

**Hang Tag Option:**  
Cut here if hanging from  
underside of desktop.  
Paper punch out hole to  
attach string

**Desk Mount Option:**  
Cut here if taping to top of  
desktop



# LifeSpan Getting Started



**1** Step onto the treadmill and connect the yellow safety clip onto your clothing waistband or pants pocket.

**2** Make sure the red safety key is inserted into the console. When the safety key is extended the unit will slow to a halt and won't move until re-inserted.



## Instructions

Print and mount on top of treadmill desktop, or hang as a tag from an easily-visible area where it won't interfere when walking on the unit.

## Tip

Print on cardstock or laminate these instructions for greater durability.



**3** Press power button to turn on the unit.

**4** Press the start button and the treadmill will count down slowly and increase speed to 0.4 mph.

**5** Press the stop button once to pause the belt.

**7** When finished, press and hold the stop button for three seconds to reset the console.

**6** Adjust the walking speed faster or slower with the up and down arrows on the console.

**8** Press the power button to shut off the unit.