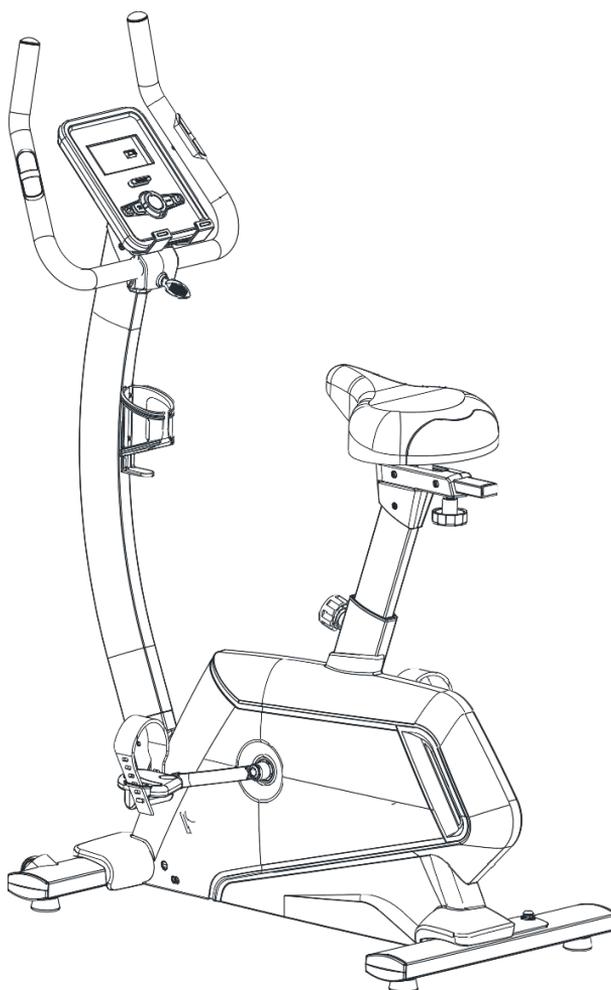


Owner's Manual



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

Version 2

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This exercise bike 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 exercise bike. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions. Use the exercise bike 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 exercise bike is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the exercise bike on a level surface, with at least 1.0 m of clearance on each side of exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
- ◆ Keep the exercise bike 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 exercise bike.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120 kg of weights. Please choose our other series of exercise bikes.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your exercise bike works abnormal, do not use it immediately.
- ◆ No more than one person should operate the exercise bike 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 exercise bike.

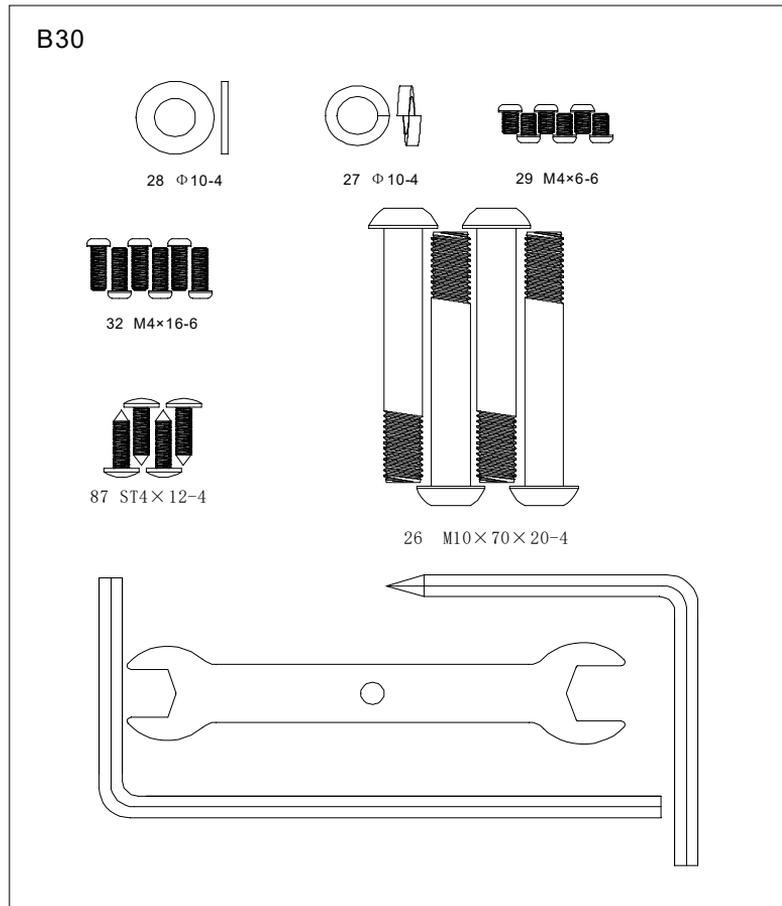
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcoma.
 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 exercise bike before using your exercise bike.

Pre-assembly Notes

Open the boxes:

Makesuretoinventoryallthepartsthatareincludedinthebox.Checkthehardwarechart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with thedealer.



NO.	NAME	SPECIFICATION	QUANTITTY
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Flat washer	Φ 10	4
28	Spring washer	Φ 10	4
29	Philips pan head full thread screw	M4×6	6
32	Philips pan head full thread screw	M4×16	6
87	Phillips C.K.S. self-tapping screw	ST4×12	4
	L-shaped wrench	5×80×80S	1
	L-shaped wrench	6×66×140	1
	Open-end wrench	t4.0×38×145	1

GATHER YOUR TOOLS

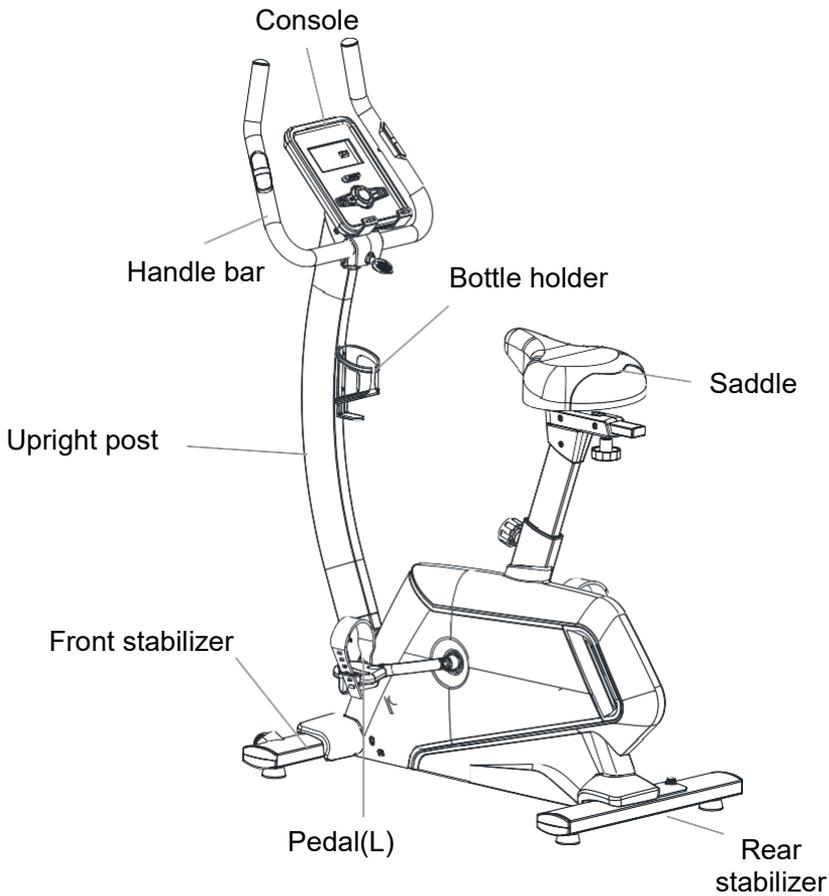
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

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

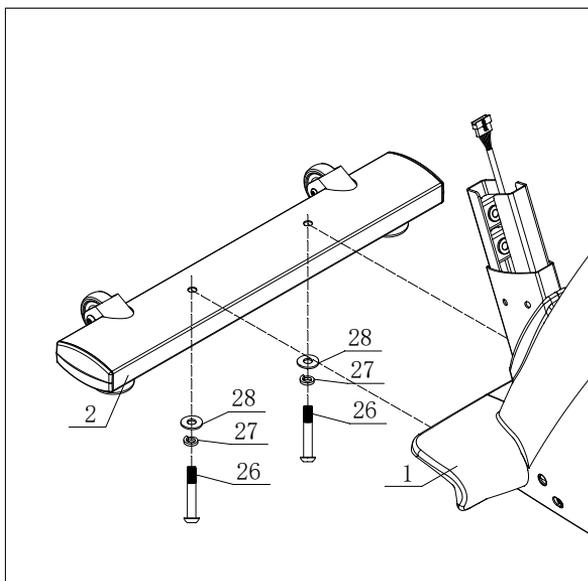
PRODUCT MODEL	B30
DIMENSION	Unfold: 1090x560x1490mm
MAX LOAD	150KG
SPEED RATIO	10.3
FLYWHEEL	Outer magnet with one way: $\Phi 280/9\text{kg}$
SADDLE UP&DOWN	10 level ,270 distance
SADDLE FRONT&BACK	70 distance

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

ASSEMBLY INSTRUCTIONS

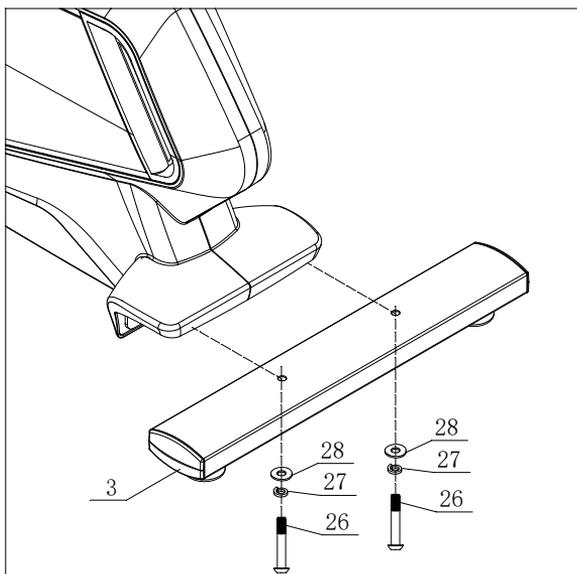
Step 1:

1. Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



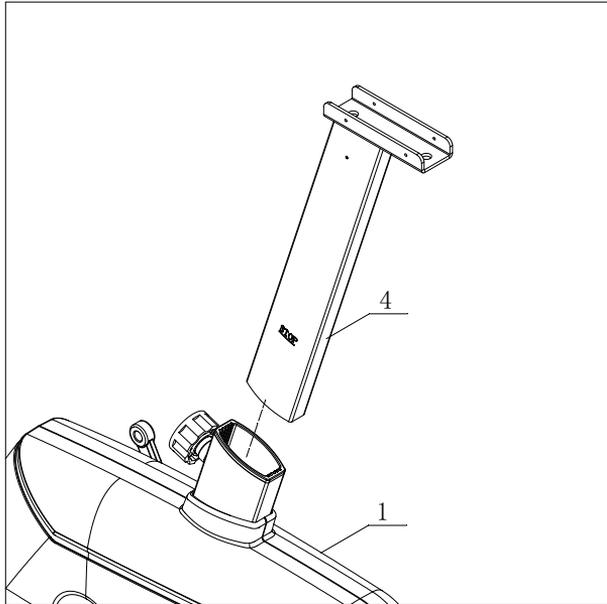
Step 2:

1. Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



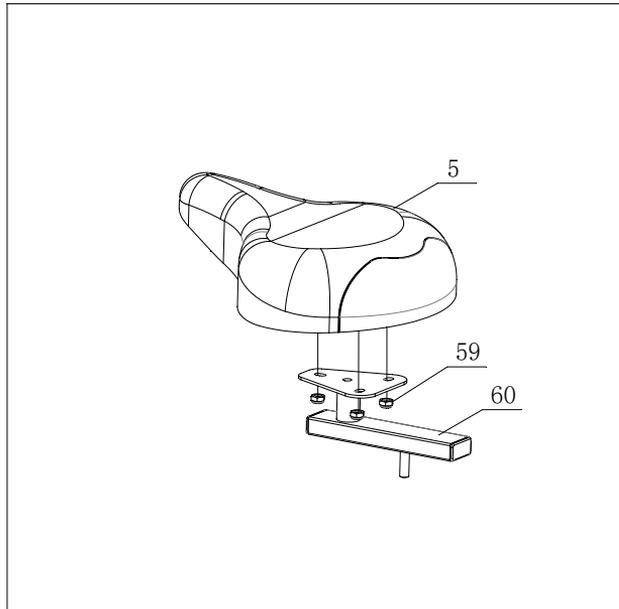
Step 3:

1. Attach saddle post(4)to the main frame(1) .



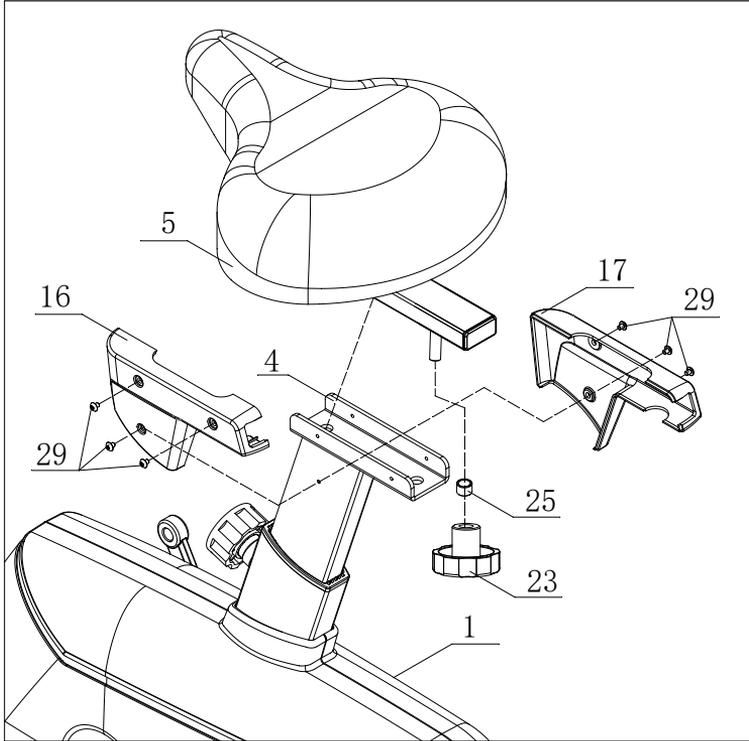
Step 4:

1. assemble Saddle(5) on Saddle adjustment (60), lock with Hex locking nut (59)



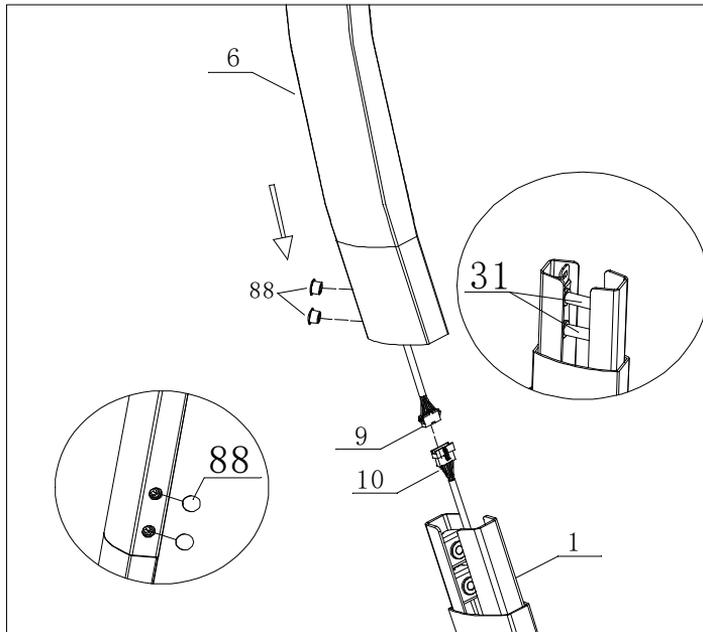
Step 5:

1. Attach saddles(5) to the saddle post(4) with bushing tube (25) and handle knobs(23).
2. Then attach saddle decoration cover (L)(16) and saddle decoration cover (R)(17) to saddle post(4) with Philips C.K.S. pan head full thread screw(29).



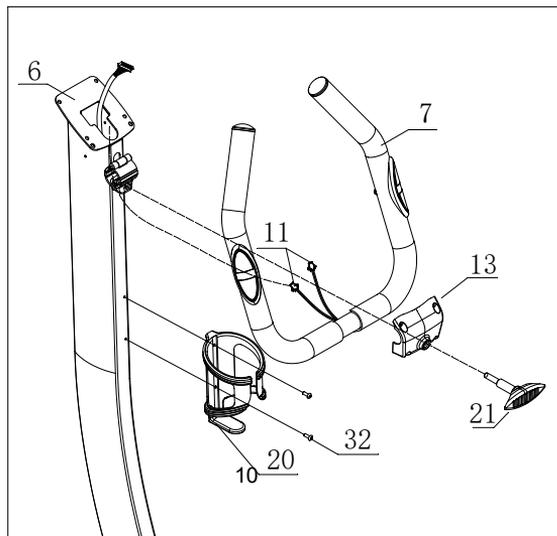
Step 6:

1. First, Allen flat end set bolt(31) has been preinstalled on Main frame(1) inside, please don't lock (31) temporarily.
2. Connect motor communication wire (10) and console communication wire(9).
Attach the upright post (6) to the main frame(1). Lock the Allen flat end set bolt (31) installed on the main frame, and cover the hole with hole plug (88) after the riser is fixed.
(Notice: the two screws of the upright post should be locked in turn until the riser is firmly locked. When finished tightening one screw, then start on the other screw in turn until tightened the upright post)



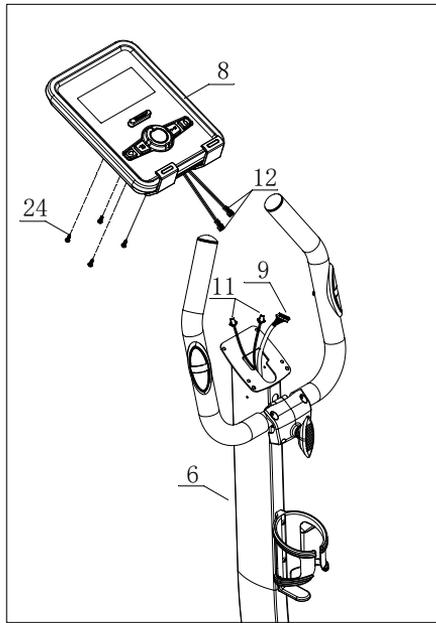
Step 7:

1. Fixed the handlebar(7). Through handle pulse connection wire(11) out of the upright post(6). Then through the T shape knob(21) out of the handlebar front cover (13). Rotate inside. Notice: T shape knob don't rotatetightly.
2. Attach bottle holder(20) to upper upright post(6) with Philips pan head full thread screw(32)



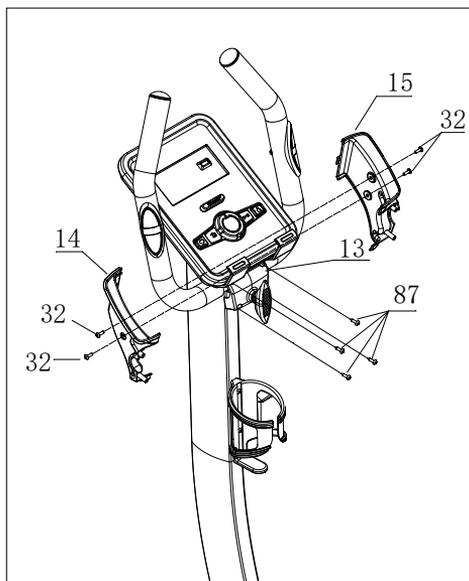
Step 8:

1. Connect console communication wire(9) with back hole of the console. Connect handle pulse connection wire (11) with console outlet(12).
2. Attach console(8) to upper upright post (6) with Philips C.K.S. full thread screw(24).



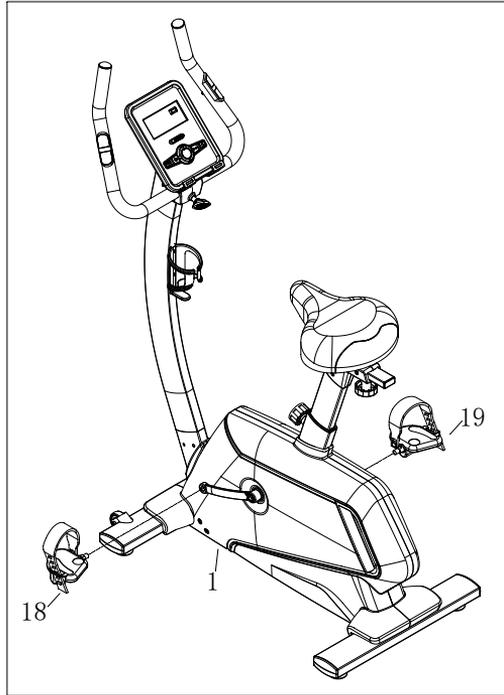
Step 9:

1. Attach the handlebar cover – left (14) and right (15) to the upper upright post (6) with Phillips pan head full thread screw(32)
2. Lock the handlebar front cover (13) with Phillips C.K.S. self-tapping screw(87).
3. Adjust the Pulse tube to the suitable position. Rotate T shape knob tightly.



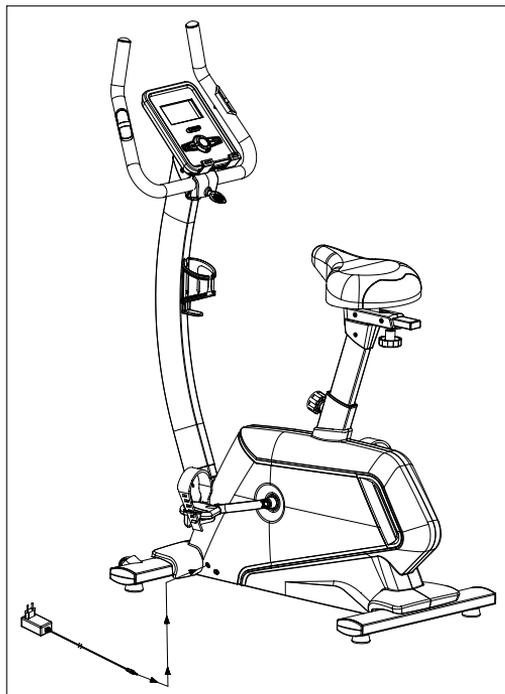
Step 10:

1. Attach the Pedal left (18) and right (19) to main frame(1). Lock them.



Step 11:

1. Insert the power pugs into power hole as shown below. Assembling finished.



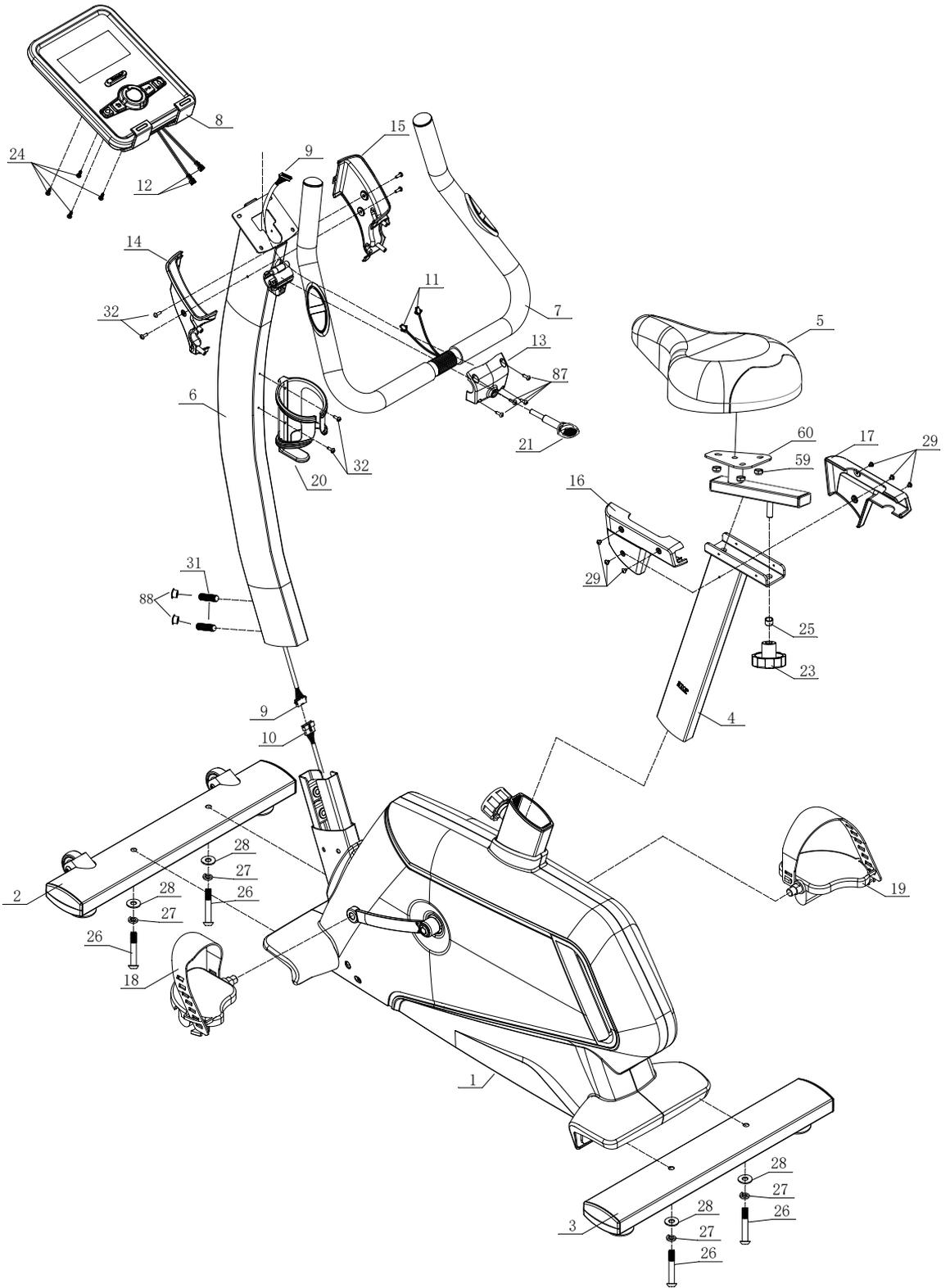
Workout tips:

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

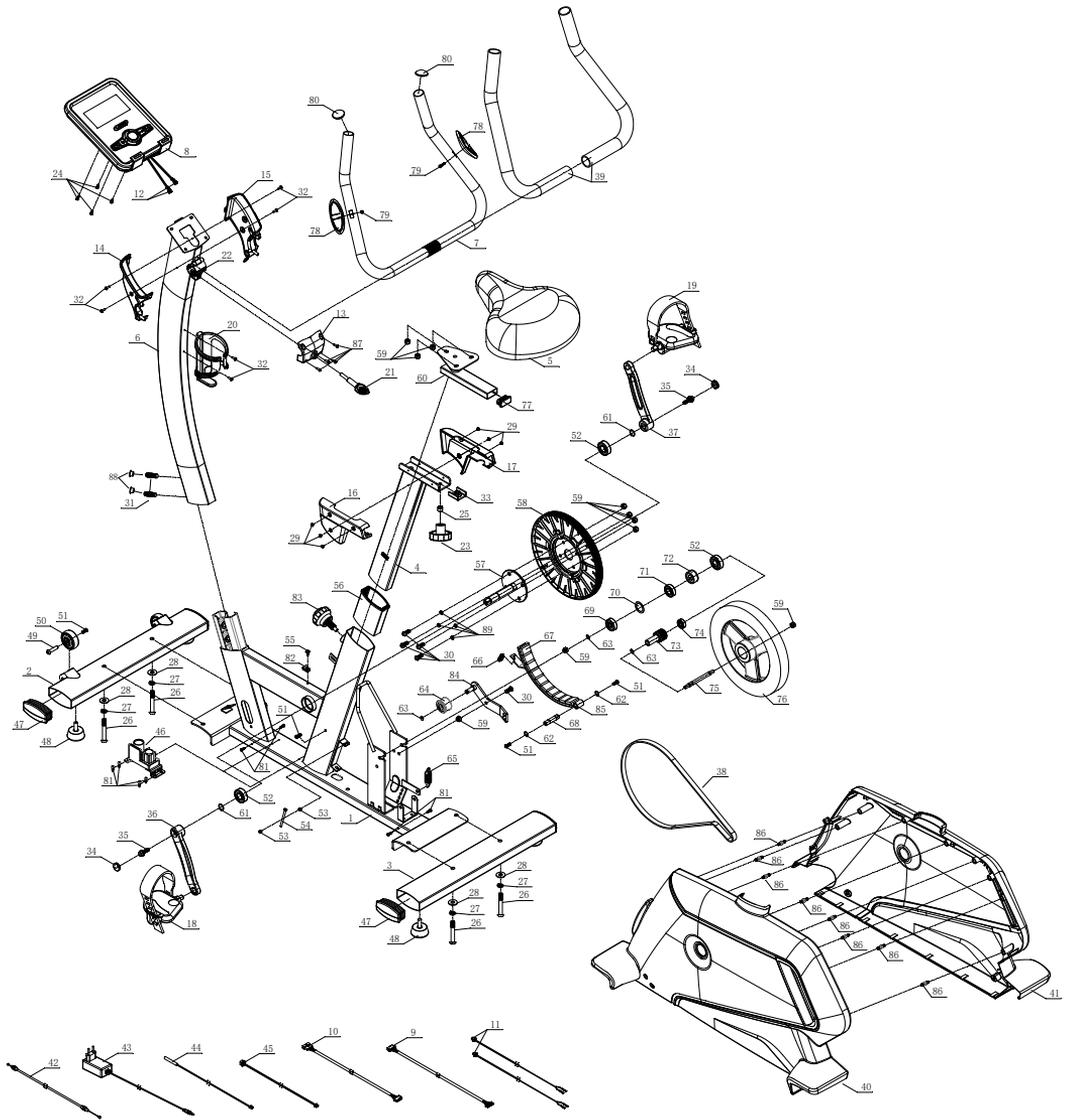
Half-drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper upright post		1
7	Handlebar post		1
8	Console		1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outlet		1
13	Handlebar front cover	89×73.5×35	1
14	Handlebar cover (L)	176.5×53.2×117.5	1
15	Handlebar cover (R)	176.5×53.2×117.5	1
16	Saddle cover(L)	195×28.5×111.8	1
17	Saddle cover(R)	195×31.5×111.8	1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
23	Handlebar rotary knob		1
25	Bushing tube	Φ25×Φ19×60	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Curved washer	Φ10.5×R128×t1.5	4
29	Philips pan head full thread screw	M4×6	6
31	Allen flat end set bolt	M12*60	2
32	Philips pan head full thread screw	M4×16	6
59	Hex locking nut	M8	3
60	Saddle adjustment		1
87	Phillips C.K.S. self-tapping screw	ST4×12	4

Drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper Upright post		1
7	Handlebars		1
8	Console		1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outset		1
13	Handlebar front	89×73.5×35	1
14	Handlebar cover-Left	176.5×53.2×117.5	1
15	Handlebar cover-Right	176.5×53.2×117.5	1
16	Saddle cover(L)	195×28.5×111.8	1
17	Saddle cover(R)	195×31.5×111.8	1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
22	Handlebar clamp ring		1
23	Handlebar rotary knob		1
24	Philips C.K.S. self-tapping screw	M5×10	4
25	Bushing tube	Φ25×Φ19×60	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Curved washer	Φ10.5×R128×t1.5	4
29	Philips pan head full thread screw	M4×6	6
30	Allen C.K.S. full thread screw	M8×20	5
31	Allen flat end set bolt	M12*60	2

32	Phillips pan head full thread screw	M4×16	6
33	Saddle locking piece		1
34	Crank cover	Φ23×6×M22×P1.0	2
35	Hex flange full thread screw	5/16-18UNC-1"	2
36	Crank(L)		1
37	Crank(R)		1
38	Motor belt	440PJ6	1
39	Foam grip	Φ 32×t3.0×600	2
40	Motor cover - left	974.8×78.7×575.3	1
41	Motor cover - right	974.8×83.2×575.3	1
42	Brake line	L-	1
43	Power adapter	240V	1
44	Magnetic sensor		1
45	Power communication wire		1
46	Magnet motor		1
47	End cap	45×90×t1.5	4
48	Feet pad	Φ49×22×M10×26	4
49	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
50	Wheels	Φ54.5×23.5	2
51	Allen C.K.S. full thread screw	M6×15	5
52	Deep groove ball bearing	6203-2RS	3
53	Hex nut	M5	2
54	Hex full head screw	M5×60	1
55	Philips washer head end-cutting and self-tapping bolt	ST4×12	1
56	Saddle post bushing	115×90×45	1
57	Crank axis	Φ17×150	1
58	Belt pulley	Φ263×22	1
59	Hex locking nut	M8	10
60	Saddle adjustment		1
61	Circlip for shaft	Φ17	2
62	Circlip for shaft	Φ12	2
63	Circlip for shaft	Φ10	3

64	Tension wheel	Φ38×22	1
65	Tension spring	Φ18×Φ2.0×16	1
66	Brake tension spring	Φ11.5×Φ1.2×13	1
67	Square magnet	30×25×t12	10
68	Magnetic control axis	Φ12×50	1
69	Deep groove ball bearing	6300-2RS	1
70	Flat washer	Φ34×Φ25×t1.0	1
71	Deep groove ball bearing	6003-2RS	1
72	One-way kingpin ball bearing	Φ35×Φ17×16	1
73	Small belt pulley	Φ30×64	1
74	Deep groove ball bearing	6000-2RS	1
75	Flywheel axis	Φ10×114.5	1
76	Flywheel	Φ280	1
77	Square pipe plug	20×40×t1.5	1
78	Handle pulse		2
79	Philips C.K.S. self-tapping screw	ST4×20	2
80	Round pipe plug	Φ 28×t1.5	2
81	Philips C.K.S. self-tapping screw	ST4×16	8
82	Fixed magnet		1
83	Rotary hand bolt	Φ 9×M16×P1.5×83	1
84	Fixed tension wheel		1
85	Magnet		1
86	Plastic bolt	Φ 9×Φ 6.1×27	6
87	Philips C.K.S. self-tapping screw	ST4×12	4
88	Hole plug	Φ 15	2
89	Spring washer	Φ 8	4

Button function:

Button	Description
Up (Encoder)	Increase resistance Set the option
Down (Encoder)	Decrease resistance Set the option
Mode / Enter	Confirm Settings and selections.
Reset	Press this button for 2 seconds to restart the console and start from the user Settings screen. Return to the main page in set or pause mode.
Start/ Stop	Start or stop the movement.
Recovery	Test the heartbeat recovery status.
Body Fat	In pause mode, press this button to start testing body fat

DISPLAY FUNCTIONS :

project	Description
TIME	progressive increase – while without setting, Time start counting from 00:00, when reach the maximum 99:59, add 1 min every time. decrease progressively – while there is a setting, Time start counting down from setting number to 00:00 increase or decrease 1 min every time, the range is within 00:00~99:00.
SPEED	Display current speed. The maximum is 99.9km/h or mph.
RPM	Display the RPM per minute, the displaying range is 0~15~999.
DISTANCE	Add up the total distance from 0.00 up to 99.99 km or mi.Users can press the UP/DOWN key to set the target distance in advance. Increase or decrease 1 km or mile at a time, ranging from 0.00 to 99.00
CALORIES	Calculate the cumulative calories consumed during exercise, ranging from 0 to 9999 calories. (This data is only for comparison between different sports and should not be used for medical treatment.) Increase or decrease by 1CAL at a time, ranging from 0 to 9990
PULSE	The user can set the target heartbeat value, ranging from 0-30 to 230;if the user's actual heartbeat exceeds the target heartbeat value during exercise, the buzzer will alarm.
WATTS	Displaying the current watts, ranging from 0 to 999.
MANUAL	Manual control mode

BEGINNER	4 programs for option
ADVANCE	4 programs for option
SPORTY	4 programs for option
CARDIO	Exercise your cardio function
WATT PROGRAM	Watt constant training mode.
USER PROGRAM	Users create resistance level patterns

OPERATION:

POWER ON

Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(FIG. 1).

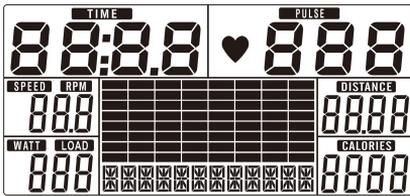


FIG. 1

Motion mode selection

Press UP or DOWN (Encoder) to select manual mode (FIG. 2) → beginner mode (FIG. 3) → advanced mode (FIG. 4) →athlete mode (FIG. 5) →cardiopulmonary exercise (FIG. 6) → WATT(FIG. 7) →user program (FIG. 8).

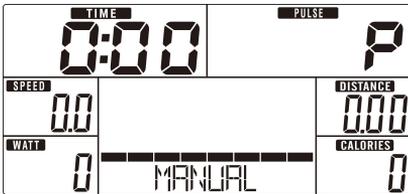


FIG. 2

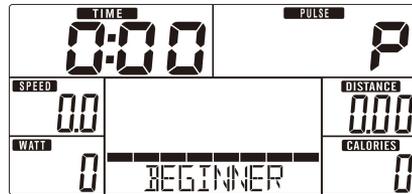


FIG.3

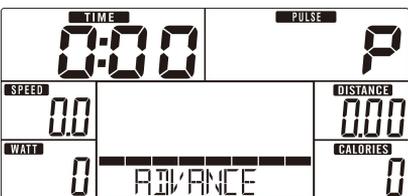


FIG. 4



FIG. 5



FIG. 6

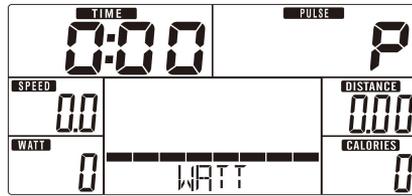


FIG. 7

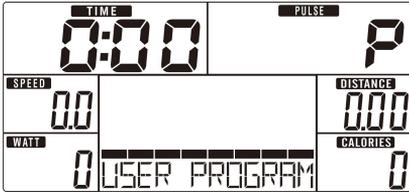


FIG. 8

manual mode

Press the "START" button on the home page to enter the manual mode and START the movement.

1. Press UP or DOWN (Encoder) to select the motion program, select Manual, and press MODE/ENTER to confirm entry.
Press UP or DOWN (Encoder) to set time (Figure 9), distance (Figure 10), calories (Figure 11), heartbeat (Figure 12) and MODE/ENTER
2. Confirm the entry.
3. Press the START/STOP keys to START the movement. The user can also press UP or DOWN (Encoder) to adjust the resistance level during the movement. The resistance level is displayed in the watt window. If not adjusted for 3 seconds, the meter will switch to the watt value (Figure 13).
4. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

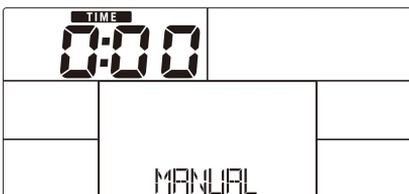


FIG. 9

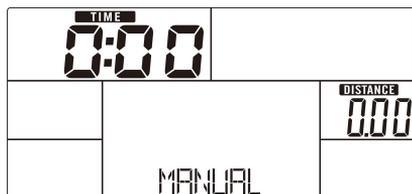


FIG. 10

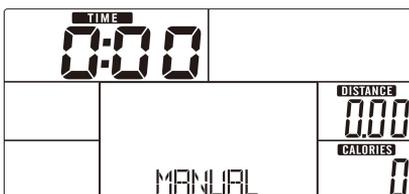


FIG.11

FIG.12

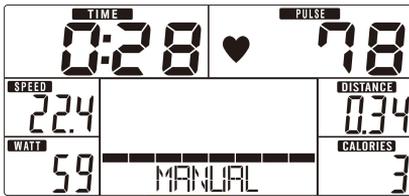


FIG.13

Beginner mode

1. Press UP or DOWN ((Encoder) to select the exercise program, select Beginner Mode and press Mode/ENTER to confirm the entry.
2. Press UP or DOWN (Encoder) to select beginner MODE 1 to 4 (Figure 14) and press MODE/ENTER to confirm entering.
3. Press UP or DOWN (Encoder) to set the movement time.
4. Press START/STOP to START the movement. The user can also press UP or DOWN (Encoder) to adjust the resistance level during the movement.
5. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

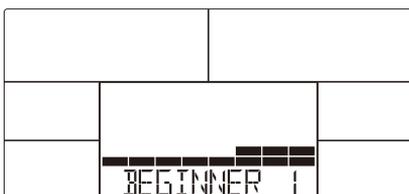


FIG. 14

Advanced mode

1. Press UP or DOWN (Encoder) to select the motion program, select Advance Mode and press Mode/ENTER to confirm entering.
2. Press UP or DOWN (Encoder) to select advanced modes 1 to 4 (Figure 15) and press MODE/ENTER to confirm entering.
3. Press UP or DOWN (Encoder) to set the movement time..
4. Press START/STOP to START the movement. The user can also press UP or DOWN (Encoder) to adjust the resistance level during the movement.

5. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

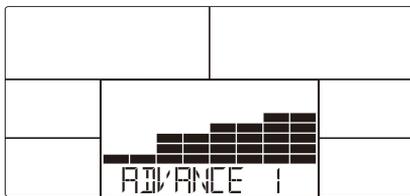


FIG. 15

Athlete mode

1. Press UP or DOWN (Encoder) to select the sports program, select Sporty Mode and press Mode/ENTER to confirm entering.
2. Press UP or DOWN (Encoder) to select player modes 1 to 4 (Figure 16) and press MODE/ENTER to confirm entering.
3. Press UP or DOWN (Encoder) to set the movement time.
4. Press START/STOP to START the movement. The user can also press UP or DOWN (Encoder) to adjust the resistance level during the movement.
5. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

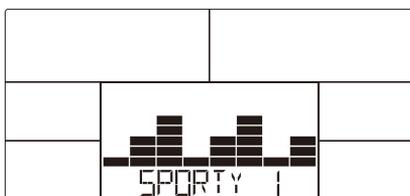


FIG. 16

Exercise cardio pattern

1. Press UP or DOWN (Encoder) to select the motion program, select H.R.C and press MODE/ENTER to confirm entry.
2. Press UP or DOWN (Encoder) to set the age of exercise (Figure 17).

3. Press UP or DOWN (Encoder) to select 55% (Figure 18), 75%, 90% or TAG (target heart rate)(default: 100).
4. Press UP or DOWN (Encoder) to set the movement time.
5. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

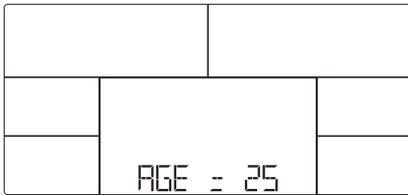


FIG. 17



FIG. 18

Watt model

1. Press UP or DOWN ((Encoder) to select the motion program, select WATT and press MODE/ENTER to confirm entering.
2. Press UP or DOWN ((Encoder) to set the target WATT value (default: 120, Figure 19).
3. Press UP or DOWN (Encoder) to set the movement time.
4. Press START/STOP to START the movement. The user can also adjust the WATT level by pressing UP or DOWN (Encoder) during the movement.
5. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.



FIG. 19

User program mode

1. Press UP or DOWN ((Encoder) to select the motion Program, select User Program Mode and press Mode/ENTER to confirm entering.
2. Press UP or DOWN (Encoder) to select U1-U4.
Press UP or DOWN (Encoder) to create the user profile (Figure 20). There are 20 items in total, and the user can adjust each resistance level. In the setup process
3. The user can long press MODE/ENTER 2 seconds to leave this program.

4. Press UP or DOWN (Encoder) to set the movement time.
5. Press the START/STOP keys to START the movement. The user can also adjust the WATT level by pressing UP or DOWN (Encoder) during the movement.
6. Press the START/STOP keys to START or STOP the movement. Press the RESET button to return to the main page.

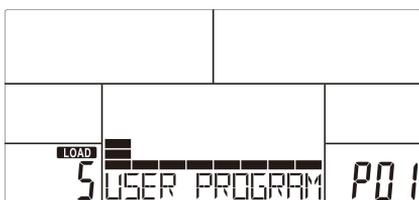


FIG. 20

Recovery mode

After exercising for a period of time, keep both hands in hand grip or wear chest strap and press the RECOVERY button. All functions display stops except "TIME" starts counting down from 00:60 to 00:00 (Figure 21). Then the screen will show the heartbeat recovery status, F1, F2...F6 shows that F1 is the best and F6 is the worst (Figure 22). Users can keep exercising to improve the heartbeat recovery ability. (Press RECOVERY again to return to the main page)

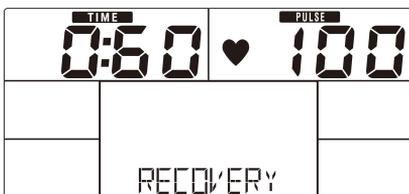


FIG. 21



FIG. 22

Body fat model

1. In pause mode, press the BODY FAT key to start the BODY FAT test
2. Press UP or DOWN (Encoder) to select U1-U4.
3. The spreadsheet will display the user's gender (Figure 23), height, weight and start the test.

4. During the test, the user must hold the handle with both hands. And the LCD will display " = " " = " (Figure 24) for 8 seconds until the test is complete.

5. The LCD will display the body FAT recommendation symbol, BMI (Figure 25) and FAT % (Figure 26) for 30 seconds.

6. Error message:

*E-1 -- No heart rate signal was detected.

*E-4 -- Body fat percentage and body mass index below 5 or over 50 (Figure 27).

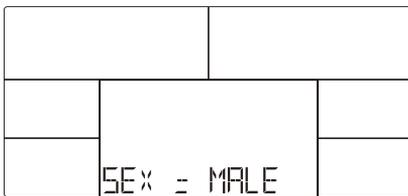


FIG 23

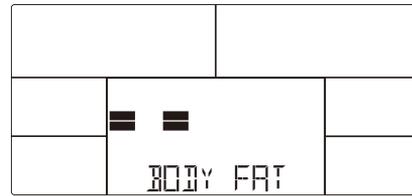


FIG 24

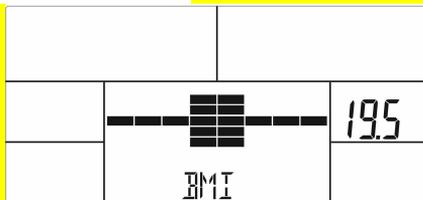


FIG 25

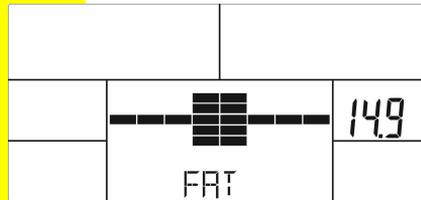


FIG 26

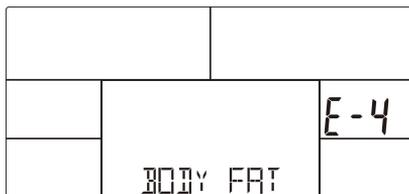


FIG 27

Notes:

1. If no movement or heartbeat signal is input within 4 minutes, the electronic watch is put into hibernation mode. Press any key to wake up the electronic watch.

2. If the display of the electronic meter is abnormal, remove the power supply and reinsert it.

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:

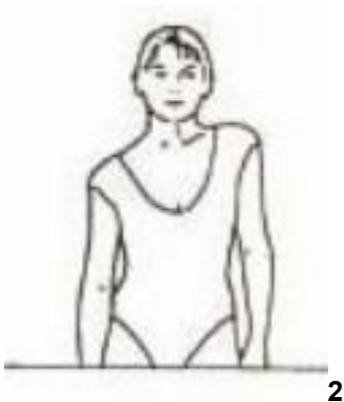
NECK EXERCISES

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.



EXERCISES FOR THE SHOULDER AREA

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



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.



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.



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.



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.



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.



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.

