Treadwall M6 Pro-V Owner's Manual

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TREADWALL M6 Pro

Complete Owners Manual

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INTRODUCTION

Vertical movement is a new category of training that works the whole body and mind together.

The Treadwall delivers a full range of workout opportunities - from a remarkable aerobic burn to an upper-body core and grip-strength workout that challenges the fittest athletes.

When introducing the wall, it is important that the staff understands how to unlock the potential benefits of this powerful fitness tool.

The owner's manual is designed to help managers, staff and trainers take full advantage of this equipment. This reference tool emphasizes the benefits of vertical movement with links and resources to help integrate the wall into fitness routines. In addition, there are incentive programs to help ramp up popularity and much more.

PRODUCT REGISTRATION

Record your serial number here:_____

Please visit *brewerfitness.com/OwnersManual* to register your new Treadwall with us.

You can also email us at sales@brewerfitness.com with your contact information and serial number to complete your product registration.

You must make sure to register your new Treadwall to receive service updates.

Safety Tips

WARNING - Read all instructions before assembling and using the Treadwall.

For Assembly:

Be careful when moving and installing larger Treadwall components, as they might require effort to lift and attach. Some steps require two individuals. Have a second person assist you during assembly and make sure to have two ladders on hand. Several of the heaviest components need to be lifted to the top of the machine.

For General Use:

Carefully read and understand the Treadwall Owner's Manual. Provide a general overview of the basic operations and usage to new Treadwall users. Do not place other equipment or any items in the fall zone or onto the floor mat of the Treadwall.

M6 Pro-V Specifications

Weight	1150 Pounds
Dimensions	83" wide x 72" deep x 128" tall
Width of climbing surface	6 feet
Length of climbing surface	20 feet
Number of hold Placements	280
Angle Range	3 Options: +5 degrees, vertical, -5 degrees
Electrical Requirements	9 V DC Plug-in Transformer
Electronic Display	Measures Distance in feet, time, and calories
Included Holds	40 custom training holds and 14 Ladder Line holds
Maximum Hold Size	2.5 inches high x 6 inches wide
Floor Mat	8' x 6' custom mat, 1.25" dual foam
Warranty	10 years on structural parts

Operating Instructions

INTRODUCTION

There are 2 primary controls to know about on the Treadwall M6.Pro-V

You can adjust the **speed** of the climb with the lever located on the right side of the machine, and you can view and track the stats on your exercise with the **digital counter** also on the right side of the machine.

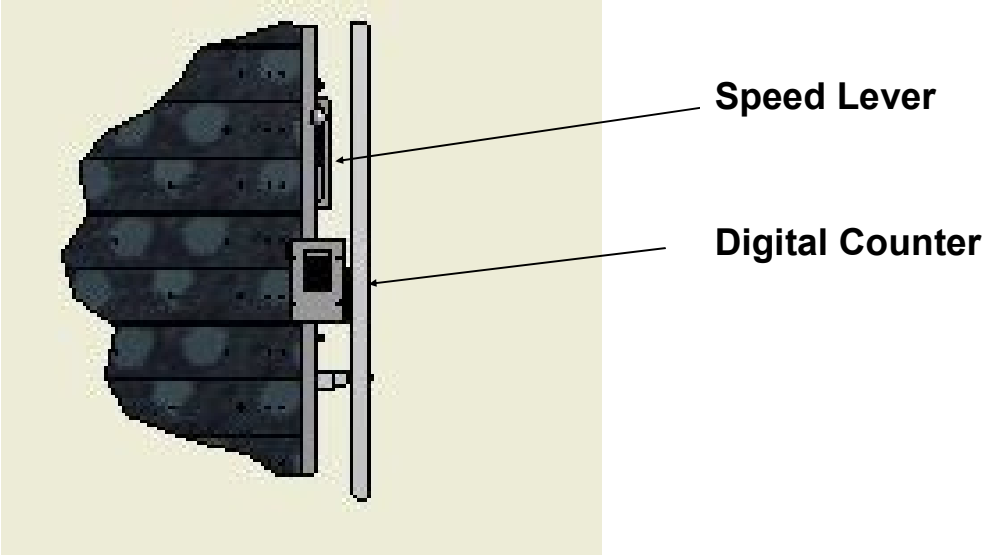
HOW THE TREADWALL WORKS

It's very simple, you can just hop on and climb! The weight of your body will move the wall downwards. With our auto-stop technology, if you stop climbing, the Treadwall will stop and wait for you. The Treadwall will not move unless you are on the wall and climbing upwards.

You can choose the angle of the wall during assembly, and change later by re-bolting the wall angle (10 minutes). There is a limited range of three options: slightly inclined (easier), vertical, and slightly overhanging (harder). Easier angles are great for aerobic workouts and focus on the lower body. Overhanging angles target upper body strength and really engage the core.

Use the digital counter to set goals, manage your progress, and track your exercises. The counter will begin automatically counting upwards when you start climbing, or you can set time

Control Mechanisms

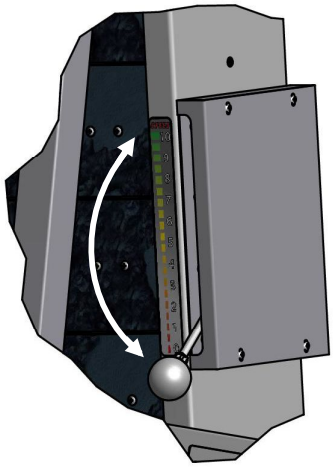


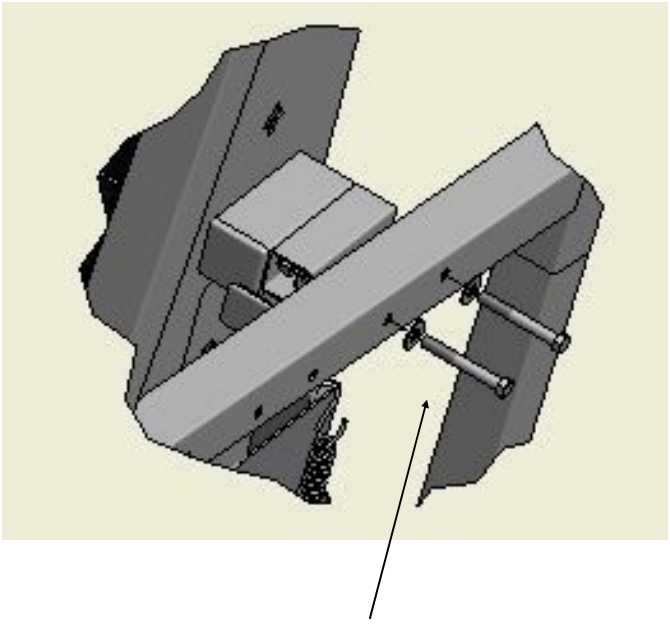
Operating Instructions

Speed Control

To control the speed of your climb you simply move the lever up and down. At the "0" setting the Treadwall will be completely stopped for most people or it may just barely creep downwards for heavier individuals. At speed "10" the wall is at its fastest and only requires about 50 pounds of weight to move. The ideal setting will be different for people of different weights.

Accurate current and average speeds are displayed on the counter in feet/min. or meters/min as required.





Angle Changing

The M6 Pro-V is a fixed angle unit: however you can reset the angle with 10 minutes work. There are three options: +5 degrees, vertical and –5 degrees.

To change the angle unbolt the four bolts that attach the channels to the side frames. A set of 9/16" wrenches are used. Swing the wall into the new position and re-bolt.

On each side there are two bolts attaching the frame to the channel blocks: Remove the plastic covers and using (2) 9/16" wrenched, un-bolt to change angles. Re-bolt securely.

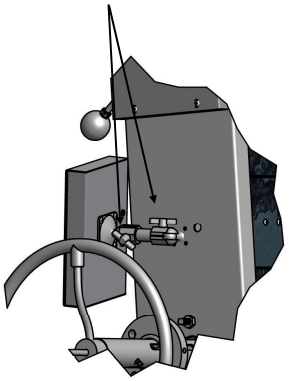
Operating Instructions

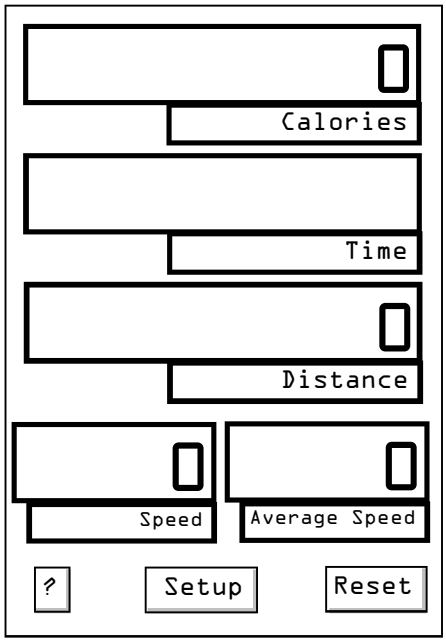
Digital Counter

The counter will start as soon as you begin climbing. It will pause if you rest for 5 seconds, and it will power down after 5 minutes of non-use. To turn the counter back on just start climbing, or tap the screen.

You can adjust the view angle by adjusting the small arm at the rear of the counter.

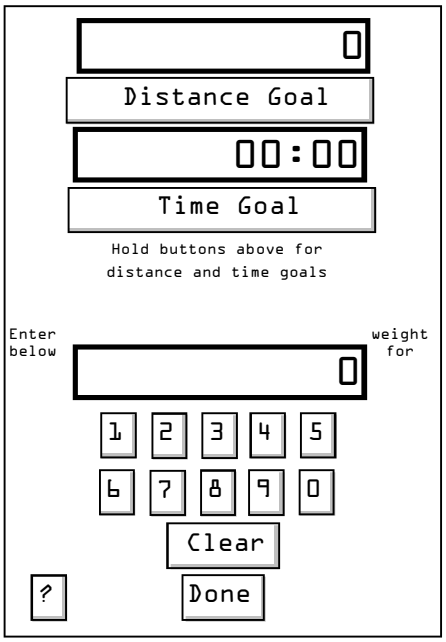
Adjustment knobs





Home Screen

The home screen shows real-time data for a single climb. When you pause for 5 seconds the counter will hold your data on the screen until you begin climbing again and then it will start from where you left off. To reset the counter for a new climber hit



Setup Screen

To set a distance or time goal tap or hold the buttons labeled "Distance Goal" or "Time Goal". The values will increase more rapidly as you hold the buttons down longer.

The number pad allows you to enter your weight for a more accurate calorie count. The default weight is 150 pounds. When you are satisfied with your goal, hit done and the value you selected will appear on the home screen.

You can only select a distance or a time goal, not both at once.

Operating Instructions

Installing the climbing holds—Route Setting!

Placing the climbing holds onto your Treadwall is called route setting, and the individual climbs you set up are called routes. On our website at *brewerfitness.com/routesetting,* you can download, adapt, and even create routes to use and share with others.

The standard set of Treadwall climbing holds comes with 40 holds. There are 13 easy green holds, 14 orange medium difficulty holds, and 13 red holds for the advanced user. You can set individual routes by only using hold of a given color, or you can set up the entire wall and label individual routes with colored pieces of tape.

If you want to try your own hand at route setting one of the most fun ways to start is to place holds almost randomly with one hold per panel. Alternate the color of the holds as you move from panel to panel. Then, try climbing a single color. If you find any move too difficult just move a nearby hold of that color to make the climb feel as hard or as easy as you like.

Assemble holds with a 3/8 bolt and a 5/16" Allen wrench

Climbing Hold Rules

There are 2 important rules to remember when purchasing and attaching holds for your Treadwall.

1. *Holds can not be more than 2.5" tall*, this is the projection from the climbing surface.
2. *Holds can not overlap two panels*, the panels must be free to come apart and together as they rotate around the Treadwall.

Making Your Treadwall a Success

Groundwork:
Staff should understand that vertical movement is a basic human activity, non-contrived and part of everyday life. It should be presented as a positive and accessible addition to the facility.

Climbing will often be perceived as challenging and intimidating activity. A staff locked into the value of vertical movement as a fitness tool is the key for changing this perception. Members should be actively encouraged to try the Treadwall and consider it for part of their workout routine. We have found that people who are initially hesitant often end up being the biggest Treadwall fans.

Choosing an Advocate/Integration

When the Treadwall is first installed, it will be an unfamiliar item. Climbing will be a relatively new training activity for most. We recommend that a staff person be chosen as the main advocate for the product's introduction period. This person might take on the following responsibilities:

1. Read through the manual thoroughly to become familiarized with the Treadwall operation procedures, use and set-up.
2. Formulate a plan to integrate this equipment into their classes, personal training or general usage.
3. Create fun ways to get you members hooked on Vertical Movement - challenges, competitions and incentives (such as our popular Everest Club program).

Set up a meeting with trainers to Establish Goals and Discuss Ideas:

1. Cross-training for sports that emphasize forearm strength such as martial arts, baseball, swimming and tennis.
2. Weight-loss programs. Focus on manageable goals, using easier positive angles. Emphasize smoothness over speed.
3. For Cardiovascular try 15 minutes once a week or every two weeks in place of a treadmill.
4. As a warm-up, especially for lifting. Suggest using ground-based training (hands only) for larger lifters.

Information for Your Staff

The Benefits of Vertical Movement: *Valuable Information*

Most fitness activities target isolated muscle groups, but vertical movement is different. Using a Treadwall provides a full-body, non-repetitive exercise that can be adapted by the user for different goals. You can customize the experience by adjusting the exercise patterns, angle of the wall and climbing speed.

In terms of focus and mental involvement, climbing has no peer. The activity requires constant decision-making and concentration. This promotes a quick motor response and muscle recruitment. Technique, balance and core strength interplay and climbers often develop a heightened sense of body awareness and confidence in their daily lives.

The Treadwall is very versatile. It can stand alone as a high- energy interval trainer, with longer workouts to develop endurance, or as part of a circuit routine with other equipment.

Customize it to suit YOUR needs and GOALS:

1) You should use the equipment yourself. Get a first-hand look at how the workout makes you feel, learning to access angle and speed to accommodate a range of abilities. Experience the benefits of vertical movement personally.
2) At first, clients might consider this equipment to be intimidating, but knowledge you can pass on to your members about training and benefits will help bridge the gap.
3) Check out all the different ways it can be used, experimenting with different hand grips, angles, speeds and body movement. Your personal experience and enthusiasm will engage the user. Be creative.

Encourage Members to Try It Out:

Introduce it at the easier positive angle first so that members can get familiar with the balance and motions involved. The workout on the Quick Start guide at *www.brewerfitness.com i*s a good place to begin.

Emphasize controlled, smooth climbing and attention to balance and footwork.

Suggest short workouts to start, which will complement their current workout routine.

Training Tips/Guidelines

Climbing is a progressive activity—there is a great deal to learn about balance and technique. The initial workouts should emphasize the fun and excitement of re-learning an activity that has roots in the earliest childhood years. As climbers progress and become more comfortable, they naturally and inevitably gravitate to the more challenging aspects of the sport.

Climbers love "problems" - climbing problems that is. They seek them out. They talk about them. They work on them—sometimes for months or even years. Few things in life are more satisfying than solving a tricky, elusive "problem" that initially seemed completely improbable if not downright impossible.

QUICK HINTS:

1. Start them **slow**. Remind about auto-stop sensor panel.
2. Focus on **Safety.** Don't jump off—ride it down. It will stop at the right height to step off .
3. Tell them they are **not very high** off the ground if they seem reluctant (focus on the padding below).
4. Mention the **benefits** of **Vertical Movement** so they are aware of **WHY** they should use the equipment.

Full-Body/Burn Calories/Lean Muscle/Core Strength/Balance

1. Refer www.brewerfitness.com/ownersmanual for downloadable versions of the **Quick Start** guide, printable Training Logs, resources for articles on the benefits of climbing etc.
2. Refer to our website for **full training program** ideas and short workouts.

Activities & Promotional Ideas

Elevation/Location

30' Typical street lamp
40' Height of the Parthenon
190' Niagara Falls (American Side)
302' Statue of Liberty
555' Washington Monument
607' Space Needle, Seattle
642' Top Span, Astrodome roof.
984' Eiffel Tower, Paris
1250' Empire State Building, New York
1454' Sears Tower, Chicago
2,717' Burj Khalifa (tower in Dubai)
3200' Angel Falls, Venezuela
4610' Mt. Vesuvius, Italy
5117' Devil's Tower, Wyoming
5267' Mt. Katahdin, Maine
6288' Mt. Washington, New Hampshire
7310' Mt. Koscivsko. high point in Australia
7569' El Capitan, Yosemite National Park
8842' Half Dome, Yosemite National Park
9570' Mt. Olympus, Greece
11245' Mt. Hood, Oregon
13766' Grand Teton, Wyoming
14161' Mt. Shasta, California
14495' Mt. Whitney, high point continental US
14692' The Matterhorn, Germany

Other Ideas:

1. Other distances : trail length (Appalachian), Body of Water Length (English Channel)
2. Weekly "Tread crew," meet up group
3. Bi-monthly Competitions using wall (Triathlon: Rower, Pool, Tread-wall) or other cardio pieces

Frequently Asked Questions

Q&A

How hard is climbing on the Treadwall?

Climbing on the Treadwall is as hard or as easy as you choose. The wall is customizable in difficulty by altering the speed, angle and route you follow.

How fast can I climb on the Treadwall?

The Treadwall is easily adjusted via the speed lever. In addition, the auto-stop system will keep pace with your stops and starts. We recommend starting off climbing at a slower controlled pace, focusing on smooth movement.

How does the Treadwall work?

The Treadwall operates by the weight of the climber. There are no electric motors. A hydraulic brake controls the speed of descent. The Treadwall cannot move after the climber steps off.

How long should I climb for?

This depends on your objectives. Test out various methods and take a look at our training section: www.brewerfitness.com/index.php/info/training

Will the hold pattern get repetitious?

Eventually, but it takes much longer that you might expect. The Treadwall has no beginning or end, and it continually presents you with new challenges and possibilities. It is simple to set holds in other places and change the climb completely.

Do I need special shoes to climb the Treadwall?

No. Any well fitted athletic shoe will do quite well. However, special climbing shoes are more enjoyable to climb in. Climbing shoes are very close fitting with a special flat sole of special 'sticky' rubber. They are quite expensive. Karate shoes are a good inexpensive alternative.

Can anybody use the Treadwall?

Almost anyone can perform vertical movement. Anyone with a serious physical problem should consult with their doctor, and people with very long fingernails should think twice. We also suggest taking off your rings before climbing.

Can you be too old to climb?

Maybe, but we have reports of people well into their 70s who enjoy climbing on the Treadwall. One climber 72 years old recently completed the Everest challenge (29,028 ft.) - for the second time!

Frequently Asked Questions

Does everyone like it?

Most people who try the Treadwall love it. Some of the biggest fans are people who start off saying "I don't think I'd like that." Everyone should be encouraged to give it a try.

I have never done that. Will it take me long to learn?

Never climbed? - not likely. Most children spend many happy hours climbing play equipment and trees. For adults, climbing on the Treadwall recaptures much of that simple joy and natural vertical movement.

What kind of bodies does Vertical Movement build?

Climbing and gymnastics are similar, promoting muscle tone, flexibility and endurance with increased agility and body awareness. Your body will respond by burning fat, creating a lean muscle structure and increasing bone density

Do serious climbers like the Treadwall?

Yes, it is a perfect endurance training tool, all the way from elite climbers to a novice.

General Maintenance

Maintenance Schedule

After The First Month:

- Check the drive chain to make sure that it is not loose. Tighten if necessary. (**Pg. 17).**
- Check and tighten holds if necessary. They may loosen more readily as the panels adjust to your gym.

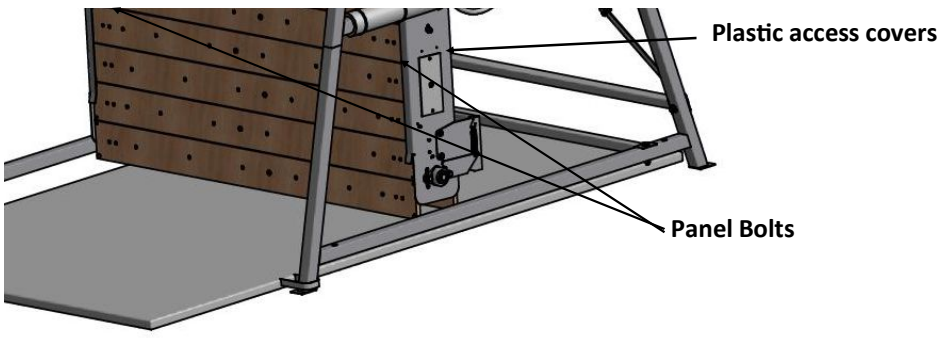
Every 6 Months:

- Lubricate the side channels (**Pg. 19)** —*This can be done more or less frequently depending on usage.*
- Clean the Climbing holds and set new routes. (**Pg. 19)**
- Wipe down and clean machine.

How to access the inside of your Treadwall

The Treadwall wall panels are bolted to a set of chains. These two chains form a continuous loop around the top and bottom axles. Each panel is attached to flanges mounted on the chains with 4 Philips head bolts and 3/8" lock nuts.

Rotate the wall so that the desired panel is lined up with the access hole. Remove the cover, then remove panel bolts and nuts. Rotate the wall downward and allow the panel to drop out at bottom. Multiple panels can be removed in a similar manner if necessary. Rotate the wall until the opening is at the height where service is required. Reverse this process to reattach the panel and cover up the access hole.



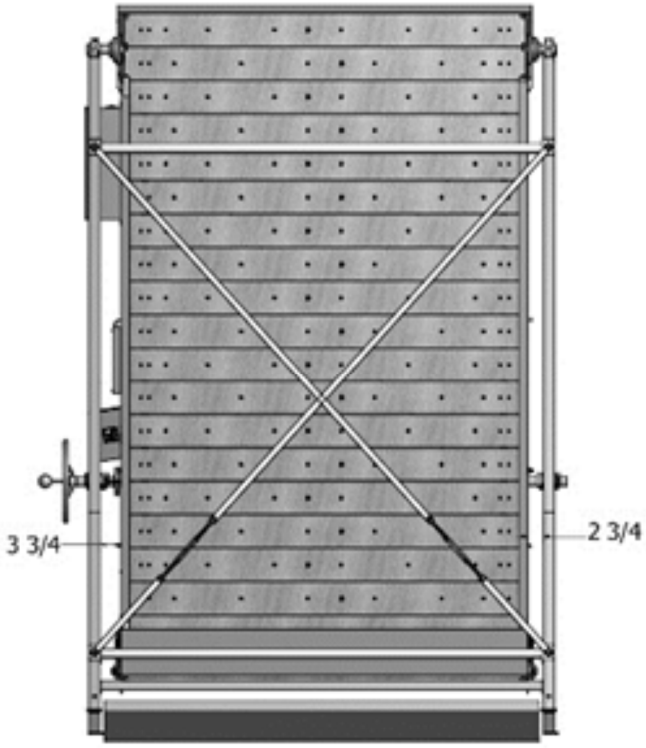
Service Instructions

Frame Alignment

Adjust to these dimensions if the wall appears too far to one side. The Pro-V is locked into the side frames, however if the whole wall appears tilted to one side you can re adjust the wall with the back x-bracing. You can use a level on the side frame to get the alignment vertical.

You will have to loosen one turnbuckle and tighten the other: the side that is tightened will be the side to which the wall is pulled.

Image shown is the Pro, however the system is the same on the Pro-V.

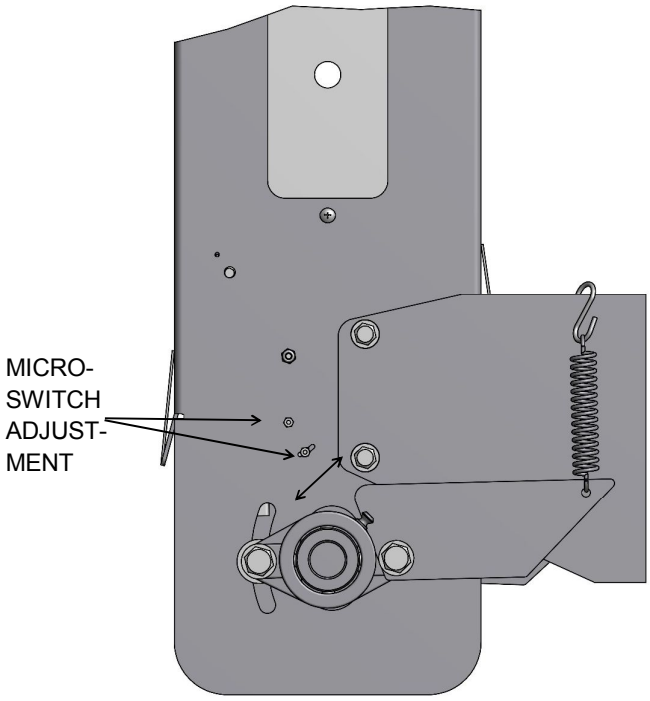


Service Instructions

Auto-Stop Adjustment

1. Loosen the two small nuts on the outside of the channel that hold the microswitch in place.
2. Adjust the microswitch by pivoting it around its upper mounting screw (see diagram).
3. Retighten the small nuts (not too much force – they are very small!)
4. Test the wall and re-adjust if necessary.

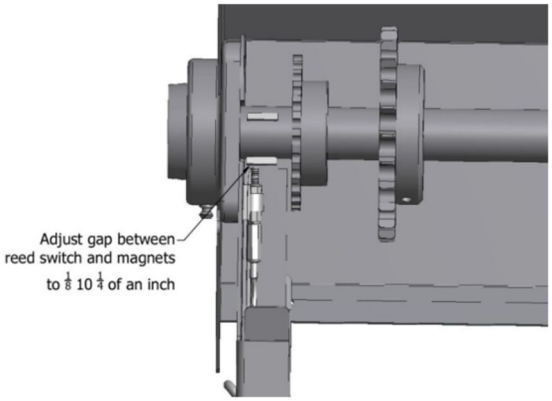
If the microswitch needs to be inspected further or replaced remove the plastic access hole cover and all nuts and washers from the microswitch. Reach inside of the access cover and unclip the electrical wire from inside the channel and pull the microswitch out.

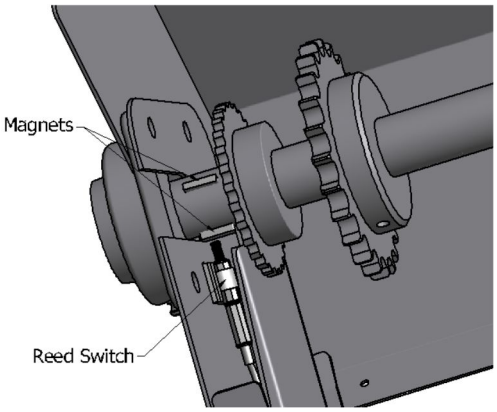


BOTTOM OF RIGHT CHANNEL

Counter Sensor Adjustment

1. Remove 1 or 2 panels
2. Rotate panel gap to reveal sprocket and sensor assembly on right side of machine.
3. Inspect sprocket and make sure that three magnets are present, they should be equally spaced around the shaft with the flat face of the magnet facing outwards
4. Inspect reed switch position, the tip should be 1/8 to 1/4 inch from the magnets.





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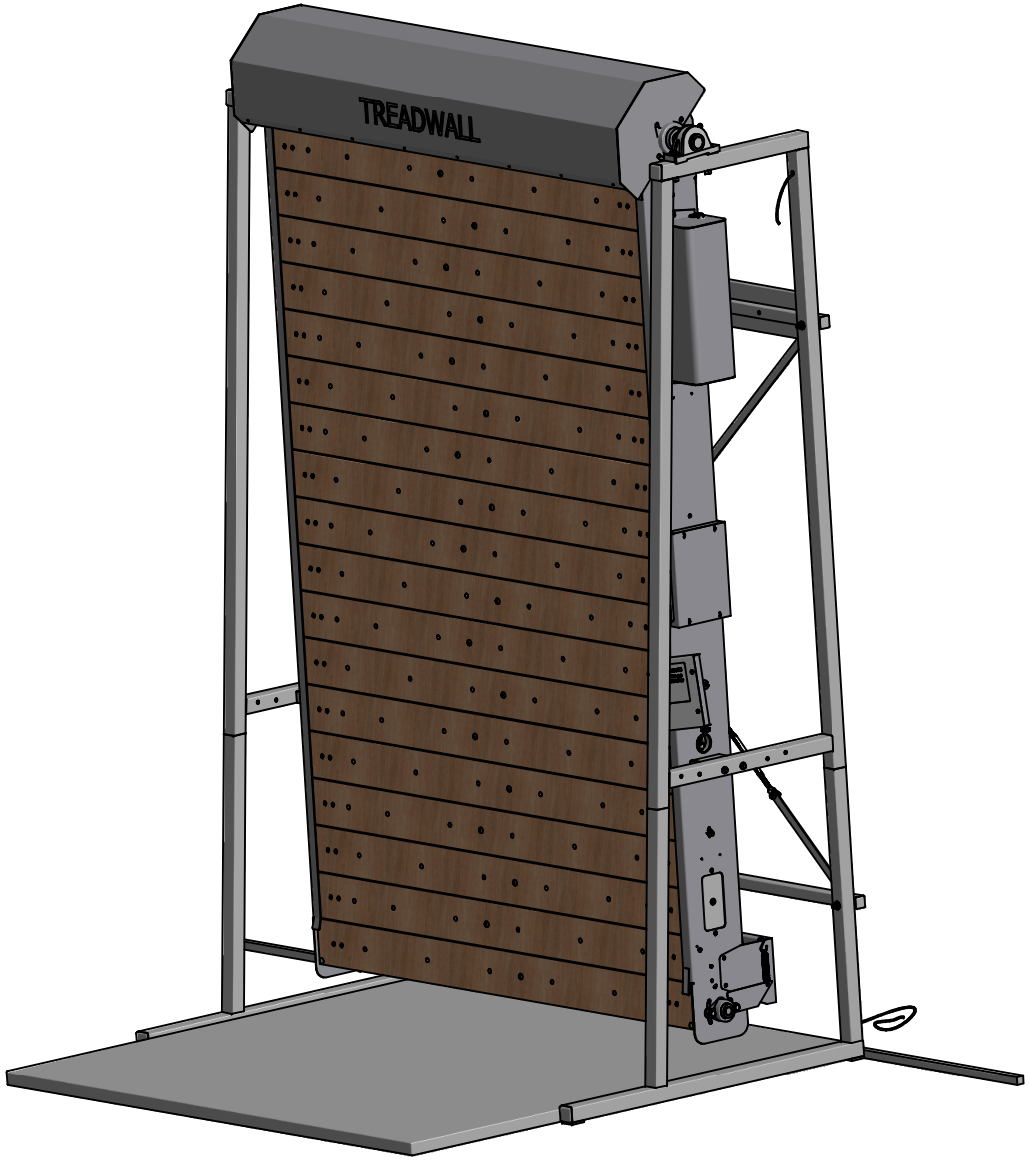
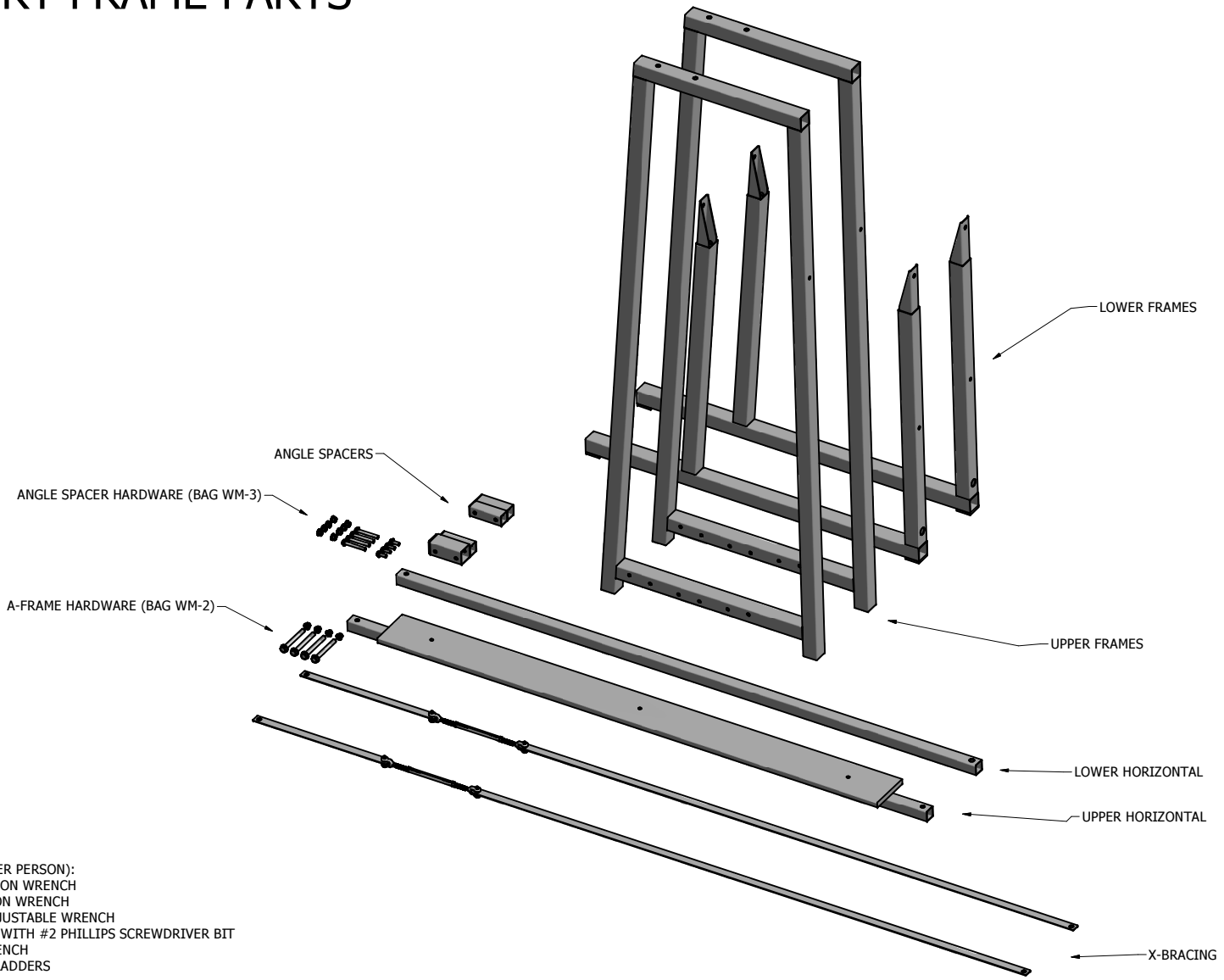
Warranty	10 years on structural parts

TREADWALL M6-V INSTALL AND SERVICE MANUAL



SUPPORT FRAME PARTS



TOOLS NEEDED (PER PERSON):
- 9/16" COMBINATION WRENCH
- 3/4" COMBINATION WRENCH
- MEDIUM SIZE ADJUSTABLE WRENCH
- CORDLESS DRILL WITH #2 PHILLIPS SCREWDRIVER BIT
- 3/8" SOCKET WRENCH
- (2) 8 FOOT STEPLADDERS

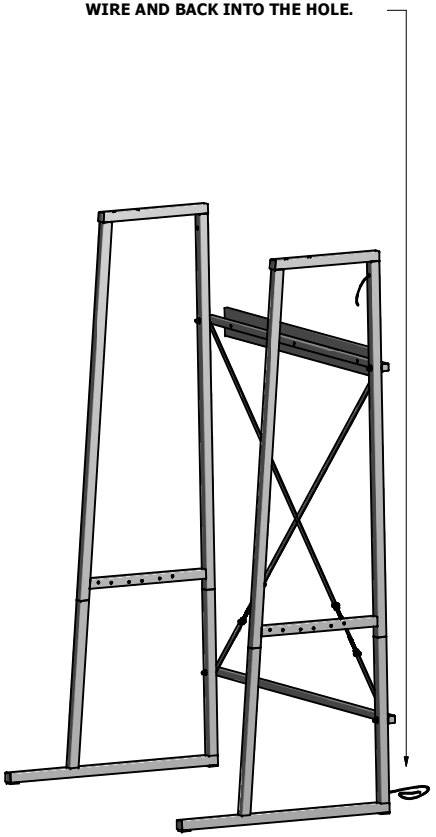
ASSEMBLE THE SUPPORT FRAMES

ASSEMBLING THE SUPPORT FRAME IS THE FIRST TASK. THE SIDE FRAMES ARE ASSEMBLED FIRST AND THEN ARE CONNECTED TOGETHER WITH HORIZONTALS AT THE BACK AND ADJUSTABLE X-BRACES TO MAKE IT RIGID.

ASSEMBLING THE SIDE FRAMES TOGETHER IS EASIEST IF THE LEFT FRAME IS LEANING UP AGAINST A WALL. CHOOSE AN ASSEMBLY AREA NEAR THE THE FINAL PLACEMENT. YOU WILL HAVE TO MOVE IT INTO PLACE AFTER ASSEMBLY.

NOTE THAT ONE OF THE TOP FRAMES HAS A WIRE. THIS IS THE RIGHT FRAME. WHEN YOU ARE ASSEMBLING THE RIGHT FRAME, DROP THIS WIRE DOWN THE BACK LEG OF THE BOTTOM FRAME AND FISH THE CONNECTOR OUT THROUGH THE LARGE HOLE AT THE BOTTOM AFTER PRYING THE PLASTIC PLUG FROM THE HOLE. IF NECESSARY, USE A PAIR OF NEEDLE-NOSE PLIERS OR A HOOK BENT FROM A PAPERCLIP TO RETRIEVE THE CONNECTOR.

THE PLASTIC PLUG HAS SLITS THAT ALLOW THE PLUG TO BE PUSHED OVER THE WIRE AND BACK INTO THE HOLE.

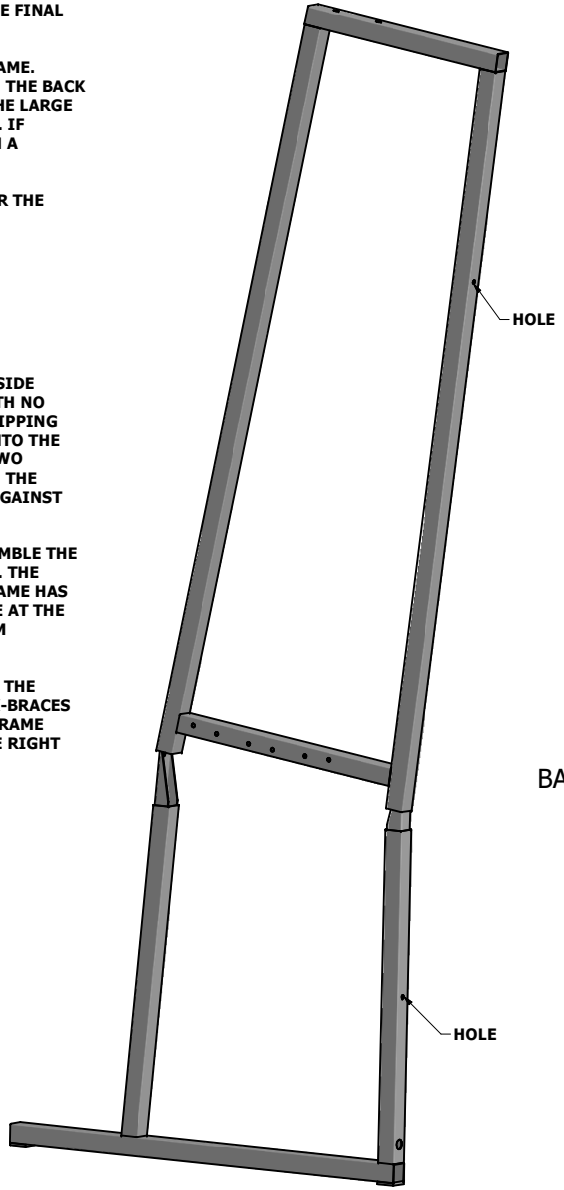


FINISHED SUPPORT FRAME ASSEMBLY

ASSEMBLE THE LEFT SIDE FRAME (THE ONE WITH NO WIRES) FIRST, BY SLIPPING THE TOP SECTION ONTO THE BOTTOM SECTION (TWO PERSON JOB). STAND THE ASSEMBLED FRAME AGAINST THE WALL.

BE CAREFUL TO ASSEMBLE THE RIGHT WAY AROUND. THE BACK OF THE TOP FRAME HAS A HOLE LIKE THE ONE AT THE BACK OF THE BOTTOM SECTION.

WAIT TILL YOU HAVE THE HORIZONTALS AND X-BRACES ATTACHED TO THIS FRAME BEFORE YOU PUT THE RIGHT FRAME TOGETHER.



ATTACH THE HORIZONTALS AND X-BRACING TO THE SIDE FRAME WITH LONG BOLTS, WASHERS, LOCKWASHERS AND NUTS.

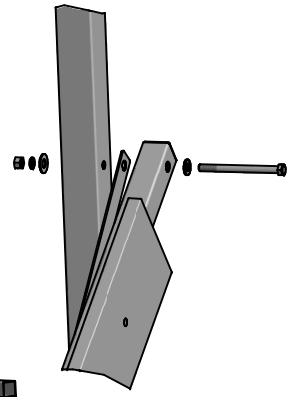
NOTES:

THE HORIZONTAL WITH A BOARD ATTACHED IS AT THE TOP.

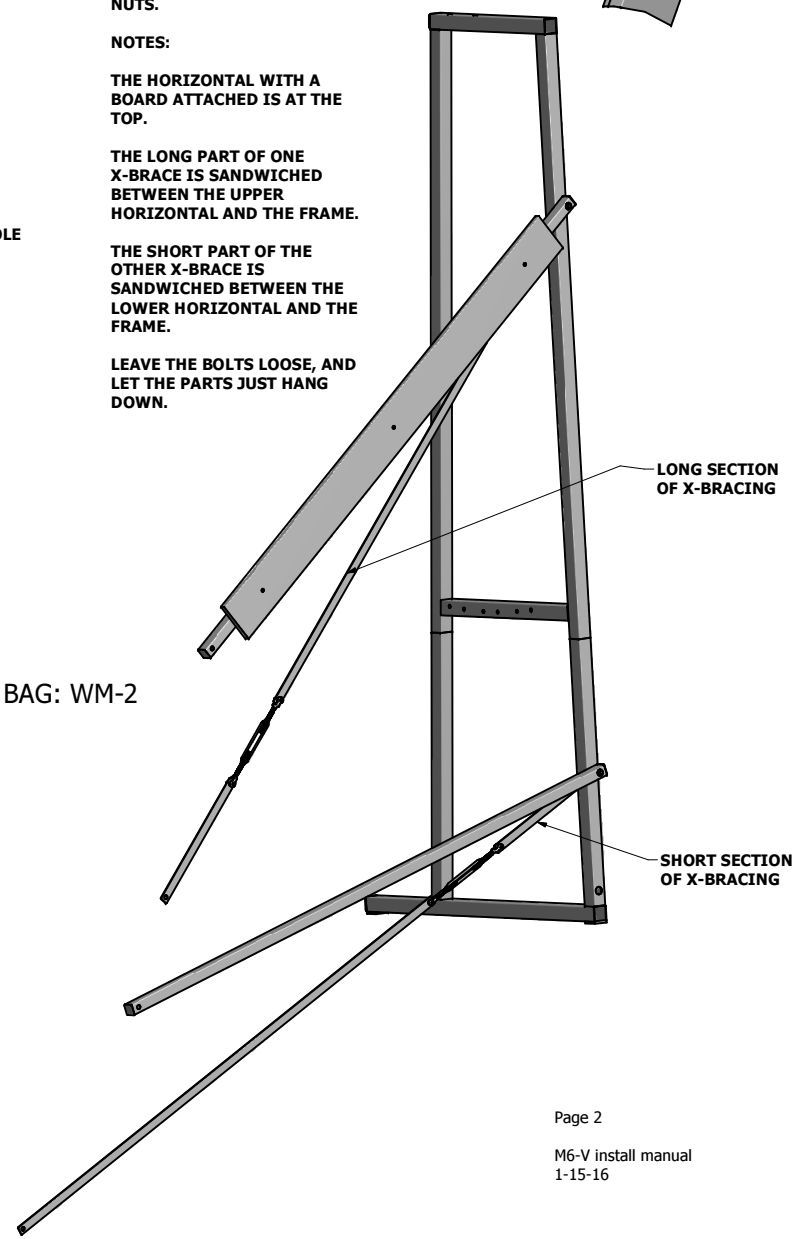
THE LONG PART OF ONE X-BRACE IS SANDWICHED BETWEEN THE UPPER HORIZONTAL AND THE FRAME.

THE SHORT PART OF THE OTHER X-BRACE IS SANDWICHED BETWEEN THE LOWER HORIZONTAL AND THE FRAME.

LEAVE THE BOLTS LOOSE, AND LET THE PARTS JUST HANG DOWN.



BAG: WM-2



FINISH AND POSITION FRAME ASSEMBLY

ASSEMBLE THE SECOND SIDE FRAME AND COMPLETE THE ASSEMBLY AS SHOWN.

TIGHTEN THE TURNBUCKLES EVENLY AND TIGHTLY, ADJUSTING SO THAT THE TURNBUCKLES END UP BEING THE SAME LENGTH.

ONCE THE TURNBUCKLES ARE TIGHT, THE FRAME WILL BE RIGID.

POSITION THE FRAME IN ITS FINAL LOCATION, AGAINST A WALL.

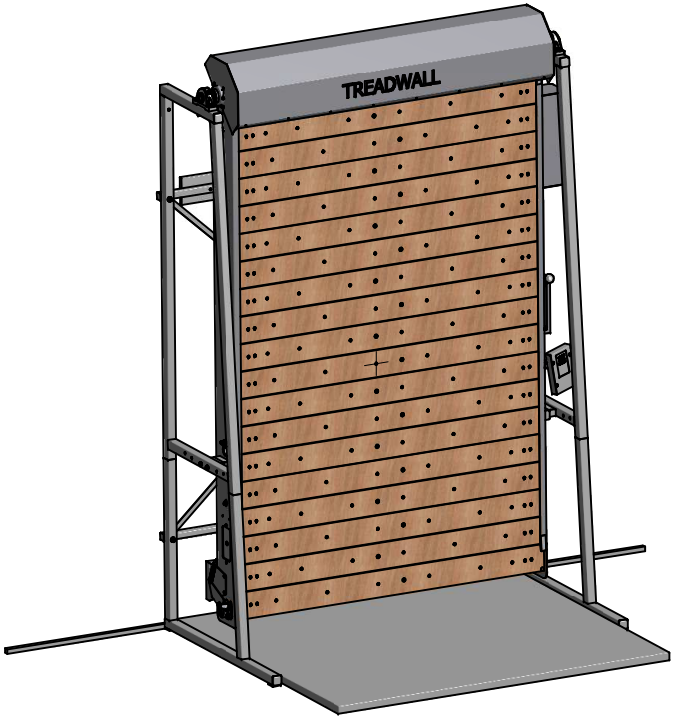
IT IS IMPORTANT THAT THE TREADWALL REMAIN AGAINST A BACKING WALL. THE WOOD PANEL AT THE TOP HORIZONTAL IS DESIGNED TO BE ATTACHED TO THE WALL WITH APPROPRIATE FASTENERS IF THERE IS ANY POSSIBILITY THAT THE MACHINE WILL MOVE AWAY FROM THE WALL.

IF THE FLOOR IS HARD AND SHINY, THE MACHINE CAN CREEP OUT FROM THE WALL DURING USE. IF THERE IS ANY CHANCE OF THIS HAPPENING, ATTACH THE BOARD TO THE WALL WITH APPROPRIATE FASTENERS. IF THE FLOOR IS SOFT - FOR EXAMPLE RUBBER OR PADDED - THIS MAY NOT BE NECESSARY.

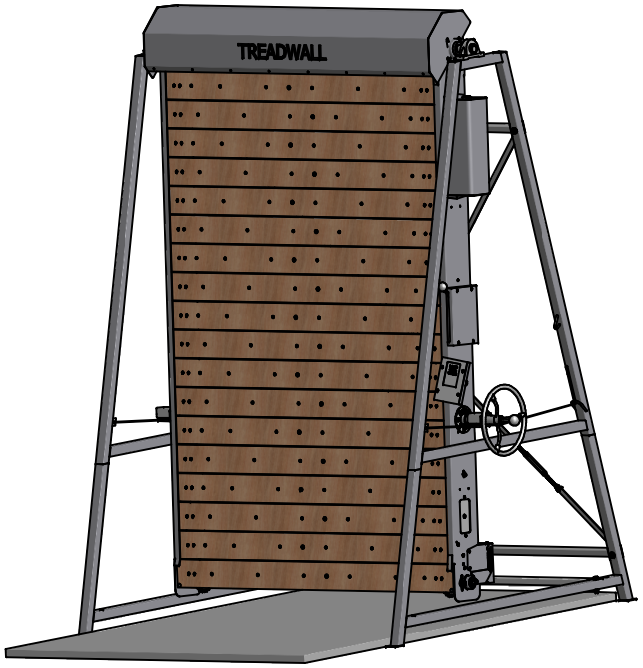
NOTE:

INSTALLATION OF THE MODEL M6-V TREADWALL CHANNEL AND PANEL COMPONENTS IS VERY SIMILAR TO THE MODEL M6-PRO TREADWALL. ON THE FOLLOWING PAGES, MANY OF THE ILLUSTRATIONS ARE TAKEN FROM THE M6-PRO MANUAL AND SHOW THE COMPONENTS MOUNTED ON AN M6-PRO SUPPORT FRAME.

ALTHOUGH THE FRAMES ARE DIFFERENT, THE INSTRUCTIONS ARE THE SAME FOR THE M6-V TREADWALL.

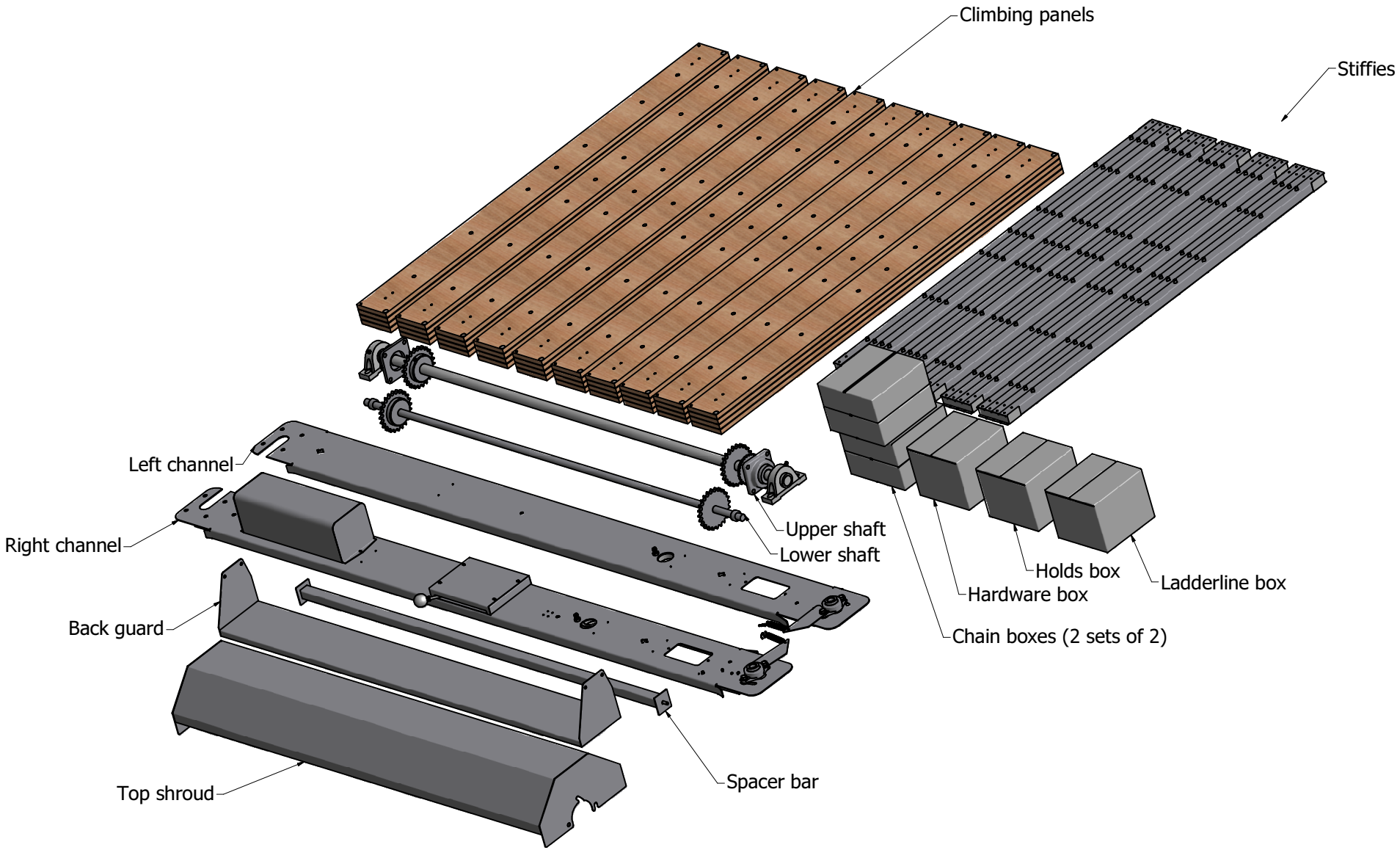


TREADWALL M6-V

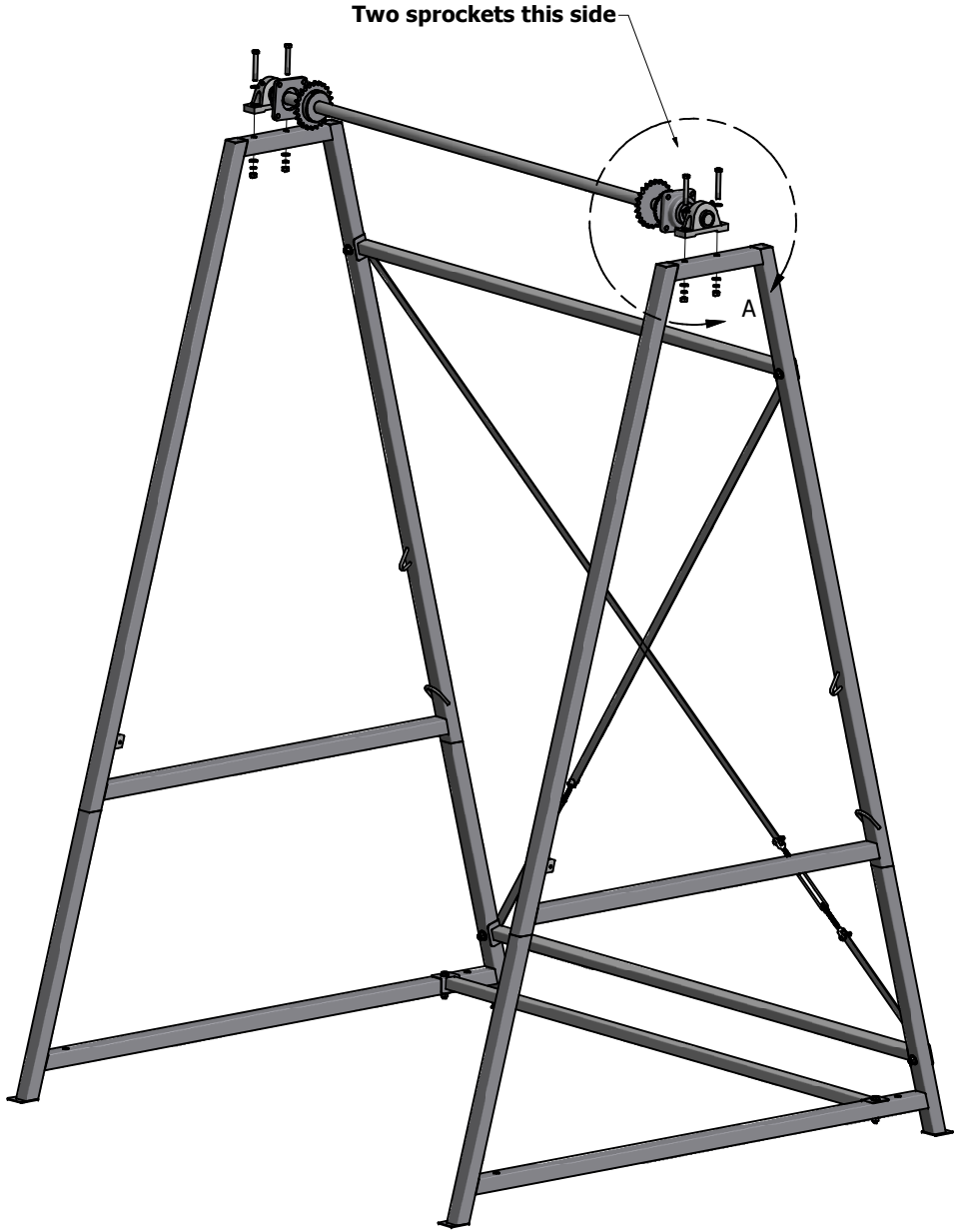


TREADWALL M6-PRO

Treadwall WM channel assembly parts

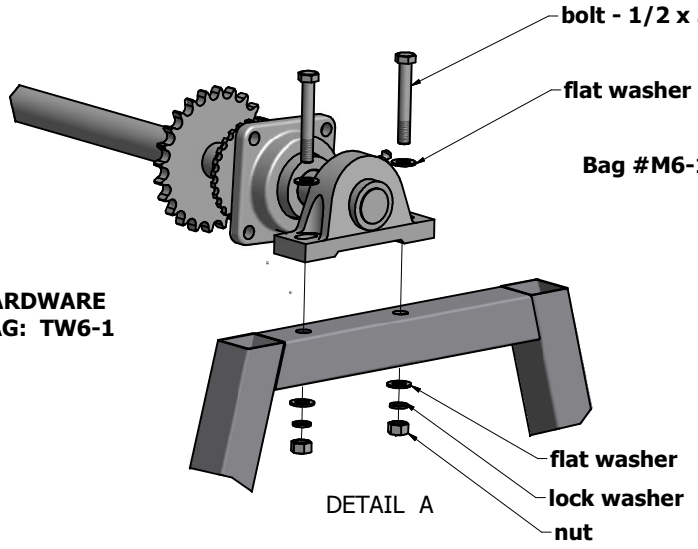


Install the main shaft

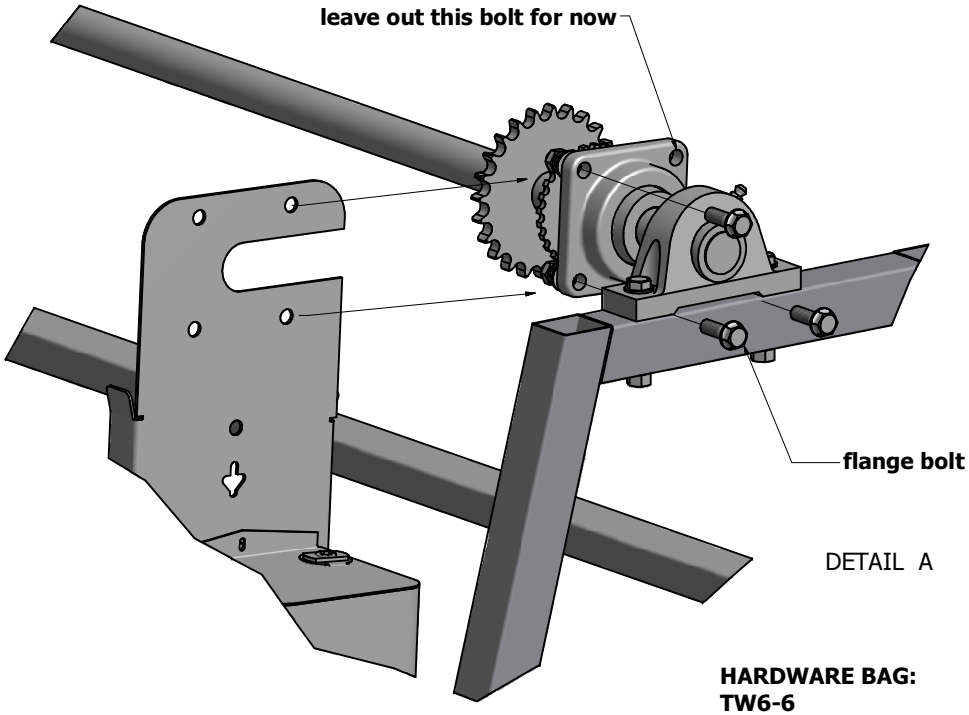


The next few steps involve lifting and installing parts at the top of the Treadwall. This is about 9 feet off the ground and some of the parts are quite heavy and awkward. You should have two 8 foot stepladders and two people for this part of the installation.

Position your ladders inside the front of the A-frame and lift the main shaft into position. Note that the end with two chain sprockets goes to the right. Install the shaft at the top of the A-frame with four bolts.



Install the channels



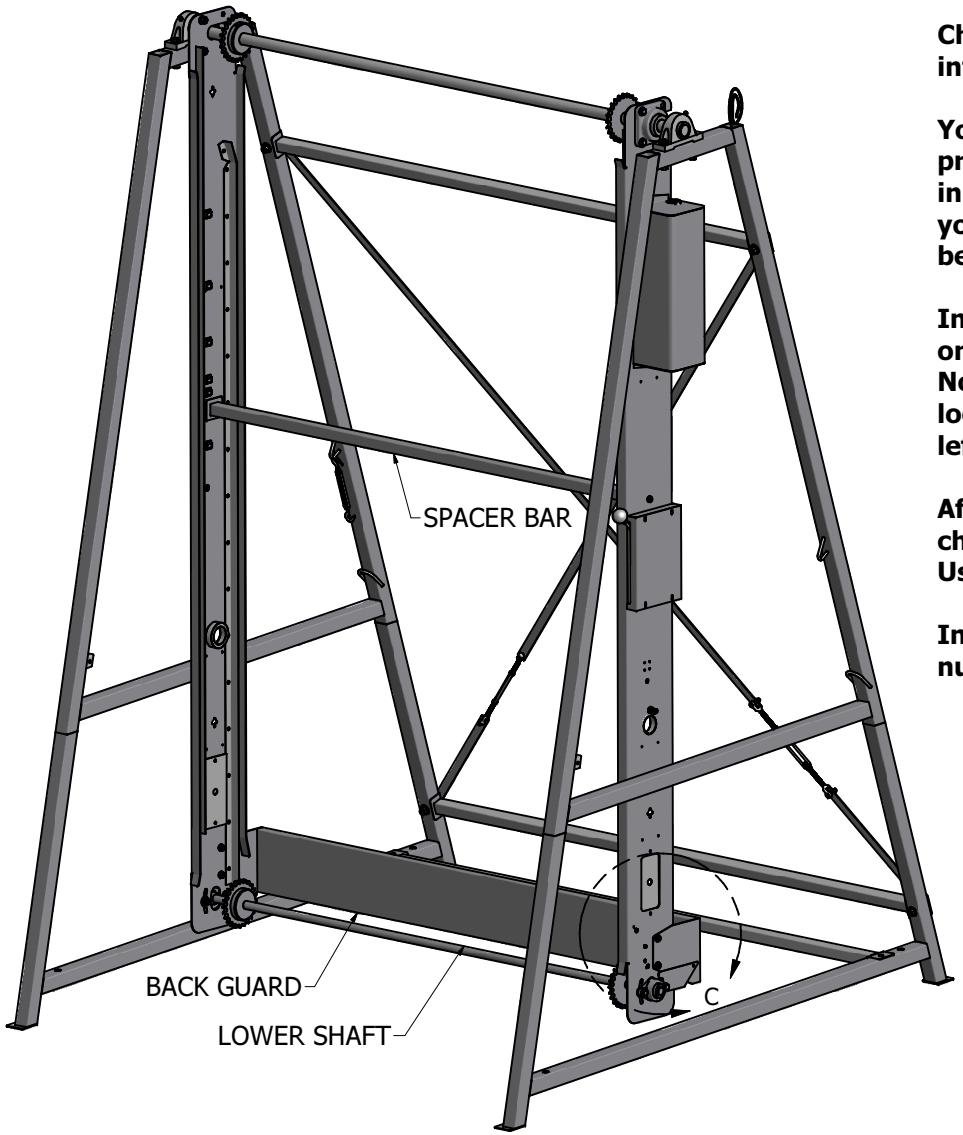
HARDWARE BAG: TW6-6

Install the left and right channels by hooking them onto the main shaft directly behind the square bearings.
This diagram shows the assembly after the left channel has been installed and the right channel is being put into place. The channels - particularly the right channel - are heavy, and best placed with two people.

When the channel is in place, attach it to the square bearing with three flange bolts and nuts as shown, but leave the nuts loose so that the shroud can be slipped under the bolt heads in a later step. Lining up the holes between the channel and bearing after the first bolt is in place is much easier if a person on the ground lifts the channel slightly.

Make sure to leave out the upper rear bolt on each square bearing as shown.

Install lower shaft, spacer bar and back guard.



Install the lower shaft into the bearings at the bottom of the channels.

Check that the setscrews in the bearings are turned out so that they will not interfere with insertion of the shaft.

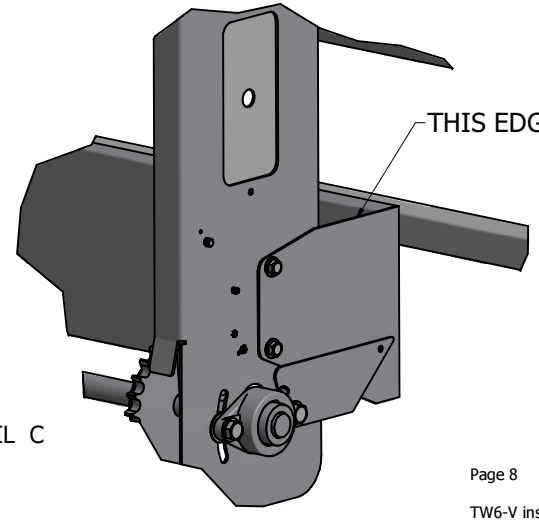
You should not have to force the bearings onto the shaft as long as they are properly lined up. The bearings are self-aligning meaning that they can pivot in their cast-iron housings. If you need to change the angle of the bearing, you can insert a large screwdriver or the handle of a socket wrench into the bearing and use it to straighten the bearing out.

Insert the shaft one end at a time, push it into the bearing until the stop collar on the shaft presses against the bearing, and tighten the setscrews firmly. Notice that one sprocket is securely mounted to the shaft and the other is loose and can slide freely. Leave this sprocket loose. It can go on either the left or right side.

After the lower shaft is in place, install the spacer bar between the two channels. The end with a stud goes to the left.
Use a bolt and washers at the right end and a nut and washers at the left.

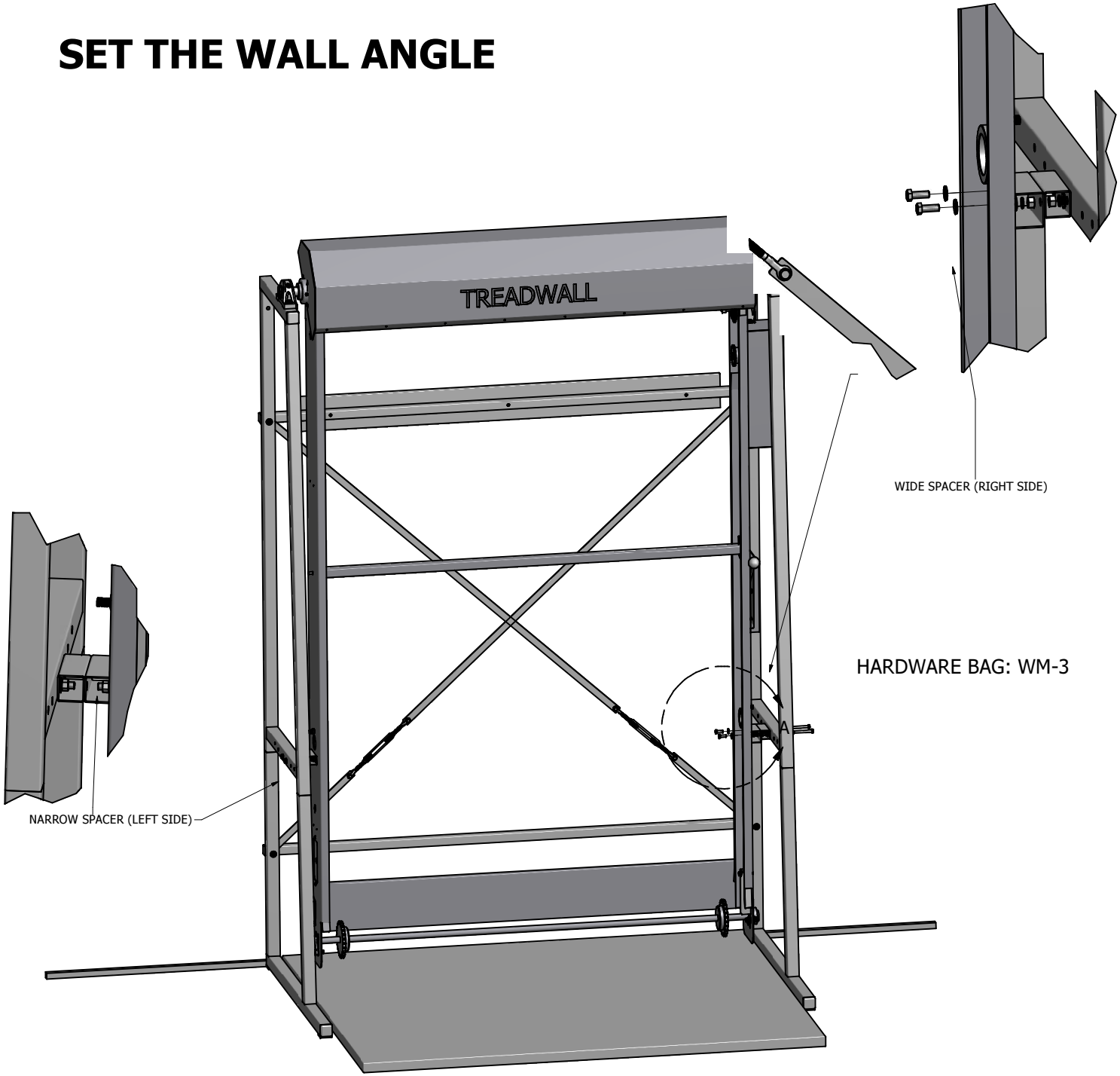
Install the back guard at the bottom of the channels with bolts, washers and nuts. Make sure it is right side up - check the sketch below.

HARDWARE BAG: TW6-4



DETAIL C

SET THE WALL ANGLE



HARDWARE BAG: WM-3

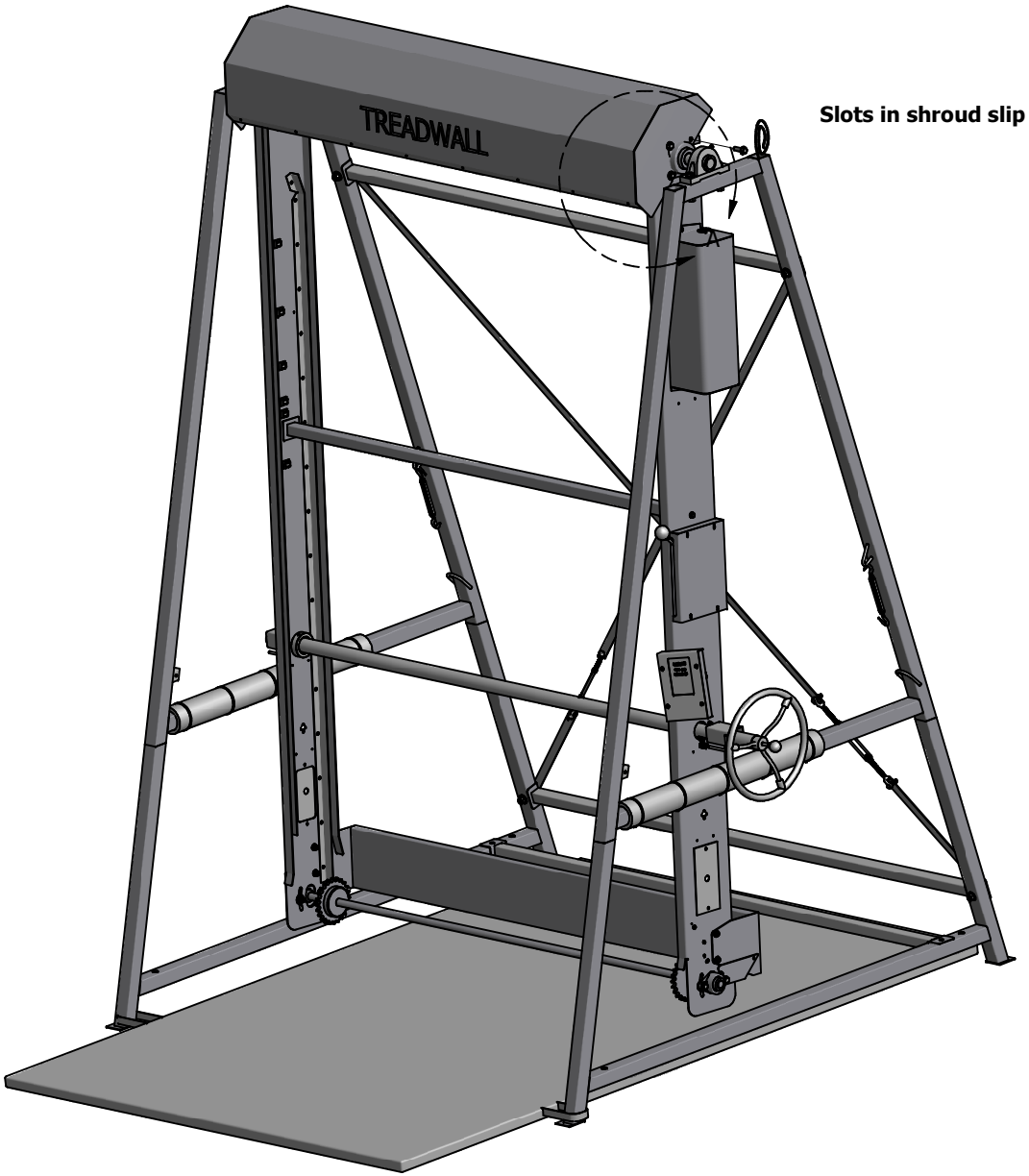
THE WALL CAN BE ADJUSTED TO THREE ANGLES - VERTICAL, POSITIVE ANGLE, AND NEGATIVE (OVERHANGING) ANGLE. IT IS HELD AT THE DESIRED ANGLE BY BOLTS AT THE SUPPORT FRAME CROSS-BAR WITH SPACERS IN THE SPACE BETWEEN THE CHANNELS AND SUPPORT FRAMES.

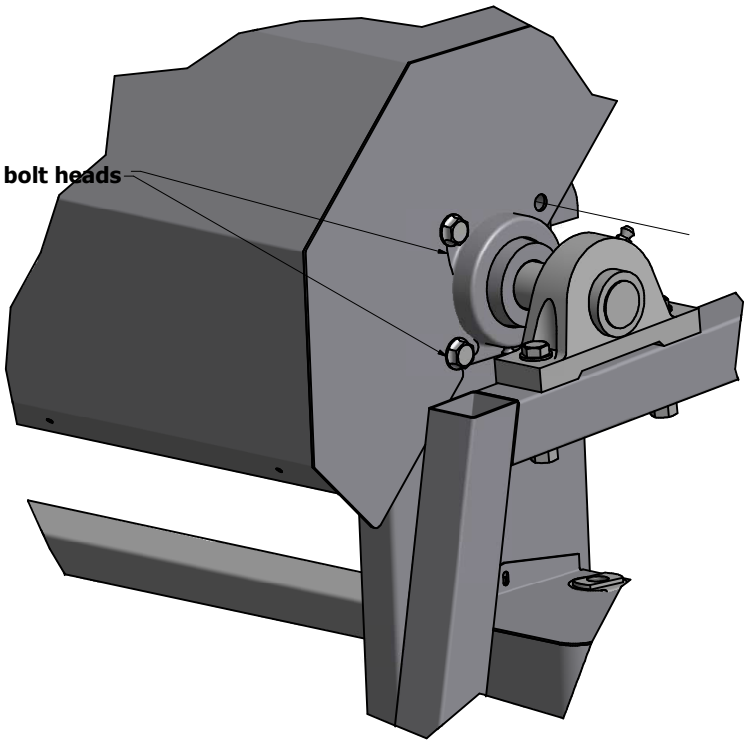
ATTACH THE TWO SPACERS TO THE CHANNELS WITH SHORT BOLTS AS SHOWN. THE RIGHT SPACER IS WIDER THAN THE LEFT.

SWING THE CHANNELS TO THE DESIRED ANGLE AND ATTACH THE SPACERS TO THE CROSS BARS WITH THE LONGER BOLTS.

PUSH THE PLASTIC ENDCAPS INTO THE FRONT OF THE SPACERS ONCE THEY ARE BOLTED DOWN.

Install the shroud





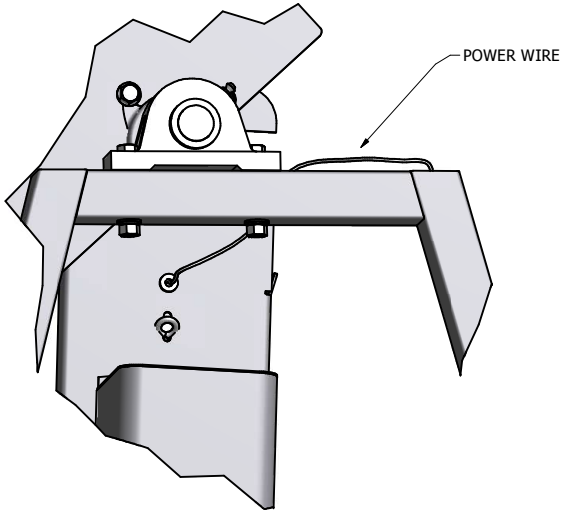
Before raising the shroud into position, make sure that the front two flange-bolts on each square bearing are quite loose. There should be a 1/4" gap under the head of each flange-bolt.

Each square bearing should have only 3 bolts at this point. The top rear bolt must be installed once you get the shroud in place.

Use the ladders to raise the shroud and slip the curved slots under the two front bolts.
Line up the holes with the rear top holes in the square bearings and slip in the flange-bolts.

Tighten all four bolts firmly at each bearing.

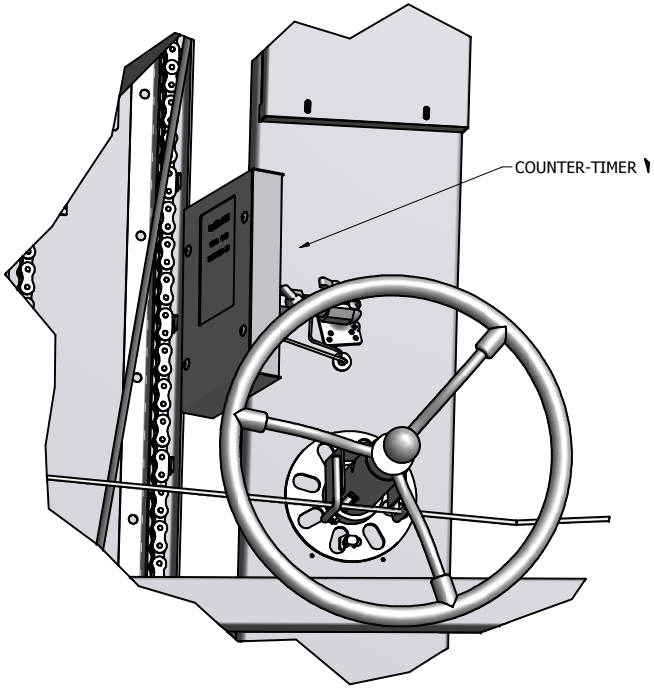
Wiring



Mount the counter-timer on the right channel - four small holes below the speed control - with screws and nuts.

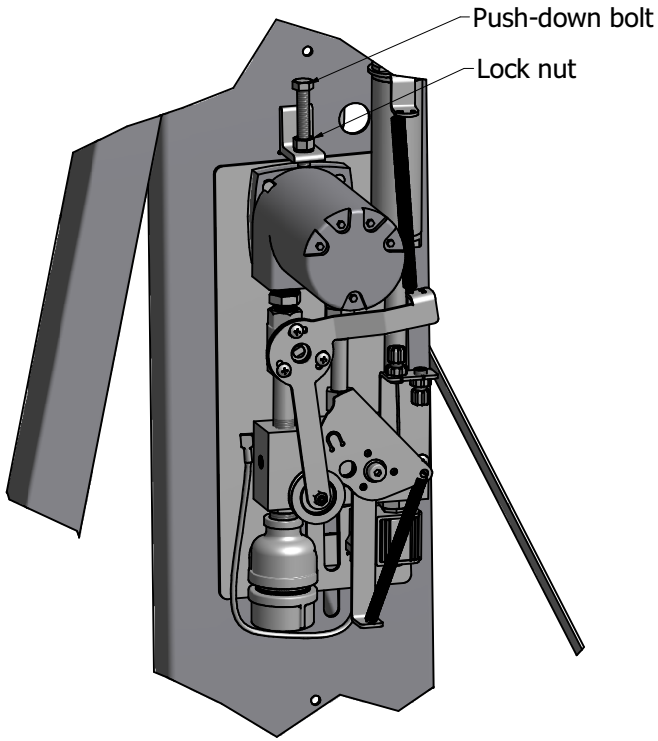
Bring the wire from the top of the right A-frame through the grommet near the top of the right channel and down through the wire clips. Inside, about a foot below the grommet, plug it into the channel wire.

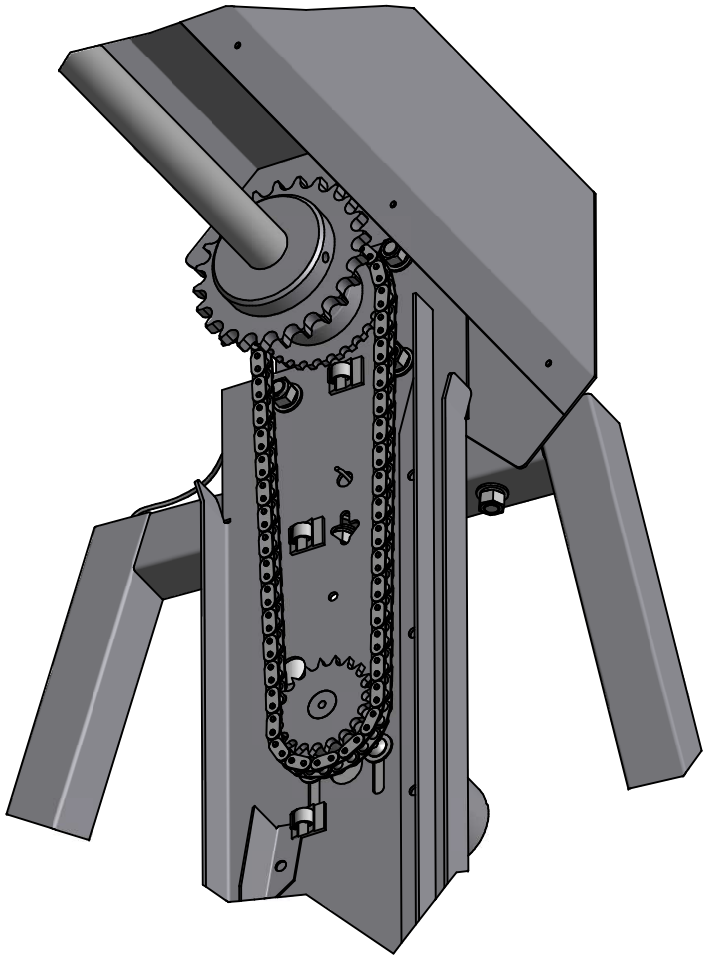
Bring the counter-timer power wire through the grommet hole beneath the timer mounting screws and plug it into the counter timer.
There is a magnetic sensor for the counter-timer that mounts at the top of the channel and the wire comes down through wire clips to the same grommet . Bring that wire through the grommet and plug it in as well.



MAGNETS: There are three magnets packed with the counter-timer that must be placed on the upper shaft, just to the right of the small sprocket. The positions of the magnets are marked on the shaft. Place them on the marks, flat side down, and they will stay on by magnetic attraction.
The sensor which is mounted just below the shaft on the inside of the channel should be adjusted so that the magnets pass about 1/8" above the sensor.

Install and adjust the drive chain





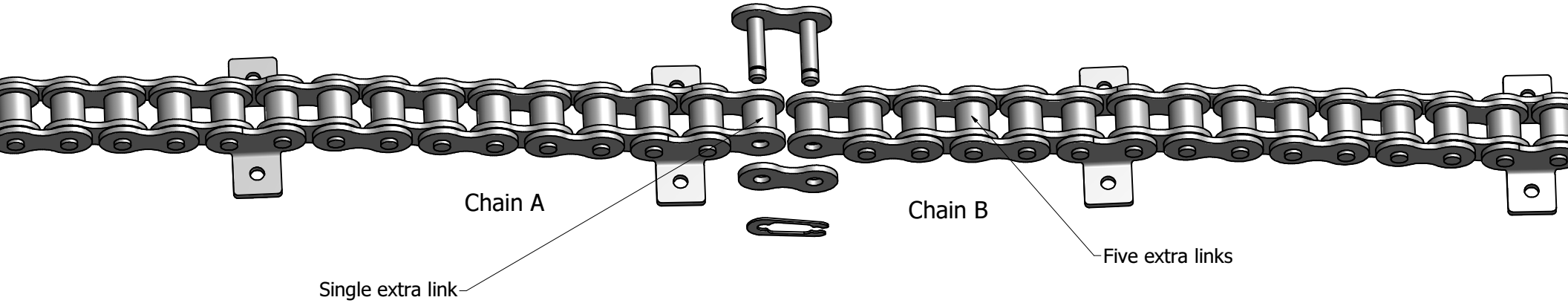
Remove the cover from the hydraulic control unit on the right channel.
The hydraulic pump is mounted in slots so it can slide up and down. Make sure it is as high as it can be.

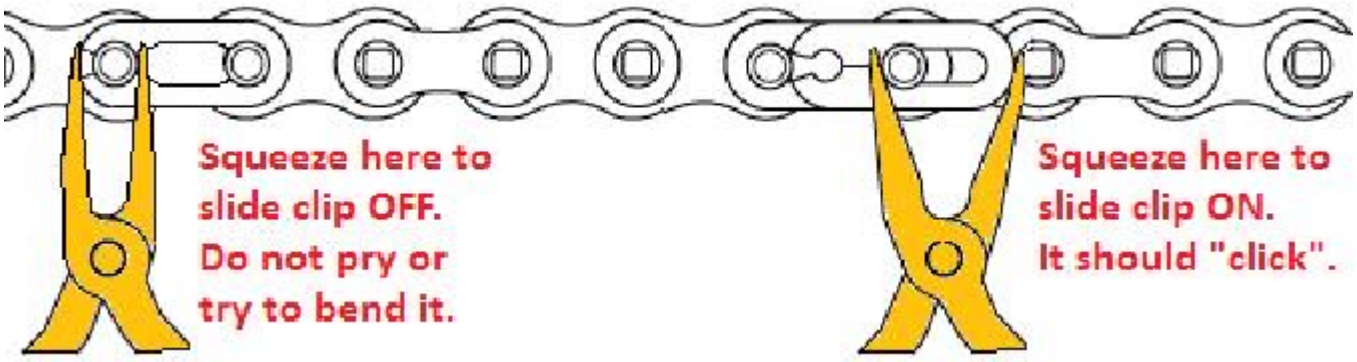
Install the drive chain between the pump sprocket and the main shaft as shown. A master-link is provided to connect the chain.
If you are unfamiliar with installation of master-links, here is a good source:
http://www.wrrdualsport.com/tech-guide/chassis/73-masterlink

Once the chain is attached, lower the pump to take up the slack. There is a long push-down bolt above the pump. Adjust it down far enough to take out the slack in the chain, but don't make it too tight. Too much tension will make the TreadWall run sluggishly.

ASSEMBLING MAIN CHAINS

Each Treadwall main chain come in two boxes that must be assembled to a full length chain using a masterlink.
If the boxes are marked "short" and "long", use one short and one long for each chain. If the boxes are unmarked, use any two boxes to make each chain.
Note that the ends of the chains are different as shown below. Attach the end of chain A with a single extra link to the end of chain B that has five links. This will insure that the spacing between the chain tabs is correct and uniform.
Also, make sure that the tabs are all facing the same direction as in the picture.
The masterlinks are located at one end of each length of chain.





Brewer's Ledge Inc.
800-707-9616
www.treadwall.com

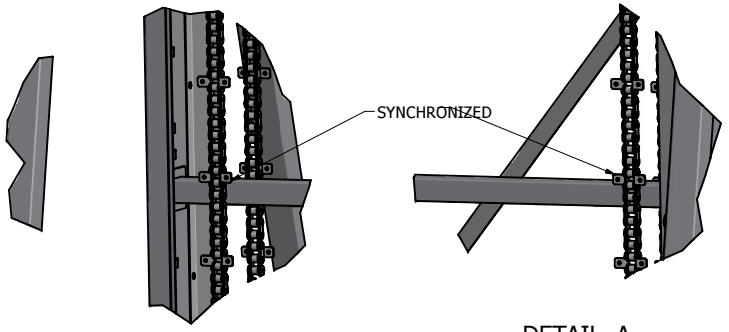
CHAIN ASSEMBLY DRAWING REV .1
6-11-14

Install the chains

To install the main chains, drape them one at a time over the large sprockets under the shroud *with the tabs facing out.* Bring the ends to the bottom and around the sprockets on the lower shaft and attach the ends with the master links.

When you are doing the second chain, be aware that the tabs must be synchronized between the two chains. When a tab on one chain is level with the spreader bar, the tab on the opposite chain must also be level.

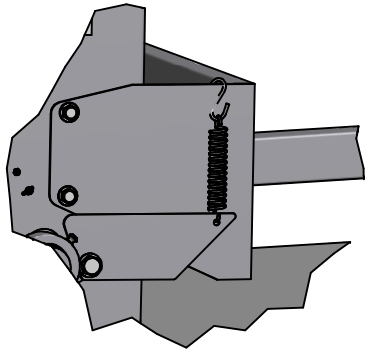
If the chains are not synchronized, the panels will be crooked and jam.



DETAIL B

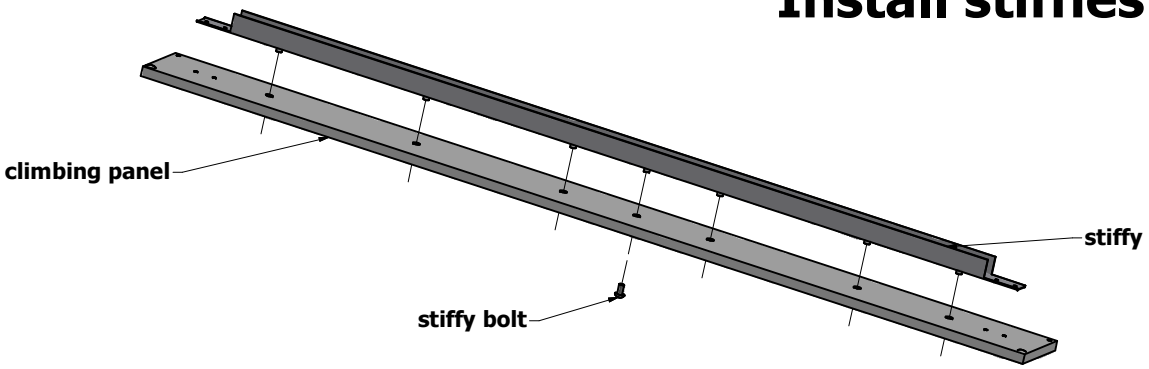
DETAIL A

Strong springs hold the chains in tension.
Use the enclosed cord to pull up on the spring and attach the s-hook to the back-guard



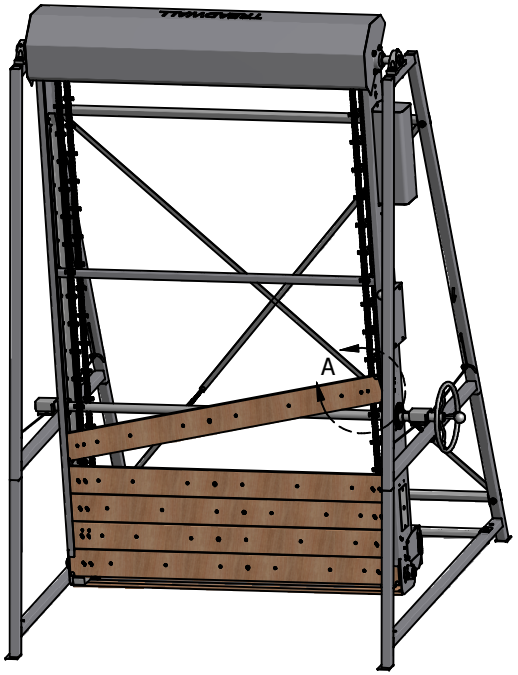
HARDWARE BAG:
TW6-5

Install stiffies



Each panel has a metal stiffener that must be mounted on the back (smooth side) before installing the panel onto the Treadwall.
Place the panel face down on a piece of cardboard, line up the stiffy, and press it into place - stepping on it with your foot if necessary.
A short round-head "stiffy bolt" is screwed firmly into the middle hole (the one without a smooth "island") from the front of the panel as shown to hold the stiffy in place.

Install panels



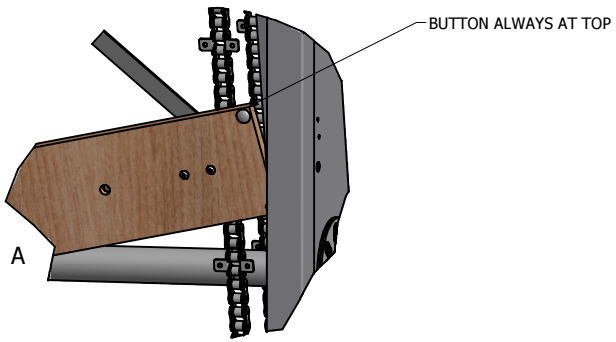
The best tools to use for installing panels: A battery powered electric drill with a #2 phillips bit and a socket wrench with a 3/8" socket. Do not overtighten the screws. If your drill has a clutch, use a low setting so that the head of the screw seats down but does not dig into the panel.

Notice the plastic wear buttons in the corners of the panel. The buttons in the front of the panel should always be at the TOP corners of the panel.

The panels come with white buttons and black buttons. ALTERNATE between white and black as you put the panels on. This alternates the pattern of the holes from side to side in the panels and allows more flexibility in the final pattern of climbing holds on the Treadwall.

Install the first panel:
Tilt it to fit it into the channels. Turn it down level, and bolt each end onto the chain with the small screws and nyloc nuts.

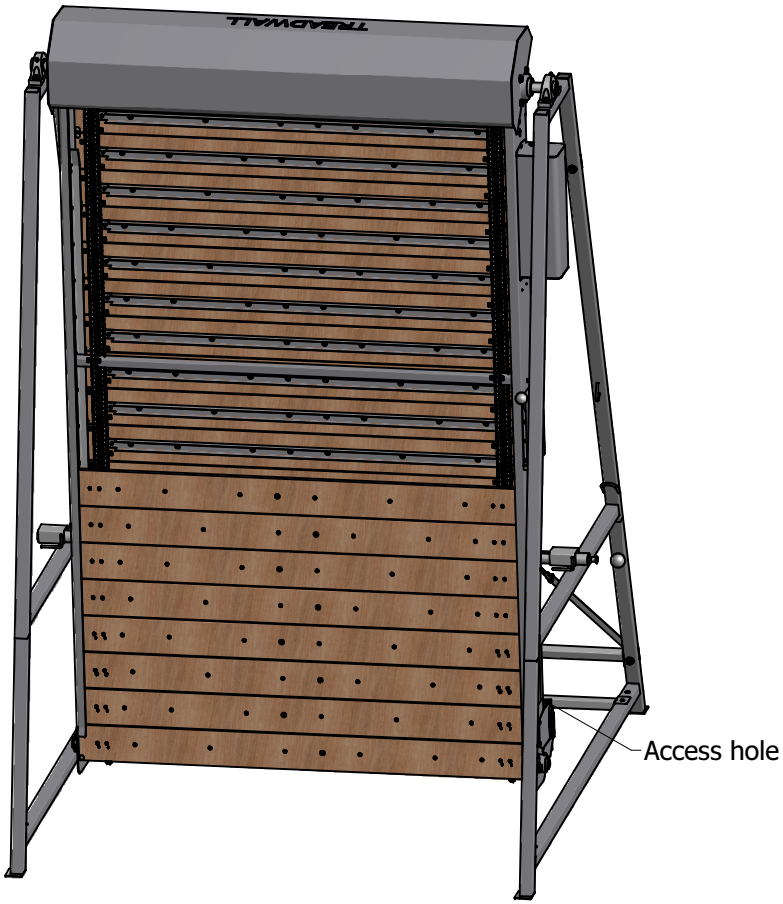
Pull down on the chains to rotate this first panel completely around the circuit. As it passes the lower shaft, adjust the sliding sprocket to the proper width so that the panel passes easily without binding.



DETAIL A

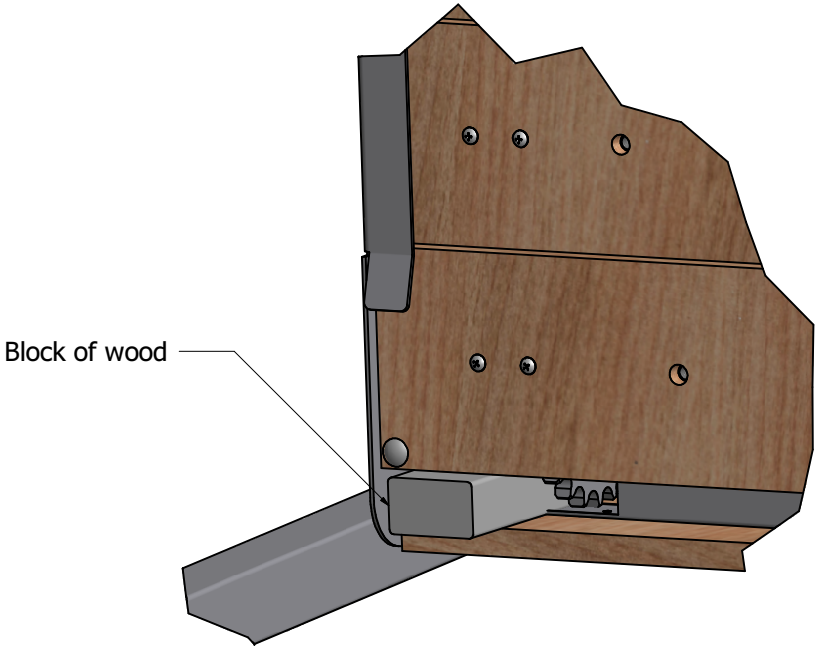
Bags:
Treadwall - Panel mounting nuts
Treadwall - Panel mounting bolts
Treadwall - Stiffener Bolts

Install panels



Continue installing panels, alternating between white and black buttons. Use the speed control lever to control the descent of the panels.

As you install panels they will move down by their weight. There will come a point where they start to move up of their own accord, and then you will have to push them down - harder and harder as you put more on. This is because there are more panels at the back of the wall - heavier than the panels in the front.
When this happens, always use blocks of wood at the bottom on both sides as shown to jam the wall and prevent it from backing up.

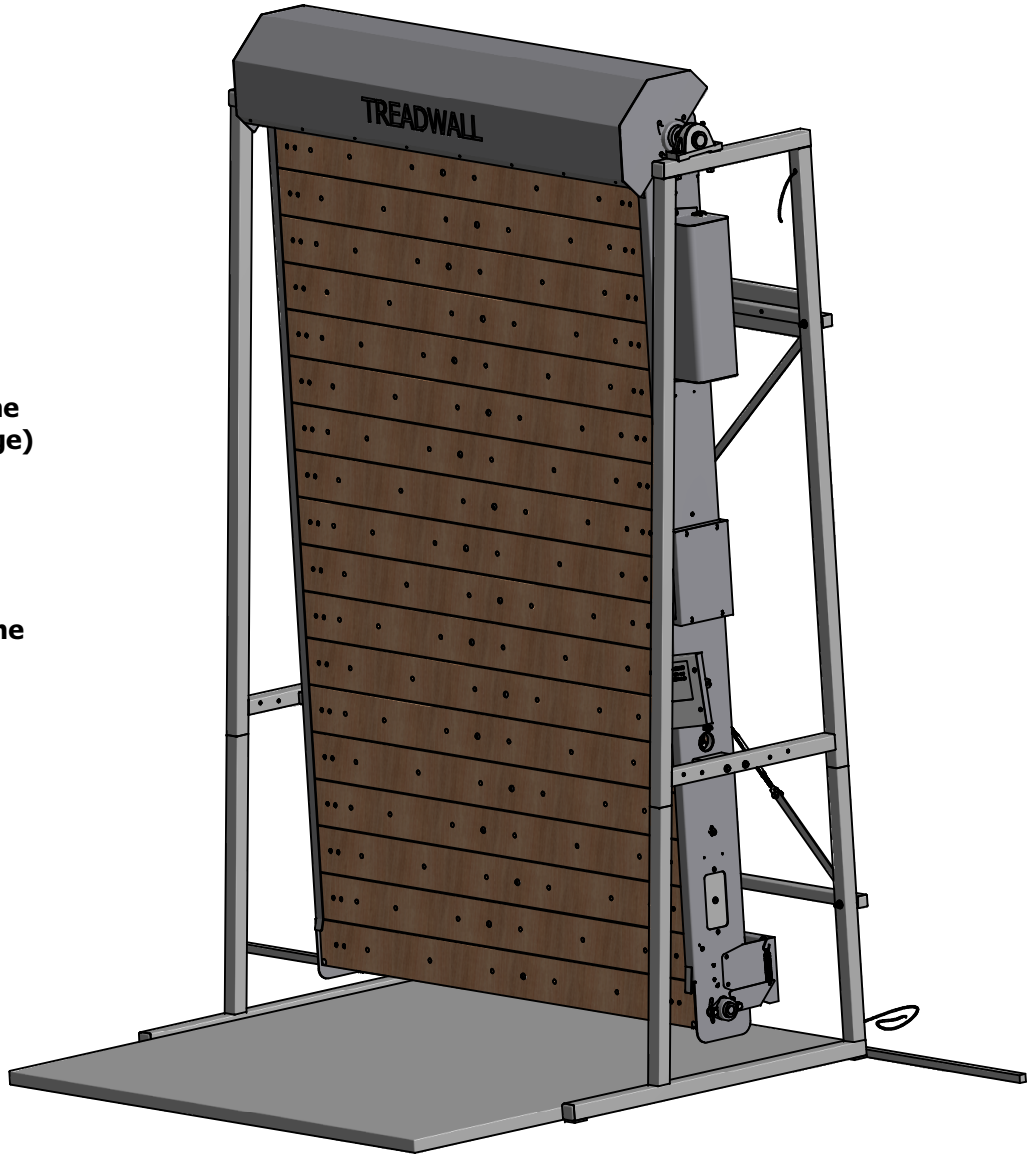


Last three panels

The last three panels cannot be put in the same way. They must be put in from the bottom, slid up to meet the other panels, and bolted on. Remove the covers from the rectangular access holes at the bottom of the channels so you can get to the inside when putting on these last three panels. *Leave the last panel off until the end of the installation - after the climbing holds have been put on and everything has been tested according to the final check list at the end of these instructions.*

Finish up

Slide the mat under the wall to the back of the support frame.



This finishes the installation except for putting on the ladderline and climbing holds, going through the final check list (next page) and installing the last climbing panel.

Climbing hold instructions are included in each box. Install the ladderline first.

When everything is in place go through the check list, put on the last panel and cover the access holes.

FINAL CHECK LIST

Before installing the final panel, inspect the inside of the Treadwall:

1) Make sure the timer-counter is working properly. If it does not count feet as the wall is moving, check that the magnets and sensor are properly installed and adjusted

2) Check the autostop function. Start climbing at a moderate speed. If you stop moving up, the wall should continue down and stop moving downward when your foot reaches the bottom of the wall and triggers the microswitch at the bottom of the right channel. Do this test at all the angles. The microswitch is pre-set at the factory, but it can be adjusted for sensitivity if required by loosening its small mounting screws and pivoting it.

3) Check the drive chain at the top of the right channel. The slack should be adjusted out of it, but it should not be too tight. After climbing for a few minutes, some slack might develop which should be adjusted out. This chain will stretch over time, and should be adjusted after about a month of service. There is an inspection hole in the channel to check the chain so that a climbing panel will not have to be removed.

4) Check that the chains are properly synchronized. The climbing panels must be parallel to the spacer bar. If the panels droop down on one side or the other, the chains are out of sync. We have an easy way of fixing this, so give us a call (800-707-9616) if you need help.

Addendum to Installation Instructions – Treadwall® units

Lower Shaft set screws:

One sprocket on the lower shafts has no set screw: it is located on the left side. This sprocket does not require a set screw - it is self-aligning and will be aligned when the first panel is installed.

Rough Initial Operation:

There may be air trapped in the hydraulic oil after transport: this will cause the unit to run quite rough (cavitation) until the air is slowly released into the reservoir. The amount of air trapped varies, but it may take 10-15 minutes or more of use to begin smoothing out. The system will get smoother and smoother with use. This is a normal process.

Main Channel Assembly

Final Tests

Before installing the final panel, inspect the inside of the Treadwall:

1) Make sure the timer-counter is working properly. If it does not count feet as the wall is moving, check that the magnets and sensor are properly installed and adjusted

2) Check the auto-stop function. Start climbing at a moderate speed. If you stop moving up, the wall should continue down and stop moving downward when your foot reaches the bottom of the wall and triggers the micro switch at the bottom of the right channel. Do this test at all the angles. The micro switch is pre-set at the factory, but it can be adjusted for sensitivity if required by loosening its small mounting screws and pivoting it.

3) Check the drive chain at the top of the right channel. The slack should be adjusted out of it, but it should not be too tight. After climbing for a few minutes, some slack might develop which should be adjusted out. This chain will stretch over time, and should be adjusted after about a month of service. There is an inspection hole in the channel to check the chain so that a climbing panel will not have to be removed.

· 5) Check that the chains are properly synchronized. The climbing panels must be parallel to the spacer bar. If the panels droop down on one side or the other, the chains are out

Glossary

Angle.....The position of the center section of the Treadwall in relation to a vertical wall

Channels .....Long metal pieces on either side of the Treadwall, where the panels slide

Digital Counter....An electronic display which tracks the climbers progress

Hold.....The plastic or wood attachment that a climber uses to hold or stand on

Ladder Line .....A wooden climbing hold that allows for easy and aerobic climbing

Mat .....A foam pad which protects falls, placed under the Treadwall

Panel .....A wood board that forms the surface of the Treadwall

Shroud .....A cover at the top of the Treadwall

Speed.....The rate at which a climber moves the wall down

Stiffy.....A metal reinforcement behind the Treadwall panels

Treadwall® Limited Warranty

5. WHAT IS NOT COVERED

a. Normal wear and tear is excluded from this warranty. No warranty shall be provided in the event the Treadwall is modified by original purchaser, for parts not approved by Brewer's Ledge Inc., or for warranty-related service other than by personnel authorized by Brewer's Ledge Inc.

b. Damage incurred by negligence during movement, assembly, or breakdown of the Treadwall by the Original Purchaser or personnel contracted by the Original Purchaser is excluded from this warranty. The sale of special tools and instructional materials to the Original Purchaser and any training of the Original Purchaser's staff by Brewer's Ledge Inc. related to the movement, assembly and break-down of the Treadwall does not imply any warranty against Original Purchaser negligence and does not void this exclusion. Brewer's Ledge Inc. reserves the sole right to determine the origin of damage as related to this provision.

6. LIMITATION OF DAMAGES AND IMPLIED WARRANTIES

a. Except as provided herein, Brewer's Ledge Inc. makes no express warranties; implied warranty of merchantability or fitness for a particular purpose is limited in its duration to the duration of the written limited warranties set forth herein.

b. In no case shall Brewer's Ledge be liable for any special, incidental, or consequential damages based on breach of warranty, breach of contract, negligence or any other legal theory. Such damages include but are not limited to, loss of profits, loss of use of the equipment or any associated equipment, the cost of capital, the cost of substitute equipment, facilities or services, downtime, the claims of third parties, including customers, and injury to property.

This limitation does not apply to claims for personal injury where such limitation would be a violation of the applicable law. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

7. TERMS OF WARRANTY

The terms and conditions of this warranty are applicable as between Brewer's Ledge and Original Purchaser to the sale of Treadwall equipment to Original Purchaser.

STATE LAW RIGHTS

This warranty gives you specific legal rights, and you may also have other rights, which vary, from state to state.