



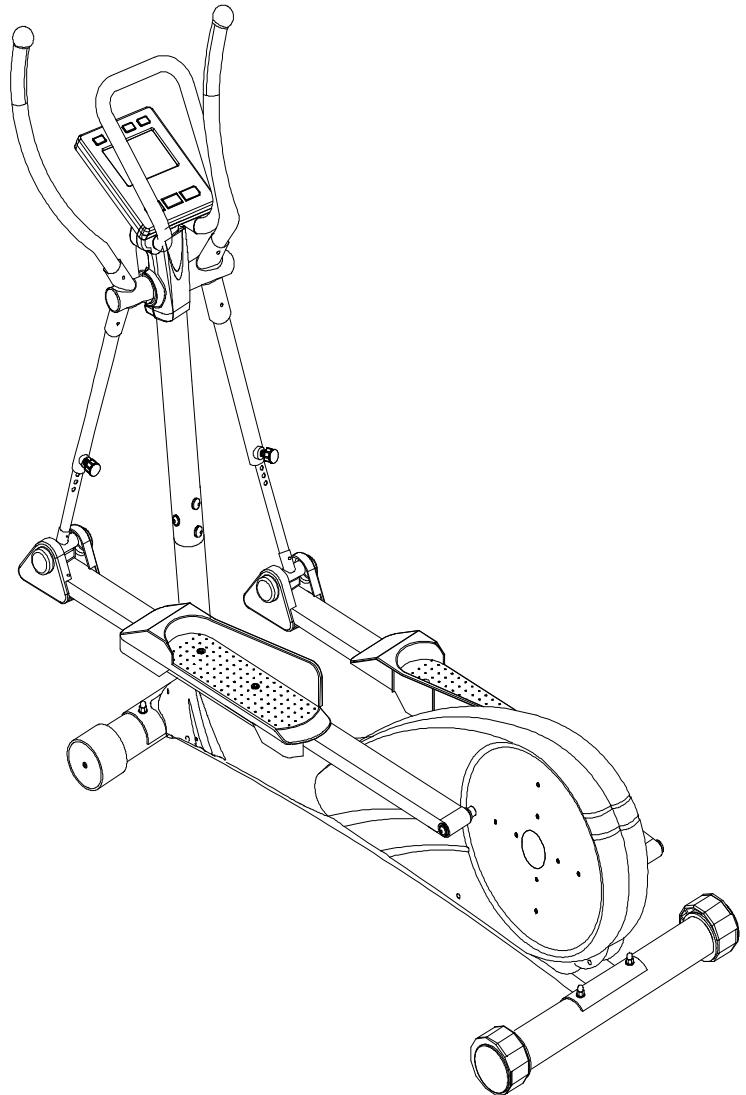
OWNER'S MANUAL

Model No.
16117218

Elliptical

ELLIPTICAL

- Assembly
- Operation
- Exercise
- Parts
- Warranty



RETAIN FOR

FUTURE REFERENCE

MAURICE PINCOFFS CANADA INC. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2E 6X8

Manufacture's One-Year Limited Warranty

Your BODY BREAK Elliptical 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 elliptical, shown in figure can be ordered from Maurice Pincoffs Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2E 6X8. 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.

Always include the following information when ordering parts

- I Model number
- I Name of each part
- I 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.

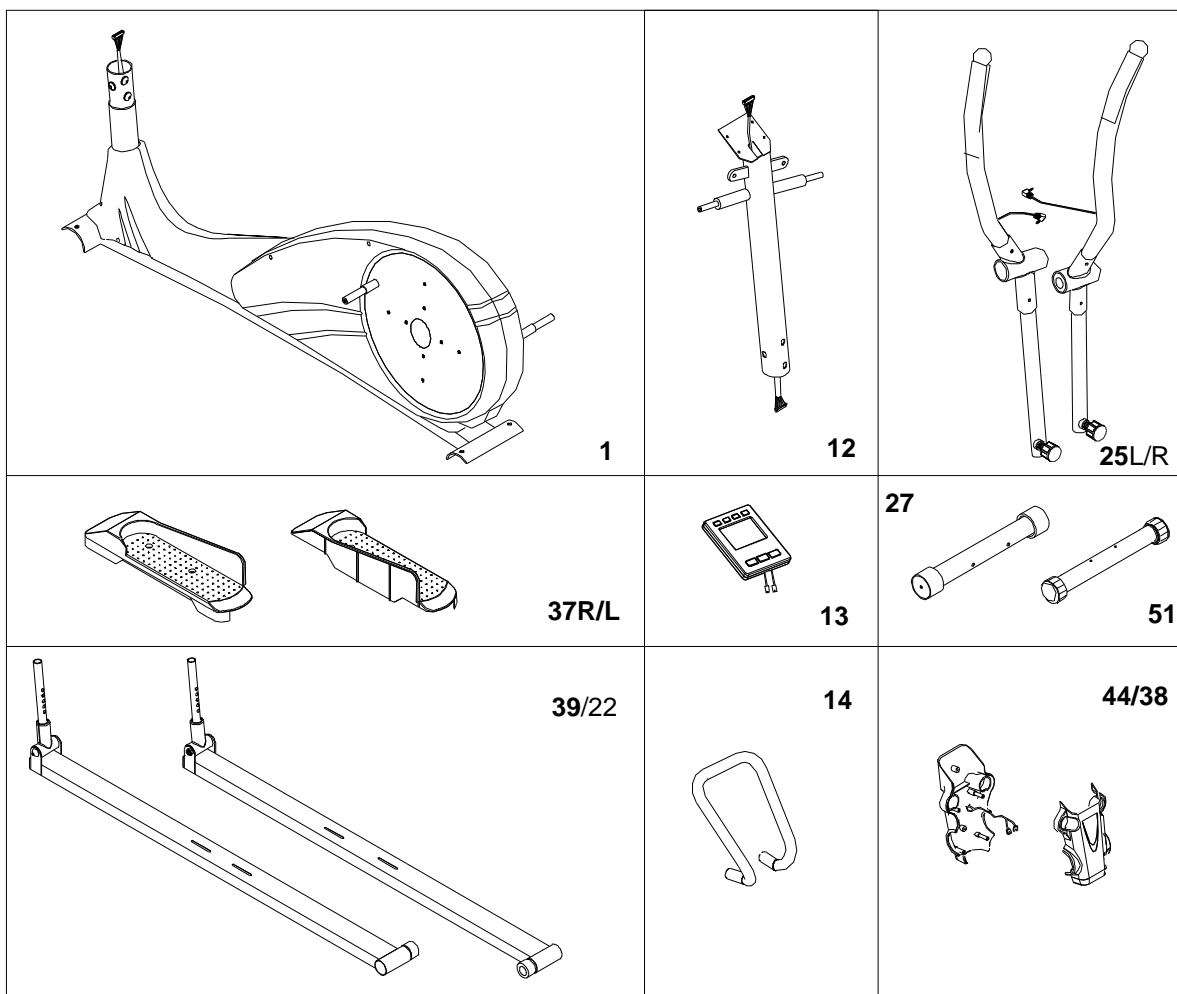
This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

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

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your elliptical.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The elliptical must be regularly checked for signs of wear and damage. Any part found defective, the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 1' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
13. User weight should not exceed 330 lbs.

















WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility form personal injury or property damage sustained by or through the use of this product.

Pre-assembly check list



NO	Description	Quantity
1	Main frame	1
27	Front stabilizer with transportation wheels	1
51	Rear stabilizer with end caps	1
12	Upright post	1
14	Stationary handlebar	1
13	Monitor	1
25	Upper handlebars R / L	2
39/22	Foot pedal tubes with lower handlebars	2
37	Pedals	2
44/38	Rear/front neck cover	1

Hardware Packing Lists

NO	Description	Qty	Drawings	
31	End cover	2		
29	Carriage bolt M10*95mm	4		
3	Cap nut M10	4		
2	Washer 10.5*27*1.5mm	4		
74	Allen head bolt M8*25mm	2		
47	Round end cover	2		
76	Machine screw M4*25mm	2		
32	Cross head bolt 5*20mm	4		
42	Washer 8.4*22*2mm	2		
70	Spring washer M8	2		
68	Spring washer M10	4		
87	Cover	2		
80	Carriage bolt 8*50mm	4		
72	Allen key wrench 6mm	1		
73	Screw driver 13,16mm	1		
78	Adjustment knob	4		

ASSEMBLY INSTRUCTION

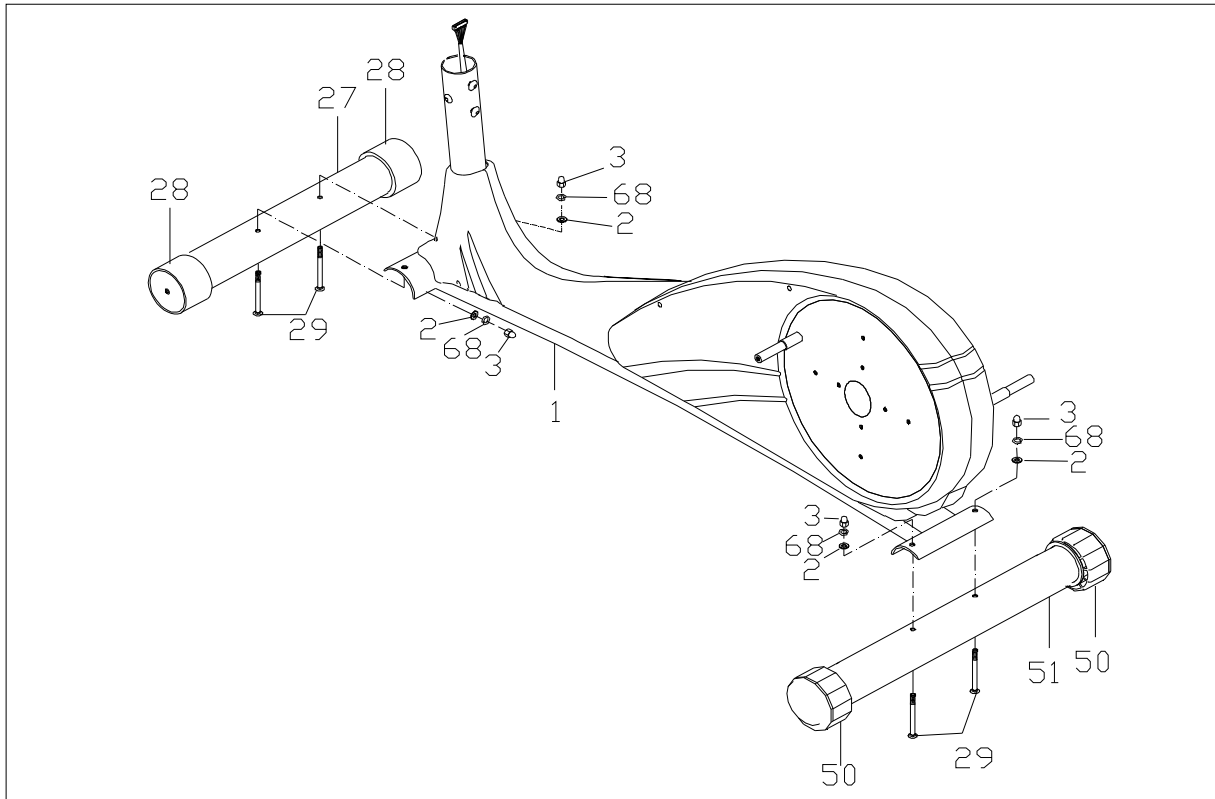
This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

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.

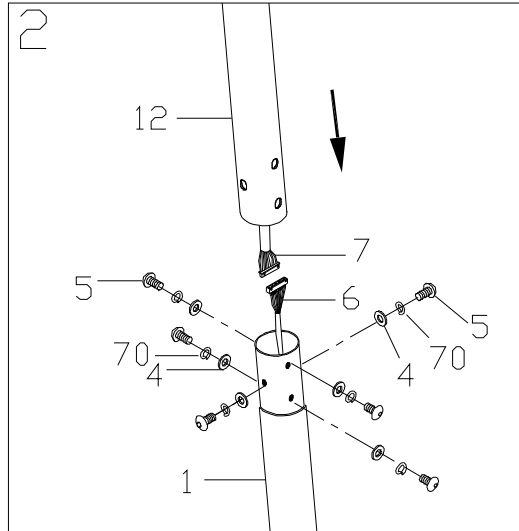
STEP 1

1. Attach rear stabilizer w/end caps (51) to the rear of the main frame (1) using two carriage bolts (29), 2 washers (2), 2 spring washers (68) and 2 cap nuts (3).
2. Attach front stabilizer w/transportation wheels (27) to the front of the main frame (1) using two carriage bolts (29), 2 washers (2), 2 spring washers (68) and 2 cap nuts (3).



STEP 2

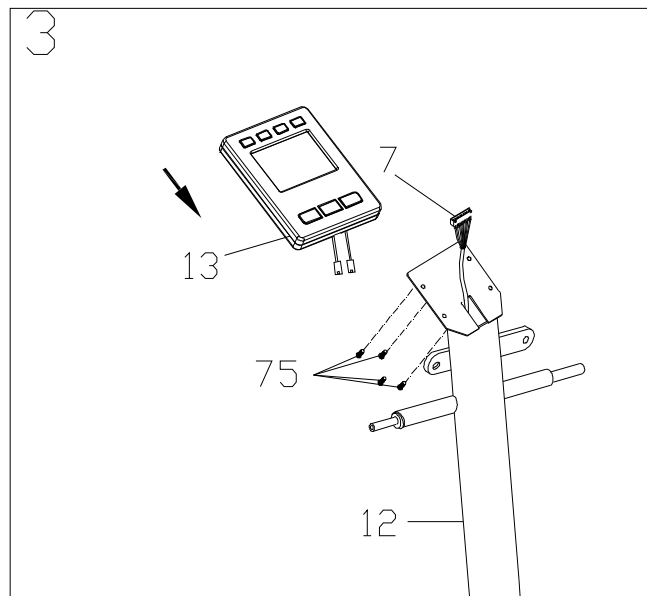
1. Remove the pre-assembled 6 hex bolts (5), 6 spring washers (70) and 6 washers (4) from the bottom tube of the main frame (1).
2. Connect the extension computer wire (7) from the upright post (12) to the motor w/wire (6) from the main frame (1).
3. Insert the upright post (12) into the main frame (1). Secure using the bolts, spring washers and washers that you previously remove from the main frame. Do not over-tighten the nuts and bolts.



STEP 3

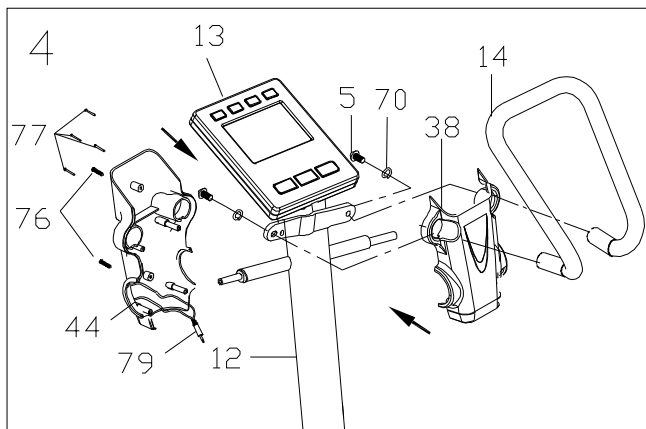
1. Connect the extension computer wire (7) to the wire from the monitor (13).
2. Attach the monitor (13) to top bracket of upright post (12). Secure using with 4 machine screws (75) found at the back of the monitor.

Note: Before sliding the monitor on the upright post, please ensure all wires are safely tucked inside the opening of the upright post. This will ensure that the monitor slides on easily and avoids pinching the wires.



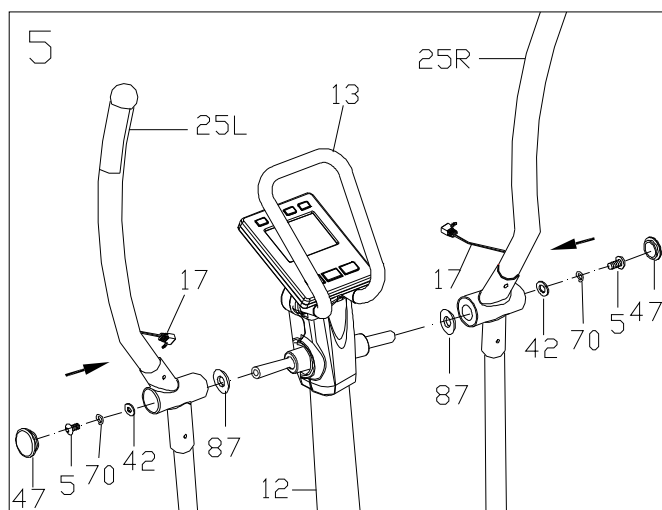
Step 4

1. Remove 2 screws (76) and 4 screws (77) from the neck covers (44/38).
2. Remove 2 allen head bolts (5) and 2 spring washers (70) from the stationary handlebar (14).
3. Attach the rear neck cover (44) to the bracket of the upright post (12) and tighten with 2 screws (76).
4. Connect hand pulse plug (79) from the rear neck cover (44) to the back of the monitor (13).
5. Slide the stationary handlebar (14) through the front neck cover (38). Secure the stationary handlebar (14) to the bracket of the upright post (12) using two allen head bolts (5) and two spring washers (70).
6. Attach the front neck cover (38) to rear neck cover (44) and tighten with 4 screws (77).



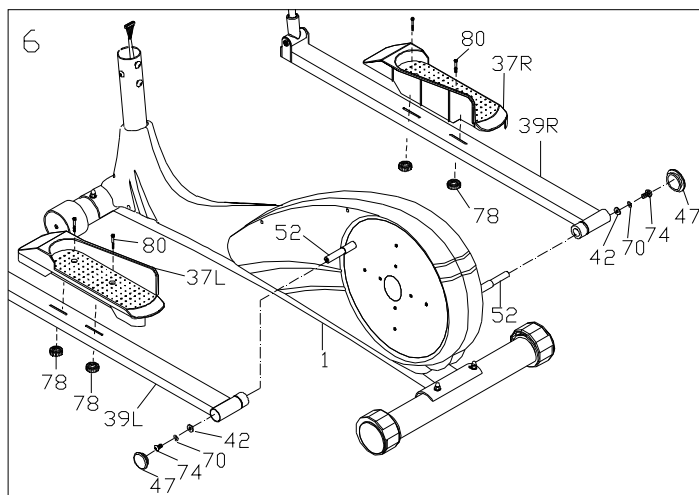
Step 5

1. Remove 2 allen head bolts (5), 2 spring washers (70) and 2 washers (42) from pivot shaft of upright post (12). Remove end cover (47) from the upper right and left handlebars (25L/R).
2. Slide the cover (87) on to the left side of the upright post (12). Slide the upper handlebar left (25L) on to the axle of the upright post (12). Secure tightly using one washer (42), one spring washer (70), one allen head bolt (5).
3. Repeat for right upper handlebar (25R).
4. Connect the hand pulse sensor wire (17) to the plugs of rear neck cover (44).
5. Insert the end cover (47) in to the handlebar covers (9) of the upper handlebars (25 L / R).



Step 6

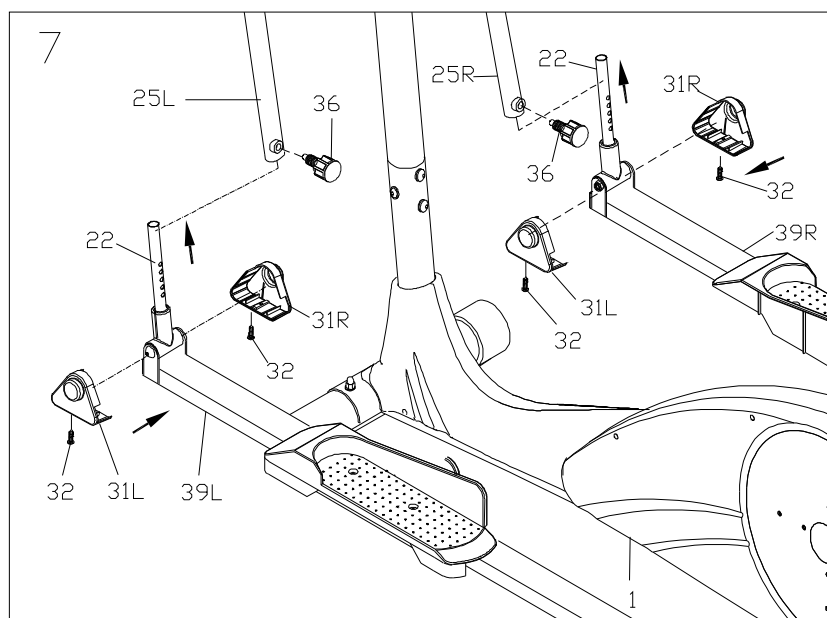
1. Attach the left pedal (37L) to the left pedal tube (39L). Secure using 2 bolts (80) and two adjusting knobs (78).
2. Attach left pedal tube (39L) to left cross bar (52L). Secure using one washer (42), one spring washer (70), one allen head bolt (74) and end cover (47).
Repeat for the right side.



STEP 7

1. Attach upper left handlebar (25L) to lower extension handlebar (22). Secure at your desired height with the handlebar adjusting knob (36).
2. Attach the left and right end covers (31L/R) to the front end of left pedal tube (39L). Secure using 2 screws (32).
Repeat for the right side.

Note: Ensure all nuts and bolts are firmly tightened before attaching the end covers.



NOW FIRMLY TIGHTEN ALL NUTS AND BOLTS

Your unit comes with an adaptor.

Plug the adaptor (91) into the back of the main frame (1)

MONITOR INSTRUCTIONS



FUNCTION BUTTON

- START/STOP:** Press to start or stop your exercise program.
- UP:** Press UP increase the tension level.
- DOWN:** Press DOWN to decrease the tension level.
- U1—U4:** Press U1—U4 to select user mode.
- MODE** Press to select functions between manual mode, Program mode, target heart rate control mode, time, speed, distance, watt , calories and pulse.
- Press to accept the functions or target value.
- RESET:** Press to reset your preset value to zero.
- Press and hold for three seconds to reset all values to zero.
- RECOVERY:** Press to have the recovery grade with F1 to F6 readout to balance the heart resume level.
- MEMORY:** Register the notes up to 30.
- CHECK:** Press to check the memory record.

FUNCTION:

- Time:** Shows your elapsed workout time up to 99:59.
Counts down from your preset target time to 0:00 during your workout.
- Speed:** Displays between the current speed up to 99.9 km/H.
- Distance:** Displays the cumulative distance traveled during your workout up to 99.99km.
Counts down from your preset target time to 0 km during your workout.
- Kjoule:** Displays between the cumulative calories burned at any given time during your workout up to 9999 kj.
Counts down from your preset target calorie to 0 kj.
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
- Gripped pulse** Display's the user's current heart rate in beats per minute during the workout.
Both hands must hold the gripped pulse for a heart rate reading during your workout.
You may preset your target pulse. The computer will alarm to remind you as soon as your current heart rate has achieved at the preset figure.
Note: This data is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
- Watt:** Displays current watt figures.
- Age:** Pre-set your record age form 10 to 99.
- Weight:** Press to set your weight between 20 to 150 kg
- Height:** Press to set your stature between 100cm to 250cm.

Recovery: Your computer is equipped with a recovery program to monitor your heart rate recovery. After your workout, press the recovery button and keep both hands on the gripped pulse. The computer will cease monitoring all functions except time which will commence countdown from 00:60 to 00:00. Once zero is reached the pulse function will display a grade between F1 to F6. F1 being the best and F6 being the worst reading you can receive. Press the recovery button to return to the main display.

Program: There are a total of 10 pre-set programs, 1 manual program, 1 test program, 1 watt control program, 1 special program and 4 heart rate control program to select from. Press the UP or DOWN key to select the desired program then press the mode key to accept. Each program is divided into 20 segments. In special program you need to set the load level for each segment.

MONITOR FUNCTION:

How to choose your program.

1. Press the UP or DOWN key to choose your exercise program.
2. Press the mode key to accept your chosen program.

How to preset time, distance, calories and grip pulse.

1. Press UP or DOWN until your desired number is displayed.
2. Press the mode key to accept the value.

The monitor will count down from your preset value once you start exercising.

The monitor will beep for 10 seconds, to indicate the completion of your preset value. If you want to go on, press the start/stop key.

Manual:

Press the mode key to set the time, distance, calorie or pulse, then press the mode key to accept the value. Press the start/stop key to begin your exercise program.

Watt:

When pre-setting the watt, the tension will adjust according to the speed and the watt value you set.

Program:

Press UP and DOWN to choose one of the 10 pre-set programs and press the mode key to accept the pre-set program. Each program has 20 segments, which is divided by time alternatives. Press start to begin your exercise program or press the UP and DOWN key to set the time, distance, calorie or pulse. Press the mode key to accept the value. Press start to begin your exercise program.

User:

You can set your own profile program. Press the UP and DOWN key to set your tension level, then press the mode key to accept the value. You will need to repeat these two steps for each of the 20 segments. Press start to begin your exercise program.

Heart Rate Control:

Press UP or DOWN button to set your age. Press the MODE button to accept the value. Press UP or DOWN button to select your target heart rate: 55%, 75% or 90%. Press the MODE button to accept the value. Press start to begin your exercise program.

Body fat:

Hand on the pulse grip, press the body fat key, the monitor will be measure the data of fat% , bmi, bmr.

REMARKS

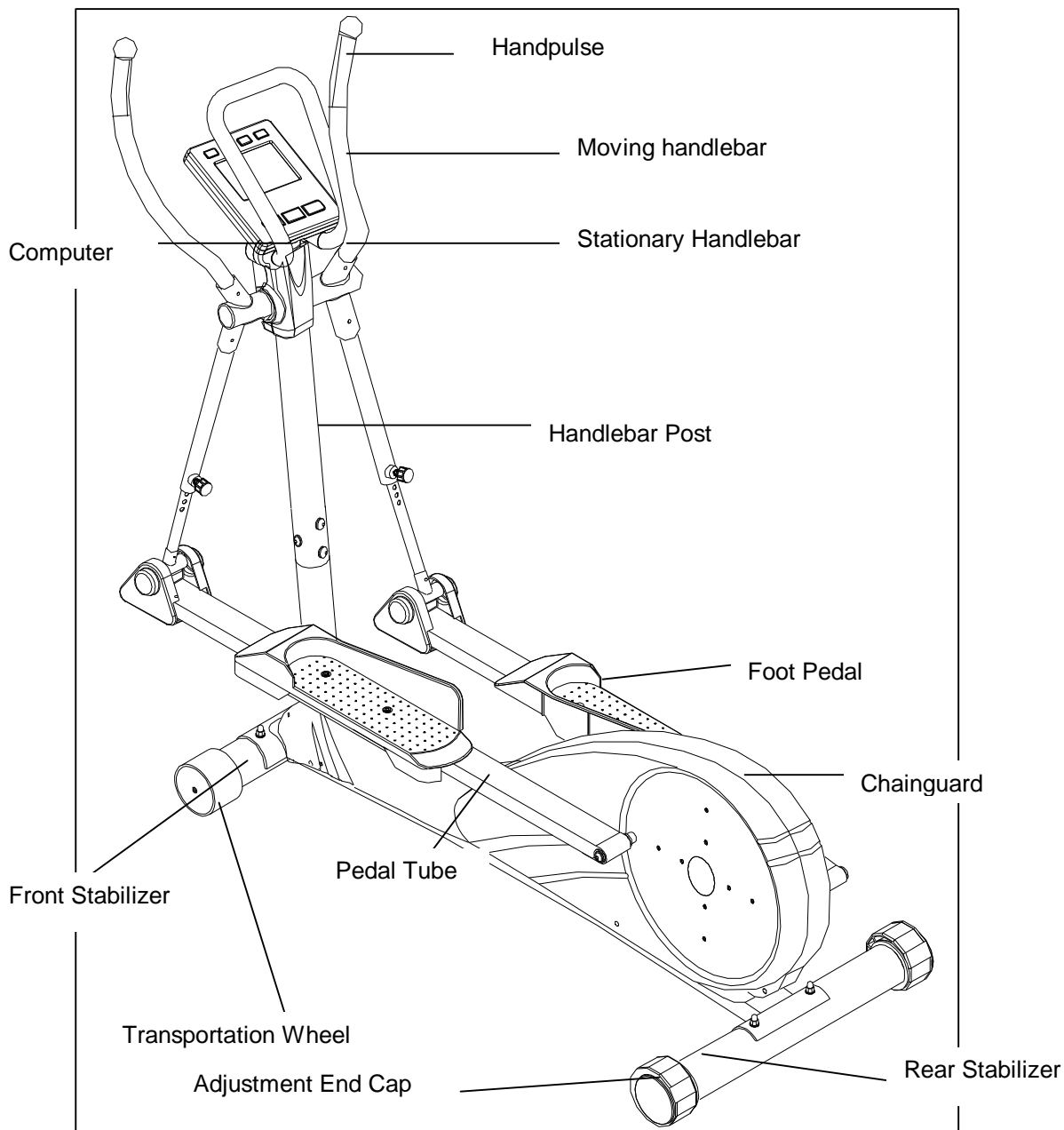
1. The monitor will turn on automatically by pressing any key or when you start pedaling.
2. The monitor will turn off automatically if no signal is detected for four minutes.

HOW THE ELLIPTICAL WORKS

The elliptical allows your feet to move in a natural elliptical path, minimizing the impact on your knees and ankles.

The elliptical provides smooth, quiet and variable exercise capabilities with:

- Dual Action Handles for total body workout
- Stationary handlebar for stability



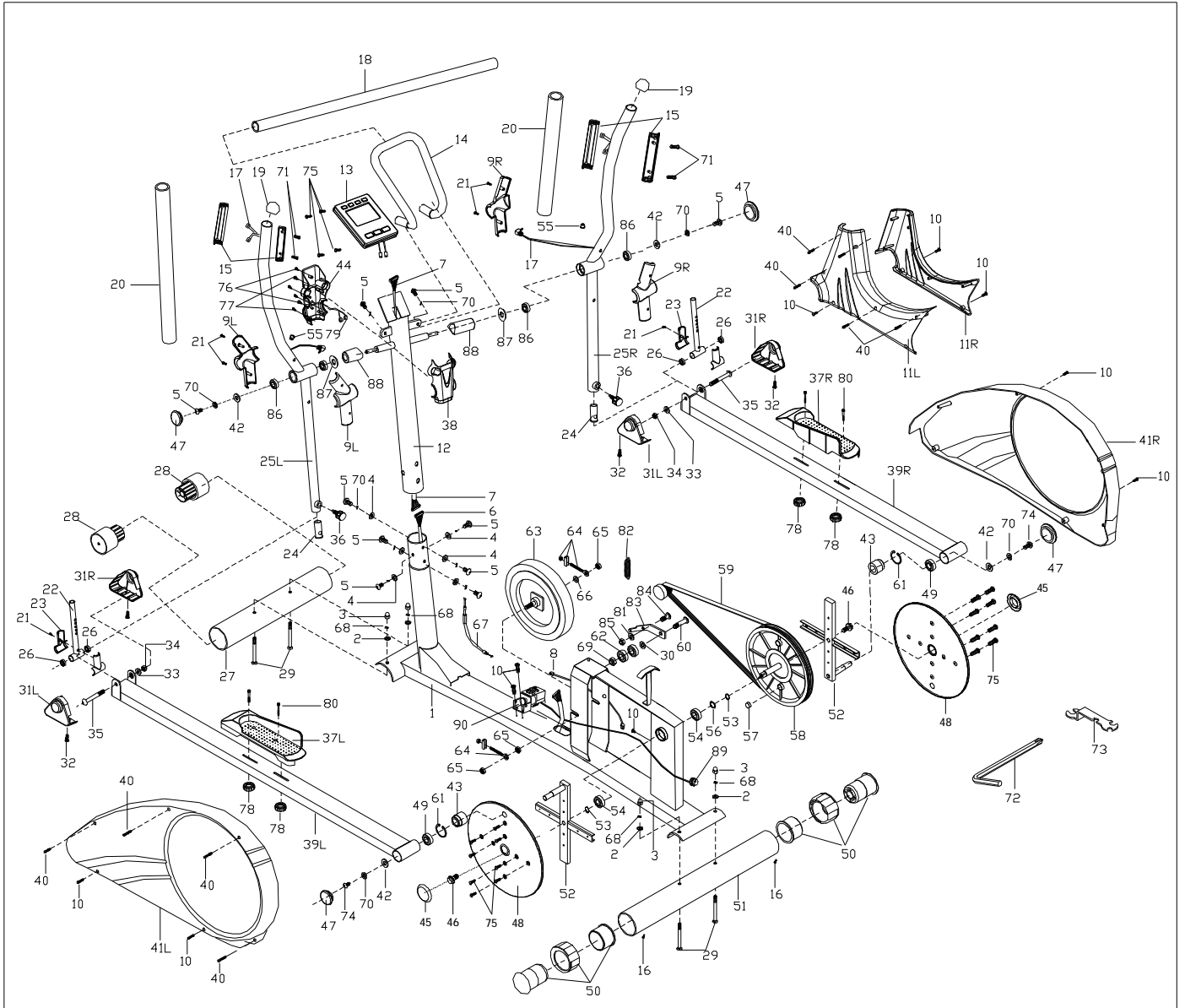
Parts List

KEY NO	PART NO	Description	Q'TY
1	1721801	Main frame	1
2	1721802	Curve washer	4
3	1721803	Cap nut	4
4	1721804	Curve washer	6
5	1721805	Allen head bolt	10
6	1721806	Motor w/cable	1
7	1721807	Upper section sensor wire cable	1
8	1721808	Sensor with wire	1
9FL	1721809FL	Freont handlebar cover left	1
9FR	1721809FR	Front handlebar cover right	1
9BL	1721809BL	Back handlebar cover left	1
9BR	1721809BR	Back handlebar cover right	1
10	1721810	Cross head screw	11
11L	1721811L	Front base frame cover left	1
11R	1721811R	Front base frame cover right	1
12	1721812	Upright post	1
13	1721813	Monitor	1
14	1721814	Stationary handlebar	1
15	1721815	Handpulse sensor	2
16	1721816	Screw	2
17	1721817	Handpulse wire	2
18	1721818	Foam grip	1
19	1721819	End caps	2
20	1721820	Foam grip	2
21	1721821	Screw	6
22	1721822	Extension tube weld	2
23	1721823	Decoration cover	2P
24	1721824	Bush	2
25L	1721825L	Upper handlebar left	1
25R	1721825R	Upper handlebar right	1
26	1721826	Bearing	4
27	1721827	Front stabilizer	1
28	1721828	Transportation wheels	2
29	1721829	Carriage bolt	4

KEY NO	PART NO	Description	Q'TY
30	1721830	Washer	1
31L	1721831L	End cover left	2
31R	1721831R	End Cover right	2
32	1721832	Cross head screw	4
33	1721833	Washer	2
34	1721834	Nylon nut	2
35	1721835	Allen head bolt	2
36	1721836	Handlebar adjustment knob	2
37L	1721837L	Foot pedal left	1
37R	1721837R	Foot pedal right	1
38	1721838	Front neck cover	1
39	1721839	Foot pedal tube	2
40	1721840	Cross head screw	9
41L	1721841L	Chain cover left	1
41R	1721841R	Chain cover right	1
42	1721842	Washer	4
43	1721843	Bushing	2
44	1721844	Rear neck cover	1
45	1721845	Disc cover cap	2
46	1721846	Screw	2
47	1721847	End cover	4
48	1721848	Disc	2
49	1721849	Bearing	2
50	1721850	Adjusting end cap	2
51	1721851	Rear stabilizer	1
52L	1721852L	Cross bar left	1
52R	1721852R	Cross bar right	1
53	1721853	C-ring	2
54	1721854	Bearing	2
55	1721855	Plug	2
56	1721856	Washer	2
57	1721857	Magnet	1
58	1721858	Belt pulley	1
59	1721859	Belt	1
60	1721860	Hex head bolt	1

KEY NO	PART NO	Description	Q'TY
61	1721861	Clip	2
62	1721862	Bearing	2
63	1721863	Flywheel	1
64	1721863	Belt adjuster	2
65	1721865	Nut	3
66	1721866	Nut	1
67	1721867	Resistance cable	1
68	1721868	Spring washer	4
69	1721869	Nylon nut	1
70	1721870	Spring washer	12
71	1721871	Machine screw	4
72	1721872	Allen key wrench	1
73	1721873	Screw driver	1
74	1721874	Allen head bolt	2
75	1721875	Cross head screw	20
76	1721876	Machine screw	2
77	1721877	Cross head screw	4
78	1721878	Adjustment knob	4
79	1721879	Hand pulse plug	1
80	1721880	Carriage bolt	4
81	1721881	Washer	1
82	1721882	Spring	1
83	1721883	Idler wheel bracket	1
84	1721884	Allen head bolt	1
85	1721885	Nylon nut	1
86	1721886	Bearing	4
87	1721887	Cover	2
88	1721888	Sleeve	1
89	1721889	Wire	1
90	1721890	Motor	1
91	1721891	Adaptor	1

PARTS DIAGRAM



TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Adaptor not plugged in	Plug adaptor in
No speed or distance displays on the monitor	Sending unit not connected	Securely plug sending unit into extension wire and the back of the monitor
	Sending unit not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
No tension	Gear box wire not connected	Securely connect the gear box wires into the extension gear box wire
	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 grip
	Monitor not working properly	<u>Replace monitor</u>
Grinding	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Mag wheel defective	Replace magnetic wheel
Squealing	V-belt slipping	Adjust 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:

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

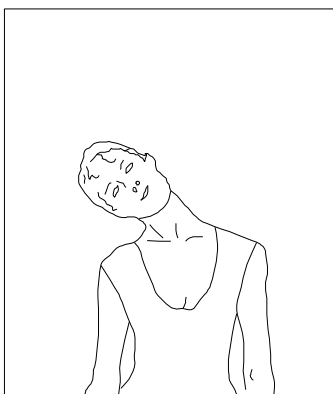
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

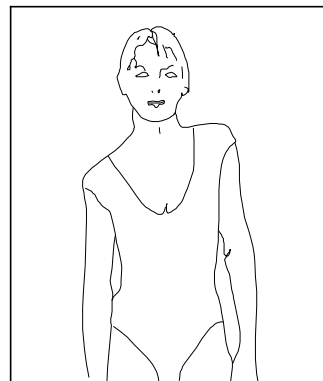
HEAD ROLLS

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.



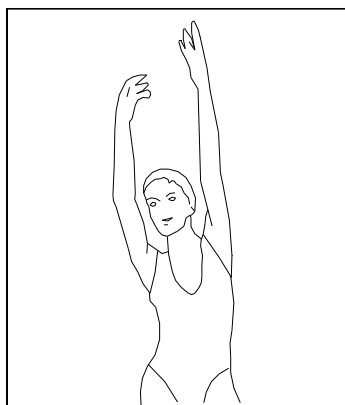
SHOULDER LIFTS

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.



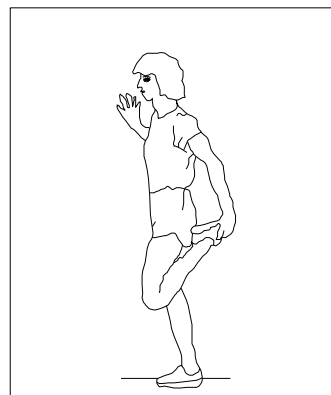
SIDE STRETCHES

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.



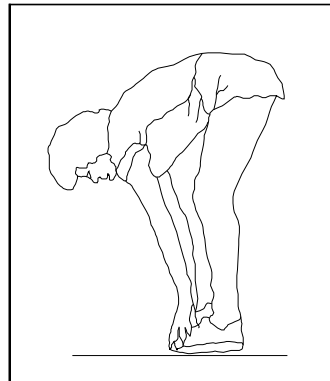
INNER THIGH STRETCH

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.



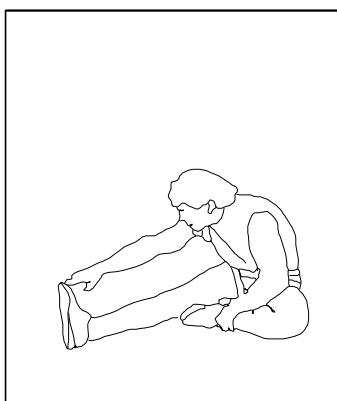
TOE TOUCHES

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 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.

