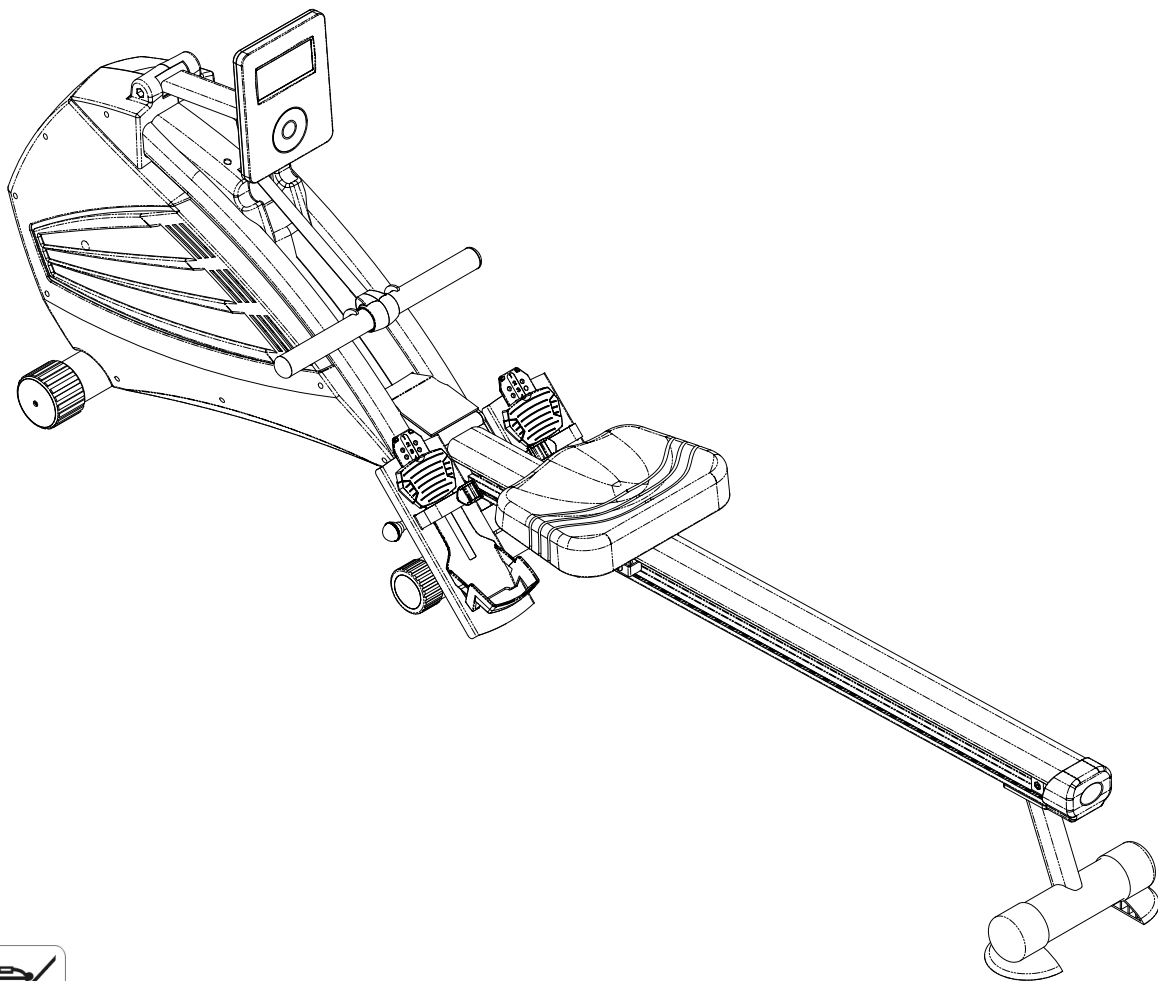


# ***AIR MAGNETIC ROWER PC***

## ***ITEM NO: 30805***

***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.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
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. This equipment is not suitable for therapeutic use.
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 two meters.
13. The maximum weight capacity for this product is 125 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. Keep this Owner's Manual for future reference.

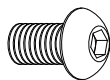
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Bumper Stopper 28x28x37	4
002	Plastic Fan with Sensor Magnet	1	027	Hexagon Socket Countersunk Head Cap Bolt M8x80mm	2
003	Pulling Strap Transmission Set	1	028	Aluminum Beam Cover	1
004	Strap Wheel Set	1	029	Rear Connect Plate	1
005	Handlebar	1	030	Rear Stabilizer	1
006R	Right Handlebar Cover	1	031	Rear Stabilizer End Cap	2
006L	Left Handlebar Cover	1	032	Computer Post	1
007	Handlebar Hook Holder	2	033	Computer Post Bushing Ø38-3/8"	4
008	Tension Bracket & Eyebolt Set I	2	034A	Lock Pin Ball	1
009	Tension Bracket & Eyebolt Set II	2	034B	Lock Pin Ø15x80mm	1
010	Bolt for Computer M5x10mm	4	034C	Nut	1
011	Nut 3/8"	2	034D	Spring	1
012	Belt 350J6	1	034E	Lock Pin Shaft	1
013	DC Motor	1	035	Foot Pedal Button	2
014R	Right Cover	1	036	Foot Pedal Button Plate	2
014L	Left Cover	1	037	Computer Bracket	1
015	Handlebar Cover	1	038	Computer UT-6911-1	1
016	Adjustable Foot Pedal	2	039	Seat Carriage	1
017R	Right Lower Foot Pedal	1	040	Seat	1
017L	Left Lower Foot Pedal	1	041	Hexagon Socket Head Bolt M8x16mm	14
018	Round Cap	2	042	Seat Roller	6
019	Front Stabilizer End Cap with Transport Wheel	2	043	Spacer Ø8xØ12x11mm	6
020	Pedal Pad	2	044	Hexagon Socket Head Bolt M8x35mm	6
021	Pedal Strap	2	045	Nylon Locknut M8	8
022	Shaft Bracket	1	046	Carriage Stop	4
023	Shaft Bushing Ø21.5x12mm	2	047	Handlebar Foam Grip HDRØ30x3Tx215mm	2
024	Aluminum Beam	1	048	Handlebar End Cap Ø1 1/4"	2
025	Hexagon Socket Countersunk Head Cap Bolt 10x16	2	049	Bolt Cap Ø42	2

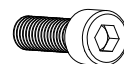
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
050	Power Supply Cable	1	062	Flat Washer M8xØ16x1.5T	6
051	Adapter	1	063	Self Tapping Screw 5/32"x1/2"	6
052	Sensor Wire 400mm	1	064	Self Tapping Screw 3/16"x5/8"	6
053	Computer Wire 400mm	1	065	Self Tapping Screw 3/16"x1/2"	6
054	Hexagon Socket Head Bolt M5x10mm	4	066	Plastic Washer Ø32.45xØ38.5x2T	2
055	Hexagon Head Bolt M6x60mm	2	067	Cross Head Bolt M5x15	4
056	Foot Pedal Connection Plate	1	068	Hexagon Head Bolt M6x90mm	1
057	Nylon Locknut M6	3	069	Hexagon Socket Countersunk Head Cap Bolt M8x25mm	2
058	Nylon Locknut 3/8"	2	070	Hexagon Socket Countersunk Head Cap Bolt M8x16mm	4
059	Hexagon Socket Countersunk Head Cap Bolt 3/8"x3 3/4"	1	071	Self Tapping Screw M4x8mm	8
060	Hexagon Head Bolt 3/8"x4"	1	072	Strap Wheel Set Bracket	1
061	Hexagon Socket Head Bolt M6x10mm	1	073	Hexagon Socket Countersunk Head Cap Bolt M6x30mm	2

# HARDWARE LIST

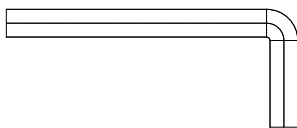


(41) Hexagon Socket Head Bolt  
M8x16mm  
14 PCS



(69) Hexagon Socket Countersunk  
Head Cap Bolt M8x25mm  
2 PCS

# TOOLS

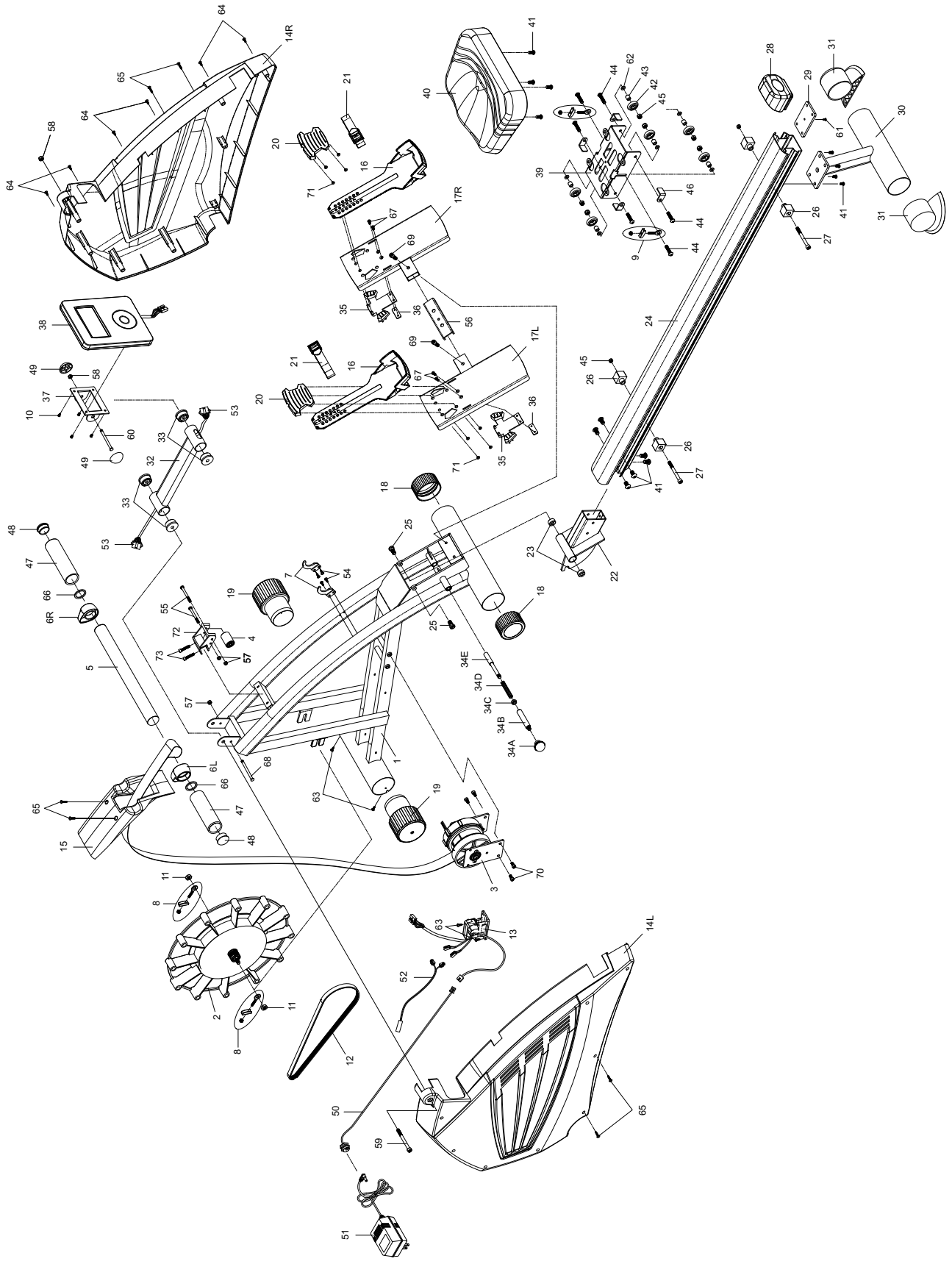


M8 Allen Wrench  
1 PC

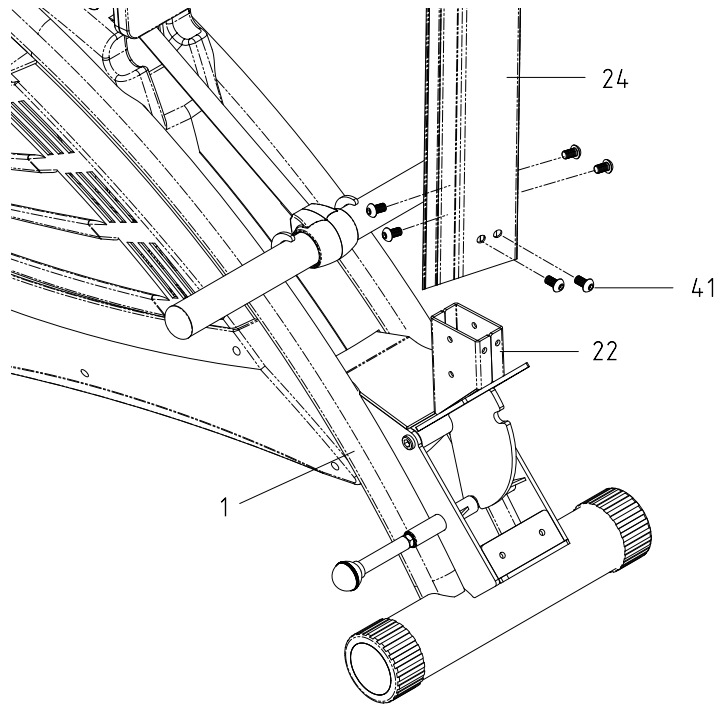


M6 Allen Wrench  
1 PC

# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



## Tool:

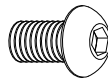


*M6 Allen Wrench*

## Step 1

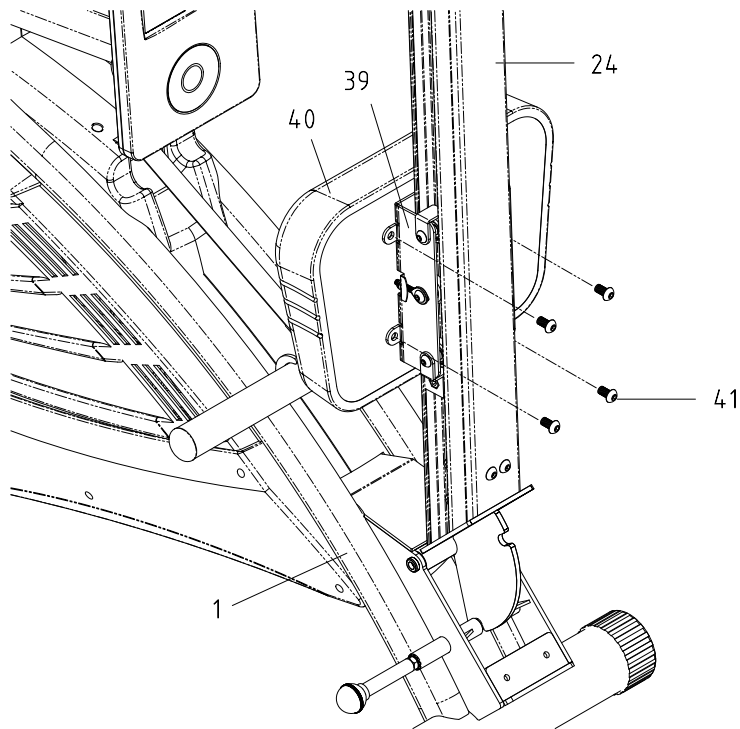
Attach the Aluminum Beam (24) onto the Shaft Bracket (22) with six M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided.

## Hardware:



(41) Hexagon Socket Head Bolt  
M8x16mm  
6 PCS





**Tool:**

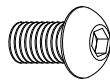


*M6 Allen Wrench*

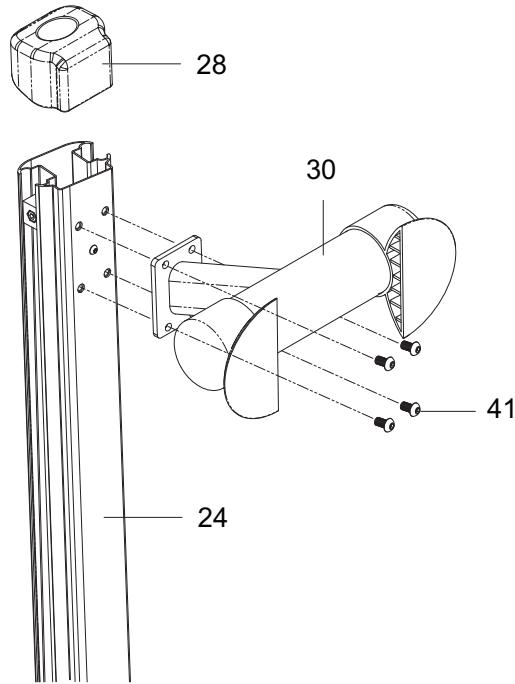
**Step 2**

Attach the Seat (40) onto the Seat Carriage (39) with four M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided.

**Hardware:**



(41) Hexagon Socket Head Bolt  
M8x16mm  
4 PCS



**Tool:**

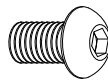


*M6 Allen Wrench*

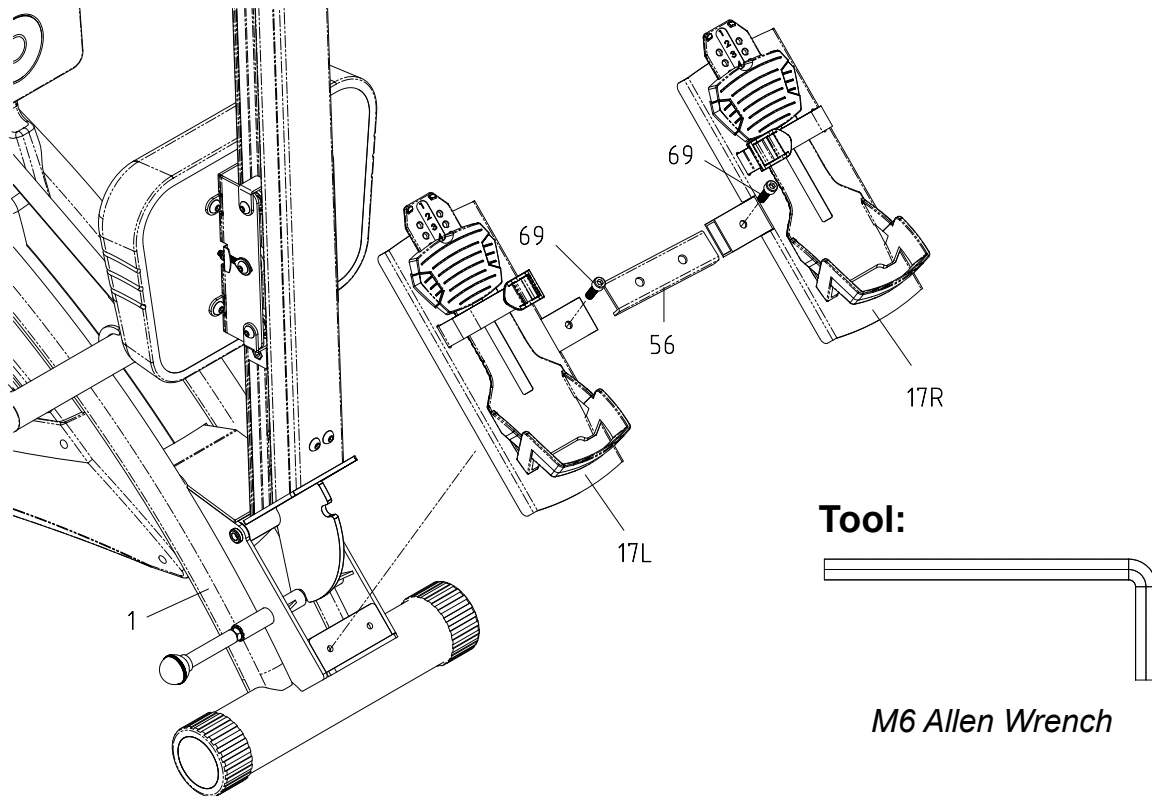
**Step 3**

Attach the Rear Stabilizer (30) onto the Aluminum Beam (24) with four M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided. Slide the Aluminum Beam Cover (28) onto the end of the Aluminum Beam (24).

**Hardware:**



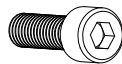
(41) Hexagon Socket Head Bolt  
M8x16mm  
4 PCS



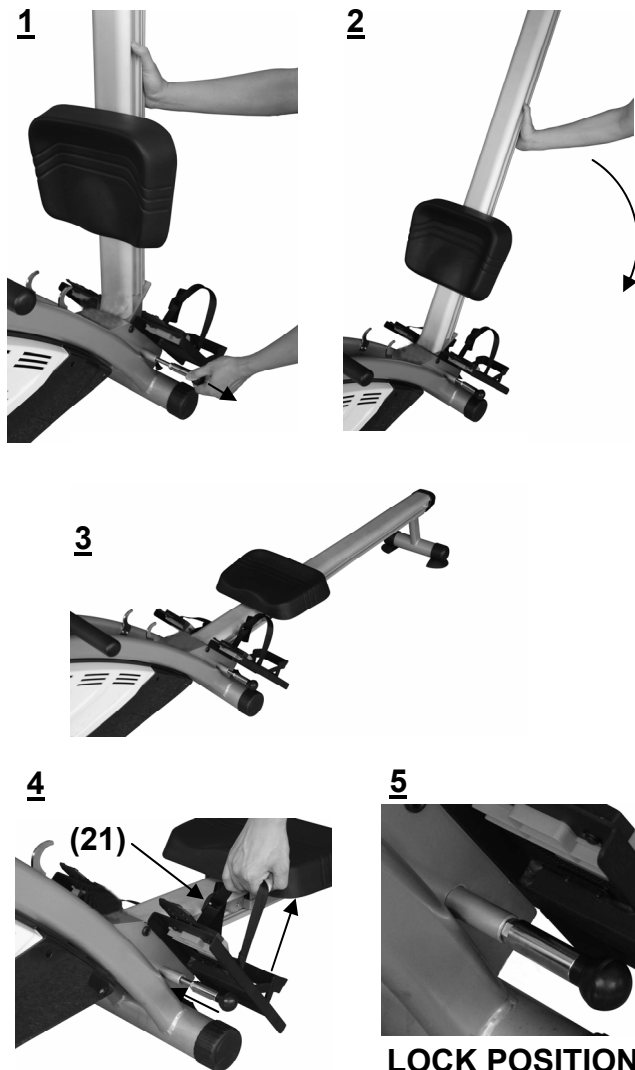
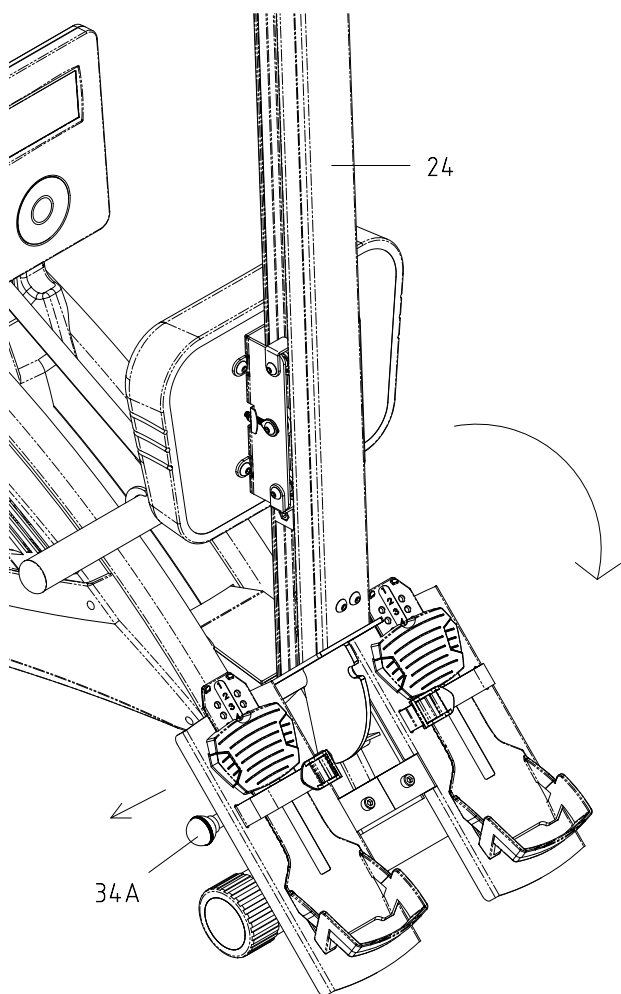
#### Step 4

Attach both Right/Left Lower Foot Pedals (17R, 17L) onto the Main Frame (1) with the Foot Pedal Connection Plate (56) and two M8x25mm Hexagon Socket Countersunk Head Cap Bolts (69). Tighten bolts with the M6 Allen Wrench provided.

#### Hardware:

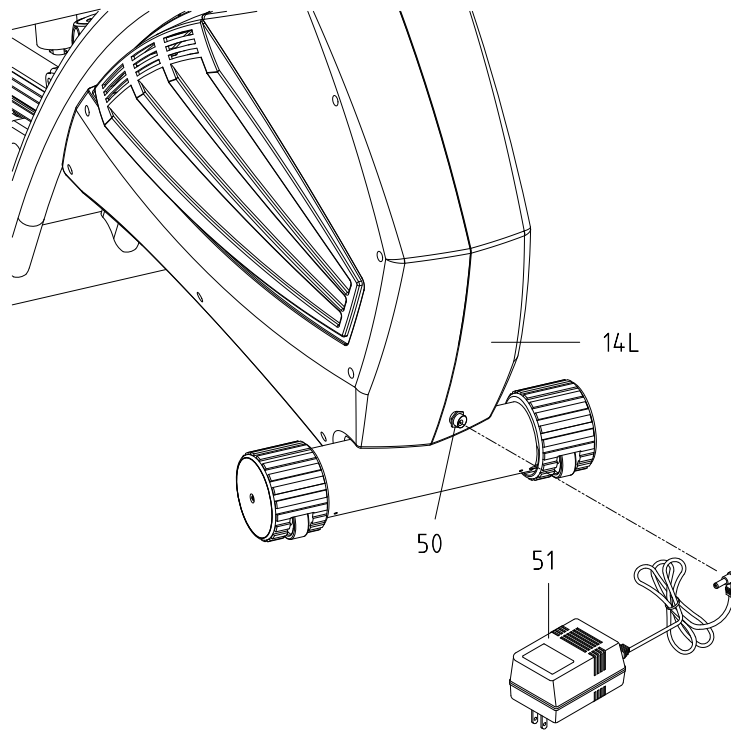


(69) Hexagon Socket Countersunk  
Head Cap Bolt M8x25mm  
2 PCS



**Step 5**

1. To set down the Aluminum Beam (24), firmly hold the Aluminum Beam (24) with one hand and the other hand to pull the Lock Pin Ball (34) with Lock Pin (34B).
2. Carefully lower the Aluminum Beam (24) until the Rear Stabilizer End Caps (31) to the ground.
3. The Aluminum Beam (24) is in the flat position.
4. With one hand to hold the Pedal Strap (21) and then pull it up until the Lock Pin (34B) "pops" down into the locked position.
5. Make sure the Lock Pin (34B) is in the LOCK POSITION before using the rower.

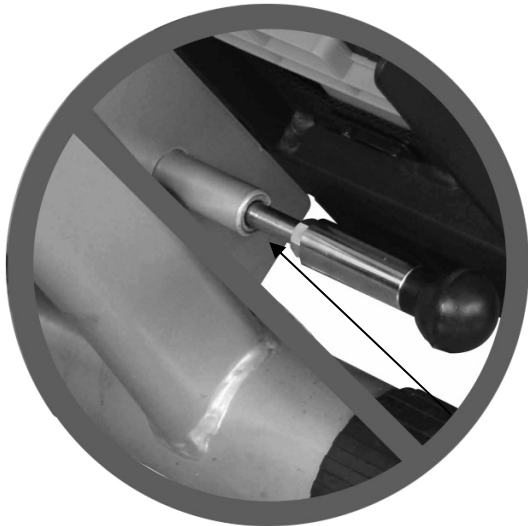


**Step 6**

Plug the wire of the Adapter (51) into the power jack of the Power Supply Cable (50) and then connect the Adapter (51) to the electrical wall outlet.

# SAFETY OPERATING INSTRUCTIONS

## INCORRECT



### UNLOCK POSITION

The Lock Pin is NOT in the lock position.

## CORRECT



### LOCK POSITION

Make sure the Lock Pin is in the lock position before using the rower.

**WARNING:** Please make sure the Lock Pin is in the lock position to prevent serious injury from occurring.

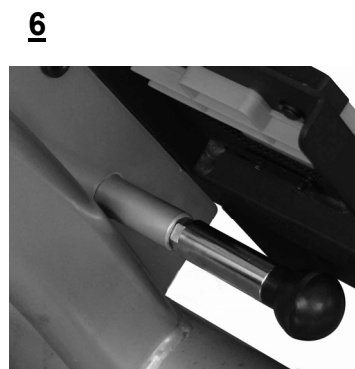
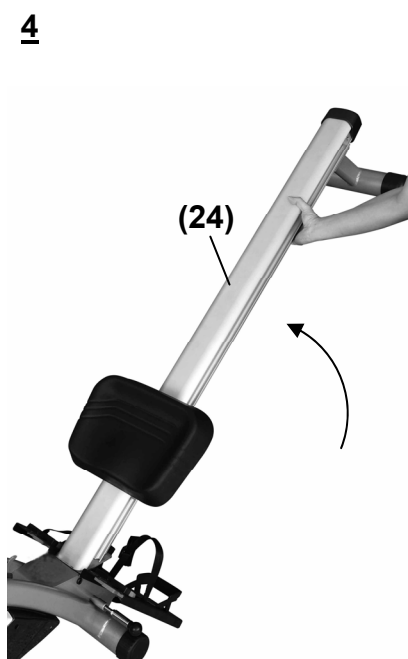
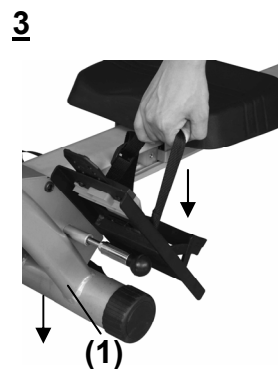
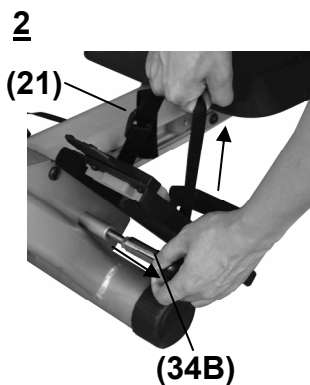
## MAINTENANCE

The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the rower 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 rower, 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.

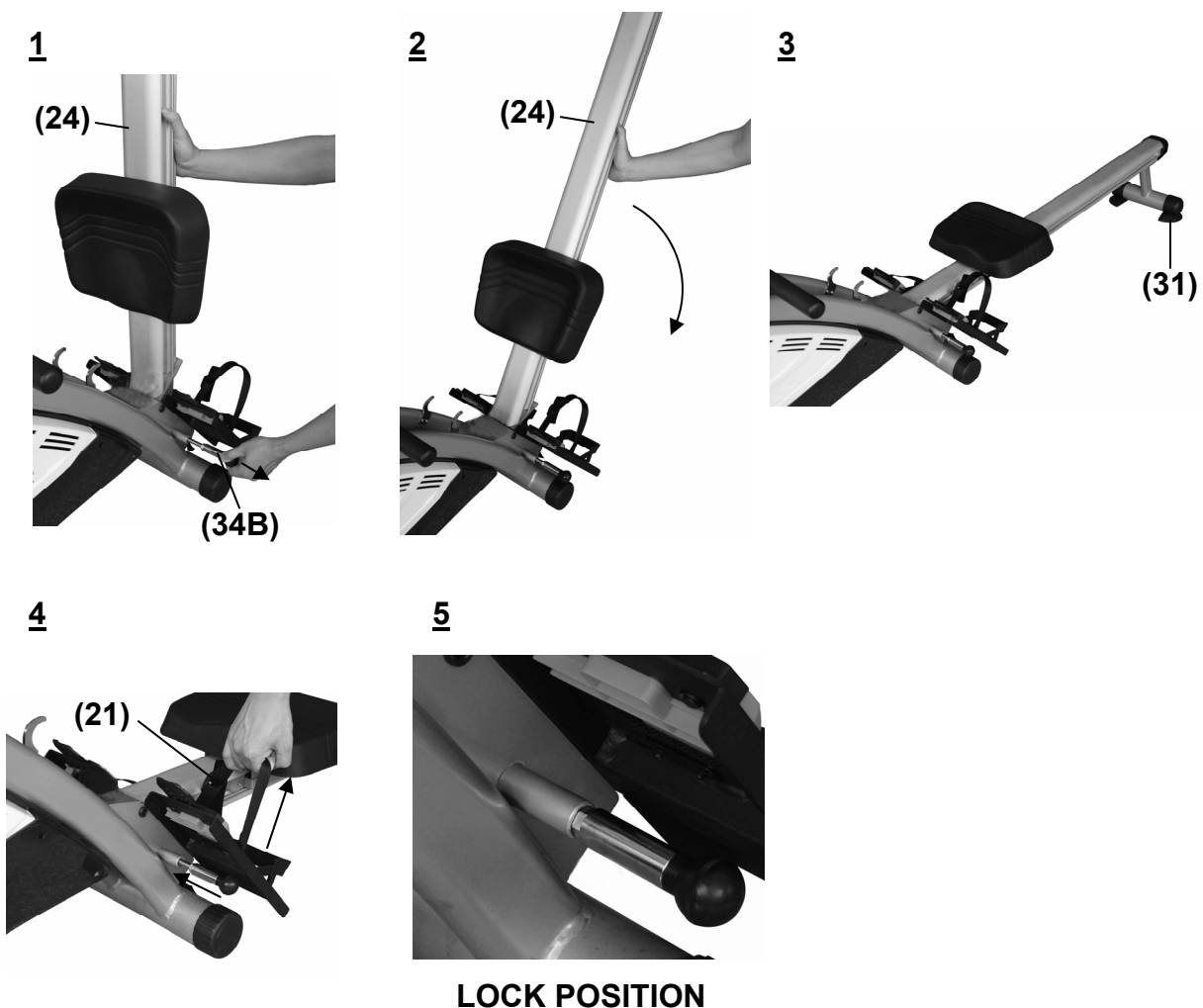
# FOLDING UP THE ROWER



**LOCK POSITION**

1. With one hand to hold the Pedal Strap (21).
2. Pull the Pedal Strap (21) up until the Lock Pin (34B) can be pulled out.
3. Lower the Main Frame (1) to the ground.
4. Carefully fold the Aluminum Beam (24) up with one hand.
5. Fold the Aluminum Beam (24) up in the upright position until the Lock Pin (34B) "pops" down into the locked position.
6. Make sure the Lock Pin (34B) is in the LOCK POSITION before transporting the rower.

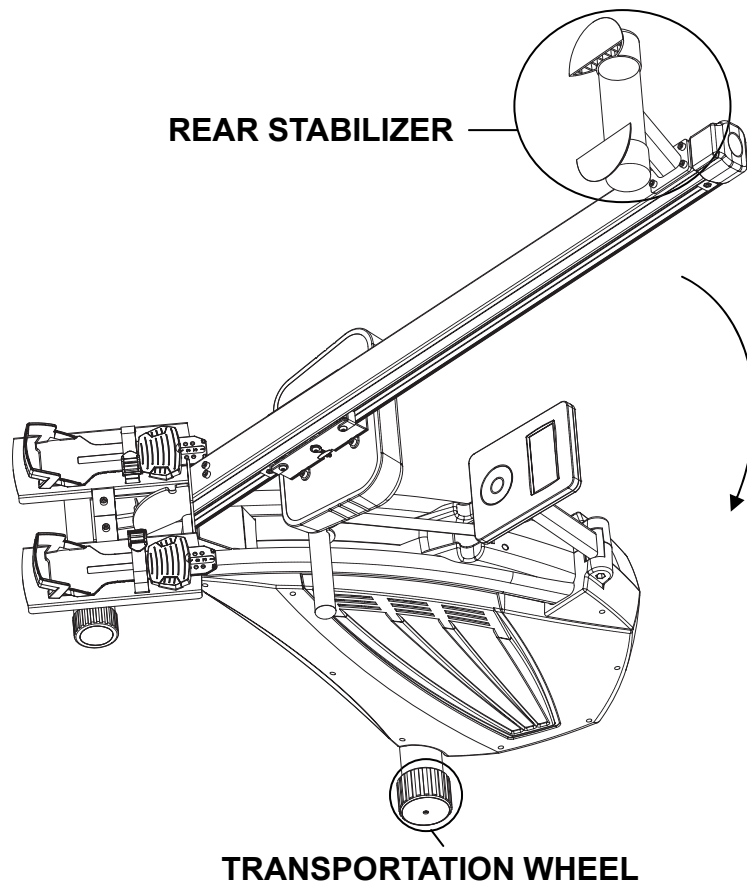
# SETTING DOWN THE ROWER



1. To set down the Aluminum Beam (24), firmly hold the Aluminum Beam (24) with one hand and the other hand to pull the Lock Pin (34B).
2. Carefully lower the Aluminum Beam (24) until the Rear Stabilizer End Caps (31) to the ground.
3. The Aluminum Beam (24) is in the flat position.
4. With one hand to hold the Pedal Strap (21) and then pull it up until the Lock Pin (34B) "pops" down into the locked position.
5. Make sure the Lock Pin (34B) is in the LOCK POSITION before using the rower.



# TRANSPORTATION



Rower has **TRANSPORTATION WHEELS** located at the **Front Stabilizer End Cap**. This enables user to easily move the rower. From the folded position **GRASP** the **REAR STABILIZER** of the rower and tilt the machine until the **TRANSPORTATION WHEELS** are engaged with the floor.

# OPERATING THE COMPUTER



## COMPUTER KEY FUNCTIONS:

**START/STOP:** To start and stop the workout session.

**ENTER:** To confirm your selection.

**RESET:** Press the RESET key to reset the functional values to zero when you are presetting the functional values.

Press the RESET key for over 2 seconds, all functional values will reset to zero and the computer screen will display STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE exercise modes image. Press the RESET key for over 2 seconds again, the computer screen will display initial image (U0, U1..., or U4).

**+:** Press the + key to select the exercise mode of MANUAL, PROGRAM, WATT, USER, H.R.C., or RACE. Press the + key to make upward for function values adjustment on different training mode. Press the + key to increase the resistance level.

**-:** Press the - key to select the exercise mode of MANUAL, PROGRAM, WATT, USER, H.R.C., or RACE. Press the - key to make downward for function values adjustment on different training mode. Press the - key to decrease the resistance level.

**RECOVERY:** The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you. The Pulse Recovery feature is to be used directly after your workout. To use this function:

- 1) Wear on the wireless chest belt heart rate transmitter during exercise.
- 2) Press the **RECOVERY** key.
- 3) The time will countdown from 60 to 0 seconds.
- 4) Your personal fitness Pulse Recovery level will appear on the display (F1 - F6). When

countdown is complete, the Pulse Recovery grade will be displayed.

**Your ratings for Pulse Recovery are as follows:**

**F1 = Excellent**                **F4 = Below Average**

**F2 = Good**                      **F5 = Not Good**

**F3 = Fair**                        **F6 = Poor**

## **COMPUTER DISPLAY FUNCTIONS:**

**TM (TIME):** Displays the workout time. TIME will count down if it is set as a “goal”.

**TIME/500M:** Indicates the user’s average 500 meter time will automatically be displayed and continuously updated.

**DISTANCE:** Displays the estimated distance traveled. DISTANCE counts down if it is set as a “goal”.

**SPM (STROKE PER MINUTE):** Displays the current stroke per minute.



**STROKES:** Displays the number of strokes.

**TOTAL STROKES:** Displays the total number of strokes you have taken.

**WATT:** Estimated WATTS per stroke.

**CALORIES:** Displays the estimated Calories the user has burned during the exercise. CALORIES count down if it is set as a “goal”.

**PULSE:** Displays the user’s current heart rate (beats per minute).

**SCAN**  : While at “start” operation, press the ENTER key until SCAN  symbol appear on the screen. The computer will automatically scan each function in sequence.

**RESISTANCE LEVEL:** Indicates the resistance level selected from LEVEL 1 to LEVEL 16.

**RESISTANCE LEVEL PROFILES:** There are 16 columns of resistance bars, and 8 bars in each column. Each bar represents 2 levels of resistance.

**A + (AVERAGE DISPLAY):** User press the START/STOP key to stop workout, the computer will display A + (AVERAGE FUNCTION VALUE).

## **GETTING STARTED:**

Plug the wire of the adapter into the power jack, which is located in the front of the machine and then connect the adapter to the electrical wall outlet. The computer screen will display U0 with a long BI tone, press the + or - key to select USER number (U0-U4) and press Enter key to confirm the User number. Then input USER data (gender, age, height, and weight) by pressing the + or - key. Press the ENTER key to confirm the USER data. The computer screen will display STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select function mode and then press the ENTER key after one of the modes is selected.

**NOTE: U1~U4 data values will be stored in the memory after setup for future use.**

**U0 data values can be set as same as U1~U4 but this data values will not be stored in the memory after setup for future use.**

## **TRAINING IN MANUAL MODE:**

You have two options in the MANUAL mode. When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the MANUAL mode and then press the ENTER key for confirmation. For “quick start,” simply press the START/STOP key and your workout will begin. You can control the resistance with the + or - key.

The second option for MANUAL mode is to set a “goal”. When you press the ENTER key to select MANUAL mode, the resistance LEVEL will flash of the screen. Select the LEVEL (L1-L16) using the + or - key, then press the ENTER key for confirmation. Next, the TIME display will flash. If you wish to set a TIME goal, you can do so using + or - key, or if you wish to set a DISTANCE, CALORIES, or STROKE goal, just continue to press the ENTER key. By setting a PULSE goal, a tone will sound that Heart Rate is reached or exceeded. Please wear on the wireless chest belt heart rate transmitter.

Setting “goals”, you can set “goals” for either TIME, DISTANCE, CALORIES, STROKE, or PULSE. For instance, if you set a CALORIE goal of 100, once you start the program, you will notice that the CALORIE display will count down from 100 to 0.

We recommend that you set only one goal (TIME, DISTANCE, CALORIES, STROKE, or PULSE) for each exercise. Note, if no goals are set (TIME, DISTANCE, CALORIES, STROKE, or PULSE) and are all set to 0, all of these values will count up, once the START/STOP key is pressed. During you exercise, when a goal is reached, that display will flash, signaling that your workout is complete.

## **TRAINING IN PROGRAM MODE:**

When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the PROGRAM mode and then press the ENTER key for confirmation. There are 12 preset programs that offer you a variety of workout options. To select a program, use the + or - key to highlight the PROGRAM icon.

Press the ENTER key for confirmation. At this point you can press the START/STOP key to start your workout or you can set LEVEL or a goal as described above.

### **TRAINING IN WATT MODE:**

When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the WATT control program mode and then press the ENTER key for confirmation. The split window of WATT will flash for setting. Press the + or - key to preset the watt target. Each increment or decrement is 5 watts. The preset watts range is from 10 to 350 watts. Press the ENTER key for confirmation. The Watt control program is designed to keep your watt output at a constant level you have preset. At this point you can press the START/STOP key to start your workout or you can set a "goal" as described in training in manual mode. After pressing the START/STOP key to exercise, the resistance level will be automatically adjusted by the computer to close to the preset value of watt. If the split window of WATT and CALORIES displays --- symbol, this is to remind you the current WATT is higher or lower than preset watt, and you need to slow down or speed up training speed accordingly. Three beep tones will sound.

### **TRAINING IN USER MODE:**

When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the USER mode and then press the ENTER key for confirmation. There are 5 USER programs (U0~U4) that offer users to create his/her own program profile. Use the + or - key to select USER program and then press the ENTER key for confirmation. The first interval of user program graphic will flash for setting the resistance level. Press + or - key to resistance level for the first interval of user program profile. Press the ENTER key to confirm the resistance level for the first interval of user program profile. There are 16 intervals for setting the resistance level. Repeat above steps to set the resistance level from the second interval to the sixteenth interval. After setting all the resistance level and then press the ENTER key for confirmation. At this point you can press the START/STOP key to start your workout or you can set a "goal" as described in training in manual mode.

**NOTE: U1~U4 program profiles will be stored in the memory after setup for future use. U0 program profile can be set as same as U1~U4 but this program will not be stored in the memory after setup for future use.**

### **TRAINING IN H.R.C. MODE:**

When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the H.R.C. mode and then press the ENTER key for confirmation. Please wear on the wireless chest belt heart rate transmitter. There are 4 H.R.C. (Heart Rate Control) programs that offer you a variety of workout options. To

select a program, use the + or - key. If user selects 55% heart symbol and the target heart rate will be 107 displaying on the split window of PULSE because user has inputted USER data (gender, age, height, and weight) after the adapter connected to the electrical wall outlet. Press the ENTER key for confirmation.

For instance, if user inputs gender (male) and age (25 years old), the calculations will be as follows:

$$220 - 25 = 195$$

$$195 \times 55\% (0.55) = 107 \text{ (55\% of your maximum heart rate)}$$

25 year-old male (THR) Target Heart Rate would be 107

If user inputs gender (female) and age (25 years old), the calculations will be as follows:

$$226 - 25 = 201$$

$$201 \times 55\% (0.55) = 110 \text{ (55\% of your maximum heart rate)}$$

25 year-old female (THR) Target Heart Rate would be 110

At this point you can press the START/STOP key to start your workout or you can set a "goal" as described in training in manual mode.

After pressing the START/STOP key to exercise, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level will increase while the heart rate detected is lower than Target Heart Rate. Also, the resistance level will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted equal to the Target Heart Rate.

Use the same procedure to operate 75% or 90% of your maximum heart rate as described above.

If user selects tag heart symbol and the target heart rate will be 195 displaying on the split window of PULSE because user has inputted USER data (gender, age, height, and weight) after the adapter connected to the electrical wall outlet. Press the ENTER key for confirmation. User may press the + or - key to set desired Target Heart Rate.

For instance, if user inputs gender (male) and age (25 years old), the calculations will be as follows:

$$220 - 25 = 195$$

25 year-old male (THR) Target Heart Rate would be 195

If user inputs gender (female) and age (25 years old), the calculations will be as follows:

$$226 - 25 = 201$$

25 year-old female (THR) Target Heart Rate would be 201

At this point you can press the START/STOP key to start your workout or you can set a "goal" as described in training in manual mode.

After pressing the START/STOP key to exercise, the computer will adjust the resistance

level according to the heart rate detected. For example, the resistance level will increase while the heart rate detected is lower than Target Heart Rate. Also, the resistance level will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted to equal the Target Heart Rate.

### **TRAINING IN RACE MODE:**

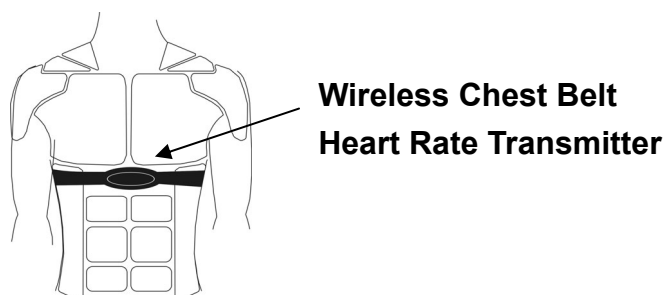
When the computer screen displays STOP, MANUAL, PROGRAM, WATT, USER, H.R.C., and RACE modes, press the + or - key to select the RACE mode and then press the ENTER key for confirmation. Press the + or - key to adjust SPM (Stroke of Minute) of the Pacer (Computer) and then press the ENTER key for confirmation. Press the + or - key to set racing DISTANCE and then press the ENTER key for confirmation. Press the START/STOP key to start RACE, U (USER) and P (Pacer) symbols will flash to show who runs first. Resistance level is adjustable in race. End of the race, the result will display WIN or LOSE on the screen.

### **USING THE WIRELESS CHEST BELT HEART RATE TRANSMITTER (OPTIONAL ACCESSORY):**

There is a heart rate receiver inside the computer that can receive heart rate signals when you wear on the wireless chest belt heart rate transmitter. The split window of PULSE will display your current heart rate figures in a few seconds after you wear on the wireless chest belt heart rate transmitter.

For proper operation, the chest belt should be worn with the wireless chest belt heart rate transmitter strapped across the front of your body just above the chest line and must be tight and properly placed to receive consistent readout. If the chest strap is too loose or positioned improperly, you may receive inconsistent heart rate readout. The wireless chest belt heart rate transmitter needs a little body heat and moisture in order to work properly. Moisture on the rubber electrodes (2 black areas on the reverse side of the belt and either side of transmitter) is required for proper operation. It is recommended that you wear the wireless chest belt heart rate transmitter against your bare skin to ensure the function and accuracy. However if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.

**WARNING:** Signal interference in the environment can be due to electromagnetic disturbances. These may occur near televisions, computers, or cellular phones. Under interference, the heart rate readings may become unstable and inaccurate.



**Wireless Chest Belt  
Heart Rate Transmitter**

# ADJUSTMENTS

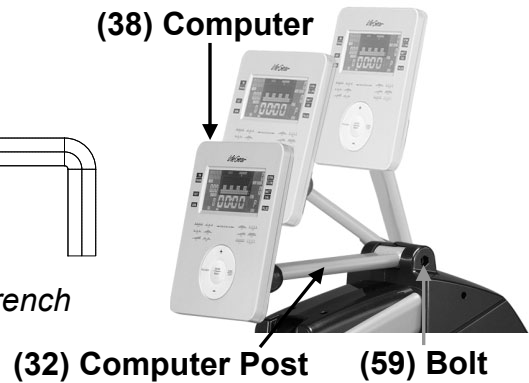
## COMPUTER ANGLE AND HEIGHT ADJUSTMENT

The Computer (38) angle and height can be adjusted in a wide range. After long use, the Computer Post (32) may get loose. Tighten the Computer Post (32) by screwing the Bolt (59) clockwise with the M8 Wrench provided.

**Tool:**



*M8 Allen Wrench*



## FOOT PEDAL ADJUSTMENT

First push the Foot Pedal Button (35) and then slide the Adjustable Foot Pedal (16) up or down direction to the suitable position. Lock the Adjustable Foot Pedal (16) in place by releasing the Foot Pedal Button (35) and sliding the Adjustable Foot Pedal (16) up or down slightly until the Adjustable Foot Pedal (16) locks into the locked position.



## HANDLEBAR PLACEMENT

Handlebar can be placed on two positions.





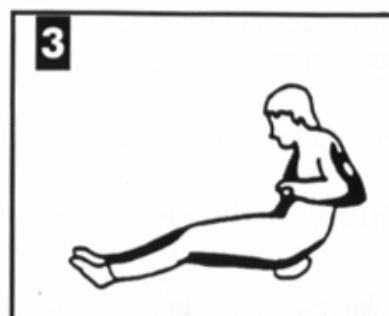
# HOW TO ROW



**1**  
Take up the initial position leaning forward, knees bent and arms straight.



**2**  
Push yourself backwards, straight your back and legs at the same time.



**3**  
Continue movement until you are leaning slightly backwards, bending the arms at the same time.  
Return to 1 and repeat.

## ALTERNATIVE EXERCISE

### LEG ONLY ROWING



**4**  
This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position 4.



**5**  
Use your legs to push your body back while keeping your arms and back straight, slowly return to starting position and repeat.



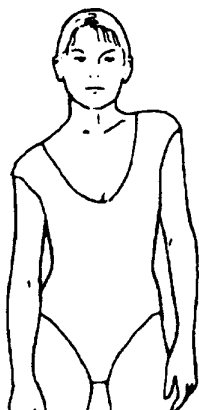
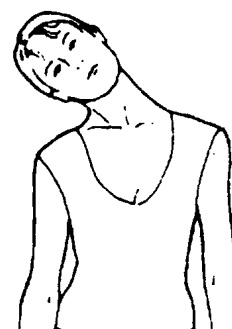
# WARM UP AND COOL DOWN ROUTINE

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. Warming up should 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.

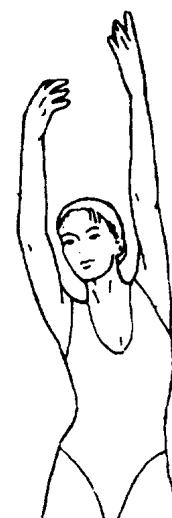
## HEAD ROLLS

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.

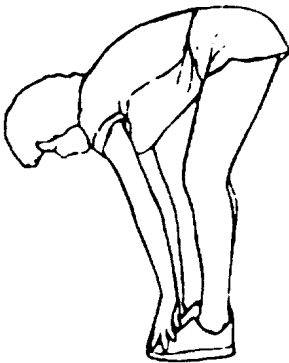


### **QUADRICEPS STRETCH**

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.

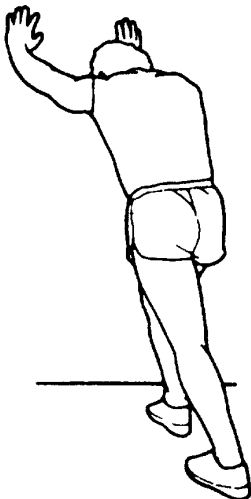
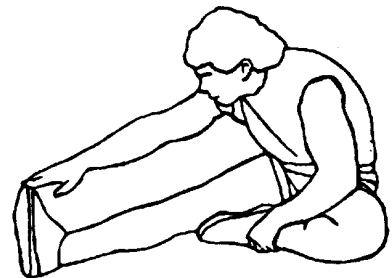


### **TOE TOUCHES**

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.