THE ABS COMPANY

# SLEDMILL DISPLAY CONSOLE MANUAL

We Change Lives from the Core®

The SledMill display console is the area in which the user views workout feedback and can adjust or modify workouts and display settings.

The SledMill display console utilizes an LCD screen and simple selection buttons that sit flush to the console. To activate the display, the user may either press the ON/OFF button (#1 located in the lower center of the console) or simply begin physical activity that moves the belt which will then turn the unit on.
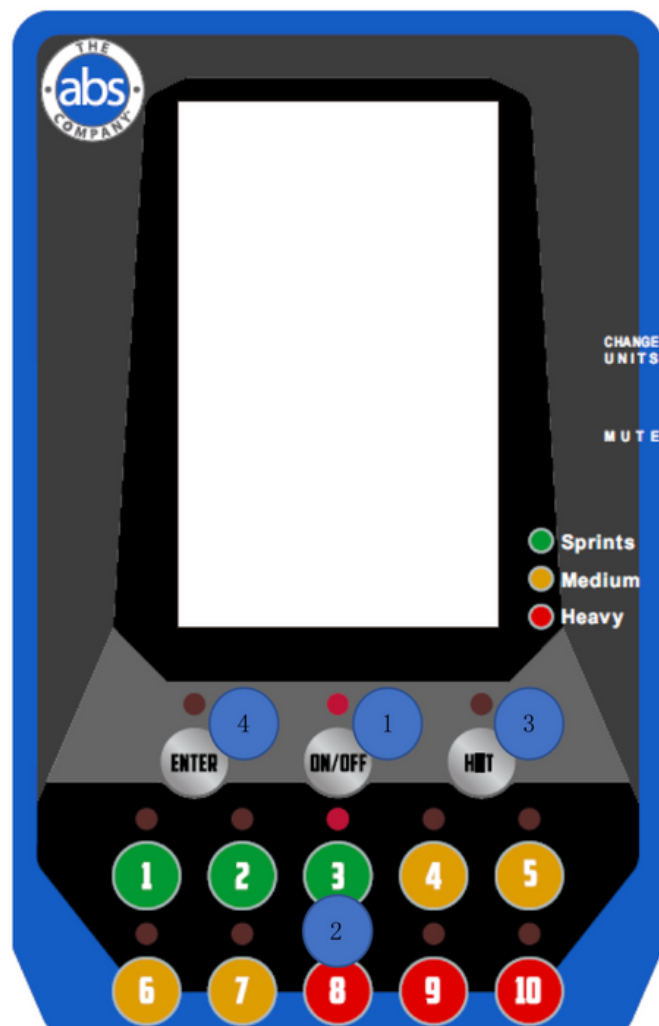
KEYS -
Operation of the console is simple with clearly laid out buttons for the most common activities.

1. **ON/OFF key** – switches on or off the display console.

2. **RESISTANCE LEVEL selection keys** – the key pad consists of 10 keys with each providing a set resistance level. Levels scale upwards from Level 1 to Level 10.

Levels 1 to 3 are resistances designed for Sprint style exercises.

Level 4 to 7 are resistances designed for medium exercises.

Level 7 to 10 are resistances designed for heavy exercises.

This chart indicates the equitable weight added to the sled for each level (in Lbs).

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
0	10	25	50	75	100	150	250	350	450

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

www.TheAbsCompany.com

The Abs Company, 8429 Lorraine Rd #362 , Lakewood Ranch, FL 34202

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3. **HIIT TIMER key** – by pressing this key, the user is taken to 1 of the 3 HIIT training timer programs. Each program runs for 4 minutes. The programs are:

Level 1: 10:20 seconds intervals (work:rest)
Level 2: 20:10 seconds intervals (work:rest)
Level 3: 30:30 seconds intervals (work:rest)

During the timer program, a beep will sound as each interval is competed. A longer beep will go off when the entire timer program is completed.

4. **ENTER key** – this key is used to select the desired HIIT timer program.

5. **CHANGE UNITS key** – this key is used to change the distance and speed units between English units and Metric units. The units are set in English as default.

6. **MUTE key** – this key switches the beep signal sound on and off.

READOUTS -
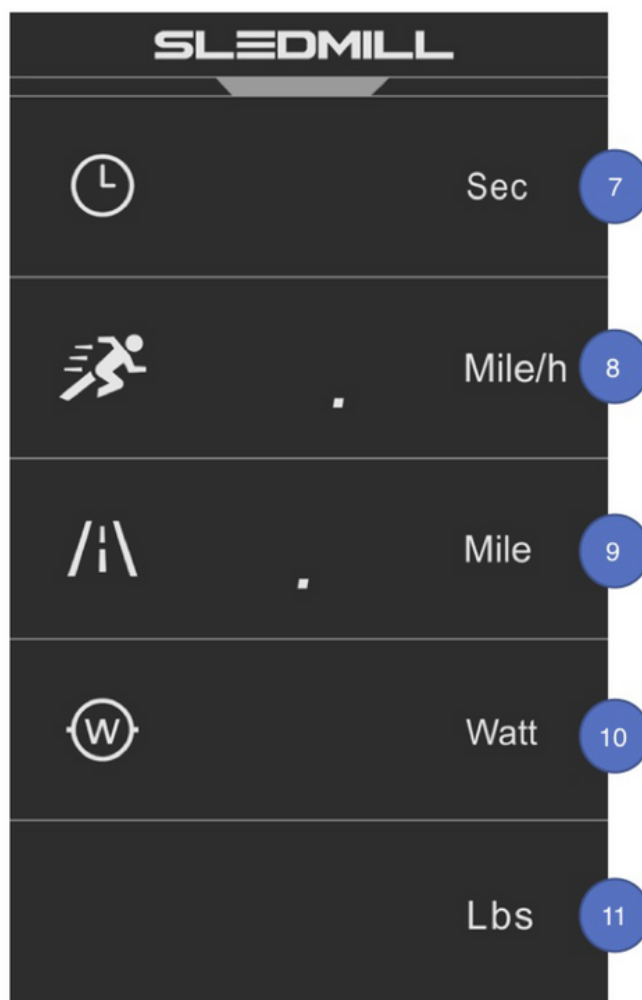
7. **TIME** – the Time readout shows the total amount of time in the workout. It also works as a work/rest timer during HIIT training by showing countdown of either work or rest interval.

8. **SPEED** – Speed is displayed in miles per hour, but can be switched to kilometer per hour by pressing the CHANGE UNITS key (button 5 on the side of the console). The SledMill has unlimited speed range.

9. **DISTANCE** – Distance is the total number of miles or kilometers travelled at the current time for the current session.

10. **WATT** – Watt is the estimated power output the user is creating during the real time workout.

11. **WEIGHT** – Weight shows the estimated sled weight the user is pushing at the current resistance level.