

OWNER'S MANUAL

**MODEL NO.
16117200**

- **Assembly**
- **Operation**
- **Trouble –Shooting**
- **Parts**
- **Warranty**

CAUTION:
*You must read and
understand this owner's
manual before operating
unit.*



Manufacture's One-Year Limited Warranty

ELLIPTICAL WARRANTY

Maurice Pincoffs Canada Inc. warrants all its elliptical parts for a period of 2 years from the date of retail sale, as determined by sale receipt, or eighteen (18) months from the original factory shipping date, whichever comes first. Maurice Pincoffs's responsibilities include providing new or remanufactured parts, at Maurice Pincoffs's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Maurice Pincoffs Canada Inc. directly to a consumer. An extended warranty period applies to the following components:

Labor	1 Year
Frame Weldments	Lifetime
All Other Components	5 Years

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the elliptical in accordance with the instructions provided in this manual.
3. Proper installation by an authorized Maurice Pincoffs Canada Inc. service company in accordance with instructions provided with the elliptical and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical finish during shipping, installation or following installation.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for elliptical not requiring component replacement, or elliptical not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Maurice Pincoffs Canada Inc. service companies; use of parts other than original Maurice Pincoffs Canada Inc. parts; or external causes such as alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Maurice Pincoffs Canada Inc., Maurice Pincoffs Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

SERVICE

Keep your bill of sale.

1. Contact your selling authorized Maurice Pincoffs Canada Inc. dealer. OR
2. Contact your local authorized Maurice Pincoffs Canada Inc. service organization.
3. If there is a question as to where to obtain service, contact our service department at 1-888-707-1880.
4. If no local service is available, Maurice Pincoffs Canada Inc. will repair or replace the parts, at Maurice Pincoffs's option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Maurice Pincoffs. Maurice Pincoffs Canada Inc. is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Maurice Pincoffs Canada Inc.
6050 Don Murie St
Niagara Falls, Ontario
L2E 6X3

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SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact the manufacturer at 1-888-707-1880 for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

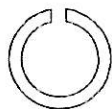
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your elliptical.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The elliptical must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
13. User weight should not exceed 350 lbs.

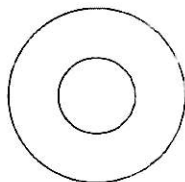
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.

HARDWARE LIST

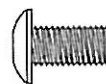
Step 1



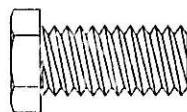
#96. 3/8" x 2T Split Washer (1 pc)



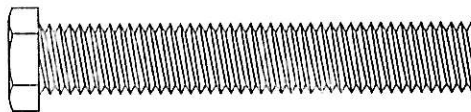
#84. 5/16"x 23 x1.5T Curved Washer (2pcs)



#66. M5 x 10m/m Phillips Head Screw (4pcs)

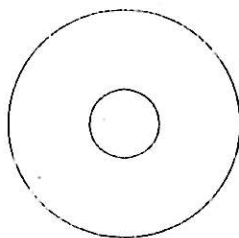


#103 3/8" x 3/4" Hex Head Bolt (2 pcs)

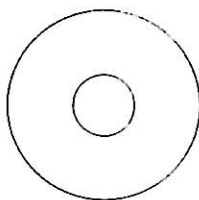


#60. 3/8" x 2-1/4" Hex Head Bolt (1 pcs)

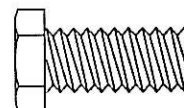
Step 2



#97. 3/8"x 30 x2T Flat Washer (2pcs)

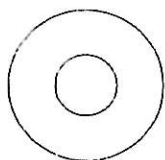


#81. ϕ 25 Wavy Washer (2pcs)

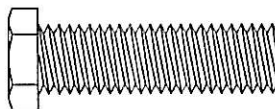


#103. 3/8" x 3/4" Hex Head Bolt (2pcs)

Step 3



#80. 5/16"x20 x 1.5T Flat Washer (2 pcs)

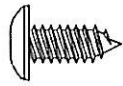


#104. 5/16" x 1-1/4" Hex Head Bolt (2pcs)

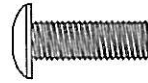


#71. 5/16" x 7T Nyloc Nut (2 pcs)

Step 4

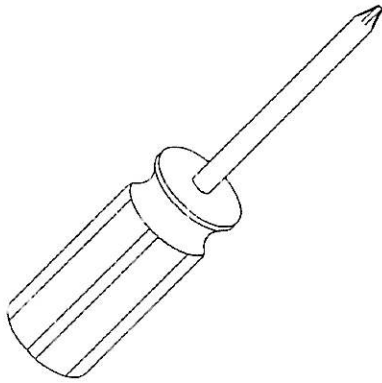


#87. ϕ 3.5x12m/m Self Tapping
Screw (18 pcs)

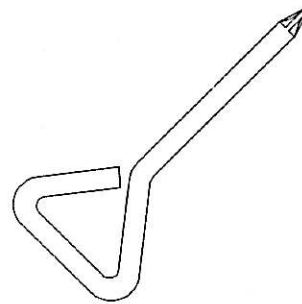


#105. M5 x 15m/m Phillip Head Screw
(21 pcs)

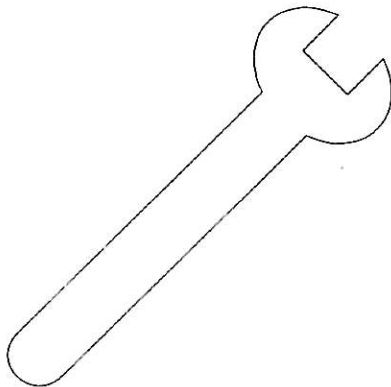
Tools



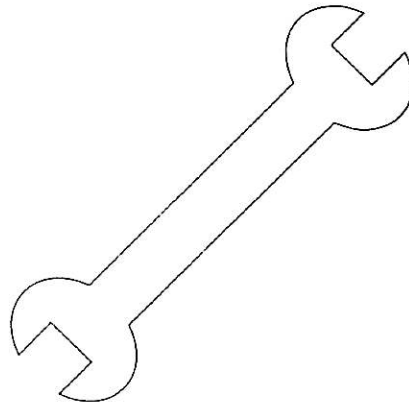
#108. Phillips Head Screw Driver (1
pc)



#107. Short Phillips Head Screw Driver
(1 pc)



#109. 12m/m Wrench (1pc)



#106. 13/14m/m Wrench (2pcs)

ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

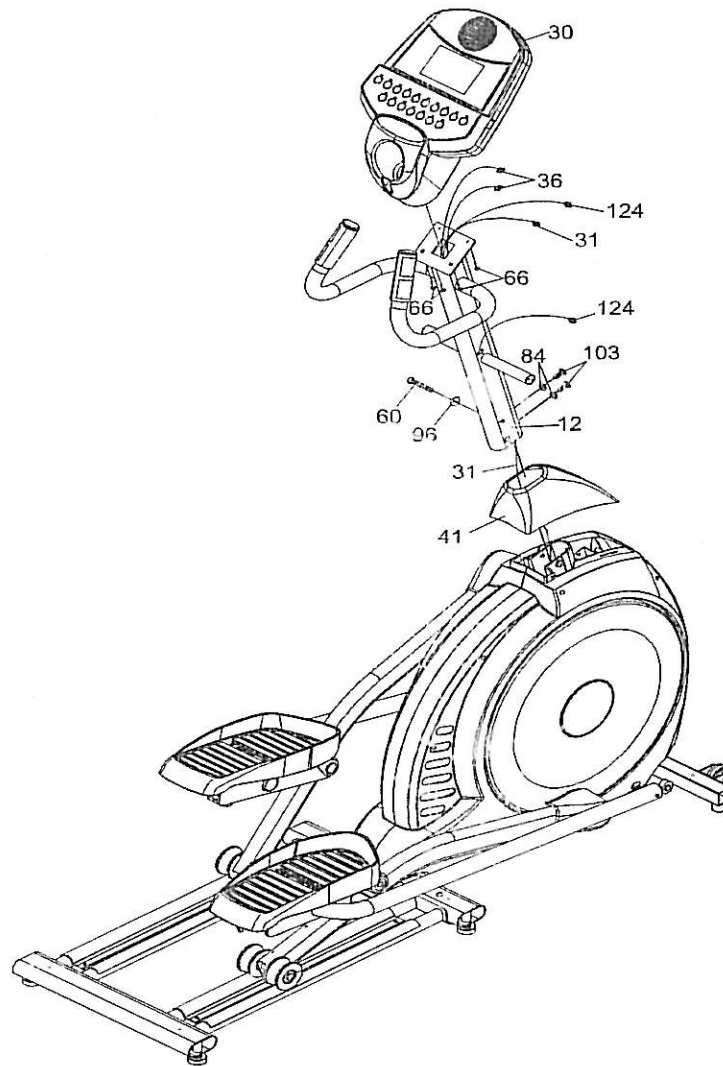
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.
Ensure all bolts are firmly tightened after each step.

STEP 1: CONSOLE MAST ASSEMBLY

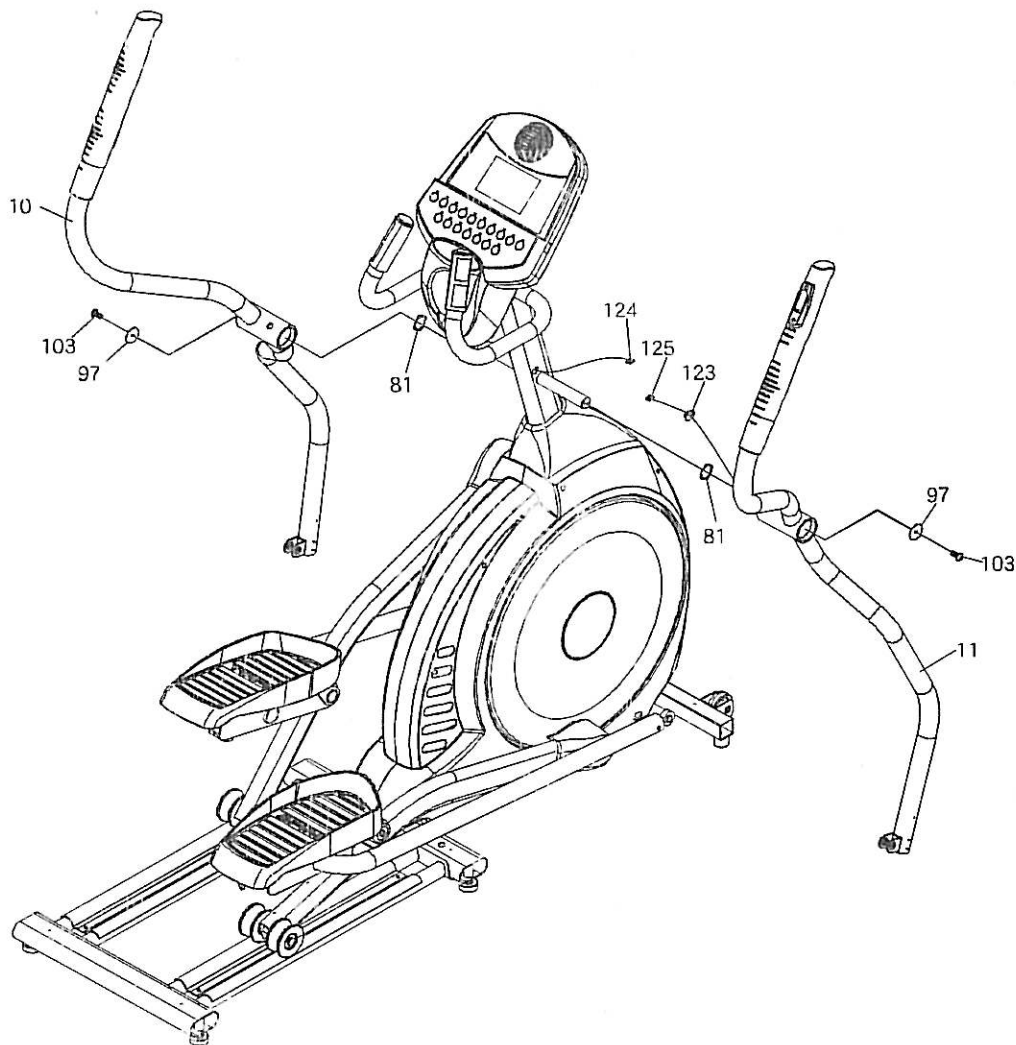
1. Locate the Console Mast (12) and Console Mast Cover (41) and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover (41) is facing the correct way.
2. At the top opening of the Main Frame (1), there is a Computer Cable (31) tied with a guiding wire. Unravel the wire and feed the Computer Cable (31) it into the bottom of the Console Mast tube (12) and out of the top opening.
3. Install the Console Mast (12) into the receiving bracket on the top of the Main Frame (1).
NOTE: there is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast. This needs to be tightened at the end along with the three other console mast bolts.
4. Put the 1pc of 3/8" x 2T Split Washer (96) onto the 1pc of 3/8" x 2-1/4" Hex Head Bolt (60) and the 2pcs of 3/8" x 23 x 1.5T Curved Washers (84) onto the 2pcs of 3/8" x 3/4" Hex Head Bolts (103). Install, and hand tighten them. The Hex Head Bolt (60) should go through the left side of the receiving bracket into the Console Mast (12).
NOTE: The Computer Cable (31) runs through the Console Mast (12). Be careful not to damage or pinch this cable during this procedure. Be careful as damage to the Console Assembly (30) could result. Install, and hand tighten the 2pcs of 3/8" x 3/4" Hex Head Bolts (103) with 2pcs of 3/8"x23x1.5T Curved Washers (84) through the front of the receiving bracket into the Console Mast (12).
5. Using the 13/14m/m Wrench (106) tighten the three bolts, and the fourth bolt, which is pre-installed, firmly. These bolts should be tightened as much as you possibly can.
6. Locate the Console Assembly (30) and tighten it with the 4pcs of M5 x 10 m/m Phillips Head Screws (66) by using the Phillips Head Screw Driver (108).
7. There are four connectors at the top opening of the Console Mast (12), two Handpulse W/Cable Assemblies (36), one Computer Cable (31) and one Upper Switch Cable (124). Connect these to the mating connectors on the back of the Console Assembly (30). Do not force them while connecting as the connectors are keyed so that you cannot plug them in the wrong way.
8. Store the excessive cables back into the Console Mast (12) and carefully install the Console Assembly (30) onto the mounting plate of Console Mast (12) and secure the 4pcs of M5 x 10m/m Phillips Head Screws (66) by using Philips Head Screw Driver (108).

STEP 1: CONSOLE MAST ASSEMBLY



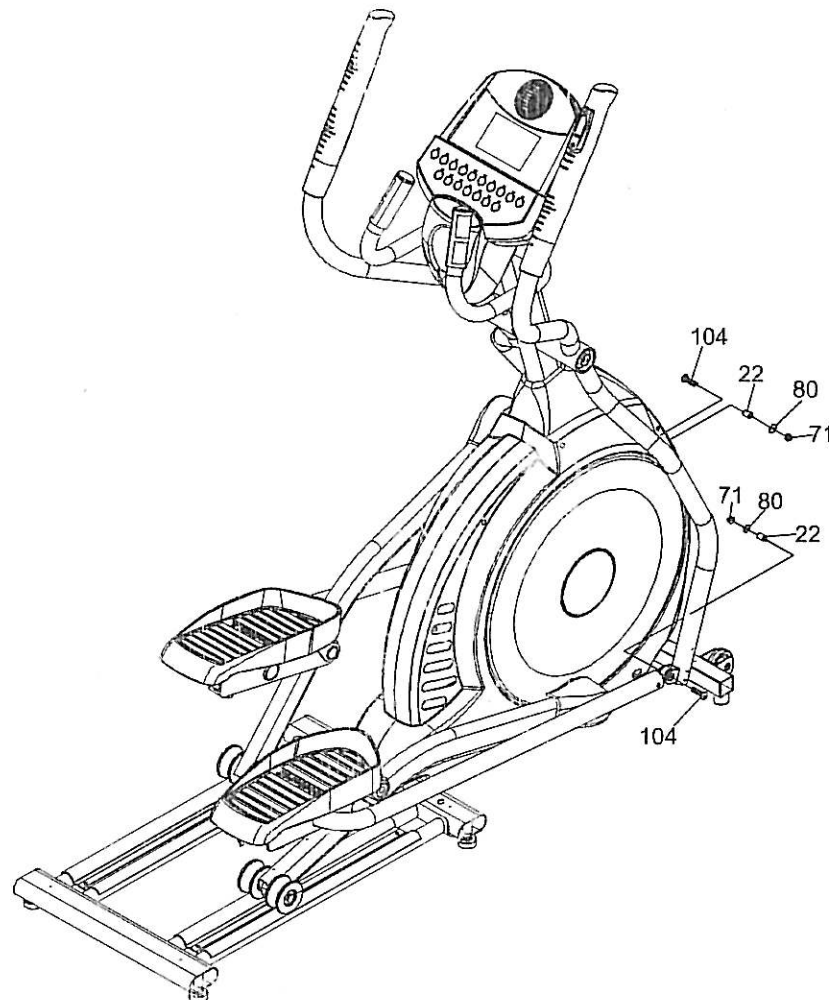
STEP 2: HANDLE BAR ASSEMBLY

1. Install the 2pcs of $\phi 25$ Wave Washers (81) onto the Left and Right sides of the Handle Bar axle.
2. Slide the Left and Right Handle Bars (10&11) onto the appropriate side of the axle.
3. Put the 2pcs of $3/8" \times 30 \times 2T$ Flat Washers (97) onto the 2pcs of $3/8" \times 3/4"$ Hex Head Bolts (103) and install, tighten by using 13/14m/m Wrench (106), in the threaded holes in the ends of the axle.
4. Connect Upper Switch Cable (124) with Lower Switch Cable (125) and push the excessive length of the cable into the Console Mast. Plug-in the Switch Wire Cap (123).



STEP 3: CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the right and left Connecting Arms (8&9)(pivoting rod end) with the hole in the bracket of the right and left Handle Bars (10&11). The rod end should be inside of the right and left Handle Bars(10&11) bracket. Take 2pcs of 5/16" x 1-1/4" Hex Head Bolts (104) and install it through the right and left Handle Bar (10&11) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers (80), 5/16" x 7T Nyloc Nuts (71) and ϕ 11.9 x 8.5 x 16m/m Fish-eye Sleeve (22) on the 5/16" x 1-1/4" Hex Head Screws(104) and tighten firmly by using 12m/mWrench (109) and 13/14 m/m Wrench (106) on the 5/16" x 7T Nyloc Nut (71) and on the 5/16" x 1-1/4" Hex Head Screw(104).



STEP 4: PLASTIC PARTS ASSEMBLY

1. Match the Connecting Arm Cover (R), (58), with Connecting Arm Cover (L), (58-1) onto the Connecting Arm (L), (8) and secure the covers with 2pcs of M5 x 15m/m Phillips Head Screws(105) and 2pcs of ϕ 3.5x12m/m Self Tapping Screws(87) by using the Phillips Head Screw Driver(108).
2. Repeat step 1 for the Connecting Arm (R), (9).
3. Match the Connecting Arm Cover (R), (57), with Connecting Arm Cover (L), (57-1), onto the Handle Bar (L), (10) and secure the covers with 2pcs of M5 x 15m/m Phillips Head Screws(105) and 2pcs of ϕ 3.5x12m/m Self Tapping Screws(87) by using the Phillips Head Screw Driver(108).
4. Repeat step 3 for the Handle Bar (R), (11).
5. Install the 2pcs of Sliding Wheel Covers (52) above the Sliding Wheels (39) by using the 4pcs of M5x15m/m Phillips Head Screws (105).
6. Locate the 2pcs of Rear Stabilizer Covers (A) (19) and 2pcs of Rear Stabilizer Covers (B) (20) for the Rail Assembly (2) and install with 4pcs of M5 x 15m/m Phillips Head Screws (105) by using the Phillips Head Screw Driver (108).
7. Install the Front Stabilizer Cover (49) with 2pcs of M5 x 15m/m Phillips Head Screws (105) by using the Phillips Head Screw Driver (108).
8. Install the Front left and right Handle Bar Covers (54 & 55) and Rear left and right Handle Bar Covers (54-1 & 55-1) over the Handle Bars axle connections with the 8pcs of ϕ 3.5x12m/m Self Tapping Screws (87) by using Phillips Head Screw Driver (108).
9. Secure the Front Console Cover (126) onto to the front of the Console Mast (12) with 1 pc of M5x15mm Phillips Head Screw (105) and match the Rear Console Cover (127) with the Front Console Cover (126) and secure them with 2pcs of M5x15mm Philips Head Screws (105) and 2pcs of ϕ 3.5x12m/m Self Tapping Screws (87) by using Phillips Head Screw Driver (108).

This technical diagram illustrates the exploded view of a stationary bike assembly. The main components are labeled with numbers: 1 (pedal crank), 2 (pedal), 3 (pedal bracket), 4 (pedal bracket), 5 (pedal bracket), 6 (pedal bracket), 7 (pedal bracket), 8 (pedal bracket), 9 (pedal bracket), 10 (pedal bracket), 11 (pedal bracket), 12 (pedal bracket), 13 (pedal bracket), 14 (pedal bracket), 15 (pedal bracket), 16 (pedal bracket), 17 (pedal bracket), 18 (pedal bracket), 19 (pedal bracket), 20 (pedal bracket), 21 (pedal bracket), 22 (pedal bracket), 23 (pedal bracket), 24 (pedal bracket), 25 (pedal bracket), 26 (pedal bracket), 27 (pedal bracket), 28 (pedal bracket), 29 (pedal bracket), 30 (pedal bracket), 31 (pedal bracket), 32 (pedal bracket), 33 (pedal bracket), 34 (pedal bracket), 35 (pedal bracket), 36 (pedal bracket), 37 (pedal bracket), 38 (pedal bracket), 39 (pedal bracket), 40 (pedal bracket), 41 (pedal bracket), 42 (pedal bracket), 43 (pedal bracket), 44 (pedal bracket), 45 (pedal bracket), 46 (pedal bracket), 47 (pedal bracket), 48 (pedal bracket), 49 (pedal bracket), 50 (pedal bracket), 51 (pedal bracket), 52 (pedal bracket), 53 (pedal bracket), 54 (pedal bracket), 55 (pedal bracket), 56 (pedal bracket), 57 (pedal bracket), 58 (pedal bracket), 59 (pedal bracket), 60 (pedal bracket), 61 (pedal bracket), 62 (pedal bracket), 63 (pedal bracket), 64 (pedal bracket), 65 (pedal bracket), 66 (pedal bracket), 67 (pedal bracket), 68 (pedal bracket), 69 (pedal bracket), 70 (pedal bracket), 71 (pedal bracket), 72 (pedal bracket), 73 (pedal bracket), 74 (pedal bracket), 75 (pedal bracket), 76 (pedal bracket), 77 (pedal bracket), 78 (pedal bracket), 79 (pedal bracket), 80 (pedal bracket), 81 (pedal bracket), 82 (pedal bracket), 83 (pedal bracket), 84 (pedal bracket), 85 (pedal bracket), 86 (pedal bracket), 87 (pedal bracket), 88 (pedal bracket), 89 (pedal bracket), 90 (pedal bracket), 91 (pedal bracket), 92 (pedal bracket), 93 (pedal bracket), 94 (pedal bracket), 95 (pedal bracket), 96 (pedal bracket), 97 (pedal bracket), 98 (pedal bracket), 99 (pedal bracket), 100 (pedal bracket), 101 (pedal bracket), 102 (pedal bracket), 103 (pedal bracket), 104 (pedal bracket), 105 (pedal bracket), 106 (pedal bracket), 107 (pedal bracket), 108 (pedal bracket), 109 (pedal bracket), 110 (pedal bracket), 111 (pedal bracket), 112 (pedal bracket), 113 (pedal bracket), 114 (pedal bracket), 115 (pedal bracket), 116 (pedal bracket), 117 (pedal bracket), 118 (pedal bracket), 119 (pedal bracket), 120 (pedal bracket), 121 (pedal bracket), 122 (pedal bracket), 123 (pedal bracket), 124 (pedal bracket), 125 (pedal bracket), 126 (pedal bracket), 127 (pedal bracket).

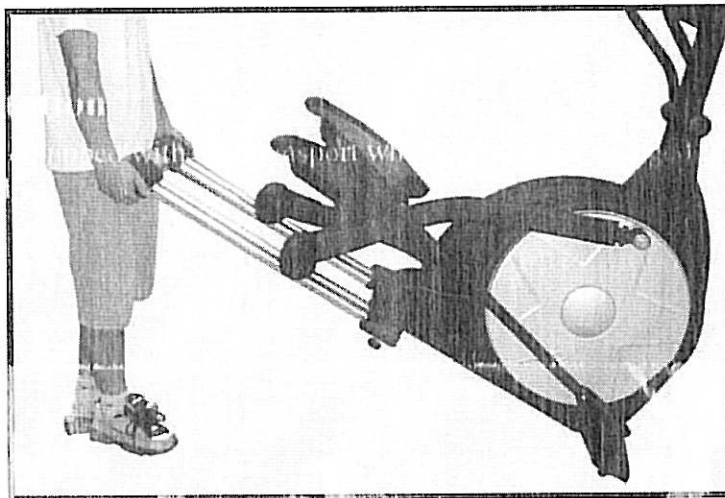
A circular inset in the bottom right corner provides a detailed view of the pedal crank assembly, showing the connection between the crank arm and the pedal bracket.

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CUSTOMER SERVICE 1-888-707-1180

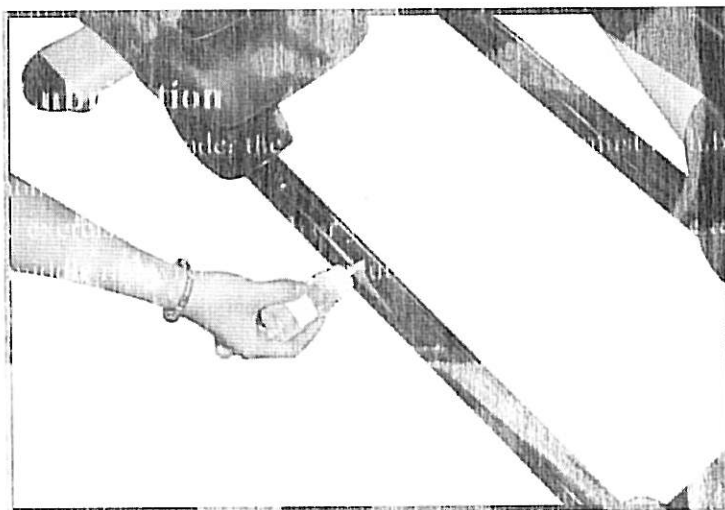
■ Transportation

The elliptical is equipped with two transport wheels which are engaged when rear of the elliptical is lifted.

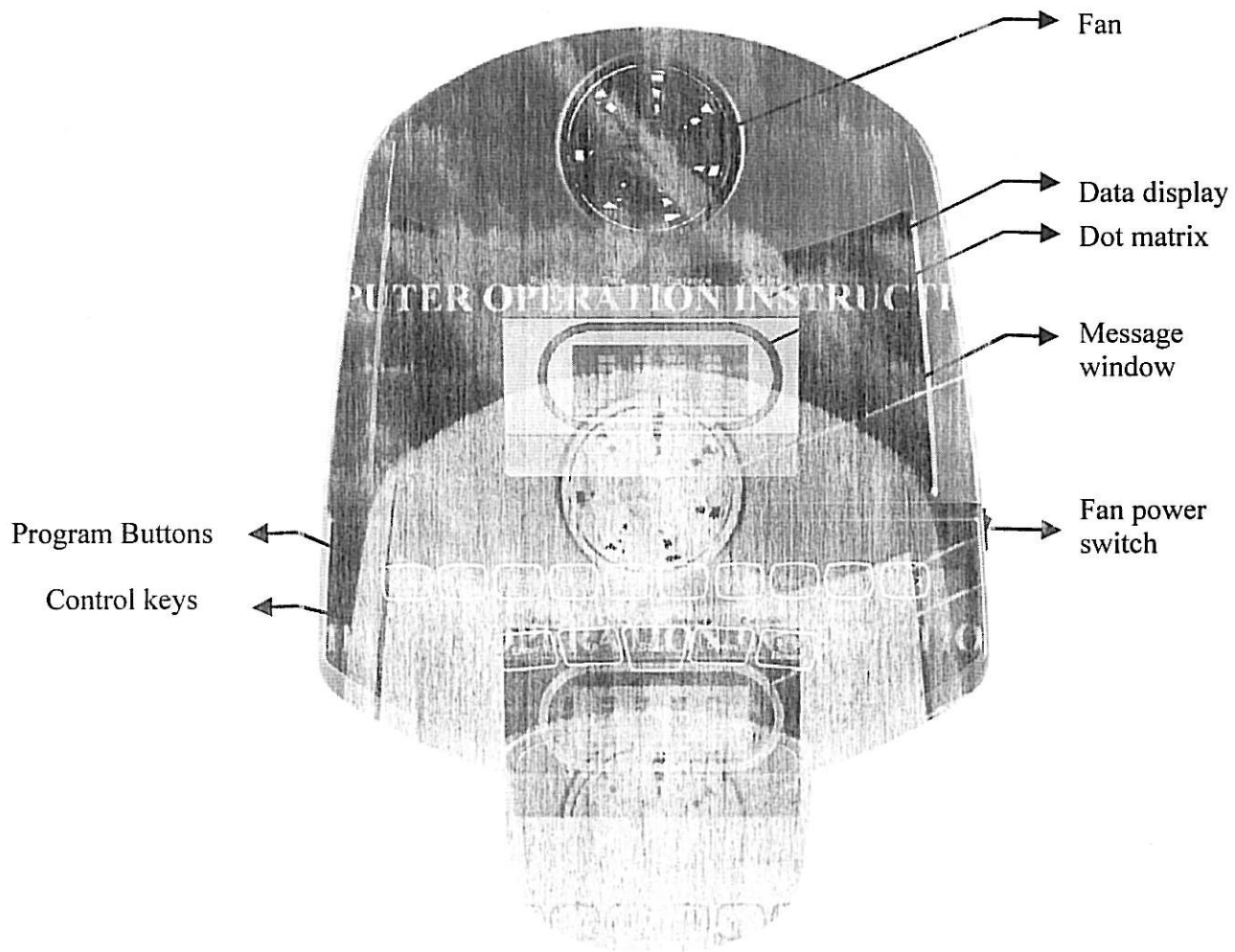


■ Elliptical Lubrication

1. Pour 2c.c of the lubricant under the middle of the rail. You must be lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c.of the lubricant.



COMPUTER OPERATION INSTRUCTIONS



Power up

The Elliptical is supplied with an external power supply. When power is connected to the Elliptical, the console will automatically power up. If there is no input to the console for 20 minutes the console will go to stand-by mode. In stand-by mode the console display will turn off. To turn the console on press any key.

When initially powered on the console will perform a normal self test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (ie: VER 1.0) and the message window will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone. The display will look like this: ODO 123 MI 123 HRS.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles of the programs and

the message window will be scrolling the start up message. You may now begin to use the console. chest strap transmitter.

Console Operation

Quick Start

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the Up or Down buttons. The dot matrix display will have only the bottom row lit at first. As you increase the work load more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase.

Basic information

The **Message Window** will initially be displaying Speed information. Each time the Enter button is pressed the next set of information will appear, four windows in all. In order: Speed in RPM and MPH, Work Level and Watts. If the Enter button is pressed during the Level and Watts display the Scan light will come on and the message window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Enter button again will bring you back to the beginning.

The Elliptical has a built in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handle bars, or wearing the heart rate transmitter, will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or Pulse, in beats per minute.

The Stop/Reset button actually has several functions. Pressing the Stop/Reset key once during a program will Pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop/Reset button is pressed twice during a workout the program will end and the console will return to the start up screen. If the Stop/Reset key is held down for 3 seconds the console will perform a complete Reset. During data entry for a program the Stop/Reset key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop/Reset key.

The Program Keys are used to preview each program. When you first turn the console on you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the Enter key to select the program and enter into the data setting mode.

The program keys also act as a Number Key Pad when you are in the data setting mode. Under each program key is a number. If you are setting new data, such as Age, weight etc., you can use these keys to enter the numbers quickly.

The console includes a built-in fan to help keep you cool. To turn the fan on, flip the switch on the right side of the console case.

Programming the console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate control programs to ensure the correct settings are in the program for your Age. Otherwise the work settings

could be too high or low for you. Entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

A message about Calories:

Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at about the same rate as during exercise for 20-30 minutes after you have finished exercising!

Entering/Changing Settings

When you enter a program, by pressing a program key, then enter key, you have the option of entering your own personal settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings the default, or saved, settings will be used.

The default computer settings are: Age = 35, Weight = 155 Lbs., Time = 30:00, Max Level, each program has a different maximum work level: Hill = 7, Fatburn = 5, Cardio = 7, Strength = 8, Interval = 7.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the Elliptical you will not have to enter it every time you work out unless either your Age or Weight changes or someone else enters a different Age and Weight.

Manual

The Manual program works as the name implies: manually. This means that you control the work load yourself and not the computer. To start the Manual program follow the instructions below or just press the Manual button then the Enter button and follow the directions in the message window.

1. Press the **Manual** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
6. Once the program starts you will be at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key; the Down key will decrease the work load. You can also use the handle switch on the right handlebar.
7. During the Manual program you will be able to scroll through the data in the message window by pressing the Enter key.
8. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Preset Programs

The Elliptical has five different programs that have been designed for a variety of workouts. These five programs have factory preset profiles for achieving different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty for each program before beginning by following the instructions in the message window after selecting your program.

The Programs

HILL

The **Hill** program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program. To start the Hill program follow the instructions below or just press the Hill button then the Enter button and follow the directions in the message window.

1. Press the **Hill** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program, at the top of the hill. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Hill program you will be able to scroll through the data in the message window by pressing the Enter key.
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a custom user program by pressing a User key and following the instructions in the message window.

Fat Burn

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level which stays steady is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of it's maximum potential. This program does not use heart rate but simulates a lower, steady, exertion workout.

To start the Fat Burn program follow the instructions below or just press the Fat Burn button then the Enter button and follow the directions in the message window.

1. Press the **Fat Burn** key then press the **Enter** key.

2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. The factory setting is level five. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Fat Burn program you will be able to scroll through the data in the message window by pressing the Enter key.
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Cardio

The **Cardio** program is designed to increase your Cardio vascular function. This is, simply said, exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work. To start the Cardio program follow the instructions below or just press the Cardio button then the Enter button and follow the directions in the message window.

1. Press the Cardio key then press the Enter key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Cardio program you will be able to scroll through the data in the message window by pressing the Enter key.
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Strength

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and gluteus. To start the Strength program follow the instructions below or just press the Strength button then the Enter button and follow the directions in the message window.

1. Press the **Strength** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. The factory setting is level eight. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Strength program you will be able to scroll through the data in the message window by pressing the Enter key.
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Interval

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way. To start the Interval program follow the instructions below or just press the Interval button then the Enter button and follow the directions in the message window.

1. Press the **Interval** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key Or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Interval program you will be able to scroll through the data in the message window by pressing the Enter key.
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

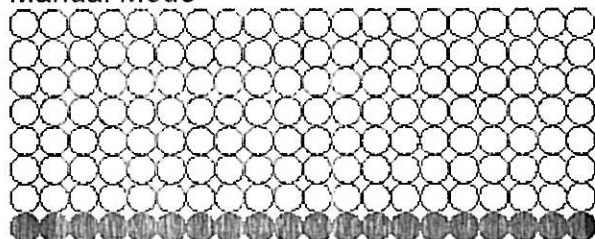
Custom User Defined Programs

There are two customizable User programs that allow you to build and save your own workout. The two programs, User 1 and User 2, operate exactly the same way so there is no reason to describe them separately. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

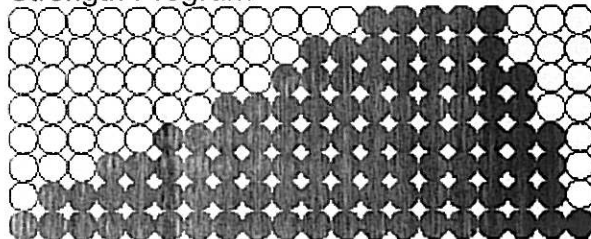
1. Press the **User 1** or **User 2** key. The message window will show a welcome message. If you had previously saved a program the message will contain your name. Then press the **Enter** key to begin programming.
2. When you press enter, the message window will show "Name – A", if there is no name saved. If the name "David" had been previously saved the message window will show "Name – David" and the D will be blinking. If there is a name saved you can change it or you may press the **Stop** key to keep the name and continue to the next step. If you want to enter a name use the **Up** and/or the **Down** key to change the first letter then press **Enter** to save the first letter and continue to the next letter. When you have finished entering the name press the **Stop** key to save the name and continue to the next step.
3. The message window will ask you to enter your **Age**. You may enter your Age, using the **Up** and **Down** keys or the numeric key pad, then press the **Enter** key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the Weight number using the **Up** and **Down** keys or the numeric key pad, then press enter to continue.
5. Next is **Time**. You may adjust the Time and press enter to continue.
6. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
7. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press enter to continue to the next segment.
8. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press enter. Continue this process until all twenty segments have been set.
9. The message window will then tell you to press enter to save the program. After saving the program the message window says "New program saved" then will give you the option to **Start** or **modify** the program. Pressing **Stop** will exit to the start up screen.
10. If you want to increase or decrease the work load at any time during the program press the **Up** or **Down** key or use the handle switch on the right handlebar. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
11. During the User 1 or User 2 program you will be able to scroll through the data in the message window by pressing the **Enter** key.

PROFILE :

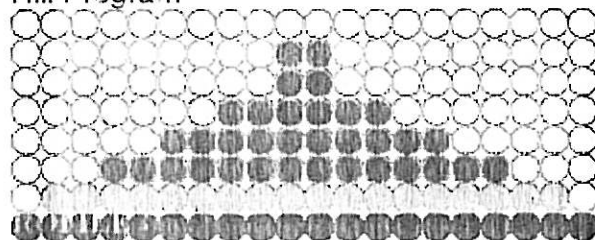
Manual Mode



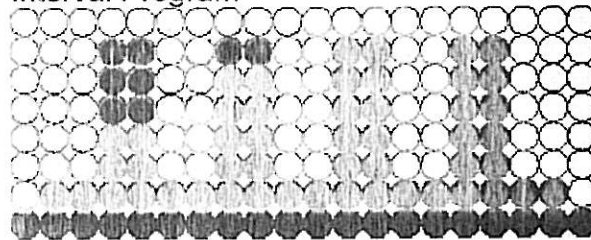
Strength Program



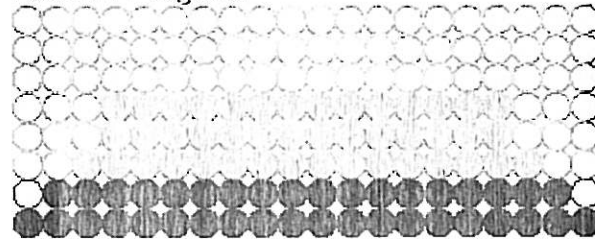
Hill Program



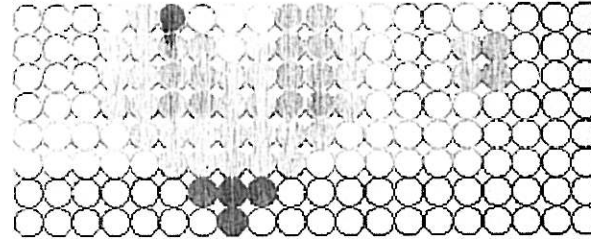
Interval Program



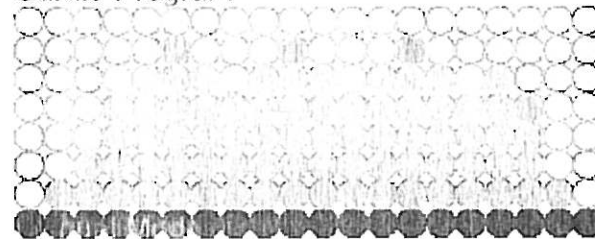
Fatburn Program



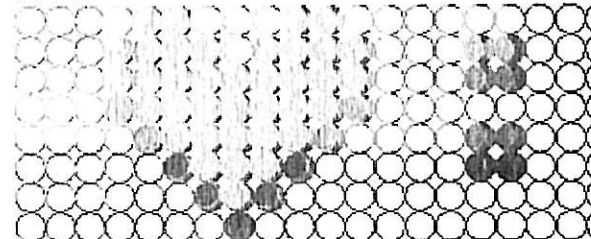
HR 1



Cardio Program



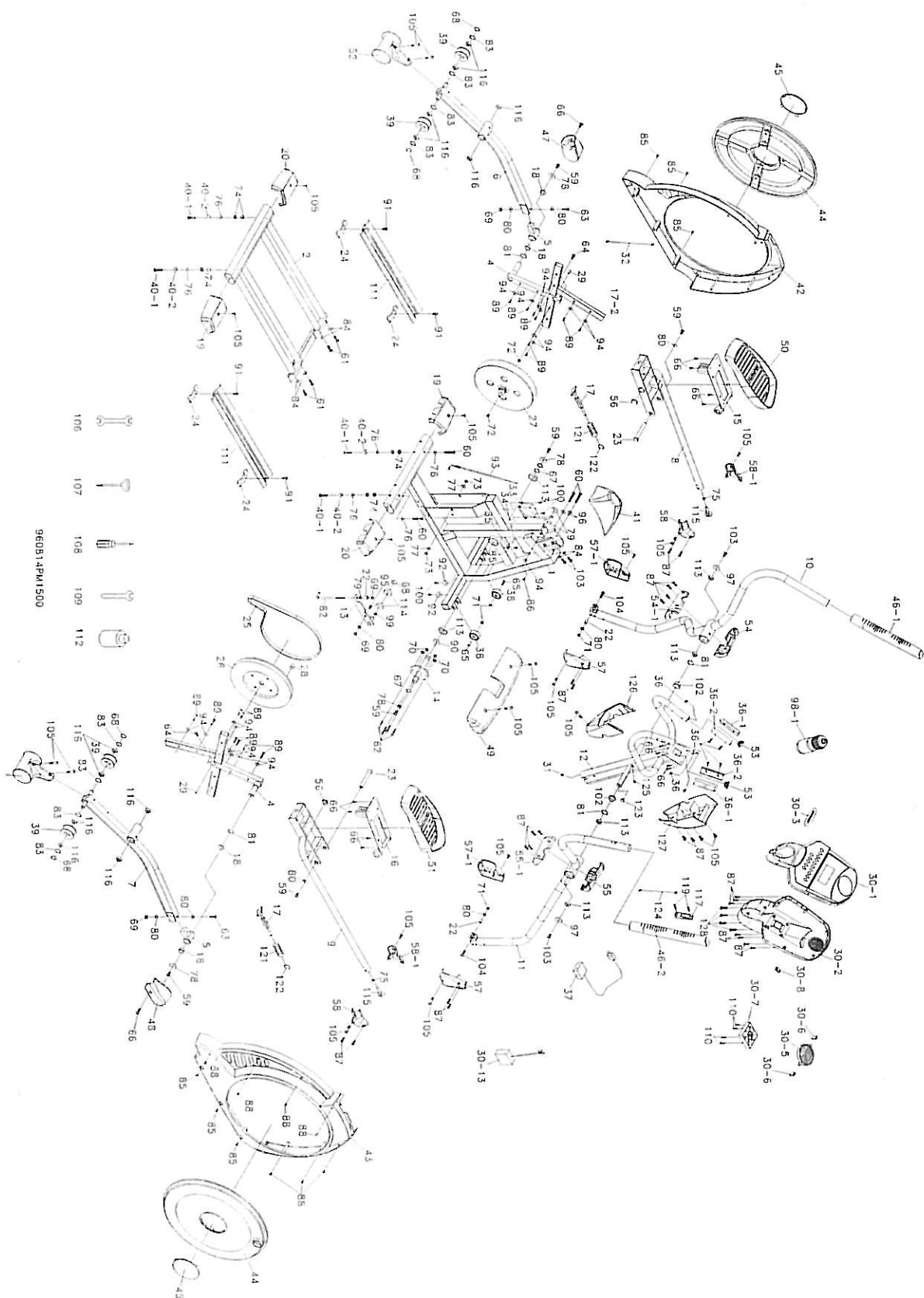
HR 2



KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	1720001	Main Frame	1
2	1720002	Rail Assembly	1
4	1720004	Cross Bar	2
5	1720005	Bushing Housing, Pedal Arm	2
6	1720006	Pedal Arm(L)	1
7	1720007	Pedal Arm(R)	1
8	1720008	Connecting Arm (L)	1
9	1720009	Connecting Arm (R)	1
10	1720010	Handle Bar (L)	1
11	1720011	Handle Bar (R)	1
12	1720012	Console Mast	1
13	1720013	Idler Wheel Assembly	1
14	1720014	Crank Axle	1
15	1720015	Adjustable Pedal (L)	1
16	1720016	Adjustable Pedal (R)	1
17	1720017	Locking Pin Assembly	2
18	1720018	$\phi 38 \times \phi 31 \times \phi 25 \times 17+3T$ _Copper Bushing (50% Copper)	4
19	1720019	Rear Stabilizer Cover (A)	2
20	1720020	Rear Stabilizer Cover (B)	2
22	1720022	$\phi 11.9 \times \phi 8.5 \times 16$ m_Fish-eye Sleeve	3
23	1720023	Carriage Bolt	2
24	1720024	Retaining Bracket, Aluminum Track	4
25	1720025	Belt	1
26	1720026	Drive Pulley	1
27	1720027	Flywheel	1
28	1720028	Magnet	1
29	1720029	Woodruff Key	2
30	1720030	Console Assembly	1
30~1	1720030-1	Top Console Cover	1
30~2	1720030-2	Bottom Console Cover	1
30~3	1720030-3	Badge, Console	1
30~5	1720030-5	Deflector Fan Grill	1
30~6	1720030-6	Fan Grill Anchor	2
30~7	1720030-7	Fan Assembly	1
30~8	1720030-8	Fan Power Switch	1
30~13	1720030-13	Receiver, HR	1
31	1720031	1000mm_Computer Cable	1
32	1720032	DC Power Cable	1
33	1720033	Gear Motor	1
34	1720034	300mm_Sensor W/Cable	1
35	1720035	Sensor Rack	1
36~1	1720036-1	Handpulse Assembly Top	2
36~2	1720036-2	Handpulse Assembly Bottom	2
36~4	1720036-4	$\phi 3 \times 20$ mm_Tapping Screw	4
37	1720037	Adaptor	1
38	1720038	$\phi 62$ _Transportation Wheel	2
39	1720039	$\phi 72$ _Slide Wheel , Urethane	4

KEY NO.	PART NO.	DESCRIPTION	Q'TY
40~1	1720040-1	3/8" x 2" _Thumb Head Socket Screw	4
40~2	1720040-2	Leveling Foot	4
41	1720041	Console Mast Cover	1
42	1720042	Chain Cover (L)	1
43	1720043	Chain Cover (R)	1
44	1720044	Round Disk Cover, Crank	2
45	1720045	Round Disk Cover	2
46~1	1720046-1	TPR ϕ 38x420L_Handle Bar Axle Inner Cover (L)	1
46~2	1720046-2	TPR ϕ 38x420L_Handle Bar Axle Inner Cover (R)	1
47	1720047	Pedal Arm Cover (L)	1
48	1720048	Pedal Arm Cover (R)	1
49	1720049	Front Stabilizer Cover	1
50	1720050	Pedal (L)	1
51	1720051	Pedal (R)	1
52	1720052	Slide Wheel Cover	2
53	1720053	ϕ 32 (1.3T)_Button Head End Cap	2
54	1720054	Front Handle Bar Cover (L)	1
54~1	1720054-1	Rear Handle Bar Cover (L)	1
55	1720055	Front Handle Bar Cover (R)	1
55~1	1720055-1	Rear Handle Bar Cover (R)	1
56	1720056	Pedal End Cover	2
57	1720057	Connecting Arm Cover A (R)	2
57~1	1720057-1	Connecting Arm Cover A (L)	2
58	1720058	Connecting Arm Cover B (R)	2
58~1	1720058-1	Connecting Arm Cover B (L)	2
59	1720059	5/16" x 15m/m_Hex Head Bolt	6
60	1720060	3/8" x 2-1/4" _Hex Head Bolt	4
61	1720061	3/8" x 3-3/4" _Hex Head Bolt	4
62	1720062	1/4" x 3/4" _Hex Head Bolt	4
63	1720063	M8 x 50m/m _Socket Head Cap Bolt	2
64	1720064	M8x3 m/m _Socket Head Cap Bolt	2
65	1720065	5/16" x 2" _Button Head Socket Bolt	2
66	1720066	M5x10 m/m _Phillips Head Screw	14
67	1720067	ϕ 25 _C Ring	3
68	1720068	ϕ 17 _C Ring	5
69	1720069	M8 x 7T _Nylon Nut	4
70	1720070	1/4" _Nylon Nut	4
71	1720071	5/16" x 7T _Nylon Nut	4
72	1720072	3/8" -UNF26 x 4T _Nut	2
73	1720073	3/8" -UNF26 x 9T _Nut	2
74	1720074	3/8" x 7T _Nut	8
75	1720075	M12 _Nut	2
76	1720076	3/8" x 19 x 1.5T _Flat Washer	6
77	1720077	3/8" x 25 x 2T _Flat Washer	2
78	1720078	5/16" x 25 x 1.5T _Flat Washer	4
79	1720079	5/16" x 23 x 1.5T _Flat Washer	3
80	1720080	5/16" x 23 x 1.5T _Flat Washer	9
81	1720081	ϕ 25 _Wave Washer	4

KEY NO.	PART NO.	DESCRIPTION	O'TY
82	1720082	J Bolt	1
83	1720083	φ 17 _Wavy Washer	8
84	1720084	3/8" x 23 x 1.5T _Curved Washer	6
85	1720085	5x16 m/m _Tapping Screw	7
86	1720086	4x15 m/m _Self Tapping Screw	1
87	1720087	φ 3.5x12m/m _Self Tapping Screw	25
88	1720088	4x19 m/m _Self Tapping Screw	7
89	1720089	5x16 m/m _Tapping Screw	16
90	1720090	Bushing	1
91	1720091	5/16" x 3/4" _Hex Head Bolt	4
92	1720092	φ 25x15 _Foot Pad	2
93	1720093	Steel Rope	1
94	1720094	1/4"x19 _Flat Washer	17
95	1720095	M8 x20 m/m _Carriage Bolt	1
96	1720096	3/8" x 2T _Split Washer	2
97	1720097	3/8"x30x2T _Flat Washer	2
98-1	1720098-1	Drink Bottle	1
99	1720099	φ 17x φ 23.5x1T _Flat Washer	1
100	17200100	5x19 m/m _Tapping Screw	4
102	17200102	Isolator	2
103	17200103	3/8" x 3/4" _Hex Head Bolt	4
104	17200104	5/16" x 1-1/4" _Hex Head Bolt	2
105	17200105	M5 x 15m/m _Phillips Head Screw	21
106	17200106	13/14m/m _Wrench	1
107	17200107	Short Phillips Head Screw Driver	1
108	17200108	Phillips Head Screw Driver	1
109	17200109	12m/m _Wrench	1
110	17200110	φ 3.5x30m/m _Self Tapping Screw	4
111	17200111	Aluminum Track	2
112	17200112	Lubricant	1
113	17200113	Bearing, Crank Axle	10
114	17200114	Bearing for Idler Wheel	2
115	17200115	Fish-eye Bearing	2
116	17200116	Bearing for Slide Wheel	12
117	17200117	Handle Switch Assembly	1
119	17200119	M5x20m/m _Flat Head Socket Screw	2
121	17200121	Locking Pin Spring	2
122	17200122	φ 10x2 _C Ring	2
123	17200123	Switch Wire Cap	1
124	17200124	450mm _Switch Cable (Upper)	1
125	17200125	900mm _Switch Cable (Lower)	1
126	17200126	Front Console Cover	1
127	17200127	Rear Console Cover	1



TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVO_2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO_2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM).

If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training The fundamental principal here is **OVERLOAD**. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience **PAIN** during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

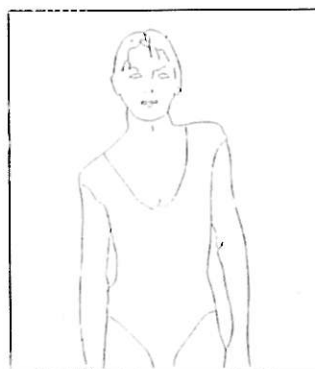
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



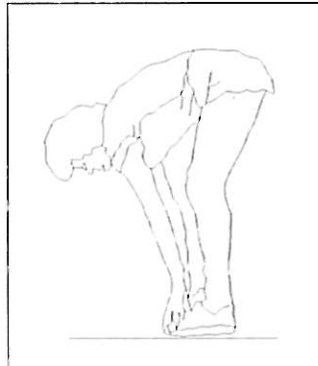
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

