

OWNER'S MANUAL

Model No.
16205991000

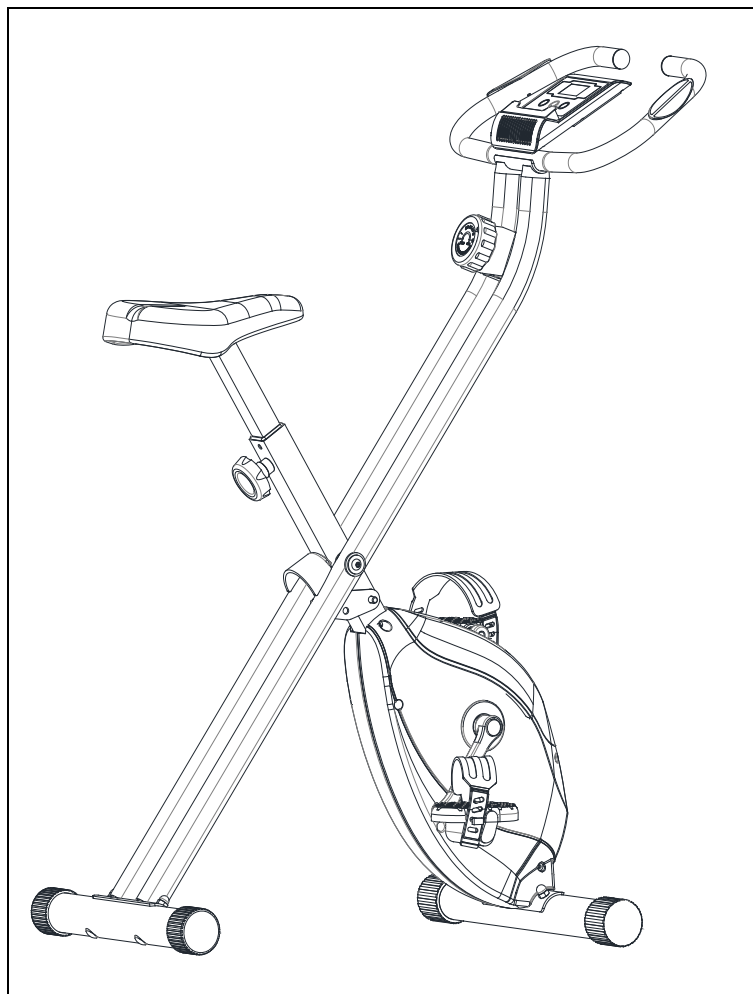
- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*

CAUTION:

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



F.I.T. X-BIKE



RETAIN FOR FUTURE REFERENCE

DYACO CANADA INC. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9

Manufacture's One-Year Limited Warranty

Your **Everlast** F.I.T.X-BIKE 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.

Frame: 1 year

Parts: 1 year

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 X-BIKE, shown in figure can be ordered from Dyaco Canada Inc. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Visa or Mastercard payment 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 or visit us at: www.dyaco.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

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

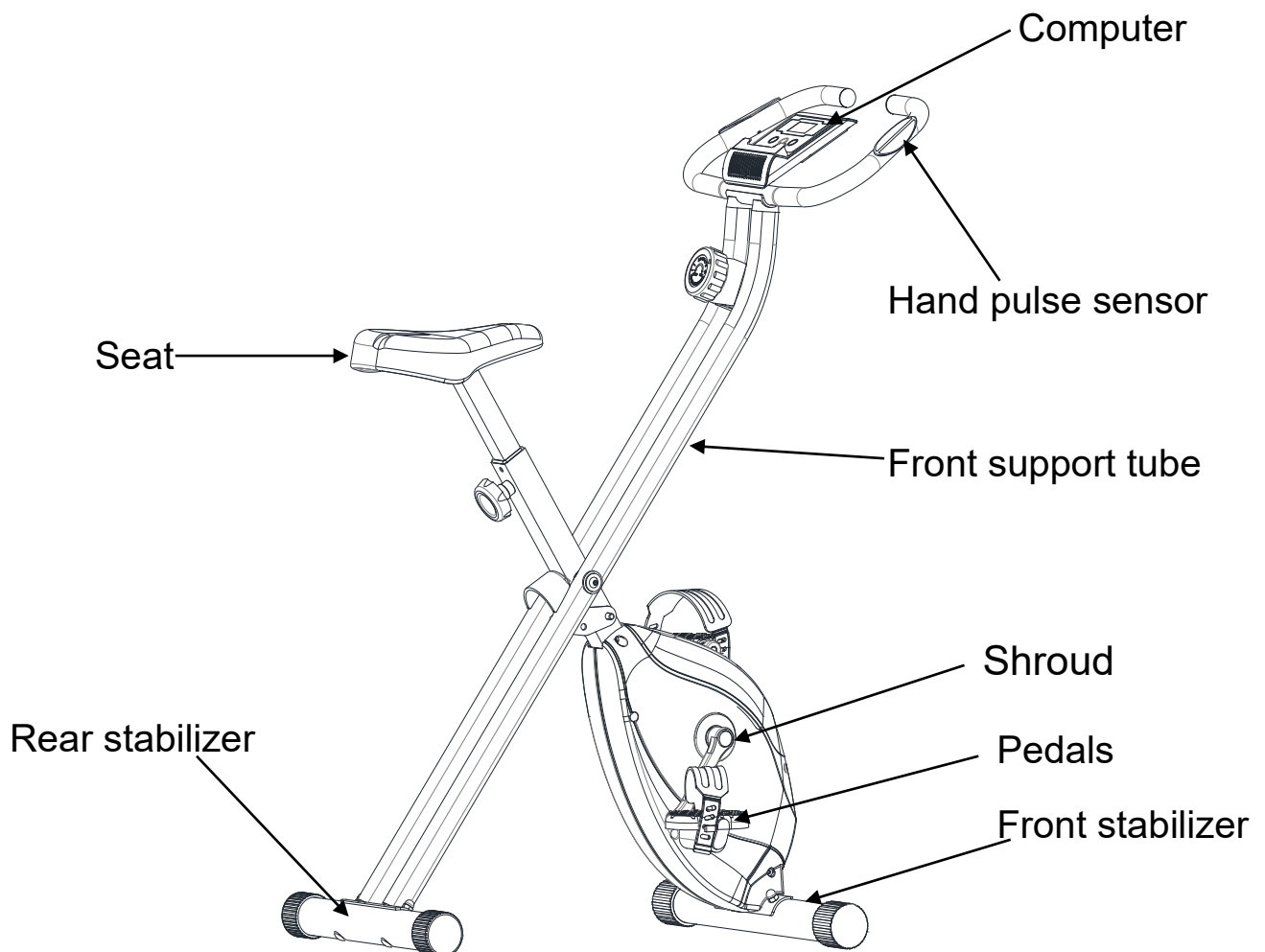
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BEFORE YOU BEGIN

Thank you for choosing the **Everlast F.I.T.X-BIKE**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Everlast F.I.T.X-BIKE** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Everlast F.I.T.X-BIKE**. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Everlast F.I.T.X-BIKE**, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1 - 888 - 707 - 1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate the X-BIKE on deeply padded, plush or shag carpet. Damage to both carpet and folding bike may result.
- Before beginning this, consult a physician. This is especially important for persons over the age of 35 or persons with pre - existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your folding bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed: 242 lbs (110 kgs)

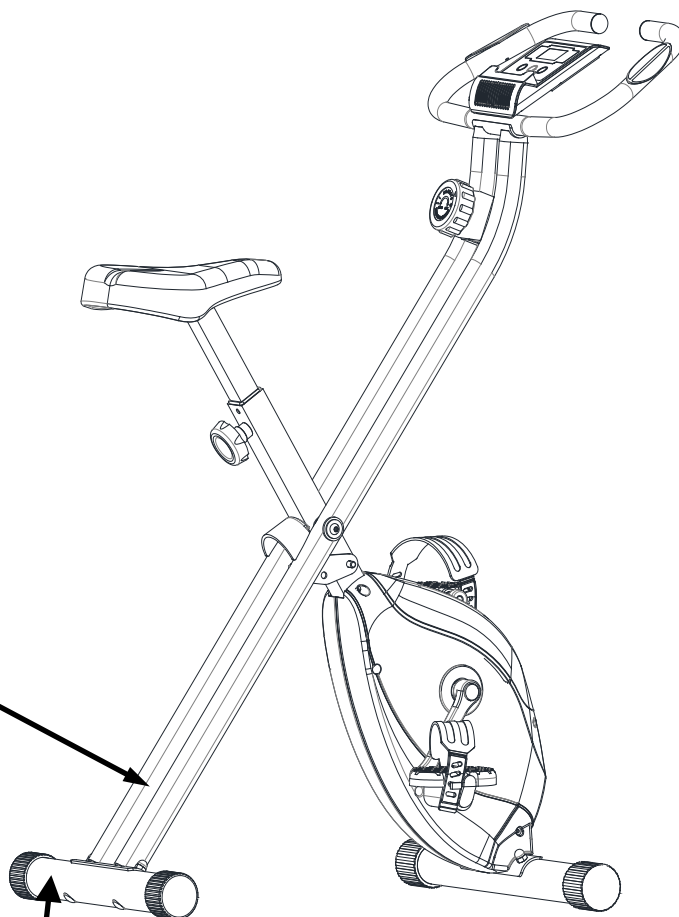
SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

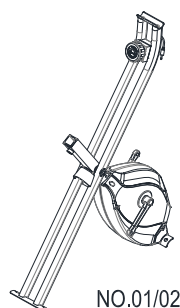
WARNING DECAL REPLACEMENT

The decal shown below has been placed on the X-BIKE. If the decal is missing or illegible, please call our Customer Service Department toll - free at 1 - 888 - 707 - 1880 to order a replacement decal. Apply the decal in the location shown.

Serial#



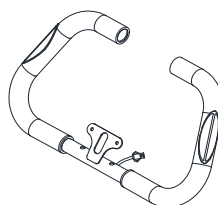
PRE-ASSEMBLY CHECK LIST



NO.01/02



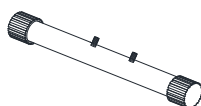
NO.03



NO.04



NO.05



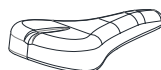
NO.06



NO.13L



NO.13R



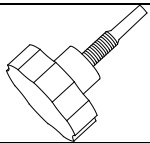
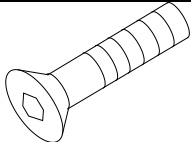
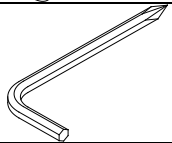
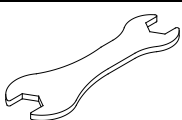
NO.18



NO.19

PART NO.	DESCRIPTION	Q'TY
1/2	Front/Rear Support Tube	1
3	Seat support tube	1
4	Handlebar Tube	1
5	Front stabilizer	1
6	Rear Stabilizer	1
13L	Pedal L	1
13R	Pedal R	1
18	Seat	1
19	Computer	1
	User manual	1
	Hardware pack	1

HARDWARE PACKING LIST

Part No	Description	Qty	Drawings
11	Club knob	1	
12	Allen screw M8x35L	2	
75	Allen key	1	
76	Hex head wrench	1	

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

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.

ENSURE THAT ALL NUTS AND BOLTS ARE FIRMLY TIGHTENED AFTER EACH STEP

STEP 1

1. Pull out the lock pin (09) from the front support tube (01) and adjust the front support tube (01) to the correct position then insert lock pin (09) to tighten the front support tube (01).
2. Remove 2 curved washers (07) and 2 domed nuts (08) in the front stabilizer tube (05). Attach the front stabilizer tube (05) to the front support tube (01), tighten with 2 curved washers (07) and 2 domed nuts (08).
3. Repeat the procedure for rear stabilizer tube (06).

Hardware Step1

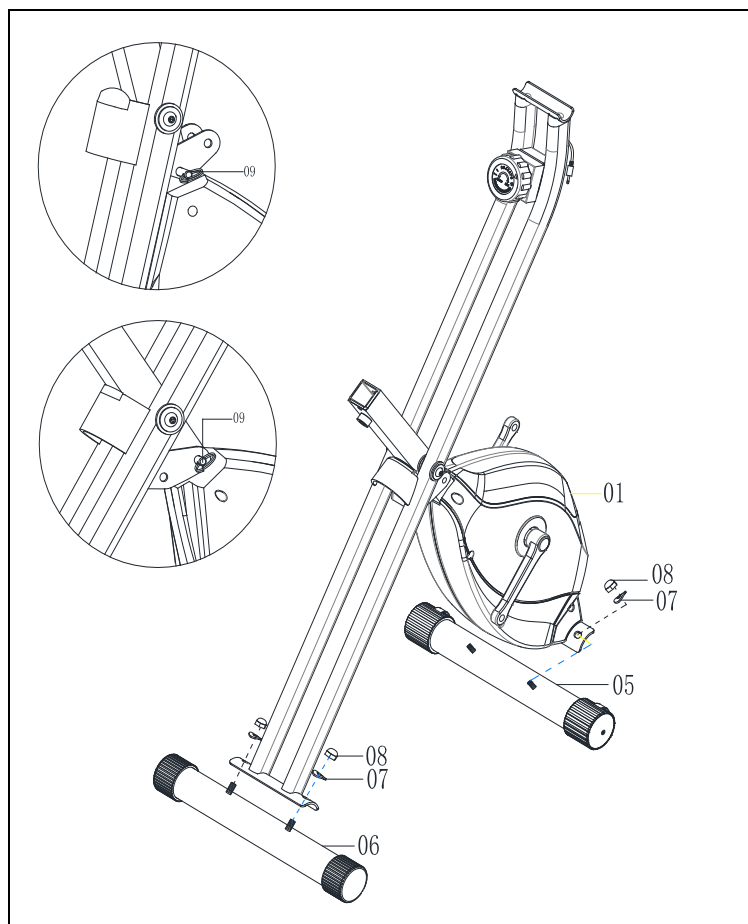
Pre-assembled on Main Frame:

1 Lock pin (#09)

Pre-assembled on Front & Rear Stabilizer:

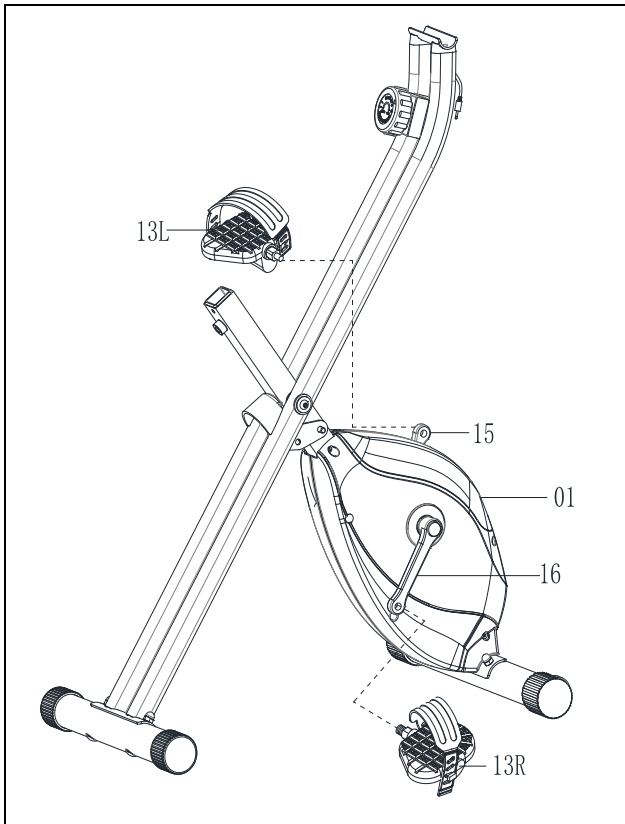
4 Curved washers (#07)

4 Domed nuts (#08)



STEP 2

1. Connect the left and right pedal (13L) & (13R) to their appropriate crank arm (15&16). The right pedal is on the right hand side of the cycle as you sit on it.
2. Note that the right pedal (13R) should be threaded on clockwise and the left pedal (13L) on counterclockwise.



STEP 3

1. Remove 3 flat washers (20) and 3 nylon nuts (21) underneath the seat (18). Attach the seat (18) to the seat post tube (03), tighten with 3 flat washers (20) and 3 nylon nuts (21).
2. Insert the seat support tube (03) to the main frame (01), fasten with a club knob (11).

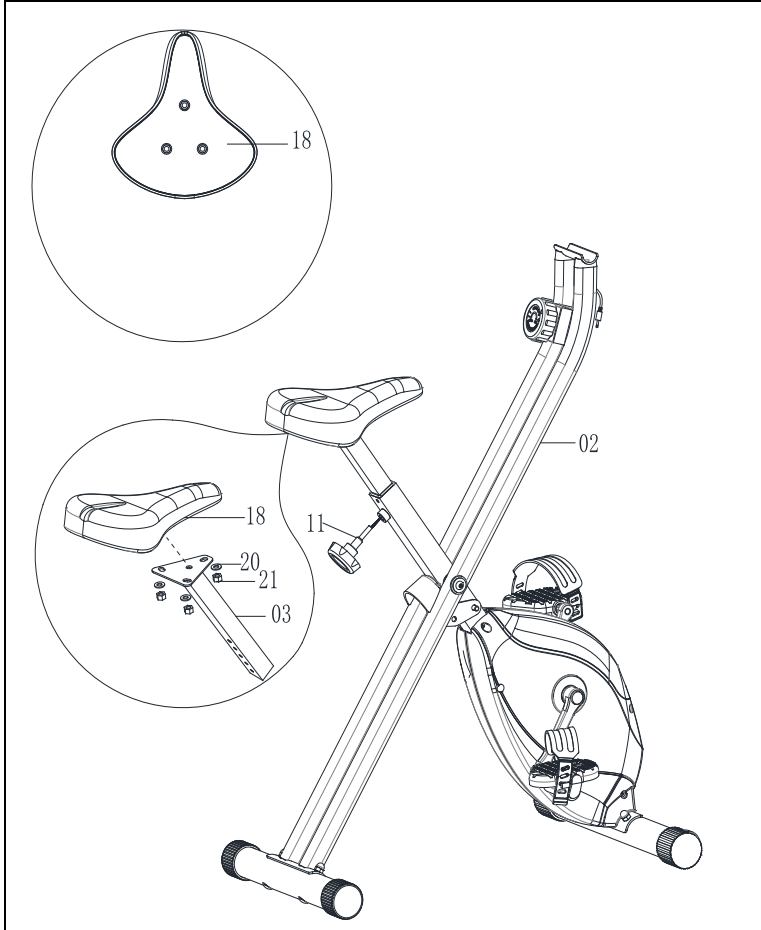
Hardware Step3

1 Club Knob (#11)

Pre-assembled on seat:

3 Flat Washers (#20)

3 Nylon Nuts (#21)

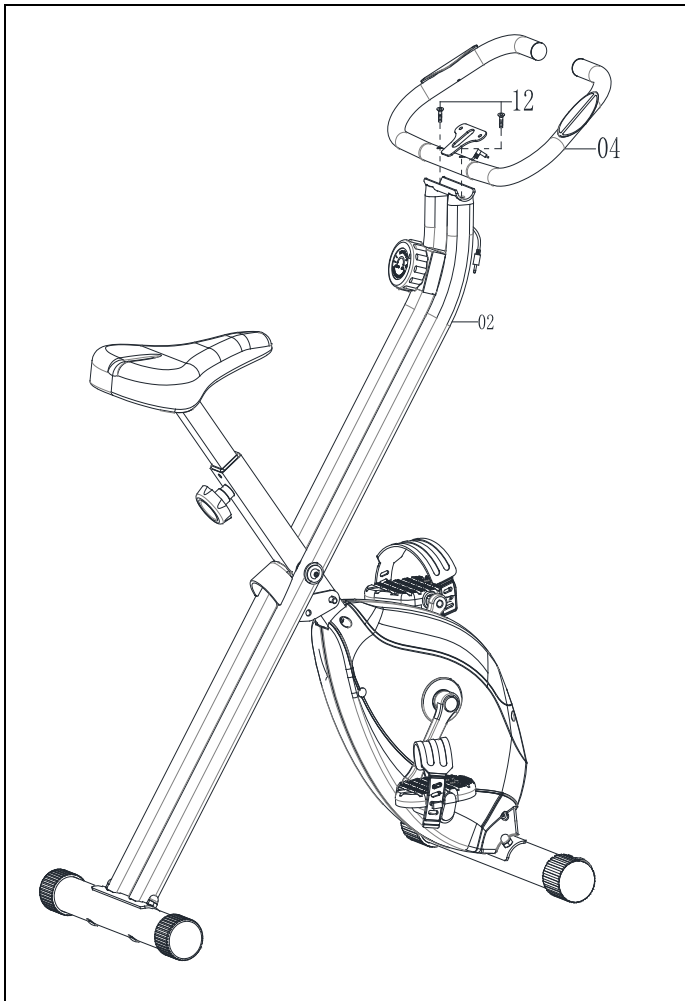


STEP 4

1. Attach the handlebar (04) to the Rear support tube (02) tighten with 2 allen screws (12).

Hardware Step 4

2 Allen Screws (#12)

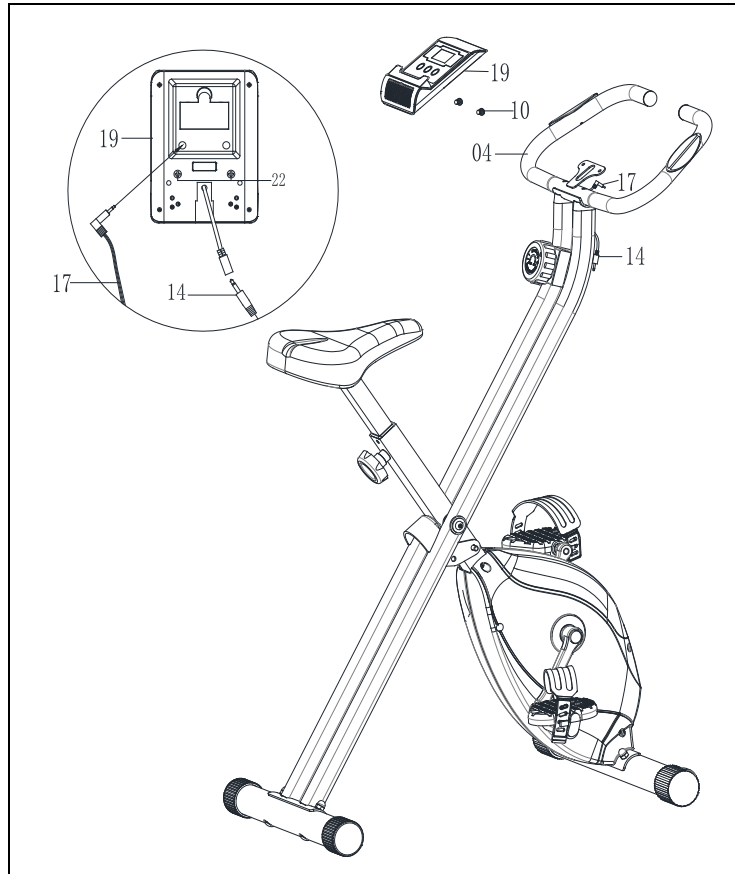


STEP 5

1. Remove 2 screws (10) underneath the computer (19).
2. Insert the computer (19) to the handlebar tube (04), tighten with 2 screws (10).
3. Connect the upper sensor wire (14) with the computer (19), and plug hand pulse wire (17) into the hole that on the back of computer (19).

Please insert two “AAA” batteries (not included) at the back of the console.

Hardware Step 5



Pre-assembled on computer:
2 Screws (#10)

YOUR UNIT IS NOW FULLY ASSEMBLED

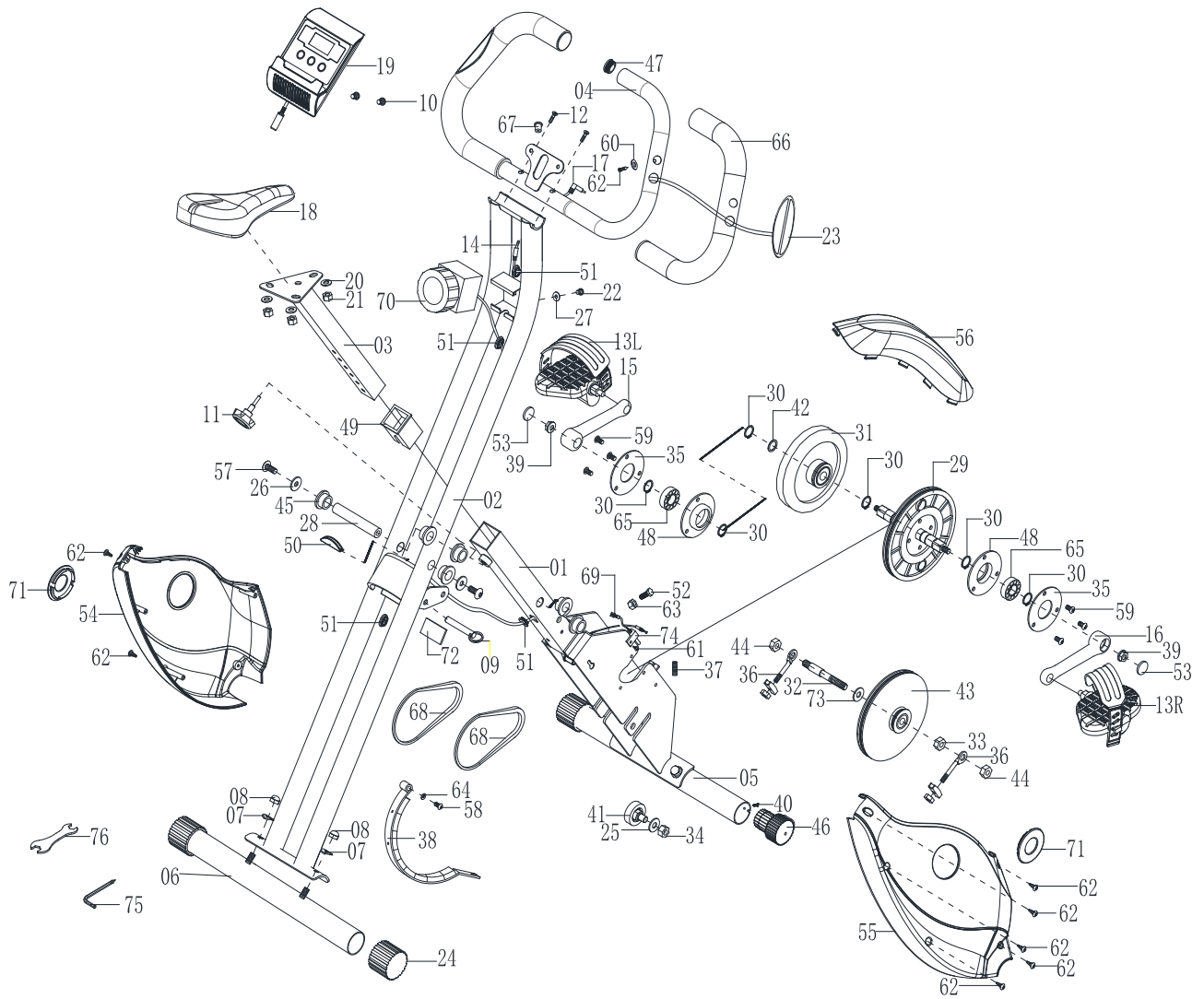
PARTS LIST

No.	Part No.	DESCRIPTION	QTY
01	9910001	Front support tube	1
02	9910002	Rear support tube	1
03	9910003	Seat support tube	1
04	9910004	Handlebar tube	1
05	9910005	Front stabilizer	1
06	9910006	Rear stabilizer	1
07	9910007	Curved washer $\phi 8.3 \times \phi 22$	4
08	9910008	Domed nut M8	4
09	9910009	Lock pin	1
10	9910010	Screw M5x10L	2
11	9910011	Club knob	1
12	9910012	Allen screw M8x35L	2
13L	9910013L	Pedal L	1
13R	9910013R	Pedal R	1
14	9910014	Upper sensor wire	1
15	9910015	Crank L	1
16	9910016	Crank R	1
17	9910017	Hand pulse wire	1
18	9910018	Seat	1
19	9910019	Computer	1
20	9910020	Flat washer $\phi 8.3 \times \phi 17.5$	3
21	9910021	Nylon nut M8	3
22	9910022	Screw M5x20L	1
23	9910023	Hand pulse sensor	2
24	9910024	End cap for rear stabilizer	2
25	9910025	Flat washer $\phi 10.3 \times \phi 25$	1
26	9910026	Flat washer $\phi 8.3 \times \phi 25$	2
27	9910027	Flat washer $\phi 5.2 \times \phi 18$	1
28	9910028	Axle for Main frame	1
29	9910029	Pulley	1
30	9910030	C-Clip	6
31	9910031	Flywheel	1
32	9910032	Axle for pulley	1
33	9910033	Nut M10	1
34	9910034	Nylon nut M10	1
35	9910035	Fixed plate	2
36	9910036	Flywheel adjustor	2
37	9910037	Spring	1
38	9910038	Magnet assembly	1

PARTS LIST

No.	Part No.	DESCRIPTION	QTY
39	9910039	Flange nut M10	2
40	9910040	Screw M4x12L	2
41	9910041	Idler wheel	1
42	9910042	Wave washer	1
43	9910043	Pulley	1
44	9910044	Hex head nut M10	2
45	9910045	Bushing	6
46	9910046	End cap for front stabilizer	2
47	9910047	End cap for handlebar	2
48	9910048	Bearing bracket	2
49	9910049	Bushing for seat post	1
50	9910050	Cushion rubber	1
51	9910051	Grommet	4
52	9910052	Hex head blot M6x30L	1
53	9910053	End cap for crank	2
54	9910054	Chain cover (L)	1
55	9910055	Chain cover (R)	1
56	9910056	Front chain cover	1
57	9910057	Allen bolt M8	2
58	9910058	Screw M5x10L	1
59	9910059	Screw M6x10L	6
60	9910060	Flat washer $\phi 4.3 \times \phi 12$	2
61	9910061	Self-tapping screw M4x10L	1
62	9910062	Self-tapping screw ST4.2x20L	9
63	9910063	Hex head nut M6	1
64	9910064	Plastic washer OD13xID6.3	1
65	9910065	Bearing	2
66	9910066	Foam grip for handlebar	2
67	9910067	Grommet	1
68	9910068	Belt	2
69	9910069	Lower sensor wire	1
70	9910070	Tension knob	1
71	9910071	End cap for chain cover	2
72	9910072	EVA pad	1
73	9910073	Plastic washer OD14xID10.3	1
74	9910074	Sensor bracket	1
75	9910075	Allen key	1
76	9910076	Hex head wrench	1

DIAGRAM



COMPUTER INSTRUCTION



FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To set the values of time 、 distance and calories when not in scan mode.

RESET - For resetting consumer movement of time 、 distance 、 calories and pulse.

FUNCTION AND OPERATIONS:

SCAN: Press “MODE” button until “SCAN” appears, monitor will rotate through all the 6 functions:

Time,speed,distance,calorie,odometer and pulse. Each function will display for 6 seconds.

TIME: Count the total time from exercise start to end.

Press “MODE” button until “TIME” appears, press “SET” button to set exercise time.

Automatically count down from targeting value during exercise.

SPEED: Display current speed.

DISTANCE: Count the distance from exercise start to end.

Press “MODE” button until “DIST” appears. press “SET” button to set exercise distance.

Automatically count down from targeting value during exercise.

CALORIES: Count the total calories from exercise start to end.

Press “MODE” button until “CAL” appears. press “SET” button to set exercise calories.

Automatically count down from targeting value during exercise.

ODOMETER: Monitor will display the total accumulated distance.

PULSE: Press MODE button until “PULSE” appears.

Before measuring your pulse rate, please place the palms of your hands on both contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

REMARK: During the process of pulse measurement, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can't be regarded as the basis of medical treatment.

NOTE:

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .

SPECIFICATIONS

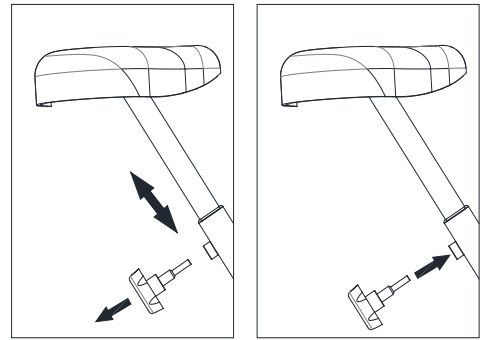
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	CURRENT SPEED	0.0~999.9 KM/H (MILE/H)
	TRIP DISTANCE	0.00~999.9 KM (MILE)
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0 ~ 9999 KM (MILE)
	PULSE RATE	40~240 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

USER DIRECTION

Customer Service 1-888-707-1880
Or email customerservice@dyaco.ca

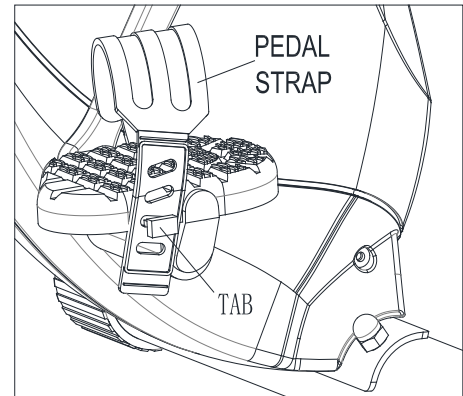
HOW TO ADJUST THE SEAT

The correct height for the seat can be adjusted by the club knob. You need to unscrew the club knob and lift or lower the seat height at your desired position, and then tighten the club knob.



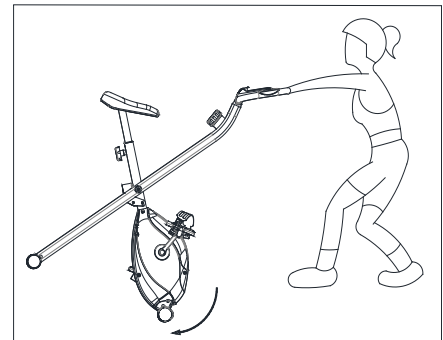
HOW TO ADJUST THE PEDAL STRAPS

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 FOLDING BIKE

The Folding bike has a pair of Transportation wheels on the Front Stabilizer. To move, carefully hold and tilt the handle toward to front and then roll.



GENERAL MAINTENANCE

The safety of this product 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

- 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.
- Check that handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

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.

Always ensure batteries are fresh and in correctly.

HOW TO ADJUST THE REED SWITCH

Customer Service 1-888-707-1880
Or email customerservice@dyaco.ca

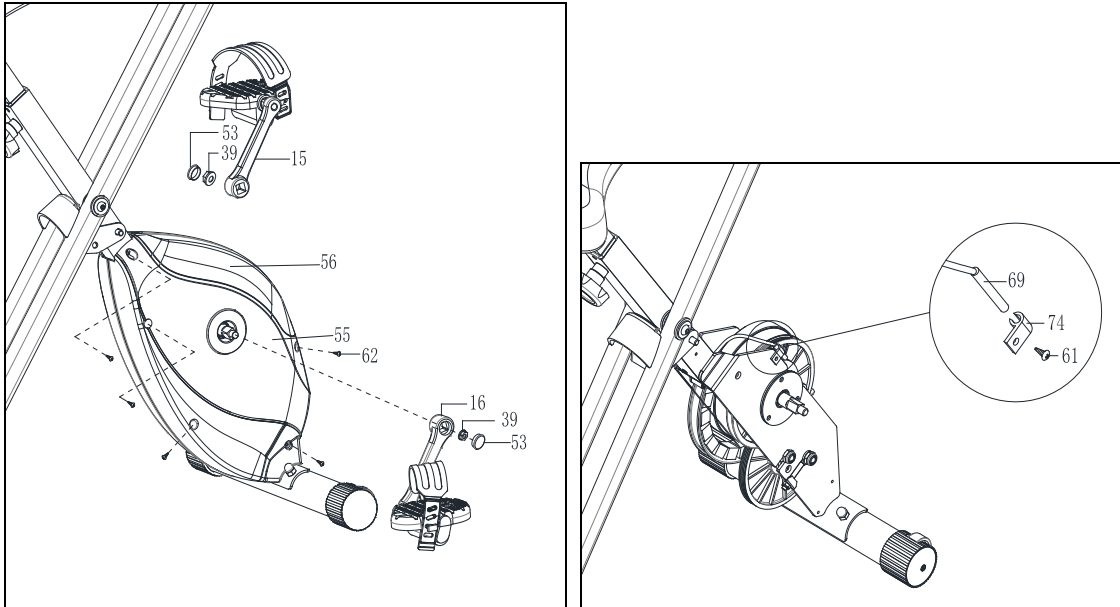
The reed switch should be adjusted if the console does not display correct feedback.

The first step to remove the end cap (53) and flange nut (39), then use the special tools (crank puller not included) to remove the right / left crank.

The second step to remove all self - tapping screws (62) on the left and right chain cover and then take off the left and right chain cover (54&55) and front cover (56) from main frame .

The third step is to loosen the screw (61), rotate the lower sensor wire (69) aligned with the magnet on the pulley until the computer receive signals and tighten the screw (61).

The last step is attach the left and right chain cover (54&55) & front cover (56) & crank (15&16) on main frame.



HOW TO ADJUST THE DRIVE BELT

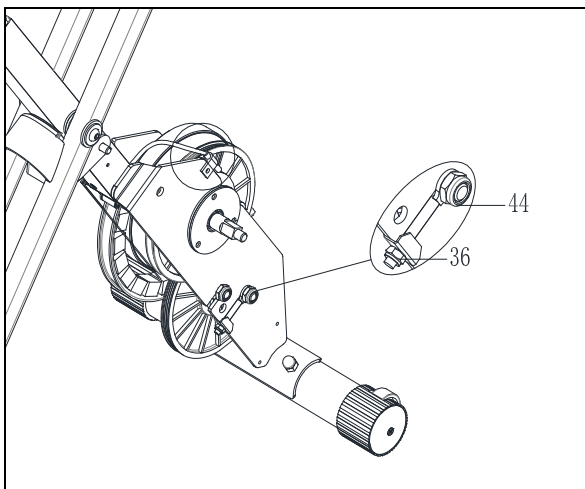
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

The first step to remove the end cap (53) and flange nut (39), then use the special tools (crank puller not included) to remove the right / left crank.

The second step to remove all self-tapping screws (62) on the left and right chain cover and then take off the left and right chain cover (54&55) and front cover (56) from main frame .

The third step is to loosen or tighten the flywheel adjuster (36) to adjust the belt tension.

The last step is attach the left and right chain cover (54&55) & front cover (56) & crank (15&16) on main frame.



TROUBLE SHOOTING

Problem	Cause	Solution
Monitor does not display	Batteries not installed	Install batteries properly in monitor
	Monitor is defective	Replace the monitor
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the sensor wires are connected together properly also with a connection at the back of the monitor
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic wheel not working properly	Replace magnetic wheel
	Tension knob defective	Replace tension knob
Heart rate not displaying	Pulse wire not connected	Secure plug wires together
	Hand pulse defective	Replace hand pulse grip
	Monitor not working	Replace monitor
Grinding Noise	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
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:

- 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

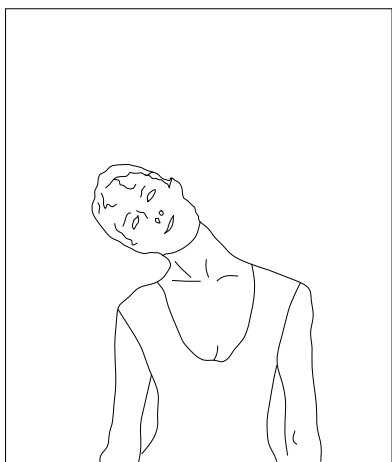
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Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. 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.

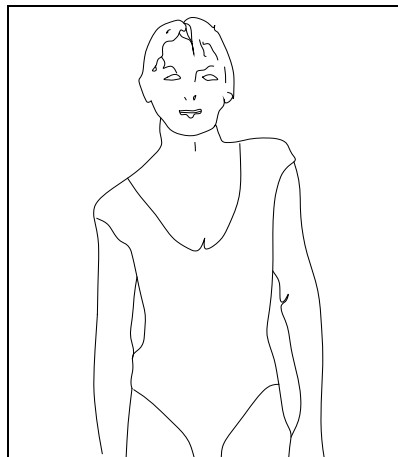
HEAD ROLLS

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.



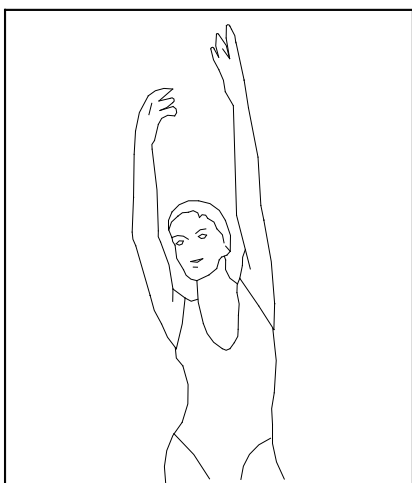
SHOULDER LIFTS

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.



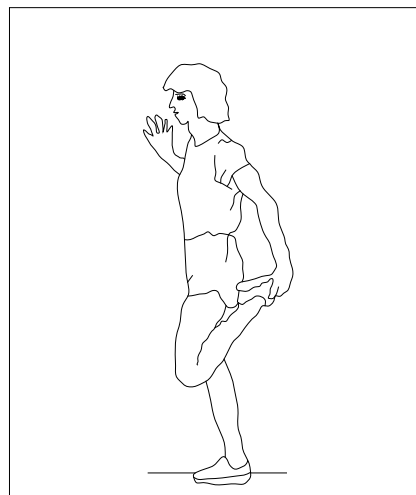
SIDE STRETCHES

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.



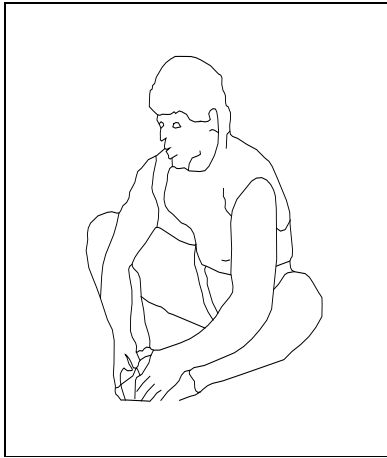
QUADRICEPS STRETCH

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.



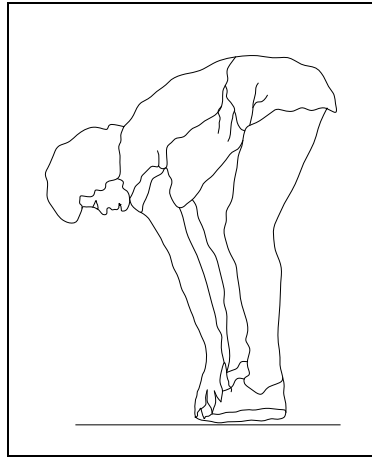
INNER THIGH STRETCH

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.



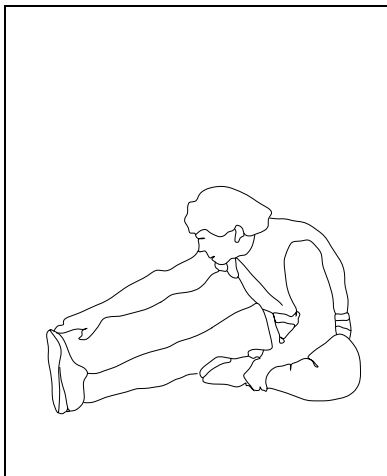
TOE TOUCHES

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 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 toward 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.

