

H Δ L F | H U M Δ N



CURVE TREADMIL HH30010

INSTALLATION STANDARD GUIDE

OWNER'S MANUAL

Before using this Treadmill read this manual and follow
all its safety Rules and Operating Instructions.

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SAFETY & MAINTENANCE INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **TREADMILL**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **TREADMILL** for the first time.
3. Read all warnings and cautions posted on the **TREADMILL**.
4. The **TREADMILL** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **TREADMILL**. Do not allow children to use or play on the **TREADMILL**. Keep children and pets away from the **TREADMILL** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **TREADMILL** on a solid level surface. Do not position the **TREADMILL** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **TREADMILL**.
10. Before using, inspect the **TREADMILL** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **TREADMILL**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **TREADMILL**, loss of balance may result in a fall and bodily injury.
16. The **TREADMILL** should not be used by persons weighing over 536 lbs / 244 kgs.
17. The **TREADMILL** should be used by only one person at a time.
18. Ensure a 1m gap around the treadmill

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

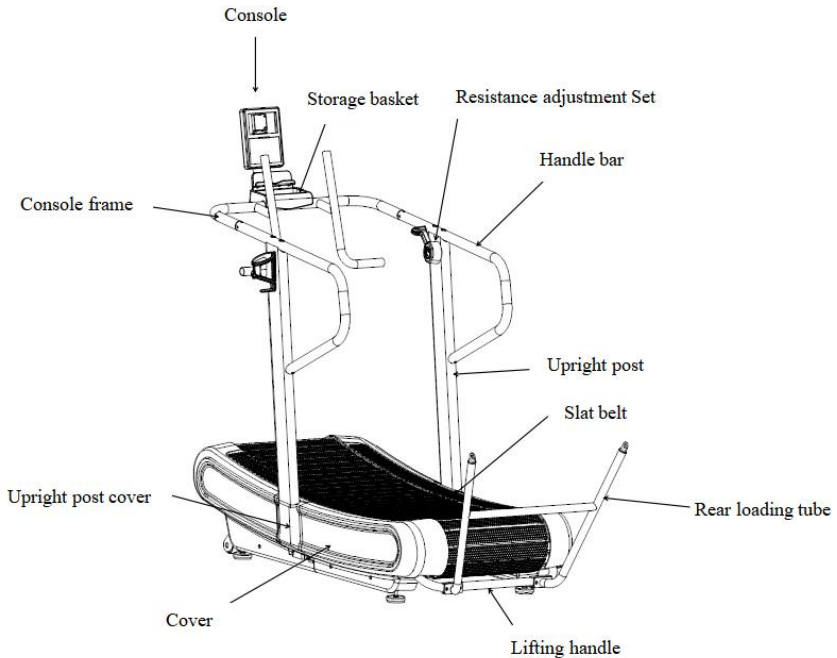
Caution! Please be careful when unpacking the carton.

BEFORE YOU BEGIN

Thank you for choosing the **TREADMILL**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **TREADMILL** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **TREADMILL**.



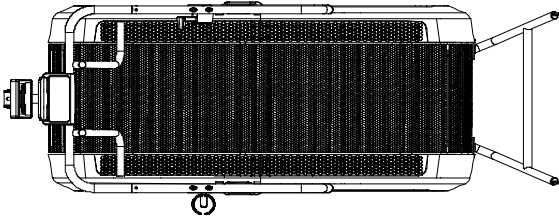
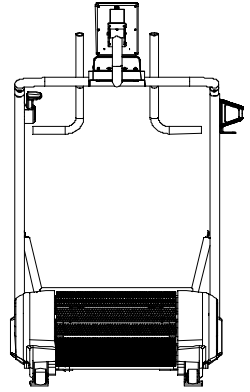
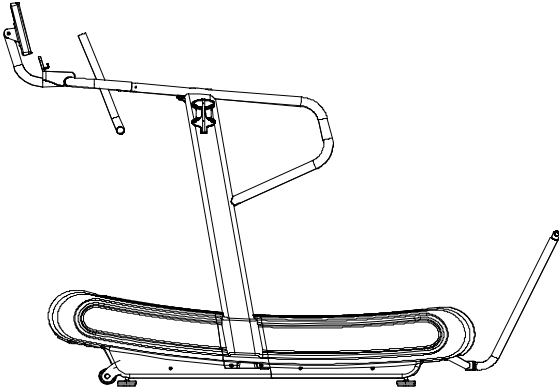
NOTE: Rear Loading Tube is an optional extra

TECHNICAL PARAMETER

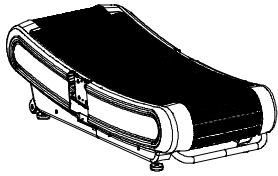
Max. Weight	150kgs
Dimension (Unfold)	2245mm x 850mm x 1685mm
Running surface	1600mm x 480mm

PRODUCT DETAILS

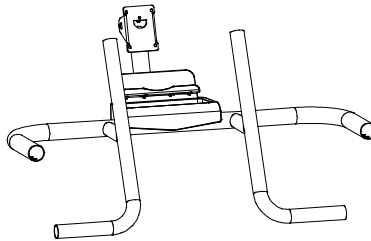
DIFFERENT VIEWS



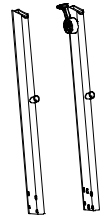
PACKING LIST



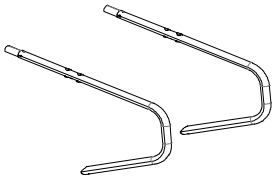
Main body



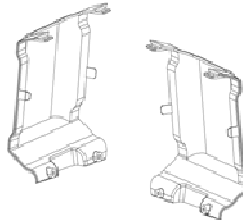
Monitor frame



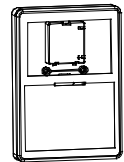
Upright post



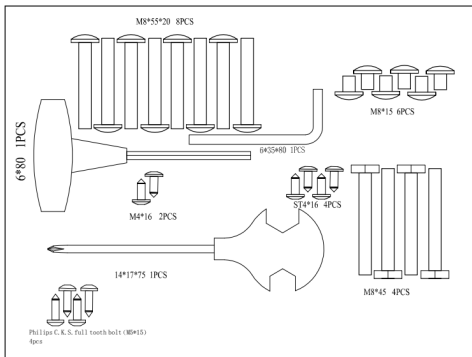
Handlebar



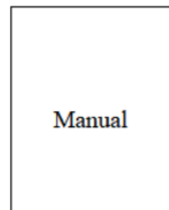
Upright post cover L+R



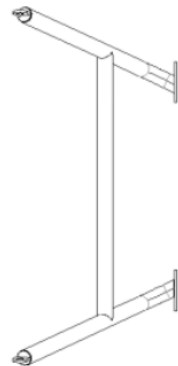
Monitor



Hardware Pack

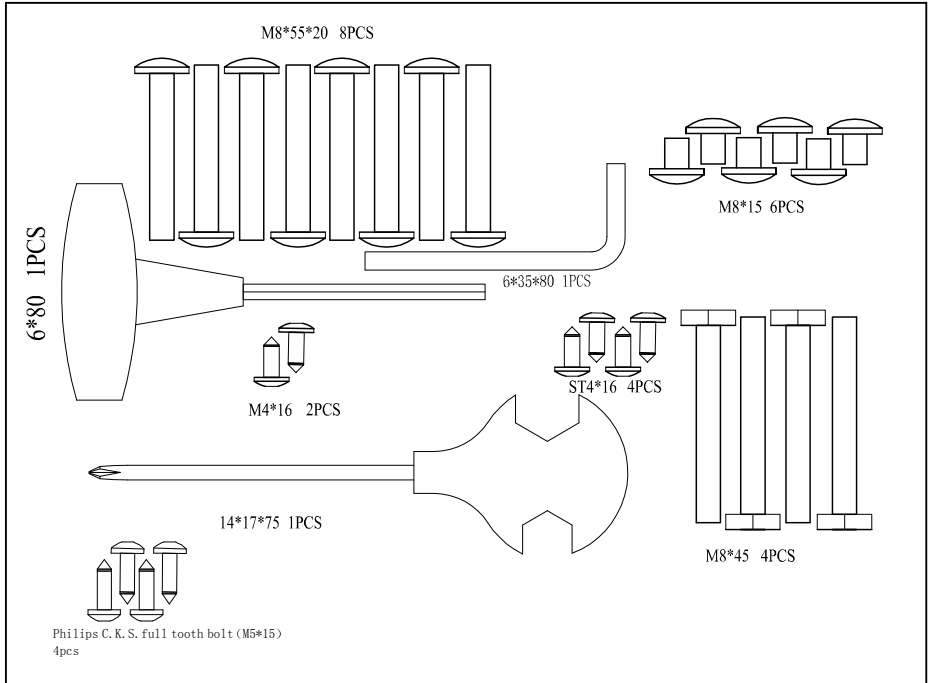


Manual

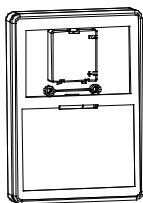


Rear loading tube
(Optional)

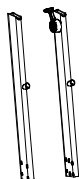
HARDWARE PACK LIST



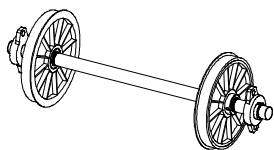
MAIN PARTS



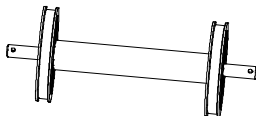
Monitor



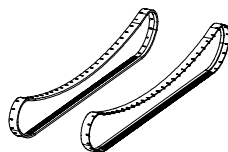
Upright post



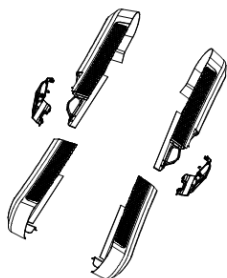
Front roller



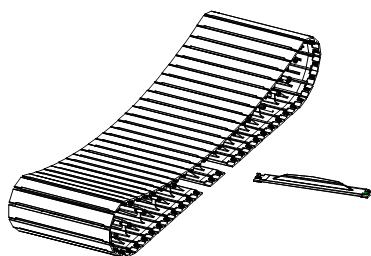
Rear roller



Running belt fixing strap



Main frame cover

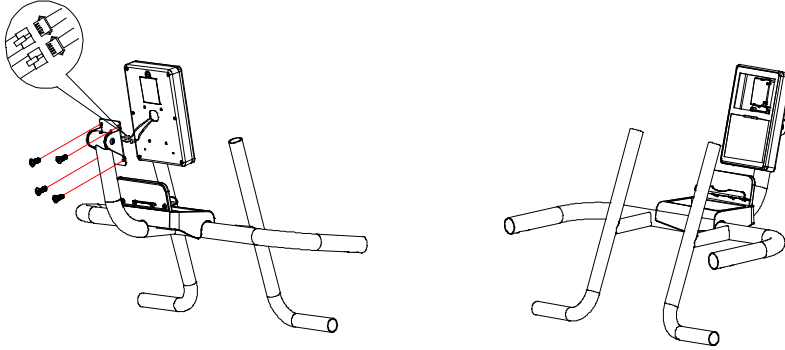


Slat belt

ASSEMBLY STEPS

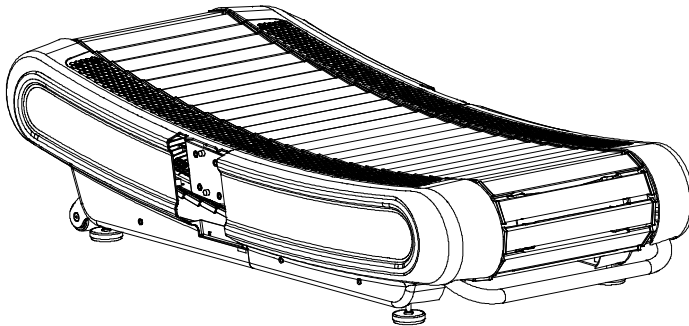
STEP 1

Take out the monitor frame and monitor from the packing box, connect the monitor communication wire (wire 3P to 3P, 2P to 2P), then fix the monitor on the monitor frame with 4PCS M5X10 screws.



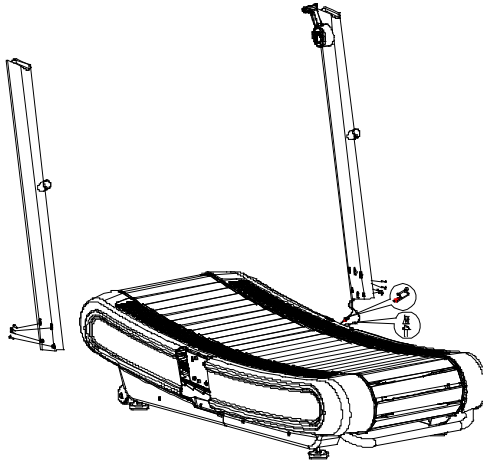
STEP 2

Take out the main body from the packing box and put it on the floor. Take out the main body from the packing box and put it on the floor.



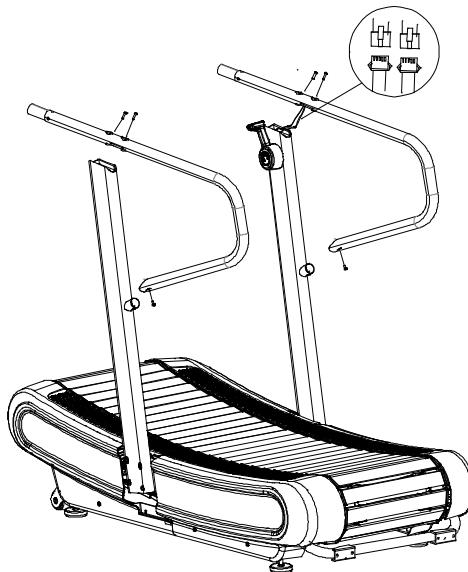
STEP 3

Connect the communication wire and resistances adjust wire in the right upright post, and then fix the upright post with 4pcs M8x65x20 screws onto the main body . Then assemble the left upright post without wire connecting.



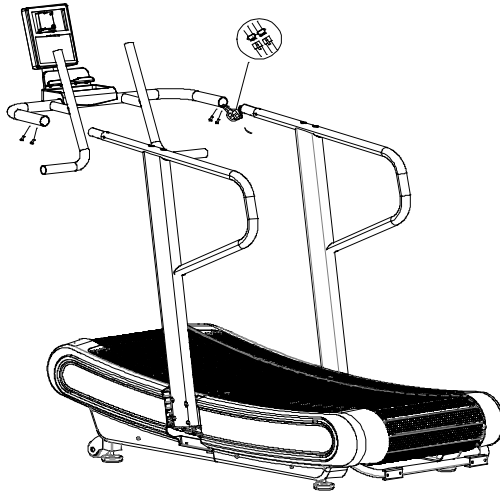
STEP 4

Connect the right handlebar and the right upright post with 2pcs M8*45 screw on the top holes of right handle bar, then use 1pc M8*15 screw to fix the bottom hole of right handle bar. Fix the left handlebar in the same way.



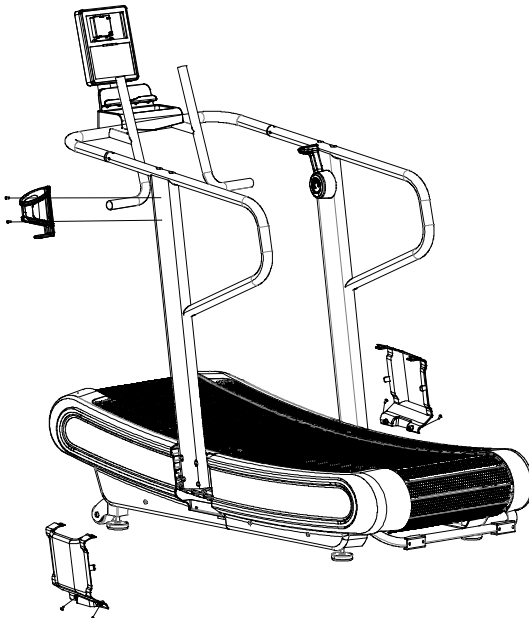
STEP 5

Connect the communication wire between handlebar and the monitor frame, then fix the monitor frame with 4pcs M8*15 screws, tighten all the screws.



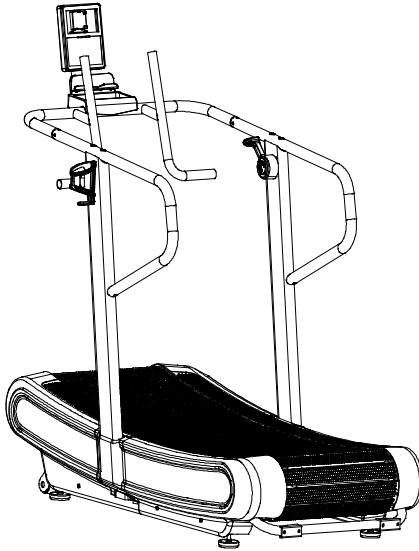
STEP 6

Install the upright post cover to main body with 4pcs ST4*15 screws.



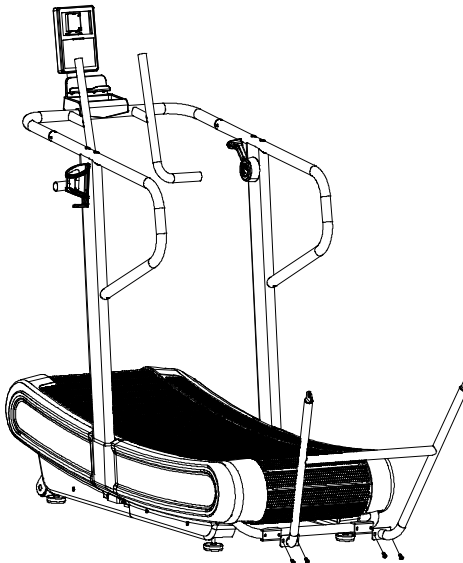
STEP 7

Assembly is finished, machine will be as below.



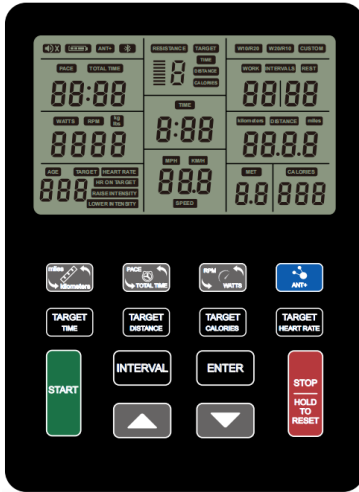
STEP 8 (Optional)

Assemble rear loading tube. Align the holes of lifting tube and rear loading tube, lock with 4pcs M10x15 Allen C.K.S. full tooth screws.



CONSOLE FUNCTION

DISPLAY FUNCTION



Window Display:

Item	Description
TOTAL TIME	Display user total workout time. Display range 00:00~99:59
TIME	Display interval time on a single exercise or rest time Display range 00:00~9:59
DISTANCE	Display user workout distance. Display range 0.0~99.9
CALORIES	Display calories consumption during workout. Display range 0 ~ 999
HEART RATE	Display heart rate during workout. Display range 0 ~ 220
WATT RPM	Display the power consumption during workout Display rotate speed during workout
SPEED	Display current workout speed
PACE	Set the time to reach the target distance
RESISTANE	When adjusting the resistance, the LOAD resistance value for each segment is displayed in the WATT window Display range 1 ~ 4
MET	Metabolic equivalent value. Display range 1.0 ~ 10

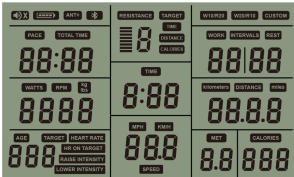
Button function:

Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start workout quickly.
Stop	Press to stop workout.
HOLD TO RESET	Press and hold to clear workout data and return to the standby mode.
Interval	There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.
Target Distance	Fast access to Target Distance mode.
Target Calories	Fast access to Target Calories mode.
Target Heart Rate	Fast access to Target Heart Rate mode.
Target Time	Fast access to Target Time mode.
MILE/KILOMETERS	Switch key for Metric and imperial unit
PACE/TOTAL TIME	Switch key between Time and PACE window, default 3 seconds for auto switch
RPM/WATT	Switch key between RPM and WATT window, default 3 seconds for auto switch
ANT+	It's used to pair ANT+ devices;

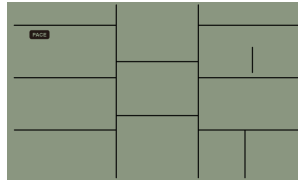
Operation procedure:

Power on--

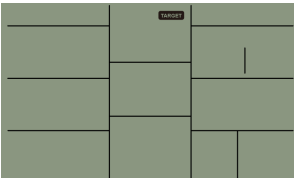
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode (FIG 2), the pictures will be cycling displayed from top to bottom in sequence. Press STOP button, then enter into standby mode.



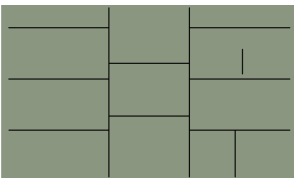
(FIG 1)



(FIG 2)



2.If no key signal or RPM signal input for more than 4min 30s, LCD will go to Sleeping mode (FIG 3).



(FIG 3)

3.Stop mode:

After the START key is quickly started, press the STOP key to stop the workout but keep the workout data. If no signal input for 4min30s, it will go to ERP sleeping mode; when wake up, all data is cleared. Press and hold the STOP key to end current workout mode and clear all data, and return to standby mode.


4.INTERVAL 10/20:

- A. Press INTERVAL button, select "INTERVAL10/20" mode, LCD display W10/R20 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 10s, it switches to "REST" icon, and beeps every 1s, TIME start to count down from 20s to 0s.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

5.INTERVAL 20/10 :

- A. Press INTERVAL button, select "INTERVAL20/10" mode, LCD displays W20/R10 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 20s, it switches to "REST" icon, the beeping rings every 1s, TIME start to count down from 10s to 0.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

6.INTERVAL CUSTOM :

- A. Press INTERVAL button, select "INTERVAL CUSTOM" mode, LCD displays  icon
- B. LCD displays the preset value 05, press "UP/ DOWN" button for setting (setting range 05~99), it cannot cycle.
- C. Press "ENTER" to confirm, "WORK" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- D. Press "ENTER" to confirm, "REST" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- E. Press "ENTER" to confirm, a short beeping rings 0.5s, LCD displays "01/XX" and display "WORK"
- F. For REST time, it displays 01/XX, "REST" icon shows, the beeping rings every 1s.
- G. "Work" & "REST" display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). Then enter to Stop mode.
- H. If no signal input in 4min 30s, enter into sleeping mode.
- I. Hold and press the "STOP" button, stop the current workout mode and return to standby screen.

7.TARGET TIME :

- A. Press "TARGET TIME" button, enter to this mode, LCD flashes and display TARGET TIME.
- B. LCD "TOTAL TIME" window displays the preset value 1:00. Press "UP/DOWN" button for setting (setting range 1:00~99:00).
- C. After setting, press "ENTER" or "START" to start, TARGET & TIME icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, and stop the current workout mode, and return to standby mode.
- E. If no signal input in 30s, the console beeps once and return to standby mode.

8.TARGET DISTANCE :

- A. Press "TARGET DISTANCE" button, enter to this mode, LCD displays TARGET DISTANCE.
- B. LCD "DISTANCE" window displays the preset value 1. Press "UP/DOWN" button for setting (setting range 1.0~99).
- C. After setting, press "ENTER" or "START" to start, TARGET DISTANCE is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, stop current workout mode, and return to the standby mode.
- E. If no signal input in 30s, the console beeps once and returns to standby mode.

9.TARGET CALORIES:

- A. Press "TARGET CALORIE" button, enter to this mode, LCD displays TARGET CALORIE.
- B. LCD "CALORIE" window displays the preset value 10 . Press "UP/DOWN" button for setting (setting range10~990).
- C. After setting, press "ENTER" or "START" to start, TARGET CALORIE icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, stop current workout mode, and return to the standby mode.
- E. If no signal input in 30s, the console beeps once and return to standby mode.

10.TARGET HEART RATE:

- A. Press "TARGET HEART RATE" button, enter to this mode, LCD flashes and displays preset value 80. Press "UP/DOWN" button for setting (setting range80~180).
- B. When the heartbeat value is below the set value (-10%), the heart rate window flashes to display RAISE INTENSITY, reminding the user to increase the training intensity.
- C. When the heartbeat value is beyond the set value (+10%), the heart rate window flashes to display LOWER INTENSITY, reminding the user to decrease the training intensity.
- D. When the heartbeat value is close to the set value (>10%), the heart rate window flashes to display HR ON TARGET, reminding the user to maintain the current exercise intensity.
- E. If no heartbeat input in 30s, the console beeps once and return to standby mode.
- F. Hold and press the "STOP" button, and enter into the standby mode.

11.ANT+ button function:

The ANT+ key is used to connect the ANT+ heart rate device. Press the ANT+ key once, LCD displays ANT+ , and the ANT+ device is paired and connected.

12. Resistance level calibration

Under standby status, press and hold "▼ + ▲ +STOP" three key for 6 seconds to enter engineering page , the resistance level window come out, other windows won't show. Press up and down key to select resistance level 1/2/3/4, and press ENTER key to confirm each level, press stop to exit calibration page.

13. Bluetooth APPs

The curve slat treadmill supports Kinomap & Zwift via Bluetooth:

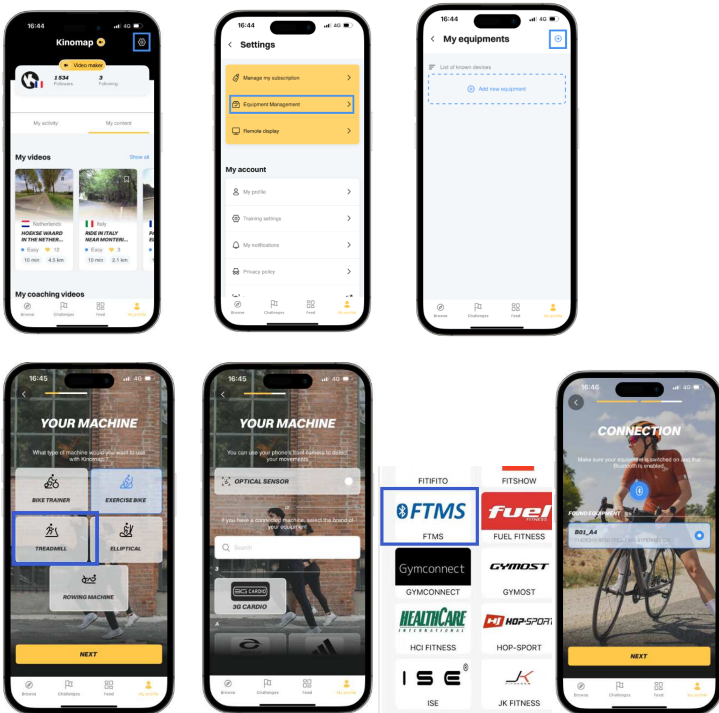
Move the running belt to light up the LCD console to trigger Bluetooth signal; follow the Bluetooth ID on the console to make connection.

If the running belt stops moving, the LCD console will go to sleeping mode if no input for 4 min 30s, and Bluetooth signal shut off.

13.1 How to connect Kinomap

Register and login Kinomap, firstly go to the "Profile menu", then press the "Settings" button in the top right-hand corner; then select "Equipment Management". Then press "Add new equipment" or the "+" button in the top right-hand corner:

Select your equipment type **TREADMILL**, click "Next" at the bottom of the screen, scroll down to select **FTMS**; Choose the detected equipment, which has same Bluetooth ID as tag on LCD console, press "Next"; A connection test will start to check if Kinomap receiving data from your equipment. Once the connection has been confirmed, simply press "Next" one last time, and your equipment is connected.



13.2 How to connect Zwift

Register and login Zwift, enter PAIRED DEVICES page, click RUN SPEED icon, select the detected equipment, which has same Bluetooth ID as tag on LCD console, it will show connected.

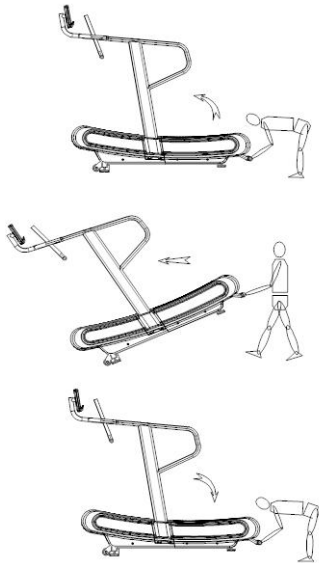


MOVING THE TREADMILL

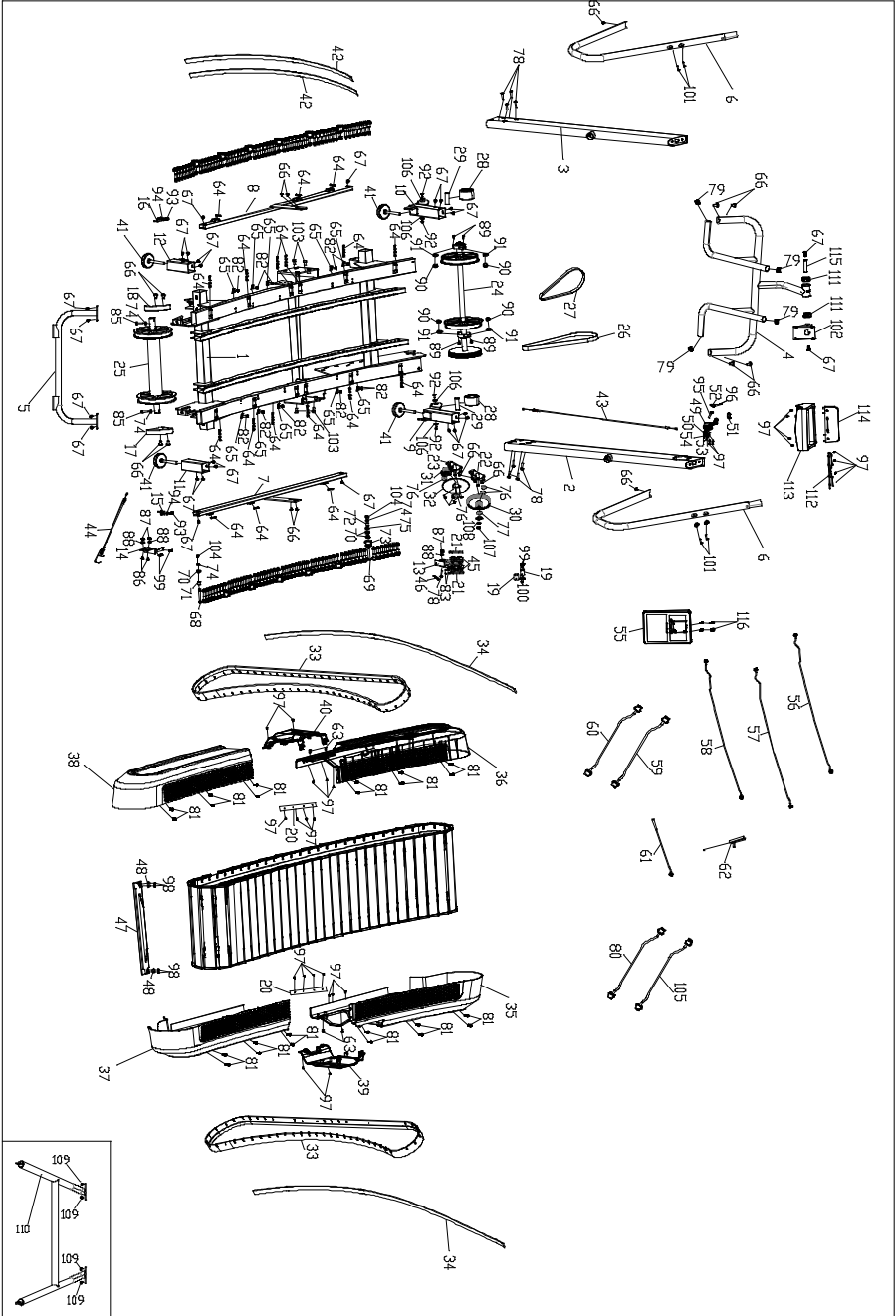
Before moving the treadmill please ensure the surrounding area is clear.

Hold the rear of the treadmill on the rear Bar with both hands. Then lift the deck up until you until the front wheels touch the floor.

Stand up straight. You can now wheel the treadmill forward or backward slowly. When find the new location, lower the rear Into place.



EXPLODED DRAWING



PARTS LIST

NO.	Part description	QTY
1	Main frame	1
2	Right upright post	1
3	Left upright post	1
4	Monitor frame	1
5	Handle bar tube 1st	1
6	Handle bar welding part	1
7	Metal fix plate for right cover	1
8	Metal fix plate for left cover	1
9	Right wheel bracket	1
10	Left wheel bracket	1
11	Bracket for right-rear feet pad	1
12	Bracket for left-rear feet pad	1
13	Bracket for magnet group	1
14	Metal base for slide rheostat	1
15	Adjustable piece bracket of rear roller	2
17	Inforcement pieces for right cover	1
18	Inforcement pieces for left cover	1
19	Fixing plate for slide resistance 2nd	2
20	Fixing plate for R&L cover	2
21	Cover of magnet group	2
22	Bracket 1 for fixed axis	1
23	Bracket 2 for fixed axis	1
24	Front roller	1
25	rear roller	1
26	Belt 380PJ6	1
27	Belt 250PJ6	1
28	wheel	2
29	axis of wheel	2
30	Driving wheel 1	1
31	Fix axis of driving wheel	1
32	Aluminum disc of driving wheel	1
33	Running belt fixing strap	2
34	EAV rubber t2.0×50×3600	2
35	Right-front cover	1
36	Left-front cover	1
37	Right-rear cover	1
38	Left-rear cover	1
39	Right upright post cover	1

40	Left upright post cover	1
41	Feet pad	4
42	EAV rubber t5.0×70×3000	1
43	Upper resistance adjusted cable	1
44	Bottom resistance adjusted cable	1
45	Round magnet	4
46	Brake spring (E21-71)	1
47	Slat	60
48	washer	120
49	handle bar	1
50	Resistance adjust set	1
51	Upper cover of handle bar	1
52	Outer cover of handle bar	1
53	Gear adjustment column	2
54	Ordinary cylindrical spring	1
55	Monitor	1
56	Communication wire XH 2P/L-1250mm	1
57	VR communication wire XH3P/L-1250mm	1
58	Communication wire XH 2P/L-950mm	1
59	VR communication wire XH3P/L-950mm	1
60	Communication wire XH 3P/L-500mm	1
61	Magnet sensor XH 2P/L-1000mm	1
62	Resistance VR	1
63	Screw buckle	4
64	Screw bracket	10
65	T-shape slide block	6
66	Allen C.K.S. full tooth bolt M8*15	16
67	Allen C.K.S. full tooth bolt M8*20	24
68	Hexagon head half-tooth bolt M8*65*20	98
69	Allen cylindrical half-tooth bolt M8*65	12
70	Bearing 608ZZ	124
71	Sleeving $\phi 12^* \phi 8.1^*18.4$	98
72	Sleeving $\phi 12^* \phi 8.1^*14$	12
73	Guide pulley	12
74	Flat washer $\phi 8$	110
75	Elastic spring for hole $\phi 23$	12
76	Deep groove ball bearing 6201ZZ	4
77	One-way bearing CSK12P	1
78	Allen C.K.S. half tooth bolt M8*55*20	9
79	Flat head round pipe plug $\Phi 32^*1.5$	4
80	Communication wire L-500mm	1
81	Philips Sunk self-tapping bolt ST4×35	24

82	Philips sunk self-tapping bolt ST4×15	20
83	Philipw C.k.S. full tooth bolt M5 x10	4
85	Allen cylinder full tooth bolt M8×75	2
86	Hexagon socket large flat head half tooth bolt M8×30×20	2
87	Hexagon lock nut M8	3
88	Flat washer Φ8	3
89	Allen C.K.S.half tooth bolt M10×25×15	4
90	Hexagon lock nut M10	4
91	Flat washer Φ10	4
92	Allen sunk full tooth bolt M6×15	4
93	Hexagon head full tooth bolt M8×30	2
94	Hexagon nut M8	2
95	Hexagon socket large flat head step bolt M6×50×36	1
96	Philips pan head self tapping screw ST3×10	2
97	Philips C.K.S. self tapping screw ST4×16	22
98	Hexagon lock nut M5	240
99	Philips C.K.S. full tooth bolt M4 x 10	3
100	Hexagon lock nut M4	3
101	Allen cylinder full tooth bolt M8×45	4
102	Flat head round pipe plug Φ38×t1.5	1
103	Allen cylinder full tooth bolt M8×15	4
104	Hexagon lock nut M8	110
105	Communication wire XH 2PL-500MM	1
106	Outer cover t1.2 x Φ31	4
107	Hexagon lock nylon nut M6	1
108	Flat washer Φ6	1
109	Allen C.K.S. full tooth bolt M10x15 (optional)	4
110	Rear loading tube (optional)	1
111	Pendulum rod bushing	2
112	Phone holder	1
113	Storage basket	1
114	Phone holder fixed plate	1
115	Console rotation axis	1
116	Philip C.K.S.full thread bolt M5x15	4

BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to

develop flexibility, reduce muscle soreness and prevent injury.

- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM - U P

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

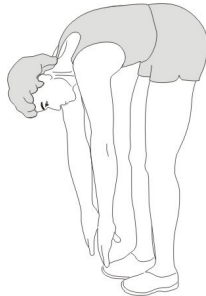
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over-stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side Stretch



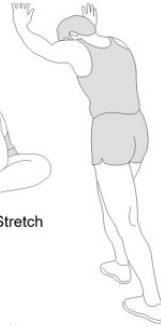
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Always remember to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



TRAINING SAFETY WARNINGS

Consult a physician before starting an exercise program.

Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.

Contact your doctor before using the equipment again.

Choose your training intensity according to the training difficulty, training time, etc.

For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

CUSTOMER SUPPORT

CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and contact us using the details below:

- Serial No – this can be found on the label on the product.
- Original purchase date
- Place of purchase
- Precise details of the issue of defect
- Information about the place and conditions of use

Important- please retain your sales receipt, Half Human customer care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website:

www.wearehalfhuman.com

Email: support@halfhuman.com

ADDRESS

Sweatband.com
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Feathersone road,
Wolverton Mill, Milton Keynes,
MK12 5ZD

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			CLASS: SB  MAX USER WEIGHT = 150KG
WEAREHALFHUMAN.COM		CURVE TREADMILL 	
	EN/ISO 20957	SN:	
UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD WOLVERTON MILL, MILTON KEYNES MK12 5ZD			

MANUFACTURERS WARRANTY

Half Human warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Half Human. To qualify for this please complete the warranty registration form on the Half Human website www.wearehalfhuman.com. Full details of warranty extensions and the Half Human manufacturer's warranty are available online at www.wearehalfhuman.com

TERMS

This warranty extends only to the original purchaser and is not transferable.
The warranty does not cover:

- 01 Normal wear and tear.
- 02 Any changes to the upgrade this products from its normal state or use other than as described in the user manual.
- 03 Damage resulting from:
 - a. Transport
 - b. Abuse, misuse, failure to follow instructions or improper or abnormal use.
 - c. Non-home use - including commercial, professional or rental purposes.
 - d. Repairs not provided by Half Human
 - e. Accidents, lightning, water, fire or any other causes beyond the control of Half Human.
 - f. Improper location including but not limited to, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water e.g. swimming pool.

Half Human is not responsible or liable for direct or indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the product requiring a repair, this may need to be performed at a Half Human authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

The best way to contact us is via the website:
www.wearehalfhuman.com
or e-mail: support@wearehalfhuman.com

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