

16kmh Treadmill

WARNING:

Home Fitness Hire strongly recommend never starting or stopping your treadmill while standing on the mat. Follow the recommended mounting and dismounting procedures to avoid possible accidental injuries. We also recommend placing your treadmill on a mat or piece of carpet to protect your flooring from wear and to minimize noise and vibration during use. Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use. If children are using the equipment they should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children; the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable so they cannot operate it.

FOLDING AND MOVING THE TREADMILL

Before folding the treadmill up the unit MUST be on 0% incline, if not the unit will be damaged when folding. To fold up the treadmill simply lift the base of the unit up towards the computer until the pin locks into place holding the base upright. From this position the treadmill can easily be moved by either pushing it forwards or pulling it on the 4 transport wheels. To fold the unit down simply pull the lock pin out until the base is free and lower the base down to the ground.

MOUNTING

Stand with feet on the footpads to either side of the mat. Turn the unit on and start at lowest speed. Holding the handrails for support, place one foot, then the other on the mat and walk in a normal manner. When balanced and comfortable, release hold on the handrails and walk naturally.

DISMOUNTING

Adjust the unit to lowest speed. Hold handrails for support, during normal stride place one foot then the other off mat onto side footpads. Turn unit off and remove safety key.



SAFETY KEY

The safety key must be in place as indicated on the console for the treadmill to operate. During use, the clip attached to the key may be clipped to your clothes to provide a rapid means of stopping the unit. If the key is taken from its position, the treadmill will automatically stop.

SPEED AND INCLINE CONTROL

Speed is variable between approximately 0.8kph and 16kph, and incline between 0% and 10%. Both can be adjusted by pressing the appropriate UP/DOWN buttons on the console.

PULSE

The heart rate hand grips located on the handles work by picking up blood flow underneath the skin rather than a direct heart rate. While not always 100% accurate, they are a very good indicator as to your pulse rate. When using the hand grips, be sure to hold both hands firmly on the sensor pads.

COMPUTER OPERATION

The treadmill can be operated manually or using the preset programs. Manual Operation: After placing the safety key, the computer will turn on. Press 'Start'. The treadmill will start at 0.8kph after a 3,2,1 countdown. You may then adjust the speed and incline using the quick keys or the Speed & Incline +/- keys.

Programs:

The computer has 17 preset programs. After power on the Treadmill, select the desired program using the speed & incline +/- keys or press Select. Note that the program profile appears in the dot matrix display. Press Enter to verify the selection. Press start to begin the program. The program will repeat every 10 minutes until the user presses stop.

Readouts:

The computer will give you some information feedback while you are using it. These include time, speed, distance, calories, pulse and incline.

GENERAL EXERCISE GUIDELINES

Where you begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, you must start slowly and progress gradually. Initially, to become accustomed to exercising and using the treadmill, work at a level that you feel comfortable and can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Where you progress from this stage is up to you, but using your heart rate is the most effective way to monitor exercise and achieve your goals. (see: exercise to your heart rate range on product brochure).

As a general rule of thumb when first starting, exercise at a level where you can still maintain a normal conversation without constantly being out of breath. If you want to work harder on the treadmill, but don't feel comfortable going faster, use the incline adjustment to make it a steeper angle. Watch television or listening to music when exercising to help the time pass quicker. Wear comfortable clothing with supportive and cushioned footwear. Drink plenty of fluids before, during and after exercise. Stop exercising if you feel ill, faint or exhausted and seek medical advice.

Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent. A balanced diet is also an important part of any exercise program.

TROUBLESHOOTING

While your treadmill has been checked and cleaned prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time.

If you encounter any problems, call your hiring agent.