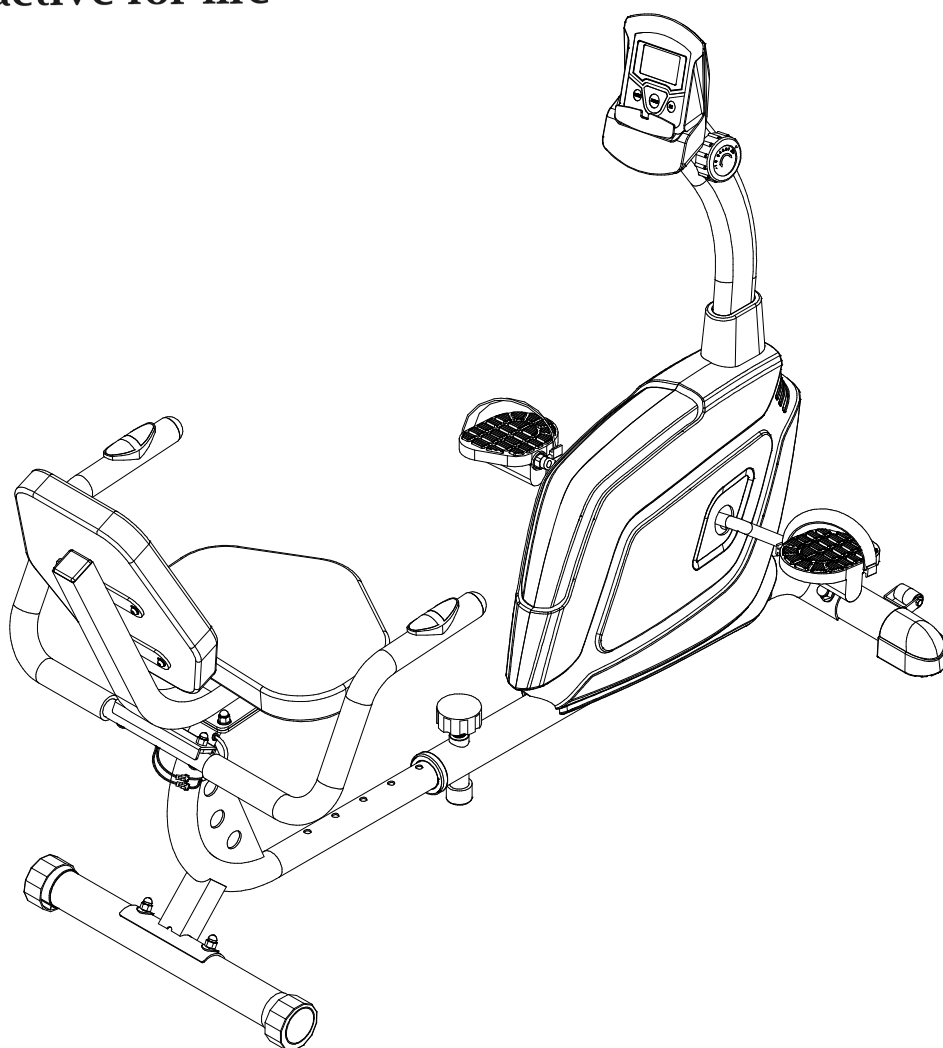


ACCORD MAGNETIC RECUMBENT BIKE ITEM NO.: 26470N

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.

2022, Nov.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS KIT -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
ADJUSTMENTS -----	18
TRANSPORTING THE RECUMBENT BIKE -----	19
OPERATING THE COMPUTER -----	20
COMPUTER CONSOLE ERROR MESSAGES -----	24
MAINTENANCE -----	22
TROUBLESHOOTING -----	22
WARM UP AND COOL DOWN ROUTINE -----	23

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 110 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.

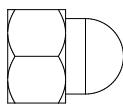
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x18	5	023	Hexagon Socket Pan Head Cap Bolt M8x15	9
002	Cross Recessed Pan Head Tapping Screw ST4.2x18	5	024	Front Main Frame Bushing	1
003	Cover Cap	2	025	Rear Main Frame End Cap	1
004L	Left Cover	1	026	Computer Post	1
004R	Right Cover	1	027	Front Main Frame	1
005L	Left Foot Pedal	1	028	Big Curve Washer Ø8xØ20	3
005R	Right Foot Pedal	1	029	Computer	1
006	Belt Pulley with Crank	1	030	Cross Recessed Pan Head Bolt M5x10	4
007	Nut 7/8"	1	031	Tension Control Knob	1
008	Washer Ø7/8"	1	032	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x12	1
009	Bearing Nut II 7/8"	1	033	Handlebar End Cap Ø25.4x1.5	2
010	Ball Bearing	2	034	Handlebar Foam Grip Ø24xØ30x510	2
011	Belt 330J6	1	035	Carriage Bolt M10x60	4
012	Cap Nut M8	6	036	Washer Ø10xØ5x0.8	2
013	Big Curve Washer Ø22xØ10x1.5t	4	037	Cross Recessed Pan Head Tapping Screw ST3.8x20	2
014	Bearing Cup Ø56x22.5x68	2	038	Hexagon Socket Pan Head Cap Bolt M6x15	8
015	Bearing Nut I 15/16"	1	039	Rear Main Frame	1
016	Washer Ø15/16"	1	040A	Extension Sensor Wire	1
017	Transport Wheel Ø23xØ6x32	2	040B	Sensor with Wire	1
018	Hexagon Head Bolt M6x48	2	041	Hexagon Socket Pan Head Cap Bolt M6x10	1
019	Hexagon Socket Pan Head Cap Bolt M8x45	2	042	Flange Nut M10x1.0	2
020	Computer Post Cover	1	043	Eyebolt M6x45	2
021	Wire Grommet Ø12	2	044	Tension Bracket	2
022A	Extension Hand Pulse Sensor Wire A	1	045	Nylon Nut M6	4
022B	Extension Hand Pulse Sensor Wire B	1	046	Flywheel	1
022C	Extension Hand Pulse Sensor Wire C	1	047	Round Knob M16	1
022D	Hand Pulse Sensor with Wire	2	048	Bearing 6000Z	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Washer Ø8xØ16	9	059	Back and Seat Support Bracket	1
050	Rubber Cover	1	060	Back Cushion	1
051	Square End Cap 38x38x1.5	2	061	Seat Cushion	1
052	Idler Arm	1	062	Rear Stabilizer End Cap Ø50	2
053	Sensor Bracket	1	063	Front Stabilizer End Cap Ø50	2
054	Hexagon Socket Pan Head Cap Bolt M8x10	1	064	Rear Stabilizer Ø50x1.2t x430	1
055	Handlebar	1	065	Cap Nut M10	4
056	Tension Cable	1	066	Hexagon Socket Pan Head Cap Bolt M8x30	1
057	Big Washer Ø6xØ16	9	067	Washer Ø5	1
058	Front Stabilizer Ø50x1.2tx380	1	068	Cross Recessed Pan Head Bolt M5x45	1

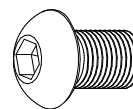
HARDWARE AND TOOLS KIT



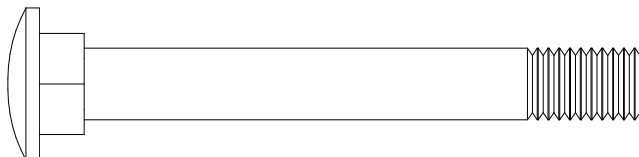
(12) Cap Nut M8
4 PCS



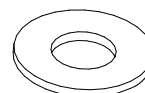
(13) Big Curve Washer
4 PCS



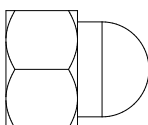
(23) Hexagon Socket
Pan Head Cap Bolt
4 PCS



(35) Carriage Bolt
4 PCS



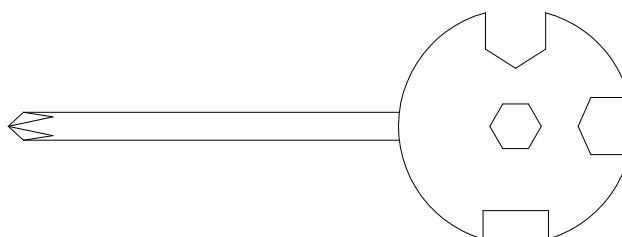
(49) Washer
4 PCS



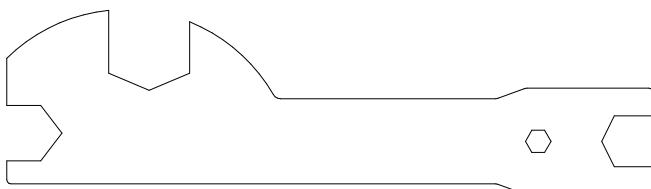
(65) Cap Nut M10
4 PCS



Allen Wrench 5 mm
1 PC

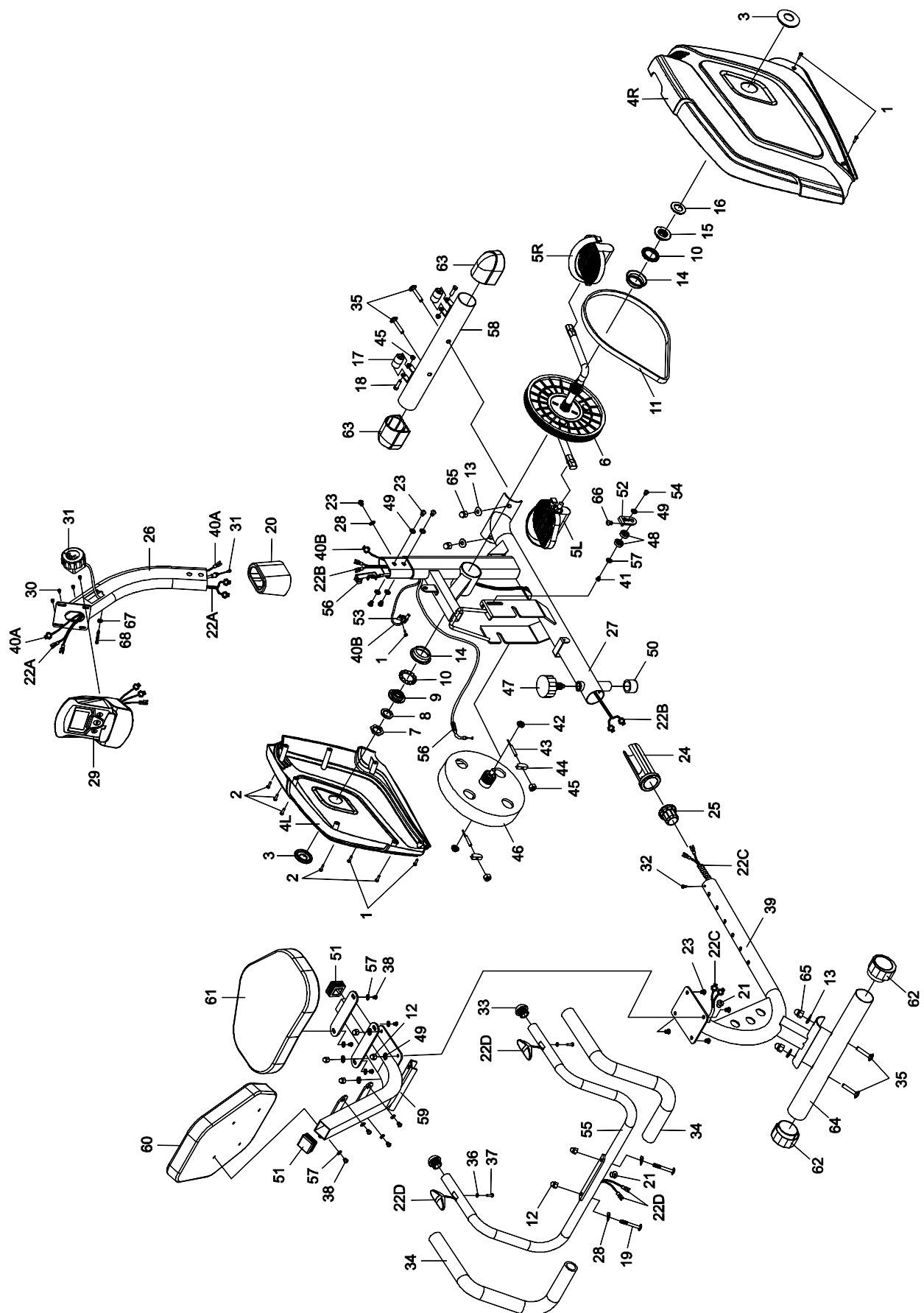


Multi Hex Tool with Phillips Screwdriver S8
13 mm / 14 mm / 15 mm
1 PC

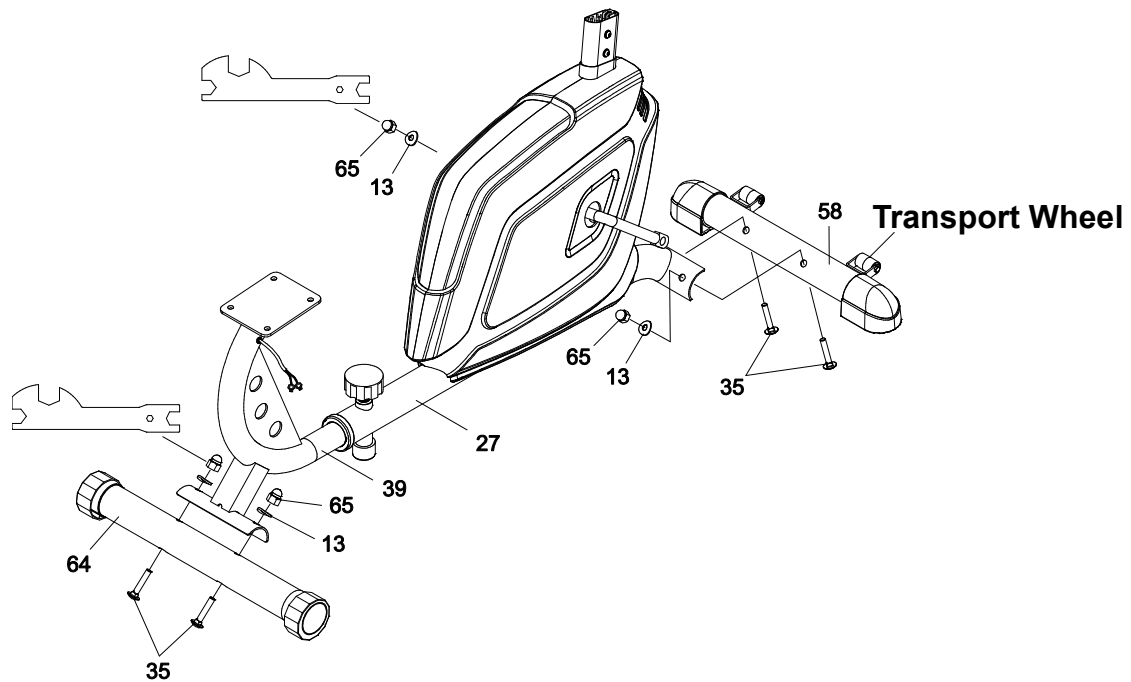


Multi Hex Tool
13 mm / 17 mm / 19 mm
1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



STEP 1

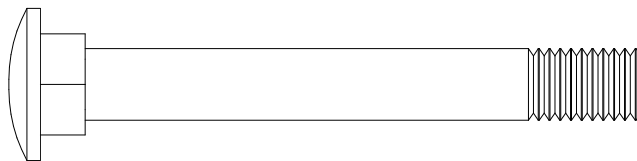
Position the Front Stabilizer (58) with the Transport Wheels in front of the Front Main Frame (27) and align bolt holes. Attach the Front Stabilizer (58) onto the front curve of the Front Main Frame (27) with two Big Curve Washers (13), two Carriage Bolts (35), and two M10 Cap Nuts (65). Tighten cap nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (35) behind the Rear Main Frame (39) and align bolt holes. Attach the Rear Stabilizer (35) onto the rear curve of the Rear Main Frame (39) with two Big Curve Washers (13), two Carriage Bolts (35), and two M10 Cap Nuts (65). Tighten cap nuts with the Multi Hex Tool provided.

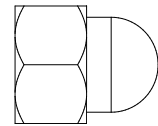
Hardware:



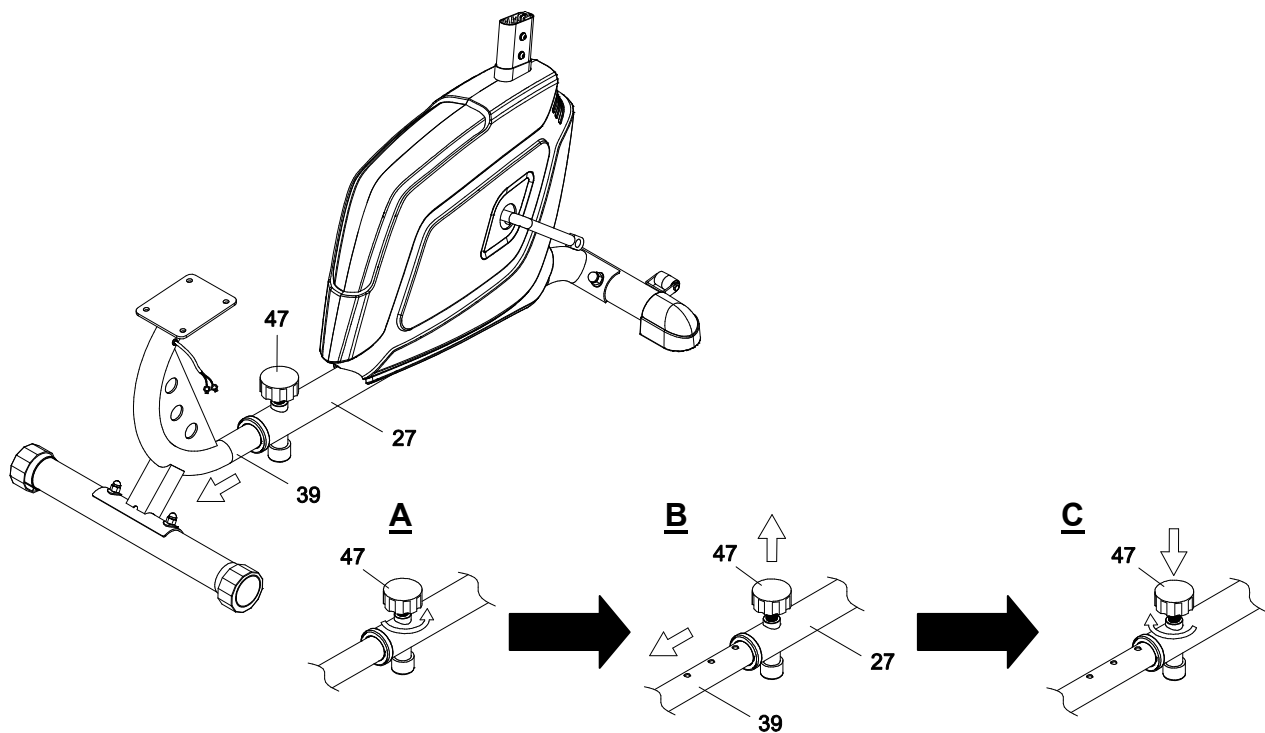
(13) Big Curve Washer
4 PCS



(35) Carriage Bolt
4 PCS

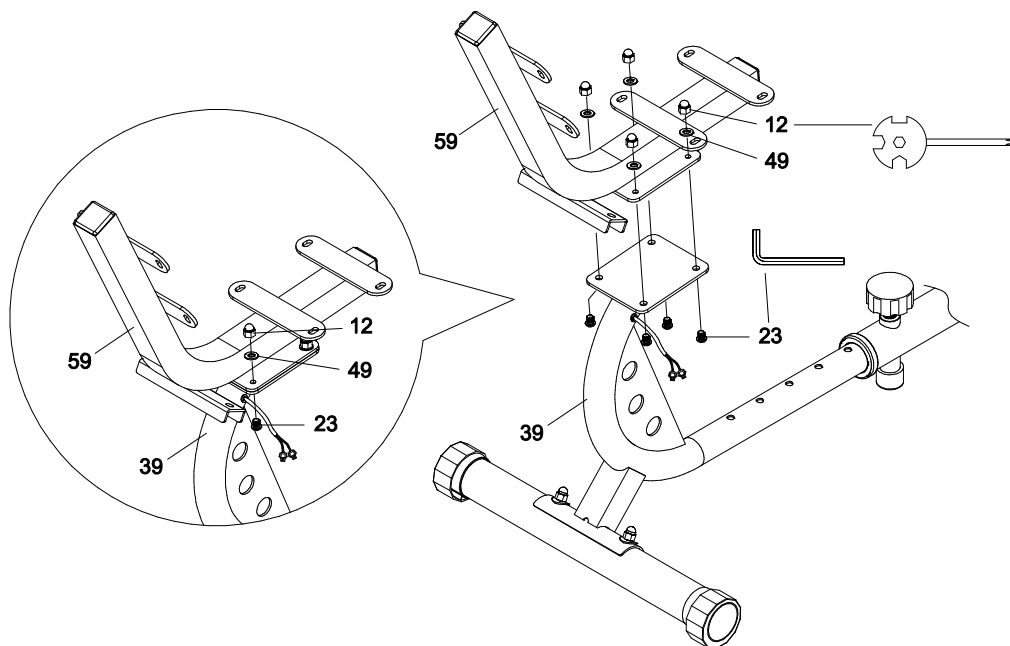


(65) Cap Nut M10
4 PCS



STEP 2

- A.** Turn the Round Knob (47) in a COUNTER-CLOCKWISE direction until it can be pulled out.
- B.** Pull out the Round Knob (47) and then pull the Rear Main Frame (39) until you adjust to the position you like,
- C.** Lock the Rear Main Frame (39) in place by releasing the Round Knob (47) and sliding the Rear Main Frame (39) forward or backward slightly until the Round Knob (47) "pops" down into the hole of the Rear Main Frame (39). For added safety, tighten the Round Knob (47) in a CLOCKWISE direction until it is secured tightly.

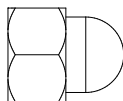


STEP 3

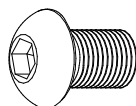
Position the Back and Seat Support Bracket (59) onto the Rear Main Frame (39) and align bolt holes.

Attach the Back and Seat Support Bracket (59) onto the Rear Main Frame (39) with four M8 Cap Nuts (12), four Washers (49), and four Hexagon Socket Pan Head Cap Bolts (23). Tighten bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

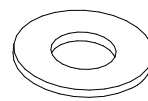
Hardware:



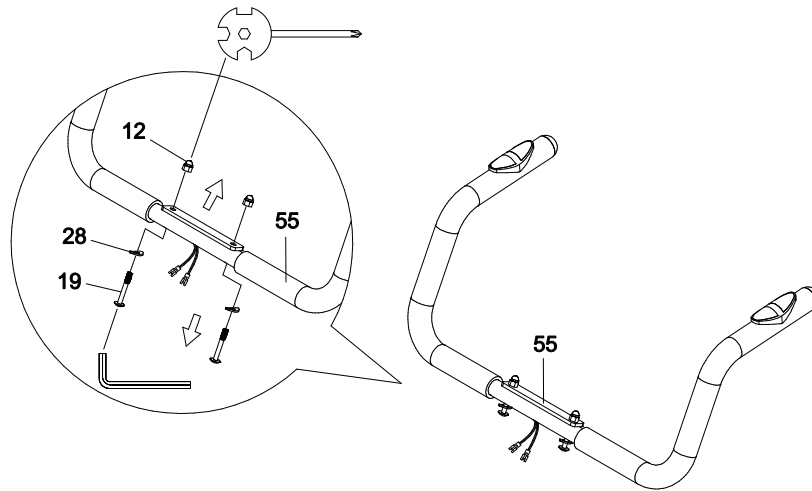
(12) Cap Nut M8
4 PCS



(23) Hexagon Socket
Pan Head Cap Bolt
4 PCS

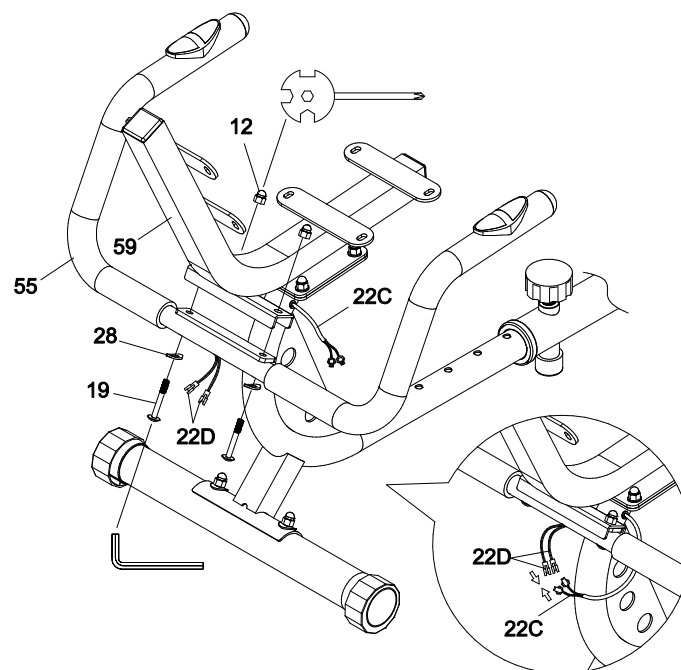


(49) Washer
4 PCS



STEP 4

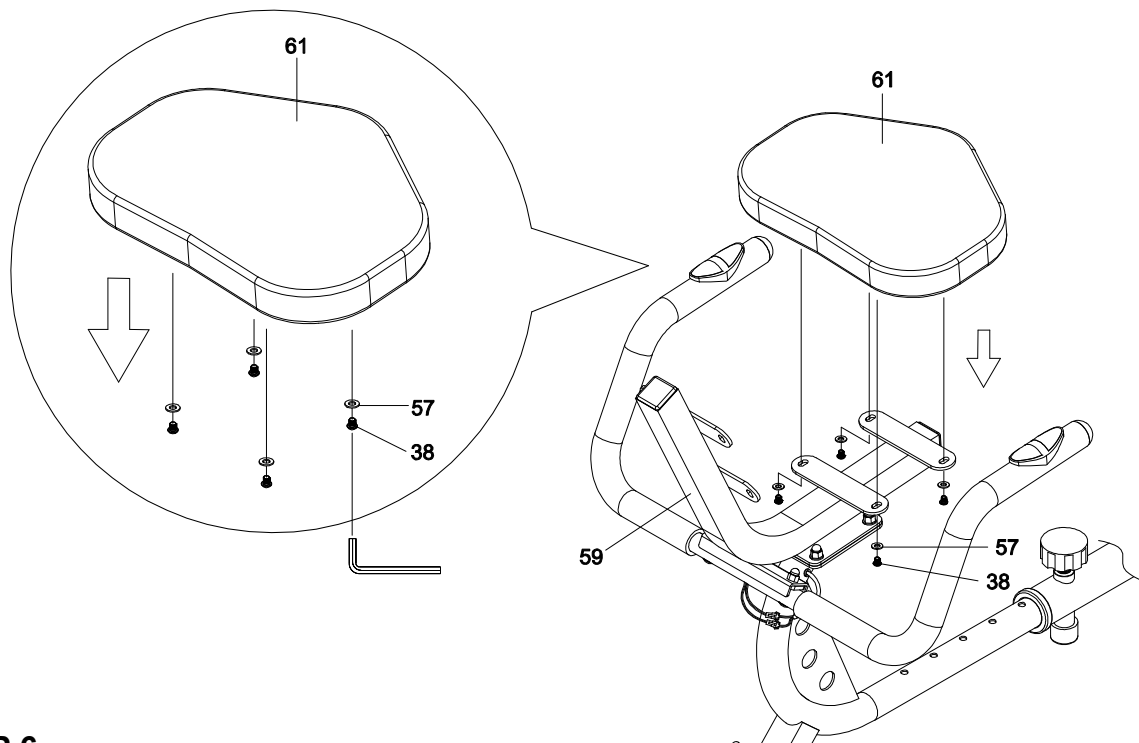
Remove two Hexagon Socket Pan Head Cap Bolts (19), two Big Curve Washers (28), and two Cap Nuts (12) from the Handlebar (55). Remove bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.



STEP 5

Attach the Handlebar (55) onto the Back and Seat Support Bracket (59) with two Hexagon Socket Pan Head Cap Bolts (19), two Big Curve Washers (28), and two Cap Nuts (12) that were removed. Tighten bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

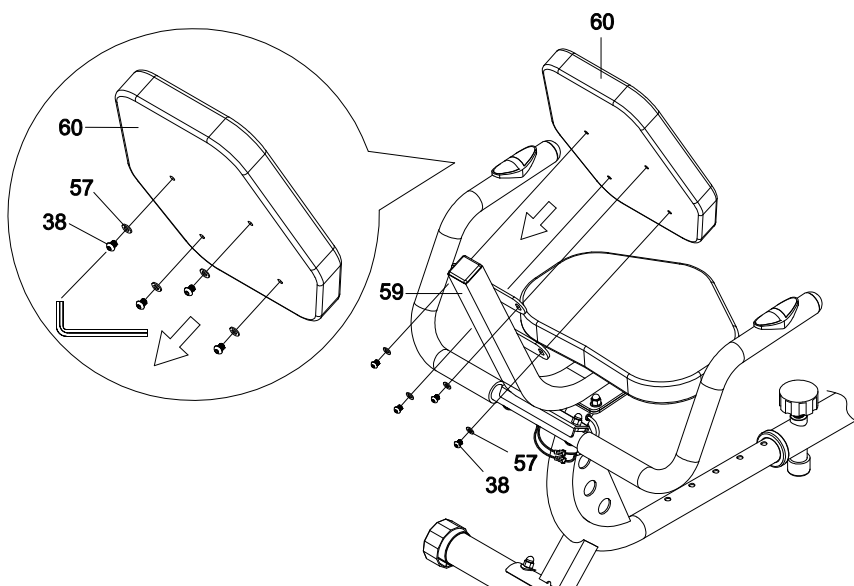
Connect the Extension Hand Pulse Sensor Wire C (22C) from the Rear Main Frame (39) to the Hand Pulse Sensor with Wire (22D) from the Handlebar (55).



STEP 6

Remove four Hexagon Socket Pan Head Cap Bolts (38) and four Big Washers (57) from the Seat Cushion (61). Remove bolts with the Allen Wrench provided.

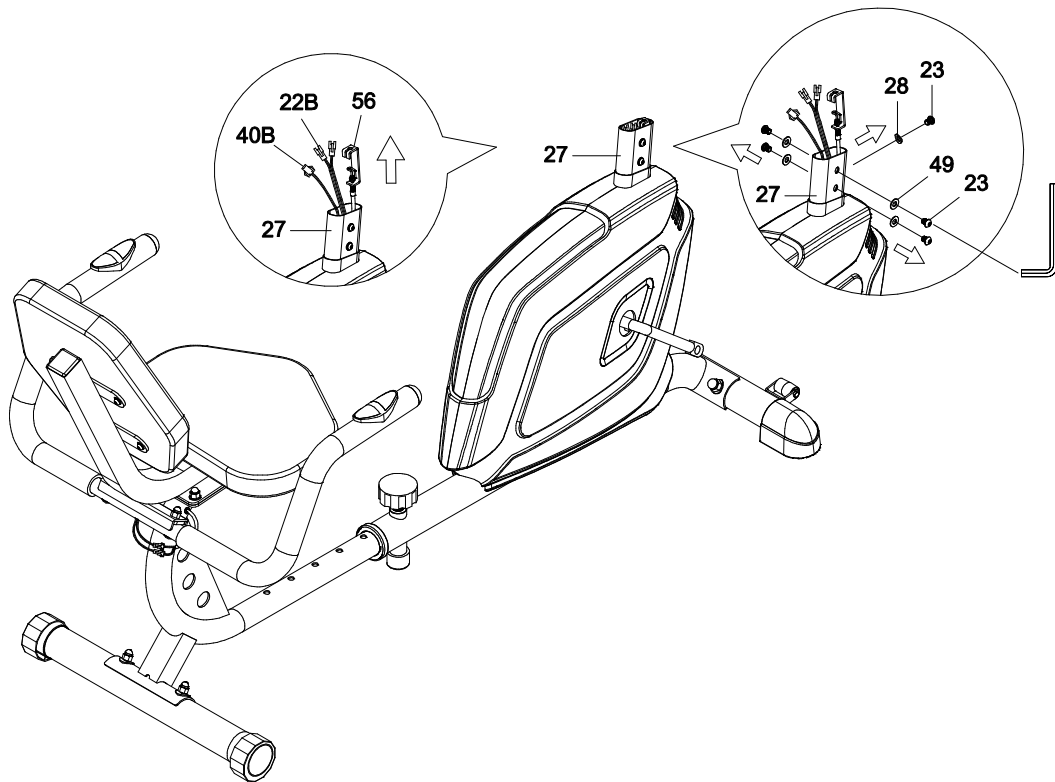
Attach the Seat Cushion (61) onto the Back and Seat Support Bracket (59) with four Hexagon Socket Pan Head Cap Bolts (38) and four Big Washers (57) that were removed. Tighten bolts with the Allen Wrench provided.



STEP 7

Remove four Hexagon Socket Pan Head Cap Bolts (38) and four Big Washers (57) from the Back Cushion (60). Remove bolts with the Allen Wrench provided.

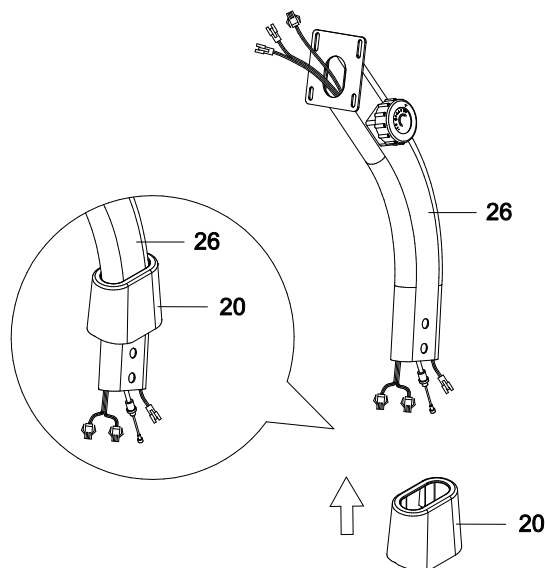
Attach the Back Cushion (60) onto the Back and Seat Support Bracket (59) with four Hexagon Socket Pan Head Cap Bolts (38) and four Big Washers (57) that were removed. Tighten bolts with the Allen Wrench provided.



STEP 8

Pull the Extension Hand Pulse Sensor Wire B (22B), Sensor Wire (40B), and Tension Cable (56) out of the tube of the Front Main Frame (27).

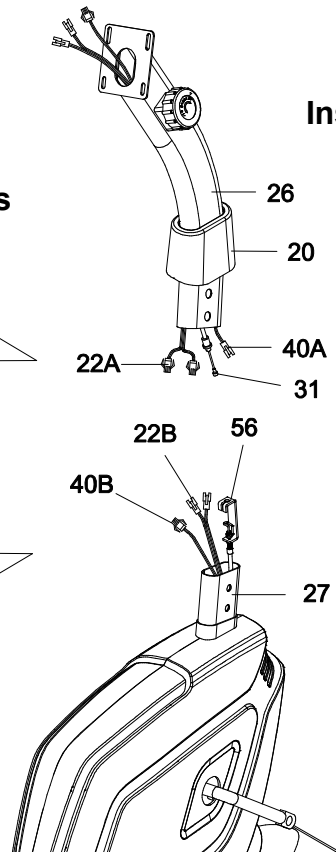
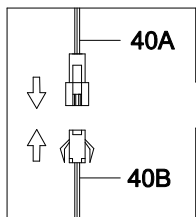
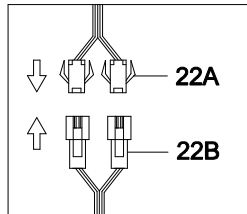
Remove four Hexagon Socket Pan Head Cap Bolts (23), four Washers (49), and one Big Curve Washer (28) from the tube of the Front Main Frame (27). Remove bolts with the Allen Wrench provided.



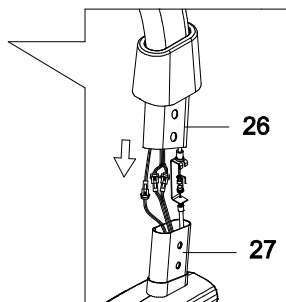
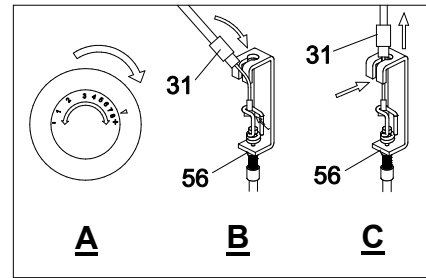
STEP 9

Slide the Computer Post Cover (20) onto the Computer Post (26).

Connecting The Wires



Installing The Tension Control Knob



STEP 10

Connecting the Wires:

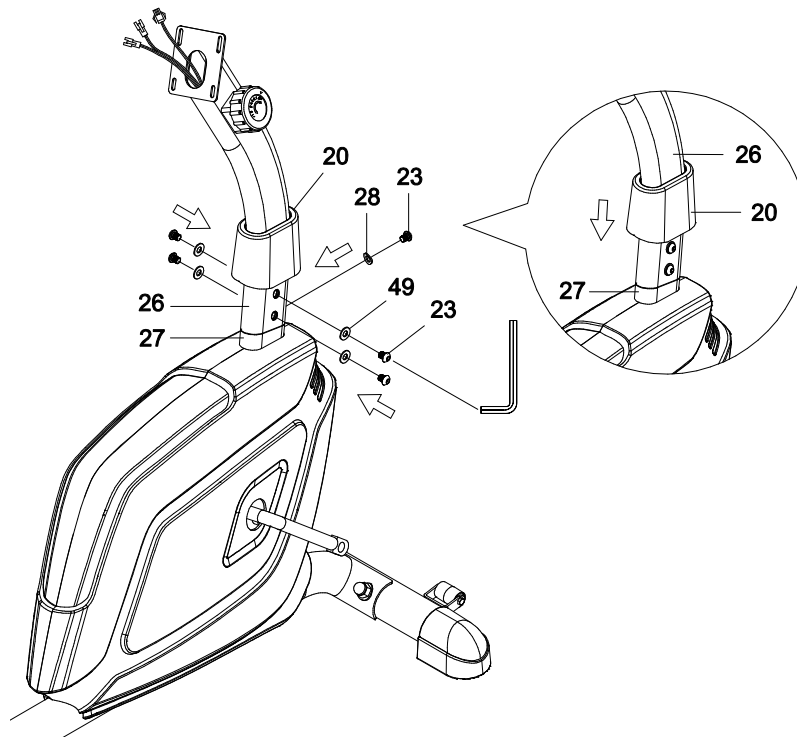
It is recommended to have a second person assist with this step. One person should hold the Computer Post (26) and Computer Post Cover (20) in place while the other person to connect the wires.

Connect the Extension Hand Pulse Sensor Wire A (22A) and Extension Sensor Wire A (40A) from the Computer Post (26) to the Extension Hand Pulse Sensor Wire B (22B) and Sensor Wire (40B) from the Front Main Frame (27).

Installing the Tension Control Knob:

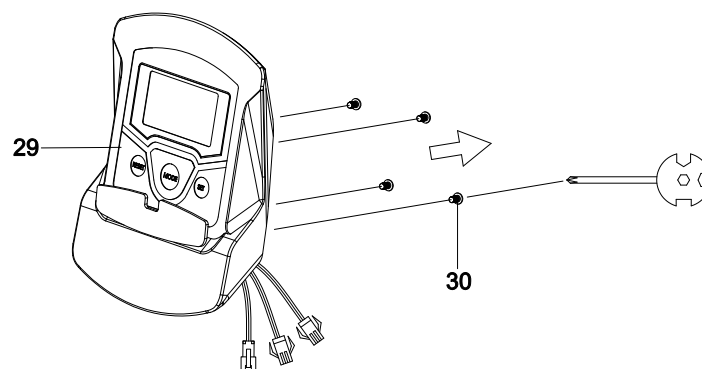
- A.** Set Tension Control Knob (31) to the highest tension level gives the resistance cable more length.
- B.** Put the cable end of resistance cable of Tension Control Knob (31) into the cable lock of Tension Cable (56).
Pull the resistance cable of Tension Control Knob (31) up and force it into the slot of metal bracket of Tension Cable (56).
- C.** Insert the metal fitting on the resistance cable of Tension Control Knob (31) into the hole at the end of the slot in the metal bracket of Tension Cable (56).

Slide the Computer Post (26) onto the tube of the Front Main Frame (27) and align bolt holes.



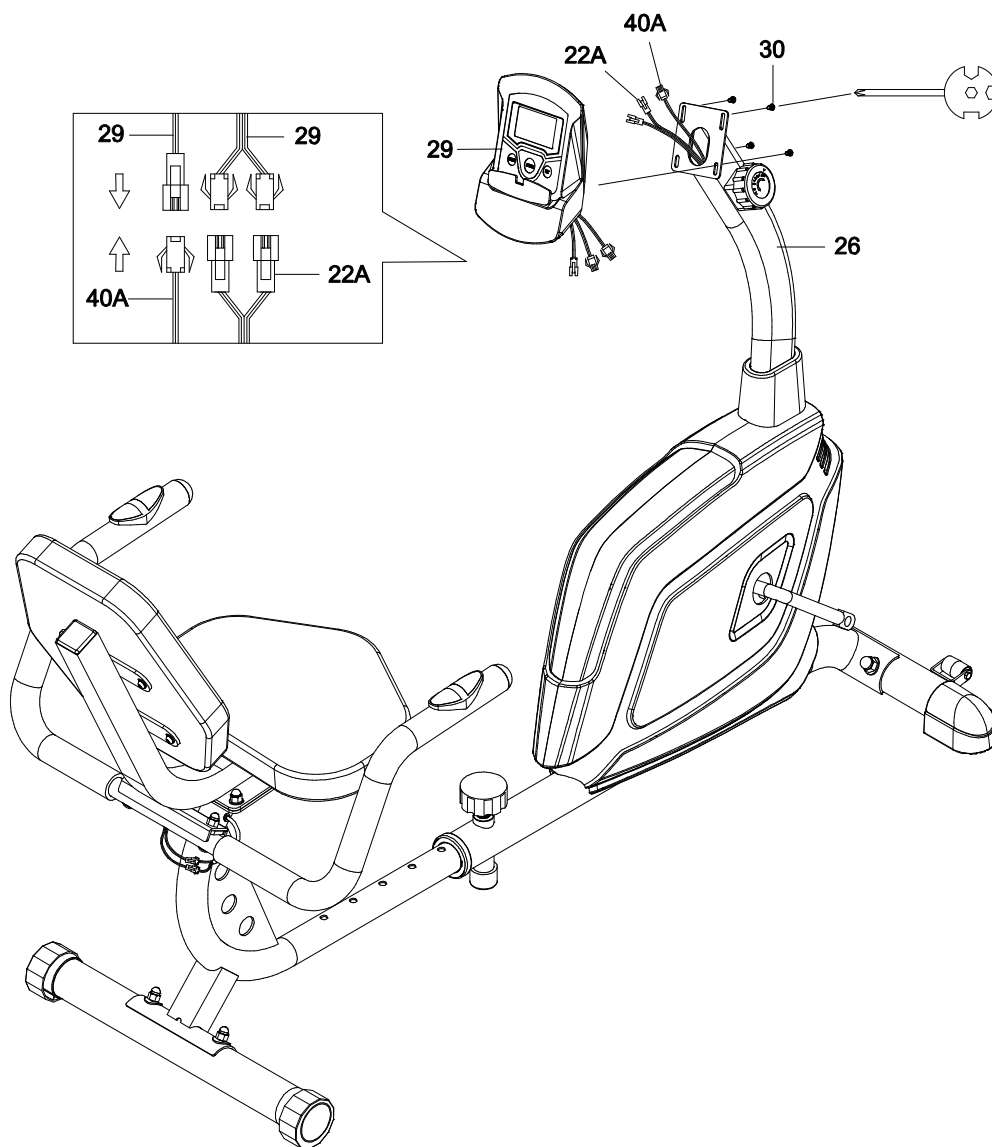
STEP 11

Attach the Computer Post (26) onto the tube of the Front Main Frame (27) with four Hexagon Socket Pan Head Cap Bolts (23), four Washers (49), and one Big Curve Washer (28) that were removed. Tighten bolts with the Allen Wrench provided. Slide the Computer Post Cover (20) down to the Computer Post (26).



STEP 12

Remove four Cross Recessed Pan Head Bolts (30) from the Computer (29). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

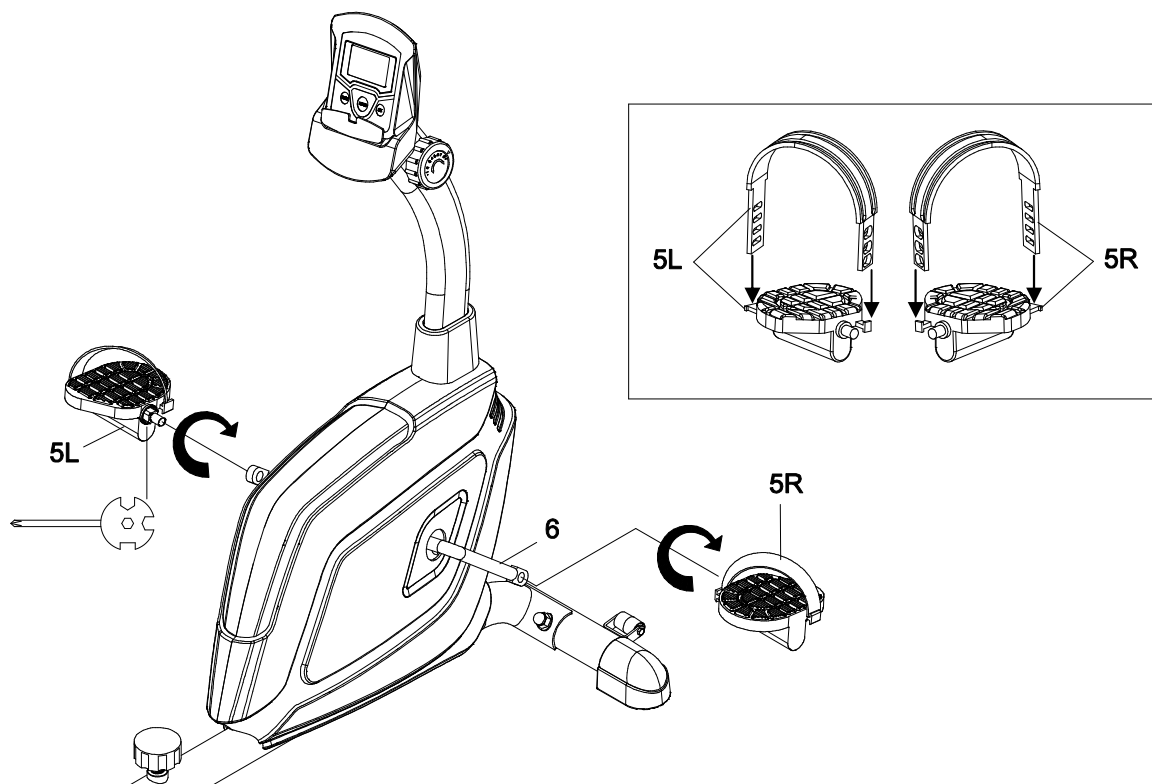


STEP 13

It is recommended to have a second person assist with this step. One person should hold the Computer (29) in place while the other person to connect the wires.

Connect the Extension Hand Pulse Sensor Wire A (22A) and Extension Sensor Wire A (40A) from the Computer Post (26) to the wires that come from the Computer (29). Tuck wires into the Computer Post (26).

Attach the Computer (29) onto the top end of the Computer Post (26) with four Cross Recessed Pan Head Bolts (30) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 14

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 (5R) 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 (5R). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (5R). 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 (5L) onto the Left Foot Pedal (5L).

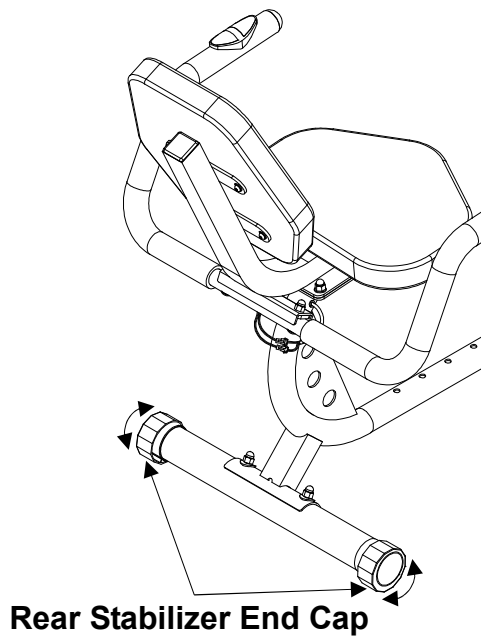
Installing the Right Foot Pedal onto the Right Crank:

Insert the Right Foot Pedal (5R) perfectly straight into the threaded hole in the right Crank (6). 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 (5R). Only tighten in the direction instructed.

Installing the Left Foot Pedal onto the Left Crank:

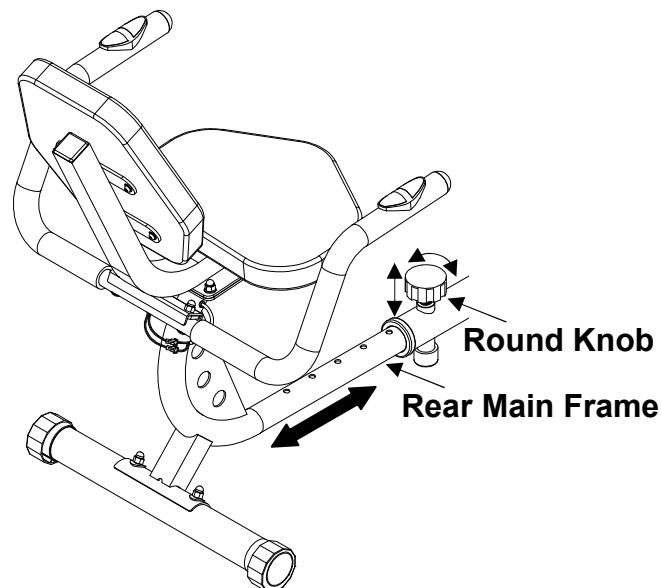
Insert the Left Foot Pedal (5L) perfectly straight into the threaded hole in the left Crank (6). Turn the pedal shaft by hand in a counterclockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Left Foot Pedal (5L). Only tighten in the direction instructed.

ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap

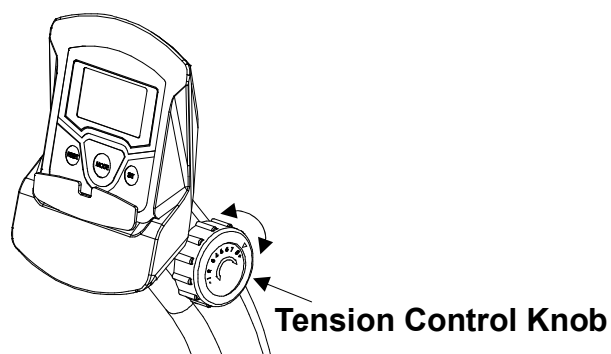
Turn the **Rear Stabilizer End Cap** on the rear stabilizer as needed to level the recumbent bike.



Adjusting the Seat Fore or Aft Position

Turn the **Round Knob** in a COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Round Knob** and then push or pull the **Rear Main Frame** until you adjust to the position you like, lock the **Rear Main Frame** in place by releasing the **Round Knob** and sliding the **Rear Main Frame** forward or backward slightly until the **Round Knob** "pops" down into the hole of the **Rear Main Frame**. For added safety, tighten the **Round Knob** in a CLOCKWISE direction until it is secured tightly.

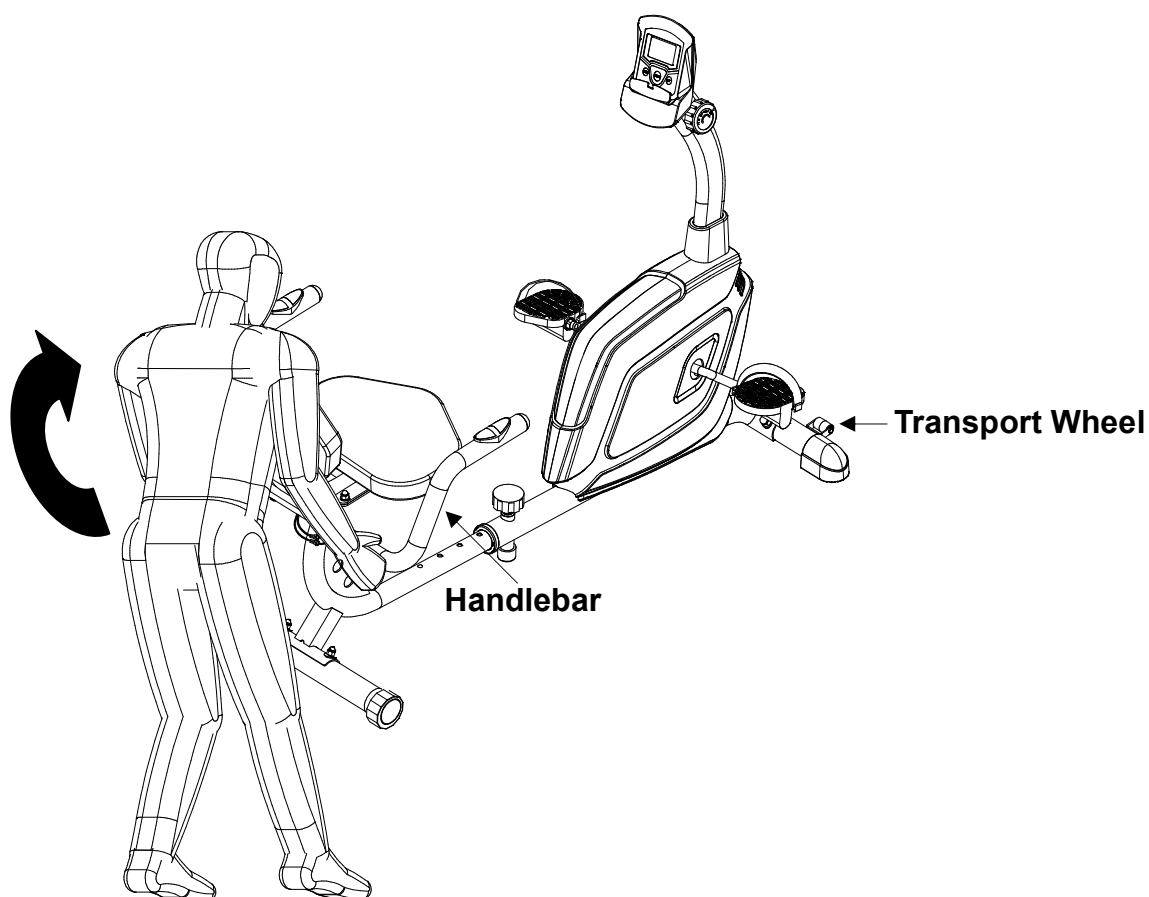
NOTE: Make sure that the Round Knob is locked in place before using the recumbent bike.



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 **COUNTER-CLOCKWISE** direction.

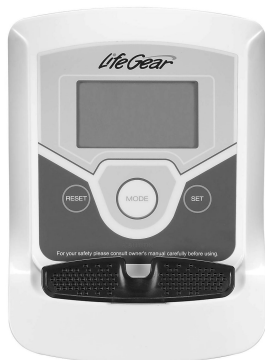
TRANSPORTING THE RECUMBENT BIKE



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 **Handlebar** 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 **Handlebar** until the rear stabilizer make contact with the ground. Always maintain both hands on the recumbent bike during transportation.

OPERATING THE COMPUTER



USING YOUR COMPUTER

The computer can be activated by pressing one of the three 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 TOTAL data values.

SET: Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

RESET: Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero for target pre-setting.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL 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 6 seconds.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds.

You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Displays the current training speed.

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

You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DST. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.90km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Displays approximate amount of calories burned during workout.

You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

TOTAL: Displays the total accumulative distance travelled. The TOTAL 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 TOTAL data values will reset to zero.

PULSE: Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse read-out is more precise, please always hold on to the handlebar grip sensors with two hands instead of only one hand when testing your heart rate figures.

HOW TO INSTALL THE BATTERIES:

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

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 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 computer 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.

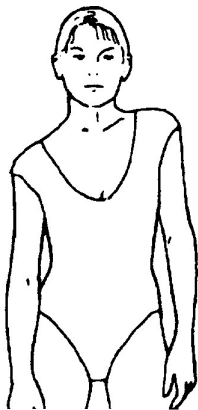
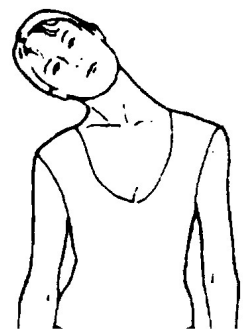
WARM UP AND COOL DOWN ROUTINE

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.

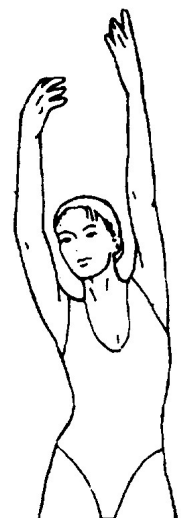
HEAD ROLLS

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.

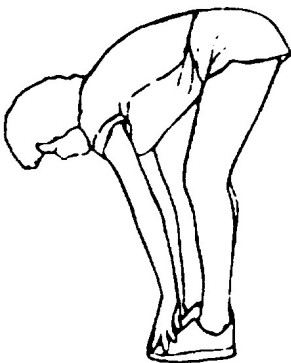


QUADRICEPS STRETCH

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.

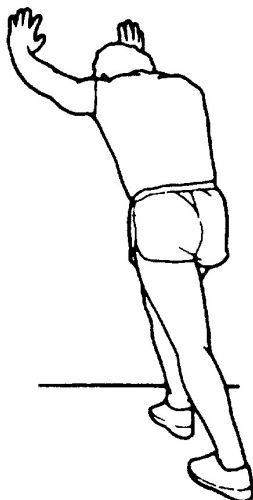
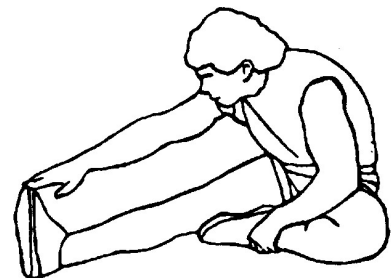


TOE TOUCHES

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.