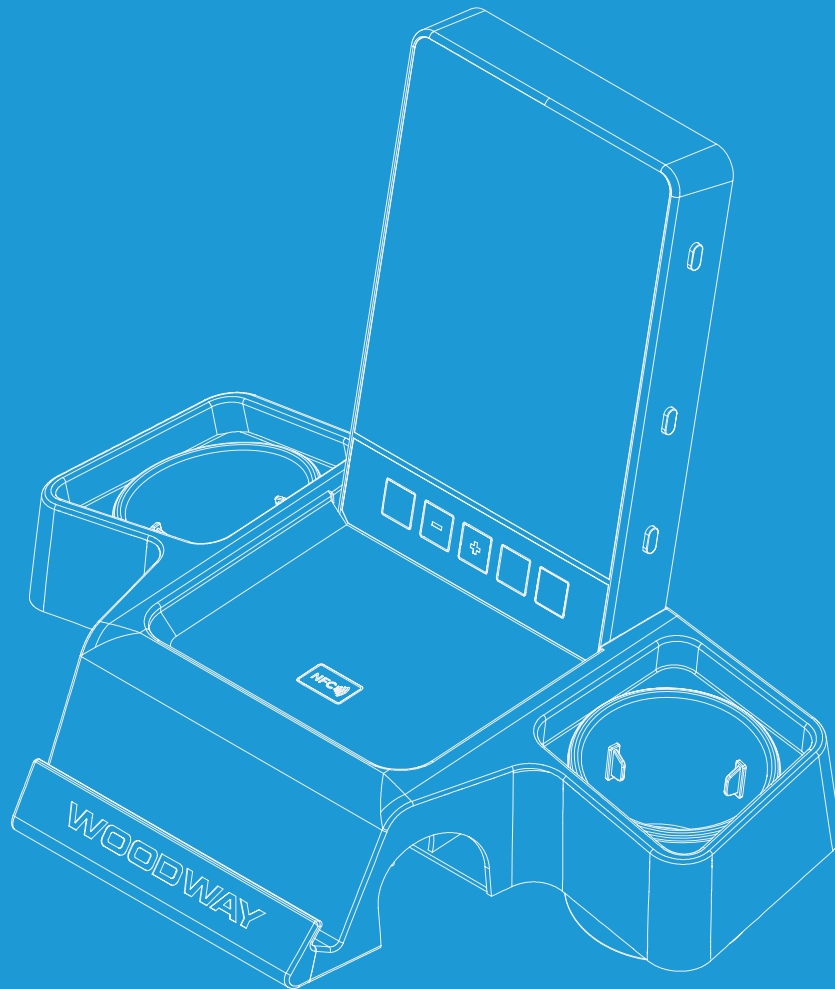


WOODWAY®

Curve Display Console



User Guide

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Curve Console User Guide

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Curve Console Guide

Elevate your workouts on the Woodway Curve with the new Curve Display, now equipped with innovative features like Group Mode and Custom Programs.

Console Features

The LTG base display prioritizes HIIT training methods with features such as:

- Group/Circuit Mode
- Defined Programs
- Custom Programs
- Dynamic speed targets

Connectivity

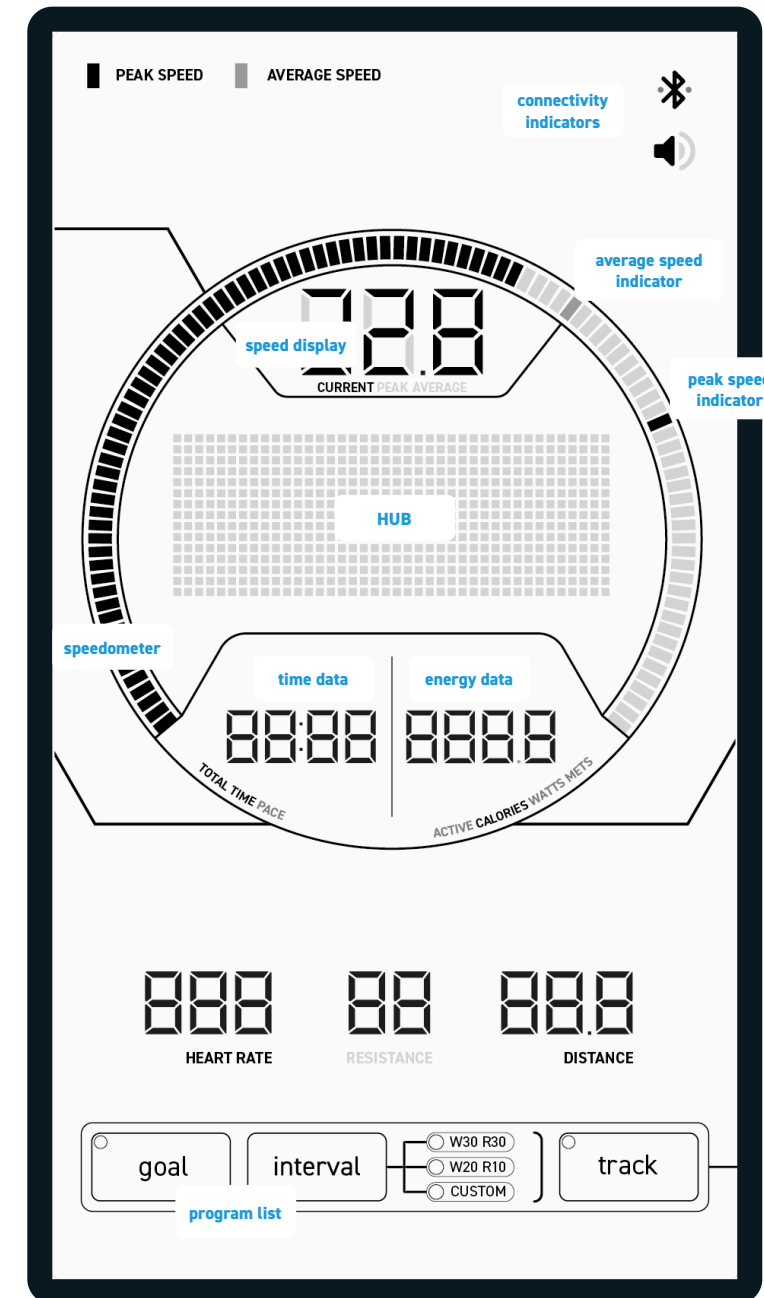
This display allows for the following connectivity options:

- Simple Bluetooth Connectivity (heart rate straps)
- FTMS Bluetooth Connectivity (fitness applications)
- NFC tap to pair (Apple Watch)
- ANT+

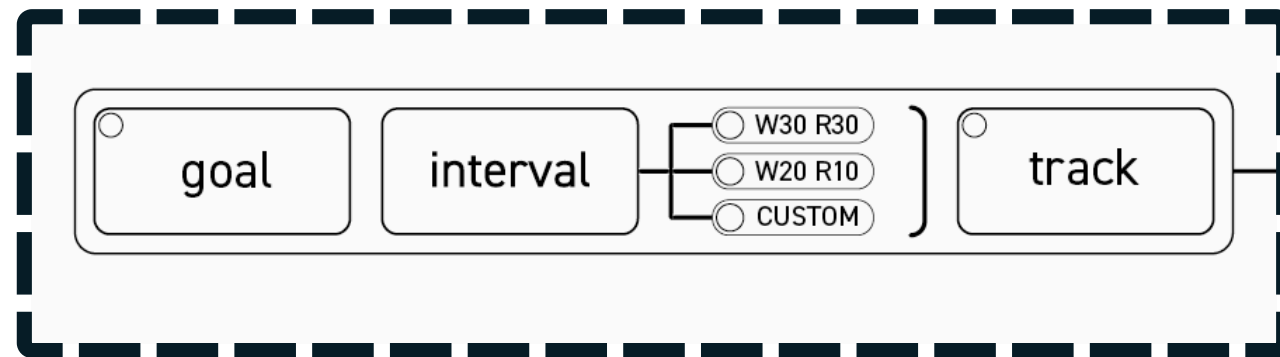
Display (LCD)

Display	Description
connectivity indicators	Easily determine if bluetooth device(s) are connected as well as if console beeps are enabled/disabled.
average speed indicator	The flashing notch on the speedometer indicates average speed during a workout. Meet and maintain an average pace goal.
speed display	Toggle between current, peak, and average speed readouts.
peak speed indicator	The solid notch on the speedometer indicates peak speed during a workout and gives the user a visual target to reach for if working on speed training.
HUB	Look to the HUB for instructions and additional workout data
speedometer	See belt speed visually represented for more intuitive speed training.

Display	Description
time data	Toggle between total time and pace data values.
energy data	Better understand energy consumption by toggling between Calories, Active Calories, Watts, and METs.
program list	Choose a preprogrammed workout or build your own with either the "goal" or "track" option. See page 3 for additional information on programs.



Curve Display Native Programs



Goal

Select a goal to train to. Choose from a “total time” goal, “total distance” goal, or “total calories” goal.

Once goal target is set, begin the workout and crush your goal.

Interval

Select from two default interval programs or set up a custom interval workout. Interval workouts are broken up into two types of efforts, Work (W) and Rest (R). **Always warm up properly before beginning a workout.**

- **W30 R30:** Work for 30 seconds, Rest for 30 seconds. During setup, choose the number of repeats and begin.

- **W20 R10:** Bump up the intensity and Work for 20 seconds, Rest for 10 seconds.

- **CUSTOM:** Begin by setting the duration for your Work interval, then your Rest interval, followed by the number of desired repeats (1 repeat contains both a Work and Rest effort).

Track

Select a desired distance to cover during a Work interval and a duration of time or length of track to cover during a Rest effort. Lastly, select the desired number of repeats and begin workout.

Console Buttons

Display	Description
speed data toggle	Toggle between your current speed readout and your average speed readout.
time data toggle	Toggle between your total time and pace data.
sound toggle/ pairing mode button	Press once to mute/unmute display. Long press to initiate bluetooth pairing mode to connect heart rate straps.
energy data toggle	Press to toggle between energy metrics. Calories, Active Calories, Watts, and METs.
program select toggle	Press to navigate between programs. A round light indicates the program currently selected.
group workout setup	<p>Press to setup a group workout or a circuit workout for an individual.</p> <p>Upon first press, the button will turn blue and the user will be prompted to select the number of participants.</p> <p>If one user is selected, circuit mode will be initiated, allowing the user to workout of treadmill while still retaining run data.</p> <p>If more than one user is selected, Group Mode is initiated, allowing up to four participants to use the treadmill. Users agree to and set the duration of a Work interval. They then agree to and set the number of segments (default is 10). Press start to begin session.</p> <p>Once a Work interval is complete, the console will remain active and store data. The next interval will begin up pressing the “Start” button.</p>
HUB navigation buttons	Press to scroll through options on the HUB.
HUB enter button	Simultaneously press the “-” and “+” buttons to select an option.
begin workout/ start new lap button	Press to start a workout, begin a new lap during a free run session, or to skip warmup durations.
reset lap	Simultaneously press the Start/Lap and Pause/Stop buttons to reset lap data.
workout pause and end/return	<p>Press to pause a workout. Hold to end a workout.</p> <p>When navigating the HUB, press to return or back out of menu option.</p>

Software Management

The console software includes management functions to help you set defaults for workouts as well as to view error codes.

To enter this “Defaults Menu,” simultaneously press the “Speed Data Toggle” button and the “(+) HUB Navigation Button” and hold for 5 Seconds.

Use the “HUB navigation” buttons to select from the following options:

- 01 Default Speed Unit (mph or km/h)
- 02 Default Weight Unit (lb or kg)
- 03 Default User Weight (improves accuracy when measuring calorie expenditure)
- 04 Default Pause Time
- 05 Default Countdown for Summary Display Time
- 06 Resistance Mode On/Off
- 07 Default Resistance (the belt can sit with a resistance of 0-20 while idle)
- 08 Life Distance
- 09 Display Refresh Speed
- 10 LCD Test
- 11 About
- 12 Confirm Console Settings





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