Hire Instructions
16kmh 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 piece of carpet to protect your flooring from wear and minimise 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.

FOLDING AND MOVING THE TREADMILL
To lower the deck press with the foot against the pneumatic cylinder, and the deck will gently lower to the ground. To fold up the treadmill, first ensure that the INCLINE is fully lowered. Lift the base upwards to the computer until it locks upright into position. The treadmill can be moved in the folded position by carefully tilting backwards, and use the two wheels on the base to relocate.

MOUNTING
Stand with feet on the footpads to either side of the mat.
Switch on the unit at its lowest speed.
Holding the handrails for support, place one foot at a time onto the mat and walk in a normal manner.

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 1kph and 16kph, and incline between 0%-12%. Both can be adjusted by pressing the speed/incline '+ or -' buttons on the console.

PULSE
Hand grip pulse indicators can be found on the silver panels on the hand rails. Both hands must be on the grips at the same time. The readings may not appear right away and will not be 100% accurate. The readings however, can be used as a guide.
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.

COMPUTER OPERATION
The treadmill can be operated manually or using the preset programs.

Manual Operation: After placing the safety key, press the start button. The unit will start at a slow pace, then speed and incline can be changed by pressing the +, -, or instant key buttons. Readings such as Time(min), Distance(km), Cals, Pulse will appear automatically on the screen.

Programmes: When the treadmill is not running, press the PROGRAM button to cycle through the available programmes.

MP3 audio function: Insert the MP3 line in the input hole of the right side in the computer.

Bluetooth music function: Press the Bluetooth key till the display show Bluetooth icon, turn on the Bluetooth of your device to match with computer and play the music USB function: Plug your USB, press the start key to play the music

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.