SB Fitness

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

CT400 SELF-GENERATED
CURVED TREADMILL

USER MANUAL

CT400

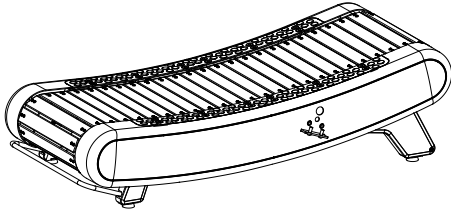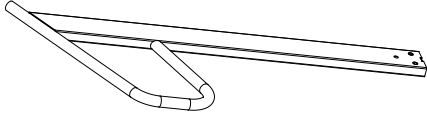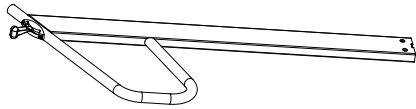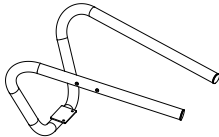## Self-Generated Curved Treadmill
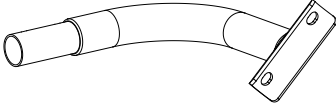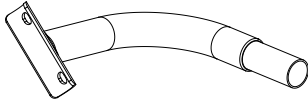
Table of Contents

Packing List

Parts name	Picture view		qty	note
Running area		pcs	1	
The left column		pcs	1	
The right column		pcs	1	
Display holder		pcs	1	
Left connection frame		pcs	1	
Right connection frame		pcs	1	
Digital display		pcs	1	
User manual		pcs	1	
Hardware package		bag	1	

	Parts name	specification	picture	qty
1	Socket bolt with flat round head	M8×16		8
2	Socket bolt with flat round head	M10×25		4
3	Socket bolt with flat round head and half tooth	M10×50		4
4	Hexagon wrench w/phillips head screw driver	5MM		1
5	Hexagon wrench	6MM		1
6	Flat washer	10		8
7	Spring washer	10		8

handrail

digital display

magnetic resistance
control

column

running **area**

transport
handle
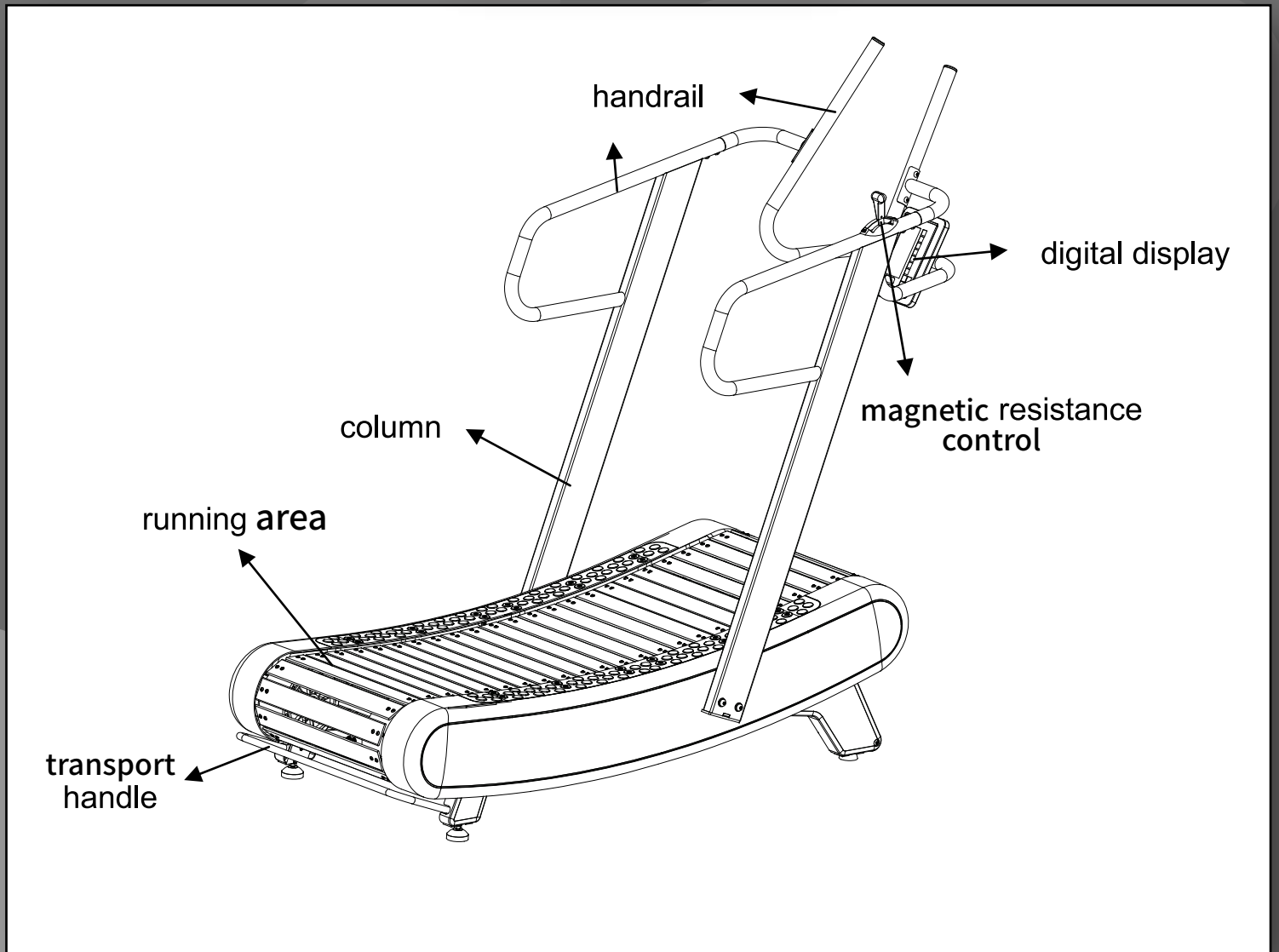
Step 1:

- Attach the left column using the 2pcs *M10*50 and 2pcs M10*50
  bolts to the running deck (see the picture below).
- Connect sensor at bottom of left column where sensor exits base.
- Make sure data cables are tucked inside opening of left column before
  tightening bolts

** WARNING- Do not pinch or crush data cables when connectiing from left column to base. **

The left column

Plug in the sensor

Hexagon socket bolt
with flat round head
M10x50

Spring washer   10
Flat washer   10

Flat washer   10
Spring washer   10

Hexagon socket bolt with
flat round head
M10x25
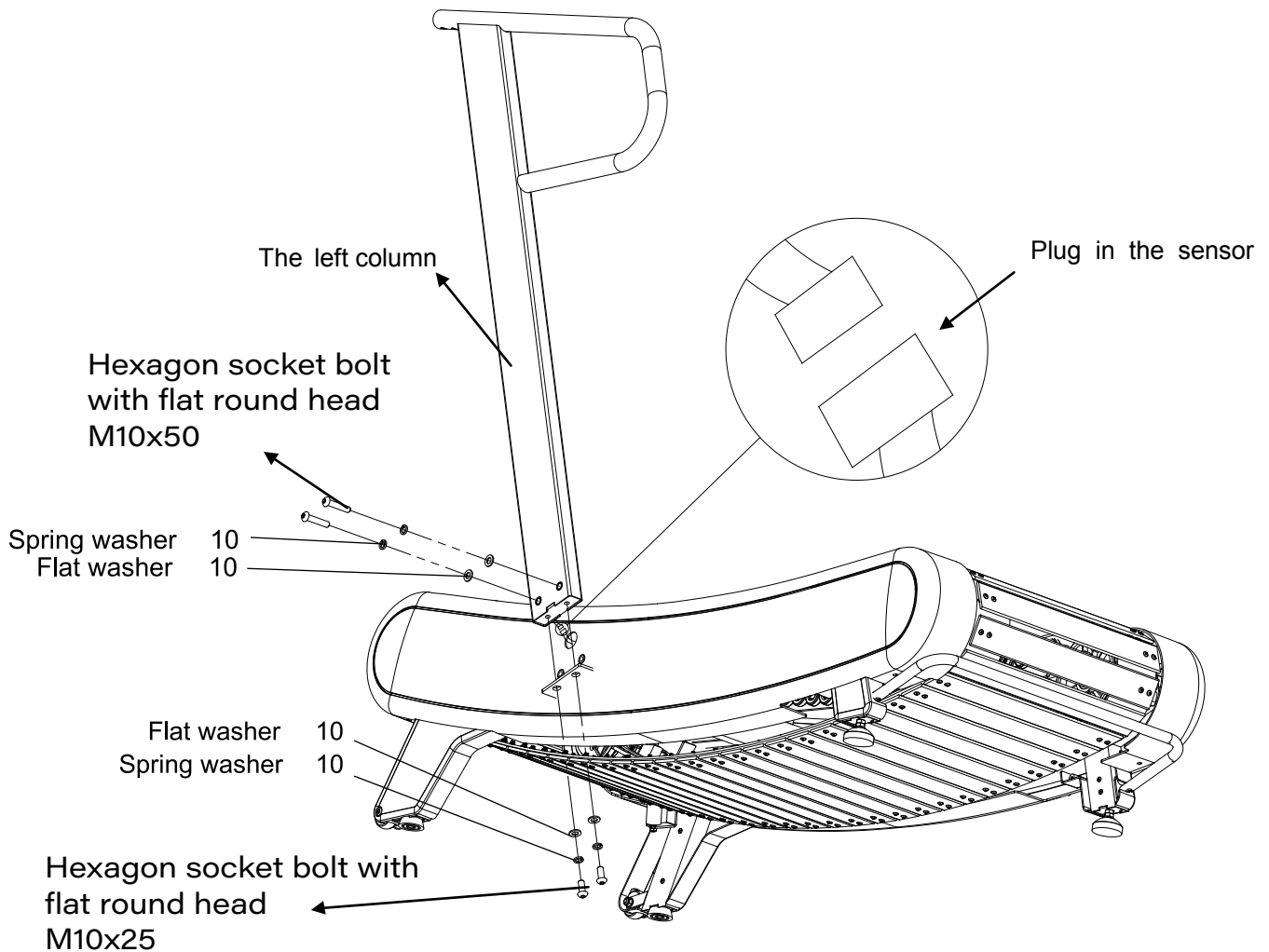
Step 2:

- Attach the right column using the 2pcs *M10*50 and 2pcs M10*50
  bolts to the running deck (see the picture below).
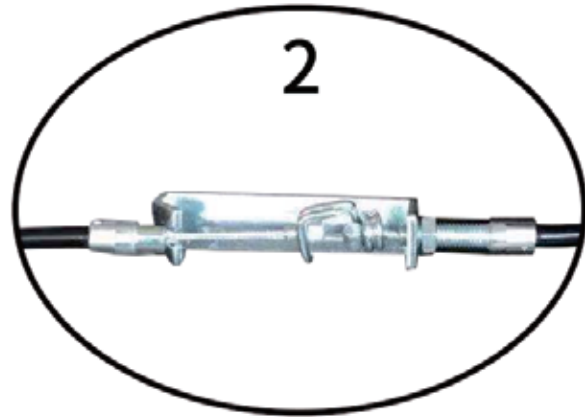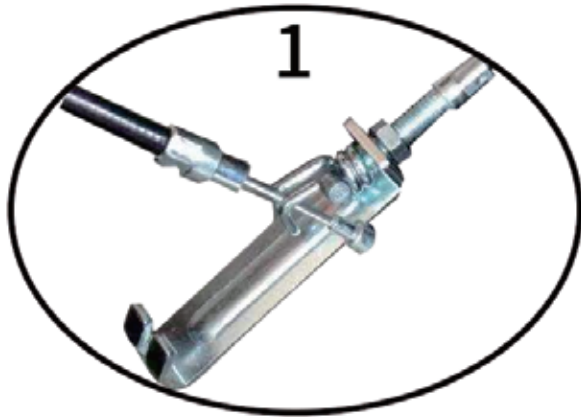
First install the resistance adjustment cable

The right column

Flat round head socket screwM10x50

Spring washer   10
Flat washer   10

Hexagon socket screw with flat round head M10x25

Flat washer   10
Spring washer   10

Left
connection
frame

Right
connection

Hexagon socket **bolt** with flat
round head
M8x16

First plug in sensor
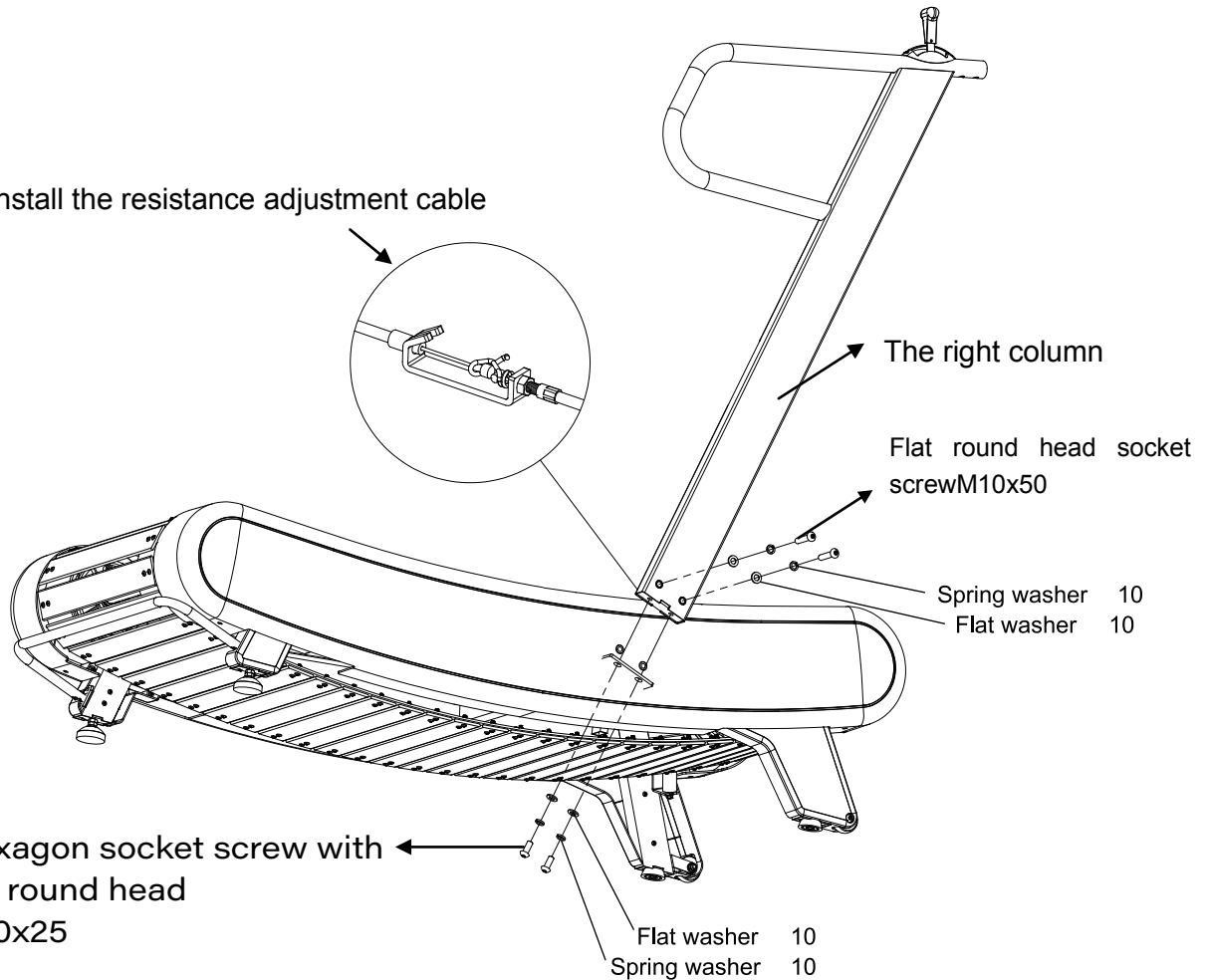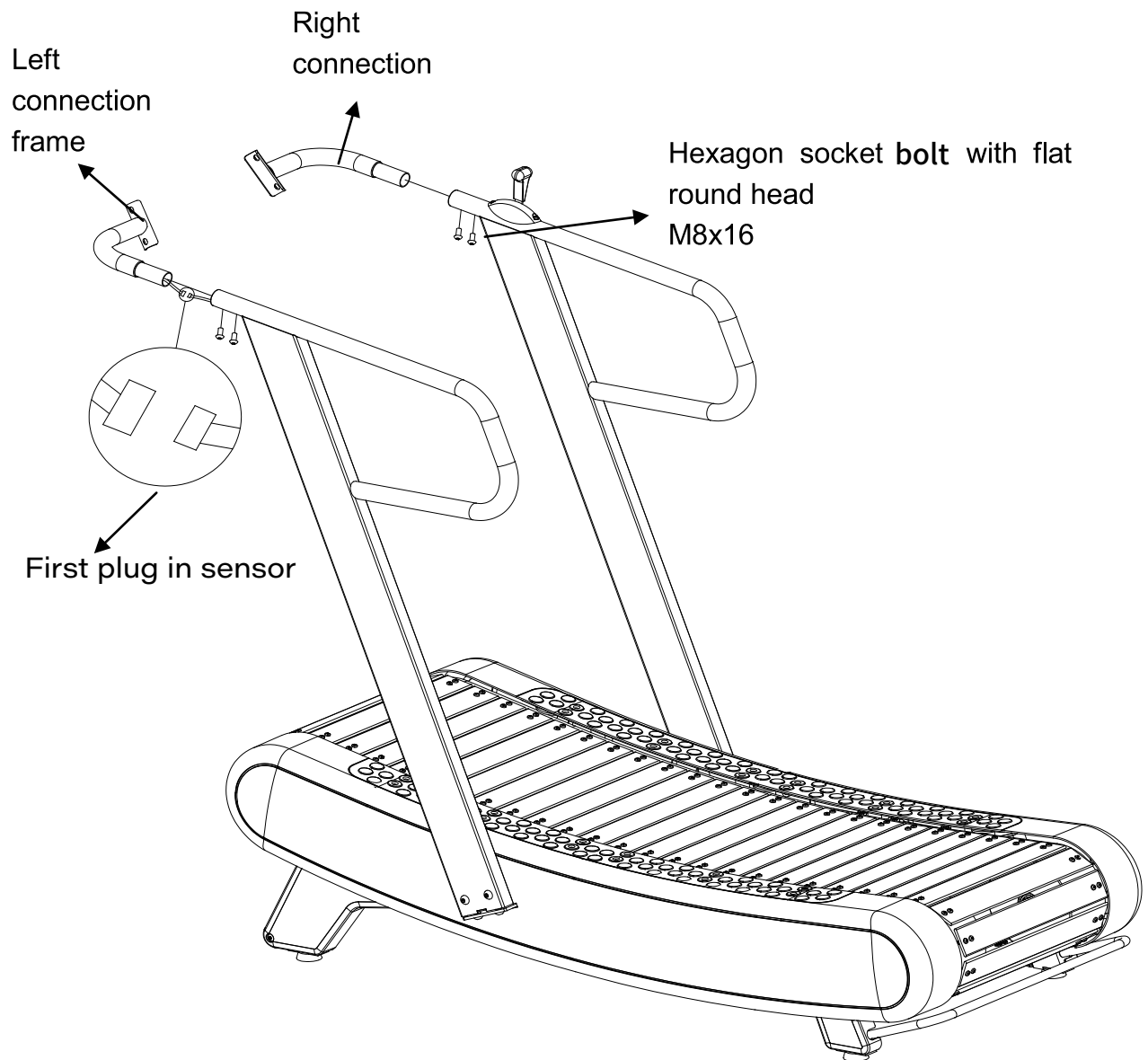
Step 3:

- Connect the left and right handlebar curve to left and right
  column, using 4 pcs M8* 16 screws (see picture above)
- Connect the sensor from left side column and left side curved
  handlebar.
- Do not tighten bolts.

Sport grip handlebar with console mount

Hexagon socket bolt with flat round head M8x16x4

Console

Connect console to sport grip handlebar mount using M5x15 screws (2)

Connect the data cable from left curve handlebar to the data cable from the back of the console
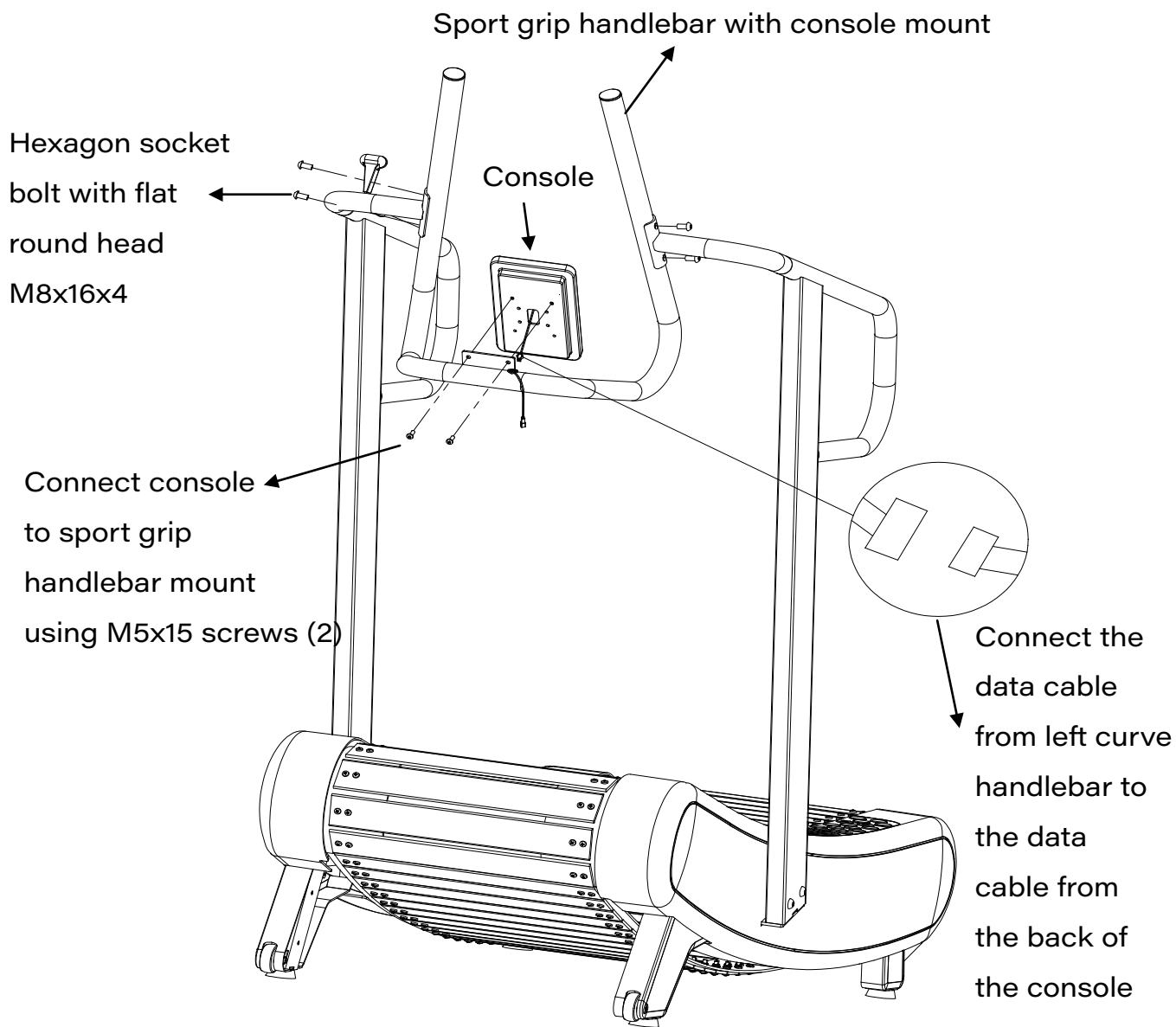
Step 4:

- Connect the sport grip handlebar to the right and left side curved handles.
- Connect bolts as pictured above. Do not tighten bolts.
- Attach console data cables and main console as shown above.

4 AA Batteries (Not Included)

- Replace and secure battery cover after installing batteries.

When using for the first few weeks, hold on to the handlebars and walk slow.
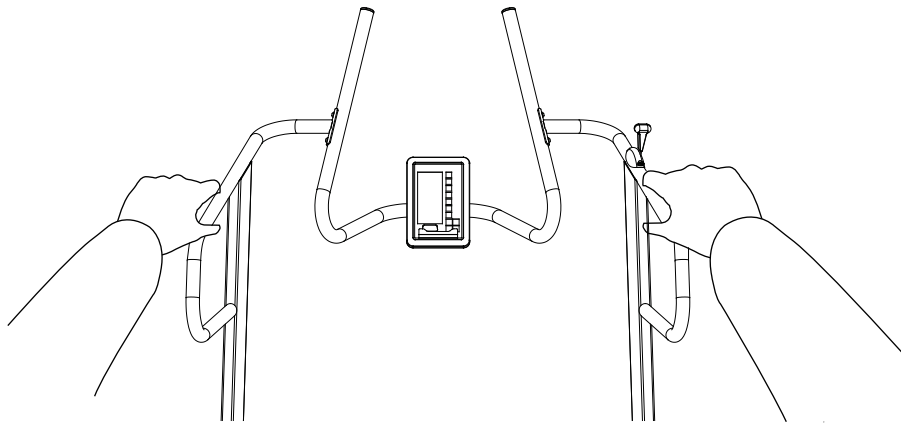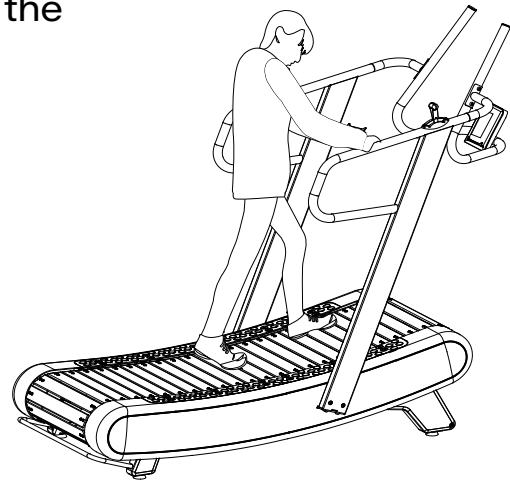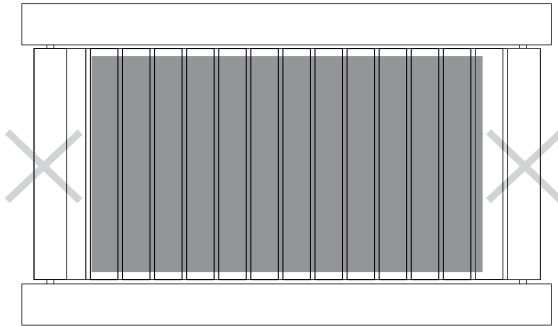
Handlebars offer multiple grips for various workout modes.

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

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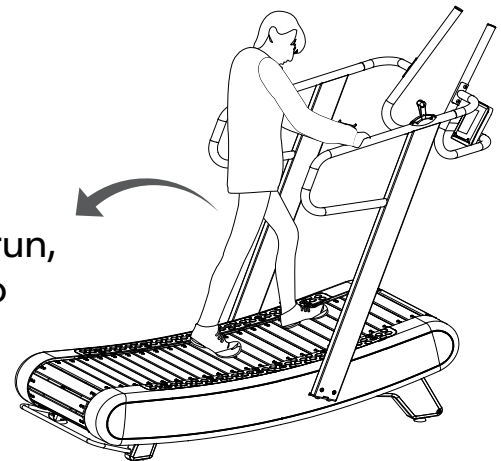
Avoid stepping off the front of the treadmill track. Use the upper part of the curve to generate speed without overstepping the front of the track. Please don't put your feet on the roller.

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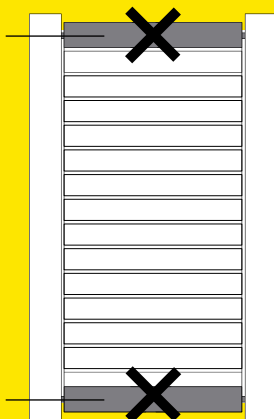
Avoid stepping off the back of the treadmill when movement is in progress. Stay in center to front of the track.

⚠️

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.

⚠ **WARNING**

DO NOT STEP ON FRONT OR REAR CORNERS OF TREADMILL

STEP ON DESINGATED RAISED AREAS ONLY WHEN GETTING ON OR OFF TREADMILL

NO! — Do Not Touch Running Belt

YES!

No barefeet or slippers Running shoes only

⚠ **DANGER!** ⚠

Keep Children and Pets away at all times!

California Proposition ⚠ 65 Warning ⚠

WARINING: 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

When using your CT400 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 turncounterclockwise.

If the walking belt is not in the middle, repeat the above movements until it is adjusted to the middle.
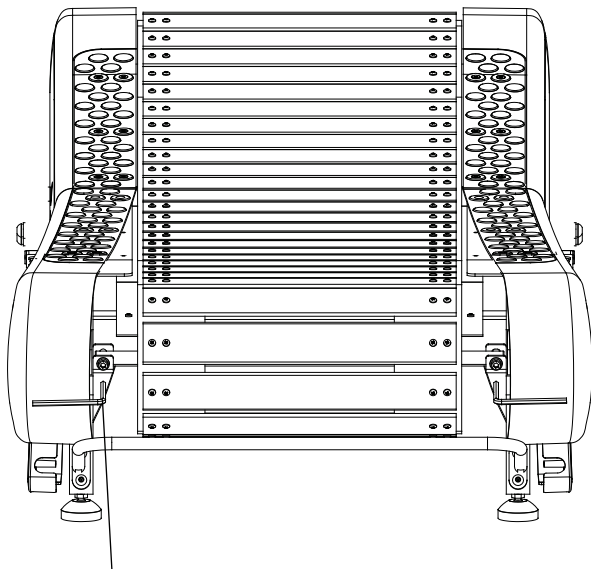
6mm hexagon wrench

6mm hexagon wrench

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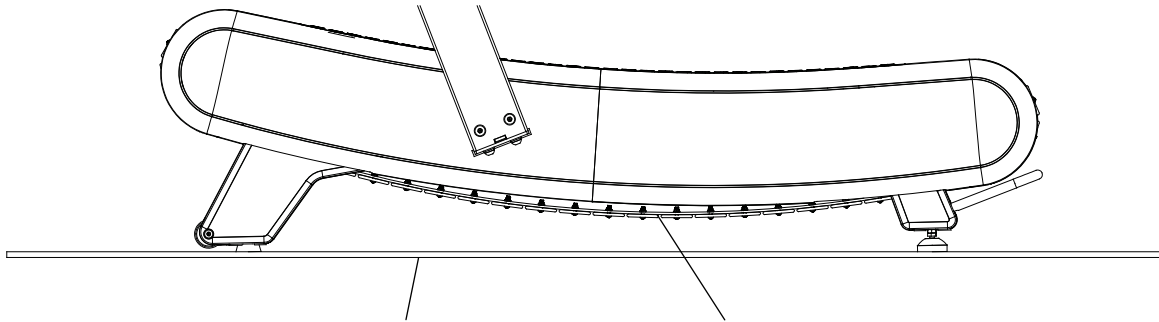
The lowest point of the walking belt must not touch the ground.

Proper treadmill use:
Place the treadmill on a flat suface (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.
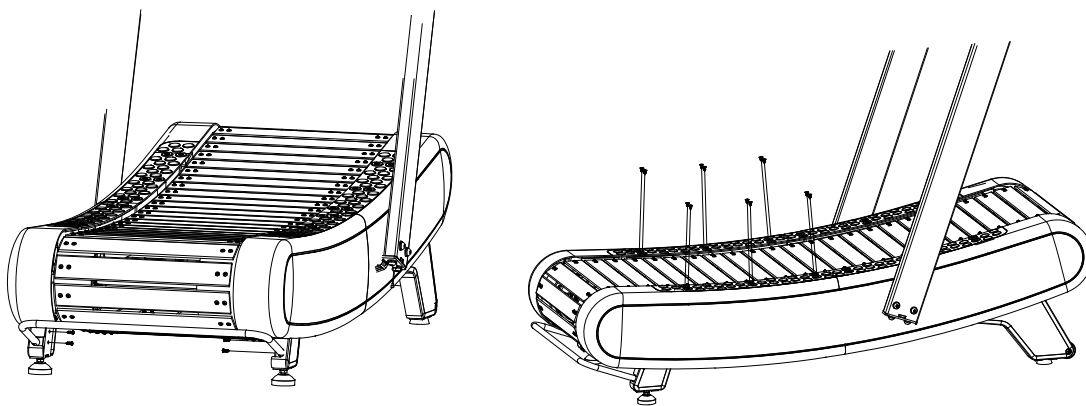
Adjusting the Running Belt

To access the belt adjustment bolts, you must remove the screws on top of the side rails. By romoving these screws you can remove to front and rear plastic covers.
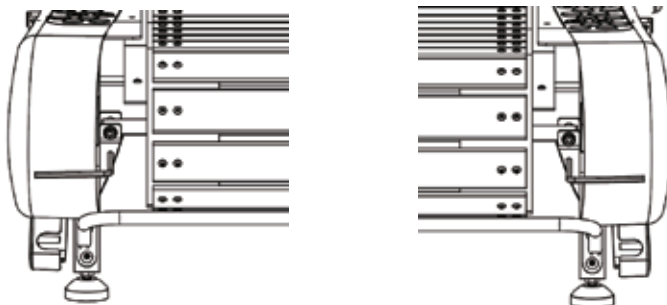
The cover must be re-attached after belt is adjusted for saftey and proper operation of treadmill. Do not use excessive force when adjusting bolts.

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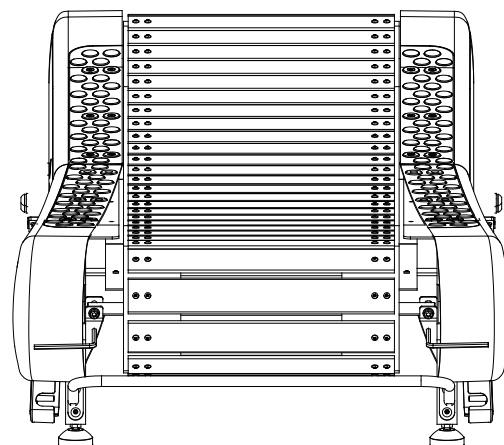
If the adjustment bolts are too tight, there is a possibility of shortening the life of the belt.

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.

⚠️
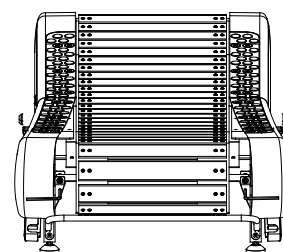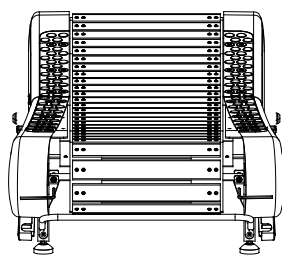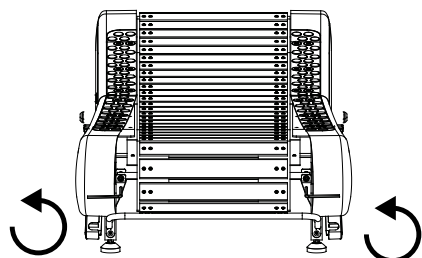
Transport handle in rear, transport wheels in the front.

Bend your knees, use your legs to pick CT400 up from rear and move to desired location
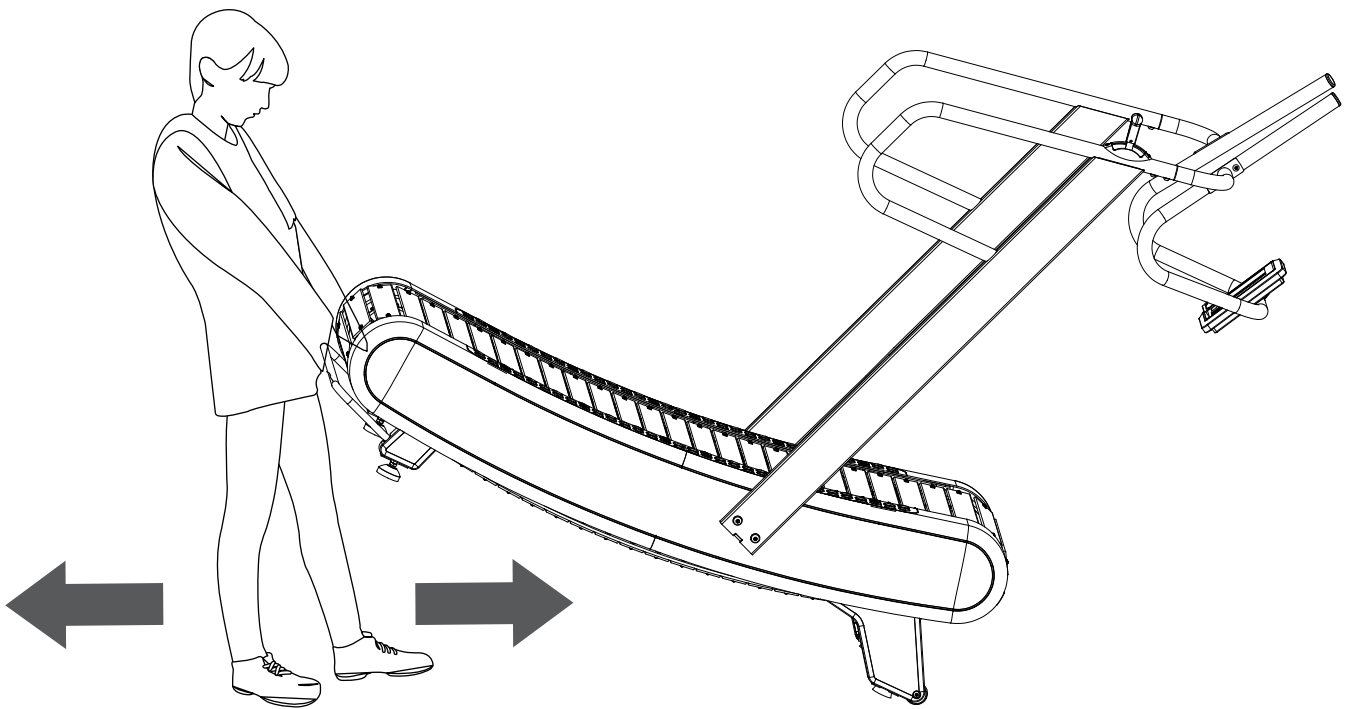
Button Function/Description:
1. START KEY:
  - Temporary pause during operation
  - Resume operations after pausing or stopping
2. STOP KEY:
  - Stops current program or manual settings
  - Press and hold for 3 seconds to reset
3. UP AND DOWN KEY:
  - Changes display options and settings

CALORIE and AGE SETTING:
  - Press this key for more than 1 second during each function to display to
    proceed continuously (8 stages per second), and stop the entry when releasing button
UP and DOWN KEY:
  - After pressing this key during each function display period, you can seperate time
    settings, distance settings, cal settings, and age settings
  - Press this key for more than 1 second to continuously numbers/settings (8 per second)
    during each function display period, and stop the entry when you release the UP or
    DOWN button
ENTRY KEY:
  - This key is the main function to select entry, press the enter function after each setting
    you choose
INTERVAL 20-10 KEY:
  - Press this key to enter the feature list directly
INTERVAL 10-20 KEY:
  - Press this key to enter the feature list directly
INTERVAL CUSTOM KEY:
  - Press this key to enter the feature list directly
TARGET TIME KEY:
  - Press this key to enter the feature list directly
TARGET DISTANCE KEY:
  - Press this key to enter the feature list directly
TARGET CALORIES KEY:
  - Press this key to enter the feature list directly
TARGET HR KEY:
  - Press this key to enter the feature list directly
  - Holding down enter start at the same time is a ml and km conversion
  - At the same time, press enter down to shut down the machine quickly
  - Heart rate connects to bluetooth heart rate device
POWERING UP YOUR CONSOLE:
  - After installing 4 AA batteries (not included), the console is ready to be used. The lcd displays
    the value of the bi for 2 seconds (figure 1) and the bi at the same time, then displays the value
    for 1second at the dist column (figure 2), enters the age setting, the number of years is set,
    press the up/down to confirm and enter the waiting face

When you begin walking or running on the track, the display will turn on automatically.

Display Readout Description:

You can switch the mode/each display item. If you press and hold the STOP key, display will clear and start over. When not in use, the console will automatically shut off 4 minutes after stopping. To change from km/mi press ENTER and START keys simultaneously for 5 seconds. The km unit display will flash. Press either the UP or DOWN key once to change units to miles. Press ENTER once to save your changes. Press START to return to the main display options.

- Press START key and console will scroll through functions.
- Press START key again, console will start manually counting time up. Once you start walking on treadmill, console readout will display your Speed, Pace, Calories, Watts, and Distance are counting up.
- If you have a Bluetooth heart rate monitor your HR will also be displayed at this time.
- If you wish to use a program such as interval, custom interval, target time, target distance, target calories, or target heart rate, you may do so.
- Stop display readout at any time by pressing and holding the STOP key for three seconds to clear and then select desired program by pressing the desired program buttons to start your new program, follow prompts and press enter to select each program choice.

- When you choose your program it will flash. At this time use the UP or DOWN key to set appropriate functions then always press ENTER when you have followed all the prompts press the START key once and it will show you what program you have selected. Press the START key one more time and your program will begin.
- Remember: Always use the ENTER key to enter your choice. Use the UP and DOWN key to select your choice.
- Use the STOP key to stop all programs and hold the STOP key for 3 Seconds to clear programs.
- Use the START key to begin.

Manual setting:

- Just beginning walking or running on your curved treadmill and the Time, Pace, Speed, Distance, Calories, and Watts will automatically be displayed and count up as long as you are walking or running on your treadmill.
- If you stop to rest your Time will continue to count your Distance and Calories will remain the same. Calories will also stay displayed once you start back up.
  The readout will start where you left off, except your Time will have increased. You will have 4 minutes before console shuts off.
- Once you stop during a walk or run and stand on the sides to rest the console will stay on for 4 minutes.
- If you need to go get a drink or use the restroom you'll have 4 minutes before the console will shut down. If you start back up before the 4 minutes the readout will start where you left off with your Speed, Distance, Calories, Pace, and Watts will start counting up. However remember, Time remains counting even while you're resting.

Key	Unit	Function in detail
SCAN	N/A	Display items will automatically switch
TIME	min:sec	Displays the elapsed time of the exercise.
SPD	mi/hr	The current speed is displayed.
DST	mi	Displays the distance traveled.
ODO	mi	The cumulative travel distance is displayed.
CAL	CAL	Displays calories burned.

Key	Method of use
STOP	If you press the button for more than 3 seconds, the data can be reset. However, the accumulated travel distance will not be reset.
ENTER/START	When the display of the monitor flashes, the display items will automatically switch. If you press the button again, the item on the display will be marked.

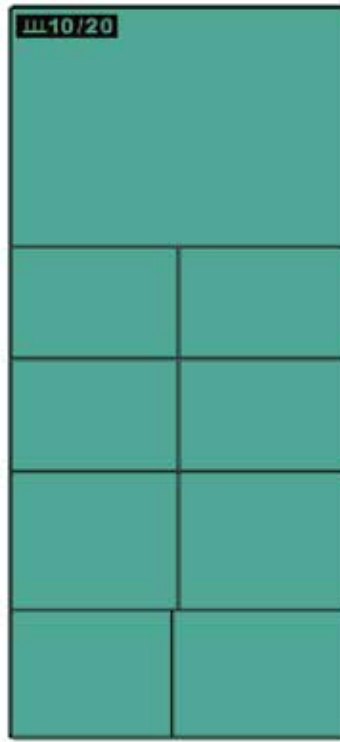figure1   figure2   figure3

Functional display description：

1　SPEED：0.0~99.9 KM / ML

2　TIME：1:00:00~1:59:59，

3　DISTANCE：0.00~999.9 K / M，

4　CALORIES：0~999，

5　WATT：0~1999

6　PULSE：P~30~230

7　INTERVAL：(Intermittent rest mode)

8　TARGET HR：(Rhythm control mode)

9　Mi/Hr:

10　PACE:

SB Fitness CT400 Warranty:

What is covered
SB Fitness warrants to the original purchaser of this CT400 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.

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 CT400 Self-Generated Curved Treadmill, please call CustomerService: 1-814-558-4859 or email Chad: chad@sbfitnessequipment.com