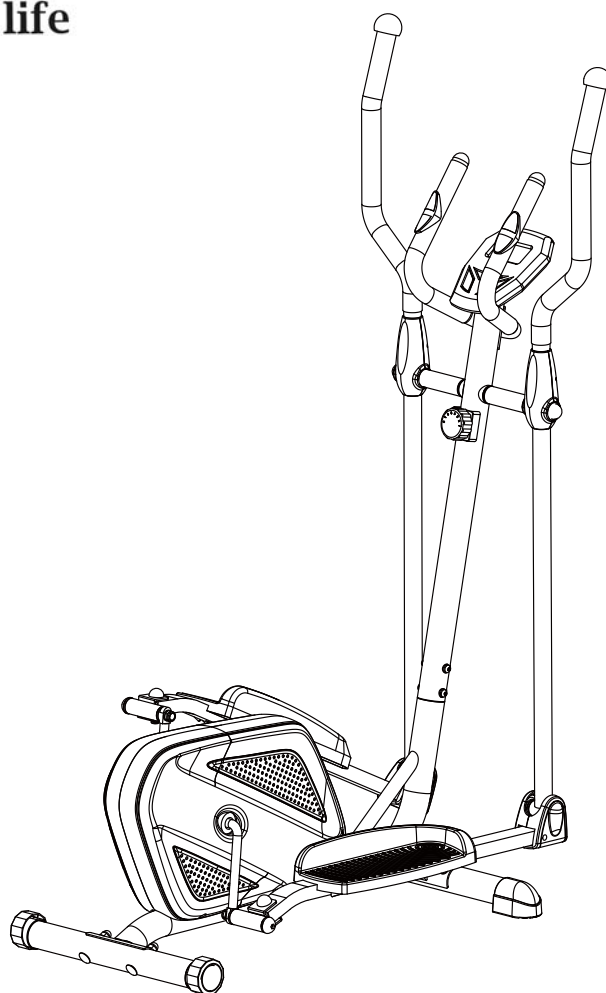


CLASSIC II, ELLIPTICAL TRAINER ITEM NO.: 93260

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.
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. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. 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.
13. 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.

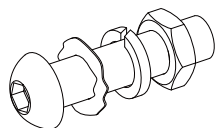
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame Ø50x2	1	027	Nylon Nut M6	8
002L	Left Foot Bar 40x25x1.5	1	028	Washer Ø6	7
002R	Right Foot Bar 40x25x1.5	1	029	Bolt M6x40	6
003L	Left Handrail Arm Ø32x1.5	1	030	Tension Cable L=1600	1
003R	Right Handrail Arm Ø32x1.5	1	031	Bolt Cap S13	2
004L	Left Handrail Ø32x1.5	1	032	Screw ST4.2x25	7
004R	Right Handrail Ø32x1.5	1	033L	Foot Bar Cover-A	2
005	Front Post Ø50x1.5	1	033R	Foot Bar Cover-B	2
006	Handlebar Ø28x1.5	1	034	Big Washer Ø20xØ8x2	2
007	Bolt M6x10	1	035	Bolt Ø15.8x62.5	2
008	Screw ST2.9x10	2	036	Left Foot Pedal 395x150x65	1
009	Hexagon Head Bolt M8x30	1	037	Right Foot Pedal 395x150x65	1
010	Front Stabilizer Ø50x1.5x480	1	038	Front Stabilizer End Cap Ø50	2
011	Rear Stabilizer Ø50x1.5x480	1	039	Bolt M6x48	2
012	Bolt M10x57	4	040	Transport Wheel Ø23xØ6x32	2
013	Rear Stabilizer End Cap Ø50x1.5	2	041	Bolt M8x16	8
014	Big Curve Washer Ø10	4	042	Curve Washer Ø20xØ8	6
015	Cap Nut M10	4	043	Bolt M10x18	2
016L	Bolt for left U Shape Bracket Ø16x88.5xL23	1	044	Spring Washer Ø18xØ10x2	2
016R	Bolt for right U Shape Bracket Ø16x88.5xL23	1	045	Washer Ø28x5	2
017L	Left Nylon Nut 1/2"	1	046	Powder Metal Bushing Ø33xØ29xØ16x14x4	4
017R	Right Nylon Nut 1/2"	1	047	Bolt M6x35	4
018	Wave Washer Ø28xØ17x0.3	2	048	Curve Washer Ø6	4
019	Powder Metal Bushing Ø29xØ16x14	8	049	Bolt Cap S16	2
020	Spring Washer Ø12	2	050	Cap Nut M6	4
021	Bearing 6000 2Z	2	051	Plastic Bushing Ø32xØ16x5xØ50	2
022	Washer Ø40xØ24xØ2.5	1	052L	Left Handrail Arm Cover-A	1
023	U Shape Bracket	2	052R	Right Handrail Arm Cover-A	1
024	Nylon Nut M8	2	053L	Left Handrail Arm Cover-B	1
025	Washer Ø16xØ8x1.5	2	053R	Right Handrail Arm Cover-B	1
026	Bolt M8x50	2	054	Tension Control Knob 0325-BC62003-0101	1

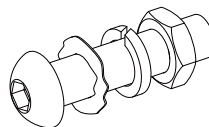
PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Screw ST2.9x12	8	075	Bearing Nut II 7/8"	1
056	Computer HR-1577	1	076	Washer Ø34.5xØ23x2.5	1
057	Bolt M5x12	4	077	Hexagon Nut 7/8"	1
058	Hand Pulse Sensor with Wire L=750	2	078	Belt Pulley with Crank Ø240	1
059	Handrail Foam Grip Ø31xØ37x480	2	079	Powder Metal Bushing Ø18xØ8x5	4
060	Spring Washer Ø8	6	080	Nut for Flywheel M10x1.25	2
061	Handrail End Cap Ø32x1.5	2	081	Flywheel Ø230x40x32	1
062	Handlebar End Cap Ø28x1.5	2	082	Belt PJ330 J6	1
063	Screw ST4.2x20	2	083	Idle Wheel Bracket	1
064	Curve Washer for Tension Control Knob Ø20xØ5.2	1	084	Bolt M8x20	2
065	Bolt for Tension Control Knob M5x25	1	085	Eyebolt M6x36	2
066	Phillips Self Tapping Screw ST4.2x25	4	086	Tension Bracket 31x31xØ1.0	2
067	Sensor Wire I L=1100	1	087	Spring Washer Ø6	2
068	Sensor Wire II L=950	1	088	Hexagon Nut M6	2
069	Screw ST4.2x20	4	089	Bolt M8x10	1
070	Left Cover 544x345x86	1	090	Handlebar Foam Grip Ø33xØ27x360	2
071	Right Cover 544x345x84	1	091	Cover Cap Ø40xØ25x10	2
072	Bearing Cup Ø51.5	2	092	Big Washer Ø20xØ10x2	2
073	Bearing	2	093	Curve Washer Ø16xØ8x1.5	2
074	Bearing Nut I 15/16"	1	094	Washer Ø10.2xØ14xØ1.0	2

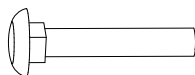
HARDWARE LIST



(16R) Bolt for right U Shape
Bracket $\varnothing 16 \times 88.5 \times L23$ 1 PC
 (17R) Right Nylon Nut 1/2" 1 PC
 (18) Wave Washer
 $\varnothing 28 \times \varnothing 17 \times 0.3$ 1 PC
 (20) Spring Washer $\varnothing 12$ 1 PC



(16L) Bolt for left U Shape
Bracket $\varnothing 16 \times 88.5 \times L23$ 1 PC
 (17L) Left Nylon Nut 1/2" 1 PC
 (18) Wave Washer
 $\varnothing 28 \times \varnothing 17 \times 0.3$ 1 PC
 (20) Spring Washer $\varnothing 12$ 1 PC



(12) Bolt M10x57
4 PCS



(14) Big Curve Washer $\varnothing 10$
4 PCS



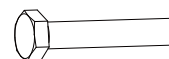
(15) Cap Nut M10
4 PCS



(27) Nylon Nut M6
6 PCS



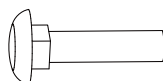
(28) Washer $\varnothing 6$
6 PCS



(29) Bolt M6x40
6 PCS



(31) Bolt Cap S13
2 PCS



(47) Bolt M6x35
4 PCS



(48) Curve Washer $\varnothing 6$
4 PCS



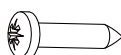
(49) Bolt Cap S16
2 PCS



(50) Cap Nut M6
4 PCS



(55) Screw ST2.9x12
8 PCS



(69) Screw ST4.2x20
4 PCS

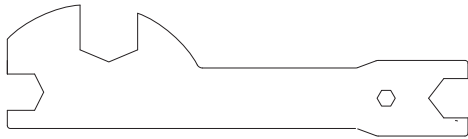
TOOLS



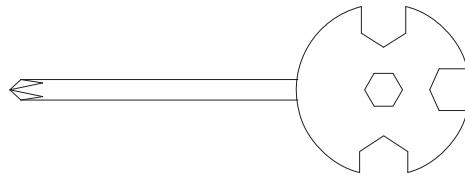
Allen Wrench S6
1 PC



Allen Wrench S8
1 PC

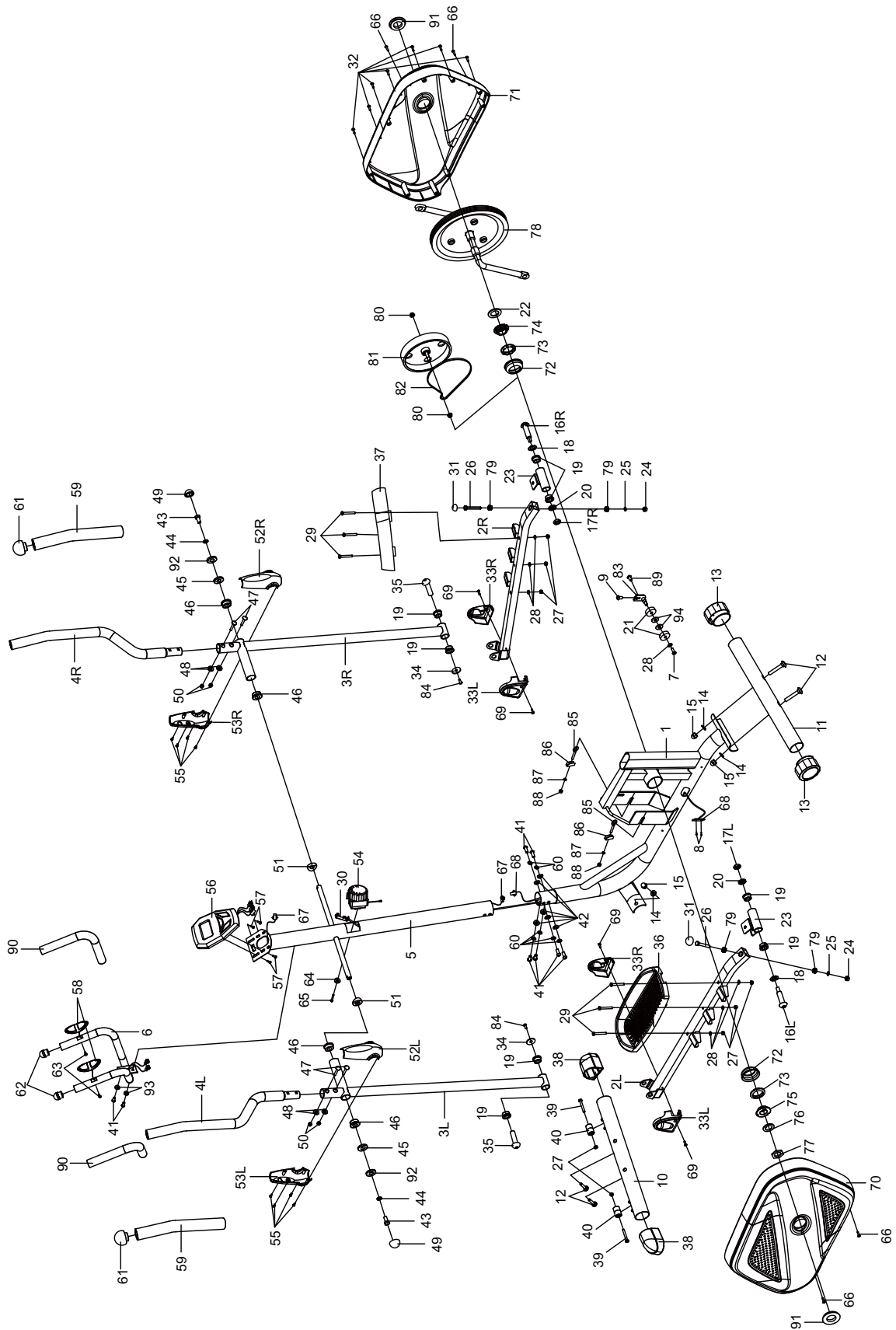


Multi Hex Tool
S10, S13, S17, S19
1 PC

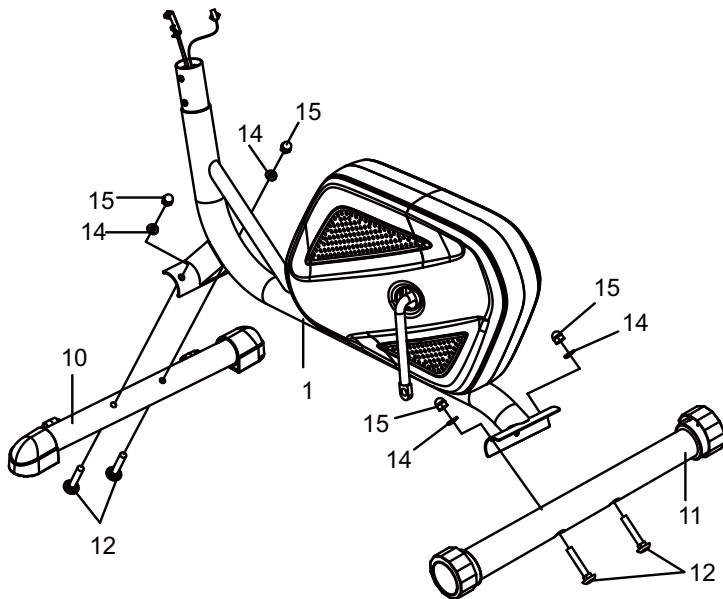


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

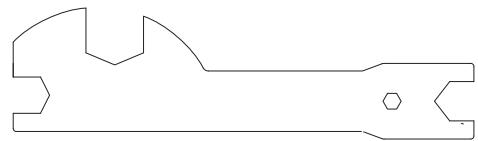
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool
S10, S13, S17, S19

1. Front and Rear Stabilizers Installation

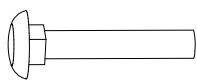
Position the Front Stabilizer (10) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (10) onto the front curve of the Main Frame (1) with two M10x57 Bolts (12), two Ø10 Big Curve Washers (14), and two M10 Cap Nuts (15). Tighten cap nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (11) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (11) onto the rear curve of the Main Frame (1) with two M10x57 Bolts (12), two Ø10 Big Curve Washers (14), and two M10 Cap Nuts (15). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:



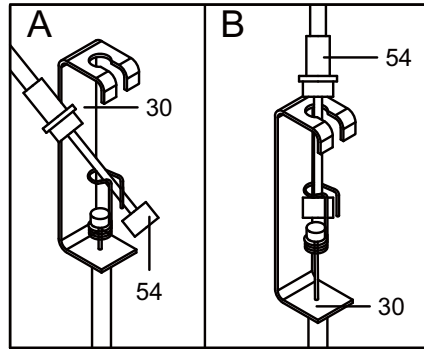
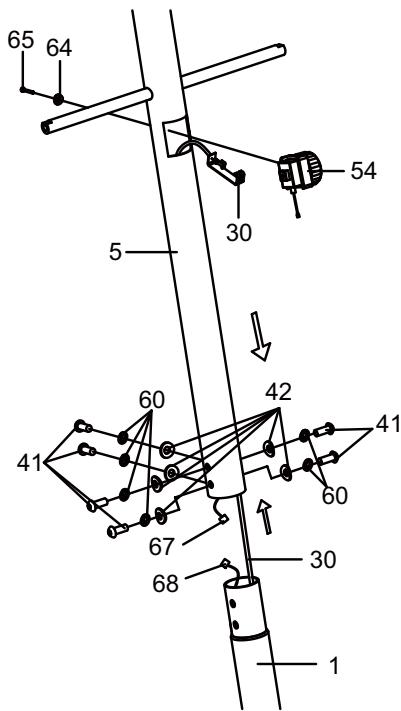
(12) Bolt M10x57
4 PCS



(14) Big Curve Washer Ø10
4 PCS



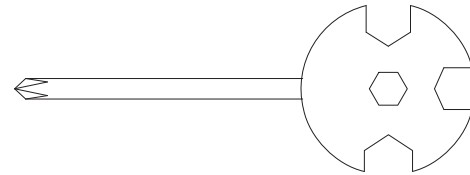
(15) Cap Nut M10
4 PCS



Tool:



Allen Wrench S6



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

2. Front Post and Tension Control Knob Installation

Remove six M8x16 Bolts (41), six Ø8 Spring Washers (60), and six Ø20xØ8 Curve Washers (42) from the Main Frame (1). Remove bolts and washers with the S6 Allen Wrench provided.

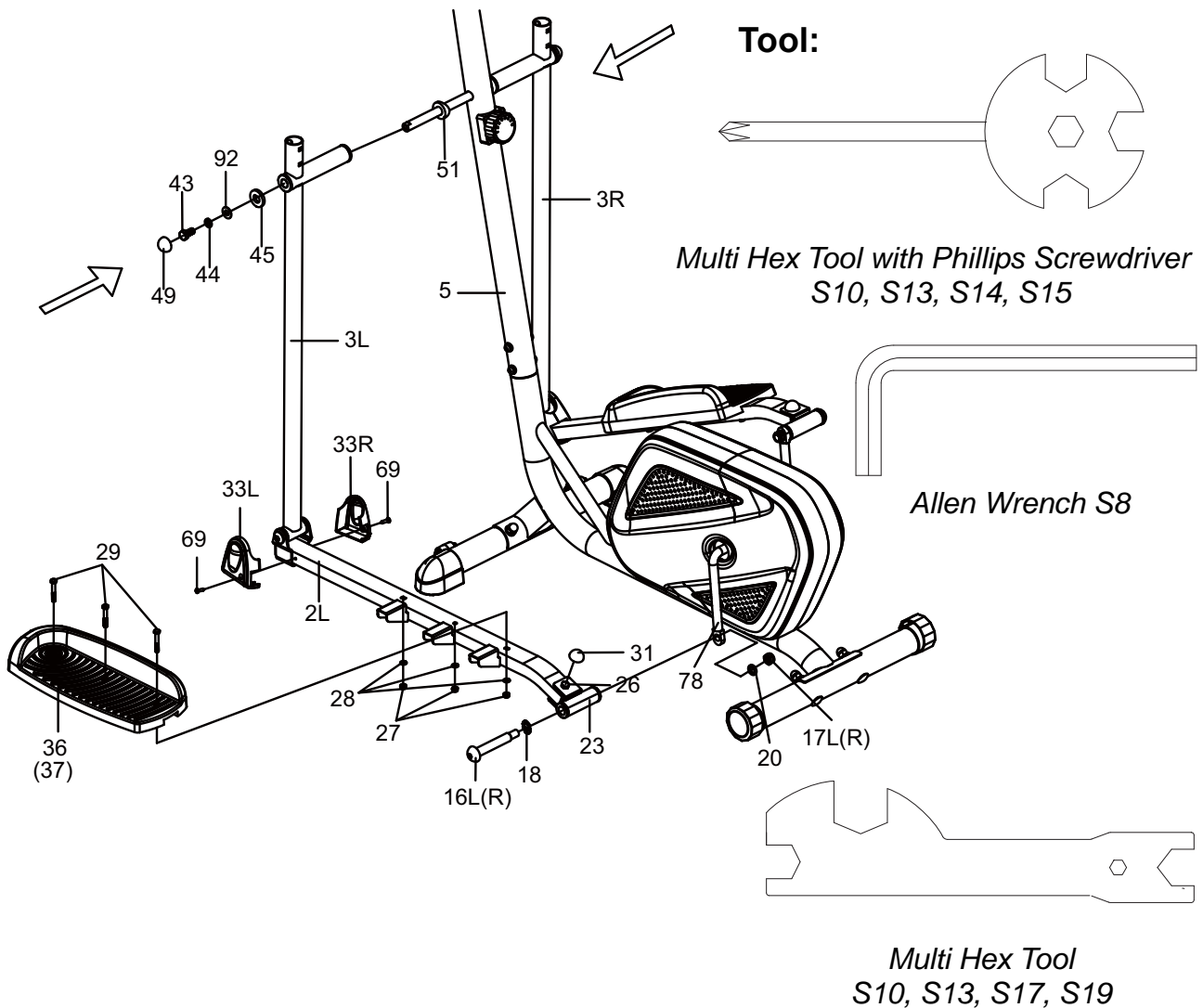
Insert the Tension Cable (30) through into the bottom hole of Front Post (5) and pull it out from the square hole of Front Post (5).

Connect the Sensor Wire II (68) from the Main Frame (1) to the Sensor Wire I (67) from the Front Post (5).

Insert the Front Post (5) onto the tube of the Main Frame (1) and secure with six M8x16 Bolts (41), six Ø8 Spring Washers (60), and six Ø20xØ8 Curve Washers (42) that were removed. Tighten bolts and washers with the S6 Allen Wrench provided.

Remove the Ø20xØ5.2 Curve Washer for Tension Control Knob (64) and M5x25 Bolt for Tension Control Knob (65) from the Tension Control Knob (54). Remove bolt and curve washer with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (54) into the spring hook of Tension Cable (30) as shown in drawing A of figure 2. Pull the resistance cable of Tension Control Knob (54) up and force it into the gap of metal bracket of Tension Cable (30) as shown in drawing B of figure 2. Attach the Tension Control Knob (54) onto the Front Post (5) with the Ø20xØ5.2 Curve Washer for Tension Control Knob (64) and M5x25 Bolt for Tension Control Knob (65) that were removed. Tighten bolt curve washer with the Multi Hex Tool with Phillips Screwdriver provided.



3. Left/Right Handrail Arms, Left/Right Foot Bars, Left/Right Foot Pedals, and Foot Bar Covers-A/B Installation

Remove two M10x18 Bolts (43), two Ø18xØ10x2 Spring Washers (44), two Ø20xØ10x2 Big Washers (92), and two Ø28x5 Washers (45) from the left and right horizontal axes of the Front Post (5). Remove bolts and washers with the Multi Hex Tool provided.

Attach the Left Handrail Arm (3L) onto the left horizontal axis of the Front Post (5) with one M10x18 Bolt (43), one Ø18xØ10x2 Spring Washer (44), one Ø20xØ10x2 Big Washer (92), and one Ø28x5 Washer (45) that were removed. Tighten bolts and washers with the Multi Hex Tool provided. Install a S16 Bolt Cap (49) onto the M10x18 Bolt (43).

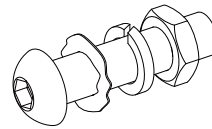
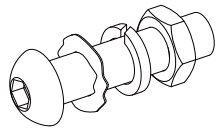
Attach the left U Shape Bracket (23) to the left Crank (78) with one Ø16x88.5xL23 Bolt for left U Shape Bracket (16L), one Ø28xØ17x0.3 Wave Washer (18), Ø12 Spring Washer (20), and 1/2" Left Nylon Nut (17L). Tighten bolt and nylon nut with the S8 Allen Wrench and Multi Hex Tool provided. Install a S13 Bolt Cap (31) onto the M8x50 Bolt (26).

NOTE: Ø16x88.5xL23 Bolt for left U Shape Bracket (16L) and Ø16x88.5xL23 Bolt for right U Shape Bracket (16R) are marked "R" for Right and "L" for Left.

Attach the Left Foot Pedal (36) onto the Left Foot Bar (2L) with three M6 Nylon Nuts (27), three Ø6 Washers (28), and three M6x40 Bolts (29). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Foot Bar Covers-A/B (33L, 33R) onto the Left Foot Bar (2L) with two ST4.2x20 Screws (69). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided. Repeat above step to attach the Right Handrail Arm (3R) onto the right horizontal axis of the Front Post (5) and right U Shape Bracket (23) to the right Crank (78).

Hardware:



(16R) Bolt for right U Shape
Bracket Ø16x88.5xL23 1 PC
(17R) Right Nylon Nut 1/2" 1 PC
(18) Wave Washer
Ø28xØ17x0.3 1 PC
(20) Spring Washer Ø12 1 PC

(16L) Bolt for left U Shape
Bracket Ø16x88.5xL23 1 PC
(17L) Left Nylon Nut 1/2" 1 PC
(18) Wave Washer
Ø28xØ17x0.3 1 PC
(20) Spring Washer Ø12 1 PC



(49) Bolt Cap S16
2 PCS



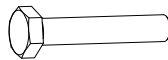
(31) Bolt Cap S13
2 PCS



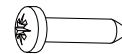
(27) Nylon Nut M6
6 PCS



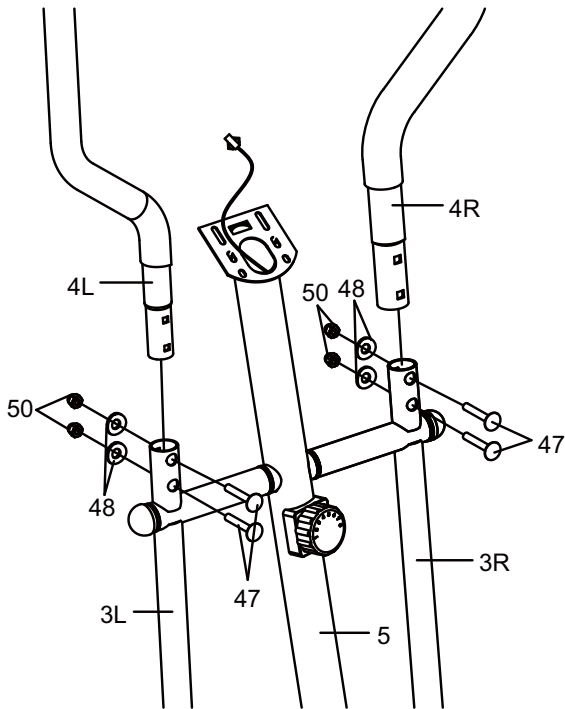
(28) Washer Ø6
6 PCS



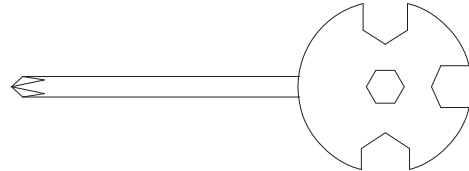
(29) Bolt M6x40
6 PCS



(69) Screw ST4.2x20
4 PCS



Tool:

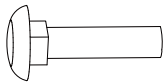


*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

4. Left and Right Handrails Installation

Attach the Left/Right Handrails (4L, 4R) onto the Left/Right Handrail Arms (3L, 3R) with four M6x35 Bolts (47), four Ø6 Curve Washers (48), and four M6 Cap Nuts (50). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



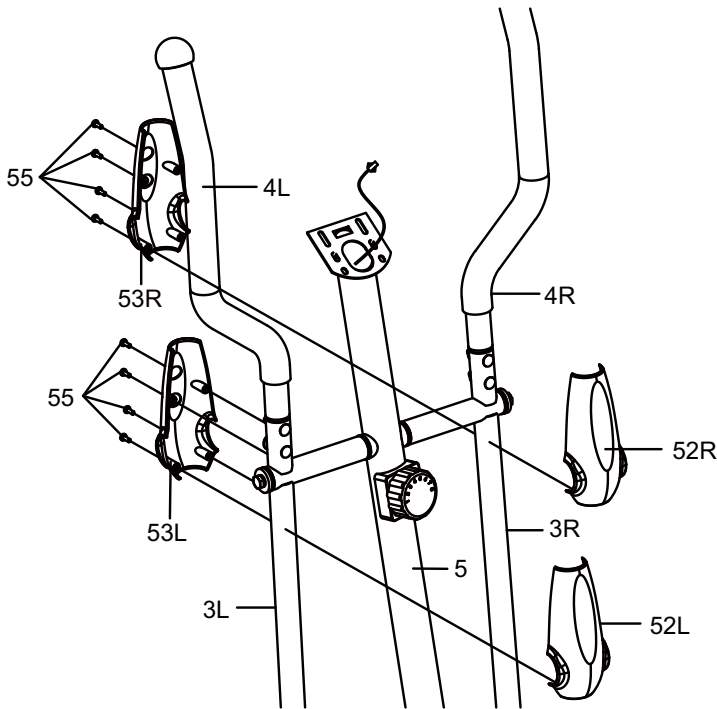
(47) Bolt M6x35
4 PCS



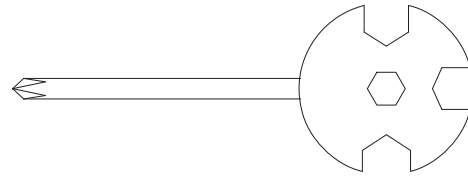
(48) Curve Washer Ø6
4 PCS



(50) Cap Nut M6
4 PCS



Tool:



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

5. Left and Right Handrail Arm Covers-A and B Installation

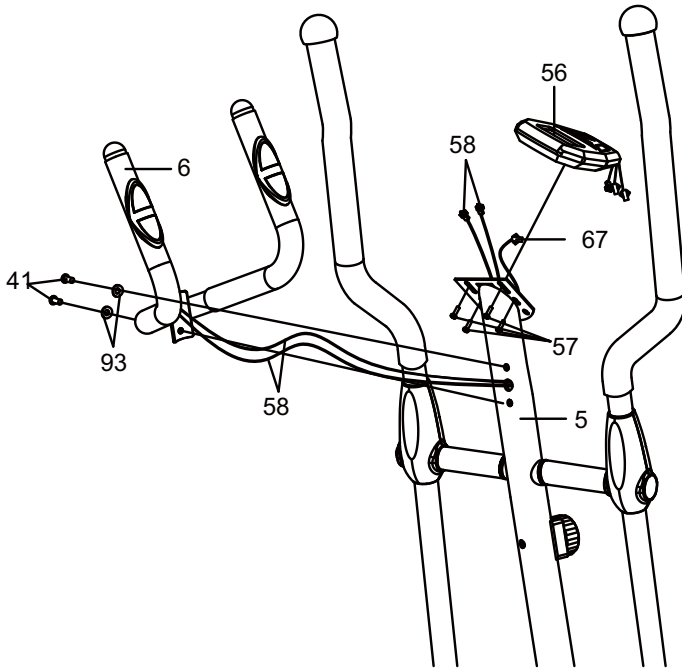
Attach the Left Handrail Arm Cover-A (52L) and Left Handrail Arm Cover-B (53L) onto the Left Handrail Arm (3L) with four ST2.9x12 Screws (55). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (52R) and Right Handrail Arm Cover-B (53R) onto The Right Handrail Arm (3R) with four ST2.9x12 Screws (55). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

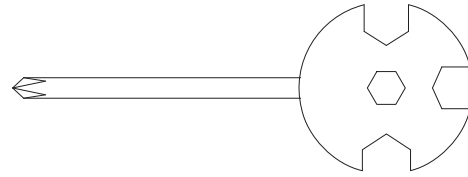
Hardware:



(55) Screw ST2.9x12
8 PCS



Tool:



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



Allen Wrench S6

6. Handlebar and Computer Installation

Remove four M5x12 Bolts (57) from the back of the Computer (56). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M8x16 Bolts (41) and two Ø16xØ8x1.5 Curve Washers (93) from the Front Post (5). Remove bolts and curve washers with the S6 Allen Wrench provided.

Insert the Hand Pulse Sensor Wires (58) from the Handlebar (6) into the hole on the Front Post (5) and then pull them out from the top end of the Front Post (5).

Attach the Handlebar (6) onto the Front Post (5) with two M8x16 Bolts (41) and two Ø16xØ8x1.5 Curve Washers (93) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided.

Connect the Sensor Wire I (67) and Hand Pulse Sensor Wires (58) to the wires that come from the Computer (56) and then attach the Computer (56) onto the top end of the Front Post (5) with four M5x12 Bolts (57) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

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 2 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scans each function in sequence with change every 5 seconds.

NOTE: If you do not want to use the SCAN function, press the MODE button to select one of the other functions.

TIME: Press the MODE button until the arrow points to TIME, the computer will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

CAL (CALORIES): Press the MODE button until the arrow points to CAL, the computer will display the total accumulated calories burned during workout.

PULSE: Press the MODE button until the arrow points to PULSE and then hold both two hands on handlebar grip sensors, the screen will display your current heart rate figures and a heart symbol. 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.

DIST (DISTANCE): Press the MODE button until the arrow points to DIST, the computer will display the accumulative distance traveled during workout.

ODO (ODOMETER): Press the MODE button until the arrow points to ODO, the computer will display the total accumulative distance.

HOW TO INSTALL THE BATTERIES:

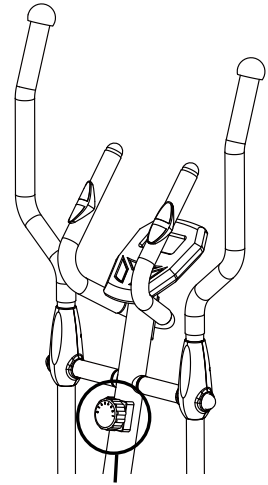
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

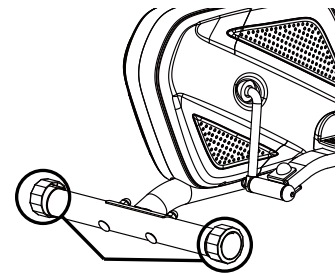
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.



Rear Stabilizer End Cap

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer 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 elliptical trainer, 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 elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	<ol style="list-style-type: none"> 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. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 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"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 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. 3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

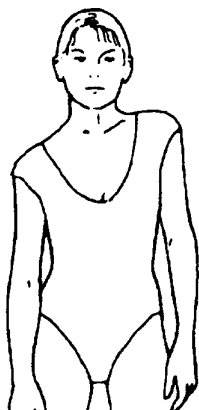
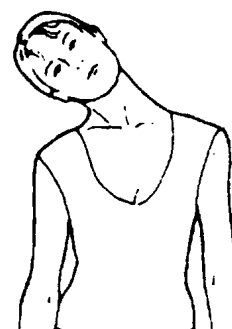
WARM UP AND COOL DOWN ROUTINE

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.

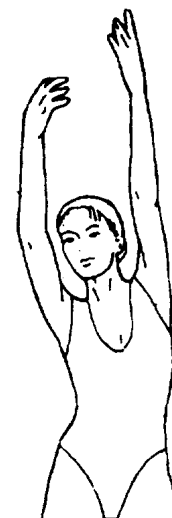
HEAD ROLLS

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.



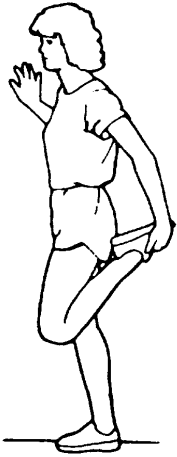
SHOULDER LIFTS

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.

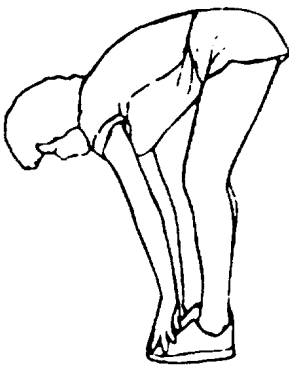


QUADRICEPS STRETCH

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.

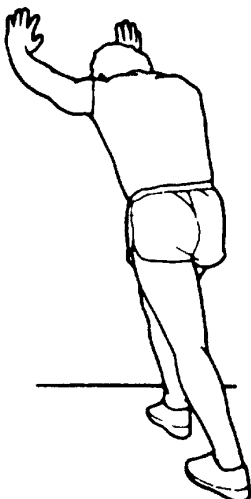
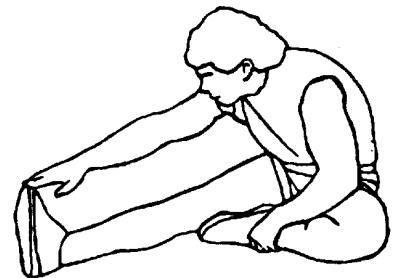


TOE TOUCHES

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.