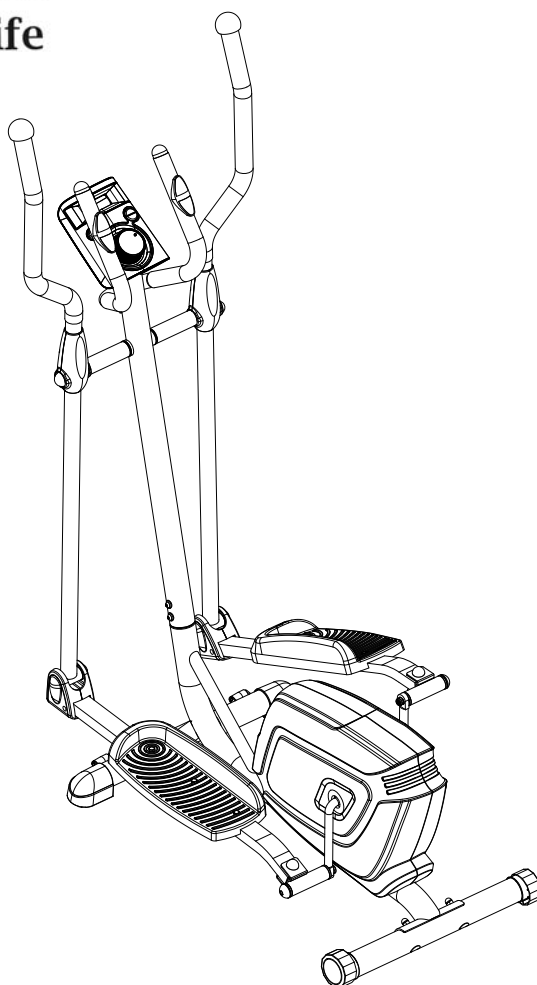


ACCORD
ELLIPTICAL TRAINER
ITEM NO: 93470

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.

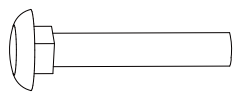
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	027	Nylon Nut M6	8
002L	Left Foot Bar	1	028	Washer Ø6	6
002R	Right Foot Bar	1	029	Hexagon Head Bolt M6x40	6
003L	Left Handrail Arm	1	030	Tension Cable L=1200	1
003R	Right Handrail Arm	1	031	Bolt Cap S14	2
004L	Left Handrail Ø32x1.5	1	032	Screw ST4.2x25	5
004R	Right Handrail Ø32x1.5	1	033L	Foot Bar Cover-A	2
005	Front Post	1	033R	Foot Bar Cover-B	2
006	Handlebar Ø28.6x1.5	1	034	Big Washer Ø8	2
007	Bolt M8x10	1	035	Bolt Ø15.8x62.5	2
008	Screw ST4.2x15	1	036	Left Foot Pedal 395x150x65	1
009	Cover Cap Ø50xØ26x10	2	037	Right Foot Pedal 395x150x65	1
010	Front Stabilizer	1	038	Front Stabilizer End Cap Ø50	2
011	Rear Stabilizer Ø50x1.5x480	1	039	Hexagon Head Bolt M6x48	2
012	Carriage Bolt M10x60	4	040	Transport Wheel Ø23xØ6x32	2
013	Rear Stabilizer End Cap Ø50	2	041	Bolt M8x15	8
014	Big Curve Washer Ø10	4	042	Curve Washer Ø20xØ8	8
015	Cap Nut M10	4	043	Hexagon Head Bolt M10x18	2
016L	Bolt for left U Shape Bracket	1	044	Spring Washer Ø18xØ10.5x3	2
016R	Bolt for right U Shape Bracket	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 Ø24.8xØ16x14	8	049	Bolt Cap S17	2
020	Spring Washer Ø8.0	2	050	Cap Nut M6	4
021	Bearing 6000Z	2	051	Plastic Bushing Ø32xØ16x5xØ50	2
022	Washer Ø40x24x3.0	1	052A	Left Handrail Arm Cover-A	1
023	U Shape Bracket	2	052B	Left Handrail Arm Cover-B	1
024	Nylon Nut M8	2	053A	Right Handrail Arm Cover-A	1
025	Washer Ø16xØ8x1.5	3	053B	Right Handrail Arm Cover-B	1
026	Hexagon Head Bolt M8x50	2	054	Tension Control Knob	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Screw ST2.9x12	8	074	Bearing Nut I 15/16"	1
056	Computer (HR1588BSP)	1	075	Bearing Nut II 7/8"	1
057	Bolt M5x12	7	076	Washer Ø34.5xØ23x2.5	1
058	Hand Pulse Sensor with Wire	2	077	Hexagon Nut 7/8"	1
059	Handrail Foam Grip Ø31xØ37x480	2	078	Belt Pulley with Crank 6.5"	1
060	Handlebar Foam Grip Ø21xØ27x360	2	079	Screw ST4.2x20	8
061	Handrail End Cap Ø32x1.5	2	080	M10 Nut for Flywheel	2
062	Handlebar End Cap Ø28.6x1.5	2	081	Flywheel Ø230x40x32	1
063	Phillips Self Tapping Screw ST4.2x20	2	082	Belt PJ330 J6	1
064	Spring Washer Ø8	6	083	Idler Arm	1
065	Washer Ø30xØ10xδ2.5	2	084	Bolt M8x20	2
066	Powder Metal Bushing Ø18xØ8x10	4	085	Eyebolt M6x36	2
067	Extension Sensor Wire L=1100 mm	1	086	Tension Bracket	2
068	Sensor with Wire L=1400 mm	1	087	Spring Washer Ø6	2
069	Washer Ø20xØ6xδ1.5	1	088	Nut M6	2
070	Left Cover	1	089	Bolt M8x25	1
071	Right Cover	1	090	Bolt M6x10	1
072	Bearing Cup	2	091	Extension Hand Pulse Sensor Wire L=200 mm	2
073	Ball Bearing	2			

HARDWARE PACKING LIST



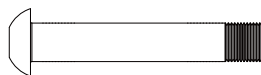
(12) Carriage Bolt
M10x60
4 PCS



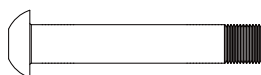
(14) Big Curve Washer Ø10
4 PCS



(15) Cap Nut M10
4 PCS



(16L) Bolt for left U
Shape Bracket
1 PC



(16R) Bolt for right U
Shape Bracket
1 PC



(17L) Left Nylon Nut 1/2"
1 PC



(17R) Right Nylon Nut 1/2"
1 PC



(18) Wave Washer
Ø28xØ17x0.3
2 PCS



(20) Spring Washer Ø8.0
2 PCS



(27) Nylon Nut M6
6 PCS



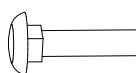
(28) Washer Ø6
6 PCS



(29) Hexagon Head Bolt
M6x40
6 PCS



(31) Bolt Cap S14
2 PCS



(47) Bolt M6x35
4 PCS



(48) Curve Washer Ø6
4 PCS



(49) Bolt Cap S17
2 PCS



(50) Cap Nut M6
4 PCS



(55) Screw ST2.9x12
8 PCS



(79) Screw ST4.2x20
4 PCS

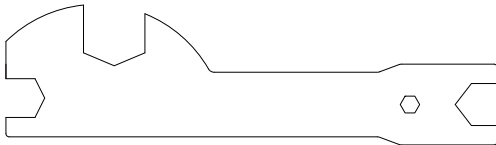
TOOLS



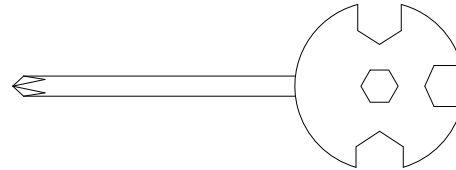
Allen Wrench 5mm
1 PC



Allen Wrench 8mm
1 PC

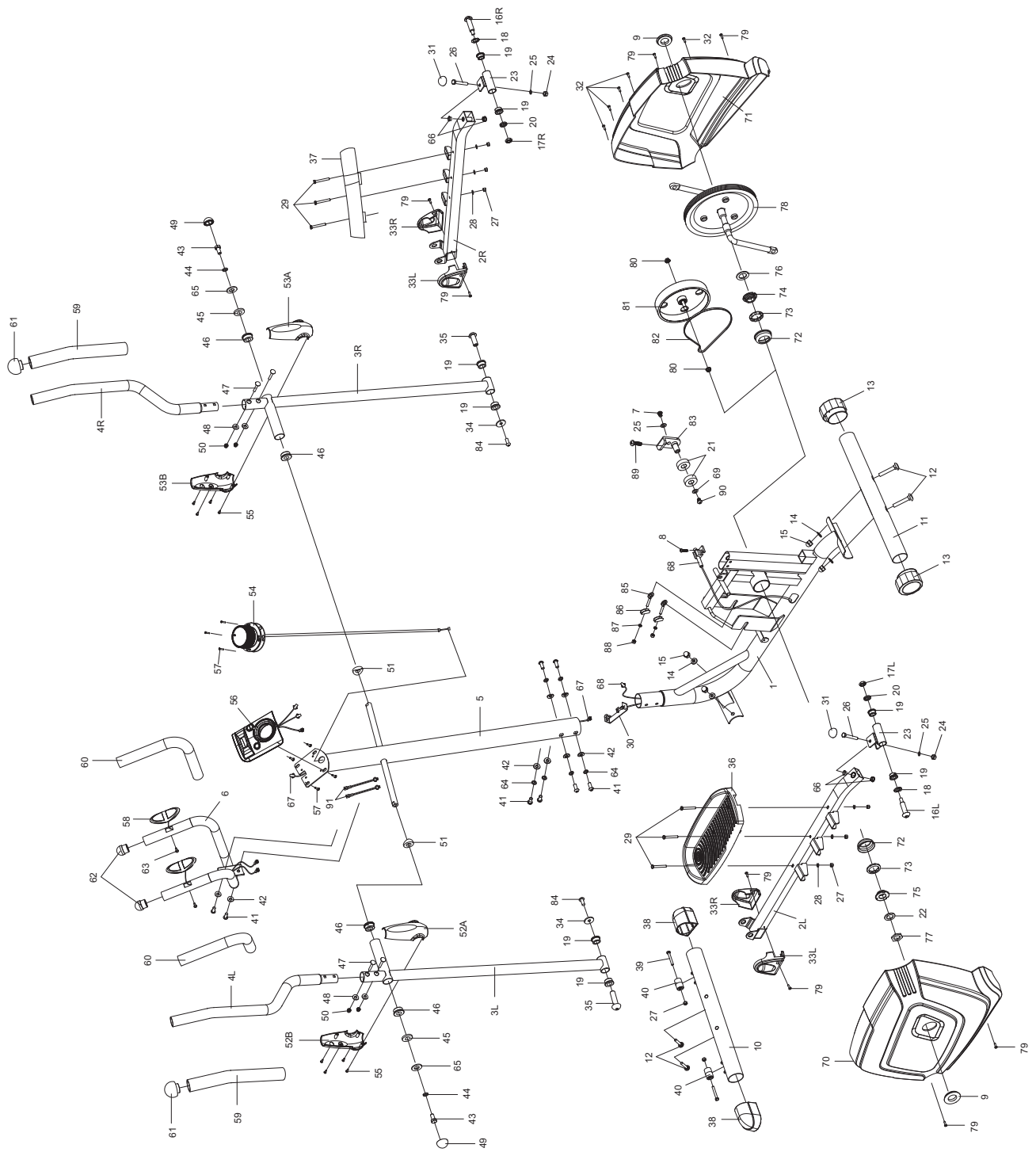


Multi Hex Tool
1 PC

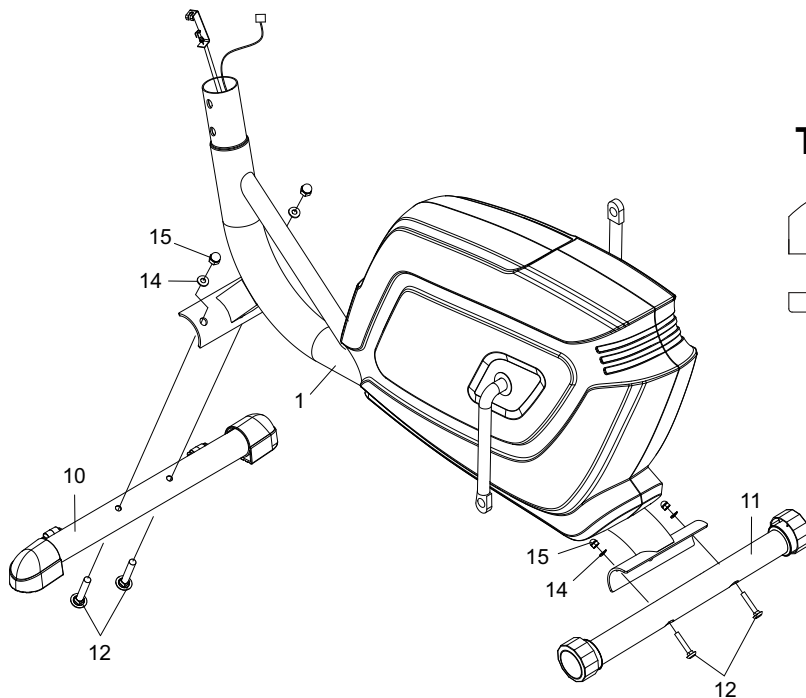


Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15
1 PC

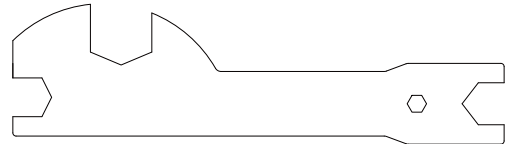
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool

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 M10x60 Carriage Bolts (12), two Ø10 Big Curve Washers (14), and two M10 Cap Nuts (15).

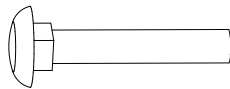
Tighten cap nuts with the Multi Hex Tool provided.

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 M10x60 Carriage Bolts (12), two Ø10 Big Curve Washers (14), and two M10 Cap Nuts (15).

Tighten cap nuts with the Multi Hex Tool provided.

Hardware:



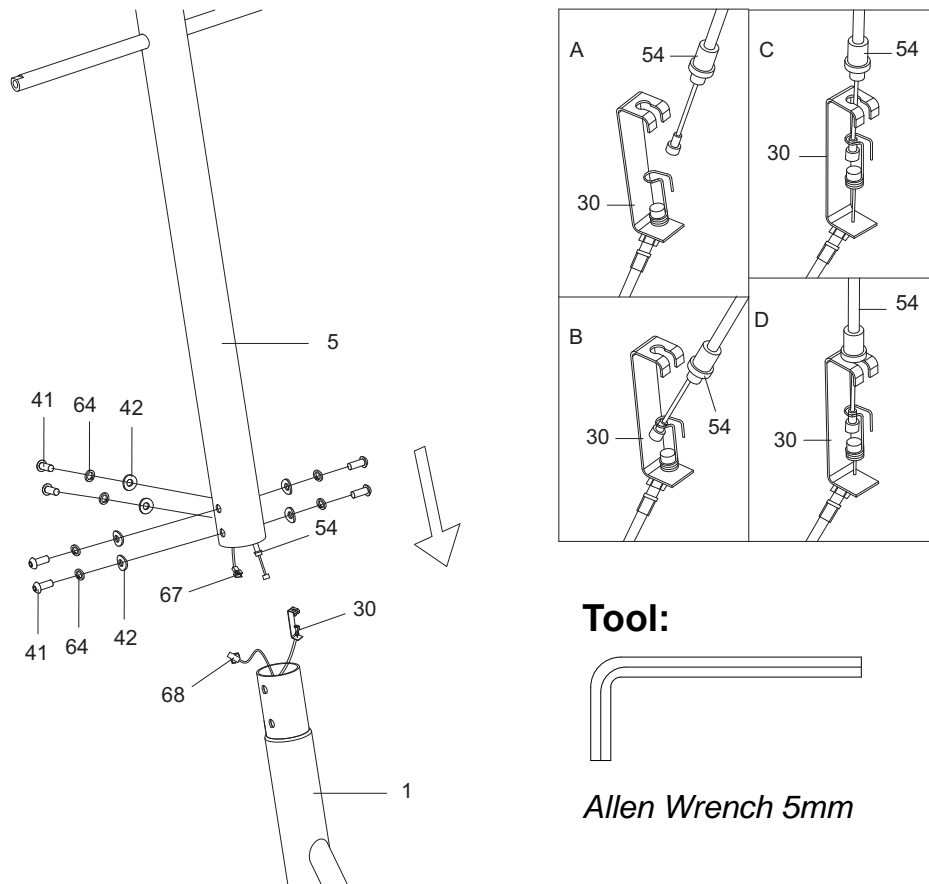
(12) Carriage Bolt
M10x60
4 PCS



(14) Big Curve Washer Ø10
4 PCS



(15) Cap Nut M10
4 PCS



2. Front Post Installation

Remove six M8x15 Bolts (41), six Ø8 Spring Washers (64), and six Ø20xØ8 Curve Washers (42) from the Main Frame (1). Remove bolts with the 5mm Allen Wrench provided.

Put the cable end of resistance cable of Tension Control Knob (54) into the cable lock of Tension Cable (30), see Figure A.

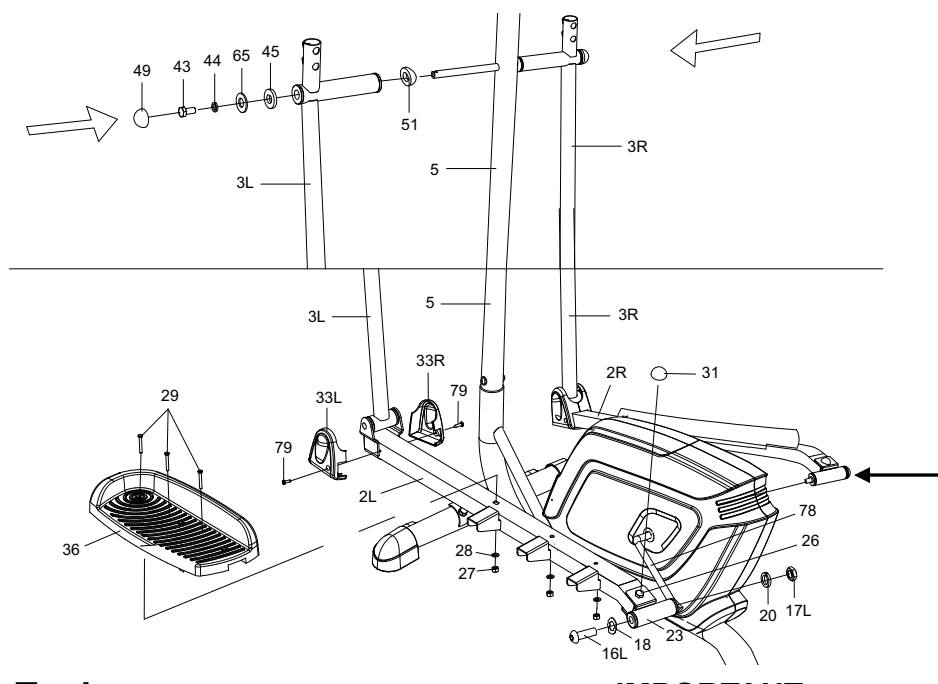
Pull the resistance cable of Tension Control Knob (54) up and force it into the slot of metal bracket of Tension Cable (30), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (54) into the hole at the end of the slot in the metal bracket of Tension Cable (30), see Figure C.

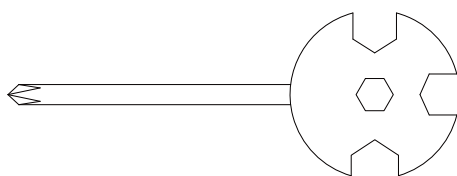
Connect the resistance cable of Tension Control Knob (54) to Tension Cable (30) complete, see Figure D.

Connect the Sensor Wire (68) from the Main Frame (1) to the Extension Sensor Wire (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 Ø8 Spring Washers (64), and six Ø20xØ8 Curve Washers (42) that were removed. Tighten bolts with the 5mm Allen Wrench provided.



Tool:



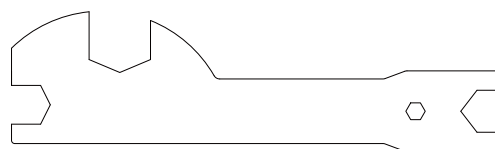
*Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15*

IMPORTANT:

Please make sure the 1/2" Left Nylon Nut (17L) matches up with the Bolt for left U Shape Bracket (16L) and the 1/2" Right Nylon Nut (17R) matches up with the Bolt for right U Shape Bracket (16R). If reversed the Nylon Nuts may become damaged.



Allen Wrench 8mm



Multi Hex Tool

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

Remove two M10x18 Hexagon Head Bolts (43), two Ø18xØ10.5x3 Spring Washers (44), two Ø30xØ10xØ2.5 Washers (65), and two Ø28x5 Washers (45) from the left and right horizontal axes of the Front Post (5). Remove bolts 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 Hexagon Head Bolt (43), one Ø18xØ10.5x3 Spring Washer (44), one Ø30xØ10xØ2.5 Washer (65), and one Ø28x5 Washer (45) that were removed. Tighten bolts with the Multi Hex Tool provided. Install a S17 Bolt Cap (49) onto the M10x18 Hexagon Head Bolt (43).

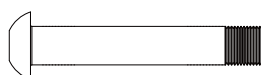
Attach the left U Shape Bracket (23) to the left Crank (78) with one Bolt for left U Shape Bracket (16L), one Ø28xØ17x0.3 Wave Washer (18), one Ø8.0 Spring Washer (20), and one 1/2" Left Nylon Nut (17L). Tighten bolt and nylon nut with the 8mm Allen Wrench and Multi Hex Tool provided. Install a S14 Bolt Cap (31) onto the M8x50 Hexagon Head Bolt (26).

NOTE: Bolt for left U Shape Bracket (16L) and Bolt for right U Shape Bracket (16R) are marked “R” for Right and “L” for Left.

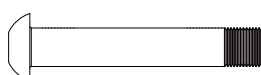
Attach the Left Foot Pedal (36) onto the Left Foot Bar (2L) with three M6 Nylon Nuts (27), three Ø6 Washers (28), and three M6x40 Hexagon Head Bolts (29). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Foot Bar Covers-A/B (33L, 33R) onto the Left Foot Bar (2L) with two ST4.2x20 Screws (79). 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:



(16L) Bolt for left U
Shape Bracket
1 PC



(16R) Bolt for right U
Shape Bracket
1 PC



(17L) Left Nylon Nut 1/2"
1 PC



(17R) Right Nylon Nut 1/2"
1 PC



(18) Wave Washer
Ø28xØ17x0.3
2 PCS



(20) Spring Washer Ø8.0
2 PCS



(31) Bolt Cap S14
2 PCS



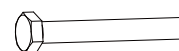
(49) Bolt Cap S17
2 PCS



(27) Nylon Nut M6
6 PCS



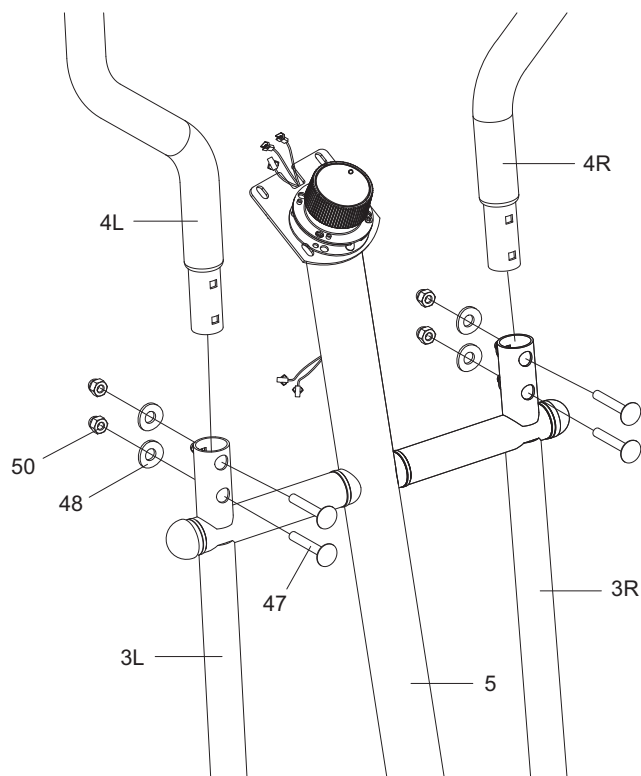
(28) Washer Ø6
6 PCS



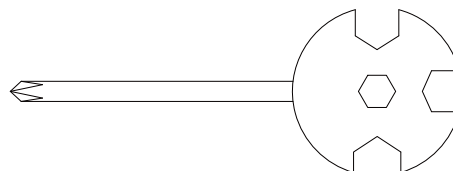
(29) Hexagon Head Bolt
M6x40
6 PCS



(79) Screw ST4.2x20
4 PCS



Tool:

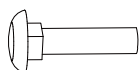


*Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15*

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:



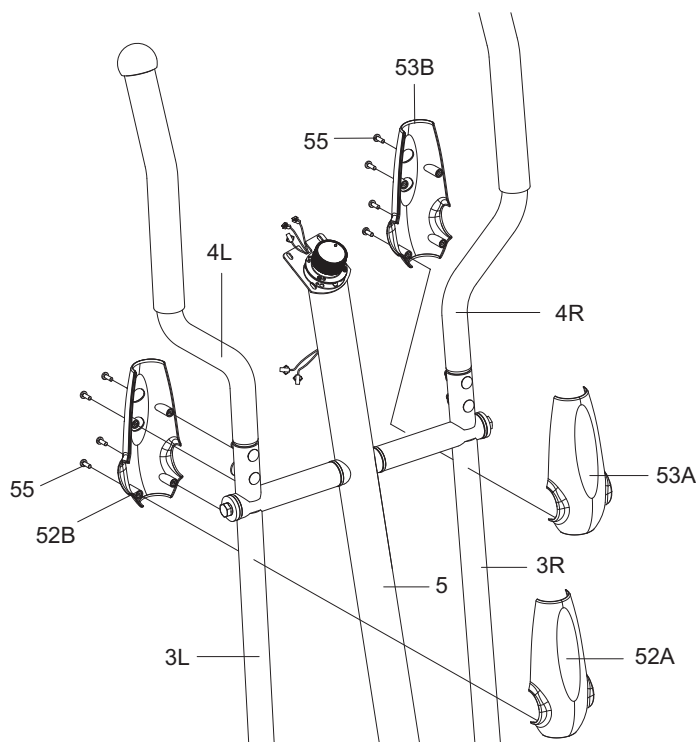
(47) Bolt M6x35
4 PCS



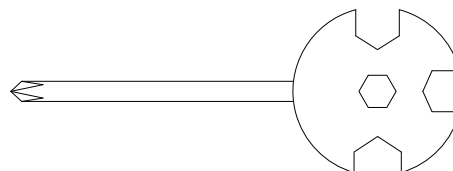
(48) Curve Washer Ø6
4 PCS



(50) Cap Nut M6
4 PCS



Tool:



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

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

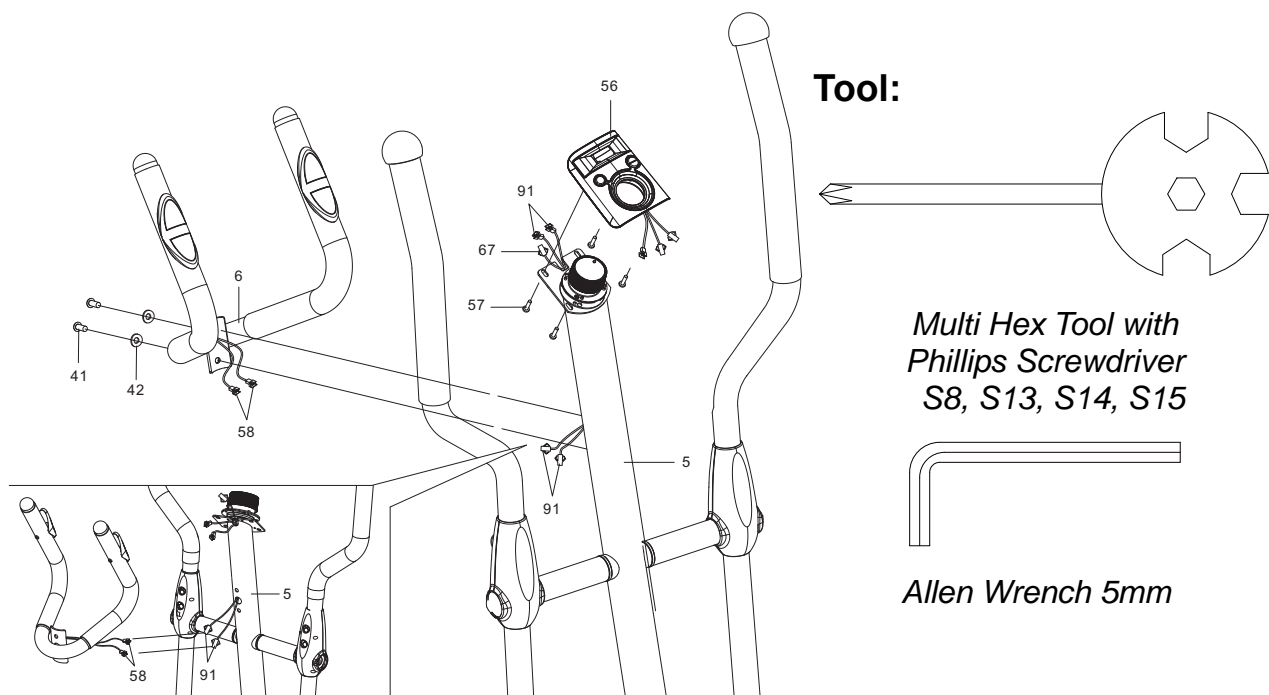
Attach the Left Handrail Arm Cover-A (52A) and Left Handrail Arm Cover-B (52B) onto the Left Handrail Arm (3L) with four ST2.9x12 Screws (55). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (53A) and Right Handrail Arm Cover-B (53B) 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



6. Handlebar and Computer Installation

Remove two M8x15 Bolts (41) and two Ø20xØ8 Curve Washers (42) from the Front Post (5). Remove bolts with the 5mm Allen Wrench provided.

Connect the Hand Pulse Sensor Wires (58) from the Handlebar (6) to the Extension Hand Pulse Sensor Wires (91) from the Front Post (5). **Tuck wires into 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. Tighten bolts with the 5mm Allen Wrench provided.

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

Connect the Extension Sensor Wire (67) and Extension Hand Pulse Sensor Wires (91) to the wires that come from the Computer (56). **Tuck wires into the Front Post (5).** 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

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
P♥ (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 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 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.

Press and hold the RESET button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

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:

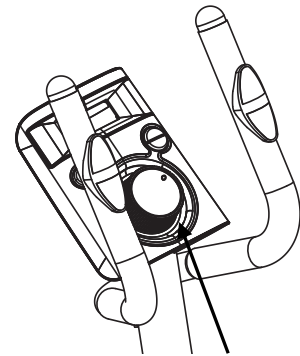
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

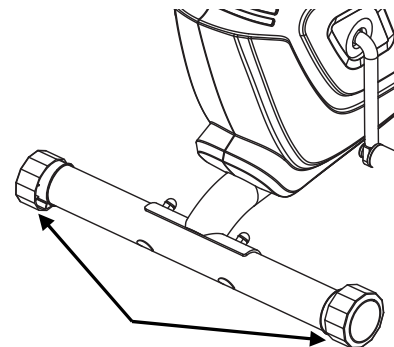
To decrease the tension, turn the tension control knob in a counterclockwise direction.



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.

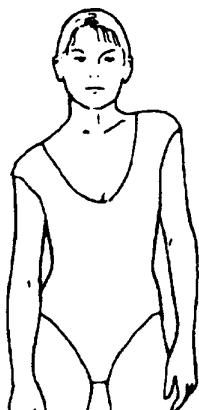
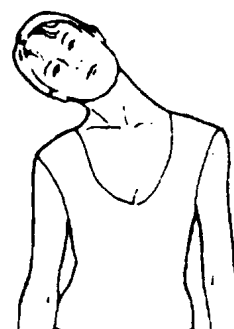
WARM UP AND COOL DOWN ROUTINE

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.

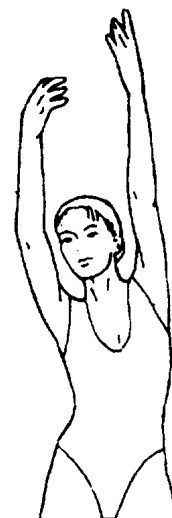
HEAD ROLLS

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.



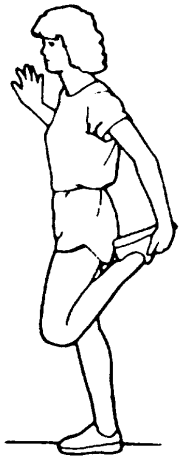
SHOULDER LIFTS

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.

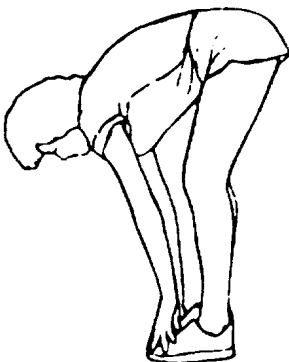


QUADRICEPS STRETCH

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.

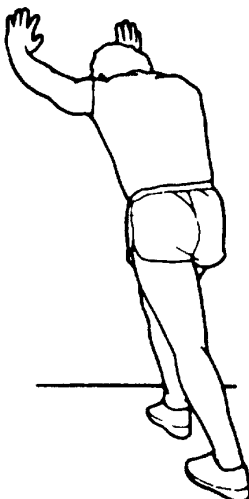
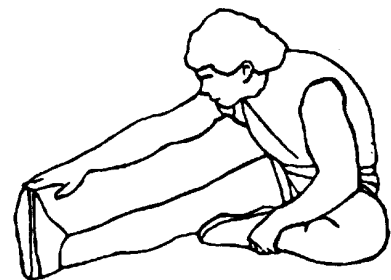


TOE TOUCHES

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.