



GT5.0 TREADMILL

USER MANUAL



IMPORTANT

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

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



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



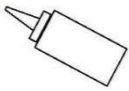

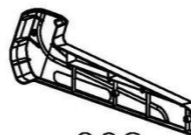




WARNING


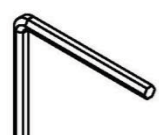








Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 1 meters from the machine. DO NOT place any sharp objects around the machine.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. running belt. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from running in the Centre of the belt; which may result in serious injury.
15. When running, make sure the plastic clip is fastened on your clothing. It is for your safety.
16. Keep hands away from all moving parts.
17. Before exercising, always warm-up your body thoroughly by dynamic stretching.
18. This device must be assembled by adults.
19. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
20. This device is intended for indoor home use and not suitable for long time running. Constant running time is less than 2 hours.
20. The maximum weight capacity for this product is 130 kg.

HARDWARE PACKING LIST

				
A	B	C	C07	C08
				
C19	E08			

NO.	Description	Specification	Pcs.
A	Main Frame		1
B	Console Base		1
C	Lubrication Oil		1
C07	Left Upright Tube Cover		1
C08	Right Upright Tube Cover		1
C19	Safety Key		1
E08	Power Wire		1

				
B04 S=13, 14, 15(1X)	B05 S5(1X)	B06 S6(1X)	D11 M8*15(2X)	D12 M8*15(4X)
				
D40 M5*10(6X)	D07 M8*50(2X)	D28 Ø8(4X)	D29 Ø8(4X)	D32 Ø8(4X)



IMPORTANT

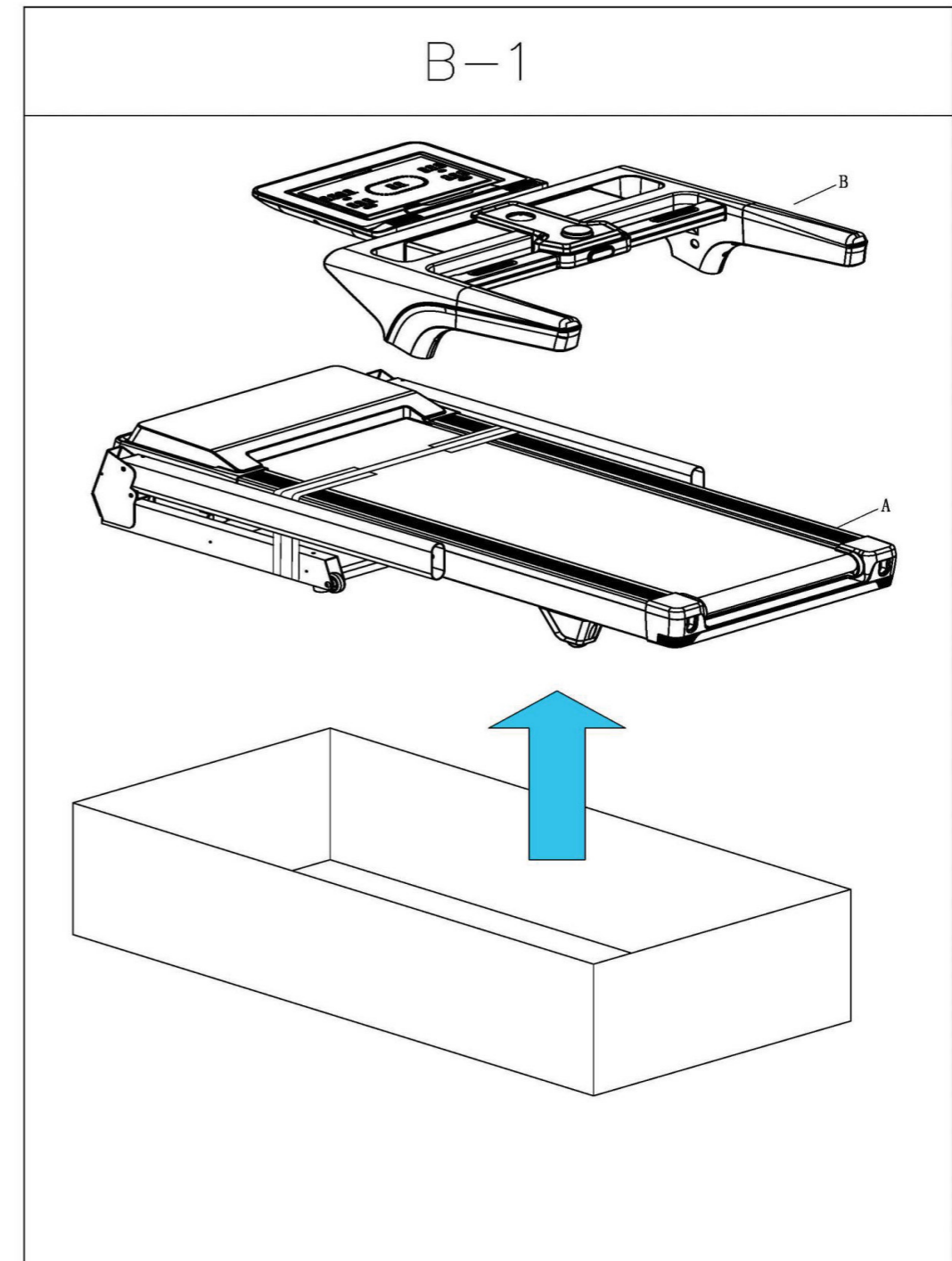
Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.

ASSEMBLY

The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding. This machine must be assembled by adults.

Do not dispose of any packaging materials until assembly of the product is completed.

STEP 1.



ASSEMBLY

STEP 2.

B-2

	B05 5#(1x)	D11 M8*15(2x)
	D28 ø8(4x)	D07 M8*50(2x)

ASSEMBLY

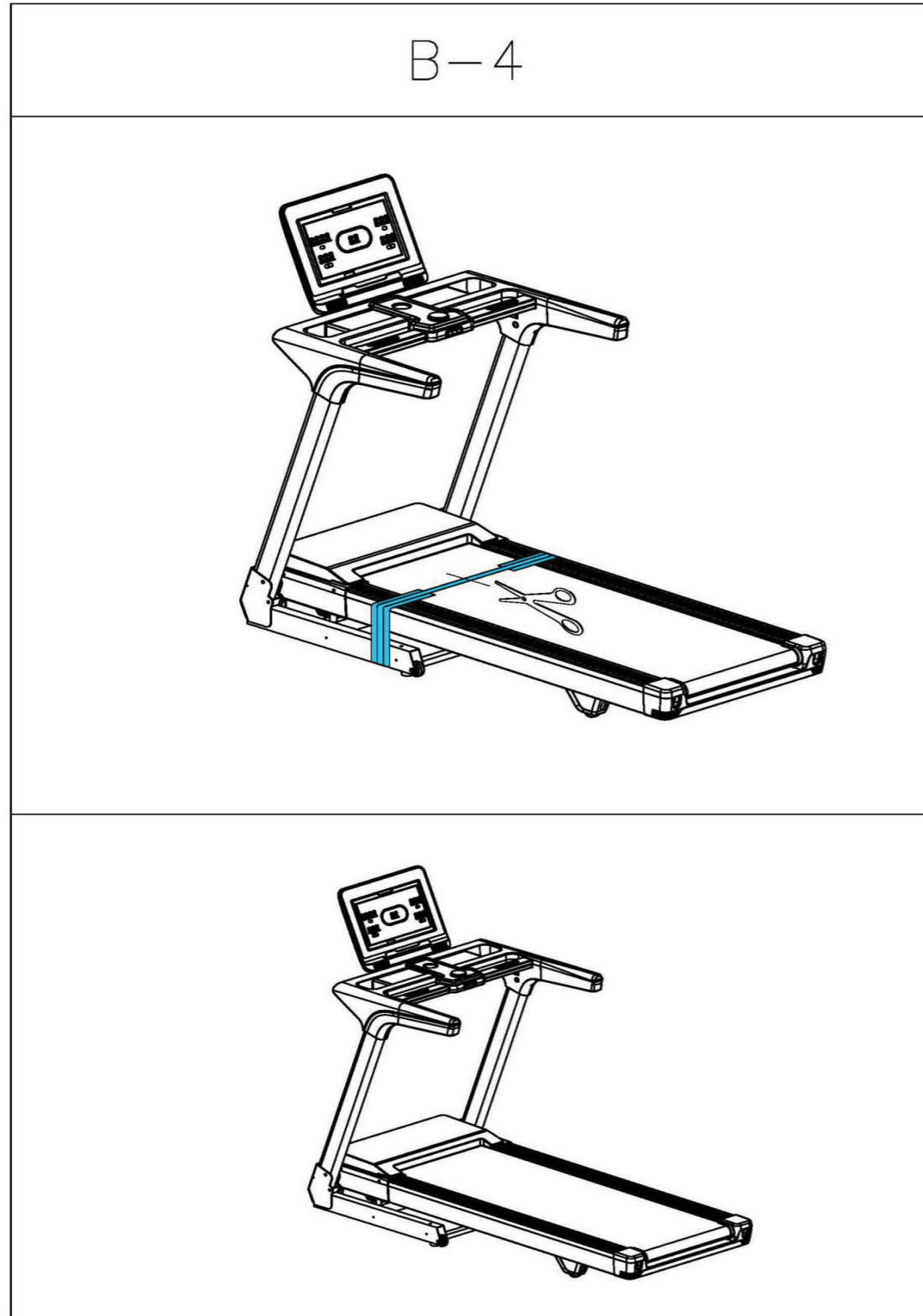
STEP 3.

B-3

	B06 6#(1x)	D12 M8*15(4X)
	D29 ø8(4X)	D32 ø8(4X)

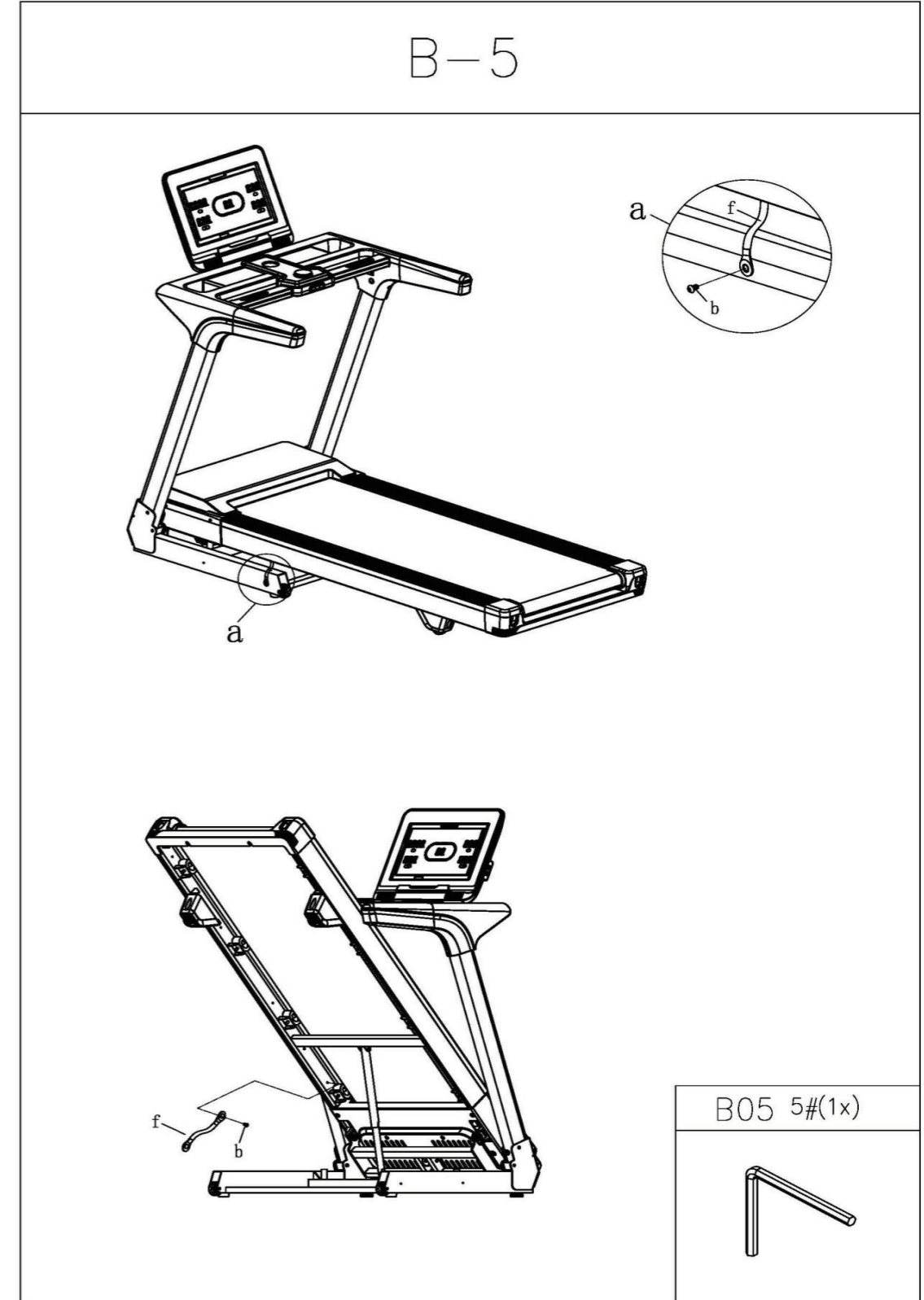
ASSEMBLY

STEP 4.



ASSEMBLY



STEP 5.



ASSEMBLY

STEP 6.

B-6

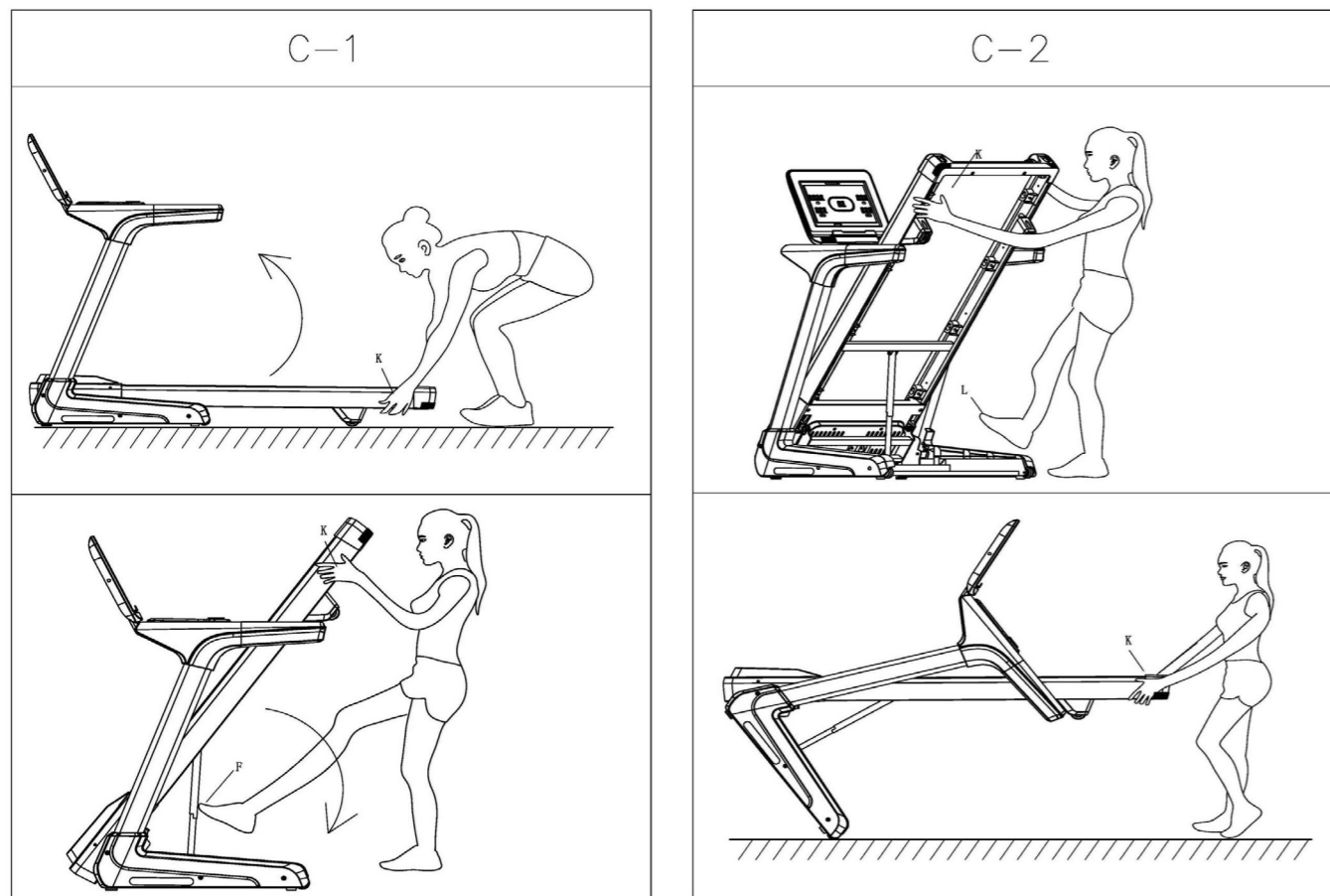
D39	M5*10 (6X)
	
B04	S-13, 14, 15 (1X)
	

ASSEMBLY

STEP 7.

B-7

HOW TO FOLD & MOVE



IMPORTANT

Turn off the device if you are not going to use it for a long time.

STORAGE

- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- Remove the safety key after use to prevent unauthorized treadmill operation.
- Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment, away from children.
- Allowed storage temperatures 5-40°C.

IMPORTANT ELECTRICAL INFORMATION

	GT5.0 TREADMILL		<p>WARNING - To reduce the risk of personal injury, read and understand all the instructions before using this product.</p>
	Model No. : TM-GT5.0 Class : HC Voltage : 220-240V DC Frequency : 50/60Hz Maximum Load : 130kg/287bs Power Input : 1500W Manufactured for : Gymstick International Oy Address : Ratavirtijankatu 11 15170 Lahti, Finland Made in : China		
SN : 160624TMGT500001			



WARNING

This machine requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

Correct power source: Input: DC 220-240V~50/60Hz 1500W



WARNING

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.



IMPORTANT

Never expose the machine to rain or moisture. This machine is not designed for use outdoors, near pools or in any other high humidity environment.

Always remove the plug from the wall socket when the machine is not in use.

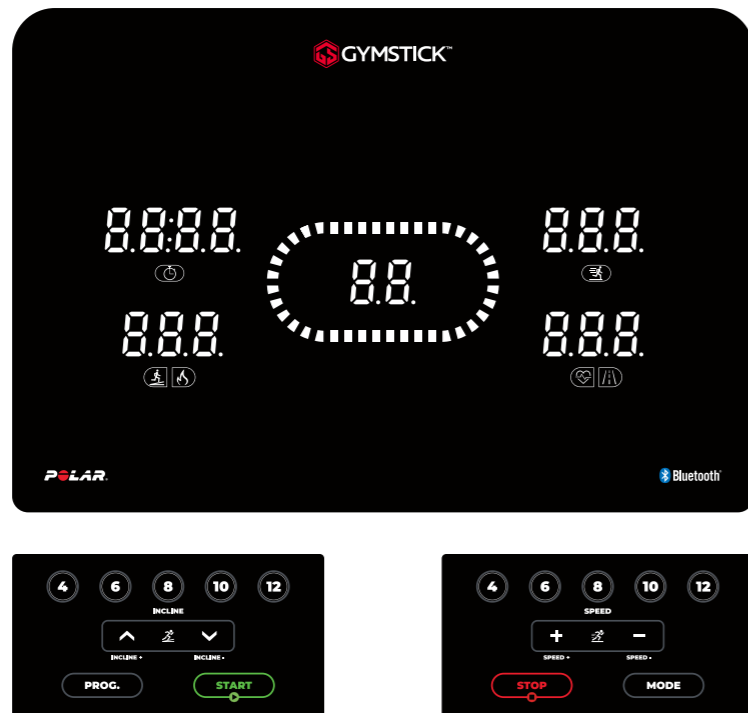
Never use a ground fault circuit interrupter (GFCI) wall outlet with this treadmill.

Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

Never operate the treadmill using a generator or UPS power supply.

Never remove any cover without first disconnecting power.

CONSOLE OPERATION INSTRUCTIONS



BUTTON FUNCTIONS

Button	Description
INSTANT INCLINE	Press 4, 6, 8, 10, 12 to choose incline quickly.
INCLINE +	Press this button to increase the incline.
INCLINE -	Press this button to reduce the incline.
PROG.	Press this button to choose between 12 programs, 3 user program and body fat
START	Press this button to start the machine.
INSTANT SPEED	Press 4, 6, 8, 10, 12 to choose speed quickly.
SPEED +	Press this button to increase the speed.
SPEED -	Press this button to reduce the speed.
STOP/PAUSE	Press this button to pause or stop the machine.
MODE	Press this button to choose between time, distance, calories workout targets.

MEDIA HUB

1. USB INPUT: Insert USB cable to charge your device.
2. Wireless Charging: Place your device on top of charging symbol.



CONSOLE OPERATION INSTRUCTIONS

SWITCH KNOB



The Switch knob has START, PAUSE and STOP functions.

- In Standby Mode, press this knob to start the treadmill.
- In running mode, press this knob to pause the machine (all the data will be kept).
- Turn the knob to increase or decrease the data.
- In Pause mode, short press to start the machine again (all the data will start counting from the data before the pause, and the the speed is 0.8km/h, incline is 0).
- Long press to stop the machine.

COMPUTER FUNCTIONS

- INCLINE** Display current incline. Press INCLINE+/- to adjust the incline of the machine.
- SPEED** Display current speed. Press SPEED+/- to adjust the speed of the machine.
- CALORIES** Display the calories has consume.
- TIME** Display the time has run.
- DISTANCE** Display the distance has run.
- PULSE** Display user's heart rate, this date is just for reference, can not be regarded as medical use. Hold the hand pulse sensor by both hands,the console will show user's pulse value after about 5 seconds.
- MODE** Press this button to choose between time, distance, calories workout targets.
 - From standby mode, press Mode button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.
 - Press SPEED+/- or INCLINE+/- to set the workout target value.
 - Press START button, treadmill will run after 3 seconds.
 - Press SPEED+/- to adjust the speed.
 - Press INCLINE+/- to adjust the incline.
- PROG** Press this button to choose between 12 programs, 3 users program and body fat.
 - a) Set of 12 build-in programs: From standby mode, press PROG button, console will show 12 programs, select between 12 programs.
 - Press SPEED+/- or INCLINE+/- to set the workout target value.
 - Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
 - Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.
 - Machine will beep 3 times and stop when the program is finished.

CONSOLE OPERATION INSTRUCTIONS

PROG	TIME	TIME INTERVAL= setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	SPEED	2	3	3	4	4	5	5	3	4	5	4	4	3	3	5	3
	INCLINE	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2	2
P02	SPEED	2	4	4	5	6	6	6	4	5	6	4	4	2	5	4	2
	INCLINE	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2	2
P03	SPEED	2	4	4	6	7	7	7	4	7	7	4	4	4	5	3	2
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P04	SPEED	3	5	5	6	5	7	7	8	8	5	9	5	6	4	4	3
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P05	SPEED	2	4	4	5	7	5	6	7	8	8	5	4	6	5	4	2
	INCLINE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2	2
P06	SPEED	2	4	4	4	8	8	6	7	8	8	6	4	5	4	3	2
	INCLINE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P07	SPEED	2	3	3	3	3	4	5	3	4	5	3	3	6	5	3	3
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P08	SPEED	2	3	3	6	4	6	7	4	6	7	4	4	3	4	4	2
	INCLINE	4	5	5	5	6	7	8	9	9	9	10	10	12	8	6	3
P09	SPEED	2	4	4	7	7	8	4	8	9	9	4	4	6	3	3	2
	INCLINE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4	2
P10	SPEED	2	4	5	6	4	6	8	8	6	6	5	4	4	4	3	3
	INCLINE	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6	3
P11	SPEED	2	5	8	10	10	10	7	7	10	10	5	5	5	5	4	3
	INCLINE	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2	0
P12	SPEED	3	4	9	9	5	8	5	9	7	5	5	7	5	7	6	3
	INCLINE	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3	3

b) Set of 3 users programs: From standby mode, press Mode button, console will show 3 users programs, select between 3 users programs.

- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
- Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.
- Machine will beep 3 times and stop when the program is finished.

c) Set of body fat test: From standby mode, press Mode button until you get to FAT.

- Press Mode button to enter information. Set value with SPEED+/- from F-1 to F-4: (F-1 = GENDER, F-2 = AGE, F-3 = HEIGHT, F-4 = WEIGHT)
- Press Mode button to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.
- **Note!** The body fat value is intended as a guide, and is not medical data.

CONSOLE OPERATION INSTRUCTIONS

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	≤ 19	Underweight
	FAT	=(20---25)	Normalweight
	FAT	=(26---29)	Overweight
	FAT	≥ 30	Obesity

LUBRICATION REMINDER

This machine has lubrication remind function. After every total running distance of 300km, your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual (page 20). After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK

Under any mode, if you pull away the safety key, the machine will stop. The window will show "---" with reminding sound. The machine cannot work until safety key is inserted back.

ENERGY SAVING

The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

POWER ON/OFF

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.



CAUTION

We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.

Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.

To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

CONSOLE OPERATION INSTRUCTIONS

BLUETOOTH

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with interactive Bluetooth® applications such as Kinomap.



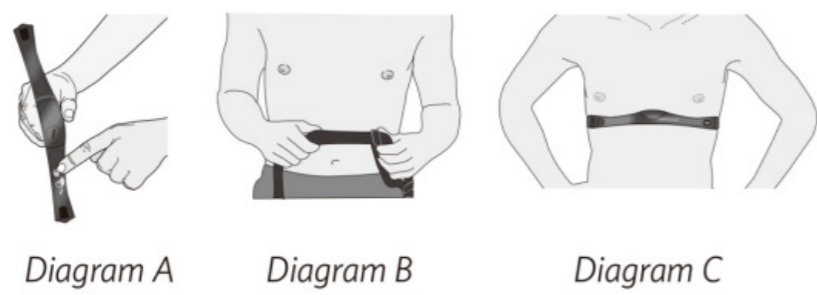
- Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- Enable Bluetooth from your phone or tablet settings.
- Run the Kinomap APP.
- Go to the "My Equipment" menu and tap on the "+" button.
- Follow the instructions on the APP to complete the connection.

HEART RATE SENSOR

This product is compatible with standard 5.3Khz wearable heart rate detector. During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

- Carefully dampen the back of the strap with tap water.
- Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
- Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest.
- When these steps are complete, you are ready to view your heart rate.

Note! If the heart rate is not displayed, make sure that the heart rate transmitter is switched on and that the batteries are OK.



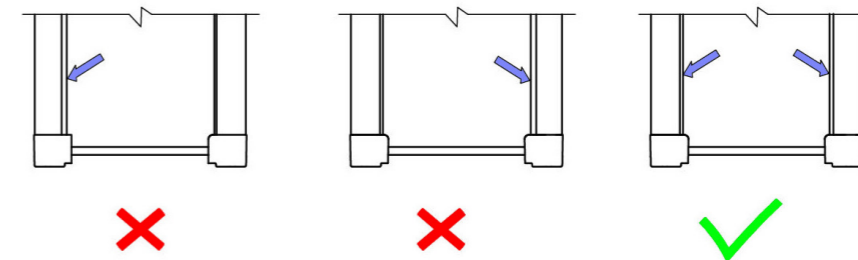
MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

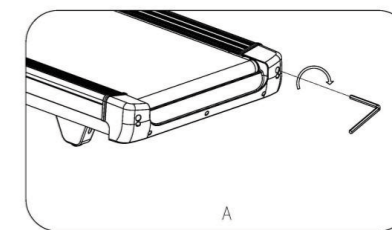
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

CENTERING THE RUNNING BELT

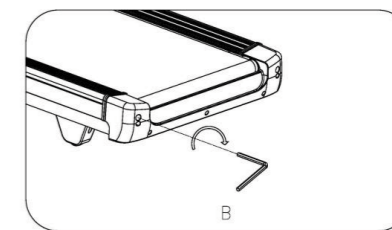
Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.



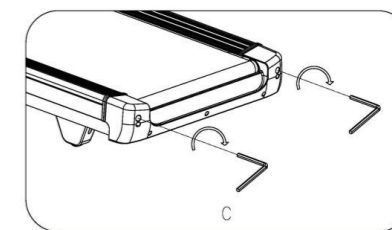
If the Running Belt moves to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



If the Running Belt moves to the left, turn the adjusting bolts on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



Over time the Running Belt will loosen. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL



IMPORTANT

It's highly recommended to lubricate the treadmill before the first use.

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

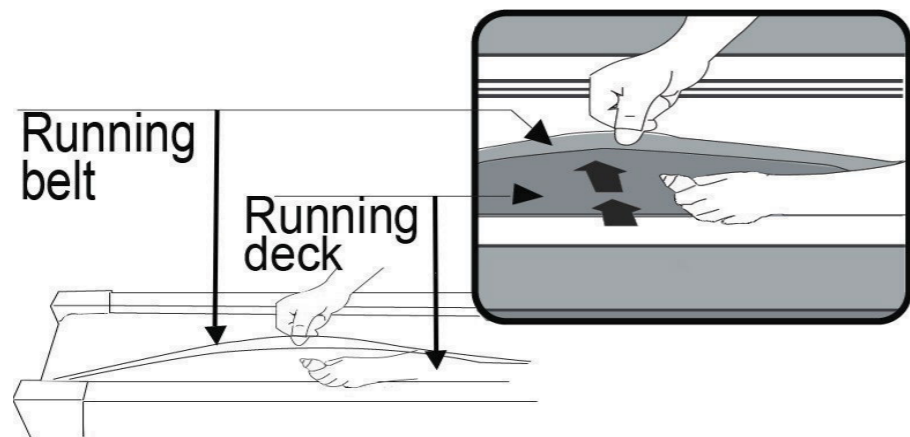


WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

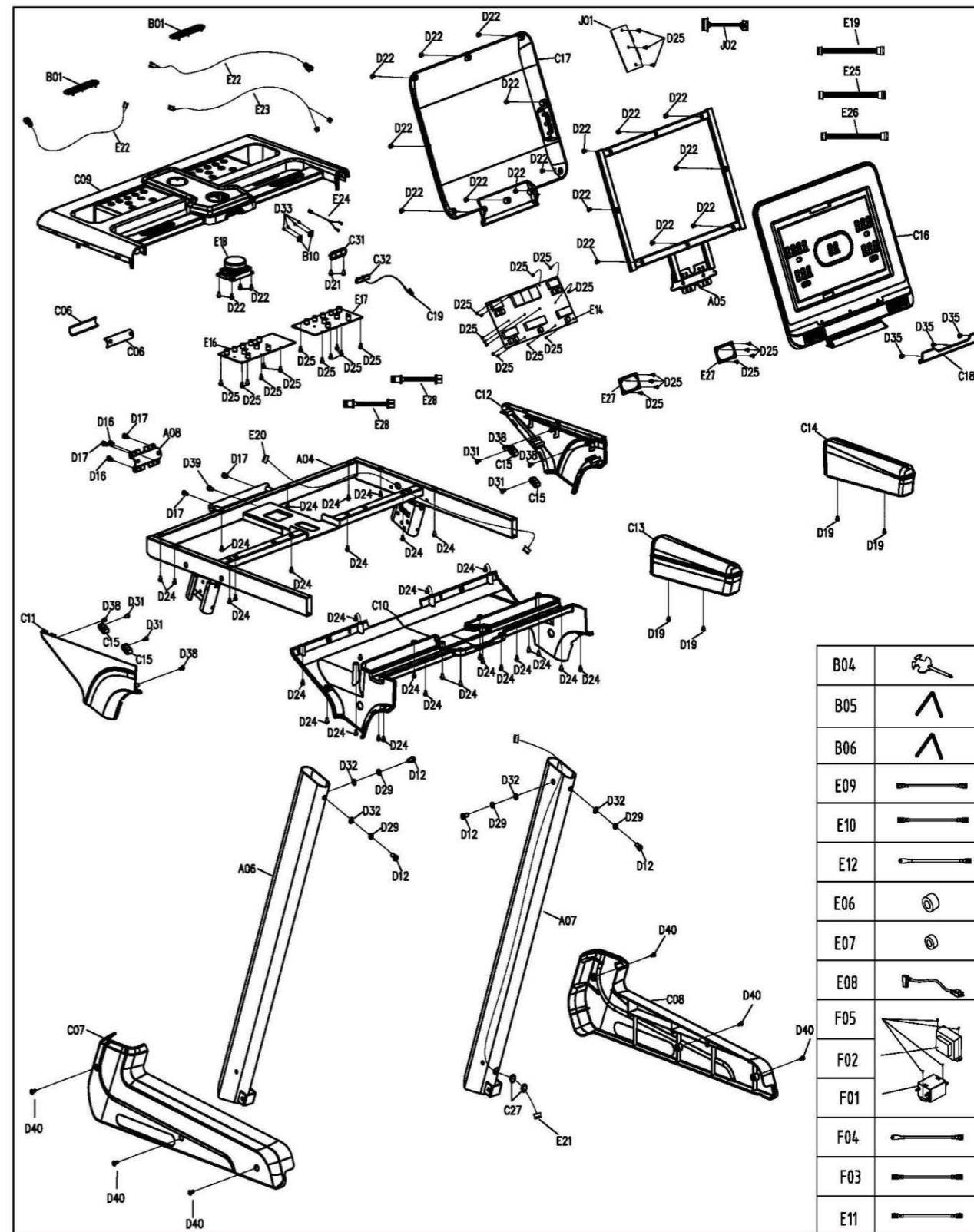
HOW TO LUBRICATE

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

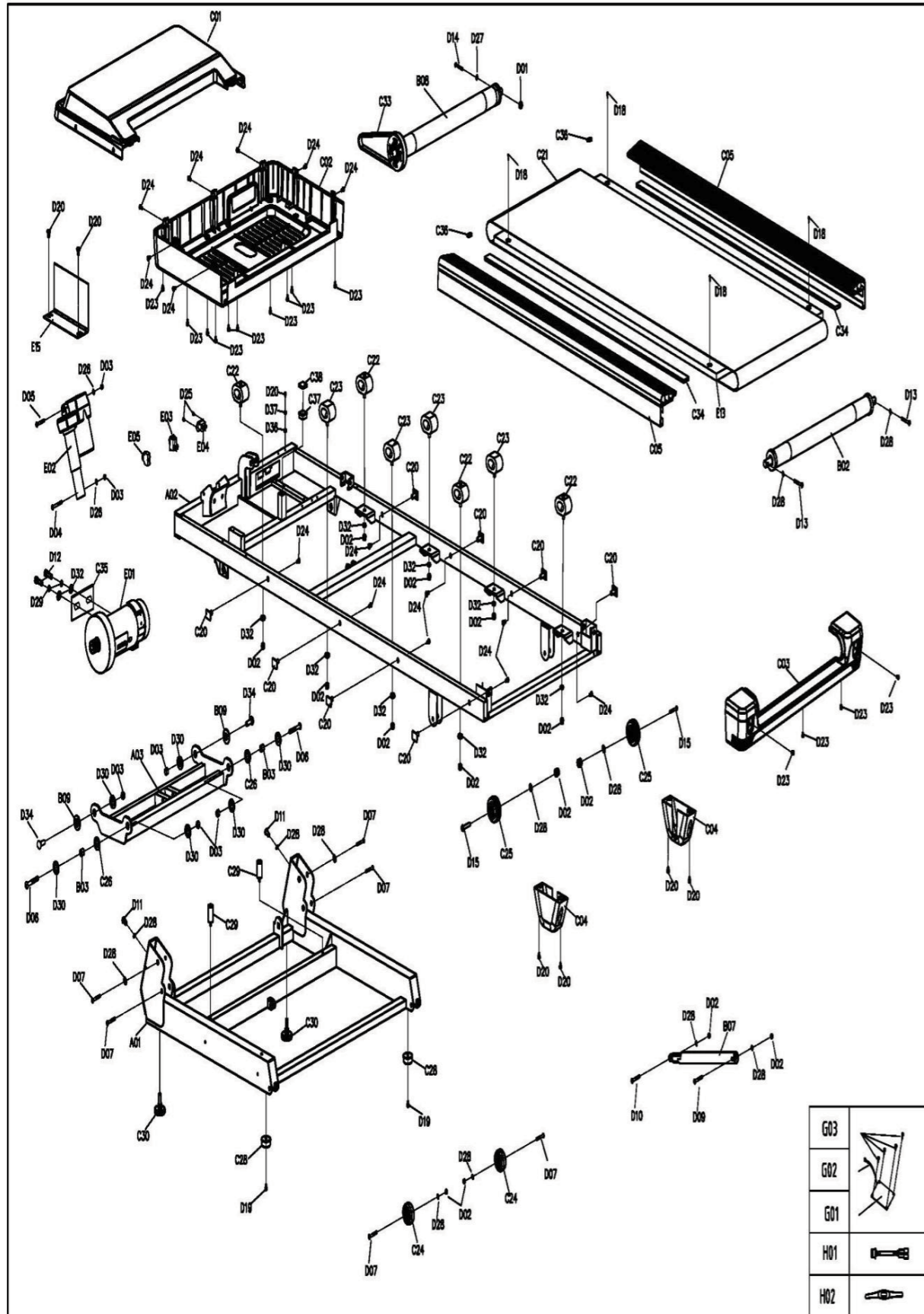


Following time table is recommended		
Light user	less than 3h / week	every 6 months
Medium user	3-5h / week	every 3 months
Heavy user	over 5h / week	every 2 months

EXPLODED DRAWING



EXPLODED DRAWING



PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
A01	Base frame		1	C26	Plastic gasket		2
A02	Main frame		1	C27	Ring protective plug		2
A03	Incline bracket		1	C28	Foot pad		2
A04	Console base bracket		1	C29	Cylindrical cushion		2
A05	Panel connecting bracket		1	C30	Adjustable foot pad		2
A06	Left upright tube		1	C31	Safety key base		1
A07	Right upright tube		1	C32	Safety key		1
A08	Panel turning fixed bracket		1	C33	Motor belt		1
B01	Pulse steel plate		4	C34	EVA pad		2
B02	Back roller		1	C35	EVA pad		1
B03	Pipe		2	C36	Rubber cushion		2
B04	Wrench w/screw driver	S=13、14、15	1	C37	Square pipe plug		1
B05	5# Allen wrench	5mm	1	C38	EVA pad		1
B06	6# Allen wrench	6mm	1	D01	Nut	M6	1
B07	Cylinder		1	D02	Nut	M8	14
B08	Front roller		1	D03	Nut	M10	6
B09	Sleeve		2	D04	Bolt	M10*90	1
B10	Spring plate		2	D05	Bolt	M10*45	1
C01	Motor top cover		1	D06	Bolt	M10*305	2
C02	Motor bottom cover		1	D07	Bolt	M8*55	6
C03	Back end cover		1	D08	Bolt	M8*50	2
C04	Adjustable wheel cover		2	D09	Bolt	M8*45	1
C05	Side rail		2	D10	Bolt	M8*30	1
C06	Panel turning sleeve		2	D11	Bolt	M8*15	4
C07	Left upright tube cover		1	D12	Bolt	M8*15	6
C08	Right upright tube cover		1	D13	Bolt	M8*65	2
C09	Console top cover		1	D14	Bolt	M6*60	1
C10	Console bottom cover		1	D15	Bolt	M8*40	2
C11	Console left side cover		1	D16	Bolt	M6*15	2
C12	Console right side cover		1	D17	Bolt	M6*15	4
C13	Left handle bar		1	D18	Bolt	M8*25	4
C14	Right handle bar		1	D19	Bolt	M5*16	6
C15	Console cover adapter block		1	D20	Bolt	M5*12	7
C16	Panel top cover		1	D21	Screw	ST2.9*8	2
C17	Panel bottom cover		1	D22	Screw	ST4.2*10	18
C18	Holder		1	D23	Screw	ST4.2*12	14
C19	Safety key clip		1	D24	Screw	ST4.2*12	51
C20	Siderailtension seat		8	D25	Screw	ST2.9*8	39
C21	Running belt		1	D26	Lock washer	10	2
C22	Cushion		4	D27	Lock washer	6	1
C23	Cushion		4	D28	Lock washer	8	12
C24	Wheel		2	D29	Spring washer	8	6
C25	Adjustable wheel		2	D30	Big washer	φ10* φ26*2.0	6

PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
D31	Screw	ST4.2*20	4	E10	AC signal wire	350 brown	2
D32	Flat washer	8	14	E11	AC signal wire	350 blue	1
D33	Screw	ST2.0*6	4	E12	Ground wire		1
D34	Bolt	M10*3	2	E13	Running board		1
D35	Screw	ST2.9*16	3	E14	Console		1
D36	Lock washer	5	1	E15	Control board		1
D37	Spring washer	5	1	E16	Left touch button board		1
D38	Screw	ST4.2*30	4	E17	Right touch button board		1
D39	Bolt	M6*10	1	E18	Switch knob		1
D40	Bolt	M5*10	6	E19	Console top signal wire		1
E01	DC motor		1	E20	Console middle signal wire		1
E02	Incline motor		1	E21	Console bottom signal wire		1
E03	Switch on-off		1	E22	Hand pulse top signal wire		2
E04	Power socket		1	E23	Hand pulse bottom signal wire		2
E05	Overload protector		1	E24	Safety switch induction wire		1
E06	Magnetic ring		1	E25	Switch knob top signal wire		1
E07	Magnetic core		1	E26	Switch knob bottom signal wire		1
E08	Power wire		1	E27	Speaker		2
E09	AC signal wire	200 brown	2	E28	Touch button connecting signal wire		1

OPTIONAL PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
F01	Filter		1	H01	Wireless pulse connecting wire		1
F02	Inductance		1	H02	POLAR wireless receiver		1
F03	AC signal wire (L 350)		1	J01	USB module		1
F04	Ground wire (L 350)		1	J02	USB connecting wire		1
F05	Screw	ST4.2*12	4				
G01	Wireless charging adapter board		1				
G02	Wireless charging adapter board wire		1				
G03	Screw		4				

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety key not inserted	Insert Safety key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Check the control board, replace if damaged. Check motor, replace if damaged.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check if the speed sensor port is well connected, if loose connection, please connect. Check to see if the speed sensor is damaged, replace if necessary. Check the control board, replace if damaged.
E05: Current overload protection	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. Check the control board, replace if damaged. Lubricate the treadmill.
E07/E08: Control board abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.

WARM UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to 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.



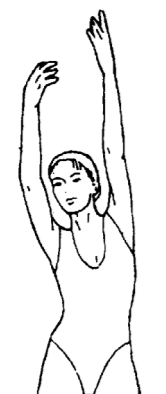
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

WARM UP & COOL DOWN



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. 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.



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, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wear parts and expendable parts

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

