TREADMILL PROGRAM GUIDE

3 CUSTOMISABLE + 17 PRESET PROGRAMS

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.

- Always seek professional advice before changing your diet or starting any exercise program.

- JLL Fitness Ltd is not liable for any injuries or damages that may occur when using our content for fitness purposes.

- Users must be cautious when using the top speeds on this treadmill. Although the machine has a top speed of 18 km/h, for safety reasons, JLL Fitness Ltd does not recommend exceeding 16 km/h.

- Advanced category programs are designed for advanced/professional runners. The treadmill runs at a high speed on these programs so users MUST be confident that they can run at this level.

- By reading this you assume full responsibility for any injuries or changes to your physical wellbeing. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.

- This guide offers health and fitness advice that is designed for educational purposes only. We provide this content purely as advice and should not be used as a substitute or replacement for professional advice.

- JLL Fitness Ltd are NOT qualified or licensed health professionals, fitness instructors or personal trainers. The content we produce is created as suggestions or advice from a personal point of view.

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+ Includes a Quick Start Guide and Program Reference Sheet

ABOUT PROGRAMS

Many people use treadmills in different ways. Treadmills can be used as the main foundation for a workout or can be used to warm up, cool down, rehabilitate and much more. Treadmill programs are a great way to keep track of your fitness and give you goals to aim for as you improve or maintain your fitness. Choosing the right program is important depending on what you want to achieve with your treadmill.
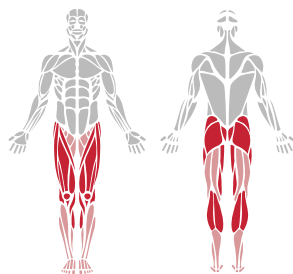
Each program is split into 10 sections of 200 metres in which a variety of speed and inclines change which improves burning calories, building strength and improving stamina and endurance. The program will loop when it finishes its 2000 metre duration.
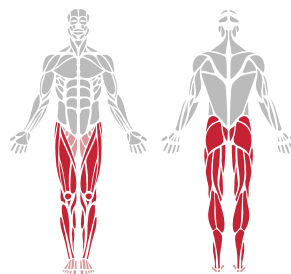
PROGRAM TYPES
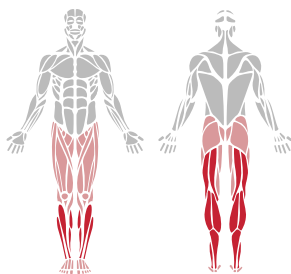
SPEED ONLY	INCLINE ONLY	SPEED & INCLINE

CHARTS LEGEND

—	Speed	—	Incline	◉	Speed Change Indicator	◉	Speed & Incline Change Indicator
- - -	Recommended Maximum Speed	- - -	Maximum Incline Limit	◉	Incline Change Indicator	▨	High Speed/Incline Warning

CUSTOM PROGRAMS

The first 3 programs on the treadmill are customisable which gives you complete control over your workout. If you feel that the programs need changing or that you want to tailor them to specifically suit your needs, then the customisable programs are for you. Each program has 10 sections that change every 200 metres.

HOW TO CUSTOMISE PROGRAMS

PRESS (x1) P01
PRESS (x2) P02
PRESS (x3) P03

Press P to select the program to customise

Press SET and hold for 5 seconds

RIGHT

Press +/- button to set up the speed

LEFT

Press UP/DOWN button to set up the incline

001 T/min
P01
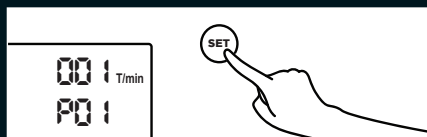
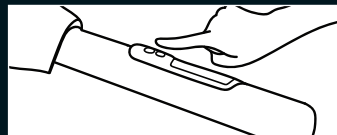Press SET button to save the first section

010 T/min
P01
(x10)
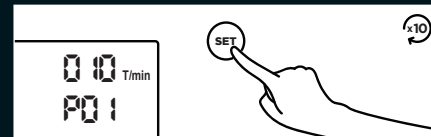
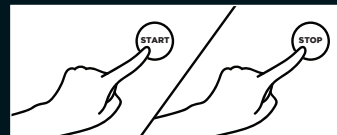Repeat this process until you reach section 10

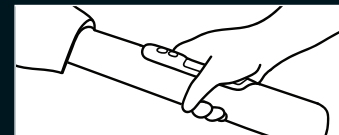## HEART-RATE CONTROL PROGRAM

Press SET button 5 times (x5)

Press +/- button to amend the desired heart-rate

Press START button to start or STOP to cancel

Put your hands on the pulse sensor and hold while exercising

PRESET PROGRAMS

At JLL we have designed and created specific programs to help you achieve your fitness goals. Our programs have been extensively tested by our team to provide you with the best treadmill programs for your fitness level. We took a lot of feedback on board to shape, change and create these treadmill programs that suit the needs of any user.

PROGRESS PLAN

Our progress plan is divided into 3 categories: Beginner, Intermediate and Advanced. So no matter what your fitness level is, there is a program for you. We've designed our programs so you can see physical progress as you work your way through each program level. Each difficulty level is made up of 1 speed program, 1 incline program and 2 speed & incline combination programs.

REC. MAX. SPEED
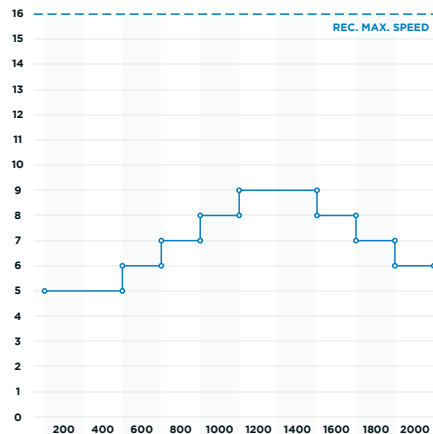
4. SPEED INTRODUCTION

PROGRESS PLAN

CATEGORY: Beginner   **TYPE:** Speed Only

🕐 **DURATION:** 18min 03sec
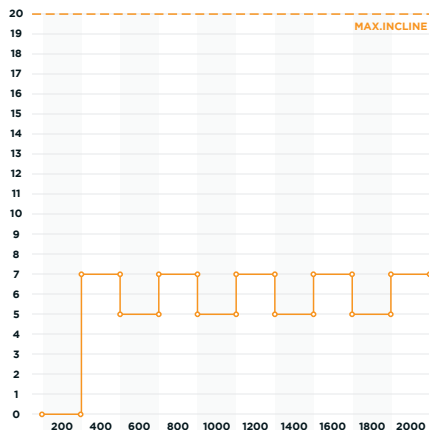🔥 **CALORIES*:** ♂178 ♀148

WORKOUT DESCRIPTION
Introduce yourself to speed training with this program. The gradual increase in speed is great for getting you used to running at a quick pace on a treadmill. Because of the intervals of increased speed, this program is great for fat burning.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	5 km/h	5 km/h	6 km/h	7 km/h	8 km/h	9 km/h	9 km/h	8 km/h	7 km/h	6 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator

5. ROLLING HILLS

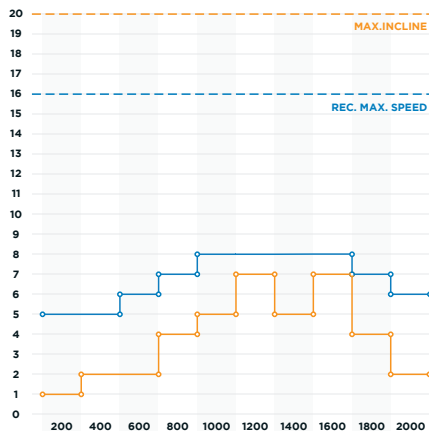**CATEGORY:** Beginner **TYPE:** Incline Only

WORKOUT DESCRIPTION

This program alternates between low levels of incline to recreate walking or running on hills. Using incline activates stabiliser muscles in your legs, so your lower body gets a good workout. Use this program to burn fat and build muscle in your calves and thighs.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
INCLINE	0	7	5	7	5	7	5	7	5	7

Speed is to be set by the user on all *Incline Only* programs. Due to this, we cannot estimate calories burned or the duration of the program.

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6. HILL ENDURANCE

CATEGORY: Beginner **TYPE:** Speed & Incline

🕐 **DURATION:** 18min 22sec
🔥 **CALORIES***: ♂208 ♀175

WORKOUT DESCRIPTION

Combine both speed and intervals with the Hill Endurance program. The constant speed and alternating levels of incline is great for building stamina and endurance, training you to run for longer.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	5 km/h	5 km/h	6 km/h	7 km/h	8 km/h	8 km/h	8 km/h	8 km/h	7 km/h	6 km/h
INCLINE	1	2	2	4	5	7	5	7	4	2

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
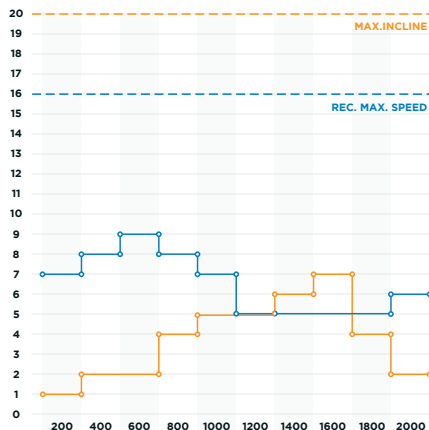
7. FAST HILLS

CATEGORY: Beginner   **TYPE:** Speed & Incline   🕐 **DURATION:** 19min 32sec

🔥 **CALORIES*:** ♂202 ♀169

WORKOUT DESCRIPTION

The Fast Hills program uses lower levels of incline but higher speeds to recreate the feeling of hill running. This program is ideal for fat burning and building lean lower body muscle.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	7 km/h	8 km/h	9 km/h	8 km/h	7 km/h	5 km/h	5 km/h	5 km/h	5 km/h	6 km/h
INCLINE	1	2	2	4	5	5	6	7	4	2

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
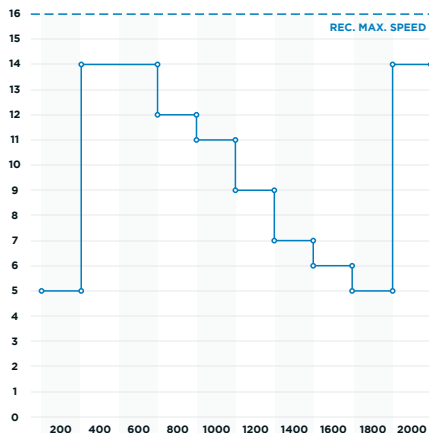
8. POSITIVE SPLIT SPRINT

CATEGORY: Intermediate   **TYPE:** Speed Only   🕐 **DURATION:** 14min 46sec

🔥 **CALORIES*:** ♂188 ♀157

WORKOUT DESCRIPTION

Produce a positive split with this program as you power through the first half and use the second half to recover. Watch out for that sprint at the end though! Use this program to improve your overall speed and to burn fat.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	5 km/h	14 km/h	14 km/h	12 km/h	11 km/h	9 km/h	7 km/h	6 km/h	5 km/h	14 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
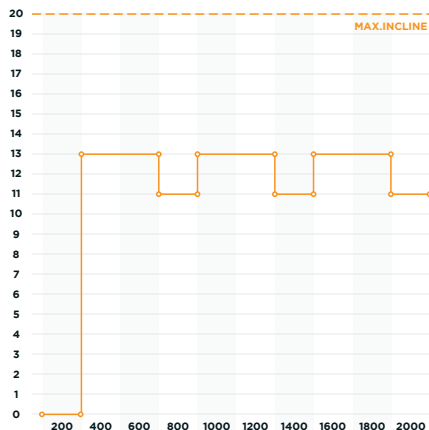
9. MOUNTAIN CLIMBER

CATEGORY: Intermediate   **TYPE:** Incline Only
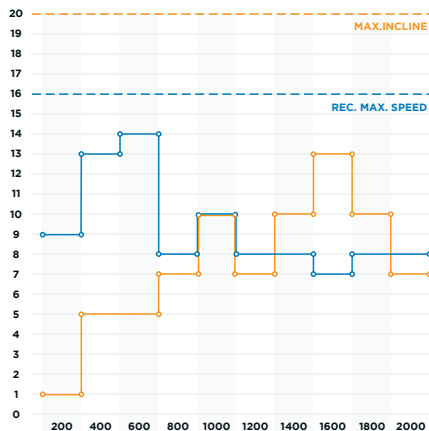
WORKOUT DESCRIPTION

The Mountain Climber program takes incline training to the next level! Levels of incline alternate to give you adequate times for recovery as you tackle steep inclines. Build muscle in your calves, thighs and glutes with this program.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
INCLINE	0	13	13	11	13	13	11	13	13	11

Speed is to be set by the user on all *Incline Only* programs. Due to this, we cannot estimate calories burned or the duration of the program.

10. MOUNTAIN RUNNER

CATEGORY: Intermediate   **TYPE:** Speed & Incline   🕐 **DURATION:**   13min 15sec
🔥 **CALORIES*:**   ♂242 ♀202

WORKOUT DESCRIPTION

Start quickly at low levels of incline and slow down as the incline increases. Use this program for toning legs, burning fat and building lean muscle in the calves, thighs and glutes. The high levels of incline are ideal for accelerating your heart-rate.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	9 km/h	13 km/h	14 km/h	8 km/h	10 km/h	8 km/h	8 km/h	7 km/h	8 km/h	8 km/h
INCLINE	1	5	5	7	10	7	10	13	10	7

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
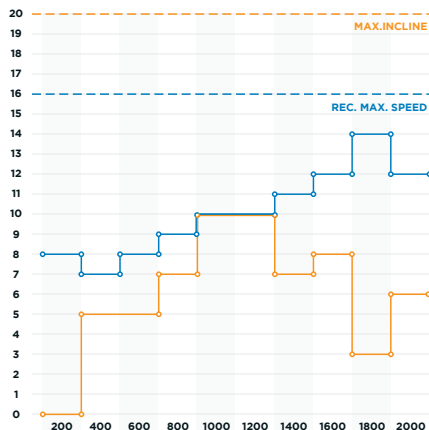
11. UPHILL SPRINT

CATEGORY: Intermediate   **TYPE:** Speed & Incline   🕐 **DURATION:** 12min 35sec

🔥 **CALORIES***: ♂238 ♀194

WORKOUT DESCRIPTION

Use this program if you are serious about torching calories. The combination between incline and speed will raise your heart-rate which will optimise fat burning. The incline isn't too high with this program so you can focus on producing great speed.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	8 km/h	7 km/h	8 km/h	9 km/h	10 km/h	10 km/h	11 km/h	12 km/h	14 km/h	12 km/h
INCLINE	0	5	5	7	10	10	7	8	3	6

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
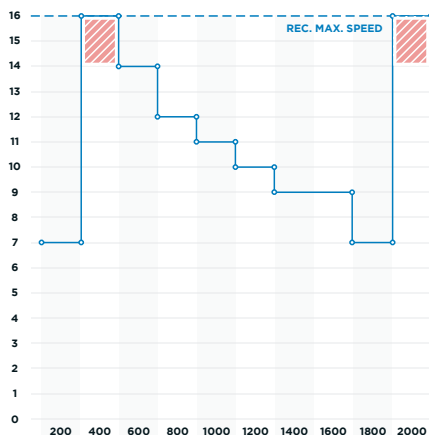
12. EXPLOSIVE SPRINT

CATEGORY: Advanced   **TYPE:** Speed Only   🕐 **DURATION:** 12min 01sec

🔥 **CALORIES***: ♂182 ♀155

WORKOUT DESCRIPTION

The clue is in the title! Hit top speed straight away and slowly decrease as you build up to the final sprint. Build explosive power and improve your overall speed as you push yourself to your limits.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	7 km/h	16 km/h	14 km/h	12 km/h	11 km/h	10 km/h	9 km/h	9 km/h	7 km/h	16 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
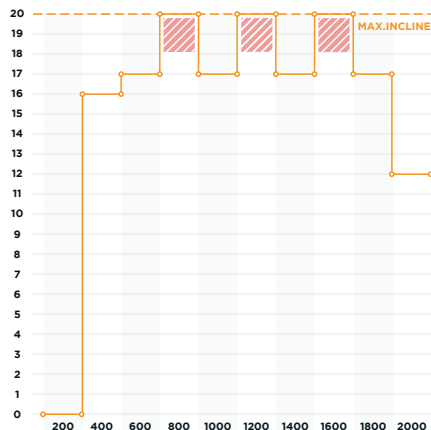
13. EVEREST CLIMBER

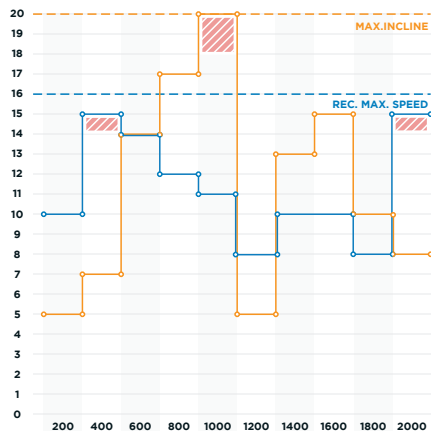**CATEGORY:** Advanced   **TYPE:** Incline Only

WORKOUT DESCRIPTION

Don't let the name intimidate you. This program will have you climbing the steepest inclines to build lean muscle in your calves, glutes and thighs.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
INCLINE	0	16	17	20	17	20	17	20	17	12

Speed is to be set by the user on all *Incline Only* programs. Due to this, we cannot estimate calories burned or the duration of the program.

14. EVEREST RUNNER

CATEGORY: Advanced   **TYPE:** Speed & Incline   🕐 **DURATION:**   12min 10sec

🔥 **CALORIES*:**   ♂270 ♀226

WORKOUT DESCRIPTION

Test your limits with the Everest Runner program. Running at steep inclines will raise your heart-rate which will optimise fat burning. This program will also build explosive power in your legs as you work your thighs, glutes and calves.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	10 km/h	15 km/h	14 km/h	12 km/h	11 km/h	8 km/h	10 km/h	10 km/h	8 km/h	15 km/h
INCLINE	5	7	14	17	20	5	13	15	10	8

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
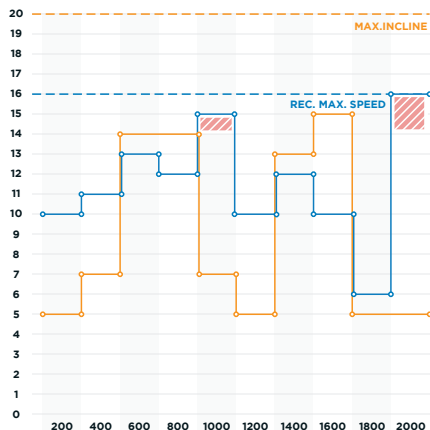
15. INTERVAL SPRINTS

CATEGORY: Advanced   **TYPE:** Speed & Incline   🕐 **DURATION:** 12min 09sec

🔥 **CALORIES*:** ♂253 ♀212

WORKOUT DESCRIPTION

Focus on your speed with Interval Sprints. High levels of speed with intervals of rest will increase your overall leg power. The added levels of increasing incline will push you to your limits!

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	10 km/h	11 km/h	13 km/h	12 km/h	15 km/h	10 km/h	12 km/h	10 km/h	6 km/h	16 km/h
INCLINE	5	7	14	14	7	5	13	15	5	5

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator

⚠ WARNING

Programs in the Advanced category may go up to speeds of 15 & 16 km/h. Users are urged to take caution when running at this speed. Ensure that the safety clip is always attached.

◉ HIIT

HIIT stands for High Intensity Interval Training. These programs are made up of short periods of hard work followed by a period of rest to allow yourself to recover. HIIT programs are popular because they are great for fat burning, building lean muscle and what's more, most of them take less than 20 minutes to complete. Once again, to consider every fitness level here we've provided HIIT programs at beginner, intermediate and advanced difficulties.

Ready for some science? HIIT training works by increasing your heart-rate which increases the body's need for oxygen during the workout. This in turn creates an oxygen shortage which means your body asks for more oxygen during the recovery period. All this results in your body burning more fat in a short amount of time, including burning calories hours after you've finished the workout.
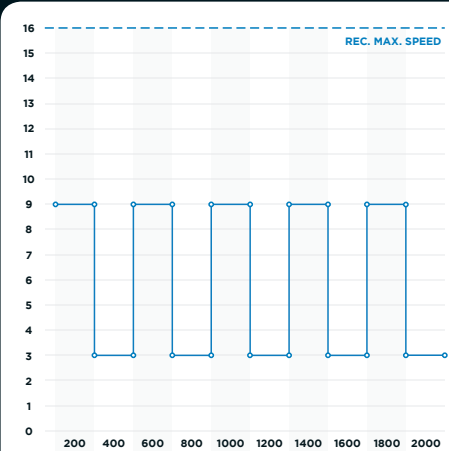
16. BEGINNER HIIT

HIIT

CATEGORY: Beginner   **TYPE:** Speed Only

🕐 **DURATION:** 26min 27sec
🔥 **CALORIES***: ♂165 ♀140

WORKOUT DESCRIPTION
If you're new to HIIT training, then this is where to begin. We've designed this program to gently ease you into HIIT sessions without compromising on a good workout at the same time.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	9 km/h	3 km/h	9 km/h	3 km/h	9 km/h	3 km/h	9 km/h	3 km/h	9 km/h	3 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
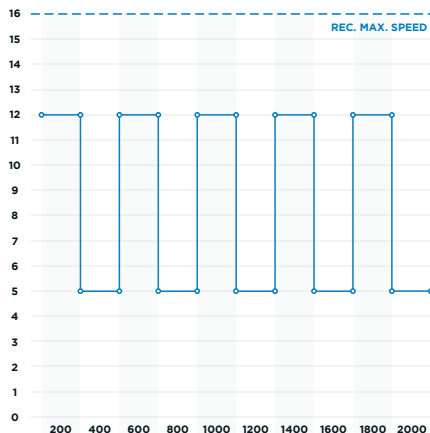
17. INTERMEDIATE HIIT

CATEGORY: Intermediate   **TYPE:** Speed Only

**DURATION:** 17min 00sec
CALORIES*: ♂ 150 ♀ 125

WORKOUT DESCRIPTION

Once you've got the hang of HIIT training, then the intermediate HIIT program will test your limits and really accelerate weight loss. This program is also great for building muscle in the lower body and improving your conditioning.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	12 km/h	5 km/h	12 km/h	5 km/h	12 km/h	5 km/h	12 km/h	5 km/h	12 km/h	5 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
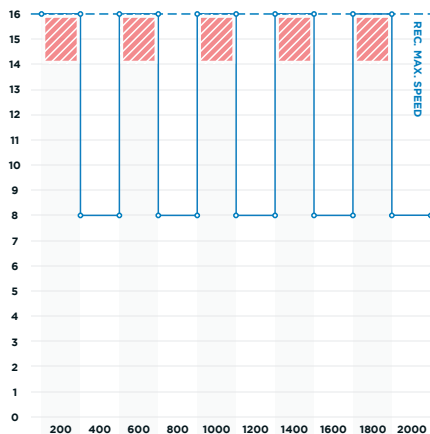
18. ADVANCED HIIT

CATEGORY: Advanced   **TYPE:** Speed Only

DURATION: 11min 25sec
CALORIES*: ♂ 185 ♀ 155

WORKOUT DESCRIPTION

Take yourself to your peak with the Advanced HIIT program. Sprint in speeds of up to 16km/h for short periods of time followed by extended periods of rest so you really accelerate your heart-rate and optimise fat burning.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator

— WALKING

If running isn't your thing then the Walking programs are ideal for burning calories at a steady pace. These programs use a combination of various speeds and incline to raise your heart-rate and promote weight loss in a gentle way that's easy on the joints and muscles.

At JLL, we've provided you with 2 different walking workouts. In these 2 programs, we've covered every aspect of walking which includes walking at various paces, fast and slow, and also walking at varying inclines to keep your body guessing which optimises weight loss and muscle building.
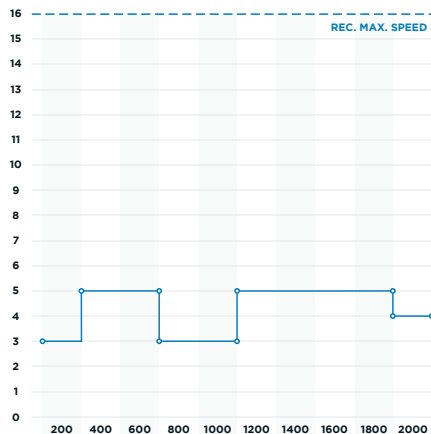
19. JUST WALK

WALKING

CATEGORY: Beginner   **TYPE:** Speed Only   ⏱ **DURATION:** 31min 08sec
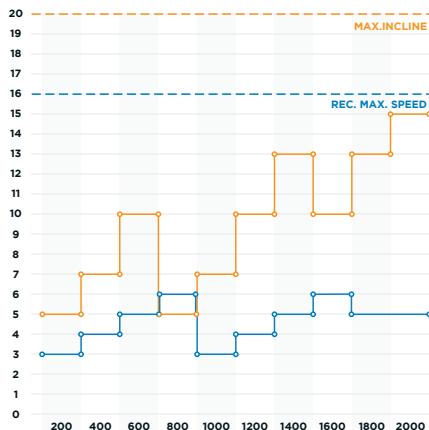
🔥 **CALORIES*:** ♂129 ♀109

WORKOUT DESCRIPTION
If you are a walking enthusiast, then this program is for you. Walk between different paces as you stretch out those legs and burn calories in a way that's easy on the joints. The Just Walk program can also be used to warm up.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	3 km/h	5 km/h	5 km/h	3 km/h	3 km/h	5 km/h	5 km/h	5 km/h	5 km/h	4 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator

20. COUNTRYSIDE HIKE

CATEGORY: Beginner **TYPE:** Speed & Incline **DURATION:** 28min 00sec

CALORIES*: ♂266 ♀224

WORKOUT DESCRIPTION

Try this program if you like walking but also like a challenge. Walk between different speeds and inclines to burn more calories and tone your calves, glutes and thighs. The Countryside Hike is gentle on the joints but tough on fat burning!

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	3 km/h	4 km/h	5 km/h	6 km/h	3 km/h	4 km/h	5 km/h	6 km/h	5 km/h	5 km/h
INCLINE	5	7	10	5	7	10	13	10	13	15

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jllfitness.co.uk/programs/calculator
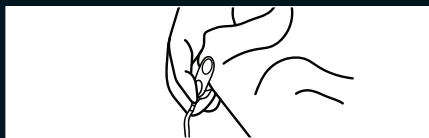
For more information about our treadmill programs visit
WWW.JLLFITNESS.CO.UK/PROGRAMS

WWW.JLLFITNESS.CO.UK

▎QUICK START GUIDE
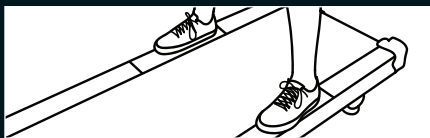
Place your feet on the side frames

Clip the safety key onto your clothing

Press START button

Hold the handrails while the belt moves

Set the speed and incline to your preference

Press STOP at any time to stop the treadmill

STANDARD CONTROLS

|	
Quick Speed	The quick speed buttons allow you to change speed in an instant.
Quick Incline	Quickly switch between incline levels at the push of a single button.
Audio Controls*	Control your audio from the main console. The PAUSE button pauses or plays your chosen audio. Skip tracks with the buttons and also change volume by pressing and holding the same buttons.
Program	Use the PROGRAM button to select between your desired programs.
Set	The SET button confirms the setup parameters.
Incline	Select your desired incline setting by using the UP or DOWN arrows.
Speed	Select your desired speed setting by using the + or – buttons.
Quick Start	The START button will start the treadmill moving at its lowest speed.
Pause/Stop	Pause any program by pressing the PAUSE/STOP button once. Press this button twice to bring the program to a finish.

* The console controls can only control your audio when connected through Bluetooth or when using USB. Any audio connected through the AUX cable will need to be controlled on the device.

Please Note: Some of these features may not be available on your model of treadmill. Please check the treadmill specifications to see what features are available on your treadmill.

PROGRAM REFERENCE SHEET

CUSTOM
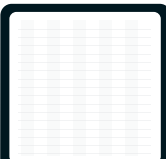
PROGRAM 1
USER CUSTOMISABLE

PROGRAM 2
USER CUSTOMISABLE

PROGRAM 3
USER CUSTOMISABLE

PROGRESS PLAN

BEGINNER

PROGRAM 4
SPEED INTRODUCTION

PROGRAM 5
ROLLING HILLS

PROGRAM 6
HILL ENDURANCE

PROGRAM 7
FAST HILLS

INTERMEDIATE
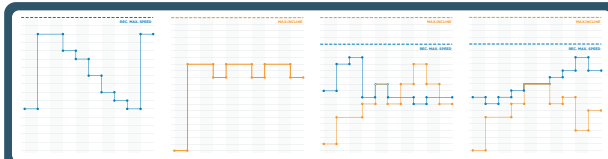
PROGRAM 8
POSITIVE SPLIT SPRINT

PROGRAM 9
MOUNTAIN CLIMBER

PROGRAM 10
MOUNTAIN RUNNER

PROGRAM 11
UPHILL SPRINT
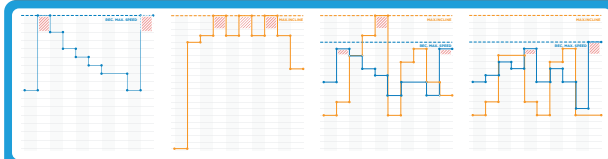
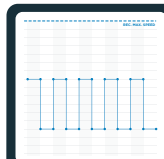### ADVANCED

PROGRAM 12
EXPLOSIVE SPRINT

PROGRAM 13
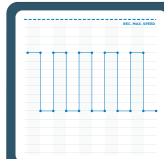EVEREST CLIMBER

PROGRAM 14
EVEREST RUNNER

PROGRAM 15
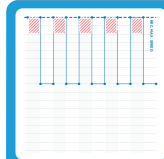INTERVAL SPRINTS

HIIT

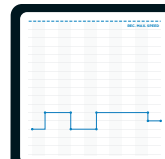**PROGRAM 16**
BEGINNER HIIT

PROGRAM 17
INTERMEDIATE HIIT

PROGRAM 18
ADVANCED HIIT

WALKING

PROGRAM 19
JUST WALK

PROGRAM 20
COUNTRYSIDE HIKE