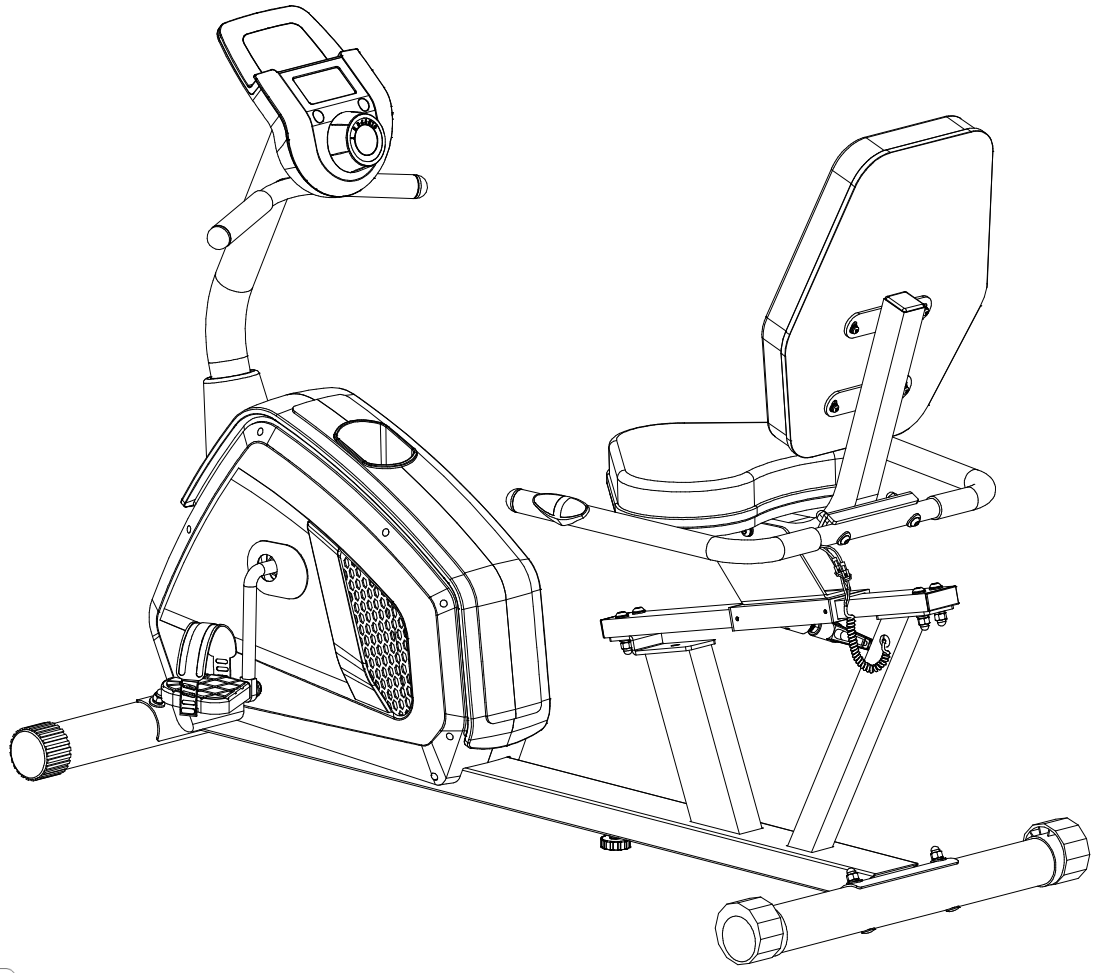
ARES MAGNETIC RECUMBENT BIKE

ITEM NO.: 26122

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.

2023, July

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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

Read all instructions before using this equipment. When using this equipment, basic precautions should always be followed, including the following important safety instructions.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. 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

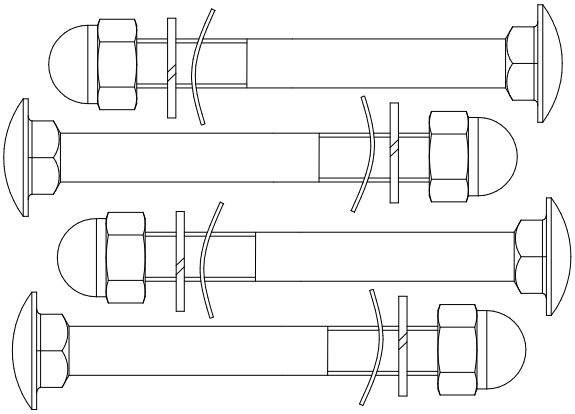
No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	024	Cross Recessed Pan Head Bolt M5x10	4
002	Front Handlebar Post	1	025	Tension Control Knob (L=100 mm)	1
003	Rear Stabilizer	1	026	Cross Recessed Pan Head Bolt M6x15	8
004	Seat Slide Tube	1	027	Hexagon Socket Pan Head Cap Bolt M8x45	6
005	Back and Seat Post	1	028	Hand Pulse Sensor Extension Wire I (L=2100 mm)	1
006	Rear Handlebar Ø25	1	029	Spring Washer Ø6	10
007	Front Stabilizer	1	030	Washer Ø16xØ8x1.5t	12
008	Slide Tube Bracket	1	031	Wire Grommet Ø12.1	1
009	Carriage Bolt M8x75	4	032	Sat Adjustment Knob M16x1.5	1
010	Big Curve Washer Ø20xØ8x1.5t	10	033	Hexagon Socket Bolt M6x8	1
011	Cap Nut M8	10	034	Cross Recessed Pan Head Tapping Screw ST4.2x6	4
012	Spring Washer Ø8	14	035	Stopper Ø18x8	1
013L	Left Foot Pedal YH-30X	1	036	Rear Stabilizer End Cap Ø60	2
013R	Right Foot Pedal YH-30X	1	037	Front Handlebar Post Cover	1
014L	Left Foot Pedal Strap	1	038	Cross Recessed Pan Head Bolt M5x15	1
014R	Right Foot Pedal Strap	1	039	Washer Ø5	1
015	Plastic Screw Anchor	2	040	Hand Pulse Sensor with Wire (L=550 mm)	2
016	Hexagon Socket Pan Head Cap Bolt M8x15	4	041	Rear Handlebar Foam Grip Ø30xØ24x510	2
017	Sensor Extension Wire (L=600 mm)	1	042	Handlebar End Cap	4
018	Hand Pulse Sensor Extension Wire II (L=600 mm)	1	043	Square End Cap (□38)	2
019	Tension Cable (L=1300 mm)	1	044	Plastic Bushing (□60x30)	2
020	Seat	1	045	Front Stabilizer End Cap Ø60	2
021	Backrest	1	046	Hexagon Head Bolt M6x48	2
022	Washer Ø16xØ6x1.2t	8	047	Transport Wheel Ø6	2
023	Computer Console	1	048	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x25	4

PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Cross Recessed Pan Head Tapping Screw ST2.9x12	2	068	Hexagon Socket Pan Head Cap Bolt M8x18 (S5)	1
050	Nylon Nut M6	2	069	Idler Wheel	1
051	Hexagon Nut M6	2	070	Hexagon Nylon Nut M8	2
052	Sensor with Wire (L=550 mm)	1	071	Flywheel	1
053	Cup Holder	1	072	Flange Nut M10x1.0xH6	2
054	Left Cover	1	073	Eyebolt M6x36	2
055	Right Cover	1	074	Tension Bracket	2
056	Cross Recessed Pan Head Tapping Screw ST4.2x20	6	075	Front Handlebar Foam Grip Ø30xØ24x160	2
057	Hexagon Nut 7/8"	2	076	Spring Washer Ø20xØ13x2.0t	2
058	Washer Ø34.5xØ23x2.5	1	077	Left Nylon Nut 1/2"	1
059	Bearing Nut II 7/8"	1	078	Right Nylon Nut 1/2"	1
060	Bearing	2	079	Cover Cap	2
061	Bearing Cup	2	080	Rectangular End Cap (□53x23)	2
062	Bearing Nut I 15/16"	1	081	Hexagon Nut M8	1
063	Washer Ø40xØ24x3.0t	1	082	Adjustable Leveler M8	1
064	Belt Pulley with Crank	1	083	Hexagon Socket Pan Head Cap Bolt M10x20	4
065	Belt PJ340 J6	1	084	Spring Washer Ø10	4
066	Idler Arm	1	085	Washer Ø10	4
067	Spring Ø18x56xØ3.0	1			

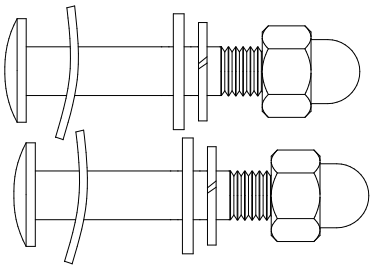
HARDWARE AND TOOL KIT

STEP 1

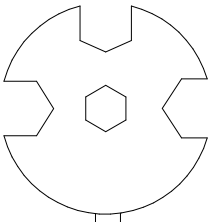


(9)	Carriage Bolt	4 PCS
(10)	Big Curve Washer	4 PCS
(11)	Cap Nut	4 PCS
(12)	Spring Washer	4 PCS

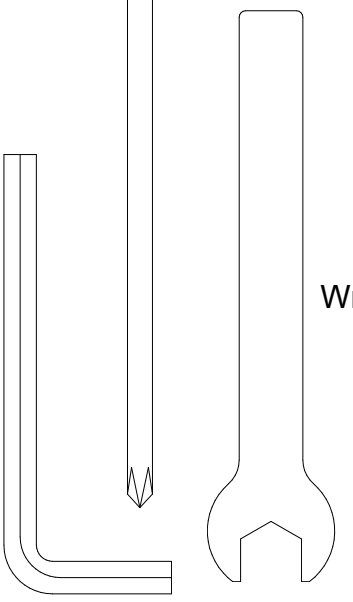
STEP 7



(10)	Big Curve Washer	2 PCS
(11)	Cap Nut	2 PCS
(12)	Spring Washer	2 PCS
(27)	Hexagon Socket Pan Head Cap Bolt	2 PCS
(30)	Washer	2 PCS

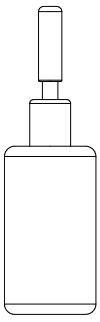


Multi Hex Tool with Phillips Screwdriver
1 PC



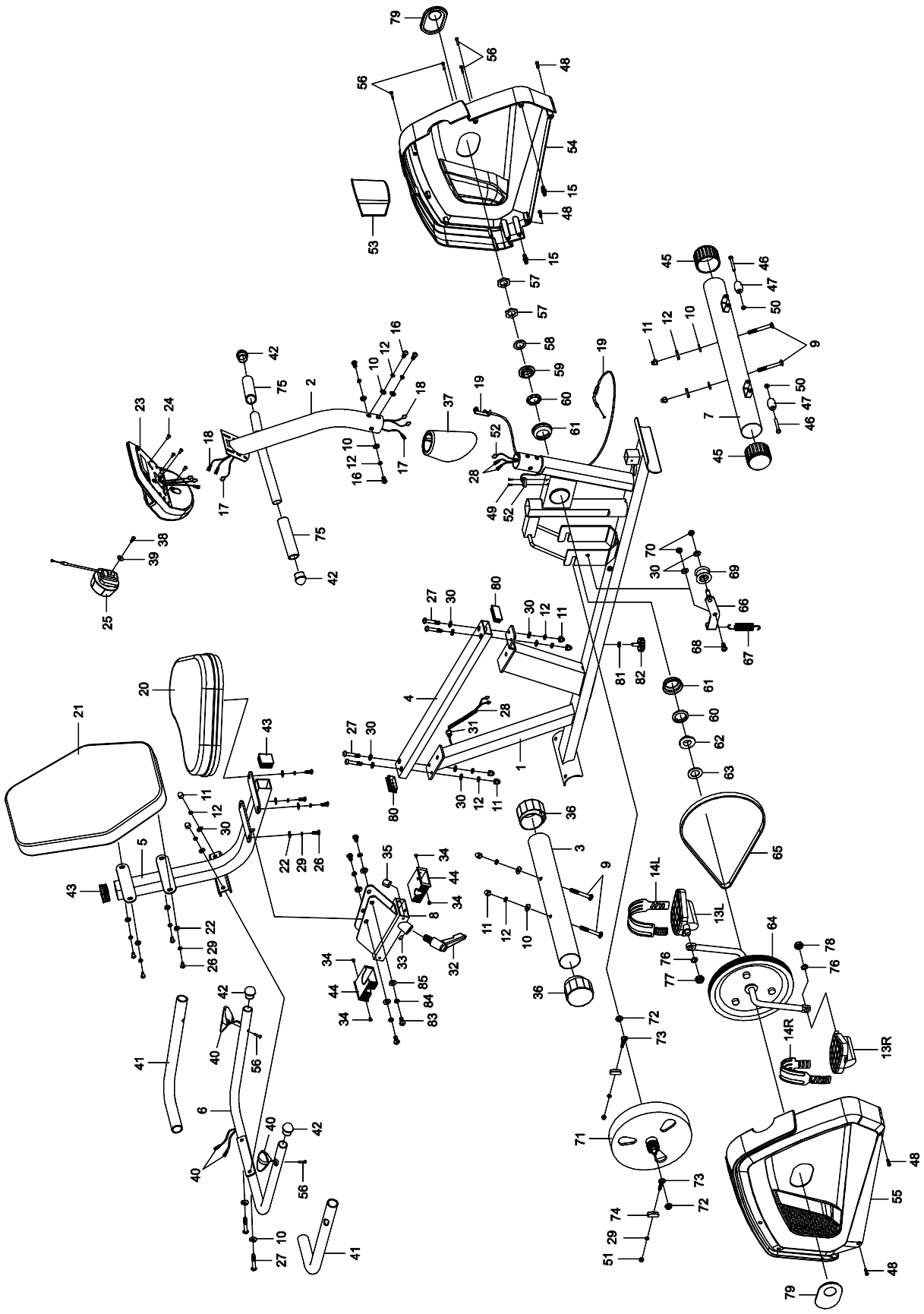
Open End Wrench 19 mm
1 PC

Allen Wrench 6 mm
1 PC

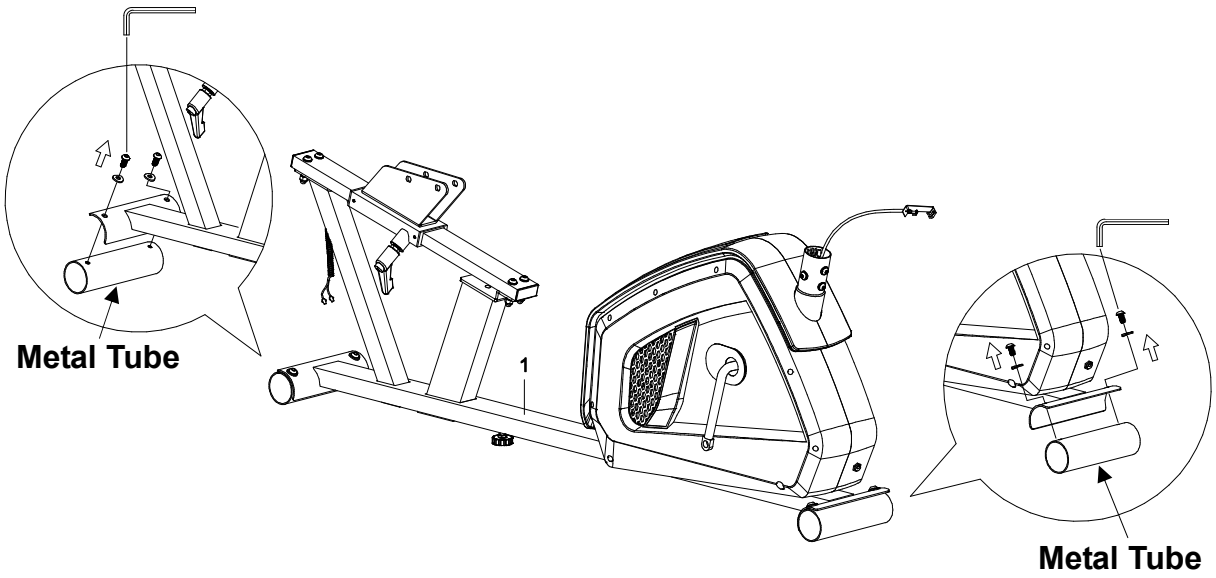


Grease
1 PC

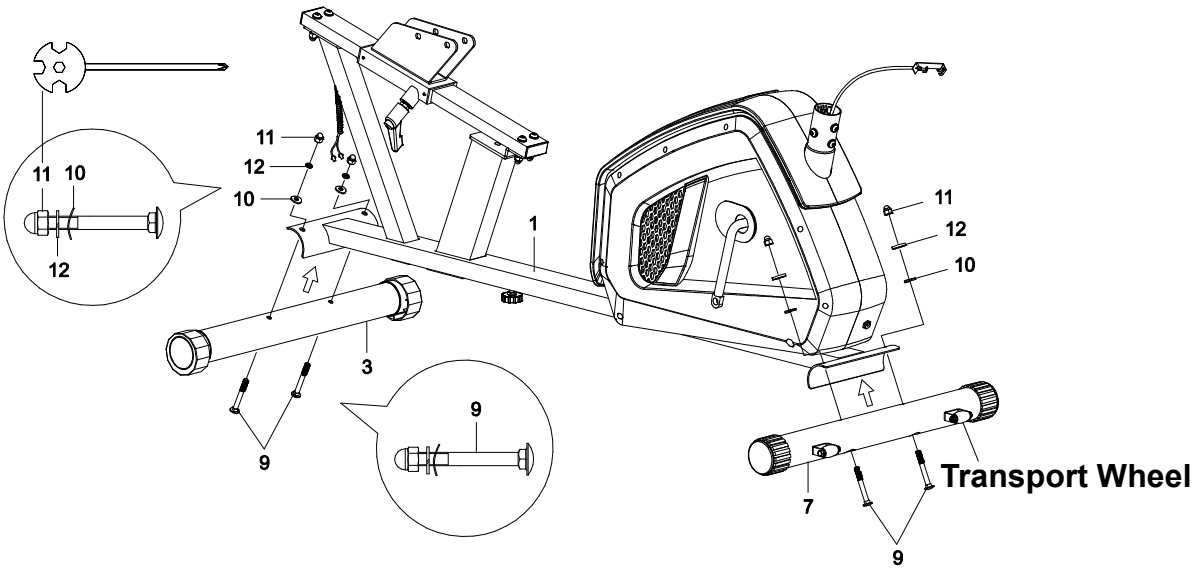
EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



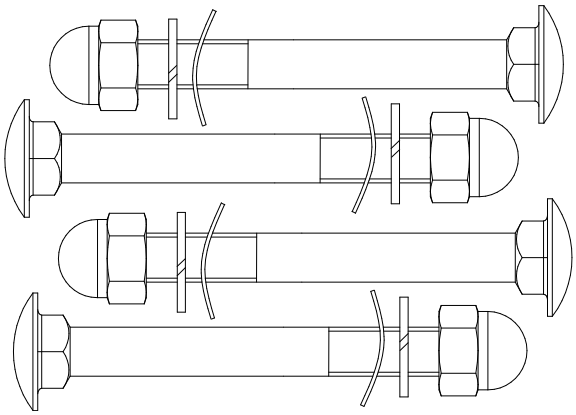
Remove both Metal Tubes from the Main Frame (1) by using the Allen Wrench provided. Discard the Metal Tubes that were attached at this point as they will not be used in the actual assembly.



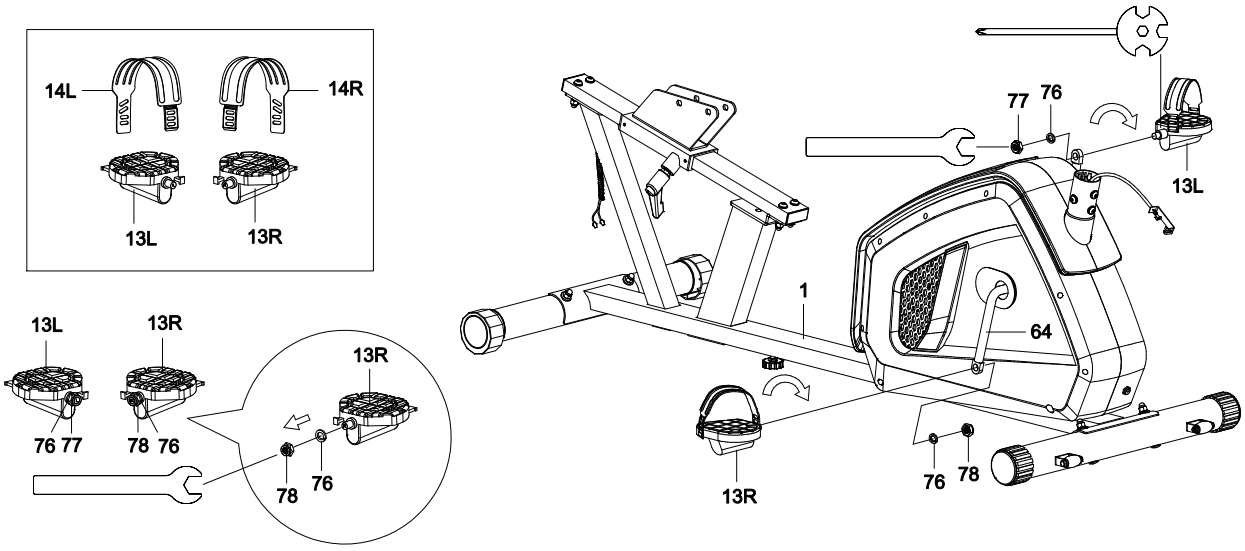
STEP 1

Position the Front Stabilizer (7) with the Transport Wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (7) onto the front curve of the Main Frame (1) with two Carriage Bolts (9), two Big Curve Washers (10), two Spring Washers (12), and two Cap Nuts (11). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided. Position the Rear Stabilizer (3) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) with two Carriage Bolts (9), two Big Curve Washers (10), two Spring Washers (12), and two Cap Nuts (11). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(9) Carriage Bolt	4 PCS
(10) Big Curve Washer	4 PCS
(11) Cap Nut	4 PCS
(12) Spring Washer	4 PCS



STEP 2

IMPORTANT: Only turn the foot pedals in the direction instructed. The left and right foot pedals have different turning directions for installation. The Cranks, Foot Pedals, Pedal Shafts, and Pedal Straps are marked with the letter R (Right) and L (Left) to denote the side of the recumbent bike they are on.

Select the Right Foot Pedal Strap (14R) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (13R). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (13R). Select adjustment holes which allow your foot to be easily removed from the foot pedal. Use the same procedure to snap the Left Foot Pedal Strap (13L) onto the Left Foot Pedal (14L).

Installing the Right Foot Pedal onto the Right Crank:

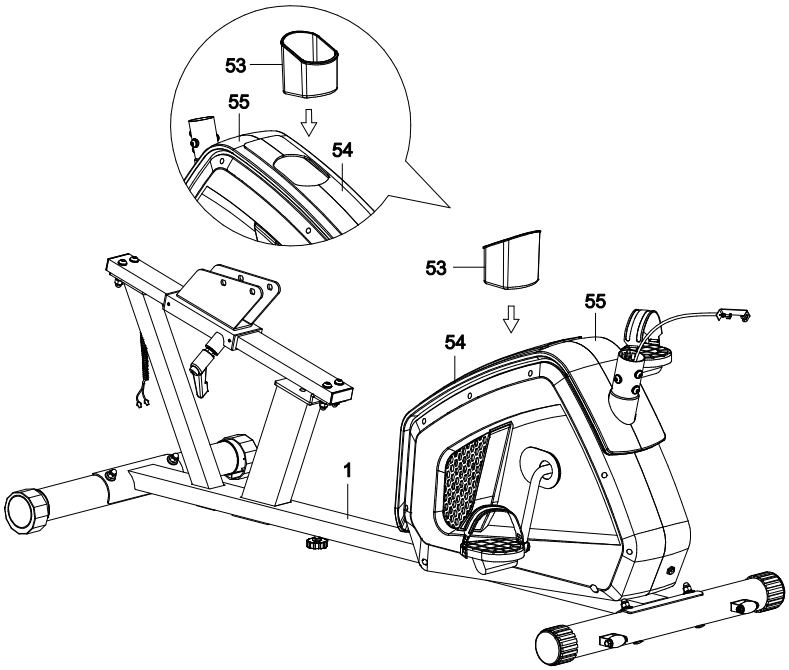
Remove one Right Nylon Nut (78) and one Spring Washer (76) from the Right Foot Pedal (13R). Remove nylon nut with the Open End Wrench provided.

Insert the Right Foot Pedal (13R) perfectly straight into the threaded hole in the right Crank (64). Turn the pedal shaft by hand in a clockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Right Foot Pedal (13R). Attach removed one Right Nylon Nut (78) and one Spring Washer (76) to the protruding shaft in a counterclockwise direction. Use both Open End Wrench and Multi Hex Tool with Phillips Screwdriver to simultaneously tighten the Right Foot Pedal (13R) and the Right Nylon Nut (78). Only tighten in the directions instructed.

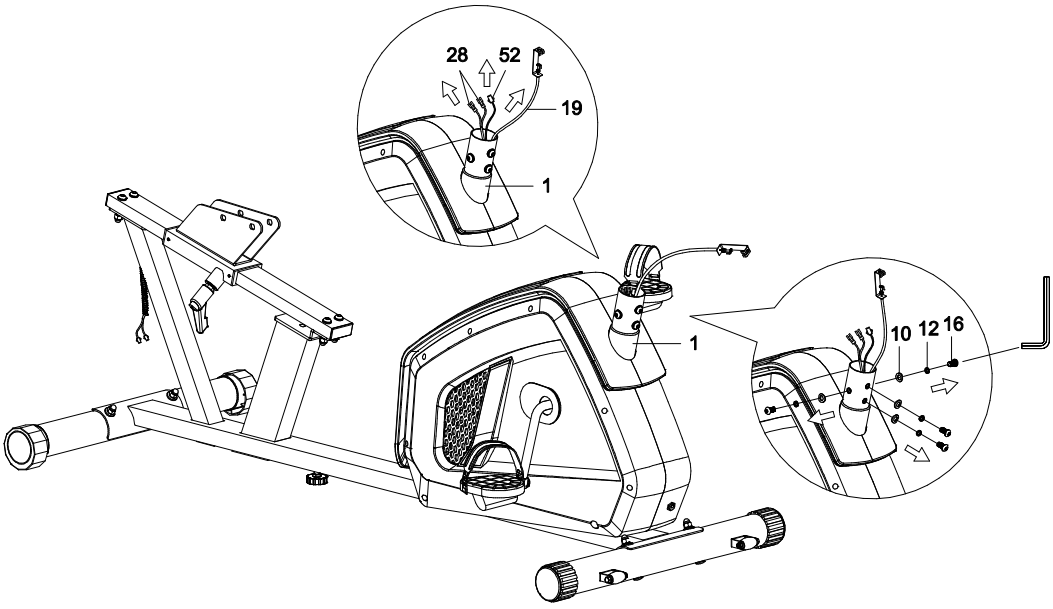
Installing the Left Foot Pedal onto the Left Crank:

Remove one Left Nylon Nut (77) and one Spring Washer (76) from the Left Foot Pedal (13L). Remove nylon nut with the Open End Wrench provided.

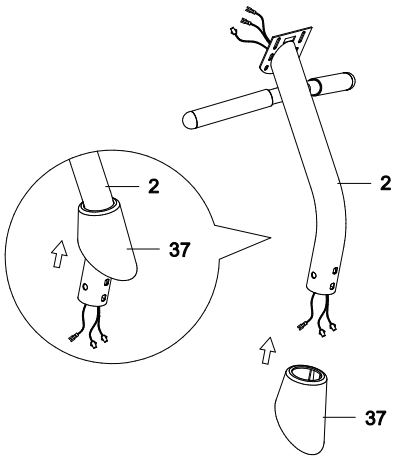
Insert the Left Foot Pedal (13L) perfectly straight into the threaded hole in the left Crank (64). Turn the pedal shaft by hand in a counterclockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Left Foot Pedal (13L). Attach removed one Left Nylon Nut (77) and one Spring Washer (76) to the protruding shaft in a clockwise direction. Use both Open End Wrench and Multi Hex Tool with Phillips Screwdriver to simultaneously tighten the Left Foot Pedal (13L) and the Left Nylon Nut (77). Only tighten in the directions instructed.



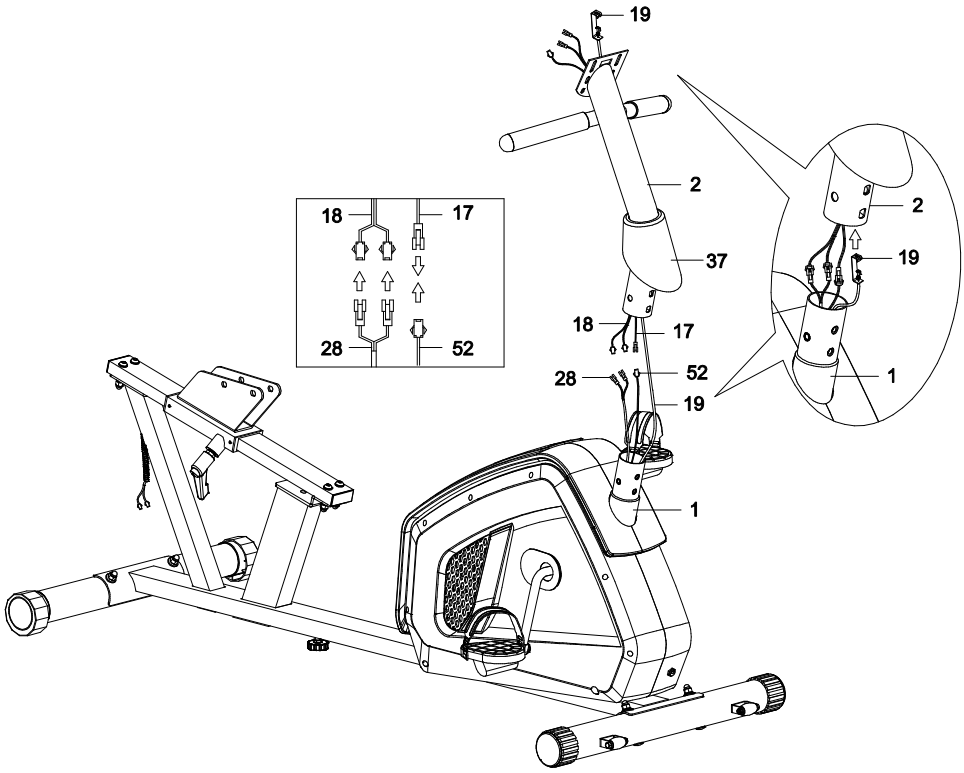
STEP 3
Insert the Cup Holder (53) into the Left and Right Covers (54, 55).



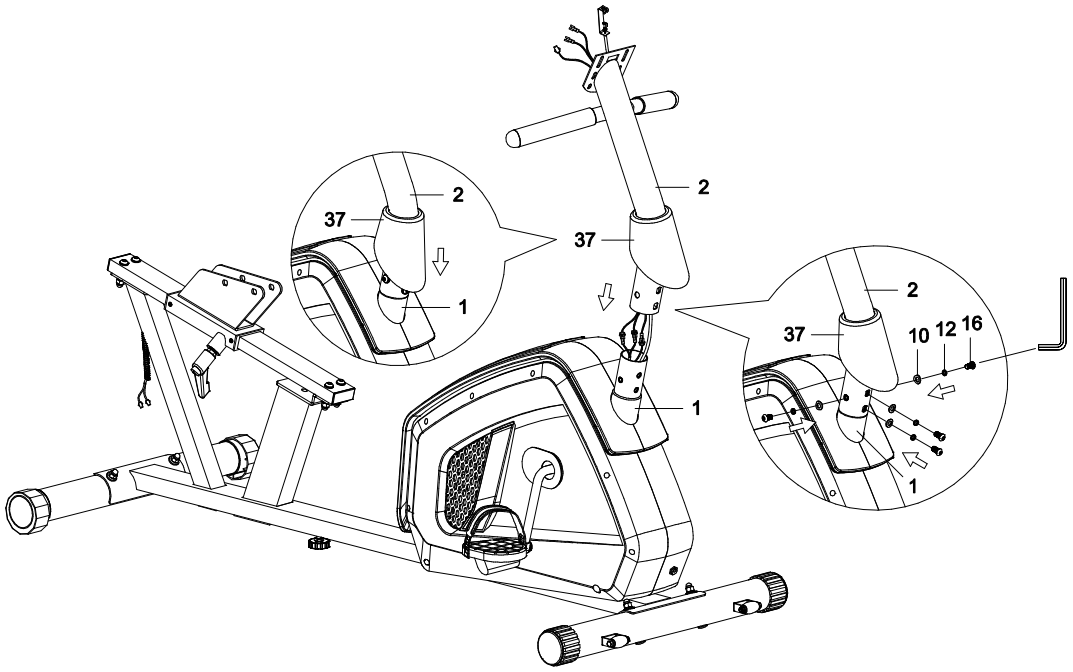
STEP 4
Pull both Hand Pulse Sensor Extension Wire I (28) and Sensor Wire (52) out of the tube of the Main Frame (1).
Remove four Hexagon Socket Pan Head Cap Bolts (16), four Spring Washers (12), and four Big Curve Washers (10) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided.



STEP 4-1
Slide the Front Handlebar Post Cover (37) onto the Front Handlebar Post (2).

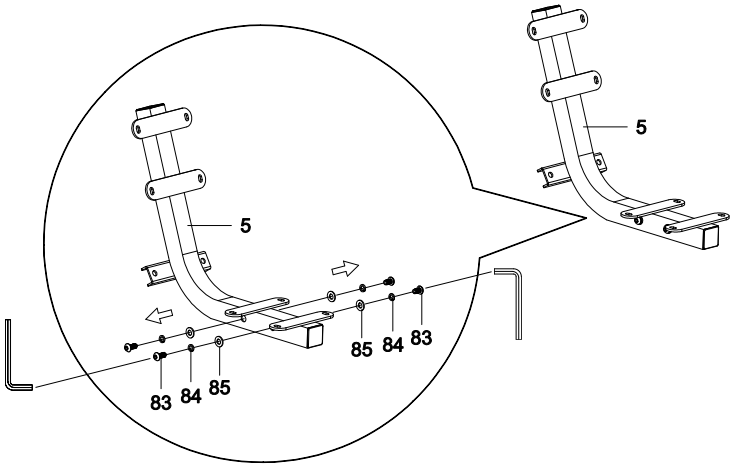


STEP 4-2
It is recommended to have a second person assist with this step. One person should hold the Front Handlebar Post (2) and Front Handlebar Post Cover (37) in place while the other person to connect the wires.
Insert the Tension Cable (19) through into the bottom hole of the Front Handlebar Post (2) and pull it out from the top end of the Front Handlebar Post (2).
Connect the Hand Pulse Sensor Extension Wire I (28) and Sensor Wire (52) from the Main Frame (1) to the Hand Pulse Sensor Extension Wire II (18) and Sensor Extension Wire (17) from the Front Handlebar Post (2).



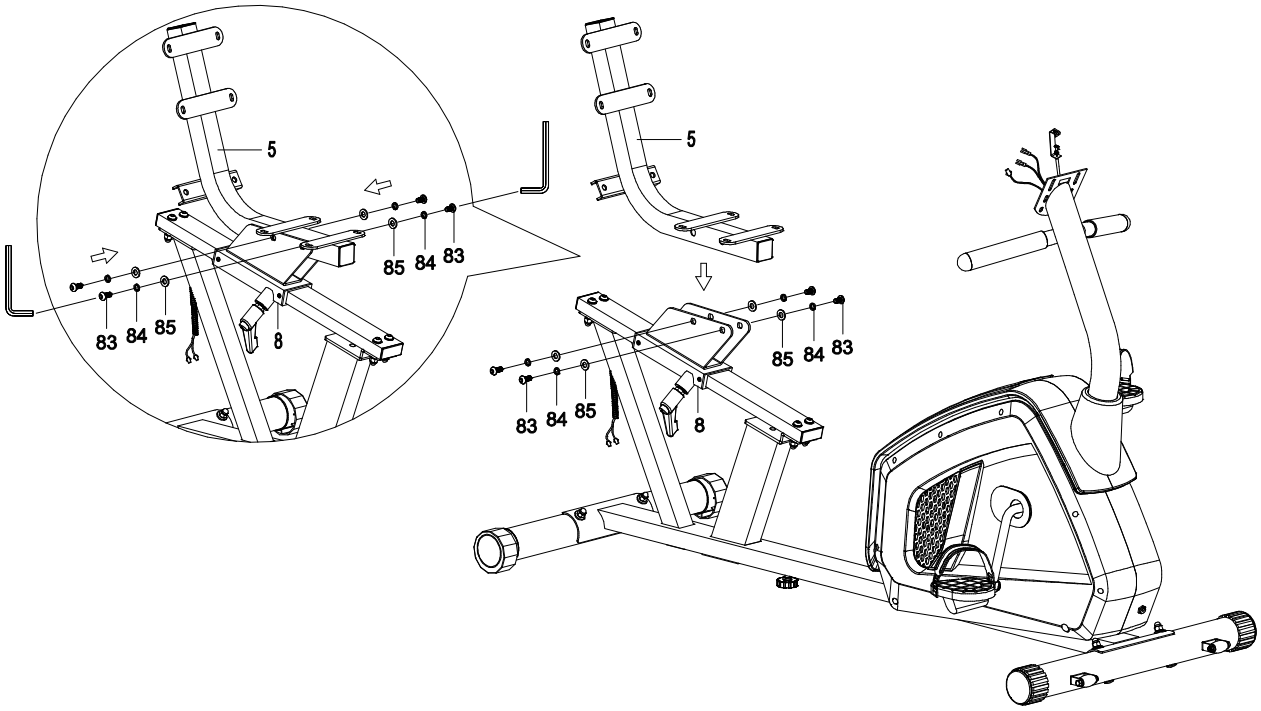
STEP 4-3

Slide the Front Handlebar Post (2) onto the Main Frame (1) and align bolt holes.
Attach the Front Handlebar Post (2) onto the tube of the Main Frame (1) with four Hexagon Socket Pan Head Cap Bolts (16), four Spring Washers (12), and Four Big Curve Washers (10) that were removed from the tube of the Main Frame (1). Tighten bolts with the Allen Wrench provided.



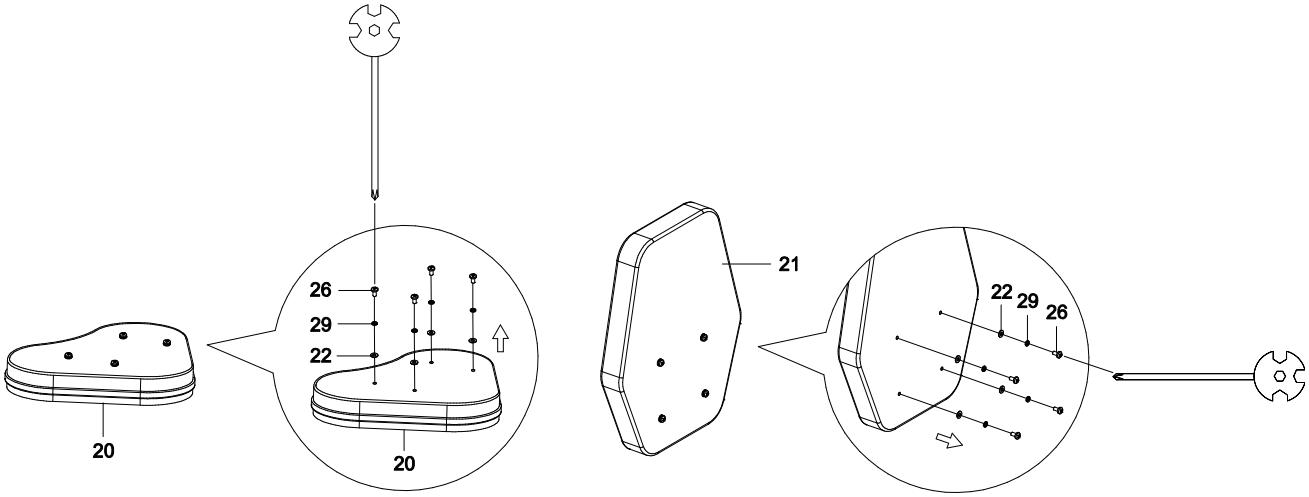
STEP 5

Remove four Hexagon Socket Pan Head Cap Bolts (83), four Spring Washers (84), and four Washers (85) from the Back and Seat Post (5). Remove bolts with the Allen Wrench provided.



STEP 5-1

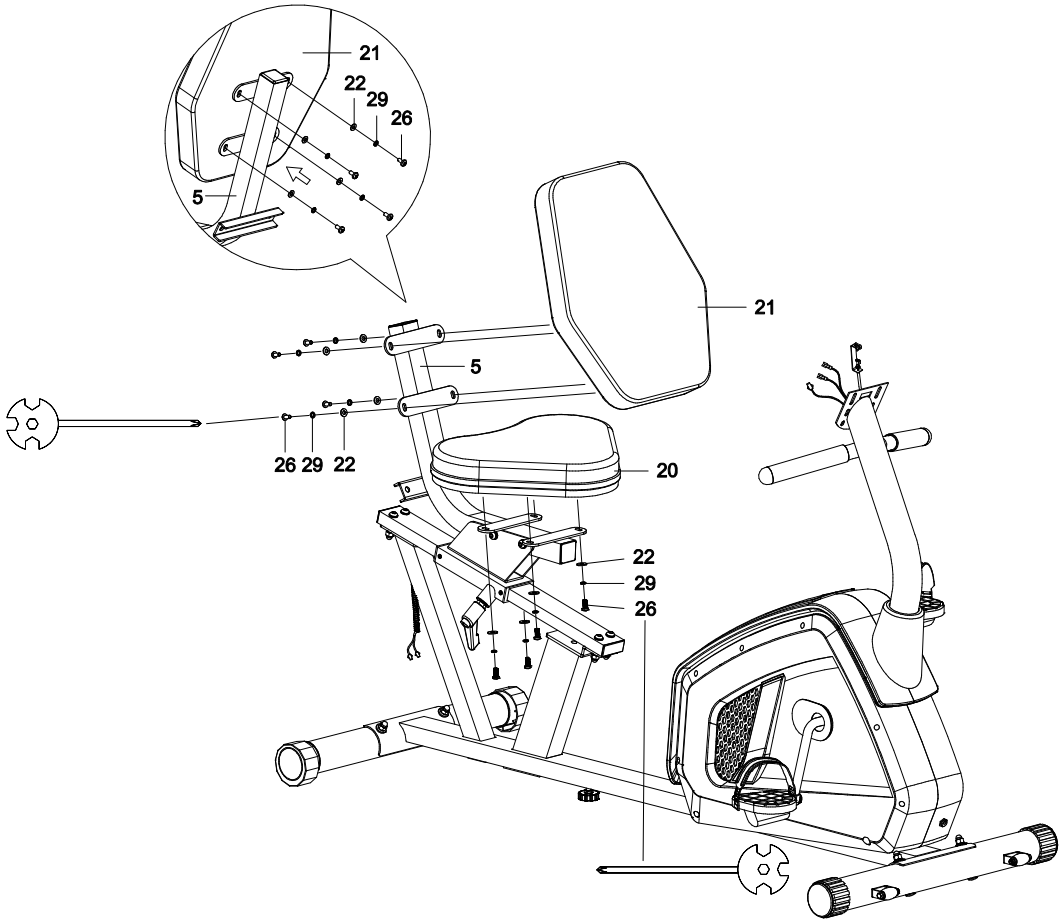
Slide the Back and Seat Post (5) into the Slide Tube Bracket (8) and align bolt holes. Attach the Back and Seat Post (5) into the Slide Tube Bracket (8) with four Hexagon Socket Pan Head Cap Bolts (83), four Spring Washers (84), and four Washers (85) that were removed from the Back and Seat Post (5). Tighten bolts with the Allen Wrench provided.



STEP 6

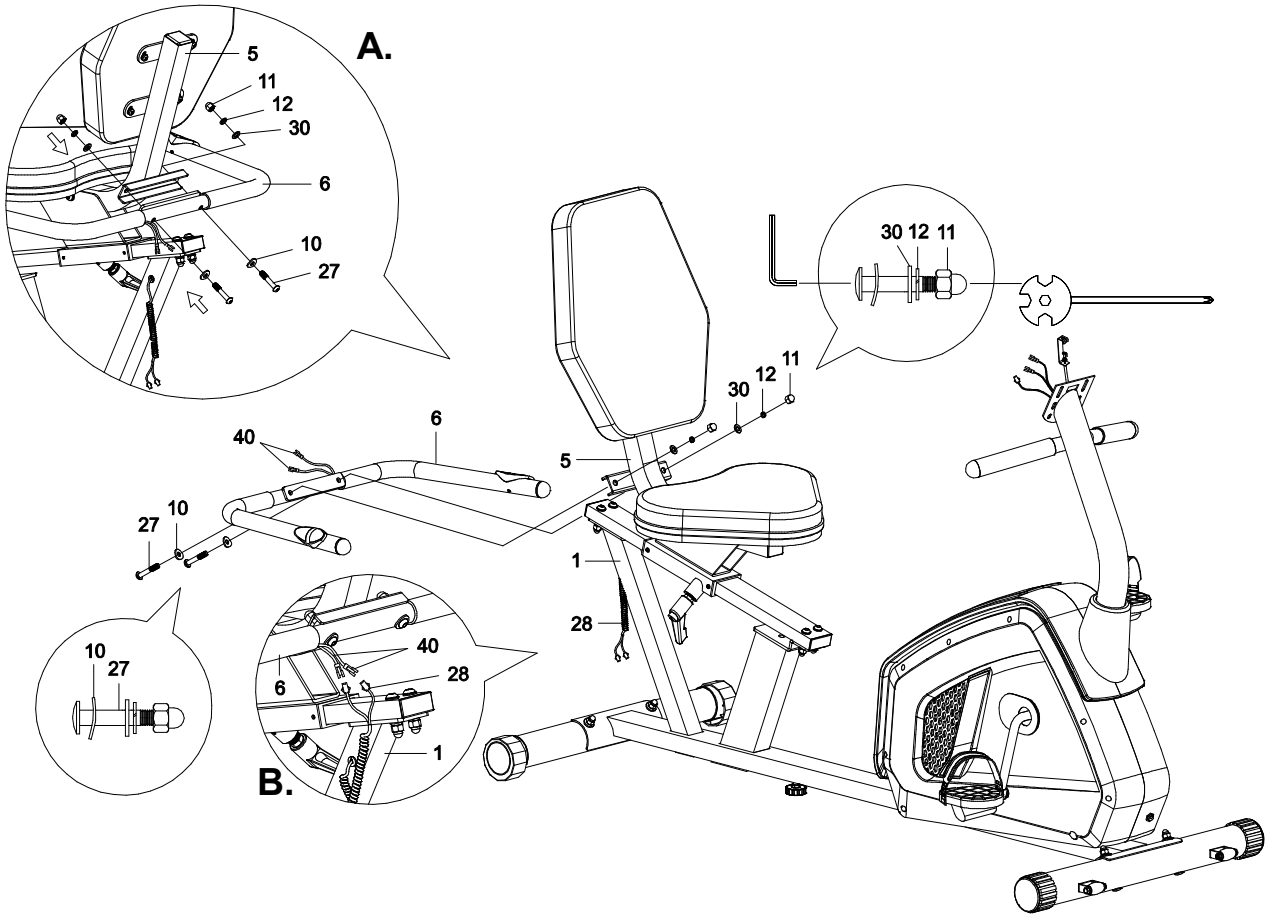
Remove four Cross Recessed Pan Head Bolts (26), four Spring Washers (29), and four Washers (22) from the Seat (20). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove four Cross Recessed Pan Head Bolts (26), four Spring Washers (29), and four Washers (22) from the Backrest (21). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 6-1

Attach the Seat (20) onto the Back and Seat Post (5) with four Cross Recessed Pan Head Bolts (26), four Spring Washers (29), and four Washers (22) that were removed from the Seat (20). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.
Attach the Backrest (21) onto the Back and Seat Post (5) with four Cross Recessed Pan Head Bolts (26), four Spring Washers (29), and four Washers (22) that were removed from the Backrest (21). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

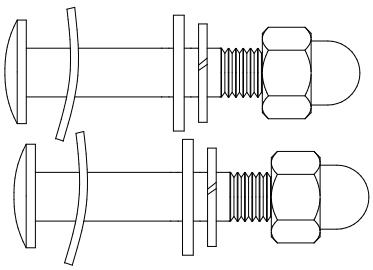


STEP 7

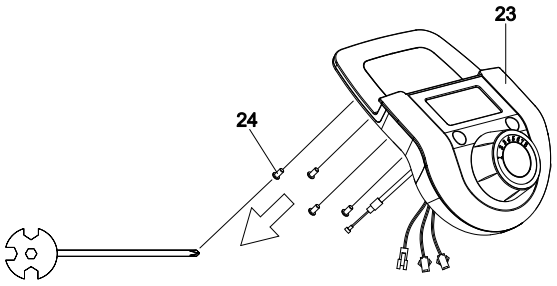
A. Attach the Rear Handlebar (6) onto the Back and Seat Post (5) with two Hexagon Socket Pan Head Cap Bolts (27), two Big Curve Washers (10), two Washers (30), two Spring Washers (12), and two Cap Nuts (11). Tighten bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

B. Connect the Hand Pulse Sensor Extension Wire I (28) from the Main Frame (1) to the Hand Pulse Sensor with Wire (40) from the Rear Handlebar (6).

Hardware:

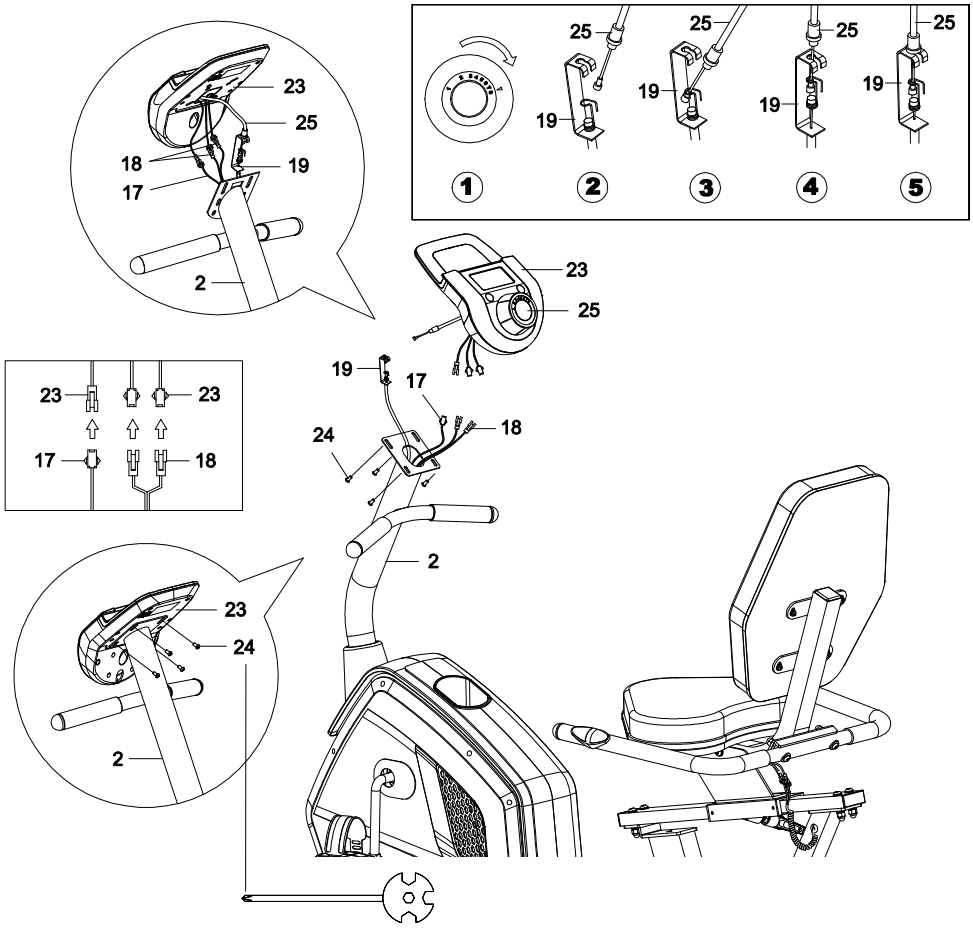


(10) Big Curve Washer	2 PCS
(11) Cap Nut	2 PCS
(12) Spring Washer	2 PCS
(27) Hexagon Socket Pan Head Cap Bolt	2 PCS
(30) Washer	2 PCS



STEP 8

Remove four Cross Recessed Pan Head Bolts (24) from the Computer Console (23).
Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

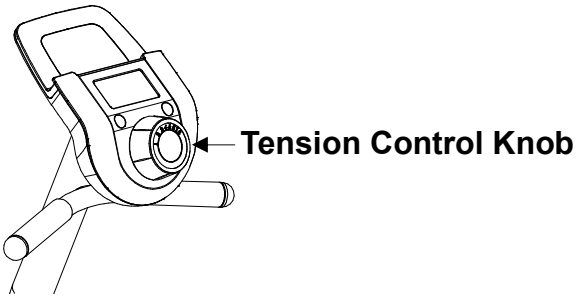


STEP 8-1

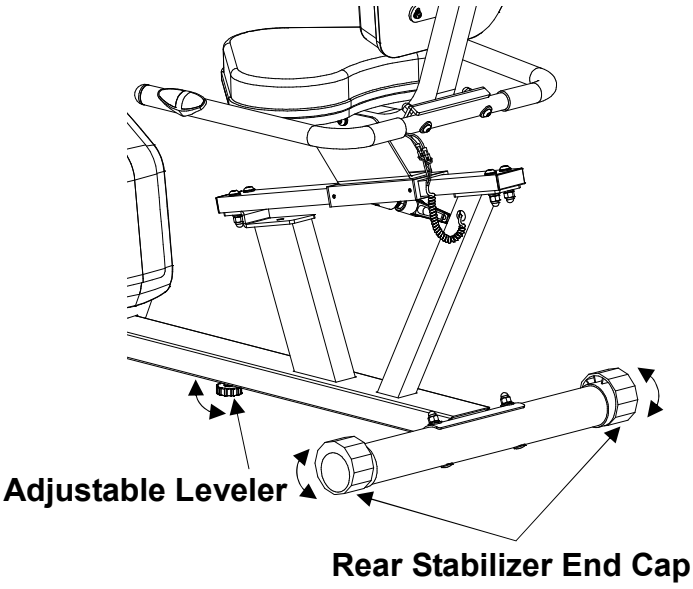
It is recommended to have a second person assist with this step. One person should hold the Computer Console (23) in place while the other person to connect the wires.
Turn the Tension Control Knob (25) to its highest setting, see Figure 1.
Put the cable end of resistance cable of Tension Control Knob (25) into the cable lock of Tension Cable (19), see Figure 2.
Pull the resistance cable of Tension Control Knob (25) up and force it into the slot of metal bracket of Tension Cable (19), see Figure 3.

Insert the metal fitting on the resistance cable of Tension Control Knob (25) into the hole at the end of the slot in the metal bracket of Tension Cable (19), see Figure 4.
Connect the resistance cable of Tension Control Knob (25) to Tension Cable (19) complete, see Figure 5.
Connect the Sensor Extension Wire (17) and Hand Pulse Sensor Extension Wire II (18) to the wires that come from the Computer Console (23). Tuck wires into the Front Handlebar Post (2).
Attach the Computer Console (23) onto the top end of the Front Handlebar Post (2) with four Cross Recessed Pan Head Bolts (24) that were removed from the Computer Console (23). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

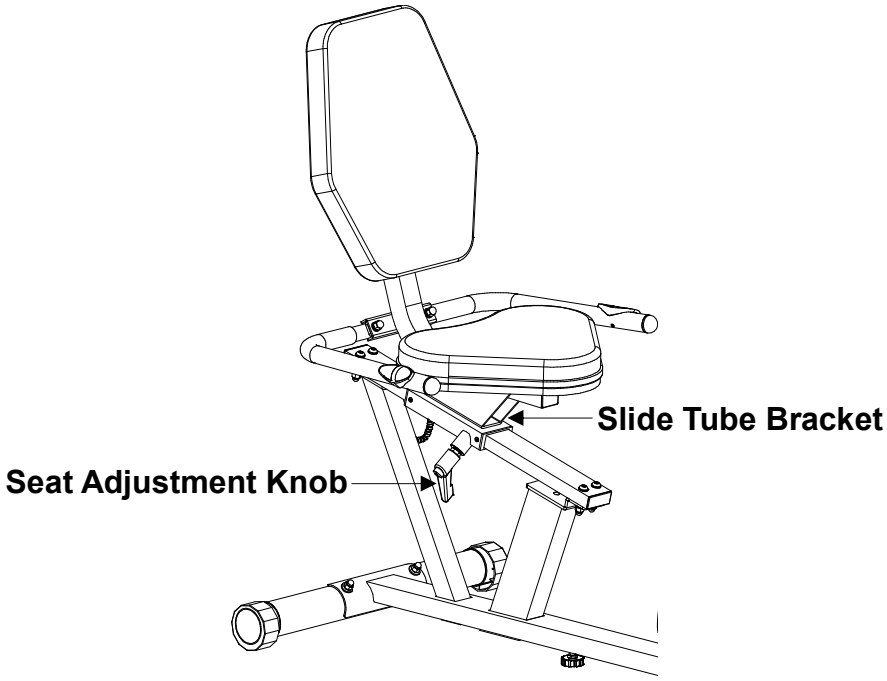
ADJUSTMENTS



Adjusting the Tension Control Knob
To increase the tension, turn the **Tension Control Knob** in a clockwise direction.
To decrease the tension, turn the **Tension Control Knob** in a counterclockwise direction.



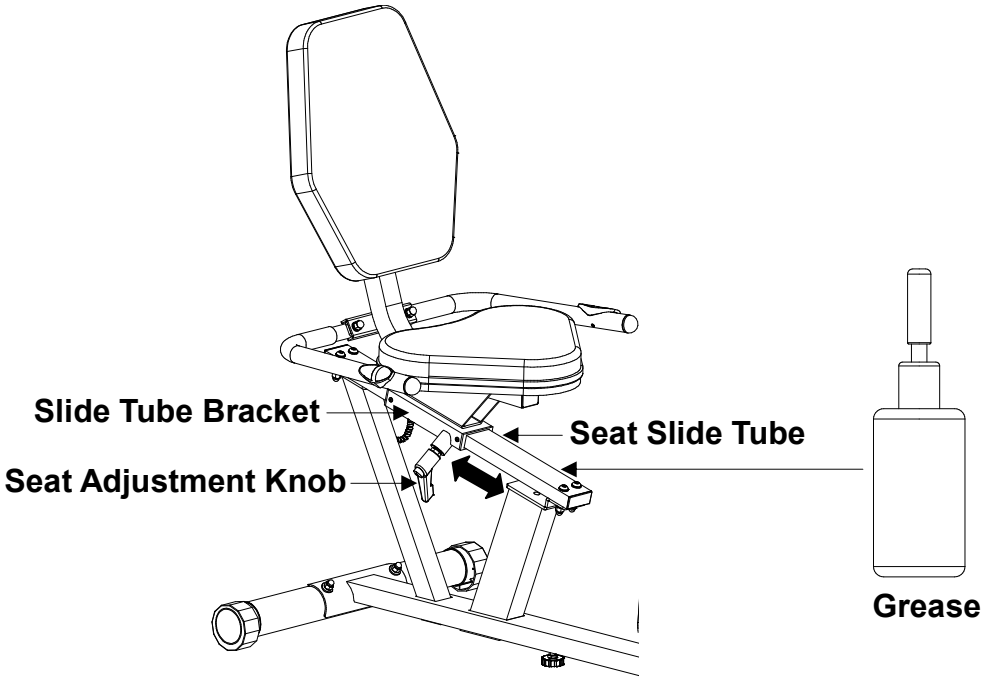
Adjusting the Rear Stabilizer End Cap and Adjustable Leveler
Turn the **Rear Stabilizer End Cap** on the rear stabilizer as needed to level the recumbent bike.
Turn the **Adjustable Leveler** so that is making contact with the ground. Do not extend the **Adjustable Leveler** too far, as this will cause the recumbent bike to tilt and be off balance.



Adjusting the Seat Forward or Back

Loosen the **Seat Adjustment Knob** in a COUNTER-CLOCKWISE direction until the **Slide Tube Bracket** is loosened. Push or pull the **Slide Tube Bracket** until you adjust to the position you like, lock the **Slide Tube Bracket** into place by tightening the **Seat Adjustment Knob** in a CLOCKWISE direction until it is secured tightly.

LUBRICATION

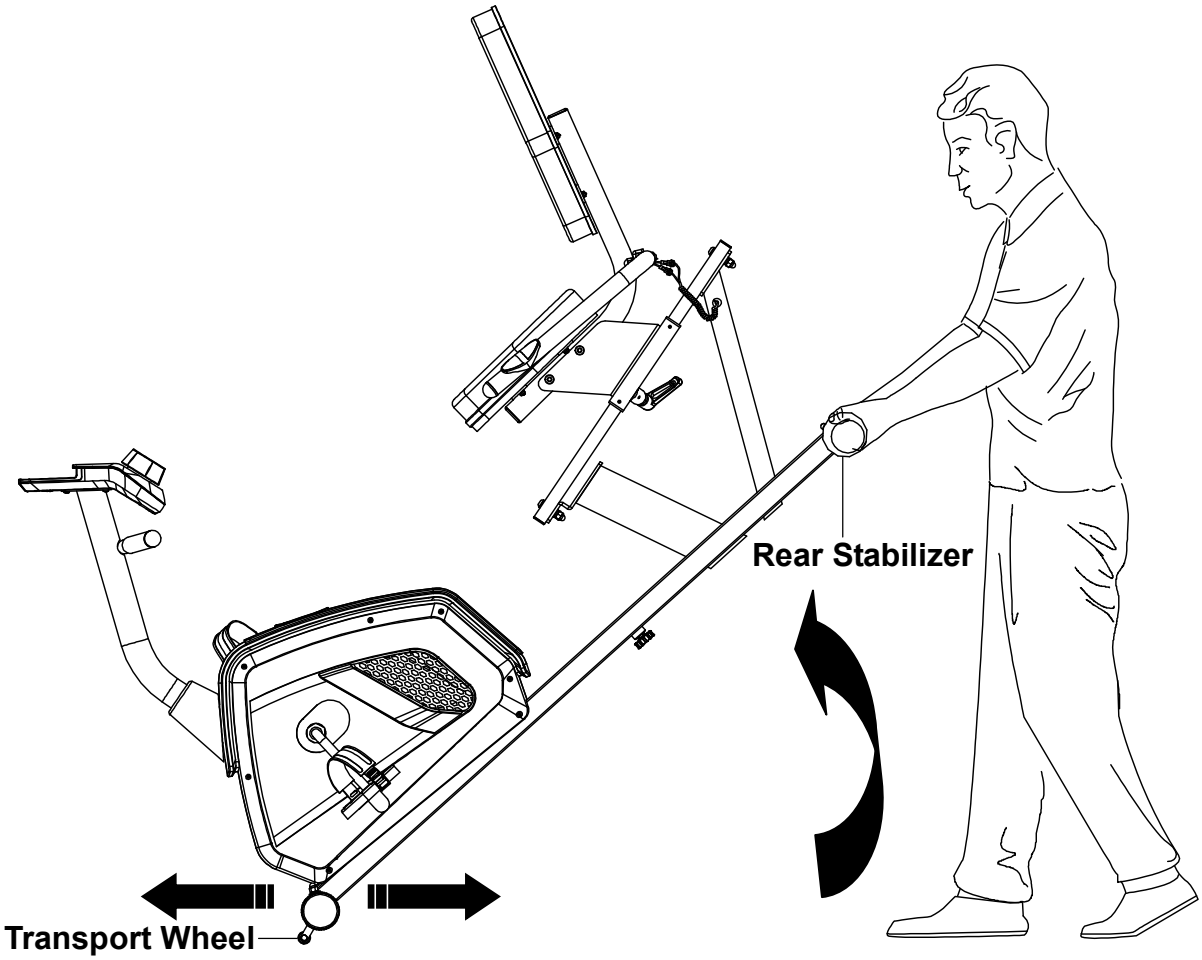


Lubricating the Seat Slide Tube
If there is a creaking noise coming from the **Slide Tube Bracket** while riding or the **Slide Tube Bracket** is difficult to move when adjusting the seat forward or back direction, do the following:

1. Loosen the **Seat Adjustment Knob** in a COUNTER-CLOCKWISE direction until the **Slide Tube Bracket** is loosened.
2. Apply the included **Grease** on to all sides of the **Seat Slide Tube**.
3. Push or pull the **Slide Tube Bracket** forward and backward to allow the **Grease** to evenly spread over the **Seat Slide Tube**.
4. If there is still resistance when moving the **Slide Tube Bracket** forward and back, repeat the process with more **Grease** until the **Seat Slide Bracket** is moving without resistance or noise.

WARNING: Store the grease in a safe place away from children.

TRANSPORTING THE RECUMBENT BIKE



This recumbent bike has a pair of **Transport Wheels** built into the front stabilizer and can be carefully tilted onto its **Transport Wheels** for easy moving and storage.
Lift the **Rear Stabilizer** with both hands until the **Transport Wheels** on the front stabilizer make contact with the ground. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer** to the ground. Always maintain both hands on the recumbent bike during transportation.

OPERATING THE COMPUTER CONSOLE

USING YOUR COMPUTER
The computer console can be activated by pressing one of the buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:
MODE: Press the MODE button to select the functions of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO data values.

RESET: Press the RESET button to reset data values of TIME, DIST (DISTANCE), or CAL (CALORIES) to zero.
Press and hold the RESET button for 3 seconds to reset all data values to zero except the ODO data values.

COMPUTER FUNCTIONS:
SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance travelled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO: Displays the total accumulative distance travelled. The ODO data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will reset to zero.

P (PULSE): Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

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

MAINTENANCE

Cleaning
The recumbent bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage
Store the recumbent bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: The recumbent bike wobbles when in use.
SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer or adjustable leveler as needed to level the recumbent bike.

PROBLEM: The computer console does not turn on.
SOLUTION: Remove the computer console and verify all the wires that come from the computer console are properly connected to the wires that come from the front handlebar post.
SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.
SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.
SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.
SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.
SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The recumbent bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the recumbent bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the recumbent bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

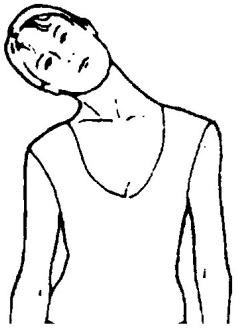
WARM UP AND COOL DOWN ROUTINE

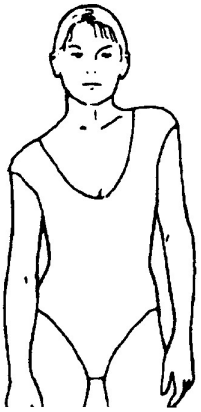
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching 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

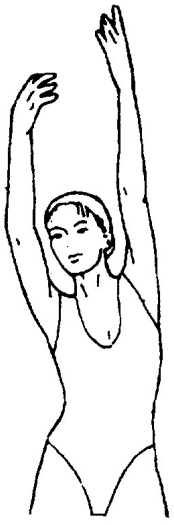
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.





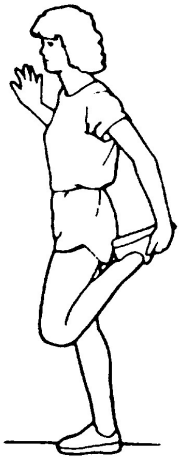
SHOULDER LIFTS

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.

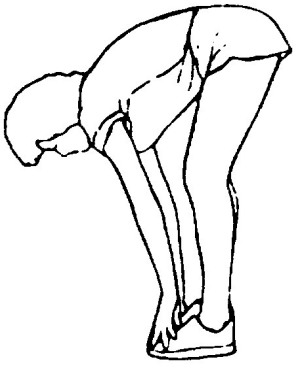


QUADRICEPS STRETCH

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.

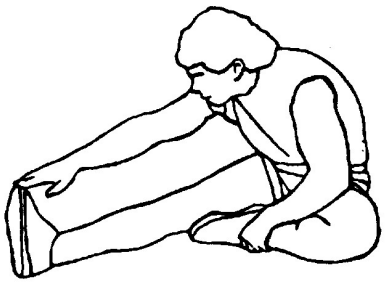
INNER THIGH STRETCH

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.



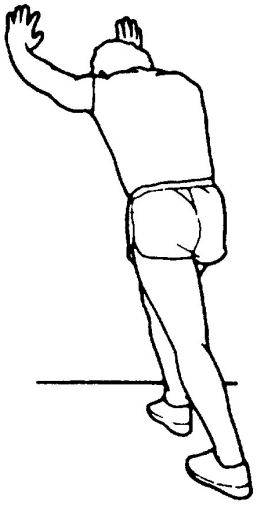
TOE TOUCHES

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.