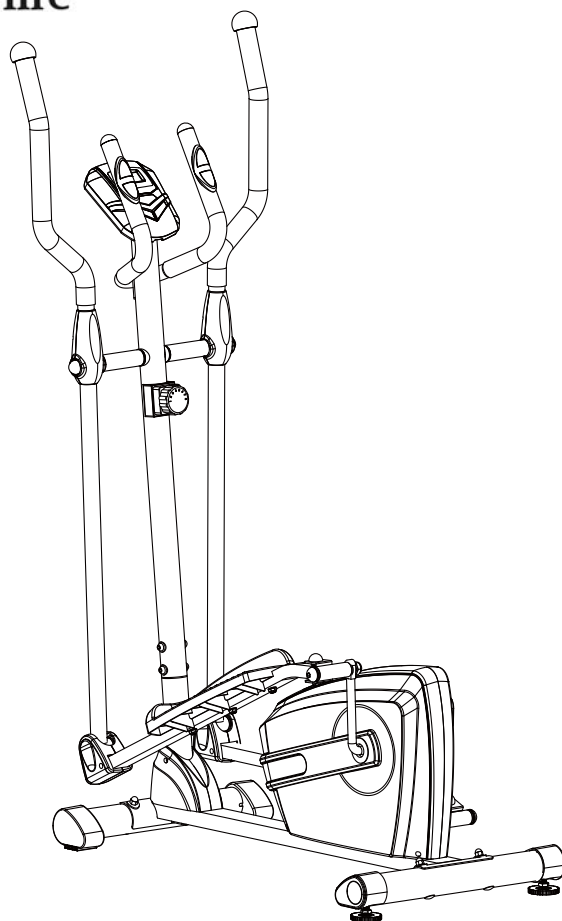


FORMULA II, ELLIPTICAL TRAINER ITEM NO: 93280

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 extended only to the original owner and is not transferable.

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**

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
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 might 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 an *Authorized Service Representative*.
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.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons 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.

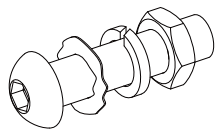
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 30x60x2	1	027	Cap Nut M6	4
002	Front Post Ø50x1.5	1	028	Bolt Cap S16	2
003	Left Handrail Arm Ø32x1.5	1	029	Nylon Nut M6	6
004	Right Handrail Arm Ø32x1.5	1	030	Curve Washer Ø6xØ12x1	4
005	Left Foot Bar 40x25x1.5	1	031	Bolt M6x35	4
006	Right Foot Bar 40x25x1.5	1	032	Bolt M10x18	2
007	Handlebar Ø28x1.5	1	033	Spring Washer Ø10	2
008	Left Decorative Cover	1	034	Big Washer Ø8xØ20x2	2
009	Right Decorative Cover	1	035	Washer Ø28xØ16.2x5	2
010	U Shape Bracket	2	036	Powder Metal Bushing Ø33xØ29xØ16x3	4
011	Idle Wheel Bracket	1	037	Plastic Bushing Ø32xØ16x5	2
012	Belt Pulley with Crank Ø240 J6	1	038	Bolt for Tension Control Knob M5x45	1
013	Curve Washer Ø8xØ16x1.5	2	039	Curve Washer for Tension Control Knob Ø5	1
014	Front Stabilizer Ø60x1.5x380	1	040	Tension Control Knob	1
015	Rear Stabilizer Ø60x1.5x480	1	041	Bolt Ø15.8x62	2
016	Left Handrail Ø32x1.5x633	1	042	Powder Metal Bushing Ø24.5xØ16x14	8
017	Right Handrail Ø32x1.5x633	1	043	Big Curve Washer Ø8xØ20x2	6
018	Handrail Foam Grip Ø31xØ37x480	2	044	Bolt M8x20 (L20)	2
019	Handrail End Cap	2	045	Foot Bar Cover-A	2
020	Handlebar Foam Grip Ø33xØ27x360	2	046	Foot Bar Cover-B	2
021	Handlebar End Cap Ø28.6x1.5	2	047	Left Foot Pedal 395x150x65	1
022	Hand Pulse Sensor with Wire L=750	2	048	Right Foot Pedal 395x150x65	1
023	Screw ST4.2x20	8	049	Bolt M6x40	6
024	Screw ST2.9x12	10	050	Washer Ø6xØ12x1	6
025L	Left Handrail Arm Cover-A	1	051	Powder Metal Bushing Ø18xØ8x10	4
025R	Right Handrail Arm Cover-A	1	052	Bolt for left U Shape Bracket 1/2"	1
026L	Left Handrail Arm Cover-B	1	053	Wave Washer Ø28xØ17x0.3	2
026R	Right Handrail Arm Cover-B	1	054	Spring Washer Ø20xØ13xB2	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Left Nylon Nut 1/2"	1	078	Sensor Wire II L=1600	1
056	Nylon Nut M8	6	079	Idle Wheel	1
057	Washer Ø16xØ8x1.5	6	080	Eyebolt M8x85	1
058	Bolt M8x50	2	081	Nut M10	2
059	Bolt Cap S13	2	082	Adjustable Leveler M10	2
060	Front Left Stabilizer End Cap	1	083	Bolt M8x20 (L10)	1
061	Bolt M8x70	4	084	Front Right Stabilizer End Cap	1
062	Big Curve Washer Ø25xØ8	4	085	Nut M6	2
063	Cap Nut M8	4	086	Spring Washer Ø6	2
064	Cover Cap Ø40xØ25x10	2	087	Tension Bracket	2
065	Phillips Self Tapping Screw ST4.2x25	6	088	Eyebolt M6x36	2
066	Left Cover	1	089	M10x1 Nut for Flywheel	2
067	Right Cover	1	090	Flywheel Ø230x40x32	1
068	Screw ST4.2x25	10	091	Bolt M8x15	8
069	Belt PJ370 J6	1	092	Rear Right Stabilizer End Cap	1
070	Hexagon Nut 7/8"	1	093	Bolt for right U-Shape Bracket 1/2"	1
071	Washer Ø34.5xØ23x2.5	1	094	Right Nylon Nut 1/2"	1
072	Bearing Nut II 7/8"	1	095	Washer Ø10xØ20x2	2
073	Bearing	2	096	Computer (HR-1586)	1
074	Bearing Cup	2	097	Bolt M5x10	4
075	Bearing Nut I 15/16"	1	098	Sensor Wire I L=1100	1
076	Washer Ø40xØ24x3.0	1	099	Tension Cable L=1800	1
077	Rear Left Stabilizer End Cap	1			

HARDWARE PACKING LIST

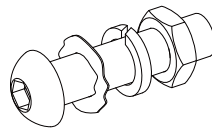


(53) Wave Washer
Ø28xØ17x0.3
1 PC

(54) Spring Washer
Ø20xØ13xB2
1 PC

(93) Bolt for right U Shape
Bracket 1/2"
1 PC

(94) Right Nylon Nut 1/2"
1 PC

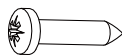


(52) Bolt for left U Shape
Bracket 1/2"
1 PC

(53) Wave Washer
Ø28xØ17x0.3
1 PC

(54) Spring Washer
Ø20xØ13xB2
1 PC

(55) Left Nylon Nut 1/2"
1 PC



(23) Screw ST4.2x20
4 PCS



(24) Screw ST2.9x12
8 PCS



(27) Cap Nut M6
4 PCS



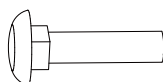
(28) Bolt Cap S16
2 PCS



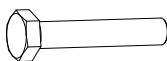
(29) Nylon Nut M6
6 PCS



(30) Curve Washer
Ø6xØ12x1
4 PCS



(31) Bolt M6x35
4 PCS



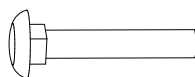
(49) Bolt M6x40
6 PCS



(50) Washer Ø6xØ12x1
6 PCS



(59) Bolt Cap S13
2 PCS



(61) Bolt M8x70
4 PCS



(62) Big Curve Washer
Ø25xØ8
4 PCS



(63) Cap Nut M8
4 PCS

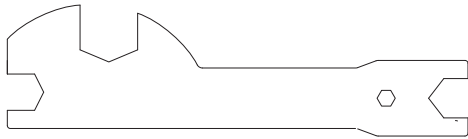
TOOLS



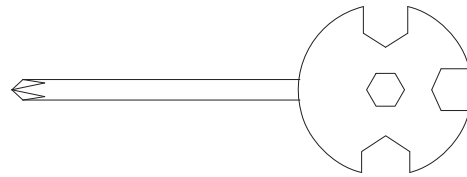
Allen Wrench S6
1 PC



Allen Wrench S8
1 PC

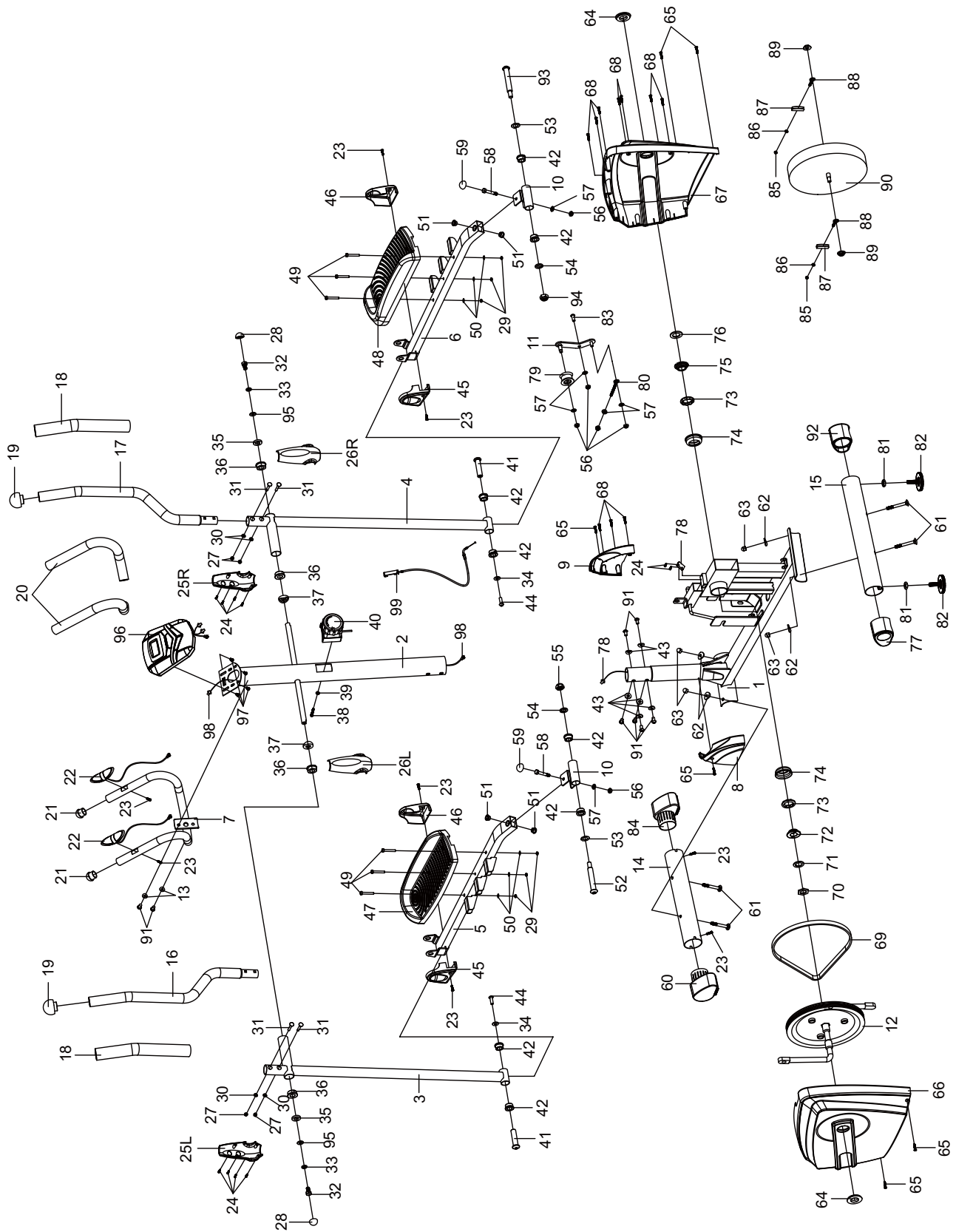


Multi Hex Tool
S10, S13, S17, S19
1 PC

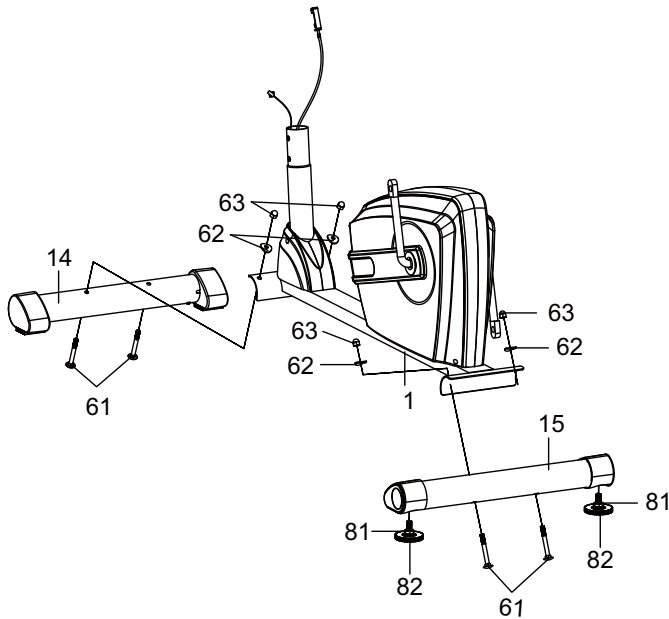


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

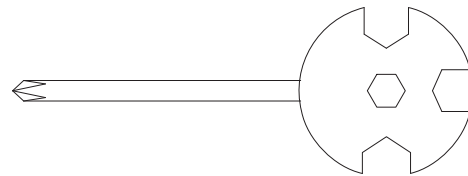
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



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

1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (14) in front of Main Frame (1) and align bolt holes.

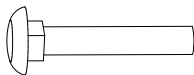
Attach the Front Stabilizer (14) onto the front curve of the Main Frame (1) with two M8x70 Bolts (61), two Ø25xØ8 Big Curve Washers (62), and two M8 Cap Nuts (63). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Install two M10 Adjustable Levelers (82) with M10 Nuts (81) onto the Rear Stabilizer (15).

Position the Rear Stabilizer (15) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (15) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (61), two Ø25xØ8 Big Curve Washers (62), and two M8 Cap Nuts (63). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



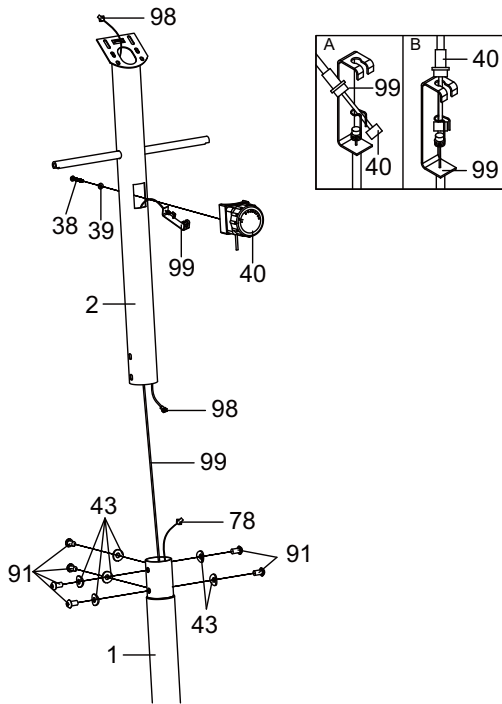
4 Bolts (M8x70)



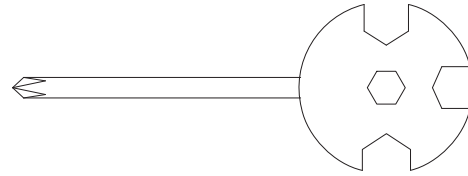
4 Big Curve Washers
(Ø25xØ8)



4 Cap Nuts (M8)



Tool:



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



Allen Wrench S6

2. Front Post and Tension Control Knob Installation

Remove six M8x15 Bolts (91) and six Ø8xØ20x2 Big Curve Washers (43) from the Main Frame (1). Remove bolts and washers with the S6 Allen Wrench provided.

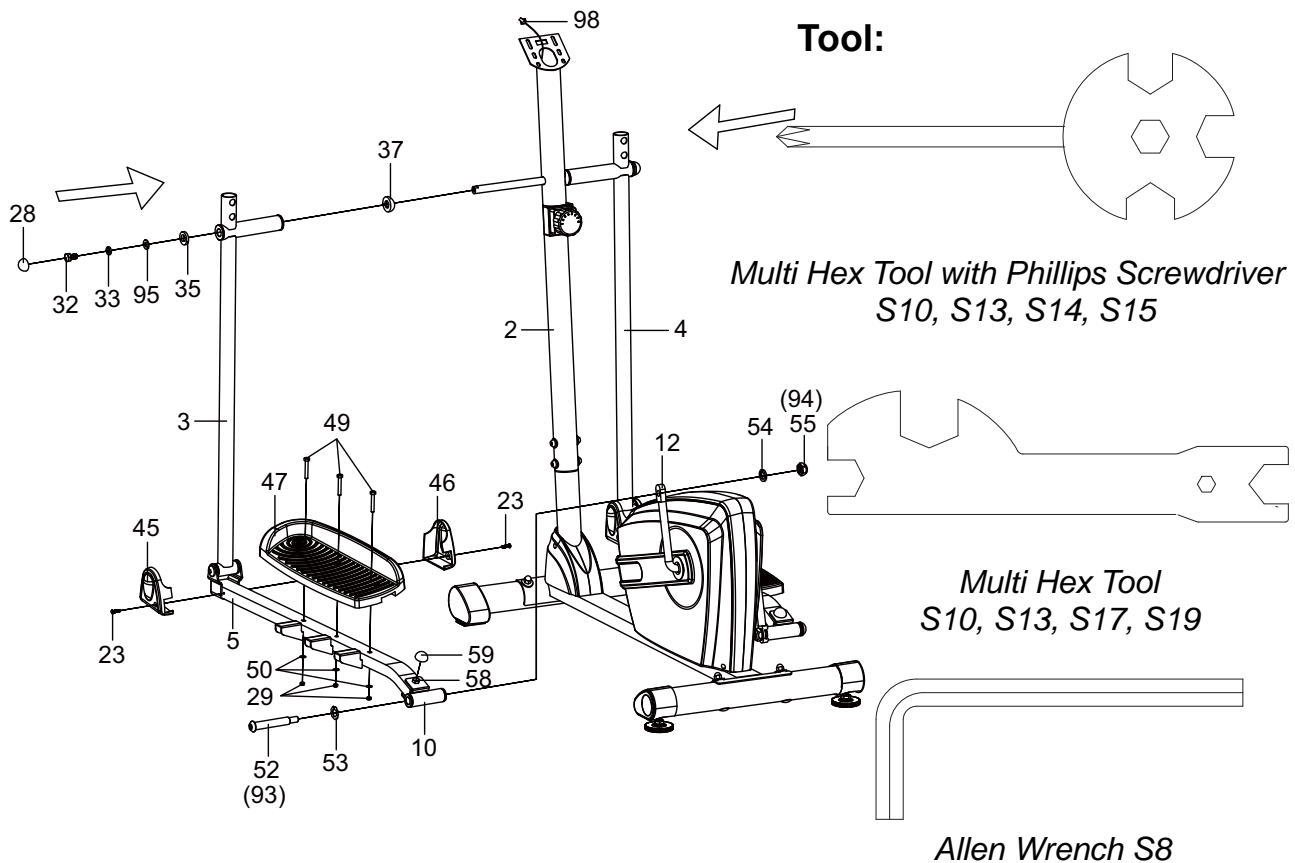
Insert the Tension Cable (99) through into the bottom hole of Front Post (2) and pull it out from the square hole of Front Post (2).

Connect the Sensor Wire II (78) from the Main Frame (1) to the Sensor Wire I (98) from the Front Post (2).

Insert the Front Post (2) onto the tube of the Main Frame (1) and secure with six M8x15 Bolts (91) and six Ø8xØ20x2 Big Curve Washers (43) that were removed. Tighten bolts and washers with the S6 Allen Wrench provided.

Remove the M5x45 Bolt for Tension Control Knob (38) and Ø5 Curve Washer for Tension Control Knob (39) from the Tension Control Knob (40). 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 (40) into the spring hook of Tension Cable (99) as shown in drawing A of figure 2. Pull the resistance cable of Tension Control Knob (40) up and force it into the gap of metal bracket of Tension Cable (99) as shown in drawing B of figure 2. Attach the Tension Control Knob (40) onto the Front Post (2) with the M5x45 Bolt for Tension Control Knob (38) and Ø5 Curve Washer for Tension Control Knob (39) 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 (32), two Ø10 Spring Washers (33), two Ø10xØ20x2 Washers (95), and two Ø28xØ16.2x5 Washers (35) from the left and right horizontal axes of the Front Post (2). Remove bolts and washers with the Multi Hex Tool provided.

Attach the Left Handrail Arm (3) onto the left horizontal axis of the Front Post (2) with one M10x18 Bolt (32), one Ø10 Spring Washer (33), one Ø10xØ20x2 Washer (95), and one Ø28xØ16.2x5 Washer (35) that were removed. Tighten bolt and washers with the Multi Hex Tool provided. Install a S16 Bolt Cap (28) onto the M10x18 Bolt (32).

Attach the left U Shape Bracket (10) to the left Crank (12) with one 1/2" Bolt for left U Shape Bracket (52), one Ø28xØ17x0.3 Wave Washer (53), Ø20xØ13xB2 Spring Washer (54), and 1/2" Left Nylon Nut (55). Tighten bolt and nylon nut with the S8 Allen Wrench and Multi Hex Tool provided. Install a S13 Bolt Cap (59) onto the M8x50 Bolt (58).

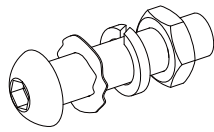
NOTE: 1/2" Bolt for left U Shape Bracket (52) and 1/2" Bolt for right U Shape Bracket (93) are marked "L" for Left and "R" for Right.

Attach the Left Foot Pedal (47) onto the Left Foot Bar (5) with three M6x40 Bolts (49), three Ø16xØ12x1 Washers (50), and three M6 Nylon Nuts (29). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

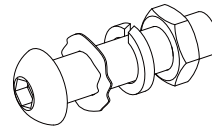
Attach the Foot Bar Covers-A/B (45, 46) onto the Left Foot Bar (5) with two ST4.2x20 Screws (23). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Repeat above step to attach the Right Handrail Arm (4) onto the right horizontal axis of the Front Post (2) and right U Shape Bracket (10) to the right Crank (12).

Hardware:



(53) Wave Washer
 $\text{Ø}28 \times \text{Ø}17 \times 0.3$ 1 PC
 (54) Spring Washer
 $\text{Ø}20 \times \text{Ø}13 \times B2$ 1 PC
 (93) Bolt for right U Shape
 Bracket 1/2" 1 PC
 (94) Right Nylon Nut 1/2" 1 PC



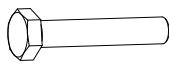
(52) Bolt for left U Shape
 Bracket 1/2" 1 PC
 (53) Wave Washer
 $\text{Ø}28 \times \text{Ø}17 \times 0.3$ 1 PC
 (54) Spring Washer
 $\text{Ø}20 \times \text{Ø}13 \times B2$ 1 PC
 (55) Left Nylon Nut 1/2" 1 PC



2 Bolt Caps (S16)



2 Bolt Caps (S13)



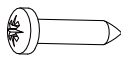
6 Bolts (M6x40)



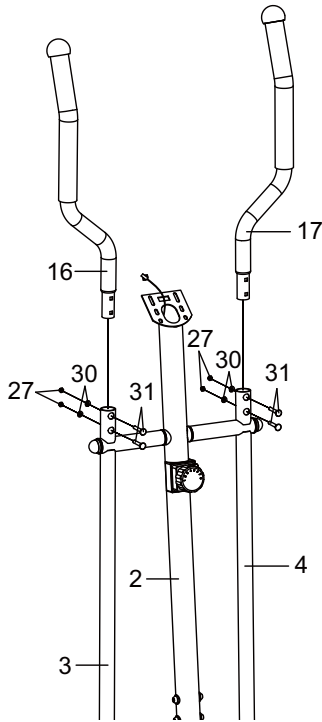
6 Washers ($\text{Ø}6 \times \text{Ø}12 \times 1$)



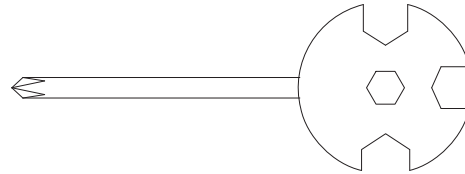
6 Nylon Nuts (M6)



4 Screws (ST4.2x20)



Tool:

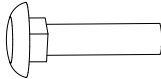


*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

4. Left and Right Handrails Installation

Attach the Left/Right Handrails (16, 17) onto the Left/Right Handrail Arms (3, 4) with four M6x35 Bolts (31), four Ø6xØ12x1 Curve Washers (30), and four M6 Cap Nuts (27). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



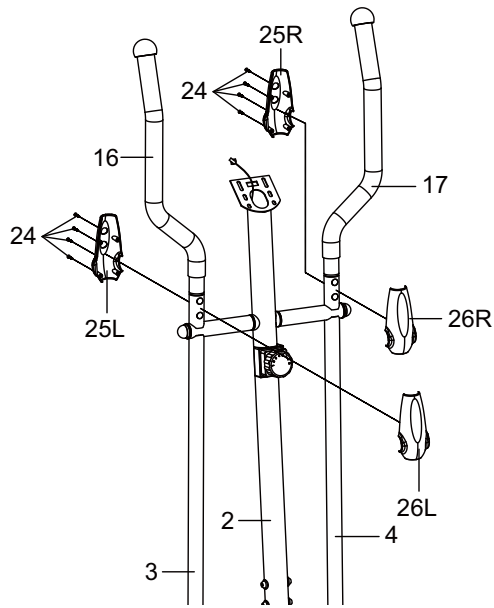
4 Bolts (M6x35)



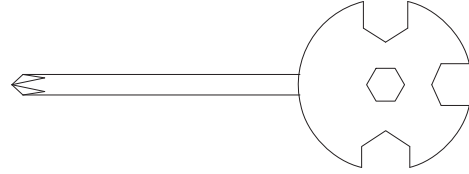
*4 Curve Washers
(Ø6xØ12x1)*



4 Cap Nuts (M6)



Tool:



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

5. Left/Right Handrail Arm Covers-A/B and Front/Rear Decorative Covers for Front Post Installation

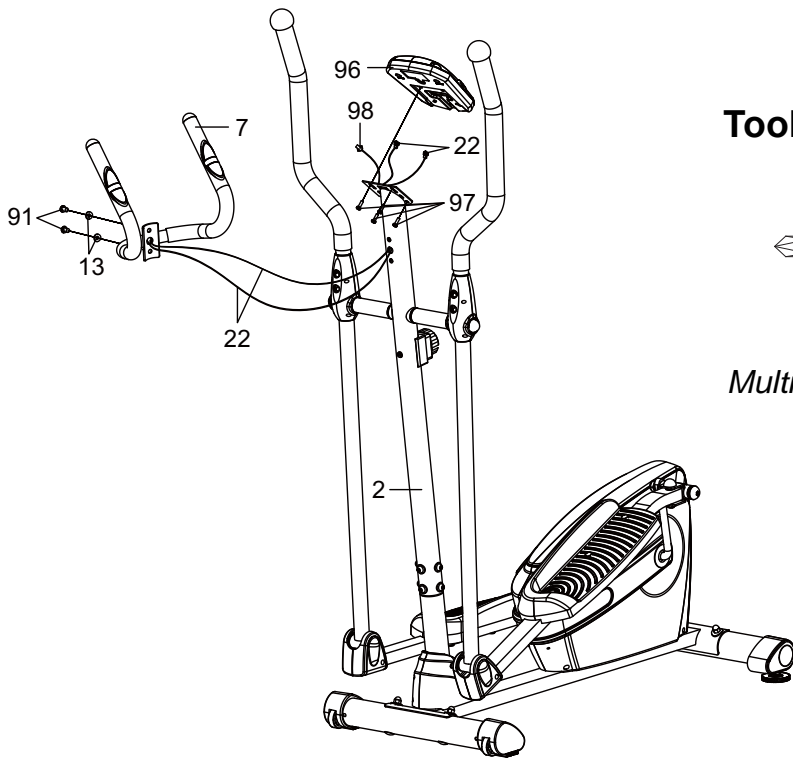
Attach the Left Handrail Arm Cover-A (25L) and Left Handrail Arm Cover-B (26L) onto the Left Handrail Arm (3) with four ST2.9x12 Screws (24). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (25R) and Right Handrail Arm Cover-B (26R) onto The Right Handrail Arm (4) with four ST2.9x12 Screws (24). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

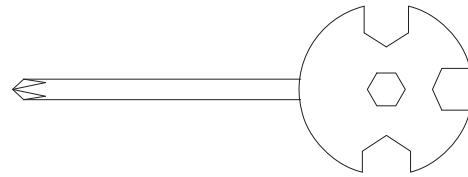
Hardware:



8 Screws (ST2.9x12)



Tool:



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



Allen Wrench S6

6. Handlebar and Computer Installation

Remove two M8x15 Bolts (91) and two Ø8xØ16x1.5 Curve Washers (13) from the Front Post (2). Remove bolts and curve washers with the S6 Allen Wrench provided.

Insert the Hand Pulse Sensor Wires (22) from the Handlebar (7) into the hole on the Front Post (2) and then pull them out from the top end of the Front Post (2).

Attach the Handlebar (7) onto the Front Post (2) with two M8x15 Bolts (91) and two Ø8xØ16x1.5 Curve Washers (13) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided.

Remove four M5x10 Bolts (97) from the back of the Computer (96). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Sensor Wire I (98) and Hand Pulse Sensor Wires (22) to the wires that come from the Computer (96) and then attach the Computer (96) onto the top end of the Front Post (2) with four M5x10 Bolts (97) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.0-999.9 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.0-9999 KM
♥ (PULSE)-----	40-239 BEATS/MIN



USING YOUR COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the equipment idle for approximate 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 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

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

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press the RESET button to clear data values of TIME, DISTANCE, CALORIES, or PULSE to zero for target pre-setting.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES), ODO (ODOMETER), and ♥ (PULSE) 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 displays on the screen. 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 and the computer will begin beeping to remind you.

SPEED: Display the current training speed.

DIST (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 DIST displays on the screen. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 999.0 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 and the computer will begin beeping 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 CAL displays on the screen. Press the SET button to change the calories. 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 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).

ODO (ODOMETER): Displays the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

♥ **(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. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the P♥ displays on the screen. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. Once you pre-set target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

HOW TO INSTALL THE BATTERIES:

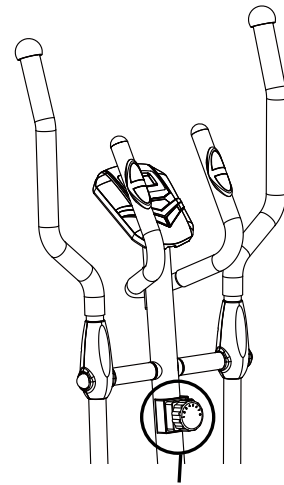
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

ADJUSTMENTS

Adjusting the Tension Control Knob

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

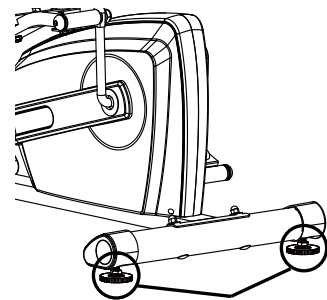
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the elliptical trainer.



Adjustable Leveler

MAINTENANCE

Cleaning

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

Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts 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 adjustable leveler 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. Change to new batteries.
There is no heart rate reading or heart rate reading or 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 two hands instead of just with one hand only when you try to test your heart rate figures. 3. 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 the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

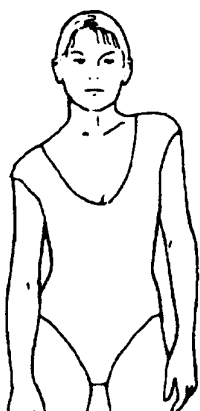
A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

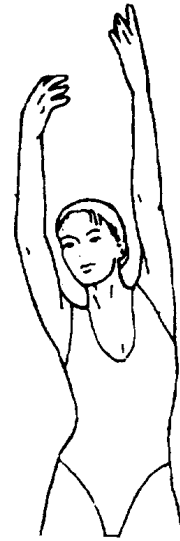


SHOULDER LIFTS

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.



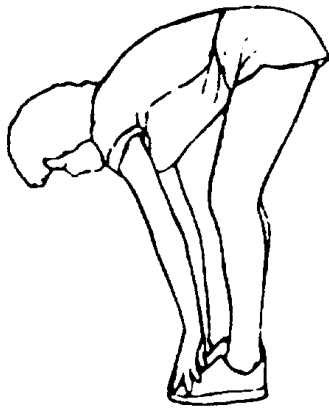
QUADRICEPS STRETCH

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.



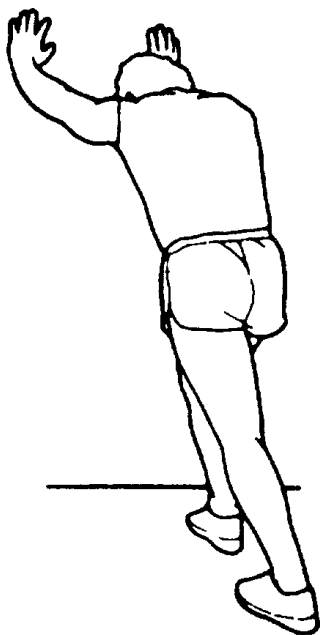
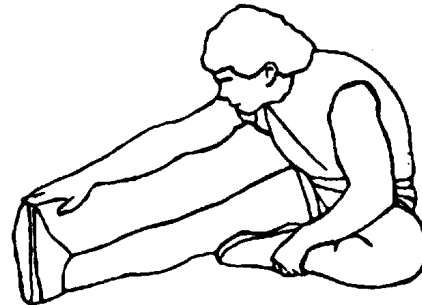


TOE TOUCHES

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.