

SB Fitness

-- "Taking Fitness to a Whole New Level" --

CT 250 SELF-GENERATED CURVED TREADMILL

USER MANUAL

CT 250



Self-Generated Curved Treadmill

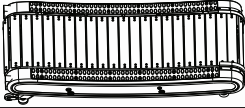
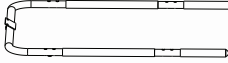








This product has been manufactured with safety in mind. Warranty applies only when used as instructed. Failure to comply with the warnings and precautions described in this document may cause personal injury and result in warranty being voided. Please note that SB Fitness assumes no responsibility for any accidents resulting from use.






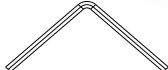
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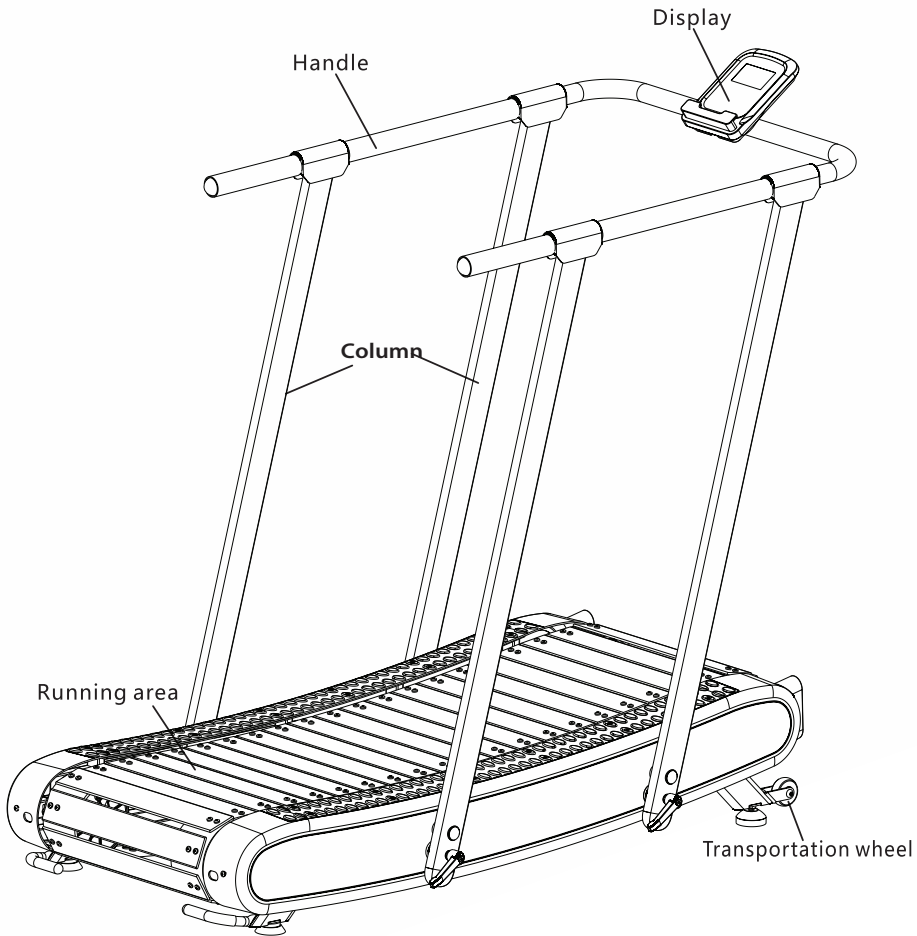
Packing List

Parts name	Picturer view		qty	Note
Running area		pcs	1	
Handle		pcs	1	
The left column		pcs	2	
The right column		pcs	2	
Handrail cover		pcs	4	
Digital display		pcs	1	
User manual		pcs	1	
Hardware package		bag	1	

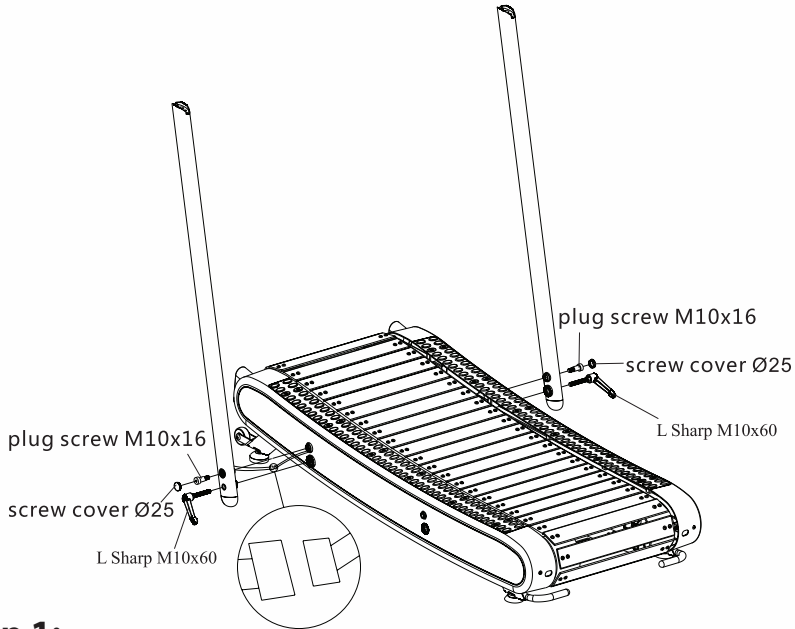
Hardware

No.	Parts Name	specification	Picture	qty
1	Hexagon socket screw with flat round head and half tooth	M8x50		8
2	Plug screw	M10x16		4
3	Screw cover	Ø25		4
4	LSharp lock	M10x60		4
5	Hexagon wrench	5MM		1
6	Hexagon wrench	6MM		1

Product Overview

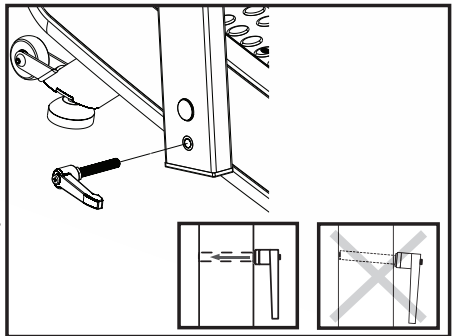


Product Installation



Step 1:

First, connect the data cable from the left column to the data cable extending from the treadmill, and then insert the data cable into the column and the treadmill. Secondly, use the plug screw M10x16 to connect the left and right columns to the treadmill, tighten, and then cover the screw cover Ø25 on the column hole where the plug screw is installed. Finally, fasten the L-shaped knob on the treadmill through the left and right uprights, as shown in the figure.

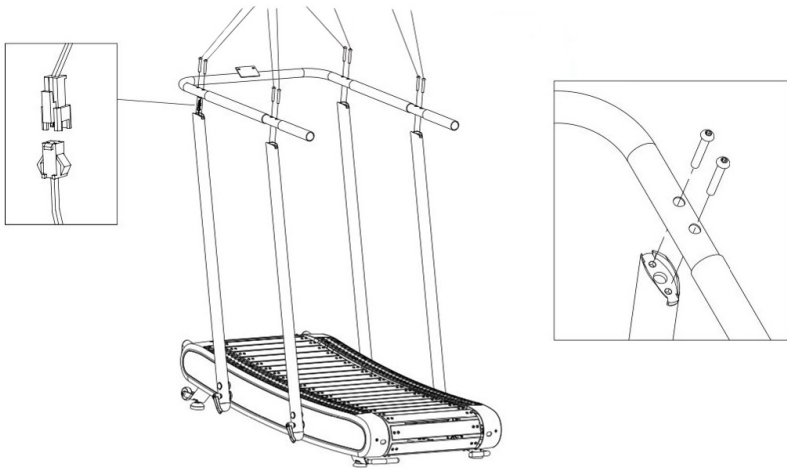


Product Installation

Step 2:

Fasten the rear left and right uprights on the treadmill as shown in the figure.

Connect the data cable from the front left column to the data cable coming out of the handlebar.

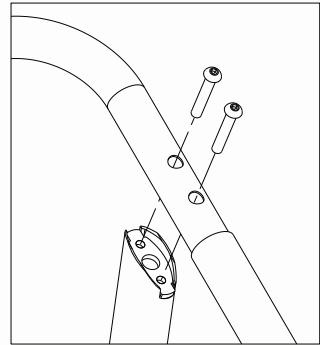
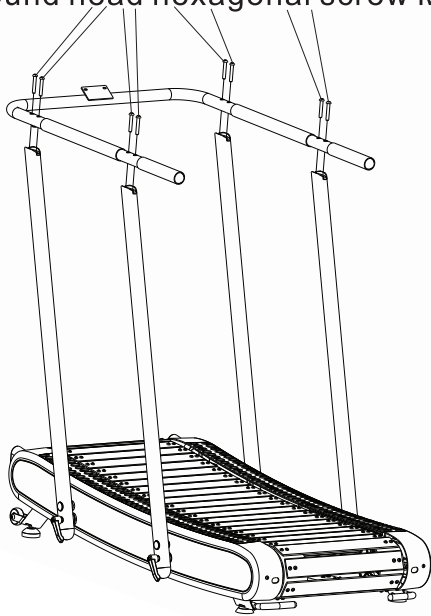


Product Installation

Step 3:

The handrail is fastened to the column with 8 flat round head hexagonal screws M8x50, as shown in the figure.

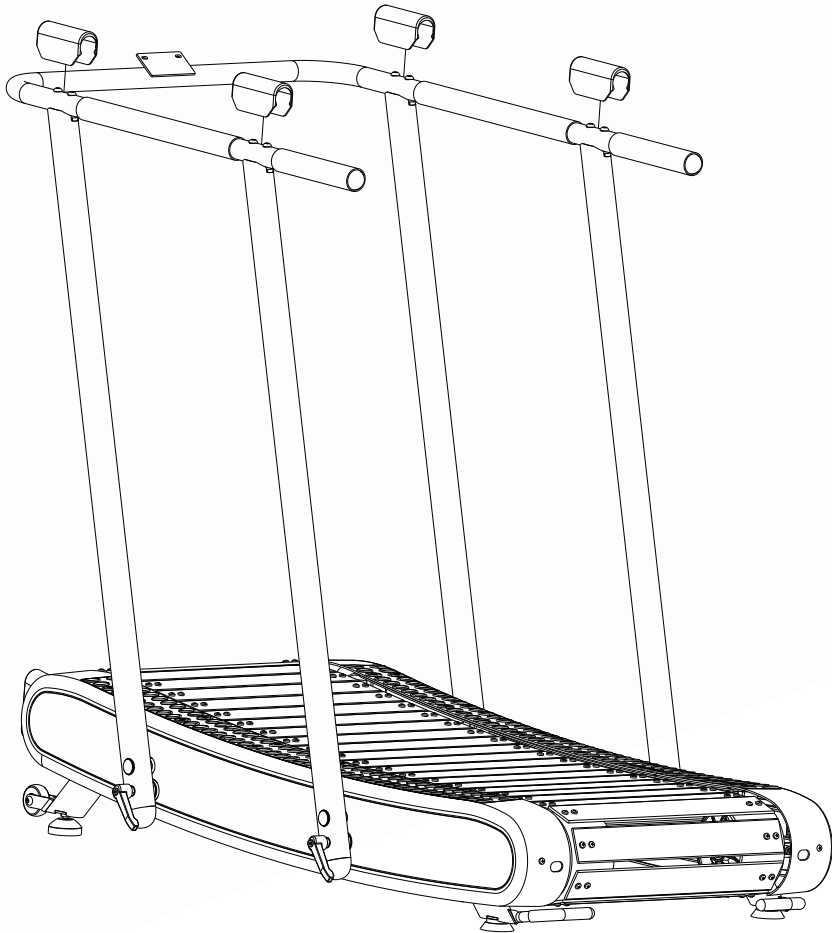
Flat round head hexagonal screw M8x50



Product Installation

Step 4:

Install the 4 armrest covers using the 8 hexagon flat round head screws M8x50, as shown in the figure.

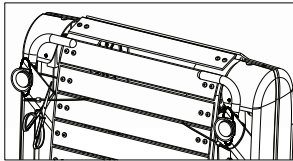


Product Installation

Step 5:

The console is connected to the treadmill with the two M5 x 15 screws. Be sure to feed the data cable through the bottom opening of the console to the rear part of the crossbar and connect to the data cable coming from the cross bar/handlebar. Be careful to not let the data cable get pinched.

Place the monitor in the center of the stand and install it with screws. Once you connect the data cable from the crossbar to the back of the Console data cable, push all excess wire into the opening, provided in the back of the console.

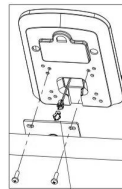


IMPORTANT: Cut off the two white nylon straps tied on the reverse side of the base.

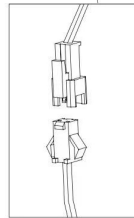
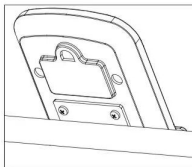
Put the dry battery on the monitor



The female end of the induction wire extending out from the monitor and the monitor frame. The protruding male end is plugged firmly, and the plugged Insert the wire back into the monitor.

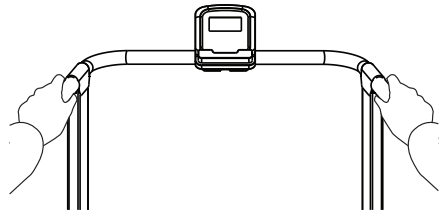
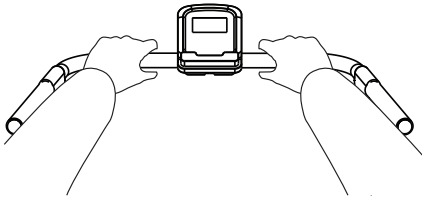
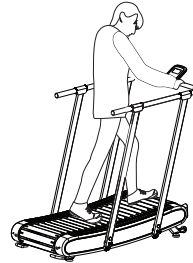
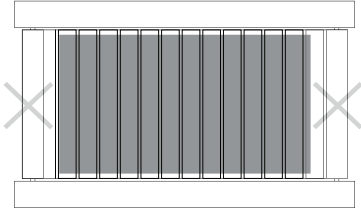


Use the monitor to Mounted on the monitor stand with screws.



Directions for Use

When using for the first few weeks, hold on to the handlebars and walk slow.



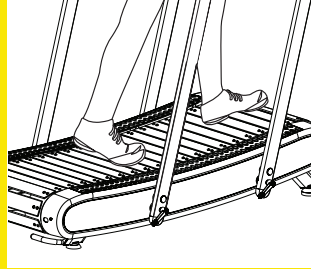
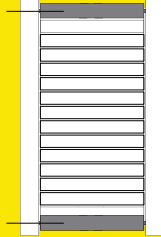
The available range of the hand grips are shown in the figure.

Important to remember: You control the treadmill, it doesn't control you. When you want to walk or jog, just go. When you want to stop, simply hang on to handlebars, slow down your speed and stop.

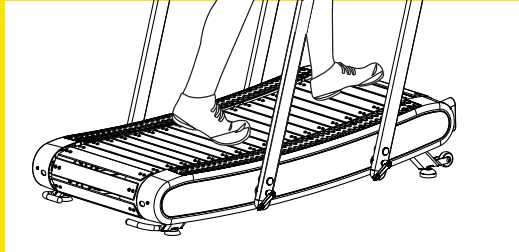
Directions for Use



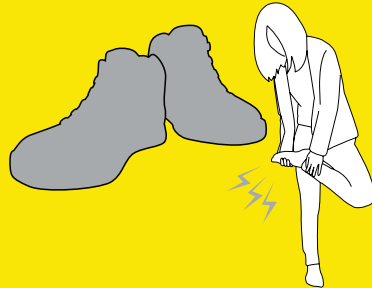
Avoid stepping off the front of the treadmill track. Use the upper part of the curve to generate speed without overstepping the front of the track. Please don't put your feet on the roller.



Avoid stepping off the back of the treadmill when movement is in progress. Stay in center to front of the track.



Avoid getting your feet pinched or injured: Do not use with bare feet, socks or slippers. Be sure to wear running shoes only when using treadmill.



Directions for Use



WARNING

DO NOT STEP ON FRONT OR REAR CORNERS OF TREADMILL
STEP ON DESIGNATED RAISED AREAS ONLY WHEN
GETTING ON OR OFF TREADMILL



NO!

Do Not Touch Running Belt



No barefeet or slippers
Running shoes only



YES!



DANGER!



Keep Children and Pets away at all times!

California Proposition



65 Warning



WARNING: This product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.p65warnings.ca.gov

Adjusting the Running Belt

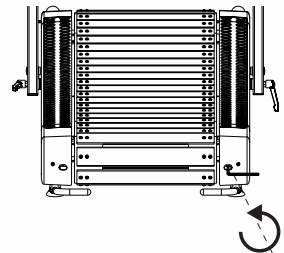
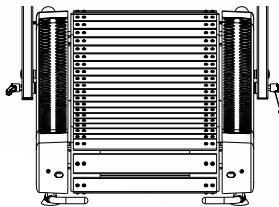
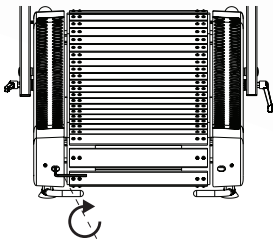
When using your CT250 treadmill, the pressure on the running belt may not be balanced due to the different forces used by the two feet during running, which causes the running belt to deviate from the center. This deviation is not normal, and you need to bring the walking belt back to the center.

Observe which side the walking belt is skewed while running.

If it is drifting to the left, use a hex wrench to turn the left screw clockwise or the right screw 1/4 turn counterclockwise.

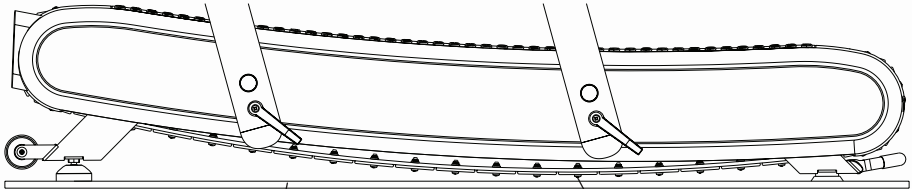
If it is drifting to the right, use a hex wrench to turn the right screw clockwise or the left screw 1/4 turn counterclockwise.

If the walking belt is not in the middle, repeat the above movements until it is adjusted to the middle



Adjusting the Running Belt

After the adjustment, check to see whether the lowest point of the running belt touches the ground. If so, adjust the both sides of the walking belt clockwise at the same time until it does not touch the ground.

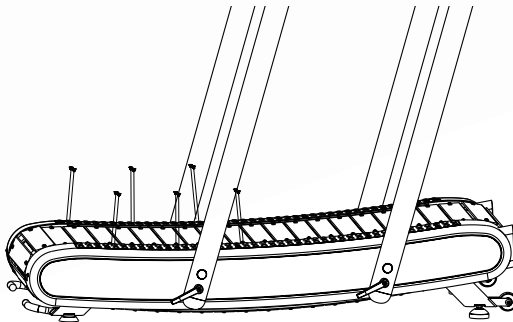


The lowest point of the walking belt must not touch the ground.

Proper treadmill use:

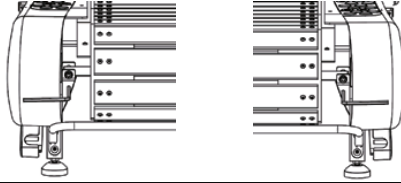
Place the treadmill on a flat surface (if the ground is uneven, the running belt may drift right or left. Use rear adjustment feet if necessary to level treadmill). First stand on the raised portion of side rails on both sides of the treadmill. Hold the handrails, then step onto the walking/running area. Start walking slowly, gradually increasing your pace until you obtain your desired speed. When you want to slow down or stop, simply hold on to the handrail, then gradually slow your steps to a stop.

Remember: You control the treadmill, the treadmill does not control you.



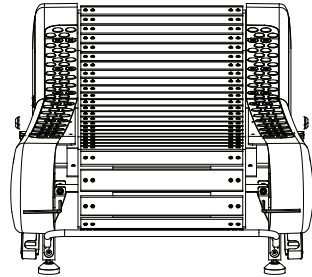
Adjusting the Running Belt

To make adjustments to the running belt, you can access the adjustment bolts through the holes in each end of the front and rear covers. These are the access holes that you will insert the correct Allen wrench into to adjust the bolts by turning either clockwise or counterclockwise as described in prior instructions.



When the belt is biased to one side - If you hear a sound other than the normal working sound, then your belt may be rubbing on either side.

An adjustment bolt on the side of the belt is included. Use the included hexagonal wrench, turn clockwise little by little on the side the belt is rubbing on. Avoid over tightening.

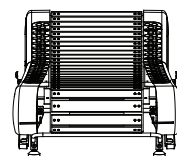
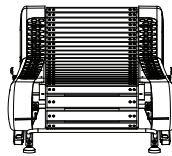
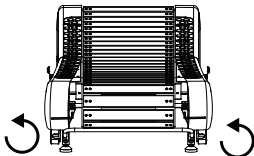


If the adjustment bolts are too tight, there is a possibility of shortening the life of the belt.

Use a hex wrench with adjustment bolt to turn the counterclockwise about 1/4. Execution equal to left and right.

The whole belt is slightly raised from the board and is pulled out from the middle of the belt about 3cm. Please confirm whether it can rebound.

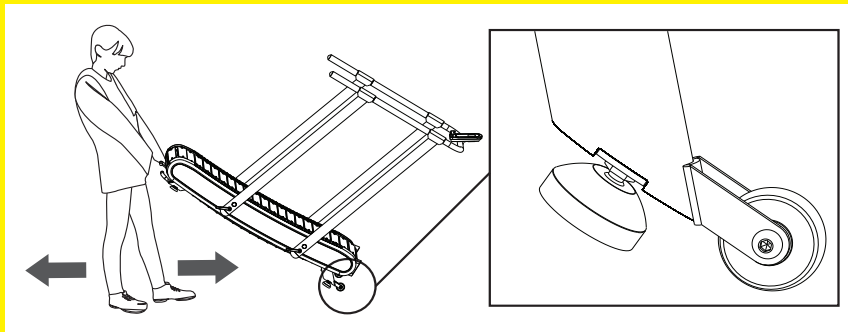
If it is too tight after confirmation, repeat from plastic back after adjustment.



Moving Your CT250 Treadmill



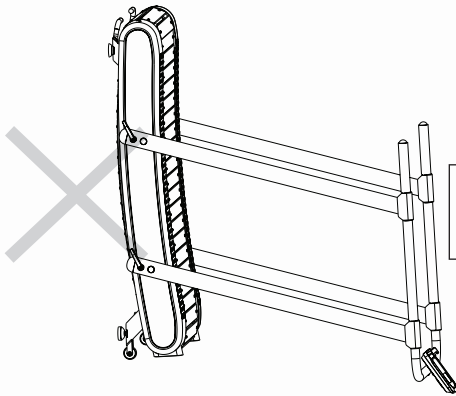
Transport handle in rear, transport wheels in the front. Bend your knees, use your legs to pick CT250 up from rear and move to desired location.



Moving Your CT250 Treadmill

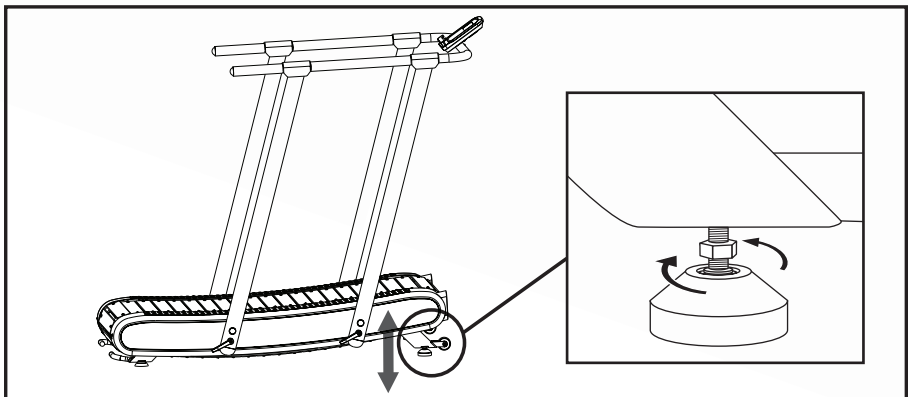


Be careful not to let the handrails fall when lifting. Although it can be put down temporarily, please do not stand and leave. In addition, please do not store or keep in a standing state.



When moving a long distance from room to room, it is recommended to use 2 people.

Adjusting the tilt angle-You can turn the foot part to adjust the tilt angle. There are two to adjust the balance.



Using Your Console



FUNCTIONAL BUTTON:

MODE:

- Press it to select functions.
- Hold it for 5 seconds to convert KM/H or Mile/H

SET:

- To set value of time, distance, calories and pulse , when not in scan mode.

RESET :

- Press to reset time, distance ,calories and pulse.
- Hold it for 3 seconds to reset time, distance , calories and pulse.

FUNCTION AND OPERATIONS:

1. SCAN:

- Press MODE button until "SCAN" appears, monitor will rotate through the following functions: time, calories, speed, distance, total distance and pulse. Each display will be hold 6 seconds.

2. TIME(TMR):

- Count the total time from exercise start to end.

3. SPEED(SPD):

- Display current speed.

4. DISTANCE(DST):

- Count the distance from exercise start to end.

5. CALORIES(CAL):

- Count the total calories from exercise start to end.

6. TOTAL DISTANCE(ODO):

- Count the total distance after installing the batteries.

7. PULSE RATE:

- Press MODE button until "♥" appears. Before measuring your pulse rate, please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then it will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

8. AUTO ON/OFF & AUTO START/STOP:

- Without any signal for 4 minutes, the power will turn off automatically. When the wheel is in motion or pressing the button, the monitor is in action.

9. ALARM:

- The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 5 seconds.

After establishing a good target pulse, if the user's actual pulse exceed the target pulse, the electronic watch will have been reporting to the police a hint.

Press **MODE** to select the function, then press **SET** to adjust the value.

SB Fitness CT250 Warranty:

What is covered

SB Fitness warrants to the original purchaser of this CT250 treadmill (the "Product") that the frame of the Product shall be free from defect in materials and workmanship for a period of five years from the date of purchase. All other parts and components of the Product shall be free from defect in material and workmanship for a period of two years from the date of purchase when the Product is used under as recommended by SB Fitness under normal uses and conditions. During the warranty period SB Fitness will at no additional charge to you, repair or replace (at SB Fitness' option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor shall be the responsibility of the owner.

What is not covered

This Limited Warranty applies only for Product sold in the United States under the SB Fitness brand name. This warranty does not cover normal wear and tear on items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, cosmetic damage, and excludes paint & finish. Wear items pertain to components that might need to be replaced due to wear and tear resulting from normal usage. This warranty is void if the Product is improperly stored, assembled, altered and/or modified in any way, misused, abused, is subject to accident, is improperly maintained, and this warranty does not cover repair for any noises such as: squeaks, clunks, thumps resulting from poor or lack of preventive maintenance. This Limited Warranty does extent to any Product that is damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by SB Fitness; (c) by modification of the Product; (d) by normal wear and tear; (e) operation using incorrect power supplies; or (f) as a result of service by anyone other than SB Fitness, or an authorized SB Fitness service provider. This Limited Warranty is void if the Product serial number has been defaced or removed. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

SB Fitness CT250 Warranty:

Warranty Service Area

Any labor cost is the responsibility of the original purchaser. If a Product requires shipment, delivery or transport it is the purchaser's sole responsibility and to pay for any fees associated with servicing of a Product. Any evidence of alteration, erasing or forgery of proof-of-purchase documents voids this Limited Warranty. This Limited Warranty applies only to Product purchased from SB Fitness or from an authorized SB Fitness reseller.

Voided Warranty

The warranty does not apply to any failure of the product or its components due to alterations or modifications, misuse and abuse, accidental damage, lack of maintenance or improper assembly. Improper assembly can be avoided if the unit is assembled by an authorized technician. Damage due to improper assembly is not covered by the warranty. Common assembly errors can include damaged wire harnesses, stripped screws and nuts, crank arms or damaged threads. If the serial number has been removed, altered or defaced, the warranty for the affected unit is voided.

Disclaimed Warranties

THE PROVISIONS OF THIS WARRANTY ARE IN LIEU OF ANY OTHER WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL. TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL OTHER WARRANTIES, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY, ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT.

If you have any questions or need assistance with your SB Fitness CT250 Self-Generated Curved Treadmill, please call CustomerService: 1-814 -558 -4859 or email Chad: chad@sbfitnessequipment.com