



## Benefits of Treadmills

Infinity treadmills offer the user a motivational, smooth and reliable workout with padded running mats, bright and easy to read displays, variety of programs and the industry leading Full Circle Warranty.

## Benefits of Using Infinity Treadmills

- ✓ High calorie burner (weight loss)
- ✓ Use of the body's most natural motions
- ✓ The treadmill moves you and sets the pace which allows you to
- ✓ Keep going (great motivation)
- ✓ Motivational programs (to help you achieve your goals)
- ✓ Maintain bone mass (aids in preventing osteoporosis)
- ✓ Superb aerobic fitness (great for cardiovascular fitness)
- ✓ Relieves stress and produces endorphins (for overall health and well being)
- ✓ Lowers life threatening diseases such as heart disease, high blood pressure & diabetes
- ✓ Consistent running surface (no tripping from cracks and uneven footpaths)
- ✓ Not reliant on weather (rain, hail or shine)



Now available on the Sport Series treadmills. Like having a personal trainer at home!

*(not available with SS800)*



When you think of your muscles most people forget the most important muscle of all, the heart!

Treadmill exercising is a great cardiovascular workout, which means that the heart is getting a great workout while it works hard to pump oxygen to the muscles in order for them to work!



## Running & Walking Tips

Infiniti SS3000i



✓ If you are just starting out, check with your doctor before you begin any exercise regime.

✓ When you begin, start at a nice easy pace, do shorter workouts for a few weeks and increase the length and intensity as your fitness level improves.

✓ Treadmill workouts strengthen the muscles and combined with a good stretching program your muscles will not tighten up on you and cause cramping and undue and unnecessary amounts of pain. All Infiniti treadmill Owner's Manuals include a stretching routine.

✓ For the best results, be consistent with your exercise and implement your treadmill workout routine with a healthy, sensible diet for best results.

Remember to:-

- maintain proper posture, keep your head up, relax your neck and look straight ahead.
- Let your arms swing naturally at your sides and loosely cup your hands.
- Hold your tummy in and keep your hips relaxed and loose.
- Take steps that are comfortable for you, not too short or too long.
- Concentrate on your breathing, try to breath normally taking in deep smooth breaths.

A few good tips to help break any boredom whilst exercising on a treadmill are:-

- Listen to upbeat music, books on tapes or teaching tapes
- Chat with a friend on a treadmill next to you
- Watch yourself in the mirror to work on your posture and walking/running technique
- Watch your favourite television show or movie



**All with the industry  
leading Infiniti Full Circle  
Warranty**