

Treadmill

How to use a treadmill

1. Start by holding onto the handrail of the treadmill firmly. Step onto the treadmill, attach the safety key clip, and then place your feet on either side of the walking belt.
2. Switch on the treadmill and set it to a slow speed.
3. Place your feet on the walking belt and start walking slowly.
4. Adjust the speed and slope of treadmill to a suitable level according to your ability.
5. Do not run too fast. Begin by walking at a slow speed and increase the pace gradually.
6. When exercising, maintain normal breathing, keep your eyes looking forward, and keep your back straight.
7. The recommended exercise duration is about 10 to 15 minutes.
8. When you wish to stop, decelerate the treadmill gradually and continue walking until it comes to a complete stop.
9. Once you are steady, step out of the treadmill carefully while holding onto the handrail firmly. Take care to maintain your balance.

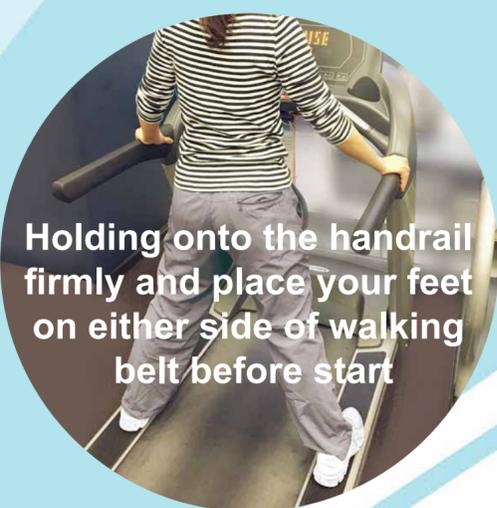


Safety guidelines for using a treadmill

1. Before using this exercise equipment for the first time, speak to a member of staff.
2. The treadmill is not suitable for persons with: severe lower limb pain, unhealed fracture(s) or joint dislocation(s), recent lower limb injuries or poor balance.
3. If you suffer from chronic diseases, such as heart disease, diabetes or conditions causing pain or deformity in the lower limbs, consult a doctor or physiotherapist before using the treadmill.
4. Wear comfortable and suitable clothing, such as cotton clothing and socks, sport shoes, etc. Do not use the machine barefoot or while wearing high heels, slippers, or sandals.
5. Do not exercise on an empty stomach or on a full stomach.
6. Perform 5 to 10 minutes of warm up / cool down and stretching exercises before and after using the treadmill.
7. When getting on and off the treadmill, hold onto the handrail firmly to prevent falling.
8. Attach the safety key clip if the treadmill is equipped with one.
9. Always set the speed and slope of the treadmill from low to high, and increase gradually with each use. Do not increase the levels abruptly or beyond your limit.
10. If you feel pain in your lower limb joints during exercise, reduce the speed or slope of the treadmill. If there is no improvement, stop exercising for the time being.
11. Stop immediately and seek help from healthcare professionals if you develop the following symptoms: chest pain, intense or worsening pain, headache, dizziness, nausea, vomiting, muscle cramps, etc.
12. If you fall down from the treadmill, keep calm and seek help from a member of staff nearby. Do not rush to stand up immediately.



Safety Switch



Holding onto the handrail firmly and place your feet on either side of walking belt before start

