

# PROFLEX



## TRX5 Electric Treadmill

### User Manual

[Revision 5.0 June 2019]

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READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

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# Safety

Basic precautions, including the following important safety instructions, should always be followed when using this equipment. Read all instructions before use.



To reduce the risk of electric shock, always unplug the equipment from the electrical outlet after use and before cleaning, assembling, or servicing. Failure to follow these instructions may lead to personal injury and cause damage to the equipment.

Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

- Use this product for its intended use only as described in this user manual. Do not use attachments not supplied or recommended by the manufacturer.
- Never operate the unit with a damaged cord or plug, or if it is malfunctioning. If it has been dropped, damaged or exposed to water, have the unit inspected/repared by an authorized service center.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid it being a potential hazard.
- This equipment must be plugged into a nominal 240VAC / 50Hz outlet that is properly grounded.
- **Caution** – To avoid injury, use caution when stepping on to or off the equipment.
- **Maximum weight capacity = 100 kg.**
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Any information or data provided by the equipment is a guide only and is not to be used as medical data or scientific evidence.
- Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the unit outdoors.
- Do not pull the equipment by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the equipment in the presence of an adult who can assist if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- The motor cover can become hot while the equipment is in use. Do not place the equipment on flammable surfaces.
- Keep the electrical cord away from hot surfaces.
- Keep the equipment on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the equipment remains clear of any obstructions during use.
- This equipment is for domestic household use only.
- One person only should use the equipment at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the equipment barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the equipment and create a hazard.
- Always hold on to the handrails while using the equipment.
- Always ensure the belt platform is securely in place when folding and moving the equipment.
- Do not leave children unsupervised near or on the equipment.

- Children should not be allowed to play or operate the equipment at any time.
- To disconnect, turn all controls to the OFF position, then remove plug from the wall outlet.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Remove the safety tether for emergency stop.
- Keep hands clear of all moving parts. Never place hands or feet under the equipment while in use.
- Do not use the equipment on high-pile carpet greater than 1.3 cm in height.
- Before using the equipment, check that the belt is aligned and centred on the running deck and all visible fasteners on the equipment are sufficiently tightened and secure.
- Never operate this equipment when folded.
- Allow the running belt to stop fully, then unplug the power cord from the wall outlet before folding the equipment.
- Always face towards the console and do not run backwards on the running belt.

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## Parts Identification

The TRX5 comes partially assembled. The unit comes with the following parts. Ensure that all parts are included before assembly.



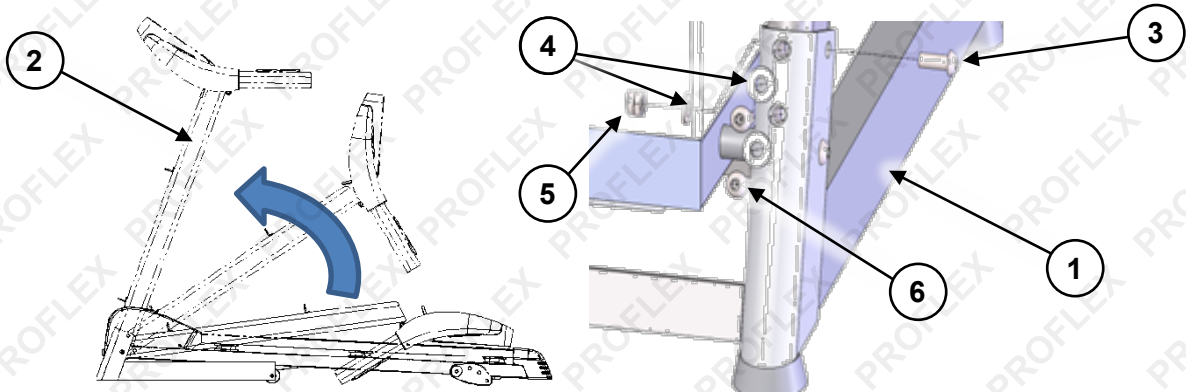
No.	Qty.	Description
1	1	Treadmill (includes belt platform, console, motor, handlebar etc)
2	1	Accessory Bar
3	2	Accessory Bar Rail
4	4	Tube Joint Cover
5	4	Tube Padding
6	2	Accessory Dumbbell
7	1	Safety Tether
8	1	Belt Lubricant

No.	Qty.	Description
9	1	Auxiliary Input Cable
10	1	Fasteners / Tools: 2 M8x55 Screw 2 M8x45 Screw 4 M8x40 Screw 6 M8x20 Screw 8 M8 Washer 8 M8 Nut Spanner 5mm and 6mm Allen Key

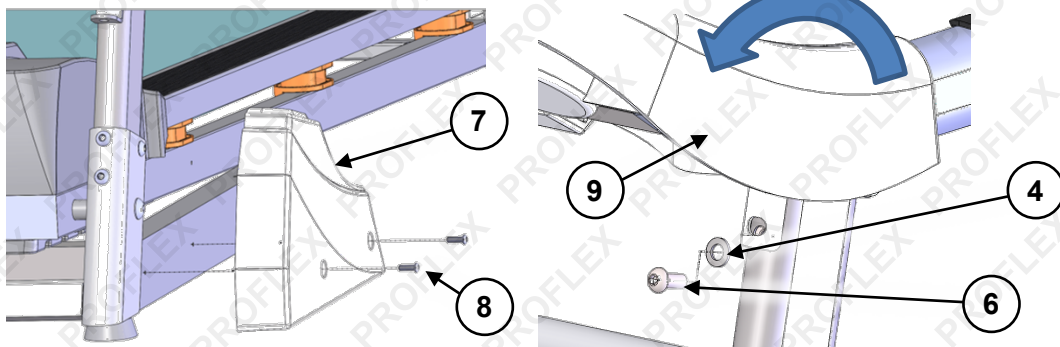


# Assembly

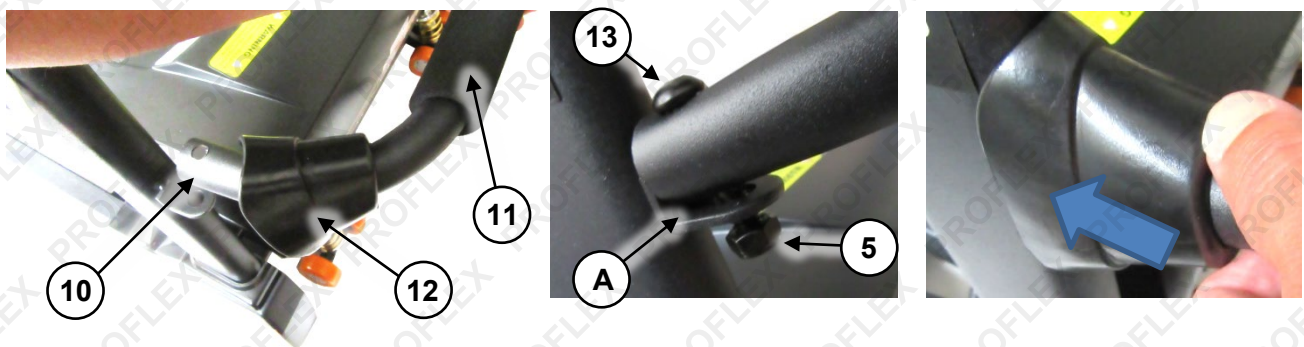
1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials. Using the screwdriver, remove (rotate left) the 2 screws (8, shown in step 3) securing the plastic cover (7, shown in step 3) on each side of the equipment.
2. With the equipment flat, lift the handle assembly (2) so that it is upright, then secure the handle columns to the equipment base (1) using 2 M8x45 screws (3), washers (4) and nuts (5) on the outer sides of the handle columns, and 4 M8x20 screws (6) and washers (4) on the front side of the columns. Firmly tighten (rotate right) all fasteners using the Allen key/spanner.



3. Place each plastic cover (7) in position and secure it to the equipment using the previously removed screws (8) (rotate right).

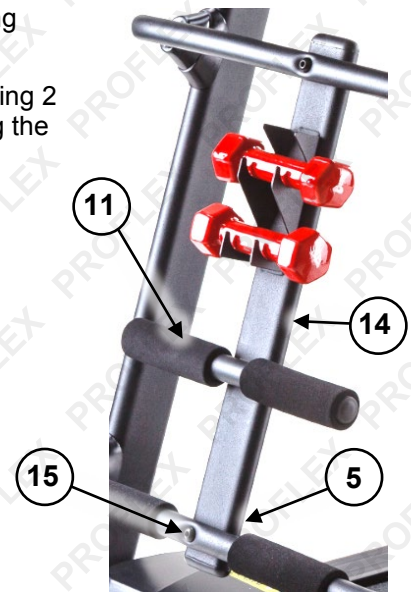


4. Rotate the console (9) so it is almost horizontal, then secure it to the handle columns using 2 M8x20 screws (6) and washers (4). Tighten the screws (rotate right) using the Allen key.
5. Prepare the lower accessory bar rail (10) by sliding 2 pieces of tube padding (11), followed by a tube joint cover (12) on to each end. The joint covers should be inserted small end first. For the upper accessory bar rail, slide a tube joint cover onto each end, small ends first.
6. Attach the upper and lower (with tube padding) accessory bar rails to the tabs (A) on the handle columns using 4 M8x40 screws (13) and nuts (5). Tighten the screws (rotate right) using the Allen key.
7. Slide the tube joint covers toward the handle columns so that the joint is fully covered.



8. Bring the accessory bar (14) into position, with the dumbbell hooks facing upward, behind the centres of the accessory bar rails.
9. Attach the accessory bar to the upper and lower accessory bar rails using 2 M8x55 screws (15) and nuts (5). Tighten the screws (rotate right) using the Allen key.
10. Slide the 2 remaining pieces of tube padding (11) over the horizontal accessory bar tubes.

The machine should resemble the image below and is ready for use.



### Folding / Unfolding

To fold, lift the end of the equipment up until it locks into the folded position.

To unfold, use your foot to push the latch on the hydraulic lift (B) – the belt platforms lowers automatically.



Always set-up the equipment on a flat and level surface. If the equipment "rocks", (if applicable) rotate feet under front of machine to move up or down as needed so equipment is steady.



### Moving

The unit can be tilted onto its wheels for easy moving and storage. With the equipment in the folded and locked position, firmly grasp the handlebar with both hands. Next, carefully tilt the equipment back until it rolls freely.



Do not attempt to move the equipment while it is in the unfolded position. • The belt platform suspension pads at the front of the equipment are NOT wheels and do not rotate.



# Operation

## Safety Tether and Emergency Stop

The equipment comes with a “safety tether” (C). The safety tether must be attached to the console in order for the equipment to run. It is designed to attach to your clothing so that if you leave or fall from the equipment it will stop automatically, helping prevent injury.

Before beginning a workout session, ensure that the safety tether is properly placed onto the console and that the clip is securely attached to your clothing.



**Note:** If the equipment is on, but the safety tether is not attached, “E 7” shows on the display and the equipment cannot be started.

## Program and Manual Modes

The equipment features two basic operating modes:

**Note:** The equipment must not be running in order to change or select modes.

- **Manual Mode** – The equipment is being used, but not running a preset program (see Program mode, below). In this mode, the equipment can be set to stop automatically at a pre-set session duration, distance or calories used value. To enter Manual mode, press **MODE** (see [Manual Mode Training](#)).

**Note:** You can also press **START** to use the equipment without setting a duration or distance. In this mode, the equipment will stop automatically after 60 minutes.

- **Program Mode** – The equipment runs through a preset routine where it will apply a particular speed for a period of time. There are 12 preset routines to choose from (“P1” to “P12”). In Program mode, the unit automatically changes speeds. At each speed change, the unit beeps for 3 seconds before changing speed, as a warning. To enter Program mode, press **PROG** when the equipment is on but not running – the display flashes “P01”. Press **PROG** until you reach the required program (see [Program Mode Training](#)).

## Console and Functions

The equipment features a computerized display that provides you with controls for operating the unit as well as workout information, such as duration, speed, distance travelled etc.

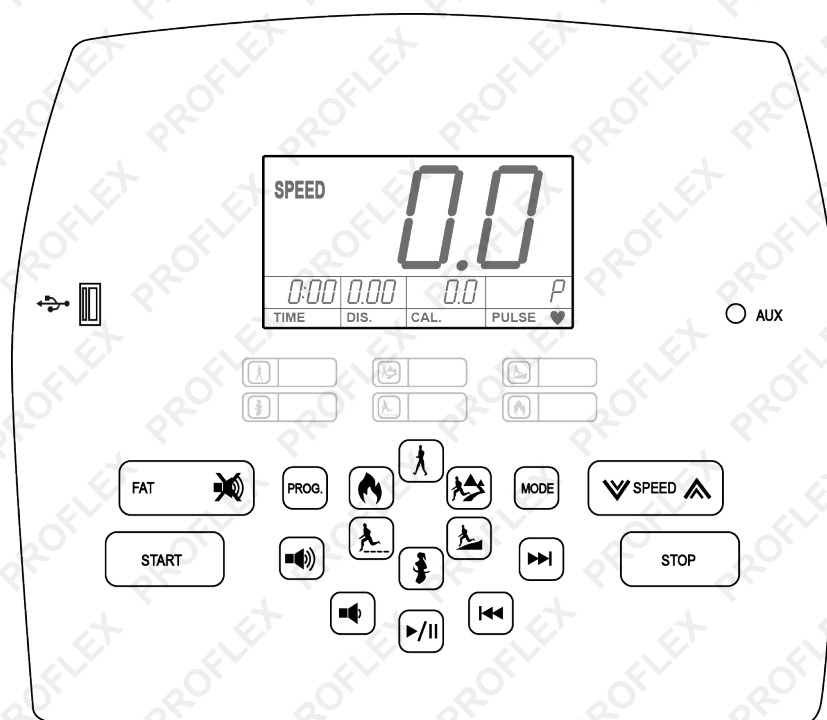
To use the equipment:

1. Plug the equipment into the electrical supply.
2. Place the power switch (D), located at the front of the unit, in the “ON” (“I”) position.
3. Attach the safety tether to the safety tether location on the console.
4. Operate the equipment as desired.
















Always stand on the side rails when starting the equipment. Never stand on the belt then start the machine.







Control	Description
<b>Display</b>	Shows current information, such as current speed, elapsed or remaining time, used or remaining calories, current pulse etc. The range of values for each is: <ul style="list-style-type: none"> <li>• <b>Time</b> – 5:00 to 99:59 minutes / seconds.</li> <li>• <b>Distance</b> – 1.0 to 99.9 kilometres.</li> <li>• <b>Speed</b> – 0.8 to 14.8 km/h.</li> <li>• <b>Calories</b> – 20 to 999 calories.</li> <li>• <b>Pulse</b> – 50 to 200 beats/minute (BPM).</li> </ul> <p><b>Note:</b> When displaying pulse, you must have both hands on the metal sensors on each handle. • To approximately convert calories to kilojoules, multiply the number of calories by 4</p>
<b>START</b>	Press to start the equipment. Start can also be selected using the left-hand handle mounted “Start” button.
<b>STOP</b>	Press to stop the equipment. Stop can also be selected using the left-hand handle mounted “Stop” button.
<b>FAT</b>	Press to activate the body mass index calculator (see <a href="#">Calculating Body Mass Index</a> ).
<b>PROG</b>	Press to select a pre-set program. Each press moves to the next program in sequence (P1 to P2, P2 to P3 and so on). Hold the button down to more quickly step through programs.
<b>MODE</b>	When in Manual mode and the equipment is not running, press to switch between time, distance or calorie setting options. When using the body mass index calculator, press to step through data entry options (see <a href="#">Calculating Body Mass Index</a> ).
<b>SPEED</b>	When the equipment is running, press  to increase speed. Press  to reduce speed. Each press changes speed by 0.1 km/h. Hold the button down to more quickly change speed. The speed range is 0.8 to 14.8 km/h. Speed can also be adjusted using the right-hand handle mounted + and – buttons. When in Manual mode and the equipment is not running, press + or – to adjust either time, distance or calories target values. When in Program mode and the equipment is not running, press + or – to adjust the program time value.

Control	Description
<b>Quick Speed Selection</b>	
	In Manual mode, press a "quick speed select" button to change to the applicable speed. The speed will remain as selected until changed or the equipment stopped:
 1.0 km/h.	 7.0 km/h.
 3.0 km/h.	 9.0 km/h.
 5.0 km/h.	 11.0 km/h.
<b>Audio System Controls</b>	
<b>AUX</b>	Allows connection of an audio playing device via a 3.5mm cable (supplied). Note that some audio system functions are not available when this type of connection is used.
	Allows connection of a USB type storage device. Note that audio files must be in MP3 format and that navigation of the storage device (switching "folders" etc) is not supported.
	Press to mute the speakers. Press again to un-mute.
	Press to increase speaker volume. Press and hold to increase volume more quickly.
	Press to decrease speaker volume. Press and hold to decrease volume more quickly.
	Press to pause the currently playing music. Press again to play the currently paused music. Applies to USB connection only.
	Press to play the next music track. Applies to USB connection only.
	Press to play the previous music track. Applies to USB connection only.



## Manual Mode Training

The TRX5 has a "Manual" mode of operation, which gives you the freedom to adjust the equipment operation as desired at any time. In this mode, once started, the equipment runs until you stop it or can be pre-set for a session duration, distance or target number of calories to use.

1. Turn on the equipment.
2. Press **START**. The equipment counts down 5 seconds, then starts running at the slowest speed.
3. Adjust speed using  and  as required.
4. When finished, press **STOP**.

## Setting a Pre-Set Session Duration

When training to a pre-set session duration, the equipment stops automatically once the timer counts down to 0.00.

1. Turn on the equipment.
2. Press **MODE** so that the "H - 1" shows on the display.
3. Adjust the session duration using  and  as required. Duration can range from 5 to 99 minutes.
4. Press **START**. The equipment counts down 5 seconds, then starts running at the slowest speed.
5. Adjust speed as required.

## Setting a Pre-Set Session Distance

When training to a pre-set session distance, the equipment stops automatically once the travelled distance reaches 0.00.

1. Turn on the equipment.
2. Press **MODE** so that the "H – 2" shows on the display.
3. Adjust the session distance using ▲ and ▼ as required. Distance can range from 1 to 99 km, in 1.0 km increments.
4. Press **START**. The equipment counts down 5 seconds, then starts running at the slowest speed.
5. Adjust speed as required.

## Setting a Target Calorie Value

When training to a target calorie value, the equipment stops automatically once the number of calories used for the session reaches the target value.

1. Turn on the equipment.
2. Press **MODE** so that the "H – 3" shows on the display.
3. Adjust the target calorie value using ▲ and ▼ as required. The value can range from 20 to 990 calories, in 1 calorie increments.
4. Press **START**. The equipment counts down 5 seconds, then starts running at the slowest speed.
5. Adjust speed as required.

## Program Mode Training

The TRX5 has 12 automatic training programs, "P1" to "P12". Each program has a standard duration of 30 minutes (you can change this) and applies differing speeds 10 times per program (for example, if the duration is 30 minutes, the speed changes every 3 minutes). To access the programs:

1. Turn on the equipment, press **PROG** to select program 1 ("P1" displays). To select other programs, keep pressing **PROG** as required.
2. To change program duration, use ▲ and ▼ as required to set duration between 5 and 99 minutes.
3. Press **START**. The equipment counts down 5 seconds, then the belt starts running.
4. When the equipment changes speed, a beep sounds several times before the change.
5. When completing the program, a beep sounds several times before the equipment stops.

Program speeds are shown below:



Program	Speed (km/h)									
P1	3.0	3.0	6.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0
P2	3.0	3.0	4.0	4.0	5.0	5.0	5.0	6.0	6.0	4.0
P3	2.0	4.0	6.0	8.0	7.0	8.0	6.0	2.0	3.0	2.0
P4	3.0	3.0	5.0	6.0	7.0	6.0	5.0	4.0	3.0	3.0
P5	3.0	6.0	6.0	6.0	8.0	7.0	7.0	5.0	5.0	4.0
P6	2.0	6.0	5.0	4.0	8.0	7.0	5.0	3.0	3.0	2.0
P7	2.0	9.0	9.0	7.0	7.0	6.0	5.0	3.0	2.0	2.0
P8	2.0	4.0	4.0	4.0	5.0	6.0	8.0	8.0	6.0	2.0
P9	2.0	4.0	5.0	5.0	6.0	5.0	6.0	3.0	3.0	2.0
P10	2.0	5.0	7.0	5.0	8.0	6.0	5.0	2.0	4.0	3.0
P11	2.0	5.0	6.0	7.0	8.0	9.0	10.0	5.0	3.0	2.0
P12	2.0	3.0	5.0	6.0	8.0	6.0	9.0	6.0	5.0	3.0

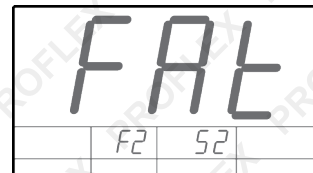
## Calculating Body Mass Index

The TRX5 features a body mass index calculator, which can provide a reasonable assessment on the user's overall fat content using data for age, gender, height and weight. To calculate body mass index:



The body mass index ("BMI") is to be used as a guide only and should not be considered medical data. • BMI values in the following ranges are indicators of: ≤19 – underweight; 20 to 25 – normal; 26 to 29 – overweight; ≥30 – obese.

1. Turn on the equipment.
2. Press **FAT**, or press **PROG** repeatedly, until "**F A t**" shows on the display. Beneath this will be the input data type (described below) on the left, and the data value on the right. The example image shows an age value of "52".
3. Press **MODE** to select the BMI data to input. Each press steps between the following input data types. For each type of data, adjust the value using  and  as required before stepping to the next input data type:
  - "F1" – Gender. Possible values are "01" for male, "02" for female.
  - "F2" – Age. Possible values are "10" to "99".
  - "F3" – Height in centimetres. Possible values are "100" to "200".
  - "F4" – Weight in kilograms. Possible values are "20" to "150".
  - "F5" – Physical detection. Place the palms of your hands on the pulse sensors and keep them there until the BMI value is shown
4. When finished, press **STOP**.



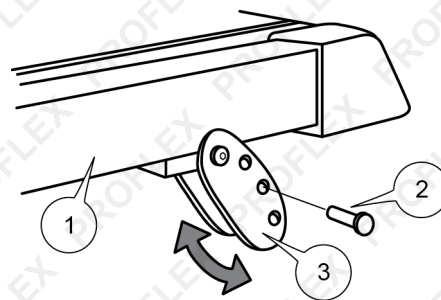
## Belt Platform Inclination

The TRX5 features 3-position belt platform inclination. This means that end of the belt platform can be raised/lowered in three positions. The lower the end of the belt platform compared to the front provides a more strenuous workout. To adjust belt platform inclination:



Always adjust both sides of the belt platform to the same height.

1. Ensure that the equipment is OFF and unplugged.
2. Lift one side of the belt platform (1), then pull the locking pin (2) out from the foot (3).
3. Rotate the foot, as required, then insert the locking pin into the required hole (the hole farthest from the belt platform provides the most inclination). Ensure the pin passes through the hole on either side of the foot.
4. Perform the same operation on the other side of the belt platform.
5. Ensure that the belt platform is resting on both feet before using the machine.





# Care, Maintenance and Troubleshooting



Some maintenance activities described may be beyond the scope of some users. For procedures that you are not comfortable with or have the tools or experience for, have the unit serviced by a service centre or qualified technician. • To prevent electrical shock, switch OFF and unplug the equipment before cleaning or performing any maintenance tasks. • Before each use, check the running belt for wear.

## Cleaning

The equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives, solvents or harsh chemicals. Be careful not to get excessive moisture on the display panel as this may damage it and create an electrical hazard.

After each use, wipe the unit of any sweat, dirt or liquids. Pay extra attention to the edges of the belt, where it meets the running boards on each side of the running belt – keeping this area clean will help prolong the life of the unit and maintain its performance. Keep the equipment, especially the display console, out of direct sunlight to prevent damage to the screen.

## Storage

Store the equipment in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is OFF ("O") and the power cord is un-plugged from wall outlet.

## Troubleshooting

The following information may assist in identifying a problem and rectifying it.

Problem	Potential Reason	Correction
<i>Equipment will not start.</i>	<b>A.</b> Equipment not plugged in. <b>B.</b> Safety tether not in place.	<b>A.</b> Connect unit to mains electrical supply. <b>B.</b> Place safety tether in correct location.
<i>Belt slips.</i>	Belt loose.	Adjust belt tension.
<i>Belt hesitates when stepped on.</i>	<b>A.</b> Not enough lubrication on running deck. <b>B.</b> Belt too tight.	<b>A.</b> Lubricate running deck. <b>B.</b> Adjust belt tension.
<i>Belt is not centred.</i>	Running belt tension not even across the rear roller.	Adjust belt alignment.
<i>Display shows "E 1"</i>	Communication problem between drive unit and console detected.	Check connections between console and drive unit. If the connectors or wiring is damaged, replace it.
<i>Display shows "E 2"</i>	Drive unit / motor problem detected.	Check drive unit and motor connections. if the motor is damaged, replace it.
<i>Display shows "E 3"</i>	Electrical protection tripped.	Check mains electrical supply is to specifications. • Ensure that drive belt is not caught or is unable to rotate due to obstruction. • Check all connections. • Check for motor or control circuitry fault (often indicated by a burning smell) and replace parts as required.
<i>Display shows "E 5"</i>	Motor failure	Replace the motor.

Problem	Potential Reason	Correction
Display shows "E 6"	Power supply protection tripped.	Check mains electrical supply is to specifications. • Check all connections. • Check for motor or control circuitry fault (often indicated by a burning smell) and replace parts as required.
Display shows "E 7"	Safety tether not in place.	Place safety tether in correct location on console.
Equipment unsteady	Surface not flat.	Set-up equipment on a flat surface. • If applicable, rotate feet under front of machine to move up or down as needed so equipment is steady.

### When to Call for Help

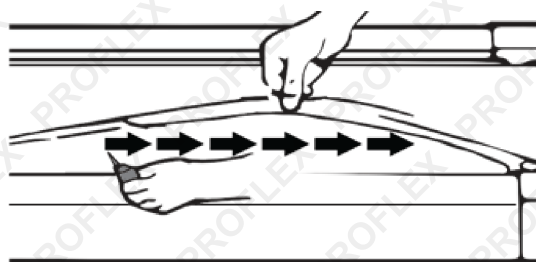
This equipment is designed with user safety as a priority. In the event of electrical failure, the equipment will shut off automatically to prevent injury and damage to the unit. If you encounter unusual behaviour from the equipment, turn the power switch off and on to reset the equipment. This should ready the equipment for normal operation again. If after you have reset the equipment that it is still not operational, call an authorized service centre or technician for servicing.

## Maintenance

### Belt Lubrication

Lubricating the running belt helps maintain performance and extends service life. Lubricate the belt after the first 25 hours of use (or 2 to 3 months), then every 50 hours of use (or 5 to 8 months, or more frequently under extended usage).

To check if the belt requires lubrication, lift each side of it and feel the top surface of the running deck. If the deck is slick to the touch, no lubrication is required; if it is dry, lubricate. To apply lubricant.



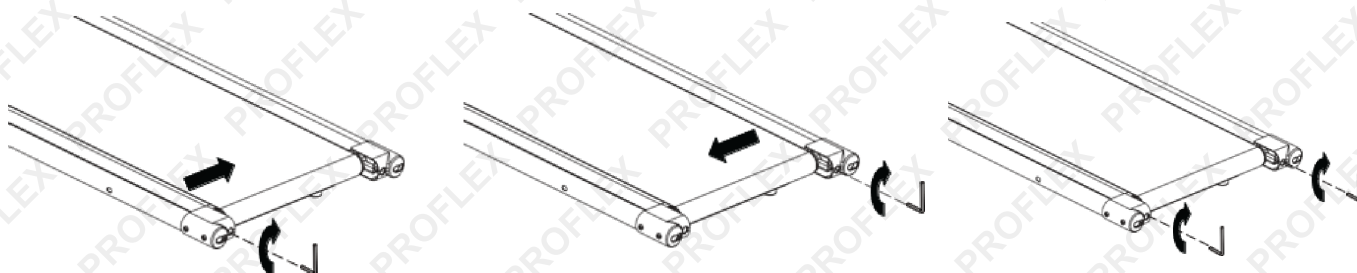
1. Lift the edge of the running belt so the running deck is exposed.
2. Place several drops of the supplied lubricant along the centre of the running deck.
3. Run the equipment at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

**Note:** Do not over lubricate. Wipe away any excess lubricant from the running belt. • All-purpose household oil or sewing machine oil can also be used.

### Belt Alignment and Tension Adjustment

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require re-tensioning. To adjust the belt, turn on the main power switch of the equipment and let the belt run at a speed of 6km/h. Use the Allen key provided to turn the rear roller adjustment bolts in order to center the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn to the right, and the running belt should start to correct itself.

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn to the left, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.



If the running belt is slipping during use, turn off and unplug the equipment. Using the Allen key provided, turn both left and right rear roller adjustment bolts 1/4 turn to the right, then turn the main power switch back on and run the equipment at a speed of 6km/h. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.

## Specifications

Electrical	240VAC / 50Hz
Weight Capacity	100kg
Belt Platform Size	1200 x 420mm
Speed	0.8 to 14.8km/h

## Warm-Up and Cool-Down Routine

The *warm-up* routine is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Always perform a *cool-down* routine after your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

### Head Roll

Rotate your head to the right for one second, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one second, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one second, then drop your head to your chest for one second.



### Shoulder Lift

Lift your right shoulder toward your ear for one second. Then lift your left shoulder up for one second as you lower your right shoulder.



### Side Stretche

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one second. Repeat this action with your left arm.



**Quadriceps Stretch**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot.

**Inner Thigh Stretch**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible, then gently push your knees toward the floor. Hold for 15 seconds.

**Toe Touch**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 seconds.

**Hamstring Stretch**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds. Relax and then repeat with left leg.

**Calf/Achilles Stretch**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.







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