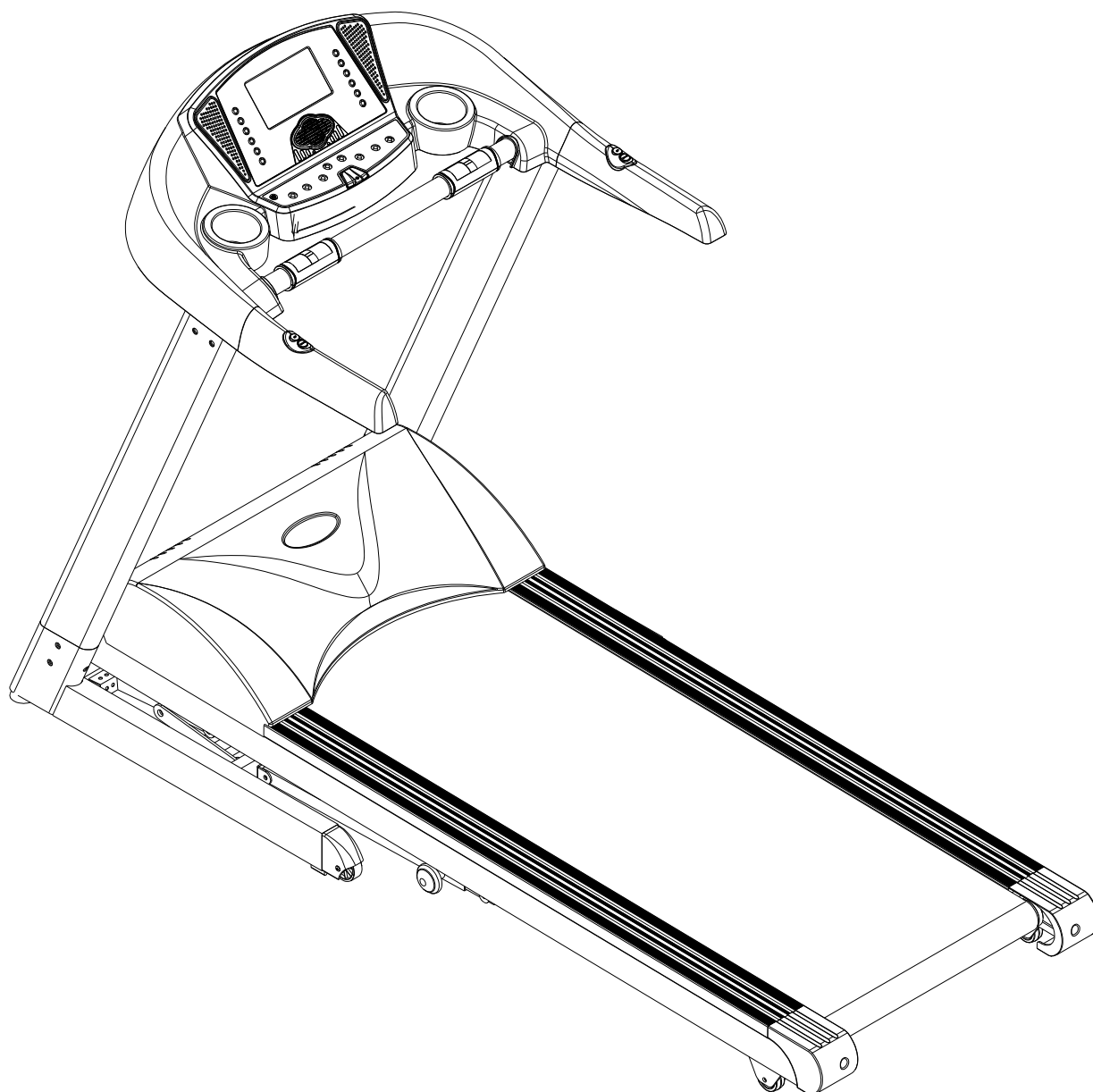


# Treadmill Manual



## **WARNING:**

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

## **Thank you**

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

## **Implied Warranty**

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void.

The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Inset page) within the guarantee period of 24 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, foam, wheels. The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorised parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as running belt) .

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from Customer Services (Inset page) as needed.

Please make sure you have the following information on hand when ordering spare parts.

- Operating instructions
- Model number (located on the cover sheet of these instructions)
- Description of attachments
- Attachment number
- Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our Service team. The costs of unsolicited shipments will be borne by the sender.



## **General safety instructions**

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard.

**To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.**

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified carer is present.
- 3) When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise programme. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purposes described in these operating instructions. Use only attachments recommended by the manufacturer
- 12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

# Special Safety Precautions

- **Power source:**

- Choose a place in reach of a socket when placing the treadmill.
- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A FAULTY GROUNDING OF THE APPLIANCE CAN CAUSE THE RISK OF ELECTRICAL SHOCKS. ASK A QUALIFIED ELECTRICIAN TO CHECK THE SOCKET IN CASE YOU DO NOT KNOW IF THE APPLIANCE IS GROUNDED APPROPRIATELY. DO NOT MODIFY THE PLUG PROVIDED WITH THE APPLIANCE IF IT IS NOT COMPATIBLE WITH YOUR SOCKET. ASK A QUALIFIED ELECTRICIAN TO INSTALL A SUITABLE SOCKET.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorised service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.



## Assembly

- Before starting with the assembly of this fitness device, carefully read through the set up steps as of page 6 We also recommend that you view the assembly drawing prior to assembly (page 5).
- Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.
- Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.

- Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!
- Take your time when viewing the drawings and then assemble the device according to the series of illustrations.
- The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

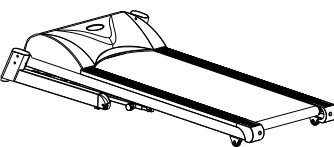
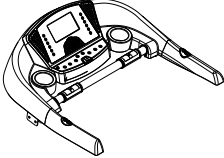
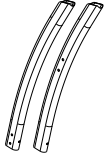

## Unpacking & Assembly

**WARNING!:** Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

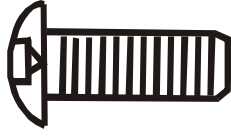
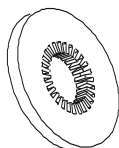



**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

### **UNPACK AND VERIFY THE CONTENTS OF THE BOX:**

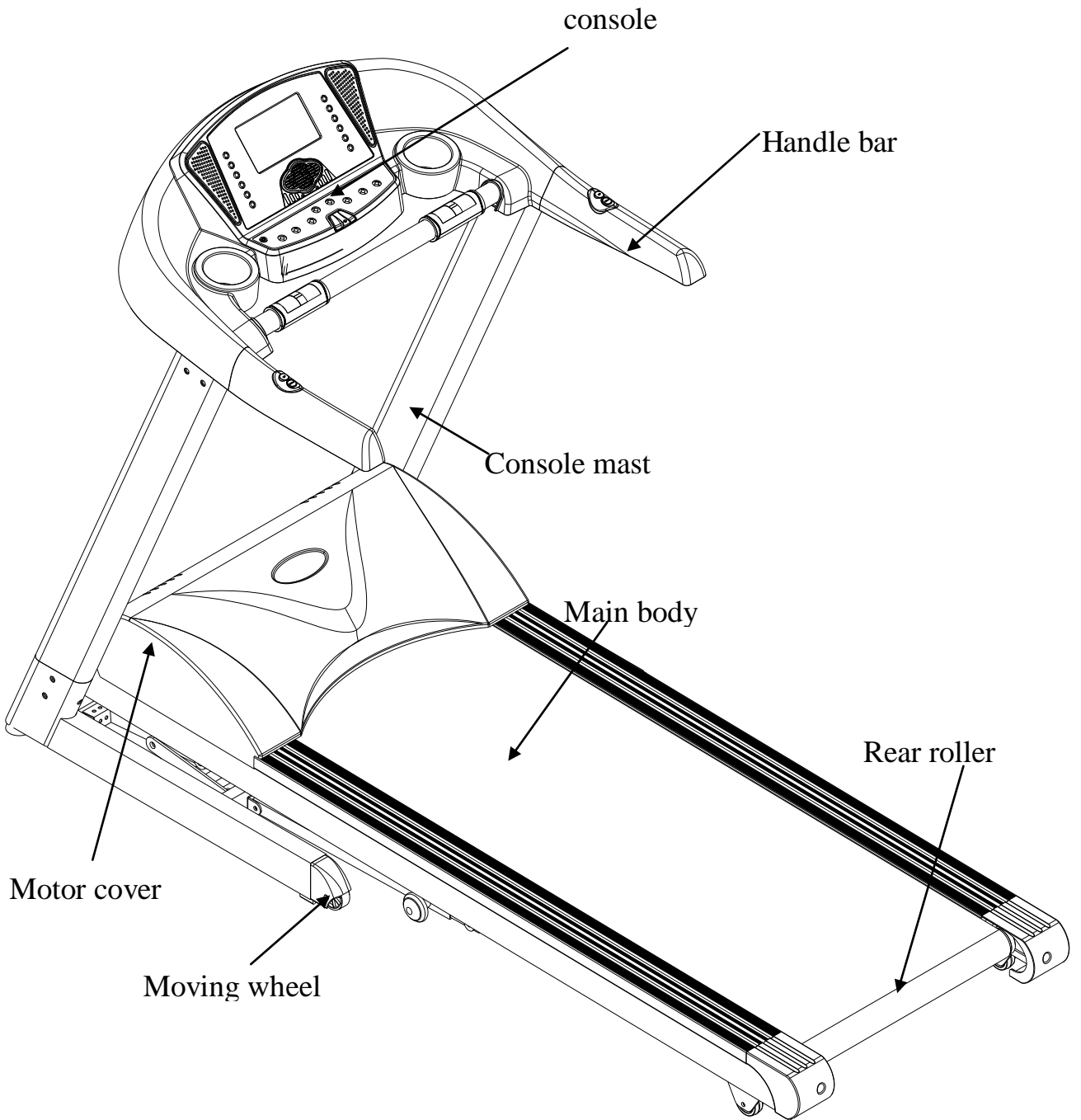
- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.

 <p><b>MAIN BODY</b></p>	 <p><b>CONSOLE</b></p>	 <p><b>CONSOLE MAST</b></p>	 <p><b>HARDWARE KIT</b></p>
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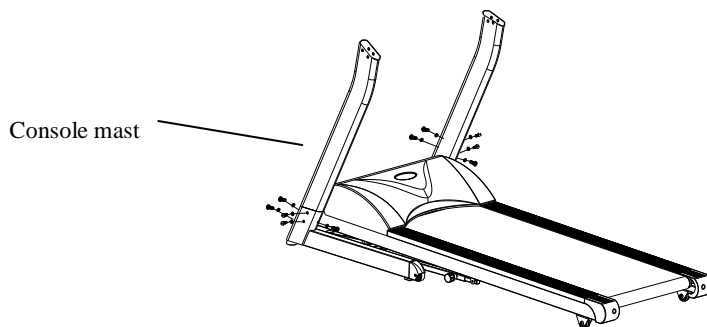
### HARDWARE KIT

 <p><b>M8x15 HEX HEAD BOLT 18pcs</b></p>	 <p><b>Washer 18 pcs</b></p>	 <p><b>MP3 Link line</b></p>
 <p><b>Allen wrench 1 pcs</b></p>		 <p><b>Lubricant for running deck</b></p>

# Assembly Diagram (2)



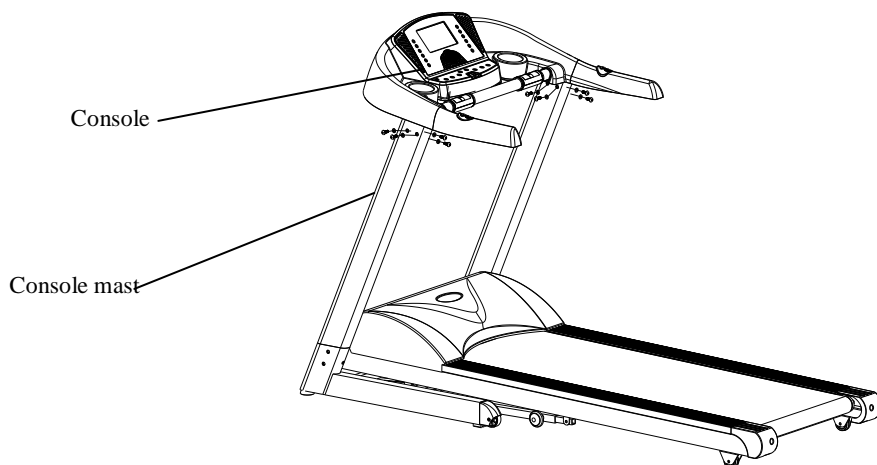
**Step 1: Attach the console masts to the base frame.**



A;)put the console wire through the console mast .

B;)then attach left/right console mast into main frame with six M8X15mm bolt using washer wrench.

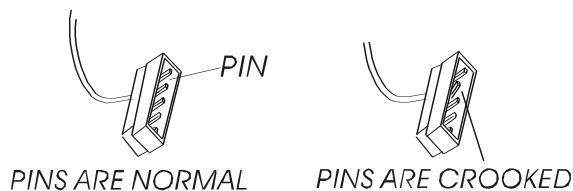
**Step 2: Attach the console to the console mast**



A) connect the wire from the console to the wire in the right console mast.

B) assemble the console to the console mast with two M4x15mm bolts and wrench.(do not tighten the bolts)

ATTENTION: be careful when you connect the two console—controller wires, There are pins inside connector, the pins must be straight, otherwise it will cause problems.



(Insure pins are

straight)

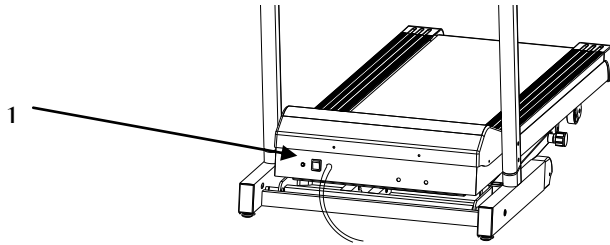
**Step 3:Tighten step 1, step 2 bolts.**

First open switch and working machine, then tighten bolts.

## Use Instruction

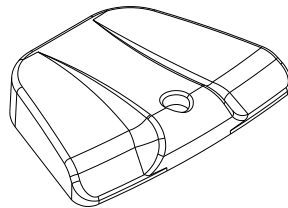
### **TURNING ON THE TREADMILL:**

Make sure that the treadmill is correctly connected to power source. Open on/off switch (1), turn it ON and it will be light. You will hear a signal tone and the LED screen of the Computer will light up.



### **SAFETY KEY:**

The treadmill will only work if the safety key is properly locked in the provided notch of the computer. Inset the safety and attach the clip onto waist part of your clothes. In case of trouble, where it is necessary to turn of the motor immediately, simply push out the safety out of the console by pulling the rope. To turn the treadmill on again, turn the main switch off and then put the safety key back into the notch on the console.



### **FOLDING UP INSTRUCTIONS**

#### **folding the treadmill:**

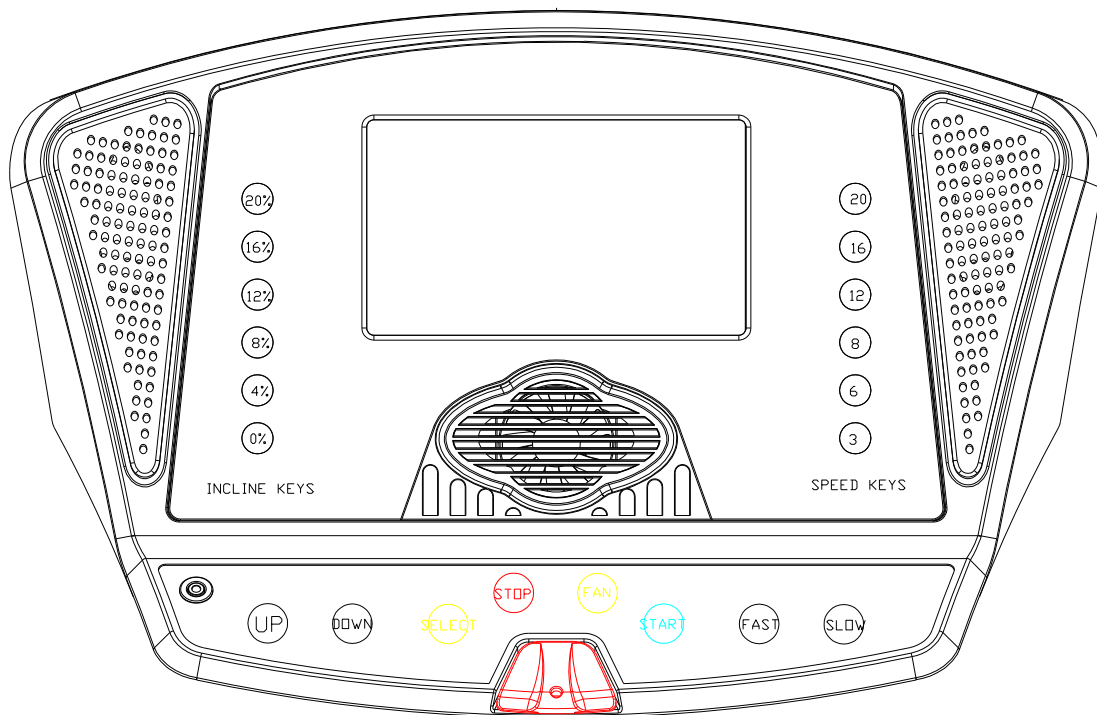
- the treadmill can folded for space-saving storage.
- To fold the treadmill, lift the plate up and lock .

**NOTE: make sure that the locking bolt is locked in place correctly.**

#### **UNFOLDING THE TREADMILL:**

Pull out the locking bolt and fold the treadmill slowly and carefully down.





## Key Definition

<b>Incline Adjustment Keys:</b>	Are used for adjusting the incline level.
<b>Speed Adjustment Keys:</b>	Are used for adjusting the speed level.
<b>Select Key:</b>	Is for select.
<b>Quick Incline Keys:</b>	Are used to raise the incline level directly to the certain level.
<b>Quick Speed Keys:</b>	Are used to raise the speed level directly to the certain speed.
<b>Start Key:</b>	Is used to start operating the exercise program.
<b>Stop Key:</b>	Is used to stop the exercise program.

Quick Speed Key	Speed		Quick Incline Key	Incline	
2	2	Km/h	0	0	%
5	5	Km/h	2	2	%
8	8	Km/h	5	5	%
12	12	Km/h	8	8	%
15	15	Km/h	11	11	%
18	18	Km/h	14	14	%
20	20	Km/h	17	17	%
22	22	Km/h	20	20	%

## Caution

Color\_LCD screen is breakables; please protect it against the following conditions:

- ◆ Hitting by hard or sharp object.
- ◆ Dropping liquid on console.
- ◆ Heat sources.
- ◆ Enormous shocking.

## General Functionalities

- ◆ To start any workout phase after the setup, the user has to press the **Start key**.
- ◆ If the user presses the **Stop key** during the workout phase, the workout **pulses**.
- ◆ If the user presses the **Stop key** twice, the workout **terminates** and the system will return to the initial state.
- ◆ Pull out the **safe key** will stop the treadmill immediately.

**[WELCOME]** shows 3 seconds.

## Monitoring the status of the motor

If something is wrong, the fault message will show on the DOT METRIX screen as follows.

### Over- speed

## Workout Programs

### **P1 - Quick Start** (Default program)

This program let the user start doing exercise without entering any personal data. The workout will last for 0 minutes without warm-up and cool down phases.

### **P2 - Hill**

This program animates the hill climbing workout. The user may enter their personal data, and setup their workout status, e.g. time, speed and incline levels.

### **P3 - Target Heart Rate**

- The incline and speed levels will automatically change according to the preset intensity changing method that helps the user to achieve and maintain the heart rate within the range of 65% ~ 80% of the THR.
- If the user chooses to change the intensity by **Speed level**:
  - For users under 30 years old, the treadmill will accelerate 1 Km/Hr every 30 seconds. The upper limit is set at 15 Km/ Hr.
  - For users in between 30 – 50 years old, the treadmill will accelerate 0.5 Km/Hr every 30 seconds. The upper limit is set at 12 Km/Hr.
  - For users more than 50 years old, the treadmill will accelerate 0.2 Km/Hr every 30 seconds. The upper limit is set at 9 Km/Hr.
- If the user chooses to change the intensity by **Incline level**:
  - The Incline will increase or decrease the incline level by 1 incline levels in 30 seconds.
- If the user chooses to change the intensity by both **Speed level and Incline level**:
  - The Incline level and Speed level will alternate to change the intensity; each stays for 3 minutes.

## P4 - User 1

The user is allowed to customize their workout program by presetting the incline level.

## P5 - User 2

The user is allowed to customize their workout program by presetting the incline level.

## Warm-Up Program

Warm-up phase will appear and last for 3 minutes before every program except Quick Start. During this phase, The speed will automatically increase from 0.8 km/hr to 2 km/hr in a minute and last for the rest 2 minutes.

## Cool-Down Program

Cool-Down phase will appear and last for 3 minutes after every program except Quick Start. During this phase, The incline will decline and the speed will automatically decrease from the present speed to 2 km/hr for a minute and down to 0.8 km/hr for the rest 2 minutes, for the meantime, the user is not able to change the speed and incline manually.

# Operating Process

## P1 - Quick Start Program:

- I. Press **START** to start the workout straight away.
- II. 3-second count-down.
- III. The **[TIME]** is automatically set to default value of **0 minutes**.
- IV. During the workout period, the user may adjust their level and speed by the **Up and Down keys** of **Speed** and **Incline**.

## P2 - HILL Program:

### 1. SET PERSONAL INFO:

- I. **[AGE]:**
  - ◆ Press **SET** to do adjustment.
  - ◆ Press the **Adjust keys** to adjust the age.
  - ◆ Press **SET** again to confirm the adjustment.
- II. **[GENDER]:**
  - ◆ Press **SET** to do adjustment.
  - ◆ Press the **Adjust keys** to change the gender.
  - ◆ Press **SET** again to confirm the choice.
- III. **[WEIGHT]:**
  - ◆ Press **SET** to do adjustment.
  - ◆ Press the **Adjust keys** to adjust the weight.
  - ◆ Press **SET** again to confirm the adjustment.

When the machine is at STANDBY mode and the screen shows "QUICK" Please use "UP" and "DOWN" button to choose P1, P2, P3 or user 1 or User 2. And use the "SELECT" button to set up the program.

On the screen shows SET " time" .... Just use "UP", "DOWN" and "SELECT" to set the program then press "START" to use the program.

## 2. SET GOAL MODE:

- I. Press **SET** to select the goal.
- II. Press the **Adjust keys** to switch between **[TIME]**, **[Distance]**, and **[Calorie]**.
- III. Press **SET** key to confirm the Goal setting.
- IV. Use **Fast, keys** again to adjust the goal value.
- V. Press **SET** to confirm the adjustment.

## 3. SELECT LEVEL:

- I. The default level is set to **[1]**, press **SET** to confirm or;
- II. Press the **Adjust keys** to select the workout level.
- III. It will allow the user to adjust the **level** by the **Adjust keys** The user may adjust the level up to level 8.
- IV. Press **SET** to confirm the adjustment.

## 4. PRESS START:

- I. Press **START** to start the workout.
- II. **3-second count-down.**
- III. **Workout starts.**
- IV. During the workout period, the user may adjust their Incline and Speed from the **Up and Down keys** of Speed and Incline.

## P3 - TARGET HEART RATE Program:

### 1. SET PERSONAL INFO:

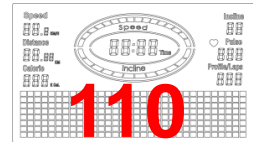
- I. **[AGE]:**
  1. Press **SET** to do adjustment.
  2. Press the **Adjust keys** to adjust the age.
  3. Press **SET** again to confirm the adjustment.
- II. **[GENDER]:**
  1. Press **SET** to do adjustment.
  2. Press the **Adjust keys** to change the gender.
  3. Press **SET** again to confirm the choice.
- III. **[WEIGHT]:**
  1. Press **SET** to do adjustment.
  2. Press the **Adjust keys** to adjust the weight.
  3. Press **SET** again to confirm the adjustment.

### 2. SET TIME GOAL:

- I. **[TIME]** is automatically set to default value - 20 minutes.
- II. Press the **Adjust keys** to adjust the time value.
- III. Press **SET** to confirm.

### 3. SET THR:

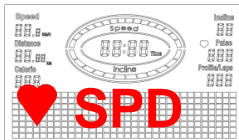
- I. Recommended Target heart rate (THR) displays for a few seconds.



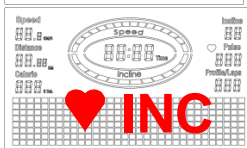
- II. Press the **Adjust keys** to adjust THR between the range (70~180).

- III. Press **SET** to confirm.

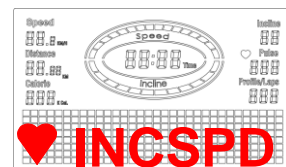
### 4. SET CHANGING METHOD:



Automatically change the speed level to reach the THR.



Automatically change the incline level to reach the THR.



Automatically change both the speed and the incline levels to reach the THR.

- I. Press on the **Adjust keys** to switch among the 3 ways.
- II. Press **SET** to confirm the changing method.

### 5. PRESS START:

- I. Press **START** to start the workout.
- II. **3-second count-down.**
- III. During the workout period, the user may adjust their Incline and Speed from the **Up and Down keys** of Speed and Incline.
- IV. During the workout, if the THR is not reached, the speed, incline or both Speed & Incline will adjust automatically according to what the user has chosen at the setting phase.

**P.S.** The target heart rate table is attached with the manual at the end for reference.

## USER 1 Program:

### 1. SET PERSONAL INFO:

#### I. [AGE]:

1. Press **SET** to do adjustment.
2. Press the **direction keys** to adjust the age.
3. Press **SET** again to confirm the adjustment.

#### II. [GENDER]:

1. Press **SET** to do adjustment.
2. Press the **direction keys** to change the gender.
3. Press **SET** again to confirm the choice.

### III. [WEIGHT]:

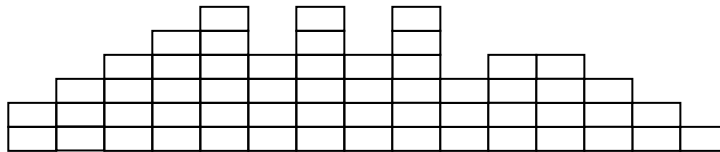
1. Press **SET** to do adjustment.
2. Press the **Direction keys** to adjust the weight.
3. Press **SET** again to confirm the adjustment.

### 2. SET GOAL MODE:

- I. Press **SET** to select the goal.
- II. Press the **direction keys** to switch between [TIME], [Distance], and [Calorie].
- III. Press **SET** key to confirm the Goal setting.
- IV. Use **direction** keys again to adjust the goal value.
- V. Press **SET** to confirm the adjustment.

### 3. SELECT LEVEL:

The workout level will be divided into 16 parts, as below:



- I. The first brick at the bottom of the first section shows.
- II. Press the **Direction keys** to add the bricks to the desired level.
- III. Press **SET** key to confirm and **START** key to start the program.
- IV. Repeat for the rest section until the last section was entered. Once the last block is completed, USER1 setting will be saved.

### 1. PRESS START:

- I. Press **START** to start the workout.
- II. **3-second count-down.**
- III. Workout starts.
- IV. During the workout period, the user may adjust their Incline and Speed from the **Up and Down keys** of Speed and Incline.

## USER 2 Program:

The operating process of the USER 2 program is exactly the same as the USER1 program.

Maintenance

## TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

## **BELT ADJUSTMENT**

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off center after use. Stretching is normal during the break-in period.

### **ADJUSTING THE BELT TENSION:**

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

### **TO INCREASE THE RUNNING BELT TENSION:**

1. Place 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.
4. Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

### **TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.**

### **CENTRING THE RUNNING BELT**

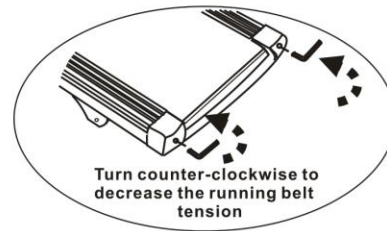
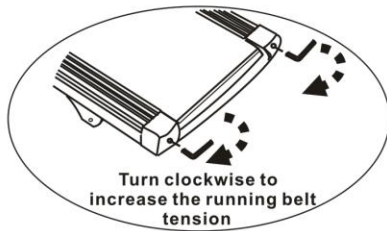
When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will center when no body is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually. Start the treadmill without anyone on the running belt, press FAST-key until speed reached 6kph.

1. Observe whether the running belt is toward the right or left side of the deck.
  - If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counter clockwise 1/4.
  - If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
  - If the belt is still not center, repeat the above step until the running belt is on center.



After the belt is centre, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



## LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. In case of a dry surface refer to the following instructions.

Only use oil free silicon spray.

### Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

## CLEANING:

Regular cleaning of the striding belt ensures a long product life.

**Warning:** The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

## STORAGE:

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.



## Important notes

- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise programme. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.
- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device. It is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

## Trouble Shooting

### TROUBLE SHOOTING GUIDE:

SYMPTOM	CAUSE	SOLUTION
Show E0	Not equip Safety key	Please equip the Safety key
Show E1	Speed feedback equipment err	Please check Speed feedback equipment and 10-pin cable or contact special service

### TROUBLESHOOTING YOUR TREADMILL:

This treadmill is designed to be reliable and easy to use. However, if you experience a problem, please reference the trouble shooting guide listed below:

**PROBLEM:** The console does not light up.

**SOLUTION:** Verify that the power cord is plugged in properly to the outlet, and the treadmill switch is turned on.

PROBLEM: The treadmill circuit breaker trips during a workout.

SOLUTION: Verify that the treadmill is plugged into a dedicated 20amp circuit.

\*Note: No extension cord.

PROBLEM: The treadmill shuts off when elevating.

SOLUTION: Verify that there is enough slack in the power cord to reach to the wall outlet during elevation.

PROBLEM: The running belt does not stay centre during a workout.

SOLUTION: Verify that the treadmill is on a level surface. Verify that the belt is properly tightened. (Refer to belt adjustment)

PROBLEM: The treadmill makes a clicking noise towards the front of the machine while walking or running on it.

SOLUTION: For optimum use, the treadmill needs to be level.

#### General fitness tips

Start your exercise programme slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 litres per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

How high or low should your heart rate be during exercises?

Your GP can give your more information on the current guidelines.

Age	Heart rate frequency range 50-75% (beats per minute) - ideal training pulse -	Maximum heart rate frequency 100%
20 years	100-150	200
25 years	98-146	195
30 years	95-142	190
35 years	93-138	185
40 years	90-135	180
45 years	88-131	175
50 years	85-127	170
55 years	83-123	165
60 years	80-120	160
65 years	78-116	155
70 years	75-113	150

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## **Warm-up / stretching exercises**

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

### **NECK EXERCISES**

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

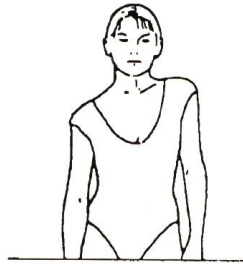
You can repeat this exercise alternately several times.



**1**

### **EXERCISES FOR THE SHOULDER AREA**

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



**2**

### **ARM STRETCHING EXERCISES**

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



### **EXERCISES FOR THE UPPER THIGH**

**3**

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



**4**

### **INSIDE UPPER THIGH**

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



**5**

### **TOUCH TOES**

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



**6**

### **EXERCISES FOR THE KNEES**

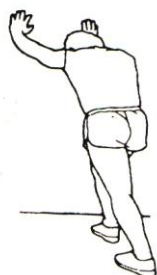
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



**7**

### **EXERCISES FOR THE CALVES/ACHILLES TENDON**

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



**8**

