CLIMBING THE TREAD WALL

The tread wall is a 12-foot treadmill that enables you to simulate the action of rock climbing. Easy to use, the tread wall rotates downward as you climb, so you are never more than two feet off the ground.

There are many ways you can use the tread wall to achieve your fitness goals:

* For **strength training**, place the footholds and handholds randomly so that you will have to stretch and flex your muscles in many directions.
* For **cardiovascular conditioning**, adjust the footholds and handholds in a linear pattern, and climb at a steady pace for 15 to 30 minutes.
* For an **upper body workout**, use only your hands to pull yourself up. Use your legs for support.
* For a **lower body workout**, use only your legs to power yourself up.