Hire Instructions
12km Prog. Treadmill

HFH

HOME FITNESS HIRE

WARNING:
Home Fitness Hire 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. We 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.

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
Turn unit to low speed. Holding the handrails for support, place one foot at a time onto side foot rails. Turn off unit and remove safety key. Switch off at power point.

SAFETY KEY
For the treadmill to operate, the safety key must be in position where indicated on the console. During use, attach the key clip to your clothes to provide a rapid means of stopping the unit. If the key is taken from its position, power to the unit will be cut and 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.

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, seed, 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.

GENERAL EXERCISE GUIDELINES

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to the treadmill and exercising, work at a comfortable level that you can maintain for at least 5-10mins. From here, try to increase duration to 20-30mins. Your progress from this stage is up to you, but using your heart rate is an effective way to monitor exercise and achieve your goals.

As a general rule 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.

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. Make sure that the red safety key has been placed on the bottom of the console first, however if this does not fix the encountered problem, call your hiring agent.