

SB Fitness

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

CT400 SELF-GENERATED CURVED TREADMILL

HELPFUL TIPS FOR ASSEMBLY

Here are some helpful hints for unpacking and setting up your New SB Fitness CT400 Curved Treadmill.

Upon opening the box:

- 1) Break down both ends of the box.
 - 2) Remove all styrofoam, tape, Owner's Manual, and console from the top of the treadmill/track.
 - 3) Remove the front handlebars that are coming out from the rear of the treadmill.
 - 4) Using the transport handle located at the rear of the treadmill, lift the treadmill using your legs and wheel it forward and out of the box, as the remaining uprights and handlebar pieces are under the treadmill
- ***PLEASE NOTE***:** The belt/track tends to shift left or right during shipping. Once your CT400 Curved Treadmill is assembled and you walk on it for the first time, the track will automatically go back to the center as there are guides located in the front of the treadmill, underneath.

The following steps can be found in the Owner's Manual, but this will help you as well:

- 5) The data cable located at the bottom of the left upright is to be put through the larger of the 2 holes in the left side of the treadmill.
- 6) The tension cable located at the bottom of the right upright is to be attached to the cable receiver already coming out of the small hole in the right side of the treadmill. Once attached gently push the receiver back through the hole and any excess cable up into the hole of the right upright.
- 7) Upon attaching both side rails/cables, only hand tighten bolts until all bolts are in the appropriate holes starting with the bolts that come into the bottom of the uprights until the handlebars are also attached.
- 8) Once you've installed the (4) AA Batteries (not included) press and hold the ENTER and START button simultaneously until you see the units KM and MI flashing, then using the arrow up or down key select MI and press enter.

Tips for Adjusting Walking/Running Track:

The Walking/Running Track tends to be a little tight in the beginning, after set-up. Especially after traveling in a cold truck to your house. I have experienced this when I delivered over 40 CT400's to PA State Prisons. Please give the unit some time to warm up to your home. After this, if the track still seems a little too tight follow these steps:

- 1) Place you tension setting on Low
 - 2) Using the long L shaped Allen Wrench to: Loosen the bolts located at the front of the treadmill through the 2 holes in the plastic cover as shown in your owner's manual. Do this by turning both bolts counterclockwise 3 complete and exact revolutions. Be sure to perform an equal amount of turns on both sides so that the main shaft stays straight.
 - 3) Repeat same sequence to the bolts located at the rear of the treadmill
 - 4) Upon completion, walk on the track and it should be looser and move more feely. If it still needs loosened repeat same process, but only do ¼ to ½ turns at a time equally on each bolt and on each side (front and rear) until desired belt tension is reached. Do not loosen too much, you do want to have some tension in the track as this is part of a great workout and keeps the track on track.
 - 5) If you find you have loosened the track too much, start at the front and turn each bolt clockwise equally ¼ to ½ turn on both sides front and rear if needed to find the exact tension you desire.
- NOTE:** With repeated use the belt/track will become more free with time. Adjust it accordingly.
- 6) Please Note: This is a self-generated curved treadmill with a large magnet that causes constant tension on the belt, meaning you will always feel a certain amount of tightness and tension along with the flexible slats that will also increase tension and enhance you workouts by making them more challenging.

Thank you for your purchase and if you need any further assistance please contact customer service on the bottom of page 23 in your Owner's Manual.

In Health,

Chad - SB Fitness Equipment/Owner