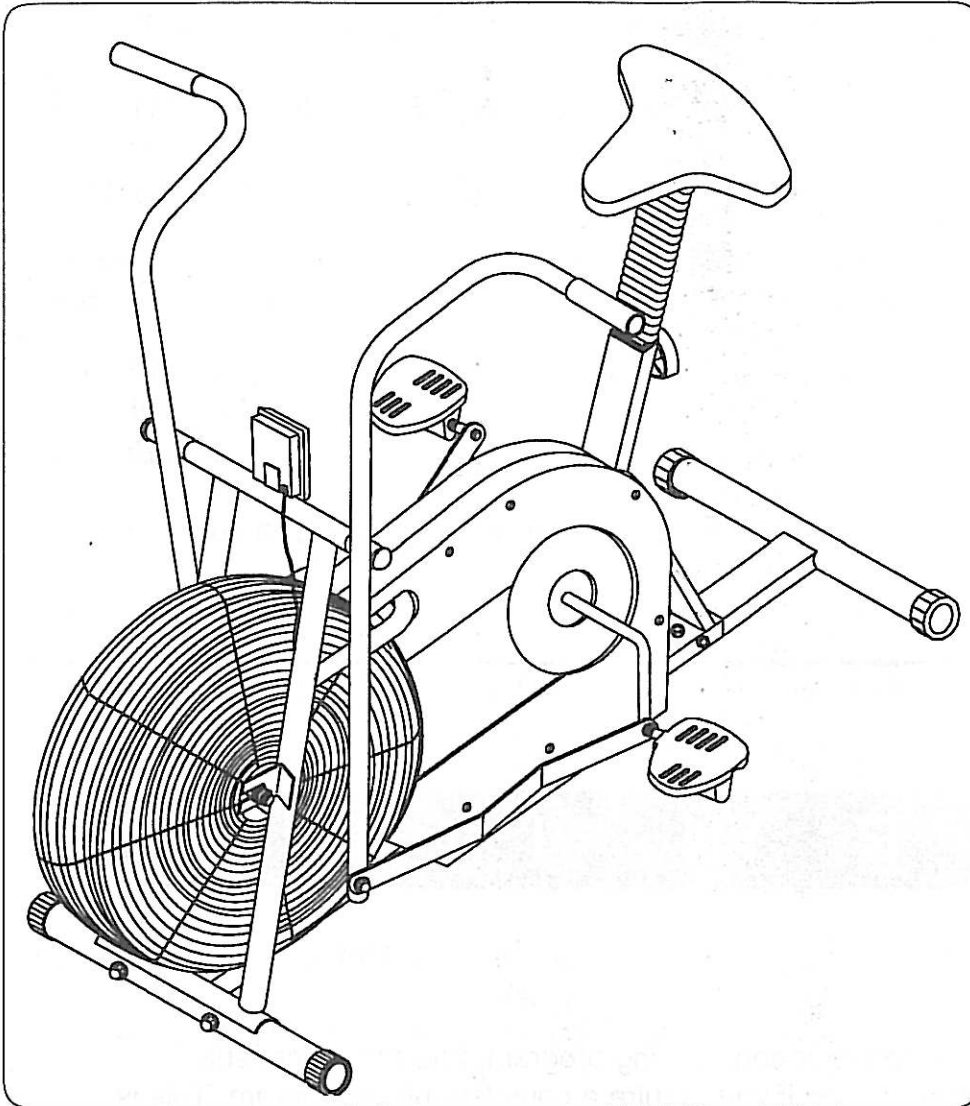


STAMINA® 885 Air Resistance Bike

Owner's Manual



• Weight on this product should not exceed 250 lbs.

⚠ **WARNING** ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure that all nuts and bolts are tightened prior to each use. Follow all safety tips and instructions in this manual.

When calling for parts or service, please specify the following number.

15-0885 MB
STAMINA PRODUCTS
MADE IN MEXICO

This Product is Produced Exclusively by

STAMINA
PRODUCTS, INC.

Customer Service Number

1 (800) 375-7520

www.staminaproducts.com

2001.05

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W A R N I N G

Before starting any exercise or conditioning program, you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **PLEASE READ AND FOLLOW THE SAFETY INSTRUCTIONS LISTED ON PAGE 3. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS BODILY INJURY.**

SAFETY INSTRUCTIONS

Safety always comes first. Please keep the following safety instructions in mind at all times. Read and follow the safety instructions before using your **885 Air Resistance Bike**. **FAILURE TO READ AND FOLLOW THESE SAFETY INSTRUCTIONS CAN RESULT IN A SERIOUS BODILY INJURY.**

Keep this guide in a safe place and make sure that everyone who uses the **885 Air Resistance Bike** also reads this guide. Have a safe and enjoyable workout.

1. Do not allow children to use or play on the **885 Air Resistance Bike**.
2. Do not allow children or pets to be close to the **885 Air Resistance Bike** when it is in use.
3. Before using the **885 Air Resistance Bike**, make sure that it is properly assembled and tightened following the assembly instructions contained in this manual.
4. To avoid a pinch point, make sure that the **SPACERS** are properly assembled between the pedal crank and the **CONNECTING ARMS**. See assembly **STEPS 8 and 9**.
5. The **885 Air Resistance Bike** should not be used by persons weighing over 250 pounds.
6. Always check to see that the seat is securely fastened before using your **885 Air Resistance Bike**.
7. Do not ride the **885 Air Resistance Bike** standing up.
8. Do not place your head, hands or legs between the handlebars.
9. Do not wear loose clothing that could become caught in the **885 Air Resistance Bike**.
10. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure they fit well, provide foot support, and feature non-skid rubber soles.
11. Use the **885 Air Resistance Bike** on a level surface.
12. Do not position your **885 Air Resistance Bike** on loose rugs or uneven surfaces.
13. Adjust the **LEVELING CAPS** on the **STABILIZER** so that the bike sits on the floor without rocking.
14. Follow your doctor's recommendations in developing your own personal fitness program.
15. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

BEFORE YOU BEGIN

Thank you for choosing the **885 Air Resistance Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **885 Air Resistance Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review Figure 1 below and familiarize yourself with the parts that are labeled. For your benefit, read this manual carefully before using the **885 Air Resistance Bike**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a defective part is not found in the inspection process. Also, from time to time, a part necessary for operation is not shipped with the product. Even with the highest inspection and quality controls in place, these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call 1(800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday, or visit our website at **www.staminaproducts.com**. Our operators will be able to assist you with your problem and the part will be mailed directly to your house.

**CALL
US FIRST
1 800 375-7520**

THANK YOU FOR PURCHASING THE 885 Air Resistance Bike.

To help you get started, we have pre-assembled most of your **885 Air Resistance Bike** at the factory with the exception of those parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. Within a few minutes you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Center, Monday-Friday, 8:00 A.M.-5:00 P.M., Central Time, toll-free at:
1 (800) 375-7520. You can also contact our Customer Service Center at our website:
www.staminaproducts.com

WARRANTY

Stamina Products Inc. (the "Warrantor") warrants to the original purchaser only that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and 5 years on the frame from the date of the purchase by the original purchaser. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS THE SAME AS OR EQUAL IN QUALITY TO THOSE ORIGINALLY INCORPORATED IN THE PRODUCT.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a product making enterprise, and all other use which is not for personal, family, or household purposes.

To make a claim on this limited warranty, a written notice must be sent to the address below setting forth your name, date, and place of purchase and a brief description of the defect. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY OR ANY IMPLIED MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE OCCURRENCE OF THE ALLEGED BREACH.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OR REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

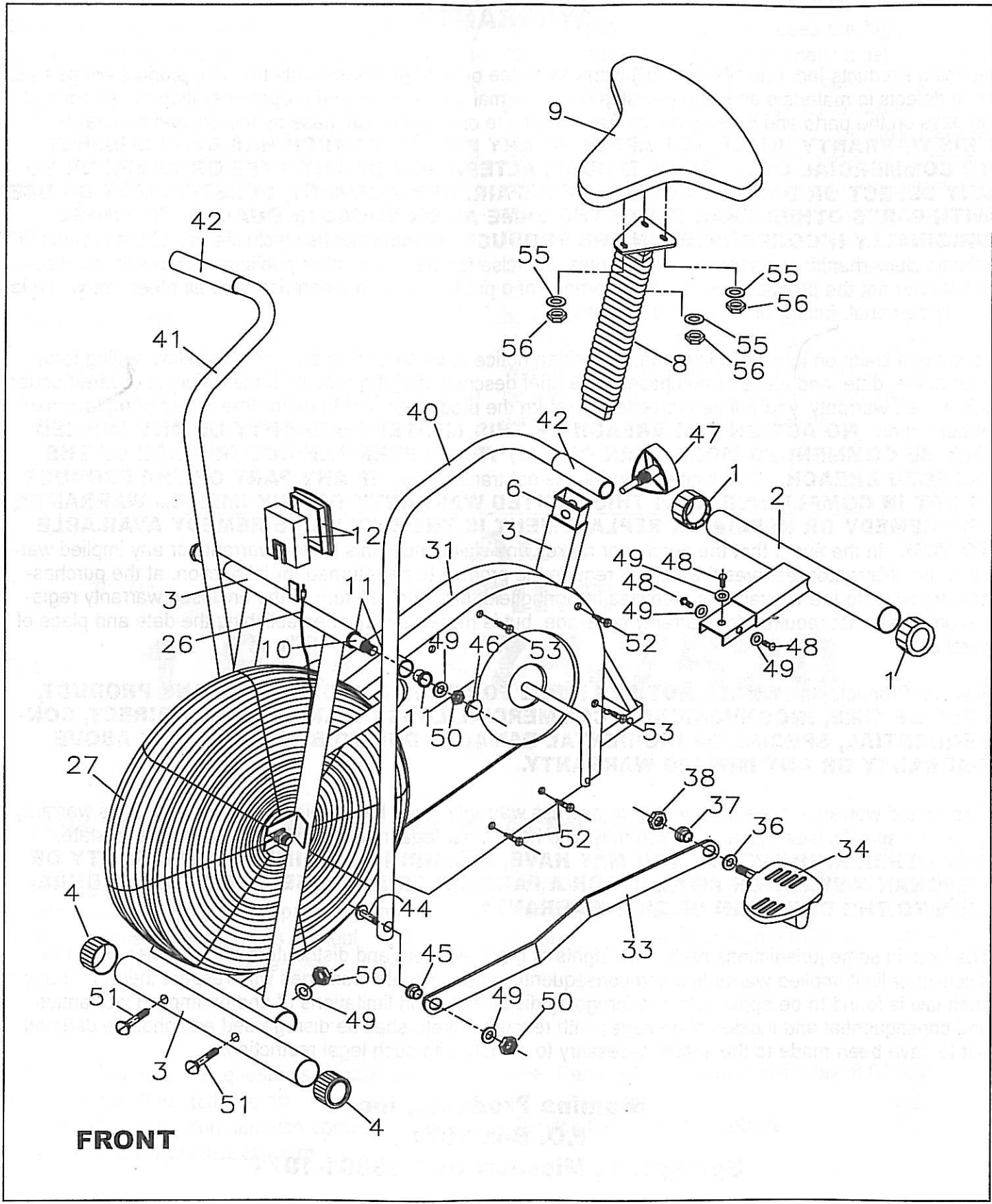
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

**Stamina Products, Inc.
P.O. Box 1071
Springfield, Missouri USA 65801-1071**

FIGURE 2



ASSEMBLY INSTRUCTIONS

IMPORTANT

PLEASE READ ALL OF THE ASSEMBLY INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

TOOLS REQUIRED: Pliers Adjustable wrench Rubber mallet

ASSEMBLY USING FIGURE 2 ON PAGE 6

STEP 1: Attach the **FRONT STABILIZER (3)** to the **MAIN FRAME (5)** with **5/16"x2 1/2" HEX BOLTS (51)**, **5/16" FLAT WASHERS (49)**, and **5/16" NYLOCK NUTS (50)**.

STEP 2: Insert the **REAR STABILIZER (2)** into the **MAIN FRAME (5)** and fasten with three **5/16" x 1/2" HEX BOLTS (48)**, and **5/16" FLAT WASHERS (49)**. Install and Adjust the **LEVELING CAPS (1)** so that the bike sits flat on the floor.

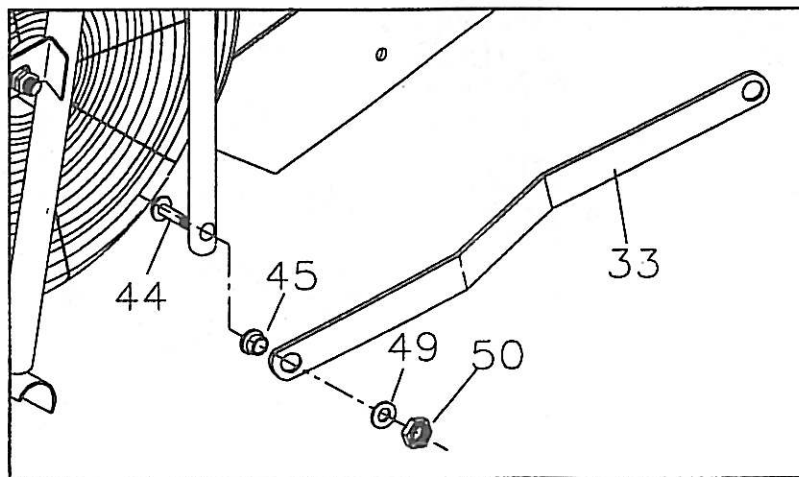
STEP 3: Attach the **SEAT (9)** to the **SEAT POST (7)** with three **M8 LOCK WASHERS (55)** and **M8 NYLOCK NUTS (56)**. Slide **BELLOWS (8)** over the **SEAT POST (7)**. Insert the **SEAT POST (7)** into the **MAIN FRAME (5)** and lock in position with **PLASTIC KNOB (47)**.

STEP 4: Slide **AXLE (10)** into the **MAIN FRAME (5)**. Slide the **LEFT HANDLEBAR (40)** and **RIGHT HANDLEBAR (41)** onto the **AXLE (10)** and fasten with **5/16" FLAT WASHERS (49)** and **5/16" NYLOCK NUTS (50)**. Push **NUT CAPS (46)** onto the **5/16" NYLOCK NUTS (50)**.

Note: Handlebars are bent toward the user as shown in figure 2.

STEP 5: Insert the **SMALL BUSHINGS (45)** into the small hole in the **CONNECTING ARMS (33)** as shown below. The flange of the **SMALL BUSHINGS (45)** will be next to the **HANDLEBARS (40 & 41)**. Attach the **CONNECTING ARMS (33)** and **SMALL BUSHINGS (45)** to the **HANDLEBARS (40 & 41)** with **5/16" x 1" HEX BOLTS (44)**, **5/16" FLAT WASHERS (49)** and **5/16" NYLOCK NUTS (50)**.

FIGURE 2A



ASSEMBLY INSTRUCTIONS CONTINUED

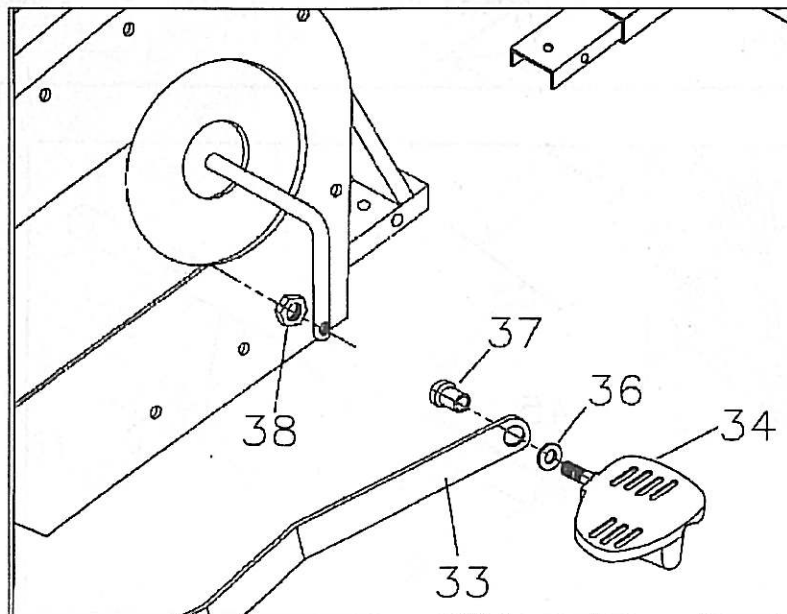
IMPORTANT

Read all of STEP 6 before attaching the pedals. SPACERS (37) must be between the CONNECTING ARMS (33) and CRANK (13) so that there will be enough clearance between the CONNECTING ARMS and CRANK.

STEP 6: Attach the **PEDALS (34) & (35)**, **FLAT WASHERS (36)**, **CONNECTING ARMS (33)**, and **SPACERS (37)** to the **CRANK (13)** as shown in Figure 3. The **SPACERS (37)** must be between the **CONNECTING ARMS (33)** and the **CRANK (13)**. Tighten the **PEDALS (34) & (35)** into the **CRANK (13)** by turning clockwise as securely as possible. Attach the **NYLOCK NUTS (39)** to the pedal shaft as shown. Tighten the nuts securely against the crank to prevent the pedals from coming loose during use.

Step 7: Install two AA batteries in the **MONITOR (12)**. Plug the **SPEED PICK UP WIRE (26)** into the back of the **MONITOR (12)**. Attach the monitor to the metal tab on the **MAIN FRAME (5)** as shown as shown in figure 2.

FIGURE 3

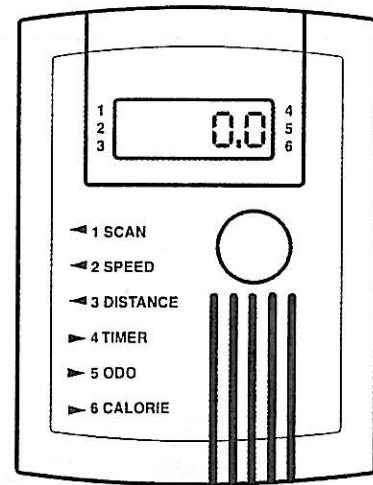


MONITOR USAGE

POWER ON: Pedal movement or press the **BUTTON**.

POWER OFF: Automatic shut off after 2 minutes of inactivity.

RESET: To reset **DISTANCE**, **TIMER**, and **CALORIE** to zero, press and hold the **BUTTON** for approximately 3 seconds until the values are reset.



FUNCTIONS:

1 SCAN: Automatically scans **SPEED**, **DISTANCE**, **TIMER**, **ODO**, and **CALORIE** functions in sequence with a change every 6 seconds. If the screen has a triangle next to "1", the **SCAN** mode is activated. To use the **SCAN** function, press the **BUTTON** repeatedly until you see the triangle on the screen next to "1". To stop the **SCAN** function, press the **BUTTON** until the triangle on the screen next to "1" disappears.

2 SPEED: Displays the current **SPEED** in miles per hour with a resolution of 1/10 mph (0.1 mph). To display **SPEED** continuously, press the **BUTTON** repeatedly until the triangle on the screen next to "1" disappears and you see the triangle on the screen next to "2".

3 DISTANCE: Displays the distance traveled in miles since the **MONITOR** was reset. The distance is displayed in 1/100 miles (0.01 miles). To display **DISTANCE** continuously, press the **BUTTON** repeatedly until the triangle on the screen next to "1" disappears and you see the triangle on the screen next to "3".

4 TIMER: Displays the time in minutes and seconds since the **MONITOR** was reset. To display **TIME** continuously, press the **BUTTON** repeatedly until the triangle on the screen next to "1" disappears and you see the triangle on the screen next to "4".

NOTE: The timer will stop automatically when you stop exercising and restart automatically when you resume exercising.

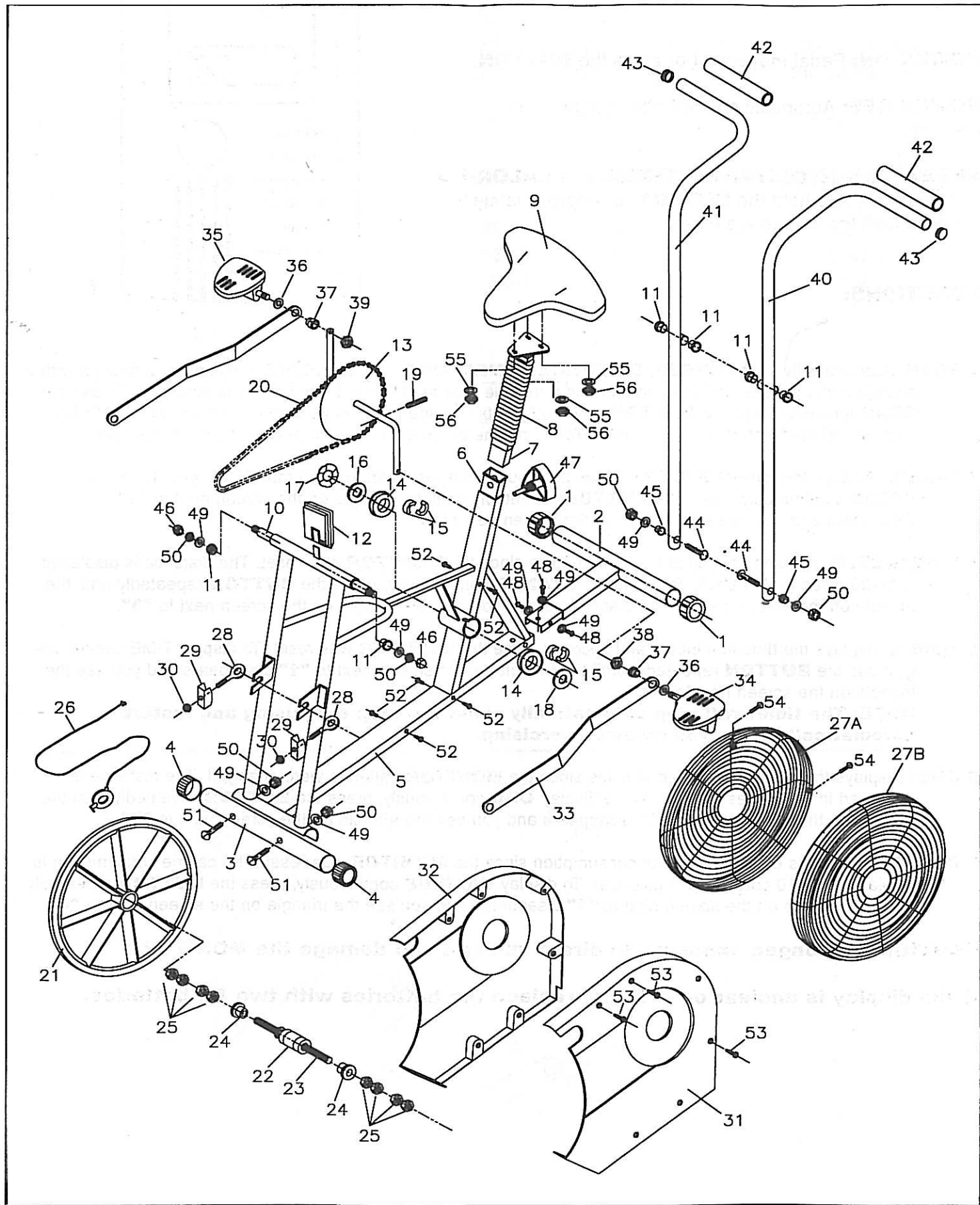
5 ODO: Displays the distance traveled in miles since the **MONITOR** batteries were changed. The distance is displayed in 1/10 miles (0.1 miles). To display **ODO** continuously, press the **BUTTON** repeatedly until the triangle on the screen next to "1" disappears and you see the triangle on the screen next to "5".

6 CALORIE: Displays estimated calorie consumption since the **MONITOR** was reset. The calorie consumption is displayed in 1/10 calories (0.1 calories). To display **CALORIE** continuously, press the **BUTTON** repeatedly until the triangle on the screen next to "1" disappears and you see the triangle on the screen next to "6".

CAUTION: Prolonged exposure to direct sunlight will damage the MONITOR.

If the display is unclear or flashing, replace the batteries with two AA batteries.

PRODUCT PARTS DRAWING



15-0885 PARTS LIST

DIAGRAM #	PART NAME	QTY
1	Leveling Cap	2
2	Rear Stabilize.	1
3	Front Stabilizer	1
4	Tube Cap	2
5	Main Frame	1
6	Seat Post Bushing	1
7	Seat Post	1
8	Bellows	1
9	Foam Seat	1
10	Axle	1
11	Powder Metal Bushing	6
12	Monitor	1
13	Crank and Sprocket	1
14	Crank Bearing Retainer	2
15	Split Bearing	4
16	Small Keyed Washer	1
17	Wavy Washer	1
18	Large Keyed Washer	1
19	Roll Pin	1
20	Chain (1/4" Pitch)	1
21	Fan	1
22	Driven Sprocket	1
23	Fan Axle	1
24	Axle Bronze Bushing	2
25	3/8" Hex. Nut	8
26	Speed Pick Up	1
27A	Wire Cage, Left side	1
27B	Wire Cage, Right side	1
28	Eye Bolt	2
29	"U" Channel	2
30	M6 Nylock Hex. Nut	2
31	Left Chain Guard	1
32	Right Chain Guard	1
33	Connecting Arm	2
34	Left Pedal	1
35	Right Pedal	1
36	1/2" Flat Washer	2
37	Spacer	2
39	1/2" N.F. Right Hand Nylock Hex. Nut	1
40	Left Handle Bar	1
41	Right Handle Bar	1
42	Foam Grip	2
43	Plastic Plug	2
44	5/16" * 1 1/2" Hex Bolt	2
45	Small Bushing	2
46	Plastic cap	2
47	Plastic Knob	1
48	5/16" * 1/2" Hex. Bolt	3
49	5/16 Flat Washer	9
50	5/16 Nylock Hex. Nut	6
51	5/16" * 2 1/2" Hex Bolt	2
52	# 10 * 1" Phillips Sheet Metal Screw	6
53	# 10 * 2 1/2" Phillips Sheet Metal Screw	3
54	1/8" * 3/4" Button Head Screw	2
55	M8 Lock Washer	3
56	M8 * 1.25 Nylock Hex. Nut	3
57	Owners Manual	1

TROUBLESHOOTING GUIDE

IT IS NOT NECESSARY TO RETURN THE ENTIRE BIKE FOR A MONITOR REPAIR. THE MONITOR CAN BE REMOVED FROM THE BIKE FOR REPAIR OR REPLACEMENT.

PROBLEM	CAUSE	CORRECTION
1. No display on monitor	1. Batteries weak or dead	1. Replace batteries (use two AA) NOTE: Odometer will be reset when batteries are replaced. See page 9
2. No speed or distance displays on on monitor.	1. Pickup wire not connected to monitor 2. Speed pickup not working properly 3. Monitor not working properly	1. Secure plug pickup wire into back of monitor 2. Replace speed pickup 3. Replace monitor
3. Chain makes popping noise	1. Chain is too loose	1. Adjust chain. See page 14
4. Bike rocks as you pedal	1. Bike is not level	1. Adjust leveling caps on rear foot tube until bike is level
5. Resistance too high	1. Fan needs adjustment	1. Adjust fan per instructions on pages 11-13

FAN ADJUSTMENT

Fan Adjustment is required if the fan locks up or the resistance of the fan increases after use. To adjust the fan, use the following procedures with figure 4.

Step 1: Remove **SCREWS (53)** holding the **LEFT CHAIN GUARD (31)** to the **RIGHT CHAIN GUARD (32)**.

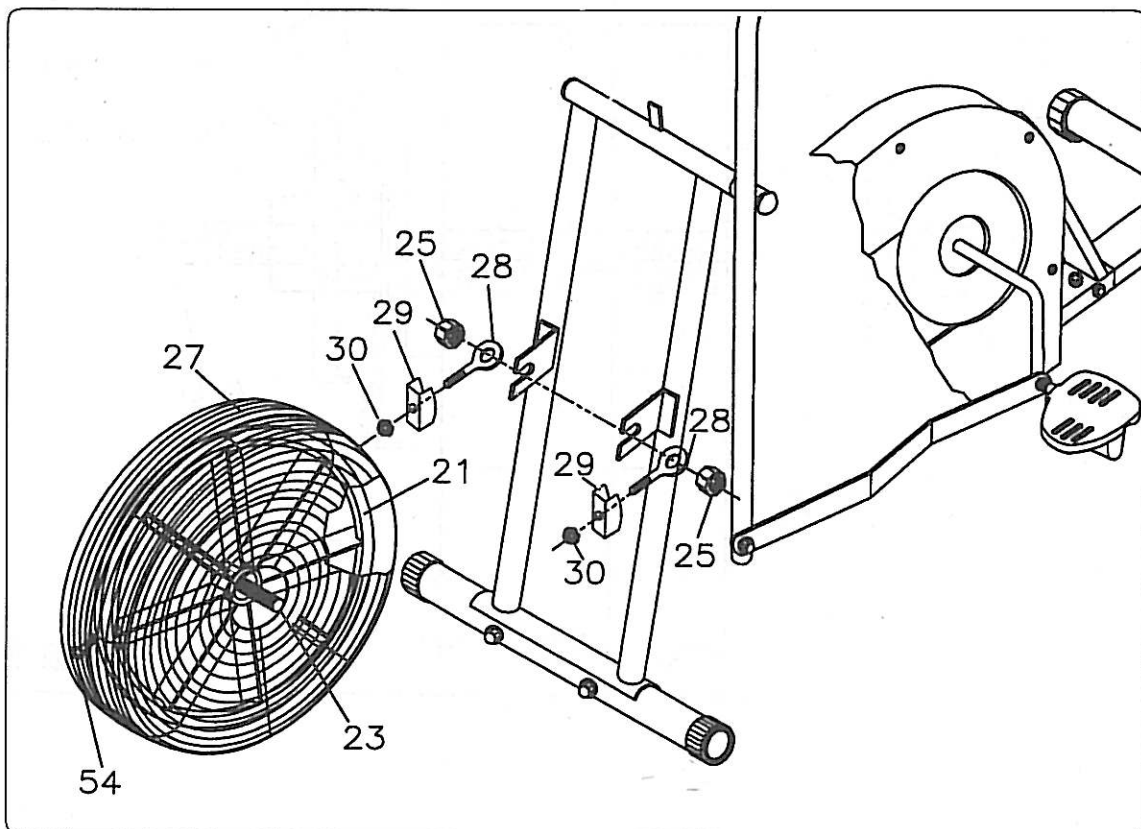
Step 2: Remove **SCREWS (52)** from the **LEFT CHAIN GUARD (31)**

Step 3: Remove all screws attaching the **WIRE CAGES (27)** to the **MAIN FRAME (5)**.

Step 4: Remove **M6 NUTS (30)** and **"U" CHANNELS (29)** from **EYE BOLTS (28)**.

Step 5: Loosen outer **NUTS (25)** on both sides of the bike.

FIGURE 4



FAN ADJUSTMENT CONTINUED

ADJUST FAN USING FIGURE 5, FOLLOWING STEPS 6 THROUGH 10.

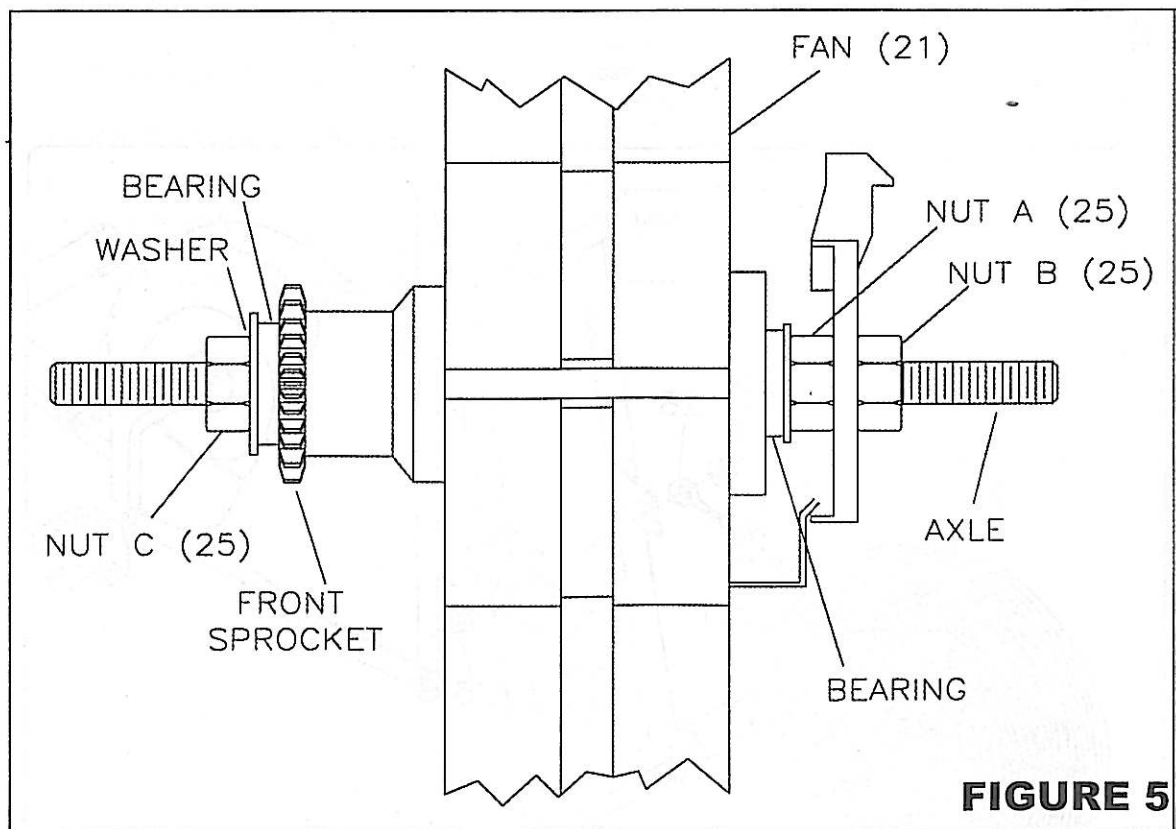
Step 6: Slide the fan rearward and remove the chain from the rear sprocket.

Step 7: Remove the **WIRE CAGES (27)** and **FAN (21)** from the bike. Hold the fan so that the sprocket is on your left as shown in Figure 5.

Step 8: Loosen **NUTS "A"** and **"B"** until approximately 1/2" of the axle is showing between **NUT "A"** and the **BEARING**.

Step 9: Tighten **NUT "C"** until it bottoms out on the last thread of the **AXLE**.

Step 10: Tighten **NUT "A"** until it touches the **BEARING**, then back off 1/4 turn so the **AXLE** has a very small amount of play from side to side.



FAN ADJUSTMENT CONTINUED

Step 11: Hold **NUT "A"** and tighten **NUT "B"** tightly against the **SPEED PICK UP**. Verify that the **FAN** spins freely on the **AXLE**.

Step 12: Reverse Steps 3 through 7 to replace the **FAN, WIRE CAGES, CHAIN, 3/8" NUTS, "U" CHANNELS,** and **M6 NUTS**.

NOTE: Do not tighten the **3/8" NUTS** or **M6 NUTS** until the chain adjustment procedure in **Step 13**.

Step 13:The **CHAIN** must be adjusted as follows:

A: Make sure that the **CHAIN (20)** is on both the front and rear sprockets.

B: Tighten **M6 NUTS (30)** on the **EYE BOLTS (28)** until all the slack is removed from the **CHAIN (20)** and the **M6 NUTS (30)** are the same distance from the ends of **EYE BOLTS (28)**.

C: Tighten the **3/8" NUTS (25)** on the **AXLE**.

Step 14: Replace **SCREWS "52"** and **SCREWS "53"** in the **CHAIN GUARDS (31 AND 32)**.

FIGURE 6 - PEDAL CRANK ASSEMBLY

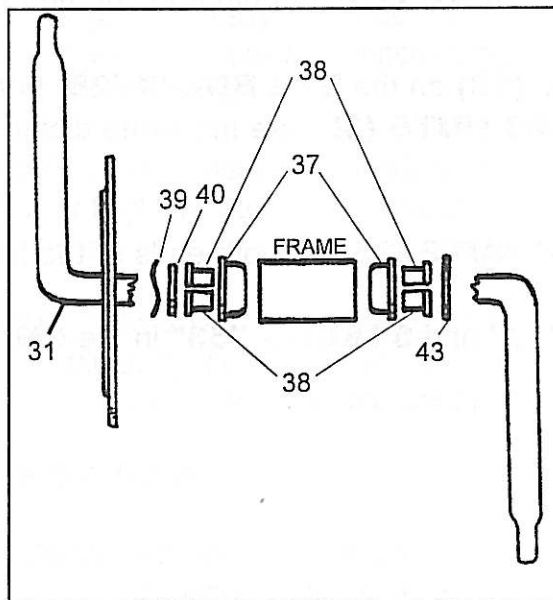
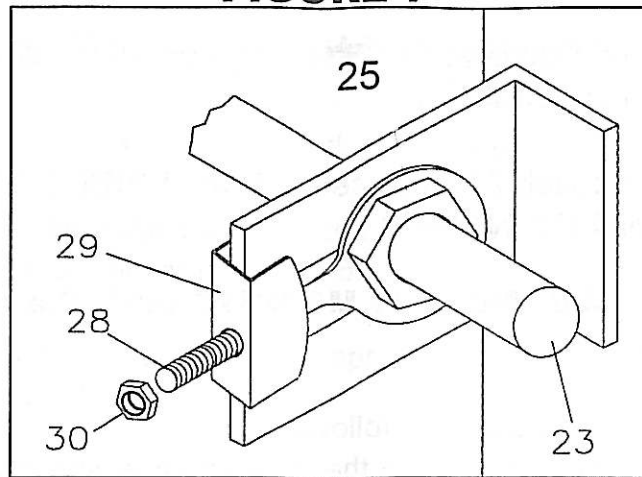


FIGURE 7



CHAIN ADJUSTMENT

ADJUST THE CHAIN USING FIGURE 7

Step 1: Remove **SCREWS (53)** holding the **LEFT CHAIN GUARD (31)** to the **RIGHT CHAIN GUARD (32)**.

Step 2: Remove **SCREWS (52)** from the **LEFT CHAIN GUARD (31)**

Step 3: Loosen the outer **3/8" NUTS (25)** on both ends of the fan **AXLE**.

Step 4: Adjust the **M6 NUTS (30)** on the **EYE BOLTS (28)** until all the slack is removed from the **CHAIN (20)** and the **M6 NUTS (30)** are the same distance from the ends of **EYE BOLTS (28)**.

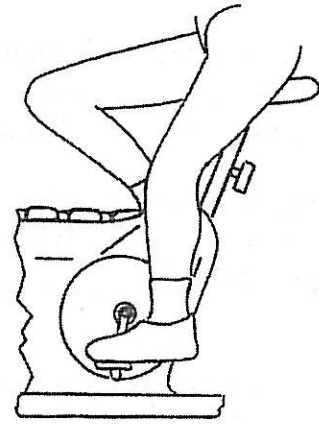
Step 5: Tighten the outer **3/8" NUTS (25)** on both ends of the fan **AXLE**.

Step 6: Replace **SCREWS "52"** and **SCREWS "53"** in the **CHAIN GUARDS (31 AND 32)**.

USING YOUR BIKE

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the **885 Air Resistance Bike** and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.



EXERCISE WORKOUT

The secret to aerobic training is achieving a selected heart rate and maintaining it. The **885 Air Resistance Bike**, with its air resistance system allows the user to easily attain the desired pulse rate.

Since no two people or life styles are alike, the **885 Air Resistance Bike** has been designed to allow the user to isolate portions of the body that may need greater emphasis in training.

These exercises provide cardiovascular conditioning, muscle toning and joint flexing with the ability to exercise both the upper and lower body simultaneously or independently. Increase the workout intensity by increasing the speed of the leg and/or arm movements.

FULL BODY WORKOUT: Sitting comfortably erect, use the handlebars to either push or pull while simultaneously pedaling. Alternate the effort to your arms or legs to intensify or reduce the work of the upper or lower body. The handlebars may be gripped from underneath (palm up) to change the muscle groups used.

LOWER BODY WORKOUT: Simply release the handlebars and place your hands on your hips or thighs as you pedal. This concentrates the exercise on the lower body.

UPPER BODY WORKOUT: Stand with feet on the foot tube, lean over the seat and activate the fan using the handlebars. This exercise is most effective when the muscles of the torso are used in a twisting motion.

ADVANTAGES: For the UPPER BODY:

Handlebar Push: Provides cardiovascular conditioning, triceps, upper back and shoulder muscle training.

Handlebar Pull: Provides cardiovascular conditioning, biceps, shoulders and chest muscle training.

For the LOWER BODY

Pedaling: Provides cardiovascular conditioning, thigh and calf muscle toning, hip, knee and ankle flexion

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the **885 Air Resistance Bike** gradually: A few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. Remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your **885 Air Resistance Bike** on a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

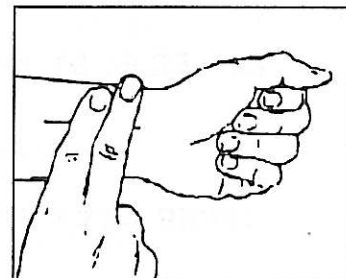
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

FIGURE 10

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
15	140~169	134~164
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

FIGURE 11

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.



To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP AND COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump-rope, and running in place.

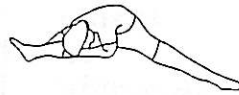
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **Do not bounce.**

Suggested Stretching Exercises



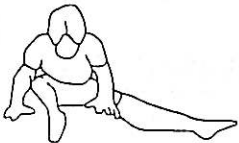
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessen, try a lower position gradually.



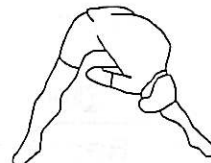
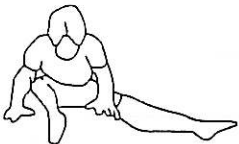
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, stretch your legs apart, with one leg straight and one knee bent. Pull the chest down to touch the thigh and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat by pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near-normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

