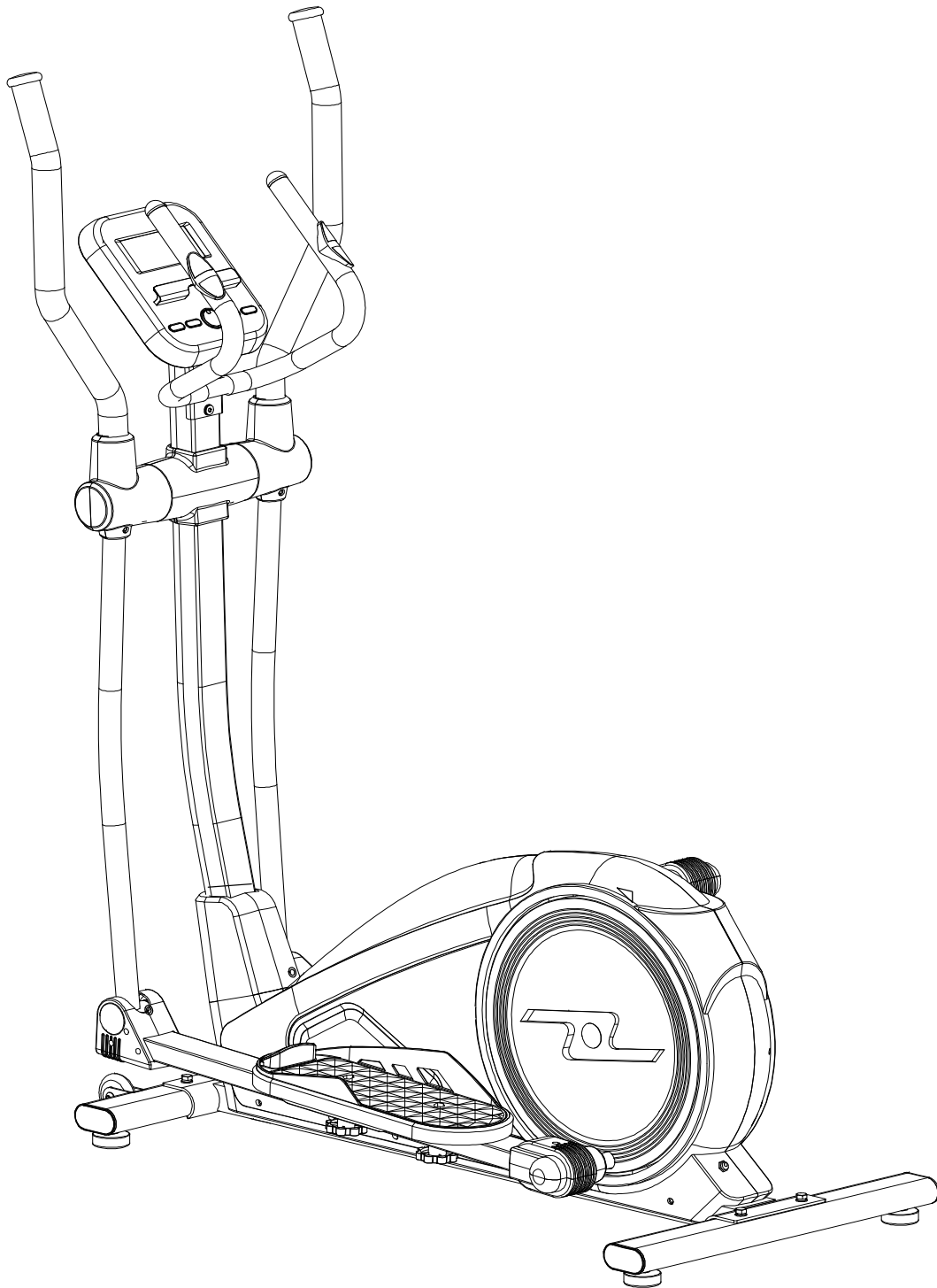# GYMSTICK™

GX4.0 CROSSTRAINER
USER MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

BEFORE YOU BEGIN

Thank you for choosing the Gymstick GX4.0 Crosstrainer. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

⚠️

NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.

2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.

3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.

5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.

6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.

7. Assemble the machine exactly as the descriptions in the instruction manual.

8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.

9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.

10. NEVER operate the machine if it is not functioning properly.

11. This machine can be used for only one person's training at a time.

12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

14. Before exercising, always do warm-up and stretching first.

15. The maximum weight capacity for this product is 110kgs.

⚠️
WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.
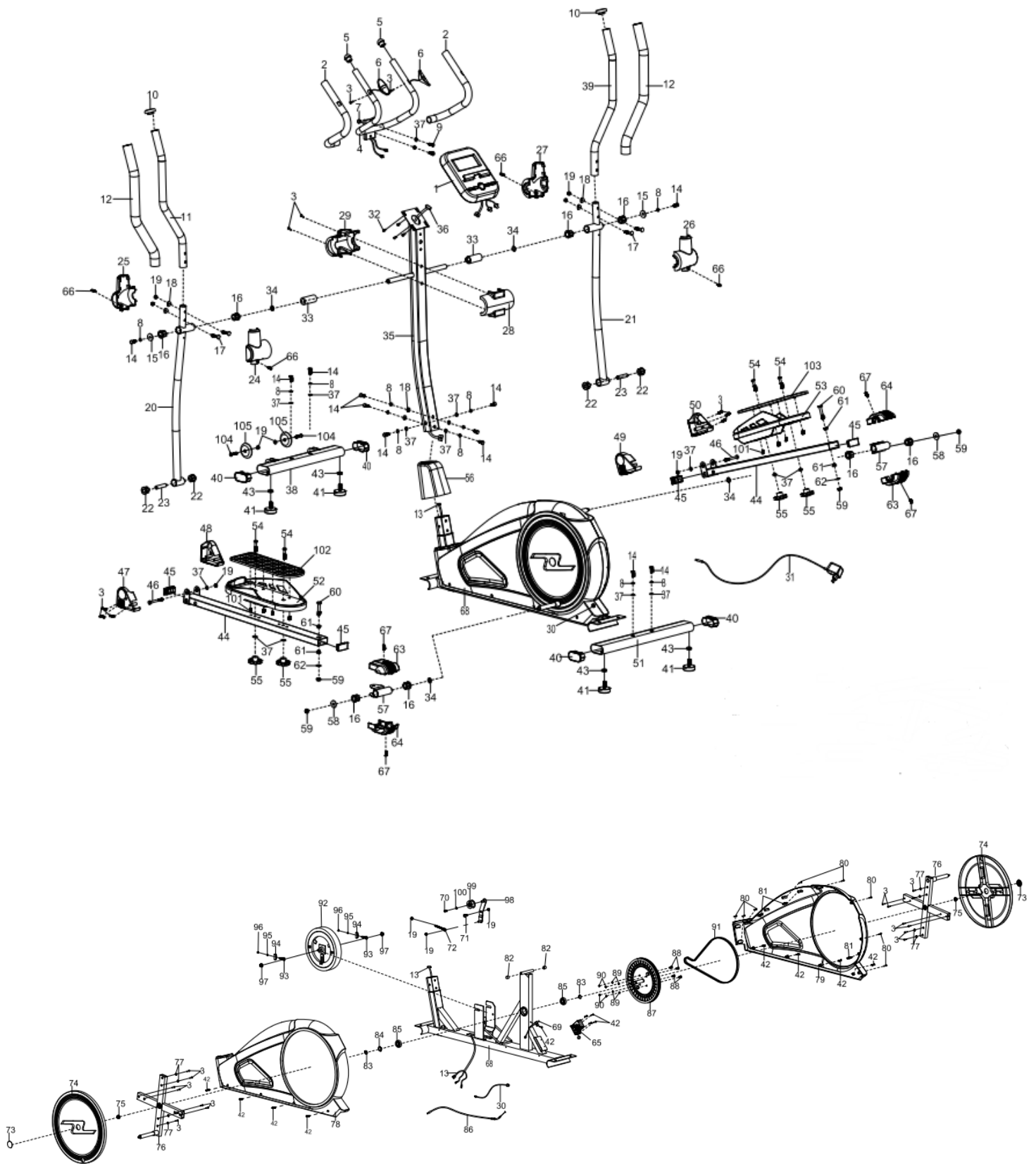
GYMSTICK™

| No.	Description	Qty
001	Computer	1
002	Handrail Foam Grip Ø24x30x500	2
003	Self-tapping Screw ST4.2*16	26
004	Handlebar	1
005	Handlebar End Cap Ø25x1.5	2
006	Hand Pulse Sensor with Wire L=750mm	2
007	Line plug	1
008	Spring Washer Ø8	12
009	Bolt M8*20	2
010	Handrail End Cap Ø32x1.5	2
011	Left Handrail	1
012	Handrail Foam Grip Ø34x41x614	2
013	Broken wire under electronic watch	1
014	Bolt M8*20	12
015	Big Washer Ø8*Ø32*2.0	2
016	BushingΦ32*3.5*24*Φ19.3	8
017	Bolt M8*43	4
018	Big Arc Washer Ø8*Ø20*2.0	6
019	Nut M8	11
020	Left Handrail Arm	1
021	Right Handrail Arm	1
022	BushingΦ33*3*19*Φ14.1	4
023	spacer bushΦ14*Φ8.2*59	2
024	Left Handrail Arm Cover-A	1
025	Left Handrail Arm Cover-B	1
026	Right Handrail Arm Cover-A	1
027	Right Handrail Arm Cover-B	1
028	Front Post Front Cover	1
029	Front Post Rear Cover	1
030	Voltage regulator connector	1

No.	Description	Qty
031	Adaptor	1
032	Screw M5*12	4
033	Bushing Ø31.8* Ø19.2*75	2
034	Wave Washer Ø19XØ26x0.3	4
035	Front Post	1
036	Sensor Wire L=1150mm	1
037	Washer Ø8*Ø16*1.5	16
038	Front Stabilizer	1
039	Right Handrail	1
040	End Cap For Front/Rear Stabilizer	4
041	Foot Pad	4
042	Self-tapping self-drilling screw ST4.2*20	9
043	Nut M10	4
044(L/R)	Foot Bar	2
045	Square Tube Plug	4
046	Bolt M8*75	2
047	Left Foot Bar Cover-B	1
048	Left Foot Bar Cover-A	1
049	Right Foot Bar Cover-A	1
050	Right Foot Bar Cover -B	1
051	Rear Stabilizer	11
052	Left Foot Pedal	1
053	Right Foot Pedal	1
054	Bolt M8*45	4
055	Round Knob M8	4
056	Front Post Cover	1
057	Rotate theTube	2
058	Big Washer Ø10*Ø32*2.0	2
059	Nut M10	4
060	Bolt M10*55	2

No.	Description	Qty
061	Connecting rod small bushing Ø14* Ø10*10	4
062	Washer Ø10*Ø20*2.0	2
063	Rotate the tube Cover-A	2
064	Rotate the tube Cover-B	2
065	Motor	1
066	Screw ST4.2*15	4
067	Bolt M5*10	4
068	Main Frame	1
069	Hand Pulse Sensor with Wire A L=300mm	1
070	Bolt M6*10	1
071	Bolt Ø17*Ø10*18.5*M8	1
072	Eyebolt M8*75	1
073	Turntable Cap	2
074	Turntable	2
075	Nut M10*1.25*6	2
076	Turntable Assembly	2
077	Washer Ø5*Ø12*1.0	8
078	Left Chain Cover	1
079	Right Chain Cover	1
080	Self-tapping screw ST4.2*25	8
081	Plastic Bolt Ø8*32	3
082	Rubber Sleeve	2
083	Shaft Ring Ø17*1	2
084	Wave Washer Ø17*Ø21*0.3	1
085	Bearing 6203zz	2
086	Motor Tension wireL=500MM	1

| No.	Description	Qty
087	Belt Pulley with Crank	1
088	Bolt M6*15	4
089	Spring Washer Ø6	4
090	Nut M6	4
091	Belt	1
092	Flywheel	1
093	Eyebolt M6*36	2
094	U-Shape Bracket	2
095	Spring Washer Ø6	2
096	Nut M6	2
097	Nut M10*1.0*6	2
098	Idle Wheel Bracket	1
099	Idle Wheel Roller	1
100	Washer Ø6*Ø12*1.0	1
101	Self-tapping screw ST4.2*10	8
102	Left Foot Pedal Pad	1
103	Right Foot Pedal Pad	1
104	Bolt M8*3.5	2
105	Roller	2

HARDWARE PACKING LIST
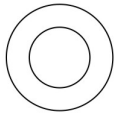
(37)Washer Ø8*Ø16*1.5
6PCS
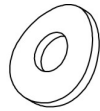
(18)Big Arc Washer Ø8*Ø20*2.0
4PCS

(19)Nut M8
6PCS
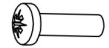
(67)Bolt M5*10
4PCS
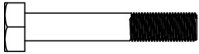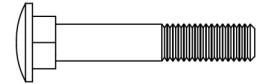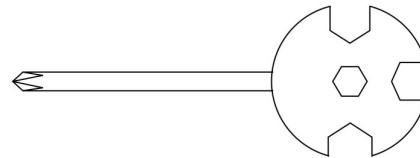
(46)Bolt M8*75
2PCS

(54)Bolt M8*45
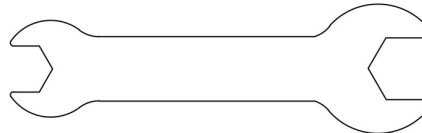4PCS

(3)Self-tapping Screw ST4.2*16
8PCS

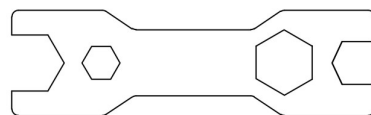(17)BoltM8*43
4PCS

(106)Self-tapping self-drilling screw ST4.2*15
4PCS

Multi Hex Tool/Phillips Screwdriver
S10 , S13, S14, S15
1PC

Allen Wrench 6mm
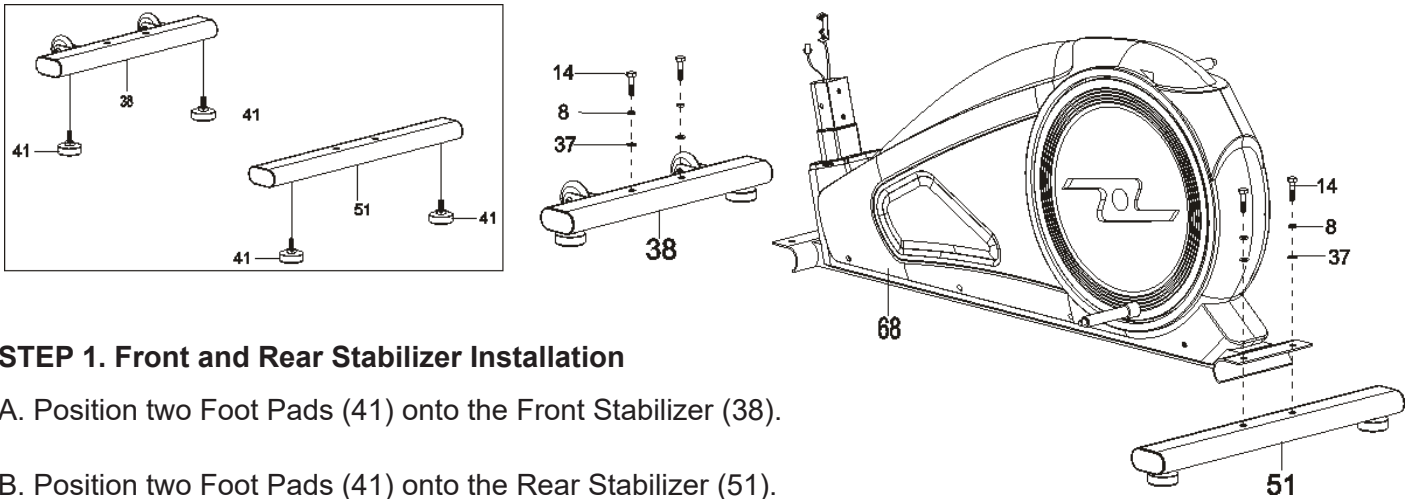1PC

Solid Wrench
S14- S19
1PC

Multi Hex Tool
S10-13-17-19
1PC

ASSEMBLY INSTRUCTIONS

STEP 1. Front and Rear Stabilizer Installation

A. Position two Foot Pads (41) onto the Front Stabilizer (38).

B. Position two Foot Pads (41) onto the Rear Stabilizer (51).

C.Remove two M8x20 Bolts (14), two Spring Washers Ø8(8) and two Washers Ø8*Ø16*1.5(37) from the Front Stabilizer (38). Position the Front Stabilizer (38) in front of the Main Frame (68) and align the bolt holes. Attach the Front Stabilizer (38) onto the front of the Main Frame (68) with two M8x20 Bolts (14), two Spring Washers Ø8(8) and two Washers Ø8*Ø16*1.5(37) that were removed.
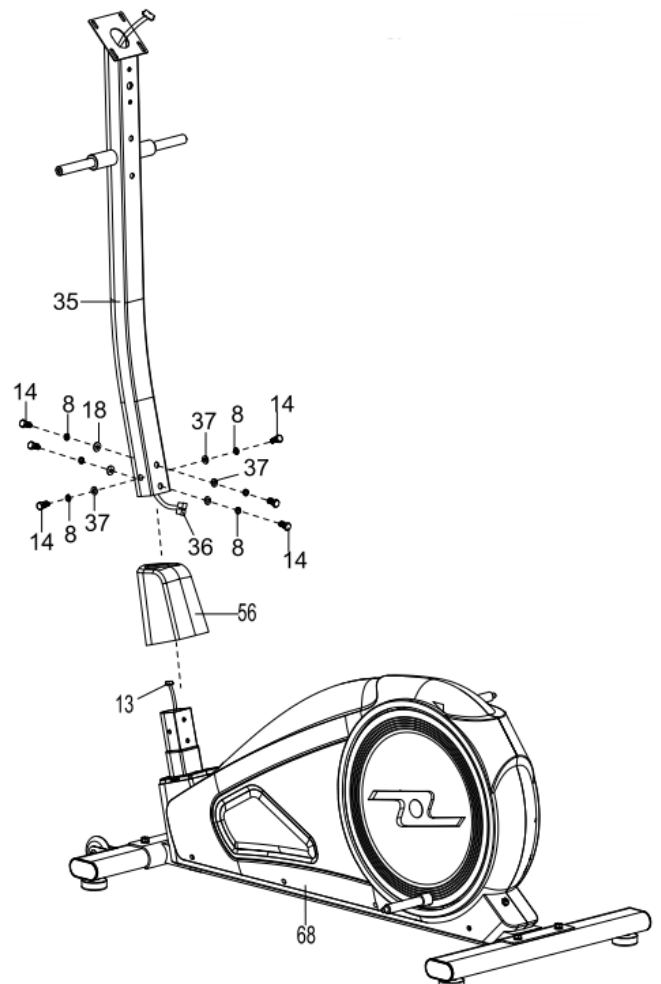
D. Remove two M8x20 Bolts (14), two Spring Washers Ø8(8) and two Washers Ø8*Ø16*1.5(37) from the Rear Stabilizer (51). Position the Rear Stabilizer (51) behind the Main Frame (68) and align the bolt holes. Attach the Rear Stabilizer (51) onto the rear of the Main Frame (1) with two M8x20 Bolts (14), two Spring Washers Ø8(8) and two Washers Ø8*Ø16*1.5(37) that were removed.

STEP 2. Front Post Installation

Remove six M8x20 Bolts (14), six Spring Washers Ø8(8), two Big Arc Washers Ø8*Ø20*2.0(18) and four Washers Ø8*Ø16*1.5(37) from Main Frame (68).

Insert the Handlebar Post cover (56) onto the tube of the Handlebar Post (35) and Slide the Handlebar Post cover (35).

Insert the Front Post (35) onto the tube of the Main Frame (68) and secure with six M8x20 Bolts (14), six Spring Washers Ø8(8), two Big Arc Washers Ø8*Ø20*2.0(18) and four Washers Ø8*Ø16*1.5(37) that were removed.

STEP 3. Left/Right Handrail Arms, Left/Right Foot Bars Installation

Remove two M8*20 Bolts (14), two Ø8 Spring Washers (8), two Ø8*Ø32x2.0 Big Washers (15), and two Ø19*Ø26*0.3 Wave Washers (34) from the left and right horizontal axes of the Front Post (35).

Attach the Left Handrail Arm (20) onto the left horizontal axis of the Front Post (35) with one M8*20 Bolt (14), one Ø8 Spring Washer (8), one Ø8*Ø32x2.0 Big Washer (15), and one Ø19*Ø26*0.3 Wave Washer (34) that were removed.

Remove two Ø19*Ø26*0.3 Wave Washers (34) , two Big Washers Ø10*Ø32*2.0(58) and two M10 Nuts (59) from the Main Frame (68).

Attach the Left Foot Bar (44) onto the Main Frame (68) with one Ø19*Ø26*0.3 Wave Washers (34), one Big Washer Ø10*Ø32*2.0(58) and one M10 Nut (59) that were removed.

Repeat above step to attach the Right Handrail Arm (21) onto the right horizontal axis of the Front Post (35) and Right Foot Bar(44) to the Main Frame (68).
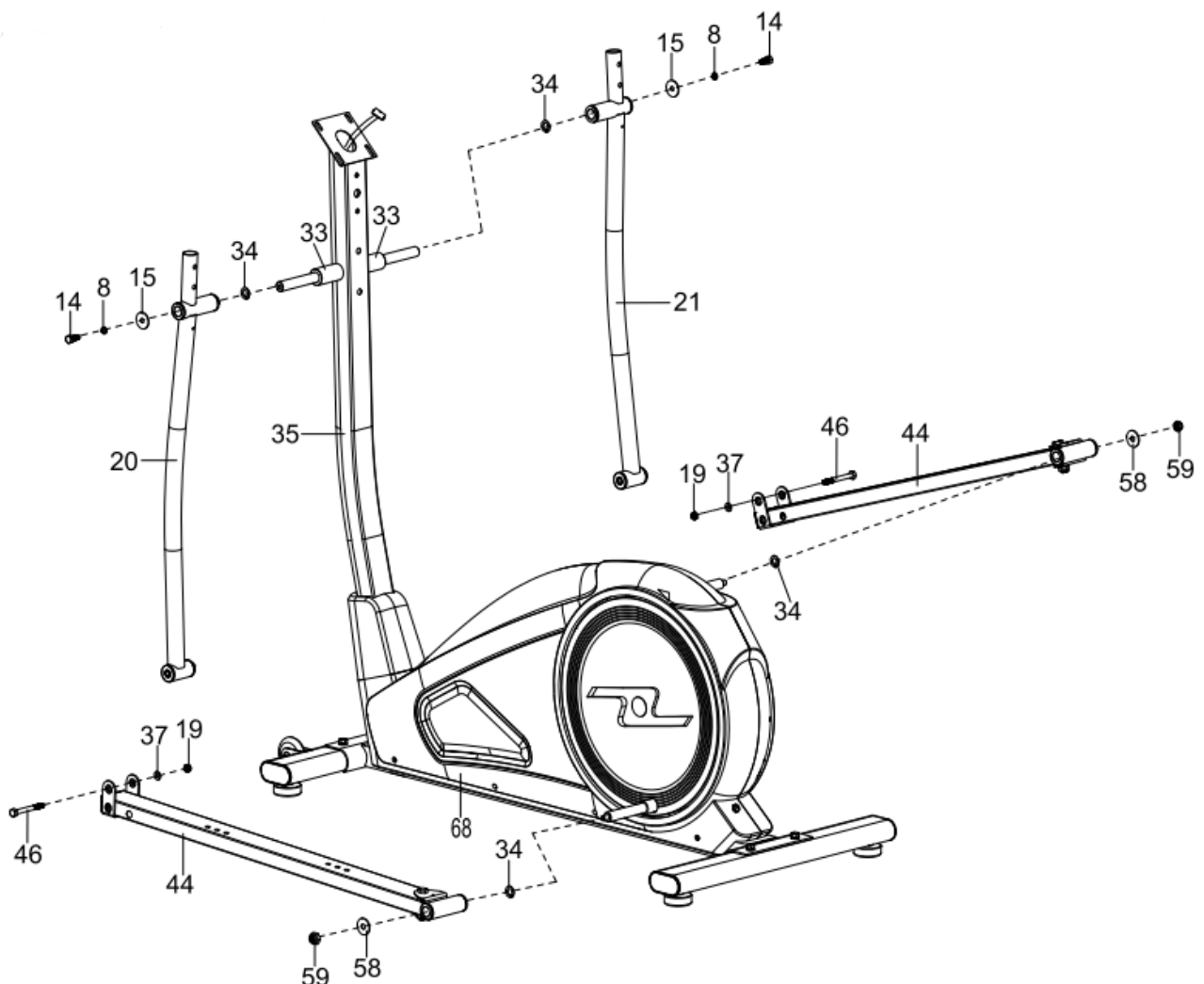
STEP 4. Rotate the tube Cover- A/B, Left/Right Foot Bar Cover and Left/Right Foot Pedals Installation

Attach the Left Foot Bar Cover-A/B (48/47) onto the Left Foot Bar (44) with three Self-tapping Screws ST4.2*16(3). Attach the Right Foot Bar Cover-A/B (49/50) onto the Right Foot Bar (44)with three Self-tapping Screws ST4.2*16(3).

Attach one Rotate the tube Cover-A/B(63/64) onto the Left Rotate theTube (57) with two Bolts M5*10(67). Attach one Rotate the tube Cover-A/B(63/64) onto theRight Rotate theTube (57) with two Bolts M5*10(67).

Attach the Left Foot Pedal (52) onto the Left Foot Bar (44) with two Bolts M8*45(54),two Washers Ø8*Ø16*1.5(37) and two Round Knobs M8(55). Attach the Right Foot Pedal (52) onto the Right Foot Bar (44) with two Bolts M8*45(54),two Washers Ø8*Ø16*1.5(37) and two Round Knobs M8(55).
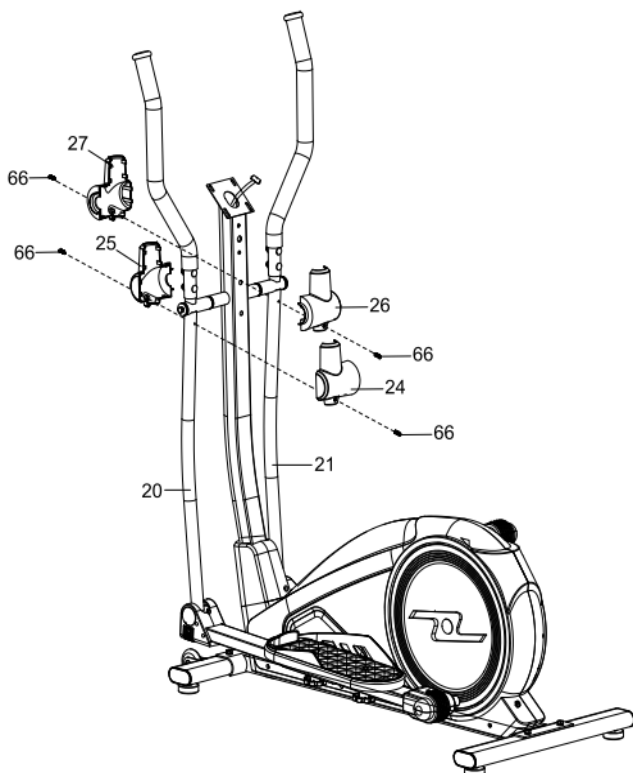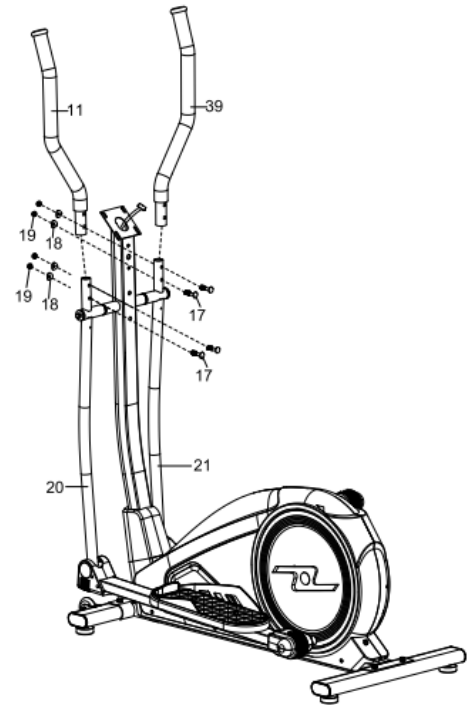
Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.
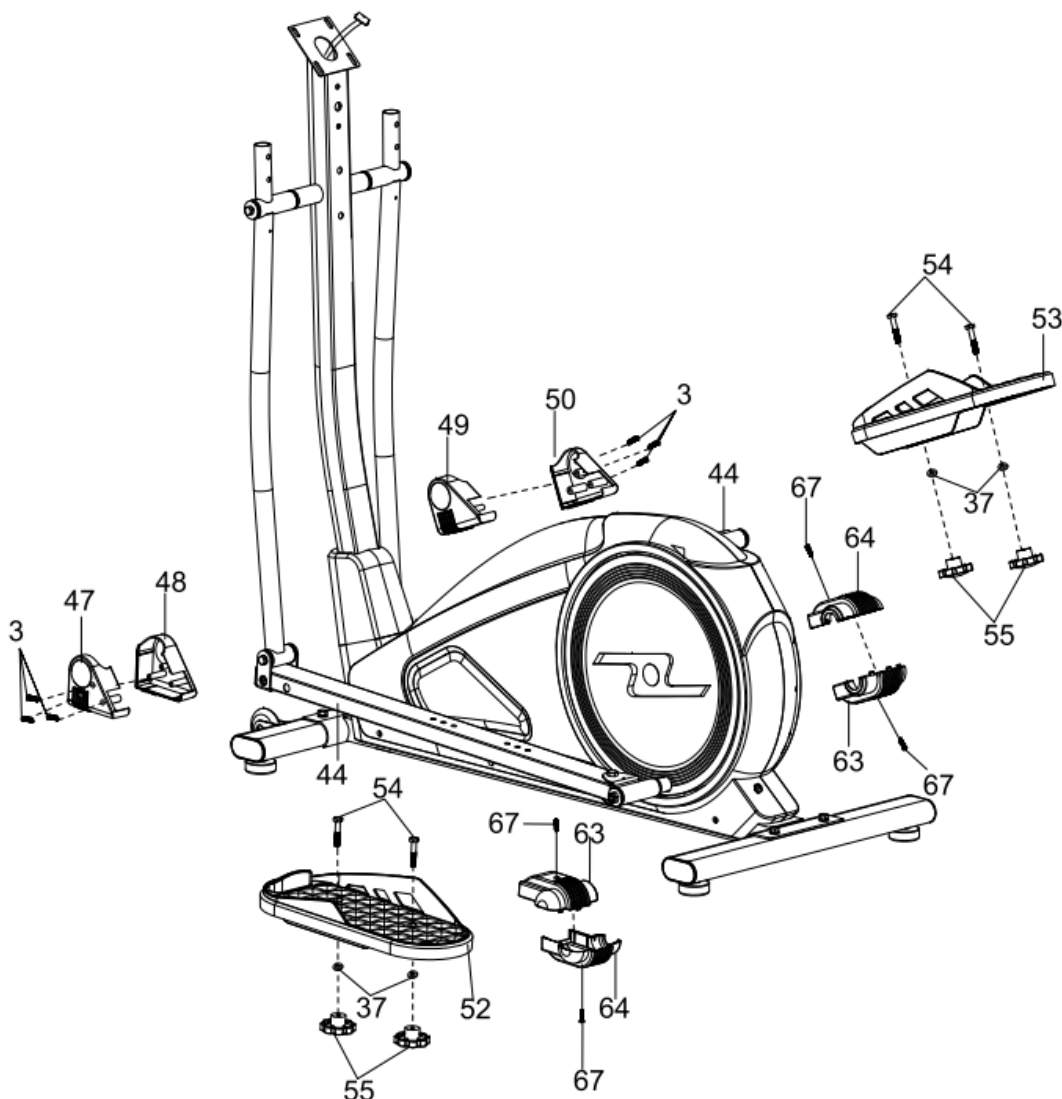
STEP 5. Left/Right Installation

Attach the Left/Right Handrails (11, 39) onto the Left/Right Handrail Arms (20,21) with four Nuts M8 (19), four Big Arc Washers Ø8*Ø20*2.0 (18) and four Bolts M8*43 (17).

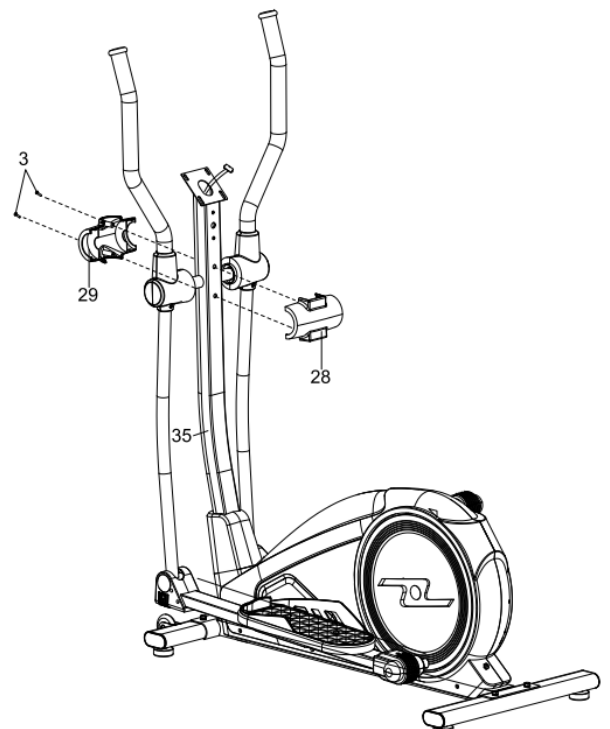Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 6. Left/Right Handrail Arm Covers-A/B Installation

Attach the Left Handrail Arm Cover-A/B (24,25) onto the Left Handrail Arm (20) with two Self-tapping self-drilling screws ST4.2*15(66).

Attach the Right Handrail Arm Cover-A/B (26,27) onto The Right Handrail Arm (4) with two Self-tapping self-drilling screws ST4.2*15(66).

Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 7. Front Post Front/Rear Cover Installation

Attach the Front Post Front/Rear Cover (28,29) onto the Front Post (35) with two Self-tapping Screw ST4.2*16(3).

Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 8. Handlebar and Computer Installation

Remove four M5*12 screws (32) from the back of the Computer (1). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M8*20 Bolts (9) and two Ø8*Ø16*1.5 Washers (37) from the Front Post (35). Remove bolts and curve washers with the S6 Allen Wrench provided.

Attach the Handlebar (4) onto the Front Post (35) with two M8*20 Bolts (9) and two Ø8*Ø16*1.5 Washers (37) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided.

Connect the Sensor Wire I (36) and Hand Pulse Sensor Wires (6) to the wires that come from the Computer (1) and then attach the Computer (1) onto the top end of the Front Post (35) with four M5*12 screws (32) that were removed.

Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.
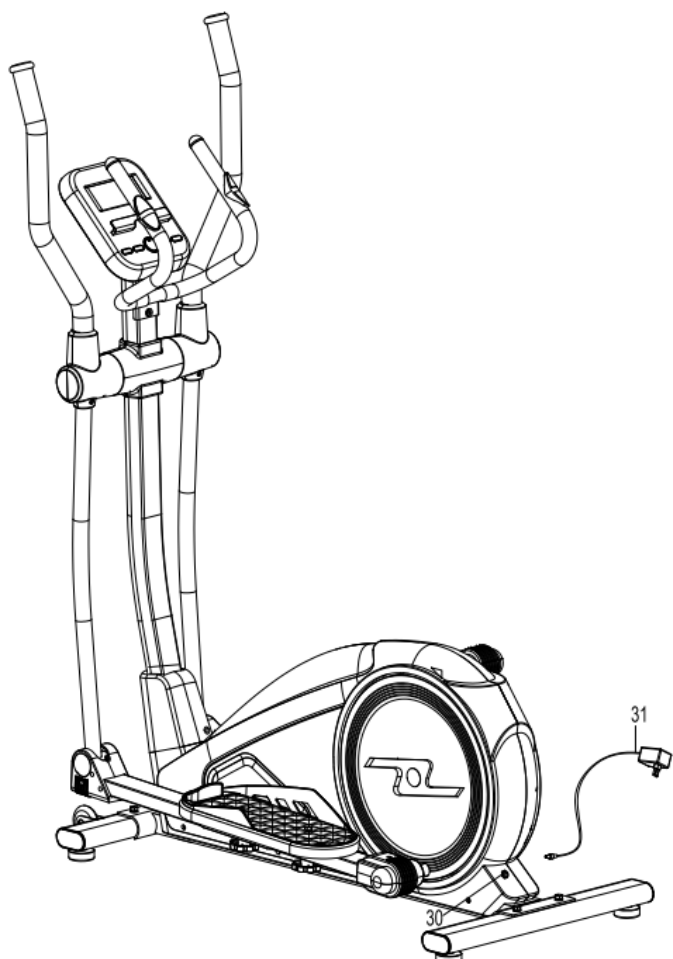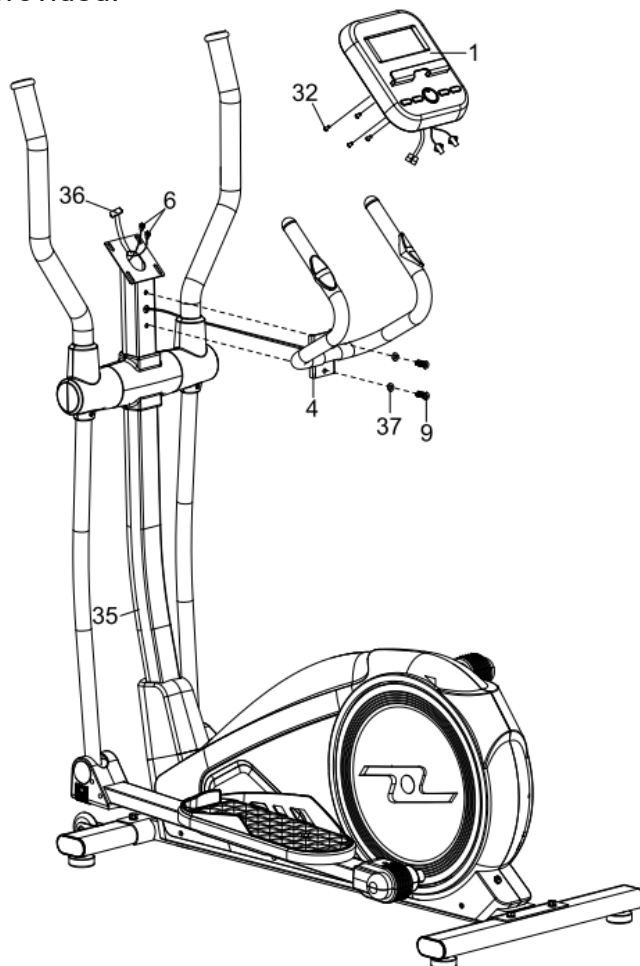
STEP 9. AC Adapter Installation

Plug one end of the AC Adapter(31) into the power jack of the Power Supply Wireon the front of the Left Shroud(30). Before plugging in,make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter(31)into the electrical wall outlet.

COMPUTER OPERATION INSTRUCTIONS

KEY FUNCTIONS

START/STOP(ST/SP):
1. Starts and Pauses workouts
2. Start body fat measurement

DOWN:
Decrease value of selected workout parameter: TIME, DISTANCE, etc.
During the workout it will decrease the resistance load

UP:
Increases value of selected workout parameter.
During the workout, it will increase the resistance load.

MODE (ENTER):
1. To input desired value or workout mode.
2. Press to switch display form RPM to SPEED, ODO to DIST,
WATT to Calories during workout.

TEST (PULSE-RECOVERY):
Press to enter into Recovery function when computer has the heart rate value.
Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, F6 is the worst.

RESET:
To reset current setting. Holding the key for 3 seconds will reset all function
values to zero.

BODY FAT:
Quickly select the BODY FAT program.

WORKOUT SELECTION

After power-up using UP or DOWN keys to select workout, then pressing ENTER to enter the desired mode.

SETTING WORKOUT PARAMETERS
After selecting your desired program, you may pre-set several workout parameters for desired results.

### WORKOUT PARAMETERS: TIME / DISTANCE / CALORIES /AGE

Note: Some parameters are not adjustable in certain programs.
Once a program has been selected, pressing ENTER, will make "TIME" parameter flash. Using UP OR DOWN KEY
you may select desired time value. Press ENTER KEY to input value. Flashing prompt will move to the next parameter.
Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

COMPUTER OPERATION INSTRUCTIONS

MANUAL PROGRAM (P1)

Selecting **"MANUAL"** using UP OR DOWN KEY then pressing ENTER KEY. First parameter "TIME" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.
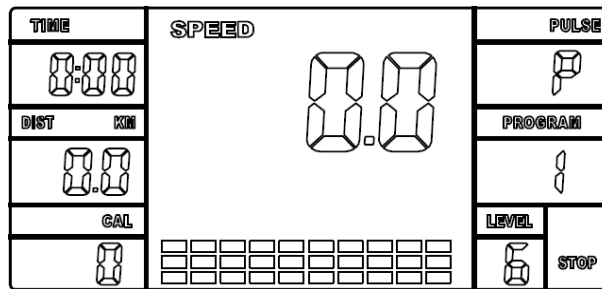
PRE-PROGRAMS (P2-P7)

There are 6 program profiles ready for use. Setting Parameters for PRE-PROGRAMS:

Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY. First parameter "TIME" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.
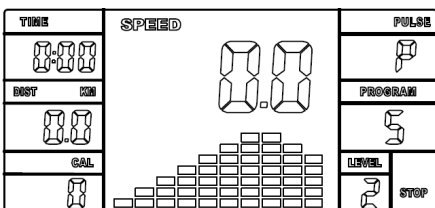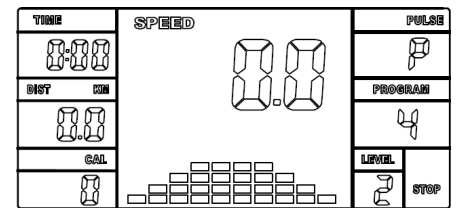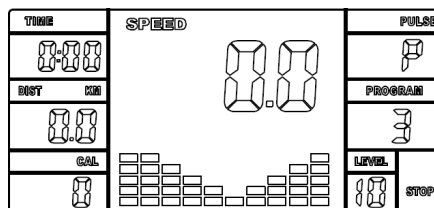
COMPUTER OPERATION INSTRUCTIONS
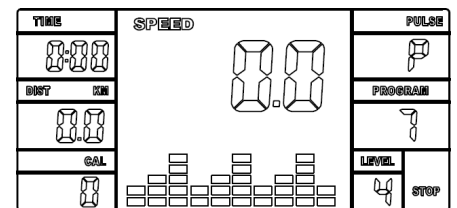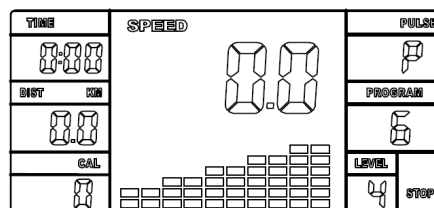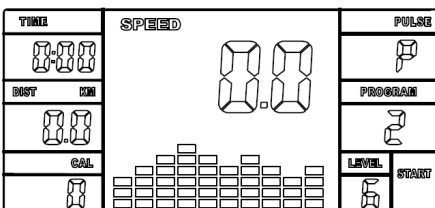
HEART RATE CONTROL PROGRAM (P8-P10)

There are 3 selection for target pulse:
P8 - 55%   TARGET H.R= 55% of (220-AGE)
**P9 - 75%   TARGET H.R= 75% of (220-AGE)**
P10 - 90%   TARGET H.R= 90% of (220-AGE)

Setting Parameters for HEART RATE CONTROL:
Selecting "*One of HEART RATE CONTROL PROGRAM*" using UP OR DOWN KEY then pressing ENTER KEY.
First parameter "TIME" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value
& move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start
workout.

Note: If Pulse is above or below (± 5) the TARGET H.R. computer will adjust the resistance load automatically. It will
check every 10 seconds approx. I resistance load will increase or decrease. One of workout parameters counts down
to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout
to reach unfinished workout parameter.
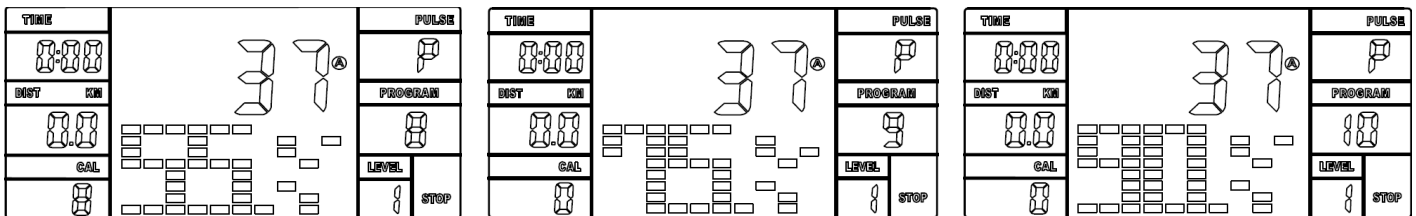
TARGET HEART RATE PROGRAM (P11)

Setting Parameters for TARGET H.R.:
Selecting "*TARGET H.R.*" using UP OR DOWN KEY then pressing ENTER KEY. First parameter "TIME" will flash so
value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be
adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R. computer will adjust the resistance load automatically. It will
check every 10 seconds approx. I resistance load will increase or decrease. One of workout parameters counts down
to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout
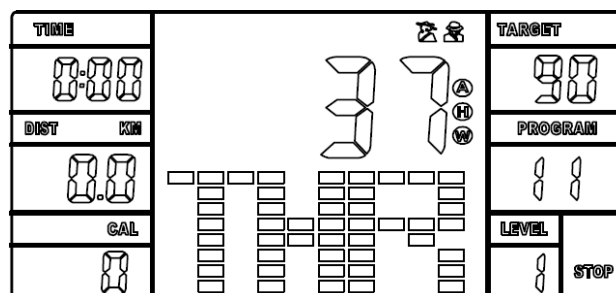to reach unfinished workout parameter.

GYMSTICK™

BODY FAT PROGRAM (P12)

Setting Parameters for BODY FAT PROGRAM:
Selecting "*BODY FAT PROGRAM*" using UP OR DOWN KEY then pressing ENTER.
1. "MALE " will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender and move to next data.
2. "175" of Height will flash so Height can be adjusted using UP OR DOWN KEY, press ENTER KEY save value and move to next data.
3. "75" of Weight will flash so Weight can be adjusted using UP OR DOWN KEY, press ENTER KEY to save value and move to next data.
4. "30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.
After 15 seconds the display will show Body Fat %, BMR, BMI and BODY TYPE.

Note: There are 9 body types divided according to BODY FAT % calculated:
- Type 1 is from 5% to 9%
- Type 2 is from 10% to 14%
- Type 3 is from 15% to 19%
- Type 4 is from 20% to 24%
- Type 5 is from 25% to 29%
- Type 6 is from 30% to 34%
- Type 7 is from 35% to 39%
- Type 8 is from 40% to 44%
- Type 9 is from 45% to 50%

BMR: Basal Metabolism Ratio
BMI: Body Mass Index
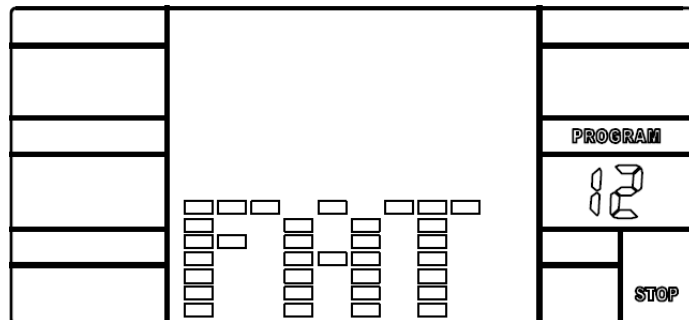
CONNECT THE INSTRUMENT POWER SUPPLY

Plug one end of the power adapter into the ac power socket and the output of the other end into the power interface of the meter. At this time, the meter will emit a "BEEP" sound for 1 second, and the instrument will be fully displayed into the initial state of the meter.

Li alarm prompt
Instrument display ERROR1 indicates that the connection wire of the motor is not in good contact or the motor is damaged
Instrument display ERROR2 indicates no handheld heart rate signal input during body fat test

Power supply: power adapter. Input A C (according to national grid standards)

RATE TRAINING NOTES
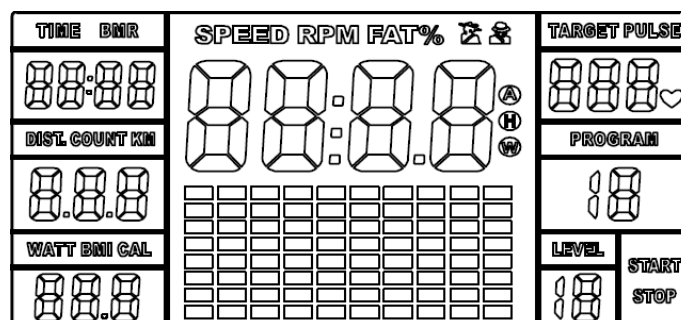
Research has shown that exercise and fitness are beneficial to a person's health. The Surgeon General released a report on physical activity and stated exercise as key component for disease prevention and healthier living. Your heart rate level can help you gauge the intensity of your exercise. The Gymstick console has a wireless heart rate receiver that can detect a signal being transmitted from a wireless chest strap.

Wireless Heart Rate Receiver (not included)
Generally, a wireless heart rate chest strap will provide the most accurate and easiest way to monitor a heart rate. Certain Wi-Fi networks and cordless telephones may disrupt the signal from a chest strap which will show erratic signal results on the console. If this occurs, please move the bike away from potential disturbances. Here is how to use the wireless heart rate chest strap:

a) Put on your Heart rate chest belt.
b) If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
c) Your heart rate will be seen on the pulse window. You are ready to workout.

MAINTENANCE

CLEANING
The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE
Store the upright bike in a clean and dry environment away from children.

Problem	Possible cause	Solution
E1	1. Motor problem	a) Check the Magnetic Resistance System to ensure that it is set correctly and the resistance can be freely adjusted. A symptom of this problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged (by some kind of interference). After freeing the interference the Motor will have to be checked that it still functional. b) Motor Problem. Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then Replace the Motor.
	2. There is something wrong with cables	Check if the cables are damaged. Check if the cables are properly connected.
	3. There is something wrong with computer	Change the computer.
E2	1. There is something wrong with cables	Check if the cables are damaged. Check if the cables are properly connected.
	2. There is something wrong with computer	Change the computer.
	3. There is something wrong with motor	Change the motor.
E3	1. There is something wrong with cables	Check if the cables are damaged. Check if the cables are properly connected.
E4	When analyzing body fat, no heart rate detection in the first 8 seconds.	Make sure both hands are firmly on the handgrips.
	The device wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the device.
	There is no display on the computer console.	a) Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post. b) Ensure the adapter is plugged in
	There is no heart rate reading or heart rate reading or is erratic / inconsistent.	a) Make sure that the wire connections for the hand pulse sensors are secure. b) To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

WARM UP AND COOL DOWN ROUTINE

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

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. '

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.
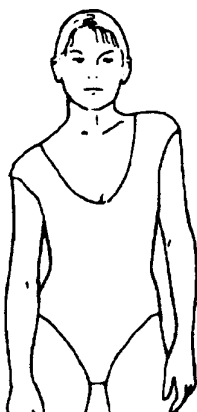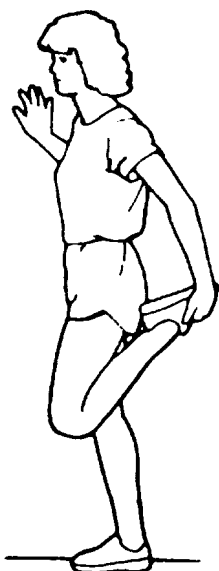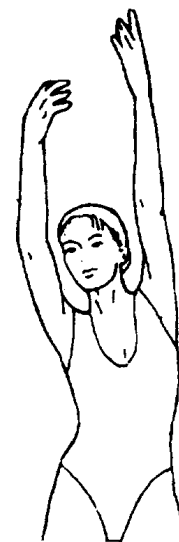
SHOULDER LIFTS

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

SIDE STRETCHES

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

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.
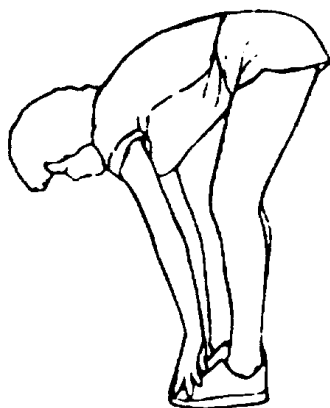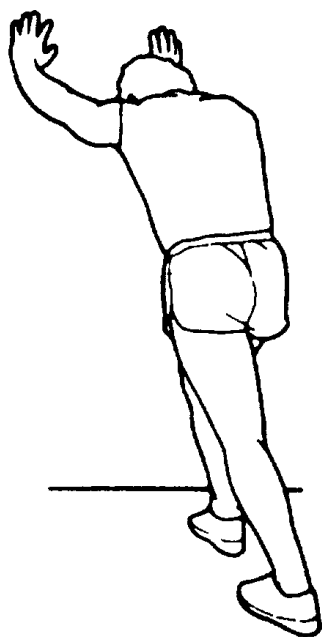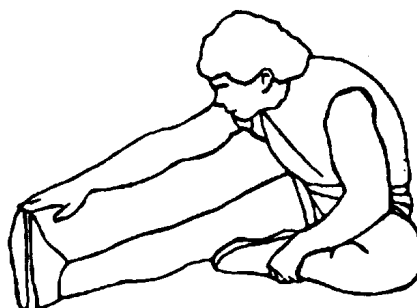
TOE TOUCHES

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

HAMSTRING STRETCHES

Extend your right leg. 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.

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.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

The guarantee does not cover:
• Damage effected by outer force
• Intervention by unauthorized parties
• Incorrect handling of the product
• Non-compliance of the operating instructions

The device is intended for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.