

 **iGreenMill**



Before you start the training, do a warm-up.

You can walk, run and do many other exercises on the treadmill, but exercise that requires hands on rollers is not allowed.

For the first workouts on the treadmill, do all exercises holding on to the handrails of the device.

Start the exercises without holding the handrails when your body adjusts to the movements of the device, and you yourself feel confident and stable.

Keep all people at a safe distance from the machine during your training.

Before you start training, you should consult a doctor in order to monitor your health.

If you notice any faults in the device, stop training and contact the service.

www.igreenmill.com