**Directions for the Treadmill Program**

When you first start it, 2 windows will pop up. The small one on top will ask you to enter your weight and gender; these are used for calculating calories burned. If you do not enter a weight, it sets the weight to 150. Once you hit Enter, the window will close.

The big window is the main interface of the program. The only button available to press initially is the big, red “On/Off” button. Press it. This will then activate the “Start” button, and turn the “On/Off” button to green. Once you hit start, the text fields at the top display the values of their respective labels. The rest of the button in the interface are now available, and should be self-explanatory. You can change the speed and incline of the treadmill, and there are options at the bottom of the interface that allow you to quickly change to one specific speed/incline. Once you start a run, you are not allowed to hit the “On/Off” button.

Once you are done running, hit stop. Immediately when you do this, another screen pops open, displaying your time, distance, and number of calories you burned while running. At the bottom of this window, you also have the option of creating a file containing your run data. If you choose no and hit enter, the window will close without creating it. You can then start another run, or turn the treadmill off.