virtufit

TR-100 Treadmill

User manual
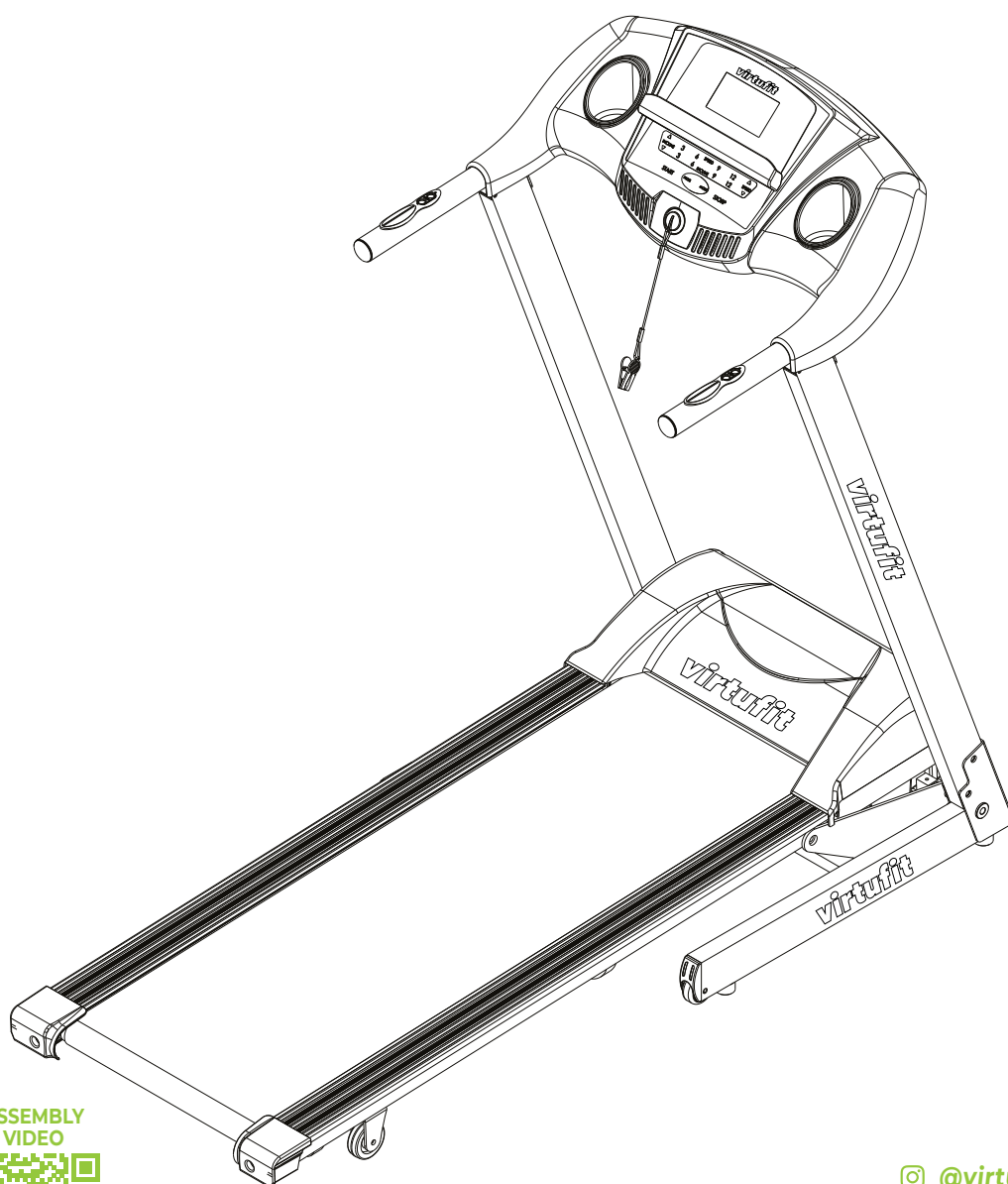
@virtufit_fitness

VirtuFit

www.virtufit.com

EN

INDEX

WARNING:

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.

- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the device properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

- Keep children and pets away from the device. The device is designed for adult use only.

- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.

- Before using the device, check that the nuts and bolts are securely tightened.

- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

– Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.

– Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.

– The max user weight is 136 KGS. Braking ability is independent of speed.

– The device is not suitable for therapeutic use.

– Care must be taken when lifting or moving the device so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

– Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!

– Place the device on a clean and flat surface. Do not place the device on a thick carpet.

– The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

– Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

Warranty claim is excluded if the cause of the defect is the result of:
– Maintenance assembly and repair work not carried out by an official dealer.
– In the event of improper use, neglect and / or poor maintenance.
– Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

CHECKLIST

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TOOLKIT

When you open the carton, and you will find the below parts in the carton:
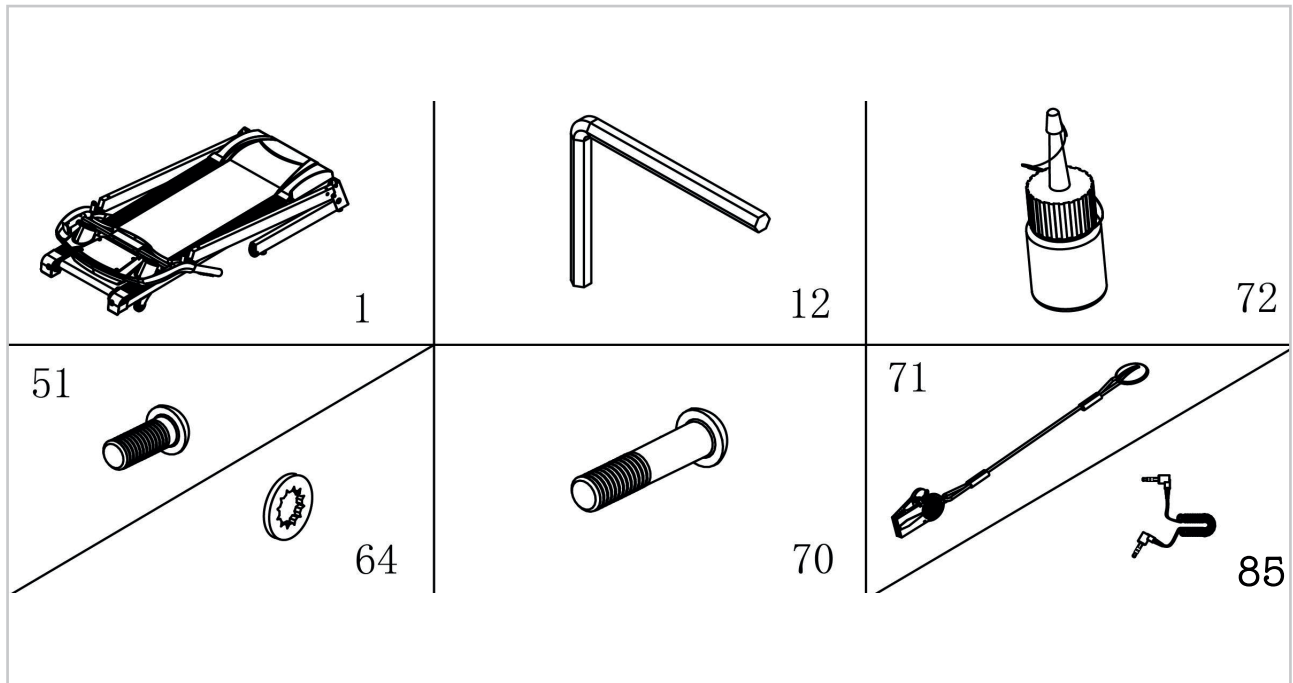
| #	DESCRIPTION	QTY
1	Main frame	1
12	Allen key 5mm	1
51	Bold	4
64	Lock washer	6
71	Security key	1
72	Oil bottle	1
70	Bolt	2
85	MP3 cable	1

NOTE: *Do not connect the appliance to the mains before it has been completely set up.*

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoa and the device. Some parts (bolts, screws, etc.) are already attached to/in the device.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.
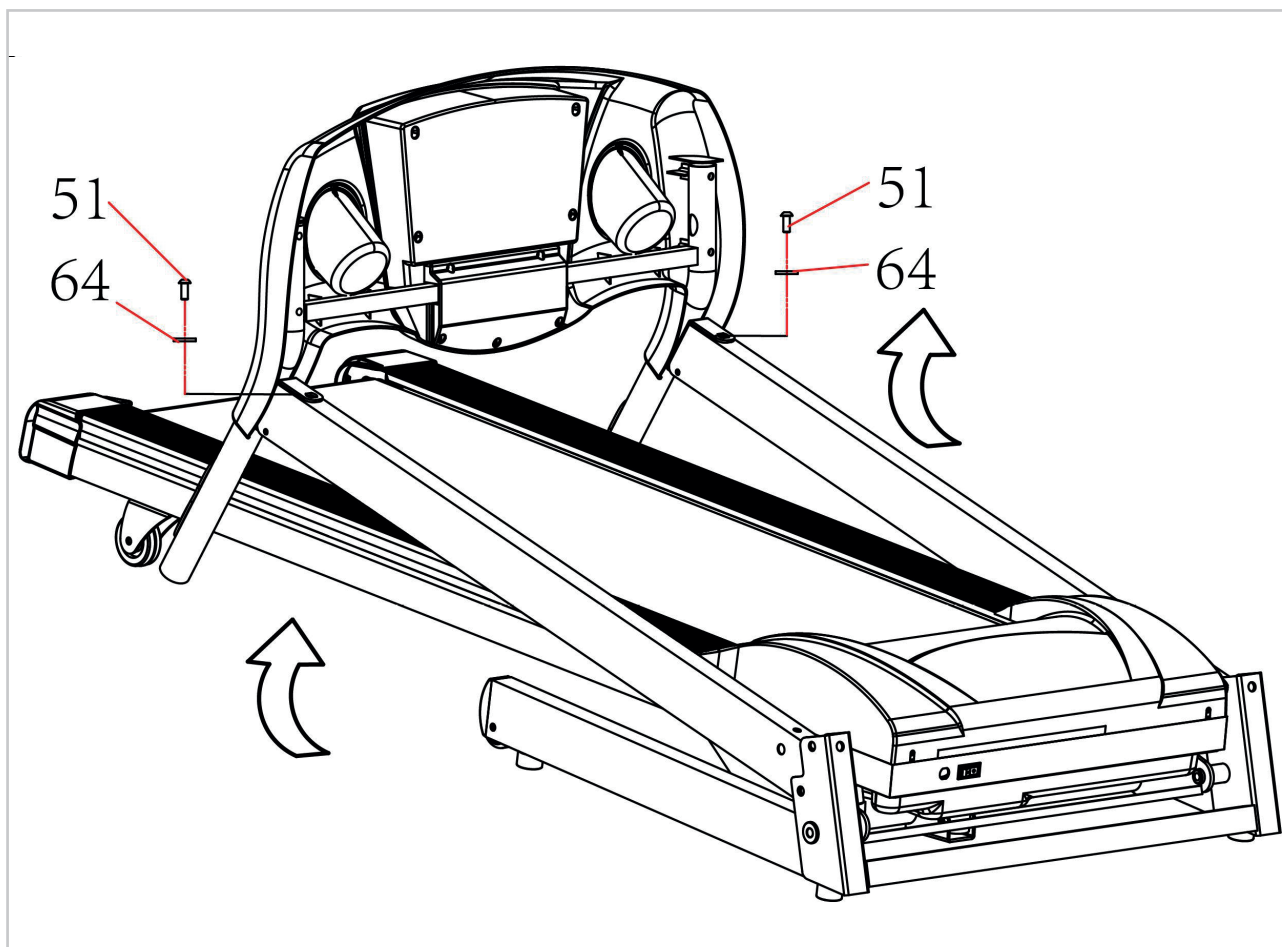
Socket screws: The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1
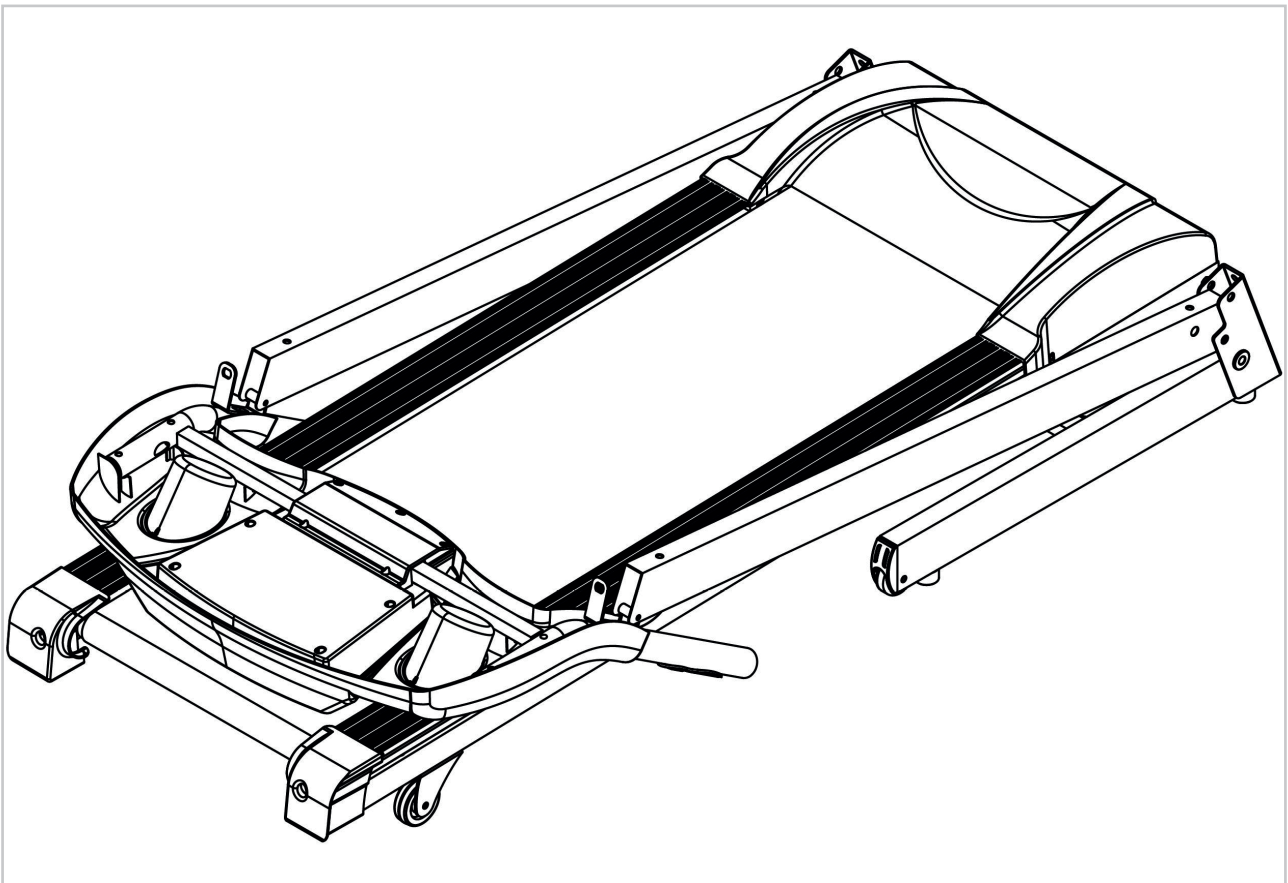
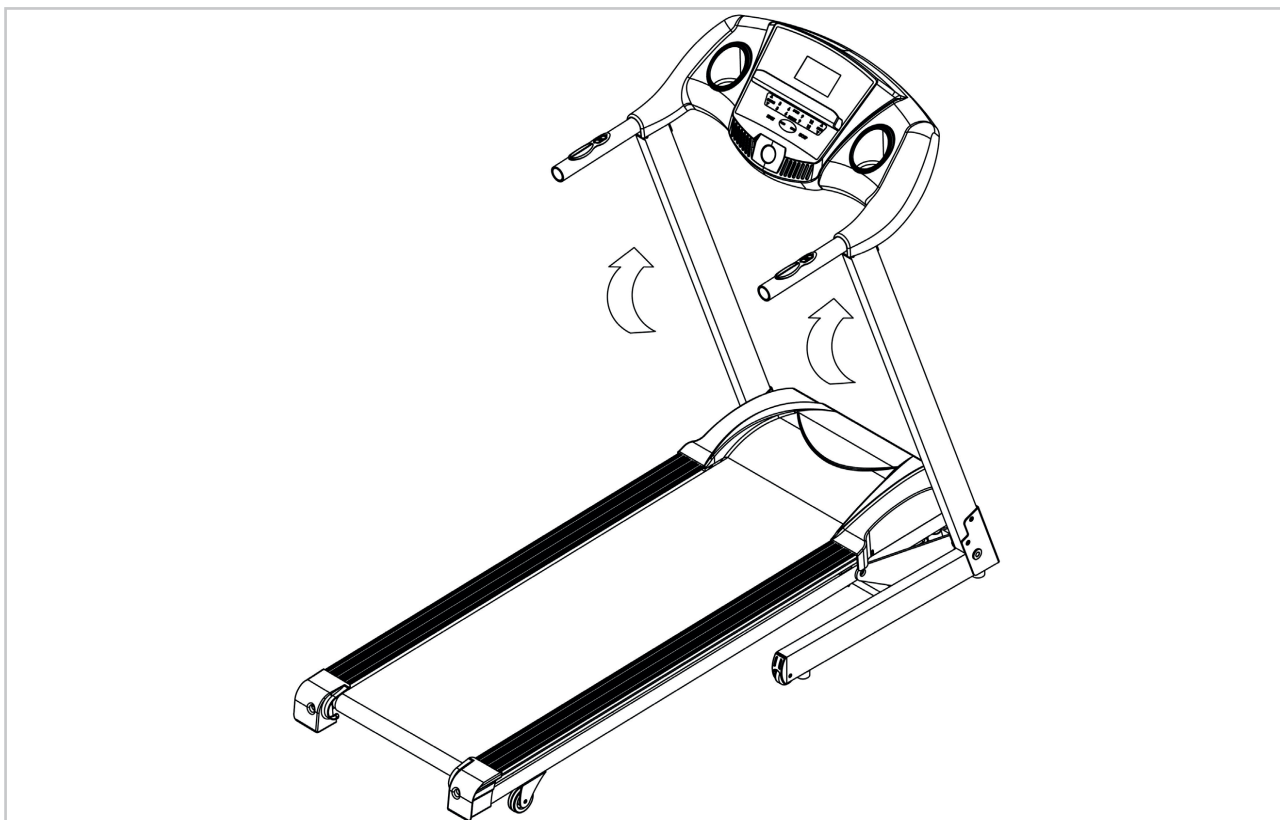• Open the carton, get out the above spare parts, put the Main Frame on the level ground.

STEP 2

- Hold the console frame, use the 5# Allen Wrench, lock the console frame onto left and right upright tube with bolt M8*16(51)& lock washer (64) as the picture above.

NOTE: *When folding, please don't press the computer connecting wires.*
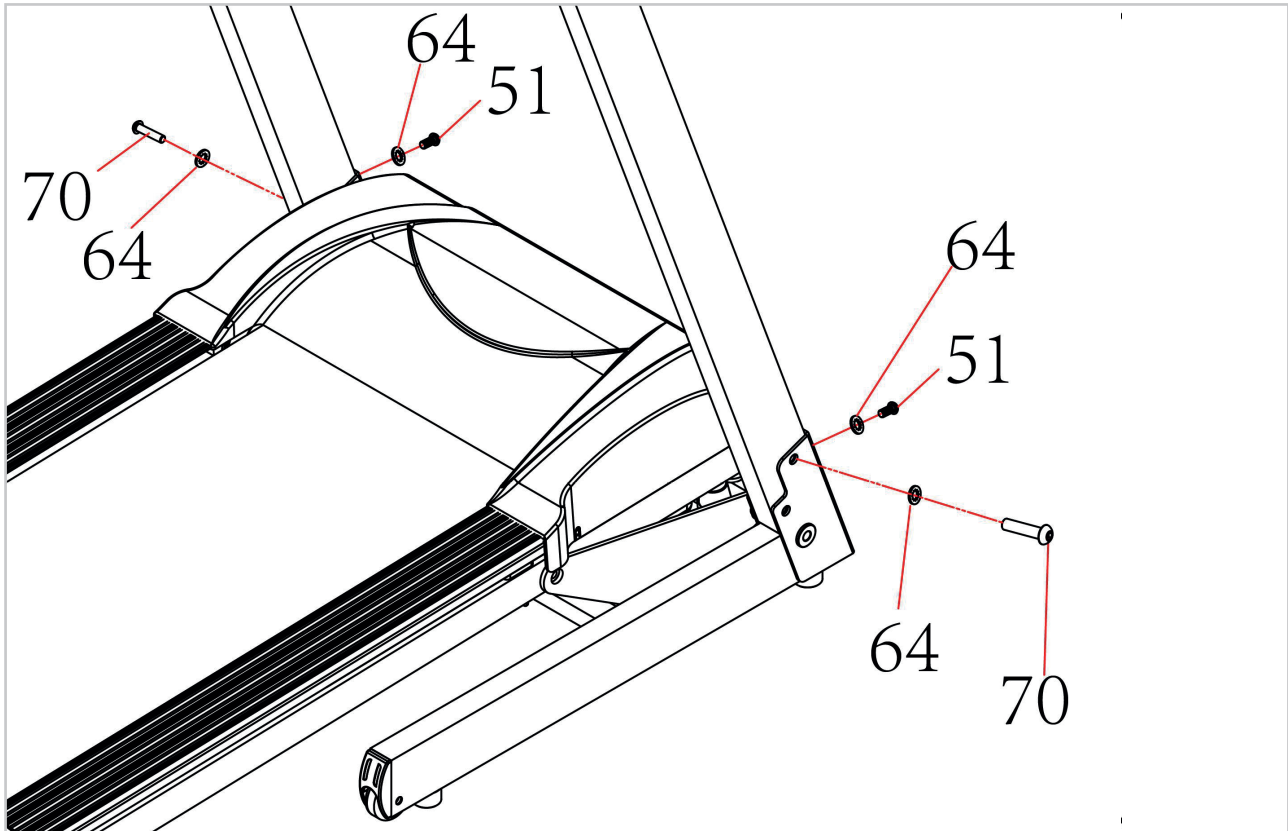
STEP 3

- Hold up the Upright.

**NOTE:** *Please hold the L& R upright, avoid to have any hurt.*

STEP 4

- Use the 5# Allen wrench, drill through the Bolt M8*45 (70) to Lock Washer (64), then lock the right upright onto base frame.

- Use 5# Allen wrench, drill through M8*16 Bolt (51) to Lock Washer (64) then lock the right upright tubes into the main frame. Reference the picture above.

NOTE: *Hold the upright tube at when locking the upright tube to main frame.*
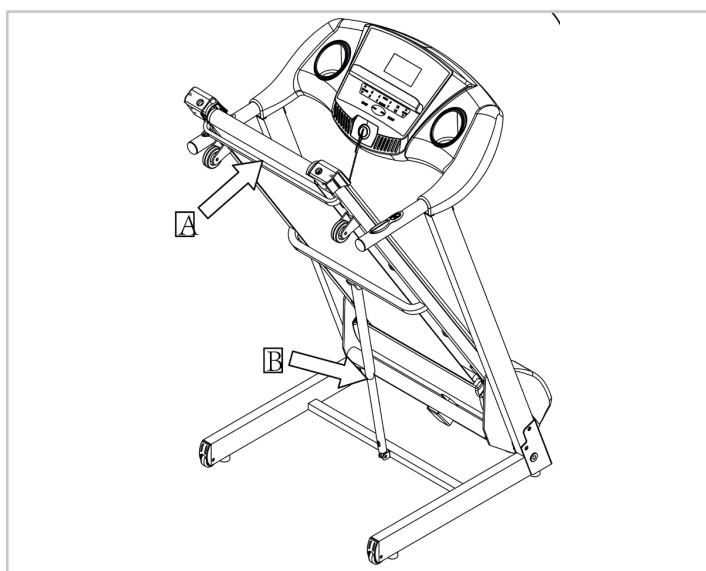
STEP 5

71
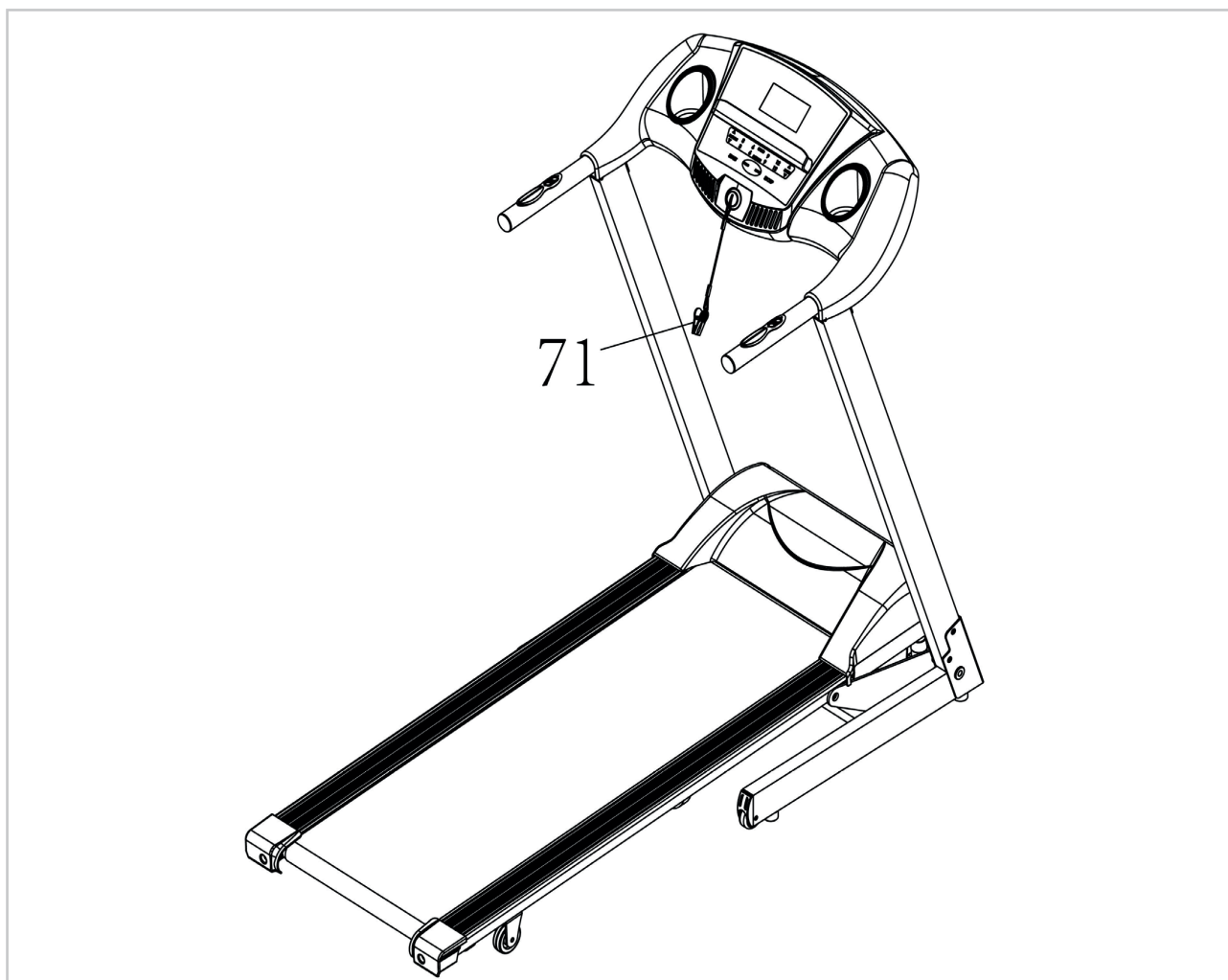
- Put on the safety key (71) on the computer.

NOTE: *Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.*
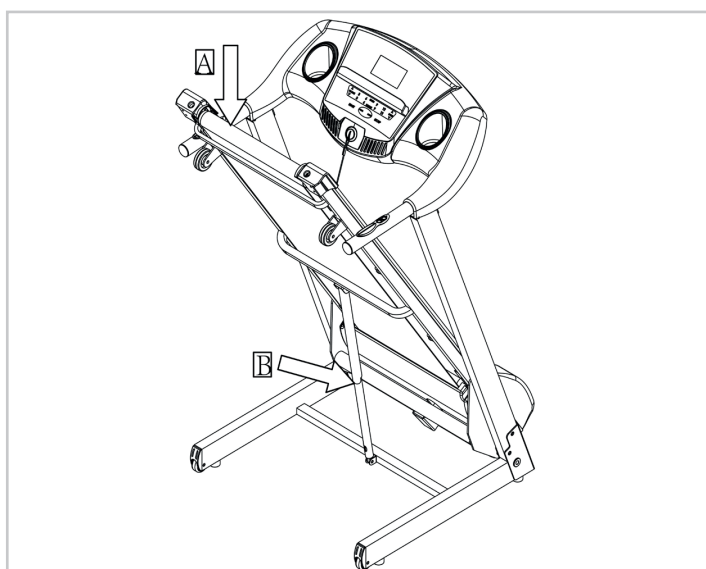
FOLDING

Hold the position A, pull up the machine, till cylinder gets the position B.

UNFOLDING

Support the position A, kick the position B by foot, and pull down the machine a little, the machine will fall down automatically. Please keep people and animal away to escape any hurt.

NOTE: *Check if everything is assembled according to the instruction and that the bolts are tight. If everything has been checked properly, please follow the following instructions. Before using the treadmill, read the instructions carefully.*

GROUNDING METHOD

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

NOTE:
- *Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualied electrician or serviceman if you are in doubt as to whether the product is properly grounded.*
- *Do not modify the plug provided with the product – if it will not t the outlet, have a proper outlet installed by a qualied electrician.*
- *Make that the product is connected to an outlet having the same conguration as the plug. No adapter should be used with this product.*

ADJUSTMENT GUIDE RUNNING BELT
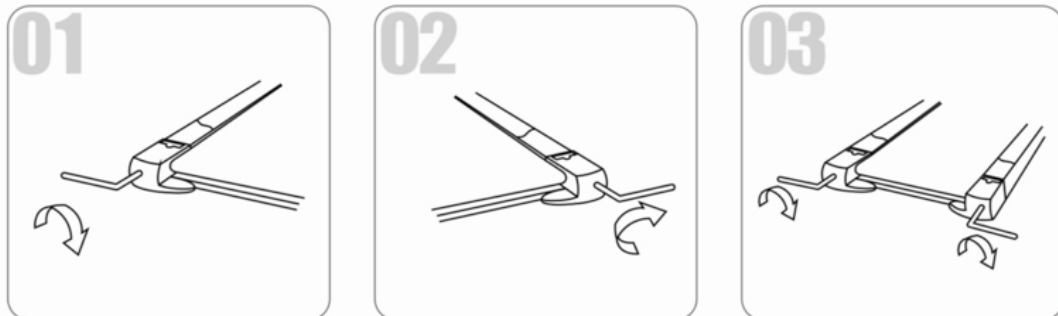
01. Running belt deviates to left: Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

02. Running belt deviate to right: Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

03. Running belt jam: If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the device.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.

- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.

- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

ATTENTION

Always unplug the treadmill power cord before cleaning or servicing the equipment.

Cleaning: General cleaning of the device will extend the life of the treadmill. Hold clean the treadmill by dusting regularly. Be sure to clean the exposed area of the belt and the foot rails of the treadmill on both sides.

In addition, wear clean shoes to reduce the risk of contamination of the treadmill. Remove the hood at least once a year to vacuum underneath.

LUBRICATING THE BELT

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:
- **Light user** (less than 3 hours/ week) annually
- **Medium user** (3-5 hours/ week) every six months
- **Heavy user** (more than 5 hours/ week) every three months

NOTE: *Any repair need the professional technician.*

- We suggest that you should cut off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.
- For avoiding the slipping during running, the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75 mm on both sides, if the best not too tight and loose.

We strongly recommend that you do the following
- Switch off and remove the power cable from the wall after every use, especially if children are present.
- Clean your treadmill after use.
- Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
- Tighten the running belt once a month.
- Keep your treadmill in a safe dry place away from heat and water.

USAGE OF SILICONE OIL

Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

We recommend that you do the following:

- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten the treadmill once a month.
- Keep your treadmill away from heat and water in a safe, dry place.

Regular maintenance prolongs the life of your treadmill and prevents injury!

ERROR CODES

CODE	SOLUTION
E01	**Problem:** Signal failed between computer and console. **Solution:** Check if the wire is undamaged and properly connected, if so replace the circuit board of the computer or console.
E02	**Problem:** The motor voltage is not recognized by the controller. **Solution:** Check if the positive and negative cable of the motor is properly connected with the terminal interface of the controller, if that is okay, check if the end tube that is on the controller and peripheral equipment is damaged. Then consider replacing the console or motor.
E03	**Problem:** Speed display is not recognized by the console when the engine is running. **Solution:** First check if the engine is running when the machine is started and it shows E03, then see if the light sensor is good, see if the wire of it is tight or if the transition between the light sensor and the 4 white pins of the controller are well connected. If all of the above is correct, see if the area around the 4 white pins on the peripherals are damaged, if not consider replacing the console and circuit board. If the engine is not running when you start the machine, and it shows E03, check if the engine is broken and consider replacing the engine.
E05	**Problem:** When the motor is running, the voltage exceeds the protection value. **Solution:** Check that the motor is in good condition and that there is something stuck between the conveyor belt which increases the motor resistance. If all of the above is correct, replace the console.
E07	**Problem:** Security key signal is not recognized by the computer, showing E07 or "--- --- ---". **Solution:** Check if the magnetic parts of the safety key are good plugged in.

PROBLEM	SOLUTION
Speed is not right	**Solution:** Take E03 as an example.
No power	**Solution:** • Check if the fuse is good. • Check that the entire connection cable is properly connected to the console.
Abnormal motor control	**Solution:** • Check if the motor is normal or replace the motor. • Confirm that the motor has no problems.
Engine burned out	**Solution:** • Check if the console is also burnt out. • Replace the motor. • Replace the console.
Slope is not right	**Solution:** Check if the slope motor wire and 3 pin wire is properly connected to the console, if that is okay, please do as follows: 1. Remove the computer cable installed on the console (security key), turn on the device, press the small key the right corner of the controller for 2 seconds. 2. Release the button, the ramp motor will detect itself stating it the device at the highest incline and after a while again will drop to the lowest incline. 3. If the motor hits the ground after 3 seconds, it is automatic detection process over. 4. After automatic detection, close the computer (or security key) on, operate the computer function and test that the incline function works. 5. Or replace the console.
Power failure	**Solution:** Check if the wire is connected properly.
No screen display	**Solution:** • Check that the voltage is correct. • Check if the power supply is 8V, change the console, if not, change the computer.
LCD screen display	**Solution:** • Check if the power is good. • Check if the power supply is 8V, change the console, if not, change the computer.
Sceen display is poor	**Solution:** First turn off the device, restart the engine, see if the screen is back to normal, if not, take out the computer and the fixed PCB.

PROBLEM	SOLUTION
Screen display does not work properly	**Solution:** First turn off the device, restart the engine, if the problem is still not resolved, replace the computer.
Backlight is not bright	**Solution:** • Turn off the device, restart the engine. • Start the computer, see if the cable is properly connected, see if it background light is damaged or not. • Change the computer.
USB card does not play the music	**Solution:** Test if the MP3 connection is normal, if it does not work normally, open the computer to see if there is a good connection with the amplifier. Connection is good, just like the MP3 connection, replace the USB to try again or replace the computer.
Safety pin has no effect	**Solution:** • Check that the safety pin is properly inserted. • Take out the computer, make sure the switch and wire are in good condition or replace the computer.
Button has no function	**Solution:** • If it's just one button that doesn't work, open the computer program,see if any key is damaged or replace the computer. • If most buttons do not work, turn the computer back on see if the keys still don't work or replace the computer
Push button without influence	**Solution:** • Wash your hands and test again. • Check that the cables of the handle, which measure the heart rate, damaged and that they are properly connected to the connector. • Change the circuit board or computer.
Button of handle has no function	**Solution:** • Check that the cables of the handle, which measure the heart rate, damaged and that they are properly connected to the connector. • Change the computer.
Hand sensors do not work	**Solution:** • Wash your hands and hold the handle again. • Check if the thread of the handle is good. • If connection is good, change the computer.
Button on the handle does not work	**Solution:** • Check that the handle wire is good and the connection is good is connected. • Please replace the handle.

CONSOLE

BUTTON	FUNCTION
TIME	Shows time.
DISTANCE	Shows distance.
CALORIEN	Shows calories.
PULSE	Shows heart beat.
SPEED	Shows speed.
INCLINE	Shows incline.

CONTROL PANEL

FUNCTIONS

BUTTON	FUNCTION
PROGRAM	Press this button to select a program of manual mode: P1 --- P15 ---- "FAT".
MODE	When the machine is ready, press this button to choose the mode: time mode countdown, distance mode countdown, calorie mode countdown.
START	Press this button to start the machine, the machine will start at the lowest speed or with the speed of the standard program after 3 seconds.
STOP	Press this button to stop the machine, the machine will come to a slow stop.
SPEED ^/v	Sets the speed. Press this button to adjust the speed while running and adjust it when you stop.
SPEED (3, 6, 9, 12)	Adjusts the speed in quick steps.
INCLINE ^/v	Adjust the incline. Press the button to adjust incline section when run, and adjust the data when stop.
INCLINE (3, 6, 9, 12)	Adjust the incline quickly.
BUTTON HANDLE (R)	Speed button.

MAIN FUNCTION

Open the power switch, the window will light, the machine will enter into ready state.

3.1 START-UP QUICKLY (MANUAL)

Attach the magnet end of the safety pulling rope to the computer, press ' START' button to start the machine, it will run at the lowest speed, press SPEED / and incline / to adjust the speed and incline. When you would like to stop machine, press the ' STOP' button or take out the safety key directly.

3.2 COUNT DOWN MODE

Press the ' MODE' button, it can choose time countdown mode, distance count down mode, calories count down mode, and the window will show the default data and glitter. At the same time, press SPEED and INCLINE / to set the data. Press ' START ' button, the machine will run at the lowest speed, you can press SPEED / to change the speed and press INCLINE / to change the incline. When it counts down to 0, the machine will stop smoothly. Certainly, you can press ' STOP' button or take out the safety key from the computer to stop the machine.

3.3 INNER INSTALL PROGRAM

Press 'PROG' button to choose the inner install program from P1----P15. When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 20 section, Each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed by the SPEED / and INCLINE / whenever, when the program enter next sect will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever.

HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after 5 seconds. In order to get the heart beat more correct, please test when the machine stop, and holding the hand pulse more than 30 seconds. The heart beat data is just for reference, can not be as the medical data.

BODY FAT TEST

Press ' PROGRAM' button under ready condition, till ' FAT' show in the speed window. 'FAT' is body fat test mode. Press ' MODE' to choose parameter ' SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "-1-" , "-2-" , "-3-" , "-4-". When set each parameter, press SPEED / and INCLINE / to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show"-5-" and"---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

5.1 DATA DISPLAY SET RANGE

	GEGEVENS	BEREIK	OPMERKING
SEX (-1-)	0 (MALE)	0 - 1	0 = Man 1 = Vrouw
AGE (-2-)	25	10 - 99	
HEIGHT (-3-)	170 CM	100 - 240 CM	
WEIGHT (-4-)	70 KG	20 - 160KG	

5.2 BMI REFERENCE

BMI	
< 19	Dun
19 - 26	Normaal
26 - 30	licht overgewicht
> 30	zwaar overgewicht

MP3 FUNCTION (OPTION, IF HAVE)

When the power on, contacting the external MP3 equipment, the computer will play. The voice is adjustable from operate the external MP3 equipment, the voice should be adjusted on the proper section to protect the computer loudhailer.

SAFETY KEY

Pull out the safety cord and the treadmill will stop immediately. All windows will display "---", the buzzer will sound "B-B -" 3 times, then the walking belt will stop. Attach the tip of the safety cord magnet to the computer and the treadmill will start moving again.

RUNNING DATA DISPLAY AND SETTING RANGE

INGESTELDE REEKS	EERSTE WAARDE	STANDAARD-WAARDEN	STANDAARD REEKS	REEKSWEERGAVE
TIME	30:00	30:00	5:00 - 99:00	0:00 - 99:59
SPEED (KM/H)	---	---	---	1 - 16
DISTANCE (KM)	0	1. 00	0. 5 - 99.5	0:00 - 99:9
INCLINE	---	---	0 - 12	0 - 12
CALORIES	0	50.0	10. 0 - 995	0 - 999

PROGRAM TABLE

TIJDS PROGRAMMA		TIJDSINSTELLING/20 = INTERVAL TRAINING																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	4	3	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

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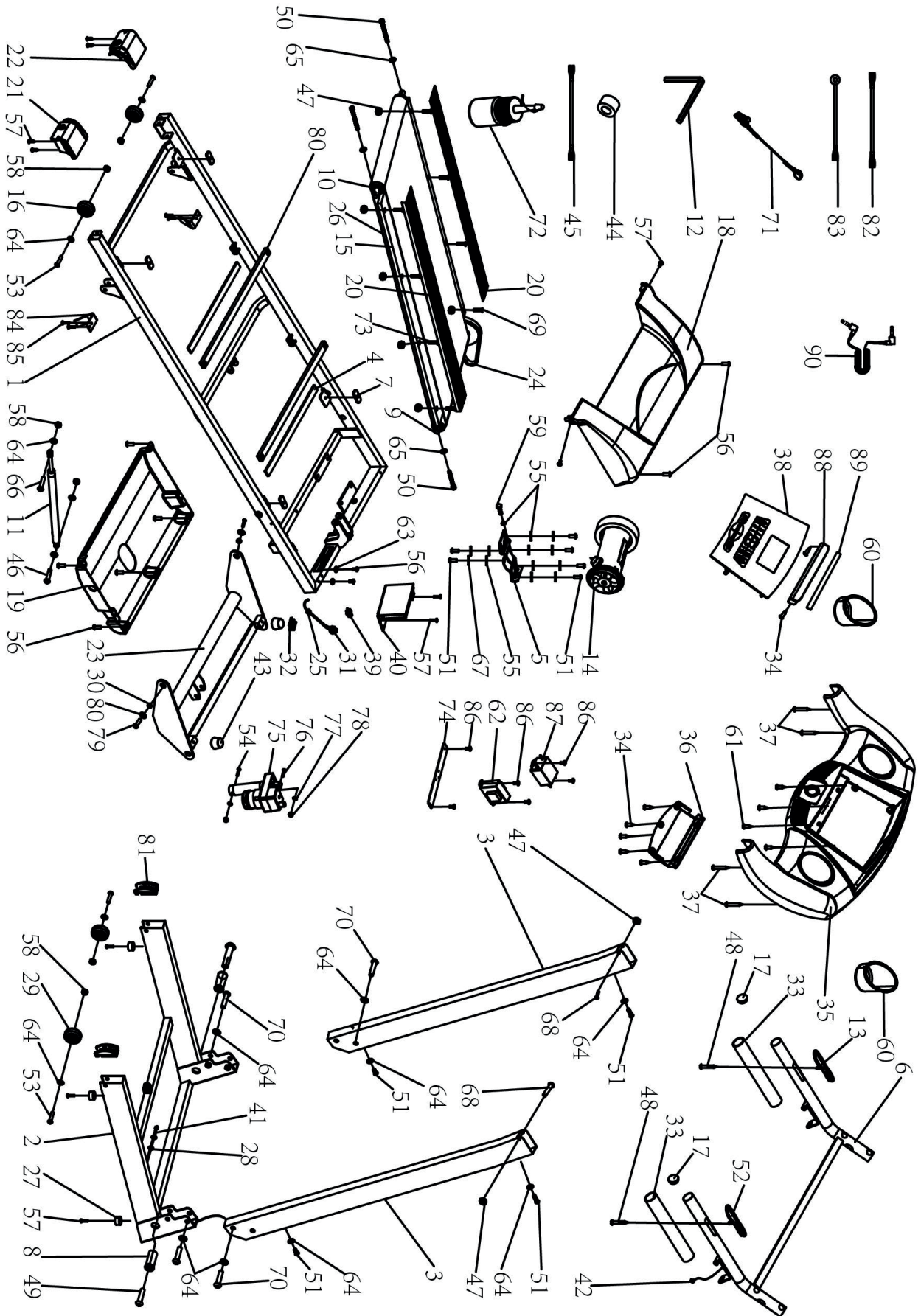
#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Frame	1	32	switch	1
2	Base Frame	1	33	foam	2
3	Upright frame	2	34	Bolt ST4.2*13	7
4	Running Board Strengthen tube	4	35	Computer up cover	1
5	Motor Bracket	1	36	Computer sealing	1
6	Computer Bracket	1	37	Bolt ST4.2*20	4
7	Rubber pad1	4	38	Computer	1
8	Turning tube	2	39	Overload protector	1
9	Front Roller	1	40	Control board	1
10	Rear Roller	1	41	Computer bottom wire	1
11	Cylinder	1	42	Computer up wire	1
12	5#Allen wrench 5mm	1	43	Cushion	2
13	Hand pulse with incline + -	1	44	Magnetic ring	1
14	DC Motor	1	45	Blue single wire	1
15	Running Board	1	46	Bolt M8*25	1
16	Adjustable wheel	2	47	Screw M6	10
17	Inner circle end cap	2	48	Bolt ST4.2*28	2
18	Motor up cover	1	49	Bolt M10*70	2
19	Motor bottom cover	1	50	Bolt M6*65	3
20	Side rails	2	51	Bolt M8*16	10
21	Right back end cover	1	52	Hand pulse with speed + -	1
22	Left back end cover	1	53	Bolt M8*40	4
23	Incline bracket	1	54	Bolt M10*55	4
24	Motor belt	1	55	Flat washer	8
25	Power wire buckle	1	56	Bolt ST4.2*19	8
26	Running belt	1	57	Bolt ST4.2*19	12
27	Foot pad	4	58	1 lock nut MB	4
28	Ring wire protector B	2	59	Washer m8*25	1
29	transportation wheel	2	60	Water bottle cage	2
30	Interval tube	2	61	Bolt ST4.2*20	4
31	Standard power wire	1	62	Ring wire protector B	1

| #	DESCRIPTION	QTY
63	Lock washer	5
64	Lock washer	8
65	Lock washer	6
66	Bolt M8*42	1
67	Lock washer	8
68	Bolt M6*37	2
69	Bolt M6*35	8
70	Bolt M8*45	4
71	Safety key	1
72	Oil bottle	1
73	Bolt M6*35	4
74	Bolt ST4.2*25	1
75	Incline motor	1
76	Bolt M10*42	1
77	Lock washer	10
78	1 nut lock M10	2
79	Bolt M10*20	2
80	Plat ring	10
81	Wheel cover	2
82	Nylon isolation mat	1
83	Ipad frame	1
84	EVA	1
85	MP3 wire Option	1

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

INNER THIGH STRETCH

TOE TOUCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE STRETCH
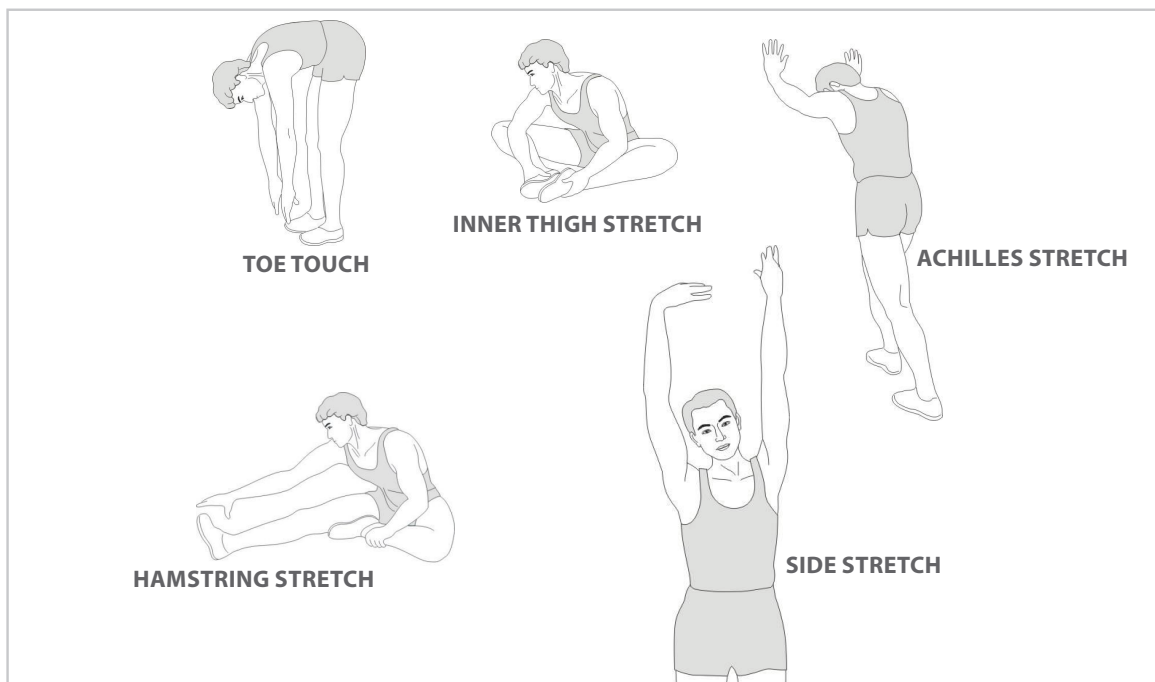
COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

For questions or missing parts please contact your dealer.