

GoFit Platinum Silver Treadmill

GFTMS01



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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IMPORTANT PRECAUTIONS

When using an electrical appliance, the basic following precautions should always be followed:

Read all instructions before using this equipment.

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in.
Unplug from outlet when not in use and before adding or removing parts.
- 2) Close supervision is necessary when this appliance is used by, or near children and disabled persons.
- 3) Use this appliance only for its intended use as described in this manual.
Do not use attachments not recommended by the manufacturer.
- 4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged. In this instance, call GoFit Platinum for an inspection.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never operate the appliance with the air openings blocked.
Ensure air openings are always free of debris.
- 8) Never drop or insert any object into any opening.
- 9) Do not use outdoors.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 12) Do not use this machine with an extension cord, connect direct to grounded outlets only.
- 13) Ensure at the end of use, elevation is back to the original position.
- 14) The treadmill must be unfolded during use and only folded again at the end of use with elevation back to 0.
- 15) This machine is only intended for domestic use.
Do not use this GoFit Platinum Treadmill in any commercial, rental, or institutional setting.

SAFETY INSTRUCTIONS

Before you start training on your treadmill, please read the instructions carefully.

- Follow the steps of the assembly instructions carefully.
- Use only the original parts as delivered.
- For assembly, use only suitable tools and ask for assistance if necessary.
- Because of possible corrosion, the use of any exerciser in moist areas is not recommended. Keep the GoFit Platinum Treadmill indoors, away from moisture and dust. Do not put the GoFit Platinum Treadmill in a garage or covered patio, or near water.
- Make sure before each use that you have enough space around the treadmill so that you are clear of potential obstructions ie. walls and surrounding furniture.
- Check before the first training session and every 1-2 months to follow that all connecting elements are tight fitting and in good condition.
WARNING: The safety level of this treadmill can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.
- Replace defective components immediately and keep the equipment out of use until repair.
- For repairs, use only original spare parts and when in doubt, ask GoFit Platinum for advice.
- Only one person is permitted to use this treadmill at the same time.
- Do not use this exerciser while eating, drinking, or smoking.
- The maximum load capacity is 120 kg.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Pregnant woman should not use this treadmill unless having consulted and approved by their doctor.

WARNING:

Before beginning any exercise program, consult your physician.

This is especially important for persons over the age of 35 or persons with pre-existing health problems. If you feel faint, dizzy or experience any sickness or pain while using this equipment, cease exercise immediately and consult your physician. Read all instructions and warnings before using.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The product is for use on nominal 220 ~ 240 volts

Make sure that the product is connected to an outlet having the same configuration as the plug.

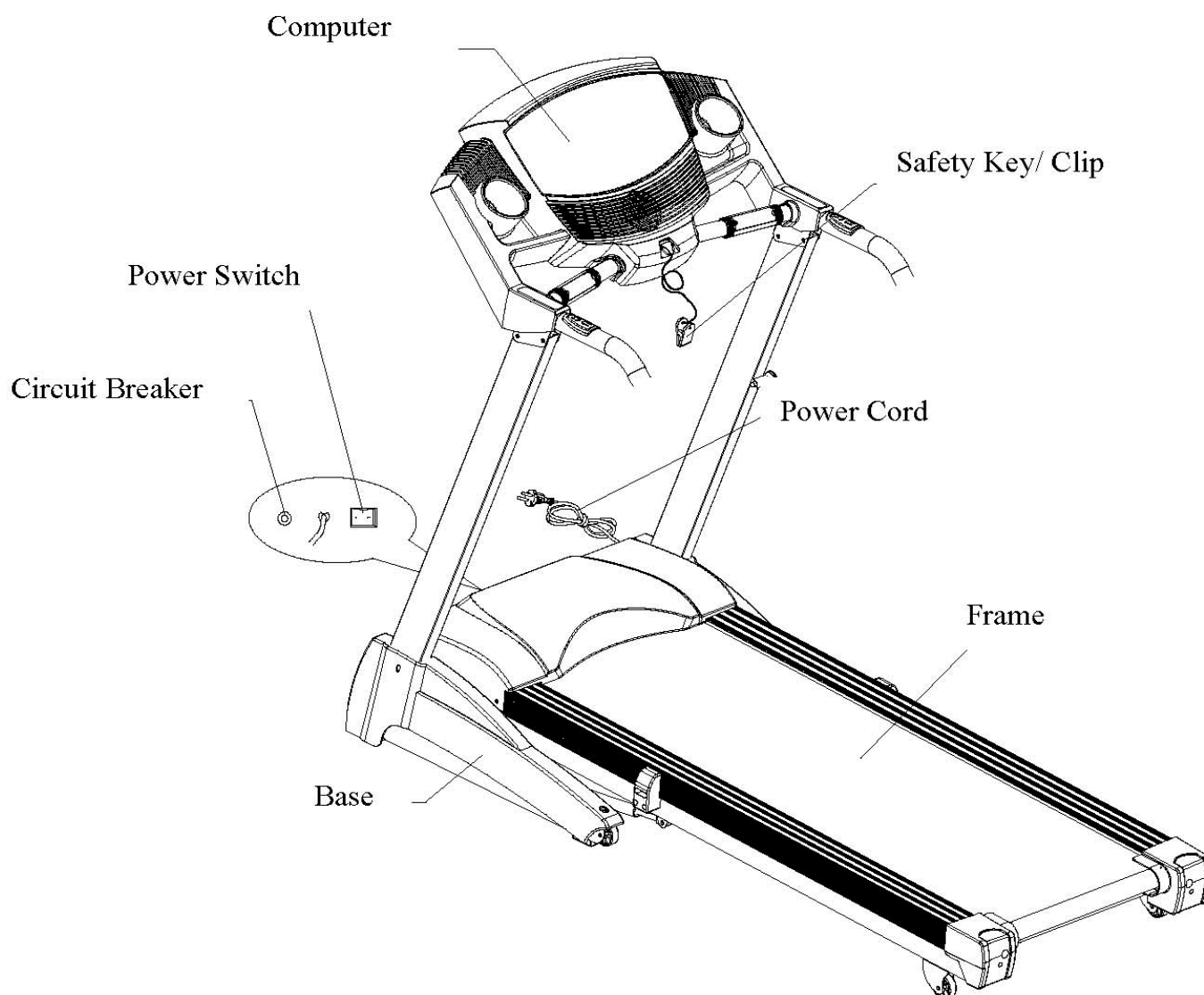
Do not use any adapters or extension cords with this product

BEFORE YOU BEGIN

Thank you for selecting the revolutionary GoFit Silver Treadmill. The GFTMS01 offers an impressive array of features to make your home workouts more enjoyable and effective.

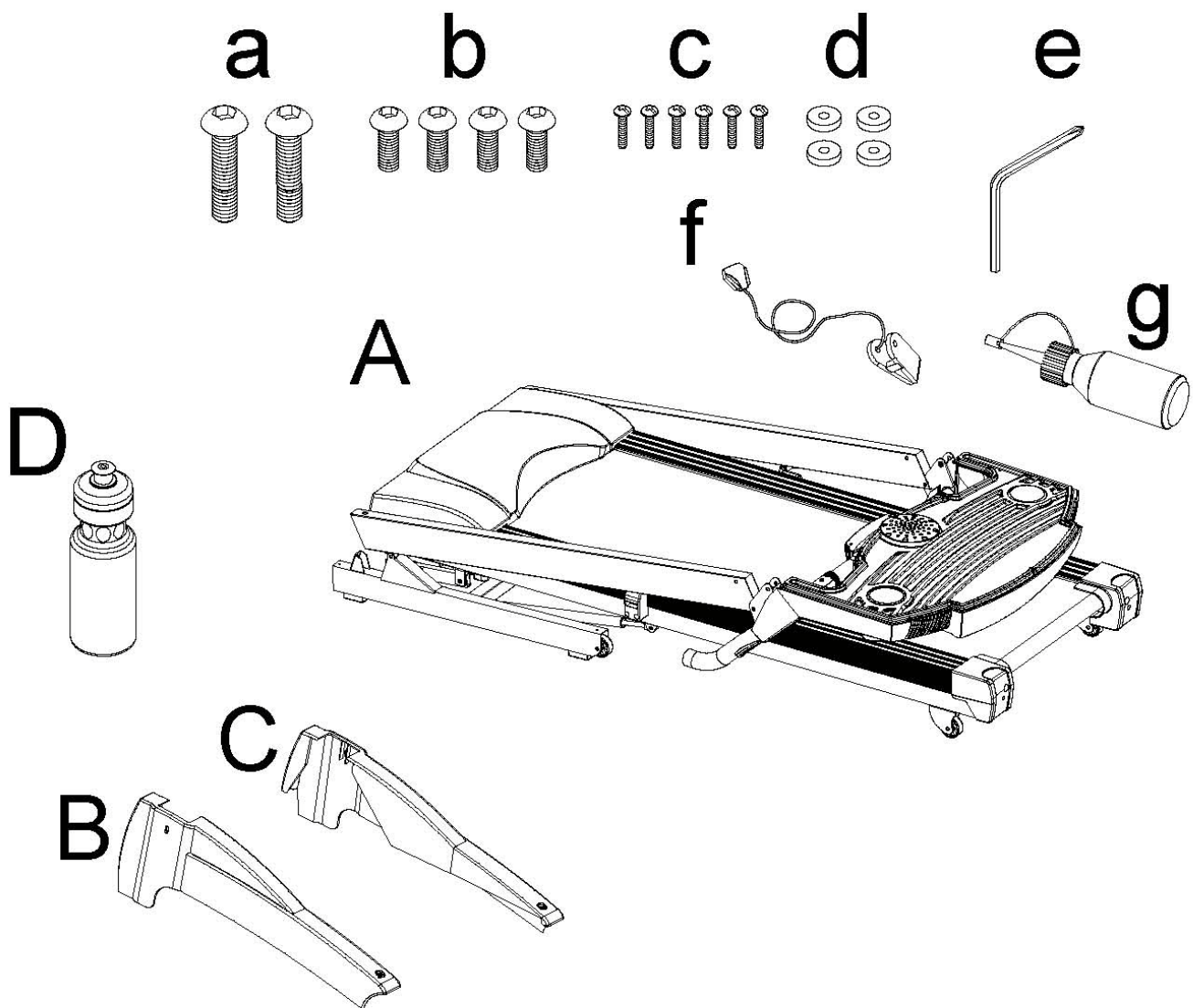
For your benefit, read this manual carefully before using the GoFit Silver Treadmill.

OVERVIEW



TREADMILL PRE-ASSEMBLY CHECKLIST

ITEM	Description	Qty	ITEM	Description	Qty
A	Frame	1	a	Truss Hex Screw M8xP1.25x40	2
B	Left Decoration Cover	1	b	Truss Hex Screw M8xP1.25x15	4
C	Right Decoration Cover	1	c	Truss Philips Screw M5xP0.8x20	6
D	Bottle	1	d	Plastic Washer Ø8xØ22x6t	4
			e	Hex Wrench + Screwdriver 5mm(70mmX70mm)	1
			f	Safety Key/Clip	1
			g	SLILCON	1



ASSEMBLY STEPS

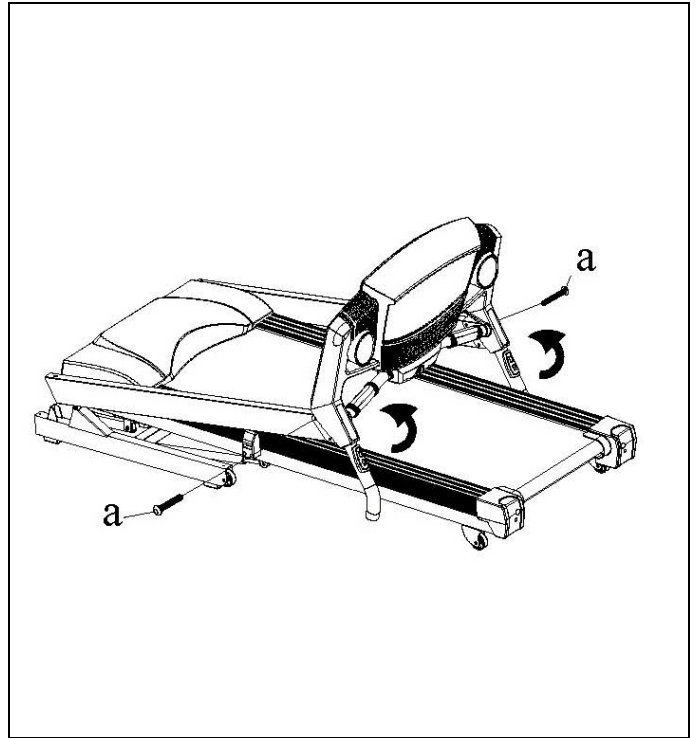
CAUTION!

Please follow the assembly steps below carefully and exactly to avoid injury .

ALWAYS ASSEMBLE THE TREADMILL WITH AN ASSISTANT, DO NOT ATTEMPT ASSEMBLY BY ONESELF.

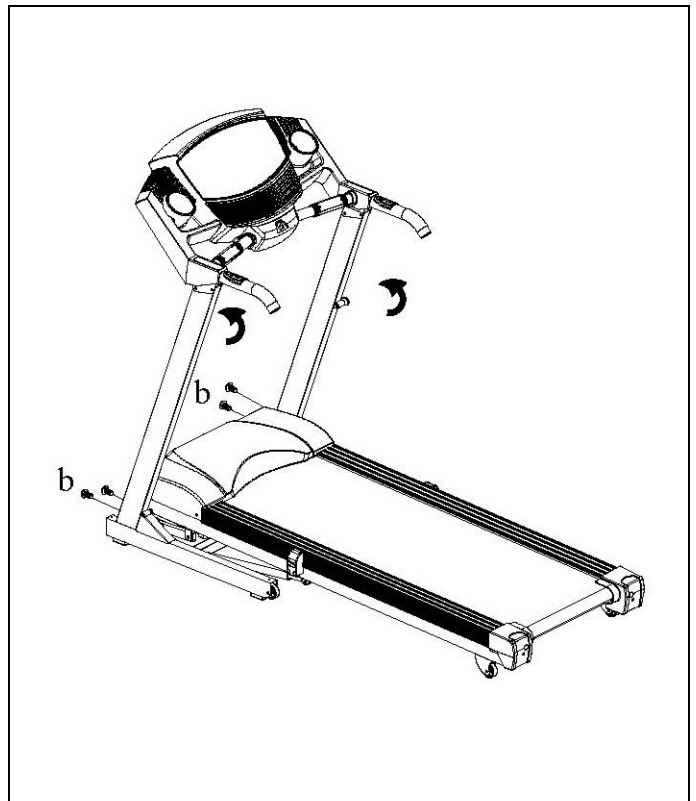
STEP ONE

Place the two computer handrail tubes of Frame (A) as shown to the right and tighten with hex screw.



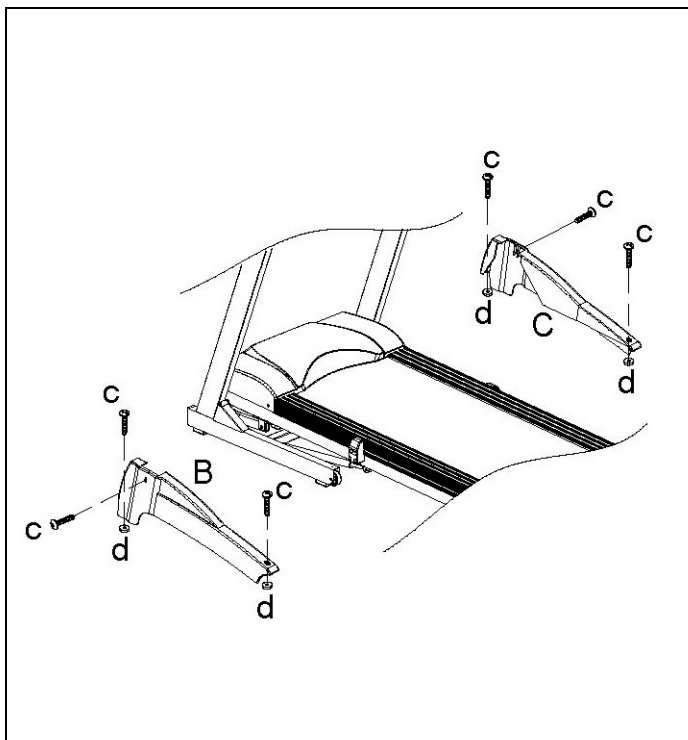
STEP TWO

Place the left and right uprights as shown to the right and tighten with hex screw (B)



STEP THREE

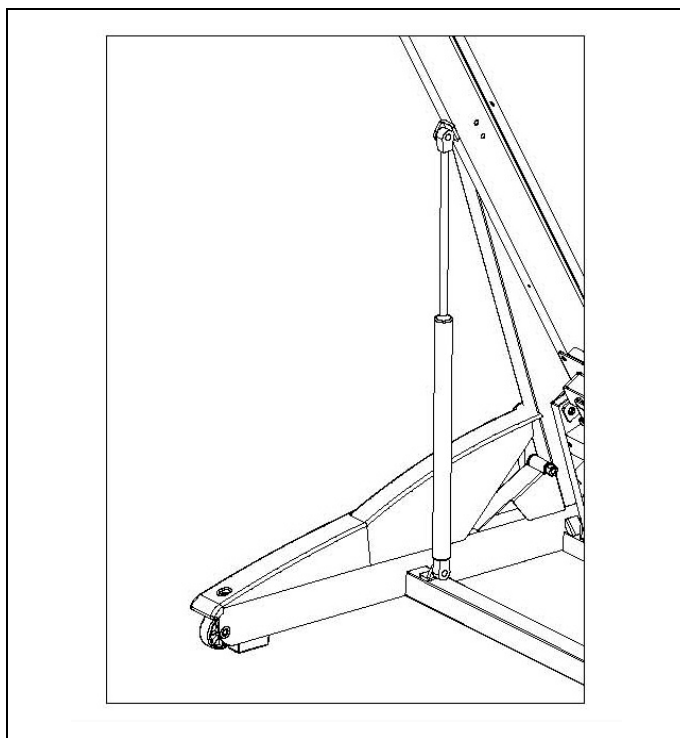
After left and right Uprights are tightened, cap left and right Decoration Covers (B, C) to the Frame and tighten them with Phillips Screw (C) and Plastic Washer (D).



CAUTION

> The cylinder contains high pressure gas. Precautions must be taken to avoid it crashing into other objects

> If the cylinder is hit, it may cause damage and make the use not smooth. When the user is folding the treadmill, it may result in the falling of the frame and cause injury.

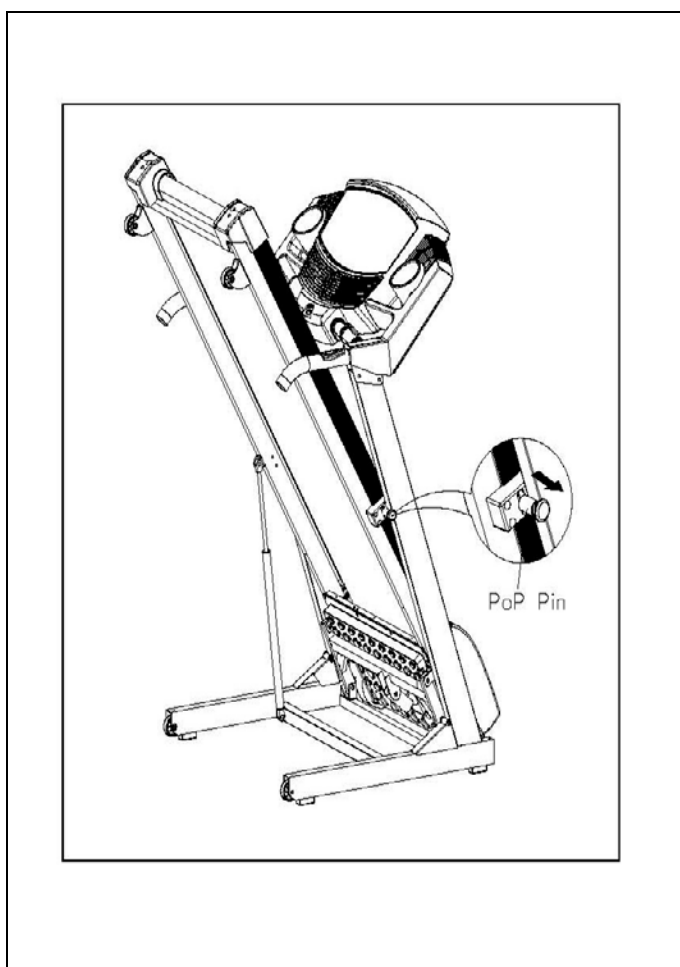


This treadmill is foldable.

All operation should be stopped when folding (include stopping walking belt & disconnecting power cord)

Pull out the POP-Pin in the folding fixing mechanism as shown in the diagram then lift the frame until the POP-Pin inserts into the frame. On the contrary if you want to use the treadmill, pull out the POP-Pin of the folding mechanism as the arrow shows in the diagram and put down the frame slowly

- To prevent injury when moving a folded treadmill, hold on to the adjustment box with two hands. Then pivot the treadmill towards you until the wheels of the treadmill are rolling freely.
- Make sure the floor is cleared and flat when moving the folded treadmill around.

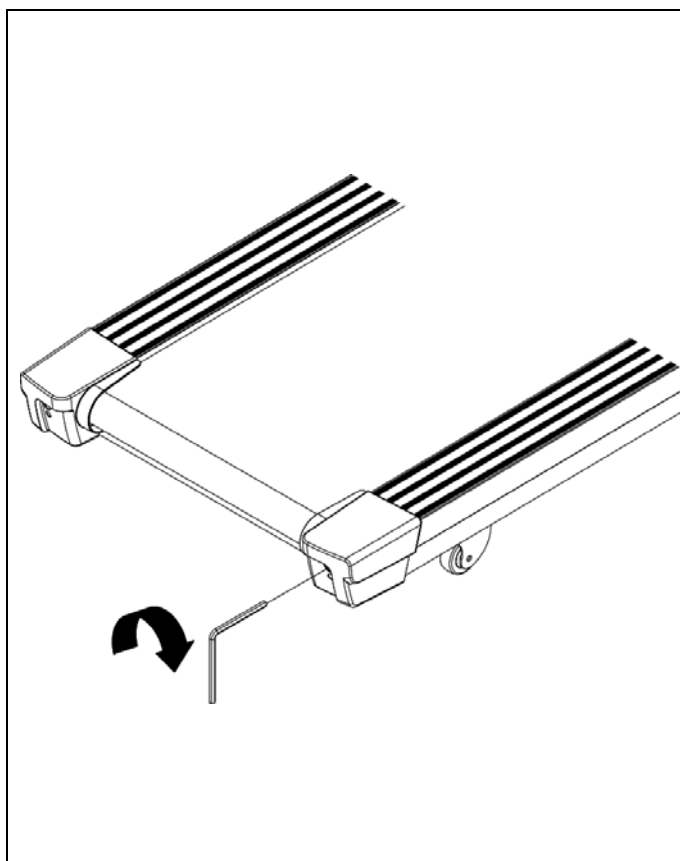


MAINTENANCE

1. Centering the Walking Belt.

If the Walking Belt tracks off center to the right or left of the deck, first turn the power off. Then use a wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example, if the belt moves to the left and the deck becomes exposed on the right, tighten the bolt on the left side of the frame. Tighten about 1/4 of turn (clockwise). If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt. Once the Walking Belt has been adjusted closer to the center, the treadmill can be started again.

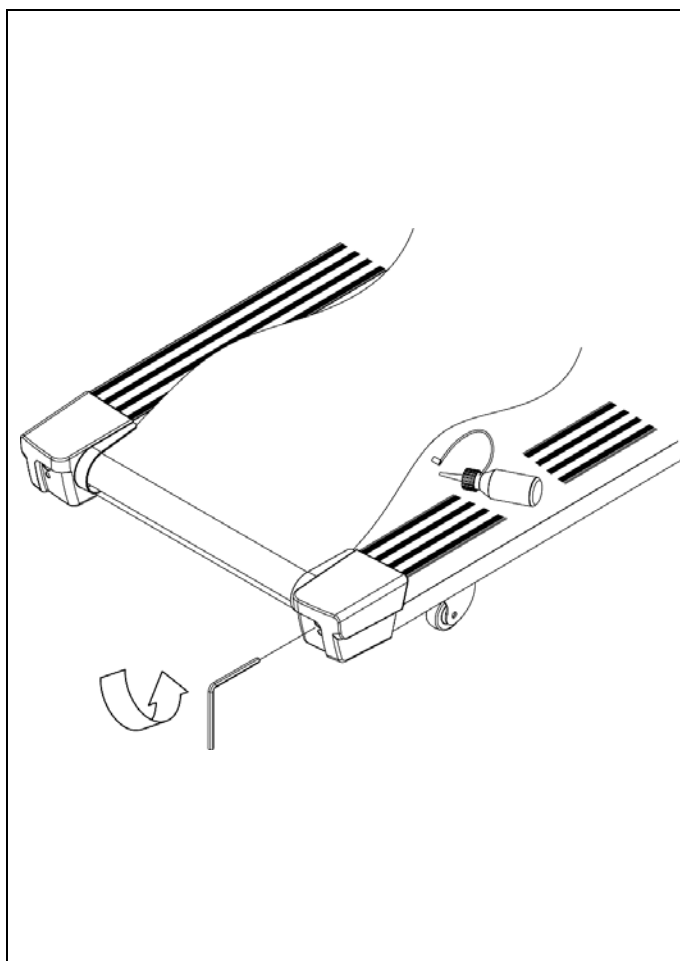
- Make sure the walking belt is going on right without any tracks off the centers



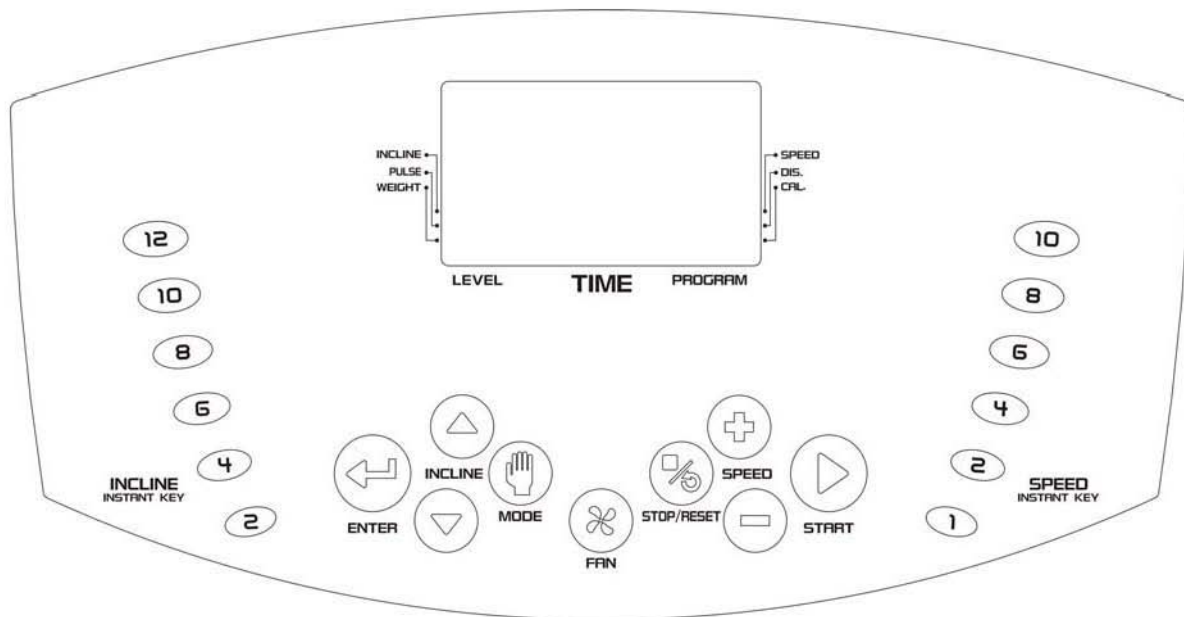
2. It is recommended that the deck be lubricated every 6-12 months according to the frequency of usage. First, use the wrench to loosen the bolts and end caps. Pull up the Walking Belt, dispense the lubricant on the deck and spread evenly. After lubricating the deck, center the belt and check the belt tension. If the belt happens to slip, follow the above steps and lubricate the running deck.

SUGGESTED PREVENTIVE MAINTENANCE SCHEDULE IN ACCORDANCE WITH THE AVERAGE RUNNING SPEED

Measurement	Speed	Interval
Metric	6KM/hr below	1 year
	6~12KM/hr	6 months
	12KM/hr above	3 months
English	4mile/hr below	1 year
	4~8mile/hr	6 months
	8mile/hr above	3 months
Note: This preventive maintenance schedule is only meant for home use.		



COMPUTER INSTRUCTION



I. Start Display:

- 1) If the SAFETY KEY is taken off, the matrix screen will display arrow down. If the SAFETY KEY is replaced, the matrix screen will display KGS (LBS) Weight window glitters and displays the pre-set value. The value is 70kg (150LBS) and range 23~130KG (50~286LBS). At this time the light of Weight window shows. Finish setting, press ENTER and the window will turn to Start / Ready status. The matrix window displays a heart-shaped picture. The aim of setting weight is to make a change of burning CALORIES. This can be only done after starting. It does not need to be set in PROGRAM. It means you can use the value after starting. You must reset each time you start.
- 2) If the SAFETY KEY is removed during work out, the beeper will sound and the treadmill will stop running. At this time place the SAFETY KEY back and all the values will go back to the initial position.
- 3) Under the common Start / Ready status, PULSE window will display HP picture if you don't grip the pulse sensor. If you grip the pulse sensor, you will see the PULSE window starting to display pulse value.

II. Operation Instruction:

- 1) Under Start/Ready position, you can press Mode directly to enter the program.
- 2) Under Start/Ready position, press Start to enter directly the start-up of Manu run.
- 3) If the machine has a fan function, you can press the fan button to start or stop fan. Pressing once means starting and pressing twice means stopping.

III. Edit Mode:

- 1) At Start/Ready position, press Mode to choose Manual and Program by press +/- key.
- 2) Program Mode: Press +/- key to edit the Program (P1~P8), and the PROGRAM window will flash, LCD window will show P1~P8 to edit, you can press +/- key to edit.
Press ENTER to enter the TIME edit, the Program pre-set value is 30min, Range is 20~99min, STEP is 1min. After edit, press ENTER or START to start the machine.
If you press START directly during edit, the rest un-edited functions are pre-set.
During edit, INCLINE and SPEED window will display first level value.
The matrix window will display the picture.
- 4) WARM UP and COOL DOWN function: During WARM UP or Program position, change speed or inclination, the value will increase or decrease in the next level.
COOL DOWN is not affected and STOP is the only function which can be carried out.
- 5) PROGRAM has 30 levels in all. The three anterior are WARM UP, the three later are COOL DOWN. Each is 3 minutes. The setting time except anterior and later which mean 6 minutes will be execute averagely by surplus 24 levels.
- 6) 9 HOLES mode has no functions of WARM UP or COOL DOWN. When distance is equal to 3.5KM, the motor will stop, the INCLINE is 0 and displays" End"

**** When the SAFETY KEY is taken off and then replaced, it will not revert to original position.**

You need to press start key to perform the incline to reposition it.

**** Under start/ready status, if you continuously press stop key for 5 seconds, it will reposition.**

**** During any program, if you press stop key, the program will stop.**

If users want to continuously perform the program, press start key or again press stop key to leave the program and back to start/ready status

IV. Program Operation and Instruction :

- 1) When you press START, it will begin to count down for 3 seconds, after that, the motor will start, speed begins at 1 .0KPH (0.6MPH).
- 2) Speed STEP is 0.1, you can press SPEED UP/DOWN key to select (the speed UP/DOWN step is 0.1), or press speed instant key 1'2' 4' 6 '8' 10 to select.
- 3) Incline STEP is 1, you can press INCLINE UP/DOWN key to select (incline UP/DOWN step is 1), or press incline instant key 2 '4 ' 6 ' 8 ' 10 ' 12 to select.
- 4) SETTING TIME:

- When TIME is set, the window will display the countdown value from target value. When time reaches 0:00, the treadmill will stop automatically.
- When TIME is not set, the window will display a positive number.

When time reaches 99:00 the treadmill will stop automatically.





- 5) Pressing Mode key can switch between SPEED, DISTANCE, CALORIES but not INCLINE, PULSE, WEIGHT. It will just display INCLINE. When there is PULSE signal, it will display the PULSE value. When there is heartbeat value, the PULSE window will display the heartbeat value.
- 6) Press Stop when the motor is working, the motor will stop and the incline motor will stop, the Time window will display Stop; If you press START key again, the motor will start after 3-seconds countdown, the speed will be kept at the same before stop, and the incline will be increased to the set height before stop .
- 7) When it is at stop position, hold the Stop key for 3 seconds, and it will go back to the Start/Ready position.
- 8) It will go back to the Start/Ready position after 30 seconds in the End position (or press Stop Key)
- 9) The time pre-set value is 0, range is 20~99. When the time is 20 minutes, press +- to

V. Program mode





P1 Manual	time: Pre-set value 0min; Range 20~99min; step 1 min
P2 9 hole	LEVEL: Initial Value 1; Range 1~10; step 1; 3500 meter based on distance.
P3 hill climb	LEVEL: Initial Value 1; Range 1~10; step 1 time: Pre-set value 30min; Range 20~99min; step 1 min
P4 hill run	LEVEL: Initial Value 1; Range 1~10; step 1 time: Pre-set value 30min; Range 20~99min; step 1 min
P5 interval	LEVEL: Initial Value 1; Range 1~10; step 1 time: Pre-set value 30min; Range 20~99min; step 1 min
P6 rolling	LEVEL: Initial Value 1; Range 1~10; step 1 time: Pre-set value 30min; Range 20~99min; step 1 min
P7 Weight loss	LEVEL: Initial Value 1; Range 1~10; step 1 time: Pre-set value 30min; Range 20~99min; step 1 min
P8 Custom	time: Pre-set value 30min; Range 20~99min; step 1 min

PROGRAM has 30 levels in all and all the pre-set values are lowest value.

1) After entering into the mode function, at this time, the LEVEL light is on, window flashes. This function is to select acuteness level of movement (**L1~L10**). You can

press     to change the level you need and press ENTER to make sure.





(2) After finishing selecting level, the **TIME** window will star to flash. At this time press

    to set the time you need. Or press START key directly to start with no count down. ** range of time value: 20~99 min; pre-set 30min; step 1 min.





****If the treadmill has HRC function ' P8 Custom function will be replaced by HRC function, the operation as following:**

P8 HRC function: (This function must be used with Chest Belt)

The purpose of this program is self-training based on heart rate. During the training, when the heart rate of a runner rises to the setting chosen, the speed and elevation will keep within a certain range for best training. After you have chosen this mode, the program will ask you to input values as following steps:

1) When the AGE LED indicator flashes 'you can press     to adjust the age, after it is set, press enter to move onto the next option.

Age pre-set value: 30; Range of age: 13~80; Step is 1.

2) At this time, the **PULSE** LED indicator flashes and the program will ask you to enter the pulse value, this value will change according to different ages. Refer to the chart below for the values and select a suitable one, then press     to adjust the pulse value.

If you don't make any changes, press enter and the program will change according to the default values and enter into the next setting.

3) At this time the **TIME** window flashes and the program will ask you to input the time value, to set the desired exercise time or press START directly to start the exercise with no count down

*Range of Time; 20~99 min; default value 30min; step is 1

****This chart is about Age and Pulse Value (default value) for HRC Function.**

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	preset	L		H	preset	L		H	preset	L		H	preset	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

Error Signal:

E1: The treadmill can't read the speed feedback value

E6: Incline motor can't work within the ADC range

E7: Incline is higher or lower (Over range)

**** If any error signal appears, please contact GoFit Platinum ****

9 HOLE

HOLE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 2	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 3	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 4	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 5	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 6	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 7	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 8	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 9	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 10	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	6.0	7.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6

HILL CLIMB

HILL CLIMB		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Level 1	ELEVATION	0.0	0.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	3.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	3.5	3.0	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4		
Level 2	ELEVATION	0.0	0.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	3.0	4.0	3.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	4.0	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3.0	4.5	3.0	4.5	3.5	4.5	3.0	4.5	2.5	4.5	2.5	4.5	2.5	4.0	3.5	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4		
Level 3	ELEVATION	0.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	4.5	2.5	4.0	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.0	5.0	3.0	5.0	3.0	4.5	3.5	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	7.2	4.0	6.4	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	4.8	8.0	4.8	8.0	4.8	7.2	5.6	4.0	3.2	2.4		
Level 4	ELEVATION	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	5.0	3.0	5.0	3.0	5.5	3.5	5.5	3.5	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	3.5	5.5	3.5	5.5	3.5	5.0	4.0	3.0	2.5	2.0		
	(KPH)	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.8	5.6	8.8	5.6	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	5.6	8.8	5.6	8.8	5.6	8.0	6.4	4.8	4.0	3.2		
Level 5	ELEVATION	1.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	5.5	3.5	5.5	3.5	6.0	4.0	6.0	4.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.0	6.0	4.0	6.0	3.5	5.5	4.5	3.0	2.5	2.0		
	(KPH)	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	5.6	8.8	7.2	4.8	4.0	3.2		
Level 6	ELEVATION	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	6.0	4.0	6.0	4.0	6.5	4.5	6.5	4.5	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	4.5	6.5	4.5	6.5	4.0	6.0	5.0	3.0	2.5	2.0		
	(KPH)	3.2	4.0	4.8	9.6	6.4	9.6	6.4	10.4	7.2	10.4	7.2	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2		
Level 7	ELEVATION	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	6.5	4.5	6.5	5.0	7.0	5.0	7.0	5.0	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.0	7.0	5.0	7.0	4.5	7.0	5.0	3.5	3.0	2.5		
	(KPH)	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0		
Level 8	ELEVATION	2.0	3.0	3.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	3.0	2.0	0.0	0.0	
	(MPH)	2.5	3.0	3.5	6.5	5.0	7.0	5.0	7.5	5.5	7.5	5.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	5.0	7.5	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5		
	(KPH)	4.0	4.8	5.6	10.4	8.0	11.2	8.0	12.0	8.8	12.0	8.8	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	8.8	12.0	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0		
Level 9	ELEVATION	2.0	3.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	2.0	0.0	0.0	
	(MPH)	2.5	3.0	3.5	6.5	5.5	7.5	5.5	8.0	6.0	8.0	6.0	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.0	8.0	6.0	7.5	5.5	7.5	5.0	3.5	3.0	2.5		
	(KPH)	4.0	4.8	5.6	10.4	8.8	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.0	5.6	4.8	4.0		
Level 10	ELEVATION	2.0	3.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	2.0	0.0	0.0
	(MPH)	2.5	3.0	3.5	6.5	6.0	8.0	6.0	8.0	6.5	8.5	6.5	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	6.5	8.5	6.5	8.5	6.0	7.5	6.5	3.5	3.0	2.5		
	(KPH)	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0		

SPEED CHANGES ONLY

ROLLING

Level 1	(MPH)	1.5	2.0	2.5	3.0	3.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	3.0	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	4.8	5.6	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	4.8	4.8	4.0	3.2	2.4	
Level 2	(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4	
Level 3	(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4	
Level 4	(MPH)	2.0	2.5	3.0	4.0	4.5	5.0	4.5	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	7.2	8.0	7.2	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2	
Level 5	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	5.0	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	8.0	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	6.4	4.8	4.0	3.2	
Level 6	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.0	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.0	6.4	4.8	4.0	3.2	
Level 7	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	5.0	4.5	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	8.0	7.2	5.6	4.8	4.0	
Level 8	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	6.5	5.5	4.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	10.4	8.8	7.2	5.6	4.8	4.0
Level 9	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	6.0	5.0	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	11.2	9.6	8.0	5.6	4.8	4.0
Level 10	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	7.0	6.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	11.2	9.6	8.0	5.6	4.8	4.0

SPEED CHANGES ONLY

WEIGHT LOSS

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	(MPH)	0.5	1.0	1.5	2.0	2.0	2.0	2.5	2.5	2.5	3.0	3.0	3.0	3.0	3.5	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	4.8	5.6	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	3.2	3.2	2.4	2.4	1.6	0.8
Level 2	(MPH)	0.5	1.0	1.5	2.5	2.5	2.5	3.0	3.0	3.0	3.5	3.5	3.5	3.5	4.0	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	5.6	5.6	6.4	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8
Level 3	(MPH)	0.5	1.0	1.5	2.5	3.0	3.0	3.5	3.5	3.5	4.0	4.0	4.0	4.0	4.5	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	4.0	4.8	4.8	5.6	5.6	5.6	6.4	6.4	6.4	6.4	7.2	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	2.4	1.6	0.8
Level 4	(MPH)	1.0	1.5	2.0	3.0	3.5	3.5	4.0	4.0	4.0	4.5	4.5	4.5	4.5	5.0	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	4.8	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	7.2	8.0	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6
Level 5	(MPH)	1.0	1.5	2.0	3.0	3.5	4.0	4.5	4.5	4.5	5.0	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	4.8	5.6	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.0	8.8	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	3.2	2.4	1.6
Level 6	(MPH)	1.0	1.5	2.0	3.5	4.0	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	6.0	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	5.6	6.4	7.2	8.0	8.0	8.8	8.8	8.8	8.8	8.8	9.6	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	3.2	2.4	1.6
Level 7	(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	8.8	8.8	8.8	9.6	9.6	9.6	9.6	10.4	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	4.0	3.2	2.4
Level 8	(MPH)	1.5	2.0	2.5	4.0	5.0	5.5	6.0	6.0	6.0	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	6.0	6.0	5.5	5.5	4.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	9.6	10.4	10.4	10.4	10.4	11.2	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	7.2	4.0	3.2	2.4
Level 9	(MPH)	1.5	2.0	2.5	4.0	5.5	6.0	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	5.5	5.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.8	9.6	10.4	10.4	10.4	11.2	11.2	11.2	11.2	12.0	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	8.8	8.0	4.0	3.2	2.4
Level 10	(MPH)	1.5	2.0	2.5	4.0	5.5	6.5	7.0	7.0	7.0	7.5	7.5	7.5	7.5	8.0	8.0	8.0	8.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.0	5.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.8	10.4	11.2	11.2	11.2	12.0	12.0	12.0	12.0	12.8	12.8	12.8	12.8	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	9.6	8.8	4.0	3.2	2.4

Trainings hints:

With buying this treadmill you have taken the first step toward improving your fitness. With the help of this item you can add value to your life with improved health, wellbeing and lifestyle.

Goal of training:

Building of muscles
General fitness
Endurance
Feeling of wellbeing

The training success is mainly depending on the following points.

Continuous training
Good nourishment
Control of training progress

Who can exercise?

Generally every healthy person, young or old, can start to exercise.

Capacity:

The body, especially the heart and circulation needs time to adapt to any new exercise. Therefore, it is very important to start slowly with your training and to take brakes between and after exercise. Only exercise at a level you are comfortable with. After continuous training you can gradually increase the duration and intensity of your sessions. After training you should always allow time to stretch and cool down.

Tips for successful and healthy training:

- Always remember that training is most effective when you follow the important rules.
- Exercise gives the best results when it is undertaken long term and continuously, short Term exercising has very little effect.
- Wear comfortable clothing that is not too tight.
- Avoid exercise with a full stomach.
It is recommended not to eat any sooner than one hour before and after training.
- Do not exercise if you are very tired or feel exhausted.
- Your body needs liquid if you exercise, so ensure you have adequate water nearby at all times.

Training:

Warming up should be done with every sporting activity to decrease the risk of injury.

A suggested warm up is a 5-10 minute run on the spot or around the room with a few jumps at each minute interval.

Stretching:

The following stretches are gentle but effective in waking up your body, stimulating your circulation and making your ankles more flexible. Please do these each time before you start exercising.

SUGGESTED STRETCHES

The correct form for these basic stretches is displayed on the right.

Move slowly as you stretch and avoid bouncing.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend the front leg.

Stretches: Calves, Achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax.

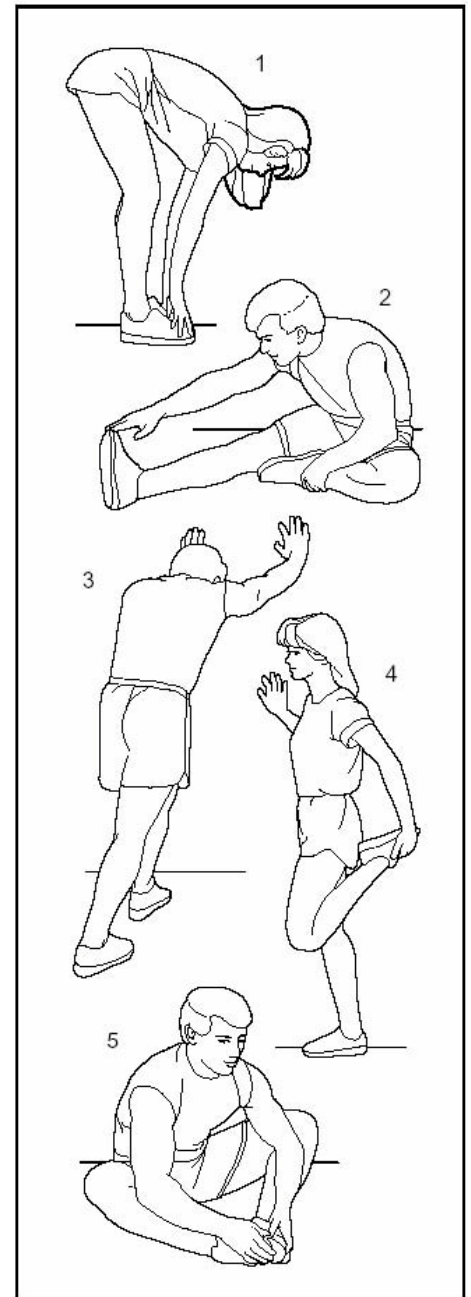
Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.





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