

BodyEnergy Treadmill User Guide

1. To begin, step onto the treadmill belt and grip the handlebars. Push/pull the handlebars in opposite directions to drive the belt. Ensure you move the handlebars all the way forward and back to complete a full cycle of movement. If the handlebars are locked in position move them in the opposite direction to release.
2. As the belt starts to move drive your feet underneath you to help move the belt, you are now in full control of the treadmill speed. To walk or run faster simply exert more effort and the treadmill will respond instantly.
3. Staying in an upright position places emphasis on the arms and core muscles. To shift this emphasis to the leg muscles, lean forward and drive the treadmill belt predominantly with your legs.
4. To stop the treadmill simply stop running or walking and the belt will automatically stop with you.

The BodyEnergy treadmill can be used for walking, jogging, or running. As the belt speed changes instantly with the user it is well suited to HIIT and other forms of interval training.

Arm / Core Dominant Position (Upright)



Leg Dominant Position (Forward)



The Advantages of Using The BodyEnergy Treadmill

Muscle Powered –As you power the treadmill with your feet and hands you get a full body workout. Back, chest, core, arms, and legs are all engaged in the movement.

Low Running Costs – Only a small amount of electricity is required to run the machine for screen and incline and as there is no electric motor. This lowers the carbon footprint and reduces maintenance costs.

Better Biomechanics – walking or running on the BodyEnergy treadmill is biomechanically very similar to real life as you have to physically pull the belt underneath your foot to move. This creates a forward lean and fully engages the calves, quads, and hamstring muscles.

Calorie Burning – completing full body workouts is a great way to burn calories quickly and at lower speed lessening the impact on your joints.

Safety- the BodyEnergy treadmill stops when you stop, making it very safe to use

Instantly Change Speed- the BodyEnergy treadmill allows you to increase or decrease the belt speed immediately making it ideal for HIIT workouts as you can constantly change from low, medium and high intensity effort.

The table below compares the performance of the BodyEnergy Treadmill vs Conventional Motorized Treadmills and Elliptical Machines.

	BodyEnergy Treadmill	Motorized Treadmill	Elliptical
Full Body Workout	✓	x	✓
Low Energy Consumption	✓	x	✓
Good Biomechanics	✓	x	x
Instantly Change Speed	✓	x	✓
Joint Friendly	✓	x	✓
Easy To Access	✓	✓	x
Safe	✓	x	✓

As you can see the BodyEnergy Treadmill outperforms the motorized treadmill in nearly all areas. The Elliptical compares well against a motorized treadmill, however the foot pedals on an elliptical are often 2 foot above the ground making it difficult for users with a lack of mobility or stability to access safely. The Elliptical's up and down motion and fixed hand and foot positions also means that the biomechanics of the user do not match real world running mechanics. The BodyEnergy Treadmill allows users to change stride length with each step whilst they pull the belt with their own foot as they would in real life and without the safety risks commonly associated with motorized treadmills.

BodyEnergy Workout Programs

Workout 1 – Power Hiking

Goal: Burn fat and calories, increase fitness levels, tone muscles.

Description: Test your hiking ability on the treadmill with this full body workout. Use your arms and legs to power through 5-20+ minutes of hiking. Aim to keep a speed that is challenging but sustainable for the duration of time whether you are a beginner, intermediate or advanced level user.

Duration:

Beginner - 5-10 minutes.

Intermediate - 10-20 minutes.

Advanced - 20+ minutes.

Workout 2 – HIIT (High Intensity Interval Training)

Goal: Burn fat and calories, improve athletic performance, increase conditioning levels and build strength.

Description: Alternate between short intervals of intense full body running and less intense walking to deliver a quick but highly effective workout.

Duration:

Beginner - 5 seconds running: 25 seconds walking x 8 (4 minutes total).

Intermediate - 10 seconds sprinting/running: 20 seconds walking x 8 (4 minutes total).

Advanced - 20 seconds sprinting/ running: 10 seconds walking x 8 (4 minutes total).

Workout 3 – Resistance band intervals

Goal: Build leg strength, develop legs muscles, burn calories.

Description: Using the resistance band foot-driven system attach the cuffs to your ankles and in combination your arms, power the treadmill, to walk, run or sprint your way to results.

Duration:

Intermediate - 1 band 20 seconds running: 10 seconds walking x 8 (4 minutes total).

Advanced - 2 bands 20 seconds running: 10 seconds walking x 8 (4 minutes total).