

SKYWALL

OPERATING INSTRUCTIONS

PLEASE READ BEFORE USE

QUICK START

1. Press **START/STOP** to begin.
2. Press **SPEED MODE+** or **SPEED MODE-** to adjust speed.
3. Press **INCLINE+** or **INCLINE-** to adjust incline.
4. Press **START/STOP** to stop.

PROGRAM OPERATION

1. Select program (B-F) by pressing **MODE (A-F)**
2. Once desired program is displayed press **START/STOP** to begin.
3. Press **START/STOP** to stop.



EMERGENCY STOP

Emergency stop button located below console (large round red button).

Press button to stop Skywall.

To reset Skywall after emergency stop, twist button clockwise until button “pops” out.



PINCH POINTS

Pinch points located throughout the Skywall. Please locate pinch points and ensure users avoid these areas during use. Improper use can result in serious injury or bodily harm.



CAUTION

Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate to fitness level. Do not allow children or those unfamiliar with its operation on or near this equipment. Read the product owner's manual or consult a qualified instructor before operating this equipment. Improper use of this equipment can result in serious injury. If you feel pain, faintness, or dizziness, stop.