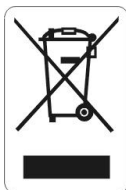
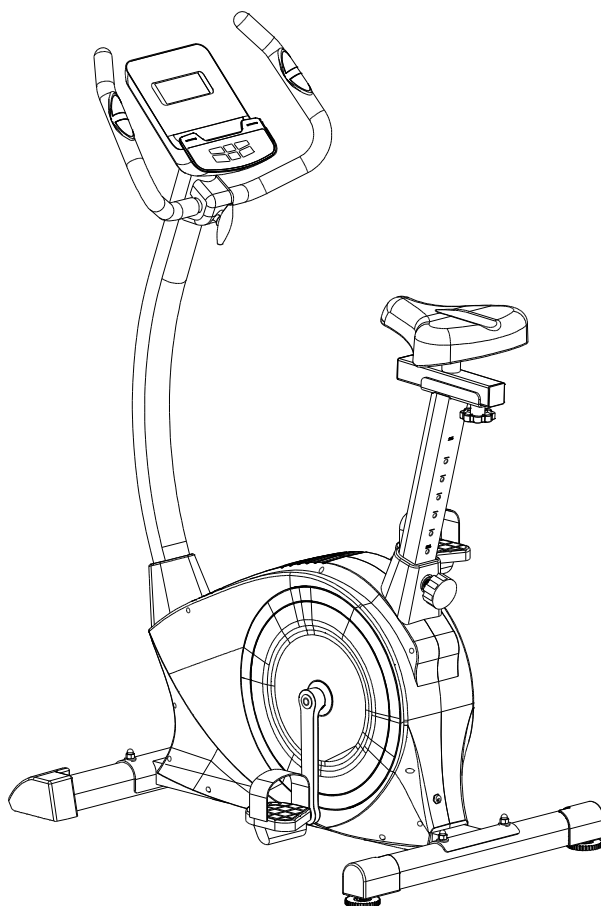


Programmable 998N ***Programmable Upright Bike (pc)*** ***ITEM NO.: 998N***



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 -----	3
HARDWARE LIST -----	5
TOOLS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
OPERATING THE COMPUTER -----	17
HOW TO MOVE THE BIKE -----	21
ADJUSTMENTS -----	22
MAINTENANCE -----	23
TROUBLESHOOTING -----	23
WARM UP AND COOL DOWN ROUTINE -----	24

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 wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
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. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. 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.
12. The maximum weight capacity for this product is 120 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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

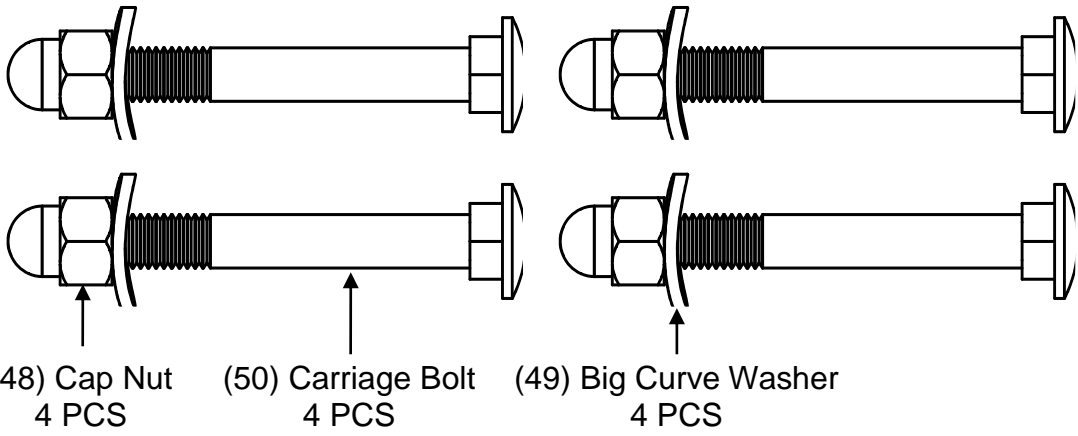
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Adjustable Leveler M10	2	025	Hexagon Nylon Nut M8 (S13)	3
002	Hexagon Socket Pan Head Cap Bolt M8x15	6	026	Seat Sliding Tube	1
003	Hexagon Nut 1/2" (S15)	1	027	Seat Post	1
004	AC Adapter (2000 mm)	1	028	Washer Ø10xØ20x2t	1
005	Computer Extension Wire II (1100 mm)	1	029	Seat Adjustment Knob M10	1
006	Computer	1	030	Seat Post Cover	1
007	Crank Cover M22x1.0	2	031	Seat Post Bushing	1
008	Nut M10x1.25x6T (S14)	2	032	Cross Recessed Pan Head Bolt M6x10	1
009	Cross Recessed Pan Head Bolt M5x10	4	033	Washer Ø6xØ12x1.0T	1
010	Left Crank 7"	1	034	Idler Wheel Ø10xØ35	1
011	Handlebar Post	1	035	Idler Arm	1
012	Washer Ø8xØ20x2.0T	10	036	Hexagon Socket Pan Head Cap Bolt M8x20	1
013	Handlebar Post Cover	1	037	Hexagon Nylon Nut M8 (S14)	3
014	Handlebar End Cap Ø25	2	038	Eyebolt M8x85	1
015	Handlebar Ø25x1.5T	1	039	Hexagon Nut M6 (S10)	2
016	Hand Pulse Sensor with Wire (L=750 mm)	2	040	Spring Washer Ø6	6
017	Cross Recessed Pan Head Tapping Screw ST4.2x20	2	041	Tension Bracket 31x30x1.0t	2
018	Handlebar Foam Grip Ø30xØ24x455	2	042	Eyebolt M6x36	2
019	Clamp Cover	1	043	Flywheel Ø250	1
020	Spacer (Ø12x20x1.5)	1	044	Nut M10x1.0xH6 (S14)	2
021	Handlebar T-Knob (M8x55)	1	045	Hexagon Nylon Nut M6 (S10)	6
022	Seat Cushion (DD-982T)	1	046	Transport Wheel Ø45x19	2
023	Seat Sliding Tube	1	047	Cross Recessed Pan Head Bolt M6x35	2
024	Seat Sliding Tube End Cap (38x38)	2	048	Cap Nut M8 (S13)	4

PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Big Curve Washer Ø8xØ20x2.0t	4	066	Cross Recessed Pan Head Tapping Screw ST2.9x12	2
050	Carriage Bolt M8x65	4	067	Sensor with Wire (L=300 mm)	1
051	Screw ST4.2x20	10	068	Main Frame	1
052	Front Left Stabilizer End Cap	1	069	Seat Post Knob M16x1.5	1
053	Front Stabilizer (55x50x1.5T)	1	070	Cross Recessed Pan Head Bolt M6x15	4
054	Front Right Stabilizer End Cap	1	071	Power Supply Wire 300 mm	1
055	Cross Recessed Pan Head Tapping Screw ST4.2x25	8	072	Left Foot Pedal (YH-30X)	1
056	Cover Cap Ø60xØ26x6.5	2	073	Belt Pulley Ø260	1
057	Left Cover	1	074	Right Foot Pedal (YH-30X)	1
058	Crank Disk Ø391x21	2	075	Belt (PJ380J6)	1
059	Cross Recessed Pan Head Tapping Screw ST4.2x10	16	076	Plastic Screw Anchor Ø8x32	1
060	Spring Clip Ø17x1.0T	2	077	Right Cover	1
061	Bearing 6003-2Z	2	078	Rear Left Stabilizer End Cap	1
062	Computer Extension Wire I (850 mm)	1	079	Rear Stabilizer (55x50x1.5T)	1
063	Motor	1	080	Rear Right Stabilizer End Cap	1
064	Motor Tension Cable (500 mm)	1	081	Hexagon Nut M10 (S17)	2
065	Right Crank 7"	1			

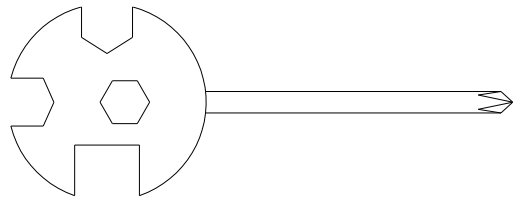
HARDWARE LIST



TOOLS

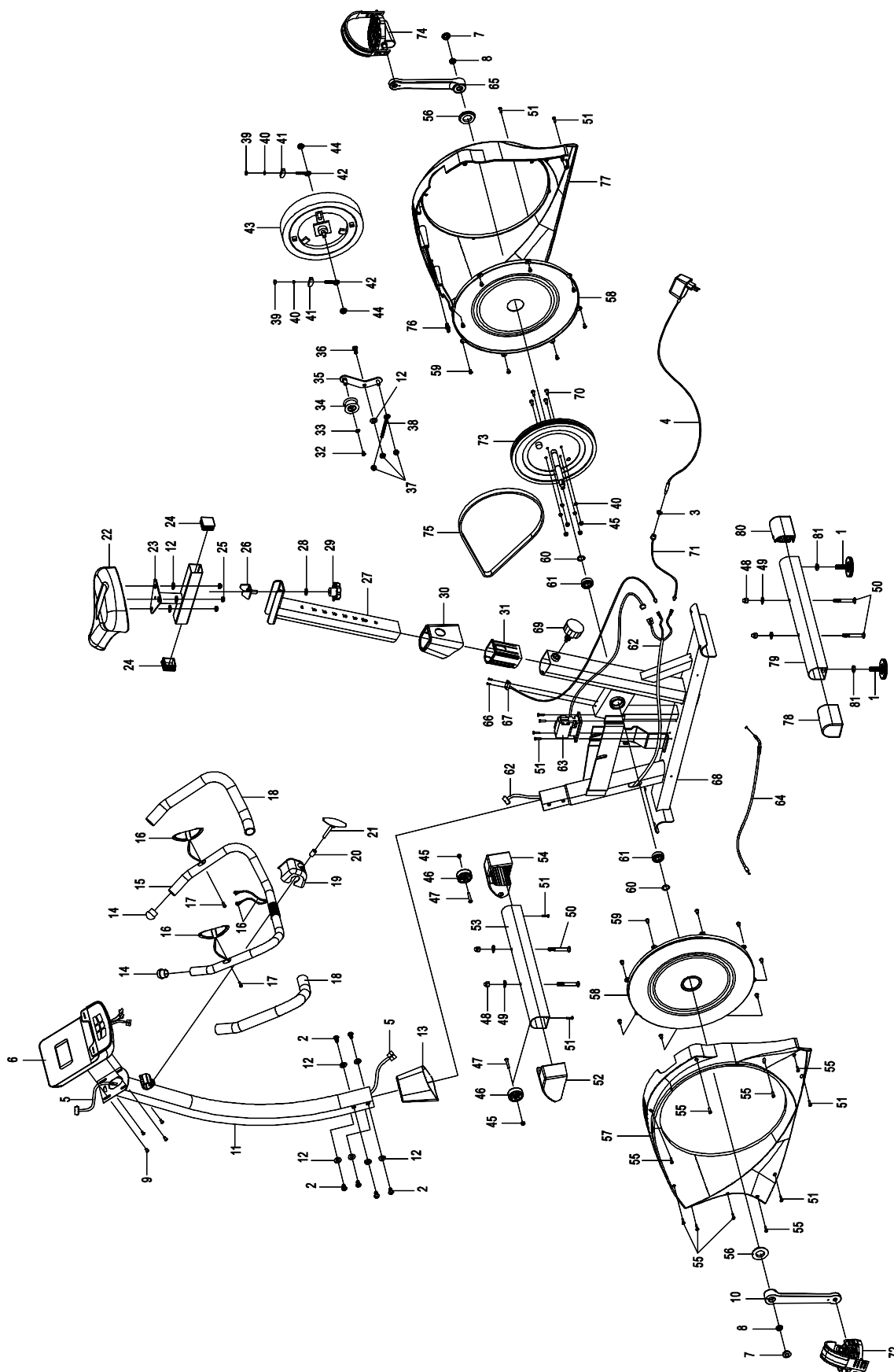


Allen Wrench S6
1 PC

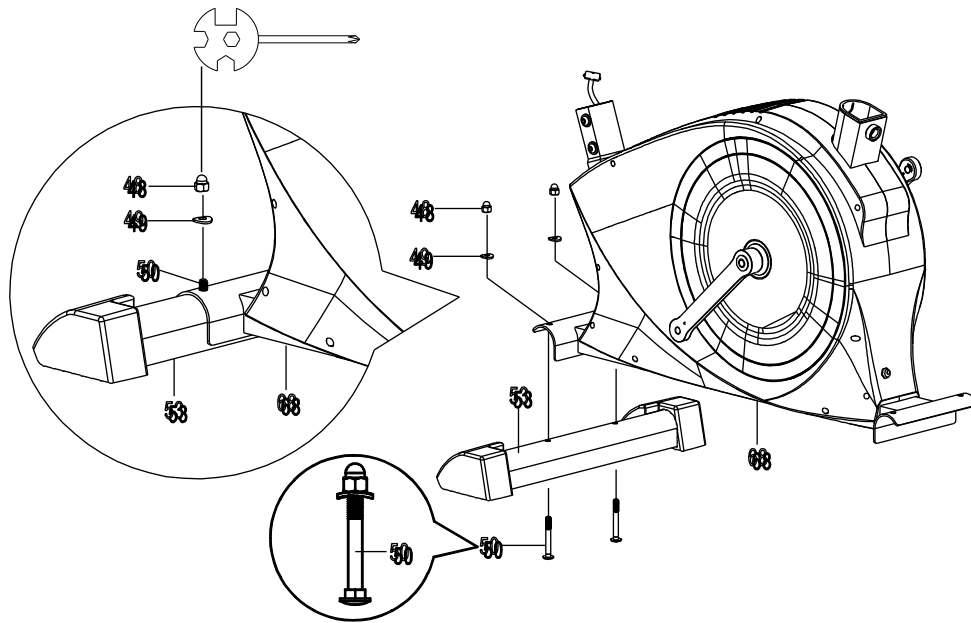


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

EXPLODED VIEW



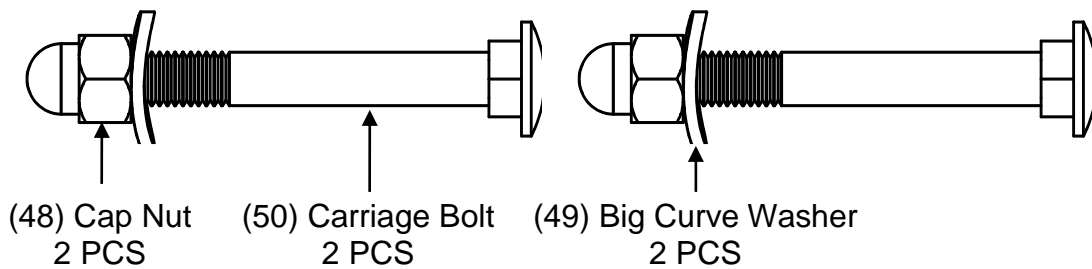
ASSEMBLY INSTRUCTIONS

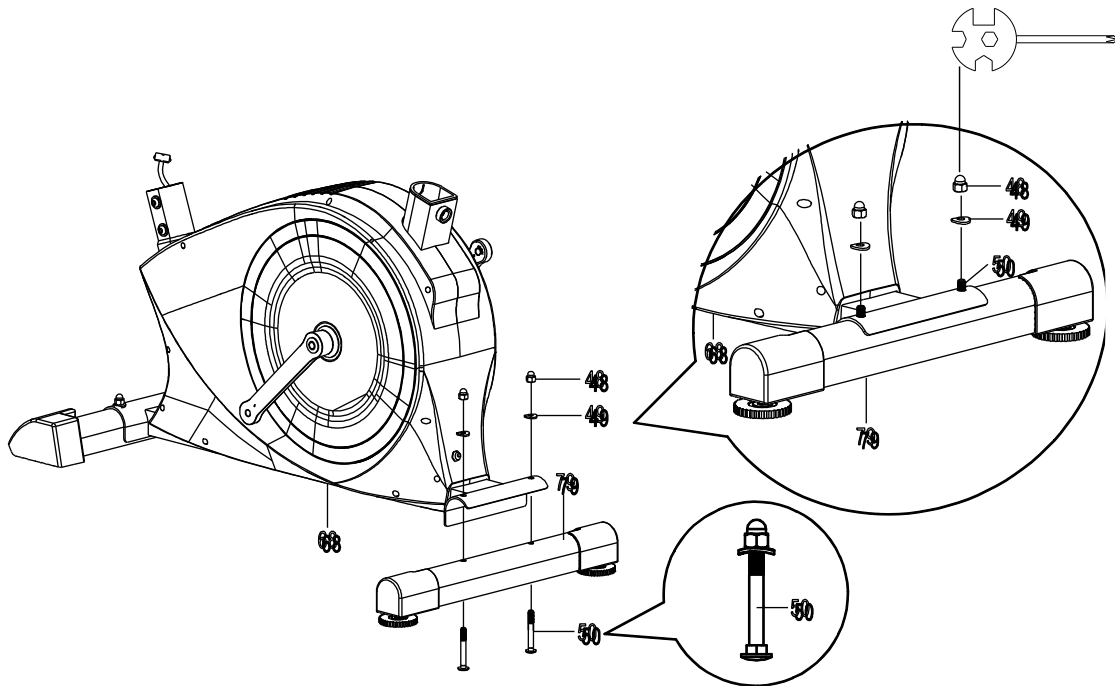


STEP 1

Position the Front Stabilizer (53) in front of the Main Frame (68) and align bolt holes. Attach the Front Stabilizer (53) onto the front curve of the Main Frame (68) with two Carriage Bolts (50), two Big Curve Washers (49), and two Cap Nuts (48). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

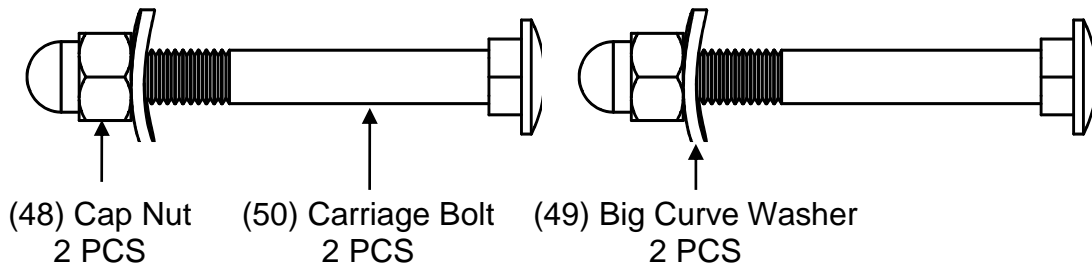


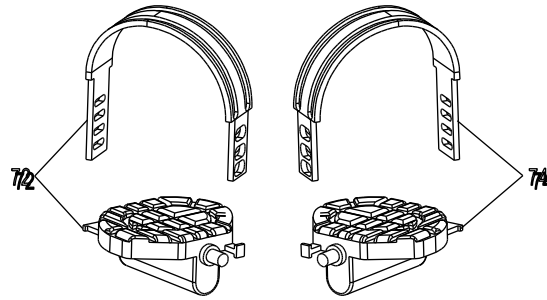


STEP 2

Position the Rear Stabilizer (79) behind the Main Frame (68) and align bolt holes. Attach the Rear Stabilizer (79) onto the rear curve of the Main Frame (68) with two Carriage Bolts (50), two Big Curve Washers (49), and two Cap Nuts (48). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



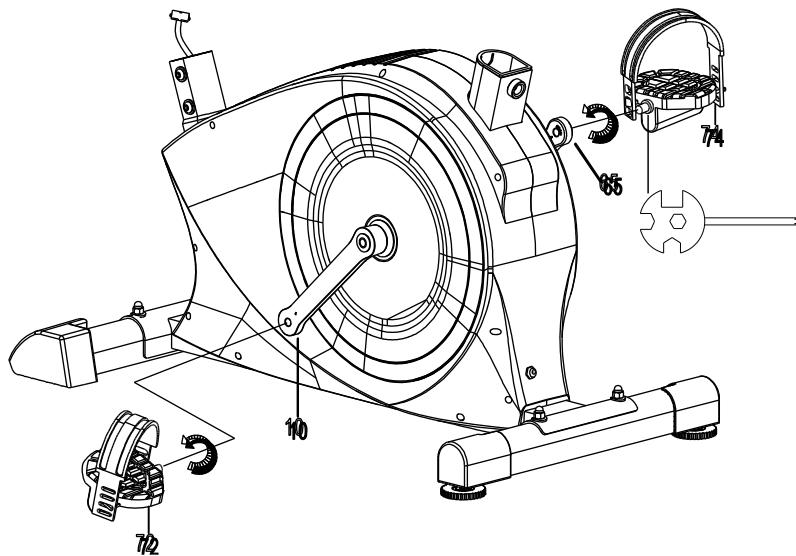


STEP 3

The Foot Pedals and Pedal Straps are marked “R” for Right and “L” for Left.

Select the Left Foot Pedal Strap (72) which has L marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Left Foot Pedal (72). Snap the other end of the strap onto the outside edge of the Left Foot Pedal (72). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

Use the same procedure to snap the Right Foot Pedal Strap (74) onto the Right Foot Pedal (74).



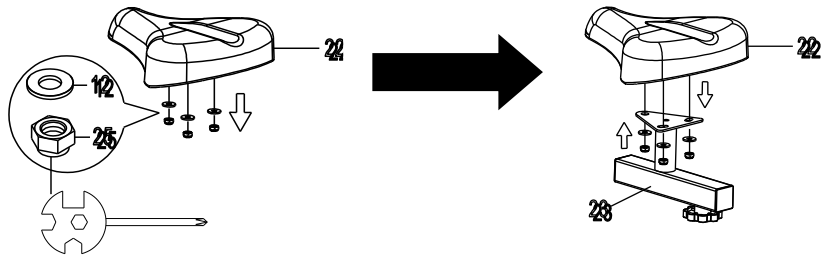
STEP 4

The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (72) into threaded hole in the Left Crank (10). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

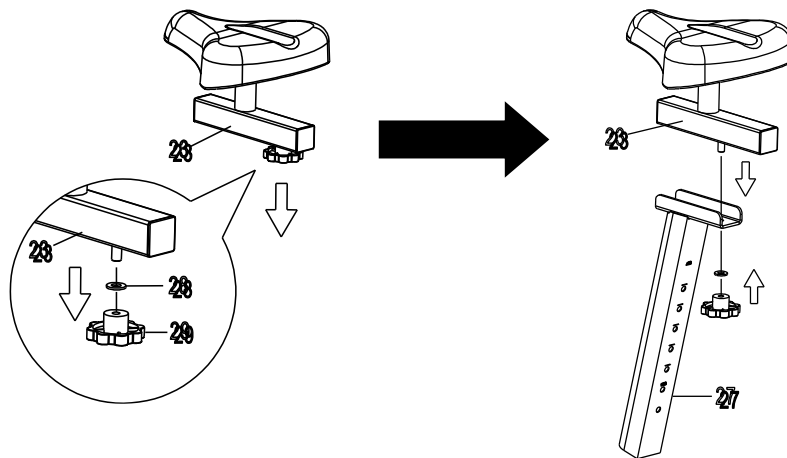
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (72) with the Multi Hex Tool with Phillips Screwdriver provided. Insert pedal shaft of Right Foot Pedal (74) into threaded hole in Right Crank (65). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (74) with the Multi Hex Tool with Phillips Screwdriver provided.



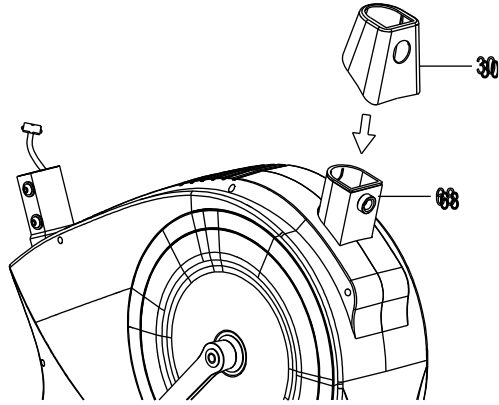
STEP 5

Remove three Hexagon Nylon Nuts (25) and three Washers (12) from underside of the Seat Cushion (22). Remove hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (22) through holes on top of the Seat Sliding Tube (23), attach with three removed Hexagon Nylon Nuts (25) and Washers (12). Tighten hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



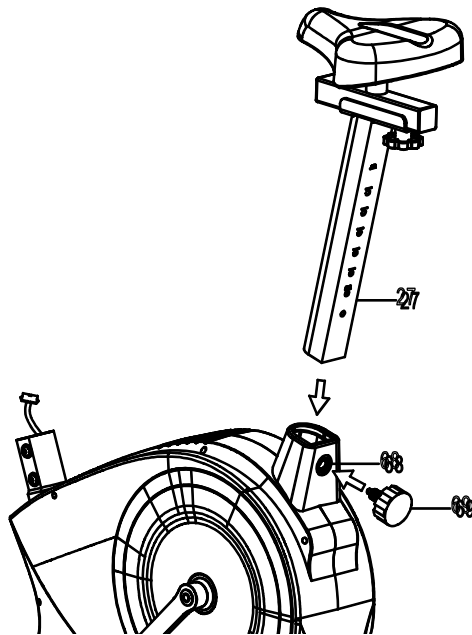
STEP 6

Remove one Washer (28) and one Seat Adjustment Knob (29) from the Seat Sliding Tube (26). Guide the Seat Sliding Tube (26) on underside of the Seat Sliding Tube (26) through the hole on the top of Seat Post (27), attach with one removed Washer (28) and Seat Adjustment Knob (29).



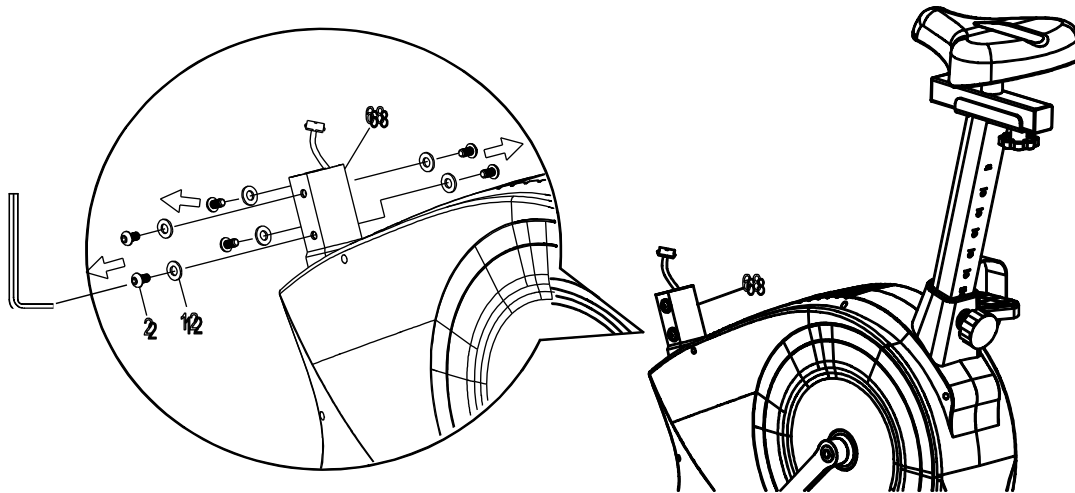
STEP 7

Slide the Seat Post Cover (30) onto the tube of the Main Frame (68).



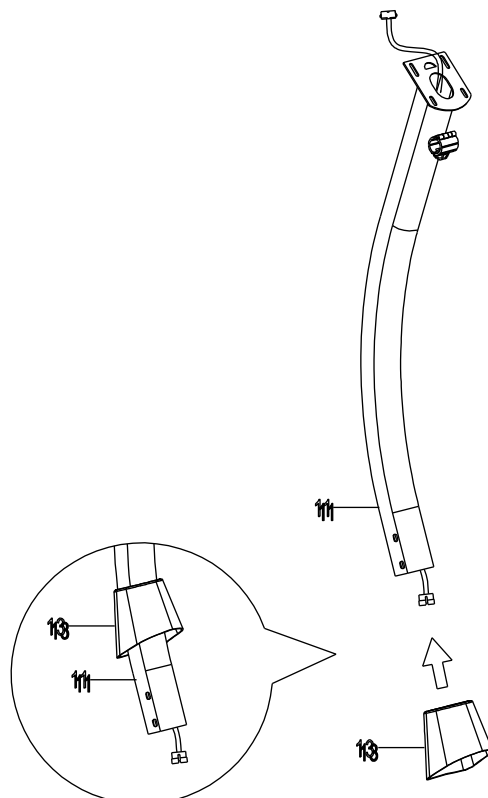
STEP 8

Insert the Seat Post (27) into the seat post bushing on the tube of the Main Frame (68) and then attach the Seat Post Knob (69) onto the tube of the Main Frame (68) by turning it in a clockwise direction in the suitable position.



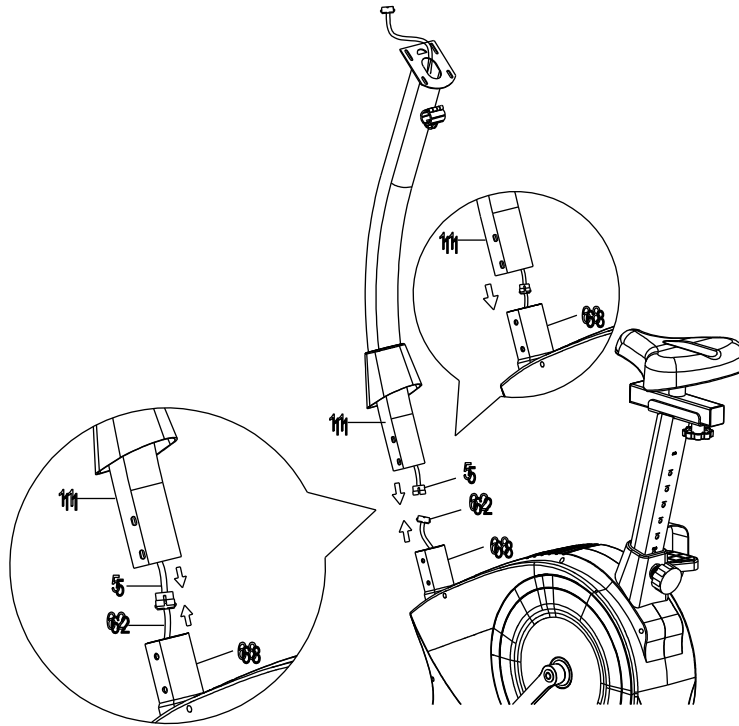
STEP 9

Remove six Hexagon Socket Pan Head Cap Bolts (2) and six Washers (12) from the tube of the Main Frame (68). Remove bolts with the Allen Wrench provided.



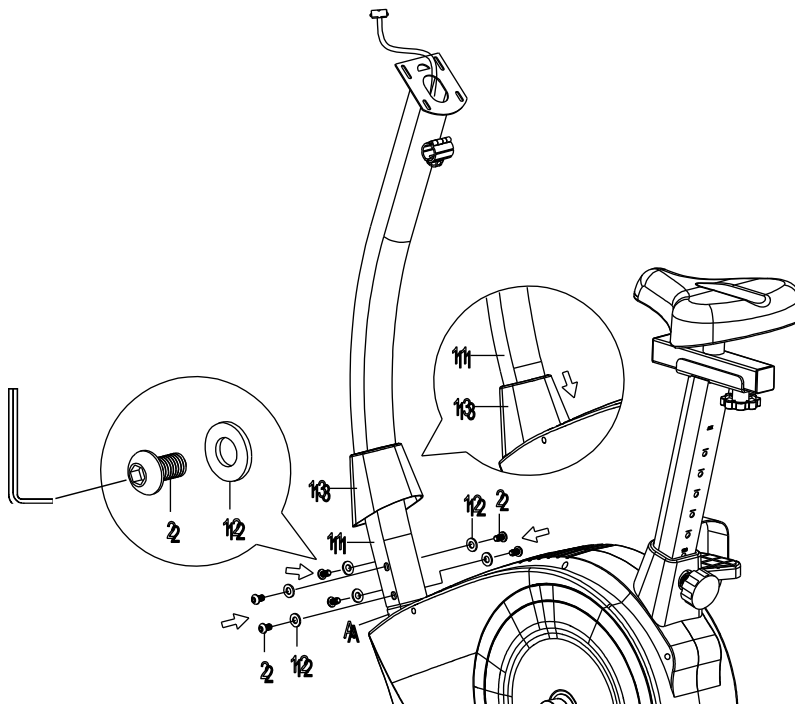
STEP 10

Slide the Handlebar Post Cover (13) up to the Handlebar Post (11).



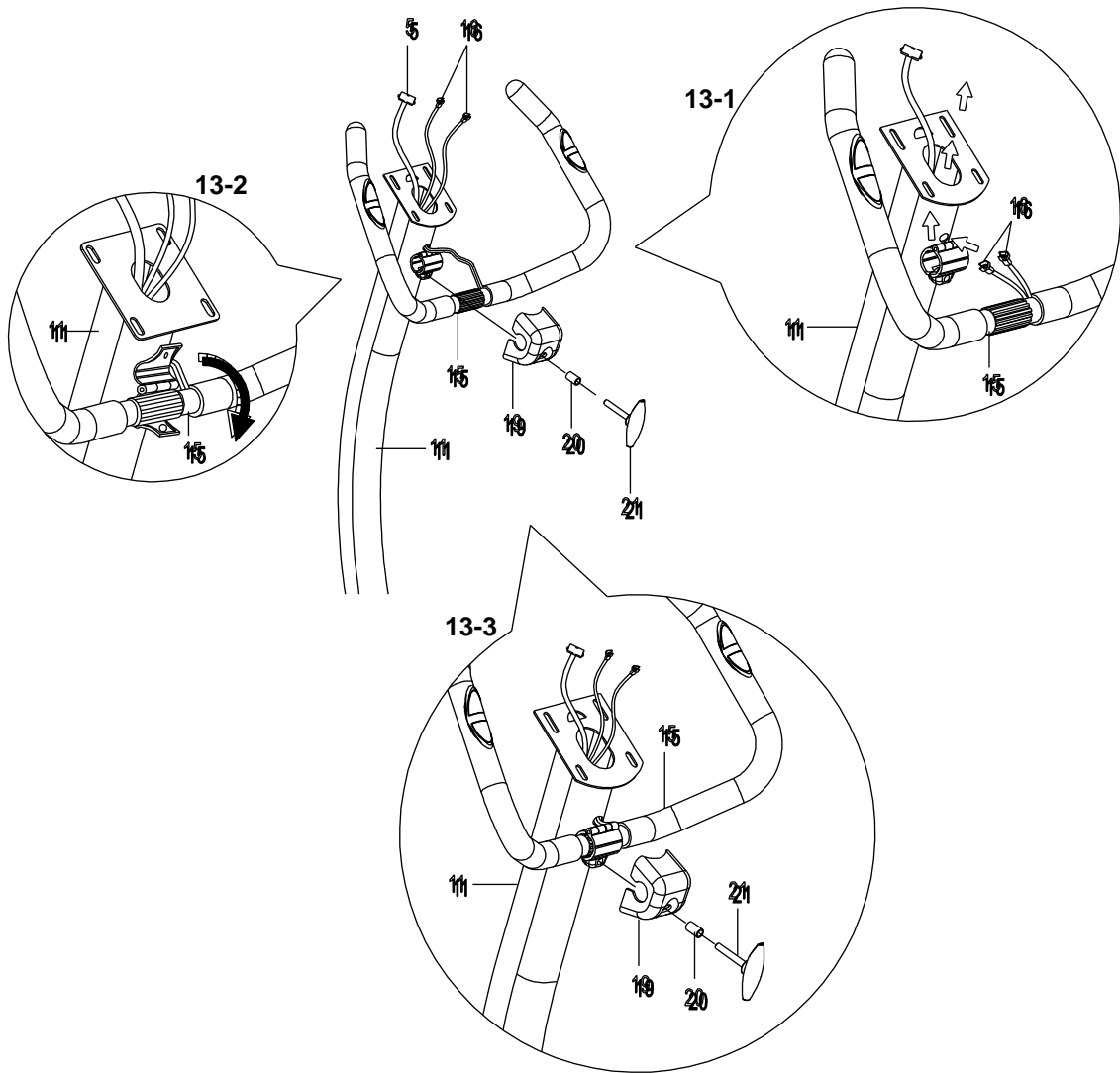
STEP 11

Connect the Computer Extension Wire I (62) from the Main Frame (68) to the Computer Extension Wire II (5) from the Handlebar Post (11).
 Insert the Handlebar Post (11) onto the tube of the Main Frame (68) and align bolt holes.



STEP 12

Attach the Handlebar Post (11) onto the tube of the Main Frame (68) with six Hexagon Socket Pan Head Cap Bolts (2) and six Washers (12) that were removed. Tighten bolts with the Allen Wrench provided.
 Slide the Handlebar Post Cover (13) down to the Handlebar Post (11).



STEP 13

13-1

Insert the Hand Pulse Sensor with Wires (16) through into the hole on the Handlebar Post (11) and pull them out from the top end of the Handlebar Post (11).

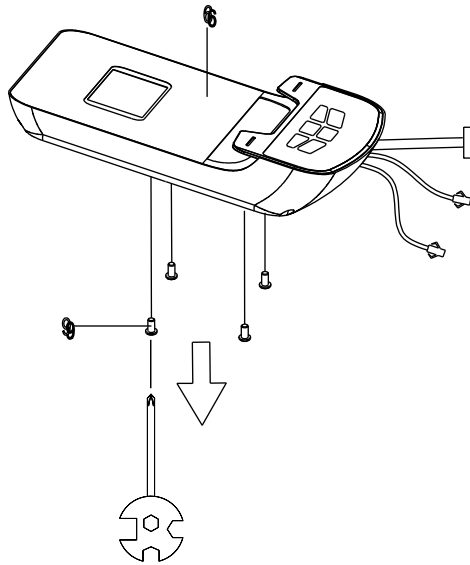
13-2

Place the Handlebar (15) through clamp on the Handlebar Post (11) with hand pulse sensors facing the seat.

13-3

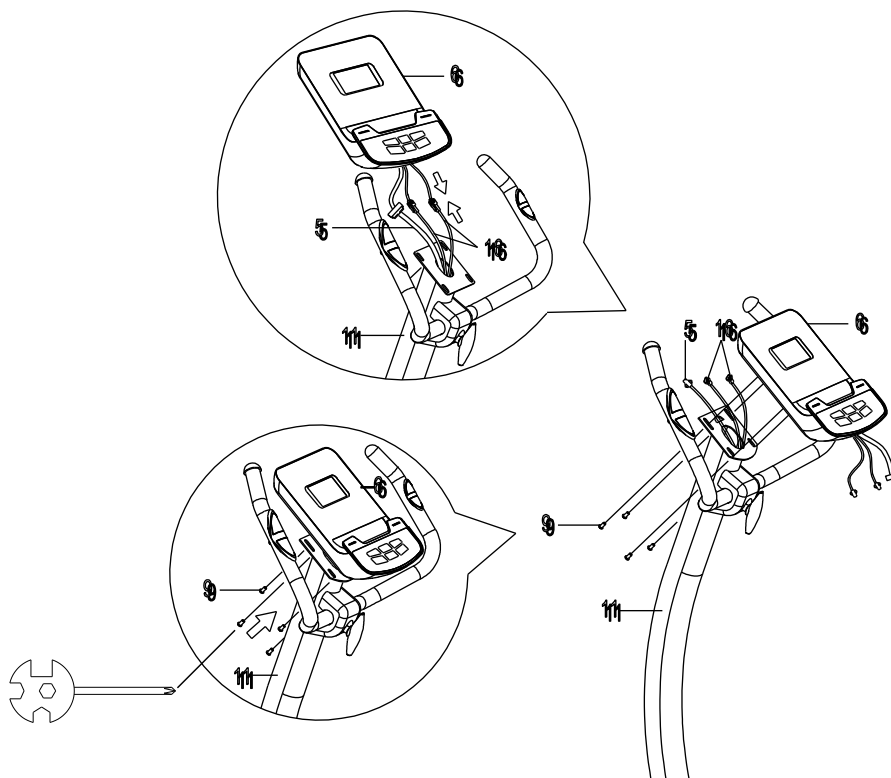
Hold the Handlebar (15) in desired position and fasten Clamp Cover (19), Spacer (20), and Handlebar T-Knob (21) onto clamp. Tighten the Handlebar T-Knob (21) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.



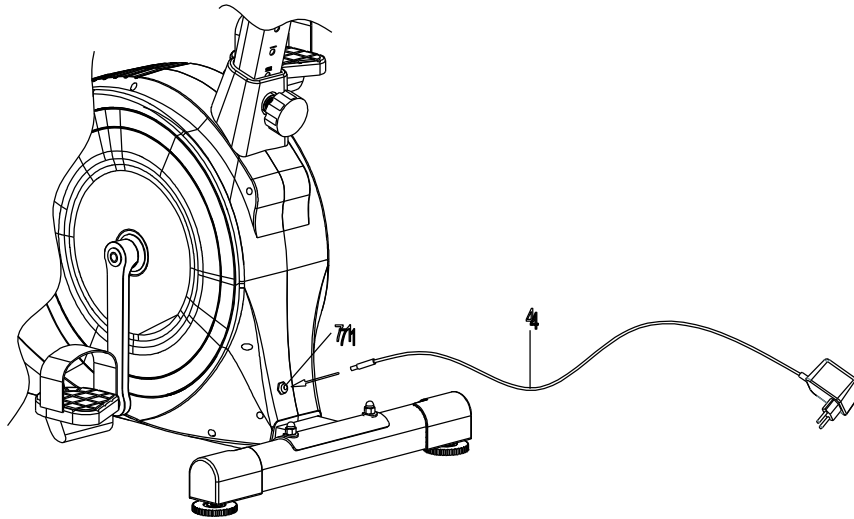
STEP 14

Remove four Cross Recessed Pan Head Bolts (9) from the Computer (6). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 15

Connect the Computer Extension Wire II (5) and Hand Pulse Sensor with Wires (16) to the wires that come from the Computer (6). Tuck wires into the Handlebar Post (11). Attach the Computer (6) onto the top end of the Handlebar Post (11) with four Cross Recessed Pan Head Bolts (9) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 16

Plug one end of the AC Adapter (4) into the power jack of the Power Supply Wire (71) on the rear of the left cover. **Before plugging in, make sure to check carefully the specifications on the Adapter.** Plug the other end of the AC Adapter (4) into the electrical wall outlet.

OPERATING THE COMPUTER



KEY FUNCTIONS:

ST/SP (START/STOP): Press the ST/SP key to start or stop training.

Start the body fat measurement and quit the body fat program.

Operates only when in stop mode, by holding the ST/SP key for three seconds to reset all data values to zero except the ODO (ODOMETER) data values.

ENTER: To input desired value or work out mode.

MODE: Press the MODE button to alternate the functions of RPM /SPEED, ODO/DIST, and WATT/CAL during workout.

+ : Increases value of selected workout parameter. Press the **+** key to increase the level of resistance during workout.

- : Decrease value of selected workout parameter. Press the **-** key to decrease the level of resistance during workout.

RECOVERY (PULSE RECOVERY):

The RECOVERY is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you.

The RECOVERY feature is to be used directly after your workout. To use this function:

- 1) Press the **RECOVERY** key.
- 2) Hold **both hands** on Hand Pulse Sensors located on the Handlebar.
- 3) The time will countdown from 60 to 0 seconds.

Note: If there is no pulse reading within 4 seconds reposition your hands on the Hand Pulse Sensors.

4) Your personal fitness Test level will appear on the display (F1 - F6). When countdown is complete, the Pulse Recovery grade will be displayed.

Your ratings for Pulse Recovery are as follows:

F1 = Excellent	F4 = Below Average
F2 = Good	F5 = Not Good
F3 = Fair	F6 = Poor

Things You Should Know Before Exercising

The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose.**

PROGRAMS SELECTION:

There are 13 programs including 1 Manual Program, 6 Pre-set Programs, 1 Body Fat Ratio Program, 1 Target Heart Rate Program, 3 Heart Rate Control Programs, and 1 User Setting Program.

PROGRAM OPERATION:

Manual Program (P1)

PROGRAM 1 is a manual program. Selecting the Manual Program (P1) by using the + or - key then press the ENTER key to enter into the program. The first parameter "Time" will flash so the value that can be adjusted by using the + or - key. Press the ENTER key to save values and move to the next parameter which can be adjusted. Continue through all desired parameters, then press the ST/SP key to start workout.

NOTE: When one of workout parameters counts down to zero, the computer will beep to alert you and stop the workout automatically. Press the ST/SP key to continue the workout to reach the unfinished workout parameter.

Pre-Programs (P2-P7)

PROGRAM 2 to PROGRAM 7 are the pre-set programs. All program profiles have 16 level of resistance.

Selecting one of the pre-set programs by using the + or - key then press the ENTER key to enter into the program. The first parameter "Time" will flash so the value that can be adjusted by using the + or - key. Press the ENTER key to save values and move to the next parameter which can be adjusted. Continue through all desired parameters, then press the ST/SP key to start workout. User may exercise with different level of resistance in different intervals as the profile show.

NOTE: When one of workout parameters counts down to zero, the computer will beep to alert you and stop the workout automatically. Press the ST/SP key to continue the workout to reach the unfinished workout parameter.

Body Fat Ratio Program (P8)

Program 8 is a special program designed to calculate user's body fat ratio.

Selecting the Body Fat Program (P8) by using the + or - key then press the ENTER key to enter into the program. The "Male" will flash so Gender can be adjusted by using the + or - key, press the ENTER key to save gender and move to the next data. The "175" of Height will flash so Height can be adjusted by using the + or - key, press the ENTER key to save the height and move to next data. The "75" of Weight will flash so Weight can be adjusted by using the + or - key, Press the ENTER key to save weight and move to the next data. The "30" of age will flash so Age can be adjusted by using the + or - key, press the ENTER key to save age. Press the ST/SP key to start measurement, please also hold the hand pulse sensors on the handlebar. The calculation values of FAT%, BMR, BMI, and BODY TYPE will show up shortly. You may press the ST/SP key to return to the main display.

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

BMR: Basal Metabolism Ratio.

BMI: Body Mass Index.

Target Heart Rate Program (P9)

Setting Parameter for TARGET H.R.

Selecting the TARGET H.R. Program (P9) by using the + or - key then press the ENTER key to enter into the program. The first parameter "Time" will flash so value that can be adjusted by using the + or - key. Press the ENTER key to save values and move to the next parameter which can be adjusted. Continue through all desired parameters and setup a TARGET H.R., then press the ST/SP key to start workout, please also hold the hand pulse sensors on the handlebar during exercise. The computer will adjust the level of resistance automatically according to the heart rate detected per 20 seconds. For example, the level of resistance may increase while the heart rate detected is lower than TARGET H.R.. Also, the level of resistance may decrease while the heart rate detected is higher than TARGET H.R.. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.

NOTE: When one of workout parameters counts down to zero, the computer will beep to alert you and stop the workout automatically. Press the ST/SP key to continue the workout to reach the unfinished workout parameter.

Heart Rate Control Programs (P10-P12)

There are 3 Heart Rate Control Programs:

P10-60% TARGET H.R.=60% of (220-AGE)

P11-75% TARGET H.R.=75% of (220-AGE)

P12-85% TARGET H.R.=85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting one of the Heart Rate Control Programs by using the + or - key then press the ENTER key to enter into the program. The first parameter "Time" will flash so the value that can be adjusted by using the + or - key. Press the ENTER key to save values and move to the next parameter which can be adjusted. Continue through all desired parameters. Users may exercise in a period of time, a certain distance, or a certain calories want to burn with 60% Max Heart Rate in Program 10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing ST/SP button to exercise, please also hold the hand pulse sensors on the handlebar during exercise. In these programs, the computer will adjust the level of resistance automatically according to the heart rate detected per 20 seconds. For example, the level of resistance may increase while the heart rate detected is lower than TARGET H.R.. Also, the level of resistance may decrease while the heart rate detected is higher than TARGET H.R.. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.

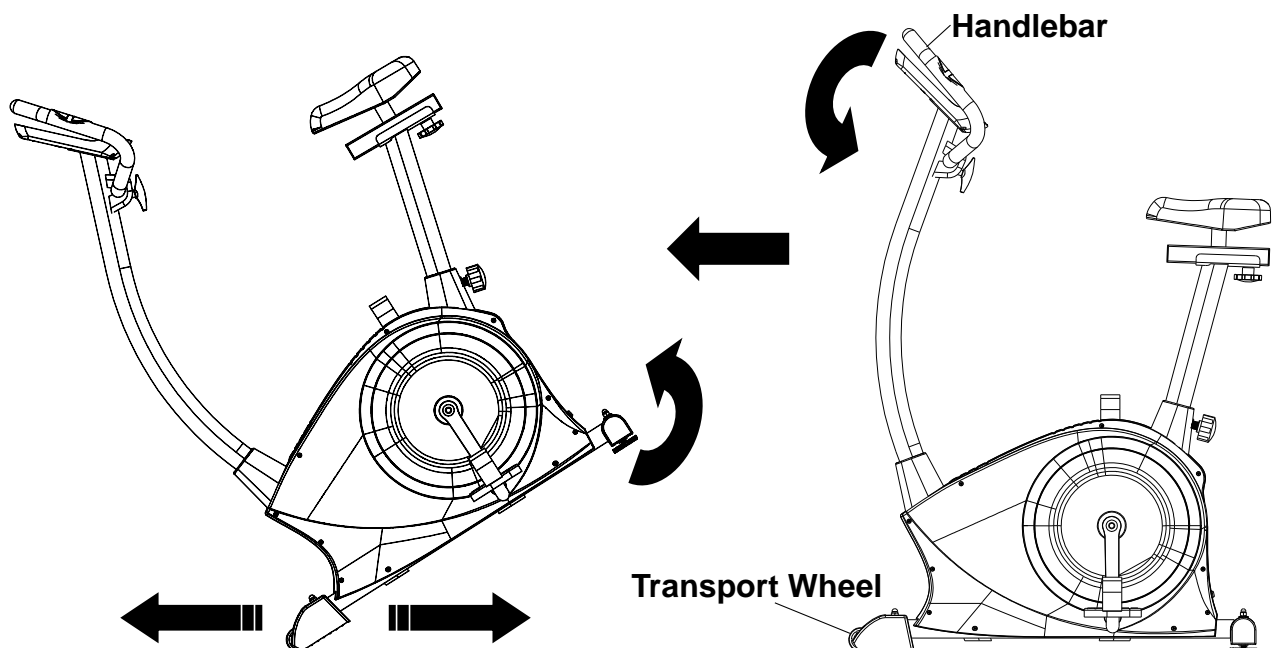
NOTE: When one of workout parameters counts down to zero, the computer will beep to alert you and stop the workout automatically. Press the ST/SP key to continue the workout to reach the unfinished workout parameter.

User Setting Program (P13)

Program 13 is the user setting program. Selecting the User Setting Program (P13) by using the + or - key then press the ENTER key to enter into the program. The first parameter "Time" will flash so the value that can be adjusted by using the + or - key. Press the ENTER key to save values and move to the next parameter which can be adjusted. Continue through all desired parameters. After finished set up desired parameter, the first interval of the profile will flash, press the + or - key to set your desired level of the resistance for the first interval of the profile. Press the ENTER key to save the level of the resistance for the first interval of the profile and move to the second interval of the profile. There are 10 intervals for setup. After setup all 10 intervals of the profile, then press the ST/SP key to start workout. The profile will be stored in the memory after setup. User may also change the ongoing level of the resistance in each interval by pressing the + or - key.

NOTE: When one of workout parameters counts down to zero, the computer will beep to alert you and stop the workout automatically. Press the ST/SP key to continue the workout to reach the unfinished workout parameter.

HOW TO MOVE THE BIKE



This upright bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage. To move the upright bike, firmly grasp the Handlebar with both hands. Next, carefully push the upright bike down until it rolls freely on the Transport Wheels.

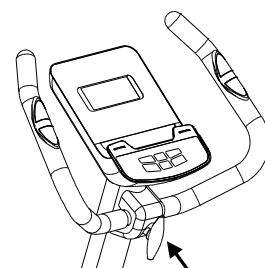
CAUTION: It is suggested you always use the aid of a second person when moving the upright bike.

ADJUSTMENTS

Adjusting the Adjustable Handlebar

Hold the adjustable handlebar while loosening the handlebar T-Knob. Adjust the adjustable handlebar to the desired position and turn the handlebar T-Knob in a clockwise direction to tighten.

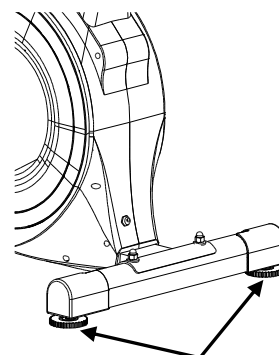
NOTE: Continue to turn the handlebar T-Knob until the adjustable handlebar is secure before exercising.



Handlebar T-Knob

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.

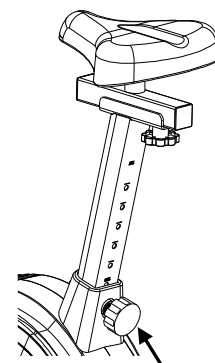


Adjustable Leveler

Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

NOTE: Do not set the seat post height any higher than the marked line.

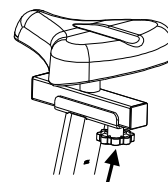


Seat Post Knob

Adjusting the Seat Fore or Aft Position

Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn the seat adjustment knob to tighten.

NOTE: Continue to turn the seat adjustment knob until the seat sliding tube is secure before exercising.



Seat Adjustment Knob

MAINTENANCE

Cleaning

The upright 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 upright 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 upright 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.

Storage

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

TROUBLESHOOTING

PROBLEM: The upright bike wobbles when in use.

SOLUTION: Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Plug one end of the AC adapter into the power jack of the power supply wire on the rear of the left cover. Plug the other end of the AC adapter into the electrical wall outlet.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are connected properly to the wires that come from the handlebar post.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: 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.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The upright bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the upright bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

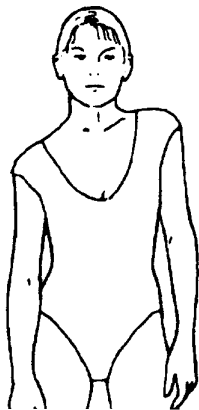
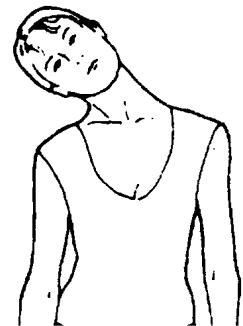
WARM UP AND COOL DOWN ROUTINE

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.

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.

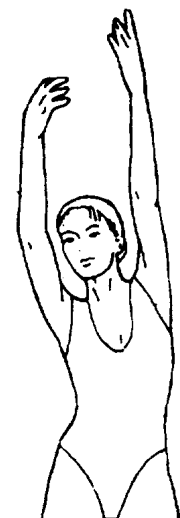
HEAD ROLLS

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.



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.



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.

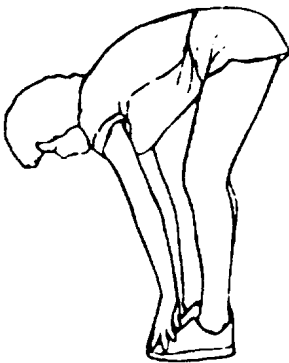


QUADRICEPS STRETCH

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.

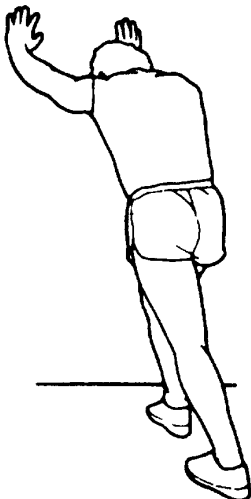
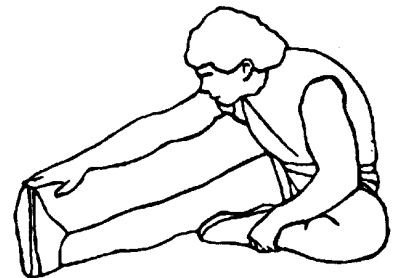


TOE TOUCHES

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