

ProForm Treadmill 830-QT:

- 1) Connect it and turn it on.
- 2) Press “Start” to start walking.
- 3) Use the + and – buttons to change the speed.
- 4) Press the incline buttons to change the angle.
- 5) Press the “Stop” button or pull the safety key to stop it.

Safety tips:

- 1) Clip the safety key to your clothes.
- 2) Go slowly and use handrails if you need to.
- 3) Put on comfortable shoes for walking.
- 4) Don’t use it if you’re feeling dizzy or tired.
- 5) Keep the area empty.

Extras:

- 1) Start and finish your exercise slowly.
- 2) Check the belt often.
- 3) Talk to your doctor before you begin.