

WORKING OUT ON THE TREADWALL[®] FT

A FULL BODY WORKOUT

Climbing on the Treadwall is a workout that builds your body in many ways. By adjusting the Treadwall's simple controls (see other side), you can create a custom workout that emphasizes aerobic conditioning, upper body strengthening, flexibility or balance. No other single piece of exercise equipment provides the variety and flexibility of a Treadwall session.

ANGLES How you set the angle makes a big difference in a climbing workout!



OVERHANGING ANGLES: Climbing on an overhanging wall gives a powerful upper-body workout. A great way to develop arm, hand, shoulder and back strength with a natural movement using your own weight.

VERTICAL ANGLES: Climbing at the vertical angle is a great balanced workout. Legs, arms, hands, feet, trunk and shoulders are all brought into play for full-body natural exercise. You can use vertical climbing as an excellent stand-alone activity or part of a comprehensive fitness program.

SLAB ANGLES: The easier slab angles are terrific for aerobic and balance workouts. At these angles, most of your weight is on your feet and legs. The balanced movement that you develop over time is far more graceful and enjoyable than normal workouts on aerobic equipment.

WORKOUTS

FLEXIBILITY- WARMUP: 8-10 minutes.

Set to **vertical or slab angle**. Climb at a slow pace using the longest reaches and highest steps that you can manage. Focus on steady, slow movement. When the wall brakes at the bottom, take the time to stretch and shake out as needed.

BALANCE: 8-10 minutes.

Set **slab angle, slowest possible speed**. Focus on side-to-side movement and footwork. Experiment using the inside and outside shoe edges, back-stepping etc. Try using hands for balance only, no grips.

AEROBIC: 15-20 minutes.

Set to a **comfortable angle**. Start at a pace you can sustain. Use the speed lever to adjust the Treadwall to fine tune your climbing effort: look for a rate you can maintain for 15-20 minutes.

UPPER BODY: 5-7 minutes.

Set to an **overhanging angle**. Don't overdo your fingers at first – work your way up to the hardest angles. Good footwork is important, but you will find more weight on your arms and hands. Smooth, controlled body positions are best. Balance is key to using your power: don't allow yourself to swing out.

ROUTES

WORKOUT VARIETY: Choosing different routes will add interest to your workout.

- Use the hold colors to create routes: choose a route that uses only one color eliminates a color.
- Try staying to the left or right or go straight up the middle.
- If you climb with a friend, find different routes to challenge each other as you alternately train.

TREADWALL[®] FT ADJUSTMENTS

The weight of the climber operates the Treadwall. When you step onto the wall, it starts, and when you step off, the motion stops. This patented braking (Auto Stop) system regulates the motion to match your climbing, braking when your feet reach the bottom panel so you can pause while still on the wall.

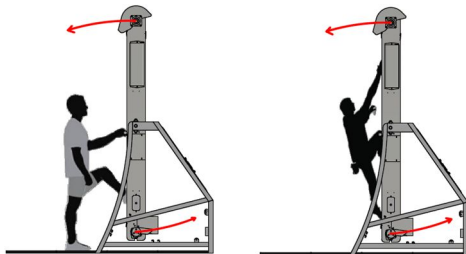
ANGLE ADJUSTMENT

The angle of the wall makes a big difference!

The Treadwall can be adjusted over a range of angles from a relatively easy slab to a very challenging overhang.

Increasing (harder) angles:

- Option 1: while standing in front of the climbing surface, pull down on angle lever and push the surface back to desired degree of difficulty.
- Option 2: while climbing, **gently** push down the angle lever and the climbing angle will increase using your body weight.

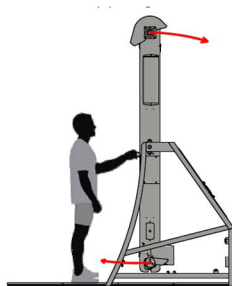


Option 1

Option 2

Decreasing (easier) angles:

- While standing in front of the machine, pull down on the angle lever and the wall will swing back to an easier angle on its own. You may have to assist by pulling the wall forward.



SPEED/RESISTANCE ADJUSTMENT

You can adjust the speed or resistance of the wall from fully stopped (0) to very fast (10).

- Start by stepping up onto the wall above the step line with the lever at the slowest setting (0).
- Gradually increase the speed until it matches your climbing pace. Use small adjustments while you are climbing. Try for smooth and even movement.

DISPLAY

The Treadwall display keeps track of Time, Distance and Calories expended.

Basic Mode:

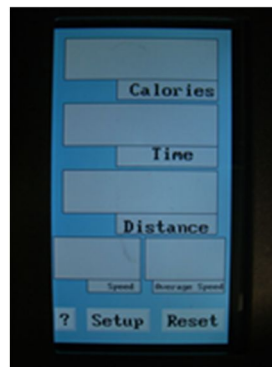
Push "Reset" before you start climbing

- The time function will begin as soon as you start moving.
- Average speed is calculated over a 3-4 second range.
- Enter your weight onto the setup screen to estimate calories burned

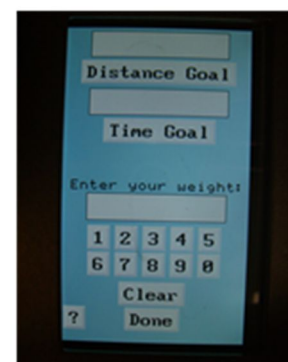
Setup Mode:

Push "Setup" to access the setup screen.

- To input time or distance, touch the correct box and use keyboard.
- To input weight, touch the correct box and use keyboard.



Setup Screen



Start Screen