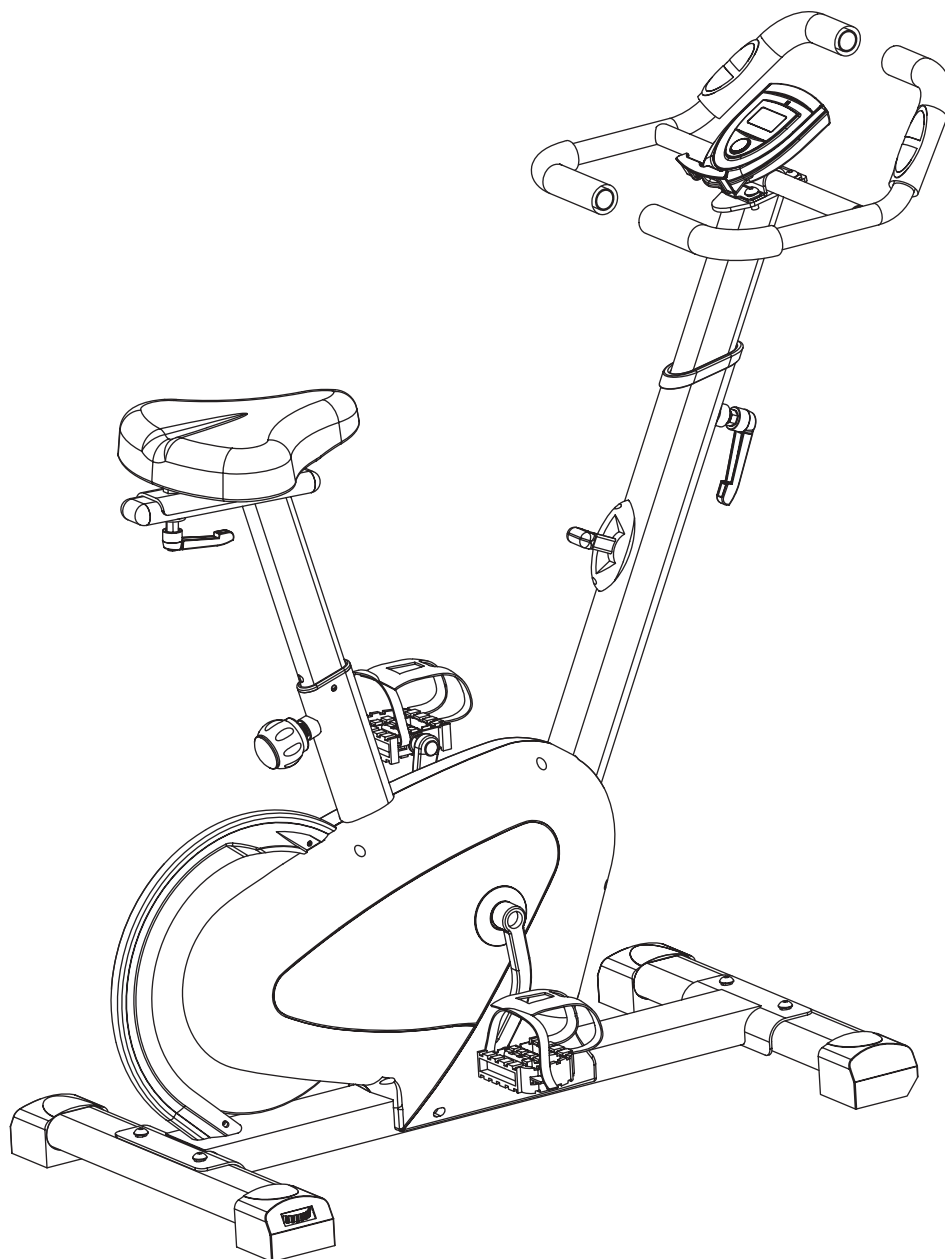


BODYRider®

BCY6000

Indoor Upright Bike with Rear
Drive Flywheel



This product is intended for indoor, home use only and is not to be used in a commercial setting.

OWNER'S MANUAL

**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.
DO NOT DISCARD.**

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with this Safety and Warning guidelines before use.

⚠ WARNING !

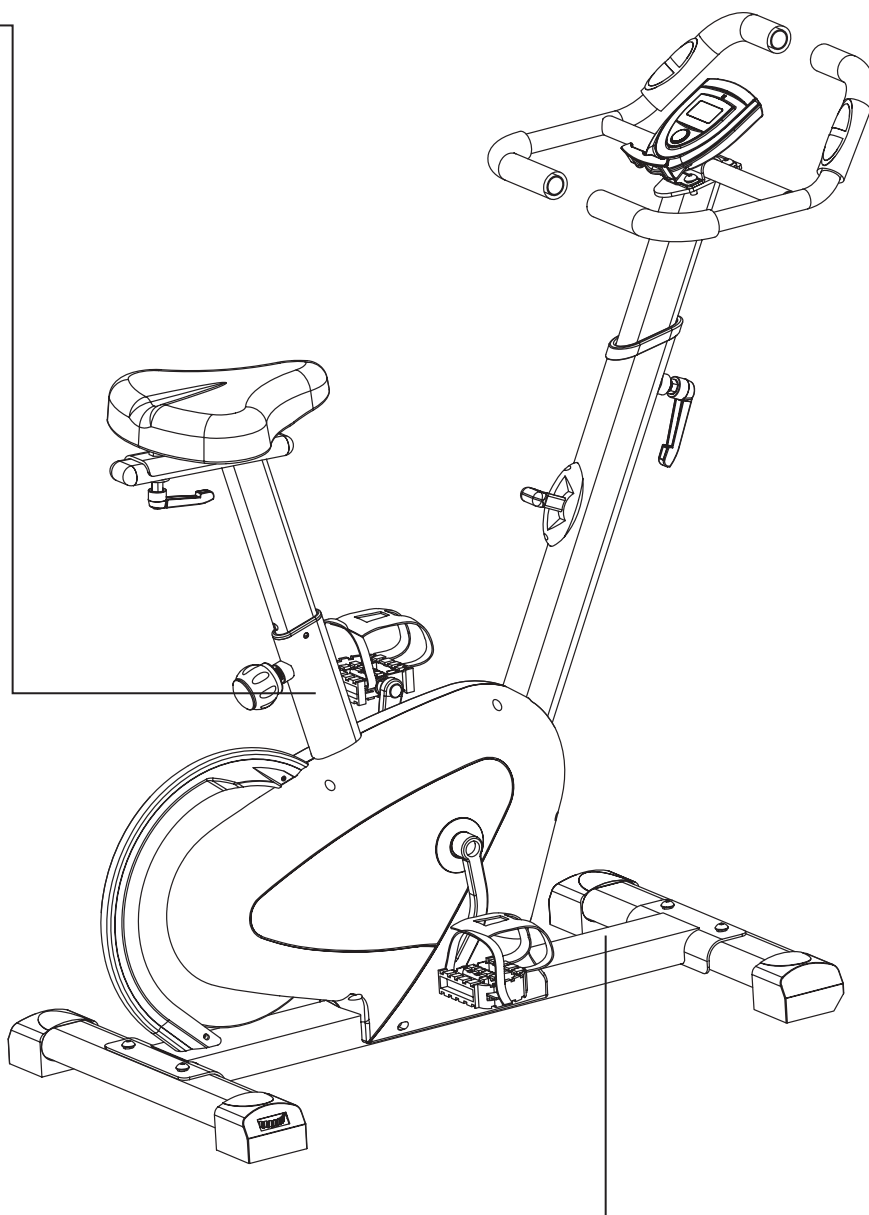
DO NOT REMOVE THE SEAT FOR ANY REASON

Exercising on this unit without the seat installed can result in **SERIOUS INJURY**. Ensure the seat is fully locked in place by tightening the knobs prior to use.

⚠ WARNING !

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. Keep all children away from this equipment. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 300 lbs.
11. **NEVER** use the equipment if it does not function properly.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both, (if applicable) if caution is not used.



General Information

Safety

Before you undertake any exercise program, please be sure to consult with your doctor.

Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

Excessive or incorrect training may result in health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there are at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement of this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Do not place on carpet. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both Metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing:
300 pounds or less

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sport warrants your product is free of any defects in workmanship and materials for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially.

Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty covers parts damaged due to defect in workmanship and materials; it does not cover abuse or damages caused during use, storage or assembly. During the warranty period, Body Flex Sport reserves the right to:

1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at purchaser's cost).
3. replace the product if neither of the two previously

Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.**

Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday.

Please contact us by any of the following means :

Body Flex Sports, Inc.

21717 Ferrero Parkway, Walnut, CA 91789

Telephone: 1 (888) 266 - 6789

Fax: 1 (909) 598 - 6707

Email: infor@bodyflexsports.com

Before Assembly

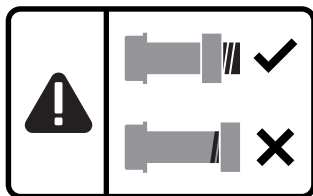
⚠ WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. The assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

PLEASE NOTE : Many of the parts and hardwares listed on the parts list are already pre-assembled or installed on the unit.

Nylon Lock Safety Nuts

1. It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
2. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
3. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
4. The Nylon Nut should thread onto the Hex Bolt until the end of the Hex Bolt has passed through the Nylon insert inside the Nut. Please follow this guideline every time you see this *Nylon Nut icon* throughout the assembly steps.



Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

Part Listing

The following parts list describes all of the parts illustrated in the exploded diagram on the following page.

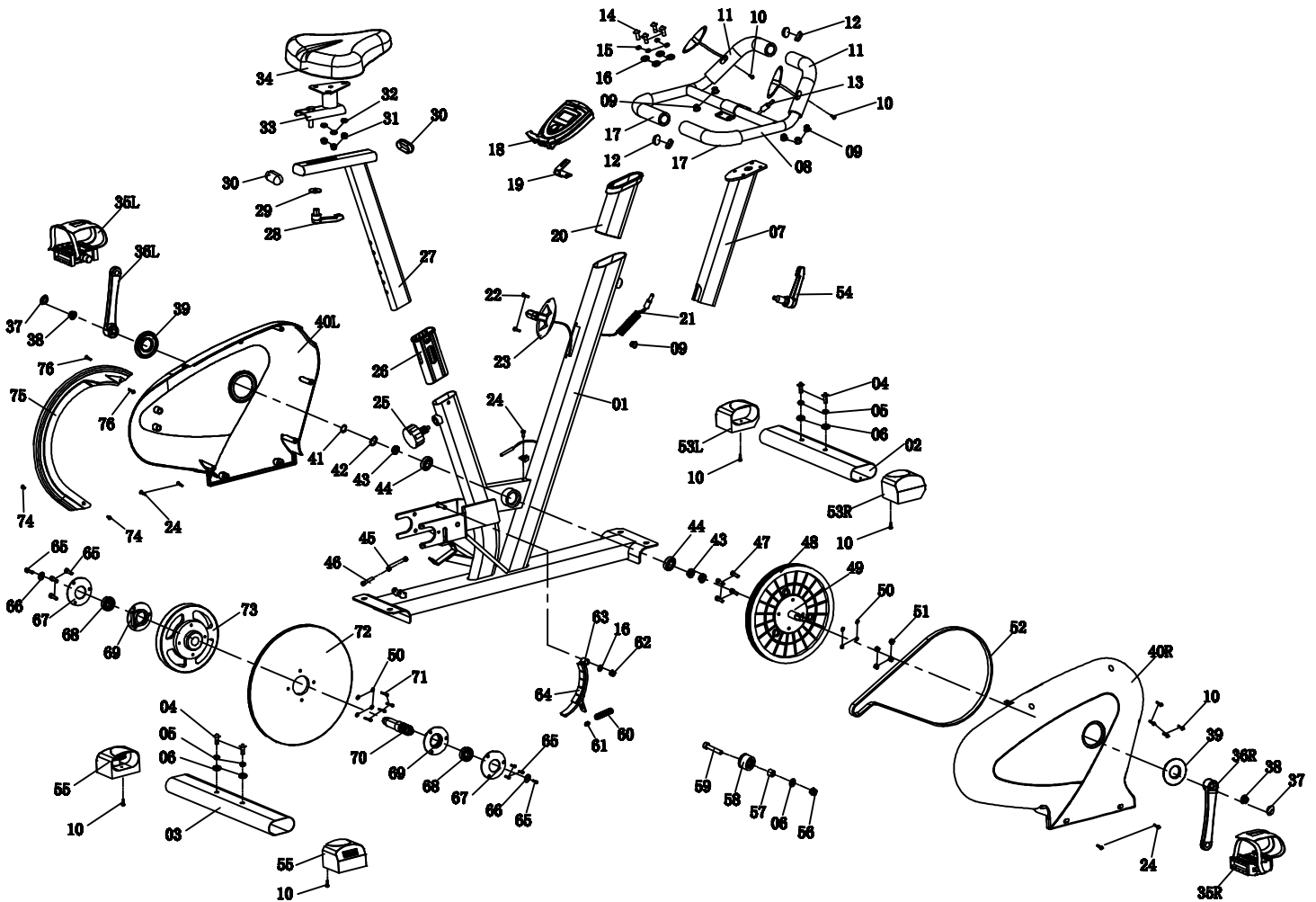
PLEASE NOTE most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	40L	Left Shroud
02	Front Stabilizer	40R	Right Shroud
03	Rear Stabilizer	41	Clasp D20
04	Head Bolt(M10*20)	42	Wavy Washer D20
05	Spring Washer(D10)	43	Flat Washer D20
06	Flat Washer(D10)	44	Bearing 6004RS
07	Center Post	45	Nut M6
08	Pulse Handle Bar	46	Hex Bolt M6*20
09	Thread Plug Φ 13	47	Hex Bolt M6*15
10	Hex Bolt ST4. 2*20	48	Crankshaft Pulley
11	Foam Roller 1	49	Crankshaft
12	End Cap Φ 25	50	Spring Washer D6
13	Hand Pulse Wire	51	Nylon Nut M6
14	Head Bolt M8*16	52	Belt
15	Spring Washer D8	53L	Front Left Foot Cap
16	Flat Washer D8	53R	Front Right Foot Cap
17	Foam Roller 2	54	L-Shape Bolt M16
18	Computer	55	Rear Foot Cap
19	Monitor Support Bracket	56	Nylon Nut M10
20	Center Post Sleeve	57	Bushing
21	Sensor Wire	58	Idler Wheel
22	Cross Head bolt M5*20	59	Hex Bolt M10*40
23	Tension	60	Spring Φ 10x53
24	Screw ST4.2*16	61	Thread Plug Φ 6
25	Spring Knob Bolt M16	62	Nylon Nut M8
26	Seat Post Sleeve	63	Magnet Support
27	Seat Post	64	Square Magnet 20*20*5
28	L-Shape Bolt M10	65	Screw M6*10
29	Big Flat Washer D10	66	Flat Washer Φ 6.5* Φ 20*1.5
30	Oval End Cap	67	Bearing Baffle
31	Nylon Nut M8	68	Bearing 6004RS
32	Flat Washer D8	69	Bearing Holder
33	Seat Horizontal Tube	70	Wheel Shaft
34	Saddle	71	Hex Bolt M6*20
35L	Left Pedal	72	Flywheel
35R	Right Pedal	73	Magnetic Wheel
36L	Left Crank	74	Head Bolt M5*10
36R	Right Crank	75	Flywheel Cover
37	Crank Cover	76	Screw ST4.2*10
38	Nut M10x1.25		
39	Shroud Cover		

Exploded View

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process.

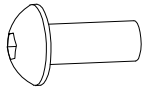
PLEASE NOTE : Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.



Hardware and Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.
PLEASE NOTE Most of these parts are already *pre-assembled* on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

Bolts



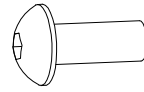
#04
Head Bolt(M10*20) [4 pc]
pre-assembled



#74
Head Bolt M5*10 [2 pc]
pre-assembled



#76
Screw ST4.2*10 [2 pc]
pre-assembled

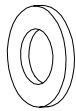


#14
Head Bolt M8*16 [4 pc]
pre-assembled

Washers



#05
Spring Washer(D10) [4 pc]
pre-assembled



#06
Flat Washer(D10) [4 pc]
pre-assembled



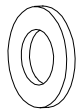
#32
Flat Washer D8 [3 pc]
pre-assembled



#29
Big Flat Washer D10 [1 pc]
pre-assembled



#15
Spring Washer D8 [4 pc]
pre-assembled



#16
Flat Washer D8 [4 pc]
pre-assembled

Nuts

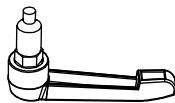


#31
Nylon Nut M8 [3 pc]
pre-assembled

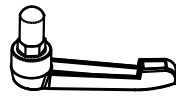
Others



#25
Spring Knob Bolt M16 [1 pc]

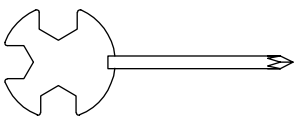


#54
L-Shape Bolt M16 [1 pc]



#28
L-Shape Bolt M10 [1 pc]
pre-assembled

Tools (Included)



Tools 2
(S13-S14-S15) [1pc]



Tools 1
[1pc]

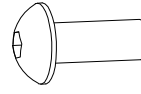
Assembly STEP 1

NOTE BEFORE STARTING THE ASSEMBLY PROCESS :
To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly.

Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

Remove the **Head Bolt (04)**, **Spring washer (05)** and **Flat Washer (06)** that are pre-assembled on the **Front Stabilizer (02)** and **Rear Stabilizer (03)**. Then attach the **Front Stabilizer (02)** and the **Rear Stabilizer (03)** to the **Main Frame (01)** with the **Head Bolt (04)**, **Spring washer (05)** and **Flat washer (06)**.

Hardware Required



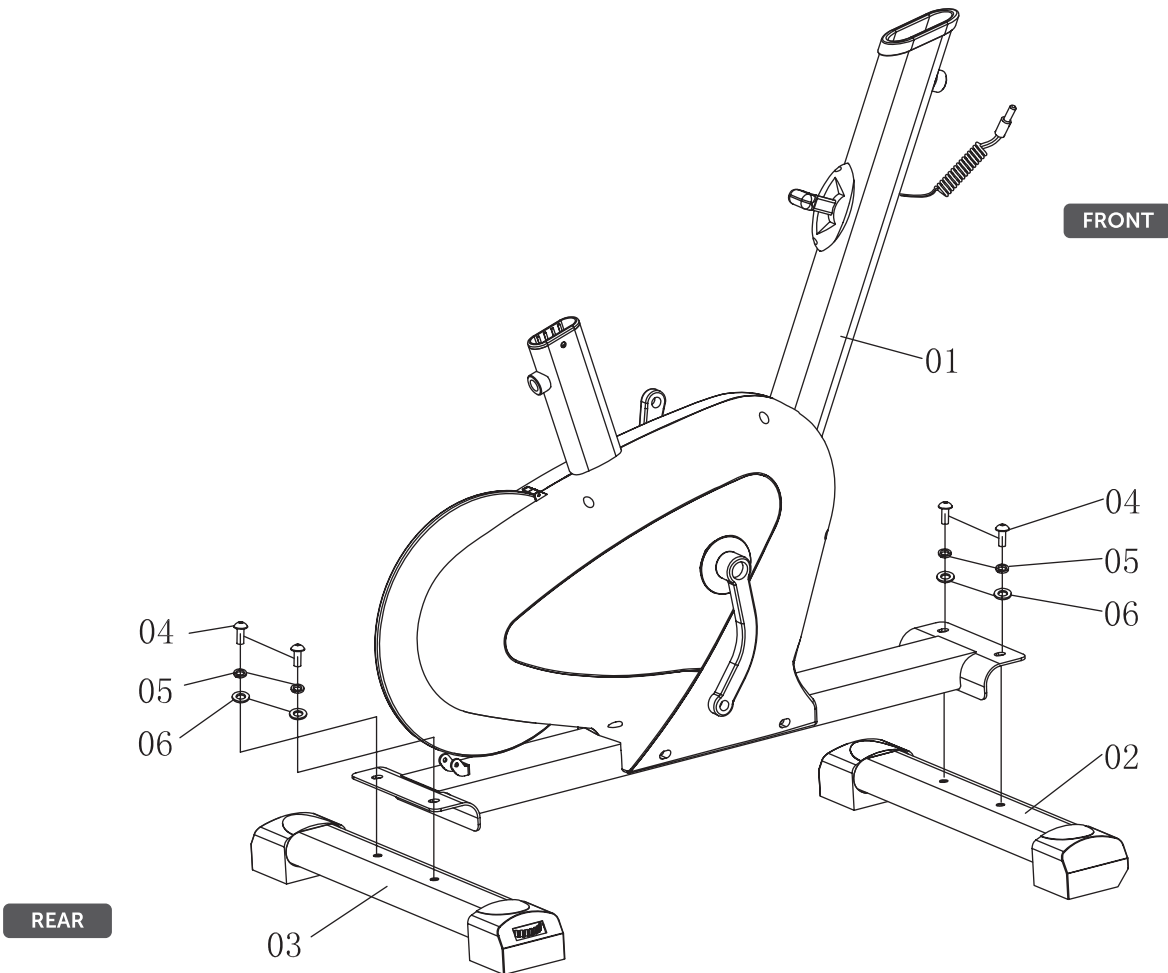
#04
Head Bolt(M10*20) [4 pc]



#05
Spring Washer(D10) [4 pc]



#06
Flat Washer(D10) [4 pc]



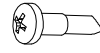
Assembly STEP 2

Remove the **Head Bolt (74)** and **Screw (76)** that are pre-assembled on the shroud. Then, attach the Flywheel Cover (75) onto the shroud with the **Head Bolt (74)** and **Screw (76)**.

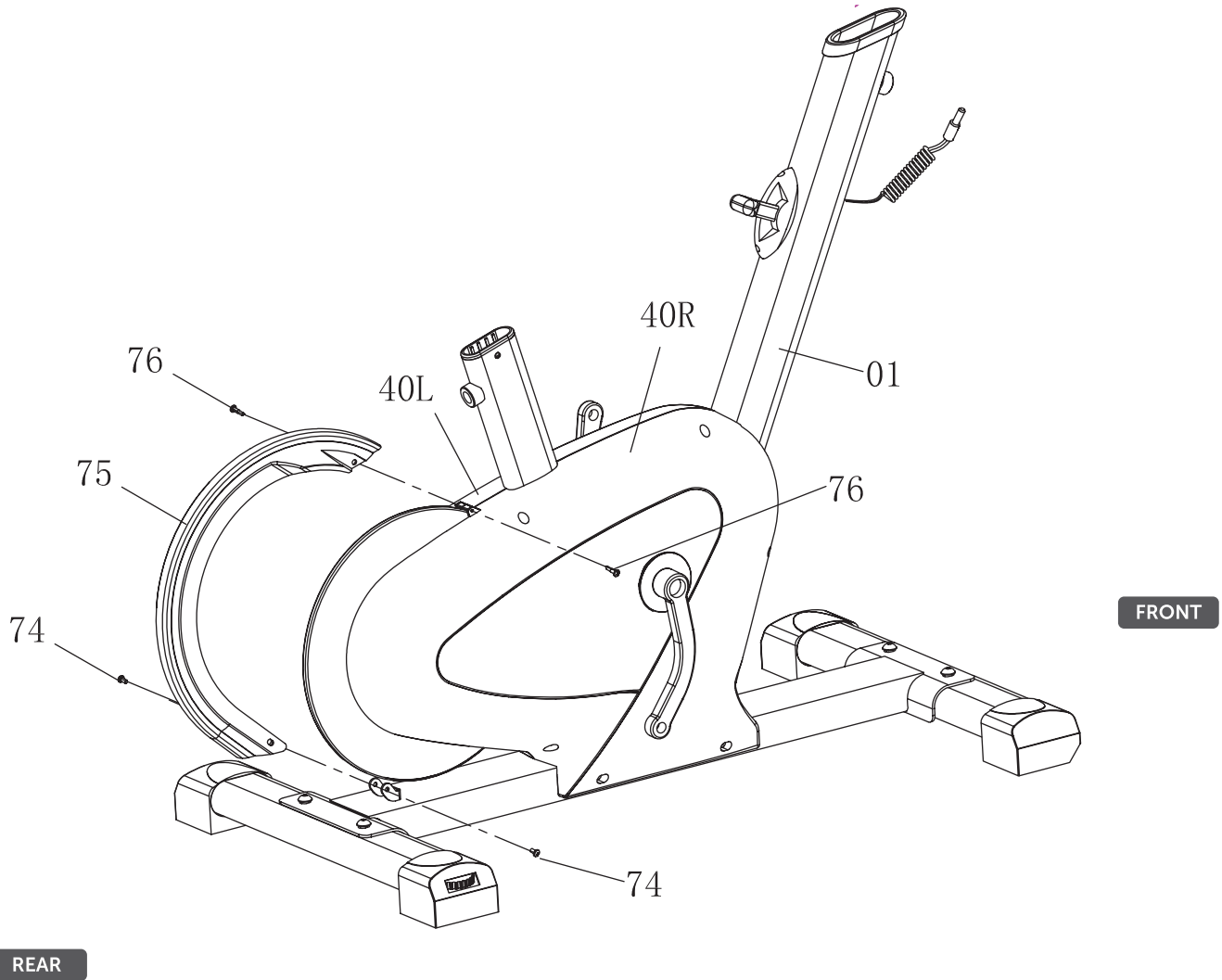
Hardware Required



#74
Head Bolt M5*10 [2 pc]



#76
Screw ST4.2*10 [2 pc]



Assembly STEP 3

Lock the **Left Pedal (35L)** and **Right Pedal (35R)** to the **Left Crank (36L)** and **Right Crank (36R)** respectively.

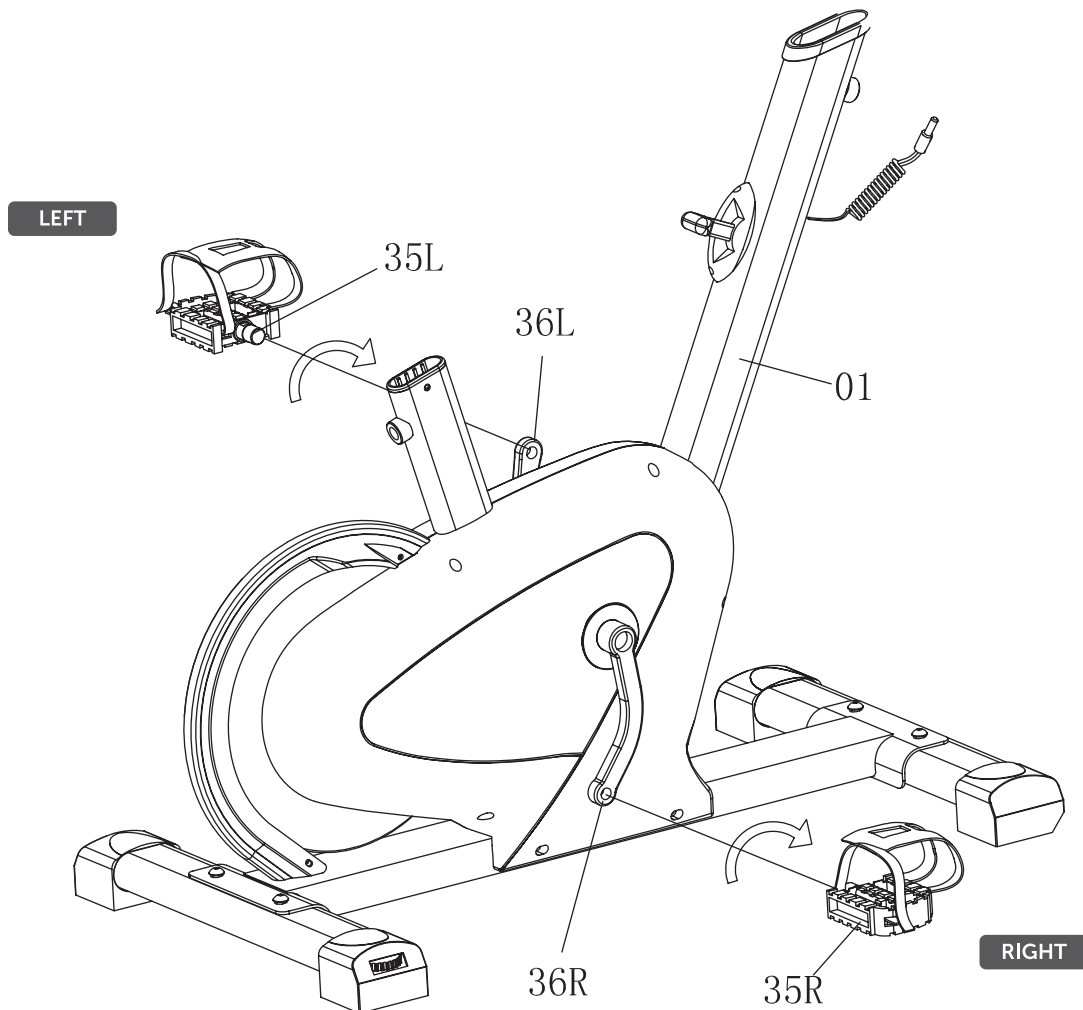
Note: the **Right Pedal(35R)** should be locked **CLOCKWISE** and the **Left Pedal (35L)** should be locked **COUNTER-CLOCKWISE**.

Please use drawing below for reference.

The **Right Pedal (35R)** to the **Right Crank (36R)** should be kept in a tight state during the exercise; otherwise, the teeth of the **Right Pedal (35R)** to the **Right Crank (36R)** will be damaged.

Hardware Required

No Hardware Required



Assembly STEP 4

A.

Remove the **Flat Washer (32)** and **Nylon Nut (31)** that are pre-assembled on the **Saddle (34)**. Attach the **Saddle (34)** onto the **Seat Horizontal Tube (33)** with **Flat Washer (32)** and **Nylon Nut (31)**.

B.

Remove the pre-installed **L-Shape Bolt (28)** and **Flat Washer (29)** on the **Seat Horizontal Tube (33)**. Insert and locked the **Seat Horizontal Tube (33)** onto the **Seat Post (27)**. Lastly, insert the **Seat Post (27)** to the opening of the **Main Frame (01)**, adjust the seat height accordingly and lock it with **Spring Knob Bolt (25)**.

Hardware Required



#32
Flat Washer D8 [3 pc]



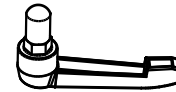
#29
Big Flat Washer D10 [1 pc]



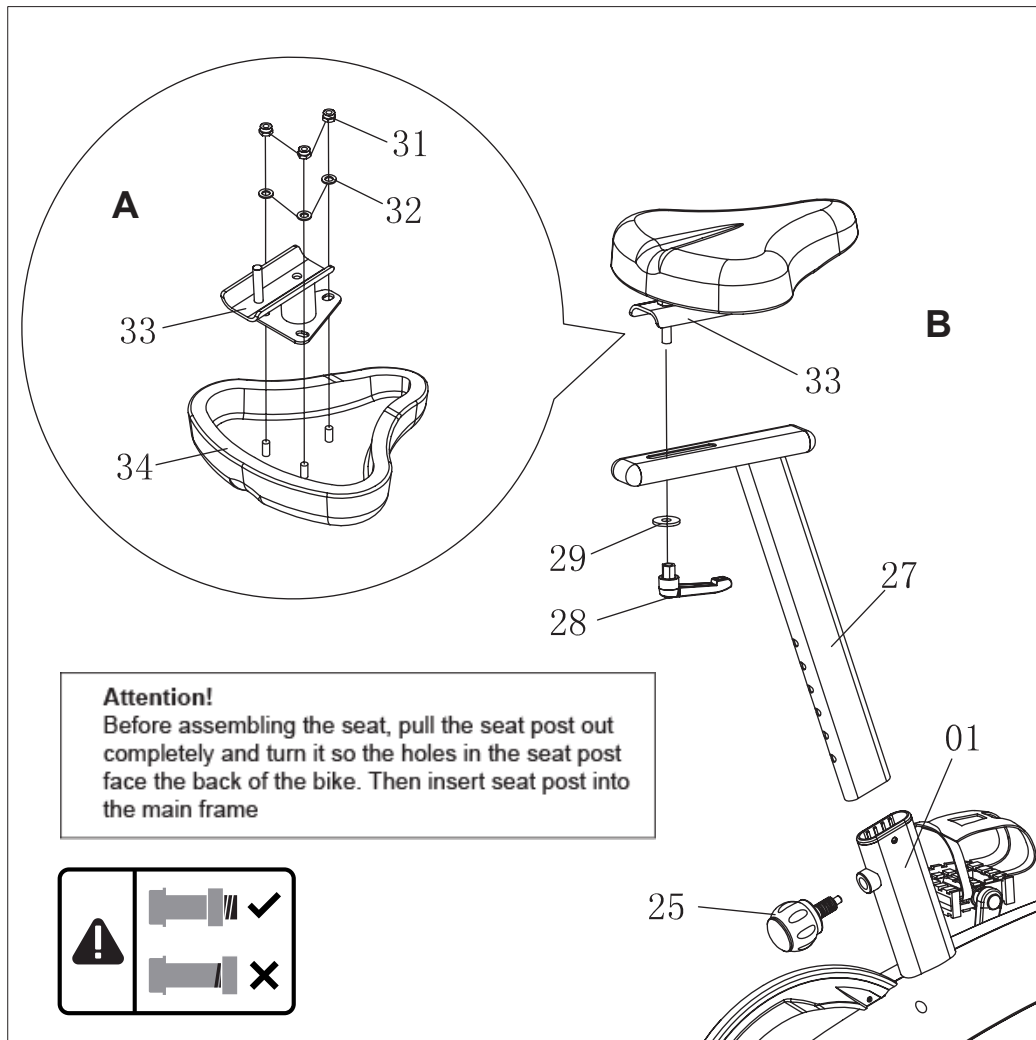
#31
Nylon Nut M8 [3 pc]



#25
Spring Knob Bolt M16 [1 pc]



#28
L-Shape Bolt M10 [1 pc]

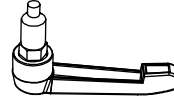


Assembly STEP 5

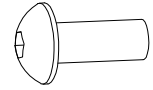
A.
Insert and lock the **Center Post (07)** onto the **Main Frame (01)** with an **L-Shape Bolt (54)**.

B.
Remove the **Head Bolts (14)**, **Spring Washer (15)**, **Flat Washer (16)** and the **Monitor Support Bracket (19)** that are pre-assembled in the **Center Post (07)**. Then, attached the **Pulse Handle Bar (08)** to the **Center Post (07)** using the **Head Bolts (14)**, **Spring Washer (15)**, **Flat Washer (16)** and the **Monitor Support Bracket (19)**.

Hardware Required



#54
L-Shape Bolt M16 [1 pc]



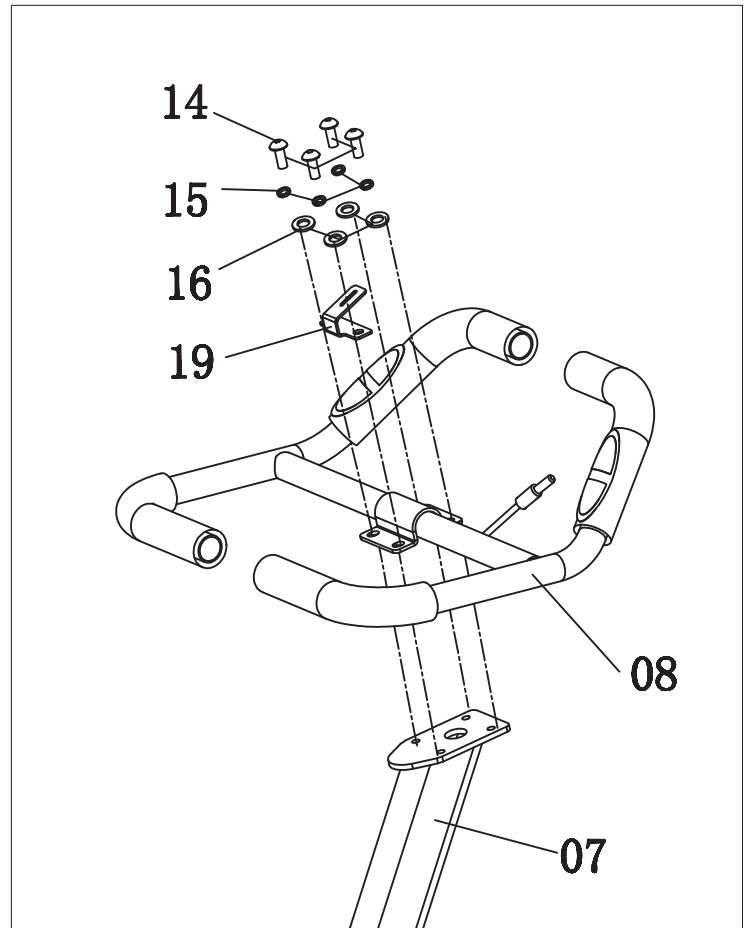
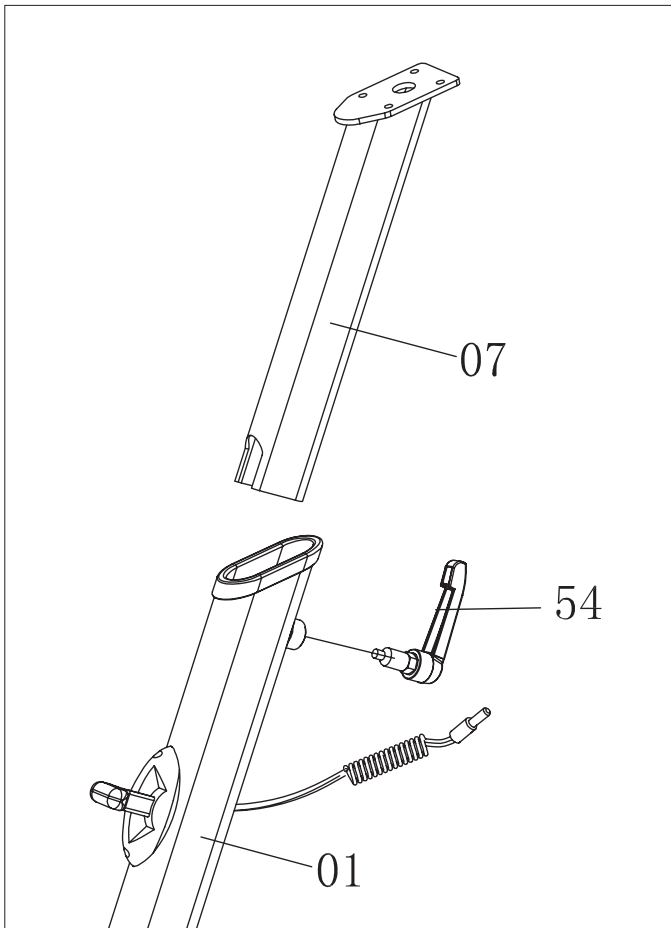
#14
Head Bolt M8*16 [4 pc]



#15
Spring Washer D8 [4 pc]



#16
Flat Washer D8 [4 pc]

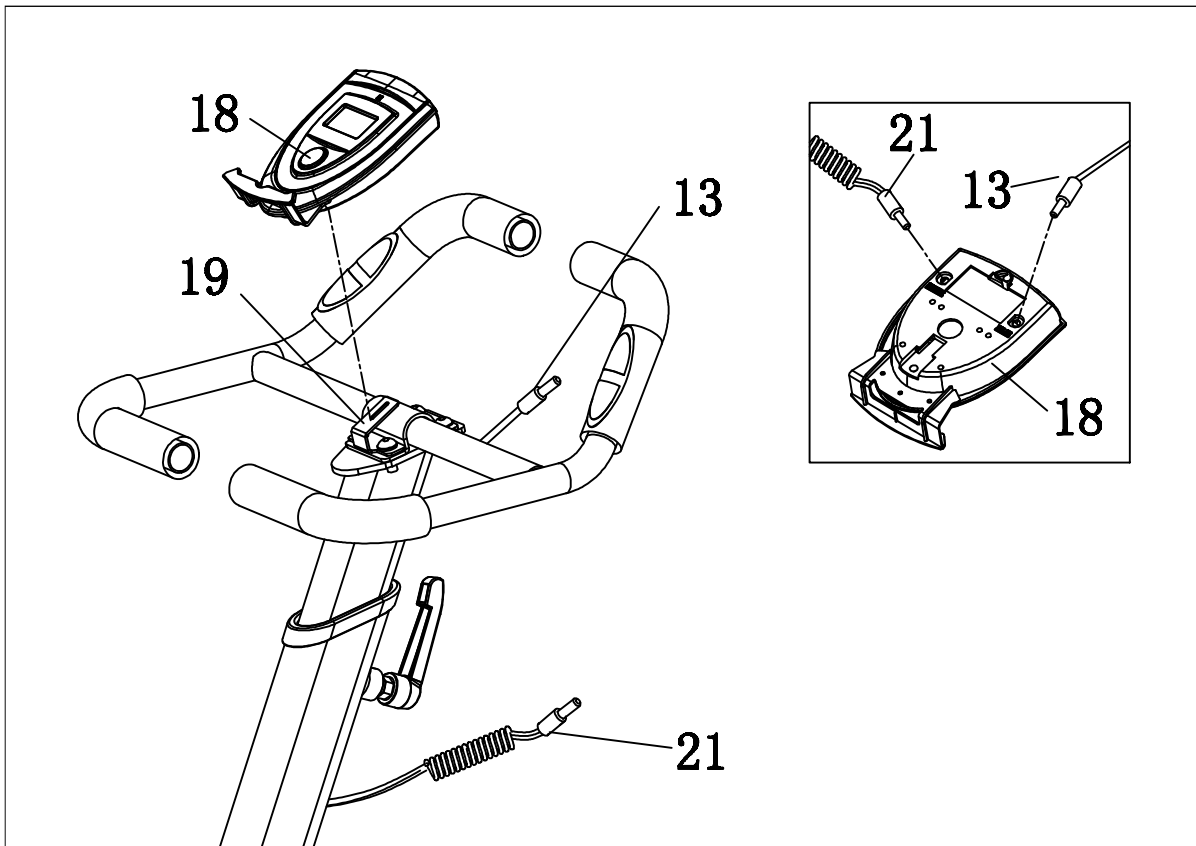


Assembly STEP 7

Insert the **Computer (18)** into the **Monitor Support bracket(19)**, then connect the **Sensor Wire (21)** and the **Hand Pulse Wire (13)** to the back of the **Computer (18)**.

Hardware Required

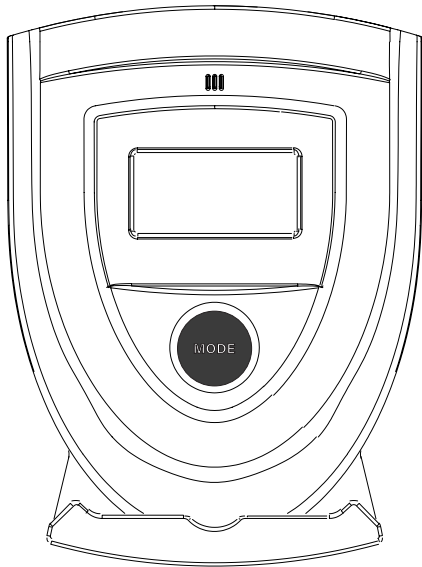
No Hardware Required



THE ASSEMBLY PROCESS IS NOW COMPLETE.

However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Computer Operation



Key Function

MODE

Press this button to select the display function of your choice.

Hold the button for 3 seconds to reset all value to zero.

Operation Procedures

FUNCTIONS

- SCAN** : The monitor will then rotate displaying through the following functions: time, speed, distance, calories and odometer. Each function will display for 6 seconds.
- SPEED** : Displays current speed.
- DISTANCE** : Displays the distance traveled.
- TIME** : Displays the total amount of time using the machine.
- SPEED** : Displays current speed.
- CALORIES** : Displays the amount of calories burned.
- ODOMETER** : Displays total accumulated distance.
- PULSE** : Hold the pulse sensor 6-7 seconds and read your heart rate per minute.

NOTE

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will auto-power on when exercise and/or motion input is detected.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 minutes.

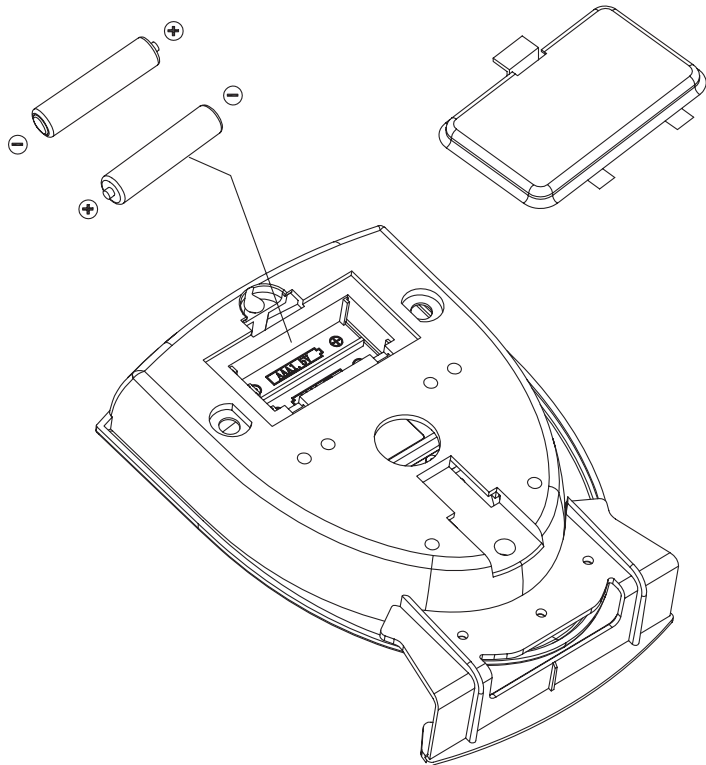
Specifications

FUNCTIONS	AUTO SCAN	Every 6 seconds
	TIME	00:00-99:59 min
	SPEED	Max 999.9 mi./H
	CALORIES	0.0-999.9 KCal
	ODOMETER	0.0-9999 mi.
	DISTANCE	0.0-999.9 mi.
	BATTERY TYPE	2 pcs of AAA
	PULSE RATE	40-240 bpm
	OPERATING TEMP	32°F - 104°F
	STORAGE TEMP	14°F - 140°F

***IMPORTANT NOTE :**

Please remember that the functions in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program.

Computer Operation



How To Install and Replace Batteries

1. Open the battery door on the back of the computer.
2. The computer operates on two AAA batteries (included). Refer to the illustration to install or replace the batteries.

NOTE :

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. Battery disposal should be handled according to all state and federal laws and regulations.
5. Do not dispose of batteries in fire.

NOTES (Regarding the Computer Monitor):

Warning: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Caution:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Safety and Maintenance

Safety & Warning

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- To avoid rust or corrosion to the flywheel caused by moisture and sweat, we advise wiping and drying the flywheel and surrounding parts with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product and contact CUSTOMER SUPPORT.
- When the bike is not in use, the resistance should be left loose, NOT tightened down against the flywheel. You can do this with the easy-to-adjust tension knob. This will ensure longer life of the Friction Belt mechanism from working properly. Please contact our CUSTOMER SUPPORT if you have questions regarding the cleaning of your bike.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
L-Shape Bolts (28), Left/Right Pedals (35L/35R), Spring Loaded Knob (25).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

1 (888) 266-6789 or **1 (909) 598-9876**, or mail in a written request to:

Body Flex Sports, Inc.
21717 Ferrero Parkway
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
Calories/Distance/ Time (Etc.)	<p>If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all computer sensor wires are properly connected and are not damaged.2. You may need to refer to installation/assembly directions for the sensor wires in this manual.
Computer Display	<p>If the <u>computer display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all sensor wires are all properly connected and are not damaged.2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged.3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.
Hand Pulse Signal	<p>If the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.2. Do not grip the sensors too tightly. Only moderate pressure need be applied.3. Gripping the sensors too tightly restricts and seizes detection of your pulse.4. Remove any rings or jewelry to prevent interference.5. Check to ensure all pulse sensor wires are properly connected and are not dam-aged.6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.

Warm-Up Instructions

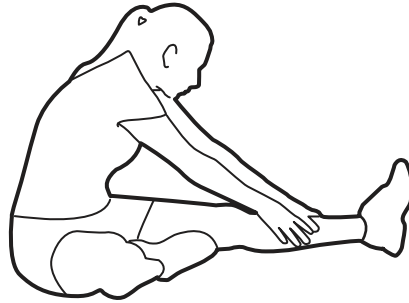
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



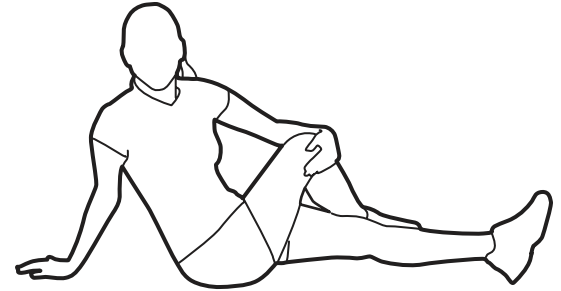
Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



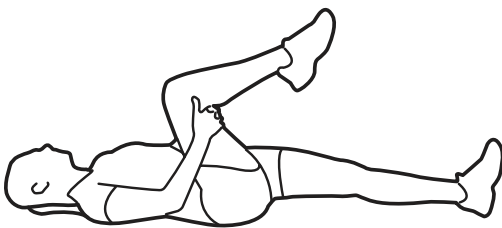
Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



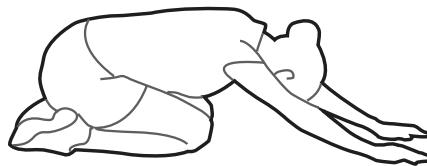
Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



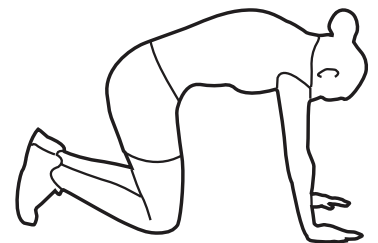
Groin Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

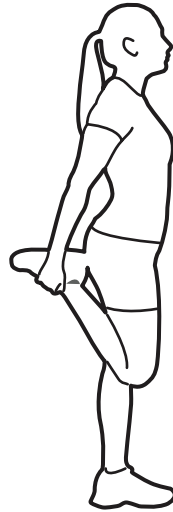


Warm-Up Instructions



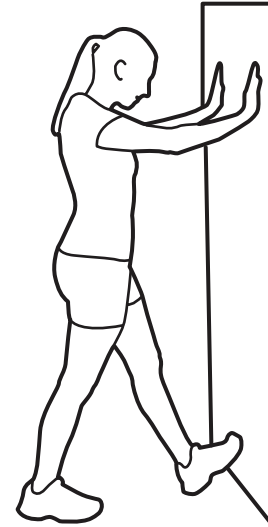
Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.
Reverse arm positions and



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down.
Repeat on the other leg.



Calf Twister

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

THANK YOU FOR YOUR PURCHASE
MODEL NO.: BCY6000

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number :

Date of Purchase :

Retailer :

Body Flex Sports, Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: 1 (888) 266-6789
Fax : 1 (909) 598-6707
Email : info@bodyflexsports.com