

# QUICK START

## DT3 TREADMILL

### Begin Here

1. Position the treadmill under your desk

*Stand on the belt to see if you are close enough to the desk to work and walk. Adjust as needed.*



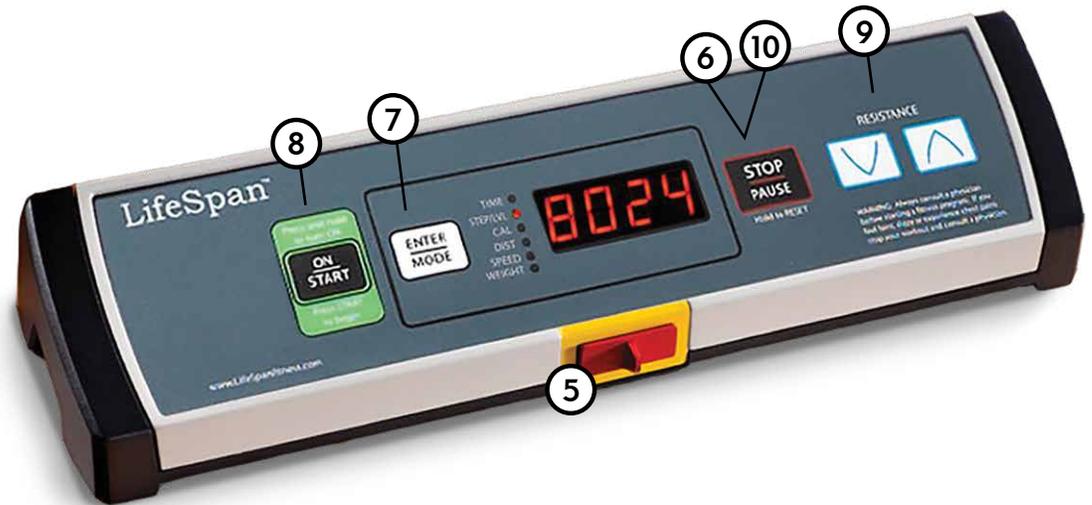
2. Attach the Console Cable

*After connecting the console cable to the treadmill place the console on the desktop.*

3. Attach the Power Cord

*Connect the power cord to the base of the treadmill then to a power outlet.*

4. Turn the Power Switch on



5. Confirm that the Safety Key is securely in place
6. Press and hold the Stop button for 1-3 seconds to reset the console
7. Press Enter  
*Stand on the siderails of treadmill.*
8. Press Start  
*The treadmill belt will start to move. You can begin walking.*
9. Adjust speed with the up and down arrow buttons
10. Press Stop when you are finished

# TROUBLESHOOTING

## DT3 TREADMILL



### PROBLEM:

The console is erratic or not lighting up.

### SOLUTION:

Check to make sure the treadmill is properly plugged in. Turn the power switch off and make sure the safety key is in place. Make sure the console wire connector is properly plugged in. Disconnect the connections between the treadmill and console. Then plug them back together and turn the power back on. If the problem persists contact LifeSpan Customer Service.



### PROBLEM:

“UART” or “dc-6” appears in the display.

### SOLUTION:

Turn the treadmill power switch off. Unplug and re-plug the console connector to the treadmill. Turn the treadmill power switch back on and check to see if it functions properly. Make sure the treadmill is plugged into the wall socket and not into an extension cord or power strip.



### PROBLEM:

The treadmill motor seems strained or E1 comes up after several minutes of use.

### SOLUTION:

This problem usually occurs when there is too much friction building between the treadmill belt and deck. The best thing to do is turn the treadmill off, lubricate the running belt with 100% silicone (non-aerosol), and turn the treadmill back on. Test the unit. If E1 still comes up after testing, contact LifeSpan Customer Service.



### PROBLEM:

The treadmill speed feels too fast or too slow.

### SOLUTION:

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

*Please see Owner's Manual section Maintenance and Tips for more information.*