

WALKTop™

fitneff TREADMILL DESK



FITTING GUIDE

General guidelines and checklist to help determine if the WalkTop will fit on your treadmill.

Thank you for considering a new WalkTop™ Treadmill Desk!

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Information in this guide is subject to change without notice.
Visit www.walktop.com for the latest updates to the Fitting Guide.

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Will The WalkTop™ Work With My Treadmill?

The WalkTop™ was designed to fit as many treadmills on the market as possible. There are literally hundreds, if not thousands, of treadmill makes and models sold over the last 20 years. As such, the exact fit depends on the make, model, and year of the treadmill. While we have done everything we can to accommodate as many treadmills as possible, some treadmills are more suitable than others. Depending on your treadmill, there may be a perfect fit, or there may be some workarounds that you should be aware of prior to purchasing.

In some cases, the controls are fully accessible at all times. In other cases, access to the controls may be partially obstructed. This is a design reality that cannot be avoided, but this does not mean that the WalkTop™ won't fit your treadmill or cannot be used. In these cases, the user may need to set the speed prior to starting by standing on the side rails of the treadmill and then begin walking.

IMPORTANT: The WalkTop™ is intended for slower paced walking, not running. Always set your treadmill to a walking speed and always remove the WalkTop™ before running or walking quickly.

Regardless of whether access to controls is unobstructed or partially obstructed, always use the safety tether provided with your treadmill so you can stop the treadmill quickly and safely. In all cases, you should be fully familiar with the location of all controls and the features of your treadmill prior to using the WalkTop.

General Treadmill Fitting Guidelines

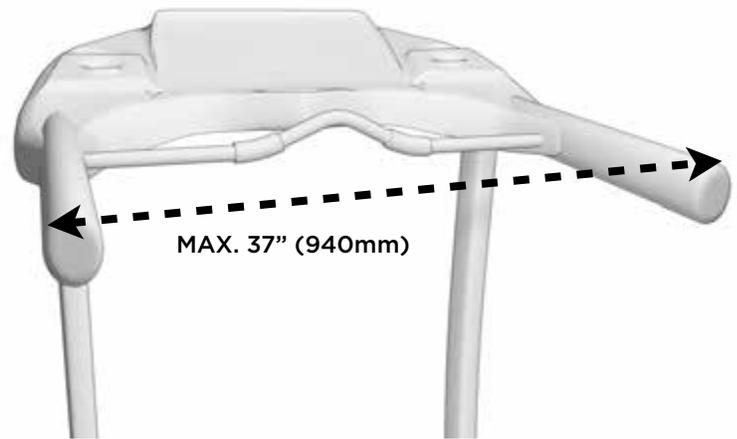
There are a few guidelines for evaluating whether your treadmill, or the treadmill you choose to purchase, will work with the WalkTop™. The following information should help you determine if there is a fit. If you are in doubt, please drop us an email and we will help you! We will ask you about your treadmill make and model, your height, and your comfort level with the functions of your treadmill. If the WalkTop™ is not right for you, we would rather help you determine that prior to purchase in order to respect your time finding an alternate solution that works for you.

Due to the sheer volume and variety of treadmill designs, these guidelines are just that - guidelines. We've done our very best to accommodate as many treadmill designs as possible. This guide should help you determine if there is a fit.

If you are ever in doubt, ask us! Send us a photo of your treadmill and we can help determine if there is a fit for you. We also have a 30 Day Money-Back Guarantee so you can try the WalkTop™ on your treadmill risk free.

1. The distance between the handrails

Measure the distance between the outside of the two handrails on your treadmill. The WalkTop™ supports up to 37 inches (940mm). The arm brackets can be rotated to provide maximum stability depending on the distance between the handrails.



2. The circumference of the handrails

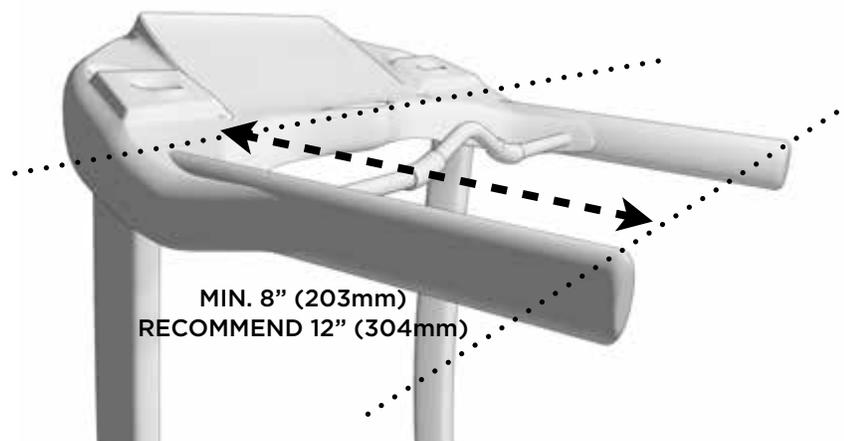
Measure the distance around the handrails of your treadmill. The WalkTop™ supports up to 12 inches (305mm) in circumference and a minimum of 4.75 inches (120mm) but may depend on the shape of the arms. If your treadmill arms are over this size, let us know and we can provide extension straps. If the circumference is smaller than the minimum, you may need to place something around the arms first.



* Extension straps are available for larger handrails.

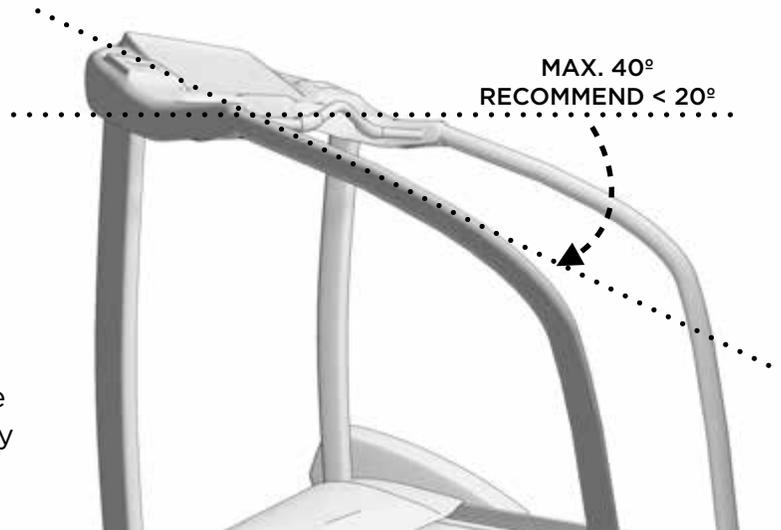
3. The length of the handrails and distance to console

The absolute technical minimum is 8 inches (203mm). However, depending on the height of the user and shape of the console this can sometimes lead to the WalkTop™ interfering with the console. Instead, we recommend at least 12 inches (304mm) from the front of the handrails to the console to ensure the best fit.



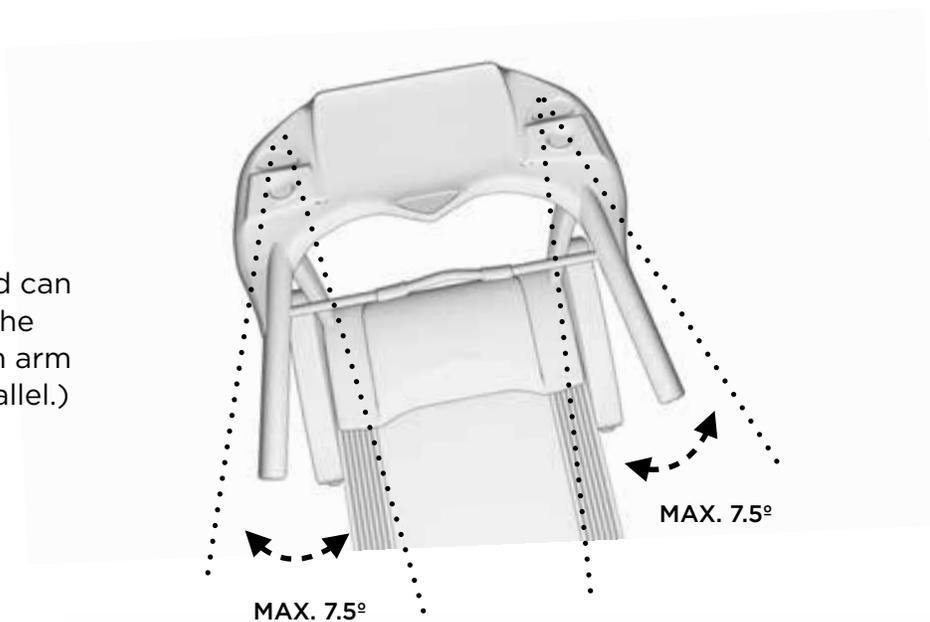
4. The vertical angle of the handrails

Most treadmills have handrails that are parallel to, or near-parallel to the floor. Some treadmill arms are set at an angle. The WalkTop™ may work with angled arms, however will not work well with treadmills where the arms are set at more than 20%. At 40%, there will be absolutely no height and angle adjustment available for the desktop.



5. Handrails that are not parallel

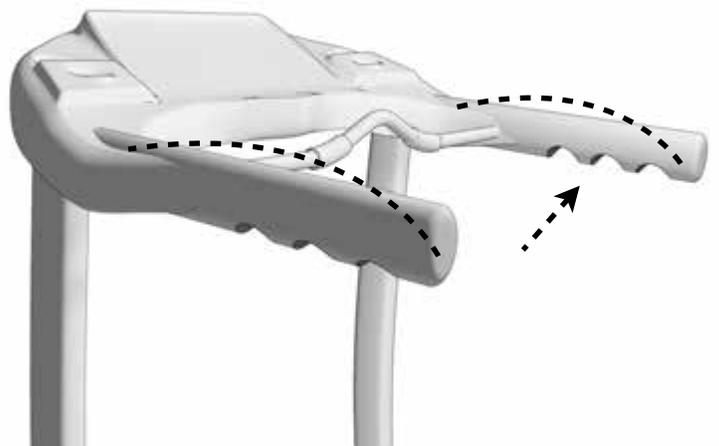
The handrails do not need to be completely parallel to each other and can angle inwards or outwards slightly. The maximum total angle is 15° (7.5° each arm either inwards or outwards from parallel.)



6. The shape of the handrails

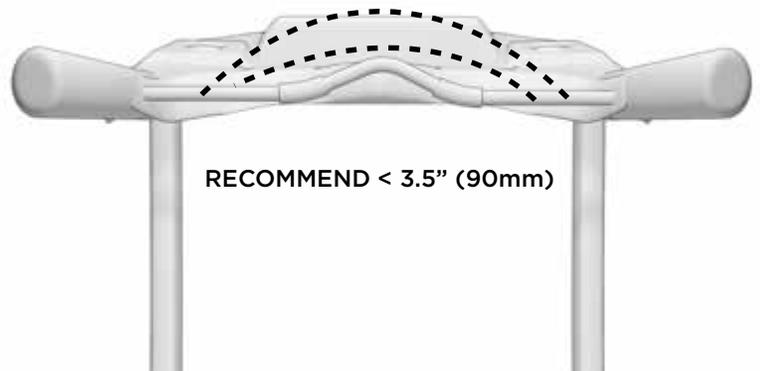
Some treadmill arms are not completely flat. Some curve upwards or downwards in the middle. This can most often be accommodated.

Some handrails have unique or irregular shapes on the bottom or top. The WalkTop™ was designed to fit irregular handrail shapes.



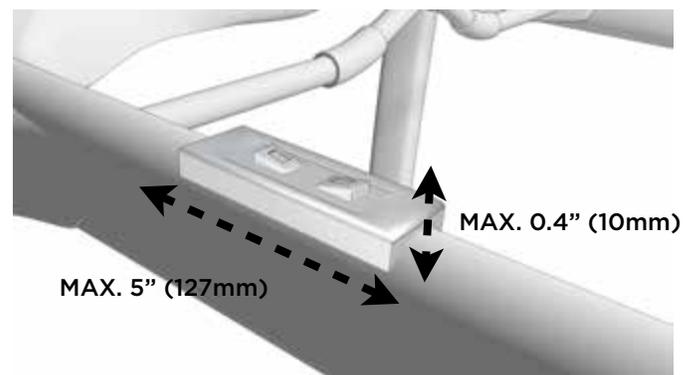
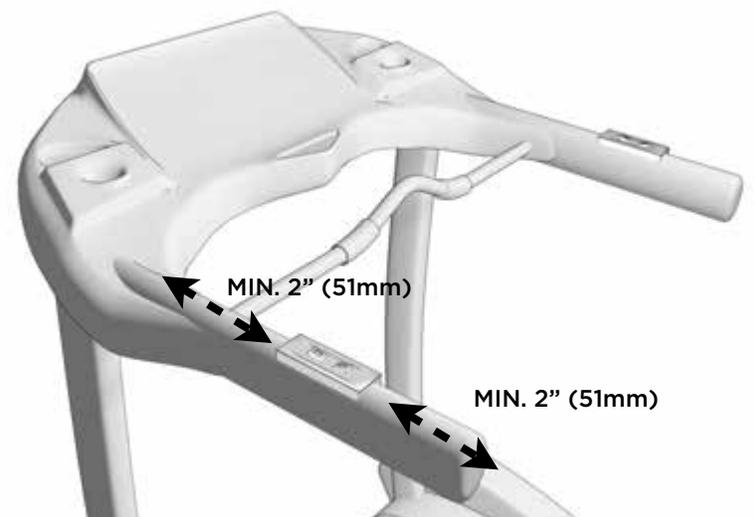
7. Heart monitors, cross bars, and other handles between the handrails

Some treadmills have heart monitors that sit between, and perpendicular to, the handrails. In many cases this can be accommodated, particularly if the cross bar doesn't rise higher than 3.5 inches (90mm) above the handrails. However, in some cases, the crossbar rises significantly above the handrails towards the user. These extreme cases may be accommodated but may be best for taller users because the desk height needs to clear the crossbar. The minimum height of the desktop can be no lower than the highest part of the crossbar and desktop incline settings may be limited.



8. Controls on the handrails

Some treadmills have speed and incline controls on the arms of the treadmill. The WalkTop™ arm brackets are designed to straddle the button controls on most treadmills. While this may block unobstructed access to those controls, the console usually has secondary speed and incline controls. To ensure that the controls on the arms are not in contact with the WalkTop™, the length of the controls cannot exceed 5 inches (127mm), and the height of the controls must be under 0.4 inches (10mm). A minimum of 2 inches (51mm) is required in front of and behind the controls on the handrails.



9. The placement of controls on the console

Each treadmill places controls in a different location. Often there are multiple methods to control speed and incline. Fully unobstructed access to the controls depends on both the treadmill and the height of the user. Always use the safety tether so that you can stop the treadmill immediately if required.



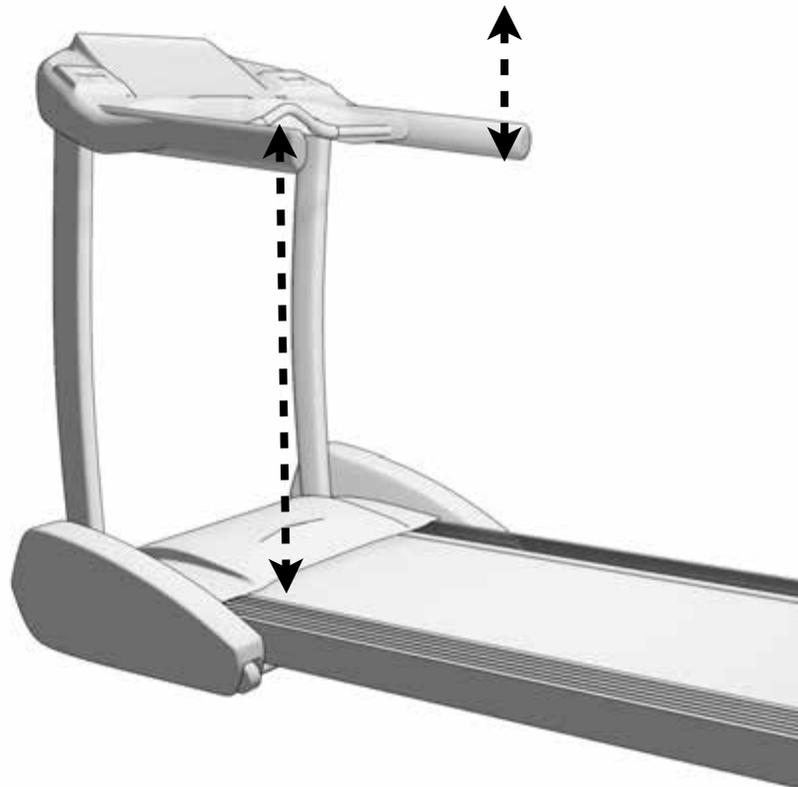
10. Your own height and the height of the handrails

The height of treadmill handrails varies. Based on perfectly flat arms at 0° angularity, the height of the desktop cannot be set lower than the top of the handrails plus 2.95 inches (75mm) or higher than 11.7 inches (297mm) above the handrails.

Measure the height of your treadmill handrails. Add 2.95 inches (75mm) for the lowest installed desktop height. Add 11.7 inches (297mm) for the highest installed desktop height.

Fully unobstructed access to the controls may be easier or more difficult depending on your height. Some may find it easier to reach above the desk to turn the treadmill on and off. Others may find it easier to reach under the desk. The desktop is clear to assist you in this task. Never over-extend, or attempt to reach further than you can while the treadmill is moving. If ever in doubt, use the emergency tether to stop your treadmill, adjust the speed and incline, and then resume walking.

MAX. DESKTOP HEIGHT FROM HANDRAILS 11.7" (297mm)
MIN. DESKTOP HEIGHT FROM HANDRAILS 2.95" (75mm)



Other Treadmill Selection Considerations

The WalkTop™ is designed to fit most existing treadmills, however there are other factors that may affect the selection of a good walking treadmill. In addition to the above fitting guidelines, look for treadmills with low RPM, high torque motors that support low starting speeds and high maximum user weights. Horse power, or Continuous Horse Power (CHP), is not always an accurate indicator of suitability. Manufacturers' methods of measuring and reporting CHP may vary.

Look for treadmills with longer tread belt. The width is less important, but treadmills with extremely short tread belts may not be suitable, especially for taller users. The length required is a function of the design and placement of the console as well as the natural stride length of the user.

Some treadmills support both incline and decline. While this is a fantastic new innovation, never set the treadmill to decline when using the WalkTop™. Lower walking speeds can increase load on the motor, especially at a decline. Setting the treadmill to a slight incline helps reduce load on the motor and also increases how much energy you use while walking!

IMPORTANT: Always maintain your treadmill to the manufacturers' specifications and have it serviced regularly.

How is WalkTop™ Different from Traditional Treadmill Desks?

Traditional treadmill desks are intended for long and extended periods of slow walking - some claiming up to 8 hours a day of continuous use. They consist of a walking treadmill that typically doesn't have handrails and a separate desk that can be adjusted up or down. The maximum speed on many is roughly 4 miles per hour, with some as low as 2mph.

When using the WalkTop™ you must also be walking at slow speeds however the safest optimal speed for slow paced walking is a function of your comfort with treadmill desks, what task you are performing, and largely the length of your legs and natural stride. Also, the WalkTop™ can be removed which allows you to safely enjoy all the functionality of a full-scale treadmill.

Ideally, you should change position frequently! Shift between sitting, standing, and walking. Keep in mind, there's nothing wrong with sitting. The goal is to reduce the hours we spend sitting, not eliminate sitting entirely. We recommend a 30 to 45 minute slow walk while working, then stop the treadmill and stand for 30 to 45 minutes, then return to sitting for 30 to 45 minutes. Changing position frequently is important for your body and also reduces continuous load on the treadmill motor.

This cycle of walking, standing, sitting repeated 4 times throughout the day results in 2 to 3 hours of walking, 2 to 3 hours standing, and 2 to 3 hours of sitting. At the end of the day, remove the WalkTop™ and enjoy a brisk 30 to 45 minute walk or run on your treadmill - something you can't do with a traditional treadmill desk. You'll be surprised how many miles you log using this technique. Your body...and your brain will thank you!



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