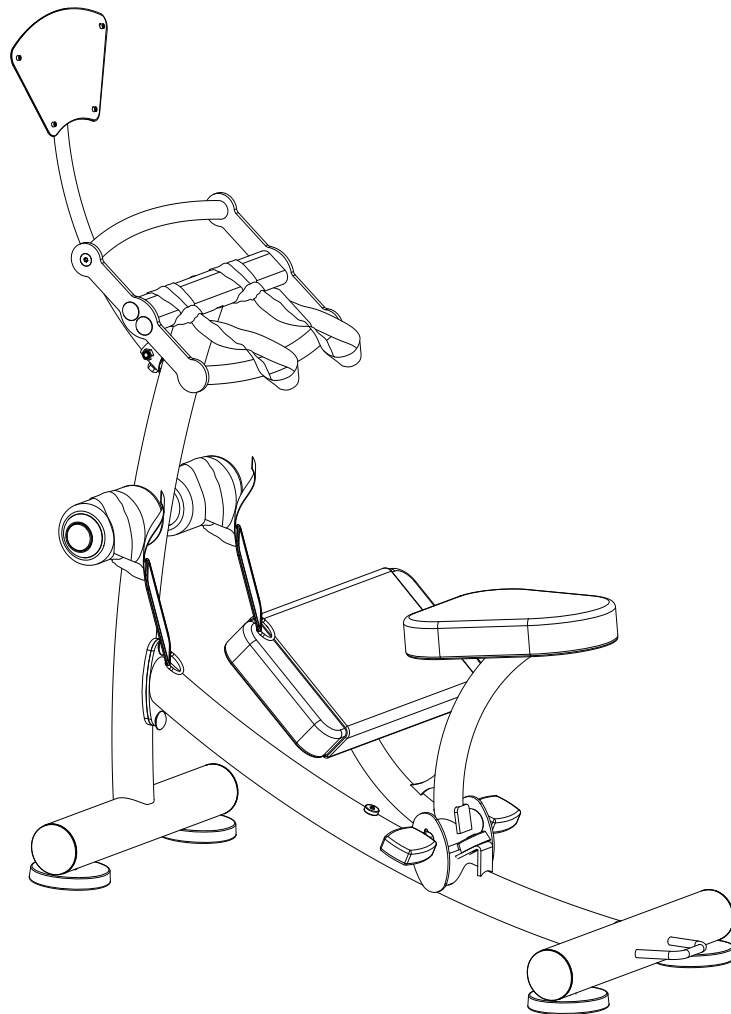


# ***STRETCH TRAINER***

***ITEM NO.: 78300***

***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.***

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

1. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
2. Do not allow children to use or play on the stretch trainer. Keep children and pets away from the stretch trainer while in use.
3. Elderly or minor users should only use this stretch trainer in the presence of an adult who can provide assistance if required.
4. Please keep the stretch trainer out of direct sunlight to prevent damage to the pads and frames.
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
6. 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.
7. Please make sure all parts are not damaged and fixed well before use.
8. **Always use the wrist straps and hold the handlebar with both hands at all times while on the stretch trainer. Always use the ankle straps for leg stretching exercises.**
9. **Always use the wrist straps and hold the handlebar with both hands at all times during your routine. Do not attempt a stretch using only the wrist straps.**
10. Before using the stretch trainer, inspect the wrist straps and ankle straps for wear. Replace them if they are worn.
11. Keep the stretch trainer on a solid, level surface with a minimum safety area clearance of two meters around the stretch trainer. Be sure the area around the stretch trainer remains clear of any obstructions during use.
12. Keep dry - do not operate in a wet or moist condition.
13. Do not jump or rock on the stretch trainer. Do not stand on the handlebars, instructional placard bracket, or seat pad.
14. Wear comfortable and suitable clothing when using the stretch trainer. Do not use the stretch trainer barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing.
15. Do not use the stretch trainer outdoors. This stretch trainer is for household use only.
16. Only **one** person should use the stretch trainer at a time.
17. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
18. Care should be taken in mounting or dismounting the equipment.
19. **Maximum Weight Capacity is 150 kgs.**

**WARNING:** Before beginning any exercise program 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.

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Support Frame 1150x550xØ70x2	1	020	Small Rubber Bumper Ø20x6	1
002	Upright Support Frame 1050x550xØ70x2	1	021	Bolt Cap S10	6
003	Seat Frame 520x360xØ50x2	1	022	Handlebar Foam Grip Ø32xØ25x460	2
004	Handlebar 460x340xØ25x2	2	023	Ankle Strap L=600	2
005	Instructional Placard Bracket 630x330xØ25x2	1	024	Wrist Strap L=400	2
006	Adjustable Leveler Ø170xM16x50	4	025	Hexagon Socket Truss Head Cap Bolt M8x45	2
007	Left Foot Pedal 130x70x30x1/2"	1	026	Hexagon Head Bolt M10x25	7
008	Right Foot Pedal 130x70x30x1/2"	1	027	Washer Ø10	10
009	Axle Ø25x157	1	028	Cross Recessed Self Tapping Screw ST4.2x15	1
010	Rubber Bumper Ø40x22	1	029	Hexagon Head Bolt M10x35	4
011	Round End Cap Ø89x15	4	030	Lock Nut M8	2
012	Bearing 6905	2	031	Curve Washer M10	3
013	Knee Pad 560x270x60	1	032	Hexagon Head Bolt M10x45	1
014	Seat Pad 360x320x60	1	033	Lock Nut M10	1
015	Foam Roller Ø90x180	2	034	Hexagon Socket Countersunk Head Cap Bolt M10x20	2
016	Foam Roller Cover Ø95x200xδ1.0	2	035	Round Head Bolt M5x8	4
017	Foam Roller Cap Ø85x20	2	036	Lock Nut M5	4
018	Rod Cap Ø40x45xM10	2	037	Washer Ø32xØ14x2	2
019	Instructional Placard 322x204x1	1	038	Transport Wheel Ø50xØ8x20	2

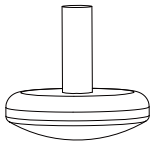
# HARDWARE AND ASSEMBLY COMPONENT LIST



(9) Axle Ø25x157  
1 PC



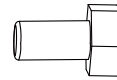
(17) Foam Roller Cap  
Ø85x20  
2 PCS



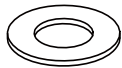
(18) Rod Cap  
Ø40x45xM10  
2 PCS



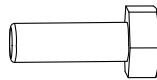
(21) Bolt Cap S10  
6 PCS



(26) Hexagon Head Bolt  
M10x25  
7 PCS



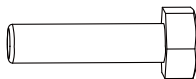
(27) Washer Ø10  
10 PCS



(29) Hexagon Head Bolt  
M10x35  
4 PCS



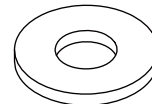
(31) Curve Washer M10  
3 PCS



(32) Hexagon Head Bolt  
M10x45  
1 PC

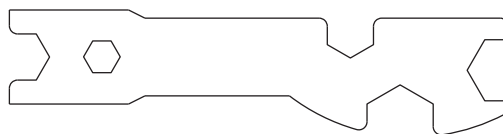


(33) Lock Nut M10  
1 PC



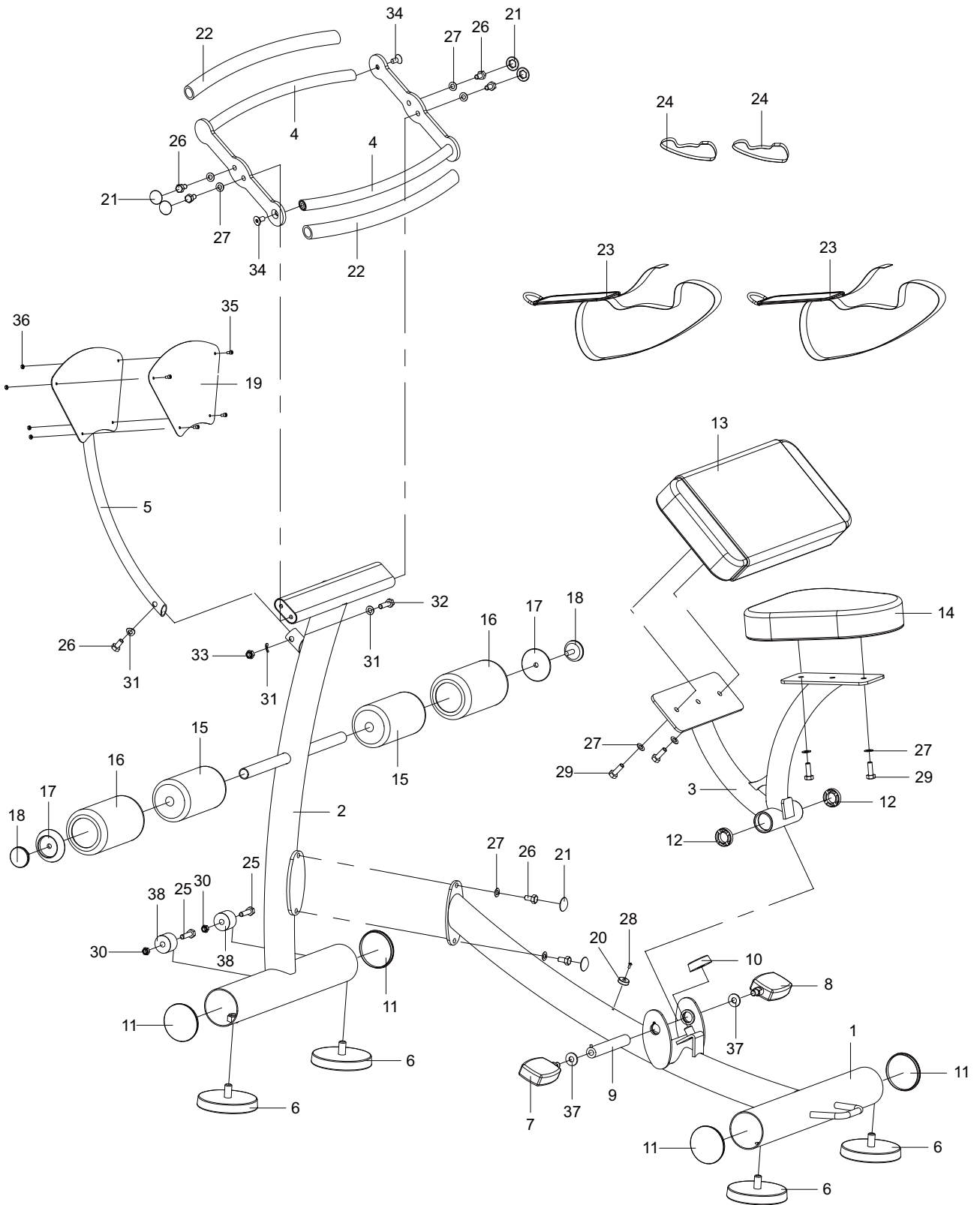
(37) Washer Ø32xØ14x2  
2 PCS

## TOOL

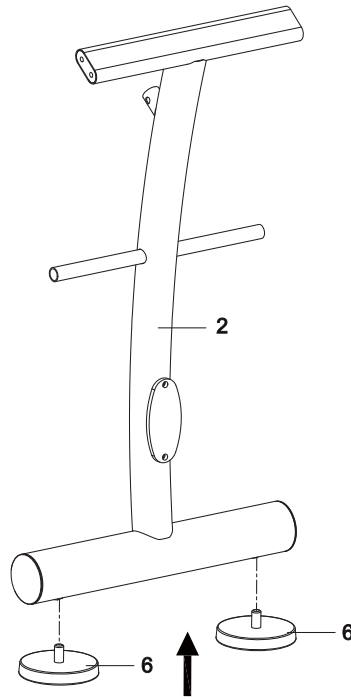


Multi Hex Tool  
2 PCS

# EXPLODED VIEW

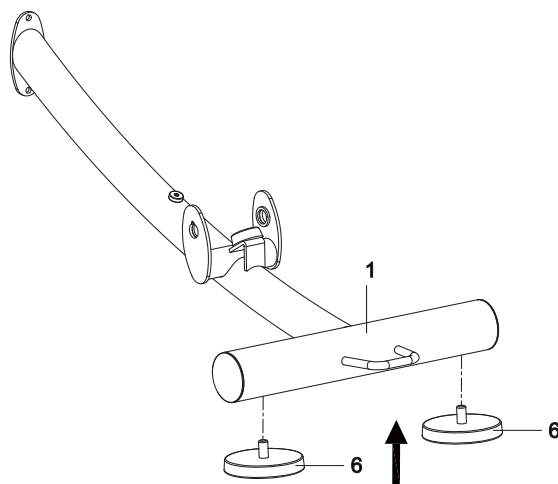


# ASSEMBLY INSTRUCTIONS



## Step 1

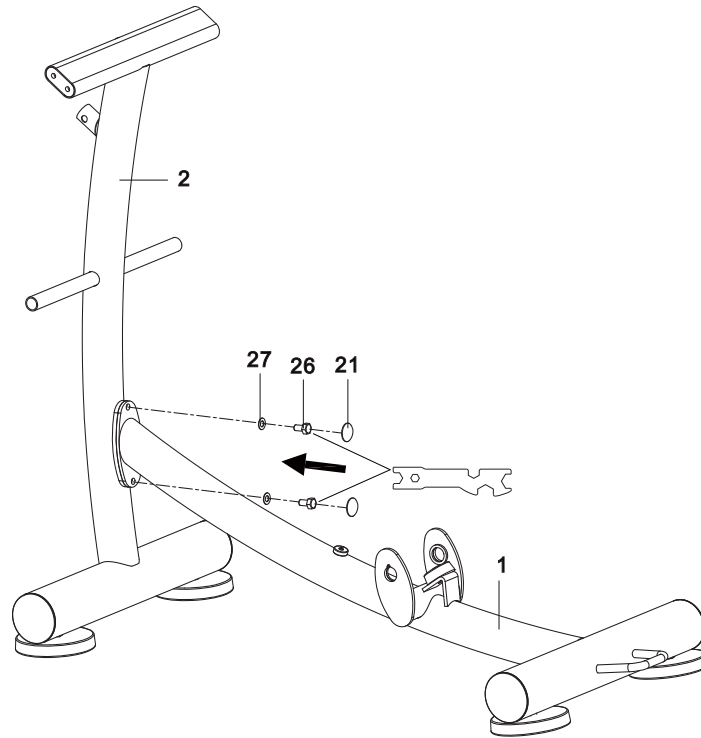
Install two Adjustable Levelers (6) onto the Upright Support Frame (2).



## Step 2

Install two Adjustable Levelers (6) onto the Base Support Frame (1).



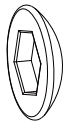


### Step 3

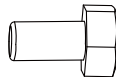
Attach the Base Support Frame (1) onto the Upright Support Frame (2) with two M10x25 Hexagon Head Bolts (26) and two Ø10 Washers (27). Tighten bolts with the Multi Hex Tool provided.

Press both Bolt Caps (21) onto the Hexagon Head Bolts (26).

### Hardware:



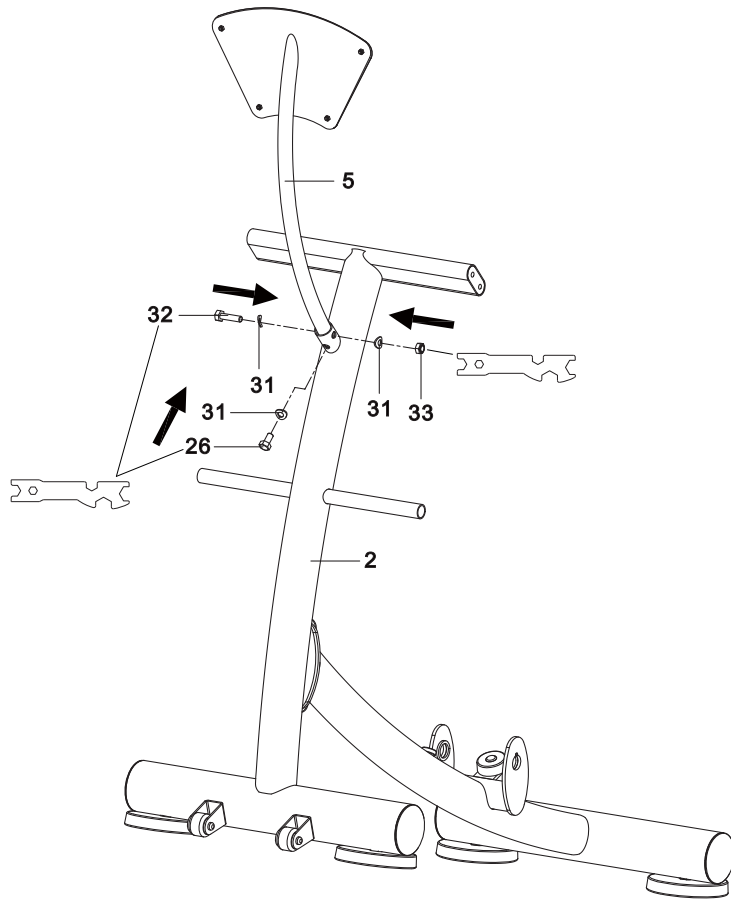
(21) Bolt Cap S10  
2 PCS



(26) Hexagon Head Bolt  
M10x25  
2 PCS



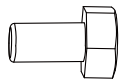
(27) Washer Ø10  
2 PCS



#### Step 4

Attach the Instructional Placard Bracket (5) onto the Upright Support Frame (2) with one M10x25 Hexagon Head Bolt (26), one M10x45 Hexagon Head Bolt (32), one M10 Lock Nut (33), and three M10 Curve Washers (31). Tighten bolts and lock nuts with two Multi Hex Tools provided.

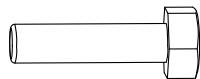
#### Hardware:



(26) Hexagon Head Bolt  
M10x25  
1 PC



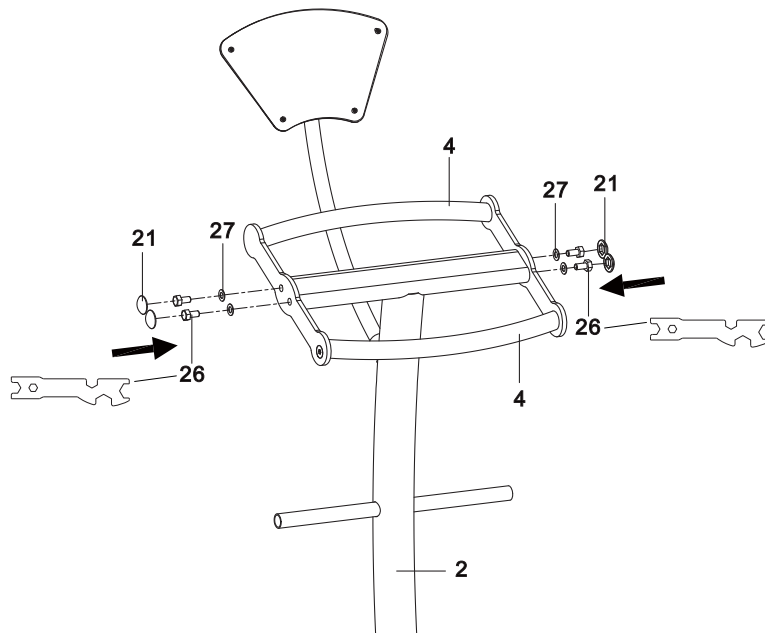
(31) Curve Washer M10  
3 PCS



(32) Hexagon Head Bolt  
M10x45  
1 PC



(33) Lock Nut M10  
1 PC

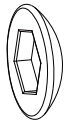


### Step 5

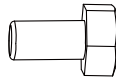
Attach the Handlebars (4) onto the Upright Support Frame (2) with four M10x25 Hexagon Head Bolts (26) and four Ø10 Washers (27). Tighten bolts with the Multi Hex Tool provided.

Press four Bolt Caps (21) onto the Hexagon Head Bolts (26).

### Hardware:



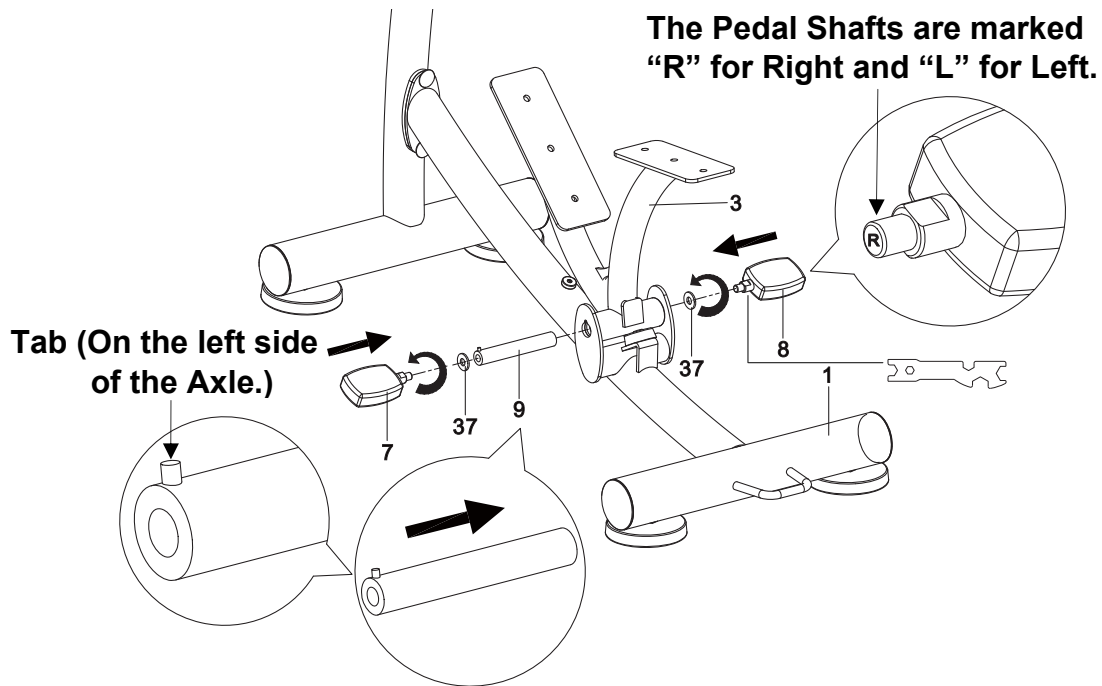
(21) Bolt Cap S10  
4 PCS



(26) Hexagon Head Bolt  
M10x25  
4 PCS



(27) Washer Ø10  
4 PCS



### Step 6

Position the Seat Frame (3) between the seat frame bracket of the Base Support Frame (1) and align the axle mounting hole. Slide the Axle (9) from the left side of the Base Support Frame (1) through the seat frame bracket of the Base Support Frame (1) and Seat Frame (3).

### The Pedal Shafts are marked "R" for Right and "L" for Left.

Insert the pedal shaft of Left Foot Pedal (7) into threaded hole in the left side of the Axle (9) with a  $\text{Ø}32 \times \text{Ø}14 \times 2$  Washer (37). 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.**

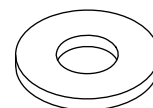
Tighten the pedal shaft of Left Foot Pedal (7) with the Multi Hex Tool provided.

Insert pedal shaft of Right Foot Pedal (8) into threaded hole in the right side of the Axle (9) with a  $\text{Ø}32 \times \text{Ø}14 \times 2$  Washer (37). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (8) with the Multi Hex Tool provided.

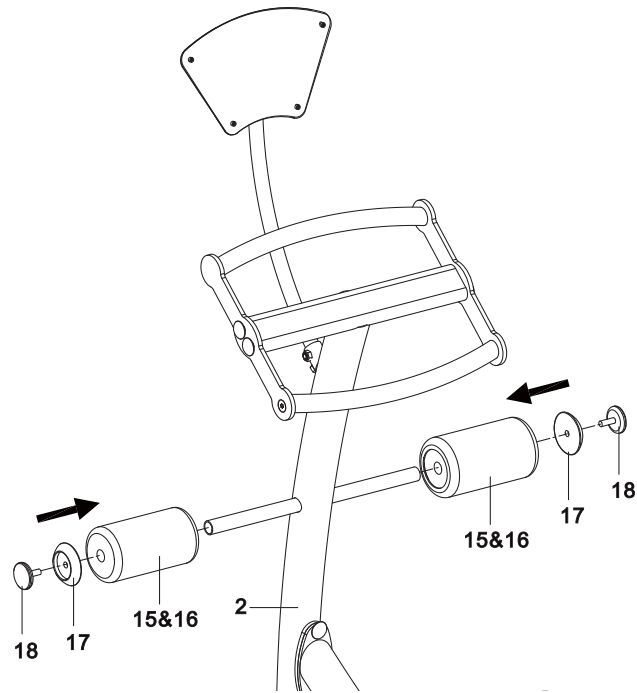
### Hardware:



(9) Axle  $\text{Ø}25 \times 157$   
1 PC



(37) Washer  $\text{Ø}32 \times \text{Ø}14 \times 2$   
2 PCS



### Step 7

Slide the Foam Roller (15) with Foam Roller Cover (16) onto the rod of the Upright Support Frame (2).

Position the Foam Roller Cap (17) in front of the rod of the Upright Support Frame (2) and align holes.

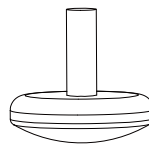
Turn the Rod Cap (18) clockwise onto the rod of the Upright Support Frame (2).

**Attach the other Foam Roller (15) with Foam Roller Cover (16), Foam Roller Cap (17), and Rod Cap (18) onto the other rod of the Upright Support Frame (2) in the same way.**

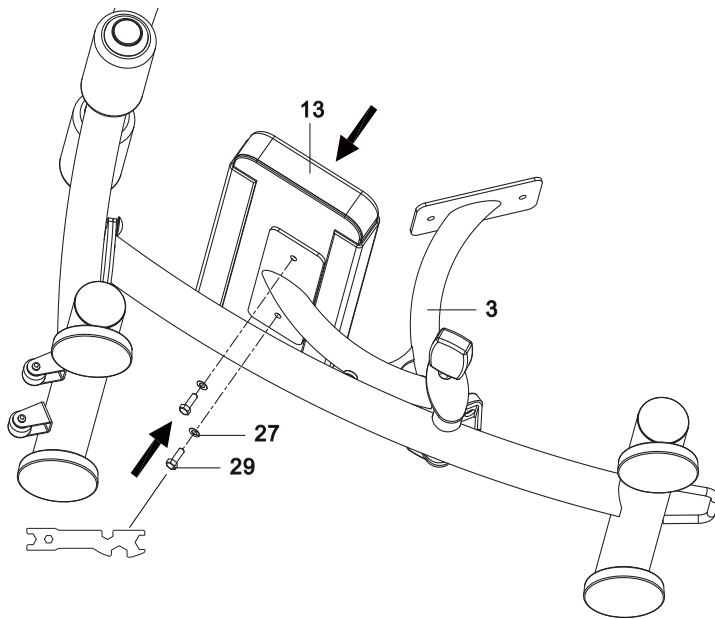
### Assembly Components:



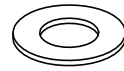
(17) Foam Roller Cap  
Ø85x20  
2 PCS



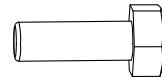
(18) Rod Cap  
Ø40x45xM10  
2 PCS



**Hardware:**



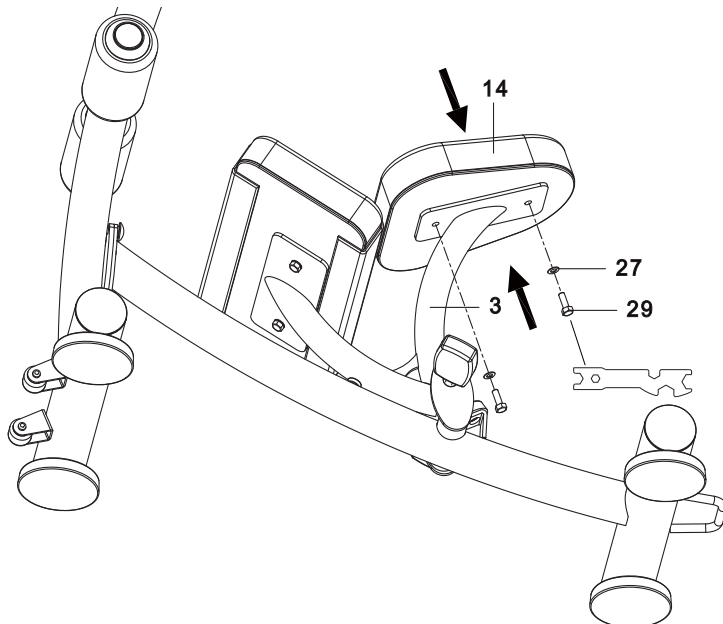
(27) Washer Ø10  
2 PCS



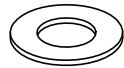
(29) Hexagon Head Bolt  
M10x35  
2 PCS

**Step 8**

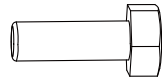
Attach the Knee Pad (13) onto the Seat Frame (3) with two M10x35 Hexagon Head Bolts (29) and two Ø10 Washers (27). Tighten bolts with the Multi Hex Tool provided.



**Hardware:**



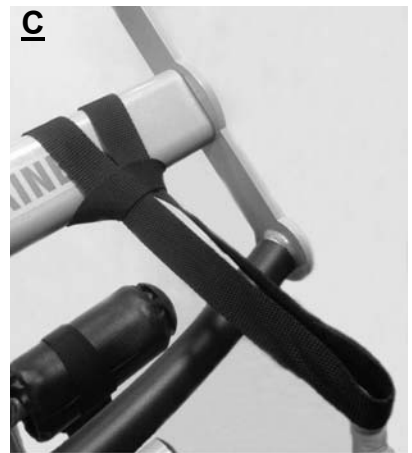
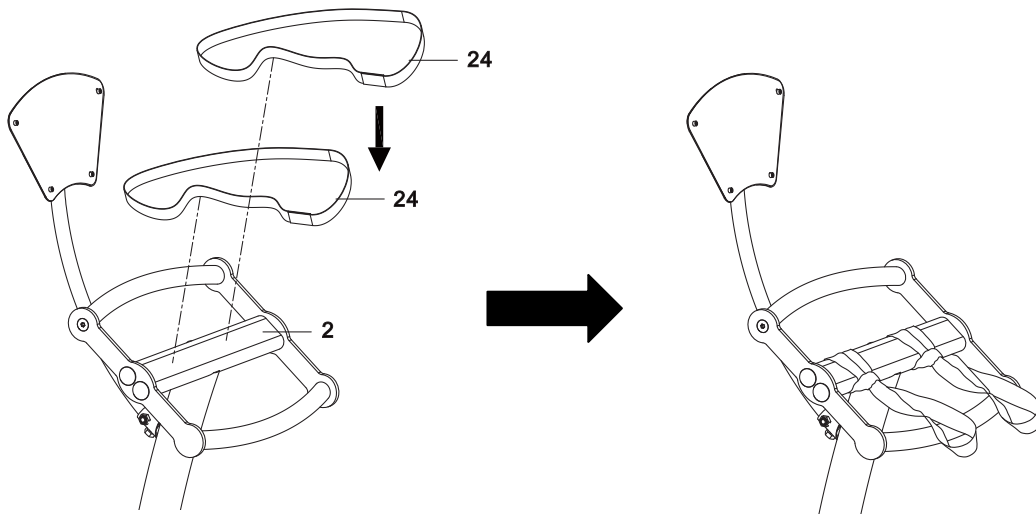
(27) Washer Ø10  
2 PCS



(29) Hexagon Head Bolt  
M10x35  
2 PCS

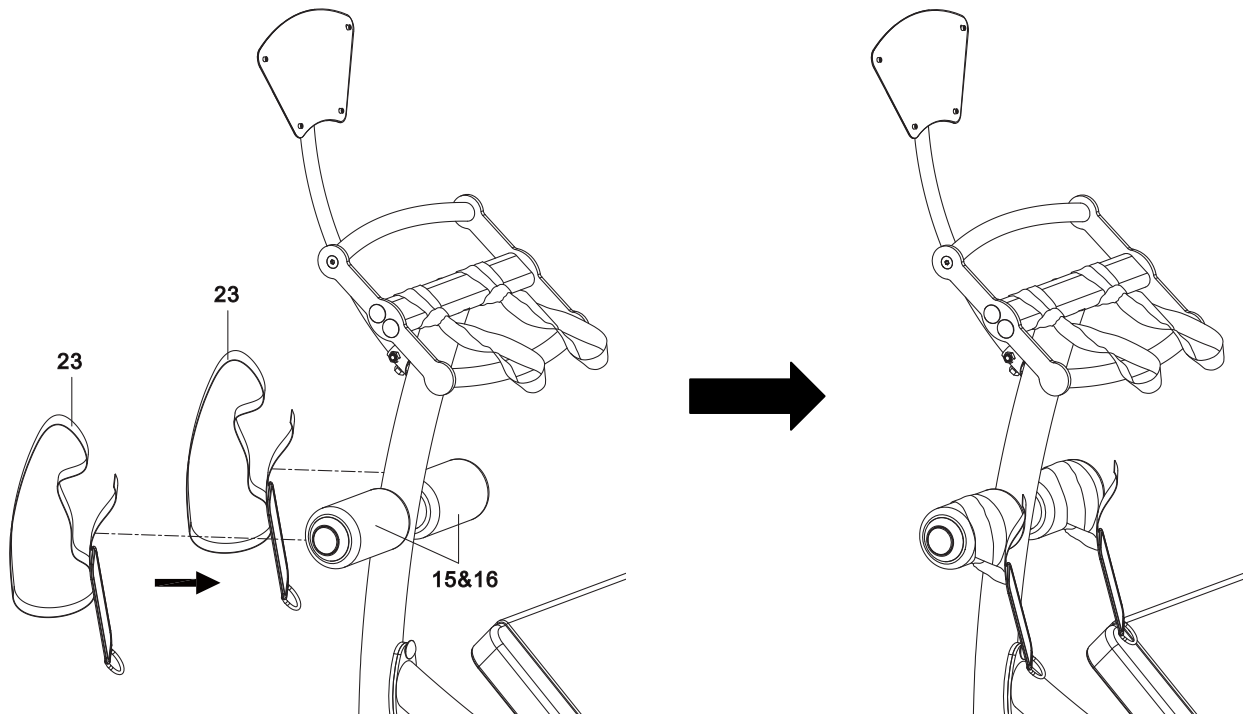
**Step 9**

Attach the Seat Pad (14) onto the Seat Frame (3) with two M10x35 Hexagon Head Bolts (29) and two Ø10 Washers (27). Tighten bolts with the Multi Hex Tool provided.



**Step 10**

Please follow the illustrations A, B, and C for proper installation of the Wrist Straps (24) onto the rod of the Upright Support Frame (2).

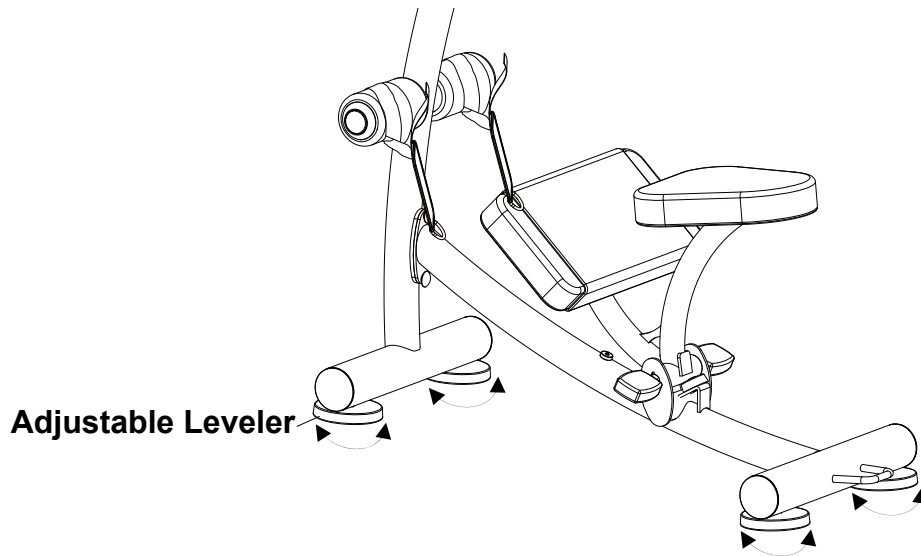


**Step 11**

Please follow the illustrations A and B for proper installation of the Ankle Straps (23) onto the both Foam Rollers (15) with Foam Roller Covers (16)



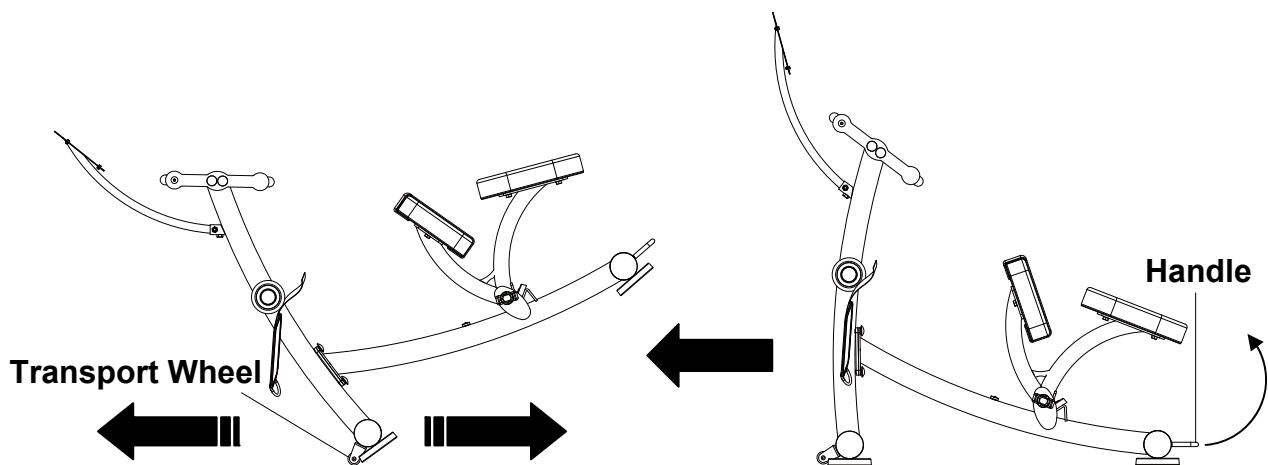
## ADJUSTABLE LEVELER ADJUSTMENT



### Adjusting the Adjustable Leveler

Turn the adjustable leveler on the base support and seat frames as needed to level the stretch trainer.

## MOVING THE STRETCH TRAINER



The unit can be carefully tilted onto its transport wheels for easy moving and storage. Firmly grasp the Handle with both hands. Next, carefully lift the stretch trainer up until it rolls freely on the transport wheels.

**CAUTION:** The stretch trainer is heavy, it is suggested you always use the aid of a second person when moving the stretch trainer.

# USING THE STRETCH TRAINER

Before begin your stretching exercises, please review the following guidelines.

1. Always use the wrist straps and hold the handlebar with both hands at all times during your routine. The wrist straps decrease the chance of falling if you lose your grip on the handlebar. Do not attempt a stretch using only the wrist straps.
2. Always use the ankle straps for leg stretching exercises.
3. When the first time you use the stretch trainer, do not try to do all the stretch exercises shown on the instructional placard. Start your stretch exercises slowly.
4. For most stretching exercise positions, make sure that your knees are rest on the knee pad and your feet are positioned on the foot pedals.
5. Do not overstretch while on the stretch trainer. When you feel tension in your muscle, please stop exercise.
6. Breathe normally while on the stretch trainer. Do not hold your breath.
7. When you have completed your stretch exercises, make sure that the seat has returned to the forward position.

## Stretching Exercises

### Lower Back



Begin with the seat in the forward position. Hold the upper handlebar with both hands, and then move the seat back slowly.

### Legs, Back



Hold the lower handlebar with both hands. Place one foot on the roller and keep the leg straight. Complete the stretch, and then switch legs.

### Gluteals, Hips



Hold the lower handlebar with both hands. Place ankle on the knee. Complete the stretch, and then switch legs.

### **Inner Thighs, Groin**



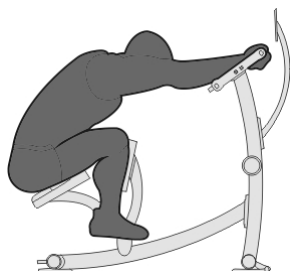
Hold the lower handlebar with both hands. Place both feet on the knee pad.

### **Hamstrings**



Hold the upper handlebar with both hands. Keep the extended leg straight. Complete the stretch, and then switch legs.

### **Upper Back**



Hold the upper handlebar with both hands. You can move your head up and down or left and right to intensify the stretch.

### **Shoulders**



Cross the arms and hold the upper handlebar with both hands. You can move your head up and down or left and right to intensify the stretch. Complete the stretch, and then switch the hand positions.

### **Quadriceps**



Stand to the side facing the instructional placard. Hold the side bars with both hands for support. Place one foot on the top edge of the knee pad. Keep back straight. Bend the supporting leg. Complete the stretch, and then switch legs.

# MAINTENANCE

## CLEANING

**After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.**

The stretch trainer can be cleaned with a soft cloth, mild soap and water. Wipe the equipment down with a damp cloth and dry completely. Do not use abrasives or solvents.

## INSPECTION

Inspect the knee and seat pads for cracks and loose stitching in the upholstery. Replace pads as needed.

Inspect the frames for rust or other damage. Make sure the welds on the stretch train are solid and all bolts and lock nuts are properly tight and installed correctly.

## STORAGE

Store the stretch trainer in a clean and dry indoor environment. Never leave or use the stretch trainer outdoors.

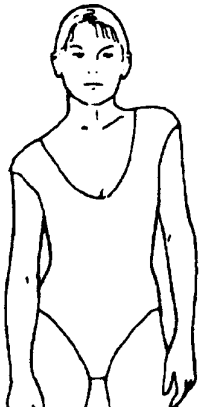
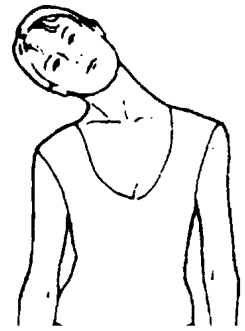
# WARM UP AND COOL DOWN ROUTINE

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.

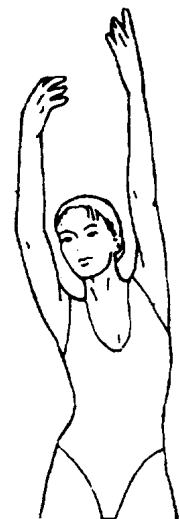
## HEAD ROLLS

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.



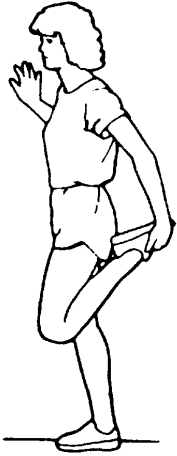
## SHOULDER LIFTS

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.

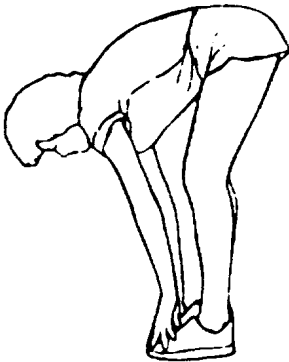


### **QUADRICEPS STRETCH**

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.

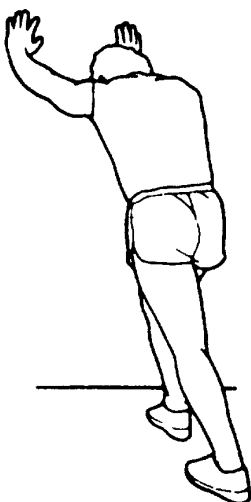
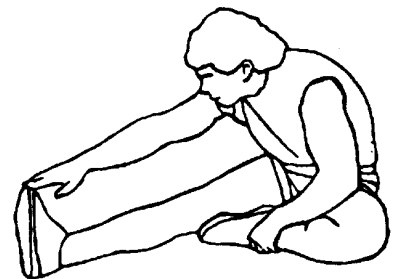


### **TOE TOUCHES**

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 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 counts.