

PROTEUS®

FITNESS INNOVATION

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MONITOR INSTRUCTION

BC-66033

CE

PROTEUS FITNESS INNOVATION

- * **Function Button**
- * **About Display**
- * **Operation Instruction**

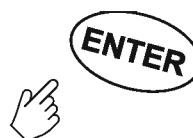
Power supply: output DC 9V / 1000mA transformer adaptor.

FUNCTION BUTTON :

A. ENTER :

Press ENTER button to enter setting mode and confirm setting values.

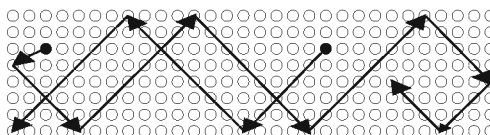
1. Confirm functions in setting mode : LEVEL, TIME, DISTANCE, CALORIES and PULSE.
2. Confirm personal data : gender, height, weight, age.



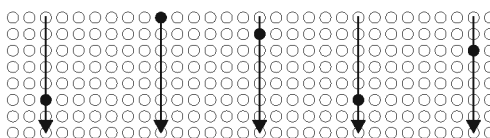
B. MODE :

1. Press MODE button at any time to switch LED matrix to screensaver, except for status of during the setting, body fat test and when pulse recovery is activated. There are two different screensavers :

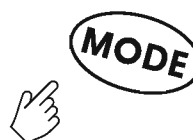
- * Bouncing dots



- * matrix rain fall



2. Press MODE button to switch different display.
normal display → bouncing dots → matrix rain fall → no display → normal display
3. Press ▲ or ▼ button in standby mode when screensaver is activated, the monitor reacts with corresponding program profile. If there's no button pressed in 5 seconds, the monitor goes back to screensaver.



C. START/STOP :

Press to start or to stop exercise.



D. RESET :

1. In the setting mode, press this button to clear the current setting value.
2. Press and hold this button for 2 seconds to reset completely, therefore all setting values are reset to zero; but the input information for BODY FAT test and user program 1~4 will be kept in the memory.



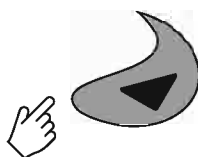
E. UP (▲) :

1. Press this button to select function from program MANUAL, P1~P12, USER1, 65%HRC and BODY FAT.
2. In setting mode, press this button to increase the setting value of LEVEL, TIME, DISTANCE, CALORIES and PULSE. Press and hold this button to speed up the increase of value.
3. In the working status, press this button to increase 1 level of resistance.



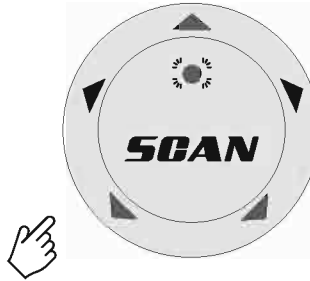
F. DOWN (▼) :

1. Press this button to select function from program MANUAL, BODY FAT, 65%HRC, USER 1, and P12~P1.
2. In setting mode, press this button to decrease the setting value of LEVEL, TIME, DISTANCE, CALORIES and PULSE. Press and hold this button to speed up the decrease of value.
3. In the working status, press this button to decrease 1 level of resistance.



G. SCAN :

Press this button to switch windows display mode. There are two different ways of display :
Scan display :
The LED on SCAN button blinks showing current status. Two groups of data switch every 6 seconds.



Normal display :

The LED on SCAN button does not blink in normal display mode. Press SCAN button in normal display mode, windows will show another group of data. Press SCAN button again to go back to previous data but also lead to SCAN mode.



First group of data :

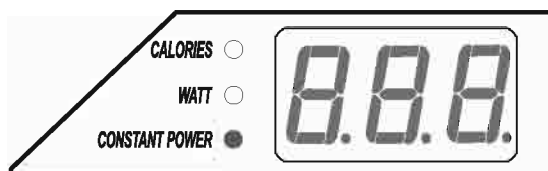
TIME - SPEED - DISTANCE - CALORIES - PULSE

Second group of data :

SEGMENT TIME - AVERAGE SPEED - RPM - CONSTANT VALUE (WATT) - LEVEL

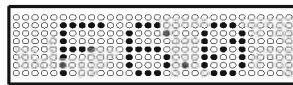
H. CONSTANT POWER :

1. When you enter program MANUAL, P1~P12, USER or BODY FAT, the LED matrix shows the program chart. Press this button to switch the program between level control and constant power control. When the CONSTANT POWER button is pressed, you can see the CONSTANT POWER LED light is on.
2. During workout status in P1~P12, press CONSTANT POWER button to switch the program between level control and constant value control. You can set your watt target during setting status; to set watt target, press desired program button then press CONSTANT POWER button to switch all program to constant value control, the CONSTANT POWER indicator light ignites and then press ENTER to confirm the program. The adjustable range of constant value is from 30~340.



I. RECOVERY :

1. Press this button during or after your exercise to enter recovery function, but you may not operate this function in BODY FAT mode.
2. It is a function to check the pulse recovery condition after exercise. It is scaled from F1.0 to F6.0. While F1.0 means the best and F6.0 means the worst. This function may reflect your heart pulse recovery ability and help to improve it through exercise. In order to get rate correctly, user must exam right after the workout. After the button is pressed, please hold the heart rate detector appropriately, the test will last for 1 minute and the result will show on the screen. If you want to quit pulse recovery function during the test, the only way is to reset the monitor (press and hold RESET for 2 seconds). After the test is done, press any button to jump out of this mode.



Shows health rate the detector measured.



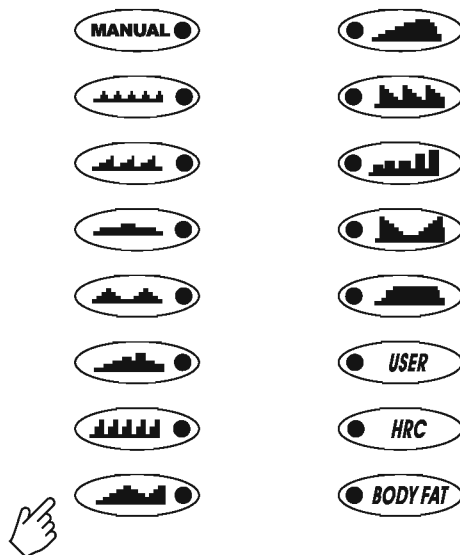
Shows heart rate the moment you stop exercise



Shows tracking heart rate for 1 minute.

J. PROGRAM quick button :

1. There're 16 quick buttons on the monitor, press these buttons to quick select your exercise program.



2. There are more options in USER, HRC and BODY FAT mode.

- * USER : USER1, USER2, USER3, USER4
Press USER to switch among options.



- * HRC : 65%H.R.C. , 75%H.R.C. , 85%H.R.C. , T.H.R.
Press HRC to switch among options.



- * BODY FAT :
Press ENTER to enter BODY FAT mode, the LED matrix shows "ENTER USER NO", press ▲ or ▼ to select among options (0~4). The data inputted to user 1~4 can be saved, but the data in user 0 will not be saved after the program's finished.



K. Buzzer :

1. There're two different frequencies of the buzzer :
 - a. sharper tone of "beep-beep" indicates the button is effectively operated.
 - b. lower tone of "bop-bop" indicates the button is ineffectively operated.
2. When the program finished or any value countdown to zero and the alarm beep 48 times to remind you.
3. You can change the buzzer setting in standby status by pressing UP(▲) and START/STOP at the same time. Repeat this step to switch among 3 options :



- B0 : beep when button was pressed and the column changes in exercise chart. (default setting)
- B1 : beep when button was pressed.
- B2 : mute.

L. Unit :

In standby mode, press DOWN (▼) and START/STOP at the same time for 2 seconds to change the unit setting. The LED matrix shows changed unit "KM" or "MILE", then the monitor reset and start with new unit setting. At the same time, all values were set to default except for the user profiles.

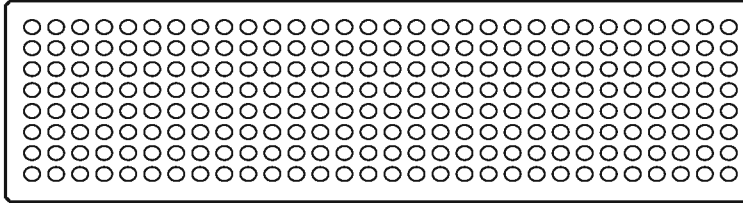


ABOUT DISPLAY :

ABOUT DISPLAY :

A. 8 x 30 dots matrix LED display :

Display the profile of MANUAL, PROGRAM(P1~P12), USER, TARGET H.R.. The profile was divided into 30 segments ; without setting the time, each segment indicates 30 seconds. If you set the target time you wish to exercise, each segment would contain the time length of target time divided by 30.



B. TIME / SEGMENT TIME window :

Shows the exercise time.

Count up: Without setting the value, time will count up after pressing the START button and the maximum value is 99: 59.

Count down: In the setting mode, press ▲ or ▼ button to set the desired time for exercise. The range of set value is from 1:00 to 99:00 with each increment 1:00 or decrement. After finish setting the value, the monitor will start to count down. While counting down to 0:00, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

Segment time display

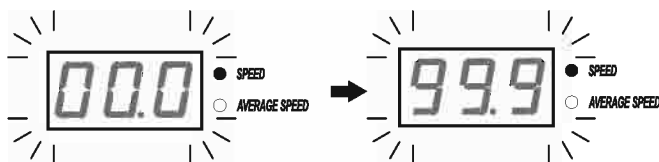
It shows how much time is left in each segment. Simply press the SCAN button if you wish to switch to total remaining time. If you didn't set exercise time, each segment contains 60 seconds. If you set the target time you wish to exercise, each segment would contain the time length of target time divided by 30.



C. SPEED/AVERAGE SPEED window :

a. The display window shows the speed from 0.0 to 99.0 KPH (or MPH).

b. During the exercise, if the SCAN button is pressed, you may switch to AVERAGE SPEED mode. When the exercise is finished, press the STOP button, your average speed will be displayed on the screen.



D. DISTANCE/RPM window :

Shows distance and RPM

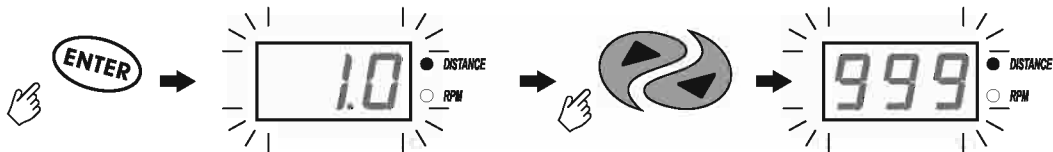
DISTANCE :

Count up: Without setting the value, the distance will count up after pressing the START button and the maximum value is 999KM(or MILE).

Count down: In the setting mode, press ▲ or ▼ button to set the desired distance for exercise. The range of set value is from 1.0KM to 999 KM with 1 KM increment or decrement each. After finish setting the value, the monitor will start to count down. While counting down to 0.0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

RPM : shows rounds per minutes.

When the user presses the SCAN button, the screen switches to RPM mode.



E. CALORIES / CONSTANT VALUE (WATT) / CONSTANT POWER window:

CALORIES :

Shows calories consumed.

Count up: Without setting the value, the calorie consumed will count up after pressing the START button and the maximum value is 999 Kcal.

Count down: In the setting mode, press ▲ or ▼ button to set the desired calorie consumed. The range of set value is from 1.0Kcal to 999 Kcal with each increment 1.0 Kcal or decrement. After finish setting the value, the monitor will start to count down. While counting down to 0.0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

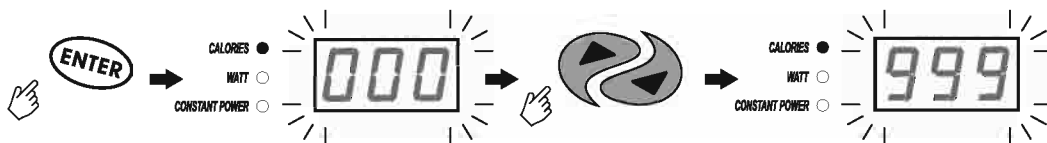
CONSTANT VALUE (WATT) :

When the user presses the SCAN button, the screen switches to CONSTANT VALUE (WATT) mode. The display range of constant value is from 0~999.

CONSTANT POWER :

CONSTANT POWER off --> program running in tension control

CONSTANT POWER on --> program running in constant power control



F. PULSE / LEVEL window :

You may set the heart rate that you do not want to exceed during the setting mode for program MANUAL, P1-P12, USER, BODY FAT. Press the ▲ or ▼ button to set the desired heart rate you do not want to exceed. If your heart rate exceeds the value, a blinking heart rate value will be displayed on the screen. When entering age for the 65%, 75%, and 85% MAX HR and T.H.R programs, press ▲ or ▼ button to input your age, then the screen will prompt a default heart rate value, if you choose to accept the heart rate, please press ENTER to continue, If you choose to change the desired heart rate, please press ▲ or ▼ button followed by ENTER to set the desired heart rate.

PULSE MEASUREMENT SYSTEM :

There are two pulse measurement functions on this machine : hand-pulse system and chest belt system. The hand-pulse system is the first priority. If you wear your chest belt and put your hand on the hand-pulse sensor at the same time, the monitor will measure your heart rate from the hand-pulse system and ignore the signal from the chest belt. Once you remove your hand from the sensor, the monitor will measure your heart rate from the chest belt system automatically.

NOTE : The frequency of the chest belt accepted by the monitor is 5 KHz.

LEVEL :

There are 16 adjustable levels in this monitor. User can adjust tension level by pressing ▲ or ▼ button during exercise, while level 1 has lightest resistance and level 16 has the heaviest.

OPERATION INSTRUCTION

To start :

You may press any key to switch on the monitor and press START/STOP to begin the workout, the time start counting at the same time.

To stop:

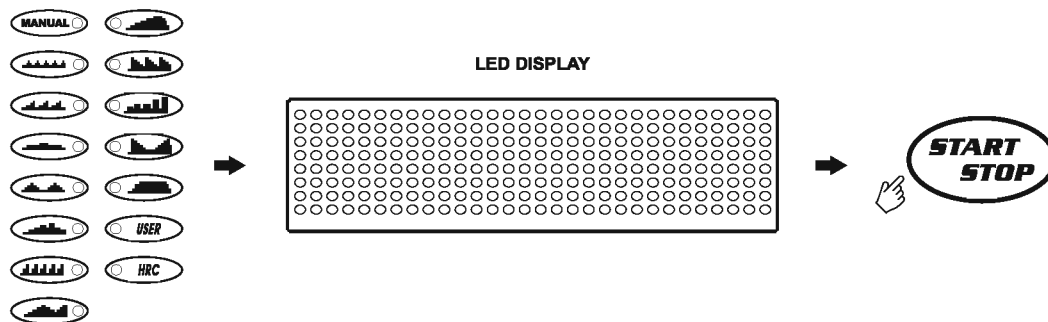
Press the START/STOP button and the time stop counting at the same time.



Quick Start :

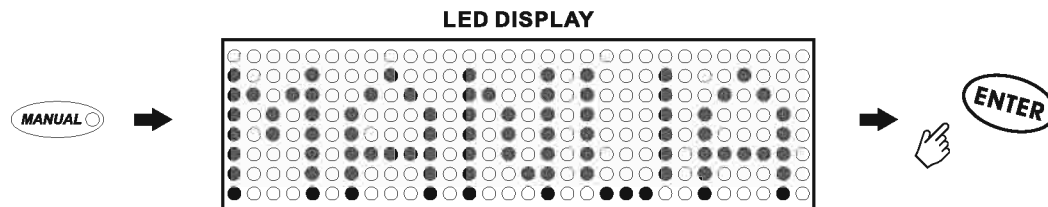
Press QUICK PROGRAM button to select one of the following programs: MANUAL, P1~P12, USER 1, 65%HRC, then press START button to begin the exercise.

NOTE : If you press BODY FAT quick start button then press START button, the program will calculate your body fat by default setting values. After the calculation, you can press START to begin exercise. (default settings : gender =male, height = 175cm or 5' 9"...))

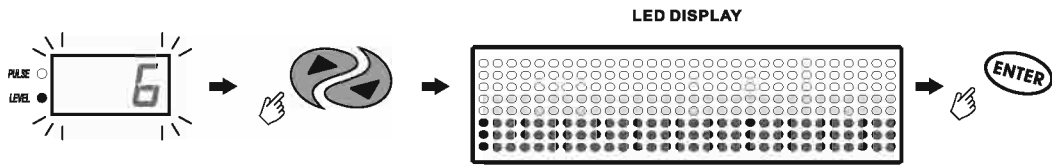


MANUAL FUNCTION :

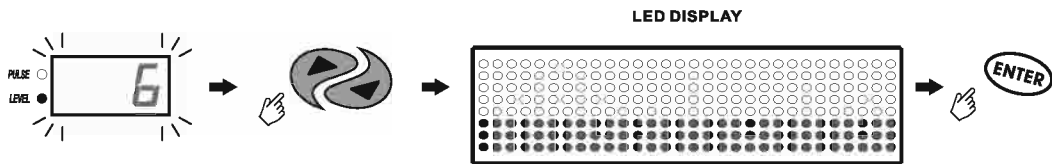
a. Press the MAUNUAL button then press ENTER to enter manual mode. Now you can start setting functions.



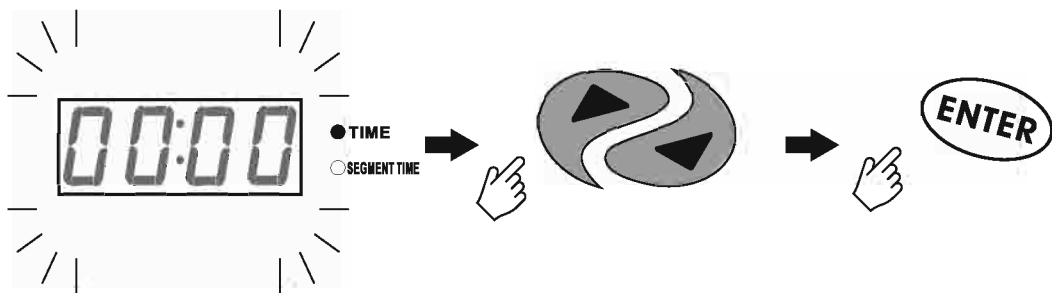
b. LEVEL window glitters. Press ▲ or ▼ to select your desired exercise level, then press ENTER to confirm.



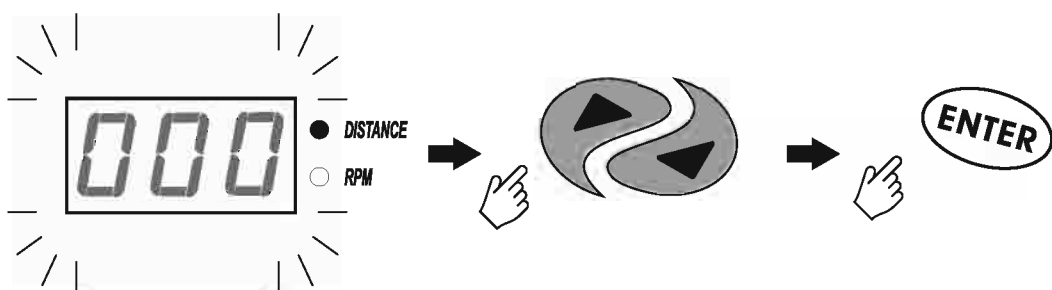
Once the chart reaches the highest/lowest level, it will not go up/down even the ▲ or ▼ button is pressed. After desired level is selected, press ENTER to confirm desired level.



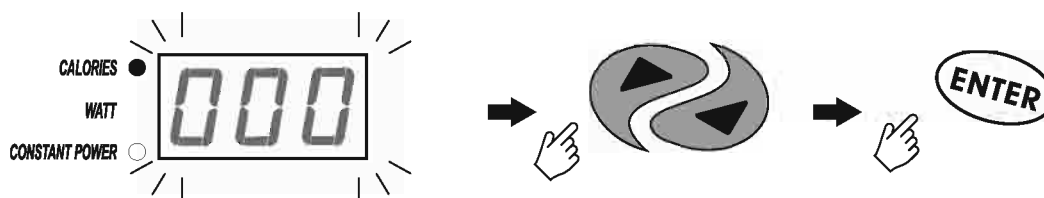
c. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.



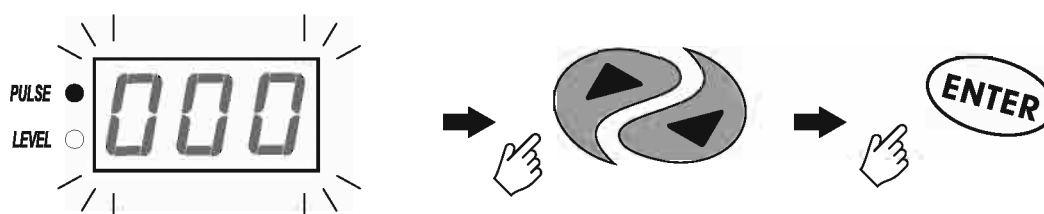
d. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.



e. CALORIES window glitters. Press ▲ or ▼ to select your desired exercise calories, then press ENTER to confirm.



f. PULSE window glitters. Press ▲ or ▼ to select your desired exercise target heart rate, then press ENTER to confirm.



g. Then press START/STOP button to begin the exercise.



During the exercise, you can adjust the resistance by pressing ▲ or ▼ button.

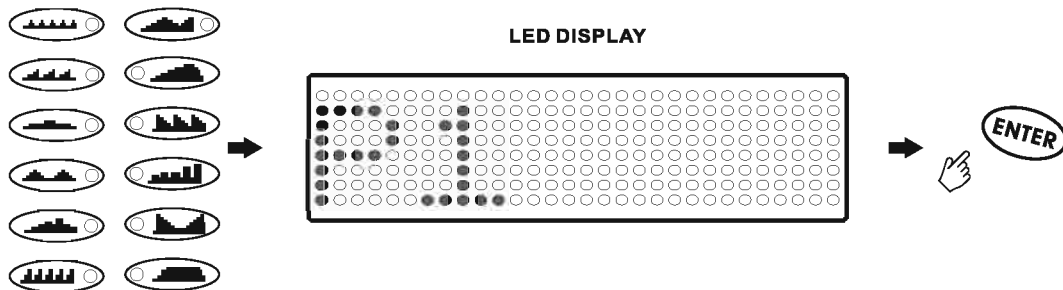
If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all these functions before your exercise.

Note:

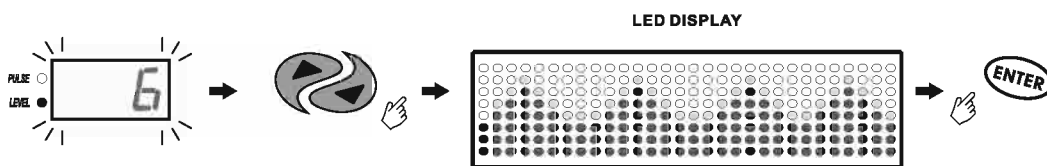
1. If no value is set for TIME, DISTANCE and CALORIES, the monitor will count up the values to maximum automatically.
2. If no value is set for TARGET HEART RATE, the monitor only displays your current heart rate.
3. Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.

PROGRAM FUNCTION P1 to P12 :

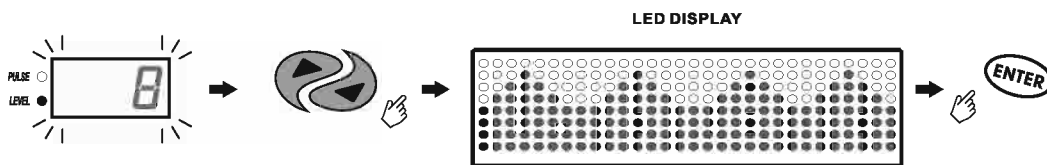
a. Choose your desired program from P1~P12. Then the PROGRAM PROFILE window will show PROGRAM NUMBER AND CHART. Then press the "ENTER" button.



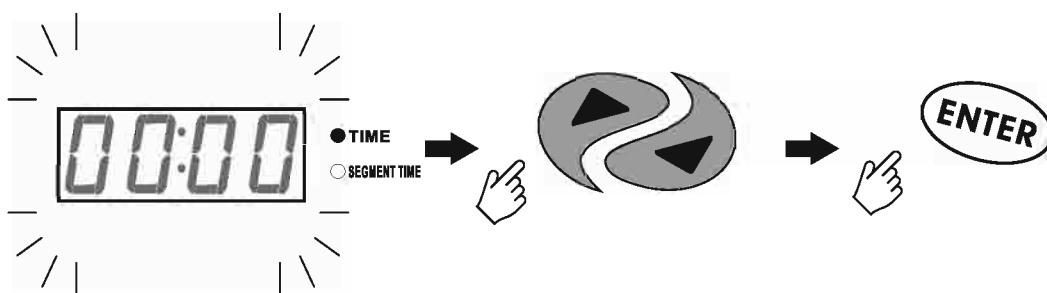
b. LEVEL window glitters. Press ▲ or ▼ to select your desired exercise level, then press ENTER to confirm.



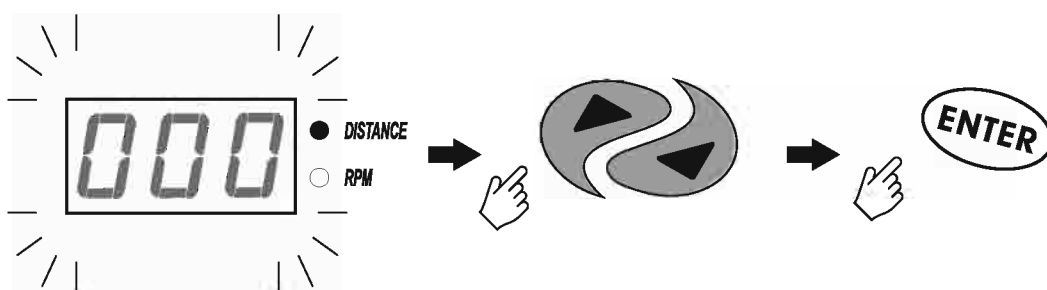
Once the whole chart reaches the highest/lowest level, it will not go up/down even the ▲ or ▼ button is pressed. After desired level is selected, press ENTER to confirm desired level.



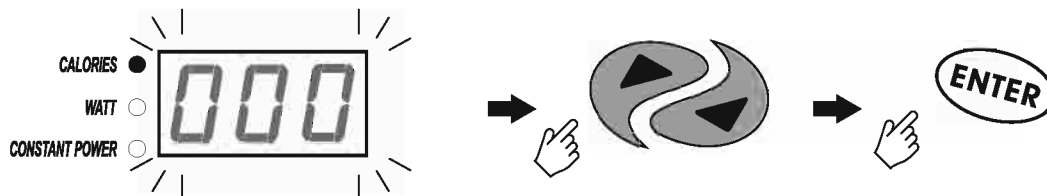
c. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.



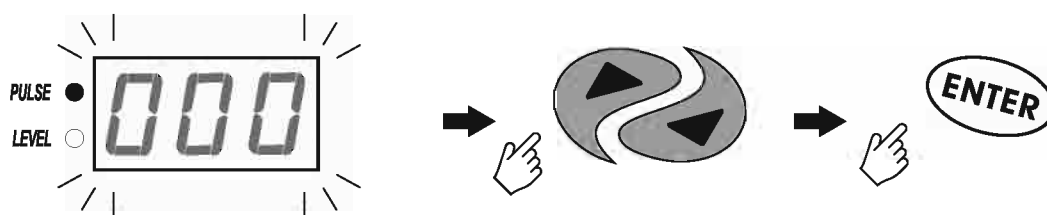
d. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.



e. CALORIES window glitters. Press ▲ or ▼ to select your desired exercise calories, then press ENTER to confirm.



f. PULSE window glitters. Press ▲ or ▼ to select your desired exercise target heart rate, then press ENTER to confirm.



g. Then press START/STOP button to begin the exercise.



During the exercise, you may adjust your resistance by pressing ▲ or ▼.

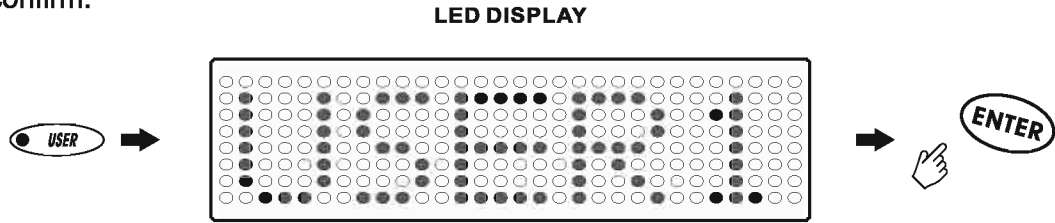
If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all these functions before your exercise.

Note:

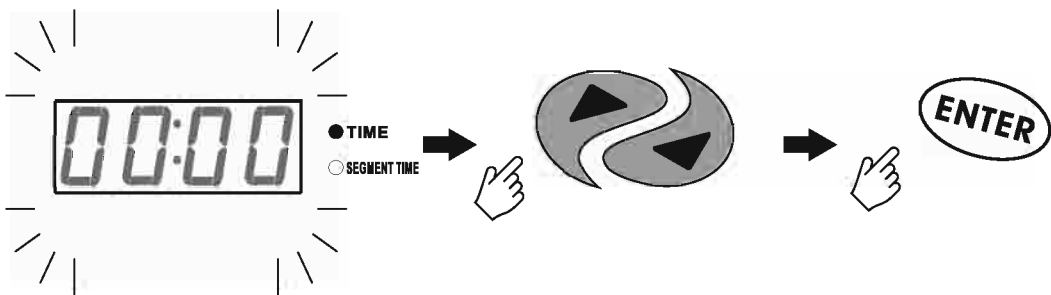
1. If no value is set for TIME, DISTANCE and CALORIES, the monitor will count up the values to maximum automatically.
2. If no value is set for TARGET HEART RATE, the monitor only displays your current heart rate.
3. Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.

USER FUNCTION (USER1-USER4) :

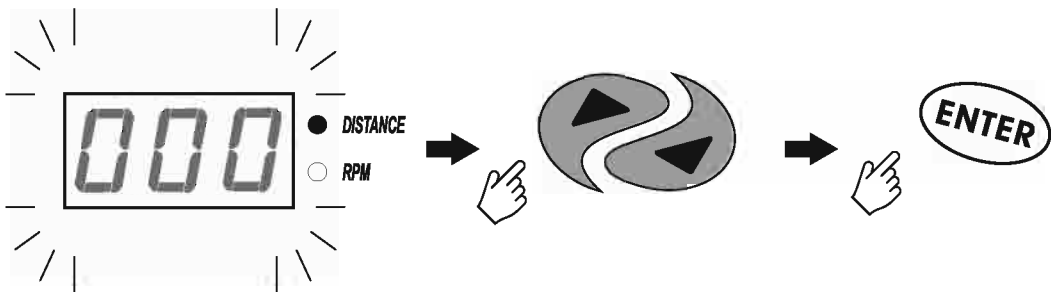
- a. Press USER button, the PROGRAM PROFILE window will show USER 1 and followed with it's profile. Press USER button repeatedly to select among user 1~4, then press ENTER button to confirm.



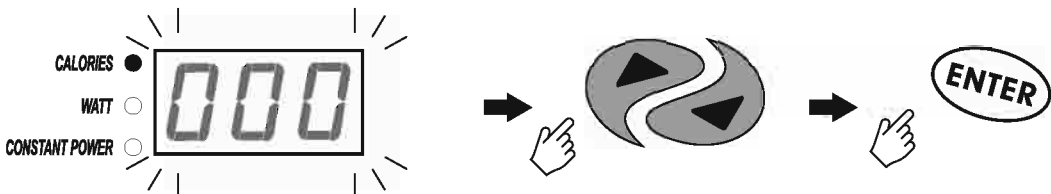
- b. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.



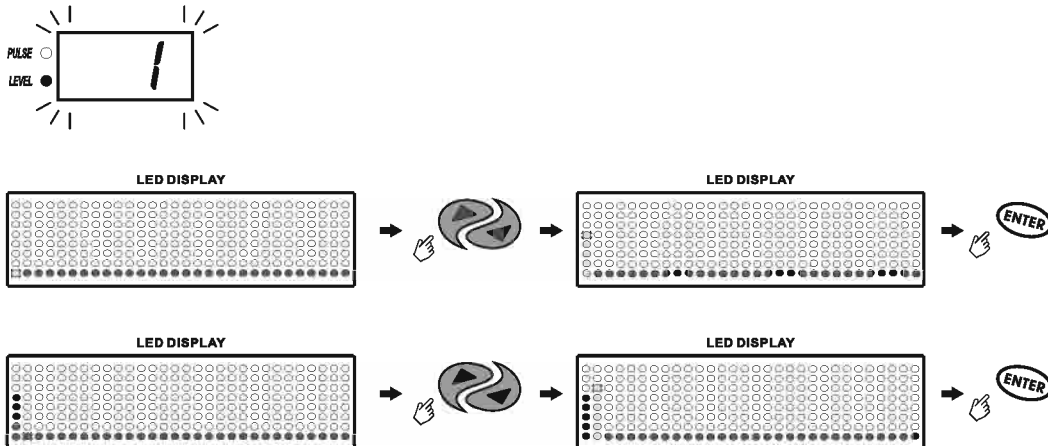
- c. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise count, then press ENTER to confirm.



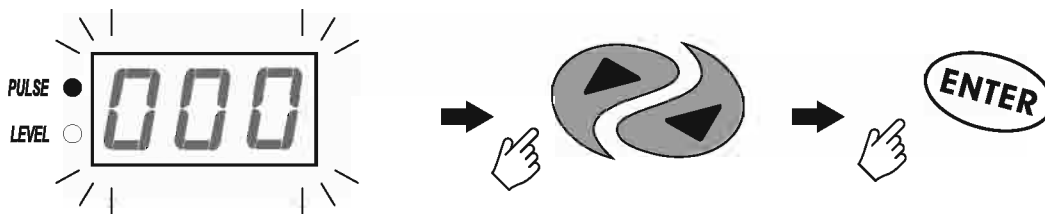
- d. CALORIES window glitters. Press ▲ or ▼ to select your desired exercise calories, then press ENTER to confirm.



- e. Then the level window and first column of the LED matrix will glitter. Press ▲ or ▼ button to set up the desire level of the first column, Press ENTER to confirm the value of first column.



- f. Then the level window and second column of the LED matrix will glitter. Press ▲ or ▼ button to set up the desire level of the second column. Repeat step "e" to create your exercise profile. Press the ENTER to confirm your desired level profile.
- g. PULSE window glitters. Press ▲ or ▼ to select your desired exercise target heart rate, then press ENTER to confirm.



- h. Then press START/STOP button to begin the exercise.



During the exercise, you may adjust the resistance of current column by pressing ▲ or ▼.

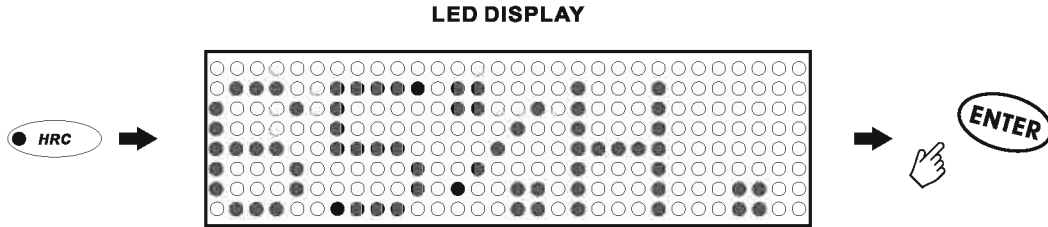
If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all these functions before your exercise.

Note:

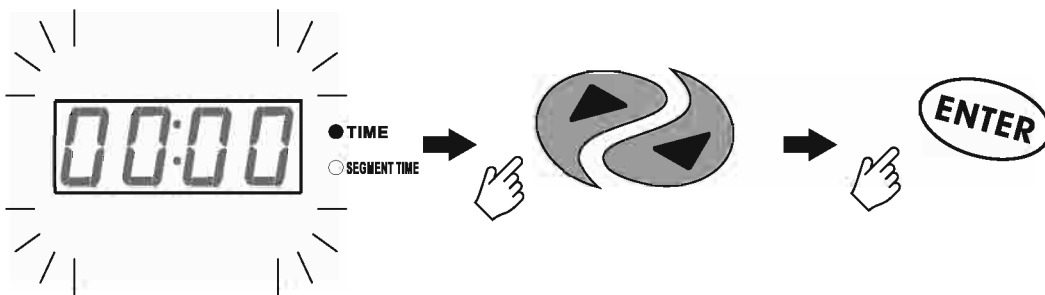
1. If no value is set for TIME, DISTANCE and CALORIES, the monitor will count up the values to maximum automatically.
2. If no value is set for TARGET HEART RATE, the monitor only displays your current heart rate.
3. Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.
4. The user defined program profile will be automatically saved after any alteration. Follow the steps above to adjust, or use ▲ or ▼ to adjust during exercise, the monitor will save your adjustment.
5. The user defined program profile can only be defined column by column, you cannot use ▲ or ▼ to adjust whole profile at once.

HEART RATE CONTROL FUNCTION (65%, 75%, 85%, THR) :

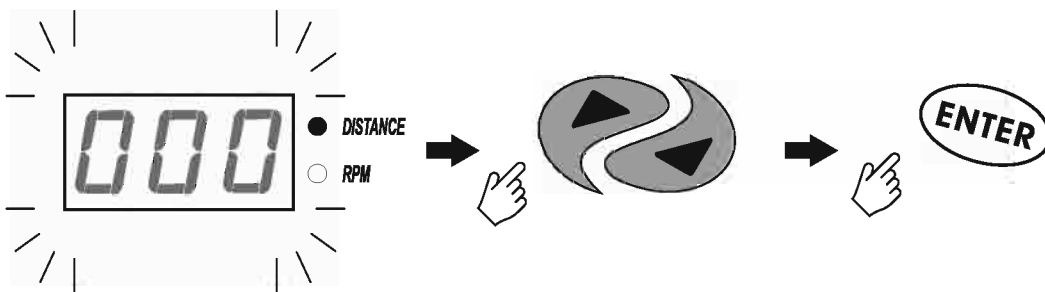
a. Press HRC button repeatedly to select among 65%, 75%, 85%, THR, then press ENTER to confirm.



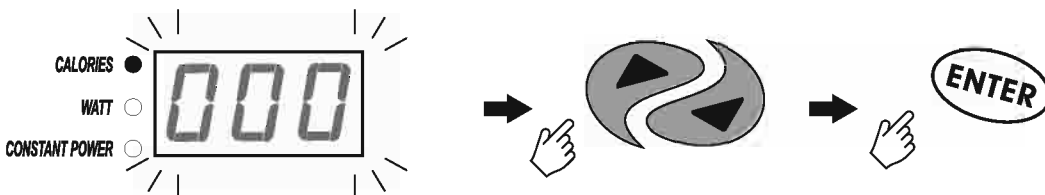
b. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.



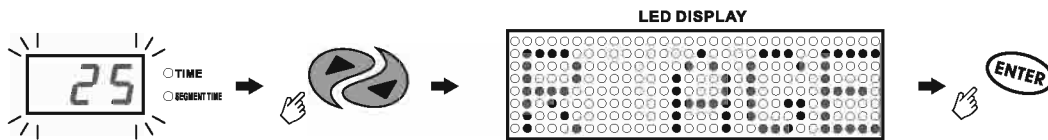
c. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.



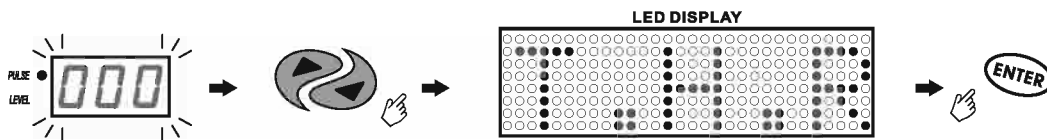
d. CALORIES window glitters. Press ▲ or ▼ to select your desired exercise calories, then press ENTER to confirm.



- e. The TIME window glitters, and the PROGRAM PROFILE window will show ENTER AGE, the number indicated is AGE and the default age is 30. The range of the age is from 10 to 99. Press ▲ or ▼ button to key in your age, then press ENTER to confirm.



- f. Then the PROGRAM FILE window will display ENTER T.H.R, your suggested target heart rate will display on the pulse window. If you choose to accept this value, press ENTER to confirm, If you do not wish to accept this value, press ▲ or ▼ to change the desired target heart rate that you do not wish to exceed during the exercise and then press ENTER to confirm.



- g. Press START/STOP button to begin your exercise.



During the exercise you may adjust the resistance by pressing ▲ or ▼ button. You may choose a suitable resistance to do the exercise and the bike automatically changes the level to keep your heart rate close to the target heart rate.

The monitor will compare your heart rate and target heart rate. If your actual heart rate is 5 B.P.M below the target, the tension will increase 1 level every 20 seconds. If your actual heart rate is 5 B.P.M above the target, the tension will decrease 1 level every 10 seconds. If the monitor does not receive your heart rate signal, the monitor will display a □P□ in PULSE window and the resistance will remain the same.

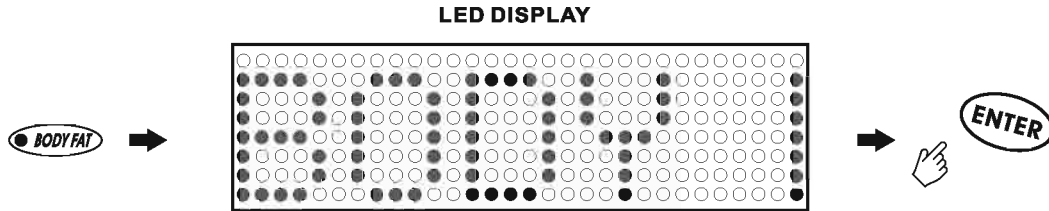
If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all these functions before your exercise.

Note:

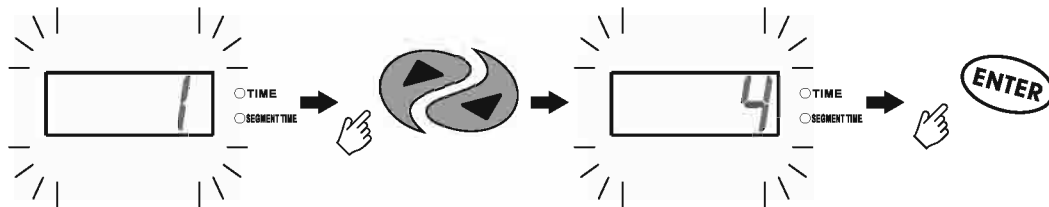
1. If no value is set for TIME, DISTANCE and CALORIES, the monitor will count up the values to maximum automatically.
2. Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.

BODY FAT FUNCTION (0~4) :

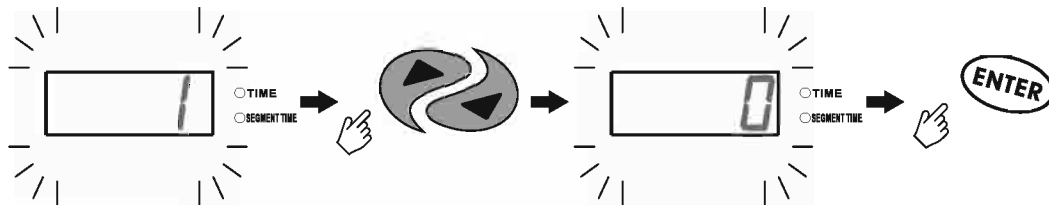
- a. Press BODY FAT button to select, the matrix shows "BODY FAT", then press ENTER to confirm.



- b. The LED matrix shows "ENTER USER NO" and TIME window shows "0" at the same time, press ▲ or ▼ to select user number from 0 to 4 (for user 0, data will not be saved). Press ENTER to confirm the data save position.

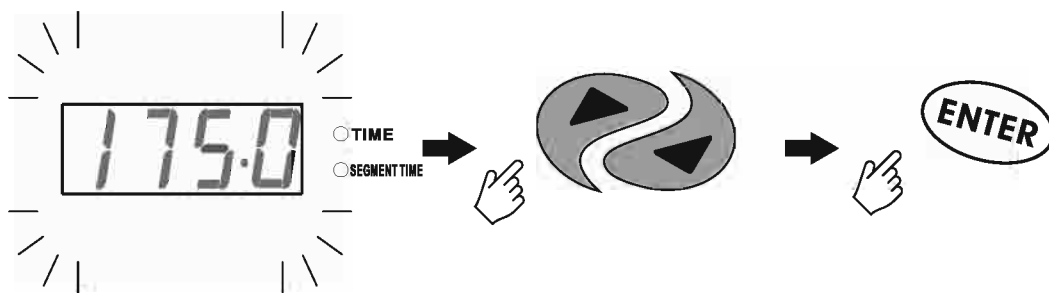


- c. The LED matrix shows "ENTER GENDER" and TIME window shows "1" at the same time, press ▲ or ▼ to select your gender, (male=1. female=0) press ENTER to confirm.

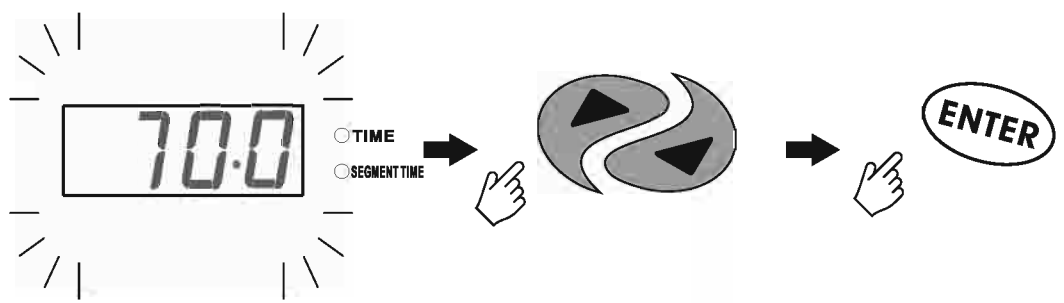


- d. The LED matrix shows "ENTER HEIGHT" and TIME window shows "175.0" (cm) at the same time, press ▲ or ▼ to select your height, press ENTER to confirm.

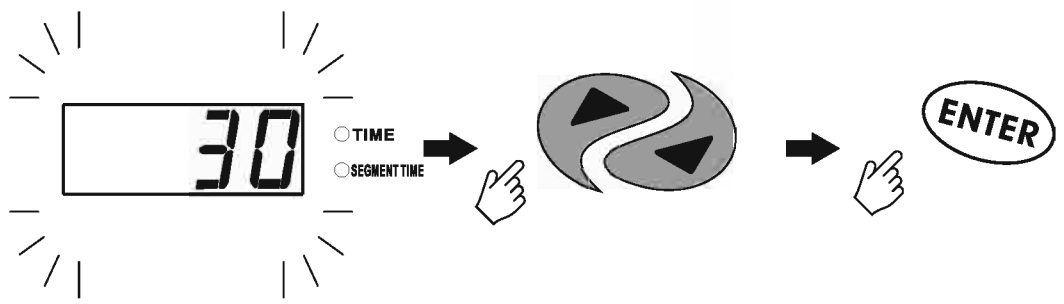
NOTE: When you switch to imperial system, the measurement is feet. inches, and the preset value is 5.9 (5'9").



- e. The LED matrix shows "ENTER WEIGHT" and TIME window shows "70.0" (Kg) at the same time, press ▲ or ▼ to select your weight, press ENTER to confirm.
NOTE: When you switch to imperial system, the measurement is pounds, and the preset value is 155.0



- f. The LED matrix shows "ENTER AGE" and TIME window shows "30" at the same time, press ▲ or ▼ to select your age, press ENTER to confirm.

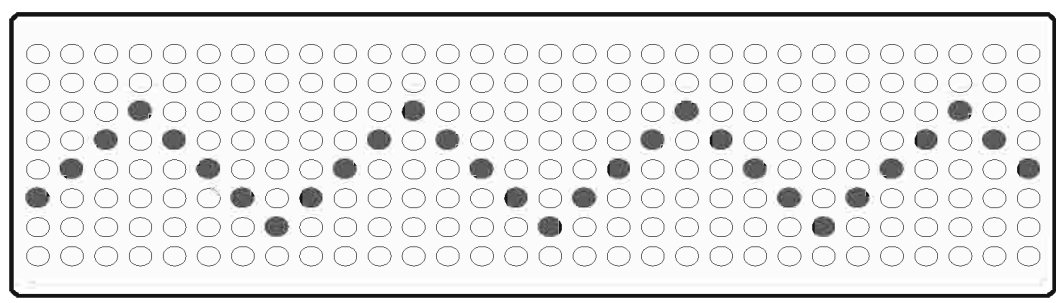


- g. Press START/STOP to begin your body fat test, hold both of your hands on the sensor after you pressed the START/STOP button.
NOTE : If you didn't hold your hands on the sensor properly, the LED matrix shows "HOLD SENSOR" ; if the sensor still cannot detect heart rate, it'll show "ERROR", please wait for few seconds and try again.



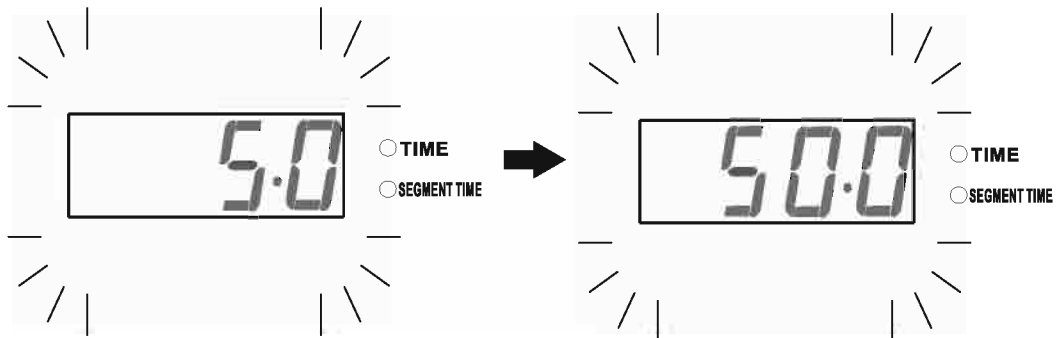
- h. The LED matrix shows a wave chart and the test lasts for few seconds, later it will show "RESULTS" means the test finished. Press ▲ or ▼ to check various test results, LED matrix shows item and TIME window shows value:

LED DISPLAY

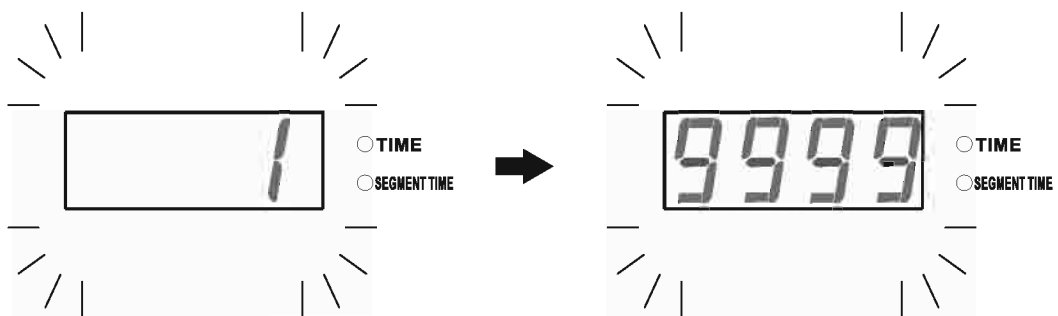


* BODY FAT WEIGHT

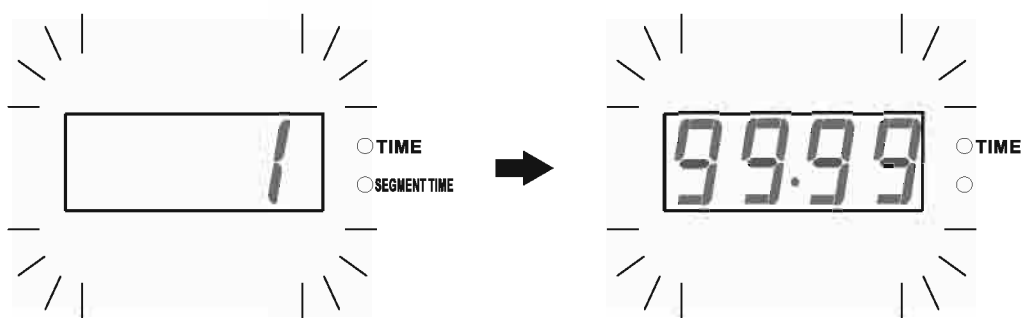
* BODY FAT RATIO (range from 5%~50%)



* B.M.R (range from 1~9999 Kcal)



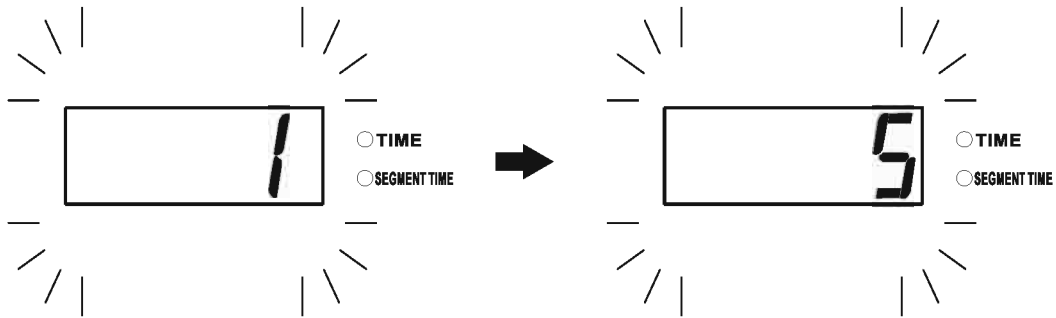
* B.M.I (range from 1~99.9)



* T.H.R (suggested heart rate limit during exercise)

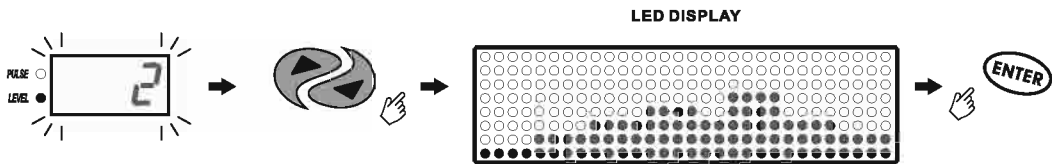
* BODY TYPE (1~5)

- Type 1 : very slim
- Type 2 : slim
- Type 3 : regular
- Type 4 : fat
- Type 5 : very fat

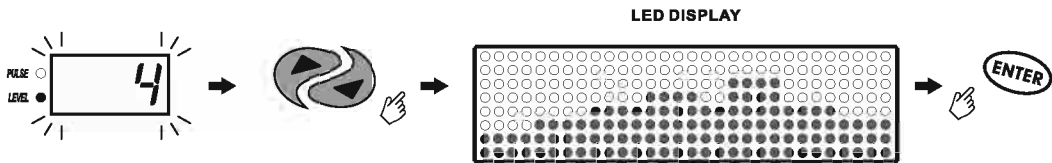


your body type showed in TIME window and the LED matrix showed "BODY TYPE" at the same time followed by suggested program for your exercise. Press START/STOP to start exercise immediately (default exercise time : 30 minutes) or press ENTER if you would like to set up some values.

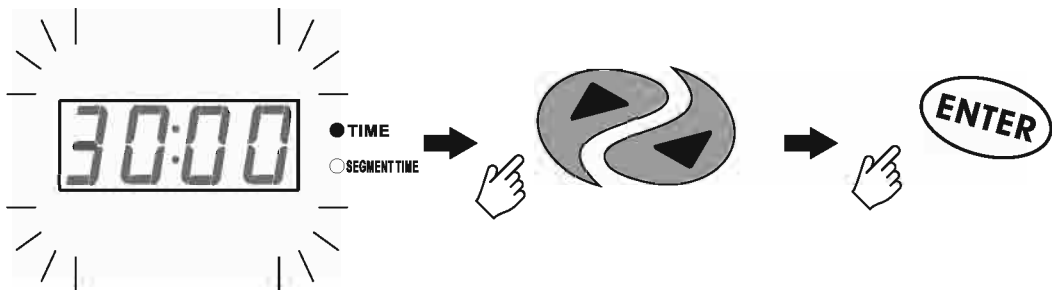
- i. LEVEL window glitters. Press ▲ or ▼ button to choose the desired level. The level chart will increase/decrease one level when the ▲ or ▼ button is pressed. Then press ENTER to confirm.



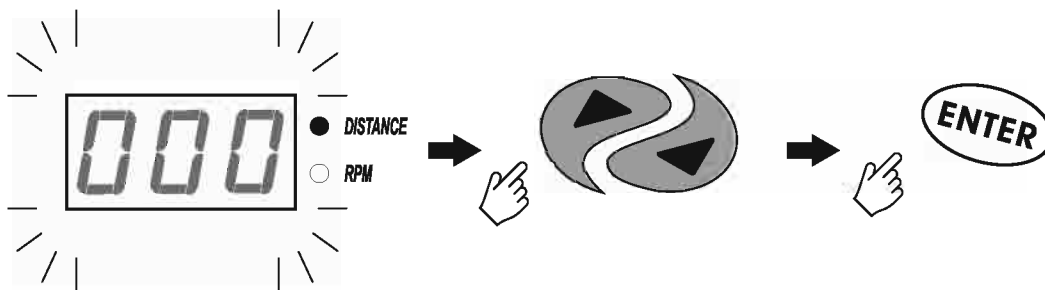
Once the whole chart reaches the highest/lowest level, it will not go up/down even the ? or ? button is pressed. After desired level is selected, press ENTER to confirm desired level.



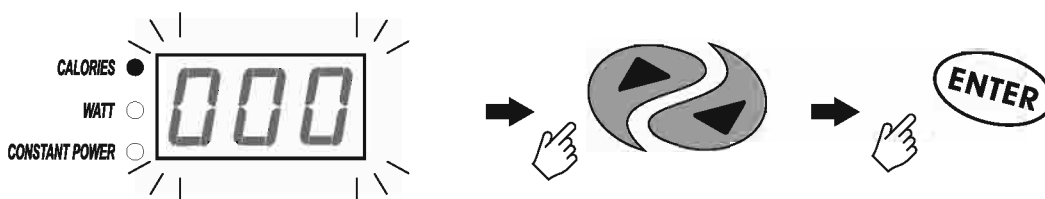
- j TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.



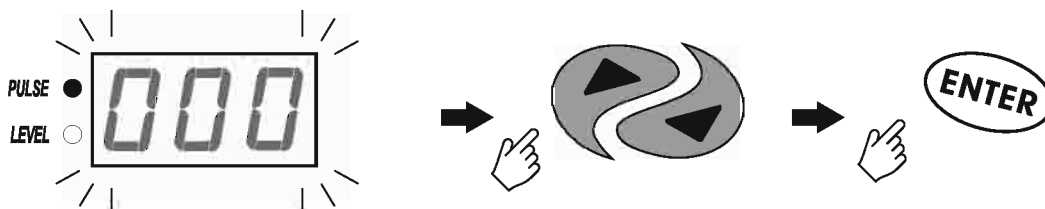
- k. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.



- l. CALORIES window glitters. Press ▲ or ▼ to select your desired exercise calories, then press ENTER to confirm.



- m. PULSE window glitters. Press ▲ or ▼ button to adjust heart rate value that monitor suggest. Once your heart rate exceeds the set value, the PULSE window will flash to remind you to slow down.



- n. Press START/STOP button to begin your exercise.



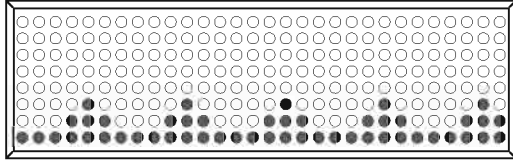
During the exercise, you may adjust your resistance by pressing ▲ or ▼. If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all these functions before your exercise.

Note:

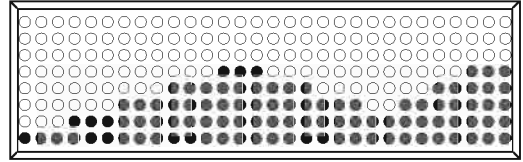
1. If no value is set for DISTANCE and CALORIES, the monitor will count up the values to maximum automatically.
2. Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.

PROGRAM PROFILES

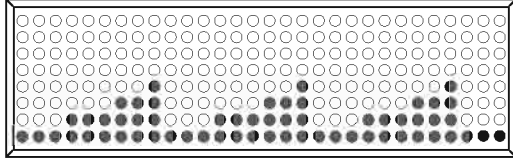
PROGRAM 1



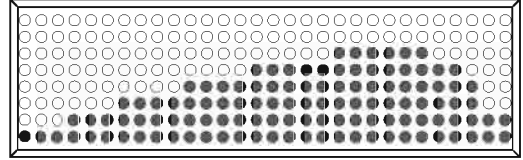
PROGRAM 7



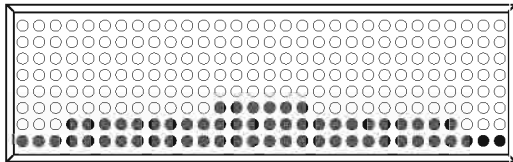
PROGRAM 2



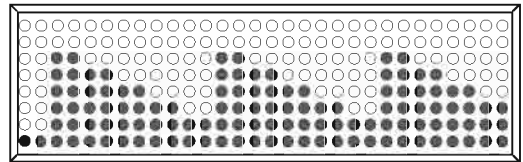
PROGRAM 8



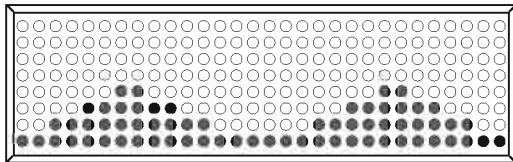
PROGRAM 3



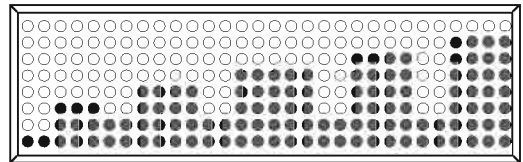
PROGRAM 9



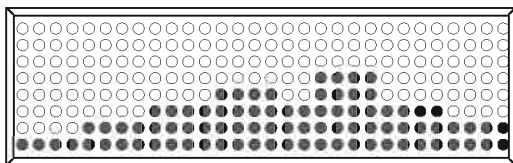
PROGRAM 4



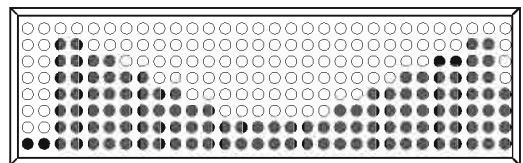
PROGRAM 10



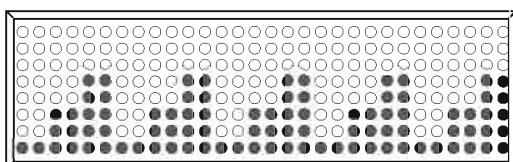
PROGRAM 5



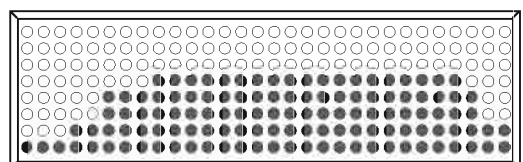
PROGRAM 11



PROGRAM 6



PROGRAM 12



REFERENCE

BMR : The Basal Metabolic Rate, is the amount of energy required to maintain the basal metabolism for a specified unit of time. Continuously throughout life, everybody expends energy for the activities that keep it alive. These activities include breathing, producing heartbeats; maintain body temperature and muscle tone, and the functioning of the glands, cells, and nerval system. Collectively, these life-sustaining processes are referred to basal metabolism.

In most cases, BMR is estimated by various physical factors known to affect it, like body size, age, sex, health status, thyroid hormone level, reproductive status, individual variation, physical activities, type and duration of activities, body weight, biological processing of food & environmental factors.

It can be a great help to maintain your health If you have knowledge of BMR and your BMR status.

BMI : Body Mass Index

BMI Classification	Western People	Asia People
Underweight	<19	<18.5
Healthy Weight	19-24.9	18.5-22.9
Overweight	25-29.9	23.0-24.9
Heavily Overweight	30-34.9	25.0-29.9
Obese	>35	>30

FAT% : Body Fat Ratio

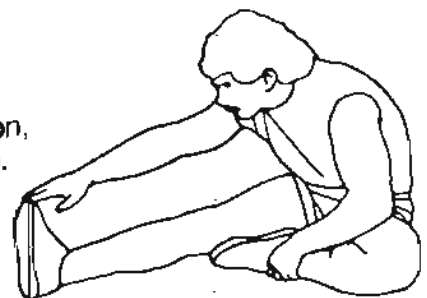
Which means percentage of fat in your weight. Normal FAT% for men is 12~25%, and 20~30% for women. Generally, a man's FAT% over 25% and a woman's over 30% are called fat. The value shows on screen is from 5~50%

T.H.R. : Target Heart Rate

The monitor calculates the date of your FAT% and shows the suggested target heart rate.

WARM - UP GUIDELINES

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.



SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

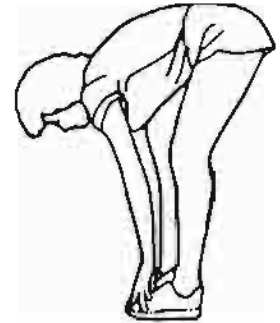


Stretches : Hamstrings, lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

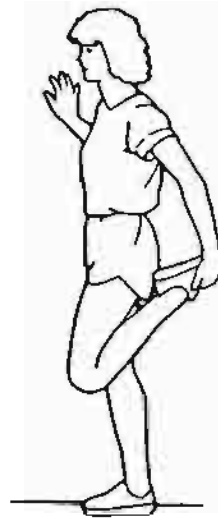
Stretches : Quadriceps, Hip Muscles



TOE TOUCHES

Standing with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

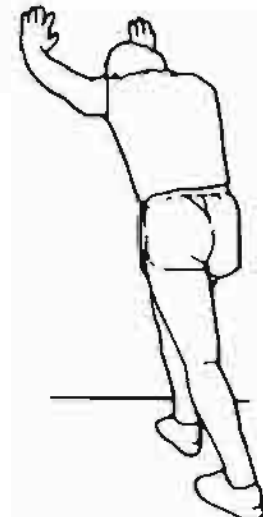
Stretches : Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.

Stretches : Quadriceps, Hip Muscles.



CALF / ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches : Calves, Achilles Tendons, and Ankles.

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We reserve rights to revise specification, equipment, and maintenance information for our R&D team keeps updating our product quality.

Before printing this manual, we have done the best efforts to make this manual more comprehensible for all users.



BC66033-051128GB