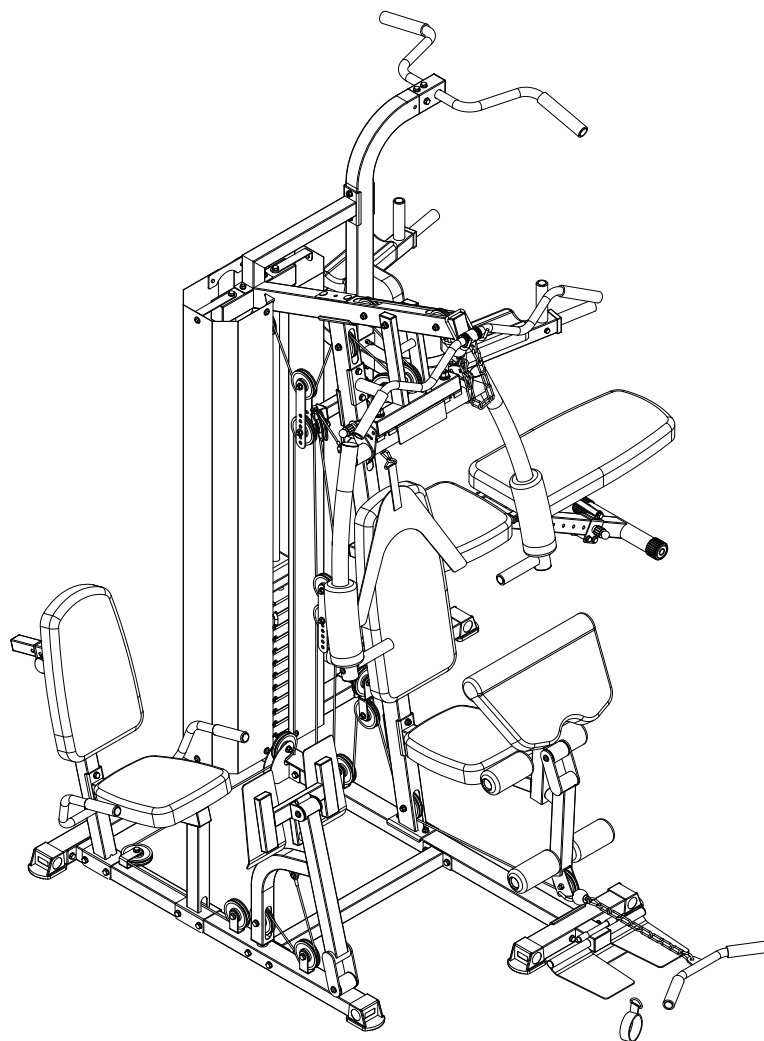


HOME GYM

ITEM NO: 63145

LifeGear

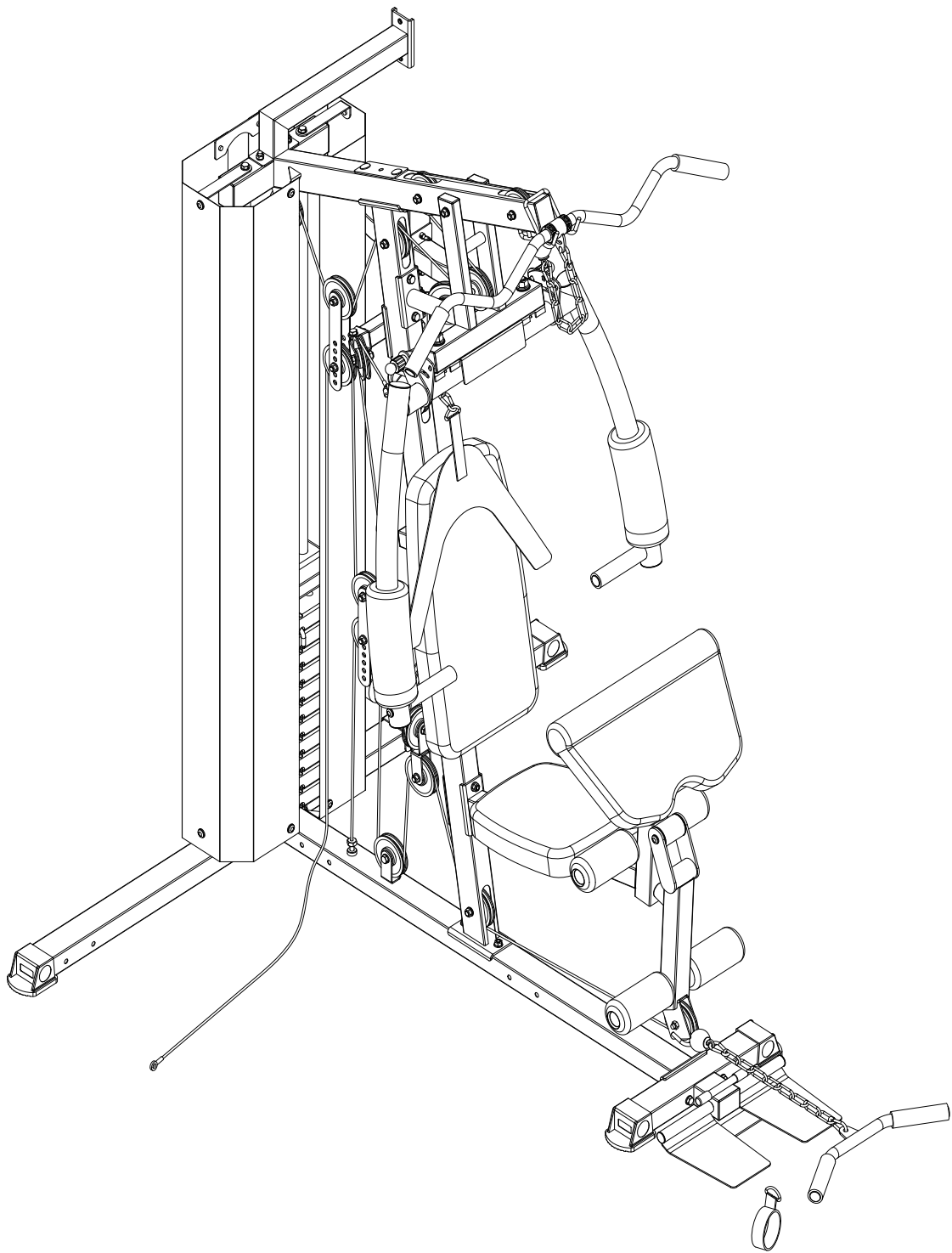
Get active for life



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 and are subject to change without prior notice.



**(FOR HOME GYM)
OWNER'S MANUAL A**

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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 home gym. Read all instructions before using this home gym.

1. Read all instructions and follow it carefully before using this home gym. Make sure this home gym 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 home gym should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes and shoes when using this home gym; do not wear clothes that may catch any part of the home gym.
6. 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.
7. Close supervision is necessary when this home gym is used by, on, or near children, invalids, or disabled persons.
8. At no time should children under the age of 12 use the home gym.
9. Children over the age of 12 should not use the home gym without adult supervision.
10. Do not jump on the home gym.
11. Do not use the home gym outdoors.
12. Inspect and tighten all parts each time before using this home gym.
13. This home gym is for household use only. It is not a commercial model.
14. Only one person at a time should use this home gym.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. Care should be taken in mounting or dismounting the home gym.
17. Do not allow children to use or play on the home gym. Keep children and pets away from the home gym while in use. This home gym is designed for adults use. The minimum free space required for safe operation is not less than two meters.
18. The maximum weight capacity for this product is 120 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

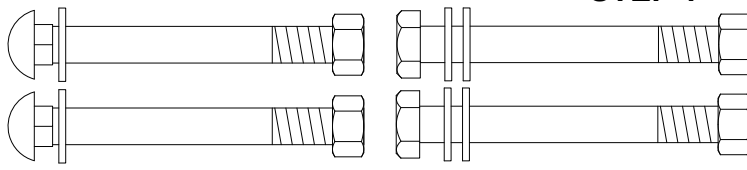
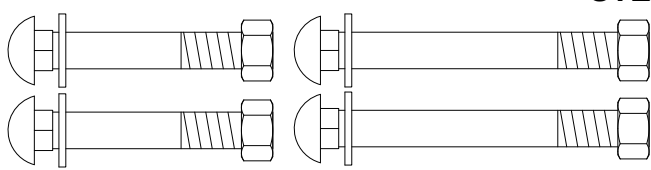
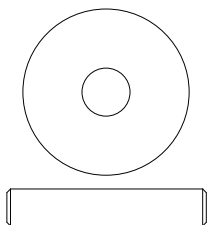
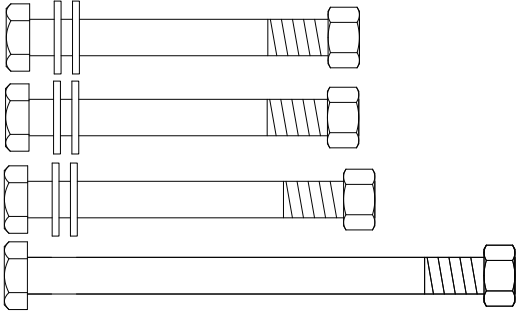
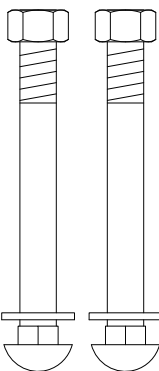
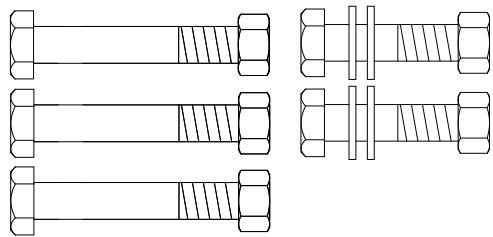
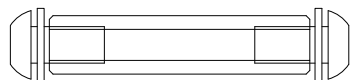
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Base Tube	1	036	Arm Curl Pad	1
002	Base Tube	1	037	Leg Press Cable (L=4620 mm)	1
003	Front Base Tube	1	038	Handle Strap	1
004	Foot Plate	1	039	Ankle Strap	1
005	Weight Guide	2	040	Arm Foam Roller	2
006	Upright Tube	1	041	Foam Roller	4
007	Seat Tube	1	042	Handgrip	6
008	Foot Plate Tube	1	043	Round Knob	2
009	Top Weight Stack Cover Support	2	044	Rubber Bumper Ø60xØ25x28	2
010	Weight Selector	1	045	Rubber Bumper Ø45xØ34x40	1
011	Weight Stack Cover Support	2	046	Pulley	17
012	Top Frame	1	047	Foot Cap	4
013	Pivot Frame	1	048	Weight Selector Shaft Bushing	1
014	Upright Support Tube	1	049	Rectangular End Cap (□50x70)	4
015	Pulley Bracket	1	050	Rectangular End Cap (□25x50)	4
016	Leg Lever	1	051	Square End Cap (□50)	2
017	Arm Curl Post	1	052	Foam Roller Tube End Cap	4
018	Right Arm	1	053	Round End Cap Ø50	6
019	Handle	2	054	Weight Selector End Cap	1
020	Left Arm	1	055	Square Plastic Bushing	3
021	Double Floating Pulley Bracket	4	056	Round End Cap Ø25	8
022	Small Round Knob	2	057	Round Plastic Bushing	2
023	Crossed Double Floating Pulley Bracket	1	058	Rubber Bumper Ø38xØ32x16	1
024	Foam Roller Tube	2	059	Spacer	2
025	Weight Stack Cover	2	060	Square End Cap (□38)	1
026	Lat Bar	1	061	Washer	3
027	Low Row Bar	1	062	Pin	1
028	U-shaped Pulley Bracket	2	063	Weight Selector Pin	1
029	Backrest Frame	1	064	PVC Rubber Sleeve	2
030	Top Weight Stack	1	065	Snap Hook	5
031	Weight Stack	11	066	Coil Chain	2
032	Cable (L=2785 mm)	2	067	Axle	1
033	Arm Cable (L=2760 mm)	1	068	Big Bushing	4
034	Seat Pad	1	069	Small Bushing	16
035	Backrest	1	070	Carriage Bolt M10x90	6

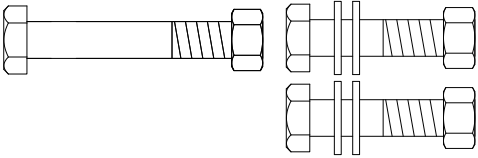
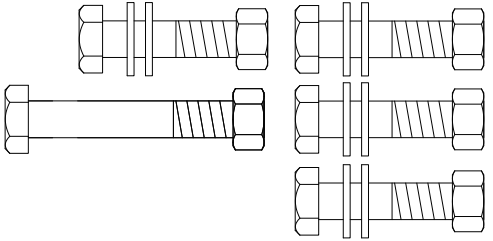
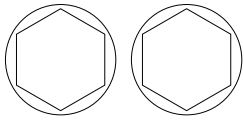
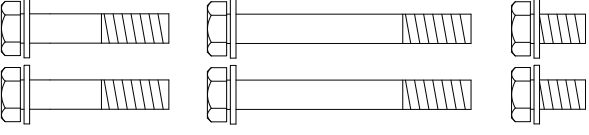
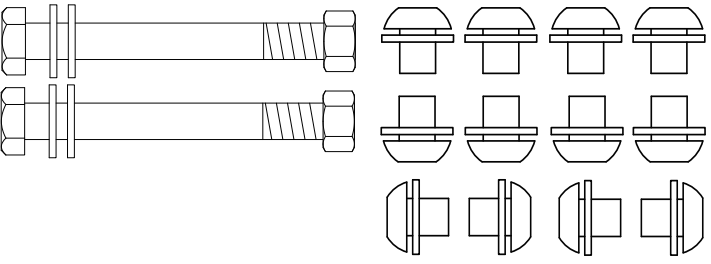
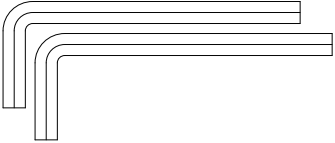
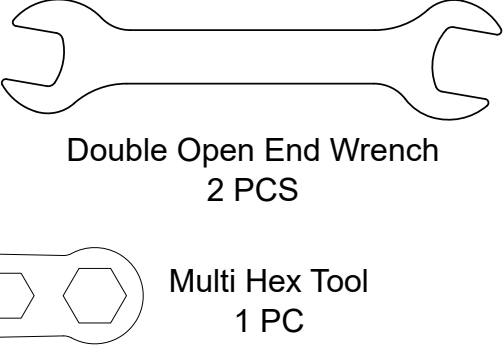
PARTS LIST

No.	Description	Qty	No.	Description	Qty
071	Carriage Bolt M10x65	2	083	Hexagon Head Bolt M8x25	2
072	Hexagon Socket Pan Head Cap Bolt M10x20	4	084	Nylon Nut M16	2
073	Hexagon Head Bolt M10x135	2	085	Nylon Nut M10	37
074	Hexagon Head Bolt M10x90	6	086	Big Washer Ø16	2
075	Hexagon Head Bolt M10x65	7	087	Flat Washer Ø10	70
076	Hexagon Head Bolt M10x45	11	088	Flat Washer Ø8	10
077	Hexagon Head Bolt M10x20	4	089	VKR Support Frame	1
078	Hexagon Socket Pan Head Cap Bolt M10x12	12	090	Hexagon Head Bolt M10x95	1
079	Hexagon Head Bolt M8x40	2	091	Hexagon Nut Cap M16	2
080	Hexagon Head Bolt M8x65	2	092	PVC Sleeve	2
081	Hexagon Head Bolt M8x15	2	093	Nylon Nut M8	2
082	Cross Recessed Pan Head Bolt M6x15	2			

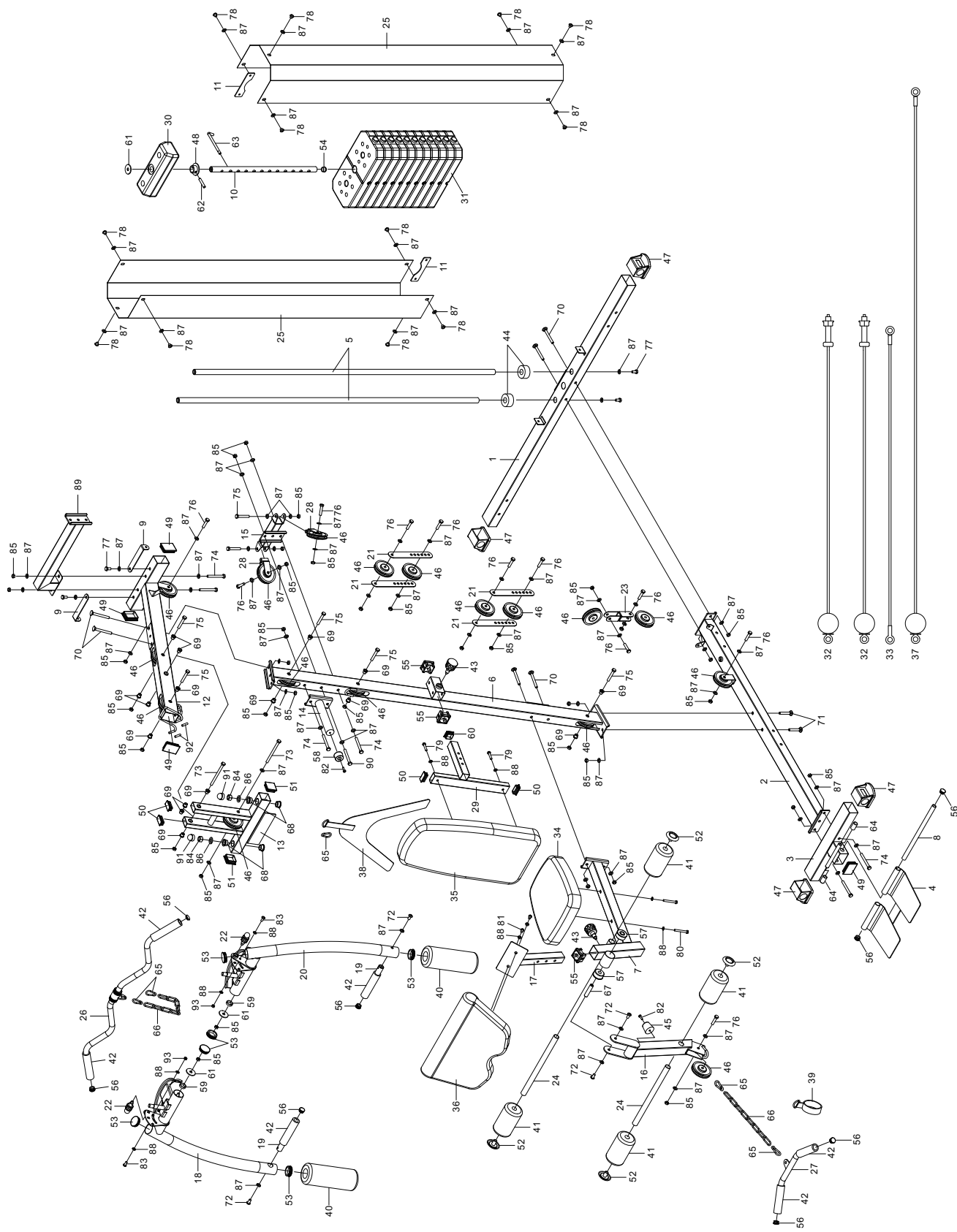
HARDWARE PACK

		<p>STEP 1</p> <p>(70) Carriage Bolt 2 PCS (74) Hexagon Head Bolt 2 PCS (85) Nylon Nut 4 PCS (87) Flat Washer 6 PCS</p>
		<p>STEP 2</p> <p>(70) Carriage Bolt 2 PCS (71) Carriage Bolt 2 PCS (85) Nylon Nut 4 PCS (87) Flat Washer 4 PCS</p>
<p>STEP 3</p>  <p>(61) Washer 1 PC (62) Pin 1 PC</p>	 <p>STEP 5 (73) Hexagon Head Bolt 1 PC (74) Hexagon Head Bolt 2 PCS (85) Nylon Nut 4 PCS (87) Flat Washer 6 PCS (90) Hexagon Head Bolt 1 PC</p>	
<p>STEP 4</p>  <p>(70) Carriage Bolt 2 PCS (85) Nylon Nut 2 PCS (87) Flat Washer 2 PCS</p>	 <p>STEP 8 (75) Hexagon Head Bolt 3 PCS (76) Hexagon Head Bolt 2 PCS (85) Nylon Nut 5 PCS (87) Flat Washer 4 PCS</p>	
 <p>STEP 6 (67) Axle 1 PC (72) Hexagon Socket Pan Head Cap 2 PCS (87) Flat Washer 2 PCS</p>		

HARDWARE PACK

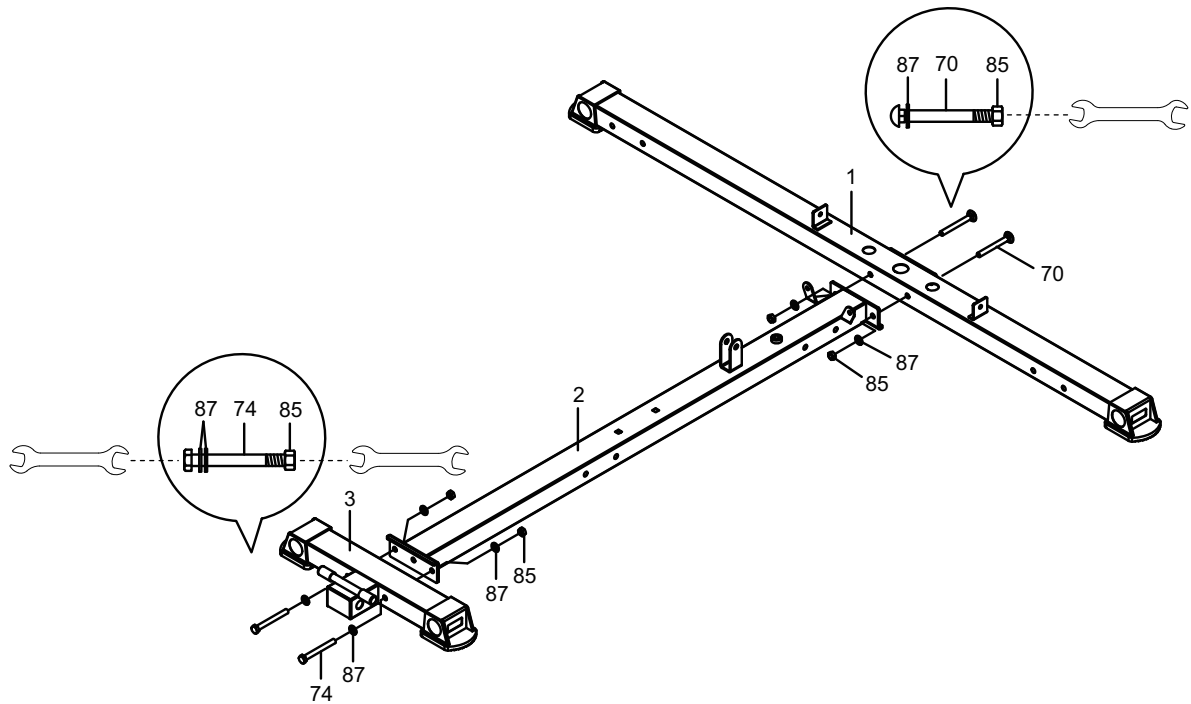
 <p>STEP 9</p> <p>(75) Hexagon Head Bolt 1 PC (76) Hexagon Head Bolt 2 PCS (85) Nylon Nut 3 PCS (87) Flat Washer 4 PCS</p>	<p>STEP 10</p> <p>(76) Hexagon Head Bolt 3 PCS (85) Nylon Nut 3 PCS (87) Flat Washer 6 PCS</p>
<p>STEP 11</p>  <p>(75) Hexagon Head Bolt 1 PC (76) Hexagon Head Bolt 4 PCS (85) Nylon Nut 5 PCS (87) Flat Washer 6 PCS</p>	<p>STEP 14</p>  <p>(91) Hexagon Nut Cap 2 PCS</p>
<p>STEP 12</p> <p>(79) Hexagon Head Bolt 2 PCS (80) Hexagon Head Bolt 2 PCS (81) Hexagon Head Bolt 2 PCS (88) Flat Washer 6 PCS</p>	
<p>STEP 13</p> <p>(74) Hexagon Head Bolt 2 PCS (78) Hexagon Socket Pan Head Cap Bolt 12 PCS (85) Nylon Nut 2 PCS (87) Flat Washer 16 PCS</p>	
 <p>Allen Wrench 6 mm 2 PCS</p>	 <p>Double Open End Wrench 2 PCS</p> <p>Multi Hex Tool 1 PC</p>

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

NOTE: It is recommended this home gym to be assembled by two or more people to avoid possible injury.



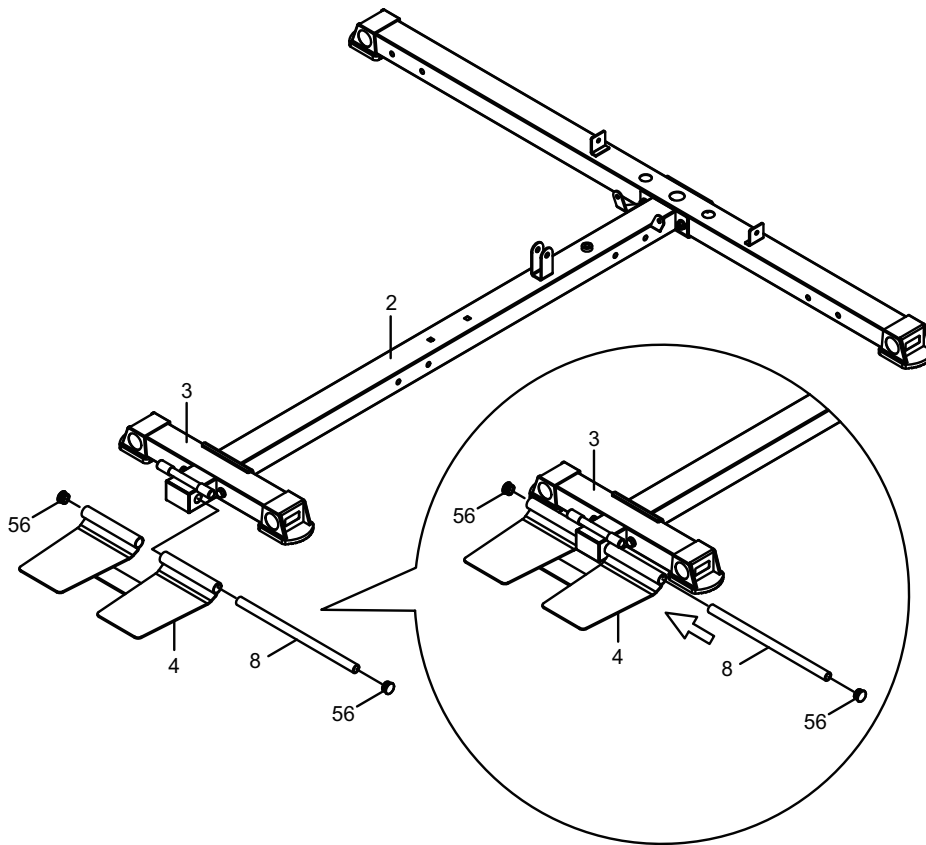
STEP 1

Attach the Rear Base Tube (1) onto the Base Tube (2) with two Carriage Bolts (70), two Nylon Nuts (85), and two Flat Washers (87). Tighten nylon nut with the Double Open End Wrench provided.

Attach the Front Base Tube (3) onto the Base Tube (2) with two Hexagon Head Bolts (74), two Nylon Nuts (85), and four Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

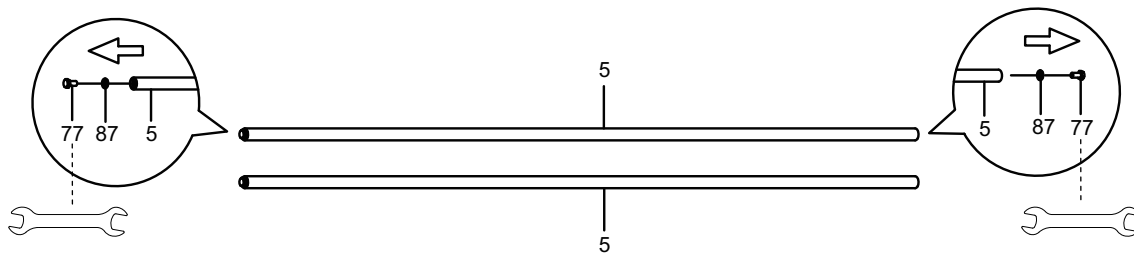
Hardware:

		(70) Carriage Bolt	2 PCS
		(74) Hexagon Head Bolt	2 PCS
		(85) Nylon Nut	4 PCS
		(87) Flat Washer	6 PCS



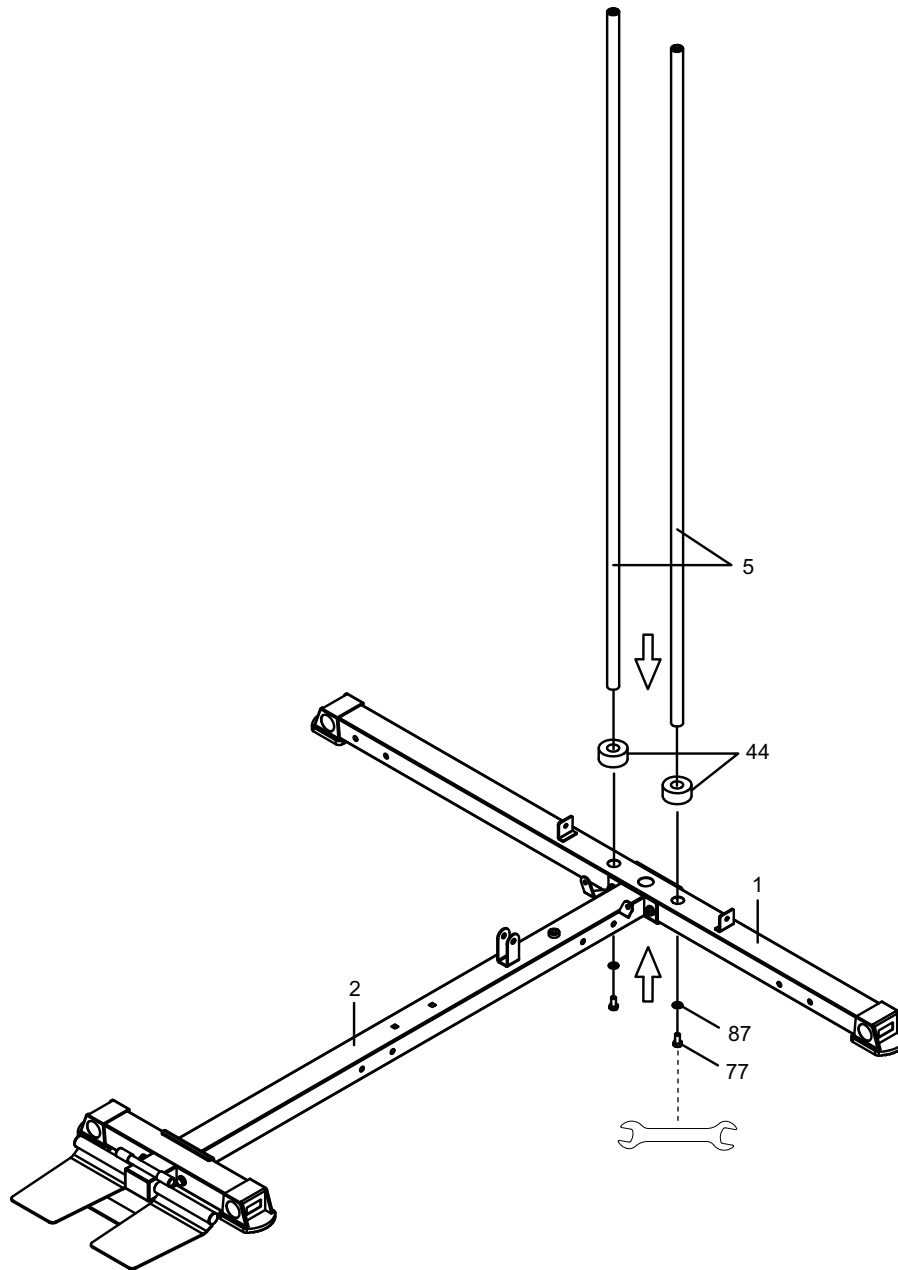
STEP 1-1

Fix the Foot Plate (4) to the Front Base Tube (3) by inserting the Foot Plate Tube (8) into the holes on the Foot Plate (4) and Front Base Tube (3).
 Install both Round End Caps (56) to the both ends of the Foot Plate Tube (8).



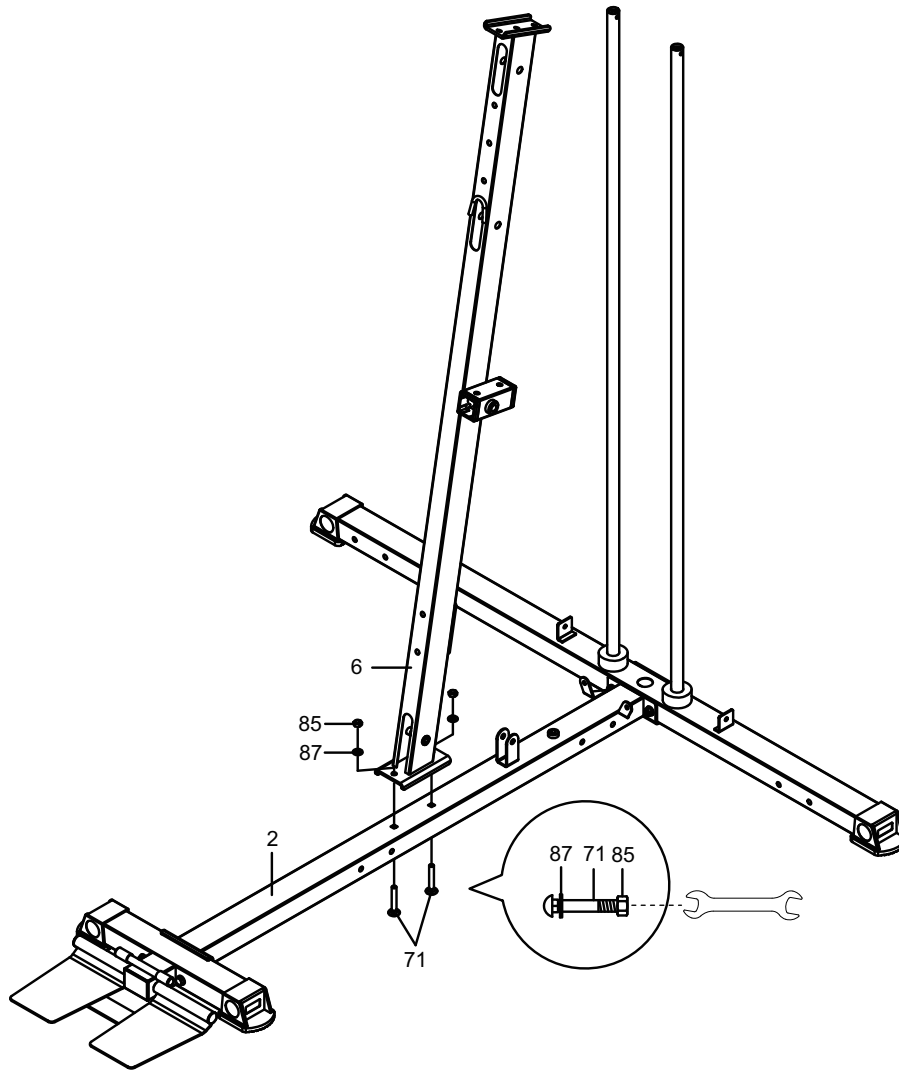
STEP 1-2

Remove two Hexagon Head Bolts (77) and two Flat Washers (87) from both ends of the Weight Guide (5). Remove bolt with the Double Open End Wrench provided.
 Repeat the above step to remove bolts and flat washers from the other Weight Guide (5).



STEP 1-3

Insert both Weight Guides (5) into the holes on the Rear Base Tube (1) and secure them with two Hexagon Head Bolts (77) and two Flat Washers (87) from the bottom of the Rear Base Tube (1). Tighten bolt with the Double Open End Wrench provided. Slide the two Rubber Bumpers (44) onto both Weight Guides (5).

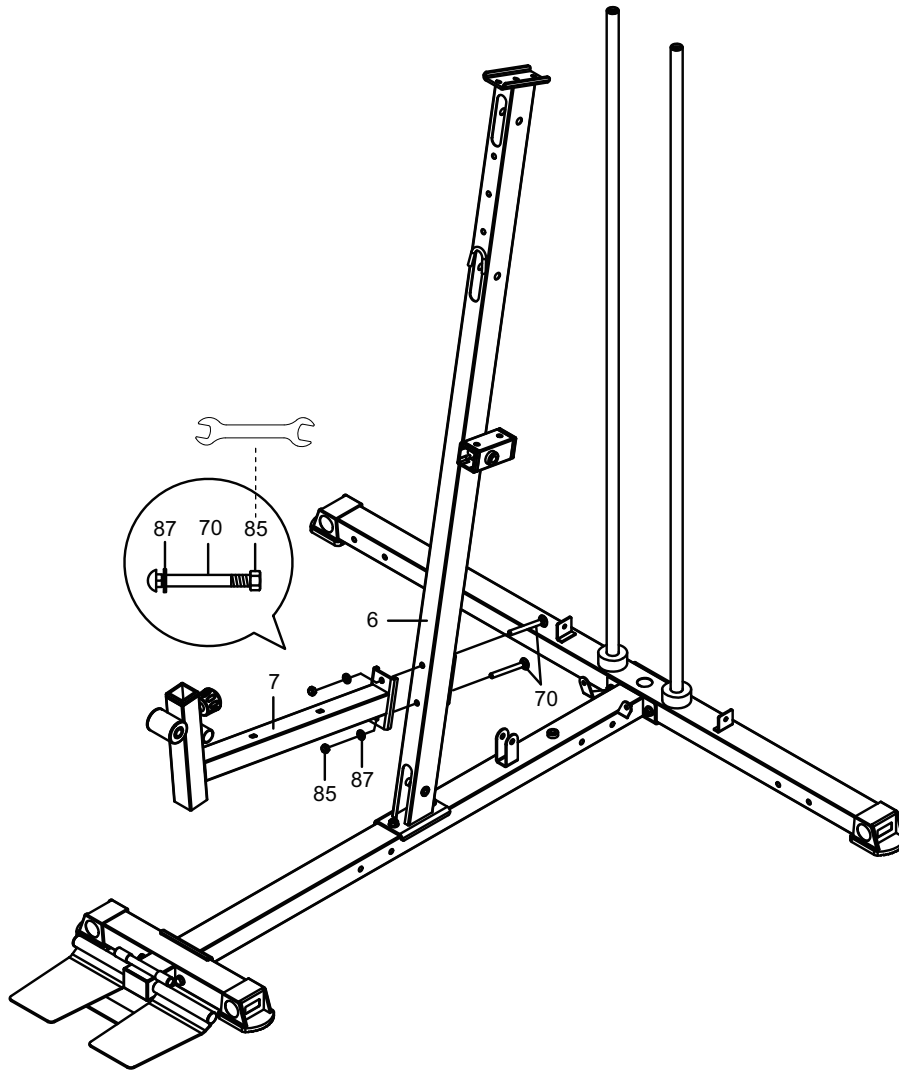


STEP 2

Attach the Upright Tube (6) onto the Base Tube (2) with two Carriage Bolts (71), two Nylon Nuts (85), and two Flat Washers (87). Tighten nylon nut with the Double Open End Wrench provided.

Hardware:

	(71) Carriage Bolt	2 PCS
	(85) Nylon Nut	2 PCS
	(87) Flat Washer	2 PCS

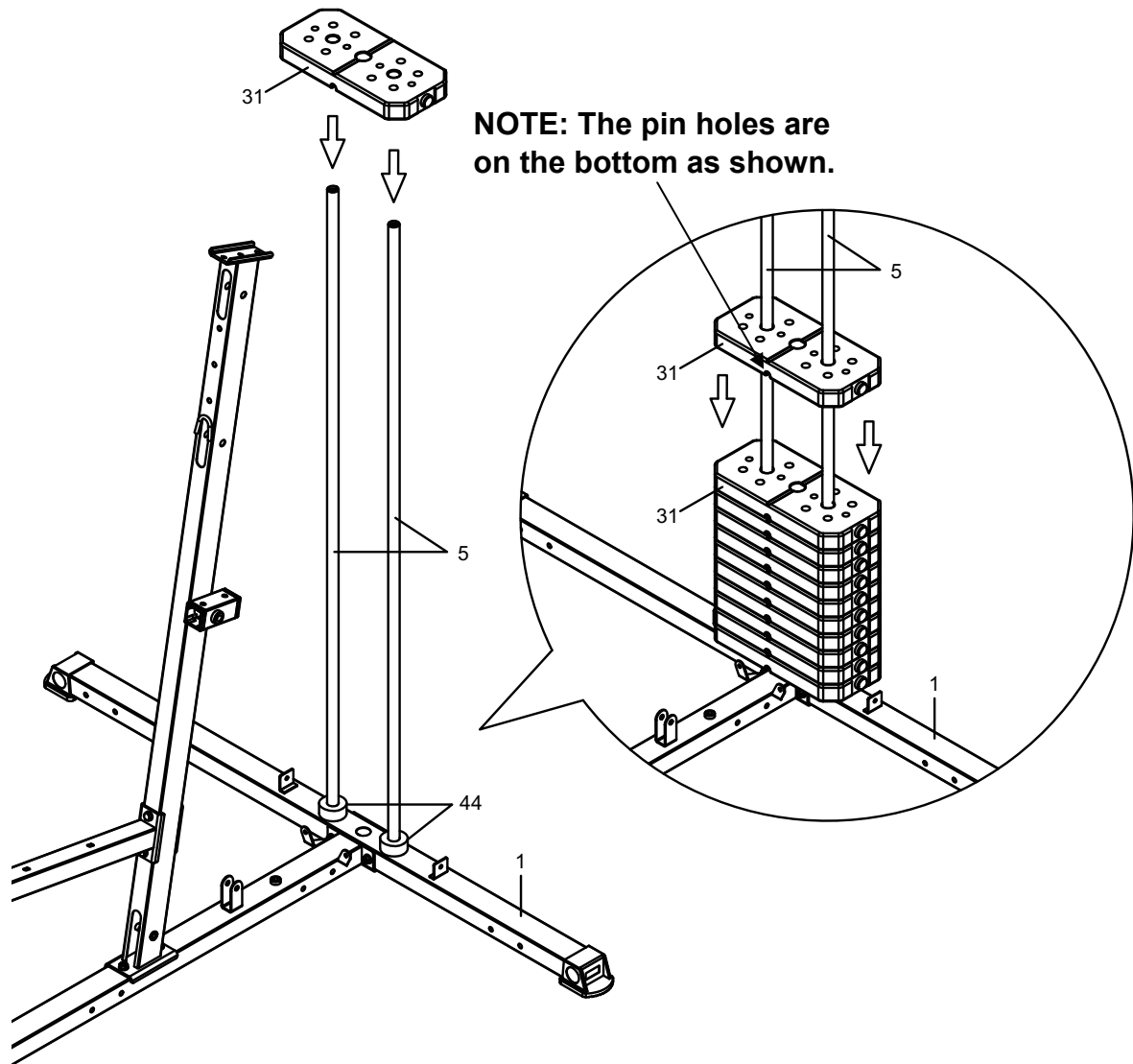


STEP 2-1

Attach the Seat Tube (7) onto the Upright Tube (6) with two Carriage Bolts (70), two Nylon Nuts (85), and two Flat Washers (87). Tighten nylon nut with the Double Open End Wrench provided.

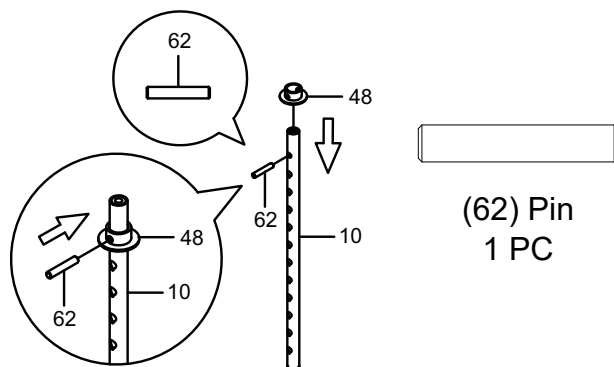
Hardware:

	(70) Carriage Bolt	2 PCS
	(85) Nylon Nut	2 PCS
	(87) Flat Washer	2 PCS



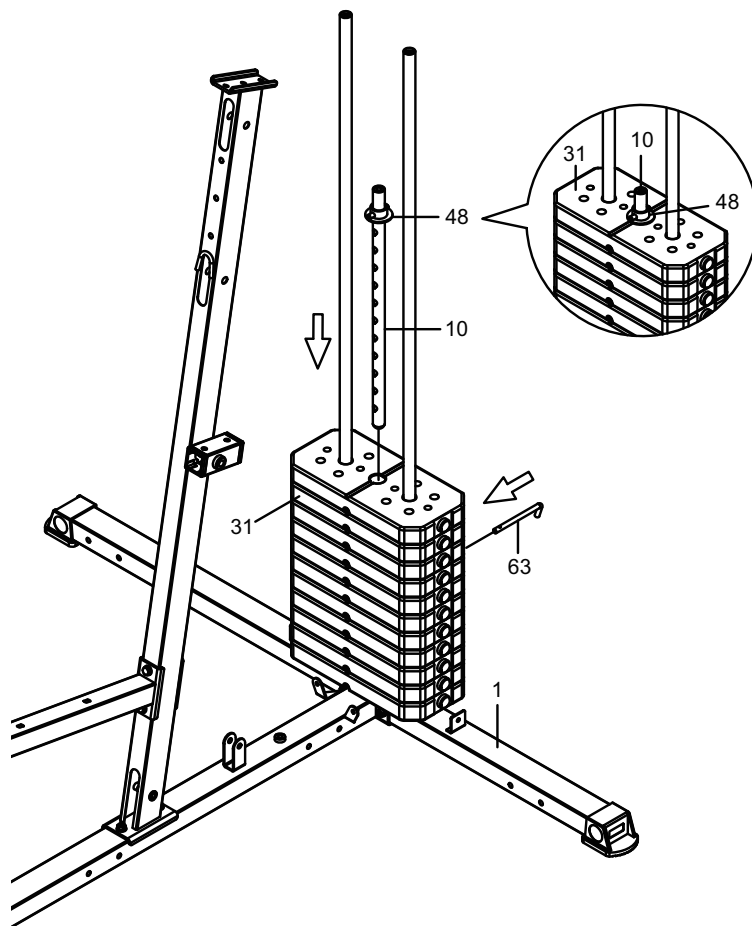
STEP 3

Slide the Weight Stacks (31) onto the Weight Guides (5).



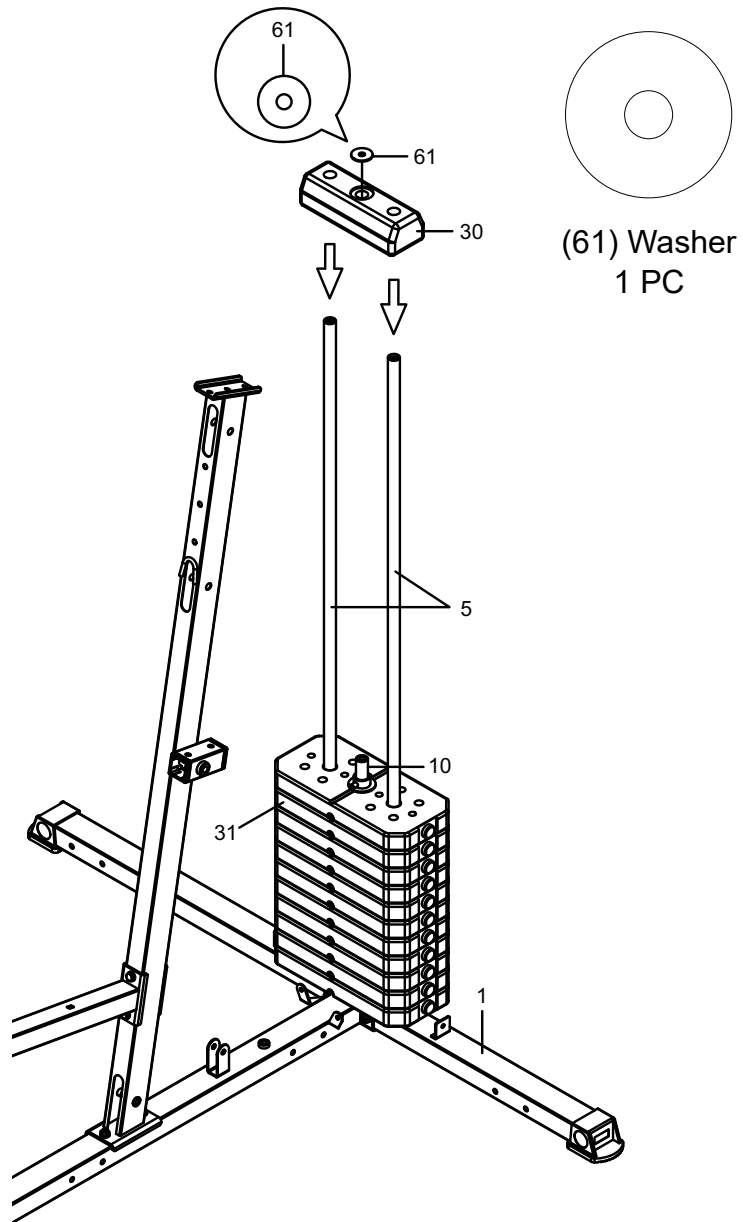
STEP 3-1

Slide the Weight Selector Shaft Bushing (48) onto the Weight Selector (10) and align pin hole. Secure the Weight Selector Shaft Bushing (48) onto the Weight Selector (10) by inserting the Pin (62) through into the holes of the Weight Selector Shaft Bushing (48) and Weight Selector (10).



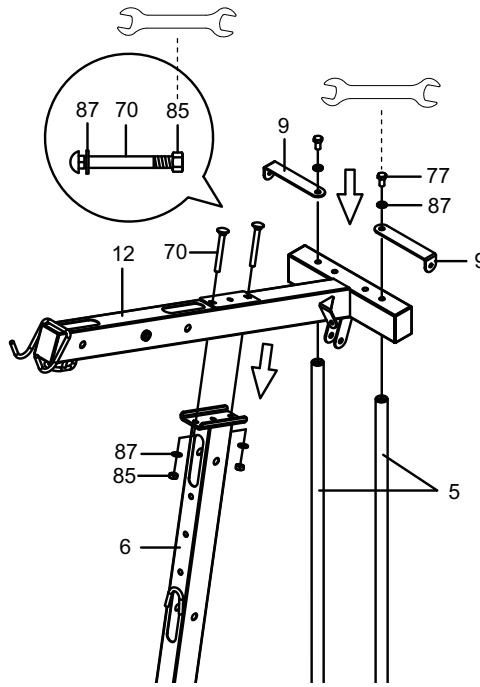
STEP 3-2

Insert the Weight Selector (10) into the Weight Stacks (31). Make sure that the pin on the Weight Selector (10) is oriented as shown. Insert the Weight Selector Pin (63) into the pin hole.



STEP 3-3

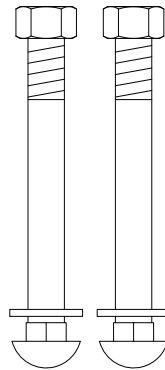
Slide the Top Weight Stack (30) onto the Weight Guides (5) and Weight Selector (10). Place the Washer (61) onto the hole of the Top Weight Stack (30).



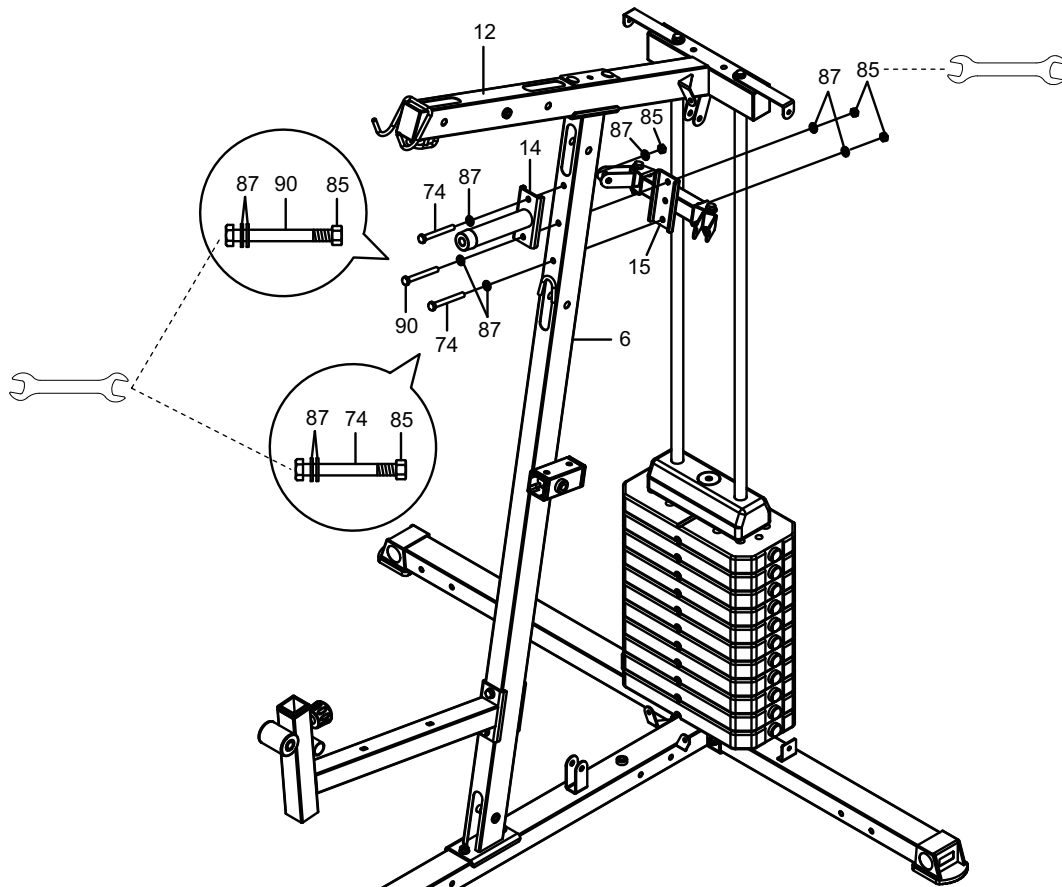
STEP 4

Attach the Top Frame (12) onto the Upright Tube (6) and Weight Guides (5) with two Top Weight Stack Cover Supports (9), two Carriage Bolts (70), two Hexagon Head Bolts (77), two Nylon Nuts (85), and four Flat Washers (87). Tighten bolt and nylon nut with the Double Open End Wrench provided.

Hardware:



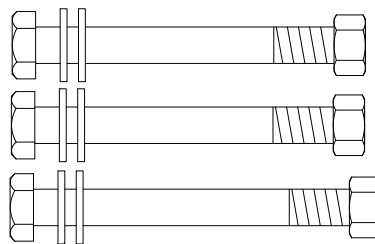
- | | |
|--------------------|-------|
| (70) Carriage Bolt | 2 PCS |
| (85) Nylon Nut | 2 PCS |
| (87) Flat Washer | 2 PCS |



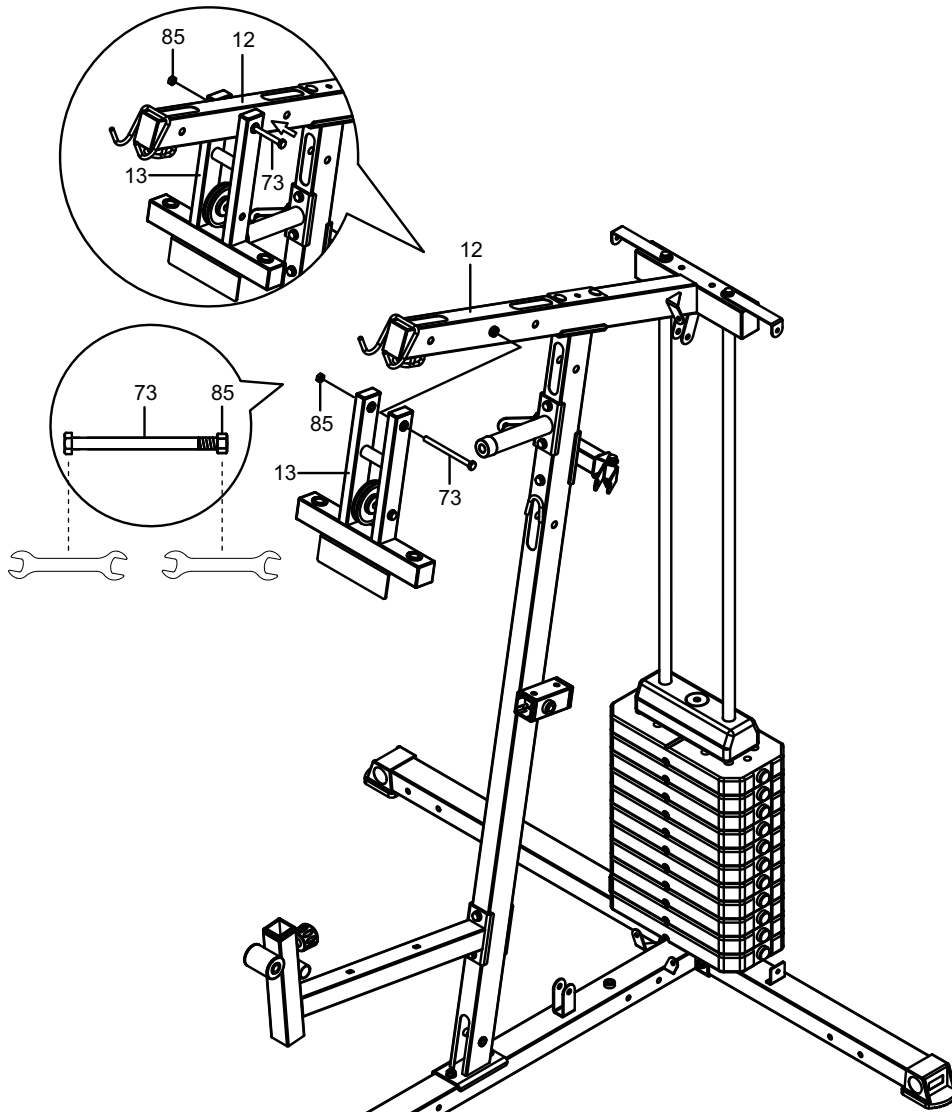
STEP 5

Attach the Upright Support Tube (14) and Pulley Bracket (15) onto the Upright Tube (6) with one Hexagon Head Bolt (90), two Hexagon Head Bolts (74), three Nylon Nuts (85), six Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:



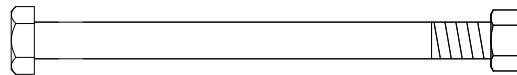
- | | |
|------------------------|-------|
| (74) Hexagon Head Bolt | 2 PCS |
| (85) Nylon Nut | 3 PCS |
| (87) Flat Washer | 6 PCS |
| (90) Hexagon Head Bolt | 1 PC |



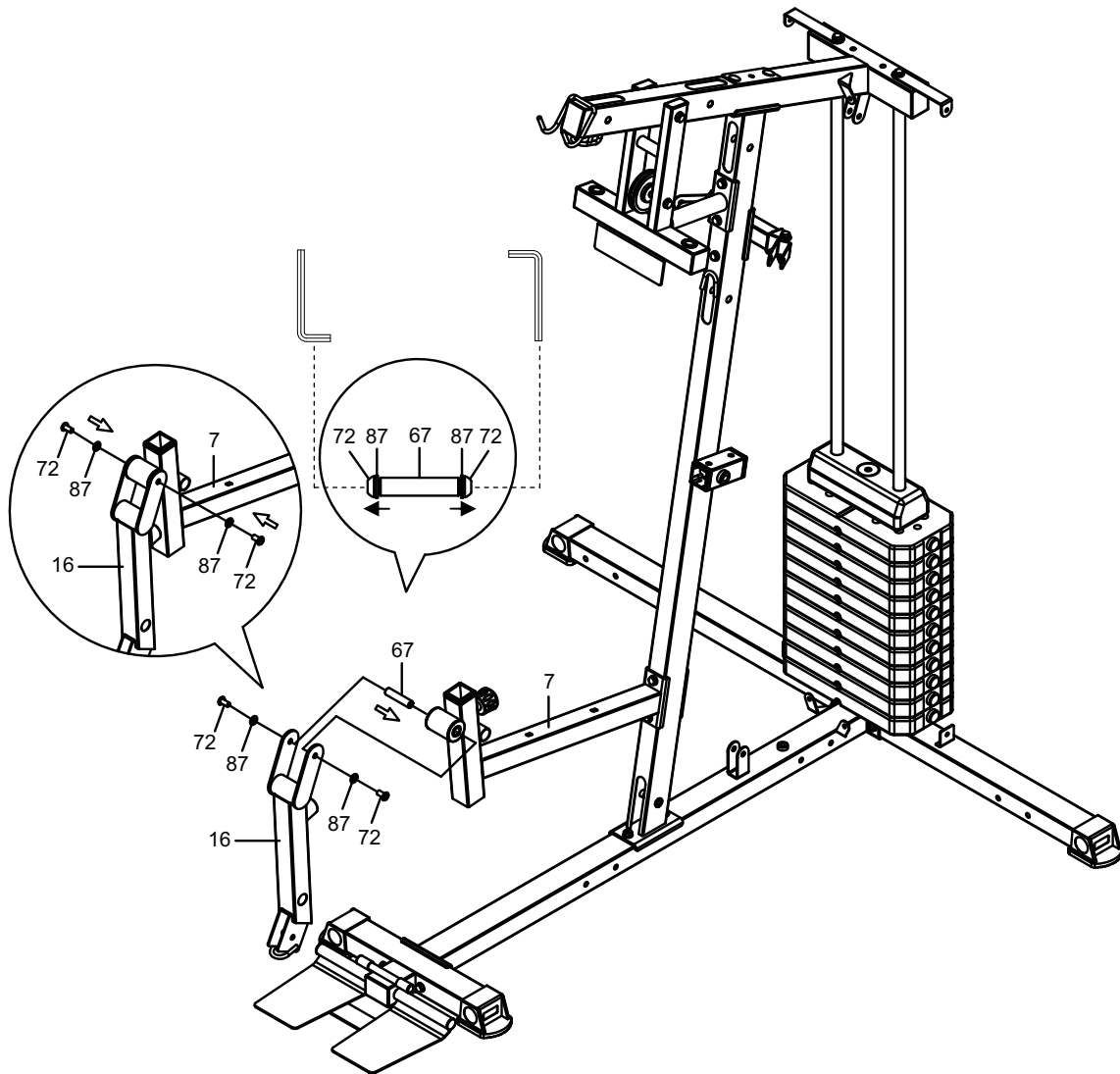
STEP 5-1

Attach the Pivot Frame (13) onto the Top Frame (12) with one Hexagon Head Bolt (73) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:



- (73) Hexagon Head Bolt 1 PC
- (85) Nylon Nut 1 PC



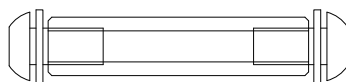
STEP 6

Remove two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) from both ends of the Axle (67). Remove bolts with two Allen Wrenches provided.

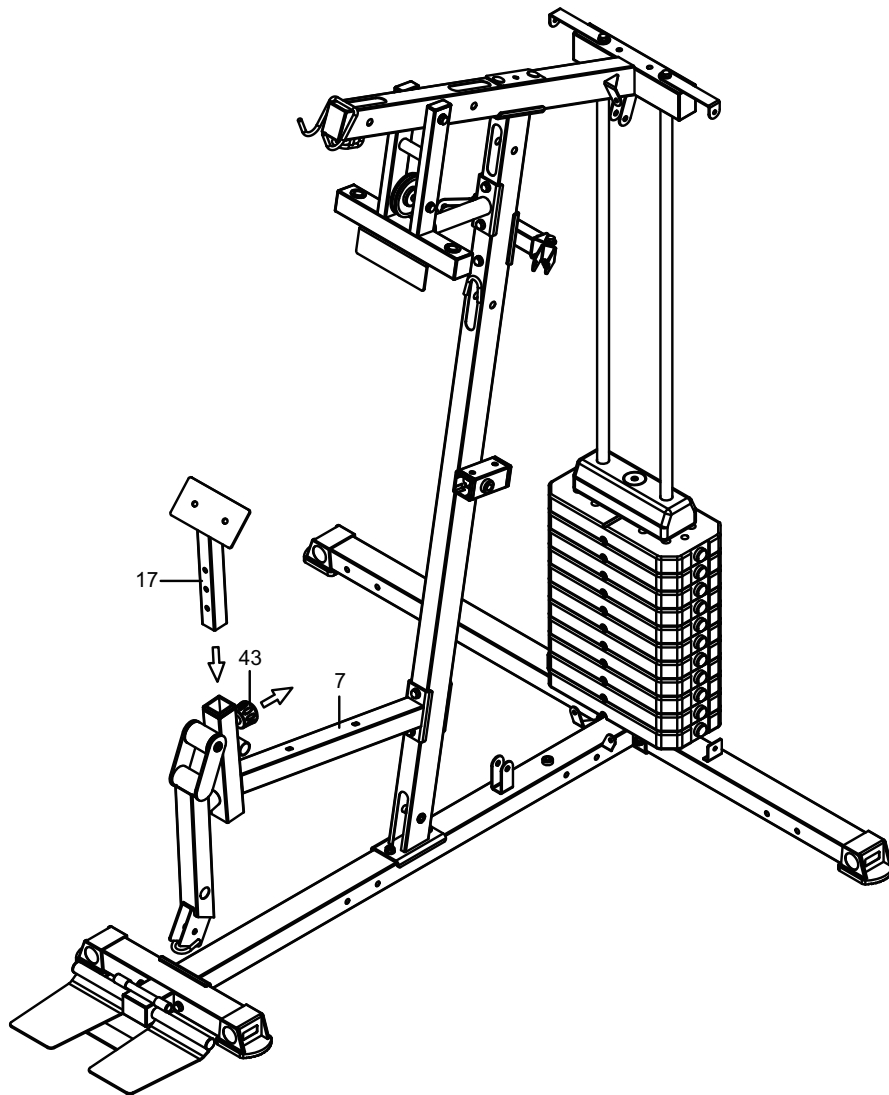
Insert the Axle (67) into the hole on the Seat Tube (7).

Attach the Leg Lever (16) onto the Seat Tube (7) with two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) that were removed. Tighten bolts with two Allen Wrenches provided.

Hardware:

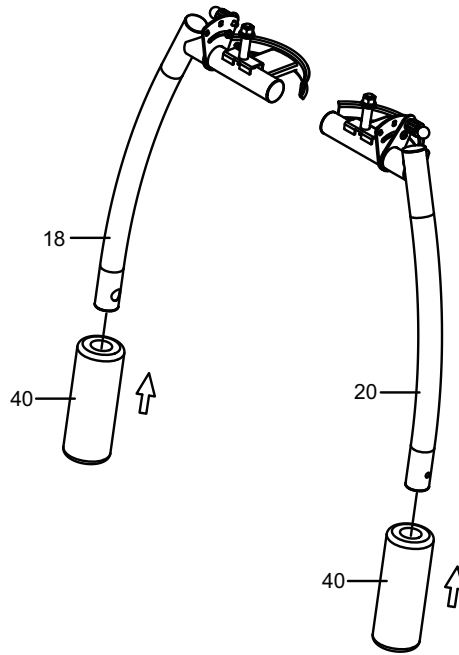


(67) Axle	1 PC
(72) Hexagon Socket Pan Head Cap	2 PCS
(87) Flat Washer	2 PCS



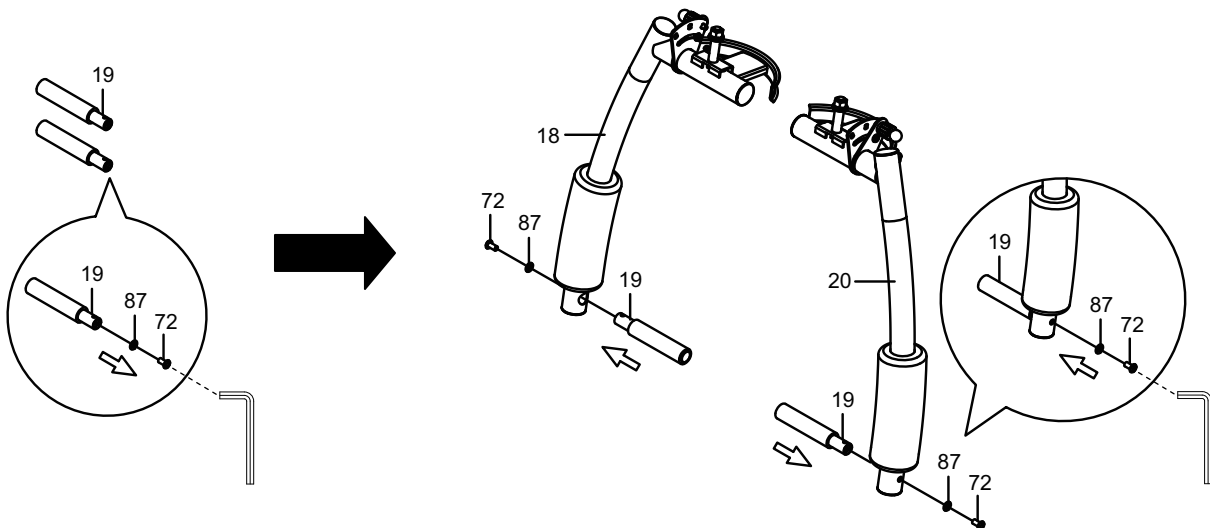
STEP 6-1

Turn the Round Knob (43) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (43) and then slide the Arm Curl Post (17) into the square hole on the Seat Tube (7). Slide the Arm Curl Post (17) up or down direction to the suitable position. Lock the Arm Curl Post (17) in place by releasing the Round Knob (43) and sliding the Arm Curl Post (17) up or down slightly until the Round Knob (43) "pops" down into the locked position. For added safety, tighten the Round Knob (43) in a clockwise direction.



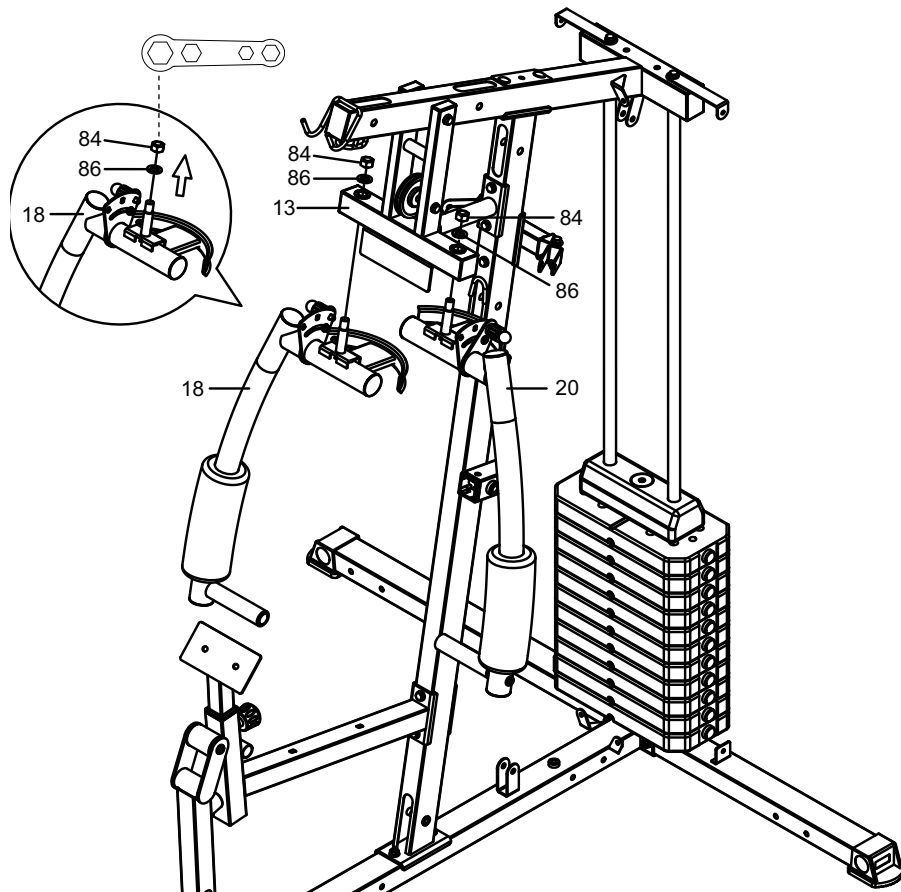
STEP 7

Slide both Arm Foam Rollers (40) onto both Right and Left Arms (18, 20).



STEP 7-1

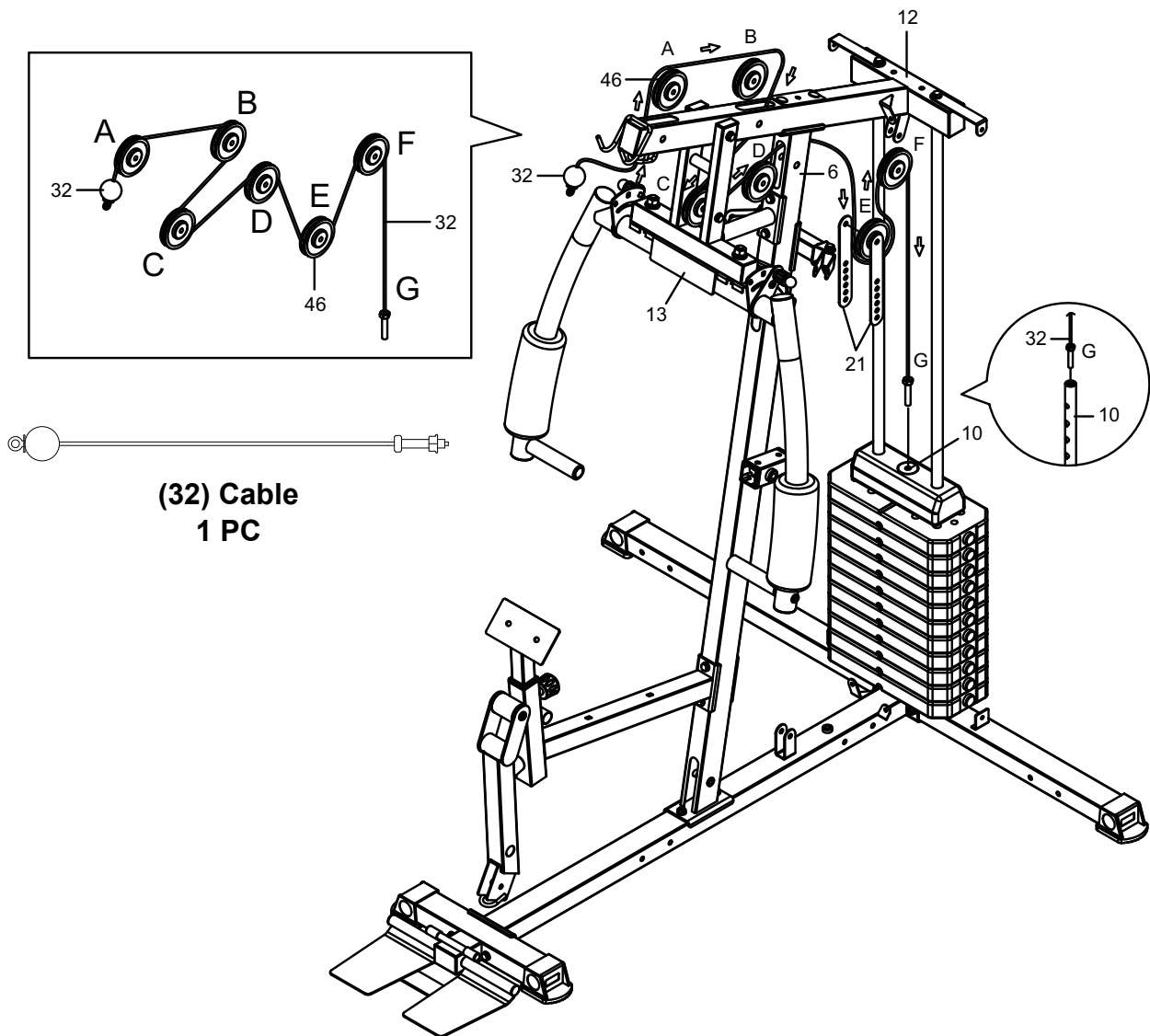
Remove two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) from both Handles (19). Remove bolt with the Allen Wrench provided. Attach the Handles (19) onto both Right and Left Arms (18, 20) with two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) that were removed. Tighten bolt with the Allen Wrench provided.



STEP 7-2

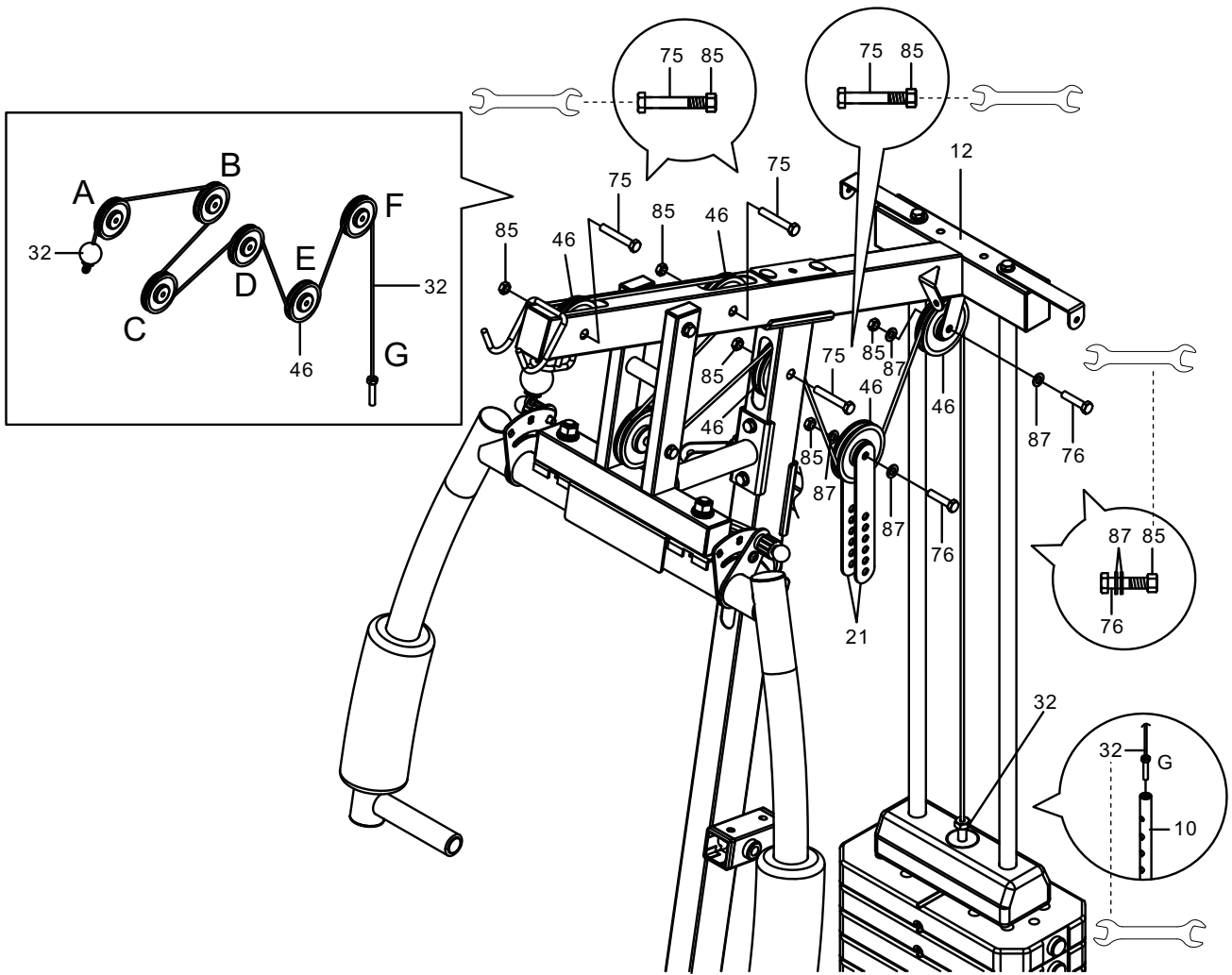
Remove two Nylon Nuts (84) and two Big Washers (86) from both Right and Left Arms (18, 20). Remove nylon nut with the Multi Hex Tool provided. Attach both Right and Left Arms (18, 20) to the Top Frame (13) with two Nylon Nuts (84) and two Big Washers (86) that were removed. Tighten nylon nut with the Multi Hex Tool provided.

CABLE ASSEMBLY



STEP 8

Routing the Cable (32) from A to G.

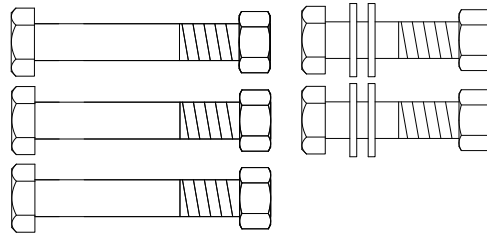


STEP 8-1

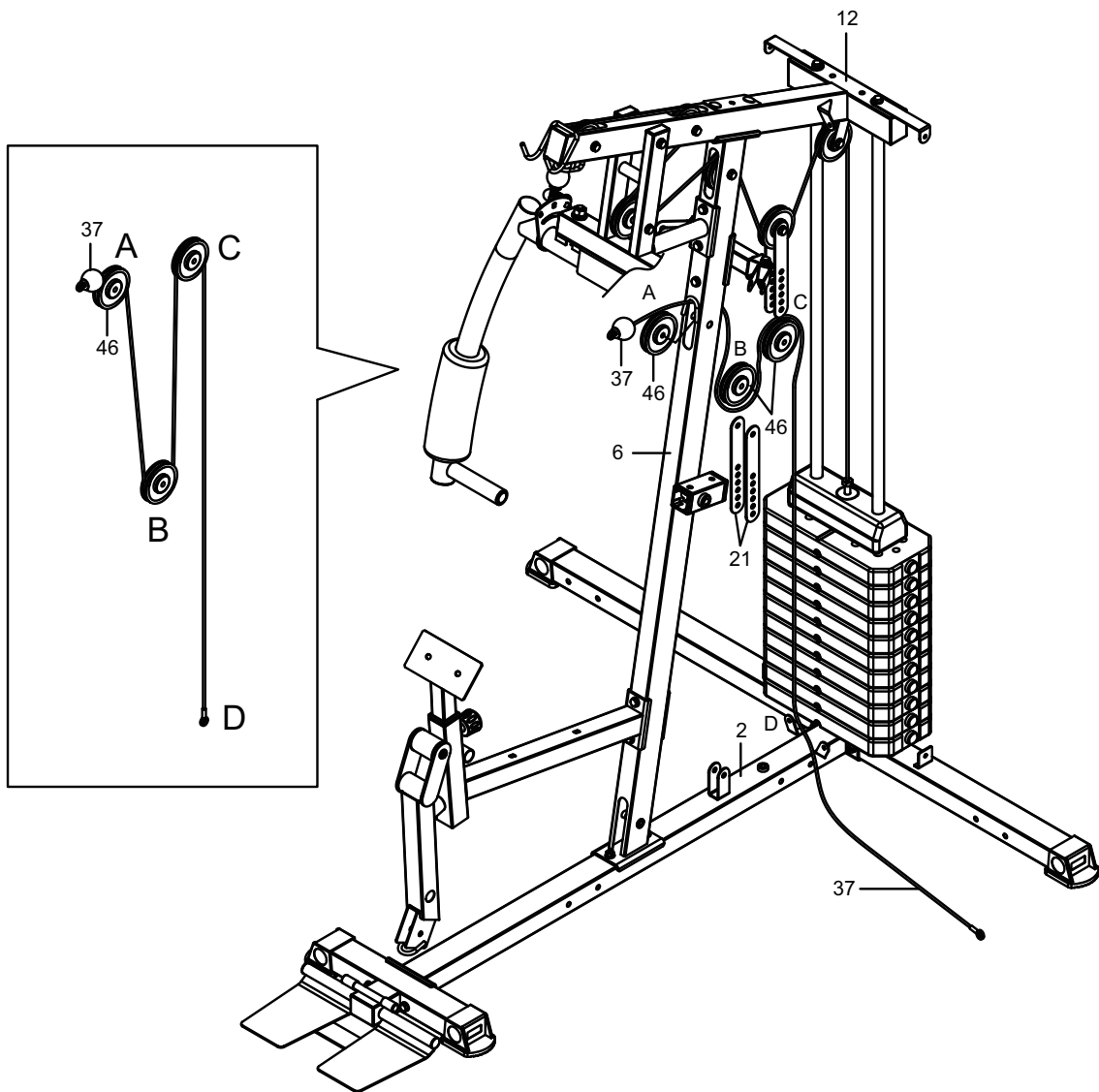
- A. Thread the Cable (32) through the Top Frame (12). Slot the Pulley (46) into the Top Frame (12) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) into the Top Frame (12) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- B. Pull the Cable (32) forwards through the Top Frame (12). Slot the Pulley (46) into the Top Frame (12) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) into the Top Frame (12) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- C. Pull the Cable (32) downwards through over the Pulley (46) in the Pivot Frame (13).
- D. Pull the Cable (32) upwards through the Upright Tube (6). Slot the Pulley (46) into the Upright Tube (6) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) into the Upright Tube (6) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- E. Pull the Cable (32) downwards to the Double Floating Pulley Brackets (21). Slot the Pulley (46) in the Double Floating Pulley Brackets (21) and pull the Cable (32) through underneath the Pulley (46). Then secure the Pulley (46) in the Double Floating Pulley Brackets (21) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

- F. Pull the Cable (32) upwards through the Top Frame (12). Slot the Pulley (46) into the Top Frame (12) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) into the Top Frame (12) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- G. Pull the Cable (32) downwards and connect the Cable (32) with the Weight Selector (10). Tighten nut with the Double Open End Wrench provided.

Hardware:



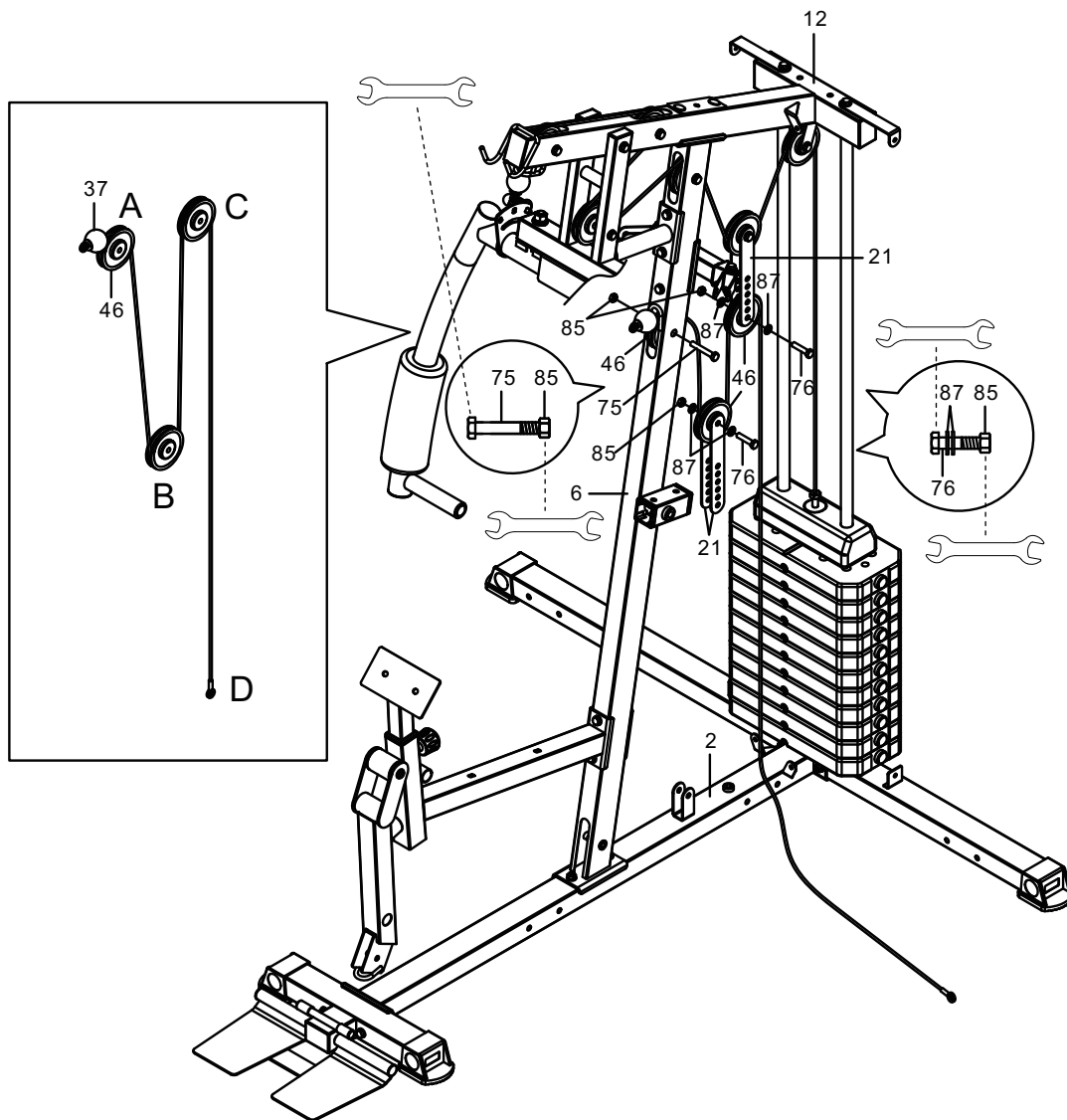
(75) Hexagon Head Bolt	3 PCS
(76) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	5 PCS
(87) Flat Washer	4 PCS



(37) Leg Press Cable
1 PC

STEP 9

Routing the Leg Press Cable (37) from A to D.

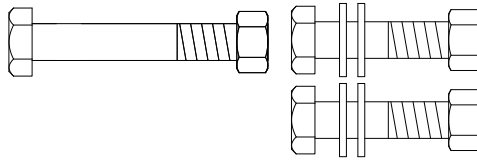


STEP 9-1

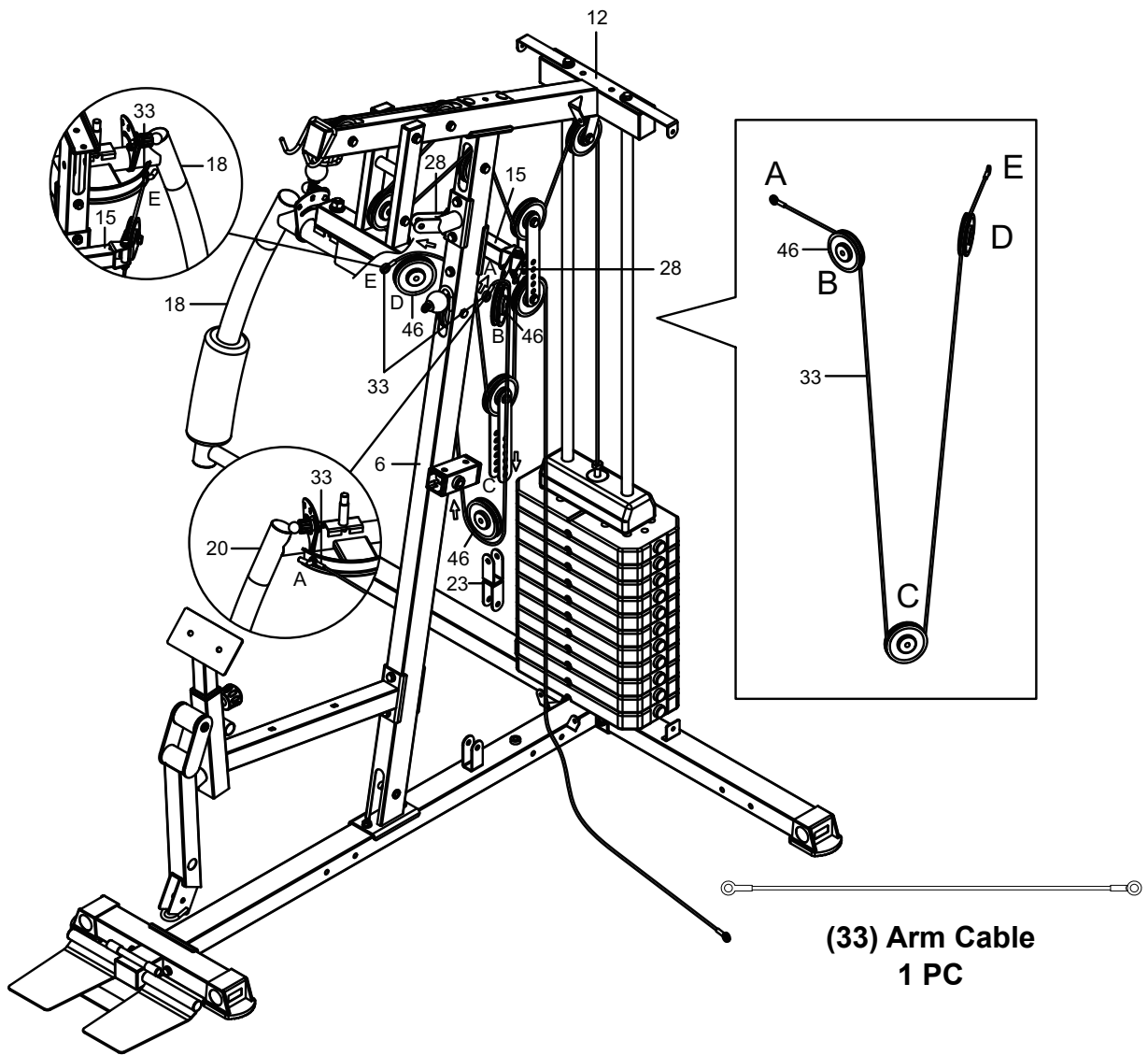
- A. Thread the Leg Press Cable (37) through the Upright Tube (6). Slot the Pulley (46) into the Upright Tube (6) and pull the Leg Press Cable (37) through over the Pulley (46). Then secure the Pulley (46) into the Upright Tube (6) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- B. Pull the Leg Press Cable (37) downwards to the Double Floating Pulley Brackets (21). Slot the Pulley (46) in the Double Floating Pulley Brackets (21) and pull the Leg Press Cable (37) through underneath the Pulley (46). Then secure the Pulley (46) in the Double Floating Pulley Brackets (21) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- C. Pull the Leg Press Cable (37) upwards to the Double Floating Pulley Brackets (21). Slot the Pulley (46) in the Double Floating Pulley Brackets (21) and pull the Leg Press Cable (37) through over the Pulley (46). Then secure the Pulley (46) in the Double Floating Pulley Brackets (21) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

D. Pull the Leg Press Cable (37) downwards to the ground.

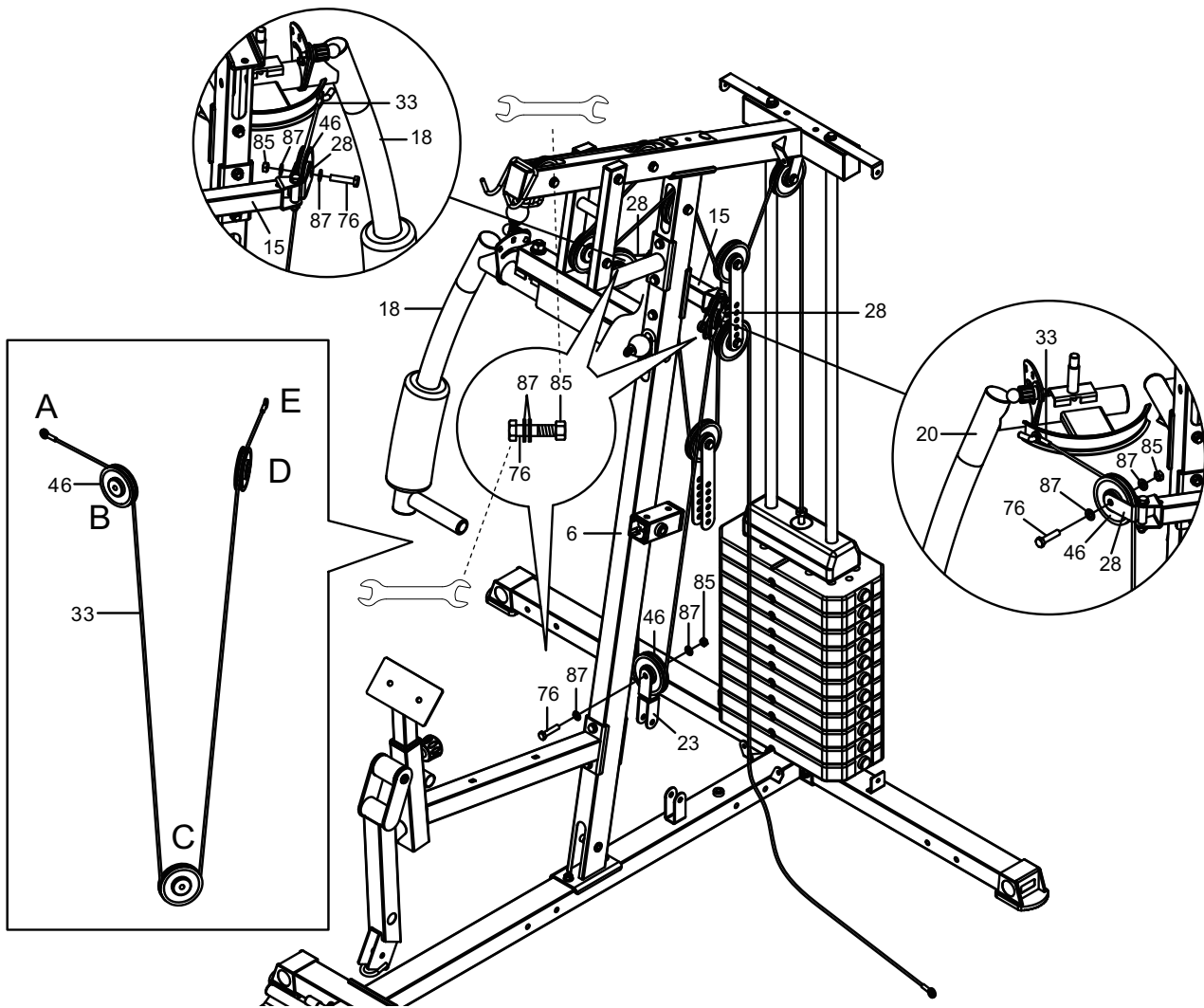
Hardware:



- | | |
|------------------------|-------|
| (75) Hexagon Head Bolt | 1 PC |
| (76) Hexagon Head Bolt | 2 PCS |
| (85) Nylon Nut | 3 PCS |
| (87) Flat Washer | 4 PCS |



STEP 10
 Routing the Cable (32) from A to E.

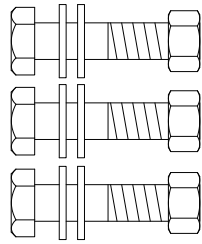


STEP 10-1

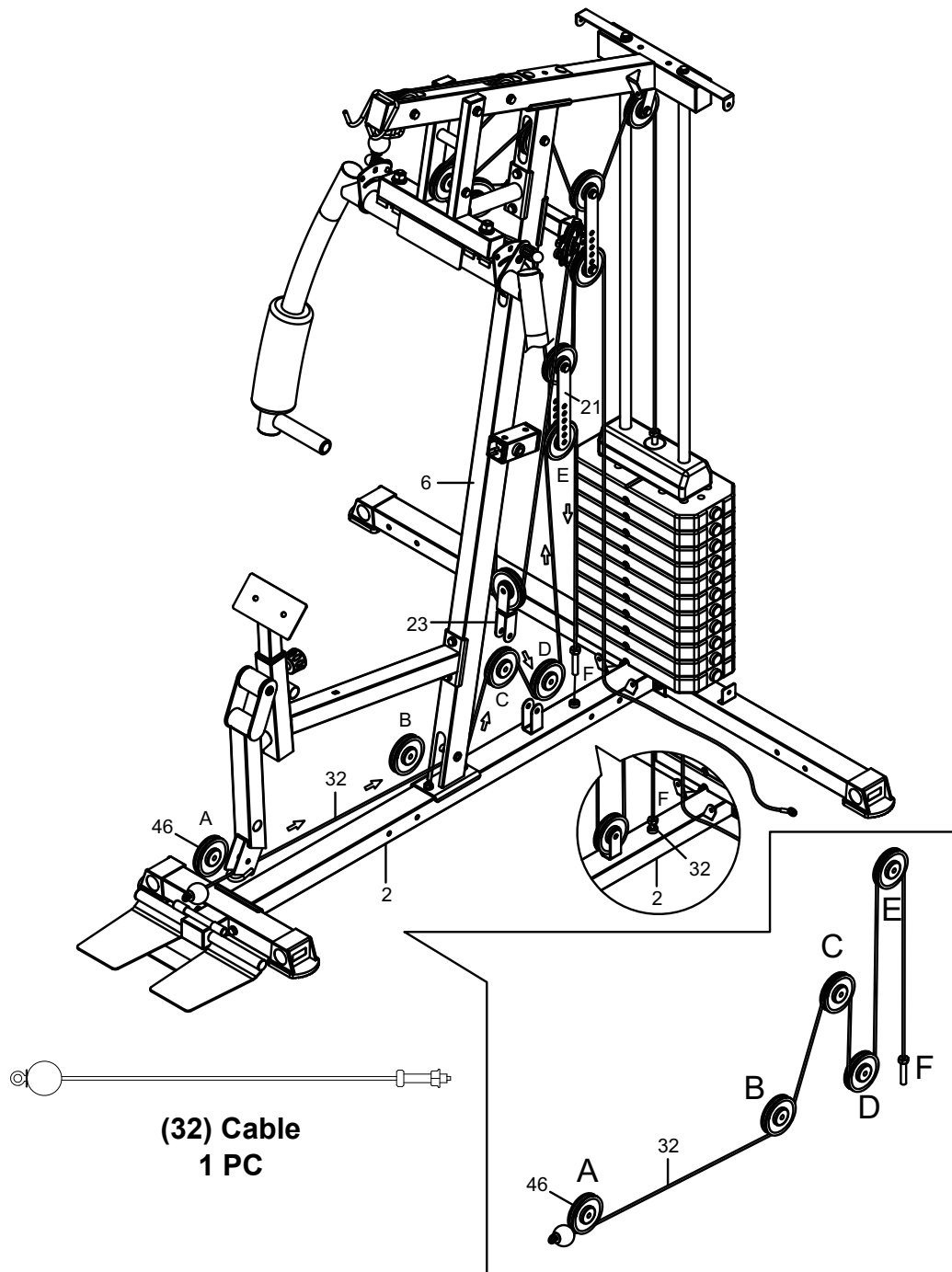
- A. Fix one end of the Arm Cable (33) to the Left Arm (20).
- B. Pull the Arm Cable (33) forwards to the U-shaped Pulley Bracket (28). Slot the Pulley (46) in the U-shaped Pulley Bracket (28) and pull the Arm Cable (33) through over the Pulley (46). Then secure the Pulley (46) in the U-shaped Pulley Bracket (28) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- C. Pull the Arm Cable (33) downwards to the Crossed Double Floating Pulley Bracket (23). Slot the Pulley (46) in the Crossed Double Floating Pulley Bracket (23) and pull the Arm Cable (33) through underneath the Pulley (46). Then secure the Pulley (46) in the Crossed Double Floating Pulley Bracket (23) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- D. Pull the Arm Cable (33) upwards to the U-shaped Pulley Bracket (28). Slot the Pulley (46) in the U-shaped Pulley Bracket (28) and pull the Arm Cable (33) through over the Pulley (46). Then secure the Pulley (46) in the U-shaped Pulley Bracket (28) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

E. Pull the Arm Cable (33) backwards to fix the other end of the Arm Cable (33) to the Right Arm (18).

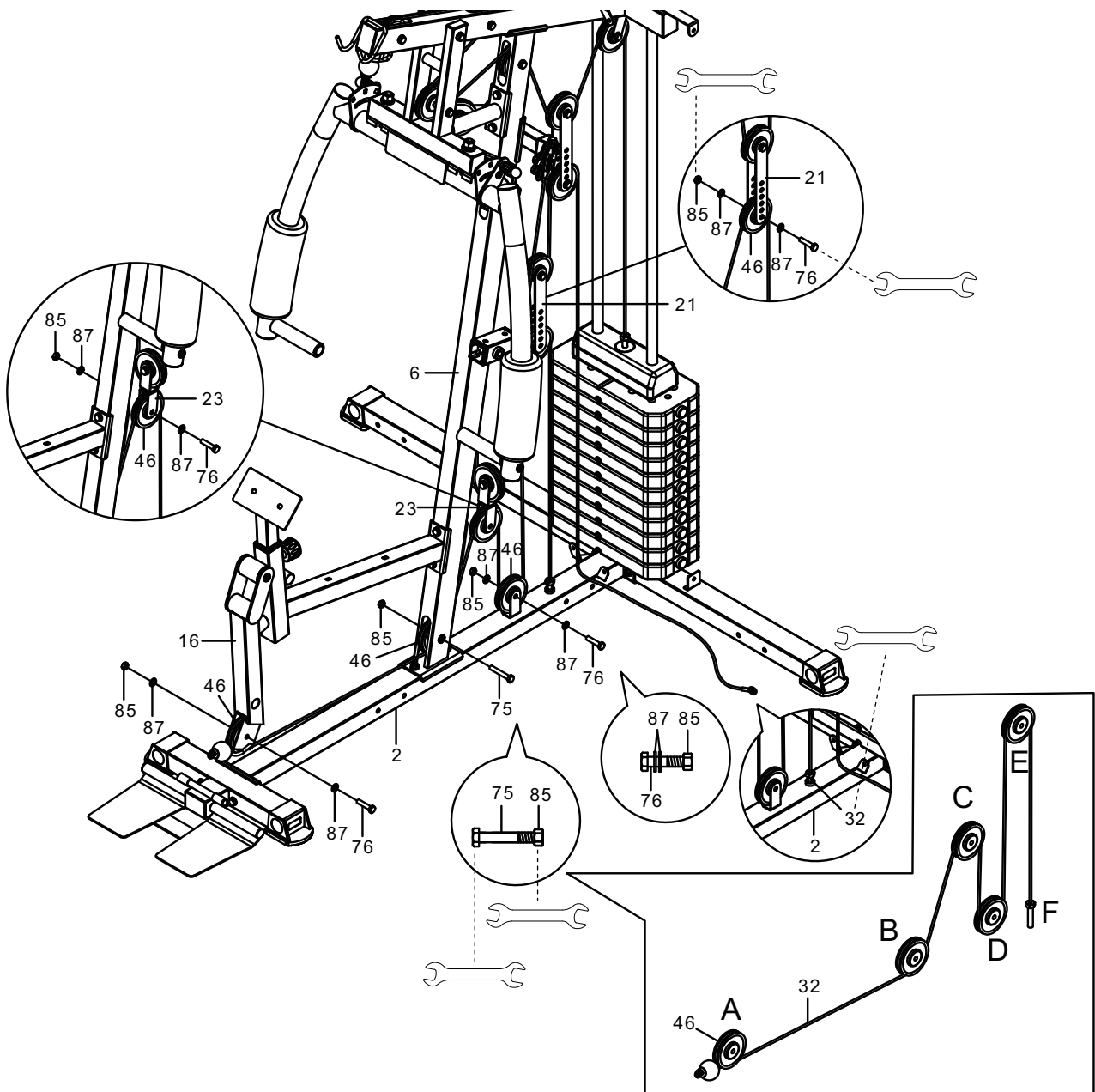
Hardware:



- (76) Hexagon Head Bolt 3 PCS
- (85) Nylon Nut 3 PCS
- (87) Flat Washer 6 PCS



STEP 11
Routing the Cable (32) from A to F.



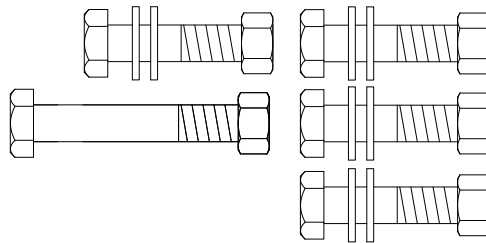
STEP 11-1

- A. Thread the Cable (32) through the Leg Lever (16). Slot the Pulley (46) into the Leg Lever (16) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) into the Leg Lever (16) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- B. Pull the Cable (32) forwards to the Upright Tube (6). Slot the Pulley (46) in the Upright Tube (6) and pull the Cable (32) through underneath the Pulley (46). Then secure the Pulley (46) in the Upright Tube (6) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- C. Pull the Cable (32) upwards to the Crossed Double Floating Pulley Bracket (23). Slot the Pulley (46) in the Crossed Double Floating Pulley Bracket (23) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) in the Crossed Double

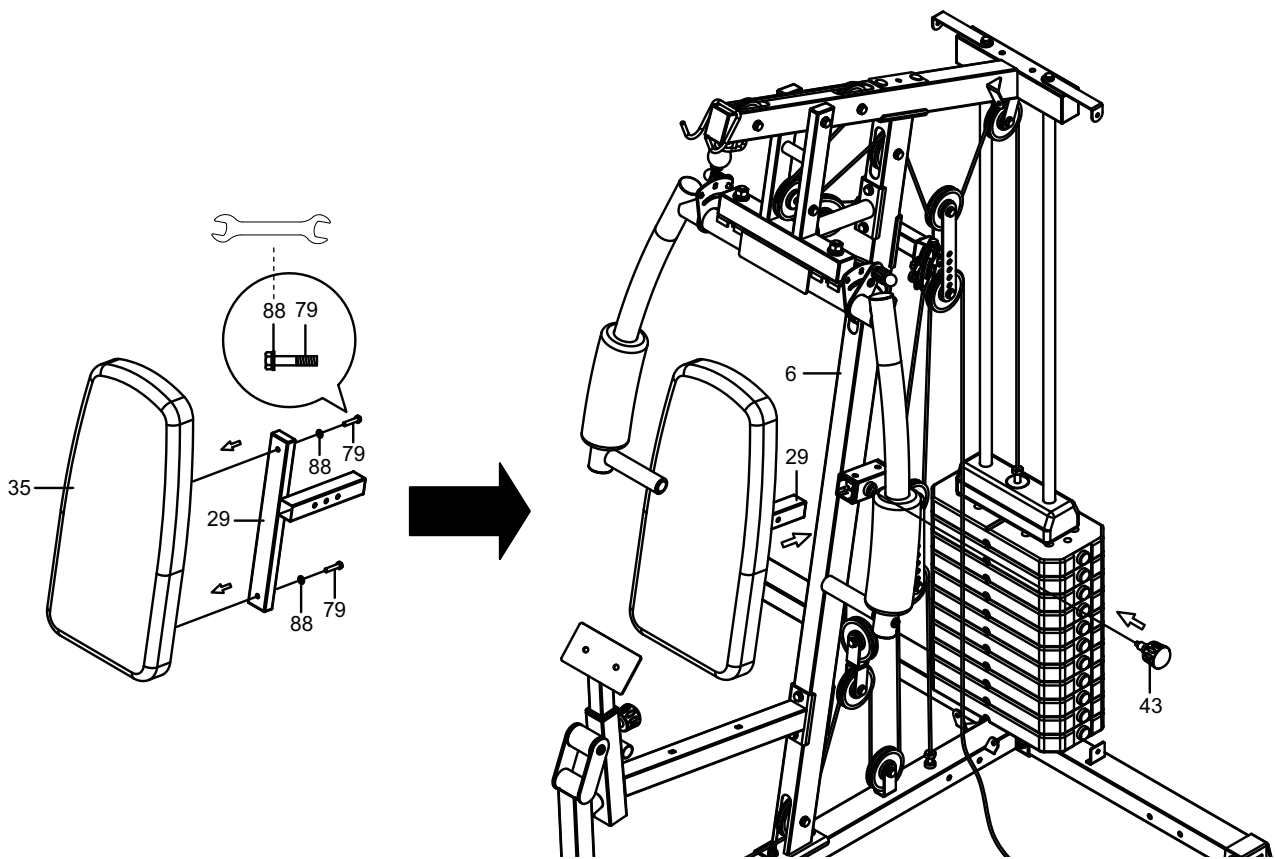
Floating Pulley Bracket (23) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

- D. Pull the Cable (32) downwards to the Base Tube (2). Slot the Pulley (46) in the Base Tube (2) and pull the Cable (32) through underneath the Pulley (46). Then secure the Pulley (46) in the Base Tube (2) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- E. Pull the Cable (32) upwards to the Double Floating Pulley Brackets (21). Slot the Pulley (46) in the Double Floating Pulley Brackets (21) and pull the Cable (32) through over the Pulley (46). Then secure the Pulley (46) in the Double Floating Pulley Brackets (21) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- F. Pull the Cable (32) downwards and connect the Cable (32) with the Base Tube (2). Tighten nut with the Double Open End Wrench provided.

Hardware:



(75) Hexagon Head Bolt	1 PC
(76) Hexagon Head Bolt	4 PCS
(85) Nylon Nut	5 PCS
(87) Flat Washer	6 PCS

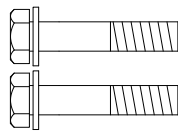


STEP 12

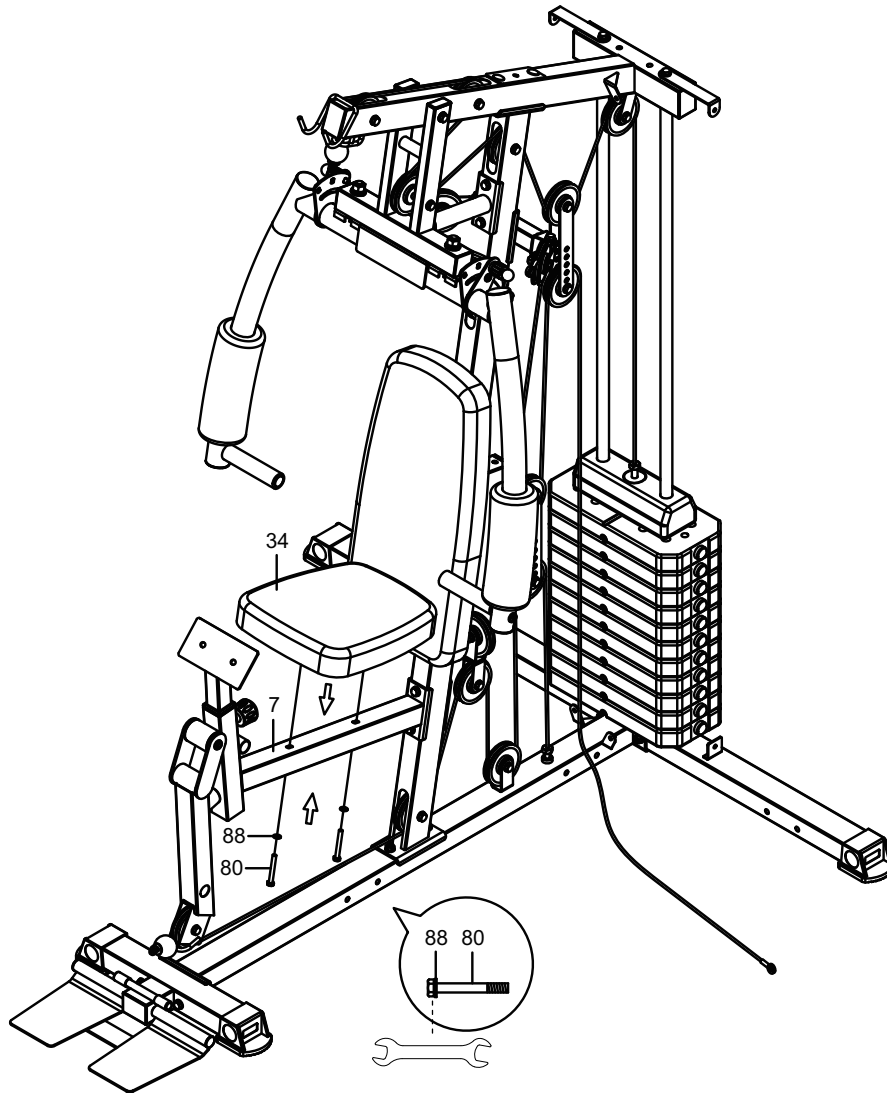
Attach the Backrest (35) to the Backrest Frame (29) with two Hexagon Head Bolts (79) and two Flat Washers (88). Tighten bolt and nylon nut with the Double Open End Wrench provided.

Insert the Backrest Frame (29) into the Upright Tube (6) and tighten a Round Knob (43) into the Upright Tube (6) and one of the holes in the Backrest Frame (29).

Hardware:



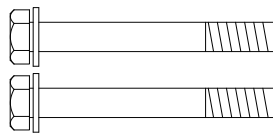
- | | |
|------------------------|-------|
| (79) Hexagon Head Bolt | 2 PCS |
| (88) Flat Washer | 2 PCS |



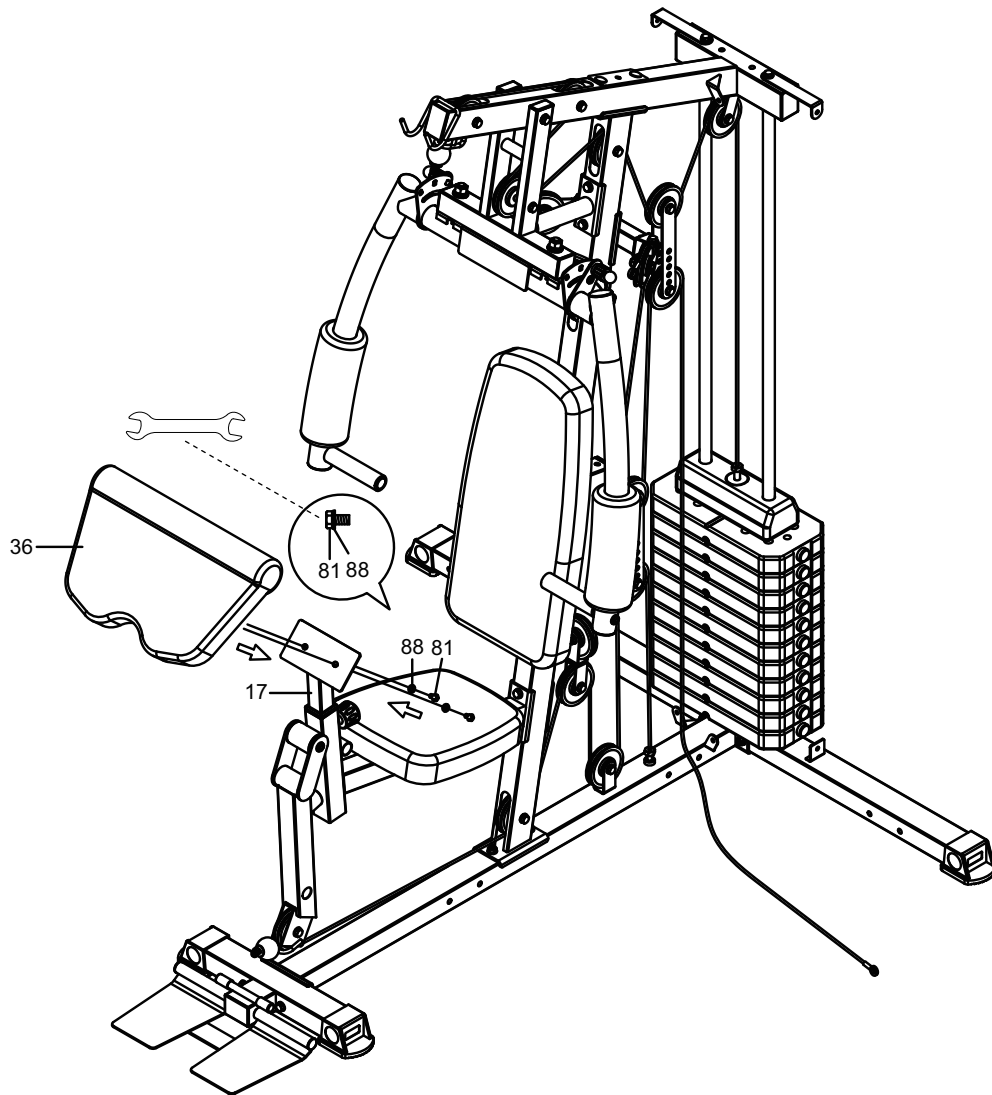
STEP 12-1

Attach the Seat Pad (34) to the Seat Tube (7) with two Hexagon Head Bolts (80) and two Flat Washers (88). Tighten bolt and nylon nut with the Double Open End Wrench provided.

Hardware:



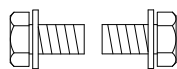
- (80) Hexagon Head Bolt 2 PCS
- (88) Flat Washer 2 PCS



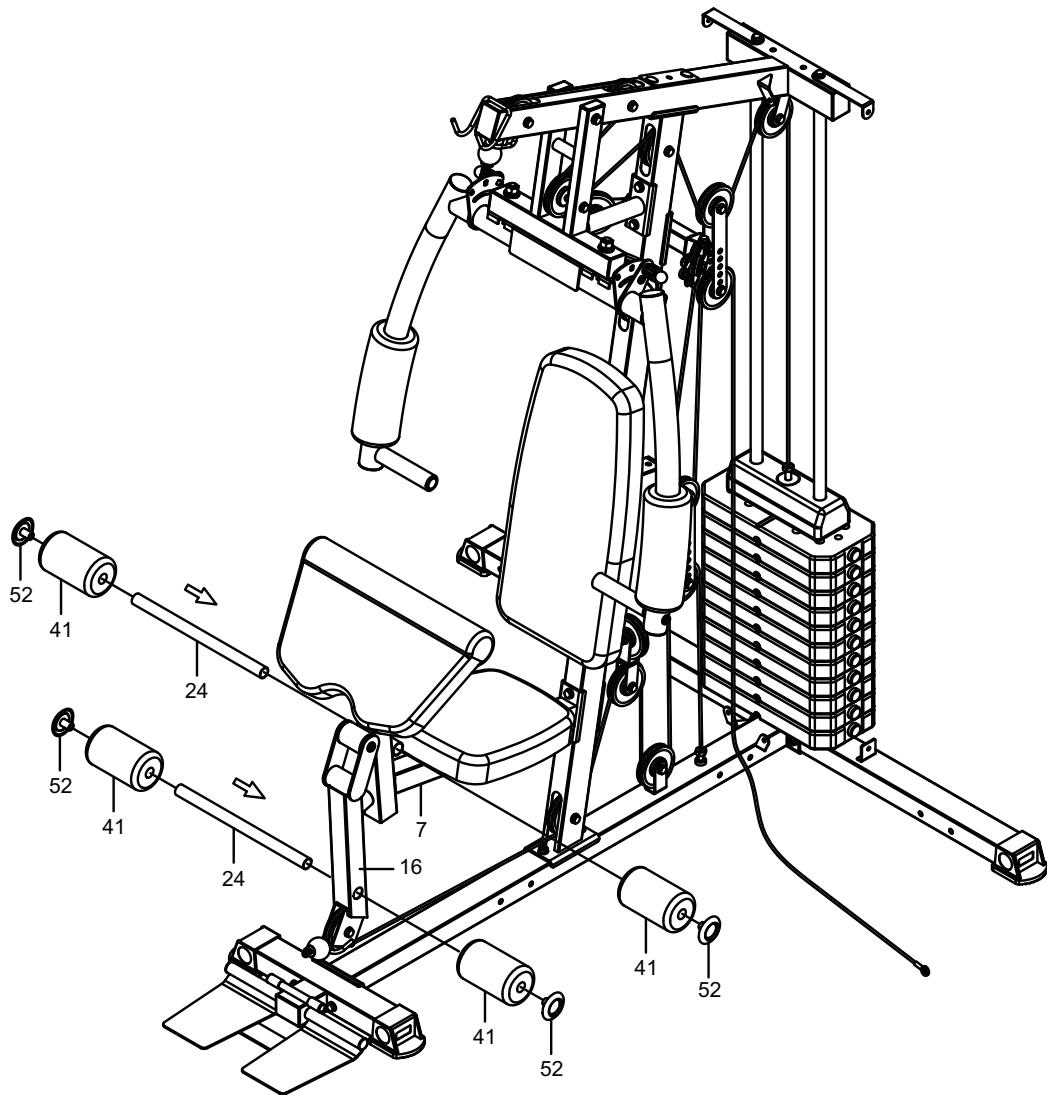
STEP 12-2

Attach the Arm Curl Pad (36) to the Arm Curl Post (17) with two Hexagon Head Bolts (81) and two Flat Washers (88). Tighten bolt and nylon nut with the Double Open End Wrench provided.

Hardware:

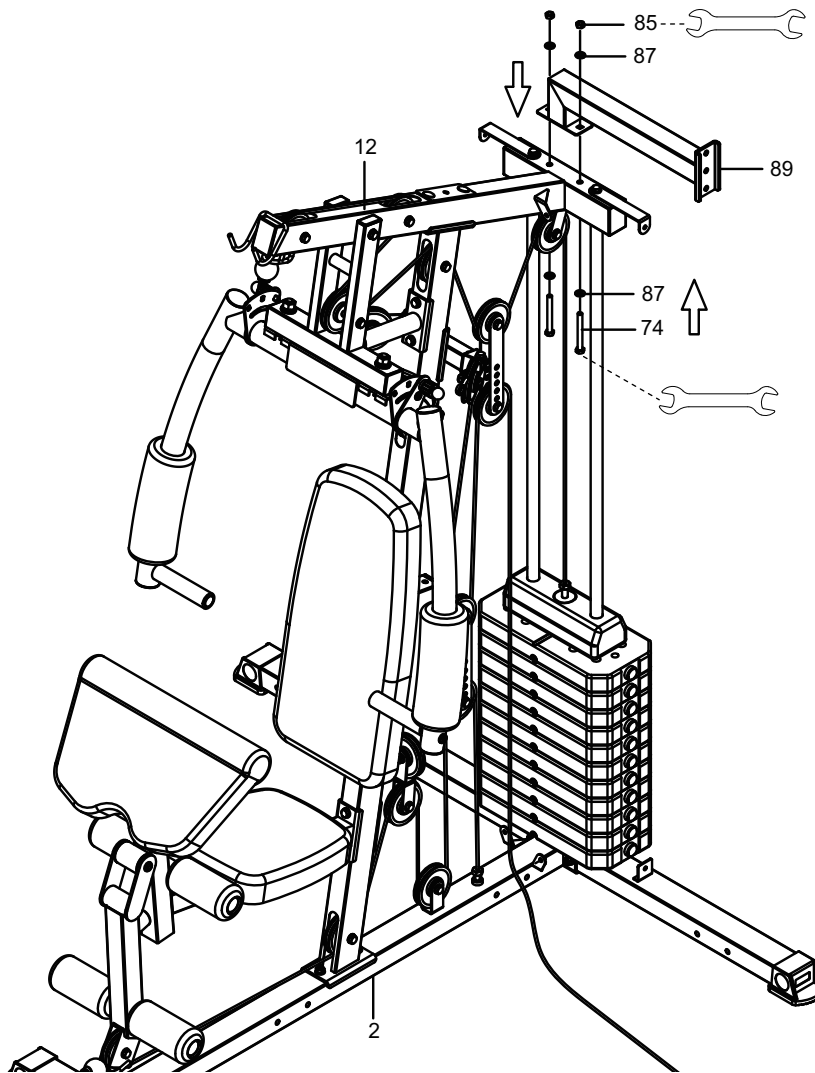


- | | |
|------------------------|-------|
| (81) Hexagon Head Bolt | 2 PCS |
| (88) Flat Washer | 2 PCS |



STEP 12-3

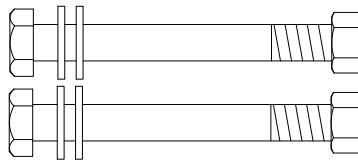
Insert the Foam Roller Tubes (24) into the Seat Tube (7) and Leg Lever (16). Slide a Foam Roller (41) onto each side of the Foam Roller Tube (24). Then, press a Foam Roller Tube End Cap (52) into each side of the Foam Roller Tube (24).



STEP 13

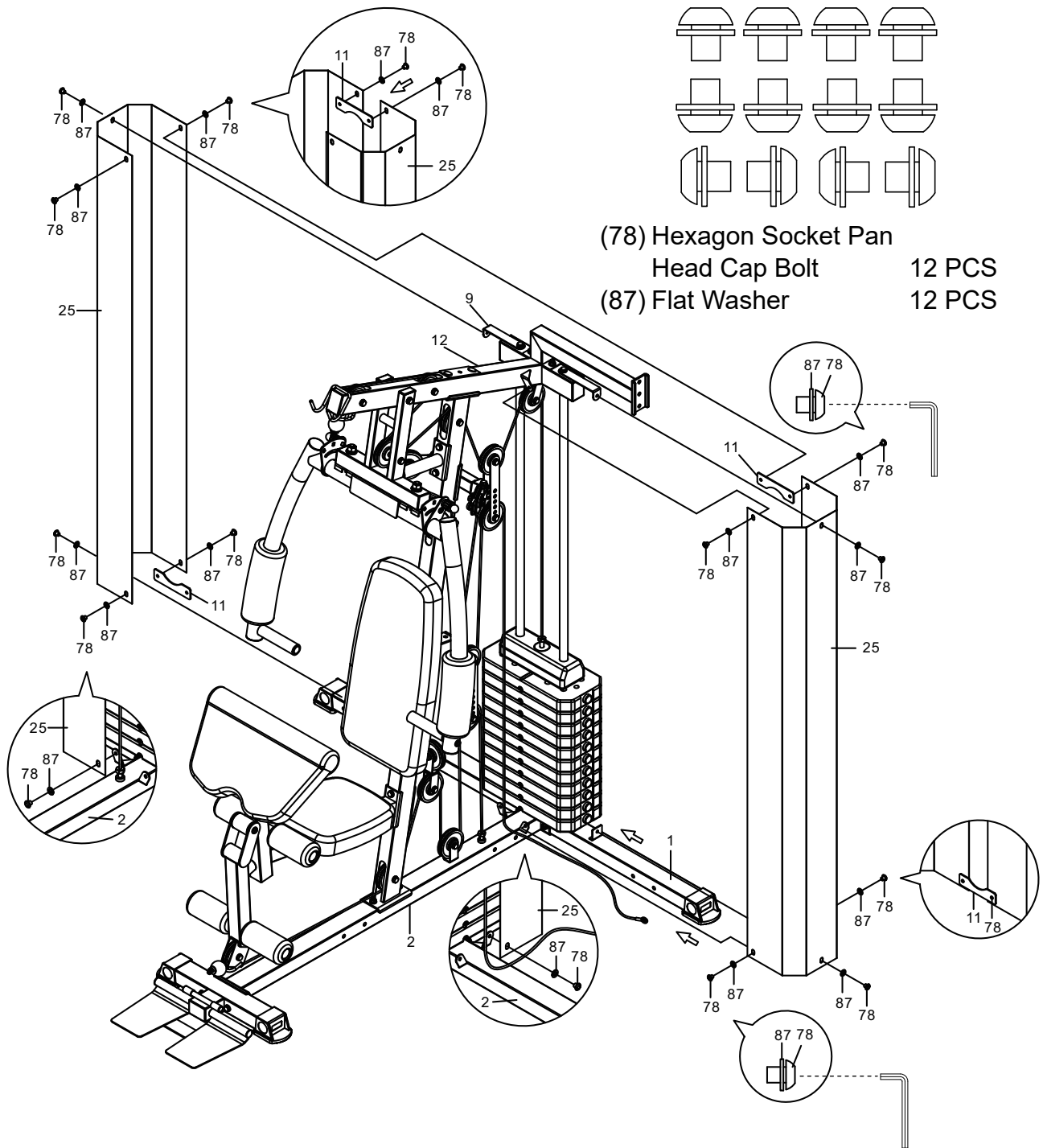
Attach the VKR Support Frame (89) onto the Top Frame (12) with two Hexagon Head Bolts (74), two Nylon Nuts (85), and two Flat Washers (87). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:



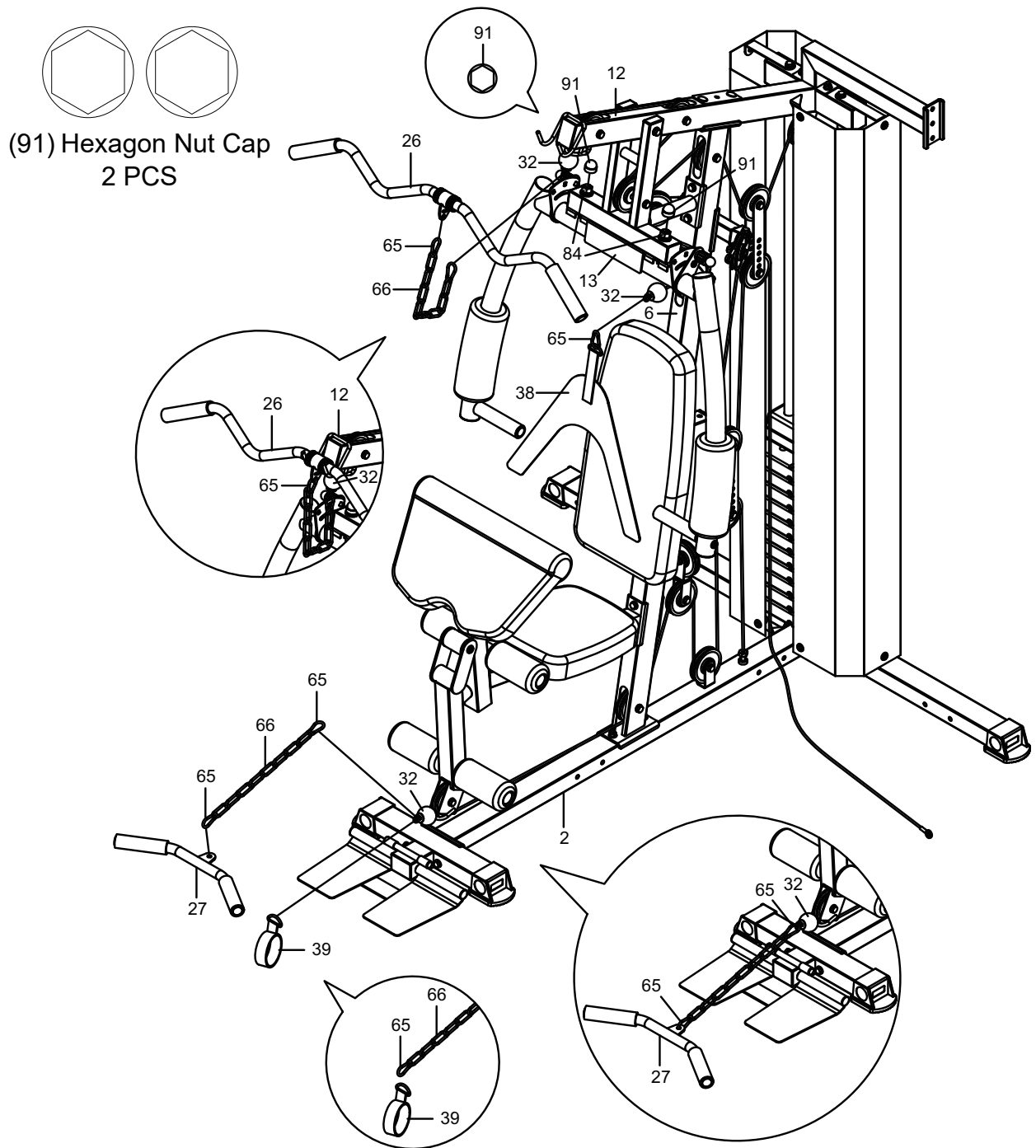
(74) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	2 PCS
(87) Flat Washer	4 PCS

WEIGHT STACK COVER ASSEMBLY



STEP 13-1

Attach both Weight Stack Covers (25) and Weight Stack Cover Supports (11) onto the Top Weight Stack Cover Supports (9), Top Frame (12), Rear Base Tube (1), and Base Tube (2) with twelve Hexagon Socket Pan Head Cap Bolts (78) and twelve Flat Washers (87). Tighten bolt with the Allen Wrench provided.



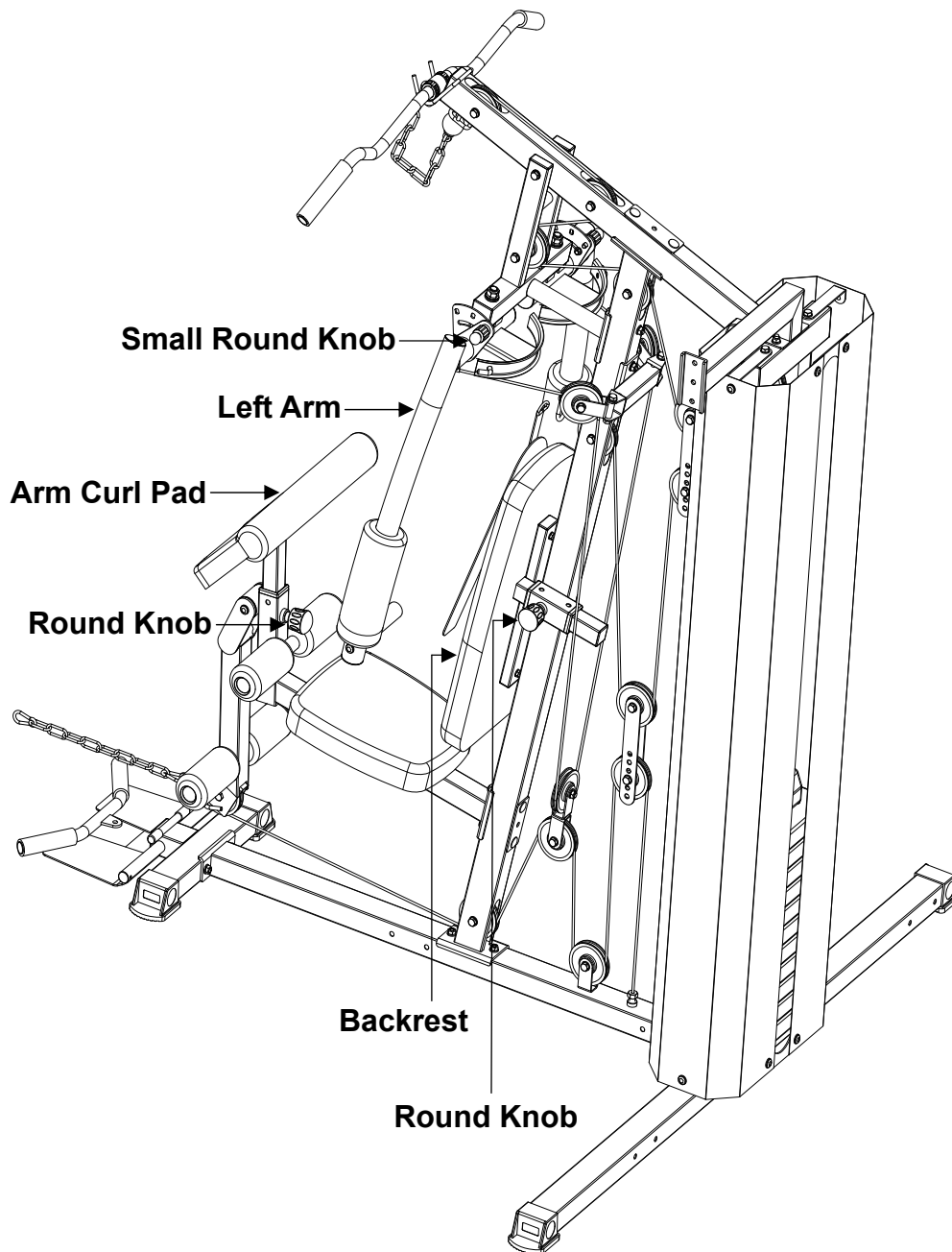
STEP 14

Install two Hexagon Nut Caps (91) onto two Nylon Nuts (84) on the Pivot Frame (13). Attach the Lat Bar (26) to the Cable (32) at the high pulley station with a Snap Hook (65). For some exercises, attach the Coil Chain (66) between the Lat Bar (26) and the Cable (32) with two Snap Hooks (65). Adjust the length of the Coil Chain (66) between the Lat Bar (26) and the Cable (32) so that the Lat Bar (26) is in the correct starting position for the exercise to be performed. Attach the Handle Strap (38) to the Cable (32) at the middle pulley station with a Snap Hook (65).

Attach the Low Row Bar (27) to the Cable (32) with a Snap Hook (65). For some exercises, attach the Coil Chain (66) between the Low Row Bar (27) and the Cable (32) with two Snap Hooks (65). Adjust the length of the Coil Chain (65) between the Low Row Bar (27) and the Cable (32) so that the Low Row Bar (27) is in the correct starting position for the exercise to be performed.

The Low Row Bar (27) or Ankle Strap (39) can be attached at either pulley station in the same way.

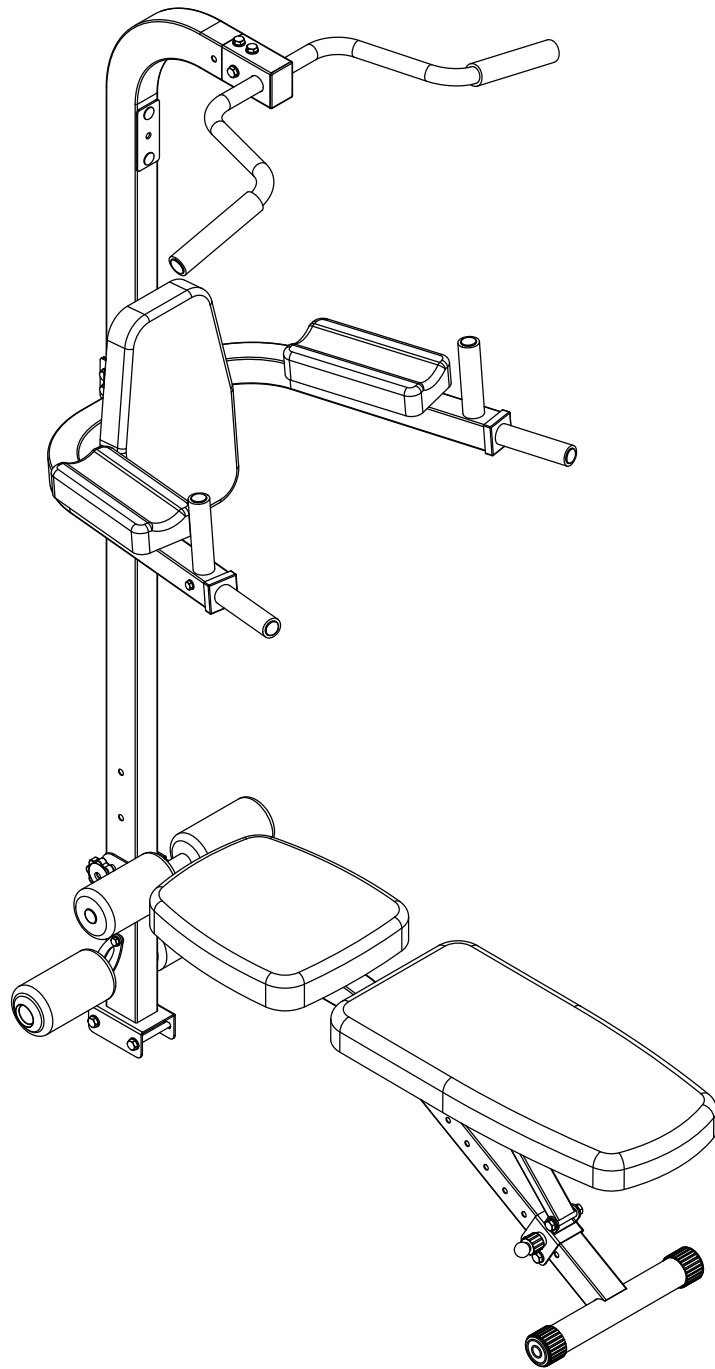
ADJUSTMENT



The Left/Right Arms, Backrest, and Arm Curl Pad can be adjusted according to your own training needs.

MAINTENANCE

Make sure that all parts are properly tightened each time the home gym is used. Replace any worn parts immediately. To clean the home gym, use a clean and dry cloth after each use. Upholstery can be cleaned with a mild detergent or spray cleaner.



**(FOR VKR & SIT-UP BENCH)
OWNER'S MANUAL B**

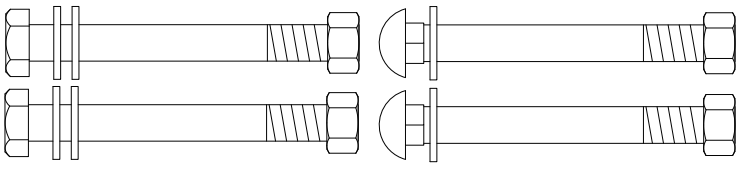
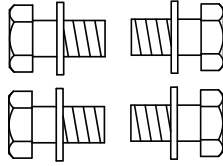
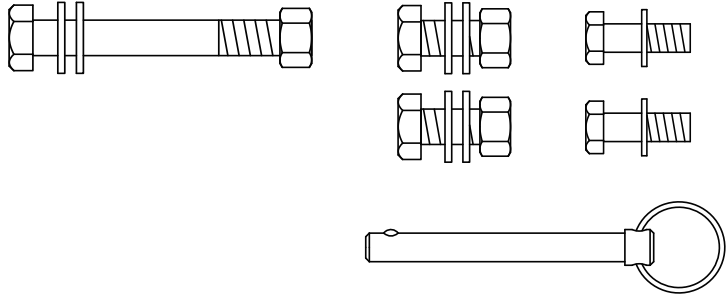
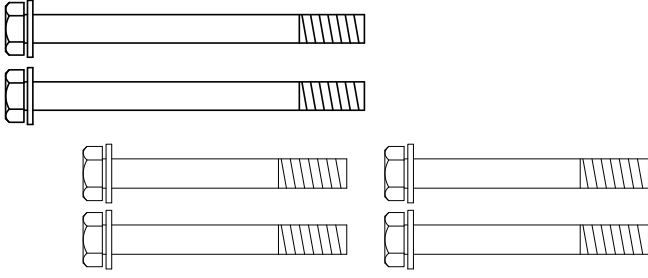
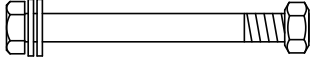
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ADJUSTMENT -----	15

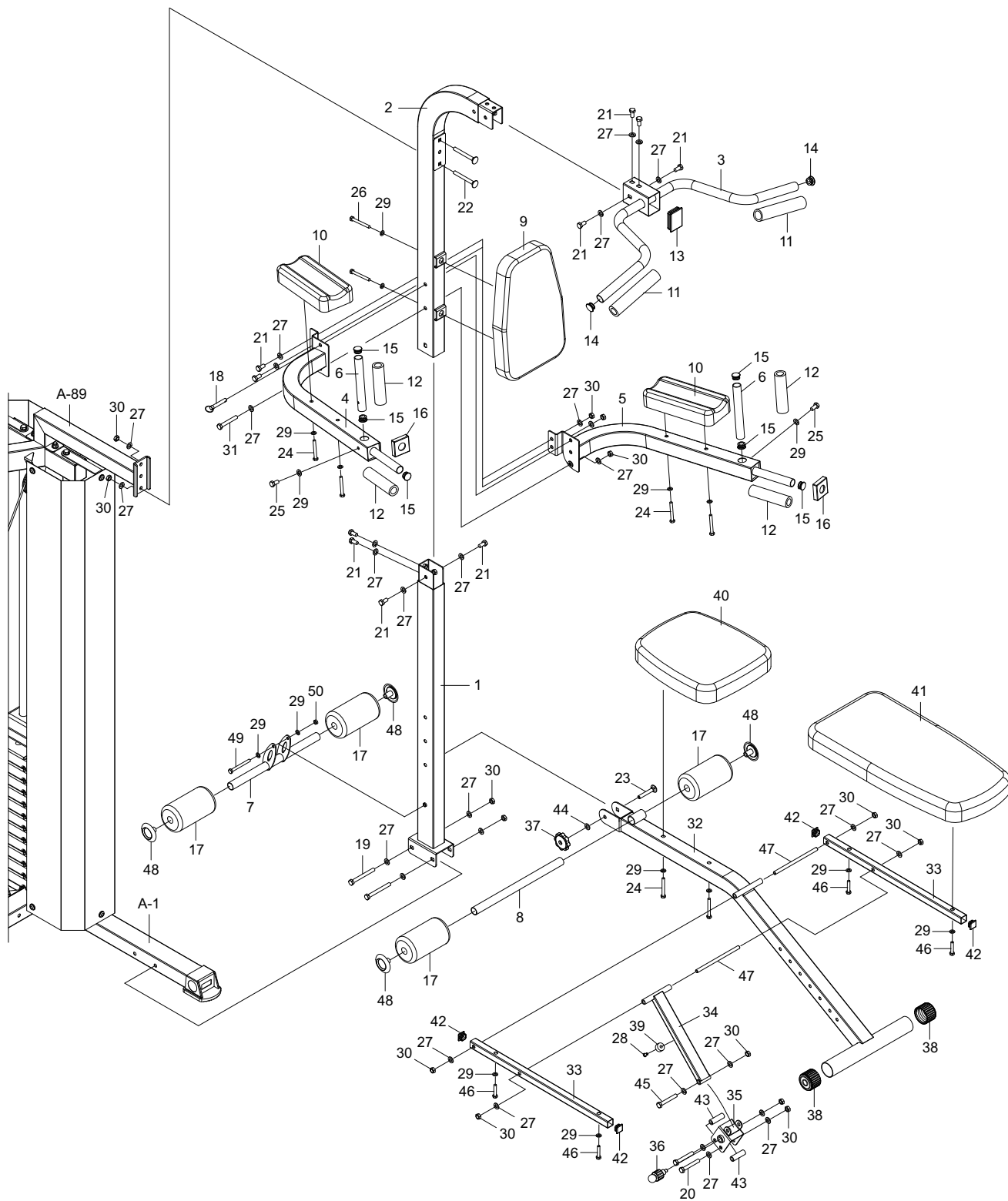
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	VKR Upright Tube	1	026	Hexagon Head Bolt M8x100	2
002	VKR Upright Support Tube	1	027	Flat Washer Ø10.5xØ20x1.7T	30
003	Pull-Up Bar	1	028	Cross Recessed Pan Head Bolt M6x15	1
004	Left Dip Arm	1	029	Flat Washer Ø8	16
005	Right Dip Arm	1	030	Nylon Nut M10	14
006	Handle Ø25x1.5Tx190	2	031	Hexagon Head Bolt M10x75	1
007	Ankle Support Tube	1	032	Bench Frame	1
008	Foam Roller Tube	1	033	Backrest Support Tube	2
009	Backrest	1	034	Incline Adjust Tube	1
010	Arm Pad	2	035	U-shaped Bracket	1
011	Handle Grip Ø31xØ25x150	2	036	Adjustment Knob M16	1
012	Handle Grip Ø29xØ23x135	4	037	Knob Nut M10	1
013	Rectangular End Cap (□70x50)	1	038	Bench Frame Foot End Cap	2
014	Round End Cap Ø28	2	039	Round Bumper Ø25x12	1
015	Round End Cap Ø25	6	040	Seat	1
016	Dip Arm End Cap	2	041	Bench Backrest	1
017	Foam Roller Ø23xØ90x170	4	042	Square End Cap (□25)	4
018	Pin Ø10x65	1	043	Spacer Ø16xØ10.5x51.5	2
019	Hexagon Head Bolt M10x95	2	044	Flat Washer Ø10.5xØ30x2.5T	1
020	Hexagon Head Bolt M10x70	2	045	Hexagon Head Bolt M10x65	1
021	Hexagon Head Bolt M10x20	10	046	Hexagon Head Bolt M8x40	4
022	Carriage Bolt M10x90	2	047	Stud Bolt M10x185	2
023	Carriage Bolt M10x70	1	048	Round End Cap Ø25	4
024	Hexagon Head Bolt M8x65	6	049	Hexagon Head Bolt M8x80	1
025	Hexagon Head Bolt M8x25	2	050	Nylon Nut M8	1

HARDWARE PACK

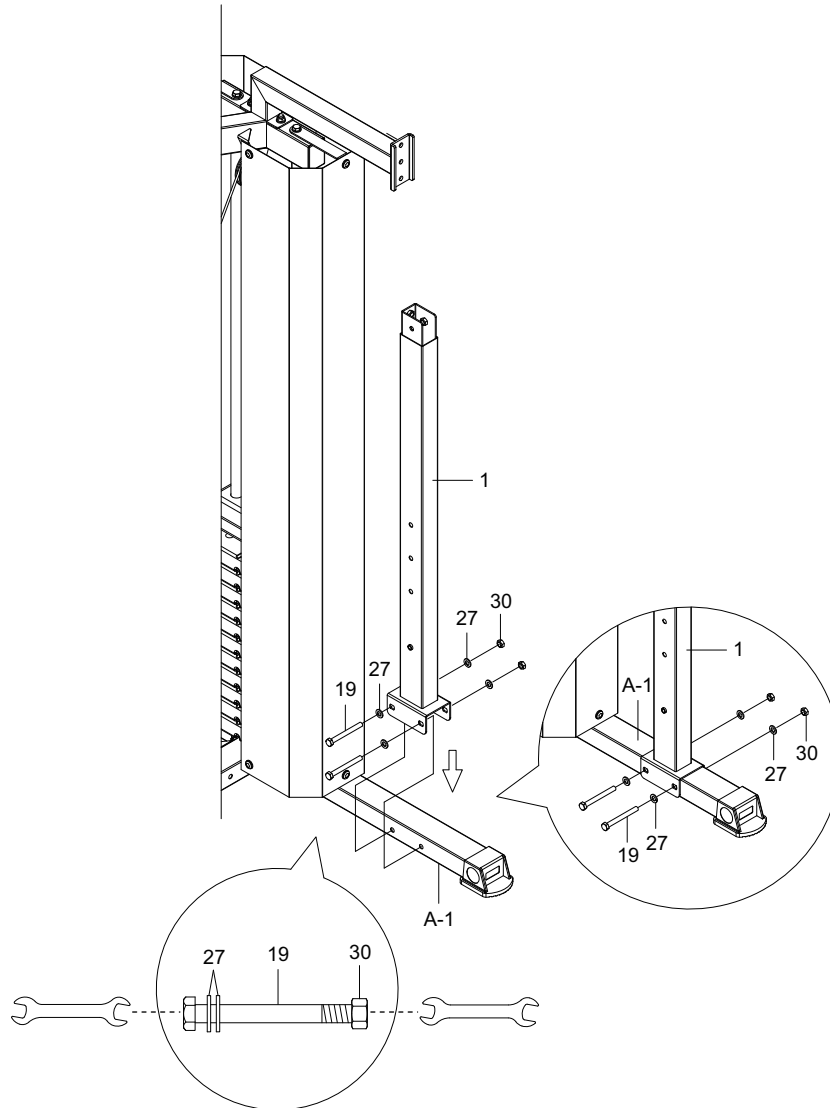
 <p>STEP 1</p> <ul style="list-style-type: none"> (19) Hexagon Head Bolt 2 PCS (21) Hexagon Head Bolt 4 PCS (22) Carriage Bolt 2 PCS (27) Flat Washer 10 PCS (30) Nylon Nut 4 PCS 	 <p>STEP 2</p> <ul style="list-style-type: none"> (21) Hexagon Head Bolt 4 PCS (27) Flat Washer 4 PCS
 <p>STEP 3</p> <ul style="list-style-type: none"> (18) Pin 1 PC (21) Hexagon Head Bolt 2 PCS (25) Hexagon Head Bolt 2 PCS (27) Flat Washer 6 PCS (29) Flat Washer 2 PCS (30) Nylon Nut 3 PCS (31) Hexagon Head Bolt 1 PC 	
 <p>STEP 4</p> <ul style="list-style-type: none"> (24) Hexagon Head Bolt 4 PCS (26) Hexagon Head Bolt 2 PCS (29) Flat Washer 6 PCS 	
 <p>STEP 5</p> <ul style="list-style-type: none"> (29) Flat Washer 2 PCS (49) Hexagon Head Bolt 1 PC (50) Nylon Nut 1 PC 	

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

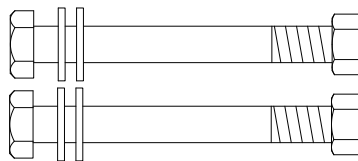
NOTE: It is recommended this home gym to be assembled by two or more people to avoid possible injury.



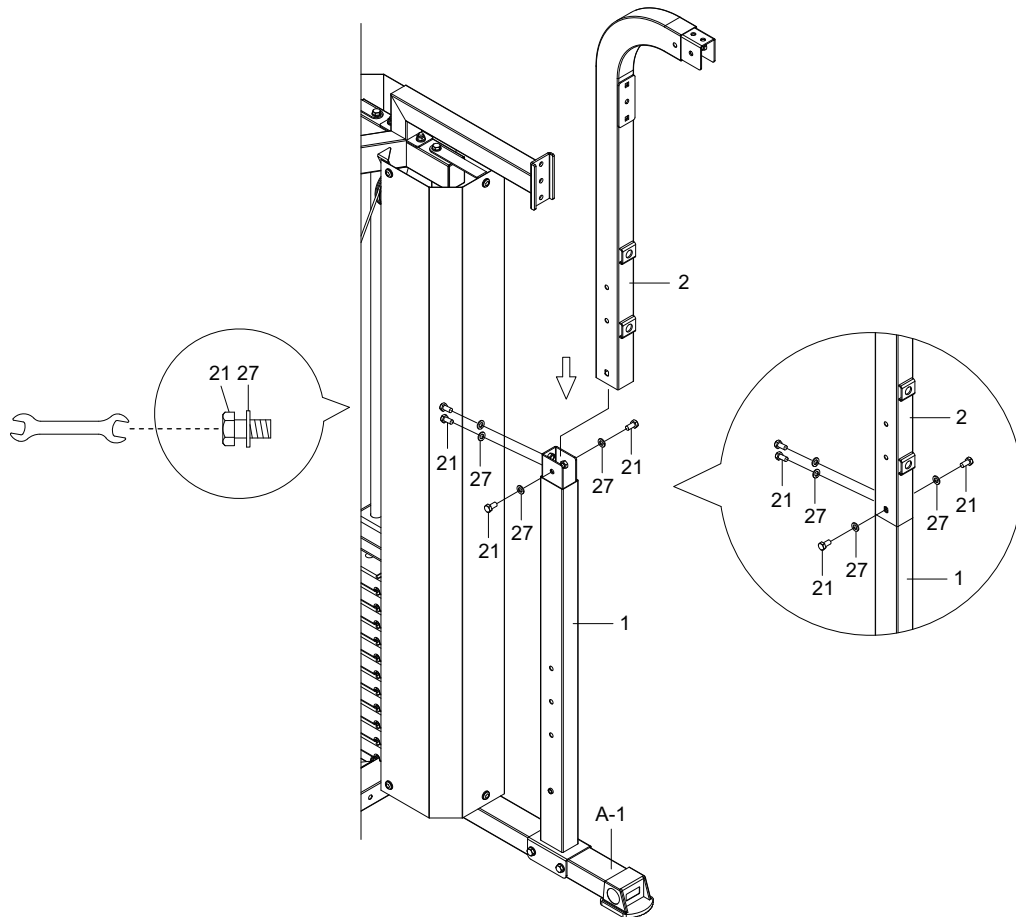
STEP 1

Attach the VKR Upright Tube (1) onto the Rear Base Tube (A-1) with two Hexagon Head Bolts (19), two Nylon Nuts (30), and four Flat Washers (27). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:



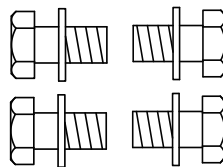
(19) Hexagon Head Bolt	2 PCS
(27) Flat Washer	4 PCS
(30) Nylon Nut	2 PCS



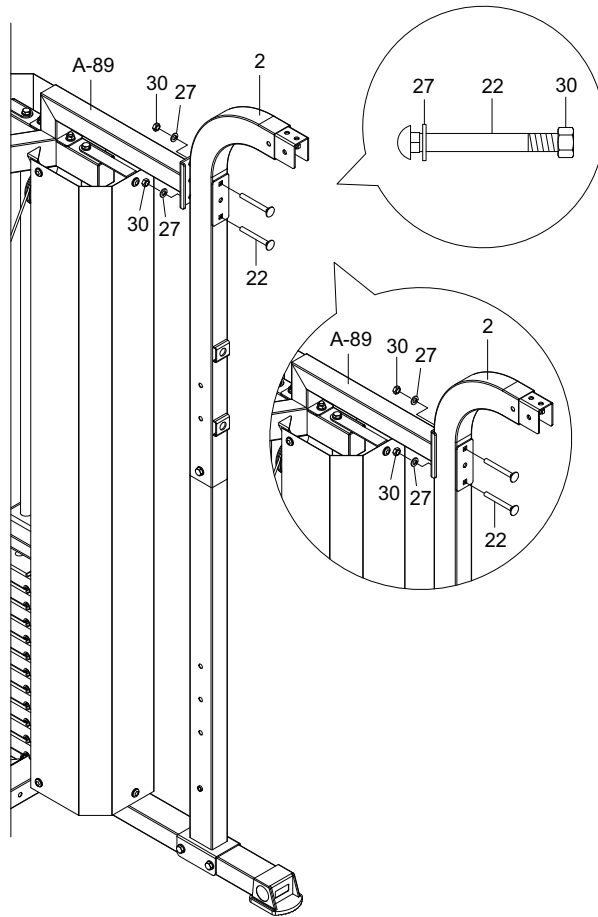
STEP 1-1

Attach the VKR Upright Support Tube (2) onto the VKR Upright Tube (1) with four Hexagon Head Bolts (21) and four Flat Washers (27). Tighten nylon nut with the Double Open End Wrench provided.

Hardware:



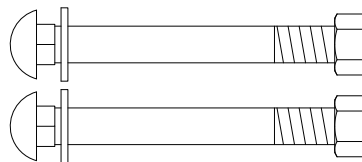
- (21) Hexagon Head Bolt 4 PCS
- (27) Flat Washer 4 PCS



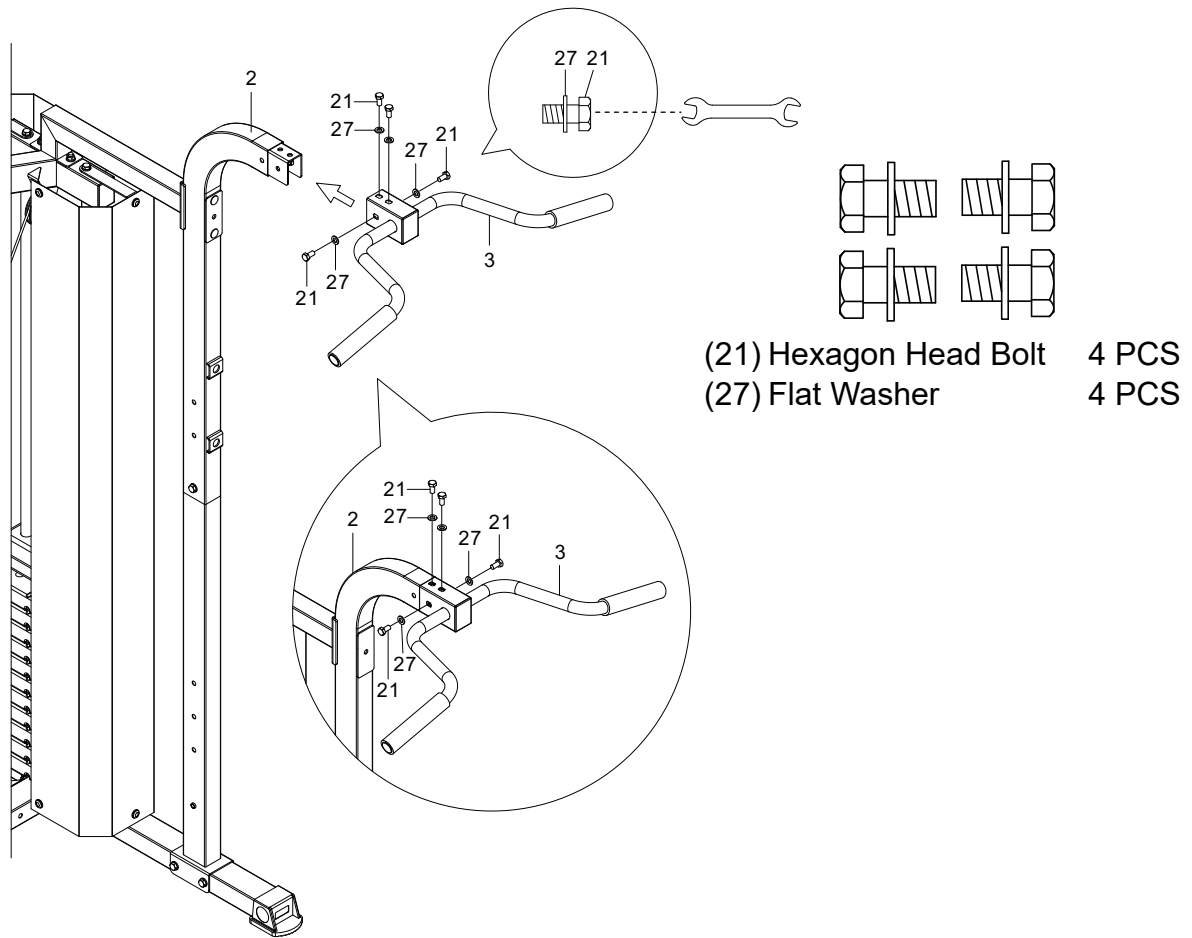
STEP 1-2

Attach the VKR Upright Support Tube (2) onto the VKR Support Frame (A-89) with two Carriage Bolts (22), two Nylon Nuts (30), and two Flat Washers (27). Tighten nylon nut with the Double Open End Wrench provided.

Hardware:

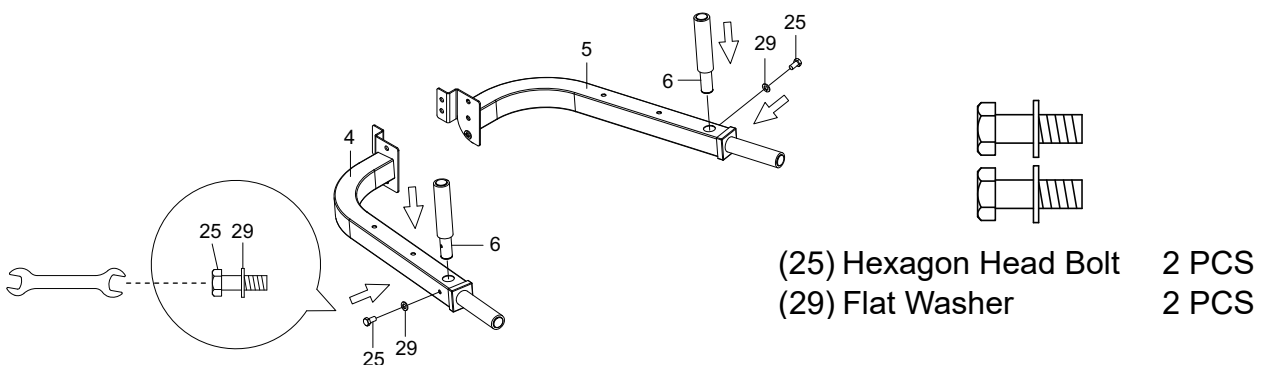


- | | |
|--------------------|-------|
| (22) Carriage Bolt | 2 PCS |
| (27) Flat Washer | 2 PCS |
| (30) Nylon Nut | 2 PCS |



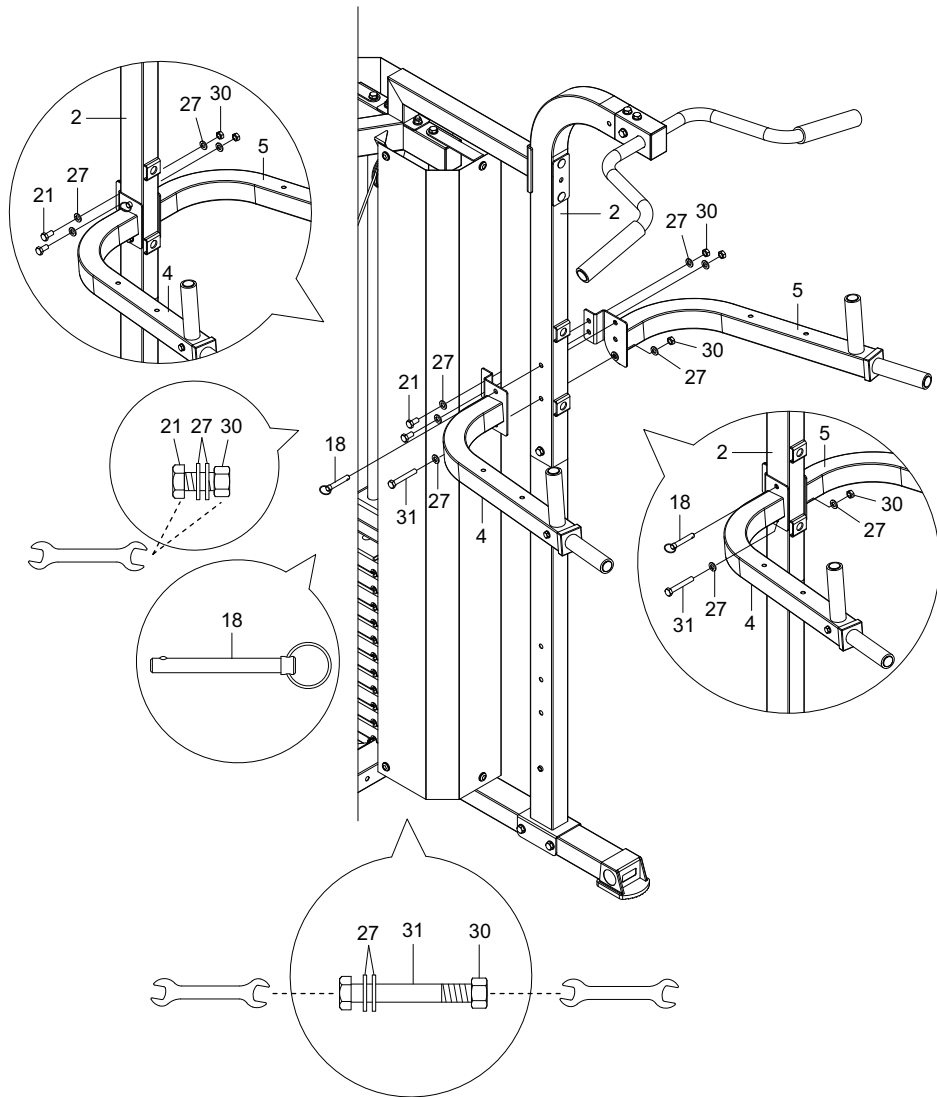
STEP 2

Attach the Pull-Up Bar (3) onto the VKR Upright Support Tube (2) with four Hexagon Head Bolts (21) and four Flat Washers (27). Tighten nylon nut with the Double Open End Wrench provided.



STEP 3

Attach both Handles (6) into the hole on both Left/Right Dip Arms (4, 5) with two Hexagon Head Bolts (25) and two Flat Washers (29). Tighten nylon nut with the Double Open End Wrench provided.

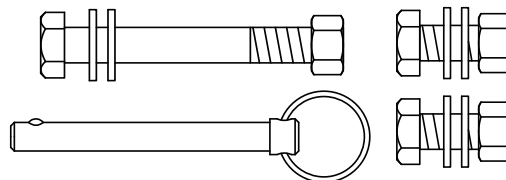


STEP 3-1

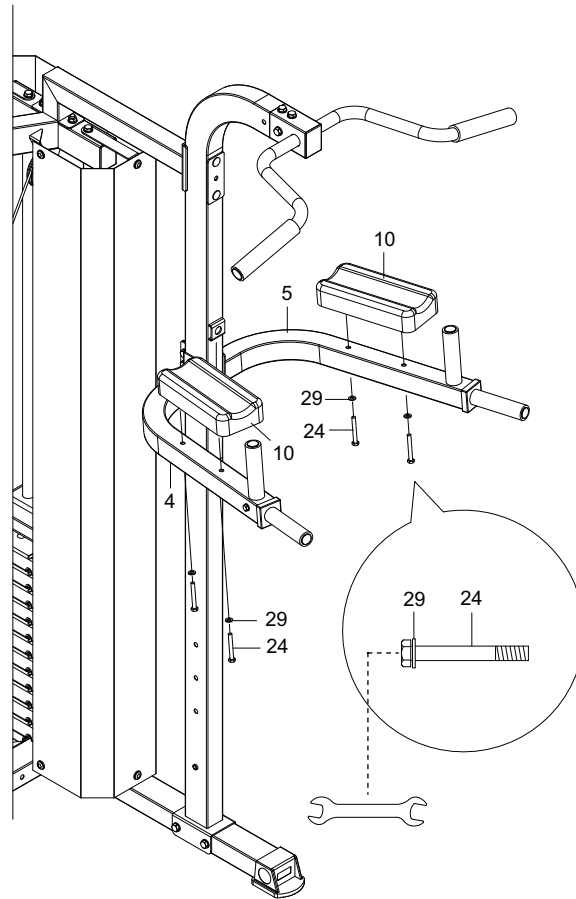
Attach both Left/Right Dip Arms (4, 5) onto the VKR Upright Support Tube (2) with one Hexagon Head Bolt (31), two Hexagon Head Bolts (21), three Nylon Nuts (30), and six Flat Washers (27). Tighten nylon nut with two Double Open End Wrenches provided.

Finally, insert a Pin (18) into the top hole on the both Left/Right Dip Arms (4, 5) and the top holes on the VKR Upright Support Tube (2) to lock both Left/Right Dip Arms (4, 5) in place.

Hardware:



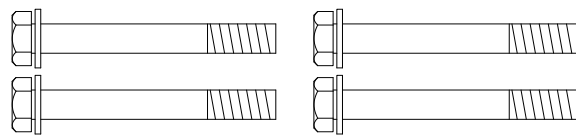
(18) Pin	1 PC
(21) Hexagon Head Bolt	2 PCS
(27) Flat Washer	6 PCS
(30) Nylon Nut	3 PCS
(31) Hexagon Head Bolt	1 PC



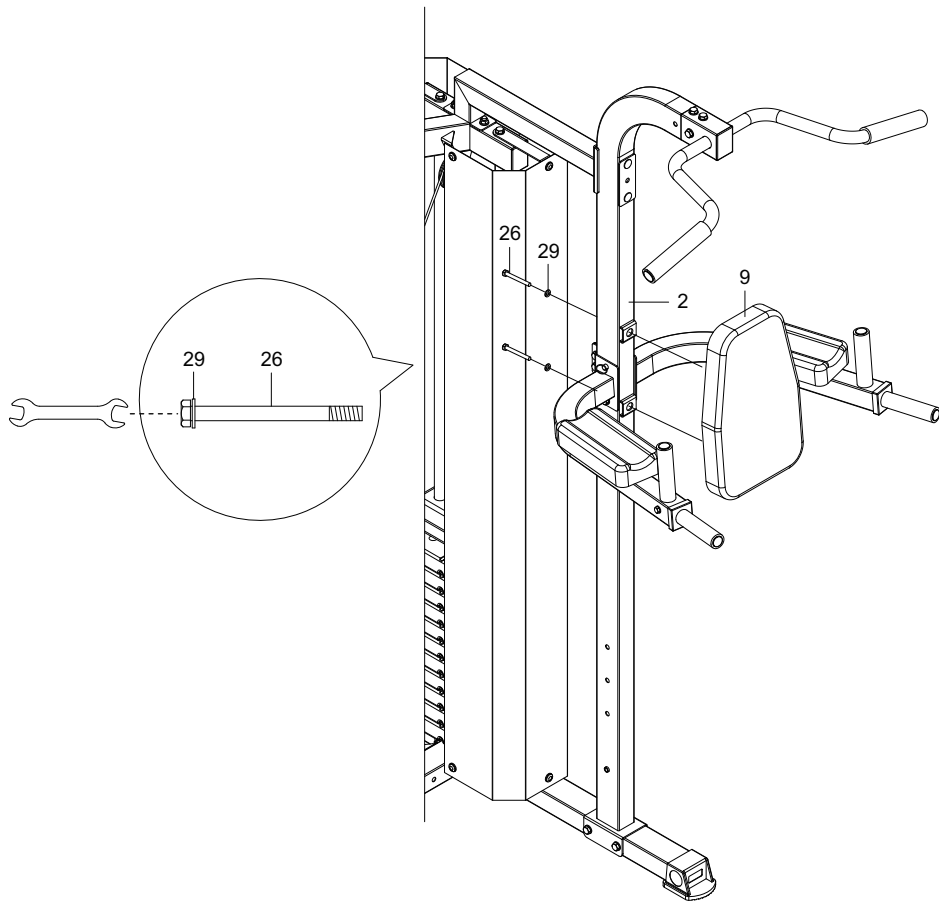
STEP 4

Attach both Arm Pads (10) onto both Left/Right Dip Arms (4, 5) with four Hexagon Head Bolt (24) and four Flat Washers (29). Tighten nylon nut with the Double Open End Wrench provided.

Hardware:



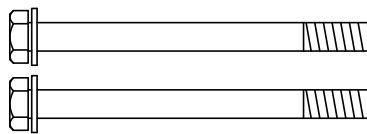
- (24) Hexagon Head Bolt 4 PCS
- (29) Flat Washer 4 PCS



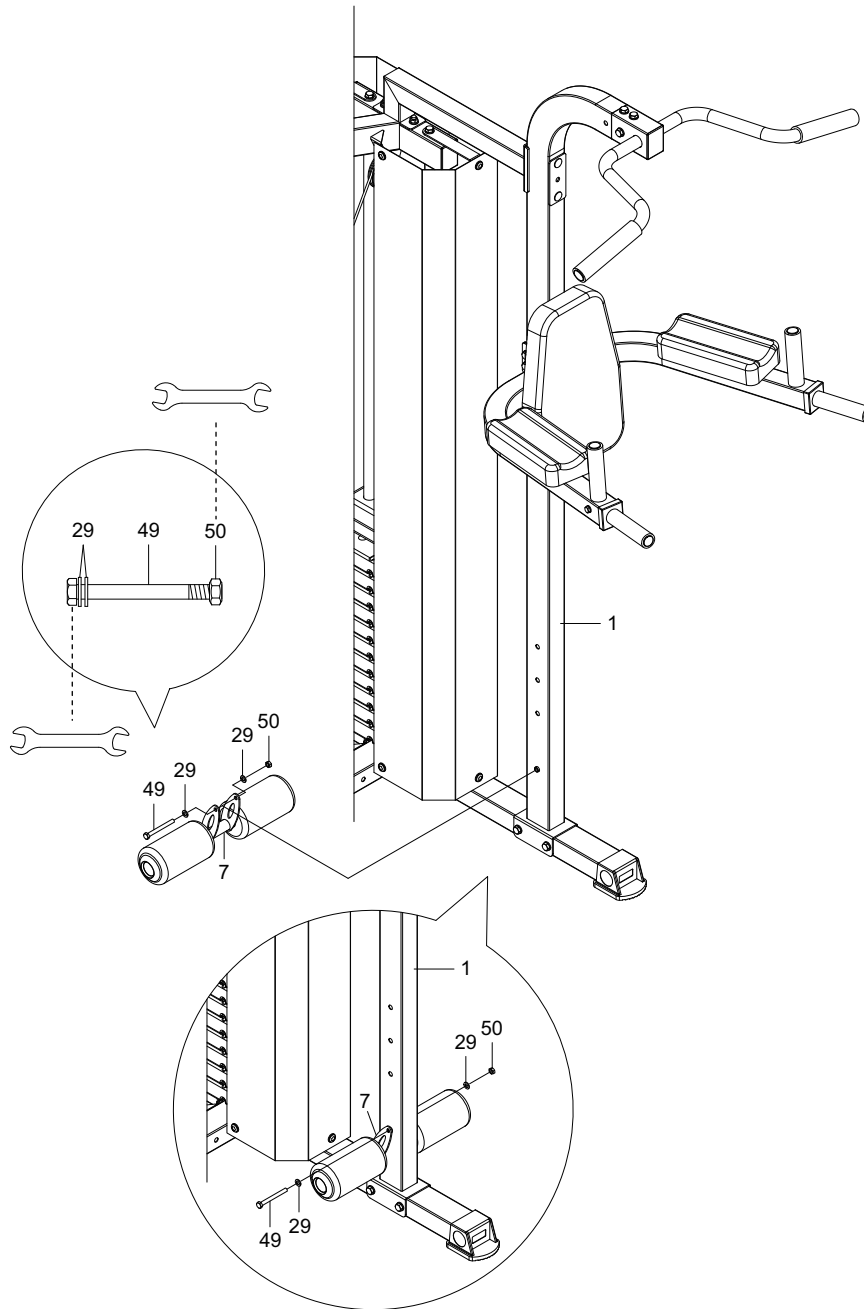
STEP 4-1

Attach the Backrest (9) onto the VKR Upright Support Tube (2) with two Hexagon Head Bolt (26) and two Flat Washers (29). Tighten nylon nut with the Double Open End Wrench provided.

Hardware:



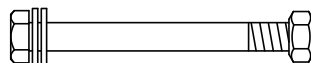
(26) Hexagon Head Bolt	2 PCS
(29) Flat Washer	2 PCS



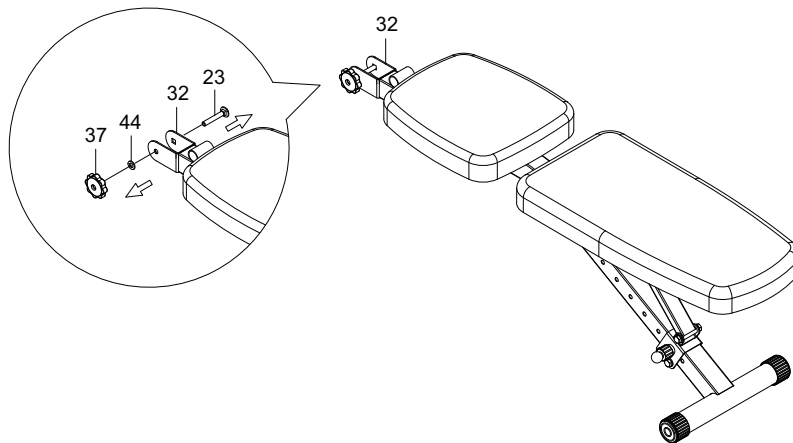
STEP 5

Attach the Ankle Support Tube (9) onto the VKR Upright Tube (1) with one Hexagon Head Bolt (49), one Nylon Nut (50), and two Flat Washers (29). Tighten nylon nut with two Double Open End Wrenches provided.

Hardware:

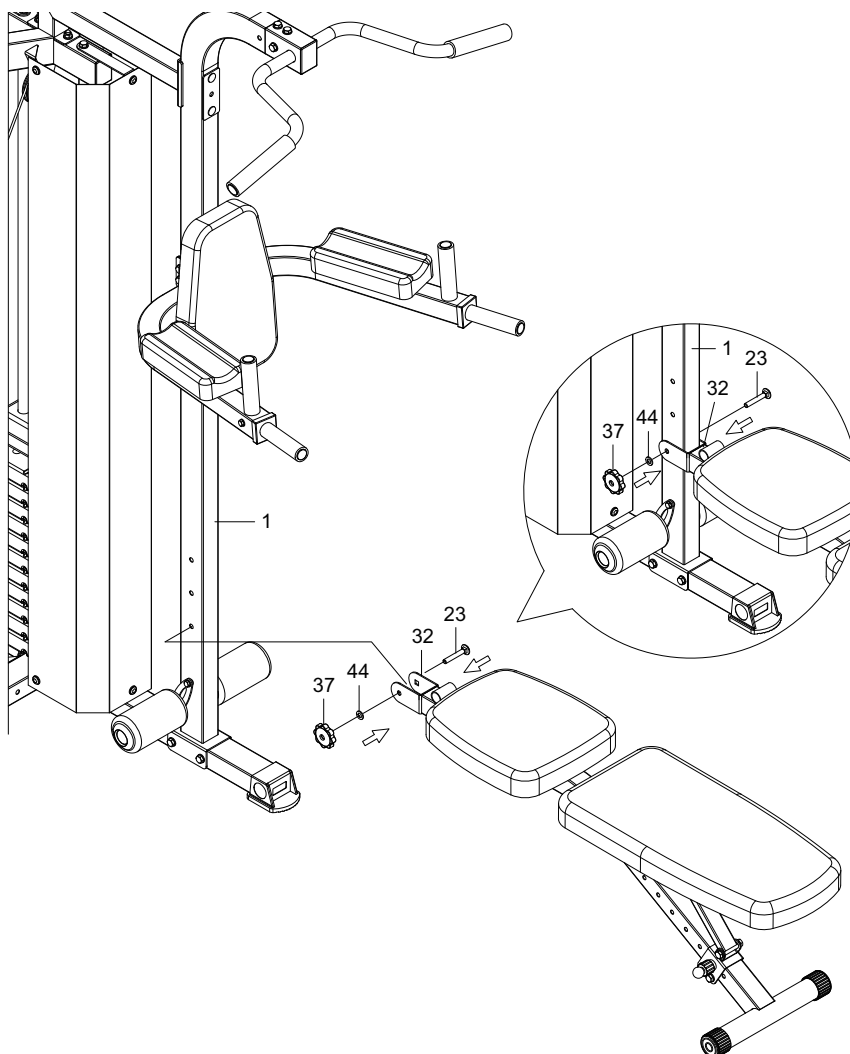


- | | |
|------------------------|-------|
| (29) Flat Washer | 2 PCS |
| (49) Hexagon Head Bolt | 1 PC |
| (50) Nylon Nut | 1 PC |



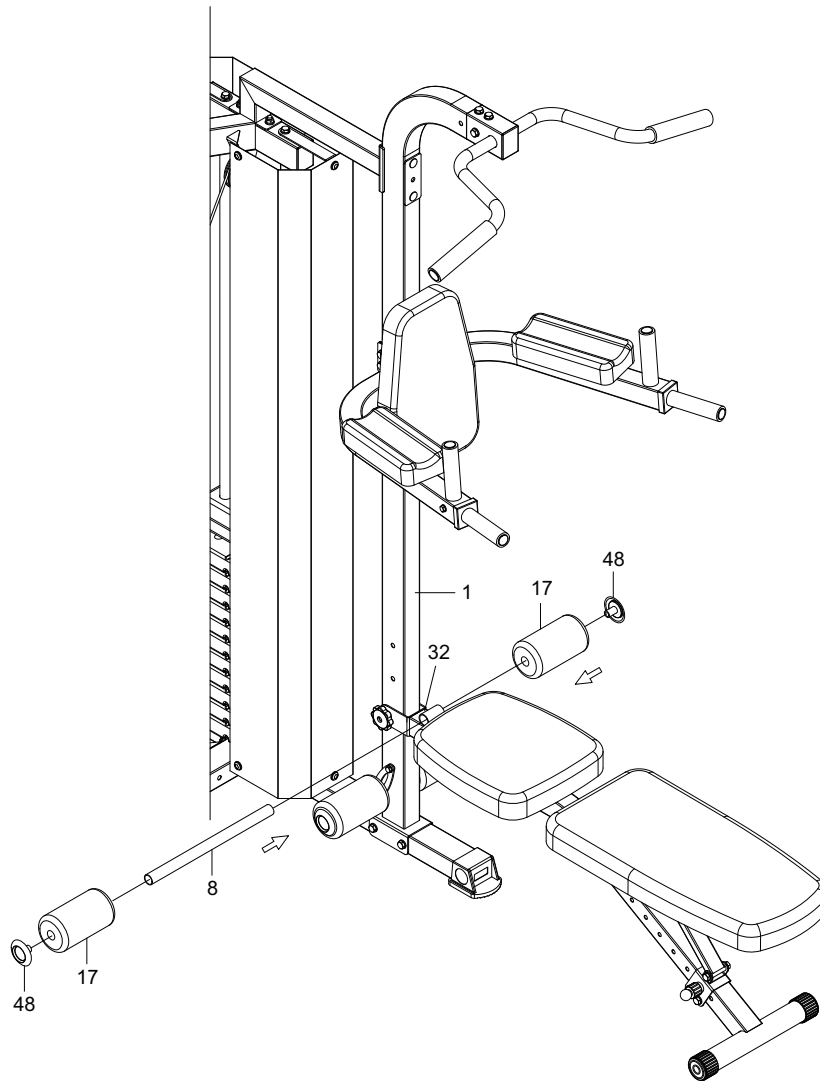
STEP 6

Remove one Carriage Bolt (23), one Knob Nut (37), and one Flat Washer (44) from the Bench Frame (32).



STEP 7

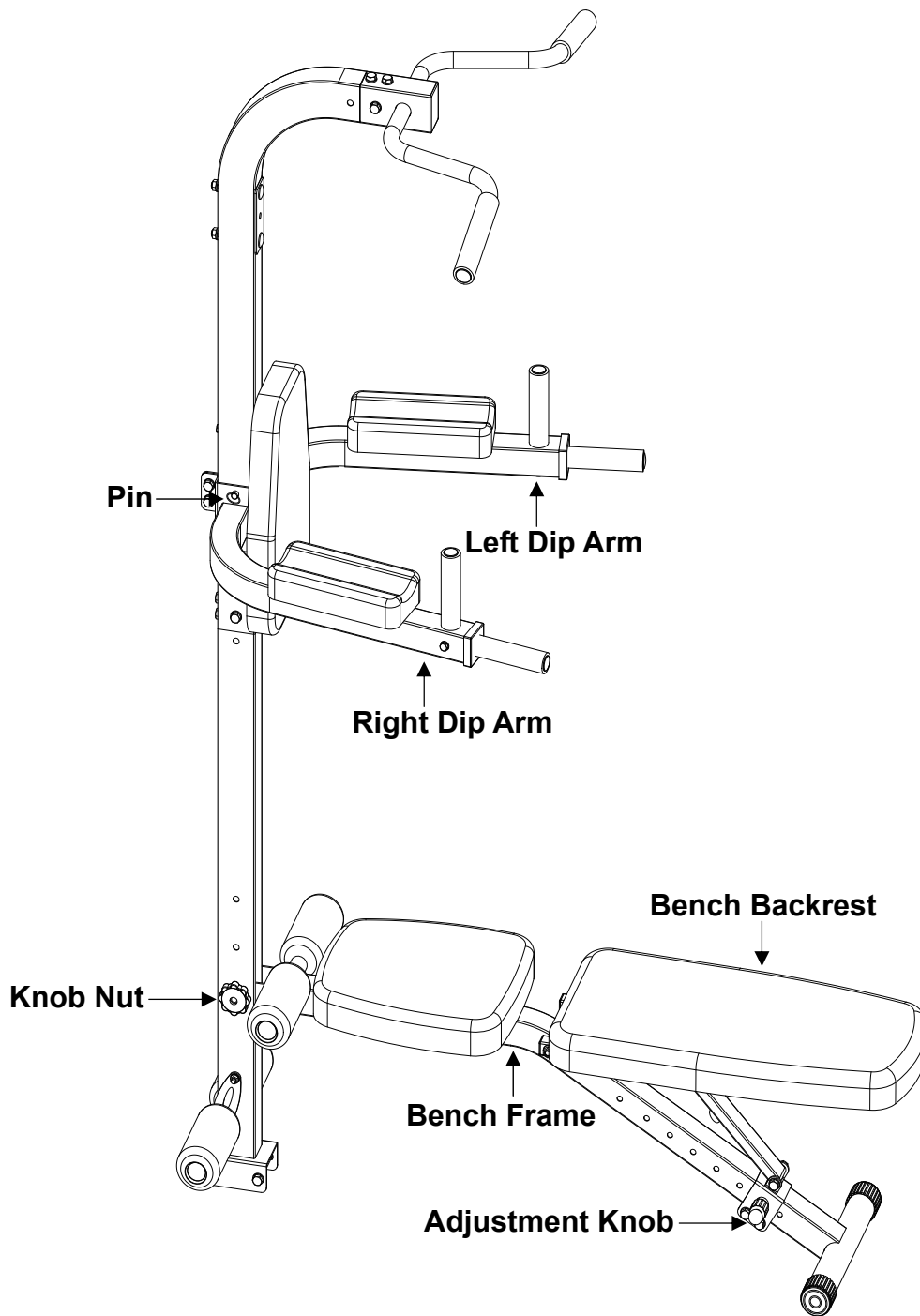
Attach the Bench Frame (32) onto the VKR Upright Tube (1) with one Carriage Bolt (23), one Knob Nut (37), and one Flat Washer (44). Tighten Knob Nut (37) to lock the Bench Frame (32) in place.



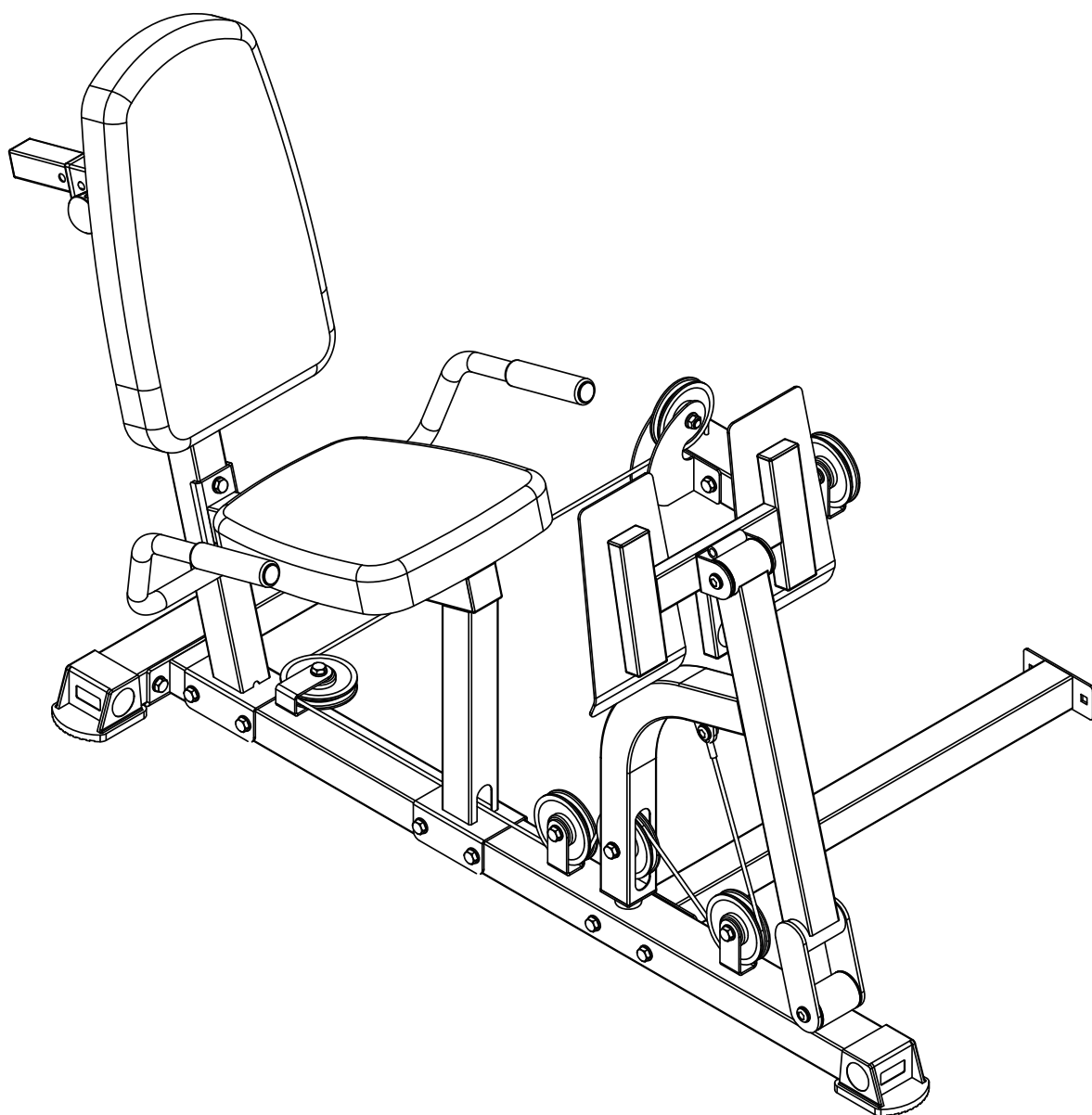
STEP 8

Insert the Foam Roller Tube (8) into the Bench Frame (32).
Slide a Foam Roller (17) onto each side of the Foam Roller Tube (8). Then, press a Round End Cap (48) into each side of the Foam Roller Tube (8).

ADJUSTMENT



The Left/Right Dip Arms, Bench Frame, and Bench Backrest can be adjusted according to your own training needs.



(FOR LEG PRESS)
OWNER'S MANUAL C

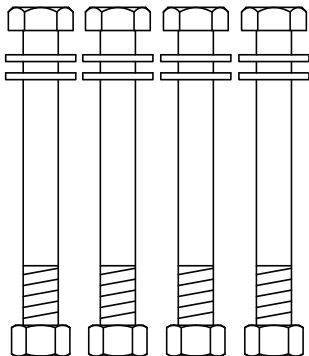
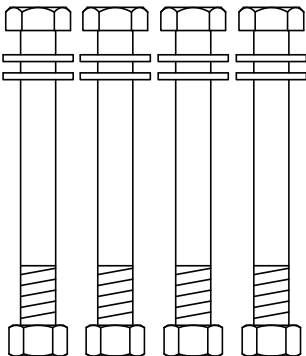
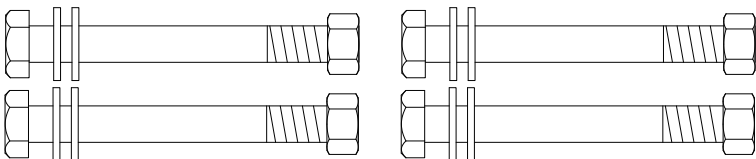
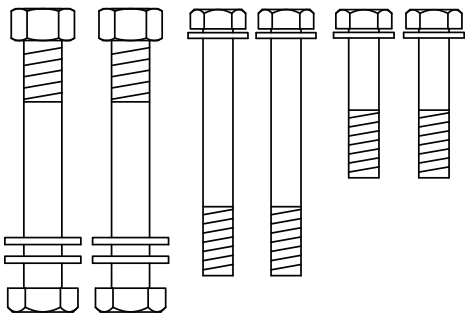
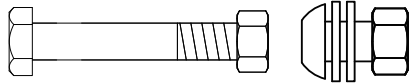
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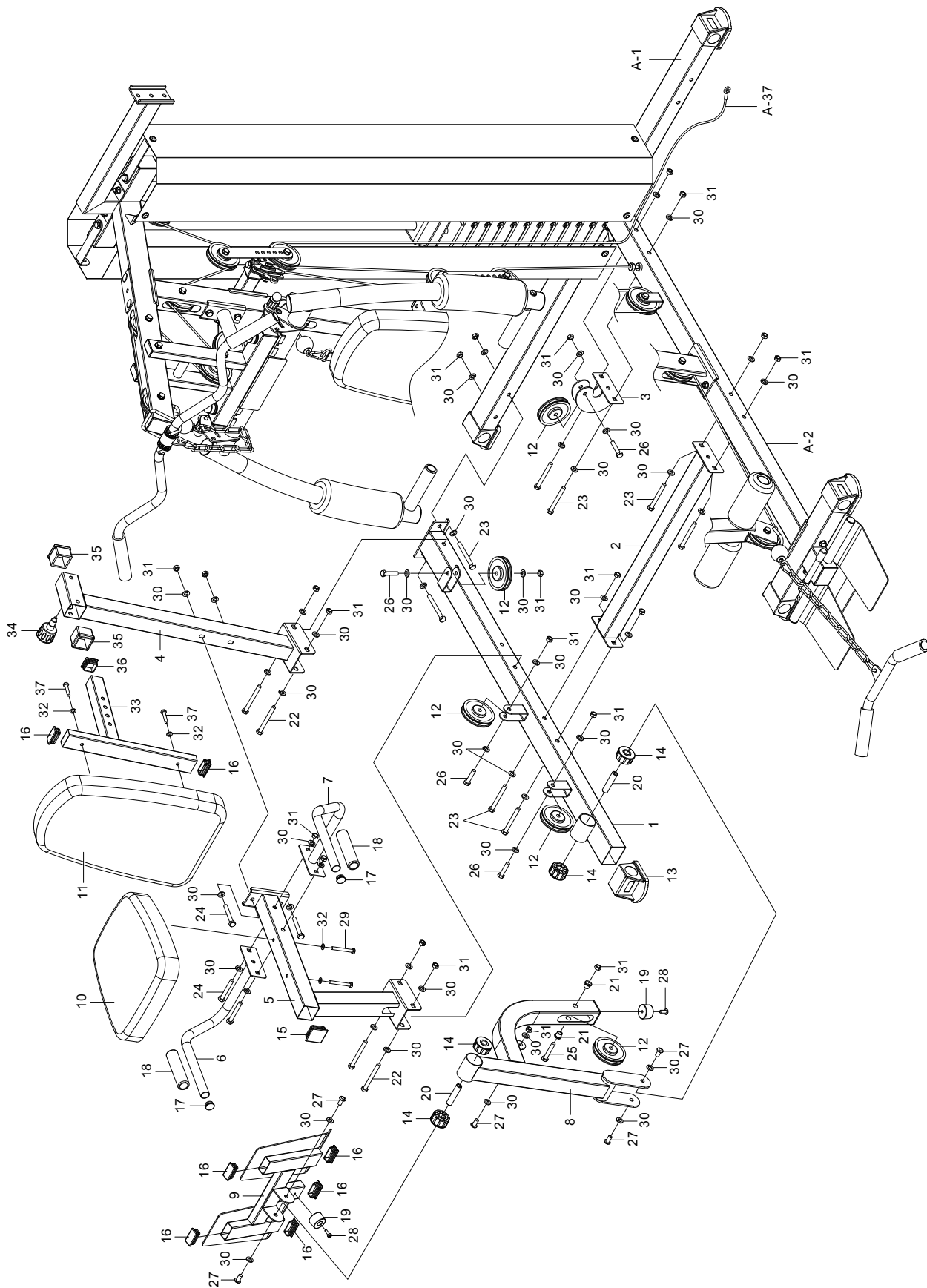
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Tube	1	020	Axle Ø16x70 (M10)	2
002	Bottom Cross Tube	1	021	Small Bushing Ø20xØ15x10.5x16.5	2
003	Pulley Bracket	1	022	Hexagon Head Bolt M10x95	4
004	Backrest Tube	1	023	Hexagon Head Bolt M10x90	8
005	Seat Tube	1	024	Hexagon Head Bolt M10x70	4
006	Right Handlebar	1	025	Hexagon Head Bolt M10x65	1
007	Left Handlebar	1	026	Hexagon Head Bolt M10x45	4
008	Foot Extension Frame	1	027	Hexagon Socket Pan Head Cap Bolt M10x20	5
009	Foot Plate Frame	1	028	Cross Recessed Pan Head Bolt M6x15	2
010	Seat	1	029	Hexagon Head Bolt M8x65	2
011	Backrest	1	030	Flat Washer Ø10	46
012	Pulley Ø95 (6202-ZZ)	5	031	Nylon Nut M10	22
013	Base Tube Foot Cap	1	032	Flat Washer Ø8	4
014	Round Plastic Bushing	4	033	Backrest Support Frame	1
015	Square End Cap (□50)	1	034	Round Knob M16	1
016	Rectangular End Cap (□25x50)	7	035	Square Plastic Bushing	2
017	Handlebar End Cap Ø25	2	036	Square End Cap (□38)	1
018	Handlebar Foam Grip Ø29xØ23x200	2	037	Hexagon Head Bolt M8x40	2
019	Rubber Bumper Ø38x16	2			

HARDWARE PACK

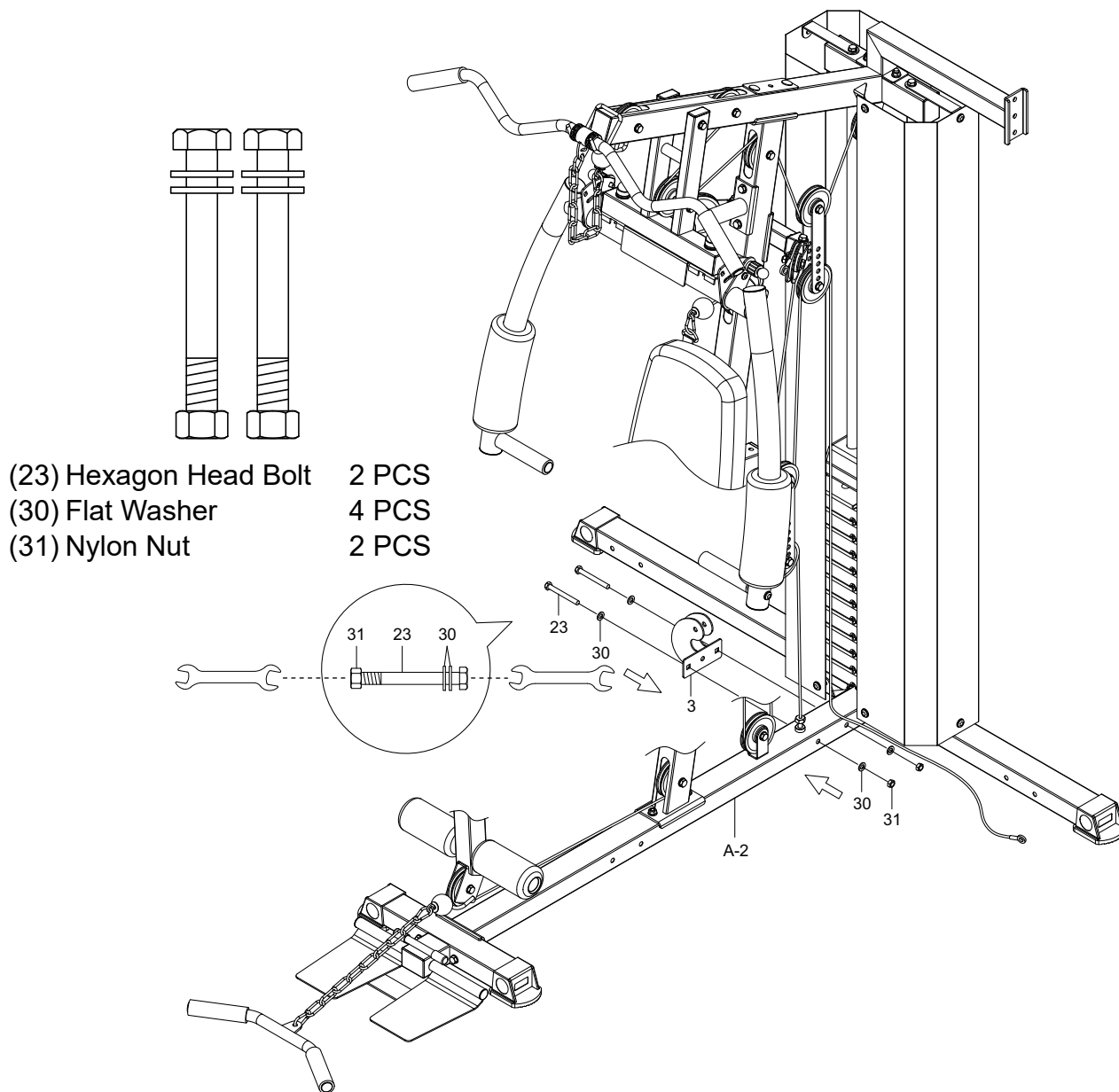
	<p>STEP 1 (23) Hexagon Head Bolt 8 PCS (30) Flat Washer 16 PCS (31) Nylon Nut 8 PCS</p>	
	<p>STEP 2 (22) Hexagon Head Bolt 4 PCS (24) Hexagon Head Bolt 2 PCS (30) Flat Washer 12 PCS (31) Nylon Nut 6 PCS</p>	<p>STEP 3 (20) Axle 2 PCS (27) Hexagon Socket Pan Head Cap Bolt 4 PCS (30) Flat Washer 4 PCS</p>
<p>STEP 4 (25) Hexagon Head Bolt 1 PC (26) Hexagon Head Bolt 4 PCS (27) Hexagon Socket Pan Head Cap Bolt 1 PC (30) Flat Washer 6 PCS (31) Nylon Nut 6 PCS</p>		
	<p>STEP 5 (24) Hexagon Head Bolt 2 PCS (29) Hexagon Head Bolt 2 PCS (30) Flat Washer 4 PCS (31) Nylon Nut 2 PCS (32) Flat Washer 4 PCS (37) Hexagon Head Bolt 2 PCS</p>	

EXPLODED VIEW



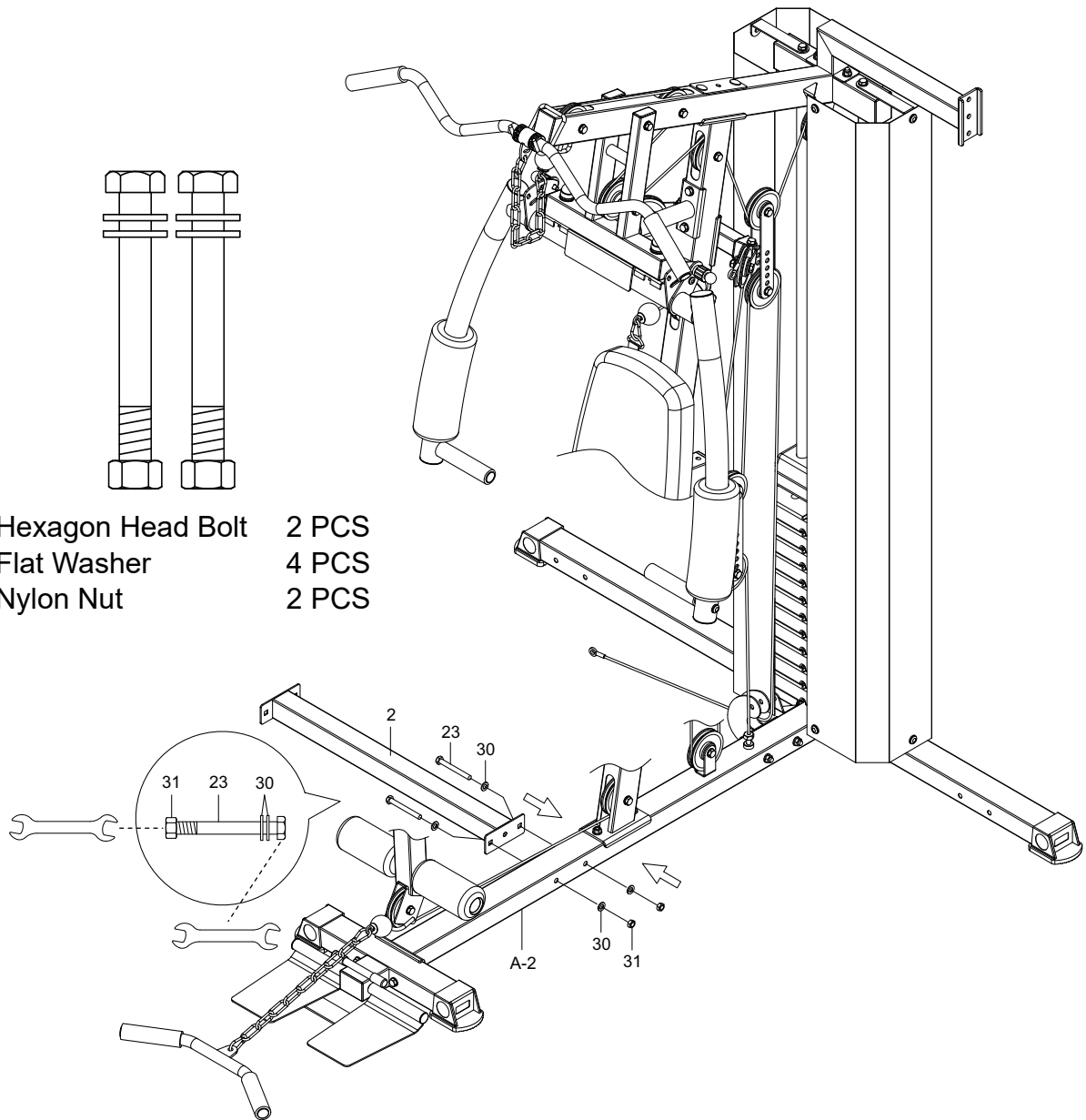
ASSEMBLY INSTRUCTIONS

NOTE: It is recommended this home gym to be assembled by two or more people to avoid possible injury.



STEP 1

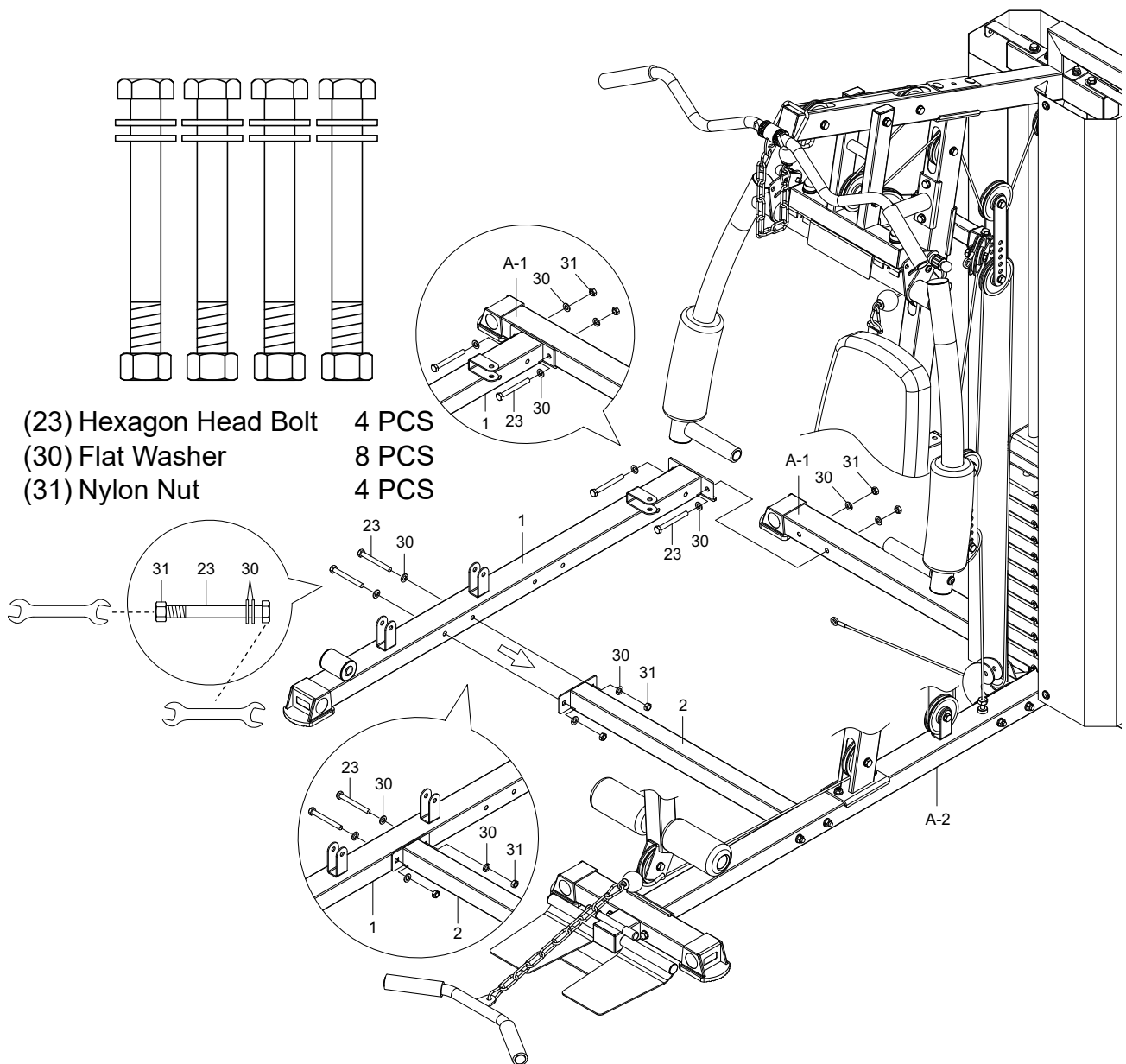
Attach the Pulley Bracket (3) onto the Base Tube (A-2) with two Hexagon Head Bolts (23), two Nylon Nuts (31), and four Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.



- (23) Hexagon Head Bolt 2 PCS
- (30) Flat Washer 4 PCS
- (31) Nylon Nut 2 PCS

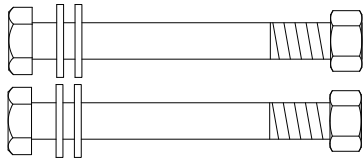
STEP 1-1

Attach the Bottom Cross Tube (2) onto the Base Tube (A-2) with two Hexagon Head Bolts (23), two Nylon Nuts (31), and four Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

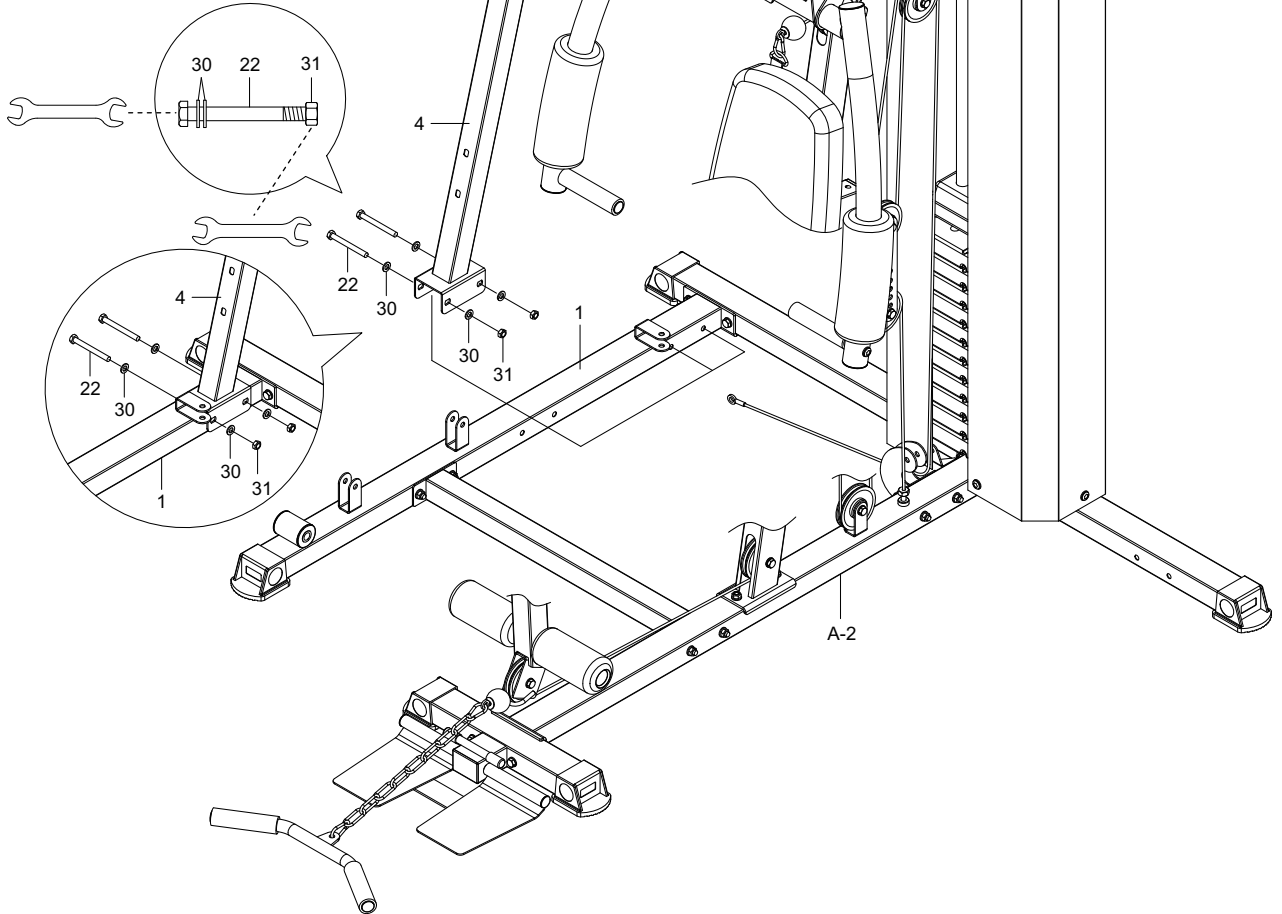


STEP 1-2

Attach the Base Tube (1) onto the Bottom Cross Tube (2) and Rear Base Tube (A-1) with four Hexagon Head Bolts (23), four Nylon Nuts (31), and eight Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

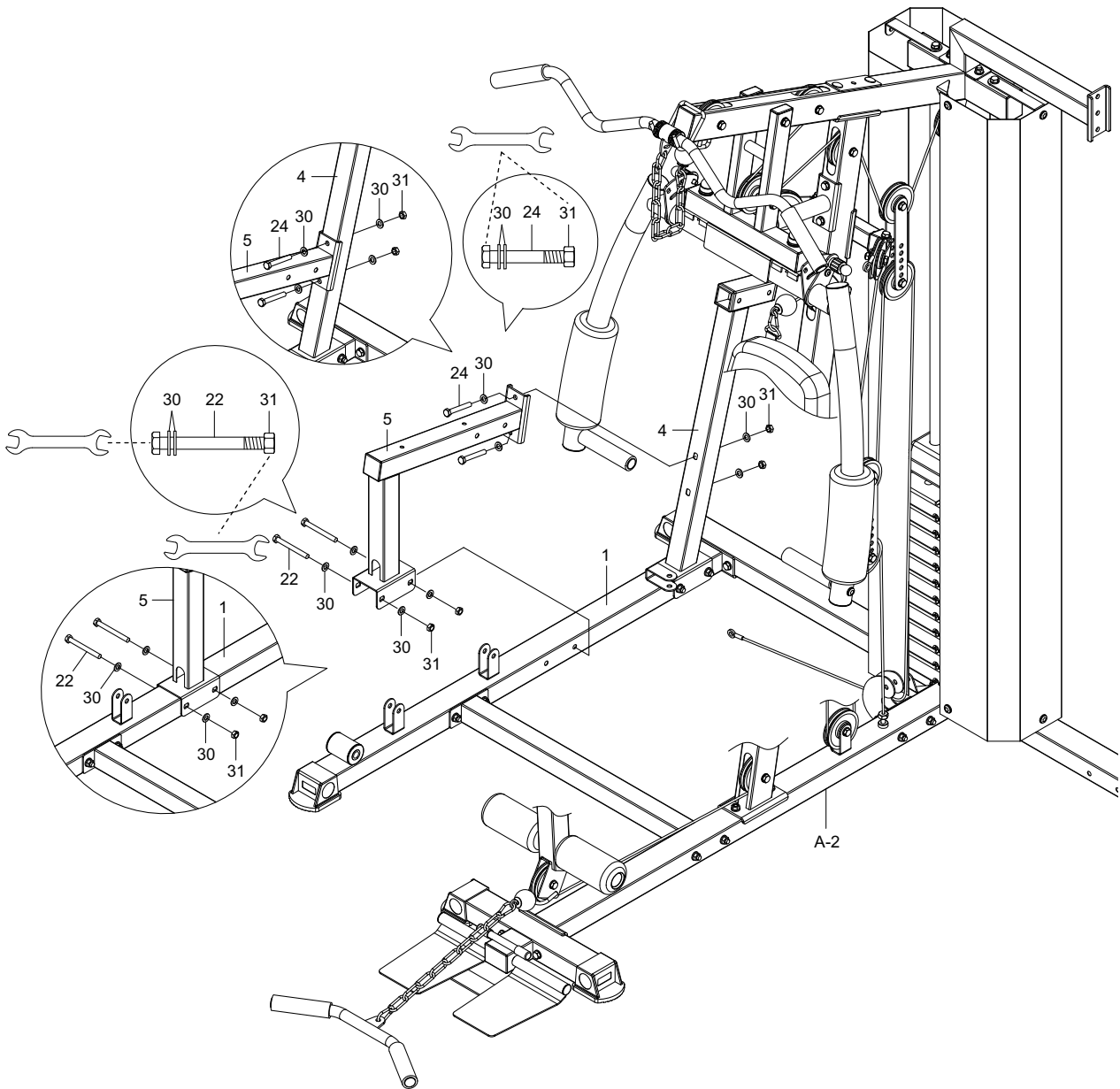


- (22) Hexagon Head Bolt 2 PCS
- (30) Flat Washer 4 PCS
- (31) Nylon Nut 2 PCS



STEP 2

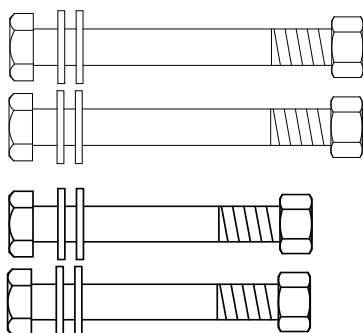
Attach the Backrest Tube (4) onto the Base Tube (1) with two Hexagon Head Bolts (22), two Nylon Nuts (31), and four Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.



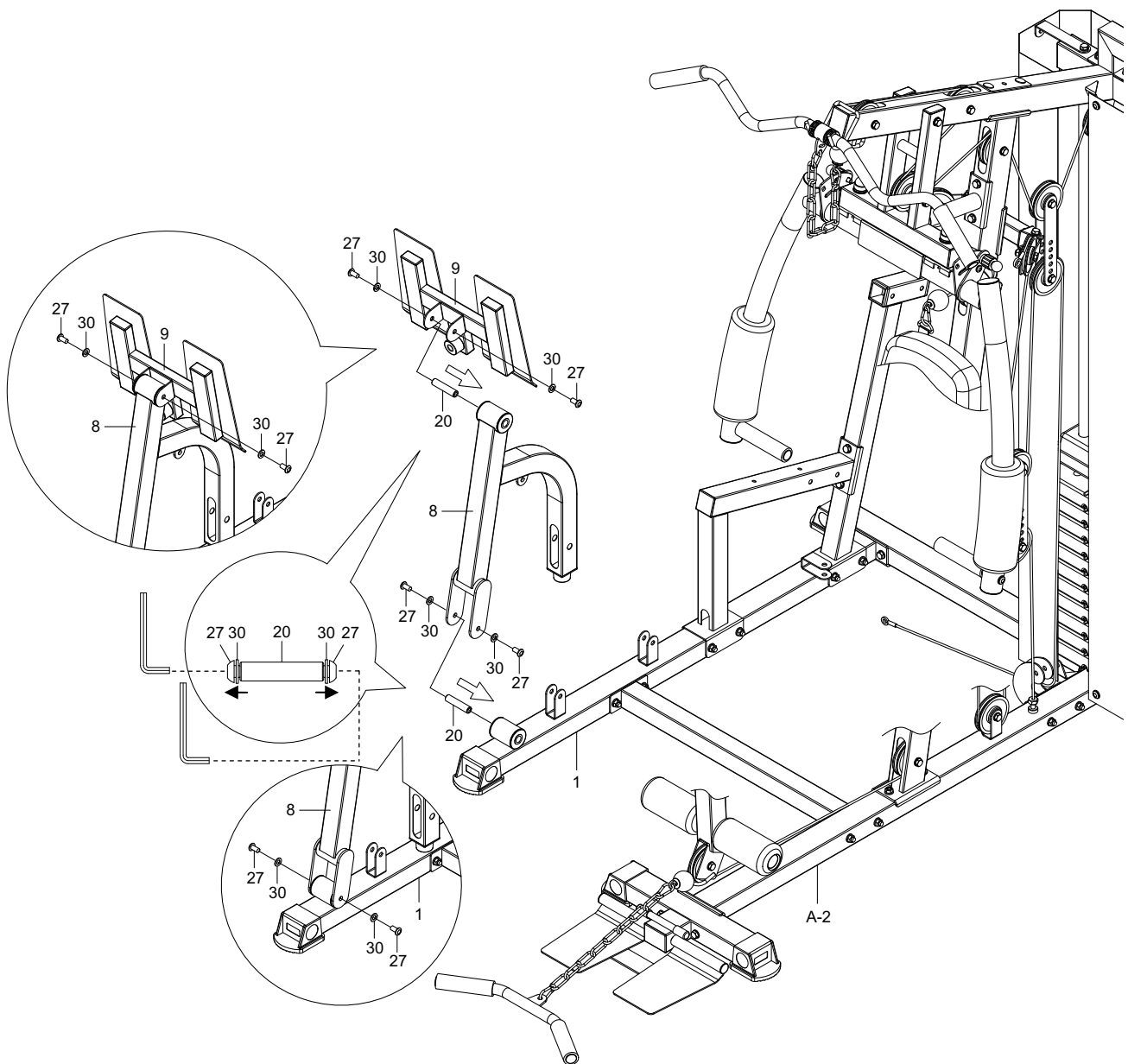
STEP 2-1

Attach the Seat Tube (5) onto the Base Tube (1) and Backrest Tube (4) with two Hexagon Head Bolts (22), two Hexagon Head Bolts (24), four Nylon Nuts (31), and eight Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:



- | | |
|------------------------|-------|
| (22) Hexagon Head Bolt | 2 PCS |
| (24) Hexagon Head Bolt | 2 PCS |
| (30) Flat Washer | 8 PCS |
| (31) Nylon Nut | 4 PCS |



STEP 3

Remove four Hexagon Socket Pan Head Bolts (27) and four Flat Washers (30) from both ends of the Axles (20). Remove bolts with two Allen Wrenches provided.

Insert the Axle (20) into the hole on the Base Tube (1).

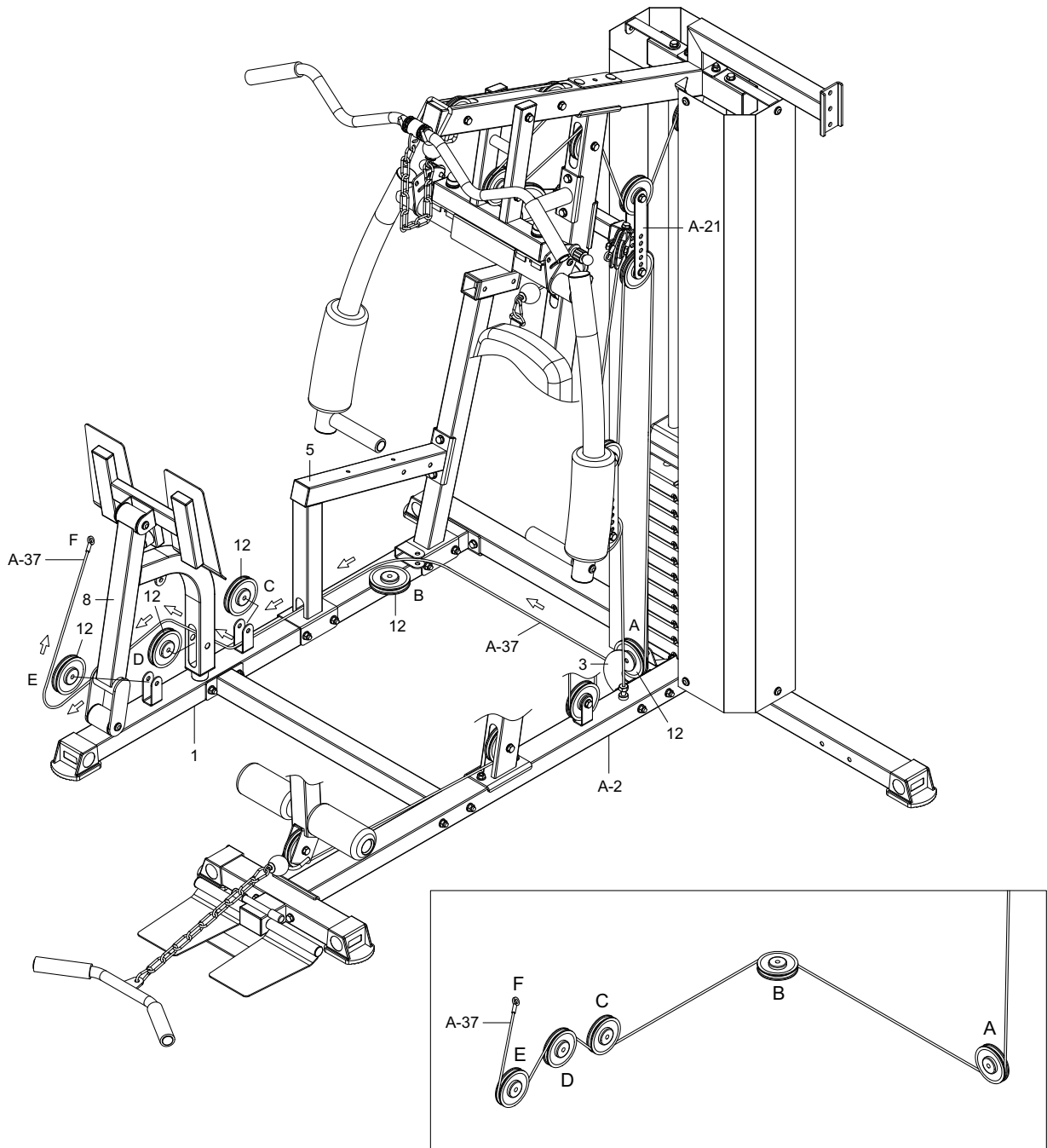
Attach the Foot Extension Frame (8) onto the Base Tube (1) with two Hexagon Socket Pan Head Bolts (27) and two Flat Washers (30) that were removed. Tighten bolts with two Allen Wrenches provided.

Insert the other Axle (20) into the hole on the Foot Extension Frame (8).

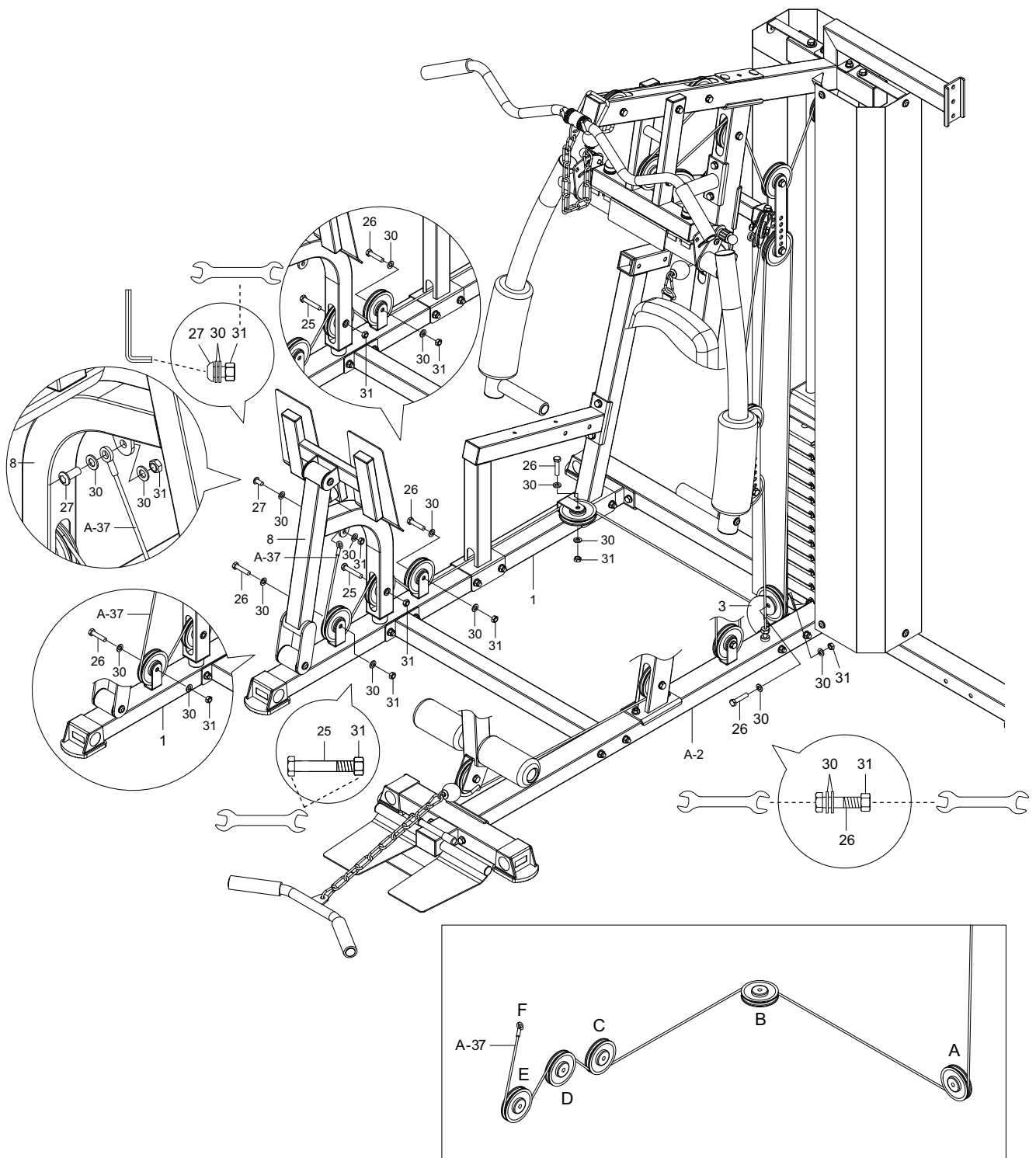
Attach the Foot Plate Frame (9) onto the Foot Extension Frame (8) with two Hexagon Socket Pan Head Bolts (27) and two Flat Washers (30) that were removed. Tighten bolts with two Allen Wrenches provided.

Hardware:

	(20) Axle	2 PCS
	(27) Hexagon Socket Pan Head Cap Bolt	4 PCS
	(30) Flat Washer	4 PCS



STEP 4
 Routing the Leg Press Cable (A-37) from A to F.



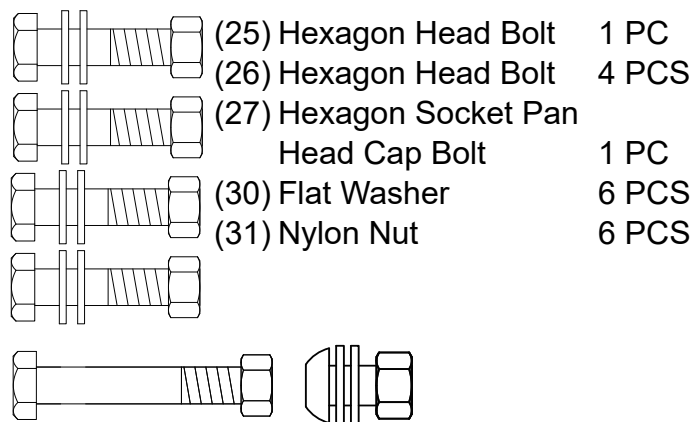
STEP 4-1

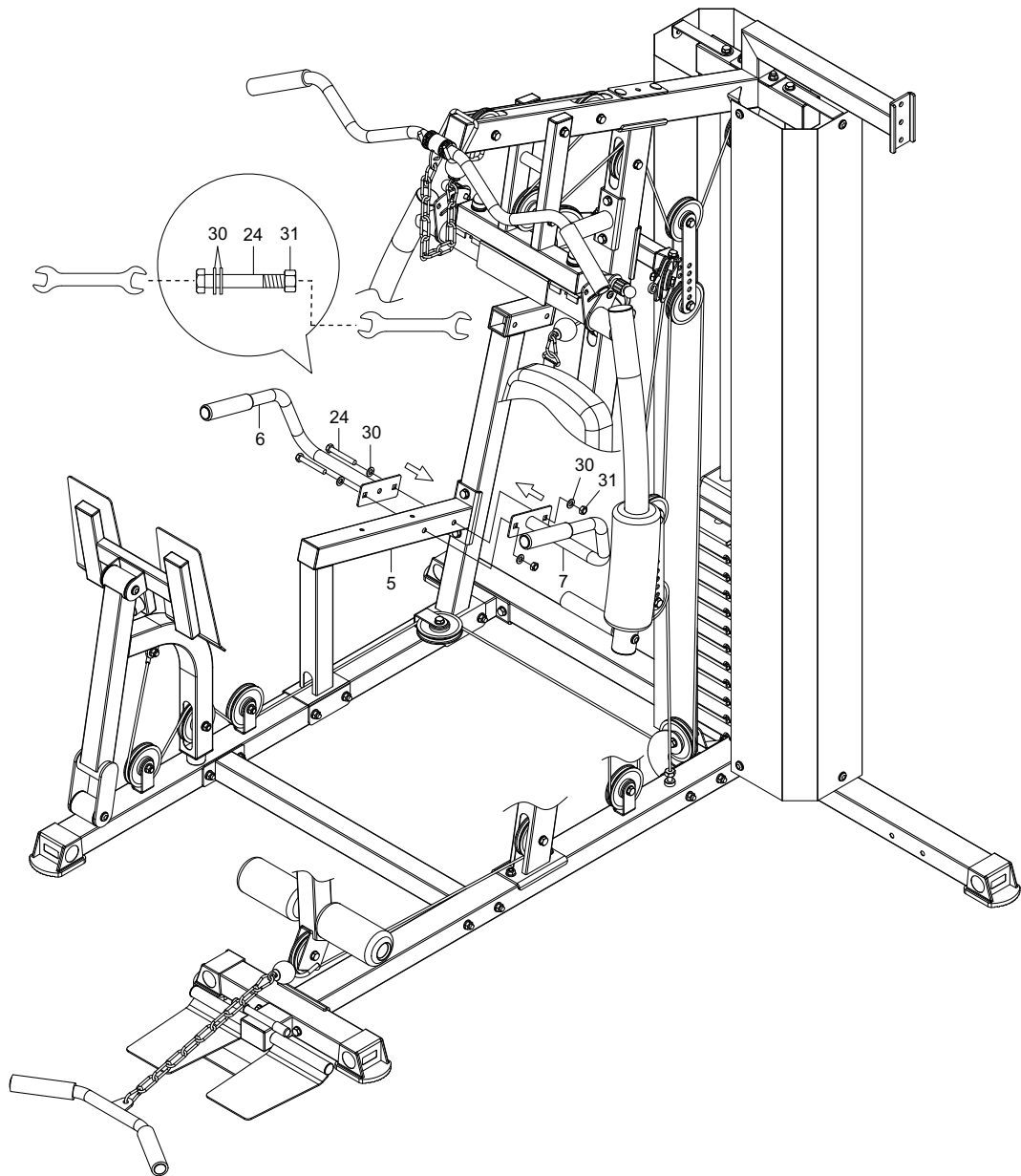
- H. Pull the Leg Press Cable (A-37) downwards through the Pulley Bracket (3). Slot the Pulley (12) into the Pulley Bracket (3) and pull the Leg Press Cable (A-37) through underneath the Pulley (12). Then secure the Pulley (12) into the Pulley Bracket (3) with one Hexagon Head Bolt (26), one Nylon Nut (31), and two Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- I. Pull the Leg Press Cable (A-37) forwards through the Base Tube (1). Slot the Pulley (12) into the Base Tube (1) and pull the Leg Press Cable (A-37) through over the Pulley (12). Then secure the Pulley (12) into the Base Tube (1) with one Hexagon Head Bolt (26),

one Nylon Nut (31), and two Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

- J. Pull the Leg Press Cable (A-37) forwards through the Base Tube (1). Slot the Pulley (12) into the Base Tube (1) and pull the Leg Press Cable (A-37) through underneath the Pulley (12). Then secure the Pulley (12) into the Base Tube (1) with one Hexagon Head Bolt (26), one Nylon Nut (31), and two Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- K. Pull the Leg Press Cable (A-37) up through the Foot Extension Frame (8). Slot the Pulley (12) into the Foot Extension Frame (8) and pull the Leg Press Cable (A-37) through over the Pulley (12). Then secure the Pulley (12) into the Foot Extension Frame (8) with one Hexagon Head Bolt (25) and one Nylon Nut (31). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- L. Pull the Leg Press Cable (A-37) downwards through the Base Tube (1). Slot the Pulley (12) into the Base Tube (1) and pull the Leg Press Cable (A-37) through underneath the Pulley (12). Then secure the Pulley (12) into the Base Tube (1) with one Hexagon Head Bolt (26), one Nylon Nut (31), and two Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.
- M. Pull the Leg Press Cable (A-37) upwards to fix the other end of the Leg Press Cable (A-37) to the Foot Extension Frame (8) with one Hexagon Socket Pan Head Cap Bolt (27), one Nylon Nut (31), and two Flat Washers (30). Tighten bolt and nylon nut with one Allen Wrench and one Double Open End Wrench provided.

Hardware:

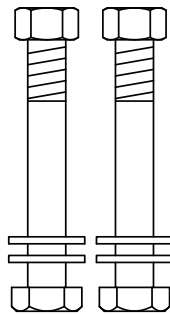




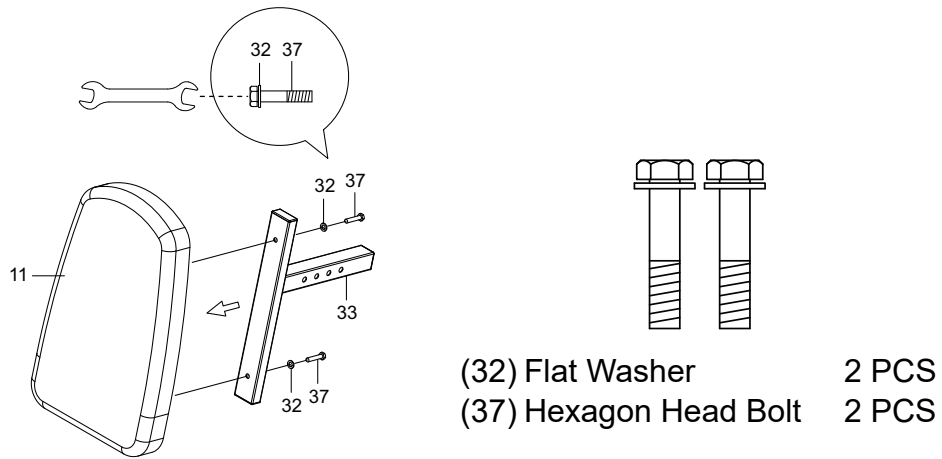
STEP 5

Attach both Right/Left Handlebars (6, 7) onto the Seat Tube (5) with two Hexagon Head Bolts (24), two Nylon Nuts (31), and four Flat Washers (30). Tighten bolt and nylon nut with two Double Open End Wrenches provided.

Hardware:

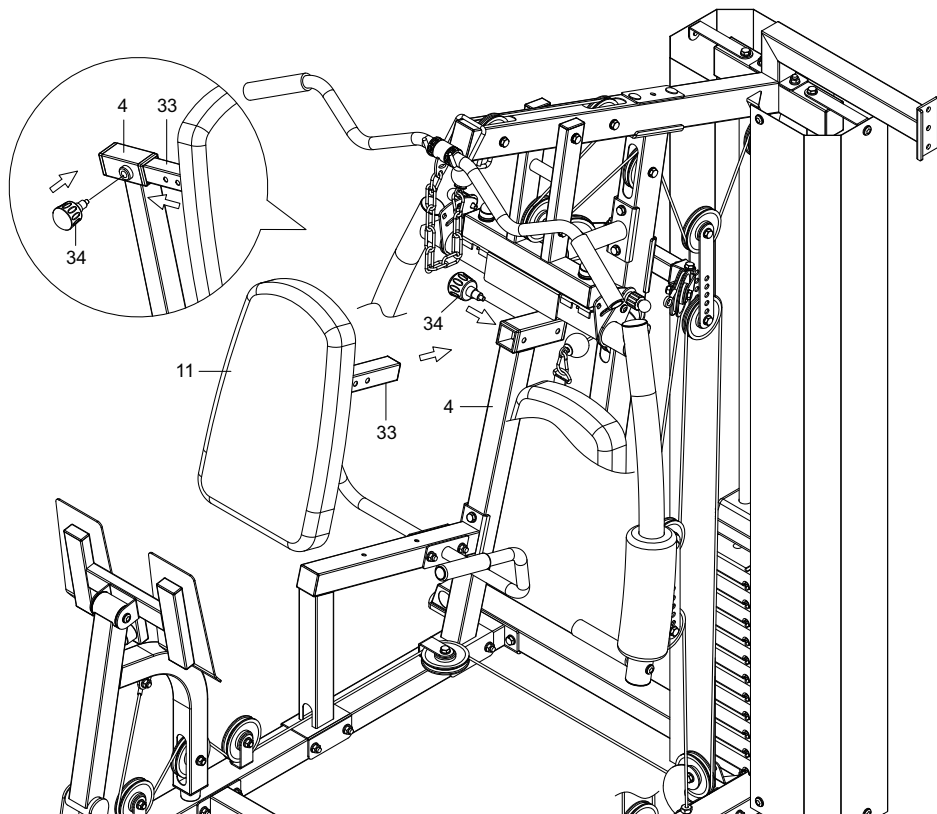


(24) Hexagon Head Bolt	2 PCS
(30) Flat Washer	4 PCS
(31) Nylon Nut	2 PCS



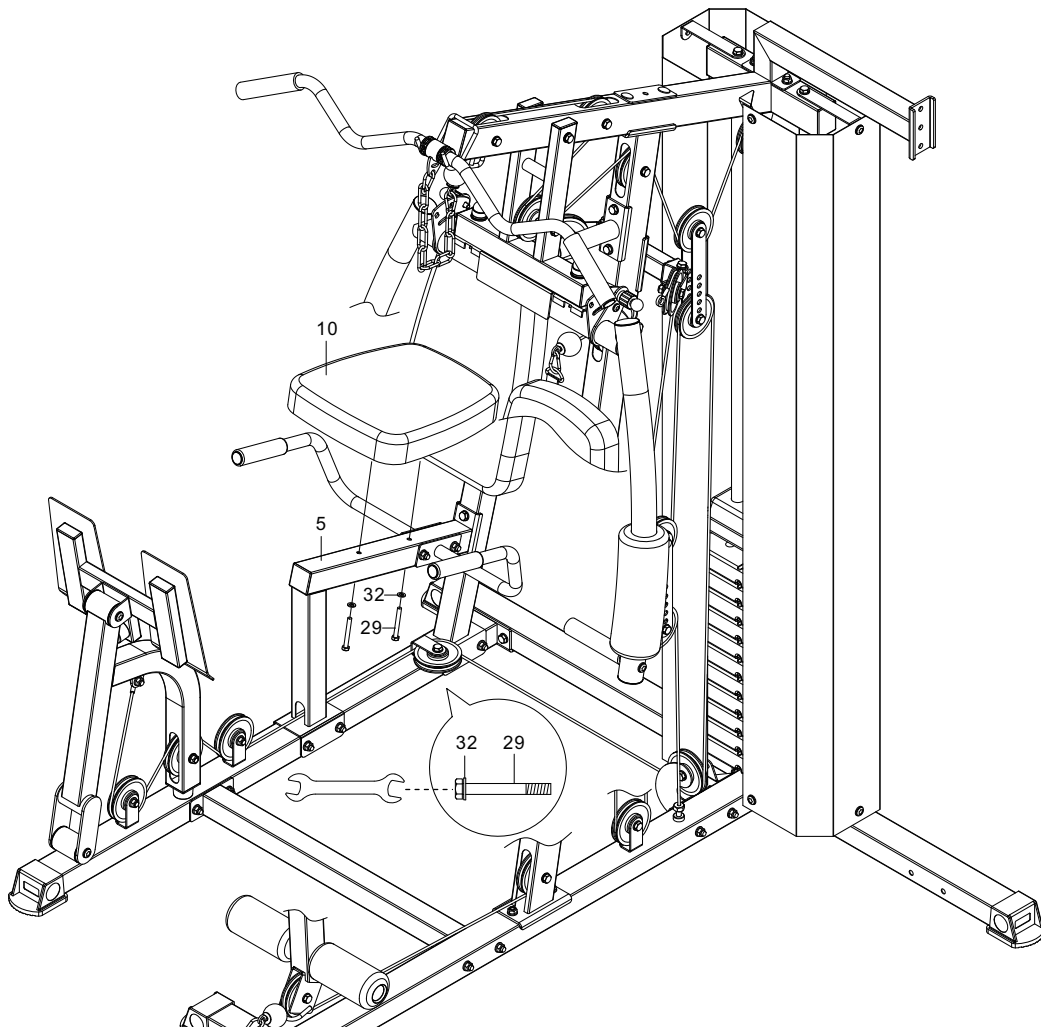
STEP 5-1

Attach the Backrest (11) onto the Backrest Support Frame (33) with two Hexagon Head Bolts (37) and two Flat Washers (32). Tighten bolt with the Double Open End Wrench provided.



STEP 5-2

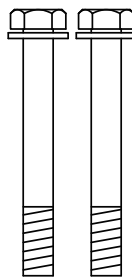
Insert the Backrest Support Frame (33) into the Backrest Tube (4) and tighten a Round Knob (34) into the Backrest Tube (4) and one of the holes in the Backrest Support Frame (33).



STEP 5-3

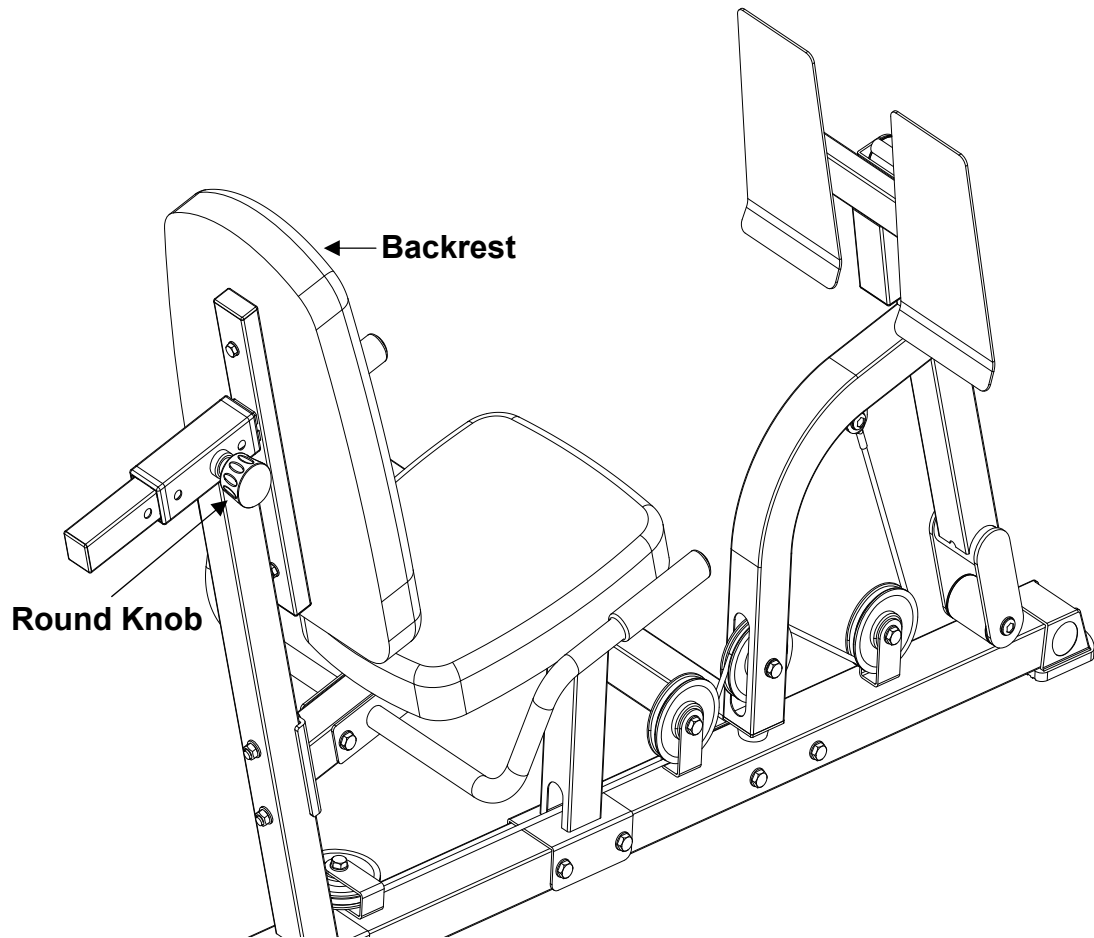
Attach the Seat (10) onto the Seat Tube (5) with two Hexagon Head Bolts (29) and two Flat Washers (32). Tighten bolt with the Double Open End Wrench provided.

Hardware:



- | | |
|------------------------|-------|
| (29) Hexagon Head Bolt | 2 PCS |
| (32) Flat Washer | 2 PCS |

ADJUSTMENT



The Backrest can be adjusted according to your own training needs.

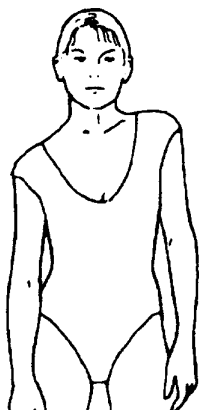
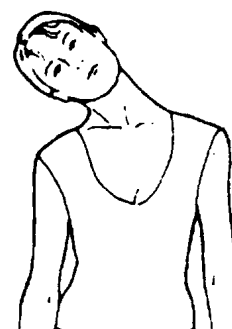
WARM UP AND COOL DOWN ROUTINE

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.

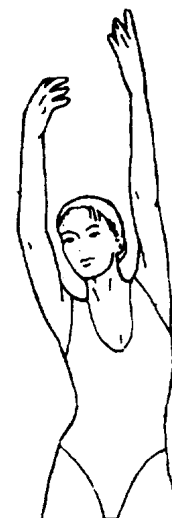
HEAD ROLLS

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.

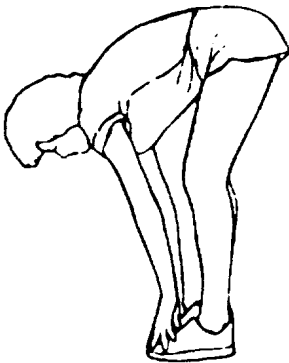


QUADRICEPS STRETCH

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.

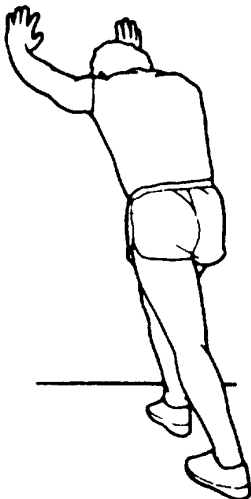
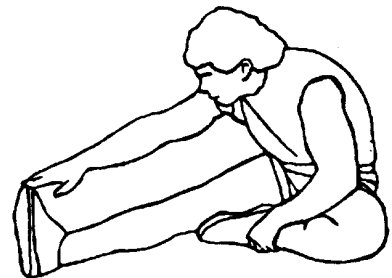


TOE TOUCHES

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.