

## INSTRUCTIONS FOR RECHARGING YOUR SLEDMILL CONSOLE



We Change Lives from the Core®

The SledMill® training console is designed to be self charging. The more you use the SledMill® the better the charge will be. In the event the battery is running low, the rechargeable lithium batteries can be charged via the external plug on the back of the console. This can be done while the console is still attached to the machine, or you can take it off for the process, whichever is more convenient for you.

You will need a Micro USB cable (not included) and either a portable power block, wall outlet, or a laptop to provide power. Most Android phones use this same kind of charger.

Simply plug in the cable to the port on the back of the console and allow the battery to charge for approximately 1 hour. When this is done you can unplug the cable (and return the console if you disconnected it) and everything should be charged up and ready to go.

### FRONT

### BACK



If there are questions during the process, PLEASE do not hesitate to call us and discuss! We are happy to assist and make sure that everything goes smoothly. Just call 866-219-5335 Option 5 and we'll be glad to help!

Call for details: **1-866-219-5335** Outside the US: **1-908-879-2713**

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