



Swimming Pool Treadmill (Model: A-2000)

Set-up Instructions and Operation Manual

Congratulations! Enclosed is your Aquabilt Treadmill.

Please read the following set-up and operating instructions and make this information available to each user of your Aquabilt Treadmill.

1. Carefully unpack the treadmill and handrail from the shipping carton.
2. **Check for any signs of shipping damage.** If found, report to the carrier immediately.
3. **Please retain your shipping carton** until you have used the treadmill and are completely satisfied.
4. Review the easy set-up and operating instructions below.

Treadmill Set-up

1. After removing the treadmill from the shipping carton, **place the treadmill flat on the floor.** If the Aquabilt logo on the side panel is upside down, you need to flip over the treadmill to orient it correctly.
2. Install the metal handrail by positioning the U-shaped end vertically and **pointing slightly forward of the roller on the higher end of the treadmill** (i.e. towards the front of the treadmill) and inserting the two metal ends of the handrail over the white guide tubes located in the mounting sockets and pushing down. **The Aquatic Treadmill is now ready to use!**



3. **Grasping the treadmill by the handgrips molded into the front of the side panels**, place the treadmill in the water in the general area where it will be used in the pool. The ideal depth is dependent on the users' height and the weight bearing the user desires. The ideal position will be where the water level is at mid-chest of the user when using the treadmill.
4. In a few seconds, the treadmill will become heavier as the internal cavities fill with water. **The best way to move the treadmill is by tipping the unit slightly from the front using the handrail and lift rather than drag.**

Operating Instructions

The Aquatic Treadmill requires no external power source. It is a user-propelled unit; therefore, the power is you!

Wearing water shoes is strongly recommended during use. Also, some customers prefer wearing an aquatic weight belt, particularly when jogging or running on the treadmill.

Begin by taking hold of the metal handrail and stepping on the treadmill from either side. After a few seconds to feel comfortable with the unit, and while holding the handrail, slowly begin walking to become accustomed to the movement of the belt. This walking pace may be maintained or increased to a jog or run as desired.

The treadmill is designed to provide ease of operation for a beginner, while permitting a well-conditioned person to obtain great benefit from the natural resistance of the water. The treadmill design allows you to instantly vary the resistance by regulating your own pace. **We recommend starting slowly and increasing your pace only after you have become comfortable with using the treadmill.**

To learn more about your treadmill and read about training ideas, please visit our Aquabilt Academy Blog at www.aquabilt.com/trainingtips. Please submit your own ideas and questions there as well.

Cleaning and Maintenance

Your treadmill is designed to be as maintenance-free as possible. In a well-maintained aquatic environment, no cleaning of the treadmill should be required. If you would like to clean the unit, we recommend dishwashing detergent used with a terry cloth towel or new sponge. **Be careful not to use an abrasive cleaner or cleaning device** such as a scouring pad or steel wool as this will damage surfaces.

Warranty

What is covered

This Aquabilt Pool Treadmill (“Product”) is warranted to be free of all defects in material and workmanship.

Who is covered

The original purchaser is covered. This warranty is nontransferable.

How long is it covered

The Product and all components are covered for a period of TWO (2) YEARS from the date of purchase. The warranty period is upgradeable to SIX (6) YEARS by registering your Product within 90 days of purchase.

Who pays shipping & insurance for service

If the Product or any component must be returned to a service facility for repairs, you are responsible for any packaging, freight and insurance charges. Aquabilt will not be responsible for any damage, which may occur during shipment; therefore, we HIGHLY RECOMMEND that you insure any package you mail to us. If in the opinion of Aquabilt the claim is covered by the warranty, we will reimburse you for standard freight and insurance charges within the United States. If we ship you any new or rebuilt replacement component or Product under this warranty, we will pay for shipping and insurance. You are responsible for all shipping and insurance charges after the warranty has expired, or for service deemed not covered by the warranty.

What we will do to correct covered defects

We will ship to you any new or rebuilt replacement component or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is not covered

Any failures or damage caused by unauthorized service, improper maintenance, misuse, accident, negligence, improper assembly or installation, weather, debris resulting from any construction activities in the Product’s environment, rust or corrosion as a result of the Product’s location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (“Manual”). All terms of this warranty are void if this Product is moved beyond the United States of America, and are then subject to the terms provided by that country’s local authorized Aquabilt Representative.

What you must do

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if

instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Aquabilt reserves the right to decide whether or not the Product or a component is to be returned for repair.

Operation Manual

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product.

Warranty registration

COMPLETE and MAIL registration form IMMEDIATELY or register online at www.aquabilt.com/RegisterYourProduct.

How to get parts & service

Call Customer Service at 888-282-2782, weekdays from 9:00 a.m. to 5:00 p.m. Eastern Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service.

Exclusive warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S.

Changes in warranty not authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effect of state laws

This warranty gives you specific legal rights. You may have other rights, which vary from state to state.

If you have any questions or need assistance, please contact Aquabilt @ 888-282-2782. Thank you again for your purchase!

UPGRADE YOUR WARRANTY

We truly appreciate you have chosen an Aquabilt product and are confident that it will help you achieve your fitness goals. Your standard Aquabilt Warranty is 1 year. **To upgrade your Warranty to 5 years FREE OF CHARGE**, please complete and return this form to the address below within 1 year of purchase. Alternatively you can upgrade online at www.aquabilt.com/RegisterYourProduct.

Product Model _____ Product Serial Number _____ Date of Purchase _____

Dealer Name _____ Dealer City _____ Dealer State _____

First Name _____ Last Name _____ Gender _____

Address _____

City _____ State _____ Zip Code _____

Email _____ Phone _____ Age _____

Where did you learn about Aquabilt?

- Current Owner Word of Mouth Personal Trainer Health Club Flyer / Mail
 Magazine Internet / Web Site Other _____

Do you recall a magazine you saw information about Aquabilt?

- Shape Fitness Runner's World Fit Pregnancy Men's Health
 The Wall Street Journal Other _____

Do you own other brands of fitness equipment?

- Precor Schwinn Vision True Cybex Landice Pace Master
 StairMaster Other _____

Why did you choose to purchase Aquabilt equipment? (please choose up to two answers)

- Dealer Recommendation Value Friend / Family Recommendation Styling
 Reputation Price Quality Other _____

What are your fitness goals? (please choose up to two answers)

- Lose/Maintain Weight Overall Better Health Improve Muscle Tone
 Improve Cardiovascular Endurance Stress Relief Injury Rehabilitation
 Increased Energy Other _____

How many days a week do you exercise with fitness equipment?

- 5-7 2-4 0-1

Are you an active member of a health club?

- Yes No

Do you actively participate in any of the following activities? (please choose all that apply)

- Golf Fishing Running Skiing Hiking Biking Bowling
 Boating Tennis

Mail to:

Aquabilt, LLC
PO Box 127, Canton, CT, 06019

Aquabilt Sample Exercise Program

Please Note: The following information is not intended as a substitute for medical advice. Aquabilt accepts no responsibility for any injury caused by the following information or any information found on our website. As is always a safe practice, please consult a physician before starting any exercise program.

- 1) Use treadmill for walking or jogging for a MAXIMUM sustained period of 5 minutes before testing your endurance. **Remember that the resistance of aquatic exercise will test your endurance and muscles in new ways.**

- 2) Use treadmill as a stable platform to combine additional resistive movements
 - A. **Begin with walking or jogging on the treadmill for 5 minutes.**

 - B. **Standing in front of the treadmill**, grasp handrail with left hand; raise right knee until thigh is in horizontal position; repeat for a total of 10 repetitions

 - C. Switch to right hand position, and repeat with opposite leg for 10 repetitions

 - D. Repeat hand position as in A; swing right leg forward and backward from the hip; repeat for a total of 10 repetitions.

 - D. Switch to right hand position, and repeat with opposite leg for 10 repetitions.

 - E. **Return to treadmill** and resume walking or jogging for 5 minutes.

 - F. **Return to standing position in front of treadmill**, and grasp handrail with left hand and with right arm, simulate the tennis forehand stroke; repeat for a total of 10 repetitions.

 - G. Then swing right arm backward, from left to right across chest, simulating the tennis backhand; repeat for a total of 10 repetitions.

 - H. Switch to right hand grip of handrail, and repeat the tennis backhand and forehand stroke for 10 repetitions.

 - I. Grasp handrail with left hand, raise right leg outwards, and then return to starting position; repeat for a total of 10 repetitions.

 - J. Switch to right hand grip; raise left leg outwards, and then return to starting position; repeat for a total of 10 repetitions.

 - K. **Return to treadmill** and complete activity with 5 minutes of walking or jogging.