For The Long Run®

WOODWAY®

Motorless Treadmills

Curve / Curve Trainer / Curve XL

Translation of the Original German Operating Manual

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1 Introduction

1.1 Operating Instruction Information

This manual provides information on the safe operation of the CURVE treadmill.

A condition for safe operation is compliance with all safety and operating instructions.

Read and observe the operating instructions!

Read these instructions carefully before beginning any work on the treadmill! It is a part of the device and must be kept accessible at all times and in the immediate vicinity of the treadmill for operating and maintenance personnel.

⚠ CAUTION

Improper operation can cause accidents!

Not using the treadmill as intended according to the manufacturer's instructions can cause accidents and equipment damage.

- ► These operating instructions must be completely read and understood before using the treadmill.
- ► Keep these instructions close at hand for all users of the device.

Observe the instructions!

WOODWAY accepts no liability for accidents, equipment damage and consequences of equipment failure that are a result of failure to follow the operating instructions. In addition, the local accident prevention regulations and general safety conditions for intended use of the treadmill apply.

The manufacturer reserves the right to make technical changes in the context of improving the performance properties and further development without prior notice. Illustrations are for basic understanding and may differ from the actual design of the device.

Accessories from other suppliers have further safety regulations and guidelines. These must also be observed.

1.2 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology and our knowledge and experience.

WOODWAY accepts no responsibility for damages resulting from:

- Disregarding the operating instructions,
- Improper use,
- Use by non-authorized persons,
- Use of replacement parts which were not approved by WOODWAY,
- Unauthorized modifications to the device or accessories.

The WOODWAY general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract conclusion.

1.3 Copyright

The release of the operating instructions to third parties without the written permission of WOODWAY is prohibited.

NOTE

All contents, text, drawings, images or other illustrations are copyright protected and are subject to intellectual property rights.
Any misuse is punishable by law!

Duplication in any manner and form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from WOODWAY.

1.4 Replacement Parts

WOODWAY recommends the use of original replacement parts. Original replacement parts have particular qualities and ensure reliable and safe operation;

- Developed for specific use with the device,
- Manufactured in high quality and excellence,
- Ensure the legal warranty period
  (excluding wear parts) or other reached agreements.

NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use!
WOODWAY does not accept liability for damages resulting from this.

Disposal! Wear parts are considered hazardous waste!

After being replaced, wear parts must be disposed of according to country-specific waste laws.

For further information on disposal, see section 10 page 42.

1.5 Customer Service

For service questions contact the following:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
GERMANY

Contact: Tel. .+49 (0) 7621 - 940 999 - 14
Fax. +49 (0) 7621 - 940 999 - 40
Email: service@woodway.de

For faster processing of your request please have the following data and information available:

- Information on the nameplate (specific model/serial number),
- An accurate description of the circumstances,
- Customer number (if available),
- What action has already been taken?

Servicing: The address of your local service center can be obtained from the manufacturer. After repair or re-commissioning, the actions listed under "Installation" and "Commissioning" are to be performed as during commissioning.

2 Safety

2.1 General

The treadmill has been reliably designed, manufactured and tested according to the latest state of technology and is in safe and technically perfect condition. Nevertheless, the device can cause risk to persons and property if it is operated improperly.

For this reason the operating instructions should be read completely and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition.

Inappropriate use will result in the rejection of any liability or guarantee by WOODWAY.

2.2 Description of Warning Notices

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word).

All warning notices have the same design and the same standardized content design.

Sample of a Warning Notice:

⚠ SIGNAL WORD
Warning Text, Type and Source of Danger Description of the consequences of ignoring the danger. ► Measures, instructions and forbidden actions to avoid the hazard, ► Further measures...

Classification:

NOTE	NOTE or WARNING (no danger symbol) No risk of injury, pertinent information and warning against material damage.
⚠ CAUTION	CAUTION (with danger symbol) Slight possibility of injury.
⚠ WARNING	WARNING (with danger symbol) In a dangerous situation a serious accident is possible with the possibility of injury or death.
⚠ DANGER	DANGER (with danger symbol) In the event of an accident immediate danger of death or serious injury.

2.3 Safety Notices on Device

There are two safety stickers on the Curve. It is noted that the treadmill is motorless, that the running surface belt only moves in one direction and that the device must be mounted from the rear. Reference is also made to health hazards through overexertion.

Safety relevant information is identified on the device using the following stickers:

	**Use care when using the motorless treadmill!** Notice on free movement in the direction of the arrow, and on mounting and dismounting the treadmill.
	**Ensure proper health condition before use!** Consult a physician before use and discontinue training in case of health problems.

2.4 Health Risks

⚠ WARNING

Health Hazards for certain groups of people!

The use of the CURVE treadmill can pose health risks for certain people.

► Before using the device, check the list below for limitations for certain persons which apply to you. If so, the specified measures must be adhered to.

Persons with Medical Conditions

Before beginning an exercise program, consult your physician, especially if any of the following apply to you:

- History of heart disease
- High blood pressure
- Diabetes
- Chronic respiratory illness
- Elevated cholesterol levels
- Smoker
- Other chronic illnesses or physical impairments

Pregnancy

Pregnant women must consult a physician before starting a training program.

Symptoms during Training

Should you experience dizziness, chest pain, nausea, or any other abnormal symptoms while training on the treadmill, stop training immediately. Consult a physician prior to continuing training.

2.5 Intended Use

⚠ WARNING

Danger from Improper Use!

Any improper use and/or other use of the device can lead to dangerous situations with significant personal injury and/or property damage.

► Only use the CURVE for its intended use.
► Read and strictly adhere to all information in the operating instructions.

The CURVE is a motorless treadmill. It is intended for fitness training, to increase stamina and physical fitness.

The operating instructions are an integral part of the device and are to be available to all users at all times. The exact observance of the instructions is a prerequisite for the intended use of the WOODWAY device.

⚠ WARNING

Risk of Injury Through Risk of Falling!

The free-running treadmill presents the danger of falling.

► Familiarize yourself with the CURVE operation and operating principles before the first training.
► Always use the safety handrail when mounting and dismounting and when starting training.

ATTENTION

Claims to the manufacturer of any kind due to damage from improper use are excluded.

The representative alone is liable for all damages resulting from improper use!

2.6 Unauthorized Modes of Operation

The Curve treadmill may only be used for the aforementioned purpose. Any additional uses may result in serious personal injury and/or property damage.

The following restrictions and prohibitions must be strictly adhered to:

- The treadmill may not be put into operation without prior instruction by qualified personnel.
- Children may not use the device or be left near the device unattended.
- The use of the CURVE under the influence of alcohol or drugs and/or narcotics is prohibited.
- The CURVE may not be used for animals.
- Do not jump on or off of the CURVE!

3 Technical Data

3.1 Name Plate

Each WOODWAY treadmill receives a serial number during production. Depending on the year of your model, it has an alphanumeric code with 7-8 characters or a numeric code with 9 digits. The serial number can be found on the nameplate on the front left of the treadmill frame.

The nameplate contains the device's main technical details.

The treadmill range of functions is stated the nameplate and on the delivery note.

Keep Handy for Questions!

For service questions, the technical information on the nameplate must be kept handy.

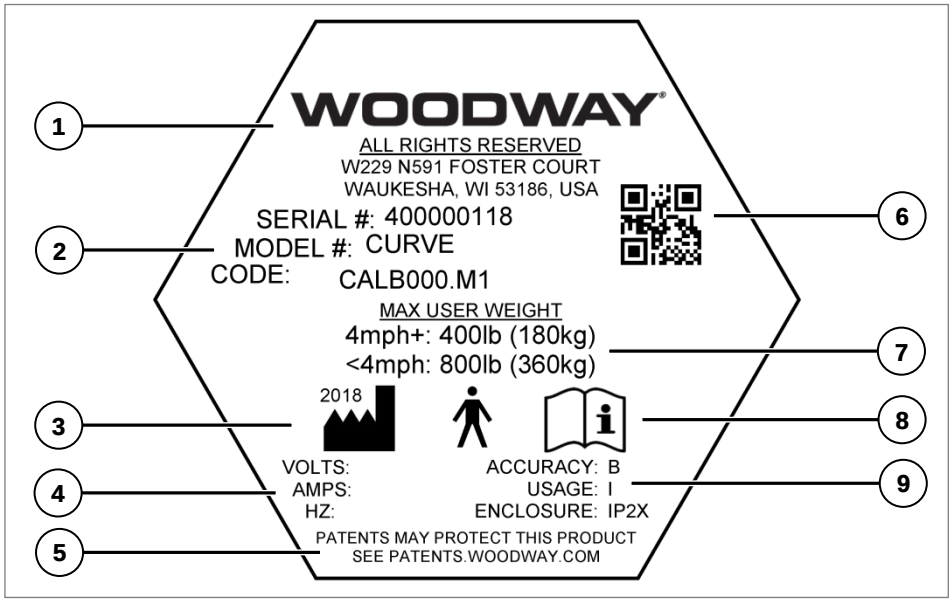


Fig. 1 Nameplate

1. Manufacturer name, address and logo
2. Product information (serial no., model no. and code)
3. Year of production
4. Information on electrical connection
5. Patent protection note
6. QR universal identification code
7. Max. permitted user weight
8. Note to read and observe the operating instructions!
9. Usage class, accuracy class and enclosure rating

3.2 Technical Specifications

Device designation:	CURVE	CURVE TRAINER	CURVE XL
Overall dimensions (L x W x H):	178 x 84 x 185 cm	189 x 84 x185 cm	233 x 97 x 190 cm
Frame dimensions (L x W x H):	170 x 73 x 46 cm	171 x 73 x 39 cm	219 x 86 x 53 cm
Walking surface (L x W):	170 x 43 cm	171 x 43 cm	219 x 55 cm
Usable walking surface (Arc L x W):	149 x 43 cm	149 x 43 cm	202 x 55 cm
Running surface above floor (deepest point):	31 cm	28 cm	29 cm
Walking surface / Technology:	60 Slats (replaceable) / Thermoplastic on composite T-sections		77 Slats (replaceable) / Rubber on aluminum T-sections
Walking surface hardness	Approx. 40 Shore A		
Lateral Movement	+/- 2 mm at each side		
Unit weight:	161 kg	151 kg	225 kg
Max. user weight (at max. 5 km/h):	180 kg (360 kg)		
Ambient conditions for storage and transport:	Temperature: -30°C to +70°C Relative humidity: 20 - 95% (not condensed) Air pressure: 700 - 1060hPa		
Ambient conditions for operation:	Temperature: +10°C to +40°C Relative humidity: 20 - 95% (not condensed) Air pressure: 700 - 1060hPa		
Pulse measurement:	1-channel ECG accurate, chest strap Polar (accessory)		
Fuse type	IP2X		
Drive motor:	Manually driven		
Speed:	0 - X km/h (no maximum speed limitation)		

3.3 Dimensions

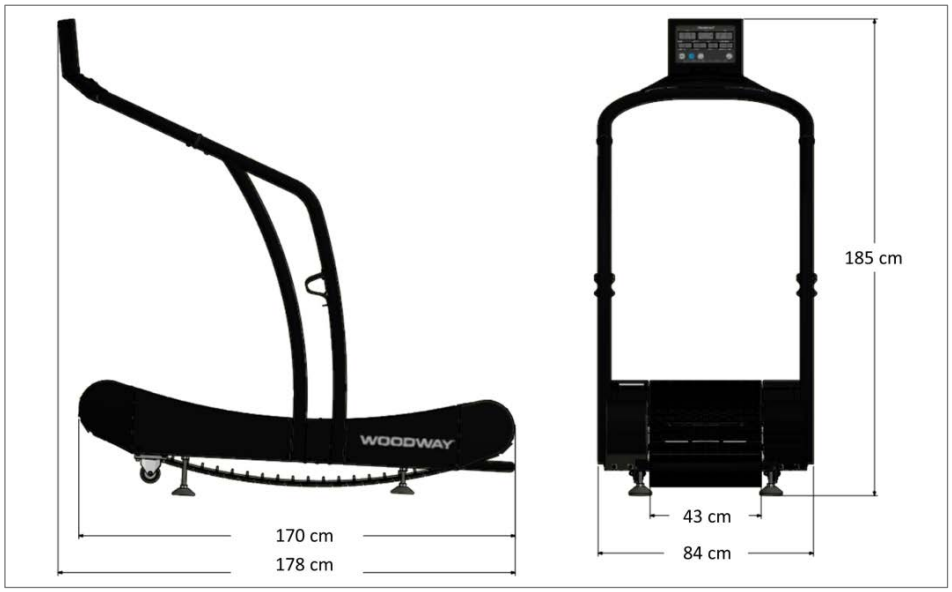


Fig. 2 CURVE dimensions

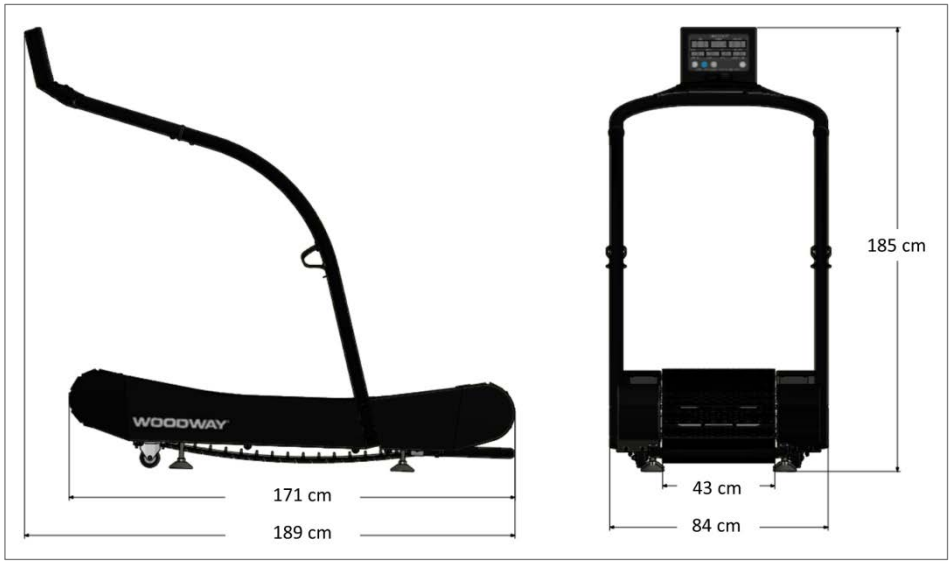


Fig. 3 CURVE TRAINER dimensions

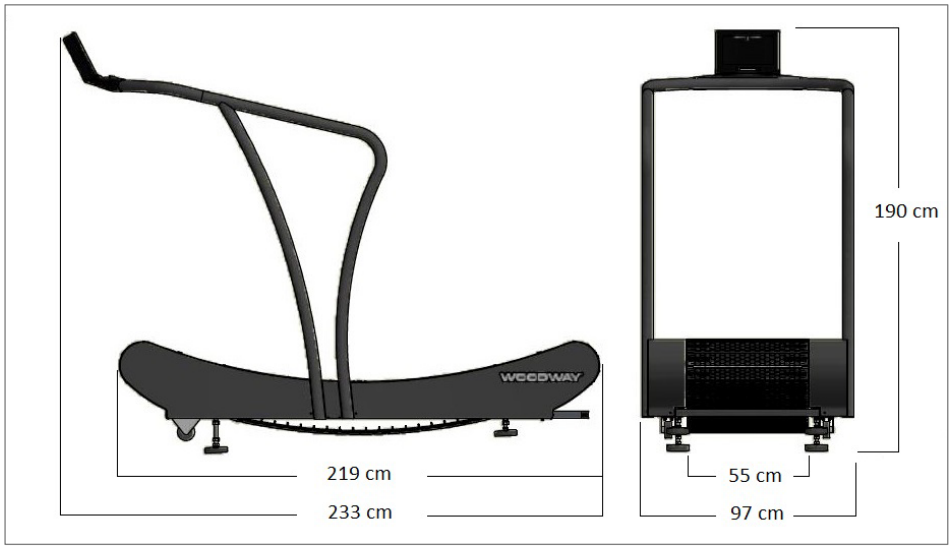


Fig. 4 CURVE XL dimensions

4 Transportation and Storage

4.1 Safety Notices for Transportation

Check the treadmill for damage upon arrival. Also check and compare supplied accessories with the corresponding delivery note.

The manufacturer is not liable for damages and missing parts if this information was not recorded in writing on the delivery note upon delivery of the unit. Damage or defects must be reported to the carrier and to the responsible WOODWAY dealer immediately.

⚠ WARNING

Risk of Injury by Machine Falling or Falling Over!

Improper transportation of the device may lead to it falling over and causing injury or equipment damage.

- ► Only transport in compliance with the safety regulations.
- ► Only use the supplied carrying tubes for transport.
- ► Never lift the device using the railing or protective coverings.
- ► Ensure stable center of gravity and steadiness during transportation.

WOODWAY Service: If necessary, transport or relocation can be carried out by authorized WOODWAY service partners.

For further information please contact WOODWAY customer service.

4.2 Transporting the Treadmill

Carrying Tubes The carrying tubes are to be inserted into the openings provided at the bottom front of the treadmill frame. Do not pull on or remove coverings. If the treadmill must be disassembled, the coverings and the railing unit can be removed to facilitate transport.

Transport Rollers! The CURVE is equipped with two rollers on the bottom front of the device for short transport distances. A handle is welded to the frame at the back of the device. Using this handle the entire unit can be lifted and maneuvered like a wheelbarrow. Warning; the treadmill is very heavy.

The transport rollers are only functional after the device has been lifted and tilted to a certain height.

NOTE

The railing in the front of the treadmill lowers when the back of the device is raised. Pull the device away from the wall before lifting so that the display does not hit anything.

⚠ CAUTION

Risk of Injury from Lifting

It is recommended to use two people when lifting and maneuvering the treadmill.

4.3 Storage

The device may only be stored in closed, dry rooms. It is absolutely necessary to prevent contact with moisture (rain, fog, etc.)

The following environmental conditions are prescribed for transportation and storage:

- Temperature: -30°C to +70°C
- Relative humidity: 20 – 95% (not condensed)
- Air pressure: 700 – 1060 hPa

5 Product Description

5.1 Function

The CURVE is a motorless training device. The user controls the desired workout speed with their running speed on the upwardly curved running surface.

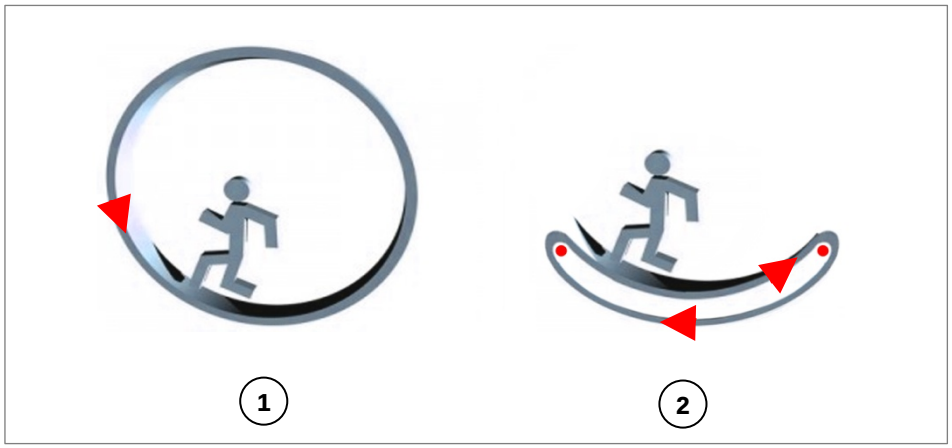


Fig. 5 CURVE Operation

1. Basic principle of the rotary drive through moving mass
2. Operation of the CURVE drive with a running person

The treadmill is accelerated, slowed or stopped through the shifting of weight and the resulting running speed. The CURVE functions without a motor, so there is no emergency stop device. The treadmill stops on its own. It can take some time before the device stops depending on the running speed.

Stopping the Treadmill

To stop the running surface, the runner straddles the running surface on the right and left sides and lets it coast to a standstill (or they shift their center of gravity and shift their weight to the rear until the treadmill comes to a standstill).

⚠ WARNING

Risk of Injury Through Falling!

During training, especially during the initial use of the device there is a danger of injury from falling.

- ► Familiarize yourself with the CURVE operation before the first training. The shifting of weight to the front curved area causes the speed to increase. Shifting the weight to the back causes the speed to decrease.
- ► It is absolutely necessary that you hold on to the safety railing during the first training program until you can move safely on the treadmill.

5.2 Running Surface

The walking surface belt consists of individual slats which are mounted on a set of wedged-tooth belts.

Slat Design

The individual slats consist of two components: A rubber surface and a T-shaped aluminum base. Due to the approximately 1 cm thick rubber surface and the aluminum T-slat, WOODWAY has the "world's most ideal running surface for treadmills". Due to the rubber running surface the majority of the impact energy is absorbed and local pain in extremities which is associated with long runs is reduced. The interaction between the belt system and the transport system prevents friction and heat generation. This increases service life of the running belt and the entire treadmill.

The WOODWAY running surface differs fundamentally from running belts on conventional Treadmills (for which cotton-nylon belts are normally used). On your WOODWAY treadmill you may initially notice higher surface grip than you have experienced before. The more you use your treadmill, the more you will get used to the grip. As with all treadmills, it is also important on a WOODWAY treadmill not to shuffle your feet if possible.

5.3 Transport System

The support system consists of two supporting rails (secondary carrier), which are equipped with high-performance bearings. Six V-belt guides on each carrier ensure lateral stability.

The system which consists of a total of 112 ball bearings supports the running surface and distributes the load evenly over the entire treadmill. The running surface belt (slats and steel wire reinforced toothed V-belt) is guided by a form-fitted guide roller on the front and back. The guide rollers are coupled by a toothed belt and thereby synchronized. This makes the curve possible. The combination of running surface / secondary carrier / guide rollers makes this slat system unique:

- Low friction (energy saving) and low wear
  (approx. 240,000 km functional service life)
- High service life (one running surface belt for one treadmill life)

6 Commissioning

6.1 General

Commissioning is the initial intended use of the device, see sec. 0 Page 10. Ensure that the conditions applicable to basic safety and health requirements are met. Read these operating instructions completely before commissioning.

Before commissioning the device, operating and functional safety is to be tested. This includes correct installation and operator instruction.

6.2 Installation

Only install your treadmill at ground level on a sufficiently firm, stable surface. The surface should be as flat as possible to ensure that the frame only bends minimally. Do not place the treadmill directly on a deep pile velour or fleece carpet due to moving parts on the bottom.

ATTENTION

Maintain the Safety Area

Keep the area behind the treadmill clear.

Ensure that there is a clearance of at least 2 meters between the back of the treadmill and walls or furniture.

If the installation site has high-pile carpeting, a floor protection mat should be placed under the treadmill.

WOODWAY also has appropriate mats available.
For more information call +49 (0)7621 - 940 999 - 0.

Using a floor protection mat reduces the production of lint which can enter the treadmill. This also minimizes carpet wear.

6.3 Assembly

The CURVE slatted treadmill is usually delivered and installed free place of use by WOODWAY or an authorized carrier.

The handrail assembly and the side panels can be removed to reduce the weight and facilitating transport.

NOTE

The required assembly tools and materials are included in the scope of delivery.

All screws, parts of the device are in standard American sizes. No metric screws may be used.

The following section describes device installation.

6.3.1 Positioning the Device

Fig. 6 Installation step, positioning the device

- Position the unit on a sufficiently solid and horizontal surface. For information see section 6.2 page 19.
- There are wheels under the front end of the treadmill. The treadmill can be moved on the wheels by lifting it using the handle on the back of the device. The transport rollers are only functional after the device has been lifted and tilted to a certain height.
- To carry the device, use the carrying tubes in the lower part of the treadmill. The square steel tubes fit into two square brackets to the front of the treadmill.

ATTENTION

The device is very heavy! Ensure that the carrying tubes cannot slip out of the brackets during transport.

- Remove the tubes from the brackets after transport.

6.3.2 Mounting the Side Panels

The CURVE and CURVE TRAINER side panels are different from the CURVE XL side panels.

The CURVE XL panels consist of two separate panels on each side. The panels are separated in the middle (see Fig. 10 page 23), further assembly is identical to the CURVE and CURVE TRAINER.

Fig. 7 Installation step, mounting side panels

- Place the left and right side panels on the device. The curved design and the cutouts for the railing indicate the proper position.
- Ensure that they are in the correct position on the frame and not resting on the drive belts or guide rollers.
- Check that the six holes on the top of each side panel are directly above the underlying holes in the frame.
- Do not fix the side panel from the top yet, since the bottom needs to be fixed to the frame first.
- Then make sure that the data wire (in the right running direction) extends through the handrail cutouts in the side panels. It will be connected to the display wire in a later step. If the wire is not visible, remove the side panel again. Put the wire through the opening.

Fig. 8 Installation step, fixing bottom of side panel

- Fix both side panels (on the CURVE XL four pieces) to the frame. Fix the panels to the bottom of the device at the four points in the front and rear with the supplied Phillips screws and screwdrivers.
- Press slightly on the panel from the outside until the holes in the frame and side panels are aligned and the screw can engage the thread.

Fig. 9 Installation step, fixing top/sides of side panel

- Now fix the side panels to the frame from the top. Fix the side panels to the top of the device at the front, middle and rear using the supplied Allen screws and Allen key (six points on each side).

Fig. 10 Installation step, fixing top/middle of side panels (CURVE XL)

- The screws should tighten easily and without much resistance. If this is not the case, press slightly on the panel from the outside until the holes in the frame and side panels are aligned and the screw can engage the thread.

6.3.3 Mounting the Railing

ATTENTION

The CURVE treadmill may not be used without the railing! There is a danger of injury!

Fig. 11 Installation step, positioning railing (CURVE / CURVE XL)

- Hold the railing as shown and carefully step onto the right and left side panels.

⚠ WARNING

Danger of Falling off of Treadmill!

Danger of falling when stepping onto the treadmill while holding the railing.

► Do not step onto the running surface while holding weight.
► To position the railing, stand on the side panels to the left and right of the running surface.

- Because of the weight of the railing, this step should be performed with two persons. Position the railing as illustrated.

CURVE / CURVE XL

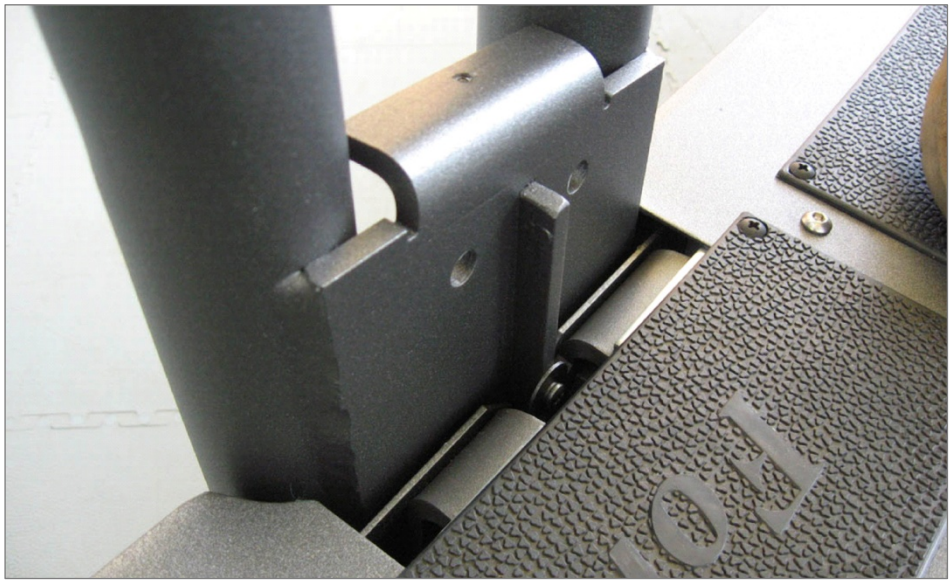


Fig. 12 Installation step, positioning railing (CURVE / CURVE XL)

- Attention!
  Do not insert the railing completely into the seat.
- **Before** inserting the railing into the seat, check that the data wire is protruding out of the base of the device and that the connecting wire is protruding from the opening at the bottom of the railing.

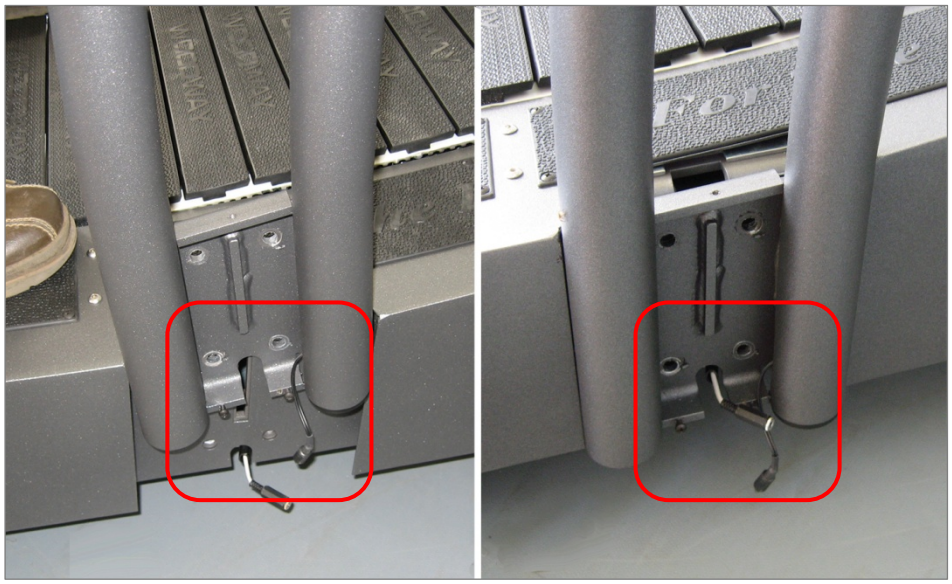


Fig. 13 Installation step, inserting railing – wire (CURVE / CURVE XL)

- Before the railing is completely inserted, ensure that the data wire plug is not damaged by the bottom edge of the railing (crimped, cut or twisted). There is a cutout for the wire in the railing.

- When you have checked the position of the wires, insert the railing into the seat until it stops. If the railing does not slide in easily, adjust the insertion angle by slightly moving the railing to the left and right or front and back.

Fig. 14 Installation step, connect wires (CURVE / CURVE XL)

- Connect the ends of the display and data cable and stow any excess cable in the opening in the railing.

Fig. 15 Installation step, fixing the railing (CURVE / CURVE XL)

- Fix the railing to the frame. Fix the railing between the two tubes on the right and left - four points on each side - using the supplied hex screws and the socket wrench. Screw all four bolts in loosely before tightening them with the socket wrench.

Fig. 16 Installation step, mounting cover plate (CURVE / CURVE XL)

- Then place the cover plates over the bolts on both sides and stow the display wire behind it (on the runner's right).

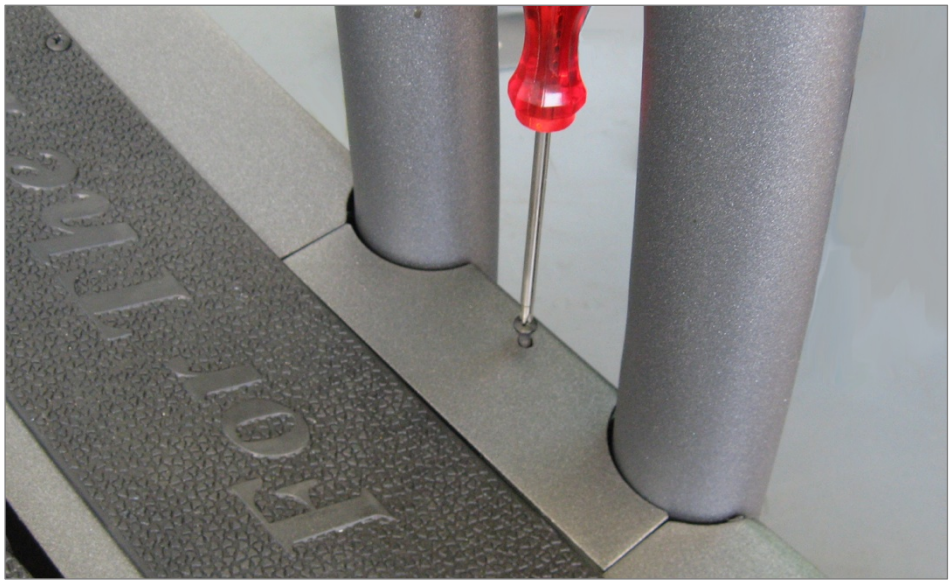


Fig. 17 Installation step, fixing cover plates (CURVE / CURVE XL)

- Fix the right and left cover plates with a Phillips screw from the top and two Phillips screws on bottom.

CURVE TRAINER

Fig. 18 Installation step, positioning bolts (CURVE TRAINER)

- Attention!
  Inset the socket head bolts and lock washer through the fixture so roughly 1 cm is protruding through the inserts.

Fig. 19 Installation step, positioning railing – wire (CURVE TRAINER)

- **Before** placing railing, check that the data wire is protruding out of the base of the device and that the connecting wire is protruding from the opening at the bottom of the railing.

Fig. 20 Installation step, fixing the railing (CURVE TRAINER)

- Fix the railing to the frame on both sides. Fasten bolts all the way/snug.

- Ensure that the data wire plug is not damaged by the bottom edge of the railing (crimped, cut or twisted). There is a cutout for the wire in the railing.

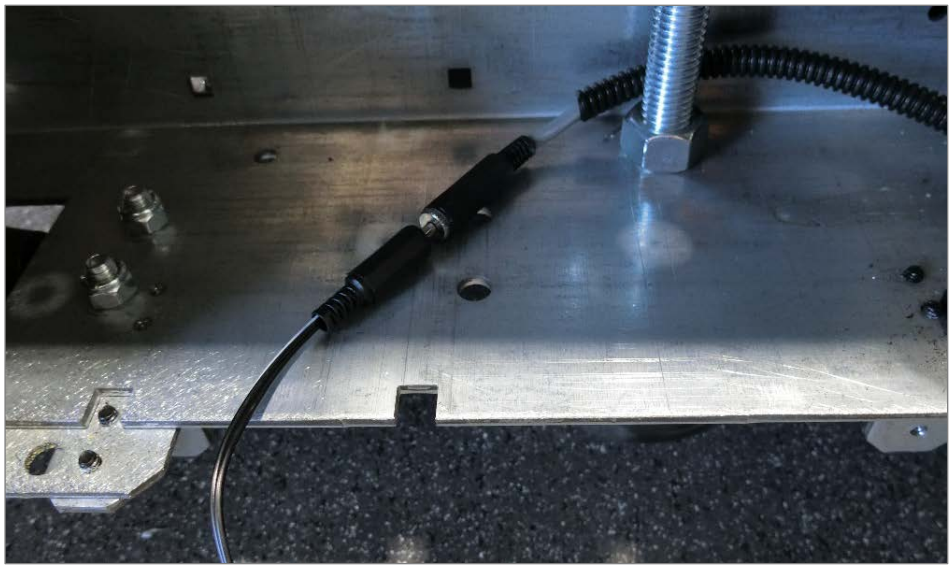


Fig. 21 Installation step, connect wires (CURVE TRAINER)

- Connect the ends of the display and data cable and stow any excess cable in the opening in the railing.

7 Operation

7.1 For Your Safety

NOTE

CONSULT A DOCTOR!

If you are over 40 years old, have a heart condition, are overweight or have not been involved in sports for several years, a visit to the doctor is recommended before beginning an intensive training program.

For safe operation and successful training please read the following points for your own safety before starting to use the CURVE:

- The CURVE does not have a motor and the belt moves freely! Always mount and dismount the CURVE from the rear. Always hold on to the railing during mounting.
- Keep hanging clothing and towels away from the running surface. Ensure that shoelaces do not extend beyond the bottom of the shoe sole.
- Keep the area behind the treadmill clear and make sure that there is a space of at least 2 meters between the rear of the treadmill and walls or furniture.
- Keep hands away from all moving parts.
- Children and animals may not mount the treadmill! Never leave children or animals near the treadmill unattended.
- Check the treadmill for defective or loose components before use and replace or repair if necessary.
- WOODWAY treadmills can be used by persons with a maximum weight of 350 kg. Due to the mode of operation there is no guarantee that the treadmill running surface belt will stop immediately if required (e.g. when an object is caught in the treadmill belt or rollers).
- Mount and dismount the treadmill carefully. Never mount or dismount the treadmill when the running surfaced is moving. For safety reasons hold on to the railing and straddle the running surface with your feet on the left and right. No not dismount the treadmill until the running surface stops moving.
- Wear suitable running shoes with a high degree of grip. Do not use shoes with heels, leather soles or running shoes with spikes. To protect your device, ensure that there are no stones in the profile of your shoe soles.
- Take a few minutes to get your heart rate in the desired training range. Walk slowly for some time after a training session to give your body enough time to cool down. During this time your pulse rate will go back to the normal range.

ATTENTION

The user/owner or representative of the equipment is responsible for ensuring that regular maintenance and inspection of the CURVE is carried out.

Defective components must be replaced immediately. The treadmill should not be used until it is repaired by a professional!

7.2 Safety Equipment

7.2.1 Reverse Brake

The CURVE non-motorized running face is designed so that the user drives the running surface and controls its speed. This is only possible due to the innovative curved design combined with gravity.

Only Forwards Movement!

For the safety of the user the running surface only rotates in one direction, which only allows use of the device for running forward (not for running in reverse). This provides for a virtually locked running surface for mounting and dismounting the treadmill from the rear.

ATTENTION

The CURVE treadmill may only be mounted in the rear from the side! Never mount from the front!

When the treadmill is mounted from the front the running surface starts to move immediately. Danger of accident!

Fig. 22 Mounting the CURVE

7.2.2 Safety Railing

The CURVE is equipped with a railing that extends along both sides and is bowed around the front. This allows the user to maintain direct contact, so as to obtain safety and stability along the entire curvature of the running surface.

For safety reasons the user should hold on to the railing when necessary (e.g. for stopping).

ATTENTION
Always use the railing for mounting and dismounting!

7.3 Practical Training

7.3.1 Professional Consultation

For all treadmill training beginners, it is recommended to seek the advice of a professional fitness instructor or personal trainer, to obtain an overall fitness assessment before starting an exercise program and developing an optimal training program.

For optimal use and safety during treadmill training, WOODWAY recommends running on the treadmill in an upright and natural running position and to avoid dragging foot movement.

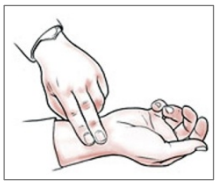
Before the first training observe the CURVE treadmill function notices in section 5.1 on page 17.

7.3.2 Warm-Up and Cool-Down

A warm-up before each workout and to cool-down after each workout is recommended. If possible, you should always do some basic stretching exercises for the legs before and after training. The stretching exercises make you more flexible and this prevents muscle soreness and injury during routine activities.

7.3.3 Measuring Pulse

To select the optimum fitness levels for the workout, it is important to determine your heart rate and your pulse as accurately as possible. For this, a high quality heart rate monitor is recommended (included in the scope of delivery).



In the event that you do not have a heart rate monitor, you can feel your pulse by placing your fingers on the underside of your wrist or on one side of your neck. Look at the second hand of a clock and count how many beats you feel in 15 seconds. Multiply this number by four to calculate the BPM (beats per minute). Your heart rate is required when you do your fitness test.

7.3.4 Calculating Maximum Heart Rate

To determine your maximum heart rate subtract your age from the number 220 (general formula). The difference is an approximation of your maximum heart rate. This formula is used by the American Heart Association (AHA) and the American College of Sports Medicine (ACSM). Your actual maximum heart rate is determined by a stress test performed by your doctor. The American Heart Association recommends undergoing a stress test if you have a history of heart disease or if you are over 40 years old and starting an exercise program.

Heart Rate Recommendation

During training it is recommended not to exceed a value of 85 % of maximum heart rate. Our programs are designed so that the heart rate remains within the target range. Your target range is between 60 and 75% of your maximum heart rate. If you find that your heart rate is above the 75%, you are probably running too fast. Reduce your speed or stop your workout for a brief moment to bring your heart rate back to the target range.

7.3.5 Heart Rate Chart

Age	Maximum heart rate [BPM*]	60 % of the maximum heart rate [BPM*]	75 % of the maximum heart rate [BPM*]	85 % of the maximum heart rate [BPM*]
20	200	120	150	170
25	195	120	150	160
30	190	110	140	160
35	185	110	130	150
40	180	100	130	150
45	175	100	130	140
50	170	100	120	140
55	165	90	120	130
60	160	90	120	130
65	155	90	110	130
70	150	90	110	120
75	145	80	100	120

**** BPM**: Beats per minute, source: American College of Sports Medicine*

7.3.6 Training Frequency

At the beginning of training allow yourself enough time to get into shape. After a break from training, you should also allow sufficient time to rebuild physical condition.

Endurance training! The priority is regularity and persistence of training - not the intensity. Fitness experts recommend in the beginning training three to four times per week within your target heart rate for at least 20 minutes per workout. Your primary objective should be, step-by-step to reach a level of fitness with which you can easily keep your heart rate in the target range for 50 to 60 minutes four to five times per week.

Running Shoes! In order to prevent sore feet and sore muscles caused by incorrect footwear, the use of high quality running or jogging shoes is recommended. Ensure there is adequate heel and arch support.

7.4 Polar® Heart Rate Monitor

The display was designed so that the user's heart rate is indicated when a Polar® measuring device is used. In order display the user's heart rate accurately on the screen; the built-in receiver display must receive a stable heart rate signal from the Polar® transmitter.

The Polar® heart rate system consists of three main elements:

- sensor/transmitter
- chest strap/belt
- measuring device/console

The receiver for the wireless system is installed in the measuring device assembly or the console display. When in operation the display shows the heart's activity in beats/minute.

⚠ WARNING

Danger of Electrical Disturbance!

Using the transmitter from the heart rate monitor in conjunction with an electric pacemaker may cause electrical interference and influence the functionality. This could cause a health hazard.

► **Never** use the heart rate monitor together with an electric pacemaker.

7.4.1 Applying the Chest Strap

The sensor / transmitter is to be worn below the chest and above the abdomen, preferably directly on the skin (not over clothing). The transmitter should be applied centrally below the chest muscles. After the belt is fastened, pull it away from the chest by stretching the strap and moistening the conductive electrode strips which are located below the buttons. The transmitter operates automatically while it is worn. It does not work if the connection between the transmitter and the body is broken. After you have removed the transmitter, wash the belt with a mild detergent in warm water and rinse thoroughly with clean water. However, since the transmitter can be activated by moisture, it should be wiped dry after cleaning. Never clean the surfaces of the transmitter with force.

7.4.2 Transmitter Function

The signal will only be transmitted if the transmitter is within one meter of the receiver. Note that variations in the heart rate display can occur when the transmitter is too close to other Polar® devices. Maintain at least one meter distance from other Polar® devices.

NOTE

It is possible that the heart rate measurement reception is irregular or completely disrupted when the Polar® measuring device is too close to strong sources of electromagnetic radiation, for example, in the vicinity of overhead power lines, televisions, computers, electric motors or other fitness equipment. Only one transmitter should only be used within range of a receiver since the receiver might otherwise receive multiple signals and transmit inaccurate readings.

7.5 Display CURVE / CURVE TRAINER / CURVE XL

The battery-operated display seen below is used on the CURVE, CURVE TRAINER and CURVE XL. The display has seven sections that display 11 different items accessible by toggling the “CHANGE READOUT” function key.

Fig. 23 Display CURVE / CURVE TRAINER / CURVE XL

7.5.1 Display Parameters

- Manual user speed control (SPEED)
- Display for TIME, DISTANCE, PACE, TOTAL TIME, WATTS, CALORIES, LAP, METS, HEART RATE and TOTAL DISTANCE.

7.5.2 Display Description

The indicators in the display indicate the following data:

SPEED: Displays the current speed in km/h.

TIME: Displays the cumulative training time.

- Displays the elapsed time, from training start to training end. The TIME display stops automatically when no training activity has been detected for 3 seconds.
- The training time can be set in advance (see instructions for the function keys). A beep sounds when the preset time has elapsed (Countdown).

DISTANCE: Displays the distance run.

- The training distance can be set in advance (see instructions for the function keys). A beep sounds when the preset distance has been reached.

CALORIES: Displays calories burned during the workout.

- The calories that should be burnt in a training session can be set in advance (see instructions above). A beep sounds when the preset calories have been reached.

PACE: Displays the time required to run a kilometer at the current speed.

LAP: Lap is the current lap the use is on. To increase it, press the Lap function key.

WATTS: Displays an instantaneous measurement of power based on the current speed and a standard weight of 70 kg.

HEART RATE: Displays the user's actual heart rate during training in the form of beats per minute.

TOTAL TIME: Displays the accumulation of time since the workout has started.

METS: Represents the conversion of 3.5 milliliters of oxygen per kilogram of body weight per minute.

TOTAL DISTANCE: Displays the accumulation of all or km (or miles) over all laps.

7.5.3 Function Key Description

Various parameters can be adjusted to your personal training requirements with the function keys.

LAP: The Lap button increases the lap count display window while resetting time and display readouts. Lap results can be read in "end workout" section.

CHANGE READOUTS: Switches the readouts between the top display and bottom display. The current readout is shown by arrows on the display screen.

RESET: Resets the display readouts.

END WORKOUT: It will finish the workout. It will display results of the workout for 30 seconds before powering down. In this mode, the lap button can be pressed to cycle through the results of all laps. The *End Workout* button can be pressed a second time to power off the display.

NOTE

The display is powered by 6 standard AA batteries. When replaced, it can occur that the unit of measure switches to the manufacturing settings (imperial). To change the units of measure see section 7.5.4 page 36.

7.5.4 Changing Units of Measure

- Press and hold the **LAP** and **CHANGE READOUTS** keys for about 5 seconds to enter settings.
- Press the **LAP** key to change the units *SI* (metric)/ *En* (imperial).
- Press the **END WORK** key to exit settings.

7.6 Training Process

Training Start

ATTENTION

Always use the railing for mounting and dismounting!

The CURVE treadmill may only be mounted in the rear from the side! Never mount from the front!

When the treadmill is mounted from the front the running surface starts to move immediately. Danger of accident!

Start running slowly and hold on to the railing. The display will be activated by the movement.

If you are using the motorless CURVE for the first time, continue walking at a slow speed for a few minutes. In this way you familiarize yourself with the device and learn the reaction to longer and shorted steps. The railing can always give you the necessary security.

Active Control Element

Each of the data display windows can be reset during training. For this, change to the desired window using the MODE key and then press the RESET button.

End Training

ATTENTION

To end training slow the step rate evenly. Hold on to the railing when stopping.

If you want to abruptly interrupt or stop training, support yourself on the railing and stand on either side of the running surface. Let the running surface come to a stop on its own.

The display can be reset by using MODE to switch to the desired display window and then pressing RESET. The display switches off automatically when the running surface does not move for 8 minutes.

8 Accessories and Services

For questions about accessories and WOODWAY services call WOODWAY customer service at +49 (0)7621 - 940 999 - 0/ or your responsible WOODWAY dealer.

Protective Floor Mat: Serves to protect the floor or carpet under the WOODWAY device and at the same time protects against obstacles such as deep pile carpet.

Polar chest strap set: The Polar T34 transmitter chest strap is a Polar chest strap with extended range. Transmission to the training device is wireless and serves to measure the heart rate.

For information about current prices, please contact the above persons.

9 Maintenance and Cleaning

⚠ WARNING

Danger of injury due to lack of qualifications!

If maintenance or repairs are not carried out by professionally qualified personnel, this may cause material damage and serious injury.

- ► Maintenance and repair work may only be performed by qualified personnel!
- ► It is the sole responsibility of the representative to assign qualified personnel for maintenance and repair work.
- ► In case of doubt or questions, always contact the WOODWAY customer service or dealer!
- ► The manufacturer is not liable for personal injury and material damage caused by a lack of qualifications!

9.1 Cleaning

ATTENTION

The use of water and liquid detergents as part of cleaning can cause serious or fatal electrical shock.

- ► No liquids may come in contact with electrical components, wires, wire connections or displays.
- ► Do not spray the device with a water jet.

The running surface should be thoroughly cleaned at regular intervals, depending on the intensity of use.

Remove light dirt and dust with a soft cloth. Dirt can be removed with damp cloth and mild soapy water. After cleaning dry with a dry cloth!

Cleaning Notes:

- Do not use abrasive brushes or abrasive cleaners, as the paint and plastic surfaces can be scratched
- Do not use sharp tools for cleaning (knife, metal scraper) or aggressive solvents.
- Clean all surfaces with a non-abrasive, mild detergent.
- To avoid damage to component surfaces, observe the instructions for detergent use.

9.2 Lubrication

9.2.1 Bearings

All bearings in the treadmill have been lubricated at the factory and must not be lubricated except for the axle bearings.

The bearings on the front and rear axle are to be lubricated with a grease gun once a year (two in the front, two in the rear).

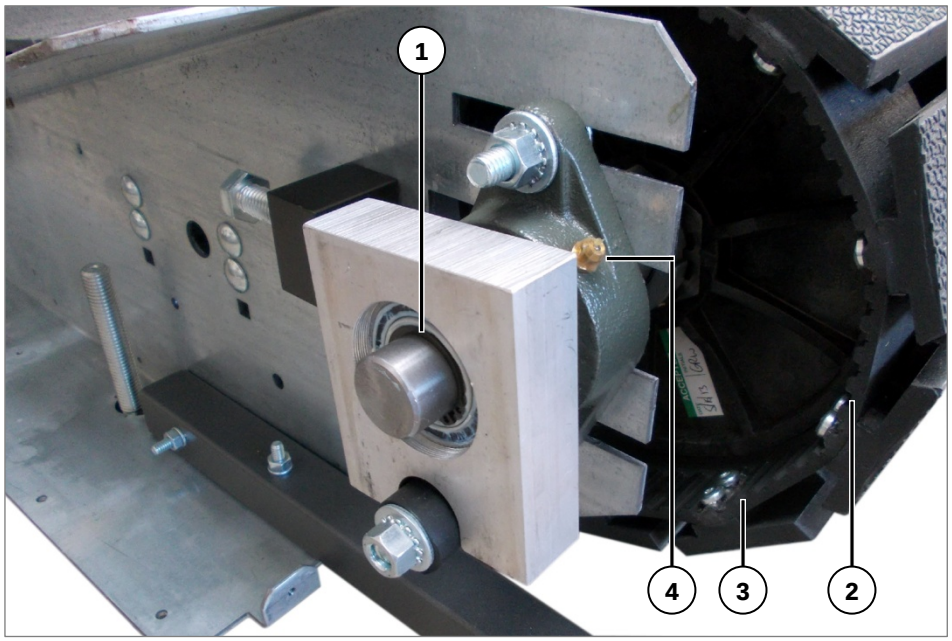


Fig. 24 Axle bearing

1. Aligning bearing (maintenance free)
2. Inside of the running surface belt
3. Edges of slats
4. Lubrication nipple for all four bearings / front and rear axle

The side panels must be removed for lubrication.

9.2.2 Running Surface Belt

The rubbing of the running surface toothed belt on the edges of the guide roller may cause noises.

For relief, lightly lubricate the sides of the toothed belt (Molykote or equivalent). Also apply lubricant to the teeth on the synchronization belt.

9.3 Synchronization Belt

The synchronization belt on the right side (in running direction) connects the front and rear axles. It ensures equal circumferential axle speed and the exact movement of the running surface belt.

The condition of the toothed belt should be checked (wear, condition of teeth) during inspection measures, when side panel are removed or by excessive noise. The belt tension should also be checked. A tensioning roller is located above the belt, see Fig. 25. By loosening the fixing screws (Pos. 4) the tensioning roller and block can be adjusted along the slots. Increase belt tension when necessary. Then tighten both fixing screws.

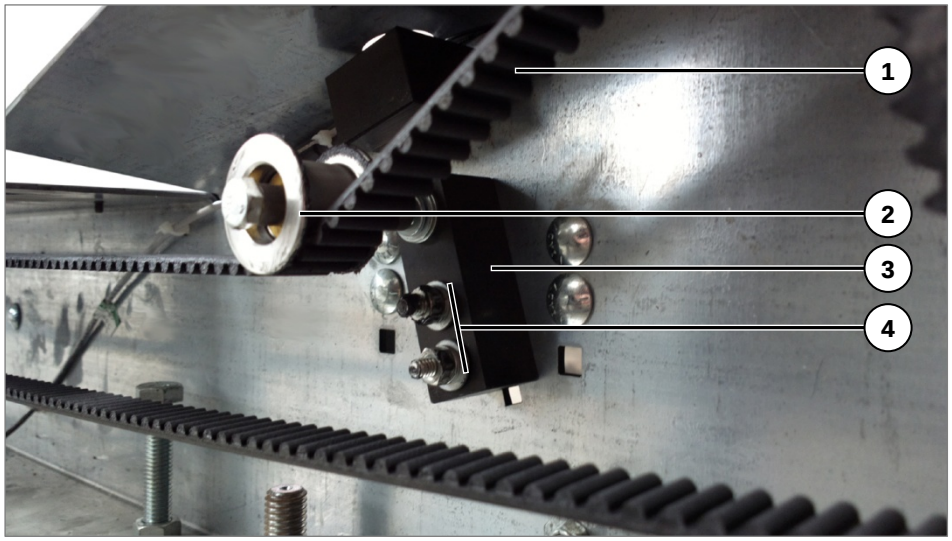


Fig. 25 Synchronization belt

1. Synchronization Belt
2. Tensioning roller
3. Tensioning roller block
4. Fixing screws

9.4 Cleaning and Maintenance Intervals

When the treadmill is in a dirty area or it is heavily used, cleaning and inspection measures must be performed accordingly.

For proper inspection and regular review, we recommend a WOODWAY maintenance contract.

ATTENTION

Worn or damaged components must be replaced immediately. If the observed deficiency can cause danger to the user or operator, the CURVE may not be used until it is repaired.

9.4.1 Weekly Maintenance

- Clean the rails, the front display panel and the cover panels.
- Check the overall condition of the treadmill.
- Vacuum under the treadmill.

9.4.2 Annual Maintenance

- Vacuum the inside of the treadmill. For this, remove the railing and the panels.
- Check all screw connections for tightness. Tighten loose nuts and bolts.
- Clean the running surface.
- Check the toothed belt. Replace if teeth are missing or the belt is badly worn.
- Lubricate the roller bearings on the front and back as part of annual maintenance.

9.5 Troubleshooting

ATTENTION

With the exception of the maintenance work described in this chapter, the treadmill can only be checked and repaired by qualified personnel.

If necessary the WOODWAY dealer or service center is to be contacted!

For specific consultation during servicing, we require details about your treadmill. With the following information you can contribute to optimal consultation:

- What are the make and model and what is the serial number?
- What happened before the problem occurred?
- Did the problem occur suddenly or slowly over time?
- Was the treadmill in use when the problem occurred?
- Explain any the other signs which can provide information for correcting the error.

10 Disposal Notice

10.1 Batteries

Always return used batteries.

Discharged batteries can be returned to public collection or retail stores.

Batteries supplied by us can be returned to us at no charge. They can also be sent by mail.

Returning Batteries:
This symbol indicates that the display batteries may not be disposed of in the household trash after used.

10.2 Disposal of the Device

The disposal of the equipment must be in accordance with the respective national regulations.

An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):

- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.

The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste! After being replaced wear parts must be disposed of according to country-specific waste laws.

11 Maintenance Report

DATE	MAINTENANCE MEASURES	FROM	REMARKS

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