

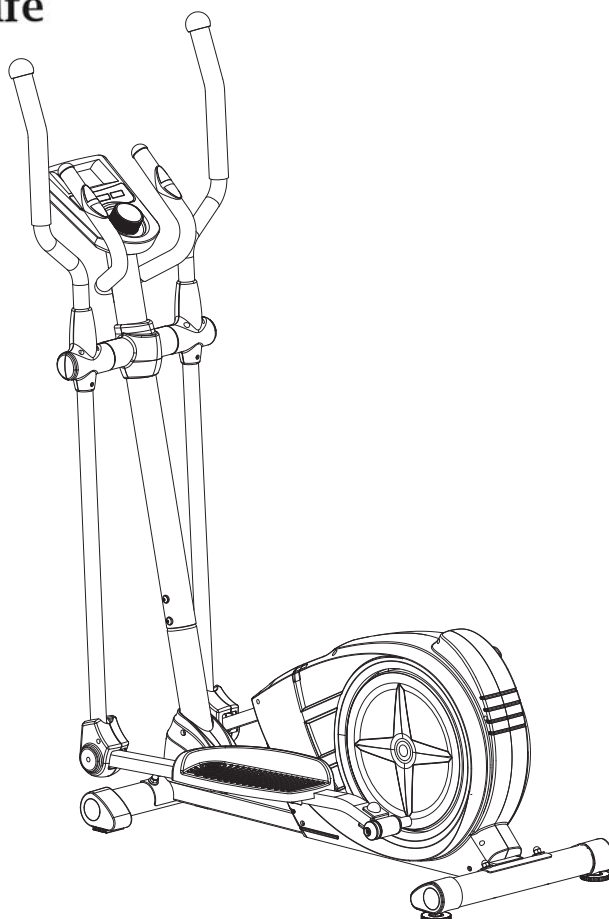
# ***KNIGHT***

# ***ELLIPTICAL TRAINER***

# ***ITEM NO: 93772***

***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.

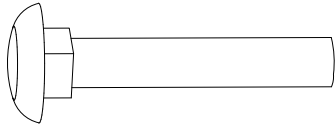
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 80x40x2	1	027	Tension Cable L=1600mm	1
002L	Left Foot Bar 40x25x1.5	1	028	Cap S13	2
002R	Right Foot Bar 40x20x1.5	1	029	Screw ST4.2x25	6
003L	Left Handrail Arm Ø32x1.5	1	030L	Foot Bar Cover-A	2
003R	Right Handrail Arm Ø32x1.5	1	030R	Foot Bar Cover-B	2
004L	Left Handrail Ø32x1.5	1	031	Big Washer Ø6	2
004R	Right Handrail Ø32x1.5	1	032	Bolt Ø10x45	2
005	Front Post Ø60x1.5	1	033	Left Foot Pedal 395x150x65	1
006	Handlebar Ø25x1.5	1	034	Right Foot Pedal 395x150x65	1
007	Front Stabilizer Ø60x1.5	1	035	Rear Left Stabilizer End Cap Ø60	1
008	Rear Stabilizer Ø60x1.5	1	036	Rear Right Stabilizer End Cap Ø60	1
009	Bolt M8x70	4	037	Crank Cover Ø40	2
010L	Front Left Stabilizer End Cap Ø60	1	038	Bolt M8x15	8
010R	Front Right Stabilizer End Cap Ø60	1	039	Powder Metal Bushing Ø14.2xØ10.2x10	4
011	Big Curve Washer Ø20xØ8	10	040	Bolt M8x20	4
012	Cap Nut M8	4	041	Spring Washer Ø8	8
013	Crank 40x20x3	2	042	D Shaped Washer Ø38x3	4
014	Round Plastic Disk Ø328	2	043	Rubber Cover	2
015	Bolt M5x5	3	044	Bolt M6x35	4
016	Powder Metal Bushing Ø38xØ32xØ19x14	8	045	Curve Washer Ø6	4
017	Clip Ø17	2	046	Big Washer Ø8	2
018	Bearing 6002Z	2	047	Bolt M6x10	1
019	Bolt M8x10	1	048	Plastic Bushing Ø32xØ16x5xØ50	2
020	U-Shape Bracket	2	049L	Left Handrail Arm Cover-B	1
021	Nylon Nut M8	2	049R	Right Handrail Arm Cover-B	1
022	Washer Ø16xØ8x1.5	2	050L	Left Handrail Arm Cover-A	1
023	Bolt M8x50	2	050R	Right Handrail Arm Cover-A	1
024	Nylon Nut M6	14	051	Tension Control Knob L=780mm	1
025	Washer Ø6	7	052	Screw ST4.2x20	4
026	Bolt M6x40	6	053	Computer (HR1589B)	1

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
054	Rear Decorate Cover for Front Post	1	076	Bolt M8x25	1
055	Hand Pulse Sensor with Wire L=750mm	2	077	M10x1.0 Nut for Flywheel	2
056	Handrail Foam Grip Ø31xØ37x480	2	078	Flywheel Ø230x40x32	1
057	Handlebar Foam Grip Ø21xØ27x360	2	079	Belt PJ400 J6	1
058	Handrail End Cap Ø32x1.5	2	080	Idler Arm	1
059	Handlebar End Cap Ø28x1.5	2	081	Bolt M6x15	2
060	Phillips Self Tapping Screw ST4.2x25	6	082	Eyebolt M6x36	2
061	Screw ST4.8x20	3	083	Tension Bracket	2
062	Curve Washer Ø28xØ17x0.3	1	084	Hexagon Nut M6	2
063	Adjustable Leveler M10	2	085	Spring Washer Ø6	6
064	Extension Sensor Wire L=1100mm	1	086	Powder Metal Bushing Ø18xØ8x5	4
065	Sensor with Wire L=1600mm	1	087	Nut M10	2
066	Screw ST2.9x12	2	088	Bolt M5x10	4
067	Left Cover	1	089	Bolt M6x15	4
068	Right Cover	1	090	Front Decorate Cover for Front Post	1
069	Bearing 6003Z	2	091	Left Decorate Cover	1
070	M10x1.25 Nut for Flywheel	2	092	Right Decorate Cover	1
071	Extension Hand Pulse Sensor Wire L=300mm	2	093	Curve Washer Ø16xØ8	2
072	Screw ST4.2x15	16	094	Screw ST4.2x12	8
073	Phillips Self Tapping Screw ST4.2x20	8	095	Round Shaped Cap Ø38x14.5	2
074	Plastic Post Ø8x32	2	096	Washer Ø11xØ10x1	2
075	Belt Pulley Ø260	1			

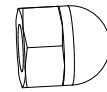
# HARDWARE PACKING LIST



(9) Bolt M8x70  
4 PCS



(11) Big Curve Washer  
Ø20xØ8  
4 PCS



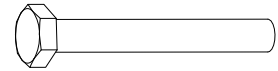
(12) Cap Nut M8  
4 PCS



(24) Nylon Nut M6  
10 PCS



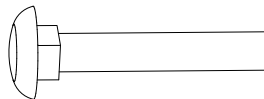
(25) Washer Ø6  
6 PCS



(26) Bolt M6x40  
6 PCS



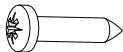
(28) Cap S13  
2 PCS



(44) Bolt M6x35  
4 PCS



(45) Curve Washer Ø6  
4 PCS



(73) Phillips Self Tapping Screw  
ST4.2x20  
4 PCS

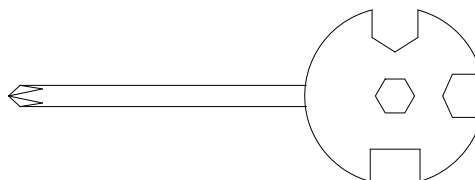


(94) Screw ST4.2x12  
8 PCS

# TOOLS

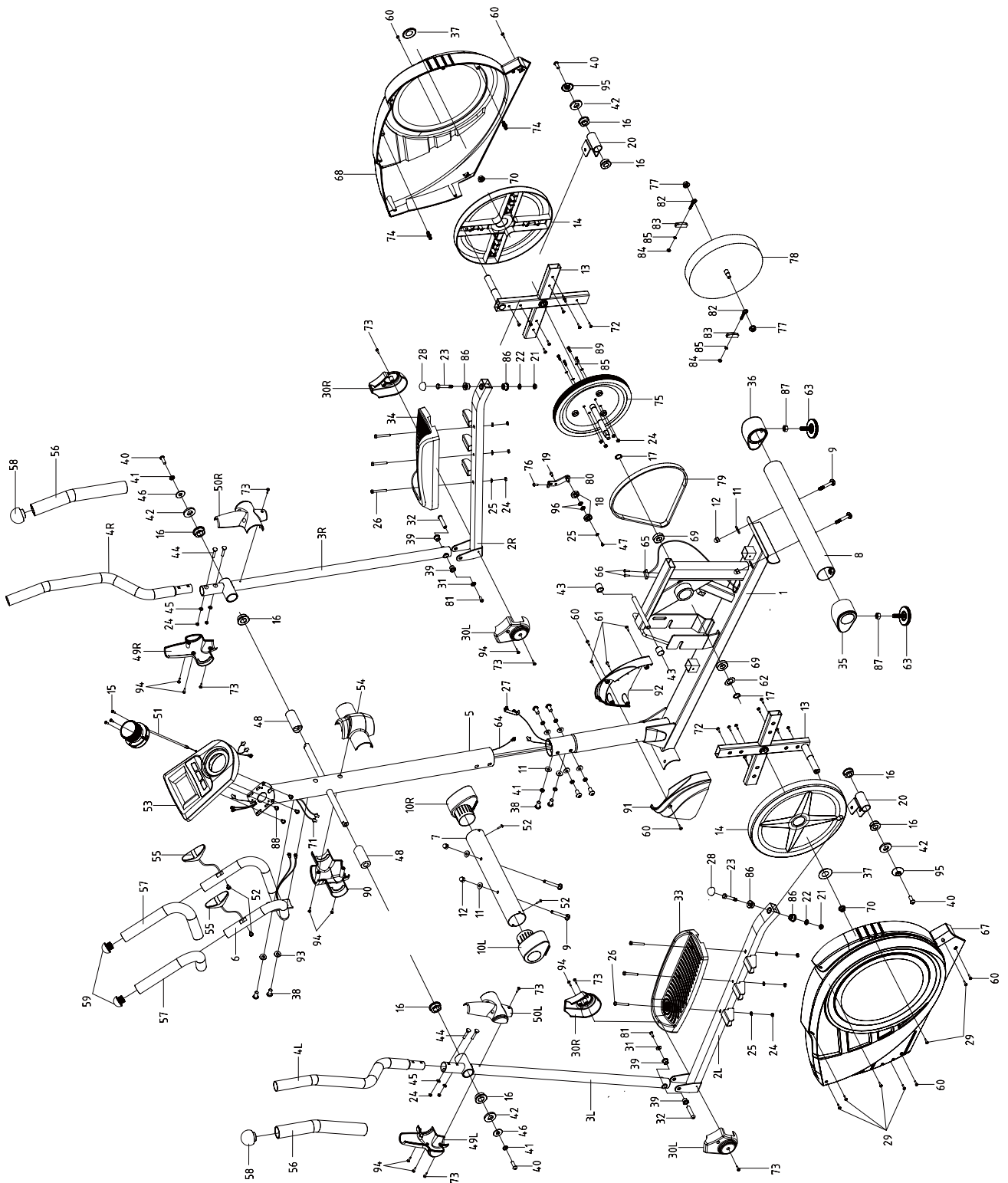


Allen Wrench S6  
1 PC



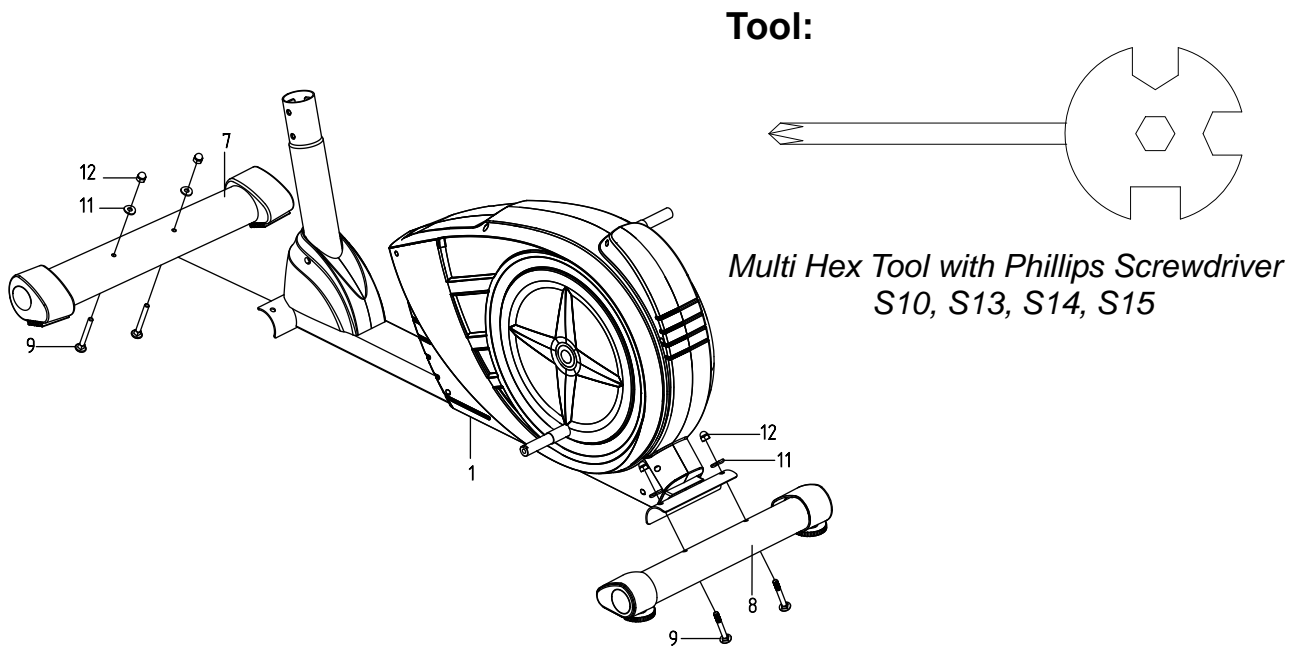
Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15  
1 PC

# OVERVIEW DRAWING





# ASSEMBLY INSTRUCTIONS



## 1. Front and Rear Stabilizers Installation

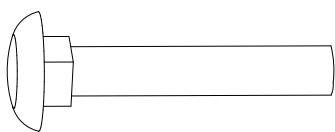
Position the Front Stabilizer (7) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (7) onto the front curve of the Main Frame (1) with two M8x70 Bolts (9), two Ø20xØ8 Big Curve Washers (11), and two M8 Cap Nuts (12). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (8) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (9), two Ø20xØ8 Big Curve Washers (11), and two M8 Cap Nuts (12). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

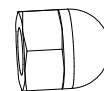
## Hardware:



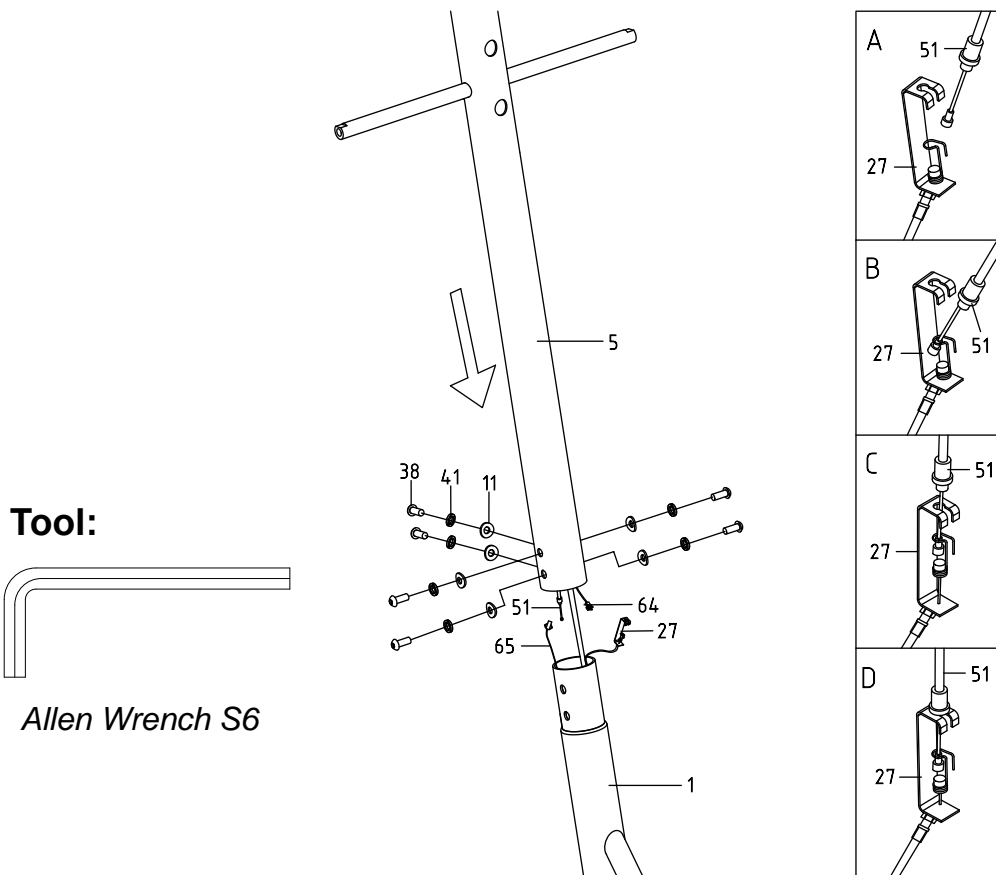
(9) Bolt M8x70  
4 PCS



(11) Big Curve Washer  
Ø20xØ8  
4 PCS



(12) Cap Nut M8  
4 PCS



## 2. Front Post Installation

Remove six M8x15 Bolts (38), six Ø8 Spring Washers (41), and six Ø20xØ8 Big Curve Washers (11) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided. Put the cable end of resistance cable of Tension Control Knob (51) into the cable lock of Tension Cable (27), see Figure A.

Pull the resistance cable of Tension Control Knob (51) up and force it into the slot of metal bracket of Tension Cable (27), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (51) into the hole at the end of the slot in the metal bracket of Tension Cable (27), see Figure C.

Connect the resistance cable of Tension Control Knob (51) to Tension Cable (27) complete, see Figure D.

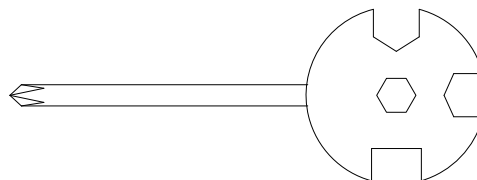
Connect the Sensor Wire (65) from the Main Frame (1) to the Extension Sensor Wire (64) from the Front Post (5).

Insert the Front Post (5) onto the tube of the Main Frame (1) and secure with six M8x15 Bolts (38), six Ø8 Spring Washers (41), and six Ø20xØ8 Big Curve Washers (11) that were removed. Tighten bolts with the S6 Allen Wrench provided.

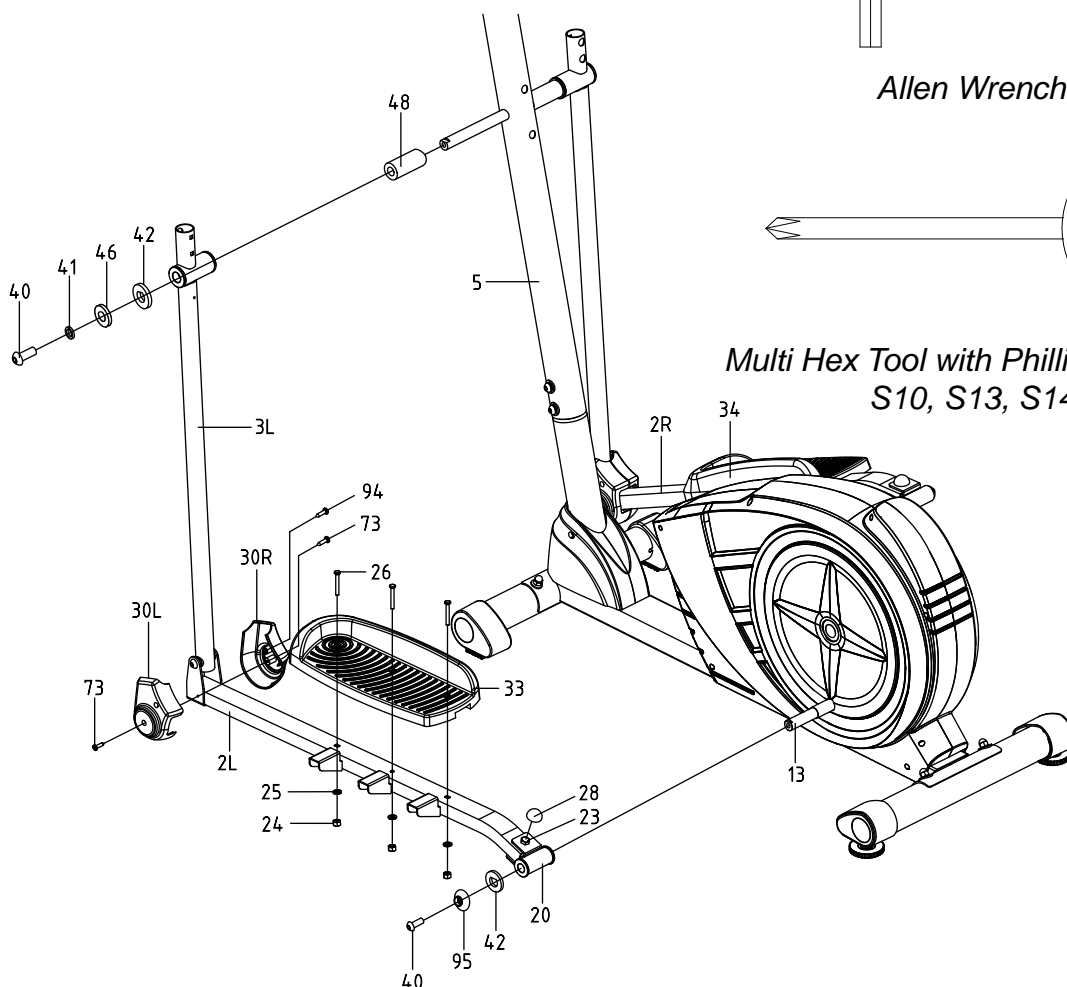
## Tools:



*Allen Wrench S6*



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



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

Remove two M8x20 Bolts (40), two Ø8 Spring Washers (41), two Ø8 Big Washers (46), and two Ø38x3 D Shaped Washers (42) from the left and right horizontal axes of the Front Post (5). Remove bolts with the S6 Allen Wrench Tool provided.

Attach the Left Handrail Arm (3L) onto the left horizontal axis of the Front Post (5) with one M8x20 Bolt (40), one Ø8 Spring Washer (41), one Ø8 Big Washer (46), and one Ø38x3 D Shaped Washer (42) that were removed. Tighten bolt with the S6 Allen Wrench provided.

Remove one M8x20 Bolt (40), one Ø38x14.5 Round Shaped Cap (95), and Ø38x3 D Shaped Washer (42) from the left Crank (13). Remove bolt with the S6 Allen Wrench provided.

Attach the left U-Shape Bracket (20) to the left Crank (13) with one M8x20 Bolt (40), one Ø38x14.5 Round Shaped Cap (95), and Ø38x3 D Shaped Washer (42) that were removed. Tighten bolt with the S6 Allen Wrench provided. Install a S13 Cap (28) onto the M8x50 Bolt (23).

Attach the Left Foot Pedal (33) onto the Left Foot Bar (2L) with three M6 Nylon Nuts (24), three Ø6 Washers (25), and three M6x40 Bolts (26). Tighten nylon nuts with the Multi Hex

Tool with Phillips Screwdriver provided.

Attach the Foot Bar Covers-A/B (30L, 30R) onto the Left Foot Bar (2L) with two ST4.2x20 Phillips Self Tapping Screws (73) and one ST4.2x12 Screw (94). 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 (20) to the right Crank (13).

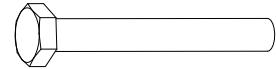
### Hardware:



(24) Nylon Nut M6  
6 PCS



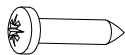
(25) Washer Ø6  
6 PCS



(26) Bolt M6x40  
6 PCS



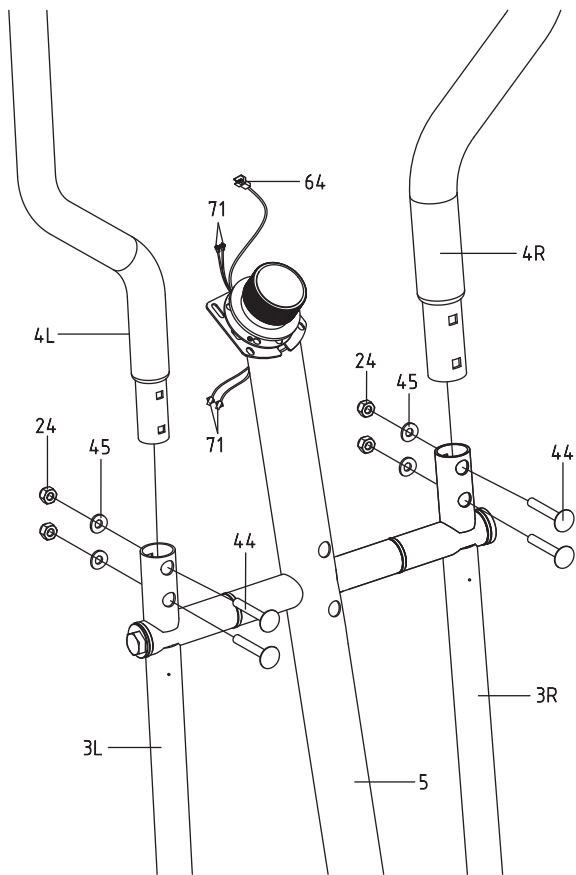
(28) Cap S13  
2 PCS



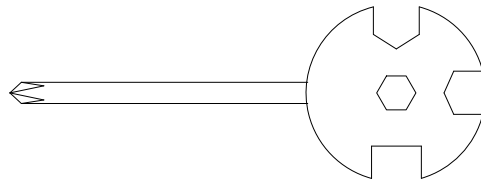
(73) Phillips Self Tapping Screw  
ST4.2x20  
4 PCS



(94) Screw ST4.2x12  
2 PCS



**Tool:**



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

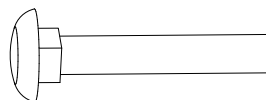
**4. Left and Right Handrails Installation**

Attach the Left/Right Handrails (4L, 4R) onto the Left/Right Handrail Arms (3L, 3R) with four M6x35 Bolts (44), four Ø6 Curve Washers (45), and four M6 Nylon Nuts (24). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

**Hardware:**



(24) Nylon Nut M6  
4 PCS

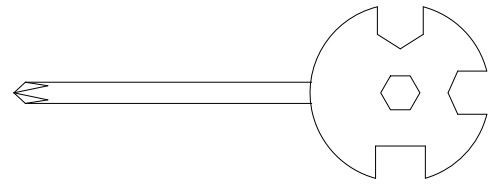


(44) Bolt M6x35  
4 PCS

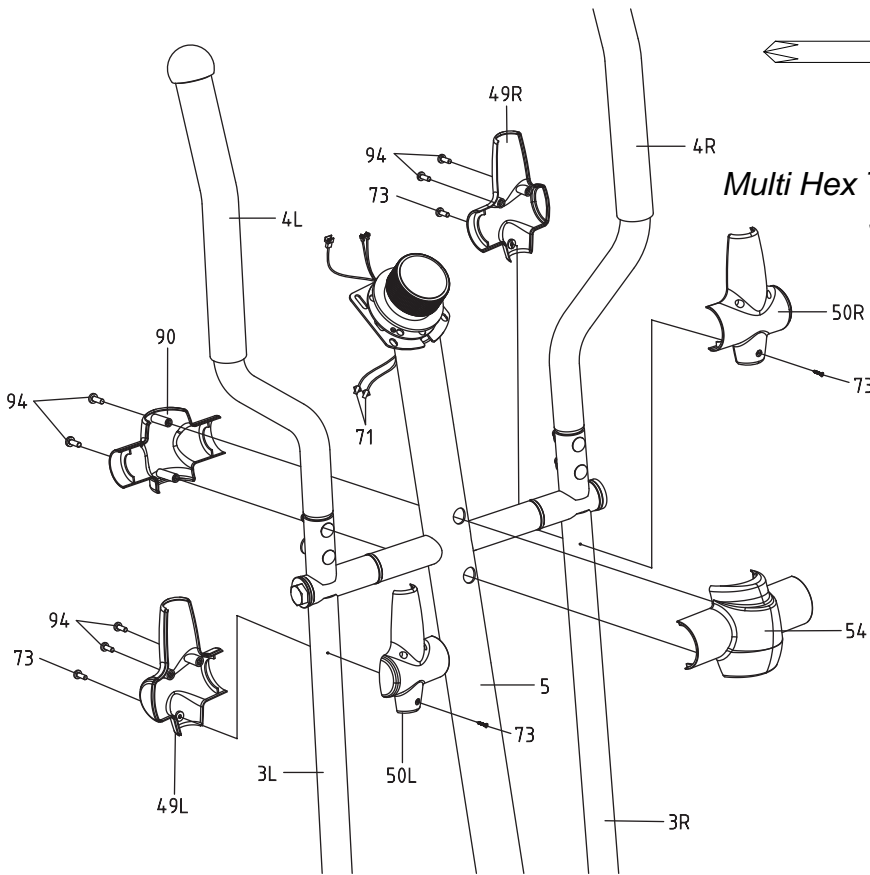


(45) Curve Washer Ø6  
4 PCS

**Tool:**



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



**5. Left and Right Handrail Arm Covers-A/B and Front/Rear Decorate Covers Installation**

Remove two ST4.2x20 Phillips Self Tapping Screws (73) from the Left Handrail Arm (3L). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Left Handrail Arm Cover-A (50L) and Left Handrail Arm Cover-B (49L) onto the Left Handrail Arm (3L) with two ST4.2x20 Phillips Self Tapping Screws (73) and two ST4.2x12 Screws (94). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two ST4.2x20 Phillips Self Tapping Screws (73) from the Right Handrail Arm (3R). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (50R) and Right Handrail Arm Cover-B (49R) onto The Right Handrail Arm (3R) with two ST4.2x20 Phillips Self Tapping Screws (73) and two ST4.2x12 Screws (94). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Front Decorate Cover for Front Post (90) and Rear Decorate Cover for Front Post (54) onto the Front Post (5) two ST4.2x12 Screws (94). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

**Hardware:**

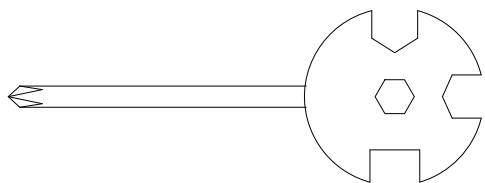


(94) Screw ST4.2x12  
6 PCS

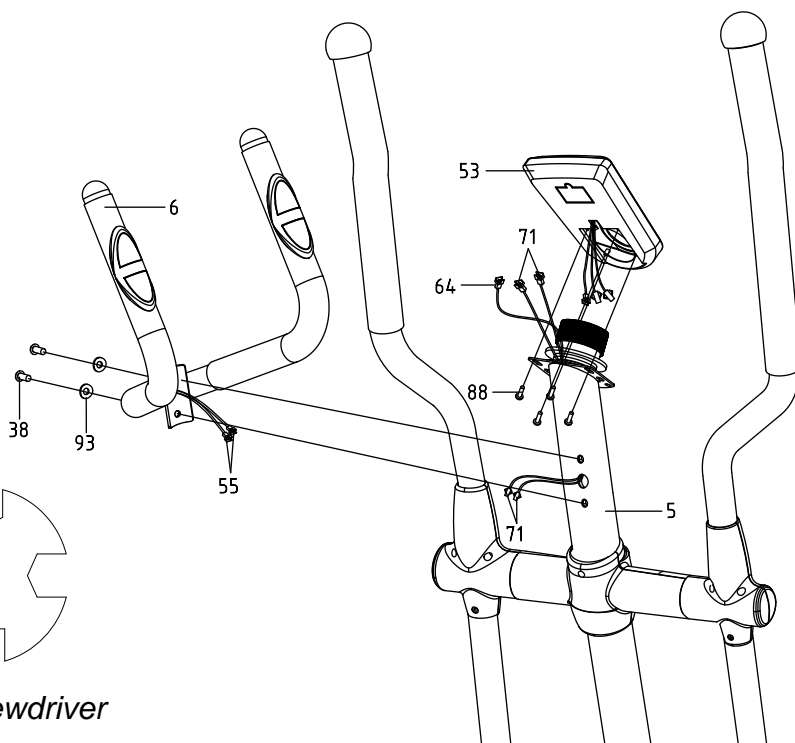
## Tools:



*Allen Wrench S6*



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



## 6. Handlebar and Computer Installation

Remove two M8x15 Bolts (38) and two  $\text{\O}16\text{x}\text{\O}8$  Curve Washers (93) from the Front Post (5). Remove bolts with the S6 Allen Wrench provided.

Connect the Hand Pulse Sensor Wires (55) from the Handlebar (6) to the Extension Hand Pulse Sensor Wires (71) 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 (38) and two  $\text{\O}16\text{x}\text{\O}8$  Curve Washers (93) that were removed. Tighten bolts with the S6 Allen Wrench provided. Remove four M5x10 Bolts (88) from the back of the Computer (53). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Extension Sensor Wire (64) and Extension Hand Pulse Sensor Wires (71) to the wires that come from the Computer (53). **Tuck wires into the Front Post (5).** Attach the Computer (53) onto the top end of the Front Post (5) with four M5x10 Bolts (88) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

# OPERATING THE COMPUTER



## SETTING MODE:

Remove the battery cover on the back of the computer and place two size AA batteries into the battery housing. The LCD computer screen segments test for 2 seconds. The time, date, month, year, and indoor temperature will show up after a long beep for 2 seconds. You may change the settings. To set the time first, starting with hours, press the SET button to change the hours and then press the MODE button to confirm the hours. The minutes will begin blinking, press the SET button to change the minutes and press the MODE button to confirm the minutes. The year will begin blinking, press the SET button to change the year and press the MODE button to confirm the year. The month will begin blinking, press the SET button to change the month and press the MODE button to confirm the month. The date will begin blinking, press the SET button to change the date and press the MODE button to confirm the date. After set up is done, the computer will display training mode. If you do not want to set the time, date, month, and year, please just keep press the MODE button, the computer will display training mode.

## SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DISTANCE -----	0.00-99.99 KM
CALORIES -----	0-9999 KCAL
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. The computer screen will display time, date, month, year, and indoor temperature.

## BUTTON FUNCTIONS:

**MODE:** Press the MODE button to confirm the setting values in setting 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.



**SET:** Press the SET button to set the setting values in setting mode. 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 2 seconds, all data values will clear to zero.

### **COMPUTER FUNCTIONS:**

**SCAN:** Press the MODE button until the screen displays SCAN, the computer will automatically scan each function of TIME, DISTANCE, CALORIES, PULSE, and RPM/SPEED in sequence with change 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 begin blinking. Press the SET button to set the target 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 beep to remind you.

**SPEED/RPM:** Display the current training speed and RPM (Rotation per Minute). The split window of SPEED and RPM will display SPEED and RPM alternately every 5 seconds.

**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 DISTANCE begin blinking. Press the SET button to set the target distance, each time you press the SET button DISTANCE should change by 0.50 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.50 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 beep to remind you.

**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 CALORIES begin blinking. Press the SET button to set the target calories, each time you press the SET button CALORIES should change by 10 calories. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0 to 9990 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0. When the pre-set target calories count down to 0, calories will start to count up and the computer will begin beep to remind you. (This data is a rough guide for comparison of different exercise sessions and

should not be used in medical treatment).

**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 PULSE begin blinking. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. The pre-set heart rate range is from 72 to 240 beats per minute. 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 beep to remind you.

#### **HOW TO INSTALL THE BATTERIES:**

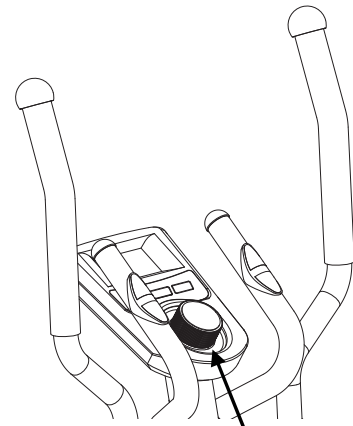
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

# ADJUSTMENTS

## Adjusting the Tension Control Knob

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

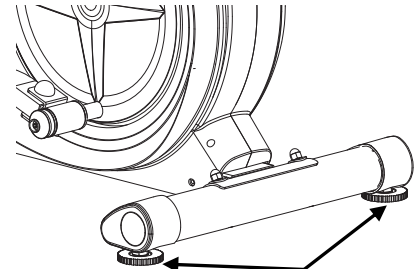
To decrease the tension, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

## Adjusting the 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 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 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"> <li>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.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Replace with new batteries.</li> </ol>
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>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.</li> <li>3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
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.

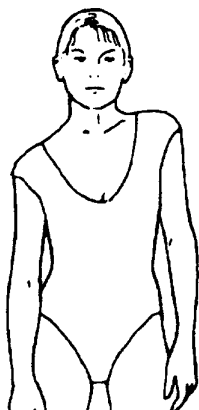
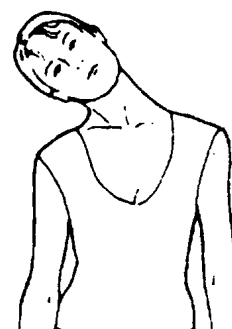
# WARM UP AND COOL DOWN ROUTINE

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.

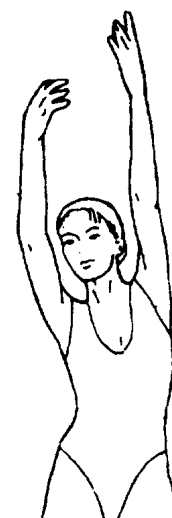
## HEAD ROLLS

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.



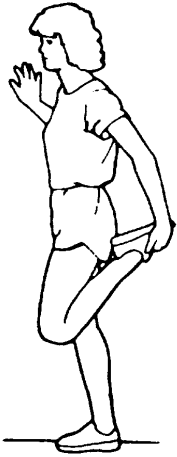
## SHOULDER LIFTS

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.

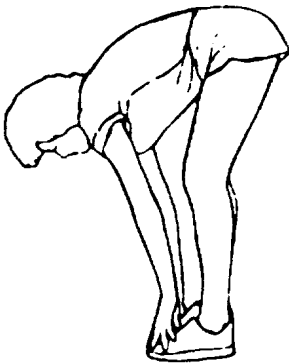


### **QUADRICEPS STRETCH**

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.

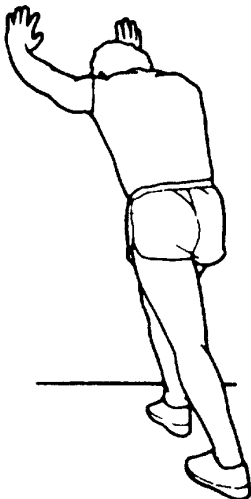
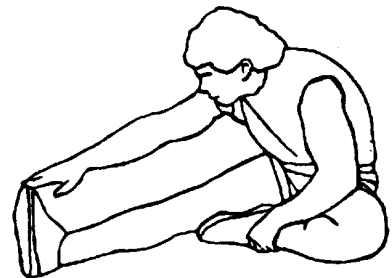


### **TOE TOUCHES**

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.