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Treadmill/Bike Desk Owner's Manual

DT5, DT7

Treadmill Base Owner's Manual

TR800B, TR1200B, TR5000B

Congratulations on choosing the 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, visit our website at www.LifeSpanFitness.com and select customer service. Complete the information requested and we will respond to your inquiry within one business day. In the United States and Canada you can also call (877) 654-3837 and choose option 4.

Neither LifeSpan Fitness 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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Warranty

Your LifeSpan treadmill/bike desk comes with the following limited warranty valid in North America and the United Kingdom. If you are outside of these areas contact your local distributor for warranty information or visit www.LifeSpanFitness.com.

Warranty – Desks	DT5	DT7
Frame	Lifetime	Lifetime
Parts	2 Years	2 Years
Labor	1 Year	1 Year

Warranty – Treadmill	TR800B	TR1200B	TR5000B
Treadmill Frame	Lifetime	Lifetime	Lifetime
Motor	3 Years	3 Years	3 Years
Parts	1 Year	2 Years	2 Years
Labor	1 Year	1 Year	1 Year

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 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, any part fails to operate properly, login to our website at www.LifeSpanFitness.com, click on "Customer Service" and complete the form to request assistance or 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 from the original owner.

Warranty – About Your Treadmill Base

Registration

Should you need to process a warranty claim make sure you retain your purchase receipt to verify the date of purchase and register your LifeSpan product online. To complete the registration go to www.LifeSpanFitness.com and select "Product Registration".

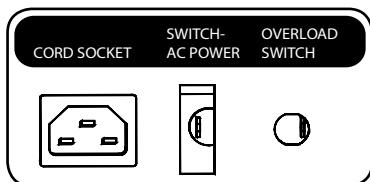
Proper Grounding

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.

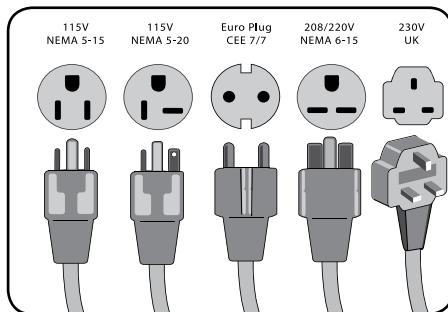
Power Cord Options

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.

Treadmill Outlet



Power Cord Options



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.

Safety First

When using active workstations, basic precautions should always be followed, including:

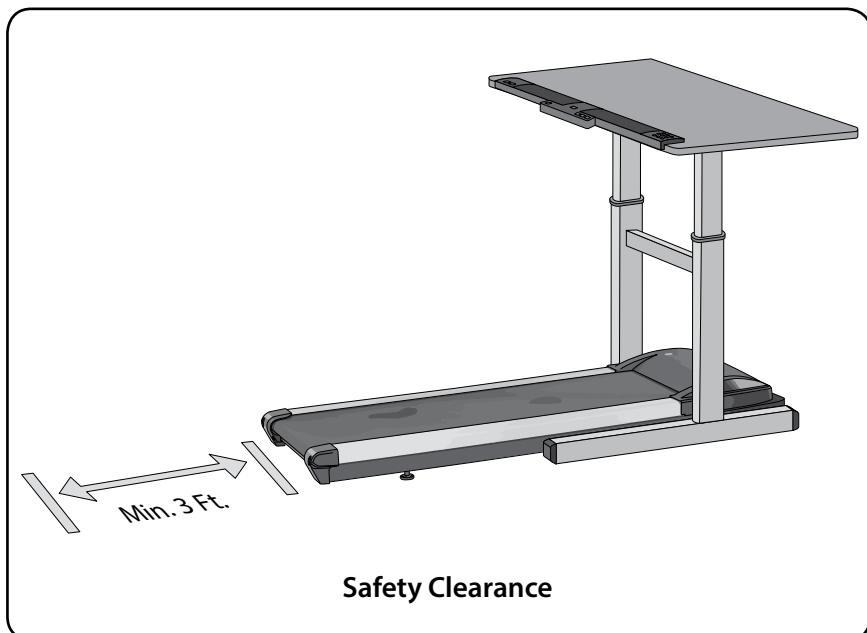
- Never drop or insert any object into any opening. If an object falls into an opening, turn the power off and unplug the power cord from the outlet. Remove the object or call customer service at 877.654.3837 option 4.
- Never operate this treadmill if it has been damaged or partially submersed in water.
- 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 areas of high humidity or extreme temperature changes.
- 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, this may pinch or damage the cord causing fire damage or personal injury.
- Use this product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan.
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children from playing on your treadmill at all times.
- When in use children and pets should be kept at least 10 feet (3m) away.
- This treadmill can be used by children ages 12 years and above and persons with reduced physical, sensory or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.

Safety Tips While in Use

- Always consult a physician before beginning an 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.
- Wear shoes with high traction rubber soles. Do not wear shoes with heels, leather soles, cleats or spikes.
- Do not walk or run backwards on the treadmill, always face forward.
- Allow the running belt to fully stop prior to getting off the treadmill.
- Make sure the area behind the treadmill remains completely clear during use. A minimum of 3 feet (1m) of clearance is required for safety reasons.



Note: Read all instructions and save for future reference.

Treadmill Base

TR800B, TR1200B, TR5000B

About Your Treadmill Base

Specifications

TR800B

Speed Range	0.4 - 4.0 mph (0.6 - 6.4 kph)
Walking Belt Size	18" x 52" (45.7 cm x 132 cm)
Roller Size	2.0 (5 cm) Tapered
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Independent Compression Shocks
Drive Motor	2.0 HP Continuous Duty
Max User Weight	300 lbs. (136 kg)

TR12000B

Speed Range	0.4 - 4.0 mph (0.6 - 6.4 kph)
Walking Belt Size	20" x 50" (51 cm x 127 cm)
Roller Size	Tapered Front 2.4" (6 cm), Rear 2.0" (5 cm)
Deck	3/4" (1.9 cm) Phenolic Deck
Deck Suspension	6 Independent Compression Shocks
Drive Motor	2.25 HP Continuous Duty DC
Max User Weight	350 lbs. (159 kg)

TR5000B

Speed Range	0.4 - 4.0 mph (0.6 - 6.4 kph)
Walking Belt Size	20" x 50" (51 cm x 127 cm)
Roller Size	Tapered Front 2.4" (6 cm), Rear 2.0" (5 cm)
Deck	1" (2.5 cm) Phenolic Deck
Deck Suspension	6 Independent Compression Shocks
Drive Motor	3.0 HP Continuous Duty
Max User Weight	400 lbs. (182 kg)

About Your Treadmill Base

Unique Features

As a leader in the active workstations, LifeSpan has developed a number of unique features in our treadmills making them more engaging, safer and easier to use. Learn more about how to use these features in the *Saving Your Results and Personal Settings* sections of this Owner's Manual.



Intelli-Guard™

Walk confidently knowing your safety is assured with Intelli-Guard™.

Step away from your treadmill for more than twenty seconds and your treadmill's belt will automatically glide to a smooth stop.



Intelli-Step™

Never miss a stride with Intelli-Step™. Your steps are automatically calculated with meticulous precision, displaying immediate feedback and historical trends via your Club account.



Club Membership

Every treadmill comes with a full membership in the Club, LifeSpan's award-winning health and fitness software. Keep track of all your activity and information in one secure location.

Maintenance and Tips

Daily Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.

Monthly Cleaning

This cleaning includes removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to tighten all assembly hardware and check power cord for damage, or anything else that would indicate the need for service.

Safety and Integrity

The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. Worn or damaged components shall be replaced immediately or the treadmill be removed from service until the repair is made. Pay special attention to components most susceptible to wear.



WARNING: Keep treadmill stable on flat ground.



WARNING: Unplug the power cord before removing the motor cover.

IMPORTANT: If service is required, turn the power off and remove the power cord to ensure the unit cannot be used. Let all other users know the treadmill needs service.

CAUTION: Acidic cleaning detergents may damage painted or powder coated surfaces and should not be used. Such cleaners may void the LifeSpan warranty.

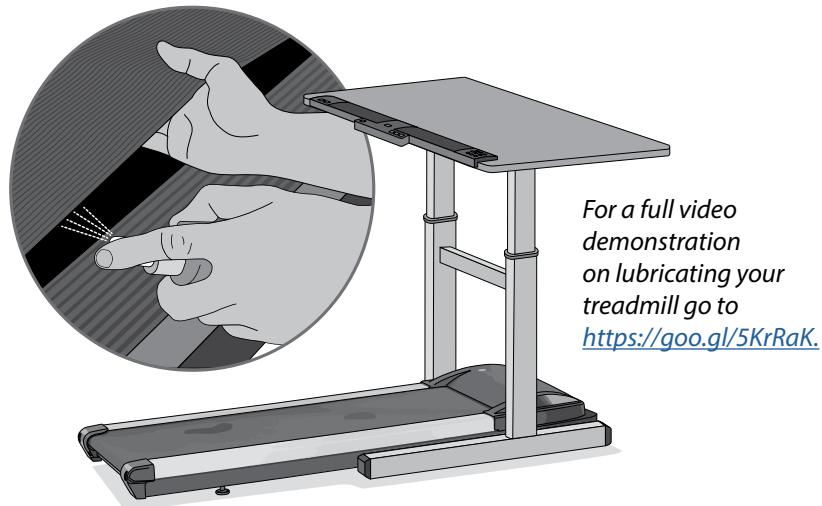
Belt Lubrication

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.

The walking belt comes pre-lubricated from the factory. The TR800B and TR1200B should be lubricated every 50 hours of use. The TR5000B comes with a maintenance free belt and doesn't require lubrication.

To lubricate, unplug your TR800B and TR1200B. Slide your hand under the belt and lift the belt away from the deck. Apply about a dozen sprays toward the center of the belt from each side. Rotate the belt 1/3 and repeat this application. Rotate another 1/3 and repeat once more. Plug the treadmill in and walk for a few minutes to disperse lube evenly.

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.



For a full video demonstration on lubricating your treadmill go to <https://goo.gl/5KrRak>.

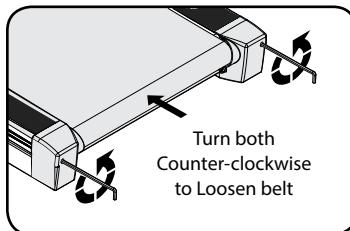
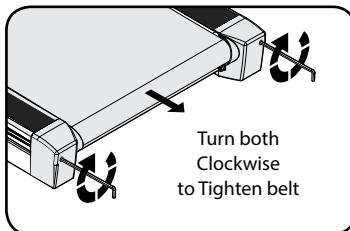
Maintenance and Tips

Belt Tensioning

If the belt begins to slip and needs to be tensioned, tension bolts 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 6 mm Allen wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn clockwise.
- B. Test to see if the slipping is eliminated. If the belt slips repeat step A and test again.

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.

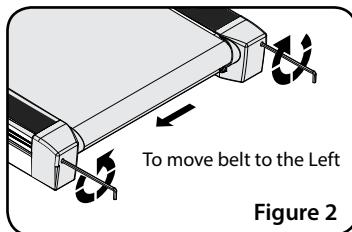
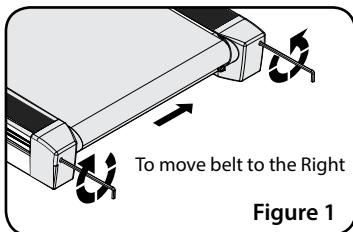


CAUTION: DO NOT tighten more than 2 full turns on each side. Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Belt Alignment

- A. Press Start, then increase the treadmill speed to 3 mph (5 kph).
- B. Stand behind the treadmill to see which way the belt is drifting.
- C. If the belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/4 turn counter-clockwise. (See FIG. 1)
- D. If the belt drifts to the right, turn the left adjustment bolt 1/4 turn counter-clockwise and the right adjustment bolt 1/4 turn clockwise. (See FIG. 2)
- E. Observe the alignment for two minutes. Repeat steps A-D as needed.

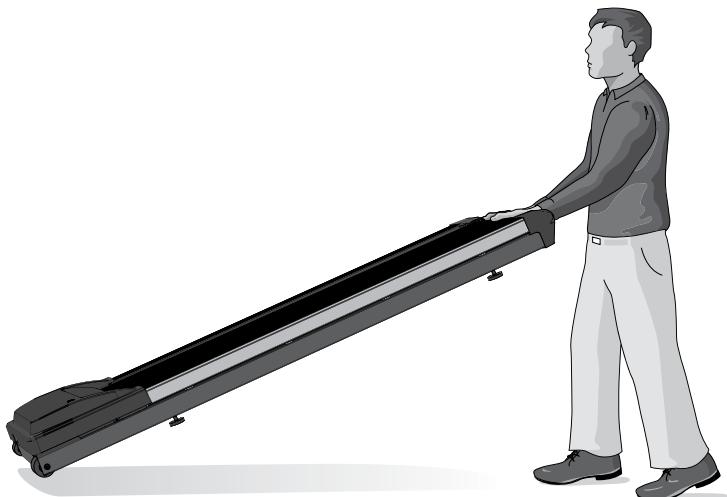
Belt Alignment (continued)



Visit www.LifeSpanFitness.com for a full video demonstration on the aligning your treadmill belt.

Moving the Treadmill Base

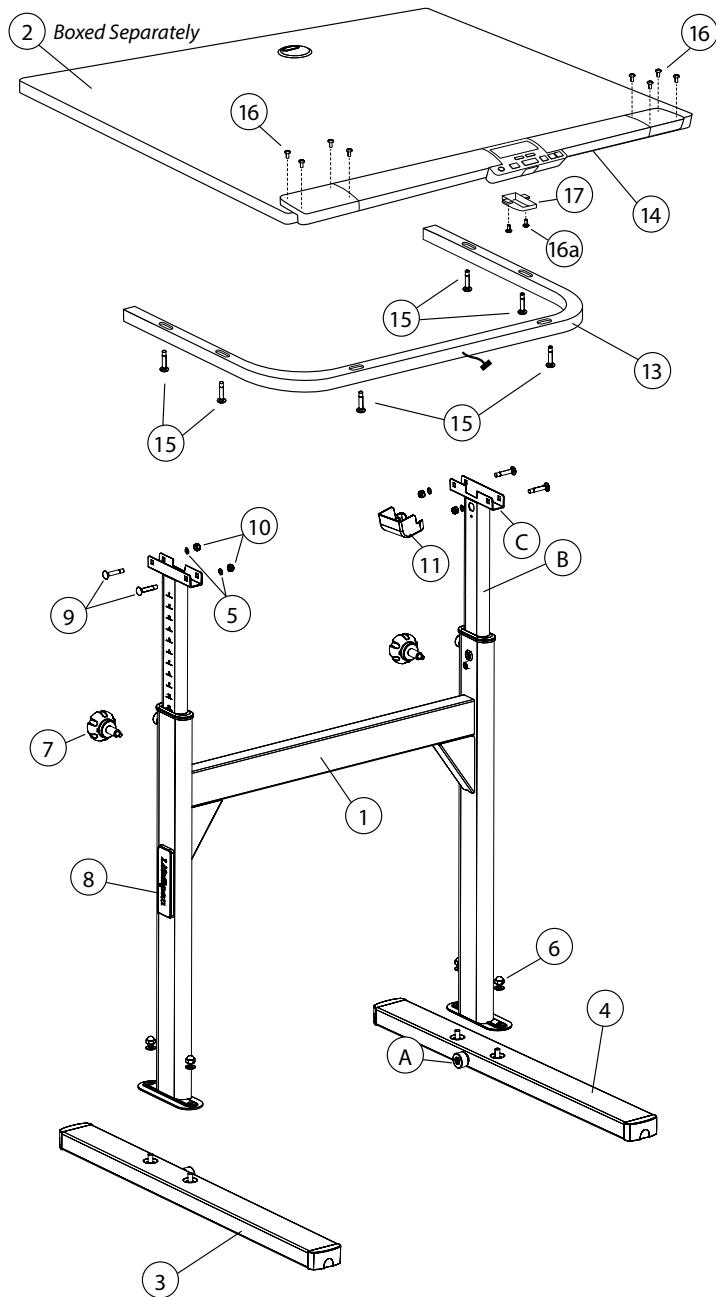
1. Make sure the ON/OFF switch is turned OFF and the power cord is unplugged from the wall.
2. Make sure nothing is on or near your treadmill which might spill, be knocked off, or prevent the treadmill from moving.
3. Place both hands under the support bar located under the back of the walking belt to make sure you have a solid lifting point.
4. Lift the back of the treadmill and roll to the desired location.



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.

DT5 Desk Assembly

DT5 Desk: Assembly Instructions



DT5 Desk: Assembly Instructions

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.

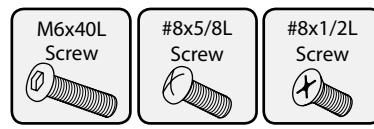
Hardware Included

Item#	Part Description
1	Lift Frame
2	Desktop
3	Left Base Foot
4	Right Base Foot
5	M8 Washer **
6	M10 Acorn Nut **
7	Height Ad. Knob

Item#	Part Description
8	LifeSpan Placard **
9	M8x45L Bolt **
10	M8 Nuts **
11	Wire Cover
12	M10 Washer **
13	U-Shape Frame
14	Console

**Pre-installed

A	Desk Position Bumpers
B	Extension Tube
C	Desktop Mounting Bracket



Hardware Bag Contents

Item #	Qty.	Part Description
15	6	M6x40L Screw
16	8	#8x5/8L Screw
16a	2	#8x1/2L Screw
17	1	Wire Harness Cover
18	1	Wrench - 17mm
19	1	4mm Allen Wrench



20	1	5mm Allen Wrench w/Phillips Screwdriver
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Table corresponds to the diagram on the left

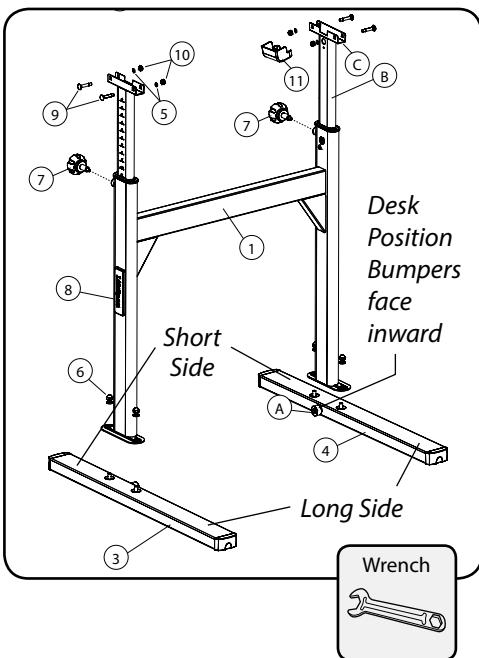
DT5 Desk: Assembly Instructions

Step 1: Lift Frame Assembly

- A. Position the Lift Frame (1), Left Base Foot (3) and Right Base Foot (4) as shown in the figure to the right.

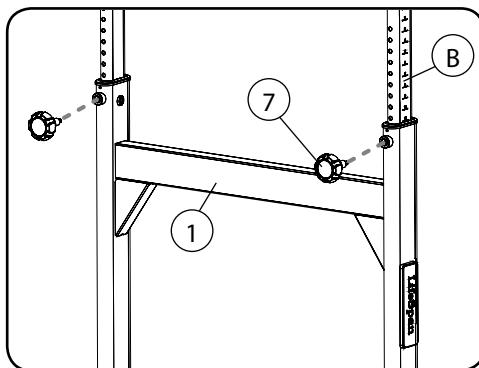
NOTE: The position of the *Desk Position Bumpers* (A) face inward, and the long side of the *Right and Left Base Feet* (3, 4) are opposite of the *Height Adjustment Knobs* (7).

- B. Place the Lift Frame onto the left and right Base Feet mounting bolts and install the M10 washers (5) and M10 acorn nuts (6).
- C. Tighten the four mounting nuts.

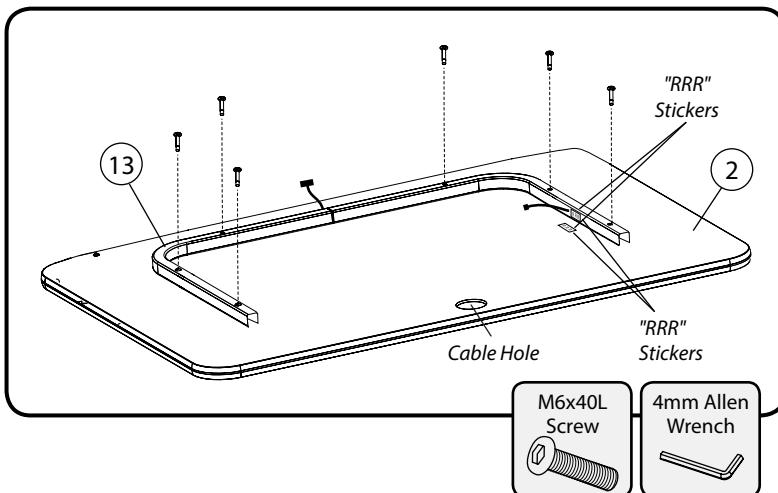


Step 2: Install the Height Adjustment Knobs

- A. Locate the *Height Adjustment Knobs* (7).
- B. Screw the Height Adjustment Knobs into the Lift Frame (1) uprights as shown in the figure to the right.
- C. Raise each *Extension Tube* (B) to level 15 and tighten the *Height Adjustment Knobs* (7).



Step 3: Attach U-Frame to Underside of Desk



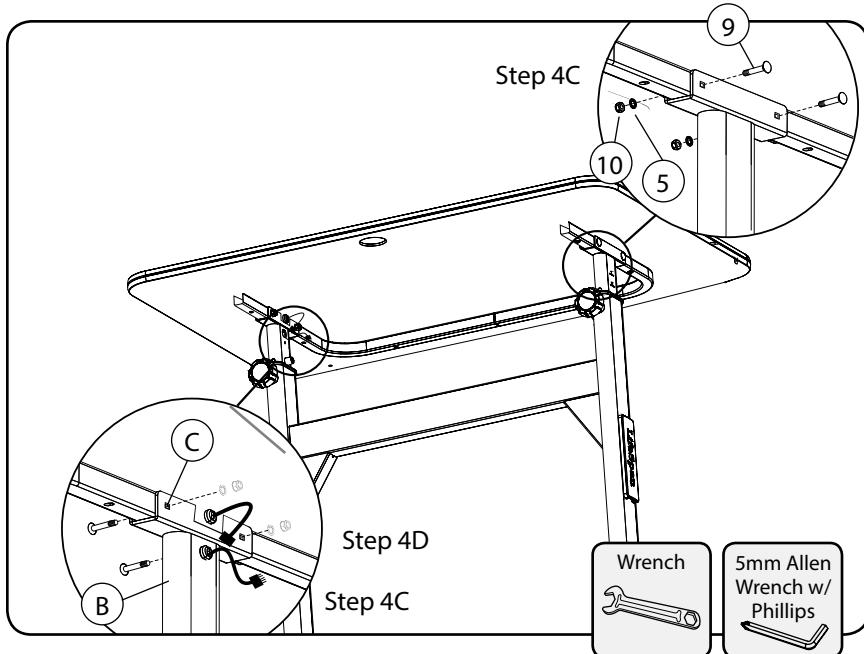
- A. Lay the *Desktop* (2) face down on a smooth clean surface to attach the *U-Frame* (13).
- B. Position the *U-Frame* (13) as shown to the underside of the *Desktop* (2). Be sure the open part of the frame faces toward the *Cable Hole*. The stickers labeled "RRR" on the *Desktop* and *U-Frame* should be matched together when assembled.
- C. Attach the *U-Frame* to the *Desktop* using the six *M6x40L Screws* (15) using the *4mm Allen Wrench* (19).

DT5 Desk: Assembly Instructions

Step 4: Desktop Assembly

- A. Make sure the *Extension Tube (B)* is at level 15 (done in step 2C).
- B. Align the Desktop on top of the *Extension Tubes (B)* so the wire harness from the Desktop U-Frame is on the same side as the wire harness coming from the right extension tube. Gently lower the desktop support frame onto the *Desktop Mounting Bracket (C)*.

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

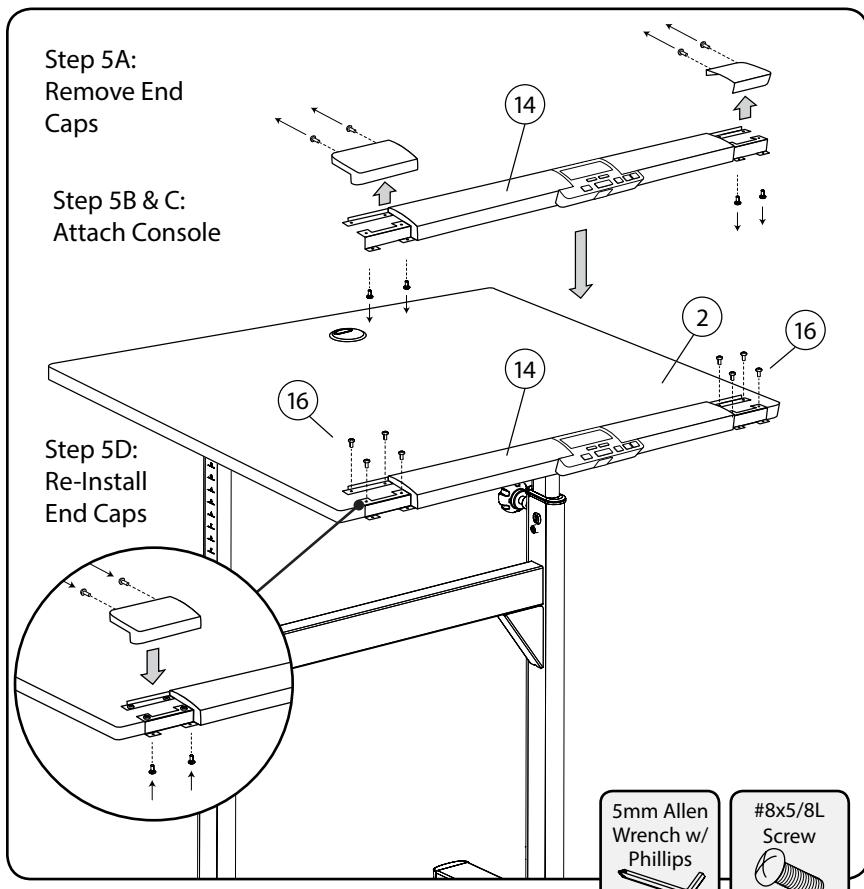


- C. Insert four *M8x45L carriage bolts (9)* through the Mounting Brackets. Install four *M8 washers (5)* and *nuts (10)*. Securely tighten the four M8 nuts.
- D. Connect the two wire harness connectors.

NOTE: If the desktop tilts up and down slightly, re-tighten the four bolts/nuts inserted in step 4C.

Step 5: Console Assembly

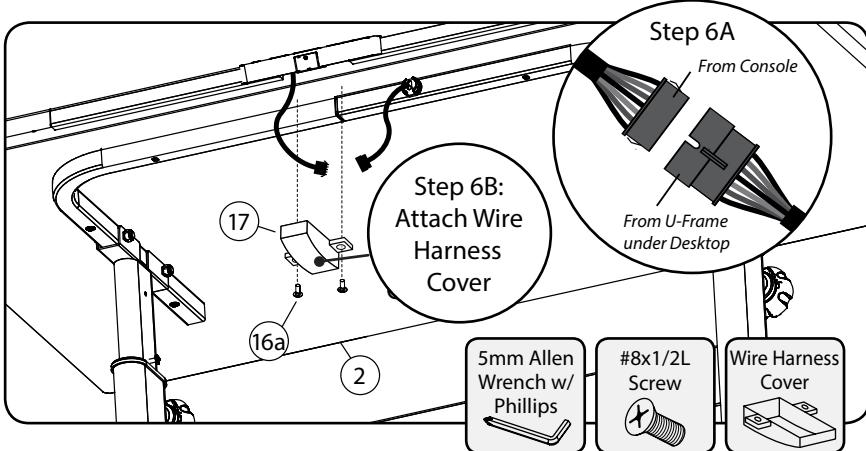
- A. Using the *5mm Allen Wrench with Screwdriver (20)* take out the two pre-installed screws from the back and two screws from the bottom of each console end cap so you can remove the end caps. Notice the difference in the screws from the back and bottom as you will be replacing them back into their proper place.
- B. Align the screw holes in the *Console Bracket (14)* with the pre-drilled holes in the *Desktop (2)*.
- C. Using eight *#8x5/8L Screws (16)* attach the *Console (14)* to the *Desktop (2)*.
- D. Re-install the end caps with the pre-installed screws you removed in Step A.



DT5 Desk: Assembly Instructions

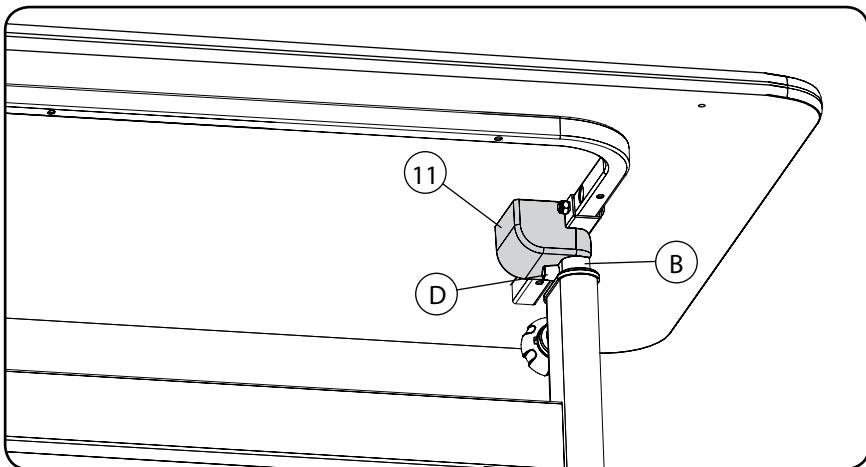
Step 6: Connecting the Wires

- A. Underneath the front of the *Desktop*(2) connect the two 7-pin wire harnesses together for console operation.
- B. Attach the *Console Wire Harness Cover* (17) to the underside of the *Desktop*(2) using two #8x1/2L Screws (16a). Push all the extra cable back into U-Frame to help fit cover in place.



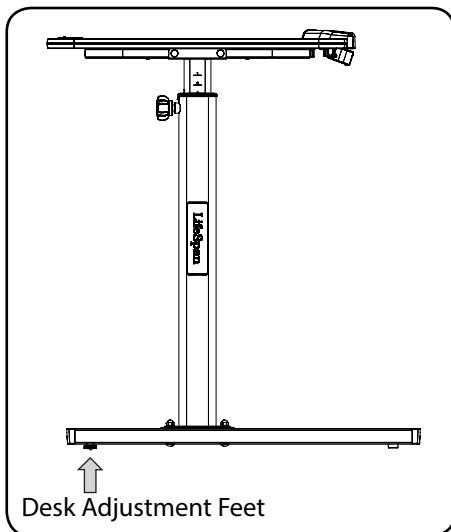
Step 7: Attach the Wire Cover to the Right Extension Tube

- A. Simply snap the *Cover* (11) over the *Right Extension Tube* (B). The bottom of the cover will be resting on top of the *Stop Bumper* (D).



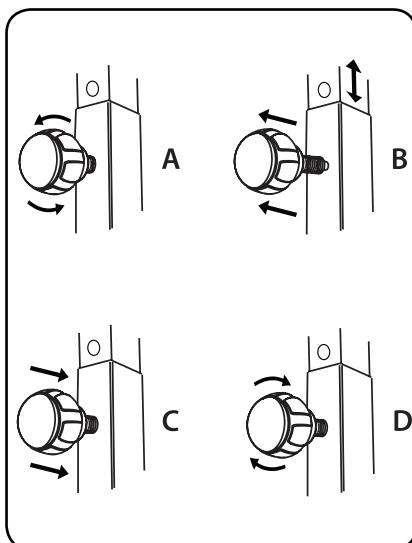
Desk Leveling

The desk needs to be leveled prior to use. The desk comes with two Adjustable Feet that can be used to level the desk and eliminate rocking. If the desk is rocking on two of the feet, adjust the two front feet until all four feet are sitting securely on the floor.



Desk Height Adjustment

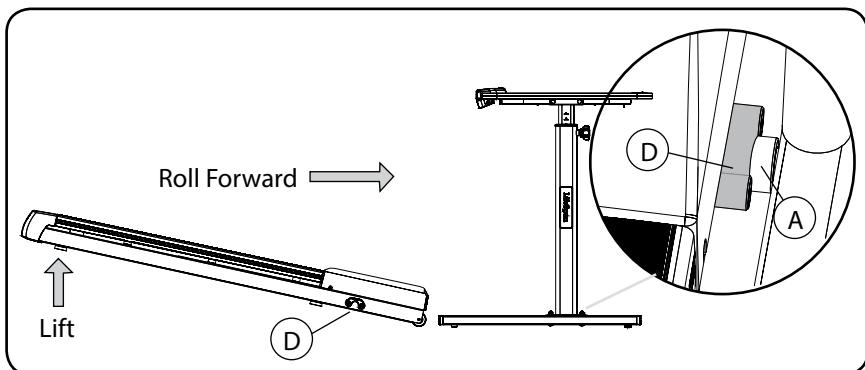
- A. Loosen the *Adjustment Knobs (A)* on each upright by turning it no more than two turns counter-clockwise.
- B. While firmly holding each side of the Desktop, pull both Adjustment Knobs out and slowly raise or lower the desktop.
- C. Release the Adjustment Knob as the desired level is reached. The Adjustment Knob will click into place.
- D. Check to make sure the desk height is set at the same level on both sides. Turn the Adjustment Knobs clockwise to lock in place.



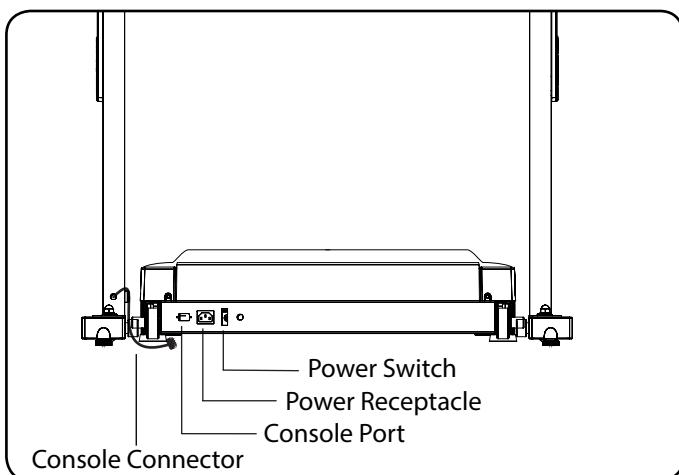
DT5 Treadmill Desk: Assembly Instructions

Treadmill to DT5 Desk Assembly

- A. Position the pre-assembled treadmill as shown below.
- B. Lift the rear of the treadmill and roll it forward under the desk until the *Positioning Bumpers (D)* located on the treadmill are centered over the *Treadmill Position Bumper (A)* at the base of the uprights.

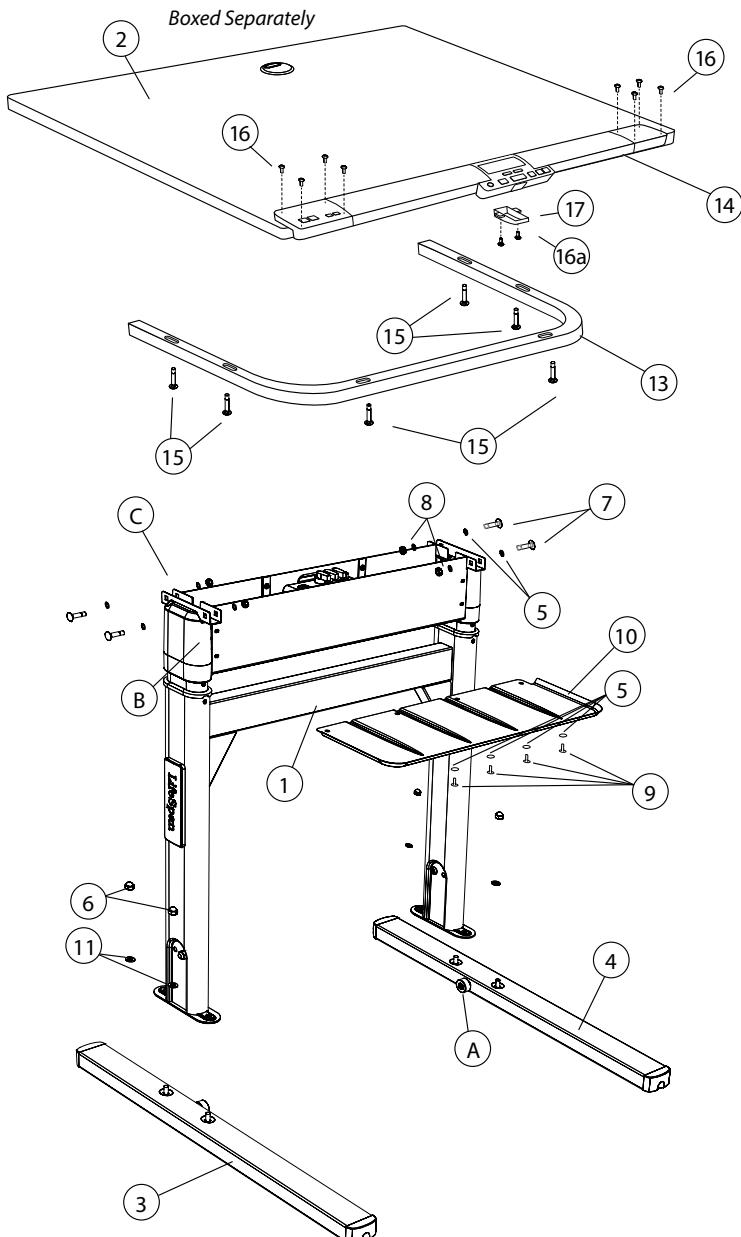


- C. Plug the Console Connector from the desk into the Treadmill Console Port and tighten the thumb screws on the connector.
- D. Plug the Power Cord into the Treadmill Power Receptacle and turn the Power Switch on. Be sure all connectors are plugged in prior to connecting the Power Cord.



DT7 Desk Assembly

DT7 Desk: Assembly Instructions



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.

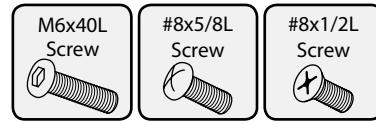
Hardware Included

Item#	Part Description
1	Lift Frame
2	Desktop
3	Left Base Foot
4	Right Base Foot
5	M8 Washer **
6	M10 Acorn Nut **
7	M8x45L Bolt **

Item#	Part Description
8	M8 Lock Nut **
9	M8x15L Bolt **
10	Accessory Tray
11	M10 Washer **
12	LifeSpan Placard
13	U-Shape Frame
14	Console

***Pre-installed*

A	Desk Position Bumpers
B	Extension Tube
C	Desktop Mounting Bracket



Hardware Bag Contents

Item #	Qty.	Part Description
15	6	M6x40L Screw
16	8	#8x5/8L Screw
16a	2	#8x1/2L Screw
17	1	Wire Harness Cover
18	1	Wrench - 17mm
19	1	4mm Allen Wrench



20	1	5mm Allen Wrench w/Phillips Screwdriver
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Table corresponds to the diagram on the left

DT7 Desk: Assembly Instructions

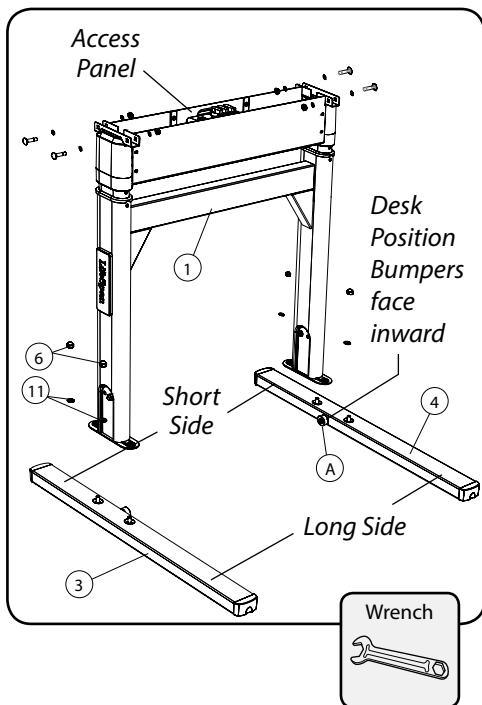
Step 1: Lift Frame Assembly

A. Position the *Lift Frame* (1), *Left Base Foot* (3) and *Right Base Foot* (4) as shown in the figure to the right.

NOTE: The position of the *Desk Position Bumpers* (A) face inward, and the long side of the *Right and Left Base Feet* (3, 4) are opposite of the *Access Panel*

B. Place the lift frame onto the left and right base feet mounting bolts and install the *M10 washers* (11) and *M10 acorn nuts* (6).

C. Tighten the four mounting nuts.

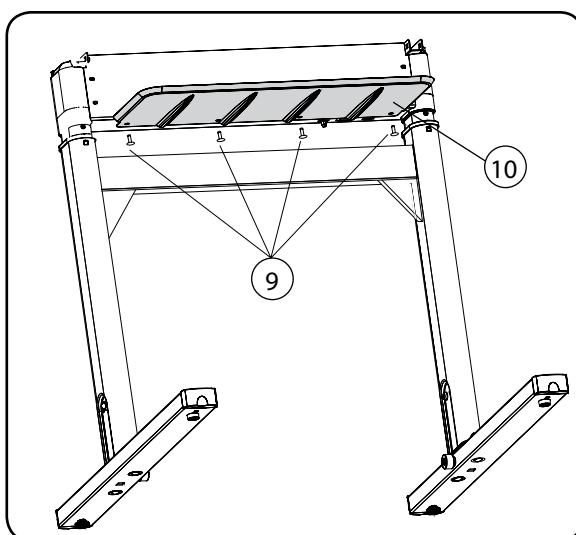


Step 2: Accessory Tray Assembly

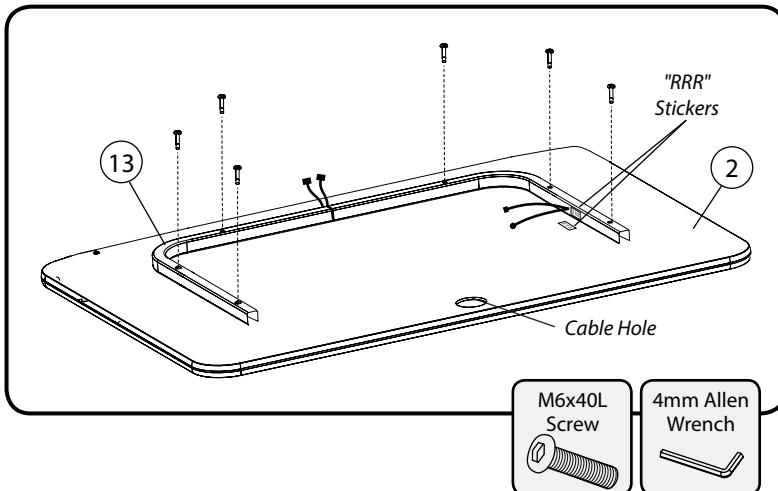
A. Remove the four *Screws* (9) pre-installed in the bottom of the *Upright Assembly Crossbar*.

B. Line the holes in the *accessory tray* (10) with the holes in the Crossbar.

C. Install four *M8 washers* and *M8x15 bolts* (9) and tighten.



Step 3: Attach U-Frame to Underside of Desk

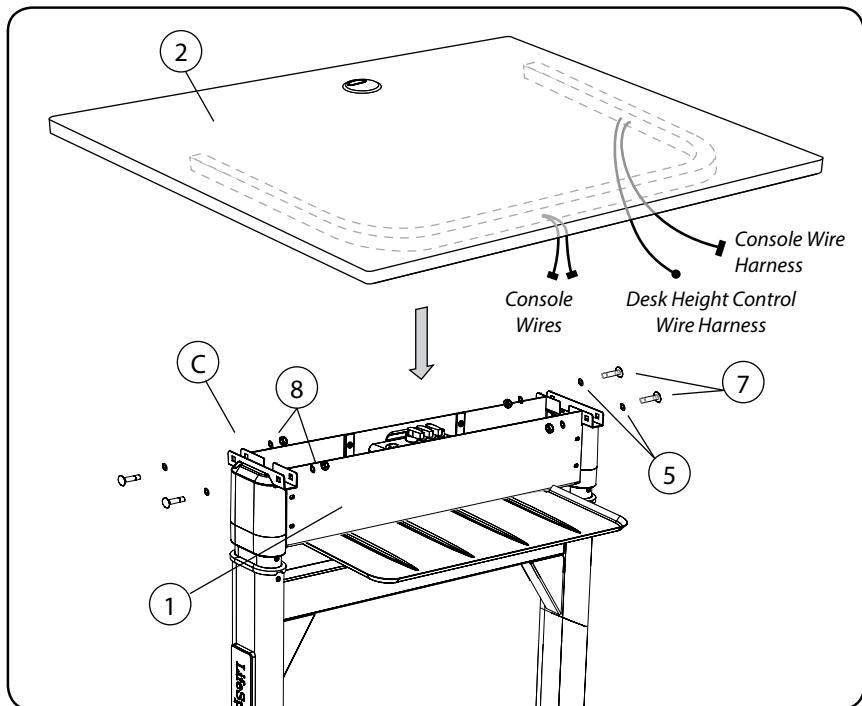


- A. Lay the *Desktop* (2) face down on a smooth clean surface to attach the *U-Frame* (13).
- B. Position the *U-Frame* (13) as shown to the underside of the *Desktop* (2). Be sure the open part of the frame faces toward the *Cable Hole*. The stickers labeled "RRR" on the *Desktop* and *U-Frame* should be matched together when assembled.
- C. Attach the *U-Frame* to the *Desktop* using the six *M6x40L Screws* (15) using the *4mm Allen Wrench* (19).

DT7 Desk: Assembly Instructions

Step 4: Desktop Assembly

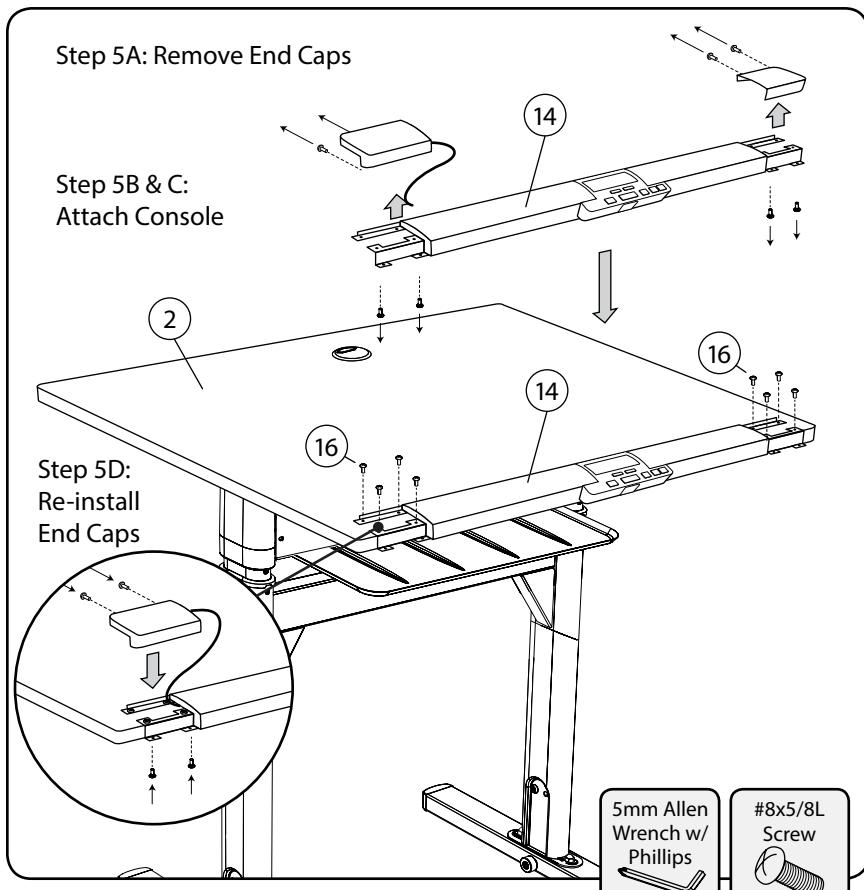
NOTE: It is a good idea to use two people for this portion of the assembly in order to be sure wires are properly routed and do not get pinched while installing the desktop.



- A. Remove the *Bolts* (7), *Washers* (5), and *Nuts* (8) pre-installed in the upright assembly posts.
- B. Hold the *Desktop* (2) over the *Lift Frame* (1) and place the *Desk Height Control Wire Harness* and the *Console Wire Harness* into the center of the *Lift Frame* (1). Place the connector ends towards the center of the tray for easy access in the next steps of the assembly.
- C. Set the Desktop down into the *Mounting Brackets* (C) on the extension tubes, align the mounting holes and re-install the hardware removed in step A.
- D. Tighten the Desktop Mounting Bolts/Nuts.

Step 5: Console Assembly

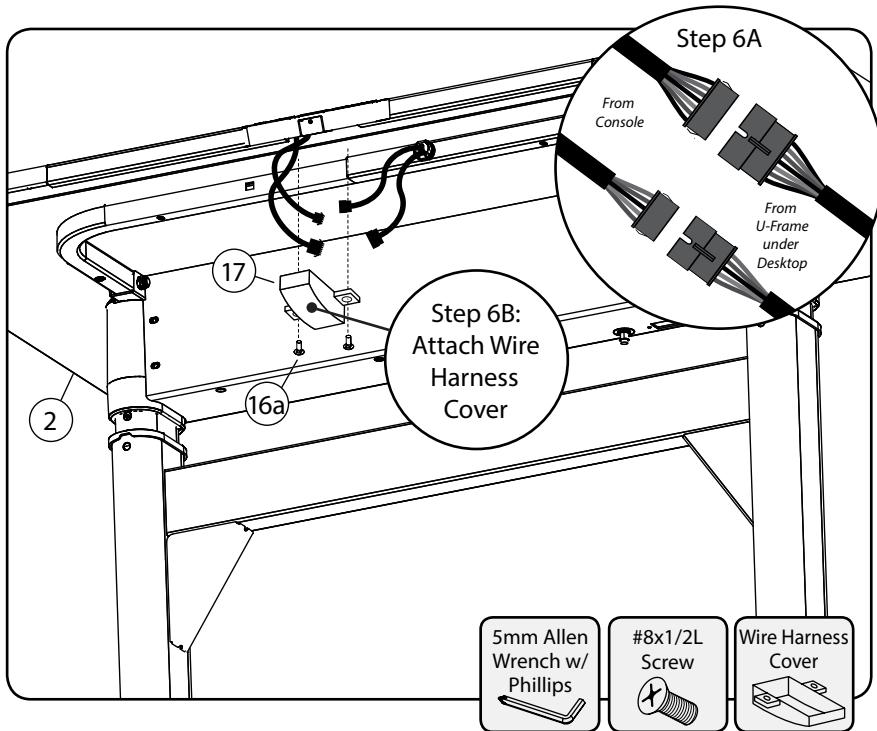
- A. Using the *5mm Allen Wrench with Screwdriver* (20) take out the two pre-installed screws from the back and two screws from the bottom of each console end cap so you can remove the end caps. Notice the difference in the screws from the back and bottom as you will be replacing them back into their proper place.
- B. Align the screw holes in the *Console Bracket* (14) with the pre-drilled holes in the *Desktop* (2).
- C. Using eight *#8x5/8L Screws* (16) attach the *Console* (14) to the *Desktop* (2).
- D. Re-install the end caps with the pre-installed screws you removed in Step A.



DT7 Desk: Assembly Instructions

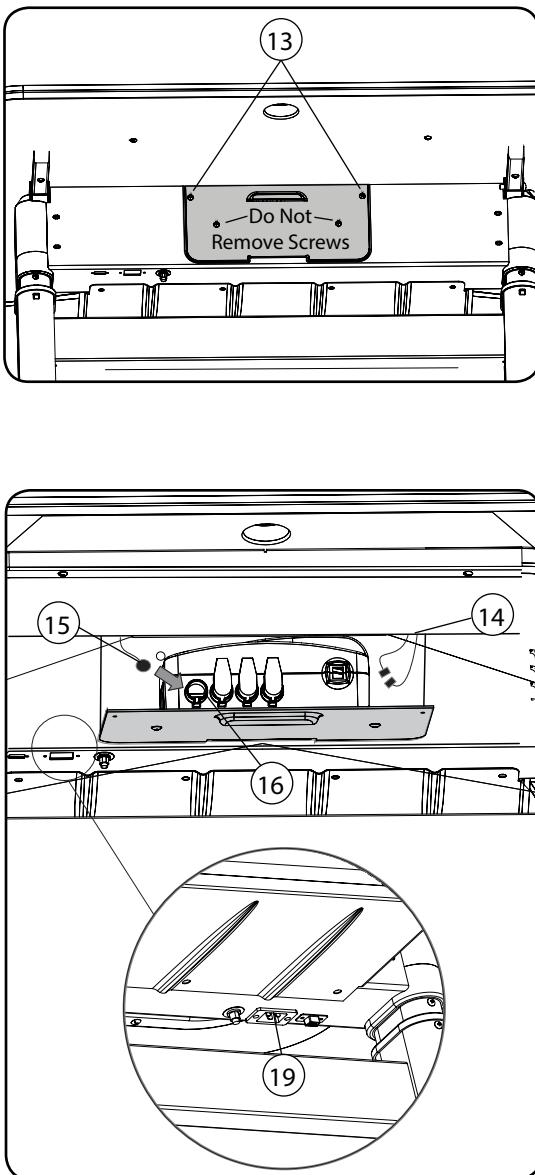
Step 6: Connecting the Wires

- A. Underneath the front of the *Desktop(2)* connect the two 7-pin and the two 5-pin wire harnesses together for console and height adjustment operation.
- B. Attach the *Console Wire Harness Cover (17)* to the underside of the *Desktop(2)* using two *#8x1/2L Screws (16a)*. Push all the extra cable back into U-Frame to help fit cover in place.



Step 7: Height Adjustment/Console Harness Connections

- A. Remove the two *Upper Screws* (13) attaching the Access Panel for the Height Adjustment Control Unit.
- B. Tilt down and pull the Access Panel out several inches. There are harnesses pre-installed to the Height Controller, so do not try to fully remove.
- C. Attach the *Round Connector* (15) (placed in the center tray during desktop assembly) to the *Height Controller Port* (16).
- D. Connect the *7-pin Rectangular Connectors* (14) (one is placed in the center tray during desktop assembly and the other is pre-installed at the factory).
- E. Re-attach the Access Panel to the Center Tray and tighten the two screws removed in step A.
- F. Plug the Power Cord into the *Receptacle* (19).

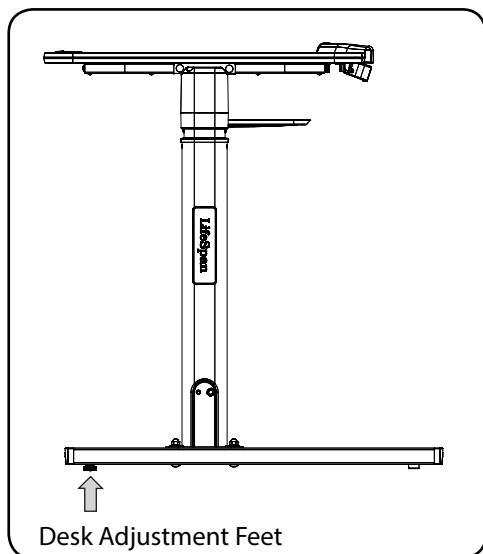


NOTE: Check to be sure all wires are carefully tucked into the center tray prior to tightening access panel screws to prevent harness damage.

DT7 Desk: Desk Leveling and Height Adjustment

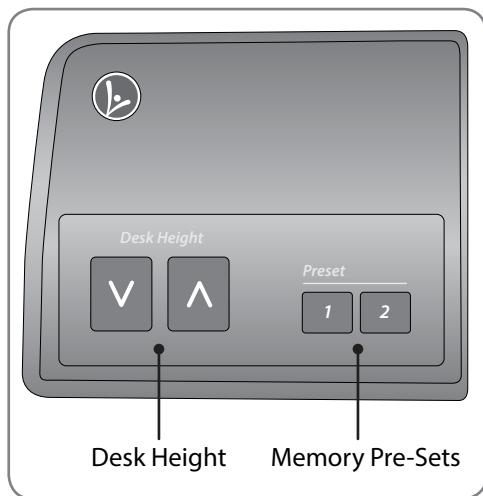
Desk Leveling

The desk needs to be leveled prior to use. The desk comes with two Adjustable Feet that can be used to level the desk and eliminate rocking. If the desk is rocking on two of the feet, adjust the two front feet until all four feet are sitting securely on the floor.



Desk Height Adjustment

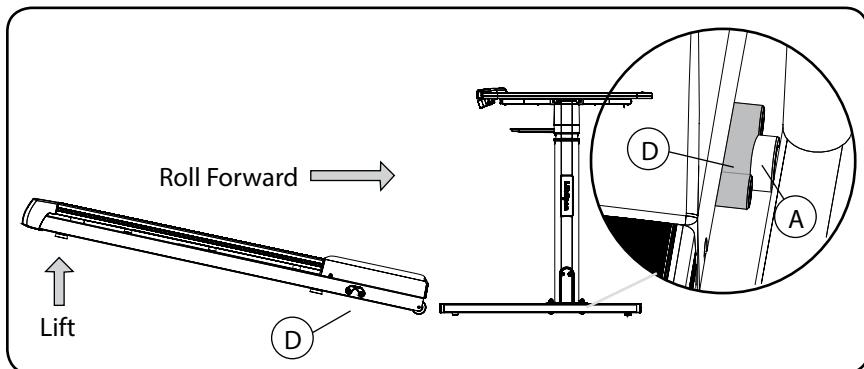
- A. To raise the desk, press the up or down arrow until the desk is at the desired height.
- B. To save a height press and hold the memory preset, one or two, button for three seconds. This will save the current height into memory.
- C. The next time the desk is used, simply press the memory preset to adjust the desk height to the previously saved setting.



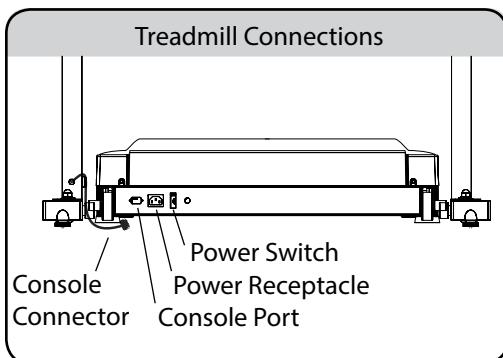
DT7 Electric Treadmill Desk: Assembly Instructions

Treadmill to DT7 Desk Assembly

- A. Position the pre-assembled treadmill as shown below.
- B. Lift the rear of the treadmill and roll it forward under the desk until the *Treadmill Positioning Bumper (D)* located on the treadmill are centered over the *Desktop Positioning Bumper (A)* at the base of the uprights.

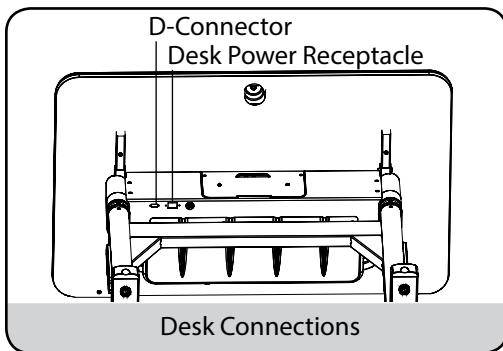


- C. Plug the Console Electronics Cable into the desk D-Connector and treadmill Console Port and tighten the thumb screws.
- D. Plug the Power Cord into the desk Power Receptacle and into a wall outlet.
- E. Plug the Power Cord into the treadmill Power Receptacle and wall outlet.



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

- F. Turn the treadmill Power Switch on.



Treadmill Desk Operations



Treadmill Desk Specifications

COMPARE CONSOLES	DT5	DT7
Readouts	<i>Time, Steps, Calories, Distance, Speed</i>	<i>Time, Steps, Calories, Distance, Speed</i>
Display	<i>White LED</i>	<i>White LED</i>
Bluetooth	<i>Yes</i>	<i>Yes</i>
Buttons	<i>Power, Start, Stop, Pre-Set Speed, Up/Down, Change Display</i>	<i>Power, Start, Stop, Pre-Set Speed, Up/Down, Change Display</i>

MECHANICS & PERFORMANCE	DT5	DT7
Speed Range	<i>0.4 - 4.0 mph* 0.6 - 6.4 kph</i>	<i>0.4 - 4.0 mph* 0.6 - 6.4 kph</i>
Dimensions	<i>Two Optional Sizes: 47.5" w x 29" d - (120.65 cm w x 73.66 cm d) 38" w x 29" d - (96.52" cm w x 73.66 cm d)</i>	
Desktop Height Adjustment Range	<i>41" to 55" 104 cm to 140 cm</i>	<i>40" to 53" 101.6 cm to 134.6 cm</i>
User Height Range	<i>4'10" to 6'8" 147 cm to 203 cm</i>	<i>4'10" to 6'8" 147 cm to 203 cm</i>
Height Adjustment Method	<i>Manual</i>	<i>Electric</i>
Desktop Material	<i>1" (2.54 cm) thick HD Composite Board</i>	<i>1" (2.54 cm) thick HD Composite Board</i>
Desktop Surface	<i>Durable Laminate</i>	<i>Durable Laminate</i>
Maximum Load on Desktop	<i>180 lbs 82 kg</i>	<i>180 lbs 82 kg</i>
Desk Lift Speed	<i>N/A</i>	<i>38 mm/second</i>
Desk Height Memory	<i>N/A</i>	<i>2 Pre-Sets</i>

*Can be changed to max speed of 2 mph/3.2 kph in personal setting

Treadmill Desk Setting The Clock

To accurately track your activity with apps or other computer systems, the console's clock must be set.

Follow these steps:

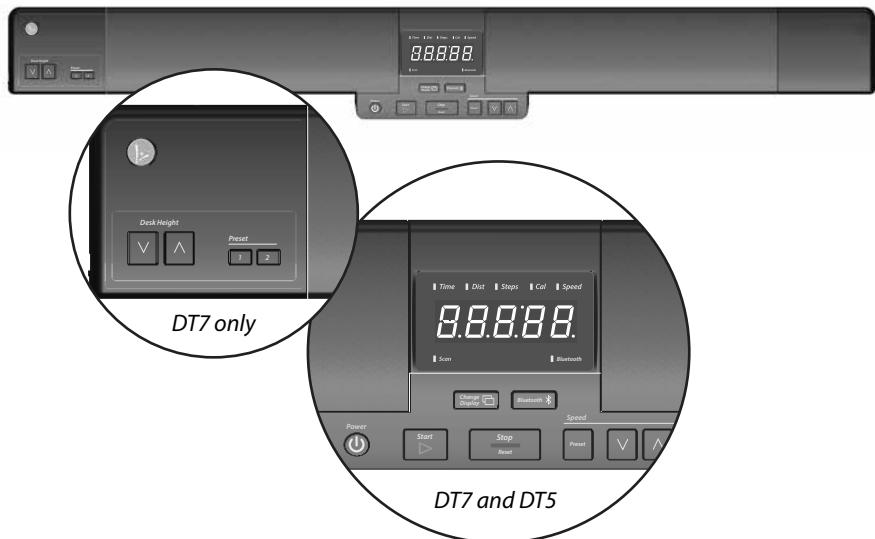
Press and hold <i>Speed Up</i> and <i>Speed Down</i> for one second.	
Display shows: TH	Press Change Display to move to month setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change month
Press <i>Change Display</i>	
Display shows: D	Press Change Display to move to day setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change day
Press <i>Change Display</i>	
Display shows: Y	Press Change Display to move to year setting; after three seconds, display changes automatically Use Speed Up or Speed Down arrows to change year
Press <i>Change Display</i>	
Display shows: H	Press Change Display to move to hour setting; after three seconds, display changes automatically. Note: the clock uses the 24-hour format, such as 16:25 for 4:25 p.m. Use Speed Up or Speed Down arrows to change hour
Press <i>Change Display</i>	
Display shows: N	Press Change Display to move to minutes setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change minutes.
Press <i>Change Display</i> To Move To Normal Standby Mode.	

Starting the Treadmill Desk

1. Turn the On/Off toggle switch located on the front right corner of the treadmill to the on position. If this is already On, press the On/Off button to turn on the console.
2. Make sure the Safety Key is engaged in the console.

NOTE: The display will show "___" 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 "___" when just partially engaged.

3. Press the Start button to start the treadmill belt. The console will start counting up from 0:00.
4. Press the Up/Down buttons to adjust speed, or use the Preset button to go directly to your preferred speed (which defaults to 1.5 mph). See the separate section on Preset, as well as the section on Settings, for more details.



Console Buttons

1. **On/Off:** Turns on the console. When pressed again, turns off the console; the console must be in standby mode (displaying the current time) for the power off function to work.
2. **Start:** Starts the treadmill belt. Performs other functions in Settings.
3. **Stop:** Stops the treadmill belt, Pausing your use. If pressed for one second, resets the console (all data readouts are reset to zero).
4. **Preset:** When the treadmill belt is moving, changes the speed to 1.5 mph, or to a custom speed that is set in Settings. See separate section on Preset, as well as the section on Settings.
5. **Δ Δ :** Increases or decreases speed by 0.1 mph.
6. **Change Display:** Changes the data readout between Time (the default), Distance, Steps, Calories, and Speed. Press and hold for one second to automatically change readouts every five seconds; press again to stop this automatic change.
7. **Bluetooth:** Turns on Bluetooth communications. Phone apps available from LifeSpan can use this system to track your activity. See the Bluetooth section for more details. You can change the function of this button in Settings.

Treadmill Desk Console Overview

Preset (speed) Button

Out of the box, the Preset button activates 1.5 mph with a treadmill.

Change the speed or resistance in Personal Settings.

This feature may be disabled in Settings, setting Preset to OFF. Default is ON.

Bluetooth Operation

To sync your activity data with your LifeSpan app, press the Bluetooth button, go to the Sync screen on the app, and hold your phone a couple of inches from the console. Syncing will take only a few seconds.

Treadmill Desk Innovative Features

Bluetooth – The Bluetooth communications system in this Workplace

Solutions console can send activity information to LifeSpan apps. Your phone must be equipped with Bluetooth 4.0 or later, also known as Bluetooth Low Energy. All iPhones and most Android phones have this.

Intelli-Step™ – LifeSpan treadmill desks come with Intelli-Step our exclusive step counting feature that senses each time your foot lands on the walking belt and counts your step total on the display console. If you're in the habit of counting daily steps or want to incorporate a daily or weekly step count goal this feature will provide more accurate step counting than using a smartwatch or other wearable step counting device on your wrist. Accuracy does require that the treadmill desk is able to detect your steps and will be less accurate for those who walk lightly including those individuals under a 100 pounds (45.5 KG).

Intelli-Guard™ - This unique safety feature is engaged when the treadmill belt speed reaches 1.0 MPH (1.6 KPH) or faster and automatically pauses the belt 20 seconds after you stop walking, ensuring that no one else steps on the treadmill desk without noticing that its already running. When Intelli-Guard senses that the treadmill is no longer being used, after 20 seconds the audible beep will first notify you that the treadmill belt is going to pause. This feature can be controlled in Personal Settings.

Treadmill Desk Innovative Features

Personal Settings – there are several features that can be set using our Personal Settings feature to tailor LifeSpan treadmill desks to your specific preferences. These include:

- **Maximum Speed:** Select 2MPH (3.2KPH) or 4MPH (6.4 KPH) maximum speed options.
- **Intelli-Guard Selection:** On / Off setting
- **Resume Speed:** after pressing pause and returning to the treadmill desk the default belt speed will be .4 MPH (.6 KPH) which is the normal starting speed. The resume starting speed can be modified to default to return to the previous running speed.

In addition, the following features are applicable to both treadmill desk and bike desk users.

- **Audible Safety Beep:** On / Off setting. Each time the control buttons on the console are depressed an audible beep is used as an alert that a change was made. This is designed to prevent accidental speed adjustments being made without users being aware that they may be accidentally depressing a button.
- **Bluetooth Pairing:** Manual or Automatic. The Bluetooth feature can be set to automatically sync with your phone, if used by more than one person we suggest setting it to manual mode and only sync your results when the Bluetooth button is depressed.
- **Metric versus Standard Readouts:** Change the display readouts for speed and distance to Metric or back to standard readouts.

Interlocking Frames – Since the DT5 and DT7 are designed specifically to be used for walking with our treadmills we design them with an extra-large base for added stability and we interlock our desks and treadmills together so they are virtually impossible to pull over should you need to rely on the desk to keep your balance.

Arm Rest – Foam padding on the front of the desk give you a comfortable place to rest your arms and provide a location to hold onto the desk to keep you located when actively engaged in other activities like walking meetings.

Treadmill Desk 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 spray (non-aerosol).

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 36) to turn the Intelli-Guard feature off.

Problem: The treadmill speed doesn't feel right (either too fast or too slow).

Solution: Go into the Personal Settings section (page 36) and check if you are in Metric or English mode. If you are in the correct mode, contact LifeSpan customer service.

Problem: "UART" appears in the display.

Solution: Turn the treadmill desk power switch off. Unplug and re-plug the connections made in Step C on page 25 (DT5) on page 26 (DT7). Make sure the thumb screws are properly tightened. Turn the treadmill desk power back on and check to see if it functions properly.

Treadmill Desk Troubleshooting

Problem: "dc-6" appears in the display.

Solution: Turn the treadmill desk power switch off. Unplug and re-plug the connections made in Step C on page 25 (DT5) on page 26 (DT7). 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 console isn't connecting to the app via Bluetooth.

Solution: Go to lifespanfitness.com/support, and click to the Apps section of FAQs.

If further assistance is needed, please email coordinator@LifeSpanFitness.com.

Problem: The desktop surface is not level.

Solution: Check to make sure the base feet are on a level surface. For a DT5, make sure each extension tube is raised to the same height number as shown on the extension tube. For a DT7, run calibration by pressing and holding the height 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 owners manual included with the treadmill base.

Treadmill Desk Personal Settings

Press and hold Change Display for one second to enter Settings mode.

Press the up or down arrows to move through the various settings. Press Start to choose a setting to change.

Press the up or down arrows to move through the various choices for that setting.

Press Start to select a choice. This takes you back to settings mode, where you can move through the other settings.

Press Stop to exit Settings mode.

Personal Setting Options

Intelliguard — Intelliguard ON/OFF.

Speed Reset — Controls whether, after a Pause, the treadmill resumes the most recent walking speed, or resets to 0.5 mph. If ON, the speed resets to 0.5 mph.

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

Speed Limit — The maximum speed of the treadmill.

Pre Set — Turns on and off the Preset feature. Turning this off is desirable in a group environment.

Preset Speed — Changes the preset speed from something other than the default of 1.5.

Weight — Changes the default bodyweight from something other than the default of 150 pounds / 70 kilograms.

Units of measure — Choose English (Imperial) or Metric.

Multi-User — Choose yes if more than one person will be using the treadmill desk.

Bluetooth-Auto — Choose whether to automatically pair. Optimized safe operation for either single or multiple users.

Display Details

Setting	Setting Displayed	Choice 1 (Default)	Choice 2
Enter Settings mode:	SETTG	n/a	n/a
Intelliguard	GUARD	ON	OFF
Speed Reset:	RESET	OFF	ON
Beep:	BEEP	ON	OFF
Speed Limit:	L	2	4
Pre Set:	SET	ON	OFF
Preset Speed	SPEED	1.5	+/- 0.1
User Weight:	T	150/70	+/- 1
Units of measure:	UNITS	ENGL	(M)TRIC
Multi-User:	USER	NO	YES
Bluetooth-Auto:	BT-A	OFF	ON

Bike Desk Operations



Bike Desk Specifications

COMPARE CONSOLES	DT5	DT7
Readouts	<i>Time, Revolutions, Calories, Distance, Speed</i>	<i>Time, Revolutions, Calories, Distance, Speed</i>
Display	<i>LED</i>	<i>LED</i>
Bluetooth	<i>Yes</i>	<i>Yes</i>

MECHANICS & PERFORMANCE	DT5	DT7
Resistance Level	<i>16 Levels</i>	<i>16 Levels</i>
Dimensions	<i>Two Optional Sizes: 47.5" w x 29" d – (120.65 cm w x 73.66 cm d) 38" w x 29" d – (96.52" cm w x 73.66 cm d)</i>	
Height Adjustment	<i>41" to 55" 104 cm to 140 cm</i>	<i>40" to 53" 101.6 cm to 134.6 cm</i>
Height Adjustment Method	<i>Manual</i>	<i>Electric</i>
Desktop Material	<i>1" (2.54 cm) thick HD Composite Board</i>	<i>1" (2.54 cm) thick HD Composite Board</i>
Desktop Surface	<i>Durable Laminate</i>	<i>Durable Laminate</i>
Maximum Load on Desktop	<i>180 lbs 82 kg</i>	<i>180 lbs 82 kg</i>
Desk Lift Speed	<i>N/A</i>	<i>38 mm/second</i>
Desk Height Memory	<i>N/A</i>	<i>2 Pre-Sets</i>

Bike Desk Setting The Clock

To accurately track your activity with apps or other computer systems, the console's clock must be set.

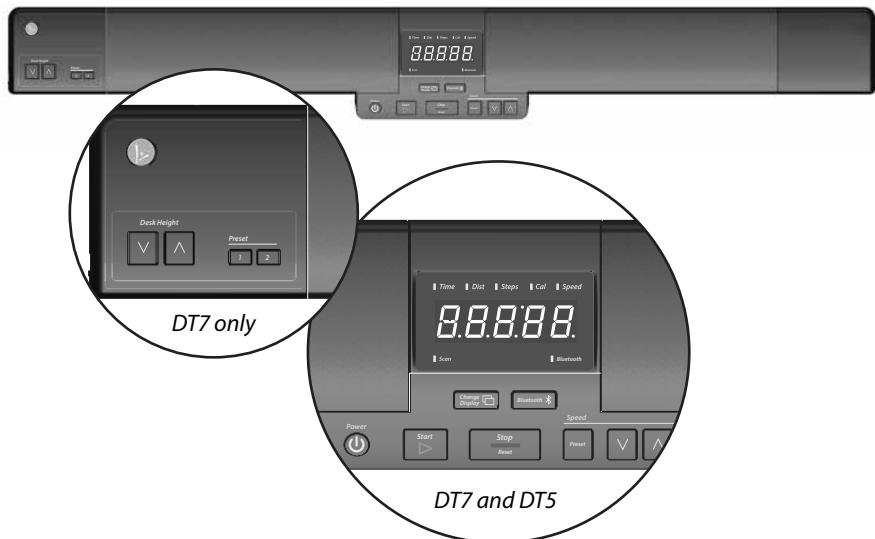
Follow these steps:

Press and hold <i>Speed Up</i> and <i>Speed Down</i> for one second.	
Display shows: TH	Press Change Display to move to month setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change month
Press <i>Change Display</i>	
Display shows: D	Press Change Display to move to day setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change day
Press <i>Change Display</i>	
Display shows: Y	Press Change Display to move to year setting; after three seconds, display changes automatically Use Speed Up or Speed Down arrows to change year
Press <i>Change Display</i>	
Display shows: H	Press Change Display to move to hour setting; after three seconds, display changes automatically. Note: the clock uses the 24-hour format, such as 16:25 for 4:25 p.m. Use Speed Up or Speed Down arrows to change hour
Press <i>Change Display</i>	
Display shows: N	Press Change Display to move to minutes setting; after three seconds, display changes automatically. Use Speed Up or Speed Down arrows to change minutes.
Press <i>Change Display</i> To Move To Normal Standby Mode.	

Bike Desk Innovative Features

Starting the Bike Desk

1. Press the On/Off button to turn on the console.
2. Press the Start, and start pedaling. The console will start counting up from 0:00.
3. Press the Up/Down buttons to adjust resistance.



Console Power Buttons

1. **On/Off:** Turns on the console. When pressed again, turns off the console; the console must be in standby mode (displaying the current time) for the power off function to work.
2. **Start:** Starts the bike. Performs other functions in Settings.
3. **Stop:** Stops the bike, Pausing your use. If pressed for one second, resets the console (all data readouts are reset to zero).
4. **Preset:** This feature is used in a treadmill desk setting and is not applicable to a bike desk.
5. **\wedge \vee** : Increases or decreases resistance by one level.
6. **Change Display:** Changes the data readout between Time (the default), Distance, Steps (Pedal Revolutions), Calories, and Speed. Press and hold for one second to automatically change readouts every five seconds; press again to stop this automatic change.
7. **Bluetooth:** Turns on Bluetooth communications. Phone apps available from LifeSpan can use this system to track your activity. See the Bluetooth section for more details. You can change the function of this button in Settings.

Bike Desk Console Overview

Bluetooth Operation

The Bluetooth communications system in this Workplace Solutions console can send activity information to LifeSpan apps. Your phone must be equipped with Bluetooth 4.0 or later, also known as Bluetooth Low Energy. All iPhones and most Android phones have this.

To sync your activity data with your LifeSpan app, press the Bluetooth button, go to the Sync screen on the app, and hold your phone a couple of inches from the console. Syncing will take only a few seconds.

Bike Desk Innovative Features

Bluetooth – The Bluetooth communications system in this Workplace Solutions console can send activity information to LifeSpan apps. Your phone must be equipped with Bluetooth 4.0 or later, also known as Bluetooth Low Energy. All iPhones and most Android phones have this.

In addition, the following features are applicable to both treadmill desk and bike desk users.

- **Audible Safety Beep**: On / Off setting. Each time the control buttons on the console are depressed an audible beep is used as an alert that a change was made. This is designed to prevent accidental speed adjustments being made without users being aware that they may be accidentally depressing a button.
- **Bluetooth Pairing**: Manual or Automatic. The Bluetooth feature can be set to automatically sync with your phone, if used by more than one person we suggest setting it to manual mode and only sync your results when the Bluetooth button is depressed.
- **Metric versus Standard Readouts**: Change the display readouts for speed and distance to Metric or back to standard readouts.

Bike Desk 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: "UART" appears in the display.

Solution: Turn the bike desk power switch off. Unplug and re-plug the connections made in Step C on page 25 (DT5) on page 26 (DT7). Make sure the thumb screws are properly tightened. Unplug the bike and plug it back in and check to see if it functions properly.

Problem: "dc-6" appears in the display.

Solution: Turn the bike desk power switch off. Unplug and re-plug the connections made in Step C on page 25 (DT5) on page 26 (DT7). Make sure the thumb screws are properly tightened. Unplug the bike and plug it back in and check to see if it functions properly.

Problem: The console isn't connecting to the app via Bluetooth.

Solution: Go to lifespanfitness.com/support, and click to the Apps section of FAQs. If further assistance is needed, please email coordinator@lifespanfitness.com.

Problem: The desktop surface is not level.

Solution: Check to make sure the base feet are on a level surface. For a DT5, make sure each extension tube is raised to the same height number as shown on the extension tube. For a DT7, run calibration by pressing and holding the height adjustment buttons simultaneously for three seconds

Bike Desk Personal Settings

Press and hold Change Display for one second to enter Settings mode.

Press the up or down arrows to move through the various settings. Press Start to choose a setting to change.

Press the up or down arrows to move through the various choices for that setting.

Press Start to select a choice. This takes you back to settings mode, where you can move through the other settings.

Press Stop to exit Settings mode.

Personal Setting Options

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

Weight — Changes the default bodyweight from something other than the default of 150 pounds / 70 kilograms.

Units of measure — Choose English (Imperial) or Metric.

Multi-User — Choose yes if more than one person will be using the bike desk.

Bluetooth-Auto — Choose whether to automatically pair. Optimized safe operation for either single or multiple users.

Display Details

Setting	Setting Displayed	Choice 1 (Default)	Choice 2
Enter Settings mode:	SETTG	n/a	n/a
Beep:	BEEP	ON	OFF
User Weight:	T	150/70	+/-1
Units of measure:	UNITS	ENGL	(M)TRIC
Multi-User:	USER	NO	YES
Bluetooth-Auto:	BT-A	OFF	ON

DT5/DT7

Treadmill/Bike Desk

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Version 6.0