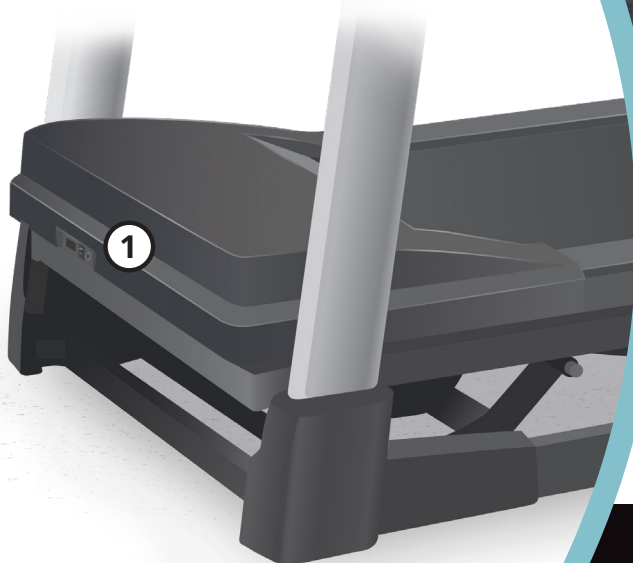


# QUICK START

## TR5500i TREADMILL

*Begin Here*

1. Attach Power Cord to treadmill base, then plug into outlet and turn on the Power Switch



2. Confirm that the Safety Key is securely in place
3. Press the Power button  
*Stand on the siderails of treadmill*
4. On the screen press Quick Start, then Start on the next screen
5. Adjust speed and incline with the up and down arrow keys  
*The treadmill belt will start to move. You can begin your workout.*
6. Press Stop when you are finished

# TROUBLESHOOTING

## TR5500i TREADMILL

### BLANK SCREEN

**PROBLEM:**

The console does not turn on or function correctly.

**SOLUTION:**

Check to make sure the treadmill is properly plugged in, turn the power switch down by the power cord off and back on again and make sure the safety key is in place. Check all wire harness connections made during assembly to be sure they are all properly connected. If the problem persists contact LifeSpan Customer Service.



**PROBLEM:**

The Power Button on the console does not turn the console on.

**SOLUTION:**

Check the main power switch and power cord located at the front of the treadmill on the right side. Make sure the power cord is plugged in and the power switch is turned on.



**PROBLEM:**

Heart rate is erratic or not reading.

**SOLUTION:**

Make sure your hands are clean and moist (Tap water, sweat or Aloe Vera helps). Make sure all connectors made during assembly, at the back of the console, are properly connected and no wires are damaged. Hold the grips lightly for 30 seconds to stabilize. If wearing a chest strap, be sure the batteries are good and that the electrodes are moist and positioned properly on your chest.



**PROBLEM:**

E1 Error Code 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.

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