

# 6KM / 10KM TREADMILL

## INSTRUCTION SHEET

### WARNING:

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

### FOLDING AND MOVING THE TREADMILL

To fold up the treadmill, pull the locking pin on the right side of the base (a) out to release the spring, and lift the base upwards to the computer until the pin locks back in place holding the base upright. From this position the treadmill can be moved on it's wheels by holding the handrails and tipping the unit back until it's weight is balanced.

It may take some time to become comfortable using your treadmill, but with practice you should find it becomes easier and you can walk as naturally as you would down the street.

### 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 handrails and walk naturally.

### DISMOUNTING

Adjust the unit to lowest speed or switch off power. Hold handrails for support, place one foot then the other off mat onto side footpads. Remove safety key.

### SAFETY KEY

The safety key must be in place on the red circle in the centre of the console for the treadmill to operate. During use, the clip attached to the key may be attached to your clothes to provide a rapid means of stopping the unit. If the key is taken from it's position, the treadmill will automatically stop.

### INCLINE

To set the treadmill to it's one incline position, fold the leg at the back of the unit under the base so that the base drops to the lower position.

### SPEED CONTROL

Speed is variable between approximately 1kph and 6.5kph or 1kph and 10kph. Once the safety key is in place, turn the speed dial back to zero, then turn it clockwise to increase the speed and anti-clockwise to decrease.

### COMPUTER OPERATION

During use, the treadmill computer measures: Speed, Distance, Time, Calories and Pulse.

The computer will activate when the unit is started and automatically count up from zero all information. To zero all information, press the RESET button.



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## HIRE INSTRUCTIONS CONTINUED

To set a desired Time, Distance or Calories, press the MODE button to select which piece of information to set (will be flashing). Press the + and - buttons to set the amount, then press the MODE button again until none of the information is flashing. When the unit is started the information will count down to zero and the computer will give an audible signal when zero is reached.

### 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.

Try watching 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.

**TREADMILL BELT SLIPS:** If the belt seems to be slipping or not moving smoothly when stepped on, the belt tension needs adjustment. Adjust both allen head screws at the base of the unit (see diagram) equally by turning them clockwise. Move each by a half turn until slipping stops.

**TREADMILL BELT IS NOT CENTRED:** If the belt is too far to one side, you can centre it by making small adjustments to the allen head screws. If the belt is too far to the left, turn the left screw clockwise one quarter turn and the right screw the same amount anti-clockwise. If the belt is too far to the right, turn the left screw anti-clockwise one quarter turn and the right screw the same amount clockwise. After making any adjustments, be sure to check that the belt is running through the circular belt guides located under the treadmill.

If any other problems