

OWNER'S MANUAL

Model No.
16114525

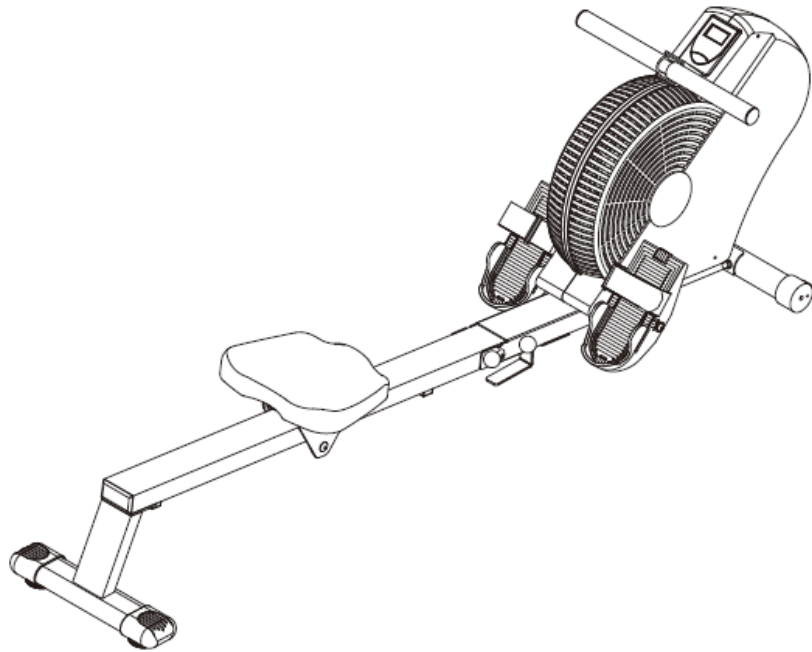
- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*

CAUTION:

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



AIR ROWER



MANUFACTURE'S ONE-YEAR LIMITED WARRANTY

Your **SIRIUS** AIR ROWER 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 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 Maurice Pincoffs Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2E 6X8. 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@pincoffs.ca or visit our website: www.pincoffs.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

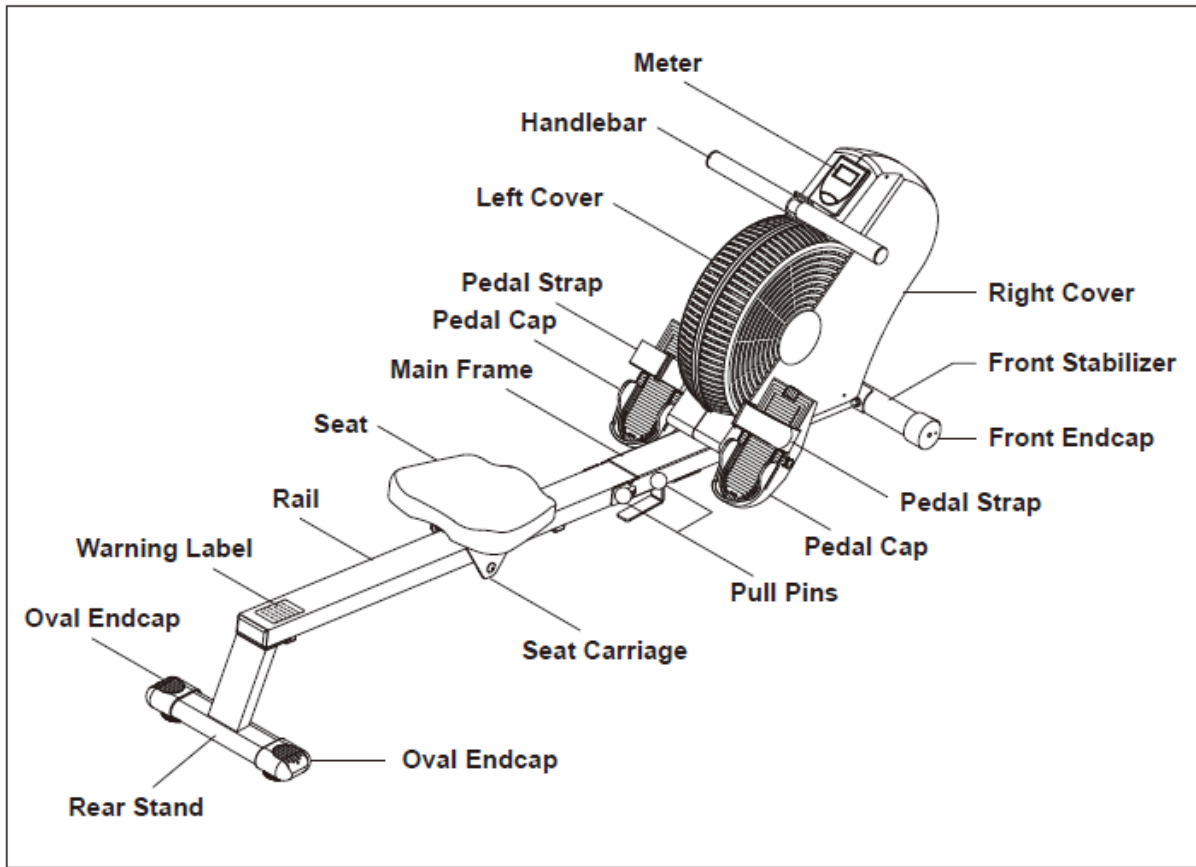
Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

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.

1. 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: Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your rower.
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 rower 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. 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 **rower**.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
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.




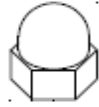





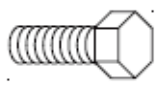
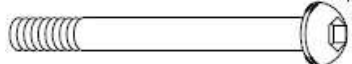
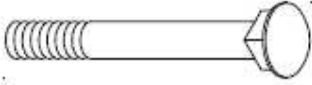
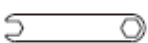


WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
67	Monitor	1	2	Rail	1
16	Handlebar	1	58	Oval End Cap	2
10/84	Cover (R/L)	2	3	Rear Stand	1
44	Pedal Strap	2	54	Pull Pins	2
43L/43R	Pedal Cap (L/R)	2	8	Transportation wheels	2
1	Main Frame	1	7	Front Stabilizer	1
66	Seat	1			

HARDWARE PACKING LIST

NO	DESCRIPTION	QTY	SPEC	SKETCH	
22	Bolt, Button Head	2	M8*1.25x25mm		
41	Bolt, Button Head	2	M8*1.25x15mm		
33	Acorn Nut	2	M8*1.25		
51	Acorn Nut	1	M10*1.5		
34	Lock Washer	5	M8		
35	Arc Washer	2	M8		
42	Washer	2	M8		
52	Washer	1	M10		
57	Bolt, Flat Head	2	M8*1.25*15mm		
59	Bolt, Hex Head	1	M8*1.25*15mm		
55	Bolt, Button Head	1	M10*1.5*100mm		
71	Carriage Bolt	2	M8*1.25*65mm		
105	Wrench	1			
106	Allen Wrench	1	5mm		
107	Allen Wrench	1	6mm		

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.

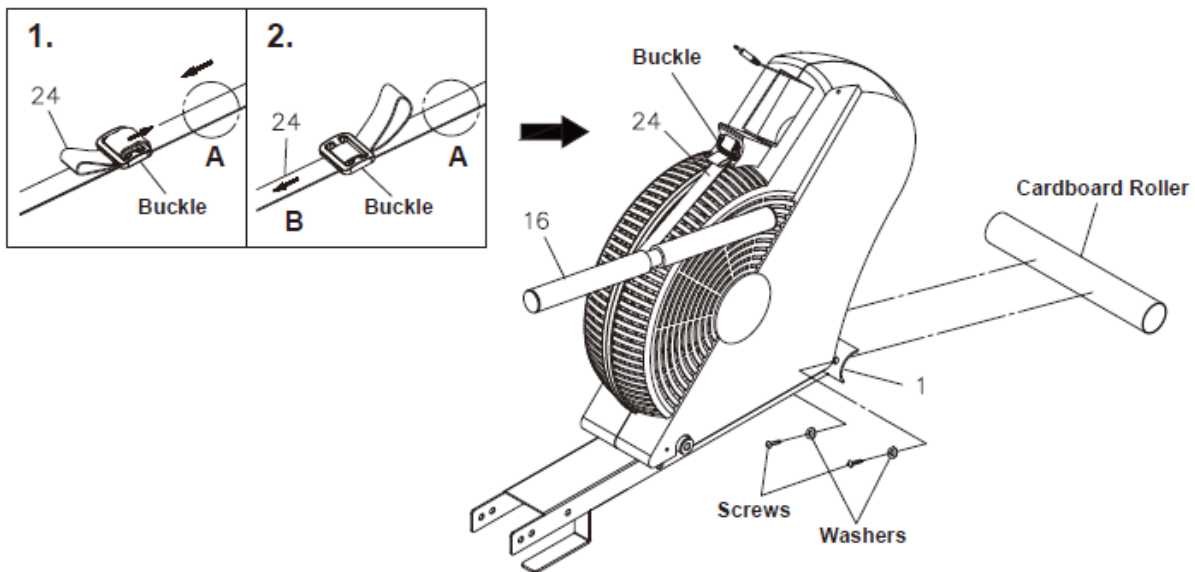
ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this 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.

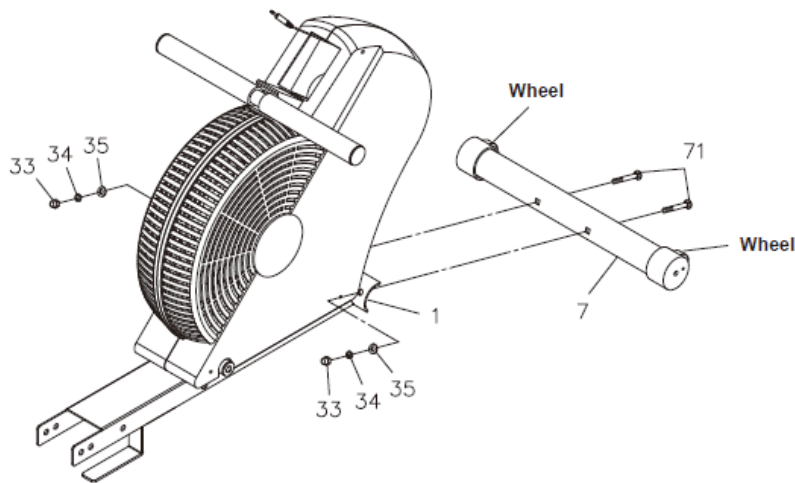
STEP 1

1. Remove the CARDBOARD ROLLER from the front of the Main frame (1) by removing the Screws and Washers.
2. A Buckle has been attached to the strap (24) to prevent the strap (24) from returning into the main body of the rower during shipping. Remove the Buckle by following these steps:
 - a. Refer to detail view 1. Pull the strap (24) away from the main body about 8 inches. Use one hand to hold the strap (24) at position A while using the other hand to pull the strap (24) loop on the top of the Buckle to the position as shown in detail view 2.
 - b. Refer to detail view 2. Continue to hold the strap (24) at position A. Pull the strap (24) from position B until the strap (24) is completely removed from the Buckle. Make sure the strap (24) isn't twisted and let it return into the main body of the rower. The strap (24) will hold the handlebar (16) taut against the main frame (1).



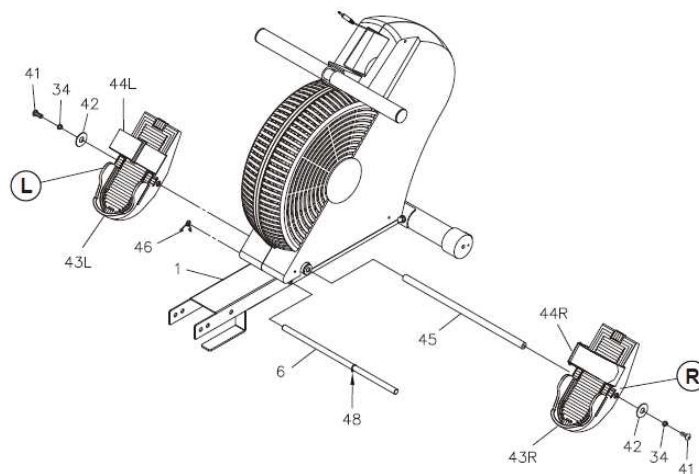
STEP 2

1. Make sure the wheels on the front stabilizer (7) face the front. Attach the front stabilizer (7) to the main frame (1) with two carriage bolts (71), two arc washers (35), two lock washers (34) and two acorn nuts (33)



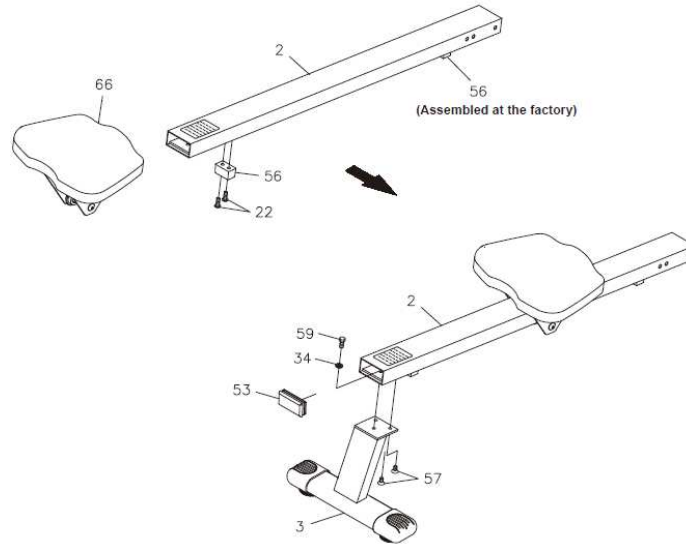
STEP 3

1. Locate the C Ring (48) on the stopper bar (6). Insert the longer end of the stopper bar (6) through the main frame (1). Secure the stopper bar (6) in position with the spring clip (46).
2. Insert the pedal shaft (45) through the holes on the main frame (1). Attach the left pedal cap (43L) onto the left side of pedal shaft (45) and secure with one washer (42), one lock washer (34) and one button head bolts (41).
3. Repeat for the right pedal cap (43R).



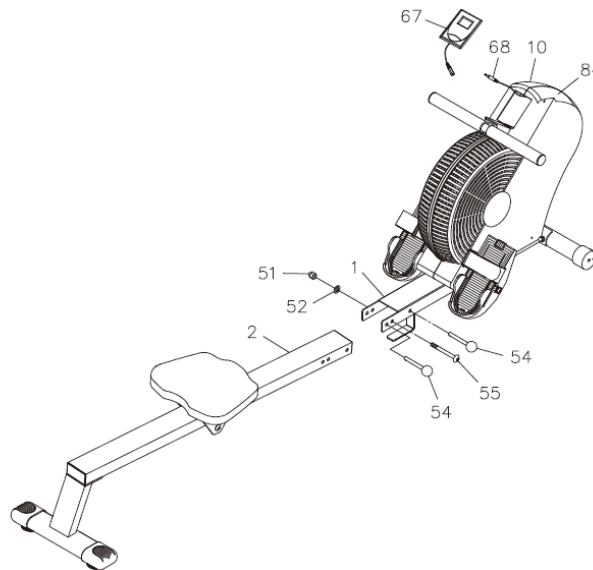
STEP 4

1. Slide the seat (66) onto the rail (2). Attach the stopper bumper (56) to the rail (2) with two button head bolt (22).
Note: A **second** stopper bumper (56) has **been assembled** at the factory.
2. Attach the rear stand (3) to the rail (2) with one hex bolt (59) and one lock washer (34) from inside the rail (2) and two flat head bolts (57) from underneath. Tighten all three bolts only after all three have been started. Press the rail cap (53) into the back end of the rail (2).



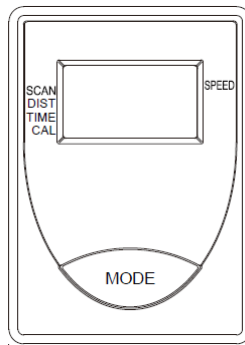
STEP 5

1. Attach the rail (2) to the main frame (1) with one button head bolt (55), one washer (52) and one acorn nut (51). Lock the rail (2) in position with the two locking pins (54).
2. Connect the sensor wire (68) to the **monitor** (67). Press the **monitor** (67) into the opening in the Covers (10/84)



**You have completed the assembly of your rower.
The monitor can only be powered by using the AA battery.**

MONITOR INSTRUCTION



USING THE FITNESS METER

POWER ON: Pull the handlebar (16) or push the button.

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

FUNCTION BUTTON:

Press the **mode button** to select the function value displays of **DISTANCE**, **TIME** and **CALORIES**.

Press the **mode button** for four seconds to reset all values to zero.

FUNCTIONS:

SPEED: Displays the current speed on upper display from zero to 999.9 miles per hour.

SCAN: Lower display automatically scans each function of **DISTANCE**, **TIME** and **CALORIES** in sequence every six seconds.

DISTANCE: Displays the distance from zero to 99.9 miles.

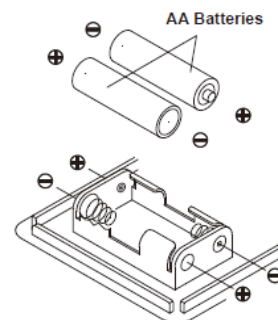
TIME: Display the time from one second up to 99:59 minutes.

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

HOW TO INSTALL AND REPLACE BATTERIES:

1. Use your hand or a simple tool to pry the **monitor** (67) from the side covers.
2. The **monitor** operates with two AA batteries **which are not included**. Refer to the illustration to install or replace the batteries.

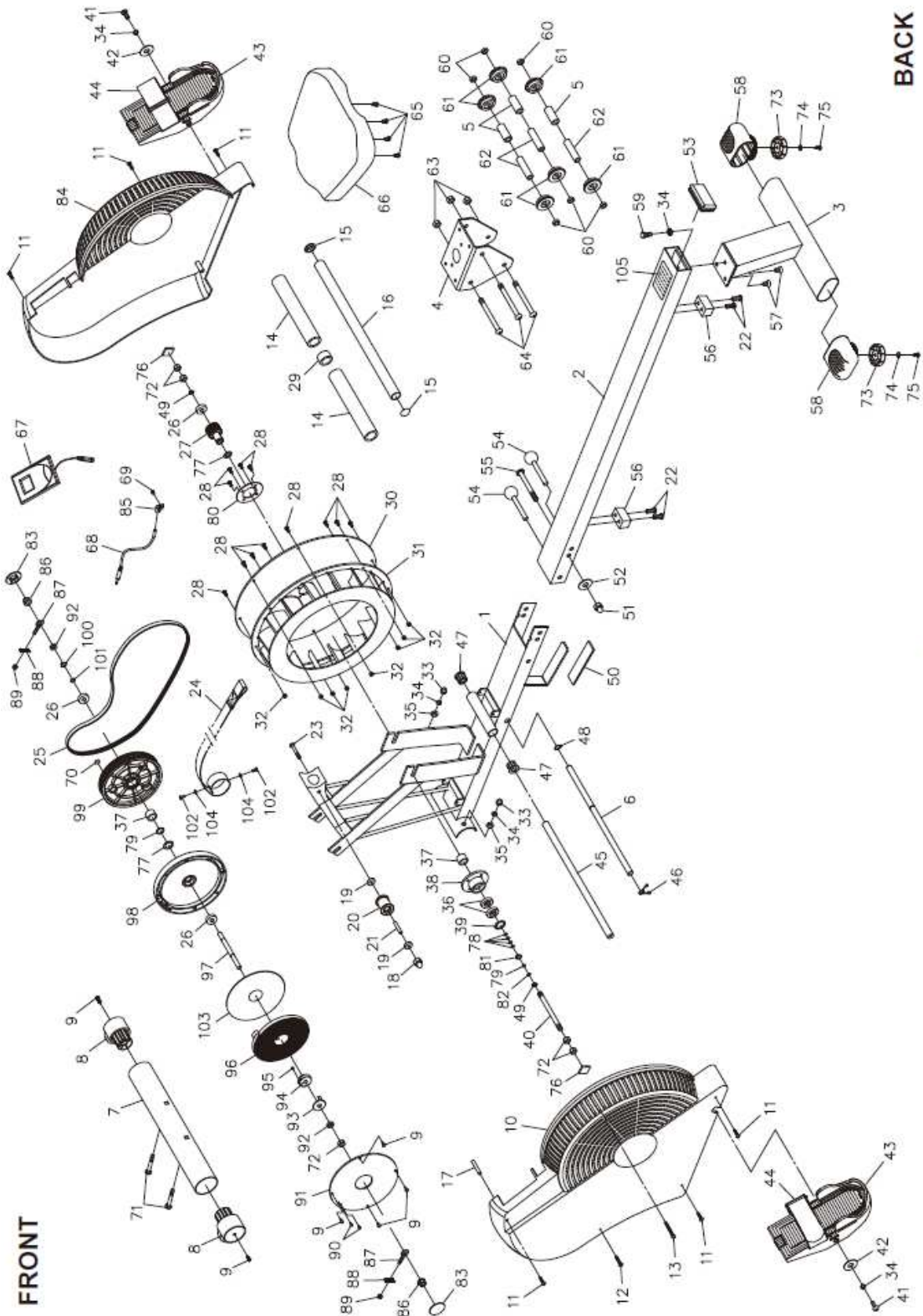


NOTE :

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

Customer Service 1-888-707-1880
Or email us at customerservice@pincoffs.ca

DIAGRAM



PART LIST

KEY NO.	PART NO.	DESCRIPTION	QTY
1	1452501	Main Frame	1
2	1452502	Rail	1
3	1452503	Rear Stand	1
4	1452504	Seat Carriage	1
5	1452505	Foam Spacer	3
6	1452506	Stopper Bar	1
7	1452507	Front Stabilizer	1
8	1452508	Transportation wheels	2
9	1452509	Screw, Round Head (M4*12mm)	6
10	1452510	Left Cover	1
11	1452511	Screw, Round Head (M5*15mm)	6
12	1452512	Screw, Round Head (M5*25mm)	1
13	1452513	Screw, Round Head (M5*70mm)	1
14	1452514	Foam grip	2
15	1452515	Round Plug (25.4mm)	2
16	1452516	Handlebar	1
17	1452517	Sleeve (Ø16*80mm)	1
18	1452518	Nylon nut (M8x1.25)	1
19	1452519	Bearing (698z)	2
20	1452520	Strap roller	1
21	1452521	Spacer sleeve (Ø8.2* Ø10.5*26.2mm)	1
22	1452522	Bolt, Button Head (M8*1.25*25mm)	4
23	1452523	Bolt, Button Head (M8*1.25*57mm)	1
24	1452524	Strap	1
25	1452525	V Belt	1
26	1452526	Bearing (6000z)	3
27	1452527	Small belt pulley	1
28	1452528	Screw, Round head (M5*0.8*12mm)	12
29	1452529	Strap Bushing	1
30	1452530	Fan plate	1
31	1452531	Fan wheel	1
32	1452532	Nylon nut (M5*0.5)	8
33	1452533	Acorn nut (M8*1.25)	2
34	1452534	Lock washer (M8)	5
35	1452535	Arc washer (M8)	2
36	1452536	Bearing (6903z)	2
37	1452537	One way bearing (HF1716)	2
38	1452538	Bearing housing	1

KEY NO.	PART NO.	DESCRIPTION	QTY
39	1452539	Inner C Ring (30mm)	1
40	1452540	Fan axle	1
41	1452541	Bolt, button head (M8*1.25*15mm)	2
42	1452542	Washer (M8* Ø22*2mm thick)	2
43L	1452543L	Pedal cap left	1
43R	1452543R	Pedal cap right	1
44	1452544	Pedal strap	2
45	1452545	Pedal shaft	1
46	1452546	Spring clip	1
47	1452547	Bushing (Ø13* Ø25.4*20mm)	2
48	1452548	C Ring (12.7mm)	1
49	1452549	C Ring (10mm)	2
50	1452550	Foam pad	1
51	1452551	Acorn nut (M10*1.5)	1
52	1452552	Washer (M10)	1
53	1452553	Rail cap	1
54	1452554	Pull pin	2
55	1452555	Bolt, button head (M10*1.5*100mm)	1
56	1452556	Stopper bumper	2
57	1452557	Bolt, flat head (M8*1.25*15mm)	2
58	1452558	Oval end cap (30mm*60mm)	2
59	1452559	Bolt, hex head (M8*1.25*15mm)	1
60	1452560	Roller spacer (Ø10.2* Ø16*5.5mm)	6
61	1452561	Roller	6
62	1452562	Spacer tube (Ø10.2* Ø12 *66mm)	3
63	1452563	Nylon nut (M10*1.5*7mm thick)	3
64	1452564	Bolt, button head (M10*1.5*105mm)	3
65	1452565	Bolt, round head (M6*1*15mm)	4
66	1452566	Seat	1
67	1452567	Monitor	1
68	1452568	Sensor wire	1
69	1452569	Screw, round head (M5*8mm)	1
70	1452570	Magnet	1
71	1452571	Carriage bolt (M8*1.25*65mm)	2
72	1452572	Nut (3/8"-26*7mm thick)	5
73	1452573	Rubber stand	2
74	1452574	Washer (M6)	2
75	1452575	Screw, round head (M5*12mm)	2
76	1452576	Foam pad (25*25*5mm thick)	2
77	1452577	Nylon washer (Ø17.5* Ø25*1mm thick)	2

KEY NO.	PART NO.	DESCRIPTION	QTY
78	1452578	Washer (Ø17.2* Ø21*1mm thick)	4
79	1452579	Nylon washer (Ø10.2* Ø16.5*1mm thick)	2
80	1452580	Support plate	1
81	1452581	C Ring (17mm)	1
82	1452582	Nylon washer (Ø10.2* Ø 16*0.5mm thick)	1
83	1452583	Protection cap	2
84	1452584	Right cover	1
85	1452585	Sensor clip	1
86	1452586	Flange Nut (3/8"-26)	2
87	1452587	Eyelet bolt (M6*1*35mm)	2
88	1452588	Tension bracket	2
89	145259	Nut (M6*1)	2
90	1452590	Screw, round head (M3*12mm)	2
91	1452591	Spring box cover	1
92	1452592	Thin nut (3/8"-26, 0.16" thick)	2
93	1452593	Spring holder	1
94	1452594	Spring core	1
95	1452595	Set screw (M4*0.7*6mm)	1
96	1452596	Spring	1
97	1452597	Pulley axle	1
98	1452598	Spring box	1
99	1452599	Belt pulley	1
100	14525100	C Ring (9mm)	1
101	14525101	Washer (Ø10.2* Ø13*0.5mm thick)	1
102	14525102	Screw, flat head (M5*0.8*12mm)	2
103	14525103	Rubbing disc	1
104	14525104	Washer (Ø5* Ø11*1mm thick)	2
105	14525105	Wrench	1
106	14525106	Allen wrench (5mm)	1
107	14525107	Allen wrench (6mm) w/screwdriver	2

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									
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 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.

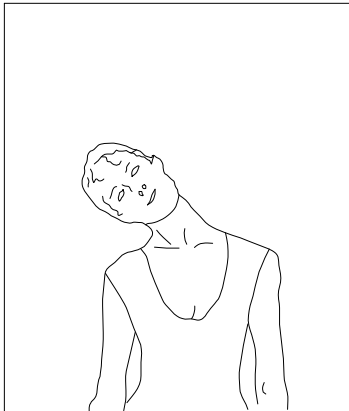
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

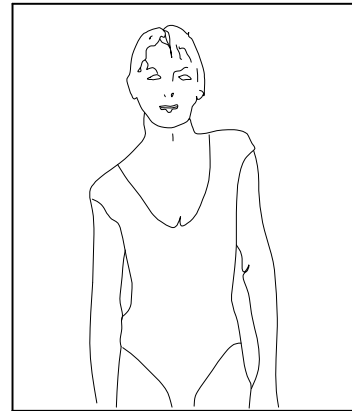
HEAD ROLLS

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.



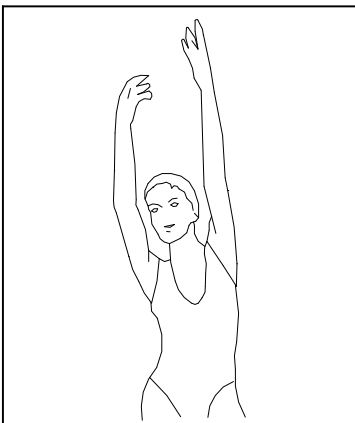
SHOULDER LIFTS

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.



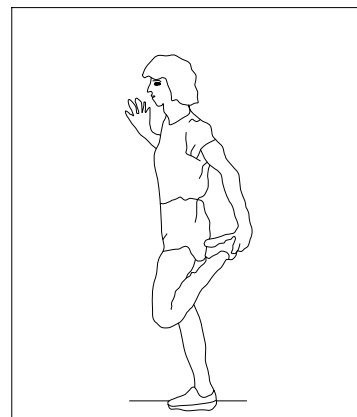
SIDE STRETCHES

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.



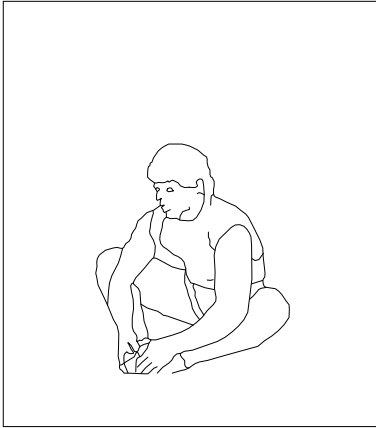
QUADRICEPS STRETCH

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.



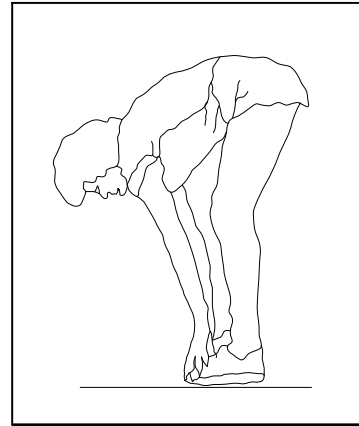
INNER THIGH STRETCH

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.



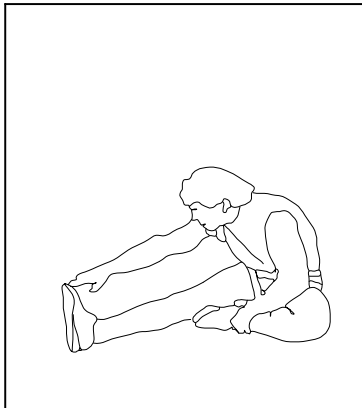
TOE TOUCHES

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.

