

12KM PROG. 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 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 when the unit is in use. Any children using equipment 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, the unit MUST be on 0% incline, otherwise the unit will be damaged. To fold 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 AND INCLINE CONTROL

Speed is variable between approximately 0.8kph and 12kph, 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.





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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.

Programs: The computer has 7 preset programs as shown on the left of the console. The first 3 are speed based programs and the other 4 are elevation (or incline) programs. 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 or incline will then be adjusted depending on the program profile.

Readouts: The computer will give you some information feedback while you are using it. These include time, speed, distance, calories, pulse, incline & laps. The laps indicator is also shown as the lights surrounding the main readout in the centre of the computer. This simulates a 400m running track.

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.