

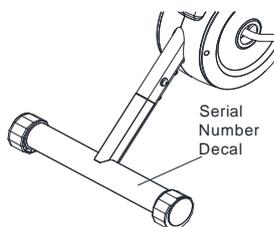
OWNER'S MANUAL

Model No.
16116738

Upright Cycle

 **CAUTION:**

You must read and understand this owner's manual before operating unit. Keep this manual for future reference.



UPRIGHT CYCLE

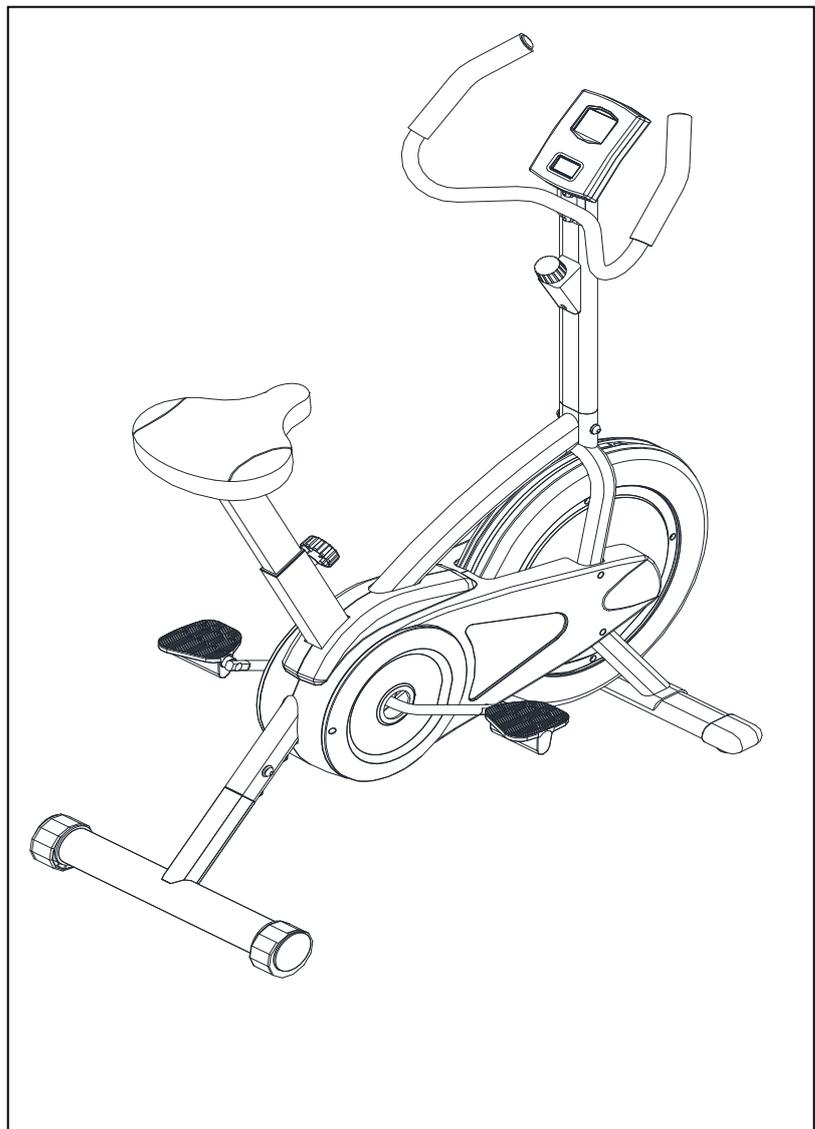


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Manufacture's One-Year Limited Warranty

Your Advantage Cycle is warranted for one year from the date of purchase against defects in material when used for the purpose intended, under normal conditions and provided it receives proper care. Any part found defective or missing will be sent at no cost when returned in accordance with the terms of this warranty.

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to 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 cycle shown in figure can be ordered from Dyaco Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0B3. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

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

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 warnings posted on the exercise cycle and follow it carefully before using your cycle.
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. Review all warnings labels that affixed to the cycle. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use. Functional and visual inspection of the equipment shall be made after assembling your cycle
4. The cycle 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. Set up and operate the exercise bicycle on a solid level surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. 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.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your cycle.
12. Care should be taken in the mounting or dismounting of the exercise cycle. Always hold the handlebars when mounting, dismounting or using the cycle. When you stop exercising, allow pedals to slowly come to a complete stop before dismounting.
13. User weight should not exceed 250 lbs.
14. Tie all long hair back.
15. Remove all personal jewelry before exercising.
16. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
17. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor



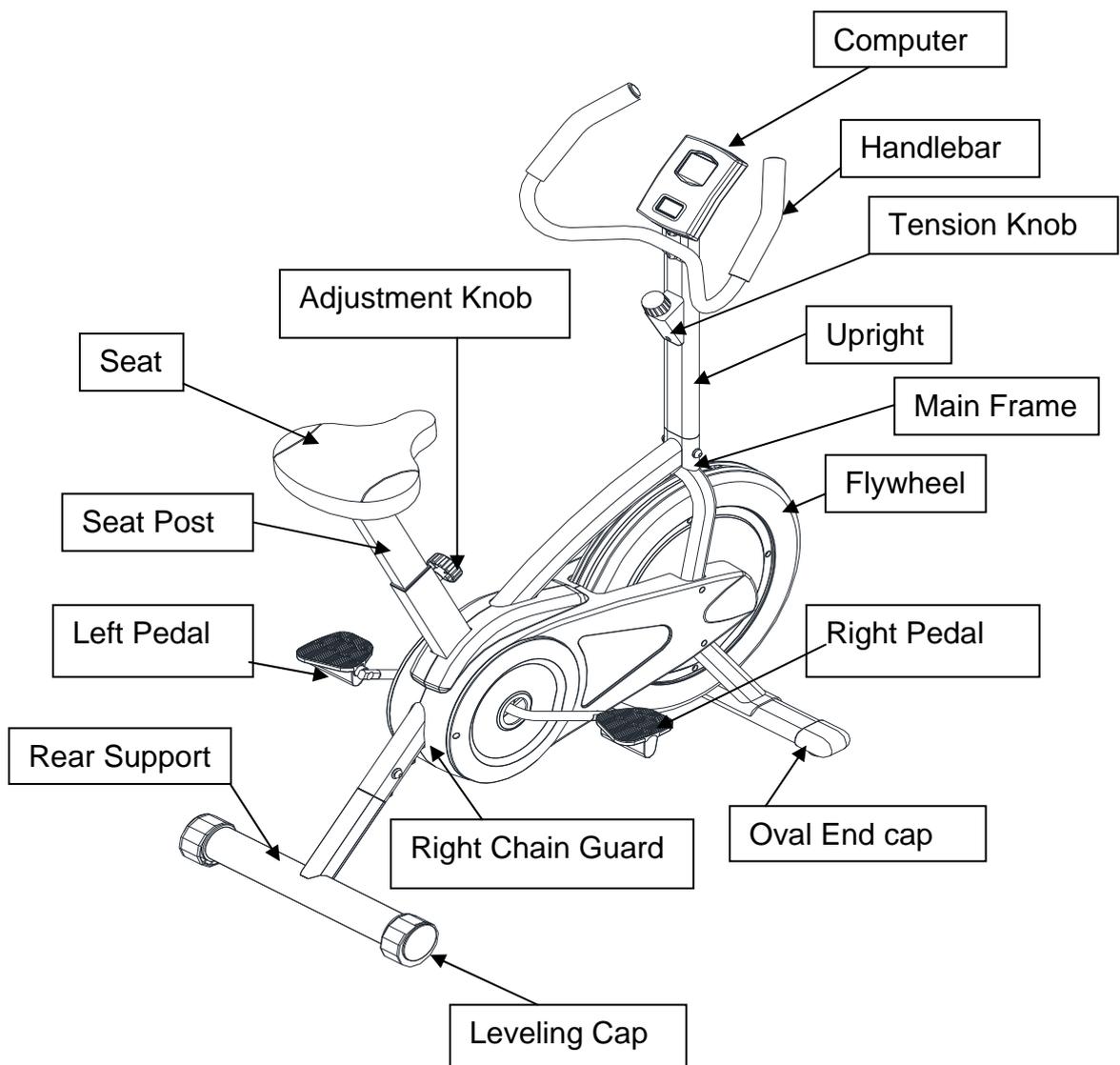
WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage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

SAVE THESE INSTRUCTIONS

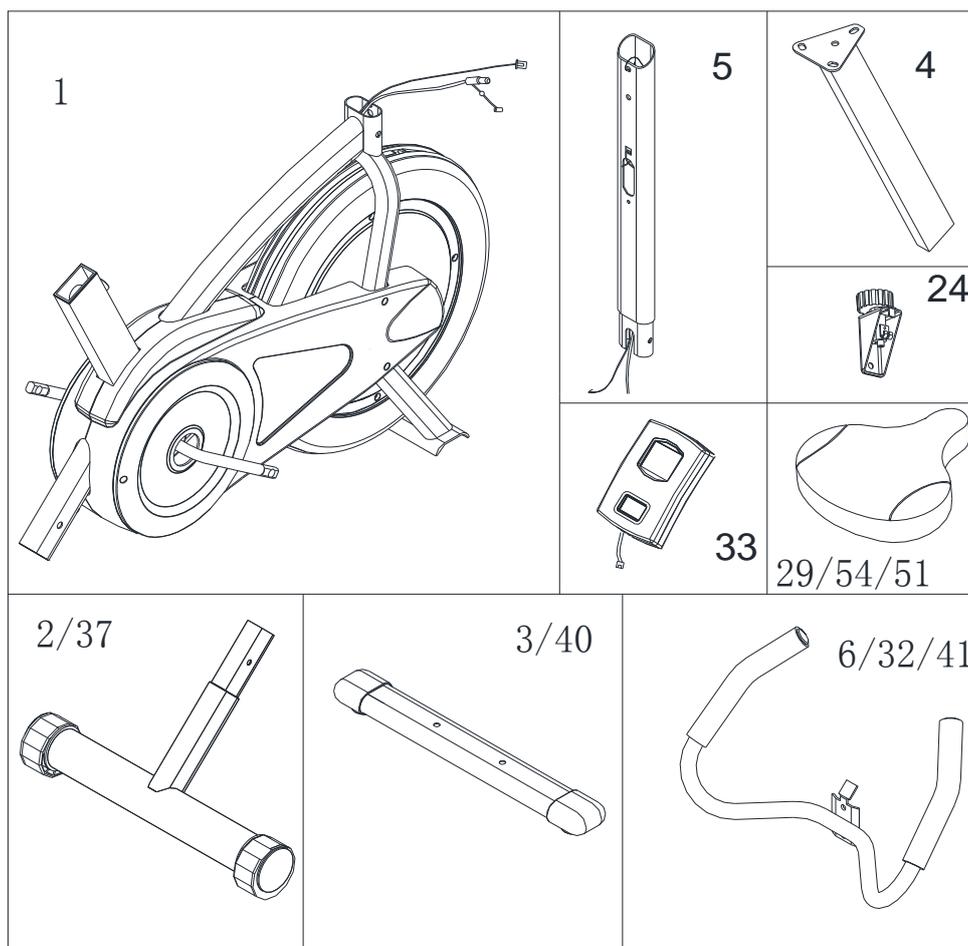
BEFORE YOU BEGIN

Thank you for selecting the revolutionary Advantage exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. 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 front cover of this manual. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below

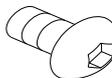
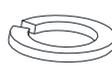
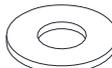
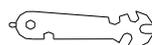


PRE-ASSEMBLY CHECK LIST



NO.	DESCRIPTION	QTY
1	Main frame	1
3/40	Front stabilizer w/oval endcap	1
2/37	Rear support w/leveling caps	1
5	Upright w/ two straps	1
4	Seat post	1
6/32/41	Handlebar w/form grip, round plug	1
29/54/51	Seat w/washer, nylock nut	1
33	Computer	1
24	Tension knob	1

HARDWARE PACKING LIST

No.	Description	Q'ty	Drawing	
45	Screw, Flat Head (M5 x 0.8 x 15mm)	1		
46	Bolt, Button Head (M8 x 1.25 x 15mm)	10		
47	Bolt, Flat Head (M8 x 1.25 x 40mm)	2		
52	Lock Washer (M8)	10		
53	Arc Washer (M8)	4		
54	Washer (M8)	6		
27	Left pedal	1		
28	Right pedal	1		
31	Adjustment knob	1		
56	Universal wrench	1		
57	Allen wrench	1		

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

ASSEMBLY INSTRUCTION

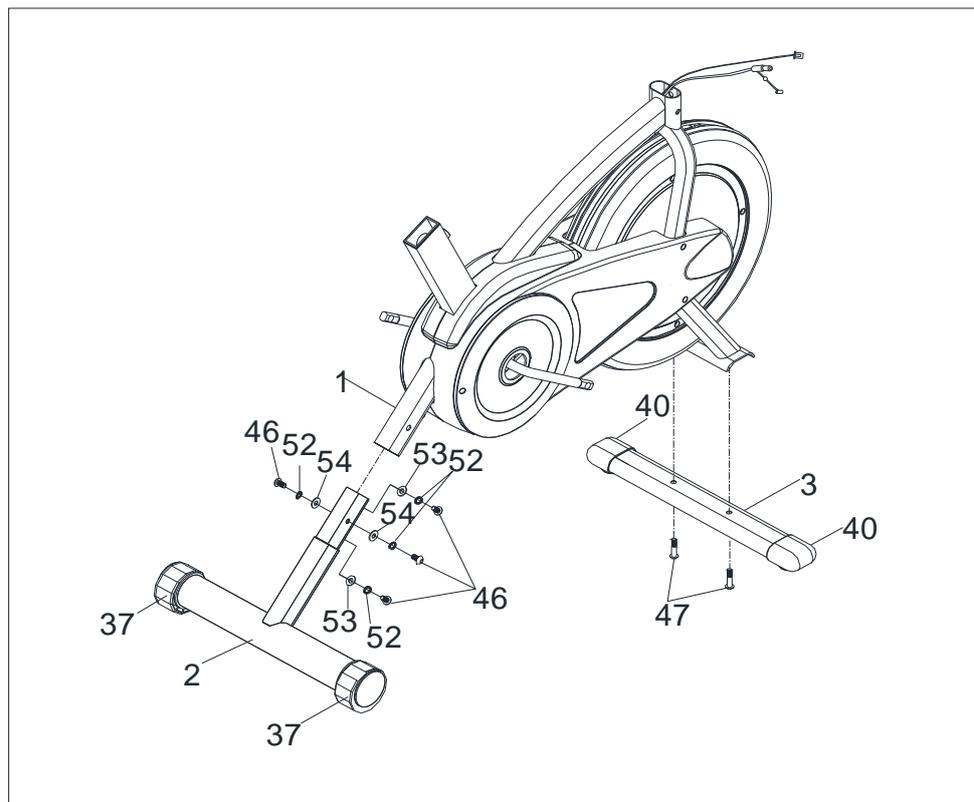
This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts. It will take two people to assemble your unit.

Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.

STEP 1 ATTACH THE STABILIZERS

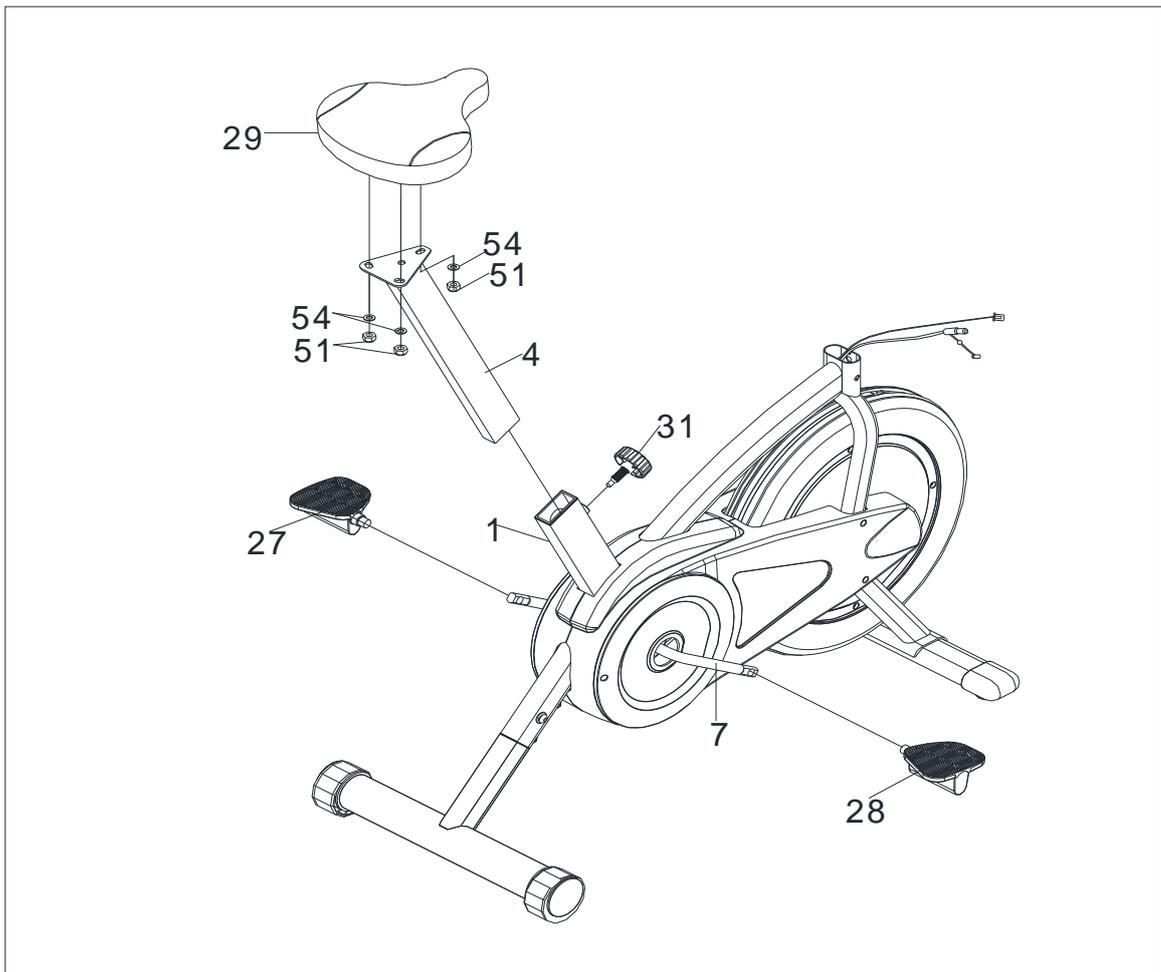
1. Insert the rear support (2) into the main frame (1) and tighten securely with the button head bolts (M8x1.25x15mm)(46), lock washers (M8)(52), arc washers (M8)(53), and washers (M8)(54).
 2. Attach the front stabilizer (3) to the main frame (1) with the flat head bolts (M8x1.25x40mm)(47).
- NOTE:** You can adjust the leveling caps (37) on the rear support (2) to keep the bike stable.



STEP 2 ATTACH THE SEAT POST, SEAT AND PEDAL

1. The right pedal (28) has R stamped on the end of the pedal shaft. The right pedal (28) has right hand threads and is tightened by turning clockwise. The left pedal (27) has L stamped on the end of the pedal shaft. The left pedal (27) has left hand threads and is tightened by turning counter clockwise. Thread the right pedal (28) into the right side of the crank (7) as shown. Tighten the pedal securely.
2. Do the same to attach the left pedal (27) to the left side of the crank (7).
3. Attach the seat (29) to the seat post (4) with nylock nuts (M8x1.25)(51) and washers (M8)(54). Insert the seat post (4) into the main frame (1) and secure with the adjustment knob (31).

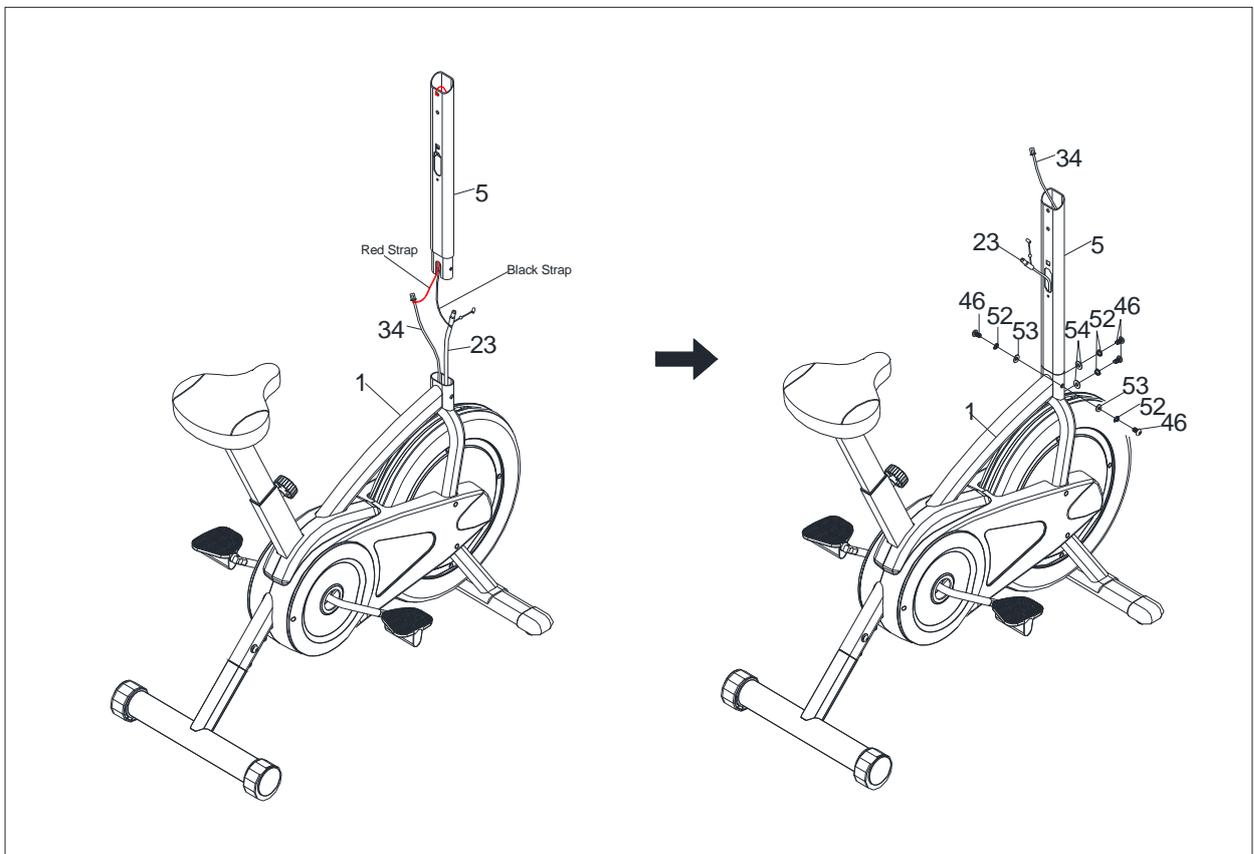
NOTE: The adjustment knob (31) should be screwed in tight to ensure that the seat post (4) fits securely into the main frame (1).



STEP 3 ATTACH THE UPRIGHT

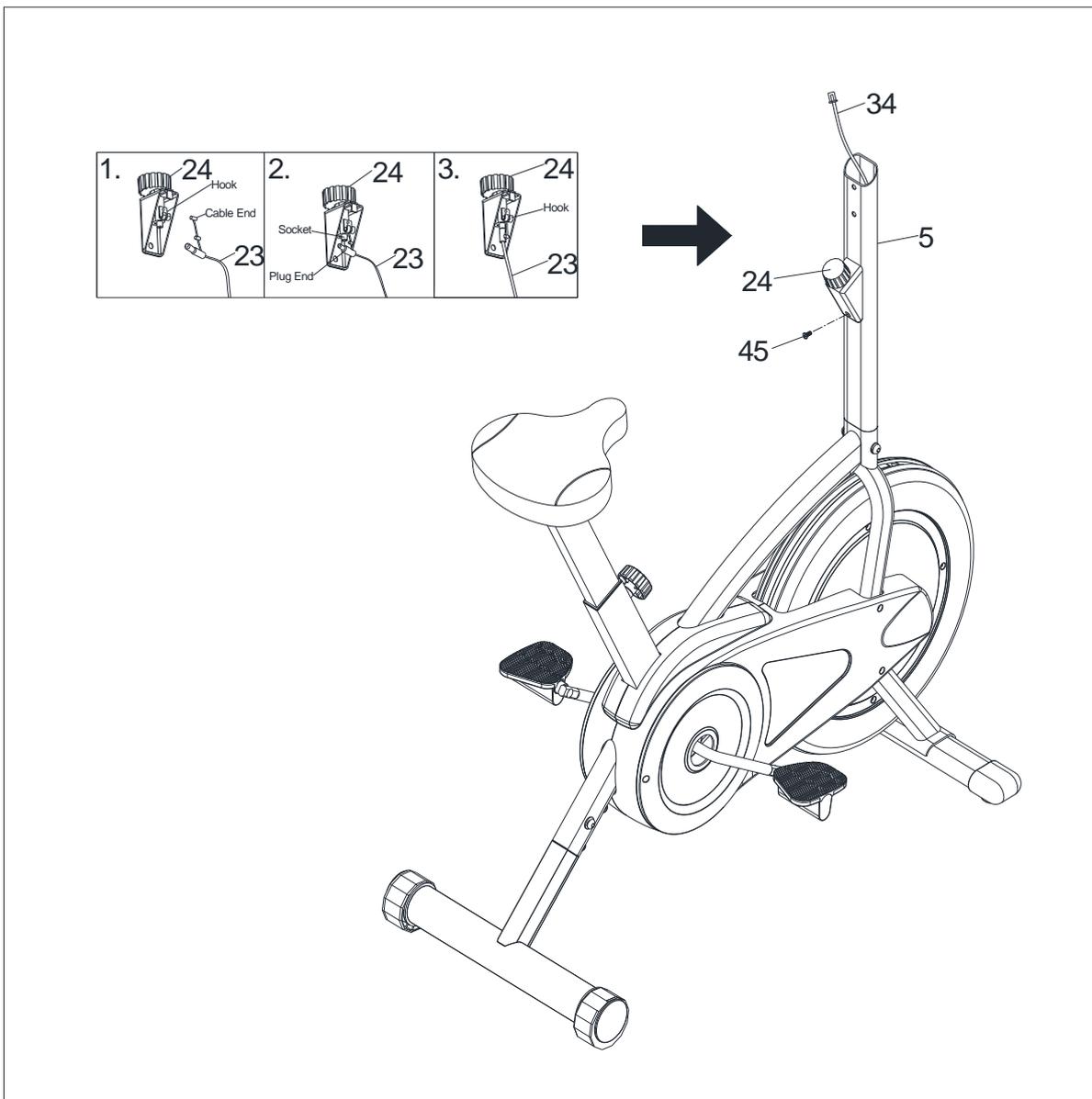
1. There is a red strap and a black strap attached inside the upright (5). These straps are to assist in pulling the sensor wire (34) and the tension cable (23) through the upright (5).
2. Pull the straps from their top ends to pull the sensor wire (34) through to extend out of the top of the upright (5), and pull the tension cable (23) through and extend out from the square hole at the side of the upright (5) as shown in the illustration below.
3. Insert the upright (5) into the main frame (1) and tighten securely with button head bolts (M8x1.25x15mm)(46), lock washers (M8)(52), arc washers (M8)(53), and washers (M8)(54).

NOTE: Don't remove the straps from the sensor wire (34) and the tension cable (23) until instructed to do so in later assembly steps.



STEP 4 ATTACH **THE** TENSION KNOB

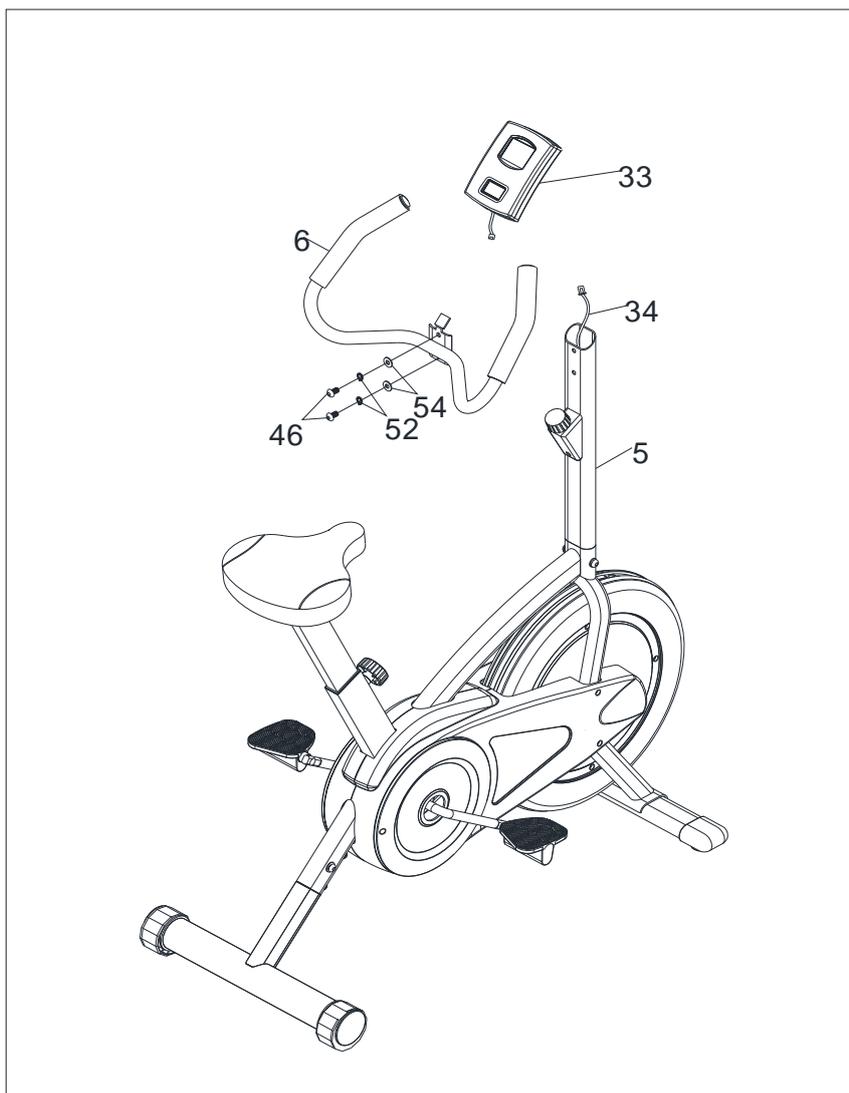
1. Refer to illustration 1 below. Turn the tension knob (24) counterclockwise as far as it can go, so the hook moves down to the lowest position. Remove the black strap from the tension cable (23).
2. Connect the cable end of the tension cable (23) into the HOOK on the tension knob (24) as shown in the illustration
3. Pull firmly on the tension cable (23) so that enough cable is available to insert its PLUG END into the SOCKET of the tension knob (24). The tension knob (24) and the tension cable (23) should look as shown in illustration 3. Adjust the tension knob (24) and verify that the HOOK moves when the tension knob (24) is adjusted.
4. Hook the tension knob (24) into the square hole on the upright (5) and secure with flat Head screw (M5x0.8x15mm)(45).



STEP 5 ATTACH THE HANDLEBAR & COMPUTER

1. Attach the handlebar (6) to the upright (5) with button head bolts (M8x1.25x15mm)(46), lock washers (M8)(52), and washers (M8)(54).
2. Install **one AAA** batteries into the computer (33). See page 12 for detailed battery installation instructions. Remove the red strap from the sensor wire (34). Plug the sensor wire (34) into the **computer** (33), and push the excess wire back into the upright (5). Slide the **computer** (33) onto the plate on the handlebar (6).

NOTE: Be careful not to damage the wires when sliding the **computer** (33).



NOW FIRMLY TIGHTEN ALL NUTS AND BOLTS
YOUR UNIT IS NOW FULLY ASSEMBLED

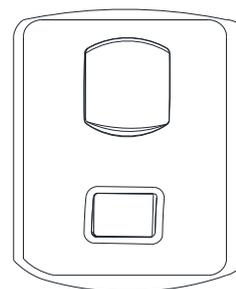
Your cycle is equipped with adjustable end caps.
If the unit is wobbly, please turn the leveling caps on
the rear stabilizer to level the unit.

COMPUTER INSTRUCTIONS

USING THE ELECTRONIC COMPUTER

POWER ON : Pedal movement or press the **MODE** button.

POWER OFF : Automatic shut off after four minutes of inactivity.



FUNCTION BUTTON:

Press and release to select functions.

Press and hold for three seconds to reset all functions to zero.

FUNCTIONS:

SCAN: Automatically scans **TIME, SPEED, DISTANCE,** and **CALORIES** in sequence with a change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on the display.

TIME: Displays your elapsed workout time from one second up to 99:59 minutes

SPEED: Displays the current speed up to 99.9 miles per hour.

DISTANCE: Displays the cumulative distance traveled during your workout up to 99.99 miles.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

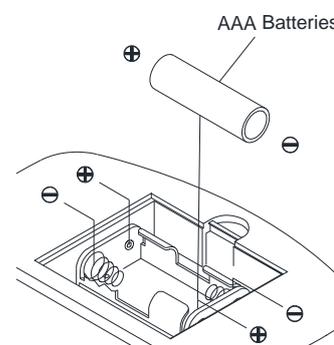
NOTE: The computer will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the computer.
2. The computer operates with **one AAA** batteries, not included.
Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



USER DIRECTION

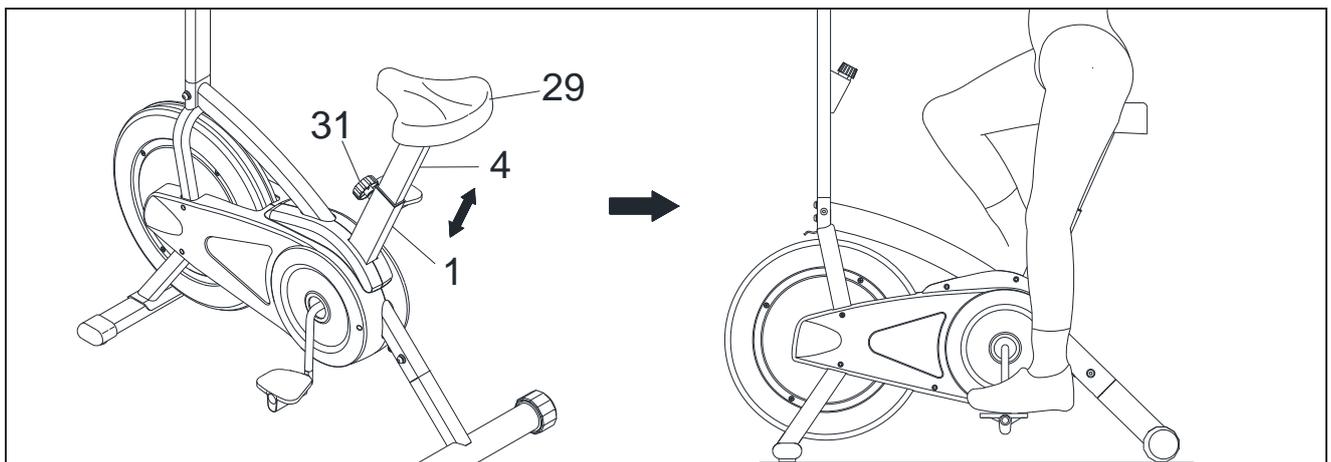
HOW TO USE THE EXERCISE BIKE

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the Cycle and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or if your foot cannot touch the pedal when extended at the down stroke, you will need to lower the seat. If your leg is bent too much, you will need to raise the seat. Remove the ADJUSTMENT KNOB (31), lower or raise the SEAT (29) to the desired height, and secure with the ADJUSTMENT KNOB (31)

NOTE: The ADJUSTMENT KNOB (31) should be screwed in tight to make the SEAT POST(4) to fit securely into the MAIN FRAME(1).

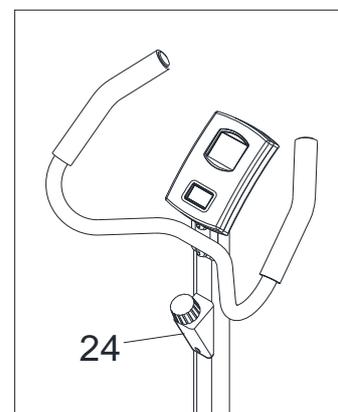


LOAD ADJUSTMENT

To increase the **resistance**, turn the TENSION KNOB(24) clockwise.

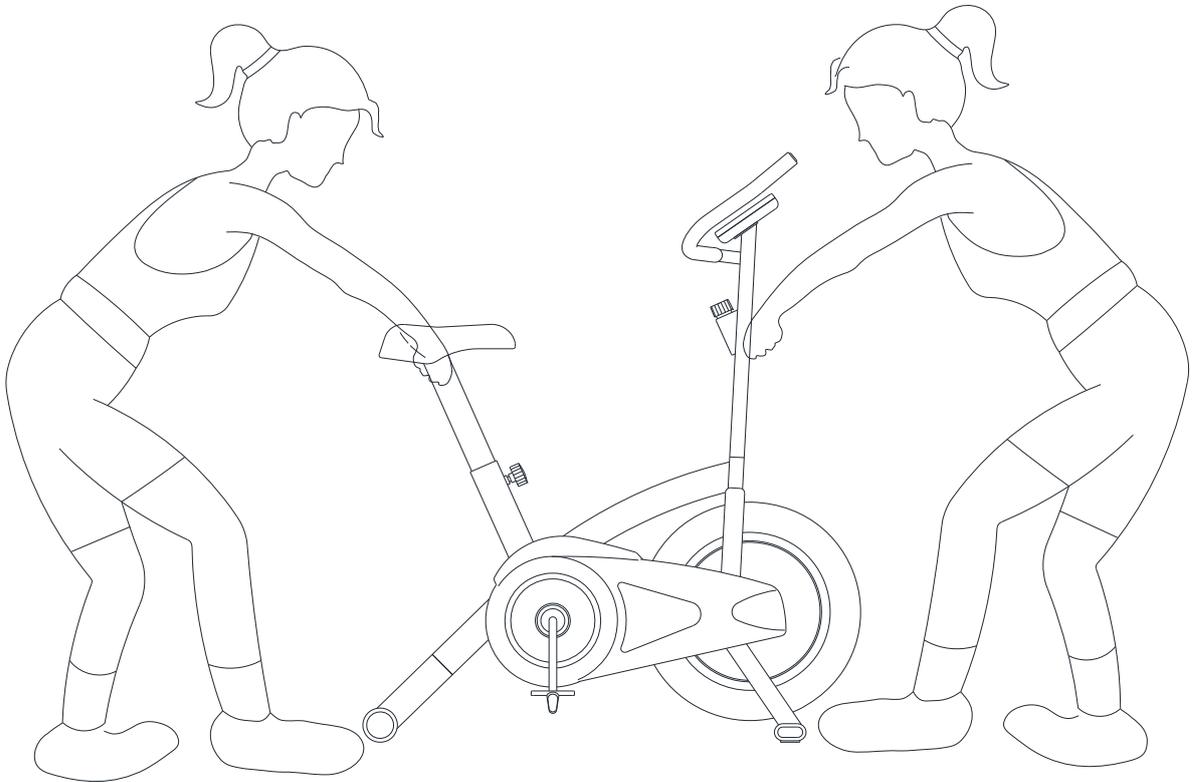
To decrease the **resistance**, turn the TENSION KNOB(24) counter clockwise.

NOTE: The **resistance** will increase as you pedal faster.

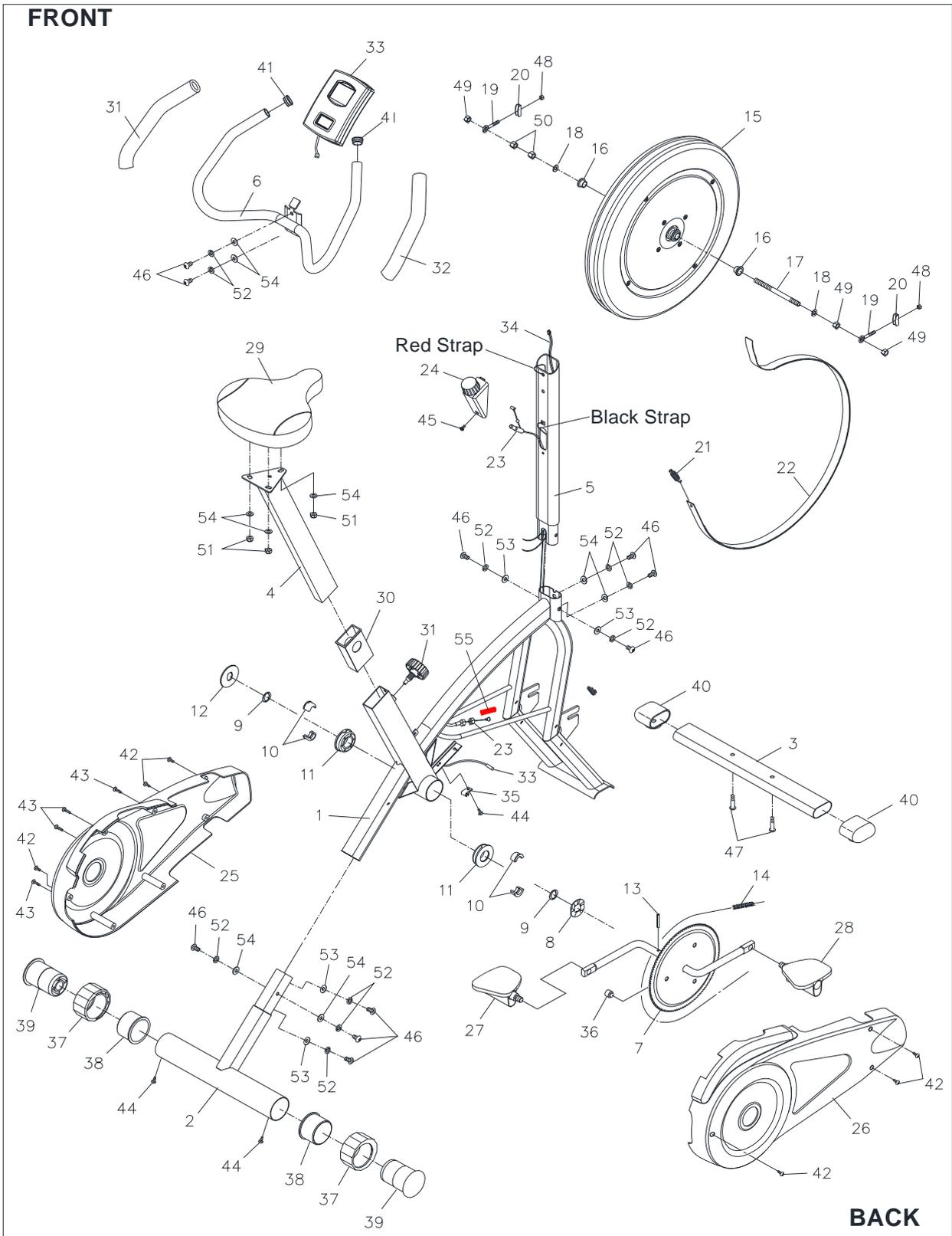


HOW TO MOVE THE EXERCISE BIKE

You will need two people for this step. To move the exercise bike, grasp the seat post and the upright post, carefully lift it until the exercise bike can be moved. Carefully move the exercise bike to the desired location and then lower it.



DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	73801	Main frame	1
2	73802	Rear Support	1
3	73803	Front Stabilizer	1
4	73804	Seat Post	1
5	73805	Upright	1
6	73806	Handlebar	1
7	73807	Crank and Sprocket	1
8	73808	Wavy Washer	1
9	73809	Small Keyed Washer	2
10	73810	Split Bearing	4
11	73811	Crank Bearing Retainer	2
12	73812	Large Keyed Washer	1
13	73813	Roll Pin (ø3.2 x 36mm)	1
14	73814	Chain (1/4" pitch)	1
15	73815	Flywheel	1
16	73816	Flywheel Bushing	2
17	73817	Flywheel Axle	1
18	73818	Wavy Washer (M10)	2
19	73819	Eye Bolt (M6 x 1 x 55mm)	2
20	73820	Tension Bracket	2
21	73821	Tension Spring	1
22	73822	Tension Strap	1
23	73823	Tension Cable	1
24	73824	Tension Knob	1
25	73825	Left Chain Guard	1
26	73826	Right Chain Guard	1
27	73827	Left Pedal	1
28	73828	Right Pedal	1
29	73829	Seat	1
30	73830	Sleeve	1
31	73831	Adjustment Knob	1
32	73832	Foam Grip	2
33	73833	Computer	1

KEY NO.	PART NO.	DESCRIPTION	QTY
34	73834	Sensor Wire	1
35	73835	Sensor Clip	1
36	73836	Magnet	1
37	73837	Leveling Cap	2
38	73838	Cap Bushing	2
39	73839	Securing Cap	2
40	73840	Oval Endcap (30 x 60mm)	2
41	73841	Round Plug (22.2mm)	2
42	73842	Screw, Round Head (M4 x 15mm)	6
43	73843	Screw, Round Head (M4 x 25mm)	4
44	73844	Screw, Round Head (M5 x 15mm)	3
45	73845	Screw, Flat Head (M5 x 0.8 x 15mm)	1
46	73846	Bolt, Button Head (M8 x 1.25 x 15mm)	10
47	73847	Bolt, Flat Head (M8 x 1.25 x 40mm)	2
48	73848	Nut (M6 x 1)	2
49	73849	Nut (3/8" - 26 x 9/32" high)	3
50	73850	Nut (3/8" - 26 x 3/8" high)	2
51	73851	Nylock Nut (M8 x 1.25)	3
52	73852	Lock Washer (M8)	10
53	73853	Arc Washer (M8)	4
54	73854	Washer (M8)	9
55	73855	Compression Spring	1
56	73856	Wrench	1
57	73857	Allen Wrench (6mm)	1

TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries not installed	Insert batteries
No speed or distance displays on the monitor	Sending wire not connected	Securely plug the sensor wire at the back of the monitor.
	Sensor wire not working properly	Replace the sensor wire
	Monitor not working properly	Replace monitor
No tension	Tension cable not connected	Securely connect the tension cable with the tension knob.
Grinding	Crank bearing defective	Replace crank bearings
	Chain guard touching flywheel	Adjust eye bolt of flywheel axle

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

- Be sure batteries are new and electronic connection are clean and tight.
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight, pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout this.
- Check that handlebar is secure, if not, tighten, check before each workout this.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

Almost all surfaces are washable. 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.

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

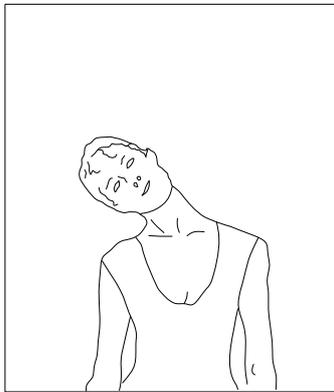
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will 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.

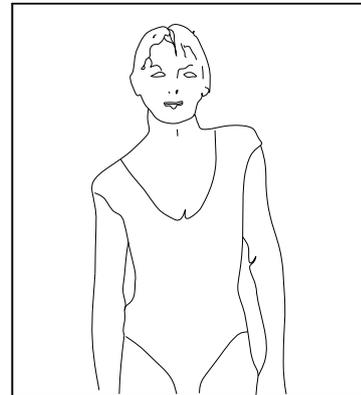
HEAD ROLLS

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.



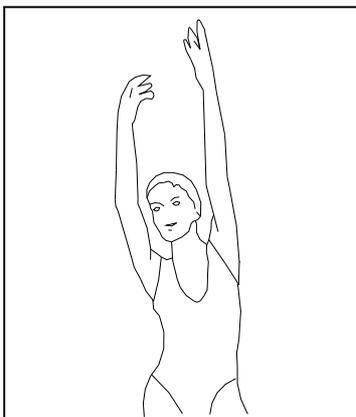
SHOULDER LIFTS

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.



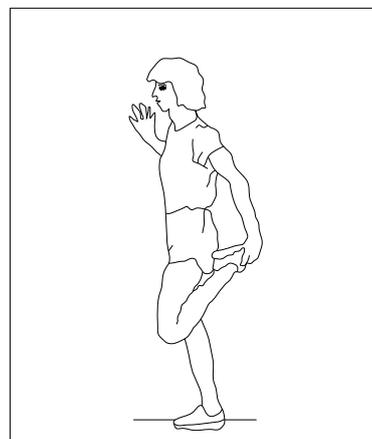
SIDE STRETCHES

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.



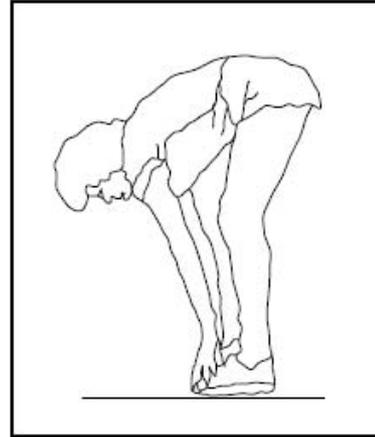
INNER THIGH STRETCH

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.



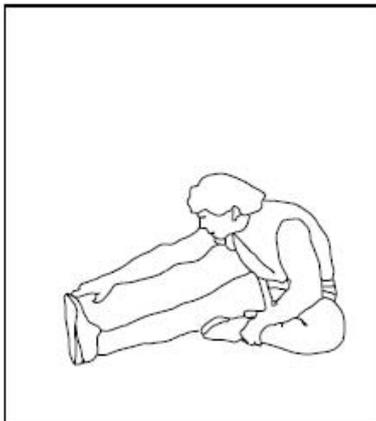
TOE TOUCHES

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 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.

