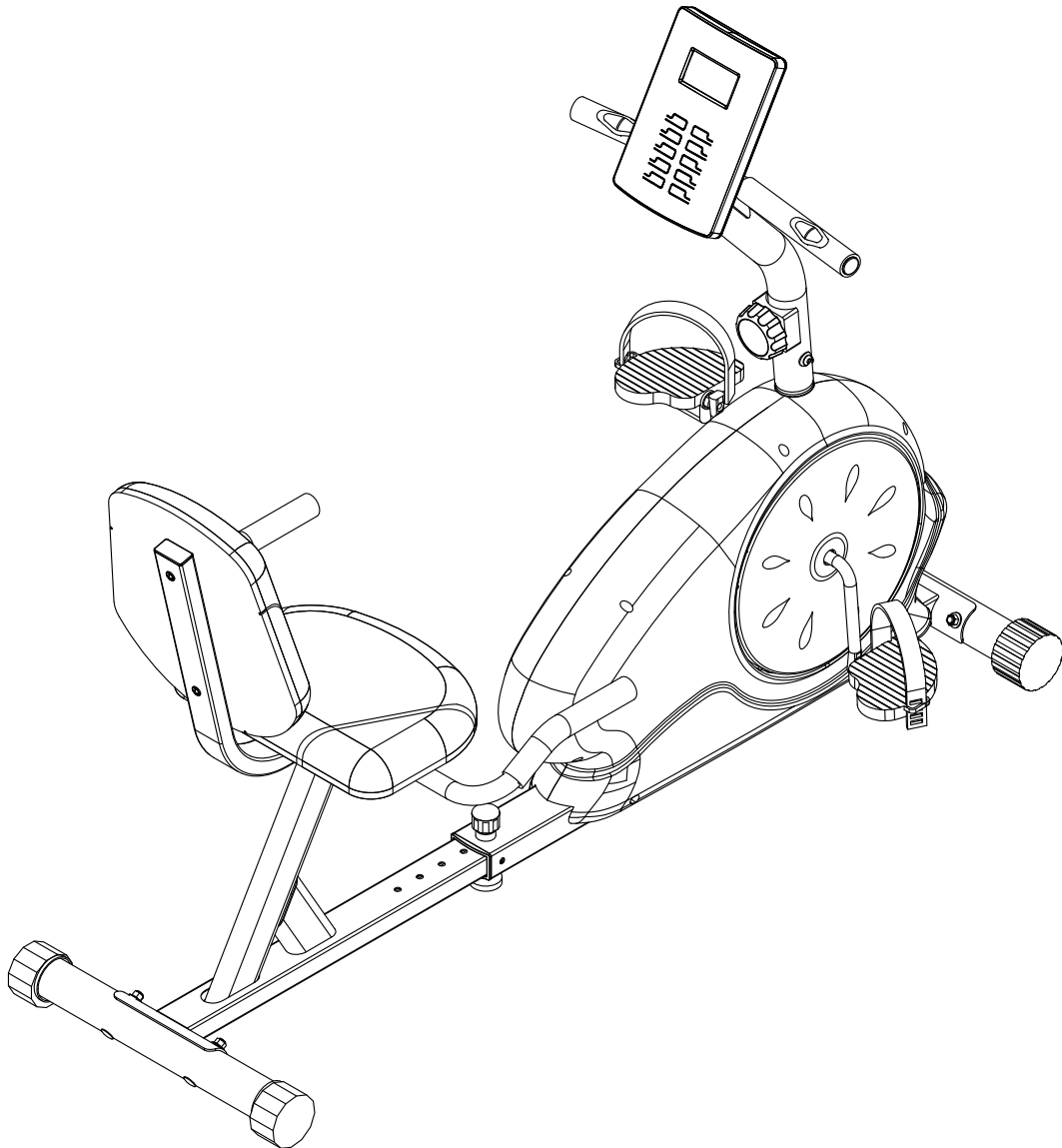




BRB 5288 MAGNETIC RECUMBENT BIKE



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

OWNER'S MANUAL



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 to 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 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.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- 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. 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 Sports warrants your product 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 does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

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

This warranty does not cover normal wear and tear on upholstery.

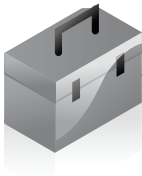
Questions

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.

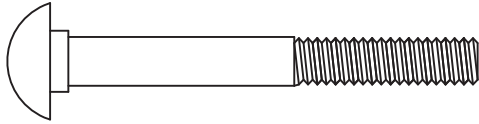
Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



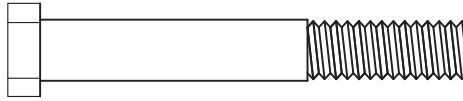
Hardware & Tool List

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

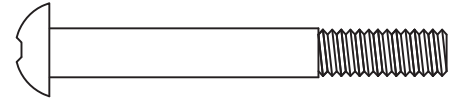
Bolt



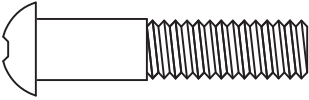
#23. Carriage Bolt (M8x65 mm)
[4 pieces]



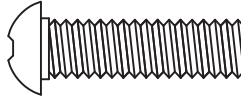
#24. Hex Bolt (M8x80 mm)
[2 pieces]



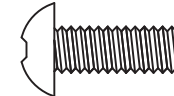
#25. Screw (M8x65 mm)
[2 pieces]



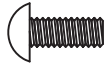
#26. Screw (M8x45 mm)
[2 pieces]



#27. Screw (M8x35 mm)
[1 piece]

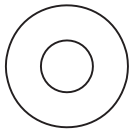


#28. Screw (M8x15mm)
[7 pieces]
Pre-assembled [3 pieces]

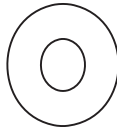


#30. Screw (M5x12 mm)
[4 pieces]
Pre-assembled

Washer



#34. Washer (M8)
[6 pieces]

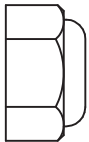


#35. Arc Washer (M8)
[11 pieces]
Pre-assembled [3 pieces]



#33. Spring Washer (M8)
[3 pieces]
Pre-assembled

Nut

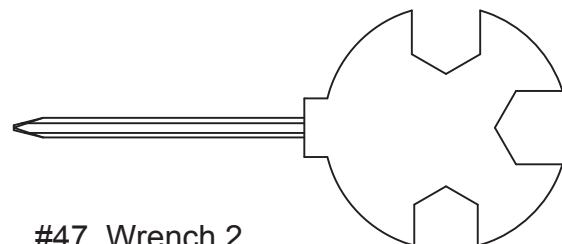


#37. Nut (M8) [8 pieces]

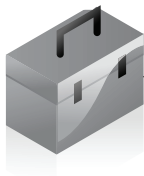
Tool



#46. Wrench 1 (5 mm)
[1 piece]



#47. Wrench 2
[2 pieces]



Parts Listing

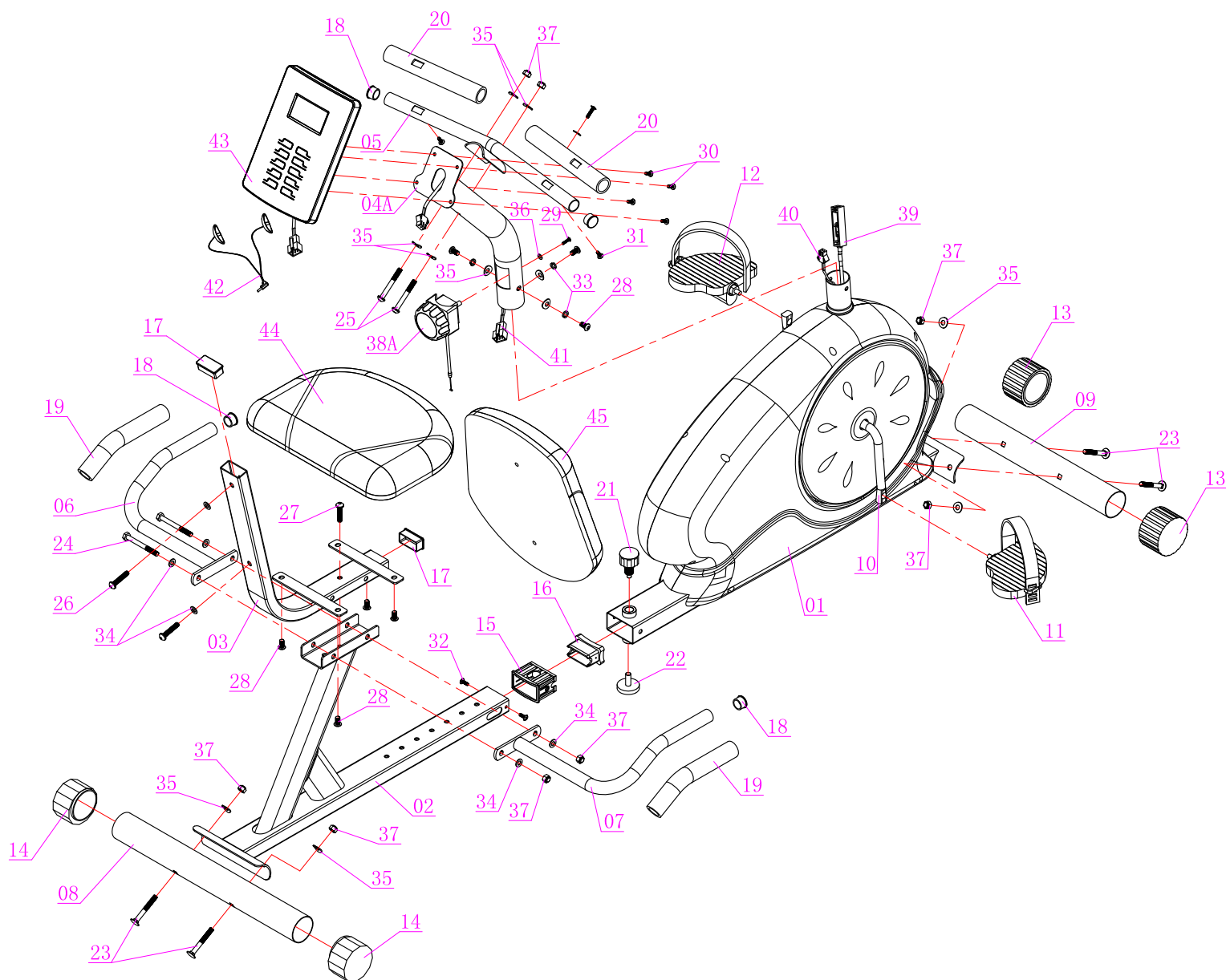
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

Item No.	Description
01	Main Frame
02	Bottom Frame
03	Cushion Frame
04 A	Front Post
05	Front Handle Bar
06	Left Rear Handle Bar
07	Right Rear Handle Bar
08	Rear Stabilizer
09	Front Stabilizer
10	Crank
11	Right Pedal
12	Left Pental
13	End Cap for Front Stabilizer
14	Adjustable End Cap for Rear Stabilizer
15	Main Frame Sleeve
16	Bottom Frame Sleeve
17	Square Inner Plug
18	Round Inner Cap
19	Form Grip
20	Foam Grip
21	Spring Loaded Knob
22	Knob Bolt
23	Carriage Bolt (M8x65mm)
24	Hex Bolt (M8x80mm)
25	Screw (M8x65mm)
26	Screw (M8x45mm)
27	Screw (M8x35mm)
28	Screw (M8x15mm)
29	Screw (M5x30mm)
30	Screw (M5x12mm)
31	Screw (M4x20mm)
32	Screw (M5x8mm)
33	Spring Washer (M8)
34	Washer (M8)
35	Arc Washer (M8)
36	Arc Washer (M5)
37	Nylon Nut (M8)
38 A	Tension Control
39	Tension Control Cable
40	Sensor Wire for Main Frame
41	Sensor Wire for Front Post
42	Handle Pulse
43	Monitor
44	Seat Cushion
45	Backrest Cushion
46	Wrench 1 (5mm)
47	Wrench 2



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

A.) Stabilizer Assembly

Attach the **Front Stabilizer (#09)** to the **Main Frame (#01)** using two **Carriage Bolts (#23)**, two **Arc Washers (#35)**, and two **Nuts (#37)**. Please note, the **Front Stabilizer (#09)** is the one with end caps that spin.

B.) Bottom Frame Assembly

Attach the **Rear Stabilizer (#08)** to the **Bottom Frame (#02)** using two **Carriage Bolts (#23)**, two **Arc Washers (#35)**, and two **Nuts (#37)**.

C.) Frame Assembly

Slide **Main Frame Sleeve (#15)** to meet the **Bottom Frame Sleeve (#16)** at the edge of **Bottom Frame (#02)** as illustrated in the exploded diagram below. (The oval-shaped prongs of the **Main Frame Sleeve (#15)** should align with the oval holes on the **Bottom Frame (#02)**).

Next, with the help of an assistant:

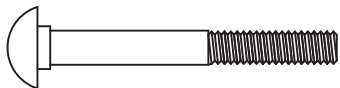
1. Loosen the **Spring Loaded Knob (#21)**, pulling upward and
2. Simultaneously press the oval-shaped prongs on each side inward.
3. Insert the tip of **Bottom Frame (#02)**, **Main Frame Sleeve (#15)**, and **Bottom Frame Sleeve (#16)** a minimum of four inches into the rectangular tube of **Main Frame (#01)** to engage the closest hole setting on the **Bottom Frame (#02)** for now. You can make adjustments for seat distance after complete assembly.
4. Release the Spring Loaded Knob (#21) ensuring it is engaged with the closest hole and hand-tighten. (The small circular nubs of the **Main Frame Sleeve (#15)** should now be engaged into the holes at the tip of the **Bottom Frame (#02)**).

The **Spring Loaded Knob (#21)** has a safety feature that allows you to loosen it by turning it counter-clockwise and then pull upward (to allow for adjusting). Adjust the seat distance and then release the knob back, making sure it engages through a hole on the **Bottom Frame (#02)**. Tighten the knob by turning clockwise. For the user's safety, always ensure the **Spring Knob (#21)** is properly engaged through a hole on the **Bottom Frame (#02)**.

(Note: For users shorter in height, slide the **Bottom Frame (#02)** further into the **Main Frame (#01)**, and farther out for taller users.)

Hardware Required

Bolt



#23. Carriage Bolt (M8x65 mm) [4 pieces]

Washer

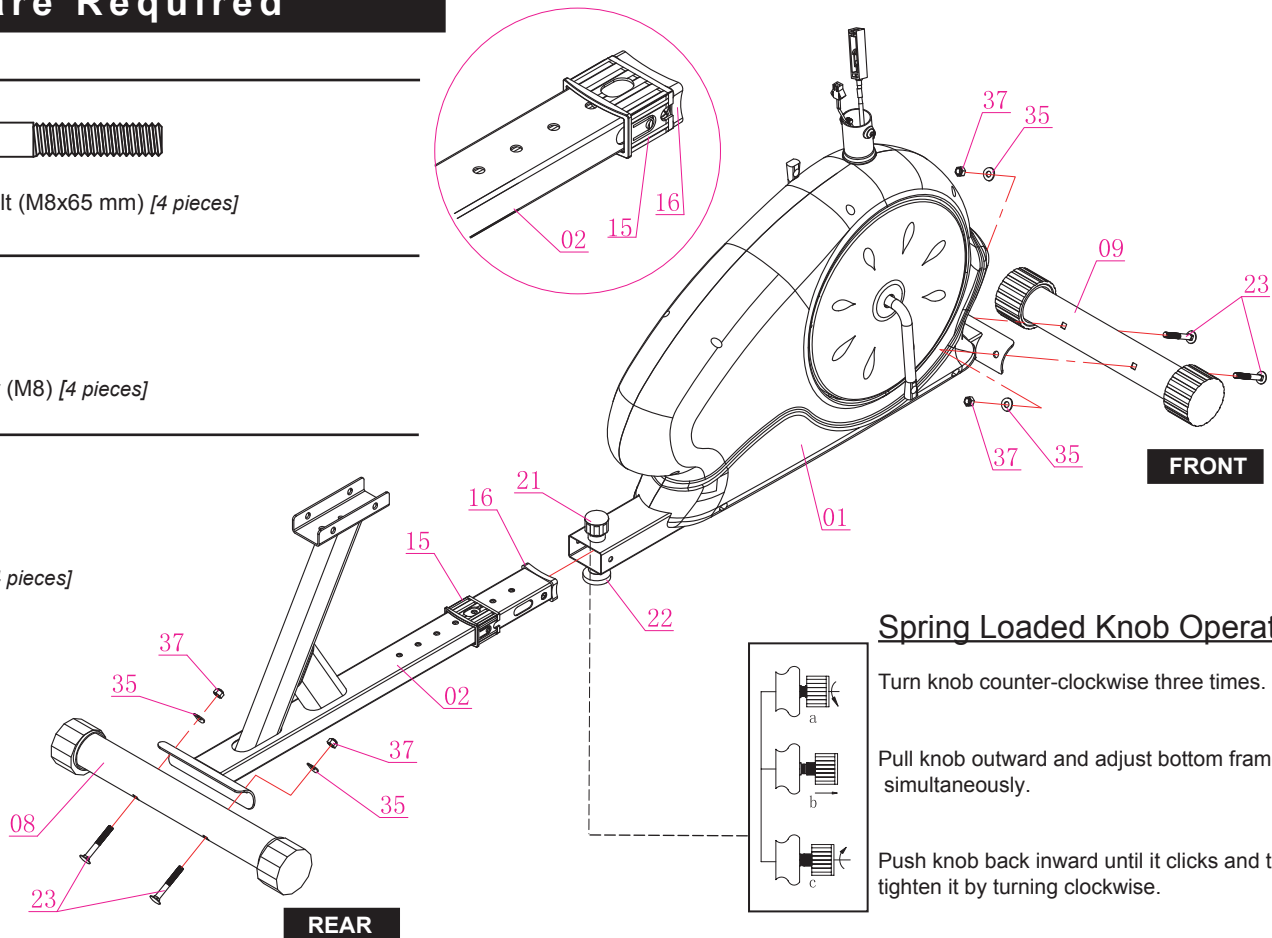


#35. Arc Washer (M8) [4 pieces]

Nut



#37. Nut (M8) [4 pieces]



Spring Loaded Knob Operation

Turn knob counter-clockwise three times.

Pull knob outward and adjust bottom frame simultaneously.

Push knob back inward until it clicks and then tighten it by turning clockwise.



Assembly Instructions

Assembly Step 2

A.) Seat Cushion Frame Assembly

Attach the **Cushion Frame (#03)** to the slot on the **Bottom Frame (#02)** as illustrated using one **Screw (#27)**.

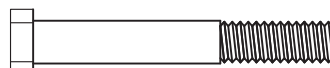
B.) Handlebar Assembly

On the left side, attach the **Left Rear Handlebar (#06)** to the **Bottom Frame (#02)** and **Cushion Frame (#03)** by inserting through two **Hex Bolts (#24)** in two **Washers (#34)** so that the **Hex Bolts (#24)** are fully engaged through the right side.

On the right side, attach the **Right Rear Handlebar (#07)** onto the protruding ends of the **Hex Bolt (#24)** and secure the composition together using two **Washers (#34)** followed by two **Nuts (#37)**.

Hardware Required

Bolt



#24. Hex Bolt (M8x80 mm)
[2 pieces]



#27. Screw (M8x35 mm)
[1 piece]

Washer

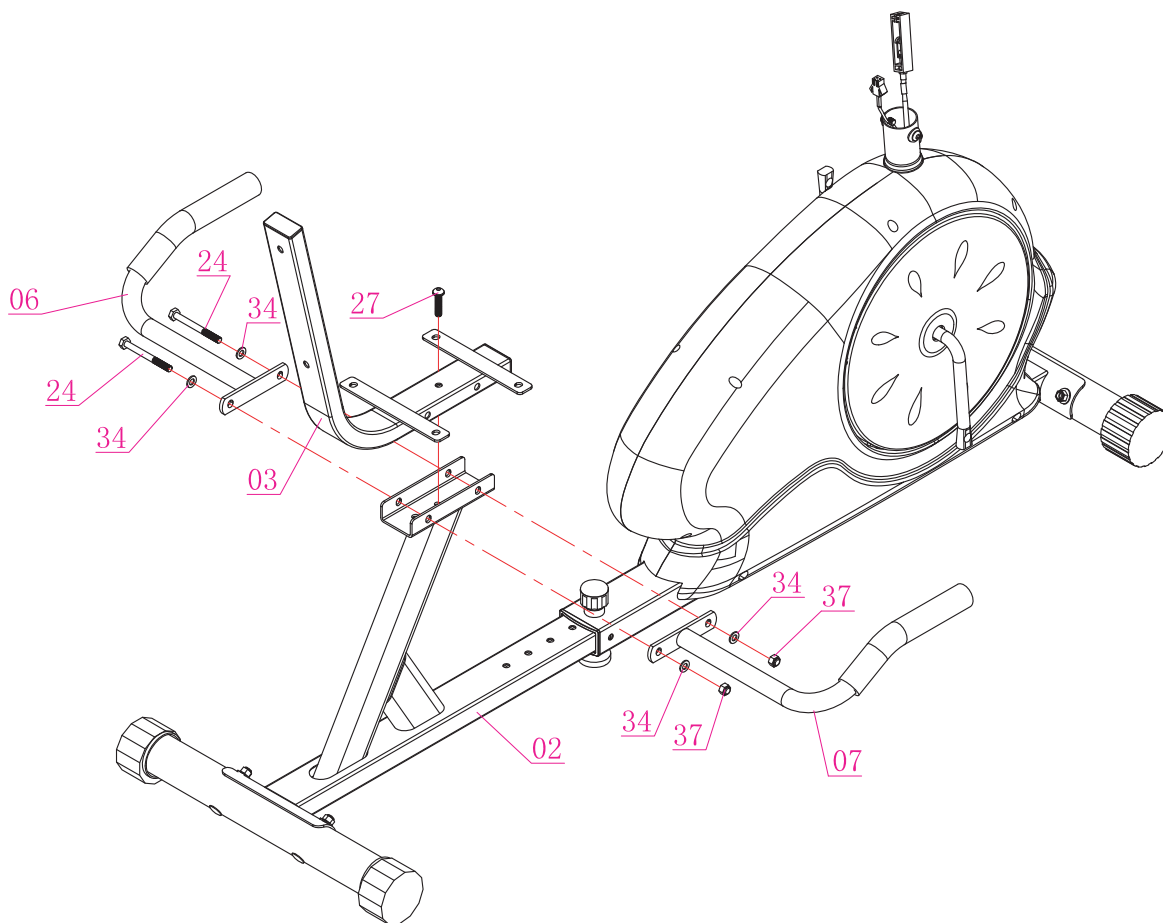


#34. Washer (M8)
[4 pieces]

Nut



#37. Nut (M8) [2 pieces]





Assembly Instructions

Assembly Step 3

A.) Sensor Wire Connection & Tube Assembly

Remove the pre-assembled parts from **Main Frame (#01)** and set them aside nearby: Three **Screws (#28)**, three **Spring Washers (#33)**, and three **Arc Washers (#35)**.

With the help of an assistant, connect **Tension Control (#38A)** to **Tension Control Cable (#39)** as shown in exploded diagram A, and **Sensor Wire for Front Post (#41)** to **Sensor Wire for Main Frame (#40)** as shown in the exploded diagram B.

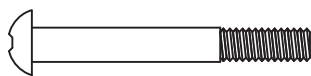
Then, being careful to tuck the connected wires into the hollow tubing to avoid pinching/damaging the wires, slide **Front Post (#04A)** onto the protruding tube of **Main Frame (#01)**. Secure using a total of three **Screws (#28)**, three **Spring Washers (#33)**, and three **Arc Washers (#35)** that were set side nearby.

B.) Front Handle Bar Assembly

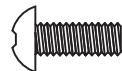
Attach the **Front Handle Bar (#05)** to the front of the **Front Post (#04A)** by inserting two **Screws (#25)** through two **Arc Washers (#35)** up through the **Front Post (#04A)** and secure together using two **Arc Washers (#35)** and two **Nuts (#37)**.

Hardware Required

Bolt



#25. Screw (M8x65 mm) [2 pieces]



#28. Screw (M8x15mm) [3 pieces]

Washer



#35. Arc Washer (M8)
[7 pieces]



#33. Spring Washer (M8)
[3 pieces]

Nut



#37. Nut (M8) [2 pieces]

Tension Adjustment

To increase the tension (+ higher level of intensity), turn the **Tension Control (#38A)** in a clockwise direction.

To decrease the tension (- lower level of intensity), turn the **Tension Control (#38A)** in a counter-clockwise direction.

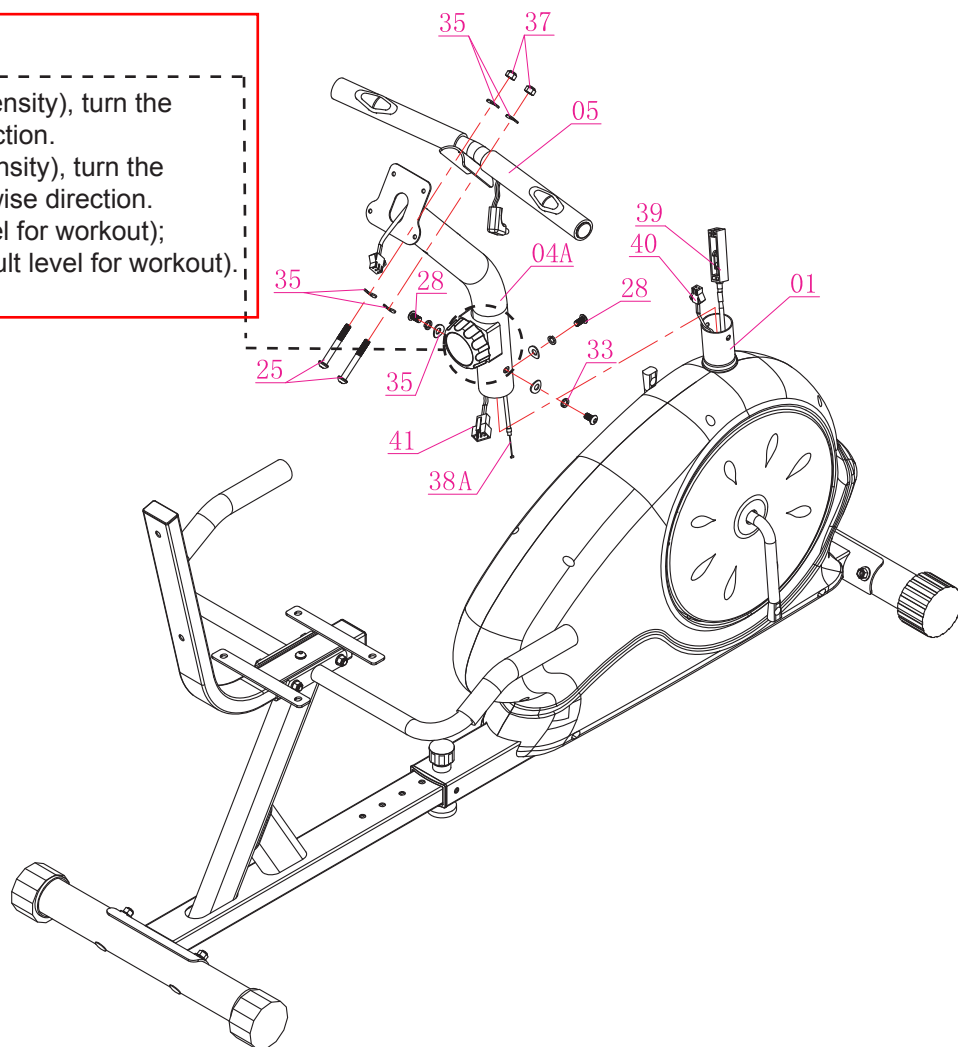
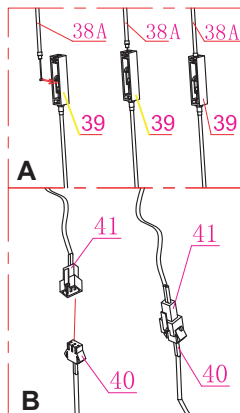
"1" is the lowest level of tension (easiest level for workout);

"8" is the highest level of tension (most difficult level for workout).

TENSION WIRE ASSEMBLY

Insert the tip of the **Tension Control (38A)** wire into the **Tension Control Cable (39)** head at an angle.

Tilt the **Tension control (38A)** wire into the crevice and then pull upward.





Assembly Instructions

Assembly Step 4

A.) Pedal Assembly

Screw on the **Right Pedal (#11)** to the **Right Crank (#10)** by turning the **Right Pedal (#11)** clockwise.

Repeat on the other side using **Left Pedal (#12)** and turning COUNTER-clockwise.

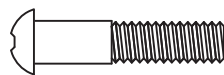
B.) Cushion Assembly

Attach the **Backrest Cushion (#45)** to the vertical portion of the **Cushion Frame (#03)** and secure using two **Screws (#26)** and two **Washers (#34)**.

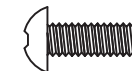
Then, attach the **Seat Cushion (#44)** to the horizontal base of the **Cushion Frame (#03)** by inserting up four **Screws (#28)** to secure.

Hardware Required

Bolt



#26. Screw (M8x45 mm)
[2 pieces]

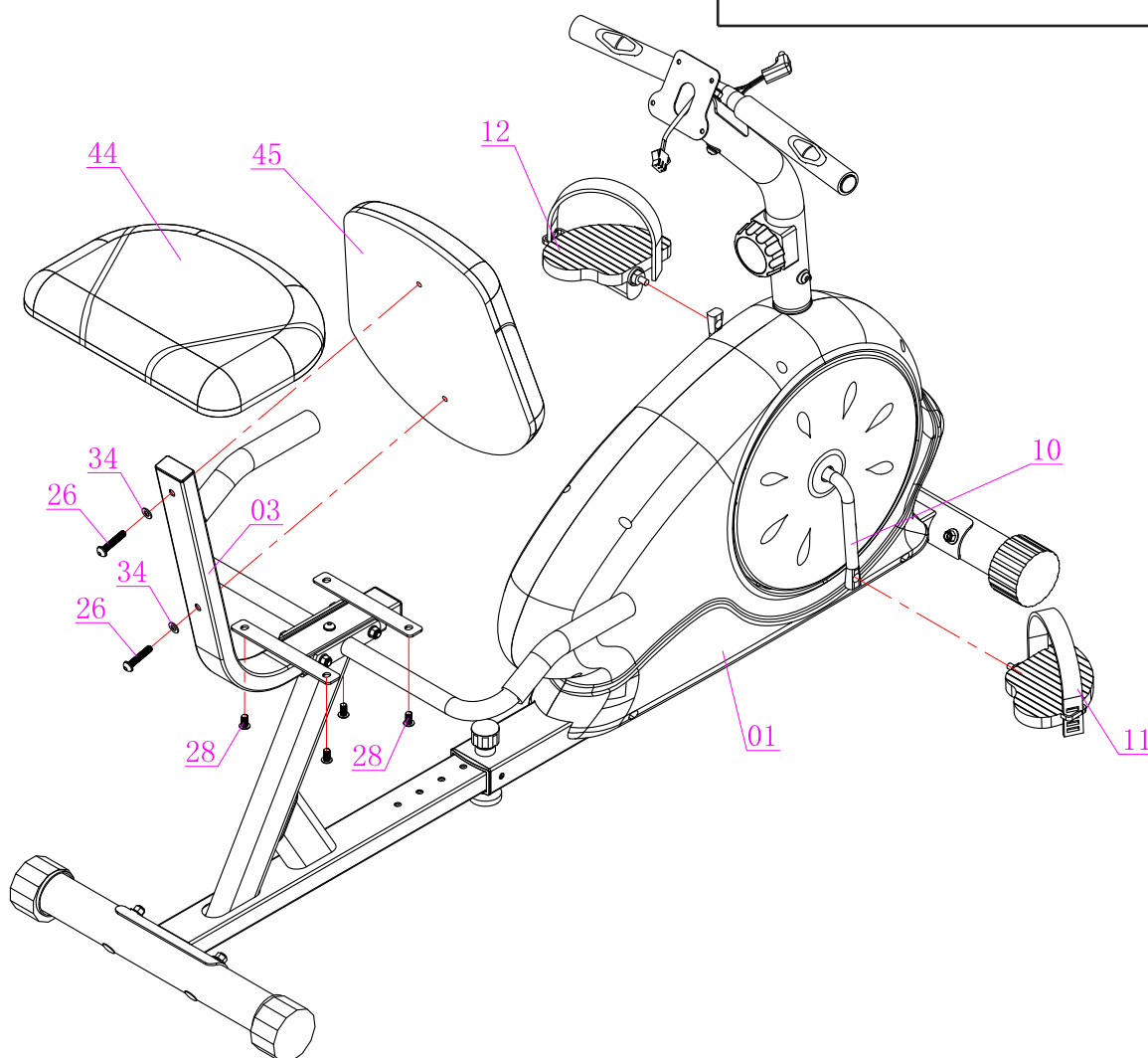


#28. Screw (M8x15mm)
[4 pieces]

Washer



#34. Washer (M8)
[2 pieces]





Assembly Instructions

Assembly Step 5

Computer Assembly

Remove the four **Screws (#30)** that are pre-assembled on the **Monitor (#43)** and set them aside nearby.

Attach **Monitor (#43)** to **Sensor Wire for Front Post (#41)**.

Then, attach the **Monitor (#43)** to the bracket of **Front Post (#04A)** using four **Screws (#30)** that were set aside earlier.

Connect **Handle Pulse (#42)** into the power plug hole on the back of **Monitor (#43)** as illustrated in exploded diagram.

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.

Hardware Required

Bolt



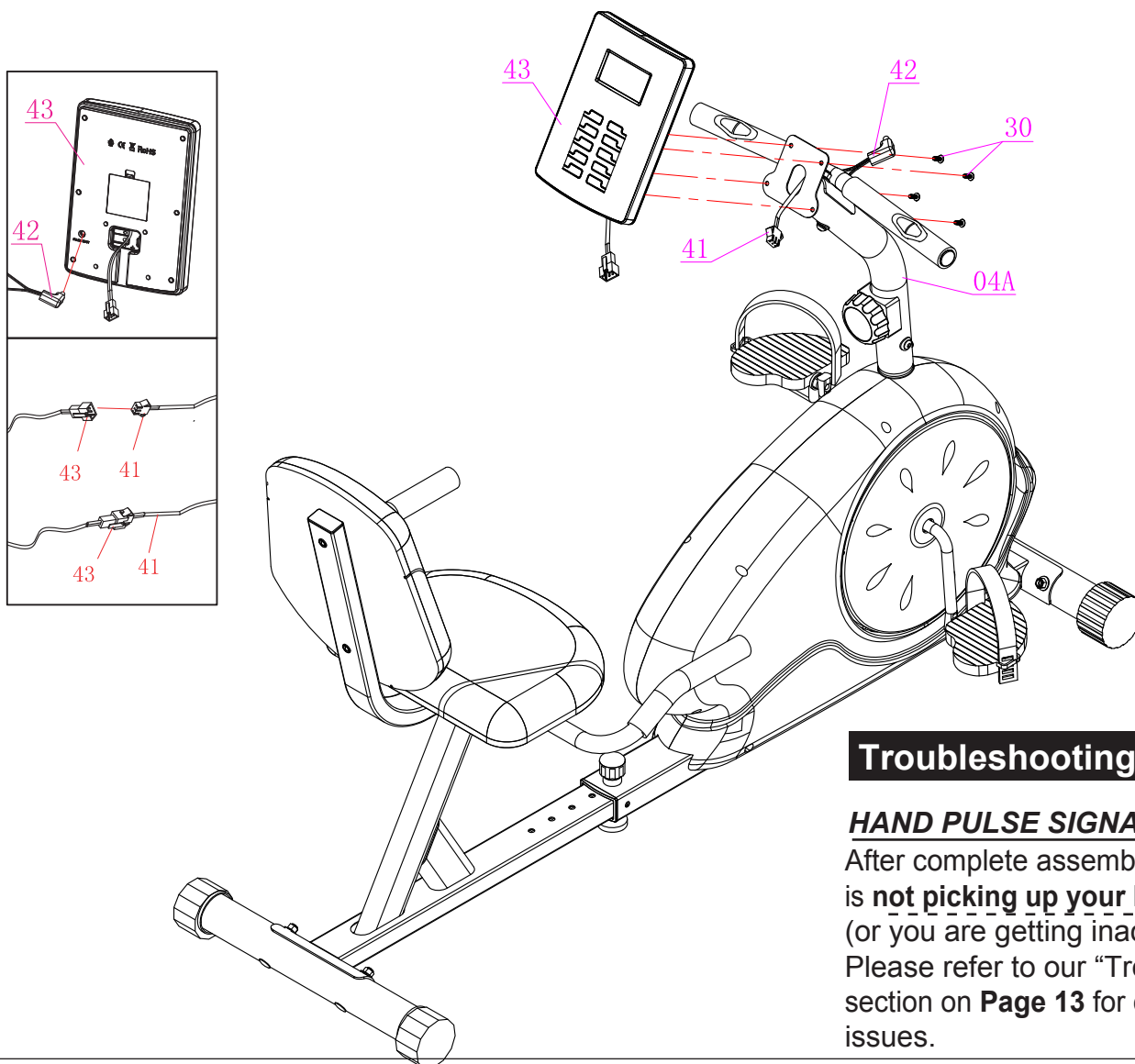
#30. Screw (M5x12 mm)

[4 pieces]

Note:

This Magnetic Recumbent Bike is intended to be correctly orientated in a vertical or floor mount position.

Please ensure wires are protruding out of. If not, you may have to use a bent wire to "fish" them out.



Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), Please refer to our "Troubleshooting" section on **Page 13** for other troubleshoot issues.



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.

HOW TO (EMERGENCY) STOP

NOTE: Always wait for the pedals and/or any other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

1. To reduce speed on the bike, you may use the combinations of your feet on the **Left/Right Pedals (#12/11)** and your hands on either set of the front or rear handlebars (**Front Handle Bar (#05)** or **Left/Right Rear Handle Bars (#06/07)**) to gently and safely apply counter-momentum.
2. Wait for the pedals to come to a complete stop.
3. Now you may safely dismount the unit

HOW TO MOVE/TRANSPORT THE BIKE FOR STORAGE

NOTE: To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum 2 people total). The unit has integrated **End Cap for Front Stabilizer (#13)** purposely intended to help ease this process.

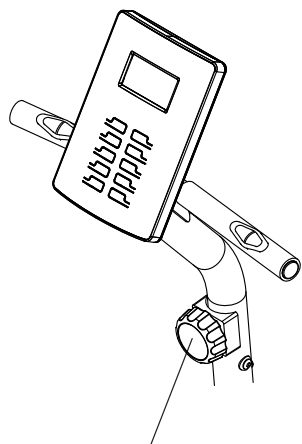
1. Position one person on each side at the rear of the bike toward the Seat (one person on the left, and one on the right).
2. Have each person use both hands to grip the corresponding **Foam Grip (#19)** for Rear Handle Bar near the **Cushion Frame (#03)**. (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the rear end of the unit, leaving the weight and pressure into the front of the unit and onto the **End Cap for Front Stabilizer (#13)** to move/transport the unit to the desired area.

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 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): **Spring Loaded Knob (#21)**; **Left Right Pedal (#12/11)**; **Backrest Cushion (#45)** and **Seat Cushion (#44)**.
- 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.



Computer Operation

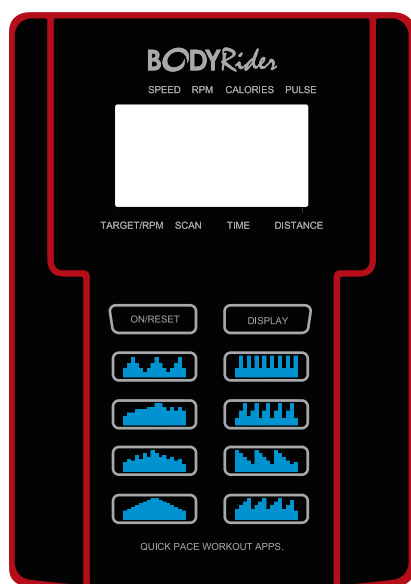


TENSION CONTROL KNOB

TENSION CONTROL KNOB

The **Tension Control Knob** located on the Front Post allows you to control how much tension is applied during exercise.

1-8 (numbers)	There are 8 levels of tension (1 = the least amount of tension; 8 = the most amount of tension).
-	Turn the Tension Control Knob <u>LEFT</u> to <i>decrease</i> the tension.
+	Turn the Tension Control Knob <u>RIGHT</u> to <i>increase</i> the tension.



BUTTON FUNCTIONS

ON/RESET	Press this button and hold for 2 seconds to reset all values to 0
DISPLAY	Press this button to switch between the display values of TIME/SPEED/CAL to DISTANCE/RPM/PULSE or return to SCAN mode during exercise. Press this button and hold for 2 seconds to switch between KM to M during STOP mode.
Preset Training Programs (8 Total)	Press any of the 8 icon buttons of preset training programs to enter the program in STOP mode. Press any of the 8 icon buttons again to return to MANUAL program mode.



Computer Operation

COMPUTER OPERATIONS & FUNCTIONS

1. Batteries + Installation

Please install 4 pieces of AA 1.5V batteries in the battery case on the back of monitor. The full LCD display will show with an audible beep. The computer is now in MANUAL program mode.
(Whenever batteries are removed, all the functions values will be reset to zero.)

2. Auto On/Off

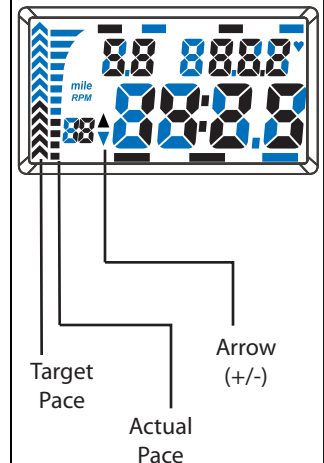
While the user starts to exercise, the display will show the workout value automatically. Every 6 seconds, the values will alternate between TIME/SPEED/CAL and DISTANCE/RPM/PULSE. Once the user stops exercising and/or no motion is detected on the unit for over 4 minutes, the display will turn off automatically.

3. Preset Training Programs* (8 Total) (P1-P8)

Press any 1 of the 8 Preset Training Programs to enter into STOP mode. These preset training programs are based on speed, which is measured by RPM (rotations per minute). When P1-P8 is selected, two column bars will appear. Each bar represents 10 RPM. The left column shows a "target pace" (arrow-style bars), and the right column shows your actual/current pace (rectangular-style bars). The "target pace" (left column) will change during the workout as part of the preset training program. You can adjust your pace (right column) so that it matches the "target pace" (left column).

Each program consists of 16 columns, and each column represents 1 minute. When the current RPM is higher or lower than the "target" RPM during the workout, the LCD will display the difference and either a downward or upward arrow (+/-) to prompt the user to decrease or increase the current speed.

*WHILE THESE PACE PROGRAMS HELP YOU SET "TARGETS", ALWAYS GO AT A PACE GOOD FOR YOUR OWN BODY. PLEASE CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.



4. Speed

Displays the current workout speed.

5. Distance

Displays the workout session's trip distance.

6. Time

Displays the workout session time/duration.

7. CAL

Displays the calorie consumption during workout session.

8. Pulse

Displays the current heart rate in beats per minute. To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training. Please refer to "Troubleshooting" section on Page 12 if you encounter any problems.

*Please be aware that the pulse sensors are not medical devices; the pulse sensors should not be used or applied for medical reasons.

9. RPM

Displays the current rotations per minute.



Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
HAND PULSE SIGNAL	<p>If the computer is <u>not picking up your hand pulse signal</u> (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. Gripping the sensors too tightly restricts and seizes detection of your pulse.3. Remove any rings or jewelry to prevent interference.4. Check to ensure all pulse sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</p>
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. <p>You may need to refer to installation/assembly directions for the sensor wires in this manual.</p>
COMPUTER Display	<p>If the computer <u>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. <p><i>*Please check your product manual to determine if your model uses <u>either</u></i> <i>1. an AC Adapter, <u>or</u> 2. Batteries to power your unit.</i></p>

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

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.

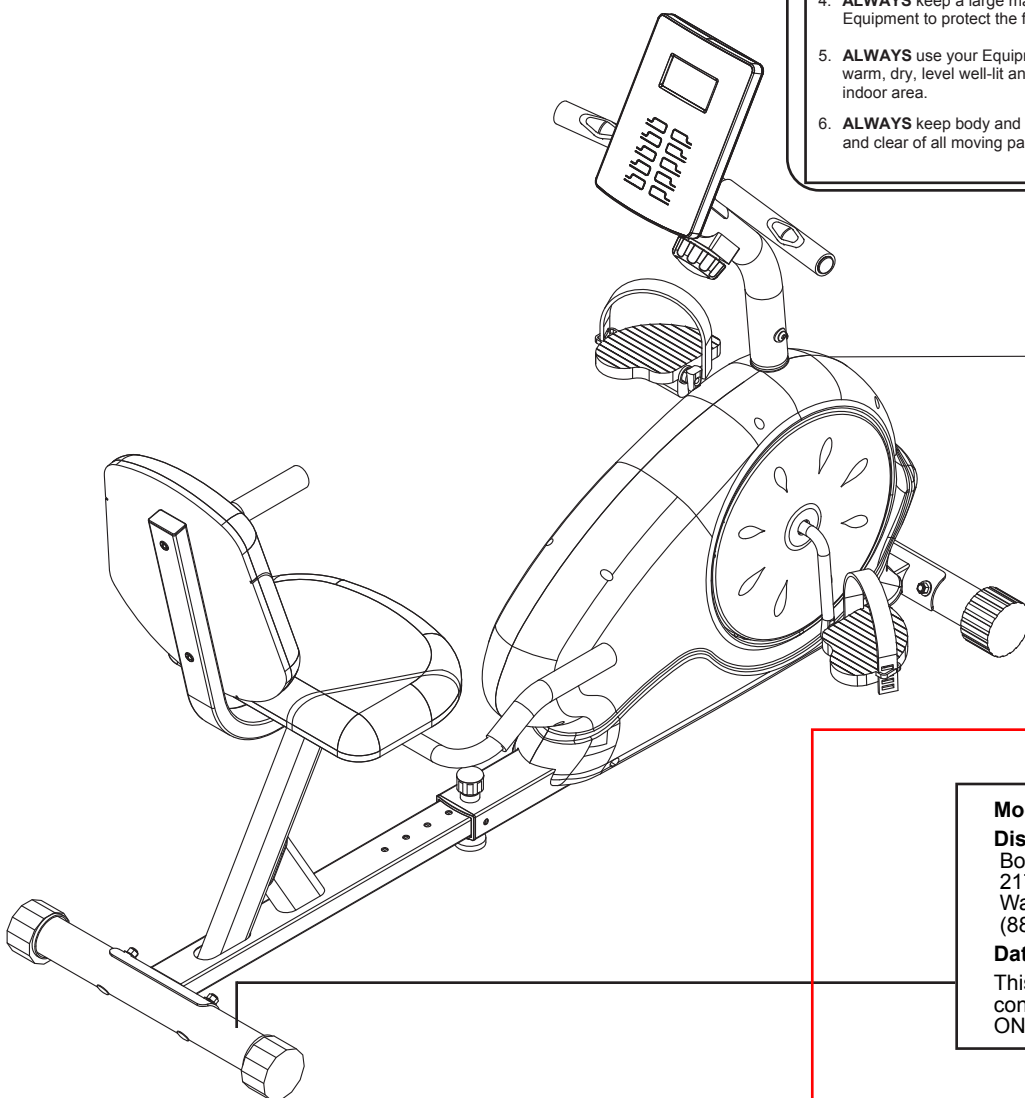
The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



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.	7. ALWAYS keep your Equipment clean and free of dust, moisture, debris and loose objects.
2. ALWAYS make sure all nuts and bolts are secured before use. TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.	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.
3. STOP EXERCISING if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.	9. NEVER allow small children or pets to approach the Equipment. It is not a toy.
4. ALWAYS keep a large mat under the Equipment to protect the floor or carpet.	10. NEVER use the Equipment if you exceed its weight limit of 300 lbs.
5. ALWAYS use your Equipment in a warm, dry, level well-lit and ventilated indoor area.	11. NEVER use the Equipment if it does not function properly.
6. ALWAYS keep body and clothing free and clear of all moving parts.	



Model No.:BRB5288

Distributed by:

Body Flex, Inc.
21717 Ferrero Parkway
Walnut, CA 91789 USA
(888) 266-6789

Date of Manufacture:

This product is intended for
consumer use (non-institutional)
ONLY.

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

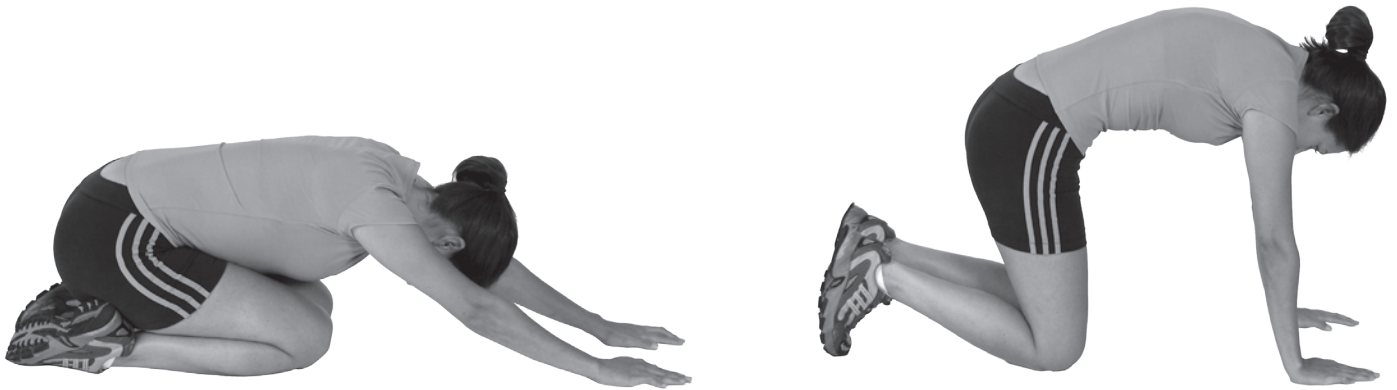
1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



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



Model Number BRB 5288

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:

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

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

