

# 12KM MAN. TREADMILL

## INSTRUCTION SHEET

### WARNING:

Befit 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. Befit 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.

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

### FOLDING and MOVING the TREADMILL

Before folding the treadmill, simply lift the base of the unit up towards the computer until the pin (a) 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 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 it's position, the treadmill will automatically stop.

### SPEED CONTROL AND INCLINE

Speed is variable between 0.8kph and 12kph and can be adjusted by pressing the UP and DOWN keys or instant speed keys on the console. The treadmill has one incline position of 1%. To set the incline, fold the leg at the back of the unit (b) under the base so that the base drops to the lower position.

### 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 of your pulse rate.  
When using the hand grips, be sure to hold both hands firmly on the sensor pads.





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## HIRE INSTRUCTIONS CONTINUED

### COMPUTER OPERATION

The treadmill can be operated manually or by using the preset programs.

**Manual Operation:** After placing the safety key, press the select button to go into the manual program. To start the treadmill simply press the start button; you will have a 3 second countdown & then the mat will begin moving. To adjust the speed press the up & down buttons as required or press the instant speed keys.

**Programs:** The computer has 7 preset speed programs as shown on the console. To choose one of these, press the select button followed by the up button to scroll through the list. Once you have found your desired program press the select button if you want to set your time, or just press the start button & the program will begin. The speed will adjust according to the program.

**Readouts:** The computer will give you some information feedback while you are using it. These include time, speed, distance, calories, pulse and laps. The laps indicator simulates a 400m running track and is shown by lights around the (track) in the centre of the computer.

### 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. If you encounter any problems, call your hiring agent.