

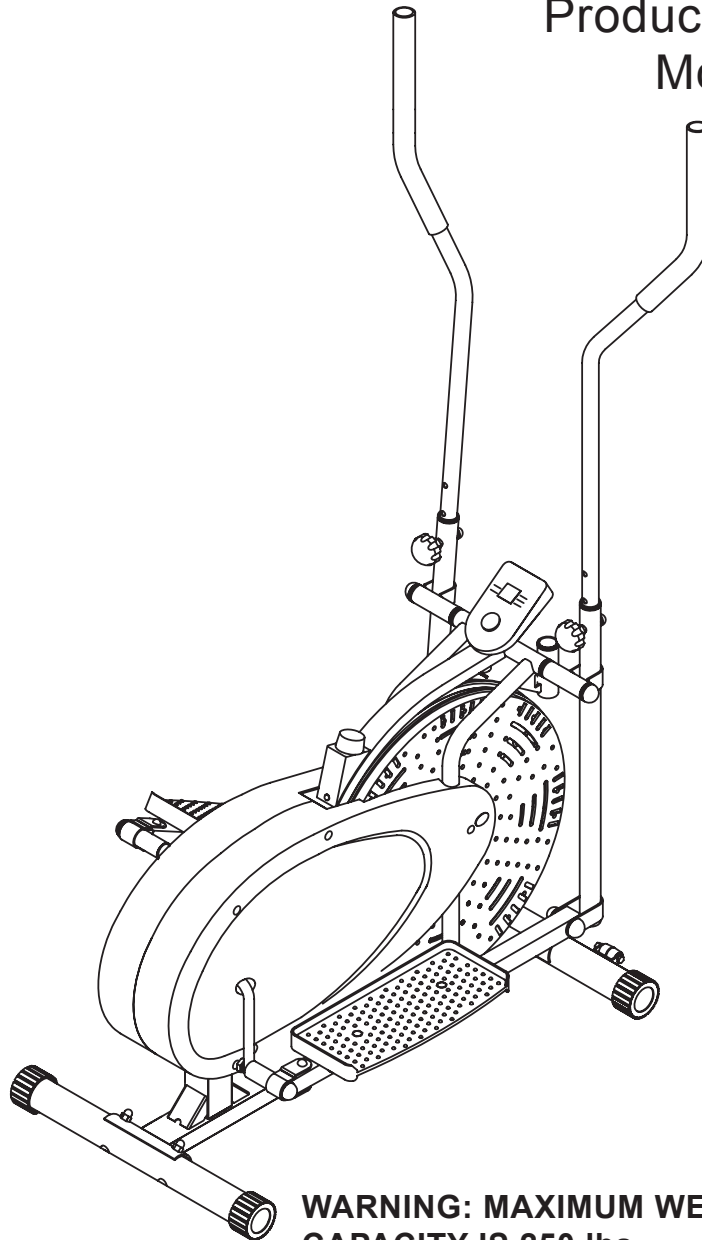
LifeMax[®]

Elliptical Trainer

Manufactured for Bluestem Brands, Inc. by Body Flex Sports, Inc.

Product Code: QM893

Model #: BR1820



**WARNING: MAXIMUM WEIGHT
CAPACITY IS 250 lbs.**

PLEASE READ MANUAL CAREFULLY BEFORE ATTEMPTING TO ASSEMBLE OR USE
YOUR NEW EXERCISE EQUIPMENT. RETAIN FOR FUTURE USE.

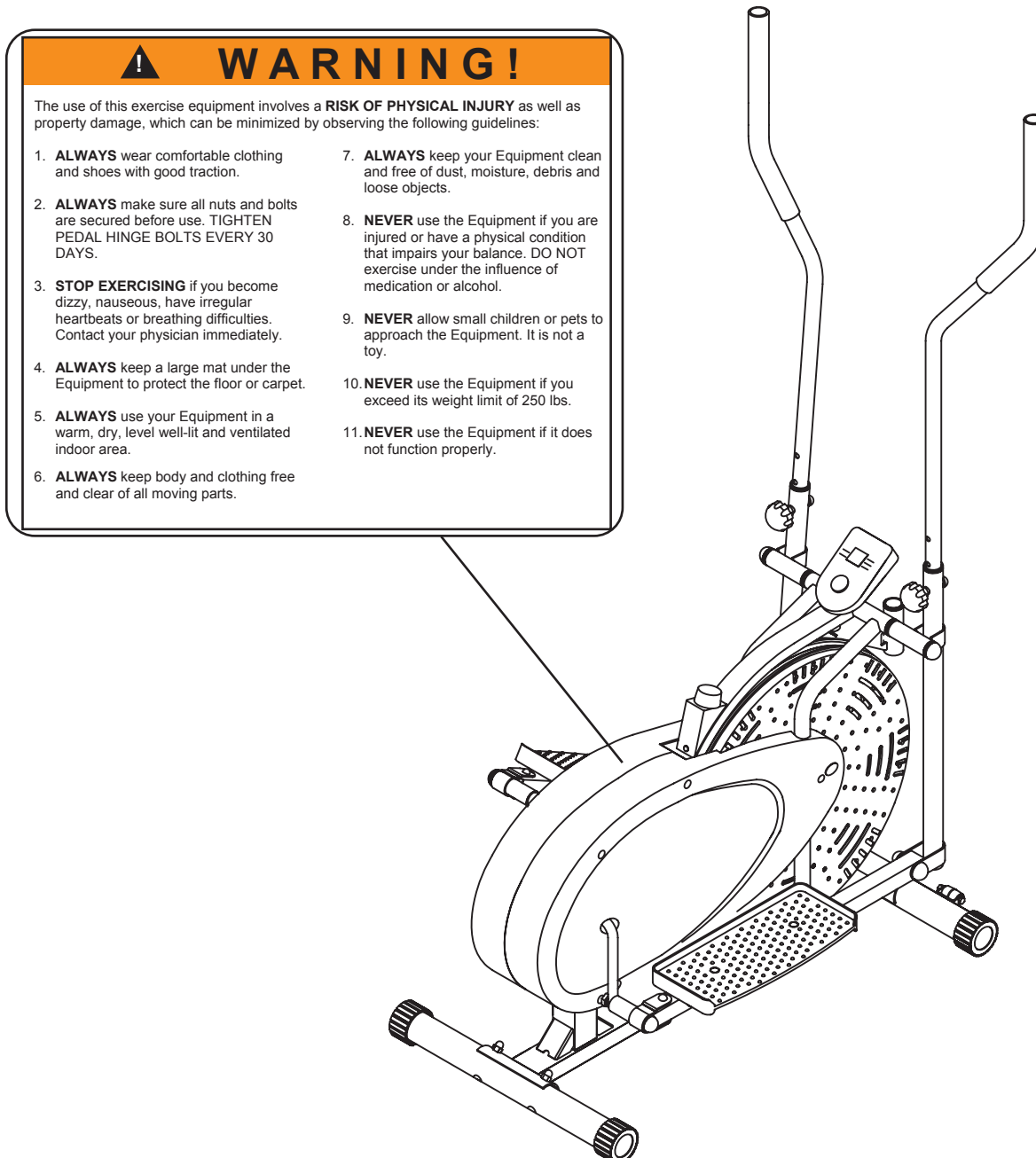
* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL / ASSEMBLY INSTRUCTION

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 these Safety and Warning guidelines before use.





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. 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 them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is 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.
- Clean only with a damp cloth, do not use solvent cleaners. 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, flat surface. 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.
- 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: 250 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.

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

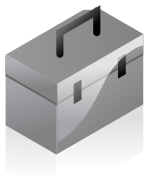


Warranty

This product is warranted, to the original purchaser (nontransferable), to be free of defects in materials and workmanship for 1 year from date of purchase. The seller will, at its option, repair or replace any product that proves to be defective in materials and/or workmanship during the warranty period. In the event repair is not possible, seller will replace the product with one of equal or greater quality and value. If after contacting **Customer Support** at information in above section, neither repair nor replacement is practicable, seller will, at its option, refund the cash price of the product or component returned. If a defect appears, the original purchaser may return the product, postpaid, to:

Returns/Warranty Department,
6250 Ridgewood Road
St. Cloud, Minnesota 56303
(or call 1-888-205-5864)

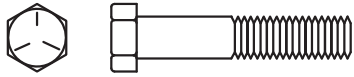
This warranty does not cover normal wear of parts, damage due to accident, negligent use contrary to instructions, disassembly, repair or alteration by unauthorized persons, or where the product has been subjected to misuse, abuse, accident or damage in transit. No charges will be accepted for unauthorized parts, repairs or services. In no event shall the company be liable for any incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



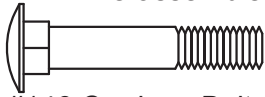
Hardware & Tool List

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.

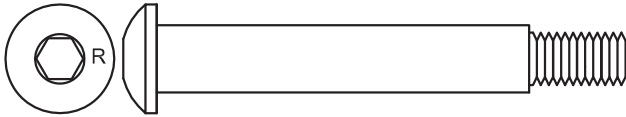
Bolt



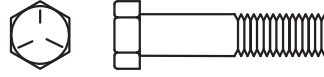
#105 Hex Bolt (M10x55 mm)
[2 Pieces]
Pre-assembled



#146 Carriage Bolt (M10x57 mm)
[4 Pieces]



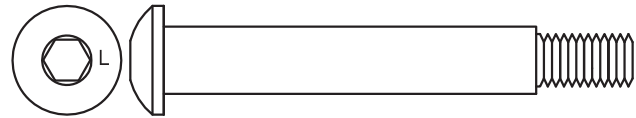
#162A Right Pedal Hinge Bolt
[1 Piece]



#144 Hex Bolt (M10x45 mm)
[4 Pieces]

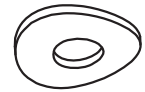


#157 Screw (M5x10 mm)
[2 Pieces]



#163A Left Pedal Hinge Bolt
[1 Piece]

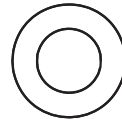
Washer



#143 Arc Washer
($\phi 10 \times 2.0 \times \phi 25 \times R28$)
[4 Pieces]



#151 Spring Washer
(D12)
[2 Pieces]

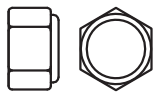


#156 Washer
($\phi 10.2 \times \phi 25 \times 2$ mm)
[2 Pieces]
Pre-assembled



#174 Wavy Washer
($\phi 16.2 \times \phi 21 \times 17 \times 0.3$ t mm)
[2 Pieces]

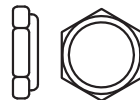
Nut



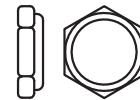
#145 Nylon Nut (M10)
[8 Pieces]
Pre-assembled [4 pieces]



#147 Nut (M10)
[4 Pieces]



#148 Left Nylon Nut
(with BLACK inner nylon ring)
(B0.5x20 S19)
[1 Piece]



#149 Right Nylon Nut
(with WHITE inner nylon ring)
(B0.5x20 S19)
[1 Piece]

Others



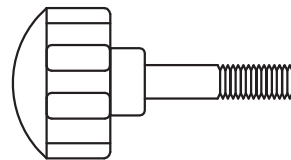
#112 Handlebar
Axle ($\phi 16 \times 410$ mm)
[1 Piece]



#142 Cap
(S17) [8 Pieces]



#141 Cap
(S13) [2 Pieces]

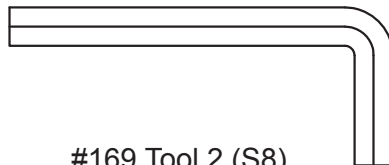


#117 Knob Bolt
(M8x36 mm) [2 Pieces]

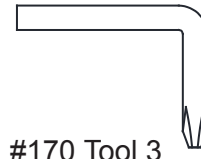
Tools



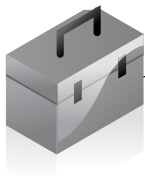
#168 Tool 1 (2-S17,S19)
[2 Pieces]



#169 Tool 2 (S8)
[1 Piece]



#170 Tool 3
[1 Piece]



Parts Listing

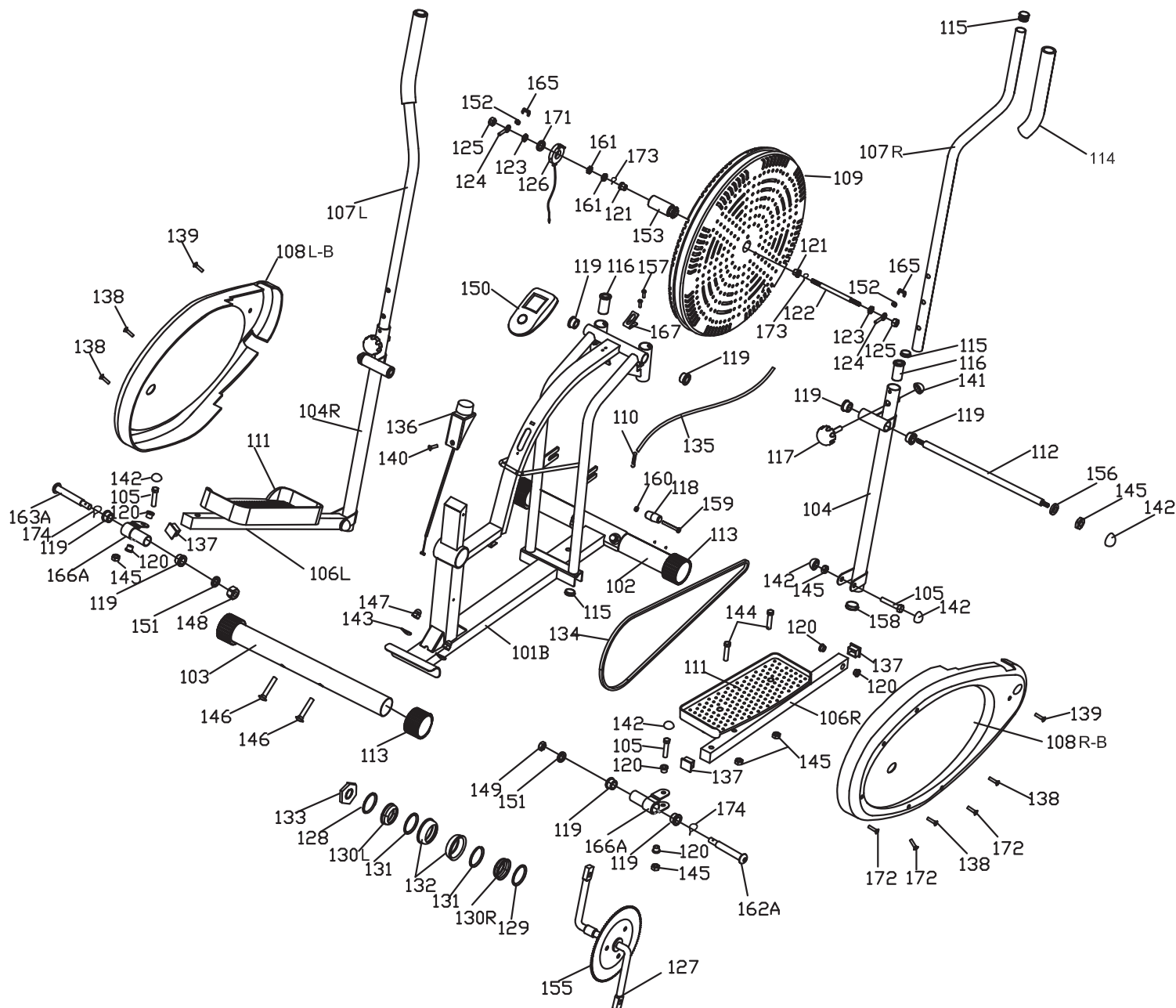
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Descriptoin	#	Descriptoin
101B	Main Frame	135	Friction Belt (1150L mm)
102	Front Stabilizer	136	Tension Adjustment Knob
103	Rear Stabilizer	137	Square Inner Plug (□30 mm)
104L	Left Coupler Bar	138	Screw (ST4.8x20 mm)
104R	Right Coupler Bar	139	Screw (ST4.8x45 mm)
105	Hex Bolt (M10x55 mm)	140	Screw (ST4.8x16 mm)
106L	Left Pedal Tube	141	Cap (S13)
106R	Right Pedal Tube	142	Cap (S17)
107L	Left Handle Bar	143	Arc Washer (φ10x2.0xφ25xR28)
107R	Right Handle Bar	144	Hex Bolt (M10x45 mm)
108L-B	Left Chain Cover	145	Nylon Nut (M10)
108R-B	Right Chain Cover	146	Carriage Bolt (M10x57 mm)
109	Fan Wheel (φ503x55 mm)	147	Nut (M10)
110	Spring (φ1.8x32xφ10)	148	Left Nylon Nut (with BLACK inner nylon ring) (B0.5x20 S19)
111	Pedal	149	Right Nylon Nut (with WHITE inner nylon ring) (B0.5x20 S19)
112	Handlebar Axle (φ16x410 mm)	150	Electronic Monitor
113	Round End Cap (φ50 mm)	151	Spring Washer (D12)
114	Foam Grip (φ30x5x275 mm)	152	Nut (M6)
115	Round Inner Plug (φ25x2)	153	Fly Wheel (φ30.5x77 mm)
116	Handlebar Sleeve (φ28.5xφ25.4x84 mm)	155	Chain Wheel (1/4"xφ165x2.6)
117	Knob Bolt (M8x36 mm)	156	Washer (φ10.2xφ25x2 mm)
118A	Front Rollers	157	Screw (M5x10 mm)
119	Bushing (φ24x12xφ16.1 mm)	158	Round Inner Plug (φ32x1.5)
120	Bushing (φ14x10xφ10.1 mm)	159A	Hex Bolt (M6x48 mm)
121	Bushing (φ18x14xφ10.1 mm)	160A	Nylon Nut (M6)
122	Fan Wheel Axle (M10x150 mm)	161	Nut (M10x1.0)
123	Nut (M10x1xB5)	162A	Right Pedal Hinge Bolt
124	Adjuster Bolt (M6x36 mm)	163A	Left Pedal Hinge Bolt
125	Nut (M10x1xB10xφ20 S15)	165	U Bracket
126	Sensor Wire	166A	Pedal Connection Joint
127	Crankshaft	167	Electronic Monitor Base
128	Washer for Crankshaft	168	Tool 1 (2-S17,S19)
129	Washer for Crankshaft	169	Tool 2 (S8)
130L	Left Crankshaft Bearing Collar	170	Tool 3 (S13-14-15)
130R	Right Crankshaft Bearing Collar	171	Washer (φ10.2xφ20x2 mm)
131	Crankshaft Bearing Set	172	Screw (ST4.8X30 mm)
132	Bearing Brace	173	Wavy Washer
133	Left Nut for Crankshaft	174	Wavy Washer (16.2xφ21x17x0.3t mm)
134	Chain (1/4"x204 Links)		



Exploded Diagram

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 that 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 continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

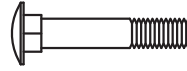
With the help of an assistant, attach the **Rear Stabilizer (#103)** to the rear of the **Main Frame (#101B)**. Insert two **Carriage Bolts (#146)** through the **Rear Stabilizer (#103)** followed by the rear of the **Main Frame (#101B)**. Secure them together using two **Arc Washers (#143)** and **two Nuts (#147)**. Now, attach the **Front Stabilizer (#102)** to the front of the **Main Frame (#101B)**. Insert two **Carriage Bolts (#146)** through the **Front Stabilizer (#102)** followed by the front of the **Main Frame (#101B)**. Secure them together using two **Arc Washers (#143)** and two **Nuts (#147)**.

Note:

Pls note that the **Front Stabilizer (#102)** has **Front Rollers (#118A)** that spin for ease of relocating the unit.

Hardware & Tool Required

Bolt



#146 Carriage Bolt (M10x57 mm) [4 Pieces]

Washer



#143 Arc Washer ($\phi 10 \times 2.0 \times \phi 25 \times R28$) [4 Pieces]

Nut

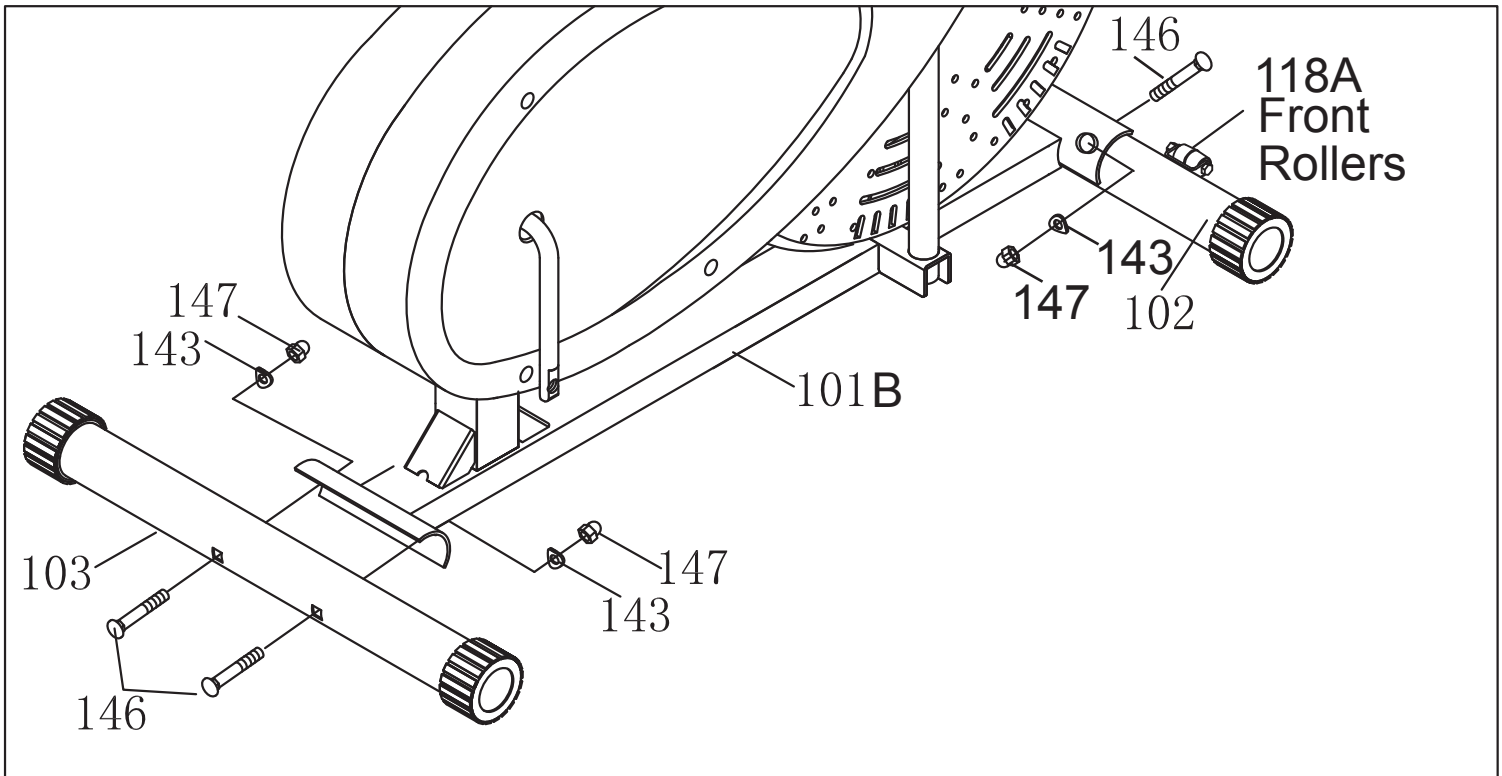


#147 Nut (M10) [4 Pieces]

Tools



#168 Tool 1 (2-S17,S19) [1 Piece]





Assembly Instructions

Assembly Step 2

Remove the **Nylon Nuts (#145)** and **Washers (#156)** that are pre-assembled on the **Handlebar Axle (#112)** and set them aside as they will be used in a later process.

Insert the **Handlebar Axle (#112)** through the main frame. Make sure the **Handlebar Axle (#112)** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Attach **Left Coupler Bar (#104L)** and **Right Coupler Bar (#104R)** to the main frame via the **Handlebar Axle (#112)**. Again, use WD40 or Vaseline to reduce friction if needed. Once the **Left Coupler Bar (#104L)** and **Right Coupler Bar (#104R)** are correctly situated, fasten the end of the **Handlebar Axle (#112)** with a **Washer (#156)** and a **Nylon Nut (#145)** on each side. Then cap each end with a **Cap (#142)**.

Note:

Make sure **Left/Right Coupler Bar (#104L/#104R)** are at the correct side when its horizontal Pivot Tube faces the REAR of the machine as seen from the user. Please refer to the drawing in below.

Hardware & Tool Required

Washer

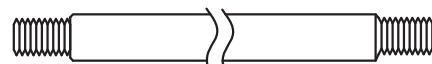


#156 Washer (φ10.2xφ25x2 mm) [2 Pieces]



#145 Nylon Nut (M10) [2 Pieces]

Others



#112 Handlebar Axle (φ16x410 mm) [1 Piece]



#142 Cap (S17) [2 Pieces]

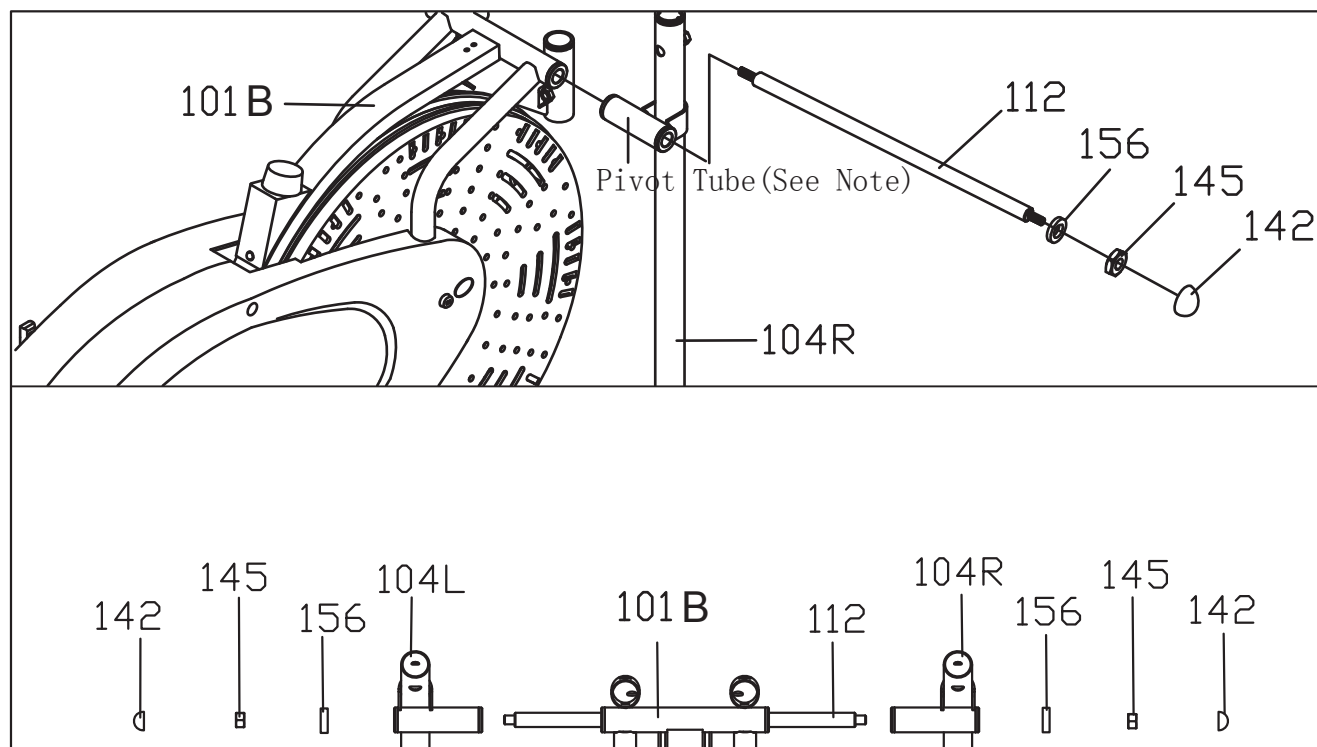
Tools



#168 Tool 1 (2-S17,S19) [2 Pieces]

Note:

Make sure **Left /Right Coupler Bar (104L/104R)** are at the correct side when its horizontal pivot tube, which is welded at the top, faces the REAR of the machine as seen from the user





Assembly Instructions

Assembly Step 3

Remove **Hex Bolts (#105)** and **Nylon Nuts (#145)** that are pre-assembled on the **Pedal Connection Joint (#166A)** and set them aside as they will be used in a later process.

Attach the **Pedal Connection Joint (#166A)** to the **Right Pedal Tube (#106R)**. Insert a **Hex Bolt (#105)** through the upper bracket of the **Pedal Connection Joint (#166A)**, followed by **Right Pedal Tube (#106R)** then the lower bracket of the **Pedal Connection Joint (#166A)**. Secure them with a **Nylon Nut (#145)**.

Attach three **Caps (#142)** on three **Hex Bolts (#105)** as illustrated in the drawing below.

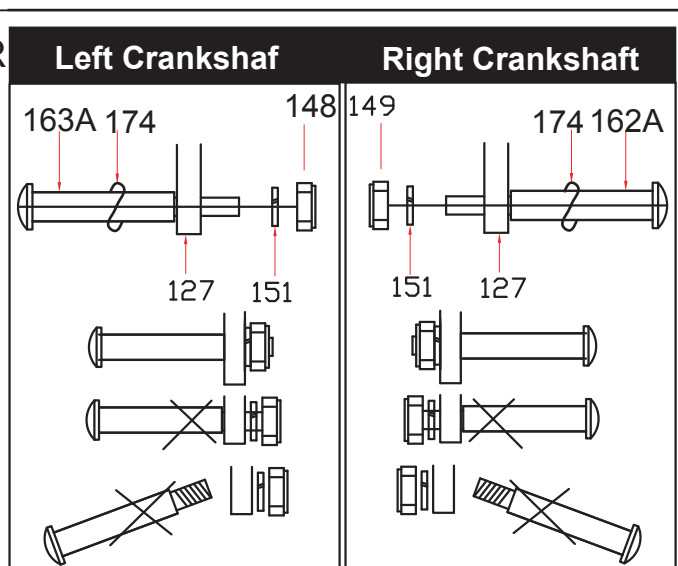
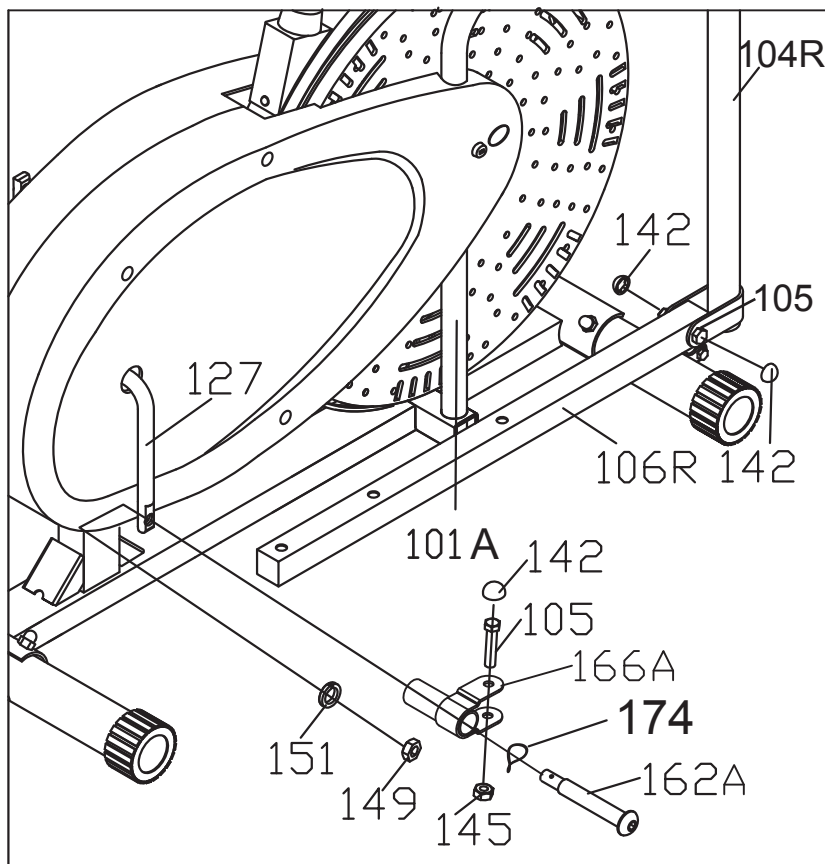
Align and attach the **Pedal Connection Joint (#166A)** on the **Right Pedal Tube (#106R)** to the right **Crankshaft (#127)**. Insert the **Right Pedal Hinge Bolt (#162A)** through one **Wavy Washer (#174)**, followed by **Pedal Connection Joint (#166A)** and **Hinge Bolt (#1625)** tightly into the **Crankshaft (#127)** by turning CLOCKWISE.

Crankshaft (#127). Secure the **Right Pedal** then, secure with a **Spring Washer (#151)** and a **Right Nylon Nut (with WHITE inner nylon ring) (#149)**.

PLEASE NOTE: a): Turn **Right Pedal Hinge Bolt (#162A)** CLOCKWISE and the **Right Nylon Nut [with WHITE inner nylon ring] (#149)** COUNTERCLOCKWISE to tighten.

Repeat the above process on the left side of the machine but turn the **Left Pedal Hinge Bolt (#163A)** COUNTER-CLOCKWISE.

PLEASE NOTE: a): Turn **Left Pedal Hinge Bolt (#163A)** COUNTERCLOCKWISE and the **Left Nylon Nut [with BLACK inner nylon ring] (#148)** CLOCKWISE to tighten.



Note:

Keep the **Right/Left Pedal Hinge Bolt (#162A/163A)** and **Wavy Washer (#174)** perfectly straight as they go through the **Pedal Connection Joint (#166A)** and the **Crankshaft (#127)**. If the **Right/ Left Pedal Hinge Bolt (#162A/163A)** are connected to the **Crankshaft (#127)** incorrectly, damage to the **Right/ Left Pedal Hinge Bolt (#162A/163A)** and **Crankshaft (#127)** will occur.



Assembly Instructions

Assembly Step 3

IMPORTANT:

Secure both pedal hinge bolts every 30 days. Through regular use, the pedal hinge bolts may still come loose even when the initial assembly was secure. DO NOT operate the Body Rider when these parts are loose!

WARNING:

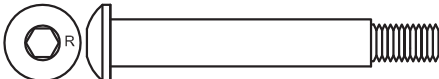
Failure to keep these parts securely fastened will severely damage your Body Rider and may cause injury to the user. This damage is not a sign of defect and is NOT covered by your limited warranty. The manufacturer is NOT liable for any damage or injury resulted in this manner.

Hardware & Tool Required

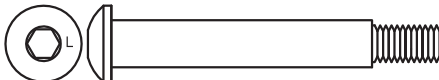
Bolt



#105 Hex Bolt (M10x55 mm) [2 Pieces]



#162A Right Pedal Hinge Bolt [1 Piece]



#163A Left Pedal Hinge Bolt [1 Piece]

Washer



#151 Spring Washer (D12) [2 Pieces]



#174 Wavy Washer ($\phi 16.2 \times \phi 21 \times 17 \times 0.3$ mm) [2 Pieces]

Nut



#145 Nylon Nut (M10) [2 Pieces]



#148 Left Nylon Nut (with BLACK inner nylon ring) (B0.5x20 S19) [1 Piece]



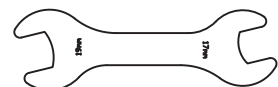
#149 Right Nylon Nut (with WHITE inner nylon ring) (B0.5x20 S19) [1 Piece]

Others

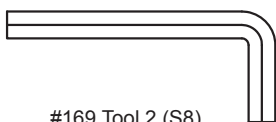


#142 Cap (S17) [6 Pieces]

Tools



#168 Tool 1 (2-S17, S19)
[1 Piece]



#169 Tool 2 (S8)
[1 Piece]



Assembly Instructions

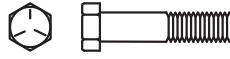
Assembly Step 4

Attach the **Right Pedal (#111)** to the **Right Pedal Tube (#106R)** and secure them together using two **Hex Bolts (#144)** and two **Nylon Nuts (#145)**.

Repeat this process on the other side.

Hardware & Tool Required

Bolt



#144 Hex Bolt (M10x45 mm) [4 Pieces]

Nut

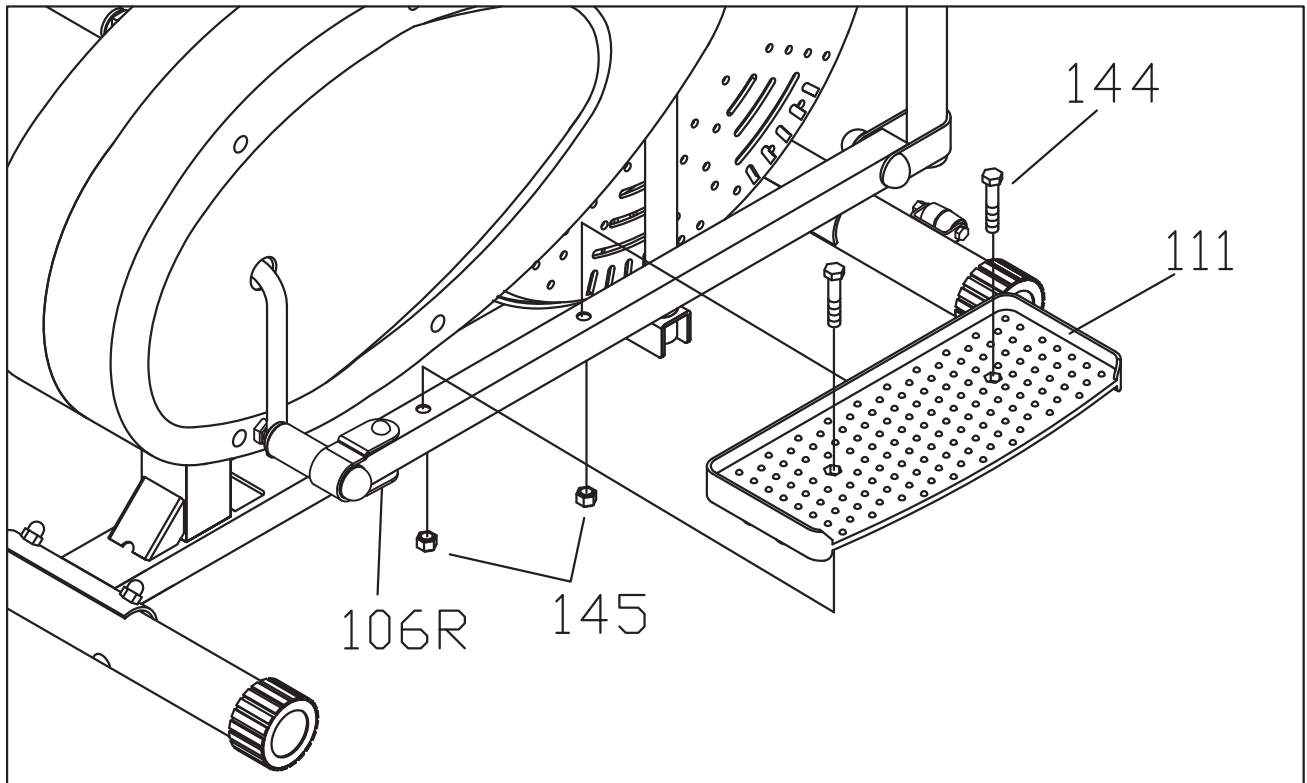


#145 Nylon Nut (M10) [4 Pieces]

Tools



#168 Tool 1 (2-S17,S19) [1 Piece]





Assembly Instructions

Assembly Step 5

A. Handlebar Assembly:

- 1). Dual-action mode: To allow **Left/Right Handlebar (#107L/107R)** to move along with the movement of the **Pedals (#111)**, attach the **Left/Right Handlebar (#107L/107R)** to the **Left/Right Coupler Bar (#104L/104R)**. Select a height setting that is comfortable to the user, and make sure both handlebars are set at the same height. Lock **Left/Right Handlebar (#107L/107R)** in place with two **Knob Bolts (#117)**.
- 2). Fixed mode: To keep the **Left/Right Handlebars (#107L/107R)** stationary, attach them to the two tubes on the **Main Frame (#101B)** between the **Left/Right Coupler Bars (#104L/104R)**. Set the **Left/Right Handlebars (#107L/107R)** at the same height, and, secure them with two **Knob Bolts (#117)**.

B. Electronic Monitor Assembly:

Remove the **Screws (#157)** that are pre-assembled on the **Main Frame (#101B)** and set them aside as they will be used in a later process.

Attach the **Electronic Monitor Base (#167)** to the **Main Frame (#101B)**, secure them with two **Screws (#157)**. Connect the **Sensor Wire (#126)** to the Wire on the back of the **Electronic Monitor (#150)**. Attach the **Electronic Monitor (#150)** to the **Electronic Monitor Base (#167)**.

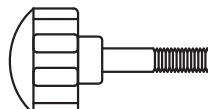
Hardware & Tool Required

Bolt



#157 Screw (M5x10 mm) [2 Pieces]

Others



#117 Knob Bolt (M8x36 mm) [2 Pieces]

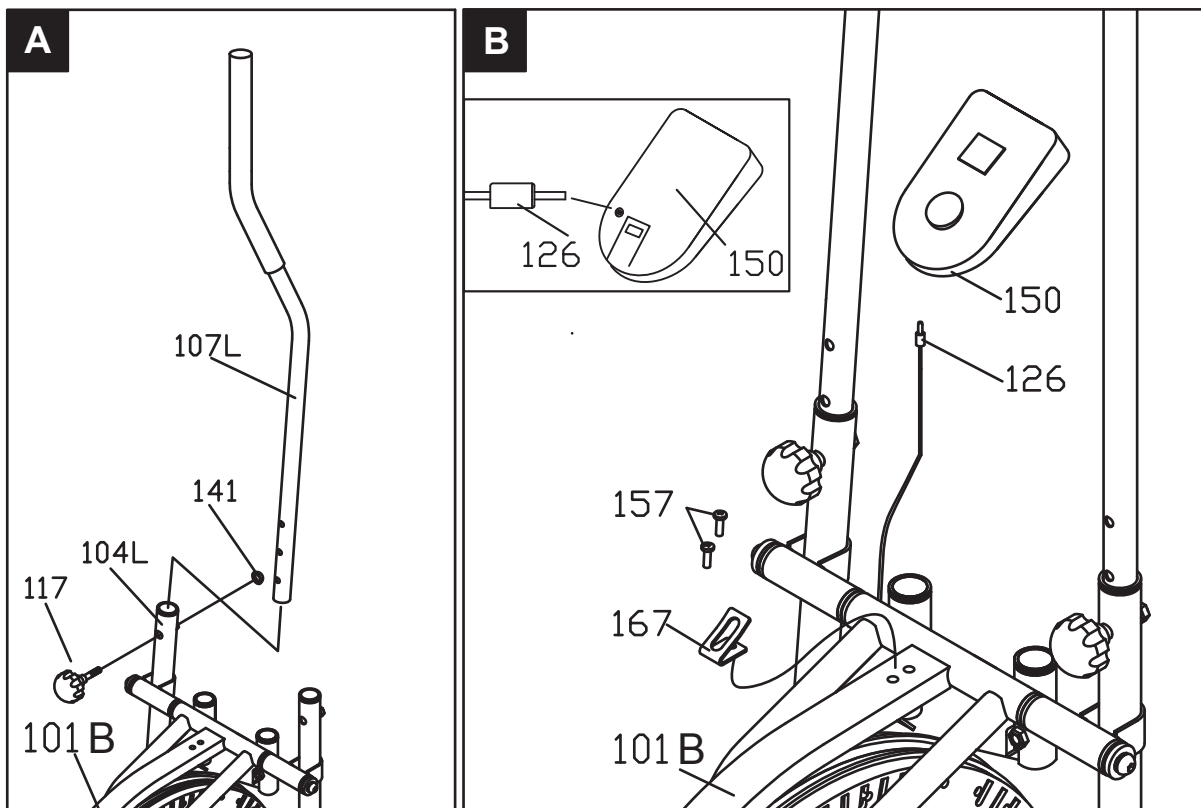
Tools



#170 Tool 3 (S13-14-15) [1 Piece]

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.





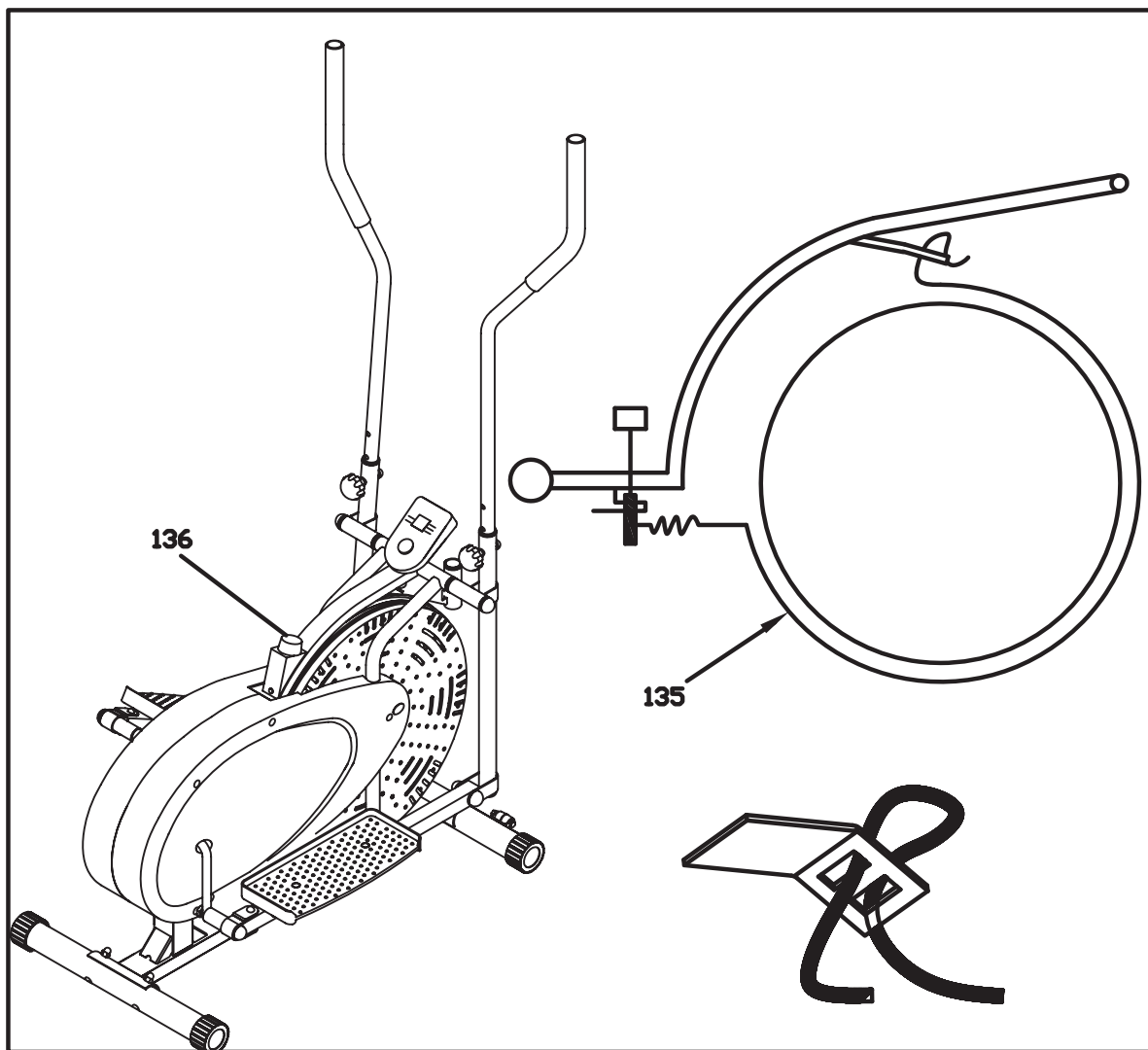
Assembly Instructions

Tension Adjustment

The assembly of your Body Rider is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full workout.

For slight tension adjustment, simply turn the **Tension Adjustment Knob (#136)** found at the top center. Tension level can be manipulated this way to vary intensity of workout as you exercise.

For greater tension adjustment, you may loosen or tighten the **Friction Belt (#135)** by re-strapping it. To do so, first turn the **Tension Adjustment Knob (#136)** all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the **Friction Belt (#135)** to wrap around the wheel, the less friction it will cause. Re-adjust the **Tension Adjustment Knob (#136)** after you finished re-strapping.



Reversible Movement

Forward pedaling emphasizes your quadriceps muscles (front thighs), while backward pedaling emphasizes your hamstrings (back thighs). Take advantage of this fact to make your workout less fatiguing, and more fun.



Safety & Maintenance

SAFETY & WARNINGS

- 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.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- 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):
Tension Adjustment Knob (#136); Pedals (#111); Left/Right Handle Bars (#107L/#107R)
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (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 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

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.



Computer Operation

SPECIFICATIONS:

TIME.....0:00-99:59
SPEED.....0.0-99 Miles Per Hour
DISTANCE0.0-999.9 MILES
CALORIES.....0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you select or set the display to the function of your choice.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is pressed or when it receives movement input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal input (i.e. if the unit is not in use or no key is pressed for within approximately 4 minutes).

2. RESET:

The unit can be reset by changing the battery or holding the MODE key for 3 seconds.

3. FUNCTION:

- ◆ Top portion of LCD Display
 - o **Speed:** Displays the current speed
- ◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
 - o **Time :** Displays the total amount of time using the machine.
 - o **Distance :** Displays the distance travelled.
 - o **Calories:** Displays the amount of calories burned.
 - o **Scan :** Automatically alternate between the different functions. (Time, Distance, Calories)

4. BATTERY:

This monitor requires one (or two) "AA" Battery(ies) depending on the model.
You can replace the battery from the back of the unit.

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

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 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.



Hip 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.



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.

Warm-Up Instructions



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.

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 repeat.



Calf Stretch

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.





Proof of Purchase

Thanks for choosing

LifeMax[®]

Model Number QM893

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

Serial Number:

Date of Purchase:

Store Name:
