



# T-16 TREADMILL

## CREATE ENERGY, BUILD ENDURANCE.

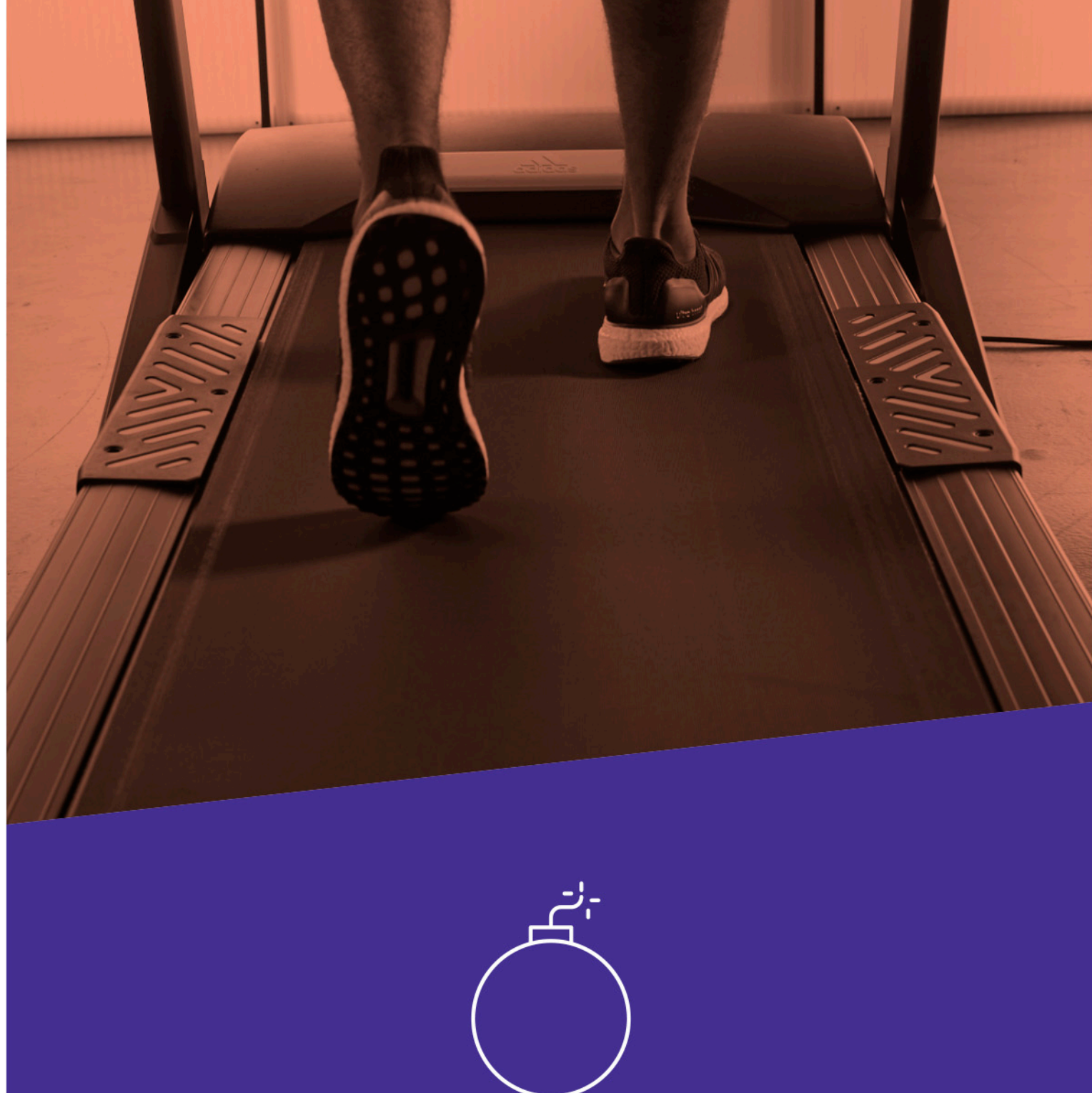
Cardiovascular endurance is a vital part of fitness. It enhances your muscles' ability to use oxygen and creates energy needed for movement. With this energy, you keep going - you run, cycle and train for longer.

## FOLLOW THESE 5 TIPS TO MAKE THE MOST OF YOUR TREADMILL TRAINING



### FIX YOUR RUNNING MECHANICS

There's a science behind it. Running with proper form leads to increased speed, better efficiency and fewer injuries. There are a few things to consider; foot strike, posture, and cadence - but having a treadmill at home (especially in front of a mirror) can help you perfect your form and make those necessary adjustments to improve your overall technique.



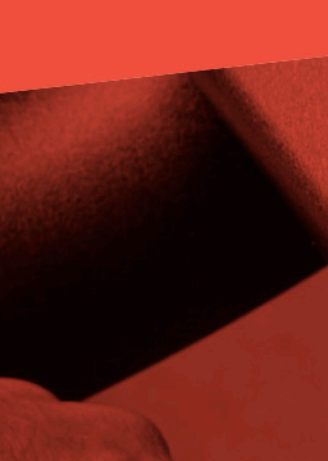
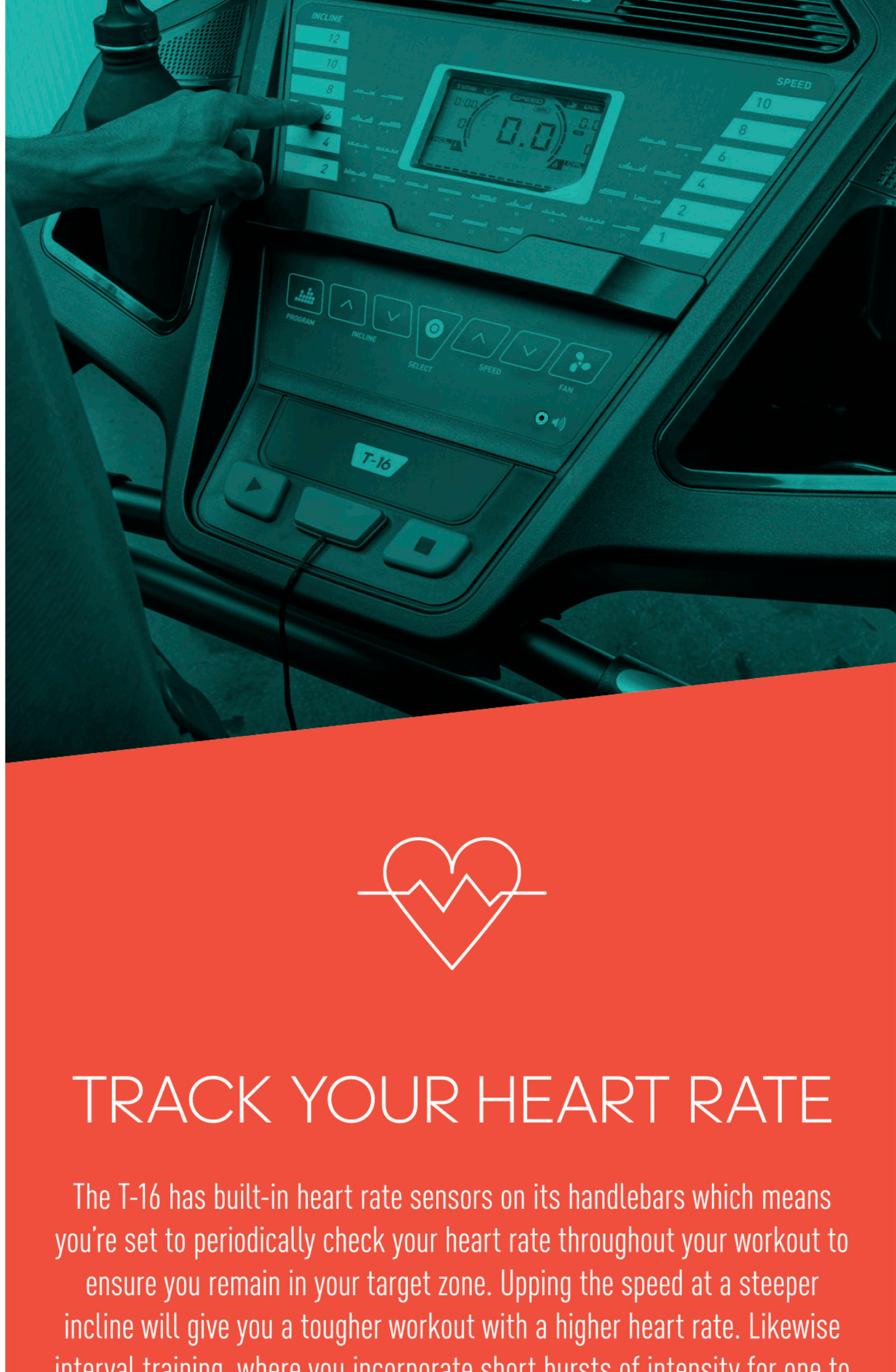
### INCREASE EXPLOSIVE POWER

The T-16's choice of 15 incline levels forces you to run at a consistent speed uphill which in turn can improve power. Hills are challenging but they improve your leg muscle strength, develop your cardio system and accelerate your stride. Keep up with the set treadmill speed and don't break your rhythm to reap the benefits.



### ADAPT YOUR TRAINING

Speed, duration, distance and incline are all variables that can be controlled on the T-16. Take advantage of it. Create your own workout or select from 24 pre-set programs to achieve your personal goals.



### TRACK YOUR HEART RATE

The T-16 has built-in heart rate sensors on its handlebars which means you're set to periodically check your heart rate throughout your workout to ensure you remain in your target zone. Upping the speed at a steeper incline will give you a tougher workout with a higher heart rate. Likewise interval training, where you incorporate short bursts of intensity for one to two minute intervals, is an effective way to increase your heart rate. Active rest periods should last until your heart rate is back in the 60-65% range.



### USE YOUR IMAGINATION

It's not just a treadmill. You don't have to just walk, jog or run. Try walking lunges at a speed of 4kph with a slight incline to work the glutes and hamstrings. Or side shuffles to work both the inner and outer thighs. Walk uphill with dumbbells in each hand or attach wrist weights. The T-16 can be used for both low and high impact workouts - with you being in total control of the specifics.

