



PULSE POINT MOTORIZED TREADMILL

Instruction Manual and Workout Guide

TL 100E



PULSE POINT MOTORIZED TREADMILL

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INTRODUCTION

Congratulations on your purchase of the Pulse Point Variable Speed Treadmill. This walking treadmill is truly an innovative piece of equipment. With the Pulse Point's variable speed adjustment you have an infinite number of speed settings available. And with its state-of-the-art electronic Pulse Point console, you can keep track of your speed, distance, and time as well as monitoring your pulse.

Pulse Point Treadmill will provide you the opportunity to experience one of the best forms of aerobic exercise----walking----while in the comfort of your own home.

OPERATING YOUR TREADMILL

Before you actually use your treadmill, it is important that you become familiar with its workings:

ANGLE ADJUSTMENT

You may wish to increase your workload by increasing the angle of the walking surface. To do this, simply complete these steps:

- A. Loosen incline adjustment knobs on both sides of hood with a counter-clockwise turn.
- B. Grab incline adjustment handle and pull to desired incline angle.
- C. Tighten incline adjustment knobs back clockwise.



SPEED ADJUSTMENT

A special feature of the Pulse Point Treadmill is that it has a variable speed walking surface that can be easily adjusted by a turn of the handle.

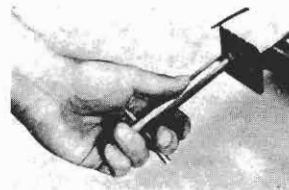
- A. To increase the speed at the walking surface, turn the speed adjustment knob counter-clockwise to go faster, clockwise to go slower (adjustment knob is located on the far right at the back of the treadmill hood)



3. RUNNING SURFACE/ DRIVE BELT TENSION ADJUSTMENT

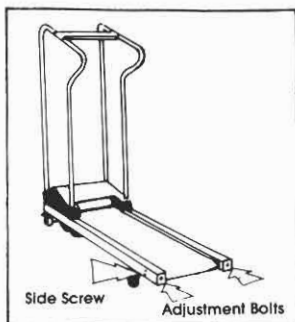
During shipping the running surface may have shifted, causing the walking surface to be too far to the right or left on platform. To adjust this problem, first locate adjustment bolts at the rear of the frame (see illustration).

- A. If the belt has shifted to the left, using the adjustment tool provided, slightly loosen the right hand bolt, and slightly tighten the left hand bolt.
- B. If the belt has shifted to the right, reverse instructions in step A.



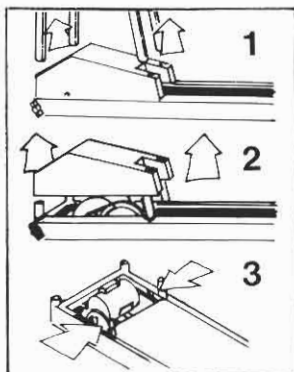
C. If, when using your Treadmill, you notice the platform belt slips, belt tension adjustment is required. Simply tighten both bolts until platform belt does not slip. Note: Be careful not to tighten one bolt more than the other as it will cause belt shifting.

D. If, when using the Treadmill, you notice a heavy vibrating sound, simply tighten the side screws at the end of the frame (See illustration).



E. The platform belt on your Pulse Point Treadmill is constructed to be virtually wear resistant. However, if for some reason you need to remove the belt, follow these simple steps:

1. Remove hand rails from hood (see fig. 1)
2. Remove screws on the side of hood and remove hood (see fig. 2)
3. Remove screws holding belt roller and flywheel in place, as well as side screws on both sides of the end of the frame, holding the back roller in place.
4. Remove entire belt. **Warning:** unplug unit before making any adjustments!

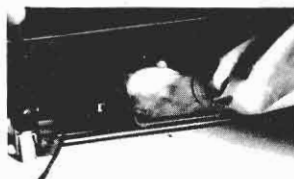


4. STARTING PROCEDURE

A. Make sure the walking surface is clear of anyone or anything.

B. Plug in the electric cord to standard house current.

C. Flip power switch on. (located on the right on the back of treadmill hood. (See ill.))



5. PULSE POINT ELECTRONICS CONSOLE

The Brain Center of the Pulse Point Treadmill is a state-of-the-art electronics console consisting of 10 separate functions which include:

- | | |
|------------------------|----------------|
| *Current Walking Speed | *Time Set |
| *Distance Set | *Tempo Set |
| *Trip Time | *Trip Distance |
| *Average Speed | *Maximum Speed |
| *Total Distance | *Pulse |

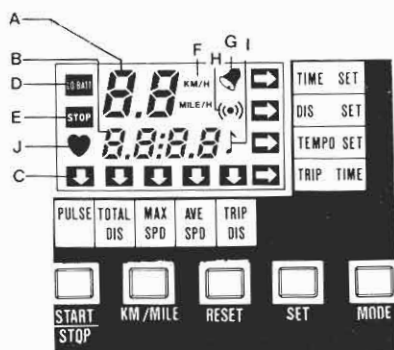
Take time to familiarize yourself with the Pulse Point console before you begin your program.

Note: Actual walking speed may vary up to .3 KM/H from that displayed on console.

CONSOLE DIAGRAM

- A. Two-digit current speed display.
- B. Readout display for function in use.
- C. Arrow appears opposite the function being used.
- D. "Low Battery" warning signal.
- E. Appears when Pulse Point Console functions are stopped.

- F. Indicates Kilometers or Miles Per Hour.
- G. Shows "Time Set" is working.
- H. "Distance Set" indicator.
- I. "Tempo Set" indicator.
- J. Flashes with the heartbeat when the "Pulse" function is in operation.



KEY FUNCTIONS

A. "MODE" Key:

Used to select Pulse Point Console function (Time set, Distance set, etc.). The arrow points to the function selected. When in "Stop" condition, the arrow will point to all functions in sequence when the "Mode" button is pushed. When in "Start" condition, the arrow will skip Time, Distance, and Tempo set if they were not set in advance.

B. "START/STOP" Key:

The Start/Stop button is used to start and stop the functions. When stopped, the Current Speed, Total Distance, and Pulse functions will still work while all other functions will hold. Other ways of stopping functions include pushing "Reset", and the console is also in a stopped condition after first turning on and after time and distance set function is completed.

C. "SET" Key:

Used for Time, Distance, and Tempo Set functions only. The console must be in the "Stop" condition before you can use the "Set" key. Use "Reset" if any corrections are needed when setting functions.

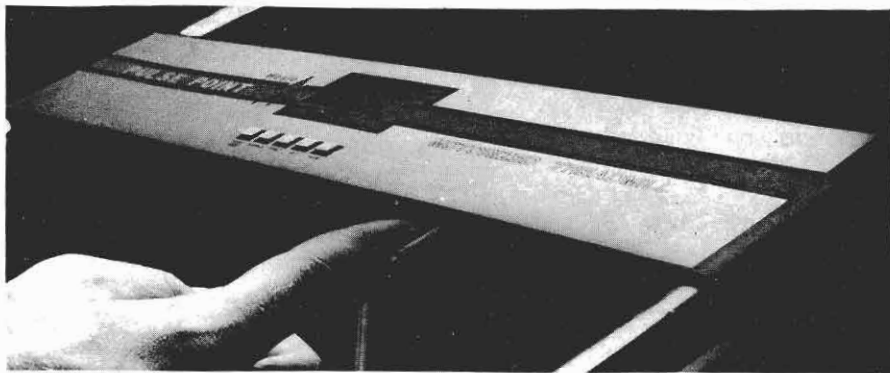
D. "RESET" Key:

Clears all information already set including Time, Distance, and Tempo Set; Trip Time, Average and Maximum Speed.

E. "KM/MILE" Key:

Selects the unit of distance measurement between kilometers-per-hour and miles-per-hour. When KM/H is lit, the Distance Set, Trip and Total Distance, and Current, Average and Maximum Speed are measured in kilometers (and likewise for MILE/H).

USING THE PULSE POINT ELECTRONIC CONSOLE



Step 1: Power On.

Turn on and LCD figures appear. The Pulse Point console will be in a stand-by mode after a 2-second buzzer rings, ready for function setting. If "Lo Batt" flashes, new batteries are needed to keep the computer working accurately.

Step 2: Setting Data.

Push the "Mode" button to make the arrow point to the function desired. Push "Set" and hold it down until it reaches the number desired. Repeat this step for each function used.

Step 3: Starting.

Push the "Start/Stop" button and begin exercise. (If you do not set the functions, only Current Speed, Time, Distance and Pulse will count.)

Step 4: Checking Information.

Push the "Mode" to check any information desired (Total Distance, Average Speed, etc.)

Step 5: Exercise Interruption.

If you need to stop exercise for any reason, push the "Start/Stop" button to stop the computer. All functions will pause until you push "Start/Stop" again.

Step 6: When Set Time or Distance is Reached.

The buzzer will ring for 4 seconds after the time or distance set is up. The Time, Distance, and Tempo figures will disappear. All information is stopped and can be shown by using the "Mode" button.

Step 7: Continuing Exercise.

If time runs out before the distance set is achieved, push the "Start/Stop" button to continue. It will operate until the set distance is reached.

Step 8: Changing Persons.

When finished, push the "Reset" button to clear the console for use by another person or another session of exercises.

Step 9: Power Off.

OPERATION OF PULSE MONITOR

1. Push the end of the sensor wire into the plug on the front of the Pulse Point console. Clip the ear holder to your earlobe.
2. Push "Mode" button until the arrow points to "Pulse".
3. After 4 seconds the information (Beats Per Minute) will appear. The "Heart" figure will flash on as your heart beats.



IMPORTANT:

The Pulse sensor reads the heartbeat by a light beam through the ear holder. Thus, if the ear holder is not attached properly, the signal will not be accurate. If no signal shows after 4 seconds, the connection may not be good. Readjust the ear holder or check the plug-in to the console.

While exercising, do not pull on or swing the cord around. After using, switch to another function. The "Pulse" function uses 5 times more power than another function.

CAUTION:

Do not expose the Console to direct sunlight too long. The LCD screen will be damaged if left in the sun.

Keep water and other liquids out of the console.

Turn off when not in use and replace the battery when the "Lo Batt" signal is on.

NOTE:

The pulse monitor is more effective in monitoring your pulse when it is clipped to your left earlobe rather than right.

Also, a more accurate reading will result when you are motionless. For best results step off the treadmill belt onto the side rails when monitoring pulse.

TRAINING INSTRUCTIONS

1. SAFETY PRECAUTIONS

A. Follow all instructions given to you by your physician.

B. Wear proper shoes when using the Pulse Point Treadmill.

Tennis shoes or similar shoes with rubber soles are recommended for use on the walking surface.

C. Keep shoes and walking surface clean and dry. A slightly moistened rag should be used occasionally to wipe off walking surface and shoes before starting your exercise. Be sure both shoes and walking surface are dry before proceeding.

D. Follow mounting and dismounting procedures found in this booklet for the safest use of your Pulse Point Treadmill.

E. Be sure motor hood is securely in place. For your protection, keep hood on while running.

F. Wear suitable clothing. Do not wear robes or gowns when using Pulse Point. Clothing allowing for free movement such as exercise suits, or shorts and T-shirts are recommended.

G. Avoid getting water in the motor switches or power cord.

H. Position the Pulse Point Treadmill on a flat and level surface.

I. Keep all others, especially small children, away from the Pulse Point when in operation.

2. STRETCHING

Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm-up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly--don't bounce.

Toe Touches

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.





Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up on your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, repeat.

Stretches: Quadriceps, Hip muscles.



Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.



Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.

3. TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize your benefits from using the Pulse Point Treadmill, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reached what is referred to a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}{\text{=YOUR MAXIMUM HEART RATE}}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.
Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .80 (80%).

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

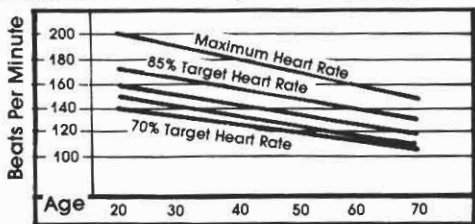
$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

This level of exertion usually causes perspiration, and increase in breathing and slight fatigue.

For your first time using the Pulse Point Treadmill you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, *more and more workload will be required to reach your target heart rate.* This can be easily accomplished by increasing your speed or angle (see operating your treadmill #1 & #2) A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



Note: Your Pulse Point console is equipped with a pulse monitor for easy 10 identification of average beats per minute (see operating your treadmill #5.)

B. Duration/Frequency. The Pulse Point Variable Speed Treadmill provides you the opportunity, while in your own home, to engage in one of the best forms of aerobic exercise----walking. With adjustable speed and incline features, the intensity of that exercise can be tailored to help you reach and maintain your target heart rate.

To maximize benefits gained from the use of the Pulse Point Treadmill, you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern. Your exercise pattern should consist of a basic 5 step pattern.

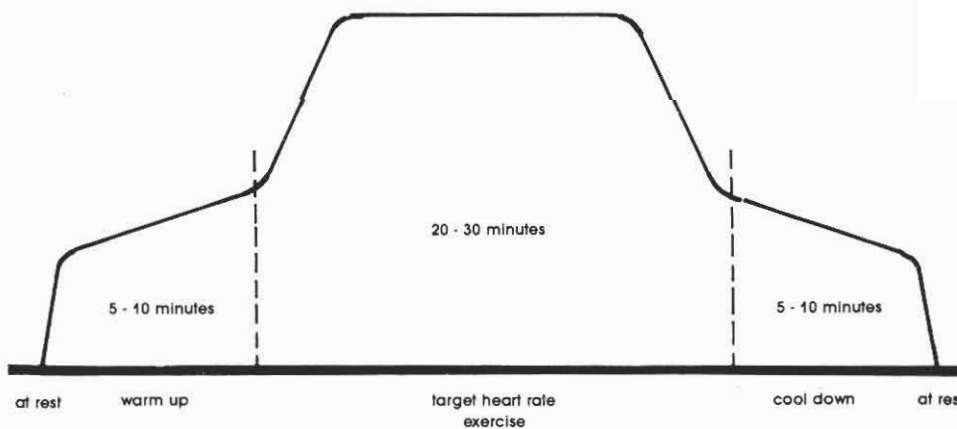
- At rest
- Warm up
- Target Heart Range Exercise
- Cool Down
- At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the treadmill.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should walk on your treadmill at a speed and incline that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply walking at a slower pace after the Target Heart Rate portion of the workout.

Below is a quick reference chart of a basic exercise program.

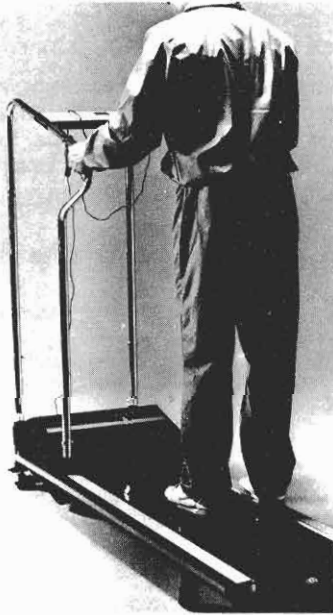


4. MOUNTING PROCEDURE

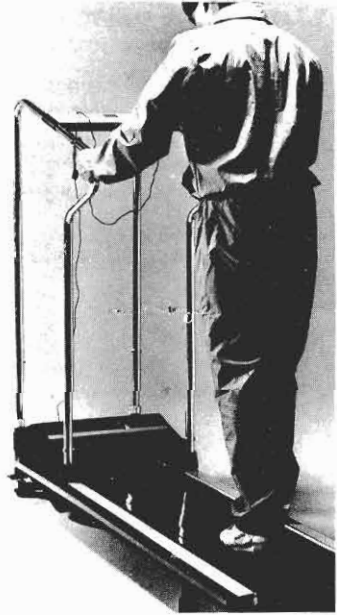
- A. Position the Treadmill on a flat level surface. Set speed and walking surface on the lowest setting (Refer Treadmill operation section #1 & #2)
- B. Flip power switch on. (Refer Treadmill operation #5)
- C. Clip the Pulse Monitor to your earlobe. Turn on and adjust the Pulse Point console to your desired program. (Refer Treadmill operation Sect. #5)
- D. Step up on Treadmill by planting feet firmly on side runners/foot pads and grip both hand rails (see Fig #1)
- E. Place your weight on the right leg and foot, extend the left leg forward and place the left foot onto the walking platform one normal step ahead of you. (see Fig #2)
- F. Allow the left foot to follow the walking surface movement (like walking with one leg) continue this maneuver until you become familiar with the required pace. (see fig #2 & #3)
- G. Once you've determined the required pace, follow the already-in-motion leg with the stationary leg in a normal walking matter. (see fig. #4) Continue gripping the hand rails until you are comfortable and walking normally. After gaining stability you may release your grip on the rails and let your arms swing freely and naturally at your sides. Press start on console to begin your program.



1



2



3

5. DISMOUNTING PROCEDURE

A. Firmly grip handles.

B. Remove your trailing foot (leg in back) from the walking platform and place it on the side runner/foot pad on the side of the machine. (see Figure 2)

C. Shift your weight to the stationary leg and foot on the side rail/foot pad and remove the other leg from the walking platform and place the foot on the other foot pad. (See Figure 1) You should now be back in the starting position.

D. Turn off the Pulse Point Console and remove pulse monitor from your ear.

E. Step down off of the treadmill and turn it off.

*Note: You should start out on the lowest speed and incline angle setting. However, after consultation with your physician, if recommended, you can increase your workload through speed and incline angle adjustment. (See Treadmill operation #1 & #2.)

MOUNTING

- A - Set speed, angle
- B - Turn on treadmill
- C - Clip monitor to ear
- D - Turn on/Set console
- E - Step up on Treadmill
- F - Grip Hand Rails
- G - One leg walking on belt
- H - Both legs, walking on belt
- I - Start Program

DISMOUNTING

- A - Grip hand rails
- B - One leg off
- C - Other leg off
- D - Turn off console
- E - Remove pulse monitor
- F - Step down off treadmill
- G - Turn off treadmill



STORAGE AND MAINTENANCE

A. The Pulse Point Treadmill can be easily moved about. Simply unplug the unit. Lift up on the end of the frame and lean machine toward hood. Wheels under the hood will come into play for easy movement. Store your Treadmill in a cool dry area.

B. The Pulse Point Variable Speed Treadmill utilizes a uni-body metal frame which provides strong durable construction and virtually trouble-free use.



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