



OWNER'S MANUAL

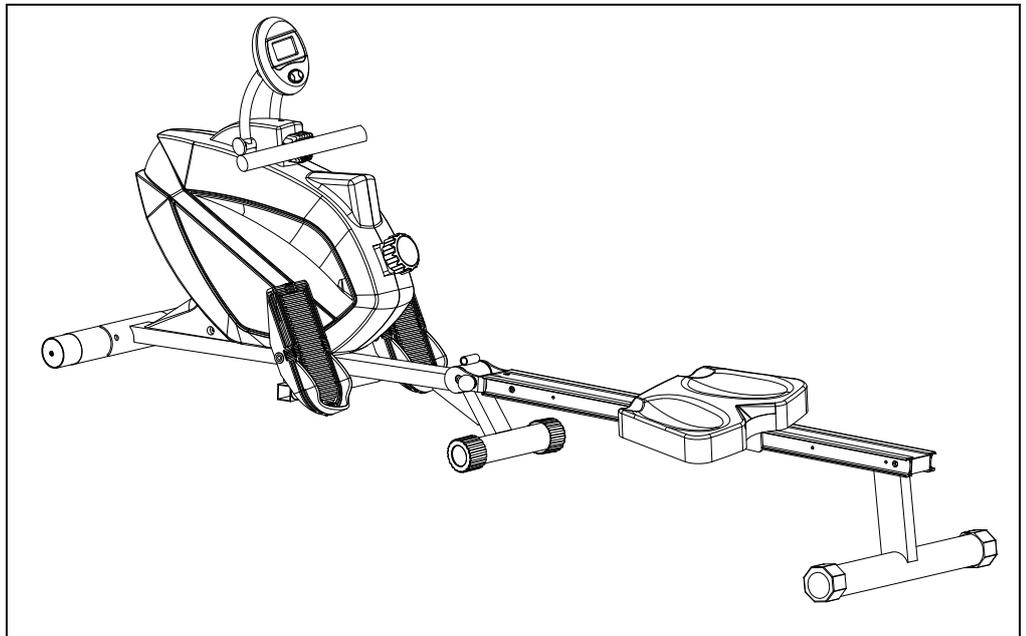
Model No.

16114788

Advantage Fitness Rowing machine

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

ROWING MACHINE



Retain for
Future reference

CAUTION:

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

MANUFACTURE'S ONE-YEAR LIMITED WARRANTY

Your **Advantage Fitness ROWING MACHINE** 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 rowing machines which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations.

This warranty provided herein is in lieu of all other express warranties. Any implied warranties, including any implied warranties of merchantability or fitness for particular purpose, are limited in duration to the first 12 months from the 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 rowing machine, 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 or visit us at: www.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

- 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 rowing machine.
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 rowing machine 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. Ensure that the rail is locked properly when in storage.
9. Do not allow children to use or play on the rower. Keep children and pets away from this equipment at all times while exercising.
10. The rower should only be used by one person at a time.
11. Maximum user weight 250lbs (113KG).
12. 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.
13. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed .
14. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your rowing machine. Do not exercise in bear feet or socks. Proper footwear such as running, walking or cross training shoes should be worn.
15. Tie all long hair back. Remove all personal jewelry before exercising
16. Be careful to maintain your balance while using, mounting, dismounting the rower, loss of balance may result in a fall and bodily injuries.
17. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
18. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.
19. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques

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.

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution and notice labels on the Advantage Fitness Rowing Machine. Please take a moment to familiarize yourself with all of the warning, caution and notice labels.

Label is larger than actual size

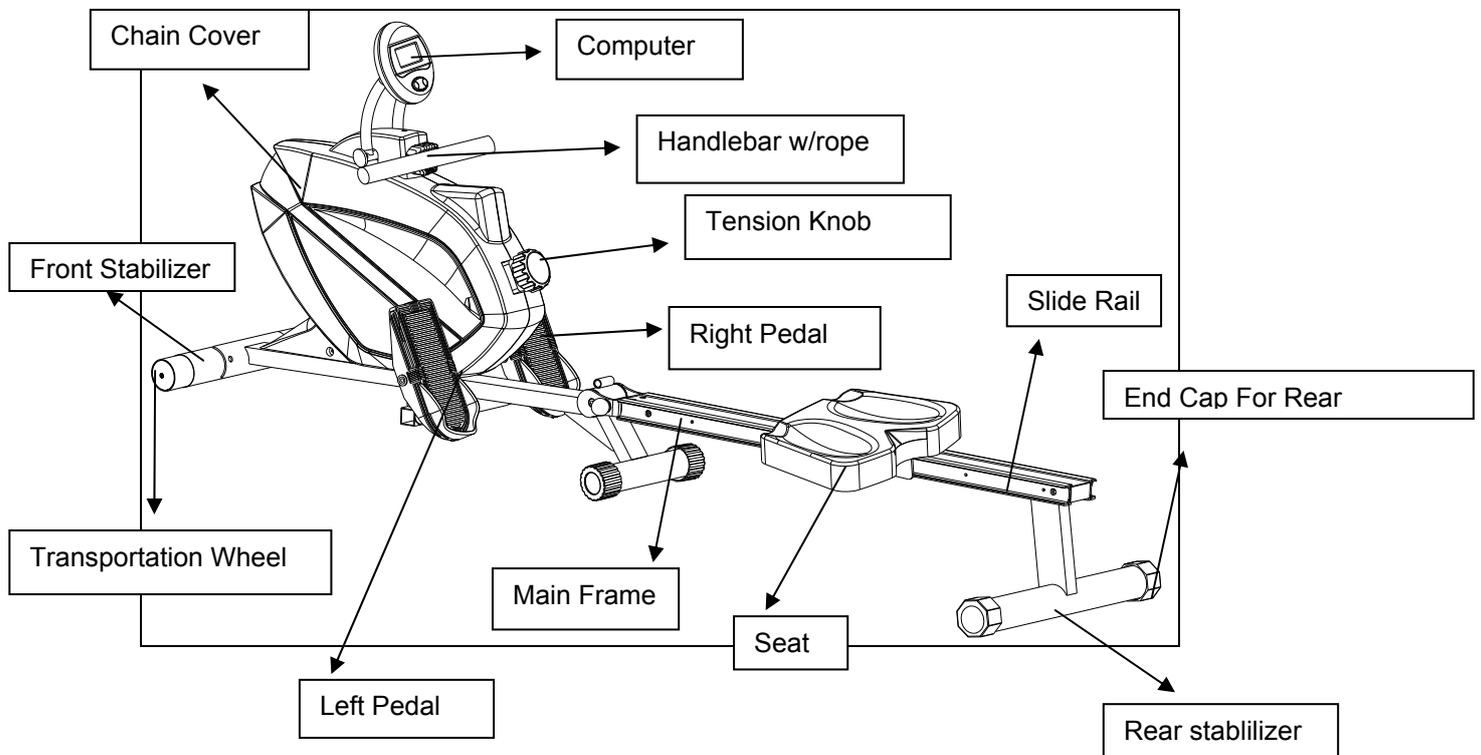
C1 CAUTION LABEL(115)



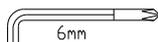
BEFORE YOU BEGIN

Thank you for choosing the Advantage Fitness Rower. 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 Advantage Fitness rower 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 Advantage Fitness rower. Although Maurice Pincoffs Canada 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 Advantage Fitness rower 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 is 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 us.

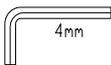


THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:



6mm

Allen Key 6mm



4mm

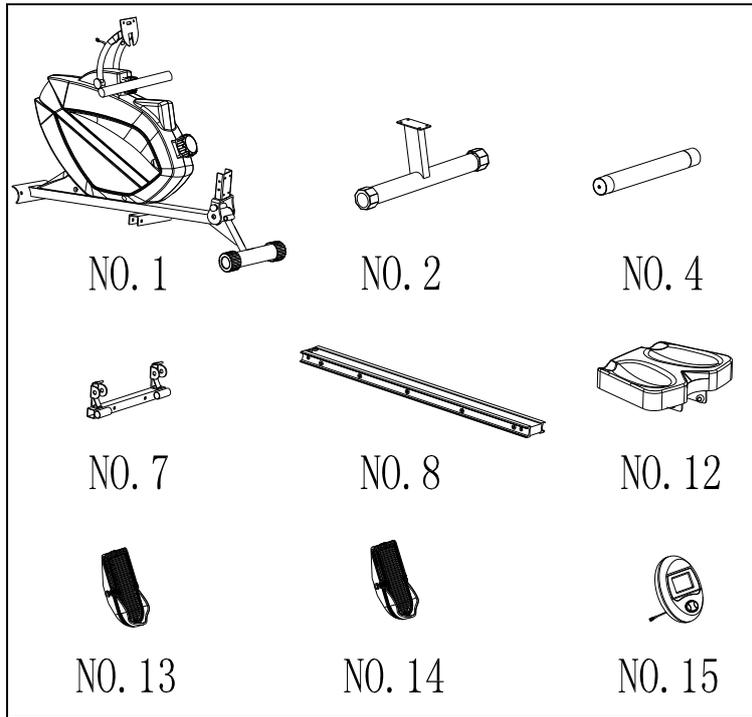
Allen Key 4mm



S13-17

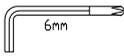
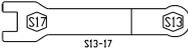
Allen Wrench S13,17

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rear Stabilizer w/end caps	1
4	Front Stabilizer w/end caps	1
7	Pedal Support Tube	1
8	Slide Rail	1
12	Seat	1
13	Left Pedal	1
14	Right Pedal	1
15	Computer	1
	Hardware Pack	1
	Manual	1

HARDWARE PACKING LIST

NO.	Description	Drawing	QTY
6	Carriage Bolt M10*75		2
21	Allen Screw M6*12		4
22	Washer φ6xφ17		4
36	Axle for pedal		2
37	Carriage Bolt M8*45		2
38	Domed Nut M8		2
45	Washer φ8xφ17		12
58	End Cap for Left Slide Rail		1
59	End Cap for Right Slide Rail		1
61	Allen Screw M8*20		4
62	Collar		4
63	Allen Screw M8*16		10
82	Domed Nut M10		2
83	Arc Washer φ10xφ22		2
	Allen Key 6mm		1
	Allen Key 4mm		2
	Allen Wrench S13,17		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.

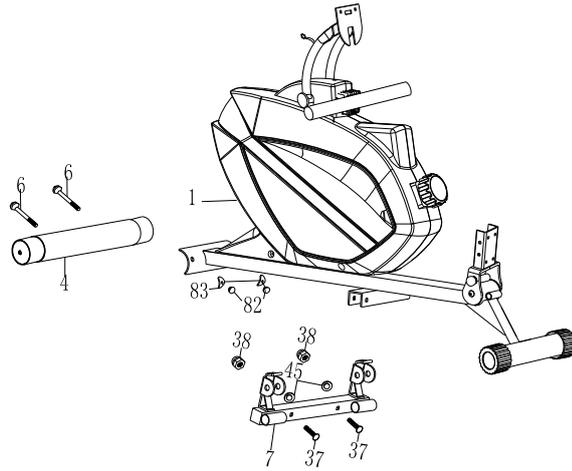
ASSEMBLY INSTRUCTION

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.

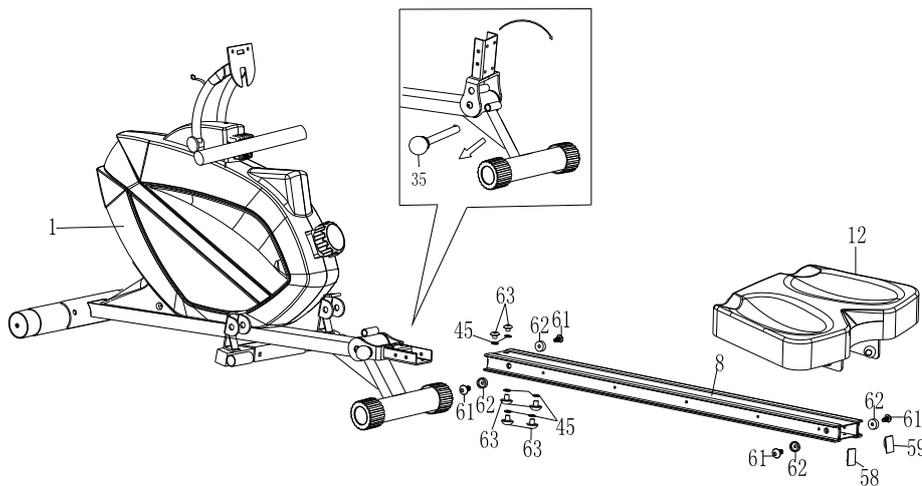
Step 1

- Attach the front stabilizer (4) to the front of the main frame (1). Secure using two carriage bolts (6), two arc washers (83) and two domed nuts (82).
- Attach the pedal support tube (7) to back of the main frame (1). Secure using two carriage bolts (37), two washers (45) and two domed nuts (38).



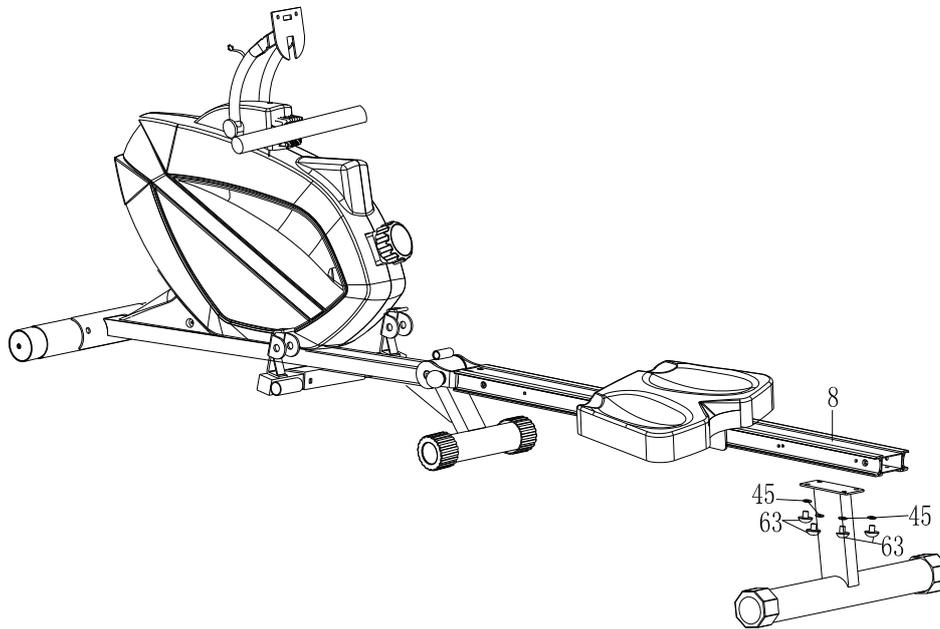
Step 2

- Insert the slide rail (8) into the back of the main frame (1). Secure using six allen screws (63) and four washers (45).
- NOTE: It may be necessary to remove the locking knob (35) to secure the rail (8).
- Slide the seat (12) onto the slide rail (8).
- Attach the collars (62) to the front and back of the slide rail (8). Secure using the allen screws (61). Attach the end caps (58 & 59) onto the back of the slide rail (8).



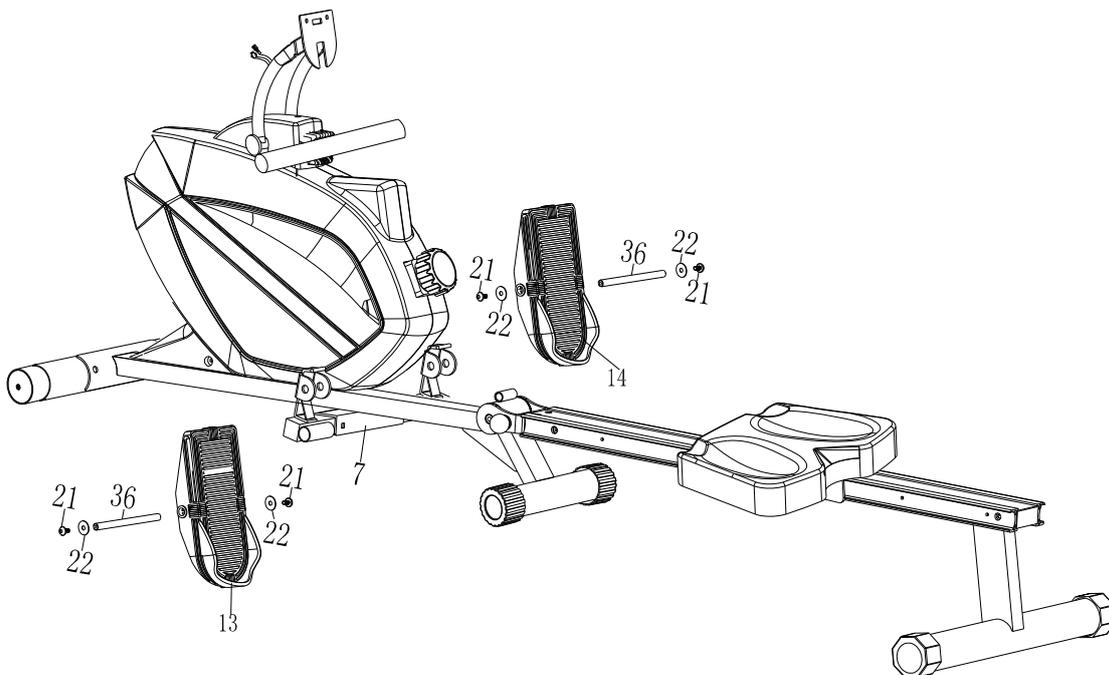
Step 3

- Attach rear stabilizer (2) to back of the slide rail (8). Secure using four allen screws (63) and four washers (45). Note: the rear stabilizer needs to tilt towards the front of the rower.



Step 4

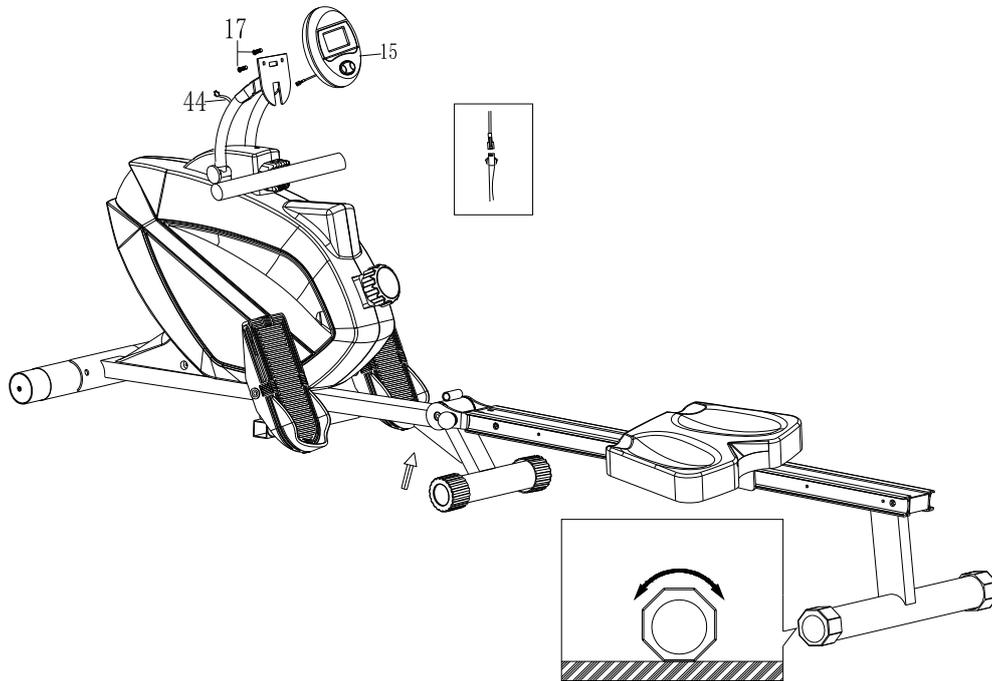
- Attach the left pedal (13) to the left bracket of the pedal support tube (7). Slide the axle (36) through the left pedal (13). Secure using two allen bolts (21) and two washers (22).
- Repeat the same procedure for right pedal (14).



Step 5

- Connect the extension sensor wire (44) to the back of the computer (15).
- Attach computer (15) to computer bracket (16) and tighten with two screws (17) which are pre-assembled on the back of computer.

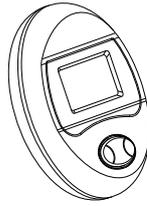
Note: Ensure that the wires are not pinched behind the computer.



You have completed the assembly of your rower.

Your rower is equipped with adjustable end caps. If the unit is wobbly, please turn the leveling caps on the rear stabilizer to level the unit.

COMPUTER INSTRUCTIONS



BUTTONS :

MODE: Press to select the desired function between:
Scan, Time, count, calories and total count.

SET: Press to set the values of time, count and calories

RESET: Press to reset your function value to zero.
Press for two seconds to reset all values to zero

FUNCTIONS:

SCAN: Displays each function in sequence every 4 seconds.
The display loop is time, count, calories and total count.

TIME: Display your elapsed workout time up to 99:59

COUNT: Accumulates total working strides during your workout from 0 up to 9999.

CALORIE: Displays the cumulative calories burned at any given time during your workout up to 999 kcal. This data is a rough guide for comparison of different exercise session which cannot be used as medical treatment)

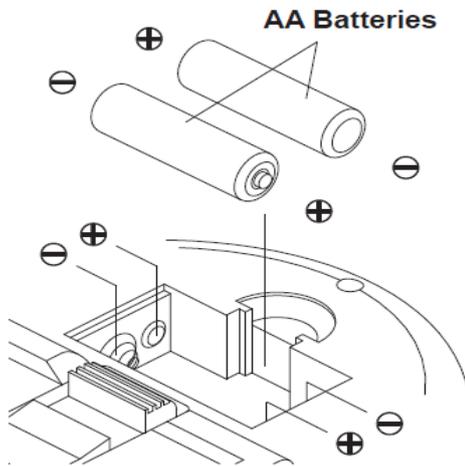
TOTAL COUNT Displays the total cumulative number of strides

NOTE :

1. Monitor uses 2 AA battery
2. If the monitor is illegible or partial segments appear replace the batteries
3. Computer automatically shut down after 4 minutes without any signal input.
The monitor will turn on automatically by pressing any key or starting your exercise program.
4. The monitor will turn on automatically by pressing any key or starting your exercise program.

HOW TO INSTALL AND REPLACE BATTERIES

1. Open the Battery Door on the back of the monitor.
2. The monitor operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.
3. Do not mix a new battery with an old battery.
4. Use the same type of battery. Do not mix an alkaline battery with another type of battery..
5. Rechargeable batteries are not recommended

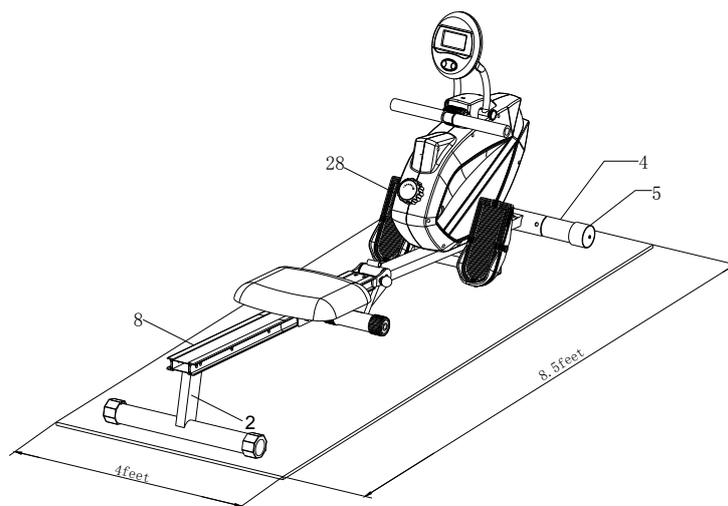


Set UP INSTRUCTIONS

Place the Advantage Fitness rower in the area where it will be used. It is recommended that the Advantage Fitness rower be placed on an equipment mat. The Advantage Fitness rower is approximately 74.8 inches long x 20 inches wide x 30.3 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 8.5 feet long is required for safe operation of the Advantage Fitness rower. Make sure that adequate space is available for access to and passage around the Advantage Fitness rower.

LEVELING: Adjust the location of Advantage Fitness rower so the rower sits on the floor without rocking.

MOVING: The Advantage Fitness rower has a pair of MOVING WHEELS on the FRONT STABILIZER. Grasp the RAIL CAP to move the Advantage Fitness rower



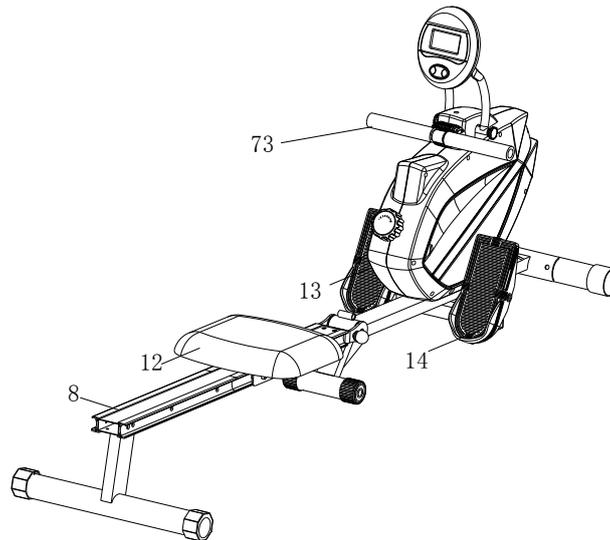
FUNCTION INSPECTION:

Visually inspect the Advantage Fitness rower to verify that assembly is as shown in the above illustration. Check the function of the Advantage Fitness rower by pulling the handlebar w/rope (73) slowly through one complete revolution to verify that the drive train functions properly. Adjust the TENSION KNOB (28) and verify that it functions properly.

CAUTION: Locate and read the CAUTION LABEL on Advantage Fitness rower. Make sure that all users read the CAUTION LABEL before using the product.

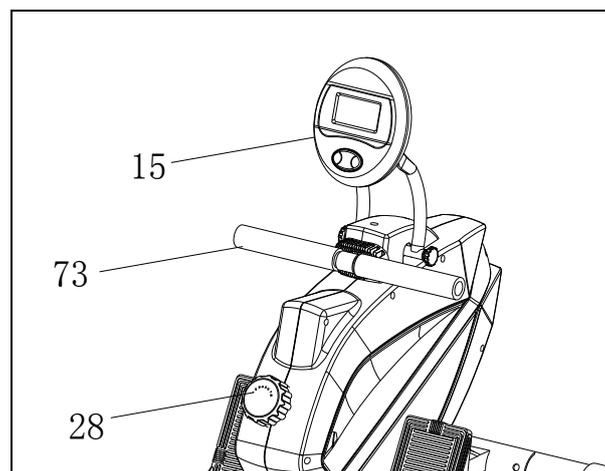
OPERATIONAL INSTRUCTIONS

Rowing: Sit on the seat (12), secure your feet in the FOOT PEDALS (13 / 14) and pull on the HANDLEBAR(73). The seat will slide on the slide rail (8) as you pull and retract the handlebar.



LOAD ADJUSTMENT

To increase the load, turn the TENSION KNOB (28) clockwise. To decrease the load, turn the TENSION KNOB (28) counterclockwise. There are eight levels for the load adjustment. Note: The load will increase as you pedal faster.



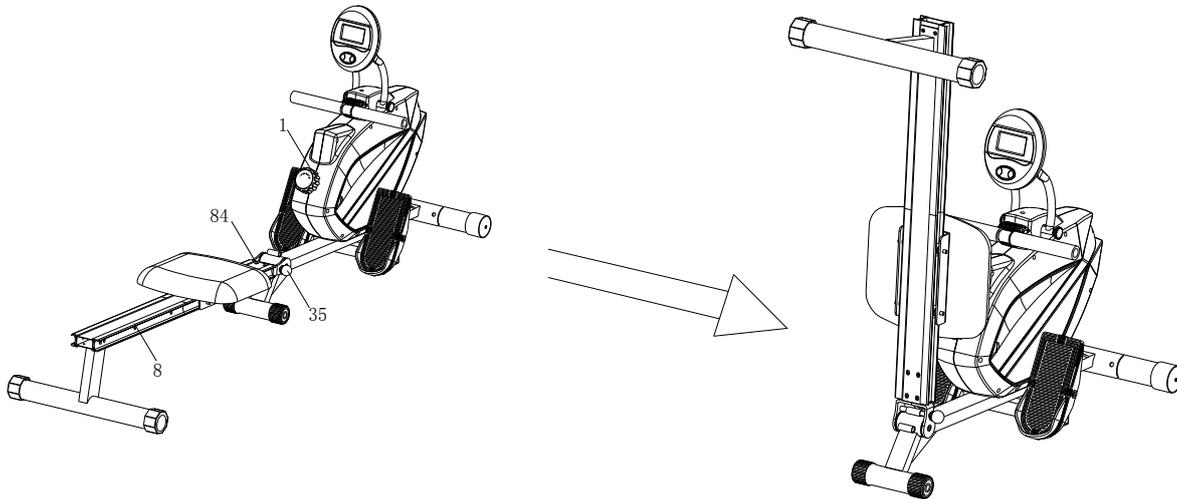
FOLDING INSTRUCTIONS

To fold the rower

Remove the locking pin (35) from the u-bracket found on the main frame (1). Lift the slide rail (8) and insert the locking pin (35) into the u-bracket (84). Unit is now locked into folding position.

To un-fold the rower

Hold the slide rail (8) and pull out the locking pin (35) from the u-bracket (84) and lower the slide rail (8). Insert the locking pin (35) into the u-bracket (84) to secure your rower in the horizontal position.



MAINTENANCE

The safety and integrity designed into the Advantage Fitness rower can only be maintained when the Advantage Fitness rower is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the TENSION KNOB(28) and verify that the Magnetic Brake System provides tension. The Magnetic Brake System should provide many years of use.
2. Clean the roller tracks in the RAIL with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the CAUTION LABEL is in place and easy to read.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the Advantage Fitness rower removed from service until repair is made.
7. Only Maurice Pincoffs Canada supplied components shall be used to maintain/repair the Advantage Fitness rower.
8. Keep your Advantage Fitness rower clean by wiping it off with an absorbent cloth after use.

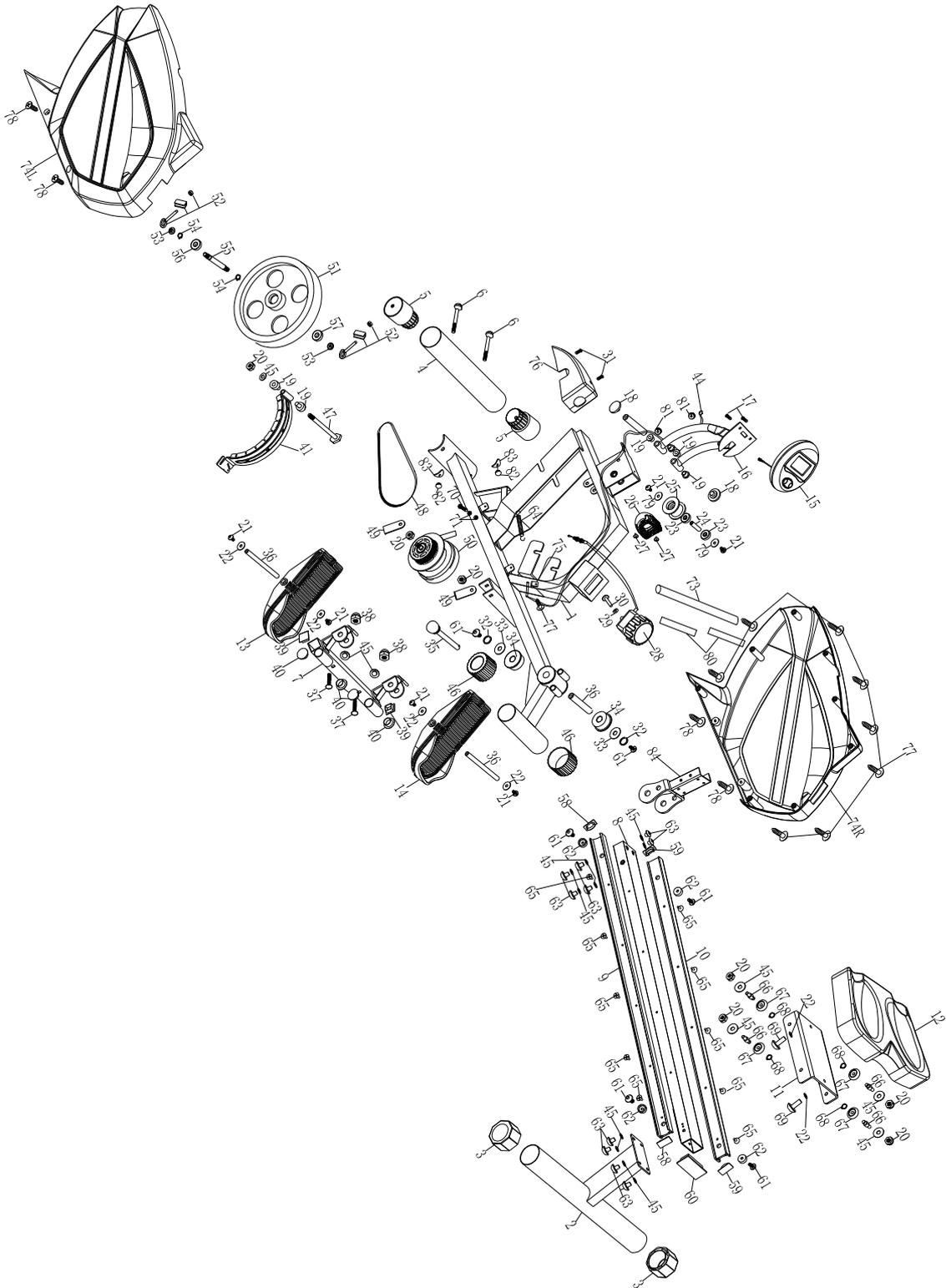
PART LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	1478801	Main Frame	1
2	1478802	Rear stabilizer	1
3	1478803	End Cap For Rear Stabilizer	2
4	1478804	Front Stabilizer	1
5	1478805	Transportation Wheel	2
6	1478806	Carriage Bolt M10*75	2
7	1478807	Pedal Support Tube	1
8	1478808	Slide rail	1
9	1478809	Left side of Slide Rail	1
10	1478810	Right side of Slide Rail	1
11	1478811	Seat Support	1
12	1478812	Seat	1
13	1478813	Pedal Left	1
14	1478814	Pedal Right	1
15	1478815	Computer	1
16	1478816	Computer Post	1
17	1478817	Screw M5*10	2
18	1478818	Locking Knob	2
19	1478819	Bushing	6
20	1478820	Nylon Nut M8	7
21	1478821	Allen Screw M6*12	6
22	1478822	Washer $\Phi 6 \times \Phi 17$	6
23	1478823	Bearing 6000	2
24	1478824	Axle for Idler	1
25	1478825	Idler Pulley	1
26	1478826	Rope Pulley Cover	1
27	1478827	Self Tapping Screw ST4*15	2
28	1478828	8-Level Tension Knob	1

KEY NO.	PART NO.	DESCRIPTION	QTY
29	1478829	Washer	1
30	1478830	Screw	1
31	1478831	Phillips Screw M5*10	2
32	1478832	Spring Washer $\Phi 8$	2
33	1478833	Washer $\Phi 8 \times \Phi 25$	2
34	1478834	Bushing	2
35	1478835	Lock Pin	1
36	1478836	Axle for Pedal	2
37	1478837	Carriage Bolt M8*45	2
38	1478838	Domed Nut M8	2
39	1478839	Square End Cap 25.4	2
40	1478840	Round End Cap 25.4	4
41	1478841	Magnet Assembly	1
44	1478844	Extension sensor wire 1	1
45	1478845	Washer $\Phi 8 \times \Phi 17$	17
46	1478846	End Cap	2
47	1478847	Hex head Bolt M8*55	1
48	1478848	Belt	1
49	1478849	Spring Clutch Bracket	2
50	1478850	Spring Clutch	1
51	1478851	Flywheel	1
52	1478852	Flywheel Adjustor	2
53	1478853	France Nut	2
54	1478854	Clip $\Phi 7$	2
55	1478855	Axle for Flywheel	1
56	1478856	Bearing 6001	1
57	1478857	Bearing 6901	1
58	1478858	End Cap for Left Slide Rail	2

KEY NO.	PARTNO.	DESCRIPTION	QTY
59	1478859	End Cap for Right Slide Rail	2
60	1478860	Square End Cap for Slide Rail 30*60	1
61	1478861	Allen screw M8*20	6
62	1478862	Collar	4
63	1478863	Allen screw M8*16	10
64	1478864	Spring	1
65	1478865	Self Tapping Screw ST5*15	10
66	1478866	Axle For Seat Support	4
67	1478867	Wheel for Seat Support	4
68	1478868	Clip Φ 9	4
69	1478869	Allen Screw M6*20	2
70	1478870	Hex Head Bolt M6*25	1
71	1478871	Screw M6	2
73	1478873	Handlebar w/rope	1
74	1478874	Chain Cover	2
75	1478875	Sensor Bracket	2
76	1478876	Computer Support Tube Cover	1
77	1478877	Round Head Self Tapping Screw ST5*15	10
78	1478878	Self Tapping Screw ST5*15	4
79	1478879	Washer Φ 6* Φ 14	2
80	1478880	Foam Grip for Handlebar	2
81	1478881	Grommet	2
82	1478882	Domed Nut M10	2
83	1478883	Arc Washer Φ 10* Φ 22	2
84	1478884	U Bracket Tube	1

DIAGRAM



Trouble Shooting

Problem	Cause	Correction
Monitor does not display	Batteries weak or dead	Replace 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 monitor
	Sending unit not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
Grinding	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace Flywheel
Squealing	V-belt slipping	Adjust v-belt

Always ensure batteries are fresh and in correctly.

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.

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Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

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

Body Building

Is often used synonymously with strength training The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest Periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

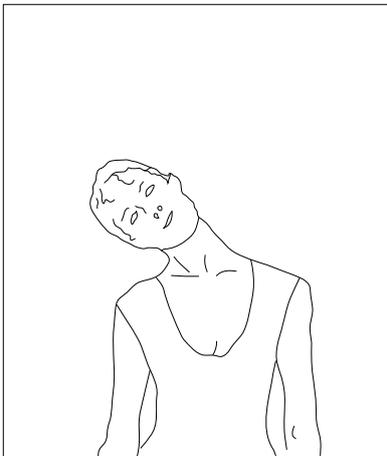
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

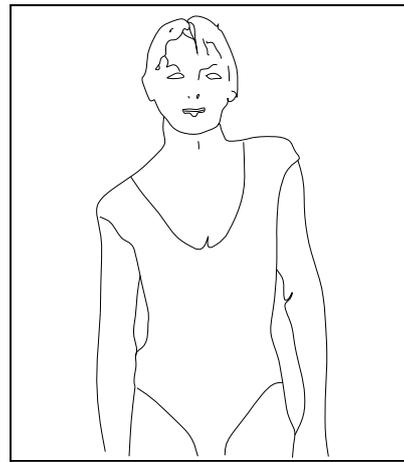
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



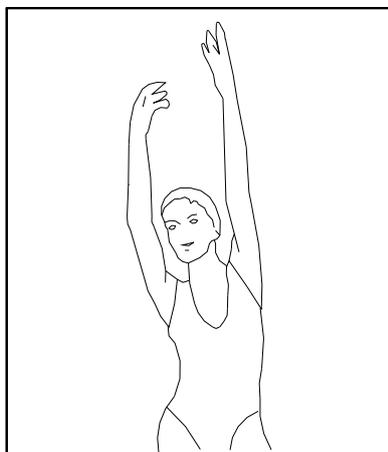
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



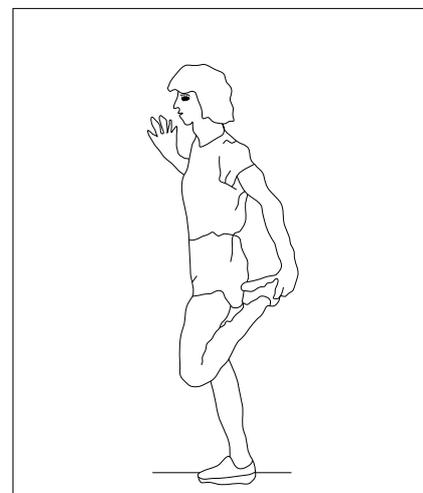
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



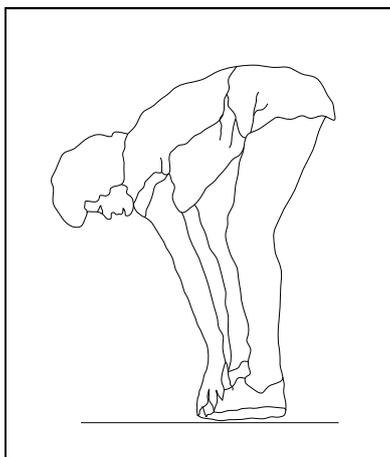
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



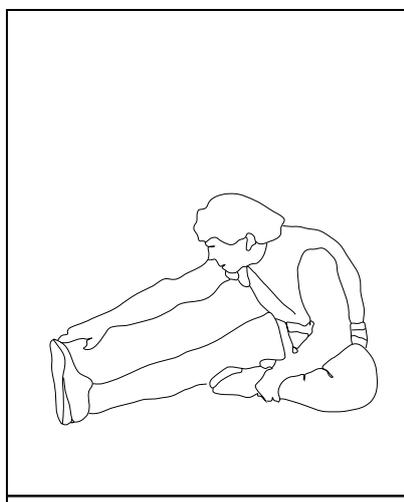
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch 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.

