

OWNER'S MANUAL

**Model No.
16116901**

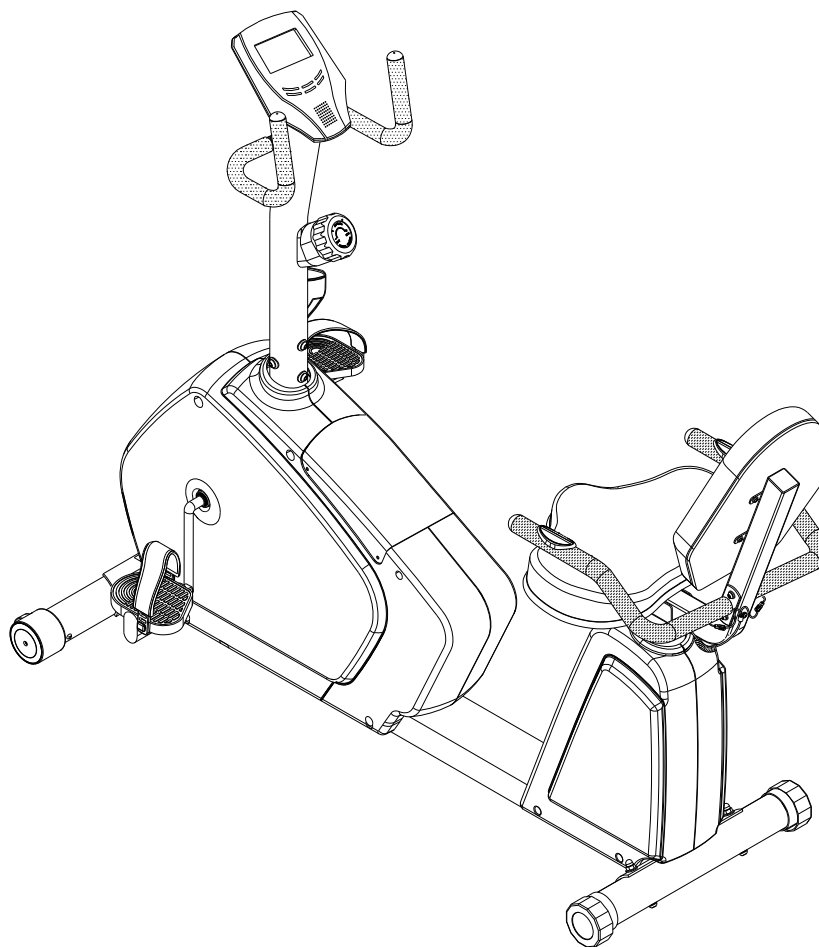
Recumbent cycle

- Assembly
- Operation
- Exercise
- Parts
- Warranty

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



RECUMBENT CYCLE



RETAIN FOR FUTURE REFERENCE

MAURICE PINCOFFS CANADA INC. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0B3

Manufacture's One-Year Limited Warranty

Your **Body Break** Recumbent 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 Maurice Pincoffs 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@pincoffs.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time. Visit us at www.pincoffs.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.

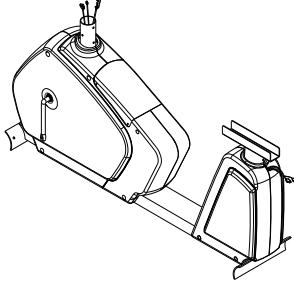
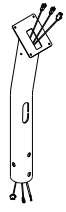
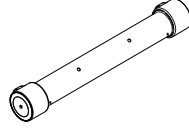
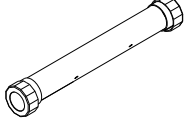
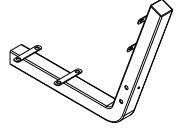
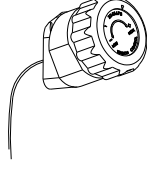

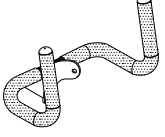

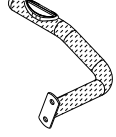
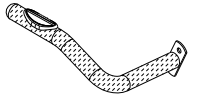

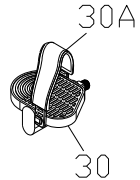
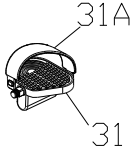
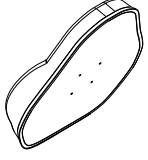

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature 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. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The recumbent 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. Fitness equipment must always be installed on a flat 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 must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
13. User weight should not exceed 250 lbs.
14. Tie all long hair back.
15. Remove all personal jewelry before exercising.
16. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
17. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.

WARNING:

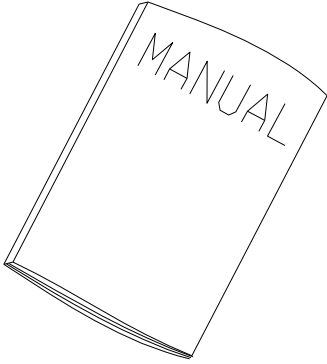
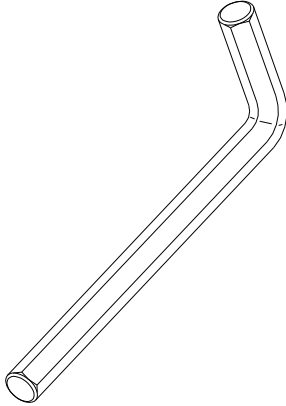
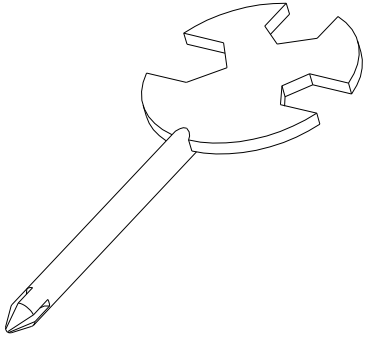
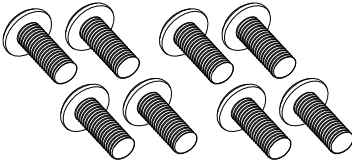
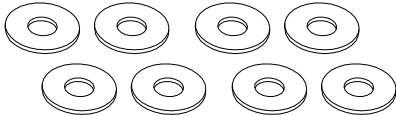
BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED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

PRE-ASSEMBLY CHECK LIST

(1) 	(2) 	(3) 	(4) 	(5) 	
(8) 	(9) 	(10) 	(15) 	(16) 	(16A) 
(27) 	(30) (30A) 	(31) (31A) 	(60) 	(76) 	

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Main Frame Assembly	1	15	Monitor	1
2	Console Tube w/ wires	1	16	Right Rear Handlebar	1
3	Front Foot Tube w/ wheels	1	16A	Left Rear Handlebar	1
4	Rear Foot Tube w/ end caps	1	27	Bottle Rack	1
5	Seat Carriage w/ Seat Slider Pin and Adjustment Knob	1	30/30A	Left Pedal / Left Pedal Strap	1
8	Tension Knob Assembly	1	31/31A	Right Pedal / Right Pedal Strap	1
9	Seat	1	60	Back Pad	1
10	Front Handlebar	1	76	Audio cable	1

HARDWARE PACKING LIST

<p>MANUAL QTY 1</p> 	<p>6mm ALLEN WRENCH QTY 1</p> 	<p>MULTI-SIZE SPANNER with SCREW DRIVER QTY 1</p> 
<p>M6X15mm PHILLIPS SCREW (62) QTY 8</p> 	<p>Ø6xØ6x1.0t WASHER (63) QTY 8</p> 	

Note:

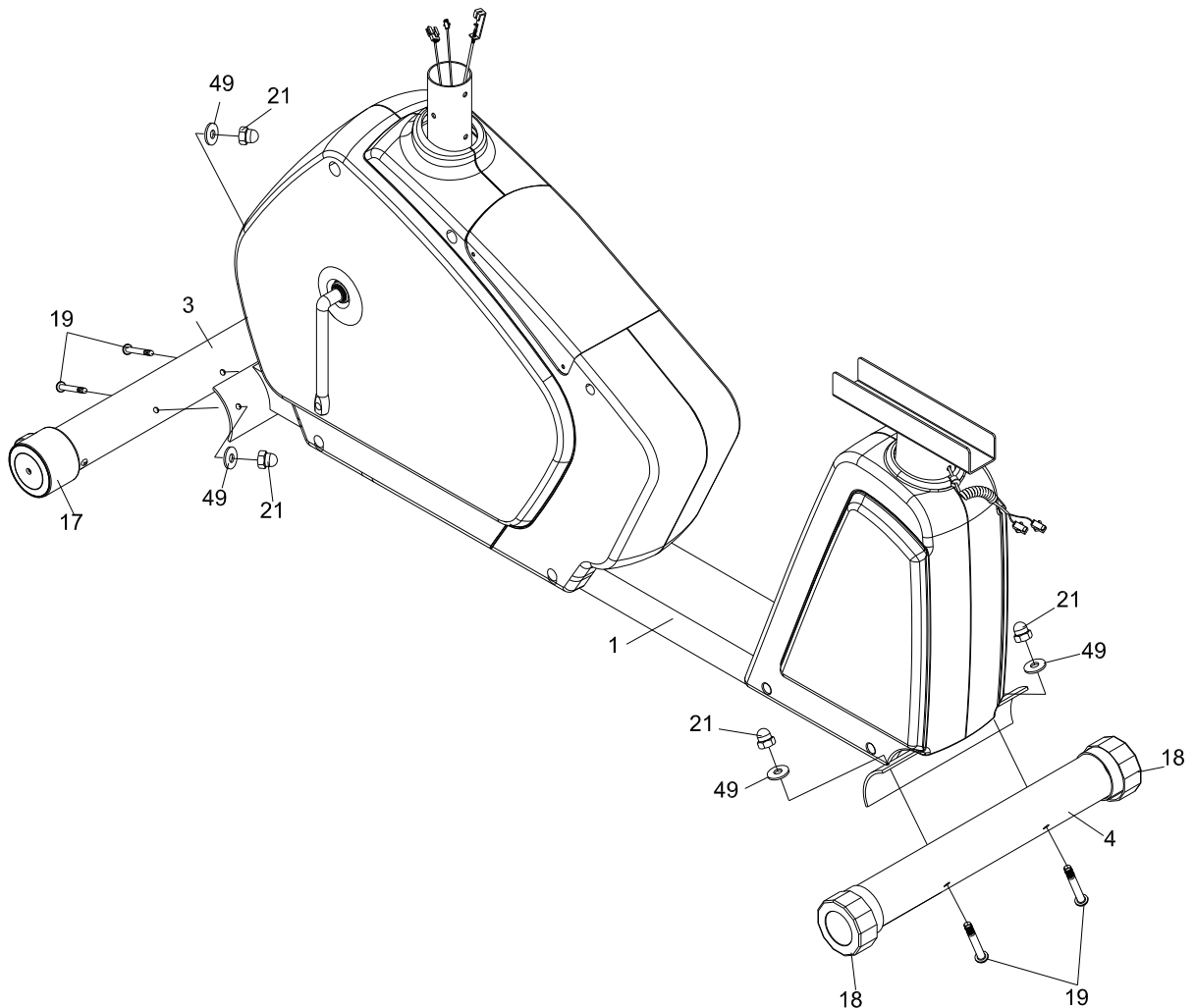
1. Above described parts is the hardware needed to assemble this machine. Before you start to assemble, please check to ensure all parts are included for assembly.
2. All the pre-assembled hardware will need to be removed for each of the assembly steps.

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.

STEP 1

- Attach the front stabilizer (3) with transportation wheel (17) to the front of main frame (1). Secure using two carriage bolt (19), two washer (49) and two M8 Acorn nut cap (21) which are pre-assembled.
- Attach the rear stabilizer (4) with leveling end cap (18) to the back of main frame (1). Secure using two carriage bolt (19), two washer (49) and two M8 Acorn nut cap (21) which are pre-assembled.

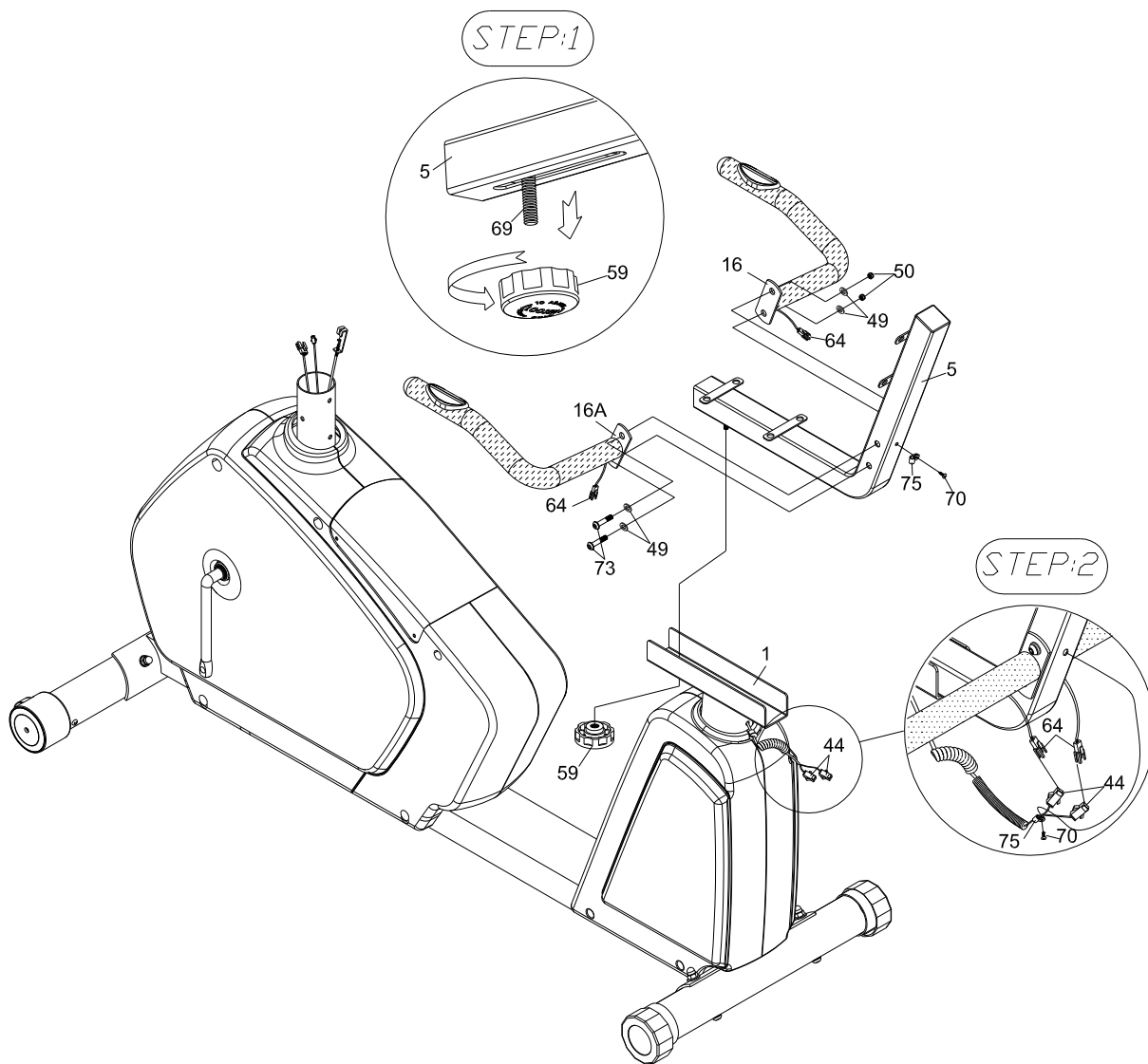


STEP 2

- Unlock the Seat adjustment knob (59) from the seat carriage (5) and put the seat carriage (5) onto the rear supporting rectangular bracket of main Frame (1). Adjust to your desired seat position and lock the seat carriage (5) to the main Frame (1) with the seat adjustment knob (59) as shown in drawing.

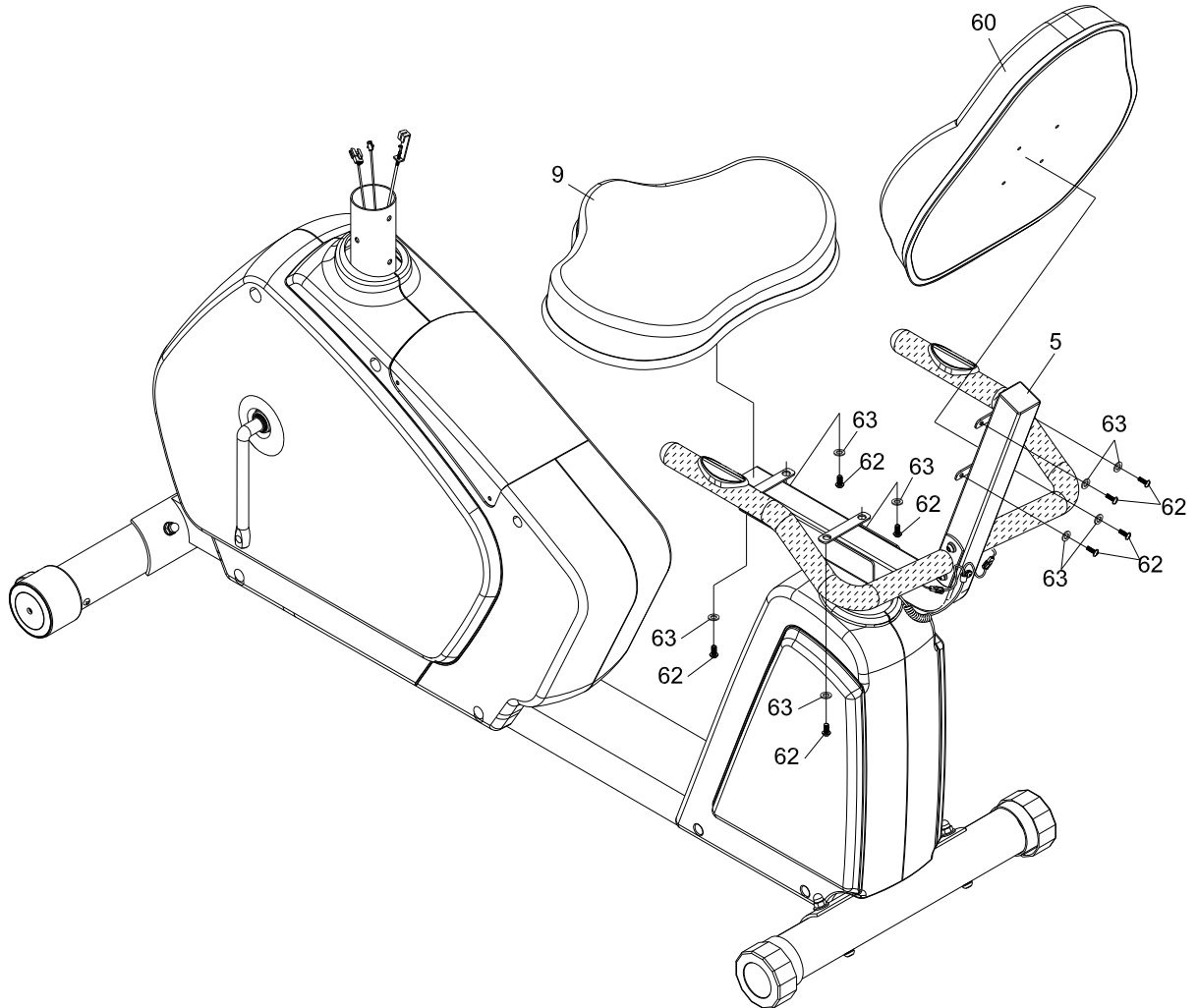
Note: To keep the seat carriage balanced, please ensure that the knob is secured tightly after adjusting the seat backward or forward on the main frame.

- Lock the Left and Right Rear Handlebar (16A & 16) to the Seat Carriage (5) with bolts (73), Washers (49) and Nuts (50) which are pre-assembled.
- Connect the Hand Pulse Wires (64) to Rear Extension Pulse Wire (44). Fix the connected Wires to the Seat Carriage (5) with Wire Clamp (75) and one Screw (70) which is pre-assembled.



STEP 3

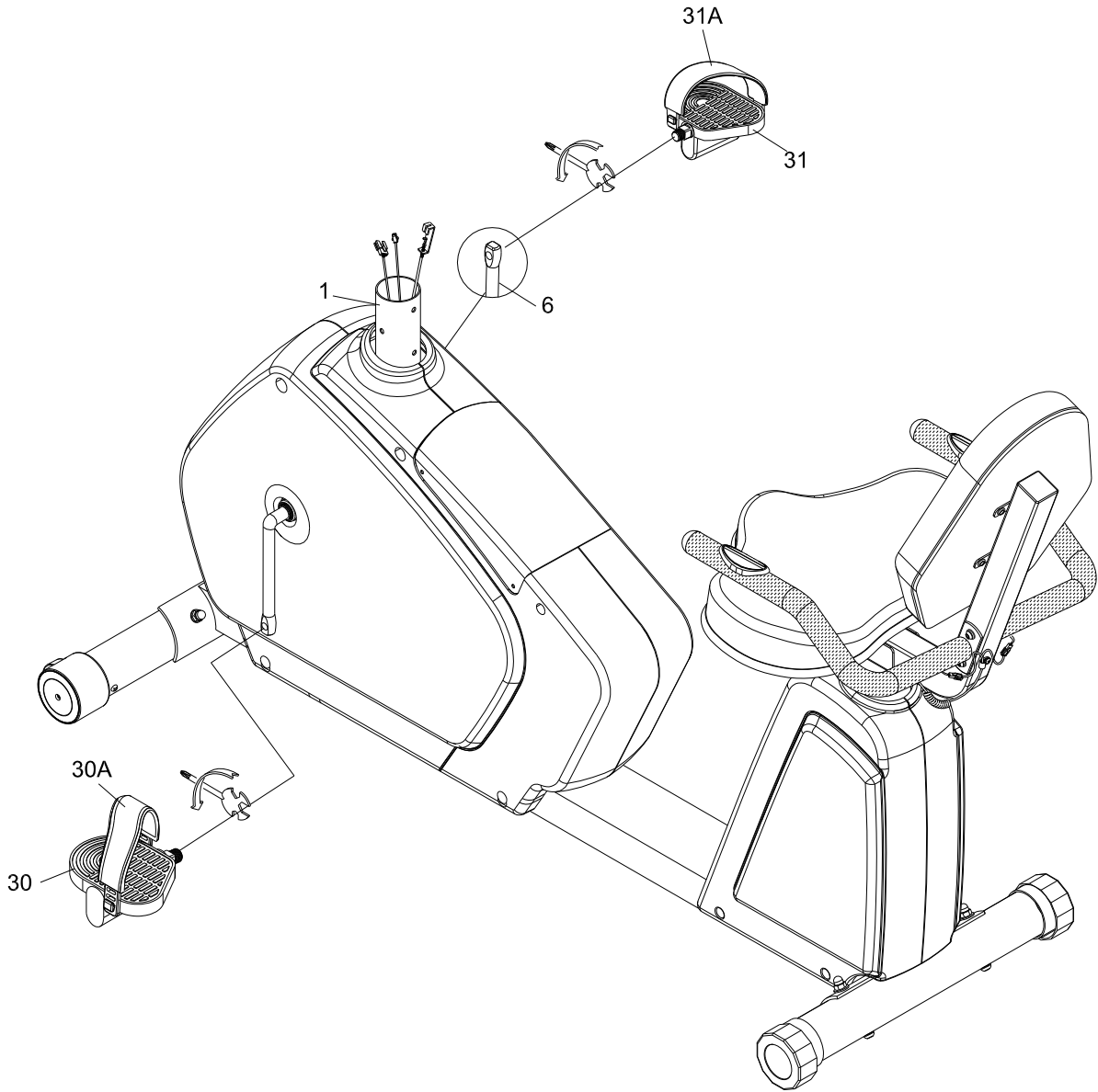
- Attach the seat (9) to the seat Carriage (5). Secure using four M6 X15mm Metal Screw (62) and four M6 X16mm Washer (63).
- Attach the back pad (60) to the seat carriage (5). Secure using four M6 X15mm Metal Screw (62) and four M6 X16mm Washer (63).



STEP 4:

- Attach the right pedal strap (31A) to the right pedal (31). Repeat for the left pedal (30).
- Attach the right pedal (31) to the right crank arm (6). Repeat for the left pedal (30).

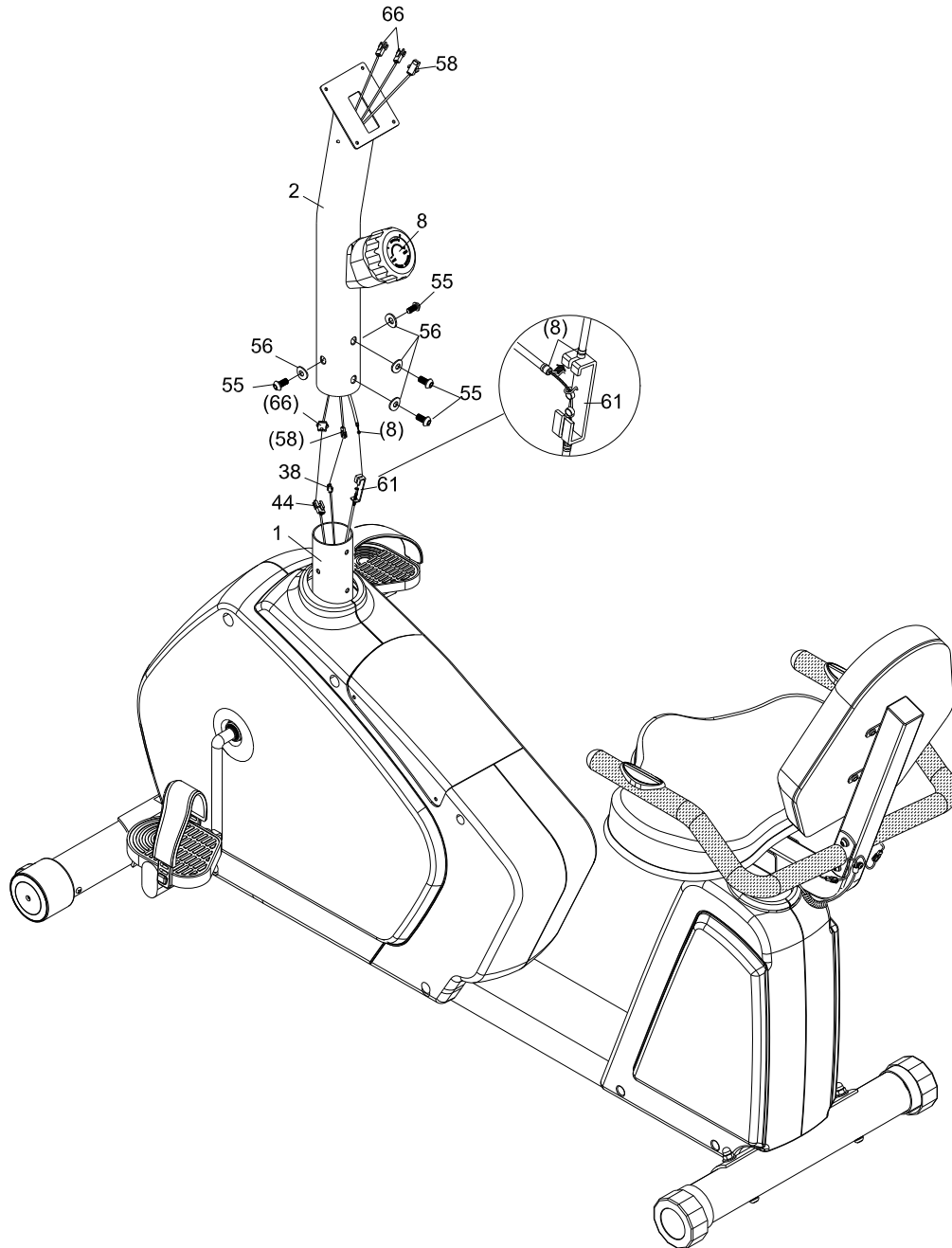
Note: The pedals are marked R&L. The right pedal should be threaded on clockwise and the left pedal should be threaded counter-clockwise.



STEP 5:

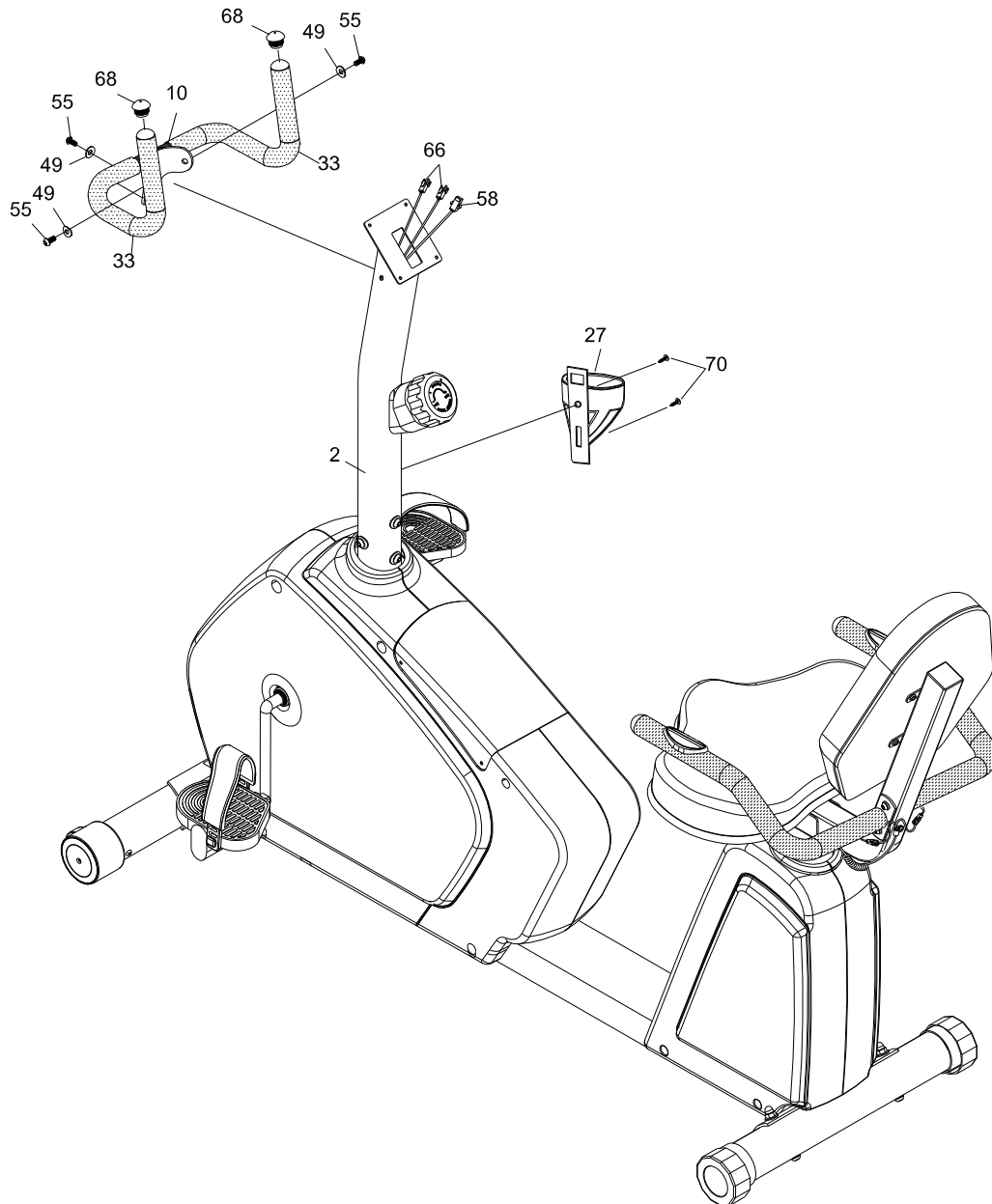
- Connect the Upper Extension Pulse Wire (66) to Rear Extension Pulse Wire (44).
- Connect the Extension Sensor Wire (58) to the Sensor Wire (38).
- Connect the tension knob assembly (8) to the Tension Cable Bracket (61) from the Main Frame (1).
- Slide the Console Tube (2) onto the Main Frame (1). Secure using four M8 X15mm Hex Head Screw (55) and four M8 X 18mm Curved Washer (56) which are pre-assembled.

Note: Be careful not to pinch the wires when you attach the console tube.



STEP 6

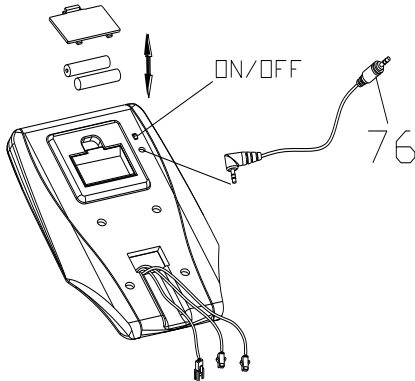
- Attach the Front Handlebar (10) to the Console Tube (2). Secure using three screws(55) and three washers(49) which are pre-assembled.
- Attach the Bottle Rack (27) to the side of Console Tube (2). Secure using two screws (70) which are pre-assembled.



STEP 7

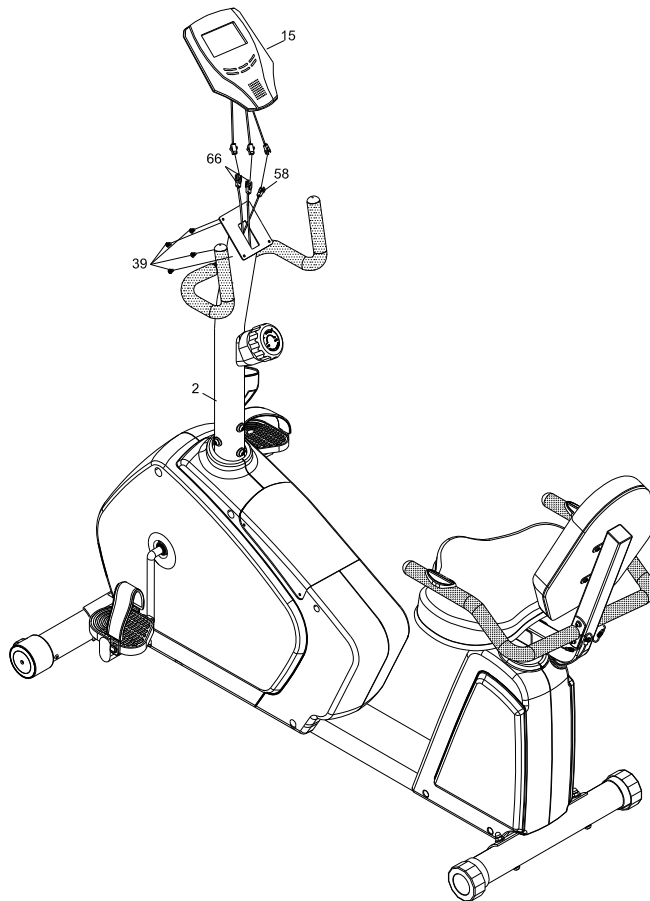
- Insert the batteries into the back of the Monitor (15). Plug one end of the audio cable (76) into the backside of computer (15) and the other end into the Music Player.

Note: Place the switch (at the back cover of the computer) to the “on” position. Power on the computer and the music will play accordingly by operating the MP3 function.



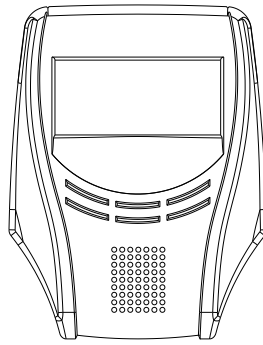
STEP 8

- Connect the Upper Extension Pulse Wire (66) into the wire at the back of the Monitor (15).
- Connect the Extension Sensor Wire (58) into the wire at the back of the Monitor (15).
- Attach the monitor (15) to the console tube (2). Secure using four screws (39) found at the back of the monitor.



**ENSURE TO FIRMLY TIGHTEN ALL NUTS AND BOLTS
YOUR UNIT IS NOW FULLY ASSEMBLED**

COMPUTER INSTRUCTIONS



The things you should know before exercise

SLEEP MODE:

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press any key or speed in, can wake up system from sleep mode.

Functions and Features:

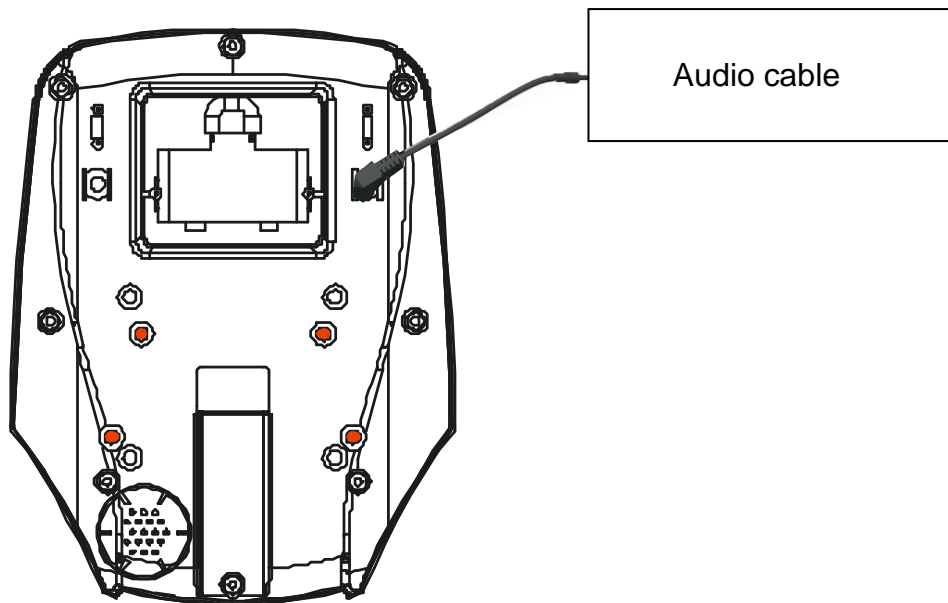
- 1. SCAN:** At the exercise mode, press the ENTER key until appears the SCAN. The LCD Monitor will display the following function and each function will stay 8 seconds on the main screen.
TIME-SPEED-DISTANCE-CALORIE-RPM-PULSE
- 2. TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
- 3. SPEED:** Displays your workout speed value in KM/MILE per hour from 0.0 to 199.9.
- 4. DISTANCE:** Displays the cumulative distance travelled during each workout up to a maximum of 99.99KM/MILE.
- 5. CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
- 6. PULSE:** Your computer displays your pulse rate in beats per minute during your workout if no pulse signal input then the computer will display "P" on the window.
- 7. RPM:** Your pedal cadence.

Key function:

There are 6 button keys and the function description as follows:

1. UP key: During the STOP mode, press the key to increase the value of Time, Distance and Calories.
2. RESET key: During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.Or, press the key to clear the exercising value or setting value to zero.
3. ENTER key:
 - a. Press the key to accept these setting values of TIME, DISTANCE and CALORIE.
 - b.During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
 - c.During the exercise mode, press the key can check the function from SCAN-TIME-SPEED/Count-ODO/TotalCOUNT-RPM/SPM-DISTANCE-CALORIE-PULSE for a circle.
4. DOWN key: During the setting mode, press the key to decrease the value of Time, Distance and Calories .
5. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Connect the computer to the earphone of music player



Error Message:

E: The speed over than 99.9 MPH/KPH then the computer will display “E”.

Err: When measure the body fat function or pulse recovery function, if there is no pulse signal input within 20 seconds then the computer will display “Err”. You can press any keys to quit the Err message.

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

See ***Fitness Safety on next page***

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Monitoring Your Heart Rate

Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate

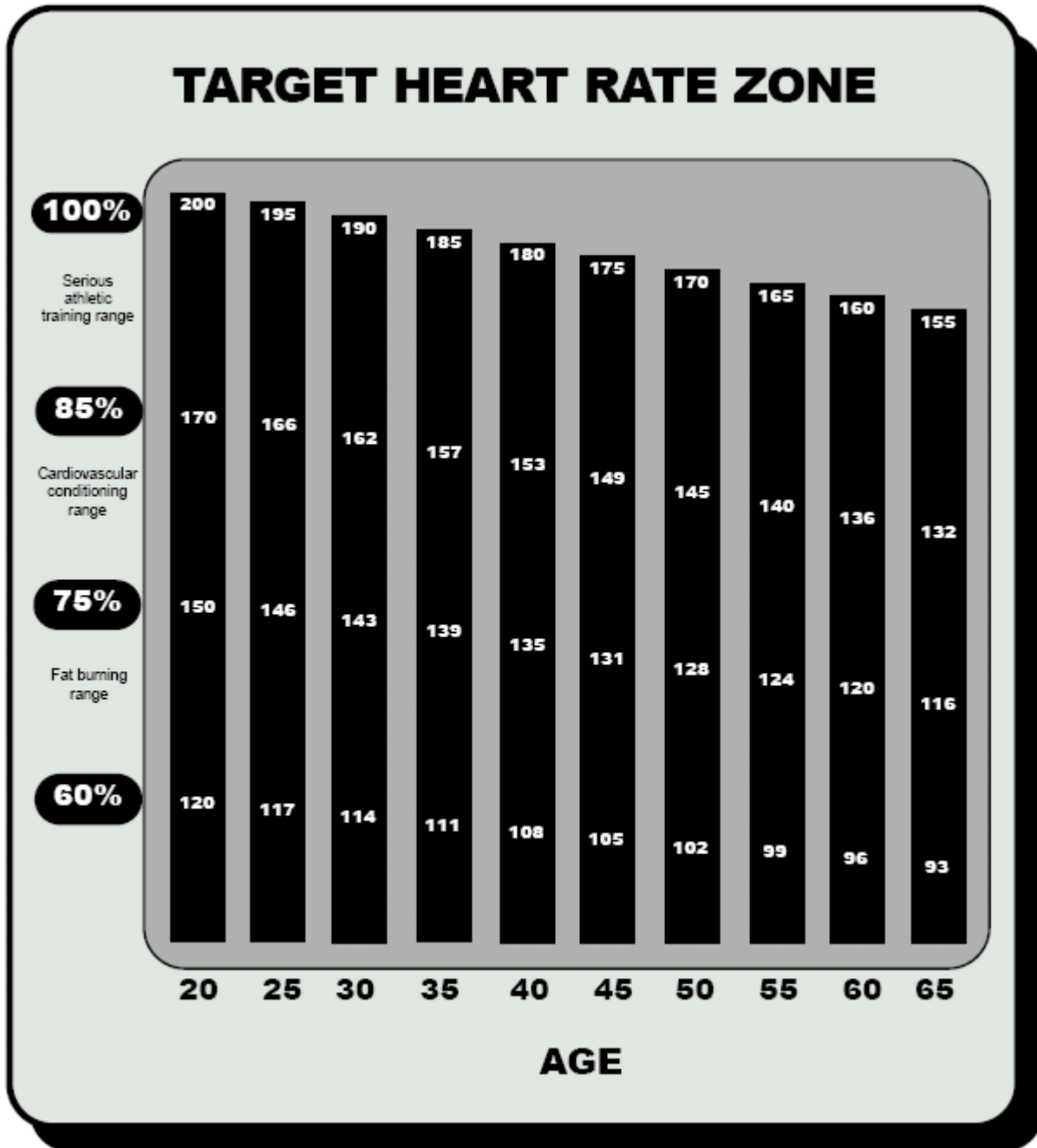
$220 - \text{age} = \text{maximum heart rate (MHZ)}$
 $\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$
 $\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$
 $190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$
 $190 \times .75 = 142 \text{ (high end or 75\% of MHZ)}$
30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.

Monitoring Your Heart Rate

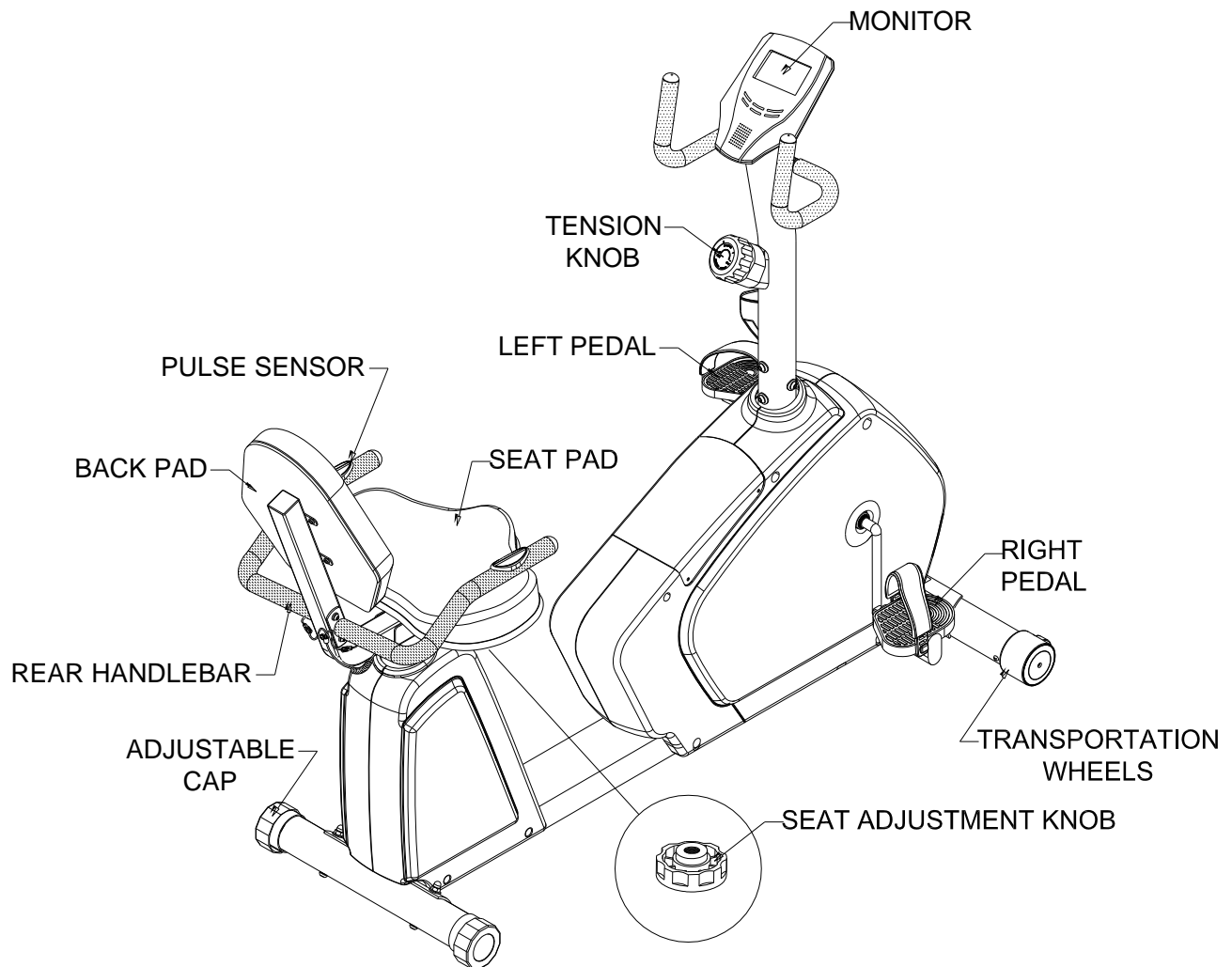


User Direction

BEFORE YOU BEGIN

Thank you for selecting the revolutionary **Body Break** 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.

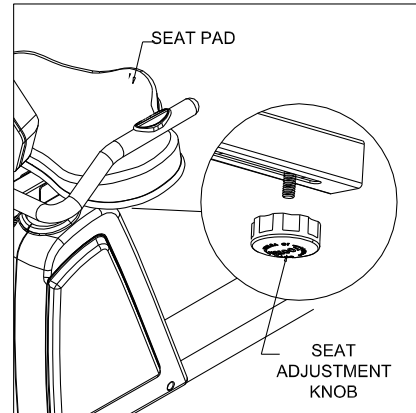
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of 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

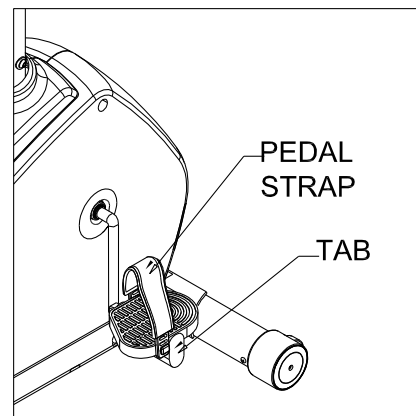
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, unlock the seat adjustment knob, slide the seat to the desired position, and lock the seat carriage to main Frame with seat adjustment knob.



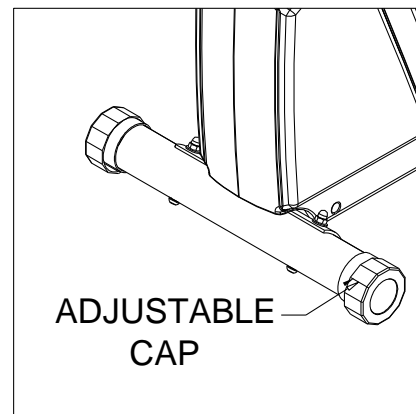
HOW TO ADJUST THE PEDAL STRAPS

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

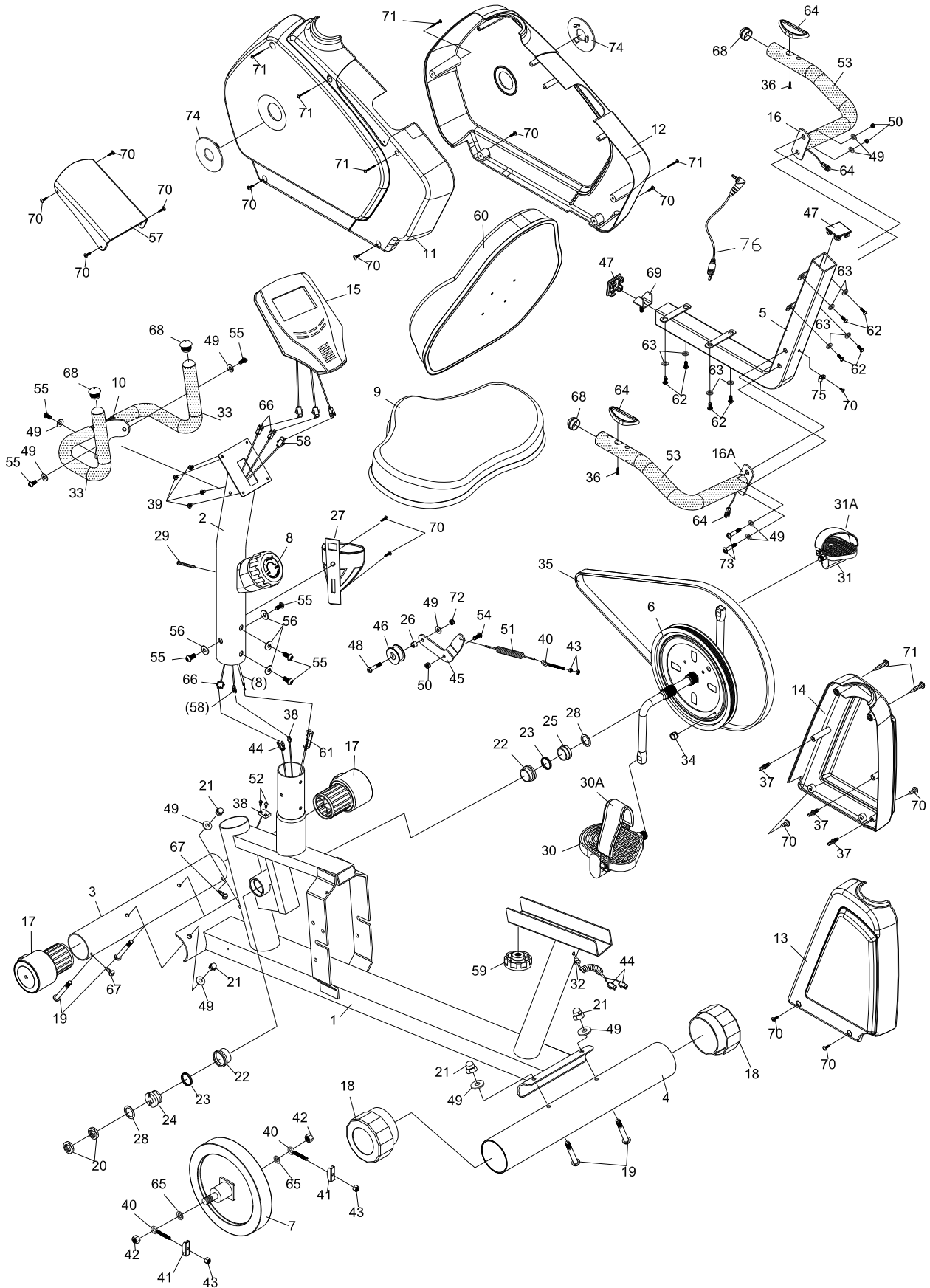
To move the exercise bike, **grasp the rear stabilizer** and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



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.

DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	1690101	Main Frame Assembly	1
2	1690102	Console Tube	1
3	1690103	Front stabilizer	1
4	1690104	Rear stabilizer	1
5	1690105	Seat Carriage	1
6	1690106	Crank with Pulley Assembly	1
7	1690107	Mag Brake	1
8	1690108	Tension Knob Assembly	1
9	1690109	Seat	1
10	1690110	Front Handlebar	1
11	1690111	Left Bottom Housing	1
12	1690112	Right Bottom Housing	1
13	1690113	Rear Left Chain Cover	1
14	1690114	Rear Right Chain Cover	1
15	1690115	Monitor	1
16	1690116	Right Rear Handlebar	1
16A	1690116A	Left Rear Handlebar	1
17	1690117	Transportation Wheel	2
18	1690118	Leveling end cap	2
19	1690119	Carriage Bolt 8x65mm	4
20	1690120	Crank Nut	2
21	1690121	8mm Acorn Nut Cap	4
22	1690122	Bearing Cap	2
23	1690123	Bearing	2
24	1690124	Notched Bearing Nut	2
25	1690125	Slotted Bearing Nut	2
26	1690126	M8x12.5x10L Spacer	1
27	1690127	Bottle Rack	1
28	1690128	Crank Washer	2
29	1690129	M5x50mm Screw	1
30	1690130	Left Pedal	1
30A	1690130A	Left Pedal Strap	1

KEY NO.	PART NO.	DESCRIPTION	QTY
31	1690131	Right Pedal	1
31A	1690131A	Right Pedal Strap	1
32	1690132	Wire Plug	1
33	1690133	Front Handlebar Sleeve	2
34	1690134	Magnet	1
35	1690135	V-Belt	1
36	1690136	M4x16mm Flat Head Screw	2
37	1690137	Plastic Plug	3
38	1690138	Sensor Wire W/Sensor	1
39	1690139	M5x10mm Metal Screw	4
40	1690140	6x35mm Eyebolt	3
41	1690141	Adjustment Channel	2
42	1690142	3/8x26mm Locknut	2
43	1690143	6mm Hex Nut	4
44	1690144	Rear Extension Pulse Wire	1
45	1690145	Belt Tension Bracket	1
46	1690146	Idler Pulley	1
47	1690147	Square Plug	2
48	1690148	M8x30 Hex Head Screw	1
49	1690149	M8x19mm Washer	12
50	1690150	8mm Nylon Nut (thick)	3
51	1690151	Spring	1
52	1690152	TP3x8mm Screw	2
53	1690153	Rear Handlebar Sleeve	2
54	1690154	M8x20mm Hex Screw(carbon)	1
55	1690155	M8x15mm Hex Head Screw	7
56	1690156	M8x18mm Curve Washer	4
57	1690157	Top Cover	1
58	1690158	Extension Sensor Wire	1
59	1690159	Seat Adjustment Knob	1
60	1690160	Back Pad	1
61	1690161	Tension Cable Bracket	1
62	1690162	M6x15mm Metal Screw	8

KEY NO.	PART NO.	DESCRIPTION	QTY
63	1690163	M6x16mm Washer	8
64	1690164	Hand Pulse Sensor w/Wire	2
65	1690165	M10x19mm Washer	4
66	1690166	Upper Extension Pulse Wire	1
67	1690167	TP4x12mm Screw	2
68	1690168	1"Ball Plug	4
69	1690169	Seat Slider Pin	1
70	1690170	TP4x16mm Screw	13
71	1690171	TP4x30mm Screw	7
72	1690172	8mm Nylon Nut (thin)	1
73	1690173	M8x50mm Hex Head Bolt	2
74	1690174	Small Round Cover	2
75	1690175	Wire Clamp	1
76	1690176	Audio cable	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	Tension knob assembly defective or not connected properly to tension cable bracket	Replace tension knob or securely connect the tension knob assembly to tension cable bracket
	Magnetic wheel not working properly	Replace magnetic wheel
Heart rate not displaying	Pulse wire not connected not connected	Securely plug wires together
	Hand pulse defective	Replace hand pulse
	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

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

Overload

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

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

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

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come.

It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

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

Heart Rate

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

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

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

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

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

Pulse Count

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

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group. The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

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

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine. Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

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

Body Building

Is often used synonymously with strength training. The fundamental principle 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

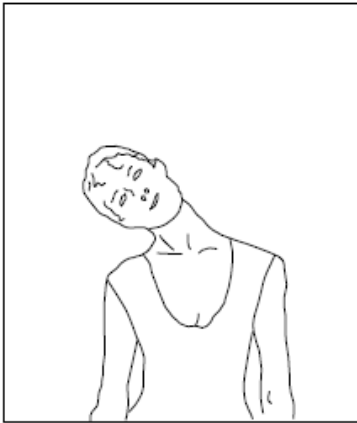
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will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

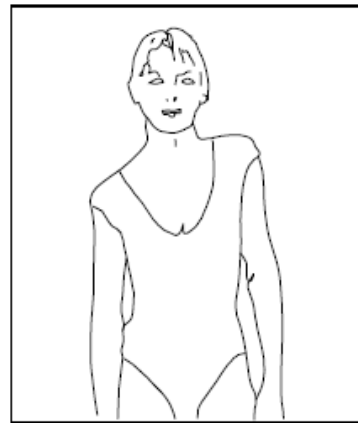
HEAD ROLLS

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.



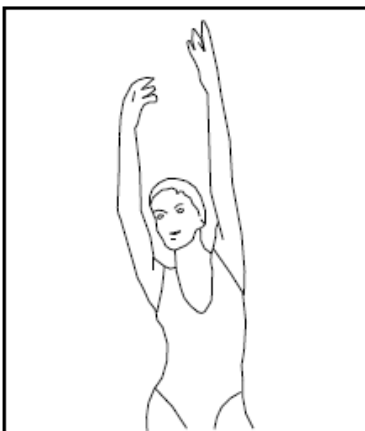
SHOULDER LIFTS

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.



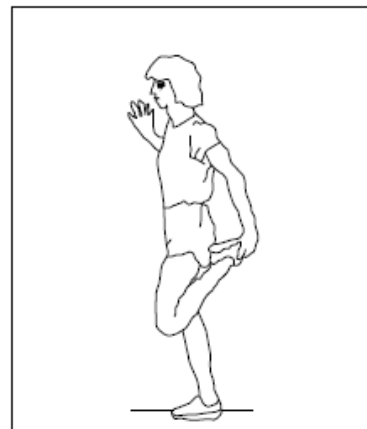
SIDE STRETCHES

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.



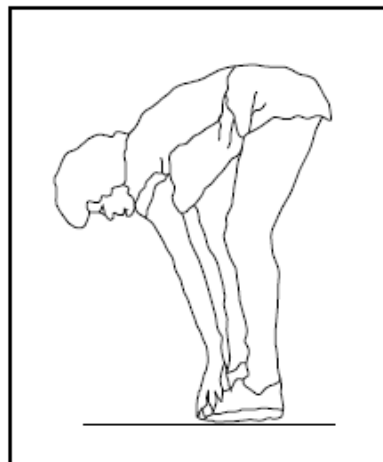
INNER THIGH STRETCH

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.



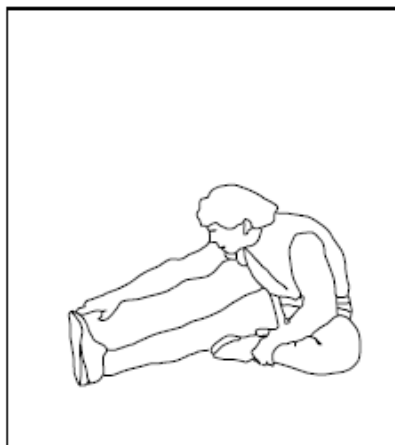
TOE TOUCHES

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.

