



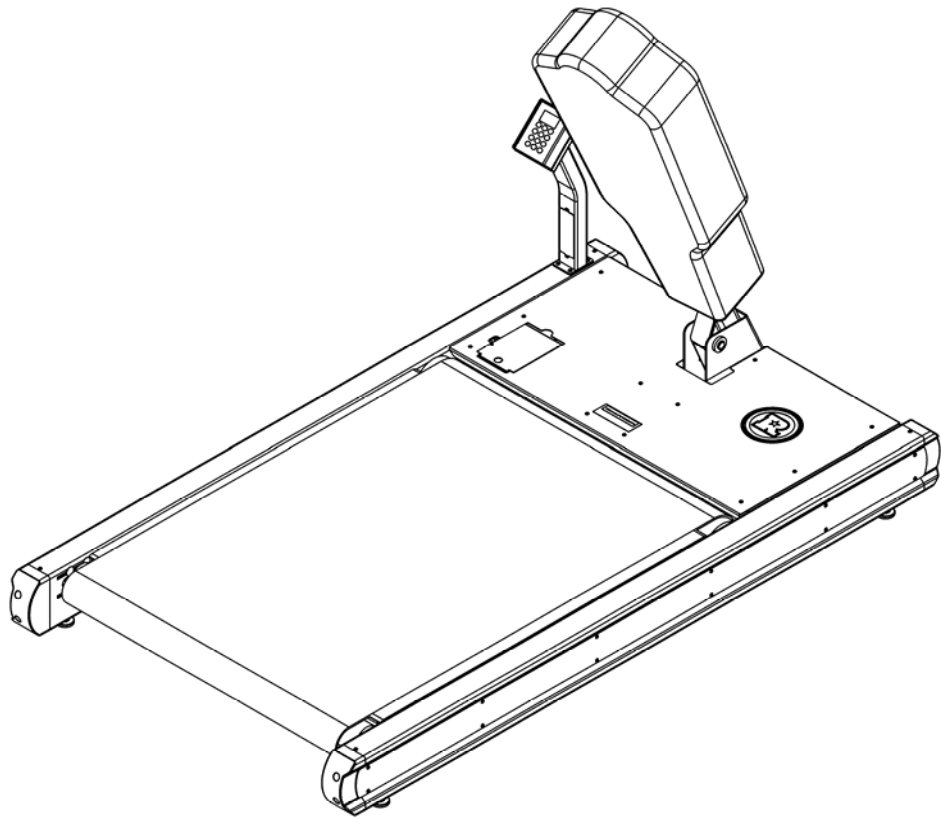
ROGGEERS

For the Perfection of Football Fundamentals™

PRODUCT INFORMATION PACKET

PRODUCT NAME: TREDsled

PRODUCT PART NUMBER: 410390



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

TABLE OF CONTENTS

- Introduction.....1
- General Safety Rules.....2
- Symbols.....3
- Technical Specifications.....4
- User Instructions.....5-7
- Computer Instructions.....8-9
- Updating the computer.....10
- Maintenance.....11
- Customer Service Information.....11

INTRODUCTION

The Rogers Athletic TredSled[™] has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your TredSled[™] will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new TredSled[™] and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 1-800-457-5337.

BECAUSE ROGERS ATHLETIC MAINTAINS AN ONGOING PROGRAM OF
PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT
TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS
WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS
PREVIOUSLY SOLD.

GENERAL SAFETY RULES



WARNING!








READ AND UNDERSTAND ALL INSTRUCTIONS.

Failure to follow all instructions listed below may result in serious personal injury.

SAVE THESE INSTRUCTIONS

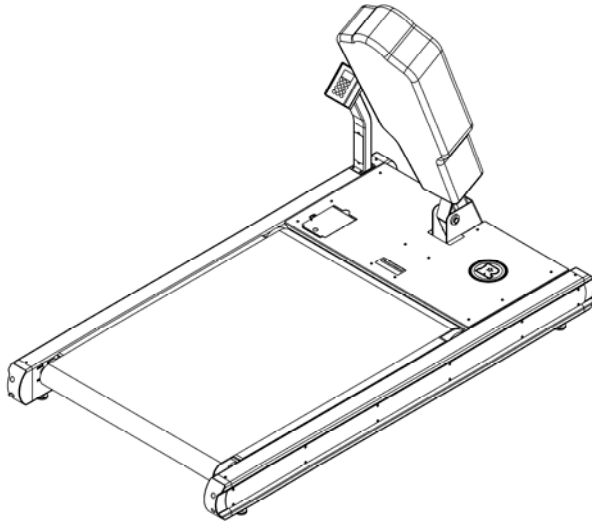
- **Obtain a medical exam prior to beginning any exercise program.** Use equipment only if properly fit to engage in physical activity.
- **Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your physician.**
- **Set up TredSled on level surface.**
- **Keep body and clothing free from and clear of all moving parts**
- **Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable.**
- **Save these instructions.** Refer to them frequently and use them to instruct others who may use the TredSled™. If you loan someone your TredSled™, loan them these instructions also.
- **Read the Product Information Packet.** Failure to read the information packet is considered a misuse of this equipment.
- **Become familiar with all caution and warning decals affixed to the equipment before use.**
- **Never cover or deface caution/warning labels.**

SYMBOLS

	<p>Safety Alert: Precautions that involve your safety.</p>		
<table border="1"><tr><td data-bbox="201 634 418 856"></td><td data-bbox="425 634 678 856"><p>⚠ WARNING</p><p>Pinch Point. Keep hands and fingers clear.</p></td></tr></table>		<p>⚠ WARNING</p> <p>Pinch Point. Keep hands and fingers clear.</p>	<p>Pinch Point Symbol: Failure to keep hands away from pinch points may result in personal injury.</p>
	<p>⚠ WARNING</p> <p>Pinch Point. Keep hands and fingers clear.</p>		
<table border="1"><tr><td data-bbox="201 928 418 1150"></td><td data-bbox="425 928 678 1150"><p>⚠ WARNING</p><p>Read and understand operator's manual and all other safety instructions before using this equipment.</p></td></tr></table>		<p>⚠ WARNING</p> <p>Read and understand operator's manual and all other safety instructions before using this equipment.</p>	<p>Read the Operator's Manual: To reduce risk of injury, user must read and understand operator's manual before using this product.</p>
	<p>⚠ WARNING</p> <p>Read and understand operator's manual and all other safety instructions before using this equipment.</p>		

ROGERS ATHLETIC WEIGHT EQUIPMENT SPECIFICATIONS

TREDSLED (PART # 410390)



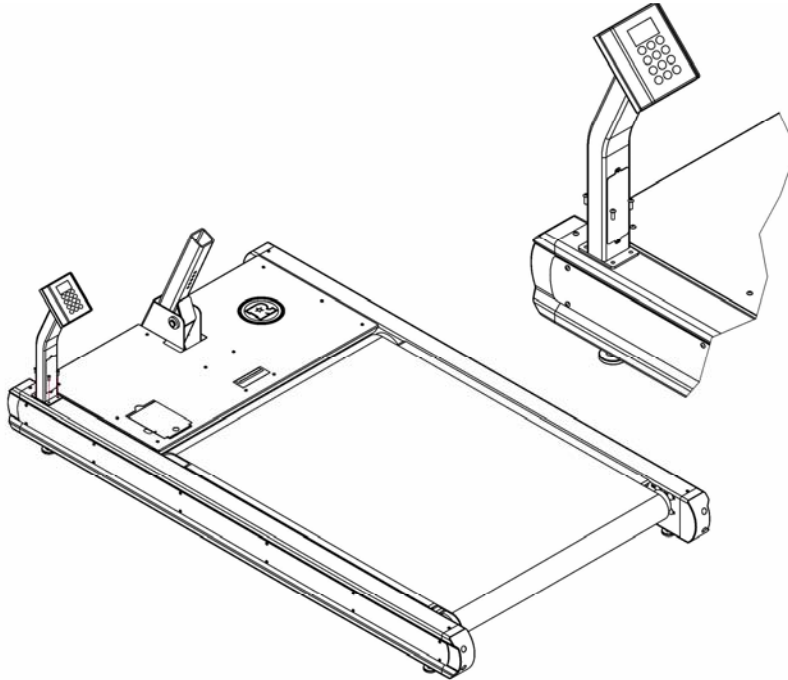
Weight: 930lbs (422 kg)
Height: 70 in. with pad (178 cm)
Length: 8' (244 cm)
Width: 5' (152 cm)

- Athlete drives the non-motorized tread while its braking system resists his/her movement.
- The brake can be set at different levels of resistance for players/athletes of any position or fitness level.
- Provides quantitative feedback to show improvements in user's performance.
- Has two modes block/tackle mode and sprint mode.
 - Block/Tackle mode measures response time, impact force and distance.
 - Sprint mode tracks sprint distance.
- TredSled can be programmed for group workout sessions. Enter the number of players (up to 6), the duration and number of the workouts per player, and the rest time. TredSled signals each Player to get ready, begin, and stop, repeatedly throughout the training session.
- With automated training sessions, many players can complete their work-out in a short period of time.
 - In Block/Tackle mode players can complete a workout consisting of ten, four-second work periods in one hour.
 - In Sprint Mode, players can complete a workout consisting of ten, four-second work periods in one hour.
- TredSled includes the shock pad and sprint harness.

TredSled™ Construction, Finish, and Hardware

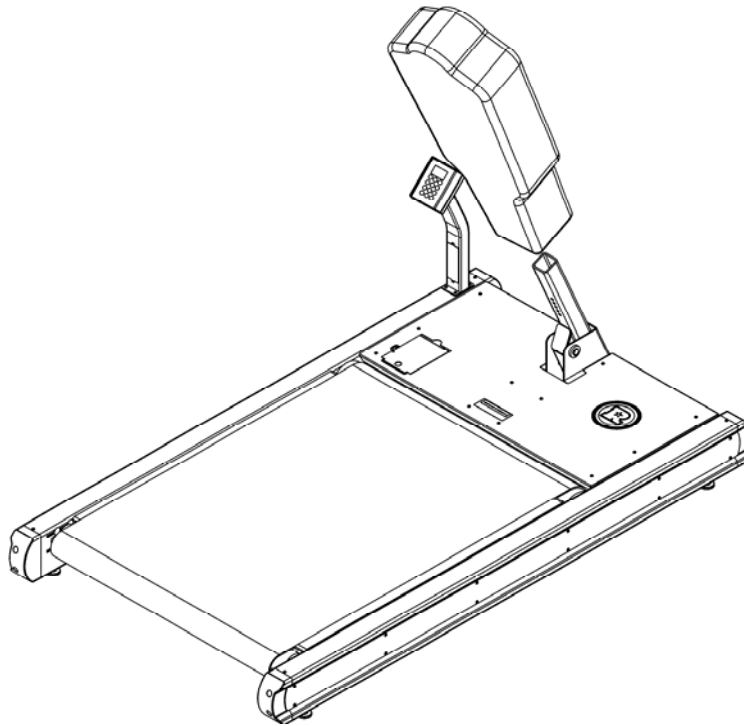
- Constructed of ASTM specified steel.
- Baked-on powder coat finish.
- Zinc-plated hardware.

1



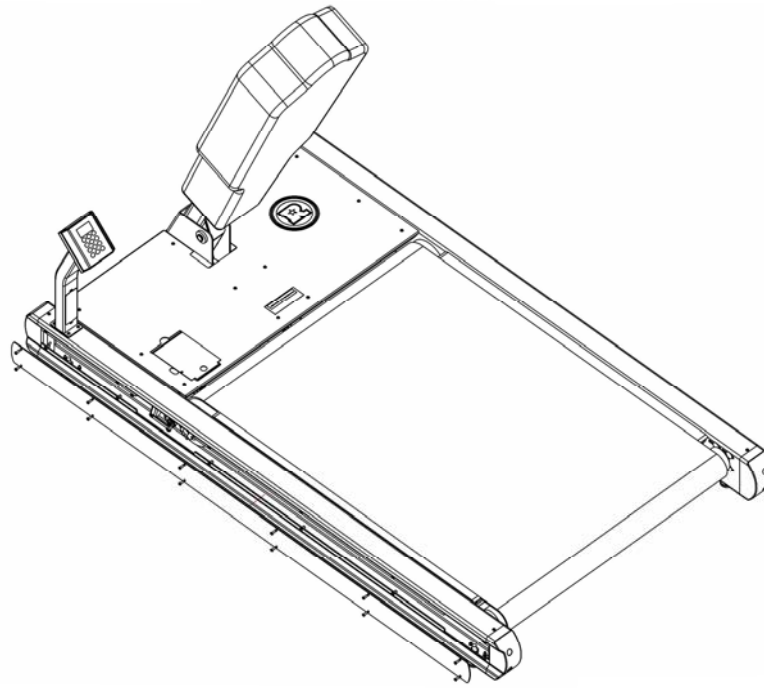
Unbolt computer pedestal from the shipping bracket that it is attached to (Shipping bracket is no longer needed). Carefully position pedestal over the TredSled side tube and use the supplied bolts to secure the pedestal to the tube. Make sure all wires are completely thru the top of the side tube before tightening bolts.

2



Place pad over TredSled pad beam and insert pad pin at desired height in one inch increments.

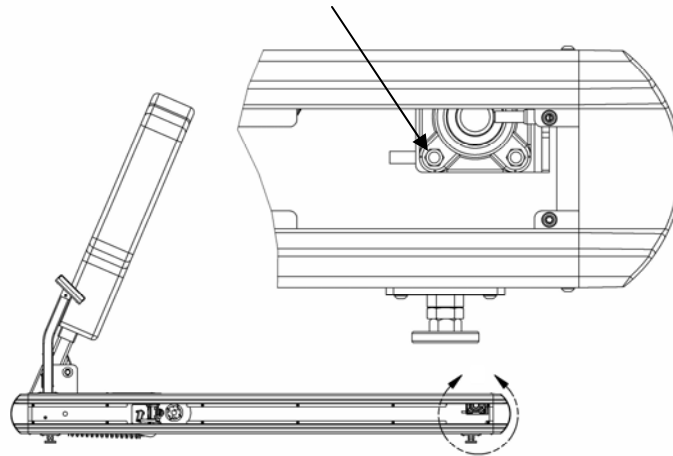
3



After repeated use it may be necessary to increase the tension in the TredSled belt for optimal performance. In order to adjust the belt tension the side plates must be removed. Use a 5/32" Allen Wrench to remove the bolts that hold the side plates on. Set side plates and bolts aside.

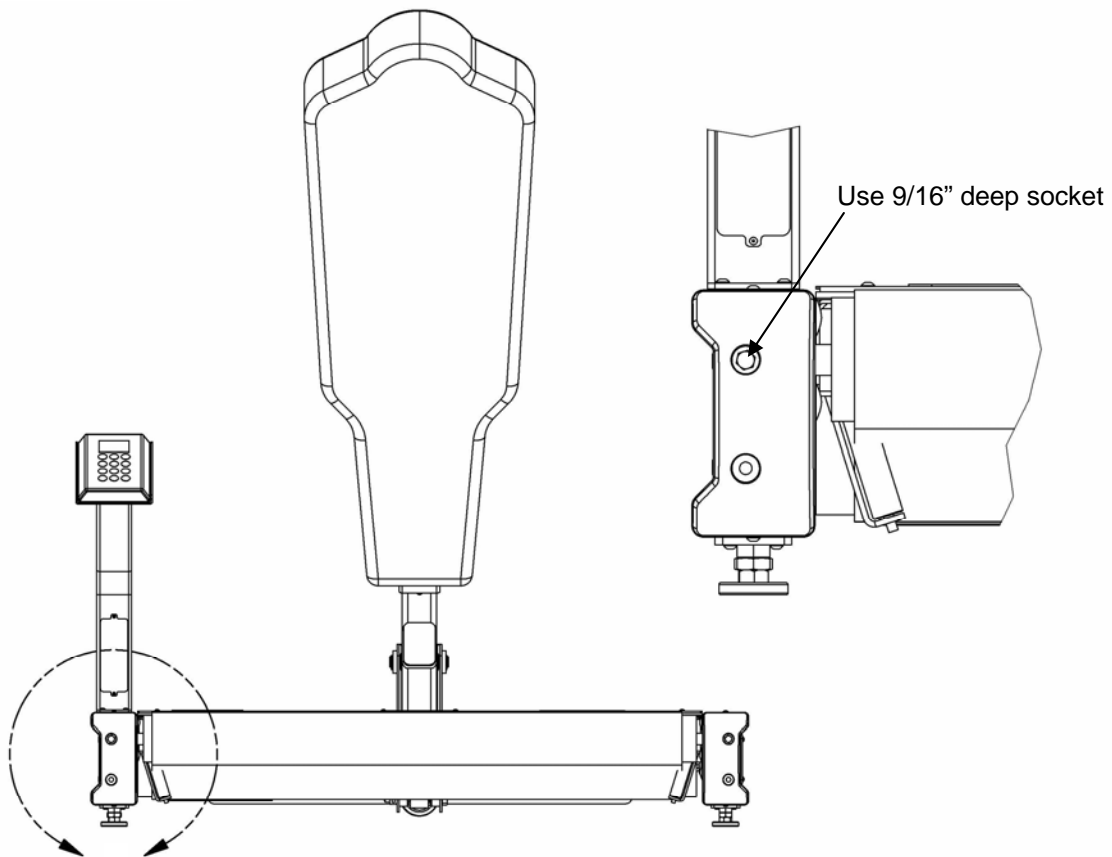
4

Loosen four lock nuts per side.



At the back end of the TredSled there are two bearing block brackets that must be loosened before belt tension adjustment can be done. Use a 9/16" End Wrench to loosen the four bolts that are used to mount the bearing block. Loosen the bolts by turning the lock nuts counter clockwise until the bearing block is free to move. **This step must be completed on both sides of the TredSled for tension adjustment to be possible.**

5



With bearing blocks loose on both sides of TredSled use a 9/16" deep socket to adjust belt tension. Insert socket into the top hole of the back bumpers and turn bolt heads clockwise to increase the belt tension and counter clockwise to decrease the belt tension. Make sure to turn both bolts in equal amounts to allow belt to track properly when in use. Once the desired tension has been reached be sure to tighten down all the bolts on the bearing blocks to secure their positioning and belt tension. With bearing blocks tightened down reattach the side plates and tighten down all bolts to complete the belt tensioning adjustments.

COMPUTER INSTRUCTIONS

1. To power on the computer plug in the cord on the computer stand and flip the switch to the on position.
2. A short time after powering the computer on, press enter to begin training.
3. Next, the display will ask you how many players will be participating in the drills. Enter any number from 1-6 and press enter. At any time you can press the "back" key to return to the previous menu.
4. Press 1 to select Offensive drills, press 2 to select Defensive drills. Press enter to continue.
5. At this point four different modes will be displayed depending on whether you picked offensive drills or defensive drills.

Although relayed in Football Terms, simulated movements for other activities can be substituted

a. Offensive Drills

1. Pass Protect – Simulates pass blocking.
 - i. **Set Tension on belt as desired. Usually high enough to hold belt still.**
 - ii. Get in stance wait for signal.
 - iii. Explode into pad with hands keeping separation.
 - iv. Continue hitting pad repeatedly, or as desired.
 - v. Change Players
2. Sprint – Simulates open field running.
 - i. **Remove all tension from belt.**
 - ii. Attach Harness to back of pad.
 - iii. Wrap Harness around player, with player facing away from pad.
 - iv. At signal sprint away from pad.
 - v. At signal stop/switch player
3. Drive Block – Simulates open field blocking.
 - i. **Set Tension on Belt as desired, allowing movement.**
 - ii. Get in stance wait for signal.
 - iii. At signal explode into pad at desired height and form as to block.
 - iv. Drive legs on belt until stop signal.
 - v. Switch Player
4. Zone Block – Simulates open field blocking.
 - i. **Set Tension on Belt as desired, allowing movement.**
 - ii. Get in stance wait for signal.
 - iii. At signal explode into pad at desired height and form as to zone block.
 - iv. Drive legs on belt until stop signal.
 - v. Switch Player

b. Defensive Drills

1. Bull Rush – Simulates QB rush.
 - i. **Set Tension on Belt as desired, allowing movement.**
 - ii. Get in stance wait for signal.
 - iii. At signal explode into pad at desired height and form as to pass rush.
 - iv. Drive legs on belt until stop signal.
 - v. Switch Player
2. Sprint – Simulates open field running.
 - i. **Remove all tension from belt.**
 - ii. Attach Harness to back of pad.
 - iii. Wrap Harness around player, with player facing away from pad.
 - iv. At signal sprint away from pad.
 - v. At signal stop/switch player
3. Tackle – Simulates tackling.
 - i. **Set Tension on Belt as desired, allowing movement.**
 - ii. Get in stance wait for signal.
 - iii. At signal explode into pad at desired height and form as to pass rush.
 - iv. Drive legs on belt until stop signal.

- v. Switch Player
- 4. Hit and Read – Simulates in-game awareness.
 - i. **Set Tension on belt as desired. Usually high enough to hold belt still.**
 - ii. Get in stance wait for signal.
 - iii. At signal explode into pad at desired height and form as to zone block.
 - iv. Drive legs on belt until stop signal.
 - v. Switch Player
- 6. After picking a drill, the next step is to set the number of repetitions per user.
- 7. Next, set the amount of time of each repetition.
- 8. Then, set the amount of recovery time between each repetition.
- 9. Finally, set whether each repetition will have a silent snap, which is a light flashing on the display, or an audible snap which is a beep from the computer.
- 10. First athlete gets ready for drill. Athlete will get a “warning” beep to be a ready. Then there will be a start signal. (Either visual or audible). The athlete performs the rep, and then will get a finish signal. The first athlete then exits the Tred Sled, and the next athlete get ready.
- 11. After all of the repetitions are done for all of the players the machine will display the results of the workout. The display will show the following:

<ul style="list-style-type: none"> 1. Pass Protect <ul style="list-style-type: none"> a. Response b. Max Impact c. Average Impact d. Number of Impacts 2. Sprint <ul style="list-style-type: none"> a. Distance 3. Drive Block <ul style="list-style-type: none"> a. Response time b. Max Power c. Average Power d. Distance 4. Zone Block <ul style="list-style-type: none"> a. Response Time b. Max Force c. Average Force d. Minimum Force 	<ul style="list-style-type: none"> 1. Bull Rush <ul style="list-style-type: none"> a. Response Time b. Max Power c. Average Power d. Distance 2. Sprint <ul style="list-style-type: none"> a. Distance 3. Tackle <ul style="list-style-type: none"> a. Response Time b. Max Power c. Average Power d. Distance 4. Hit and Read <ul style="list-style-type: none"> a. Response b. Max Force c. Average Force d. Minimum Force
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UPGRADING THE COMPUTER INSTRUCTIONS

TO UPGRADE THE COMPUTER FOLLOW THESE INSTRUCTIONS

1. Power off the device.
2. Connect the device to the internet via the Ethernet jack. Some organizations may require the device to be authorized to communicate on the network. Consult with your network administrator if you are having trouble.
3. Power on the device.
4. Wait approximately 3 minutes (the screen should be alternating between the TredSled™ and Rogers® logos.)
5. If an update is available the words “Press 0 to update” should appear on the screen.
6. Press 0
7. When asked for a “Pass Code” enter “8484” then press enter.
8. You should see a screen that says “Upgrade loading, Wait time 5-10 min.”
9. In another minute or two, a progress indicator should appear at the bottom of the screen. If this does not happen follow the troubleshooting section below.
10. The bar may restart up to 3 times during this process and the computer will restart itself when complete. The screen may also flash briefly.

TROUBLESHOOTING

Warning! Do NOT attempt the following steps unless you SUCCESSFULLY saw the words “Press 0 to update” from step 5 above. The firmware code may become damaged.

1. Power off the device.
2. Hold down the “back” key on the keypad.
3. Power on the device while continuing to hold the “back” key.
4. Wait approximately 3 seconds and release the “back” key.
5. A progress indicator should appear at the bottom of the screen within a minute or two.
6. The bar may restart up to 3 times during this process and the computer will restart itself when complete. The screen may also flash briefly.

MAINTENANCE



WARNING!

READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.

Failure to follow all procedures listed below may cause serious injury and/or decrease equipment functionality.

- Frequently check to see that all bolts are securely fastened.
- Touch up paint may be used to cover scratches or blemishes sustained through use.
- Frequently check to see that weight equipment is functioning properly.
- A silicone based lubricant may be used on moving parts to maintain proper function.
- Mild detergent or disinfectant may be used to clean weight equipment.
- Soapy water may be used to clean the tread.
- Replace any damaged equipment with genuine Rogers Athletic parts. Failure to do so may result in unsafe equipment and/or personal injury.

CUSTOMER SERVICE

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information packet. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail to:

Rogers Athletic Company
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Farwell, MI 48622