

Instructions by Monster Shop (UK)

Underdesk Wooden Curved Treadmill

215066



Product Information

Underdesk Wooden Curved Treadmill

Description

Introducing the Underdesk Wooden Curved Treadmill – a sleek, space-saving solution designed to keep you active while you work. Crafted with a durable wooden frame and an ergonomic curved design, this treadmill encourages a natural walking motion for improved comfort and efficiency. It features an adjustable resistance gear, allowing you to easily customise the intensity of your walk to match your fitness goals. Ideal for home offices or workspaces, this treadmill combines style, functionality, and versatility to help you stay healthy and productive throughout the day.

Product specifications

	215066
Length	145cm
Width	80cm
Height	50cm
No. of Gears	8

SKU
215066



Safety Advice

Please read through the Safe Working Practice to ensure prevention of injury or damage to the device.

- Ensure you have read and fully understood the instruction manual and safety advice before using this product.
- Place the treadmill in a clear, unobstructed area to reduce the risk of tripping or falling when mounting or dismounting.
- Use an anti-slip mat or surface around the treadmill to improve stability and reduce slipping hazards.
- Step onto the treadmill carefully, positioning your feet securely before beginning movement.
- Maintain proper walking posture at all times, keeping your back straight and engaging your core to prevent strain.
- Avoid sudden or excessive resistance changes; increase resistance gradually to prevent overexertion and joint stress.
- If you have any pre-existing medical conditions, consult a healthcare professional before using this treadmill.
- Take regular breaks to prevent fatigue, strain, and overuse injuries, especially during prolonged sessions.
- Do not wear loose clothing, scarves, or long accessories that could become caught in the treadmill belt.
- Ensure shoelaces are securely tied before using the treadmill to prevent tripping or entanglement.
- Be aware of pinch points on the treadmill, and keep fingers, clothing, and objects away from moving parts.
- If using the treadmill in a shared workspace, place it on a noise-absorbing mat to minimise disruptions.
- Regularly inspect the treadmill for any signs of wear, loose components, or damage. Do not use if any issues are detected.
- Keep the treadmill clean and free from dust or debris to maintain optimal belt movement and prevent mechanical issues.
- Children and pets should be kept away from the treadmill during use to prevent accidents.
- If you experience dizziness, shortness of breath, or pain while using the treadmill, stop immediately and seek medical attention if necessary.
- Never jump onto or off the treadmill while it is in motion; always allow it to slow down before stepping off.



- Ensure the treadmill is on a stable, level surface before use to prevent tipping or imbalance.
- Always stop the treadmill completely and step off before adjusting the resistance at the bottom of the unit.
- Store the treadmill in a dry indoor area away from extreme temperatures, moisture, or direct sunlight to prolong its lifespan.

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Parts

Steps (5)

1. Operating Instructions

- Step onto the treadmill using the foot rests either side of the belt.
- Step onto the belt slowly before gradually increasing to your desired speed.
- To stop gradually slow your pace down by carefully moving towards the rear of the treadmill. Once the treadmill has slowed sufficiently, place your feet onto the footrests before stepping off the treadmill.

2. Adjusting the Speed

- To increase the speed of the treadmill move closer to the front of the treadmill belt while exercising.
- To decrease the speed of the treadmill move towards the rear of the treadmill belt.



3. Changing the Resistance

- To change the resistance of the treadmill adjust the gear located under the top layer of the belt. This will allow you to increase and decrease the level of resistance imposed on the belt whilst exercising.

PLEASE NOTE: this step must only be done whilst the treadmill IS NOT in use. Changing the resistance whilst the treadmill is in use may lead to injury and/or damage to the treadmill.

4. Maintenance

- Regularly inspect the running belt to ensure it remains centered and properly tensioned.
- Uneven wear or slipping might indicate the need for realignment or adjustment.
- Once a month, check and tighten bolts, screws, and other fasteners to prevent loosening from vibration during use.
- Over time, the belt may become worn or slick. Check for signs of fraying or flattening of the tread surface.
- Replace the belt if significant wear is visible to avoid safety hazards.
- Look for any cracks, rust, or wear on the frame or deck structure. Address rust spots immediately to prevent spreading.
- Listen for unusual noises during use. Squeaks or grinding could indicate bearing issues or misalignment.
- A well-ventilated environment reduces moisture buildup, which can protect metal components and reduce rust risk.

5. Troubleshooting

- **WHAT DO I DO IF THERE ARE MISSING PARTS FROM MY ORDER?**

If there appears to be any part missing from your order, contact our friendly and helpful Customer Support Team within 7 days of receipt.

- **FOR ALL OTHER ISSUES, PLEASE CONTACT OUR CUSTOMER SUPPORT TEAM.**

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