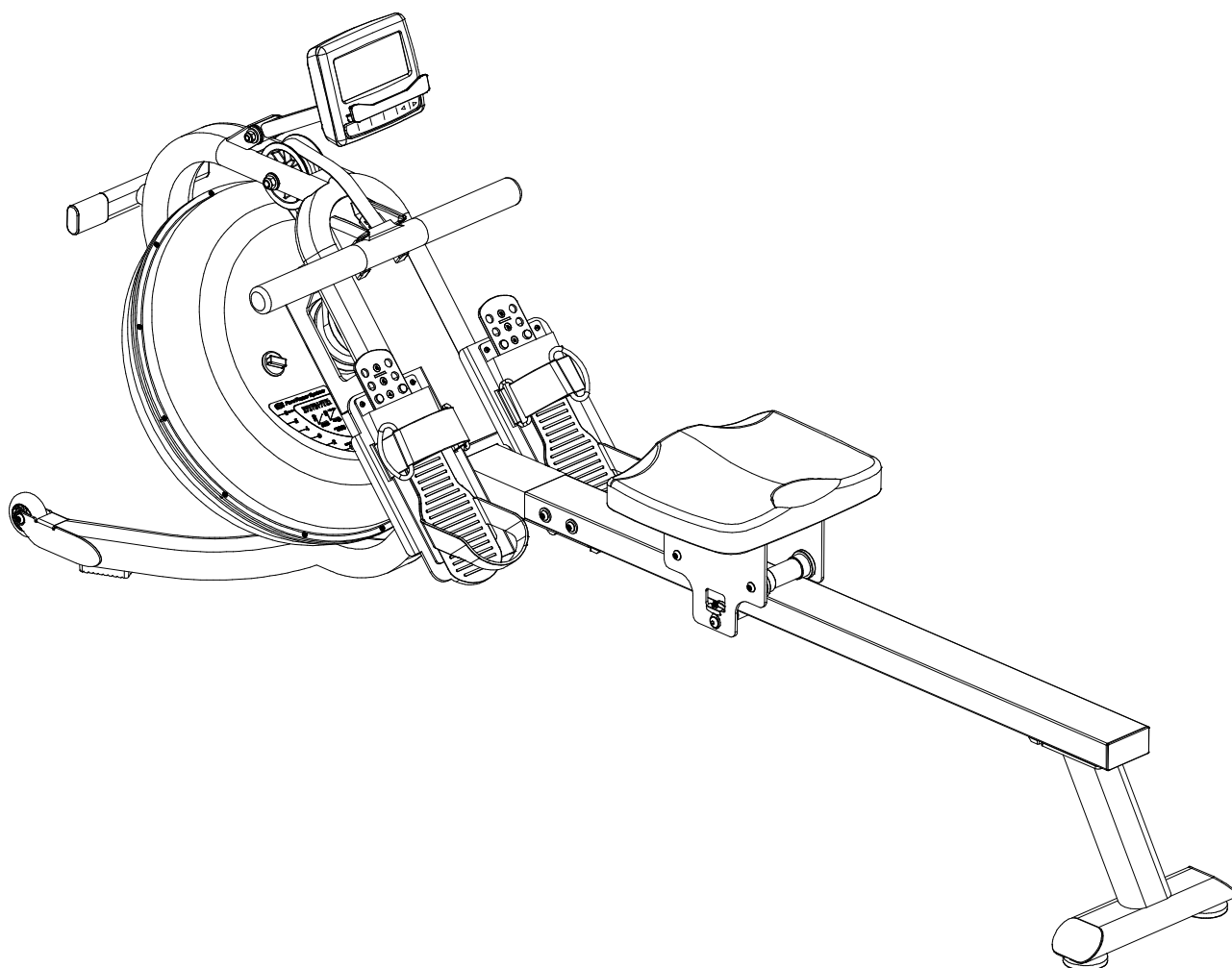


WATER ROWING

ITEM NO.: 30671

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.

2025, June

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE PACK -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
FILLING THE WATER TANK -----	12
DRAINING THE WATER TANK -----	13
OPERATING THE COMPUTER -----	14
HOW TO ROW -----	18
ADJUSTMENTS -----	19
MOVING THE ROWER -----	20
TROUBLESHOOTING -----	20
STORAGE -----	21
WARM UP AND COOL DOWN ROUTINE -----	22

ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual.

LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this water rowing machine. Read all instructions before using the water rowing machine.

1. Read all instructions carefully and follow them before using this water rowing machine. Ensure that the water rowing machine is properly assembled and securely fastened before use.
2. Before exercising, it is recommended to perform warm-up exercises to avoid muscle injuries.
3. Before each use, check to make sure that all parts are undamaged and securely fastened. Place the water rowing machine on a flat surface during use.
4. Never drop or insert any object into any opening.
5. Wear appropriate clothing and shoes when using the water rowing machine. Avoid wearing loose clothing that could become caught in any part of the equipment, and remember to tighten the foot pedal straps.
6. Do not attempt any maintenance or adjustments other than those described in this manual. If any problems arise, discontinue use and consult your local dealer.
7. This water rowing machine is not intended for therapeutic use.
8. Do not jump on the water rowing machine.
9. Do not use the water rowing machine outdoors.
10. Inspect and tighten all parts before each use.
11. This water rowing machine is intended for household use only. It is not designed for commercial use.
12. Only one person should use the water rowing machine at a time.
13. If you experience chest pain, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before resuming.
14. Exercise caution when mounting or dismounting the water rowing machine.
15. Do not allow children to use or play on the water rowing machine. Keep children and pets away from the equipment while it is in use. This water rowing machine is designed for adult use only. A minimum clearance of two meters around the water rowing machine is required for safe operation.
16. The maximum weight capacity for this product is 150 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.

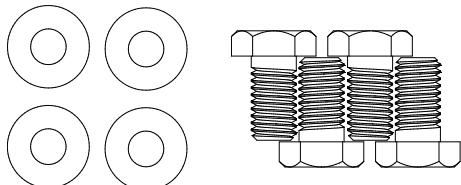
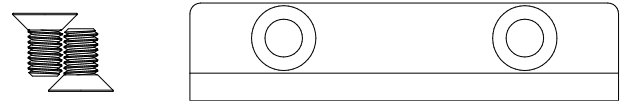

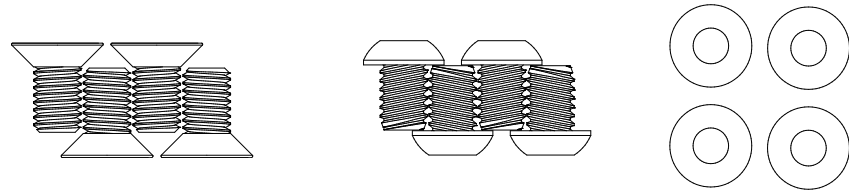
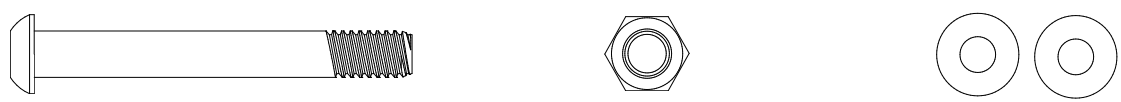
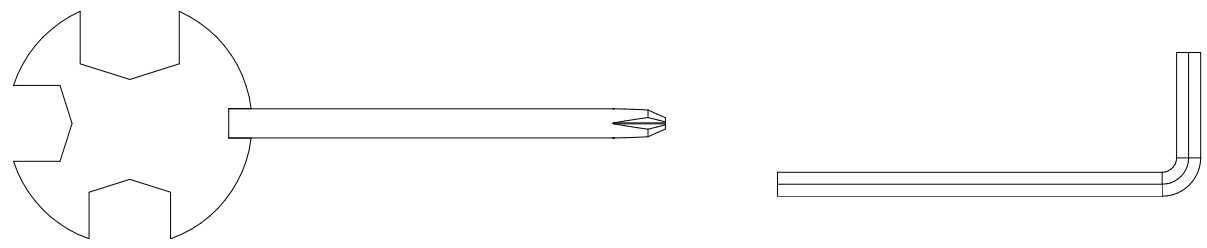
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	033	Spring Shaft Plate	1
002	Rear Stabilizer	1	034	Small Acoustic Baffle	1
003	Slide Rail	1	035	Large Acoustic Baffle	1
004	Rowing Handle	1	036	Bushing Ø25xØ20.2x13	1
005	Spring Fixed Bracket	1	037	Foot Pedal Strap	2
006	Seat Plate	2	038	Seat	1
007	Front Stabilizer	1	039	Seat Rolling Wheel	3
008	Computer Console Tube	1	040	Rubber Pad	2
009	Water Tank Bracket	1	041	Bearing 608ZZ	10
010	Computer Console Bracket	1	042	Bearing 6000ZZ	4
011	Front Stabilizer End Cap (20x40)	2	043	One Way Bearing HF2016	1
012	Water Paddle Wheel	1	044	Bushing Ø35xØ26x18	1
013	One Way Bearing Shaft	1	045	Bearing 6904ZZ	4
014	Bushing Ø24x27	2	046	Bearing 61905ZZ	1
015	Belt Pulley	1	047	Volute Spring	1
016	Guide Roller	1	048	Seal Ring	1
017	Guide Roller Bushing	1	049	Mechanical Seal	1 Set
018	Transport Wheel	2	050	Seal End Cap	1
019	Adjustable Leveler M10	2	051	Skid Rubber Pad	2
020	Bearing	1	052	O-ring	1
021	Oval End Cap (30x60)	2	053	Bushing Ø12.7x1.4Tx78	3
022	Slide Rail End Cap (40x80)	1	054	Computer Console	1
023	Cross Recessed Round Head Tapping Screw ST4x12	4	055	Magnet Ø8x3	2
024	Upper Water Tank Cover	1	056	Sensor with Wire (L=100mm)	1 Set
025	Lower Water Tank Cover	1	057	Cross Recessed Round Head Bolt M3x6	4
026	Cover	1	058	Cross Recessed Round Head Bolt M5x15	8
027	Belt Pulley Bushing	1	059	Hexagon Head Bolt M8x15	5
028	Adjustable Foot Pedal	2	060	Hexagon Socket Truss Head Bolt M8x125	2
029	Foot Pedal Plate	2	061	Cross Recessed Round Head Tapping Screw ST4.2x16	4
030	Bearing Plate	1	062	Hexagon Socket Countersunk Head Bolt M8x15	12
031	Drawstring Pulley	1	063	Hexagon Socket Truss Head Bolt M8x45	2
032	Spring Shaft	1	064	Hexagon Socket Truss Head Bolt M10x55	1

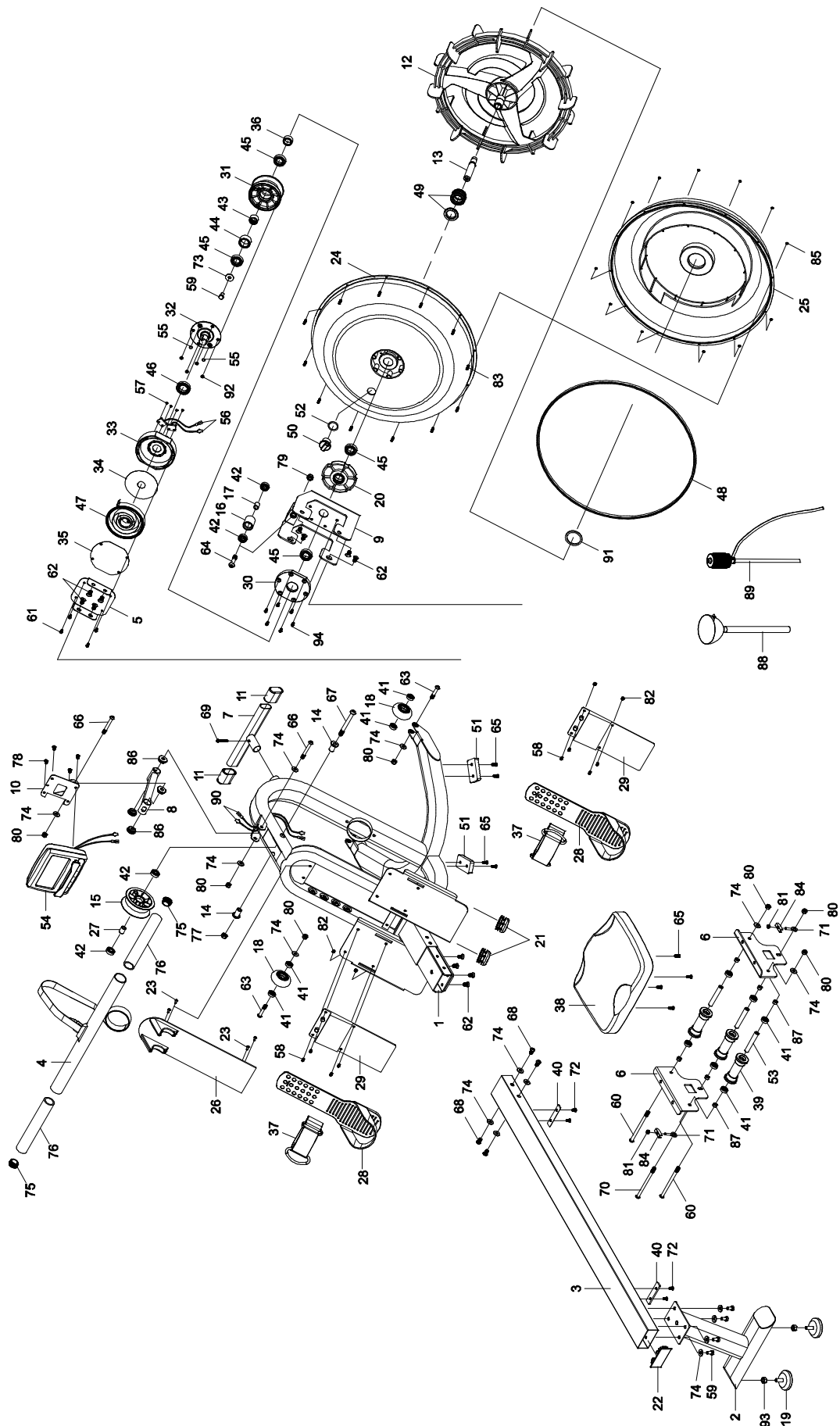
PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Hexagon Socket Truss Head Bolt M6x15	8	080	Nylon Nut M8	7
066	Hexagon Socket Truss Head Bolt M8x65	2	081	Nylon Nut M6	2
067	Hexagon Socket Truss Head Bolt M10x95	1	082	Nylon Nut M5	4
068	Hexagon Socket Truss Head Bolt M8x15	4	083	Cross Recessed Round Head Bolt M4x17	12
069	Cross Recessed Round Head Bolt M6x35	1	084	Tension Bracket	2
070	Hexagon Socket Truss Head Bolt M8x130	1	085	France Nut M4	12
071	Eyebolt M6x30	2	086	Plastic Bushing	4
072	Cross Recessed Countersunk Head Bolt M6x10	4	087	Bushing Ø12xØ8.1x7	6
073	Washer Ø24xØ8.5x2.0	1	088	Funnel	1
074	Washer Ø20xØ8.5x1.5	15	089	Siphon Pump	1
075	Rowing Handle Round End Cap Ø8.6x1.5	2	090	Extension Sensor Wire (L=700 mm)	2
076	Rowing Handle Foam Grip Ø33x3x246 mm	2	091	Fixed Ring	1
077	Thin Nylon Nut M10	1	092	Cross Recessed Countersunk Head Tapping Screw ST5x12	4
078	Cross Recessed Round Head Bolt M5x10	4	093	Hexagon Nut M10	2
079	Nylon Nut M10	1	094	Cross Recessed Round Head Tapping Screw ST5.5x20	6

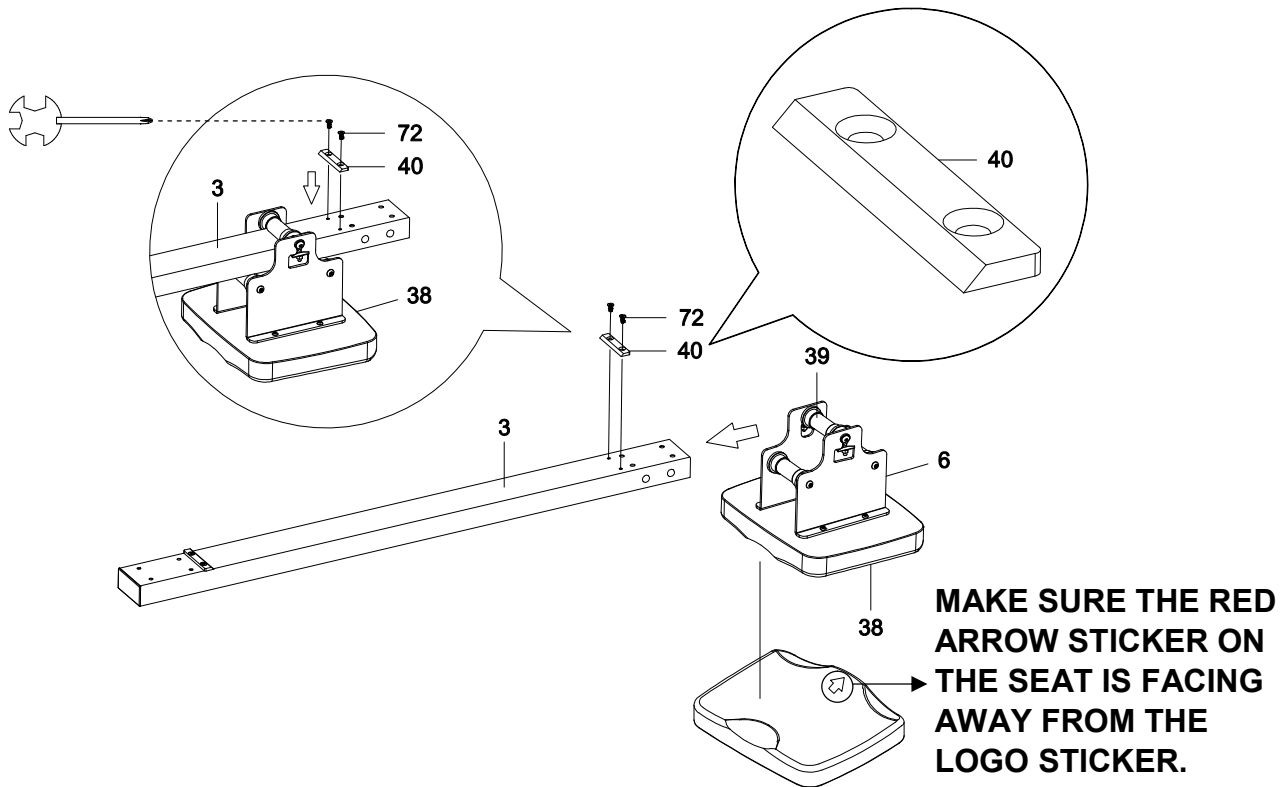
HARDWARE PACK

<div>Step 2</div> <div></div> <div>(74) Washer 4 PCS</div> <div>(59) Hexagon Head Bolt 4 PCS</div>		<div>Step 1</div> <div></div> <div>(72) Cross Recessed Countersunk Head Bolt 2 PCS</div> <div>(40) Rubber Pad 1 PC</div>	
<div>Step 3</div> <div></div> <div>(69) Cross Recessed Round Head Bolt 1 PC</div>	<div>Step 4</div> <div></div> <div>(62) Hexagon Socket Countersunk Head Bolt 4 PCS</div> <div>(68) Hexagon Socket Truss Head Bolt 4 PCS</div> <div>(74) Washer 4 PCS</div>		
<div>Step 5</div> <div></div> <div>(66) Hexagon Socket Truss Head Bolt 1 PC</div> <div>(80) Nylon Nut 1 PC</div> <div>(74) Washer 2 PCS</div>			
<div>Tools</div> <div></div> <div>Multi Hex Tool with Phillips Screwdriver 1 PC</div> <div>Allen Wrench 5mm 1 PC</div>			

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



STEP 1

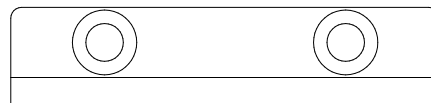
Slide the Seat (38) onto the front end of Slide Rail (3). Attach the Rubber Pad (40) to the underside of the Slide Rail (3) using two Cross Recessed Countersunk Head Bolts (72). Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.

NOTE: The narrow edge of the Rubber Pad (40) should point toward the Seat (38).

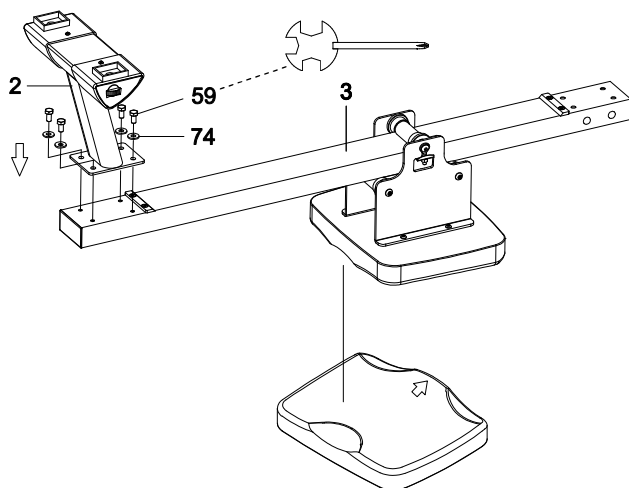
Hardware:



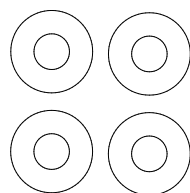
(72) Cross Recessed
Countersunk Head Bolt
2 PCS



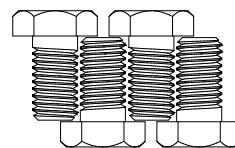
(40) Rubber Pad
1 PC



Hardware:



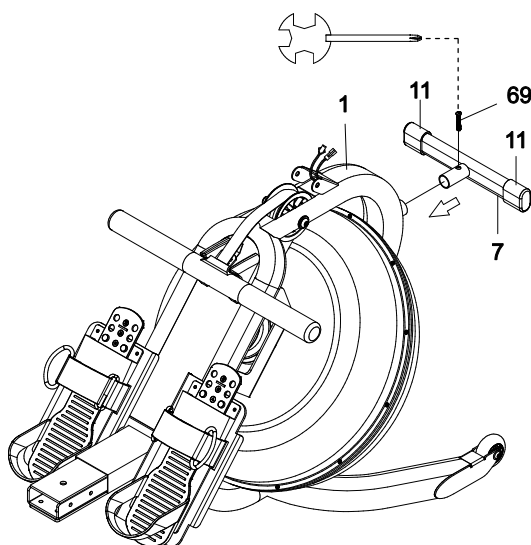
(74) Washer
4 PCS



(59) Hexagon
Head Bolt
4 PCS

STEP 2

Attach the Rear Stabilizer (2) to the underside of the Slide Rail (3) using four Hexagon Head Bolts (59) and four Washers (74). Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.



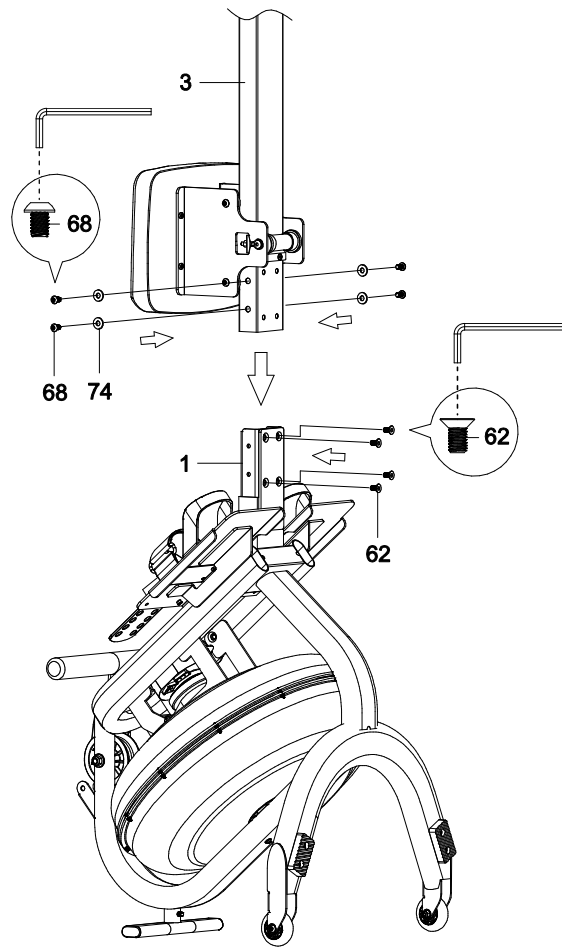
Hardware:



(69) Cross Recessed
Round Head Bolt
1 PC

STEP 3

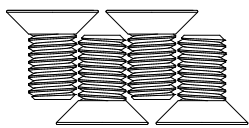
Attach the Front Stabilizer (7) to the Main Frame (1) using one Cross Recessed Round Head Bolt (69). Tighten the bolt with the Multi-Hex Tool with Phillips Screwdriver provided.



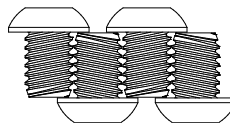
STEP 4

Lift the Main Frame (1) until the Front Stabilizer (7) and Transportation Wheels (18) contact the floor, as shown. Insert the Slide Rail (3) into the tube of the Main Frame and secure it using four Hexagon Socket Countersunk Head Bolts (62), four Hexagon Socket Truss Head Bolts (68), and four Washers (74). Tighten the bolts with the 5mm Allen Wrench provided.

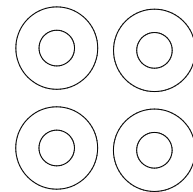
Hardware:



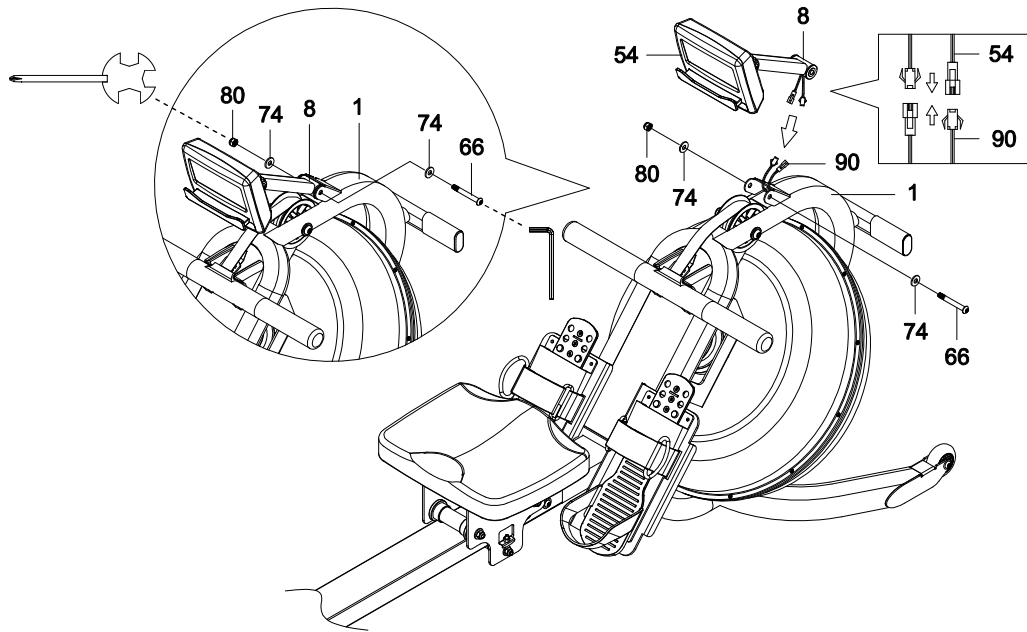
(62) Hexagon Socket
Countersunk Head Bolt
4 PCS



(68) Hexagon Socket
Truss Head Bolt
4 PCS



(74) Washer
4 PCS



STEP 5

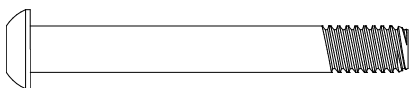
Connect the wires from the Computer Console Tube (8) to the Extension Sensor Wires (90) from the Main Frame (1).

Attach the Computer Console Tube (8) to the Main Frame (1) using two Washers (74), one Hexagon Socket Truss Head Bolt (66), and one Nylon Nut (80). Tighten the bolt and nylon nut with the 5mm Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

NOTE: Gently push the excess wires into the Main Frame (1) when inserting the bolt to prevent cutting the wires.

Ensure both the Hexagon Socket Truss Head Bolt (66) and the Nylon Nut (80) are tightened properly to prevent the Computer Console (54) from moving during use.

Hardware:



(66) Hexagon Socket
Truss Head Bolt
1 PC



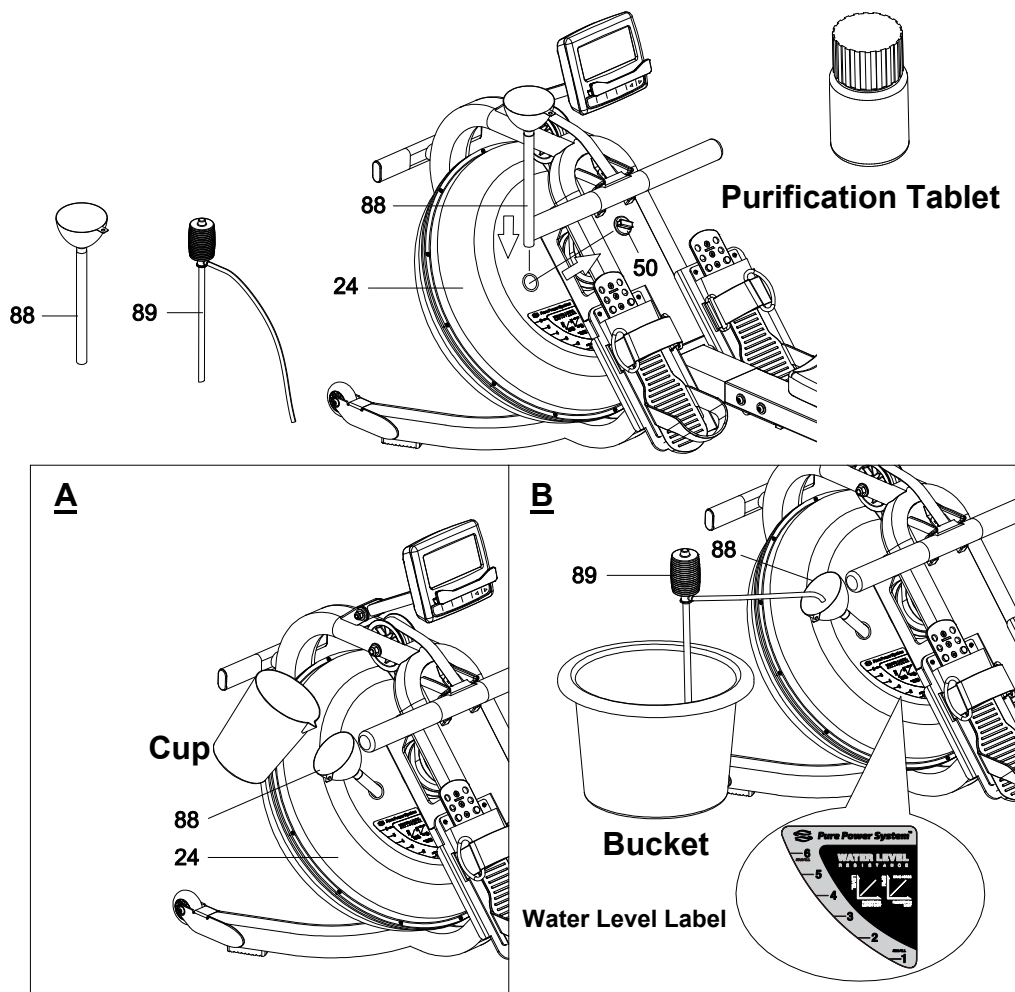
(80) Nylon Nut
1 PC



(74) Washer
2 PCS

Make sure all parts are properly tightened before using the equipment.

FILLING THE WATER TANK

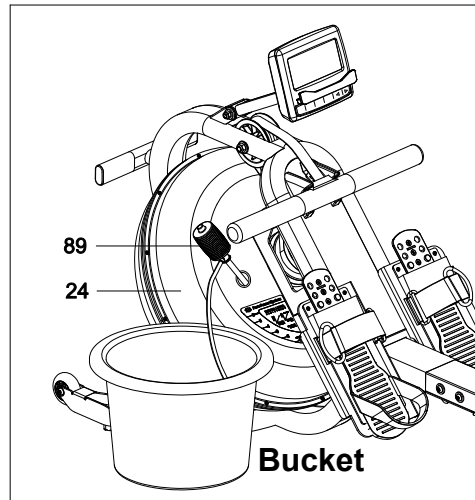


1. Remove the Seal End Cap (50) from the Upper Water Tank Cover (24).
2. Insert the Funnel (88) into the hole on the Upper Water Tank Cover (24). Use a cup (See Figure A) or a bucket with the Siphon Pump (89) and the Funnel (88) to fill the water tank (See Figure B). Squeeze the bulb of the Siphon Pump (89) to transfer water into the tank. Then drop one Purification Tablet into the tank through the same hole.
3. After filling the water tank, securely reinsert and tighten the Seal End Cap (50) onto the Upper Water Tank Cover (24).

NOTES:

1. The water level gauge is located on the side of the tank. The maximum fill level is 6. Do not exceed this limit.
2. Resistance is determined by the water level in the tank. Level 1 is the lowest Resistance and the Level 6 is the highest.
3. Use only tap water. Add one water purification tablet (included). Do not use pool chlorine or bleach, as this will damage the tank and void the warranty.
4. Add a purification tablet every 6 months or as needed. If the water remains cloudy, replace it.
5. The Water in the tank is not suitable for consumption. Dispose of it after pumping.

DRAINING THE WATER TANK



1. Remove the Seal End Cap (50) from the Upper Water Tank Cover (24).
2. Place a bucket beside the tank and use the Siphon Pump (89) to pump out the water.
Squeeze the bulb of the Siphon Pump (89) to begin draining.
3. After draining, securely reinsert and tighten the Seal End Cap (50) onto the Upper Water Tank Cover (24).

OPERATING THE COMPUTER



POWER ON:

The full LCD display will appear approximately two seconds after installing the batteries. Turn on the computer console by pressing any button or by pulling the rowing handle. Use the LEFT and RIGHT arrow buttons to select the current tank water level (L1–L6). Press ENTER after making your selection.

NOTE: If the water tank is filled to Level 4, select L4. The default is L6.

FUNCTION BUTTONS:

RECOVERY:

The Pulse Recovery function helps assess your cardiovascular fitness by comparing your heart rate before and after exercise. Regular use can indicate improvements in fitness. Use this function immediately after your workout:

- 1) User must wear the **HEART RATE MONITOR CHEST BELT (CHEST BELT NOT INCLUDED, SOLD SEPARATELY)** during exercise.
- 2) Press the **RECOVERY** button.
- 3) The timer will countdown from 60 to 0 seconds.
- 4) After the countdown, your recovery level (F1–F6) will be displayed:

F1 = Excellent	F4 = Below Average
F2 = Good	F5 = Not Good
F3 = Fair	F6 = Poor

RESET: Press the RESET button to return to the preset value during parameter setting mode, press the RESET button again to return to the program selection menu.

In STOP mode, press the RESET button to return to standby mode.

Press and hold the RESET button for 3 seconds to rest the computer console.

START/STOP: Press the START/STOP button to start or stop your workout session.

ENTER: Press the ENTER button to confirm your program selection.

Press the ENTER button to confirm the parameter settings and proceed to the next setting.

Press the ENTER button to switch the function value display during training.

RIGHT ARROW: Press the RIGHT ARROW button to increase a parameter value. Press the RIGHT ARROW button to select the PROGRAM mode (QUICK START, STANDARD, TARGET SINGLE, TARGET INTERVAL, CUSTOM, or RACE).

LEFT ARROW: Press the LEFT ARROW button to decrease a parameter value. Press the LEFT ARROW button to select the PROGRAM mode (QUICK START, STANDARD, TARGET SINGLE, TARGET INTERVAL, CUSTOM, or RACE).

DISPLAY FUNCITONS:

TIME: Displays the elapsed training time.

TIME/500M: Displays and updates your average 500-meter rowing time.

SPM: Displays your average strokes per minute.

DISTANCE: Displays the estimated distance traveled.

STROKES: Displays the number of strokes taken during the session.

TOTAL STROKE: Displays the total number of strokes recorded on the console.

CALORIES: Indicates the estimated number 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)

PULSE: Displays your current heart rate in beats per minute during exercise.

NOTE: User must wear the HEART RATE MONITOR CHEST BELT (CHEST BELT NOT INCLUDED, SOLD SEPARATELY) during exercise.

DRAG FORCE: Displays the current drag froce.

WATT: Displays your current power output in watts.

A+: Displays the average of TIME/500M, WATT, PULSE, and SPM.

OPERATION:

QUICK START: Press the RIGHT or LEFT ARROW button to select "QUICK START", then press the START/STOP button to begin your workout. Press the ENTER button to switch the value displayed in the large central window during your workout. The program consists of 16 profile columns, each representing 100 meters.

STANDARD: Press the RIGHT or LEFT ARROW button to select "STANDARD", then press the ENTER button to confirm. Use the RIGHT or LEFT ARROW button to choose between 2000M, 5000M, 10000M, 30:00, or 500M/1:00 training modes. Press the START/STOP button to begin the workout. The preset target value will count down, while all other values will count up. Press the RESET button to return to standby mode when the target value reaches zero.

TARGET SINGLE: Press the RIGHT or LEFT ARROW button to select "TARGET SINGLE", then press the ENTER button to confirm. Choose one of the following modes: Single Time, Single Distance, Single Calories, or Single THR (Target Heart Rate), then press ENTER button to proceed.

1. Single Time: Set a time goal using the RIGHT or LEFT ARROW button, then press the START/STOP button to begin.
2. Single Distance: Set a distance goal using the RIGHT or LEFT ARROW button, then press the START/STOP button to begin.
3. Single Calories: Set a calorie goal using the RIGHT or LEFT ARROW button, then press the START/STOP button to begin.
4. Single THR: Set a target heart rate (90–220 bpm) using the RIGHT or LEFT ARROW button, then press the START/STOP button to begin. The computer console will beep when your heart rate exceeds the target.

NOTE: User must wear the HEART RATE MONITOR CHEST BELT (CHEST BELT NOT INCLUDED, SOLD SEPARATELY) during exercise.

TARGET INTERVAL: Press the RIGHT or LEFT ARROW button to select "TARGET INTERVAL", then press the ENTER button to confirm. Choose one of the following interval modes: Interval Time, Interval Distance, or Interval Time/Distance, then press the ENTER button to confirm.

1. Interval Time: Set the workout time and rest time using the RIGHT or LEFT ARROW button. Press the START/STOP button to begin.
2. Interval Distance: Set the workout distance and rest time using the RIGHT or LEFT ARROW button. Press the START/STOP button to begin.
3. Interval Time/Distance: Set the workout time, then distance, and rest time using the RIGHT or LEFT ARROW button. Press the START/STOP button to begin.

CUSTOM: Press the RIGHT or LEFT ARROW button to select "CUSTOM", then press the ENTER button to confirm. Press the RIGHT or LEFT ARROW button to choose :30/:30R, 1:00/1:00R - 7, 2000m/3:00R - 4, 1:40/:20R - 9 custom training mode and then press the ENTER button to confirm.

1. :30/:30R: 30 seconds training / 30 seconds rest.
2. 1:00/1:00R - 7: 1-minute training / 1-minute rest (7 rounds).
3. 2000m/3:00R - 4: 2000-meter training / 3-minute rest (4 rounds).
4. 1:40/:20R - 9: 1 minute 40 seconds training / 20 seconds rest (9 rounds).

RACE: Press the RIGHT or LEFT ARROW button to select "RACE", then press the ENTER button to confirm. Use the arrow buttons to choose L01–L15 difficulty levels. Press the ENTER button to confirm, then set the race distance. Press the START/STOP button to begin the race.

1. Race options have a preset TIME to beat and you can also set a DISTANCE to beat.
2. Below is the 15 different options chart for the races.
3. On the race screen YOU are on top and are designated as U.
4. The computer is below you and is designated as PC.

L1	8:00		L4	6:30		L7	5:00		L10	3:30		L13	2:00
L2	7:30		L5	6:00		L8	4:30		L11	3:00		L14	1:30
L3	7:00		L6	5:30		L9	4:00		L12	2:30		L15	1:00

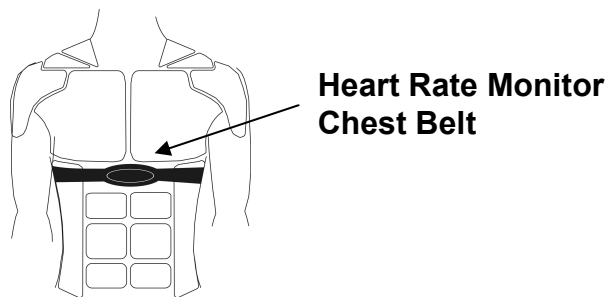
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place four AA batteries into the battery compartment.
3. Ensure the correct polarity and firm contact with the battery springs.
4. Reinstall the battery cover.
5. If the display is unclear or incomplete, remove the batteries, wait 15 seconds, and reinstall them.

USING THE HEART RATE MONITOR CHEST BELT (CHEST BELT NOT INCLUDED, SOLD SEPARATELY):

This device features a built-in heart rate receiver. When wearing the chest belt, your heart rate will appear in the split window of PULSE within seconds. Wear the chest belt just above your chest line, snugly and against bare skin for best results. The heart rate monitor chest belt requires some body heat and moisture to function properly. Moisture on the black rubber electrodes (reverse side of the belt) is required.

WARNING: Interference may occur near electronics such as TVs, computers, or phones. Such interference can lead to unstable or inaccurate heart rate readings.



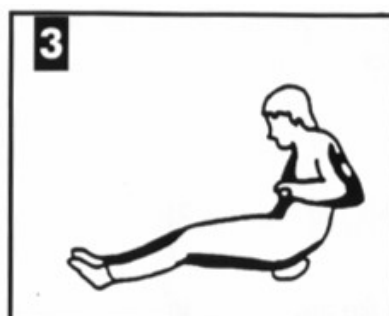
HOW TO ROW



1
Begin in the starting position: lean slightly forward with your knees bent and arms extended straight in front of you.



2
Push backward by extending your legs and straightening your back simultaneously.



3
Continue the movement until you are leaning slightly backward, pulling the handle toward your chest by bending your arms. Return to the starting position and repeat.

ALTERNATIVE EXERCISE: LEG ONLY ROWING



4
This exercise targets and strengthens the muscles in your legs and lower back. With your back straight and arms fully extended, bend your legs to bring the rowing handle to the starting position.



5
Push backward using only your legs while keeping your arms and back straight. Slowly return to the starting position and repeat.



ADJUSTMENTS



Adjusting the Angle of the Computer Console

you can pivot the computer console tube and bracket to adjust the screen to the optimal viewing angle.



Adjustable Leveler

Adjusting the Adjustable Leveler

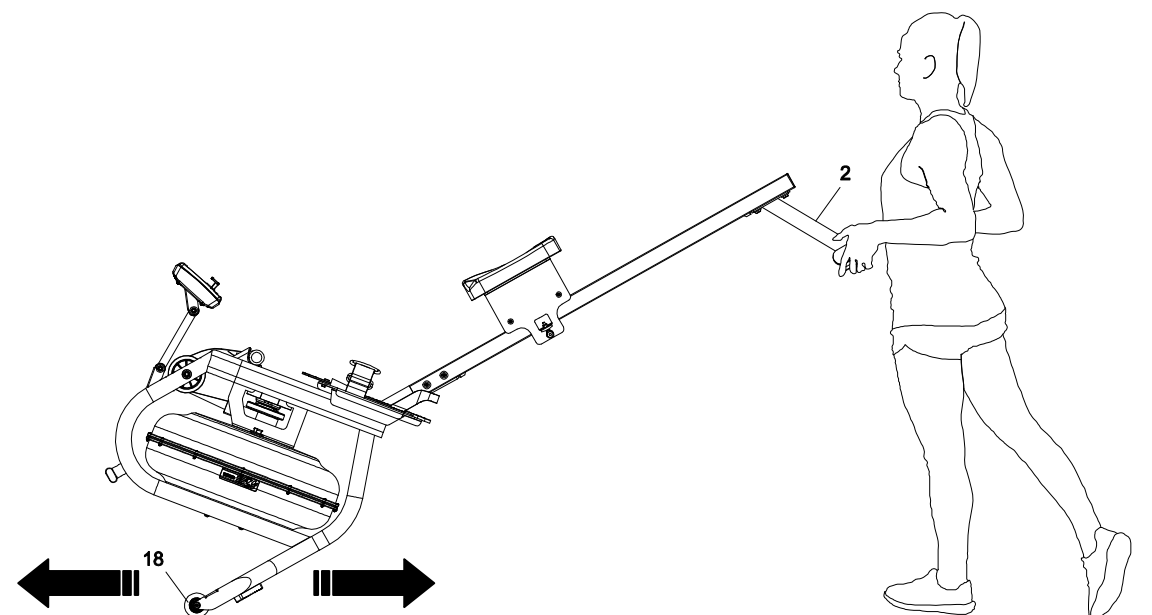
Turn the adjustable leveler on the front stabilizer as needed to level the rower.



Adjusting the Adjustable Foot Pedal

First, pull the adjustable foot pedal upward, then slide it up or down to a suitable position. Lock it in place by pressing it down so that it aligns with the level indicator dots on the foot pedal plate. The foot pedals are equipped with adjustable strap rings for easy adjustment of the foot straps. An adjustable heel holder is also included for added user comfort.

MOVING THE ROWER



Hold the Rear Stabilizer (2) and lift the rower until the Transport Wheels (18) make contact with the floor, as shown. Push or pull the unit to the desired location, then gently lower the Rear Stabilizer (2) back to the ground.

TROUBLESHOOTING

PROBLEM: The rower wobbles during use.

SOLUTION: Adjust the leveler on the rear stabilizer as needed to stabilize the rower.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console tube and check that the wires from the computer console tube are properly connected to the wires from the main frame.

SOLUTION: Ensure the batteries are correctly installed and that the battery springs are making proper contact.

SOLUTION: The batteries may be depleted. Replace them with new batteries. Do NOT mix old and new batteries.

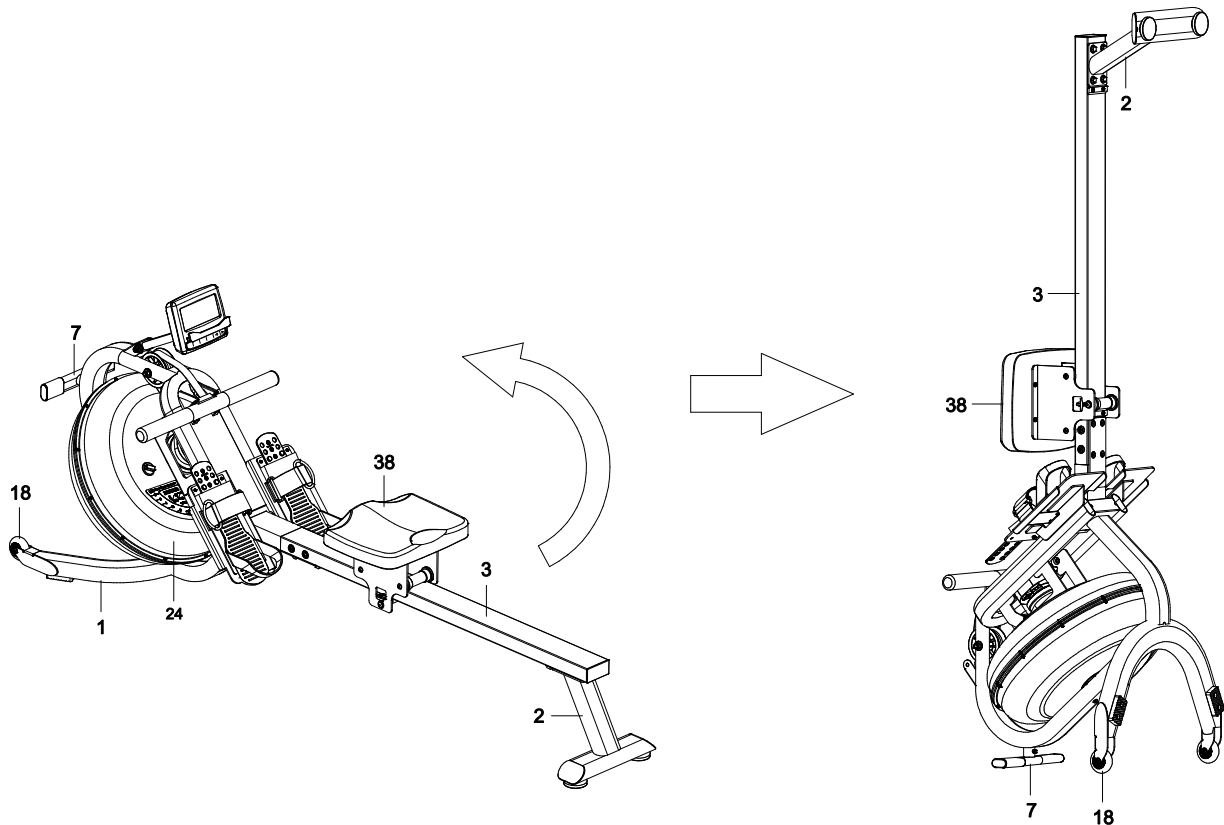
PROBLEM: The rower makes noise during use.

SOLUTION: Check all nuts, bolts, and screws, and tighten any that are loose.

If the above troubleshooting steps do not resolve the issue, discontinue use of the rower.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

STORAGE



Hold the Rear Stabilizer (2) and lift the machine until the Transport Wheels (18) and Front Stabilizer (7) make contact with the floor, as shown. Store the rower in an upright position when not in use.

The rower is sturdy and balanced in storage mode. However, do NOT hang clothing or other items on it, as this may cause the rower to become unbalanced and fall over. Do NOT allow children or pets near the rower while it is in storage mode.

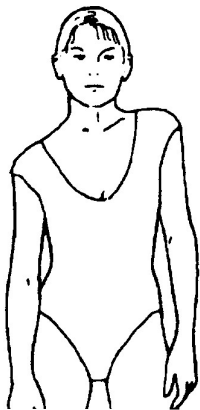
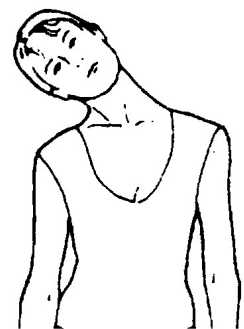
WARM UP AND COOL DOWN ROUTINE

WARMING UP is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

COOLING 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 from the muscles.

HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.

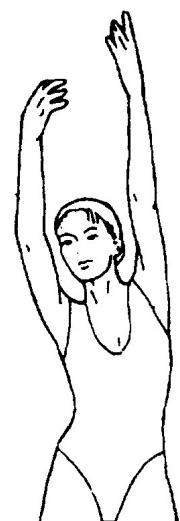


SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up 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. Repeat the action with your left arm.



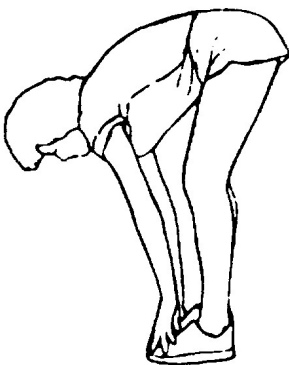


QUADRICEPS STRETCH

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. Repeat with the left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

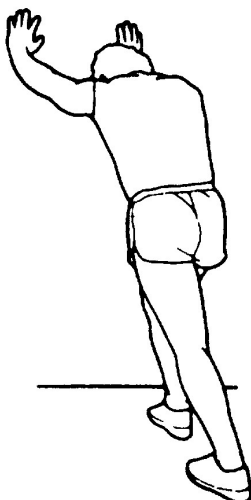
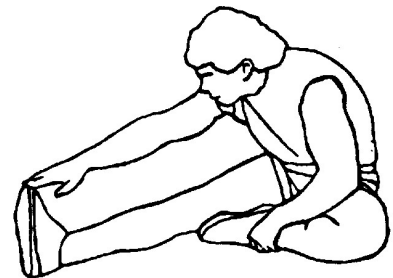


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

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