

OWNER'S MANUAL

Model No.
16116488-1

UPRIGHT CYCLE

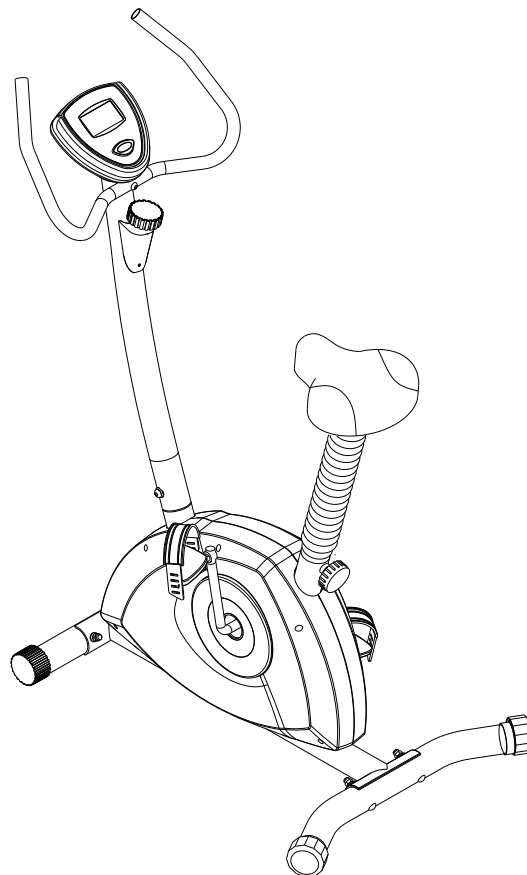
- Assembly
- Operation
- Exercise
- Parts
- Warranty

CAUTION:

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



UPRIGHT CYCLE



RETAIN FOR FUTURE REFERENCE

DYACO CANADA INC. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO **L2G 0B3**

Manufacture's One-Year Limited Warranty

Your **ADVANTAGE FITNESS** Upright cycle is warranted for one year from the date of purchase against defects in material when used for the purpose intended, under normal conditions and provided it receives proper care. Any part found defective or missing will be sent at no cost when returned in accordance with the terms of this warranty.

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the cycle shown in figure can be ordered from **Dyaco** Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO **L2G 0B3**. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@**dyaco**.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time. Visit us at www.dyaco.ca.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

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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 us 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.

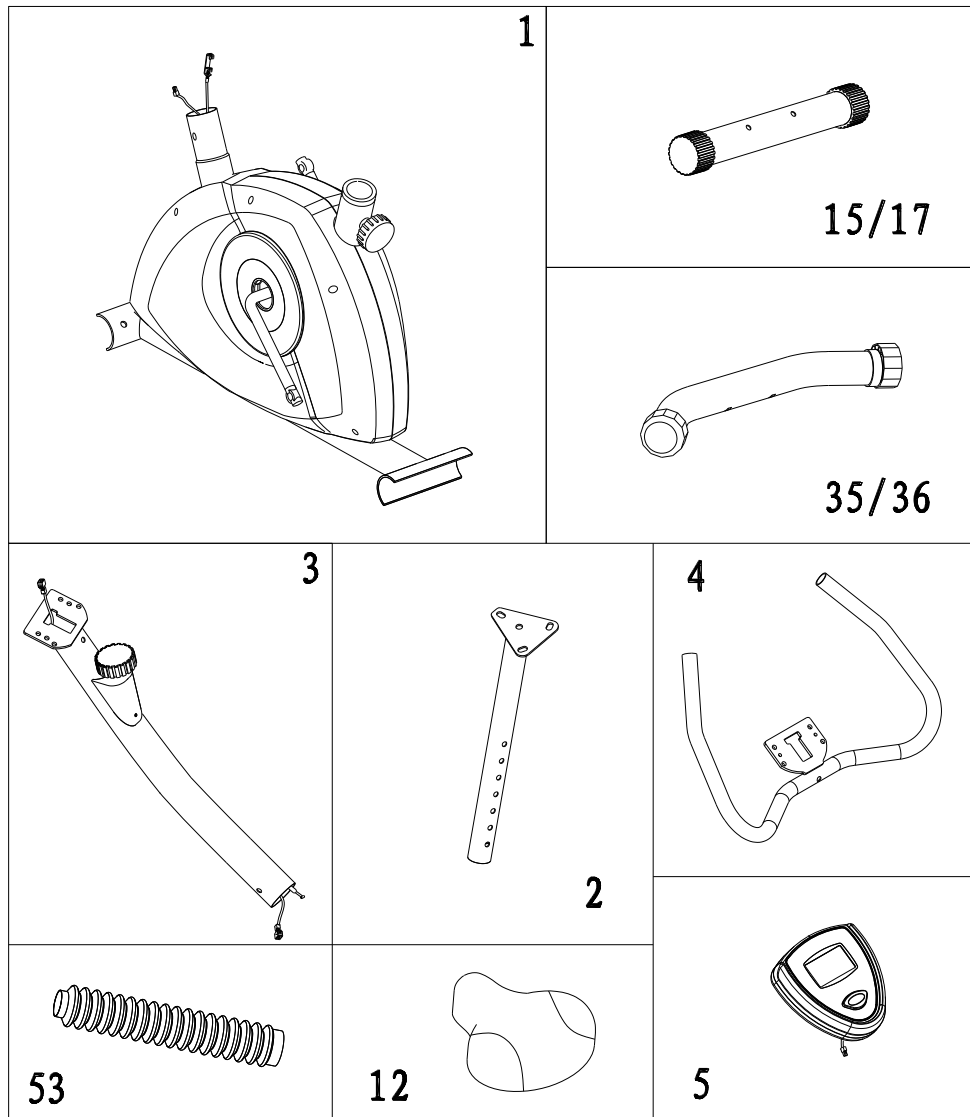
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all **warnings posted on the exercise cycle** and follow it carefully before using your cycle.
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. **Review all warnings labels that affixed to the cycle. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use. Functional and visual inspection of the equipment shall be made after assembling your cycle**
4. The cycle 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. **Set up and operate the exercise bicycle on a solid level 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 cycle.
12. **Care should be taken in the mounting or dismounting of the exercise cycle.** Always hold the handlebars when mounting, dismounting or using the cycle. When you stop exercising, allow pedals to slowly come to a complete stop before dismounting.
13. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
14. User weight should not exceed 250 lbs.
15. Tie all long hair back.
16. Remove all personal jewellery before exercising.
17. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
18. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor

WARNING:




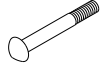



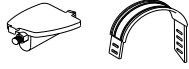

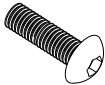

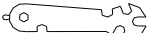
BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINS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

PRE-ASSEMBLY CHECK LIST

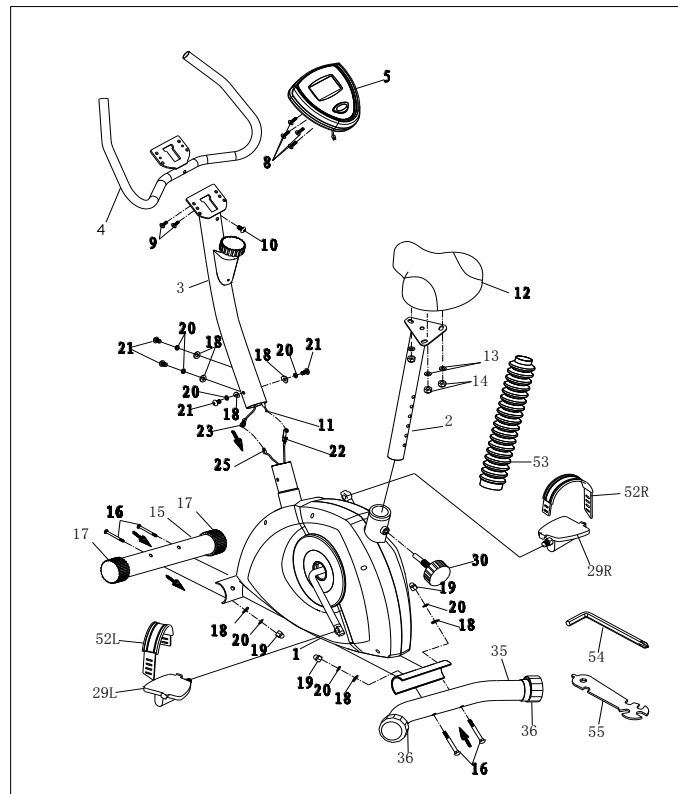


PART	DESCRIPTION	Q'TY
1	Main frame	1
15/17	Front stabilizer w/2 end caps	1
35/36	Rear stabilizer w/2 adjust end caps	1
3	Upright	1
4	Handlebar	1
12	Seat	1
2	Seat post	1
5	Computer	1
53	Bellow	1
	Instruction Manual	1
	Inner box	1

HARDWARE PACKING LIST

NO	Description	Qty	Drawings	
19	Cap nut M8	4		
20	Spring washer	8		
18	Curve washer	8		
16	Carriage bolt M8X65mm	4		
30	Seat post adjust knob	1		
21	Allen head bolt M8X15mm	4		
29L/R	Foot pedal (Left/Right)	1P		
52L/R	Foot pedal straps (Left/Left)	1P		
9	Screw M6X8mm	2		
10	Allen head bolt M8X30mm	1		
54	Allen wrench	1		
55	Universal wrench	1		

ALL ASSEMBLED PARTS CHECK LIST



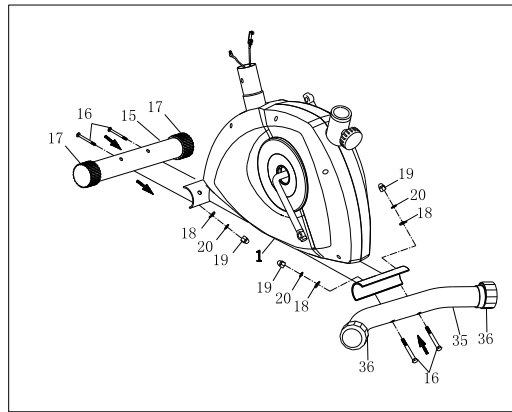
ASSEMBLY INSTRUCTION

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.

Should you have any questions regarding your cycle, please contact our customer service department at 1-888-707-1880.

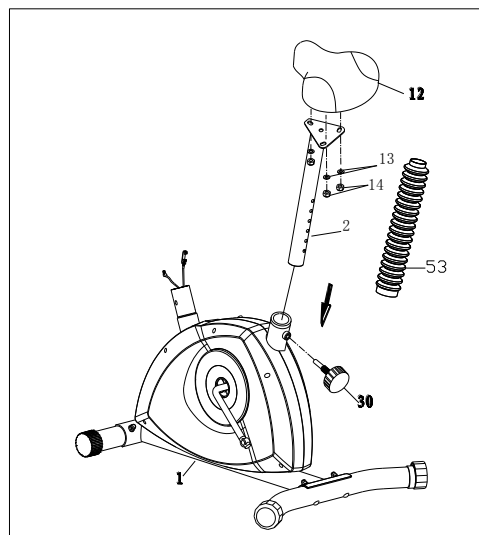
STEP 1

1. Attach the front stabilizer (15) with end caps (17) to the front of main frame (1). Secure using two carriage bolts M8×60 (16), two spring washers (18), two curved washers (20) and two cap nuts (19).
 2. Attach the rear stabilizer (35) with leveling end caps (36) to the main frame (1). Secure using two carriage bolts M8×60 (16), two spring washers (18), two curved washers (20) and two cap nuts (19).
- NOTE:** Make sure you fasten the bolts securely to avoid shaking and discomfort when cycling. If the unit is wobbly, turn the leveling end caps on the rear stabilizer to adjust the unit



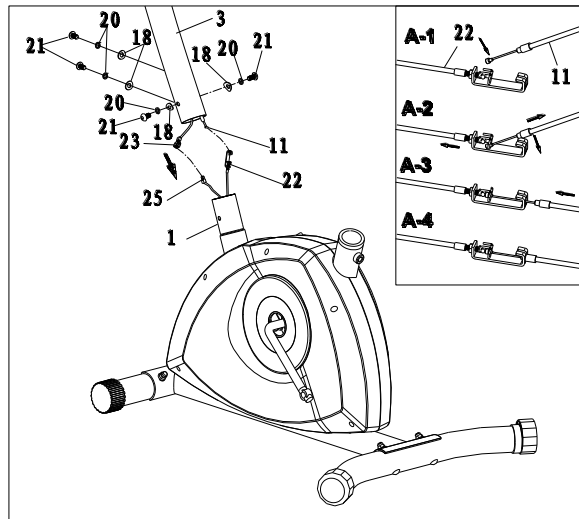
STEP 2

1. Remove three of nylon nuts (14) and washers (13) from the seat (12).
 2. Attach the seat (12) to the top of seat post (2). Secure using three washers (13) and three nylon nuts (14).
 3. Slide the bellow (53) onto the seat post (2). Insert the seat post (2) into the main frame (1). Secure using the seat post adjustment knob (30).
- NOTE:** You will find the seat post has 7 holes. Adjust the seat post to your desired height.



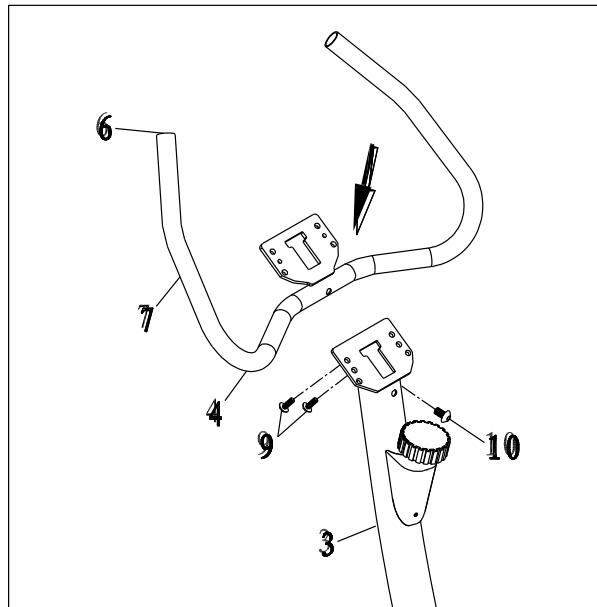
STEP 3

1. Turn the tension control (11) to the highest position. Connect the tension control w/cable (11) to the tension control cable (22). Put the head of tension cable (11) to the clip of bottom section tension cable (22). Pull the inner wire and move the bottom steel end of tension cable (11) to outer of C bracket of the tension control wire (21). Put the front steel end of tension cable (11) into the hole of C bracket of tension cable (22). (See figure A1-A4)
2. Connect the sensor wire (25) to the extension sensor wire (23).
3. Insert the handlebar post (3) into the main frame (1). Secure using three curve washers (18), three spring washers (20) and three allen head bolts (21).



STEP 4

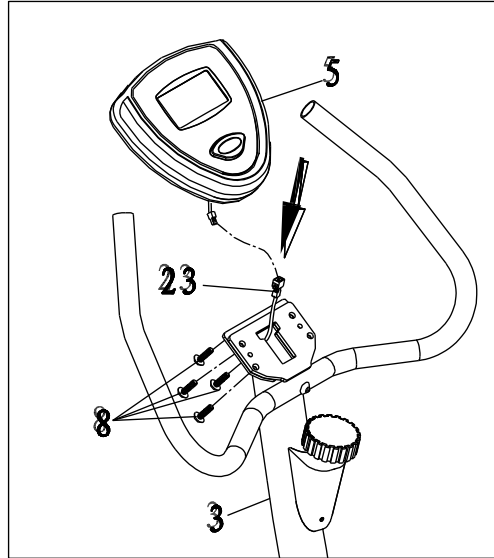
1. Attach the handlebar (4) to upright (3). Secure with two cross head bolts (9) and one allen head bolt (10).
Note: both computer brackets must be aligned to secure the handlebar onto the upright.



STEP 5

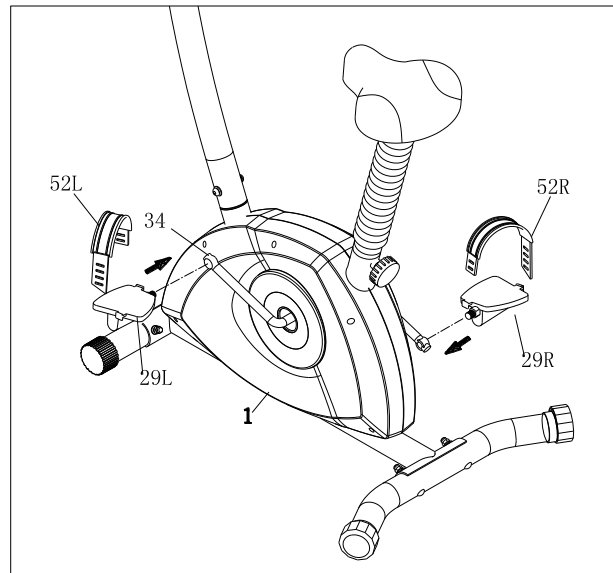
1. Remove the four flat cross head screws (8) from the back of the computer (5).
2. Connect the extension sensor wire (23) to the wire at the back of the computer (5)
3. Attach computer (5) to the computer bracket of the upright (3) and secure with 4 flat cross head screws (8).

Note: Insert the wire into the opening of the upright to ensure that you do not pinch the wires when you attach the computer.



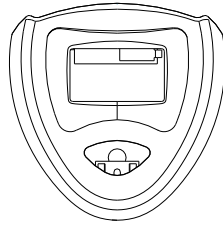
STEP 6

1. Attach the right pedal strap (52R) to the right pedal (29R). Note: The end with the adjustable holes must be set outwards. Repeat for the left pedal strap (52L)
 2. Attach the right pedal (52R) to the right crank arm (34). Repeat for the left pedal (52L)
- NOTE:** The pedals R & L. The right pedal should be threaded on clockwise and the left pedal should be threaded counter-clockwise.



**You have completed the assembly of your cycle.
Please inspect your cycle to ensure that all nuts and bolts have been
tightened before you start to use your cycle.**

COMPUTER INSTRUCTION



FUNCTION BUTTON

MODE: Press to select functions between: scan, time, speed, distance, calories and pulse. Press and hold for 3 seconds to reset all values to zero.

FUNCTION:

Scan: Displays each function in sequence every 4 seconds. The display loop is time, speed, distance, calories and pulse.

Time: Displays your elapsed workout time up to 99:59

Speed: Displays the current speed up to 99.9 km.

Distance: Displays the cumulative distance traveled during your workout up to 99.9KM

Calorie: Displays the cumulative calories burned at any given time during your workout up to 999 kcal.

Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Finger pulse: The monitor will display the user's current heart rate in beats per minute during the workout while in heart rate mode.

Using your finger or thumb press the sensor found below the heart logo at the bottom of the computer.

NOTE

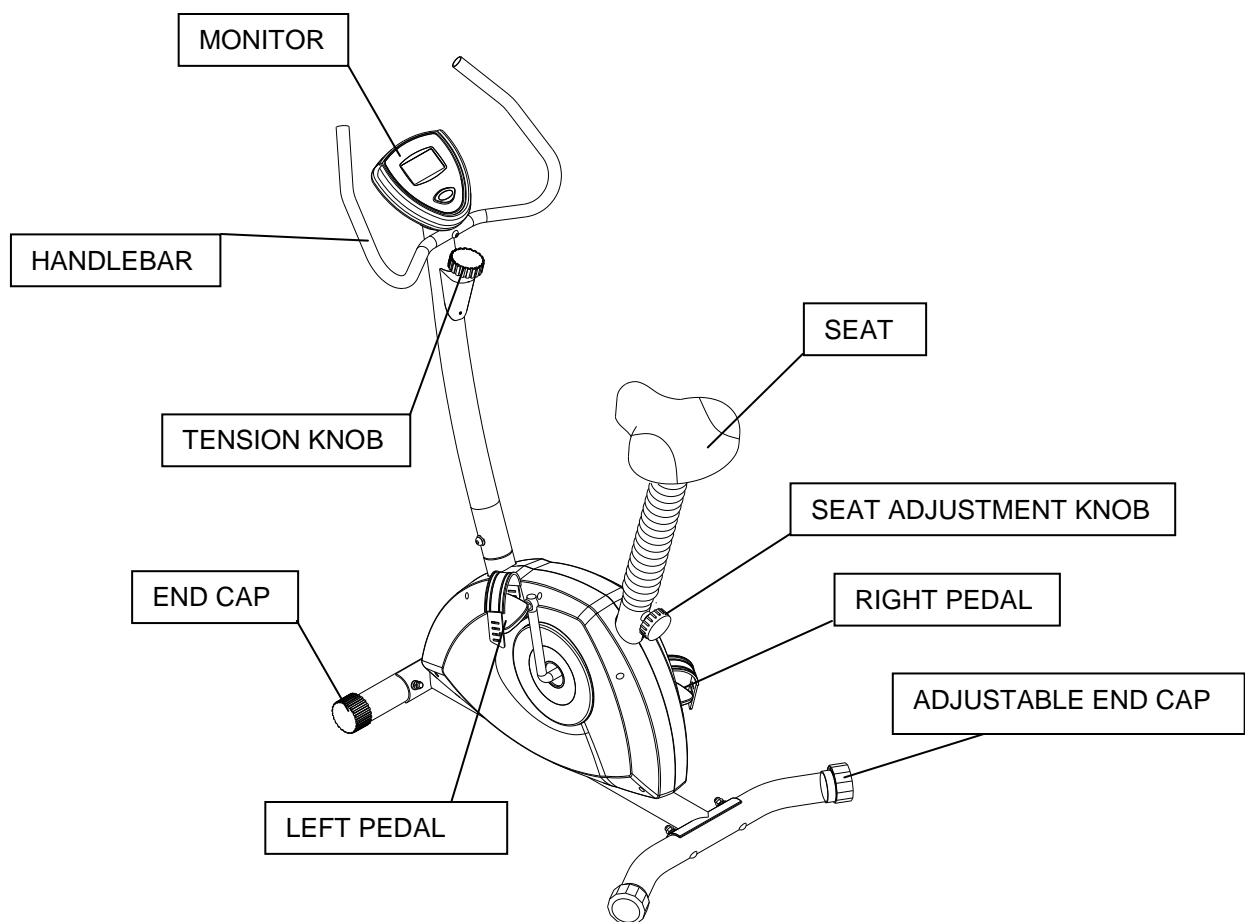
1. Monitor requires two "AA" batteries
2. The monitor will turn on automatically by pressing any key or when you start pedaling.
3. The monitor will turn off automatically if no signal is detected for four minutes.
4. If monitor is illegible or partial segments appear, remove batteries and wait 15 seconds to re-install.
5. Rechargeable batteries are not recommended.

USER DIRECTION

BEFORE YOU BEGIN

Thank you for selecting the revolutionary **Advantage Fitness** exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

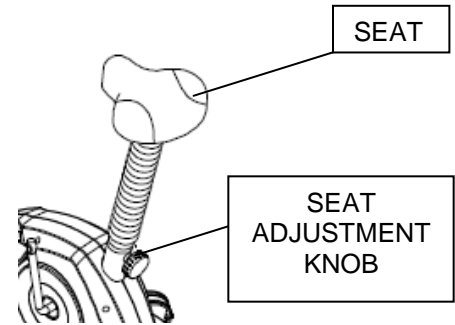
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below



HOW TO USE THE EXERCISE BIKE

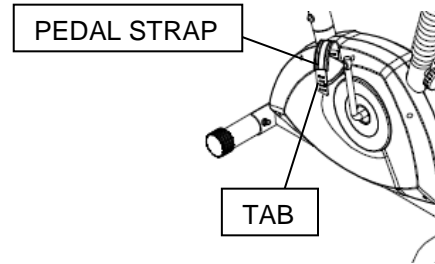
HOW TO ADJUST THE SEAT

The seat can be adjusted to a position most comfortable. To adjust the height of the seat, remove the seat adjustment knob. Raise or lower the upright to your desired position and secure using the seat adjustment knob.



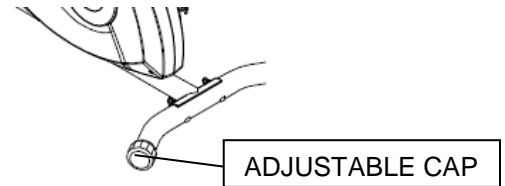
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, grasp the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



HOW TO LEVEL THE EXERCISE BIKE

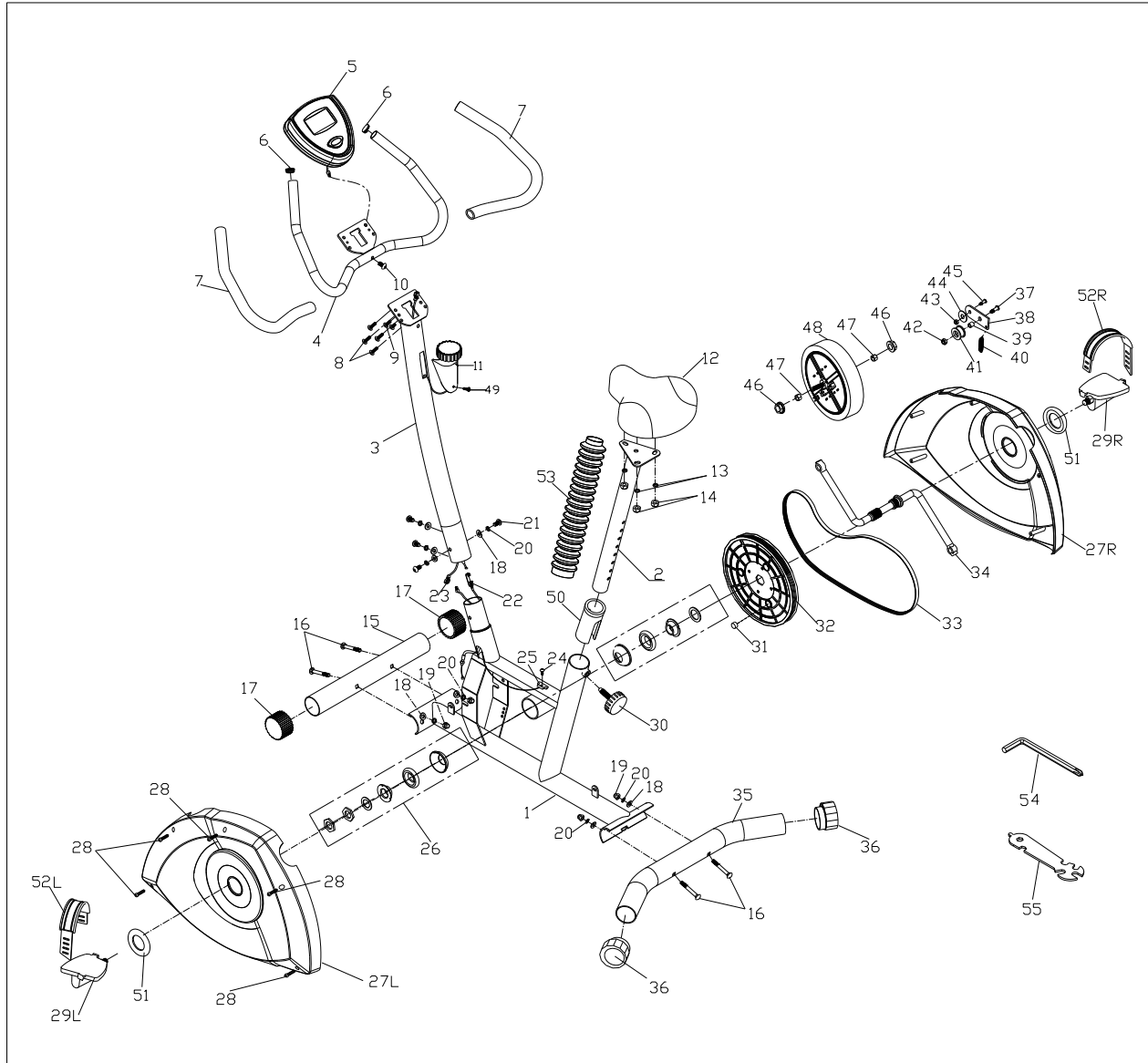
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.

HOW TO ADJUST THE TENSION

The pedaling resistance (tension) is controlled by the resistant cable of TENSION CONTROL which turns CLOCKWISE direction to increase pedaling resistance and turns COUNTER- CLOCKWISE direction to decrease pedaling resistance.
Note: You will still have tension at the lowest setting.



DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	48801	Main Frame	1
2	48802	Seat post	2
3	48803	Upright	1
4	48804	Handlebar	1
5	48805	Computer	1
6	48806	Plug	1
7	48807	Foam grip	1
8	48808	Screw M5*15mm	1
9	48809	Screw M6*8mm	1
10	48810	Allen head bolt M8*30mm	1
11-1	48811-1	Tension control w/cable	2
12	48812	Seat	2
13	48813	Washer	1
14	48814	Nylon nut	1
15	48815	Front Stabilizer	1
16	48816	Carriage bolt M8*60mm	1
17	48817	End cap	2
18	48818	Curve washer	1
19	48819	Cap nut M8	1
20	48820	Spring washer	1
21	48821	Allen head bolt M8*15mm	1
22	48822	Tension control cable	2
23	48823	Extension sensor wire	1
24	48824	Machine screw M5*15mm	1
25	48825	Sensor w/wire	1
26	48826	Crank bearing assembly	1
27R	48827R	Chain guard right	1
27L	48827L	Chain guard left	1
28	48828	Screw	1
29R	48829R	Foot pedal right	1
29L	48829L	Foot pedal left	1
30	48830	Seat post adjusting knob	1

KEY NO.	PART NO.	DESCRIPTION	QTY
31	48831	Magnet	2
32	48832	Belt pulley	2
33	48833	Drive belt	1
34	48834	Crank	1
35	48835	Rear stabilizer	1
36	48836	Adjusting end cap	1
37	48837	Allen head bolt M10*35mm	2
38	48838	Idler wheel bracket	1
39	48839	Sleeve	1
40	48840	Spring	1
41	48841	Idler wheel	1
42	48842	Nylon nut M10	2
43	48843	Nylon nut M8	1
44	48844	Washer	1
45	48845	Allen head bolt	1
46	48846	Nut 3/8"*7mm	1
47	48847	Nut 3/8"*4mm	1
48-1	48848-1	Mag. Flywheel w/pivot shaft	1
49	48849	Screw	1
50	48850	Seat post bushing	1
51	48851	Crank cover	2
52R	48852R	Foot pedal strap (Right)	1
52L	48852L	Foot pedal strap (Left)	1
53	48853	Bellow	1
54	48853	Allen wrench	1
55	48854	Universal wrench	1

TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries not installed	Insert batteries
No speed or distance displays on the monitor	Sending unit not connected	Securely plug sending unit into extension wire and the back of the computer
	Sending unit not working properly	Replace sending unit
	Computer not working properly	Replace computer
No tension	Motor cable or resistant cable not connected	Securely connect the motor cable into the extension motor cable and the resistant cable
	Magnetic wheel not working properly	Replace magnetic wheel
Heart rate not displaying	Pulse wire not connected not connected	Securely plug wires together
	Finger pulse defective	Replace monitor
	Computer not working properly	Replace computer
Grinding	Crank bearing defective	Replace crank bearings
	Idle pulley defective	Replace idle pulley
	Mag. flywheel defective	Replace mag. flywheel
Squealing	Poly V-belt slipping	Adjust poly v-belt

Maintenance

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However some checks should be made before each workout, and are indicated as such below.

Checks

- Be sure batteries are new and electronic connection are clean and tight.
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight, pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout this.
- Check that handlebar is secure, if not, tighten, check before each workout this.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

Almost all surfaces are washable. A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

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 (MVo₂). 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 MVO₂ 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 your 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

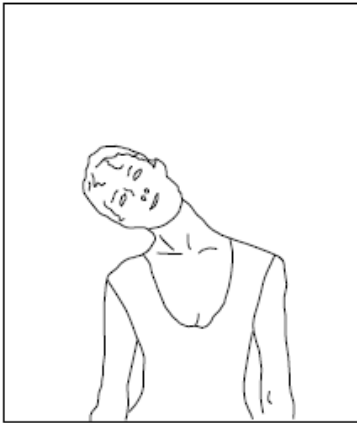
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will 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.

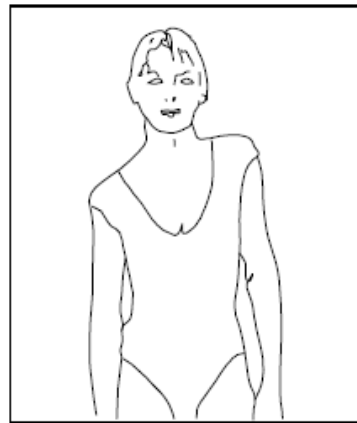
HEAD ROLLS

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.



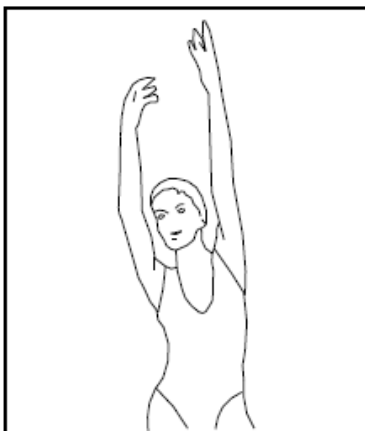
SHOULDER LIFTS

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.



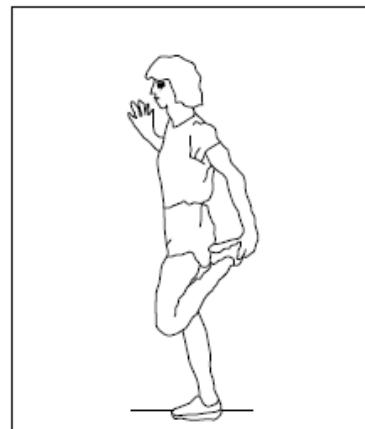
SIDE STRETCHES

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.



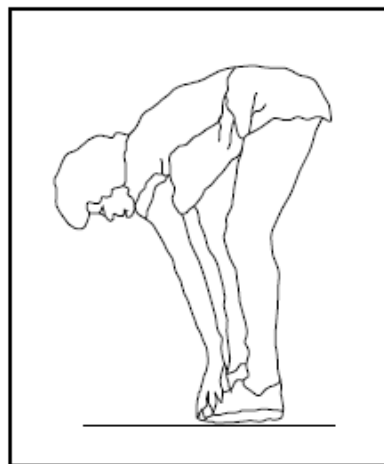
INNER THIGH STRETCH

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.



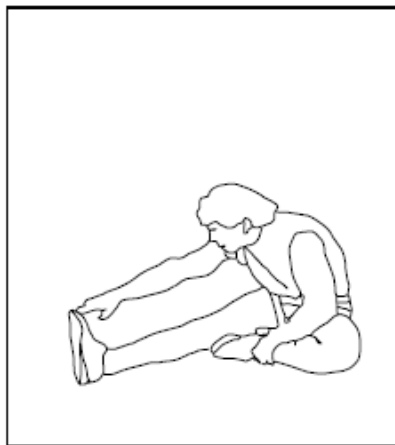
TOE TOUCHES

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 toward your toe 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 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.

