3-in-1 Trio Trainer

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

OWNERS MANUAL
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 all 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. **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 250 lbs.
11. **NEVER** use the Equipment if it does not function properly.
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: 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.

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:

a). provide replacement parts to the purchaser in an effort to repair the item.
b). repair the product returned to our warehouse (at the purchaser’s cost).
c). 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
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.

**Hardware List**

### BOLTS

- **#20. Carriage Bolt (M8x65 mm)**
  - [4 Pieces]
- **#21. Carriage Bolt (M6x38 mm)**
  - [4 Pieces]
- **#22. Bolt (1/2"x97 mm)**
  - [2 Pieces]
- **#23. Bolt (M10x58 mm)**
  - [2 Pieces]
- **#24. Hex Bolt (M8x105 mm)**
  - [4 Pieces]
- **#25. Hex Bolt (M8x60 mm)**
  - [2 Pieces]
- **#26. Bolt (M8x45 mm)**
  - [2 Pieces]
- **#27. Hex Bolt (M8x40 mm)**
  - [6 Pieces]
- **#28. Hex Bolt (M8x30 mm)**
  - [2 Pieces]
- **#29. Bolt (M8x20 mm)**
  - [4 Pieces]
- **#30. Bolt (M8x15 mm)**
  - [12 Pieces] Pre-assembled
- **#31. Bolt (M8x10 mm)**
  - [8 Pieces]
- **#32. Screw (M5x12 mm)**
  - [4 Pieces] Pre-assembled
- **#33. Screw (M4x12 mm)**
  - [4 Pieces] Pre-assembled

### WASHERS

- **#39. Washer (M10)**
  - [4 Pieces] Pre-assembled
  - [2 Pieces]
- **#40. Washer (M8)**
  - [22 Pieces]
- **#41. Arc Washer (M8)**
  - [12 Pieces] Pre-assembled
  - [8 Pieces]
- **#42 Arc Washer (M6)**
  - [4 Pieces]
- **#43. Spring Washer (M8)**
  - [14 Pieces] Pre-assembled
  - [8 Pieces]
- **#44. Spring Washer (M6)**
  - [4 Pieces]
- **#45. D Shape Washer (19 mm)**
  - [2 Pieces]
- **#46. Special Washer (ID.19 mm)**
  - [2 Pieces]
- **#47. Special Washer (ID.16 mm)**
  - [2 Pieces]
- **#82. Washer (M4)**
  - [4 Pieces] Pre-assembled

### NUTS

- **#34. Cap Nut (M8)**
  - [4 Pieces]
- **#35. Cap Nut (M6)**
  - [4 Pieces]
- **#36. Nylon Nut (1/2")**
  - [2 Pieces]
- **#37. Nylon Nut (M10)**
  - [2 Pieces]
- **#38. Nylon Nut (M8)**
  - [12 Pieces]
- **#50. Lock Knob (M10)**
  - [2 Pieces] Pre-assembled
- **#63. Plastic Bushing**
  - [2 Pieces]
- **#64. Round Cap (38 mm)**
  - [2 Pieces]
- **#81. Tool**
  - [2 Pieces]
- **#80. Tool**
  - [1 Piece]
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.

<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Part#</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Main Frame</td>
<td>42</td>
<td>Arc Washer (M6)</td>
</tr>
<tr>
<td>02</td>
<td>Center Post</td>
<td>43</td>
<td>Spring Washer (M8)</td>
</tr>
<tr>
<td>03A</td>
<td>Left Pedal Tube</td>
<td>44</td>
<td>Spring Washer (M6)</td>
</tr>
<tr>
<td>04A</td>
<td>Right Pedal Tube</td>
<td>45</td>
<td>D Shape Washer (19 mm)</td>
</tr>
<tr>
<td>05</td>
<td>Left Coupler Bar</td>
<td>46</td>
<td>Special Washer (ID.19 mm)</td>
</tr>
<tr>
<td>06</td>
<td>Right Coupler Bar</td>
<td>47</td>
<td>Special Washer (ID.16 mm)</td>
</tr>
<tr>
<td>07</td>
<td>Seat Cushion Frame</td>
<td>48</td>
<td>Bushing</td>
</tr>
<tr>
<td>08</td>
<td>Backrest Cushion Frame</td>
<td>49</td>
<td>Spring Loaded Knob (M16)</td>
</tr>
<tr>
<td>09</td>
<td>Horizontal Seat Cushion Bar</td>
<td>50</td>
<td>Lock Knob (M10)</td>
</tr>
<tr>
<td>10</td>
<td>Left Rear Handle Bar</td>
<td>51C</td>
<td>Monitor</td>
</tr>
<tr>
<td>11</td>
<td>Right Rear Handle Bar</td>
<td>52A</td>
<td>Hand Pulse</td>
</tr>
<tr>
<td>12</td>
<td>Left Handle Bar</td>
<td>53A</td>
<td>Main Sensor (Upper)</td>
</tr>
<tr>
<td>13</td>
<td>Right Handle Bar</td>
<td>54A</td>
<td>Main Sensor (Lower)</td>
</tr>
<tr>
<td>14</td>
<td>Pulse Handle Bar</td>
<td>55A</td>
<td>Adapter</td>
</tr>
<tr>
<td>15</td>
<td>Front Stabilizer</td>
<td>56</td>
<td>Left Pedal</td>
</tr>
<tr>
<td>16</td>
<td>Rear Stabilizer</td>
<td>57</td>
<td>Right Pedal</td>
</tr>
<tr>
<td>17</td>
<td>Pedal Connection Joint</td>
<td>58</td>
<td>Left Foot Pedal</td>
</tr>
<tr>
<td>18</td>
<td>U Bracket</td>
<td>59</td>
<td>Right Foot Pedal</td>
</tr>
<tr>
<td>19</td>
<td>Crank</td>
<td>60</td>
<td>Mat</td>
</tr>
<tr>
<td>20</td>
<td>Carriage Bolt (M8x65 mm)</td>
<td>61</td>
<td>End Cap for Front Stabilizer</td>
</tr>
<tr>
<td>21</td>
<td>Carriage Bolt (M6x38 mm)</td>
<td>62</td>
<td>End Cap for Rear Stabilizer</td>
</tr>
<tr>
<td>22</td>
<td>Bolt (1/2&quot;x97 mm)</td>
<td>63</td>
<td>Plastic Bushing</td>
</tr>
<tr>
<td>23</td>
<td>Bolt (M10x58 mm)</td>
<td>64</td>
<td>Round Cap (38 mm)</td>
</tr>
<tr>
<td>24</td>
<td>Hex Bolt (M8x105 mm)</td>
<td>65</td>
<td>Plastic Bushing (38 mm)</td>
</tr>
<tr>
<td>25</td>
<td>Hex Bolt (M8x60 mm)</td>
<td>66</td>
<td>Plastic Bushing (25 mm)</td>
</tr>
<tr>
<td>26</td>
<td>Bolt (M8x45 mm)</td>
<td>67</td>
<td>Elliptical Sleeve</td>
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<tr>
<td>27</td>
<td>Hex Bolt (M8x45 mm)</td>
<td>68</td>
<td>Round End Cap (30 mm)</td>
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<td>28</td>
<td>Hex Bolt (M8x40 mm)</td>
<td>69</td>
<td>Round End Cap (25 mm)</td>
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<tr>
<td>29</td>
<td>Bolt (M8x30 mm)</td>
<td>70</td>
<td>Round End Cap (22 mm)</td>
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<tr>
<td>30</td>
<td>Bolt (M8x20 mm)</td>
<td>71</td>
<td>Rectangular End Cap (25x50 mm)</td>
</tr>
<tr>
<td>31</td>
<td>Bolt (M8x15 mm)</td>
<td>72</td>
<td>Rectangular End Cap (25x40 mm)</td>
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<tr>
<td>32</td>
<td>Screw (M5x12 mm)</td>
<td>73</td>
<td>Square End Cap (38 mm)</td>
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<tr>
<td>33</td>
<td>Screw (M4x25 mm)</td>
<td>74</td>
<td>Foam Grip for Handle Bar</td>
</tr>
<tr>
<td>34</td>
<td>Cap Nut (M8)</td>
<td>75</td>
<td>Foam Grip for Rear Handle Bar</td>
</tr>
<tr>
<td>35</td>
<td>Cap Nut (M6)</td>
<td>76</td>
<td>Foam Grip for Pulse Handle Bar</td>
</tr>
<tr>
<td>36</td>
<td>Nylon Nut (1/2&quot;)</td>
<td>77</td>
<td>Monitor Base</td>
</tr>
<tr>
<td>37</td>
<td>Nylon Nut (M10)</td>
<td>78</td>
<td>Backrest Cushion</td>
</tr>
<tr>
<td>38</td>
<td>Nylon Nut (M8)</td>
<td>79</td>
<td>Seat Cushion</td>
</tr>
<tr>
<td>39</td>
<td>Washer (M10)</td>
<td>80</td>
<td>Tool</td>
</tr>
<tr>
<td>40</td>
<td>Washer (M8)</td>
<td>81</td>
<td>Tool</td>
</tr>
<tr>
<td>41</td>
<td>Arc Washer (M8)</td>
<td>82</td>
<td>Washer (M4)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>83</td>
<td>Screw (M4x12 mm)</td>
</tr>
</tbody>
</table>
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

FRONT STABILIZER ASSEMBLY
Using the drawing below for reference, secure the Front Stabilizer (#15) to the Main Frame (#01) using two Carriage Bolts (#20) followed by two Arc Washers (#41), two Spring Washers (#43), and two Cap Nuts (#34).

REAR STABILIZER ASSEMBLY
Secure the Rear Stabilizer (#16) to the Main Frame (#01) using two Carriage Bolts (#20) followed by two Arc Washers (#41), two Spring Washers (#43), and two Cap Nuts (#34).

Please Note that the Front Stabilizer (#15) has end caps that spin for ease of relocating the unit.

Hardware Required

<table>
<thead>
<tr>
<th>BOLTS</th>
<th>WASHERS</th>
<th>NUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>#20. Carriage Bolt (M8x65 mm) [4 Pieces]</td>
<td>#41. Arc Washer (M8) [4 Pieces]</td>
<td>#34. Cap Nut (M8) [4 Pieces]</td>
</tr>
<tr>
<td>#43. Spring Washer (M8) [4 Pieces]</td>
<td></td>
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</tbody>
</table>

END CAPS THAT SPIN

(After assembly is complete, see Page 15 for instructions on "HOW TO MOVE/TRANSPORT THE BIKE FOR STORAGE")
Assembly Step 2

**WIRE CONNECTIONS**
Connect the *Main Sensor Wire (Lower)* (#54A) to the *Main Sensor Wire (Upper)* (#53A).

**CENTER POST ASSEMBLY**
Remove the *Bolts* (#31), *Spring Washers* (#43), and *Arc Washers* (#41) that are pre-assembled on the *Main Frame* (#01) and set them aside nearby as they will be used later in this step.

Being careful not to pinch any wires, slide the *Center Post* (#02) onto the *Main Frame* (#01) and secure it using the previously removed six *Bolts* (#31), six *Spring Washers* (#43), and six *Arc Washers* (#41) as shown in drawing below.

---

**Hardware Required**

**BOLTS**

- #31. Bolt (M8x15 mm) [6 Pieces]

**WASHERS**

- #41. Arc Washer (M8) [6 Pieces]
- #43. Spring Washer (M8) [6 Pieces]
Assembly Step 3

COUPLER BAR ASSEMBLY (Part I)

Referring to the diagram below, on the right side of the Center Post (#02) –in the following order—slide on one Plastic Bushing (#63), one Special Washer (#46) followed by the Right Coupler Bar (#06), one D Shape Washer (#45), one Round Cap (#64), one Washer (#40), and secure using one Bolt (#30).

On the opposite side, assemble –in the following order—slide on one Plastic Bushing (#63), one Special Washer (#46) followed by the Left Coupler Bar (#05), one D Shape Washer (#45), one Round Cap (#64), one Washer (#40), and secure using one Bolt (#30).

COUPLER BAR ASSEMBLY (Part II)

Attach the Right Pedal Tube (#04A) onto the Crank (#19) as illustrated and secure by inserting from the outer edge of the Right Pedal Tube (#04A): one Bolt (#22) and one Special Washer (#47). Secure from the inner side (behind the Crank (#19)) with one Nylon Nut (#36).

Repeat this process on the other side using the Left Pedal Tube (#03A).

***PLEASE DO NOT tighten the hardware until PART III below has been completed. This will allow you to align the holes for proper and smooth assembly***

COUPLER BAR ASSEMBLY (Part III)

Using the drawings as reference, attach the free end of the bottom of the Right Coupler Bar (#06) to the front of the Right Pedal Tube (#04A) by aligning the holes. After the holes are aligned, insert one Bolt (#23) through the Right Pedal Tube (#04A), the Right Coupler Bar (#06) and secure using one Washer (#39) followed by one Nylon Nut (#37).

Repeat this process on the other side using Left Coupler Bar(#05) and Left Pedal Tube (#03A). ***Now, you may return to PART II of this Assembly Step to tighten the hardware on both sides.

Hardware Required

**BOLTS**

<table>
<thead>
<tr>
<th>Bolt</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#22. Bolt (1/2&quot;x97 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#23. Bolt (M10x58 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#30. Bolt (M8x20 mm)</td>
<td>2 Pieces</td>
</tr>
</tbody>
</table>

**WASHERS**

<table>
<thead>
<tr>
<th>Washer</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#39. Washer (M10)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#40. Washer (M8)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#45. D Shape Washer (19 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#46. Special Washer (ID.19 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#47. Special Washer (ID.16 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#63. Plastic Bushing</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#64. Round Cap (38 mm)</td>
<td>2 Pieces</td>
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</tbody>
</table>

**NUTS**

<table>
<thead>
<tr>
<th>Nut</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#36. Nylon Nut (1/2&quot;)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#37. Nylon Nut (M10)</td>
<td>2 Pieces</td>
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</tbody>
</table>

**Others**

<table>
<thead>
<tr>
<th>Part</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#01.</td>
<td></td>
</tr>
<tr>
<td>#02.</td>
<td></td>
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<tr>
<td>#03.</td>
<td></td>
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<tr>
<td>#03A.</td>
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<tr>
<td>#04.</td>
<td></td>
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<tr>
<td>#04A.</td>
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<tr>
<td>#17.</td>
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<tr>
<td>#19.</td>
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<td>#36.</td>
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<td>#37.</td>
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<td>#45.</td>
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<td>#46.</td>
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<td>#63.</td>
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<tr>
<td>#64.</td>
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<tr>
<td>#67.</td>
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</tbody>
</table>
Assembly Step 4

PEDAL ASSEMBLY
Attach the Left/Right Pedals (#56/#57) onto the Left/Right Pedal Tubes (#03A/#04A) as shown in the drawing below using a total of three Hex Bolts (#28), secured by three Washers (#40), and three Nylon Nuts (#38).

FOOT PEDAL ASSEMBLY
On the left side, attach the Left Foot Pedal (#58) to the front of Left Pedal Tube (#03A) using two Hex Bolts (#24) through two Washers (#40) and secure with two Washers (#40) and two Nylon Nuts (#38). Repeat this process on the other side.

Note:
Care should be used when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

Hardware Required

<table>
<thead>
<tr>
<th>BOLTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>#24. Hex Bolt (M8x105 mm) [4 Pieces]</td>
<td></td>
</tr>
<tr>
<td>#28. Hex Bolt (M8x40 mm) [6 Pieces]</td>
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<table>
<thead>
<tr>
<th>WASHERS</th>
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</thead>
<tbody>
<tr>
<td>#40. Washer (M8) [14 Pieces]</td>
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<table>
<thead>
<tr>
<th>NUTS</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>#38. Nylon Nut (M8) [10 Pieces]</td>
<td></td>
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</table>
Assembly Step 5

HANDLE BAR ASSEMBLY
Please remove the two Bolts (#31), two Spring Washers (#43), two Arc Washers (#41) pre-assembled on Left Coupler Bar (#05) and Right Coupler Bar (#06). Set them aside nearby for now.

On the left side, insert Left Handle Bar (#12) into the opening at the tip of Left Coupler Bar (#05). Align the holes of the Left Handle Bar (#12) and Left Coupler Bar (#05) and secure from the side using one Bolt (#31), one Spring Washer (#43) and one Arc Washer (#41). Then, continue from rear/front with with two Carriage Bolts (#21), two Arc Washers (#42), two Spring Washers (#44) and two Cap Nuts (#35).

Repeat this process on the other side using Right Handle Bar (#13) and Right Coupler Bar (#06).

PULSE HANDLE BAR ASSEMBLY
Install the Pulse Handle Bar (#14) onto the bracket of the Center Post (#02) as shown in the illustration below using two Bolts (#29). Please ensure the wire of the Handle Pulse (#52A) is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the Monitor (#51C) later.

Hardware Required

<table>
<thead>
<tr>
<th>BOLTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>#21. Carriage Bolt (M6x38 mm) [4 Pieces]</td>
</tr>
<tr>
<td>#29. Bolt (M8x30 mm) [2 Pieces]</td>
</tr>
<tr>
<td>#31. Bolt (M8x15 mm) [2 Pieces]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WASHERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>#41. Arc Washer (M8) [2 Pieces]</td>
</tr>
<tr>
<td>#42 Arc Washer (M6) [4 Pieces]</td>
</tr>
<tr>
<td>#43. Spring Washer (M8) [2 Pieces]</td>
</tr>
<tr>
<td>#44. Spring Washer (M6) [4 Pieces]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>#35. Cap Nut (M6) [4 Pieces]</td>
</tr>
</tbody>
</table>

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 21 for other troubleshoot issues.
**Assembly Step 6**

**MONITOR ASSEMBLY**

Remove the four Screws (#32) that are pre-assembled on the back of the Monitor Base (#77). Set them aside nearby as they will be used later in this process.

Remove the four Screws (#83) and four Washers (#82) that are pre-assembled on the Monitor (#51C). Set them aside nearby as they will be used later in this process.

Attach the Monitor Base (#77) to the back of the Monitor (#51C), secure by using four Screw (#83) and four Washers (#82) that were previously removed.

With the help of an assistant, connect the Main Sensor Wire (Upper) (#53A) to the corresponding wire on the Monitor (#51C)(diagram A). Connect the end of wire of Handle Pulse (#52A) to the Monitor (#51C) by inserting it into the back hole as illustrated below (diagram B). Being careful not to pinch/damage any of the wires.

Attach the Monitor (#51C) to the bracket on the Center Post (#02) by using the four Screws (#32) that were previously removed.

---

**Hardware Required**

**BOLTS**

- #32. Screw (M5x12 mm) [4 Pieces]

- #83. Screw (M4x12 mm) [4 Pieces]

---

*Make sure the wire is accessible and exposed (as shown) before attaching Monitor Base (#77) to the Monitor (#51C).*
Assembly Step 7

SEAT FRAME ASSEMBLY
With the help of an assistant, loosen the pre-assembled Spring Loaded Knob (#49) and pull back slightly on it so that you may proceed to insert the Seat Post (#09) into the mouth of the post that is protruding from the Main Frame (#01) down a minimum of four inches so that the corresponding holes can engage. Screw in the Spring Loaded Knob (#49) through the Main Frame (#01) and then through any one of the holes located on the Seat Post (#09).

Note: The Spring Loaded Knob (#49) has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull it outward. This knob can be loosened to adjust the seat height. Adjust the seat height and then release the knob back in. Tighten the knob by turning clockwise. See the more detailed explanation and illustrations below.

Next, slide the Seat Cushion Frame (#07) onto the trough of the Seat Post (#09) as shown below. Secure using two Knobs (#50) through two Washers (#39).

Attach the Backrest Cushion Frame (#08) to the Seat Cushion Frame (#07), secure by using two Bolts (#30), two Spring Washers (#43) and two Washers (#40).

REAR HANDLEBAR ASSEMBLY
Next, with the help of an assistant, align the four of the Left Rear Handle Bar (#10) and Right Rear Handle Bar (#11) to the holes on the Backrest Cushion Frame (#08) and secure all using the two Hex Bolts (#25), followed by two Washers (#40), and two Nylon Nuts (#38).

Hardware Required

<table>
<thead>
<tr>
<th>BOLTS</th>
<th>WASHERS</th>
<th>NUTS</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>#30. Bolt (M8x20 mm) [2 Pieces]</td>
<td>#40. Washer (M8) [4 Pieces]</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>#43. Spring Washer (M8) [2 Pieces]</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>#39. Washer (M10) [2 Pieces]</td>
<td></td>
</tr>
</tbody>
</table>

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 Step 8
CUSHION ASSEMBLY
First, attach the Seat Cushion (#79) to the horizontal bar of the Seat Cushion Frame (#07) and secure from the bottom using four Bolts (#31).

Then, attach the Backrest Cushion (#78) to the Backrest Cushion Frame (#08) and secure using two Bolts (#26) through two Washers (#40).

Hardware Required
BOLTS
#26. Bolt (M8x15 mm) [2 Pieces]

#31. Bolt (M8x15 mm) [4 Pieces]

WASHERS
#40. Washer (M8) [2 Pieces]
Assembly Step 9

Plug in the Adapter (#55A) male plug into the female socket located at the rear end of the unit.

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.

Note:
This Magnetic Trio-Trainer Bike is intended to be correctly orientated in a vertical or floor mount position.

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 & 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, handlebars, 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 (#56/57) and your hands on any set of the handlebars (Left/Right Rear Handle Bars (#10/11) or Left/Right Handle Bars (#12/13) or Pulse Handle Bar (#14)) to gently and safely apply counter-momentum.
2. Wait for the pedals and handlebars 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 Stabilizers (#61) purposely intended to 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 the hand closest to grip the respective Left/Right Rear Handle Bar (#10/11). Then, use the other hand to grip the respective Left/Right Handle Bar (#12/13). (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the unit 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 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):
  Left/Right Pedals (#56/57); Left/Right Handlebars (#10/11)
• 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.
The computer is designed for programmable magnetic bikes and introduced with the following categories:
- Key Functions
- About Display
- Operating Ranges
- Things You Should Know Before Exercising
- Operation Instructions

**FUNCTION KEYS (on the surface of the fitness monitor)**

There are total 6 keys including START/STOP, ENTER, MODE, UP, DOWN, and TEST (RECOVERY).

**START/STOP**: Start or stop the program chosen. And, reset the monitor by pressing and holding for 2 seconds.

**ENTER**: Choose the functions from PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns. The chosen function will flash. Please note that not all the functions can be selected in every program according to the types of each program.

**MODE**: Change the displays of the values between RPM or SPEED, DIST or ODO and CAL or WATT.

**UP(▲)**: Select or increase the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns.

**DOWN (▼)**: Select or decrease the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns.

**TEST(RECOVERY)**: Start the function of PULSE RECOVERY.
Computer Operation

ABOUT DISPLAY

A. START: Indicate the selected program has started.

B. STOP: Indicate the selected program has stopped. And, users are free to change the programs and the value of functions applied.

C. PROGRAM: Indicate the selected programs from PROGRAM 1 to PROGRAM 17.

D. LEVEL: Indicate the selected level of loading from LEVEL 1 to LEVEL 24.

E. GENDER: Indicate the selected gender (Male or Female).

F. TIME/HEIGHT/WEIGHT Display: Indicate only one value of TIME, HEIGHT, or WEIGHT displayed depending on the programs.

G. RPM/SPEED/MPH Display: Indicate only one value of RPM, SPEED, or MPH displayed depending on the programs.

H. DISTANCE/FAT% Display: Indicate only one value of DISTANCE or FAT% displayed depending on the programs.

I. CAL/WATT/BMR Display: Indicate only one value of CAL, WATT, or BMR displayed depending on the programs.

J. TARGET H.R./BMI/AGE Display: Indicate only one value of TARGET HEART RATE, BMI or AGE displayed depending on the programs.

K. HEART RATE/BODY TYPE Display: Indicate only one value of HEART RATE or BODY TYPE displayed depending on the programs.

L. LOADING Profiles: There are 10 columns of loading bars and 12 bars in each column. Each column represents 3 minutes workout (without the change of TIME value), and each bar represents 2 levels of loading.
Computer Operation

OPERATING RANGES

<table>
<thead>
<tr>
<th>Value</th>
<th>Range (Count Up)</th>
<th>Count Down</th>
<th>Preset</th>
<th>Increment (Decrement)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROGRAM</td>
<td>1~17</td>
<td>17~1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>LEVEL</td>
<td>1~24</td>
<td>24~1</td>
<td>N/A</td>
<td>1</td>
</tr>
<tr>
<td>GENDER</td>
<td>Male/Female</td>
<td>N/A</td>
<td>Male</td>
<td>N/A</td>
</tr>
<tr>
<td>TIME</td>
<td>0:00~99:59</td>
<td>Manual PRO 99:00<del>1:00 Other PRO 99:00</del>5:00</td>
<td>0:00</td>
<td>1:00</td>
</tr>
<tr>
<td>HEIGHT (in)</td>
<td>40~100</td>
<td>100~40</td>
<td>70</td>
<td>1</td>
</tr>
</tbody>
</table>

THINGS YOU SHOULD KNOW BEFORE EXERCISING

1. The values calculated or measured by the computer are for exercise purpose only, not for medical purpose.
2. The variables may be changed in different programs:

<table>
<thead>
<tr>
<th>Programs</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>P1~P7</td>
<td>TIME, DISTANCE, CAL, AGE</td>
</tr>
<tr>
<td>P8</td>
<td>GANDER, HEIGHT, WEIGHT, AGE</td>
</tr>
<tr>
<td>P9</td>
<td>TIME, DISTANCE, CAL, TARGET H.R.</td>
</tr>
<tr>
<td>P10~P12</td>
<td>TIME, DISTANCE, CAL, AGE</td>
</tr>
<tr>
<td>P13~P16</td>
<td>TIME, DISTANCE, CAL, AGE, 10 intervals</td>
</tr>
<tr>
<td>P17</td>
<td>TIME, DISTANCE, WATT, AGE</td>
</tr>
</tbody>
</table>

3. Programs Selection:
   There are 17 programs with 1 Recovery including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, 1 Speed Independent Program, and 1 Pulse Recovery Measuring.

4. Program Graph:
   Each graph shown is the profile of the loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes that all the columns make up 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is set up to 40 minutes, each interval will be 40 minutes divided by 10 intervals(40/10=4). Then, each interval will be 4 minutes. The following graphs are all the profiles in the monitor.

Program 1
Program 2
Program 3
Program 4
Program 5
Program 6
Program 7
Program 8 (Body Fat)
Program 9 (Target H.R.C.)
Program 10 (60% H.R.C.)
Program 11 (70% H.R.C.)
Program 12 (80% H.R.C.)
Program 13 (User Setting)
Program 14 (User Setting)
Program 15 (User Setting)
Program 16 (User Setting)
Program 17 (Watt Control)
Computer Operation

5. Body Types:
There are 4 body types divided according to the FAT% calculated.

<table>
<thead>
<tr>
<th>Type</th>
<th>Man</th>
<th>Woman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 1</td>
<td>(FAT=0.0%~13.0%)</td>
<td>(FAT=0.0%~23.0%)</td>
</tr>
<tr>
<td>Type 2</td>
<td>(FAT=13.1%~25.8%)</td>
<td>(FAT=23.1%~35.8%)</td>
</tr>
<tr>
<td>Type 3</td>
<td>(FAT=25.9%~30.0%)</td>
<td>(FAT=35.9%~40.0%)</td>
</tr>
<tr>
<td>Type 4</td>
<td>(FAT=30.1%~50.0%)</td>
<td>(FAT=40.1%~50.0%)</td>
</tr>
</tbody>
</table>

6. BMR: Basal Metabolic Rate
7. BMI: Body Mass Index

OPERATION INSTRUCTIONS

Exercising with specific goal:

- TIME Control: Set up a period of time to exercise. (Except in Program 2)
- DISTANCE Control: Set up a certain distance to exercise. (Except in Program 2)
- BODY FAT Control: Computer designs various programs for different people with different body fat rate.
- WATT Control: Keep different bodies burning in desirable WATT condition

Pulse Rate:
The whole set of heart rate detector includes 2 sensors each side. Each sensor has 2 pieces of metal parts. The correct way to get detected is to gently hold both metal parts each hand. With the good signals picked up by the computer, the heart mark in the HEART RATE/ BODY TYPE Display will flash.

(Options: Chest Belt for wireless pulse system is optional. If wireless pulse system is adapted, please refer to the leaflet of wireless pulse system. It may not apply to all the models, only if the option is along with the computer.)

Manual Program:
Program 1 is a manual program. Press “ENTER” key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 6. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Users may exercise at any desired level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to slow down or to lower the level of loading.

Preset Programs:
Program 2 to Program 7 is the preset programs. Press “ENTER” key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Users may also exercise at any desired level (by pressing ▲ or ▼ during the workout) with a period of a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220-age).
So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to slow down or to lower the level of loading.
Computer Operation

Body Fat Program:
Program 8 is a special program designed to calculate users' body fat ratio and to design a specific loading profile for users. With 4 different body types, the computer can generate 4 different profiles for each. Press “ENTER” key to select GENDER, HEIGHT WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing “START/STOP” key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message “Err” will show up in the profile display. If it happens, press “START/STOP” key to calculate again. Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press “START/STOP” key to exercise. The profile shown in the display is specially designed for your body type.

Heart Rate Control Program:
Program 9 to Program 12 are the heart rate control programs (H.R.C.). In Program 9, press “ENTER” key to select TIME DISTANCE, CAL, and TARGET H.R. Users may setup a target heart rate to exercise in a period of time or a certain distance. In program 10 to program 12, press “ENTER” key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain distance with 60% max heart rate in program 10, and 70% max heart rate in program 11, and 80% max heart rate in Program 12. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close to the TARGET H.R. in the range of TARGET H.R.-5 and TARGET H.R.+5.

User Setting Programs:
Program 13 to Program 16 are the user setting programs. Users are free to edit the values in the order of TIME, DISTANCE, CAL, AGE, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Users may also change the ongoing loading in each interval by pressing ▲ or ▼ key, and they will not change the level of loading stored in the memory. With the input of age, the computer may suggest a target heart rate to exercise.

The suggested heart rate is 80% (220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to speed down or to lower the level of loading.

Speed Independent Program:
Program 17 is a speed independent program. Press “ENTER” key to select the values of TIME DISTANCE, WATT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. During the exercise, the level of loading is not adjustable. In this program, the computer will adjust the level of loading according to the value of WATT setup. For example, the level of loading may increase while the speed is too slow. Also, the level of loading may decrease while the speed is too last. As a result, the calculated value of WATT will close to the value of WATT setup by users. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80%(220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to sleep down or to lower the level of loading.

Pulse Recovery:
It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing “TEST(RECOVERY)” key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing “TEST(RECOVERY)” will not enter into the pulse recovery test. During the pulse recovery test, press “TEST(RECOVERY)” to exit the test and return to the stop status.
## Troubleshooting

### HAND PULSE SIGNAL

If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following:

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.
   
   You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.

### CALORIES/DISTANCE/TIME/(ETC.)

If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions** (or you are getting inaccurate readings), please adjust the following:

1. Check to ensure all computer sensor wires are properly connected and are not damaged.
   
   You may need to refer to installation/assembly directions for the sensor wires in this manual.

### COMPUTER Display

If the computer **display is blank & not displaying any data** (or does not appear to power on), please adjust the following:

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.
   
   *Please check your product manual to determine if your model uses either 1. an AC Adapter, or 2. Batteries to power your unit.

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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.
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.
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.
Thanks for choosing

Model Number BRT 3858

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