H △ L F | H U M △ N

C O N T E N T S

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.

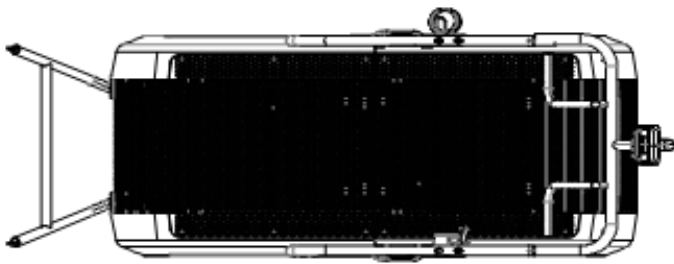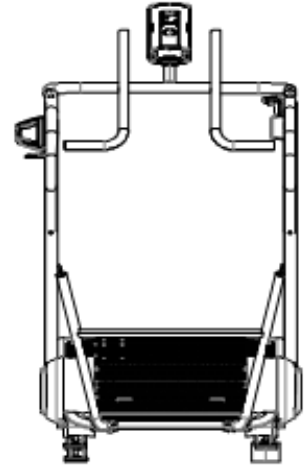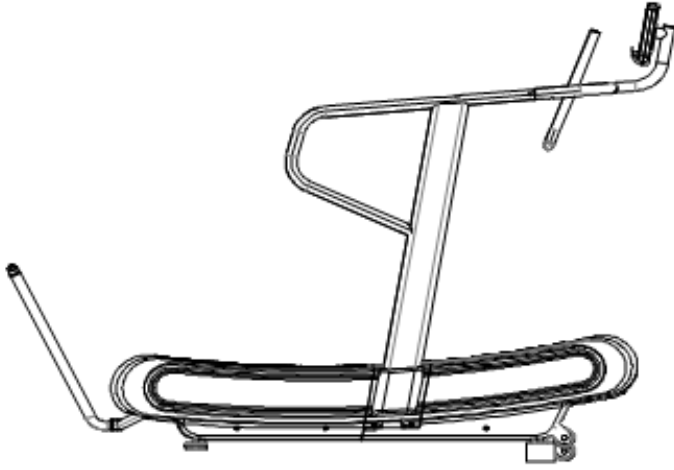Read this manual carefully before using the **TREADMILL**.
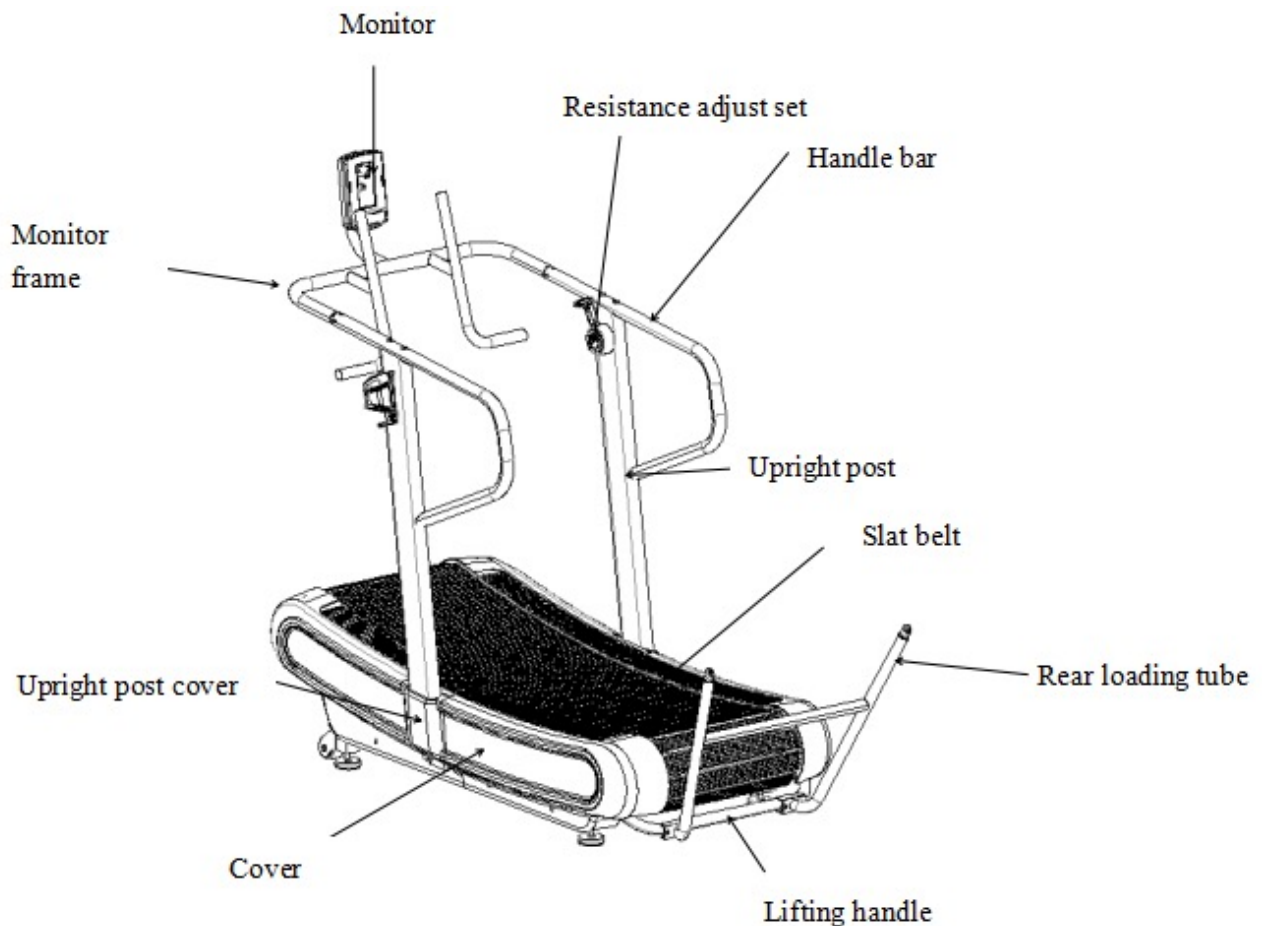
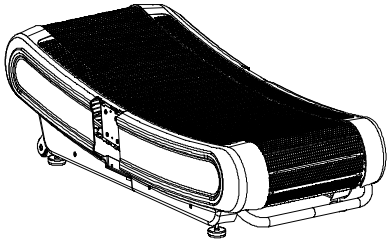**NOTE:** Rear Loading Tube is an optional extra

TECHNICAL PARAMETER

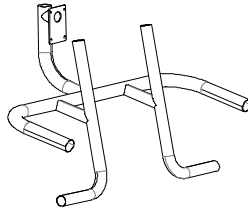| Max. Weight	150kgs
Dimension (Unfold)	2180mm x 850mm x 1760mm
Running surface	1600mm x 480mm

PRODUCT DETAILS

DIFFERENT VIEWS

PACKING LIST
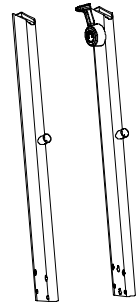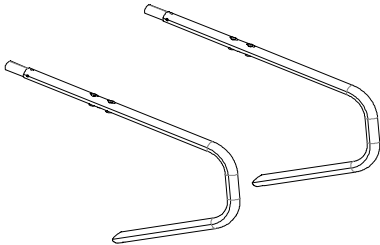
Main body

Monitor frame

Upright post

Handlebar
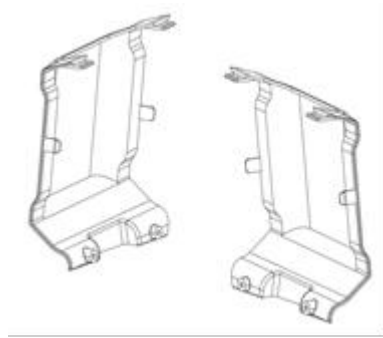
Upright post cover L+R
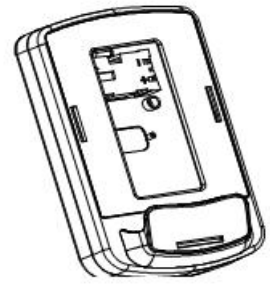
Monitor
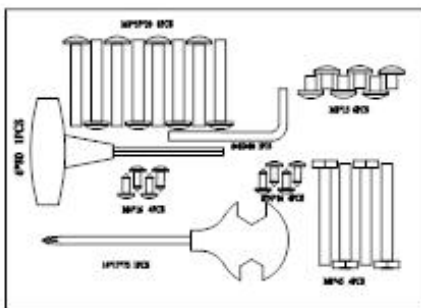
Hardware Pack
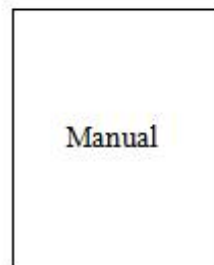
Manual

Rear loading tube
(Optional)

HARDWARE PACK LIST

M8*55*20 8PCS

M8*15 6PCS

6*80 1PCS

6*35*80 1PCS

M4*16 2PCS

ST4*16 4PCS

14*17*75 1PCS

M8*45 4PCS
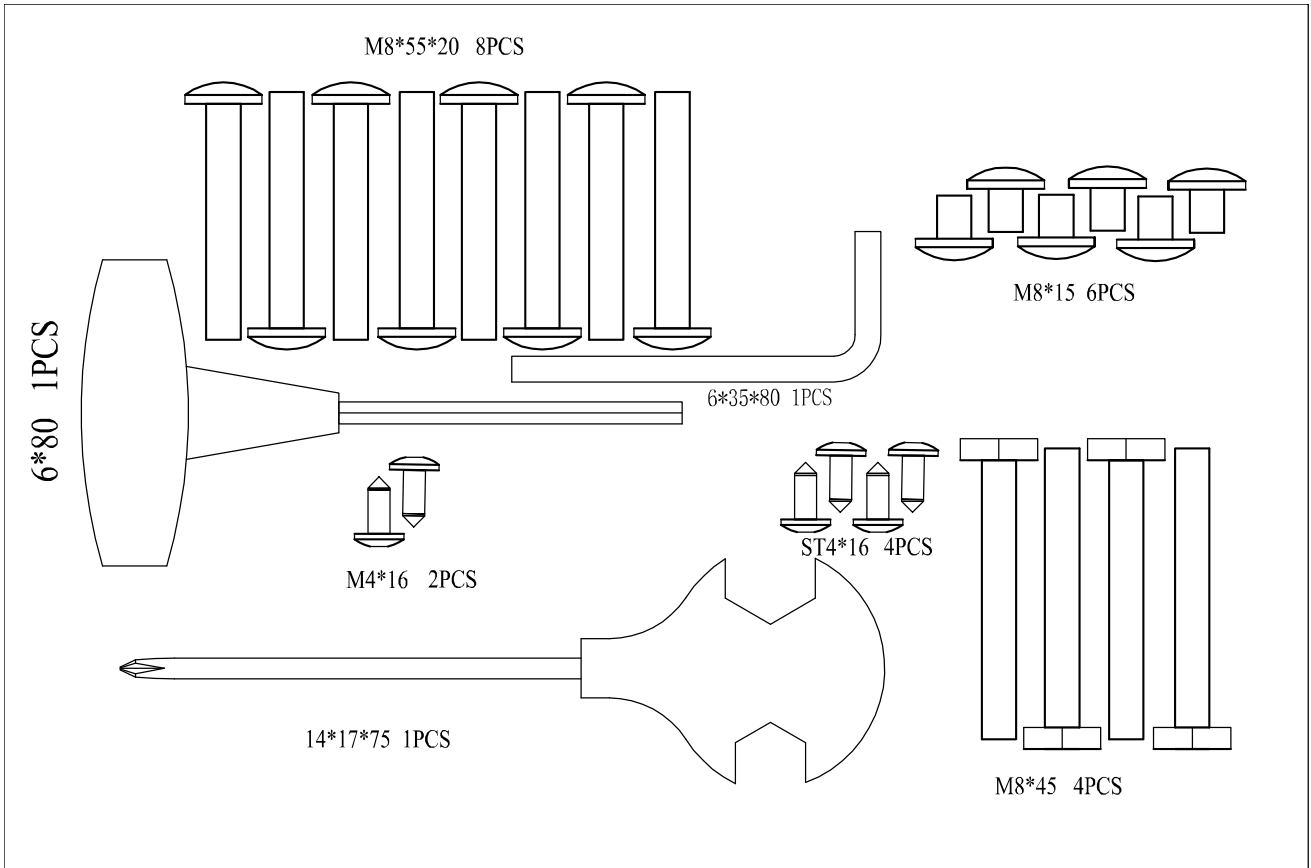
MAIN PARTS
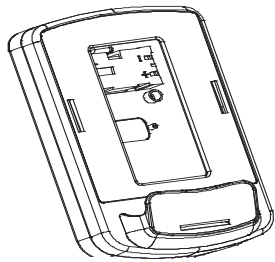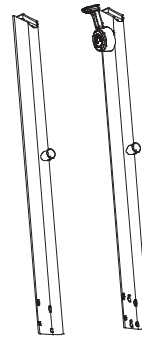
Monitor

Upright post
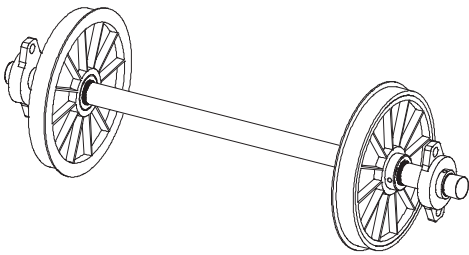
Front roller
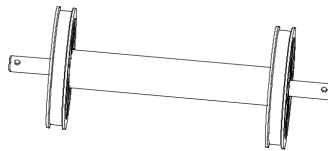
Rear roller
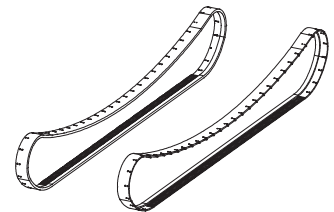
Running belt fixing strap
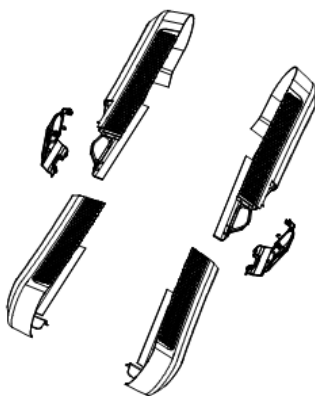
Main frame cover
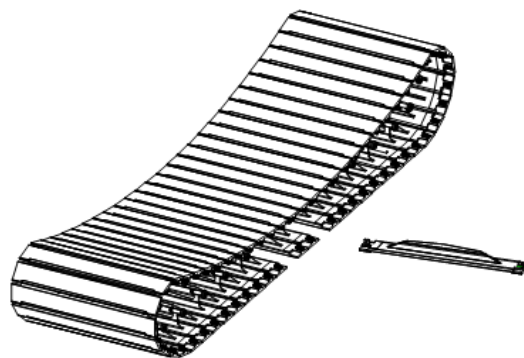
Slat belt

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.
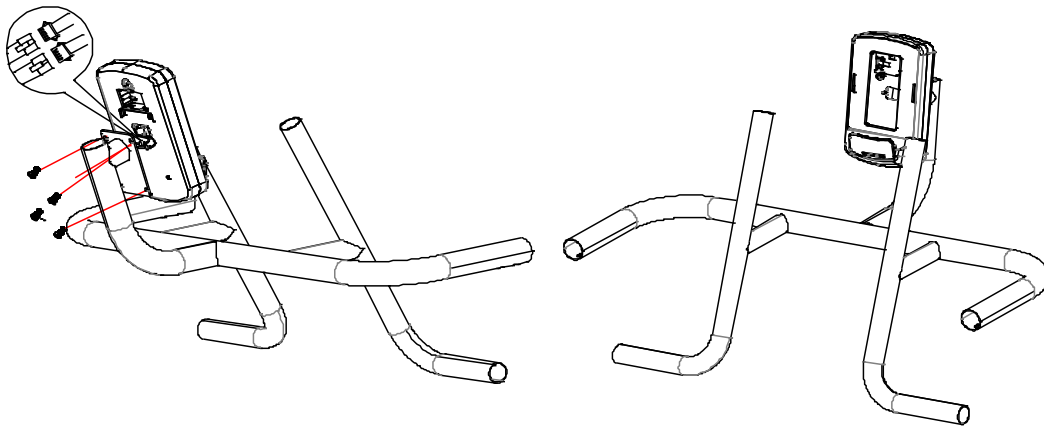
STEP 2

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.
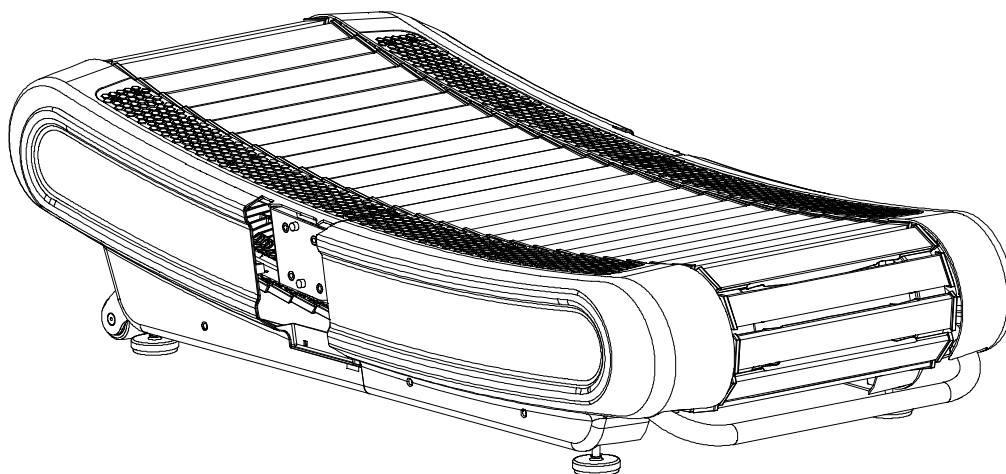
STEP 3

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.
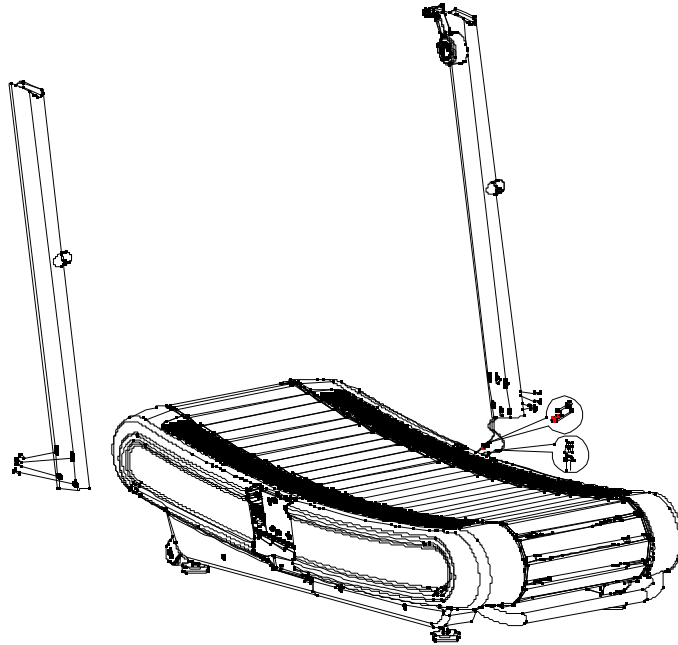
STEP 4

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.
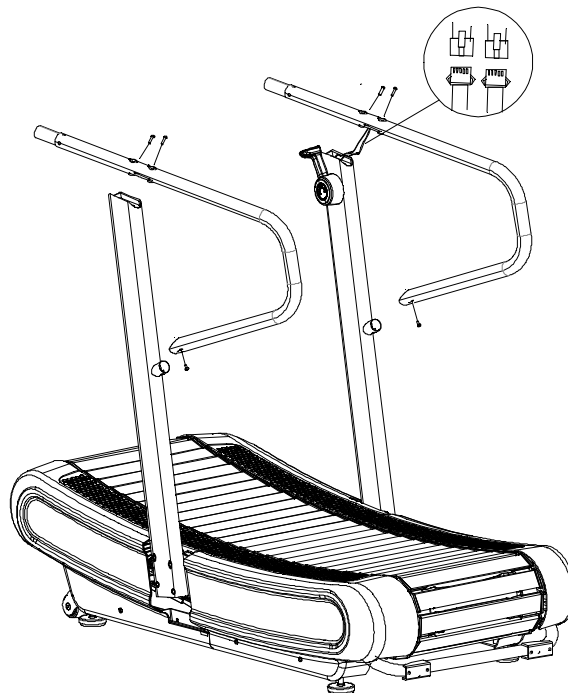
STEP 5

Connect the communication wire between handlebar and the monitor frame, then fix the monitor frame with 4pcs M8*15 screws, tighten all the screws.
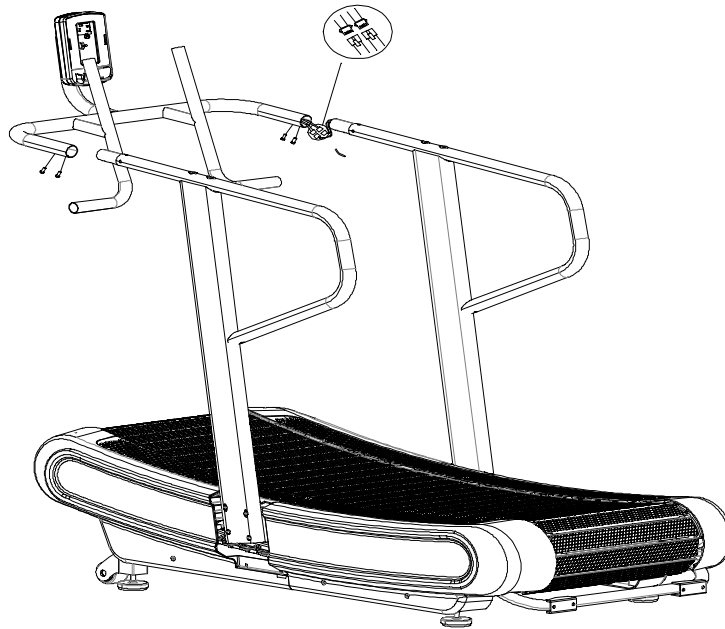
STEP 6

Install the upright post cover to main body with 4pcs ST4*15 screws.
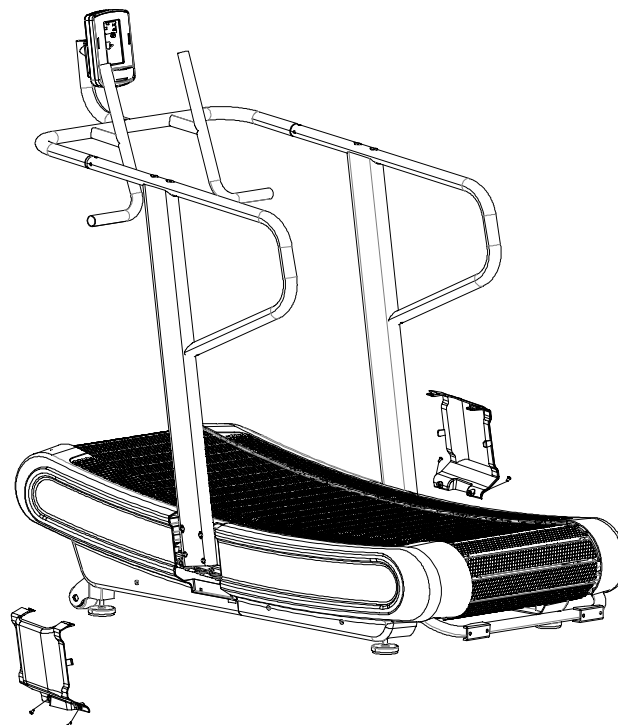
STEP 7

Assembly is finished, machine will be as below.
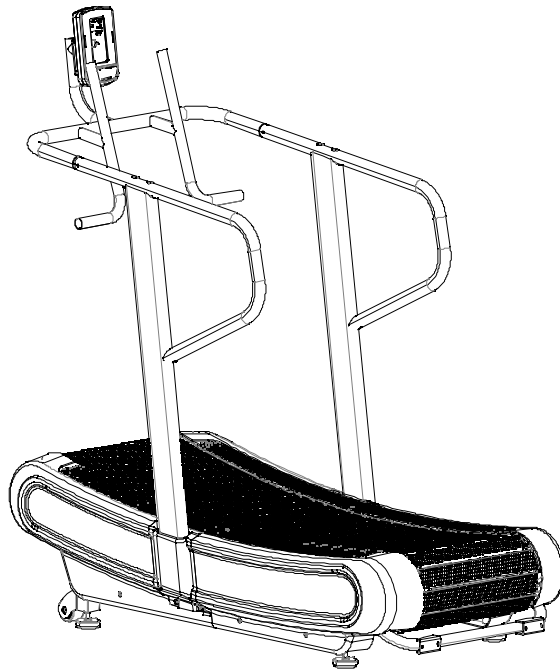
STEP 8 (Optional)

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.
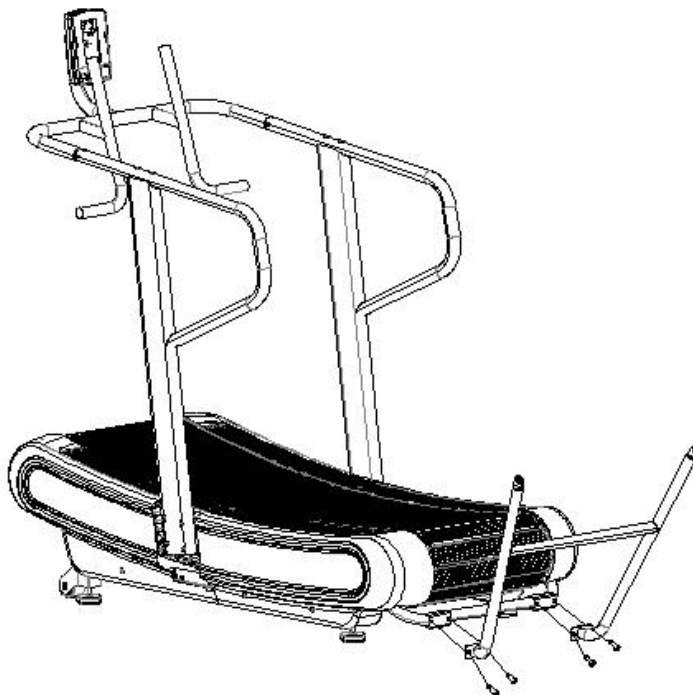
CONSOLE FUNCTION

DISPLAY FUNCTION

Item	Description
Time	Display user workout time. Display range 0:00~1:59:00
Distance	Display user workout distance. Display range 0.5~100
Calories	Display calories consumption during workout. Display range 0 ~ 2000
Pulse	Display user heart rate during workout. Display range 30~230
Watt	Display the power consumption during training
Speed	Display current training speed
Pace	Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjusting LOAD resistance. Display range L1~L4

BUTTON FUNCTION

Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start work out quickly or resume workout in Stop or pause mode.
Stop	To stop/pause workout. Hold on this key for 2 seconds to reboot the console.
Interval	3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.
Target Distance	Fast access to Target Distance training mode.
Target Calories	Fast access to Target Calories training mode.
Target Heart-rate	Fast access to Target Heart Rate training mode.
Target Time	Fast access to Target Time training mode.

OPERATION PROCEDURE

1. POWER ON:

When the POW ER is ON, the LCD will show a full display for 1 second (Figure 1) with long beep sound, then enter display standby mode (FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter standby mode.

(Fig. 1)   (Fig. 2)
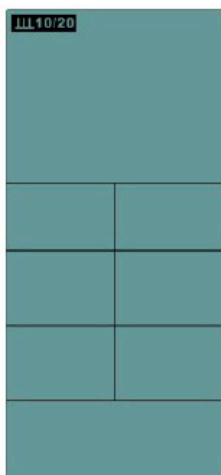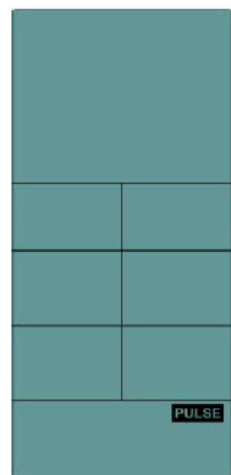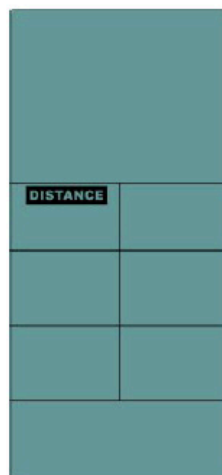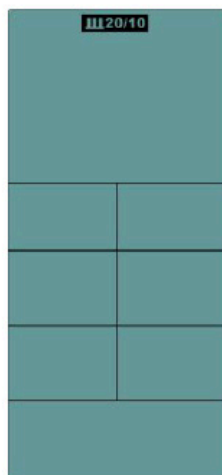
2. If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode (FIG 3).
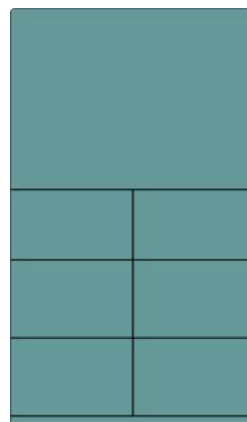
(Fig. 3)

3. PAUSE MODE:

To pause the workout, press the "START" button once, the console will enter into PAUSE mode, a short bleep will sound 0.5s by every 30s.
The computer still display all functions, but LCD windows displays "P" .Bleep will sound for 1s and enter into STANDBY mode after PAUSE with 5 Min, then press " START "to continue. (FIG 4)
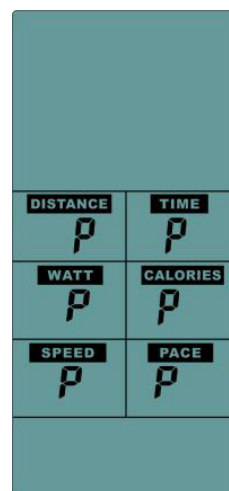
(Fig. 4)

4. STOP MODE:

To stop, Press the "STOP" button, a short bleep sound 0.5s, enter STOP mode. All the LCD windows have no display, but after 0.5s LCD will display TIME, DIST, CAL (display KM or ML according to the setting). After 7s with bleep sound 0.25s, LCD display ICON, WATTS, SPEED, PULSE, also after keep shows 7s with bleep sound 0.25s, LCD display WATTS, SPEED, PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into standby mode. (FIG 5)

(Fig. 5)

5. QUICK START:

1. In **STANDBY** mode, with single RPM>20 input, quick press "START", bleep sound 0.5s, then TIME, CALORIES, DISTANCE, WATTS, SPEED & PACE flash in sequence, the value will count up according to the operation.

2. "PULSE" ICON is lighten, if any heart single input the "PULSE" ICON is flash with current value, if no heart single input LCD display "P".

3. If without any single input in 5Min, the bleep rings for 0.5s and the computer will back to standby mode.

4. If did not complete the setting in 30 seconds, the bleep sounded for 0.5 seconds and back to standby mode.

5. Press the "START "button once, enter into the Pause mode, and press "START" to continue running.

6. Press the "STOP" button to sound the bleep for 0.5 seconds and enter into the stop mode.

7. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

8. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

(Fig. 6)

6. INTERVAL 10/20

1. Press" INTERVAL10/20" button, enter to this mode, LCD display **III10/20** ICON , with bleep beeps 0.5s.

2. If did not input in 30s when setting, computer will back to standby mode.

3. The "READY" ICON counts down from 3s to 0s, meanwhile with a short bleep beep (FIG 7) , LCD display "01/XX"("01"is flash) . The "WORK" ICON is flash one time every 1s with bleep sounds (shining 0.75s/ put out 0.25s)," TIME"ICON counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according the operation.(FIG 8)
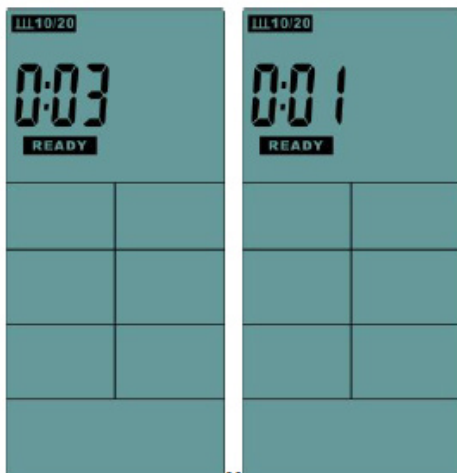
(Fig. 7)   (Fig. 8)

4. After Work 10s, LCD window display"01/08"("01"is flash), "REST" ICON is keep flash , the bleep rings for 0.25s per 1s, TIME start to count down from 20s to 0s.

5. Work & REST display in cycle, cycle count increase 1every time till reach to 08/08 (total cycle counts 8 times). Bleep rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

6. When the last REST is reached ,this mode will finish directly.

7. If no single input in 5Min, bleep rings 0.5s and will enter into STANDBY mode.

8. Press the "START "button once, enter into the PAUSE mode, and press "START" to continue running.

9. Press the "STOP" button to sound the bleep for 0.5s and enter into the STOP mode.

10. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

7. INTERVAL 20/10

1. Press" INTERVAL20/10" button, enter to this mode, LCD display **III20/10** ICON (FIG 10) , with bleep sound for 0.5s.

2. If there is no input in 30s when setting, computer will back to STANDBY mode.

3. The "READY" ICON counts down from 3s to 0s , meanwhile with a short bleep beep (FIG 7) , LCD display "01/XX"("01"is flash). The "WORK" ICON is flash one time every 1s with bleep sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according the operation. (FIG 10).

(Fig. 10)

4. After running for 10s, LCD window display "01/08"("01"is flash), "REST" ICON is keep flash , the bleep rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.

5. Work & REST display in cycle, cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Bleep rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

6. When the last REST is reached, this mode stops directly.

7. If no single input in 5Min, bleep rings 0.5s enter standby mode.

8. Press the "START "button once, enter PAUSE mode, and press "START" to continue running.

9. Press the "STOP" button to sound the bleep for 0.5s and enter the STOP mode.

10. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

8. INTERVAL CUSTOM

1. Press" INTERVAL CUSTOM" button, enter to this mode, LCD display **⚃ Custom** ICON (FIG 13) , with bleep beeps 0.5s.

2. LCD displays the presetting value 01, press "UP, DOWN" button to setting (setting range 01~20), it is non-recyclable (FIG 14).

3. Press "ENTER" confirmed, "WORK" ICON is flash, LCD window "TOTAL TIME "display the presetting value 0:30. Press "UP, DOWN" button to setting(setting range:0:05~30:00), it is non-recyclable (FIG 15).

4. Press "ENTER" confirmed, "REST" ICON is flash, LCD window "TOTAL TIME " display the presetting value 0:20. Press "UP, DOWN" button to setting(setting range:0:05~30:00), it is non-recyclable (FIG 16).

5. Press "ENTER" confirmed, meanwhile with a short bleep rings 0.5s , LCD display "01/XX"("01"is flash). The "WORK" ICON flashes one time every 1s with bleep sounds , "TIME" ICON counts down from the setting value, DISTANCE, CALORIES, WATTS, SPEED, PACE count up according the operation.

6. There is set RSET time, matrix displays 01/XX(part 01 is flash), "REST" ICON keep flash, The bleep rings for 0.25s every second.

7. "Work" & "REST "display in cycle, cycle count increase 1every time till reach to 08/08 (total cycle counts 8 times). Bleep rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

8. When the last REST is reached, this function stops directly.

9. If no single input in 5Min, bleep rings 0.5s enter into standby mode.

10. Press the "START "button once, enter into the Pause mode, and press "START" to continue running.

11. Press the "STOP" button to sound the bleep for 0.5 seconds and enter into the stop mode.

12. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
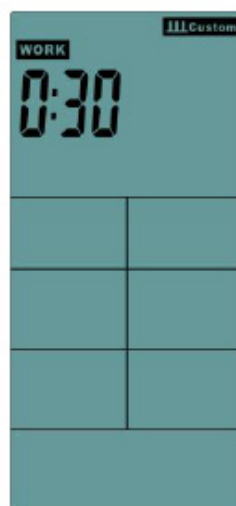
(Fig. 14)   (Fig. 15)   (Fig. 16)

9. TARGET TIME

1. Press" TARGET TIME" button, enter to this mode, LCD flash display TARGET & TIME.

2. LCD "TIME" window displays the presetting value1:00 or the last setting value. press "UP, DOWN" button to setting (setting range 1:00~1:59:00), it is non-recyclable.

3. After setting, press" ENTER" confirmed, TARGET &TIME ICON continue to flash, meanwhile start to count down form setting value.

4. Press the "START "button once, enter the PAUSE mode, and press "START" to continue running.

5. Press the "STOP" button to sound the bleep for 0.5s and enter the stop mode.

6. If no single input in 5Min, bleep rings 0.5s enter STANDBY mode.

7. If did not complete the setting in 30s, the bleep rings for 0.5s and back to standby mode.

8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

10. TARGET CALORIES

1. Press" TARGETCALORIE" button, enter to this mode, LCD flash display TARGET& CALORIE.

2. LCD "CALORIE" window displays the presetting value 2:00 or the last setting value, press "UP, DOWN" button to setting (setting range1~2000), it is non-recyclable.

3. After setting, press" ENTER" confirmed, TARGET & CALORIE ICON continue to flash, meanwhile start to count down form the setting value.

4. Press the "START "button once, enter PAUSE mode, and press "START" to continue running.

5. Press the "STOP" button to sound the bleep for 0.5s and enter into the stop mode.

6. If no single input in 5Min, bleep rings 0.5s enter into standby mode.

7. If did not complete the setting in 30s, the bleep rings for 0.5s and back to standby mode.

8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
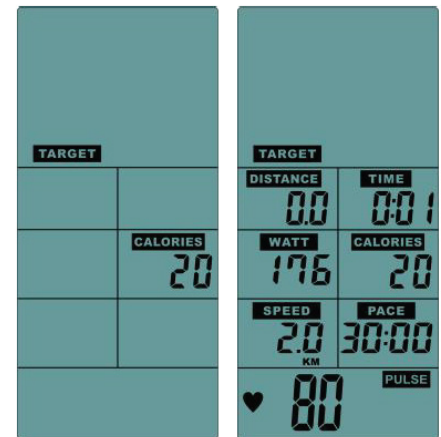
11. TARGET DISTANCE
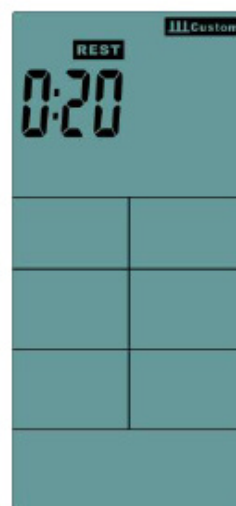
1. Press" TARGET DISTANCE" button, enter to this mode, LCD flash display TARGET& DISTANCE.
2. LCD "DISTANCE" window displays the presetting value 0.5KM/0.5Miles or the last setting value. press "UP, DOWN" button to setting (setting range0.5~100), it is non-recyclable.
3. After setting, press" ENTER" confirmed, TARGET& DISTANNCE continue to flash, meanwhile start to count down form the setting value.
4. Press the "START "button once, enter the Pause mode, and press "START" to continue running.
5. Press the "STOP" button to sound the bleep for 0.5s and enter the STOP mode.
6. If no single input in 5Min, bleep rings 0.5s enter STANDBY mode.
7. If did not complete the setting in 30s, the bleep rings for 0.5s and back to standby mode.
8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
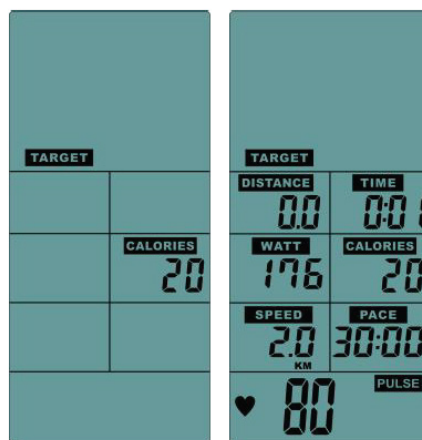
12. TARGET HEART RATE
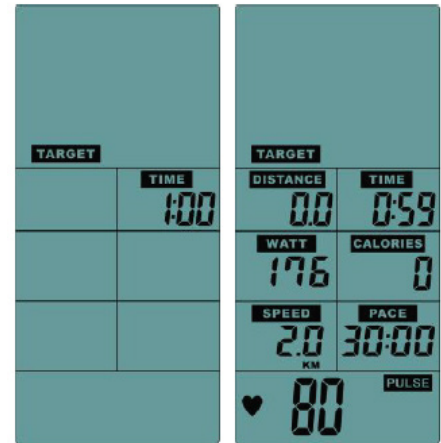
1. Press" TARGET HEART RATE" button, enter to this mode, LCD flash display Age ICON with presetting value 30 or the last setting value. Press "UP, DOWN" button to setting (setting range11~99), it is non-recyclable.

2. After setting, press" ENTER" confirmed, LCD display the presetting value 65%, press "UP, DOWN" button to adjust to 65% or 85% & the value of Pulse, LCD will show the corresponding value.

3. If selected PULSE, LCD display the presetting value"100", press" UP, DOWN" button to setting (setting range 30~230), it is non-recyclable.

4. Press" ENTER" button to start to count, TARGET & PULSE ICON is flash.

5. When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.

6. The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP ICON" flashes to remind USER to accelerate.

7. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN IOCN" flashes to remind USER to slow down.

8. The heartbeat value is higher than or equal to the setting value of 100%. The bleep rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the bleep rings 1s and enters the standby mode.

9. Without any heart single input in 30s, the "PULSE" LCD window display "P", bleep rings 1s and enter into the standby mode.

10. Press the "START "button once, enter PAUSE mode, and press "START" to continue running.

11. Press the "STOP" button to sound the bleep for 0.5 seconds and enter the stop mode.

12. If no single input in 5Min, bleep rings 0.5s enter standby mode.

13. If did not complete the setting in 30s, the bleep rings for 0.5s and back to standby mode.

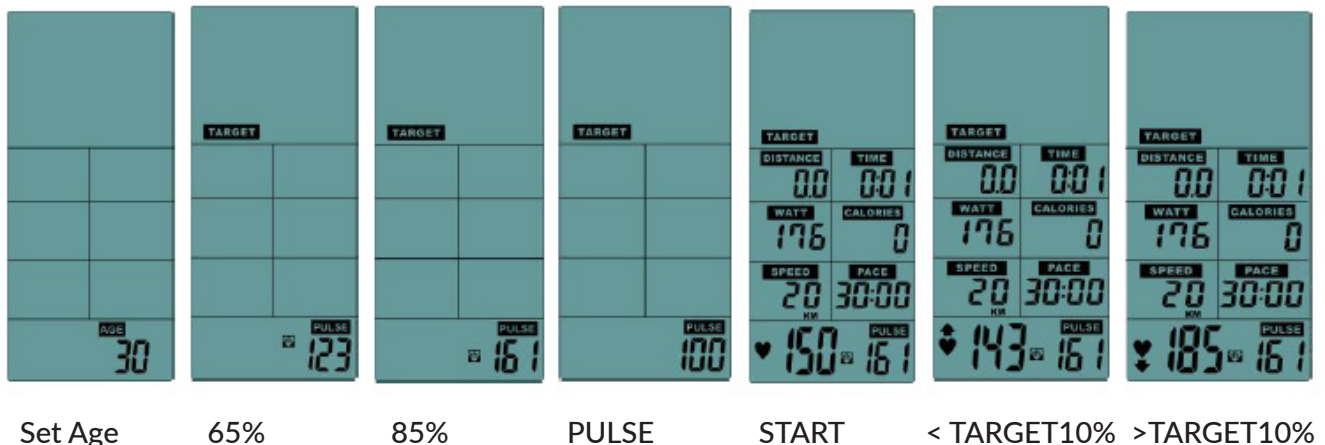14. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

| Set Age	65%	85%	PULSE	START	< TARGET10%	>TARGET10%

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.
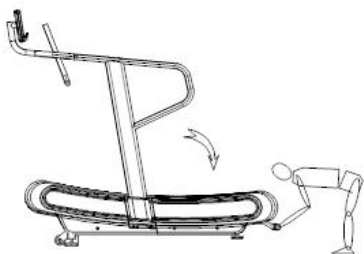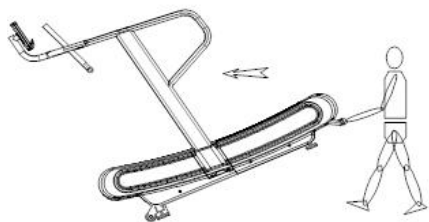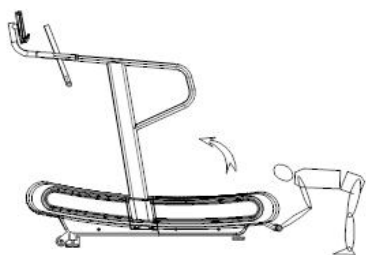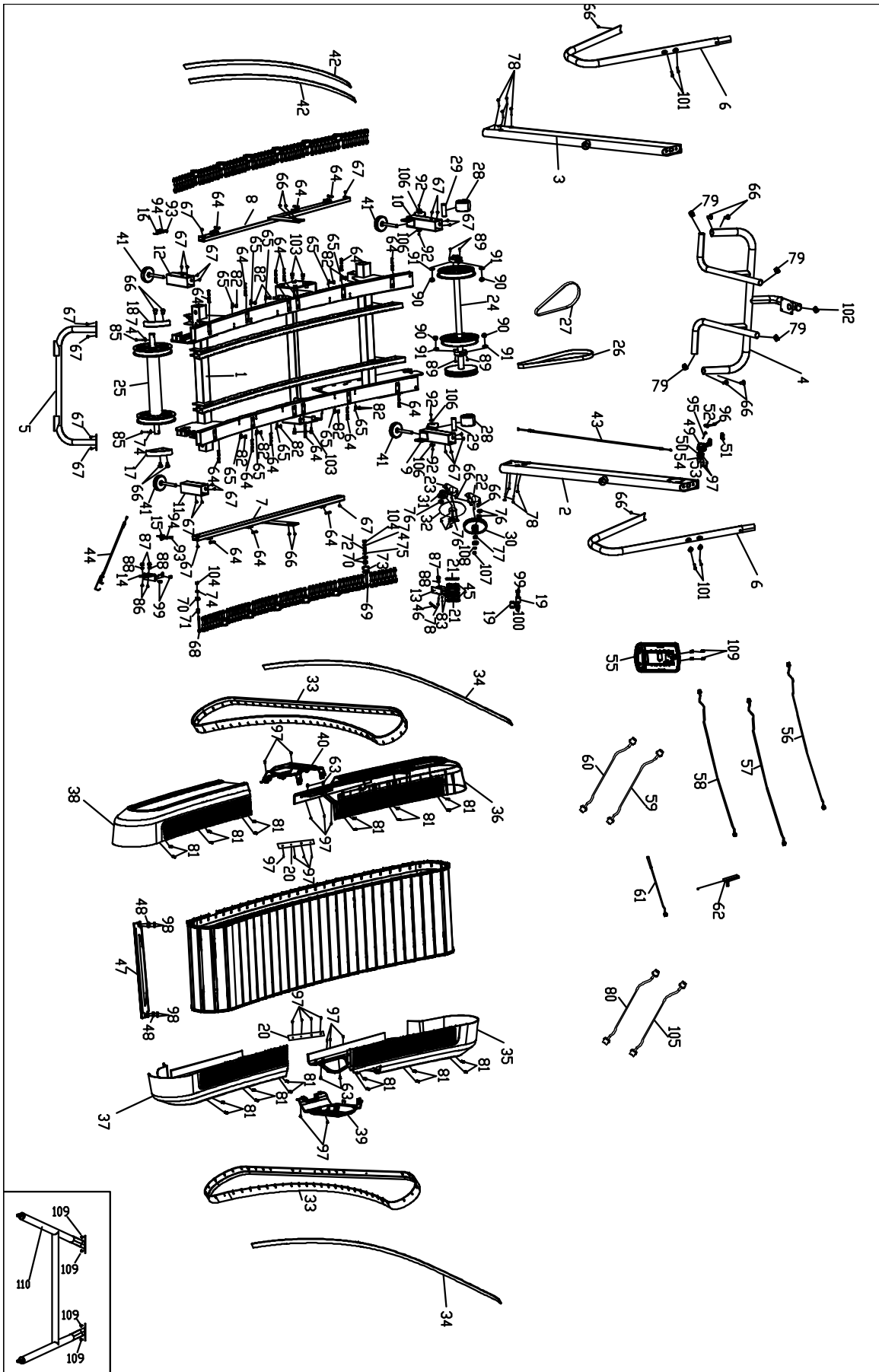
P A R T S   L I S T

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
1	Main frame	1	39	Right upright post cover	1
2	Right upright post	1	40	Left upright post cover	1
3	Left upright post	1	41	Feet pad	4
4	Monitor frame	1	42	EAV rubber t5.0×70×3000	1
5	Handlebar tube 1st	1	43	Upper resistance adjusted cable	1
6	Handlebar welding part	1	44	Bottom resistance adjusted cable	1
7	Metal fix plate for right cover	1	45	Round magnet	4
8	Metal fix plate for left cover	1	46	Brake spring (E21-71)	1
9	Right wheel bracket	1	47	Slat	60
10	Left wheel bracket	1	48	Washer	120
11	Bracket for right-rear feet pad	1	49	Handlebar	1
12	Bracket for left-rear feet pad	1	50	Resistance adjust set	1
13	Bracket for magnet group	1	51	Upper cover of handlebar	1
14	Metal base for slide rheostat	1	52	Outer cover of handlebar	1
15	Adjustable piece bracket of rear roller	2	53	Gear adjustment column	2
17	Enforcement pieces for right cover	1	54	Ordinary cylindrical spring	1
18	Enforcement pieces for left cover	1	55	Monitor	1
19	Fixing plate for slide resistance 2nd	2	56	Communication wire XH 2P/L-1250mm	1
20	Fixing plate for R&L cover	2	57	VR communication wire XH3P/L-1250mm	1
21	Cover of magnet group	2	58	Communication wire XH 2P/L-950mm	1
22	Bracket 1 for fixed axis	1	59	VR communication wire XH3P/L-950mm	1
23	Bracket 2 for fixed axis	1	60	Communication wire XH 3P/L-500mm	1
24	Front roller	1	61	Magnet sensor XH 2P/L-1000mm	1
25	Rear roller	1	62	Resistance VR	1
26	Belt 380PJ6	1	63	Screw buckle	4
27	Belt 250PJ6	1	64	Screw bracket	10
28	Wheel	2	65	T-shape slide block	6
29	Axis of wheel	2	66	Allen C.K.S. full tooth bolt M8*15	16
30	Driving wheel 1	1	67	Allen C.K.S. full tooth bolt M8*20	24
31	Fix axis of driving wheel	1	68	Hexagon head half-tooth bolt M8*65*20	98
32	Aluminum disc of driving wheel	1	69	Allen cylindrical half-tooth bolt M8*65	12
33	Running belt fixing strap	2	70	Bearing 608ZZ	124
34	EAV rubber t2.0×50×3600	2	71	Sleeving φ12*φ8.1*18.4	98
35	Right-front cover	1	72	Sleeving φ12*φ8.1*14	12
36	Left-front cover	1	73	Guide pulley	12
37	Right-rear cover	1	74	Flat washer φ8	110
38	Left-rear cover	1	75	Elastic spring for hole φ23	12

PART#	DESCRIPTION	Q'TY	PART#	DESCRIPTION	Q'TY
76	Deep groove ball bearing 6201ZZ	4	94	Hexagon nut M8	2
77	One-way bearing CSK12P	1	95	Hexagon socket large flat head step bolt M6×50×36	1
78	Allen C.K.S. half tooth bolt M8*55*20	9	96	Philips pan head self-tapping screw ST3×10	2
79	Flat head round pipe plug φ32*1.5	4	97	Philips C.K.S. self-tapping screw ST4×16	22
80	Communication wire L-500mm	1	98	Hexagon lock nut M5	240
81	Philips Sunk self-tapping bolt ST4×35	24	99	Philips C.K.S. full tooth bolt M4 x 10	3
82	Philips sunk self-tapping bolt ST4×15	20	100	Hexagon lock nut M4	3
83	Philips C.k.S. full tooth bolt M5 x10	4	101	Allen cylinder full tooth bolt M8×45	4
85	Allen cylinder full tooth bolt M8×75	2	102	Flat head round pipe plug φ38×t1.5	1
86	Hexagon socket large flat head half tooth bolt M8×30×20	2	103	Allen cylinder full tooth bolt M8×15	4
87	Hexagon lock nut M8	3	104	Hexagon lock nut M8	110
88	Flat washer φ8	3	105	Communication wire XH 2PL-500MM	1
89	Allen C.K.S.half tooth bolt M10×25×15	4	106	Outer cover t1.2 x φ31	4
90	Hexagon lock nut M10	4	107	Hexagon lock nylon nut M6	1
91	Flat washer φ10	4	108	Flat washer φ6	1
92	Allen sunk full tooth bolt M6×15	4	109	Allen C.K.S. full tooth bolt M10x15 (optional)	4
93	Hexagon head full tooth bolt M8×30	2	110	Rear loading tube (optional)	1

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-UP

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.
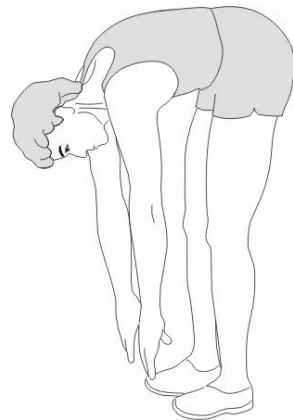
STRETCHING

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.
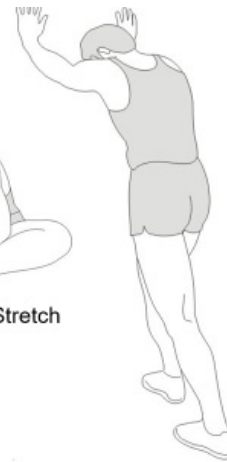
Toe Touch

Inner Thigh Stretch

Calf-Achilles Stretch

Hamstring Stretch

Side 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 retail your sales receipt, Half Human customer care may request proof pf 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
Unit 5 Mill Square
Feathersone road,
Wolverton Mill, Milton Keynes,
MK12 5ZD

HALF | HUMAN

CLASS: SB   MAX USER WEIGHT = 150KG

WEAREHALFHUMAN.COM   CURVE TREADMILL   CE

EN/ISO 20957   SN:

UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD
VOLVERTON MILL, MILTON KEYNES MK12 5ZD

M A N U F A C T U R E R S **W A R R A N T Y**

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**

T E R M S

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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