OWNER`S MANUAL

Model No.

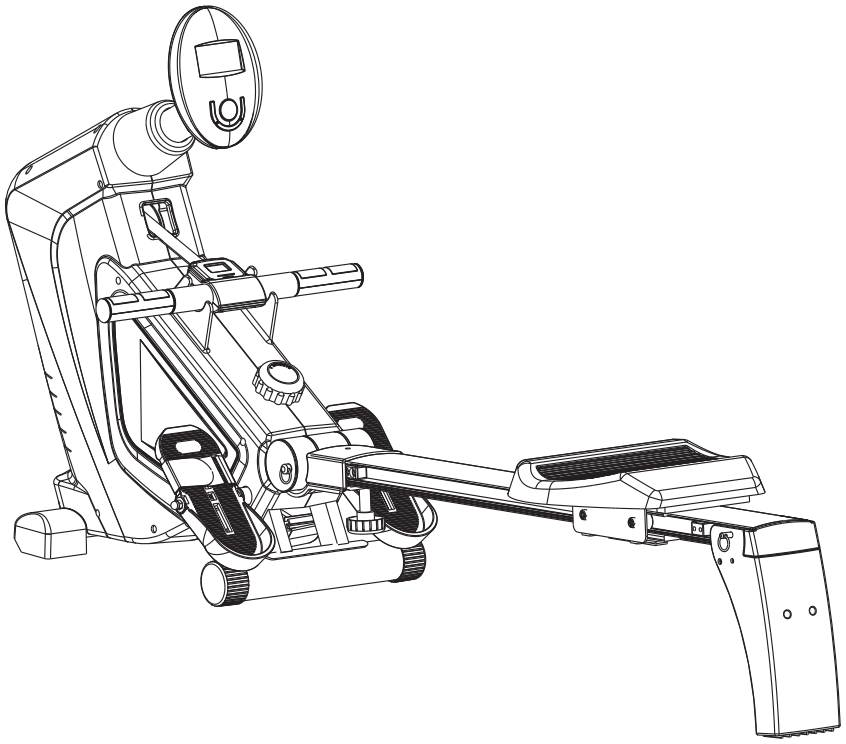
16805537960

Everlast Rower

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

EVERLAST®

Rower



Retain for
Future reference

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

TABLE OF CONTENTS

Manufacturer's Limited Warranty……..	2
Safety Precautions……..	3-4
Before you begin……..……	5
Pre-assembly Check List……	6
Hardware Packing List……..……..	7
Assembly Instruction…….…..…….	8-10
Storage and Maintenance……...	11
Monitor Instruction……..…….	12-13
Using Heart Rate Transmitter (Optional)……..	14
Part List / Diagram……	15-18
How to Row……	19
Trouble Shooting……..	20
Training Guideline……	21-23
Stretching……..…….	24-25
Dyaco Brand……..	26

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MANUFACTURE'S ONE-YEAR LIMITED WARRANTY

Your **Everlast** 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 is 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.

Home Use Limited WARRANTY

Frame 1 Year
All Other Components 1 Year
Labour 1 Year

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

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

This warranty provided herein is in lieu of all other express warranties. Any implied warranties, including any implied warranties of merchantability or fitness for particular purpose, are limited in duration to the first 12 months from the 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 rowing machine, 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

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SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

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

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your rowing machine.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The rowing machine must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Ensure that the rail is locked properly when in storage.
9. Do not allow children to use or play on the rower. Keep children and pets away from this equipment at all times while exercising.
10. The rower should only be used by one person at a time.
11. Maximum user weight 285lbs (130KG).
12. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
13. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed .
14. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your rowing machine. Do not exercise in bear feet or socks. Proper footwear such as running, walking or cross training shoes should be worn.
15. Tie all long hair back. Remove all personal jewelry before exercising

16. Be careful to maintain your balance while using, mounting, dismounting the rower, loss of balance may result in a fall and bodily injuries.
17. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
18. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.
19. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
20. Do not use the seat(84) to move the Everlast Rower. The seat(84) will move and the seat carriage(85) may pinch your hands or fingers. When folding or unfolding the unit, keep all children away and make sure hands are clear of any folding or pinch point.
21. Before using, check the condition of the strap(9). Replace the strap attached to the spring box(9) if it is cracked or broken.
22. The decal shown in the next page was placed on the rower. If the decal is missing, or if it is not legible, please call the toll free telephone number at the bottom of the page to order a free replacement decal. Apply the decal at the location shown.

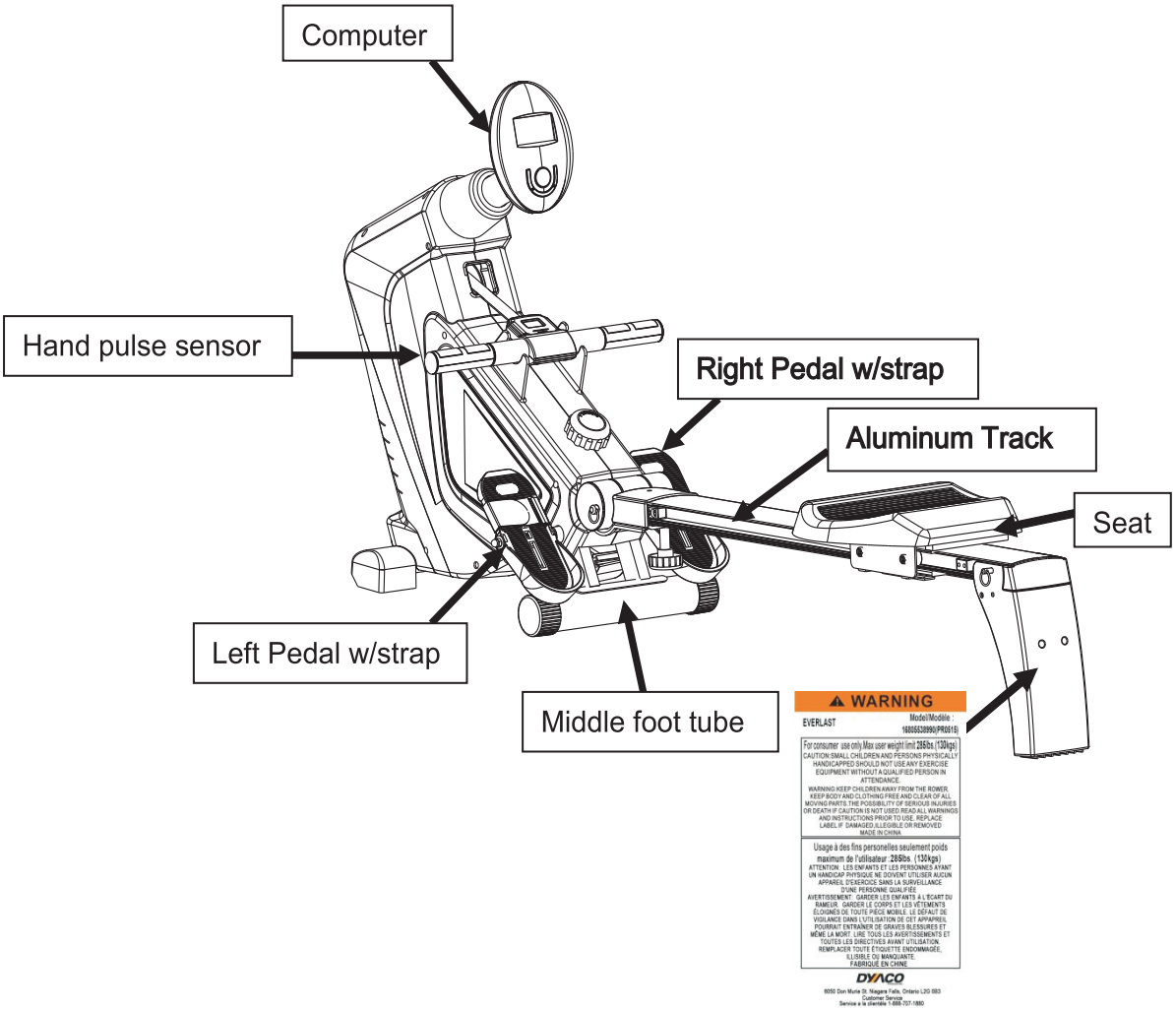
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PEROSNAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS

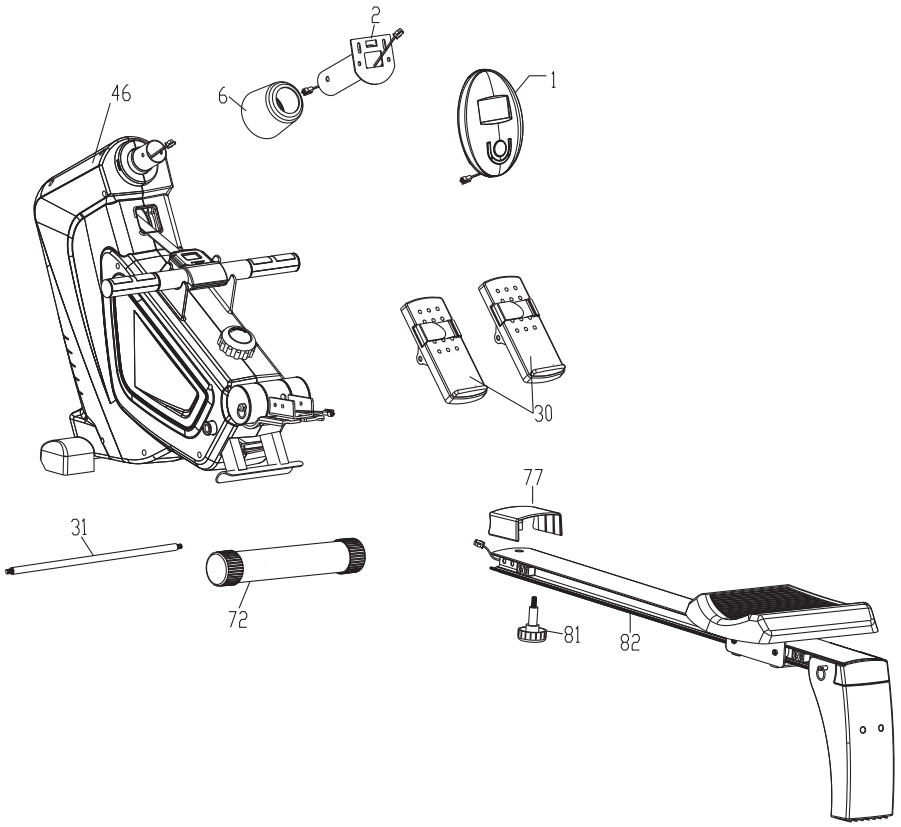
BEFORE YOU BEGIN

Thank you for choosing the Everlast Rower. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Everlast rower provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Everlast rower. Although Dyaco Canada constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Everlast rower please do not return the product. Contact us FIRST! If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff is available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
46	Main Frame	1
6	Console mast cover	1
2	Console mast	1
72	Middle foot tube	1
31	Pedal axle	1
77	Protective cover	1
81	Knob	1
82	Aluminum Track	1
30	Left / Right Pedal	2
1	Computer	1
	Hardware Pack	1
	Manual	1

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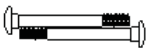
HARDWARE PACKING LIST

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.

P433M hardware packing list					
X2	(79) 2PCS	X2	 (73) M8X75L 2PCS	X1	(102) 13-15
X2	(78) M6X80L 2PCS	X2	(4) ø8Xø19X2T 2PCS	X1	(103) 13-14-15
X2	(83) M6 2PCS	X4	(28) M8 4PCS	X1	(104) 6mm*30mm*84mm
X2	(29) ø8Xø22X2T 2PCS	X1	(80) ST3.9X20L 1PCS		

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.

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ASSSEMBLY INSTRUCTION

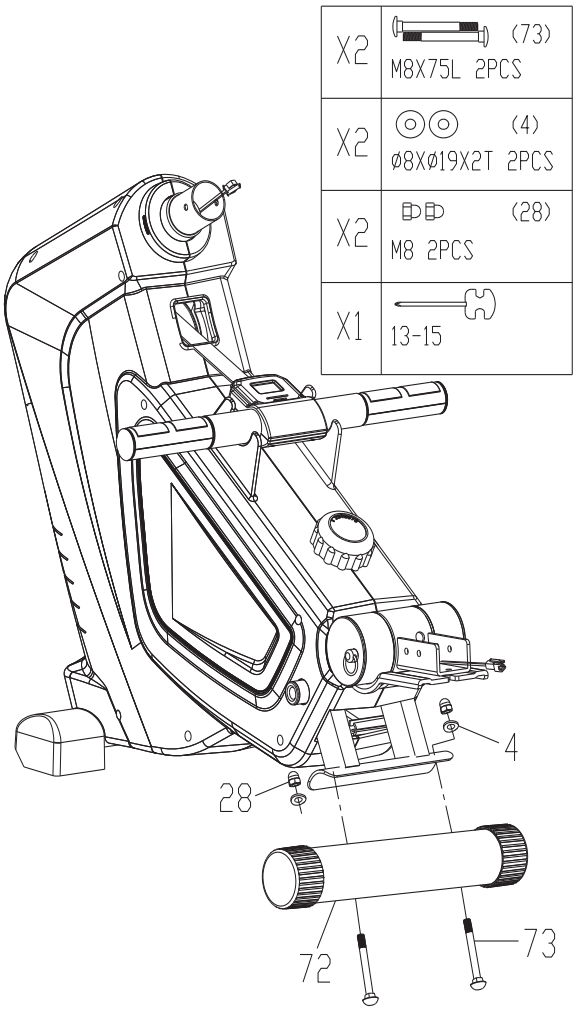
This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

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

1. Attached the Middle foot tube (72) to the main body. Secure with two M8x75mm Allen Bolts (73) and two Washers (4) and M8 Cap nut (28)。



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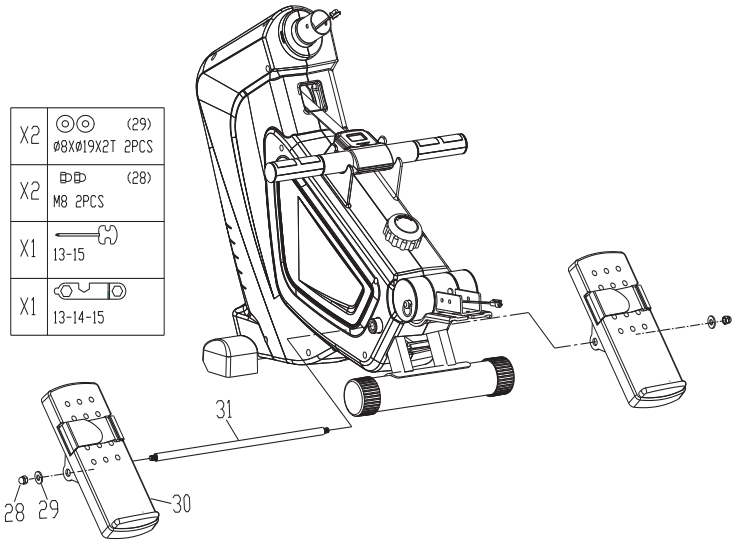
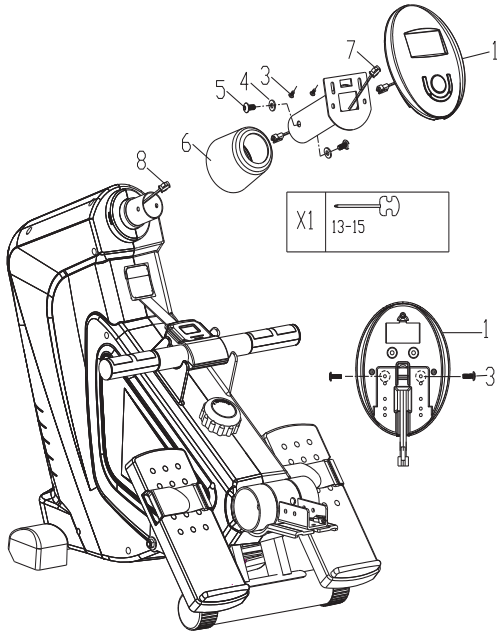
STEP 2

According to the picture, firstly put the pedal axle (31) though the sleeve, then install the pedals on both sides and secure them with one flat washer (29) and one M8 Cap nut (28).



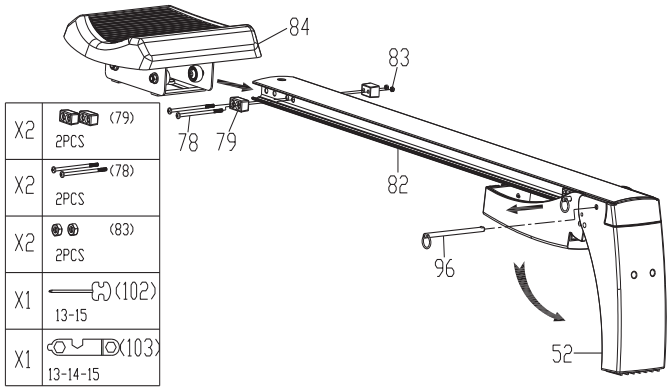
STEP 3

1. Slide the console mast (2) through the console mast cover (6). Connect the extension cable (7) to the extension sensor wire (8). Secure the console mast (2) to the frame (46) using two washers (4) and two screws (5).
2. Connect the extension cable (7) with the wire from the computer (1).
3. Secure the computer to the console mast (2) with two screws (3).



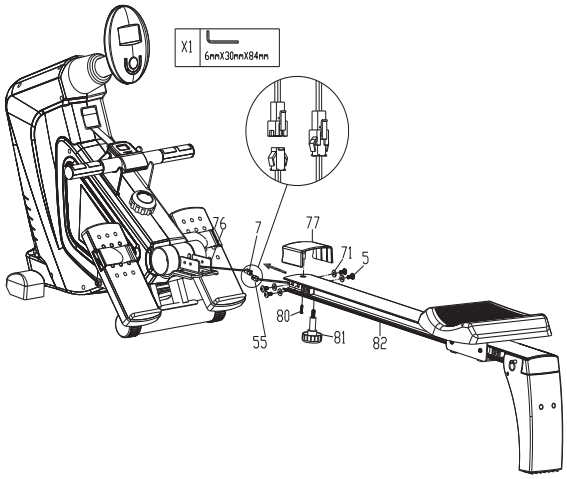
STEP 4

1. Pull out the fixing pin (96) and turn the supporter (52) to the right position following the arrow direction and insert the fixing pin (96) back into the supporter (52)
2. Slide the seat (84) onto the aluminum track (82) and Install the two buffering cushions (79) on each side of the aluminum track (82) with two bolts(78) and two hex nuts (83).



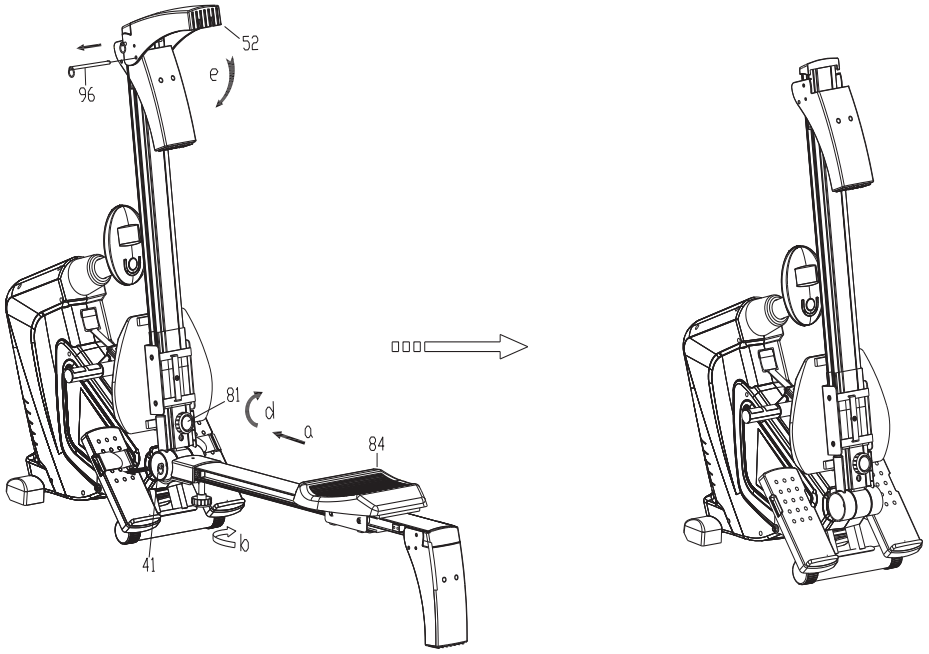
STEP 5

1. Unscrew the knob (81) from the frame, following the arrow insert the aluminum track (82) into the track bracket (76), secure the aluminum track (82) with four flat washers (71) and four screws (5)
2. Connect the extension cable (7) with the sensor wire (55)
3. Place the cover (77) onto the aluminum track (82) and secure it with screw(80)
4. Reinsert the knob (81) through the aluminum track (82) and into the track bracket (76) and fasten it !



You have completed the assembly of your rower.

STORAGE AND MAINTENANCE



Steps：

1. Slide the seat (84) to the front of the aluminum track (82) following arrow a, then loosen the knob (81) following arrow b, pull out the fixing pin（41） and release it after folding the rail to the right position
2. Fasten the knob (81) following d first , pull out the fixing pin(96) and put back the fixing pin after folding the rear supporter(52) to the right position arrow e

MAINTENANCE

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

1. Adjust the resistance and verify that the Magnetic Brake System provides tension.
2. Clean the roller tracks in the RAIL with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the CAUTION LABEL is in place and easy to read.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the Everlast rower removed from service until repair is made.
7. Only Dyaco Canada supplied components shall be used to maintain/repair the Everlast rower.
8. Keep your rower clean by wiping it off with an absorbent cloth after use.

Monitor instruction

FUNCTION

SPM (STROKES PER MINUTE)	:	0~10~999
STROKES	:	0~9999, Count up and down are available
TOTAL STROKES	:	0~9999
TIME	:	0:00~99:59, Count up and down are available
TIME / 500M	:	0:00~99:59
DISTANCE	:	0:00~99.99 K/M, Count up and down are available
CALORIES	:	0~9999, Count up and down are available
PULSE	:	P~30~240, max value is available

OPERATION

1. Insert two AA size batteries at the back of the monitor and the monitor will beep a long tone. The LCD will light up for 2 seconds, then it enters initial workout mode.

2. BUILT-IN Heart Rate Receiver with optional Wireless Chest Strap Transmitter

The computer has built-in Heart Rate receiver. The user could wear a wireless chest strap to detect the Heart Rate ; How to put on a wireless chest strap, please refer to the wireless chest strap page.

3. SETING MODE
   - 3-1. Press MODE key to set up STROKE, TIME, DISTANCE, CALORIES .
   - 3-2. When you set up TIME, the value of “TIME” will be flashing. Press the “SET” key to set up the value and then press the “MODE” key to confirm the setting and skip to the next function value setting. You can press the “RESET” key to clear the setting function value. All other settings have the same process.
   - 3-3. The setting value counts down to “0” or “RESET” to “0” while the user is training, the console/computer will accumulate data (counting up) automatically from zero. Please find previous function setting range.
   - 3-4. While the value is counting down from a presetting value to 0, the relevant window will be flashing.

4. Input different function value by using the SET key, and then press the MODE key to confirm and jump to next function value setting.

5. In any time, if user don’t want to set STROKE ,TIME / DISTANCE / CALORIES, he can start directly.

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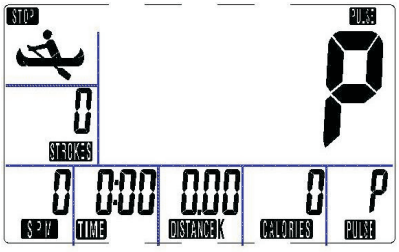
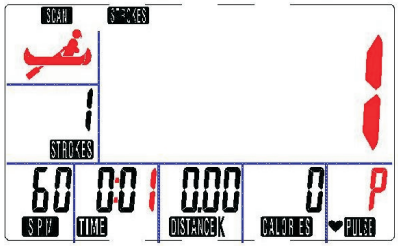
6. STROKES: Counting 1 will be rowing from the back and return to front as one time

6.1 Before start rowing, the rower body is at the front and oar is at the back



6.2 When start rowing exercise, oar is at the front and rower body at the back.



7. TIME/500M

Computer/console will automatically calculate user's required spm (stroke per minute) for a 500 meter distance and automatically calculate time required to complete. We call TIME/500M a function value.

8. RECOVERY:

(1) After pressing the recovery key, the recovery function will start. Only the pulse and time are able to be used. Other functions are disable to be used and the display is off, the sensor input is available. TIME will display "**1：00**" , LCD begins to count down, heart beat signal will blink with heart beat. Other parts display off.

Score	Condition	Heart Rate (from test HR minus end HR)
F1	**Excellent**	Above 50
F2	**Good**	40 ~ 49
F3	**Average**	30 ~ 39
F4	**Fair**	20 ~ 29
F5	**Poor**	10 ~ 19
F6	**Very Poor**	Under 10

(2) The user recovery ranges F1-F6. (RANGE DEGREE go from 1 excellent to worse)

KEY FUNCTION

MODE :Function choice key and confirm.
SET :Set up or down and increase or decrease each value
RESET :Clean the pre-set value to 0.
RECOVERY :It is used for recovery function.

NOTES

1. Two AA size batteries are used for this computer.
2. Keep far away from rain and wet place

The hand pulse sensors on the handle will display your current heart rate on the monitor handle only. (handle monitor requires 2 AAA batteries)

The heart rate on the monitor can only be obtained by wearing the optional wireless chest strap transmitter.

The bottle of lubricant included with your rower is to lubricate the track for the seat to prevent wear of the wheels and the rail.

USING HEART RATE TRANSMITTER (Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

***Note**: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

ERRATIC OPERATION

Caution! Do not use this rower for Heart Rate unless a sdy, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE ROWER'S DISPLAY!

PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	5379601	Computer	1
2	5379602	console mast	1
3	5379603	M5×10L Screw	2
4	5379604	8 x19 x 2T washers	4
5	5379605	Screw	4
6	5379606	console mast cover	1
7	5379607	Extension cable	1
8	5379608	extension sensor wire	1
9	5379609	Spring box	1
10	5379610	Bearing 6000	2
11	5379611	Screw	2
12	5379612	Belt	1
13	5379613	End cup	2
14	5379614	handle pulse	2
15	5379615	Small computer cover	1
16	5379616	Monitor for Handle	1
17	5379617	Screw	2
18	5379618	Screw Q235	4
19	5379619	Small computer cover	1
20	5379620	Draw bar	1
21	5379621	Cover（R+L）	1
22	5379622	Side cover（R+L）	1
23	5379623	Small cover	1
24	5379624	Screw M4×50L	6
25	5379625	Screw 3/16"（#10）×3/4"	6
26	5379626	Screw M4×10L	8
27	5379627	Front Stabilizer Cap	2
28	5379628	Cap Nut	4
29	5379629	Flat Washer Φ8.5×Φ22×2T	2
30	5379630	Pedal	2
31	5379631	pedal axle Φ13×416L	1
32	5379632	Pedal strap	2
33	5379633	Sleeve	2
34	5379634	Flat Washer Φ6.5×Φ14×1T	1
35	5379635	nylon spacer Φ6.5×Φ19×1.5T	1
36	5379636	Hex nut M6	1
37	5379637	Bolts M6×P1.25×55L	1
38	5379638	Pin Φ5×Φ8×58L	1
39	5379639	Spring	1

KEY NO.	PART NO.	DESCRIPTION	QTY
40	5379640	Ø76 left end cap	1
41	5379641	Fixing Pin Ø14x20L	1
42	5379642	Magnetic Set	1
43	5379643	Bolts M8×P1.25×80L	1
44	5379644	Nut 3/8”-26×4.5T	5
45	5379645	Washer Φ10	2
46	5379646	Frame	1
47	5379647	Screw	4
48	5379648	Bushing Φ10×Φ14×9mm	1
49	5379649	Flywheel Axle 3/8”-26×120L	1
50	5379650	Bearing 6300RS	2
51	5379651	cover of rear support frame	1
52	5379652	Supporter	1
53	5379653	Flywheel Φ260	1
54	5379654	Screw M3*8L	2
55	5379655	Sensor wire	1
56	5379656	Bolts	1
57	5379657	Flat Washer Φ10.5×Φ30×1T	1
58	5379658	Idler wheel bracket	1
59	5379659	Flat Washer Φ10.5×Φ30×2T	1
60	5379660	Nylon Nut M10	1
61	5379661	Nylon Nut M8	2
62	5379662	Bearing 6000Z	2
63	5379663	Flat Washer Φ8×Φ14×2T	1
64	5379664	Idler wheel	1
65	5379665	Wavy Washer Φ10	1
66	5379666	Left end cap	1
67	5379667	Philip head screw M5	1
68	5379668	Tension Control	1
69	5379669	M51 magnet	1
70	5379670	End cap	2
71	5379671	Washer Φ8×Φ16×2T	4
72	5379672	middle foot tube	1
73	5379673	Bolts M8 x75L	2
74	5379674	axle sleeve	2

KEY NO.	PART NO.	DESCRIPTION	QTY
75	5379675	Bolts M10×P1.5×90L	1
76	5379676	Track bracket	1
77	5379677	Protecting cover	1
78	5379678	Bolts M6×80L	2
79	5379679	Buffering Cushion	4
80	5379680	Screw ST 3.9 x 20L	1
81	5379681	Knob	1
82	5379682	Aluminum track	1
83	5379683	Hexnut M6	2
84	5379684	Seat	1
85	5379685	Seat Carriage	1
86	5379686	Screw M6×25L	4
87	5379687	Flat Washer Φ6×Φ13×1T	8
88	5379688	Bolts M6×32L	4
89	5379689	Seat wheel	4
90	5379690	Bearing	8
91	5379691	Bushing Φ6.2×Φ9×9.5m	4
92	5379692	Nylon Nut M6	5
93	5379693	End cap	1
94	5379694	fixed axle Φ16×53.5L	1
95	5379695	Bolts M8×16L	2
96	5379696	Fixing pin	1
97	5379697	The harpoon wrench	1
98	5379698	N-tool	1
99	5379699	Hexagon wrench	1
102	53796102	The harpoon wrench	1
103	53796103	N-tool	1
104	53796104	hexagon wrench	1

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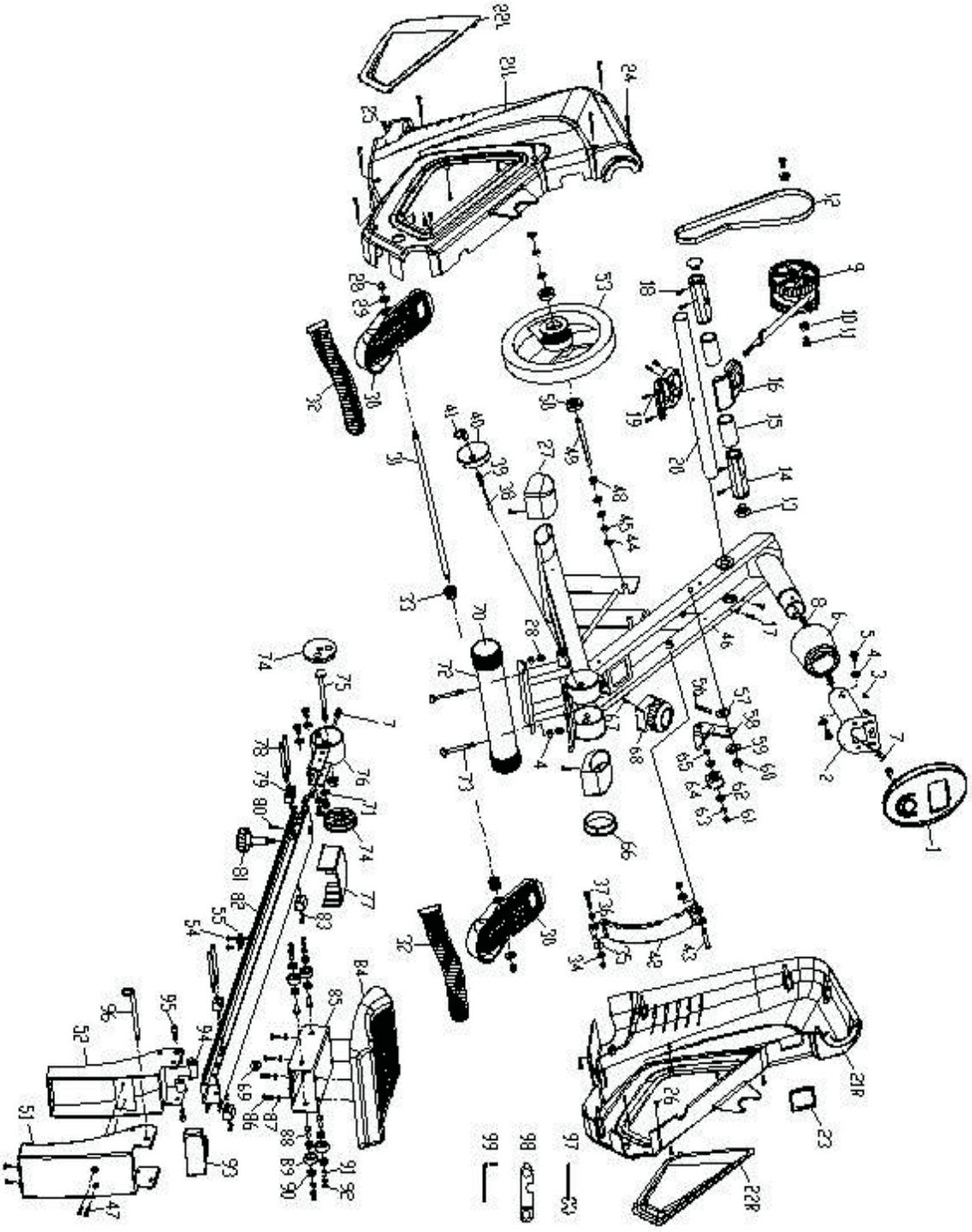
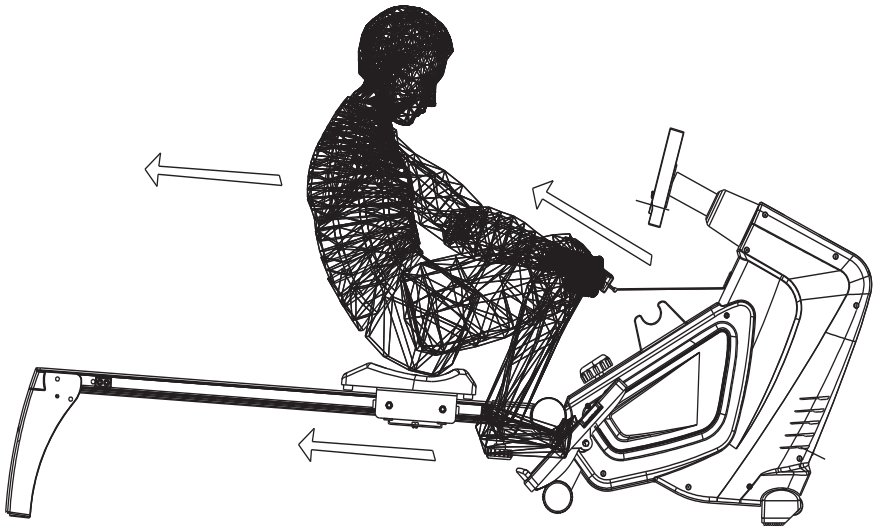
DIAGRAM

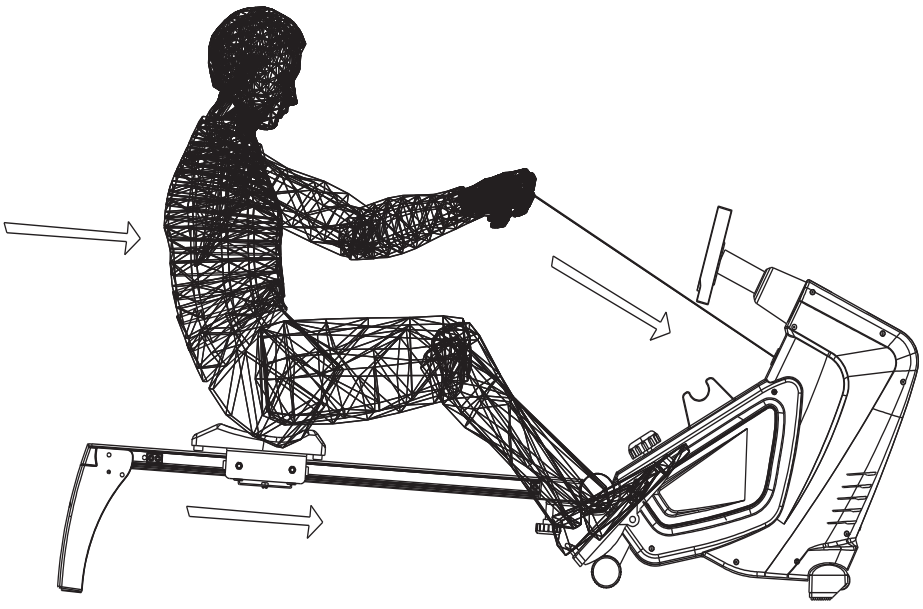


How to Row:

THE COMPLETE ROWING ACTION

This exercise will help tone and strengthen the muscle groups in your legs, arms, shoulders, back and stomach. Start as shown in Fig.1 with the draw bar fully retracted. Slide down on the seat, knees bent and grasp the draw bar. Slowly move backwards, keeping a straight back, extending the legs and pulling the draw bar towards your chest. Return to the start position and repeat.





Trouble Shooting

Problem	Cause	Correction
Monitor does not display	Batteries weak or dead	Replace batteries
No speed or distance displays on the monitor	Sending unit not connected	Securely plug sending unit into extension wire and the back of the monitor
	Sending unit not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
Grinding	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace Flywheel
Squealing	V-belt slipping	Adjust v-belt

Always ensure batteries are fresh and in correctly.

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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 your 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									
10Second 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									
10Second 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 your 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.

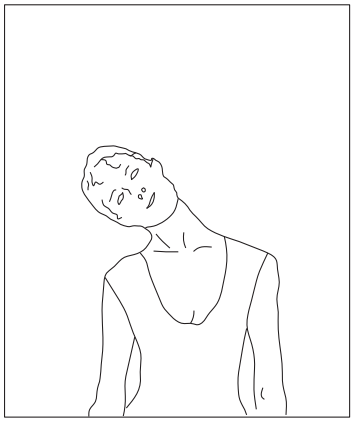
Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.
The rest period required between strength training exercises may vary from person to person.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

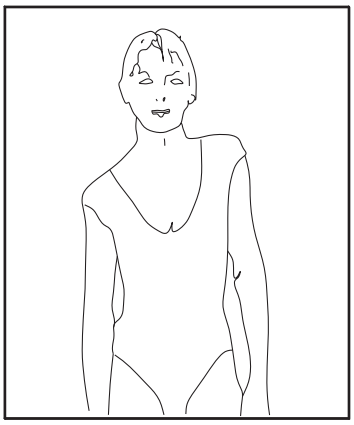
HEAD ROLLS

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.



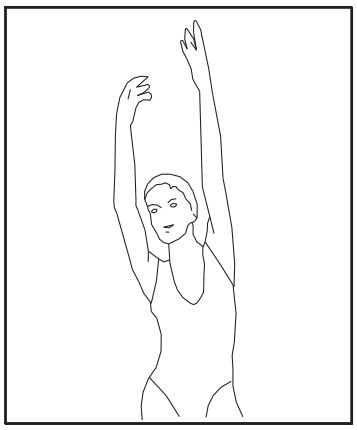
SHOULDER LIFTS

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.



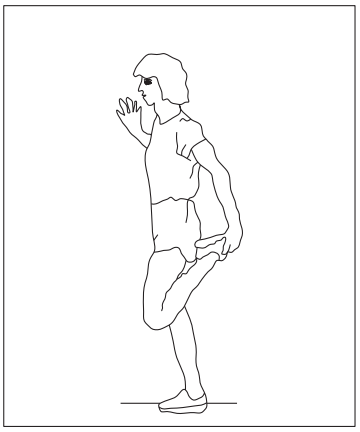
SIDE STRETCHES

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.



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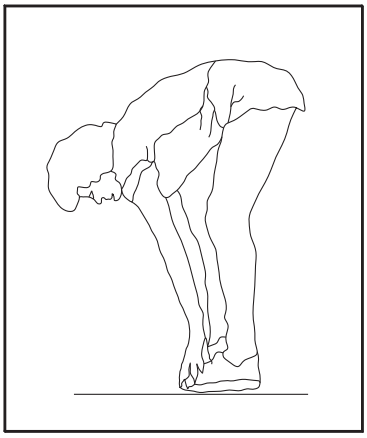
INNER THIGH STRETCH

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.

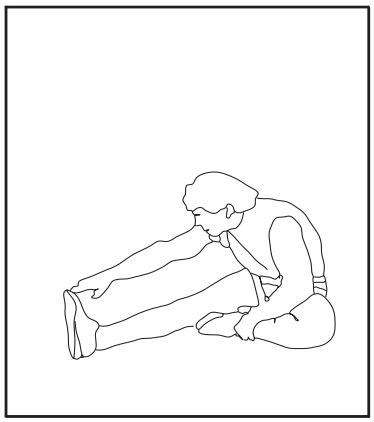
TOE TOUCHES

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.



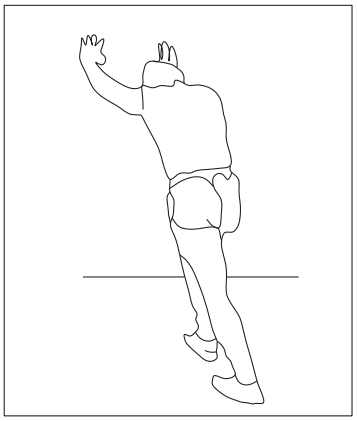
HAMSTRING STRETCHES

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.



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