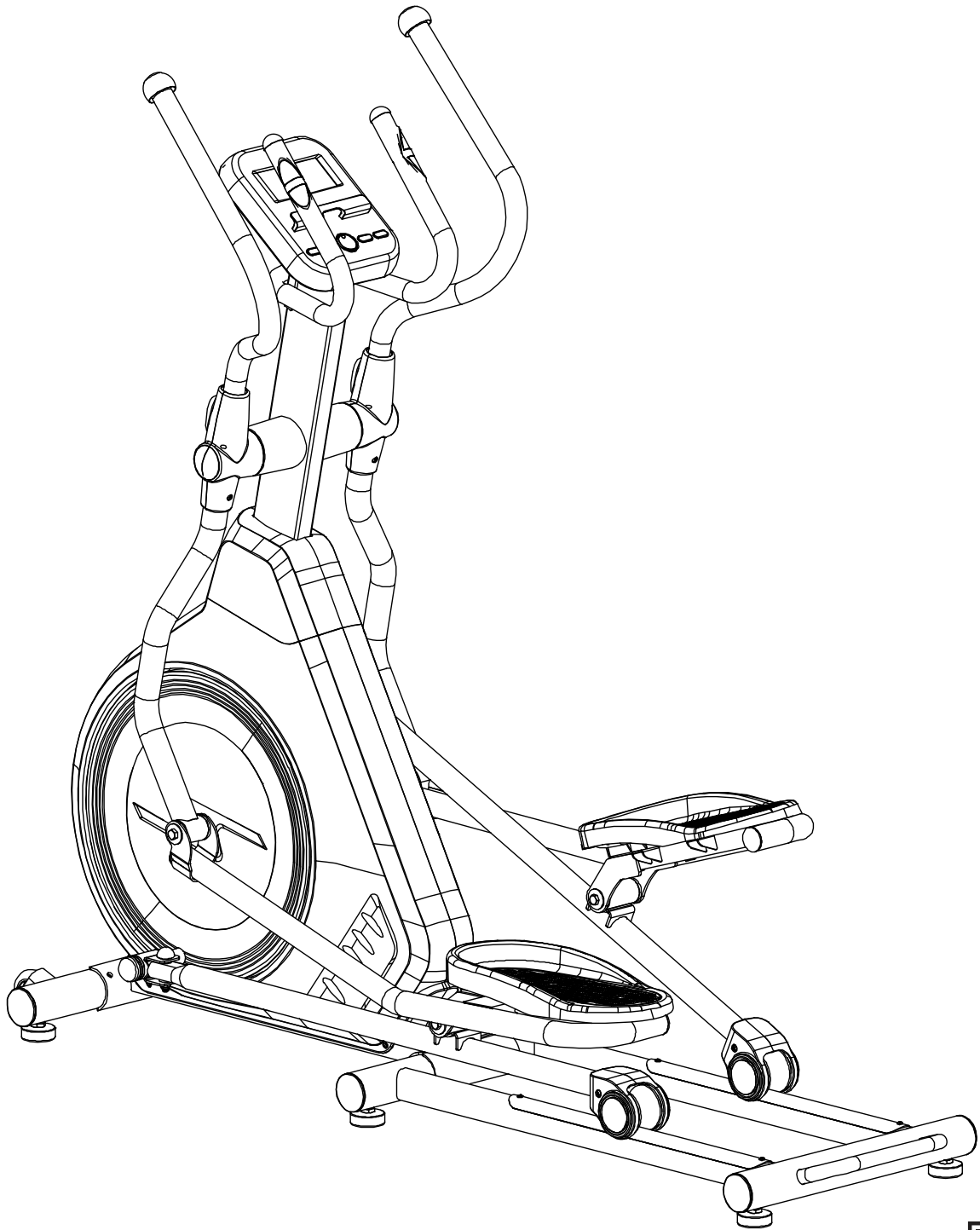


# GYMSTICK™

## **GX8.0 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.



Thank you for choosing the Gymstick GX8.0 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.

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**NOTIFICATION!**

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

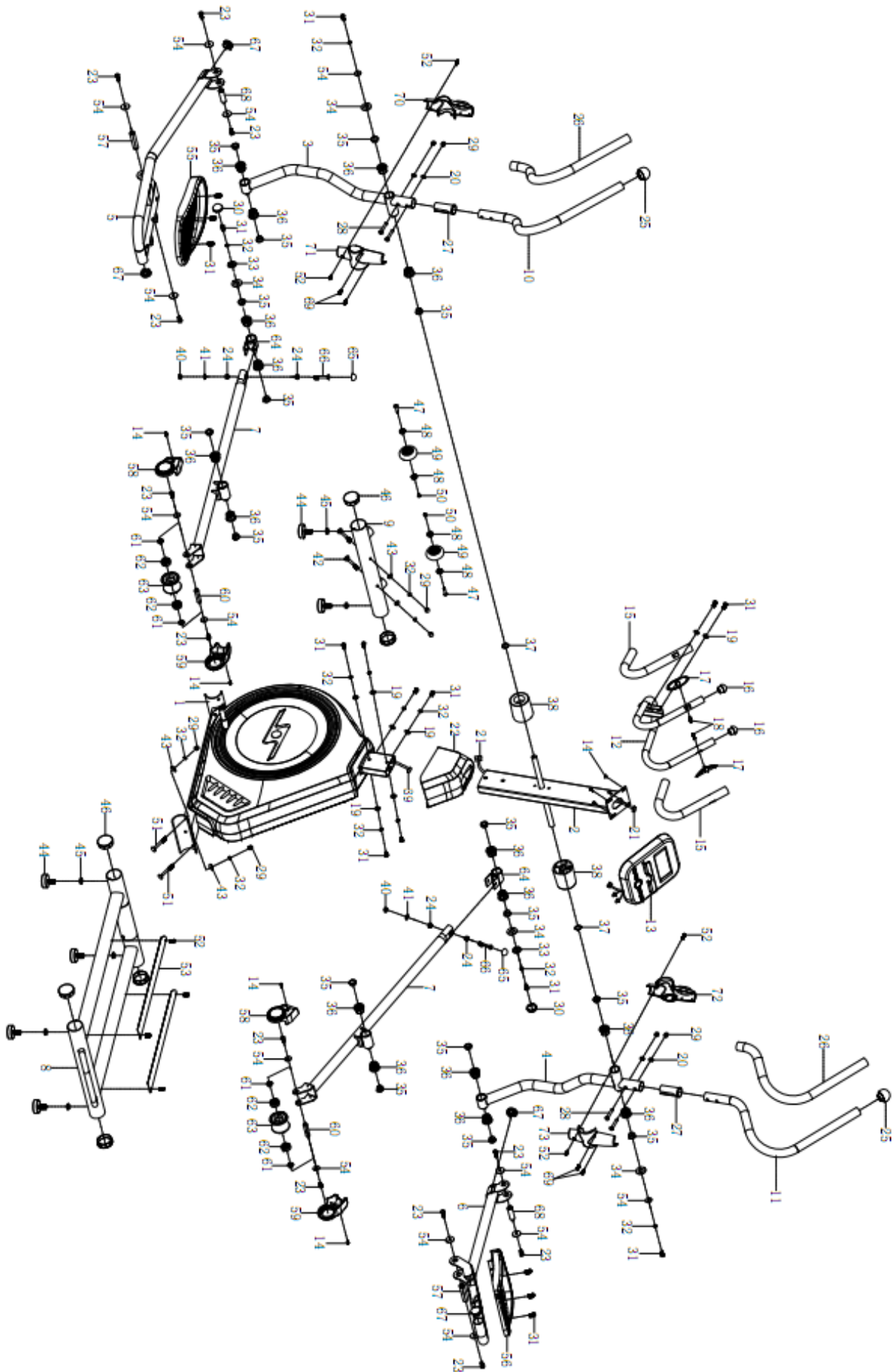
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

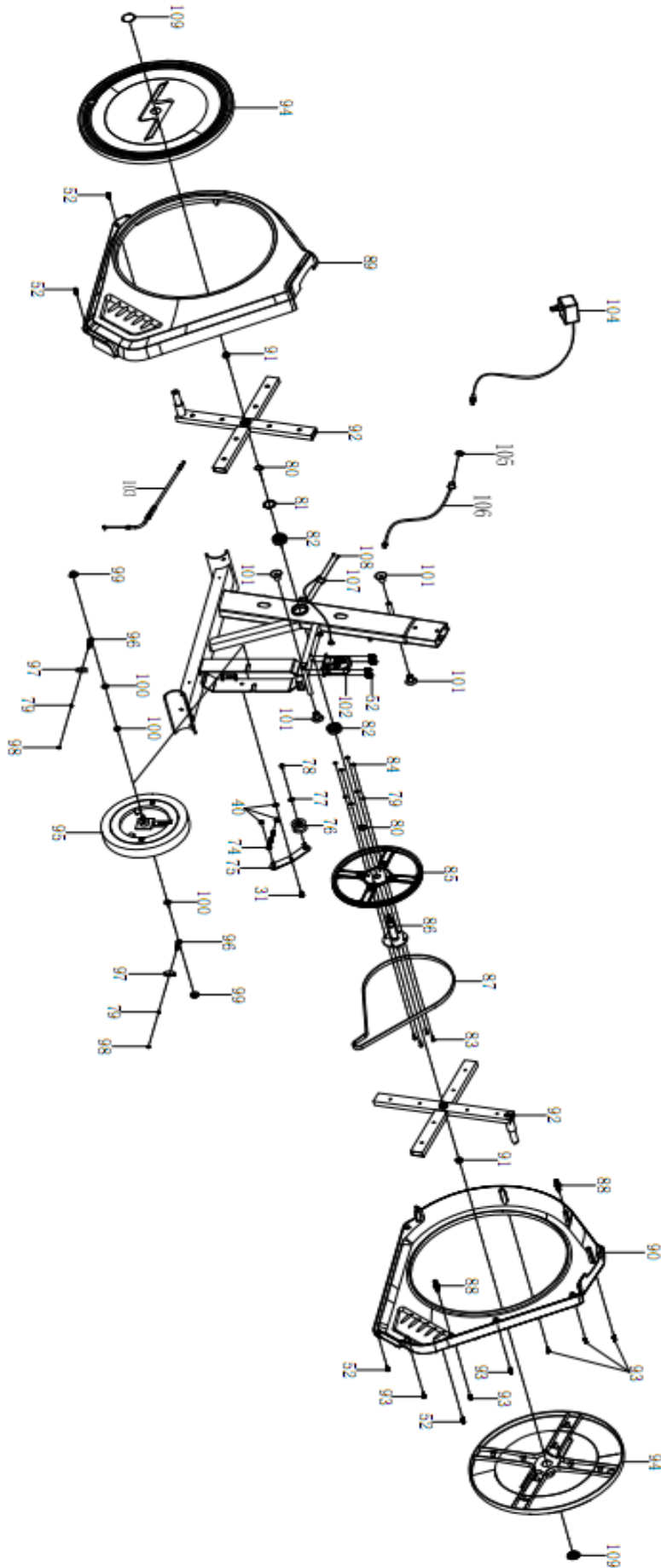
1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, 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 130kgs.



## **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.





## PARTS LIST

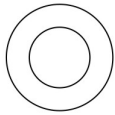
No.	Description	Qty
001	Main Frame	1
002	Front Post	1
003	Left Swing Tube	1
004	Right Swing Tube	1
005	Left Foot Tube	1
006	Right Foot Tube	1
007(L/R)	Drive Tube	2
008	Rear Main Frame	1
009	Front Stabilized	1
010	Left Handrail Arm	1
011	Right Handrail Arm	1
012	Handlebar	1
013	Computer	1
014	Bolt M5*10	8
015	Handlebar Foam Grip Ø24* Ø31*510	2
016	End Cap for Handlebar Ø25*1.5	2
017	Hand Pulse Sensor with WireL=750mm	2
018	Self- tapping screw ST4.2*20	2
019	Big Washer Ø8* Ø20*2.0	8
020	Arc Washer Ø8* Ø16*1.5	4
021	Extension Sensor WireL=800mm	1
022	Front Post Cover	1
023	Bolt M8*16	12
024	Connecting rod small bushing Ø18* Ø8*10	4
025	End Cap for Handlebar Ø50	2
026	Handlebar Foam Grip Ø31*Ø37*700	2
027	Bushing	2
028	Bolt M8*49	4

No.	Description	Qty
029	Cap Nut M8	8
030	Cap Nut Ø38	2
031	Bolt M8*20	19
032	Spring Washer Ø8	14
033	Washer Ø8* Ø33*2.0	2
034	Big Washer Ø19* Ø38*3.0	4
035	POM Bushing Φ27*11	16
036	Plastic Bushing Ø38x24	16
037	Wave Spring Washer Ø19* Ø29*0.5	2
038	Shaft Sleeve	2
039	Sensor Wire L=600mm	1
040	Nut M8	5
041	Washers Ø8* Ø16*1.5	2
042	Bolt M8*75	2
043	Big Wave Washer Ø8* Ø20*2.0	4
044	Foot Pad M10*20	6
045	Nut M10	6
046	Circular Tube Plug Ø60*1.5	6
047	Bolt Ø8*32	2
048	Bearing608	4
049	Roller wheel Ø71*24	2
050	Bolt M6*12	2
051	Bolt M8*80	2
052	Self-tapping self-drilling screw ST4.2*20	12
053	Aluminium Bar 530*42*2.1	2
054	Big Washers Ø8* Ø25*2.0	14
055	Left Foot Pedal	1
056	Right foot Pedal	1

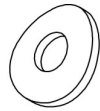
## PARTS LIST

No.	Description	Qty
057	Pedal connecting shaft Ø19* 82.5	2
058	Left Roller cover	2
059	Right Roller cover	2
060	Roller connecting shaft Ø15* 63.8	2
061	Roller Spacing Ø22* 3.1	4
062	Bearing 6202	4
063	Pulley	2
064	Foot Turn Tube Assembly	2
065	Nut Cap S13	2
066	Bolt M8*50	2
067	End Cap Ø38*1.8	4
068	Connecting rod shaft Ø19*61	2
069	Self- tapping screw ST2.9*16	4
070	Left Swing Tube Cover-A	1
071	Left Swing Tube Cover-B	1
072	Right Swing Tube Cover-A	1
073	Right Swing Tube Cover-B	1
074	Eyebolt M8*65	1
075	Idle Wheel Bracket	1
076	Press Wheel	1
077	Washer Ø12* Ø6*1.0	1
078	Bolt M6*12	1
079	Spring Washer Ø6	6
080	Circlip Ø20*1.0	2
081	Wave Washer Ø20* Ø24*0.3	1
082	Bearing 6004-2Z	2
083	Bolt M6*15	4

No.	Description	Qty
084	Nut M6	4
085	Belt Pulley	1
086	Straight Spindle Assembly	1
087	Belt	1
088	Plastic Bolt Φ 8x32	2
089	Left Cain Cover	1
090	Right Cain Cover	1
091	Nut M10x1.25	2
092	Turntable Assembly	2
093	Screw ST4.2*25	6
094	Turntable	2
095	Flywheel	1
096	Eyebolt M6*36	2
097	U-bracket 31*30*δ1.0	2
098	Bolt M6 S10	2
099	Nut M10*1.0*6	2
100	Nut M10*1	3
101	Limit File Piece	4
102	Motor L=300	1
103	Motor is disconnected L=400	1
104	AC adaptor	1
105	Hexagonal flat nut for connecting wire	1
106	Voltage regulator terminal	1
107	Sensor with Wire L=750mm	1
108	Screw ST2.9*12	2
109	End Cup for Turntable	2



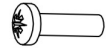
**(37)Washer Ø8\*Ø16\*1.5  
6PCS**



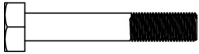
**(18)Big Arc Washer Ø8\*Ø20\*2.0  
4PCS**



**(19)Nut M8  
6PCS**



**(67)Bolt M5\*10  
4PCS**



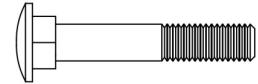
**(46)Bolt M8\*75  
2PCS**



**(54)Bolt M8\*45  
4PCS**



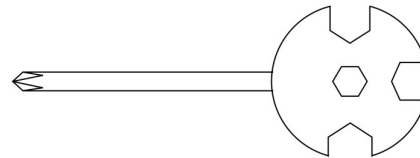
**(3)Self-tapping Screw ST4.2\*16  
8PCS**



**(17)BoltM8\*43  
4PCS**



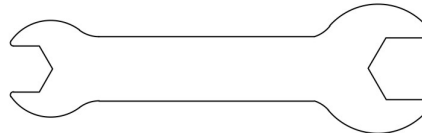
**(106)Self-tapping self-drilling screw ST4.2\*15  
4PCS**



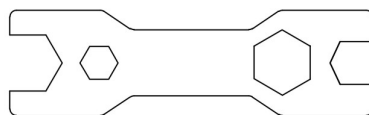
**Multi Hex Tool/Phillips Screwdriver  
S10 , S13, S14, S15  
1PC**



**Allen Wrench 6mm  
1PC**



**Solid Wrench  
S14- S19  
1PC**

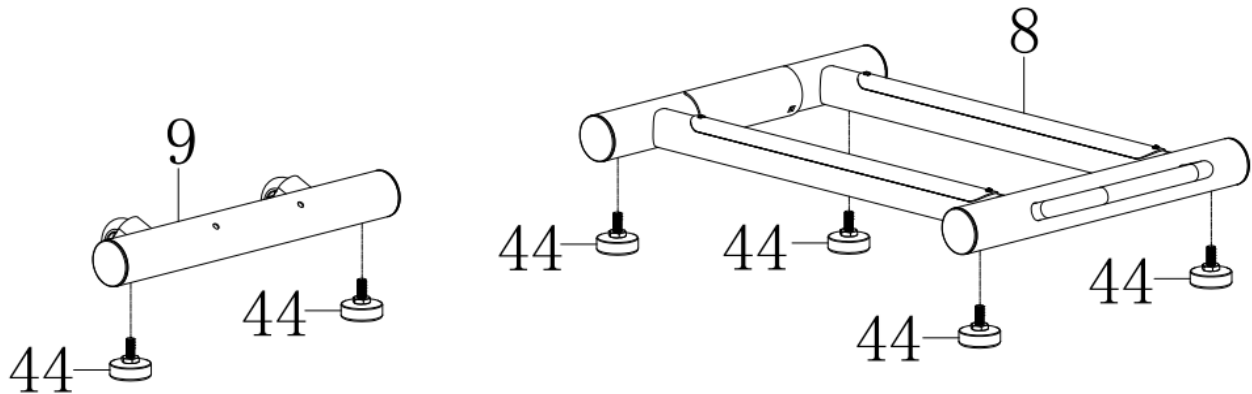


**Multi Hex Tool  
S10-13-17-19  
1PC**



## STEP 1. Foot Pad Installation

Position Four Adjustment Foot Pad(44) onto the Rear Main Frame(8)  
 Position Two Adjustment Foot Pad(44) onto the Front Stabilized(9)



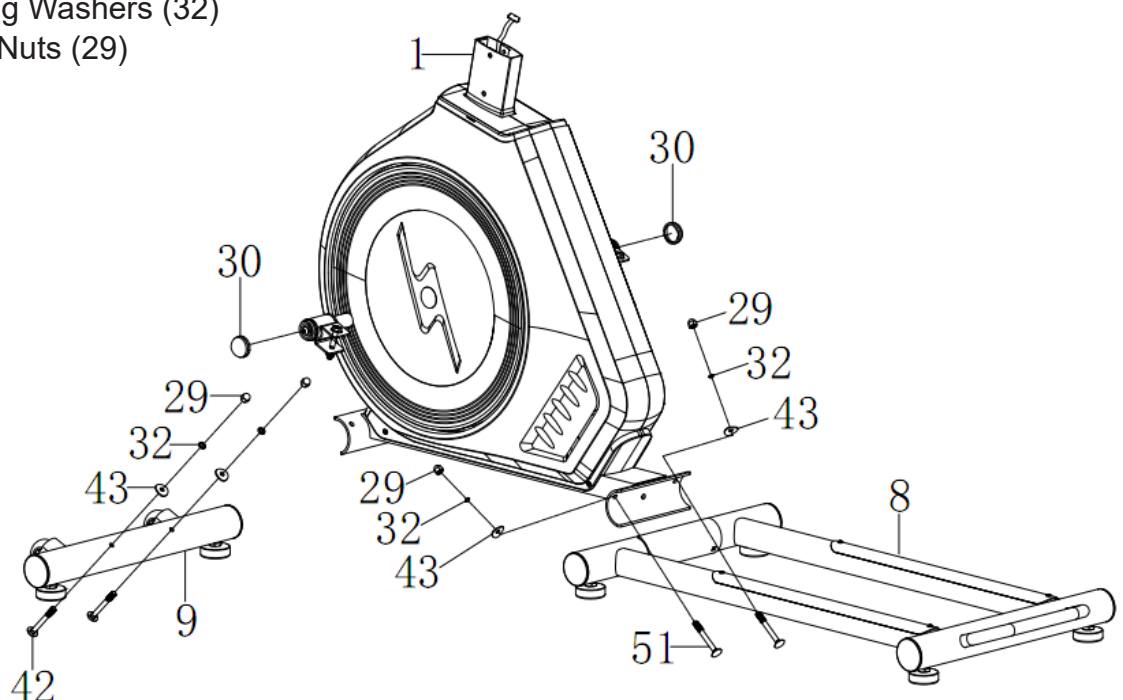
## STEP 2. Front Stabilized and Rear Main Frame Installation

Attach the Rear Main Frame (8) onto the Main Frame (1) with

- two M8\*80 Bolts (51)
- two Ø8\* Ø20\*2.0 Big Wave Washers (43)
- two Ø8 Spring Washers (32)
- two M8 Cap Nuts (29)

Attach the Front Stabilized (9) onto the Main Frame (1) with

- two M8\*75 Bolts (42)
- two Ø8\* Ø20\*2.0 Big Wave Washers (43)
- two Ø8 Spring Washers (32)
- two M8 Cap Nuts (29)

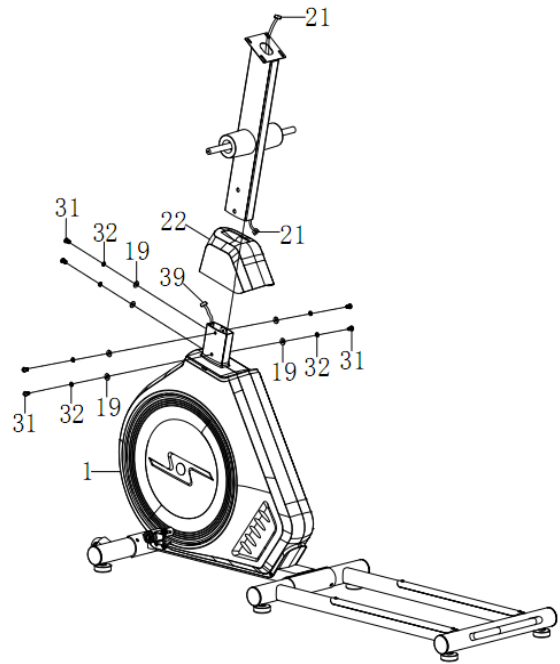


## STEP 3. Front Post and Tension Control Knob Installation

Remove six Bolts M8\*20 (31), six Spring Washers Ø8(32), six Big Washers Ø8\* Ø20\*2.0 (19) from the Main Frame (1). Slide the Front Post Cover (22) onto the tube of the Front Post (2).

Connect the Sensor Wire (39) from the Main Frame (1) with the Sensor Wire (21) from the Front Post (2).

Attach the Front Post (2) onto the Main Frame (1) with six Bolts M8\*20 (31), six Spring Washers Ø8(32), six Big Washers Ø8\* Ø20\*2.0 (19) that were removed.



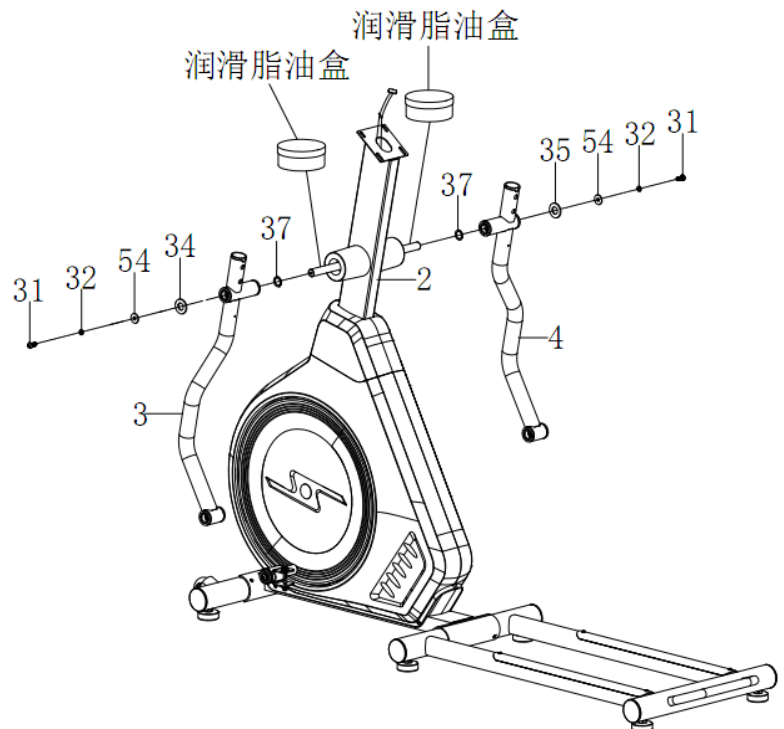
## STEP 4. Left/Right Swing Tube Installation

Remove two Bolt M8\*20(31), two Spring Washers Ø8(32), two big washers Ø19\* Ø38\*3.0(34), two Ø19\* Ø29\*0.5 Wave Spring Washers(37) and two Ø8\*Ø25\*2.0 Big Washers(54) from Front Post(2).

**Please note: coat the Front Post with Grease.**

Attach the Left Swing Tube (3) onto the Front Post (2) with one Bolt M8\*20 (31), one Spring Washer Ø8(32), one big washer Ø19\* Ø38\*3.0(34), one Ø19\* Ø29\*0.5 Wave Spring Washer(37) and one Ø8\* Ø25\*2.0 Big Washer(54) that were removed.

Attach the Right Swing Tube (4) onto the Front Post (2) with one Bolt M8\*20 (31), one Spring Washer Ø8(32), one big washer Ø19\* Ø38\*3.0(34), one Ø19\* Ø29\*0.5 Wave Spring Washer(37) and one Ø8\* Ø25\*2.0 Big Washer(54) that were removed.



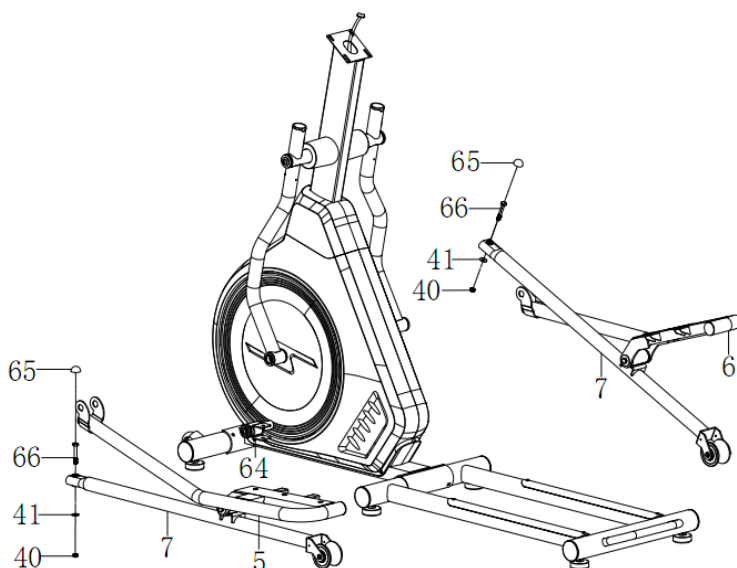
## STEP 5. Drive Tube Installation

Remove one Nut M8 (40), one Washer  $\text{Ø}8^* \text{Ø}16^*1.5$  (41), one Bolt M8\*50 (66) from the Foot Turn Tube Assembly (64).

Attach the Left Drive Tube(7) on the Left Foot Tube (5) with one Nut M8 (40), one Washer  $\text{Ø}8^* \text{Ø}16^*1.5$  (41), one Bolt M8\*50 (66) that were removed.

Cover a Cap Nut S13(65) onto the Left Drive Tube(7).

Repeat above step to the Right Foot Tube (6) on the Right Drive Tube(7) and Cover a Cap Nut S13(65).



## STEP 6. Left/ Right Foot Tube Installation

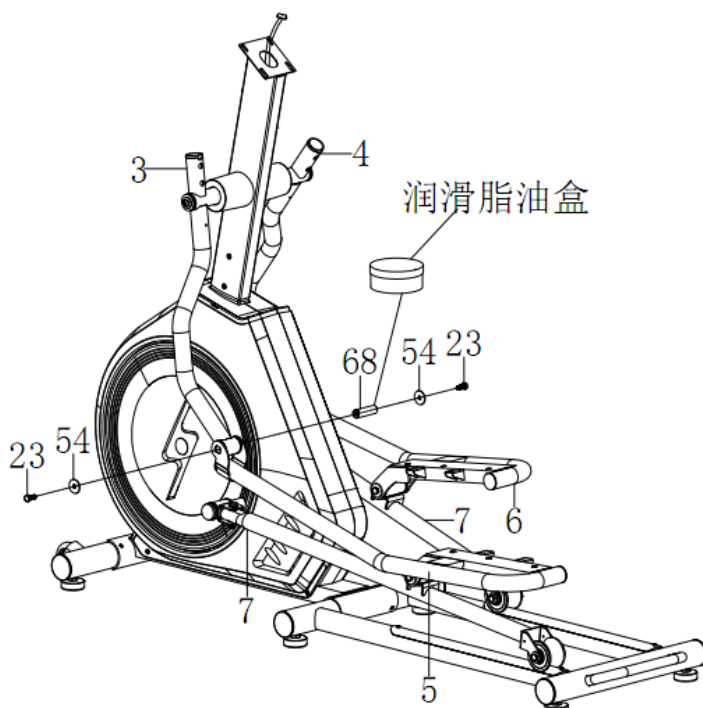
Remove two Bolts M8\*16(23), two Spring Washers  $\text{Ø}8^* \text{Ø}25^*2.0$  (54), one Connecting rod shaft  $\text{Ø}19^*61$  (68) from the Left Foot Tube (5).

**Please note: coat the Connecting rod shaft  $\text{Ø}19^*61$  (68) with Grease.**

Attach the Left Foot Tube (5) on the Left Swing Tube (3) with two Bolts M8\*16(23), two Spring Washers  $\text{Ø}8^* \text{Ø}25^*2.0$  (54), one Connecting rod shaft  $\text{Ø}19^*61$  (68) that were removed.

**Note: Aim the Connecting rod shaft(68) in the direction of the notch.**

Repeat above step to the Right Foot Tube (6) on the Right Swing Tube (4).



## STEP 7. Left/Right Foot Pedal and Left/Right Roller cover Installation

Remove four Screw M5\*10 (14) from the Drive Tube (7).

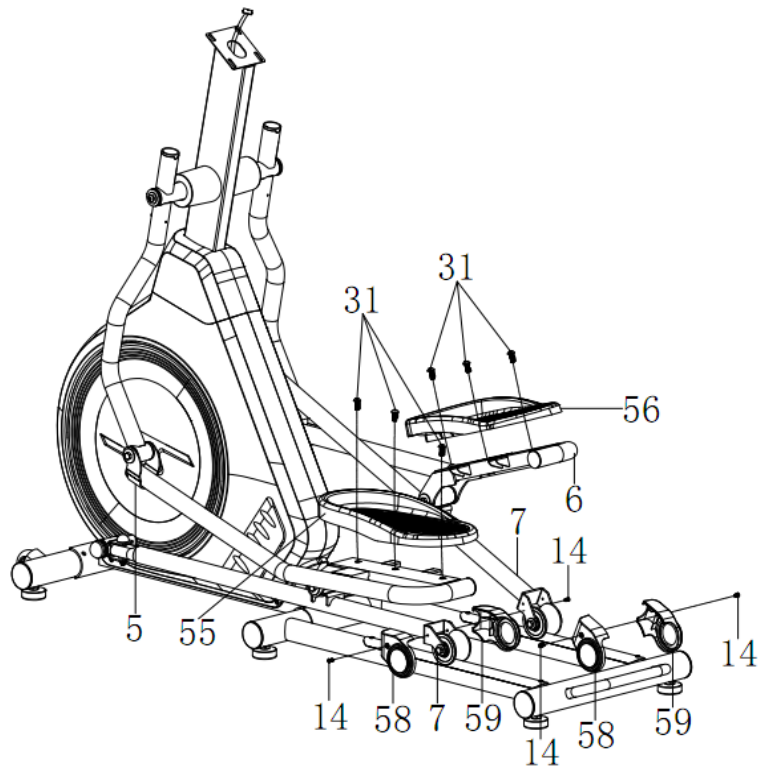
Attach two sets of Left/Right Roller covers (58/59) onto two Drive Tube(7) with four Screw M5\*10(14) that were removed.

Remove three Screws M8\*20 (31) from the Left Foot Tube (5).

Attach the Left Foot Pedal (55) onto the Left Foot Tube (5) with three M8\*20 Bolts (31) that were removed.

Remove three M8\*20 Bolts (31) from the Right Foot Tube (6).

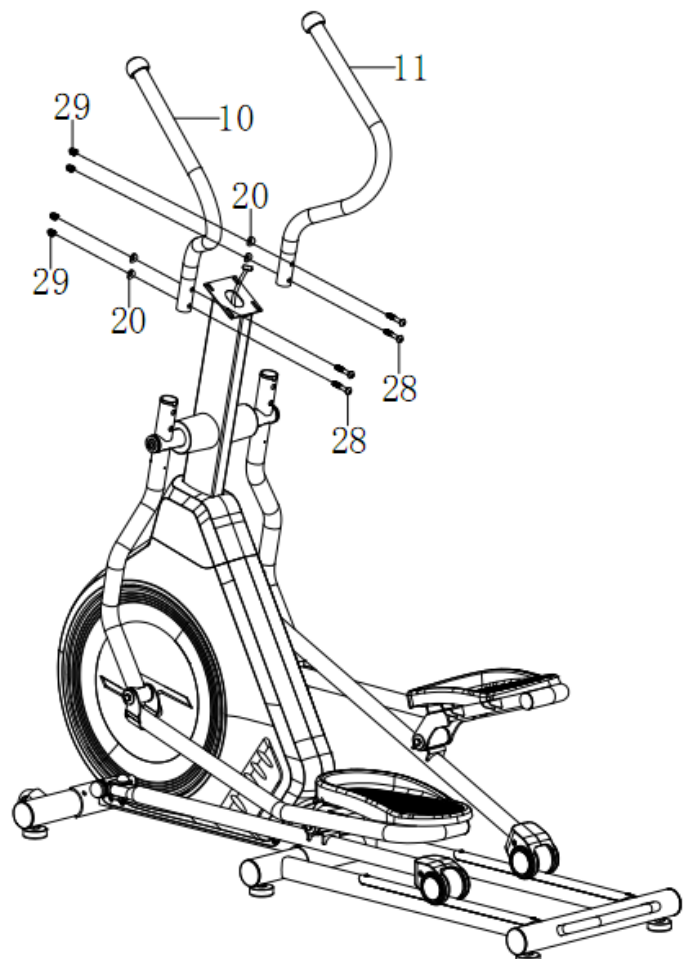
Attach the Right Foot Pedal (56) onto the Right Foot Tube (6) with three M8\*20 Bolts (31) that were removed.



## STEP 8. Handrail Arm Installation

Attach the Left Handrail Arm (10) onto the Left Swing Tube(3) with two Bolts M8\*49(28), two Cruve Washers Ø8\* Ø16\*1.5(20), and Cap Nut M8(29).

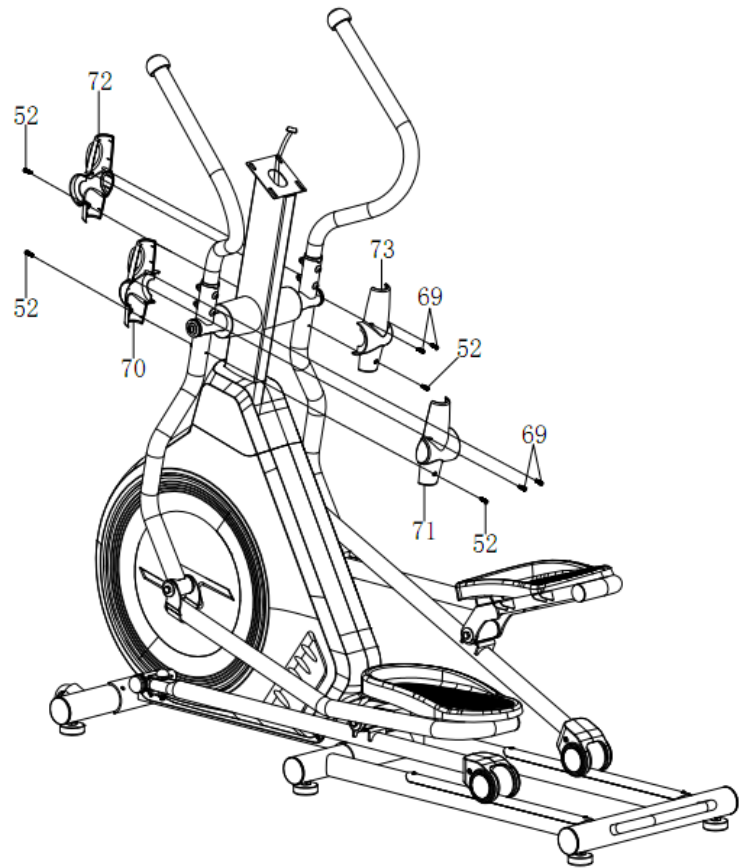
Attach the Right Handrail Arm (11) onto the Right Swing Tube(4) with two Bolts M8\*49(28), two Cruve Washers Ø8\* Ø16\*1.5(20), and Cap Nut M8(29).



## STEP 9. Left /Right Handrail Arm Cover Installation

Attach the Left Swing Tube Cover A/B (70/71) onto the Left Handrail Arm (10) with two Self-tapping self-drilling screws ST4.2\*20 (52) and two Self-Tapping Drilling Screws ST2.9\*16(69).

Attach the Right Swing Tube Cover A/B (72/73) onto the Right Handrail Arm(11) with two Self-tapping self-drilling screws ST4.2\*20 (52) and two Self-Tapping Drilling Screws ST2.9\*16(69).

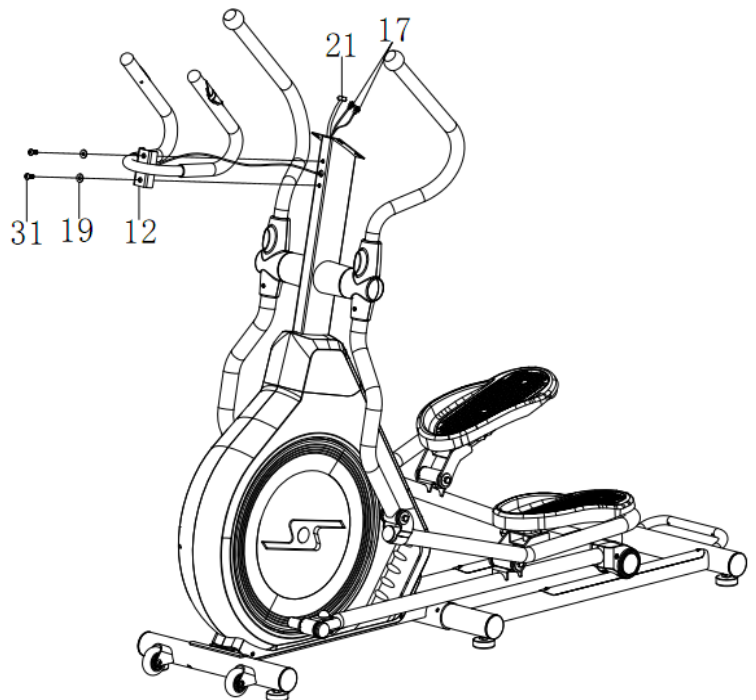


## STEP 10. Handlebar Installation

Remove two M8\*20 Bolts (31) and two Crue Washers Ø8\* Ø20\*2.0(19) from the Front Post (2).

Insert the Hand Pulse Sensor Wires (17) through into the bottom hole of the Handlebar (12) and pull it out from the square hole of the Handlebar (12).

Attach the Handlebar (12) onto the Front Post (2) with two M8\*20 Bolts (31) and two Crue Washers Ø8\* Ø16\*1.5(19) that were removed.



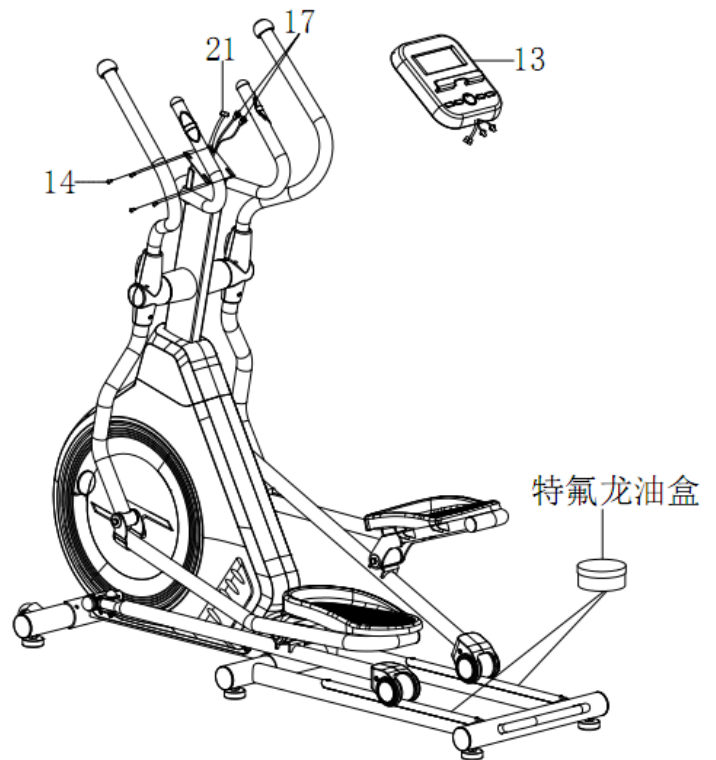


## STEP 11. Computer Installation

Remove four M5x10 Bolts (14) from the back of the Computer (13).

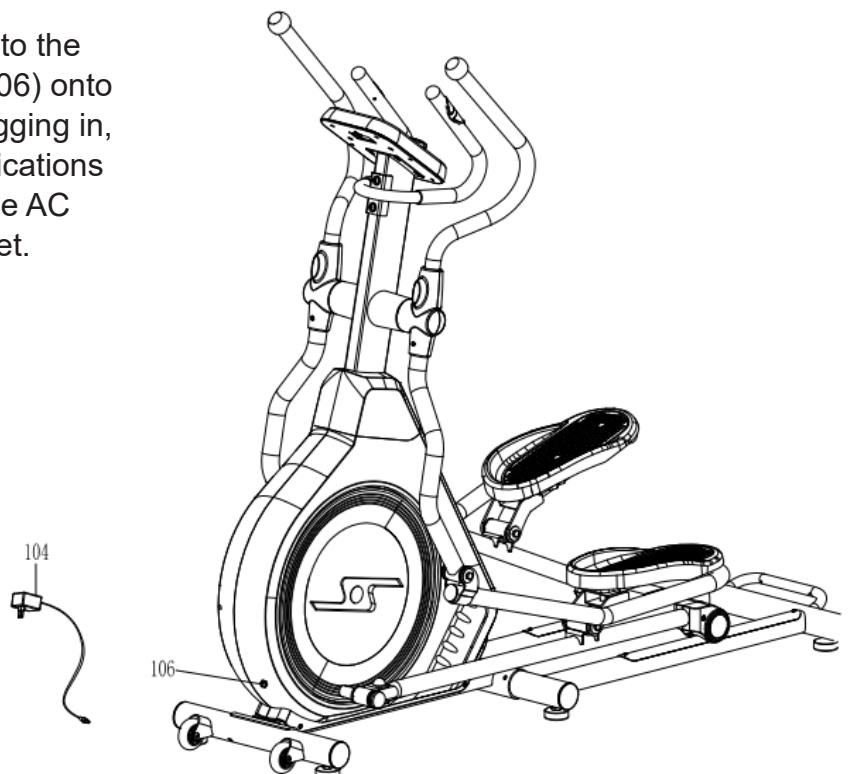
Connect the Sensor Wire (21) and Hand Pulse Sensor Wires (17) to the wires that come from the Computer (13) and then attach the Computer (13) onto the top end of the Front Post (2) with four M5x10 Bolts (14) that were removed.

**Please note: coat the Aluminum Rod with PTFE Lubric.**



## STEP 12. AC Adapter Installation

Plug one end of the AC Adapter(104) into the power jack of the Power Supply Wire(106) onto the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter(104)into the electrical wall outlet.



## KEY FUNCTIONS

<b>START/STOP(ST/SP):</b>	<ol style="list-style-type: none"><li>1. Starts and Pauses workouts</li><li>2. Start body fat measurement</li></ol>
<b>DOWN:</b>	Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout it will decrease the resistance load
<b>UP:</b>	Increases value of selected workout parameter. During the workout, it will increase the resistance load.
<b>MODE (ENTER):</b>	<ol style="list-style-type: none"><li>1. To input desired value or workout mode.</li><li>2. Press to switch display form RPM to SPEED, ODO to DIST, WATT to Calories during workout.</li></ol>
<b>TEST (PULSE-RECOVERY):</b>	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.
<b>RESET:</b>	To reset current setting. Holding the key for 3 seconds will reset all function values to zero.
<b>BODY FAT:</b>	Quickly select the BODY FAT program.

## WORKOUT SELECTION

After power-up using UP or DOWN keys to select 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

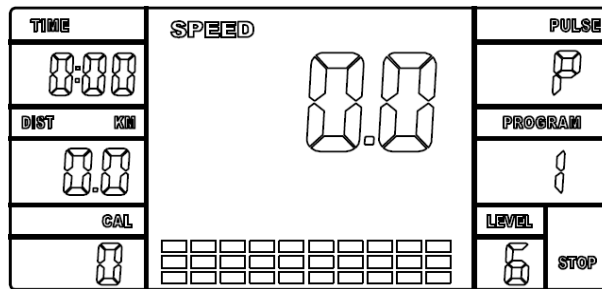
**Note:** Some parameters are not adjustable in certain programs.

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.

## 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 BEEP-sound and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

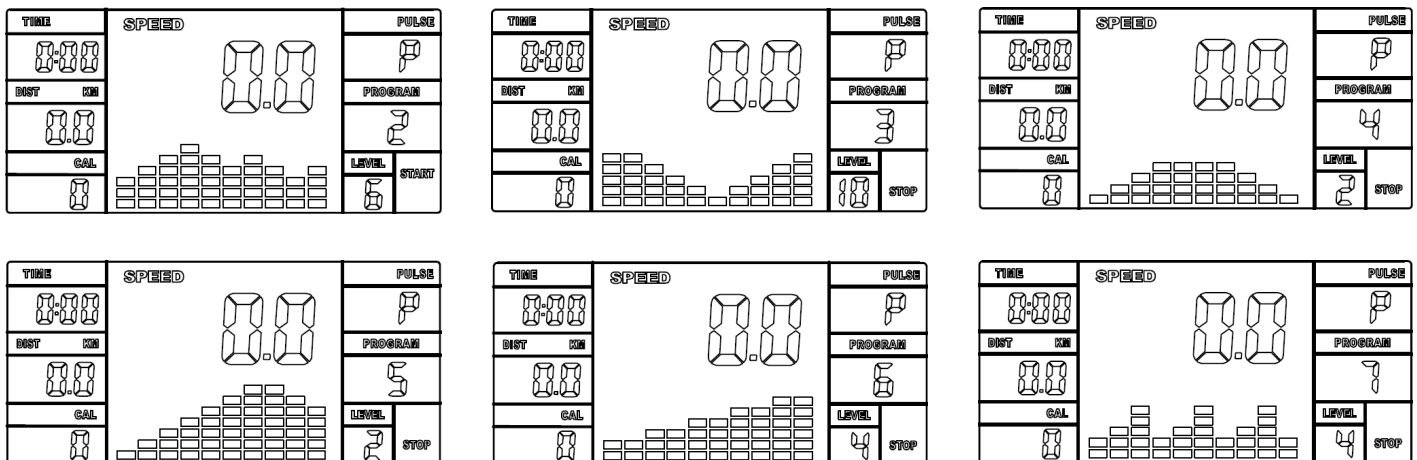


## PRE-PROGRAMS (P2-P7)

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 BEEP-sound and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.





## HEART RATE CONTROL PROGRAM (P8-P10)

There are 3 selection for target pulse:

**P8 - 55% TARGET H.R= 55% of (220-AGE)**

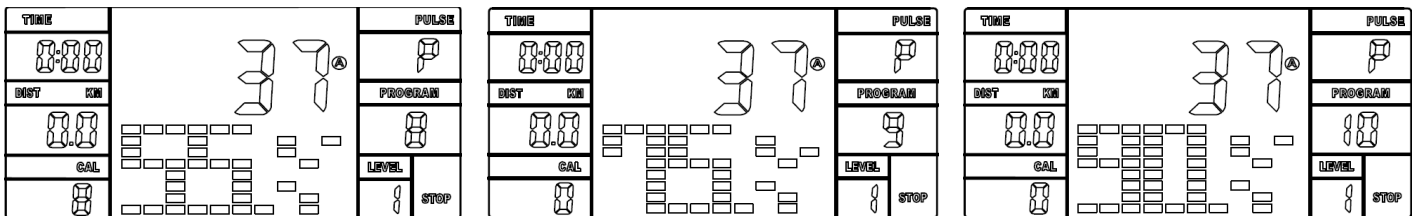
**P9 - 75% TARGET H.R= 75% of (220-AGE)**

**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 ( $\pm 5$ ) 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 BEEP-sound and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

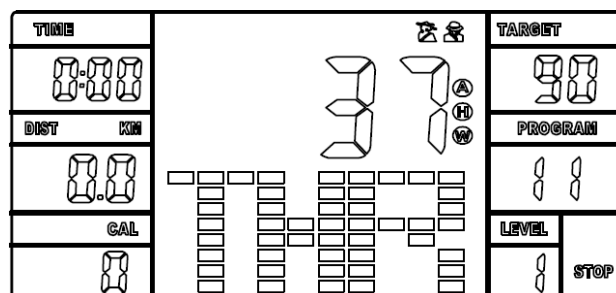


## TARGET HEART RATE PROGRAM (P11)

### 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 ( $\pm 5$ ) 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 BEEP-sound and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.



## BODY FAT PROGRAM (P12)

### Setting Parameters for BODY FAT PROGRAM:

Selecting “**BODY FAT PROGRAM**” using UP OR DOWN KEY then pressing ENTER.

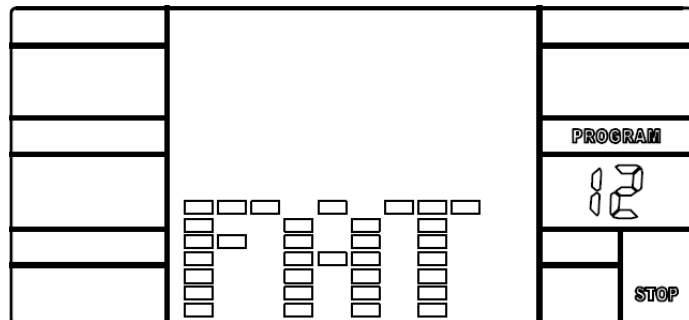
1. “MALE ” will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender and move to next data.
2. “175” of Height will flash so Height can be adjusted using UP OR DOWN KEY, press ENTER KEY save value and move to next data.
3. “75” of Weight will flash so Weight can be adjusted 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

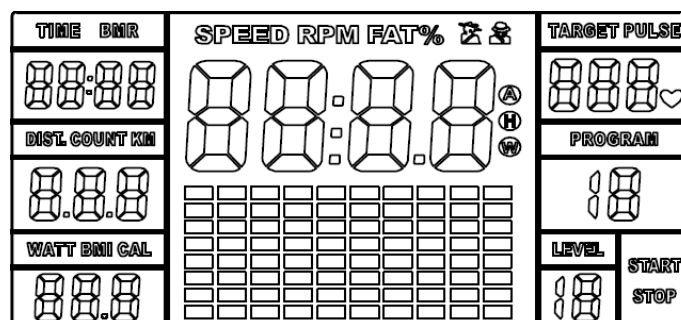
Plug one end of the power adapter into the ac power socket and the output of the other end into the power interface of the meter. At this time, the meter will emit a “BEEP” sound for 1 second, and the instrument will be fully displayed into the initial state of the meter.

### 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)



## 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.

## TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Change to new batteries.</li> </ol>
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>2. 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.</li> <li>3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.

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.

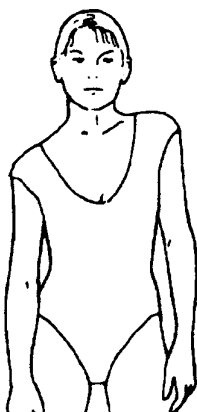
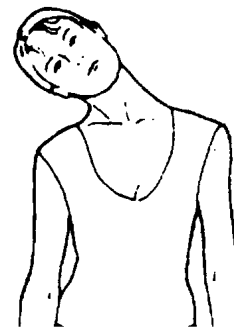
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and 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.

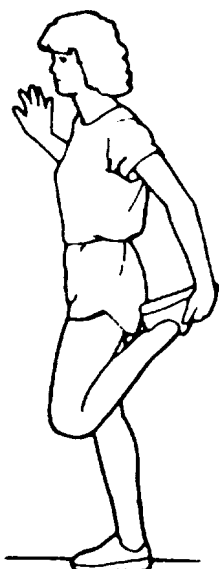
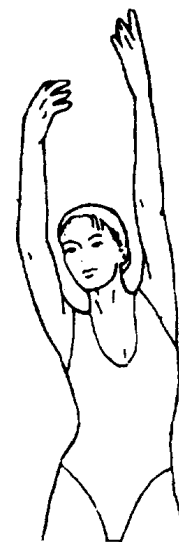


### SHOULDER LIFTS

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.



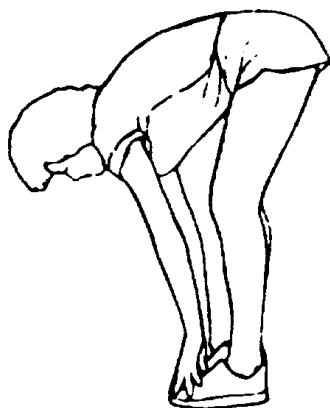
### QUADRICEPS STRETCH

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.



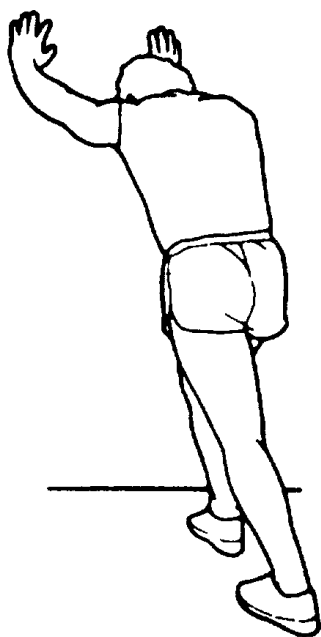
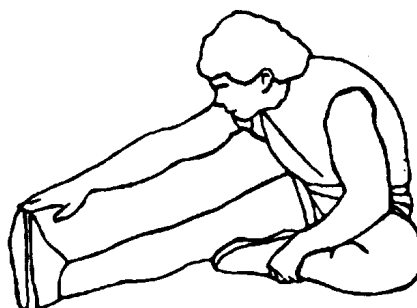


### TOE TOUCHES

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.

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

Note: Wear parts and expendable parts are also not covered.

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.

