



# Treadmill Tips

The treadmill is the easiest place to start.  
Read more at: <https://counterpace.com/treadmill>



## 1 Make sure you can hear the guidance

Begin by making sure you can hear the audible guidance from the app.

Select “Treadmill” and tap start in the Counterpace app.



## 2 Begin walking slowly

Start the treadmill at a very slow walk - try 2 miles per hour - and your heart rate and step rate will soon appear on the screen.



## 3 Increase incline to raise heart rate

Assuming your heart rate is BELOW your step rate, begin increasing the incline to raise your heart rate towards your step rate.

Very fit athletes may need to use maximum incline.



## 4 Focus on the beat

When your heart rate is close to your step rate, you will hear the guidance – focus on stepping precisely to the beat.

When you find the rhythm, the app will announce that you are in sync.

### Step rate too high?

Decrease incline or speed to lower intensity and heart rate.

As your heart rate lowers your comfort will increase.

### Uncomfortably long steps?

Increase your incline to get to a higher heart rate.

When your heart rate increases you will be able to take shorter steps.

Print out for easy reference on a treadmill!