

# EXERCISE

# Treadmill

By Cathal Fanning

- **Description**
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- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

I'm going to show you how to use the treadmill. It's very different to just walking outside so there are a few things that you might need to take note of before you get going.

Make sure that the client is ready and happy to use the treadmill. Explain to them that, as I said, it's very different to walking outside, because the treadmill belt will **travel**, unlike outside where you are walking.

So that you can have your client start on the machine, make sure that the machine is completely stopped and there is nothing running - then ask your client to step on and stand towards the front of the treadmill. Once your client is at the front of the treadmill, a safety clip needs to be attached to them to make sure that they're happy.

(To Dom) So if you want to attach that one to the front there, then we're done.

Okay. This ensures that if anything goes awry, that if the client moves towards the back of the treadmill, that will pop out and stop the treadmill. And of course, then cease the exercise.

Once your client is happy, you'll ask them to hold onto the sides. This might be the first time they've used the treadmill. All treadmills are very, very different, so you just might have to be aware and get yourself used to the setup of the machine.

In this case, we have a simple start button - so I'm going to press "Start". It counts down from 3, 2, 1, and at that point, the treadmill will start moving.

Ask your client to just get used to the feel of the treadmill. And for some clients this might actually be as far as they go progressively.

At this point then, just check in with your client from time to time.

(To Dom) So Dom, at the moment, how are you feeling? Perfect.

In that case you can ask your client to gently increase the speed using the buttons on the front panel ("Speed" is on the right hand side) and just get themselves to a point where they would feel a comfortable walk.

Some treadmills are in kilometers per hour and some treadmills are in miles per hour. So again, this is something that you might have to consider when you are planning to use the treadmill.

(To Dom) So if we take ourselves up to a nice, comfortable walk ... and again, Dom, how are you feeling at this moment? Excellent.

Once your client is happy at this point, then increase the speed further still until they get to a point where they're starting to stretch their legs a little bit. Again, make sure that they're happy to do so.

(To Dom) So Dom, just increase your speed for me until you get to a point where you feel you're about to go into a run.

If your client at any point feels uncomfortable, just ask them to hold onto the sides or hold onto the front handles to make sure that they're safe. Perfect.

(To Dom) And Dom, at this point, how do you feel? If you were to go any further now, you'd start to feel that you'd go into a little bit of a jog? Okay, so we're just going to hold here for a few seconds.

It's also important to note that as you are doing this, step off and away from the treadmill to make sure that you can see different views of the client - make sure that their walking is efficient. You might need to correct their gait or the way that they're walking on the treadmill.

(To Dom) Okay, Dom? So what I'd like you to do now is take yourself up into a jog - a gentle jog.

Now this is quite a big step for some clients, so make sure that as they're taking themselves up into a gentle jog, that they do this progressively and just make sure that they're aware that they can hold onto the handles at any point.

(To Dom) How does this feel for you, Dom?

Depending on your client's goals at this point, you might be looking to add in some sprints. You might look to stay at a steady pace like we are now. Or if your client is very new to this, we might just stay at a walking pace.

There are other things that we might need to consider. There's also the incline, so we could change the variance of the way that the treadmill is on a flat or on a slight incline.

(To Dom) So Dom, at this point I'm going to ask you now, rather than increasing the speed, just increase your incline (just on the left-hand side here) and we're going to take it up to Level 3.

That might not look very different on the treadmill from a side-on view but in terms of how the client feels, it is going to feel quite a big increase in effort.

(To Dom) So how are you feeling at the moment, Dom? Perfect. Excellent.

We're just going to work for a further few minutes before slowly bringing ourselves down to a gradual halt.

(To Dom) Okay, Dom. So when you're ready, if you'd like to start to bring yourself down to a gradual halt. Start with the incline first, bringing that to a flat. And then as you feel comfortable and ready, start to reduce the speed.

And again, as they reduce the speed, they might be quite tired at this point. So make sure that, again, if they need to, they can hold onto the sides and just bring themselves to a steady-pace walk.

And then as soon as they feel ready, bring themselves to a gradual halt.

(To Dom) So press "Stop" as and when you feel ready and stop there ... wait for the belt to completely stop, because the treadmill might take a few seconds until it comes to a complete halt.

At that point, you just un-attach the safety hook and place it onto the side. Give your client a second, because sometimes it's a bit disorientating from when the belt stops before they actually step away from the treadmill.



# Main Muscles Involved

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- Thighs (quadriceps and hamstrings)
- Calves
- Glutes

