



Curved Treadmill

USER MANUAL

VER-CTM-003



DRIVE Self-Powered	MAX USER WEIGHT 180 kg	UNIT WEIGHT 145 kg
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Need help? Contact support@vervefitness.com or visit vervefitness.com/support
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Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

1. Installation & space. Install on a stable, level surface that can carry the weight of the unit and the user. Leave a clear safety zone of at least 2000mm (L) × 1000mm (W) behind the treadmill.

2. Read this manual first. Read every instruction before you use the treadmill. It's built for simulated walking and running only – any other use is improper and dangerous.

3. Check before every session. Inspect the unit before each use and confirm all screws are still tight. If anything looks abnormal, stop and don't use it until it's been checked.

4. Hands, feet & hair. Keep hands and feet clear of moving parts and away from any openings. Tie back long hair and keep loose clothing or towels well away from the belt.

5. Supervision & access. Children, pets and anyone with a disability must not use or approach the unit without qualified supervision. Only one person on the treadmill at a time.

6. Your health. Get medical clearance before starting any exercise, stretching or nutrition program, particularly under special health conditions. Stop immediately and see a doctor if you feel pain or anything unusual.

7. Environment. Indoor use only, out of direct sunlight and away from moisture – pools, bathtubs and sauna rooms included. Never spray or splash liquid onto the unit.

8. Service & modification. Maintenance, adjustment and repair are for VERVE-authorized personnel only. Unauthorised changes, improper use or ignoring this manual are not VERVE's responsibility.

GETTING ON AND OFF

Mounting and dismounting a moving belt is the main injury risk on a curved treadmill. Read **Getting On, Running & Stopping Safely** on page 6 in full before you use this unit for the first time.

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What's In The Box.

Check every item against the list below before you start assembly. If anything is missing or damaged, contact VERVE support before you begin.

- **Treadmill body** ×1, deck, belt and base with front wheels already fitted
- **Left column** ×1, left handrail and grip
- **Right column** ×1, right handrail, grip and console mount
- **Console (meter) & mounting panel** ×1
- **Screw M10×25, spring washer 10 & flat washer 10** ×10 each, column fixings
- **Screw M8×20, screw M8×30 & locknut M8** ×2, ×2 & ×4, armrest & console fixings
- **Phillips screwdriver** ×1
- **Allen wrench 6mm & 8mm** ×1 each
- **Open end wrench 13mm** ×1
- **User's manual** ×1

NOTE

All the tools you need are in the box — you won't need to source your own screwdriver or wrenches for assembly.

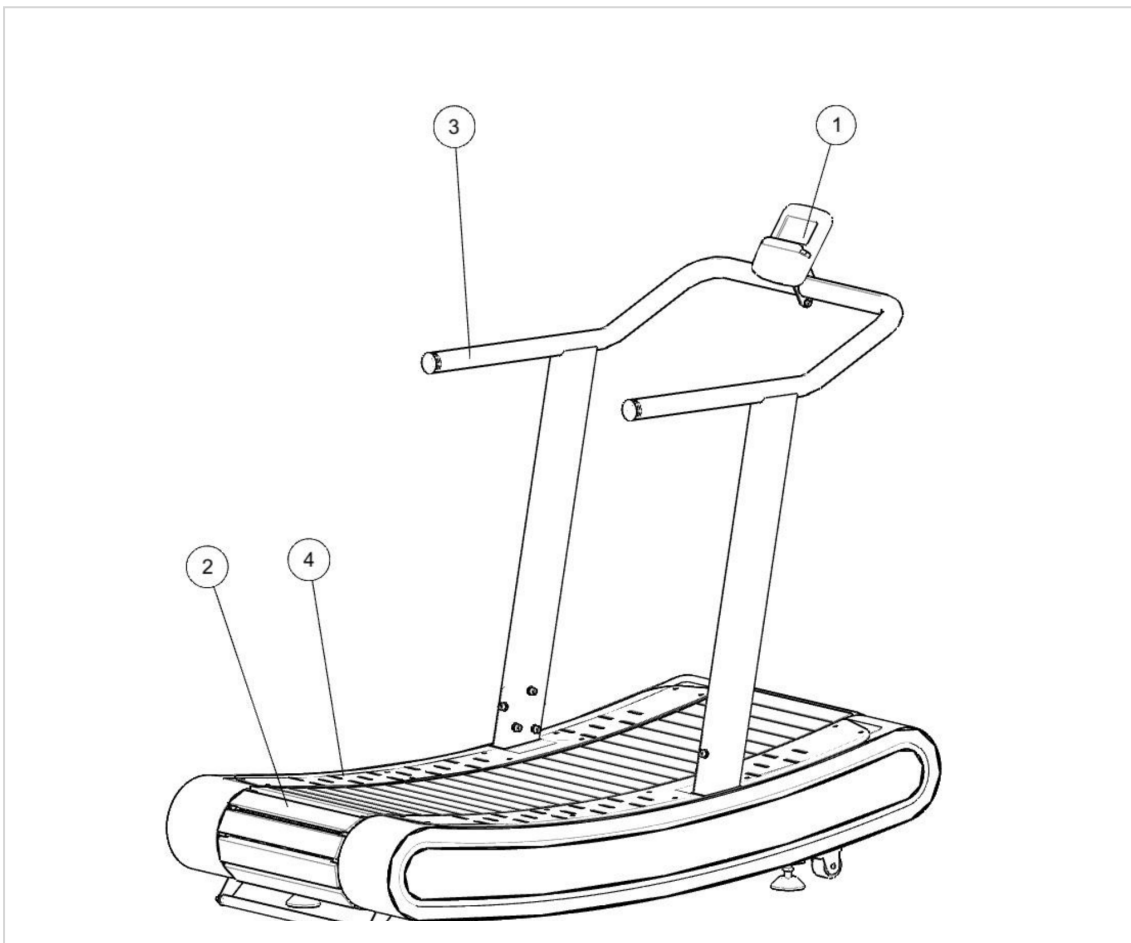
Product Overview.

Display ① — shows your workout in progress: time, distance, calories and speed.

Running belt ② — the belt surface is rubber, which eases the impact on your joints.

Handrails ③ — hold both sides when boarding or if you lose your balance. Use them for balance while striding or running.

Pedals ④ — the raised side boards either side of the belt. Rest a foot here if you feel tired or unsteady, or use one-foot stepping on them as a light exercise of its own.



Curved Treadmill overview

Assembly.

Step 1 & 2 – Unpack & position

Remove the packing box and lift the left column, right column, console/mounting panel and hardware bag off the treadmill body, then clear away all packing material. With two or more people, raise the rear-handle end of the deck up onto the front wheels and roll the unit into its final position (Figure 1).

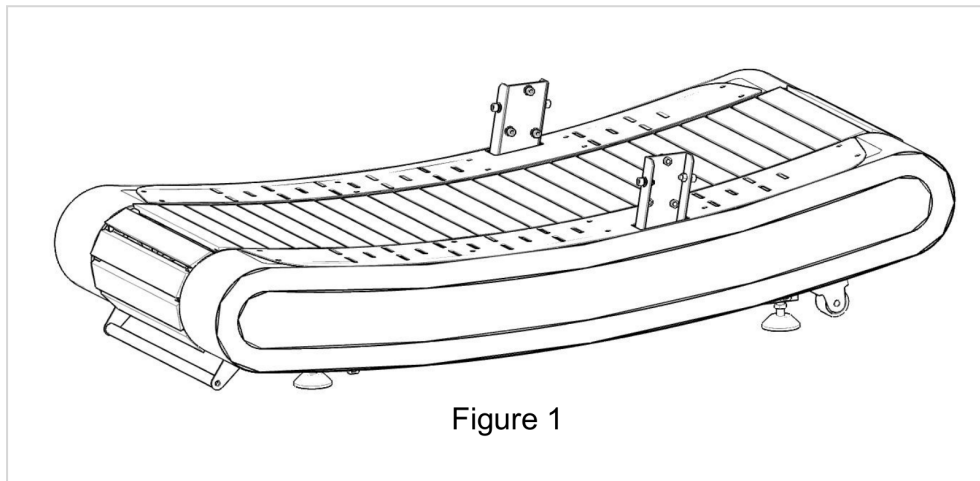


Figure 1 – treadmill body in position

Step 3 & 4 – Fit the columns

Connect the left column's data cable to the body's data cable, then fix the left column to the deck with the **M10×25** screws, spring washers and flat washers. Leave the fixings snug rather than fully tight so the column angle can still be adjusted, then tighten once it's square. Repeat for the right column (Figures 2 & 3).

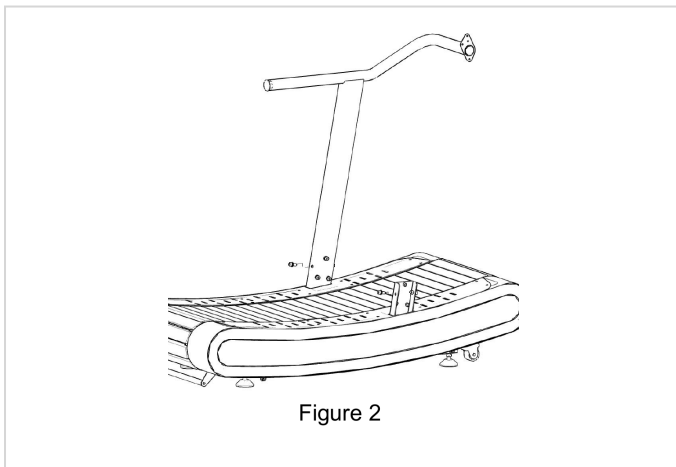


Figure 2 – left column

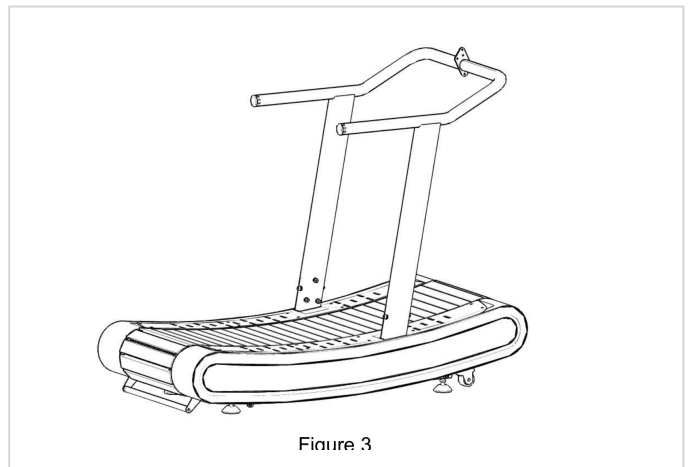


Figure 3 – right column

The manufacturer's text names **M10×60** for the left column and **M10×30** for the right column, but the parts list only supplies **M10×25** screws (×10, covering both columns) – that's the size we've used above. Confirm the fit on site.

Assembly, Continued.

Step 5 — Join the columns

Bolt the two columns together at the centre, where the top handrails cross near the console, using the **M8×20** hex socket screws and **M8** locknuts (Figure 4).

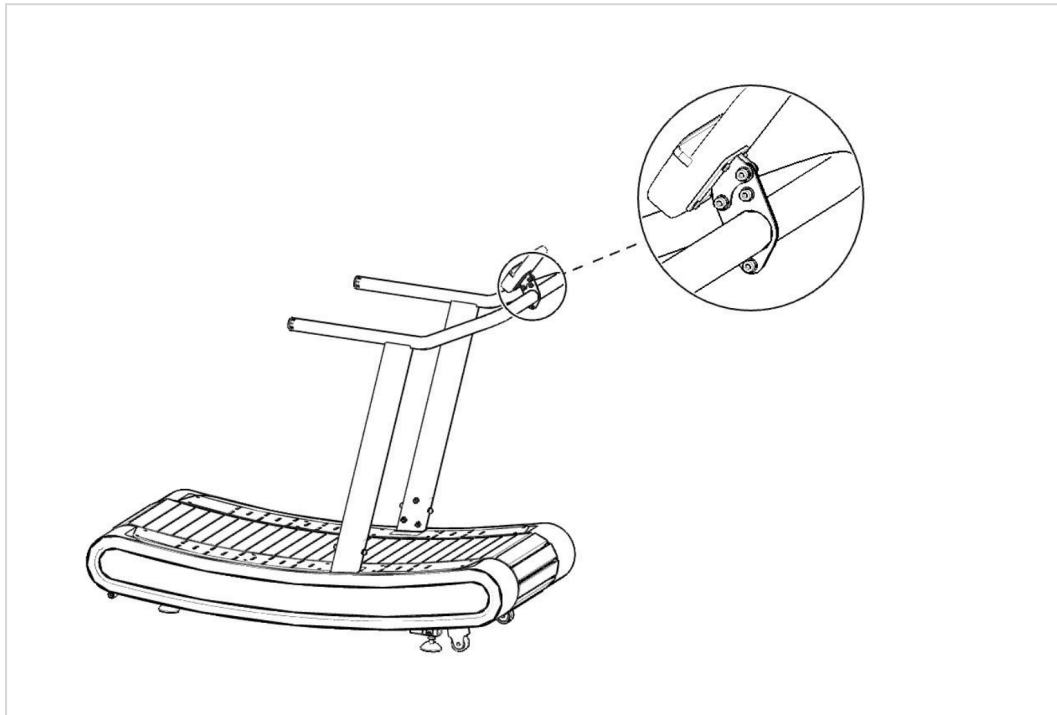


Figure 4 — centre join, at the console

HARDWARE CHECK

Steps 3–5 use all 10 of the M10×25 column screws (with matching spring and flat washers) and 2 of the 4 M8 locknuts with the 2 M8×20 screws.

That leaves **2× M8×30 screws** and **2 spare M8 locknuts** that the manufacturer's steps don't describe a use for. The console/meter mounting bracket at the top of the handrails is the most likely fit — confirm before assuming they're spares.

Final check

- ☐ All screws and locknuts from Steps 3–5 are tight
- ☐ Both columns sit square and don't rock
- ☐ The data cable connection between the left column and the body is secure

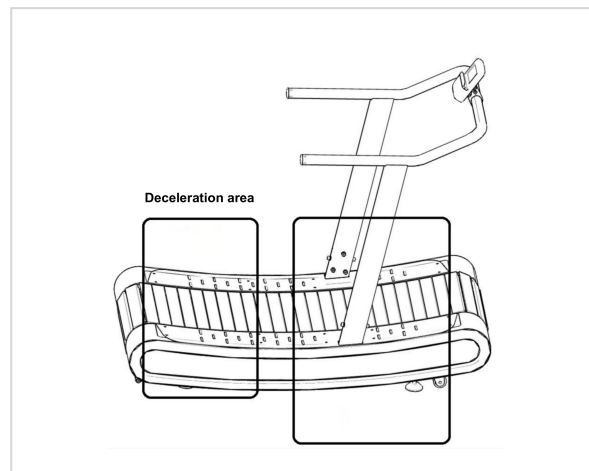
Getting On, Running & Stopping Safely.

How the belt responds

This belt has no motor — it moves only when you drive it. Stand with a foothold in the **front (acceleration) area** and the belt starts and speeds up; the further forward you push, the faster it goes. Move to the **rear (deceleration) area** and it slows down.

WARNING

Pushing too hard for too long can accelerate the belt out of your control.



Acceleration & deceleration zones

Getting on

Hold a side handle, step onto the belt from behind, then plant your feet on the raised side boards either side of the belt before you start moving. Stand firm on the belt before you begin.

Running

Hold the handle at first for stability. Once you've adapted, release it to improve your balance and posture. Start around **6–7km/h** and build speed gradually while you stay stable. Because the belt is curved, it runs faster nearer the centre handle and slower toward the back.

Slowing & stopping

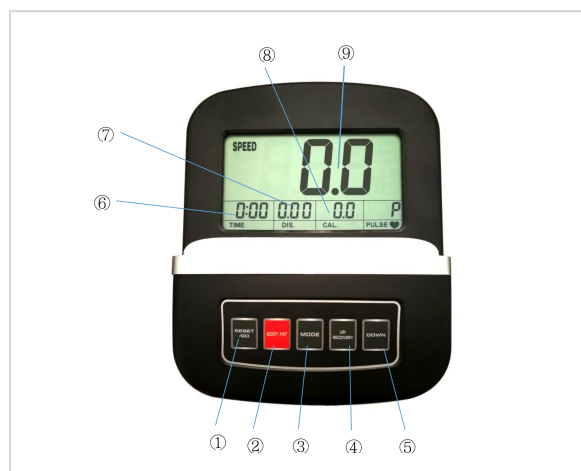
Move toward the middle-to-rear of the belt to slow it down and let it come to a stop.

EMERGENCY DISMOUNT

The belt can still turn even after the treadmill has "stopped." Always hold the handrail firmly. If you need to get off in an emergency, grip both handles, jump off the running surface and land on the side boards at the same time.

Only one person on the treadmill at a time. Keep the area behind and around the unit clear of anything that could interfere with your steps.

Console & Display.



Console layout

NO.	CONTROL / FIELD	WHAT IT DOES
①	RESET/GO	Resets the flashing value in setting mode
②	BODY FAT	Enter/exit the weight profile setting (belt stationary)
③	MODE	Switch display window / select what to set
④	UP/RECOVERY	Increase the flashing value; hold to scroll fast
⑤	DOWN	Decrease the flashing value; hold to scroll fast
⑥	TIME/BMI	Elapsed time; settable, max 99 min, 10-sec alert
⑦	DISTANCE	0.00–99.9km; settable, 10-sec alert near target
⑧	CALORIES/TEMP	0.00–99.9kcal, settable — or room temperature
⑨	SPEED	Instantaneous speed, 0.0–99.9km/h

Changing a value

Press **MODE** to pick the window you want — it starts flashing — then **UP/RECOVERY** or **DOWN** to adjust it. Press **RESET/GO** to zero the flashing value.

Setting your weight profile

With the belt stationary, press **BODY FAT** to start, then set, in order: workout number (1–8), body weight (kg), height (cm), age and sex. Press **MODE** to move to the next field and **UP/RECOVERY** or **DOWN** to set each value. Press **BODY FAT** again to exit — or leave it 10 seconds with no input and it exits on its own.

This console has no mains lead. It runs from an internal battery, fed a speed signal through the data cable connecting the left column to the treadmill body (Assembly, Step 3). The manufacturer doesn't document the battery type or how to access it — contact VERVE support if the screen won't start. There are no fault or error codes on this display.

Technical Parameters & Moving The Equipment.

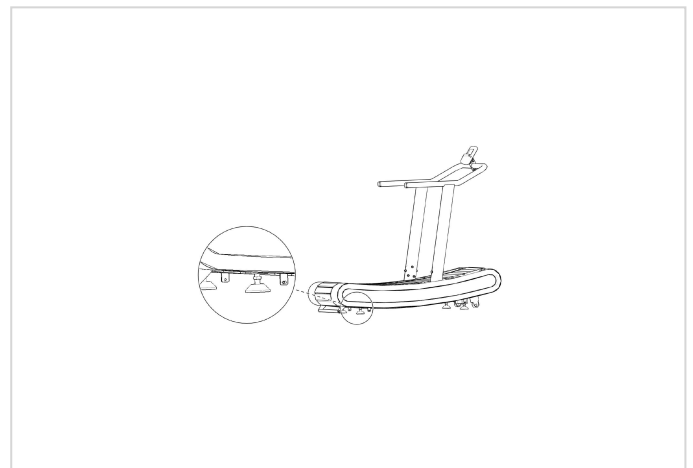
PARAMETER	VALUE
Unit weight	145 kg
Maximum user load	180 kg
Noise level	Below 80dB (A)
Electrical protection level	IP20
Operating temperature	+5°C to +40°C
Equipment size (L×W×H)	1710 × 830 × 1590mm
Package size (L×W×H)	1900 × 900 × 480mm

Moving the treadmill

Raise the handgrip until the housing clears the ground, then push the unit into position — two or more people are recommended. If the front wheels can't cope with the floor, lift and carry the unit instead.

Levelling the feet

Unscrew the lock nut, then screw the levelling foot in or out until the unit is stable and firm on the floor. Re-tighten the lock nut once it's level.



Levelling foot & lock nut

BEFORE EVERY SESSION

Check all screws are tight and do a short test walk to confirm the belt runs normally.

Care, Maintenance & Troubleshooting.

Cleaning

Wipe the control panel with a barely damp cloth. Wipe down the rest of the housing weekly with a damp sponge, and vacuum the floor around and under the unit. Never use chemicals or solvents.

Regular checks

Every two weeks, check all components for wear or damage and confirm every screw is tight. Do all cleaning and checks only when the belt is completely stationary.

Servicing

Regular maintenance, adjustment and lubrication should be carried out by VERVE-authorised technical support – contact us for anything not covered in this manual.

Troubleshooting.

FAULT	LIKELY CAUSE	WHAT TO DO
Screen won't start	Low battery	Contact VERVE support to arrange a replacement.
Screen won't start	Data cable damaged or unplugged	Check the connection between the column and the body (Assembly, Step 3); contact support if it's damaged.
Excessive internal noise	Unit isn't level, or a bearing is worn	Check and adjust the levelling feet; contact support if the noise continues.
Belt runs off-centre	Belt tracking has shifted	Contact VERVE support – don't attempt to re-track the belt yourself.
Speed, distance or calorie readings look wrong	Nearby appliances interfering with the sensor	Move the treadmill, or the interfering appliance, further away.

This unit has no fault or error codes on its display – use the table above to match what you're seeing.

NEED HELP?

Missing parts, damaged components or setup questions – we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support