

CARDIO

UK



TREADMILL T90 PRO

TITAN LIFE®

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READ THIS OWNER'S MANUAL BEFORE OPERATING YOUR TREADMILL

IMPORTANT – SEE PAGE 19 FOR INFORMATION ON
TREADMILL LUBRICATION.

THIS INFORMATION HAS BEEN PROVIDED TO EXTEND YOUR
TREADMILL'S LIFETIME.



When starting up your treadmill, stand with your two feet on the two side panels.



When the belt reaches a speed of 2 km/h, you can step on the belt and start walking.

DEAR CUSTOMER

We are extremely pleased that you have chosen a product from TITAN LIFE. This is a high-quality product designed for home usage. It has been tested to the European EN 957 standard. Please carefully read this entire owner's manual Before you assemble and start to use your treadmill. We recommend that you retain the manual for future reference.

CUSTOMER SERVICE

So that we can offer you the best service in the event of a problem, a malfunction or defect for instance, please save the product's serial number in a safe place. It can be found on the tag affixed to the bottom of the treadmill's frame. You should fill in the following items on the tag. We will need this information if you need to contact us at any time regarding your product. We also recommend that you keep the following information together with your receipt of purchase. You will be required to show your receipt in the event of a claim, if requested.

Brand:

e.g. TITAN LIFE

Product type:

e.g. Treadmill

Model name:

e.g. ATHLETE T'11

Serial number:

e.g. re-12011/5212/45101-01

Date of purchase:

e.g. 20/10/2020

Where purchased:

e.g. Expert Sport Norge

ORDER REPLACEMENT PARTS

If you ever need to buy replacement parts, you will find the product numbers for these in either the list of parts or the component diagram in this owner's manual. When ordering, contact our Customer Service department as follows:

DK: www.livingsport.dk

SE: www.livingsport.se

FI: www.livingsport.fi

NO: www.livingsport.eu

DE: www.livingsport.info

UK: www.livingsport.info

Have the serial number, model number, your receipt, and owner's manual at hand when you contact us.

DISPOSAL



This symbol means that the product may not be disposed of as household waste. It is your responsibility to take the product to an appropriate collection point for recycling electrical and electronic equipment. This scheme helps to conserve natural resources and prevent any adverse impacts on human health or the environment.

WARRANTY

TITAN LIFE's quality products are designed and tested for home use.

This means that the warranty will become null and void if you use the product for commercial, public, or other non-private use.

This product has been manufactured according to the European EN 957 standard.

As an importer of your TITAN LIFE product, LivingSport A/S offers a two-year warranty under the Danish Sale of Goods Act. The warranty covers manufacturing and material defects found during normal use of the product. The warranty does not cover any defects, damage, or wear caused directly or indirectly as a result of improper operation, poor maintenance, violent use, or tampering. LivingSport A/S cannot be held liable for any damage to other household effects incurred in connection with the use of the product. Claims in respect of defects or shortcomings, which should be detected through normal examination of the product, should be addressed to LivingSport A/S within a reasonable time.

The product can be returned for repair in the event of defects or shortcomings. This **MUST** be agreed with LivingSport A/S prior to the return. Once we assess the extent of the defect or shortcoming, we will attempt to remedy the problem during repair. If this cannot be done within a reasonable time and without major inconvenience to the consumer, we will exchange the product or a credit can be considered. The warranty period begins on the day of delivery. Therefore, please retain your purchase receipt and delivery slip in a safe place.

If you need to make a product claim, please visit:

DK: www.livingsport.dk

SE: www.livingsport.se

FI: www.livingsport.fi

NO: www.livingsport.eu

DE: www.livingsport.info

UK: www.livingsport.info

SAFETY INSTRUCTIONS

You should consult your doctor before beginning this or any other workout programme. This is particularly important for people who have not exercised regularly previously, or those with current or previous health problems.

Please read this manual carefully before beginning your workout. The manufacturer and retailer assume no liability for personal injury or damage to household effects caused by or through use of this product. Carefully read all precautions and instructions for the use of the product. We recommend that you keep this manual for future reference.

- It is the owner's responsibility to ensure that all users of the product are adequately informed of all precautions. Use this product only as described in this manual.
- Use this product indoors only, on a smooth surface, ensuring sufficient free space around the product. Do not place the product outdoors, in a garage, under a carport, in a shed, or near water.
- Keep the product away from moisture and dust.
- ALWAYS keep children under 12 and pets away from the product.
- If necessary, place a mat under the stabilisers to protect wooden floors and carpets.
- regularly check to ensure that all screws and bolts are properly tighten.
- Immediately replace any worn or broken parts.
- Damaged parts or components may pose a risk to your safety

and impair the product's lifetime. Therefore, replace damaged or worn parts immediately and do not use the product before you do so.

- Repairs may only be carried out in consultation with LivingSport A/S.
- Ensure that NO LIQUID enters the machine or electronic parts, as this may cause damage to the product.
- The product should be stored at normal room temperature, in other words not below 15°C.
- Wear appropriate clothing when exercising. Avoid wearing loose clothing or accessories that could become entangled in the product's moving parts.
- Always wear athletic shoes or trainers when exercising.
- Keep your back straight while exercising. Do not bend your back.
- If you feel pain or dizziness while exercising, you should stop immediately!
- If your product is fitted with a hand pulse monitor, be aware that the monitor is not a medical device and that you can expect a certain margin of error when measuring your heart rate as compared with the measurements of your pulse rate direct from your heartbeat. Several factors, including the way the user moves, can influence the precision of a hand pulse monitor.
- The hand pulse monitor should be regarded as a training tool to determine your general heart rate.
- The product is classified as an "H" product (for home use) and is therefore only intended for exercise use at home. It should therefore not be used within commercial or institutional

environments.

- The product is NOT designed for medical or rehabilitative purposes.
 - The product is manufactured according to the European EN 957 standard and is not intended for therapeutic or curative exercise.
 - For maximum user weight see USER INSTRUCTIONS.
 - If your product has heart rate then please note this: WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
 - Emergency dismount; clear safety area of at least 2 000 mm in length and at least as wide as the treadmill shall be provided behind the equipment when in use. If your product has heart rate then please note this: WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- Noise emission under load is higher than without load.

IMPORTANT SAFETY INFORMATION

Position your treadmill close to an electrical outlet. Always plug the power cord into a grounded outlet. Ensure that no other power-consuming items are plugged into the same outlet. We recommend that you do not use an extension cord. The product is rated for 220-240-volt outlets. Only allow adults to connect the treadmill to the mains.

If in doubt about how to connect your treadmill, or whether it is safe to do so, you should contact a qualified electrician. You must not attempt to modify the cord or adapter.

The cord must not come into contact with the treadmill! You should therefore not route it under the treadmill or under the rear or front rollers. Do not use the treadmill if the cord is defective!

Turn off the power and unplug the cord during maintenance. Ensure there is no damage to the treadmill and that everything is tensioned before use. The treadmill must not be used outdoors or placed in direct sunlight. When in the "On" position, the treadmill should always be supervised by an adult.

ASSEMBLY

Before starting up your machine, it is important that you carefully read all the steps for assembly. We recommend that you consult the three-dimensional exploded view diagram while doing so.

Dispose of all packaging and loose material before assembling the product. Ensure that all parts have been included and are free of

damage before starting with assembly. Use the enclosed list of materials to double-check that this is the case.

Use care when assembling the product. Ensure that you can concentrate and that no one disturbs you during assembly. Children should never be present during the assembly of the product!

MAINTENANCE

The product must be tensioned before each use and it should be checked for any defects, vibrations, strange noises, and missing parts. If you are unsure whether the product has a defect, cease using it and contact LivingSport A/S' Service Department. In particular, take note of the screws and bolts securing the moving parts, whether visible or hidden. If the fault occurs due to improper operation, lack of tensioning, or maintenance, the warranty will become void. Furthermore, LivingSport A/S takes no responsibility for faults which may occur on second and third parties.

It is important that the treadmill is properly maintained, in order to prevent faults and to ensure its smooth functioning. If you fail to maintain your treadmill, you may impair its useful life and risk the warranty becoming void.

**ALL PARTS SHOULD BE CHECKED AND TENSIONED REGULARLY!
DEFECTIVE PARTS MUST BE REPLACED IMMEDIATELY!**

ADJUSTING THE TREADMILL/BELT

You may need to adjust the treadmill/belt after the first few weeks of use because the rubber parts may expand a little. If you notice the treadmill slipping or "standing still" when you take a forward step, the treadmill/belt needs to be tightened.

TENSIONING THE TREAD-BELT

1. Use an 8mm wrench for the left adjustment bolt. Turn it clockwise by a $\frac{1}{4}$ turn.
2. Repeat STEP 1 with the right adjustment bolt. Ensure that you turn each bolt the same number of turns. If you fail to do so, the belt will start running askew and you risk destroying the belt.
3. Repeat STEP 1 and STEP 2 until the belt stops slipping/moves from its "standing still" position.
4. Be careful not to overtighten the belt, as this may damage the front roller's ball bearings. If this happens, you will hear a metallic noise coming from the roller.

To reduce load on the rollers (to loosen the belt), turn both the right and left bolts clockwise the same number of turns.

CENTRING THE TREADMILL / BELT

When you run, it is normal that you push off harder with one foot than with another. However, with time, this may lead to the belt being pulled askew. The treadmill will usually re-centre itself by simply being allowed to run without any load on it, meaning no one standing on it while it is running. If this does not remedy the problem, you should adjust your treadmill manually.

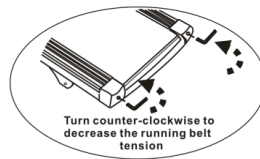
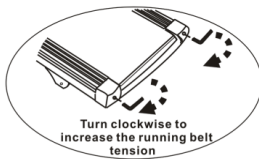
- Start the treadmill/belt, allowing it to run at 6 km/h and ensuring there is no load on it. Observe whether the belt is pulls to the right or the left.

- If it pulls to the left, use the wrench to turn the left adjustment bolt. Turn the left bolt clockwise by a ¼ turn.
- If it pulls to the right, use the wrench to turn the right adjustment bolt. Turn the right bolt clockwise by a ¼ turn.
- Repeat the above until you centre the belt.

Once you centre the belt, set the speed at around 12 km/h. Check whether the treadmill is running normally and without any strange sounds.

If the above procedure proves inadequate to centre the belt, you may need, as mentioned above, to tighten the tread-belt.

Refer to the illustration below.



LUBRICATION

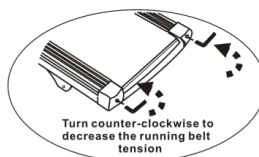
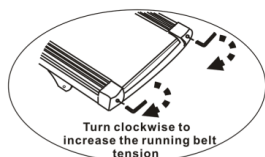
Before using your treadmill for the first time, you should check whether it has arrived adequately lubricated by the manufacturer:

Lift the belt and feel the underside. If you find any traces of silicone, you do not need to re-lubricate the belt.

If the surface is dry, follow the “Lubricating your Treadmill” instructions below.

Your treadmill should be lubricated regularly. Lubricate it at monthly intervals or after approx. 40 workout hours. Only use an authorised silicone spray or the bottle supplied with the treadmill. If you wish to buy items in addition to those supplied, please contact info@livingsport.dk for referral to your nearest dealer.

LUBRICATING THE TREADMILL



STEP 1:

Use the Allen wrench supplied to loosen the screws towards the end of the belt, as shown above. Turn clockwise about 10 times.

STEP 2:

Lift the belt up and, using the bottle supplied, lubricate the wooden board in an S-shaped pattern. You will need approx. half the bottle.

STEP 3:

Next, retighten the belt.

STEP 4:

Run the treadmill at a speed of 5-6 km/h, without standing or walking on it, for about 5 minutes, so the oil can be worked into the belt. Lastly, turn the speed to the highest setting and check that the belt is running straight.

CLEANING

Regular cleaning ensures your treadmill lasts longer!

WARNING: The treadmill may not be connected to a power source during cleaning! The power plug should be disconnected from the electrical socket when the treadmill is not in use, and must be during maintenance and during cleaning.

Note: Do not use any soap or detergents. To avoid damage to the console, keep clear of all liquids.

Wipe the console and all other surfaces using a dry cloth after each workout! Do not leave the console in direct sunlight.

Remove the motor cover approx. every 6 months and vacuum the motor compartment. REMEMBER disconnect from the power source. It is important that where you place your treadmill is a dust-free environment. Also remember to clean under and around the treadmill. To make cleaning easier, you should use a mat under the treadmill. Clean the mat at least once a week.

STORAGE

The treadmill should be stored in a clean and dry room, and at a minimum temperature of 15 degrees. Ensure that the power is turned off and that the cord is not plugged into the outlet.

HEART RATE WORKOUTS

On normal days, our body uses oxygen to convert nutrients from the food we eat into energy for use by our muscles and in other bodily functions. The amount of energy we use is measured in calories. The following rule of thumb applies: if we burn more calories than we consume, the body will source fuel from the calories that the body stores as fat. This will lead to fat being turned into muscle, which will improve our posture and make the body healthier overall.

When we exercise, our heart rate increases to supply a sufficient amount of oxygen to the muscles being used. Regular cardiovascular activities, such as cycling, running, rowing, or working out on a crosstrainer, will result in a stronger heart and stronger lungs that can more effectively distribute oxygen to the muscles. In turn, muscles can more effectively convert calories into energy.

However, to ensure you improve your health in a safe and reliable way, it is necessary that you very accurately estimate the pulse rate you are going to work out at. You do this by setting your maximum heart rate (MHR). This is the maximum number of times your heart can beat per minute.

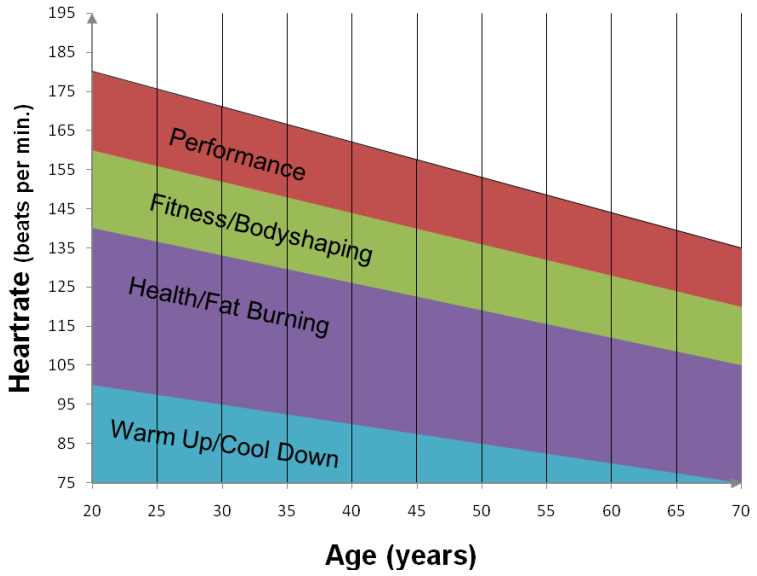
How to set your maximum heart rate:

Men: Estimated MHR = 220 minus your age

Women: Estimated MHR = 226 minus your age

Use the following table to determine the level at which you should work out based on your heart rate.

HEART RATE DIAGRAM



WARMING UP

FLEXIBILITY

Flexibility is described as the range of motion around a joint, where two or more bones come together. By maintaining your joints and improving your flexibility, you will be less susceptible to injury or arthritic infirmity. You should try to gently improve your flexibility using a couple of stretching exercises. Stretching exercises should always be a part of your warm-up and cool-down routines. You can then continue to increase your flexibility during your normal workout.

WARMING UP AND COOLING DOWN

A successful exercise programme consists of a good warm-up, aerobic exercise, and cool-down. Do this programme two or three times a week with a day between workouts. After several months, you can increase your workouts to four or five times a week.

Warming up is a very important component of your exercise programme and it should be done before every workout. It prepares your body for a very strenuous workout by warming up and stretching your muscles. It also improves your circulation and increases your pulse, and delivers more oxygen to your muscles.

We recommend that you repeat the exercises shown here after your workout to reduce exercise pain.

TOUCHING YOUR TOES

Slowly bend forwards from the hips, keeping your back and arms relaxed while stretching downwards towards your toes. Stretch down as far as you can and hold that position for 15 seconds. Bend your knees slightly.



SHOULDER LIFTS

Raise your right shoulder up towards your right ear and hold for 2 seconds. Next, raise your left shoulder up towards your left ear and hold for 2 seconds, while lowering your right shoulder.



HAMSTRING STRETCHES

Sit with your right leg outstretched. Rest the sole of your left foot against the inside of your right thigh. Stretch your right arm out along your right leg as far as you can. Hold for 15 seconds. Relax and then repeat with the left leg and left arm.



SIDE STRETCHES

Raise your arms above your head. Stretch your right arm up towards the ceiling as far as you can. Then repeat the exercise for your left arm.



CALF/ACHILLES STRETCHES

Lean against a wall with your left leg in front of the right and your arms forwards. Stretch out your right leg, keeping your left foot on the floor. Next, bend your left leg and lean forwards by moving your right hip in the direction of the wall. Keep your leg stretched and repeat the exercise for the other leg.



HEAD ROLLS

Slowly tilt your head to the right, stretching out the left side of your neck. Hold for 20 seconds. Next, tilt it back again to the left and continue on until the right side of your neck is stretched out. Then, slowly tilt your head forwards and stick out your neck. Never rotate your head all the way round!



Repeat the exercise several times.

GENERAL WORKOUT PROGRAMME

DESIRED RESULT	WORKOUT LEVEL
<p>More active lifestyle</p> <ul style="list-style-type: none"> • Improve functional capacity • Reduce risk of disease • Physical well-being 	<p>Level 1</p> <p>Work with a heart rate of 40-60% of your maximum</p>
<p>A healthier heart – burn fat</p> <ul style="list-style-type: none"> • Improve cardiovascular health • Weight loss • More energy • Reduce blood pressure • Reduce cholesterol levels • Boost immune system • Reduce stress 	<p>Level 2</p> <p>Work with a heart rate of 61-70% of your maximum</p>
<p>Fitness – stamina</p> <ul style="list-style-type: none"> • Improve cardiovascular health • Improve aerobic capacity and stamina 	<p>Level 3</p> <p>Work with a heart rate of 71-85% of your maximum</p>
<p>Competition training</p> <ul style="list-style-type: none"> • Shift oxygen limit • Improve competition results 	<p>Level 4</p> <p>Work with a heart rate of 86-100% of your maximum</p>

HELP IN ATTAINING YOUR WORKOUT GOALS

As previously described, there are a range of benefits from exercising, including better sleep and an improved metabolism so that you burn fat even when you are not exercising, better posture that reduces the risk of back pain, and enhanced self-esteem from all the health benefits. We recommend that you do not use your weight loss as the only indicator of your results. Instead, look at yourself in the mirror, which is a far better indicator of success when you are turning fat into muscle.

Do not set unrealistic goals when you begin working out. That will quickly give rise to sore muscles, resulting in a lack of motivation when you fail to achieve your goals. Instead, get on the bike for 20 minutes three times a week, in order to allow your body to recover. Remember: what you are putting into effect is a change of lifestyle, so let it take the time it needs. Try not to do too much all at once to get in shape. Long-term success tends to be easier to achieve when you start slowly. Take one step at a time and make sure that you feel comfortable with your new habits. That way, you won't give up and fall back into an inactive lifestyle. It is also important to understand that several elements of everyday life can help or hinder you in achieving your goals. What you eat has a strong bearing on your well-being, and so it is important to eat healthily. On top of that, there are lots of little things in everyday life that can bring about a positive result, such as using the stairs instead of the lift. And remember, even if you do not do these things every day, every little bit helps.

USER INSTRUCTIONS

Maximum userweight 150kgs









1. Features

Congratulations on choosing the motorized treadmill. You have taken the first step to a healthier and more rewarding lifestyle.

The treadmill is especially designed to meet your needs. The following are the features of the treadmill.

- Speed Range: 0.8~22 KM/H
- Incline: 0-22 levels auto incline
- Hand pulse
- 25 pre-programs
- HR programs (for HRC version only)
- Speakers
- Input voltage: 220V 50-60HZ

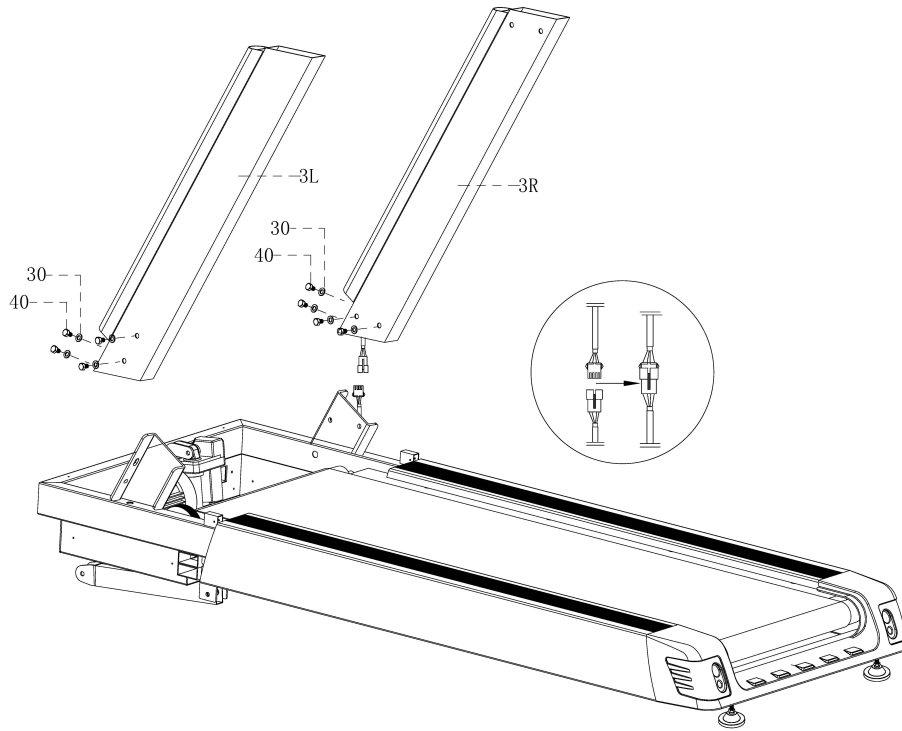
2. Assembly instructi

Hardware packing list			
Part # Description	Quantity (PCS)	Part # Description	Quantity (PCS)
M10x20 mm Bolt 	10	Safety key 	1
Washer (φ 11* φ 21*t1.5) 	10	Allen wrench 	2
Lubricant Oil 	1	Screw driver 	1
Screw φ 4.2*16 	25	Washer (φ 6* φ 13) 	4

NOTE: 1. Above described parts are all the parts you need to assemble this treadmill. Before you start to assemble, please check the hardware packing to make sure they are included.

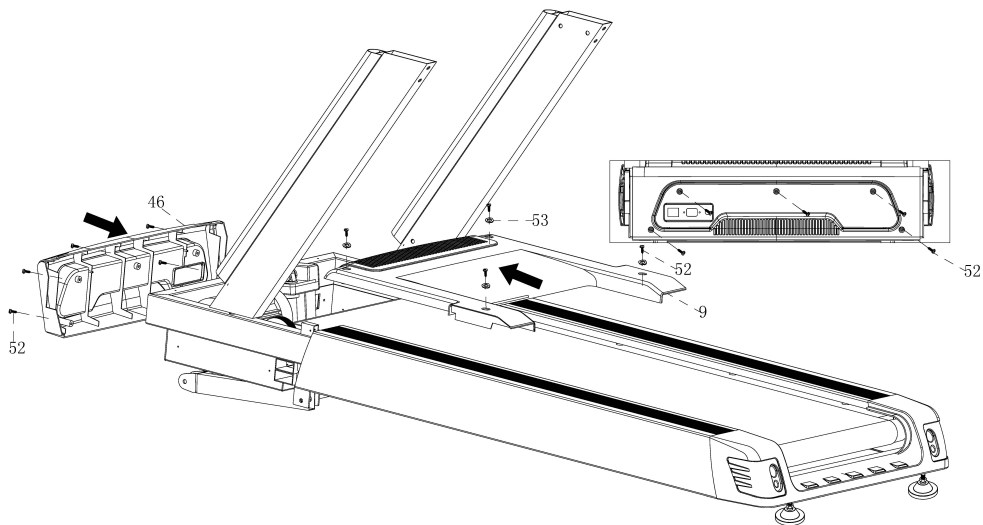
2. Please find tools in th hardware pack to help you assemble this treadmill easier.

• **Step 1:** Open the box and put the MAIN FRAME on the floor. Connect COMPUTER BOTTOM WIRE and COMPUTER MIDDLE WIRE, and lock the UPRIGHT (3L/R) as arrow direction to the MAIN FRAME. Use M10*20 BOLT (40) and $\phi 11^* \phi 21^*t1.5$ WASHER (30) to lock the UPRIGHT (3L/R).



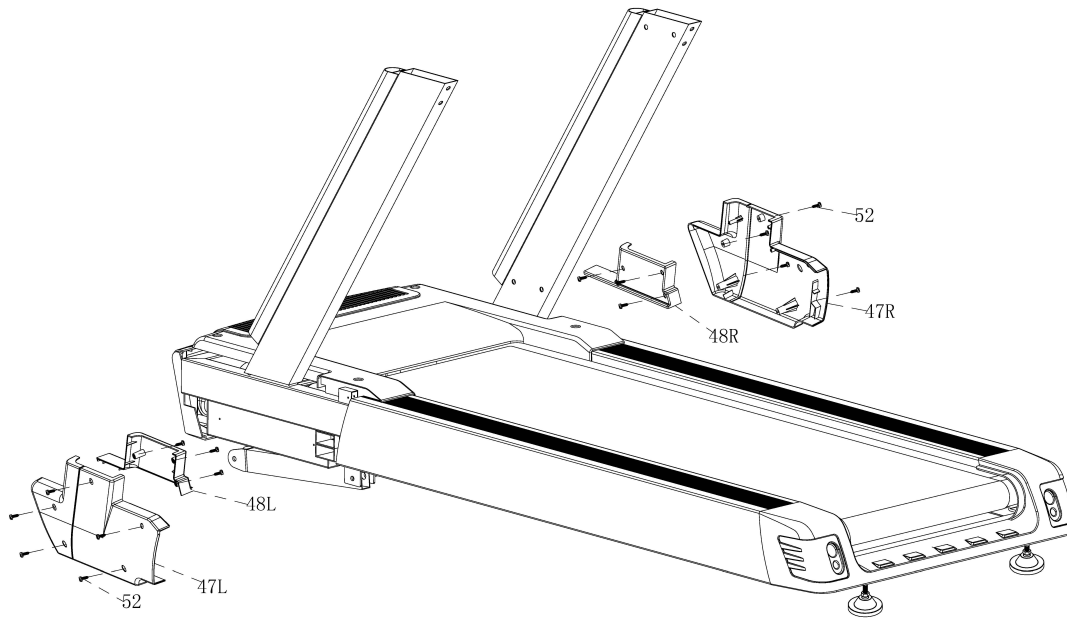
STEP 2 :Assemble the motor cover .

- 1: Use the screw (52) $\phi 4.2^*16$,(53)Washer ($\phi 6^* \phi 13$) to fix the motor cover front.
- 2: Then put the up motor cover, and use screw (52) $\phi 4.2^*16$ to fix the motor cover.

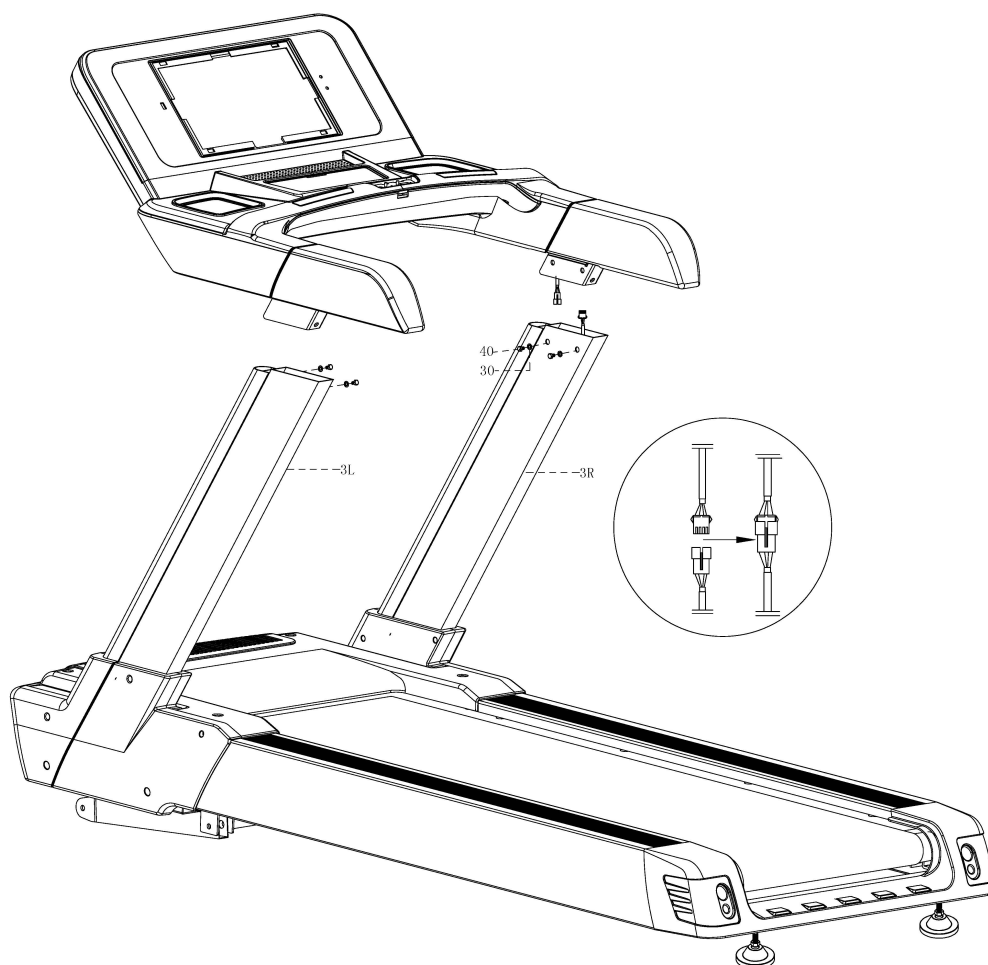


STEP 3 :Assemble side decorative covers.

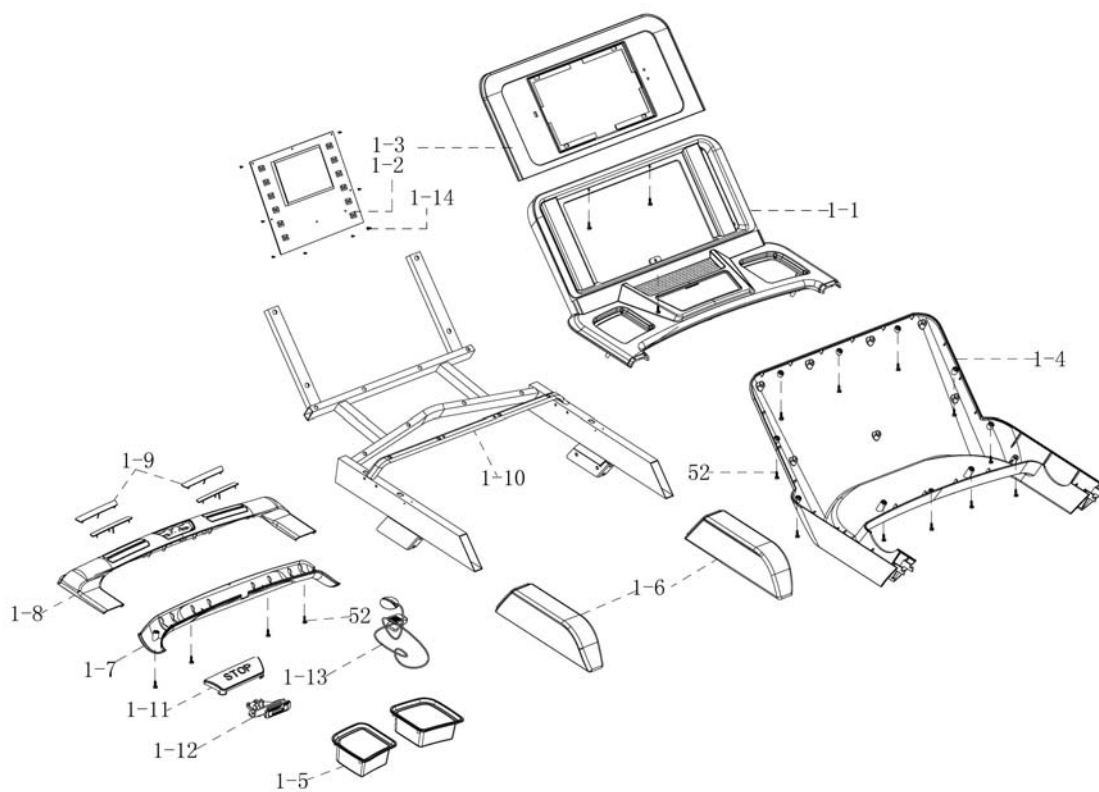
Use the supplied screws (52) ϕ 4.2*16 to fix the decorative cover (47 L&R and 48L&R) to the both sides.



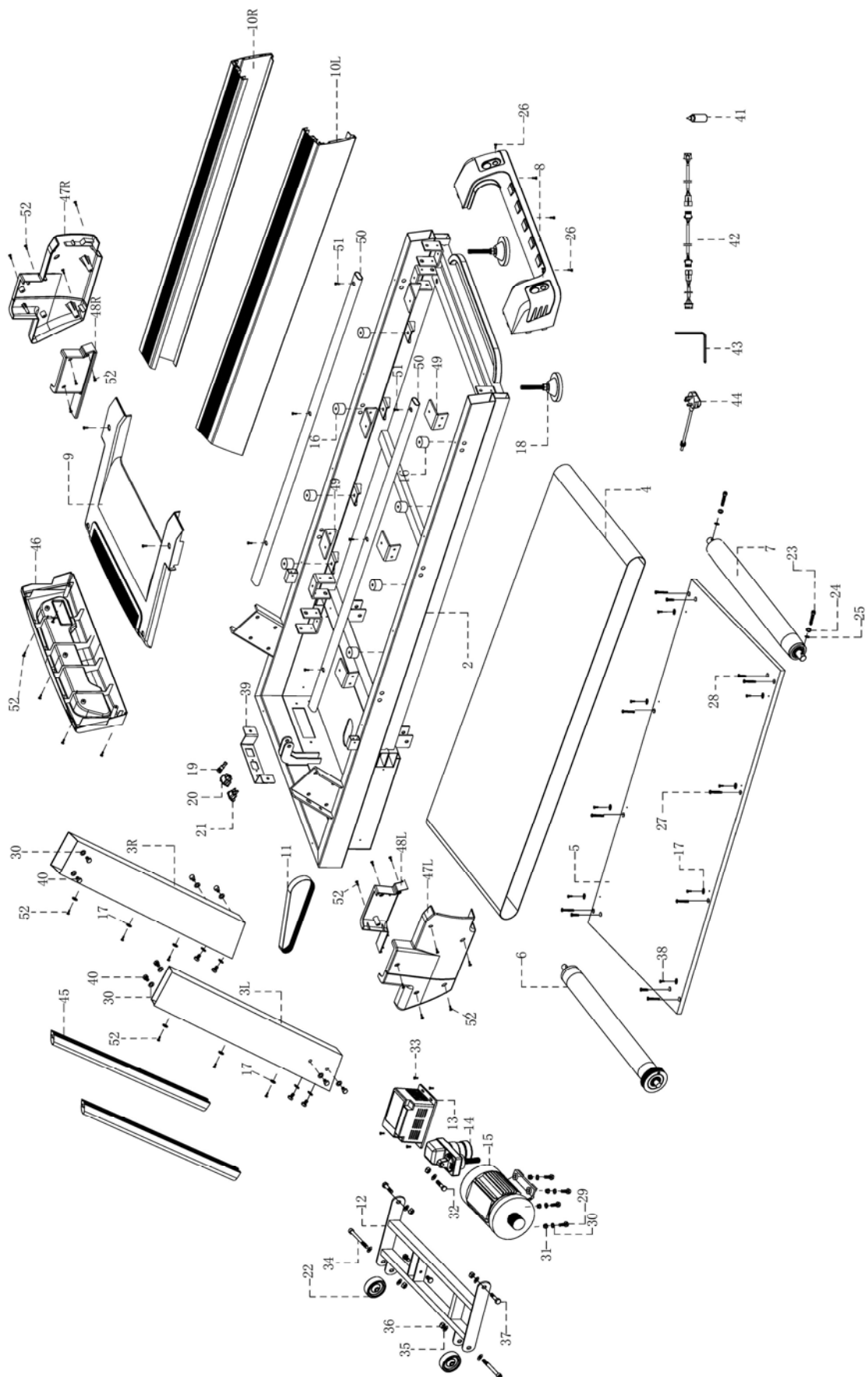
● **STEP 4:** Connect COMPUTER TOP WIRE and COMPUTER MIDDLE WIRE. Use M10*20 BOLT(40) and ϕ 11* ϕ 21*t1.5 WASHER (30) to fix the COMPUTER onto the UPRIGHT (3L/R). Then put the safety key on the compute.



COMPUTER EXPLODED DRAWING



EXPLODED DRAWING

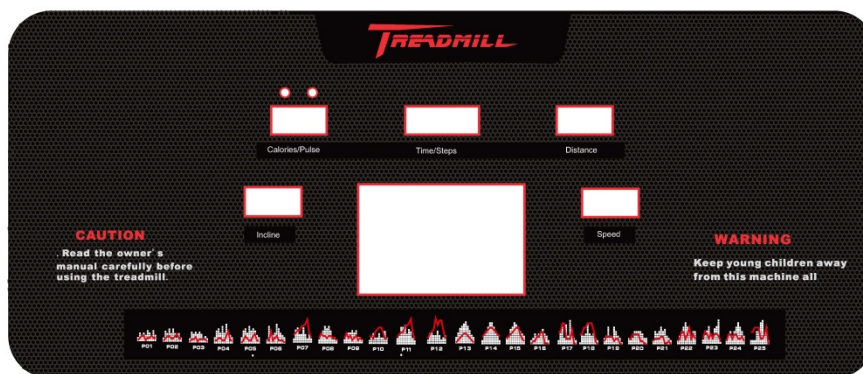


3. parts list

No	Parts Name	qty	No	Parts Name	qty
1	CONSOLE	1	27	BOLT M8*65	8
2	BASE FRAME	1	28	BOLT M6*45	4
3L/R	UPRIGHT	2	29	BOLT M10*35	4
4	RUNNING BELT	1	30	FLAT WASHER ϕ 11* ϕ 21*t1.5	15
5	RUNNING BOARD	1	31	BOLT CAP M10	7
6	FRONT ROLLER	1	32	BOLT M10*35	1
7	REAR ROLLER	1	33	SCREW M4*16	4
8	END CAP	1	34	BOLT M8*55	2
9	MOTOR COVER	1	35	FLAT WASHER M8	4
10	SIDERAILS	2	36	BOLT CAP M8	2
11	MOTOR BELT	1	37	BOLT M10*16	2
12	INCLINE BRACKET	1	38	BOLT M8*35	8
13	CONTROL BOARD	1	39	POWER SWITCH	1
14	INCLINE MOTOR	1	40	BOLT M10*20	10
15	AC MOTOR	1	41	SILICONE OIL	1
16	CUSHION	8	42	COMPUTER WIRE	1
17		14	43	ALLEN WRENCH	1
18	SUPPORT FEET	2	44	POWER CABLE	1
19	FUSE	1	45	UPRIGHT SIDERAILS	2
20	POWER KEY	1	46	MOTOR COVER FRONT	1
21	PLUG SEAT	1	47	SIDE BAR COVER(L&R)	2
22	WHEELS	2	48	SIDE BAR COVER (L&R)	2
23	BOLT M10*100	3	49	METAL	6
24	FLAT WASHER M10	4	50	SIDERAILS SUPPORT	2
25	SPRING WASHER	3	51	BOLT M6*10	6
26	SCREW	5	52	SCREW ϕ 4.2*16	49
			53	Washer (ϕ 6* ϕ 13)	4

4 Console Functions and operation

Console overlay picture:



LED WINDOW FUNCTION

1. "SPEED" WINDOW:

Display the current SPEED, the range is 0.8--22KM/H.

2. "INCLINE" WINDOW:

Display incline value. Incline range: 0-22

3. " DISTANCE" WINDOW:

Display running distance. Forward count is 0.00-99.0, If it goes beyond it, forward count starts from 0; Countdown starts from the setting value to 0, and when countdown is 0, treadmill slows down smoothly until stop. In countdown mode the window will flash to prompt the user to set the distance.

4. " PULSE/ CALORIES" WINDOW:

- 4.1 Display the heartbeat value. When hold the hand pulse, the heartbeat rate is displayed on this window, and the corresponding lamp will be lighten. The heartbeat value is 50-200 times/minutes. This data is only for reference and can not be as medical data.
- 4.2 Display the calorie value. Forward count is 0-990. If it goes beyond it, forward count starts from 0; Countdown starts from the setting value to 0, and when countdown is 0, treadmill slows down smoothly until stop. In countdown mode the window will flash to prompt the user to set the calorie

5. "TIME " WINDOW:

Display running time. Forward count is 0:00-99:59, When reach 99:59, treadmill slows down smoothly until stop. Countdown starts from the setting value to 0:00, and when countdown is 0:00, treadmill slows down smoothly until stop.

6. " PROGRAM" WINDOW:

When press "prog" button, "speed" windows will display the program: P01-P24, U1-U3, H1-H3 and Fat

BUTTON FUNCTION

1. "START" BUTTON:

Press this button to start. After 3 seconds countdown, the treadmill will start with the lowest speed 0.8KM/H or default speed.

2. "STOP" BUTTON:

Press this button to stop.

3. "PROGRAM" BUTTON:

For program choosing, the programs are as the following: P01-P25, U1-U3, H1-H3 and Fat

4. "MODE" BUTTON:

To choose manual mode and countdown modes: TIME COUNTDOWN, DISTANCE COUNTDOWN and CALORIE COUNTDOWN.

5. "SPEED + -" BUTTON:

SPEED + & SPEED –Set default count; to adjust speed when treadmill start, the scope is 0.1 km/hypo in kilometer.

6. "SPEED SHORTCUT" BUTTON:

3 6 9 12 adjust the speed when treadmill running.

7. "INCLINE + -" BUTTON:

INCLINE + & INCLINE –Set default count; to adjust incline when treadmill start, the scope is 1%.

8. "INCLINE SHORTCUT" BUTTON: 3 6 9 12 adjust the incline.

MAIN FUNCTION

Turn on the power, all window lighten 2 seconds, then enter standby condition.

1. QUICK START (MANUAL MODE)

Standby condition

Put on safety lock and press the start button. After 3 seconds, the treadmill will start at the lowest speed. Click "SPEED + -", "3 6 9 12 " or touch the button(speed + or speed--) to adjust speed . Press "INCLINE (+-)", "3 6 9 12 " or touch the button (incline + or incline --) to adjust incline. Press the "STOP" button or take away the safety lock to stop.

2. COUNTDOWN MODE

Press the "MODE" button, choose: time countdown、 distance countdown、 heat countdown. Windows display a default value and shine. Click "SPEED + -" button to adjust to the necessary values. Press START button. After 3 seconds, the treadmill will start with the lowest speed. Click "SPEED + -", "3 6 9 12" or touch the button to adjust speed . Press "INCLINE (+-)", "3 6 9 12" or touch the button to adjust incline. When countdown to 0, the treadmill will stop slowly. Also you could press the "STOP" button or take away the safety lock to stop.

Time countdown mode:

"TIME" window display default value 30:00, press "SPEED+-" to adjust the time you prefer.

CAL countdown mode:

"CAL" window display default value 50, press "SPEED+-" to adjust the calories you want to burn.

Distance countdown:

"DIST" window display default value 1.0, press "SPEED+-" to adjust the distance you plan to exercise.

3. BUILD-IN PROGRAM

When the treadmill is not running, press program button, the distance window will display "P1-P25". Choose any one in P1---P25 and the time window shows default value 30:00 and flickers. Press "SPEED + -" button to adjust the time you need. Press "START" button to start build-in program. Built-in program totally has 16 sections and running time of every section is set time/16. When enter the next section, it will make a sound of "Bi" to prompt. The system's speed is changed as the program. And you can adjust the speed with "SPEED +,-" when running. But when enter the next section, it will recover this section's speed. After all sections finish, the system will make a sound of "bi-bi-....." ten prompt sound and display "End". At this time, press "STOP" button can make the treadmill restoration, and it will enter standby mode.

Program setting interface (e.g.:P01 as above graph)

"**DISTANCE**": displays PROGRAMNUMBER

"**SPEED**": displays speed select.

"**TIME**": displays default value 30:00 and flash, prompt the user to set time with "SPEED+-" .

"**INCLINE**": displays initial incline

"**CALORIES/PULSE**": displays calorie and pulse, default display is calorie. It will display calorie when you aren't testing your pulse.

4. USER PROGRAM (U1-U3)

[A] Programs setting: Press PROG until it shows the user program (U1, U2, U3).

Choose one and enter into setting.

[B] Press MODE enter into time set, the range is 5:00-99:00

[C] Press MODE again and use "SPEED +/-" to select your desired speed or incline, press mode and your choice will be set, the next workout segment will flash, go through the same set up as you completed with segment one. You must complete all 16 segments at the end the computer will flash OK your user program is now saved and ready to use. When using your user program the screen will switch from incline to speed and your set programmed levels will be displayed.

PULSE FUNCTION

When the treadmill is running, hold the handle pulse about 5 seconds, it will display pulse data. It has heart-shaped graphics when testing pulse. To get the exact heartbeat rate, please test when the treadmill stops, and hold the hand pulse not less than 30 seconds. This data is only for reference and can not be as medical data.

MP3 FUNCTION

Connect with Bluetooth.

POWER SAVING MODE

This system includes power saving mode, When the treadmill is not running, If there is no button instruction for 10 minutes. The system will enter power saving mode and close the display. Press any button can awaken system.

SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop quickly with "BiBi" alarm noise. And put the safety lock on, set program default.

BODY TESTER (FAT)

At the beginning state, press PROGRAM continue entering FAT body fat tester, window displays FAT. Press MODE and enter (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER). Press SPEED+, SPEED- to set. Press MODE to set F-5, grasp the hand pulse, the window will display your body quality index. The body quality index is to test the relation between height and weight.

The body FAT suits for any male and female to adjust the weight according it together with other body quality index. The ideal FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference, can not be as medicinal data)

PARAMETERS	ARRANGE	NOTE
SEX	01--02	01= MALE 02= FEMALE
AGE	10—99 YEARS	
HEIGHT	100—200 CM	
WEIGHT	20—150 KGS	

RUNNING PARAMETER DISPLAY AND SETTING RANGE

	Default value	Default setting value	Setting range	Display range
TIME(min: s)	30:00	30:00	5:00---99:00	0:00—99:59
SPEED(km/h)	-----	-----	-----	1—20 KMH
DISTANCE(km)	1.0KM	-----	0.5—99.9KM	0.00—99.9KM
INCLINE	-----	-----	-----	0%---15%
CALORIES	50Kcl	-----	10Kcl—999Kcl	0Kcl—999Kcl

PROGRAM EXERCISE CHAT

TIMEP ROG		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SP	4	6	6	6	10	10	6	6	6	4	4	2	6	6	4	4
	INC	0	0	2	2	2	2	2	2	2	2	4	4	4	2	2	0
P2	SP	2	2	8	2	2	8	8	12	4	4	12	4	4	12	4	2
	INC	0	2	2	2	6	6	2	2	4	4	2	2	4	2	2	0
P3	SP	2	4	8	8	4	4	8	8	10	10	12	4	4	8	4	4
	INC	0	2	2	4	4	6	4	6	4	2	2	2	4	2	2	0
P4	SP	4	6	6	6	12	12	12	12	6	6	4	4	4	6	6	2
	INC	0	2	2	4	4	6	8	8	6	6	6	4	4	2	2	0
P5	SP	2	4	6	12	12	12	4	4	4	4	12	12	12	6	4	2
	INC	0	2	4	6	4	2	2	0	0	2	2	2	2	2	4	0
P6	SP	4	4	6	6	6	6	8	8	6	6	8	8	6	8	6	4
	INC	0	2	4	4	4	4	4	2	2	2	2	2	2	2	2	0
P7	SP	4	8	8	8	8	4	4	12	12	4	4	8	8	4	4	2
	INC	0	2	2	2	2	4	4	4	4	4	4	2	2	2	2	0
P8	SP	2	2	6	6	6	8	8	10	10	12	8	6	6	6	4	4
	INC	0	2	2	4	2	2	2	4	2	2	2	4	2	2	2	0
P9	SP	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INC	0	2	2	4	4	6	6	8	8	1	8	6	4	2	2	0
P10	SP	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4
	INC	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0

P11	SP	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4
	INC	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P12	SP	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12	6
	INC	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0
P13	SP	2	3	4	5	6	5	4	3	4	5	6	5	4	3	2	1
	INC	2	6	6	8	10	8	6	6	2	2	2	6	6	8	10	2
P14	SP	2	4	6	8	6	6	4	4	2	8	6	6	4	4	2	2
	INC	2	3	4	5	2	3	4	5	4	3	2	3	4	5	4	3
P15	SP	2	4	6	8	8	6	4	2	2	4	6	8	10	6	4	2
	INC	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	2
P16	SP	2	2	6	6	8	10	6	2	2	2	6	6	8	6	2	2
	INC	1	3	1	2	1	2	1	1	2	0	1	3	1	2	1	0
P17	SP	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INC	1	2	2	3	4	4	3	2	1	0	2	2	3	2	1	0
P18	SP	2	4	6	4	6	2	2	4	6	2	4	6	2	4	6	2
	INC	1	4	5	7	9	11	9	7	5	3	9	11	9	7	5	3
P19	SP	1	3	4	5	6	5	4	3	4	5	6	5	4	3	2	1
	INC	2	5	6	8	10	8	6	6	2	2	10	8	6	6	2	2
P20	SP	1	4	6	8	6	4	2	1	4	6	8	6	4	4	2	2
	INC	2	4	4	5	2	3	4	5	4	3	2	3	4	5	4	3
P21	SP	1	4	6	8	10	8	6	4	2	2	1	8	6	4	2	2
	INC	2	3	6	2	4	6	2	3	6	2	4	6	2	4	6	2
P22	SP	2	3	3	6	7	4	7	4	7	4	4	2	3	4	4	2
	INC	4	5	5	5	6	6	6	7	9	9	10	12	12	8	6	3
P23	SP	2	4	4	7	4	8	9	9	4	4	4	5	6	3	3	2
	INC	5	5	5	6	6	6	4	4	6	6	5	5	9	7	4	2
P24	SP	2	4	5	6	7	5	4	8	6	6	5	4	2	4	3	3
	INC	5	6	6	6	7	5	8	8	4	4	4	10	10	8	6	3
P25	SP	2	4	5	6	7	5	4	8	6	6	5	4	2	4	3	3
	INC	5	7	7	6	7	6	8	10	4	4	4	12	10	8	6	3

5.ERROR CODE AND SIGNIFICANCE

Code	Problem	Possible Reason	Solution
ER1	Display did not receive the signal in 30 seconds	Cable connection	Check or replace the Cables
		display defaut	replace the display
ER2	incline problem	Press the Speed "+" "-" and Incline "+" "-" together for 10 seconds. The Treadmill will start self-check.	
		inverter problem	replace inverter
		incline motor problem	replace incline motor
ER4	Over Power Current	motor belt too tight	Adjust the motor belt
		silicon oil less	clear the dirty under belt and add silicon oil.
		inverter IPM part broken	replace the inverter
	Voltage too low	voltage under 200V	adjust the voltage to 220V
ER3	OVER VOLTAGE		
		voltage over 270V	adjust the voltage to 220V
ER5	over weight	soft setting wrong	reset the treadmill data
		over user weight	reduce the user weight
			clear the dirty under belt and add silicon oil.
ER10	INVERTOR MCU OVER HEAT	inverter speed sensor problem	replace the inverter
ER7	Inverter did not receive the signal	Cable connection	checking the connect cables
		inverter sensor broken	replace inverter
SAFE	safety key	safety key not in use	Put the safety key on machine
		computer diode(two-electrode valve) broken	replace the computer PCB
		safety key sensor borken	check the sensor position or replace the sensor
ER13	Over Power Current	motor belt too tight	Adjust the motor belt
		silicon oil less	clear the dirty under belt and add silicon oil.
		inverter IPM part broken	replace the inverter
ER14	Voltage too low	voltage under 200V	adjust the voltage to 220V
ER15	Invetor	inverter inside cable conenction	Replace Inverter
ER16	connection	motor not connection well	check the motor connection cables
		inverter output broken	replace the inverter
ER17	electronic current sensor U broken	inverter U sensor borken	replac the inverter
ER18	electronic current sensor W broken	inverter W sensor borken	replace the inverter

EU Declaration of Conformity

Object of the declaration:

Product MOTORISED TREADMILL
 Model TITAN LIFE TREADMILL T90 PRO
 Itemnumber 270-200034
 Producer Itemnumber T8
 Manufacturer HANGZHOU FOREVER FITNESS CO., LIMITED
 Address 169, KANSHAN ROAD, KANSHAN TOWN, XIAOSHAN,
 HANGZHOU, CHINA

This declaration of conformity is issued under the sole responsibility of the manufacturer.



This object of the declaration described above is in conformity with the relevant Union harmonization legislation:

Conformity is shown by compliance with the applicable requirements of the following documents:

Directives:	Standards:
RoHS 2011/65/EU	AMENDMENT 2015/863.EU
LVD 2014/35/EU	EN 60335-1:2012+A11:2014+A13:2017
EMC 2014/30/EU	EN 55014-1:2017 EN 55014-2:2015 EN 61000-3-2:2014 EN 61000-3-3:2013
GPSD 2001/95/EC	EN ISO 20957-1:2013 EN957-6:2010+A1:2014
MD 2006/42/EC	EN ISO 20957-1:2013 EN957-6:2010+A1:2014

Signed for and on behalf of : HANGZHOU FOREVER FITNESS CO.,LIMITED

Place of issue: HANGZHOU

Date of issue:

2019/7/10

Name :

张国强 ZHANG GUOMING
 杭州国越体育用品有限公司
 MANAGER

Position:

Signature

HANGZHOU FOREVER FITNESS CO., LIMITED

张国强

The technical documentation for equipment is available from the above address.

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