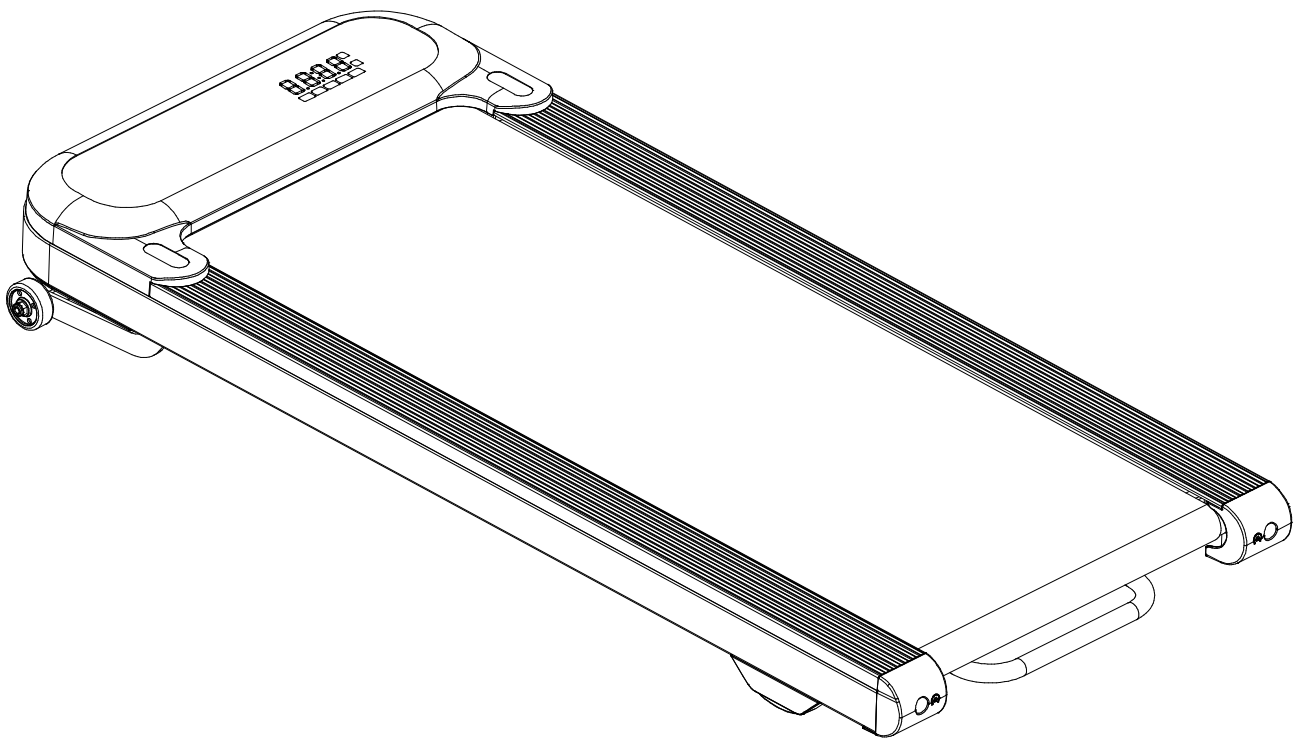# AIR WALKER
SMART PAD TREADMILL
ITEM NO.: 97034

Life Gear
Get active for life

FitShow App Kinomap App Zwift App

Download on the App Store

GET IT ON Google Play

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.

2024, Aug.

TABLE OF CONTENTS

ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

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

IMPORTANT SAFETY INSTRUCTIONS

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

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

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

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

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

- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 120 kg.**
- This unit must be plugged into a nominal 220 volt 50/60Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Always face towards the motor cover and do not run backwards on the running belt.

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

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

PARTS LIST

| No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	025	Main Control Wire (L=300 mm)	1
002	Incline Bracket	1	026	Display Power Control Board	1
003	Reinforcement Tube	2	027	Cross Recessed Pan Head Tapping Screw ST2.9x6	6
004	Front Roller	1	028	Remote Control	1
005	Rear Roller	1	029	AC Wire (L=250 mm)	1
006	Motor	1	030	AC Wire (L=350 mm)	1
007	Lift Motor	1	031	AC Wire (L=120 mm)	1
008	Belt (338EPJ)	1	032	Earth Lead (L=350 mm)	1
009	Running Deck	1	033	Power Cord	1
010	Running Belt	1	034	Hexagon Socket Button Head Bolt M10x20	2
011	Upper Motor Cover with App Bluetooth Module	1 Set	035	Hexagon Socket Button Head Bolt M10x42	1
011	011A Upper Motor Cover — 1	1 Set	036	Hexagon Socket Button Head Bolt M10x55	1
011	011B Acrylic Screen Protector — 1	1 Set	037	Hexagon Socket Button Head Bolt M8x14	2
011	011C App Bluetooth Module — 1	1 Set	038	Hexagon Socket Countersunk Head Bolt M6x25	4
011	011D Wire for App Bluetooth Module — 1	1 Set	039	Hexagon Socket Countersunk Head Bolt M6x35	4
012	Lower Motor Cover	1	040	Hexagon Socket Round Head Cap Bolt M8x55	3
013	Side Rail	2	041	Nylon Nut M10	2
014	Rubber Foot Pad Cover	2	042	Nylon Nut M8	2
015	Rubber Foot Pad	2	043	Nylon Nut M6	8
016	Left End Cover	1	044	Washer Ø20xØ10x2.0T	2
017	Right End Cover	1	045	Washer Ø16xØ8x1.5T	2
018	Transport Wheel Ø60xØ8.5x22	2	046	Spring Washer Ø8	2
019	Spacer Ø23xØ10.2x7.5	2	047	Spring Washer Ø5	2
020	Reinforcement Tube Nylon Pad	4	048	Internal Teeth Serrated Lock Washer Ø10	2
021	Rubber Pad	4	049	Internal Teeth Serrated Lock Washer Ø8	3
022	Power Socket	1	050	Internal Teeth Serrated Lock Washer Ø5	2
023	Power Switch	1	051	Cross Recessed Pan Head Bolt M5x8	2
024	Power Control Board	1	052	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread with Washer ST4.2x15	14

PARTS LIST

No.	Description	Qty	No.	Description	Qty
053	Cross Recessed Pan Head Tapping Screw with Washer ST4.2x50	4	055	Cross Recessed Countersunk Head Drilling Screw with Tapping Screw Thread 3.5x12	2
054	Cross Recessed Pan Head Tapping Screw with Washer ST4.2x12	6	056	Ferrite Core Ø28xØ16x28	1

PRODUCT AND ACCESSORIES

Please carefully check whether the contents of the package are complete and intact. If there is any missing or damaged, please contact your local dealer for support.
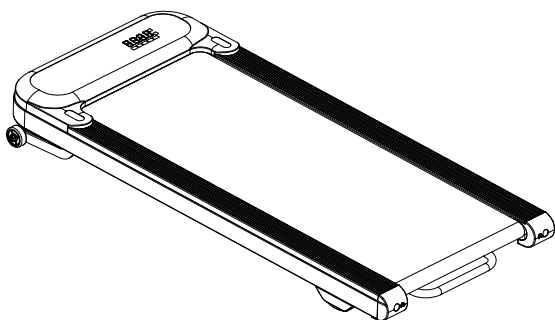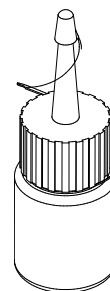
Main Product (Treadmill)
1 PC
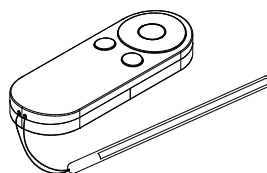
(28) Remote Control
1 PC

(33) Power Cord
1 PC
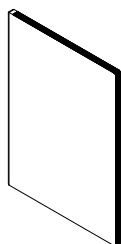
Owner's Manual
1 PC
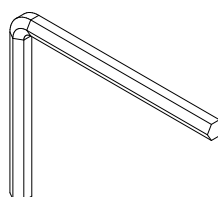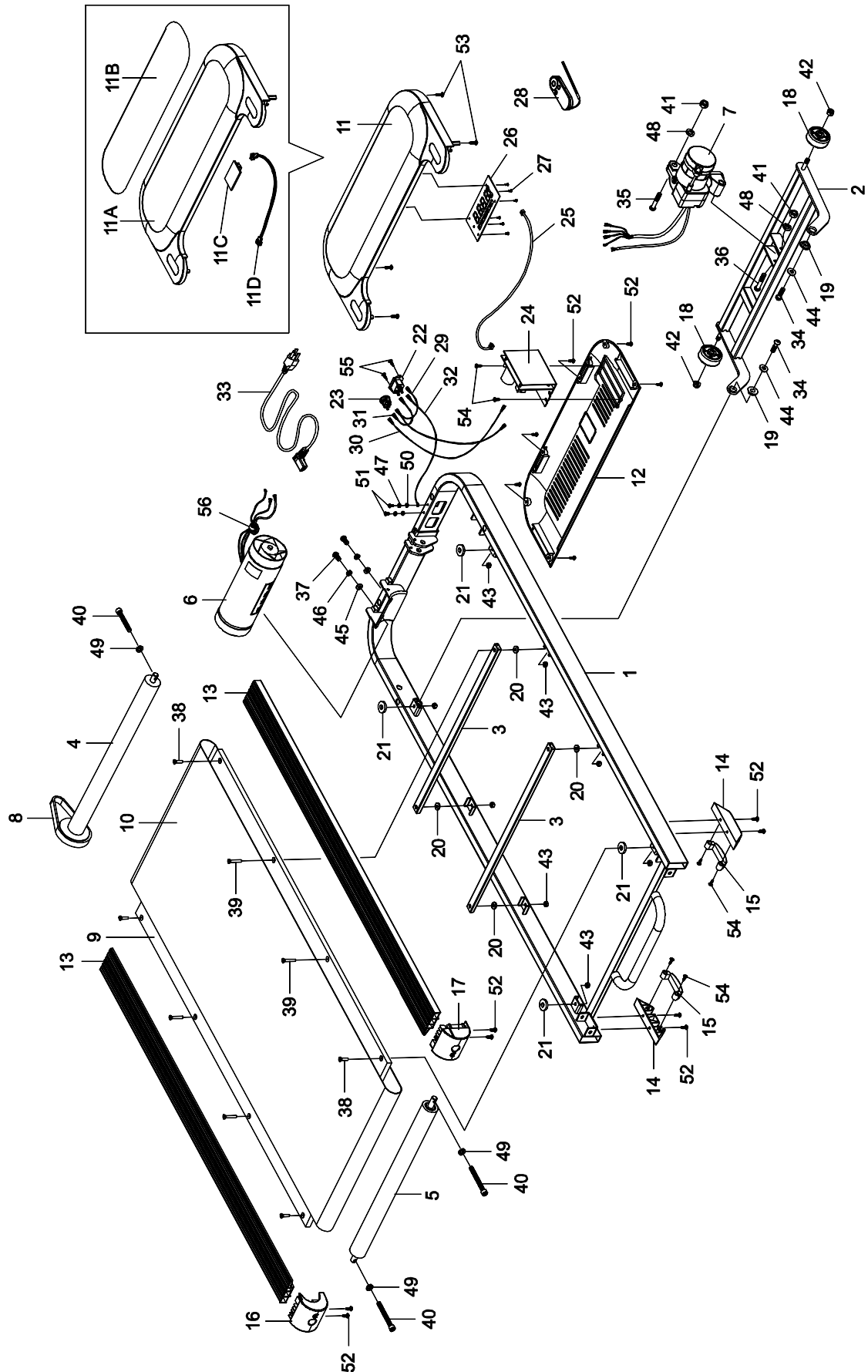
Allen Wrench
1 PC

Lubricant
1 PC

EXPLODED VIEW

FUNCTIONAL OPERATING INSTRUCTIONS

Remote Control
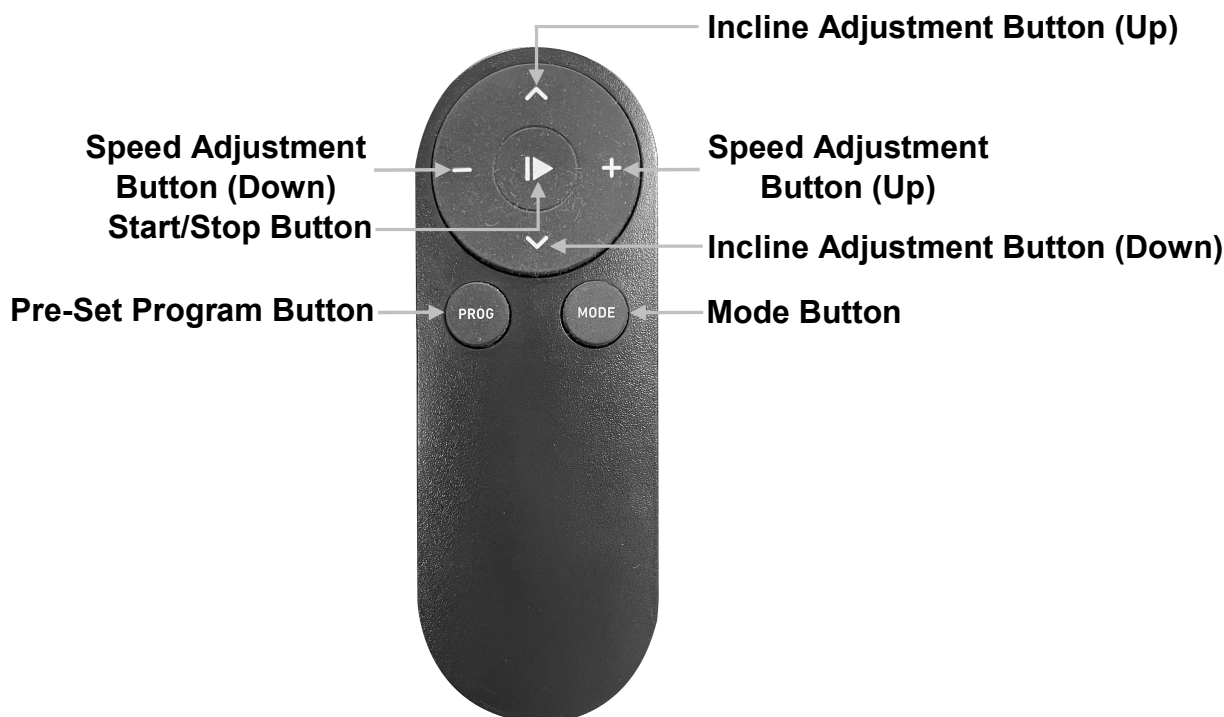
Incline Adjustment Button (Up)

Speed Adjustment Button (Down)

Speed Adjustment Button (Up)

Start/Stop Button

Incline Adjustment Button (Down)

Pre-Set Program Button

Mode Button

: To make upward adjustments for pre-setting target training time, distance, or calories in workout goal setting mode.
To make upward adjustments for pre-setting target training time in pre-set program mode (P01-P03).
To adjust the incline level during all training sessions across different training modes.

: To make backward adjustments for pre-setting target training time, distance, or calories in workout goal setting mode.
To make backward adjustments for pre-setting target training time in pre-set program mode (P01-P03).
To adjust the incline level during all training sessions across different training modes.

: 1. In standby mode, press the Start/Stop button, the treadmill will start and run at the speed of 1.0 kph.
2. In standby mode, press and hold the Start/Stop button for 2 seconds, the treadmill will turn off all displays and enter sleep mode. Pressing any button on the remote control will wake it up.
3. While exercising, press the Start/Stop button to stop the treadmill, and all displays will enter PAU (pause) mode.
4. While exercising, press and hold the Start/Stop button for 2 seconds to stop the treadmill, and all displays will enter standby mode.

+ : To make upward adjustments for pre-setting target training time, distance, or calories in workout goal setting mode.
To make upward adjustments for pre-setting target training time in pre-set program mode (P01-P03).
To adjust the speed during all training sessions across different training modes.

━ : To make backward adjustments for pre-setting target training time, distance, or calories in workout goal setting mode.
To make backward adjustments for pre-setting target training time in pre-set program mode (P01-P03).
To adjust the speed during all training sessions across different training modes.

PROG : Press the PROG (PROGRAM) button to select the pre-set training program (P01-P03) before training.

MODE : Press the MODE button to select different functions (time, distance, or calories) for setting exercise goals before training.
Press the MODE button to set target time in the pre-set training program (P01-P03).

Remote Control ⟶   **Main Frame**
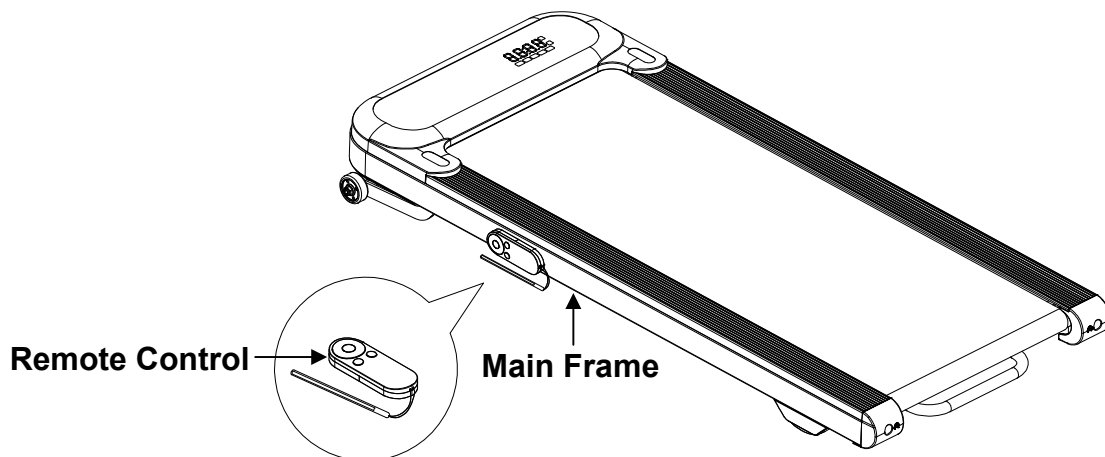
The **Remote Control** can be magnetically attached to the **Main Frame** when not in use.

Computer Panel

DISPLAY FUNCTIONS:

SCAN: Displays each function in sequence with change every 3 seconds.

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

SPD (SPEED): Displays the current running speed.

DIST (DISTANCE): Displays the accumulative distance traveled during your workout.

KCAL (CALORIES): Displays the total calories burned during your workout.

INC (INCLINE): Displays the incline level from the minimum 0-level to the maximum 9-level.

PROGRAM: To select your chosen workout pre-set program (P01-P03).

Start-Up Instructions

Connect the treadmill to a properly electrical outlet and then flip the Power Switch that is located at the front of the treadmill to the ON position.

NOTE: Always stand on the side rails when starting the treadmill. Never start the treadmill while standing on the running belt.

QUICK START:

Press the Start/Stop button on the remote control to begin exercising. The computer screen will countdown for 3 seconds before the running belt starts moving. The running belt starts initially starts moving with a speed of 1.0 KPH. You may press the + or − button on the remote control to adjust the running speed during exercise. The computer screen will display the SPD (SPEED) to indicate your current running speed range from a minimum 1.0 KPH to a maximum 6.0 KPH. You may press the ⌒ or ⌄ button on the remote control to increase or decrease the incline level during exercise. Each increment or decrement changes the level by 1 level. The available incline adjustment range is from 0 to 9 levels. The computer screen will display the scan function which scrolls through all the workout functions (incline, speed, time, distance, and calories) every 3 seconds. During your workout, you may press the Start/Stop button on the remote control to pause (the display will show PAU) the treadmill at any time. Press the Start/Stop button to resume the program, and all displays will continue to show the performance until the

program finishes. Press and hold the Start/Stop button for 2 seconds to stop the treadmill, after which all displays will enter standby mode.

In standby mode, if the treadmill remains idle for 10 minutes, it will switch to SLEEP mode. The computer screen will display an ⓒ icon. Pressing any button on the remote control will wake it up.

WORKOUT GOAL SETTING MODE (COUNT DOWN OPERATION):

In this count down operation, only one of the function, TIME, DISTANCE, or CALORIES, can be set to count down for your workout, while the others will count up during your workout.

TARGET TIME: Count Down Operation For TIME.

In standby mode, press the MODE button on the remote control to select the TIME mode. The display will flash, showing a default suggestion of 30:00 minutes. In SET mode, you can adjust the target time by pressing the + or − button (default range: 5:00 to 99:00 minutes). After specifying the target time using the remote control, press the Start/Stop button to start the mode. The target time will count down to 0:00. When the pre-set target time reaches 0:00, the computer will beep to alert you, the treadmill will stop automatically, and the display will show End.

TARGET DISTANCE: Count Down Operation For DISTANCE.

In standby mode, press the MODE button on the remote control to select the DISTANCE mode. The display will flash, showing a default suggestion of 0.60 km. In SET mode, you can adjust the target distance by pressing the + or − button (default range: 0.50 to 99.90 km). After specifying the target distance using the remote control, press the Start/Stop button to start the mode. The target distance will count down to "0.00". When the pre-set target distance reaches 0.00, the computer will beep to alert you, the treadmill will stop automatically, and the display will show End..

TARGET CALORIES: Count Down Operation For CALORIES.

In standby mode, press the MODE button on the remote control to select the CALORIES mode. The display will flash, showing a default suggestion of 50.0 kcal. In SET mode, you can adjust the target calories by pressing the + or − button (default range: 10.0 to 999.0 kcal). After specifying the target calories using the remote control, press the Start/Stop button to start the mode. The target calories will count down to "0". When the pre-set target calories reach 0, the computer will beep to alert you, and the treadmill will stop automatically, and the display will show End.

TRAINING IN PRE-SET PROGRAM MODE (P01-P03):

All the pre-set programs consist of 20 intervals, with pre-set speeds and incline levels for each interval. The elapsed time of 20 intervals in each program will be automatically arranged according to the time you set for your workout.

In standby mode, press the PROG (PROGRAM) button on the remote control to select one of the pre-set programs, P01 through P03. Press the MODE button to set target time. The TIME will flash, showing a default suggestion of 30:00 minutes. In SET mode, you can adjust the target time by pressing the + or − button (default range: 5:00 to 99:00 minutes). After specifying the target time, press the Start/Stop button to start the pre-set

program, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed and incline level will change automatically during the workout, as indicated below. The program is evenly divided into 20 intervals. When the pre-set training program time reaches 0:00, the computer will beep to alert you, and the treadmill will stop automatically, and the display will show End.

P01	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	3	3	4	5	3	4	5	5	3
	INCLINE LEVEL	1	1	2	2	2	3	3	3	2	2
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	4	5	4	4	4	2	3	3	5	3
	INCLINE LEVEL	1	2	2	1	1	3	3	2	2	2
P02	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	5	6	4	6	6	6	4
	INCLINE LEVEL	1	2	2	2	2	3	3	2	2	2
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	5	6	4	4	4	2	2	5	4	2
	INCLINE LEVEL	2	2	3	3	3	4	4	3	2	2
P03	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	6	6	4	6	6	6	4
	INCLINE LEVEL	2	3	3	2	2	3	3	3	2	2
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	6	6	4	4	4	2	4	5	3	2
	INCLINE LEVEL	2	2	4	4	4	6	6	3	2	2

ERROR CODES

E01 error code: This usually indicates the communication problem between the computer display power control board and the power control board. Check for loose or disconnected wires between these two boards. Unplug and reconnect any connections If the error code persists, please contact your local Customer Service.

E02 error code: This usually indicates the undervoltage protection. The possible cause for undervoltage protection is that the input voltage is too low or there is an issue with the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

E05 error code: This usually indicates overcurrent protection. The possible causes could be exceeding the rated load, resulting in excessive current and triggering the system's self-protection mechanism, or a part of the treadmill may be jammed, preventing the motor from rotating and triggering the system's self-protection against excessive current due to an excessive load. Please turn off the Power Switch of the treadmill, lubricate the running belt with some lubricant, then turn it back on to restart the treadmill. Additionally, check if there is any burning smell when the motor is running. If the error code persists, please contact your local Customer Service.

E06 error code: This usually indicates the power control board has detected self-test error. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

E07 error code:This usually indicates the parameters loss for the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

E08 error code: This usually indicates the EEPROM damage of the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

COMPATIBLE FITNESS APPLICATION

DOWNLOAD THE FITSHOW APPLICATION

You can install the FitShow app on your mobile device using a QR code. Scan the QR code to download and install the app.

Alternatively, you can search FitShow app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.


Android

iOS

LOGGING INTO THE APPLICATION

After downloading app, tap on the FitShow icon on the screen to open the app.

To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
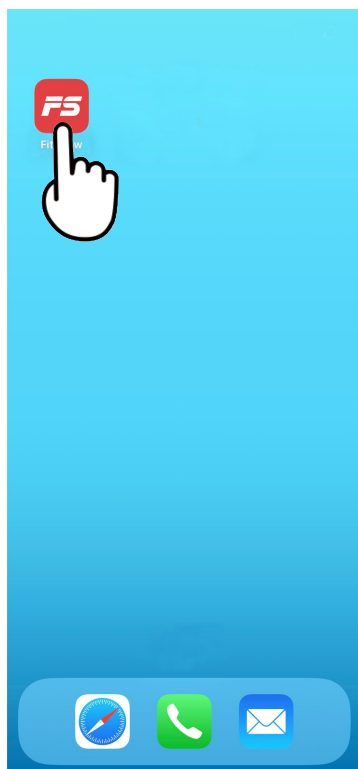
NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance.
We do not provide any services for the Fitshow App. If you encounter any issues while using the Fitshow App, please contact the application developer.

DOWNLOAD THE KINOMAP APPLICATION

You can install the Kinomap app on your mobile device using a QR code. Scan the QR code to download and install the app.

Alternatively, you can search Kinomap app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.


Android


iOS

LOGGING INTO THE APPLICATION

After downloading app, tap on the Kinomap icon on the screen to open the app.

To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
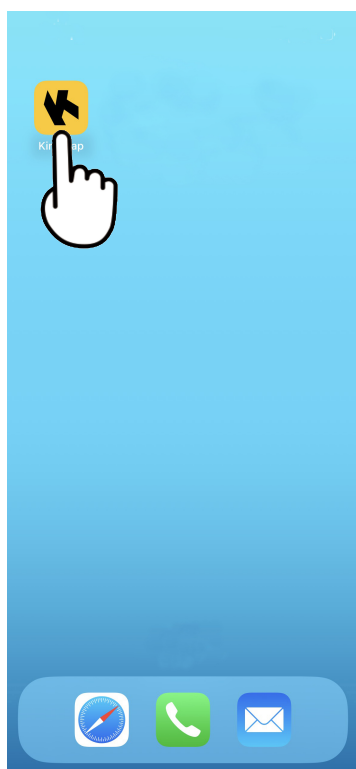
NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance.
We do not provide any services for the Kinomap App. If you encounter any issues while using the Kinomap App, please contact the application developer.

DOWNLOAD THE ZWIFT APPLICATION

You can install the Zwift app on your mobile device using a QR code. Scan the QR code to download and install the app.

Alternatively, you can search Zwift app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.

Android

iOS

LOGGING INTO THE APPLICATION

After downloading app, tap on the Zwift icon on the screen to open the app.

To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
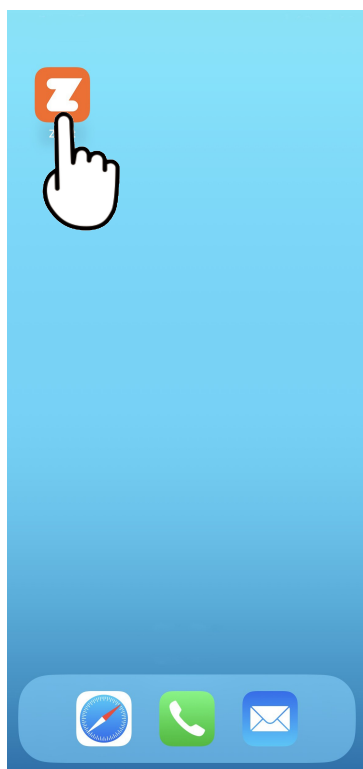
NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance.
We do not provide any services for the Zwift App. If you encounter any issues while using the Zwift App, please contact the application developer.

MOVING THE TREADMILL
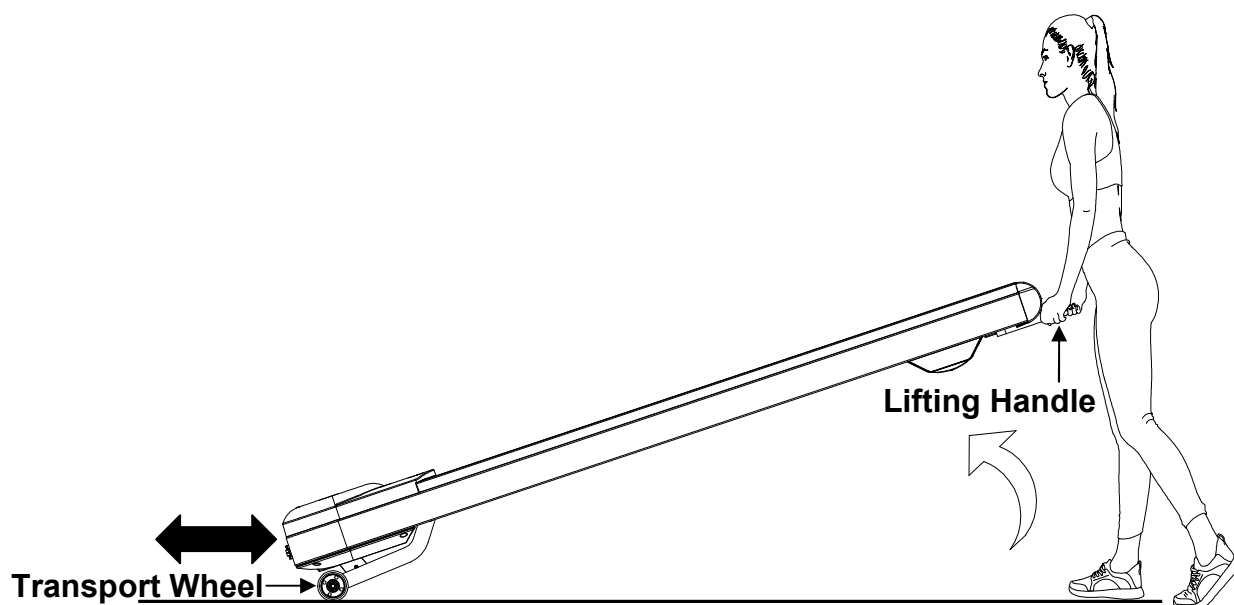
The unit can be carefully tilted onto its **Transport Wheels** for easy moving and storage. Firmly grasp the **Lifting Handle** with both hands. Next, carefully lift the treadmill up until it rolls freely on the **Transport Wheels**.

WARNING: Always keep children and pets away from the treadmill when lifting it up.
To prevent injury please make sure you have a firm hold when lifting up or setting down the treadmill.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

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

WARNING: Always check the wear and tear component like running belt to prevent injury.

CLEANING
After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.
The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.
Please keep the treadmill, especially the computer display screen, out of direct sunlight to prevent damage to the screen.

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

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Circuit breaker in the house has been tripped. 3. Treadmill circuit breaker has been tripped.	1. Plug the power cord into an electrical outlet. 2. Reset the circuit breaker, or call an electrician to replace it. 3. Wait for 5 minutes and then try to restart the treadmill.
The running belt slips.	The running belt is not tight enough.	Adjust the running belt tension.
The running belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. The running belt is too tight.	1. Apply lubricant. 2. Adjust the running belt tension.
The running belt is not centered.	The running belt tension is Not even across the rear roller.	Center the running belt.

RUNNING BELT ADJUSTMENT

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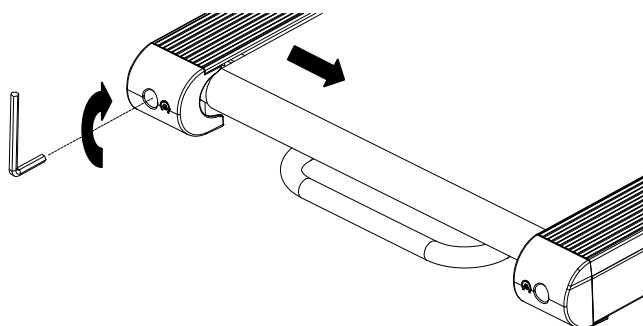
Tool:
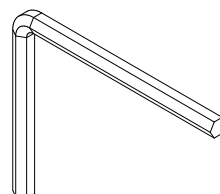
Allen Wrench

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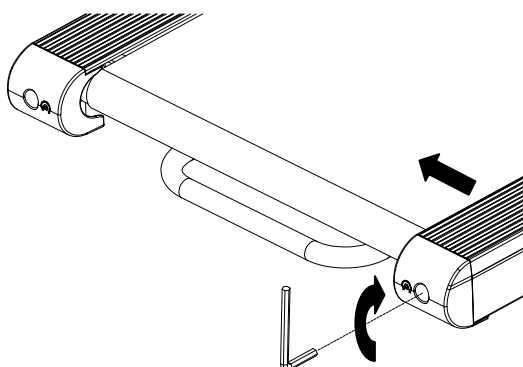
Tool:
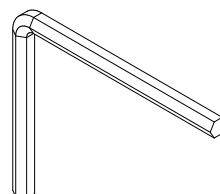
Allen Wrench

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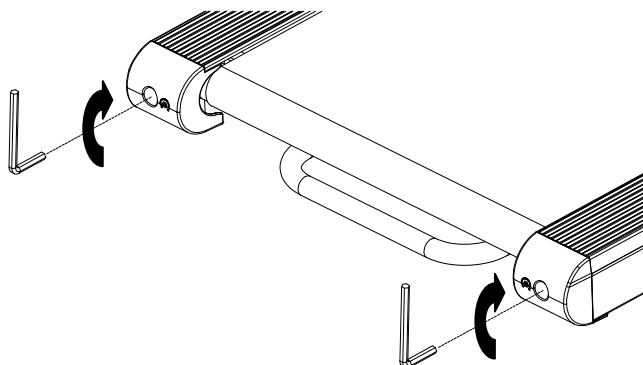
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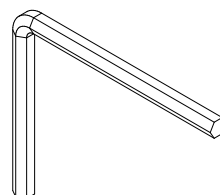
Allen Wrench

LUBRICATION

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

How to check running belt for proper lubrication
Lift one side of the running belt and feel the top surface of the running deck.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply some lubricant.

How to apply lubricant
Lift one side of running belt.
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.


Lubricant
1 PC
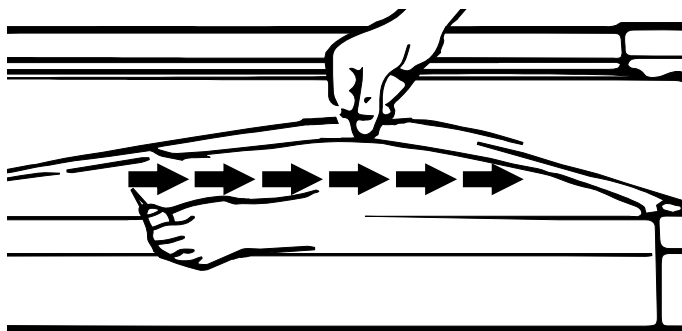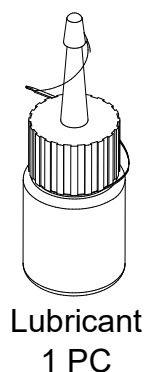
WARM UP AND COOL DOWN ROUTINE

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.
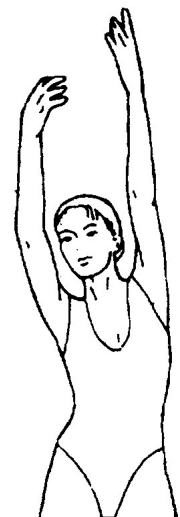
HEAD ROLLS
Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.
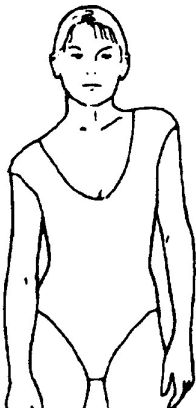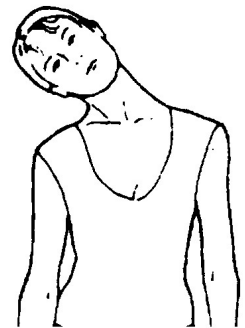
SHOULDER LIFTS
Lift your right shoulder toward your ear. Lift your left shoulder up as you lower your right shoulder.

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.
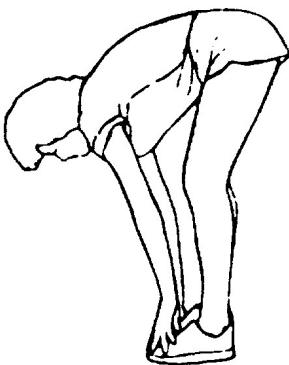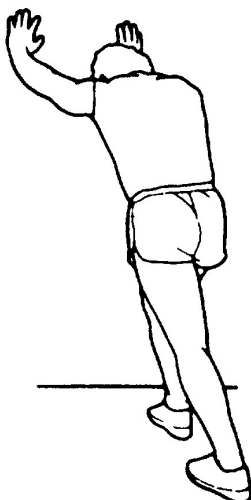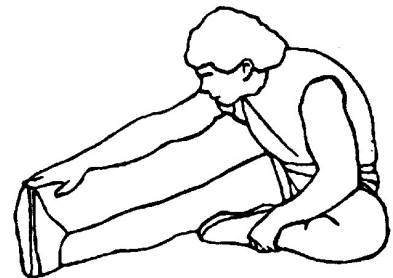
TOE TOUCHES

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.