

OWNER'S MANUAL
RETAIN FOR FUTURE REFERENCE
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MODEL NUMBER: 50551

SERIAL NUMBER:



APPLICATION STANDARD



ASSEMBLY
OPERATING INSTRUCTIONS
CONDITIONING GUIDELINES
WARRANTY
SERVICE



EVO SEDONA Home Gym

For future service or related questions.

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your EVO home gym.

Name:

Phone Number:

Receipt:

Open the boxes

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions contact your local Smooth Retailer.

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

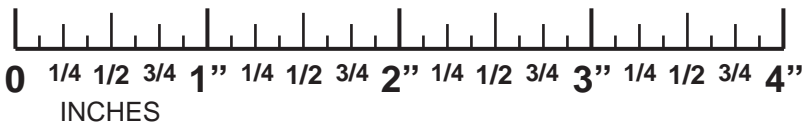
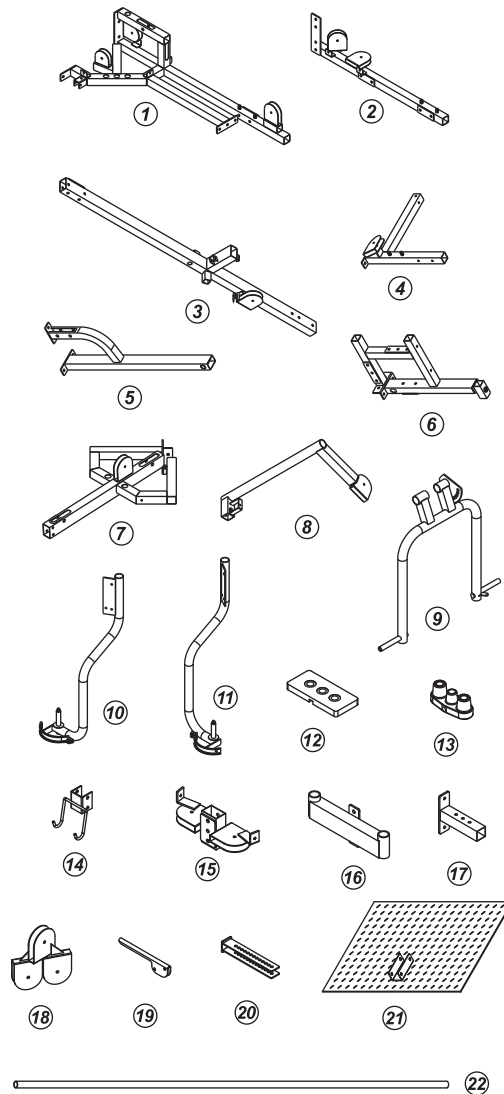
Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is flat, level and 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.

Invite a friend

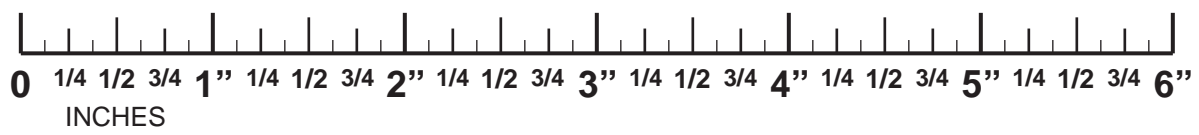
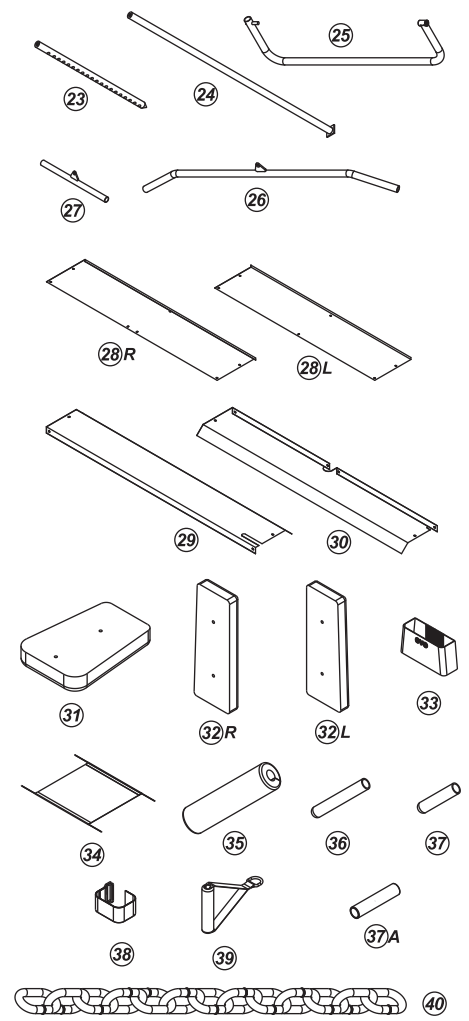
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.








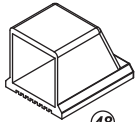















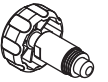

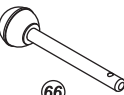


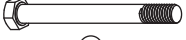


NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	BASE FRAME	1	50551-01
2	SIDE BASE	1	50551-02
3	UPRIGHT	1	50551-03
4	SQUAT BASE	1	50551-04
5	SQUAT SUPPORT	1	50551-05
6	PEC DEC BASE	1	50551-06
7	TOP FRAME	1	50551-07
8	SQUAT LEVER	1	50551-08
9	SQUAT ARM	1	50551-09
10	RIGHT PEC DEC ARM	1	50551-10
11	LEFT PEC DEC ARM	1	50551-11
12	WEIGHT PLATE	19	50551-12
13	TOP WEIGHT PLATE	1	50551-13
14	LAT BAR HOLDER	1	50551-14
15	PEC DEC PULLEY BLOCK	1	50551-15
16	PEC DEC SUPPORT	1	50551-16
17	ADJ BACK	1	50551-17
18	THREE-PULLEY BLOCK	1	50551-18
19	ADJUSTER LEVER	1	50551-19
20	FLOATING PULLEY BLOCK	2	50551-20
21	FOOT PLATE	1	50551-21
22	GUIDE ROD	2	50551-22

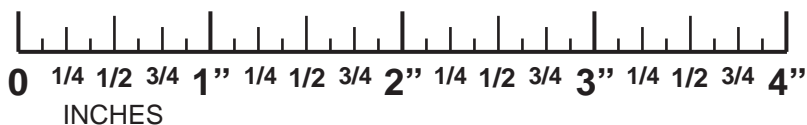


A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
23	SELECT ROD	1	50551-23
24	SQUAT AXLE	1	50551-24
25	SQUAT	1	50551-25
26	LAT BAR	1	50551-26
27	CURL BAR	1	50551-27
28R	REAR-RIGHT GUARD	1	50551-28R
28L	REAR-LEFT GUARD	1	50551-28L
29	RIGHT GUARD	1	50551-29
30	LEFT GUARD	1	50551-30
31	SEAT / BACK PAD	2	50551-31
32R	RIGHT ELBOW PAD	1	50551-32R
32L	LEFT ELBOW PAD	1	50551-32L
33	BAND	1	50551-33
34	FOAM BINDER	1	50551-34
35	SQUAT FOAM PAD	1	50551-35
36	1" X 8" HAND GRIP	2	50551-36
37	1" X 5-1/2" HAND GRIP	2	50551-37
37A	1" FOAM TUBE	2	50551-37A
38	ANKLE STRAP	1	50551-38
39	SINGLE HANDLE	1	50551-39
40	LINK CHAIN	1	50551-40

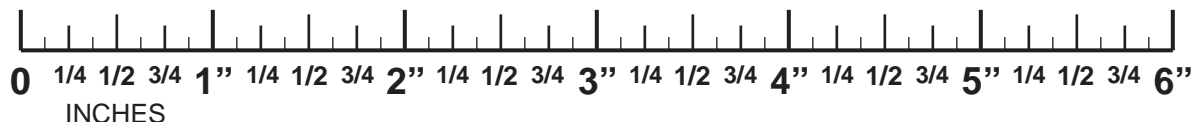
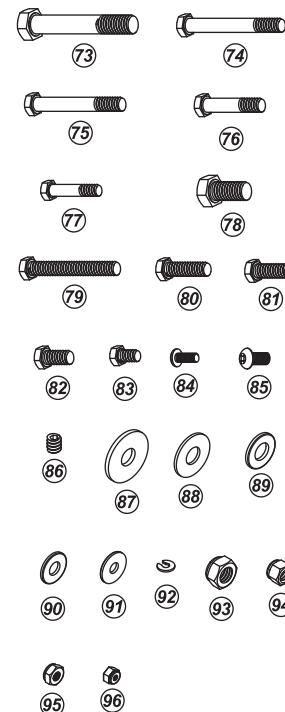


NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER	
41	ADJ CABLE	1	50551-41	
42	TOP CABLE	1	50551-42	
43	PEC DEC CABLE	1	50551-43	
44	LOWER CABLE	1	50551-44	
45	CONNECT CABLE	1	50551-45	
46	4-3/8" PULLEY	20	50551-46	
47	3-1/2" PULLEY	3	50551-47	
48	2" SQ END CAP	3	50551-48	
49	1-3/4" SQ END PLUG	3	50551-49	
50	2" SQ END PLUG	4	50551-50	
51	2" ROUND END PLUG	4	50551-51	
52	2" X 3" RECT END CAP	4	50551-52	
53	1-1/2" END CAP	1	50551-53	
54	STEEL BUSHING (LARGER)	6	50551-54	
55	CAP FOR NUT	3	50551-55	
56	HOOKUP	3	50551-56	
57	RUBBER DOUGHNUT	2	50551-57	
58	STOPPER	2	50551-58	
59	1-1/4" ROUND PLUG	1	50551-59	
60	1" PLASTIC BUSHING	4	50551-60	
61	1" STEEL BUSHING (SMALL)	4	50551-61	
62	3/8" X 5/8" BUSHING	10	50551-62	
63	ADJ STOPPER	1	50551-63	
64	QUICK RELEASE	1	50551-64	
65	POP PIN	1	50551-65	
66	SELECT PIN	1	50551-66	
67	TOP PLATE BOLT	1	50551-67	
68	RUBBER RING	2	50551-68	
69	1/2" X 5" HEX HEAD BOLT	2	50551-69	
70	1/2" X 4-1/4" HEX HEAD BOLT	2	50551-70	
71	1/2" X 3-1/8" HEX HEAD BOLT	16	50551-71	

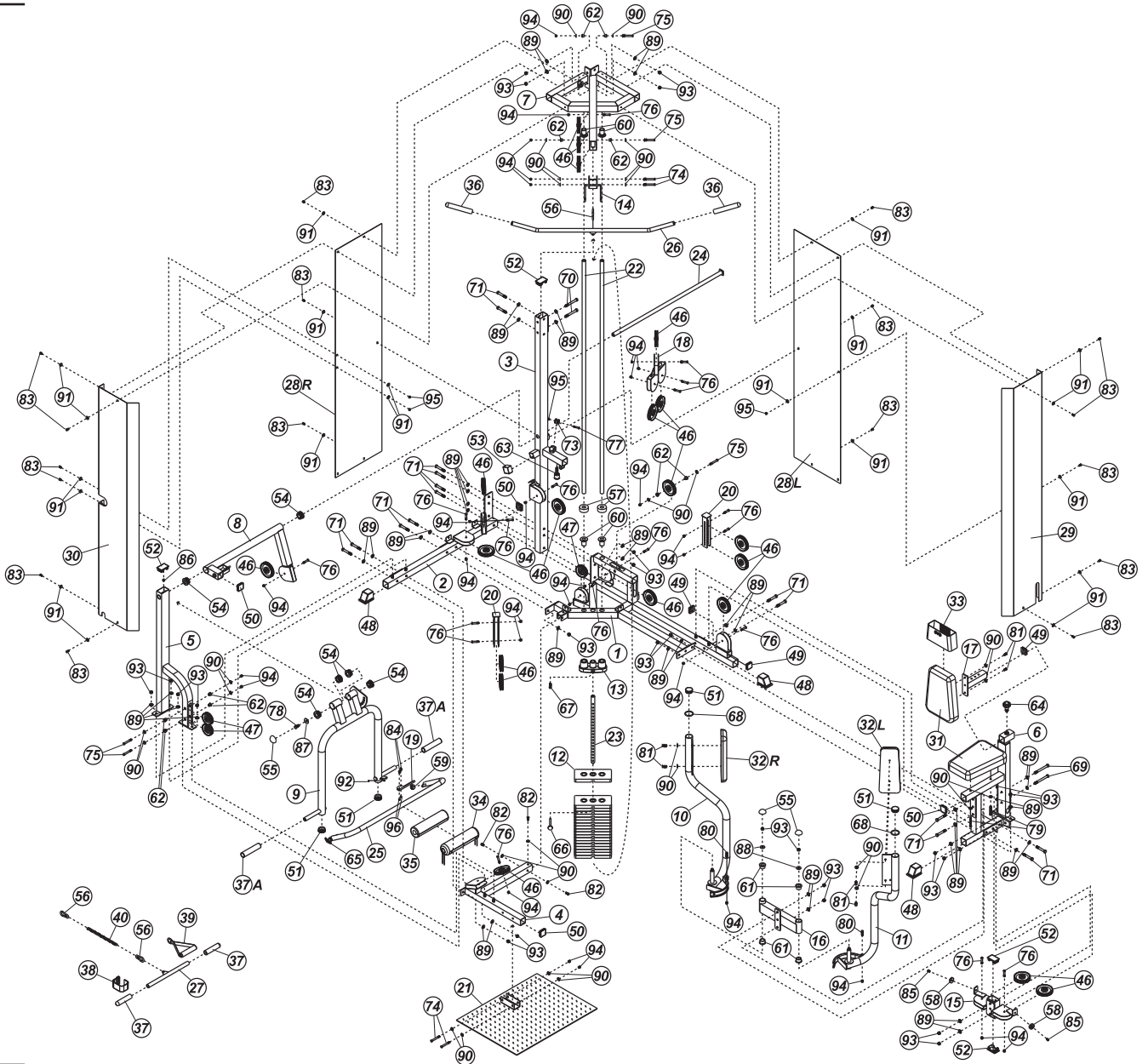


A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
73	SMALL PULLEY	1	50551-73
74	3/8" X 3" HEX HEAD BOLT	4	50551-74
75	3/8" X 2-3/4" HEX HEAD BOLT	5	50551-75
76	3/8" X 1-3/4" HEX HEAD BOLT	18	50551-76
77	5/16" X 1-1/2" HEX HEAD BOLT	1	50551-77
78	1/2" X 3/4" HEX HEAD BOLT (ALL THREADED)	1	50551-78
79	3/8" X 2-3/4" HEX HEAD BOLT (ALL THREADED)	2	50551-79
80	3/8" X 1-1/4" HEX HEAD BOLT (ALL THREADED)	2	50551-80
81	3/8" X 1" HEX HEAD BOLT (ALL THREADED)	6	50551-81
82	3/8" X 3/4" HEX HEAD BOLT (ALL THREADED)	3	50551-82
83	5/16" X 1/2" HEX HEAD BOLT (ALL THREADED)	17	50551-83
84	1/4" X 5/8" ROUND HEAD SCREW	2	50551-84
85	5/16" X 1/2" INNER HEX HEAD BOLT	2	50551-85
86	5/16" X 5/8" SET SCREW	1	50551-86
87	1/2" X 1-1/2" WASHER	1	50551-87
88	1/2" X 1-1/4" WASHER	2	50551-88
89	1/2" X 1 WASHER	43	50551-89
90	3/8" X 7/8" WASHER	29	50551-90
91	5/16" X 7/8" WASHER	20	50551-91
92	"C" WASHER	1	50551-92
93	1/2" NYLON NUT	25	50551-93
94	3/8" NYLON NUT	29	50551-94
95	5/16" NYLON NUT	4	50551-95
96	1/4" NYLON NUT	2	50551-96



MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY



parts diagram

Step 1:

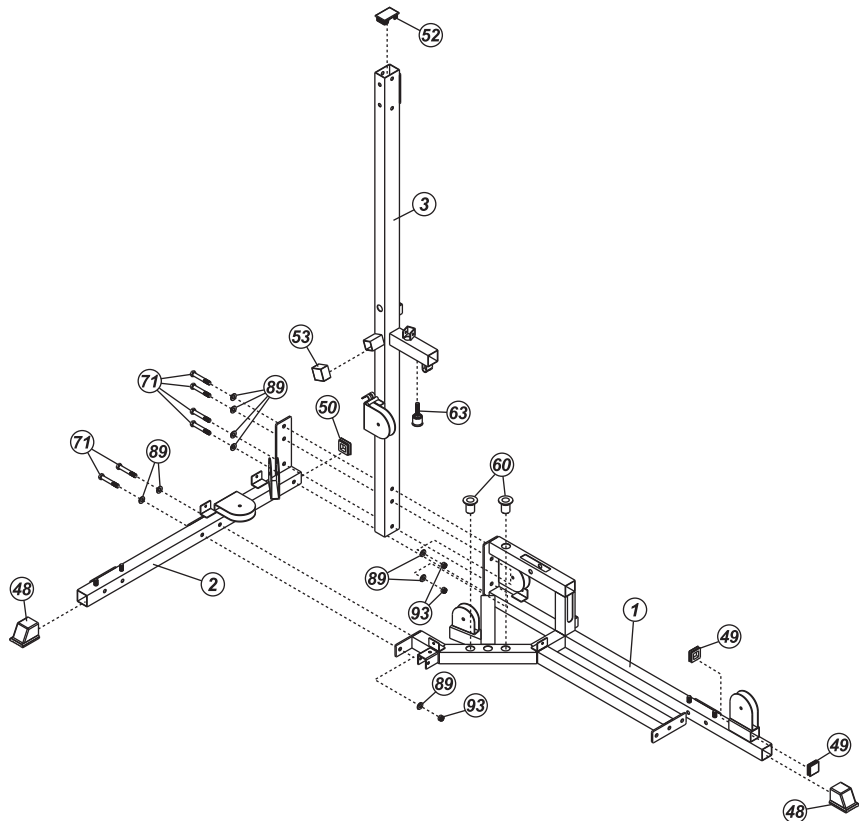
Only hand tighten fasteners for now. You will be prompted to fully tighten all fasteners later.

Place the Base Frame (1) on the floor. Cap the Base Frame (1) with one 2" Sq End Cap (48) and two 1-3/4" Sq End Plugs (49). Insert two 1" Plastic Bushings (60) into the holes in the Base Frame (1).

Cap the Side Base (2) with one 2" Sq End Cap (48) and one 2" Sq End Plug (50).

Cap the Upright (3) with one 1-1/2" End Cap (53) and one 2" x 3" Rect End Plug (52). Attach the Adj Stopper (63) to the Upright (3).

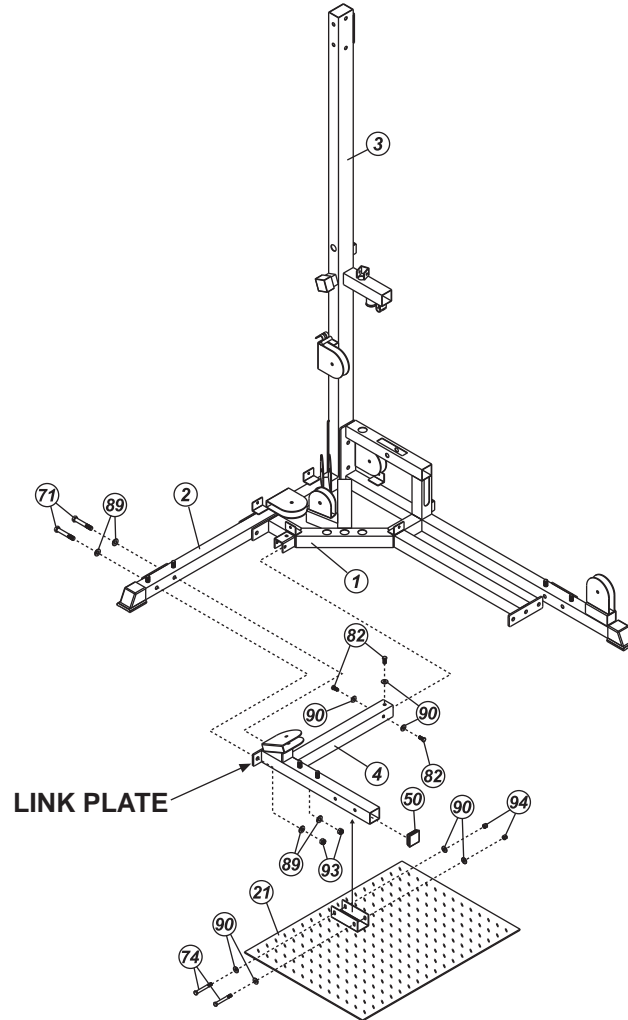
Attach the Side Base (2) and Upright (3) to the Base Frame (1) using four 1/2" x 3-1/8" Hex Head Bolts (71), six 1/2" Washers (89) and two 1/2" Nylon Nuts (93). Attach the Side Base (2) to the Base Frame (1) using two 1/2" x 3-1/8" Hex Head Bolts (7), three 1/2" Washers (89) and one 1/2" Nylon Nut (93).



Step 2:

Cap the Squat Base (4) with one 2" Sq End Plug (50). Attach the Squat Base (4) to the Base Frame (1) using three 3/8" x 3/4" Hex Head Bolts (82) and three 3/8" Washers (90). Align the mounting holes in the link plate (welded on the Squat Base (4)) with the holes in the Side Base (2) then attach using two 1/2" x 3-1/8" Hex Head Bolts (71), four 1/2" Washers (89) and two 1/2" Nylon Nuts (93).

Attach the Foot Plate (21) to the Squat Base (4) using two 3/8" x 3" Hex Head Bolts (74), four 3/8" Washers (90) and two 3/8" Nylon Nuts (94).

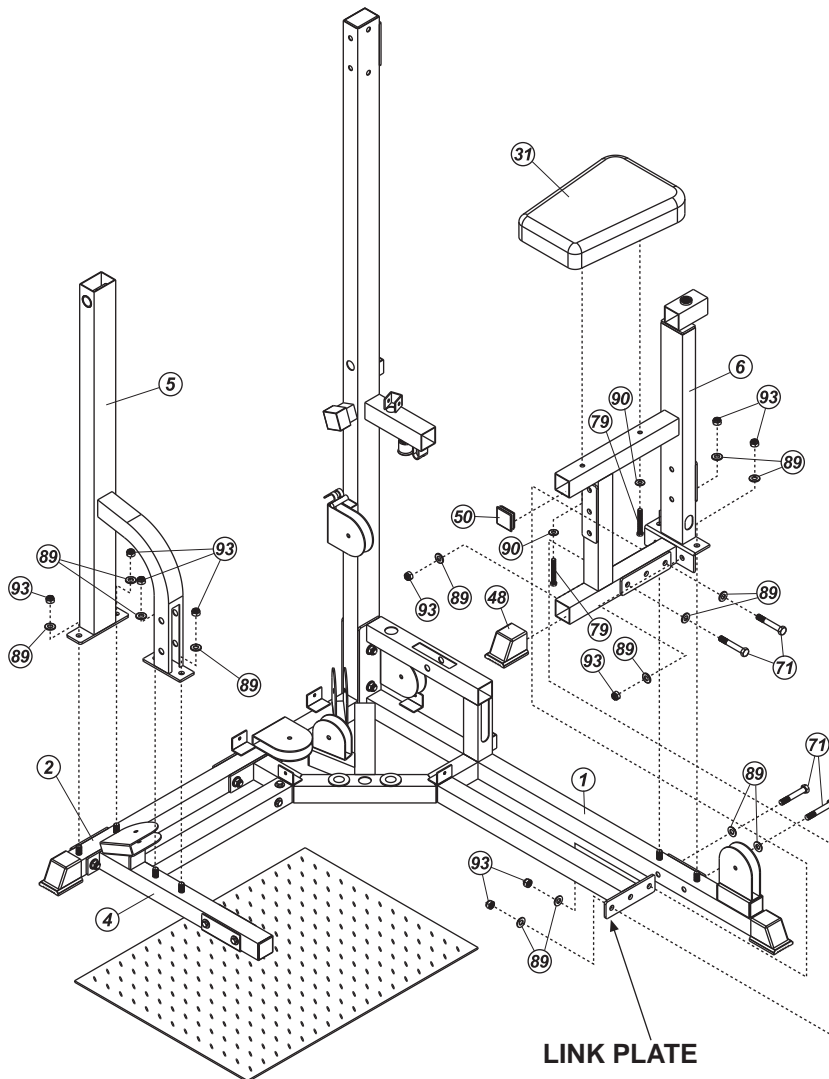


Step 3:

Attach the Squat Support (5) to the Side Base (2) and Squat Base (4) using two 1/2" Washers (89) and two 1/2" Nylon Nuts (93) for each.

Cap the Pec Dec Base (6) with one 2" Sq End Plug (50) and one 2" Sq End Cap (48). Attach the Pec Dec Base (6) to the Base Frame (1) using two 1/2" x 3-1/8" Hex Head Bolts (71), six 1/2" Washers (89) and four 1/2" Nylon Nuts (93). Align the mounting holes in the link plate (welded on Base Frame (1)) with the holes in the Pec Dec Base (6) then attach with two 1/2" x 3-1/8" Hex Head Bolts (71), four 1/2" Washers (89) and two 1/2" Nylon Nuts (93).

Attach the Seat / Back Pad (31) to the Pec Dec Base (6) using two 3/8" x 2-3/4" Hex Head Bolts (79) and two 3/8" Washers (90).

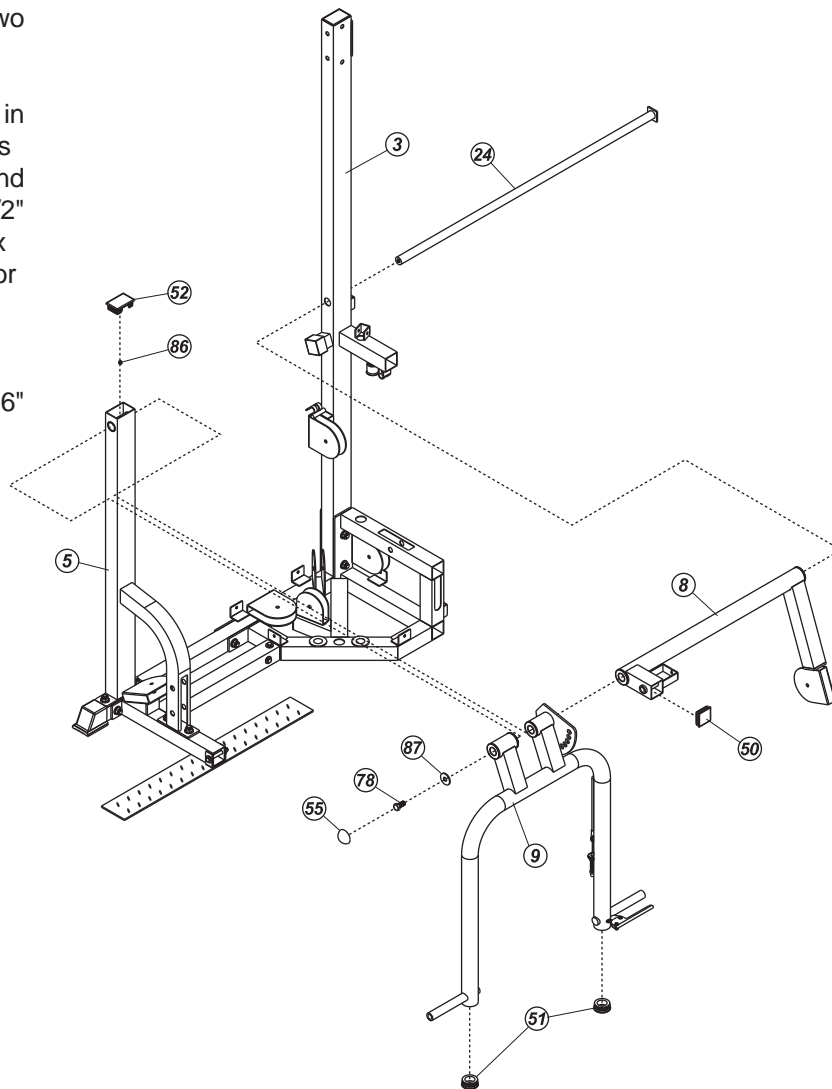


Step 4:

Cap the Squat Lever (8) with one 2" End Plug (50). Cap the Squat Arm (9) with two 2" Round End Plugs (51).

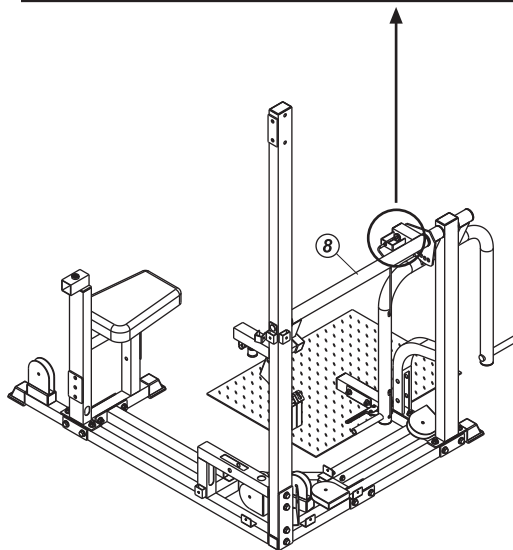
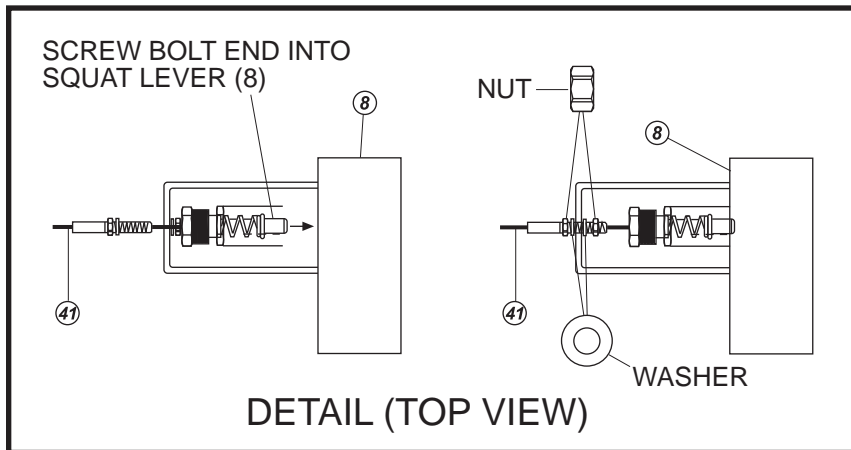
Insert the Squat Axle (24) into the hole in the Upright (3) and through the sleeves in the Squat Lever (8), Squat Arm (9) and Squat Support (5). Attach using one 1/2" x 1" Hex Head Bolt (78) and one 1/2" x 1-1/2" Washer (87). Insert one Cap For Nut (55) over the head of the 1/2" x 1" Hex Head Bolt (78).

Secure the Squat Axle (24) with one 5/16" x 5/8" Set Screw (86). Cap the Squat Support (5) with one 2" x 3" Rect End Plug (52).



Step 5:

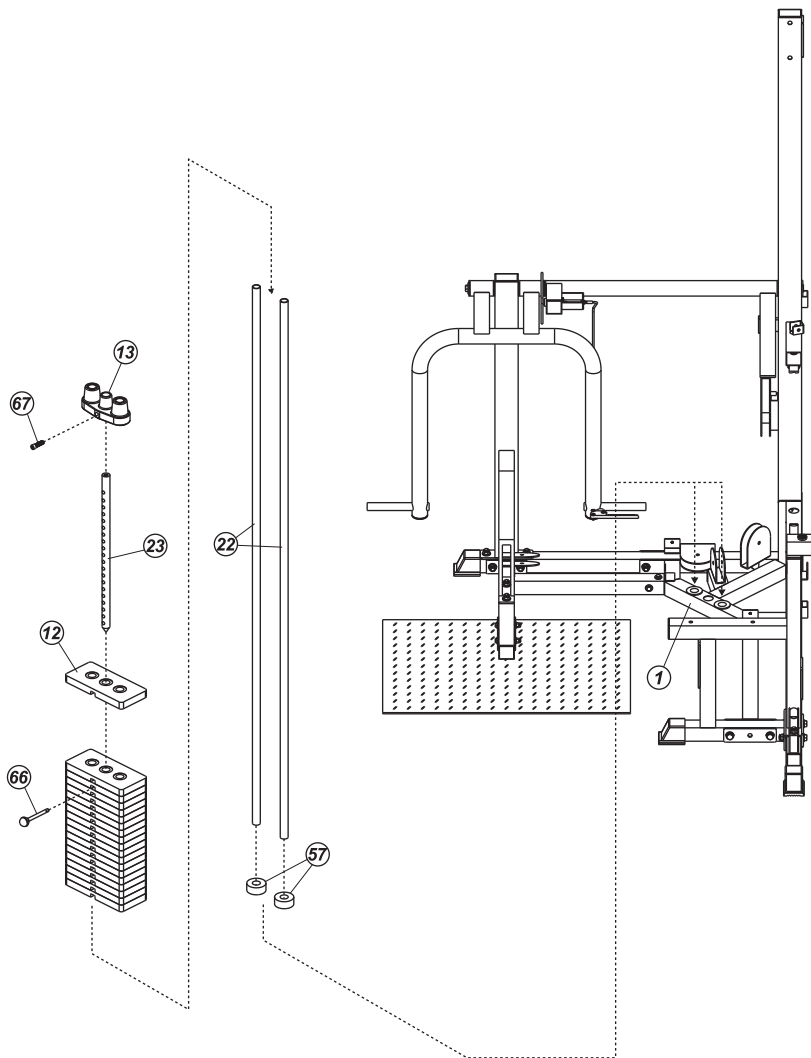
Attach the Adj Cable (41) to the Squat Lever (8) by screwing the cable bolt end into the threaded receptor of the Squat Lever (8). (See Detail)



Step 6:

Insert both Guide Rods (22) through the Rubber Doughnuts (57) and into the holes in the Base Frame (1). Carefully stack the Weight Plates (12) one at a time by lifting them to the top of the Guide Rods (22), inserting the rods through the holes in the weights and slowly lowering each weight down.

Attach the Select Rod (23) to the Top Weight Plate (13) using the Top Plate Bolt (67). Slide the Top Weight Plate (13) and Select Rod (23) onto the weight stack by inserting the Guide Rods (22) through the holes in the Top Weight Plate (13) and slowly lowering them down. Lock the Select Rod (23) in place with the Select Pin (66).

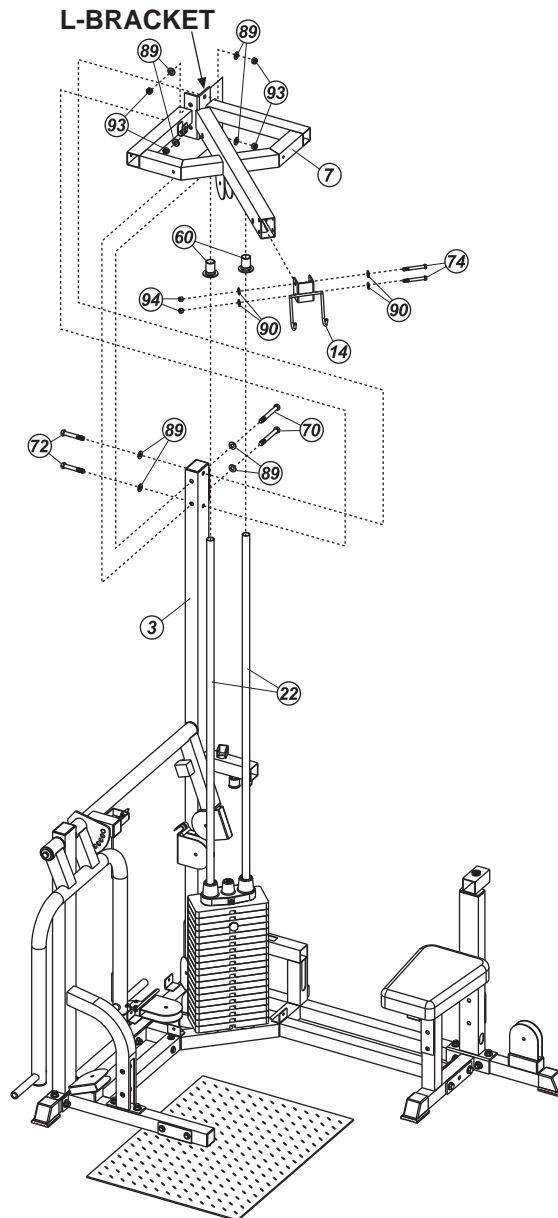


Step 8:

Insert two 1" Plastic Bushings (60) into the holes in the Top Frame (7).

Attach the Lat Bar Holder (14) to the Top Frame (7) using two 3/8" x 3" Hex Head Bolts (74), four 3/8" Washers (90) and two 3/8" Nylon Nuts (94).

Place the Top Frame (7) over the Guide Rods (22) and insert the Guide Rods into the holes in the Top Frame (7). Align the mounting holes in the "L" bracket (welded on the Top Frame (7)) with the holes in the Upright (3) then attach with two 1/2" x 4-1/4" Hex Head Bolts (70), two 1/2" x 3" Hex Head Bolts (72), eight 1/2" Washers (89) and four 1/2" Nylon Nuts (93).



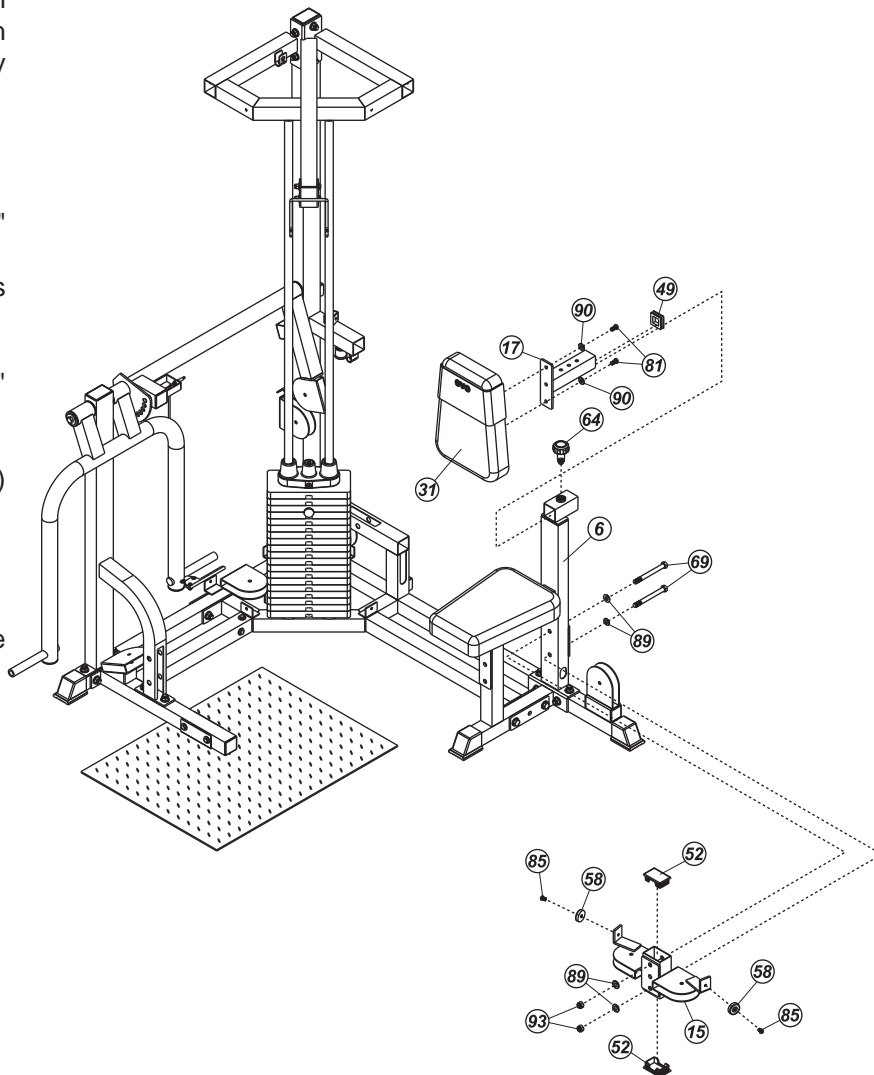
Step 9:

Cap the Pec Dec Pulley Block (15) with two 2" x 3" Rect End Plugs (52). Attach the Stoppers (58) to the Pec Dec Pulley Block (15) using one 5/16" Inner Hex Head Bolt (85) for each.

Attach the Pec Dec Pulley Block (15) to the Pec Dec Base (6) using two 1/2" x 5" Hex Head Bolts (69), four 1/2" Washers (89) and two 1/2" Nylon Nuts (93).

Cap the Adj Back (17) with one 1-3/4" Sq End Plug (49). Attach the Seat / Back Pad (31) to the Adj Back (17) using two 3/8" x 1" Hex Head Bolts (81) and two 3/8" Washers (90).

Insert the Adj Back (17) into the horizontal tube on the Pec Dec Base (6) and secure with the Quick Release (64).



Step 10:

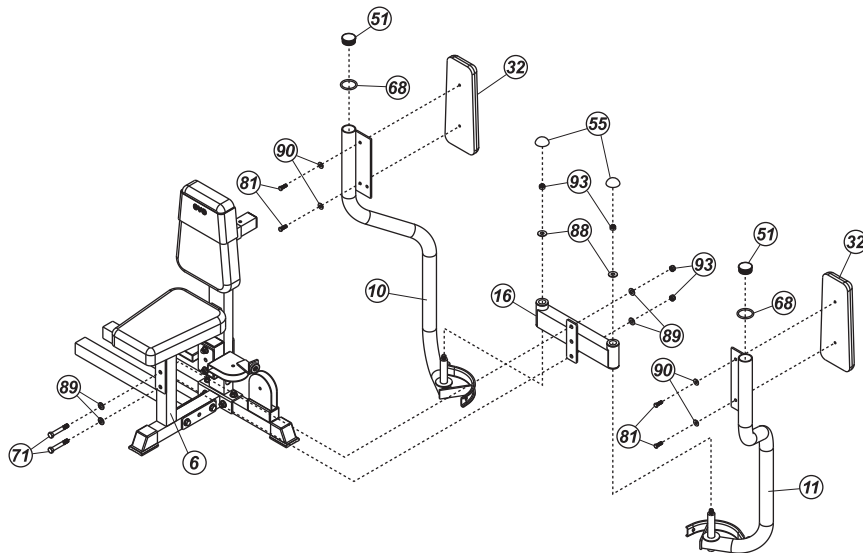
Attach the Pec Dec Support (16) to the Pec Dec Base (6) using two 1/2" x 3-1/8" Hex Head Bolts (71), four 1/2" Washers (89) and two 1/2" Nylon Nuts (93).

Insert the axle of the Right Pec Dec Arm (10) into the sleeve on the Pec Dec Support (16) then attach with one 1/2" Nylon Nut (93) and one 1/2" x 1-1/4" Washer (88). Cap the 1/2" Nylon Nut (93) with one Cap For Nut (55).

Cap the Right Pec Dec Arm (10) with one 2" Round End Plug (51). Slide the Rubber Ringlet (68) onto the Right Pec Dec Arm (10). Attach one Elbow Pad (32) to the Right Pec Dec Arm (10) using two 3/8" x 1" Hex Head Bolts (81) and two 3/8" Washers (90).

Repeat the same procedure for attaching the Left Pec Dec Arm (11) to the Pec Dec Support (16).

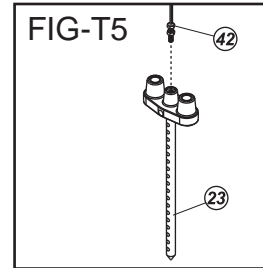
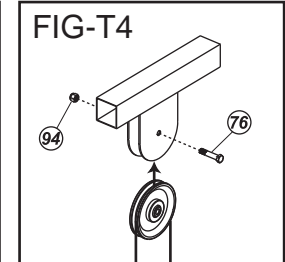
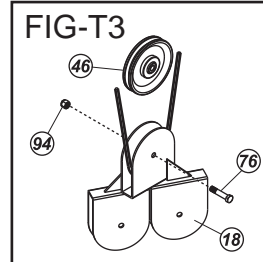
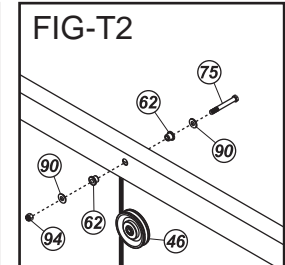
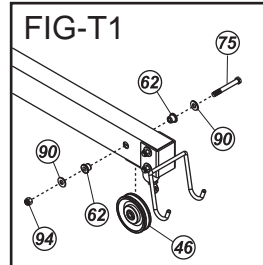
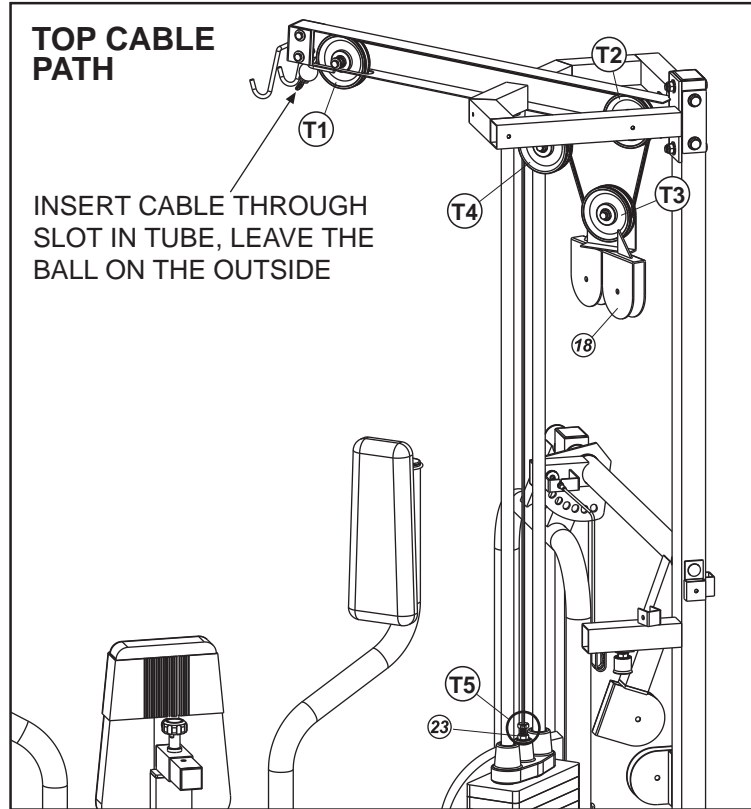
Firmly tighten all fasteners at this time.



Step 11:

ROUTING THE TOP CABLE:

Insert the bolt end of the cable through the slot in the tube (ball outside). Route the cable over pulley T1, continue through pulley T2, down and around pulley T3, up and around pulley T4, down and screw the cable bolt end into the threaded end of the Select Rod (23) at least 7 complete turns.



Step 12:

ROUTING THE CONNECT CABLE:

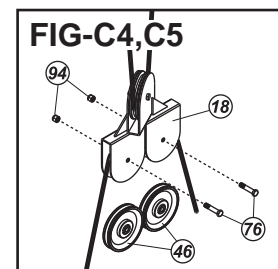
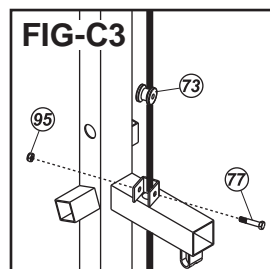
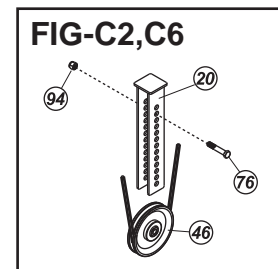
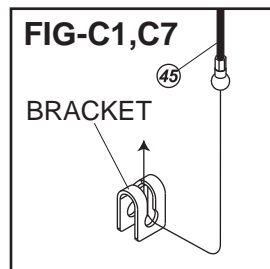
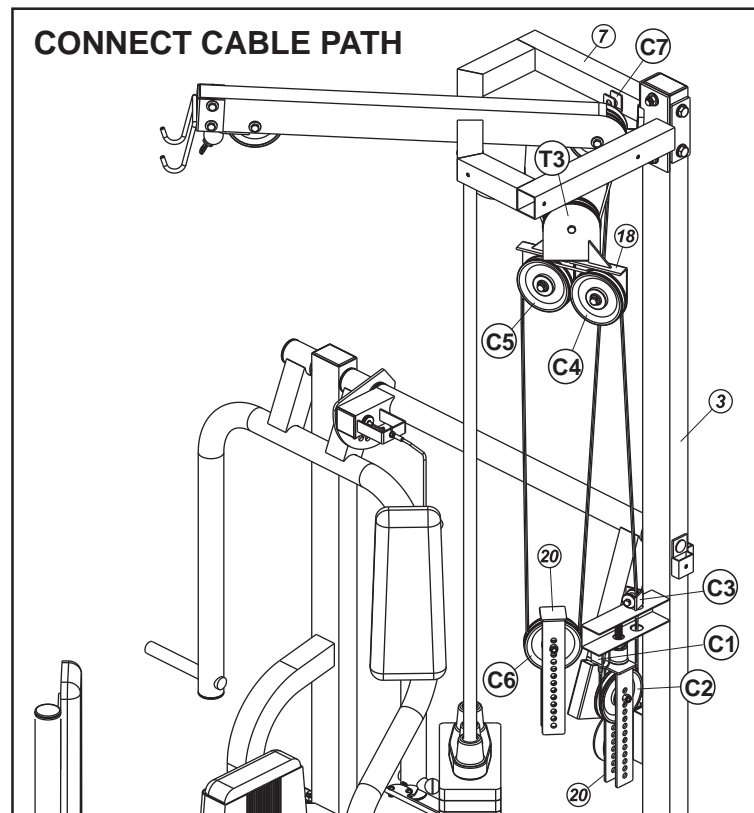
Attach the metal ball end of the cable to the bracket on the Upright (3). Route the cable down and around pulley C2, up and through the hole in Upright (3), up and around pulley C4 and C5, down and around pulley C6, up and attach the metal ball on the other end of the cable to the bracket on the Top Frame (7).



metal ball end

CONNECT CABLE (45)

metal ball end

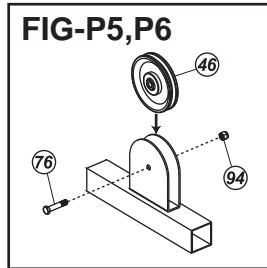
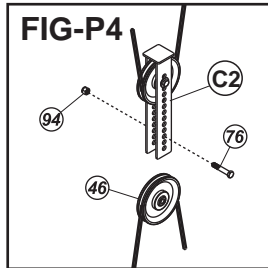
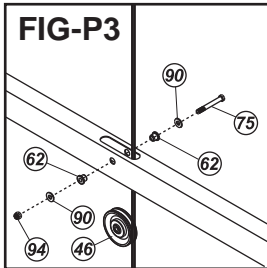
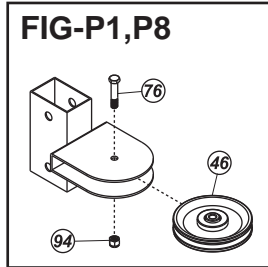
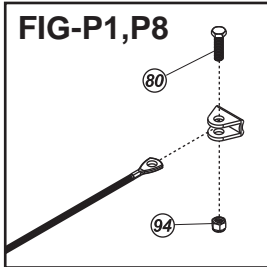
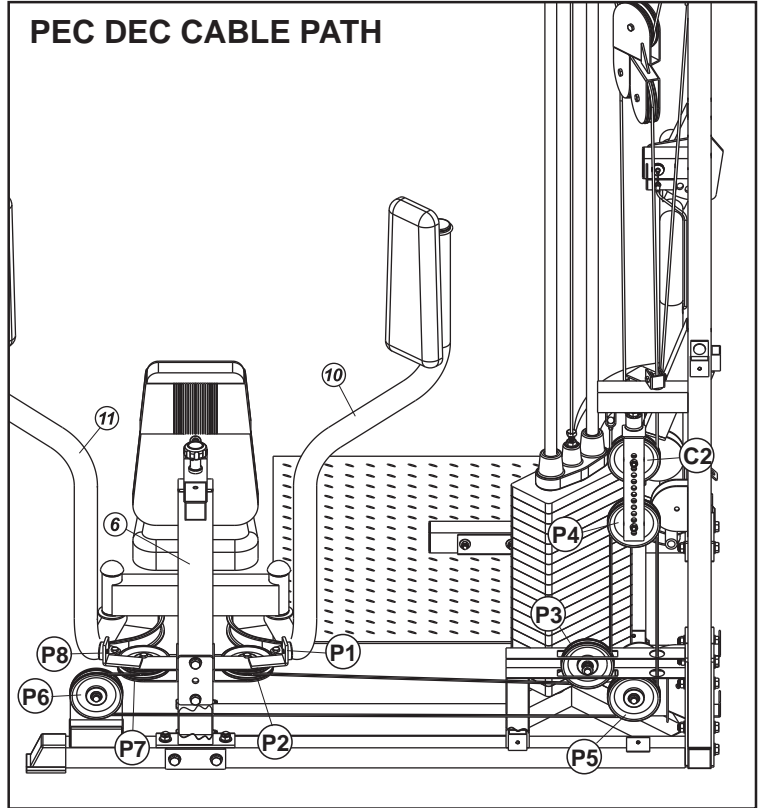


Step 13:

ROUTING THE PEC DEC CABLE:

Attach the eyelet end of the cable to the bracket on the Right Pec Dec Arm (10) using one 3/8" x 1-1/4" Hex Head Bolt (80) and one 3/8" Nylon Nut (94).

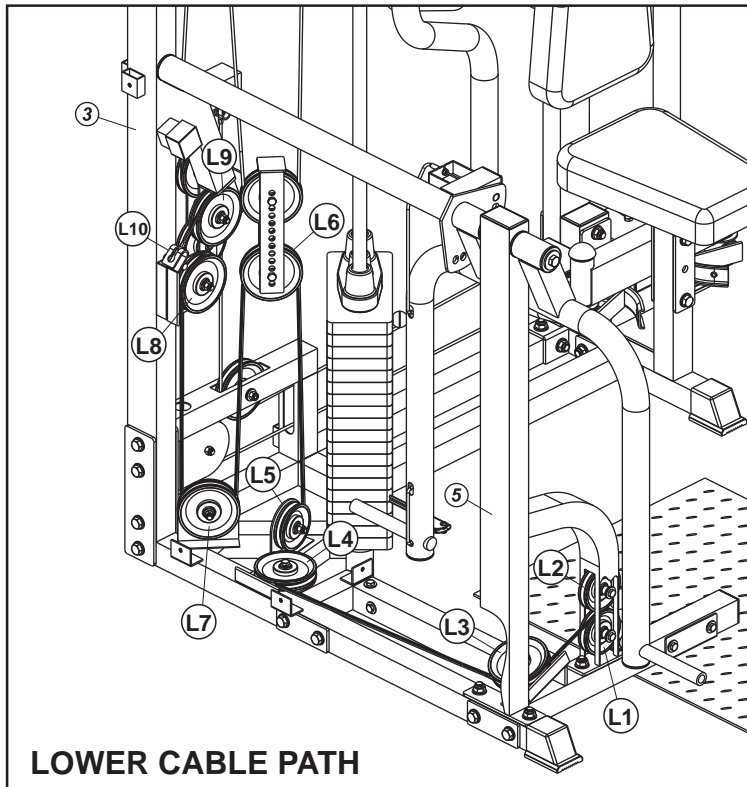
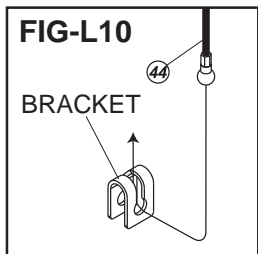
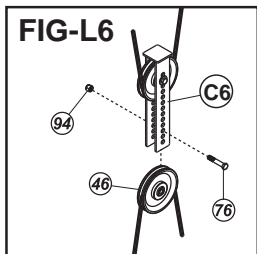
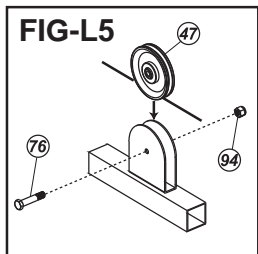
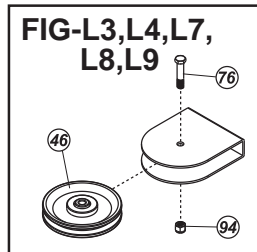
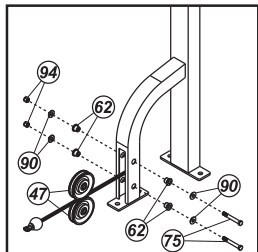
Route the cable around pulley P2, through the slot in the Base Frame (1), around pulley P3, up and around pulley P4, through the hole in the Base Frame (1), down and around pulley P5, through the slot in the Base Frame (1), continue through the slot in the Pec Dec Base Frame (6), around pulley P6, continue around pulley P7. Attach the other eyelet end of the cable to the bracket on the Left Pec Dec Arm (11) using one 3/8" x 1-1/4" Hex Head Bolt (80) and one 3/8" Nylon Nut (94).



Step 14:

ROUTING THE LOWER CABLE:

Insert the eyelet end of the cable through the slot in the Squat Support (5) (ball outside). Route the cable over pulley L1, down and around pulley L3, around pulley L4, continue around pulley L5, up and around pulley L6, down and around pulley L7, up and around pulley L8, up and around pulley L9 then attach the metal ball end of the cable to the bracket on Upright (3).

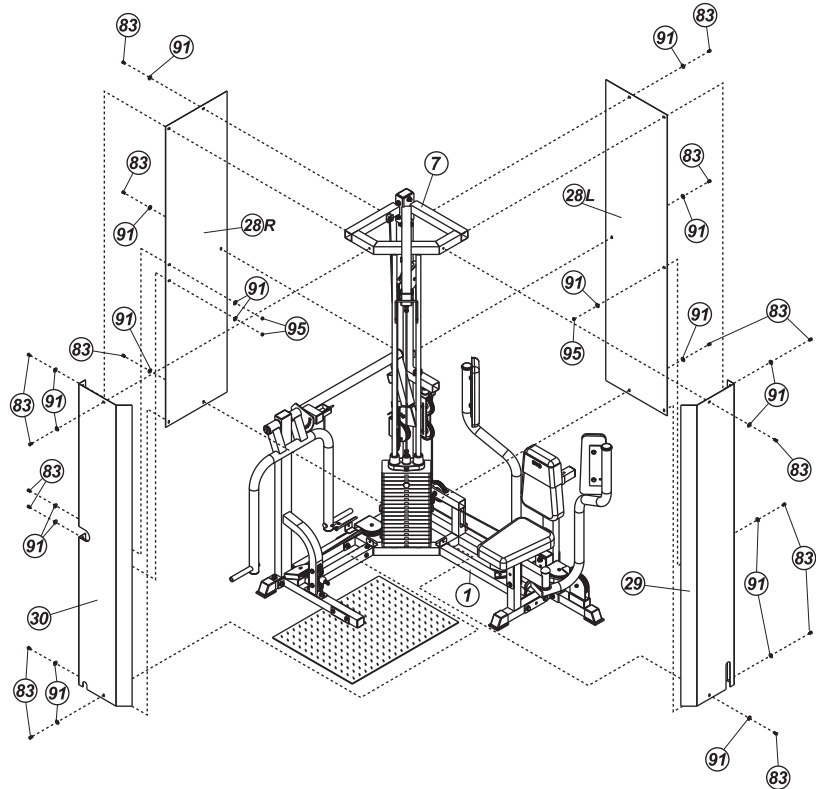


Step 15:

Attach the Rear-Right Guard (28R) and Rear-Left Guard (28L) to the Top Frame (7) and Base Frame (1) using three 5/16" x 1/2" Hex Head Bolts (83) and three 5/16" Washers (91) for each.

Attach the Left Guard (30) to the Top Frame (7) and Base Frame (1) using two 5/16" x 1/2" Hex Head Bolts (83) and two 5/16" Washers (91). Align the mounting holes in the Left Guard (30) and the holes in the Rear-Right Guard (28R) then attach the Left Guard (30) and Rear-Right Guard (28R) to the Top Frame (7) and Base Frame (1) using two 5/16" x 1/2" Hex Head Bolts (83) and two 5/16" Washers (91). Secure the Left Guard (30) and Rear-Left Guard (28L) with two 5/16" x 1/2" Hex Head Bolts (83), four 5/16" Washers (91) and two 5/16" Nylon Nuts (95).

Attach the Right guard (29) to the Top Frame (7) and Base Frame (1) using two 5/16" x 1/2" Hex Head Bolts (83) and two 5/16" Washers (91). Align the mounting holes in the Right Guard (29) and the holes in the Rear-Left Guard (28L) then attach the Right Guard (29) and Rear-Left Guard (28L) to the Top Frame (7) and Base Frame (1) using two 5/16" x 1/2" Hex Head Bolts (83) and two 5/16" Washers (91). Secure the Right Guard (29) and Rear-Left Guard (28L) with one 5/16" x 1/2" Hex Head Bolt (83), two 5/16" Washers (91) and one 5/16" Nylon Nut (95).

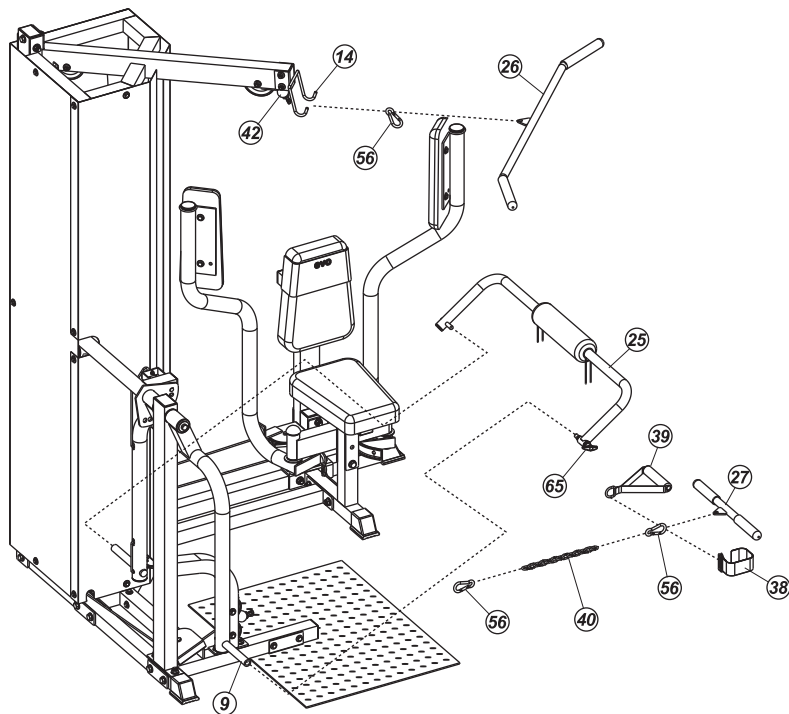


Step 16:

Attach the Squat (25) to the Squat Arm (9) and secure with the Pop Pin (65).

Attach the Lat Bar (26) to the eyelet of the Top Cable (42) using the Hookup (56) then place the Lat Bar (26) on the hook of the Lat Bar Holder (14).

Attach the accessories (27,38,39) to the cable eyelet using the Hookup (56) and Link Chain (40) (when necessary).



Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs for the period of the lifetime of the original purchaser. This is a Parts-only Warranty, labor is not included. Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service call your local Smooth Retailer. To help us assist you, please have the following information ready:

Model name or number from the cover of the manual;
Serial number located on the frame of the unit; and
The part description and the order number.

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. To help them assist you, please have the following information ready:

Model name or number from the cover of the manual;
Serial number located on the frame of the unit; and
The part description and order number.

Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General has determined that lack of physical activity is detrimental to your health.™

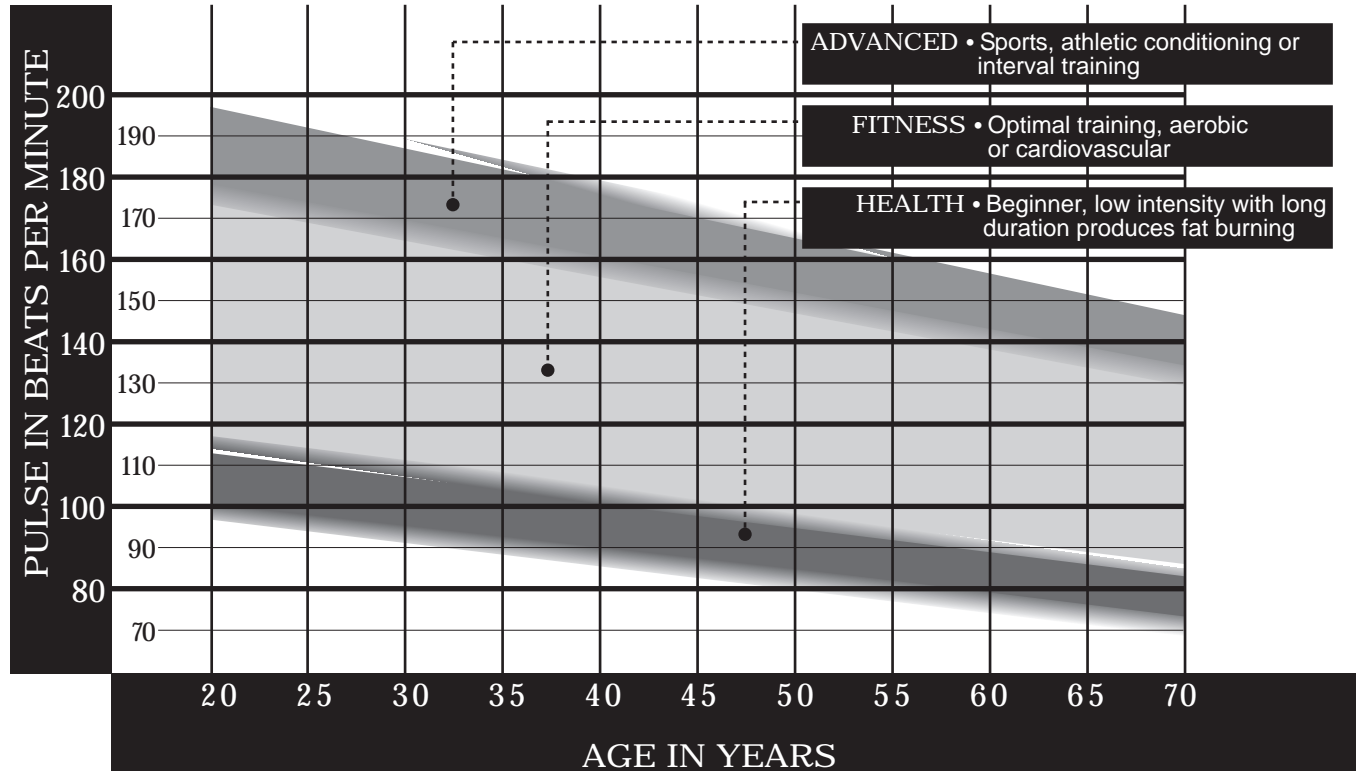
Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count

the number of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its

“target zone,” a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

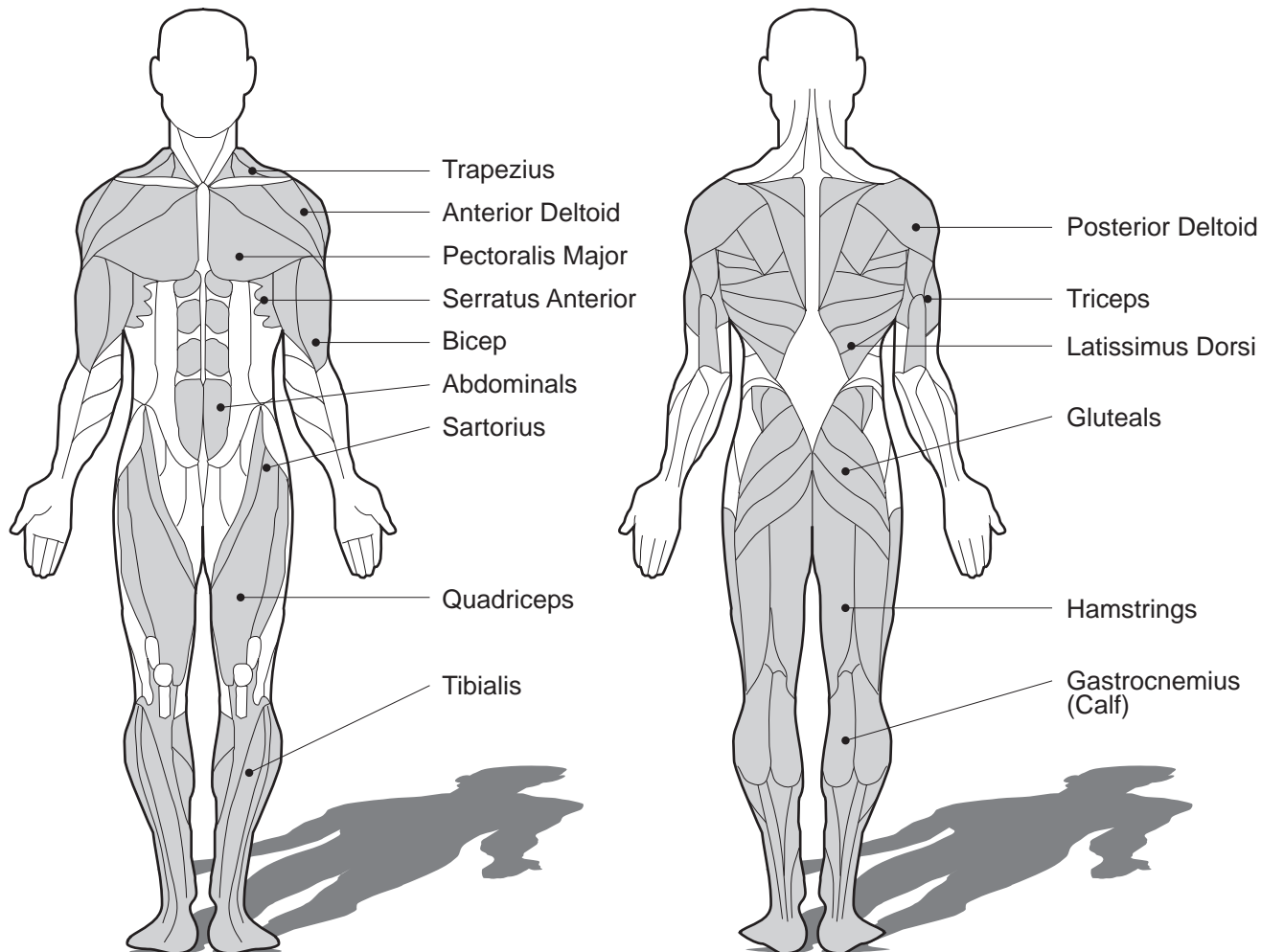


Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you

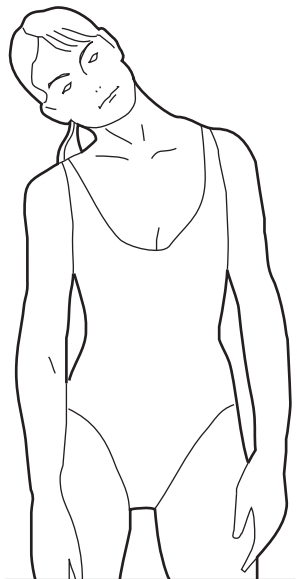
breath deeply. An aerobic exercise should be part of your entire exercise routine.

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



Head Roll

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

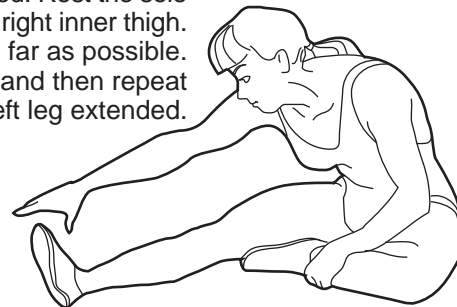


Inner Thigh Stretch

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

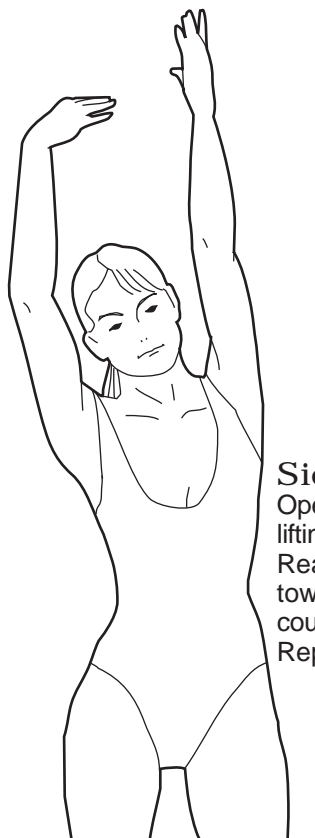
Hamstring Stretch

Sit with your right leg extended. 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 extended.



Shoulder Lift

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

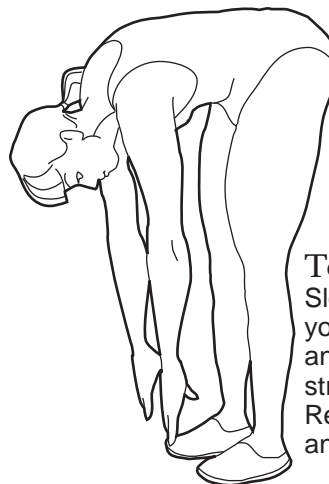


Side Stretch

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

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.



Toe Touch

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



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