Operation Guide

This patented Game Rider is not only a **Game Bike** but also a full-function **Programmable Exercise Bike**.

• The **Game Bike** functions are controlled by four major components:
1) the bike; 2) the monitor buttons; 3) the Wireless Box; and 4) the buttons on the bike handlebar.

• The **Programmable Exercise Bike** functions are controlled by:
1) the bike; 2) the monitor LCD display & buttons.
There is a "**GAME/FIT**" button located at the center of the monitor to control the switching between **Game Bike** and **Programmable Exercise Bike** functions.

This Operations Guide will describe the set-up and operation instructions of the **Game Bike** and **Programmable Exercise Bike** functions in separate sections.

NOTE: The Game Rider is a fitness equipment unit that enhances your workouts with the option of compatibility to your home television set or PC computer. Please consult the proper product manuals for your home television set or PC computer and confirm that it can safely connect to the features of the Game Rider.
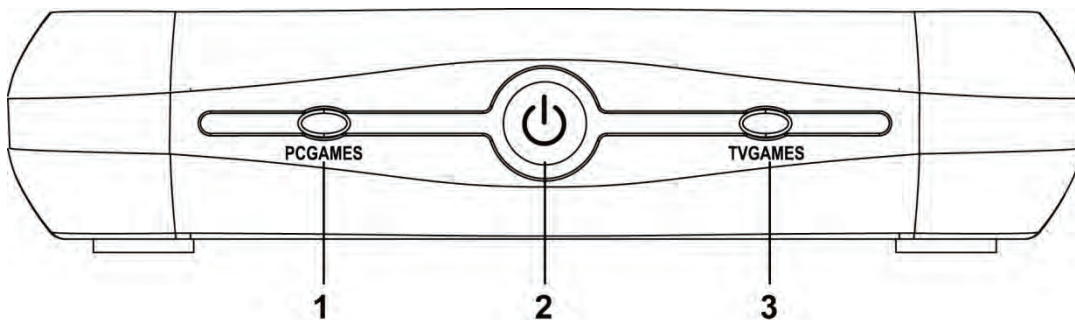
[GAME] Mode Operation

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I. SET UP & CONNECTIONS

A. **Bike & Monitor**: Please follow the Assembly Steps described earlier in this manual to assemble the bike and to attach the television **Monitor (#43)** to the bike.
B. **Wireless Box**:
   NOTE : the maximum distance between the Game Bike and the **Wireless Box (#51)** is **25 feet**
   Please ensure there is a clear path from the Game Rider to the **Wireless Box** without any obstacles or obtrusions in the way to ensure that the wireless signal properly communicates.
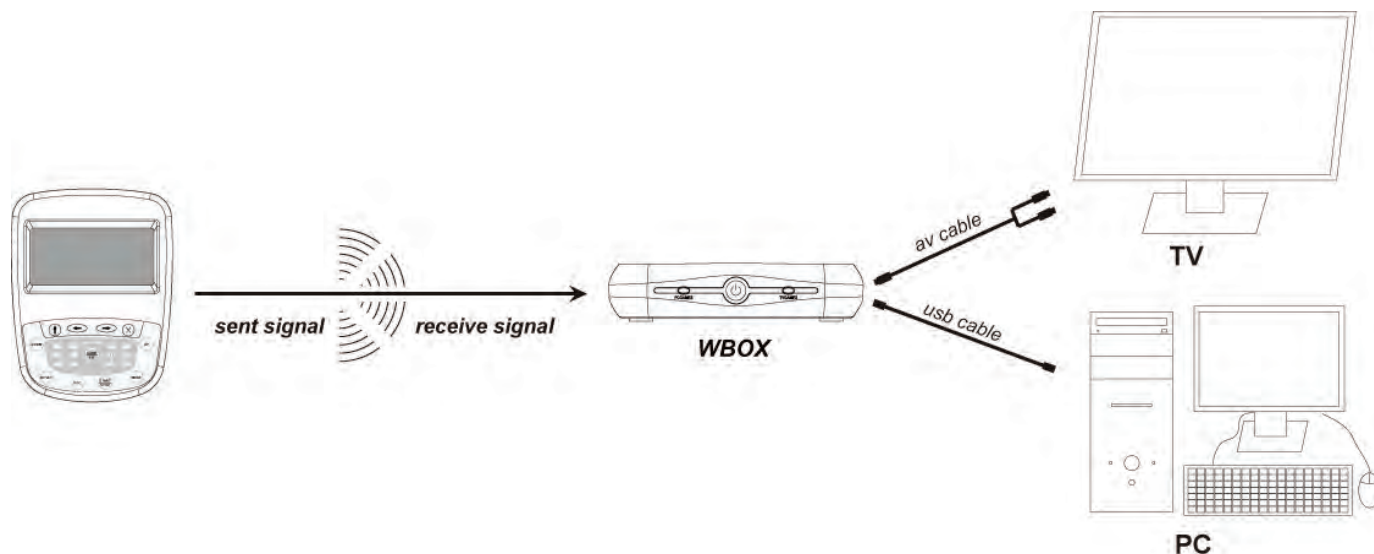

Wireless Box – Front View
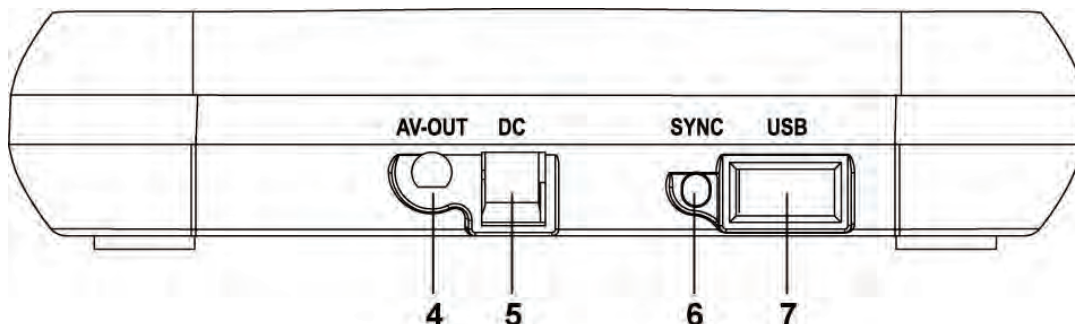
Wireless Box – Rear View
**SYNC (#6) has no function or use on this Game Rider model

[GAME] Mode Operation

Wireless Box – Connect to TV or PC

B-1. Connect to TV Set:

i. This connection enables user to play the games that are preloaded inside the **Wireless Box (#51)**, and, display the games on the TV set.

ii. First, connect the single-headed end of the **AV Cable** to the **AV-OUT (#4)** port in the rear of the **Wireless Box**. Connect the other double-headed end of the **AV Cable** to the corresponding **AV Input ports** on your TV Set. Please connect the cables to the corresponding colors (i.e. yellow to yellow; white to white) while plugging the cables to the ports on your TV Set.

iii. Then, connect the **AC Adapter for Wireless Box (DC 6V, 1000mA) (#50a)** to **DC (#5)** port at the rear of the **Wireless Box** and plug into a power source.

> **NOTE**: There are 2 different AC adapters included--1 for the Bike & 1 for the Wireless Box. Please read the adapter labels to ensure you are using the proper one prior to connecting power.

B-2. Connect to PC:

i. Alternatively, you may use the bike to play games that are playing on your PC, which include games that are running directly on your PC, or, games running on Internet web sites.

ii. This connection enables user to play the games that are playing on his/her PC.

iii. First, connect one end of the **USB Cable** to the **USB (#7)** port at the rear of the **Wireless Box**. Then, connect the other end of the **USB Cable** to a **USB port** on your PC.

iv. Since the **USB Cable** will also transmit the electrical power from the PC, you DO NOT have to connect the **AC Adapter for Wireless Box (DC 6V, 1000mA) (#50a)** to **DC (#5)** port at the rear of the **Wireless Box**.

II. Playing Games PRELOADED inside the Wireless Box:

A. Start-Up Procedure:
A-1. Connect the **Wireless Box** to the TV set: please follow the instructions described in the
  "**Connect to TV Set**" section above.
A-2. Power ON the **Wireless Box** by pressing the **Power Button (#2)** at the front of the **Wireless
  Box**.
A-3. Power ON the TV set, and, use the TV remote controller to select **INPUT** (usually an "Input" or "AV"
  button) to the corresponding **AV Input ports** (i.e. AV1, AV2, etc.) which you connected the **AV Cable**
  from the **Wireless Box**.
A-4. At this point, you should see the **Game Menu** display on your TV set.
A-5. Plug in the proper end of the **AC Adapter for Bike (DC 8V, 1000mA)(#50b)** into the socket located at
  the rear end of the bike. Plug in the other end of the AC Adapter to a power source.
A-6. Press the "**GAME/FIT**" button on the bike monitor to activate the "**GAME**" mode.
   a. If you see the below display on monitor (with only the MANUAL option on the top line) after pressing
     the "**GAME/FIT**" button, then, you are in "**GAME**" mode.

GAME MODE

   b. However, if you see the below display on monitor after pressing the "**GAME/FIT**" button, then, you are
     in "**FIT**ness" mode. Press the "**GAME/FIT**" button again to switch to the "**GAME**" mode.

FIT(ness) MODE
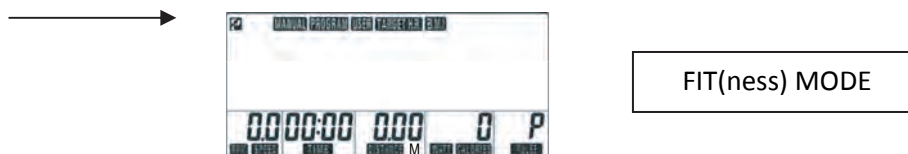
You are now ready to play the games while exercising on the bike. Your Game Rider will communicate to the
Wireless Receiver Box, and the gaming visual will be displayed on your TV screen. You should see the
"**TVGAMES" (#3)** LED in the front of the **Wireless Box** light up. Please follow the instructions in the
next section to control or manipulate the games.

B. Game Control & Manipulation:
B-1. Buttons on Monitor:
   a. There are four buttons (with red icons) on the Monitor in the zone marked "**GAME SELECT**". These
     four buttons are used in selecting different games or options in games.
   b. **NOTE:** these four buttons will function ONLY in "**GAME**" mode. If you find that these four
     buttons do not respond when pressed, please press the "**GAME/FIT**" button to switch to the "**GAME**"
     mode.
   c. Button Functions:
     ↑ : **UP**   UP key in menu selection.
     ← : **LEFT**   LEFT key in menu selection.
      → : **RIGHT**   RIGHT key in menu selection.
      ↺ : **EXIT**   EXIT current selection menu and go to the top menu. Pressing this button in the
                middle of game playing will EXIT the current game and go to the top menu for
                other game selection.

[GAME] Mode Operation

B-2. Buttons on Bike Handlebar:

a. There are four colored buttons on the Bike Handlebar.
<u>NOTE:</u> these four colored buttons function differently while playing the preload games on *Wireless Box* (**GR mode**) versus while playing the PC games (**PC mode**). The corresponding button functions in **GR mode** and **PC mode** are marked on top of the buttons and are also color coordinated.

b. Color Button Functions – while playing preloaded games on *Wireless Box (***GR Mode***)*:

    GREEN button : **SELECT**   To confirm menu selection, or, to START the game. Pressing this button during the game playing will PAUSE the game.

    RED button : **BRAKE**   Press this button during game playing to apply the BRAKE for slowing down. **PLEASE NOTE**: this BRAKE function **ONLY** works in the "*Over Speed*" game.

    BLUE button : **UP**   UP key in menu selection.
    YELLOW button : **DOWN**   DOWN key in menu selection.

B-3. Bike Handlebar:

a. During menu selection, making a LEFT turn using the handlebar is equivalent to pressing the ⟵ : **LEFT** button on the monitor, while making a RIGHT turn using the handlebar is equivalent to pressing the ⟶ : **RIGHT** button.
<u>NOTE:</u> If the handlebar LEFT/RIGHT turn function and colored handlebar buttons are not responding, please peddle on the Game Rider to engage these functions, then proceed again. These functions stop working when the Game Rider is not actively engaged with the *Wireless Box*.

b. During **game playing**, making a LEFT turn or RIGHT turn using the handlebar will change the traveling direction of the vehicle in the game.

B-4. Playing the Game:

a. Use the buttons on the monitor and the buttons on the handlebar to select the desired game and the options in selected game.
<u>NOTE</u>: Certain options or levels in the preloaded game CANNOT be selected until user has passed the previous game level.

b. Once the selected game is started, use the handlebar to control the traveling direction of the vehicle in the selected game.
<u>NOTE</u>: The vehicle in the game moves forward by pedaling the bike. The faster you pedal the bike, the faster the vehicle in the game travels. If you stop pedaling the bike during the game, the vehicle in the game will stop and some buttons may not function properly.

c. Press the **GREEN/SELECT button** on the handlebar to PAUSE the game. To exit the game, press the ↺ : **EXIT** button on the monitor, which will return to the game selection menu.

III. Playing Games Running on PC:

A. Start-Up Procedure:

A-1. Connect the **Wireless Box** to your PC: please follow the instructions described in the above "**Connect to PC**" section.

A-2. Since the **USB Cable** will also transmit the electrical power from the PC, you DO NOT have to connect the **AC Adapter for Wireless Box (DC 6V, 1000mA) (#50a)** to **DC (#5)** port at the rear of the **Wireless Box**. Power ON the PC, and, start the game on your PC.
NOTE: this Game Bike supports games that are running directly on your PC or games running on Internet web sites. It is recommended to initialize the desired game and select all options and settings, if any, **using your PC** until ready to START the game.

A-3. Plug in one end of the **AC Adapter for Bike (DC 8V, 1000mA) (#50b)** into the socket located at the rear of the bike. Plug in the other end of the AC Adapter to a power source.

A-4. Press the "**GAME/FIT**" button on the bike monitor to activate the "**GAME**" mode.
   a. If you see the following display on monitor (with only MANUAL option on the top line) after pressing the "**GAME/FIT**" button, then, you are in "**GAME**" mode.

GAME MODE

   b. However, if you see the following display on monitor after pressing the "**GAME/FIT**" button, then, you are in "**FIT**ness" mode. Press the "**GAME/FIT**" button again to switch to the "**GAME**" mode.

FIT(ness) MODE

You are now ready to play the games while exercising on the bike. Your game will communicate to the **Wireless Box**, and, the gaming visual will be displayed on your **PC screen**. You shall see the **"PCGAMES" (#1)** LED at the front of the **Wireless Box** light up. Please follow the instructions in the next section to control or manipulate the games.

B. Game Control & Manipulation:

B-1. Buttons on Monitor:

i. There are four buttons (with red icons) on the Monitor in the zone marked "**GAME SELECT**". These four buttons are used in selecting different games or options in games.

ii. **NOTE**: these four buttons will function **ONLY** in "**GAME**" mode. If you find all these four buttons do not respond when pressed, please press the "**GAME/FIT**" button to switch to the "**GAME**" mode.

iii. Button Functions:
   ↑ : **UP**   Equivalent to the **UP** key on PC.
   ← : **LEFT**   Equivalent to the **LEFT** key on PC.
   → : **RIGHT**   Equivalent to the **RIGHT** key on PC.
   ↺ : **EXIT**   Equivalent to the **ESC** key on PC

[GAME] Mode Operation

B-2. Buttons on Bike Handlebar:

    a. There are four colored buttons on the Bike Handlebar.

        <u>NOTE</u>: These four color buttons function differently while playing the preloaded games on Wireless Receiver Box (**GR mode**) versus while playing PC games (**PC mode**). The corresponding button functions in **GR mode** and **PC mode** are marked on top of the buttons and are color-coded.

    b. Color Button Functions – while playing games on the PC (**PC Mode**):

        GREEN button :**ENTER**   Equivalent to the **ENTER** key on PC.

        RED button : "**R**" Key   Equivalent to the **R** key on PC.

        BLUE button : **SPACE**   Equivalent to the **SPACE** key on PC.

        YELLOW button : **DOWN**   Equivalent to the **DOWN** key on PC.

B-3. Bike Handlebar:

    a. During **menu selection**, making a LEFT turn using the handlebar is equivalent to pressing the ⬅ : **LEFT** button on the monitor, while making a RIGHT turn using the handlebar is equivalent to pressing the ➡ :**RIGHT** button.

        <u>NOTE</u>: If the handlebar LEFT/RIGHT turn function and colored handlebar buttons are not responding, please peddle on the Game Rider to engage these functions, then proceed again. These functions stop working when the Game Rider is not actively engaged with the Wireless Receiver Box.

    b. During **game playing**, making a LEFT turn or RIGHT turn using the handlebar will change the traveling direction of the vehicle in the game.

B-4. Playing the Game:

    a. <u>NOTE:</u> since PC games may require different PC keys as "control keys" in different games, the Game Rider may not support ALL keys required. The supported keys are those that are documented above. Therefore, certain PC game functions may not be supported if the required keys are not supported by the Game Rider.

    b. Start the game on your PC. <u>NOTE</u>: This Game Bike supports games that are running directly on your PC or games running on Internet web sites. It is recommended to initialize the desired game and select all options and settings, if any, **using your PC** until ready to START the game.

    c. Once the PC game is started, use the handlebar to control the traveling direction of the vehicle in the selected game.

    d. Use the colored buttons on the handlebar to trigger the corresponding game functions as if you were pressing the PC keys. The corresponding PC key mappings are marked "PC" on top of the handlebar buttons.

    e. <u>NOTE</u>: The vehicle in the game moves forward by pedaling the bike forward. The faster you pedal the bike, the faster the vehicle in the game travels. If you stop pedaling the bike during the game, the vehicle in the game will stop and some buttons may not function properly.

FIT(ness) Mode-Computer Operation

There is a "**GAME/FIT**" button in the center of the monitor to control the switching between **Game Bike** [Game Mode] and **Programmable Exercise Bik**e [**FIT**(ness) **Mode**] functions.

Please press the "**Game/FIT**" button to activate the "**FIT**(ness)" mode.

1. If you see the following display on monitor (with Manual, Program, User, Target HR, BMI options on the top line of screen) after pressing the "**GAME/FIT**" button, then you are in the "**FIT**" mode.

FIT(ness) MODE

2. However, if you see the following display on the monitor after pressing the "**GAME/FIT**" button, then you are in the "**GAME**" mode. Press the "**GAME/FIT**" button again to switch to the "**FIT**" mode.

GAME MODE

I. BUTTONS:

UP	To make upward adjustment to each function data; or, increase training resistance; or, select personal data setting.
DOWN	To make backward adjustment to each function data; or, decrease training resistance; or, select personal data setting.
MODE	To confirm function selection or data input.
REC.(RECOVERY)	To activate/deactivate the Heart Rate Recovery function.
RESET	Press the RESET button for 2 seconds to reset current settings and switch the monitor to initial training mode.
START/STOP(ST/STOP)	To start or stop training.

II. FUNCTIONS:

SCAN	When training starts, RPM and SPEED data will alternate on display. Same for the Watt and Calories data.
SPEED	Displays current training SPEED from 0.0 to maximum 99.9 Miles.
RPM	Displays current training rotations per minute.
TIME	Count up - If NO preset target, Time will count up from 00:00 to maximum 99:59 with each increment of 1 second.
	Count down - If training with preset Time, Time will count down from preset value to 00:00.Each preset increment or decrement of 1 minute between 1:00 to 99:00.
DISTANCE	Count up - If NO preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 Mile.
	Count down - If training with preset target, Distance will count down from preset value to 0.00. Each preset increment or decrement is 0.1 Mile between 0.00 to 99.90.
CALORIES	Count up - If NO preset target, Calories will count up from 0 to maximum 999 with each increment of 1 cal.
	Count down - If training with preset target, Calories will count down from preset value to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.
PULSE	To display your current heart beat figures as soon as the pulse sensors are touched. The monitor will detect your heart beat through handgrip sensors once you hold on the sensors with both hands. If you have preset pulse target when training in Manual, Program, or User mode, the monitor will beep when your current heart rate reaches the preset target. To select Target Heart Rate training

mode for training, please refer to the above "Training in Target Heart Rate mode". To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training.

RECOVERY(REC.) After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "Time" will start counting down from 00:60 - 00:59 - 00:58 - to 00:00. Please keep on holding the handgrips until "Time" reaches 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,… F6. F1 is the best, and F6 is the worst. You may keep on exercising to improve the heart rate recovery status day by day from F6 to F1.
** Press the RECOVERY button again to return back to the main display.

WATT Display current training watt figures.

III. OPERATION:

A. To Operate the Monitor

A-0. Plug in the AC Adapter to power supply. You will see this first screen followed by the second and third screen.

A-1. You may select one of the following training modes: MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons (a1). Press MODE button to confirm. Or, you may press ST/STOP button to start training directly in MANUAL mode.

A-2. When you begin any selected mode, all function data will start counting up from zero once the training starts (a2) by default. If you choose to preset any function target data (optional), then, the function display will count down from your preset target value once the training starts.

A-3. During training, you may adjust resistance by pressing UP/DOWN buttons twice(a3). Please note each bar represents TWO resistance levels. The bar will change up or down every two levels. During adjustment, you will see the display changes when you press UP or DOWN button twice. There is a number (1 to 16) on the screen to display the exact resistance level.

A-4. To reset during training, first press ST/STOP button (P will appear on the left-top corner indicating 'pause'), then press RESET button for 2 seconds. This will clear all data from your session. To switch to a different mode, use the UP button to select desired mode.
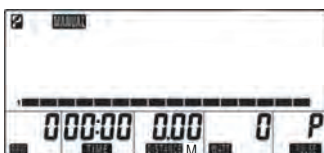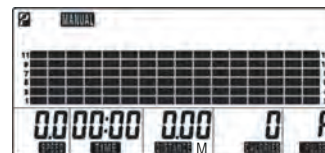

(a1)　　　　　　　　(a2)　　　　　　　　(a3)

B. **Training in MANUAL mode** - press UP button until MANUAL appears on the upper line, press MODE to confirm(b1).
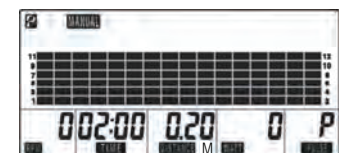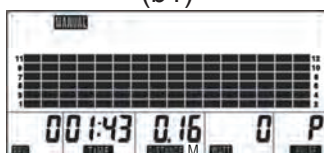

(b1)　　　　　　　　(b2)　　　　　　　　(b3)　　　　　　　　(b4)
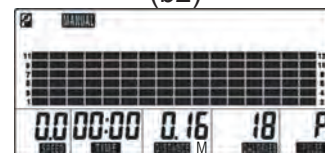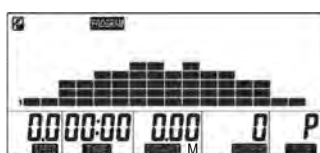

(b5)　　　　　　　　(b6)

B-1 You may press ST/STOP button to start training directly (b2), or you may press UP/DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.

B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function data target by pressing MODE button to select the desired function you want to set target data for. Then, use the UP/DOWN buttons to set the value. Press MODE button to advanced to the next desired function area. The functions available for preset are: Time, Distance, Calories, and Pulse in MANUAL mode.(b4)

B-3 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)

B-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (b6)

B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from the previously set data and count down again, and all other set function data will continue counting up or down from previous records.

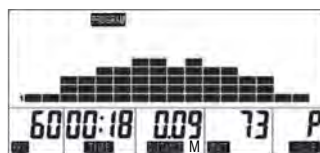B-6 During any training period, you may press ST/STOP to stop monitor counting at anytime.

C. Training in PROGRAM mode - press UP button until PROGRAM shows up on the upper line, press MODE to confirm.
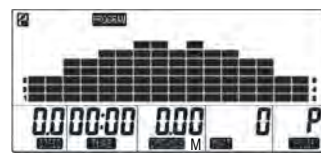

| (c1) | (c2) | (c3) | (c4) |

C-1 The initial set program profile is P1 (c1 & c2). There are 12 training program profiles (P1-P12) available. You may press UP/DOWN button to select the desired training profile. Press MODE button to confirm.

C-2 You may press ST/STOP button to start training directly (c3), or you may press UP, DOWN buttons to adjust resistance level (c4). During adjustment, you will see the display changes when you press UP or DOWN button twice.

C-3 After adjustment of the training resistance, you may press ST/STOP to start training or, Optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in PROGRAM mode.(c5)
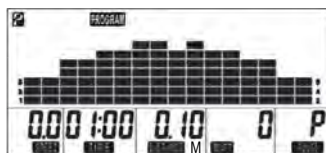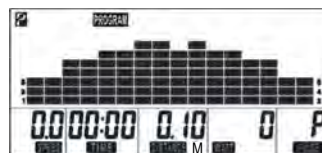
| (c5) | (c6) | (c7) |

C-4 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.(c6)

C-5 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (c7)

C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

C-7 During any training period, you may press ST/STOP to stop monitor counting at anytime.

D. Training in USER mode - press UP button until USER shows up on the upper line, press MODE to confirm(d1). In USER mode, you can set your own desired training program.

(d1)　　　　(d2)　　　　(d3)　　　　(d4)

(d5)　　　　(d6)

D-1 There are 16 profile units that you can set the desired resistance level for each unit to create your own training program. Press UP, DOWN buttons to adjust resistance level of the first profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice (d3). Press MODE button to move to the next profile unit. Then use UP, DOWN buttons again to set the desired resistance level until you've completed all 16 profile units. You may also adjust resistance during training.

D-2 After completing your own training program setting, you may press ST/STOP to start training or, optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in USER mode. (d4)

D-3 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (d5)

D-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep 8 times to remind you.(d6)

D-5 You may press ST/STOP button to start training again. The function which has achieved zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

D-6 During any training period, you may press ST/STOP to stop monitor counting at anytime.

E. Training in TARGET H.R. mode - press UP button until TARGET H.R. shows up on the upper line, press MODE to confirm.

(The monitor will first display initial set AGE 20 (e1)). Please input your age by pressing UP, DOWN, and MODE button to confirm. The monitor will then display initial target heart rate percentage 55% (e2). You may press UP button to select 75%, 90% or THR for further selection. The right-lower field of the display will show a target heart rate figure which is calculated according to your age and selected heart rate percentage. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right-lower field of the display. You may press MODE button and use UP, DOWN buttons to set your desired target heart rate to any value between the range 30 bpm to 240 bpm.

(e1)　　　　(e2)　　　　(e3)　　　　(e4)

E-1 You may press ST/STOP button to start training directly (e3). Or, optionally, you may set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, And Calories in TARGET H.R. mode.(e4)

E-2 After all settings are selected, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts(e5). Once you are training in TARGET H.R. mode, the training resistance will be adjusted automatically depending on your current heart rate. If your heart rate is very high compared to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your heart rate change. If the training resistance has dropped to level one but your heart rate is still high, the monitor will stop all functions automatically as a protective action. If your heart rate is very low compared to the preset target, the training resistance will increase one level every 30 seconds till level 16. You will NOT be able to adjust training resistance by yourself when you are training in Target H.R. mode.

| (e5) | (e6) |

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beeps 8 times to remind you.(e6)

E-4 You may press ST/STOP button to start training again. The function which has achieved zero will start from previous set data and count down again, and other set function data will keep counting up or down from previous records.

E-5 During any training period, you may press ST/STOP to stop monitor counting at anytime.

NOTES:

1. The monitor will shut off automatically if you stop the training or button operation for 4 - 5 minutes. All training data will be kept and reappeared again when you press any button.
2. The monitor is powered through an AC adaptor (DC 8V, 1000mA). Please plug in power supply before using the monitor.

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.

Groin Stretch

1. Sit with your knees flexed and soles of feet together.

2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.

2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.

3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.

Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.

2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.

Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.

2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.

2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Trunk Flexion, Prone
1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.

2. Return to the starting position slowly.

Shoulder Stretch
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.

2. Try to reach your finger-tips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.

Calf Stretch
1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).

2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

FCC Information:

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to this equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the radio or television off and on, the user is encouraged to try to correct interference by one or more of the following measures.

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on another circuit.
- Consult the dealer or an experienced radio/TV technician for help.

Thanks for choosing

BODY FLEX SPORTS

Model Number BGB 290

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

_____

Date of Purchase:

_____

Store Name:

_____

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