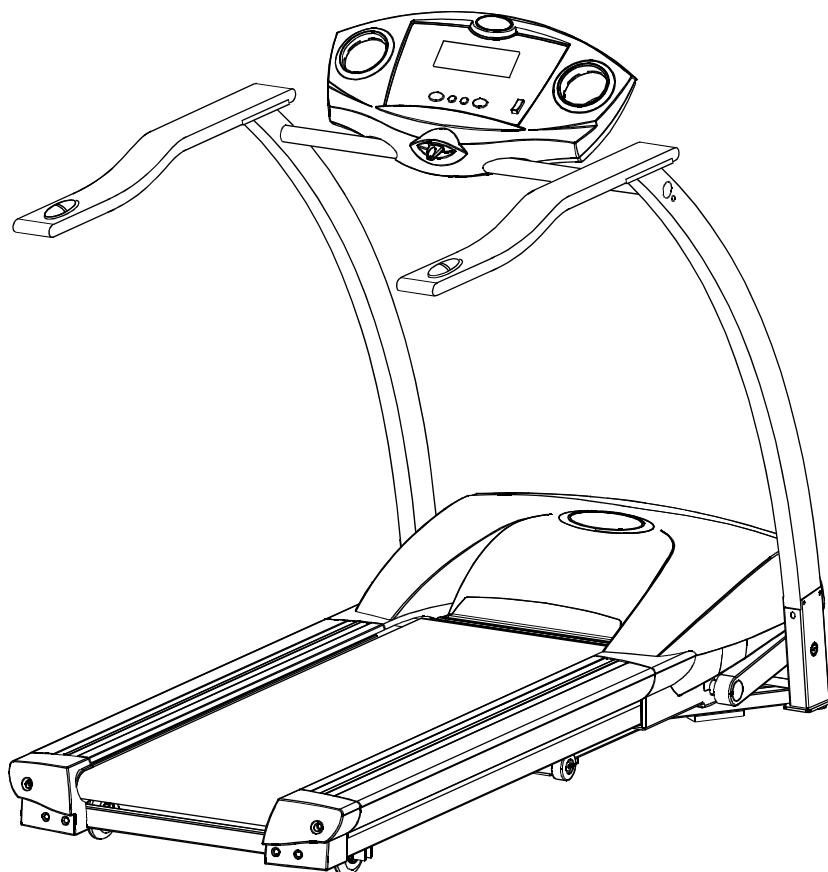# MOTORIZED TREADMILL

USER WEIGHT LIMITATION: **120kgs.** (265lbs.)

CE

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.

- Place on a level surface, with 2 meters (6 feet) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

- When choosing a location for the treadmill make sure that the location and position permit access to a plug.

- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the treadmill at all times.

- The treadmill should not be used by persons weighing more than 120kgs. (265lbs.)

- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.

- Always examine your treadmill before using to ensure all parts are in working order.

- Allow the belt to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your treadmill.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.

PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call the manufacturer.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.
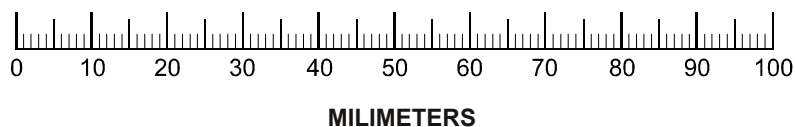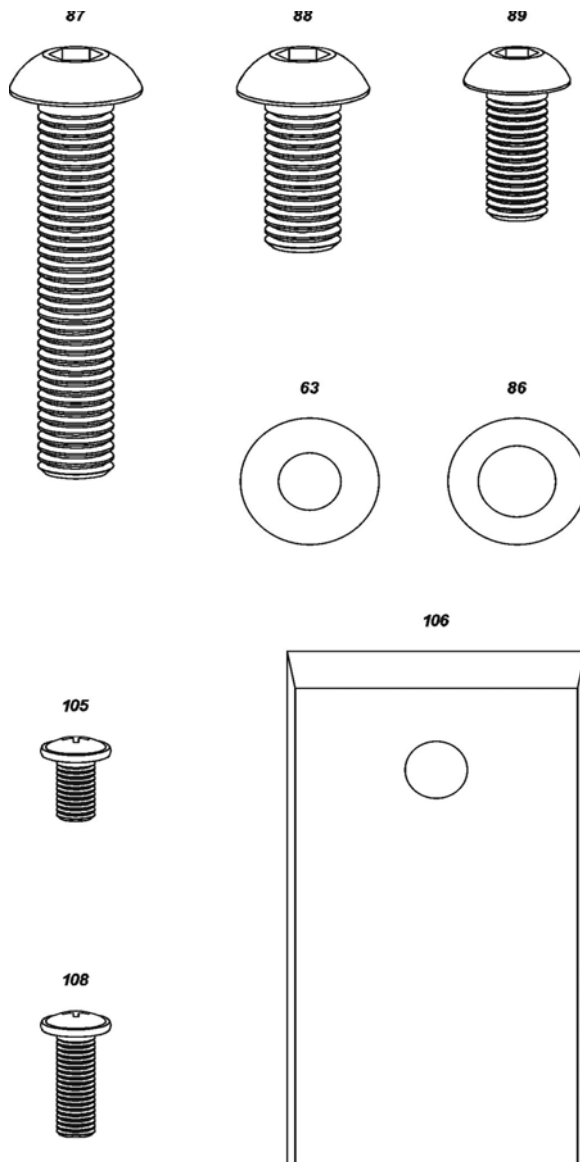
Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 120kgs (265lbs.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
63	8mm Washer	4
86	10mm Washer	4
87	M10 x 52mm Bolt	2
88	M10 x 20mm Bolt	2
89	M8 x 18mm Bolt	4
105	M5 x 8mm Bolt	2
106	Plastic Cover	2
108	M5 x 14mm Bolt	2

MILIMETERS

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
1	Motor Hood	1	PR300-01	35	Cushion	4	PR300-35
2	Cushion	1	PR300-02	36	4.5 x 12mm Washer	8	PR300-36
3	Side Rail	2	PR300-03	37	M8 x 15 Screw	14	PR300-37
4	Deck End Cap-Left	1	PR300-04	38	M14 x 90mm Bolt	2	PR300-38
5	Deck End Cap-Right	1	PR300-05	39	Control Board	1	PR300-39
6	Running Belt	1	PR300-06	40	Elevation Motor	1	PR300-40
7	Running Deck	1	PR300-07	41	Motor	1	PR300-41
8	Rear Roller Shaft	1	PR300-08	42	Deck Frame	1	PR300-42
9	Front Roller Shaft	1	PR300-09	43	Motor Bracket	1	PR300-43
10	Rear Roller	1	PR300-10	44	Elevation Support	1	PR300-44
11	Front Roller	1	PR300-11	45	Elevation Support Cover-Right	1	PR300-45
12	Drive Belt	1	PR300-12	46	Elevation Support Cover-Left	1	PR300-46
13	Rubber Cushion Bolt	8	PR300-13	47	Support	1	PR300-47
14	Rail Guide	6	PR300-14	48	Shock	1	PR300-48
15	Rail Guide Screw	12	PR300-15	49	Motor Belly Pan	1	PR300-49
16	Rear End Cap Bolt	4	PR300-16	50	Frame Cover-Right	1	PR300-50
17	Computer	1	PR300-17	51	Frame Cover -Left	1	PR300-51
18	Console Top	1	PR300-18	52	Bracket	2	PR300-52
19	Console Bottom	1	PR300-19	53	Plastic Clamp-Top	2	PR300-53
20	Safety Key	1	PR300-20	54	Plastic Clamp-Bottom	2	PR300-54
21	Handlebar Grip	2	PR300-21	55	M8 x 19mm Allen Head Bolt	4	PR300-55
22	Handlebar	2	PR300-22	56	Deck Cushion	8	PR300-56
23	Hand Pulse Sensor	2	PR300-23	57	M8 Nylon Nut	1	PR300-57
				58	Washer	2	PR300-58
25	Handlebar End Cap	4	PR300-25	59	Rubber Cushion	1	PR300-59
26	Left Upright	1	PR300-26	60	M8 x 50mm Screw	2	PR300-60
27	Right Upright	1	PR300-27	61	M8 x 15mm Bolt	2	PR300-61
28	Base Frame	1	PR300-28	62	Spring Washer	2	PR300-62
29	Base Frame End Cap	2	PR300-29	63	8mm Washer	12	PR300-63
30	Fold Up Lock	1	PR300-30	64	M10 x 136mm Her Bolt	1	PR300-64
31	Spring	1	PR300-31	65	M10 Nylon Nut	3	PR300-65
32	Power Switch	1	PR300-32	66	M5 x 12mm Screw	2	PR300-66
33	Front Moving Wheel	2	PR300-33	67	Clip	2	PR300-67
				68	Gear Sleeve	1	PR300-68

PARTS LIST

| NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
69	Bumper	2	PR300-69				
70	U Bracket	1	PR300-70	104	Upright Cross Brace	1	PR300-104
71	M8 x 89mm Bolt	1	PR300-71	105	M5 x 8mm Bolt	2	PR300-105
72	M8 Nut	1	PR300-72	106	Plastic Cover	2	PR300-106
73	M16 x 54mm Screw	1	PR300-73	107	M6 x 10mm Bolt	1	PR300-107
74	35 x 18mm Washer	1	PR300-74	108	M5 x 14mm Bolt	2	PR300-108
75	M16 Nut	1	PR300-75				
76	Roller	2	PR300-76				
77	M6 x 15mm Bolt	2	PR300-77				
78	M16 Washer	2	PR300-78				
79	Rear Roller Washer	2	PR300-79				
80	Rear Roller Bolt	2	PR300-80				
81	M10 x 63mm Bolt	1	PR300-81				
82	M4 x 12mm Screw	6	PR300-82				
83	Plastic Bushing	2	PR300-83				
84	Front Roller Washer	1	PR300-84				
85	Front Roller Bolt	1	PR300-85				
86	10mm Washer	9	PR300-86				
87	M10 x 52mm Bolt	4	PR300-87				
88	M10 x 20mm Bolt	2	PR300-88				
89	M8 x 18mm Bolt	6	PR300-89				
90	M8 x 32mm Bolt	1	PR300-90				
91	M10 x 25mm Bolt	1	PR300-91				
92	M10 x 48mm Bolt	1	PR300-92				
93	3.5 x 16mm Screw	9	PR300-93				
94	3 x 14mm Screw	6	PR300-94				
95	Transportation Wheel	2	PR300-95				
96	Transportation Wheel Bracket	2	PR300-96				
97	Bushing	2	PR300-97				
98	Metal Plate	1	PR300-98				
99	Power Socket	1	PR300-99				
100	Fuseless Break	1	PR300-100				
101	Power Switch	1	PR300-101				
102	Metal Cap	2	PR300-102				

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.
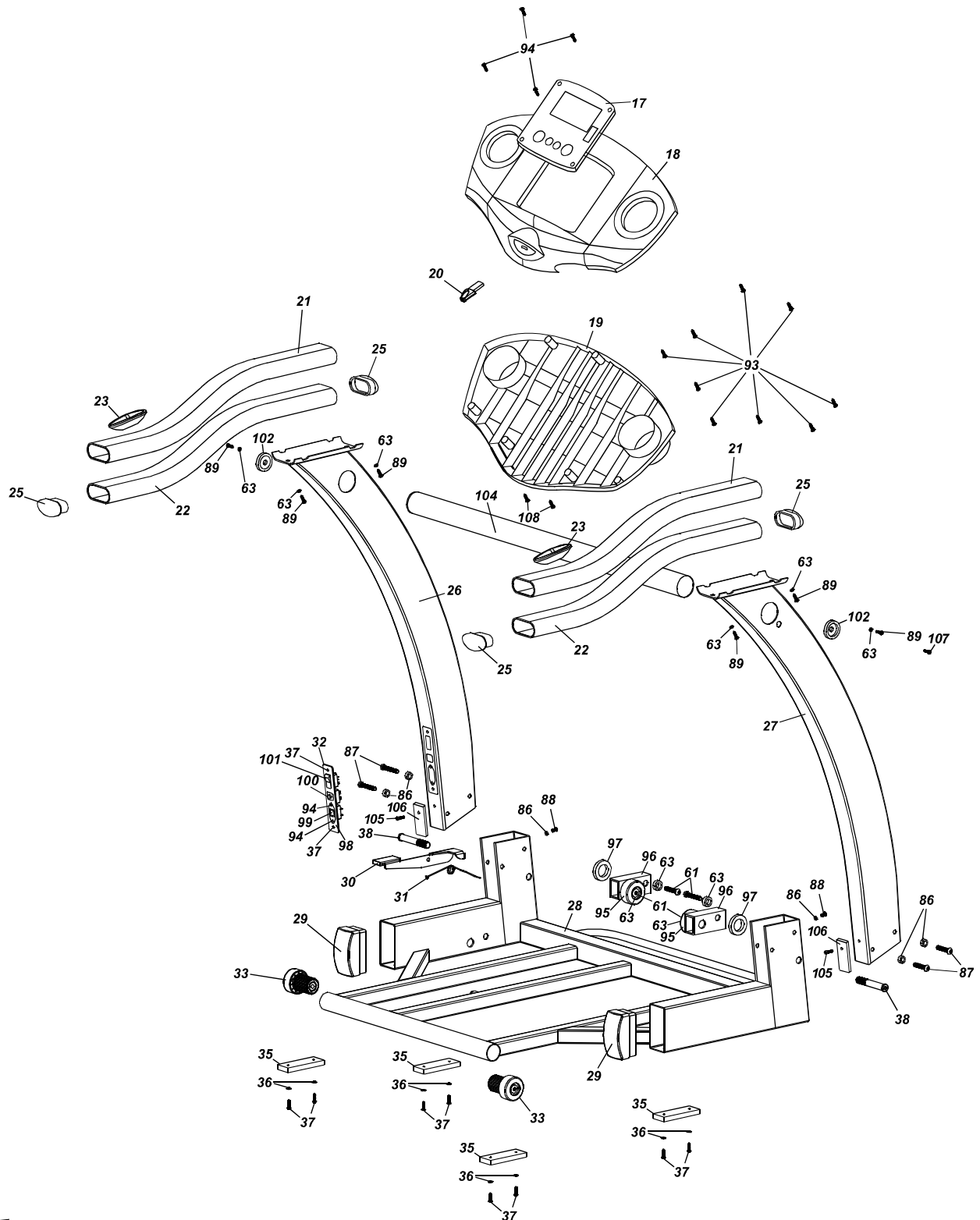
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.
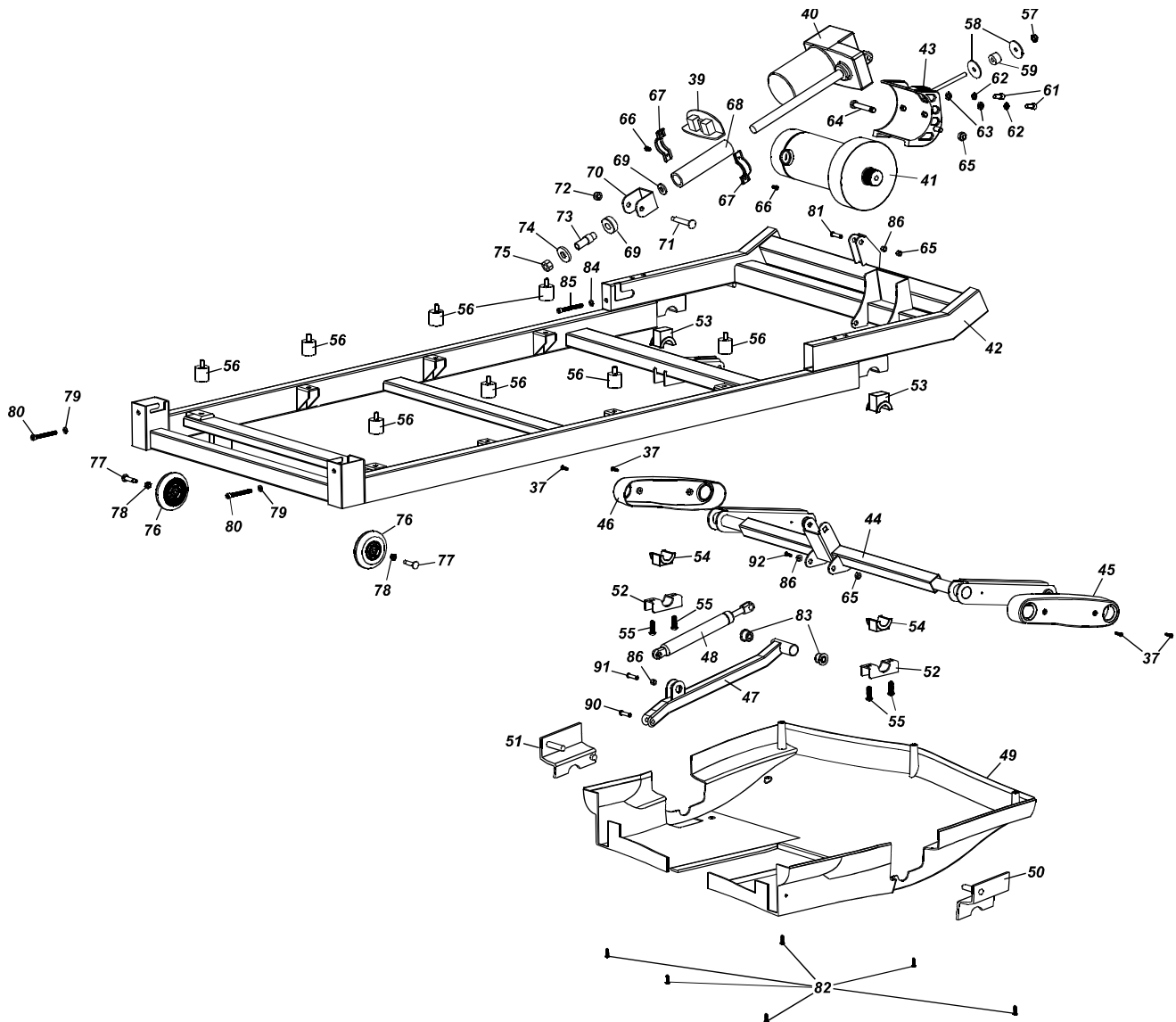
PARTS DIAGRAM

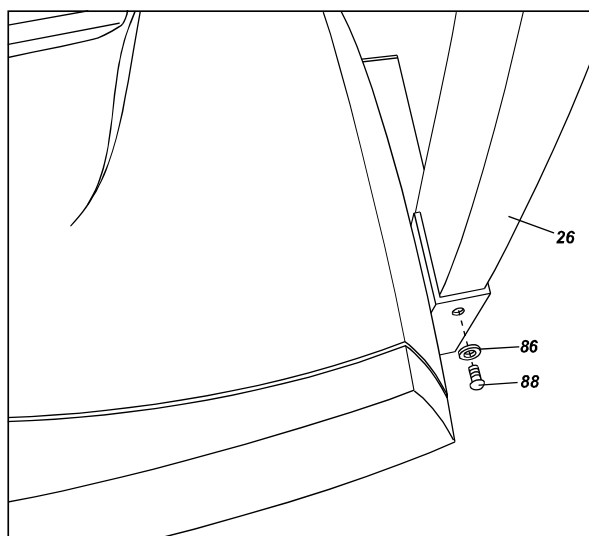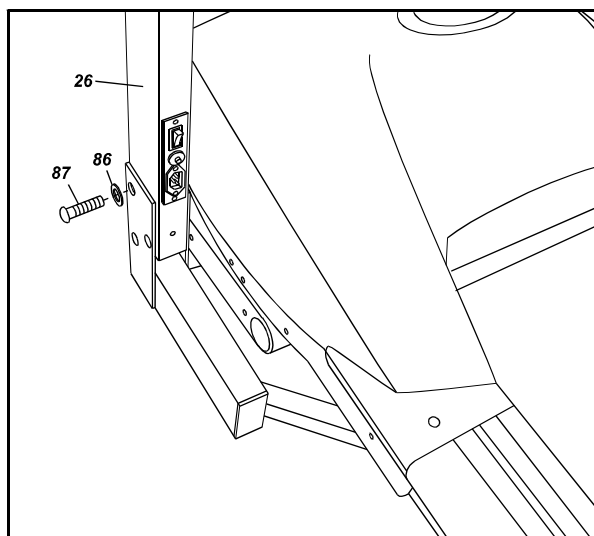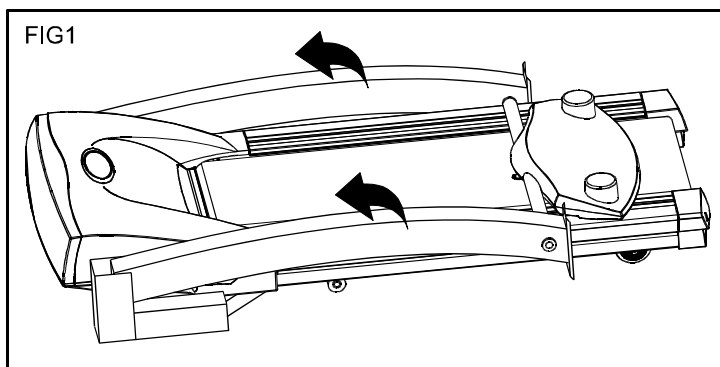A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.
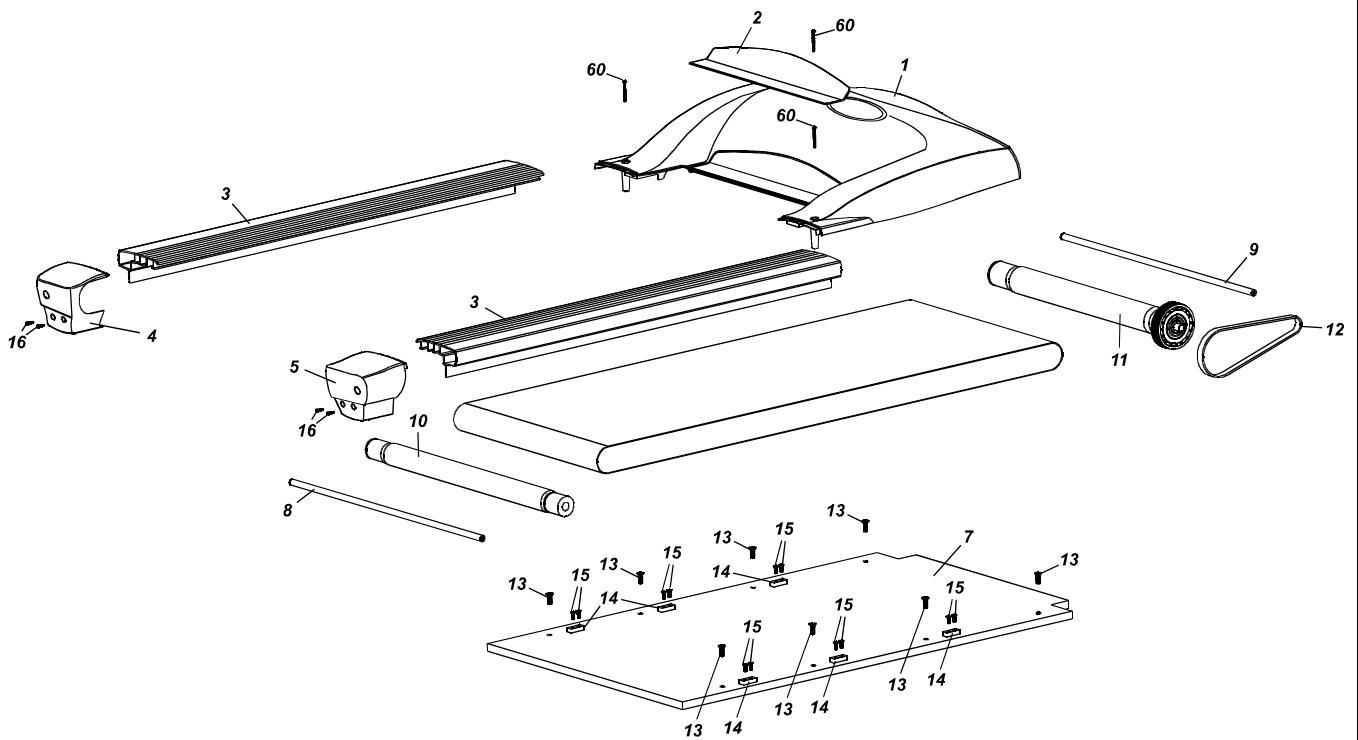
ASSEMBLY

STEP 1:

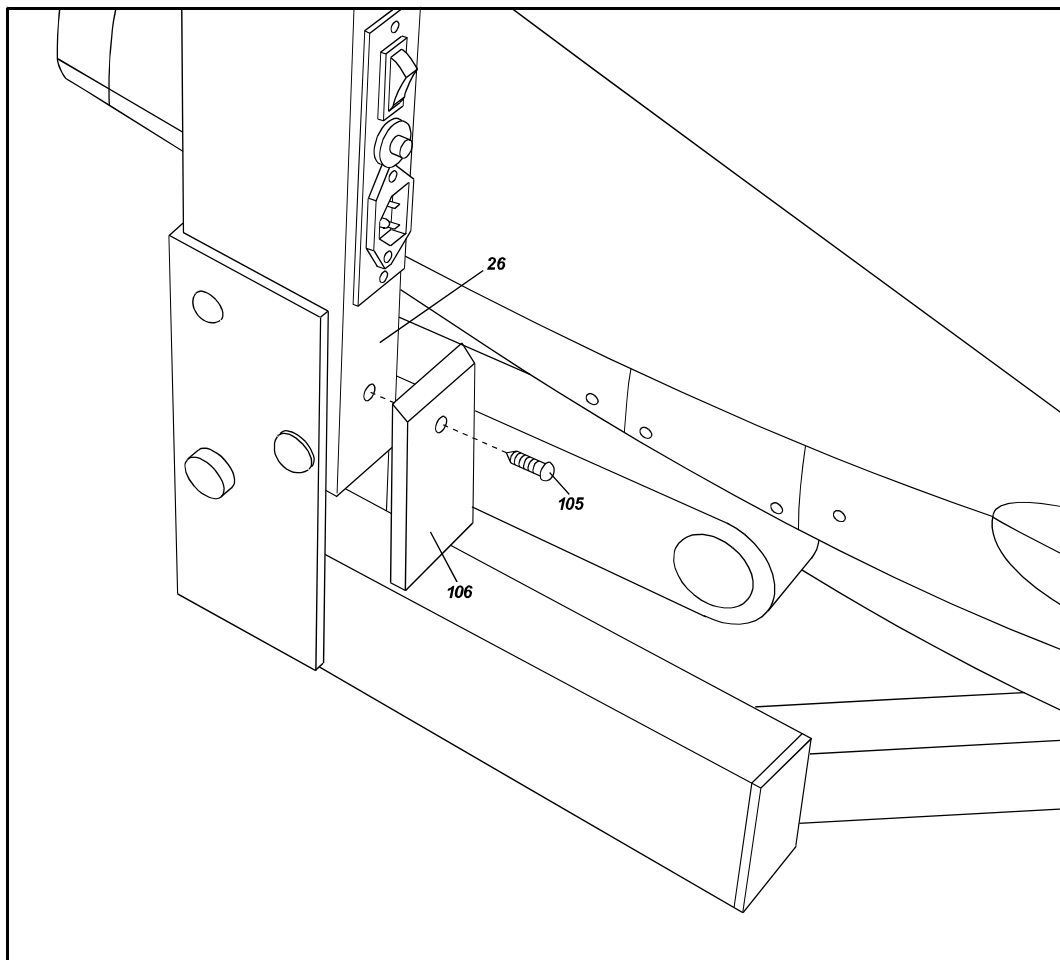First remove your treadmill from the carton as shown in FIG1.
Next rotate up the Left and Right Uprights (26 and 27) and secure with two 10mm Washers (86), two M10 x 53mm Bolts (87) and two M10 x 20mm Bolts (88) as shown.

FIG1

ASSEMBLY

STEP 2:

Attach one Plastic Cover (106) to the Left Upright (26) and secure using one Plastic Cover Screw (105). Repeat on Right Upright (27).

ASSEMBLY

STEP 3:

First connect the Sensor Wires as shown in FIG2.
Next attach the two Handlebars (22) to the Left and Right Uprights (26 and 27) and secure using four 8mm Washers (63) and four 8M x 18mm Bolts (89),

FIG2

Sensor Wires
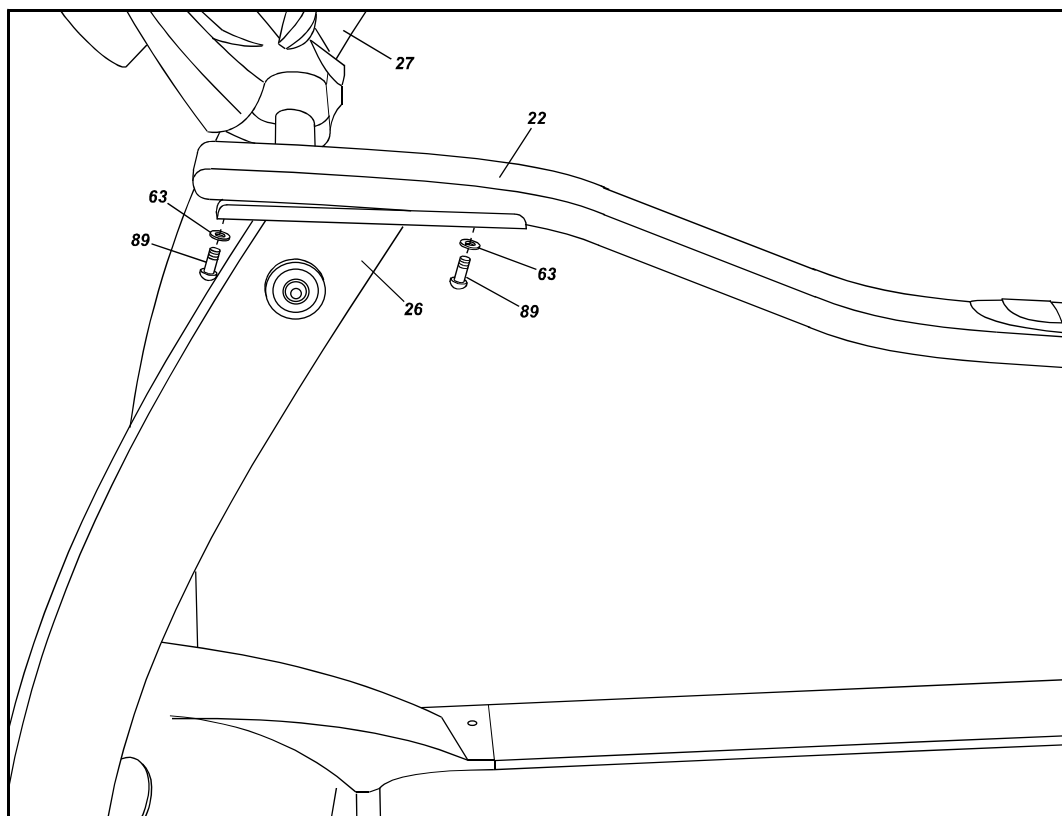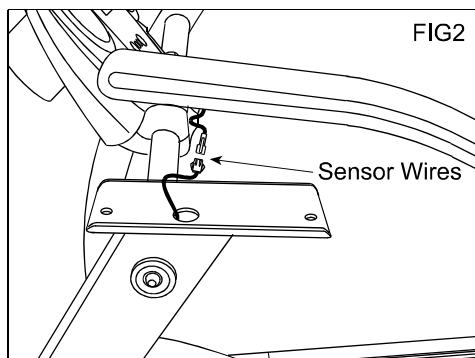
ASSEMBLY

STEP 4:

Rotate up the Console (18) and secure by tightening both M8 x 18mm Bolts (89), located on the Left and Right Uprights (26 and 27), two M5 x 14mm Bolts (108).
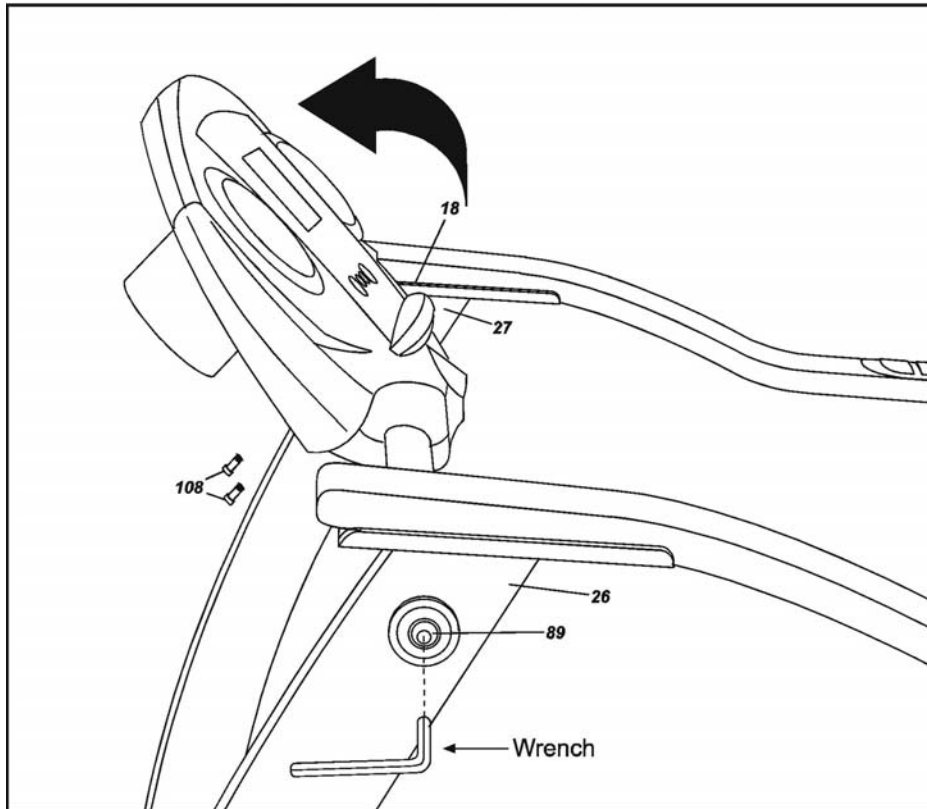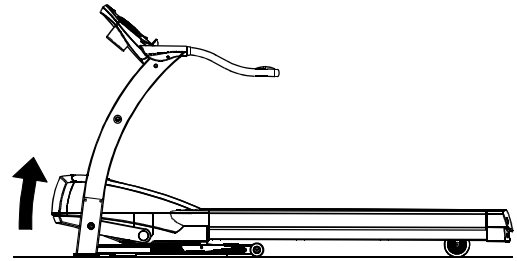
LEVELING THE TREADMILL

How to level the treadmill:

An uneven floor can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill cushions are adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

1. To perform the leveling procedure you first need to bring the treadmill to the highest incline level as shown in drawing **1**. After you've completed the assembly procedure plug in the power cord and switch on the POWER SWITCH. Insert the Safety Key and press the START button to quick start the treadmill. Press the INCLINE UP button until the deck reaches its highest incline level. Now press the STOP button and pull out the Safety Key. Switch off the POWER SWITCH and unplug the power cord.


1. Raise deck to highest incline level.

2. The treadmill should sit on the floor with all four cushions resting firmly on the floor as shown in drawing **2**. Shake the handlebars back and forth to check if they are resting firmly on the floor. If they are not, pull the handlebar backward to adjust the treadmill as shown in drawing **3**. Simply adjust the cushions. Repeat this until the treadmill sits firmly on the floor.
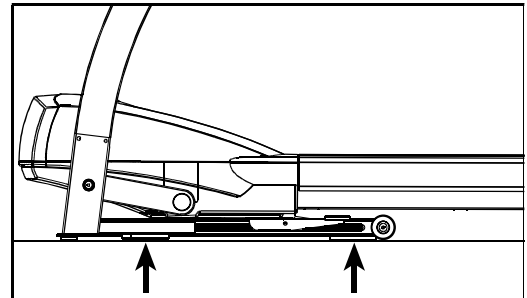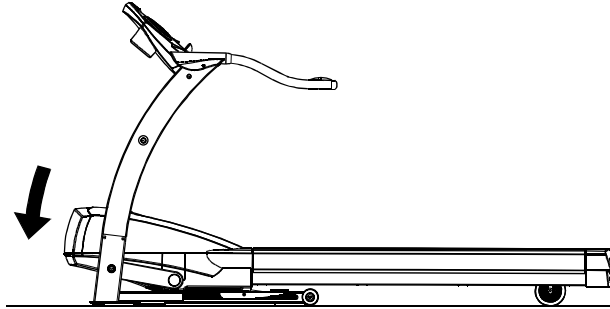

2. Check position of cushions.
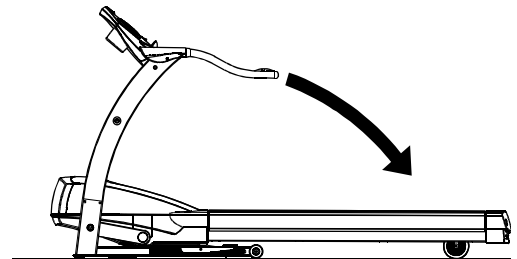
3. Tilt treadmill to access cushions.

FOLDING INSTRUCTIONS
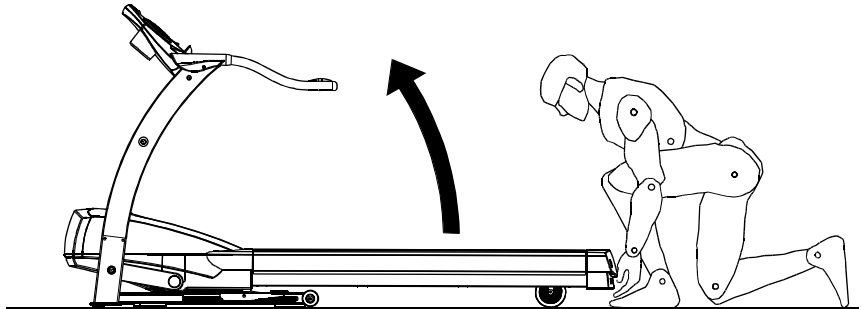
How to fold up the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

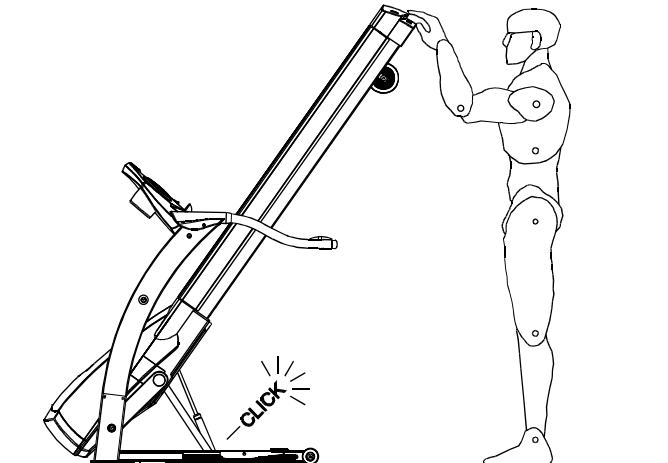1. To fold the deck you first need to bring the treadmill to the lowest incline level.

1. Lower deck to lowest incline level.

2. Lift the deck up from the rear of the treadmill and fold up until it locks in place. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD WHEN RAISING THE DECK.**

2. Lift the deck up from the rear.

3. You will hear a "click" sound as the lock engages.

3. You will hear a "click" sound as the lock engages.

UNFOLDING INSTRUCTIONS
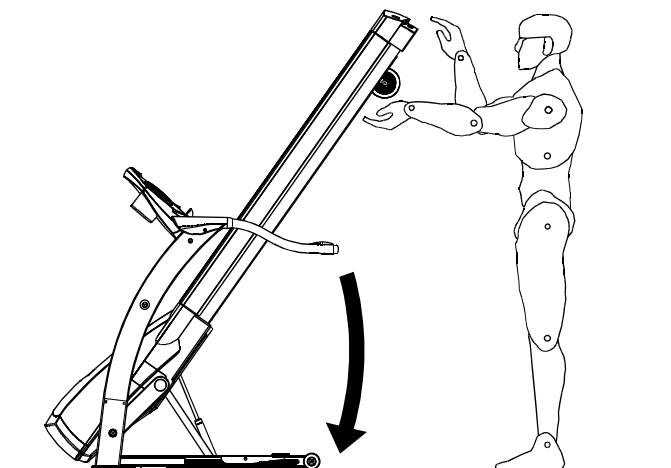
How to unfold the treadmill:

To unfold the treadmill for use follow the instructions here:

1. Begin by standing behind and supporting the deck with your hands. Next release the lock with your foot by stepping on the release lever. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD ON THE DECK BEFORE RELEASING THE LOCK.**
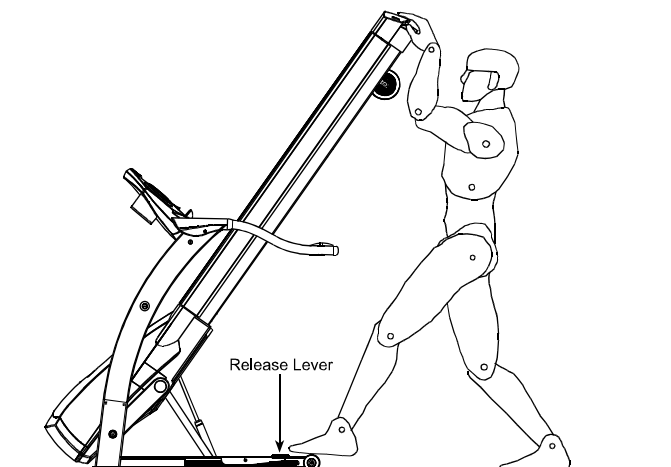
Release Lever

1. Release the lock with your foot by stepping on the release lever.

2. Slowly lower the deck until it rests securely on the ground.

2. Lower the deck until it rests securely on the ground.

TRANSPORT INSTRUCTIONS

How to transport the treadmill:

1. After folding the treadmill tilt it to one side (you may need the help of a friend), reach under the Base Frame and rotate down the Transportation Wheel Bracket (96). Repeat this procedure on the other side.
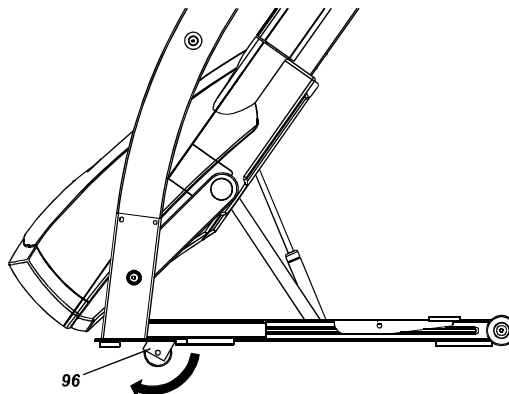
2. To roll away for storage simply grab the handlebars and push as shown.
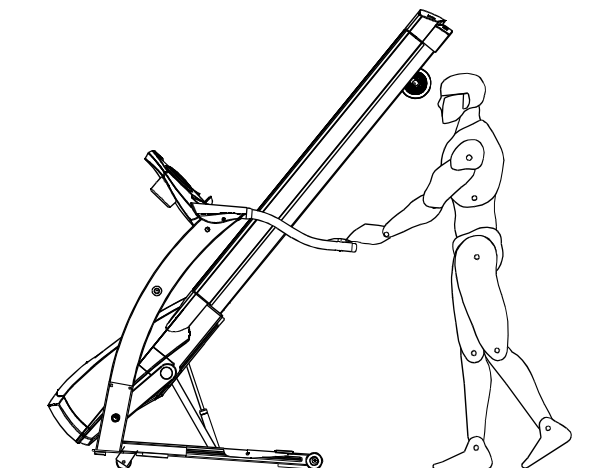
3. After moving the treadmill to the desired location, make sure to put the Transportation Wheel Brackets (96) back into their upright position in order to stabilize the treadmill for use.
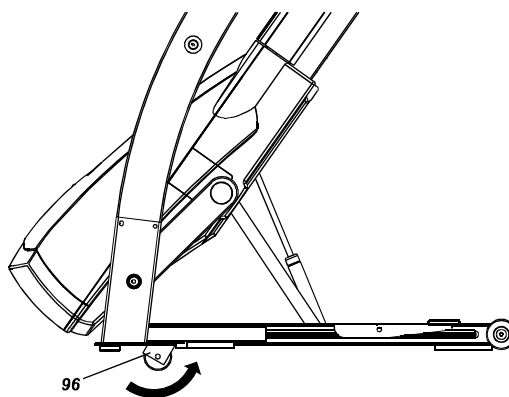
COMPUTER OPERATION

Safety Key	A		B	SPEED SLOW Button
START Button	C		D	LCD Window
INCLINE UP/DOWN Switch	E		F	STOP/ENTER Button
SPEED FAST Button	G			

BUTTONS:

START –
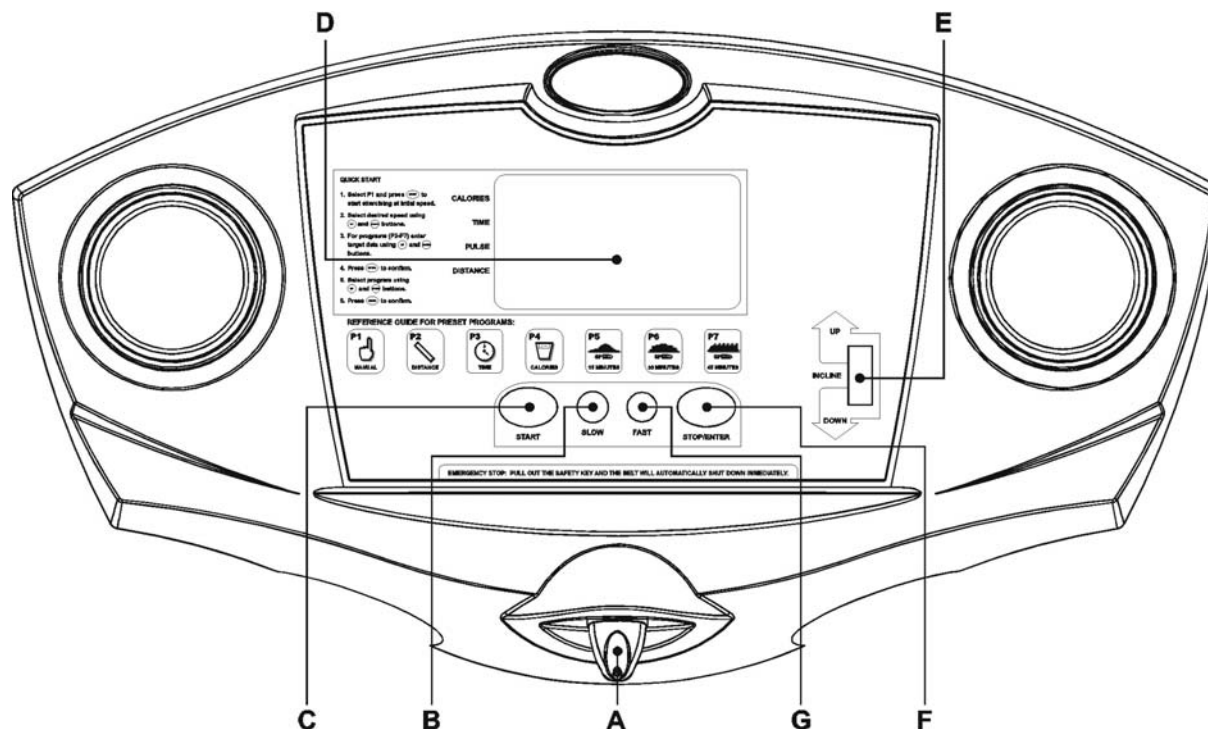Press to start exercise. The initial belt speed is 0.8 KPH (0.5 MPH).

STOP/ENTER –
a.   Press to confirm the program and preset function values under the setting mode.
b.   Press to quit a preset program or function value after completing the single program setting procedure, then return to the beginning of the setting mode before pressing the START key.
c.   Press to stop exercising during your workout.

SPEED FAST –
a.   Press to increase the belt speed by 0.1 KPH (0.1 MPH)
b.   Hold the button to increase the belt speed by 0.5 KPH (0.5 MPH) each second and release the button to stop the function.
Press to select programs and preset related function values.

ELEVATION UP / DOWN
Press up or down to change incline level.

COMPUTER OPERATION

SPEED SLOW –
   a. Press to decrease the belt speed by 0.1 KPH (0.1 MPH).
   b. Hold the button to decrease the belt speed by 0.5 KPH (0.5 MPH) each second and release the button to stop the function.
   c. Press to select programs and preset related function values.

NOTE:
   1. The console display will turn itself off automatically five minutes after the belt stops moving.
   2. The pulse function is for reference only, and not to be used for medial purposes.

SAFETY KEY –
The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation first turn the power switch to off and set the speed controller to stop. Next turn the power switch to on and reinsert the safety key into the console.

COMPUTER OPERATION:

After turning on the power the computer will show a full display for 2 seconds. The "P1" (manual program) will then begin blinking in the upper right corner of the LCD window. Press the SPEED FAST/SLOW buttons to select the desired program. Press the STOP/ENTER button to confirm the selected program or press the START button to start exercising without a selecting a program. Please refer to the following instructions for the different program options.

PROGRAM 1 – MANUAL
Press the STOP/ENTER button to select the program, then press the START key to start exercising.
While the "P1" is blinking press the STOP/ENTER button to run the preset procedure, before starting to exercise.
TIME: Accumulates and displays the workout time from the start of the exercise.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 2 – DISTANCE
Press the STOP/ENTER button to confirm the program.
DISTANCE (Under the setting mode): Press the SPEED SLOW/FAST buttons to preset the target distance values and then press the START button to start exercising.
While the "P2" is blinking press the STOP/ENTER button to run the preset procedure, before starting to exercise.
DISTANCE (Out of the setting mode): Counts down from the preset target value when the exercise starts. While the distance counts down to zero the speed will go down to zero by 0.5 KPH or MPH each second.
TIME: Accumulates and displays the workout time from the start of the exercise.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 3 – TIME
Press the STOP/ENTER button to confirm the program.
TIME (Under the setting mode): Press the SPEED SLOW/FAST buttons to preset the time value and then press the START button to start exercising.
While the "P3" is blinking press the STOP/ENTER button to run the preset procedure, before starting to exercise.
TIME (Out of setting mode): Counts down from the preset target value when the exercise starts. While the time counts down to zero the speed will go down to zero by 0.5 KPH or MPH each second.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.

COMPUTER OPERATION

SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 4 – CALORIES
Press the STOP/ENTER button to confirm the program.
CALORIES (Under the setting mode): Press the SPEED SLOW/FAST buttons to preset the target calories value and then press the START button to start exercising.
While the "P4" is blinking press the STOP/ENTER button to run the preset procedure, before starting to exercise.
CALORIES (Out of setting mode): Counts down from the preset target value when the exercise starts. While the distance counts down to zero the speed will go down to zero by 0.5 KPH or MPH each second.
TIME: Accumulates and displays the workout time from the start of the exercise.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 5 – 15 MINUTE PRESET SPEED
Press the STOP/ENTER button to confirm the program.
Press the START button to start the exercise, or while the "P5" is blinking press the STOP/ENTER button to run the preset procedure.
TIME: Accumulates and displays the workout time from the start of the exercise.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
PULSE: Detects and displays the current heart rate when out of setting procedure.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 6 – 30 MINUTE PRESET SPEED
Press the STOP/ENTER button to confirm the program.
Press the START button to start the exercise, or while the "P6" is blinking press the STOP/ENTER button to run the preset procedure.
TIME: Accumulates and displays the workout time from the start of the exercise.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
PULSE: Detects and displays the current heart rate when out of setting procedure.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

PROGRAM 7 – 45 MINUTE PRESET SPEED
Press the STOP/ENTER button to confirm the program.
Press the START button to start the exercise, or while the "P7" is blinking press the STOP/ENTER button to run the preset procedure.
TIME: Accumulates and displays the workout time from the start of the exercise.
DISTANCE: Accumulates and displays the workout distance from the start of the exercise.
PULSE: Detects and displays the current heart rate when out of setting procedure.
CALORIES: Accumulates and displays (approximate) calories burned during the exercise.
SPEED: Displays the current speed in KPH or MPH (which ever your computer is set to).

MAINTENANCE

**HOW TO MAINTAIN YOUR TREADMILL**:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.

2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.

3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.
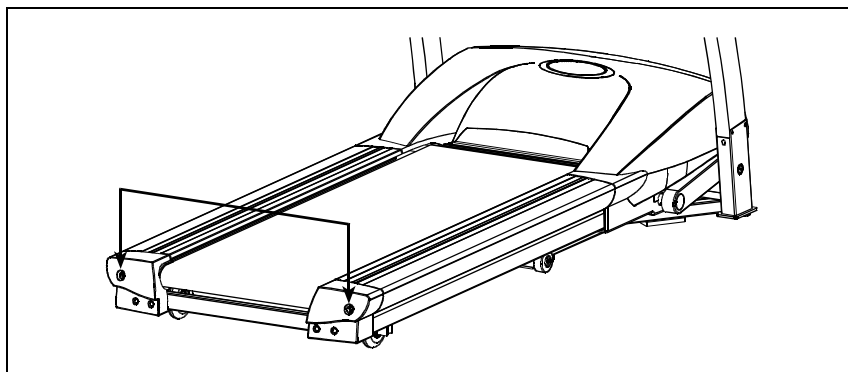
Right and left tension bolts are located at the rear of the treadmill.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone.

MAINTENANCE

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.

2. Insert the spray nozzle into the spray head of the lubricant can.

3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4. Allow the silicone to "set" for 1 minute before using the treadmill.
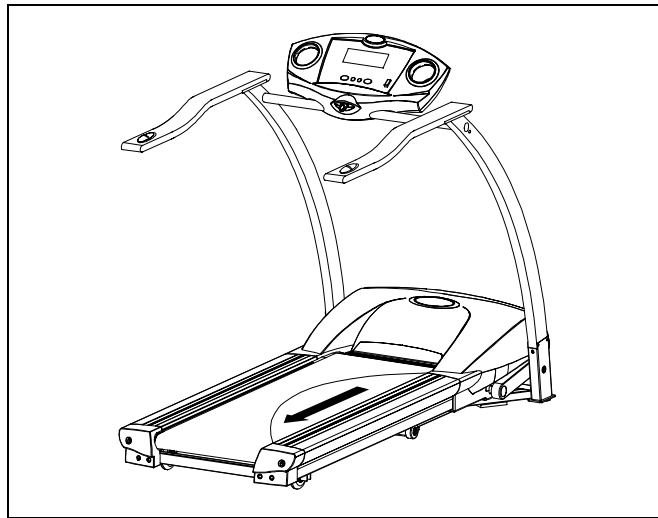
Spray lubricant from front to back.

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE
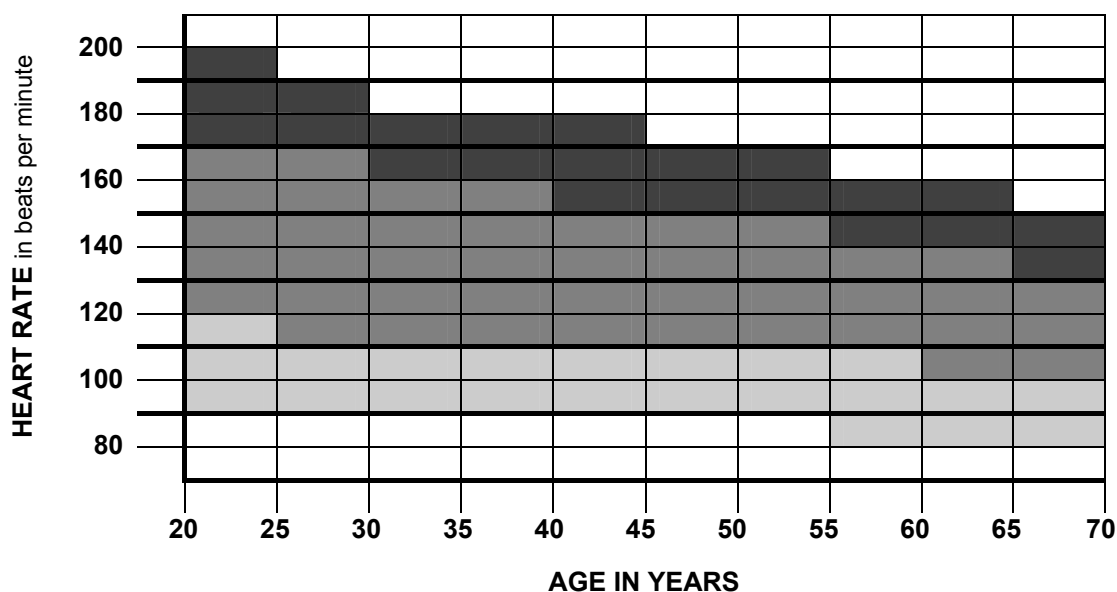
ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

**HEALTH**: Beginner, low intensity with long duration produces fat burning

Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
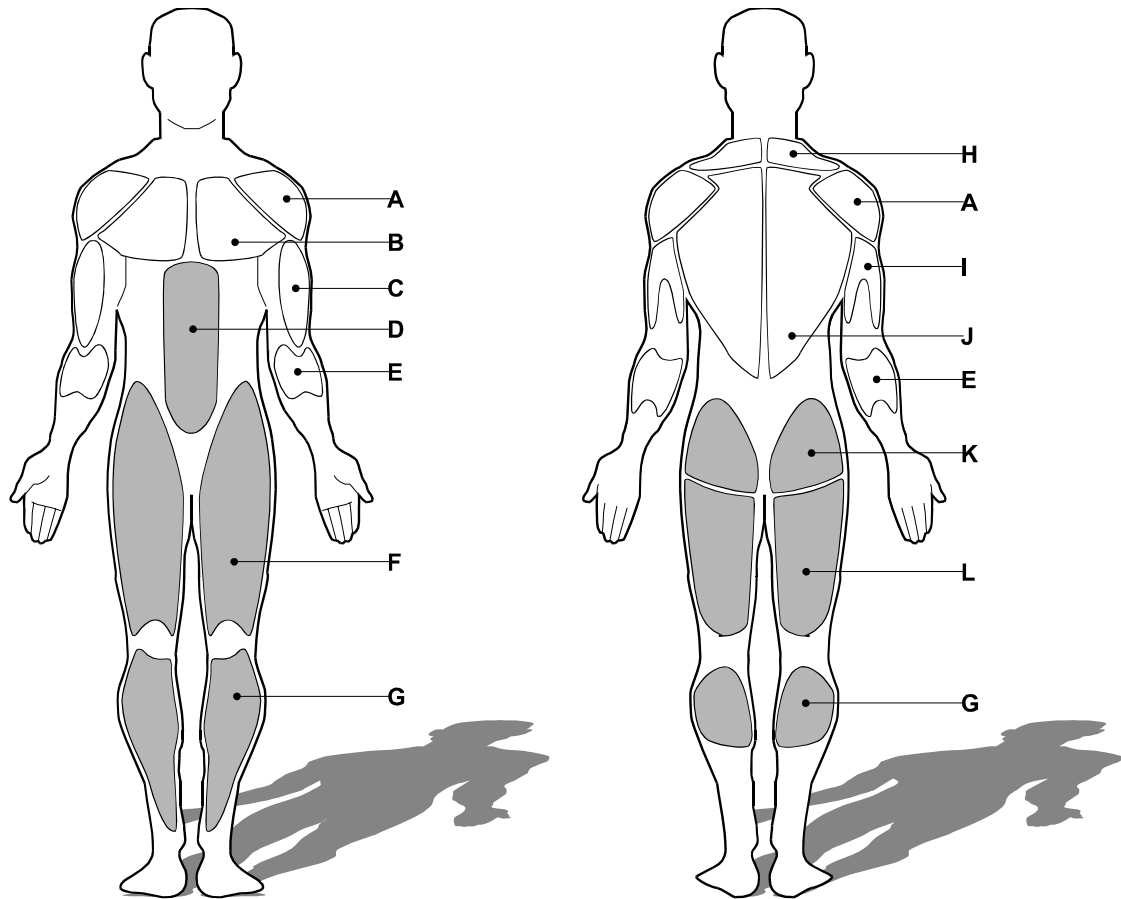
|			
Shoulder muscles	**A**	**B**	Pectoral muscles
Bicep muscle	**C**	**D**	Abdominal muscles
Forearm muscles	**E**	**F**	Quadricep muscles
Calf muscles	**G**	**H**	Trapezius muscles
Tricep muscles	**I**	**J**	Back muscles
Gluteal muscles	**K**	**L**	Hamstring muscles

STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or 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 is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

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.
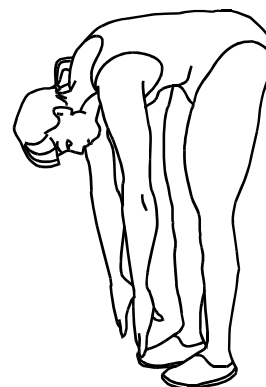
Shoulder Lift:

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.

Head Roll:

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.

STRETCHING ROUTINE

Hamstring Stretch:

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.
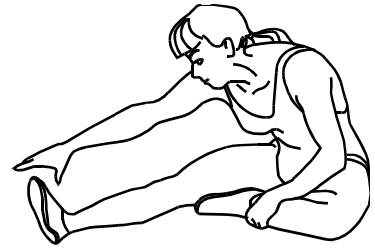
Inner Thigh Stretch:

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.

Side Stretch:

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.

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, and then repeat on the other side for 15 counts.