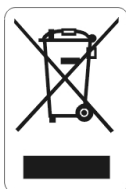
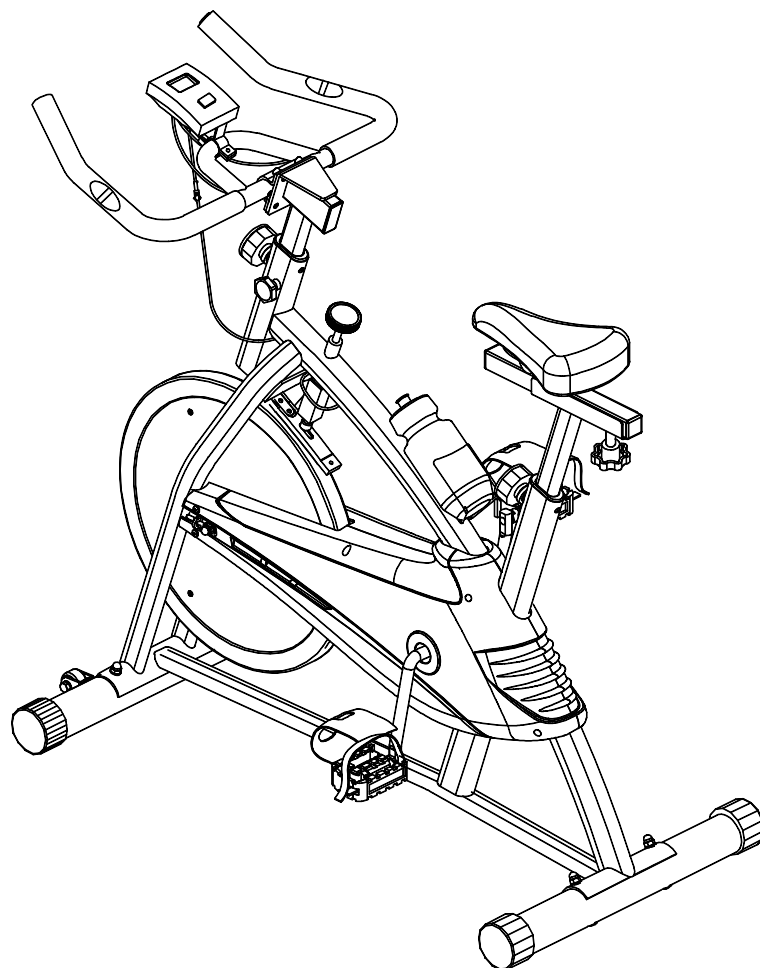


INDOOR CYCLING BIKE

ITEM NO.: 1113



OWNER'S MANUAL

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.***

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS -----	2
PARTS LIST -----	4
HARDWARE PACKING LIST -----	5
TOOLS -----	5
OVERVIEW DRAWING -----	6
ASSEMBLY INSTRUCTIONS -----	7
OPERATING THE COMPUTER -----	13
ADJUSTMENTS -----	15
EMERGENCY STOP -----	17
MOVING THE SPINNER BIKE -----	17
MAINTENANCE -----	18
TROUBLESHOOTING -----	18
WARM UP AND COOL DOWN ROUTINE -----	20

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not use the spinner bike barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing that may catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Never insert any object into any opening.
7. Always hold on to the handlebar while using this equipment.
8. Do not use the equipment outdoors.
9. This equipment is for household use only. It is not a commercial model.
10. Only one person at a time should use this equipment.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. Care should be taken in mounting or dismounting the equipment.
13. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
14. The maximum weight capacity for this product is 110 kgs.

Wichtige Sicherheitsanleitungen:

1. Lesen Sie vor dem Gebrauch die Anleitung genau durch. Überzeugen Sie sich, daß das Gerät richtig zusammengebaut ist und alle Schrauben angezogen sind.
2. Wärmen Sie sich vor dem Training auf, damit Verletzungen vermieden werden.
3. Das Gerät muß beim Trainieren auf einem ebenen Untergrund stehen. Es wird empfohlen eine Matte unterzulegen.
4. Immer richtige Sportbekleidung tragen , niemals barfuß trainieren. Nicht mit zu locker sitzender Kleidung trainieren.
5. Keine Veränderungen am Gerät vornehmen außer denen, die hier beschrieben sind. Sollten irgendwelche Probleme auftauchen, kontaktieren Sie Ihren Händler.
6. Niemals irgendwelche Objekte in irgendwelche Öffnungen werfen.

7. Halten Sie die Handgriffe beim Training immer fest
8. Niemals im Freien verwenden
9. Das Gerät ist nicht für den kommerziellen Gebrauch geeignet, nur für den Heimgebrauch
10. Nur 1 Person kann trainieren, niemals 2 gleichzeitig
11. Sollten Sie sich nicht gut fühlen, brechen Sie das Training sofort ab und konsultieren Sie Ihren Arzt
12. Das Gerät muß sorgfältig auf-und abgebaut werden
13. Kinder sollten sich vom Gerät fern halten und nicht damit spielen, es ist nur für ERwachsene geeignet. Man braucht ca 2 Meter rundherum Platz um ein richtiges, sicheres Training durchzuführen
14. Maximales Benützergewicht ist 110 kg

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

Achtung: vor dem Training Ihren Arzt konsultieren. Das ist speziell wichtig für Menschen über 35 JAhre und/oder mit gesundheitlichen Problemen. Vor dem Gebrauch die ANleitung lesen.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

No.	Description	Qty	No.	Description	Qty
-----	-------------	-----	-----	-------------	-----

001	Front Stabilizer End Cap Ø60	2	030	Nut M10	2
002	Bolt M8x40	2	031	Washer Ø10	2
003	Washer Ø8	8	032	Sleeve Ø16xØ10.3x25	1
004	Transport Wheel Ø36xØ9x20	2	033	Bearing (6000)	2
005	Front Stabilizer Ø60x480	1	034	Flywheel Axle (Ø10x132)	1
006	Nylon Nut M8	2	035	Flywheel Disk Ø387x2.3	2
007	Bolt M8x70	4	036	Flywheel (Ø453)	1
008	Handlebar Foam Grip Ø33xØ23x475	2	037	Screw ST4.2x18	7
009	Handlebar	1	038	Round Knob M16x1.5	2
010	Handlebar End Cap Ø25.4x1.5	2	039	Locking Knob M8	1
011	Bolt M8x12	4	040	Brake Block 19x19x10	1
012	Plastic Bushing	2	041	Cap Nut Ø16x19	1
013	Handlebar Post	1	042	Spring Plate 100x15.5x1.5	1
014	Handlebar Post End Cap 53.5x23.5x1.5	1	043	Small Spring Plate 30x15.5x2	1
015	Saddle DD2022	1	044	Bolt M6x12	2
016	Saddle Sliding Tube End Cap 30x30x1.5	2	045	Nut M5	1
017	Square Nut 24x24x12	1	046	Bolt M5x8	1
018	Seat Post	1	047	Brake Plate 140x25x13	1
019	Sleeve Ø14xØ10x30	1	048	Washer Ø5	6
020	Saddle Adjustment Knob M10x70	1	049	Bolt M5x20	1
021	Brake Knob Ø50x23	1	050	Bolt M5x12	1
022	Brake Knob Rod Ø10x225	1	051	Cap Nut M8	4
023	Brake Knob Rod Sleeve Ø15.1x100	1	052	Curve Washer Ø8	4
024	Main Frame	1	053	Pan Head Phillips Self Drilling Screw ST4.2x19	8
025	Cap Nut M10	2	054	Rectangular Cover Plate 66x23x2	2
026	Eyebolt M6	2	055	Bolt M5x15	6
027	Round Nut M6	2	056	Saddle Sliding Tube	1
028	Nut M6	2	057	Left Cover BC413-048-001	1
029	Spring Washer Ø10	2	058	Crank Cover BC194-801-003	2

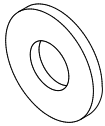
PARTS LIST

PARTS LIST

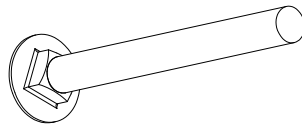
No.	Description	Qty	No.	Description	Qty
-----	-------------	-----	-----	-------------	-----

059	Left Foot Pedal BC410-1000-022L	1	074	Water Bottle Holder B410-1000-030	1
060	Crank Nut 7/8"	1	075	Brake Pad 140x26x6	1
061	Washer 7/8"	1	076	Screw ST3.5x8	2
062	Slotted Bearing Nut 7/8"	1	077	Nut M8	2
063	Bearing 15/16"	2	078	Screw ST4.2x19	3
064	Bearing Cup Ø56	2	079	Sensor Bracket	1
065	Notched Bearing Nut 15/16"	1	080	Sensor Wire L=800	1
066	Washer 15/16"	1	081	Wire Plug	4
067	Crank with Pulley Ø200X2.5	1	082	Hand Pulse Sensor	2
068	Right Cover BC413-048-001	1	083	Hand Pulse Sensor Wire L=630	1
069	Right Foot Pedal BC410-1000-022R	1	084	Nut M4	1
070	Chain	1	085	Screw M4x30	1
071	Rear Stabilizer End Cap Ø60	2	086	Computer Bracket	1
072	Rear Stabilizer Ø60x480	1	087	Computer (LT8817)	1
073	Water Bottle B410-1000-040	1			

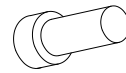
HARDWARE PACKING LIST



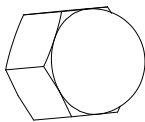
(3) Washer Ø8
4 PCS



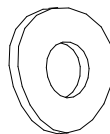
(7) Bolt M8x70
4 PCS



(11) Bolt M8x12
4 PCS



(51) Cap Nut M8
4 PCS

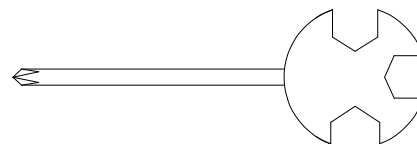


(52) Curve Washer Ø8
4 PCS

TOOLS

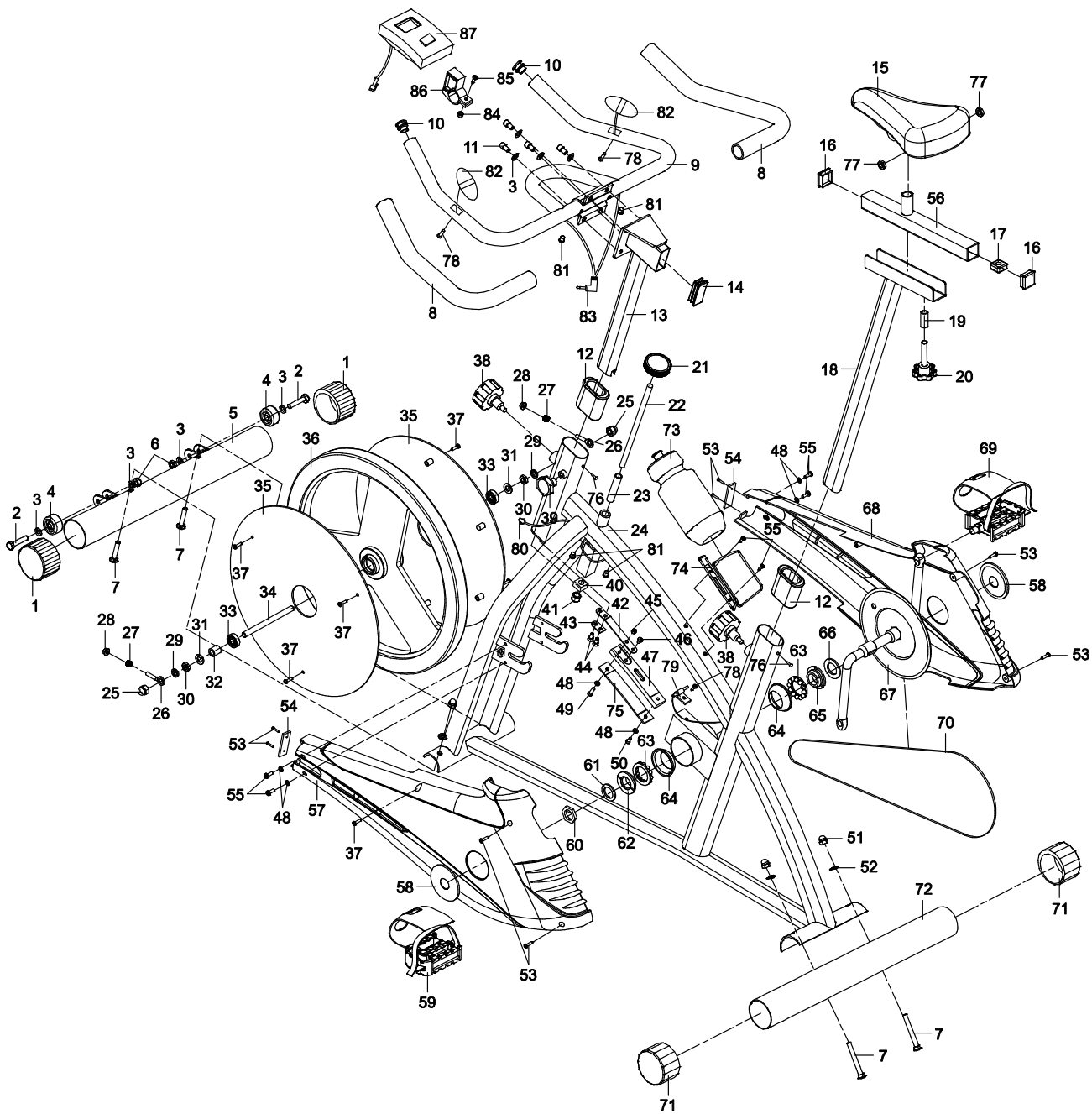


Allen Wrench 6mm
1 PC

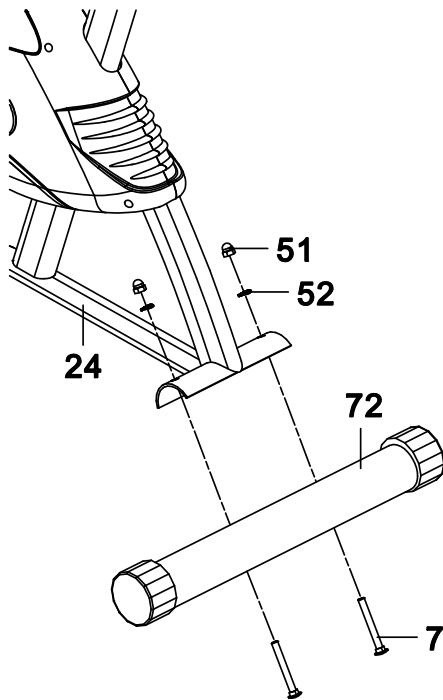


Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

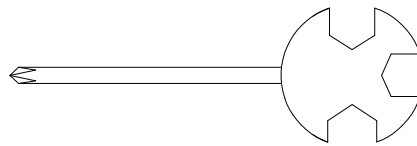
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:

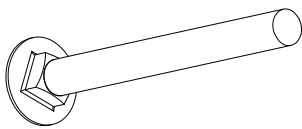


*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

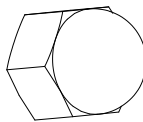
1. Rear Stabilizer Installation

Position the Rear Stabilizer (72) behind the Main Frame (24) and align bolt holes. Attach the Rear Stabilizer (72) onto the rear curve of the Main Frame (24) with two M8x70 Bolts (7), two M8 Cap Nuts (51), and two Ø8 Curve Washers (52). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

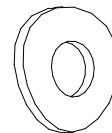
Hardware:



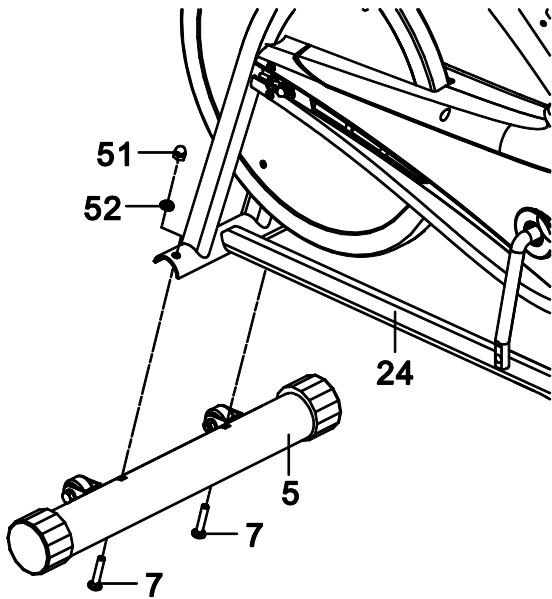
(7) Bolt M8x70
2 PCS



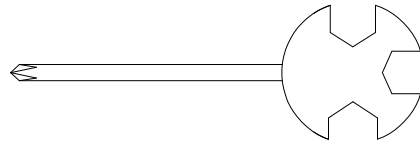
(51) Cap Nut M8
2 PCS



(52) Curve Washer Ø8
2 PCS



Tool:

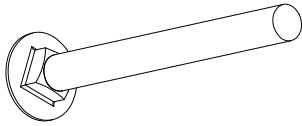


*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

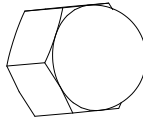
2. Front Stabilizer Installation

Position the Front Stabilizer (5) in front of Main Frame (24) and align bolt holes. Attach the Front Stabilizer (5) onto the front curve of the Main Frame (24) with two M8x70 Bolts (7), two M8 Cap Nuts (51), and two Ø8 Curve Washers (52). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

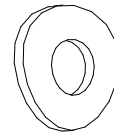
Hardware:



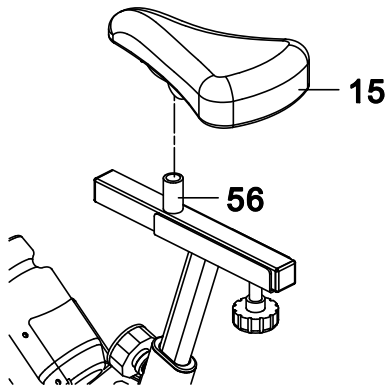
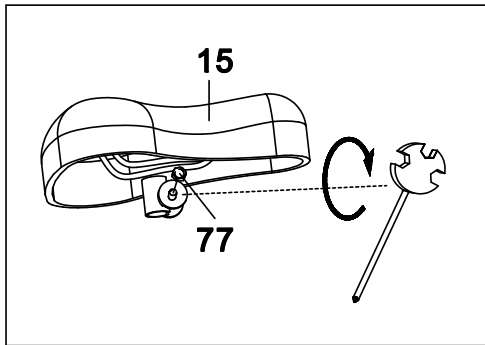
(7) Bolt M8x70
2 PCS



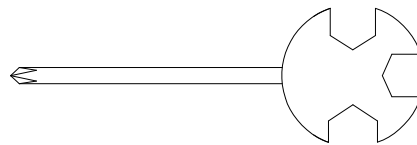
(51) Cap Nut M8
2 PCS



(52) Curve Washer Ø8
2 PCS



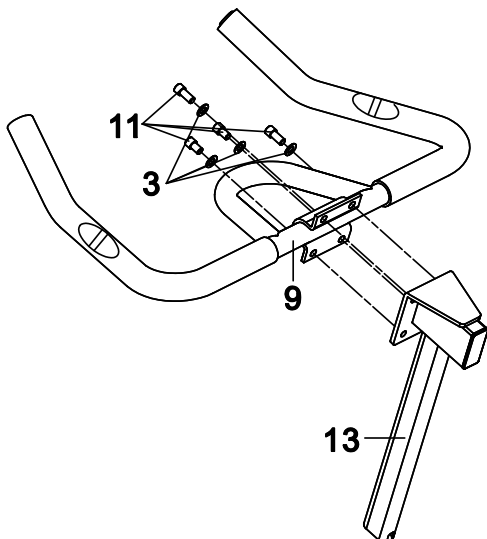
Tool:



*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

3. Saddle Installation

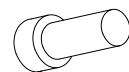
Loosen both M8 Nuts (77) from underneath of the Saddle (15) with the Multi Hex Tool with Phillips Screwdriver provided. Then install the Saddle (15) onto the Saddle Sliding Tube (56) and secure with both M8 Nuts (77) that were loosened. Tighten both M8 Nuts (77) with the Multi Hex Tool with Phillips Screwdriver provided.



Hardware:



(3) Washer Ø8
4 PCS



(11) Bolt M8x12
4 PCS

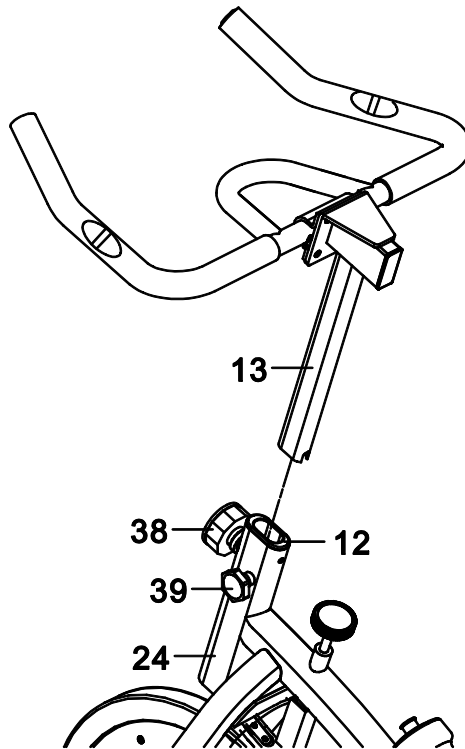
Tool:



Allen Wrench 6mm

4. Handlebar Installation

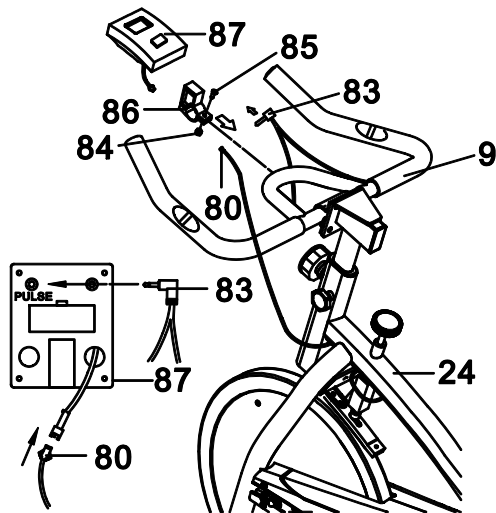
Attach the Handlebar (9) onto the Handlebar Post (13) with four Ø8 Washers (3) and four M8x12 Bolts (11). Tighten bolts with the Allen Wrench provided.



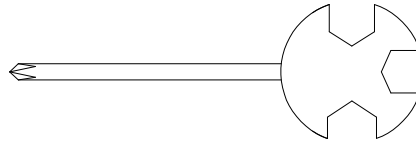
5. Handlebar Post Installation

Release the Locking Knob (39) and then loosen the Round Knob (38) by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob (38) and then insert the Handlebar Post (13) into the Plastic Bushing (12) on the tube of the Main Frame (24). Slide the Handlebar Post (13) up or down direction to the suitable position. Lock the Handlebar Post (13) in place by releasing the Round Knob (38) and sliding the Handlebar Post (13) up or down slightly until the Round Knob (38) "pops" down into the locked position. For added safety, tighten the Locking Knob (39) and Round Knob (38) in a clockwise direction.

NOTE: When adjusting the height of Handlebar Post (13), the STOP line cannot higher than the edge of Plastic Bushing (12).



Tool:



*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

6. Computer and Computer Bracket Installation

Remove one M4 Nut (84) and one M4x30 Screw (85) from the Computer Bracket (86).

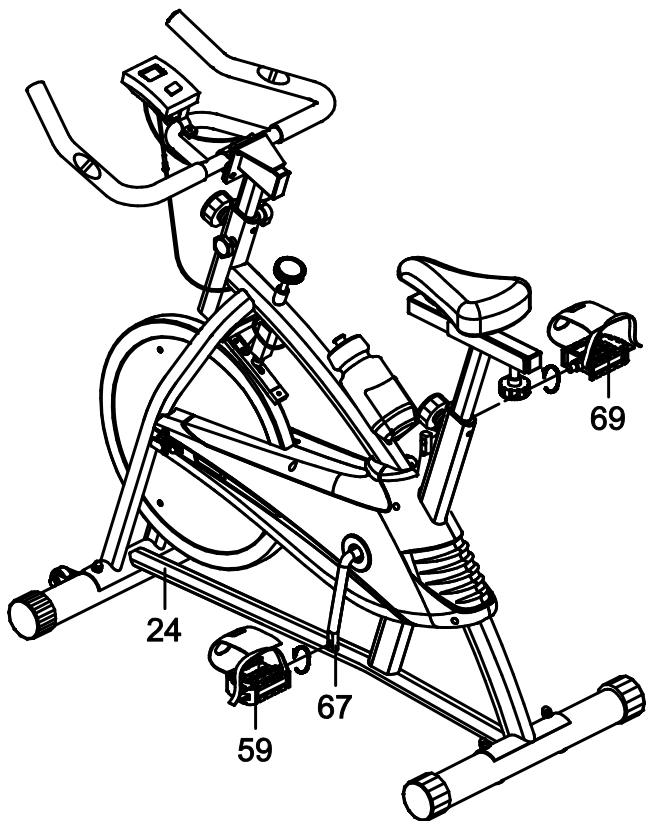
Remove screw and nut with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Computer Bracket (86) onto the Handlebar (9) with one M4 Nut (84) and one M4x30 Screw (85) that were removed. Tighten screw and nut with the Multi Hex Tool with Phillips Screwdriver provided.

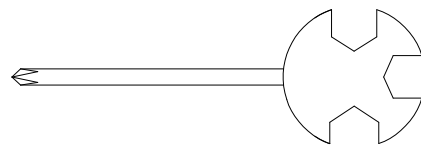
Slide the Computer (87) onto the Computer Bracket (86) until it locks into place.

Connect the Sensor Wire (80) from the Main Frame (24) to the wire that comes from the Computer (87).

Plug the Hand Pulse Sensor Wire (83) into receptacle located on the back of the Computer (87).



Tool:



*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

7. Left and Right Foot Pedals Installation

The Pedal Shafts, Cranks, and Foot Pedals are marked “R” for Right and “L” for Left. Insert the pedal shaft of Left Foot Pedal (59) into threaded hole in the left Crank (67). Turn the pedal shaft by hand in the counterclockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (59) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (69) into threaded hole in right Crank (67). Turn the pedal shaft by hand in the clockwise direction until snug.

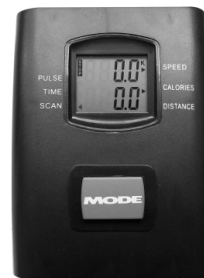
Tighten pedal shaft of Right Foot Pedal (69) with the Multi Hex Tool with Phillips Screwdriver provided.

Die Pedale sind mit “R” für rechts und “L” für links markiert. Drehen Sie entgegen dem Uhrzeigersinn um die Pedale zu befestigen. Ziehen Sie die Schraube dann mit dem Schraubenschlüssel fest.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99 KM/H
DISTANCE -----	0.0-999.9 KM
CALORIES -----	0.0-9999 KCAL
PULSE -----	40-240 BEATS/MIN



USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.

Der Computer wird aktiviert indem man die MODE Taste drückt oder zu treten beginnt. 4-5 Minuten nachdem Sie aufgehört haben zu trainieren, schaltet sich der Computer automatisch ab.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of computer.
Press and hold the MODE button for 3 seconds to reset all data values to zero.

Mit der MODE Tste können Sie die Funktionen wählen, wenn Sie sie 3 Sekunden halten, werden alle DATen auf 0 gestellt.

COMPUTER FUNTIONS:

SCAN: Automatically scans each function in sequence.
Scant automatisch durch alle Funktionen

TIME: Displays your elapsed workout time in minutes and seconds.
Zeigt die Trainingszeit in Minuten und Sekunden

SPEED: Displays the current training speed.
Zeigt die Trainingsgeschwindigkeit

DISTANCE: Displays the cumulative distance traveled during workout.
Zeigt die zurückgelegte Distanz

CALORIES: Displays approximate amount of calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).
Zeigt die während des Trainings verbrauchten KAlorien. (diese DATen sind nicht für medizinische Zwecke geeignet)

PULSE: Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please

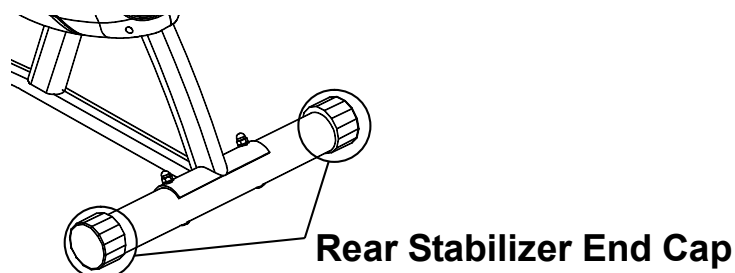
always hold on to the handlebar pulse sensors with both hands instead of just with one hand when you try to test your heart rate figures.

Zeigt Ihre Herzfrequenz wenn Sie die Sensoren mit beiden Händen fest halten, um die Genauigkeit zu erhöhen, bitte immer mit beiden Händen halten

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
 2. Place two size AA batteries into the battery housing.
 3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
 4. Re-install the battery cover.
 5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.
-
1. Entfernen Sie die Batteriehülle an der Rückseite des Computers
 2. Geben Sie 2 Stk. AA Batterien hinein
 3. Überzeugen Sie sich, daß die Batterien korrekt installiert sind und richtigen Kontakt mit den Federn haben
 4. Geben Sie die Hülle wieder hinauf
 5. Wenn das display nicht lesbar ist, entfernen Sie die Batterien noch einmal und legen Sie sie nach 15 Sekunden wieder ein

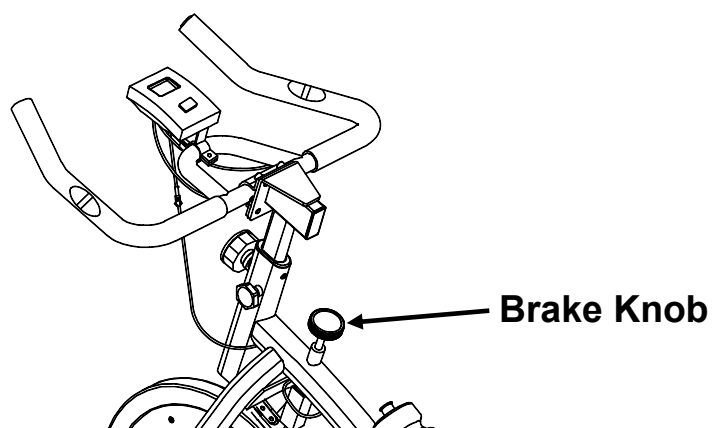
ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap

Turn the Rear Stabilizer End Cap on the rear stabilizer as needed to level the bike.

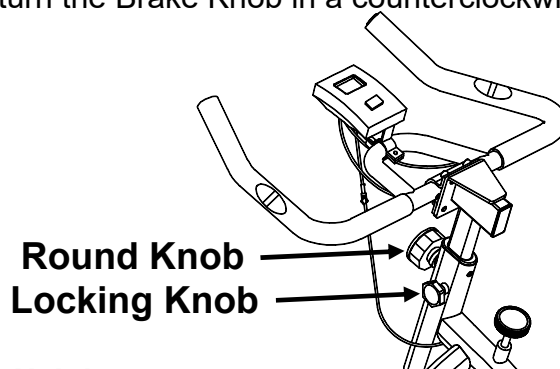
Drehen Sie die Endkappe so wie Sie es benötigen um das Rad gerade zu stellen



Adjusting the Brake Knob

To increase the tension, turn the Brake Knob in a clockwise direction.

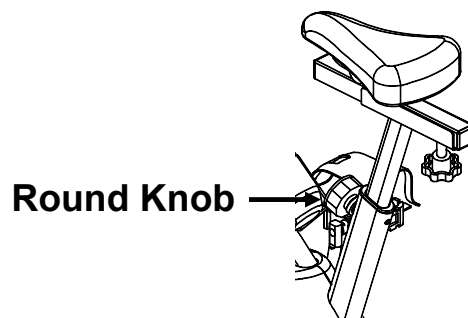
To decrease the tension, turn the Brake Knob in a counterclockwise direction.



Adjusting the Handlebar Height

Release the Locking Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Locking Knob and Round Knob in a clockwise direction.

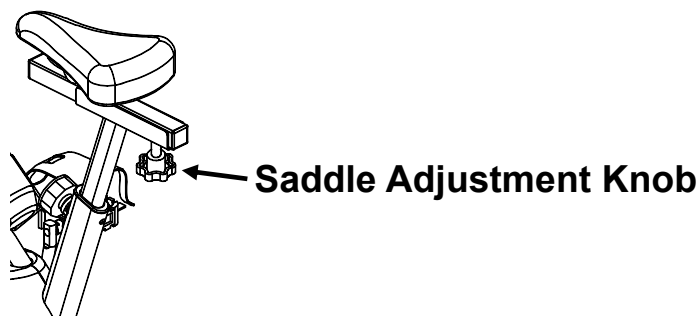
NOTE: When adjusting the height of handlebar, the STOP line cannot higher than the edge of plastic bushing.



Adjusting the Saddle Height

Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position. Lock the Seat Post in place by releasing the Round Knob and sliding the Seat Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Round Knob in a clockwise direction.

NOTE: When adjusting the height of seat post, the STOP line cannot higher than the edge of plastic bushing.

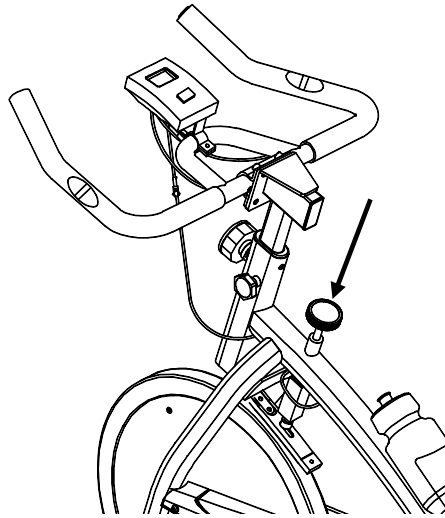


Adjusting the Saddle Forward or Back

Loosen the Saddle Adjustment Knob by turning counterclockwise direction. Slide the Saddle Sliding Tube forth or back direction to the suitable position. Lock the Saddle Sliding Tube in place by turning clockwise direction.

Öffnen Sie den Knopf für die Sattelbefestigung indem Sie gegen den Uhrzeigersinn drehen. Befestigen Sie ihn dann am richtigen Platz indem Sie im Uhrzeigersinn drehen

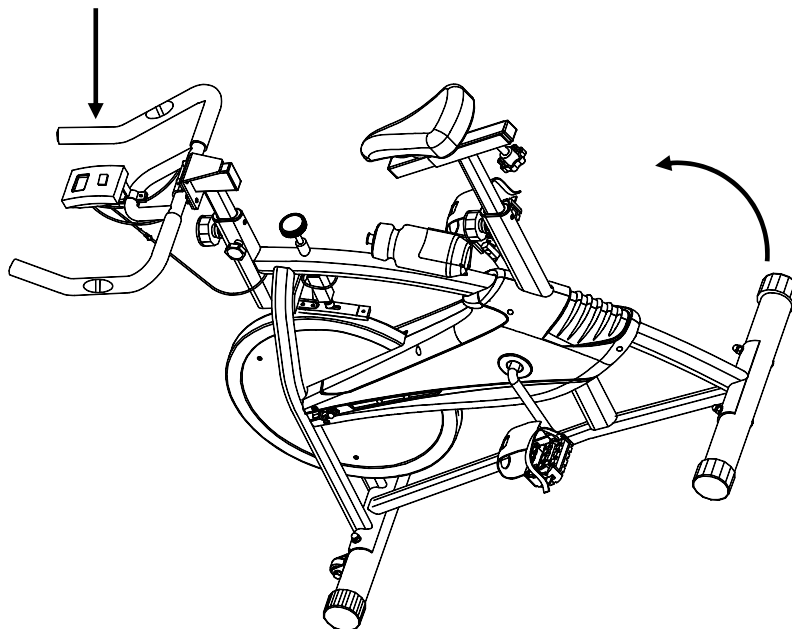
EMERGENCY STOP



To emergency stop, press firmly down onto the **BRAKE KNOB**. Continue holding the **BRAKE KNOB** down until the flywheel comes to a complete stop.

Eine Notbremsung können Sie machen indem Sie den Notbremsknopf drücken und halten

MOVING THE SPINNER BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

Drücken Sie das Gerät vorne nach unten bis sich der Hinterteil in die Höhe bewegt, dann können Sie das Rad bewegen

MAINTENANCE

Cleaning

The spinner bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the spinner bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the spinner bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Sie können das Gerät mit einem sauberen, trockenen Tuch reinigen. Keine Putzmittel an den Plastikteilen verwenden. Wischen Sie den Schweiß nach jedem Gebrauch weg. Der Computer soll nicht naß werden. Die Computerkonsole soll nicht dem direkten Sonnenlicht ausgesetzt sein. Die Schrauben sind regelmäßig zu überprüfen ob sie festgezogen sind

Storage

Store the spinner bike in a clean and dry environment away from children.

An einem trockenem , sauberem Ort aufbewahren, nicht in der reichweite von Kindern

TROUBLESHOOTING

PROBLEM	SOLUTION
The bike wobbles when in use. Das Rad wackelt beim Training	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike. Drehen Sie die Endkappen am hinteren Stabilisator um Ungleichheiten auszugleichen
There is no display on the computer console. Der Computer zeigt nichts an	<ol style="list-style-type: none"><li data-bbox="769 1357 1439 1621">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the main frame. Überprüfen Sie ob das Computerkabel richtig mit dem KAbel vom HAUptrahmen verbunden ist<li data-bbox="769 1621 1439 1816">2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. Überprüfen Sie ob die Batterien richtig eingelegt sind<li data-bbox="769 1816 1439 1953">3. The batteries in the computer console may be dead. Replace with new batteries. Wenn die BAtterien leer sind, müssen sie ersetzt werden

<p>There is no heart-rate reading or there is erratic / inconsistent reading. Die Herzfrequenz wird schlecht oder nicht angezeigt</p>	<ol style="list-style-type: none"> 1. Make sure that the hand pulse wire is properly plugged into receptacle located on the back of the computer. Überprüfen Sie ob das Handpuls-kabel richtig hinten am Computer eingesteckt wurde 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures. Um die Genauigkeit zu erhöhen, halten Sie die Griffsensoren mit beiden Händen 3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors halten Sie die Sensoren nicht zu fest.
<p>The bike makes a squeaking noise when in use. Das Gerät macht Lärm wenn Sie trainieren</p>	<p>The bolts may be loose on the bike. Please inspect all of the bolts and tighten any loose bolts. Alle Schrauben müssen kontrolliert und nachgezogen werden</p>

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Das Aufwärmen ist ein wichtiger Teil des Trainings. Ihr Körper soll auf das Training vorbereitet werden und das Verletzungsrisiko soll reduziert werden. Wärmen Sie ca 5 Minuten auf um Ihren Kreislauf und Ihre Herzfrequenz an das Training anzupassen.

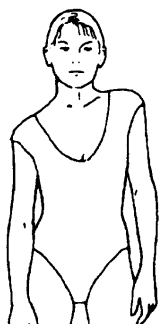
COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

Das Abwärmen soll die Regenerationsphase einleiten und Muskelkater reduzieren/verhindern.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then 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, then drop your head to your chest for one count.

Stricken Sie den Hals nach links,, rechts hinten und vorne vorne



SHOULDER LIFTS

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

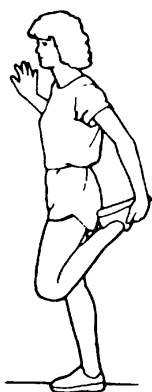
Heben Sie die rechte Schulter in die Richtung Ihres Ohrs, anschließend senken Sie diese und heben Sie die linke, wiederholen Sie diesen Vorgang einige Male



SIDE STRETCHES

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

Halten halhalten Si emit einer Hand gegen eine Wand, mit anderen ziehen Sie den Fuß hoch

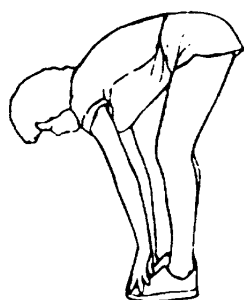
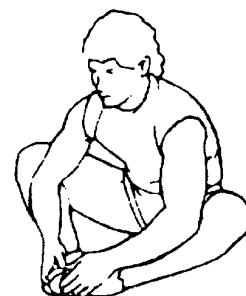


QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

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

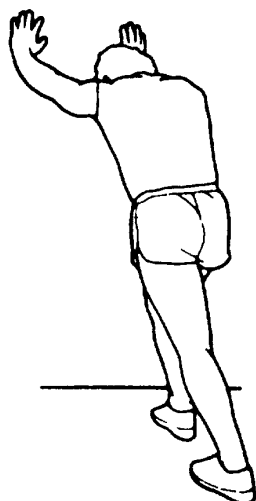
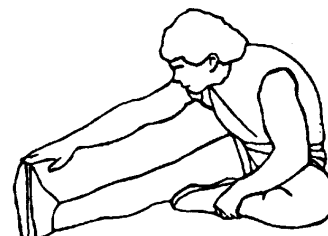


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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.