



User Manual

AlterG Anti-Gravity Treadmill® Pro 200 Plus

This manual covers operation procedures for the following AlterG product:

AlterG Anti-Gravity Treadmill Pro 200 Plus

NOTE: The following symbol is used throughout this manual to call attention to Warnings, Cautions or operational procedures that may directly affect the safe operation of the AlterG Anti-Gravity Treadmill. Read and understand these instructions and statements before operating the AlterG Anti-Gravity Treadmill.



Warning, Cautionary statement or operational procedure that may directly affect the safe operation of the treadmill.

RoHS Compliant Product



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User Responsibility

The AlterG® Anti-Gravity Treadmill® will perform as described in this Operation Manual and by accompanying labels and/or inserts when it is assembled, operated, maintained and repaired in accordance with the instructions provided. The Anti-Gravity Treadmill must be checked periodically as described in this manual. A defective Anti-Gravity Treadmill should not be used. Parts that are broken, missing, plainly worn, distorted or contaminated should be replaced immediately. Should such repair or replacement become necessary, it is recommended that a request for service be made to AlterG, Inc. The Anti-Gravity Treadmill, or any of its parts, should only be repaired in accordance with instructions provided by AlterG, Inc., authorized representatives of AlterG, Inc., or by AlterG, Inc. trained personnel. The Anti-Gravity Treadmill must not be altered without the prior written approval of the AlterG, Inc. Quality Assurance Department.

The user of this product shall bear the sole responsibility for any malfunction which results from improper use, faulty maintenance, improper repair, damage, or alteration by anyone other than AlterG, Inc. authorized representatives.

Any unauthorized maintenance, repairs or equipment modification activities may void the Anti-Gravity Treadmill Product Warranty.

Contact Information

Lifeward welcomes your inquiries and comments. If you have any questions or comments, please contact our service and support. Contact information list is below.

Service and Support

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Safety: Warnings and Cautions

Before using the Anti-Gravity Treadmill please familiarize yourself with this manual so that you may operate the product in a safe and effective manner. Instructions on the graphical user interface and on machine labels may be found throughout this manual. We want your experience with the Anti-Gravity Treadmill to be safe and enjoyable, so please read this entire manual before operating your system.



DANGER: Imminently hazardous situation to be avoided that will result in serious injury or death.

- Do not modify the Anti-Gravity Treadmill electrical plug. The machine comes equipped with a twist lock plug of correct configuration and capacity. If the provided plug will not fit in the outlet, have a proper outlet installed by a qualified electrician.
- Do not use any electrical adapters. To do so could result in an electrical shock hazard.
- Consult a qualified electrician before using any extension cords. Long extension cords may cause a voltage drop to the machine which may cause it to operate improperly. AlterG provides a 10ft cord.
- Do not operate the Anti-Gravity Treadmill in wet or damp environments.
- Do not operate the heart rate monitor transmitter in conjunction with an electrical heart pacemaker or similar device. The transmitter may cause electrical disturbances which can interfere with pacemaker function.
- Always unplug the Anti-Gravity Treadmill before cleaning or servicing.
- Do not soak any part of the Anti-Gravity Treadmill with liquid during cleaning; use a sprayer or damp cloth. Keep all liquids away from electric components. Always unplug the machine before cleaning and maintenance.
- Service should be performed by an authorized technician. Contact AlterG before you or an electrician attempt any maintenance.
- Do not place any liquids on any part of the Anti-Gravity Treadmill (except in the water bottle baskets), including the treadmill running surface.
- Always keep the running surface clean and dry.
- Do not unplug or alter any of the internal wiring on the machine after installation.



WARNING: Potentially hazardous situation to be avoided that could result in serious injury or death.

- Consult with your physician and obtain a medical exam before beginning any exercise program. This is particularly true if you have any of the following: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, if you smoke cigarettes, are currently inactive, are obese, or have any other chronic disease or physical impairment.
- Stop exercise immediately and consult a physician if you feel faint, dizzy, experience chest pains, nausea or any other abnormal symptoms while using the Anti-Gravity Treadmill.



CAUTION: Potentially hazardous situation to be avoided that may result in minor or moderate injury.

- Always use the emergency safety lanyard supplied with the Anti-Gravity Treadmill. It should be clipped to an article of clothing while exercising. This is very important for your safety in case you fall during your workout.
- The oval support frame must be pushed all the way into the height adjusters located at the front and the rear of the machine and the red safety latches must be closed and secured before beginning operation of the machine. Failure to do so may allow the oval support frame to dislodge during operation, resulting in possible injury to the user.
- Read, understand and test the emergency stop procedure before use.
- Never leave children unsupervised around the Anti-Gravity Treadmill.
- Safety and effectiveness in pregnant women have not been established. Pregnant women or women who may be pregnant should consult their physician before using the Anti-Gravity Treadmill.
- The Anti-Gravity Treadmill must be used under the supervision of a properly trained operator. At no time should a user of the machine exercise without appropriate supervision; even if having been previously trained in the proper operation of the device.
- Set up and operate the Anti-Gravity Treadmill on a solid, level surface.
- Do not wear loose or dangling clothing while using the Anti-Gravity Treadmill. Do not store anything (like shorts) inside the Anti-Gravity Treadmill enclosure.
- Prior to beginning a workout, check to make sure there is no debris inside the Anti-Gravity Treadmill.
- There are screened air vents at the front corners of the enclosure; check to make sure there are no towels or other items near the screens which could get sucked in or block air movement.
- Keep hands away from the enclosure and frame structure during inflation to avoid pinching.
- Keep hands away from all moving parts.
- Do not exceed the maximum user's weight of 400 pounds (182 kgs).
- Care should be taken when entering or exiting the Anti-Gravity Treadmill. Never enter the Anti-Gravity Treadmill while the treadmill surface is moving. Ensure that the emergency magnet is attached to the machine before entering so that the treadmill belt is locked and will not move when stepping on the surface. Use the oval support frame or handrails whenever practical to support your body.
- Make sure that you are fully zipped into the enclosure before beginning your workout and that the oval support frame is adjusted to the correct height and locked in place.
- Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles. Make sure no stones or sharp objects are embedded in the soles.
- As with any treadmill workout, include a cool-down phase at the end of your exercise session. Return to full body weight and exercise moderately before stopping. Avoid abruptly ending or pausing your workout while at reduced body weight or high speed.
- The safety and integrity of the machine can only be maintained when the Anti-Gravity Treadmill is regularly examined for damage and wear and is properly repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components must be replaced immediately, and the Anti-Gravity Treadmill removed from service until the repair is made. Only manufacturer supplied or approved components should be used to maintain and repair the Anti-Gravity Treadmill.

SECTION 1: INTRODUCTION

Considerations Before Starting an Exercise Program

Consult a Physician

Anyone considering an exercise program or an increase in activity should consult a physician. If you have heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, if you smoke cigarettes, are currently inactive, are obese, or have any other chronic disease or physical impairment or if there is a history of such disease in your family, it is highly recommended that you follow the guidance of your physician before and during an exercise program or any other increase in physical activity.

Consult a Professional Fitness Trainer

In addition to following the recommendations of a physician it is advisable to consult a professional fitness instructor or personal trainer to develop an overall fitness evaluation/wellness program that is tailored to your particular needs.

The Importance of Warming Up and Cooling Down

It is important to gradually “warm up” and “cool down” prior to, and at the end, of each work out. Always try to incorporate a series of basic stretches before and after each workout. Stretching encourages the necessary flexibility to help prevent sore muscles and injury during daily activities. Do not abruptly end your exercise session on the Anti-Gravity Treadmill. Always restore your full body weight slowly and include a few minutes of walking at full body weight and low intensity before stopping your exercise session.

How Often and How Long You Should Exercise

The American College of Sports Medicine recommends a frequency of 3 to 5 days per week for 20 to 60 minutes, dependent on the intensity of the exercise session. The United States Department of Agriculture suggests that physical activity should be moderate or vigorous and add up to at least 30 minutes a day. The USDA defines moderate as walking briskly at about 3.5 miles per hour while vigorous activity is running or jogging at 5 miles per hour. These are general guidelines; you should determine what is appropriate for you with the help of your physician.

SECTION 2: SETUP AND INSTALLATION

The Anti-Gravity Treadmill will be installed by an AlterG qualified technician after delivery. Please make sure that you inspect the Anti-Gravity Treadmill upon delivery for any damage that may have occurred during transportation. Take pictures and immediately report any damage to the shipping company and Lifeward. When you sign for the shipment of your Anti-Gravity Treadmill you are taking responsibility for any damage that may occur before installation.

Electrical Requirements

The recommended electrical power connection for the Anti-Gravity Treadmill is a dedicated 30 ampere, 220VAC @ 50/60 Hz circuit with ground. The plug supplied with the Anti-Gravity Treadmill is designated by the NEMA configuration system as L6-30P. The corresponding receptacle for the plug is a NEMA L6-30R.

International systems are shipped with a US plug on the power cord. An appropriate plug for the country and facility in question should be wired as follows:

Blue Conductor: Neutral

Brown Conductor: Line

Green/Yellow Conductor: Ground

*If Stride Smart is being installed, a **110V power outlet** is required within ten feet of the front of the AlterG Anti-Gravity Treadmill to power the display monitor.*

Grounding Requirements

The Anti-Gravity Treadmill must be grounded electrically. If there is an electrical malfunction, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The Anti-Gravity Treadmill power cord includes a grounded plug. This plug must be plugged into an appropriate receptacle (NEMA L6-30R) that is properly installed and grounded in accordance with the current National Electrical Code as well as all local codes and ordinances. If you are at all unsure of these requirements, contact AlterG or a qualified electrician.

Location Requirements

The Anti-Gravity Treadmill measures 4ft (1.2m) x 8ft (2.4m) and weighs almost 1000 pounds. It needs to be placed on a structurally sound surface. If it is used above ground level it is advisable to place it near the corner of the room or where the floor will be strongest to ensure maximum support during high-speed, high-impact use. The surface should be level to ensure minimal flexing of the Anti-Gravity Treadmill frame. Do not place the Anti-Gravity Treadmill directly on thick carpeting because it may interfere with air-valves located on the underside of the machine. The Anti-Gravity Treadmill needs to be within 8 ft (2.4m) (from the front of the machine) of the proper electrical outlet. Check with a qualified electrician or AlterG if you plan on extending the cord in any way. Make sure you leave at least 24 inches on either side of the

machine to allow the enclosure to expand during inflation. Allow at least 40 inches (1m) behind the machine to accommodate a user getting in and out safely.

We recommend an area at least 12 feet (3.7m) long by 8 feet (2.4m) wide to provide adequate space for operation and user access. Also check ceiling height to ensure users won't hit their heads. The Anti-Gravity Treadmill surface is 15" (0.38m) off the floor when level and can be higher when the subject is running on a grade. An 8-foot (2.4m) ceiling may be too low for taller users.

Transporting Your AlterG Anti-Gravity Treadmill

Contact Lifeward if you plan on moving your Anti-Gravity Treadmill. Damage sustained by improperly moving the Anti-Gravity Treadmill will not be covered by your warranty.

SECTION 3: OPERATING THE ALTERG ANTI-GRAVITY TREADMILL

Powering Up

The Anti-Gravity Treadmill is turned on by pressing the button located in the upper right hand corner of the touch screen display. This will power the machine up and load the software. As the software loads, avoid touching the screen, as this may interfere with the boot-up process.

The system uses a screen saver. If the screen is blank but the green LED light next to the power button is on, the system is in sleep mode. Simply touch the screen and the system will come to life.

Note: As you become familiar with the machine, you may find yourself zipped in and ready to go prior to turning it on. If you operate the treadmill in this manner, make sure you are not standing on the treadmill belt during boot-up. If you inadvertently put weight on the belt during boot-up you will receive an error message to that effect. Place a foot on either side of the belt (on the side rails) during boot-up to avoid this problem.

Once you see the “Welcome to the AlterG Anti-Gravity Treadmill” screen you are ready to begin.

Putting on the Shorts

Your Anti-Gravity Treadmill comes with customized neoprene compression shorts that ensure an airtight seal in the enclosure. It is recommended that you put the shorts on before you step into the machine. Once you are in the Anti-Gravity Treadmill the seal is completed by zipping the shorts and the enclosure together. The zipper provides a means of quickly attaching and detaching yourself from the enclosure, simplifies hygiene, and provides for a custom fit for users of all sizes.

The neoprene compression shorts form a reliable and comfortable seal between your body and the lifting enclosure of the treadmill. The shorts are of a similar design and material as those worn by many professional athletes. Select a short size that is snug but not uncomfortable and make certain the tag is at your back and on the inside of the shorts. It is advisable that you wear a pair of running shorts or tights under the shorts as this prevents bunching and makes for a more comfortable fit.

Figure 1



Stepping Into the Anti-Gravity Treadmill

Once you have your shorts on, you are ready to enter the Anti-Gravity Treadmill.



CAUTION: Before stepping onto the treadmill running surface, ensure that the safety magnet is in place on the console. If it is not in place, the treadmill assumes there is a safety problem and disengages the running surface, allowing it to freewheel. This may present a slip hazard should you step on the movable surface.

Enter from the back and step into the opening in the enclosure. It is fine to step on the enclosure as you enter, but make sure that you have no rocks or sharp objects embedded in the soles of your shoes that could mar or damage the enclosure.

Installing the Oval Support Frame

Figure 2

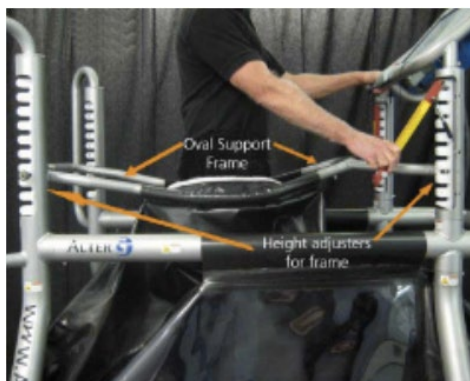


Figure 3



Once you are standing on the treadmill in the opening, face forward and grab the oval-shaped support frame (Figure 2). Grab the frame on either side of you and lift it up around your body until it is at waist level and horizontal. Use the numbers on the height adjusters as a reference and to ensure alignment between front, back and sides of the support frame. It is particularly important that the support frame be level side to side.

Set the support frame at a height that places the zipper at your iliac crest (the top, outer edge of your pelvic bone felt just below waist level on either side of your body.). For additional trunk support the frame can be set higher. See Figure 3.

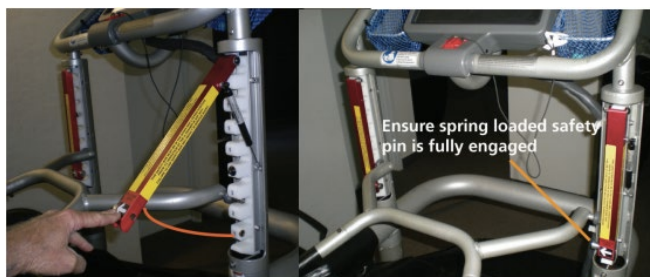
With the frame at the correct height, push it into the slots of the height adjusters in the front and rear (Figure 4) of the machine. Make sure it is at the same height on both right and left sides. Push the frame forward until it is fully engaged in the adjustment slots and contacts the ends of the slots. The rear of the frame can be placed up to two slots higher or lower than the front.

Figure 4



Verify that the rear pins of the oval support frame are all the way forward in the slots of the height adjusters and that the frame is level from right to left sides. The support frame should be left in this position for the remainder of your Anti-Gravity Treadmill session.

Figure 5



Close the red safety latches located on the front height adjusters and secure them with the spring-loaded safety pins.



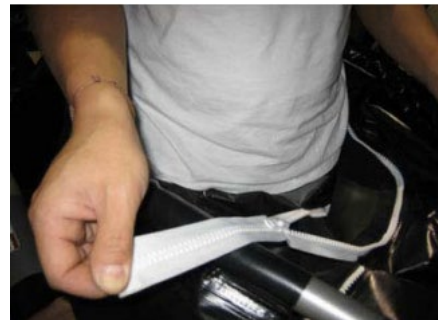
CAUTION: Never operate the Anti-Gravity Treadmill without the safety latches closed and locked in place (Figure 5). This is an essential safety item that prevents the oval support frame from inadvertently disengaging from the height adjusters during exercise.

You should never attempt to move the frame while the enclosure is inflating or when fully inflated. If you discover while you are exercising that you need to reposition the enclosure, end or pause your workout on the touch screen control panel, then change the height of the support frame.

Zippering Into the Enclosure

Once the oval support frame is in place, zip yourself into the Anti-Gravity Treadmill. The zipper should be started at the front and center of your body (figure 6) and zipped counter-clockwise all the way around until it returns to overlap in the front. Make sure that the zipper is completely closed.

Figure 6



Attaching the Safety Lanyard

Figure 7



Figure 8



It is essential that you always use the magnetic safety lanyard supplied with the machine. Clip one end of the lanyard to your shirt at waist level (Figure 7). Place the magnet directly over the rectangular area on the console labeled “Magnet Here” (Figure 8) or the machine will not operate.

The lanyard and magnet serve as a safety switch mechanism. Should you fall while exercising, the magnet is pulled off the console and power is cut to the treadmill. The treadmill running surface disengages from its drive and can move freely in this condition.



CAUTION: Never attempt to defeat this critical safety feature by clipping the lanyard to the enclosure, structure of the machine or anywhere else other than your shirt.

If you lose the safety magnet, immediately order a replacement from AlterG. As a precaution, the machine will not operate without the magnet directly over the Emergency Stop label.

Operating the Software & Using the Touch Screen

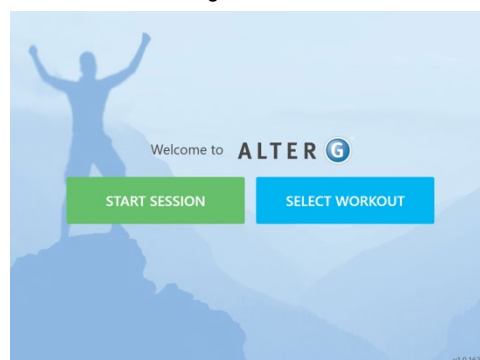
You are now zipped into the Anti-Gravity Treadmill and sealed to the enclosure. A great deal of effort was made to make the Anti-Gravity Treadmill control screens as easy as possible to operate. Controls are displayed as graphic buttons with the function of each button clearly printed on its face. To select a function, the user simply touches the screen. Excessively aggressive use of the touch screen feature may reduce its life expectancy; a light touch is all that is required.

The Anti-Gravity Treadmill computer has a screen saver/sleep mode installed that is displayed after 4 hours of sitting idle. A quick touch will display the Welcome screen.

Welcome Screen (Figure 9)

The first screen welcomes you to the Anti-Gravity Treadmill. Choose “Start Session” to continue. If you have not read the full content of this manual, it is recommended that you QUIT at this time until you have read this entire manual or seek appropriate instruction from a qualified user. By selecting the “Start Session” button you acknowledge having read and understood this manual and you will be taken the start session screen.

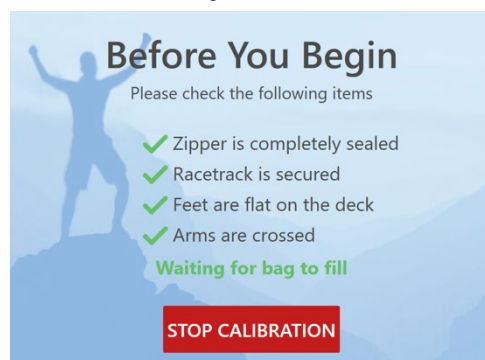
Figure 9



Calibration Screen and Procedure (Figure 10)

After you choose “Start Session,” the calibration screen will be displayed. The calibration routine provides critical information the Anti-Gravity Treadmill needs for accurate control of body weight during exercise.

Figure 10



Follow the on-screen instructions and stand still in the middle of the treadmill belt during the calibration procedure. There are load cells located under the treadmill belt that allow the machine to measure your body weight. You will go through a series of enclosure inflations which the machine uses to derive an algorithm specific to you, allowing for precise effective body weight control.

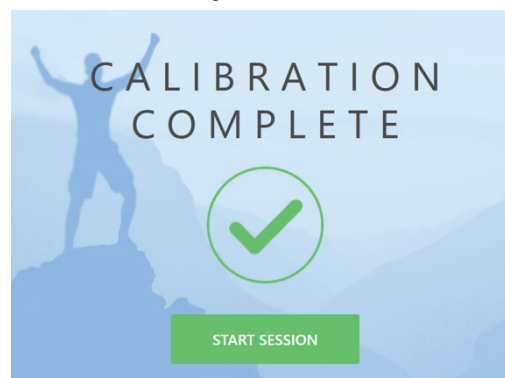
NOTE: For an accurate calibration, it is critical that your full body weight be applied to the belt surface. Supporting yourself on any other part of the machine, for example, resting an arm on the top of the enclosure while the machine calibrates, will result in an erroneous calibration and inaccurate body weight adjustment during exercise. It is recommended that you hold your arms

out to your sides or crossed on your chest, away from any structures, during the calibration procedure.

Control Screen (Figures 11 &12)

Once calibration is complete, click “Continue” to proceed to the session screen to begin your workout.

Figure 11



The graphic chart displays in the middle of the screen show the user’s workout speed, percent body weight and incline. The graphs show the real time treadmill settings. Along the bottom are additional workout descriptors including total time, distance, heart rate, calories, and pace.

Figure 12



TERM

Time
Distance
Heart Rate
Calories
Pace

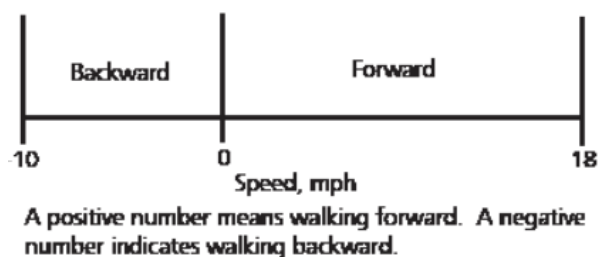
DEFINITION

The total length of the exercise session.
Distance in miles (or kilometers).
Heart rate in beats per minute.
Estimate calories burned during the session.
Minutes to run a mile (or kilometer).

Adjusting Treadmill Speed & Direction

Treadmill speed is expressed as a numerical value in miles per hour or kilometers per hour. There are arrow controls that allow the speed to be increased or decreased. There are two sets of controls; one set allows changing speed in 1 mph (or 1.6 km/h) increments, while the second set allows a finer resolution of 0.1 mph (or .16 km/h). The exact functioning of the speed controls depends on the direction of movement of the treadmill surface (see figure 13 and the following explanation for clarification).

Figure 13



Refer to “Facility Screens Function” (pg. 20) for information on how to switch between MPH and KPH measurements.

To walk or run forward, press the up-arrow speed control until the treadmill surface begins to move and you find yourself having to walk in a forward direction. Note that the speed reading is displayed as a positive number. When moving forward, the up-arrow key will increase speed while the down arrow control will decrease speed. If you decrease speed all the way to zero, the treadmill surface will stop. Check the specifications page to determine the maximum speed for your particular model.

Table 1. General Recommendation for Speed vs. Intensity		
Speed, mph	Speed, km/h	Exercise Intensity
1 to 3	1.6 to 4.8	Walk
3 to 8	4.8 to 12.9	Jog
8 to 10	12.9 to 16.1	Run
10 to 13	16.1 to 21	Fast run
>13	>21	Advanced runner
-1 to -3	-1.6 to -4.8	Walk
>-4	>-6.4	Careful, becomes difficult quickly

To walk backwards, go to 0 mph (or 0 km/h, or 0 m/sec) and wait for the treadmill to come to a complete stop. Press the down arrow speed control.

Press either of the speed down arrows until the treadmill surface begins to move in a reverse direction, forcing you to walk backwards. The speed display will show a negative number. Continuing to press the down arrow control will increase your backwards walking speed and the speed reading will become increasingly negative. Pressing the up-arrow speed control will slow your backwards walking speed until you reach zero mph, at which time the treadmill will stop. Check the specifications page for maximum backwards velocity for your particular model.

Adjusting Treadmill Grade

The Pro 200 treadmill surface can be inclined between 0-15%, in one percent increments. The numerical value represents the number of feet you will climb vertically for every 100 feet you move horizontally. The up-arrow control increases grade, while the down arrow control decreases the grade.

Adjusting Body Weight Percentage

You can adjust your body weight while exercising on the Anti-Gravity Treadmill. The adjustment range allows you to exercise at weights between 20 and 100% of your body weight. For example, if you weigh 160 pounds and set the body weight percentage at 20%, your effective body weight will be 32 pounds. Set the control at 100% and you will be exercising at your full body weight of 160 pounds. The up-arrow controls increase and the down arrow controls decrease body weight with your choice of 1% or 10% increments.



CAUTION: Change body weight percentage slowly at lower values (<50%). When operating at low percentage body weights do not jump or perform other unusual maneuvers. At such light weights you can elevate off the treadmill surface to the point of becoming unstable.

Adjust your body weight to minimize any discomfort while exercising. It may not be necessary to reduce weight by a large percentage to feel a considerable change. Start with smaller amounts; a reduction of only a few percent can significantly change your perceived exertion. As your conditioning gets better and you become more accustomed to running you will find you can incrementally increase your body weight and remain comfortable.

Stopping the Exercise Session

Before you stop exercising, gradually return your body weight to 100% and perform a low intensity cool-down phase. When you end the exercise session, continue to step in place while removing yourself from the system; this will help prevent any light-headedness experienced by some people following exercise.

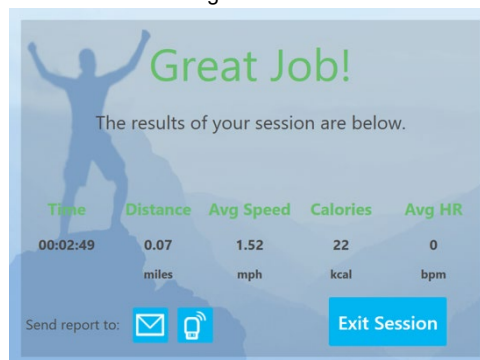
There are a couple of different ways to stop the machine.

1. Pressing “Stop” or “Pause” will slow the treadmill to a stop first, and then deflate the pressure. If you hit “Pause” you will have the chance to resume your workout.
2. If you experience discomfort while exercising, you can immediately pull on the emergency stop lanyard and displace the magnet from its control panel position. This puts the treadmill in freewheel mode and maintains enclosure pressure. If you stop the treadmill in this manner, remember to step in place to avoid becoming light headed.

Figure 14

When you “End” the screen of figure 14 will be shown. Your average running pace and average heart rate for the entire exercise session will be displayed. These averages will be low if you perform a slow warmup. For a better indication of your workout pace, perform a warmup then start a new exercise session at your workout pace.

Refer to our Stride Smart User Manual for more information about how to save your session videos and report at: www.alterg.com/user-resources



Stepping Out of the Anti-Gravity Treadmill

To get out of the Anti-Gravity Treadmill, press “End” on the touchscreen and wait for the enclosure to completely deflate. Make sure the treadmill has come to a complete stop. Unzip yourself from the enclosure. Undo the two red safety latches that hold the oval support frame in place, grasp the support frame on both sides and remove it from the latch and height adjuster. Gently lower the enclosure and support frame to the surface of the treadmill. Turn around and carefully step out of the machine. Take special care not to trip on the enclosure or frame.

Facility Screen Functions

The Welcome Screen (Figure 9) has a hidden function, “Facility Settings,” that allows the user to make adjustments to the operation of the treadmill. These adjustments are meant to be made by facility personnel, not by the individual about to exercise.

To access the “Facility Settings” screen, double tap on the image of the man's right fist and enter the code “**5900**.”

When you enter the “Facility Settings,” the screen of Figure 15 will be displayed.

Here you will be able to edit or adjust:

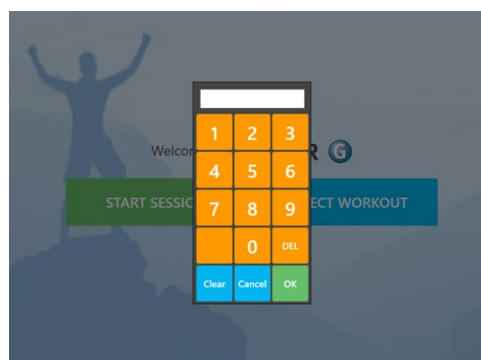
Facility Info – Here you can add your address, phone, etc.

Double Tap – This allows users to go straight into reverse with one click versus having to double click.

Cameras – You can adjust camera settings (color, contrast, etc.), assign cameras, or reset camera defaults.

KPH/MPH – Select which metrics you would like the speed to be displayed in.

Figure 15



Treadmill Creep Adjustment

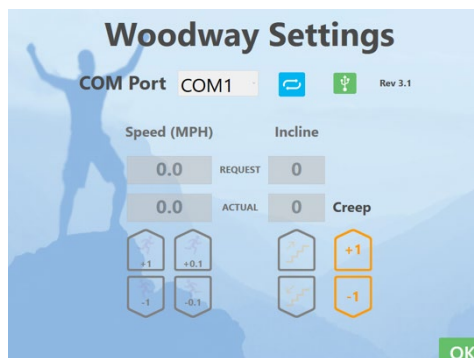
You may want to obtain a small step stool to allow easier access to the touch screen while you adjust the treadmill creep. Stand next to the treadmill and install the oval support bar in the vertical height adjusters and close the safety latches.

Follow these steps to access the creep control adjustments:

1. Double tap on the man's right fist
2. Enter code “**5369**”

Notice the up and down arrows labeled CREEP CONTROL on the screen of figure 16. These arrows allow the user to adjust the belt so it no longer creeps when the treadmill is in standby. If the belt is creeping forward, pressing the green up arrow will reduce the creep. If creeping backwards, the red down arrow will reduce the creep. There are several settings that will stop the creep entirely. You want to find the “middle” setting between the two points at which the surface begins to move.

Figure 16

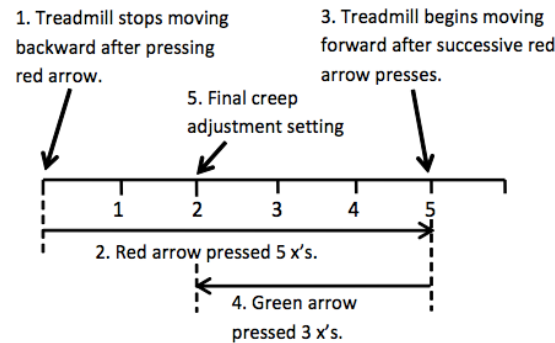


An example best illustrates the adjustment process (refer to Figure 17). Let's assume the belt is creeping backwards in standby. Begin by pressing the red down arrow. We define a “press” as a single touch that results in a beep from the user interface. Continue to press the down arrow until the belt just stops moving. You have established the starting point for adjustment. Continue to press the red arrow successively, counting the number of presses, until the

treadmill just begins to move forward. Let's say you pressed the red arrow 5 times; on the fifth time the belt began to move forward. There are 5 presses that define a range over which the treadmill does not move. You want to leave the creep adjustment in the middle of this range. To arrive at this position for this example, the green arrow is pressed 3 times.

The same procedure is followed if the treadmill is creeping forward. In this case, the green arrow is pressed to arrest the movement and establish the range over which the belt does not move. The red arrow is used to return to the middle of this range.

Figure 17



Operation of the Optional Accessories

Heart Rate Monitor

The Anti-Gravity Treadmill display is designed to receive a user's heart rate in conjunction with the use of a Polar® (Chest Strap) Heart Rate Monitor (Polar is a registered trademark of Polar Electro, Inc. Lake Success, NY.) In order for the screen to correctly display a user's heart rate, the receiver within the display must obtain a stable heart rate signal from the Polar transmitter. The Polar Heart Rate System consists of three main elements: 1) the sensor/transmitter, 2) the chest band/strap, and 3) the receiver within the Anti-Gravity Treadmill display.

1. **Sensor/Transmitter:** The Sensor/Transmitter is worn just below the chest and at the top of the abdomen, directly on bare skin (not over clothing.) The transmitter should be centered below the pectoral muscles. Once the strap is secured, pull it away from the chest by stretching the band, and moisten the conductive electrode strips with plain water. The transmitter operates automatically while you are wearing it. It does not operate while it is disconnected from your body. However, as moisture may activate the Transmitter and salt buildup from sweat can be a problem, rinse the belt with water and wipe it dry after use. The chest band is washable. After you have detached the transmitter, wash the band in warm water, using mild soap, and rinse thoroughly in clean water. Never scrub the transmitter surfaces.
2. **Receiver:** You must be within two and a half feet of the receiver in order for the signal to be received. Please take note that your transmitter may fluctuate erratically if you are too close to other Polar equipment. Maintain at least a three-foot distance between other Polar units. Erratic heart rate reception may occur if the Polar Monitor is too close in proximity to strong sources of electromagnetic radiation, such as television sets, personal computers, electric motors, and some other types of fitness equipment. Only

one transmitter should be used inside the range of any one receiver as the receiver may pick up several signals simultaneously causing an inaccurate readout.

Workout Programmer

Reference: www.alterg.com/workout-programmer

Stride Smart

Reference: www.alterg.com/user-resources

SECTION 4: SAFETY FEATURES OF THE ANTI-GRAVITY TREADMILL

The AlterG Anti-Gravity Treadmill is designed with your safety in mind. Through extensive testing we have created a product that combines ease of use, effectiveness, and safety.

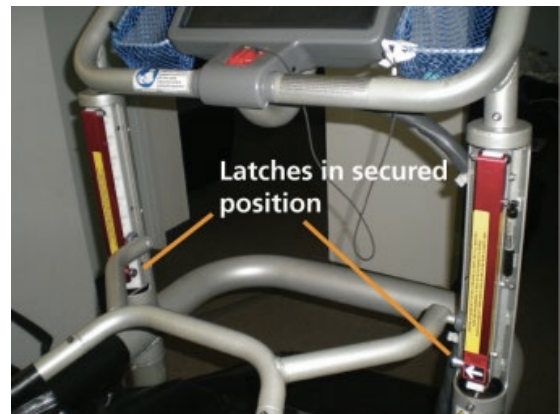
Latches and the Oval Support Frame

The oval frame that encircles your waist is a very important safety feature. The oval support frame is securely latched into the frame of the Anti-Gravity Treadmill and is fully capable of supporting your full body weight. If you were to fall, this mechanism can hold you up and reduce your chances of sliding onto the moving treadmill surface.

To work correctly, it is important that the oval support frame is set to the correct height and that the front and back arms are pushed forward, completely, into the front and back of the height adjusters.

Always secure the support frame in position by closing and securing the red latches (Figure 18). Be aware that you can use this frame to support yourself in case you fall or need to jump off to the sides of the treadmill for some reason.

Figure 18



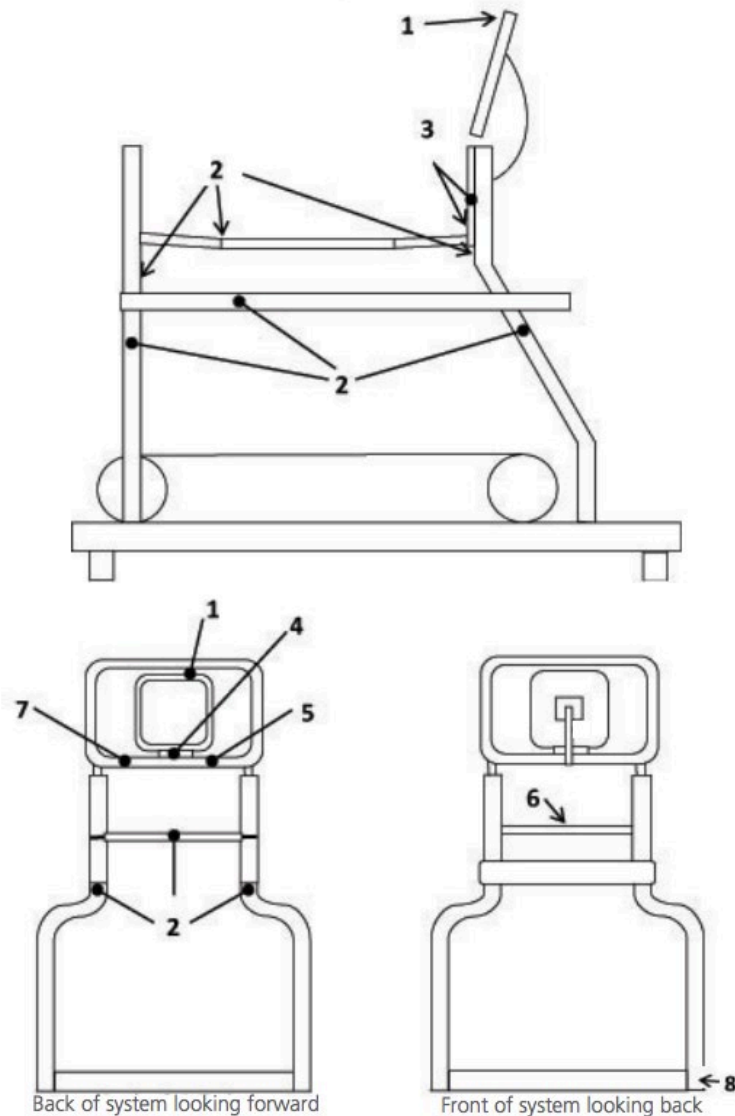
Safety Lanyard/Magnetic Stop

It is essential that you always use the magnetic safety lanyard supplied with the Anti-Gravity Treadmill. The magnet must be placed directly over the rectangular label on the console labeled "Magnet Here," or the machine will not operate. Clip the other end to your shirt near your waist. If you fall or stumble, the magnet will be pulled off the console and the treadmill will de-power and go into a free-wheel mode, while the air-pressure will be released. If you lose the safety magnet, immediately order a replacement from AlterG. As a precaution, the machine will not operate without the magnet directly over the "Magnet Here" label.

SECTION 5: LABELS, LOCATIONS, INTERPRETATION

The labels on the Anti-Gravity Treadmill are meant to be read and understood. They provide information on the operation of the Anti-Gravity Treadmill and should be followed for a safe and enjoyable exercise experience. Should any of the labels become damaged and unreadable, immediately contact AlterG for replacements. The location of the labels are indicated in Figure 19. Refer to this diagram to locate the label being described.

Figure 19



Label #1



These labels are located on the top front face of the operator's screen console. It identifies the on/off switch used for turning on or shutting down the Anti-Gravity Treadmill, and the USB port.

Label #2



This label is located on areas of the Anti-Gravity Treadmill frame that present a pinch hazard when the enclosure is inflated. The metal frame of the Anti-Gravity Treadmill helps to shape and contain the fabric enclosure. As the enclosure inflates, the enclosure expands to touch the frame in the areas where the labels are placed. Hands or any other part of the body should not be placed in these areas between the enclosure and frame.

Label #3



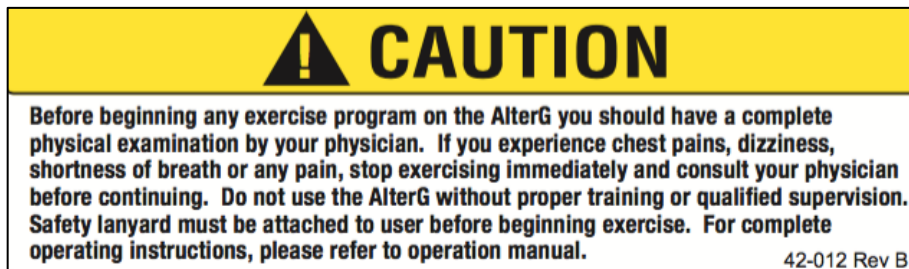
This label is located on the two red safety latches used to secure the oval support frame into the vertical height adjusters. For your safety, it is critical that you close and lock the latches after installing the oval support bar and before exercising. The latches should always be closed when the fabric enclosure is inflated. Never open these latches during exercise or during calibration when the enclosure is pressurized.

Label #4



The emergency stop label is located at the base of the touch screen on the surrounding console. It indicates where the safety magnet should be placed for operation of the Anti-Gravity Treadmill. If the safety magnet is not placed on the rectangular pad above the words "EMERGENCY STOP", the Anti-Gravity Treadmill will not operate. In use, if any sort of emergency should arise, a tug on the lanyard attached to the magnet will displace the magnet and stop the treadmill. Always clip the safety lanyard to your clothing before exercising.

Label #5



You must be in good health to exercise on the machine. Consult with your Physician before beginning an exercise program on the machine. If you experience any pain, discomfort or unusual symptoms while exercising on the machine, stop immediately and consult your physician before resuming an exercise program. You must be trained in the use of the machine and its safety features prior to exercising. Do not use the machine unless properly instructed. Always use the safety lanyard. Clip the safety lanyard to your clothing prior to exercise.

Clip it in a manner that will cause the safety magnet to be pulled from its resting position on the console should you fall. The treadmill will stop in response to removal of the safety magnet.

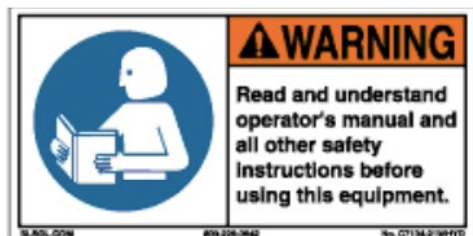
This label is located on the lower right corner of the tubular frame surrounding the touch screen and console.

Label #6



The oval support frame must be secured in the vertical height adjusters and the safety latches must be closed before exercising. This label is affixed at the front of the oval support frame on the top. Be certain to follow these instructions.

Label #7



It is very important that you read and understand this manual for safe operation of the machine. This label is located on the lower left corner of the tubular frame surrounding the touch screen and console. The Anti-Gravity Treadmill is not your ordinary treadmill. It is a sophisticated training system with unique features that you must thoroughly understand before using.

Label #8



AlterG manufactures the system. This label is located on the base of the treadmill and identifies the serial and model number of the system as well as the power and voltage requirements.

Label #9



This label is located within the structure of the Anti-Gravity Treadmill and indicates a high voltage is present in that location. If you see this label, do not get close to or disassemble any of the components to which it is attached. Because the high voltage can cause serious injury or death, only a qualified AlterG service technician should attempt any repairs.

SECTION 6: ANTI-GRAVITY TREADMILL MAINTENANCE

In order to ensure the safe operation and longevity of your Anti-Gravity Treadmill, periodic maintenance must be performed. Many of the maintenance tasks you can do yourself, but it is recommended that an AlterG technician inspect the system every six months.



CAUTION: Make sure the Anti-Gravity Treadmill is turned off and unplugged before performing any of the maintenance detailed below.

Disinfection

Shorts Cleaning and Disinfection

Washing Instructions: Wash by hand or machine wash on gentle cycle. When using a washing machine place shorts in a mesh bag. Use a mild detergent. Air dry. Do not place in dryer.

AlterG's Shorts should be cleaned and disinfected in accordance with standing clinical policy regarding patient apparel and the degree of exposure risk. Consult the CDC website for the latest guidelines on decontamination of patient equipment and apparel.

Standard cleaning can be carried out with submersion in anti-microbial compounds and mechanical agitation. Follow guidelines for the particular anti-microbial cleaners that are in use when you determine decontamination exposure time and method. AlterG Shorts material construction is of neoprene and urethane; you can consult the manufacturer of your preferred cleaning agents regarding suitability and directions for use. The shorts will tolerate exposure to a 10% bleach solution.

Follow CDC recommended procedures for decontamination when shorts become exposed to human waste or blood or when high risk patients or high-risk microbial contamination is involved. Disposal of the shorts following exposure to waste, blood or highly contagious microorganisms or when patients at high risk for infection are involved is recommended. Direct exposure of the shorts to solid waste (feces) blood or broken skin is considered an unusual condition and it may be impossible to adequately disinfect shorts under these circumstances. Shorts which are exposed to higher contamination risk situations should be removed from use beyond the immediate user and sterilized between uses if they are deemed safe for reuse in a particular individual. If broken skin, incontinence or high-risk microbial contamination is possible the situation should be evaluated on a case by case basis.

It is recommended that patients at high risk for urinary or fecal incontinence wear liners, diapers, and other effective means of damming, retention and absorption. The transfer of waste or infectious organic matter to the interior of the machine should be avoided at all costs because it is exceedingly difficult to eliminate organic contamination once it is introduced into the interior of the machine.

Urinary catheters and other conduit and enclosure-based waste storage devices should be used with caution and awareness that the machine's internal environment reaches a pressure higher than atmospheric. This pressure difference can pressurize catheter systems causing them to swell, leak or burst.

Enclosure and Frame Cleaning and Disinfection

Surfaces of the Anti-Gravity Treadmill fabric shell and tubular framework can be wiped with 10% bleach solution or other detergents/disinfectants that are compatible with urethane coatings and epoxy-based paint films and meet the CDC's guidelines for disinfection. Do not soak surfaces to the point that the bleach solution begins to run. Regular cleaning and wiping of the surfaces after each use is recommended. Following exposure to infectious agents, clean the surfaces of the machine in accordance with CDC guidelines or consult AlterG Inc. General Cleaning and Inspection Periodic cleaning and inspection will help lengthen the life of your machine and keep it looking good. The biggest contributor to the failure of the machine will be dirt and debris accumulation inside the treadmill. To prevent this, ensure users always wear clean shoes while they exercise. Since it is a sealed system, the presence of dirt and debris greatly reduces the longevity of the product.

Keeping the system clean will also make it easier to spot any problems that might not otherwise be found until it is too late. Below is a general guideline on cleaning and maintenance intervals. If the Anti-Gravity Treadmill is in a dirty environment or under heavy use, cleaning and inspection intervals should occur more frequently. Do not use abrasive brushes or cleaners as they will mar and scratch the paint and plastic surfaces. Also, do not soak any surface with a liquid, as the sensitive electronics can be damaged or pose an electrical hazard.

Daily:

1. Inspect and remove any loose debris from the interior of the enclosure.
2. Check for abnormal operation.
 - a. Ensure that there are no unusual performance characteristics such as:
 - i. Unusual sounds (from the treadmill, air blower, or enclosure such as hissing of air leaks.)
 - ii. Unusual sights or smells that appear out of the ordinary.
 - iii. Any operational characteristics that have changed such as reduced speed of treadmill or erratic or low enclosure pressure. (Note that low enclosure pressure can be caused by a miss-calibration, so ensure that you have properly followed the calibration steps before you determine there is a pressurization problem.)

Weekly:

1. Check overall condition of the treadmill.
2. Inspect the height adjusters used to position the oval support frame for wear or damage.
3. Inspect the red safety latches for proper function and unusual wear.
4. Inspect the enclosure for tears or leaks.
5. Wipe down exterior surfaces with a damp cloth. This will help prevent the windows from yellowing.
6. Wipe the enclosure and monitor when needed, using a micro-fiber cloth to avoid scratches. (Note: Wipe the monitor when the machine is off to avoid accidental touches from pressing the screen.)
7. Check for loose wires and cables.
8. Vacuum the interior of the enclosure through the access hole in the top of the enclosure. You can position the oval support frame in the highest position and crawl inside like a tent to get better access.
9. Vacuum around the base of the treadmill.
10. Check shorts for rips or holes.

Monthly:

1. Remove the enclosure from the frame and thoroughly vacuum the interior of the treadmill. See instructions that follow.
2. Vacuum any dust accumulated on the screens located inside the blower intake tubes on either side of the front of the machine.

Seasonally:

In autumn & winter the drier climate in many regions of the country will cause a greater static build up to occur when the treadmill is used. Spray the running surface with a staticide spray to prevent static shock to treadmill users and to prevent interference with the treadmill's electronic systems.

Cleaning the Enclosure Windows

The windows on your Anti-Gravity Treadmill are made of Strataglass™. Special care must be taken to ensure they remain clean and clear. IMAR™ Strataglass cleaner is recommended for cleaning the clear windows.

NOTE: If your Anti-Gravity Treadmill is exposed to the sun, it is necessary to order a special window cleaner that contains UV protection. For a list of retailers and distributors in your area, contact AlterG or visit [Amazon.com](https://www.amazon.com) and order the IMAR™ Strataglass protective cleaner. If you have any problems with your Strataglass, contact AlterG immediately.

**IMAR is a trademark of IMAR Products, LLC. Manassas, VA.*

Height Adjusters & Latch Mechanism

The height adjusters' function as an essential safety mechanism in the event that a user falls. It is of utmost importance that they are checked before each use. Make sure they are not loose or cracked in any way and the oval-shaped support frame fits fully into them. Check to make sure the notches are not worn. Inspect the red safety latches that secure the oval support frame in the notches. Make sure they function smoothly, close fully, and are always pinned closed during use.

Shorts

Always remove your shoes when getting in and out of the shorts. Keeping your shoes on while putting on the shorts puts a great deal of stress on their seams and will significantly reduce the life of your shorts.

Wash the shorts frequently to keep them sanitary. **Hand wash or use a gentle wash cycle with cold water and let air dry. Do not put the shorts in the dryer!**

If any part of the shorts wears out (wire, seams, etc.) discontinue use.

Touch Screen

The touch screen will eventually get covered with fingerprints. When cleaning the touch screen use a microfiber cloth dampened with soap and water to avoid scratching the screen surface.

Make sure you turn the machine off when cleaning the screen as you will be applying pressure that the computer may recognize as a touch.

Enclosure Maintenance

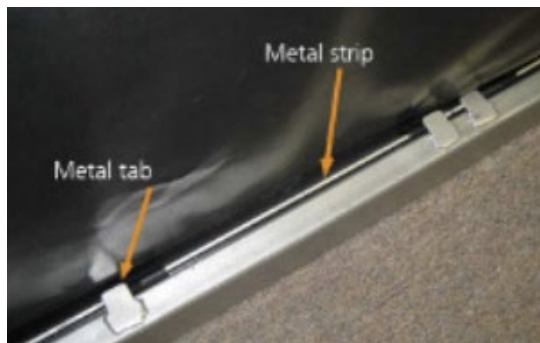
Check the enclosure for any leaks and note any abnormal hissing sounds. A small leak through the shorts and zipper is normal. If this or other leaks start affecting the maximum pressure capabilities of the Anti-Gravity Treadmill, contact AlterG for troubleshooting and support. Lubricate the zipper on the enclosure as needed using a zipper lubricant. Keep sharp objects away from the enclosure at all times.

Enclosure Removal Procedure for Cleaning

To provide maintenance on the inside of the Anti-Gravity Treadmill it may be necessary to remove the enclosure from the base. The enclosure is held down to the base and sealed by thin metal strips that lock the enclosure into place. These strips are retained by black plastic sliders that slide under metal tabs which overhang to the inside of the base frame. Follow these steps to remove the enclosure (Figure 20):

If you look closely at this photo you will see the thin metal strip trapped under metal tabs welded to the main frame. The strips hold the enclosure to the base.

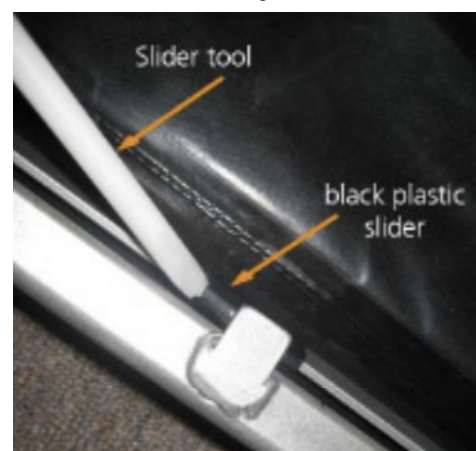
Figure 20



1. Before you do anything, turn off and unplug the Anti-Gravity Treadmill.

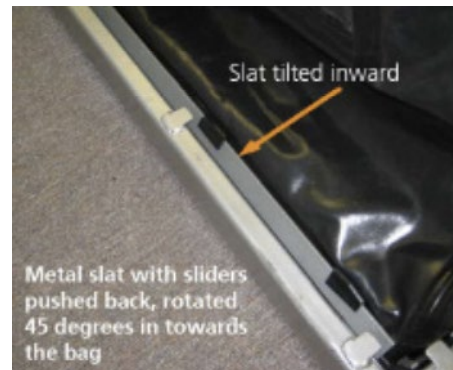
2. Use the plastic Slider Tool to slide the black plastic sliders side-ways out from under the metal overhanging tabs (Figure 21). Some of them may be held down quite tightly so use the supplied tool to push them out. Take care not to cut the enclosure when doing this as the tool can slip off the tabs when being pushed. You may wish to tap the end of the plastic tool with a hammer or mallet to ease out the black sliders. If you have lost the slider removal tool, call AlterG to obtain a replacement. The tool is plastic so as not to tear the enclosure.

Figure 21



3. Once you slide out all the plastic tabs on a frame, tilt the metal slat towards the inside of the machine (in the locked down position, it should be at a 45-degree angle pointing towards the outside of the machine.) You may have to push down on the slat as you rotate it inwards. See Figure 22.

Figure 22



4. Lift the slats and pull them out (Figure 23). Collect all of the black plastic tabs and take care not to lose any (there are 28; 10 on each side and 4 on the front and back).

Figure 23



5. The base of the enclosure can now be lifted up and inward away from the retaining tabs. Note that you probably don't need to remove both the front and back to clean the entire machine. Removing one end and both sides should be sufficient. Typically, it is best to leave the front of the enclosure attached to the frame.

Figure 24



In Figure 24 the enclosure has been released on both sides and the back. The front of the enclosure remains attached. You can suspend the enclosure for better access by placing the oval support frame in the vertical height adjusters. Be sure to close the safety latches. Thoroughly vacuum all surfaces you can reach. Get under the treadmill as far as you can.

Figure 25

It is particularly important to clean around the back of the treadmill. Most of the dirt and debris will collect there. Pay close attention to cleaning under the treadmill. See Figure 25.



Figure 26

To Re-attach the enclosure:

1. It is easiest to attach the back of the enclosure first and follow with the sides. Place the bottom edges of the enclosure in the small groove (Figure 26) between the outer edge of the wood and the inside of the metal base. You will notice that on the bottom edge of the enclosure there is a cylindrical plastic rod that is sewn in the enclosure and fits in the groove.
2. Place the bottom edge of the metal slats on the enclosure side of the plastic rods located in the hem of the enclosure. The rod should be trapped between the slat and the outer frame. Take the plastic sliders and place them on the slat. You will notice that the sliders are tapered on one end. This is the side that should be facing the metal tab. The slat will be angled toward the enclosure. Using your hands, push down on the metal slat (pushing on the plastic sliders will be more comfortable) to clear the metal tabs, then rotate the top edge of the slat outwards, capturing the slat under the metal tabs.



Figure 27

Figure 27 shows the metal slat set in place. Plastic sliders have been attached and the slat is ready to be pushed down and rotated into place.



Figure 28

When you place a slat, ensure that it is centered properly with regard to the metal tabs as shown in Figure 28. This is the rear slat, and it has an equal overhang on each end tab.



Figure 29

Figure 29 shows the slat has been pushed down and rotated outwards to capture the top of the slat under the metal tabs.



Figure 30

3. Take the black plastic sliders and slide one under each metal tab (Figure 30). Push them far enough so the metal tab rests on the flat surface of the slider. These can be quite tight so you might need the plastic tool and a mallet to tap them into place. Once again, be careful not to slip and cut the enclosure.
4. Repeat steps 1-3 for each side of the enclosure that you have removed.
5. It is preferable that you perform any maintenance where you have to remove the enclosure at the end of the day. This will give the foam that forms the airtight seal between the enclosure and base a chance to expand and reseal.



APPENDICES

- A: Specifications
- B: Options and Accessories
- C: Troubleshooting
- D: Warranty

APPENDIX A: ANTI-GRAVITY TREADMILL SPECIFICATIONS

SIZE

- Medium: fits individuals from 5'6" (168 cm) to 6'10" (208 cm); 18.5" (47 cm) hip width, 58" (147 cm) hip circumference.

PERFORMANCE

- User weight capacity: 400 pounds (182 kg)
- Body Weight Range Adjustment: as low as 20% of user's body weight, 1% increments
- Running surface area:
 - 22 inches (56 cm) wide
 - 68 inches (173 cm) long
- Speed range:
AlterG Anti-Gravity Treadmill Pro 200
 - Forward 0 – 18 miles per hour (0 – 29 km/hr)
 - Reverse 0 – 10 miles per hour (0 – 16 km/hr)
- Elevation:
AlterG Anti-Gravity Treadmill Pro 200
 - 0 - 15 % grade

DIMENSIONS

- Length: 94 inches (240 cm)
- Width: 40 inches (102 cm)
- Height: Small – 72" (183 cm), Medium – 75" (191 cm), Large – 78.5" (200 cm)
- Weight: 1000 pounds (455 kg), approximately

RECOMMENDED ROOM DIMENSIONS

- Provide a footprint at least 12ft long by 8 ft. wide for adequate spacing around the machine.
- Check ceiling height to ensure users won't hit when running at desired inclines, running surface is ~15" off the ground.

ENVIRONMENTAL

Operating Conditions:

- Ambient Temperature : 50°F to 84°F (10°C to 29°C)
- Relative Humidity: 20 to 95%

Transportation & Storage Conditions:

- Temperature Range: 50°F to 120°F (10°C to 49°C)
- Relative Humidity: 20 to 95%

ELECTRICAL RATINGS

- Power Requirements:
 - Recommended: 220 VAC 30A, 60 Hertz
 - Operational AC Voltage range; 200 - 240 VAC*, 50/60 Hz

*At values less than the recommended 220 volts, the ability of the system to reduce body weight to 20% may be compromised.
- Locate AlterG Anti-Gravity Treadmill within 8ft of the electrical outlet.

- Electrical Connection: 30 ampere circuit, NEMA L6-30R receptacle
- International Configuration: The appropriate plug should be attached to the power cord of the AlterG Anti-Gravity Treadmill using the following wire connection scheme:
 - Blue Conductor: Neutral
 - Brown Conductor: Line
 - Ground Conductor: Green/Yellow

APPENDIX B: EMC STATEMENT

Warning:

- The use of accessories, transducers and cables other than those specified by AlterG, Incorporated, may result in increased EMISSIONS or decreased IMMUNITY of the EQUIPMENT.
- This EQUIPMENT should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, the EQUIPMENT should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacturer's declaration - electromagnetic emissions								
The EQUIPMENT is intended for use in the electromagnetic environment specified below. The customer or the user of the EQUIPMENT should assure that it is used in such an environment.								
Emissions Test	Compliance							
RF emissions CISPR 11	Group 1				The equipment uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.			
RF emissions CISPR 11	Frequency MHz	Quasi Pk FS dB(µV/m)	Limit@ 10m dB(µV/m)	Margin dB	RA dB(µV)	CF dB	AG dB	AF dB(I/m)
QP-Horizontal	49.95	31.5	40.0	-8.5	56.5	0.7	32.0	6.3
QP-Vertical	156.5	23.3	40.0	-16.7	44.5	1.3	32.0	9.5
	30.8	28.4	40.0	-11.6	48.0	0.6	32.0	11.8
	40.375	36.6	40.0	-3.4	59.5	0.6	32.0	8.5
	43.96	31.5	40.0	-8.5	55.7	0.7	32.0	7.1
	49.97	38.1	40.0	-1.9	64.6	0.7	32.0	4.8
	51.12	36.8	40.0	-3.2	63.4	0.7	32.0	4.7
	60.0	29.7	40.0	-10.3	57.1	0.8	32.0	3.9
	64.01	27.5	40.0	-12.5	53.8	0.8	32.0	4.9
	79.15	29.4	40.0	-10.6	52.8	0.9	32.0	7.7
	105.1	25.9	40.0	-14.1	51.1	1.0	32.0	5.7
Harmonic Emissions IEC 61000-3-2	Not applicable. EUT AC mains has rated input currents exceeding 16 amps per phase and is not directly connected to public power network.							
Voltage Fluctuations/ Flicker emissions	Not applicable. EUT AC mains has rated input currents exceeding 16 Amps per phase and is not directly connected to public power network.							
The EQUIPMENT is suitable for use in all establishments other than domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.								

Guidance and manufacturer's declaration - electromagnetic emissions			
The EQUIPMENT is intended for use in the electromagnetic environment specified below. The customer or the user of the EQUIPMENT should assure that it is used in such an environment.			
Immunity Test	IEC 60601 Test level	Compliance level	Electromagnetic environment - guidance

Electrostatic discharge (ESD) IEC 61000-4-2	+/-6 kV contact +/-8 kV air	+/-6 kV contact +/-8 kV air	Floor should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/ burst IEC 61000-4-4	+/-2 kV for power supply lines +/-1 kV for input/output lines	+/-2 kV for power supply lines. Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	+/-1 kV differential mode +/-2 kV common mode	+/-1 kV differential mode +/-2 kV common mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EQUIPMENT requires continued operation during power mains interruptions, it is recommended that the EQUIPMENT be powered from an uninterruptible power supply or a battery.
(50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE <i>UT</i> is the a.c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration - electromagnetic emissions			
The EQUIPMENT is intended for use in the electromagnetic environment specified below. The customer or the user of the EQUIPMENT should assure that it is used in such an environment.			
Immunity Test	IEC 60601 Test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 kHz to 80 MHz 3 V/m 80 MHz to 2.5 GHz	3 Vrms 3 V/m	Portable and mobile RF communications equipment should be used no closer to any part of the EQUIPMENT, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = [3.5/V1] P$ $d = [3.5/E1] P \quad 80 \text{ MHz to } 800 \text{ MHz}$ $d = [7/E1] P \quad 800 \text{ MHz to } 2.5 \text{ GHz}$ Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey^a, should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 
NOTE 1 At 80 MHz and 800MHz, the higher frequency range applies.			
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the EQUIPMENT is used exceeds the applicable RF compliance level above, the EQUIPMENT should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the EQUIPMENT.			

^bOver the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the EQUIPMENT

The EQUIPMENT is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EQUIPMENT can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EQUIPMENT as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter		
	m		
	150 kHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	$d = [3.5/V1] P$	$d = [3.5/E1] P$	$d = [7/E1] P$
0.01	0.12	0.12	0.23
.1	0.37	0.37	0.74
1	1.17	1.17	2.33
10	3.69	3.69	7.39
100	11.67	11.67	23.33

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

APPENDIX C: OPTIONS AND ACCESSORIES

Please visit the AlterG Store: <http://store.alter-g.com/> or contact your AlterG Sales representative for pricing and ordering.

APPENDIX D: TROUBLESHOOTING

In most cases any repairs to your Anti-Gravity Treadmill will need to be completed by an AlterG qualified technician. There are however, many things that you can do to troubleshoot problems before a repair technician will be required.

Repairs

Contact your AlterG representative for any repairs. You may also request repairs at **alterg@golifeward.com**. Before doing so, please investigate the following questions, so that we are able to help you as quickly as possible.

- What is the serial number of the Anti-Gravity Treadmill? This information can be found on the base of the machine. Look for the manufacturer's label.
- What happened prior to the problem?
- Did the problem happen unexpectedly, or did it get progressively worse over time?
- If it is a noise problem, from where does the noise originate?
- Was someone using the treadmill at the time the problem occurred?
- Explain any other symptoms that you feel are relevant.
- Does the screen display any other error messages?

Display/Computer

If the display is not visible, try touching the screen. If nothing happens, look at the LED light on the upper right corner of the console. If it is not green, press the "On" button. If nothing happens, check to make sure the machine is plugged in. If it is, check the circuit breaker. If this is ok and the display is still blank, contact AlterG, there may be a loose connection somewhere.

Air Pressure

If you are at a place in the user-interface where the blower should be turned on (calibration or control screen where you can adjust speed, incline, and weight) but isn't, do the following:

- Check the three lights on the back of the console. The middle light indicates that the blower should be on. If the middle light is not on, contact AlterG.
- If the middle light is on and the blower is on, but you can't achieve proper pressure, check for leaks in the enclosure. If you still can't achieve pressure, contact AlterG.

Treadmill

1. Free wheel: if the treadmill belt is free to move, check and make sure the emergency stop magnet is on the console in the correct location. Next, check that the machine is plugged in.
2. The treadmill belt will not move until you are in the operating screen on the user interface. If the treadmill belt is moving in another instance, contact AlterG immediately. If the treadmill belt will not move during operation, test the other functionality like the incline. If this works, check the screen for any error messages. Record any "System Error" messages, as well as the diagnostic messages in the lower left corner of the screen and contact AlterG.

Leaks

If you find a tear in either the fabric enclosure or shorts, discontinue use and contact AlterG.

System Errors

The Anti-Gravity Treadmill software has built in error checking to ensure all systems are operating within specifications. If an error is detected, an “Unexpected Error” screen will be displayed. There will be a text description of the detected error. If you see such a screen, write down the error message and a description of the circumstances under which it occurred.

The error may be the result of an unexpected anomaly that sometimes occurs with complex computer-controlled devices. If this is the case, it is often sufficient to simply cycle the power from the display console. Oftentimes this will clear the error and correct the problem. If the error persists, AlterG service should be contacted and the circumstances under which the error occurs and the Diagnostic Code should be relayed to the technician.

Although certainly not common, the two diagnostic descriptions you are most likely to see are the Woodway Timed Out and the Micro Timed Out error codes.

System Fatal Error – Woodway Timed Out

The treadmill operates in a timer configuration. If the treadmill does not get messages from the PC in a certain amount of time, it will go into its safety routine and not respond to commands. In this case you will see the “Woodway Timed Out” message.

System Fatal Error – Micro Timed Out

The microcontroller, which controls the pressure system, operates on a timer loop. If it doesn't hear from the PC within a certain amount of time, it will perform its safety routine, which is to fully close the valve and turn the blower off. If the PC doesn't hear from the microcontroller within a certain amount of time, you will see the “Micro Timed Out” error message.

APPENDIX E: FEATURE CHANGES

Below is a table of feature changes that you may encounter if upgrading from a previous model of the Pro 200 to the Pro 200 Plus.

Calibration Failure	If unit will fail during calibration if it cannot unweight the user below 90% BW <i>and/or</i> if it cannot gather more than 5 calibration points. (Both requirements are needed. On average 15-20 points are taken during calibration).
Emergency Stop	If you pull the e-stop magnet, the treadmill will maintain pressure. This is meant to protect the user and prevent the bag from being dumped.
Error Code: Calibration	“Unable to reach target weight” Click “restart” → black screen command prompt → click the “x” at the top right-hand corner → brought back to home screen to begin new session
Error Code: Incline	“Unable to reach target incline” Click “restart” → black screen command prompt → click the “x” at the top right-hand corner → brought back to home screen to begin new session
Error Code: Speed	“Unable to reach target speed” Click “restart” → black screen command prompt → click the “x” at the top right-hand corner → brought back to home screen to begin new session
Facility Settings Code: 5900	Input facility information, adjust camera settings, reset cameras
Facility Settings Code: 5369	Adjust treadmill belt creep
Shut Down	No soft shut down button. Instruct users to push hard button on monitor.
Speed change	Treadmill will slow to a stop before switching directions. There is no verification message (ex: Click “ok” to go in reverse) on-screen.
Unweighting Time	Calibration times out after 90 seconds.
Unweighting Limits	Example: If user can’t be calibrated below 40% BW during calibration, they will not be able to go below 40% during session. Previous software showed they were going lower, but they weren’t actually being unweighted beyond 40%. This is a more accurate reading of what body weight % the user is at.
Video Display	Video monitor must be turned on <i>before</i> powering up Pro 200. If not, the unit will not detect the second monitor and no video will be displayed.
Workout Programmer	No timing countdown between sessions. Green progress bar shown above session data. This indicates duration until interval complete.

	At the end of a session user needs to hit “stop” to quit the session. This allows the user to do a cool down after their workout is complete.
Workout Programmer Pre-programmed	“Select Workout” goes to pre-programmed workouts.
Workout Programmer Personalized (USB)	Insert USB key to select personalized workouts. Click “Source” to switch between USB and pre-programmed.

APPENDIX F: WARRANTY INFORMATION

Your Anti-Gravity Treadmill is covered by the following warranty:

- One-year parts and labor for the entire machine.

Warranty: Lifeward warrants to Customer that the AlterG Anti-Gravity Treadmill is free from manufacturing defects for a period of one (1) year from original date of purchase. The Warranty doesn't cover damage or equipment failure due to misuse, user or other damage, or failure to comply with environmental, electrical requirements and maintenance as outlined in the AlterG Anti-Gravity Treadmill User Manual. Any customer modification of the AlterG Anti-Gravity Treadmill voids the Warranty.

Pro 200 Series

Extended Warranty:

AlterG offers an Extended Warranty on a year by year basis for the AlterG Anti-Gravity Treadmill as follows:

If you purchase the Extended Warranty at the time of your purchase, AlterG will provide one (1) free preventative maintenance check and service of the Pro 200 by a qualified technician at the end of the first year of use.

An Extended Warranty may be purchased after the sale and installation of the AlterG. Extended warranties are only available within one (1) year of the purchase date of the product and prices are subject to change.

During the Warranty period or Extended Warranty period, AlterG or its authorized service technician will diagnose and repair your AlterG Anti-Gravity Treadmill including parts and labor. The service can range from phone calls and emails to onsite service visits as necessary. If you choose not to purchase an Extended Warranty from AlterG, you will be billed at the then current rates for parts and labor plus any travel and/or shipping needed for any service of the product after the initial one (1) year Warranty expires.

Neither the Warranty nor the Extended Warranty covers lost business opportunity due to your AlterG Anti-Gravity Treadmill being out of service, nor do the Warranty or the Extended Warranty cover any damage or equipment failure due to misuse and other user damages. This includes: failure to comply with environmental and electrical requirements, as well as the maintenance upkeep protocols outlined in the AlterG Anti-Gravity Treadmill User Manual. Any customer modification of the AlterG Anti-Gravity Treadmill voids the Warranty. If you must disassemble the AlterG Anti-Gravity Treadmill to move it, doing so without an AlterG qualified technician will void the Warranty.