



OWNER'S MANUAL

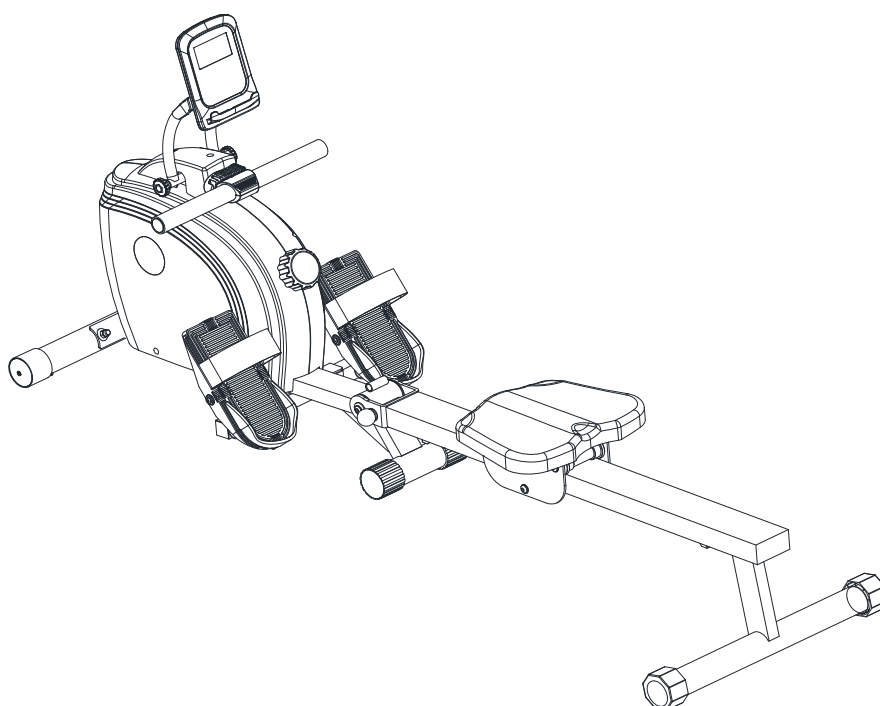
Model No.
16805931000

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

CAUTION:

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

CROSS-FIT ROWER



RETAIN FOR FUTURE REFERENCE

Dyaco Canada Inc. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9

Manufacture's One-Year Limited Warranty

Your **EVERLAST** Cross-Fit Rower 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

Labour: 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 Rower, 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. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca 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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Customer Service 1-888-707-1880

Or email customerservice@dyaco.ca

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 exerciseequipment 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 220lbs (100KG).
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 ina 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.

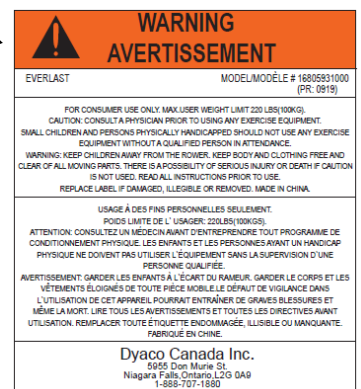
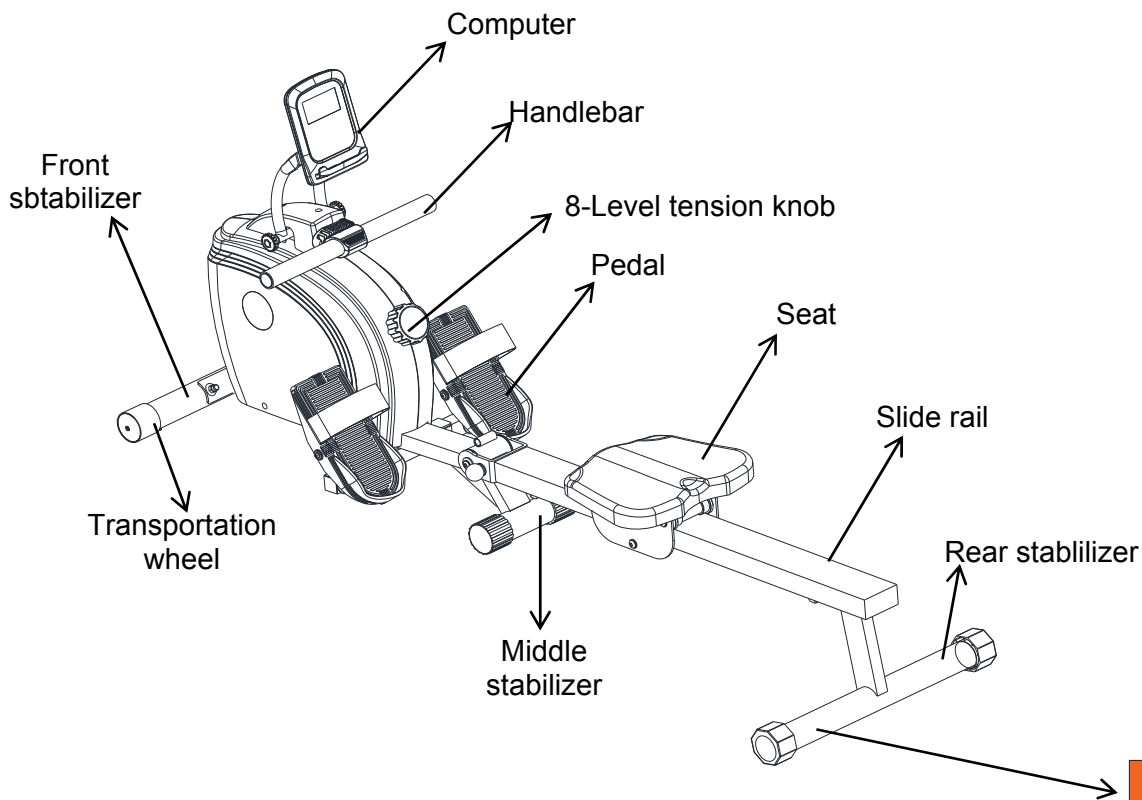
 **WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property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

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for choosing the Everlast 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 Everlast rower provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

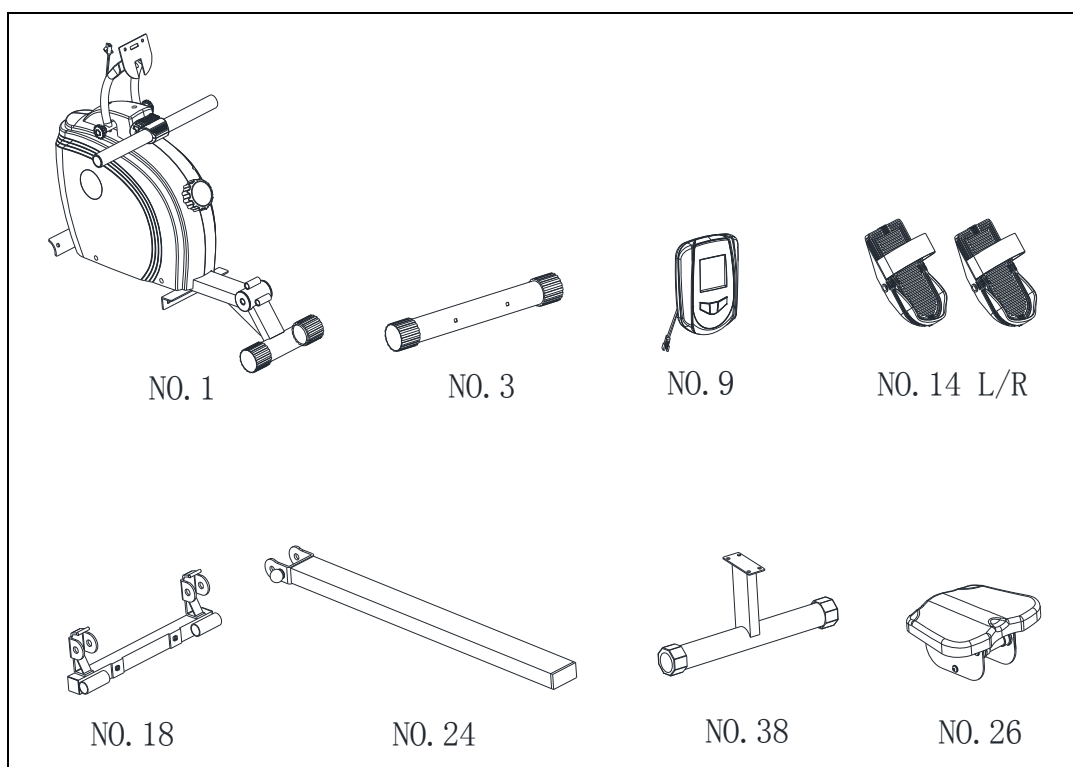
For your benefit, read this manual carefully before you use the rower. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you note the product model number and serial number before contacting us. The model number and the location of the serial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



The decal shown above has been placed on the rower. 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.

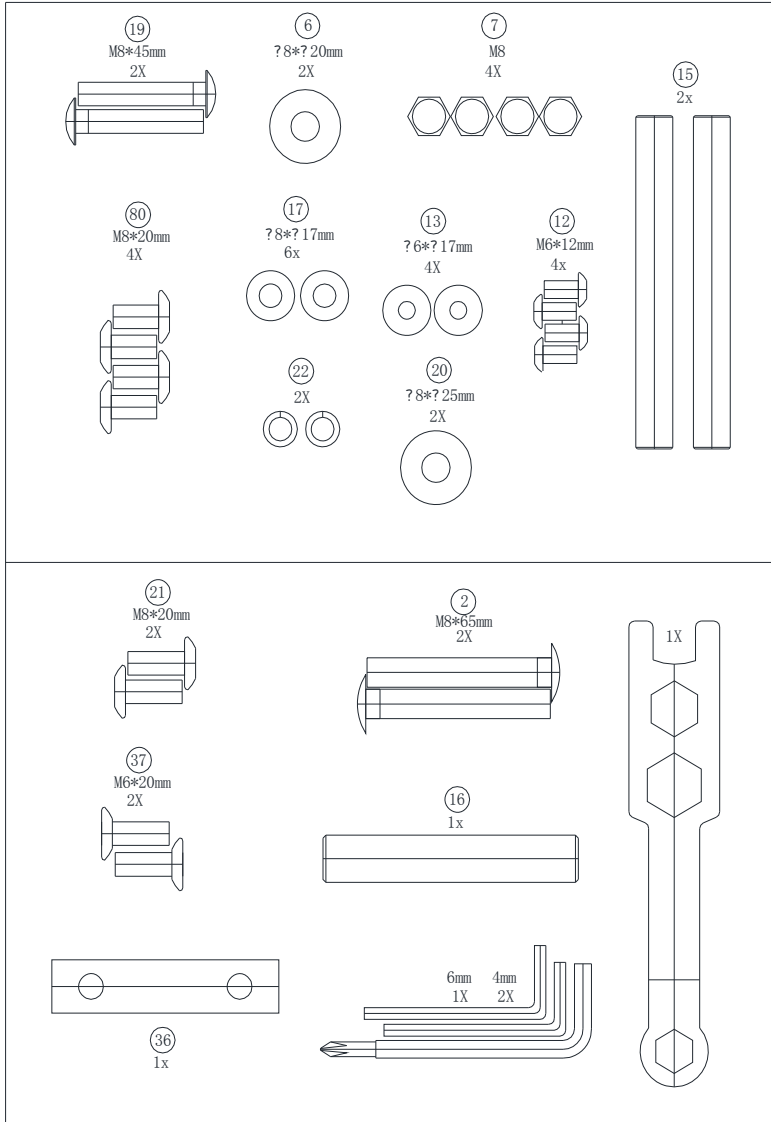
Customer Service 1-888-707-1880
Or email customerservice@dyaco.ca

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
3	Front stabilizer	1
9	Computer	1
14L/R	Pedal L/R	1/1
18	Pedal support tube	1
24	Slide rail	1
26	Seat	1
38	Rear stabilizer	1
	Hardware Pack	1
	Manual	1

HARDWARE PACKING LIST



PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
2	Carriage bolt M8*65	2	20	Washer Φ8*Φ25	2
6	Washer Φ8*Φ20	2	21	Allen screw M8*20	2
7	Domed nut M8	4	22	Spring washer Φ8	2
12	Allen screw M6*12	4	36	Limit pad	1
13	Washer Φ6*Φ17	4	37	Allen screw M6*20	2
15	Axle for pedal	2	80	Allen screw M8*16	4
16	Axle	1		Allen Wrench	1
17	Washer Φ8*Φ17	6		Allen Key 4mm	2
19	Carriage bolt M8*45	2		Allen Key 6mm	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 INSTRUCTIONS

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.

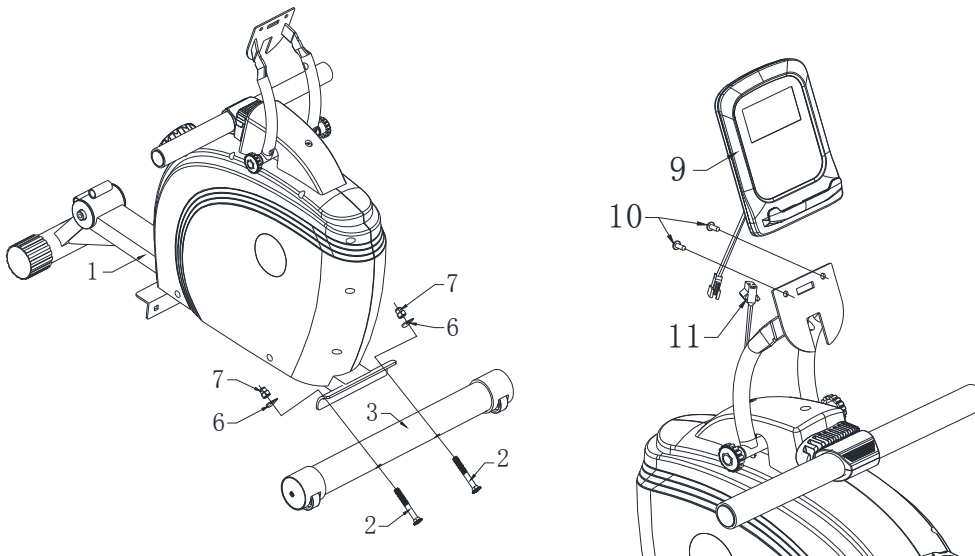
It will take two people to assemble your unit.

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

STEP 1

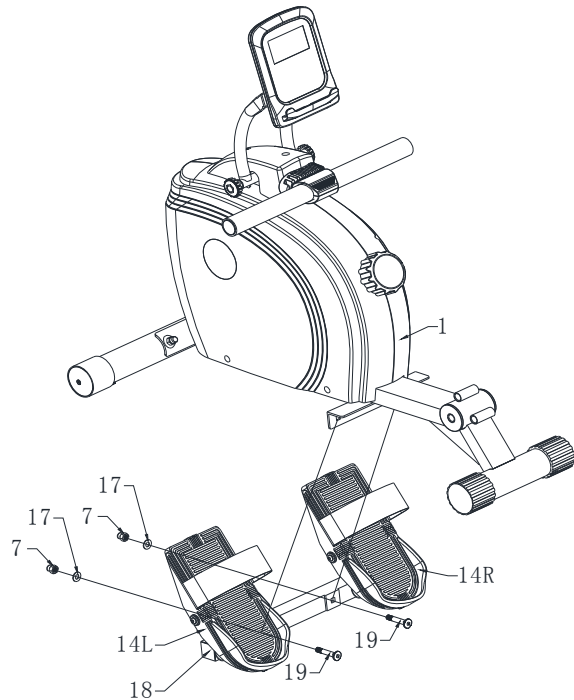
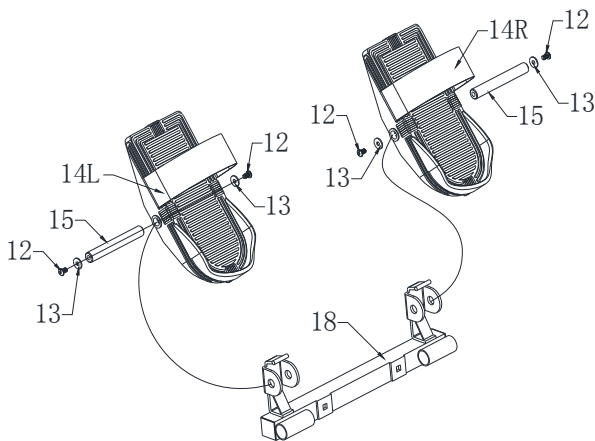
1. Attach the front stabilizer (3) to the main frame (1). Secure using two carriage bolts (2), two washers (6) and two domed nuts (7).
2. Connect the computer sensor wire (11) to the back of the computer (9).
3. Attach computer (9) to computer bracket and tighten with two screws (10) which are preassembled on the back of computer.

NOTE: *Ensure that the wires are not pinched behind the computer.*



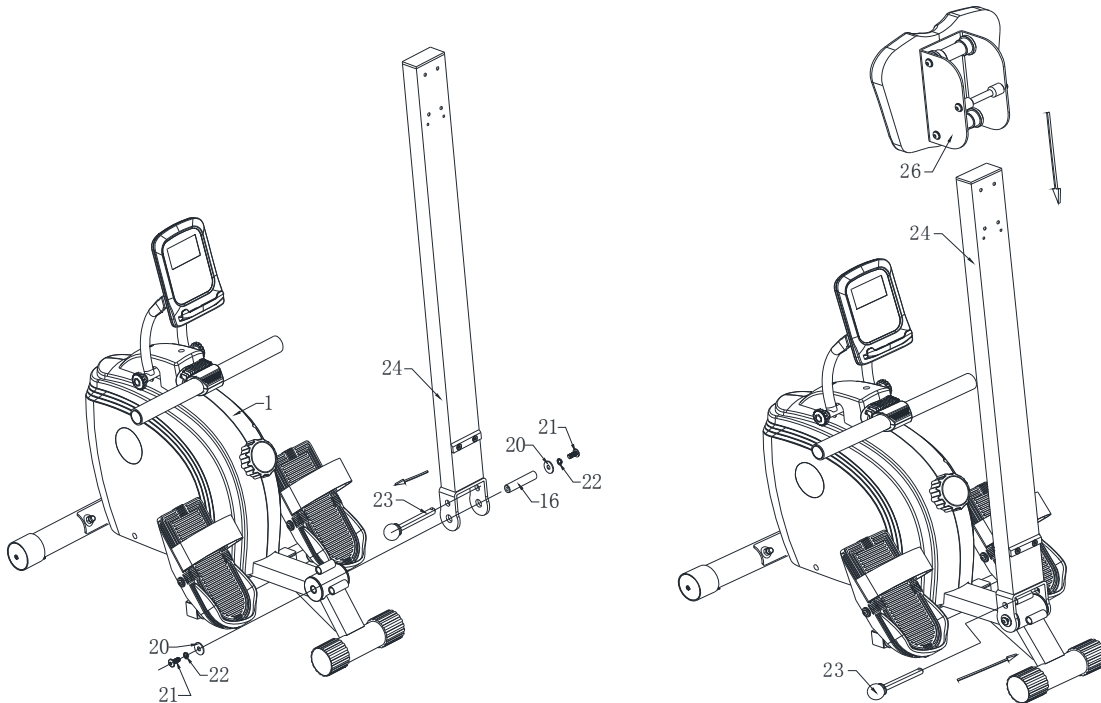
STEP 2

1. Attach the left pedal (14L) to the left bracket of pedal support tube (18). Secure using one axle for pedal (15), two allen screws (12) and two washer (13).
2. Repeat the same procedure for right pedal.
3. Attach the pedal support tube (18) to the bottom of main frame (1). Secure using two carriage bolts (19), two washer (17) and two domed nuts (7).



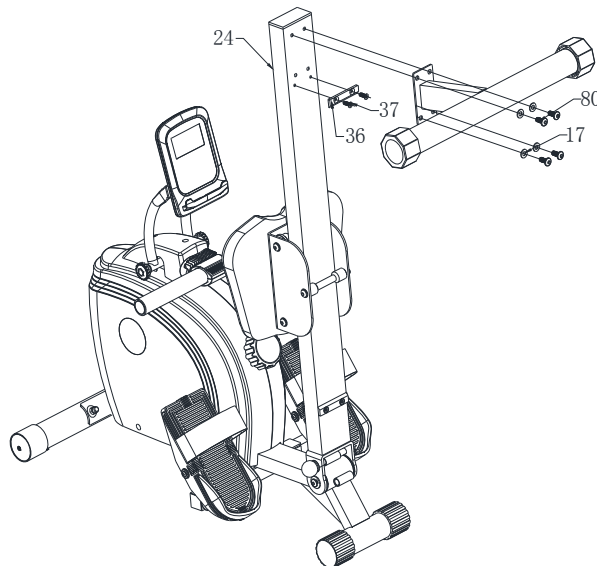
STEP 3

1. Pull out the lock pin (23) from slide rail (24).
2. Insert the slide rail (24) to the main frame (1). Secure using one axle (16), two washers (20), two allen screws (21) and two spring washers (22).
3. Insert the lock pin (23) back to the pivot to lock the slide rail in vertical position.
4. Slide the Seat (26) onto the slide rail.



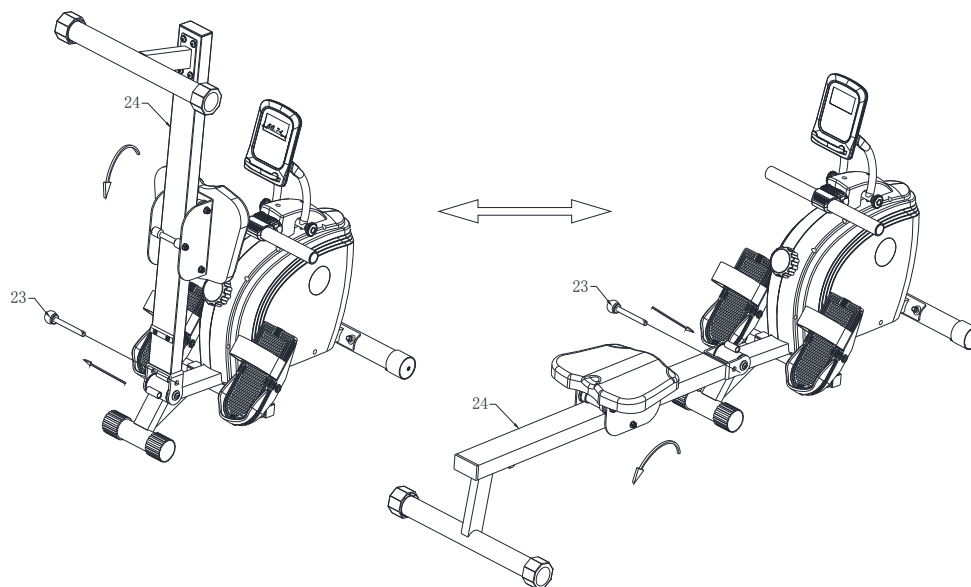
STEP 4

1. Attach rear stabilizer (38) to back of the slide rail (24). Secure using four allen screws (80) and four washers (17).
2. Attach limit pad (36) to back of the slide rail (24). Secure using two allen screws (37).

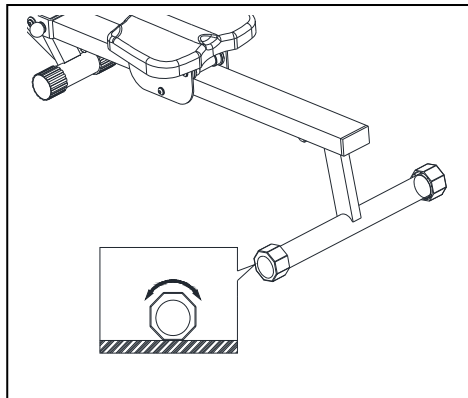


STEP 5

1. Pull out the lock pin (23) to lower the sliding rail (24) to unfold the rower. Insert the lock pin (23) to secure the sliding rail (24).



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.



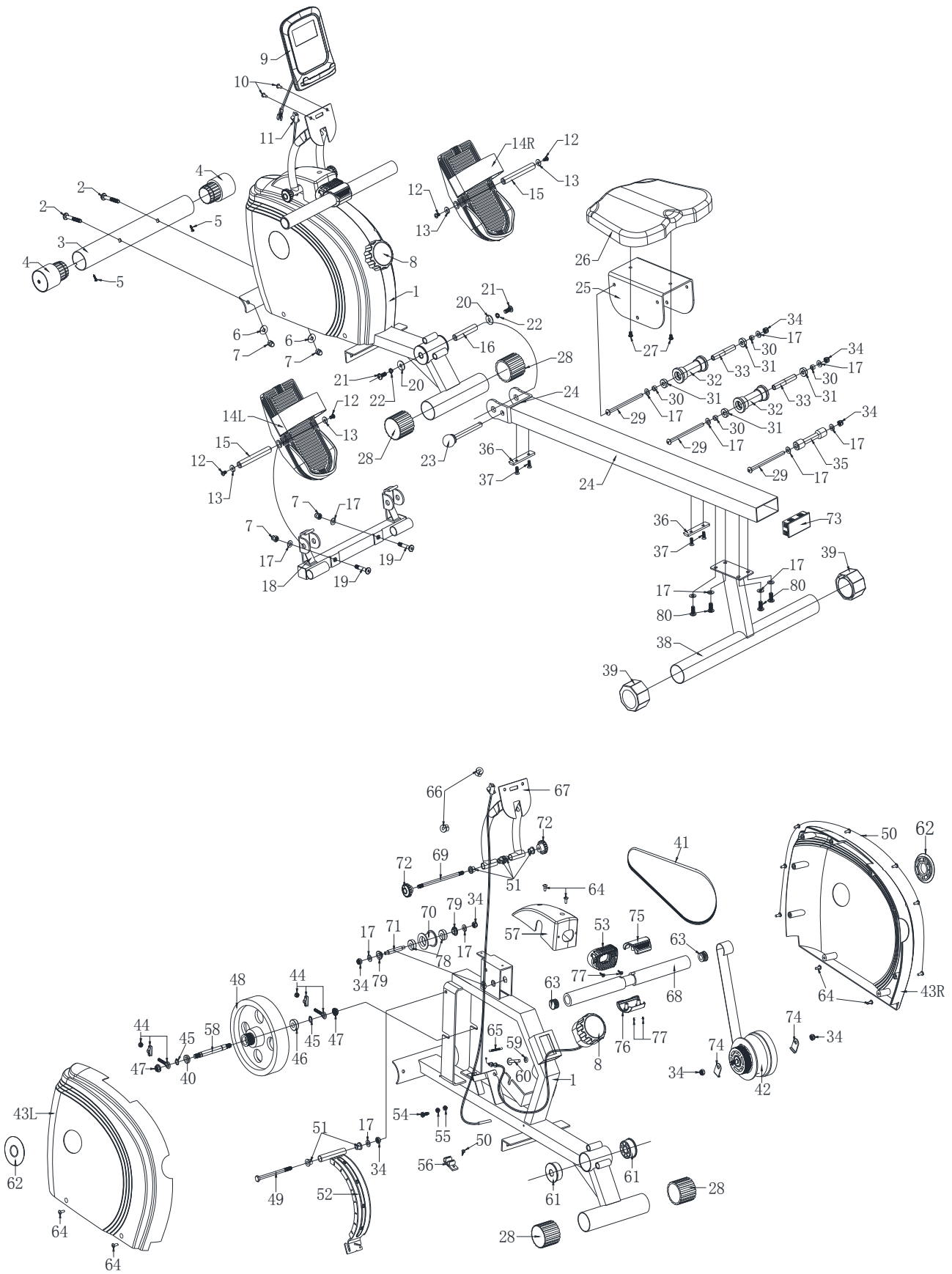
PARTS LIST

No.	Part No.	Description	Qty
1	9310001	Main frame	1
2	9310002	Carriage bolt M8*65	2
3	9310003	Front sbtabilizer	1
4	9310004	Transportation wheel	2
5	9310005	Round head self tapping screw ST4*15	2
6	9310006	Washer $\Phi 8 \times \Phi 20$	2
7	9310007	Domed nut M8	4
8	9310008	8-Level tension knob	1
9	9310009	Computer	1
10	9310010	Screw M5*10	2
11	9310011	Sensor wire	1
12	9310012	Allen screw M6*12	4
13	9310013	Washer $\Phi 6 \times \Phi 17$	4
14	9310014	Pedal L/R	1/1
15	9310015	Axle for pedal	2
16	9310016	Axle	1
17	9310017	Washer $\Phi 8 \times \Phi 17$	15
18	9310018	Pedal support tube	1
19	9310019	Carriage bolt M8*45	2
20	9310020	Washer $\Phi 8 \times \Phi 25$	2
21	9310021	Allen screw M8*20	2
22	9310022	Spring washer $\Phi 8$	2
23	9310023	Lock pin	1
24	9310024	Slide rail	1
25	9310025	Seat support	1
26	9310026	Seat	1
27	9310027	Allen screw M6*20	2
28	9310028	Middle stabilizer	2
29	9310029	Allen screw M8*125	3
30	9310030	Short spacer	4
31	9310031	Bearing 608zz	4
32	9310032	Roller	2
33	9310033	Long spacer	2
34	9310034	Nylon nut M8	8
35	9310035	Roller shaft	1
36	9310036	Limit pad	2
37	9310037	Allen screw M6*20	4
38	9310038	Rear stabilizer	1
39	9310039	End cap for rear stabilizer	2
40	9310040	Bearing 6901	1
41	9310041	Belt	1
42	9310042	Spring clutch w/rope	1

PARTS LIST

No.	Part No.	Description	Qty
43	9310043	Chain cover L&R	1/1
44	9310044	Flywheel adjustor	2
45	9310045	Clip Φ 12	2
46	9310046	Bearing 6001	1
47	9310047	France nut	2
48	9310048	Flywheel	1
49	9310049	Hex headbolt M8*105	1
50	9310050	Round head self tapping screw ST5*15	8
51	9310051	Bushing	6
52	9310052	Magnet assembly	1
53	9310053	Rope pulley cover	1
54	9310054	Hex head bolt M6*25	1
55	9310055	Screw M6	2
56	9310056	Sensor bracket	1
57	9310057	Computer support tube cover	1
58	9310058	Axle for flywheel	1
59	9310059	Washer	1
60	9310060	Screw	1
61	9310061	Bushing	2
62	9310062	Crank cover	2
63	9310063	End cap for handlebar	2
64	9310064	Self tapping screw ST5*15	6
65	9310065	Spring	1
66	9310066	Grommet	2
67	9310067	Computer post	1
68	9310068	Handlebar w/Foam grip	1
69	9310069	Axle for computer post	1
70	9310070	Idler Pulley	1
71	9310071	Axle for Idler	1
72	9310072	Locking Knob	2
73	9310073	End cap for slide rail	1
74	9310074	Spring Clutch Bracket	2
75	9310075	Upper cover for handlebar	1
76	9310076	Bottom cover for handlebar	1
77	9310077	Self tapping screw ST4*16	4
78	9310078	Bearing 6000	2
79	9310079	Powder bushing	2
80	9310080	Allen screw M8*16	4

DIAGRAM



COMPUTER INSTRUCTIONS



FUNCTION BUTTONS

MODE: Press to select the desired function between: Scan, Time, Distance, Count, Calories, ODM and RMP.
Press and hold for 4 seconds to reset all values to zero.

FUNCTIONS

SCAN: Displays each function in sequence every 6 seconds.
The display loop is time, count, calories and total count.

TIME: **Displays** your elapsed workout time up to 99:59.

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

DISTANCE: Displays the cumulative distance traveled during your workout 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 sessions which cannot be used as medical treatment).

ODO: **Displays** the total accumulative distance from 0 up to 9999.

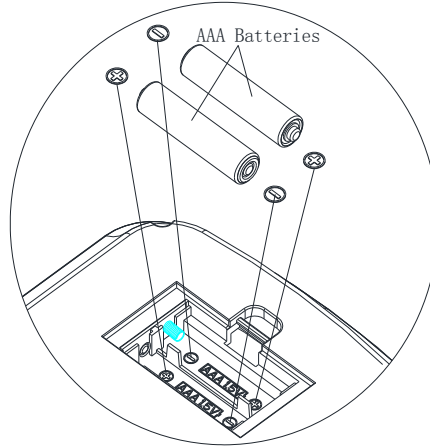
RPM: Automatically accumulates the workout counts per minute 0 up to 999.

NOTE:

1. Monitor uses 2 AAA 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.
4. The monitor will turn on automatically by pressing any key or starting your exercise program..

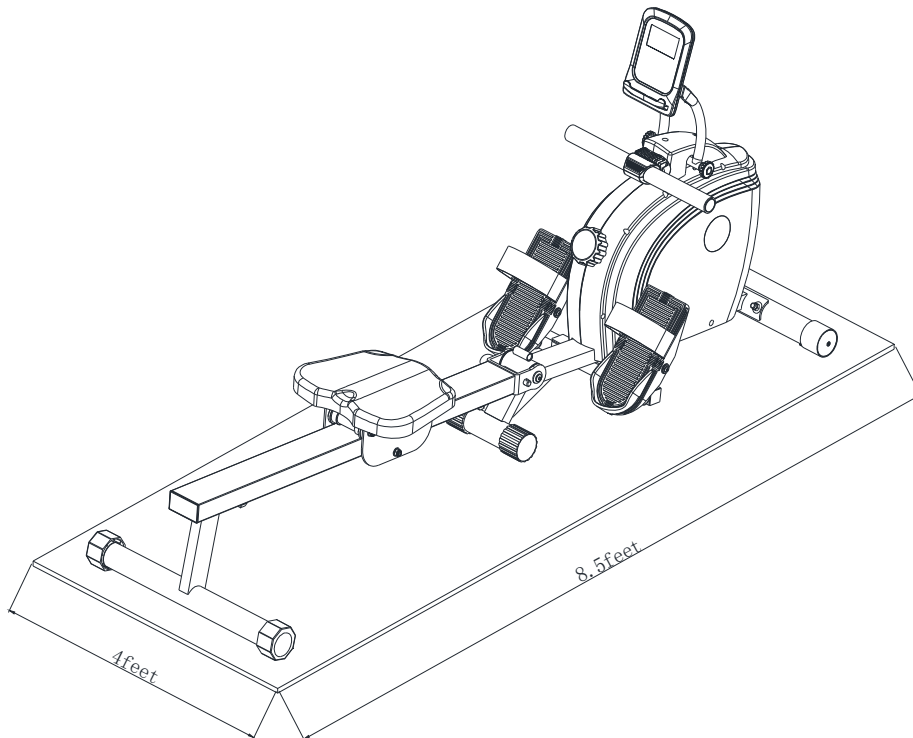
HOW TO INSTALL AND REPLACE BATTERIES

1. Open the Battery Door on the back of the monitor.
2. The monitor operates with two AAA 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 Everlast rower in the area where it will be used. It is recommended that the Everlast rower be placed on an equipment mat. The Everlast rower is approximately 65 inches long x 20 inches wide x 30 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 Everlast rower. Make sure that adequate space is available for access to and passage around the Everlast rower.



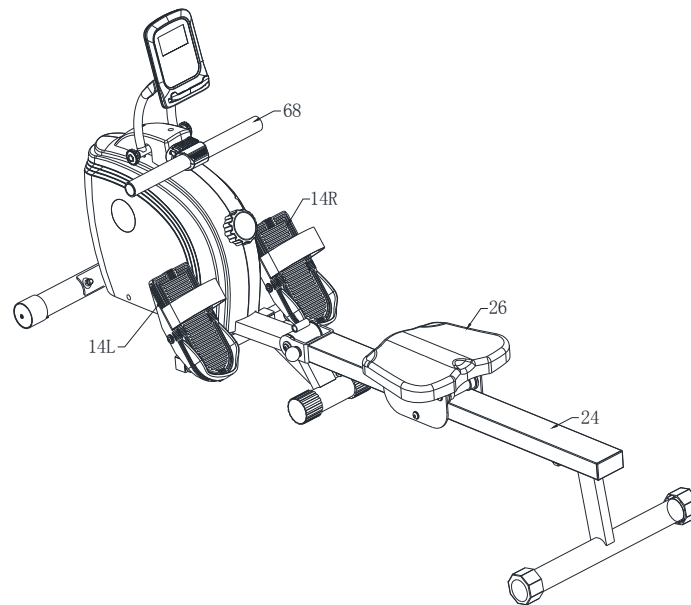
FUNCTION INSPECTION:

Visually inspect the Everlast rower to verify that assembly is as shown in the illustration below. Check the function of the Everlast rower by pulling the handlebar w/rope (68) slowly through one complete revolution to verify that the drive train functions properly. Adjust the TENSION KNOB (8) and verify that it functions properly.

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

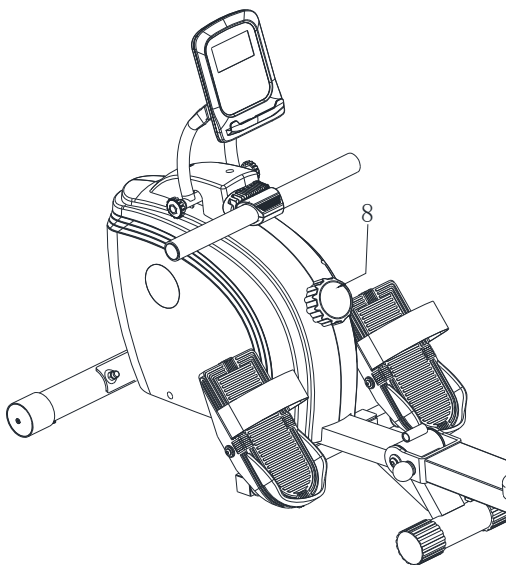
OPERATIONAL INSTRUCTIONS

Rowing: Sit on the seat (26), secure your feet in the FOOT PEDALS (14) and pull on the HANDLEBAR(68). The seat will slide on the slide rail (24) as you pull and retract the handlebar.



LOAD ADJUSTMENT

To increase the load, turn the TENSION KNOB (8) clockwise. To decrease the load, turn the TENSION KNOB (8) counterclockwise. There are eight levels for the load adjustment. Note: The load will increase as you row faster.



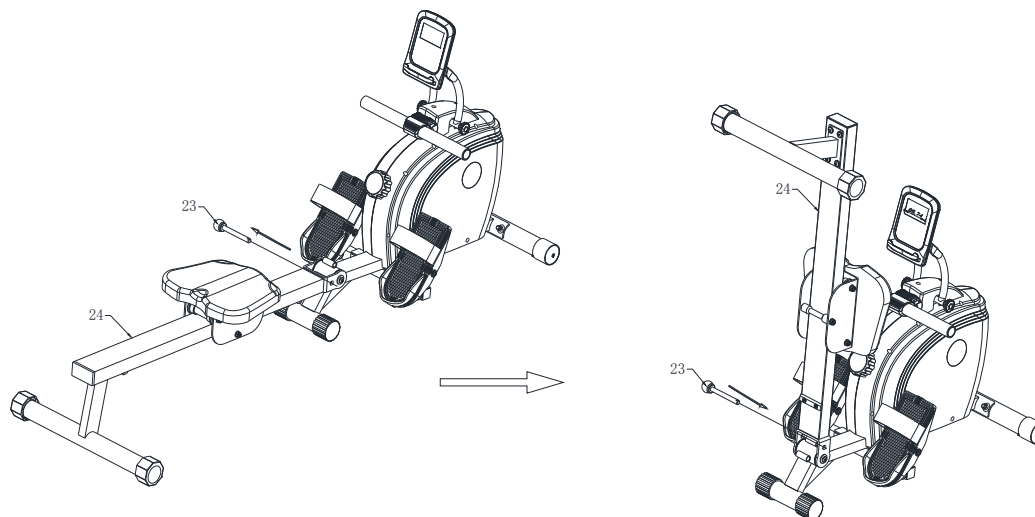
FOLDING INSTRUCTIONS

To fold the rower

Remove the locking pin (23) from the slide rail (24). Lift the slide rail (24) and insert the locking pin (23) into slide rail (24). Unit is now locked into folding position.

To un-fold the rower

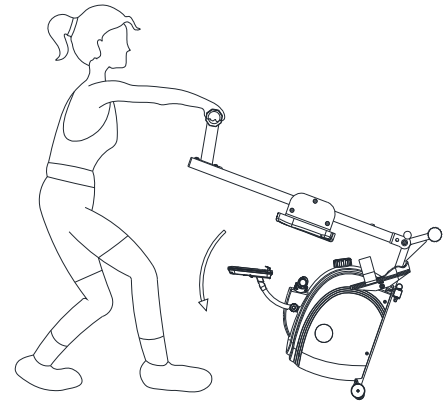
Hold the slide rail (24) and pull out the locking pin (23) from the slide rail (24) and lower the slide rail (24). Insert the locking pin (23) into slide rail (24) to secure your rower in the horizontal position.



USER DIRECTION

HOW TO MOVE THE ROWER

The rower can be easily moved from room to room. Remove the lock pin, fold the sliding rail up and reinsert Pin to secure the sliding rail in position. Grasp the rear support tube and pulling back on tube, tip machine towards you.



MAINTENANCE

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

1. Adjust the TENSION KNOB(8) 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 rower removed from service until repair is made.
7. Only Dyaco Canada supplied components shall be used to maintain/repair the rower.
8. Keep your Everlast rower clean by wiping it off with an absorbent cloth after use.

TROUBLESHOOTING

Problem	Cause	Solution
Monitor does not display	Battery not Installed	Install battery
	Sensor wire not connected	Ensure the sensor wire is connected properly to the computer
No speed or count displays on the monitor	Sensor wire not connected	Ensure the sensor wire is connected properly to the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic assembly not working properly	Replace magnetic wheel assembly
	Tension knob defective	Replace the tension knob
	Tension needs Adjustment	Turn tension adjustment knob accordingly
Grinding Noise	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

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 pedals hardware is secure, hardware can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that sliding rail 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.

HOW TO ADJUST THE SENSOR

If the console does not display correct feedback, the sensor should be adjusted. To adjust the sensor, the pedal support tube (18) & the chain cover (43) must first be removed.

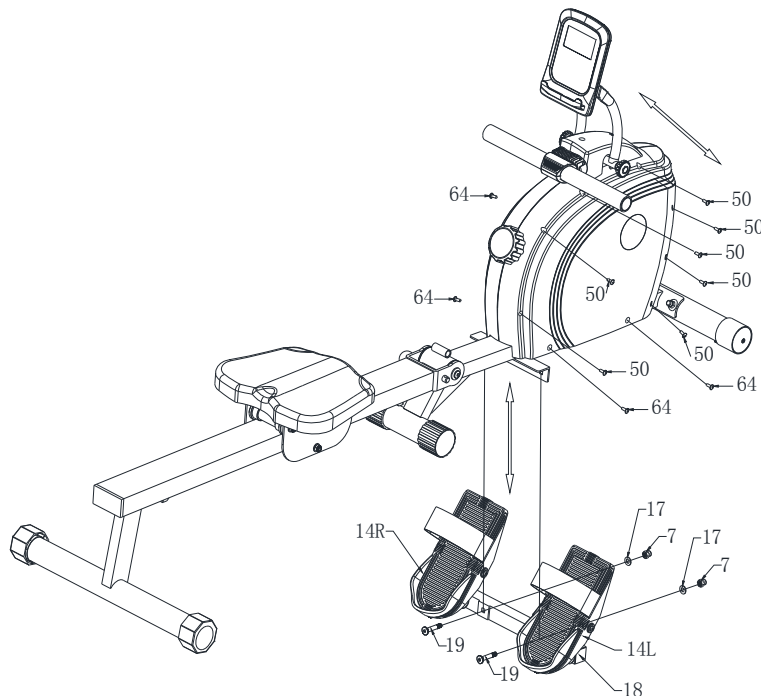
The first step to remove the two sets of carriage bolt (19), washer (17) and domed nut (7).

The second step to remove the two self-tapping screws (64) from each side of chain cover (43).

And then remove another seven ST5 x 15 round head self tapping screw (50) from right chain cover (43R).

The third step is to loosen the screw (50), rotate the sensor bracket (56) aligned with the magnet on the pulley until the computer receives signals and tighten the screw (50).

The last step is attach the chain cover (43) & pedal support tube (18) on main frame.



HOW TO ADJUST THE DRIVE BELT

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

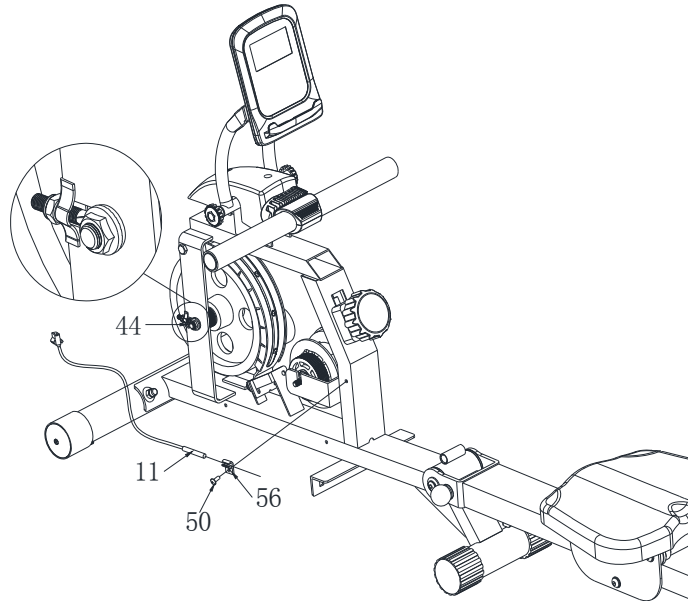
To adjust the drive belt, the pedal support tube(18) & the chain cover(43) must first be removed. The first step to remove the two sets of carriage bolt (19), washer (17) and domed nut (7).

The second step to remove the two self-tapping screws (64) from each side of chain cover (43).

And then remove another seven ST5 x 15 round head self tapping screw (50) from right chain cover (43R).

The third step is to loose or tighten the nut (44) to adjust the belt tension.

The last step is attach the chain cover(43)& pedal support tube(18) on main frame.



TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

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

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

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

Overload

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

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

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

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

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

Heart Rate

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

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

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

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

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

Pulse Count

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

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

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

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

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

Endurance Circuit Training

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

Body Building

Is often used synonymously with strength training. The fundamental 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.

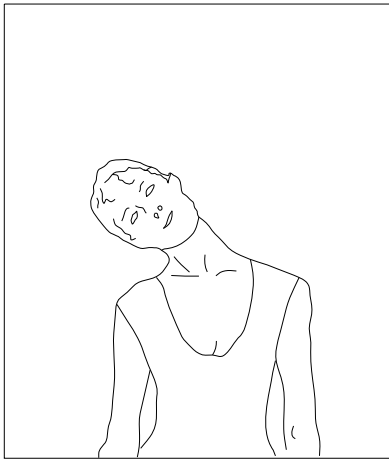
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

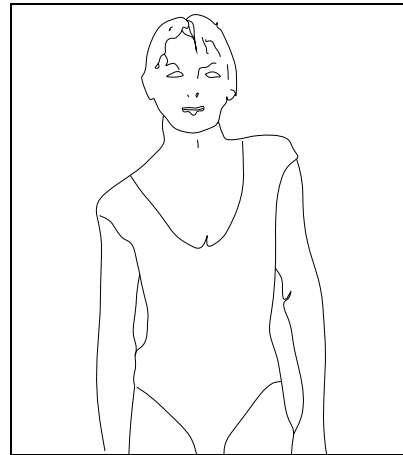
HEAD ROLLS

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.



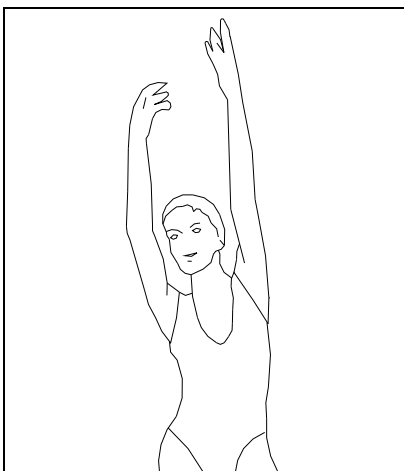
SHOULDER LIFTS

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.



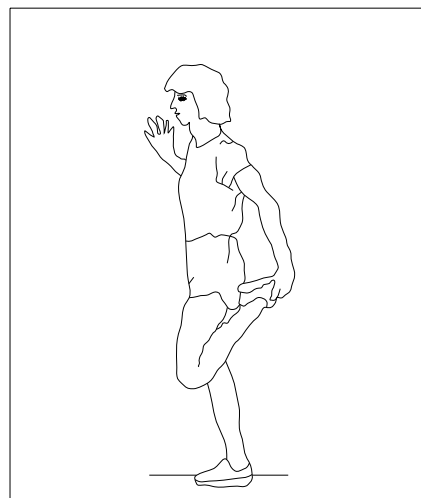
SIDE STRETCHES

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.



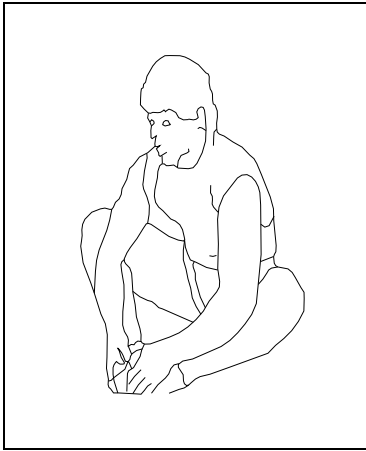
QUADRICEPS STRETCH

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.



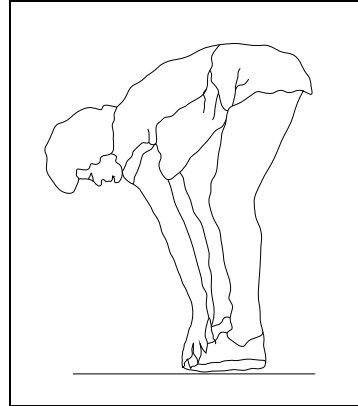
INNER THIGH STRETCH

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.



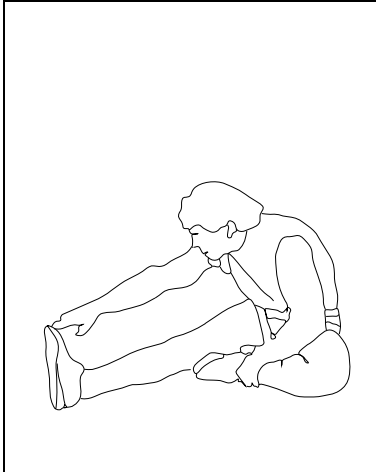
TOE TOUCHES

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.



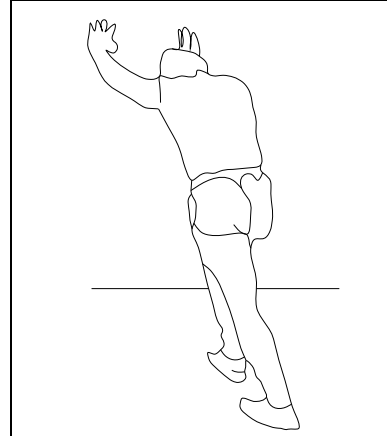
HAMSTRING STRETCHES

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.





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