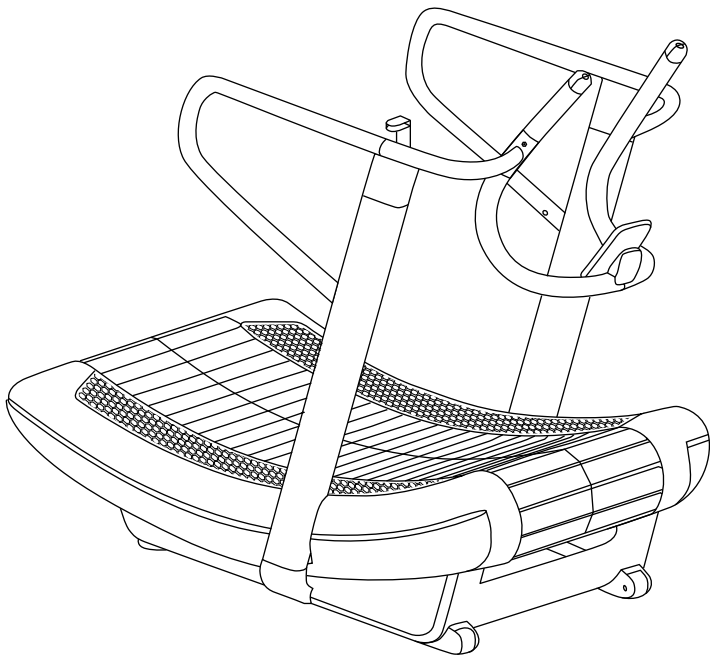


# Curved Treadmill

## Operating Instructions Manual



Read all instruction carefully before use this product.  
Retain this owner's manual for the future's reference.

# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this treadmill. Improper assembly and use can cause safety hazards or damage to your product and your home. It is important your treadmill receives regular maintenance to prolong its useful life.

1. Install the treadmill on a flat level surface.
2. Place the treadmill on a solid, level surface when in use.
3. Do not operate treadmill on plush or shag carpet. Damage to both carpet and treadmill may result.
4. Do not block the rear of the treadmill. Leave at least 40 inches of space between the back of the treadmill and any fixed object.
5. Only one person should use the treadmill at a time. The maximum user weight is 440 lbs.
6. Never allow children on or near the treadmill. If it has, please must under the your adults and coaches eyes.
7. When running, keep hands away from all moving parts.
8. Use handrails provided, they are for your safety.
9. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
10. Operating temperature: 32-104 degrees Fahrenheit.
11. It should be placed indoors and kept away from moisture. No water or any other liquid is allowed to be splashed onto it, nor any foreign object allowed to be put on or inserted into it.
12. Keep the treadmill away from flammable and explosive materials to avoid danger from static electricity during operation.

# IMPORTANT OPERATION INSTRUCTIONS

•Be sure to read the entire manual before operating your machine.

1. Never install or disassemble the treadmill while the belt is in motion.
2. During maintenance of the treadmill, there should be a clear stop sign near the machine.
3. No accessories on the treadmill should be in a loose state. Before use, please check that accessories are tightened, and tighten or replace them as necessary.
4. Always hold onto the handrails when operating the display screen.

5. Avoid the following activities while exercising: Watching TV, reading, etc. These distractions may cause you to lose balance or deviate from the center of the safety belt, potentially leading to serious injury.
6. Users with long hair should ensure their hair is secured for safety while using the treadmill.
7. Consult your doctor before exercising if you have any of the following conditions:
  - a. Heart disease, hypertension, diabetes, respiratory conditions, chronic illnesses, or complications from smoking.
  - b. If you are over 35 years old and weigh more than the recommended weight.
  - c. If you are pregnant or breastfeeding.
8. Make sure to drink enough water after exercising for over 20 minutes on the treadmill.
9. If you feel dizzy, experience chest pain, or any discomfort or abnormalities while using this machine, stop exercising immediately and consult a doctor.
10. The machine is equipped with a resistance device in the center of the right handrail. In an emergency, slowly push the handle forward to increase resistance; the machine will decelerate and stop.

**WARNING** - We recommend consulting your doctor or a health professional before starting any exercise program. We are not responsible for any troubles or injuries resulting from non-compliance with these guidelines.

This product must be installed and used by an adult. Please keep children and pets away during the installation and use of this product.



## Consumer Service

If necessary, to quickly free replace damaged/missing parts. Simply have your order ID, instruction manual, and part number/description ready when you write an email to us. It's that easy.

## Contact us

Monday to Sunday (Except holidays)

We will respond within 24 hours.

**E-MAIL:**  
[service@delavinhome.com](mailto:service@delavinhome.com)

# Technical Parameters

Working environment temperature: 32-104°F

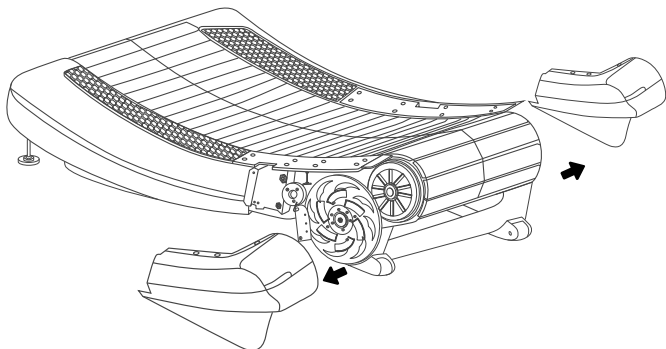
Running range: 63" x 19"

Equipment covers: 79" x 35" x 61"

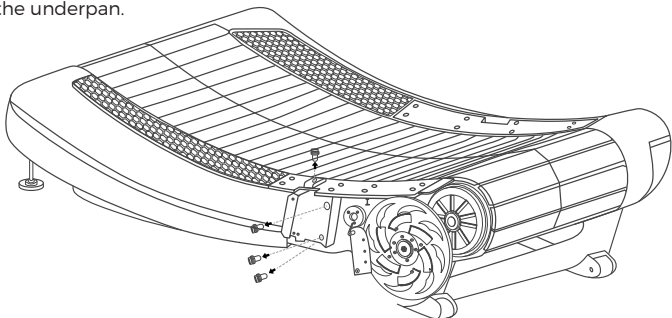
Max user: 440 lbs

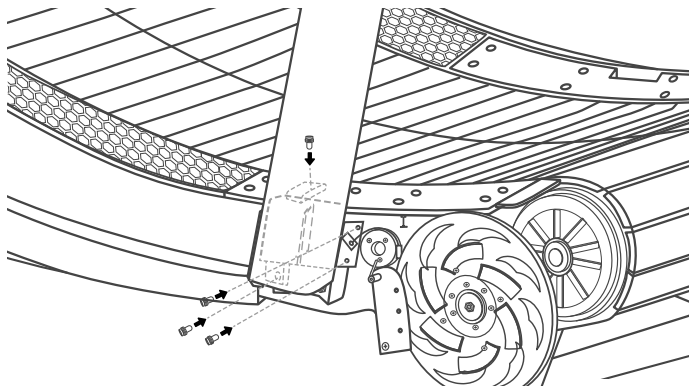
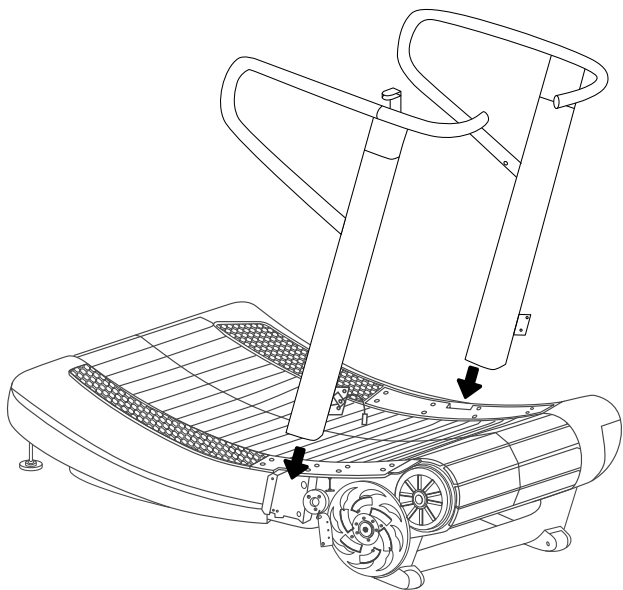
## Assembly Step

**Step 1.** Remove the left and right shell plastic parts on the underpan as shown in the picture above.

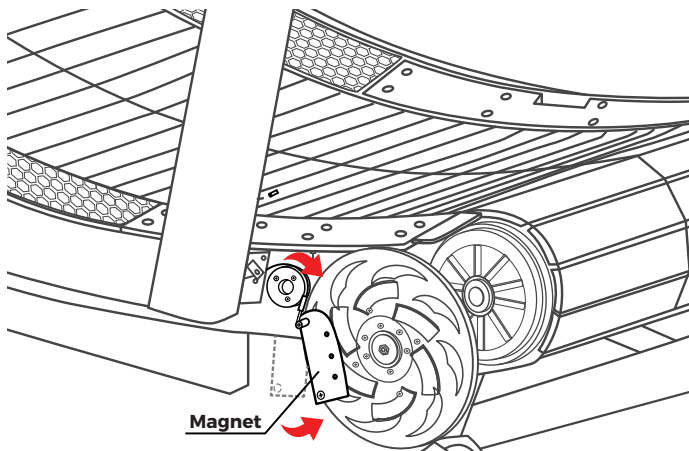


**Step 2.** Assembly the Treadmill Handle. First, remove the four screws from the underpan (as shown in the picture). Then, position the handle in the corresponding location, finally, use the four screws to secure the handle to the underpan.

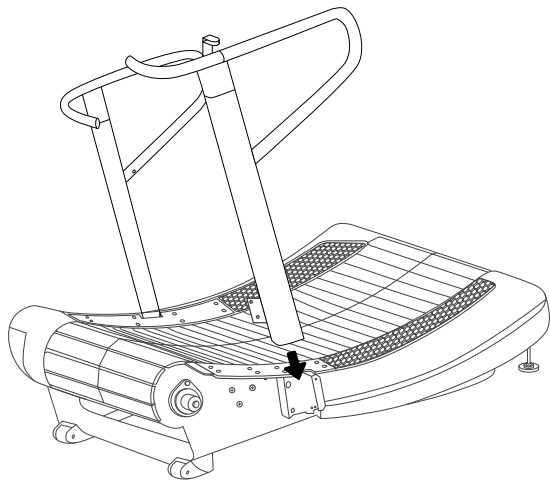


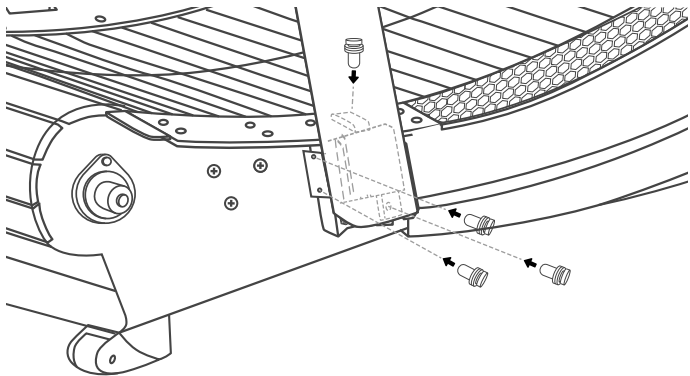


**Step 3.** Push the magnet forward and wrap the resistance pull cord around the groove of the disc to hang it on the hexagonal column.

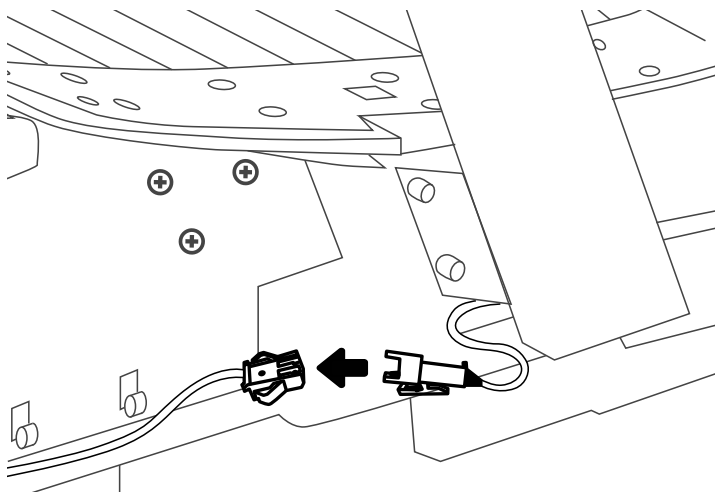


**Step 4.** Assembly the other side of the treadmill handle.

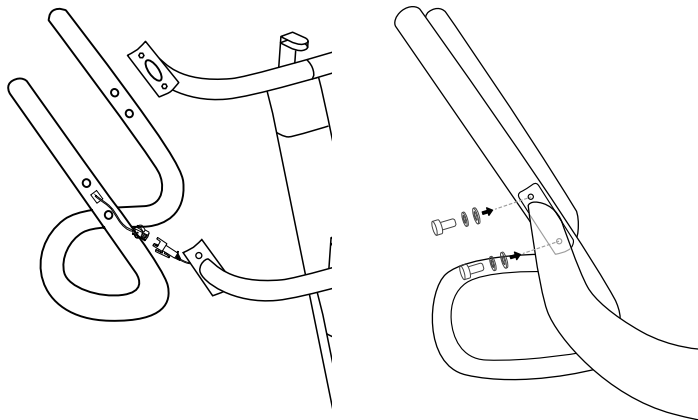




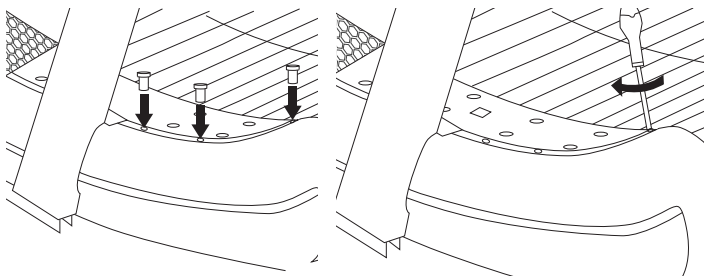
**Step 5.** Connect the wire at the bottom of one side of the handle.



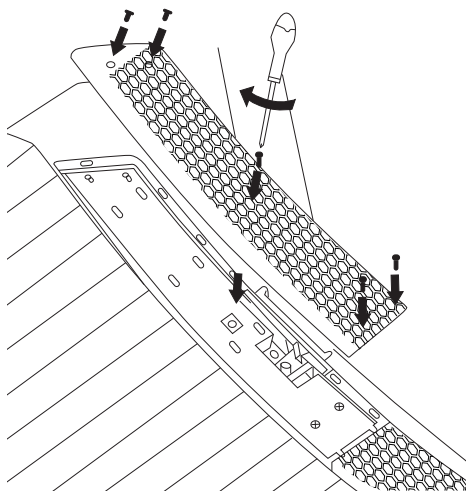
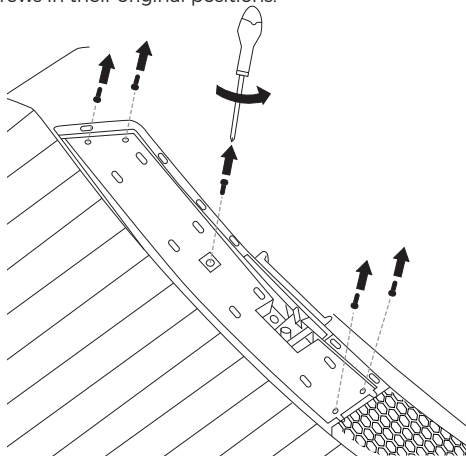
**Step 6.** Install the front handle by first removing the screws on the handle. Connect the wire of one side of the handle, and then secure the front handle to the side handle using the screws. Only one side needs to have the wire connected.



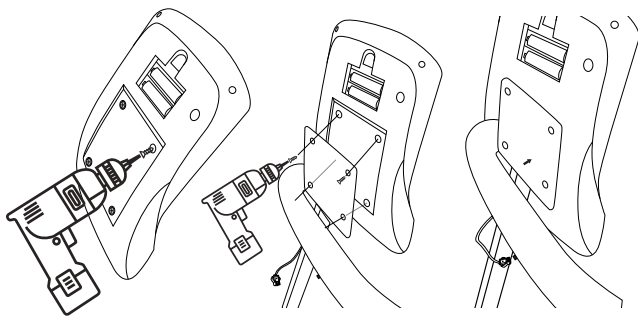
**Step 7.** Install the shell plastic parts on both sides, and then secure them with screws.



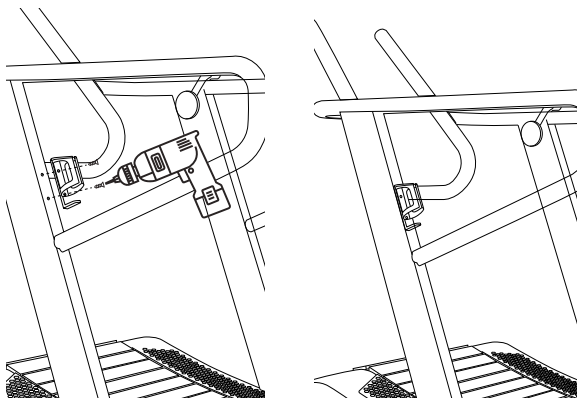
**Step 8.** Install the anti-slip pedal by first removing the five black screws, then place the anti-slip pad in the corresponding position, and then reinstalling the screws in their original positions.



**Step 9.** First, install the two batteries for the display screen. Then, remove the four screws from the back of the display screen. Place the display screen onto the display support plate of the front handle, then use these four screws to secure the LED display screen. Finally, connect the wires of the display screen to the wires on the handle.



**Step 10.** Secure the water bottle holder to the handle with two screws. Installation is complete.



# LED Display Screen Operation Guide

## Specifications:

**Time:** 00:00 ~ 99:59 Min:Second

**Speed:** 0.0 ~ 999.9 Km/hour

**Path:** 0.00 ~ 99.99 Km

**Calories:** 0.0 ~ 999.9 Kilo-calorie

**Total path :** 0.00 ~ 99.99 Km



## Key Functions:

**"MODE" key:** Choose and check certain function, Long-press the "MODE" key for 3-4 secs, the electronic watch will be reset.

**"SET" key:** Set the current value of certain function being displayed(It is valid in non-scanning state and invalid for the total distance).

**"Reset/Delete" key:** Reset or delete the current date((It is valid in non-scanning state and invalid for the total distance).

## Operational Process:

### 1. Automatic switch:

<1>When the button is pressed or exercise begins, the device will automatically power on.

<2>When there is no button pressed or exercise is stopped, the device will automatically power off after 4 minutes.

### 2. Operation and setting methods & steps:

<1> Time (TIME) Measure the time from the start of the exercise to the stop of the exercise;

<2> Speed (SPEED) Measured as an instantaneous speed, reflecting the speed of the movement;

<3> Distance (DIST) Measures the distance traveled from the start of exercise to the stop of exercise;

<4> Calorie (CAL) Measures the amount of calories (i.e., calories) consumed from the start of exercise to the end of exercise;

<5> TOTAL Measure (TOTAL) Measure the total distance when exercising. It starts counting on the basis of the original data when there is a signal input.(Note: The data is cleared only when the battery is re-powered);

Battery:

Replace the battery if the display is not clear;

This display watch uses two "AA" batteries.

# Exercise Instructions

## Warm Up Stage:

If you are over 35 years old or have health problems and it's your first time exercising, please consult a doctor. Before using the non-motorized curved treadmill, learn how to maintain stability and balance, as well as how to operate the treadmill. Start with light walking at a low speed.

## Exercise Stage:

Learn to use your body's strength for exercise at your own pace. Maintain a natural stride and gradually increase the intensity based on your personal condition. At this stage, avoid increasing speed too much at one time; this is beneficial for your health.

## Exercise Intensity:

Exercise at a suitable speed and pace while adjusting the intensity based on your feelings.

## Calorie Burning:

Optimize calorie burning through a reasonable exercise strategy, using the non-electric design to enhance workout effectiveness.

## Exercise Frequency:

It is recommended to exercise 3-5 times a week for 15-60 minutes each time. Develop a workout plan scientifically rather than just for leisure. Please consult your doctor or health professional before starting your exercise. Professionals can help you develop a suitable exercise timetable based on your age and health condition, determining workout speed and intensity. If you experience chest tightness, chest pain, irregular heartbeat, breathing difficulty, dizziness, or any other discomfort during exercise, stop immediately and consult a doctor or health professional.

If you regularly use the treadmill, you can choose a normal walking speed or a jogging speed. If you lack sufficient experience or need to confirm testing speeds, you can follow these guidelines:

Speed 1-3.0KM/H	not well physical
Speed 3.0-4.5KM/H	less movement and workout
Speed 4.5-6.0KM/H	normal walking
Speed 6.0-7.5KM/H	Fast walking
Speed 7.5-9.0KM/H	Jogging
Speed 9.0-12.0KM/H	intermediate speed walking
Speed 12.0-14.5M/H	well experiences of running
Speed 14.5-16.0KM/H	excellent runner

**Attention:** The velocity of movement <6KM/H, the normal walking; The velocity of movement 28.0KM/H ,the runner.

# Various of Sports Training Methods



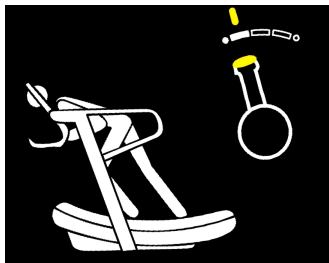
## **SPEED**

Curved treadmill allows users to run slowly from jogging to full sprint without any adjustment.



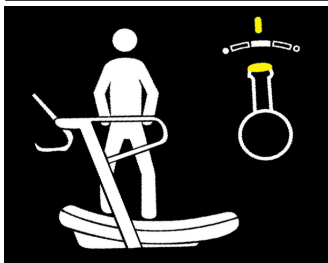
## **ENDURANCE**

Curved treadmill provides users with unique training methods to enhance aerobic and anaerobic training, thereby improving speed and endurance.



## **STRENGTH**

Curved treadmill achieves the purpose of training by pushing the user's lower body and pushing the body forward on the treadmill. This process includes the lower part and upper part, side pushing and side pulling.

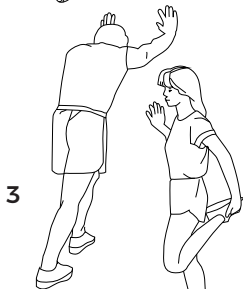


## **QUICK-RESPONSE**

Curved Treadmill improves user mobility and ability, including Carioca movement and knee lifting.

# WARM UP INSTRUCTIONS

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, spend the first of 5-10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.



5



**1. Down the stretch:** Knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

**2. Hamstring stretch:** Sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. Hand tries to touch the toes. Maintain 10 to 15 seconds, then relax.

**3. Legs and feet tendon stretch:** Two on the rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3). Repeat for each leg do three times (see Figure 2).

**4. Quadriceps stretch:** The left hand on the wall or table to master balance, and then stretch your right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

**5. Sartorius muscle (inner thigh muscles) stretch:** Feet in contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).