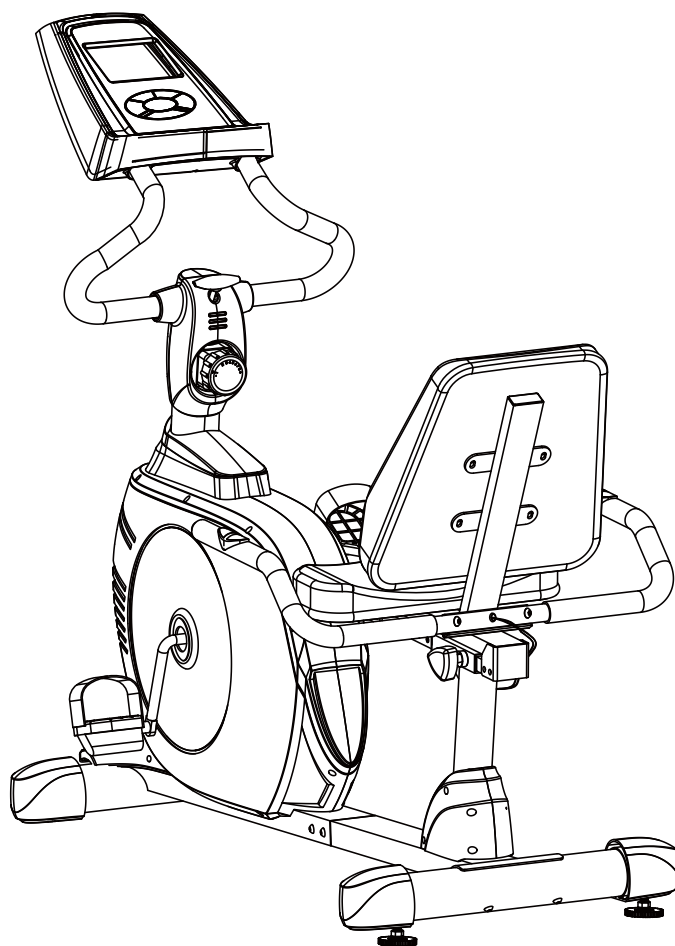


TRANSPORT ML MAGNETIC RECUMBENT BIKE ITEM NO.: 26680

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, subject to change without notice.***

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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 should always be followed, including the following important safety instructions 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. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
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 covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch 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. Only one person at a time should use this equipment.
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 consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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	Computer (XLG-903)	1	028	Front Main Frame 80x40x2	1
002	Extension Sensor Wire B L=500mm	1	029	Left Foot Pedal (YH-30X)	1
003	Extension Hand Pulse Sensor Wire D L=500mm	2	030	Cover Cap Ø40xØ25x10	2
004	Screw ST4.2x20mm	5	031	Screw ST4.2x25mm	11
005	Front Handlebar Foam Grip Ø33xØ27x500	2	032	Phillips Self Tapping Screw ST4.2x25mm	4
006	Wire Plug Ø12.1	3	033	Left Shroud	1
007	Front Handlebar Ø25x1.5	1	034	Hexagon Nut 7/8"	1
008	Front Decorative Cover for Front Post	1	035	Washer Ø34.5xØ23x2.5	1
009	Screw ST2.9x16mm	8	036	Bearing Nut II 7/8"	1
010	Extension Hand Pulse Sensor Wire C L=350mm	1	037	Bearing	2
011	Bolt M5x30	1	038	Bearing Cup	2
012	Big Curve Washer Ø5	1	039	Screw ST2.9x12mm	2
013	Front Post Ø76x1.5	1	040	Sensor with Wire L=750mm	1
014	Tension Control Knob L=170mm	1	041	Bearing Nut I 15/16"	1
015	Front Handlebar T-Knob M8x75	1	042	Washer Ø40xØ24x3	1
016	Spacer Ø12x1.5x50	1	043	Belt Pulley with Crank Ø260 J6	1
017	Rear Decorative Cover for Front Post	1	044	Belt PJ390 J6	1
018	Bolt M8x15mm	16	045	Right Shroud	1
019	Curve Washer Ø8	4	046	Right Foot Pedal (YH-30X)	1
020	Front Post Cover	1	047	Nut M10x1.0	2
021	Front Left Stabilizer End Cap	1	048	Eyebolt M6x36	2
022	Nylon Nut M6	2	049	Tension Bracket	2
023	Transport Wheel Ø45x19	2	050	Spring Washer Ø6	2
024	Bolt M6x40	2	051	Nut M6	2
025	Bolt M8x90mm	2	052	Flywheel Ø250	1
026	Front Stabilizer Ø76x1.5	1	053	Washer Ø16xØ8x1.5t	18
027	Front Right Stabilizer End Cap	1	054	Nylon Nut M8	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Idle Wheel	1	073	Triangle Knob M12x58	1
056	Idle Wheel Bracket	1	074	Rear Handlebar Round End Cap	2
057	Bolt M8x20mm	1	075	Hand Pulse Sensor with Wire L=750mm	2
058	Spring Ø18x92xØ3	1	076	Rear Handlebar Foam Grip Ø27xØ33x600	2
059	Screw ST4.8x20mm	2	077	Bolt M8x45mm	2
060	Left Rear Main Frame Cover	1	078	Rear Handlebar Ø76x1.5	1
061	Hand Pulse Sensor Extension Wire A L=1000mm	1	079	Seat Sliding Tube 53x23x2	1
062	Rear Stabilizer End Cap	2	080	Bolt M6x15	8
063	Adjustable Leveler M10	2	081	Seat Cushion 420x250x60	1
064	Carriage Bolt M8x90mm	2	082	Back and Seat Support Bracket 53x23x2	1
065	Nut M10	2	083	Backrest and Seat Support Bracket End Cap	1
066	Rear Stabilizer Ø76x1.5	1	084	Back Cushion x400x430x90	1
067	Rear Main Frame 80x40x1.5	1	085	Bolt M8x30mm	2
068	Big Curve Washer Ø20xØ8x1.5t	6	086	Tension Cable L=750mm	1
069	Cap Nut M8	4	087	Washer Ø6xØ18	8
070	Right Rear Main Frame Cover	1	088	Extension Hand Pulse Sensor Wire B L=1000mm	1
071	Round Knob M16x1.5	1	089	Extension Sensor Wire A L=350mm	1
072	Bushing	2			

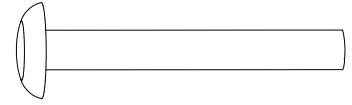
HARDWARE PACKING LIST



(4) Screw ST4.2x20mm
3 PCS



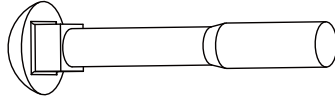
(9) Screw ST2.9x16mm
8 PCS



(25) Bolt M8x90mm
2 PCS



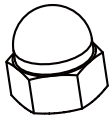
(53) Washer
Ø16xØ8x1.5t
2 PCS



(64) Carriage Bolt
M8x90mm
2 PCS



(68) Big Curve Washer
Ø20xØ8x1.5t
6 PCS



(69) Cap Nut M8
4 PCS

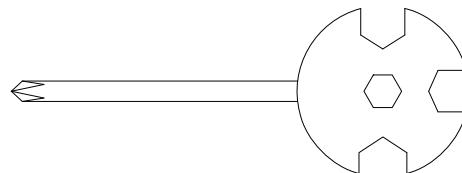


(77) Bolt M8x45mm
2 PCS

TOOLS

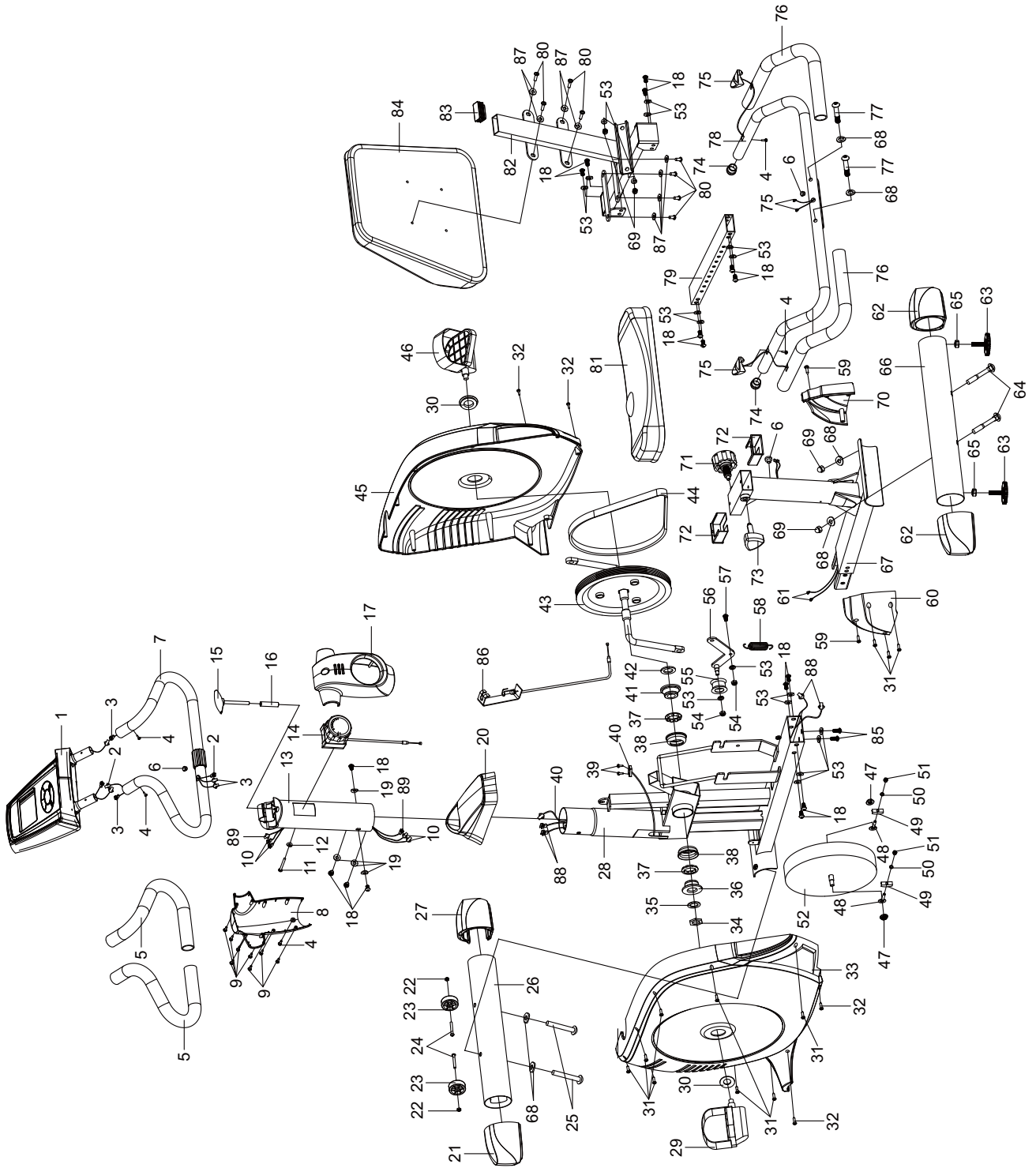


Allen Wrench S6
1 PC

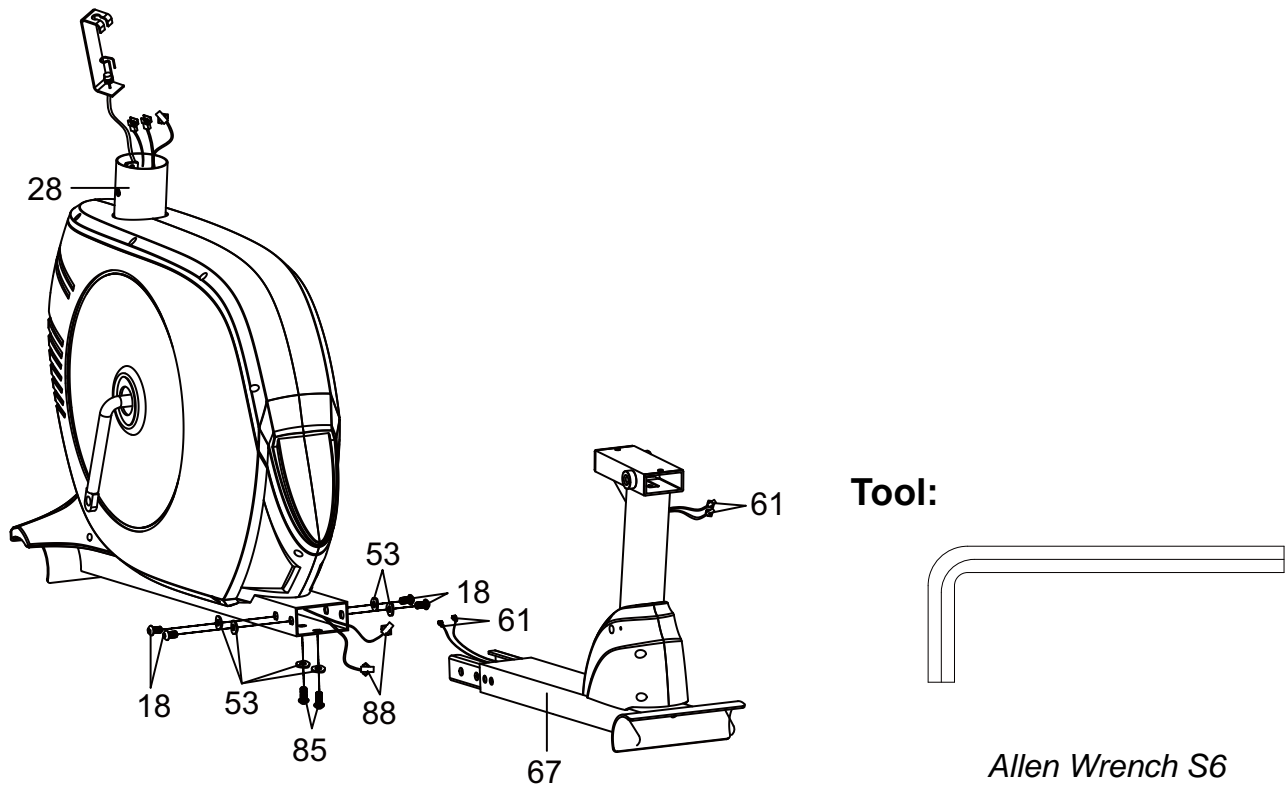


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

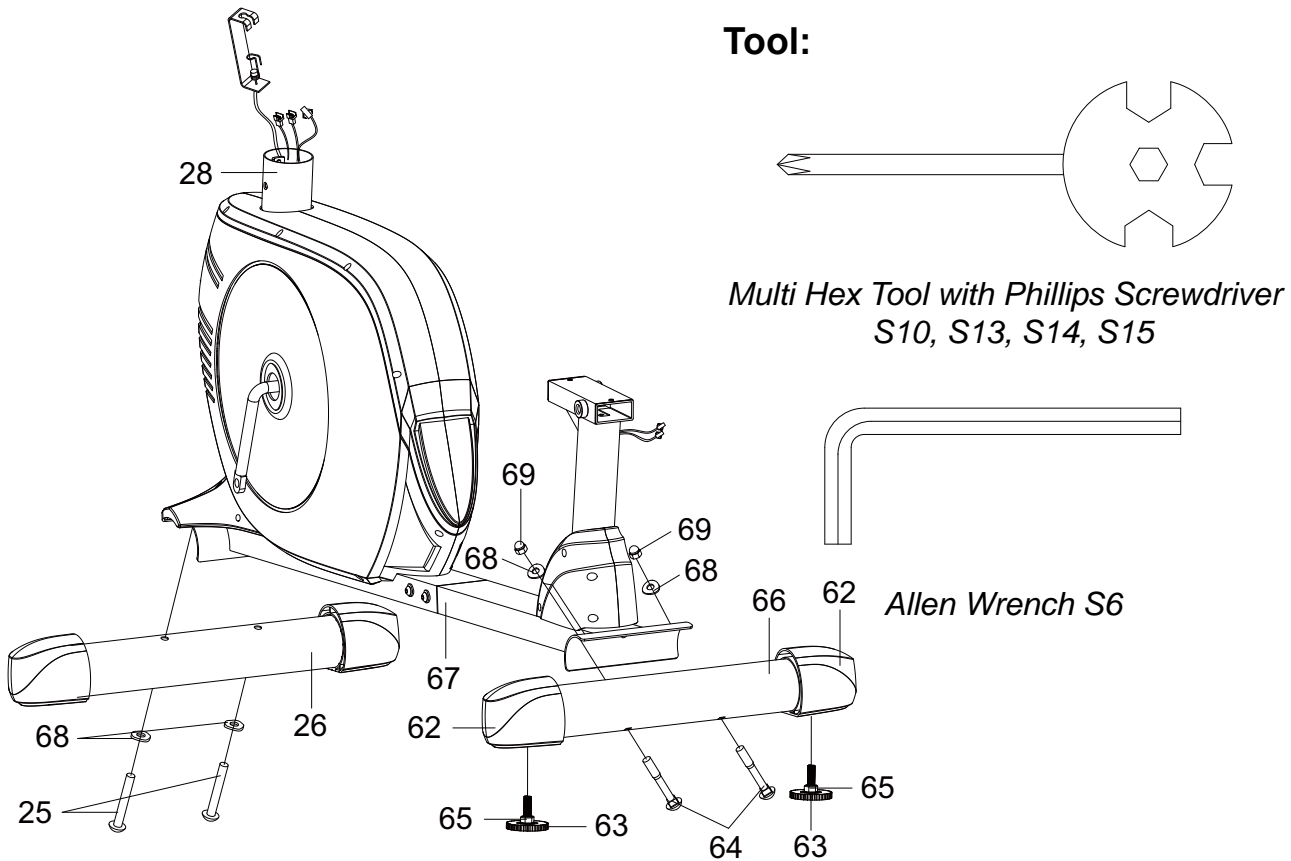


1. Rear Main Frame Installation

Remove two M8x30mm Bolts (85), four M8x15mm Bolts (18), and six Ø16xØ8x1.5t Washers (53) from the Rear Main Frame (67). Remove bolts with the S6 Allen Wrench provided.

Connect the Hand Pulse Sensor Extension Wire A (61) from the Rear Main Frame (67) to the Hand Pulse Sensor Extension Wire B (88) from the Front Main Frame (28).

Attach the Rear Main Frame (67) into the Front Main Frame (28) with two M8x30mm Bolts (85), four M8x15mm Bolts (18), and six Ø16xØ8x1.5t Washers (53) that were removed. Tighten bolts with the S6 Allen Wrench provided.



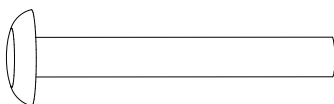
2. Front and Rear Stabilizers Installation

Position the Front Stabilizer (26) in front of Front Main Frame (28) and align bolt holes. Attach the Front Stabilizer (26) onto the front curve of the Front Main Frame (28) with two M8x90mm Bolts (25) and two Ø20xØ8x1.5t Big Curve Washers (68). Tighten bolts and curve washers with the S6 Allen Wrench provided.

Position the Rear Stabilizer (66) behind the Rear Main Frame (67) and align bolt holes. Attach the Rear Stabilizer (66) onto the rear curve of the Rear Main Frame (67) with two M8x90mm Carriage Bolts (64), two Ø20xØ8x1.5t Big Curve Washers (68), and two M8 Cap Nuts (69). Tighten cap nuts and bolts with the Multi hex Tool with Phillips Screwdriver provided.

Install two M10 Adjustable Levelers (63) with two M10 Nuts (65) onto the Rear Stabilizer (66).

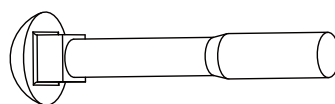
Hardware:



(25) Bolt M8x90mm
2 PCS



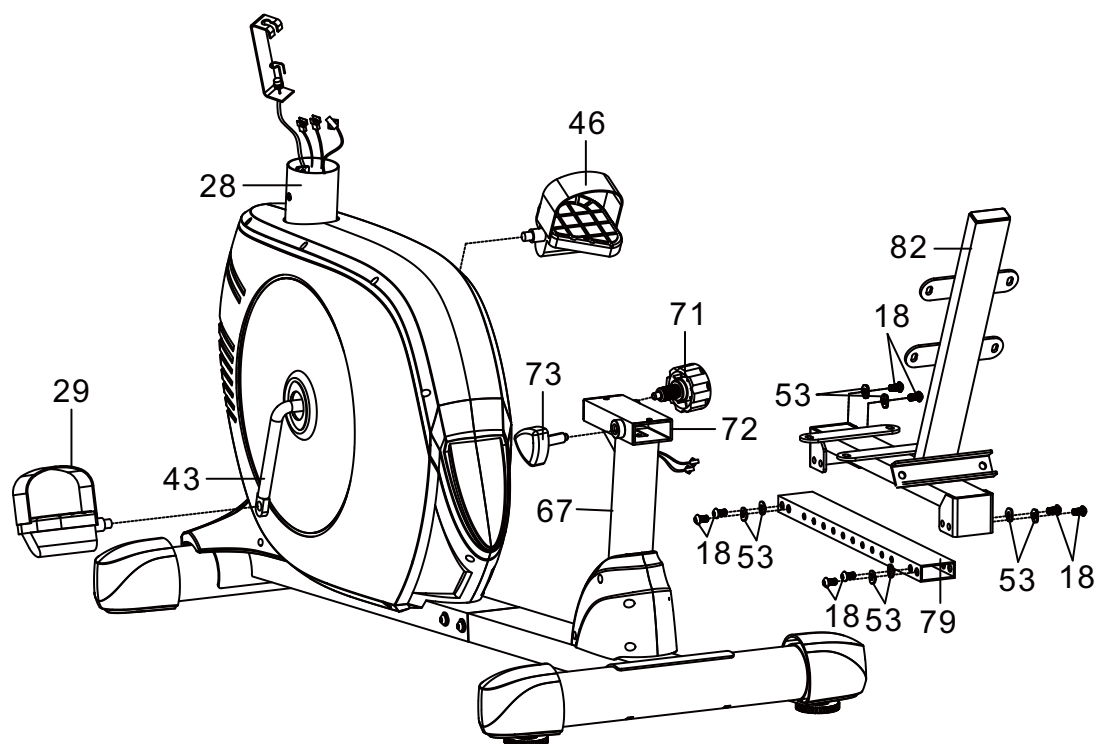
(68) Big Curve Washer
Ø20xØ8x1.5t
4 PCS



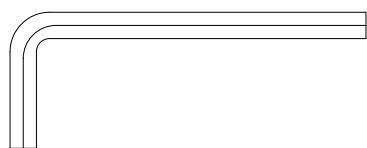
(64) Carriage Bolt
M8x90mm
2 PCS



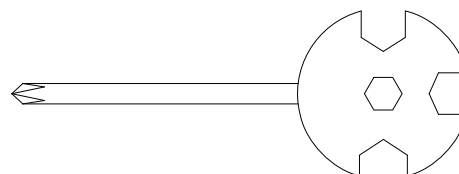
(69) Cap Nut M8
2 PCS



Tool:



Allen Wrench S6



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

3. Right/Left Foot Pedals and Back/Seat Support Bracket Installation

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

Insert the pedal shaft of Left Foot Pedal (29) into threaded hole in the left Crank (43). 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 strip the threads.

Tighten the pedal shaft of Left Foot Pedal (29) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (46) into threaded hole in right Crank (43). Turn the pedal shaft by hand in the clockwise direction until snug.

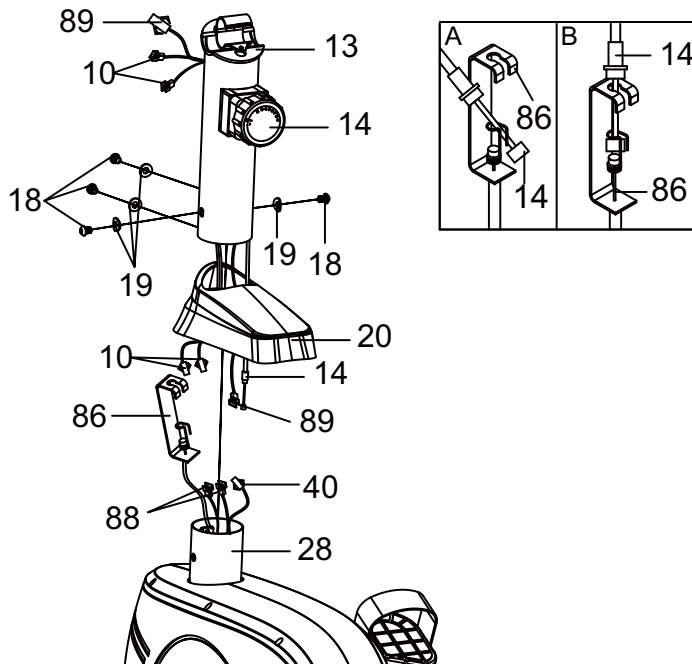
Tighten pedal shaft of Right Foot Pedal (43) with the Multi Hex Tool with Phillips Screwdriver provided.

Remove eight M8x15mm Bolts (18), eight Ø16xØ8x1.5t Washers (53), and the Seat Sliding Tube (79) from the Back and Seat Support Bracket (82). Remove bolts with the S6 Allen Wrench provided.

Insert the Seat Sliding Tube (79) into the Bushings (72) of the Rear Main Frame (67).

Attach the Seat Sliding Tube (79) to the Back and Seat Support Bracket (82) with eight

M8x15mm Bolts (18) and eight Ø16xØ8x1.5t Washers (53) that were removed. Tighten bolts with the S6 Allen Wrench provided.
 Adjust the seat position and insert the Round Knob (71) and Triangle Knob (73). Turn the Round Knob (71) and Triangle Knob (73) in the clockwise direction to tighten.



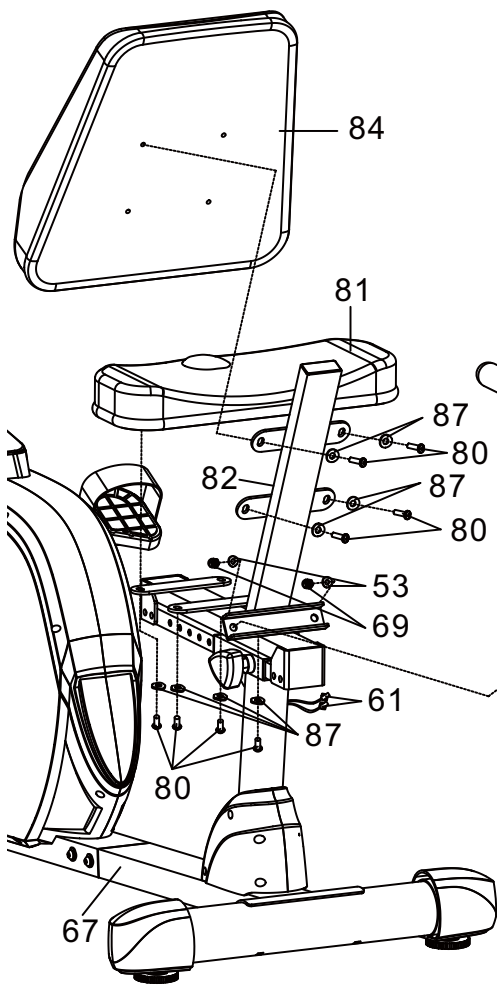
Tool:



Allen Wrench S6

4. Front Post and Front Post Cover Installation

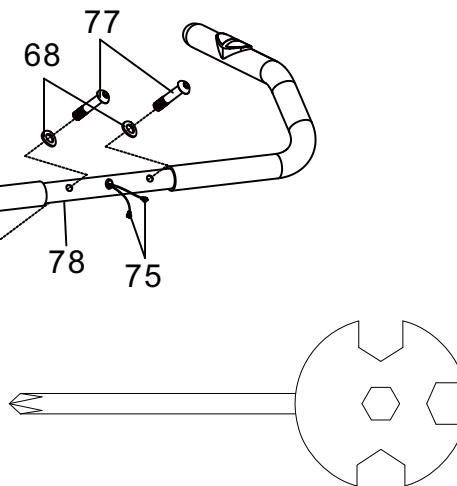
Remove four M8x15mm Bolts (18) and four Ø8 Curve Washers (19) from the Front Main Frame (28). Remove bolts and curve washers with the S6 Allen Wrench provided. Slide the Front Post Cover (20) up to the Front Post (13). Put the cable end of resistance cable of Tension Control Knob (14) into the spring hook of Tension Cable (86) as shown in drawing A of figure 4. Pull the resistance cable of Tension Control Knob (14) up and force it into the gap of metal bracket of Tension Cable (86) as shown in drawing B of figure 4. Connect the Extension Hand Pulse Sensor Wire B (88) and Sensor Wire (40) from the Front Main Frame (28) to the Extension Hand Pulse Sensor Wire C (10) and Extension Sensor Wire A (89) from the Front Post (13). Insert the Front Post (13) onto the tube of the Front Main Frame (28) and secure with four M8x15mm Bolts (18) and four Ø8 Curve Washers (19) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided. Slide the Front Post Cover (20) down to the Front Post (13).



Tool:



Allen Wrench S6



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

5. Seat/Back Cushions and Rear Handlebar Installation

Remove eight M6x15 Bolts (80) and eight Ø6xØ18 Washers (87) from the back of the Seat and Back Cushions (81, 84). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Then attach the Seat and Back Cushions (81, 84) onto the Back and Seat Support Bracket (82) with eight M6x15 Bolts (80) and eight Ø6xØ18 Washers (87) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Rear Handlebar (78) onto the Back and Seat Support Bracket (82) with two M8x45mm Bolts (77), two Ø20xØ8x1.5t Big Curve Washers (68), two Ø16xØ8x1.5t Washers (53), and two M8 Cap Nuts (69). Tighten nuts and bolts with the Multi Hex Tool with Phillips Screwdriver and S6 Allen Wrench provided.

Connect the Hand Pulse Sensor Extension Wire A (61) from the Rear Main Frame (67) to the Hand Pulse Sensor with Wires (75) from the Rear Handlebar (78).

Hardware:



(77) Bolt M8x45mm
2 PCS



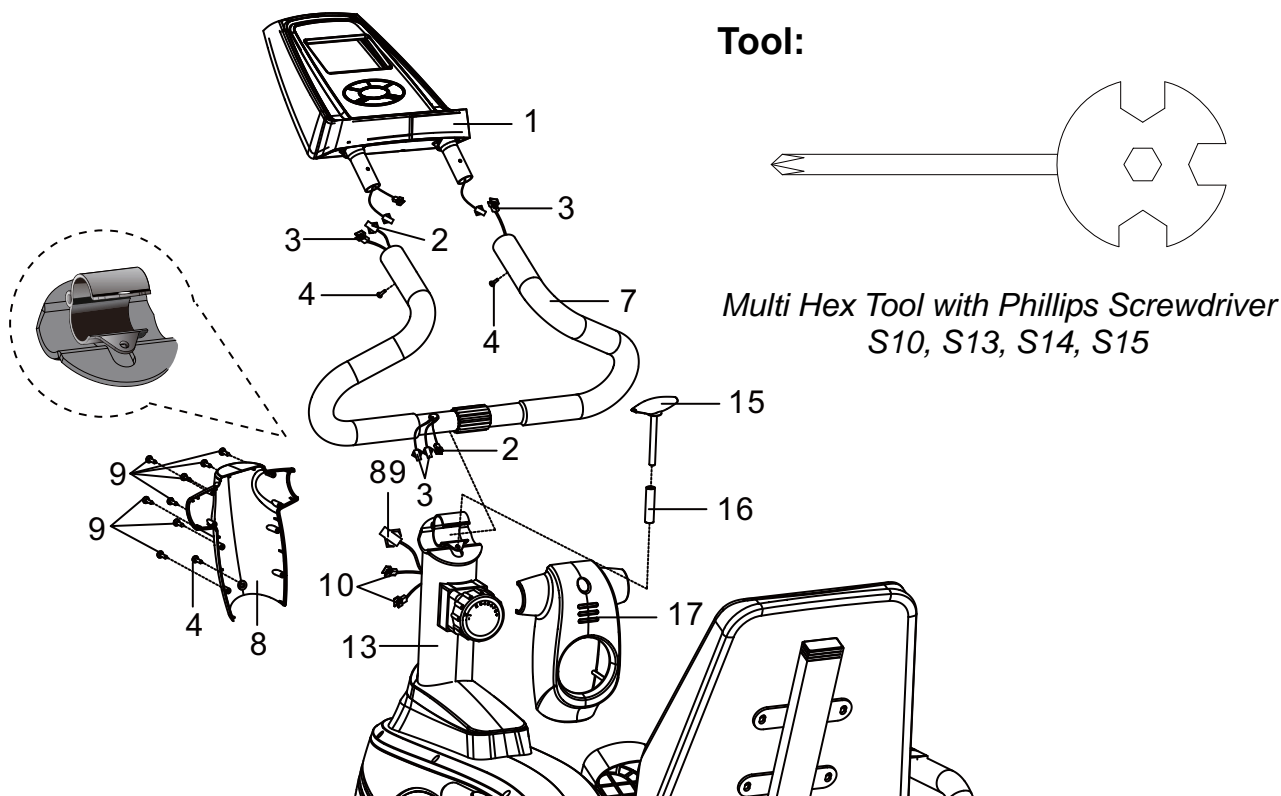
(68) Big Curve Washer
Ø20xØ8x1.5t
2 PCS



(53) Washer
Ø16xØ8x1.5t
2 PCS



(69) Cap Nut M8
2 PCS



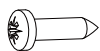
6. Front Handlebar, Front/Rear Decorative Covers for Front Post, and Computer Installation

Place the Front Handlebar (7) through clamp on the top end of the Front Post (13). Connect the Extension Hand Pulse Sensor Wire C (10) and Extension Sensor Wire A (89) from the Front Post (13) to the Extension Hand Pulse Sensor Wires D (3) and Extension Sensor Wire B (2) from the Front Handlebar (7). Hold the Front Handlebar (7) in desired position and fasten Front/Rear Decorative Covers for Front Post (8, 17), M8x75 Front Handlebar T-Knob (15), and Ø12x1.5x50 Spacer (16) onto clamp and tighten Front/Rear Decorative Covers for Front Post (8, 17) with one ST4.2x20mm Screw (4) and eight ST2.9x16mm Screws (9). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

NOTE: M8x75 Front Handlebar T-Knob should be tightly secured before using.

Connect the Extension Hand Pulse Sensor Wires D (3) and Extension Sensor Wire B (2) to the wires that come from the Computer (1). Then install the Computer (1) to the Front Handlebar (7) by inserting the Computer (1) into the Front Handlebar (7), using two ST4.2x20mm Screws (4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(4) Screw
ST4.2x20mm
3 PCS



(9) Screw
ST2.9x16mm
8 PCS

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIS. (DISTANCE) -----	0.00-99.9 KM
CAL. (CALORIES) -----	0.0-999 KCAL
PULSE -----	40-200 BEATS/MIN



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of computer.
Press and hold the MODE button for 4 seconds, all data values will clear to zero.

SET: Press the SET button to set data values of TIME, DIS. (DISTANCE), or CAL. (CALORIES) for target pre-setting.

RESET: Press RESET button to clear data values of TIME, DIS. (DISTANCE), or CAL. (CALORIES) to zero for target pre-setting.

RECOVERY: The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. The Pulse Recovery feature is to be used directly after your workout. To use this function:

- 1) Grip the handlebar sensors with both your hands during exercise.
- 2) Press the **RECOVERY** button.
- 3) The time will countdown from 60 to 0 seconds. Grip the handlebar sensors with both your hands.
- 4) Your personal fitness Pulse Recovery level will appear on the display. When countdown is complete, the Pulse Recovery grade will be displayed.

Your ratings for Pulse Recovery are as follows:

F1 = Excellent	F4 = Below Average
F2 = Good	F5 = Not Good
F3 = Fair	F6 = Poor

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan the functions every 5 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see the TIME begin blinking. 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 00:00 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 and the computer will begin beep to remind you.

SPEED: Display the current training speed.

DIS. (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DISTANCE begin blinking. 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 0.00 to 99.9 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, distance will start to count up and the computer will begin beep to remind you.

CAL. (CALORIES): Displays the total accumulated calories burned during workout. You May also pre-set target calories in STOP mode before training. To set CALORIES press The MODE button until you see the CALORIES begin blinking. Press the SET button to change the calories, each time you press the SET button CALORIES change by 1 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0 to 999 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0. When the pre-set target calories count down to 0, calories will start to count up and the computer will begin beep to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

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

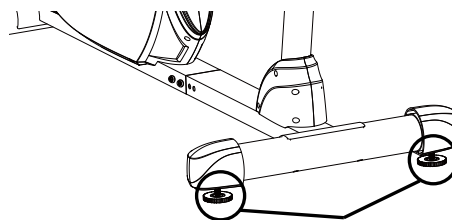
HOW TO INSTALL THE BATTERIES:

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 Adjustable Leveler

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

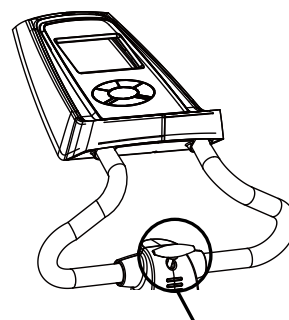


Adjustable Leveler

Adjusting the Front Handlebar

Hold the front handlebar while loosening the front handlebar T-Knob. Adjust the front handlebar to the desired position and turn the front handlebar T-Knob in a clockwise direction to tighten.

NOTE: Continue to turn the front handlebar T-Knob until front handlebar is secure before exercising.

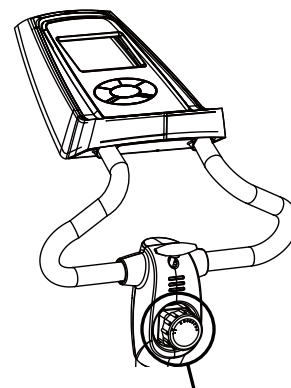


Front Handlebar T-Knob

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.

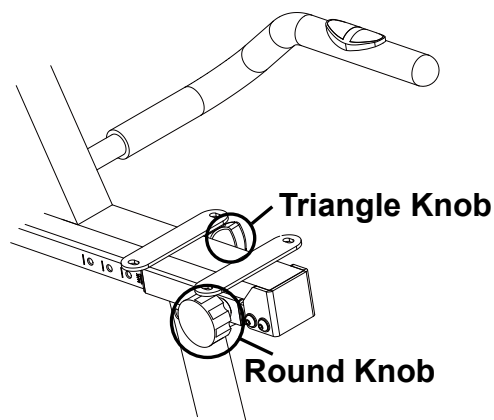


Tension Control Knob

Adjusting the Seat Forward or Back

Release the triangle knob from the rear main frame. 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 back or forth 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 back or forth slightly until the round knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the round knob and triangle knob in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, make sure the bushing does not exceed the mark line on the seat sliding tube.



Triangle Knob

Round Knob

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 as needed to level the recumbent bike.
There is no display on the computer console.	<ol style="list-style-type: none"><li data-bbox="774 1135 1442 1285">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 handlebar.<li data-bbox="774 1285 1442 1413">2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.<li data-bbox="774 1413 1442 1482">3. The batteries in the computer console may be dead. Replace with new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"><li data-bbox="774 1496 1442 1570">1. Make sure that the wire connections for the hand pulse sensors are secure.<li data-bbox="774 1570 1442 1771">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 data-bbox="774 1771 1442 1883">3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
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.

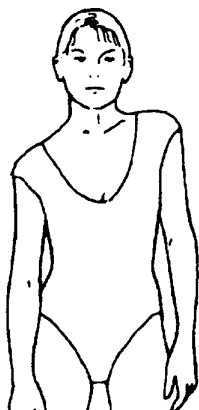
WARM UP AND COOL DOWN ROUTINE

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.

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.

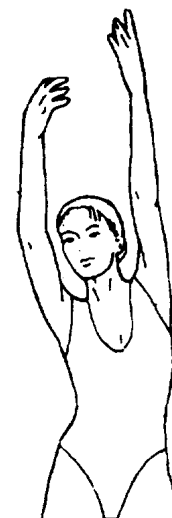
HEAD ROLLS

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.



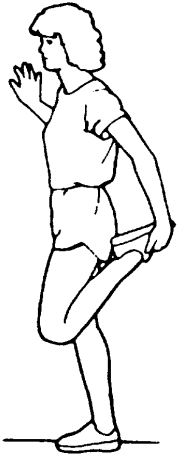
SHOULDER LIFTS

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.

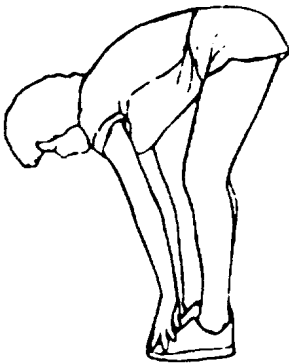


QUADRICEPS STRETCH

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.

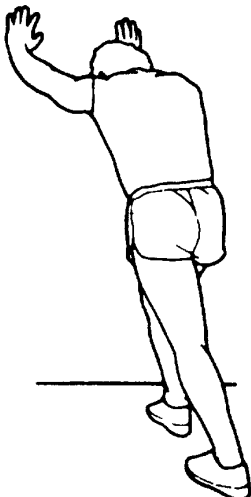
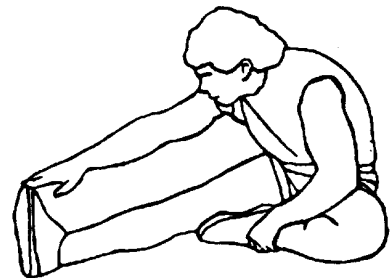


TOE TOUCHES

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.