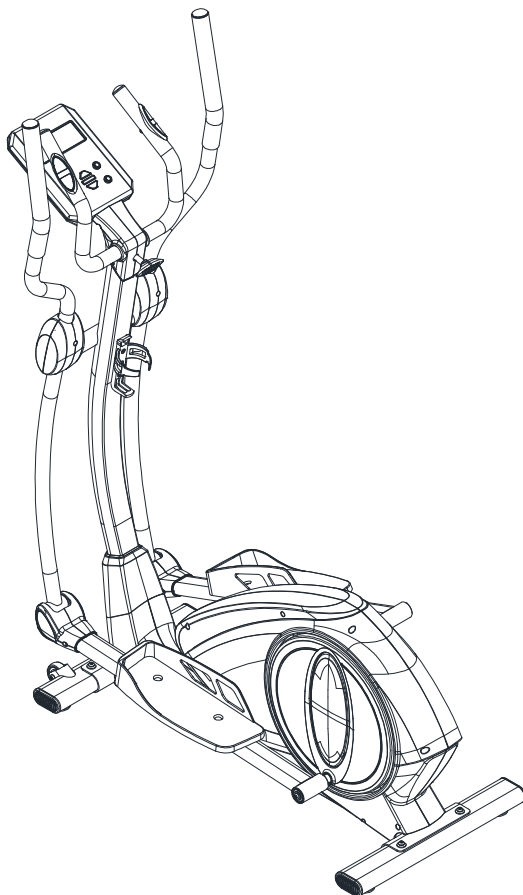


# Owner's Manual



**Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual**

**Version A**

## **Precautions**

**WARNING:** This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

## **Safety notice**

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
  2. Have anamorphic arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension ).
  5. Have breath obstacle.
  6. Using the manpower pulse adjust machine or insert into the body machine.
  7. Have sarcomata.
  8. Have thrombus or other symptoms.
  9. Have diabetes or be caused by diabetes feeling obstacle.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
  12. Abnormal back bone or back bone bending.
  13. Pregnant or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

**Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.**

### **Pre-assembly Notes**

#### **Open the boxes:**

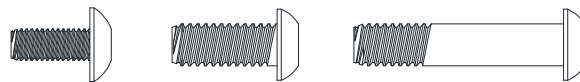
Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



Φ6(45)-2    Φ8.5×20(33)-10    Φ10(42)-4    Φ8.5×R25(35)-5    Φ15(39)-4



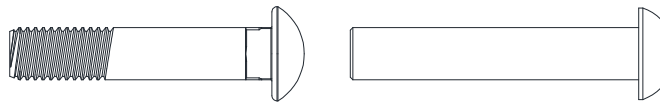
Φ8(32)-6    M8(36)-5    M5×10(47)-4    ST4×16(38)-10    M4×10(48)-4



M6×15(46)-2    M8×20(37)-5    M8×40(40)-4



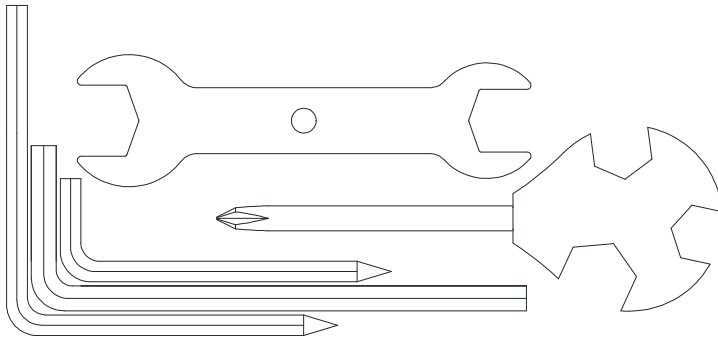
M8×50(31)-4    M8×63(34)-2



M10×50(41)-4    Φ10×55(44)-2

## Parts list

NO.	NAME	SPECIFICATION	QTY
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	6
33	Flat washer	Φ8.5×Φ20×t1.5	10
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Curve washer	Φ8.5×R25×t2.0	5
36	Hex self-locking nut	M8	5
37	Allen C.K.S. full thread screw	M8×20	5
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×55-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4



Name	Specification	QTY
L-shape wrench	5×80×80S	1
L-shape wrench	5×35×85S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

### **GATHER YOUR TOOLS**

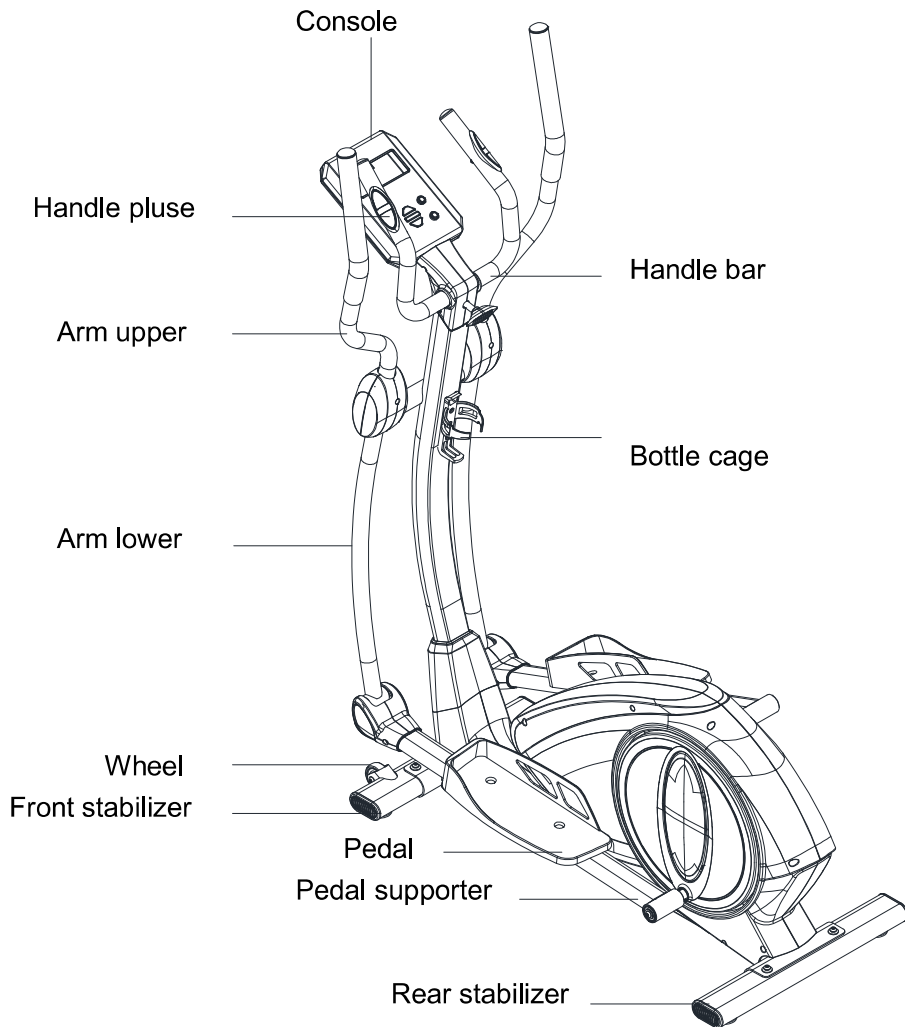
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

### **CLEAR YOUR WORK AREA**

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

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

## Product instruction



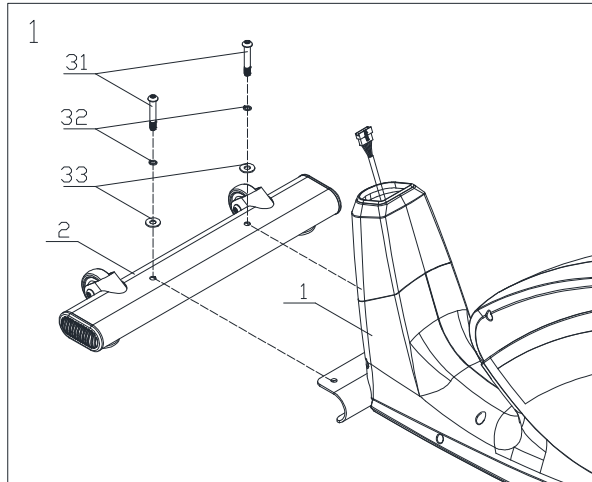
## Technical information

DIMENSION	Unfold 1300x530x1600mm
FLYWHEEL	Two way, $\Phi$ 280/6kg
RESISTANCE FRAGMENT	32
STRIDE LENGTH	330x175MM
SPEED RATIO	8

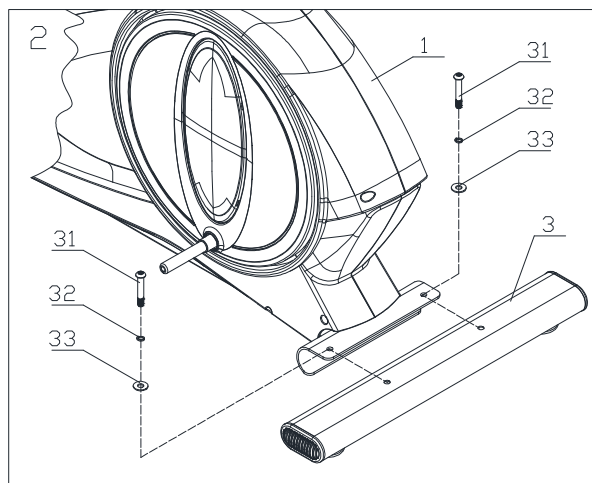
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

# ASSEMBLY INSTRUCTIONS

**Step 1:** Attach the front stabilizer (2) to the main frame (1) with curved washer(33), spring washer(32) and Allen C.K.S. half thread screw(31).



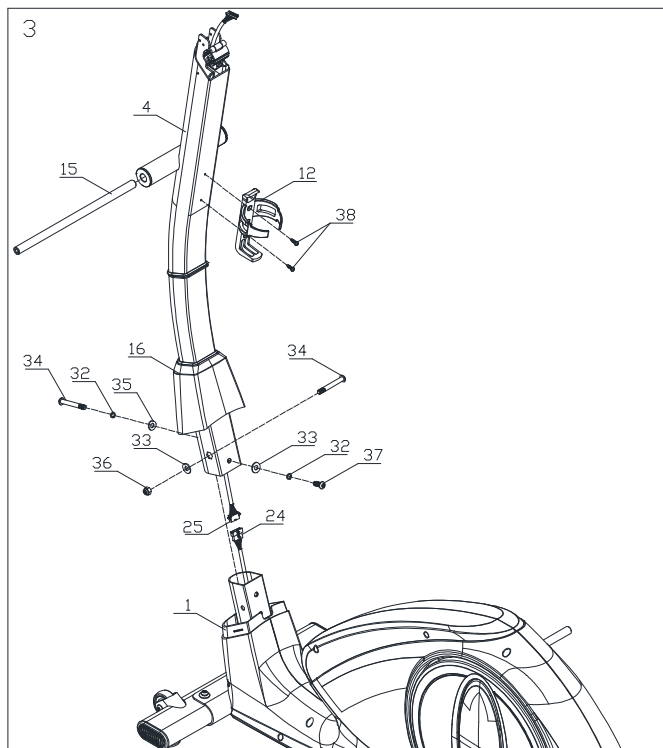
**Step 2:** Attach the rear stabilizer (3) to the main frame (1) with curved washer(33), spring washer(32) and Allen C.K.S. half thread screw(31).





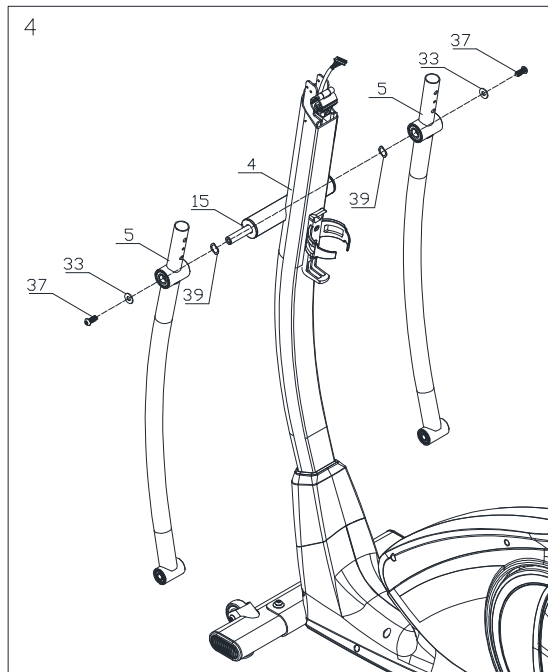
**Step 3:**

1. Take upright post cover (16) off the main frame (1) and cover it on the upright post (4).
  2. Connect motor communication wire(24) and console communication wire(25).
  3. Attach upper upright post(4) to the main frame(1) with curve washer(35), spring washer(32), Allen C.K.S. full thread screw(34) and flat washer(33), spring washer(32), Allen C.K.S. half thread screw(37) and Allen C.K.S. half thread screw(34), flat washer(33), Hex self-locking nut(36).
  4. Attach upright post cover(16) to the main frame (1).
  5. Attach bottle holder(14) to upper upright post(4) with Philips pan head full thread screw(38).
  6. Attach the axle(15) to the upright post(4).
- Tip: Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hexagonal hole before tighten all the bolts.



**Step 4:**

Attach the wave spring washer(39) to the axle(15 ),attach the body arm set(5) to the axle(15), tighten with the flat washer(33) and Allen C.K.S. full thread screw(37).



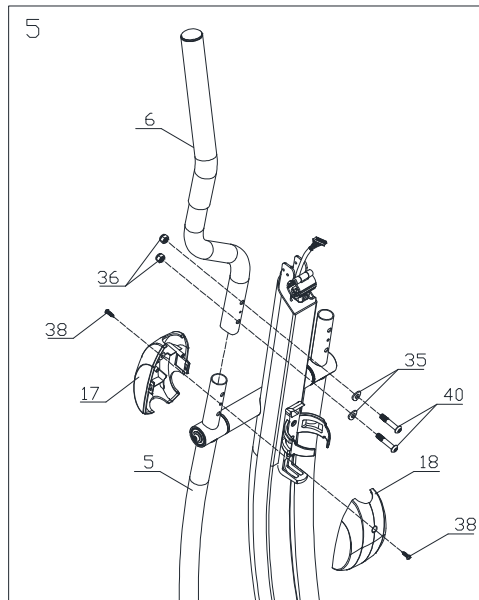
**Step 5:**

1. Attach Body arm(L)(6) to Body arm set(5),tighten with Curved washer(35), Allen C.K.S. half thread screw(40),and Hex self-locking nut(36).

2. Attach the Body Arm cover 1(Upper) 17 and Body Arm cover 2(Upper) 18 to the Body arm(L)(6),tighten with Philips C.K.S. self-tapping screw(38).

3. Attach the Body arm(R)(7) same as above steps.

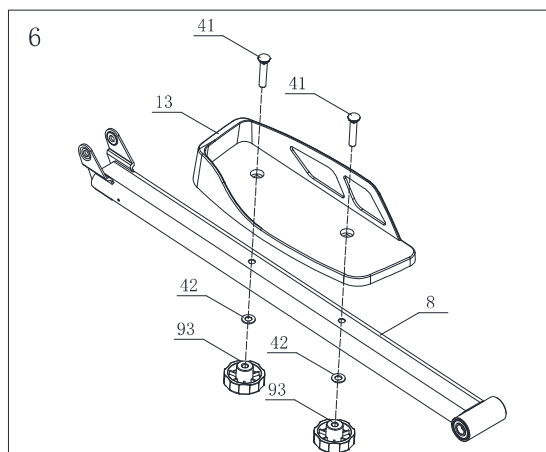
Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



**Step 6:**

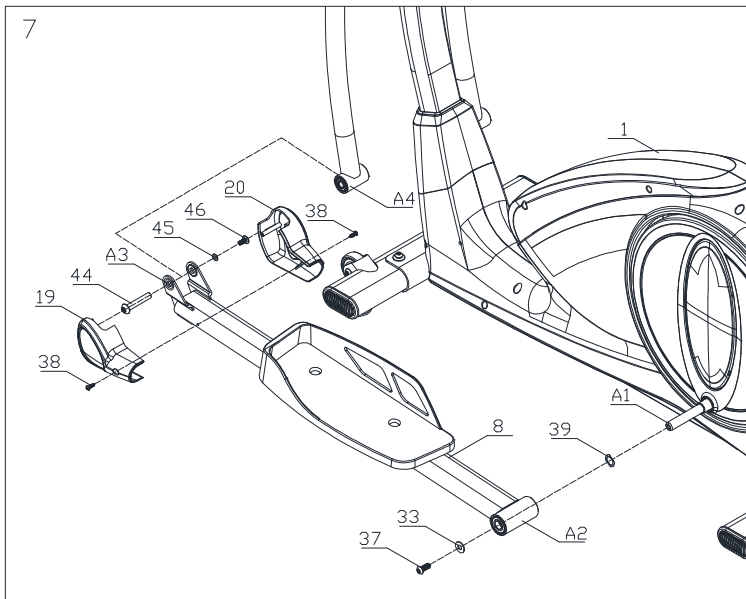
1. Attach the Pedal(L) 13 to the Pedal supporter(L/R)(8),tighten with carriage screw(41), Flat washer(42),and Knob (93).

2. Attach the Pedal(R)(14) to the Pedal supporter(L/R)(8) as the same way. Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



### Step 7:

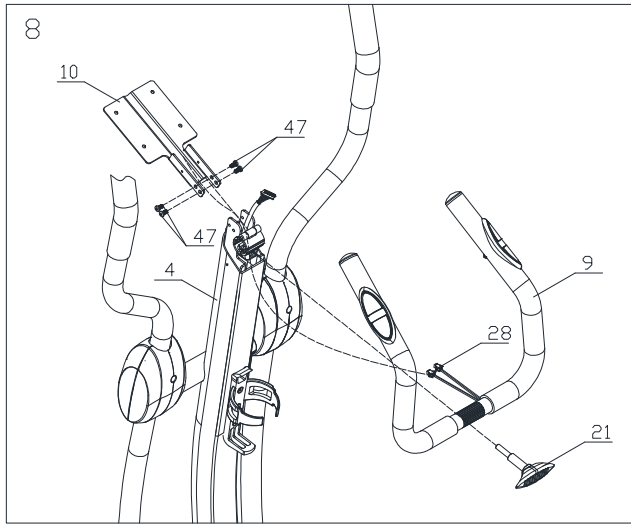
1. Attach the Wave spring washer(39) to the axle A1 of main frame(1), and attach the axle bushing A2 of Pedal supporter(L/R)(8) to the axle A1, tighten with the Flat washer (33) and Allen C.K.S. full thread screw(37).
2. Attach the U shape plate A3 of Pedal supporter(L/R)(8) to the axle bushing A4 of main frame(1), tighten with Allen C.K.S. hollow screw(44), Flat washer(45), and Allen C.K.S. full thread screw(46).
3. Attach the Body Arm cover 1(19) and Body Arm cover 2(20) to the Pedal supporter(L/R)(8), tighten with Philips C.K.S. self-tapping screw(35).
4. Install right pedal supporter(14) with the same way.



### Step 8:

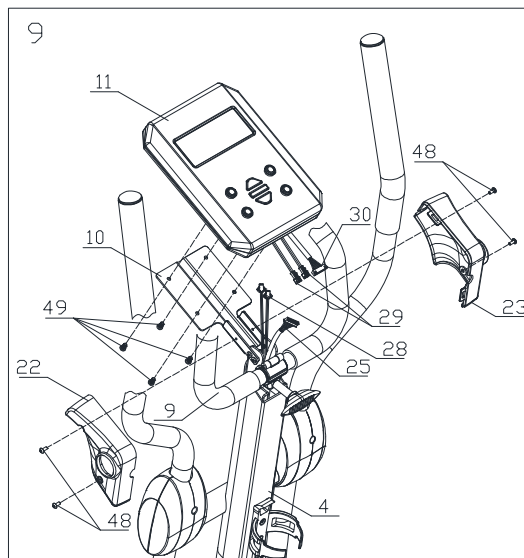
1. Handle pulse connection wire (28) through the Upright post(4), and attach the Handlebars(9) to Upright post(4), tighten with T-shaped rotary knob(21).
2. Attach Console fixed piece(10) to the Upright post(4), tighten with Philips C.K.S. full head screw(47).

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



**Step 9:**

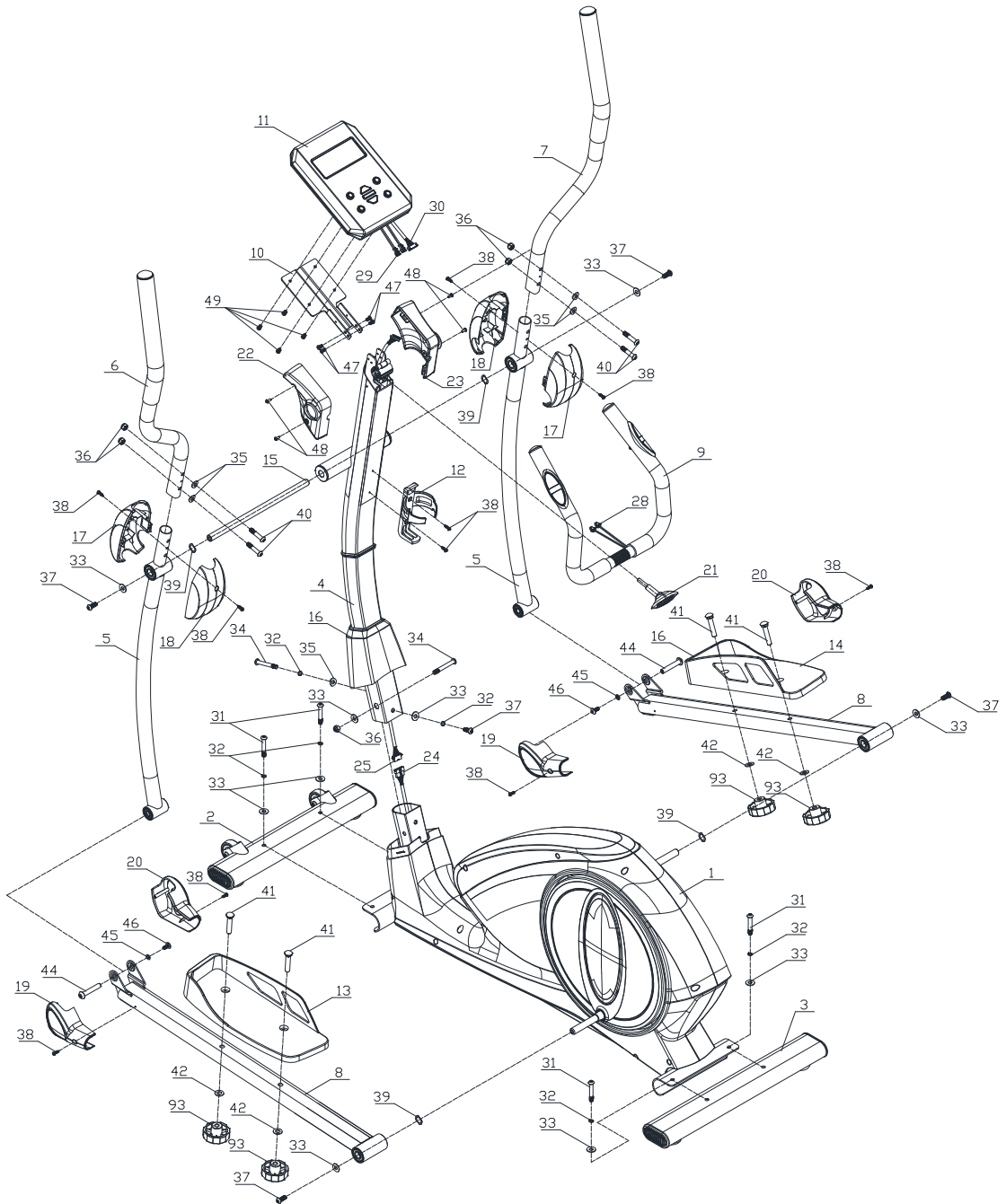
1. Connect the Console communication wire (25) and Console connection wire(30),connect the Handle pulse connection wire(28) and Console outlet(29).
  2. Attach the Console(11) to the Console fixed piece(10),tighten with Philips C.K.S. full head screw(49).
  3. Attach the Handlebar cover(L)(22) and Handlebar cover(R)(23) through the Handlebars(9) to the Upright post(4),tighten with Philips C.K.S. full head screw(48).
- Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



**Workout tips:**

- 1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout

# Half-drawing for assembly



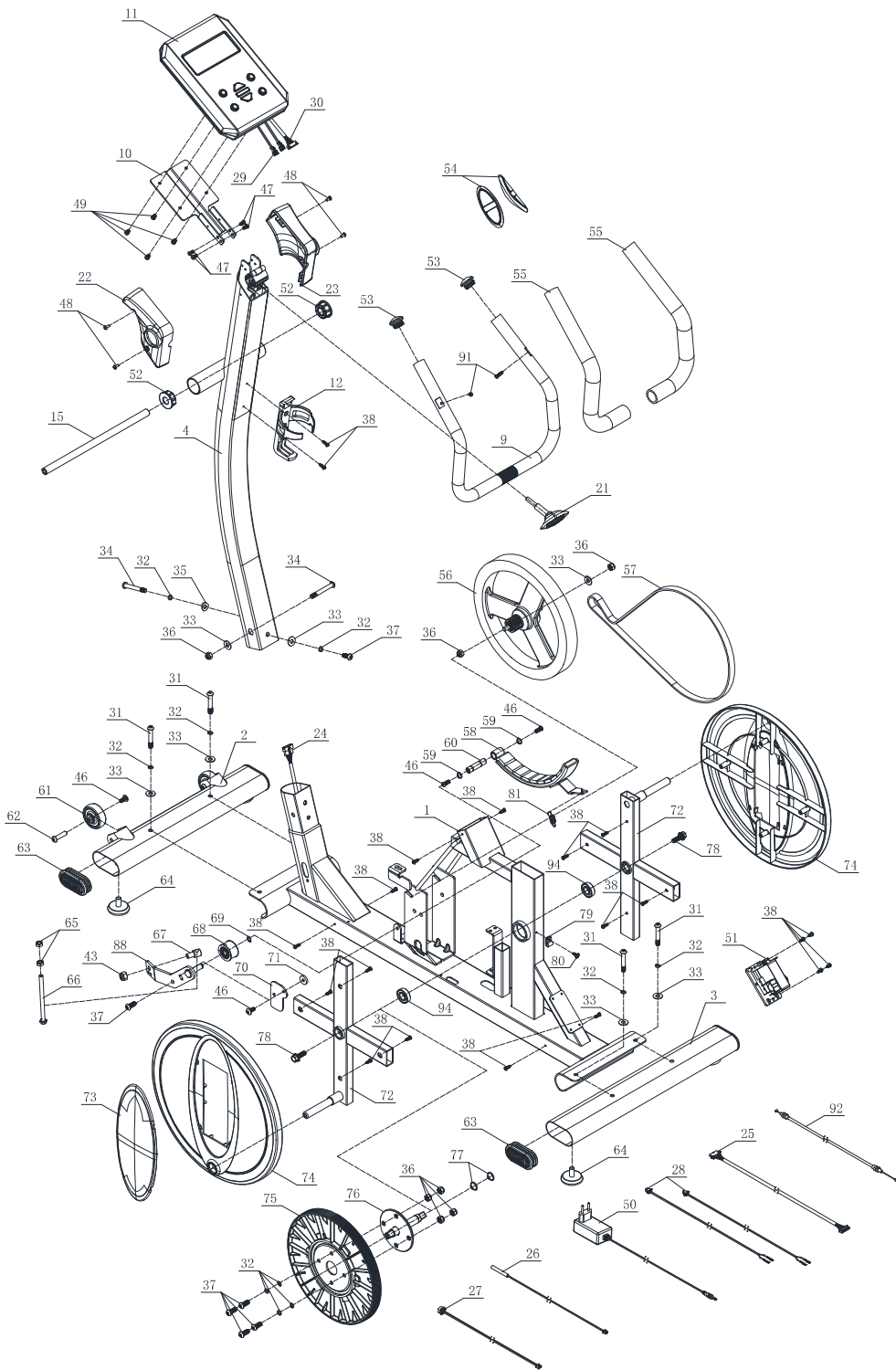
## Part list

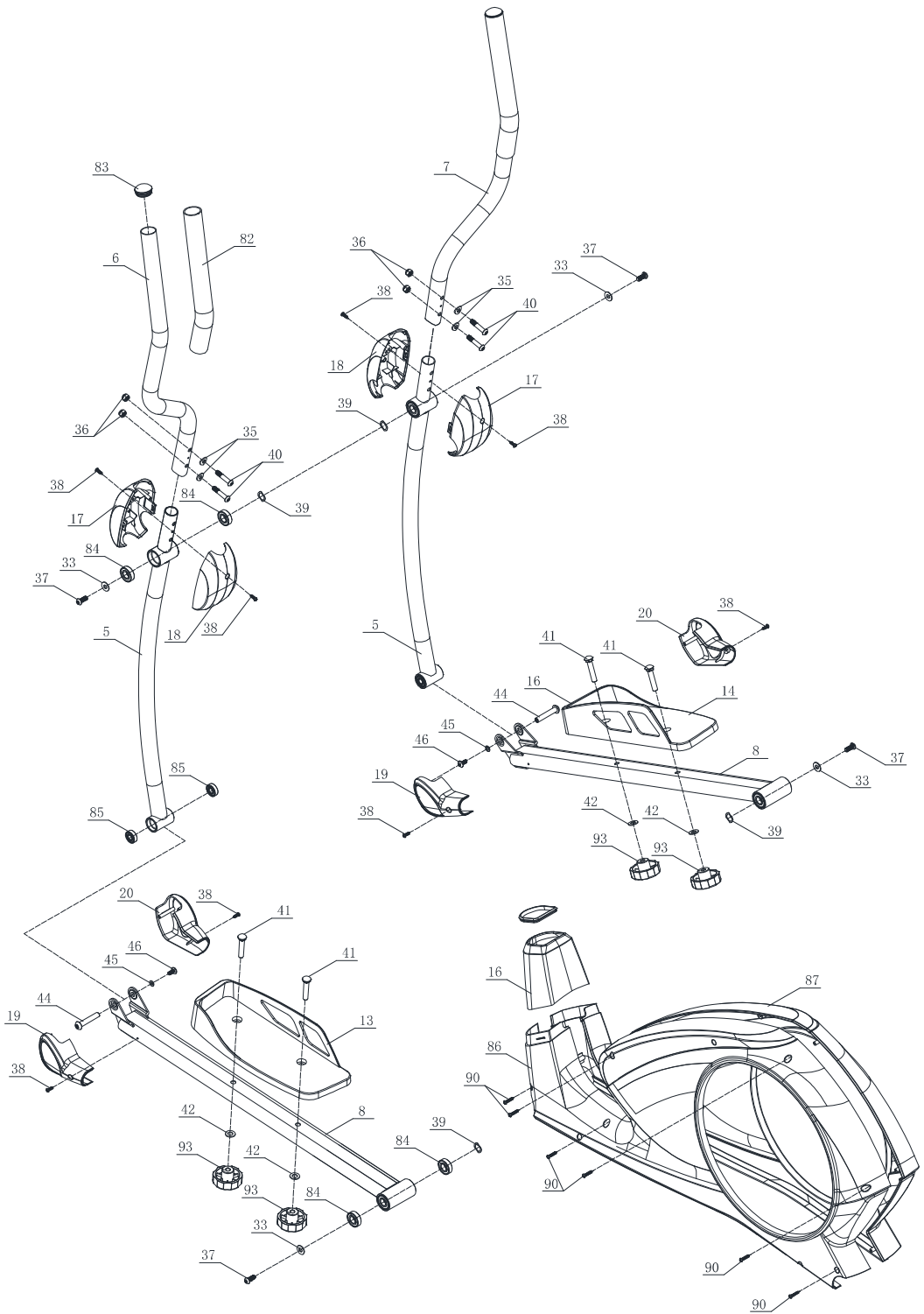
NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Saddle post		2
6	Body arm upper(L)		1
7	Body arm upper(R)		1
8	Pedal supporter(L/R)		2
9	Handle bar		1
10	Console fixed piece		1
11	Console		1
12	Bottle holder		1
13	Pedal(L)		1
14	Pedal(R)		1
15	Axle	$\Phi 15 \times 311.5$	1
16	Bottom stand post cover		1
17	Body Arm cover 1(Upper)		2
18	Body Arm cover 2(Upper)		2
19	Body Arm cover 1(Bottom)		2
20	Body Arm cover 2(Bottom)		2
21	T-shaped rotary knob	M8×30	1
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Motor communication wire		1
25	Console communication wire		1



NO.	NAME	SPECIFICATION	QTY
28	Handle pulse connection wire		2
29	Console connection wire		2
30	Console connection wire		1
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	6
33	Flat washer	Φ8.5×Φ20×t1.5	10
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Curved washer	Φ8.5×R25×t2.0	5
36	Hex self-locking nut	M8	5
37	Allen C.K.S. full thread screw	M8×20	5
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×55-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4
49	Philips C.K.S. full head screw	M5×10(black)	4
<b>93</b>	<b>Knob</b>		<b>4</b>

# Drawig for assembly





## Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Saddle post		2
6	Body arm(L)		1
7	Body arm(R)		1
8	Pedal supporter(L/R)		2
9	Handlebars		1
10	Console fixed piece		1
11	Console		1
12	Bottle holder		1
13	Pedal(L)		1
14	Pedal(R)		1
15	Axle	Φ15×311.5	1
16	Bottom stand post cover		1
17	Body Arm cover 1(Upper)		2
18	Body Arm cover 2(Upper)		2
19	Body Arm cover 1(Bottom)		2
20	Body Arm cover 2(Bottom)		2
21	T-shaped rotary knob	M8×30	1
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Motor communication wire		1
25	Console communication wire		1
26	Magnetic sensor		1
27	Power communication wire		1

<b>NO.</b>	<b>NAME</b>	<b>SPECIFICATION</b>	<b>QTY</b>
28	Handle pulse connection wire		2
29	Console connection output wire		2
30	Console connection input wire		1
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	10
33	Flat washer	Φ8.5×Φ20×t1.5	12
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Curved washer	Φ8.5×R25×t2.0	5
36	Hex self-locking nut	M8	12
37	Allen C.K.S. full thread screw	M8×20	10
38	Philips C.K.S. self-tapping screw	ST4×16	28
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
43	Hex locking nut	M10	1
44	Allen C.K.S. hollow screw	Φ10×55-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	7
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4
49	Philips C.K.S. full head screw	M5×10(black)	4
50	Power adapter		1
51	Motor		1
52	Body Arm bushing	Φ38×15.4	2
53	End cap	Φ25×t1.5	2
54	Handle pulse set		2
55	Foam	Φ22×t3.0×420	2

<b>NO.</b>	<b>NAME</b>	<b>SPECIFICATION</b>	<b>QTY</b>
56	Fly wheel set	Φ280/6kg	1
57	Motor belt	450PJ6	1
58	Magnetic fixed set		1
59	Circlip for shaft	Φ12	2
60	Magnetic control fixed axle	Φ12×50	1
61	Wheel	Φ55×25.8	2
62	Allen large hollow flat head bolts	Φ8×33×M6×15	2
63	End cap	PT40×80×t1.5	4
64	Foot pad	Φ47×10.5	2
65	Hexnut	M8	2
66	Allen C.K.S. full thread screw	M8×120	1
67	Idler connecting shaft	Φ15×30	1
68	Tension pulley	Φ43.5×25.5	1
69	Circlip for shaft	Φ10	1
70	Circlip shaft fixed piece 1		1
71	Circlip shaft fixed piece2		1
72	Crank set		2
73	Disc cover		2
74	Disc	Φ378.6×32	2
75	Belt pulley	Φ263.7×22.2	1
76	Crank axle	Φ17×111.3	1
77	Circlip for shaft	Φ17	2
78	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
79	Magnetic induction block		1
80	Philips C.K.S. self-tapping screw	ST4×12	1
81	Brake tension spring		1
82	Foam grip	Φ30×t3.0×350	2
83	Pipe plug	Φ32×t1.5	2

<b>NO.</b>	<b>NAME</b>	<b>SPECIFICATION</b>	<b>QTY</b>
84	Deep groove ball bearing	6002-2RS	8
85	Deep groove ball bearing	6000-2RS	4
86	Motor cover(L)		1
87	Motor cover(R)		1
88	Tension pulley		1
90	Philips C.K.S. Self-tapping screw	ST4×25	6
91	Philips C.K.S. Self-tapping screw	ST4×20	2
92	Brake wire		1
93	Knob		4
94	Deep groove ball bearing	6203-2RS	2

## Computer operation

### Display function

ITEM	DESCRIPTION
<b>TIME</b>	Display the time numerical value during exercise. Range 0:00 ~ 99:59
<b>SPEED</b>	Display the speed numerical value during exercise. Range 0.0 ~ 99.9
<b>DISTANCE</b>	Display the distance numerical value during exercise. Range 0.0 ~ 99.9
<b>CALORIES</b>	Display the burned calories during exercise. Range 0 ~ 999
<b>PULSE</b>	Display the pulse numerical value during exercises. Sound the alarm when over preset target pulse.
<b>RPM</b>	No group of rotation. Range 0 ~ 999
<b>WATTS</b>	Display the consumed power rate during exercise. Range 0 ~ 350
<b>MANUAL</b>	Manual Setting Mode
<b>PROGRAM</b>	Application Mode ( 12 programs for your choice.)
<b>USER</b>	User exercising mode. User set the resistance graphics.
<b>H.R.C.</b>	Target heart rate training mode.
<b>WATT</b>	Watt control training mode.

### Button function:

ITEM	DESCRIPTION
<b>Reset</b>	. Press the button in 2 seconds, computer will reboot and start from user setting. Press the button to return to the main menu in stop mode or setting the exercising numerical value.
<b>Body fat</b>	Test the body fat percentage, body mass index (BMI)
<b>Up</b>	Select the training mode, and increase numerical value
<b>Recovery</b>	Test heart rate recovery status.
<b>Down</b>	Select the training mode, and decrease numerical value
<b>Mode</b>	Confirm the setting value or choice.
<b>Start/ Stop</b>	Start or stop working.



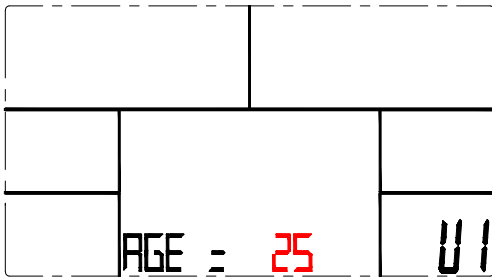
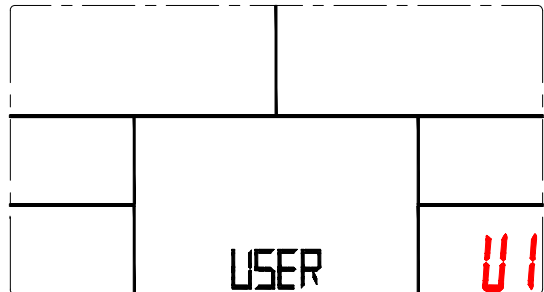
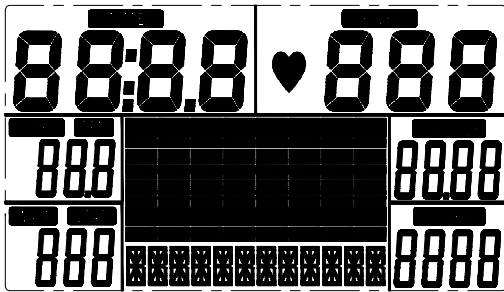
## Operation

Power on-

1. Plug in, speed meter will boot and LCD display for 2 seconds. Then show the wheel diameter value, and then enter the user setting mode (set U1 ~ U4 user group, age, gender, height, body weight).

4 minutes without pedals or heartbeat signal input, speed meter will enter power saving mode.

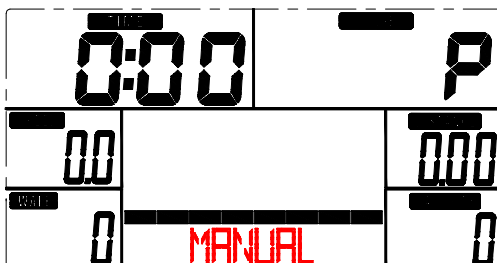
Press any key to wake up the speed meter.



## Manual Setting Mode

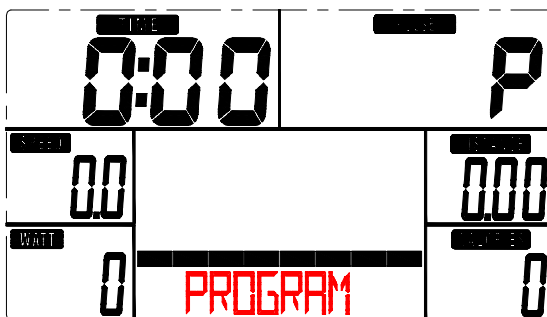
Under the main screen, press START/STOP button, it will enter into manual setting mode directly.

1. Press UP or DOWN to select sports program, select MANUAL and press MODE button to enter.
2. Press button to set TIME, DISTANCE, CALORIES, PULSE value, press MODE button to confirm.
3. Press START/STOP button to start.
4. During the exercise, press UP or DOWN button to resistance values (1 to 32).
5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



### Application training mode

1. Press UP or DOWN button to select exercising program, select the PROGRAM and press MODE button to enter. Choose P01 ~ P12 graphics, then press MODE button to confirm.
2. Press UP or DOWN button to set the time numerical value.
3. Press START/STOP button to start.
4. Press UP or DOWN button to set resistance values (1 to 32) during exercise.
5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



### User Program Training Mode

1. Press UP or DOWN button to select exercising program, select the USER PROGRAM and press MODE button to enter.
2. Press UP or DOWN button set resistance values of each field, press MODE button to enter the next set. (a total of 20 field need to set)
3. Press MODE button for 2 seconds to complete or exit.
4. Press UP or DOWN button to set the time value.
5. Press START/STOP button to start.
6. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.
7. Press UP or DOWN button to set resistance values (1 to 32).

### Heart Rate Control Training Mode

1. Press UP or DOWN button to select exercising program, select H.R.C. and press MODE button to enter.
2. Press UP or Down button to select: H.R.C. 55% H.R.C. 75% H.R.C. 90% or H.R.C.T AG (H.R.) (default: 100).
3. Press UP or DOWN button to set the time value.
4. Press START/STOP button to start or stop the setting. Press RESET button to return to the main display.
- 5.If there is no heartbeat signal during exercise, speed meter will stop and alarm to remind.



### WATT Control Training Mode

1. Press UP or DOWN button to select exercising program, select WATT and press MODE button to enter.
2. Press UP or DOWN button to set the target WATT value (the default value is 120). Press MODE button to confirm.
3. Press UP or DOWN button to set the time value during exercise.
4. Press START/STOP button to start or stop moving. Press RESET button to return to the main screen.
5. User can press UP or DOWN button to adjust WATT value during exercising.

### Heart Rate Recovery Status Test

1. After a period of time of exercising, the user needs to keep holding the hand grip, and press RECOVERY button to test.
2. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

- The LCD will display the heart rate recovery status by F1, F2... F6. F1 is the best status, and F6 is the worst. Then press RECOVERY button to return to the main display.
- During the test, press RECOVERY button again, the console will return to the previous display.

1.0	Best
1.0 < F < 2.0	Better
2.0 < F < 2.9	Good
3.0 < F < 3.9	normal
4.0 < F < 5.9	worse
6.0	worst

### BODY FAT Mode

- User can press BODY FAT button for BODY FAT testing when the bike doesn't work. Hold the handgrip tightly.
- The LCD will display "- - - - -". And then it will display body fat percentage, body mass index, obesity symbols after 8 seconds.
- It will show other symbols in following situations:

"E-1" shows that users do not put the thumb on the right position of the handgrip.

"E-4" shows that the body fat percentage and body mass index are beyond the range of the system setting.

- After the test, press BODY FAT button to return to the former setting and continue to exercise.

### B.M.I.:

B.M.I	Low	Low/Mid	Mid	Mid/High
Range	<20	20-24	24.1-26.5	>26.5

### BODY FAT:

Symbol	—	+	▲	◆
body fat percentage	Low	Low/Mid	Mid	Mid/High
Sex				
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

Note:

1. This speed meter requires the use of 9V, 500 mA or 9V, 1000 mA transformer.
2. 4 minutes after stop moving, speed meter will enter into power saving mode. All the settings and exercise values will be saved until next time.
3. The speed meter display abnormal, please pull out the transformer and insert again.

## **General fitness tips**

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

## **Warm-up / stretching exercises**

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the

following you will find stretching exercise instructions for warming up and cooling down.  
Please pay attention to the following points:

### **NECK EXERCISES**

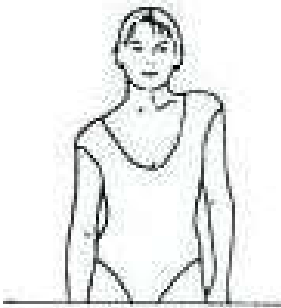
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

### **EXERCISES FOR THE SHOULDER AREA**

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

### **ARM STRETCHING EXERCISES**

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

### **EXERCISES FOR THE UPPER THIGH**

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

### **INSIDE UPPER THIGH**

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

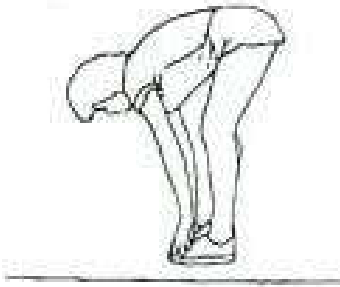


5

### **TOUCH TOES**

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.





6

### EXERCISES FOR THE KNEES

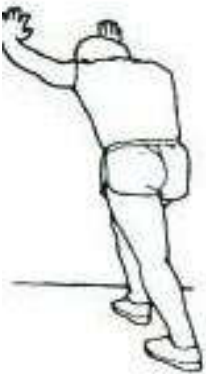
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

### EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



8