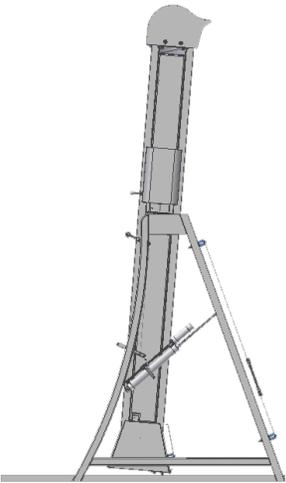


WORKING OUT ON THE TREADWALL®

A FULL BODY WORKOUT

Climbing on the Treadwall is a workout that builds your body in many ways. By adjusting the Treadwall's simple controls (see other side), you can create a custom regimen that emphasizes aerobic conditioning, upper body strengthening, flexibility or balance. No other single piece of exercise equipment provides the variety and flexibility of a Treadwall workout.

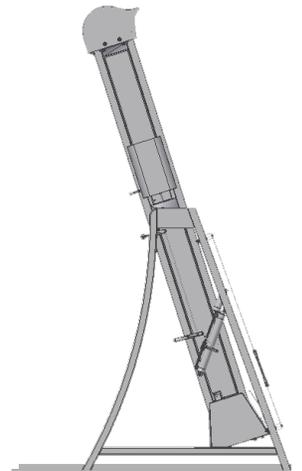
ANGLES How you set the angle makes a big difference in the climbing workout!



SLAB ANGLES:
The easier slab angles are terrific for aerobic and balance workouts. At these angles, most of your weight is on your feet and legs. You develop balanced and graceful motion with a non-repetitive workout.

VERTICAL:
Climbing at the vertical angle is a great balanced workout. Legs, arms, hands, feet, trunk and shoulders are all brought into play for full-body natural exercise. Excellent as stand-alone activity or part of a comprehensive fitness program.

OVERHANGING ANGLES:
Climbing on an overhanging wall gives a vigorous upper-body workout. A great way to develop arm, hand, shoulder and back strength with a natural activity that uses your own weight for resistance



WORKOUT SUGGESTIONS

AEROBIC: 15-20 minutes.

Set to a **slab angle, begin with auto-stop** and climb at a comfortable pace. Use the speed control knob to adjust the Treadwall to match your climbing speed. As you get more comfortable, you can set the Treadwall to continuous climbing. This turns off the braking system and forces you to climb at a continuous pace.

FLEXIBILITY - WARMUP: 8-10 minutes.

Set to **vertical or slab angle with auto-stop on**. Climb using the longest reaches and highest steps that you can manage. Work for slow stretching motion.

UPPER BODY: 3-5 minutes.

Set to an overhanging angle. Auto-stop on. Don't overdo it at first – work your way up to the hardest angles. Good footwork is still important, but you will find more of your weight on your arms and hands. Smooth controlled climbing is best.

FOREARMS-SHOULDERS

This unique workout keeps your feet planted on the ground. Set the Treadwall to an overhanging angle and the switch to "continuous". Reach up and pull the wall around using lots of different holds. Start with the speed control set to fast, and work your way up to more resistance as your shoulder strength increases.

ROUTES

WORKOUT VARIETY: Choosing different routes will add interest to your workout.

Use the colors of the holds to create routes: Choose a route that uses only one color, or eliminate (don't use) holds of one or more colors.

Try staying to the left or right, or go straight up the middle.

If you climb with a friend, find different routes to challenge each other.

TREADWALL ADJUSTMENTS

The Treadwall is the worlds first rotating climbing wall - it allows you to climb continuously as long as you like. The weight of the climber operates the Treadwall. When you step onto the wall, it starts, and when you step off, the motion stops. An automatic braking (Auto Stop) system regulates the motion to match your climbing. The Treadwall gives you a unique full-body workout.

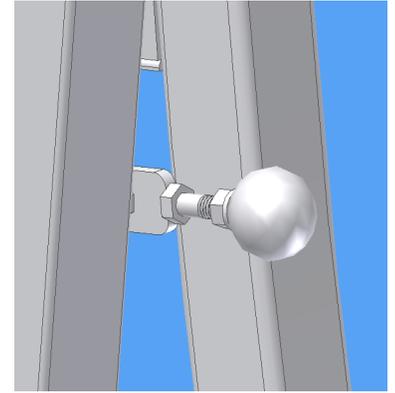
ANGLE ADJUSTMENT

The angle of the wall makes a big difference!

The Treadwall can be adjusted over a range of angles from a relatively easy slope to a very challenging overhang.

Two connected levers control the angle lock. Push either lever to release the wall – raise levers to lock.

- 1) Before climbing, you can adjust the angle by unlocking and pushing the wall in.
- 2) While climbing, you can push down either lever – with hand or foot – and the wall will move steeper.
- 3) Get off the wall and depress either lever to restore the angle to the easiest position.



The other side of this sheet shows how to use the angles in your workout.

CONTROL PANEL ADJUSTMENTS

SPEED: Turn the knob to adjust the speed of descent. Start slow and increase gradually until the speed matches your climbing speed.

Climbing smoothly and evenly gives a better workout.



For more information:
Brewer's Ledge Inc.
www.treadwall.com
800-707-9616

DISPLAY

The Treadwall display keeps track of Time, Distance and Calories expended. Push the reset button before you start climbing. Distance and time will start as you begin climbing. Timer pauses if you interrupt climbing.

“Preset Distance” and “Preset Time” allow you to count down either function.

AUTO-STOP: In this mode, the wall stops before you reach the bottom and waits for your next move.

CONTINUOUS: In this mode, the descent is continuous as long as you are on the wall. You set the speed, but you have to keep up.

Use Auto-Stop if you are new to climbing. Later you can try Continuous, especially at easier angles, for a great aerobic workout.