



TREADMILL PROGRAM GUIDE

20 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.

| CONTENTS

- About programs p. 4
- Custom programs p. 5
 - How to customise programs p. 5
 - Heart-rate control program p. 5
- Preset programs p. 6
 - Progress plan p. 6
 - HIIT p. 14
 - Walking p. 16

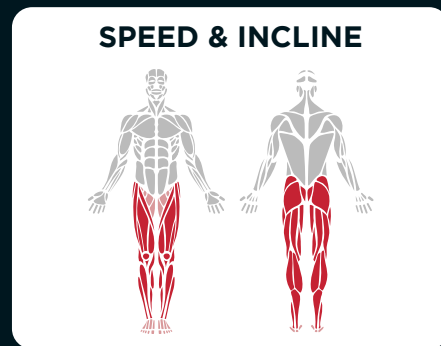
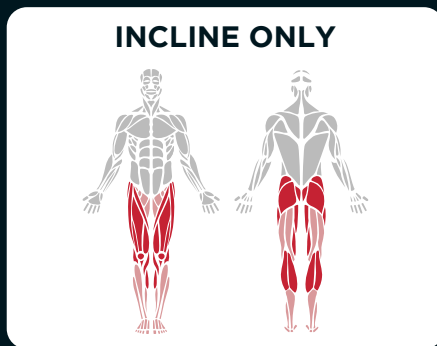
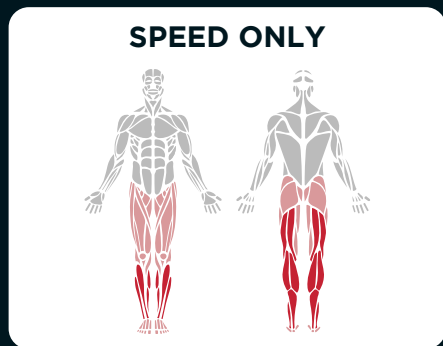
+ Includes a Quick Start Guide and Program Reference Sheet

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



CHARTS LEGEND

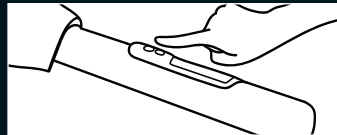
	Speed		Incline		Speed Change Indicator		Speed & Incline Change Indicator
	Recommended Maximum Speed		Maximum Incline Limit		Incline Change Indicator		High Speed/Incline Warning

CUSTOM PROGRAMS

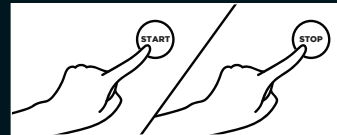
TARGET DISTANCE PROGRAM



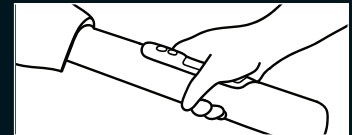
Press SET button 5 times



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



Press START button to start or STOP to cancel

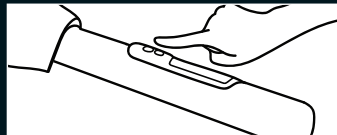


Put your hands on the pulse sensor and hold while exercising

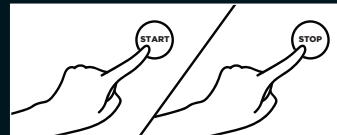
TARGET TIME PROGRAM



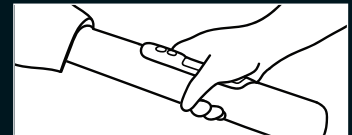
Press SET button 5 times



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



Press START button to start or STOP to cancel

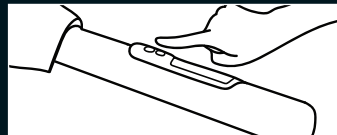


Put your hands on the pulse sensor and hold while exercising

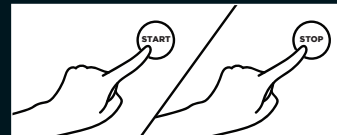
HEART-RATE CONTROL PROGRAM



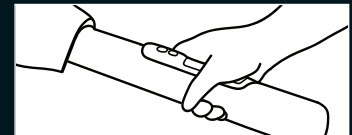
Press SET button 5 times



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



Press START button to start or STOP to cancel



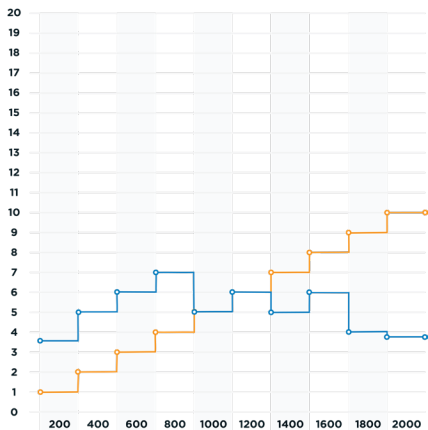
Put your hands on the pulse sensor and hold while exercising

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.



1. BEGINNER'S WALK

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed & Incline

DURATION: 24min 33sec

CALORIES*: ♂192 ♀150

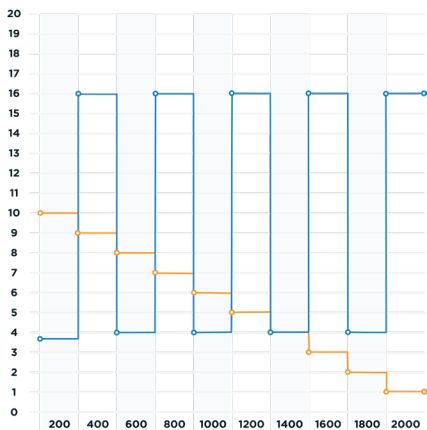
WORKOUT DESCRIPTION

Ideal for those completely new to a treadmill, this program allows you to take a slow start and gradually get accustomed to moving on a treadmill. This workout will take you through various walking paces at different inclines to work those leg muscles.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	3.6 km/h	5 km/h	6 km/h	7 km/h	5 km/h	6 km/h	5 km/h	6 km/h	4 km/h	3.8 km/h
INCLINE	1	2	2	4	5	6	7	8	9	10

* Based on the average male and female weight in the UK.



2. BEGINNER'S SPRINTS

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed & Incline

DURATION: 18min 26sec

CALORIES*: ♂334 ♀261

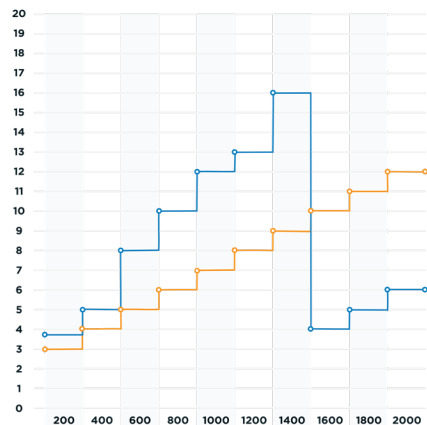
WORKOUT DESCRIPTION

Now combining speed and incline with higher speeds. This workout will get your heart pumping and is great way to burn calories. Alternating between walking and sprinting whilst feeling the burn from the incline.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	3.7 km/h	16 km/h	4 km/h	16 km/h	4 km/h	16 km/h	4 km/h	16 km/h	4 km/h	16 km/h
INCLINE	10	9	8	7	6	5	4	3	2	1

* Based on the average male and female weight in the UK.



3. BEGINNER'S RUN

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed & Incline

DURATION: 18min 10sec

CALORIES*: ♂207 ♀162

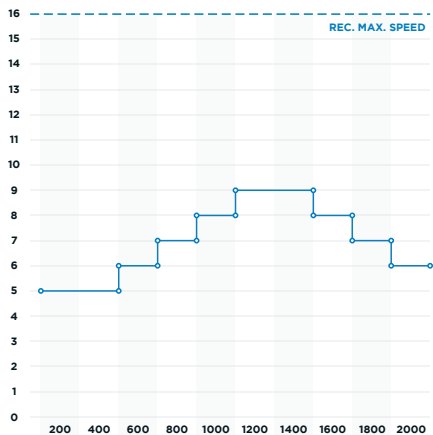
WORKOUT DESCRIPTION

This programs aims to bring you from a walk to a jog to a sprint gradually, getting your body use to sustaining and building speed. Pushing through new barriers as a beginner.

DETAILED TABLE

SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	3.8 km/h	5 km/h	8 km/h	10 km/h	12 km/h	13 km/h	16 km/h	4 km/h	5 km/h	6 km/h
INCLINE	3	4	5	6	7	8	9	10	11	12

* Based on the average male and female weight in the UK.



4. SPEED INTRODUCTION

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed Only

DURATION: 18min 03sec

CALORIES*: ♂178 ♀148

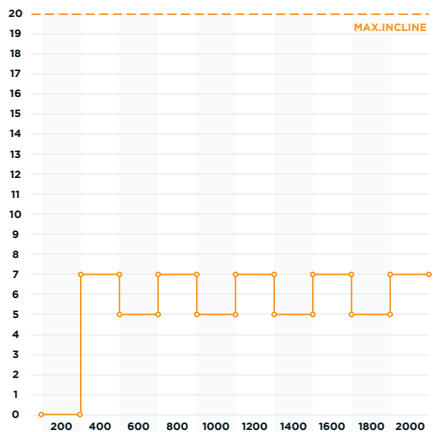
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



5. ROLLING HILLS

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Incline Only

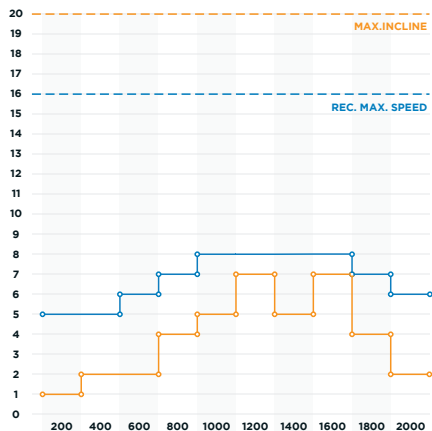
WORKOUT DESCRIPTION

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.



6. HILL ENDURANCE

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed & Incline

DURATION: 18min 22sec

CALORIES*: ♂208 ♀175

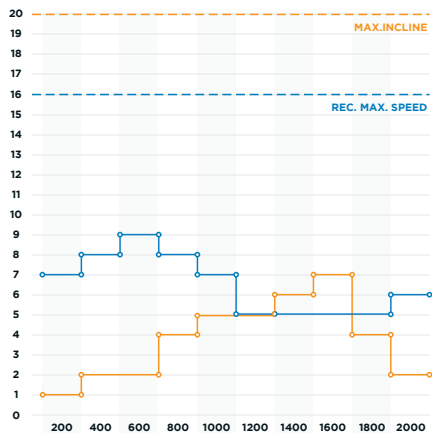
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



7. FAST HILLS

PROGRESS PLAN

CATEGORY: Beginner

TYPE: Speed & Incline

DURATION: 19min 32sec

CALORIES*: ♂202 ♀169

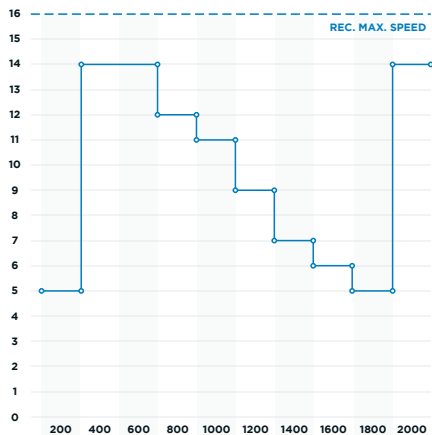
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



8. POSITIVE SPLIT SPRINT

PROGRESS PLAN

CATEGORY: Intermediate **TYPE:** Speed Only

DURATION: 14min 46sec

CALORIES*: ♂188 ♀157

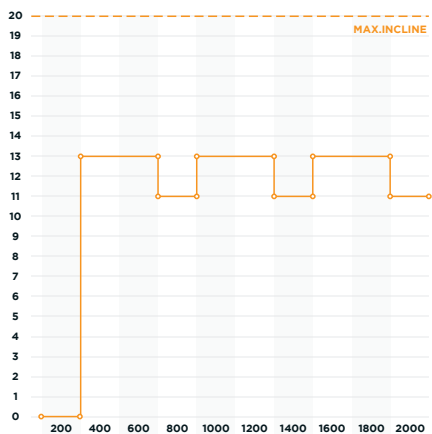
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



9. MOUNTAIN CLIMBER

PROGRESS PLAN

CATEGORY: Intermediate **TYPE:** Incline Only

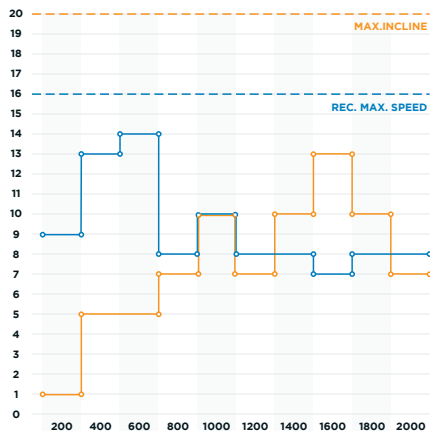
WORKOUT DESCRIPTION

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

PROGRESS PLAN

CATEGORY: Intermediate **TYPE:** Speed & Incline

DURATION: 13min 15sec

CALORIES*: ♂242 ♀202

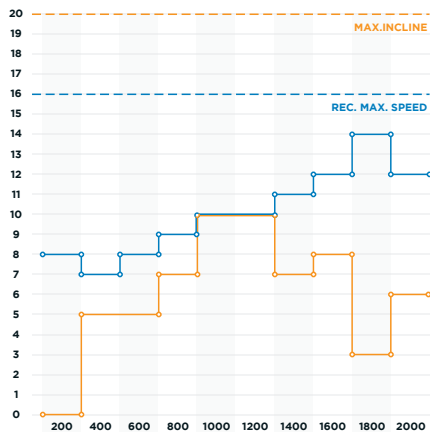
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



11. UPHILL SPRINT

PROGRESS PLAN

CATEGORY: Intermediate **TYPE:** Speed & Incline

DURATION: 12min 35sec

CALORIES*: ♂238 ♀194

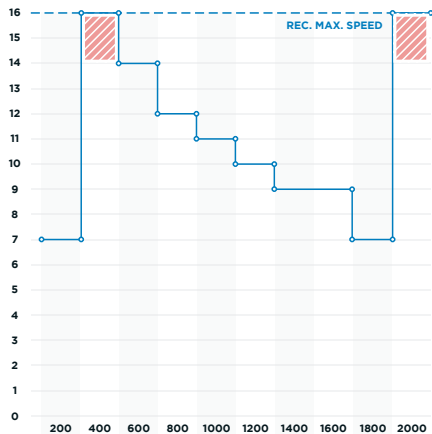
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



12. EXPLOSIVE SPRINT

PROGRESS PLAN

CATEGORY: Advanced

TYPE: Speed Only

DURATION: 12min 01sec

CALORIES*: ♂182 ♀155

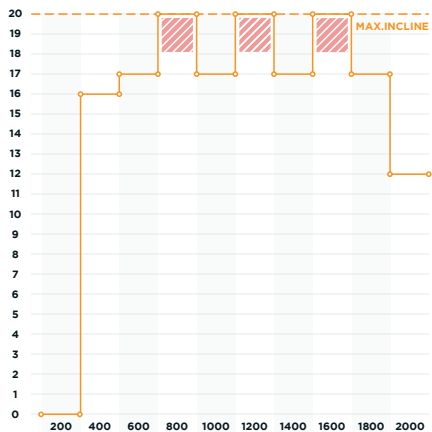
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



13. EVEREST CLIMBER

PROGRESS PLAN

CATEGORY: Advanced

TYPE: Incline Only

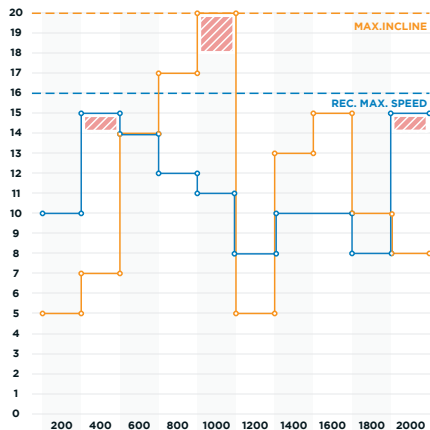
WORKOUT DESCRIPTION

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

PROGRESS PLAN

CATEGORY: Advanced

TYPE: Speed & Incline

DURATION: 12min 10sec

CALORIES*: ♂270 ♀226

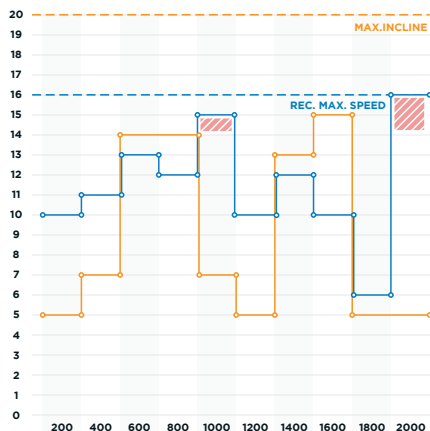
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



15. INTERVAL SPRINTS

PROGRESS PLAN

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.jiffitness.co.uk/programs/calculator

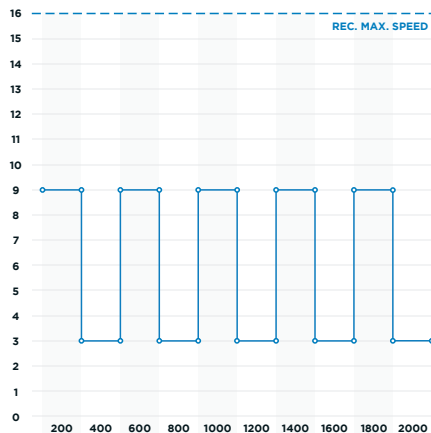
WARNING

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

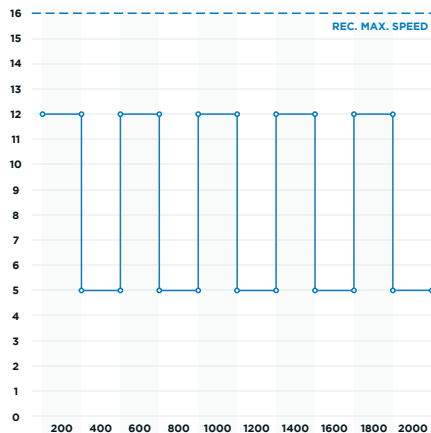
WORKOUT DESCRIPTION

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.jiffitness.co.uk/programs/calculator



17. INTERMEDIATE HIIT

HIIT

CATEGORY: Intermediate **TYPE:** Speed Only

DURATION: 17min 00sec

CALORIES*: ♂150 ♀125

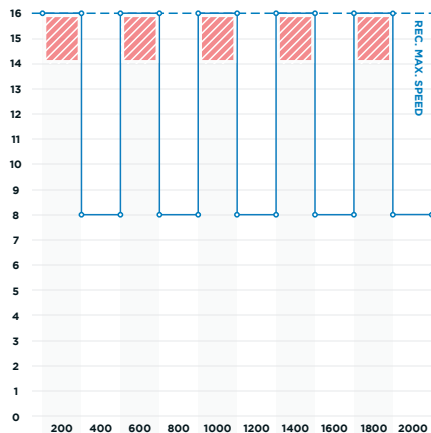
WORKOUT DESCRIPTION

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.jlfitness.co.uk/programs/calculator



18. ADVANCED HIIT

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

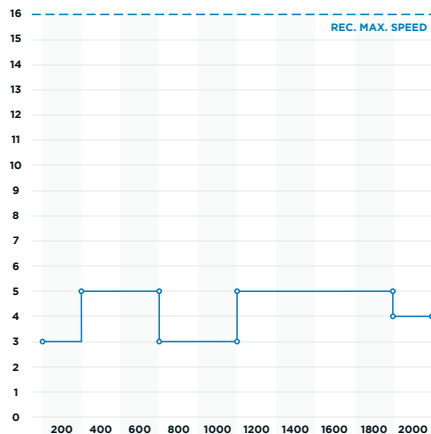
SECTION	1	2	3	4	5	6	7	8	9	10
SPEED	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h	16 km/h	8 km/h

* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jlfitness.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

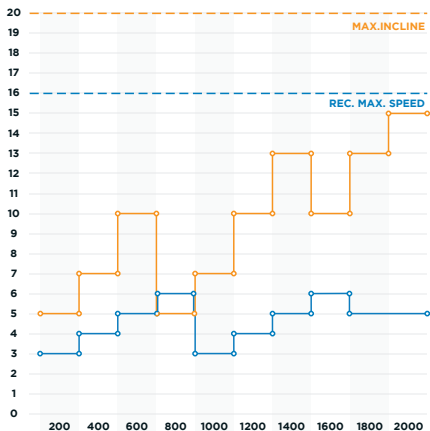
WORKOUT DESCRIPTION

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

WALKING

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!

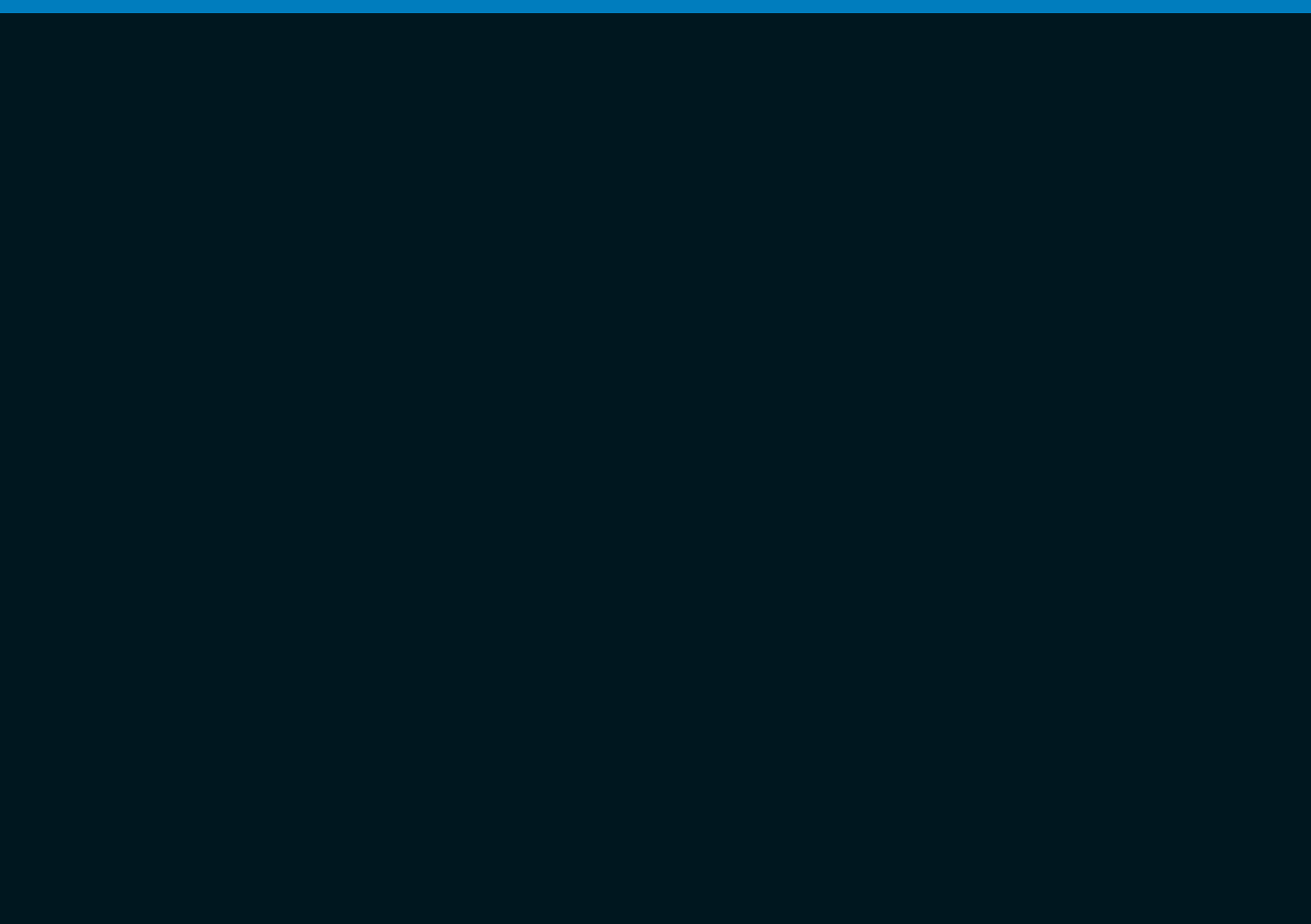
DETAILED TABLE

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

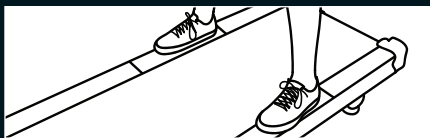
* Based on the average male and female weight in the UK. For a more accurate burned calories estimate, please visit www.jiffitness.co.uk/programs/calculator

For more information about our treadmill programs visit
WWW.JLLFITNESS.CO.UK/PROGRAMS

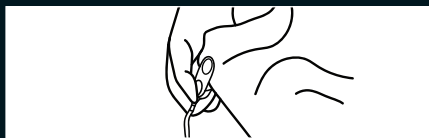
WWW.JLLFITNESS.CO.UK



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

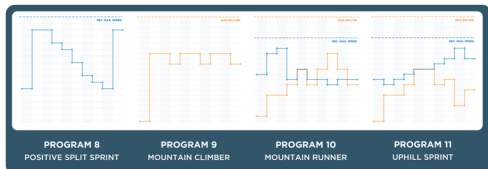


PROGRESS PLAN

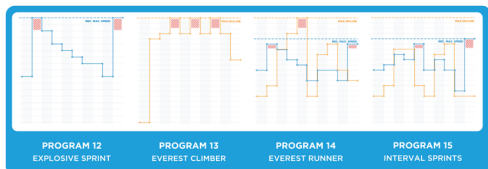
/
BEGINNER



//
INTERMEDIATE



///
ADVANCED



HIIT



WALKING

