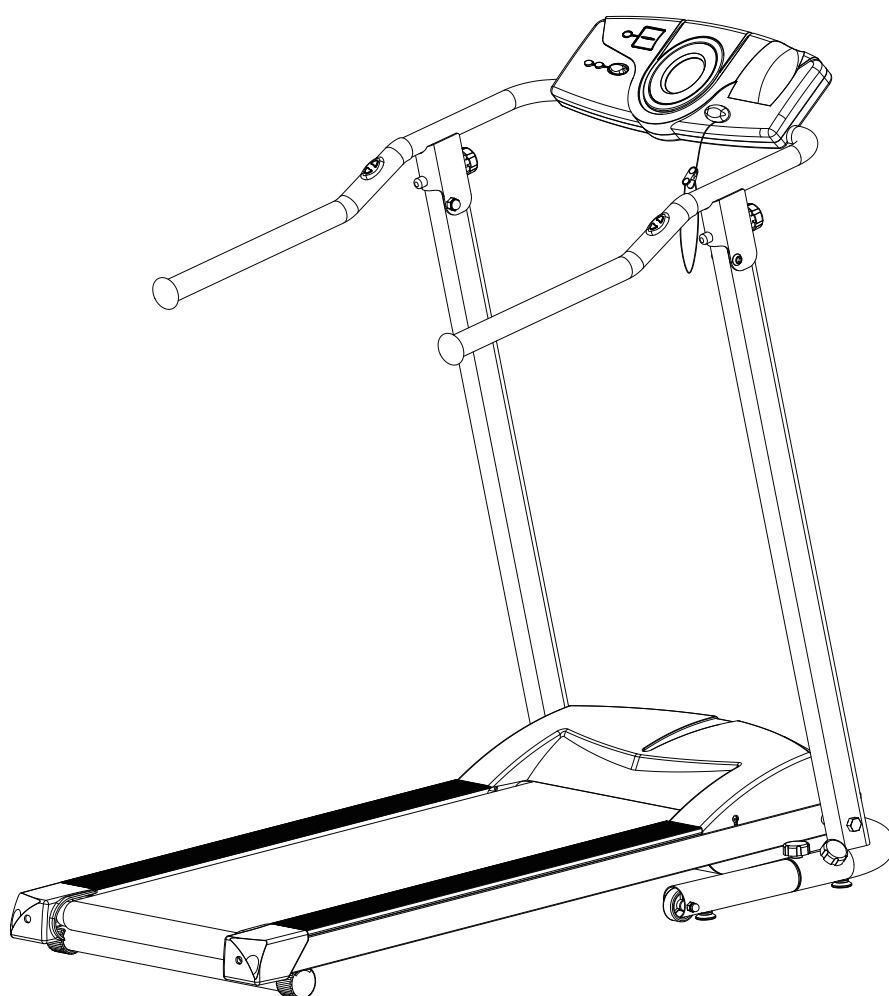


***CAMINADORA PROGRAMMABLE  
MOTORIZED TREADMILL  
ITEM NO: 97001***

***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.***

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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, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

**Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.**

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the product to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative*.
- Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the storage safety latch tube is in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 159 kg.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 110 volt 50/60Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

**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.

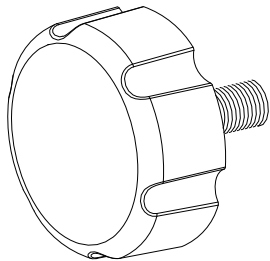
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Stabilizer	1	030	Right Rear Cap	1
002	Main Frame	1	031	Motor Cover	1
003	Handlebar	1	032	Motor	1
004	Safety Tube A (390x30x40)	1	033	Optical Coupler	1
005	Safety Tube B (T1.2x20x20x320)	1	034	Power Control Plastic Plate	1
006	Hexagon Socket Oval Head Bolt M10x45	2	035	Power Control Board	1
007	Cap Nut M10	2	036	Flat Washer Ø20xØ8x1.5T	4
008	Stabilizer Knob M8	4	037	Wire Grommet	2
009	Hexagon Head Bolt M12x90	2	038	Power Cord	1
010	Hexagon Socket Oval Head Bolt M8x44	1	039	Power Socket	1
011	Hexagon Socket Oval Head Bolt M8x35	1	040	Switch AC Power	1
012	Nylon Nut M8	1	041	Fuse Box	1
013	Handlebar Knob M10	2	042	Wire for Switch (100mm)	1
014	Flat Washer Ø8	1	043	Wire for Power Control Board	1
015	Computer Knob M6	2	044	Cross Recessed Truss Head Bolt M6x25	1
016	Signal Cable	1	045	Cross Recessed Truss Head Bolt M5x10	8
017	Computer	1	046	Cross Recessed Countersunk Head Bolt M3x8	2
018	Safety Tether Key	1	047	Earth Lead	1
019	Adjustable Leveler M8x20	5	048	Spring Washer Ø5	3
020	Rectangular End Cap (□25x50)	2	049	Cross Recessed Oval Head Bolt M5x12	4
021	Cover	2	050	Nylon Nut M5	4
022	Deck Bumper (55x35x8.5)	6	051	Cross Recessed Oval Head Tapping Screw 3x12	4
023	Running Deck (845x486xT20)	1	052	Hexagon Head Bolt M8x25	4
024	Running Belt (405x1940xT1.6)	1	053	Spring Washer Ø8	4
025	Belt 180/J6	1	054	Flange Nut M8	4
026	Front Roller (Ø105xØ42xØ15x513)	1	055	Hexagon Socket Round Head Cap Bolt M8x55	3
027	Rear Roller (Ø42xØ15x500)	1	056	Cross Recessed Oval Head Tapping Screw ST5x14	6
028	Side Rail	2	057	Cross Recessed Countersunk Head Bolt M6x35	6
029	Left Rear Cap	1	058	Flange Nut M6	6

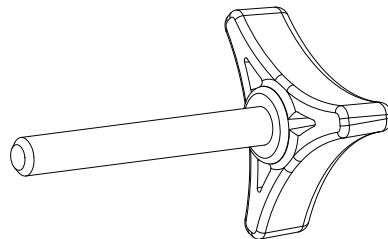
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
059	Right Stabilizer Tube (Ø50xT1.5x310)	1	070	Speed Buttons with Wire	1
060	Bushing (Ø12x Ø8.4x15)	4	071	Handlebar Foam Grip	2
061	Transport Wheel (Ø51x48.5x20)	2	072	Cross Recessed Oval Head Tapping Screw ST4x16	2
062	Hexagon Socket Oval Head Bolt M8x65	2	073	Short Knob	1
063	Cap Nut M8	2	074	Spring Knob	1
064	Left Stabilizer Tube (Ø50xT1.5x310)	1	075	Flat Washer Ø10	2
065	Square Bushing (30x30x28)	1	076	Function Buttons with Wire	1
066	Square End Cap (30x30x12)	1	077	Cross Recessed Oval Head Bolt M5x8	3
067	Square Bushing (26x26x50)	1	078	Flat Washer Ø5	3
068	Square End Cap (20x20x12)	1	079	Ring for Power Cable	2
069	Handlebar End Cap	2			

# ASSEMBLY COMPONENTS



(8) Stabilizer Knob  
4 PCS



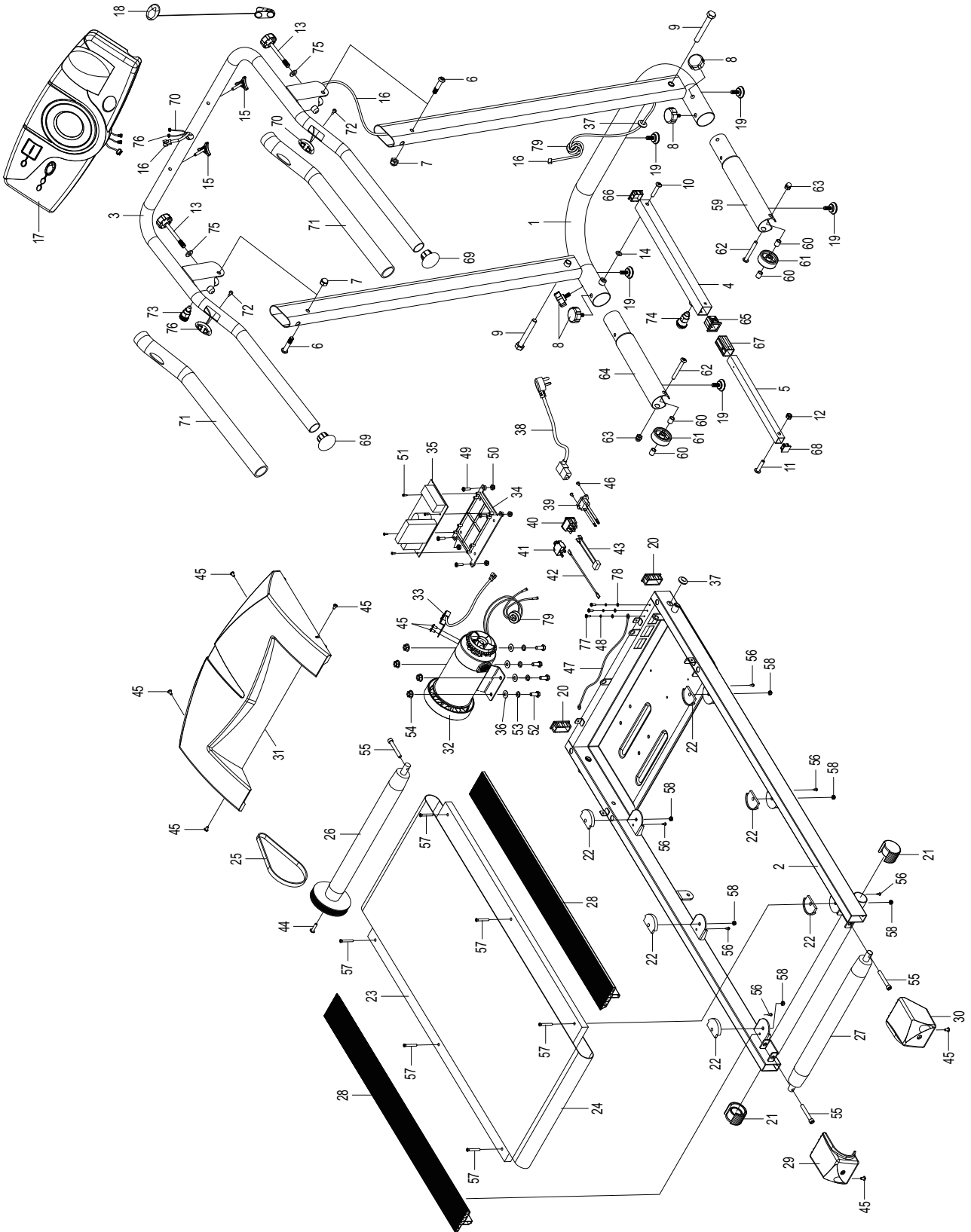
(15) Computer Knob  
2 PCS

# TOOL



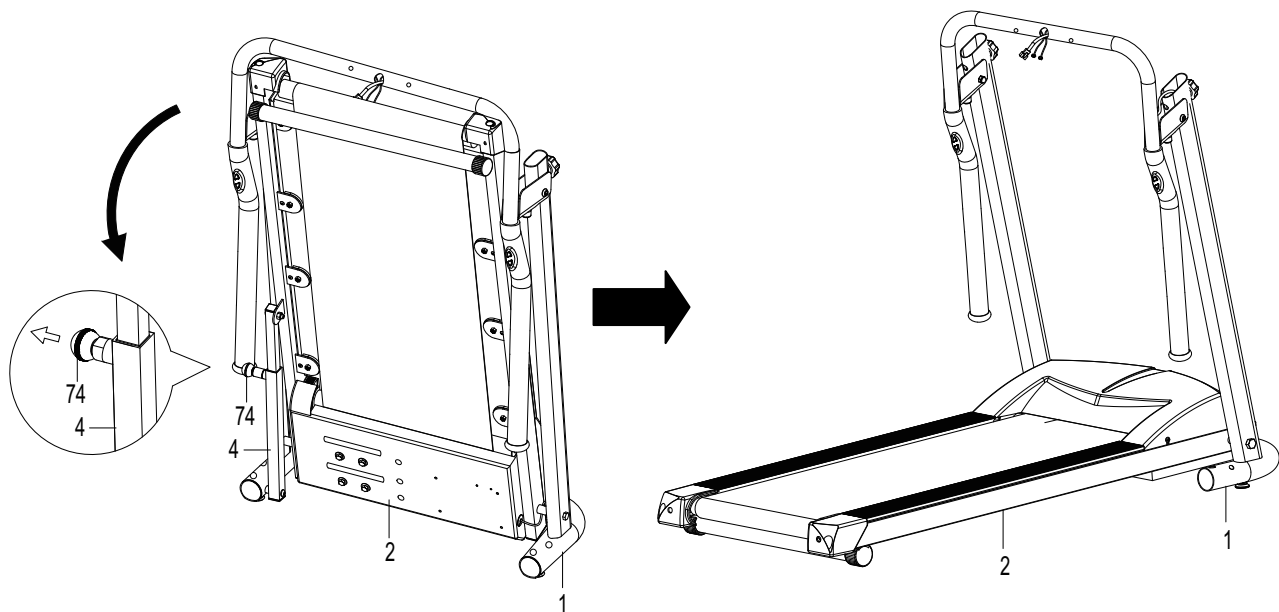
Allen Wrench 6mm  
1 PC

# EXPLODED VIEW





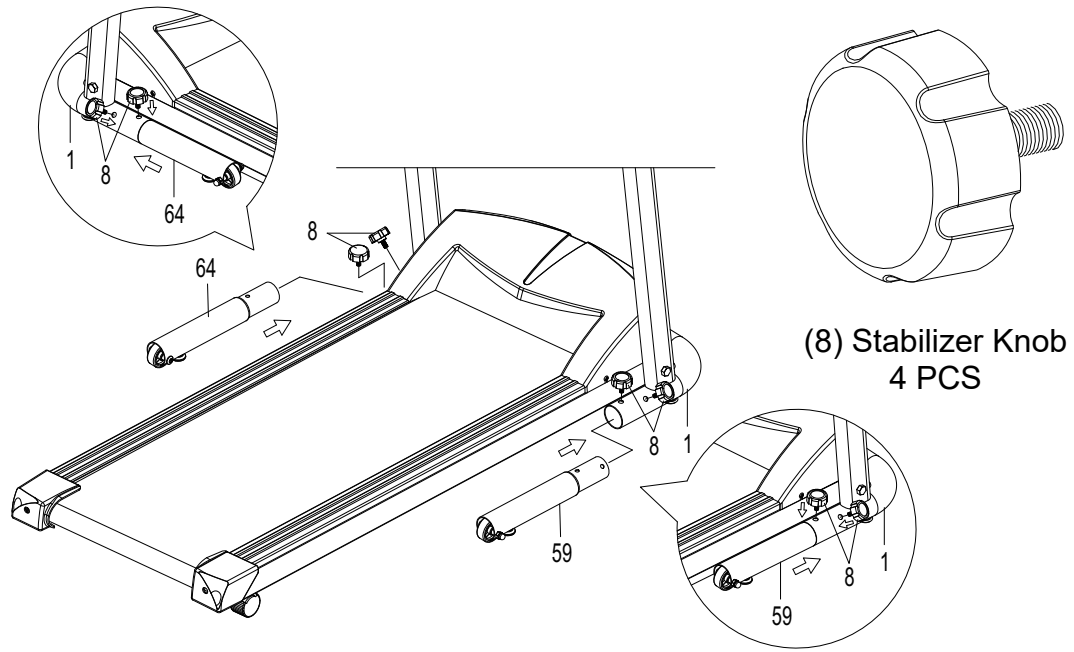
# ASSEMBLY INSTRUCTIONS



## Step 1

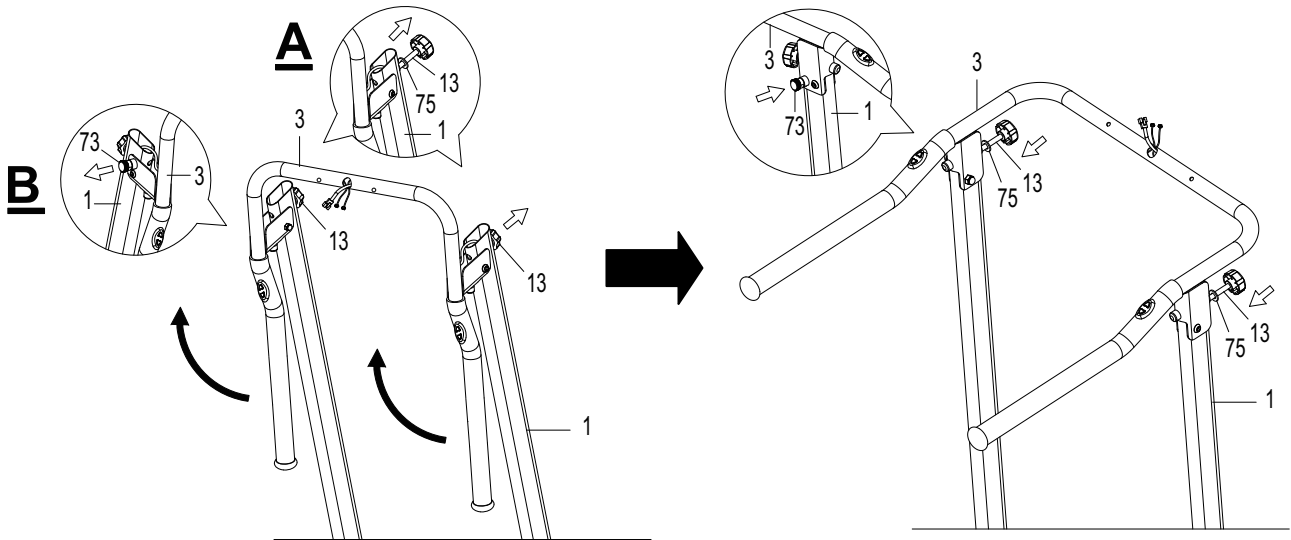
Place the treadmill in the upright position on a level surface. Place one hand firmly on the rear end of Main Frame (2) and use your other hand to pull out the Spring Knob (74). Then lower the Main Frame (2) down from the rear of treadmill until the Spring Knob (74) "pops" into the locked position and the Main Frame (1) is flat with the ground.

**WARNING: TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD ON THE TREADMILL AS IT IS LOWERED. DO NOT STAND UNDER THE TREADMILL AS IT IS LOWERING. BE SURE THAT THE SPRING KNOB IS LOCKED IN PLACE.**



**Step 2**

Install the Right Stabilizer Tube (59) into the Stabilizer (1). Align the holes on both parts and insert two Stabilizer Knobs (8) through those holes. Thoroughly tighten the Stabilizer Knobs (8) by turning in a clockwise direction. Repeat this step to install the Left Stabilizer Tube (64) into the Stabilizer (1).

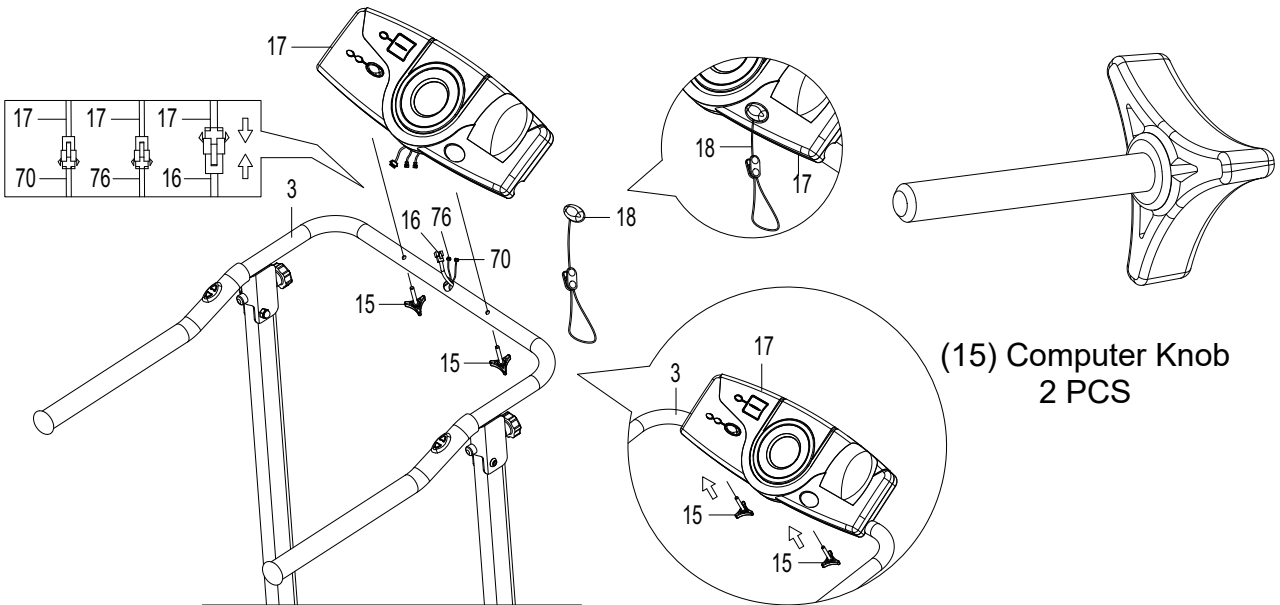


**Step 3**

**A.** Pull both Handlebar Knobs (13) and Flat Washers (75) out.

**B.** Pull out the Short Knob (73) and then lift the Handlebar (3) all the way up until it is perpendicular to the Stabilizer (1) frame.

Release the Short Knob (73) and ensure that it “pops” into the locked position after the Handlebar (3) is adjusted. Secure the Handlebar (3) to the Stabilizer (1) with two Handlebar Knobs (13) and Flat Washers (75).



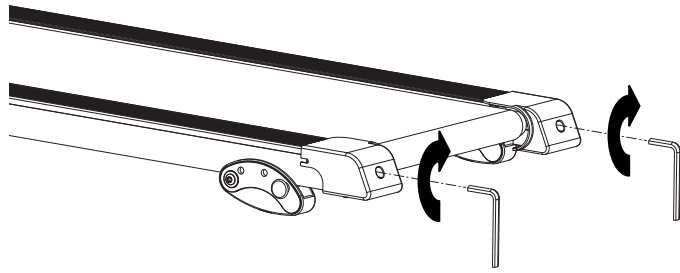
(15) Computer Knob  
2 PCS

**Step 4**

It is recommended to have a second person assist with this step. One person should hold the Computer (17) in place while the other person to connect the wires.

Connect the Signal Cable (16), Speed Buttons Wire (70), and Function Buttons Wire (76) from the Handlebar (3) to the wires that come from the Computer (17). Tuck the excess wire into the Handlebar (3) and Computer (17).

Attach the Computer (17) onto the Handlebar (3) with two Computer Knobs (15). Place the Safety Tether Key (18) onto the Computer (17).



**Tool:**

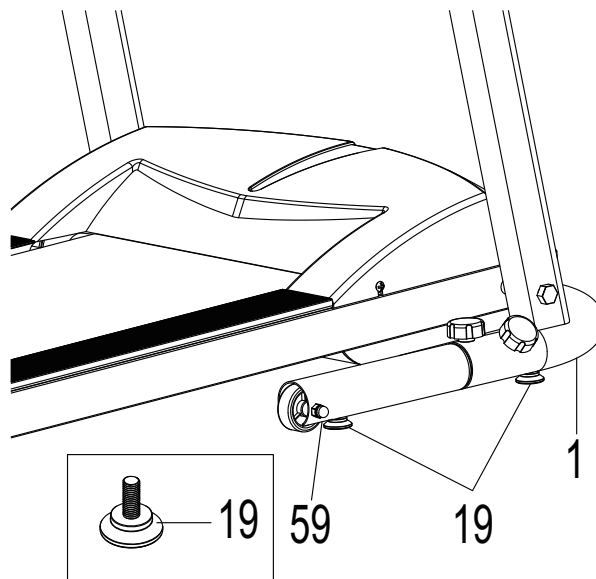


**6 mm Allen Wrench**

### **Step 5**

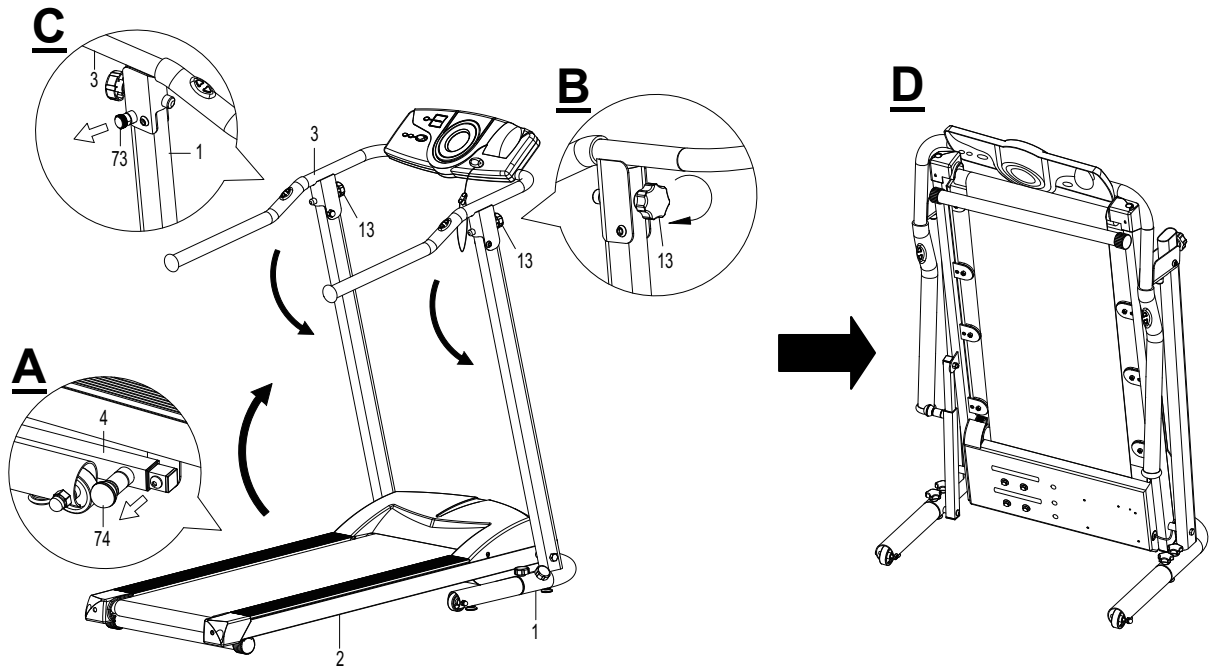
The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the 6 mm Allen Wrench to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

## **ADJUSTMENT**



There are five Adjustable Levels (19) on the treadmill. There is one Adjustable Level (19) on the bottom of each Left and Right Stabilizer Tubes (64, 59). There are three Adjustable Levels (19) on the bottom of the Stabilizer (1). Turn the various Adjustable Levels (19) as needed to level the treadmill.

# STORAGE



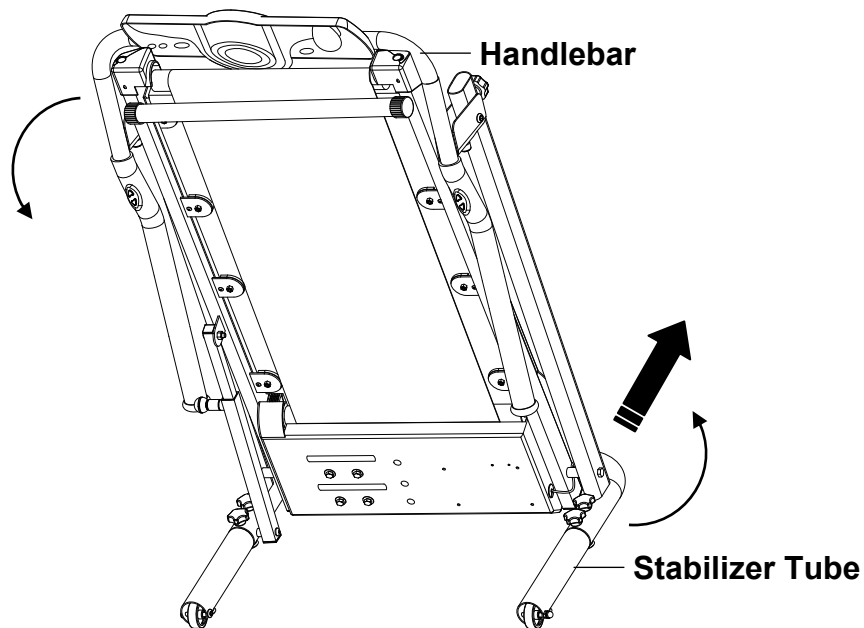
## FOLDING THE TREADMILL

For your convenience, the treadmill can be folded up and placed in a storage area.

- A. To fold the treadmill place one hand on the rear end of Main Frame (1) and use your other hand to pull out the Spring Knob (74) while slowly lifting up the the Main Frame (2) and allowing the Spring Knob (74) to "pop" in place.
- B. Loosen both Handlebar Knobs (13).
- C. Pull out the Short Knob (73) and then push the Handlebar (3) all the way down. Insert both Handlebar Knobs (13) back to the Stabilizer (1) frame.
- D. The figure D shows the treadmill in the folded position.

**IMPORTANT: TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD ON THE MAIN FRAME WHEN LIFTING UP OR SETTING DOWN THE DECK.**

## MOVING THE TREADMILL

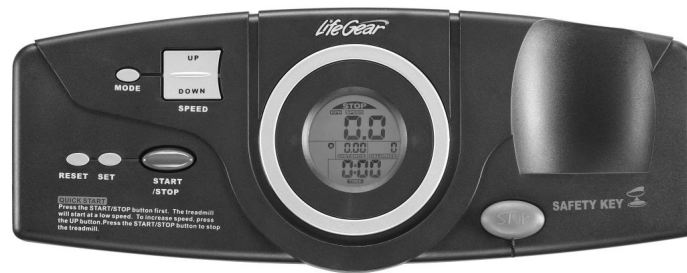


The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position, firmly grasp the Handlebar with both hands and place one foot on the Stabilizer Tube. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.

To set the treadmill down, place one foot on the Stabilizer Tube and carefully lower treadmill onto base in the folded position.

**CAUTION: THE TREADMILL IS HEAVY, IT IS SUGGESTED YOU ALWAYS USE THE AID OF A SECOND PERSON WHEN MOVING THE TREADMILL. DO NOT ATTEMPT TO MOVE THE TREADMILL WHILE IT IS IN THE UNFOLDED POSITION.**

# OPERATING THE COMPUTER



Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the magnetic end of the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

**NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.**

## QUICK START:

Press the START/STOP button to start exercise. The treadmill will start moving at a speed of 0.6 KPH. The split window of TIME will display in your elapsed workout TIME. The split window of DISTANCE will display your cumulative DISTANCE. The split window of CALORIES will display your total CALORIES burned during your workout. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the walking speed during exercise. The treadmill's speed range is from 0.6 KPH to 8.0 KPH. The split window of SPEED will display your current speed. During training, you may press the START/STOP button to stop the treadmill running at any time, press the START/STOP button to start the treadmill running again. You may pull out the safety tether key to stop the treadmill running.

## GOAL COUNT DOWN:

A goal count down program can be set by pressing the MODE button before starting the treadmill. Repeatedly pressing the MODE button will make the TIME, DISTANCE, or CALORIES display flash. When one of the displays is flashing, the value of the flashing workout statistic can be increased by toggling UP and DOWN. Press the SET button to confirm. When the selected workout statistic values have been input, press the START/STOP button to start the treadmill. Multiple goal count downs can be set. The computer console will beep and the treadmill will stop when one of the goal count downs has reached zero. To continue with any remaining count down goals, allow the running belt to come to a complete stop and press the START/STOP button to resume.

## COMPUTER BUTTON FUNCTIONS:

**START/STOP:** Press the START/STOP button to start or stop the treadmill.

**MODE:** Press the MODE button to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

**SET:** Press the SET button to set goal values of TIME, DISTANCE, or CALORIES.

**RESET:** Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press and hold the RESET button for 2 seconds, the computer will be restarted.

**SPEED UP:** Press the SPEED UP button to increase speed.

**SPEED DOWN:** Press the SPEED DOWN button to decrease speed.

### **COMPUTER FUNCTIONS:**

**TIME:** Displays your elapsed workout time in minutes and seconds. Use the SET button to set a TIME goal. Confirm the goal using the MODE button. TIME can be set between 1:00 to 99:00 minutes.

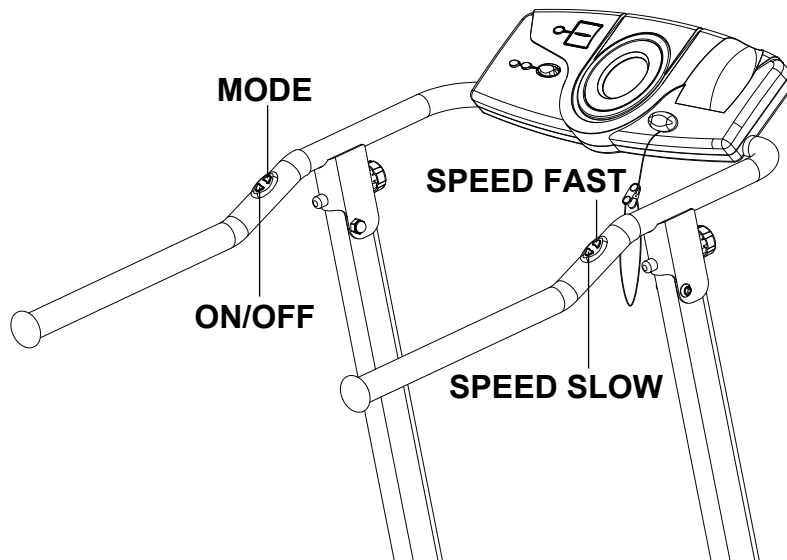
**SPEED:** Displays the current workout speed. You may increase or decrease the speed by pressing the SPEED UP or SPEED DOWN button on the computer console or right handrail at any time. The speed can be adjusted between 0.6 KPH to 8.0 KPH.

**DISTANCE:** Displays the total distance travelled during your workout. Use the SET button to set a DISTANCE goal. Confirm the goal using the MODE button. DISTANCE can be set between 0.10 to 99.90 kilometers.

**CALORIES:** Displays the total calories burned during your workout. Use the SET button to set a CALORIE goal. Confirm the goal using the MODE button. CALORIE goals can be set between 10 to 9990 calories burned.

**NOTE:** The display console will automatically enter sleep mode when no activity is noticed after 5 minutes. When this happens, press the START/STOP button to resume or begin exercise.





**MODE:** Press the MODE button on the Left Handrail to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

**ON/OFF:** Press the ON/OFF button Located on the Left Handrail to start or stop the treadmill.

**SPEED FAST:** Press the SPEED FAST button on the Right Handrail to increase speed.

**SPEED SLOW:** Press the SPEED SLOW button on the Right Handrail to decrease speed.

## EMERGENCY STOP



Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.

# ERROR MESSAGES

Error Codes	Cause	Solution
<b>Er1</b>	Computer receiving error signal up to 15 seconds.	<ol style="list-style-type: none"> <li>1. Restart the power, and retry after 1 minute.</li> <li>2. Ensure the sensor cable is connected perfectly.</li> <li>3. Signal cable or computer IC board damaged, discontinue use and contract with your local dealer for support.</li> </ol>
<b>Er3</b>	Low Voltage	<ol style="list-style-type: none"> <li>1. Restart the power, and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal.</li> <li>2. Signal cable or power IC board damaged, discontinue use and contract with your local dealer for support.</li> </ol>
<b>Er5</b>	<ol style="list-style-type: none"> <li>1. Motor Cable become loose</li> <li>2. Motor is blocked</li> <li>3. Motor damaged</li> </ol>	<ol style="list-style-type: none"> <li>1. Restart the power, and retry after 1 minute.</li> <li>2. Check the motor cable, make sure it is connect perfectly.</li> <li>3. Check the motor quality, make sure there is no visible damage.</li> <li>4. Ensure the running belt is thoroughly lubricated.</li> <li>5. Motor or power IC board damaged, discontinue use and contract with your local dealer for support.</li> </ol>
<b>Er7</b>	Power IC board not receiving signal.	<ol style="list-style-type: none"> <li>1. Restart the power, and retry after 1 minute.</li> <li>2. Ensure the sensor cable is connected perfectly.</li> <li>3. Signal cable or power IC board damaged, discontinue use and contract with your local dealer for support.</li> </ol>
<b>SAFE</b>	Safe tether key protection.	<ol style="list-style-type: none"> <li>1. Reinstall the Safety Tether Key.</li> <li>2. Restart the power after 1 minute and install the Safety Tether Key.</li> <li>3. Computer IC Board damaged, contract with your local dealer for support.</li> </ol>

# CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

**WARNING:** To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

**WARNING:** Always check the wear and tear components like storage safety latch tube and running belt to prevent injury.

## CLEANING

**After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.**

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

## STORAGE

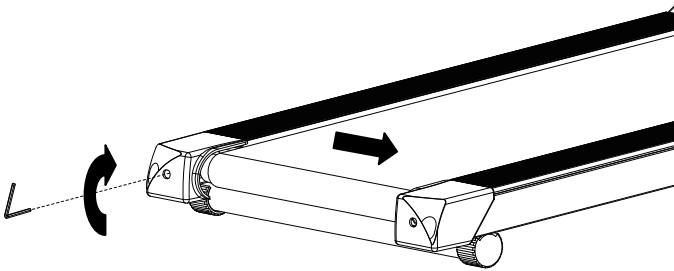
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

## TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none"><li>1. Treadmill not plugged in.</li><li>2. Safety Tether Key is not correctly installed.</li><li>3. Circuit breaker in the house has been tripped.</li><li>4. Treadmill circuit breaker has been tripped.</li></ol>	<ol style="list-style-type: none"><li>1. Plug the power cord into a wall outlet.</li><li>2. Reinstall the Safety Tether Key.</li><li>3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.</li><li>4. Wait 5 minutes and then try to restart the treadmill.</li></ol>
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none"><li>1. Not enough lubrication applied onto the running deck.</li><li>2. Belt is too tight.</li></ol>	<ol style="list-style-type: none"><li>1. Apply lubricant.</li><li>2. Adjust belt tension.</li></ol>
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

# BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 2-4 KPH. Use the 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

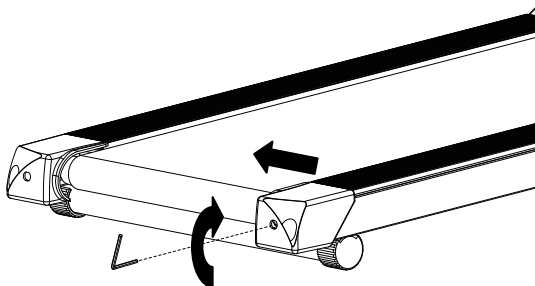


**Tool:**

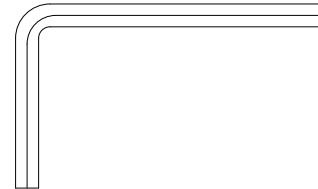


**Allen Wrench 6 mm**

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

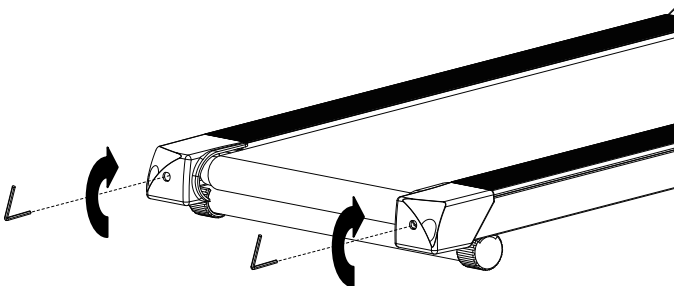


**Tool:**

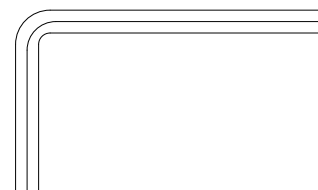


**Allen Wrench 6 mm**

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6 mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 2-4 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



**Tool:**



**Allen Wrench 6 mm**

# LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

## How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply some lubricant.

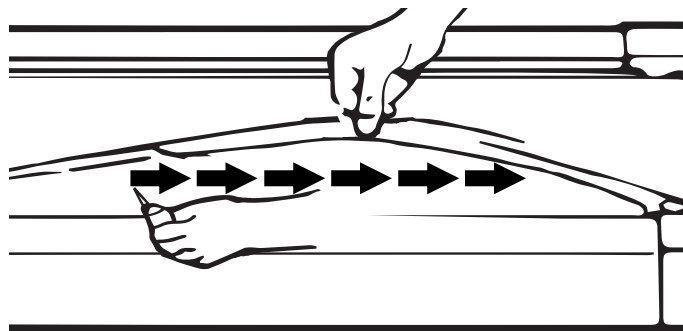
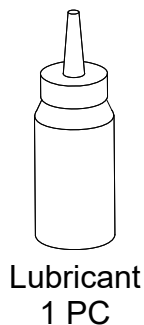
## How to apply lubricant

Lift one side of running belt.

Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

*NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.*



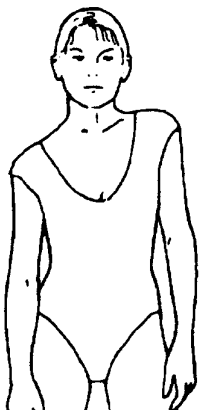
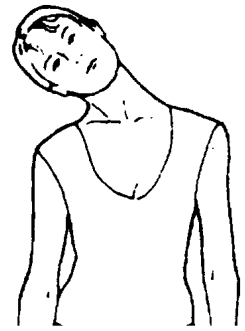
# WARM UP AND COOL DOWN ROUTINE

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.

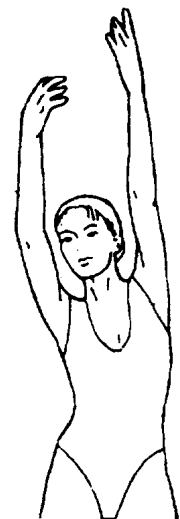
## HEAD ROLLS

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.



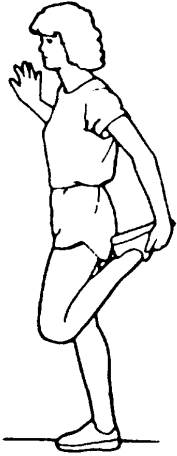
## SHOULDER LIFTS

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.

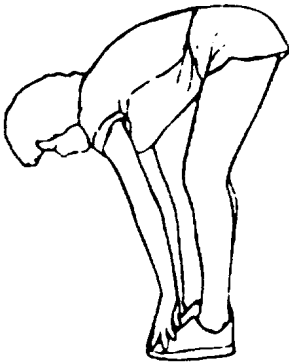


### **QUADRICEPS STRETCH**

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.

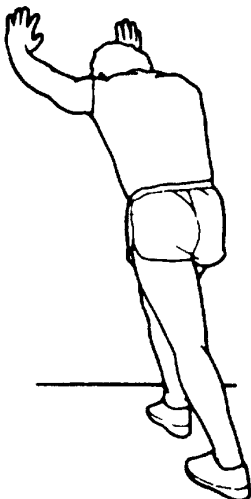
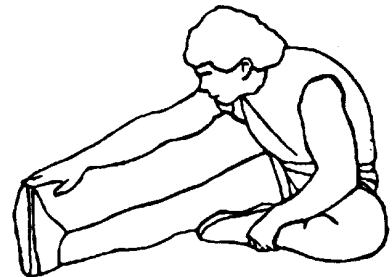


### **TOE TOUCHES**

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 right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.