Treadmill

Description: Use this time to get your heart rate up by walking or running for 20 to 30 minutes.

Instructions

1. Step on to the center of the treadmill and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. Hold the handrails if needed and begin to walk slowly as the belt turns.
4. When you feel comfortable, press the up arrow to increase speed (ask for assistance if you need help).
5. Increase and/or decrease speed throughout the workout to change intensity when needed.
6. When you are finished, decrease the speed to a slow walk, press the stop button and detach the safety clip.

Tips & Modifications

• Listen to your heart and breath. If you are having a hard time breathing, slow down.
• Treadmills can have many options & buttons, check with gym staff if you need help.
• Toward the end of your cardiovascular exercise, decrease your speed, take time to slow your breathing, and reduce your heart rate.

Speed Ranges (miles per hour): 1.0-2.0 mph = walk, 2.0-3.0 mph = fast walk, 3.0-4.0 mph = jog, 4.0 and up = run