

Fitness Guide

Bowflex® TreadClimber® 5300 Cardio Machine

IMPORTANT!

Read this guide before you begin using the product.



**CLUB
BOWFLEX™**

Be Strong. Stay Strong.™

1. Set your resistance level



Set both hydraulic cylinders to the same level. Level 1 is the easiest, Level 12 is the most challenging

2. Place feet on platforms



Step onto the platforms to left and right of treadles

3. Turn on the machine

Press the POWER button.



4. Set step height

Step height should be set at the same resistance level as step 1.

Enter step height using the speed keys.



SPEED



SPEED

5. Enter weight

Using the SPEED keys, enter your weight. Press



ENTER

6. Increase speed

Use the speed keys from step 4 to increase to desired speed.

7. Focus on pushing the treadles down with equal pressure

The TreadClimber® machine requires you to work harder than you would on a treadmill because you need to push the treadles down with equal force. This engages core muscles that normally aren't used in walking or running and helps burn more calories in a shorter workout.

Did you know?

- » Everyone has a dominant leg that is stronger than the other. This means it's not uncommon to feel like one treadle rises higher than the other. By focusing equal pressure on the treadles, you'll use core muscles that aren't normally engaged, helping you burn more calories.

Disclaimer

- » Note that usage of fitness equipment is at your own risk and should match your level of ability, coordination and overall physical fitness. Always consult a physician before beginning any new exercise program. Only he or she can determine if this exercise program is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the exercise and consult your physician immediately.
- » If you have any questions regarding the operation or usage of the Bowflex® TreadClimber® 5300, consult hotel personnel.