

OWNER'S MANUAL

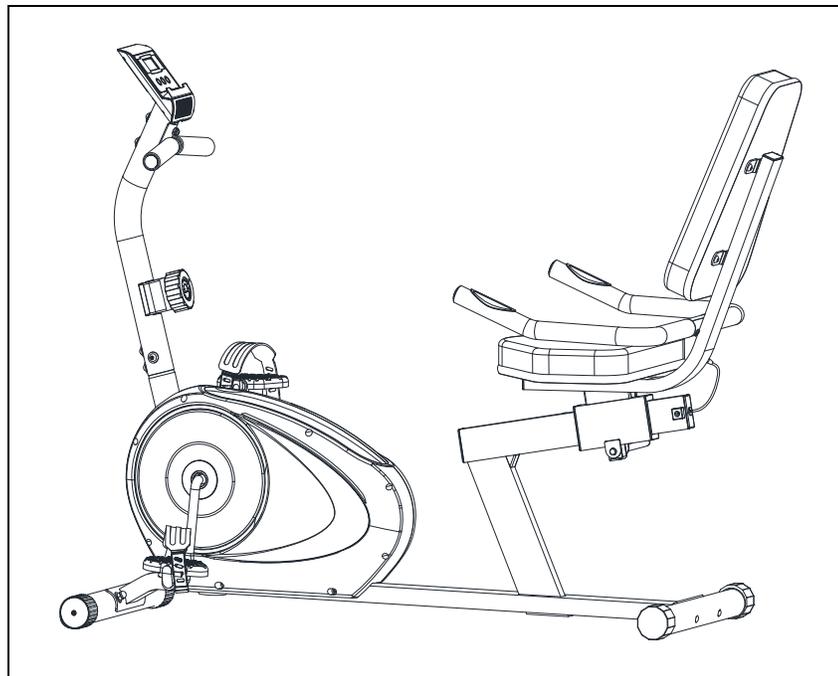
Model No.
16205981000

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

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



Recumbent Cycle



RETAIN FOR FUTURE REFERENCE

DYACO CANADA INC. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9

Manufacture's One-Year Limited Warranty

Your **Everlast** Recumbent 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.

Frame: 1 year
Parts: 1 year
Labour: 1 year

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

The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the recumbent cycle, 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. Visa or Mastercard payment must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca or visit us at: www.dyaco.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

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Customer Service 1-888-707-1880			
Or email customerservice@dyaco.ca	2	Dyaco Canada Inc.©2019	

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.

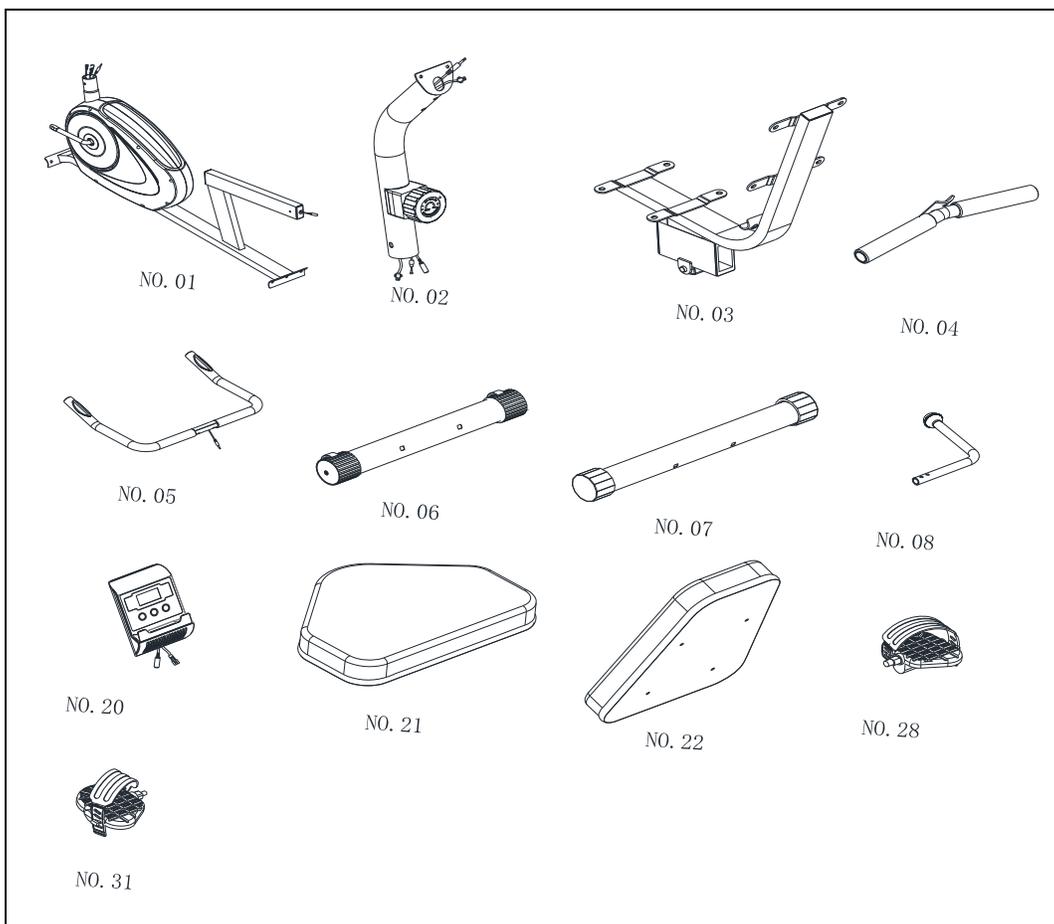
This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

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 cycle. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your recumbent 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. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The recumbent cycle must be regularly checked for signs of wear and damage. Any part found defective; the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven 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. The exercise cycle is not equipped with a freewheel. Spinning pedals can cause injury. Pedal speed should be reduced in a controller manner.
12. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your recumbent cycle.
13. Care must be taken when lifting or moving the equipment, so as not to injure your back.
Always use proper lifting techniques
14. User weight should not exceed 250 lbs.

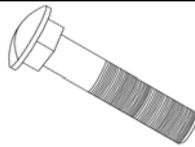
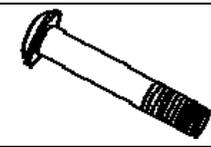
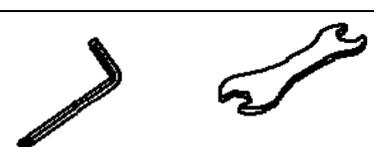
WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage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

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Front post	1
3	Seat support tube	1
4	Front handlebar	1
5	Rear handlebar	1
6	Front stabilizer	1
7	Rear stabilizer	1
8	Adjust lever	1
20	Computer	1
21	Seat cushion	1
22	Back cushion	1
28	Right pedal	1
31	Left pedal	1
	User manual	1
	Hardware pack	1

HARDWARE PACKING LIST

Part No	Description	Qty	Drawings
12	Carriage bolt M8x60L	4	
13	Allen screw M8x40L	2	
14	Allen screw M8x15L	8	
15	Allen screw M8x65L	2	
18	Screw M4x10L	1	
23	Flat washer $\phi 8.5 \times \phi 16$	8	
27	Curved washer $\phi 8.5 \times \phi 20$	8	
30	Domed nut M8	4	
32	Nylon nut M8	2	
33	Limiting device	1	
76	Allen key	1	
77	Box wrench	1	

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

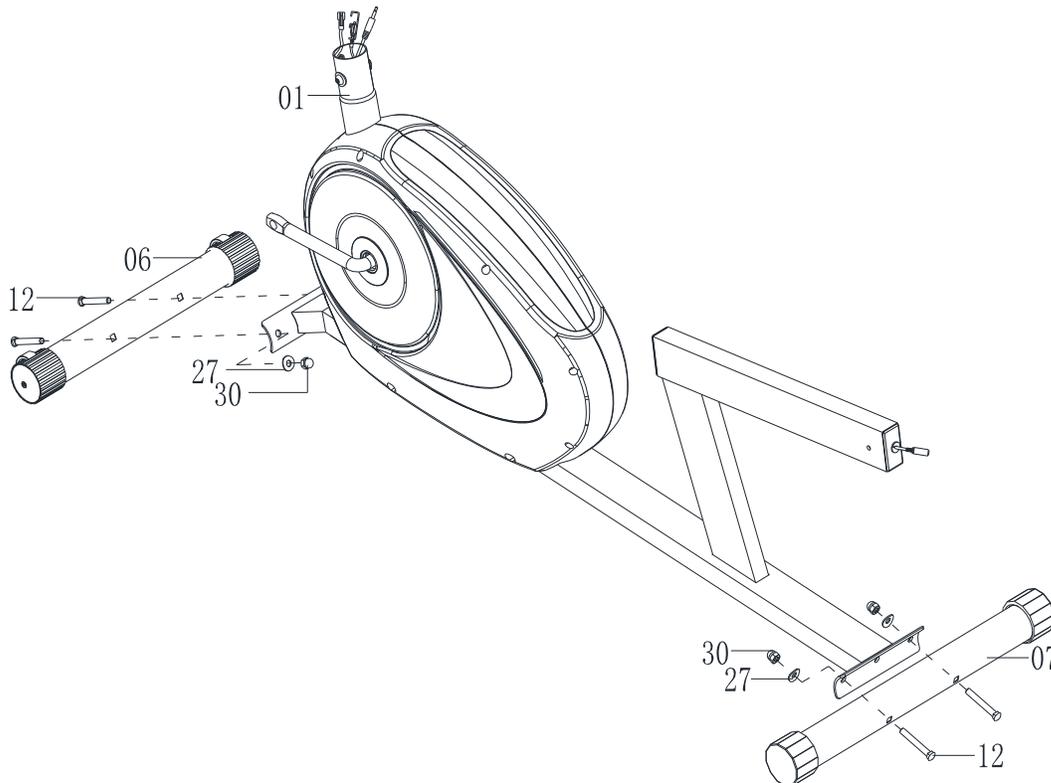
ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this cycle. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing. Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts. It will take two people to assemble your unit.

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

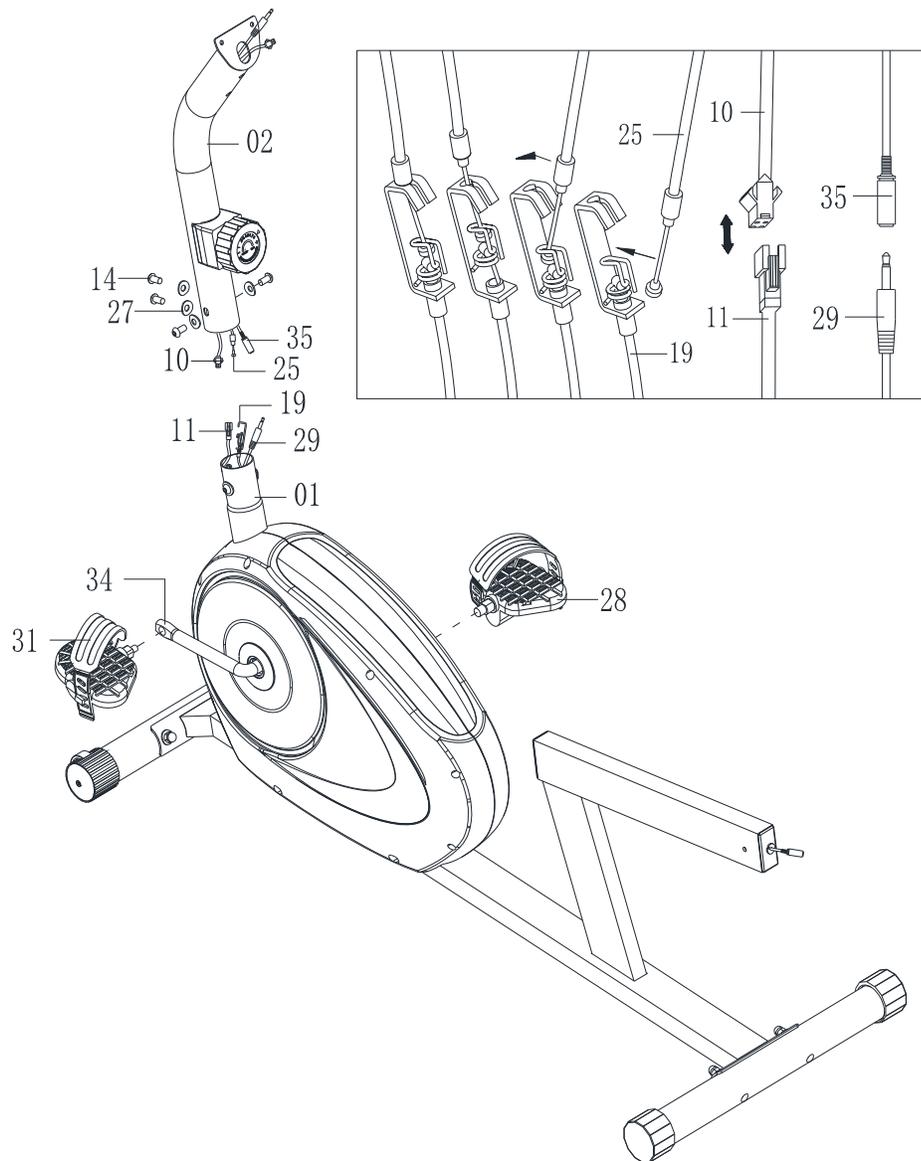
STEP 1

1. Attach the front stabilizer (6) to the main frame (1). Secure using two sets of carriage bolts (12), curved washers (27) and domed nuts (30).
2. Attach the rear stabilizer (7) to the main frame (1). Secure using two sets of carriage bolts (12), curved washers (27) and domed nuts (30).

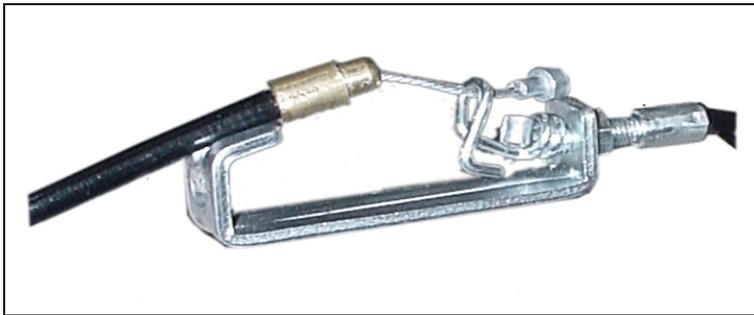


STEP 2

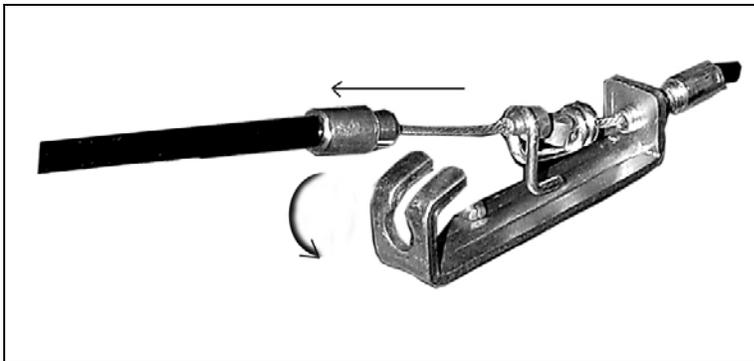
1. Turn tension knob (25) to level 8, and then connect it with the lower tension cable (19). Please see page 8 for a detailed description of the assembly.
2. Connect middle extension hand pulse wire (29) with front extension hand pulse wire (35).
3. Connect extension sensor wire (10) with sensor wire (11).
4. Insert front post (2) into main frame (1) and tighten with four sets of allen screw (14) and curved washer (27).



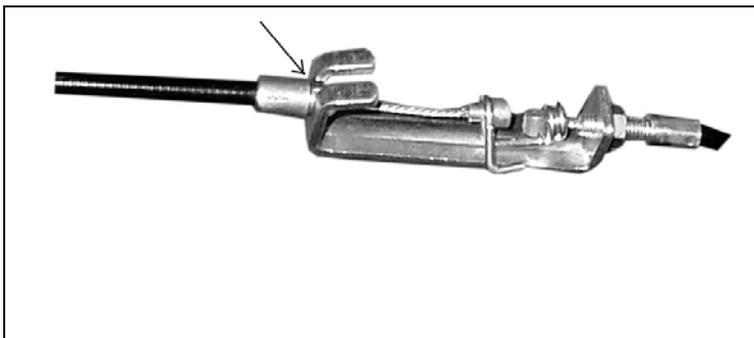
HOW TO CONNECT THE TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

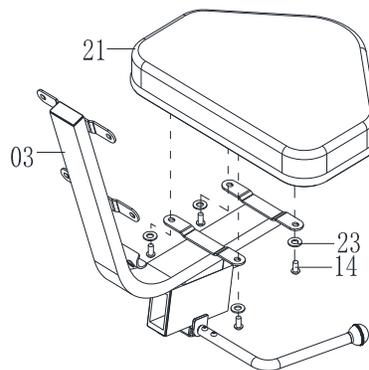
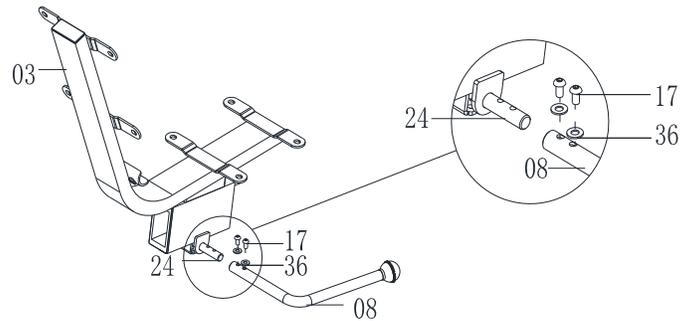


Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: If you are not able to hold the Front Post while connecting the cables and wires, extra help may be needed.

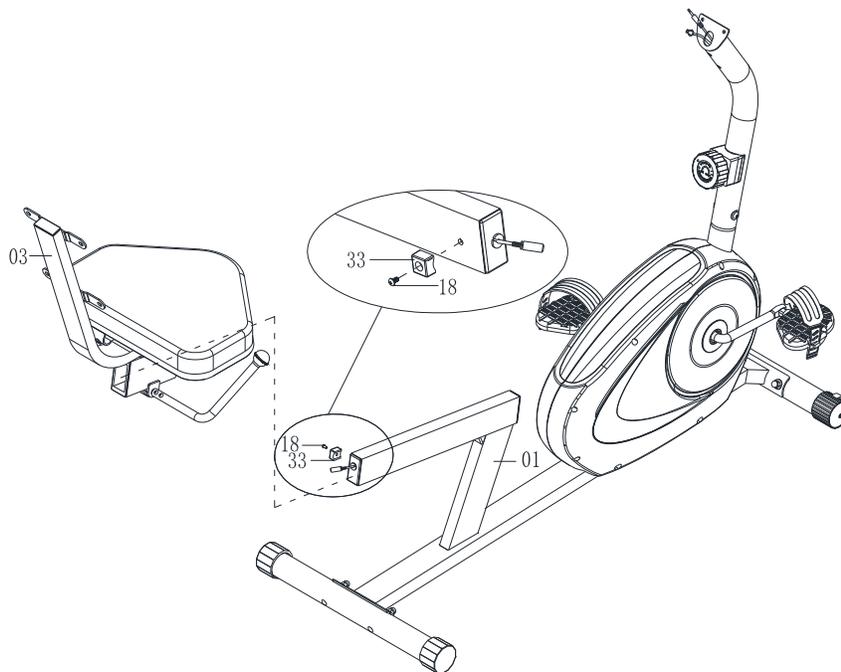
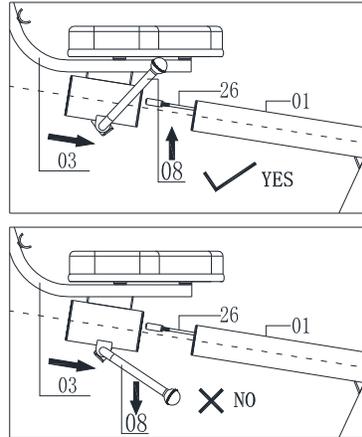
STEP 3

1. Connect adjust lever (8) to connecting shaft (24). Tighten with two sets of allen screws (17) and flat washer (36) which are preassembled on the connecting shaft (24).
2. Attach seat cushion (21) to seat support tube (3), securing with four sets of allen screw (14) and flat washer (23).



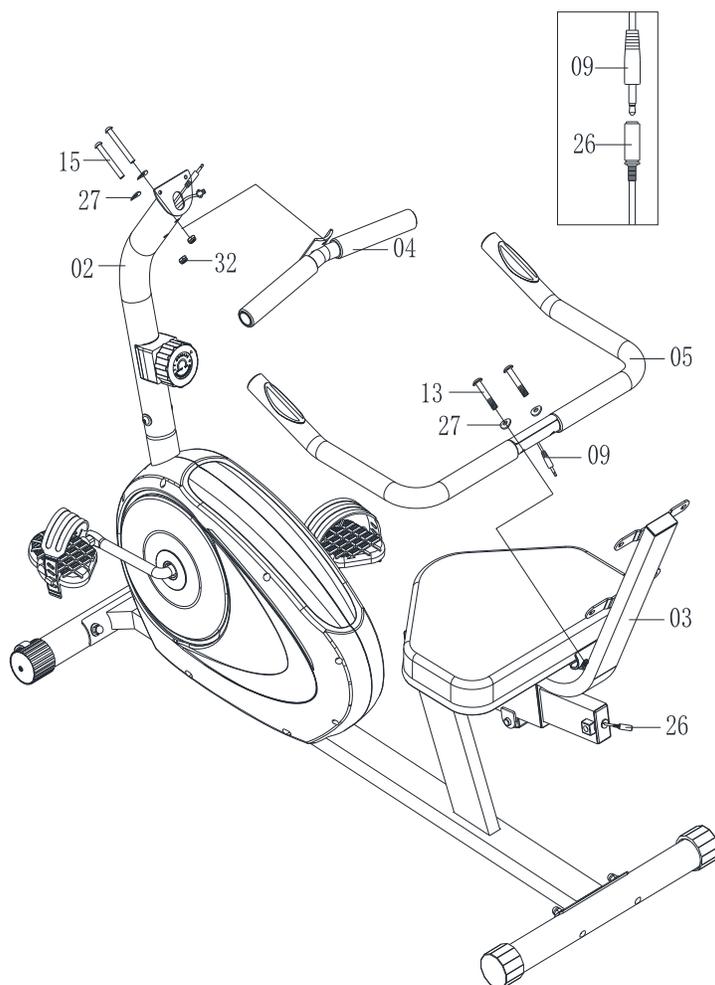
STEP 4

1. Pull the rear extension hand pulse wire (26) through the seat support tube (3).
2. Lift the adjust lever (8) up and insert the seat support tube (3) into main frame (1) and then pull rear extension hand pulse wire (26) out of the seat support tube (3).
3. Attach the limiting device (33) onto main frame (1), securing with one screw (18).



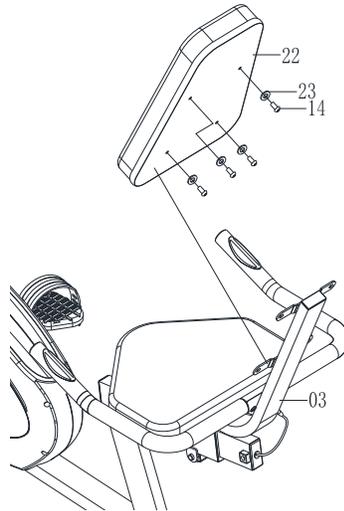
STEP 5

1. Attach front handlebar (4) to front post (2), securing with two sets of allen screws (15), curved washers (27) and nylon nuts (32).
2. Attach rear handlebar (5) to seat support tube (3), securing with two sets of allen screws (13) and curved washers (27).
3. Connect hand pulse wire (9) with rear extension hand pulse wire (26).



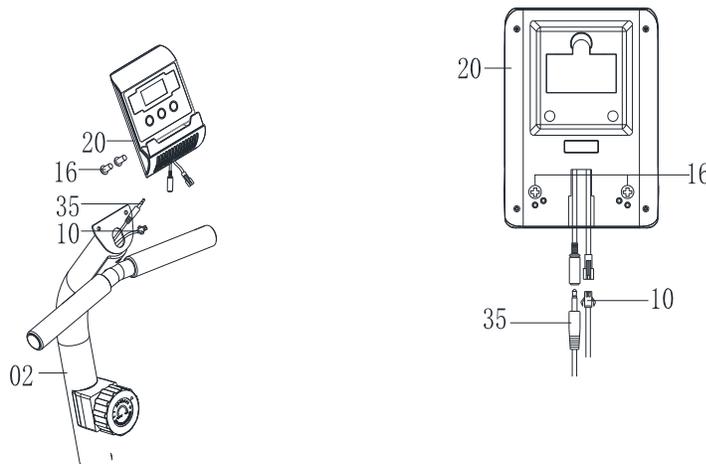
STEP 6

1. Attach back cushion (22) to seat support tube (3), securing with four sets of allen screws (14) and flat washer (23).



STEP 7

1. Connect front extension hand pulse wire (35) and extension sensor wire (10) to computer (20).
2. Attach computer (20) to the top bracket of front post (2). Tighten with two screws (16) which are preassembled on the computer (20).



YOUR UNIT IS NOW FULLY ASSEMBLED

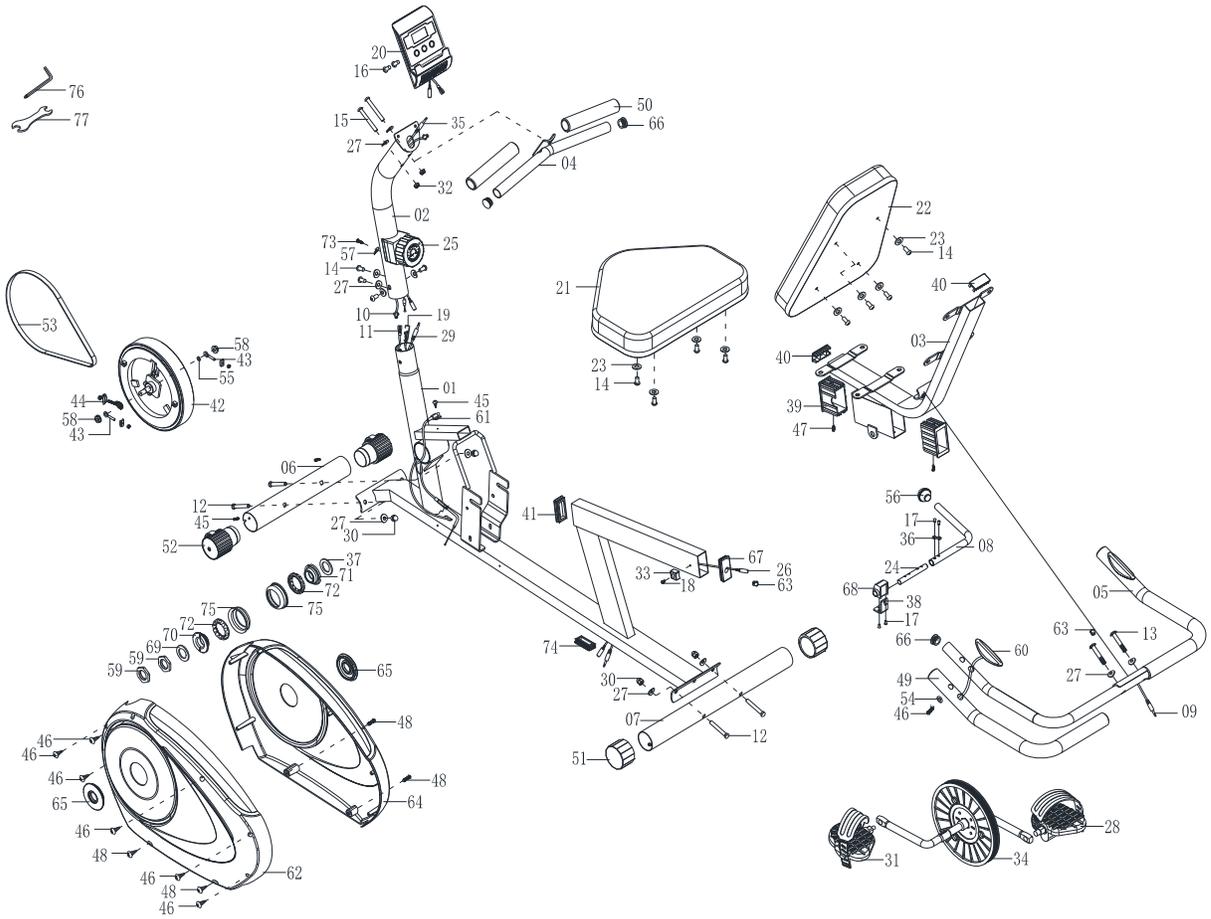
PARTS LIST

No	Part No.	DESCRIPTION	QTY
1	9810001	Main frame	1
2	9810002	Front post	1
3	9810003	Seat support tube	1
4	9810004	Front handlebar	1
5	9810005	Rear handlebar	1
6	9810006	Front stabilizer	1
7	9810007	Rear stabilizer	1
8	9810008	Adjust lever	1
9	9810009	Hand pulse wire	1
10	9810010	Extension sensor wire	1
11	9810011	Sensor wire	1
12	9810012	Carriage bolt M8x60L	4
13	9810013	Allen screw M8x40L	2
14	9810014	Allen screw M8x15L	12
15	9810015	Allen screw M8x65L	2
16	9810016	Screw M5x10L	2
17	9810017	Allen screw M6x20L	4
18	9810018	Screw M4x10L	1
19	9810019	Lower tension cable	1
20	9810020	Computer	1
21	9810021	Seat cushion	1
22	9810022	Back cushion	1
23	9810023	Flat washer $\phi 8.5 \times \phi 16$	8
24	9810024	Connecting shaft	1
25	9810025	Tension knob w/ upper tension cable	1
26	9810026	Rear extension hand pulse wire	1
27	9810027	Curved washer $\phi 8.5 \times \phi 20$	12
28	9810028	Right pedal	1
29	9810029	Middle extension hand pulse wire	1
30	9810030	Domed nut M8	4
31	9810031	Left pedal	1
32	9810032	Nylon nut M8	2
33	9810033	Limiting device	1
34	9810034	Crank w/belt pulley	1
35	9810035	Front extension hand pulse wire	1
36	9810036	Flat washer $\phi 6.5 \times \phi 13$	2
37	9810037	Washer 1 of BB assembly	1
38	9810038	Adjust bracket	1
39	9810039	End cap $\square 40 \times 80$	2

PARTS LIST

No	Part No.	DESCRIPTION	QTY
40	9810040	End cap □ 23.5x53.5	2
41	9810041	End cap 1 □ 30x60	1
42	9810042	Flywheel w/ magnet assembly	1
43	9810043	Adjustment bolt 1	2
44	9810044	Adjustment bolt 2	1
45	9810045	Self tapping screw ST4.2x12L	3
46	9810046	Self tapping screw ST4.2x20L	8
47	9810047	Self tapping screw ST4.2x8L	2
48	9810048	Self tapping screw M4x20L	4
49	9810049	Foam grip for rear handlebar	2
50	9810050	Foam grip for front handlebar	2
51	9810051	End cap for rear stabilizer	2
52	9810052	End cap for front stabilizer	2
53	9810053	Belt	1
54	9810054	Flat washer φ4.3xφ12	2
55	9810055	Flat washer φ12.5xφ20	1
56	9810056	Ball of adjust lever	1
57	9810057	Curved washer φ5.5xφ20	1
58	9810058	Flange nut M10	2
59	9810059	Nut 1 of BB assembly	2
60	9810060	Hand pulse sensor	2
61	9810061	Sensor bracket	1
62	9810062	Left chain cover	1
63	9810063	Grommet	2
64	9810064	Right chain cover	1
65	9810065	Crank cover	2
66	9810066	End cap for handlebar	4
67	9810067	End cap 2 □ 30x60	1
68	9810068	Connecting shaft holder	1
69	9810069	Washer 2 of BB assembly	1
70	9810070	Nut 2 of BB assembly	1
71	9810071	Nut 3 of BB assembly	1
72	9810072	Ball of BB assembly	2
73	9810073	Screw M5x12L	1
74	9810074	End cap	1
75	9810075	Ball set of BB assembly	2
76	9810076	Allen key	1
77	9810077	Box wrench	1

DIAGRAM



COMPUTER INSTRUCTION



FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To set the values of time, distance and calories when not in scan mode.

RESET - For resetting consumer movement of time, distance, calories and pulse.

FUNCTION AND OPERATIONS:

SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions: Time, speed, distance, calorie, odometer and pulse. Each display will be hold 6 seconds.

TIME: Count the total time from exercise start to end.

Press "MODE" button until "TIME" appears, press "SET" button to set exercise time.

Automatically count down from targeting value during exercise.

SPEED: Display current speed.

DISTANCE: Count the distance from exercise start to end.

Press "MODE" button until "DIST" appears. press "SET" button to set exercise distance.

Automatically count down from targeting value during exercise.

CALORIES: Count the total calories from exercise start to end.

Press "MODE" button until "CAL" appears. press "SET" button to set exercise calories.

Automatically count down from targeting value during exercise.

ODOMETER: Monitor will display the total accumulated distance.

PULSE: Press MODE button until "PULSE" appears.

Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

REMARK: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

NOTE:

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .

SPECIFICATIONS

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	CURRENT SPEED	0.0~999.9 KM/H (MILE/H)
	TRIP DISTANCE	0.00~999.9 KM (MILE)
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0 ~ 9999 KM (MILE)
	PULSE RATE	40~240 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

TROUBLESHOOTING

Problem	Cause	Correction
Monitor does not display	Monitor wire not connected	Connect the monitor wire
	Batteries are not working	Replace batteries
	Monitor not working properly	Replace monitor
No speed or distance displays on the monitor	Sensor wire not connected	Securely plug the sensor wire into the extension wire and at the back of the monitor
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Tension control w/cable not properly connected	Securely connect the tension control with the extension tension cable
	Flywheel not working properly	Replace flywheel
	Tension control w/cable defective	Replace the tension control w/cable
Heart rate not displaying	Pulse wire not connected	Securely plug wires into the back of the monitor
	Hand pulse defective	Replace hand pulse grip
	Monitor not working properly	Replace monitor
Grinding	Crank bearing defective	Replace crank bearings
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

Maintenance

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

- • Check that 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.

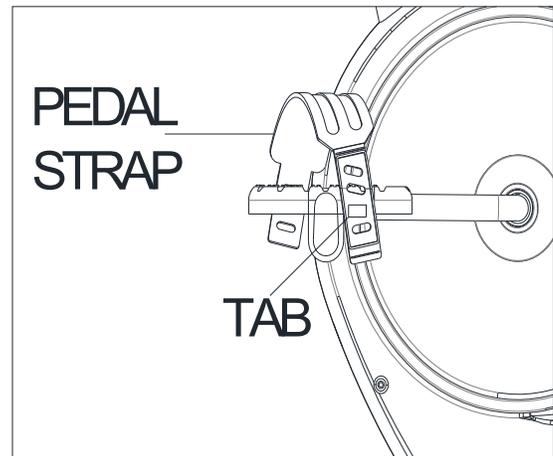
Always ensure batteries are fresh and in correctly.

USER DIRECTION

HOW TO USE THE EXERCISE BIKE

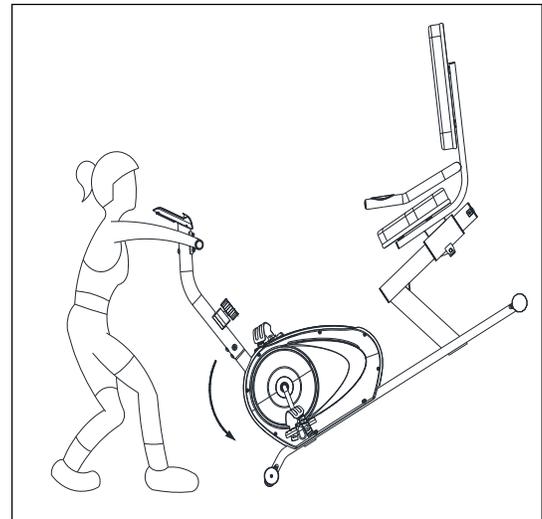
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



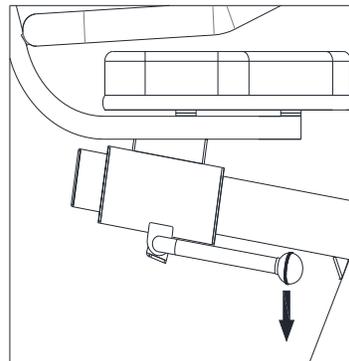
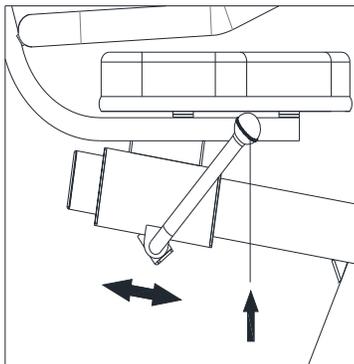
HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, grasp the front handlebar and carefully lift the exercise bike until it can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, pull up the adjust lever, slide the seat to the desired position and press down the adjust lever.



TRAINING GUIDELINES

Exercise

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

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

Basic Components of Physical Fitness

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

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

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

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

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

Aerobic Fitness

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

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

Anaerobic Training

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

The Training Threshold

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

Progression

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

Overload

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

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

Specificity

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

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

Reversibility

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

Warm Up

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

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

Warm Down or Cool Down

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

Heart Rate

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

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

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

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

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

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

Pulse Count

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

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

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

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

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

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

Endurance Circuit Training

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

Body Building

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

Patronization

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

Muscle Soreness

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

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

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

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

Breathing during Exercise

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

Rest periods

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

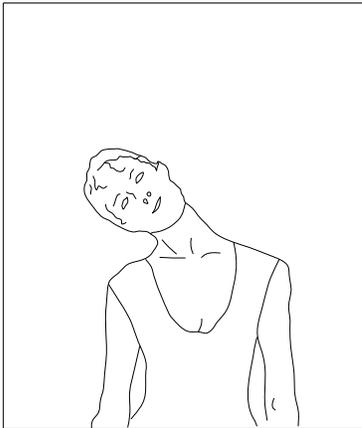
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute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

STRETCHING

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

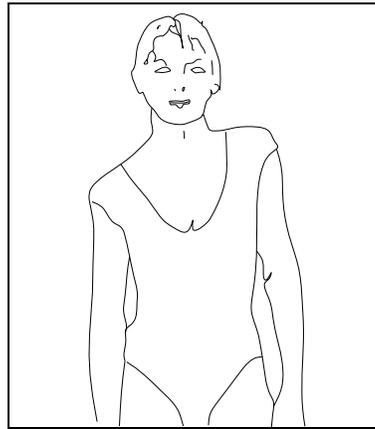
HEAD ROLLS

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



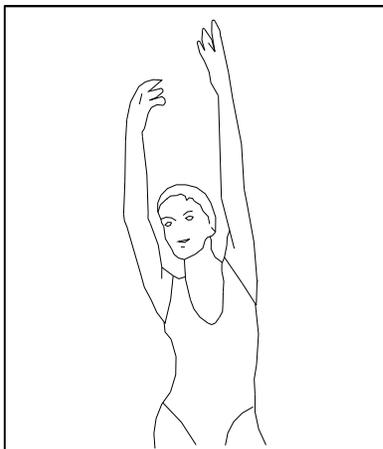
SHOULDER LIFTS

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



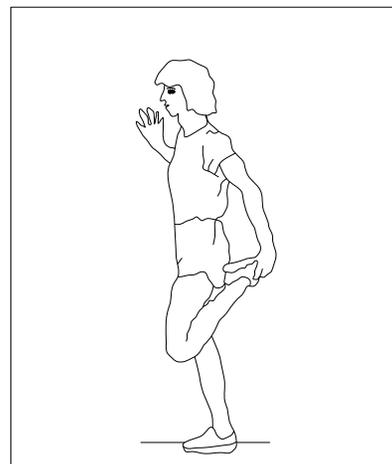
SIDE STRETCHES

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



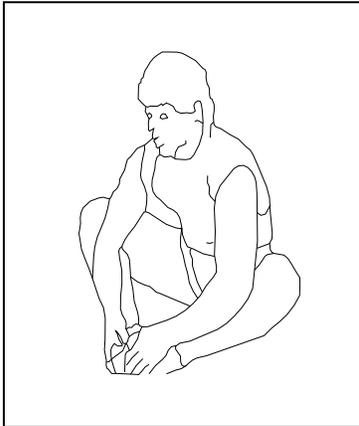
QUADRICEPS STRETCH

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



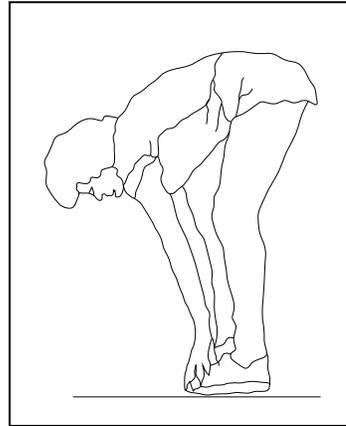
INNER THIGH STRETCH

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



TOE TOUCHES

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



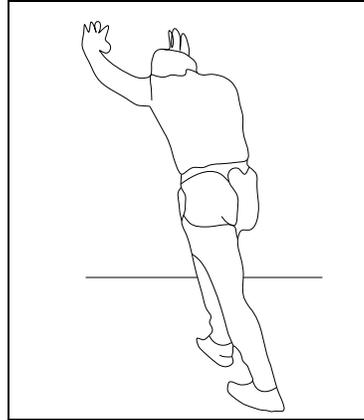
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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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