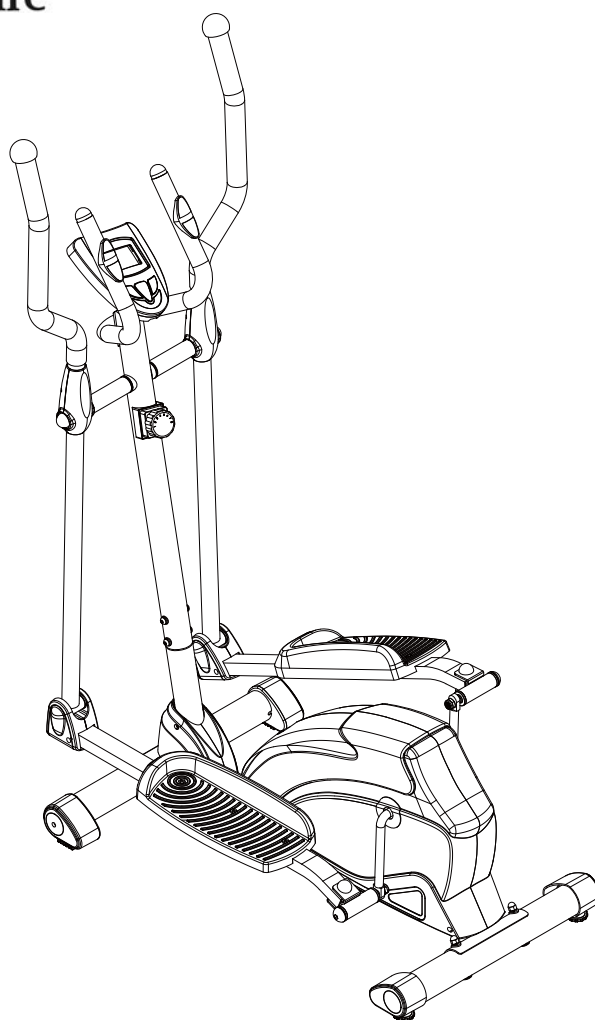


Gentle Revolution, Elliptical Transorbital

Item No.: 93320

LifeGear

Get active for life



Owner's Manual

The specifications of this product may vary from this photo and are subject to change without notice.

2016, Feb.

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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.

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.

Adjusting the Adjustable Leveler

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

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.00-9999 KM
CAL (CALORIES) -----	0.0-9999 KCAL
ODO (ODOMETER) -----	0.0-9999 KM
♥ (PULSE) -----	40-240 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 6 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 0.00 to 9999 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 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 9999 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.

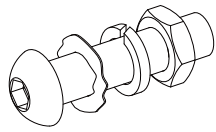
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 30x60x2	1	028	Washer Ø6	6
002L	Left Foot Bar 40x25x1.5	1	029	Bolt M6x40	6
002R	Right Foot Bar 40x25x1.5	1	030	Tension Cable L=1800	1
003L	Left Handrail Arm Ø32x1.5	1	031	Cap S13	2
003R	Right Handrail Arm Ø32x1.5	1	032	Screw ST4.2x25	8
004L	Left Handrail Ø32x1.5	1	033L	Foot Bar Cover-A	2
004R	Right Handrail Ø32x1.5	1	033R	Foot Bar Cover-B	2
005	Front Post Ø50x1.5	1	034	Big Washer Ø28xØ9x1.5	2
006	Handlebar Ø28.6x1.5	1	035	Bolt Ø15.8x62.5xM8	2
007	Front Left Stabilizer End Cap	1	036	Left Foot Pedal 395x150x65	1
008	Front Right Stabilizer End Cap	1	037	Right Foot Pedal 395x150x65	1
009	Rear Left Stabilizer End Cap	1	038	Adjustable Leveler M10	2
010	Front Stabilizer Ø60x1.5x380	1	039	Nut M10	2
011	Rear Stabilizer Ø60x1.5x480	1	040	Handlebar Foam Grip Ø33xØ27x360	2
012	Bolt M8x65	4	041	Bolt M8x15	8
013	Rear Right Stabilizer End Cap	1	042	Curve Washer Ø20xØ8	12
014	Bolt M8x62.5	1	043	Bolt M10x18	2
015	Cap Nut M8	4	044	Spring Washer Ø18xØ10x2	2
016L	Bolt for left U Shape Bracket 1/2"	1	045	Washer Ø28xØ16.5x4x5	2
016R	Bolt for right U Shape Bracket 1/2"	1	046	Powder Metal Bushing Ø33xØ29xØ16x14x4	4
017L	Left Nylon Nut 1/2"	1	047	Bolt M6x35	4
017R	Right Nylon Nut 1/2"	1	048	Curve Washer Ø6	4
018	Wave Washer Ø28xØ17x0.3	2	049	Cap S16	2
019	Powder Metal Bushing Ø24xØ16x14	8	050	Cap Nut M6	4
020	Spring Washer Ø20xØ13xB2	2	051	Plastic Bushing Ø32xØ16x5xØ50	2
021	Idle Wheel	1	052L	Left Handrail Arm Cover-A	1
022	Washer Ø40xØ24x3.0	1	052R	Right Handrail Arm Cover-A	1
023	U Shape Bracket	2	053L	Left Handrail Arm Cover-B	1
024	Nylon Nut M8	6	053R	Right Handrail Arm Cover-B	1
025	Washer Ø16xØ8x1.5	5	054	Tension Control Knob	1
026	Bolt M8x50	2	055	Screw ST2.9x12	10
027	Nylon Nut M6	6	056	Computer (HR-1583)	1

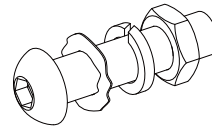
PARTS LIST

No.	Description	Qty	No.	Description	Qty
057	Bolt M5x10	4	076	Washer Ø34.5xØ23x2.5	1
058	Hand Pulse Sensor	2	077	Hexagon Nut 7/8"	1
059	Handrail Foam Grip Ø31xØ37x480	2	078	Belt Pulley with Crank 6.5"/Ø240	1
060	Spring Washer Ø8	6	079	Powder Metal Bushing Ø18xØ8.5	4
061	Handrail End Cap	2	080	M10x1 Nut for Flywheel	2
062	Handlebar End Cap Ø28.6x1.5	2	081	Flywheel Ø230x40x32	1
063	Screw ST4.2x20	8	082	Belt PJ370 J6	1
064	Curve Washer for Tension Control Knob Ø20xØ5.2	1	083	Idle Wheel Bracket	1
065	Bolt for Tension Control Knob M5x45	1	084	Bolt M8x20	2
066	Phillips Self Tapping Screw ST4.2x25	6	085	Adjustable Bolt M8x85	1
067	Sensor Wire I L=1100	1	086	Adjustable Bolt M6x36	2
068	Sensor Wire II L=1600	1	087	Left Decorate Cover	1
069	Hand Pulse Sensor Wire L=750	2	088	Right Decorate Cover	1
070	Left Cover 632x366x84	1	089	Left Cover Cap	1
071	Right Cover 632x360x81	1	090	Right Cover Cap	1
072	Axle Bush	2	091	Spring Washer Ø6	2
073	Ball Bearing	2	092	U Bracket	2
074	Axle Sleeve I 15/16"	1	093	Nut M6	2
075	Axle Sleeve II 7/8"	1			

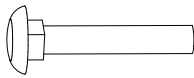
HARDWARE PACKING LIST



(16R) Bolt for right U Shape
Bracket 1/2" 1 PC
 (17R) Right Nylon Nut 1/2" 1 PC
 (18) Wave Washer
 Ø28xØ17x0.3 1 PC
 (20) Spring Washer
 Ø20 xØ13xB2 1 PC



(16L) Bolt for left U Shape
Bracket 1/2" 1 PC
 (17L) Left Nylon Nut 1/2" 1 PC
 (18) Wave Washer
 Ø28xØ17x0.3 1 PC
 (20) Spring Washer
 Ø20 xØ13xB2 1 PC



(12) Bolt M8x65
4 PCS



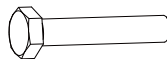
(15) Cap Nut M8
4 PCS



(27) Nylon Nut M6
6 PCS



(28) Washer Ø6
6 PCS



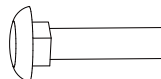
(29) Bolt M6x40
6 PCS



(31) Cap S13
2 PCS



(42) Curve Washer
 Ø20xØ8
 4 PCS



(47) Bolt M6x35
4 PCS



(48) Curve Washer Ø6
4 PCS



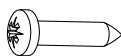
(49) Cap S16
2 PCS



(50) Cap Nut M6
4 PCS



(55) Screw ST2.9x12
8 PCS



(63) Screw ST4.2x20
4 PCS

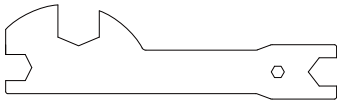
TOOLS



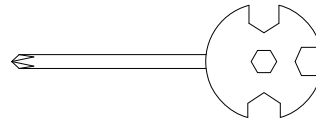
Allen Wrench 8mm
1 PC



Allen Wrench 6mm
1 PC

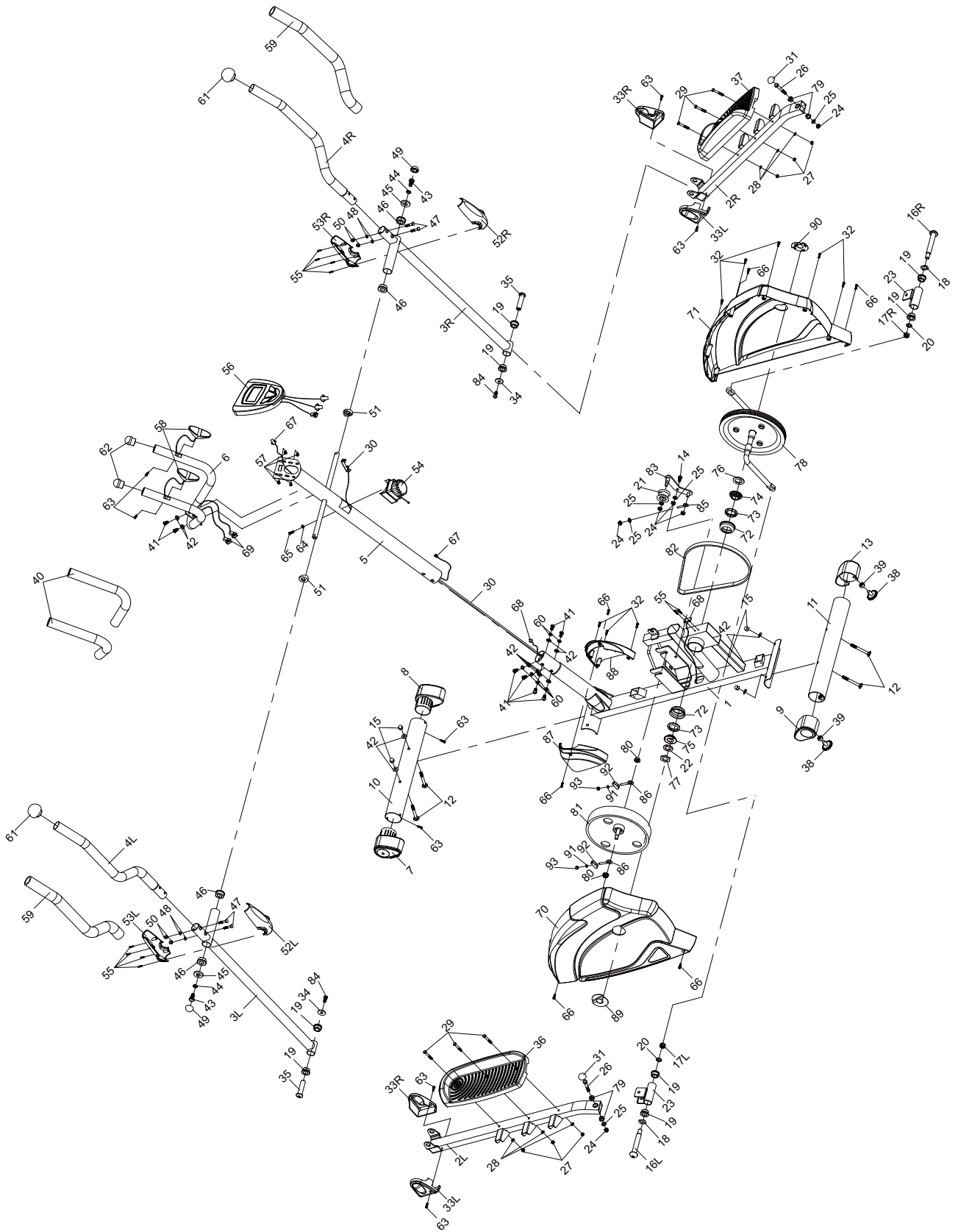


Multi Hex Tool
1 PC



Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15
1 PC

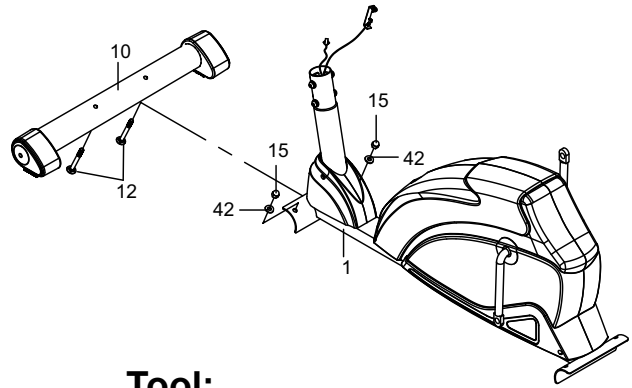
OVERVIEW DRAWING



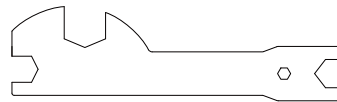
ASSEMBLY INSTRUCTIONS

1. Front Stabilizer 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 M8x65 Bolts (12), two M8 Cap Nuts (15), and two Ø22xØ8 Curve Washers (42). Tighten bolts with the Multi Hex Tool provided.

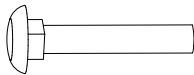


Tool:



Multi Hex Tool

Hardware:



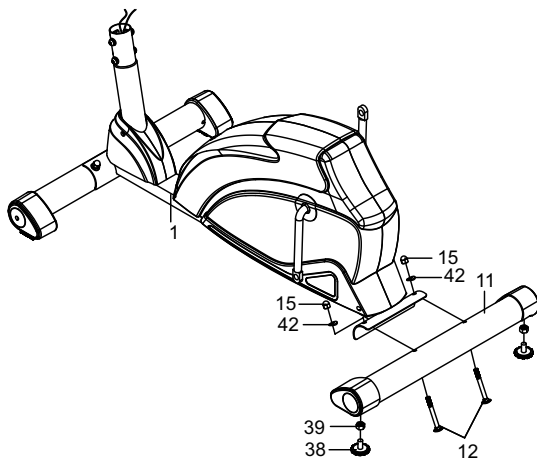
(12) Bolt M8x65
2 PCS



(15) Cap Nut M8
2 PCS



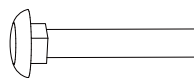
(42) Curve Washer
Ø20xØ8
2 PCS



2. Rear Stabilizer Installation

Install two M10 Adjustable Levelers (38) with two M10 Nuts (39) onto the Rear Stabilizer (11). 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 M8x65 Bolts (12), two M8 Cap Nuts (15), and two Ø22xØ8 Curve Washers (42). Tighten bolts with the Multi Hex Tool provided.

Hardware:



(12) Bolt M8x65
2 PCS

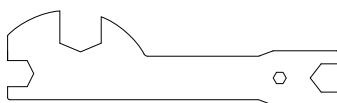


(15) Cap Nut M8
2 PCS



(42) Curve Washer
Ø20xØ8
2 PCS

Tool:



Multi Hex Tool

3. Front Post and Tension Control Knob Installation

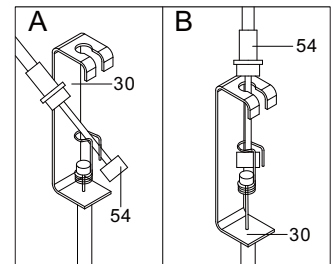
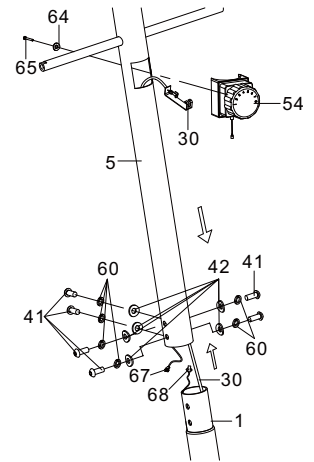
Remove six M8x15 Bolts (41), six Ø20xØ8 Curve Washers (42), six Ø8 Spring Washers (60) from the Main Frame (1).

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).

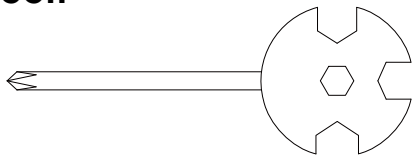
Connect the Sensor Wire II (68) from the Main Frame (1) to the Sensor Wire I (67) from the Front Post (5).

Insert the Front Post (5) onto the tube of the Main Frame (1) and secure with six M8x15 Bolts (41), six Ø20xØ8 Curve Washers (42), and six Ø8 Spring Washers (60) that were removed.

Remove the Ø20xØ5.2 Curve Washer for Tension Control Knob (64) and M5x45 Bolt for Tension Control Knob (65) from the Tension Control Knob (54). 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 3. 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 3. Attach the Tension Control Knob (54) onto the Front Post (5) with the Ø20xØ5.2 Curve Washer for Tension Control Knob (64) and M5x45 Bolt for Tension Control Knob (65) that were removed.



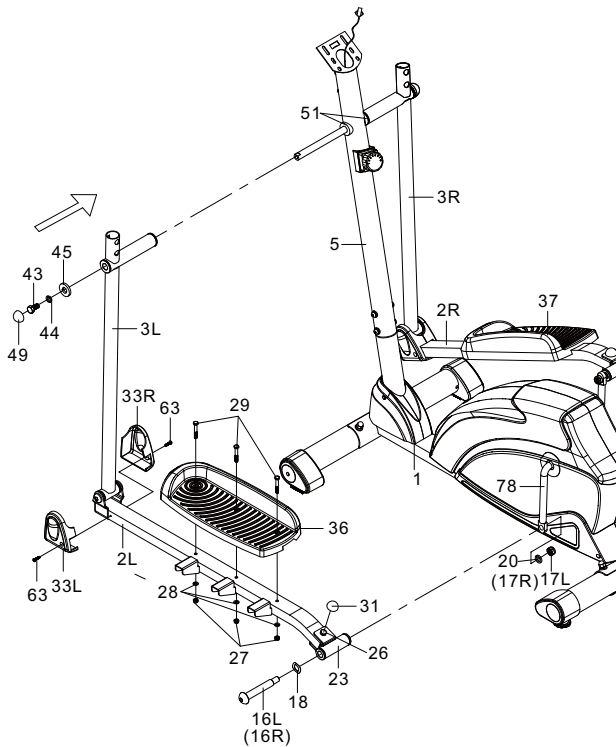
Tool:



*Multi Hex Tool with Phillips
Screwdriver S8, S13, S14, S15*



Allen Wrench 6mm



4. 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), and two Ø28xØ16.5x4x5 Washers (45) from the left and right horizontal axes of the Front Post (5). Then 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), and one Ø28xØ16.5x4x5 Washer (45) that were removed. Install a S16 Cap (49) onto the M10x18 Bolt (43). Attach the left U Shape Bracket (23) to the left Crank (78) with one 1/2" Bolt for left U Shape Bracket (16L), one Ø28xØ17x0.3 Wave Washer (18), one Ø20xØ13xB2 Spring Washer (20), and one 1/2" Left Nylon Nut (17L). Install a S13 Cap (31) onto the M8x50 Bolt (26).

NOTE: 1/2" Bolt for left U Shape Bracket (16L) and 1/2" 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).

Attach the Foot Bar Covers-A/B (33L, 33R) onto the Left Foot Bar (2L) with two ST4.2x20 Screws (63).

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).

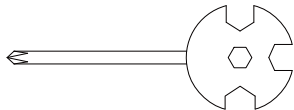
Tool:



Multi Hex Tool

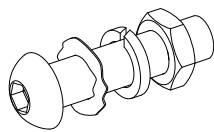


Allen Wrench 8mm



Multi Hex Tool with Phillips Screwdriver S8, S13, S14, S15

Hardware:



(16R) Bolt for right U Shape Bracket 1/2"

1 PC

(17R) Right Nylon Nut 1/2"

1 PC

(18) Wave Washer Ø28xØ17x0.3

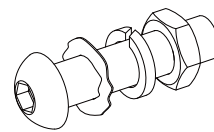
1 PC

(20) Spring Washer Ø20 xØ13xB2

1 PC



(27) Nylon Nut M6
6 PCS



(16L) Bolt for left U Shape Bracket 1/2"

1 PC

(17L) Left Nylon Nut 1/2"

1 PC

(18) Wave Washer Ø28xØ17x0.3

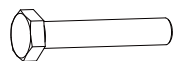
1 PC

(20) Spring Washer Ø20 xØ13xB2

1 PC



(28) Washer Ø6
6 PCS



(29) Bolt M6x40
6 PCS



(31) Cap S13
2 PCS



(49) Cap S16
2 PCS

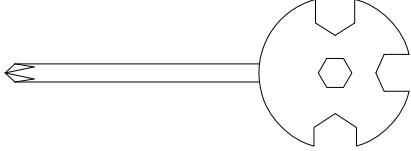


(63) Screw ST4.2x20
4 PCS

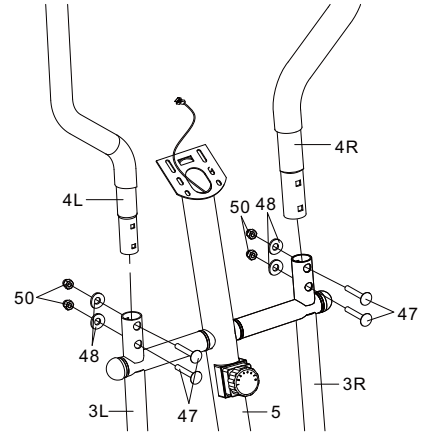
5. Left and Right Handrails Installation

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).

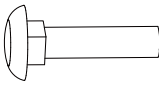
Tool:



Multi Hex Tool with Phillips Screwdriver S8, S13, S14, S15



Hardware:



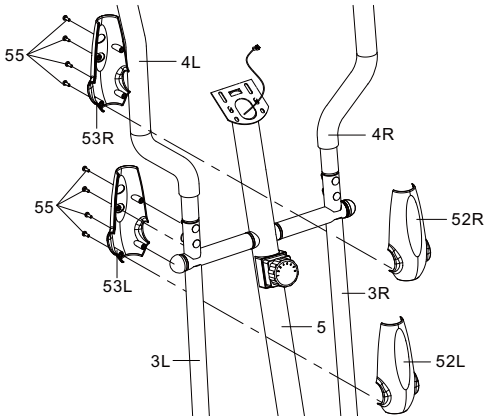
*(47) Bolt M6x35
4 PCS*



*(48) Curve Washer Ø6
4 PCS*



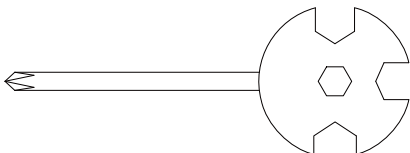
*(50) Cap Nut M6
4 PCS*



6. Left and Right Handrail Arm Covers-A/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). 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).

Tool:



Multi Hex Tool with Phillips Screwdriver S8, S13, S14, S15

Hardware:



*(55) Screw ST2.9x12
8 PCS*

7. Computer and Handlebar Installation

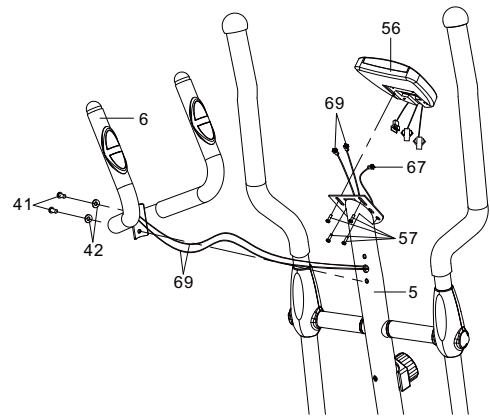
Remove four M5x10 Bolts (57) from the back of the Computer (56).

Remove two M8x15 Bolts (41) and two Ø20xØ8 Curve Washers (42) from the Front Post (5).

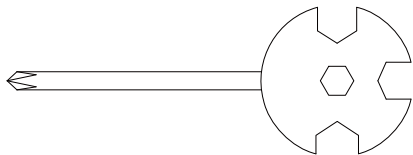
Insert the Hand Pulse Sensor Wires (69) from the Handlebar (6) into the hole on the Front Post (5) and then pull them out from the top end of the Front Post (5).

Attach the Handlebar (6) onto the Front Post (5) with two M8x15 Bolts (41) and two Ø20xØ8 Curve Washers (42) that were removed.

Connect the Sensor Wire I (67) and Hand Pulse Sensor Wires (69) 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 M5x10 Bolts (57) that were removed.



Tool:



*Multi Hex Tool with Phillips
Screwdriver S8, S13, S14, S15*



Allen Wrench 6mm

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: The elliptical trainer wobbles when in use.

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

PROBLEM: There is no display on the computer console.

SOLUTION: 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.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Change the new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: 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.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The elliptical trainer makes a squeaking noise when in use.

SOLUTION: 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.

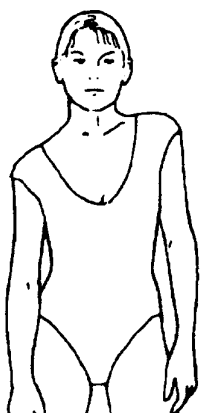
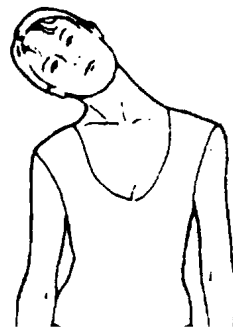
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

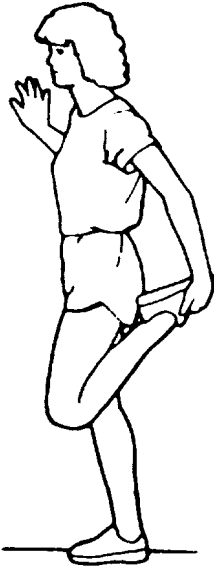
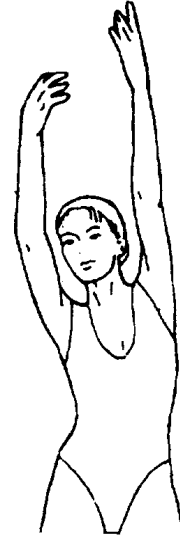


SHOULDER LIFTS

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.



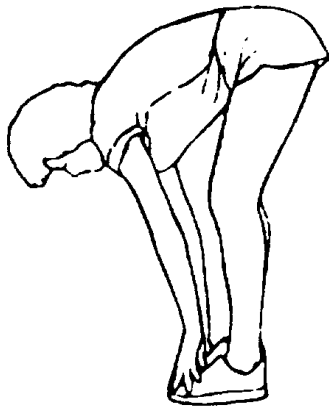
QUADRICEPS STRETCH

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.



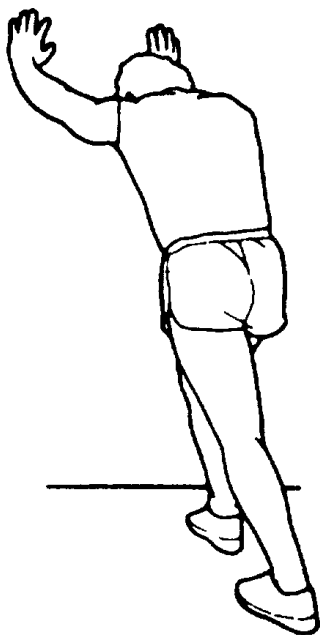
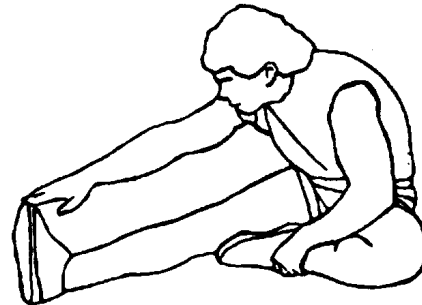


TOE TOUCHES

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.