

For complete information and instructions, refer to the *AlterG Pro Series Anti-Gravity Treadmill™ User Manual*.

## POWER ON

**Do not allow user to stand on treadmill during boot-up!**

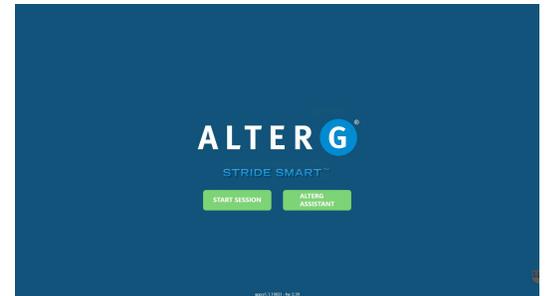
Begin when Welcome screen appears.



**Main**  
Press Power switch at front of treadmill.



**PC boot-up**  
Press PC button behind the pod with the red Emergency Stop button.



## START

**START SESSION**

Tap **START SESSION**.

**START CALIBRATION**

Tap **START CALIBRATION** and stand with arms folded.

**START SESSION**

When calibration is complete, tap **START SESSION**.

## ADJUST

**ALTERG** SESSION TIME 03:24 CALORIES 52 PACE 8:34 DISTANCE 0.36 HEART RATE 0

**Session screen real-time displays:**

- Incline** (0%)
- Body Weight** (90%)
- Speed** (7.0 mph)

Buttons: SESSION, VIDEO, GAIT, PAIN, ALTERG ASSISTANT, INCLINE %, BODYWEIGHT %, SPEED (MPH), PAUSE | STOP

**Workout session information**

**Adjust Incline**

**Adjust Body Weight**

**Adjust Speed**

**PAUSE | STOP**

## ACTIONS

SESSION, VIDEO, GAIT, PAIN, SELECT WORKOUT

*The following instructions are intended only for Pro Series models with these features.*

If the Video, Gait, Pain, or AlterG Assistant screen is displayed, tap **SESSION** to display the session screen (*shown above*).

Tap **VIDEO** to start live video of the user's feet movement on the treadmill.

Tap **GAIT** to open the gait analytics screen, which provides graphical feedback on the user's steps per minute, step length and stance time, and percentage of weight load on each side.

Tap **PAIN** to open the Pain screen, which allows the user to rate their degree of pain.

Tap **SELECT WORKOUT** to open AlterG Assistant. You can choose to use either the available pre-programmed workouts or custom workouts.

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## EMERGENCY EXTRACTION PROTOCOLS

Before using the Anti-Gravity Treadmill, read the entire User Manual, which can be obtained at [alterg.com](http://alterg.com) or by contacting our Service Department at +1.510.270.5900.

In the unlikely event that a patient becomes immobilized in the Anti-Gravity Treadmill, please refer to the urgent steps below to secure the situation before calling +1510.270.5900 or referring to [alterg.com](http://alterg.com) or the User Manual for more detailed instructions and next steps.

### IMPORTANT NOTES:

1. Do not unlock the oval support frame until you read further.
2. The treadmill belt on the Pro series does not lock in place, so secure it by holding your foot against it at the rear of the treadmill.

## EMERGENCY SCENARIOS

There are two likely scenarios in which a patient may require urgent help with getting out of the Anti-Gravity Treadmill:

### SCENARIO 1

The patient falls or becomes fatigued to the point of inability to exit the treadmill before the air chamber is inflated with air.

- Option 1:** If the patient can stand, stop the treadmill using the touchscreen controls or by pulling the red Emergency Stop button, and secure the belt with your foot. Help the patient exit the treadmill.
- Option 2:** Prevent the belt from moving by securing it with your foot. Remove the bag rods at the treadmill base.
- Option 3:** Prevent the belt from moving by securing it with your foot. Cut the air chamber, and help the patient exit the treadmill.

### SCENARIO 2

The patient becomes fatigued to the point of inability to exit the treadmill after the air chamber is inflated.

Reduce the body weight percentage to less than 40% and have the patient sit down in place until they re-gain their strength and are able to exit on their own.