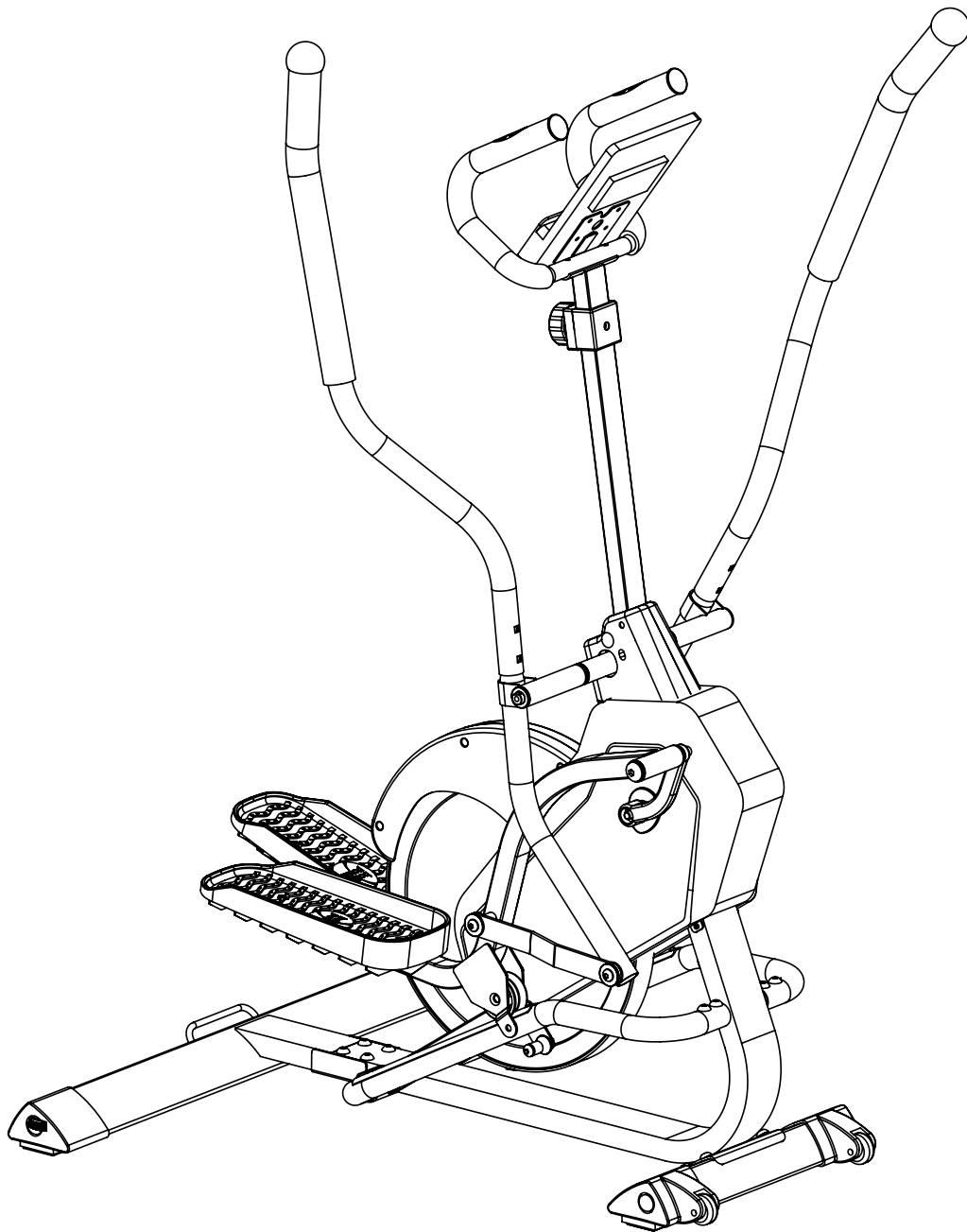


**body power®**

**BST800**

STEPTRAC™ ELLIPTICAL STEPPER  
WORKOUT TRAINER WITH  
CURVE-CRANK® TECHNOLOGY

**STEPTRAC™**



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

**OWNER'S MANUAL**

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

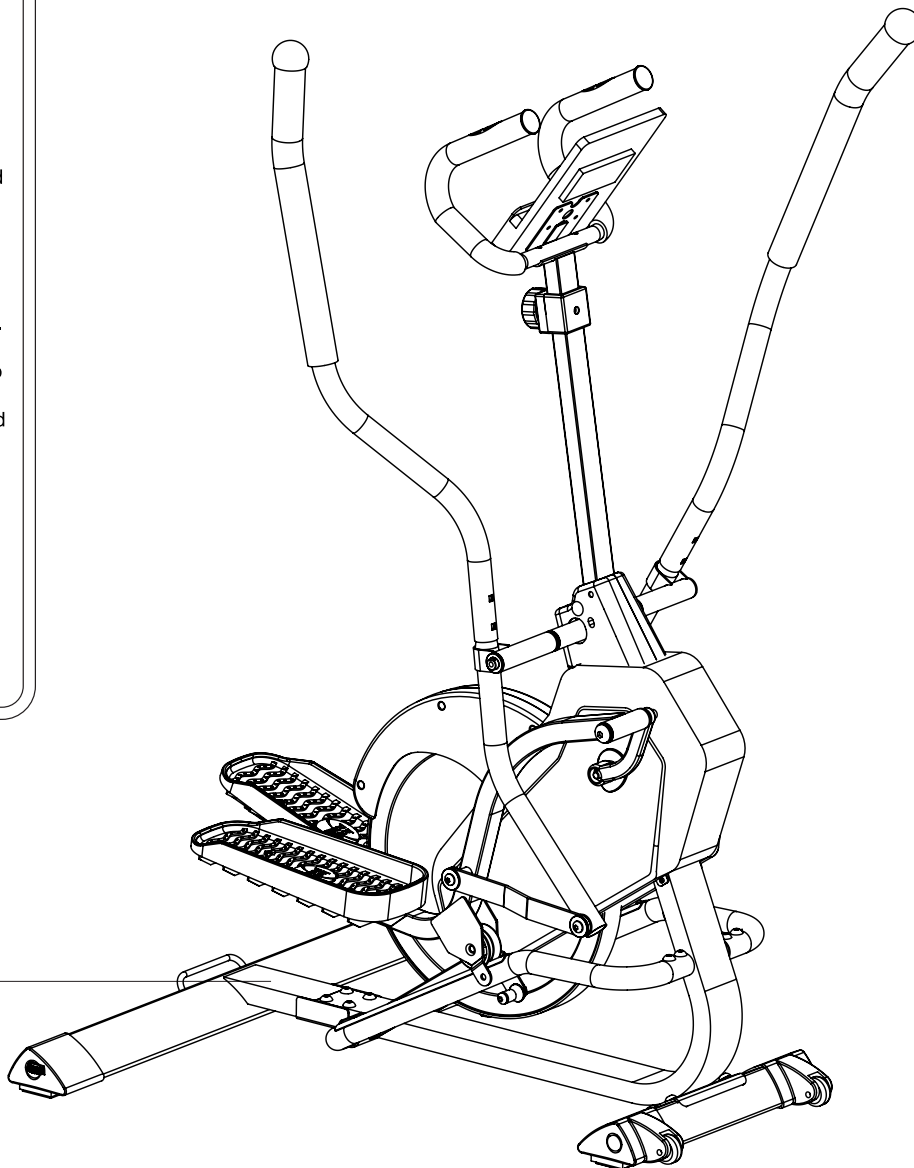
**WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.**

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

**! WARNING !**

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 hearbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. Keep all children away from this equipment. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the equipment if it does not function properly.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both, (if applicable) if caution is not used.



# General Information

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## Safety

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

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

Excessive or incorrect training may result in health injuries.

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

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

## Assembling Tools

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

## Weight Limit

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

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

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

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

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

## Questions

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

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

## Customer Support

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

Please contact us by any of the following means :

**Body Flex Sports, Inc.**  
21717 Ferrero Parkway, Walnut, CA 91789  
Telephone: 1 (888) 266 - 6789  
Fax: 1 (909) 598 - 6707  
Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)

# Before Assembly

## WARNING

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

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

## Tools Required For Assembly

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

# Part Listing

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

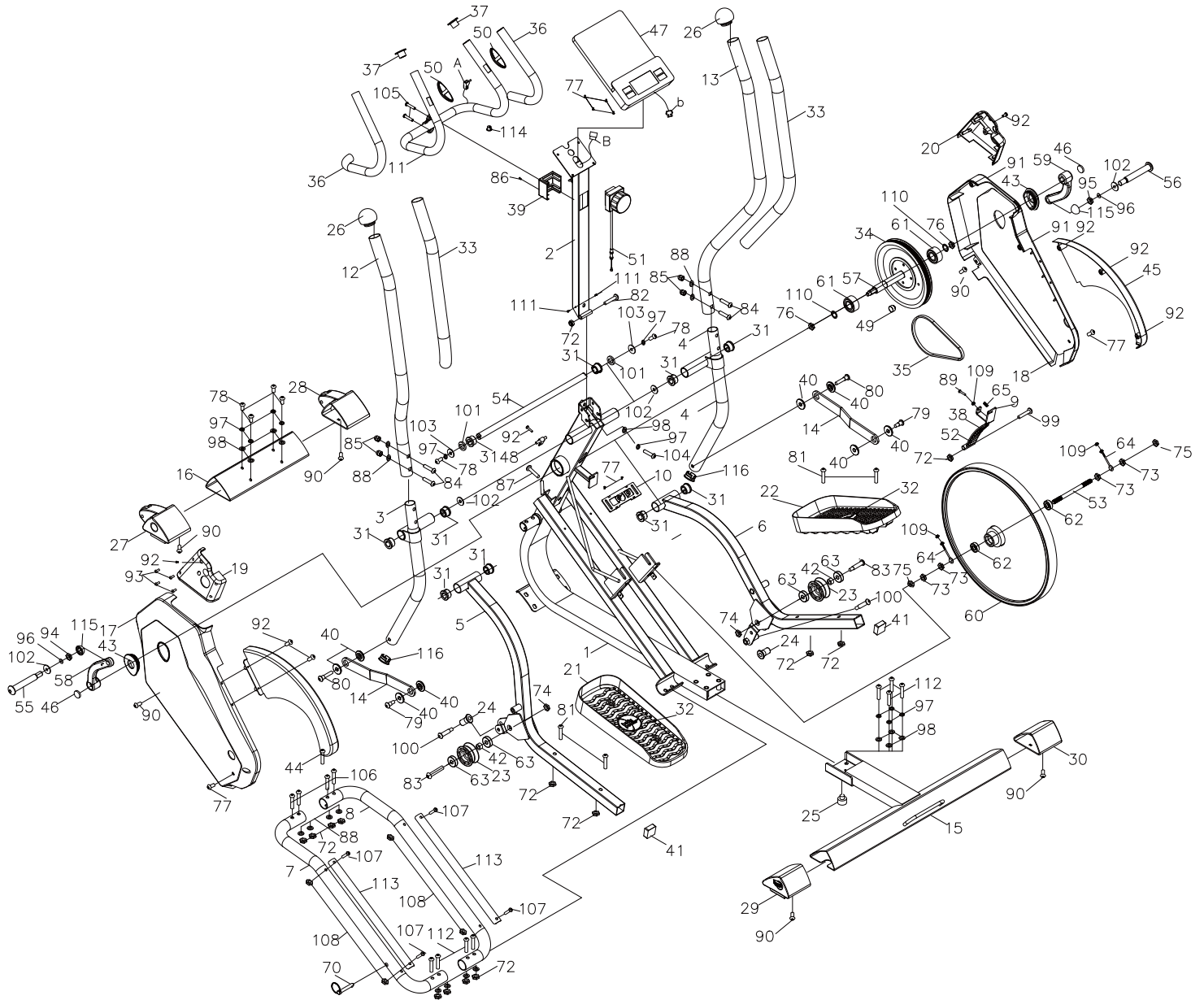
**PLEASE NOTE** most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	58	Left Crank
02	Front Post	59	Right Crank
03	Left Coupler Bar	60	Fly Wheel
04	Right Coupler Bar	61	Bearing (6004zz)
05	Left Pedal Tube	62	Bearing (6000zz)
06	Right Pedal Tube	63	Bearing (6200z)
07	Left Slide Rail	64	Bolt (M6x55 mm)
08	Right Slide Rail	65	Spring
09	Magnet Base	66	Tool (S13-17-19)
10	Magnet Bracket	67	Tool (S5)
11	Front Handle Bar	68	Tool (S6)
12	Left Handle Bar	69	Tool (S8)
13	Right Handle Bar	70	Pop-Pin (M8x50 mm)
14	Connection Joint	71	Tool (S13-14-15)
15	Rear Stabilizer	72	Nylon Nut (M8)
16	Front Stabilizer	73	Nut (M10)
17	Left Shroud 1	74	Nylon Nut (M10)
18	Right Shroud 1	75	Flange Nut (M10x1 mm)
19	Left Shroud 2	76	Flange Nut (M10x1.25 mm)
20	Right Shroud 2	77	Screw (M5x8 mm)
21	Left Pedal	78	Bolt (M8x20 mm)
22	Right Pedal	79	Bolt ( $\phi$ 10x11xM8x12 mm)
23	Pulley	80	Bolt ( $\phi$ 10x11xM8x15 mm)
24	Wheel	81	Hex Bolt (M8x50 mm)
25	Bumper	82	Bolt (M8x55 mm)
26	End Cap	83	Bolt (M10x50 mm)
27	Left End Cap for Front Stabilizer	84	Carriage Bolt (M8x40 mm)
28	Right End Cap for Front Stabilizer	85	Nut (M8)
29	Left End Cap for Rear Stabilizer	86	Screw (M5x15 mm)
30	Right End Cap for Rear Stabilizer	87	Bolt (M8x70 mm)
31	Bushing	88	Arc Washer (M8)
32	Pedal Shroud	89	Bolt (M6x12 mm)
33	Foam Grip	90	Screw (ST4.2x13 mm)
34	Belt Wheel	91	Screw (ST4.8x19 mm)
35	Belt	92	Screw (ST4.2x12 mm)
36	Foam Grip	93	Screw (ST2.9x12 mm)
37	End Cap	94	Left Nylon Nut (1/2")
38	Magnet Box	95	Right Nylon Nut (1/2")
39	Tension Controller Cover	96	Spring Washer (1/2")
40	Bushing	97	Spring Washer (M8)
41	End Cap	98	Washer (M8)
42	Bushing	99	Bolt (M8x50 mm)
43	Crank Cover	100	Bolt ( $\phi$ 10x30xM8x12 mm)
44	Left Fly Wheel Cover	101	D Shape Washer (1/2")
45	Right Fly Wheel Cover	102	Wave Washer (1/2")
46	Crank Cover	103	Washer (M8)
47	Monitor	104	Bolt (M8x40 mm)
48	Sensor	105	Bolt (M8x25 mm)
49	Magnet	106	Bolt (M8x42 mm)
50	Hand Pulse	107	Bolt (M6x40 mm)
51	Tension Controller	108	Nut (M6)
52	Magnet	109	Nut (M6)
53	Fly Wheel Axle	110	C Clip
54	Handle Bar Axle	111	Screw (ST4.2x15 mm)
55	Left Pedal Hinge Bolt	112	Bolt (M8x45 mm)
56	Right Pedal Hinge Bolt	113	Linkage
57	Crank Axle	114	Wire Plug
		115	Bolt Cap
		116	End Cap

# Exploded View

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

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

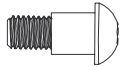


# Hardware and Tool List

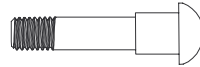
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.  
**PLEASE NOTE** Most of these parts are already *pre-assembled* on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.



#78 Bolt (M8x20 mm)  
6 pcs



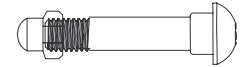
#79 Bolt ( $\phi$ 10x11xM8x12 mm)  
2 pcs



#80 Bolt ( $\phi$ 10x11xM8x15 mm)  
2 pcs



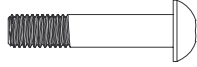
#81 Hex Bolt (M8x50 mm)  
4 pcs



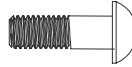
#84 Carriage Bolt (M8x40 mm) 4pcs  
#85 Nut (M8) 4 pcs



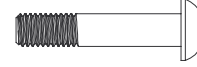
#100 Bolt ( $\phi$ 10x30xM8x12 mm)  
2 pcs



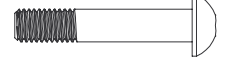
#104 Bolt (M8x40 mm)  
1 pc



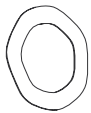
#105 Bolt (M8x25 mm)  
2 pcs



#106 Bolt (M8x42 mm)  
4 pcs



#112 Bolt (M8x45 mm)  
8 pcs



#102 Wave Washer (1/2")  
4 pcs



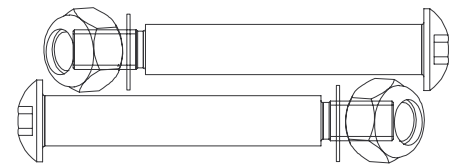
#88 Arc Washer (M8)  
12 pcs



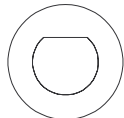
#97 Spring Washer (M8)  
11 pcs



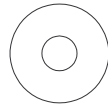
#98 Washer (M8)  
9 pcs



#55 Left Pedal Hinge Bolt 1 pc  
#56 Right Pedal Hinge Bolt 1 pc  
#94 Left Nylon Nut (1/2") 1 pc  
#95 Right Nylon Nut (1/2") 1 pc  
#96 Spring Washer (1/2") 2 pcs



#101 D Shape Washer (1/2")  
2 pcs



#103 Washer (M8)  
2 pcs



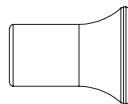
#111 Screw (ST4.2x15 mm)  
2 pcs



#77 Screw (M5x8 mm)  
4 pcs  
pre-assembled



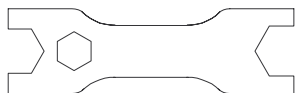
#72 Nylon Nut (M8)  
12 pcs



#24 Wheel  
2 pcs



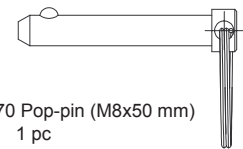
#115 Bolt Cap  
2 pcs



#66 Tool (S13-17-19)  
1 pc



#71 Tool (S13-14-15)  
1 pc



#70 Pop-pin (M8x50 mm)  
1 pc



#68 Tool (S6) 1 pc  
#69 Tool (S8) 1 pc

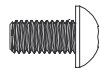


#67 Tool (S5)  
2 pcs

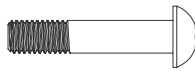


# Assembly STEP 1

## Hardware Required



#78 Bolt (M8x20 mm)  
4 pcs



#104 Bolt (M8x40 mm)  
1 pc



#112 Bolt (M8x45 mm)  
8 pcs



#88 Arc Washer (M8)  
8 pcs



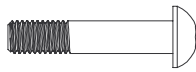
#72 nut M8  
8 pcs



#97 Spring Washer (M8)  
9 pcs



#98 Washer (M8)  
9 pcs



#106 Bolt (M8x42 mm)  
4 pcs



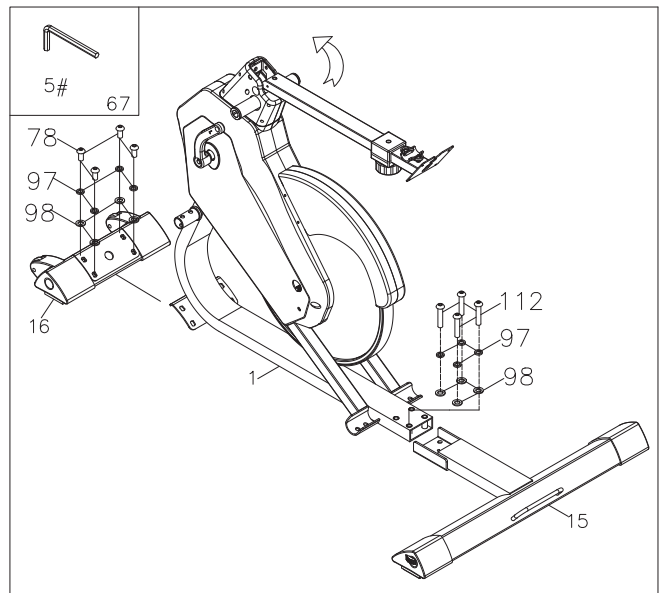
#111 Screw (ST4.2x15 mm)  
2 pcs

### NOTE BEFORE STARTING THE ASSEMBLY PROCESS :

To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly. Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

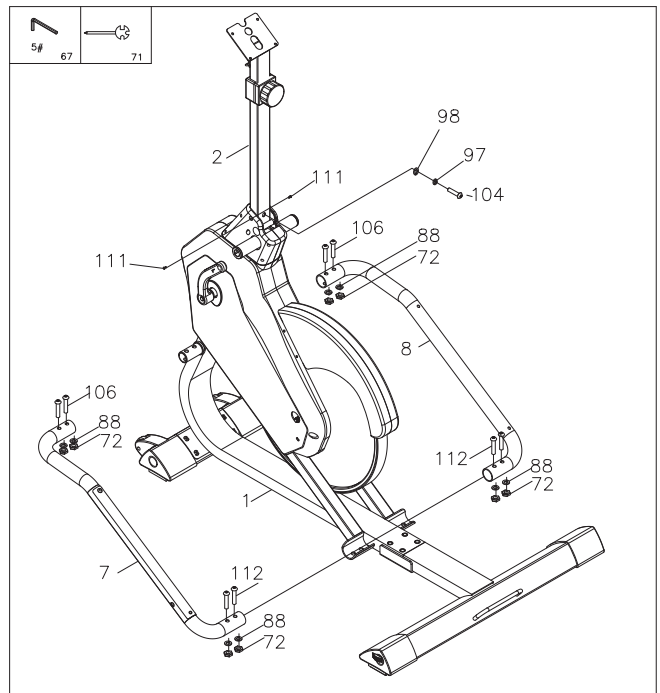
With the help of an assistant, attach the **Front Stabilizer (#16)** to the front of the **Main Frame (#01)**. Secure with four **Bolts (#78)**, four **Spring Washers (97)** and four **Washers (#98)**.

Attach the **Rear Stabilizer (#15)** to the rear of the **Main Frame (#01)**. secure with four **Bolts (#112)**, four **Spring Washers (97)** and four **Washers (#98)**.



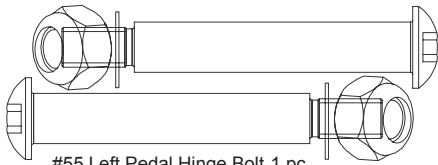
Lift to extend the **Front Post (#02)** to the **Main Frame (#01)**, secure with one **Bolt (#104)**, one **Spring Washer (97)**, one **Washer (#98)** from the rear and two **Screws (#111)** from each side.

Attach the **Left Slide Rail (#07)** to the **Main Frame (#01)**. Secure with two **Bolts (#106)**, two **Arc Washers (#88)**, two **Nylon Nuts (#72)** from the front. And two **Bolts (#112)**, two **Arc Washers (#88)**, two **Nylon Nuts (#72)** from the rear. Repeat the above the process on the right side of the machine.



# Assembly STEP 2

## Hardware Required



- #55 Left Pedal Hinge Bolt 1 pc
- #56 Right Pedal Hinge Bolt 1 pc
- #94 Left Nylon Nut (1/2") 1 pc
- #95 Right Nylon Nut (1/2") 1 pc
- #96 Spring Washer (1/2") 2 pcs



- #81 Hex Bolt (M8x50 mm)  
4 pcs



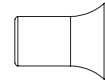
- #100 Bolt (φ10x30xM8x12 mm)  
2 pcs



- #72 Nylon Nut (M8)  
4 pcs



- #102 Wave Washer (1/2")  
2 pcs



- #24 Wheel  
2 pcs



- #115 Bolt Cap  
2 pcs

Align and attach the **Left Pedal Tube (#05)** to the **Left Crank (#58)**. Insert the **Left Pedal Hinge Bolt (#55)** through a **Wave Washer (#102)**, **Left Pedal Tube (#05)** and **Left Crank (#58)**.

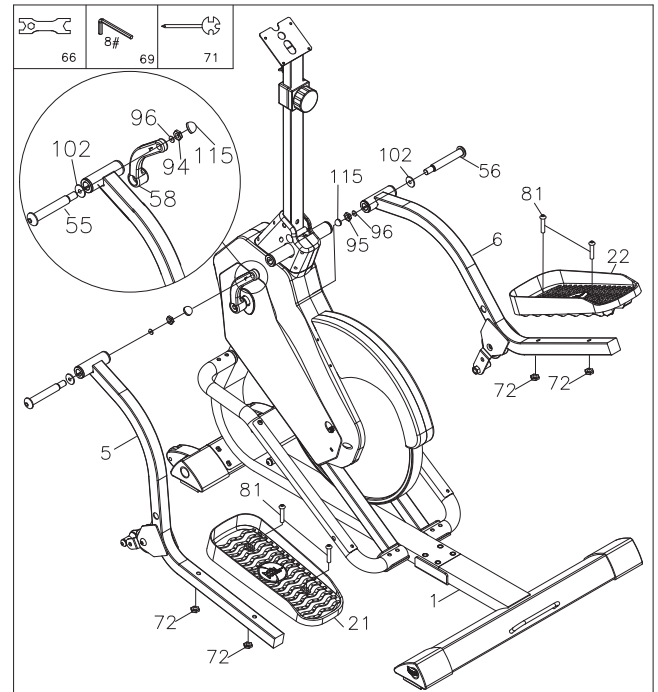
Secure the **Left Pedal Hinge Bolt (#55)** tightly into the **Left Crank (#58)** by turning **COUNTER-CLOCKWISE**. Then, secure with a **Spring Washer (#96)** and a **Left Nylon Nut (#94)** by turning **CLOCKWISE**.

Secure the **Right Pedal Hinge Bolt (#56)** tightly into the **Right Crank (#59)** by turning **CLOCKWISE**. Then, secure with a **Spring Washer (#96)** and a **Right Nylon Nut (#95)** by turning **COUNTER-CLOCKWISE**.

Attach **Bolt Cap (#115)** to the **Left Crank (#58)**.

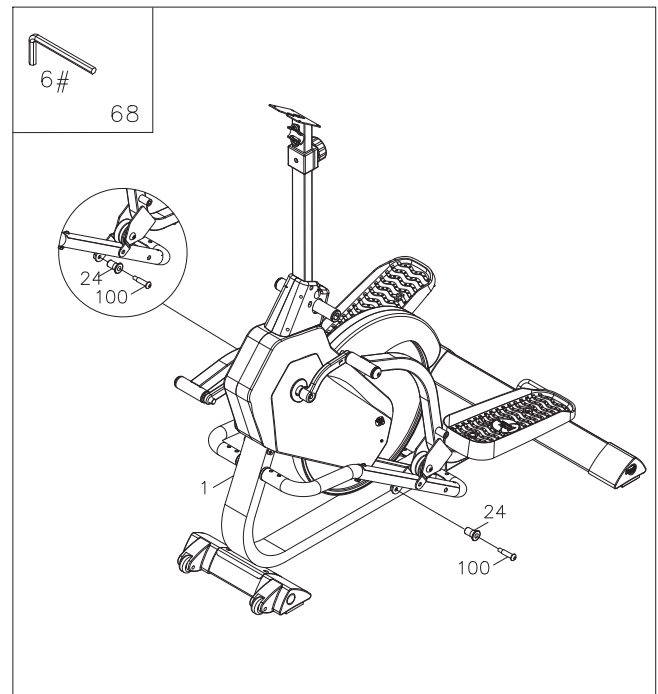
Attach **Left Pedal (#21)** to the **Left Pedal Tube (#05)**, secure with two **Hex Bolts (#81)** and two **Nylon Nuts (#72)**.

Repeat the above process on the right side of the machine.



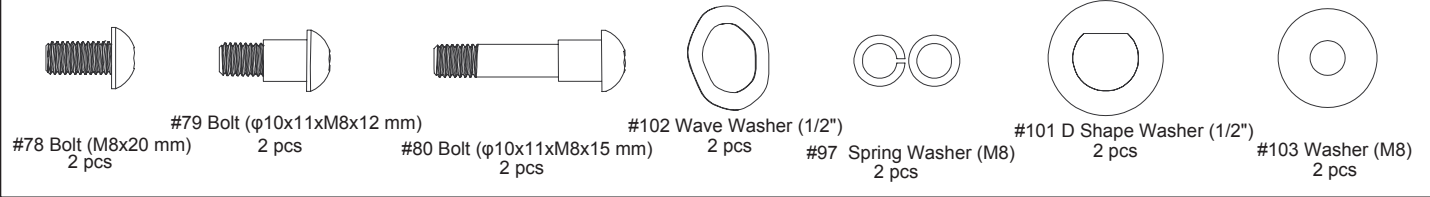
Attach the **Wheel (#24)** to the **Left Pedal Tube (#05)**, secure with one **Bolt (#100)**.

Repeat the above process on the right side of the machine.



# Assembly STEP 3

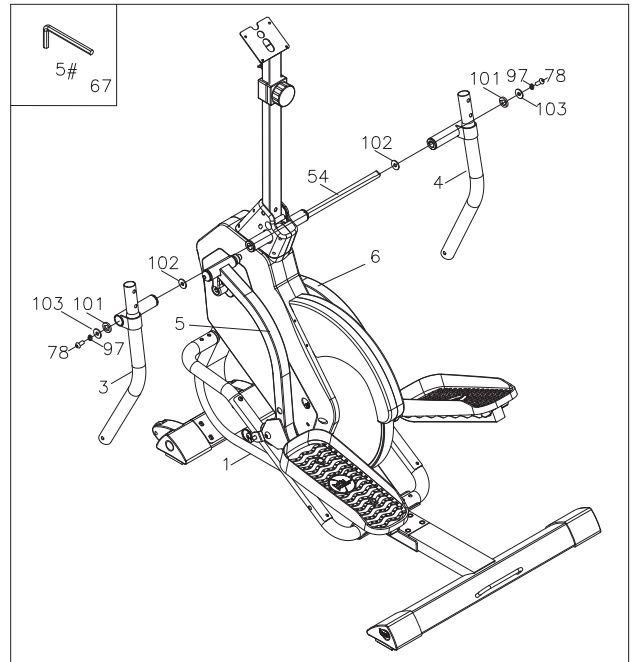
## Hardware Required



Insert the **Handlebar Axle (#54)** through the **Main Frame (#01)**. Make sure the **Handlebar Axle (#54)** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Attach two **Wavy Washers (#102)**, **Left Coupler Bar (#03)** and **Right Coupler Bar (#04)** to the **Main Frame (#01)** via the **Handlebar Axle (#54)**. Again, use WD40 or Vaseline to reduce friction if needed.

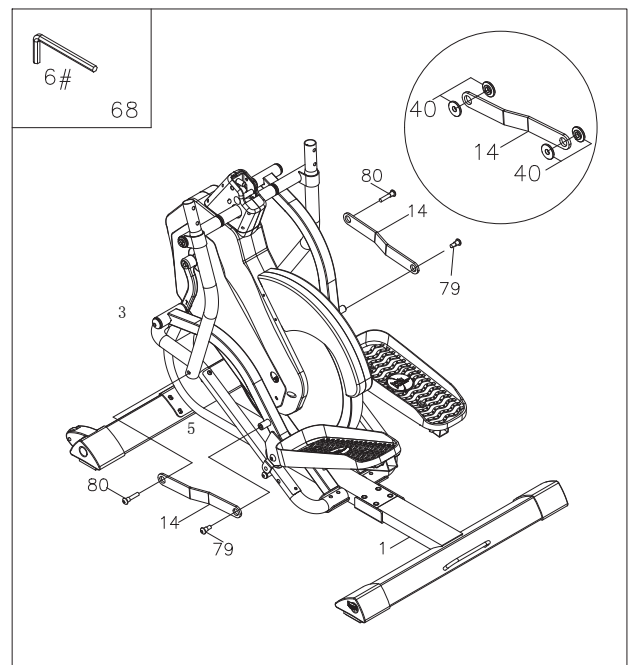
Once the **Left Coupler Bar (#03)** and **Right Coupler Bar (#04)** are correctly situated, fasten the end of the **Handlebar Axle (#54)** with a **D Shape Washer (#101)**, a **Washer (#103)**, a **Spring Washer (#97)** and a **Bolt (#78)** on each side.



Attach **Connection Joint (#14)** to the **Left Couple Bar (#03)**, Secure with one **Bolt (#80)**.

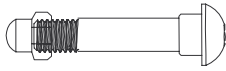
Attach **Connection Joint (#14)** to the **Left Pedal Tube (#05)**, Secure with one **Bolt (#79)**.

Repeat the above process on the right side of the machine.

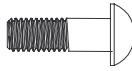


# Assembly STEP 4

## Hardware Required



#84 Carriage Bolt (M8x40 mm) 4 pcs  
#85 Nut (M8) 4 pcs



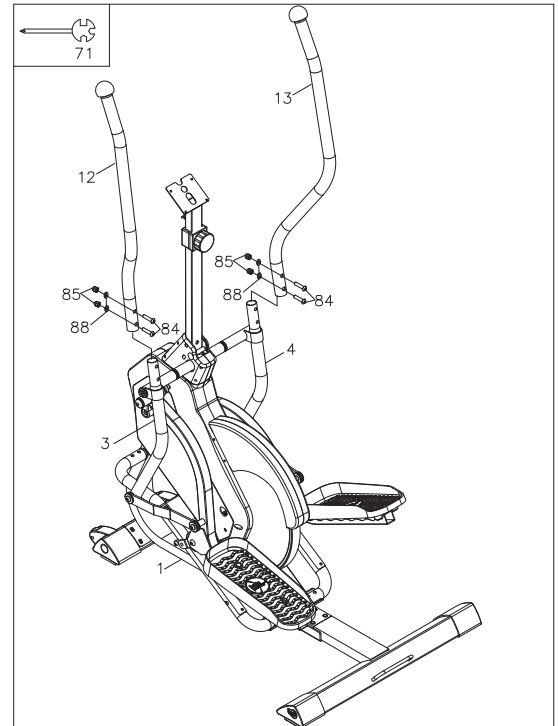
#105 Bolt (M8x25 mm)  
2 pcs



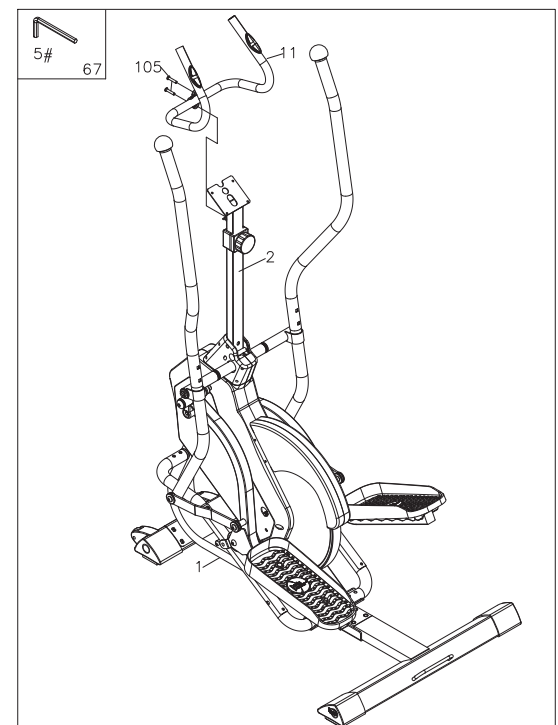
#88 Arc Washer (M8)  
4 pcs

Attach **Left Handle Bar (#12)** to the **Left Coupler Bar (#03)**, secure with two **Carriage Bolts (#84)** two **Arc Washers (#88)** and two **Nuts (#85)**.

Repeat the above process on the right side of the machine.



Attach the **Front Handle Bar (#11)** to the **Front Post (#02)**, secure with two **Bolts (#105)**.

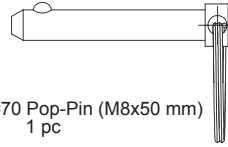


# Assembly STEP 5

## Hardware Required



#77 Screw (M5x8 mm)  
4 pcs  
pre-assembled

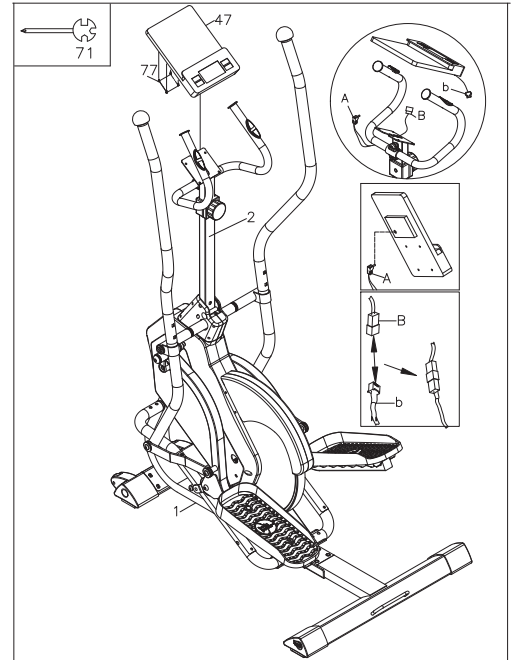


#70 Pop-Pin (M8x50 mm)  
1 pc

Remove the four **Screws (#77)** that are pre-assembled on the back of the **Monitor (#47)**, set them aside nearby.

Attach the **Monitor (#47)** to the bracket on the **Front Post (#02)**, secure with four **Screws (#77)**.

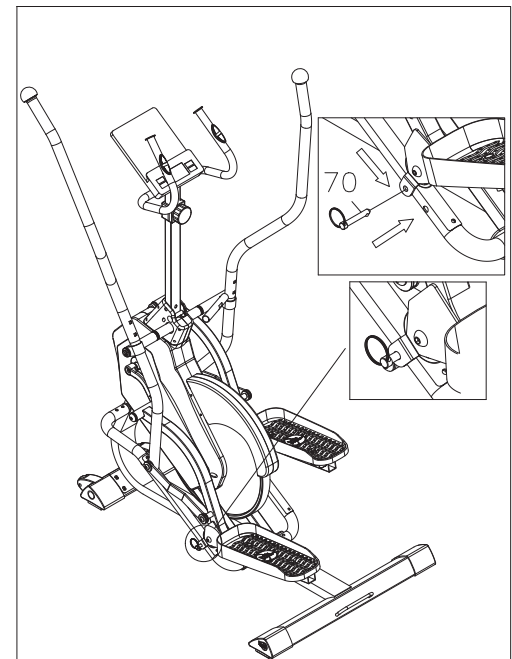
Connect the Wire A to the Wire B as illustration on the right.



### 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.

After using, please insert the **Pop-Pin (#70)** to the holes on the left **Connection Joint (#14)** and **Left Slide Rail (#07)**.



# Computer Operation



## Key Function

### MODE :

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

### RESET :

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

### UP DOWN :

Press UP DOWN to set workout level

## Operation Procedures

### FUNCTIONS

- SCAN** : The monitor will then rotate displaying through the following functions: time,speed,distance, calories and odometer. Each function will display for 5 seconds.
- TIME** : Displays the total amount of time using the machine.
- SPEED** : Displays current speed.
- DISTANCE** : Displays the distance traveled.
- CALORIES** : Displays the amount of calories burned.
- ODOMETER** : Displays total accumulated distance.
- PULSE** : Hold the pulse sensor 6-7seconds and read your heart rate per minute.

### NOTE

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

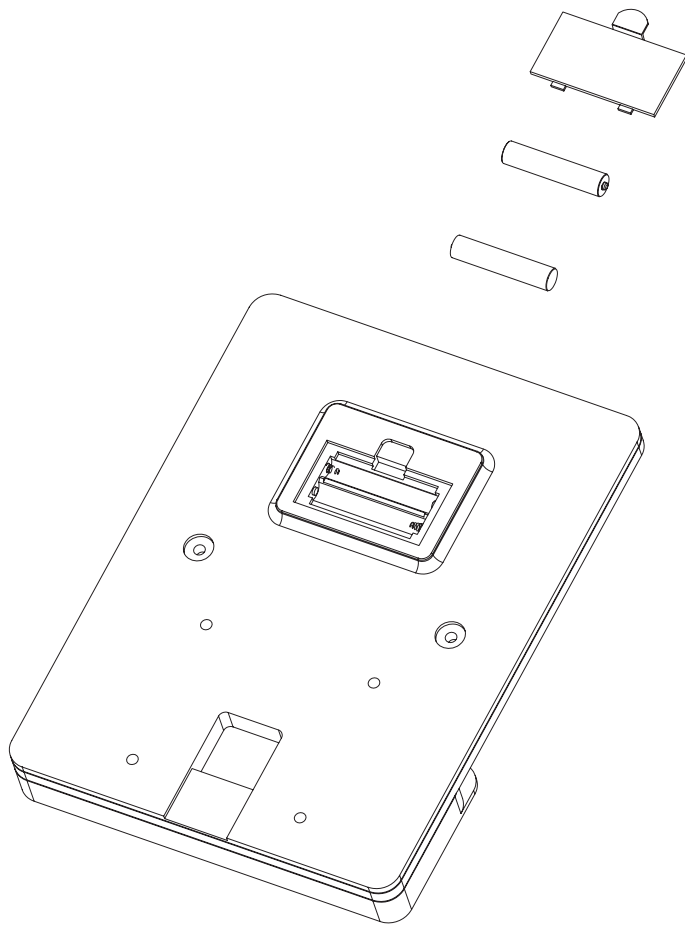
## Specifications

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

### **\*IMPORTANT NOTE :**

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

# Computer Operation



## How To Install and Replace Batteries

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

### NOTE :

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

### NOTES (Regarding the Computer Monitor):

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

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

### Caution:

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

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

# Safety and Maintenance

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## Safety & Warning

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

## Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- To avoid rust or corrosion to the flywheel caused by moisture and sweat, we advise wiping and drying the flywheel and surrounding parts with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product and contact CUSTOMER SUPPORT.
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

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

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

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



# Warm-Up Instructions

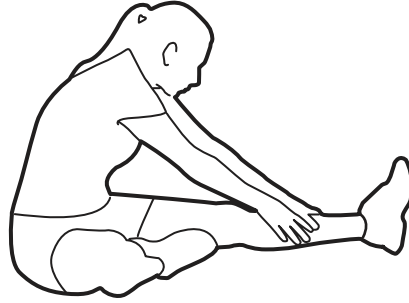
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

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



## Groin Stretch

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



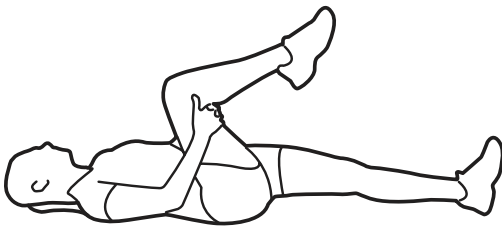
## Hamstring Stretch

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



## Trunk Twister

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



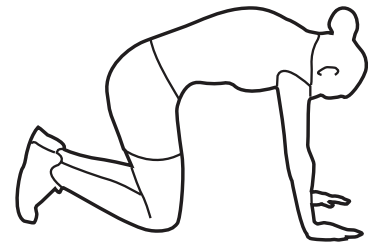
## Groin Stretch

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



## Trunk Flexion, Prone

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



# Warm-Up Instructions

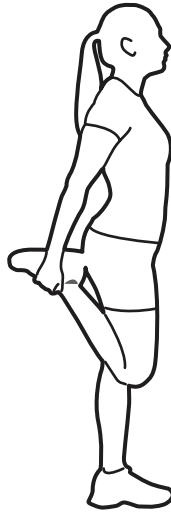
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## Shoulder Stretch

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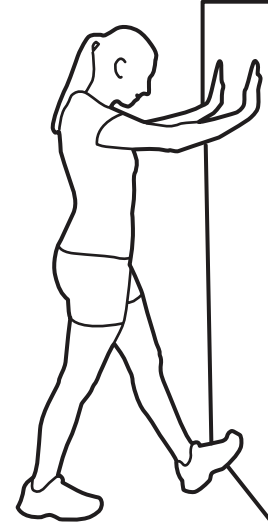
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.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



## Quadriceps Stretch

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



## Calf Twister

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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.

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**THANK YOU FOR YOUR PURCHASE**  
**MODEL NO.: BST800**

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

Serial Number :

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Date of Purchase :

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Retailer :

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

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