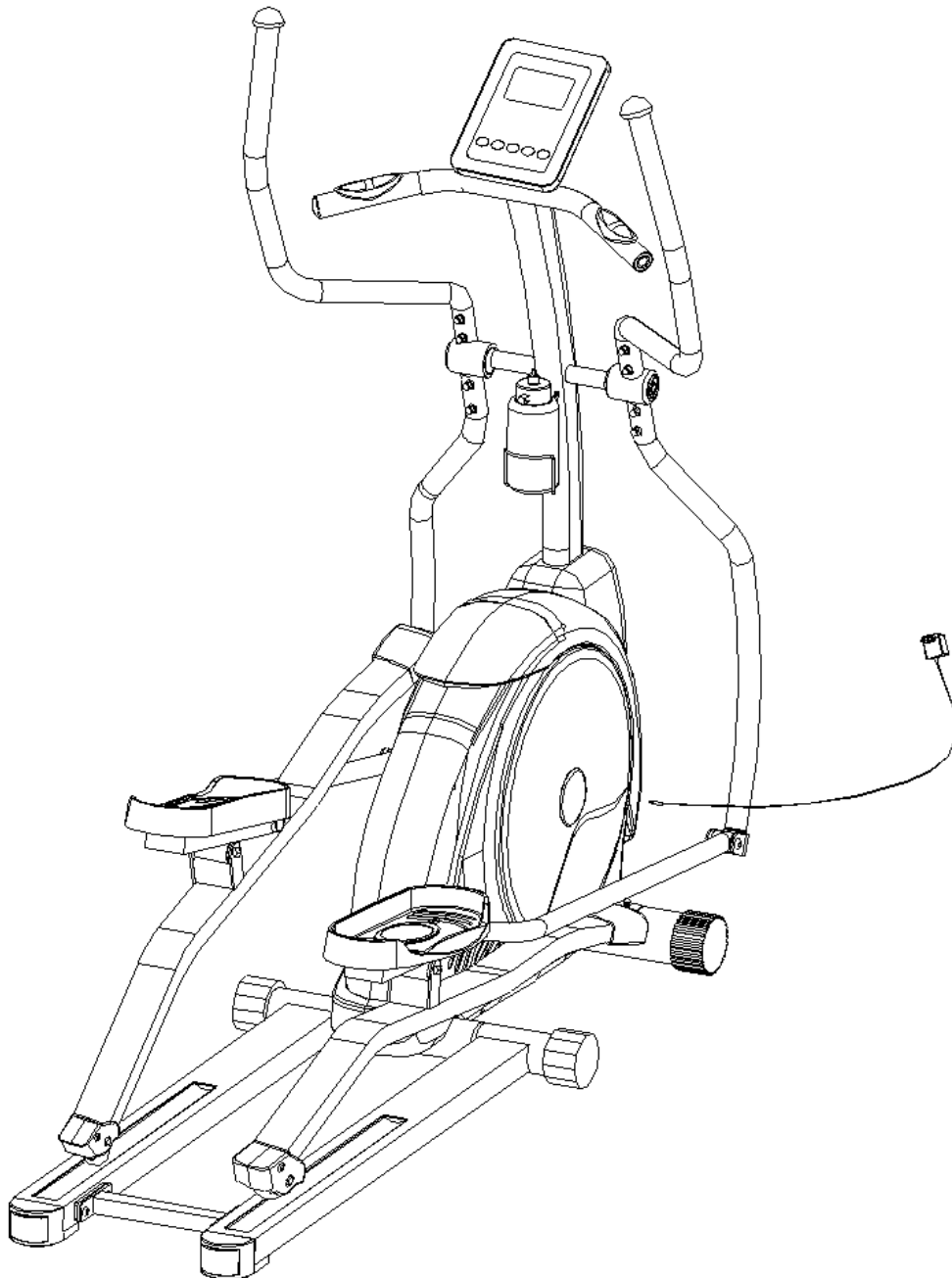




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## XT-36 OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this machine.

**It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.**

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- b. 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 equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

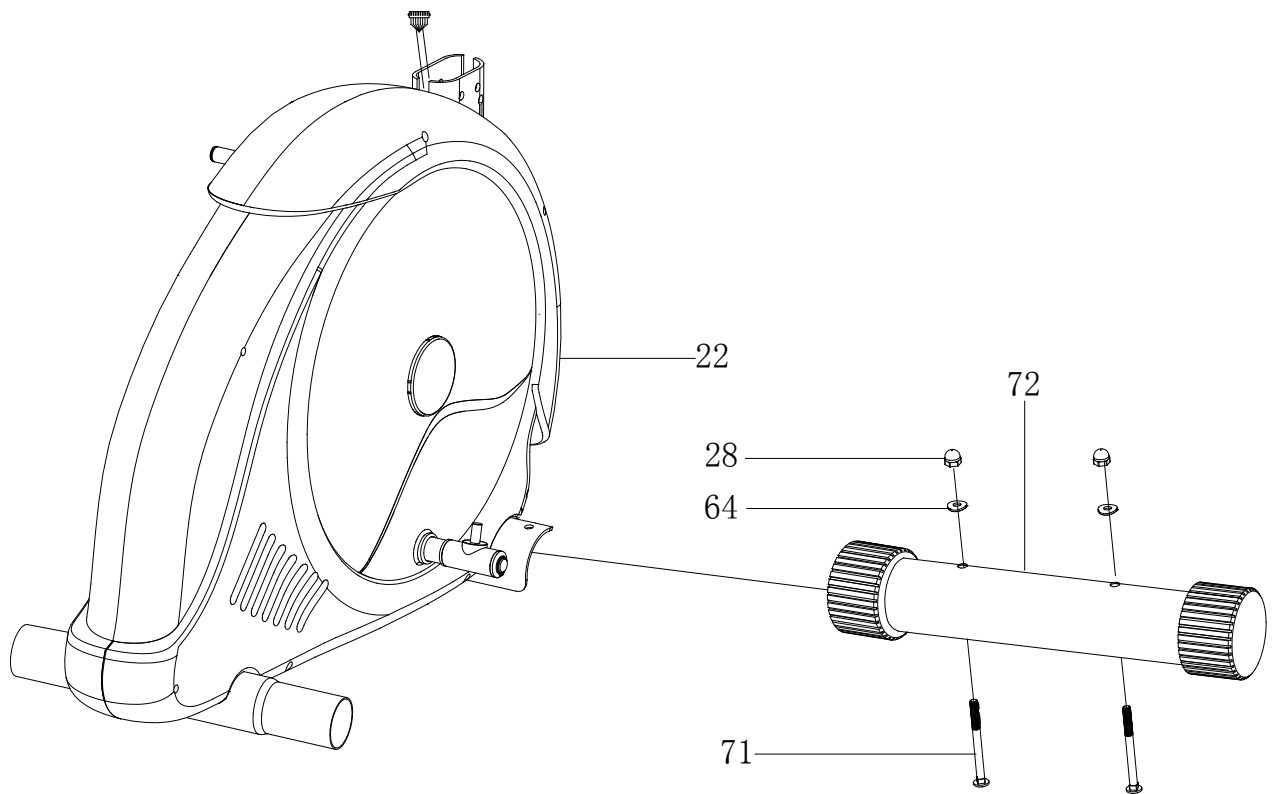
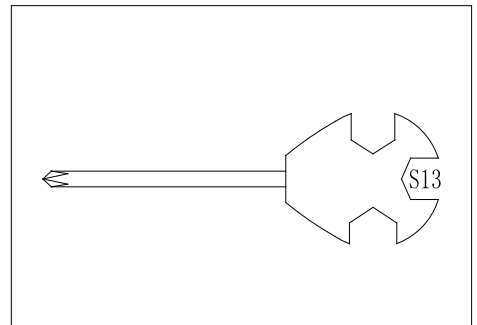
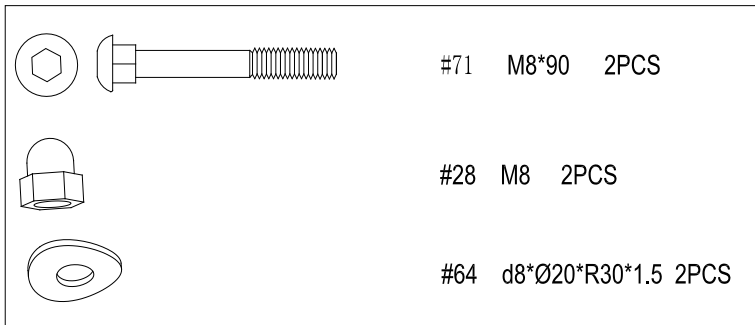
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

## 2. ASSEMBLY INSTRUCTIONS

No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	27	Arc washer d8*Φ20*R16*1.5	8
2	Computer wire	1	28	Nut M8	12
3	Sensor wire (middle)	1	29L/R	Armrest assemble	2
4	Handle pulse wire	1	30	Bolt M8*16	8
5	Washer d4*Φ12*1	4	31	Spring washer d8	8
6	Bolt M4*12	4	32	Washer d8*Φ25*2	4
7	Handle pulse wire	2	33	Bearing 6003Z	4
8	Foam grip 1	2	34L/R	Connecting bar	2
9	End cap Φ32*1.5	2	35	U seat	2
10	Washer d6*Φ12*1	2	36	Bolt M8*20	2
11	Bolt ST4.2*25	2	37	Bolt M8*55	2
12	Front post	1	38	Bushing 1	2
13	Water bottle holder	1	39	Bushing	8
14	Washer d5*Φ12*1	2	40	Pedal arm	2
15	Bolt M5*10	2	41	Flat washer d8*Φ16*1.5	14
16	Water bottle	1	42	Nylon nut M8	6
17	Decoration cover	1	43	Bolt M8*45	4
18	Washer d8*Φ20*1.5	3	44L/R	Pedal	2
19	Nylon nut M8	3	45	Bolt M8*80	2
20	Bolt M8*60	3	46	Sleeve	4
21	Sensor wire (lower)	1	47	Bushing 2	2
22	Main frame	1	48	End cap J60*30*1.5	2
23	End cap Φ32*1.5	2	49	Connecting post join	2
24	Foam grip 2	2	50L/R	Connecting post	2
25 L/R	Handlebar	2	51	Left decoration bar	1
26	Bolt M8*40	8	52	Right decoration bar	1

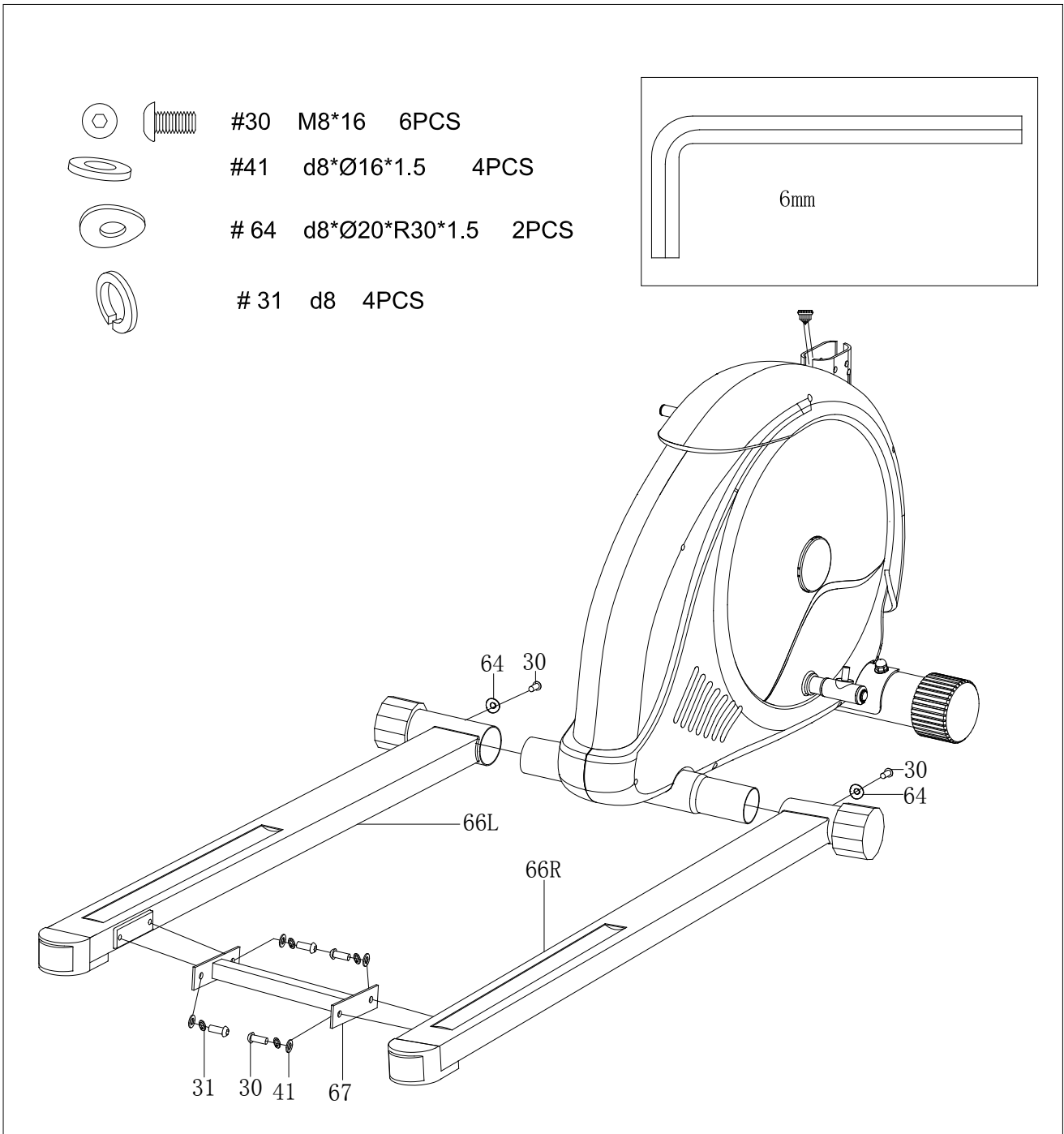
53	Nylon nut M10	2	66 L/R	L/R rail	2
54	Washer d10*Φ25*1.5	2	67	Connecting bar	1
55	Bolt ST4.2*16	2	68	Bolt M6*15	12
56	Bolt ST4.2*16	4	69	L shape End cap	2
57	L/R idler wheel cover	2	70	Aluminum rail	2
58	End cap Φ28*1.5	2	71	Square bolt M8*90	2
59	Bushing 3	2	72	Front stabilizer	1
60	Bearing 6000	4	73	End cap with transportation wheel	2
61	Idler wheel	2	74	AC adapter	1
62	Bolt	2	75	Plastic spacer	2
63	Washer d16	2			
64	Arc washer d8*Φ20*R30*1.5	4			
65	End cap	2			

**STEP 1:**



1. Attach the front stabilizer (72) to the main frame (22) by using square bolt (71), nut (28) and Arc washer (64).

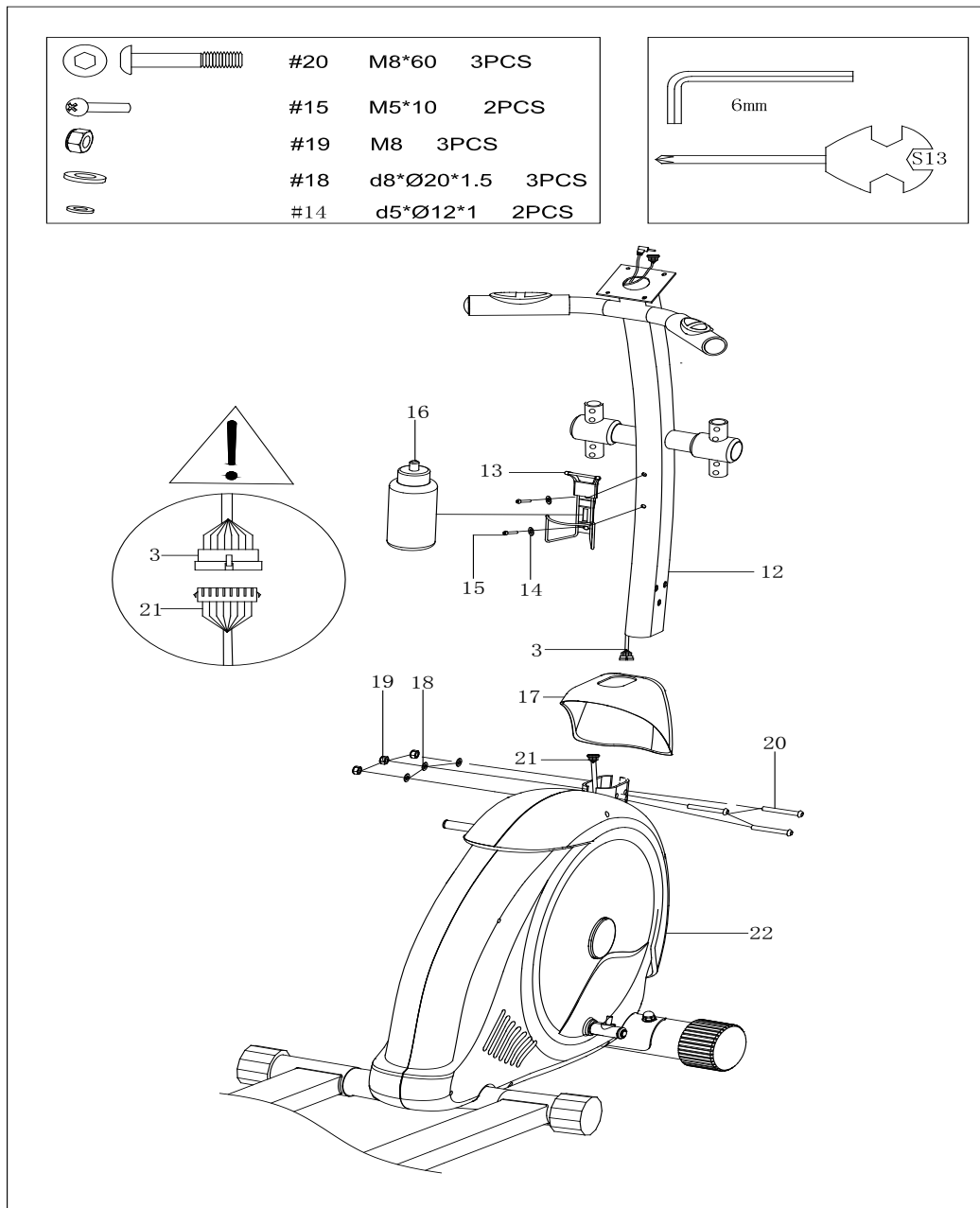
**STEP 2:**



1. Attach the L/R rail (66L/R) to the main frame (22) using bolt (30) and washer (64).
2. Attach the connecting bar (67) to the main frame (22) with bolt (30), spring washer (31) and flat washer (41).

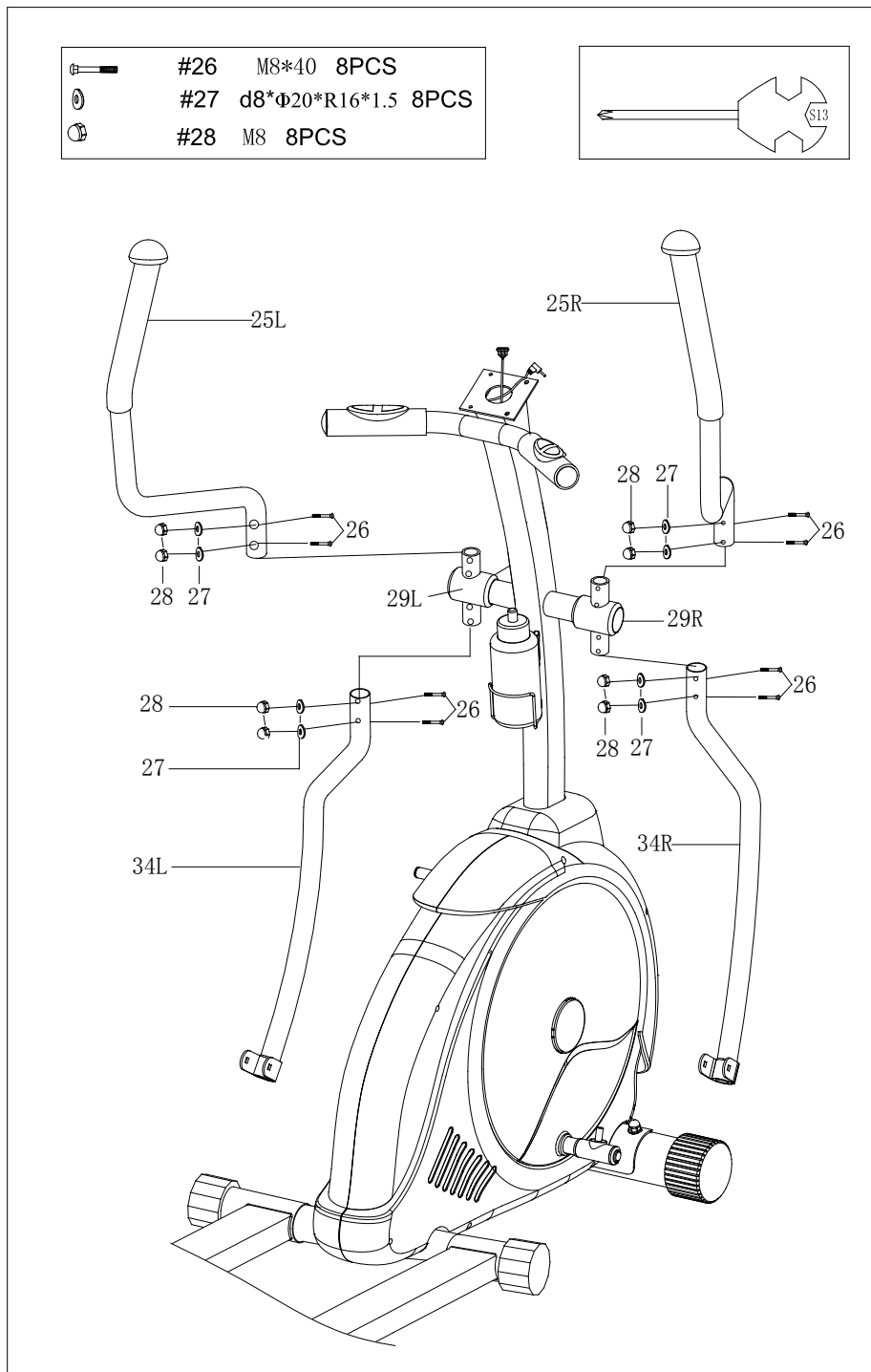


**STEP 3:**



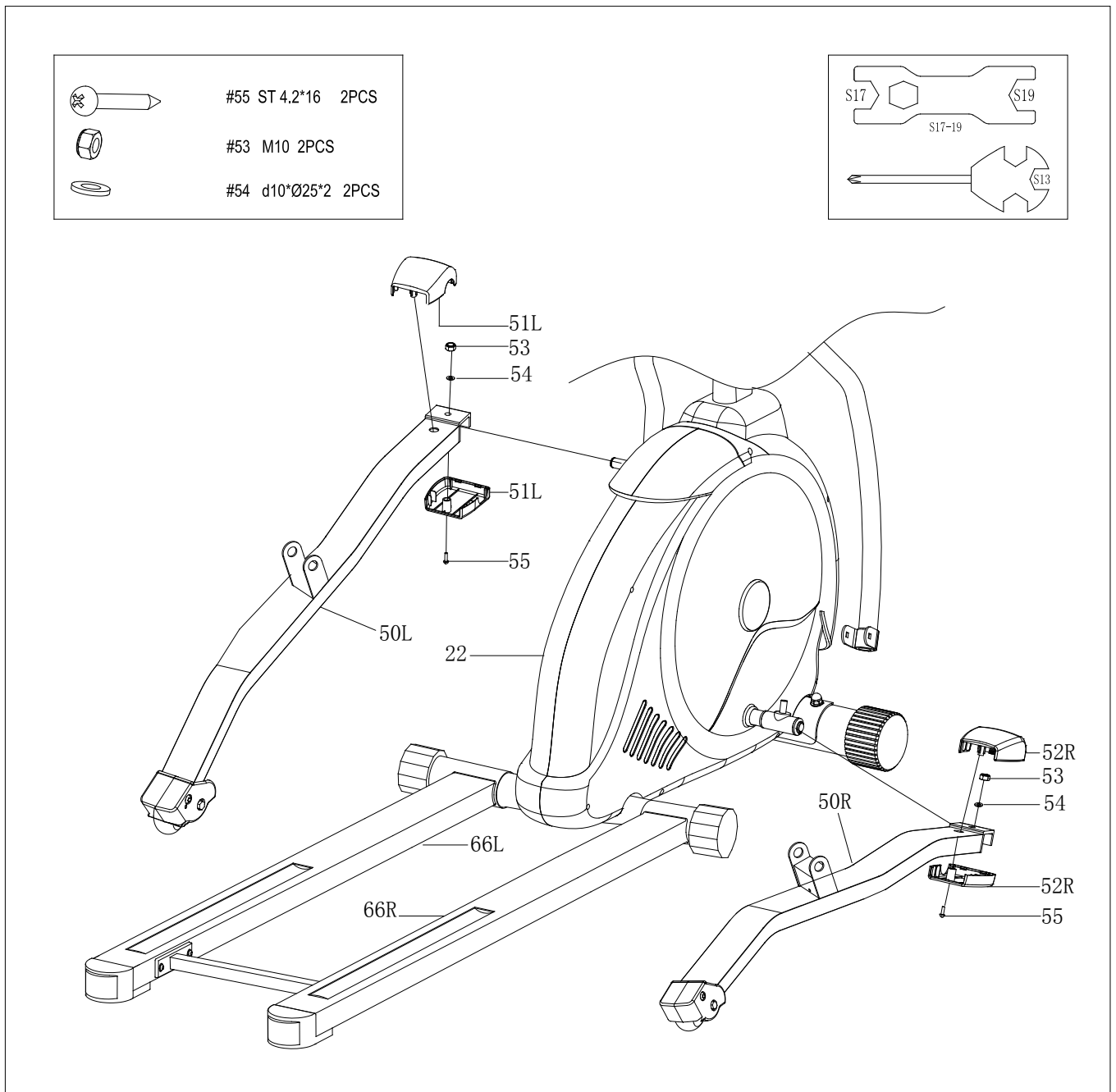
1. Slide the decoration cover (17) off the main frame (22) and onto the front post (12), and then connect the sensor wire (lower) (21) to the sensor wire (middle) (3).
2. Attach the front post (12) to the main frame (22) by using bolt (20), washers (18) and nylon nut (19).
3. Attach the water bottle holder (13) to the front post (12) with bolt (15) and washer (14), and then slide the Water Bottle (16) into place.

## STEP 4:



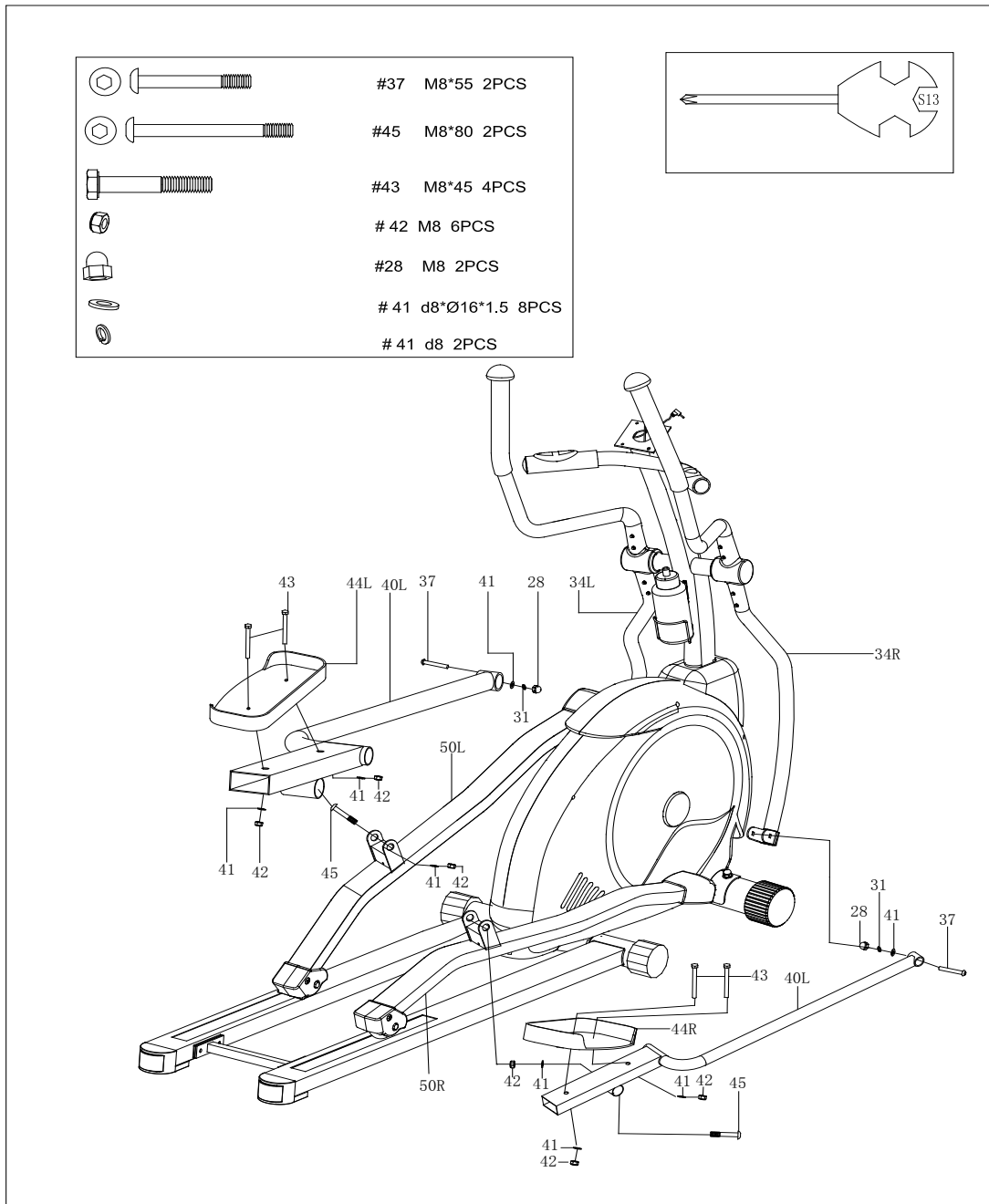
1. Attach the connecting bar (34L/R) to the armrest assemble (29L/R) by using bolt (26), Arc washer (27) and nut (28).
2. Attach the handlebar (25L/R) to the armrest assemble (29L/R) by using bolt (26), Arc washer (27) and nut (28).

## STEP 5:



1. Assemble the connecting post (50L/R) to the main frame (22) by using nylon nut (53) and washer (54).
2. Attach the left decoration cover (51) and right decoration cover (52) to the connecting post (50L/R) with bolt (55).

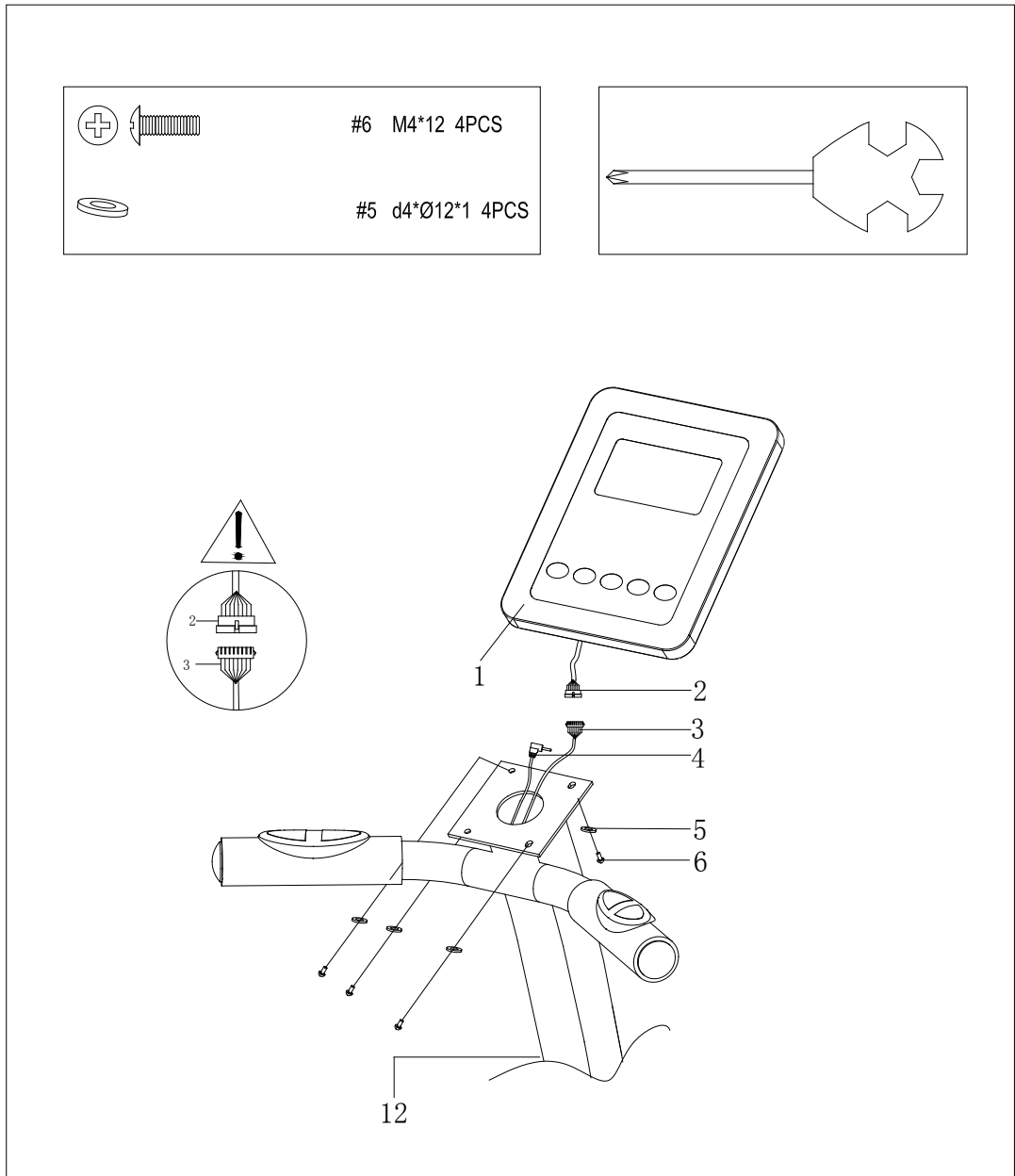
**STEP 6:**



XZ

1. Attach the connecting bar (34L/R) to the connecting post (50L/R) by using bolt (45), washer (41) and nylon nut (42).
2. Attach the pedal arm (40L/R) to the connecting bar (34L/R) by using bolt (37), washer (41) and spring washer (31).
3. Attach the pedal (44L/R) to the pedal arm (40L/R) with bolt (43), washer (41) and nylon nut (42).

**STEP 7:**



1. Connect the computer wire (2) to the sensor wire (3)
2. Attach the computer (1) to the top of the front post (12) by using bolt (6) and washer (5), and then plug handle pulse wire (4) into the hole of the computer(1).

**PLEASE NOTE:  
THE POWER ADAPTOR CONNECTS TO THE LOWER FRONT SECTION OF THE MACHINE**

### 3. DISPLAY MANUAL

**Function:**

**1. PROGRAM: Cycles through 21 programs as follows**

**A: 1 Manual Program (See fig 1)**

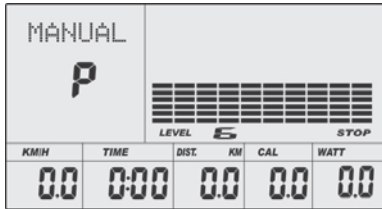


fig 1

**B: 10 Preset Program Profile: (See fig 2~fig 11)**

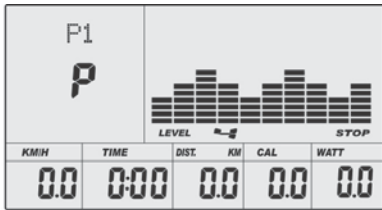


fig 2

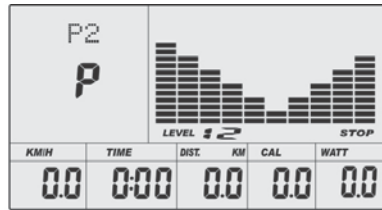


fig 3



fig 4

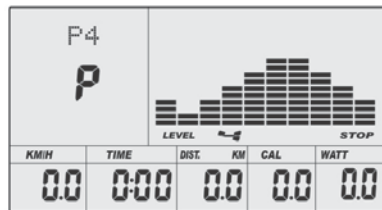


fig 5

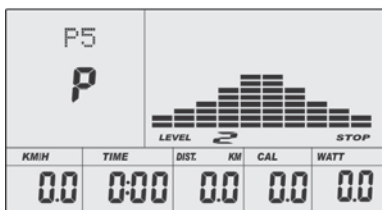


fig 6

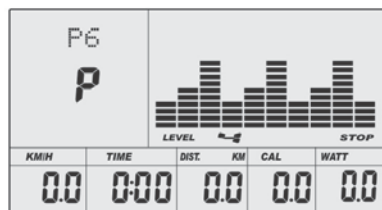


fig 7

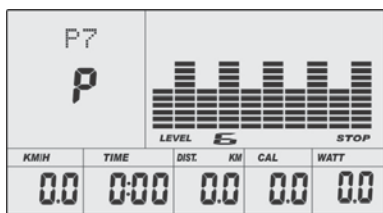


fig 8

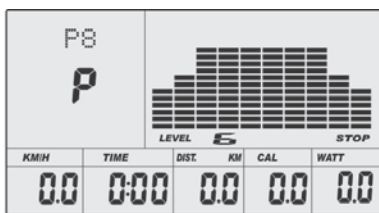


fig 9

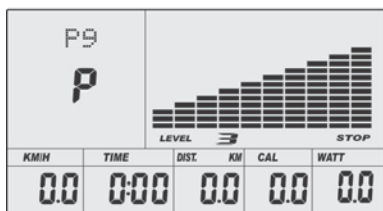


fig 10



fig 11

P1: ROLLING P2: VALLEY P3: FATBURN P4: RAMP P5: MOUNTAIN

P6: INTERVAL P7: CARDIO P8: ENDURANCE P9: SLOPE P10: RALLY

C: 1 Watt Control Program (See fig 12)

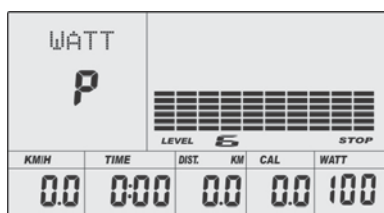


fig 12

D: 4 Heart Rate Level Control Program: (See fig 13 ~ fig 16)

55% H.R, 75% H.R, 90% H.R and TARGET H.R

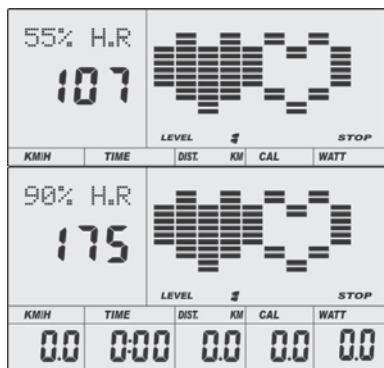


fig 15

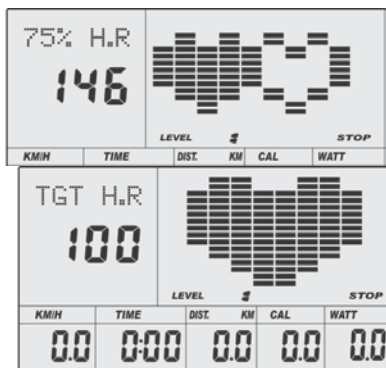


fig 16

**E: 4 User Setting Programs: CUSTOM1 to CUSTOM4 (See fig 17 ~ fig 20)**

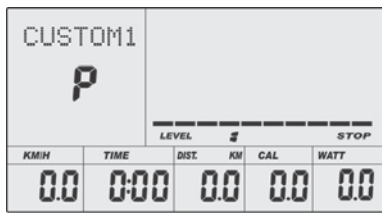


fig 17

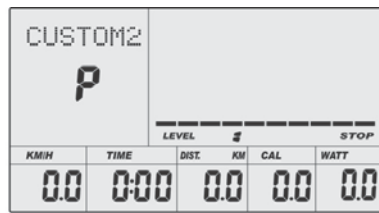


fig 18

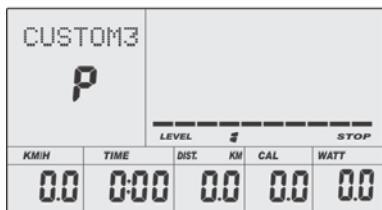


fig 19

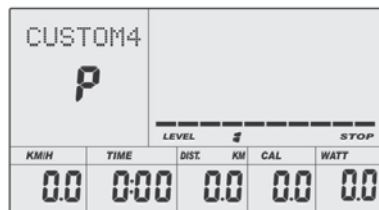


fig 20

**F: 1 Body Fat Measuring Program (See fig 21)**



fig 21

2. Record the user's data of GENDER, HEIGHT, WEIGHT and AGE even cut off the power.
3. Dot matrix display showing your current status. (See fig 22)
4. Simulative ECG measuring the heart rate (See fig 23)



fig 22



fig 23

5. Display Speed(RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time.
6. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.



## Buttons:

### 1. ENTER:

In "stop" mode (display STOP), press ENTER button to enter into program selection and setting value which will flash in the relevant window.

**A:** Whilst selecting a program, press Enter to confirm the desired program

**B:** When setting data, press ENTER to confirm the value that you would like to preset.

During the start mode (display START), press ENTER to choose display the speed or RPM, or switch automatically.

### 2. START/STOP:

Press START/STOP button to start or stop the programs.

During any mode, hold down this button for 2 seconds to completely reset the computer.

#### UP:

In stop mode when the dot matrix is flashing, press this button (or rotate clockwise) to cycle the programs upwards. If the related segment value is flashing, press this button (or rotate clockwise) to increase the value.

During the start mode (display START), press this button (or rotate clockwise) to increase the training resistance.

#### DOWN:

In stop mode and the dot matrix character flash, press this button (or rotate anticlockwise) to cycle the programs downwards. If the related window value flash, press this button (or rotate anticlockwise) to decrease the value.

During starting mode (display START), press this button (or rotate anticlockwise) to decrease the training resistance.

### 3. PULSE RECOVERY:

First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.

When you are in pulse recovery mode, press this button to exit.

### 4. RESET (IF APPLICABLE):

When in setting, press RESET to reset the value that you would like to preset.

During any mode, hold down this button for 2 seconds to completely reset the computer.

NOTE:

- ① To press or rotate of the UP/DOWN button should be followed by different model.
- ② It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

## Operation

### 1. Turn on the computer

The computer will beep and enter into startup mode.(See fig 24)

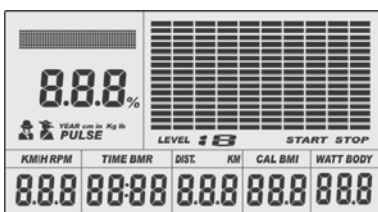


fig 24

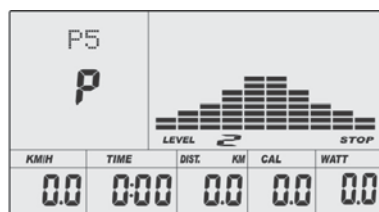


fig 25

## 2. Program selection and value setting

### MANUAL AND PRESET PROGRAMS P1~P10

- A. Press (or rotate) the UP/DOWN button to select desired program. (See fig 25)
- B. Press ENTER button to confirm the selected program and enter time setting window.
- C. The time window will flash, and then press (or rotate) the UP/DOWN button to set your desired workout time. Press ENTER to confirm the value. (See fig 26)

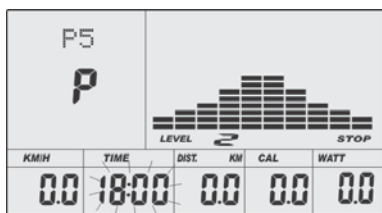


fig 26

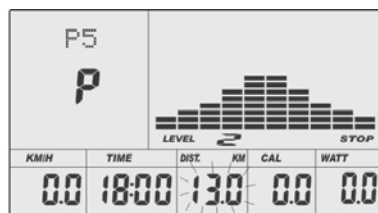


fig 27

- D. The distance window will flash, and then press (or rotate) the UP/DOWN button to set the desired distance value. Press ENTER to confirm the value. (See fig 27)
- E. The calories window will flash, and then press (or rotate) the UP/DOWN button to set the desired calories to be consumed. Press ENTER to confirm the value. (See fig 28)
- F. Press START/ STOP to begin exercise. (See fig 29)

### WATT CONTROL PROGRAM

- A. Press (or rotate) the UP/DOWN button to select the watt control program.

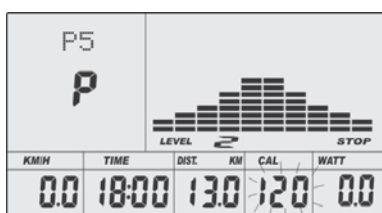


fig 28

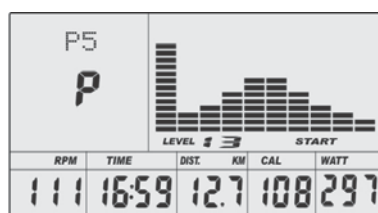


fig 29

- B. Press ENTER to confirm the selected watt control program, and enter into time setting window.
- C. The time window will flash, press (or rotate) the UP/DOWN button to set the desired time. Press ENTER to confirm the value.

-5-

D. The distance window will flash, press(or rotate) the UP/DOWN button to set the desired distance value. Press ENTER to confirm the value.

E. The calories window will flash, press(or rotate) the UP/DOWN button to set the desired calories to be consumed. Press ENTER to confirm the value.

F. The watt display window will flash, press(or rotate) the UP/DOWN button to set the watt to do the exercise. Press ENTER to confirm the value. (See fig 30)

G. Press START/ STOP to begin exercise.

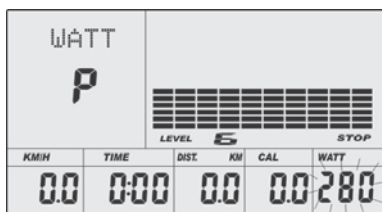


fig 30

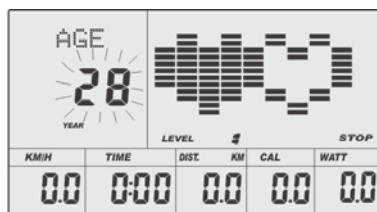


fig 31

NOTE: The WATT value is measured through TORQUE and RPM. In this program, the WATT value will keep a constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

## **HEART RATE CONTROL PROGRAMS: 55% H.R, 75% H.R and 90% H.R**

The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

- A. Press(or rotate) the UP/DOWN button to choose the heart rate control program.
- B. Press ENTER to confirm the heart rate control program, and enter into time setting window.
- C. The time window will flash press(or rotate) the UP/DOWN button to set the desired time. Press ENTER to confirm the value.
- D. The distance window will flash, press(or rotate) the UP/DOWN button to set the desired distance value. Press ENTER to confirm the value.
- E. The calories window will flash, press(or rotate) the UP/DOWN button to set the desired calories to be consumed. Press ENTER to confirm the value.
- F. The age will flash, press(or rotate) the UP/DOWN button to set the user's age. Press ENTER to confirm the value.(See fig 31)
- G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
- H. Press START/ STOP to begin exercise.

## HEART RATE CONTROL PROGRAMS: TARGET HEART RATE

The user can set any target heart rate to do the exercise.

- A. Press(or rotate) the UP/DOWN button to select TARGET HEART RATE program.
- B. Press ENTER to confirm your choice and enter time setting window.
- C. The time window will flash, press(or rotate) the UP/DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.
- D. The distance window will flash, press(or rotate) the UP/DOWN button to set the desired distance value. Press ENTER to confirm the value.
- E. The calories window will flash, press(or rotate) the UP/DOWN button to set the desired calories to be consumed. Press ENTER to confirm the value.
- F. The target heart rate window will flash, press(or rotate) the UP/DOWN button on to set up your target heart rate. Press ENTER to confirm the value.(See fig 32)

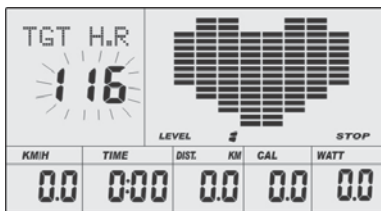


fig 32

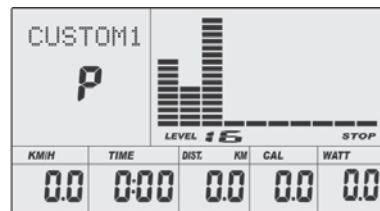


fig 33

- G. Press START/ STOP to begin exercise.

NOTE: During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate remains within the preset value. When the computer detects your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

*Please note that all heart rate readings are rough estimates only, they are not to be used as medical data.*

## USER PROFILE PROGRAMS: CUSTOM1~CUSTOM4

- A. Press(or rotate) the UP/DOWN button to select the user.
- B. Press ENTER to confirm your choice, and enter into time setting window.
- C. The time display window will flash, press(or rotate) the UP/DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.
- D. The distance window will flash, press(or rotate) the UP/DOWN button to set the desired distance value. Press ENTER to confirm the value.
- E. The calories window will flash, press(or rotate) the UP/DOWN button to set the desired calories to be consumed. Press ENTER to confirm the value.
- F. The first resistance level window will flash, press(or rotate) the UP/DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10. (See fig 33)
- G. Press START/ STOP to begin exercise.

## BODY FAT MEASUREMENT PROGRAM

- A. Press(or rotate) the UP/DOWN button to select BODY FAT TEST program (See fig 34)



fig 34



fig 35

- B. Press ENTER to confirm your choice, and enter into height setting mode.
- C. The height display window will flash, press(or rotate) the UP/DOWN button to set up your height. Press ENTER to confirm the value.(See fig 35)

D. The weight display window will flash, press(or rotate) the UP/DOWN button to set up your weight. Press ENTER to confirm the value.(See fig 36)



fig 36



fig 37

E. The age display window will flash, and then press (or rotate) the UP/DOWN button to set up your age. Press ENTER to confirm the value. (See fig 37)

F. The gender display window will flash, press(or rotate) the UP/DOWN button to set up your gender. Press ENTER to confirm.(See fig 38)

G. Press START/STOP to begin testing your body fat.(See fig 39)



fig 38



fig 39

**NOTE:**

① During the body fat measurement, place both your palms on the contact pads. The test result are: FAT%, BMR(Basal Metabolic Rate), BMI(Body Mass Index), BODY and body shape. (See fig 40)

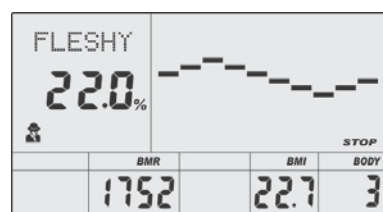


fig 40



FAT%: The total body fat in our body measured by percentage.

BMR: Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal bodily function.

BMI: means Body Mass Index, which is used for body shape building

- ② During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and it will display ERROR2. Press START/STOP to try again.
- ③ During the test, you cannot exit the test by pressing any button. After the test finish, press(or rotate) the UP/DOWN button to exit the body fat measurement program and switch to other program.
- ④ Comparison sheet of Body fat

Body Shape		Slim	Healthy	Fleshy	Over WT	Obese
Age/ Gender	FAT%	BODY1	BODY2	BODY3	BODY4	BODY5
Male/≤30 years old	<14%	14%~20%	20.1%~25%	25.1%~35%	>35%	
Male/>30 years old	<17%	17%~23%	23.1%~28%	28.1%~38%	>38%	
Female/≤30 years old	<17%	17%~24%	24.1%~30%	30.1%~40%	>40%	
Female/>30 years old	<20%	20%~27%	27.1%~33%	33.1%~43%	>43%	

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

- A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse(if applicable), the computer will display your current pulse value.
- B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.(See fig 41)



fig 41

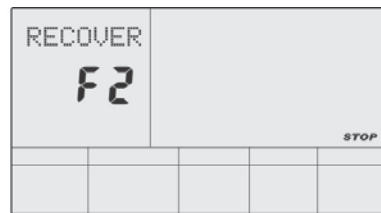


fig 42

- C. Keep your hands on the sensors.
- D. Time will count down from 60 seconds to 0.
- E. When time reaches 0, the test result (F1-F6) appears on the display.  
F1=Excellent F2=Good F3=Fair F4=below average F5= No Good F6= Poor(See fig 42)
- F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

## PULSE MEASUREMENT

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash with simulative ECG showing.

Remark: During the process of pulse measurement, because of contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

## Specifications

**Speed KM/H(M/H):** current speed. Range: 0.0~99.9 KM/H(M/H).

**RPM:** current rotations per minute. Range : 0~999.

**TIME:** accumulative workout time, range : 0:00~99M59S.

The preset time range is 5:00~99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.

**DIST:** the exercise accumulative distance. Range: 0.0~99.9~999KM

Preset distance range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will alarm.

**CALORIE:** the accumulative calories burnt for the workout. Range : 0.0~99.9~999

Preset calories range :10.0~90.0~990. When the calorie reaches 0, the program will stop and the computer will beep.

**PULSE:** current pulse reading.

Range: 30~240BPM(beat per minute)

**RESISTANCE LEVEL:** showing resistance level. Range:1~16

**WATT:** shows the exercise watt

### **DISPLAY TROUBLESHOOT**

1. When the computer displays ERROR1, please check if the tension motor is operational and if the motor wires connect well.
2. When the computer displays ERROR2, please check if your hands are contacting the sensors correctly as there no body fat signal detected.

## 4. EXERCISE GUIDE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your
- imum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

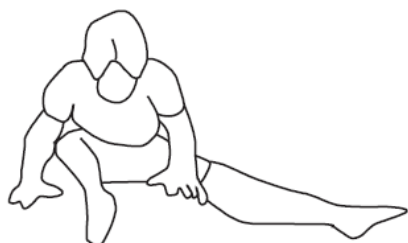
**Warm-Up:** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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

**Stretching:** 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. Do not bounce.



**Lower Body Stretch:**

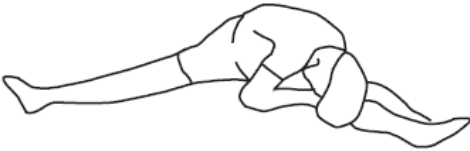
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



**Bent Torso Pulls:**

While sitting on the floor have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.





### **Floor Stretch:**

While sitting on the floor open your legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times.

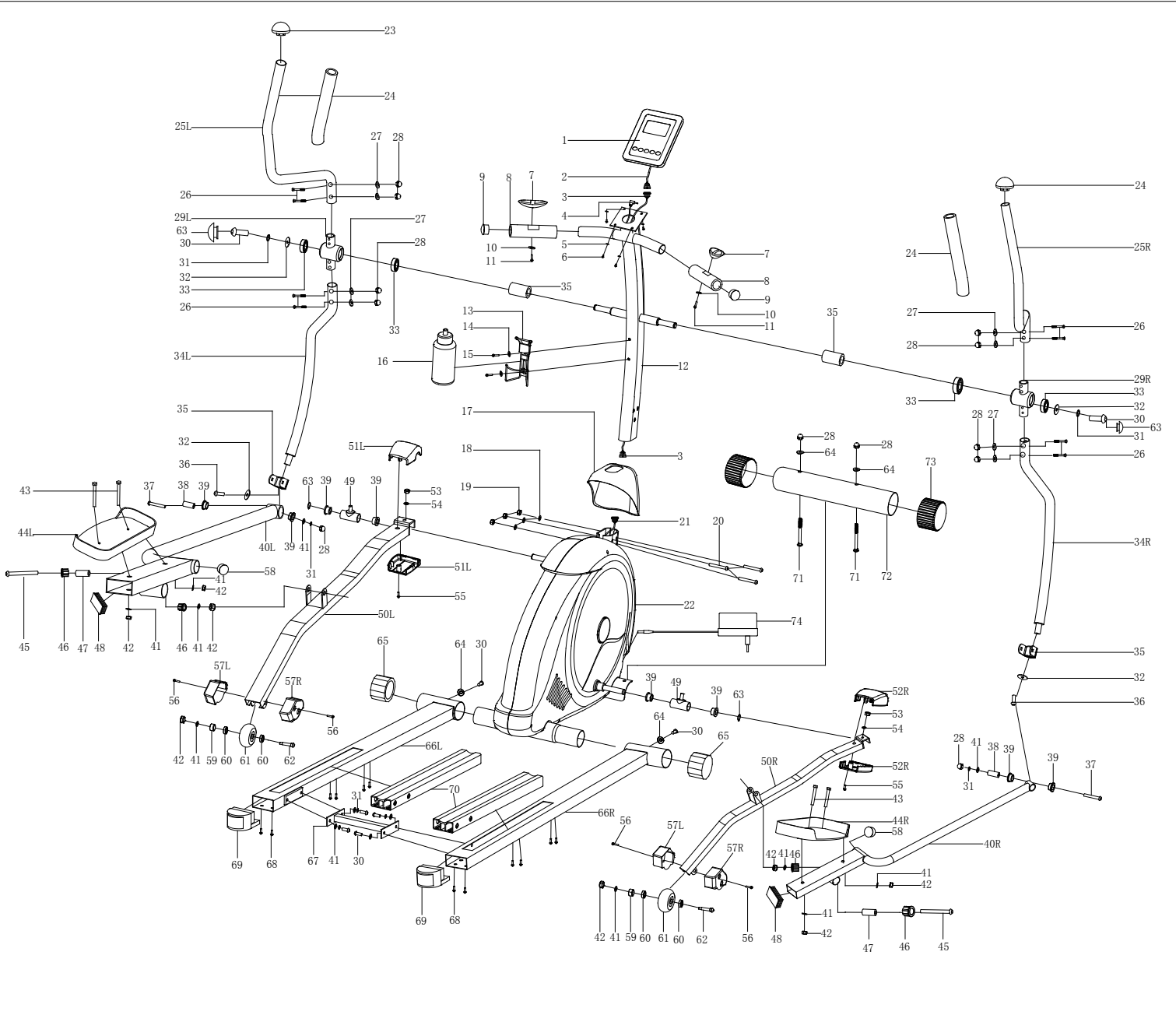
### **Bent Over Leg Stretch:**

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the

**Cool-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. Your cool-down should include the stretches listed above and should be completed after each strength training session.

**Remember to always check with your physician before starting any exercise program.**

# 5. EXPLODED DIAGRAM





## 6. WARRANTY

### AUSTRALIAN CONSUMER LAW

*Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.*

*You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>

Please email us through [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.