

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 The Model V offers climbing at a vertical angle.



VERTICAL ANGLE: 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.

WORKOUTS

FLEXIBILITY- WARMUP: 8-10 minutes.

Set to slow speed. Climb 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 to 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 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 a moderate speed. Don't over-work your fingers at first. 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.

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.



Speed Adjustment

DISPLAY

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

Basic Mode:

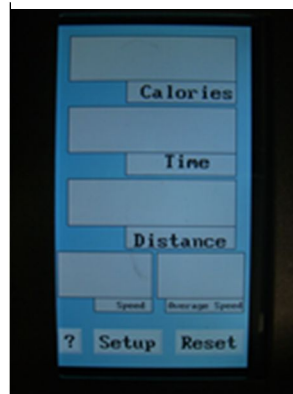
Push "Reset" before you start climbing

- 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

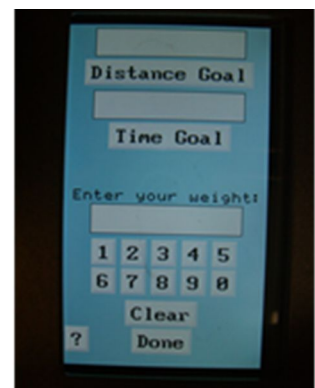
Setup Mode:

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