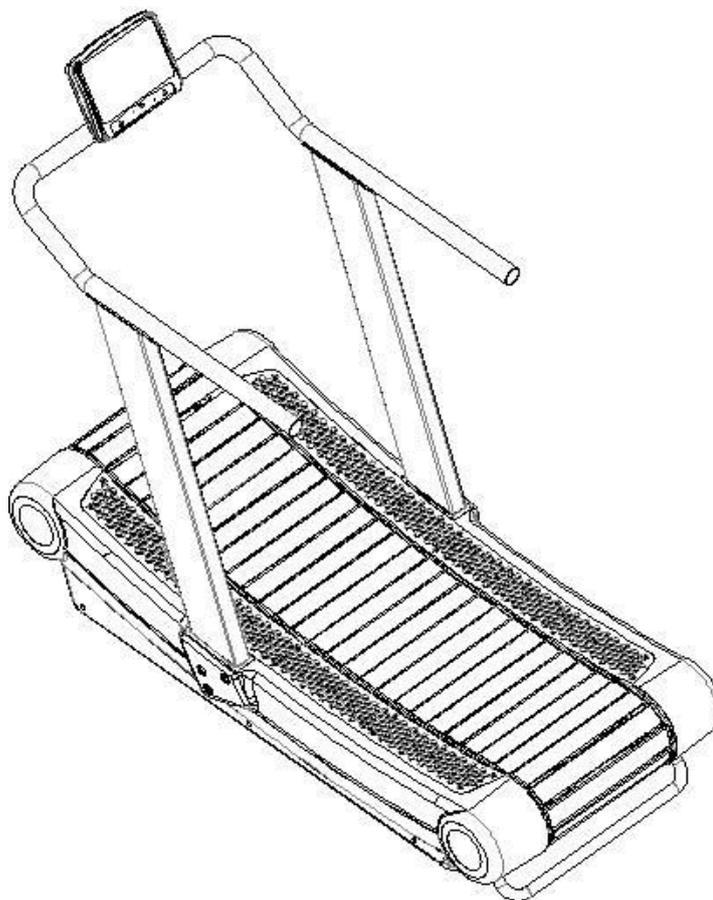


Curve Treadmill Manual



Note: The code interpretation right of the product is based on the final confirmation of the order.

This equipment meets the GB17498.1/GB17498.6 Class S Standard (S=studio)

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Important Safety Instructions

Prior to the implementation of any nutrition intake plan or dietary control plan and any stretching or exercise program, you must consult with physician or qualified health care practitioner. It is best to have a thorough understanding of the relevant information before deciding to implement any activities that may affect health or make any choices.

Please read all instructions before using the product. These instructions can ensure user safety and protect products.

Only under the supervision of qualified personnel, the children and Disabled people can come to close or use of products.

This product can be used only by instruction noted in this User Manual and can be used only by the way and conditions specified in the manual. Any other use will be taken as improper behavior that may cause danger.

Do not use non LAND recommended accessories.

Don't put your hands near the moving parts. Don't put your feet under the moving parts.

Do not let objects fall or insert the opening parts .

For certain special exercises, relevant doctor issued certificate will be needed before use, but also to meet the conditions of use of LAND.

Under special conditions, this product can only be used under the close supervision of a professional doctor.

Before each exercise starts, you have to adjust yourself well, avoiding hindering any components.

According to self physical condition and health conditions to develop training programs, starting from a smaller load of exercise.

Don't be too tired or too exhausted. Wrong training or excessive exercise may result in serious injury or death. When suffering from pain or abnormal symptoms, immediately stop exercising and consulting doctors.

Wear suitable clothes and shoes when training; Don't wear clothes that hinder perspiration. Tidy up long hair. Keep clothing or towels away from moving parts.

When the product is in operation, any third party must maintain a safe distance.

Do not use equipment in the presence of children or pets.

Fitness center staff should clearly clarify to the user the correct use of equipment to avoid improper use.

The product can only be used after fully installed, Each time before use, the product should be checked. If it is abnormal, please do not use any more. .

Install and launch the product on a hard floor surface. 2m*1m safety area must be reserved in the rear of the treadmill.

Do not expose the product to the direct sunshine.

Do not use the products outdoor ; Do not put the product in the open, avoiding from atmospheric factors; Do not spray to the product.

Do not place the product in a humid environment, such as a swimming pool, bathtub and sauna room.

All the components (such as power cables and switches) must be away from liquids, in case of electric shock.

This product should be kept in a good operating condition. If you find any weariness, please consult LAND technical support services.

Do not attempt to maintain the product according to the instruction not from User Manual.

The installation, maintenance and adjustment of equipment shall be carried out by the professional or designated personnel of LAND company.

The electrical equipment shall conform to the standards or laws of the country where the equipment is used.

Don't put anything on the rack or display.

LAND will not be responsible for the loss caused by the following reasons: maintenance without authorization, improper use, accident, negligence, improper assembly or installation, any modifications or adjustments without the written authorization of LAND and users do not comply with the user manual when using, running and maintenance of the product.

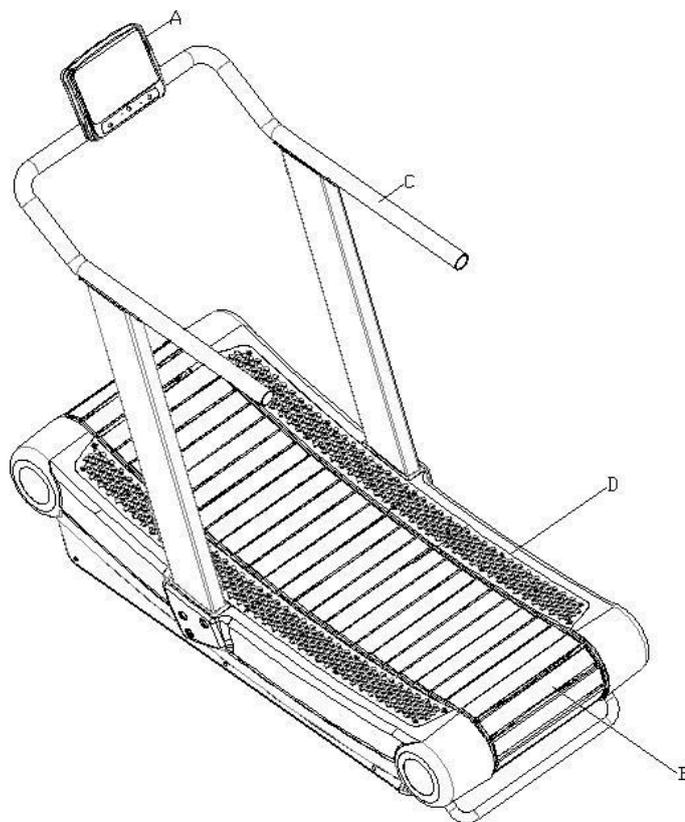
Product Description

Display(A):Display ongoing exercise ,Model No CT-300B is equipped with display.

Running Belt (B): Surface is polyurethane,which can ease the impact on the joints.

Lateral Handle(C):When standing on treadmill or losing balance ,you can hold it to stand firm;when quick walking or running ,you can keep balance by it .

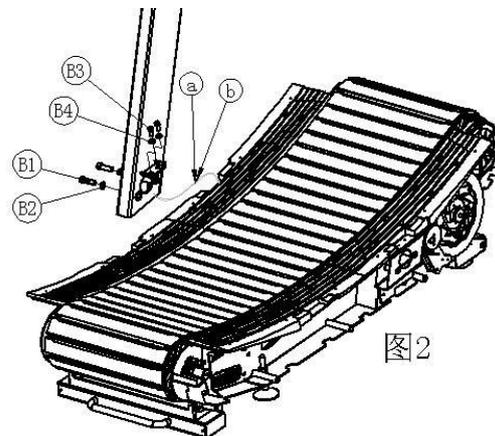
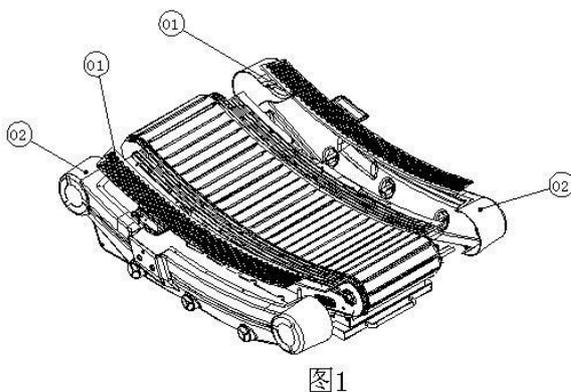
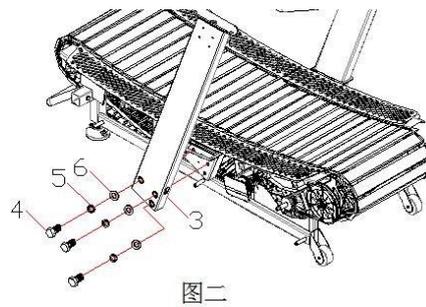
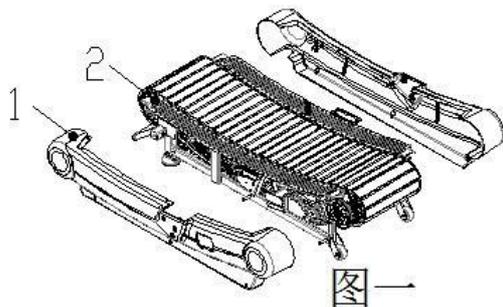
Side upper boards (D):When the user is in danger or feel tired,he can put his feet on the boards for a short pause,in addition,it can be used as a tool for single foot exercise.



Installation Instructions

- A、 Take down side boards (02)、 side shells(01) (Picture 1)
- B、 First fix the left pillar with Inner Hex Cylindrical Head Screws 4(M12*45) 、 Washer 6 (Φ12) 、 Spring pad 5 (Φ12) ,then connect data wire of left pillar to the data wire of main frame .(Picture 2)
- C、 First fix the right pillar with Inner Hex Cylindrical Head Screws 4(M12*45) 、 Washer 6 (Φ12) 、 Spring pad 5 (Φ12) ,Then connect the Wire C bypass wire disc(03)to Reluctance shaft d.(Picture2、 Picture 3)
- D、 Fixing the central armrest with Inner Hex9(M10*20), washer 7 (Φ10),spring pad 8 (Φ10) (Picture 4)
- E、 Fixing the screen with Inner Hex Flat Head Screw 10(M10*20)、 Washer 11 (Φ10) (Picture 5)
- F、 Re-install Side upper boards (01)and side shells (02) (Picture 1)

The above instructions for CT-300B installation way with it.



Instructions for use

Hold the side handle, then step on the running belt from the back. View front, then put the feet on both sides of the upper boards.

Standing firm on the running belt and then begin to exercise.

At the beginning of exercise, hold the handle to keep safety. After adaption, release your hand from the handle which can improve the sense of balance and maintain the correct posture.

At beginning, walking fast with the speed of 6-7 km/h. Then increase the speed gradually while maintaining a certain stability and security.

Because the running surface is slightly curved, the more toward the central handle; the speed more faster. more backward, the speed more slower

If the user feels that the running belt is suddenly subsided, grasp both sides of the handle, hold yourself and put your feet on the side upper boards, Finally boarded down

When finishing exercise, you can grasp the handle on both sides, hard to hold yourself and put your feet on the side upper boards, and finally boarded.

When Exercise, please adjust the braking level gradually.

Running belt is not driven by motor, can run freely. When boarding on or down the equipment, you need to hold the side handle.

According to different exercise and braking strength, the uses of side and central handles are different, the device can provide a variety of exercise methods.





BRISK WALKING



FAST RUNNING



Side shuffle step



WARNING

User must keep concentrate, to avoid losing stability and balance

Two person use one treadmill at the same time is forbidden

CT300B treadmill designed and produced only for simulation walking and running, Any other purpose will be regarded as improper behavior and may cause danger.

Do not touch the running belt when it is rotating.

Be careful to avoid shoelaces and other clothing rolled into the crevices of the equipment, as it may cause wrestling.

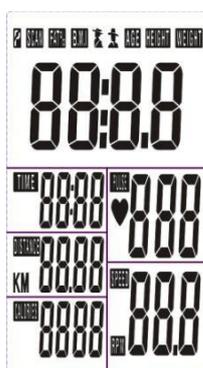
Display description (CT-300B)

1. Key function

<p>Select&Confirm/Erase (MODE/RESET)</p>	<p>1. Used for switch Windows TIME、DISTANCE、CALORISE、PULSE</p> <p>2.This key has functions of the confirmation choice, and setting time confirmation.</p> <p>3. Constant Press for 2 seconds to clean the input settings.</p>
<p>Settings (SET)</p>	<p>1. Press one time will be added one time, constant press is set as quick adding.</p> <p>2. It can set(TIME)、(DISTANCE)、(CALORISE)、(PULSE)numerical values.</p>
<p>Recovery (Heart Rate)</p>	<p>It is used to test the athlete's recovery of heart rate after finishing exercise.</p> <p>Note: While the heart rate' s digital is running, and the movement is stopped, you can use it.</p>

2. Operating instructions

Turn On: After loading the battery, listen to a sound lasting 2 seconds,in the meantime the display all shows 2 seconds.



Turn Off:

An electronic watch enters into a sleep state after 4 minutes without any signal input.

Enter motion picture:

Boot into motion picture

1. Press Selection (MODE) key to choose (TIME)、 (DISTANCE)、 (CALORISE)、 (PULSE), Press the (SET) key to set the value, Confirm by pressing the Confirmation (MODE)key.

2. Inputting signal, time (TIME), distance (DST), and calories (CAL) to start counting.

Note:

When the display fades, Please replace the battery.

If there is no input signal, please check whether the wire is connected or not.

Technical data

Model No.	CT-300B
Power Supply(Optional Adapter)	-
N.Weight	195KG
Max User Weight	180KG
Noise Degree	Below 80dB (A)
Protection Level	IP 20
Running Temperature	From +5° C to +40° C
Electrical insulation level	II Level
Product Dimension (L*W*H)	1680*960*1980mm
Package Dimension (L*W*H)	2000*1100*900mm

Movement and adjustment of equipment

The equipment is equipped with two fixed front wheels. If need to move the equipment, just lift it slightly and move forward or backward.

As the equipment is heavy, you had better to find a few people to move together.

If the floor condition is not suitable to use wheel to move, lifting and transporting equipment will be needed.



Warning

You must be very careful when you move, otherwise it will damage the stability of the equipment.

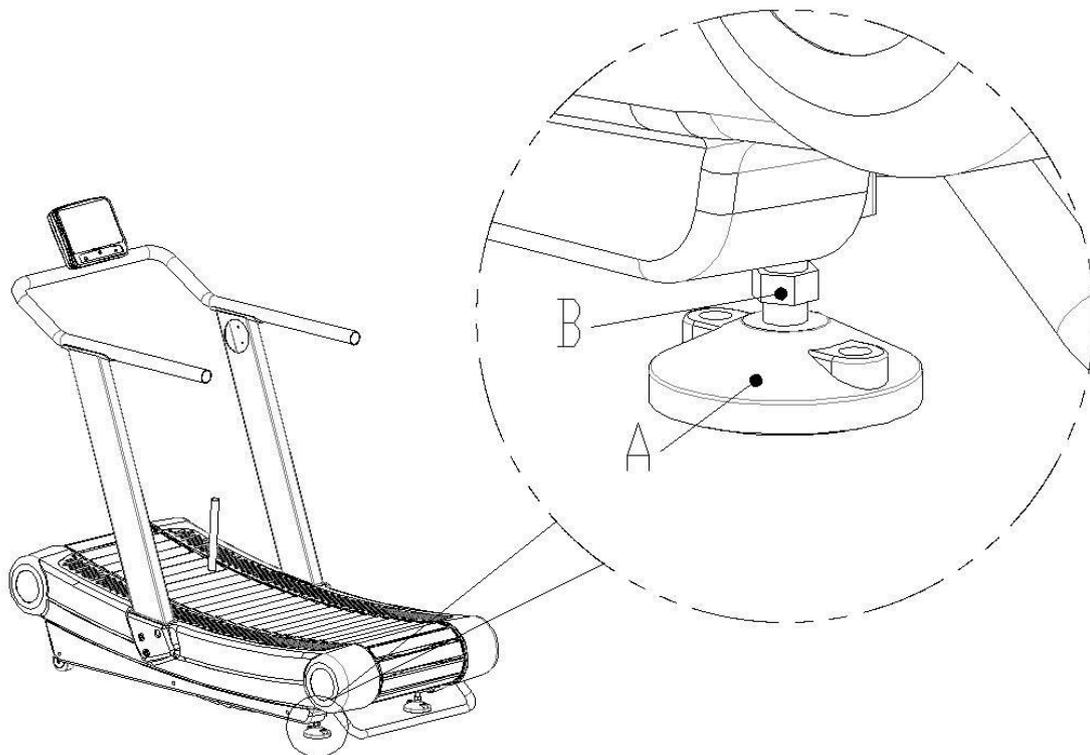
Equipment can only be run on flat floor.

You have to adjust the equipment foundation horizontal, as shown:

A, unscrew the nut (B);

B, screwing or unscrewing the universal foundation (A) till the equipment is stable and firm.

C, after adjustment, tighten the nut (B).



Routine maintenance

In order to ensure good sanitation, the equipment should always be kept clean and dust-free, comply with basic hygienic standards, especially used in the gyms or by many people.

-Clean the outside of equipment with a wet sponge

-After removing the equipment, clean the floor with a vacuum cleaner

Do not use chemicals or solvents.



Warning

Be careful not to wipe with efforts the pattern and instructions on the label.

In order to ensure the equipment can be used safely, it should be inspected every two weeks for product damage or wearing issue.

All operations of cleaning and maintenance should be carried out under fully static conditions of running belt.

What unmentioned care and maintenance operations would be needed in this manual, please contact LAND Technical Services.

Periodic maintenance, adjustment or lubrication of the product shall be carried out by LAND Technical Support Services.

Inspecting should be every two weeks:

- Whether the components and surfaces of the running belt are worn;
- Whether the plastic protector is intact.

Fault diagnosis

The following table illustrates the possible failures in the use of equipment: if the remedies provided cannot solve the problem, please contact the technical support service.

Fault	Reason	Remedies
When screen cannot be started	Insufficient voltage	Please replace battery
	Power cord damage	Contact LAND technical support services.
	The power cord is not plugged in.	Check connection status.
	There is a problem installing the wires	Check connection status.
	The connector of the control panel suddenly disconnects.	Contact LAND technical support services.
Abnormal internal noise	The equipment stand not flat.	Check and adjust whether all the feet are stable on the floor.
	Bearing damage	Contact LAND technical support services.
	The running belt deviates from the central position.	Contact LAND technical support services.
Incorrect or unreliable data in display during exercise	The equipment's environment is disturbed by other equipment (such as household appliances).	Move equipment to other places or move household appliances.
Wrongly heartbeat display with chest strap	Other signal emitters appeared near the equipment.	Move the equipment to other places to avoid overlap with other signals (between two devices) The minimum distance is 80 cm).
	There is a strong interference source near the equipment	Find the source of interference (such as home appliances), and move away from interfering sources or moving equipment.
	Heart rate monitor bandages wears .	Changing chest bandage.
	The belt conveyor does not contact the skin properly.	Use water to wet the internal of chest bandage.
	conveyor is broken	Replace chest bandage.