

***XINGGUI***  
***Magnetic Recumbent Bike***  
***ITEM NO.: 26040***

***LifeGear***  
Get active for life



***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.***

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST -----	6
TOOLS -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
HOW TO MOVE THE RECUMBENT BIKE -----	23
OPERATING THE COMPUTER -----	24
ADJUSTMENTS -----	26
MAINTENANCE -----	27
TROUBLESHOOTING -----	27
WARM UP AND COOL DOWN ROUTINE -----	28

# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

**Basic precautions and following the important safety instructions should always be followed when using this equipment. Read all instructions before using this equipment.**

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. In order to avoid injuring your muscles, warm-up exercises are recommended before exercising.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covered materials on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch at any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. This equipment should be used one person at a time.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 110 kgs.

**WARNING:** Before beginning any exercise program, please consult your physician. This is especially important for people who are over 35 years old 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.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

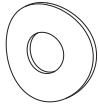
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front Frame	1	025	Washer Ø8xØ16x1.5T	15
002	Idler Arm	1	026	Right Decorative Cover	1
003	Front Stabilizer Ø60x1.5Tx380	1	027	Left Decorative Cover	1
004	Rear Stabilizer Ø60x1.5Tx380	1	028	Cross Recessed Pan Head Tapping Screw ST4.2x25	12
005	Back and Seat Support Bracket	1	029	Hexagon Socket Pan Head Cap Bolt M8x15 (S6)	11
006	Handlebar Ø25	1	030	Hexagon Nut M10 (S17)	2
007	Rear Frame	1	031	Rear Right Stabilizer End Cap	1
008	Front Post	1	032	Adjustable Leveler M10	2
009	Seat Adjustment Tube 40x80x600	1	033	Tension Control Knob	1
010	Handlebar End Cap Ø25	2	034	Tension Cable (L=900 mm)	1
011	Backrest and Seat Support Bracket End Cap 60x30x1.5T	2	035	Cross Recessed Pan Head Bolt M5x20	1
012	Big Curve Washer Ø8xØ20x2.0T	7	036	Wire Grommet Ø12.1	2
013	Screw ST4.2x20	12	037	Carriage Bolt M8x40	2
014	Seat Cushion	1	038	Hand Pulse Sensor	2
015	Cross Recessed Pan Head Bolt M6x15	8	039	Left Foot Pedal	1
016	Big Washer Ø6xØ18x1.5T	8	040	Right Foot Pedal	1
017	Backrest	1	041	Computer (XLG-505)	1
018	Bushing	2	042	Extension Sensor Wire (L=750 mm)	1
019	Handlebar Foam Grip Ø24xØ30x610	2	043	Extension Hand Pulse Sensor Wire I (L=700 mm)	1
020	Hexagon Socket Pan Head Cap Bolt M8x50 (S6)	4	044	Seat Adjustment Tube Cover	2
021	Round Knob M16	2	045	Cross Recessed Pan Head Bolt M5x10	4
022	Extension Hand Pulse Sensor Wire III (L=1000 mm)	1	046	Front Post Cover	1
023	Rear Left Stabilizer End Cap	1	047	Seat Adjustment Tube End Cap (□80x40)	2
024	Carriage Bolt M8x70	4	048	Front Left Transport Wheel Cap	1

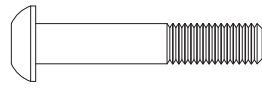
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Front Right Transport Wheel Cap	1	067	Cross Recessed Pan Head Tapping Screw ST2.9x12	2
050	Big Washer Ø5xØ19x1.0T	1	068	Bearing Nut II 7/8"	1
051	Screw ST4.2x12	4	069	Washer Ø23xØ34.5x2.5t	1
052	Hand Pulse Sensor Wire (L=850 mm)	1	070	Hexagon Nut 7/8"	1
053	Hexagon Nut M10xB5 (S17)	1	071	Plastic Screw Anchor Ø8x32	2
054	Adjustable Leveler M10x30	1	072	Hexagon Nut M6 (S10)	2
055	Cap Nut M8	6	073	Spring Washer Ø6	2
056	Hexagon Socket Pan Head Cap Bolt M8x20	1	074	Tension Bracket 31x30x1.0t	2
057	Bearing 6000-2Z	2	075	Eyebolt M6x36	2
058	Cover Cap Ø60xØ26x6.5	2	076	Nut M10x1.0xH6 (S14)	2
059	Belt PJ360	1	077	Left Cover	1
060	Belt Pulley with Crank	1	078	Right Cover	1
061	Washer Ø24xØ40x3.0t	1	079	Washer Ø10.2xØ14x1.0T	2
062	Bearing Nut I 15/16"	1	080	Washer Ø12xØ6x1.5T	1
063	Ball Bearing	2	081	Cross Recessed Pan Head Bolt M6x10	1
064	Bearing Cup	2	082	Flywheel	1
065	Extension Hand Pulse Sensor Wire II (L=1400 mm)	1	083	Hexagon Nylon Nut M8	1
066	Sensor with Wire (L=750 mm)	1	084	Spring Ø17xØ2.5x80	1

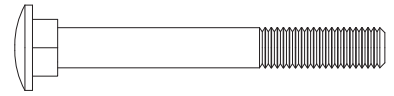
# HARDWARE LIST



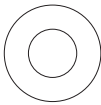
(12) Big Curve Washer  
6 PCS



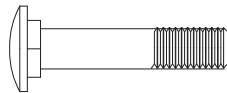
(20) Hexagon Socket  
Pan Head Cap Bolt  
4 PCS



(24) Carriage Bolt  
4 PCS



(25) Washer  
4 PCS



(37) Carriage Bolt  
2 PCS

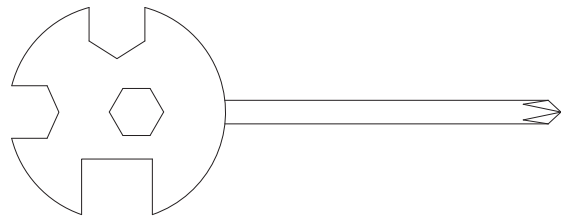


(55) Cap Nut  
6 PCS

# TOOLS

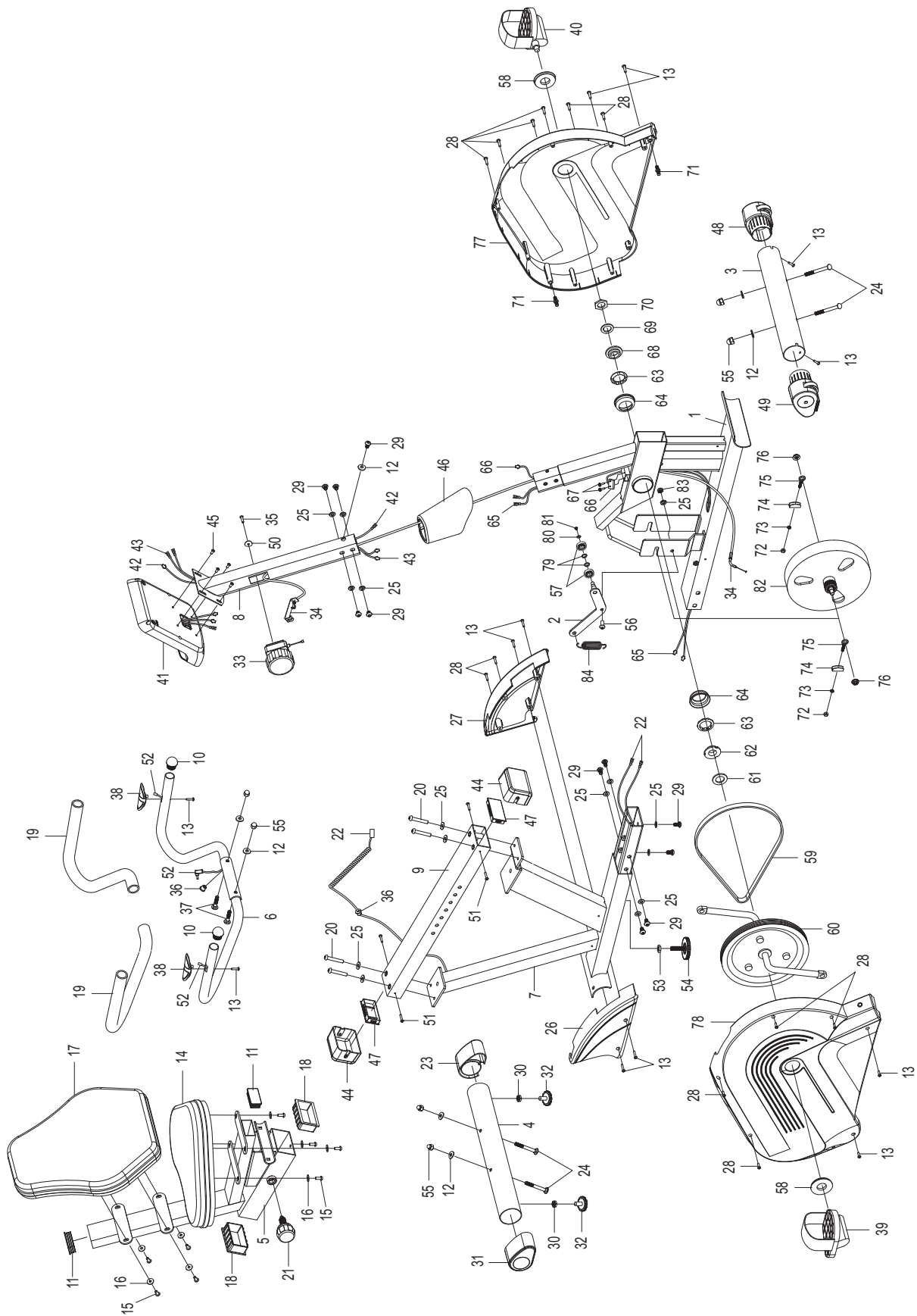


Allen Wrench  
1 PC



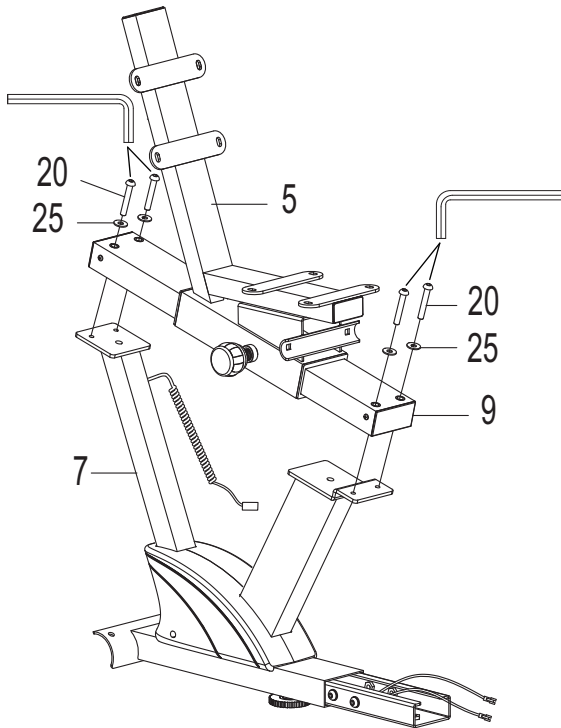
Multi Hex Tool with Phillips Screwdriver  
1 PC

# EXPLODED VIEW

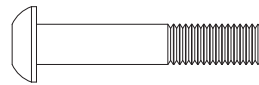




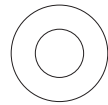
# ASSEMBLY INSTRUCTIONS



## Hardware:



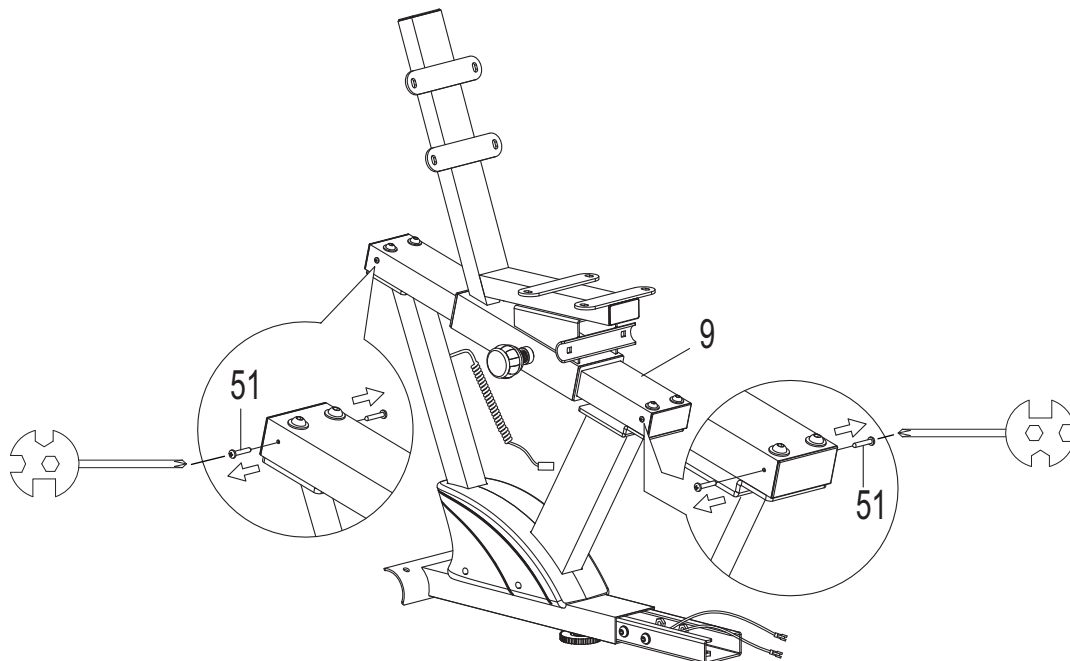
(20) Hexagon Socket  
Pan Head Cap Bolt  
4 PCS



(25) Washer  
4 PCS

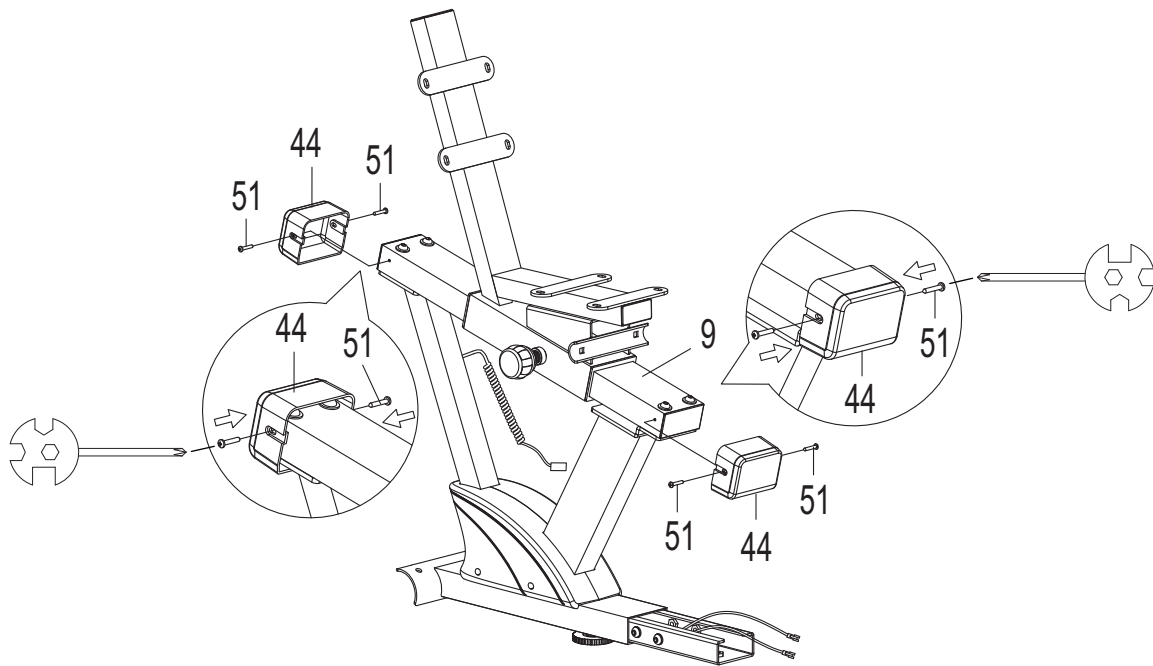
## STEP 1

Attach the Seat Adjustment Tube (9) onto the Rear Frame (7) with four Hexagon Socket Pan Head Cap Bolts (20) and four Washers (25). Tighten bolts with the Allen Wrench provided.



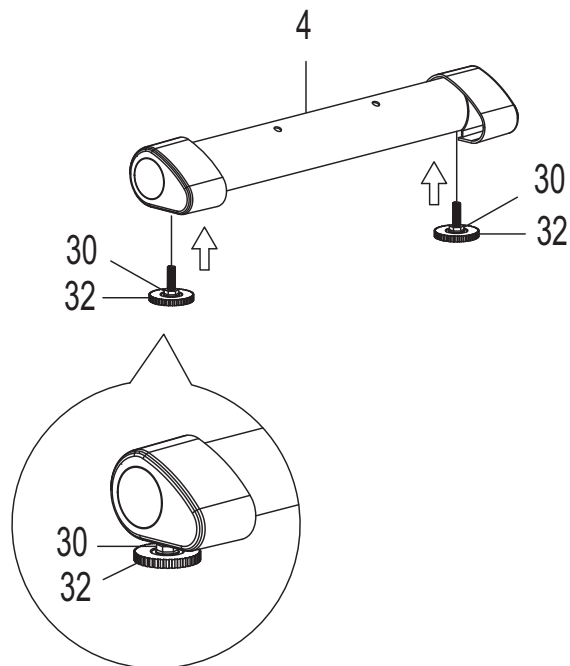
## STEP 2

Remove four Screws (51) from the Seat Adjustment Tube (9). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.



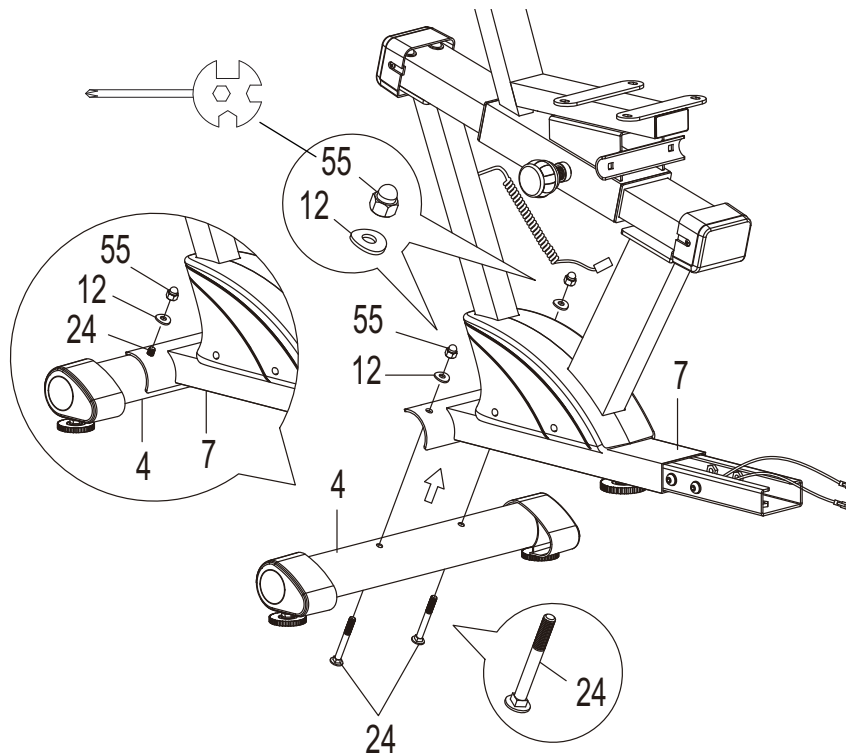
**STEP 3**

Attach both Seat Adjustment Tube Covers (44) onto both ends of the Seat Adjustment Tube (9) with four Screws (51) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.



**STEP 4**

Install two Adjustable Levels (32) with two Hexagon Nuts (30) onto the Rear Stabilizer (4).



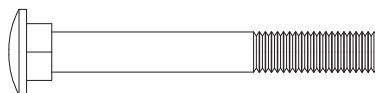
**STEP 5**

Position the Rear Stabilizer (4) behind the Rear Frame (7) and align bolt holes. Attach the Rear Stabilizer (4) onto the rear curve of the Rear Frame (7) with two Carriage Bolts (24), two Big Curve Washers (12), and two Cap Nuts (55). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

**Hardware:**



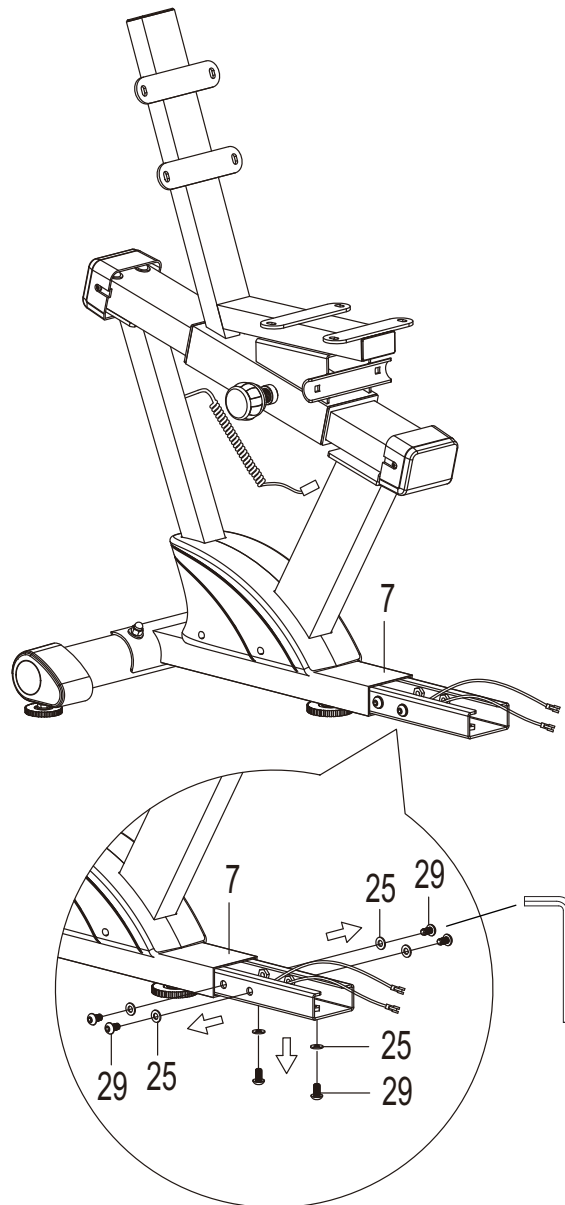
(12) Big Curve Washer  
2 PCS



(24) Carriage Bolt  
2 PCS

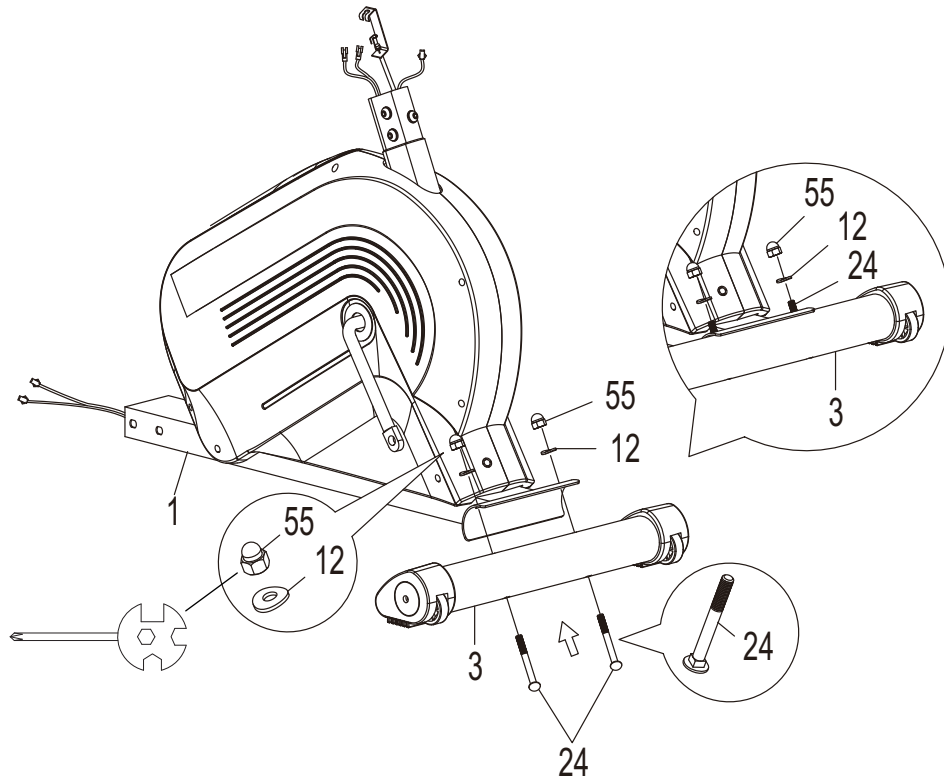


(55) Cap Nut  
2 PCS



**STEP 6**

Remove six Hexagon Socket Pan Head Cap Bolts (29) and six Washers (25) from the Rear Frame (7). Remove bolts with the Allen Wrench provided.



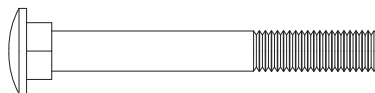
### STEP 7

Position the Front Stabilizer (3) in front of the Front Frame (1) and align bolt holes. Attach the Front Stabilizer (3) onto the front curve of the Front Frame (1) with two Carriage Bolts (24), two Big Curve Washers (12), and two Cap Nuts (55). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

### Hardware:



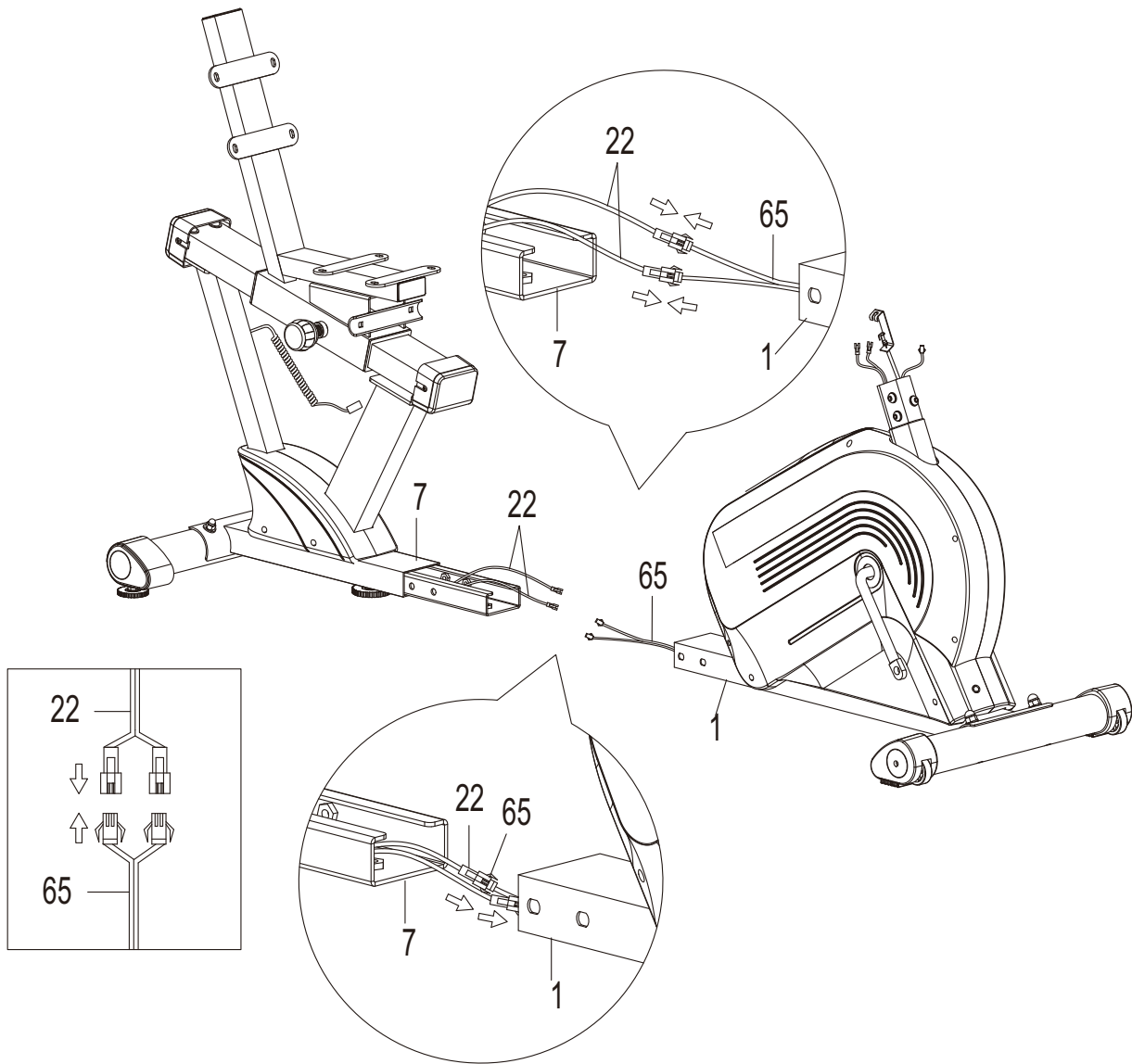
(12) Big Curve Washer  
2 PCS



(24) Carriage Bolt  
2 PCS

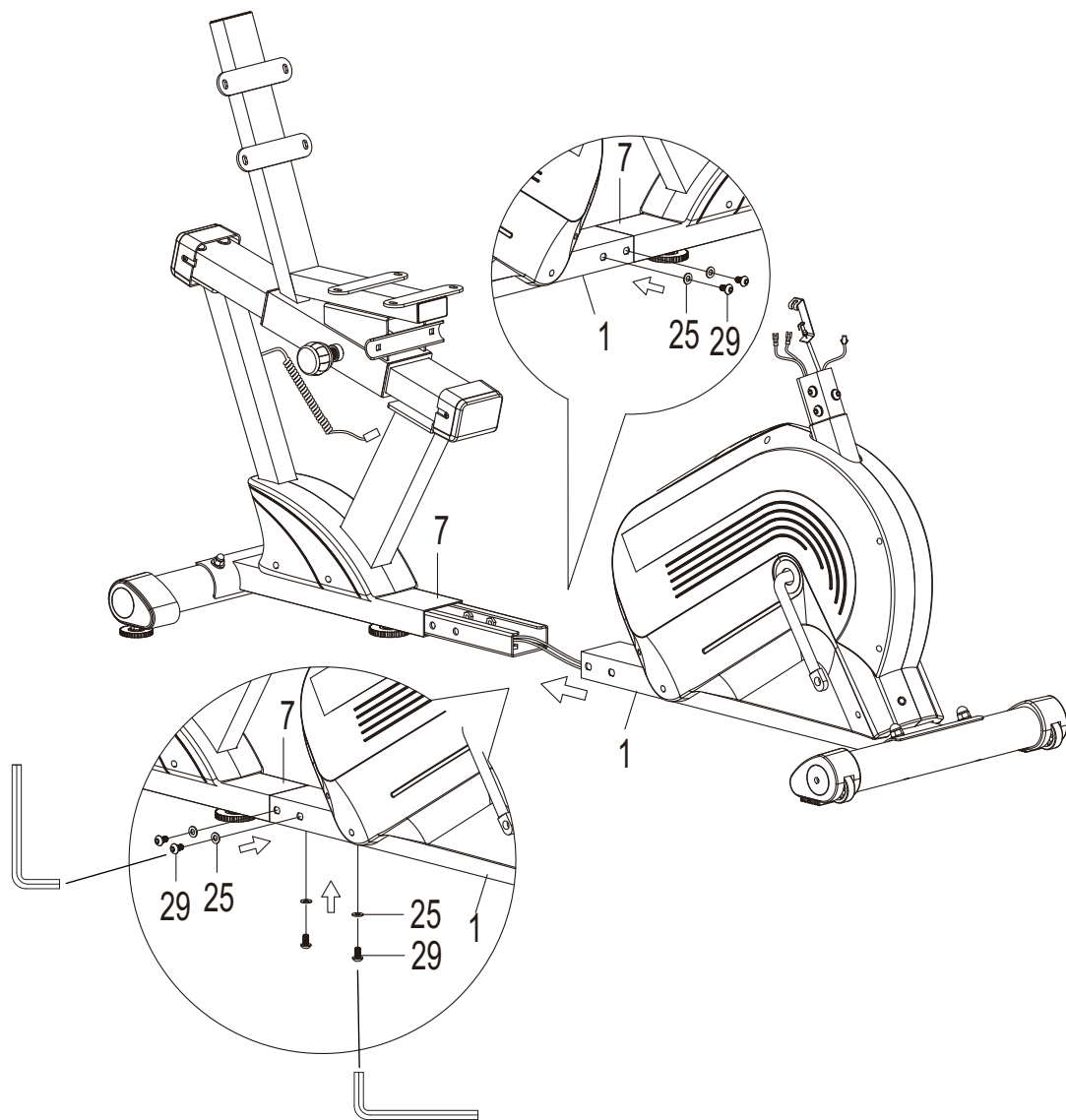


(55) Cap Nut  
2 PCS



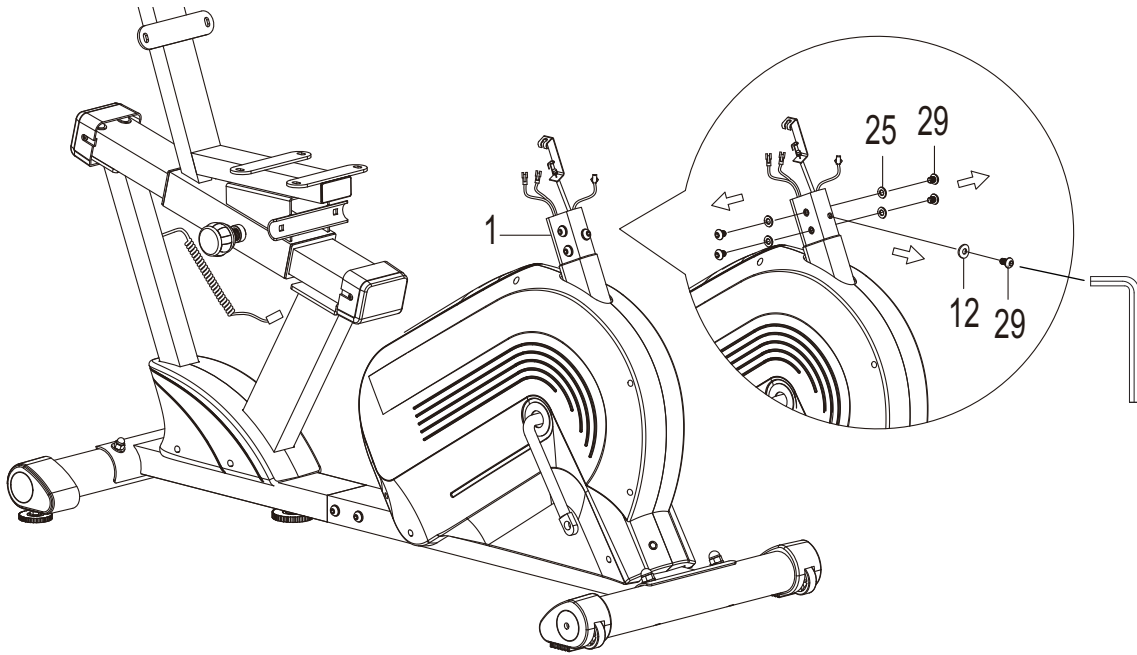
**STEP 8**

Connect the Extension Hand Pulse Sensor Wires II (65) from the Front Frame (1) to the Extension Hand Pulse Sensor Wires III (22) from the Rear Frame (7).



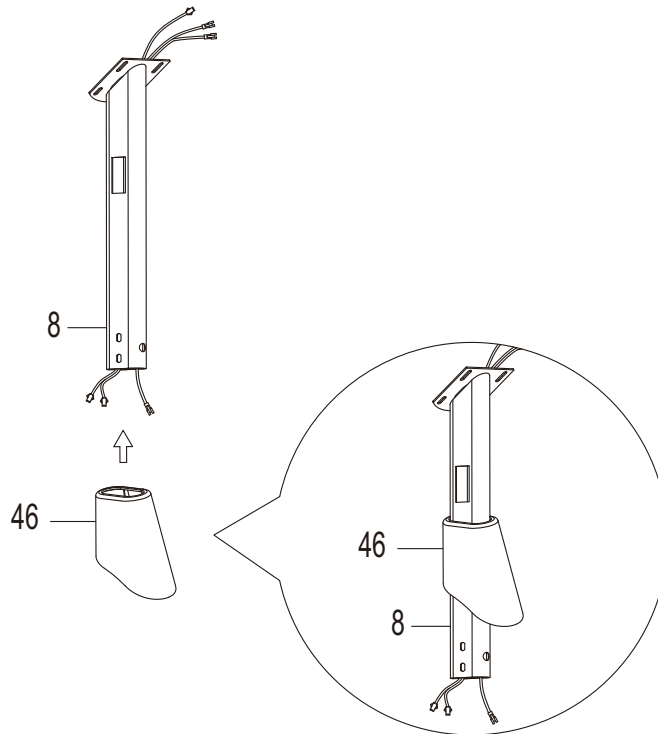
### STEP 9

Insert the Rear Frame (7) into the Front Frame (1) and secure using six Hexagon Socket Pan Head Cap Bolts (29) and six Washers (25) that were removed. Tighten bolts with the Allen Wrench provided.



**STEP 10**

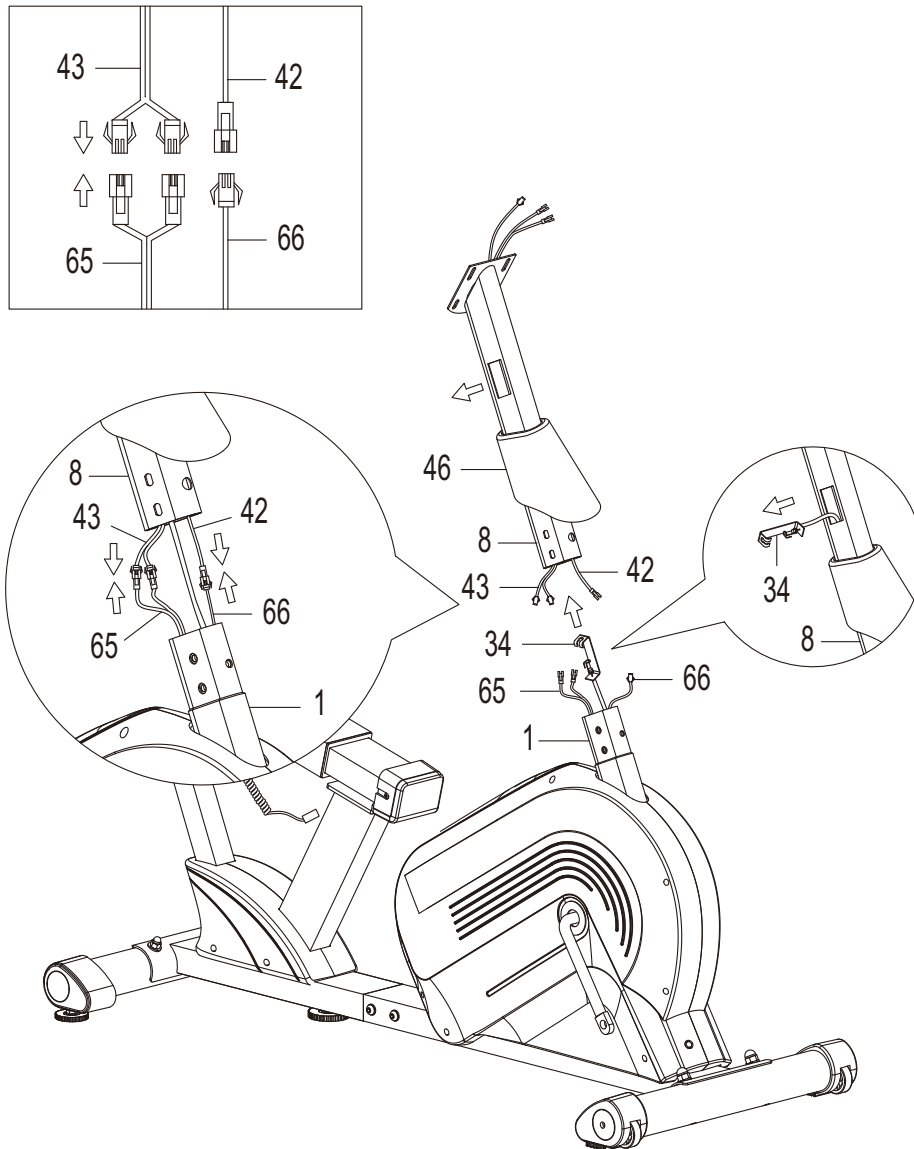
Remove five Hexagon Socket Pan Head Cap Bolts (29) and five Washers (25) from the Front Frame (1). Remove bolts with the Allen Wrench provided.



**STEP 11**

Slide the Front Post Cover (46) up to the Front Post (8).



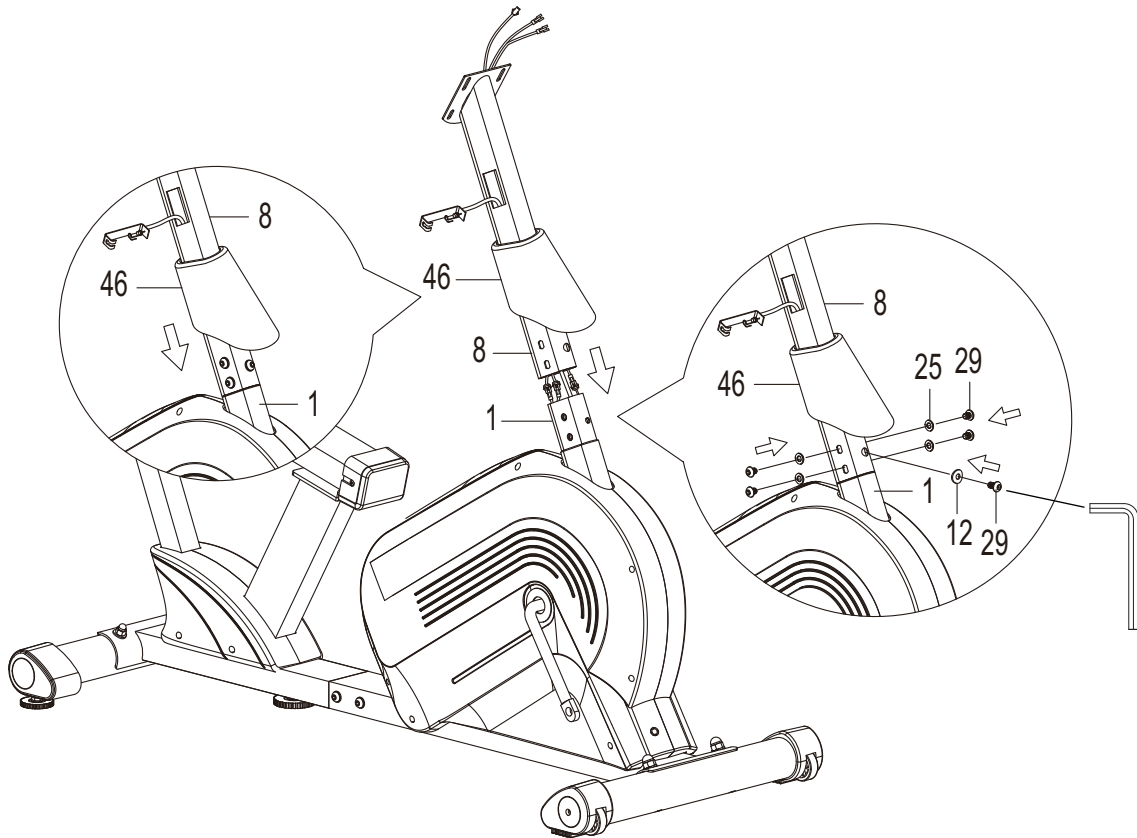


**STEP 12**

It is recommended to have a second person assist with this step. One person should hold the Front Post (8) and Front Post Cover (46) in place while the other person to insert the Tension Cable (34) and connect wires.

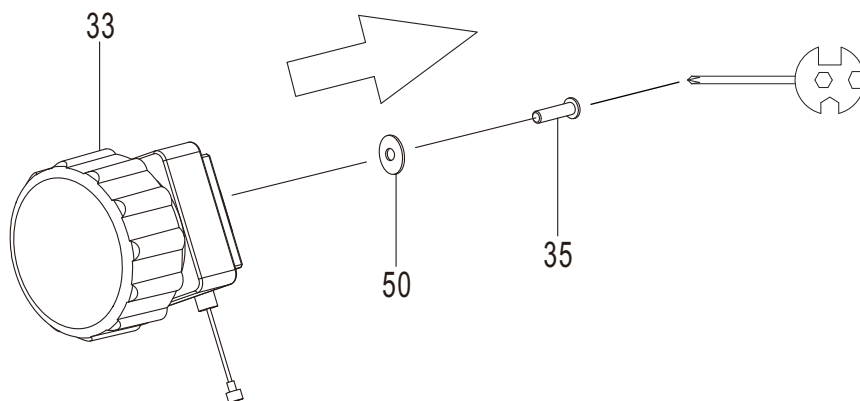
Insert the Tension Cable (34) through into the bottom hole of Front Post (8) and pull it out from the square hole of Front Post (8).

Connect the Sensor Wire (66) and Extension Hand Pulse Sensor Wires II (65) from the Front Frame (1) to the Extension Hand Pulse Sensor Wires I (43) and Extension Sensor Wire (42) from the Front Post (8).



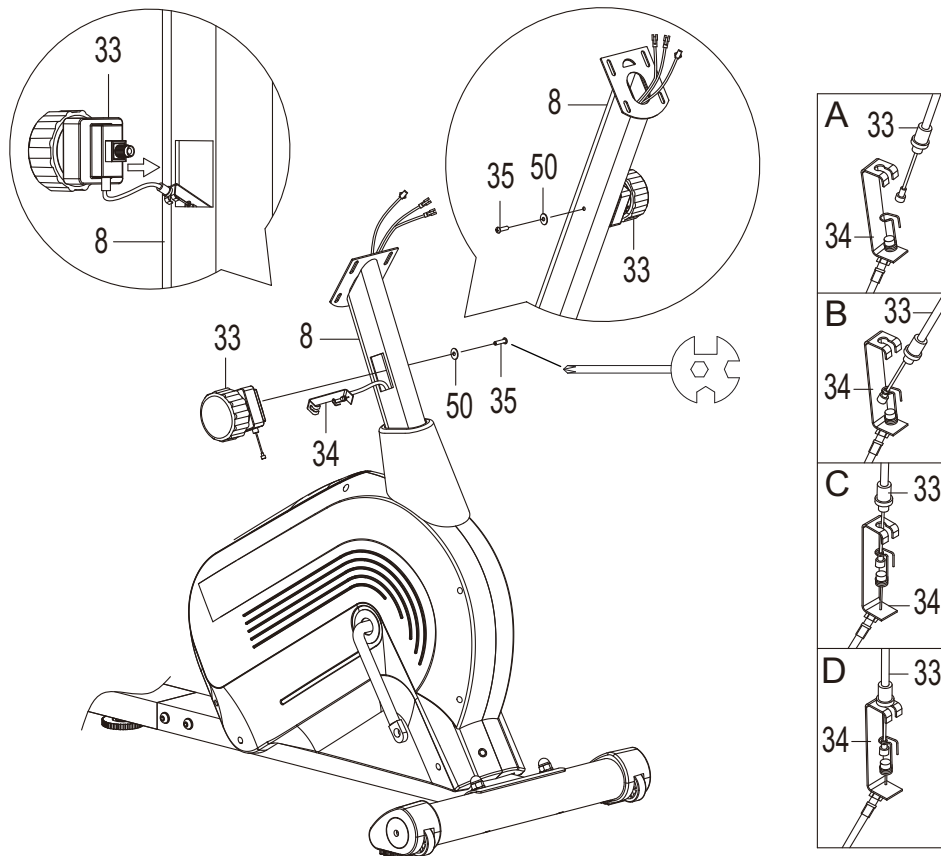
### STEP 13

Insert the Front Post (8) onto the tube of the Front Frame (1) and align bolt holes. Attach the Front Post (8) onto the tube of the Front Frame (1) with five Hexagon Socket Pan Head Cap Bolts (29) and five Washers (25) that were removed. Tighten bolts with the Allen Wrench provided. Slide the Front Post Cover (46) down to the Front Frame (1).



### STEP 14

Remove one Cross Recessed Pan Head Bolt (35) and one Big Washer (50) from the Tension Control Knob (33). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 15

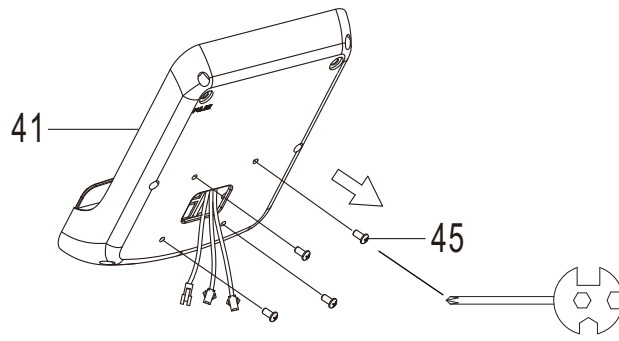
Put the cable end of resistance cable of Tension Control Knob (33) into the cable lock of Tension Cable (34), see Figure A.

Pull the resistance cable of Tension Control Knob (33) up and force it into the slot of metal bracket of Tension Cable (34), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (33) into the hole at the end of the slot in the metal bracket of Tension Cable (34), see Figure C.

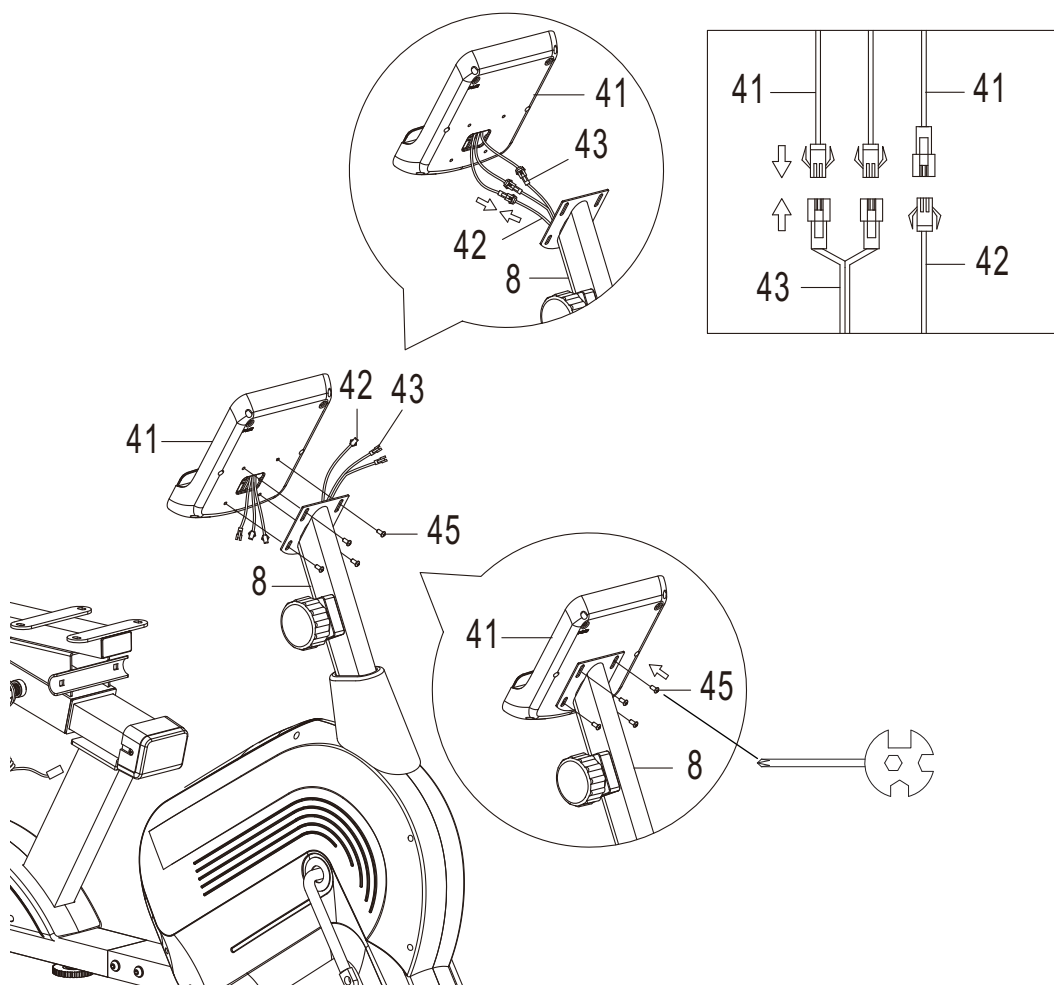
Connect the resistance cable of Tension Control Knob (33) to Tension Cable (34) complete, see Figure D.

Attach the Tension Control Knob (33) onto the Front Post (8) with one Cross Recessed Pan Head Bolt (35) and one Big Washer (50) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



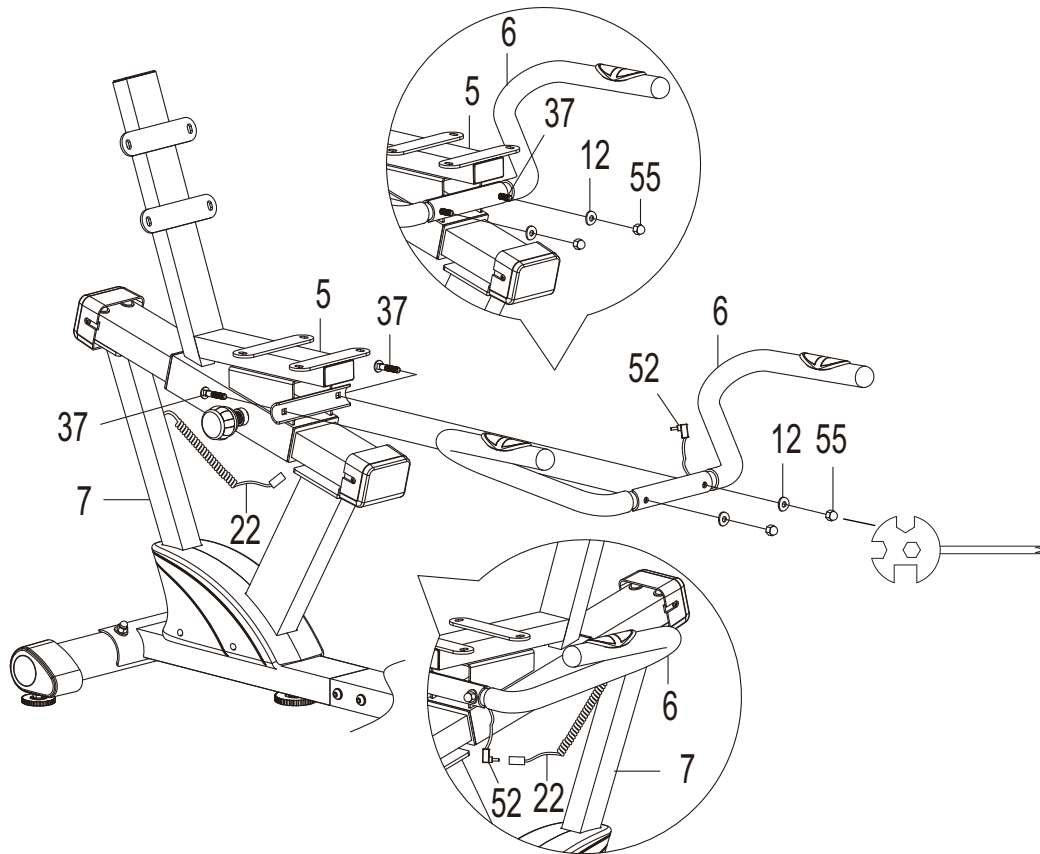
**STEP 16**

Remove four Cross Recessed Pan Head Bolts (45) from the Computer (41). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



**STEP 17**

It is recommended to have a second person assist with this step. One person should hold the Computer (41) in place while the other person to connect the wires. Connect the Extension Hand Pulse Sensor Wires I (43) and Extension Sensor Wire (42) from the Front Post (8) to the wires that come from the Computer (41). Attach the Computer (41) onto the top end of the Front Post (8) with four Cross Recessed Pan Head Bolts (45) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 18

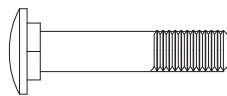
Attach the Handlebar (6) onto the Backrest and Seat Support Bracket (5) with two Carriage Bolts (37), two Big Curve Washers (12), and two Cap Nuts (55). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Extension Hand Pulse Sensor Wire III (22) from the Rear Frame (7) to the Hand Pulse Sensor Wire (52) from the Handlebar (6).

### Hardware:



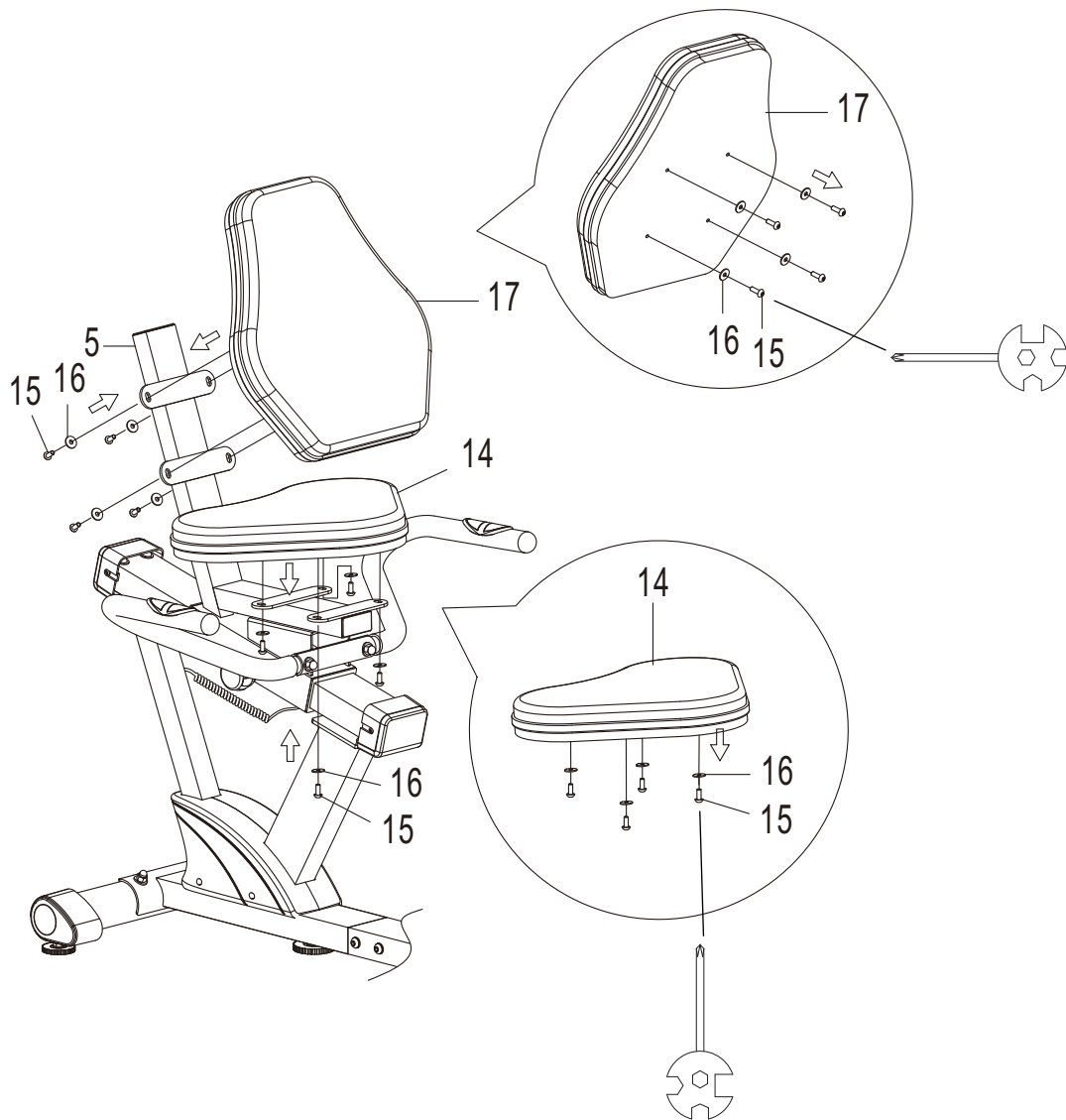
(12) Big Curve Washer  
2 PCS



(37) Carriage Bolt  
2 PCS



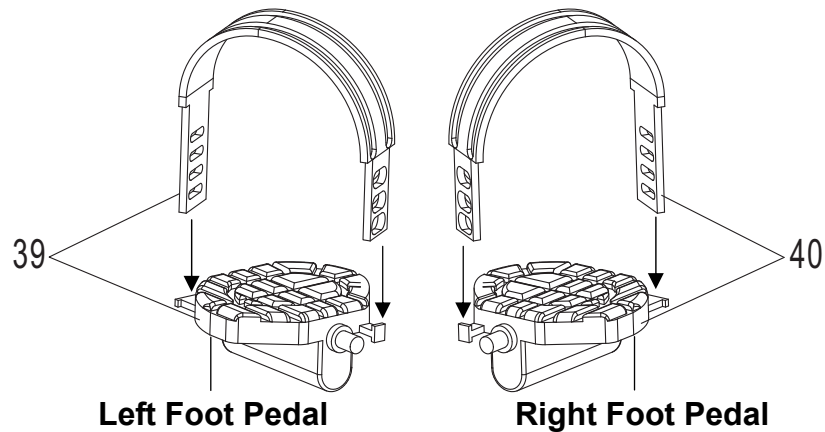
(55) Cap Nut  
2 PCS



**STEP 19**

Remove eight Cross Recessed Pan Head Bolts (15) and eight Big Washers (16) from the back of the Backrest (17) and Seat Cushion (14). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

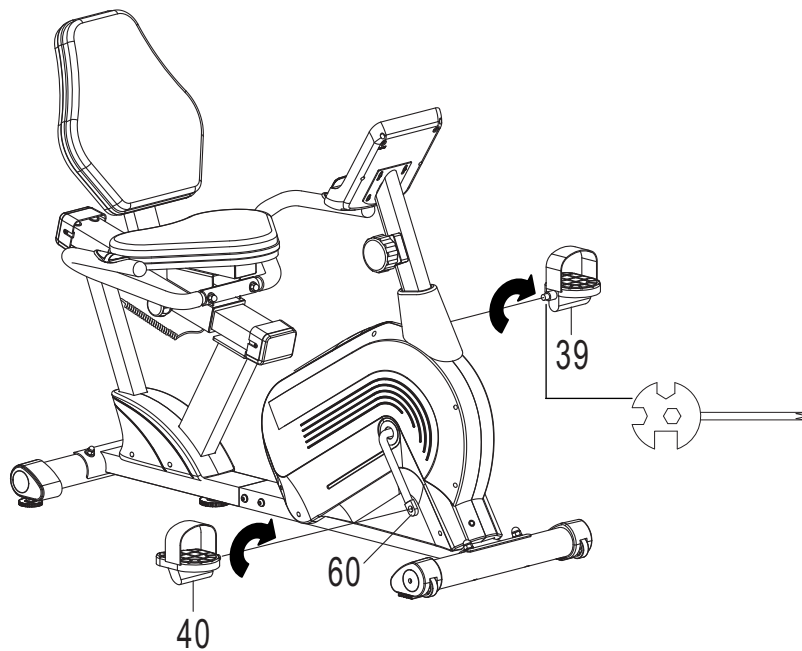
Then attach the Backrest (17) and Seat Cushion (14) onto the Backrest and Seat Support Bracket (5) with eight Cross Recessed Pan Head Bolts (15) and eight Big Washers (16) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 20

**The Foot Pedals and Pedal Straps are marked “R” for Right and “L” for Left.**

Select the Right Foot Pedal Strap (40) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (40). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (40). Select adjustment holes which allow your foot to be easily removed from the foot pedal. Use the same procedure to snap the Left Foot Pedal Strap (39) onto the Left Foot Pedal (39).



### STEP 21

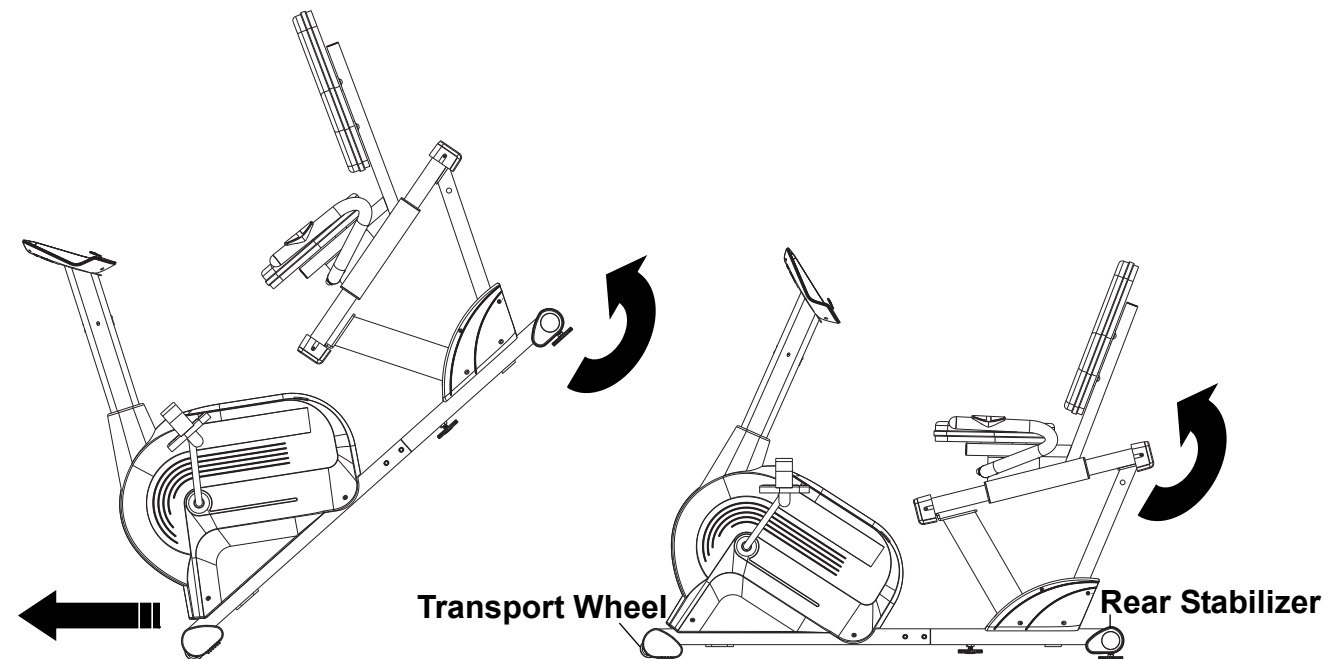
Insert the pedal shaft of Left Foot Pedal (39) into threaded hole in the left Crank (60). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

**Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will rip the threads.**

Tighten the pedal shaft of Left Foot Pedal (39) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (40) into threaded hole in right Crank (60). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (40) with the Multi Hex Tool with Phillips Screwdriver provided.

# HOW TO MOVE THE RECUMBENT BIKE



This recumbent bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage. To move the recumbent bike, firmly grasp the Rear Stabilizer with both hands. Next, carefully pull the recumbent bike up until it rolls freely on the Transport Wheels.

**CAUTION:** It is suggested you always use the aid of a second person when moving the recumbent bike.



# OPERATING THE COMPUTER

## USING YOUR COMPUTER

The computer can be activated by pressing one of the three buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.



## BUTTON FUNCTIONS:

**MODE:** Press the MODE button to select the functions of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the TOTAL data values.

**SET:** Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

**RESET:** Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL data values.

## COMPUTER FUNCTIONS:

**SCAN:** Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 6 seconds.

**TMR (TIMER):** Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

**SPD (SPEED):** Displays the current training speed.

**DST (DISTANCE):** Displays the cumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DST. Press the SET button to change the distance, each time you press the SET button distance should change by 0.1 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 99.90 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

**CAL (CALORIES):** Displays approximate amount of calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories, each time you press the SET button calories should change by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

**TOTAL:** Displays the total accumulative distance travelled. The TOTAL data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the TOTAL data values will reset to zero.

**PULSE:** Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

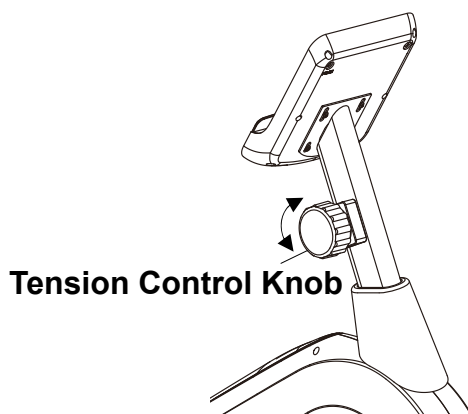
#### **HOW TO INSTALL THE BATTERIES:**

1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

# ADJUSTMENTS

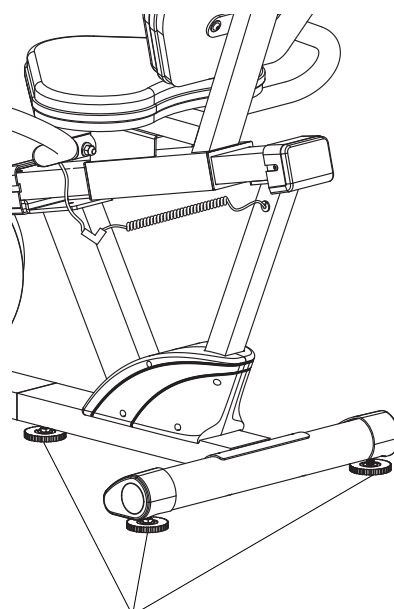
## Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.  
To decrease the tension, turn the tension control knob in a counterclockwise direction.



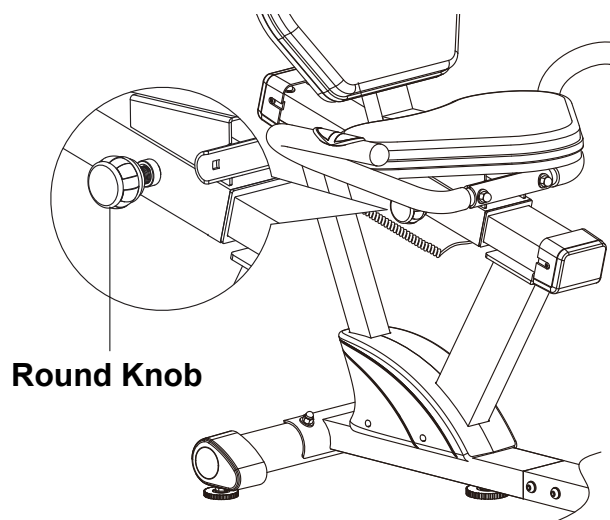
## Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer or rear frame as needed to level the recumbent bike.



## Adjusting the Seat Fore or Aft

Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the back and seat support bracket fore or aft direction to the suitable position. Lock the back and seat support bracket in place by releasing the round knob and sliding the back and seat support bracket fore or aft slightly until the round knob "pops" down into the hole of the seat adjustment tube. For added safety, tighten the round knob in a clockwise direction.



# MAINTENANCE

## Cleaning

The recumbent bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

## Storage

Store the recumbent bike in a clean and dry environment away from children.

# TROUBLESHOOTING

PROBLEM	SOLUTION
The recumbent bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer or rear frame as needed to level the recumbent bike.
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Replace with new batteries.</li> </ol>
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.</li> <li>3. Avoid gripping the hand pulse sensors too tightly. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The recumbent bike makes a squeaking noise when in use.	The bolts may be loose on the recumbent bike. Please inspect all of the bolts and tighten any loose bolts.

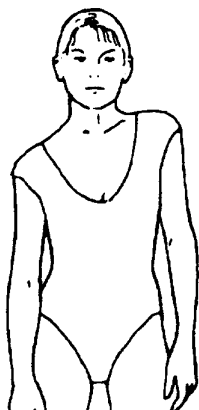
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** 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.

To **COOL DOWN** at the end of 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.

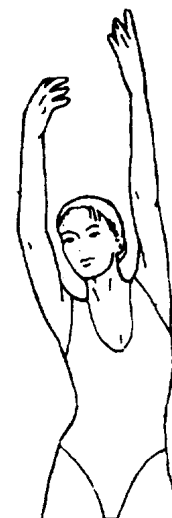
## HEAD ROLLS

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



## SHOULDER LIFTS

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



## SIDE STRETCHES

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 count. Repeat this action with your left arm.

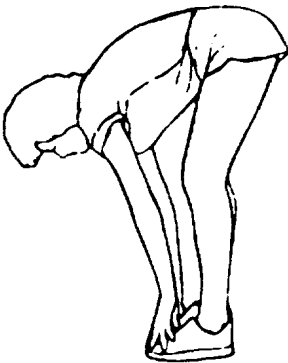


### **QUADRICEPS STRETCH**

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 counts 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. Gently push your knees toward the floor. Hold for 15 counts.

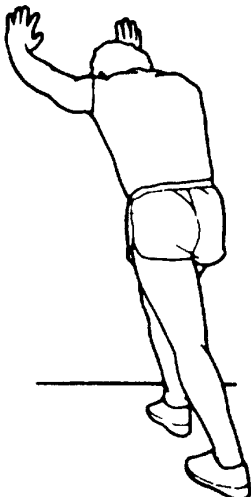
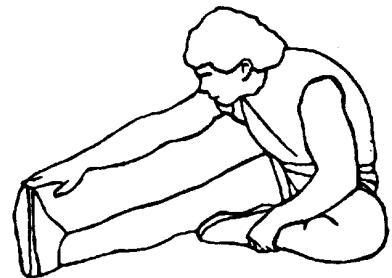


### **TOE TOUCHES**

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 counts.

### **HAMSTRING STRETCHES**

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 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

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