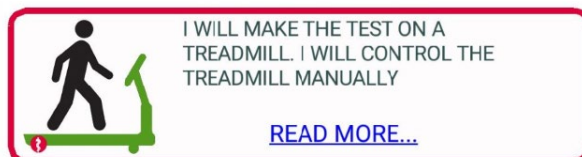


## INFORMATION FOR TAKING A SPORTMED WALKING SELF-TEST ON THE TREADMILL

This site contains interesting information for optimal preparation for the SportMed Walking Self-test, which your SportMed Cardio-trainer has set up for you and which you can take on a treadmill via your smartphone or a tablet. Because this is not completely without risk, we recommend that you read this information carefully before starting the test.



### PURPOSE OF THE WALKING TEST

With this test we want to get to know the evolution of your heart rate while the walking speed will increase step by step.

We then derive your personal 'FIT' parameters (Frequency, Intensity, Time) for (brisk) walking from the test results, in order to put together a fully personalized walking program tailored to your needs.

### BRIEF DESCRIPTION OF THE TEST

Imagine yourself walking laps of 125 meters on a running track, at an imposed speed, which will be increased at the start of each lap. However, you do not walk these laps on a slope but on a treadmill, which makes it easier to maintain the correct speed. Your "test protocol" (distance and speed per lap) has been prepared by your SportMed Cardio-trainer and you receive this information via the SPOL+ app.

### PRACTICAL MATTERS

#### Choice of treadmill

Almost any treadmill - that has been calibrated (i.e., shows the correct speed) - is suitable for the test, on the condition it is possible to set an incline of 1%.

So, any professional treadmill (such as those in fitness clubs) is eligible, but most models for home training will also be suitable.

#### Attributes

##### Your chest strap / heart rate transmitter

To register your heart rate during the test via the smartphone or tablet, you need a chest strap / heart rate transmitter that has Bluetooth technology. The SportMed chest belts of the LST type are of course compatible with the app, but there are certainly other chest belts on the market that you can use for the test.



#### Footwear

For your own safety, wear good running shoes and make sure the laces are properly tied!

#### Clothes

Wear comfortable clothing – possibly sports clothing (shorts/jogging/..., T-shirt).

#### The test in practice

##### Your "test buddy" for optimal safety

Always take the test in the presence of a "test buddy". A test on the treadmill is not completely without danger, so it is good to have someone around to assist you in operating the treadmill (especially when it is your first Self-test!), so that you can concentrate on the running, which will be quite a challenge towards the end of the test. So have your test buddy adjust the speed and at the end press "Stop" (treadmill) and "Finish" (App) to exit the test. The app will provide you with the necessary instructions.



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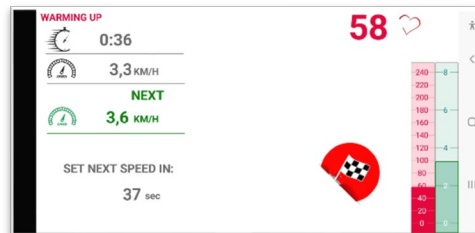
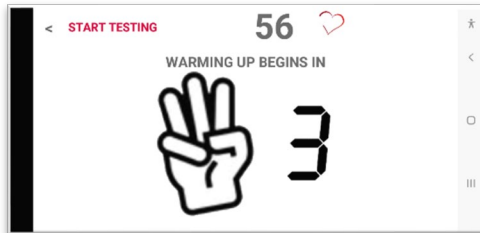
## Why a 1% slope?



During the preparation in the app you will be reminded regularly that it is important to set a slope of 1%. We do this to properly simulate running in an "outdoor situation", where the resistance is greater than with a treadmill due to the circumstances.

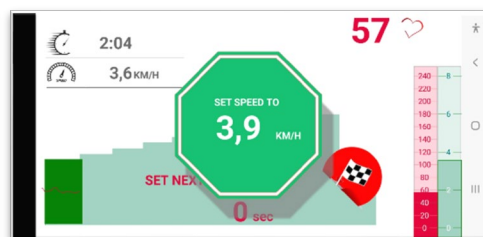
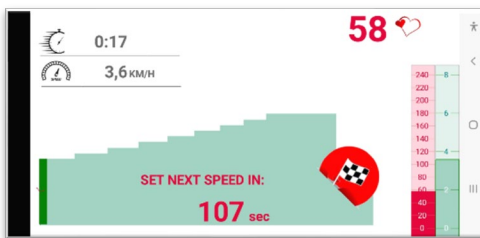
## Warming up

Before starting the test, the app will let you do a short warm up at a very slow walking speed. In this way, the test values at the beginning of the test become more reliable.



## Setting / adjusting the speed

The app will give you the information when you (your test buddy) need to adjust the speed. In addition to the visual instruction that appears on the screen, tone signals have been switched on as an additional indication. Five seconds before you must adjust the speed, a whistle will sound and at the moment of the speed change itself a bell will sound.



## End of the test

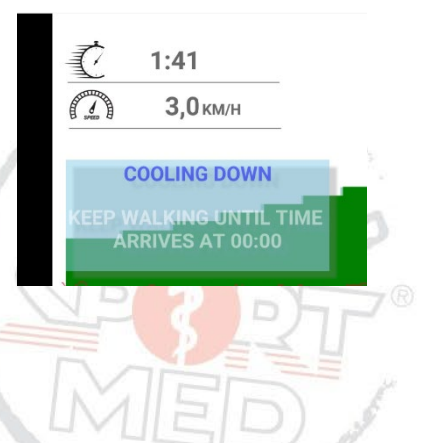
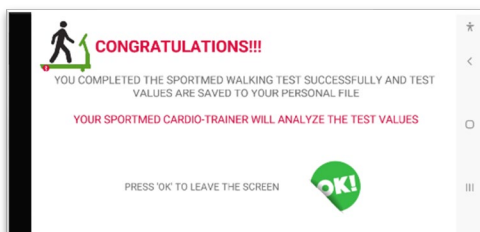
The test takes exactly 20 minutes, including warming up and cooling down. But it is very important that you know that you can stop the test at any time! So we emphasize **that you - and no one else!** - decides when the end of the test is reached.

## Important!

At the end of the test, first stop the treadmill and then press the "Finish" button in the app. Better yet, let your test buddy do this for you

## Cooling down

Follow the instructions for the cool down and finish the full three minutes cool down! The test is then automatically saved. So, wait patiently until you see the final screen.



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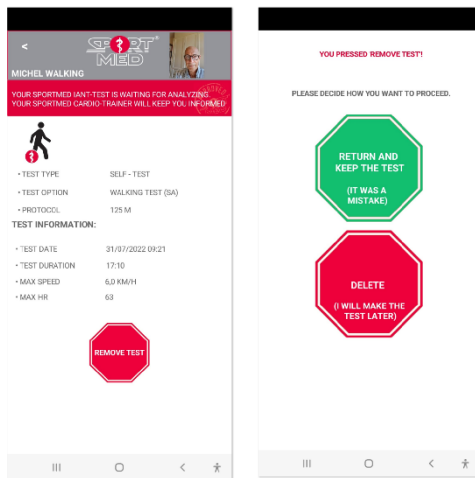
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## Displeased? Do you want to take the test again?

If you found that not everything went well, you can choose to take the test again. To do this, simply delete the test values via "Delete test". Pay attention! This is irreversible (and that's why we'll ask you a few times to confirm this 😊)



You can now start the test.

Good luck and congratulations for taking up this challenge with yourself!



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