



**MMMPP**  
Melbourne Mouse Metabolic  
Phenotyping Platform



## Treadmill for exercise training

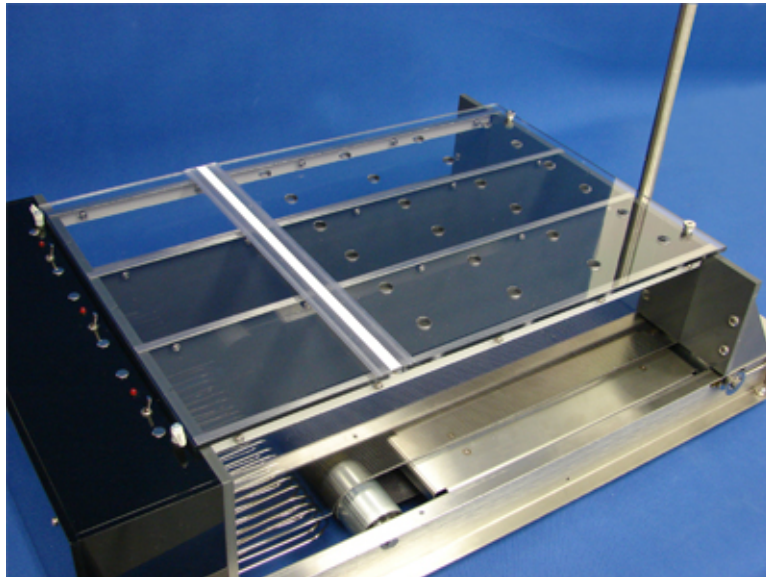
### 1. Experiment

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

<http://www.colinst.com/products/animal-treadmill-exer>