

Treadmill for exercise training

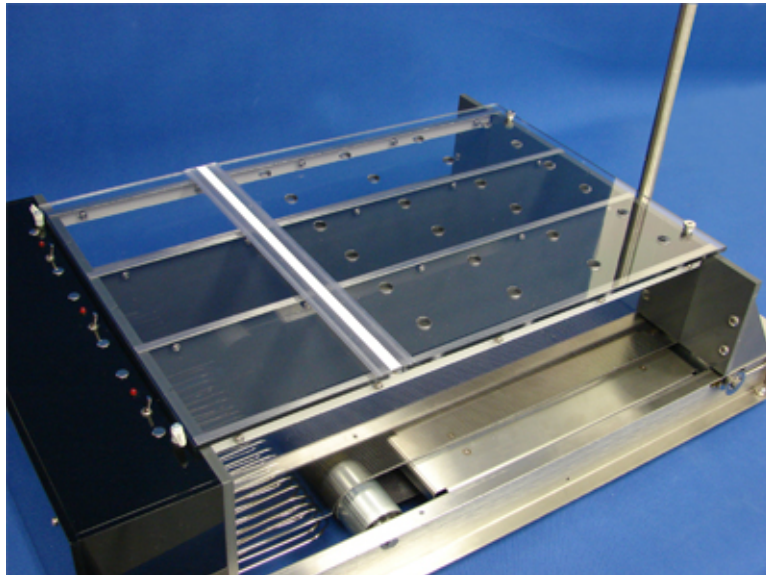
1. Experiment

Mice are exercised on a 6-lane treadmill

2. Aim

To exercise-train mice for comparisons of sedentary with exercised mice

3. Equipment



The Exer-3/6 treadmill (Columbus Instruments) is a specialist six-lane animal exerciser. It has a single belt with dividing walls suspended over the tread surface. A drive motor controller provides smooth and continuous adjustment of speed in the range 3-100 m/min. Each lane is 43 cm long x 6 cm wide. The exercising belt is made with special material that facilitates grip and is easy to clean. The treadmill has an optional incline.

4. Training requirements

Researchers are required to complete adequate training prior to use. This takes approximately 15 min.

5. Experiment design considerations

- Up to 6 mice can be run at a time
- A puff of air or gentle tap with some paper towel is used to encourage the mice to run

6. Monitoring

During exercise mice are monitored constantly for signs of discomfort and/or distress. Mice are observed throughout the procedure and 15 min after return to home cage, or as outlined in individual ethics applications.

7. References

<https://colinst.com/post/exer-3-6-treadmill>