LIFEWARD

User Manual
Alter G PRO Anti-Gravity Treadmill®

This manual covers operation procedures for the following AlterG product:

PRO Anti-Gravity Treadmill

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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 PRO Anti-Gravity Treadmill. Read and understand these instructions and statements before operating the AlterG PRO Anti-Gravity Treadmill .

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

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Owner Responsibility

The AlterG PRO Anti-Gravity Treadmill® will perform as described in this 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 Lifeward, Inc. The Anti-Gravity Treadmill, or any of its parts, should only be repaired in accordance with instructions provided by Lifeward, Inc., authorized representatives of Lifeward, Inc., or by Lifeward, Inc. trained personnel. The AlterG PRO Anti-Gravity Treadmill must not be altered without the prior written approval of the Lifeward, Inc. Quality Assurance Department.

The owner 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 Lifeward, Inc. authorized representatives.

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

AlterG Contact Information

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

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Indications and Contradictions for Use

Statement of Intended Use

The AlterG PRO Anti-Gravity Treadmill provides unweighting of the user's body weight in addition to normal treadmill functions. The unweighting allows patients and individuals to do standing exercises, walk, or run with reduced impact on their musculoskeletal system.

Indications for Use

- Aerobic conditioning
- Sport-specific conditioning programs
- Weight control and reduction
- Gait training and neuromuscular re-education in neurologic patients
- Strengthening and conditioning in geriatric patients
- Rehabilitation following injury or surgery of the lower extremities
- Rehabilitation after total joint replacement

Precautions for Use

- Cardiovascular disease or respiratory compromise
- Exercise induced asthma or angina
- Acute and chronic back problems
- Ruptured or herniated disc
- Safety and effectiveness in pregnant women have not been established
- Safety and effectiveness for individuals with Functional Independence Measure score of 1 or 2 (dependent of max assist) has not been established
- Treadmill belt does not lock in place. Be sure patient is stable before turning off the treadmill and exiting.
- Heart rate monitor is for reference only and may not be accurate.
- Any condition where increased intra-abdominal pressure may be a concern (for example, urinary incontinence, pelvic floor dysfunction, pelvic floor reconstruction, or other conditions)

Contraindications for Use

- Unstable fracture
- Cardiovascular hypotension
- Deep vein thrombosis

Safety: Warnings and Cautions

Before using the AlterG PRO Anti-Gravity Treadmill, please read this manual. As a physical therapist, trainer, or clinician (the operator of the product), you must understand the safety features and user interface. We want you and your clients or patients (the users of the product) to have a safe and enjoyable exercise experience.

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 treadmill 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 Anti-Gravity Treadmill, which may cause it to operate improperly. AlterG provides a 15ft 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 Anti-Gravity Treadmill before cleaning and maintenance.
- Service should be performed by an authorized AlterG technician. Service by non-authorized AlterG technicians will void the warranty. 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 Anti-Gravity Treadmill running surface.
- Always keep the running surface clean and dry.
- Do not unplug or alter any of the internal wiring on the Anti-Gravity Treadmill after installation.

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

- Users must consult with their physicians and obtain a medical exam before beginning any exercise program. This is particularly true if users have any of the following: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, if they smoke cigarettes, are currently inactive, are obese, or have any other chronic disease or physical impairment.
- Users must stop exercising immediately and consult a physician if they 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 results in minor or moderate injury.

- Always use the emergency safety lanyard supplied with the Anti-Gravity Treadmill. It should be clipped to the user's article of clothing while exercising. This is an important feature in case the user falls during a workout session.

- The oval support frame must be pushed all the way into the height adjusters located at the front and the rear of the Anti-Gravity Treadmill and the safety latches must be closed and secured before beginning operation of the Anti-Gravity Treadmill. 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 Anti-Gravity Treadmill 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 session, 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 use the AlterG Pro/Pro X Anti-Gravity Treadmill if the user's weight is less than 85lbs (39kg) or greater than 400lbs (182kg).
- Care should be taken when the user enters and exits the Anti-Gravity Treadmill. Users should never enter the Anti-Gravity Treadmill while the treadmill surface is moving. Ensure that the emergency stop safety magnet is attached to the treadmill so that the treadmill belt is locked and will not move when the user steps on the surface. Make sure the user holds onto the oval support frame or handrails whenever practical to support their body.
- Make sure that the user is fully zipped into the enclosure before beginning the workout session and that the oval support frame is adjusted at the correct height and locked in place.
- Make sure the user wears proper athletic shoes, such as those with rubber or high-traction soles. Do not allow shoes with heels or leather soles. Make sure no stones or sharp objects are embedded in the soles of the shoes.
- As with any treadmill workout, make sure the user includes a cool-down phase at the end of the user's workout session. Make sure they return to full body weight and exercise moderately before stopping. Avoid abruptly ending or pausing the workout session while the user is at reduced body weight or at high speed.
- The safety and integrity of the Anti-Gravity Treadmill 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.

Introduction

Consulting a Physician

Anyone considering an exercise program or an increase in activity should consult a physician. It is highly recommended that users follow the guidance of their physician before and during an exercise program or any other increase in physical activity if they:

- Have heart disease, high blood pressure, diabetes, chronic respiratory disease, or elevated cholesterol
- 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 their family

The Importance of Warming Up and Cooling Down

It is important that users gradually warm up, cool down, and incorporate a series of stretches prior to and at the end of each work out. Stretching encourages the necessary flexibility to help prevent sore muscles and injury during daily activities.

Do not abruptly end the workout session on the AlterG PRO Anti-Gravity Treadmill. The user's full body weight should be restored slowly and should include a few minutes of walking at full body weight and low intensity before stopping the workout session.

Setup and Installation

The AlterG PRO 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 photographs and report any damage immediately to the shipping company and AlterG. 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 AlterG PRO 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 30P.

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

Grounding Requirements

WARNING: To avoid the risk of electric shock, this equipment must only be connected to a supply main with protective earth.

The AlterG Pro Slat Belt 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 30P) 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 AlterG PRO Anti-Gravity Treadmill measures 4ft (1.2m) x 8ft (2.4m) and weighs almost 1100lbs (499kg). 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 treadmill. The Anti-Gravity Treadmill needs to be within 12ft (3.7m) (from the front of the treadmill) 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” (0.6m) on either side of the treadmill to allow the enclosure to expand during inflation. Allow at least 40” (1m) behind the treadmill to accommodate a user getting in and out safely.

We recommend an area at least 12ft (3.7m) long by 8ft (2.4m) wide to provide adequate space for operation and user access. Also check ceiling height to ensure that users will not hit their heads on the ceiling while running. 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 8ft (2.4m) ceiling may be too low for taller users.

Transporting Your Anti-Gravity Treadmill

Contact AlterG 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.

Operation

Powering On the Anti-Gravity Treadmill

1. The main power switch is located at the front of the Anti-Gravity Treadmill. Switch it on to start the system.

2. To boot up the software and turn on the touchscreen display, press the power button located below the console. As the software loads, avoid touching the screen because it may interfere with the boot-up process.

   Note: Do not allow the user to stand on the Anti-Gravity Treadmill belt during boot-up. If the user inadvertently puts weight on the belt during boot-up, an error message is displayed. Have the user stand in a wide stance off the running surface to avoid this problem.

3. When you see the Welcome screen, you are ready to begin the workout session.

   Note: If you have not read this manual, it is recommended that you QUIT now or seek appropriate instruction from a qualified operator. By tapping **Start**, you acknowledge that you have read and understand this manual.

Securing the User in the Anti-Gravity Treadmill

The procedures in this section describe:

- Putting on the shorts
- Stepping into the Anti-Gravity Treadmill
- Zipping into the enclosure
- Installs the oval support frame
- Attaching the safety lanyard

Putting on the Shorts

Your Anti-Gravity Treadmill requires users to wear customized neoprene compression shorts that ensure an airtight seal between the user's body and the lifting enclosure of the treadmill. It is recommended that the user put the shorts on before stepping into the treadmill.

Have the user select a size that is snug but not uncomfortable and make certain the tag is at the user's back and on the inside of the shorts. For a comfortable fit and to prevent bunching, it is recommended that the user wear a pair of running shorts or tights under the shorts.

Stepping into the Anti-Gravity Treadmill

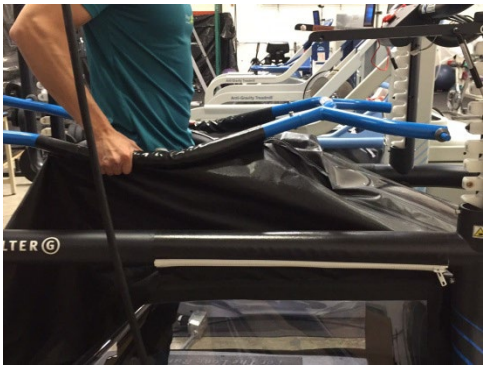
CAUTION: Before the user steps into the Anti-Gravity Treadmill running surface, ensure that the safety magnet is in place on the console. If the safety magnet is not in place, the treadmill assumes there is a safety problem and disengages the running surface, allowing it to freewheel. This may present a slip hazard should the user step on the movable surface.

The user enters from the back and steps into the opening in the enclosure.

It is fine to step on the enclosure, but make sure that no rocks or sharp objects are embedded in the soles of the user's shoes that could mar or damage the enclosure.

Installing the Oval Support Frame

1. The user faces forward and grabs both sides of the oval support frame.
2. The user lifts the frame up until it is at waist level and horizontal.

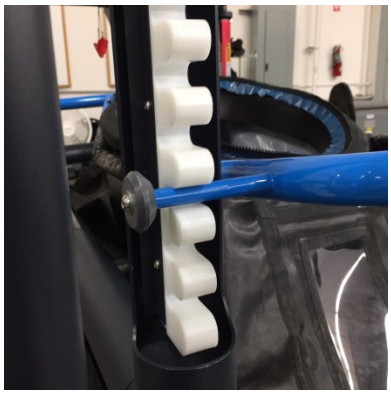


3. Use the numbers on the height adjusters as a reference and to ensure alignment between front, back and sides of the support frame. It is particularly important that the frame be level side-to-side.

4. Set the support frame at a height that places the zipper at the user's iliac crest (the top, outer edge of the pelvic bone felt just below waist level). For additional trunk support, the frame can be set higher.

5. With the support frame at the correct height, push it into the slots of the height adjusters in the front and rear of the Anti-Gravity Treadmill. Make sure it is at the same height on both right and left sides.
6. 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 2 slots higher or lower than the front.

7. Verify that the rear pins of the support frame are in the forward area of the slots of the height adjusters and that the frame is level on the right and left sides. The frame should be in this position for the remainder of the workout session.



8. Close the safety latches located on the 2 front height adjusters. Press the latches down all the way 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. This is an essential safety item that prevents the oval support frame from inadvertently disengaging from the height adjusters during exercise.

   Never attempt to move the frame while the enclosure is inflating or when it is fully inflated. If the enclosure needs to be repositioned while the user is exercising, stop the session. You can then change the height of the frame.

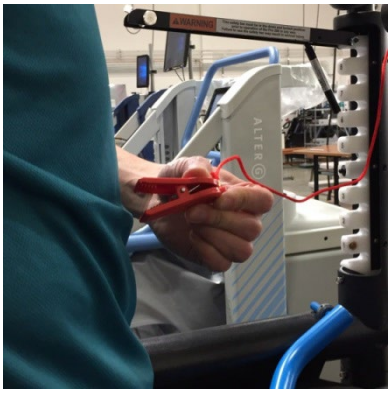
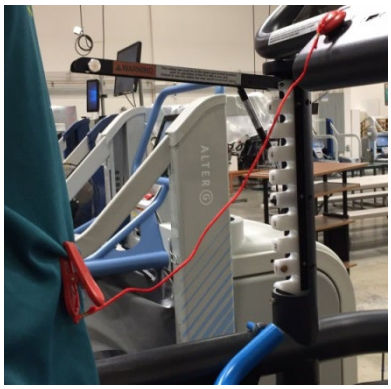
Zipping into the Enclosure

When the oval support frame is in place, the user zips into the Anti-Gravity Treadmill. The zipper should be started at the front and center of the body and zipped counter-clockwise all the way around until it returns to overlap in the front. Make sure that the zipper is completely closed.

When the user is 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 the user from the enclosure, simplifies hygiene, and provides a custom fit for users of all sizes.

Attaching the Safety Lanyard

Always use the magnetic safety lanyard supplied with the Anti-Gravity Treadmill. If you lose the safety magnet, order a replacement from AlterG. As a precaution, the treadmill will not operate without the safety magnet directly over the Emergency Stop label.

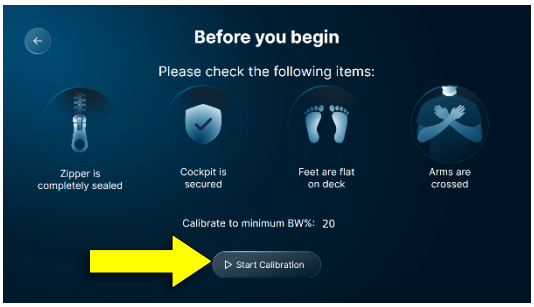
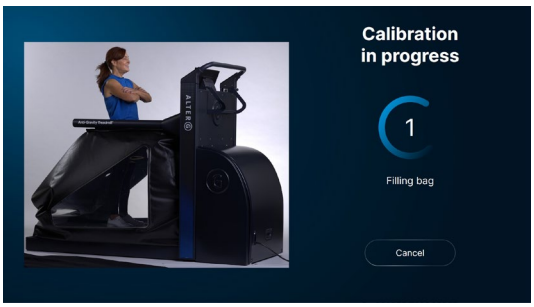
Operator or User Action	Screen
1. Clip one end of the lanyard to the user's shirt at waist level.	
2. Place the lanyard safety magnet directly over the circular stud on the console labeled "Emergency Stop"; otherwise, the Anti-Gravity Treadmill will not operate. ⚠ CAUTION: Never attempt to defeat this critical safety feature by clipping the lanyard to the enclosure, structure of the Anti-Gravity Treadmill, or anywhere else other than to the user's shirt. Should the user fall while exercising, the magnet is pulled off the console and power to the treadmill is cut; air pressure is released; the treadmill running surface disengages from its drive and can move freely.	
3. You are ready to start the software and operate the Anti-Gravity Treadmill. Continue to "Starting and Completing a Workout Session".	

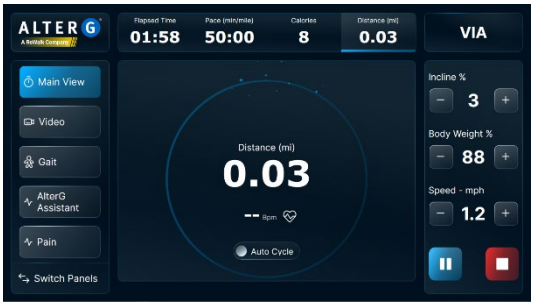
Starting and Completing a Workout Session

The procedures in this section describe:

- Starting a workout session
- Using the touchscreen features and controls
- Adjusting Anti-Gravity Treadmill speed and direction
- Adjusting pain levels
- Displaying gait analytics
- Starting live video monitoring
- Using AlterG Assistant

Starting a Workout Session

Operator or User Action	Screen
1. Tap **Start** on the Welcome screen.	
2. Follow the instructions on the Before you begin screen, and then tap **Start Calibration**. The calibration routine provides critical information the Anti-Gravity Treadmill needs for accurate control of body weight during exercise. **Note**: For an accurate calibration, it is critical that the user's full body weight be applied to the belt surface. Holding onto any other part of the treadmill, for example, resting an arm on the top of the enclosure while the treadmill calibrates, will result in an erroneous calibration and inaccurate body weight adjustment during exercise. It is recommended that the user hold their arms out to their sides or crossed on their chest, away from any structures, during the calibration procedure.	 

Operator or User Action	Screen
When calibration is complete, the percentage of the user's body weight that can be unweighted is displayed. 3. Tap **Start Session**. The workout session begins. In activity will cancel your completed calibration.	
4. Use the features and controls on the touchscreen to view and modify the workout session. See "Using the Touchscreen Controls".	

Using the Touchscreen Controls

1	Workout session metrics: Elapsed Time (minutes and seconds), Pace (in minutes to complete a mile), Calories burned, and Distance (in miles or kilometers) Tap to select a value. The selection is highlighted and displayed in the Main View (see #7 below).
2	Incline %. Tap plus to increase; tap minus to decrease. The Anti-Gravity Treadmill surface can be inclined between 0% and 15% in 1% increments. The numerical value represents the number of feet the user climbs vertically for every 100 feet the user moves horizontally.
3	Body weight %. Tap plus to increase; tap minus to decrease. You can adjust body weight in 1% increments. See “Adjusting Body Weight”. The adjustment range allows the user to exercise at weights between 20% and 100% of their body weight. For example, if the user weighs 160lbs (73kg) and body weight percentage is set to 20%, the effective body weight is 32lbs (15kg). A minimum body weight of 85lbs (39kg) is required for accurate gait analytics.
4	Speed (mph). Tap plus to increase; tap minus to decrease. For more information, see “Adjusting Anti-Gravity Treadmill Speed and Direction”.
5	Tap to stop the session.
6	Tap to pause/resume the session.
7	Display area displays one of the following: • The selected session metric: Elapsed Time, Pace, Calories, or Distance (Heart Rate in BPM is always displayed). **Note**: Tap **Auto Cycle** to cycle through these values automatically and continuously in the same order. Tap it again to turn Auto Cycle off. • Moving average display graphs: Incline, Body weight, Speed (AlterG Assistant only) • Video of the user’s gait on the treadmill during a workout session
8	Tap to switch the position of the left and right panels.

9	Tap to open the Pain screen. See “Setting Pain Levels”.
10	Tap to open AlterG Assistant. See “Using AlterG Assistant to Run Pre-programmed Workouts”.
11	Tap to open the gait analytics screen. See “Displaying Gait Analytics”.
12	Tap to start to begin display of user’s feet on the treadmill. See “Starting Live Video Monitoring”.
13	Tap to display the session screen (Main View) from the Video, Gait, AlterG Assistant, and Pain screens.

Adjusting Anti-Gravity Treadmill Speed and Direction

Treadmill speed is expressed as a numerical value in miles per hour (mph) or kilometers per hour (km/h).

Increase or decrease the speed using the plus and minus controls. Speed is adjusted in 0.1 mph (or 0.1 km/h) increments. The exact function of the speed controls depends on the direction of movement of the treadmill surface.

Walk or run forward adjustment:

1. Tap the plus speed control until the treadmill surface begins to move and you are forced to walk in a forward direction. The speed reading is displayed as a positive number.
2. Tap the plus or minus speed control to increase or decrease the speed.
3. If you decrease speed all the way to 0, the treadmill surface stops.

Walk backwards adjustment:

1. Tap the minus speed control until the treadmill surface begins to move and you are forced to walk in a backwards direction. The speed reading is displayed as a negative number

   Note: If you want to reverse the treadmill direction while you are walking forward, first set the speed to 0 mph (or 0 km/h, or 0 m/sec) and wait for the treadmill to come to a complete stop. Tap the minus speed control until the treadmill surface begins to move in a reverse direction, forcing you to walk backwards.
2. Continue to tap the minus speed control to increase the speed.
3. To slow the backwards walking speed, tap the plus speed control until it reaches 0 mph and treadmill stops.

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 +	16.1 +	Fast run
>13	>21	Advanced runner
-1 to -3	-1.6 to -4.8	Walk
>-4	>-6.4	Careful, becomes difficult quickly

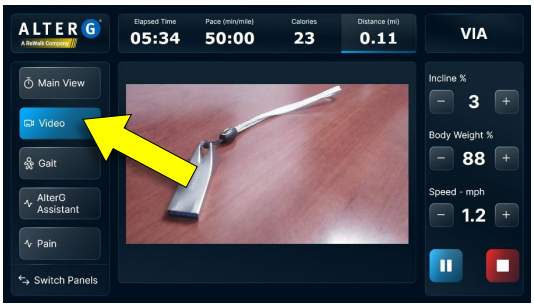
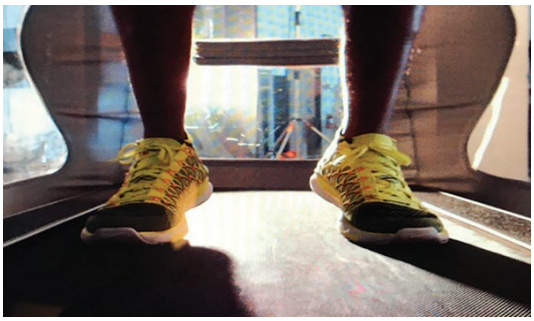
Adjusting Body Weight

To minimize any discomfort while exercising, adjust the user's body weight. It may not be necessary to reduce weight by a large percentage to feel a considerable change. Start with a small percentage; a reduction of only a few percentage points can significantly change your perceived exertion.

As the user's conditioning gets better and they become accustomed to running, they will find that you can incrementally increase their body weight and remain comfortable.

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

Starting Live Video Monitoring

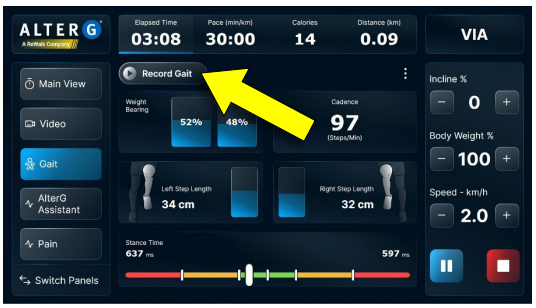
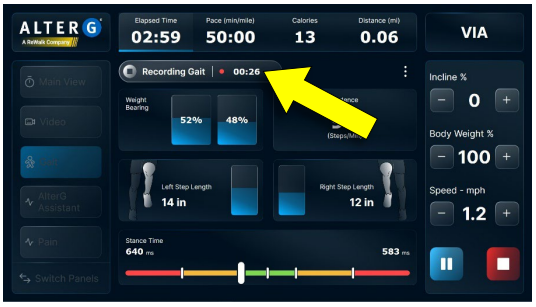
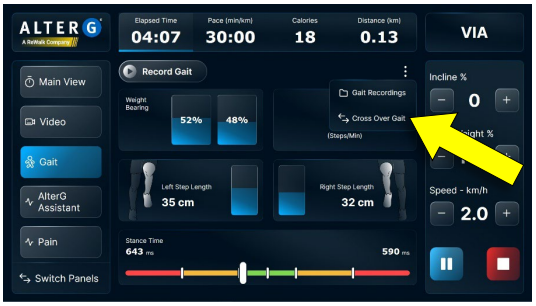
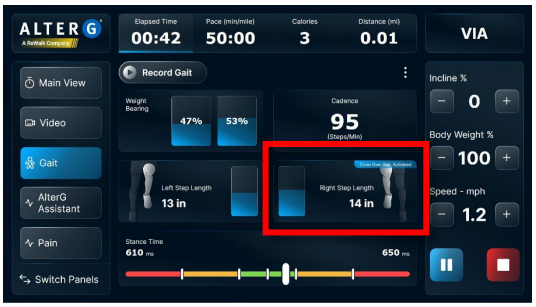
Operator or User Action	Screen
A built-in camera at the front of the treadmill belt (photo shown on the right) enables live video monitoring of the user's gait.	
1. Tap **Video** on the navigation bar. A live video showing the user's gait is displayed in the middle of the display area. This feature is helpful because the camera view may show an abnormal gait that the user cannot otherwise feel.	 
2. Tap **Main View** on the navigation bar to return to the session screen.	

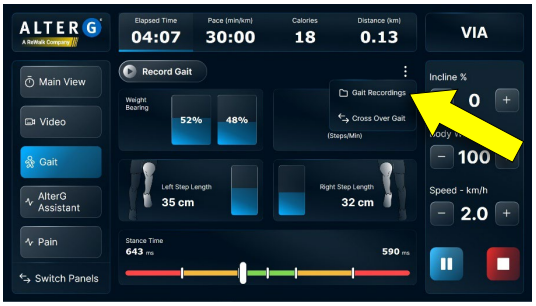
Displaying Gait Analytics

Understanding gait parameters:

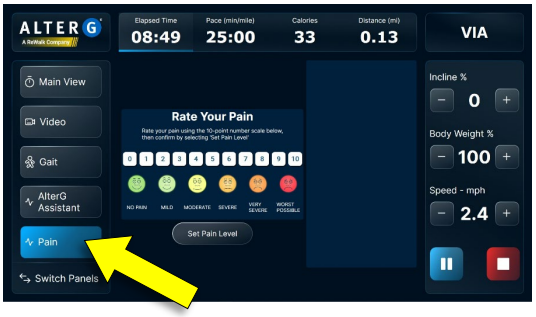
- **The load cells have an 85lb (39kg) threshold**. The load cells on the Anti-Gravity Treadmill need at least an 85lb (39kg) load to supply gait data. This threshold is not a fixed demarcation; it may be closer to 80lbs (36kg) or 90lbs (41kg) on different systems with different individuals. This becomes important when using gait analysis with lower weight patients. For example, at a reduction of 20% body weight, a person with an AlterG weight (see AlterG weight below) of 115lbs (52kg) is at the 85lb (39kg) threshold.
- **AlterG weight is less than normal weight**. The bag supports a portion of a person's body weight, even when the dashboard indicates 100% body weight. This is important when considering the 85lb (39kg) load cell threshold. For example, a person who normally weighs 150lbs (68kg) may weigh approximately 145lbs (66kg) when zipped into the Anti-Gravity Treadmill.
- **Walking mode**. A 3-step rolling average is used to calculate an average of the gait data.
- **Rolling average**. The gait data is analyzed using a rolling average; therefore, the gait data is on a delay of approximately a half second.
- **Recording gait data**. A gait recording needs to be uninterrupted in addition to being started and finished using the same "mode". As a result, if a step is dropped (not recorded) at any point during the recording, the gait clip will be stopped at the point where it was interrupted.
- **Increasing treadmill incline**. The gait data may become inaccurate while increasing the treadmill incline because the treadmill begins to lift off the load cells. As a result, the load cells may not sense any weight, which means they cannot communicate any gait data. This can occur at incline degrees as low as 1 degree, depending on the weight and footfall of the person using the treadmill.

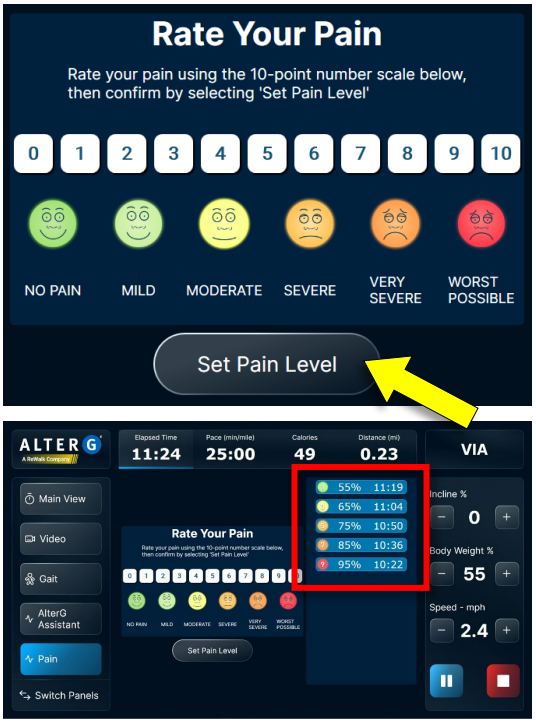
Operator or User Action	Screen
1. Tap **Gait** on the navigation bar. The Gait Analytics screen provides visual feedback on: • Weight Bearing Symmetry (percentage of weight load on each side of your body) • Cadence (steps per minute) • Symmetry (step length on each side of your body) • Stance Time (amount of time in nm each foot is in contact with the treadmill surface). The values are reflected graphically on a horizontal scale at the bottom of the screen. Green represents the ideal range. For detailed information, see the description of the gait parameters at the beginning of this section.	

Operator or User Action	Screen
2. Tap **Record Gait**. This starts a recording of the user's gait information. The button changes to show that recording is on, and the elapsed time of the recording is displayed. Stop recording by tapping the button again. The recording is saved. Repeat this step to record individual "clips" of gait data at various times during the workout session. You can save the gait data recordings to the session report at the end of the workout session. For more information, see "Stopping the Workout Session". You can adjust any of the treadmill controls while recording (Body Weight %, Incline %, and Speed).	 
3. To activate cross-over gait mode, tap the Options menu to the right of the **Record Gait** button, and then select **Cross Over Gait**. When cross-over gait mode is in effect, "Cross Over Gait: Activated" appears above Step Length. This allows the software to identify the right foot when the left load cells detect weight, and the left foot when the right load cells detect weight. Tap the option again to turn this mode off.	 

Operator or User Action	Screen
4. To display the gait recordings in a list in the panel on the right, tap the Options menu to the right of the **Record Gait** button, and then select **Gait Recordings**. Tap **Close** on the lower right to close the gait recordings list.	

Setting Pain Levels

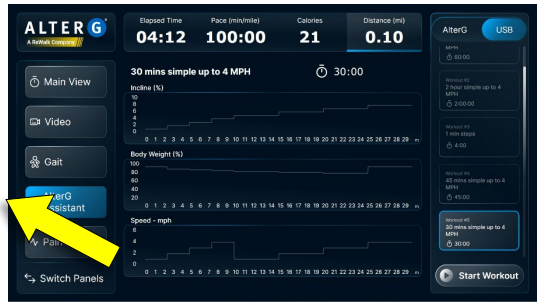
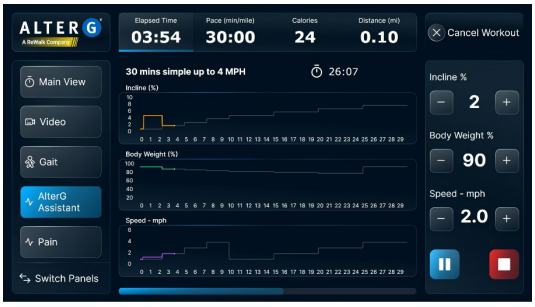
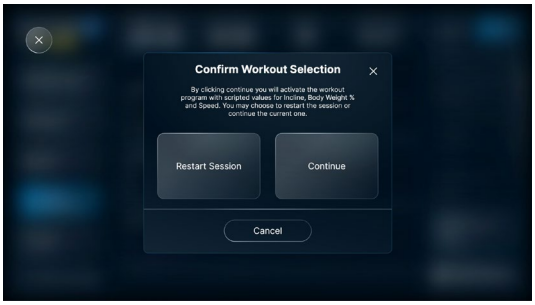
Operator or User Action	Screen
1. Tap **Pain** on the navigation bar. A graphical display showing a 10-point number scale appears. The lowest pain level is 0 (no pain) and the highest pain level is 10 (worst possible). 2. The user taps the number that corresponds to the level of pain the user is experiencing.	

Operator or User Action	Screen
3. To confirm the selected pain level, tap **Set Pain Level**. This places the selection in the display area to the right. It confirms the time and shows the user's selected body weight percentage. 4. To rate different pain levels during the workout session, repeat these steps.	
5. Tap **Main View** to return to the session screen.	

Using AlterG Assistant to Run Pre-programmed Workouts

The AlterG Assistant allows you to choose from a variety of pre-programmed therapy sessions with various intervals of workout conditions. You can also create custom workouts and exercise sessions online in the AlterG Assistant Workout Programmer. For information on creating a custom workout, see "Creating AlterG Assistant Custom Workouts".

Operator or User Action	Screen
Note: If you want to load and run custom workouts saved to a USB key, make sure you have inserted the USB key in the USB slot on the Anti-Gravity Treadmill console.	

Operator or User Action	Screen
1. Tap **AlterG Assistant** on the navigation bar. The AlterG Assistant screen appears.	
2. Select the source of the programmed workout by tapping either **AlterG** or **USB** on the upper right. **AlterG**: A list of pre-programmed workouts is displayed on the right panel. For more information on these workouts, see “ AlterG Assistant Pre-programmed Workouts”. **USB**: A list of your custom workouts saved on the USB key is displayed on the right panel.	
3. Select (tap) the workout you want, and then tap **Start Workout**. **Note**: If necessary, use the scrollbar on the right to scroll the list up and down. 4. If the session is running, the Confirm Workout Selection message appears. To confirm your selection, tap **Continue**. (If you did not start the session, the Confirm Workout Selection message will not appear.) **Note**: If you select a custom workout, do not remove the USB key during the workout session. At any time, you can cancel the workout by tapping **Cancel Workout** on the upper right.	
5. When the program is finished, the workout session pauses and the **Pause** control changes to **Play**. You can: • Continue manually by tapping **Play**. • Continue manually by tapping on the Speed, Body Weight %, or Incline % control. • End the session by tapping **Stop**. See “Stopping the Workout Session and Creating a Report.	

AlterG Assistant Pre-programmed Workouts

The available AlterG Assistant pre-programmed workout programs are listed below.

20-minute Run @ 80% Body Weight (BW)

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
060	85	0	8
540	80	2	10
300	80	2	11
300	80	2	12

Forward Run/Retro Walk Combination

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	2	3.1
006	80	0	0
120	80	0	-3
006	80	3	0
180	80	3	8
016	77	0	0
180	77	0	-3
006	75	4	0
120	75	4	9
018	70	0	0
120	70	0	-3
006	70	3	0
060	70	3	10
060	80	0	3

Forward Run/Retro Walk Combination

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	2	2.9
006	80	0	0
120	80	0	-2.5
006	80	3	0
180	80	3	3.1
006	77	0	0
180	77	0	-2.7
006	75	4	0
120	75	4	3.3
006	70	0	0
120	70	0	-3

Retro Running Intervals, Medium Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	0	-2.5
180	80	0	-4
008	75	0	0
060	75	0	3
008	70	1	0
120	70	1	-4.5
008	80	2	0
060	80	2	3.1
006	70	2	0
060	70	2	-5
008	80	4	0
060	80	4	3.1
006	70	2	0
060	70	2	-6
010	80	5	0
120	80	5	3.1

Retro Running, Slow Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	55	0	-2
120	50	0	-3.5
120	55	0	-2.8
060	50	0	-4
060	55	0	-3
060	50	0	-4.5
120	55	0	-3.1
060	50	0	-4.5
008	60	0	0
120	60	0	3.1

Retro Walking, Medium Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	0	-2.5
300	80	0	-2.7
420	75	0	-3.1
006	85	1	0
060	85	1	3

Retro Walking, Slow Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	55	0	-2
300	50	0	-2.3
420	45	0	-2.5
006	55	0	0
060	55	0	2

Running Fast Pace @ 82% Average Body Weight (BW)

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	90	2	3.3
300	85	3	8.5
420	80	3	10
006	90	1	3.1

Running Medium Pace / 77% Average Body Weight (BW)

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	1	6.5
300	80	2	7.5
420	75	3	8.5
060	85	0	3

Running Slow Pace @ Average 50% Body Weight (BW)

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	55	2	3
300	50	3	5.5
420	45	3	6.5
060	55	0	3

Walk/Rest/Run Interval

Seconds	BW%	Incline	Speed (MPH)
015	45	0	0
060	85	0	3
120	85	2	10
060	85	0	3
120	85	2	10
060	85	0	3
120	85	2	10
060	85	0	3
120	85	2	11
060	85	0	3
120	85	2	11
060	85	0	3

Seconds	BW%	Incline	Speed (MPH)
120	85	2	12
060	85	0	3
120	85	2	12
060	85	0	3

Walking, Fast Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	90	2	3.3
300	85	3	3.9
420	80	3	4.1
060	90	1	3.1

Walking, Medium Pace

Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	85	2	2.7
300	80	3	3.1
420	75	3	3.3
060	85	1	2.7

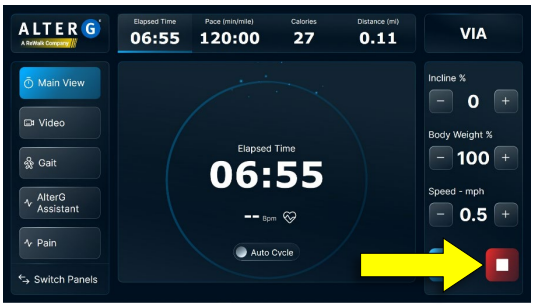
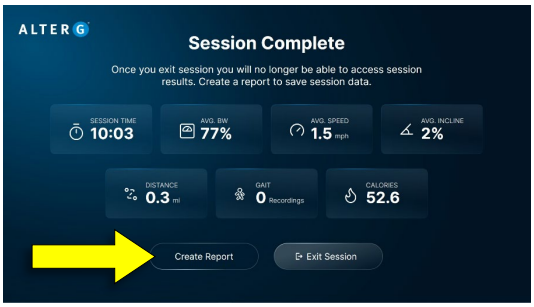
Walking, Slow Pace

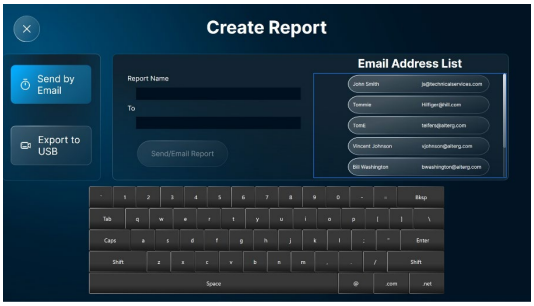
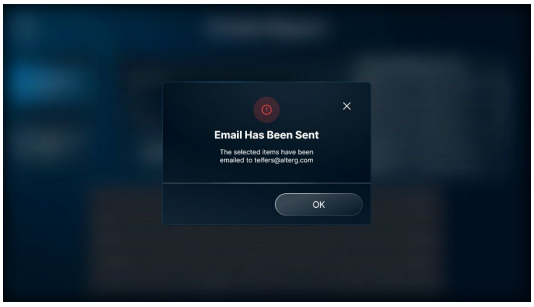
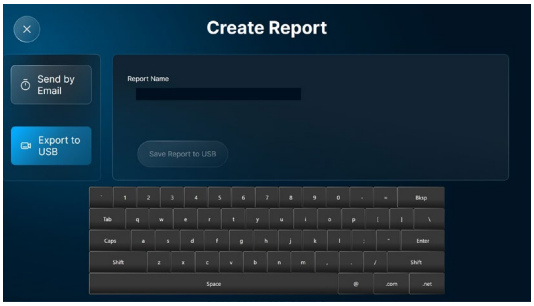
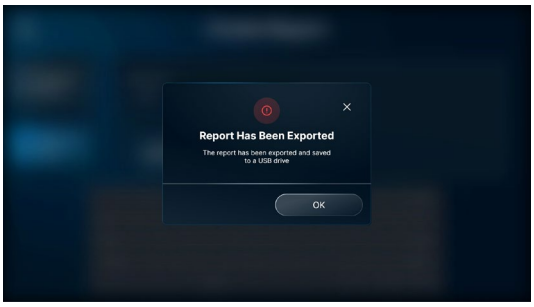
Seconds	BW%	Incline	Speed (MPH)
015	40	0	0
120	55	2	2
300	50	3	2.3
420	45	3	2.5
060	55	1	2

Stopping the Workout Session and Creating a Report

Before the user stops exercising, gradually return the user's body weight to 100% and have the user perform a low-intensity cool-down phase.

When you end the workout session, the user should continue to step in place while exiting the system; this prevents light-headedness experienced by some people following exercise.

Operator or User Action	Screen
1. Do one of the following: • Tap **Stop**. The Anti-Gravity Treadmill slows to a stop first, and then deflates the pressure. • If the user experiences discomfort while exercising, pull on the emergency stop lanyard and displace the magnet. This stops energizing the treadmill (puts the treadmill in freewheel mode) and stops pressurizing the system. If the treadmill is stopped in this manner, the user should continue to step in place to avoid becoming light-headed.	
Upon stopping, the Session Complete screen appears. The user's average running pace and average body weight for the entire workout session are displayed. These averages will be low if the user performs a slow warmup. For a better indication of the user's workout pace, have the user perform a warmup and then start a new workout session at their workout pace. 2. To save the session information and create a report, tap **Create Report**. **Note**: If you choose to exit the session without creating a report, you will not be able to access the session results.	
3. In the Create Report screen, select the Gait Recordings that you want to include in the report by tapping the checkboxes (or tap **Select All**), and then tap **Continue**. You can send the report to an email address (go to Step 4) or export the report to a USB key (go to Step 6).	

Operator or User Action	Screen
4. To send the report to an email address, tap the **Send by Email** button on the left. 5. Use the on-screen keyboard to enter a report name and email address. If a list of email addresses is provided, select the desired email address. 6. Tap **Send/Email Report**. A confirmation message appears after the email has been sent to the selected email address. Tap **OK**.	 
7. To export the report to a USB key, insert a USB key into the slot on the console and tap the **Export to USB** button on the left. (This button is grayed out if no USB key is in the slot.) 8. Use the on-screen keyboard to enter a report name and tap **Save Report to USB**. A confirmation message appears after the report has been saved and exported. Tap **OK**. **Note**: You can save as many reports as you want, as long as there is enough space on your USB key.	 
9. Continue to “Stepping Out of the Anti-Gravity TreadmillStepping Out of the Anti-Gravity Treadmill”.	

Stepping Out of the Anti-Gravity Treadmill

1. Stop the session and wait for the treadmill to come to a complete stop.
2. Wait for the enclosure to completely deflate.
3. The user can then:
   - Unzip the enclosure.
   - Release the 2 safety latches that hold the support frame in place.
   - Grab the oval support frame on both sides and remove it from the latches and height adjusters.

- Gently lower the enclosure and frame to the surface of the treadmill.
- Exit the treadmill. Have the user turn around and carefully step out of the back of the treadmill.

Operating Optional Accessories

Heart Rate Monitor

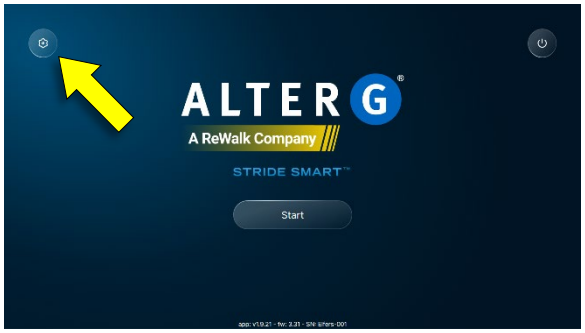
The Anti-Gravity Treadmill display is designed to receive a user's heart rate in conjunction with the use of a Polar® (Chest Strap) Heart Rate Monitor. For the screen to correctly display a user's heart rate, the receiver within the display must obtain a stable heart rate signal from the Polar transmitter. The Polar Heart Rate System consists of 3 main elements:

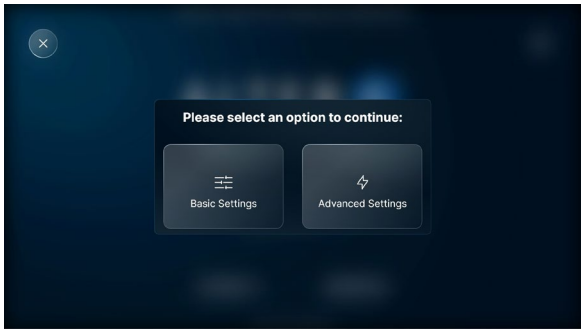
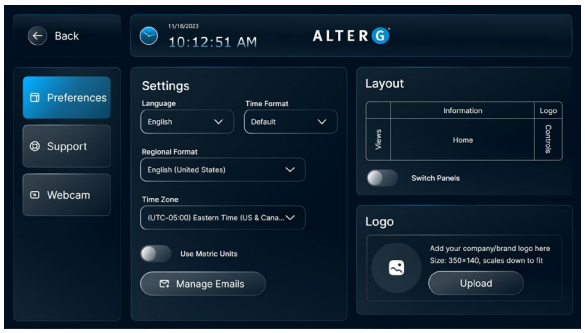
- Chest band/strap
- Sensor/transmitter

  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. When 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 the user is wearing it. It does not operate while it is disconnected from the user's body. However, 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 detaching the transmitter, wash the band in warm water using mild soap, and rinse thoroughly in clean water. Never scrub the transmitter surfaces.
- Receiver

  The user must be within 2½ feet of the receiver for the signal to be received. Note that the transmitter may fluctuate erratically if the user is too close to other Polar equipment. A distance of at least 3 feet must be maintained between other Polar units. Erratic heart rate reception may occur if the Polar Monitor is too close to strong sources of electromagnetic radiation, such as television sets, personal computers, electric motors, and other types of fitness equipment. Only one transmitter should be used inside the range of any one receiver because the receiver may pick up several signals simultaneously, causing an inaccurate readout.

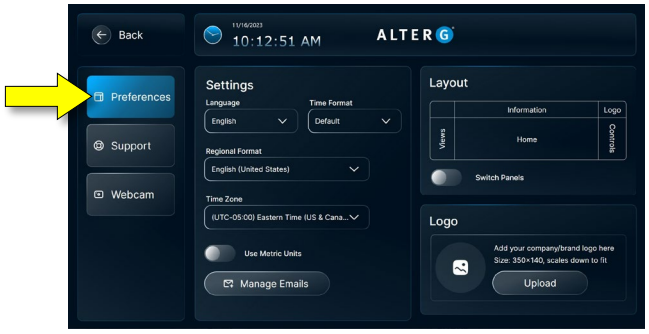
Settings

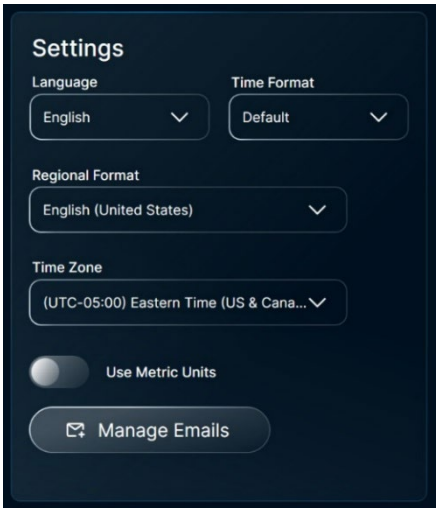
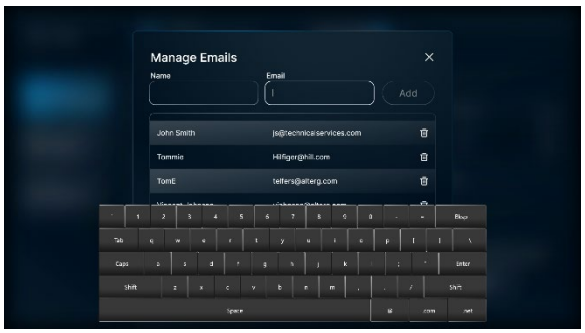
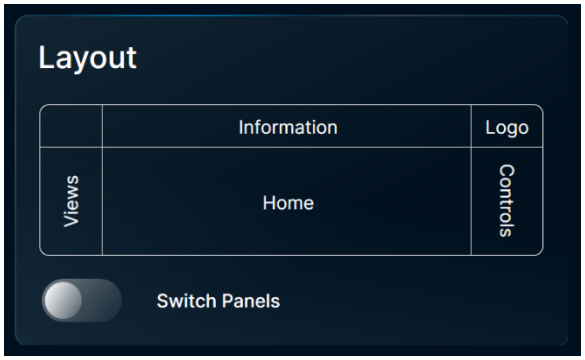
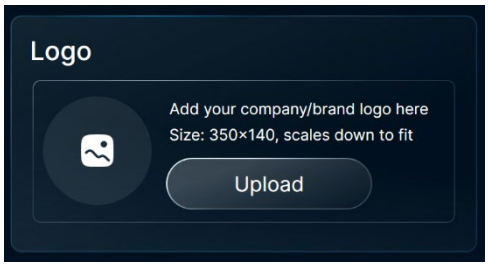
Operator or User Action	Screen
1. To access the Settings screens, return to the Home screen and double-tap on the Settings icon in upper-left corner of the screen.	

Operator or User Action	Screen
2. Tap Basic Settings.	
Basic Settings are divided into three areas. Select one of the options by tapping the appropriate button on the navigation bar: • **Preferences**. Set time options, manage emails, adjust GUI layout, and upload your company logo. • **Support**. Selections include: Tech Support, Restart App, Shutdown PC, Log off, Send Logs, Set Date of Service, Blower Usage, and Total Mileage. **Note**: Some options may be inaccessible (grayed out). • **Webcam**. Start and stop the webcam camera.	

Preferences

Use the Preferences setting to set or change language, time format, regional format, time zone, metric units, manage email names and addresses, change the layout of the display, and upload a logo image file.

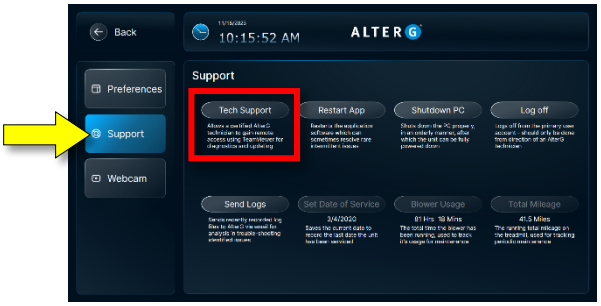
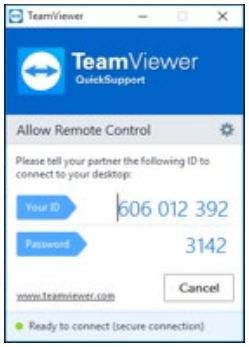
Operator or User Action	Screen
1. Tap **Preferences** on the navigation bar in the Basic Settings screen.	

Operator or User Action	Screen
2. Manage Settings: • To set or change language, time format, regional format, and time zone, select the appropriate options from the drop-down menus. (Language should change right away.) • To change to metric units, tap the **Use Metric Units** toggle. • Shorten the End-of-Session process by pre-programming your staff's email addresses. This allows you to select email addresses from a pre-programmed list and reduce the amount of time spent entering data. Tap **Manage Emails** to manage email names and addresses.	
1. Manage Emails: In the Manage Emails screen, use the on-screen keyboard to enter the clinician's name and email address, and then tap **Add**.	
4. Adjust Display Layout: AlterG has set the default layout in the factory to the first setting listed. The default layout shows the navigation bar/view panel on the left and the controls panel on the right. To switch the positions of these panels, tap the **Switch Panels** toggle.	
5. Upload logo: To upload your company or brand logo, tap **Upload**. Select and upload the image file. (If a logo has been uploaded, the button name changes to **Remove**.) Your logo will appear in the upper-right corner of the session screen.	
6. When you are finished making adjustments to these settings, tap **Back** to return to the Home screen.	

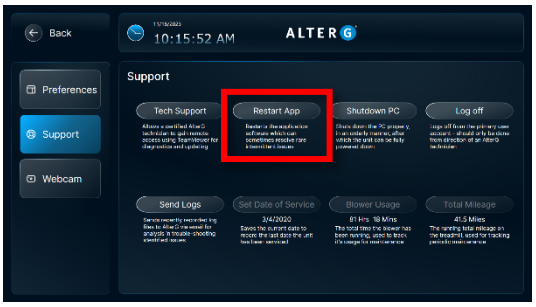
Support – Tech Support

If you are experiencing issues with your Stride Smart system and are connected to Wi-Fi, our Service Team may be able to get remote access and help you troubleshoot your unit.

Please call our Service Team at +1 (510) 270-5900 if you would like to grant them remote access. They can walk you through the procedure below.

Operator or User Action	Screen
1. To go to the Support screen, tap **Support** on the navigation bar in the Settings screen. 2. To reach Tech Support, tap the **Tech Support** option.	
Within 5 seconds you should see a TeamViewer window pop up. After another 5-10 seconds, the ID and password fields will auto-populate. 3. Read the ID and password back to your technician. This will allow them to connect to your unit and control the screen. (Or, you can photograph the screen and text it to the technician.)	
4. When you are finished, tap **Back** to return to the Home screen.	

Support – Restart App

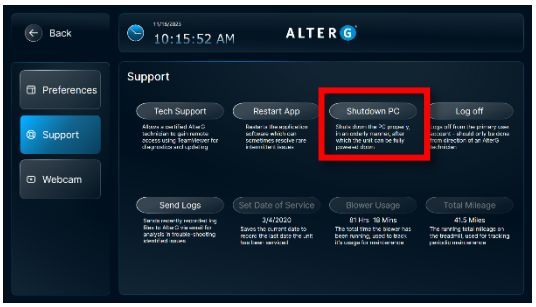
Operator or User Action	Screen
If you are experiencing issues with Stride Smart, we may ask you to restart your device. Tap the **Restart App** option in the Support screen.	

Support – Shutdown PC

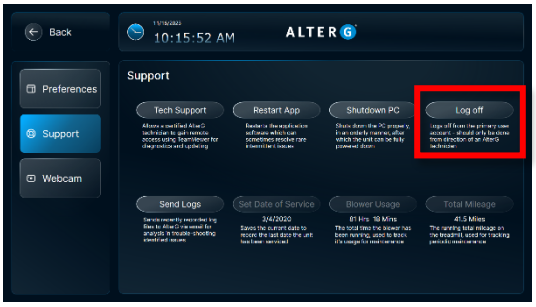
Shutdown PC should only be used if Stride Smart and the Anti-Gravity Treadmill must be powered down. Please shut down the unit before unplugging anything from the wall.

The system will start up automatically after it is plugged back into the wall.

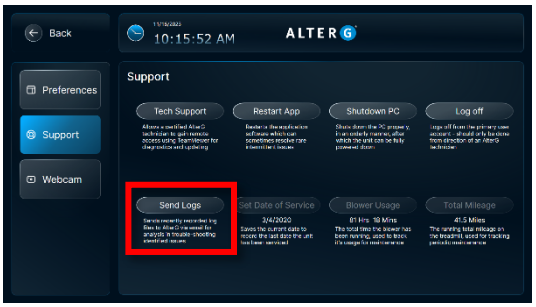
The computer and the displays draw 45W, which is less than a typical incandescent light bulb. While we have designed the Anti-Gravity Treadmill to remain on at all times, we recommend turning off the unit when not used on a frequent basis.

Operator or User Action	Screen
Tap the **Shutdown PC** option in the Support screen.	

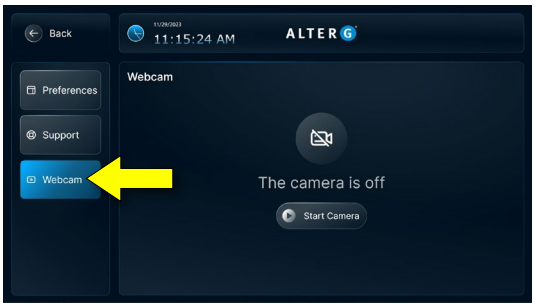
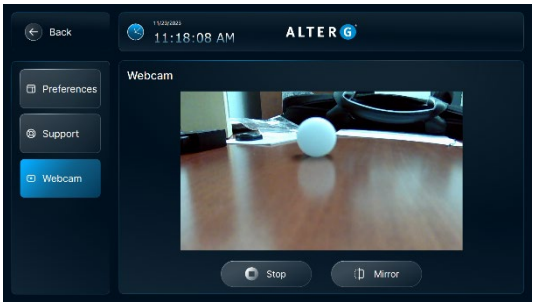
Support – Log off

Operator or User Action	Screen
Tap the **Log off** option in the Support screen.	

Support – Send Logs

Operator or User Action	Screen
Tap the **Send Logs** option in the Support screen.	

Webcam

Operator or User Action	Screen
1. Tap **Webcam** on the navigation bar in the Settings screen. 2. To start the camera, tap **Start Camera**.	
3. To switch to mirror mode, tap **Mirror**. This reverses the position of the user's feet; for example, the left foot appears on the right and the right foot appears on the left in video. 4. To stop the camera, tap **Stop**.	
5. When you are finished, tap **Back** to return to the Home screen.	

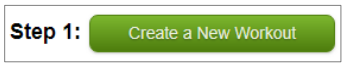
Creating AlterG Assistant Custom Workouts

If your treadmill is equipped with this option, you can create your own workouts for the AlterG Pro Slat Belt Anti-Gravity Treadmill using AlterG Assistant online. After you create a workout, save it to an XML file, and copy it to a USB key.

To load and run the workout on the treadmill, install the USB key in the USB key slot on the console, and select AlterG Assistant on the session screen. For more information on running a programmed workout, see "Using AlterG Assistant to Run Pre-programmed Workouts".

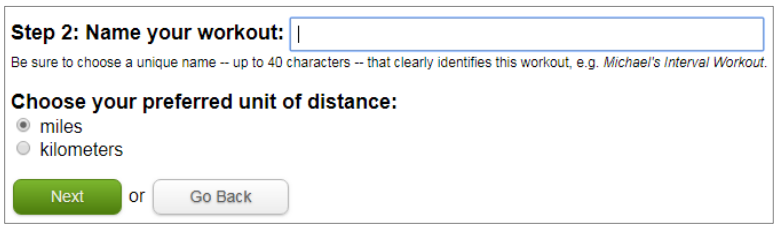
To create a custom workout, visit www.alterg.com/workout-programmer, or http://rt.alterg.com/test/workout and follow the on-screen steps:

1. Click the Create a New Workout button.



2. Give your workout a unique, descriptive name. If you create several workouts, you can easily identify the workout you want from the list of workouts you created.

   Choose your preferred unit of distance, and click the Next button. The name of the workout appears at the top of the next screen.



3. To add intervals, enter values in the fields provided.

   Note: Choose only 2 fields from Duration, Speed, and Distance.

   In the example below, interval #1 was set up as follows: Duration was changed to 90:00, Speed was changed to 4.0, and Distance was left blank. When interval #1 was added, Distance was calculated automatically.

Atherton Hills 10-Mile RT

Total Duration: 90:00
Total Distance: 6.00 miles

Interval #	Duration minutes:seconds	Speed mph	Distance miles	Body Weight %	Incline %
1.	90:00	4.0	6.00	100	0
2.	90:00 minutes:seconds	4.0 from -10.0 mph to 18.0 mph	from 0.1 to 99.9 miles	100 from 100% to 20%	0 from 0% to 15%

Add This Interval | Stop Adding

4. Repeat Steps 2 and 3 to continue adding intervals to your workout. When you are finished adding intervals, click the **Stop Adding** button. A summary of your workout is displayed, and you have an opportunity to make adjustments.

Step 5: Click *Save Workout* when you are satisfied.

You can edit an interval you've already added by clicking its #.

You can also add more intervals or get familiar with what the **Action** buttons do...

Finally, you can throw this whole workout away by pressing *Don't Save*.

Atherton Hills 10-Mile RT

Total Duration: 165:00
Total Distance: 9.25 miles

Save Workout | Don't Save

Click a # to edit that interval.

Interval #	Duration minutes:seconds	Speed mph	Distance miles	Body Weight %	Incline %	Actions see below
1	90:00	4.0	6.00	100	0	↑ ↓ ins del
2	45:00	3.0	2.25	100	0	↑ ↓ ins del
3	30:00	2.0	1.00	100	1	↑ ↓ ins del

Add Another Interval

↑ moves the interval up the list.
↓ moves the interval down the list.
ins inserts a new interval BEFORE the interval.
del deletes the interval.

5. Click the **Save Workout** button if you are satisfied. Otherwise, make adjustments as described below.
   - Actions column:

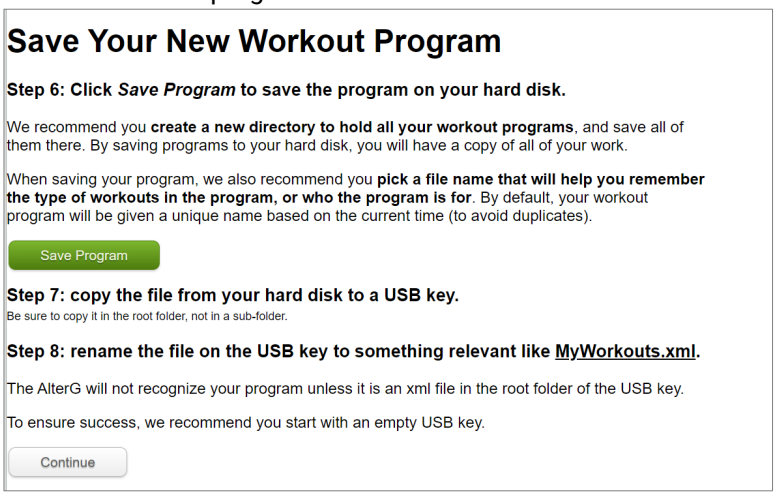
     Click **up arrow** to move the selected interval up 1 row; click **down arrow** to move the selected interval down 1 row.

     Click **Ins** to open a new row above the selected interval so that you can insert a new interval.

     Click **Del** to delete the selected interval.
   - To edit an interval, click the interval number button, make the desired adjustments, and save.
   - To add a new interval at the end, click the **Add Another Interval** button, add the desired information, and click the **Add this Interval** button.
   - Click **Don't Save** if you want to delete the entire workout.

   After you save the workout, the Save Program screen appears. It is recommended that you create a folder and save all workout programs in that folder.

6. Click the **Save Program** button, and give the workout program file a unique name to distinguish it from other saved program files.



Save Your New Workout Program

Step 6: Click *Save Program* to save the program on your hard disk.

We recommend you **create a new directory to hold all your workout programs**, and save all of them there. By saving programs to your hard disk, you will have a copy of all of your work.

When saving your program, we also recommend you **pick a file name that will help you remember the type of workouts in the program, or who the program is for**. By default, your workout program will be given a unique name based on the current time (to avoid duplicates).

Save Program

Step 7: copy the file from your hard disk to a USB key.

Be sure to copy it in the root folder, not in a sub-folder.

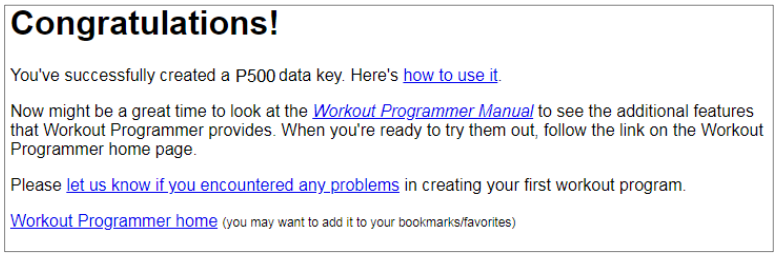
Step 8: rename the file on the USB key to something relevant like MyWorkouts.xml.

The AlterG will not recognize your program unless it is an xml file in the root folder of the USB key.

To ensure success, we recommend you start with an empty USB key.

Continue

7. Copy the file from your hard disk to a USB key. **Note**: We recommend that you use an empty USB key.
8. Rename the file on the USB key, and make sure it is saved in XML format. Click the **Continue** button.



Congratulations!

You've successfully created a P500 data key. Here's how to use it.

Now might be a great time to look at the *Workout Programmer Manual* to see the additional features that Workout Programmer provides. When you're ready to try them out, follow the link on the Workout Programmer home page.

Please let us know if you encountered any problems in creating your first workout program.

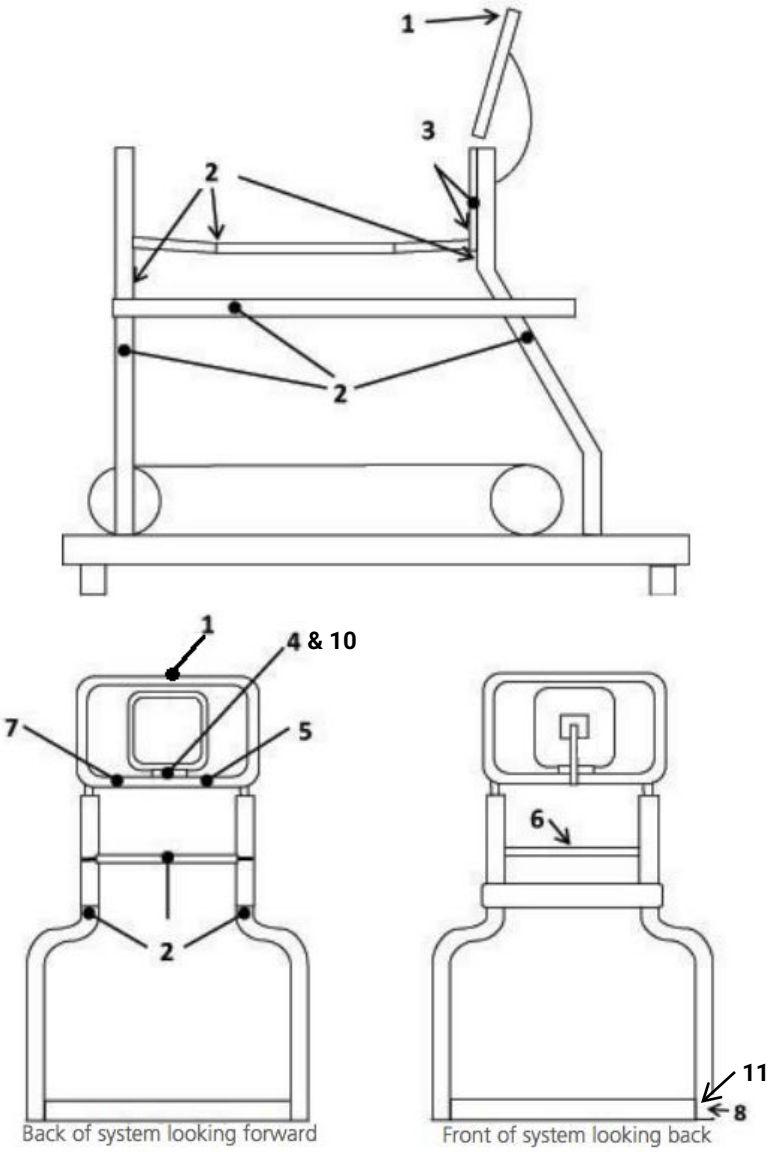
Workout Programmer home (you may want to add it to your bookmarks/favorites)

Labels, Locations, Interpretation

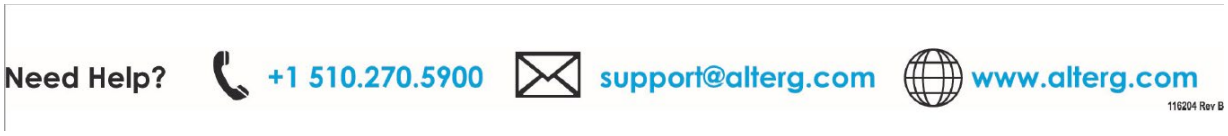
You must read and understand the labels on the AlterG Pro Slat Belt Anti-Gravity Treadmill. The labels provide information on the operation of the Anti-Gravity Treadmill. Follow all instructions on the labels for a safe and enjoyable exercise experience.

Should any label become damaged and unreadable, contact AlterG immediately to order a replacement.

The locations of the labels are indicated in the diagram below. A graphical representation and detailed description of each label follow.



Label #1



This is the service contact label. It displays the phone number, email, and website to contact for support and repair.

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 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/Label #10 (Overlay)

Label #4, Emergency Stop. The emergency stop label is located on the console below the touchscreen. 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 circular stud below 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 the user’s clothing prior to starting the workout.

Label #10, PC On/Off Button. Note that the PC On/Off button is located below the touchscreen. Using this button powers the software on/off; it does not power the Anti-Gravity Treadmill.

Label #5

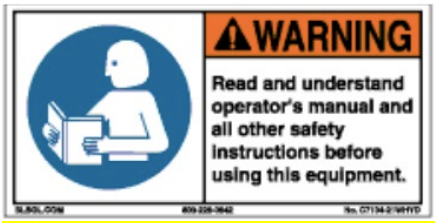
Users must be in good health to exercise on the Anti-Gravity Treadmill. Users must consult a physician before beginning an exercise program on the treadmill. If a user experiences any pain, discomfort or unusual symptoms while exercising on the treadmill, they must stop immediately and consult their physician before resuming an exercise program. You and your users must be trained in the use of the treadmill and its safety features prior to starting a workout session. Do not use the treadmill, unless properly instructed. Always use the safety lanyard. Clip the safety lanyard to the user’s 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 the user fall. The treadmill will stop in response to the removal of the safety magnet.

Label #6

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

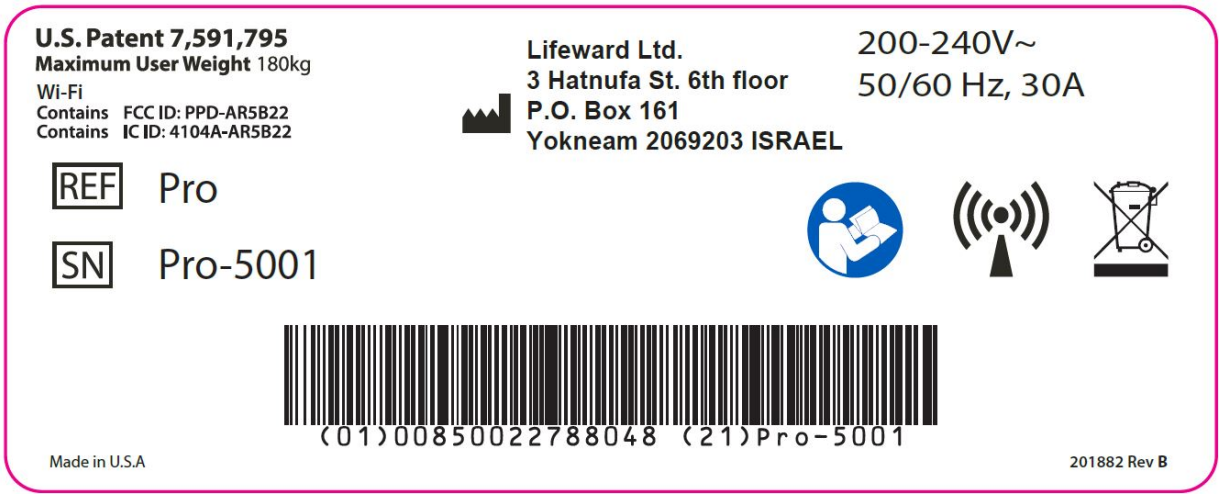
The oval support frame must be secured in the vertical height adjusters, and the safety latches must be closed before the user begins exercising. This label is affixed at the front of the oval support frame on the top. Be certain to follow these instructions.

Label #7



It is very important that you read and understand this manual for safe operation of the Anti-Gravity Treadmill. This label is located on the lower left corner of the tubular frame surrounding the touchscreen 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

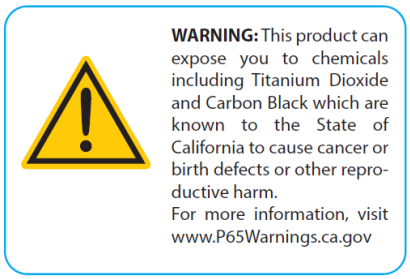


Lifeward Inc. manufactures the system. This label is located on the base of the Anti-Gravity Treadmill and identifies the serial and model number of the system as well as the power and voltage requirements.

Label #9

This label is located within the structure of the Anti-Gravity Treadmill and indicates that 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.

Label #11



This label is located next to the product label on the front panel near the base of the Anti-Gravity Treadmill. It indicates that this product can expose you to chemicals which are known to the State of California to cause cancer or birth defects or other reproductive harm. For more information, visit www.P65Warnings.ca.gov.

Label #12

CAUTION — To reduce the risk of injury from moving parts, unplug before servicing.
WARNING — To reduce the risk of electrical shock, unplug before cleaning or servicing.
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference.
(2) This device must accept any interference received, including interference that may cause undesired operation.
This Class A digital apparatus complies with Canadian ICES-003

ATTENTION — Pour réduire le risque de blessures dues à des pièces mobiles, débrancher avant tout entretien.
AVERTISSEMENT — Pour réduire le risque de choc électrique, débrancher avant tout nettoyage ou entretien.
Ce produit répond aux exigences de la section 15 de la réglementation FCC. Le fonctionnement est soumis aux deux conditions suivantes:
(1) Cet appareil ne doit pas provoquer d'interférences nuisibles.
(2) Cet appareil doit accepter toute interférence reçue, notamment celles pouvant entraîner un dysfonctionnement.
Cet appareil numérique de classe A est conforme à la norme NMB-003 du Canada.

115127 Rev C

This label is located next to the product label near the base of the Anti-Gravity Treadmill. Always unplug the treadmill before cleaning or servicing to reduce the risk of injury from moving parts or electrical shock.
Label #12

Maintenance

To ensure the safe operation and longevity of your AlterG PRO Anti-Gravity Treadmill, you must perform periodic maintenance. You can perform many maintenance tasks yourself; however, it is recommended that an AlterG technician inspect the system every 12 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

- Before the user puts on or takes off the AlterG's Shorts, make sure they always remove their shoes. Keeping shoes on while putting on the shorts puts a great deal of stress on their seams and will significantly reduce the life of the shorts.
- If any part of the shorts wears out, discontinue use.

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 the shorts in the 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. Avoid transferring waste or infectious organic matter to the interior of the treadmill because it is very difficult to eliminate organic contamination after it is introduced into the interior of the treadmill.

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

Enclosure and Frame Cleaning and Disinfection

Wipe the surfaces of the Anti-Gravity Treadmill fabric shell and tubular framework 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 treadmill in accordance with CDC guidelines or consult AlterG, Inc.

General Cleaning and Inspection

Periodic cleaning and inspection will help lengthen the life of your Anti-Gravity Treadmill and keep it looking good. The biggest contributor to the failure of the treadmill will be dirt and debris accumulation inside the treadmill. To prevent this, ensure users always wear clean shoes while they exercise. Because the treadmill 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 see 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; they will mar and scratch the paint and plastic surfaces. Also, do not soak any surface with a liquid because the sensitive electronics can be damaged and introduce an electrical hazard.

Daily

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

Weekly

1. Check the overall condition of the treadmill.
2. Inspect the height adjusters used to position the oval support frame for wear or damage.
3. Inspect the 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 microfiber cloth to avoid scratches. **Note**: Wipe the monitor when the treadmill is off. If you press on the touchscreen when the treadmill is on, you may accidentally activate a function.
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 the enclosure for 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 the 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 treadmill.

Seasonally

In autumn and winter the drier climate in many regions of the country will cause static buildup 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.

Enclosure Windows

The windows on your Anti-Gravity Treadmill are made of polyurethane. Special care must be taken to ensure they remain clean and clear. IMAR™ Strataglass cleaner is recommended for cleaning the 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 Amazom.com and order the IMAR™ Strataglass protective cleaner. If you have any problems with your windows, contact AlterG immediately.

Height Adjusters and Latch Mechanism

- The height adjusters function as an essential safety mechanism in the event that a user falls. **Always check the height adjuster prior to each use**. Make sure they are not loose or cracked and that the oval support frame pins fit in each slot. Check the notches for wear.
- Inspect the safety latches that secure the oval support frame in the notches. Make sure they function smoothly, close completely, and are always pinned closed during use.

Touchscreen

With continued use, the touchscreen will be covered in fingerprints. Use a microfiber cloth to avoid scratching the screen surface. Before cleaning the touchscreen, turn the treadmill off. Otherwise, when you clean the touchscreen, you apply pressure that the computer might recognize as a touch.

You can use any standard glass cleaner, but DO NOT use products containing ammonia. When cleaning the touchscreen, use a microfiber cloth dampened with soap and water to avoid scratching the screen surface.

Always spray the cleaner on the cloth first and then clean the touchscreen. Glass cleaner sprayed directly on the monitor could leak inside a non-sealed unit and cause damage.

The iKlear® cleaning kit is recommended for cleaning the touchscreen.

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 affect 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.
- To provide maintenance on the inside of the Anti-Gravity Treadmill, it may be necessary to remove the enclosure from the base. It is recommended that this type of maintenance be performed at the end of the day. When the enclosure is reattached, the foam that forms an airtight seal between the enclosure and the base requires time to expand and reseal. The procedure for removing the enclosure for cleaning is described below.

Enclosure Removal Procedure for Cleaning

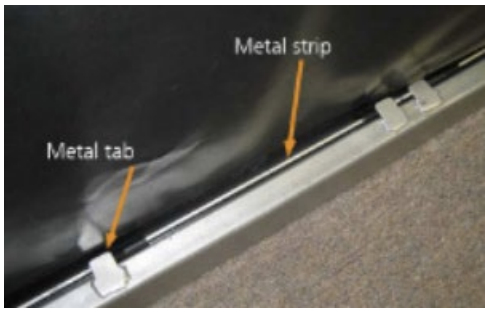
To provide maintenance on the inside of the AlterG PRO Anti-Gravity Treadmill, it may be necessary to remove the enclosure from the treadmill base. Follow the steps in this section to remove, clean inside, and replace the enclosure. Make sure you have the slider removal tool and a mallet or hammer. The slider removal tool is plastic, which is designed not to tear the enclosure.

Note: If you lose the slider removal tool, call AlterG to obtain a replacement.

Enclosure Removal and Cleaning

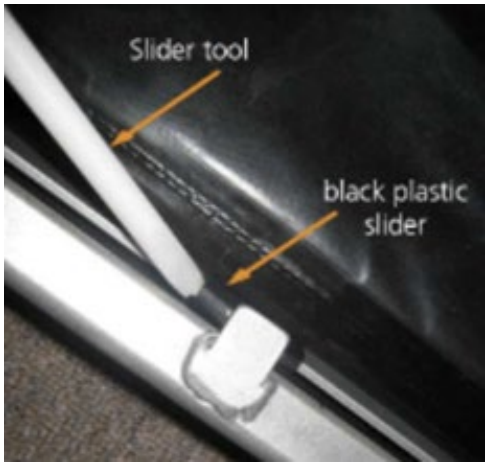
1. Power off and unplug the Anti-Gravity Treadmill.

2. Locate the metal strips under the metal tabs at the base of the enclosure. The metal strips are retained by black plastic sliders that slide under the metal tabs.



3. Use the slider removal tool to slide the black plastic sliders side-ways out from under the metal tabs, as shown in this illustration.

   Take care not to cut the enclosure. To prevent the slider removal tool from slipping off the tabs, gently tap the end of the plastic tool with a mallet to ease out the black plastic sliders.



4. After you slide out all the plastic tabs on the frame, tilt the metal slat towards the inside of the treadmill. In the locked down position, the metal slat should be at a 45-degree angle pointing towards the outside of the treadmill. You may have to push down on the slat as you rotate it inwards.

5. Lift the slats and pull them out. Collect the black plastic tabs. There are 28 tabs: 10 on each side, 4 on the front, and 4 on the back.

6. Lift the base of the enclosure up and inward away from the retaining tabs.

   Note that you may not need to remove both the front and back to clean the entire treadmill. Removing one end and both sides should be sufficient. Typically, it is best to leave the front of the enclosure attached to the frame.

   As shown in the illustration, 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.

7. Thoroughly vacuum all surfaces you can reach. Get as far under the treadmill as possible.

   Clean the back of the treadmill where dirt and debris collect.

Enclosure Reattachment

1. A cylindrical plastic rod is sewn in the bottom of the enclosure and fits in the small groove between the outer edge of the wood and the inside of the metal base.

   Attach the back of the enclosure in the groove first, and then attach the sides.

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.

   Set the plastic sliders on the slat with the tapered end of each slider 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.

   In the illustration, the plastic sliders have been attached and the slat is ready to be pushed down and rotated into place.

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

This illustration shows the slat after it has been pushed down and rotated outwards to capture the top of the slat under the metal tabs.

3. Slide the black plastic sliders under each metal tab on each side of the enclosure that you are reattaching.

   Push the sliders far enough such that the metal tab rests on the flat surface of the slider. You might need to tap the sliders into place using the plastic tool and a mallet. Be careful not to slip and cut the enclosure.

Appendix A: Anti-Gravity Treadmill Specifications

Size	Fits individuals from 5'6" (168cm) to 6'10" (208 cm); 18.5" (47cm) hip width; 58" (147 cm) hip circumference.
Performance	**User Weight Capacity**: 400lbs (182kg) **Body Weight Range Adjustment**: As low as 20% of user's body weight, 1% increments **Running Surface Area**: • 22" inches (56cm) wide • 68" (173cm) long **Speed Range**: • Forward 0 –18mph (0 – 29km/hr) • Reverse 0 – 10mph (0 – 16km/hr) **Elevation**: 0 - 15% grade
Dimensions	**Length**: 94" (240cm) **Width**: 40" (102cm) **Height** 75" (191cm) **Weight**: 1100lbs (499kg), approximately
Recommended Room Dimensions	Provide a footprint of at least 12ft (3.7m) long by 8ft (2.4m) wide for adequate spacing around the treadmill. Check the ceiling height to ensure that users will not hit their heads on the ceiling when running at desired inclines. The running surface is ~15" (38cm) off the ground.
Environmental	**Operating Conditions**: • Ambient Temperature: 50°F to 84°F (10°C to 29°C) • Relative Humidity: 20% to 95% **Transportation and Storage Conditions**: • Temperature Range: 50°F to 120°F (10°C to 49°C) • Relative Humidity: 20% to 95%
Electrical Ratings	**Power Requirements**: • 220 VAC, 30A • 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. **Location**: Install the front of the treadmill within 12ft (3.7m) 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 treadmill using the following wire connection scheme: • Blue Conductor: Neutral • Brown Conductor: Line • Ground Conductor: Green/Yellow

Appendix B: Options and Accessories

Please visit the AlterG website https://alterg.com/ or contact your AlterG Sales representative for pricing and ordering.

Appendix C: Troubleshooting

In most cases, repairs to your Anti-Gravity Treadmill must be completed by an AlterG qualified technician. Contact your AlterG representative, or request repairs at **alterg@golifeward.com**.

Before requesting help from a repair technician, you can troubleshoot the problems and potentially resolve them.

Repairs

Note the following so that we can help you as quickly as possible.

- What is the serial number of the Anti-Gravity Treadmill? The manufacturer's label is located on the treadmill base.
- What happened prior to the problem?
- Did the problem occur unexpectedly?
- Did the problem worsen over time?
- If you hear an unusual noise, from where does the noise originate?
- Was someone using the treadmill at the time the problem occurred?
- Note any other symptoms that might be relevant.
- Does the screen display error messages?

Touchscreen Display

If the display is not visible, try touching the screen. If nothing happens, look at the LED light on the lower right corner of the console. If it is not green, press the "On" button. If nothing happens, verify that the treadmill is plugged in. If the treadmill is plugged in, check the circuit breaker. If the circuit breaker is on and the display is still blank, there may be a loose connection. Contact AlterG.

Air Pressure

If improper pressure is felt during a workout session, check shorts and unit enclosure for leaks. If pressure issues persist, contact AlterG.

Leaks

If the fabric enclosure is torn, or if the shorts are torn, discontinue use and contact AlterG.

System Errors

The Anti-Gravity Treadmill software has built in error checking to ensure that all systems are operating within specifications. If an error is detected, "Unexpected Error" is displayed, followed by a description of the detected error. If you see this message, 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 may occur in complex computer-controlled devices. If this is the case, cycle the power from the display console. This may clear the error and correct the problem. If the error persists, contact AlterG. Note the circumstances under which the error occurs and the diagnostic code.

Appendix D: Warranty

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

First-Year Warranty: One year parts and labor* for the entire machine.

Warranty: Lifeward Inc warrants to Customer that the Anti-Gravity Treadmill is free from manufacturing defects for a period of one (1) year from original date of purchase. The Warranty does not 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 Anti-Gravity Treadmill User Manual. Any customer modification, disassembly and moving without Lifeward Inc Service oversight, or transfer of ownership of the Anti-Gravity Treadmill voids the Warranty and extended Warranty. We invite you to please contact our Customer Success team to allow us to help facilitate the process for you in any circumstance.

AlterG PRO Series Anti-Gravity Treadmill

Extended Warranty:

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

If you purchase the Extended Warranty at the time of your purchase, Lifeward Inc will provide one (1) free preventative maintenance check and service 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. For more information, contact your authorized representative or Lifeward Inc.

During the Warranty period or Extended Warranty period, Lifeward Inc or its authorized service technician will diagnose and repair your 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 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 Anti-Gravity Treadmill User Manual. Any customer modification of the Anti-Gravity Treadmill voids the Warranty. If you must disassemble the Anti-Gravity Treadmill to move it, doing so without an Lifeward Inc qualified technician will void the Warranty as well.

Appendix E: EMC Statement

Warning:

- The AlterG PRO Series Anti-Gravity Treadmill is ELECTRICAL EQUIPMENT and needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in this manual.
- Portable and mobile RF communications equipment can affect the Anti-Gravity Treadmill
- The use of accessories, transducers and cables other than those specified by Alter-G 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.