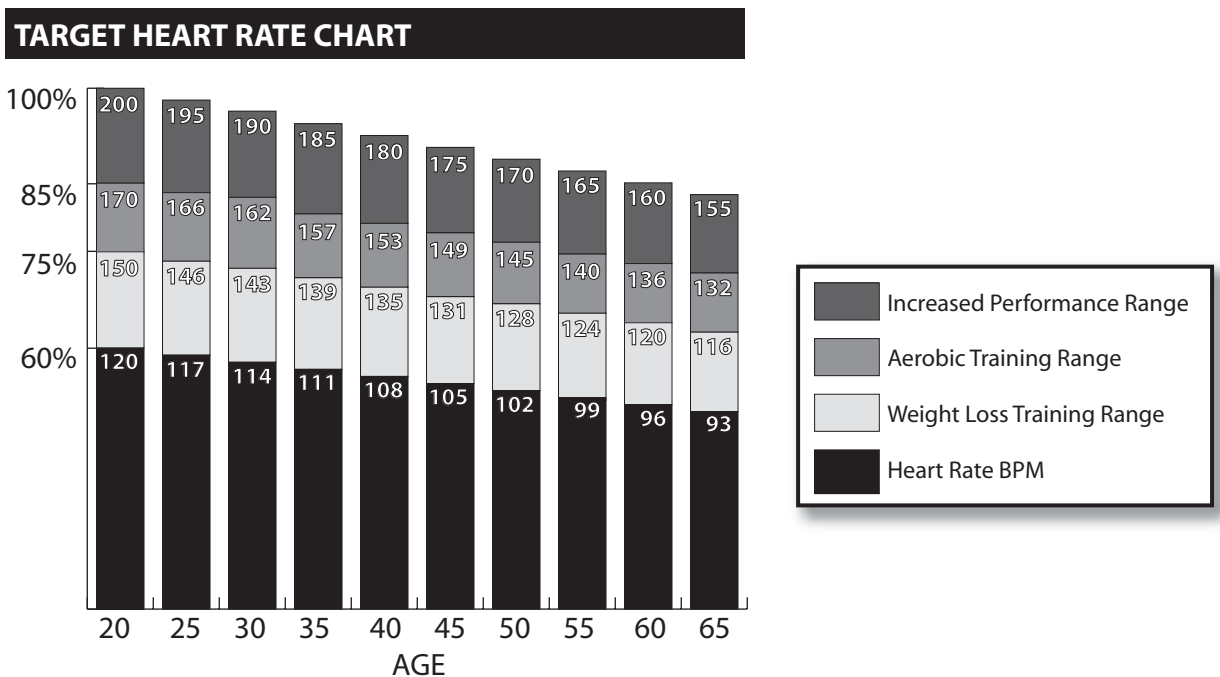
Do not bounce when you stretch, bouncing is not an effective approach to stretching and can lead to injury.

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.



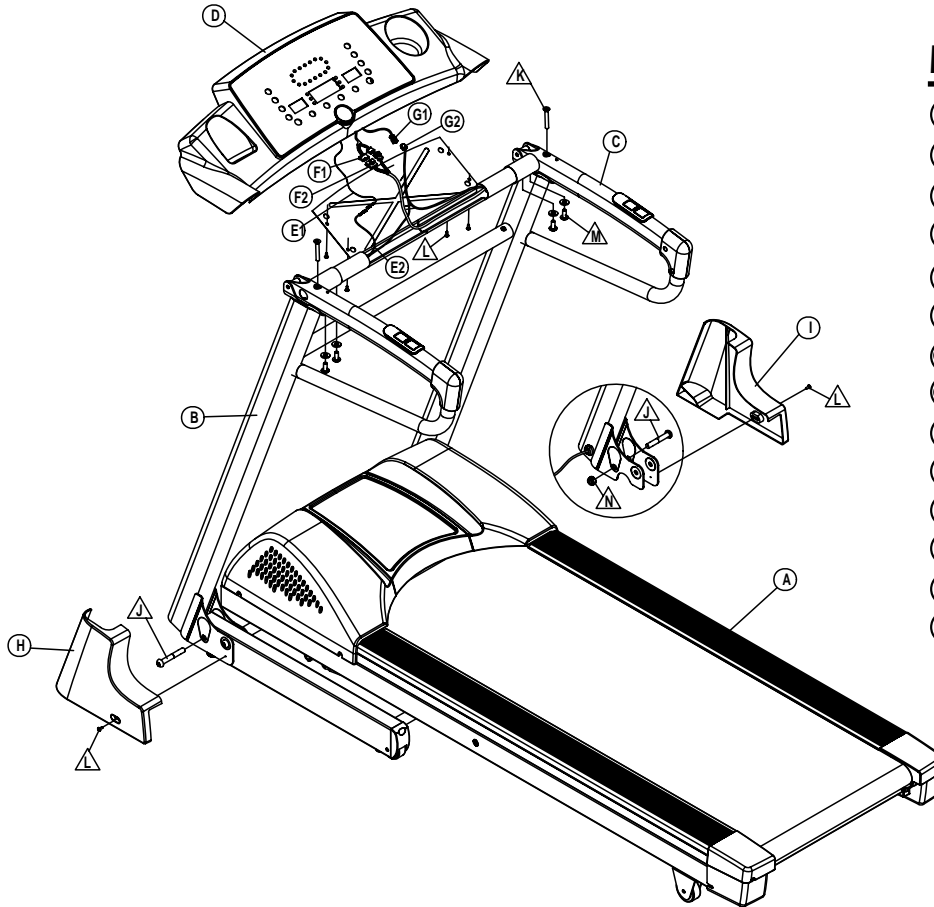
To achieve benefits from your workout, your workout **time** should be at least 30 minutes per session. If you are trying to lose weight focus on longer (more than 30 minutes) less intense workouts, to improve your aerobic performance focus on shorter more intense workouts.

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.

# TR500/TR1000 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.

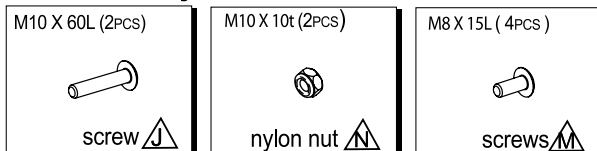


## Parts

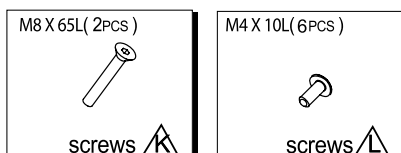
- (A)** Frame
- (B)** Support Handle
- (C)** Handlebar
- (D)** Console
- (F1)** PCB cable
- (F2)** PCB cable
- (G1)** Hand Pulse Cable
- (G2)** Hand Pulse Cable
- (H)** Left Base Cover
- (I)** Right Base Cover
- (O1)** Speed Control Harness
- (O2)** Speed Control Harness
- (P1)** Incline Control Harness
- (P2)** Incline Control Harness

## Hardware / Tools

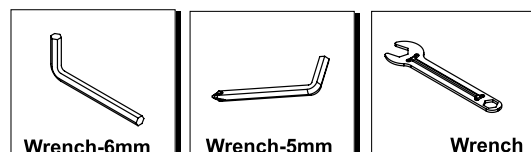
### Screws Already in Place on the Treadmill



### Hardware Bag

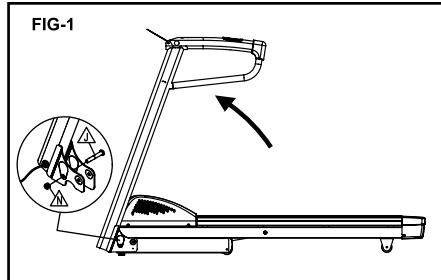


### TOOL

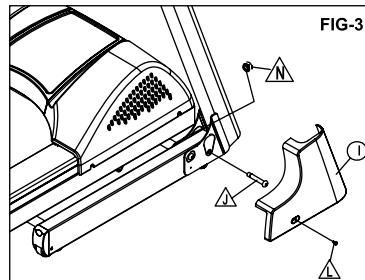
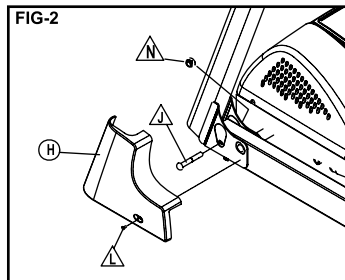


## Step 1: Base Frame / Support Handle Assembly

1. Remove screw  $\triangle J$ , and nut  $\triangle N$  from both right/left sides of base frame.
2. Carefully lift the support handle and handlebars upright. Do not let the handlebars just drop down, which could damage the wire harness. (FIG-1)

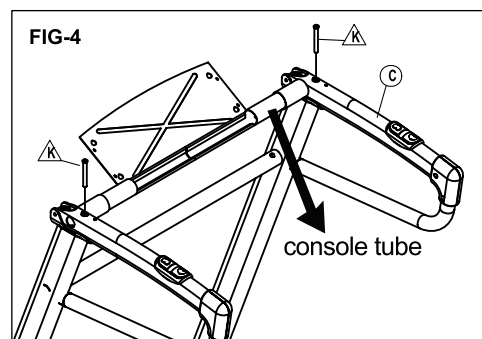


3. Align the holes in the bottom of the base frame and reinstall Bolt  $\triangle J$  and nut  $\triangle N$  back into both sides of the base frame and tighten the bolts. Tighten the bolts removed and installed as well as the bolts that remain in the frame for the support handle to pivot on. (FIG-2)
4. Attach the Left and Right Base Frame Covers with Screw  $\triangle L$  from the hardware packet. (FIG 2 & 3)



## Step 2: Handlebar Assembly

1. Allow the handlebars to fold down in place being careful not to let the wire harness get pinched between the handlebar and the support handle. Line the holes up and install Bolt  $\triangle K$  thru top of both handlebars. Tighten securely.
2. Rotate the console tube up in order to install console.

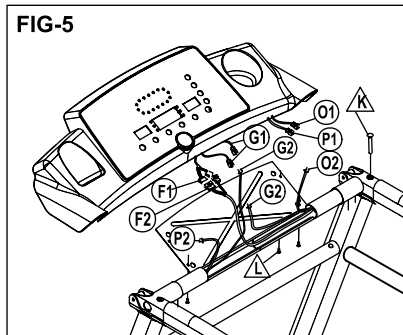


### Step 3: Console Assembly


1. Lay the console on the console tube and connect harnesses. *Do not pull a lot of wire out of the handlebars as it may be difficult tucking the excess wire back into the handle bars. It is helpful to have someone hold the console while making these connections.*
  - (a) Connect the 5-pin connector from the console to the 5-pin connector coming from the handlebar.
  - (b) Connect the 2 sets of 3-pin connectors together. *Just match the colors of the wires for this connection.*
  - (c) Connect the 2 sets of 2-pin connectors together. These are the pulse grip wires so it doesn't matter which side gets plugged to either connector out of the console.
2. Carefully tuck excess wire back into the console and the handlebars and lay the console in place. Do not pinch the wires between the console and the mounting plate.
3. Install the screws into the console thru the console mounting plate and into the console. The TR500 has 4 mounting screws and the TR1000 has 6 mounting screws.

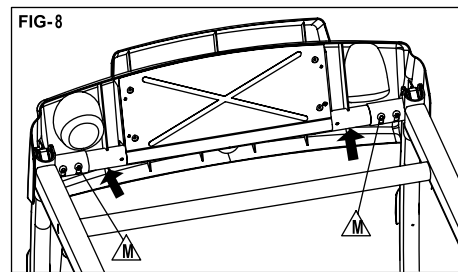
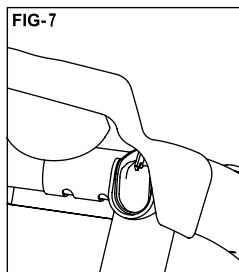
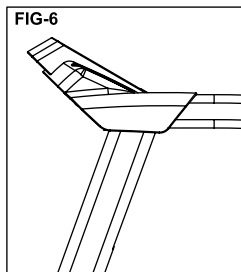
#### Warning:

Make sure no cables or wires are pinched when the console screws are tightened.



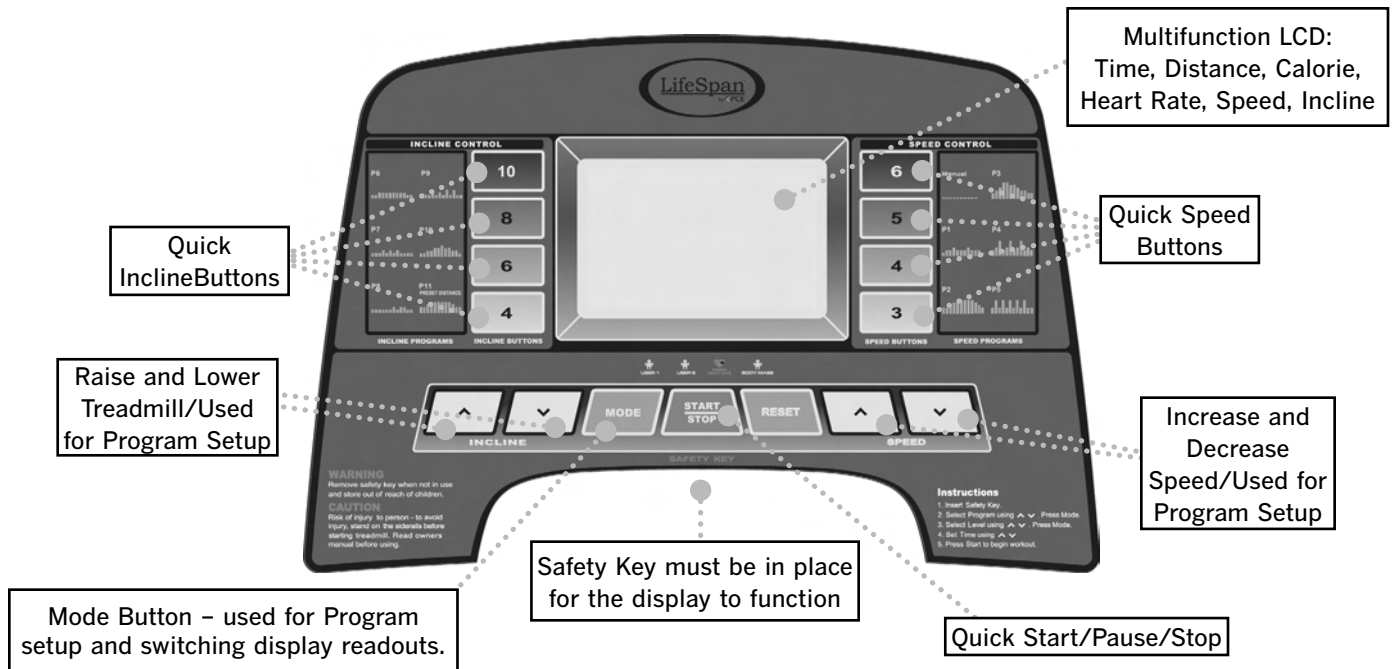
### Step 4: Complete Assembly

Make sure the console bracket and the plastics fit properly (FIG-6 & 7). Tighten 4 bolts under both sides of the console tube (FIG-8) .



# electronics overview

## Display Functions



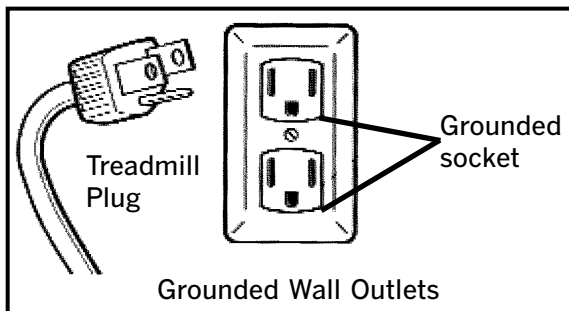
## Grounding Instructions

This product must be properly grounded to work safely and properly. If a malfunction should occur, grounding provides a path for electric current and reduces the risk of electric shock.

Your LifeSpan treadmill includes a standard American ground plug. Do not alter this plug in anyway and do not by pass the ground with an adapter. Plug your treadmill into a 120 volt / 20 amp grounded electrical outlet with 120 volts measured at the treadmill. If this breaker switch has other appliances that run at the same time, you may experience problems with the breaker switch or erratic performance from your treadmill.

Using electrical power other than the one specified above will void any warranty, implied or otherwise.

*Note: This unit may not work with a common GFCI outlet.*



### Warnings

Improper connection of the grounded plug can result in the risk of shock. Check with a qualified electrician if you have any questions or are in doubt as to whether the product is properly ground.

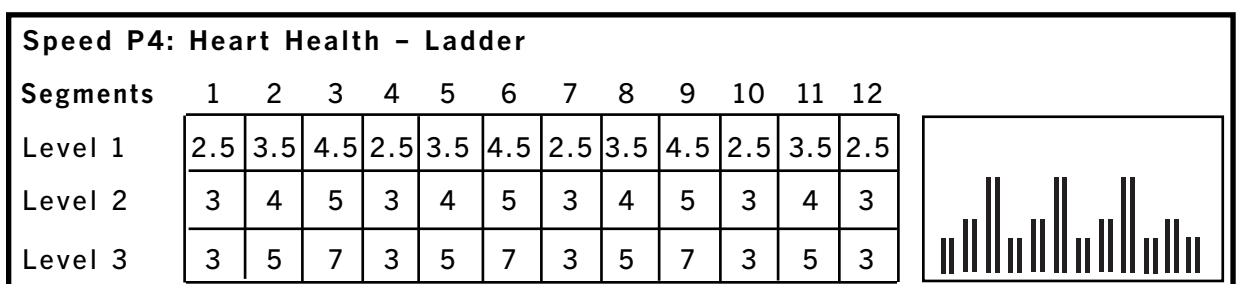
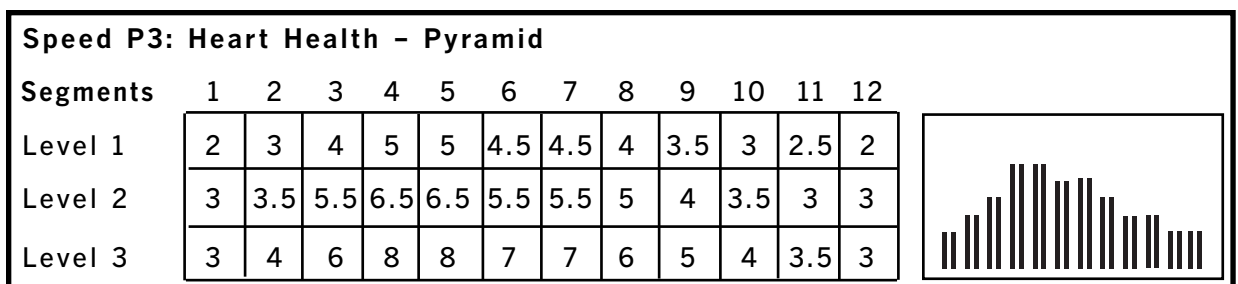
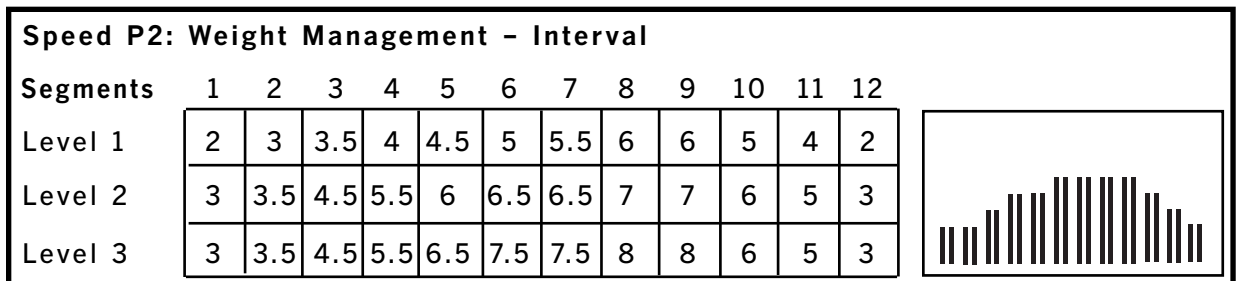
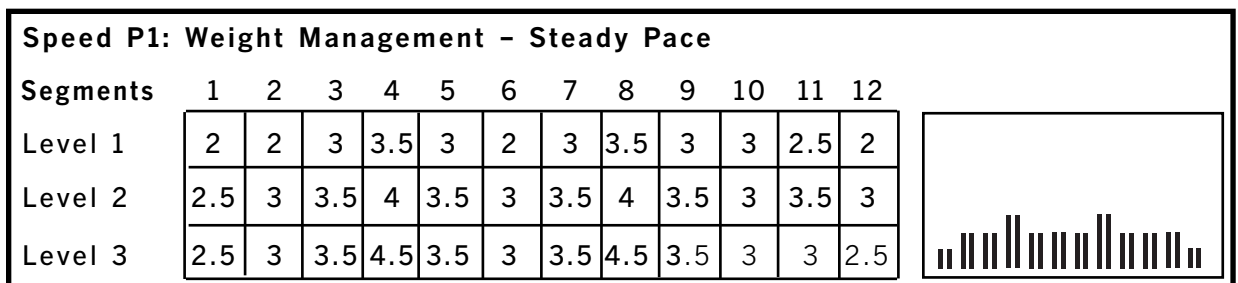
Never use extension cords between the treadmill and wall outlet.

# exercise programs


The TR500 and TR1000 treadmills come with an assortment of programs that will give you the variety you want in an exercise program. This includes a Manual program, 5 Speed Programs, 6 Incline Programs, 2 User Programs, My Zone Heart Rate Control and a Body Mass Calculation.

**Manual** – manual mode allows you to completely control the speed and incline level during use. You can press the Start button and the treadmill will automatically start in the Manual Mode or you can press the Mode button and preset the length of time of your workout.

**Speed Programs** – programs P1 – P5 are Speed programs. These programs automatically control the speed of the program during the workout. Each program is divided into 12 equal segments so if you set the time for 24 minutes, each segment will run for 2 minutes. When using a Speed Program you can adjust the incline to your preference and your selected incline level will stay throughout the program. If you adjust the Speed during the program, the adjustment will only last for the specific segment that you modified. The programs below show the profiles for each of the 5 Speed programs.




<b>Speed P5: Cardio Run</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	2.5
Level 2	3	6.5	3	6.5	3	6.5	3	6.5	3	6.5	3	3
Level 3	3.5	8	3.5	8	3.5	8	3.5	8	3.5	8	3.5	3

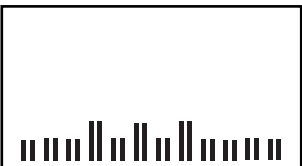


**Incline Programs** – programs P6 – P11 are Incline programs. These programs automatically control the incline of the program during the workout. Each program is divided into 12 equal segments so if you set the time for 24 minutes, each segment will run for 2 minutes. When using an Incline Program you can adjust the treadmill speed to your preference and your selected speed will stay throughout the program. If you adjust the Incline during the program, the adjustment will only last for the specific segment that you modified. The programs below show the profiles for each of the 6 Speed programs.

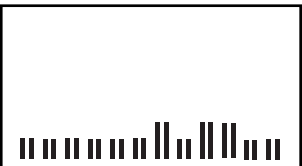
<b>Incline P6: Uphill Walk</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	0	0	1	1	2	2	2	2	1	1	0	0
Level 2	1	1	2	2	3	3	3	3	2	2	1	1
Level 3	2	2	3	3	4	4	4	4	3	3	2	2



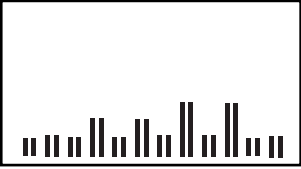
<b>Incline P7: Rolling Hills</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	0	2	1	3	2	4	2	4	2	1	2	1
Level 2	1	3	2	4	3	5	3	5	3	2	3	1
Level 3	2	4	3	5	4	6	4	6	4	3	4	2



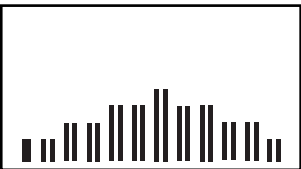
<b>Incline P8: Uphill Hike</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	0	0	1	1	2	2	3	2	3	3	0	0
Level 2	1	1	2	2	3	3	4	3	4	4	1	1
Level 3	2	2	3	3	4	4	5	4	5	5	2	2




<b>Incline P9: Uphill Interval</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	1	2	1	3	1	4	1	5	1	6	1	1
Level 2	2	3	2	4	2	5	2	6	2	7	2	2
Level 3	3	4	3	5	3	6	3	7	3	8	3	3



<b>Incline P10: Pyramid Climb</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	1	2	3	4	5	6	7	6	5	4	3	2
Level 2	2	3	4	5	6	7	8	7	6	5	4	3
Level 3	2	4	5	6	7	8	9	8	7	6	5	2



<b>Incline P11: Plateau Climb</b>												
Segments	1	2	3	4	5	6	7	8	9	10	11	12
Level 1	2	2	3	5	5	5	5	5	5	3	2	2
Level 2	5	5	6	8	8	8	8	8	8	6	5	5
Level 3	8	8	9	11	11	11	11	11	11	9	8	8



**User Setup Programs** – there are 2 user setup programs that give you the ability to establish your own customized workouts. For each of the 12 workout segments, each user can preset the Incline and Speed.

Once a program is set up you can simply scroll to the User Program and your program will be saved for reuse.

**“My Zone” Target Heart Rate Program** – this program automatically modifies the belt speed and incline to maintain your heart rate at a preset level that you select during program set up.

After a 3 minute warm up the console will start adjusting the speed and incline of the treadmill every 10 seconds to obtain and maintain your target heart rate.

To use the Target Heart Rate program you will need to keep your hands on the grip pulse pads or for the TR1000 wear a chest strap.

# treadmill operations

Before starting your treadmill the following actions will need to be properly completed:

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, which is located in the front of your treadmill, 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 0.6 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 and Program Profile. In order to see Heart Rate readout press the mode button and the Heart Rate will be displayed in the upper left corner of the display where the Calories were reading initially.

## 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. P1 thru P11 Programs - To select programs P1 thru P11 press the speed or incline (up) buttons to get to the desired program. When the desired Program is selected press the mode button. The time will start flashing on the display. Using the speed or incline (up) or (down) buttons adjust the amount of time you would like to workout. Once the desired time is set press the mode button. The Level will start flashing on the display. Using the speed or incline (up) or

- (down) buttons adjust to the desired level of intensity for that program. There are 3 levels of intensity under each of the P1 thru P11 programs. Once the desired intensity level is set press the start button and the unit will count down from 3 seconds the belt will start to move and the timer will start at the set time and count down to 0.
3. U1 (user 1) program - Press the speed or incline (down) button 5 times until the display says U1. 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.
  4. U2 (user 2) program - Press the speed or incline (down) button 4 times until the display says U1. 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 is stands for Segment 1. Press the inline (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.
  5. HRC Program - Press the speed or incline (down) button 3 times until the display shows HRC. Press the mode button. The timer starts flashing. Use the speed or incline (up) or (down) buttons to set desired workout time. Press the mode button. Age comes up on the display and a number starts flashing. Use the Speed or incline (up) or (down) buttons to select the users age. Press the mode button. HR shows up on 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 shows up in the display and the speed is flashing. Set the maximum speed you would allow the treadmill to go in order to get your heart rate to the level set earlier. This is a safety so that the treadmill will not go faster than you are comfortable with. Press the start button. The unit will start at 3 minutes and count down. This is a warm up period. The timer will then change to the time that was set up initially. Both the speed and or the incline will change every 10 seconds in order to get to and maintain the desired heart rate. The speed is more commonly changed over the incline. The speed cannot go above the maximum speed set initially.
  6. 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 M for male or F for female. Press the Mode button. IN comes up in the Display with a flashing number. The number stands for height in Inches. Use the speed or incline (up) or (down) buttons to set your height in 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. P 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

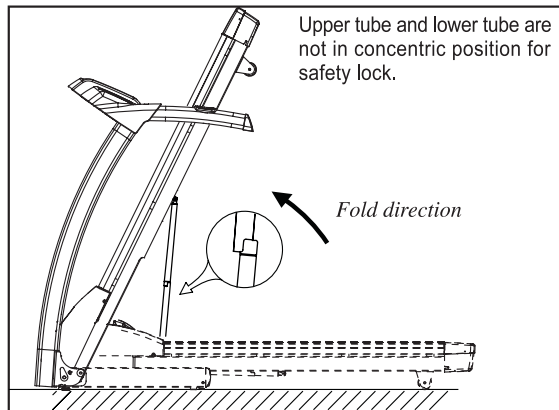
The treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.

## 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.

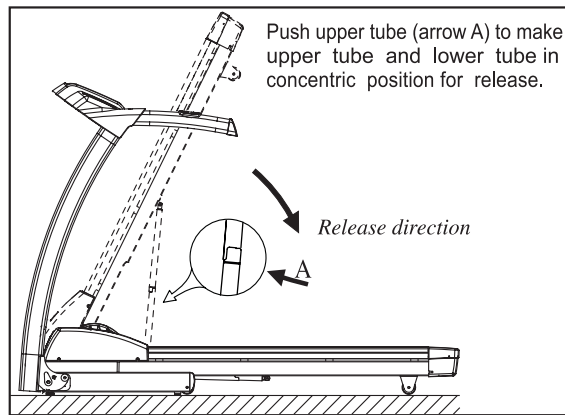


### Caution:

- 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 you 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 lights do not light up.

**Solution:** Check to make sure that the treadmill is properly plugged-in, the On/Off switch is turned to the "On" position, and Safety Key is attached.

**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 the fuse becomes blown.

**Solution:** The lubricating silicon that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicon 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 Metric English Conversion.

TR500/TR1000 20" Wide Metric/English Conversion	
<p><b>Press Reset and then Incline Up buttons simultaneously and release. The display changes over to console software date and version.</b></p>	<p>Console This is just an example 2007                      07.20                      V 1.0</p>
<p><b>Press Mode</b> <b>The Display changes to:</b> ML = miles KM = Kilometers. Use the up or down arrows to change.</p>	<p>Console  Unit                                      ML or KM</p>
<p><b>Press Mode</b> <b>The Display changes to:</b> Wheel – means roller size. On these 2 models the roller size is 2.0". Use the up or down arrows to adjust.</p>	<p>Console  Wheel                                      2.0"</p>
<p><b>Press Mode</b> <b>The Display changes to:</b> This is the PWM default value. It should be at 30. Reset to 30 using the up or down arrows to adjust.</p>	<p>Console  SPdM                                      30</p>
<p><b>Press Mode</b> <b>The Display changes to:</b> To turn the incline off use the up or down arrows. The default setting is incline ON.</p>	<p>Console  Incline                                      ON</p>
<p><b>Press Mode</b> <b>The console changes to:</b> Incline Potentiometer Max Reading. Default is 200. Use the up or down arrows to adjust.</p>	<p>Console  INCx                                      200</p>
<p><b>Press Mode</b> <b>The console changes to:</b> Incline Potentiometer Minimum Reading. Default is 29. Use the up or down arrows to adjust.</p>	<p>Console  INCI                                      29</p>
<p><b>Press Mode</b> <b>The console Displays the total time the treadmill has run in Hours.</b></p>	<p>Console  0000                                      HR</p>
<p><b>Press Mode</b> <b>The console displays the total distance the treadmill has run in Miles or Kilometer.</b></p>	<p>Console  00000                                      ML or KM</p>
<p><b>Press Mode</b> <b>The console Displays Power Reset.</b> <b>Pull the safety key and reinstall to save changes.</b></p>	<p>Console  PoWER RESET</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.

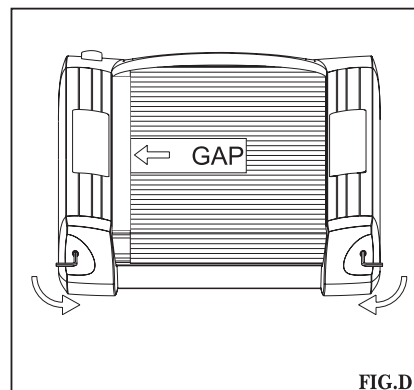
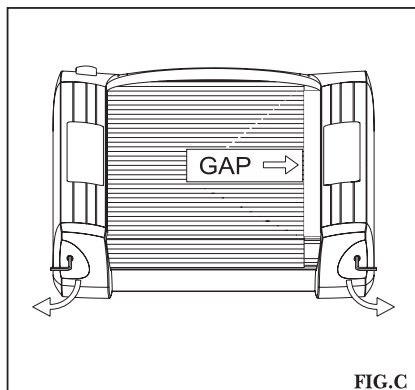


*Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.*

## 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 treadmills 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**

Your LifeSpan treadmill belt should be lubricated every 3 months of regular use or every 40 hours of use.

Use only 100% Silicon and avoid using aerosol silicon sprays that include additives and petroleum distillates. One ounce of silicon should be used for each application. LifeSpan offers 100% silicon lubricant that can be ordered at [www.LifeSpanFitness.com](http://www.LifeSpanFitness.com) or from 801.973.9993

When applying the silicon either apply it directly to the deck surface or to the back of the running belt. This may be accomplished by folding the treadmill and applying the silicon to the back of the belt from each back corner. Spray the silicon 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 that the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill, clean off any excess silicon from the belt and frame.*

## **Cleaning**

After use, wipe down your treadmill with a soft cloth. On a regular basis, you will also want to clean the treadmill using a mild detergent to remove all dirt and salt from the belt, painted parts and the display.

Avoid getting dirt and other materials on the belt as these materials can work their way under the belt and damage your treadmill or cause components to wear prematurely.





**801-973-9993**

**[www.pcefitness.com](http://www.pcefitness.com)**

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