

Treadmill



Treadmill Benefits:

- A Warm-up Activity
- Cardiovascular Training
- Upper Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on “Exercise Guide”.

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising and contact your physician. Alert gym staff if assistance is needed.

Use of the Treadmill:

1. **Press Power On, if On, Press Off**
2. **Step to the treadmill with feet placed on both sides of the belt**
3. **Clip On/Off cord to your clothing for safety power shut-off**
 - Do not wrap it around the treadmill bar
4. **Push Start**
 - Step on once the belt begins to move
 - Increase speed by pressing the up speed arrow and decrease speed by pushing the down speed arrow
 - Grade may be increased by pressing the up grade arrow and decreased by pushing the down grade arrow
 - These up and down arrows may be used to increase or decrease the grade and speed using manual mode or a program mode at any time
5. **Set a specific program**
 - Calculate calorie, enter weight
 - Select course mode
6. **Challenge yourself aerobically**
 - Increasing walking or jogging intensity
 - Interval train
7. **Gradually slow down pace to recover or move to another aerobic activity**