

## CAUTION

- Treadmill use is not recommended if you have any injuries in the spine, hip, knee or ankles.

## PROS & CONS

- + Great option for burning lots of calories and losing weight
- + No need to worry about weather
- + Running and walking are great activities for heart health
- Can be expensive to own and maintain
- May have jarring impact on the back, hips, knees or ankles
- It can get monotonous

## TRIVIA

- First motorized treadmill was created in 1952

## CHALLENGE MILES

- 1:1

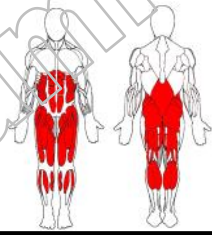
## INSTRUCTIONS

- 01** Wear comfortable running sneakers
- 02** Insure the treadmill is off (the belt is not running) before stepping on
- 03** Attach the safety clip
- 04** Get familiar with the settings and follow machine's instructions
- 05** Start slow. Hold onto the support bars for balance (if you are a beginner)
- 06** Swing your arms naturally as you become more comfortable

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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## ROUTINE SAMPLES

### ROUTINE# 001

- ▶ Warm up for 5 minutes
- ▶ 1 minute walk / 1 minute sprint
- ▶ Repeat above intervals for 20 to 30 total minutes
- ▶ Cool down for 5 minutes

### ROUTINE# 003

- ▶ Warm up for 5 minutes
- ▶ Walk a slow pace at the highest elevation you can handle for 15-30 minutes. Hold support bar if needed
- ▶ Cool down for 5 minutes

### ROUTINE# 002

- ▶ Warm up for 5 minutes
- ▶ Raise the elevation by 3% and walk at a slow steady pace for 3 minutes
- ▶ Repeat the above (increase elevation 3% and walk 3 minutes) until you reach maximum elevation. Hold support bar if needed
- ▶ Decrease elevation by 3% and walk at slow steady pace for 3 minutes
- ▶ Repeat the above (lower elevation another 3% / walk 3 minutes) until the treadmill is flat. Hold support bar if needed

## ALTERNATE OPTIONS



**Elliptical**



**Recumbent Bike**

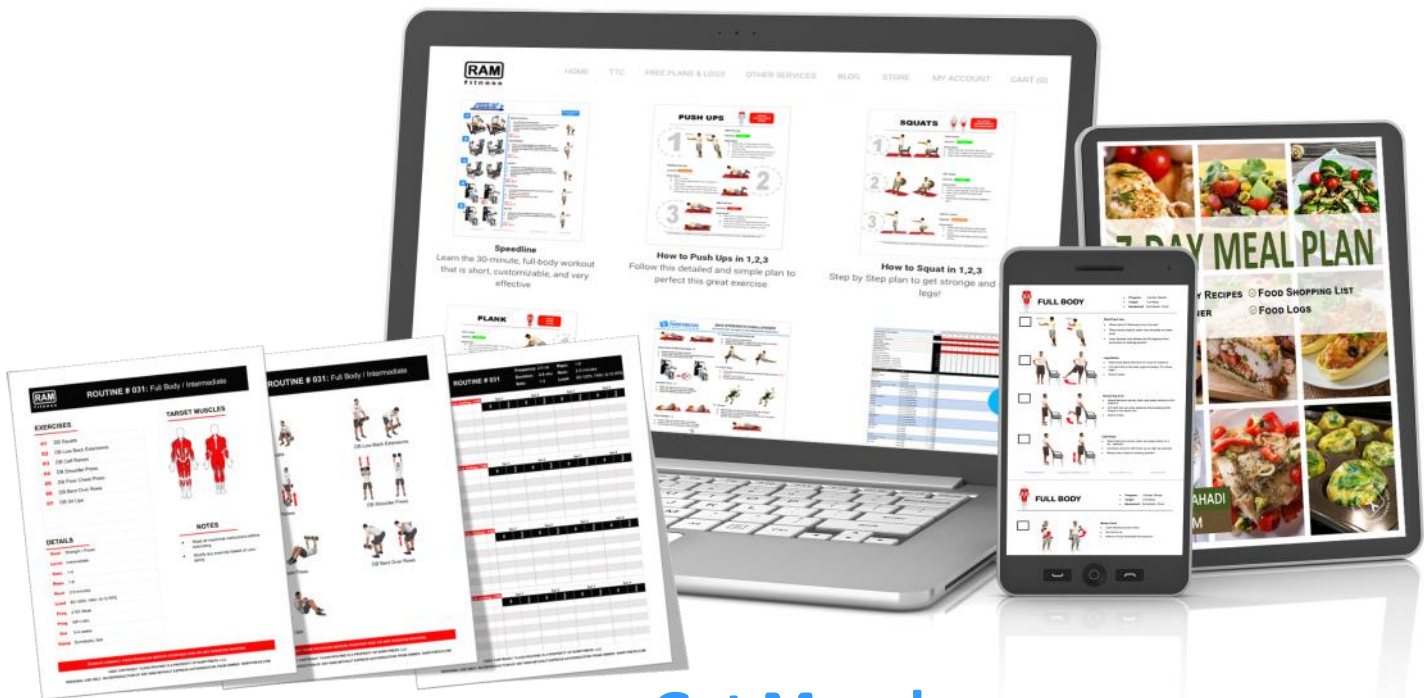


**Stair Climber**

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