

SB Fitness

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

CT 550 **SELF-GENERATED** CURVED TREADMILL

U S E R M A N U A L

CT 550



Self-Generated Curved Treadmill



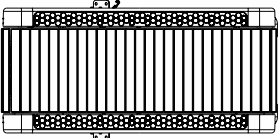


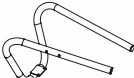

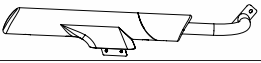
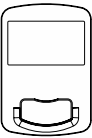





This product has been manufactured with safety in mind. Warranty applies only when used as instructed. Failure to comply with the warnings and precautions described in this document may cause personal injury and result in warranty being voided. Please note that SB Fitness assumes no responsibility for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












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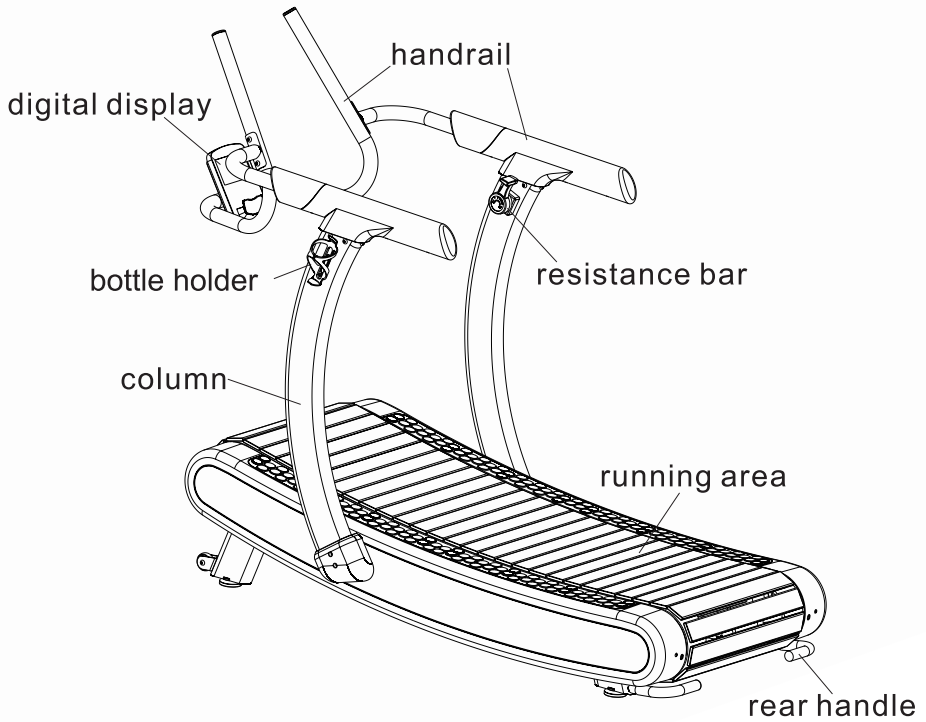
Packing List

Parts name	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	
Left column sheath		pcs	1	
Right column sheath		pcs	1	
Bottle holder		pcs	1	
User manual		pcs	1	
Hardware package		bag	1	

Hardware

	Parts name	specification	picture	qty
1	socket screw with flat round head	M8×16		12
2	socket screw with flat round head and half tooth	M8 x 35		2
3	socket screw with flat round head	M10 x 25		4
4	socket screw with flat round head and half tooth	M10 x 60		4
5	Cross recessed pan head tapping screws	ST4. 8 x 16		6
6	Flat washer	ϕ10		8
7	Spring washer	ϕ10		8
8	Hexagon wrench	5MM		1
9	Hexagon wrench	6MM		1

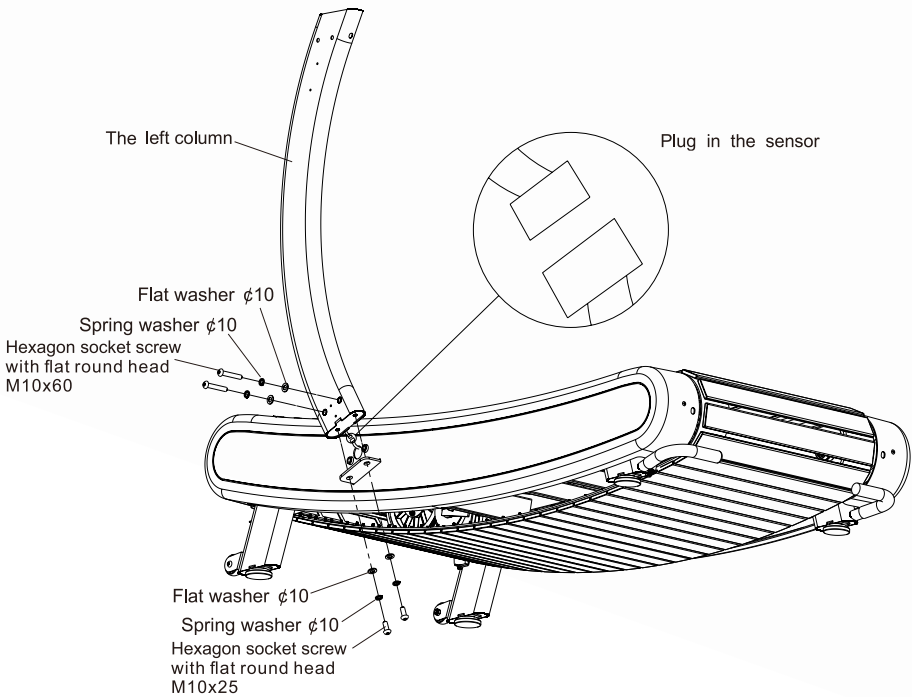
Product Overview



Step 1:

Connect the data cable (sensor) extending from the left column to the data cable extending from the treadmill. Make sure cables are carefully tucked inside when assembling column. Do not pinch wire during assembly.

(A pinched data cable will prevent the speed sensor from transmitting information to the console.) Attach left column using two M10x60 bolts, two ϕ 10 spring washers and two ϕ 10 flat washers. . Next, use two M10x25 , one ϕ 10 spring washer and one ϕ 10 flat washer respectively to secure the left column to the stabilizer plate. Do not fully tighten bolts at this juncture.

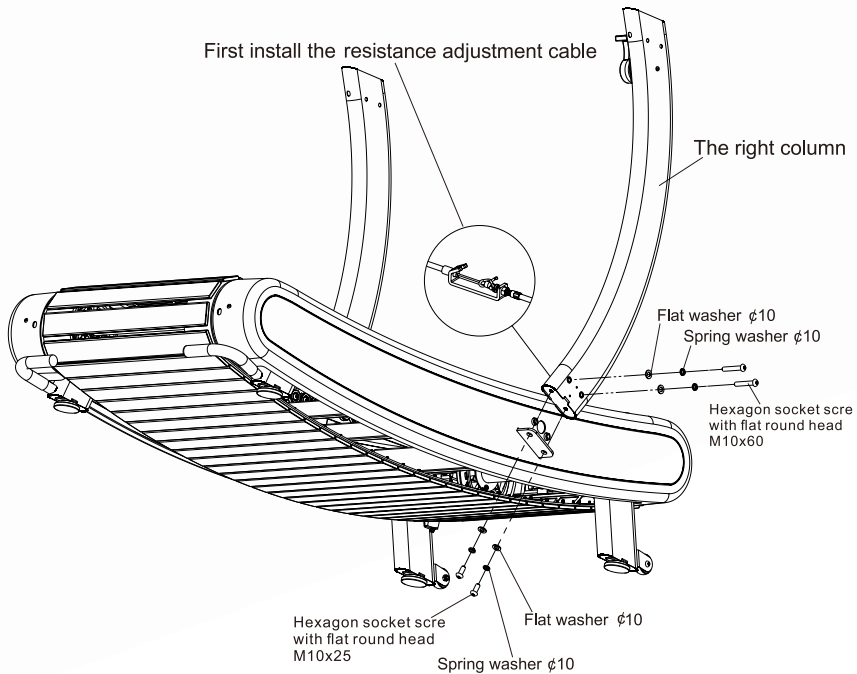


Product Installation

Step 2:

Connect the resistance cable extending from the right column to the resistance cable extending from the treadmill. Make sure cable is carefully tucked inside when assembling column.

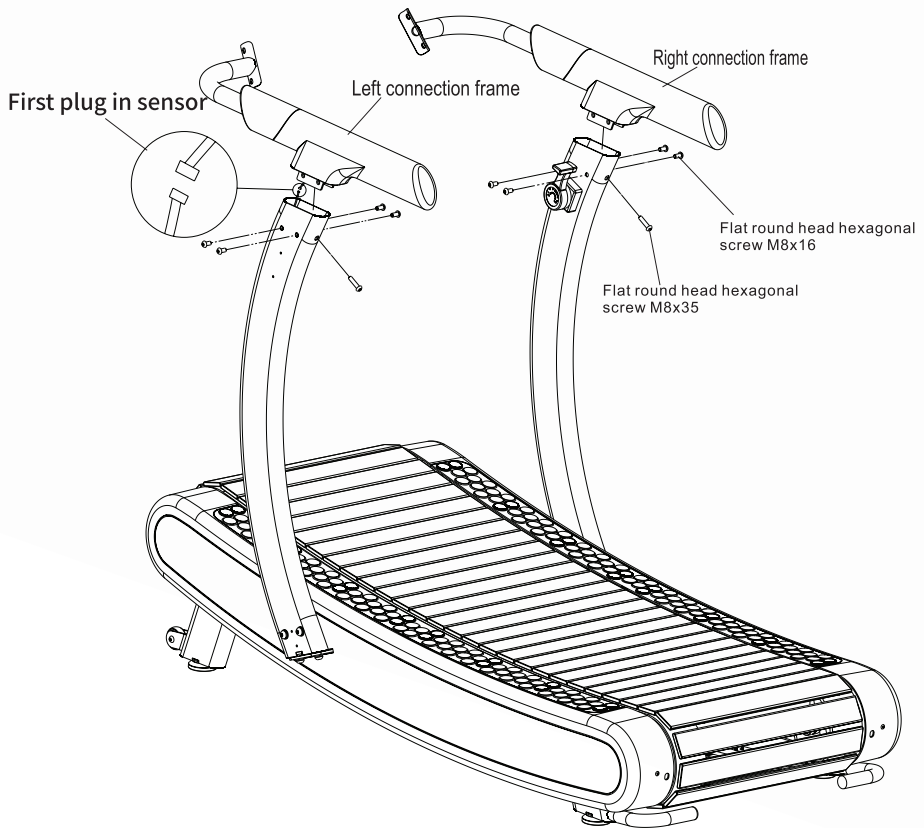
Attach right column using two M10x60 bolts, two ϕ 10 spring washers and two ϕ 10 flat washers. Next, use two M10x25, one ϕ 10 spring washer and one ϕ 10 flat washer respectively to secure the left column to the stabilizer plate. Do not fully tighten bolts at this juncture.



Product Installation

Step 3:

Connect data cable(sensor) from left connection frame and left column. Attach the left and right handrails to the left and right uprights, using four M8x16 and two M8x35 as shown in the picture. Do not fully tighten bolts at this juncture.

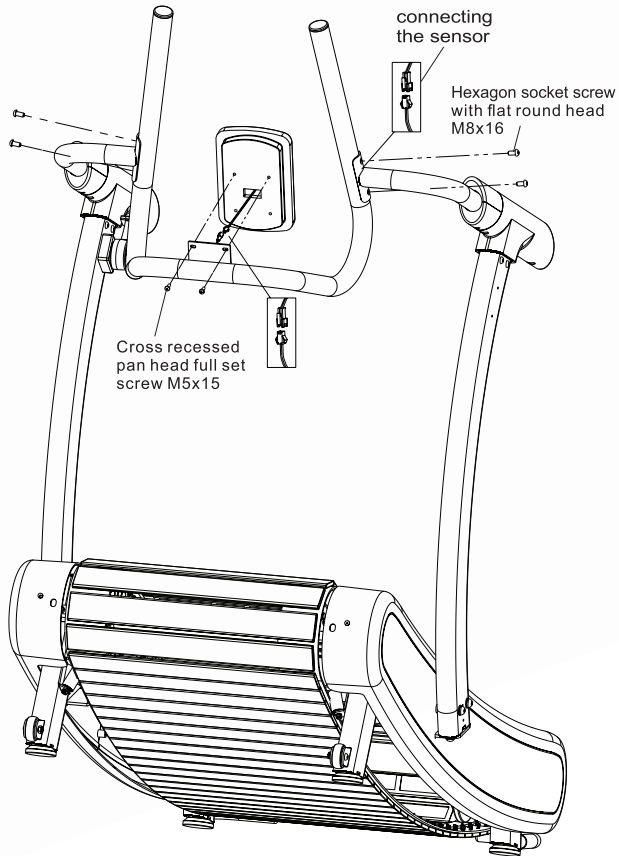


Product Installation

Step 4:

Attach the display holder using four M8x16. Ensure that you connect the data cable (sensor) on the left side and be careful not to pinch. **GO BACK AND TIGHTEN ALL SCREWS AND BOLTS FROM EARLIER STEPS.**

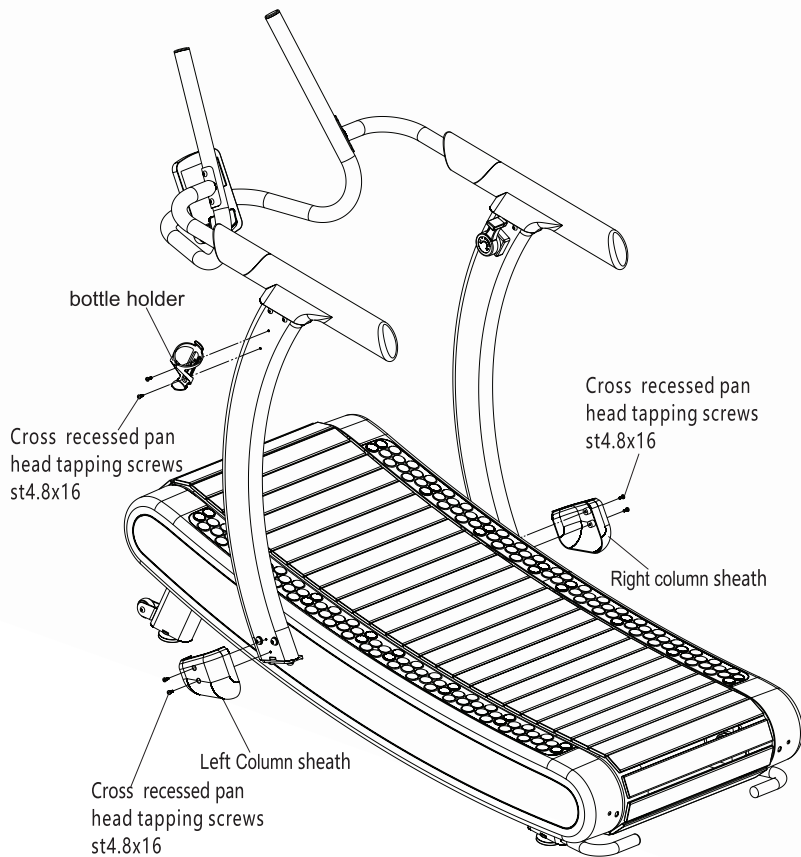
Attach the console to the display holder using 2 M5x15 and connect data cables.



Product Installation

Step 5:

Use two ST4.8 x 16 to attach the left sheath and right sheath to the left and right column respectively, and then use two ST4.8 x 16 to attach the bottle holder to the left column, as shown in the picture. The installation of the machine is now complete.



Product Installation

Step 6:

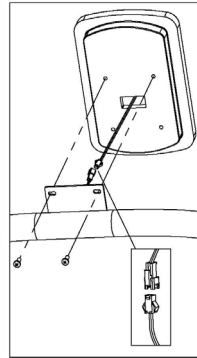
The console is connected to the treadmill with the two M5 x 15 screws. Be sure to feed the data cable through the bottom opening of the console to the rear part of the crossbar and connect to the data cable coming from the cross bar/handle-bar. Be careful to not let the data cable get pinched.

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.

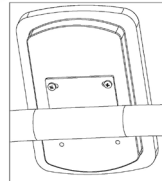
Insert 3 AA battery into monitor



Careful not to pinch data cable

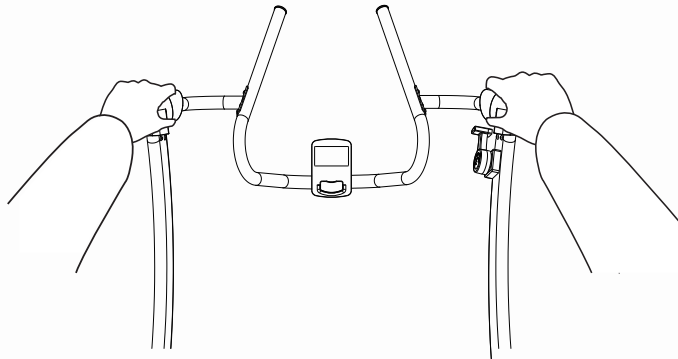
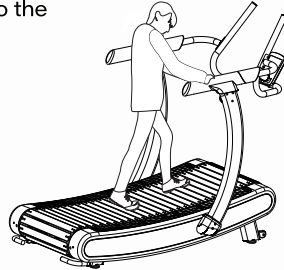
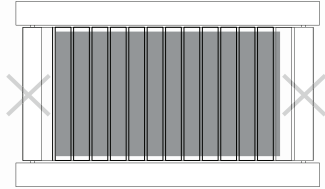


Firmly attach console to frame



Directions for Use

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



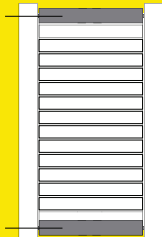
The available range of the hand grips are shown in the figure.

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.

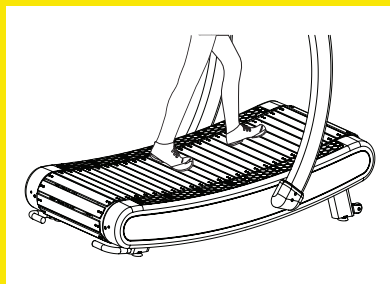
Directions for Use



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

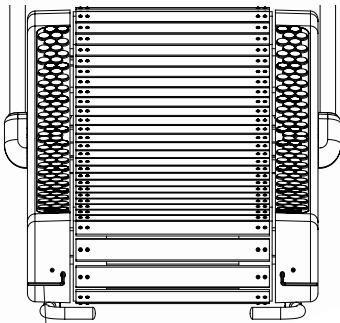
When using your CT550 treadmill, the pressure on the running belt may not be balanced due to the different forces used by the two feet during running, which causes the running belt to deviate from the center. This deviation is not normal, and you need to bring the walking belt back to the center.

Observe which side the walking belt is skewed while running.

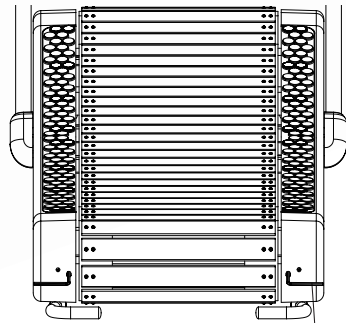
If it is drifting to the left, use a hex wrench to turn the left screw clockwise or the right screw 1/4 turn counterclockwise.

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



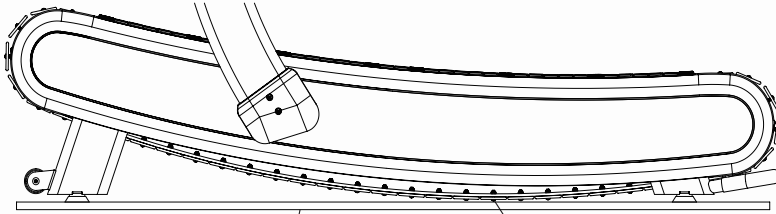
6mm hexagon wrench



6mm hexagon wrench

Adjusting the Running Belt

After the adjustment, pay attention to 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 cannot reach the ground.



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

Proper treadmill use:

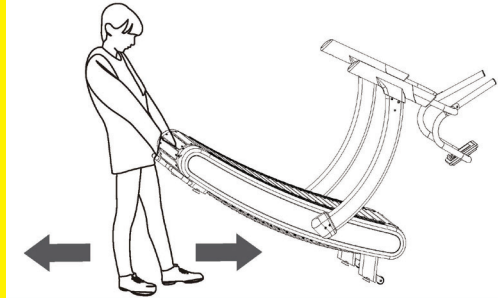
Place the treadmill on a flat surface (if the ground is uneven, the running belt may drift right or left. Use rear adjustment feet if necessary to level treadmill). First stand on the raised portion of side rails on both sides of the treadmill. Hold the handrails, then step onto the walking/running area. 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.

Moving Your CT550 Treadmill

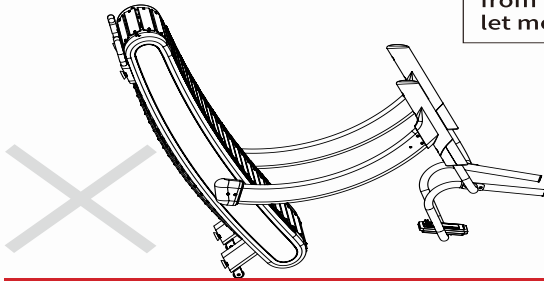


Transport handle in rear, transport wheels in the front. Bend your knees, use your legs to pick CT550 up from rear and move to desired location.

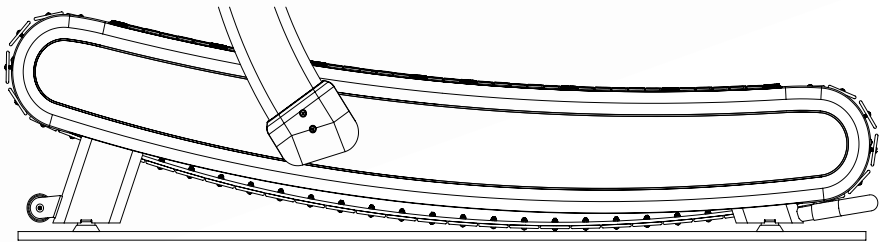


Be careful not to let the handrails fall when lifting. Although it can be put down temporarily, please do not stand and leave. In addition, please do not store or keep in a standing state.

When moving a long distance from room to room, be sure to let more than 2 people move.



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



Console Operation:

Start Key

1. Begin workout
2. Pause workout program
3. Resume workout program

Stop Key

1. Stops workout program
2. Hold to reset

Enter Key

1. Press to enter function after each entry selection

Up/Down Keys

1. Scroll through display options and settings

Target Time Key (Workout Program)

1. Press the key and follow prompts to enter the workout program. Press enter button to select prompts. Press Start to begin.

Target Distance Key (Workout Program)

1. Press the key and follow prompts to enter the workout program. Press enter button to select prompts. Press Start to begin.

Target Calories Key (Workout Program)

1. Press the key and follow prompts to enter the workout program. Press enter button to select prompts. Press Start to begin.

Target Heart Rate Key (Workout Program)

1. Press the key and follow prompts to enter the workout program. Press enter button to select prompts. Press Start to begin.

Target Interval Key (Workout Program - 3 Versions)

1. Press the key and follow prompts to enter the workout program. Press enter button to select prompts. Press Start to begin.

Console displays Time, Distance, Calories, Speed, Pace, Heart Rate

Heart Rate Function compatible with 5.3K wireless heart rate chest strap (sold separately.)

SB Fitness CT550 Warranty:

What is covered

SB Fitness warrants to the original purchaser of this CT550 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. Labor shall be covered for one year after purchase.

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

In-home labor will be covered for a period of one year from date of purchase. 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 CT550 Self-Generated Curved Treadmill, please call CustomerService: 1-814 -558 -4859 or email Chad: chad@sbfitnessequipment.com



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