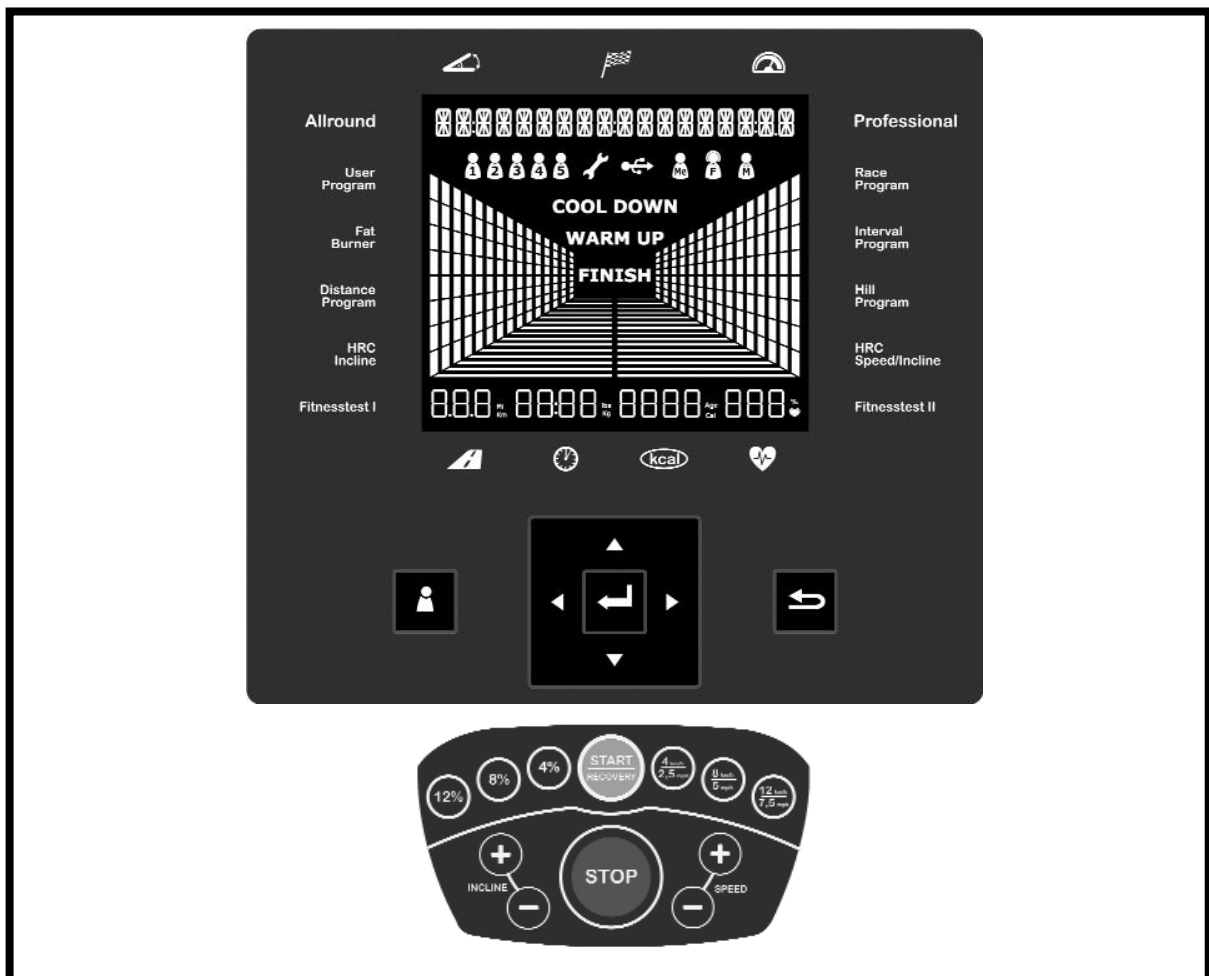


KETTLER

Computer- und Trainingsanleitung für Laufband "Marathon TX5" Art.-Nr. 07886-000



- D
- GB
- F
- NL
- E
- I
- PL
- CZ
- P



FREIZEIT MARKE KETTLER

SAFETY INFORMATION

- In order to avoid injuries caused by incorrect weight bearing or overloading, the training device must only be operated according to the instructions.
- Before the first use and additionally after 6 days of operation the connections should be checked to make sure they are secure.
- Check the functionality and the proper state of the training device on a regular basis.
- The safety related checks are one of the operator's obligations and must be carried out regularly and properly.
- The level of safety of the device can only be retained by regularly checking for damages and wear.
- Defective or damaged components are to be exchanged immediately. Procedures on electrical components must only be carried out by qualified personnel. Please only use original KETTLER spare parts.
- The device must not be used until it has been repaired.
- Before starting the training, please ask your GP to check that you are fit to be trained on this device. The medical findings should be the basis for the expansion of your training programme. Incorrect or excessive training can be harmful to health.
- The treadmill should only be used for your intended purpose, i.e. for running and walking training or adult persons.

Please adhere to the maximum user weight.

- Always train with the attached safety key
- Familiarise yourself with the movement sequences at a low speed during the first few training units.
- In the case of uncertainty hold onto the handrail, step onto the side platforms and stop the treadmill.

Important: adhere to the safety information in the assembly and construction instructions.

Safety switch

Always attach the safety key to the safety switch before training and clamp the cord of the safety key to your clothing. Adjust the cord length: If you stumble then you should activate the safety switch.

The safety switch was developed to turn off the motor for the treadmill and the height adjustment immediately if you fall off or find yourself in an emergency situation. At high speeds it can be unpleasant and even a little dangerous if the treadmill immediately stops. Therefore only use the safety switch for an emergency stop. To stop the treadmill safely, comfortably and completely under normal conditions during training, please use the STOP button.















• Check the safety switch before the start of training.

Stand on the side platform and start the treadmill at minimum speed. Withdraw the safety key from the safety switch. The treadmill should stop immediately. Then attach the safety key to the safety switch again and the cord to your clothing. Move to the back of the stopped treadmill. The safety key must come loose from the safety switch. The cord should still stay attached to your clothing. Afterwards fasten the safety key onto the safety switch again.

• Treadmill security

Uncontrolled use of the treadmill by third parties can be avoided by removing and storing the safety key. Please store the safety key carefully and keep out of reach of children!







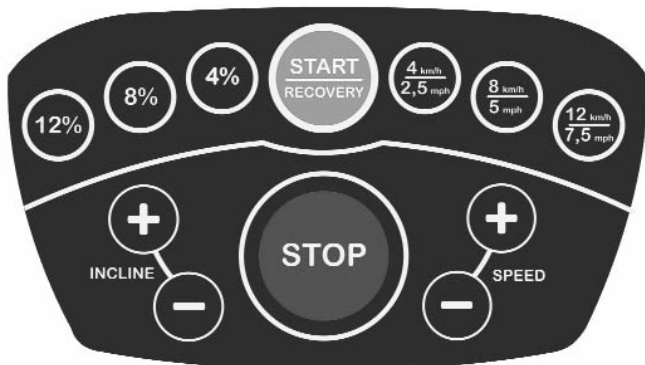
-  **INCLINE** – “INCLINE in %”
-  **TARGET** – “training goals”
-  **SPEED** – “speed in km/h or mph”
-  **DISTANCE** – “Training distance in km or miles”
-  **TIME** – “Training time”
-  **CALORIES** – “Energy use in calories”
-  **HEART RATE** – “Pulse in bpm or % maximum pulse”
-  **SYMBOL USER 1-5** – “1 to 5 persons”
-  **SYMBOL SERVICE** – “Information about treadmill maintenance”
-  **SYMBOL USB** – “Information about PC Mode”
-  **SYMBOL ME, FEMALE, MALE** – “I, female, male”
-  **COOL DOWN** – “cool down”
-  **WARM UP** – “warm up”
-  **FINISH** – “end of programme”







DISPLAY VALUES

Display	Resolution	Area	Stages
DISTANCE (km)	X.X.X	0.00 – 9.99 / 10.0 – 99.9	0.01
DISTANCE (mile)	X.X.X	0.00 – 9.99 / 10.0 – 99.9	0.01
TIME (min:sec) / (h:min)	XX:XX	00:00–99:59 / 01:40–18:00	00:01
CALS (kcal)	XXXX	0-9999 / 0-2388 in PC Modus	1
INCLINE (%)	XX.X	0-12.0	0.5 / 1.0 in PC Modus
SPEED (km/h)	XX.X	0.8 – 20.0	0.1
SPEED (mph)	XX.X	0.5 – 12.0	0.1
HR (bpm)	XXX	40-240	1
% max. HR (%)	XXX	10-250	1



-  **ENTER** – Confirmation of programmes and values
-  **CURSOR** – Selection of programmes and values
-  **USER** – User selection
-  **HOME** – Back to programme selection



-  **DIRECT INCLINE (4%, 8%, 12%)** – direct INCLINE selection
-  **INCLINE (+) (-)** – Setting INCLINE
-  **DIRECT SPEED (4/2.5; 8/5; 12/7.5)** – direct speed selection
-  **SPEED (+) (-)** – Speed setting
-  **START / RECOVERY** – Starts the treadmill / starts the fitness marks calculation
-  **STOP** – Stops the treadmill

INCLINE SETTINGS

The INCLINE angle is increased by 0.5% using the INCLINE button (+).

The INCLINE angle can be reduced by 0.5% using the INCLINE button (-).

A long press on these buttons leads to an automatic run through the values.

You can set the INCLINE directly using the DIRECT INCLINE buttons 4 %, 8 %, 12 %.

For safety reasons the INCLINE angle can only be set manually. This excludes the programmes with INCLINE profiles and the HRC programmes (heart frequency control programme) as well as PC mode. Here the INCLINE angle will be set up automatically. During PC mode the INCLINE angle can only be increased or reduced in steps of 1%.

SPEED SETTINGS

You can increase the speed by 0.1 km/h (mph) during training using the SPEED button (+).

You can reduce the speed by 0.1 km/h (mph) during training using the SPEED button (-).

A long press on these buttons leads to an automatic run through the values.

By using the DIRECT SPEED buttons (4.0 km/h / 2.5 mph), (8.0 km/h / 5.0 mph) and (12 km/h / 7.5 mph) you can set the speed directly.

PROGRAMME SELECTION

After turning on or ending a programme you can select a programme using the "◀", "▲", "▶", "▼" CURSOR buttons and the ENTER button. "ALL ROUND" and "PROFESSIONAL" programmes are available. Information text is shown in the upper LCD line for the information of the user. Flashing LED's next to the buttons show the available buttons at a glance.

PROFILE SEGMENTS

When selecting a programme (before starting training) the profile for INCLINE, pulse and speed will be shown on the display. The INCLINE profile and pulse profile will be shown on the left half of the display and the speed profile will be shown on the right part of the display. During training the INCLINE value on the left and the speed value on the right will be scaled to the available segment. This could lead to corruption of the profile in the display. The current position of the user will flash. By touching the ENTER button during training the profile sequence will be re-blended in.

RECOVERY

If there is a pulse signal during training, activate the recovery pulse measurement with the RECOVERY button. The treadmill will come to a stand still. The working pulse will be measured and then the resting pulse will be measured one minute later, and a fitness mark will be awarded. When doing the same training the improvement of this mark shows improved fitness.

In the DISTANCE display the working pulse P1 and the recovery pulse P2 in the CALORIES display will be blended in. After approx. 16 seconds the display will change to pause mode.

Calculation of fitness mark:

$$\text{Note} = 6 - \left(\frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = working pulse

P2 = recovery pulse

1 = Very good

F6.0 = unsatisfactory

PAUSE

If you press the STOP button during training, the programme will be interrupted and the pause mode will be activated. During pause mode only the START- and STOP buttons work.

If you press the START button during pause mode, the treadmill will start again at the speed that was being used before the pause function was activated. The training values will continue to be counted and continued from where they were interrupted. If no buttons are pressed for three minutes or the STOP button is pressed during pause mode, the programme will be ended and

the training statistics will be shown.

FINISH - TRAININGS STATISTICS-

If the STOP button is pressed or you automatically leave pause mode, the display will show the training statistics for 16 seconds. The display shows the total time, total distance and total energy use. Finally the display will change to programme selection and is ready for your next training session. If you want to skip the training statistics simply press the STOP button.

CALORIE CALCULATION

The calorie calculation is a reference value. The calculated value does not raise any medical claims.

PULSE FUNCTION

The treadmill is equipped with a hand pulse recorder. In order to guarantee a good hand pulse recording, you should hold onto both hand pulse sensors lightly and completely, without moving your hands. Moving the hands could lead to disturbances. The PULSE display requires approx. 5 to 15 seconds to display your current pulse.

The treadmill also has a built in POLAR compatible heart frequency recorder. In order to be able to use the wireless pulse system, you must wear a chest belt to convey the heart frequency. The chest belt to transfer the heart frequency is not included in the scope of delivery of the treadmill. We recommend the POLAR chest belt T34. This can be obtained as an accessory from specialist shops. Please be aware that some materials that are used in your clothes (e.g. polyester, polyamide) create static charges and may impede a reliable heart frequency measurement. Please also be aware that mobile phones, televisions and other electrical devices which form an electro-magnetic field around them may also cause a problem with the heart frequency measurement.

SETTINGS

A long press on the SPEED (-) button during programme selection will take you to the settings. The setting possibilities (German/English), system (metric/English), sound (on/off), resetting the service display, total kilometres, display and controller version can be selected by touching the SPEED (-) button. You can leave the settings mode at any time without a change by pressing the STOP button. By touching the START button the relevant setting will be converted or turned on/off and you will leave the settings mode. The total kilometres and display and controller version can only be read out and cannot be changed.

SERVICE DISPLAY

If the service symbol is displayed then the treadmill needs to be repaired. Please check the treadmill adjustment and lubrication. You can find instructions on this in the assembly instructions. To reset the service display "see settings"!

ERROR MESSAGES

During operation various messages will be blended into the text line in the case of control errors. Error messages can be reset by turning the mains switch off and on again. If the error message appears again then you should contact the service.

USB

The USB ports are on the reverse side of the console. Via this interface data exchange with a PC is possible via KETTLER software.

OPERATION**TURNING ON**

First of all turn the device on. The ON/OFF switch for the treadmill is next to the network cable on the front side underneath the motor cover. Push the switch into the "ON" position.

- SAFETY KEY

Always check that the safety switch is functioning properly before training. Attach the safety key to the safety switch and the cord to your clothing. If the safety key is not placed in the safety

switch, "SAFETY KEY" will be shown on the display.

-GETTING ON AND OFF THE TREADMILL

Be careful when you are getting on or off the treadmill. Try to use the handles when you get on or off. Do not stand on the treadmill when you are preparing the treadmill for use. Spread your feet and stand on the two side platforms next to the running surface. Only place your foot on the treadmill when it has begun to move at a constant speed. For your own safety, only get onto the treadmill when the speed is no more than 2 km/h.

Always keep your head and body facing forward during training. Never try to turn around while on the treadmill. Stop the treadmill after you have finished training by pressing the STOP button. Wait until the treadmill has completely stopped before you try to get off.

If you feel uncertain about the speed and are not sure how to stop the treadmill, hold onto the handles, lift your feet off the treadmill and put them on the side platforms next to the running surface. The side platforms are a suitable place to have a rest before you start training again. Always try to start with a low speed for your own safety and comfort.

TRAINING PROGRAMS

MANUAL PROGRAM

After the device has been turned on and the safety key has been put in, simply press the START button. The treadmill will start after 3 seconds at

0.8 km/h (0.5 mph). You can increase / decrease the speed or incline at any time during training. In order to end the training, simply press the STOP button, to stop the treadmill. When starting the training manually the time in the TARGET display will be counted down. The manual programme is a 30 minute training programme. The training programme can be saved at the end.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. Touch the START button to start training.
4. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.
5. Select a PERSON (1-5) (◀/▶)
6. You can confirm saving by pressing the USER button.

PROGRAM SELECTION

The user has the opportunity of choosing between ALLROUND or PROFESSIONAL programmes.

The ALLROUND programme includes the following sub programmes:

1. User Program: 5 user programme
2. Fat Burner : 4 pre-settings (2 INCLINE , 2 Speed)
3. Distance programme : 4 pre-settings (4 INCLINE)
4. HRC Incline : 4 HRC pre-settings (4 pulse profile)
5. Fitness test 1

The PROFESSIONAL programme includes the following sub programmes

1. RACE programme : competition with 5 saved programmes (User programme in ALLROUND selection)
2. Interval programme : 4 pre-settings (2 INCLINE , 2 Speed)
3. Hill Program : 4 pre-settings (2 INCLINE , 2 Speed)
4. HRC Speed/Incline : 4 HRC pre-settings (4 pulse profile)
5. Fitness test 2

After selecting a programme the user can make specifications. The pre-set value will flash and show that you can either confirm the flashing value or change it. As soon as you have entered your value and confirmed it, you can start training on the treadmill.

USER PROGRAMS

The user has the possibility of training on the saved programme again and re-saving it.

To save, the training programme must be fully completed.

You can select between 1-5 people under ALLROUND in the user programme.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the user programme under ALLROUND
4. A PERSON (1-5) can be selected (◀/▶). Press the ENTER button to confirm.
5. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
6. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
7. Touch the START button to start training.
8. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.
9. Select person 1-5 (NAME)
10. You can confirm saving by pressing the USER button.

FAT BURNER

A running training programme with the focus on weight reduction (fat burning). In this programme the INCLINE or speed will be automatically regulated by timing.

You can choose from four pre-set profiles (two INCLINE profiles and two speed profiles) under ALLROUND in Fat Burner. You can increase/decrease the speed or INCLINE at any point during training. The time specification will be counted down in the TARGET display.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the FAT BURNER programme under ALLROUND
4. Enter weight then press (Enter) to confirm or (▲/▼) to change
5. Enter age then press (Enter) to confirm or (▲/▼) to change
6. Enter time then press (Enter) to confirm or (▲/▼) to change
7. Select a profile (▲/▼) and confirm by pressing Enter
8. Max Speed or Max INCLINE confirm by pressing (Enter) or (▲/▼) to change
9. Touch the START button to start training.
10. Training can be stopped at any time using the STOP button; you can restart training within 3 minutes.
11. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

FAT BURNER: SPEEDPROFILE 1



FAT BURNER: SPEEDPROFILE 2



FAT BURNER: INCLINE PROFILE 1

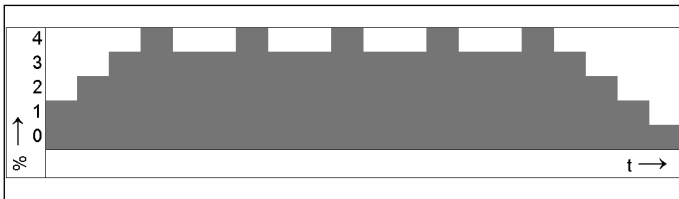
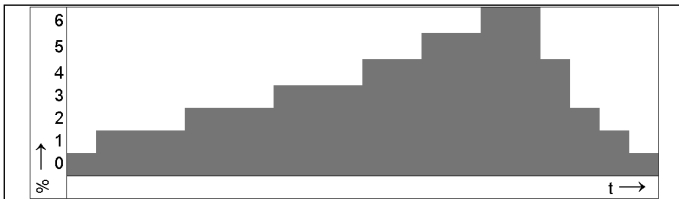
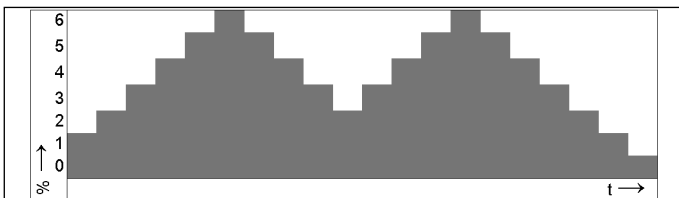


FAT BURNER: INCLINE PROFILE 2**DISTANCE PROGRAMME**

You can train at a distance that you can set yourself with various INCLINES. In this way you can train in a target orientated and realistic way.

You can choose between four pre-set INCLINE profiles under the ALLROUND programme in the distance programme. You can increase/decrease the speed or INCLINE at any time during training. Here the distance specification will be counted down in the TARGET display.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the distance programme under ALLROUND
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
5. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
6. ENTER Distance 1.0km to 50.0km then press (Enter) or (▲/▼) to change
7. Select a profile(▲/▼) and confirm by pressing Enter
8. Max INCLINE then press (Enter)to confirm or (▲/▼) to change
9. Touch the START button to start training.
10. Training can be stopped at any time using the STOP button; you can restart training within 3 minutes.
11. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

DISTANCE PROGRAMME: INCLINE PROFILE 1**DISTANCE PROGRAMME: INCLINE PROFILE 2****DISTANCE PROGRAMME: INCLINE PROFILE 3****DISTANCE PROGRAMME: INCLINE PROFILE 4****HRC INCLINE and HRC SPEED/INCLINE**

You can choose between four pre-set pulse programmes under ALLROUND in HRC Incline or under PROFESSIONAL in the HRC Speed/Incline programme. The user has the possibility of individually setting the programme based on their target heart frequency (Max target pulse). The treadmill will automatically set the INCLINE or speed in the programme HRC Speed/Incline or just the INCLINE in HRC Incline in order to achieve and retain the target heart frequency of the user. During the training the user can manually change the speed, INCLINE or TARGET PULSE. During training the TARGET PULSE to be achieved is shown under TARGET.

To use the heart control programme the user must wear a chest belt.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. Select the HRC Incline programme or HRC Speed Incline programme
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change.
5. ENTER AGE then press (Enter)to confirm or (▲/▼) to change
6. ENTER TIME then press (Enter) to confirm or (▲/▼) to change
7. Select a profile (▲/▼) and confirm by pressing Enter
8. Max TARGET PULSE press (Enter) to confirm or (▲/▼) to change
9. Touch the START button to start training.
10. Training can be stopped at any time using the STOP button; you can restart training within 3 minutes.
11. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

HRC INCLINE / HRC SPEED/INCLINE: PULSE PROFIL 1**HRC INCLINE / HRC SPEED/INCLINE: PULSE PROFIL 2****HRC INCLINE / HRC SPEED/INCLINE: PULSE PROFIL 3****HRC INCLINE / HRC SPEED/INCLINE: PULSE PROFIL 4****INTERVAL PROGRAMME**

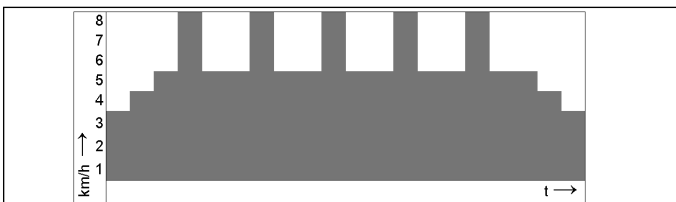
The aim of the interval programme is to train in a varied way with low and high intensities. The INCLINE or speed will change according to the profile. A target orientated, highly effective Tempo/INCLINE change training will be possible.

You can choose between four pre-set programmes under PROFESSIONAL in the interval programme (two INCLINE profiles and

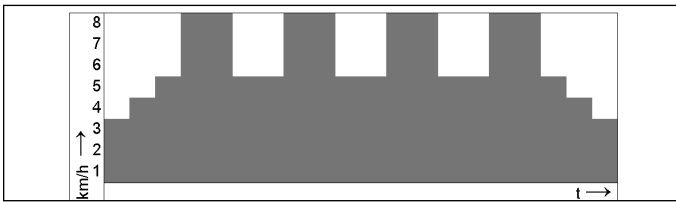
two speed profiles). You can increase/decrease the speed or INCLINE of the training at any time. The time specification will be counted down in the TARGET display.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the interval programme under PROFESSIONAL
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
5. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
6. ENTER TIME then press (Enter) to confirm or (▲/▼) to change
7. Select a profile (▲/▼) and confirm by pressing Enter
8. Max Speed or Max INCLINE press (Enter) to confirm or (▲/▼) to change
9. Touch the START button to start training.
10. Training can be stopped at any time using the STOP button; you can restart training within 3 minutes.
11. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

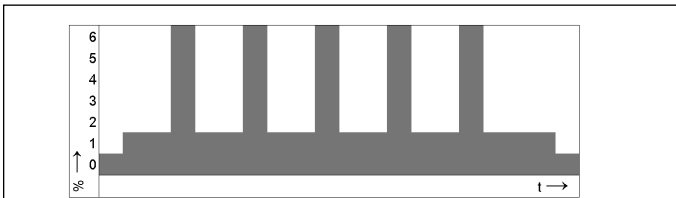
INTERVAL PROGRAM: SPEED PROFILE 1



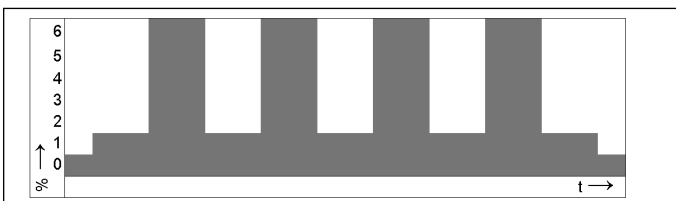
INTERVAL PROGRAM: SPEED PROFILE 2



INTERVAL PROGRAM: INCLINE PROFILE 1



INTERVAL PROGRAM: INCLINE PROFILE 2



HILL PROGRAMME

Here the treadmill varies the INCLINE and speed automatically as you choose and so simulates walking up a hill.

In the hill programme you can choose between four pre-set programmes (two INCLINE profiles and two speed profiles) under PROFESSIONAL. You can increase/decrease the speed or INCLINE at any time during the training. The time specification will be counted down in the TARGET display

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the hill programme under PROFESSIONAL
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
5. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
6. ENTER TIME then press (Enter) to confirm or (▲/▼) to change
7. Select a profile (▲/▼) and confirm by pressing Enter
8. Max Speed or Max INCLINE then (Enter) to confirm or (▲/▼)

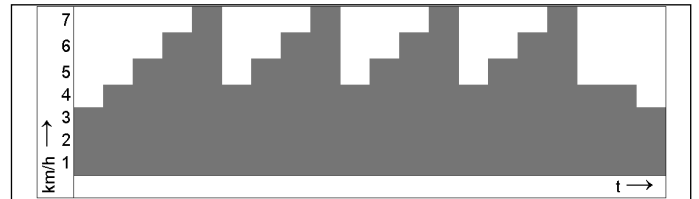
to change

9. Touch the START button to start training.
10. Training can be stopped at any time using the STOP button; you can restart training within 3 minutes.
11. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

HILL PROGRAM: SPEED PROFILE 1



HILL PROGRAM: SPEED PROFILE 2



HILL PROGRAM: INCLINE PROFILE 1



HILL PROGRAM: INCLINE PROFILE 2



RACE

Under PROFESSIONAL in the Race programme you can choose a competition between one of the 5 saved programmes (user programme). You can increase or decrease the speed at any time during the training. The time specification or distance specification will be counted down in the TARGET display depending on the previously saved training. The training will be ended with a COOL DOWN.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. You can select the Race programme under PROFESSIONAL
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
5. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
6. OPPONENT (a selection from the User programme) press (Enter) to confirm or (▲/▼) to change
7. Touch the START button to start training.
8. You can stop the training at any time by pressing the STOP button; training can be restarted within 3 minutes.
9. A COOL DOWN of 4 minutes will be introduced after the end of the programme.
10. At the end you can save the programme that you have just used (USER button) or stop with the HOME button.

FITNESS TEST

With the fitness test you will obtain a reliable basis for systematic and efficient training development.

You can select FITNESS TEST 1 under ALLROUND (INCLINE is increased, speed is minimal increased) or FITNESS TEST 2 under

PROFESSIONAL (INCLINE and speed are increased).
During the test the user cannot set the speed or INCLINE manually.

1. Turn on the equipment
2. Secure the safety key on the treadmill and the clip on the clothing of the user.
3. Select FITNESS TEST 1 or FITNESS TEST 2
4. ENTER WEIGHT then press (Enter) to confirm or (▲/▼) to change
5. ENTER AGE then press (Enter) to confirm or (▲/▼) to change
6. Select SEX (M= male, F= female) then press (Enter) to confirm or (◀/▶) to change
7. Press START button to start the fitness test
8. The training values cannot be saved after the fitness test
9. The fitness test can be stopped at any time using the STOP button; it is not possible to restart.
10. A COOL DOWN of 4 minutes will be introduced after the fitness test (can be stopped by pressing the STOP button)
11. After completion your fitness mark (FITNESS STATE) will be calculated.

FITNESS Table

Female											
Age	very poor		poor		fair		good		excellent		superior
13-19	25	25	30,9	31	34,9	35	38,9	39	41,9	41,9	
20-29	23,6	23,6	28,9	29	32,9	33	36,9	37	41	41	
30-39	22,8	22,8	26,9	27	31,4	31,5	35,6	35,7	40	40	
40-49	21	21	24,4	24,5	28,9	29	32,8	32,9	36,9	36,9	
50-59	20,2	20,2	22,7	22,8	26,9	27	31,4	31,5	35,7	35,7	
60-	17,5	17,5	20,1	20,2	24,4	24,5	30,2	30,3	31,4	31,4	

Male											
Age	very poor		poor		fair		good		excellent		superior
13-19	35	35	38,3	38,4	45,1	45,2	50,9	51	55,9	55,9	
20-29	33	33	36,4	36,5	42,4	42,5	46,4	46,5	52,4	52,4	
30-39	31,5	31,5	35,4	35,5	40,9	41	44,9	45	49,4	49,4	
40-49	30,2	30,2	33,5	33,6	38,9	39	43,7	43,8	48	48	
50-59	28,1	28,1	30,9	31	35,7	35,8	40,9	41	45,3	45,3	
60-	20,5	20,5	26	26,1	32,2	32,3	36,4	36,5	44,2	44,2	

Training directions

Running is a very efficient form of fitness training. With the treadmill, you can go through controlled and regulated running exercises at home, no matter what the weather is like outside. The treadmill is suitable not only for jogging, but also for walking exercise. Before you start training, you should read the following notes!

Planning and controlling your running training

The basis for planning your training is your current physical fitness. With an endurance test, your physician can diagnose your personal capability, upon which you will base your training plan. If you have not had an endurance test, you must at any rate avoid high training loads or overload.

You should remember the following principle for the training plan:

Endurance training is regulated both by the extent of the load and the amount / intensity of the load.

Guidelines for endurance training

Load intensity

The load intensity during running training is preferably monitored by your heart's pulse rate.

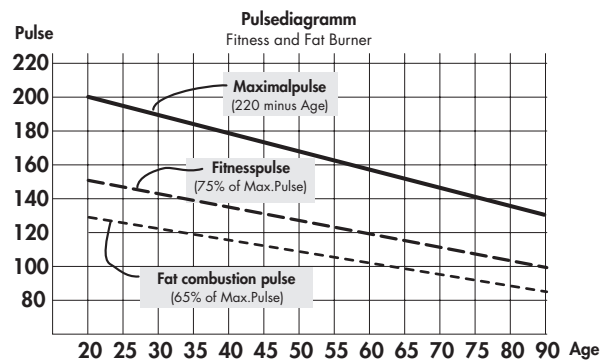
Maximum pulse: maximum load is the term used when the individual maximum heart rate has been reached. The maximum reachable heart rate depends on age.

The rule of thumb here is: the maximum heart rate per minute equals 220 beats minus your age.

Example: age 50 years > 220 - 50 = 170 beats/min.

Load pulse:

The optimum load intensity is reached at 65 – 75% of the individual cardiovascular performance (see diagram).



65% = aim of training is to burn fat

75% = aim of training is to improve fitness

This value changes depending on age.

The intensity during training is regulated with the treadmill firstly by running speed and secondly by the incline angle of the tread. The physical load increases at higher speeds. It also increases if the incline angle is increased. If you are a beginner, avoid too high a running pace or training with the tread inclined too steeply, otherwise you could quickly exceed the recommended heart rate range. You should set your individual running pace and incline angle when training on the treadmill such that you reach your optimum heart rate according to the indications above. While running, monitor whether you are training within your intensity range by your heart rate.

Extent of load

Duration of one training unit and number of units per week:

Training

The optimum extent of load is reached when 65 – 75% of the individual cardiovascular performance is reached over a long period.

Rule of thumb:

Either 10 min / training unit with daily training
 or 20 – 30 min / training unit with 2 to 3 times a week
 or 30 – 60 min / training unit with 1 to 2 times a week
 Beginners should not begin with training units of 30 – 60 minutes. Beginner training can be arranged in intervals for the first 4 weeks:

Training frequency	Extent of training session
1 st week	
3 x weekly	1 minute running 1 minute walking 2 minutes running 1 minute walking 2 minutes running 1 minute walking 1 minute running 1 minute walking
2 st week	
3 x weekly	2 minutes running 1 minute walking 3 minutes running 1 minute walking 2 minutes running 1 minute walking
3 st week	
3 x weekly	3 minutes running 1 minute walking 4 minutes running 1 minute walking 3 minutes running 1 minute walking
4 st week	
3 x weekly	4 minutes running 1 minute walking 5 minutes running 1 minute walking 4 minutes running 1 minute walking

Warm-up

At the beginning of every training unit, you should do 3 – 5 minutes of warm up running, slowly increasing the load in order get your cardiovascular system and musculature going.

Cool-down

Just as important is the so-called cool-down. After every training session, you should continue to run slowly for about 2 – 3 minutes. The load for your further endurance training should generally be increased first by the extent of the load, e.g. instead of 10 minutes daily, do 20 minutes or instead of once weekly, train twice or three times a week. Beside the individual planning of your endurance training, you can fall back on the training programs integrated into the training computer on the treadmill. You can determine whether your training has achieved the desired result after some weeks as follows:

1. You manage a certain endurance level at lower cardiovascular performance than before.
2. You maintain a certain endurance level with the same cardiovascular performance over a long time.
3. You recover more quickly from a certain cardiovascular performance level than before.

Notes on pulse measurement by hand pulse

A minute current created by the contraction of the heart is recorded by the hand sensors and analysed by the electronics

- Always cover the contact areas completely with both hands
- Avoid clasp jerkily
- Hold your hands calmly and avoid contraction and rubbing on the contact areas.

Special training directions

The sequence of running exercises should be familiar to everyone. Nevertheless, there are certain points that should be observed when running:

- Always make sure the structure and condition of the unit are correct before training.
- Only get on and off the unit when it is at a complete standstill and hold the hand grips to do so.
- Fasten the cord of the safety tread-stop key to your clothing before starting the treadmill.
- Train with the proper running or sports shoes.
- Running on a treadmill is different from running on normal ground. Therefore, you should prepare yourself for the running training with slow walking on the treadmill.
- Hold firmly onto the handlebars during your first training units in order to avoid uncontrolled movements that could lead to a fall. This applies especially to operating the computer while running.
- Beginners should not adjust the incline of the tread to too high a position, in order to avoid overload.
- Run in as even a rhythm as possible.
- Only train in the middle of the tread.

