

Tuff Tread

502 W. Montgomery STE 120
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Adjusting the Speed Arch Settings

There are three adjustments to the Speed Arch:
(See attached diagram.)

- A. UNWEIGHTING ADJUSTMENT
- B. HEIGHT / PRE-LOAD ADJUSTMENT
- C. SAFETY STOP ADJUSTMENT

NOTE: If the pop pins on your system have round handles, you may need to turn the handle to loosen the set screw before sliding the pop pin. If the pop pin handles are T-shaped, you can just pull straight out to disengage the pin.

To Set The Harness System:

1. Set the unweighting lever (A) to the desired unweighting level. Typical unweighting is 15% of the athlete's body weight. Pull the pop pin handle, and slide the pin horizontally on the lever to set the unweighting. Position 1 is closest to the main upright post.
 - Position 1 = 0 lbs of unweighting
 - Position 2 = 10 lbs
 - Position 3 = 20 lbs
 - Position 4 = 30 lbs
 - Position 5 = 40 lbs
 - Position 6 = 50 lbs
2. Have the athlete stand on the treadmill directly under the cable coming from the top of the Speed Arch, while wearing the Safety Harness. (See the attached Safety Harness Instructions for the correct harness use.)

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3. Pull the two cables with carabiner clips down to clip onto the shoulder straps of the Safety Harness. If the cables aren't long enough, pull the pop pin on the Height Adjustment (B) and slide the lever up to lengthen the cables. After the shoulder straps are securely clipped into the carabiners, slide the Height Adjustment pin (B) down to remove the slack from the cable. Then pull the pin down 1- 2 more holes to pre-load the system. The unweighting lever (A) should rise approximately 1 inch above horizontal.
4. Have the athlete squat down to determine the height of the Safety Stop (C). Setting the pop pin all the way down to the last setting at the bottom removes all the play in the system. Beginning users may prefer this most restrictive safety stop level until they become accustomed to the system. More advanced athletes will prefer the freedom gained by raising the Safety Stop pin. Always make sure that the Safety Stop will engage before the athlete's knees would hit the belt in a fall.

Now the Safety Harness and Speed Arch are ready to use. As the athlete runs, check the Unweighting Lever Arm (A) to make sure it is not bottoming out or locking out at the top.

If it is hitting the bottom horizontal position, stop the athlete, and adjust the Height and Pre-Load pop pin (B) downward one more stop.

If the Unweighting Lever Arm is locking out at the top, stop the athlete, and adjust the Height and Pre-Load pop pin upward one stop.

Tuff Tread Treadmill
Speed Arch Diagram

