

Owner's Manual

Model No.
16805991000

- Assembly
- Operation
- Adjustments
- Parts
- Warranty



CAUTION:

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

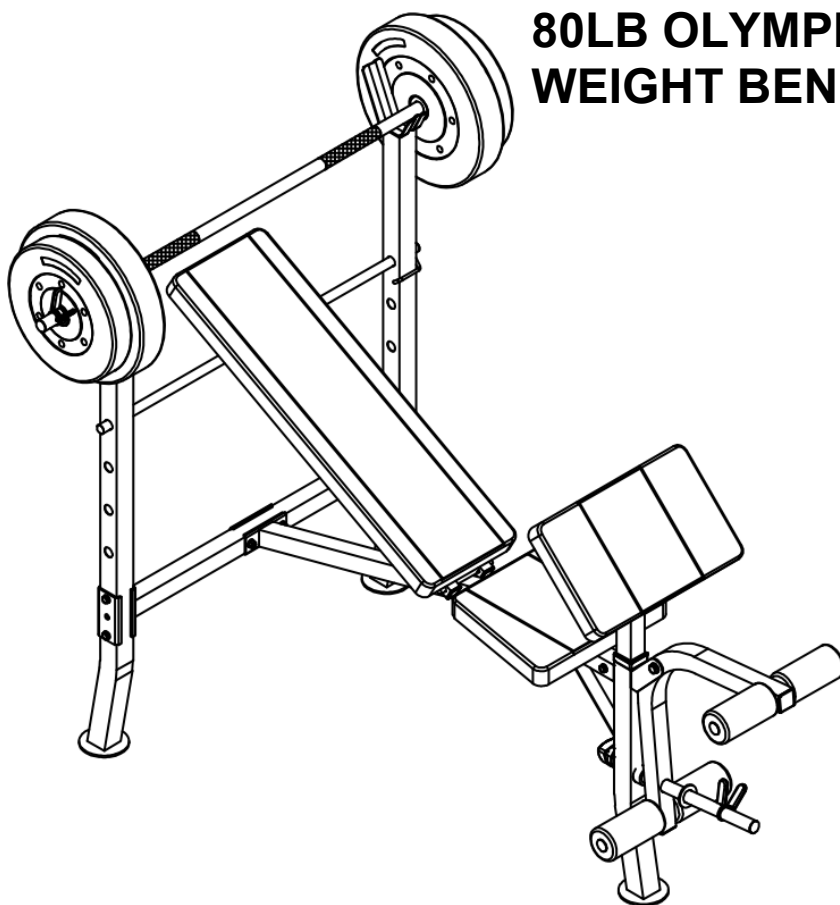
Keep this manual for future reference.

Serial number

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the weight bench.

EVERLAST®

80LB OLYMPIC WEIGHT BENCH



**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE
STARTING TO ASSEMBLE THIS PRODUCT**

Manufacture's One-Year Limited Warranty

Your **EVERLAST** Olympic Weight Bench 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.

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 Weight Bench, 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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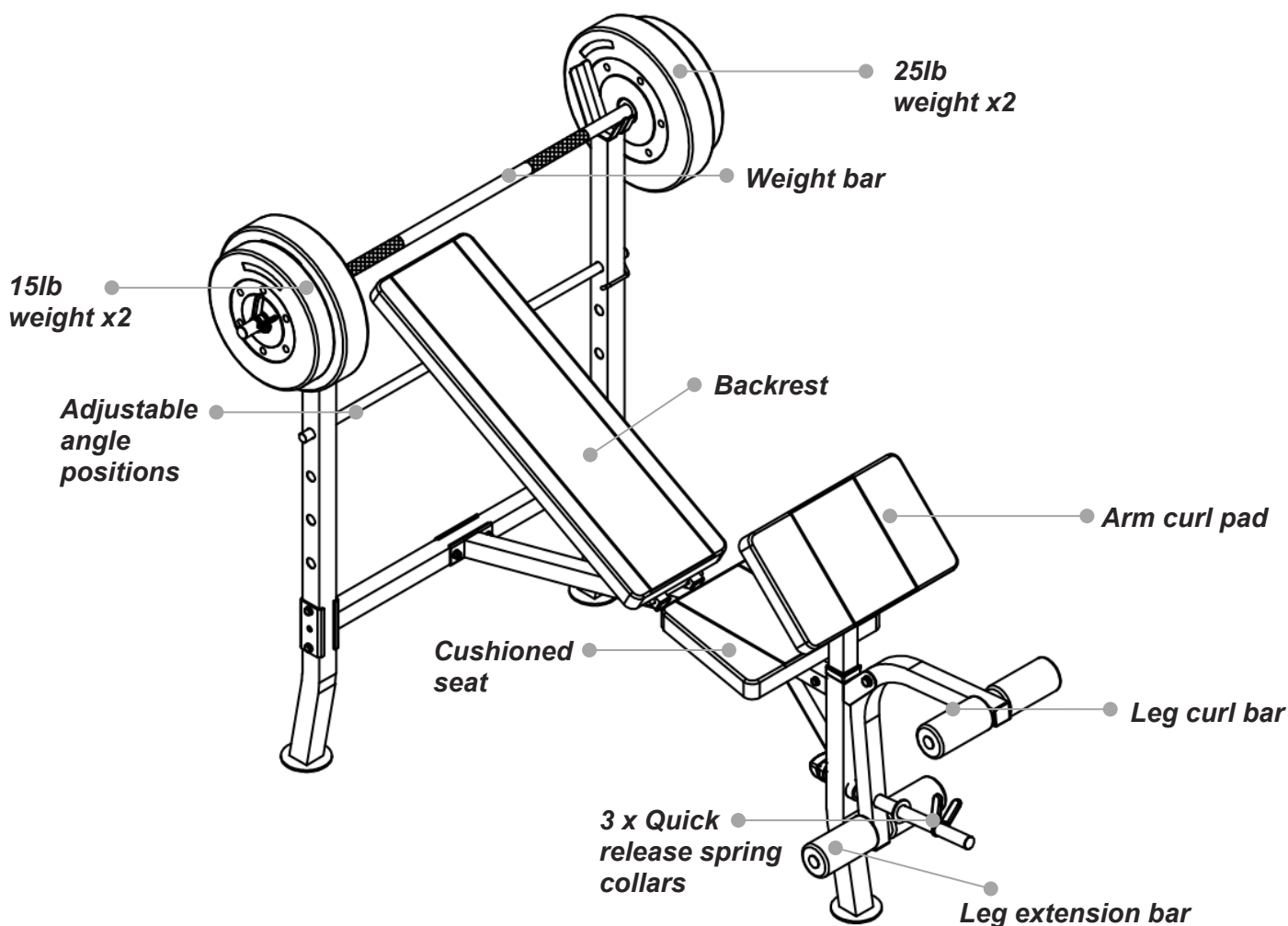
ATTENTION

THIS EQUIPMENT IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the EVERLAST Weight Bench. 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 Weight Bench 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 Weight Bench. 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 Weight Bench, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free. Our Customer Service Staff are available to assist you. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 136 KGS (300 LBS)

IMPORTANT SAFETY INSTRUCTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS WEIGHT BENCH



CAUTION: Before starting any exercise program, it is recommended that you consult your physician.

Please read the instructions carefully before installation and use. Correct installation and maintenance can help you to use this bench safely and effectively.

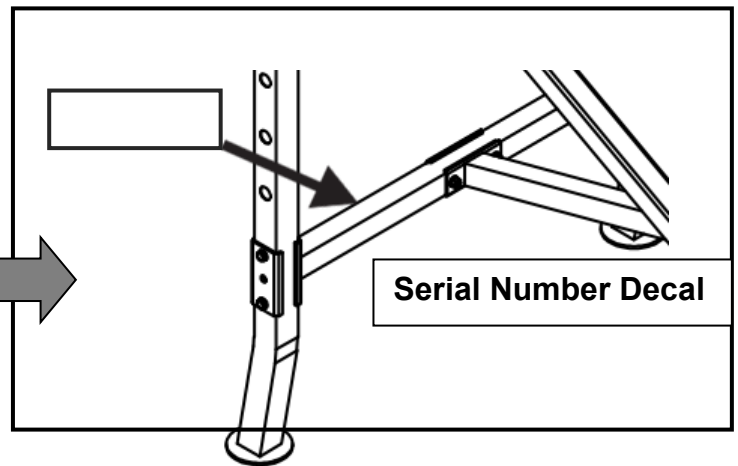
- 1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.*
- 2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.*
- 3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.*
- 4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.*
- 5. Keep children under 12 and pets away from the weight bench at all times.*
- 6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.*
- 7. Always make sure that the backrest post is fully engaged in a slot in the frame before using the backrest.*
- 8. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.*
- 9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 450 pounds. Do not use the weight bench with more than 150 pounds of weight. Note: The weight bench includes 80lbs of weights.*
- 10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.*
- 11. The decals shown on the next page have been placed on the weight bench. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.*
- 12. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge*



WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Dyaco Canada assumes no responsibility for personal injury or property

SAVE THESE INSTRUCTIONS - THINK SAFETY!

The Warning Decals shown have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department to order a free replacement decal (see ordering replacement parts in the manufacturer's limited warranty page). Apply the decal in the location shown.



⚠️ AVERTISSEMENT ⚠️

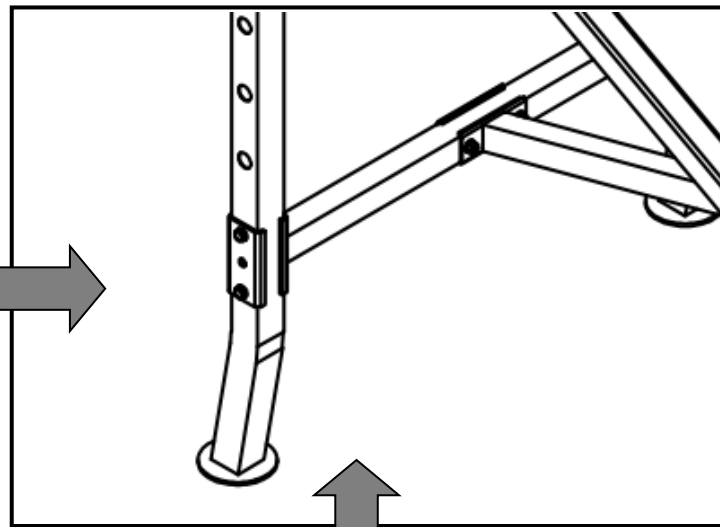
NE PAS UTILISER CET ÉQUIPEMENT

MISE EN GARDE: Les enfants en bas âge et les personnes physiquement handicapées ne doivent pas utiliser d'équipement d'exercice sans la présence d'une personne qualifiée. La non-utilisation avec prudence peut entraîner des blessures graves, voire la mort, ou les deux, le cas échéant. Lire le manuel de l'utilisateur. Tous les avertissements et instructions doivent être lus et suivis et des instructions appropriées doivent être obtenues avant utilisation. Remplacez cette étiquette si elle est endommagée, illisible ou enlevée. Gardez les enfants et les animaux domestiques à l'écart de cet équipement. Cette machine est conçue et destinée à un usage domestique et domestique uniquement, pas à un usage commercial. Fabriqué en Chine. Poids maximum de l'utilisateur 300lbs.

⚠️ WARNING ⚠️

DO NOT MISUSE THIS EQUIPMENT

CAUTION: Small children and persons physically handicapped should not use any exercise equipment without a qualified person in attendance. The possibility of serious injuries or death or both, if applicable may occur if caution is not used. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment. This machine is designed and intended for home and consumer use only, not for commercial use. Made in China. Max user weight 300lbs.



CUSTOMER SERVICE À LA CLIENTÈLE

DYACO
CANADA INC.

5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

To order parts please call/ Commander des pièces:
1-888-707-1880
Monday through Friday/
du lundi au vendredi
8:30am to 5:00pm/ 8h30 à 17h00
Eastern Standard Time / Heure du est

Toll-Free Customer Service Number

1-888-707-1880

Monday through Friday 8:30 A.M. to 5:00 P.M. (Eastern Time)

www.dyaco.ca

customerservice@dyaco.ca

ASSEMBLY INSTRUCTIONS

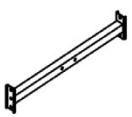
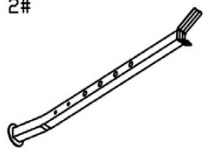











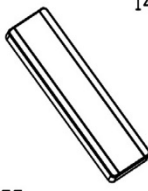






**!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR WEIGHT BENCH!!**

Serious injury could occur if this weight bench is not unpacked properly.






















To ensure your personal safety during removal of the packaging please make sure the weight bench is positioned flat on the ground. Do not turn the weight bench up on its side while removing the packaging. This manual is designed to help you easily assemble, adjust and use this equipment. Please read this manual carefully. Study the parts diagram first to familiarize yourself with the parts identified in the instructions.

Set all parts in a clear area on the floor and remove the packing materials. Refer to the parts diagram for help in identifying the parts.

Assembly Pack Check List

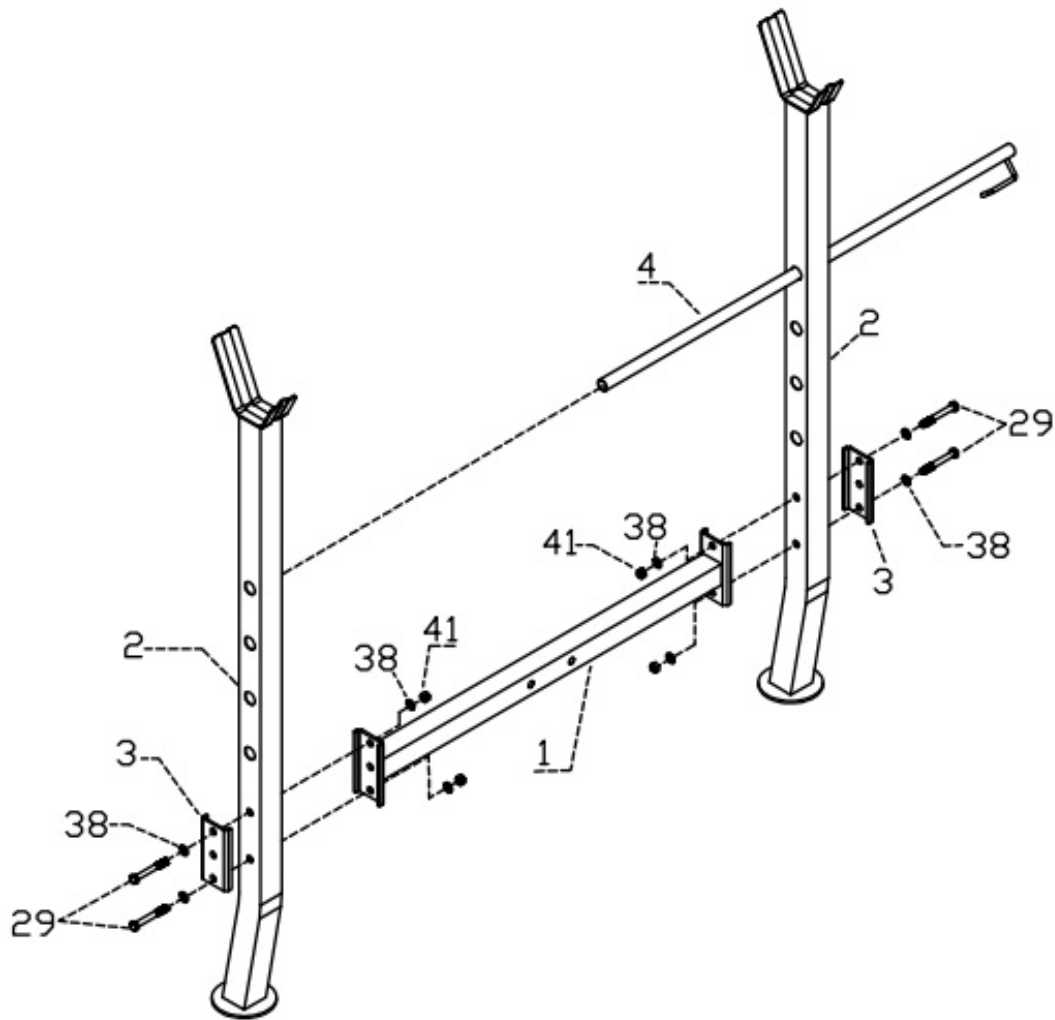
1#  1pcs	2#  2pcs	3#  45mm 2pcs	4#  1pcs	5#  1pcs
6#  38mm 1pcs	7#  1pcs	8#  1pcs	9#  1pcs	10#  2pcs
11#  2pcs	12#  1pcs	13#  1pcs	14#  1pcs	15#  1pcs
16#  1pcs	17#  ø23Xø70X140 4pcs	18#  ø25 3pcs	19#  45X45 1pcs	20#  M12 1pcs

Assembly Pack Check List continued...

21#  38X38 2pcs	22#  25X25 4pcs	23#  ø25 7pcs	24#  ø19 2pcs	25#  ø25 1pcs	
26#  25LBS 2pcs	27#  15LBS 2pcs	28#  M10X65 1pcs	29#  M8X65 4pcs	30#  M8X55 2pcs	
31#  M8X50 1pcs	32#  M6X55 1pcs	33#  M6X40 4pcs	34#  M6X16 4pcs	35#  M8X10 1pcs	
36#  M8X50 1pcs	37#  M10 2pcs	38#  M8 16pcs	39#  M6 9pcs	40#  M10 1pcs	41#  M8 8pcs

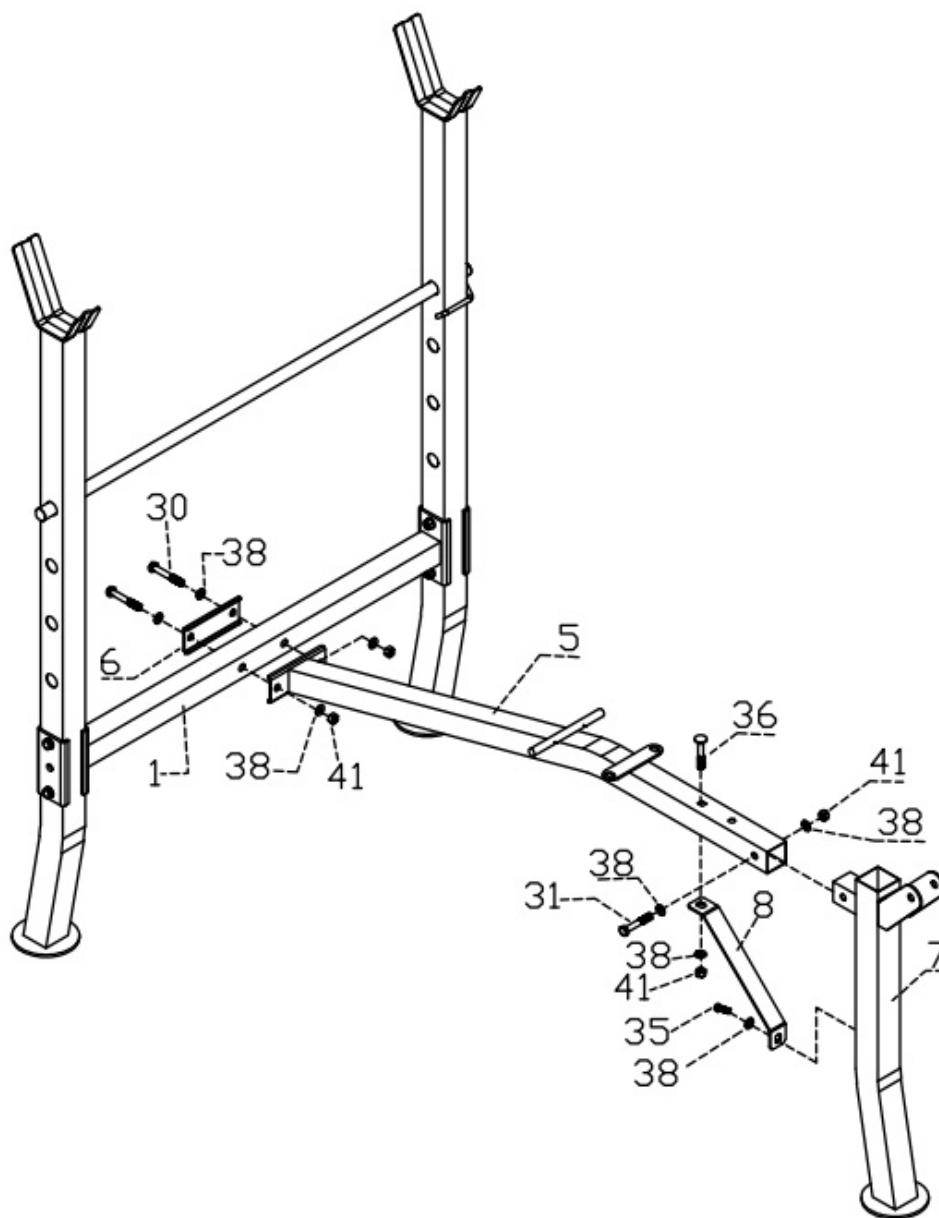
In addition to the included for assembly, you will need the following tools (not included): • two adjustable wrenches • one standard screwdriver • one Phillips screwdriver Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches

ASSEMBLY INSTRUCTIONS



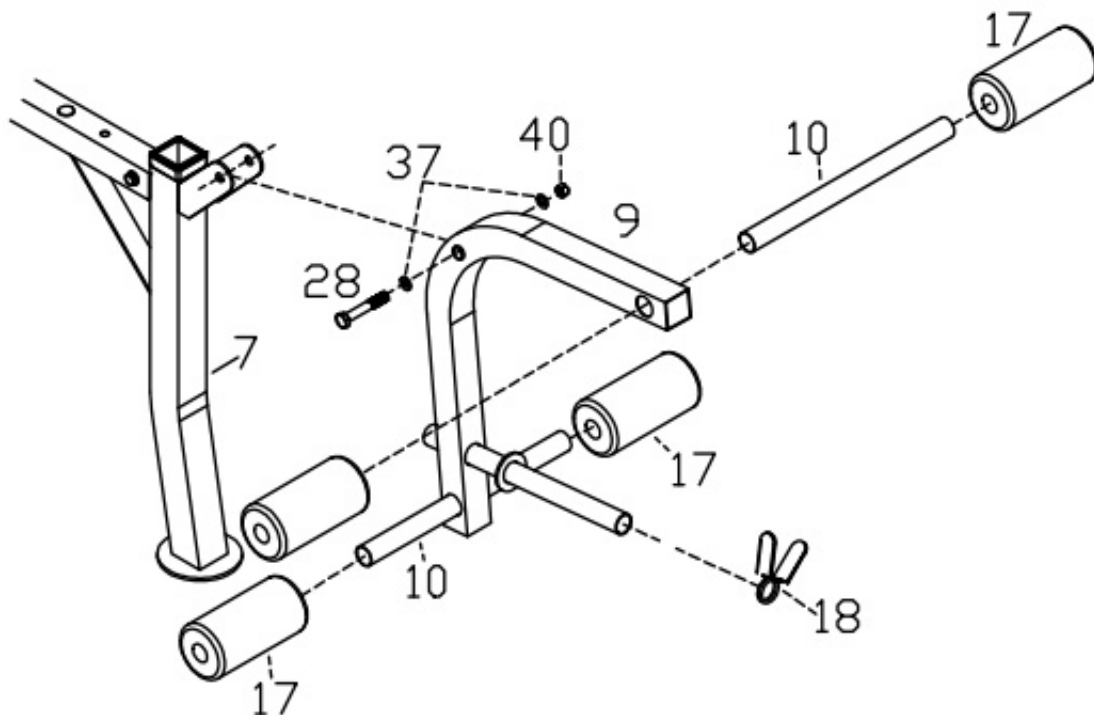
Step 1.

1. Attach the Crossbar (1) between the Rear Standing Tube (2) with M8 x 65mm Hex Bolt (29), 45mm Plate (3), M8 Washer (38) and M8 Locknut (41).
2. Attach the Backrest Support (4) on the Rear Standing Tube (2).



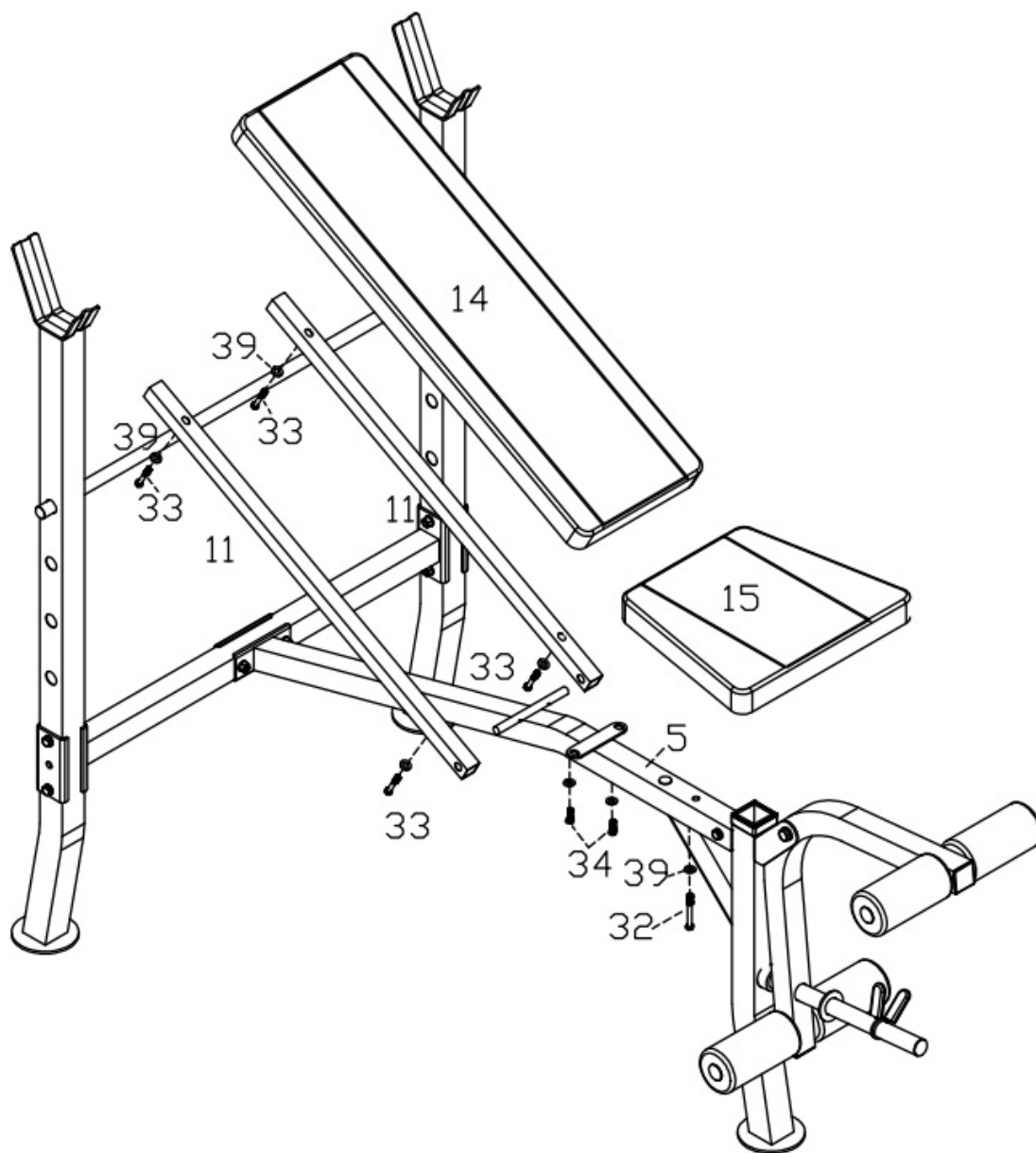
Step 2.

1. Connect the Front Standing Tube (7) and the Main Frame (5) with M8 x 50mm Hex Bolt (31), 2pcs M8 Washer (38) and M8 Locknut (41).
2. Attach the Main Frame (5) to the Crossbar (1) with M8 x 55mm Hex Bolt (30), 38mm Plate (6), M8 Washer (38) and M8 Locknut (41).
3. Attach the Support Part (8) to the Main Frame (5) with M8 x 50mm Carriage Bolt (36), 1pc M8 washer (38) and M8 Locknut (41) as shown. Then connect the Support Part (8) to the Front Standing Tube (7) with M8 x 10mm Bolt (35) and 1pc M8 washer (38).



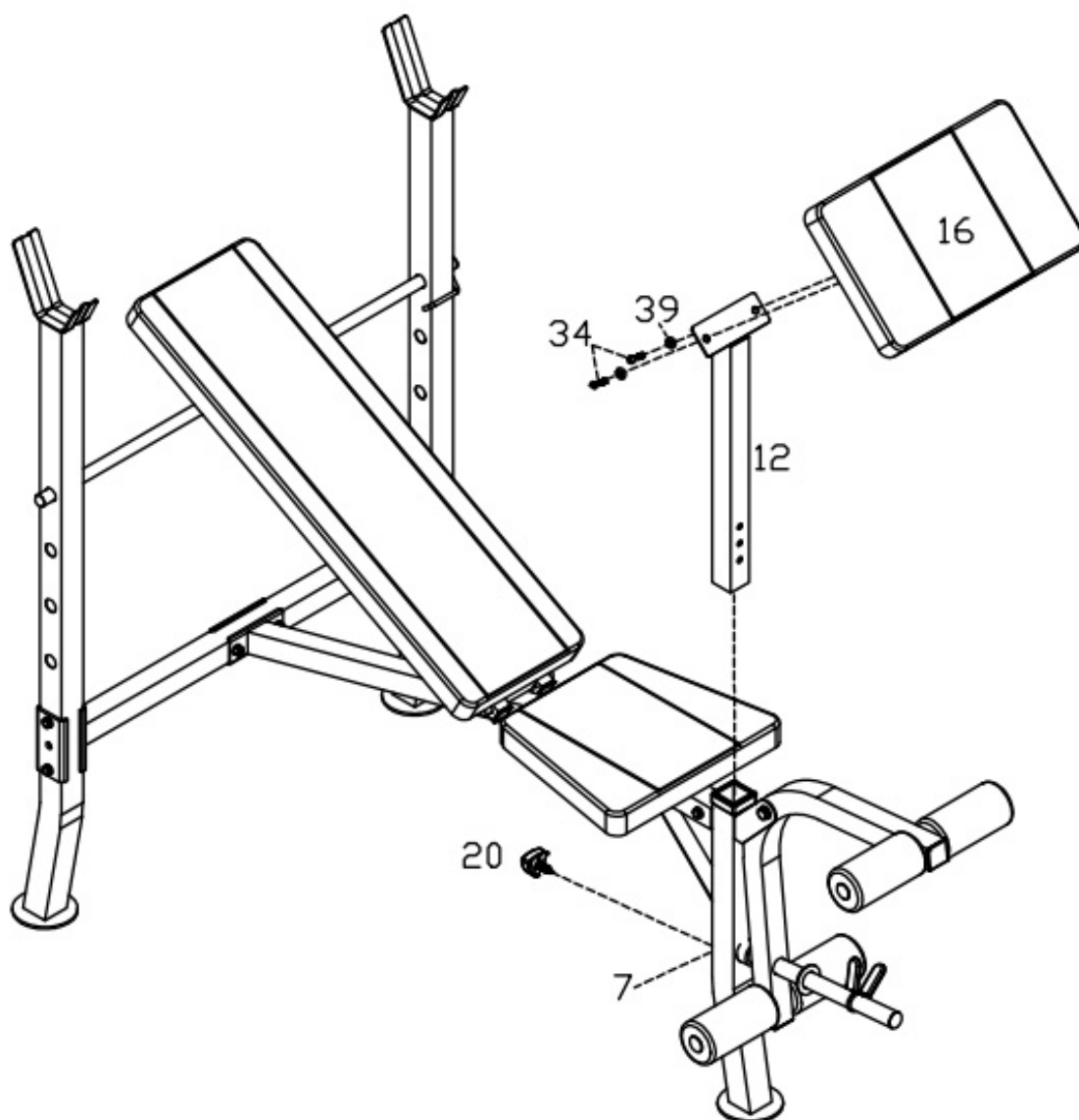
Step3.

1. Attach the Leg Lever (9) to the Front Standing Tube (7) with M10 x 65mm Hex Bolt (28), 2pcs M10 Washer (37) and 1pc M10 Locknut (40).
2. Attach the 2pcs Weight Tubes (10) to the Leg Lever (9), and then attach the 4pcs Foam (17) to the Weight Tubes (10) as shown.



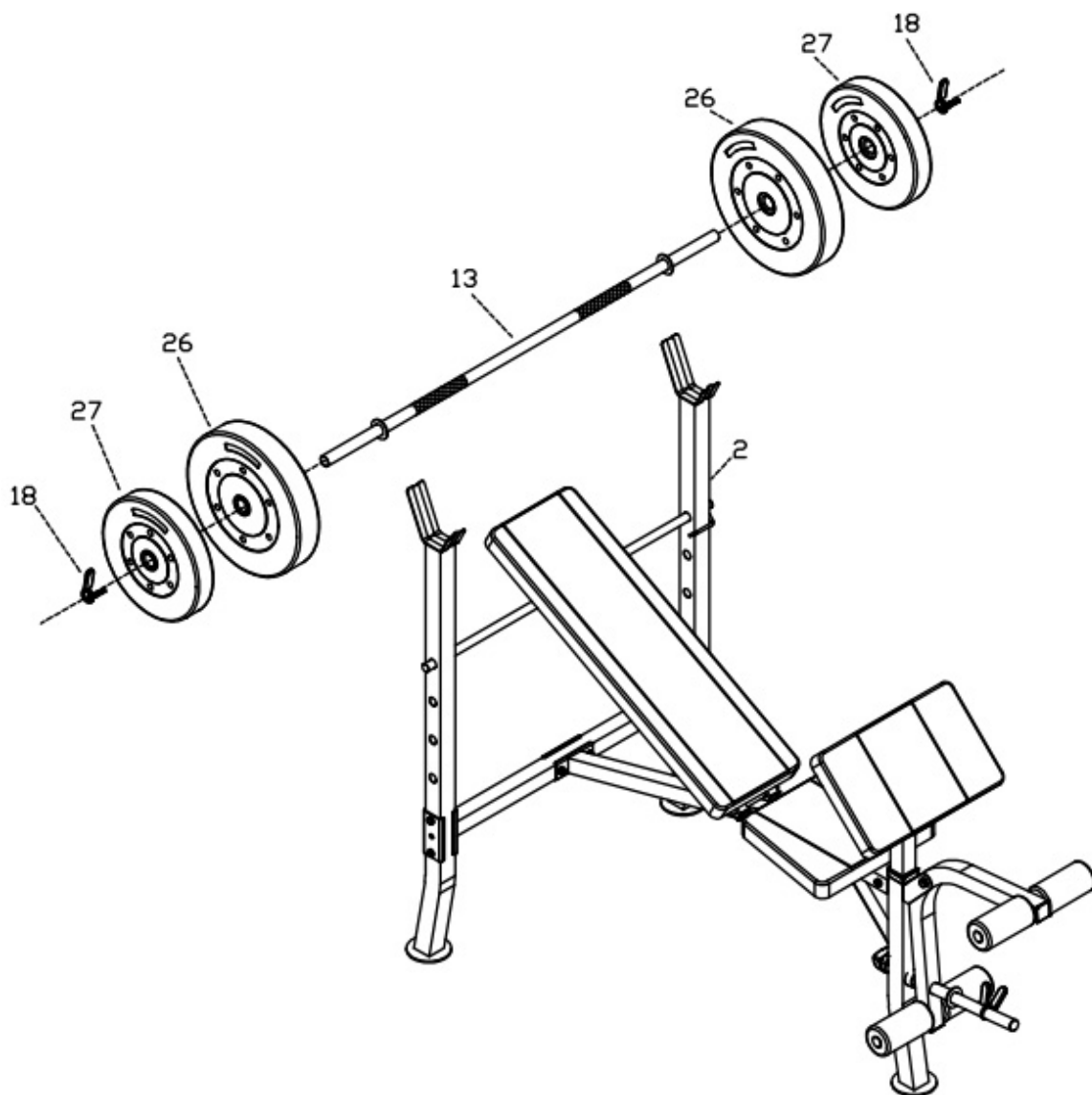
Step4.

1. Attach the 2pcs Backrest Tube (11) to the Main Frame (5) and attach the Backrest (14) to the Backrest Tube (11) with 4pcs M6 x 40mm Hex Bolt (33) and 4pcs M6 washer (39).
2. Attach the Seat (15) to the Main Frame (5) with 2pcs M6 x 16mm Hex Bolt (34), 1pc M6 x 55mm Hex Bolt (32) and M6 Washer (39).



Step5.

1. Attach the Arm Curl Pad (16) to the Anchor Tube (12) with 2pcs M6 x 16mm hex bolt (34) and 2pcs M6 washer (39).
2. Attach the Anchor Tube (12) to the Front Standing Tube (7) with M12 Triangle Knob (20) tightened.

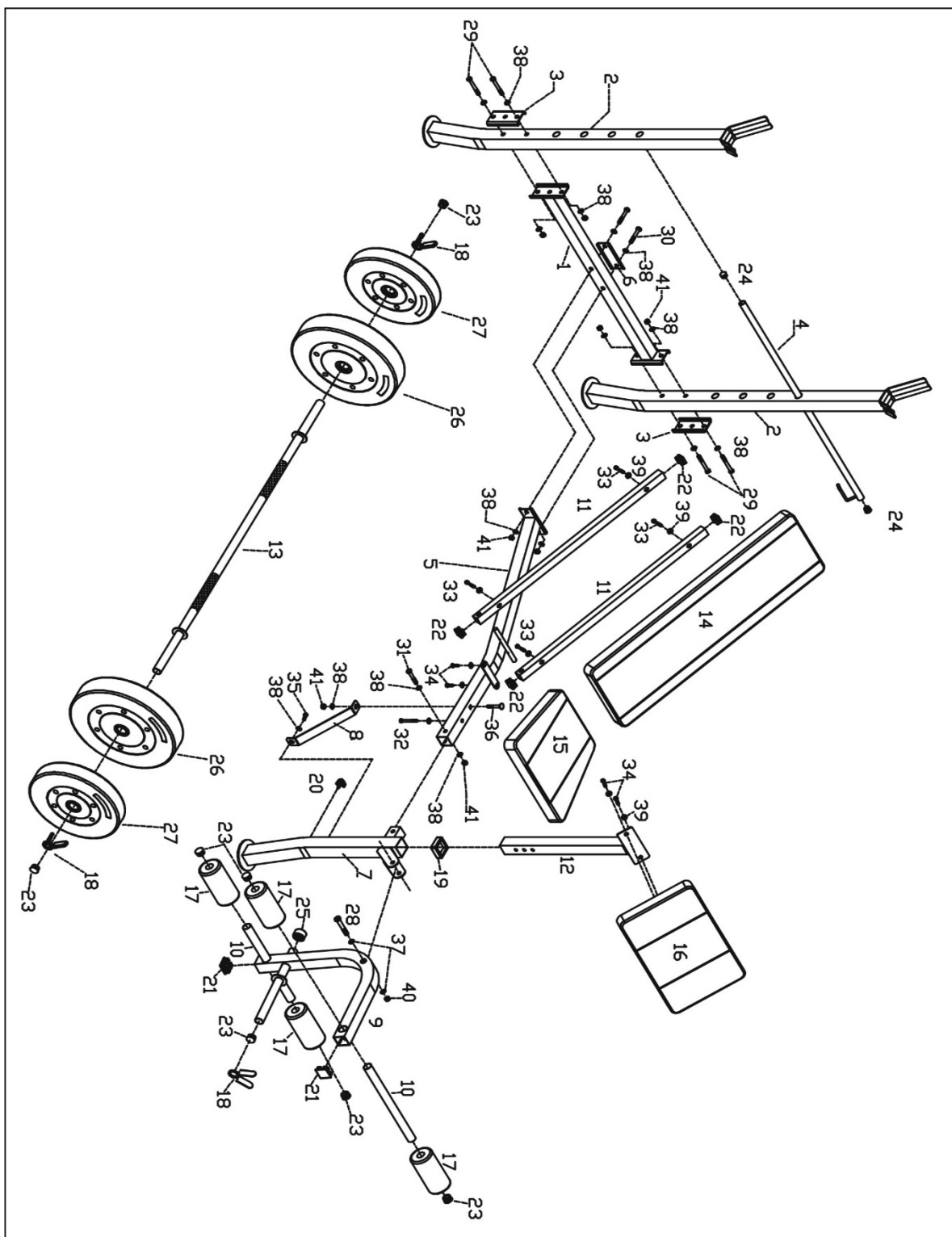


Step6.

1. Attach the 2pcs 25LBs Weight Plate (26) and 2pcs 15LBs Weight Plate (27) to the Weight Plate Barbell (13) as shown, then attach the Spring Collars (18) to the Weight Plate Barbell (13) as well.
2. Put the assembled barbell on the Rear Standing Tube (2).

NOTE: PLEASE TIGHTEN ALL SCREWS AFTER THE ASSEMBLY IS COMPLETE

EXPLODED VIEW DIAGRAM



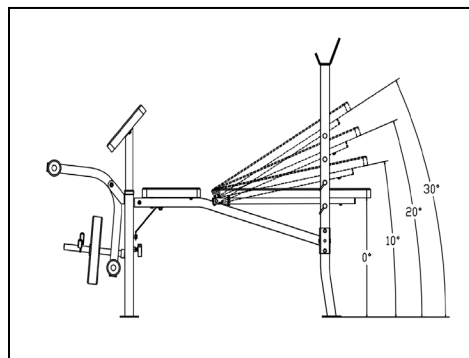
PARTS LIST

Key Number	Part Number	Part Description	Qty
1	9910001	Crossbar	1
2	9910002	Rear Standing Tube	2
3	9910003	45mm Plate	2
4	9910004	Backrest Support	1
5	9910005	Main Frame	1
6	9910006	38mm Plate	1
7	9910007	Front Standing Tube	1
8	9910008	Support Part	1
9	9910009	Leg Lever	1
10	9910010	Weight Tube	2
11	9910011	Backrest Tube	2
12	9910012	Anchor Tube	1
13	9910013	Weight Plate Barbell	1
14	9910014	Backrest	1
15	9910015	Seat	1
16	9910016	Arm Curl Pad	1
17	9910017	ø23 x 70 x 140mm Foam	4
18	9910018	ø25mm Spring Collars	3
19	9910019	45 x 45mm Square Cap	1
20	9910020	M12 Triangle Knob	1
21	9910021	38 x 38mm Square Cap	2
22	9910022	25 x 25mm Square Cap	4
23	9910023	ø25mm Round Cap	7
24	9910024	ø19mm Round Cap	2
25	9910025	ø25mm Round Outer Cap	1
26	9910026	25LBs weight plate	2
27	9910027	15LBs weight plate	2
28	9910028	M10 x 65mm Hex Bolt	1
29	9910029	M8 x 65mm Hex Bolt	4
30	9910030	M8 x 55mm Hex Bolt	2
31	9910031	M8 x 50mm Hex Bolt	1
32	9910032	M6 x 55mm Hex Bolt	1
33	9910033	M6 x 40mm Hex Bolt	4
34	9910034	M6 x 16mm Hex Bolt	4
35	9910035	M8 x 10mm Hex Bolt	1
36	9910036	M8 x 50mm Carriage Bolt	1
37	9910037	M10 Washer	2
38	9910038	M8 Washer	16
39	9910039	M6 Washer	9
40	9910040	M10 Locknut	1
41	9910041	M8 Locknut	8

ADJUSTMENTS

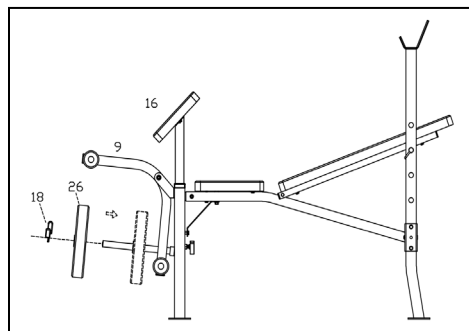
This section explains how to adjust the weight bench. See the EXERCISE for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST To adjust the position of the Backrest (14), lift the backrest and slide the backrest support tube (4) into the desired slot. Lower the backrest. Make sure that the Backrest support is secured.



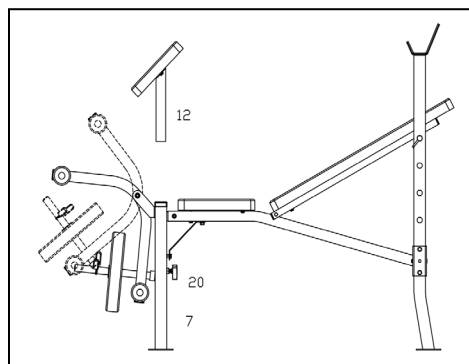
USING THE LEG LEVER

The Leg Lever (9) can be used with standard weights. To use the Leg Lever, slide a weight plate (not shown) onto the Weight Tube (10) and secure it with a 1" Weight Clip (18). Note: When using the Leg Lever, remove the Curl Bar (16).



REMOVING THE ARM CURL PAD

When performing exercises that do not require the Arm Curl Pad (16), pull the Triangle Knob (20) out of the Front Standing Tube (7) and remove the Anchor Tube (12). When attaching the Arm Curl Pad (16), secure the Triangle Knob (20) into the Front Standing Tube (7) in your desired height position.



EXERCISE GUIDELINES THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways: • by changing the amount of resistance used • by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.) The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows: • Plan strength training workouts on Monday, Wednesday, and Friday. • Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday. • Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate. The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs. **PERSONALIZING YOUR EXERCISE PROGRAM** Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles. The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath. 14 Rest for a short period of time after each set. The ideal resting periods follow: • Rest for three minutes after each set for a muscle building workout. • Rest for one minute after each set for a toning workout. • Rest for 30 seconds after each set for a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Make copies of the exercise logs found on pages 15 and 16. Use the logs to record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life

MUSCLE CHART A



Log Sheet

Date/Day: _____ Muscle Group(s): _____

Exercise	Weight	Reps	Reps	Reps	Notes

Date/Day: _____ Muscle Group(s): _____

Exercise	Weight	Reps	Reps	Reps	Notes

Date/Day: _____ Muscle Group(s): _____

Exercise	Weight	Reps	Reps	Reps	Notes

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 warmup 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 warmup 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 heartbeat 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.

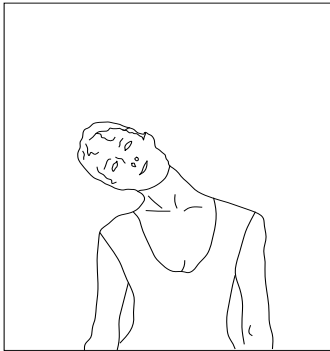
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute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

STRETCHING

Stretching should be included in both your warmup 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.

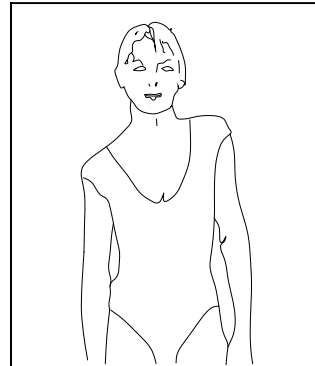
HEAD ROLLS

Rotate your head to the right for one count, feeling 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.



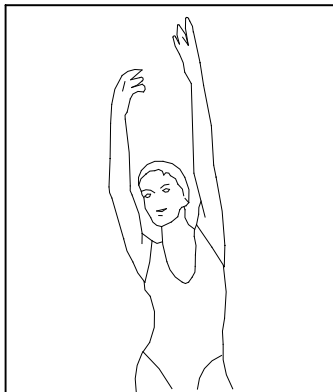
SHOULDER LIFTS

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



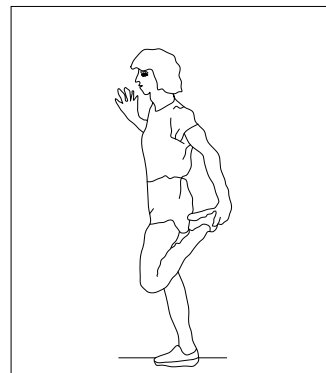
SIDE STRETCHES

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.



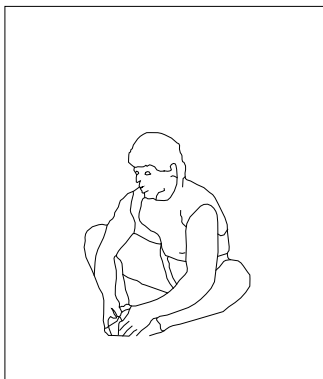
QUADRICEPS STRETCH

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.



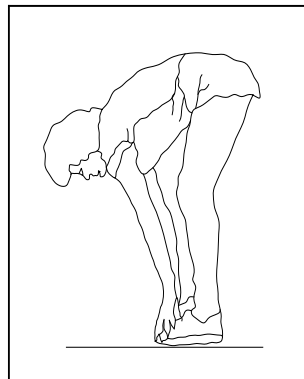
INNER THIGH STRETCH

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.



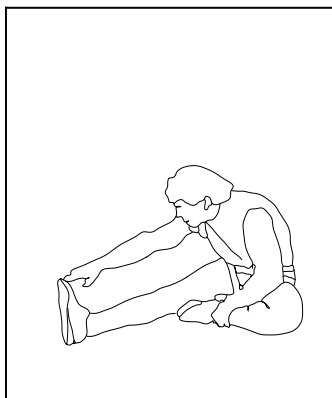
TOUCHES

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.



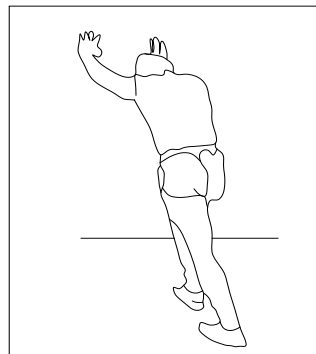
HAMSTRING STRETCHES

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