

virtu~~fit~~fit

Elite TR-900i Treadmill

User manual



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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.

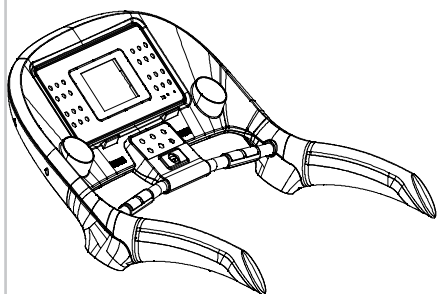
- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 150 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:

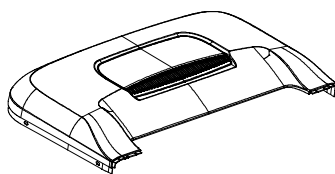
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

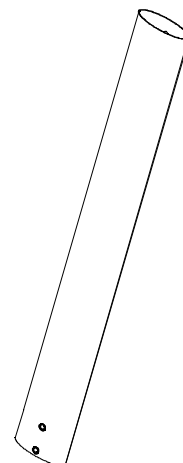
When you open the carton, and you will find the below parts in the carton.



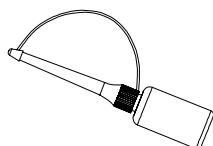
Console



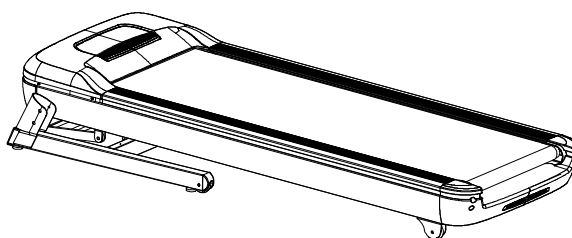
Motor cover



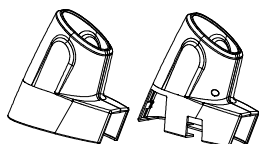
Upright post
(L/R)



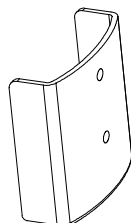
Silicon oil



Main frame



Base cap 1 & 2 (L)
Base cap 1 & 2 (R)



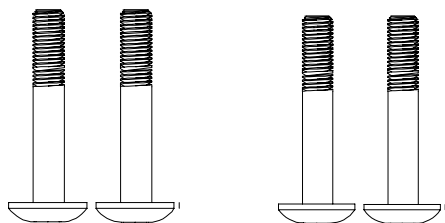
Console clamping ring



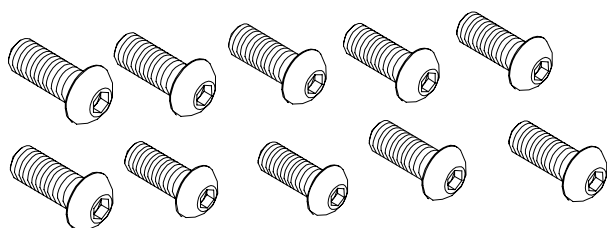
Safety key

TOOLKIT

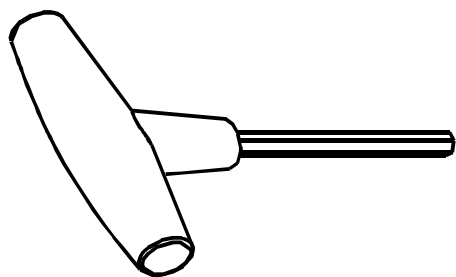
When you open the carton, and you will find the below parts in the carton.



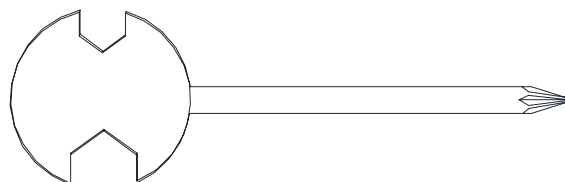
Allen screw (half) M8*60*20 (4 pieces)



Allen screw (full) M8*15 (10 pieces)



T shaped wrench M6 (1 piece)



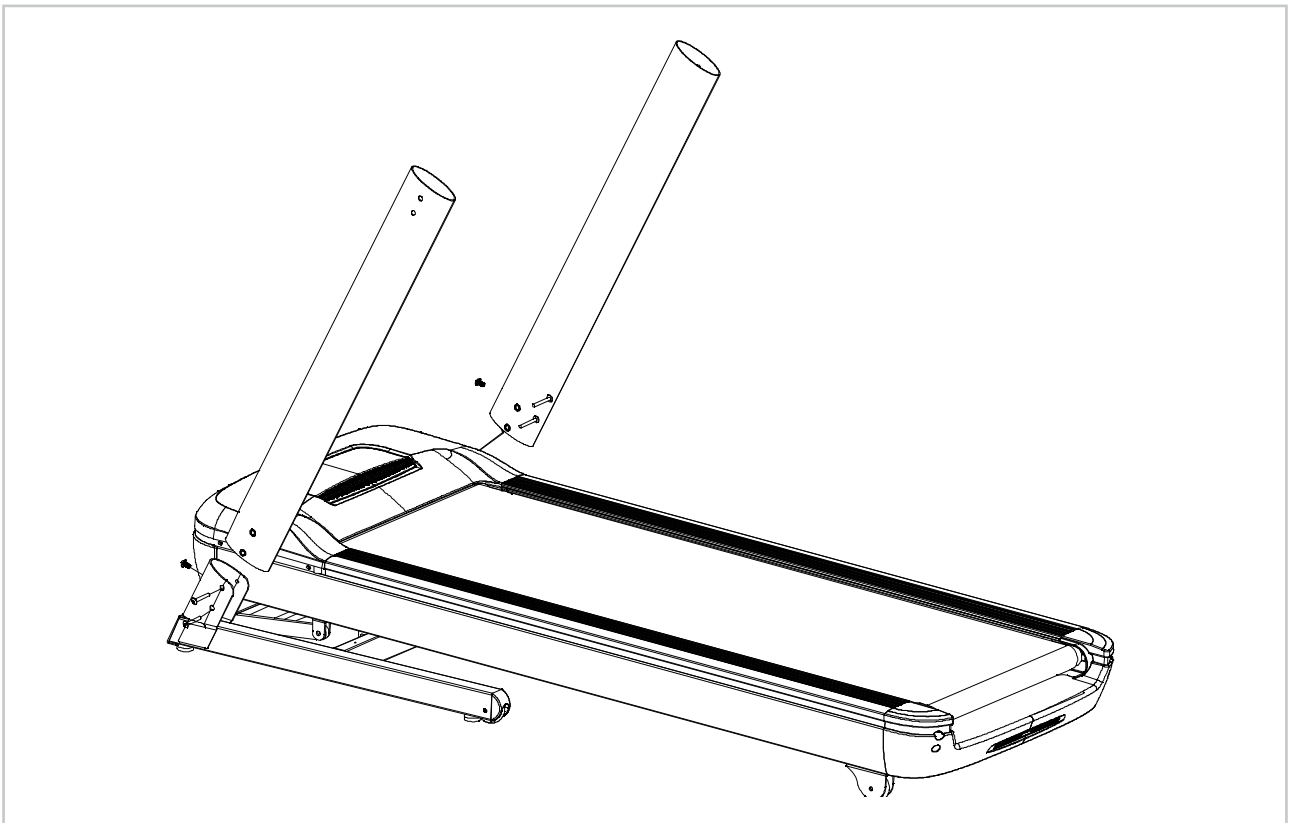
Cross wrench (1 piece)

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam 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.

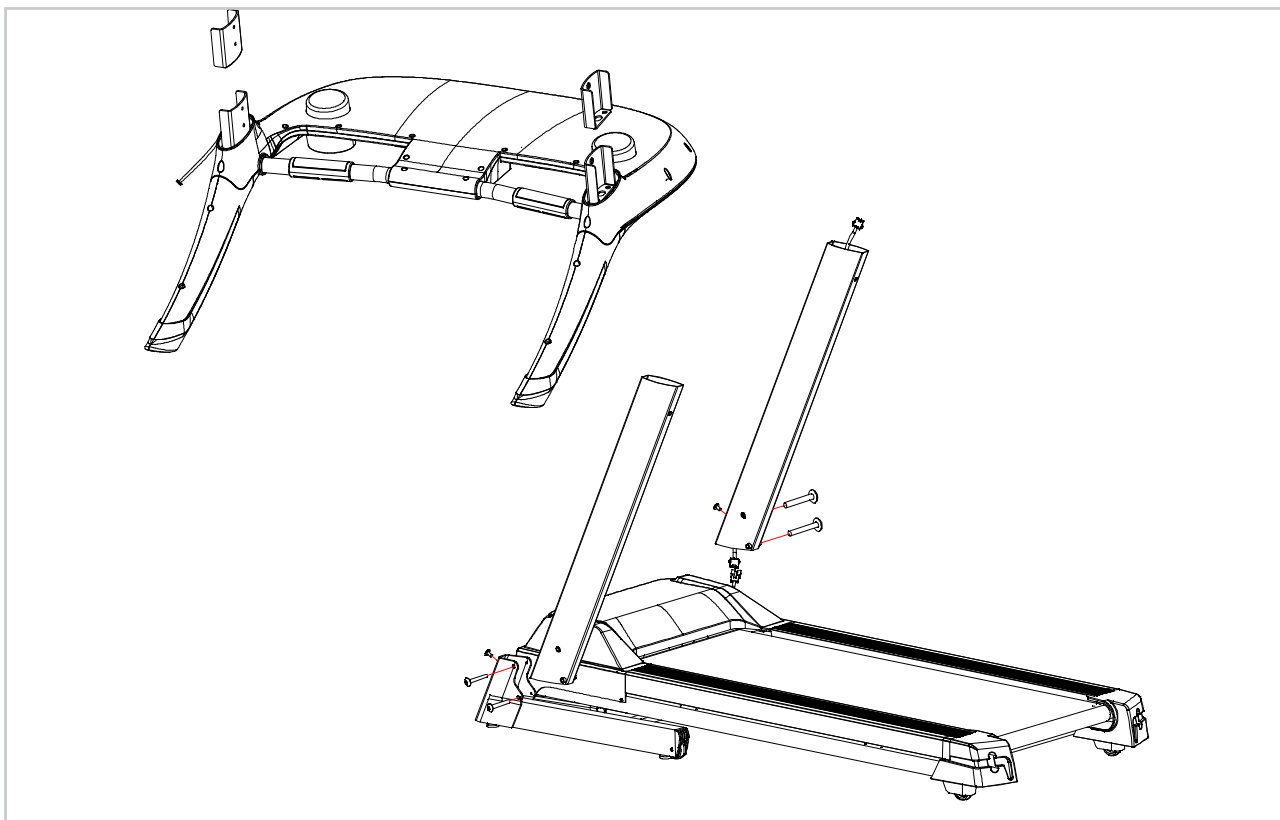
Socket screws: The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



- Take out the machine from box and put in on a flat floor.
- Insert the upright post into the clamping ring of both sides of the main frame.
- Attach the upright post with two M8*60*20 bolts on the side of the tube and with a M8*15 bolt on the front. Tighten all bolts securely.

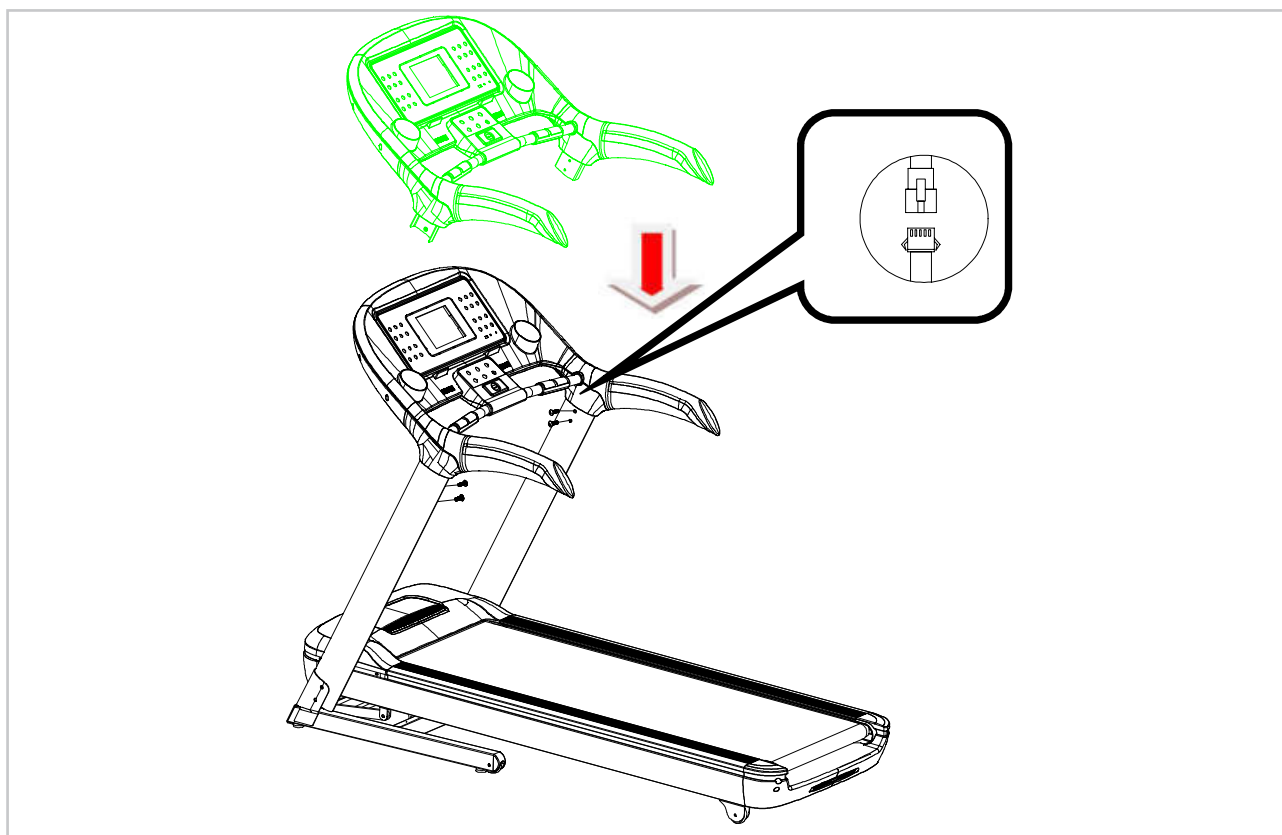
STEP 2



- Put the console on a flat and clean floor. Preferably use a mat to prevent scratches.
- Remove the clamping ring from the console frame and align the hole on the two sides of the handles.

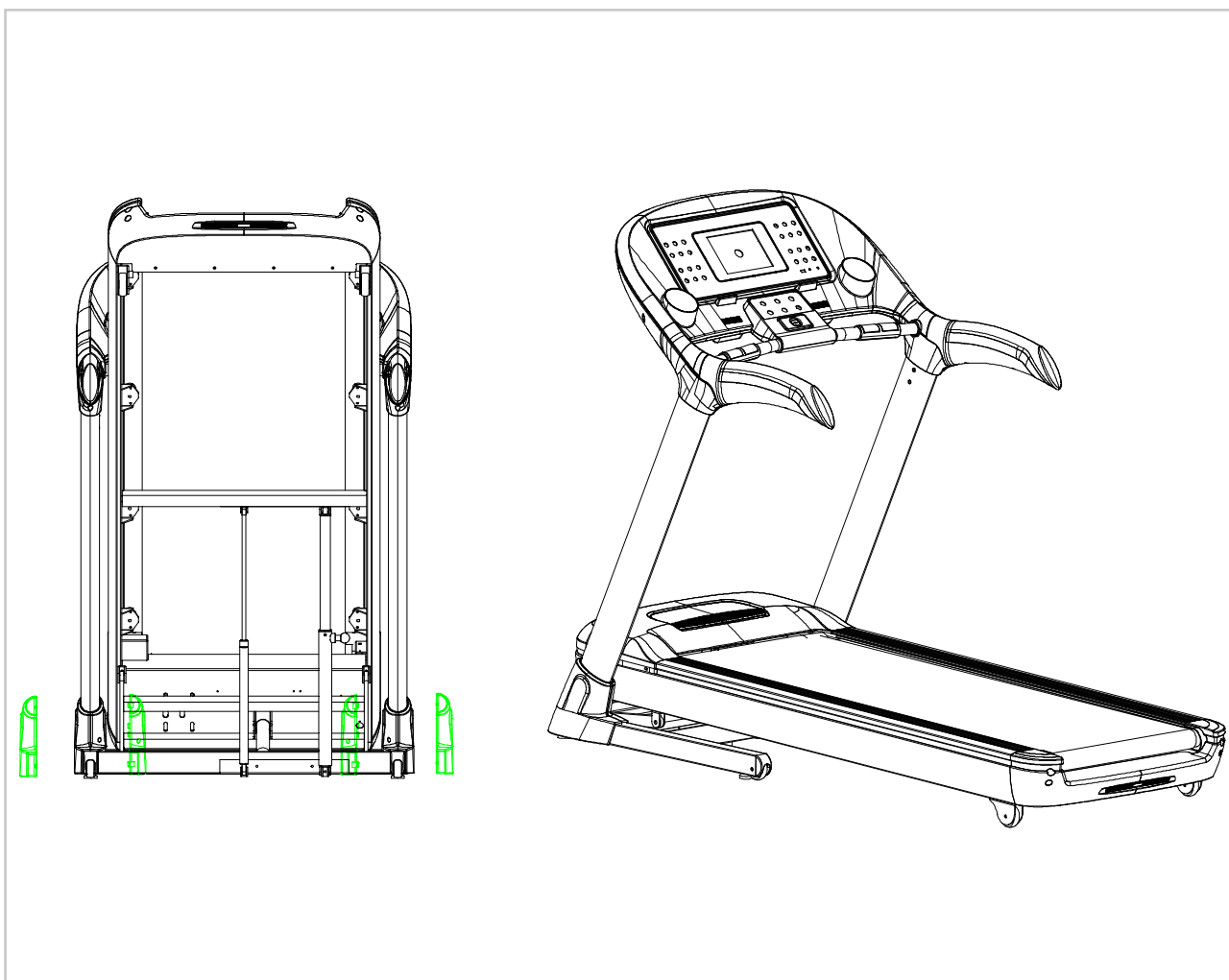
NOTE: Take the cable from the right handle out of the hole of the clamping ring to prevent the cable from pinching, lock them using two M8*15 screws.

STEP 3



- Insert the console with the installed console clamping ring into the upright tubes (connect the cable until they snap in). Be careful and avoid pinching off the cable.
- Use screw M8*15 to secure the console to the upright tubes. Tighten all screws securely.

STEP 4



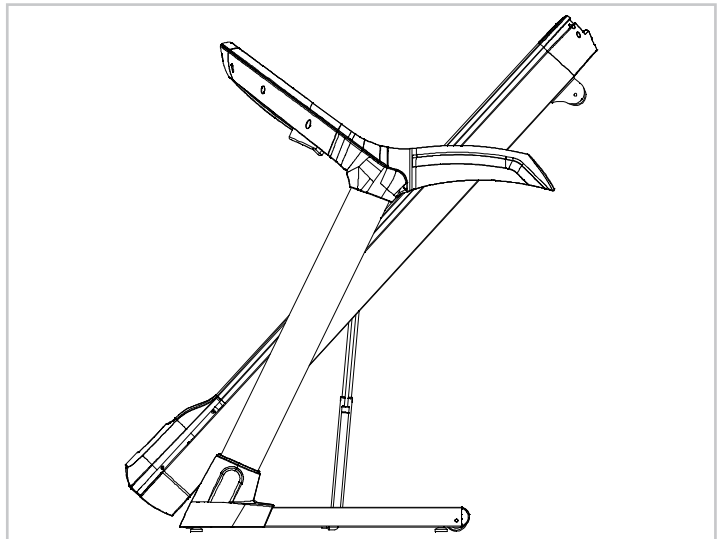
- Fold the machine by lifting the Running desk at the back. Install the caps L 1&2 and R 1&2 (63, 64, 65, 66) with the self-tapping screw (33).
- Place the security key (78-8) on the console.
- The treadmill is ready to be used.

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

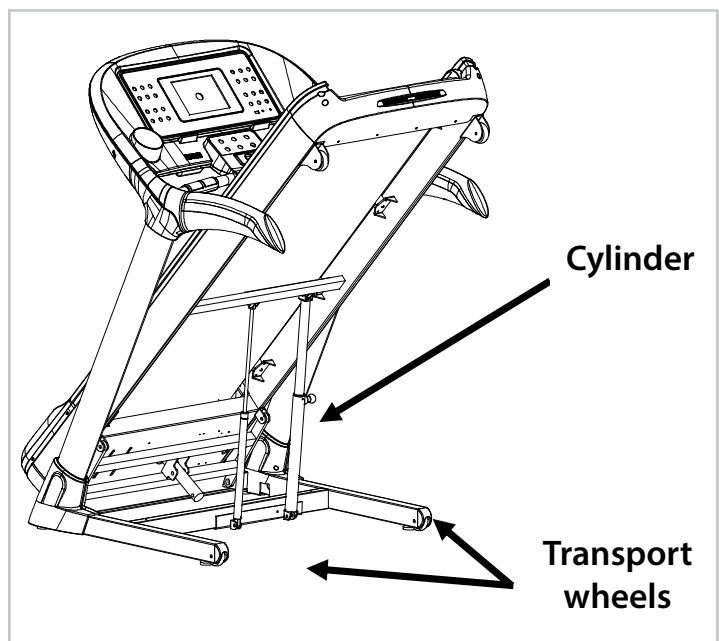
Restore the incline in flat position. Unplug from power point before unfolding. Hold the running deck which and then fold it up with the arrow direction until you hear a “bang” voice from the air cylinder.

NOTE: Check to ensure cylinder locking device is enabled.



UNFOLDING

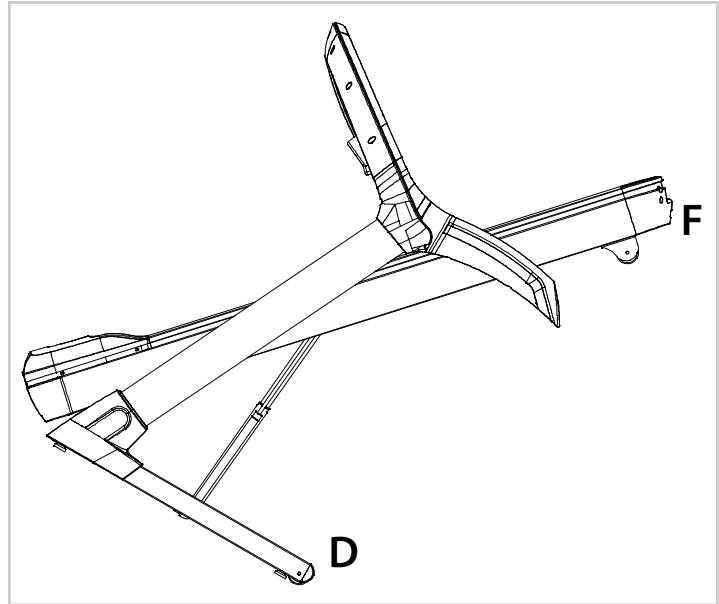
1. Place one hand on handle bar, use the other to push top of the running deck forward.
2. Press one foot on the middle section of the cylinder to disengage the locking mechanism.
3. Hold the deck for a few seconds when it's slowly dropping then you can release your hands. Do not depress the running desk, it will fall down automatically with the gas spring.



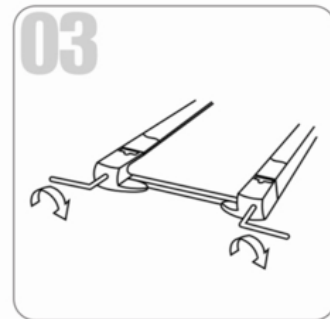
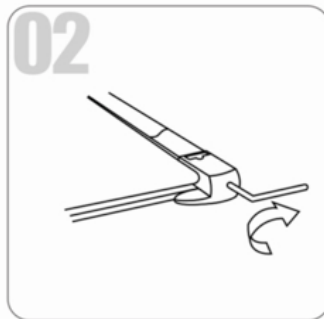
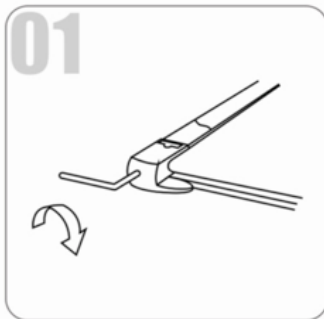
MOVING THE TREADMILL

To transport, hold the treadmill from position "F" to support it. Place one foot in position D to hold the bottom of the treadmill in place. Lower the treadmill (F). When the lower point is reached with (F), the wheels of the treadmill will become active.

To transport the treadmill, hold the treadmill at position and lift the treadmill so it can roll over the ground with the wheels.



RUNNING BELT ADJUSTMENT



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.

CLEANING

WARNING:

Before cleaning the machine, please make sure the power has been switched off.

Cleaning: Wipe away the dust on the belt, running board and side footboard as excess dust may increase the frictional on the belt and cause damage to the machine. It is recommended to clean the machine once a month.

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

Best indicator is to lubricate when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

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:**

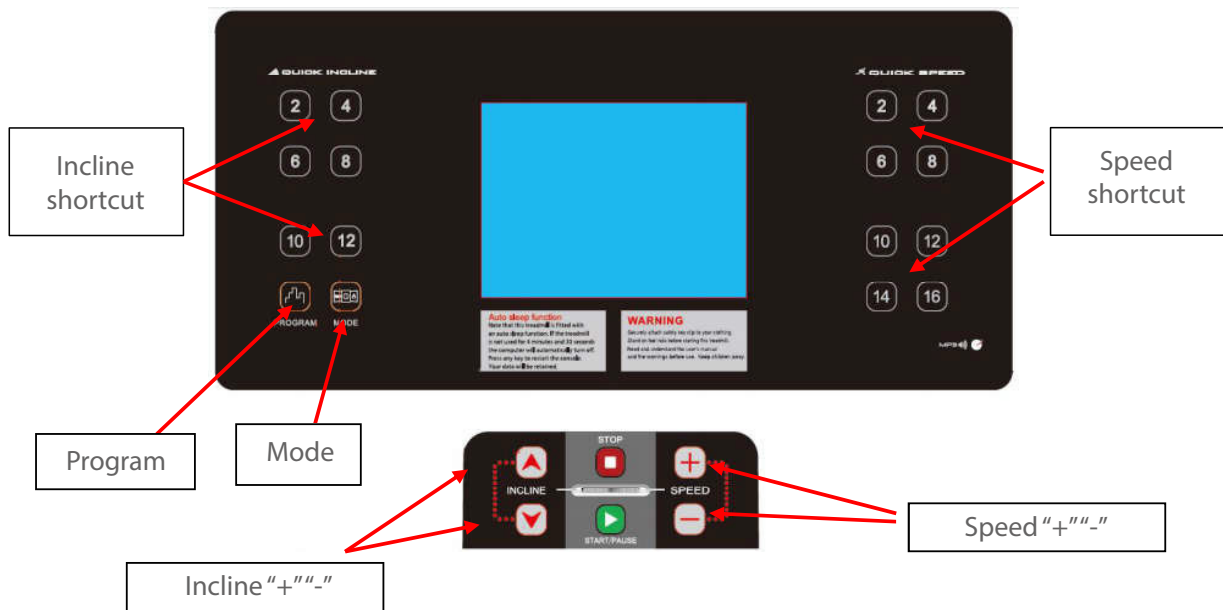
- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten 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!

PROBLEM	SOLUTION
<p>TREADMILL DOESN'T WORK</p>	<ol style="list-style-type: none"> Reason: Did not connect the power supply. Solution: Connect the power supply or switch on. Reason: Safety key did not put well. Solution: Put the safety key on the correct positions. Reason: The circuit of the signal short out. Solution: Check the input port of the controller and the signal port. Reason: Circuit broken. Solution: Check input and output port and communication wire. Reason: Transformer not connect well or transformer is defective. Solution: Reconnect the transformer or replace the transformer
<p>TREADMILL STOPS</p>	<ol style="list-style-type: none"> Reason: Safety key drop out. Solution: Reconnect the safety key. Reason: System abnormal. Solution: Ask for repairing.
<p>BUTTON OUT OF WORK</p>	<p>Reason: Button invalid. Solution:</p> <ol style="list-style-type: none"> Replace the keyboard and press the keyboard cable. Replace the motherboard. Replace the electronic form.
<p>E-01</p>	<ol style="list-style-type: none"> Reason: Connect wire loose or defected. Solution: Well connect the wire or change the wire. Reason: Console gets broken. Solution: Replace the console. Reason: Transformer gets broken. Solution: Replace the transformer. Reason: Motor controller gets broken. Solution: Replace the controller.
<p>E-02</p>	<ol style="list-style-type: none"> Reason: Motor cable or motor breaks. Solution: Replace the motor. Reason: Motor cable not connect well with the controller, or controller breaks. Solution: Check and reconnect the cable, or replace the controller.
<p>E-03</p>	<ol style="list-style-type: none"> Reason: Speed sensor cable does not connect well with the controller. Solution: Check an reconnect the cable or replace the controller. Reason: Controller defected. Solution: Replace the controller. Reason: Sspeed sensor not placed well. Solution: Place Speed sensor correctly. Reason: Speed sensor defected. Solution: Replace the speed sensor.



PROBLEM	SOLUTION
E-05	<ol style="list-style-type: none"> Reason: Controller defected. Solution: Replace the controller. Reason: Motor defected. Solution: Change the motor.
E-07	<p>Reason: Console can not detect safety key.</p> <p>Solution:</p> <ol style="list-style-type: none"> Check the safety key whether it is on right position Install the safety devise again, confirm the hole is in the middle Replace the console
BLUETOOTH CAN NOT CONNECT	<p>Reason: Bluetooth defected. Solution: Change bluetooth part.</p> <p>Reason: BBluetooth not connect right. Solution: RReset and reconnect bluetooth device.</p>
NO PULSE	<ol style="list-style-type: none"> Reason: Handle pulse wire did not connect well or wire defected. Solution: Well connect the wire or chang the wire. Reason: Console circuitry defected. Solution: Change the console.
CONSOLE SHORT OF DISPLAY	<ol style="list-style-type: none"> Reason: The screw on the PCB is loose. Solution: Tight the screw well. Reason: Console defected. Solution: Change the console.

CONSOLE



BUTTON	FUNCTION
DISTANCE	Displays the distance value.
CALORIE	Displays the calorie value
TIME	Displays the time value.
INCLINE	Displays the incline value.
PULSE	Displays the heart rate value.
SPEED	Displays the speed value.

FUNCTIONS

FUNCTION	EXPLANATION
PROG	Program select key: when the treadmill is stopped, cycle select the program "P0-P3--> U01 ~U03 ----. FAT "as you prefer.
MODE	Mode selection key: When in manual mode press PO for normal mode to select from: Time count mode, distance count mode and calorie count mode.
START/ PAUSE	When the treadmill has stopped, press "START" to switch the treadmill on again. When the running belt is moving, press "START" to pause the treadmill.
STOP	When the running belt is moving, press "STOP" once to slowly the treadmill. When the running belt is moving, press "STOP" twice to stop the treadmill abruptly. When the LCD window shows an ERR message, press "STOP" to delete the error message.
SPEED "+"	Increase the speed when running. Increase the parameter under the body fat testing.
SPEED "-"	Decrease the speed when running. Decrease the parameter under the body fat testing.
QUICK SPEED	With this shortcut, the treadmill can go at once to the desired speed.
	Increase the incline by pressing this key.
	Decrease the incline by pressing this key.
QUICK INCLINE	When the treadmill is moving, you can use this shortcut to go at once to the desired incline.

PROGRAM

PROGRAM

1. PPO: Normal mode, time counting down, distance counting down, calories count mode.
2. 36 setting program: P01,P02,P03,P04,P05,,P36.
3. HRC-function (optional).
4. Body fat function: FAT.

START INSTRUCTION

1. Place the safety clip on the safety key switch, the console lights up for 3 seconds.
2. Press "START" the time window shows: 5-4-3-2-1, which makes a beeping sound every second, the treadmill starts to move when counter is at 0.

MANUAL MODE

HOW TO ENTER MANUAL MODE

- If the device is switched on, press the normal manual mode.
 - If the device is switched off, press "MODE" to enter manual mode.
1. You can set three functions in manual mode: time setting, distance setting and calorie burning setting; Go to manual mode, press "MODE" to set another mode and press "START" to restart the treadmill. Set the speed and incline. Standard speed: 0,5 km/u, standard incline: 0%.
 - When the manual mode is open, the window shows 0:00. When the engine is running, press "STOP" to stop the treadmill slowly. All settings are reset to the default settings.
 - In standard manual mode, press "MODE" to set the time. The time window lights up. The initial time is 30:00 minutes. Press "SPEED" "+" or "-" to set the time. Setting range of the time is: 5:00 ~ 99:00 minutes.
 - When in time settings, press "MODE" to set the distance. The distance window lights up. The initial time is 1.0 KM. Press "SPEED" "+" or "-" to set the distance. Setting range of the distance is: 1.0 ~ 99.0 KM.
 - When in distance settings, press "MODE" to set the calories. The calorie window lights up. Initial calorie value is: 50 calories, Press "SPEED" "+" or "-" to set the calorie value. Setting range of the calorie value is: 5 ~ 990 calories.

2. Manual program setting instruction:

- Press "START" and the time counts down from 3 to 0. When the engine starts running again, the initial speed is 0,5 KM/H.
- Press "SPEED" "+", "-" or "QUICK SPEED" to change the speed of the treadmill.
- Press " ^", "v" or "QUICK INCLINE" to change the incline of the treadmill.
- When the treadmill moves, press "STOP" to slowly stop the treadmill.
- Pull out the safety key so the treadmill stops immediately. The time window will show "Er-07" and a buzzer will sound.
- When the calorie value is at 0, the treadmill will stop slowly, then return to the manual settings.
- When the distance value is at 0, the treadmill will stop slowly, then return to the manual settings.
- When the time value is at 0, the treadmill will stop slowly, then return to the manual settings.

PROGRAM SETTINGS

"P1-P36" is the key for setting a system program. Only the time window will be used and this screen will also light up. Press "SPEED" "+", "-" to adjust the settings. Press "MODE" to return to the default status, the time window will light up when you are in settings. Initial time is 30:00 minutes. Setting range of the time is 5:00 - 99:00 minutes. Press "SPEED" "+", "-" to change the settings.

1. In P1 t/m P36, the speed and incline for each program is divided into 16 segments;
2. When there is a change of segment, a sound will go off;
3. When the engine is running and "START" is pressed, the engine stops running, while the various parameters remain unchanged;
4. Press "START" again and the treadmill will go to the (preset) speed of the program;
5. When the time reaches 0, the treadmill will stop slowly and the middle window will show "END" and a sound will go off;
6. Pull out the safety key so the treadmill will stop immediately. The time window will display "Er-07" and a buzzer will sound.

BODY FAT FUNCTION

When the treadmill is stopped, press the "PROG" key until select "FAT" and enter into body fat function, then press "MODE" key to set the parameter.

1. **F1:** means gender. 1=male en 2=female. De initial setting is 1.
2. **F2:** means age. The range is 1-99 years. The initial setting of the age is 25 years.
3. **F3:** means length. The range is 100-220 CM. The initial setting of the length is 170 cm.
4. **F4:** means weight. The range is 20-150 KG. The initial setting of the weight is 70 kg.
5. **F5:** means BMI and can show the body fat after completing the previous parameters. Place two hands on the sensors of the handlebars and wait for 8 seconds until the window shows the BMI.

METER-INCH CONVERSION FUNCTION

1. Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, changes kilometers into miles
2. Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, changes miles into kilometers.

USER PROGRAM

Treadmill has three user modes: USER01, USER02, and USER03 which can be adjusted by the user themselves.

Press "PROG" key to cycle select the program U01~U03, When setting the speed, press the speed plus or minus keys to set the corresponding segment customer expected speed, the range of 0,5km-18km, can also use the speed shortcut keys to quickly select. When you set Ascension, press Raise Plus and Decrease keys to set the desired slope. The range is 0-15. You can also use the incline shortcut to quickly select. Press MODE key to enter the next segment. When the last paragraph is set, the setting will be saved. Press MODE key to set the time of movement, the default is 30:00 minutes, press the speed plus or minus keys to adjust the time set value. After setting, the user can press "START" to start the movement. The user's special program will be saved. When the customer runs the next time, he can enter the corresponding mode and run the same program.

HRC-TESTING FUNCTION

1. Age setting range:: 13-80 years.
2. Target HRC setting range: 80-180.
3. Maxi HRC data: not over (220-age).
4. Bad HRC = (Target HRC-User's HRC)
5. Incline can not be changed while running, can be manually set.

PROGRAM

1. Press "PROG" to select the HRC program when the treadmill is stopped. Window display: HRC, this means that the HRC program must be entered. in HRC mode the window shows age "25" and lights up. Press "SPEED" / "INCLINE" "+" or "-" to adjust the age. Setting range is: 13-80 years.
2. Press "MODE" the time window shows the HRC value and lights up. Enter the setting for the HRC target. Press "SPEED" / "INCLINE" "+" or "-" to adjust the target setting value. Setting range: 55-99 minutes.
3. Press "START" to start running.

MP3 OPERATION INSTRUCTION

The console is with built-in double channel audio, switching regulated power supply, connect the adapter wire of audio with the audio source and MP3 input port of the console , then MP3 starts to operate.

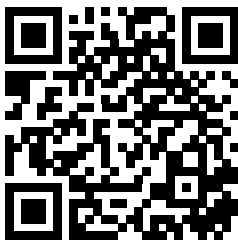
SAFETY KEY INSTRUCTION

The safety key can be removed in each status, after which the display shows "E-07" and a buzzer sounds. Then carefully reset the safety key after which all buttons will light up for 2 seconds, then go to the manual start mode (equivalent reset).

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.

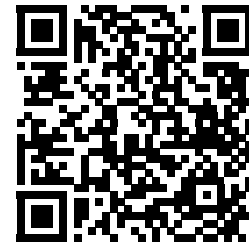
KINOMAP



APP STORE
KINOMAP



GOOGLE PLAY
KINOMAP



USER MANUAL
KINOMAP

#	DESCRIPTION	QTY
01	Base frame	1
02	Main frame	1
03	Incline frame	1
04	Upright post (L)	1
05	Upright post (R)	1
06	Console frame	1
07	Upright post clamping ring	1
08	Motor installation panel	1
09	Gas spring 1	1
10	Pedal	1
11	Allen half thread screw	2
12	Allen half thread screw	4
13	Allen half thread screw	1
14	Allen half thread screw	2
15	Allen half thread screw	4
16	Allen half thread screw	2
17	Allen half thread screw	14
18	Allen full thread screw	3
19	Allen full thread screw	1
20	Allen column full tread screw	2
21	Allen countersunk head full tread screw	3
22	Screw M6*30*Ø16	8
23	Motor bolt -1 M8*65	1
24	Hex full head screw M8*75	1
25	Screw ST4*16	10
26	Screw ST4*40	2
27	Countersunk head self-tapping screw	2
28	Countersunk head self-tapping screw	12
29	Screw M5*10	6
30	Screw M4*10	9

#	DESCRIPTION	QTY
31	Self-tapping screw ST4*15	27
32	Self-tapping screw ST3*25	4
33	Self-tapping screw ST4*12	14
34	Flat washer Ø8	19
35	Flat washer Ø10	3
36	Flat washer Ø14	2
37	Spring washer Ø8	2
38	Spring washer Ø5	3
39	Hex locked nut M8	9
40	Hex locked nut M10	3
41	Feet pad adjustment Ø35*37*12*M8	4
42	Plastic flat washer Ø24*Ø16*T2.0	2
43	Taper feed pad Ø23*Ø18*Ø5*11	2
44	Cushion 35*35*T5.0*Ø8	4
45	Cushion Ø30*30*M6*6	6
46	Serrated lock washer Ø5	3
47	Incline axle Ø25*Ø17*Ø10*6*1	4
48	Side rail guider Ø25*Ø5*4.5	12
49	Wire protector	1
50	Front roller	1
51	Rear roller	1
52	Cylinder	1
53	Motor	1
54	Incline motor	1
55	Running desk	1
56	Running belt	1
57	Motor belt	1
58	Side rail	2
59	Console upper cover	1
60	Console lower cover	1

#	DESCRIPTION	QTY
61	Panel	1
62	Handle bar	2
63	Base cover (L) - 1	1
64	Base cover (L) - 2	1
65	Base cover (R) - 1	1
66	Base cover (R) - 2	1
67	End cap	1
68	Motor cap	1
69	Main frame cap	2
70	Cap	2
71	End cap subframe	2
72	Gas spring spacer	1
73	Spring	1
74	Gas spring 2	1
75	Front wheel	2
76	Rear wheel	2
77	Magnetic ring	1
78	Console set	1
79	Speed sensor	1
80	Main wire	1
81	Print wire	1
82	Console wire	1
83	Handle pulse	2
84	Handle pulse wire	2
85	Console	1
86	PCB	1
87	Power cord	1
88	Power cord	1
89	Wire (ground wire)	1
90	Wire (ground wire)	2

#	DESCRIPTION	QTY
91	Current input	1
92	Switch	1
93	Power cord	2
94	Plug	1
95	Cable clamp	2
96	Wire clip	1

78	Console set	1
78-1	PCB of meter	1
78-2	PCB of keyboard	1
78-3	Screen overlay	1
78-4	Keyboard overlay	1
78-5	Spring tip	1
78-6	Microswitch	1
78-7	Safety key iron	1
78-8	Safety sticker	1
78-9	Speaker	2
59	Console upper cover	1
61	PAnel	1

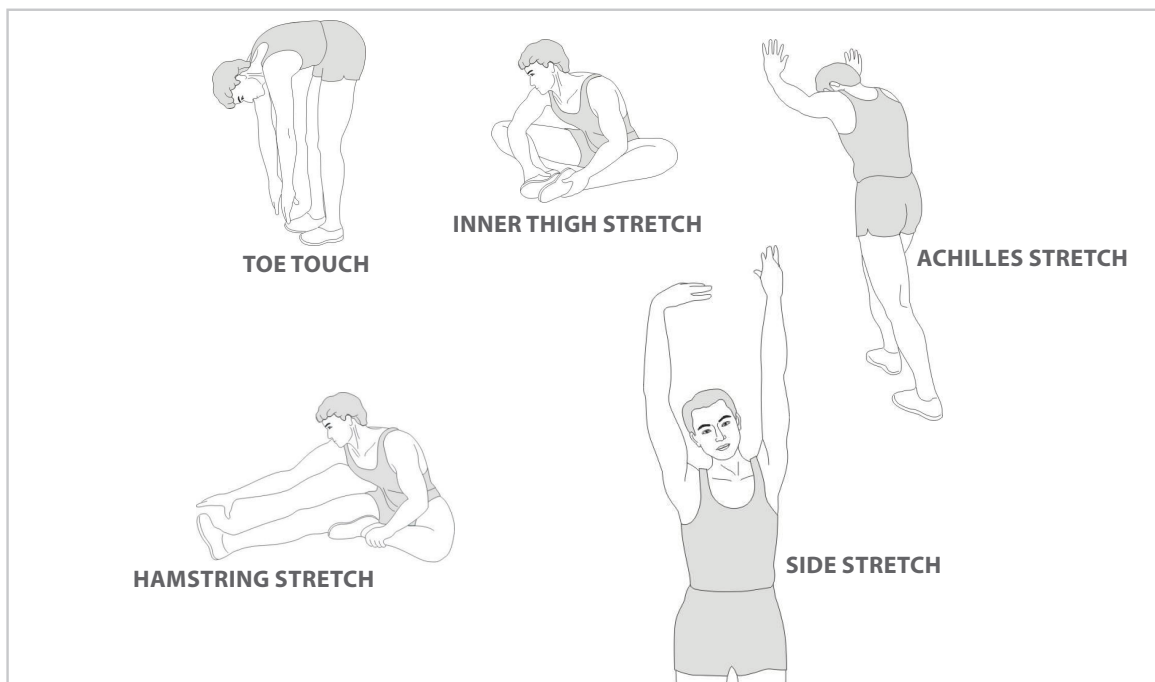
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.



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.

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For questions or missing parts please contact your dealer.