

# TREADWALL FAQ

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**QUESTIONS** people ask about the TREADWALL®:

## **How hard is climbing on the Treadwall?**

Climbing on a rotating climbing wall is as hard or as easy as you choose. By changing the angle of the wall and choosing alternative routes, the Treadwall adjusts instantly to all levels of difficulty - from total beginner to hard-core expert climber.

## **How fast can I climb on the Treadwall?**

The Treadwall automatically adjusts to your rate of climbing. If you are comfortable climbing fast, the Treadwall will keep up. If you want to climb at a slower rate, the Treadwall won't make you race. We recommend climbing at a slower controlled pace, focusing on smooth movement.

## **How does the Treadwall keep pace with the climber?**

The Treadwall has an auto stop system which engages when the climber nears the bottom, the wall comes to a gentle stop. Safety on the Treadwall is built in - you never get very high off the mat.

## **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 and maintains the climber at the proper height. The Treadwall cannot move after the climber steps off.

## **Can two people climb at once?**

Yes, if their combined weight is less than 300 lb. The two climbers must pay close attention to each other. The slowest climber will control the movement of the wall, and the other climber must keep pace accordingly.

## **How long should I climb for?**

This depends on your objectives. For an aerobic workout, you can climb at an easier angle for 20 minutes or more. For an upper-body strengthening workout at the steeper angles, 5-7 minutes is enough.

## **Will the hold pattern get repetitious?**

Eventually, but it takes much longer that you might expect. When climbing on a fixed wall, you always start at the same place using the same holds. But a rotating climbing wall has no beginning or end, and it continually presents you with new challenges and possibilities. If you do eventually become accustomed to the pattern, it is a simple matter to move a few of the holds around and change the climb completely.

## **Do I need special shoes to climb the Treadwall?**

No, but 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 very expensive, however, and any well fitted athletic shoe will do quite well.

## **Can anybody use the Treadwall?**

Almost anyone can do Fitness Climbing. Anyone with a serious physical problem should consult with their doctor, and people with very long fingernails should think twice.

## **Can you be too old to climb?**

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

## **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.

## **What kind of bodies does fitness climbing build?**

Climbing and gymnastics are similar, promoting muscle tone, flexibility and endurance with increased agility and body awareness.

## **Who uses Treadwalls?**

All types of facilities. Gyms, youth centers, schools, resorts, government facilities, retail stores, and camps. NASA even uses the Treadwall to train astronauts for space-walks.

## **Do serious climbers like the Treadwall?**

Yes.