

Curve Treadmill

OWNER'S MANUAL

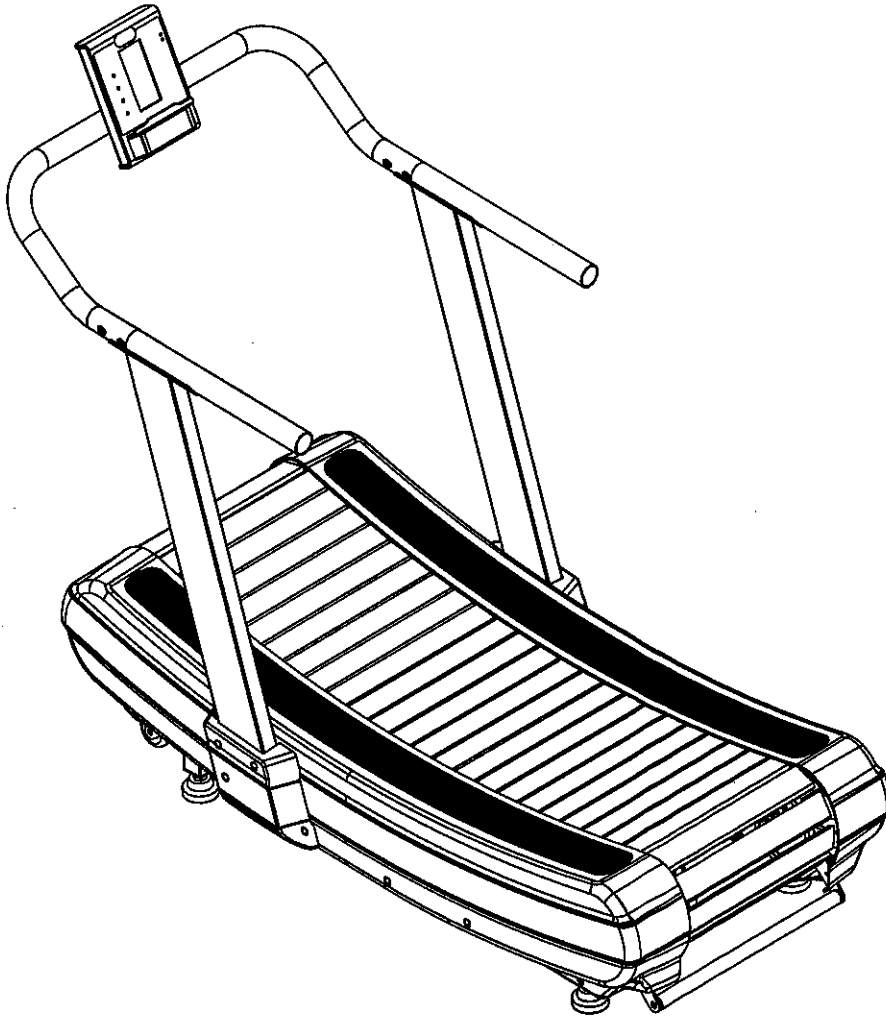


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Warning : Be sure to be familiar yourself with this Owner's Manual and follow the security guide as mentioned before operating this Machine to avoid risk of getting injury. Please retain this manual for future reference.

(2018-07)

Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

DANGER ADVICE

- Do not operate the heart rate monitor transmitter in conjunction with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
- Do not soak the treadmill surfaces with any liquid; use a sprayer or damp cloth.
- Do not place any open liquid containers on any part of the treadmill. The use of sport bottles with closeable tops is acceptable to be used.
- Do not attempt to service your treadmill yourself if you feel at risk.
- Always keep the running surface clean.

CAUTION:

- Consult with your physician before beginning any exercise program, especially if any of the following pertain to you: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
- Pregnant women should consult their physician before beginning an exercise program.
- If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the treadmill, stop immediately. Consult a physician before continuing.
- A qualified mechanic should perform service or repair work. *It is preferable that mechanics have successfully completed our factory-authorized service school or equivalent.*

The more tips to reduce the risk of injury:

- THE CURVE IS NON-MOTORIZED – The user controls the rate of speed including the rate at which the treadmill slows or comes to a stop. There is no motor on the Curve, therefore there is not an emergency stop lanyard. The treadmill will come to a stop on its own, it is imperative that all users familiarize themselves with the treadmill and its features.
- THE CURVE IS NON-MOTORIZED – The belt moves freely, always mount and dismount the Curve from the rear of the treadmill. Use the handrails at all times when mounting and dismounting from the rear.
Set up and operate treadmills on a solid, level surface.
- Keep all loose clothing and towels away from the treadmill running surface. It is also important that shoe laces do not extend past the bottom of the sole of the shoe.
- Keep the area behind the treadmill clear before using and away from walls or furniture.
- Keep hands away from all moving parts.
- Never leave children unsupervised around a treadmill.
- Inspect the treadmill for worn or loose components prior to use. Tighten/replace any worn or loose components prior to use.
- This treadmills is built to handle runners weighing up to 400 pounds at speeds of 0~18kph or more. A treadmill running belt might not stop immediately if any object becomes caught in the belt or rollers.
- Care should be taken when entering and exiting the treadmill. Never enter or exit the treadmill while the running belt is moving. Use the handlebar or handrails whenever practical.
- Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles. Make sure no stones are embedded in the soles.
- Allow several minutes to bring your heart rate into the training zone shown elsewhere in this manual. Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.

Before You Start

- 1、 Before using, please check whether it is placed steadily.
- 2、 Prior to running, check and make sure the treadmill is without any malfunction.
- 3、 User can adjust speed according to your paces speed .

*** How to use**

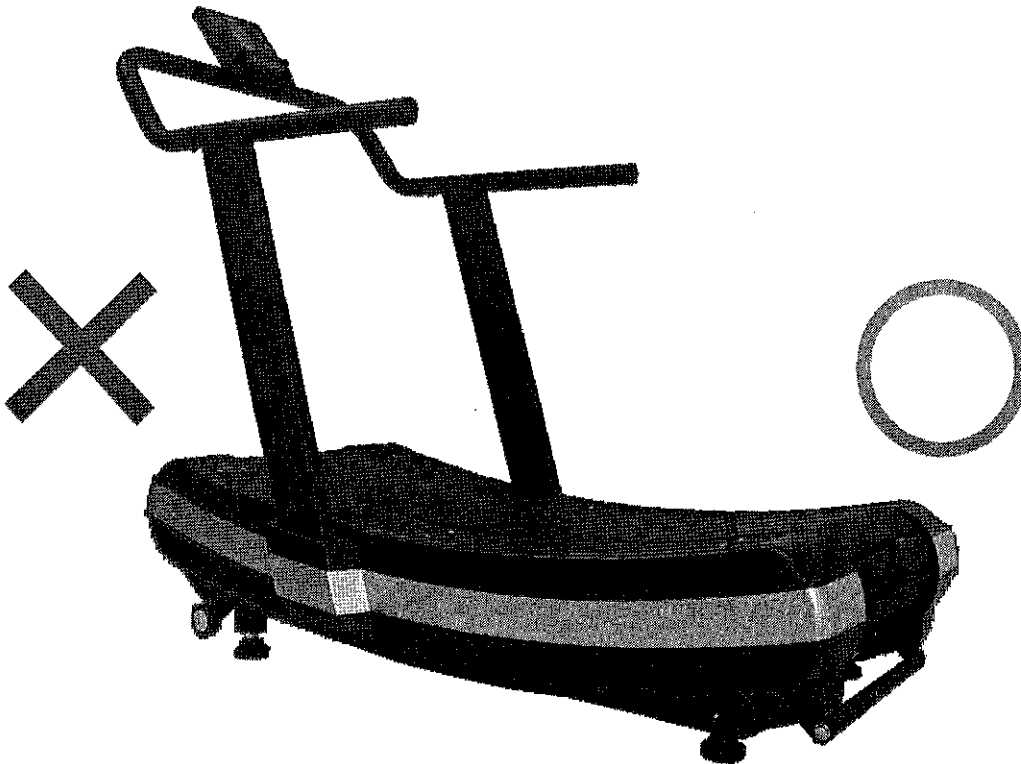
One-way driving system

This product is non-motorized model. It is designed to facilitate the user to control the movement speed.

It is designed to be driven in one direction only for the user safety. The one-way drive system provides stability to the user and to enter and leave safely from the rear of the machine .

WARNING

Boarding or getting off is only to be done from the rear of the machine .
Never ride in the front of the unit.
Never place a single foot on the unit.



Safety Using Instruction

PRE-EXERCISE TIP .

Diet

It is avoid doing exercise 1 hour after meals, in order to protect your digestive system.

Warming-up Exercise

User needs 5-10 minute's warm-up exercise before running.

Stretching movement

Before running, User should do 5-10 minute's warm-up exercise as followings:



Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open.

Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.





Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



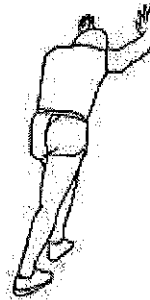
Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.



Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



Calf/achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

*Using Tips

1. Hold the side handle, then step on the running belt from the back. View front then put the feet on both sides of Main Frame Plat Form(R&L).

2. Standing firm on the running belt and then begin to exercise.

3. At the beginning of exercise, hold the handle to keep safety. After adaptation, release your hand from the handle which can improve the sense of balance and maintain the correct posture.

4. Starting with slow walking then fast walking then jogging. Then increase the speed gradually while maintaining a certain stability and security.

5. Because the running surface is slightly curved,

★ The more toward the central handle, the speed more faster.

★ The more backward the central handle, the speed more slower

★ IMPORTANT

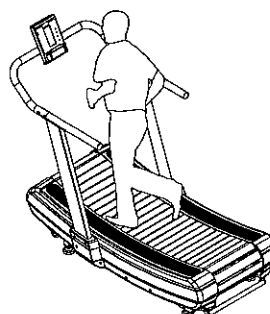
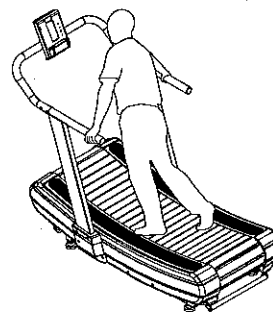
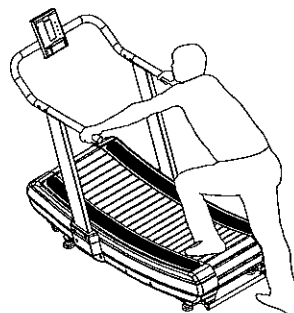
If the user feels that the running belt is suddenly subsided, grasp both sides of the handle, hold yourself and put your feet on two side Main Frame Plat Form(R&L) .

Finally boarded down

6. When finishing exercise, you can grasp the handle on both sides, and carefully hold yourself and put your feet on two side Main Frame Plat Form(R&L).

Note:

Running belt is not driven by motor, it can run freely. When boarding on or down the equipment, you need to hold the side handle.



Machine Maintenance Guide

- 1 · Cleaning the Machine body and running pad with soft cloth once a week.
- 2 · Don't spit water or unapplied liquid onto the machine , otherwise it may cause malfunction or burst out into fire.
- 3 · Keep Children away from this machine when machine is operating ,to avoid any unpredictable accidents.
- 4 · After removing the equipment, clean the floor with a vacuum cleaner Do not use chemicals or solvents.
5. **IMPORTANT** :The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components should be replaced immediately or the treadmill should be removed for service until the repair is made. Only manufacturer supplied or approved components should be used to maintain and repair the treadmill.

Movement and Adjustment of Equipment

The equipment is equipped with two fixed front wheels. If need to move the equipment, just hold A08 Main Frame Handle and lift slightly to move forward or backward. As the equipment is heavy, you had better to find a few people to move together. If the floor condition is poor, the front wheel cannot be used. Then lifting and transporting equipment are needed for moving.



Warning:

You must be very careful when you move, otherwise it will damage the stability of the equipment. Equipment can only be run on flat floor.

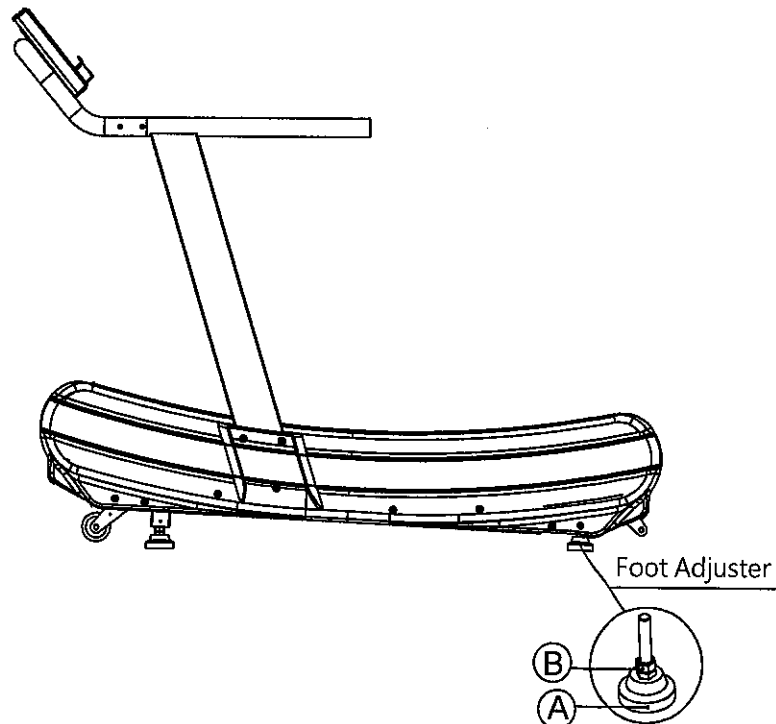
You have to adjust the equipment foundation horizontal by adjusting the foot adjusters (E11) , as shown:

1st step : Unscrew the nut (B)

2nd step: Screwing or unscrewing the universal foundation (A) till the equipment stable and firm.

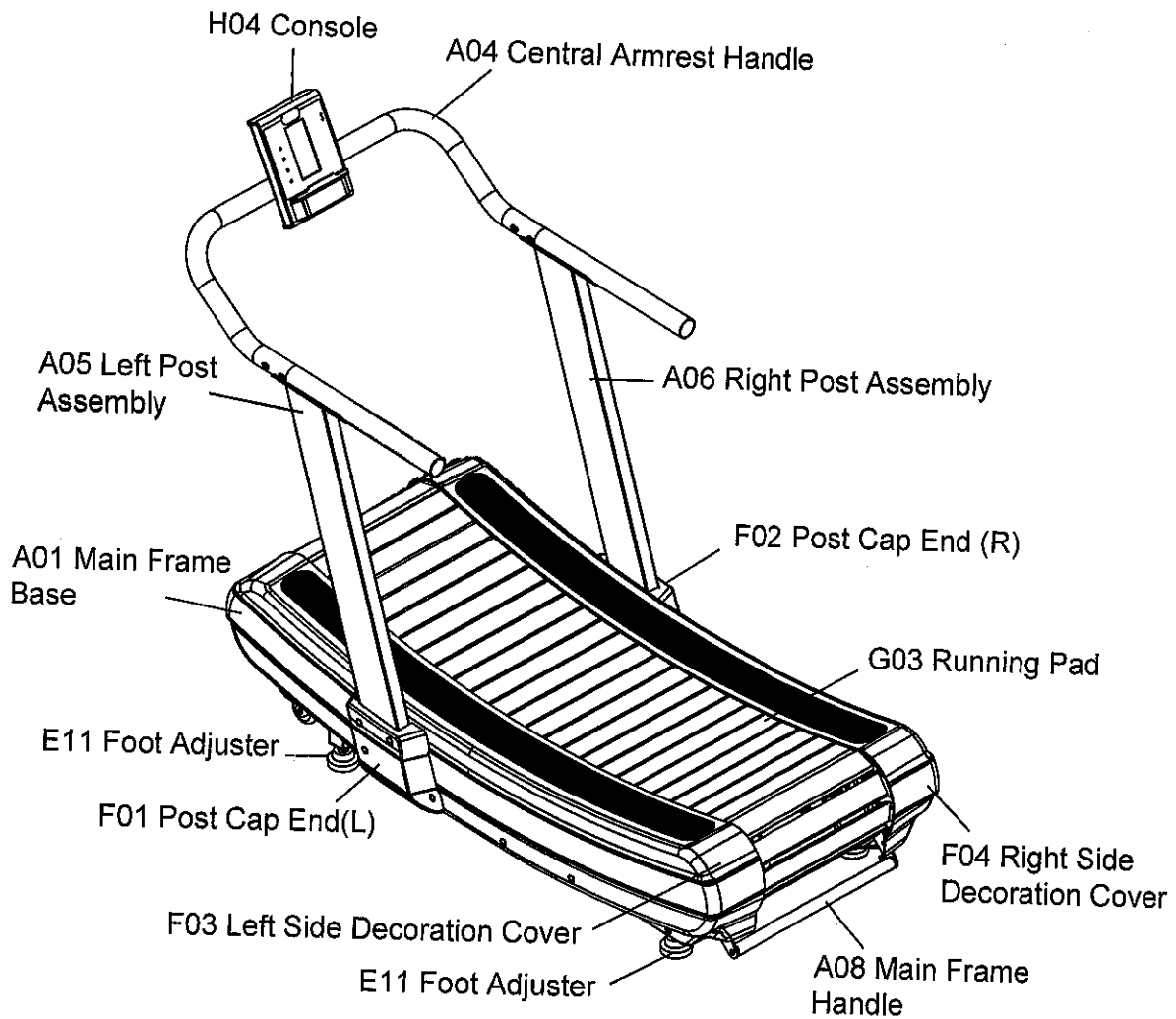
3rd step: after adjustment, tighten the nut (B).

Also By adjusting the Foot Adjusters(E11) will effect the machine's slope to be more flat , and it will reduce the running speed on the machine respectively .

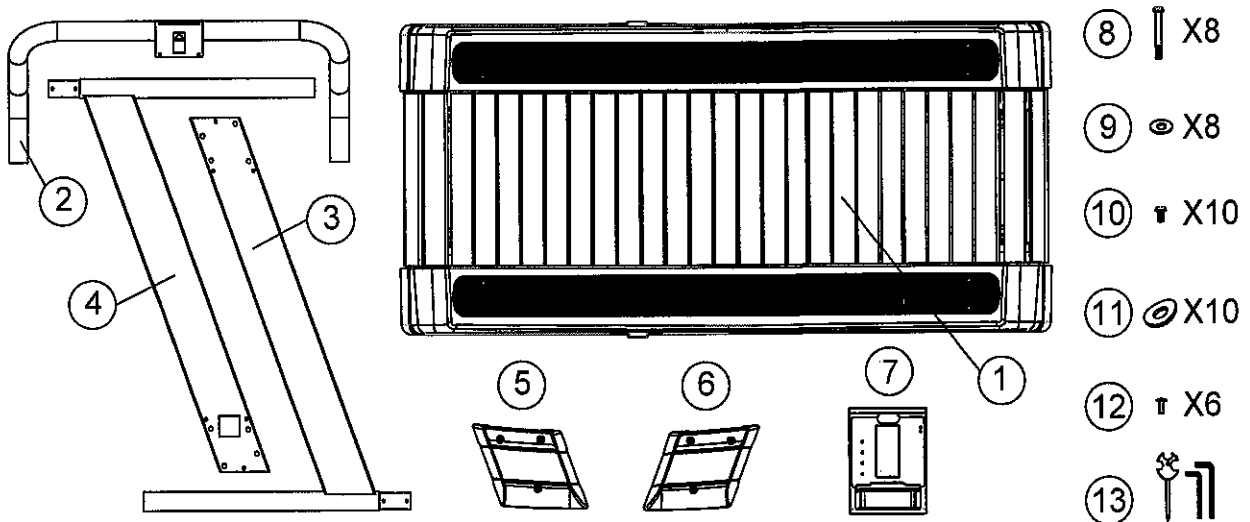


Machine Overview

Please review the following drawing to familiarize yourself with the listed parts.



Accessory List



1	Main Frame Assembly (#A01) X 1PC
2	Central Armrest Handle (#A04) X 1PC
3	Left Post Assembly (#A05)X1PC
4	Right Post Assembly (#A06) X 1PC
5	Post End Cap(L) (#F01) X 1PC
6	Post End Cap(R) (#F02) X1PC
7	Console (#H04) X1PC
8	M10xP1.5x55L Socket Head Screw (Carbon) (Nickel)(#B13)X8 PCS
9	φ10*φ20*2.0t Flat Washer (Nickel)(#D01)X8 PCS
10	M8x15L Hex Screw (Carbon) (Black) (Nickel) (#B08)X10 PCS
11	φ8xφ18 Curve Washer (Black Nickel) (#D04)X10 PCS
12	M5xP0.8x15L Phillips Screw (Nickel)(#B02)X6PCS
13	TOOL

Assembly Instruction

First Take out all parts from the carton and check if whole qty are coincident with Accessory List (Page 12), then settle down this machine onto flat, even floor.

FIGURE 1 :

Sept 1:

Connect Extension Upper Wire (H02) which is from the Left & Right Post Assemblies (A05&A06) to the Sensor Wire (H03) which is from Bottom Support Base as Diagram 1.

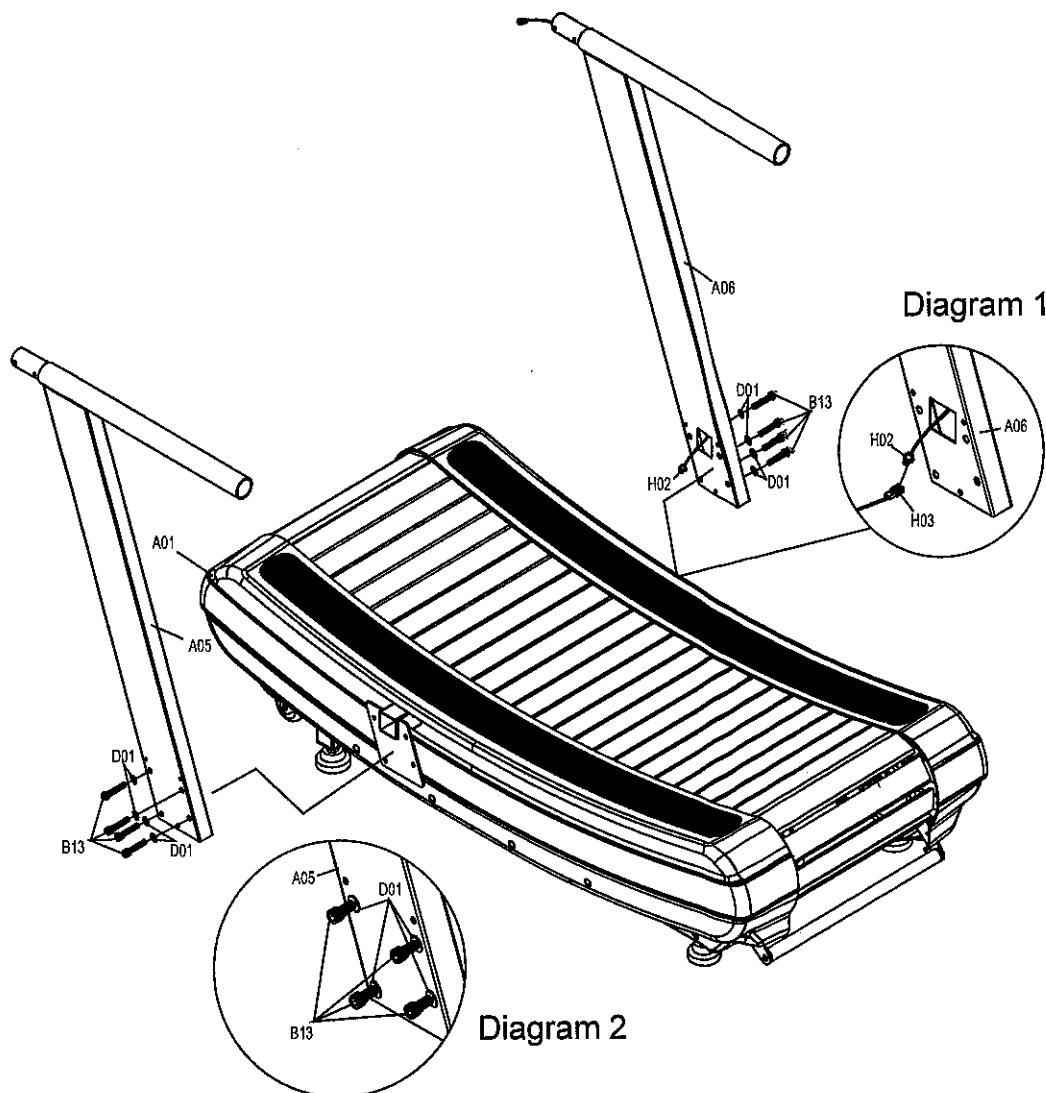
Sept 2:

Insert the Left & Right Post Assemblies (A05&A06) into the Bottom Support Base per the following parts locked slightly loosely as Diagram 2 , but will be tightened up after Locking up the Upper Handle Tube (A04) to Left and Right Post Assemblies(A05&A06) on Page(14)

Qty8 - (B13) M10xP1.5x55L Socket Head Screw (Carbon) (Nickel)

Qty8 - (D01) $\phi 10*\psi 20*2.0t$ Flat Washer (Nickel)

FIGURE 1 :



Assembly Instruction

FIGURE 2 :

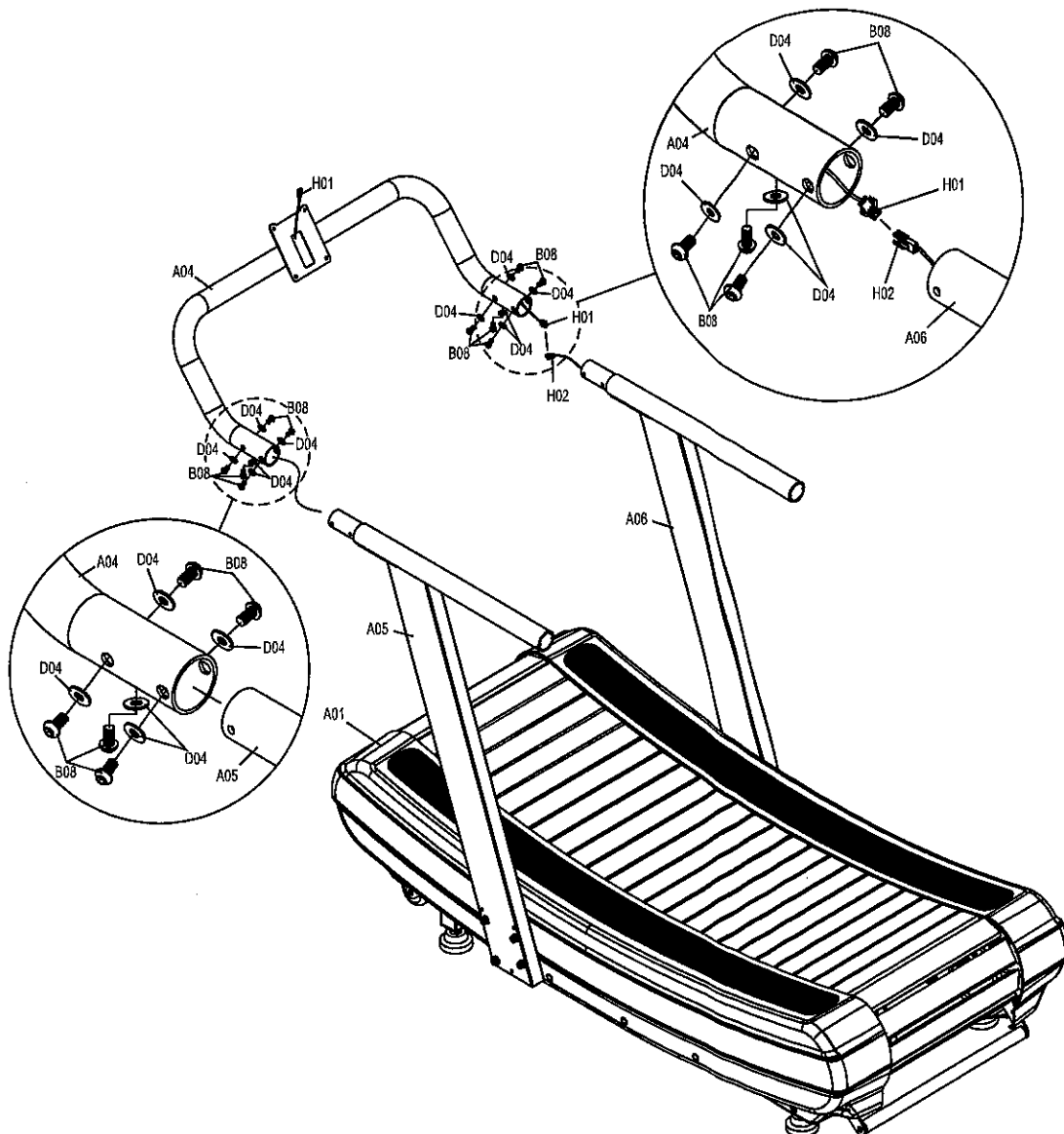
Sept 1:

Lock the Upper Handle Tube (A04) to Left & Right Post Assemblies (A05&A06) respectively, per the following parts .

Qty 10 - (B08) M8x15L Hex Screw (Carbon) (Black) (Nickel)

Qty 10 - (D04) ϕ 8x ψ 18 Curve Washer (Black Nickel)

FIGURE 2 :



Assembly Instruction

FIGURE 3 :

Sept 1:

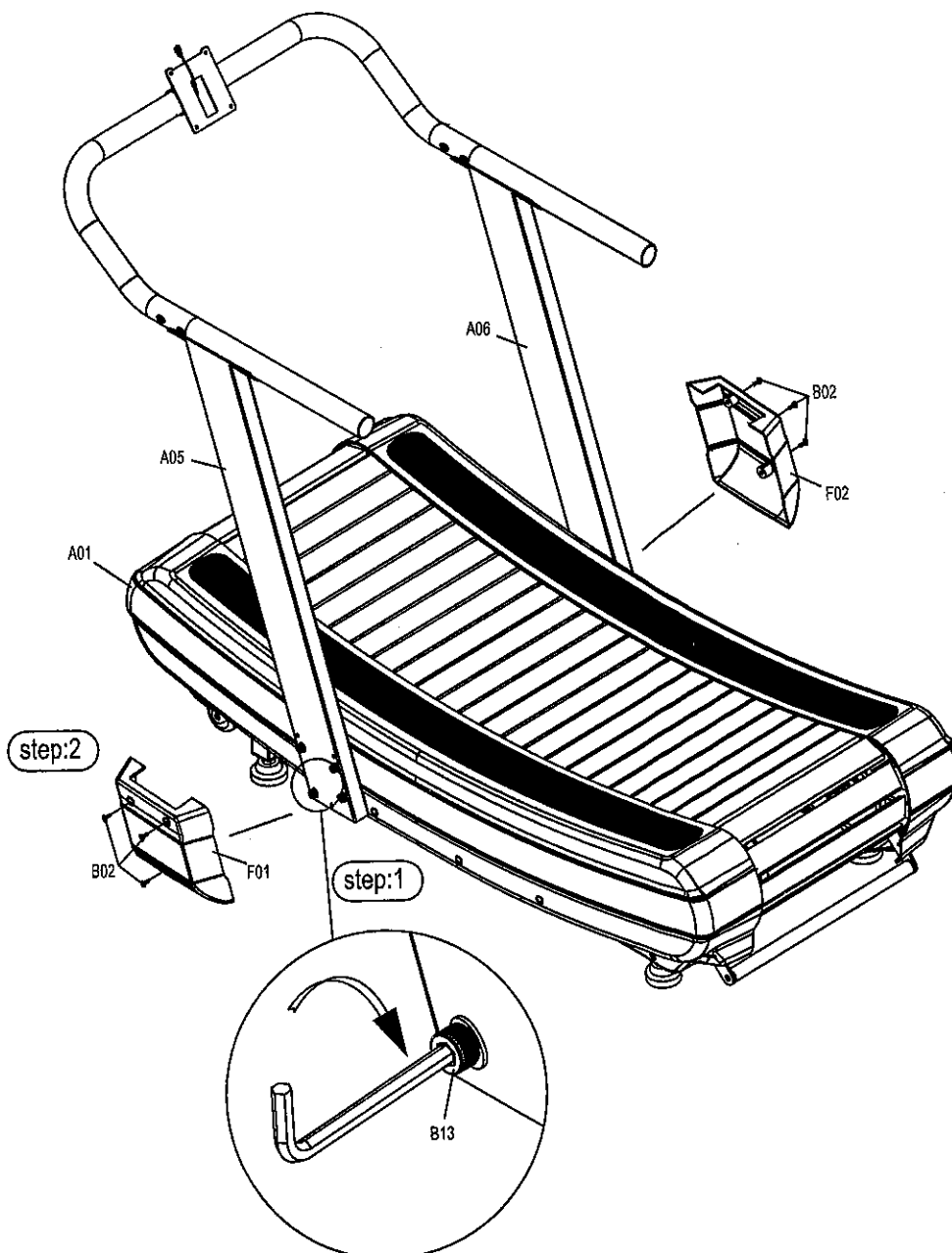
Readjust locking position of Left & Right Post Assemblies (A05&A06) with the Bottom Support Base and locked tightly with Allen Wrench (as shown as below Diagram) .

Sept 2:

Fix Left and Right Post End Caps (F01 & F02) to Bottom Support Base with the following parts as shown as drawing.

Qty 6 – (B02) M5xP0.8x15L Phillips Screw (Nickel)

FIGURE 3 :

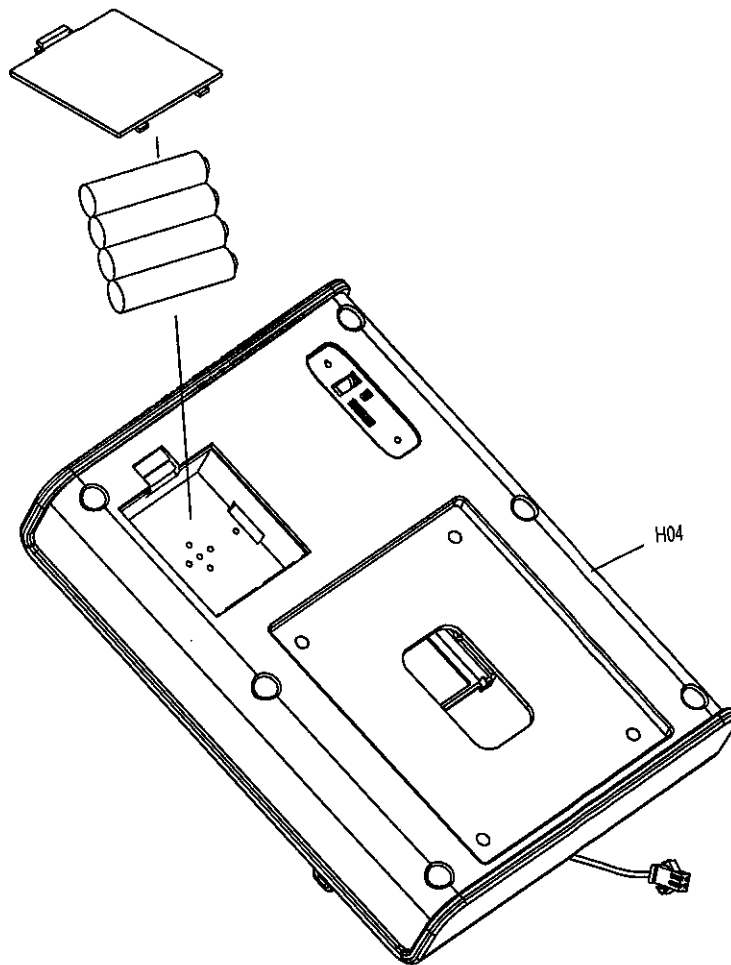


Assembly Instruction

FIGURE 4 :

Insert the batteries provided into the back of Console /Monitor (H04)

FIGURE 4 :

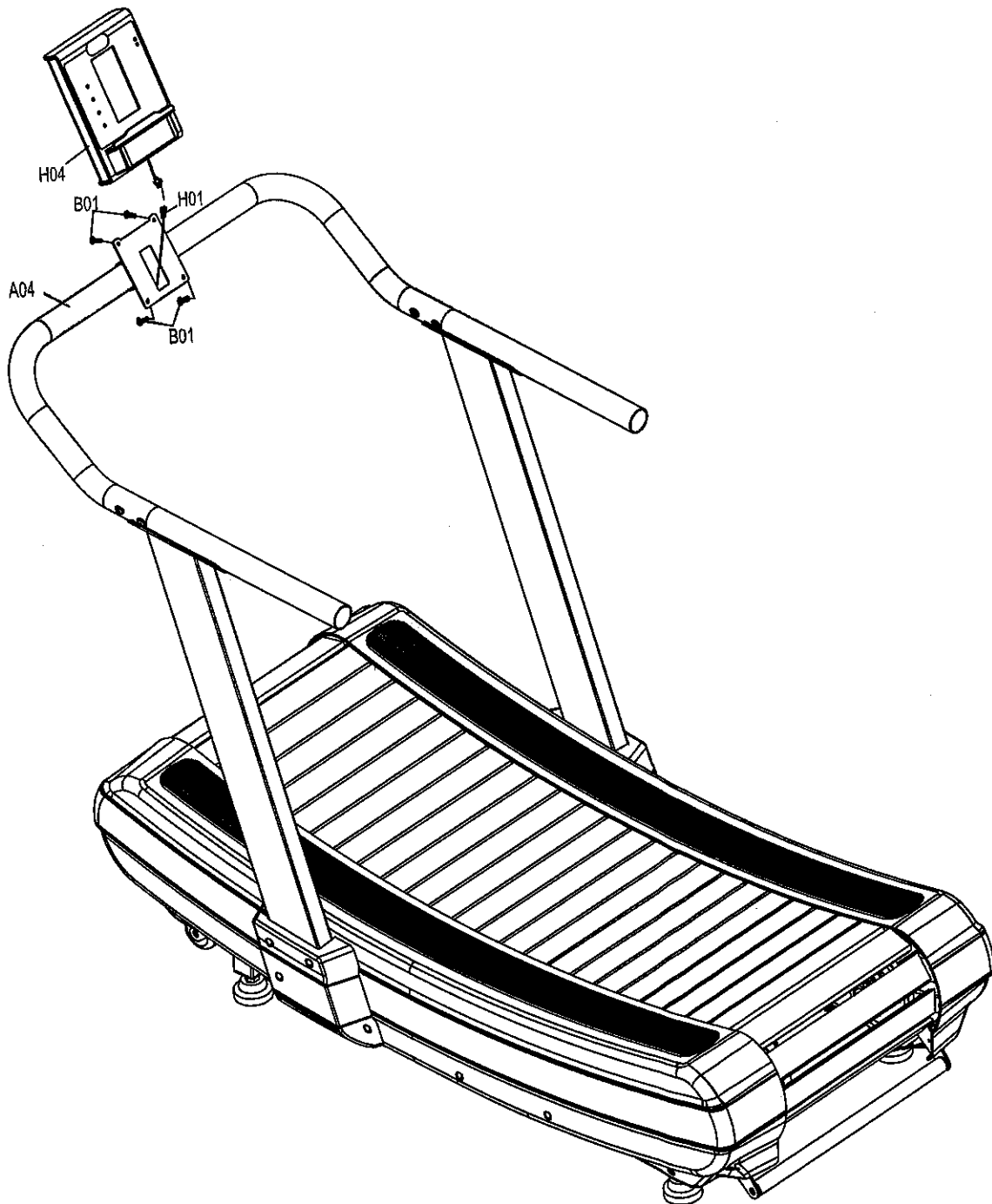


Assembly Instruction

FIGURE 5 :

Step 1:
Connect the Extension Wire (H01) to the wires which are out from the backside of Console (H04), then screw the Console (H04) onto Upper Handle Tube (A04) with Screws (B01).

FIGURE 5 :



Assembly Instruction

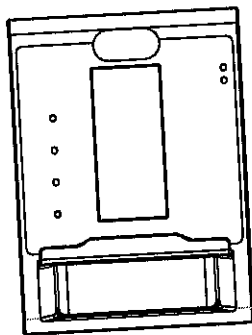


Congratulations!

You have completed the assembly of your Curve Treadmill!

Before using the machine , please do some warm-up exercise to prevent any muscle cramp .

Console Overview



QUICK START GUIDE

Console Keys



The START key will launch a program and restart a paused program.



Use the STOP key to end a program. To reset the console and erase all user-entered data, press the STOP key for more than two seconds or press the STOP key twice.



Press the INTERVAL PROGRAMS key to review and select that available console Interval programming.



The HEART RATE Programs key opens the available heart rate control programs.



Pressing the SPLIT TIME key freezes the workout metrics for five seconds. The workout will continue to run in the background.



Pressing the SPEAKER ON / OFF key turns off or on the consoles' audible notifications.



The ENTER key confirms values entered when adjusting a program. To launch the Comp Mode, press the ENTER key for five seconds.



The UP/DOWN Arrow keys allow the user to increase and decrease console values. Pressing the UP/DOWN Arrow keys together for five seconds will launch the Comp Setup Mode.



The TARGET PROGRAMS key launches the Target Program setup mode. The user can program a custom calorie, time or distance target.



Connections to a mobile device via the on-board Bluetooth are initiated by pressing the CONNECT key. (APP: Kinomap & Delightec)



The CHANGE UNITS key allows on-the-fly unit of measure changes. Choose between English/ Standard or Metric units. When pressed, the console will flash the updated units banner to

confirm the change.

Battery Installation. The console operates on four (4) AA batteries (included). The battery compartment is on the back side of the console. Only use alkaline batteries of the same brand and age to prevent damage to the electrical components. Removal/replacement of batteries will erase clock and user settings.

Permanent Memory. CU and COMP setup data will always be maintained.

Low Battery Indicator. When power for the installed batteries reaches 10% of total capacity, the Low Battery Indicator icon will light and flash to indicate fresh batteries are required. Always use fresh alkaline batteries.

Sleep Mode. After four (4) minutes of inactivity, the console will enter the Sleep Mode. All display features will switch off.

Reset Process. To reset all user settings, press and hold the STOP key for two (2) seconds.


Pause Mode. While any program (except the Comp Program) is running, pressing the START key will launch the Pause Mode. The alpha-numeric display will flash "Paused" and each metrics display field will post "P". To return to the previous program, press the START key. To continue the program, press the START key again. If no further input is made, the Pause Mode will end, and console will enter the Sleep Mode in four (4) minutes.

Program Quick Start. The MANUAL TREADMILL console allows users to begin a workout without the selection of a program.

When launched, the metrics will begin to display within seconds of pressing the START key or moving the running belt. The program will run continuously, and all metrics will count-up from zero.

Workout Results. At the end of each workout, the console will post a workout summary of the workout data. Total Calories and Distance will post, followed by Maximum Speed, Watts and RPM, then Average Speed, Watts and Pace.

PROGRAM OPERATION

 **WARNING.** Please read all included information, user guides and warnings before use.

QUICK START Program

The Quick Start program option is for users wishing to bypass the on-board programming setup steps and begin their workout immediately. The Quick Start program will launch as soon as the belt begins to move or if the START key is pressed. The console will begin to display all metrics, including the users' heart rate (if a signal is detected).

The program will run continuously until the belt stops moving. To end the program and view the Workout Summary, press the STOP key.

Launch: Press the START key or begin walking/running on the belt.

Run: All metrics will begin to post.

End: Press the STOP key. The Results summary will be displayed for total, average and maximum values.

INTERVAL Programs

Launch: Press the INTERVAL PROGRAMS key until the desired program title is visible. Confirm the selection of the displayed program title by pressing the START key.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

The P1-Interval 20/10 and P2-Interval 10/20 programs offer the user a series of eight (8) high-intensity workout intervals with preset time segments. This training protocol is commonly known as Tabata® or (High Intensity Interval Training (H.I.I.T.)). The console will provide messages to the user at start of each work and rest interval. Additionally, work and rest intervals will be signaled via flashing the on-board LEDs and audible tones.

P1 - Interval 20/10 Program Number of Intervals: 8

Work Interval Length: 20 seconds

Rest Interval Length: 10 seconds Interval

P2 - 10/20 Program Number of Intervals: 8

Work Interval Length: 10 seconds

Rest Interval Length: 20 seconds

P3 - 3KM BASIC CARDIO

TIME	ACTIVITY	SPEED RANGE	LED ON	LED FLASH
3 min	WARM UP - Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
20 sec	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
20 sec	Jog	Between 6.5 - 8.0 KM	In the Speed Range	Not in the Speed Range
20 sec	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
Repeat Intervals Until Distance Goal is Reached: 3 KM				
3 min	COOL DOWN - WALK & Stretch		In the Speed Range	Not in the Speed Range

P4 – CALORIE BURN (15 Minute)

TIME	ACTIVITY	SPEED RANGE	LED ON	LED FLASH
0:00 - 3:00	WARM UP - Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
3:00 - 3:30	Jog	Between 6.5 - 8.0 KM	In the Speed Range	Not in the Speed Range
3:30 - 4:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
4:00 - 4:30	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
4:30 - 5:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
5:00 - 5:30	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
5:30 - 6:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
6:00 - 12:00	Repeat Above 3 Minute Interval x 2			
12:00 - 15:00	COOL DOWN - WALK & Stretch		In the Speed Range	Not in the Speed Range

P5 – CARDIO STRENGTH (15 Minute)

TIME	ACTIVITY	SPEED RANGE	LED ON	LED FLASH
0:00 - 3:00	WARM UP - Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
3:00 - 3:30	Jog	Between 6.5 - 8.0 KM	In the Speed Range	Not in the Speed Range
3:30 - 4:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
4:00 - 6:00	Repeat Above Interval x 2			
6:00 - 6:30	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
6:30 - 7:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
7:00 - 9:00	Repeat Above Interval x 2			
9:00 - 9:30	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
9:30 - 10:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
10:00 - 12:00	Repeat Above Interval x 2			
12:00 - 15:00	COOL DOWN - WALK & Stretch		In the Speed Range	Not in the Speed Range

P6 – CARDIO ENDURANCE (15 Minute)

TIME	ACTIVITY	SPEED RANGE	LED ON	LED FLASH
0:00 - 3:00	WARM UP - Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
3:00 - 6:00	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
6:00 - 7:00	Walk	Below 6.5 KM	In the Speed Range	Not in the Speed Range
7:00 - 8:00	Run	Over 8.0 KM	In the Speed Range	Not in the Speed Range
8:00 - 9:00	AVG.Run + 0.5 Speed	Over 8.0 KM	In the Speed Range	Not in the Speed Range
9:00 - 10:00	AVG.Run + 1.0 Speed	Over 8.0 KM	In the Speed Range	Not in the Speed Range
10:00 - 11:00	AVG.Run + 1.5 Speed	Over 8.0 KM	In the Speed Range	Not in the Speed Range
11:00 - 12:00	AVG.Run + 2.0 Speed	Over 8.0 KM	In the Speed Range	Not in the Speed Range
12:00 - 15:00	COOL DOWN - WALK & Stretch		In the Speed Range	Not in the Speed Range

CU - INTERVAL CUSTOM Program

The Interval Custom Program is like the Interval 20/10 Program except the user can set the length of the work and rest intervals as well as the total number of intervals.

Launch: Press the INTERVAL PROGRAMS key repeatedly until Custom is displayed. Confirm the selection of the visible program by pressing the START key.

Setup: When running the Interval Custom program for the first time (or after the console has been reset), the user will be required to enter the total number of intervals. Adjust the displayed value when prompted by pressing the UP or DOWN key, followed by the ENTER key to confirm. The default work interval time value will then post. Adjust the displayed time value with the UP or DOWN key and press ENTER to confirm. The default rest interval will post. Adjust the value and confirm by pressing ENTER.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

TARGET TIME, TARGET CALORIES and TARGET DISTANCE Programs

The Target Time, Target Distance and Target Calories programs each operate in an identical manner. For these programs, the user may set a single target metric value and the program will continue until that goal has been achieved.

Launch: Press the TARGET PROGRAMS key repeatedly until the banner for the desired target is displayed. Press ENTER to confirm the selection.

Setup: When running the Target programs for the first time (or after the console has been reset), the display will flash with the default value. Adjust the displayed value by pressing the UP or DOWN keys, followed by the ENTER key to confirm. The program will begin automatically.

Run: The display fields will light and begin to track the progress of the user toward the goals. If Time was the selected target, remaining time will be displayed, and the timer will count down. If Distance or Calories are the selected targets, the console will track the progress toward those goals and timer will count-up.

End: The program will end automatically when the selected target has been achieved or the timer reaches zero.

To end the program at any time, press the STOP key. The Workout Summary will launch and post a record of the workout data.

TARGET HEART RATE Program

The Target Heart Rate Program offers users the ability to target a specific heart rate / Bpm (Beats-per-minute range) or heart rate zone for maximum cardiovascular training. With one piece of information (user age), the console will automatically calculate the Estimated Calculated Maximum Heart Rate as well as some common heart rate training zones (65%, 75% and 85% of Max

Bpm). Additionally, a specific Bpm of the users' choice can be entered.

Launch: Press the HEART RATE PROGRAMS key.

Setup: Set the users' age via the UP/DOWN keys and confirm the entry by pressing the ENTER key. Select the target HR range or the Custom Bpm by pressing UP/DOWN keys until the desired target is displayed, then press ENTER. The console offers a choice of adding a countdown timer. Select Timer On or Timer Off via the UP/DOWN keys, and press ENTER to confirm. If Timer On was selected, adjust the time values via the UP/DOWN keys, and press ENTER to confirm.

Note: The accuracy of the displayed metrics is dependent upon an accurate user age value entry.

Run: The display fields will light and begin to track the progress of the user and the users' target heart rate will flash in the alpha-numeric display. The console will provide prompts such as HR Low followed by Speed+, or HR High/Speed - to aid the user in maintaining the targeted heart rate range. If the users' heart rate remains at an elevated value (based on the entered age), the console will horn the audio sound continuously.

End: The Target Heart Rate program will run continuously until ended manually by the user or the selected timer value has expired. To end the program at any time, press the STOP key. The Workout Summary will launch and post a record of the workout data.

COMP Program

The Comp Program allows the trainer or user to set a pre-defined workout program targeting a Caloric, Time or Distance value. The Comp Program operates like the Target Programs with some key differences. While the console is in the Comp Run Mode; all other program functions are locked out to ensure the identical program settings are repeated and unchangeable. This feature is useful for a class setting or a head-to-head competition.

Setup: The Comp Program requires a few setup steps. To launch the Comp Set Mode, press the UP+DOWN arrow keys simultaneously for five (5) seconds. Comp Set will post in the alpha-numeric display and the TARGET banner will flash as well as one of the available metrics of Time, Calories or Distance, Speed or Watts. Select the desired target (Time, Calories or Distance, Speed or Watts) via the UP/DOWN keys and confirm the selection by pressing ENTER. The selected target value will flash. Adjust the flashing value via the UP/DOWN arrow keys and press ENTER to confirm. To alter the Comp Program settings, relaunch the Comp Set Mode.

Ready: Before the Comp Program can be run, the console must be set to the Comp Ready Mode. This step ensures that the program cannot be accidentally changed between users as this mode locks out the selection of other programs and features. Press the ENTER key for five (5) seconds to launch the Comp Ready Mode and display the previously set target.

Run: When the console is in the Comp Ready Mode, launch the Comp Program by pressing START. Run Comp will post and flash in the alpha-numeric display and the banner for the selected target will flash. If time is the target metric, the timer will count down the time remaining while logging values for calories, distance, speed, Watts and RPM. If distance, calories, speed or watts are

selected as the target, the timer will count-up.

End: The Workout Summary will launch and post a record of the workout data. Press Stop, the Comp Ready Mode will launch for the next user/competitor.

Exit: To exit the Comp Ready Mode, press the DOWN arrow key for five (5) seconds to launch the standard Ready Mode. To conserve battery power, the Comp Ready Mode will time out in thirty (30) minutes and enter the Sleep Mode. When input is received via rotation of the running belt or input from a console key, the Comp Ready Mode will launch.

HEART RATE TRAINING

Heart Rate is an Important Key to Your Exercise. The Surgeon General released a report on physical activity and health stating exercise and fitness are beneficial for a persons' health and emphasized the need for exercise as a key component for disease prevention and healthier living. The best way to determine exercise intensity is to monitor your pulse rate. Heart rate can easily be monitored by counting the number of heart beats per minute at the chest, wrist or the carotid artery on your neck, however it is difficult to do so while exercising. To aid in heart rate training, the MANUAL TREADMILL console is equipped with a wireless heart rate receiver which can detect a HR signal being transmitted by a wireless chest strap (option).

Calculated Maximum Heart Rate

Your target heart rate depends primarily upon your age. It is key to work within a safe and productive zone. If the exercise intensity is too low or too high, only modest gains will be made in strength and cardiovascular fitness. A workout at a very low intensity will not offer maximum benefits.

It is general perceived that it is most effective to train at a heart rate between 65% and 85% of your maximum heart rate. Calculated Maximum Heart Rate is calculated as a percentage of your Maximum Heart Rate (estimated as 220 Bpm minus your age).

To calculate your Calculated Maximum Heart Rate and find the appropriate target training zone, use the following formulas. The following estimations are relevant for a 35-year-old user:

$$220 - 35 = 185 \text{ BPM (} 220 - \text{Age} = \text{Calculated Maximum Heart Rate in Bpm)}$$

$$0.65 \times 185 = 120 \text{ BPM (65\% of 185 BPM [Calculated Maximum Heart Rate] = 120 Bpm)}$$

$$0.85 \times 185 = 157 \text{ BPM (85\% of 185 BPM [Calculated Maximum Heart Rate] = 157 Bpm)}$$

The recommended heart rate training zone for this user would be between 120 Bpm and 157 Bpm.

Using the Wireless Heart Rate Receiver

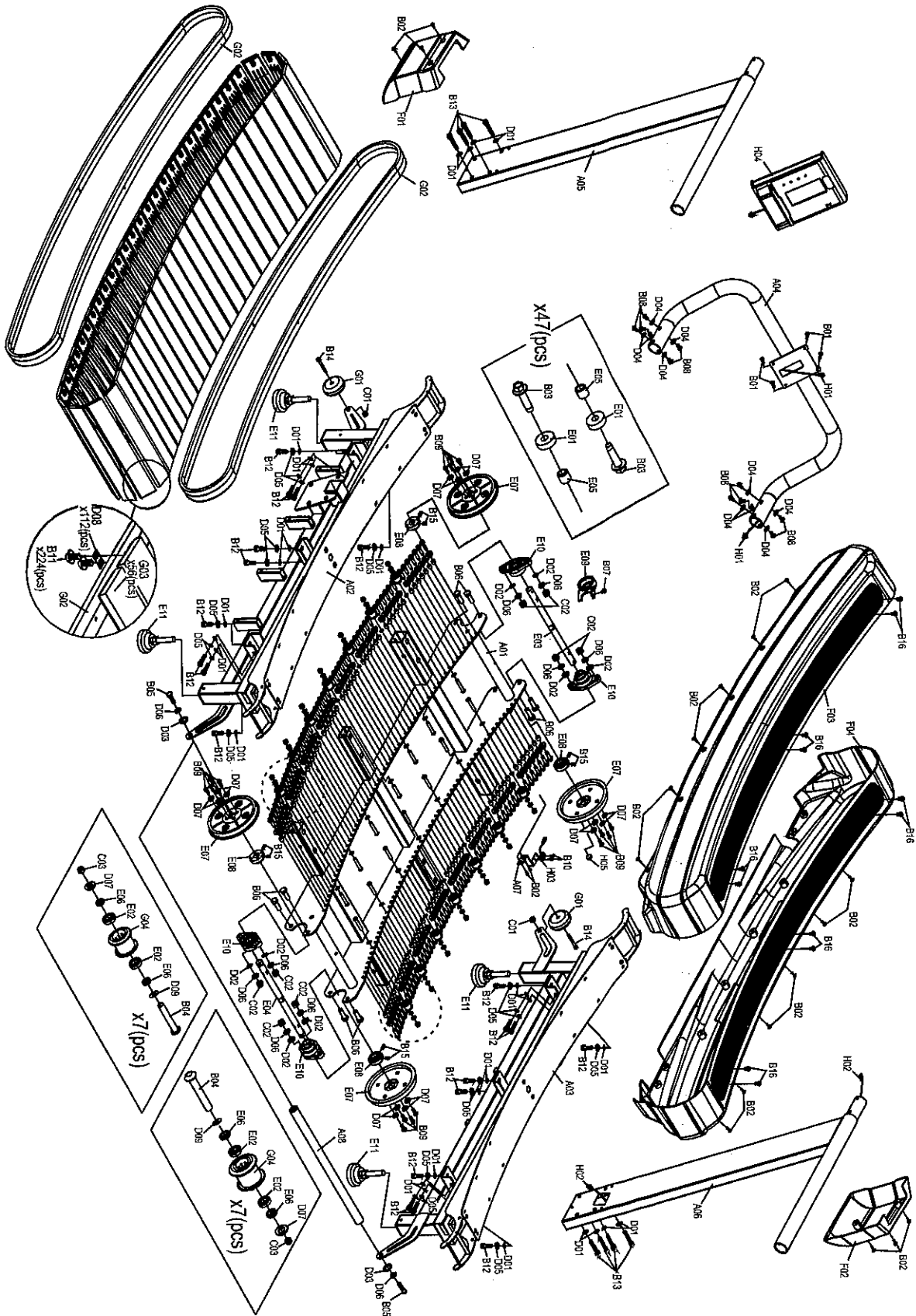
In general, a wireless heart rate chest strap is the most accurate and convenient method of detecting and monitoring a heart rate signal. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal creating an erratic or impossibly high Bpm. The only remedy for such a symptom is to isolate the unit from potential disturbances. Additionally,

a persons' body chemistry or lack of perspiration can prevent the chest strap from providing a strong or accurate heart rate signal

A wireless heart rate receiving system is one feature found on this unit. ,so this console will be with built in Wireless Heart Rate Receiver ,The console can detect and display your heart rate wirelessly, then the following conditions must be present:

- A compatible heart rate chest strap transmitter must be functioning and worn. Several manufacturers offer dual band models. For proper function of the chest strap, please refer to the manufacturers' instructions.
- Both the console and heart rate chest strap must be powered on/activated.
- A workout program must be running.

Exploded View



Part List

NO.	PART NAME	QTY
A01	Main Frame	1
A02	Main Frame Platform(L)	1
A03	Main Frame Platform(R)	1
A04	Upper Handle Tube	1
A05	Console Tube (L)	1
A06	Console Tube (R)	1
A07	Sensor N Chip	1
A08	Main Frame Handle Tube	1
B01	M5x10mm Phillips Screw	4
B02	M5xP0.8x15L Phillips Screw (Nickel)	20
B03	M8x30L Acron Nut Cap	98
B04	M8x50L Acron Nut Cap	14
B05	M12xP1.75x25L Hex Round Head Screw (Carbon) (Nickel)	2
B06	M12xP1.75x35L Hex Round Head Screw (Carbon) (Nickel)	8
B07	M8x15L Hex Screw (Carbon) (Loctited) (Nickel)	1
B08	M8x15L Hex Screw (Carbon) (Black) (Nickel)	10
B09	M8x20L Hex Screw (Carbon) (Loctited) (Nickel)	16
B10	TP3x8L Screw (Black)	2
B11	M5xP0.8x12L Hex Round Head Screw (Stainless)	224
B12	M10xP1.5x25L Socket Head Screw (Carbon) (Nickel)	20
B13	M10xP1.5x55L Socket Head Screw (Carbon) (Nickel)	8
B14	M10xP1.5x65L Socket Head Screw (Carbon) (Nickel)	2
B15	M10x15L Hex Round Head Screw (Black) (Loctited)	8
B16	M8x15L Hex Round Head Screw (Carbon) (Nickel)	12
C01	M10 Black Locknut (thick 10t) (Nickel)	2
C02	M12 Black Locknut (thick 12t) (Nickel)	8
C03	M8 Black Locknut (thick 8t) (Nickel)	14
D01	φ10 xφ20 x 2.0t Flat Washer (Nickel)	28
D02	φ12 xφ24 x 2.0t Flat Washer (Nickel)	8

D03	φ12xφ28 x2.0t Flat Washer (Nickel)	2
D04	φ8xφ18 Curve Washer (Black Nickel)	10
D05	φ10-2t Spring Washer(Nickel)	20
D06	φ12-2t Spring Washer(Nickel)	10
D07	φ8-2t Spring Washer(Nickel)	30
D08	φ5.2 Washer 1.0t(Stainless)	112
D09	φ8xφ16x1.5t Washer r(Nickel)	14
		98
E01	#608Z Precise Bearing	28
E02	#698Z Precise Bearing	1
E03	Front Pulley Axle	1
E04	Rear Pulley Axle	98
E05	Spacer (φ8xφ12x12T)	28
E06	Spacer (φ8xφ12x3.0T)	4
E07	Pulley	4
E08	Pulley Ring	1
E09	One Way Bearing Seat	4
E10	Axle Seat	4
E11	Foot Adjuster	
		1
F01	Console Tube Collar-L	1
F02	Console Tube Collar-R	1
F03	Left Bottom Housing	1
F04	Right Bottom Housing	
		2
G01	Transportation Wheel	2
G02	V-Belt	56
G03	Running Deck	14
G04	Guide Pulley	
		1
H01	Extension Wire	1
H02	Extension Upper Wire	1
H03	Sensor Wire	1
H04	Console	1
H05	Magnet	1