PACE MAKER PRO
OWNER'S MANUAL
MODEL#97320

LifeGear
Get active for life

The specifications of this product may vary from this photo, subject to change without notice.

PAGE OF CONTENTS

ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.
When ordering replacement parts please have the following information ready:

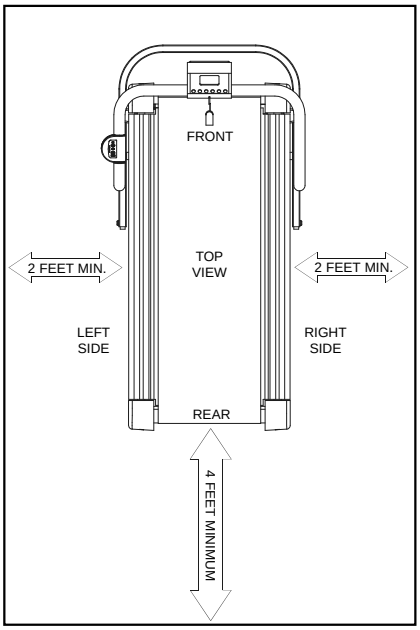
1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

IMPORTANT SAFETY INSTRUCTIONS

Observe the following prior to use of the treadmill:
DANGER: To reduce the risk of electric shock, please observe the following:
- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.
WARNING: *To reduce the risk of burns, fire, electric shock please observe the following:*

- Never leaves the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet.
- Never operate this treadmill if it has a damaged cord or plug is not working properly, if it has been dropped or damaged, or if it has been exposed to water.
- If the supply cord is damaged, it must be replaced by the manufacture, its service Agent or similarly qualified person in order to avoid a hazard.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
- Do not use outdoors.
- Do not operate where aerosol (spray can) products are being used or where oxygen is being administered.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Never operate the treadmill with the air openings blocked. Keep air openings free of lint, hair, and the like.
- Close supervision is necessary if this treadmill is used by, or near children, people with disabilities, or pets.
- Keep Dry-do not operates in a wet or moist condition. Save these instructions.
- Do not operate under a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to people.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with sides at least two feet from any wall. Be sure the area around the treadmill remains clear during use and has adequate clearance, see illustration below.



WARNING: Connect the treadmill to a properly grounded outlet only.

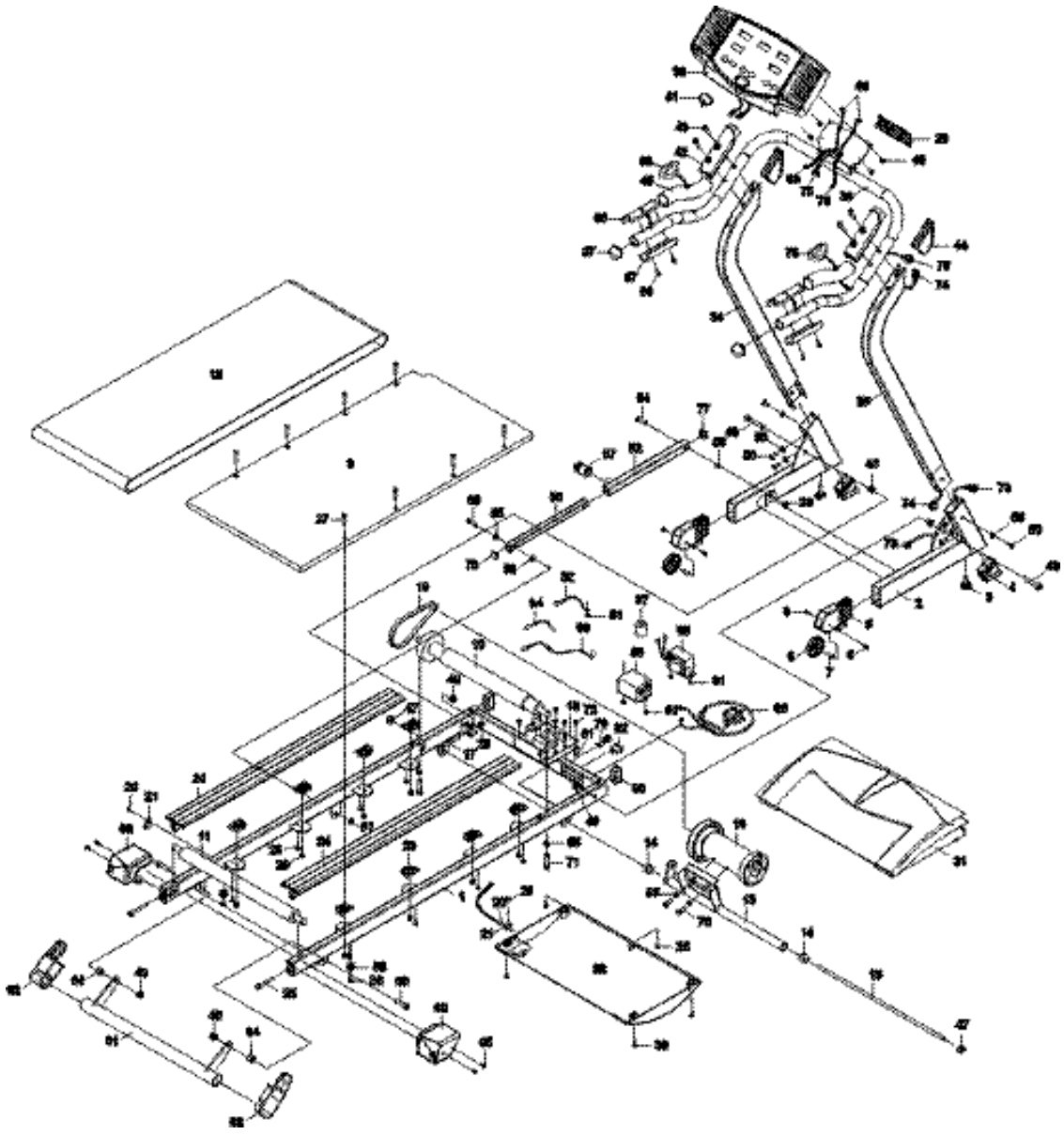
- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current - reducing the risk of electric shock. This treadmill is equipped with a cord having an equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: **Improper connection of the treadmill grounding connector can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.**

- This unit must be plugged into a nominal 230 volt 50/60 hz, which has a grounding.
- Keep hands clear of all moving parts. Never place hands, feet under the treadmill.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before each use, check that the running belt is aligned and centered on the treadmill bed and all visible fasteners on the treadmill are sufficiently tightened and secure.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE 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.
DO NOT OPERATE THIS EXERCISE EQUIPMENT WITHOUT PROPERLY FITTED GUARDS, AS THE MOVING PARTS CAN PRESENT A RISK OF SERIOUS INJURY TO YOUNG CHILDREN.
CAUTION: **Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.**

OVERVIEW DRAWING



PARTS LIST

Part #	Description	Quantity
1	Main Frame	1
2	Base Frame	1
3	Adjustable Pad	2
4	End Cap for #2	2
5	Move Wheel	2
6	Wheel	2
7	Rod for Move Wheel	2
8	Screw (M4*10)	4
9	Running Deck	1
10	Front Roller, Drive	1
11	Rear Roller, Tension	1
12	Running Belt	1
13	Motor Base	1
14	Bushing	2
15	Axis	1
16	Drive Motor	1
17	Bracket for Drive Motor	1
18	PCB Motor Controller	1
19	Drive Belt	1
20	Sensor	1
21	Bracket for Sensor	2
22	Switch, AC Power	1
23	Rubber Bumper	8
24	Side Rail	2
25	Bolt (M8*60)	2
26	Screw (M4*16)	13
27	Screw (M6*35)	8
28	Nut (M6)	8
29	Nut (M8)	2
30	End Cap (25*50)	2
31	Dust Cover, Up	1
32	Dust Cover, Lower	1

Part #	Description	Quantity
33	Screw (M4*60)	4
34	L-Handrail	1
35	R-Handrail	1
36	Handlebar	1
37	End Cap for Handlebar	2
38	Computer	1
39	Computer Bracket Cover	1
40	Bolt (M5*10)	4
41	Safety Magnet	1
42	Handlebar Adorner	2
43	Bolt (M8*50)	4
44	End Cap (30*60)	2
45	Foam Grip	2
46	Spacer	2
47	Cap Nut	2
48	Bolt (M10*60)	2
49	Nut (M10)	4
50	Bolt (M8*16)	6
51	Nut	1
52	Safety Tube A	1
53	Safety Tube B	1
54	Bolt (M8*40)	1
55	Spring Washer (M8)	11
56	Nylon Washer	2
57	Spring Knob	1
58	Foot Pad	2
59	L-Rear Cap	1
60	R-Rear Cap	1
61	Incline Beam	1
62	Cover for Incline Beam	2
63	Bolt (M10*40)	2
64	Bushing	2

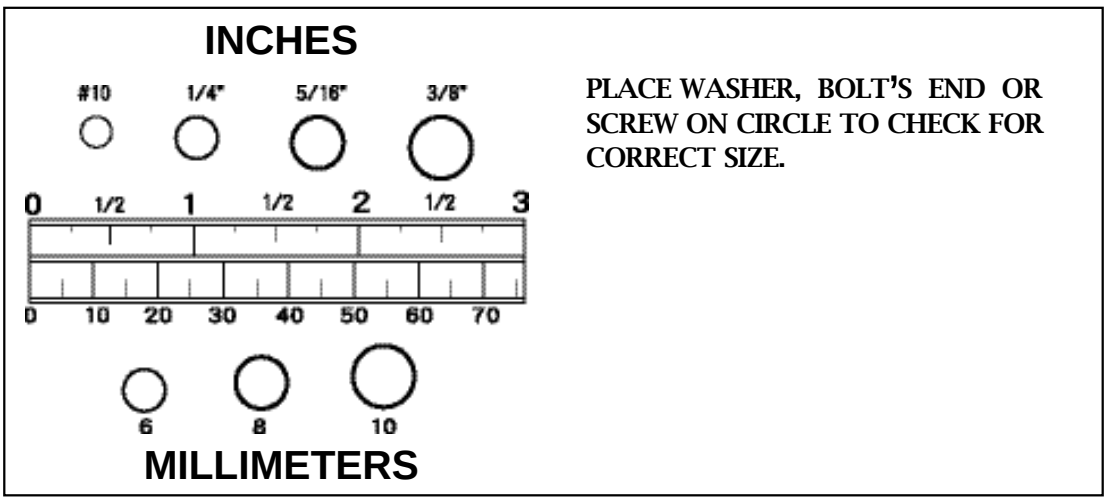
Part #	Description	Quantity
65	Tapping Screw (ST4*10)	4
66	Handpulse Cover-Upper W/Wire	2
67	Handpulse Cover-Lower	2
68	Screw (M3*20)	4
69	Bolt (M8*35)	1
70	Screw (M8*12)	2
71	Bolt (M8*45)	2
72	Screw (M4*12)	7
73	Sensor Cable I (850 mm.)	1
74	Sensor Cable II (1100 mm.)	1
75	Sensor Cable III (600 mm.)	1
76	Speed Button W/Wire	1
77	End Cap (□ 25)	1
78	End Cap (□ 20)	1
79	Fuse Box	1
80	Cable, Power Plug	1
81	Nylon Nut (M4)	7
82	Earth Lead	1
83	Cable Switch/PCB	1
84	Wire for Fuse Box	1
85	Inductance (34MH-40MH)	1
86	Wave Filter (06SS4-2DC1)	1
87	Ring for Cable Power	1
88	Mode Button w/Wire	1

HARDWARE PACKING LIST

Part #	Description	Quantity
43	Bolt (M8*50)	4
50	Bolt (M8*16)	6
55	Spring Washer (M8)	6

NOTE:

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.
2. Please find tools in the hardware pack to help you assemble this machine easier.



PLACE WASHER, BOLT'S END OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

THANK YOU

ASSEMBLY INSTRUCTIONS

Thank you for purchasing your new exercise product. This exercise machine will help you enjoy a lifetime of beneficial exercise providing a cardiovas-cular and muscle toning workout in the convenience of your own home.

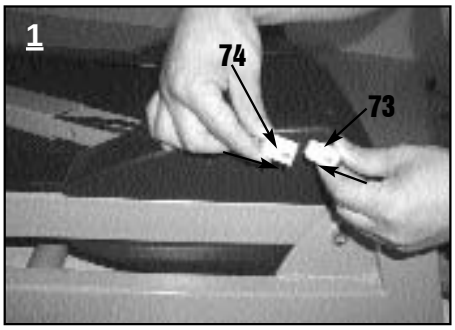
This manual is designed to help you easily assemble, adjust, and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instructions, please first study the overview drawing.

Set all parts in a clear area on the floor and remove the packing materials. Refer to the parts list for help to identify the parts. To assemble the machine, see the following pages.

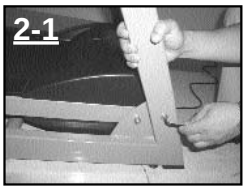
STEP 1&2

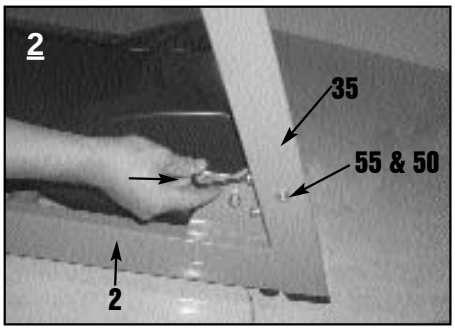
Install Handrails

1. Connect the Sensor Cable I (#73) and Sensor Cable II (#74).



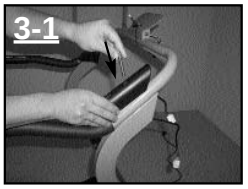
2. Fasten the R-Handrail (#35) to the Base Frame (#2) with three M8*16 Bolts (#50) and M8 Spring Washers (#55). Repeat this step to assemble L-Handrail (#34). Careful not to crimp,pinch or otherwise damage the cable and cable connections.

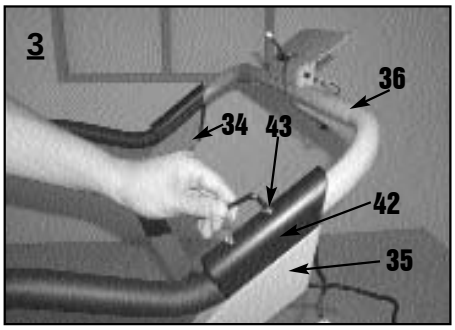




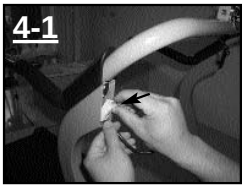
Install Handlebar

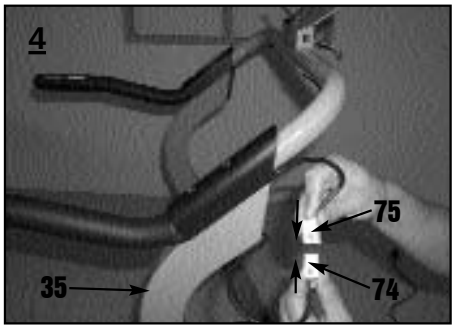
3. Attach the Handlebar (#36) to the top of the Handrails (#34 & #35) with two Handlebar Adorners (#42) and four M8*50 Bolts (#43).





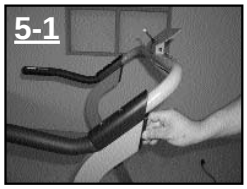
4. Connect the Sensor Cable II (#74) and Sensor Cable III (#75). Place the connection inside of R-Handrail (#35). Careful not to crimp, pinch or otherwise damage the cable and cable connections.

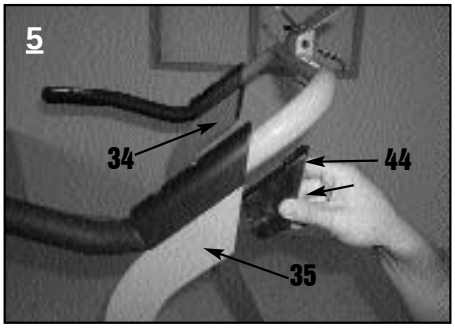




STEP 3&4

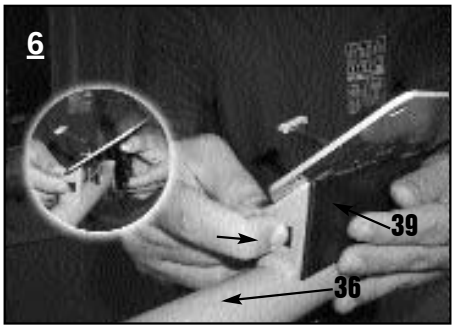
5. Insert the End Caps (#44) into the Handrails (#34 & #35).



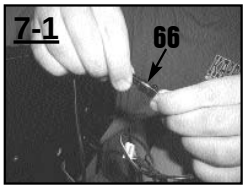


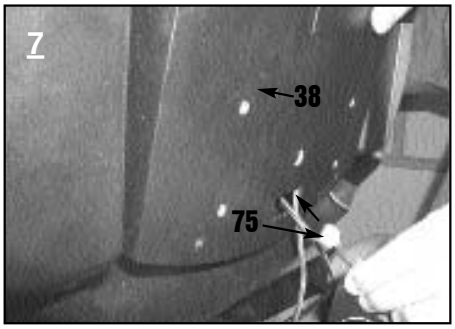
Install Computer

6. Remove the Computer Bracket Cover (#39).

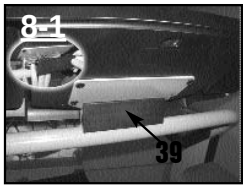


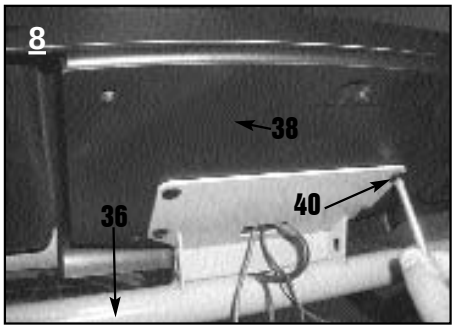
7. Connect the Handpulse Wires (#66), Speed Button Wire (#76), Mode Button Wire (88), and Sensor Cable III (#75) to the Computer (#38).





8. Assemble the Computer (#38) onto the bracket of the Handlebar (#36) with four M5*10 Bolts (#40). Place the wire connections inside the room of the Handlebar (#36) bracket and cover up the Computer Bracket Cover (#39).





OPERATION

CAUTION:
Before beginning a workout session ensure Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. Always begin the treadmill standing on the side rails-not on the running belt. Allow the treadmill to reach a speed of at least 0.8 km/h before walking on the running belt.

I: Operation in Quick Start Mode

Ensure this treadmill is plugged into a nominal 230 volt 50/60hz, which has a grounding plug.

Step 1: Power Up

- Press the Master Power Switch located at the front of the treadmill to ON position. The LCD console will immediately run a self diagnostic display. After that it will display current system status.

Step 2: Begin Workout

- Press the **ON** button then press UP button to increase running speed.
- As the running speed reaches 0.8 km/h you can start walking on the treadmill. To adjust the desired speed by pressing the UP or DOWN button to increase or decrease running speed.
- During exercise press **OFF** button to stop operation.

FOLDING UP AND SETTING DOWN THE TREADMILL

Folding Up the Treadmill

Place one hand on the rear end of deck and the other hand to pull the Spring Knob, then lift the deck up from the rear of treadmill until the Spring Knob "pops" down into the locked position. (See diagrams A and B.) Check the Spring Knob is "pop" down into the locked position before moving the treadmill.

Setting Down the Treadmill

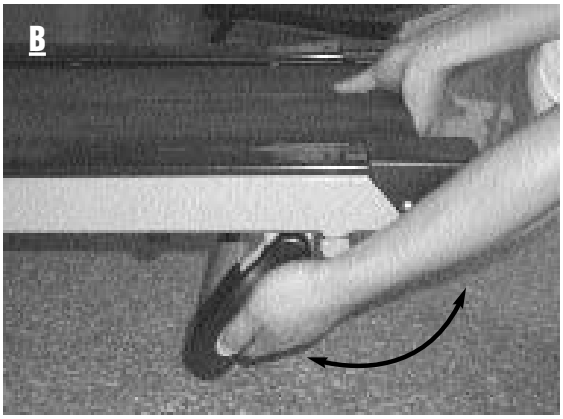
Place one hand on the rear end of deck and the other hand to pull the Spring Knob, then lower the deck down from the rear of treadmill until the Spring Knob "pops" down into the locked position. (See diagram C.)

TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

MANUAL INCLINE ADJUSTMENT

Incline adjustment

Place one hand on the rear end of deck. Lift up the rear end of deck and then pull the Incline Beam to a higher or lower position. Please refer to the diagrams A, B and C.



CONSOLE OPERATION

BUTTON FUNCTIONS

ON PRESS ON BUTTON AND THEN PRESS UP BUTTON TO HAVE THE TREADMILL RUNNING.

OFF TO OFF THE TREADMILL RUNNING.

MODE TO SELECT EACH FUNCTION (TIME, DISTANCE, or CALORIE) FOR TARGET PRESETTING.

SET TO SET EACH FUNCTION (TIME, DISTANCE, or CALORIE) FOR TARGET PRESETTING.

UP SPEED UP ADJUSTMENT DURING EXERCISE.

DOWN SPEED DOWN ADJUSTMENT DURING EXERCISE.

COMPUTER FUNCTIONS

TIME ACCUMULATES TOTAL RUNNING TIME UP TO 99:59.

SPEED DISPLAYS CURRENT RUNNING SPEED FROM THE MINIMUM 0.8KPH TO THE MAX.12 KPH.

DISTANCE ACCUMULATES TOTAL RUNNING DISTANCE UP TO 99.99KM.

CALORIE ACCUMULATES CALORIES CONSUPMTION DURING EXERCISE. *(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT).*

PULSE THE MONITOR WILL DISPLAY YOUR CURRENT HEART RATE IN 5 SECONDS AFTER HOLD ON GRIPS WITH BOTH HANDS DURING EXERCISE. TO HAVE THE HEART RATE FIGURES MORE ACCURATE AND STEADY, WE WOULD SUGGEST YOU TO HOLD BOTH HANDS ON GRIPS TO INSTEAD OF ONE HAND ONLY.

NOTE

THE MONITOR WILL STAND-BY FOR 4 MINUTES IF YOU STOP RUNNING OR PRESSING ANY BUTTON. AFTER 4 MINUTES, ALL DISPLAYS WILL SHUT OFF AUTOMATICALLY.

COMPUTER OPERATION

1. AFTER AC POWER ON, THE TREADMILL IS STOPPED. PLEASE MAKE SURE THE SAFE-KEY IS INSTALL ONTO THE CONSOLE BEFORE THE TREADMILL RUNNING. IT IS FOR SAFE REASON CONSIDERATION.
2. PRESS THE BUTTON "ON", THEN PRESS "UP" TO HAVE THE TREADMILL RUNNING.
3. YOU MAY ADJUST RUNNING SPEED BY PRESSING THE BUTTONS: UP or DOWN. UPFORWARD ADJUSTING - EACH SHORT PRESSING TO HAVE SPEED UP WITH PRESET MINIMUM INCREMENT SLOWLY, OR HOLD ON PRESSING TO ACCELERATE ADJUSTMENT. BACKWARD ADJUSTING - EACH SHORT PRESSING TO HAVE SPEED DOWN WITH PRESET MINIMUM DECREMENT SLOWLY, OR HOLD ON PRESSING TO ACCELERATE ADJUSTMENT DOWN TO MINIMUM SPEED.
4. WHEN YOU WOULD LIKE TO STOP THE TREADMILL RUNNING, YOU MAY PRESS "OFF" BUTTON OR YOU MAY ALSO PULL UP THE SAFE-KEY TO STOP.

Error codes description
The error codes "E1" or "E2" display on the electronic console which indicate the malfunction of the motor controller during workout session and will have a series of continuous audible "beeps" from the electronic console.

ERROR CODE	DESCRIPTION
E1	Speed error (The treadmill running speed is 3.2 kph faster than the displayed speed). The treadmill will stop immediately when the console detects this error.
E2	Speed error (The treadmill running speed is 3.2 kph slower than the displayed speed). The treadmill will stop 16 seconds later after the console detects this error.

Troubleshooting / Resetting error codes
In the rare event of the treadmill displaying an error code ("E" followed by a number), simply reset the computer by:
1. Step off the treadmill. Ensure that you are clear of the running belt.
2. Turn the treadmill off at the master power switch located near the motor housing.

WARNING: Ensure nothing is positioned near or under running belt which may possibly block it's normal operation.

3. Turn the treadmill on at the master power switch.
4. Ensure that the Safety Tether Key is securely and properly installed onto the console or just reinstalling the Safety Tether Key can also reset the display.
   If the above does not clear the error code, please contact the nearest Dealer/Service Center.

USING YOUR TREADMILL

Observe the following to get the most from using and interacting with your treadmill:

- Always stretch your muscles prior to and following any exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Before completing an exercise session, slow your pace gradually to an easy walk, allowing your heart rate to decrease to normal.
- When starting the treadmill, always stand with both feet on the side landing areas. When finished allow the running belt to slow and come to a complete stop before stepping off.
- Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- Wear comfortable, nonrestrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, neckties, loose socks; or jewelry. Never drape towels on or around the treadmill during use.
- This treadmill is equipped with a safety tether key. Always clip the cord attached to the safety tether key to a part of your clothing so the key will properly detach from the computer console, therefore stopping the treadmill, as necessary.
- Wear running or walking shoes with high-traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

CAUTION: If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop immediately. Consult a physician before continuing.

Before completing an exercise session always:

- Allow time to slow your pace, cool down, reducing your heart rate to a normal level before completing your workout.
- Grasp the handlebars and press the DOWN button; Slow your pace to an easy walk.
- Ensure the running belt has come to a complete stop before exiting the treadmill.

At the end of every exercise session always:

- Remove the Safety Tether Key from the Computer Console.
- Use the main power switch to turn the treadmill off. The main power switch is located at the front of the treadmill next to the electrical cord.
- Always position and store the electrical cord where it is clear from all pathways.
- Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
- Wipe all treadmill surfaces with a dry cloth or towel-especially perspiration on the handlebars, control panel, running belt or other treadmill components.

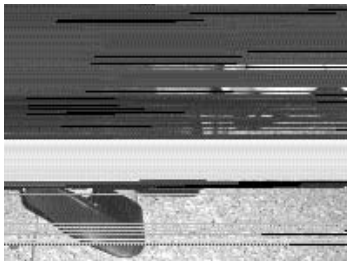
CAUTION: Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.
Note: Failure to perform the required periodic and preventative maintenance can void your warranty.

LUBRICATION AND RUNNING BELT ADJUSTMENT

Lubrication

The treadmills have already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances.
To maintain the running belt, we have included a small bottle of "Silicone Oil". "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.
Attention: Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other oil ingredient; otherwise the treadmill will bedamaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**

Running Belt Adjustment:



The running belt is adjusted at the factory; it may come loose during transportation and from use. After prolong use of running, the belt will stretch out. If the running belt is shifting to the left, turn on the main power switch of treadmill and let the running belt run at the speed of 2~3 km/h. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered. If the running belt is shifting to the right, turn on the main power switch of treadmill and let the running belt run at the speed of 2~3 km/h. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered. If the running belt is slipping during use, turn off and unplugged the treadmill. Using the hex key provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same distance, turn on the main power switch of treadmill and let the running belt run at the speed of 2~3 km/h. You should now walk on to the running belt to determine if the running belt is still slipping. Repeat the above procedure until the running belt is not slipping.

FITNESS TIPS

Consult Your Physician

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising. Please keep all children away from the equipment during use and when equipment is unattended.

Dress Comfortably

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercise.

Check Your Equipment

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment in order to keep it in good condition.

Begin at Your Fitness Level

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you'll have to work to stay in your target zone. But remember these essentials;

Contact your physician before starting a workout or training program. Have him review your training and diet programs to advise you on a workout routine you should adapt.

Begin your training program slowly with realistic goals that have been set by you and your physician. Supplement your program with some type of aerobic exercise such as: Walking, Jogging, Swimming, Dancing, and Bike Riding.

Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

Drink plenty of fluids during the course of your routine. You must replace the water content that you have lost from excessive exercising to avoid dehydration. Fluids should be room temperature when consumed. Avoid drinking large amounts of cold liquids.

Check Your Pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

EXERCISING IN YOUR TARGET ZONE

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone", a range of beats per minute that is largely determined by our age and physical condition. To determine your target zone, consult the chart we provide.

Age	Target HR Zone 50-75% (Beats Per Minute)	Average Maximum Heart Rate 100%
20 years	100-150	200
25 years	98-146	195
30 years	95-142	190
35 years	93-138	185
40 years	90-135	180
45 years	88-131	175
50 years	85-127	170
55 years	83-123	165
60 years	80-120	160
65 years	78-116	155
70 years	75-113	150

WARMING COOL DOWN

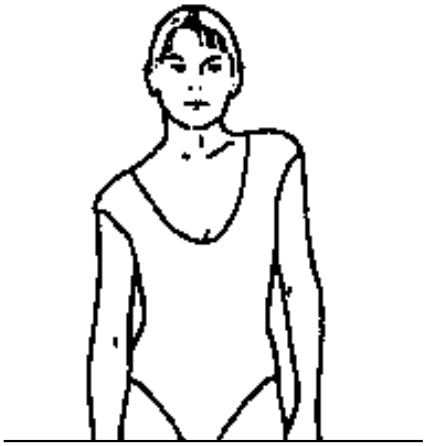
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or preferably three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

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 & QUADRACEP STRETCHES

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 & TOE STRETCH

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 toward the floor. Hold for 15 counts.

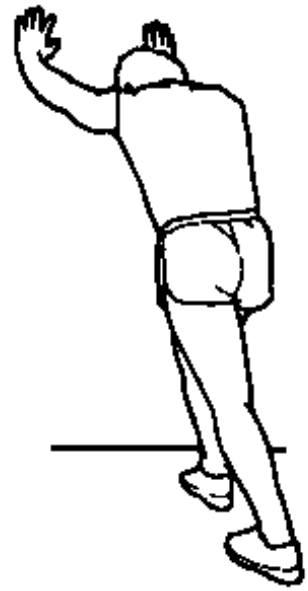
Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

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



AEROBIC EXERCISE & WEIGHT

Aerobic Exercise

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs - your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscles - arms, legs, or buttocks, for example . Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always, consult your physician before beginning any exercise program.