

Work While Walking

Make your day healthier and more productive.

Follow these simple instructions to safely use your iMovR treadmill desk.



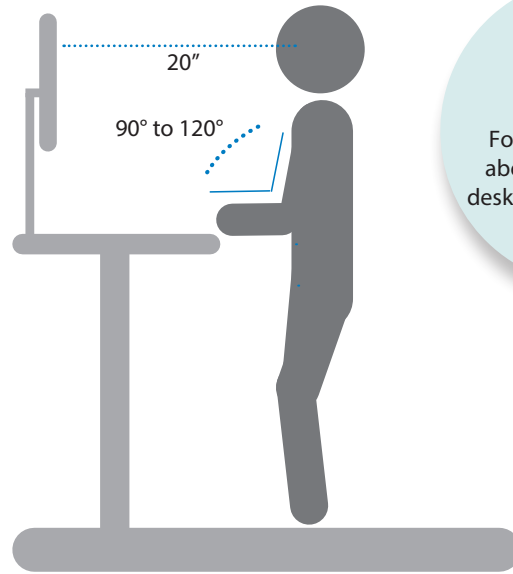
For more information about iMovR treadmill desks and other products, visit iMovR.com.

1 Get comfortable.
Make sure your clothes allow for movement. Wear low-heeled, comfortable shoes only.



2 Set the workstation to an ergonomic position.
Keep your elbows close to your body. Your wrists should stay straight.
Monitor should be horizontally centered with top at eye level and proper distance from you.

Desk top should be a few inches below elbow level.



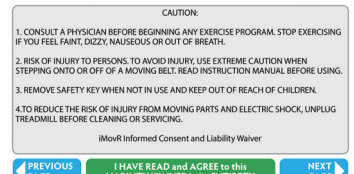
3 Check that the previous user has logged out.
If you see this screen, hit the "Exit" button. If you don't, proceed to the next step.



4 Select a user.



5 Agree to the liability waiver.



6 Select the "Walk" mode.



7 Adjust your walking speed.
We recommend starting at 1.2 mph and adjusting the speed higher or lower to find your ideal pace.



8 Stand on the side rails and then press the "Start" button.
The treadmill will gradually accelerate up to the set speed, at which time you can step onto the tread.



9 To pause or end a session, press the "Stop" button.
Make sure the treadmill comes to a complete stop before dismounting.



10 Log off the system by pressing the "Exit" button.
If you do not exit, your data will be preserved for the next user.

