



Model # 99607 Mag Trac

Magnetic Upright Bike

Weight Limitation 250 LBS



- . OWNER'S MANUAL
- . WARRANTY
- . ASSEMBLY
- . OPERATING INSTRUCTIONS

- . CONDITIONING GUIDE
- . MAINTENANCE
- . SERVICE

Should you have any questions, please call our Customer Service Department, Monday through Friday, 9:00AM until 6:00PM pacific time (excluding holidays), toll free at :

1.888.535.8637

Please have the following information ready before placing your call :

- Your name
- Your address
- Your telephone number
- Model number
- Parts order number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

❖ WARRANTY

Phoenix Health & Fitness warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of two years on Main Frame (Part #26 only, not include moving parts on the main frame, such as belt, bearing, crank arm, flywheel, etc), ninety days on all other parts. This warranty extends to the original purchase only. It is recommended that the original receipt be kept with the manual.

Phoenix Health & Fitness will provide a replacement part free of charge when a defect is found during the warranty period. If a repair is necessary, please contact our Customer Service Department at 1.888.535.8637. Under no circumstances will Phoenix Health & Fitness be responsible for damages or failures that occur as a result of improper assembly, or failure to operate the product correctly. This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by Phoenix Health & Fitness, or a recommended service center. In the event a return is necessary, please contact the retailer where the unit was purchased.

THIS WARRANTY DOES NOT APPLY WHEN THE PRODUCT IS USED FOR RENTAL OR COMMERCIAL USE.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

❖ PARTS

To order replacement parts, simply call our Customer Service Department toll-free, at 1.888.535.8637, Monday through Friday, 9 :00AM until 6 :00PM pacific time (excluding holidays). To help us assist you, please have the following information ready :

- 1) Model name and number from the cover of the manual
- 2) The part description and order number.

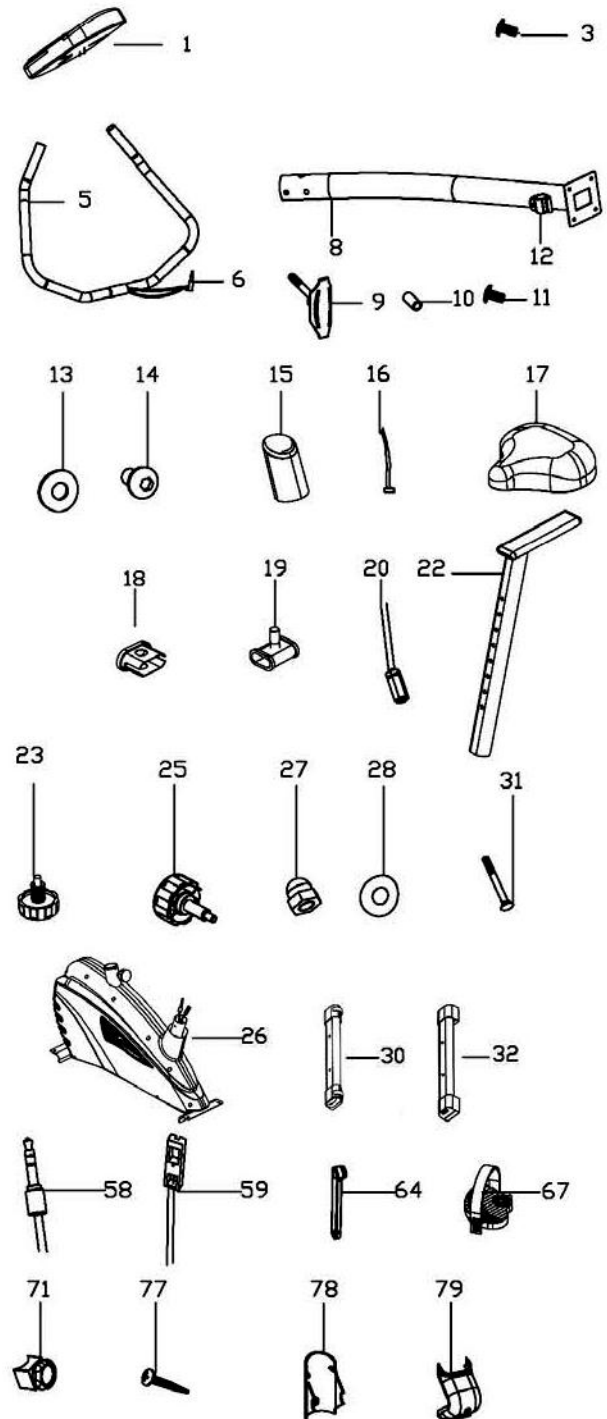
❖ CONSUMER RESPONSIBILITY

It is the responsibility of the consumer to retain this warranty as well as the original receipts in case a warranty claim should be made. Should you have any questions regarding this, or any other information, please call our Customer Service Department toll-free, at 1.888.535.8637 Monday through Friday, 9 :00AM until 6 :00PM pacific time (excluding holidays).

Hardware Chart

For your convenience, we have identified the hardware used in the assembly of this product (many parts in the PARTS LIST have been preassembled at the factory). This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	QTY
1	Computer	1
2		
3	M5 flat head screw	4
5	Handlebar	1
6	Hand pulse cable	1
8	Handlebar post	1
9	T knob	1
10	T knob bushing	1
11	Handlebar cover screw	2
12	Handlebar clamp	1
13	Curved washer	4
14	M8 allen bolt	4
15	Lower handlebar post cover	1
16	Upper tension cable	1
17	Saddle	1
18	Oval bushing	2
19	Seat adjustment sleeve	1
20	Upper sensor cable	1
22	Horizontal seat post	1
23	Seat adjustable knob	1
25	Seat post quick release knob	1
26	Main frame	1
27	Cap nut (for front & rear stabilizer)	4
28	Flat washer	4
30	Front stabilizer	1
31	M8 carriage bolt (for front & rear stabilizer)	4
32	Rear stabilizer	1
58	Lower sensor cable	1
59	Lower tension cable	1
64	Crank (R&L)	2
67	Pedal (R&L)	2
71	Tension knob	1
77	M4 Self tapping screw	2
78	Front handlebar cover	1
79	Back handlebar cover	1

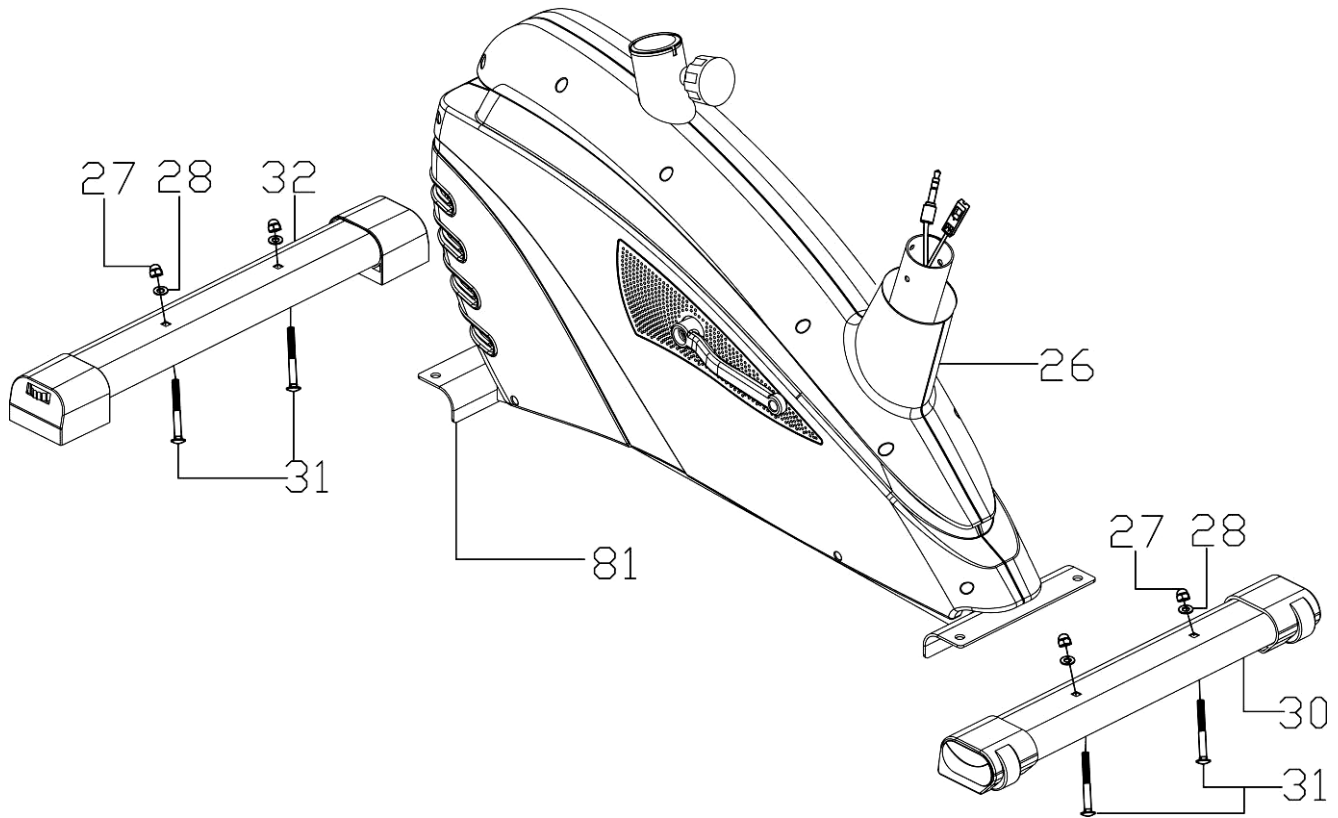


Parts List

No.	Description	QTY	Order Number
1	Computer	1	607-01
2			
3	M5 flat head screw	4	607-03
4	Handlebar cap	2	607-04
5	Handlebar	1	607-05
6	Hand pulse cable	1	607-06
7	φ12 c-clip	1	607-07
8	Handlebar post	1	607-08
9	T knob	1	607-09
10	T knob bushing	1	607-10
11	Handlebar cover screw	2	607-11
12	Handlebar clamp	1	607-12
13	Curved washer	4	607-13
14	M8 allen bolt	4	607-14
15	Lower handlebar post cover	1	607-15
16	Upper tension cable	1	607-16
17	Saddle	1	607-17
18	Oval bushing	2	607-18
19	Seat adjustment sleeve	1	607-19
20	Upper sensor cable	1	607-20
21	Seat post end cap	2	607-21
22	Horizontal seat post	1	607-22
23	Seat adjustable knob	1	607-23
24	Seat post bushing	1	607-24
25	Seat post quick release knob	1	607-25
26	Main frame	1	607-26
27	Cap nut (for front & rear stabilizer)	4	607-27
28	Flat washer	4	607-28
29	Front stabilizer cap	2	607-29
30	Front stabilizer	1	607-30
31	M8 carriage bolt (for front & rear stabilizer)	4	607-31
32	Rear stabilizer	1	607-32
33	Rear stabilizer cap	2	607-33
34	M10 flange nut	2	607-34
35	M10 nut	3	607-35
36	Flat washer	2	607-36
37	Plastic plate	1	607-37
38	Flywheel	1	607-38
39	Flywheel axle	1	607-39
40	M6 anti-loosen nut	6	607-40
41	Flat washer	6	607-41
42	M6 screw	2	607-42
43	Double head screw	1	607-43

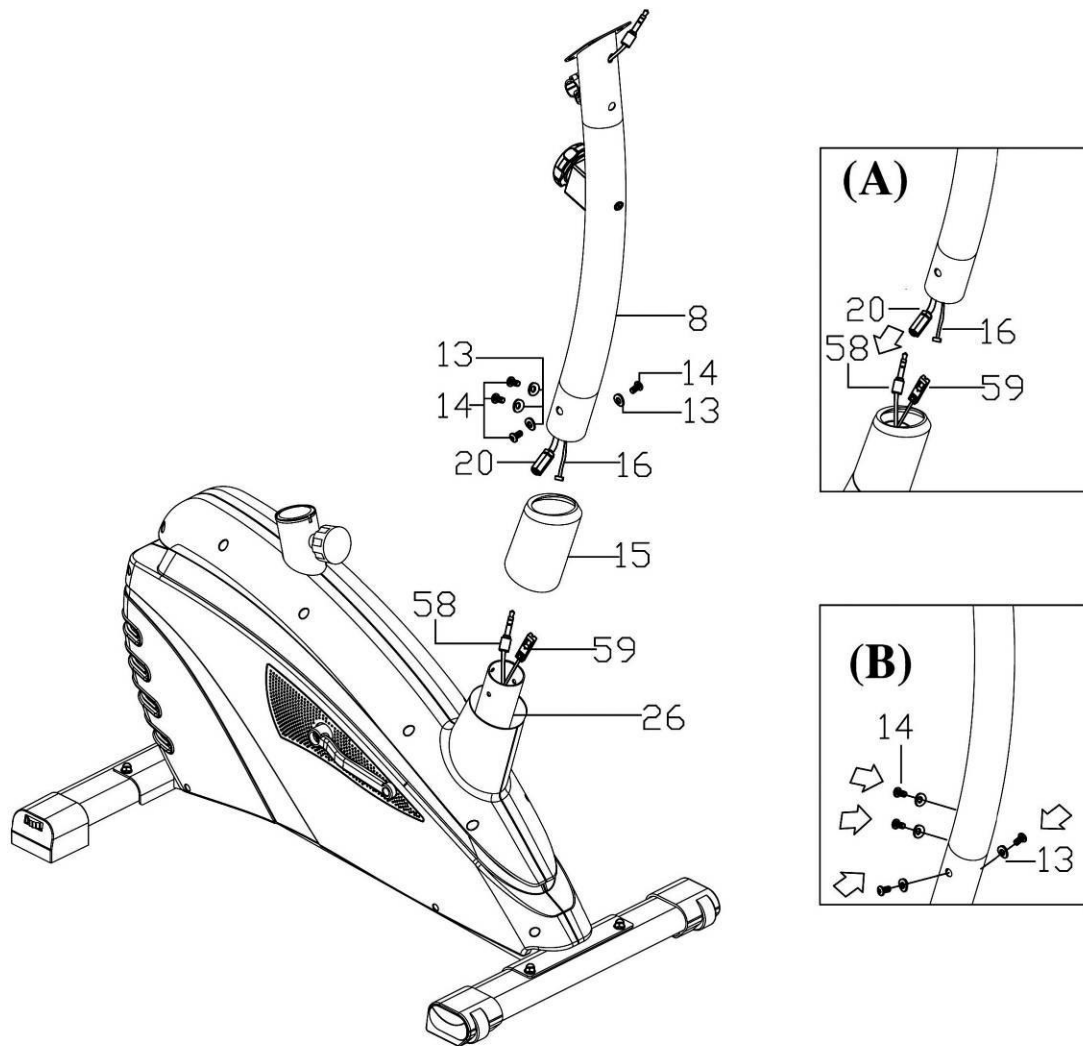
44	Magnet set	1	607-44
45	Spring	1	607-45
46	M8 anti-loosen nut	2	607-46
47	M8 allen head screw	1	607-47
48	Alder press	2	607-48
49	Alder press spring	1	607-49
50	Alder press welding set	1	607-50
51	Magnet	1	607-51
52	φ17 c-clip	2	607-52
53	Bearing	2	607-53
54	Belt wheel	1	607-54
55	Crank axle	1	607-55
56	M6 allen head screw	4	607-56
57	Belt	1	607-57
58	Lower sensor cable	1	607-58
59	Lower tension cable	1	607-59
60	Chain cover (R+L)	2	607-60
61	Screw	6	607-61
62	Small cover (R+L)	2	607-62
63	M4 self tapping screw	10	607-63
64	Crank (R+L)	2	607-64
65	Crank axle screw	2	607-65
66	Crank cap	2	607-66
67	Pedal (R+L)	2	607-67
68	Chain cover cap	2	607-68
69	M5 self tapping screw	7	607-69
70	Back chain cover	8	607-70
71	Tension knob	1	607-71
72	One way bearing set	1	607-72
73	Sensor fixer	1	607-73
74	Curved washer	1	607-74
75	M5 round head screw	1	607-75
76	Sensor	1	607-76
77	M4 self tapping screw	2	607-77
78	Front handlebar cover	1	607-78
79	Back handlebar cover	1	607-79

STEP1



- a) Attach the front stabilizer (30) to the main frame (26) using 2 sets of Flat washer (28), Cap nut (27) and M8 carriage bolt (31).
- b) Attach the rear stabilizer (32) to the main frame (26) using 2 sets of Flat washer (28), Cap nut (27) and M8 carriage bolt (31).

STEP2



- a) Hold Handlebar post (8) and put Lower handlebar post cover (15) through before attach to the Main Frame (26).
- b) Connect Upper sensor cable (20) with Lower sensor cable (58) (see picture (A)).
- c) Connect Upper tension cable (16) with Lower tension cable (59) referring to **photos on next page:**
 STEP 2 c_1: Verify Tension knob (71) is set at level 1 so (16) is extended
 STEP 2 c_2: Insert round stopper (16) to lower “claw” (59)
 STEP 2 c_3: Pull the cable (16) upward, while holding the lower portion (59)
 STEP 2 c_4: The Upper tension cable (16) must “seat” correctly on top of the upper “claw” (59)
- d) Insert Handlebar post (8) to Main frame (26) with 4 sets of Curved washer (13) and M8 allen bolt (14) (see picture (B)).
- e) Slide Lower handlebar post cover (15) down to cover up the 4 sets of washer (13) /bolt (14).

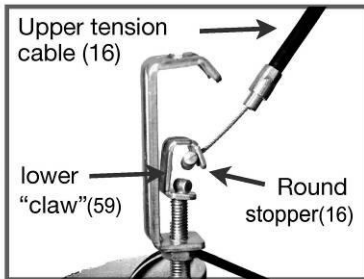
Details for STEP 2 C):



STEP 2 (C) DETAILS

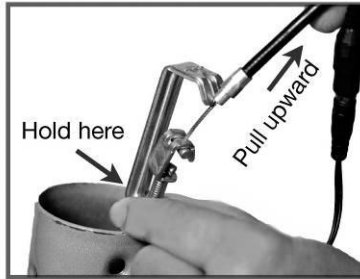
STEP 2 C_1

Verify tension knob (71) is set at **level 1**



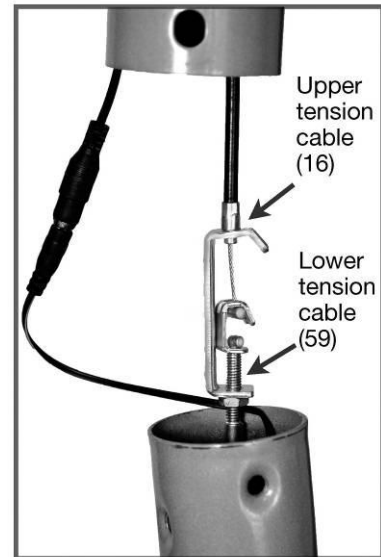
STEP 2 C_2

Insert round stopper(16) to lower "claw"(59)



STEP 2 C_3

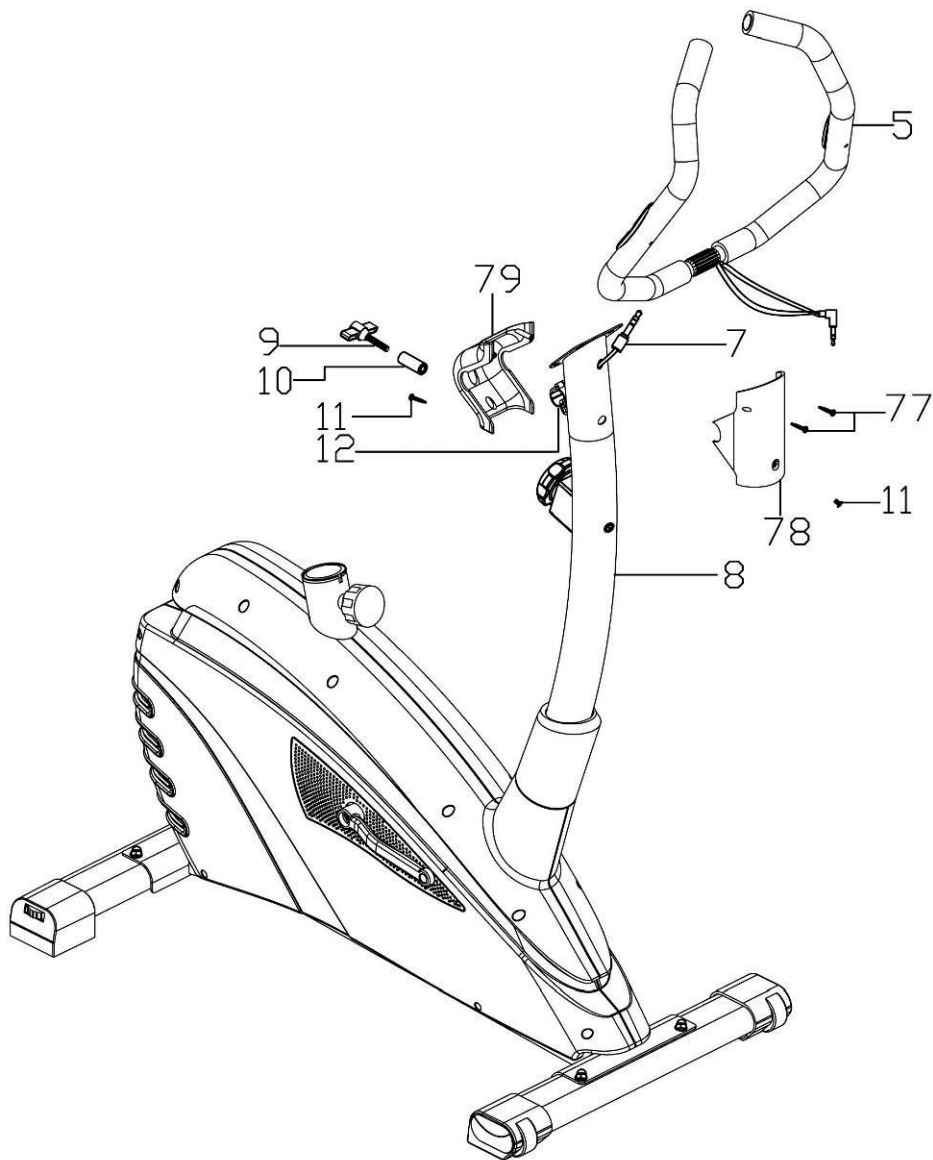
Pull the cable(16) upward, while holding the lower portion (59).



STEP 2 C_4

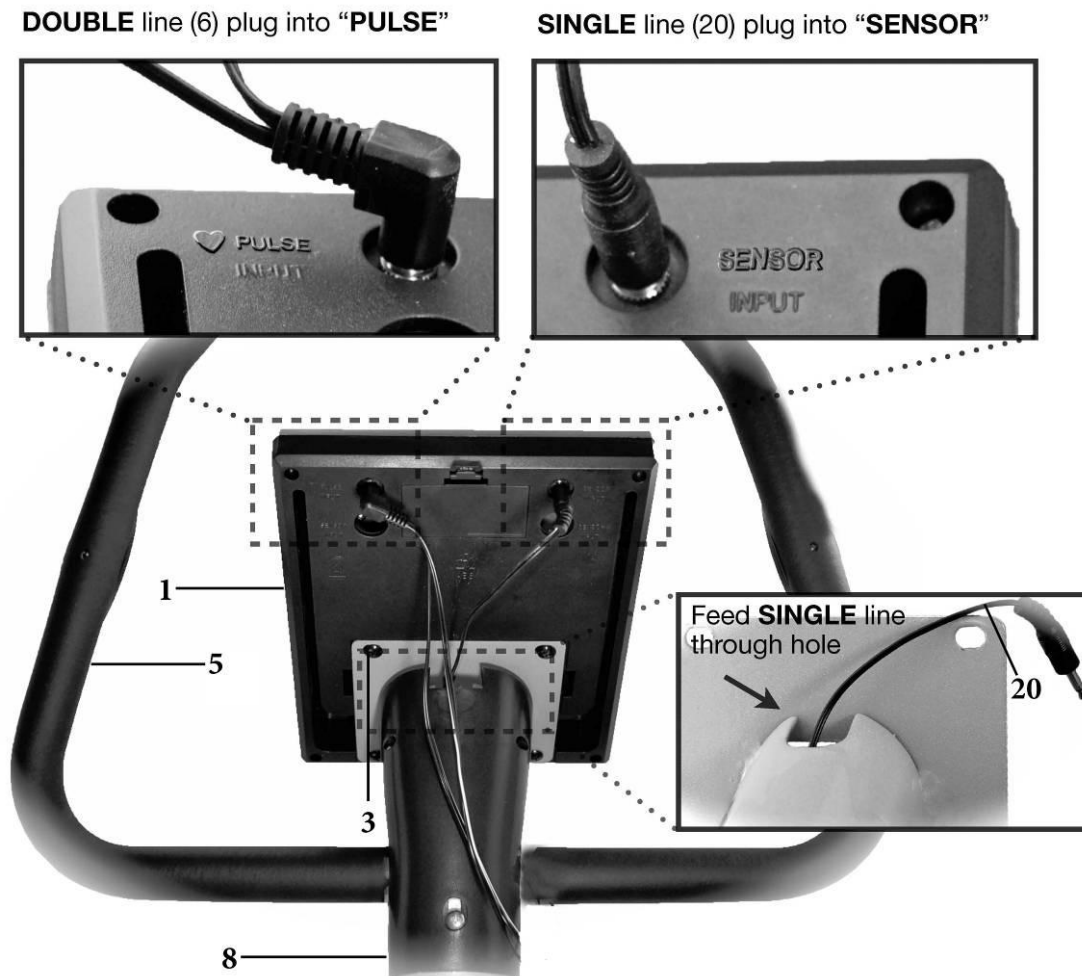
The upper tension cable(16) must "seat" correctly on top of the upper "claw"(59).

STEP3



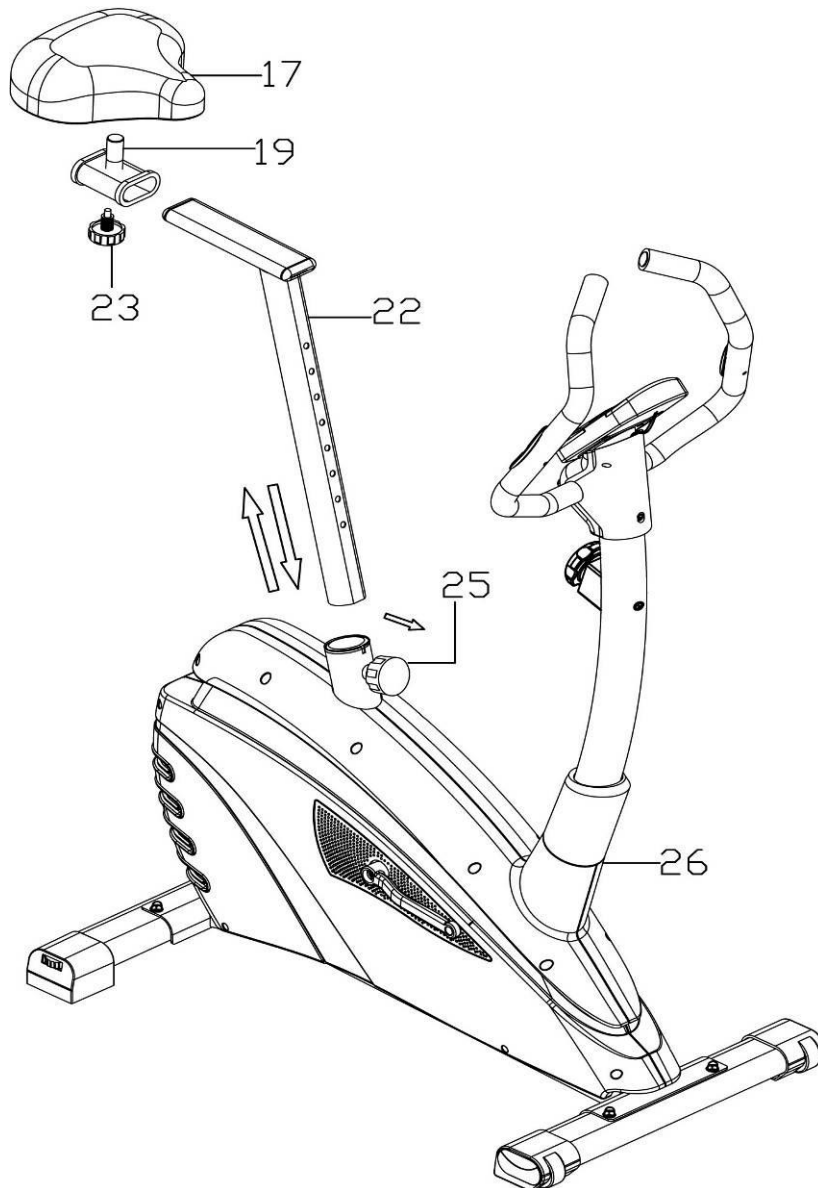
- Attach Front handlebar cover (78) to Handlebar post (8) with 1pc Handlebar cover screw (11) first.
- Open the clamp (12) located on the Handlebar post (8), and insert the Handlebar (5).
- Attach Back handlebar cover (79) to Handlebar post (8) with 2pcs M4 self tapping screw (77) and 1pc Handlebar cover screw (11).
- Use T knob (9) and T knob bushing (10) to tighten Handlebar (5) on the Handlebar clamp (12).

STEP4



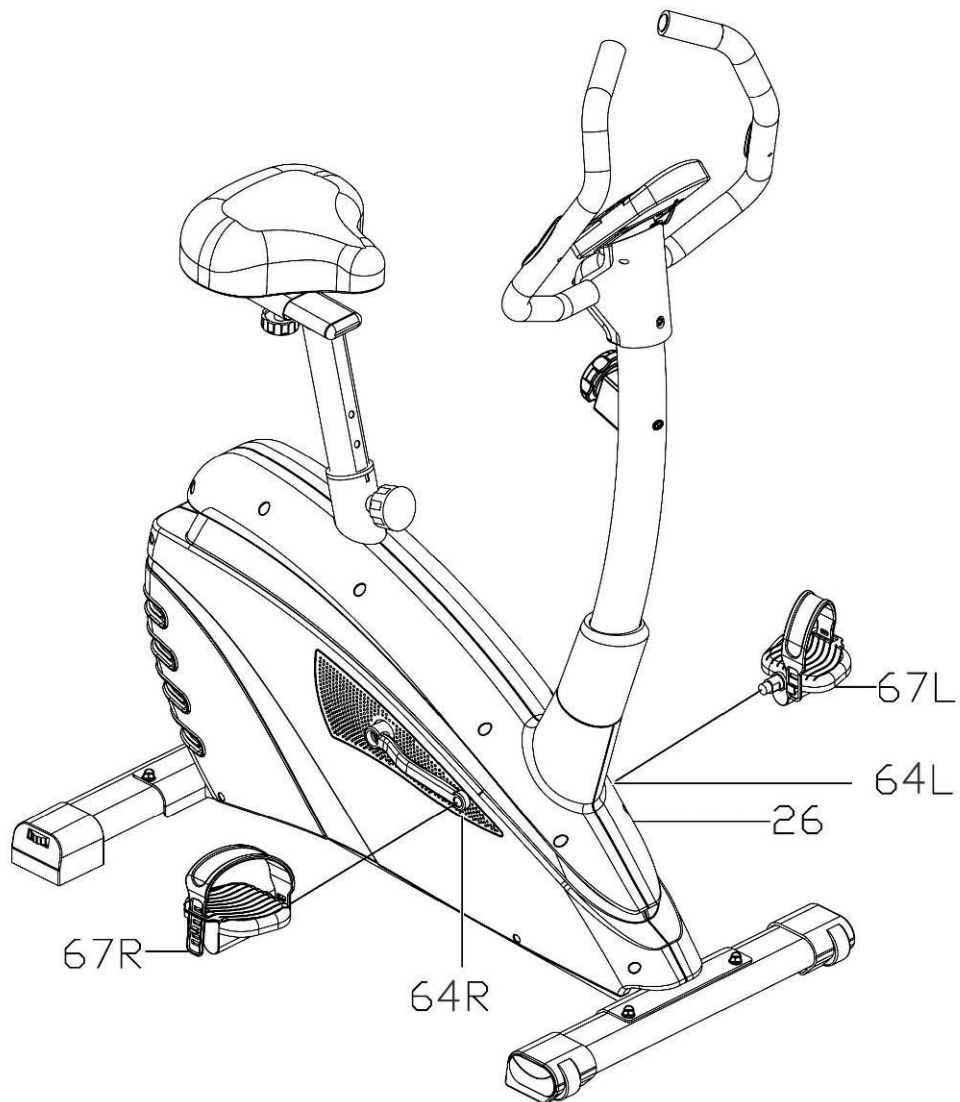
- Attach Computer (1) to Handlebar post (8) with 4pcs of M5 flat head screw (3).
Note: 4pcs Computer screws (3) have been pre-assembled on the back of the computer. Please unscrew and reinstall.
- Plug Upper sensor cable (single line) (20) into "Sensor Input" (upper right on the back of the computer).
- Plug Hand pulse cable (double lines) (6) into "Pulse Input" (upper left on the back of the computer).

STEP5



- a) Insert Horizontal seat post (22) to main frame (26). Tighten the Horizontal seat post (22) with Quick release knob (25).
- b) Attach Saddle (17) to the Seat adjustment sleeve (19). Tighten two nuts on the side of the Saddle (17).
- c) Slide Seat adjustment sleeve (19) into the Horizontal seat post (22). Adjust for best position by tightening the knob (23).

STEP6



- a) Install right pedals (67R) to the right crank arm (64R) and left pedals (67L) to the left crank arm (64L).

Note: Pedals (67) are marked “R” and “L” – Right and Left.

Right pedal should be threaded on **clockwise**, and the Left pedal **counter-clockwise**.

❖ OPERATING INSTRUCTIONS

Please refer to the separate monitor instruction manual that is included in the next section of this manual. The instructions below are for the operation of the bicycle only.

- Mount the exercise bicycle carefully. Make sure that the saddle post is securely mounted onto the frame, and is completely tightened down using the saddle post locking knot prior to mounting.
- Begin to pedal the bicycle. Keep both hands on the main handlebar except when reading your pulse rate (see computer section). Note that the main handlebar can be adjusted by loosening the locking knob and adjusting the handlebar location closer to the user or farther away. Be sure to lock handlebar in place prior to commencing the exercise.
- Alter the resistance level of the pedaling action by turning the tension control dial on the front of the frame. There are 8 resistance settings. Setting number 1 is the lightest tension level, and number 8 is the highest or most difficult. The tension can be changed in either direction during the workout to suit your fitness level.
- Do not attempt to turn the tension control beyond level 1 or 8. Doing so may result in permanent damage to the tension control system.

❖ MAINTENANCE REQUIRED

Following are the steps required to maintain your 99607 Mag Trac Magnetic Bike:

- Before use each time, check to insure that all nuts and bolts are tightened. Pay close attention to seat mount, seat post and pedals.
- When the workout is complete, wipe off the sweat from your workout that has fallen on the electronics or any painted parts, including the frame. This will help to prevent corrosion.
- Apply some type of light machine oil (we recommend WD-40) to moving parts including the area around the pedal crank arms where they go into the crank, as well as the pedal axles. Only a very small amount (1 or 2 sprays) is required. This only needs to be done every 6-12 months depending upon use of the product.

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

TIME(TMR).....00:00-99:59 MIN	GENDER..... MALE/FEMALE
SPEED(SPD).....0.0-99.9 M/H	HEIGHT..... 4.0 - 7.5 FEET
DISTANCE(DST).....0.00-999.9 M	WEIGHT.....20-250 LBS
CALORIE(CAL).....0.00-999.9 KCAL	AGE.....10-99
PULSE.....40-240 BPM	T.H.R..... 60~220 BPM

FUNCTION BUTTONS:

MODE: 1. Press to select the personal data to be preset. Enter preset values in the following order:

Gender-Height-Weight-Age

2. Press to select the function to be preset. Enter preset values in the following order:
Time-Distance-Calorie-Pulse (Note: It is suggested to preset only one item. If more than one item is set, the first to reach the preset value will sound the alarm).
3. Hold for 2 seconds to reset all of the values to zero.

UP (SET):

1. Press to increase the personal data setting value when the monitor enters into the setting mode.
2. Press to select the function to be displayed on the main screen when the monitor enters into the scan mode.

DOWN:

1. Press to decrease the personal data setting value when the monitor enters into the setting mode.
2. Press to select the function to be displayed on the main screen when the monitor enters into the scan mode.

MEASURE:

Press this button to measure your body fat. Before operating this function you have to preset your personal data in the monitor.

BATTERY REPLACEMENT:

1. Install two AA batteries into the battery case at the back of monitor.
2. Make sure the batteries are correctly positioned on the positive and negative terminals.
3. If the display appears blank or only partially illuminated, remove the batteries, wait for 15 seconds and reinstall.
4. Whenever the batteries are removed, all the function values will be reset to zero.

FUNCTIONS AND OPERATIONS:

AUTO ON/OFF

- The monitor will turn on automatically by pressing any key or starting exercise.
- The monitor will turn itself off and reset all function values to zero if you stop exercising for more than 4 minutes.

SCAN

- Press the MODE button, wait until the dot appears on the area of the lower screen and flashes, the monitor enters into the scan mode. The monitor will circularly display the following functions on the main screen, and each function will last for 5 seconds:

TIME-SPEED-DISTANCE-CALORIE-PULSE

- Under the scan mode, press the button of UP or DOWN function and display on the main screen will be locked.

RESET

The computer can be reset by either changing battery or pressing the MODE button for 2 seconds.

PRESET

How to preset TIME, DISTANCE, CALORIES & PULSE:

- Press the MODE button until the area of the lower screen that you want to preset is flashing.
- Press the UP or DOWN button until the desired number is displayed.
- Once exercise has started, the monitor will begin to count down.
- The monitor beep 10 seconds at the completion of the workout that was preset. Press any button to stop the beeping.
- For the PULSE function, the monitor will beep after reaching the preset value. The pulse display will flash continuously while the actual heartbeat detected is over the preset value.

TIME -

Displays the total workout time from 00:00 up to 99:59 minutes.

SPEED -

Displays current speed from 0.0 – 99.9 Mile per Hour.

DISTANCE -

Displays the training distance from 0.0 to a maximum of 999.9 Miles in increments of 0.1 Miles.

CALORIES -

Displays estimated calories burned during training from 0.0 to a maximum of 999.9 KCAL in increments of 0.1 KCAL.

PULSE (Target Heart Rate) -

- User's current heart rate is displayed in beats per minute (BPM). Place the palms of your hands on both of the pulse sensors and wait for 30 seconds for the most accurate reading.
- If you want to set a target value, press the button of MODE to T.H.R. and press the UP or DOWN button to enter your target rate.
- Set the value of pulse limit in between 60 and 220 (i.e. T.H.R) based on your age. If over the setting value, the monitor will flash continuously until your heartbeat is lower than the setting value.
- If there is no pulse signal input (pulse sensor contact) within 15 seconds, the display will indicate "p". Press the UP or DOWN key to restart pulse function.

BODY FAT MEASUREMENT

When you turn on monitor or press the Mode button for over 5 seconds, the monitor will enter into BODY FAT MEASUREMENT function. Before pressing MEASURE button you will have to enter your personal data into the monitor first. Press MEASURE button and place the palms of your hands on both sides of pulse sensors and the monitor will display your body fat ratio on LCD. (The personal data will not be kept in the monitor when you remove batteries or hold the MODE button for more than 5 seconds). The default value of Personal data is described as follows:

GENDER: male, HEIGHT: 5 feet 8 inches, WEIGHT: 154 LBS, AGE: 30 years old.

- **BMR** (Basal Metabolic Rate): BMR is calculated based on your age, weight, height, and gender. It shows the energy (measured in calories) expended by the body at rest to maintain normal body functions. The value will be shown on the screen from 1-9999 Kcal. Normally the younger, the taller, or person who has consistent exercise has higher (faster) BMR.
- **BMI** (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women. The value will be shown on the screen from 1.0 - 99.9. Ideal BMI for normal weight person should be ranged from 18.5 - 24.9. Obesity = BMI of 30 or greater.

- **Fat%** (Body Fat Ratio): Body Fat% is measured based on gender, height, weight and age. The value will be shown on the screen from 5-55%. The healthy amount of body fat varies from 12% - 25%, depends on your race and gender.

• **Body Types:** There are 9 body types divided according to the FAT% calculated:

Type 1: Ultra-sportsman	Type 2: Ideal-sportsman	Type 3: Ultra slim
Type 4: Sportsman	Type 5: Ideal-healthy	Type 6: Slim
Type 7: Too Fat	Type 8: Fat	Type 9: Ultra Body Fat

❖ IMPORTANT STEPS

Warning

Before using the 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.
- To protect the floor or carpet from damage, place a mat under the bicycle. Inspect the bike for worn or loose components prior to use. Tighten all bolts and components prior to use.
- Always wear appropriate clothing including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.
- Keep the bicycle indoors, away from moisture and dust. Do not put the bicycle in a garage or covered patio, or near water.
- To move your bicycle from one location to another, simply lift up on the rear of the seat and push forward. There are rolling casters provided on the front stabilizer that allow the bicycle to roll forward or backwards.

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 for only 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 program 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 for you 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 where consumed.

TRAINING INSTRUCTIONS

To achieve a considerable improvement of your physical fitness level and general health, some aspects of how to find the most efficient amount of training should be followed. Note: If you have not been physically active for a period of time be sure to avoid health risks and consult you general physician before starting to exercise.

Intensity:

To achieve maximum results the right intensity has to be chosen. The heart rate is used as a guideline to calculate the right intensity. As a rule of thumb the following formula is commonly used:

$$\text{Maximum heart rate} = 220 - \text{Age}$$

While exercising your heart rate should always stay in between 60% - 85% of your maximum heart rate. For your personal training rates please refer to the target heart rate chart page in this manual. When starting to exercise you should keep your rate at 60% of your maximum heart rate in the first couple of weeks. With increasing improvement of fitness the heart rate should be slowly increased to 85% of your maximum heart rate.

Fat burning:

The body starts to burn fat at approximately 60% of the maximum heart rate. To reach an optimum fat burning rate, it is advisable to keep the heart rate between 60% - 70% of the maximum heart rate. The optimum training amount consists of three workouts per week of 30 minutes each.

Example –

You are 52 years of age and would like to start exercising.

Maximum heart rate: $220 - 52 (\text{Age}) = 168$ beats per minute

Minimum heart rate: $168 \times 60\% = 101$ beats per minute

Highest heart rate: $168 \times 70\% = 117$ beats per minute

During the first few weeks it is advisable to start with a heart rate of 101, afterwards increase it to 117. As your fitness level improves the training intensity should be increased to 70% - 85% of your maximum heart rate. Increasing the resistance, frequency or length of your workout periods can do this.

Warm up:

Before every training session you should warm-up for 5-10 minutes. Here you can do some light stretching or training with low resistance.

Training session:

During the actual training session a rate of 70% - 85% of your maximum heart rate should be chosen. The time length of your training session can be calculated with the following rule of thumb:

- Daily training session: approx. 10 min. per unit
- 2 - 3 x per week: approx. 30 min. per unit
- 1 - 2 x per week: approx. 60 min. per unit

Cool down:

To introduce an effective cool-down of the muscles and the metabolism the intensity of your workout should be drastically decreased during the last 5 – 10 minutes of exercise. Stretching is also helpful for the prevention of muscle aches.

Success:

Even after only a short period of regular exercising you will notice that your fitness level will increase and you will constantly have to increase the resistance to reach your target heart rate.

TARGET HEART RATE (T.H.R.)

● 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 numbers of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute (BPM).

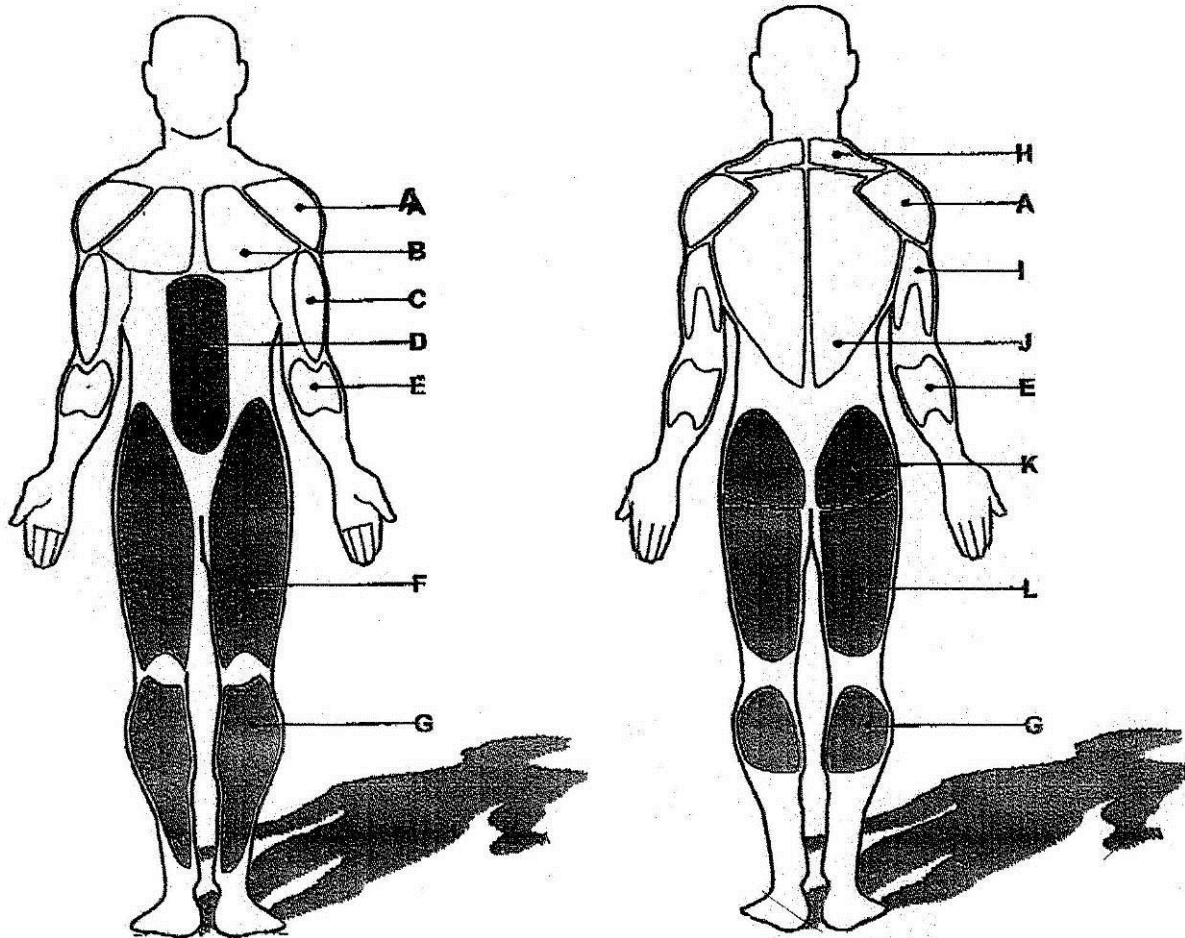
How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its “target zone”, a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



❖ MUSCLE CHART

Targeted Muscle Groups:

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



Shoulder muscles	<input type="checkbox"/> A	<input type="checkbox"/> B	Pectoral muscles
Bicep muscle	<input type="checkbox"/> C	<input type="checkbox"/> D	Abdominal muscles
Forearm muscles	<input type="checkbox"/> E	<input type="checkbox"/> F	Quadricep muscles
Calf muscles	<input type="checkbox"/> G	<input type="checkbox"/> H	Trapezius muscles
Tricep muscles	<input type="checkbox"/> I	<input type="checkbox"/> J	Back muscles
Gluteal muscles	<input type="checkbox"/> K	<input type="checkbox"/> L	Hamstring muscles

❖ STRETCHING ROUTINE

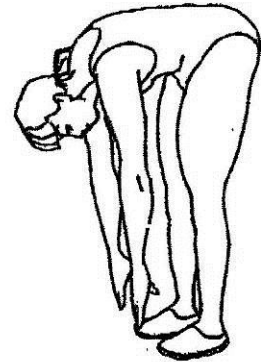
Warm Up and Cool Down:

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 a 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 heart 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 warm-up and cool-down stretches on the following pages:

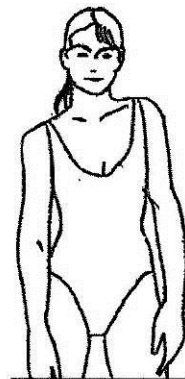
Toe Touch:

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.



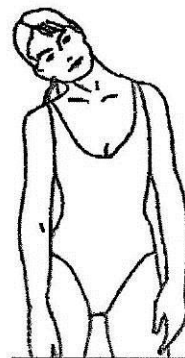
Shoulder Lift:

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.



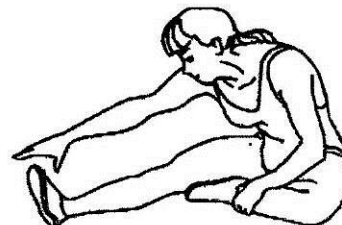
Head Roll:

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.



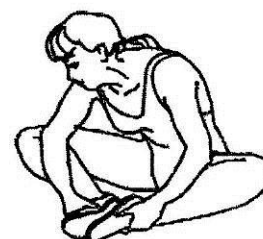
Hamstring Stretch:

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.



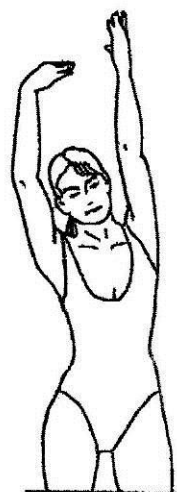
Inner Thigh Stretch:

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.



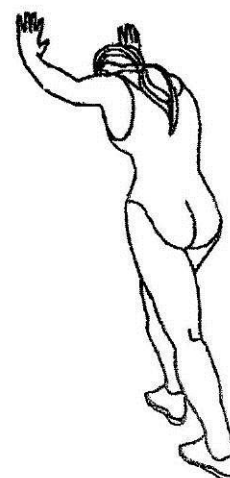
Side Stretch:

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, and then repeat on the other side for 15 counts.





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