

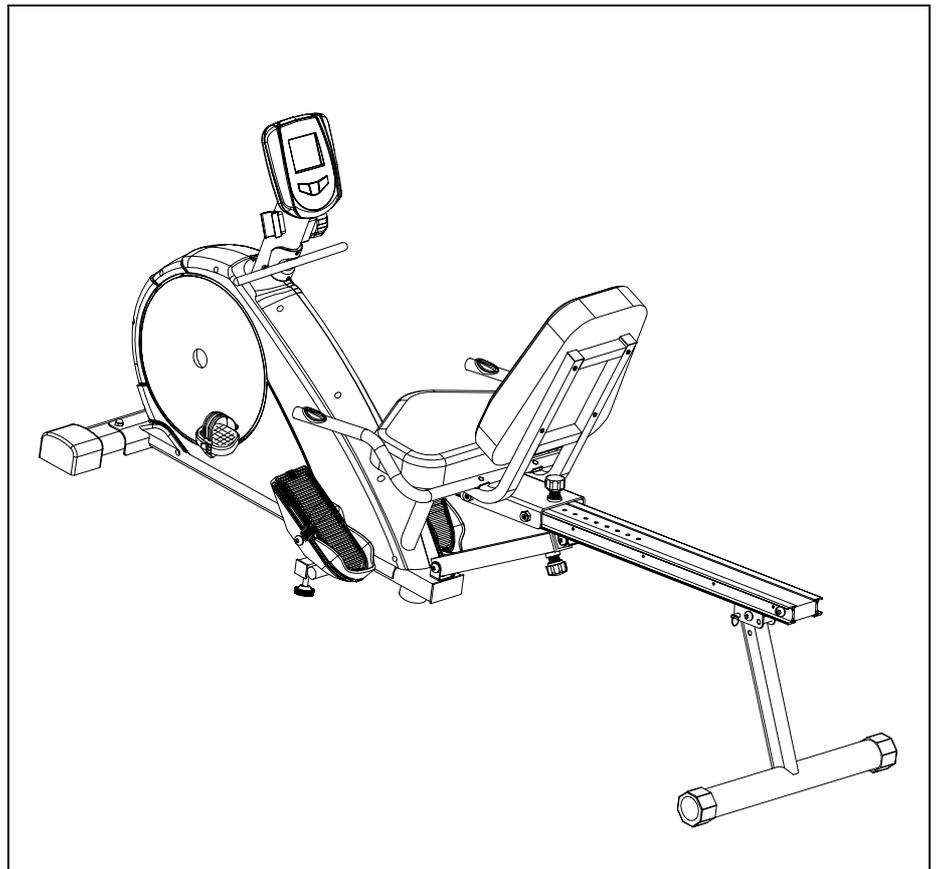
OWNER'S MANUAL

Model No.
16114902-1US

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



MAG. RECUMBENT ROWER



Retain for Future reference

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

MANUFACTURE'S ONE-YEAR LIMITED WARRANTY

Your **Sirius** Recumbent 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 recumbent rowers 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 RECUMBENT ROWER, 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 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.

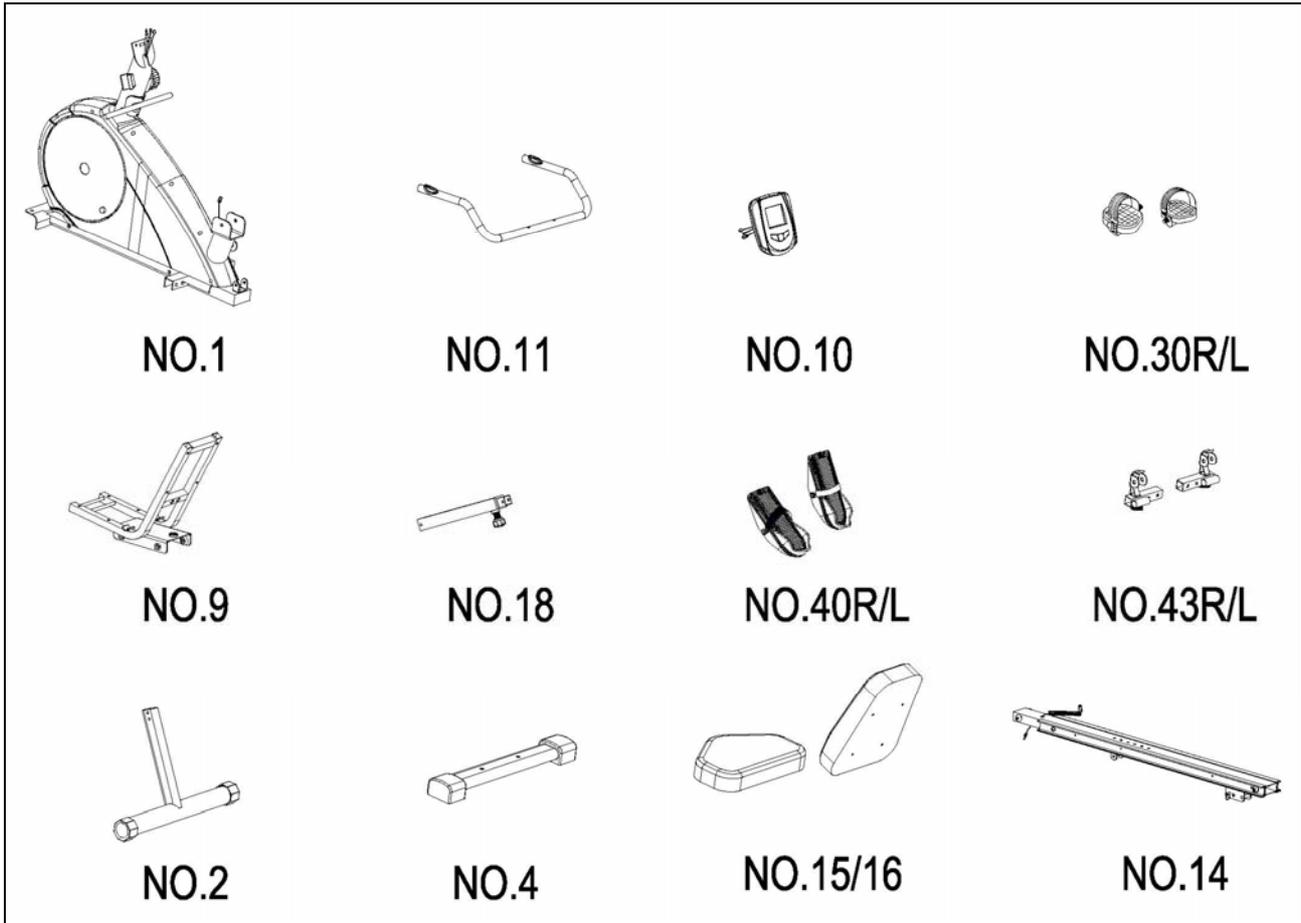
This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

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 recumbent 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 recumbent 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 recumbent 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 265 lbs.

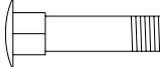
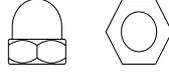
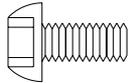
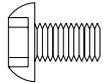
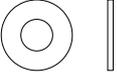
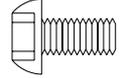
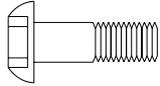
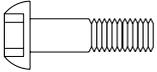
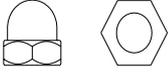
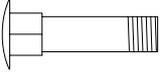
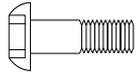
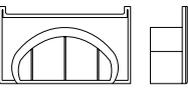
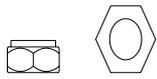
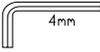
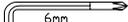
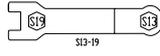
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PEROSNAL INJURY OR PROPERTY DAMAGE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

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
11	Fixed Handlebar w/pulse	1
10	Monitor	1
30R/L	Pedal R/L	2
9	Seat Support Bracket	1
18	Support Tube	1
40R/L	Rower Pedal R/L	2
43R/L	Pedal Support Tube R/L	2
2/3	Rear Stabilizer w/end caps	1
4/5	Front Stabilizer w/transportation wheels	1
15/16	Seat Cushion & Back Cushion	2
14	Aluminum Rail	1
	Inner box	1
	Manual	1

HAREWARE PACKING LIST

Part NO	Description	Qty	Drawings	
6	Carriage Bolt M10*55	2	 6	 7
7	Flat Washer Φ10*Φ25	3		
8	Domed Nut M10	2	 8	 12
12	Flat Washer Φ8*Φ17	8		
20	Quick Release Knob	1	 20	 22
22	Nylon Locknut M8	2		
25	Allen Bolt M6*35	8	 25	 27
27	Allen Bolt M6*12	4		
28	Flat Washer Φ6*Φ17	12	 28	 29
29	Axle for Pedal	2		
31	Allen Bolt M8*20	2	 31	 32
32	Bumper	2		
33	Allen Bolt M10*50	1	 33	 35
35	Allen Bolt M8*55	1		
41	Carriage Bolt M8*45	4	 41	 42
42	Domed Nut M8	6		
51	Carriage Bolt M8*60	2	 51	 53
53	Allen Bolt M8*45	1		
56	End Cap for Aluminum Rail L/R	2	 56	 57
57	Nylon Locknut M10	1		
102	Allen Key L4	2	 102	 103
103	Allen Key L6	1		
104	Allen Wrench S13,17	1	 104	

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.

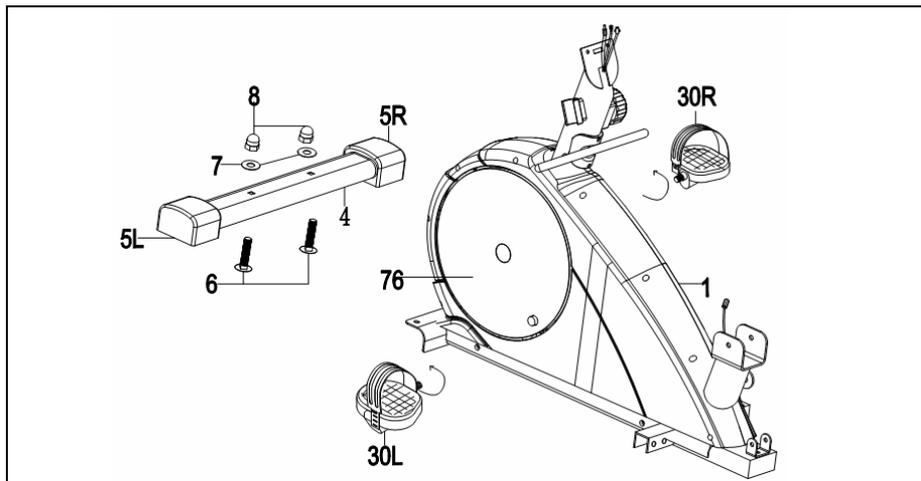
It will take two people to assemble your unit.

Step 1

Attach the front stabilizer (4) w/transportation wheels (5L/5R) to the main frame (1). Secure using two carriage bolts (6), two flat washers (7) and two domed nuts (8).

Attach the left and right pedals (30L/30R) to the opening of the right and left crank disc (76).

Note: The pedals are marked with L & R. The right pedal (R) should be threaded on clockwise and the left pedal (L) should be threaded counter-clockwise.

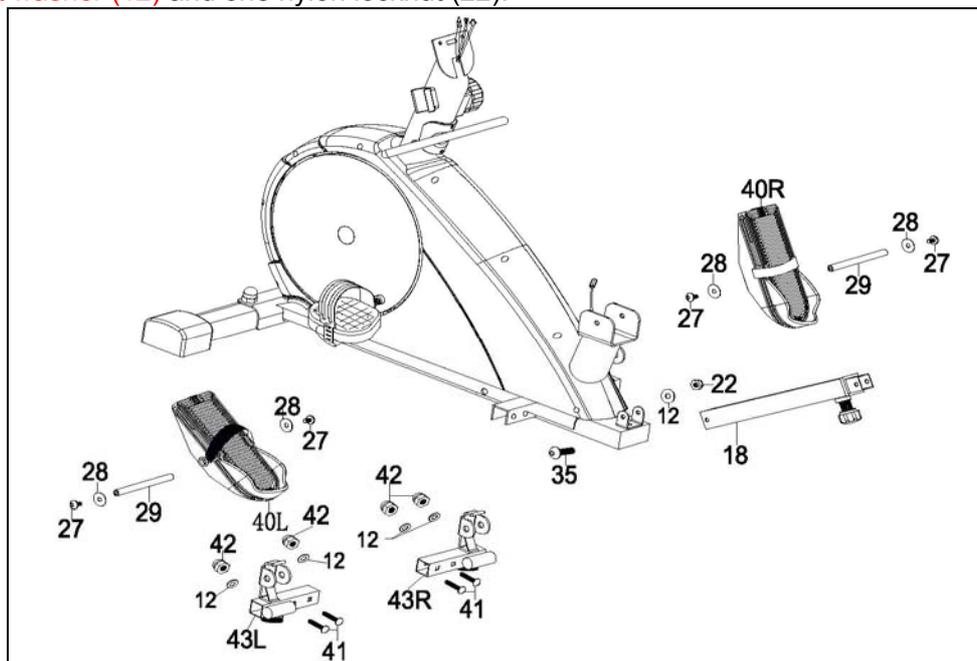


Step 2

Attach the left pedal support tube (43L) to the left side of the main frame (1). Secure using two carriage bolts (41), two flat washers (12) and two domed nuts (42). Repeat this procedure for the right pedal support tube (43R).

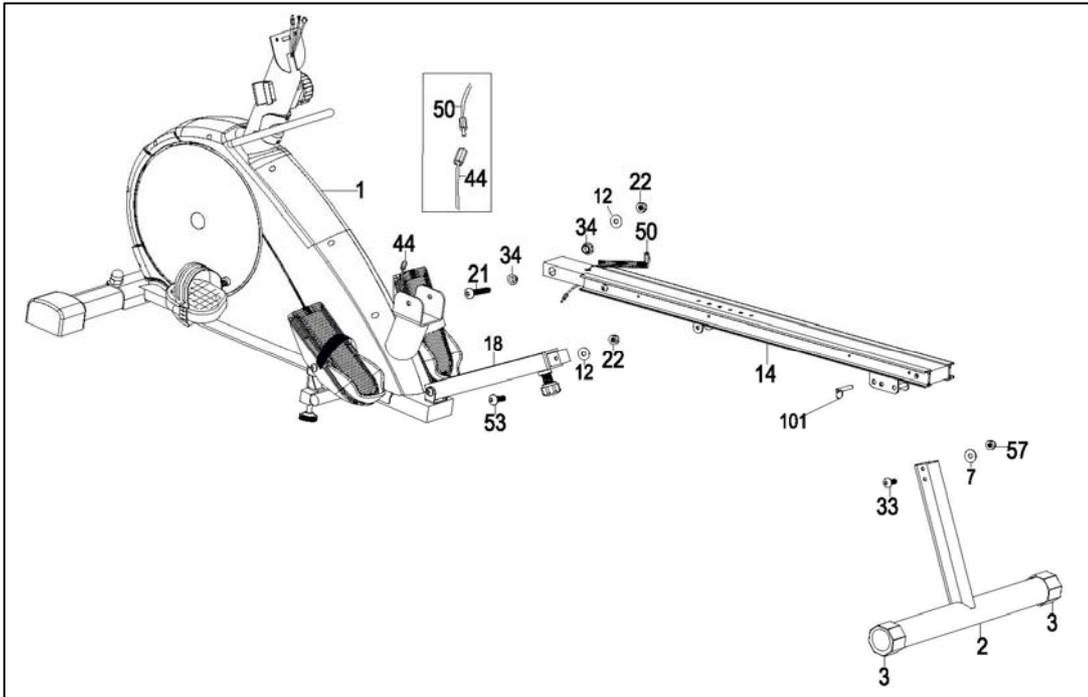
Attach the left rower pedal (40L) to the left pedal support tube (43L). Secure using one axle (29), two allen bolts (27) and two flat washers (28). Repeat this procedure for the right pedal (40R).

Attach the support tube (18) to the bottom back bracket of the main frame (1). Secure using one allen bolt (35), one flat washer (12) and one nylon locknut (22).



Step 3

- a) Attach the rear stabilizer (2) with adjustable end cap (3) to the aluminum rail (14). Secure using one allen bolt (33), **one flat washer (7)** and one nylon locknut (57). **Insert the lock pin (101) into the aluminium rail to secure the rear stabilizer (2).**
- b) Attach the aluminum rail (14) onto the upper back bracket of the main frame (1). Secure using one allen bolt (21), two spacers (34), **one flat washer (12)** and one nylon locknut (22) which is pre-assembled on the unit.
- c) Connect the upper extension pulse wire (44) to the extension coil pulse wire (50).
- d) Attach the support tube (18) to the bottom of aluminum rail (14). Secure using one allen bolt (53), **one flat washer (12)** and one nylon locknut (22).

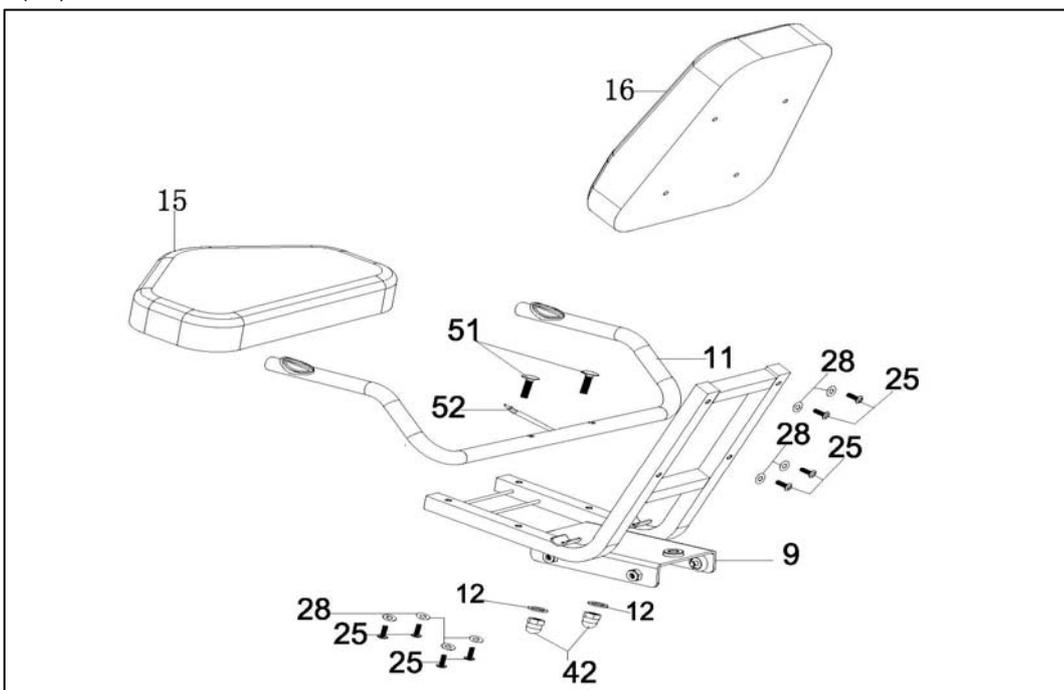


Step 4

Attach the handlebar (11) to the seat support bracket (9). Secure using two carriage bolts (51), **two flat washers (12)** and two domed nuts (42).

Attach the seat cushion (15) to the seat support bracket (9). Secure using four allen bolts (25) and four flat washers (28).

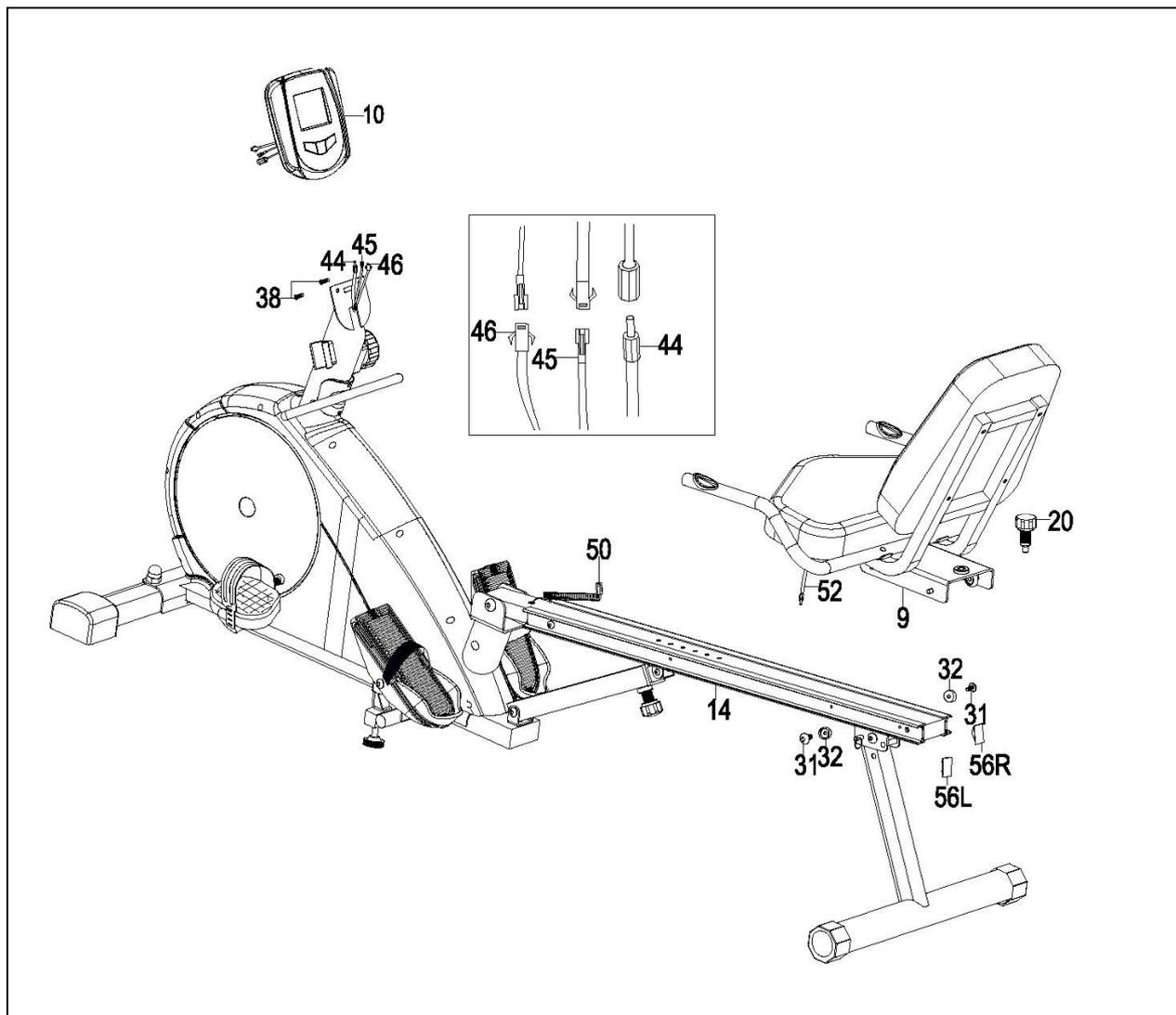
Attach the back cushion (16) to the seat support bracket (9). Secure using four allen bolts (25) and four flat washers (28).



Step 5

- a) Slide the seat support bracket (9) onto the aluminum rail (14). Secure using the quick release knob (20) into your desired position. Connect the upper coil pulse wire (50) to the back pulse wire (52).
- b) Fix two bumpers (32) on each side of aluminum rail (14). Secure using two allen bolts (31).
- c) Attach the right and left end caps (56L / 56R) onto the end of the aluminum rail (14).
- d) Connect the upper extension pulse wire (44), to the back of the monitor (10).
Connect the sensor wire (45) to the back of the monitor (10).
Connect the rower sensor wire (46) to the back of the monitor (10).
Attach the computer (10) to the bracket of front post of the main frame (1). Secure using two screw (38) which are found on the monitor.

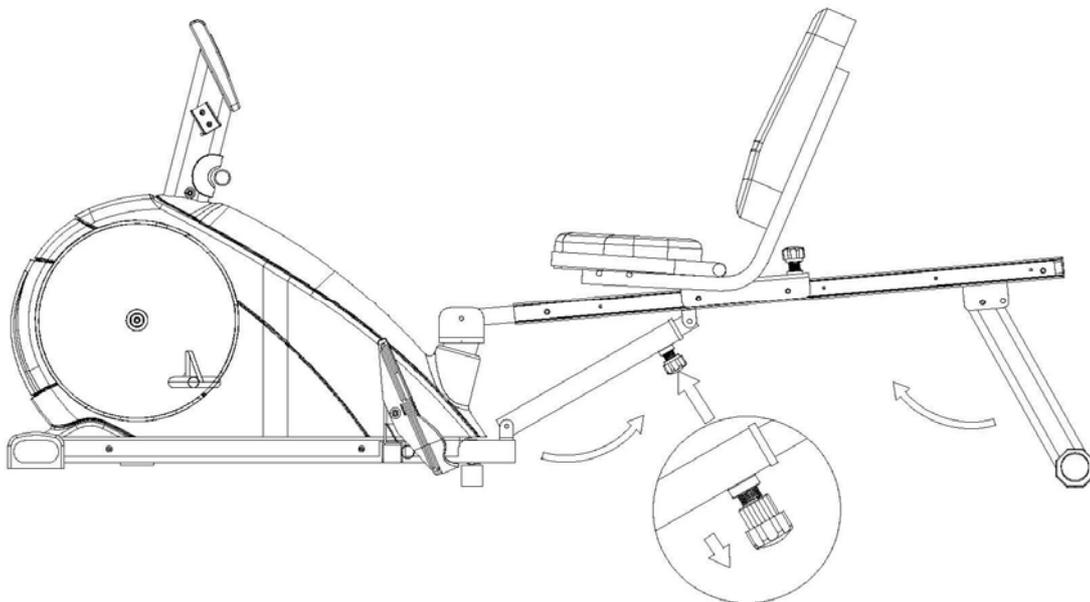
Note: Ensure that the wires are safely tucked inside the opening so that the wires do not get pinched when inserting the monitor onto the monitor bracket.



**Ensure that that you have fastened the bolts securely.
You have completed the assembly of your cycle.**

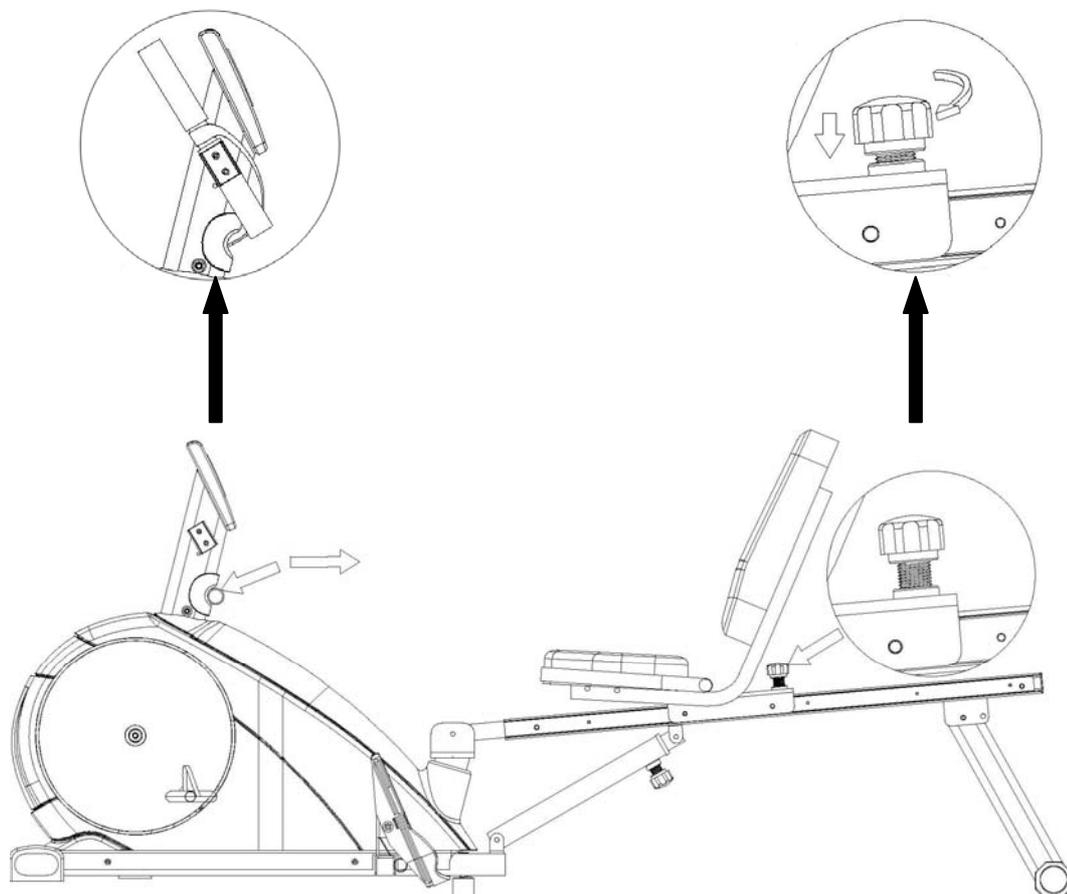
How to fold the unit

1. Please move the seat to the rear hole and secure using by the quick release knob before you fold the unit.
2. Pull out the lock pin and fold the rear stabilizer towards to the aluminum rail. Then plug the lock pin.



How to change the rower to recumbent

3. Pull up the handlebar and place it onto the holder on the upright.
4. Fix the quick release knob on your desired position.



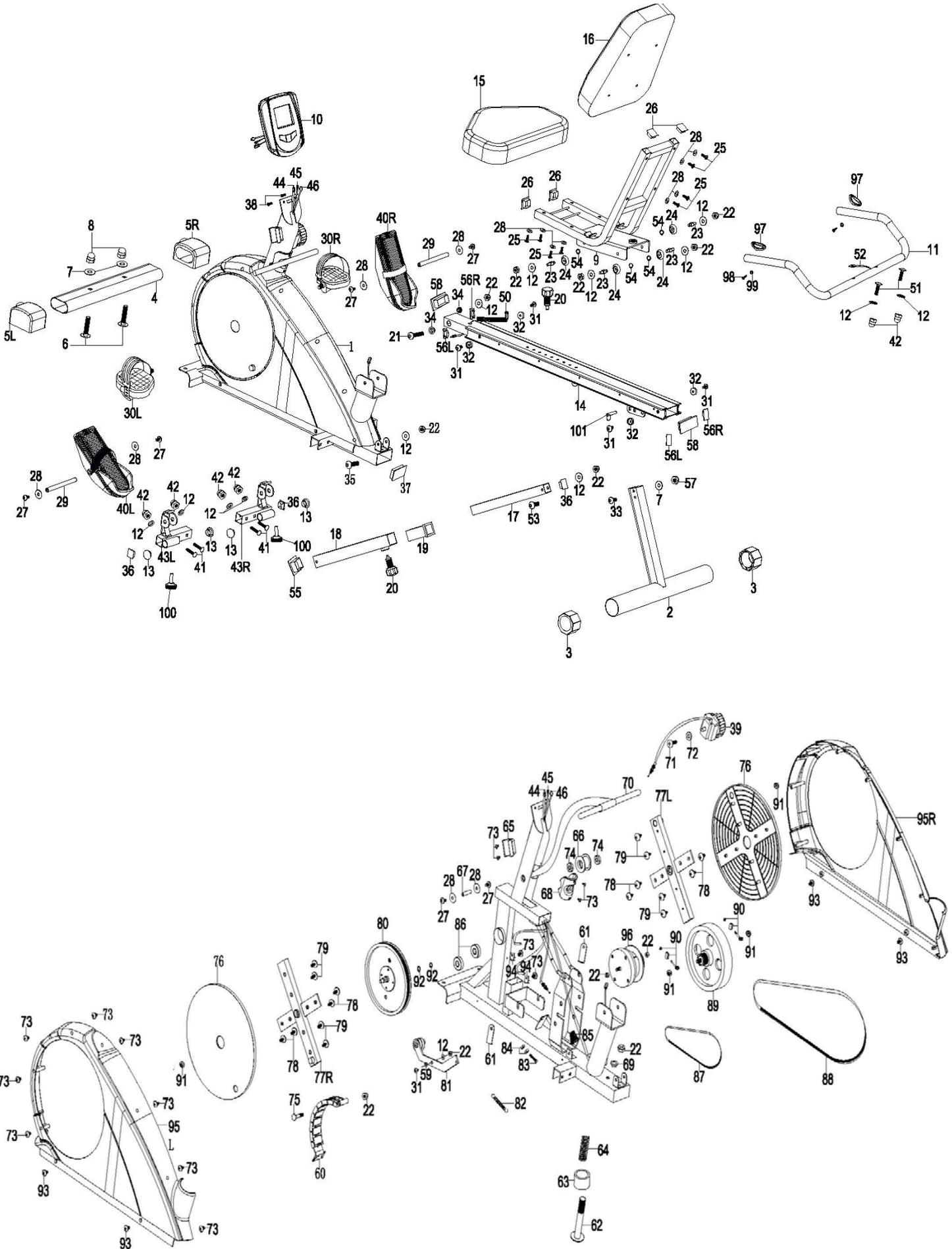
PART LIST

Key No.	Part No.	Description	Qty
1	1490201	Main Frame	1
2	1490202	Rear Stabilizer	1
3	1490203	Adjustable End Cap	2
4	1490204	Front Stabilizer	1
5L	1490205L-1	Transportation Wheel Left	1
5R	1490205R-1	Transportation Wheel Right	1
6	1490206	Carriage Bolt M10*55	2
7	1490207	Flat Washer $\Phi 10 \times \Phi 25$	3
8	1490208	Domed Nut M10	2
9	1490209-1	Seat Support Bracket	1
10	1490210	Monitor	1
11	1490211-1	Handlebar	1
12	1490212	Flat Washer $\Phi 8 \times \Phi 17$	14
13	1490213	Round End Cap $\Phi 25.4$	4
14	1490214	Aluminum Rail	1
15	1490215	Seat Cushion	1
16	1490216	Back Cushion	1
17	1490217	Sliding Tube	1
18	1490218	Support Tube	1
19	1490219	Inner Cap	1
20	1490220	Quick Release Knob	2
21	1490221	Allen Bolt M8*80	1
22	1490222	Nylon Locknut M8	12
23	1490223	Axle for Wheel	4
24	1490224	Wheel	4
25	1490225	Allen Bolt M6*35	8
26	1490226	Square End Cap $\square 25.4$	4
27	1490227	Allen Bolt M6*12	6
28	1490228	Flat Washer $\Phi 6 \times \Phi 17$	14
29	1490229	Axle for Rowing Pedal	2
30L	1490230L	Pedal Left	1
30R	1490230R	Pedal Right	1
31	1490231	Allen Bolt M8*20	5
32	1490232	Bumper	4
33	1490233	Allen Bolt M10*50	1
34	1490234	Spacer	2

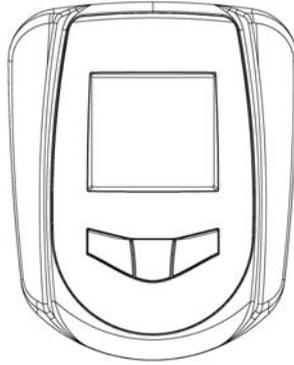
Key No.	Part No.	Description	Qty
35	1490235	Allen Bolt M8*55	1
36	1490236	Square End Cap □30	3
37	1490237	Square End Cap □40*80	1
38	1490238	Screw M5*10	2
39	1490239	Tension Control w/Cable	1
40L	1490240L	Rower Pedal Left	1
40R	1490240R	Rower Pedal Right	1
41	1490241	Carriage Bolt M8*45	4
42	1490242	Domed Nut M8	6
43L	1490243L	Pedal Support Tube Left	1
43R	1490243R	Pedal Support Tube Right	1
44	1490244	Upper Extension Pulse Wire	1
45	1490245	Sensor Wire	1
46	1490246	Sensor Wire for rower	1
50	1490250	Extension Coil Pulse Wire	1
51	1490251	Carriage Bolt M8*60	2
52	1490252	Back Pulse Wire	1
53	1490253	Allen Bolt M8*45	1
54	1490254	Clip Φ8	4
55	1490255	Square End Cap □38	1
56L	1490256L	Aluminum Rail End Cap Left	2
56R	1490256R	Aluminum Rail End Cap Right	2
57	1490257	Nylon Locknut M10	1
58	1490258	Square End Cap □30*60	2
59	1490259	Spacer	1
60	1490260	Magnetic Wheel Assembly	1
61	1490261	Bracket for Idler	2
62	1490262	Screw M8*75	1
63	1490263	Spacer	1
64	1490264	Spring	1
65	1490265	Bracket for Handlebar	1
66	1490266	Plastic Pulley	1
67	1490267	Axle for Plastic Pulley	1

Key No.	Part No.	Description	Qty
68	1490268	Front Handlebar Holder	1
69	1490269	Plastic Bushing	1
70	1490270	Front Handlebar	1
71	1490271	Screw	1
72	1490272	Flat Washer $\Phi 5 \times \Phi 18$	1
73	1490273	Screw ST5*15	14
74	1490274	Bearing 6000Z	2
75	1490275	Hex Head Bolt M8*65	1
76	1490276	Disc Cover	2
77L	1490277L	Crank Disc Left	1
77R	1490277R	Crank Disc Right	1
78	1490278	Screw ST3.5*10	8
79	1490279	Screw ST3.5*15	8
80	1490280	Pulley	1
81	1490281	Idler Wheel w/bracket	1
82	1490282	Spring	1
83	1490283	Hex Head Bolt M6*20	1
84	1490284	Nut M6	2
85	1490285	Taper Spring	1
86	1490286	Bearing	2
87	1490287	Belt $\Phi 230$	1
88	1490288	Belt $\Phi 460$	1
89	1490289	Flywheel	1
90	1490290	Flywheel Adjustor	2
91	1490291	France Nut	4
92	1490292	Clip Ring	2
93	1490293	Screw ST5*15	4
94	1490294	Sensor Bracket	2
95L	1490295L	Chain cover Left	1
95R	1490295R	Chain cover Right	1
96	1490296	Spring Clutch w/cable	1
97	1490297	Hand pulse sensor	2
98	1490298	Screw ST4*20	2
99	1490299	Flat washer $\Phi 4.2 \times \Phi 12$	2
100	14902100-1	Adjustable Knob	2
101	14902101-1	Lock Pin	1

DIAGRAM



MONITOR INSTRUCTION



The things you should know before exercise:

This monitor has two input signals, which are respectively working with the “Bike” mode and the “Rower Machine” mode. When the two signals are inputted at the same time, the priority is the Rower Machine mode.

After you install the two batteries, the computer will enter CLOCK mode and show 0:00. If there is no signal or keys are not pressed after 4 minutes, the clock will count up from 0:00 during the exercise mode.

Key Function:

MODE: Press to select functions between: scan, time, speed, distance, calories, pulse, RPM and count.
Press to accept the pre-set target value
Press and hold for four seconds to reset the all values to zero.

UP or Down: Press to preset the target value of time, count, distance and calories

Functions and features:

- 1. SCAN:** Displays each function in sequence every 6 seconds. The display loop is time, speed, distance, count, calories-rpm and pulse.
- 2. TIME:** Shows your elapsed workout time up to 99:59
Counts down from your preset target time to 00:00 during your workout
You can switch between Bike mode and Rower mode, the computer will count based on the value recorded before.
- 3. SPEED:** Displays your workout speed value in MILE per hour from 0.0 to 99.90.

4. **DISTANCE:** Displays the cumulative distance traveled during your workout up to 99.9M for the Bike mode and up to 9999 feet during the rower mode.
Counts down from your preset target distance to 0.0 during your workout
When you alter one mode to the other, the distance unit changes and the value goes to zero.
5. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout. It counts up from 0.00 to 999.9. You can set the target calories within the value from 10 to 999.0. When you change between Bike mode and Roller mode, the computer will continue to count based on the former value.
6. **PULSE:** The monitor will display the user's current heart rate in beats per minute during the workout. Both hands must hold the gripped pulse for a heart rate reading during your workout.
NOTE: This data is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
7. **RPM:** Displays the revolutions per minute during the Bike mode. Displays the strokes per minute during the Rower machine mode. The RPM and Pulse mode will display are displayed in the same window alternately every six seconds. If there is no pulse detected, the window will only shows the value of RMP. The value range is from 15 to 999. If it is over 999, the window will show "E".
8. **COUNT:** Accumulates total working count from 0 up to 9999.
Counts down from your preset count to 0.0 during your workout.
The computer doesn't count during Bike mode.
The value will reset to zero when the Rower mode changes.

Remarks:

1. The monitor will turn on automatically by pressing any key or starting your exercise program.
2. The monitor will shut off automatically if no signal is detected for four minutes reset all values to zero.
3. If monitor is illegible or partial segments appear, remove batteries and re-install.
4. Monitor requires 2 "AA" batteries.
5. Rechargeable batteries are not recommended.

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
No tension	Tension control cable not connected	Securely plug tension control cable into the extension tension control cable
	Magnetic wheel not working properly	Replace magnetic wheel
Heart rate not displaying	Pulse wire not connected not connected	Securely plug wires into the back of the monitor
	Hand pulse defective	Replace hand pulse grip or ear clip
	Monitor not working properly	Replace monitor
Grinding	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Mag wheel defective	Replace magnetic wheel
Squealing	V-belt slipping	Adjust v-belt

Always ensure batteries are fresh and in correctly.

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.

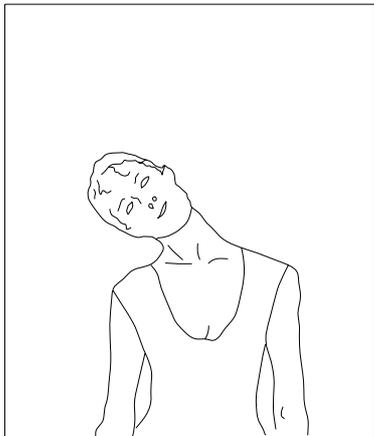
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

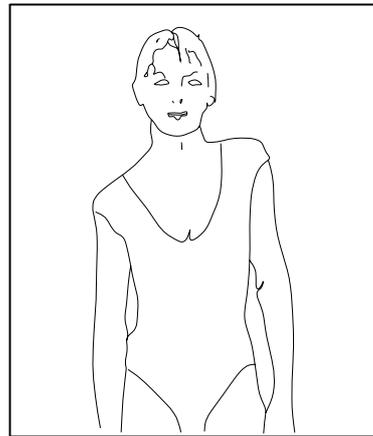
HEAD ROLLS

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.



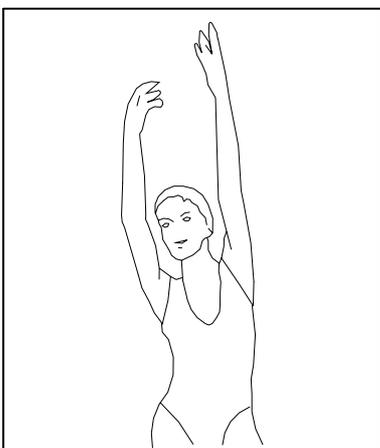
SHOULDER LIFTS

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.



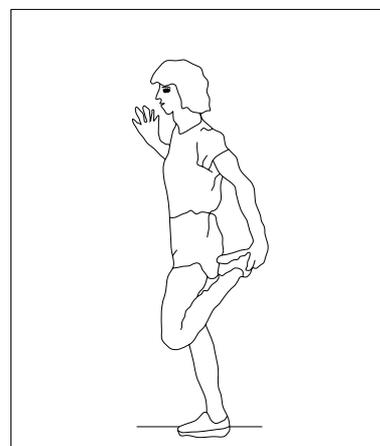
SIDE STRETCHES

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.



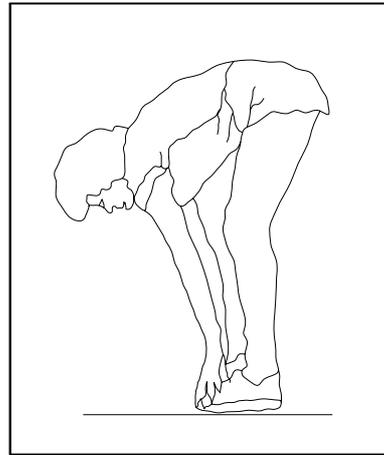
INNER THIGH STRETCH

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.



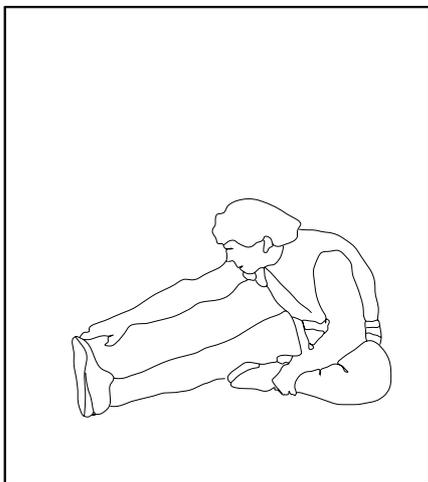
TOE TOUCHES

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.

