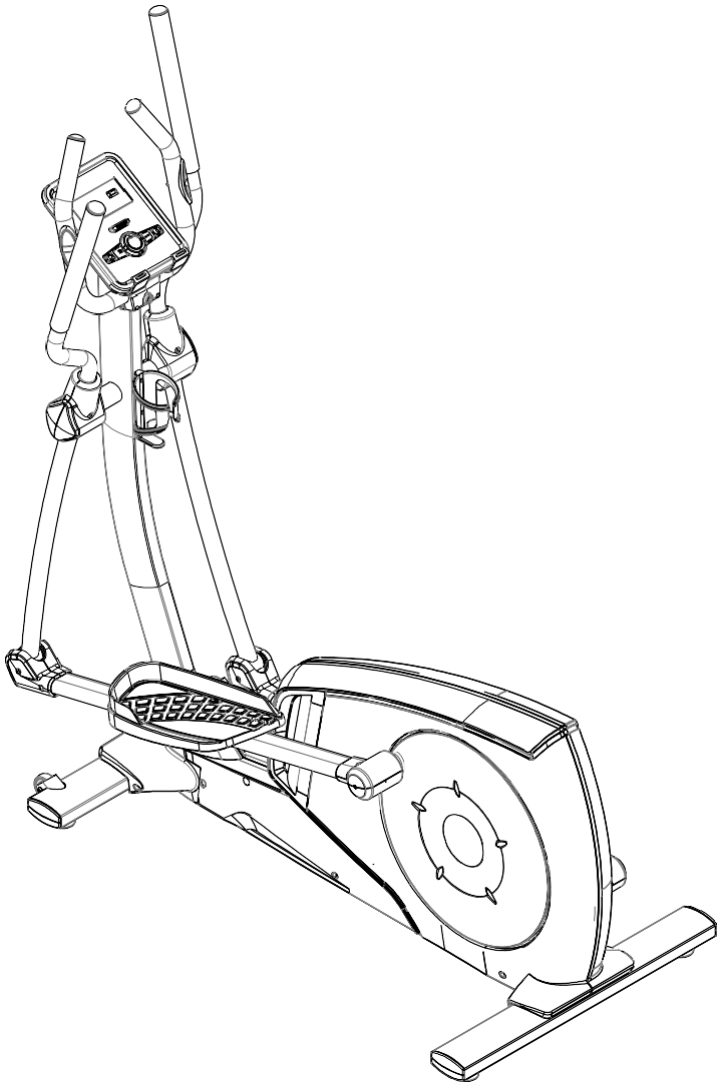
Owner’s Manual



Retain this owner’s manual for future reference

Read and follow all instructions in this owner’s manual

Version A

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- Inspect and assemble all parts regularly. Replace and worm parts immediately.
- Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- Don't put any sharp things around the elliptical trainer.
- Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- Do not use this product if more than 150kg of weights. Please choose our other series of elliptical trainers.
- Do not put your hands on the moving parts to prevent injures.
- Keep your pedaling speed in a controlled way.
- If you find your elliptical trainer works abnormal, do not use it immediately.
- No more than one person should operate the elliptical trainer at one time.
- If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist paining now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
2. Have anamorphic arthritis, rheumatic and gout.
3. Have osteoporosis and other abnormality.
4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
5. Have breath obstacle.
6. Using the manpower pulse adjust machine or insert into the body machine.
7. Have sarcomata.
8. Have thrombus or other symptoms.
9. Have diabetes or be caused by diabetes feeling obstacle.
10. Have skin trauma.
11. Hyperpyrexia caused by sick(38 ℃ or over 38 ℃).
12. Abnormal back bone or back bone bending.
13. Pregnant or catamenia.
14. Feel physical abnormality, need convalesce.
15. Body condition is not very well.
16. The aim is to healing.
17. Except the upper symptoms, feel other physical abnormality.

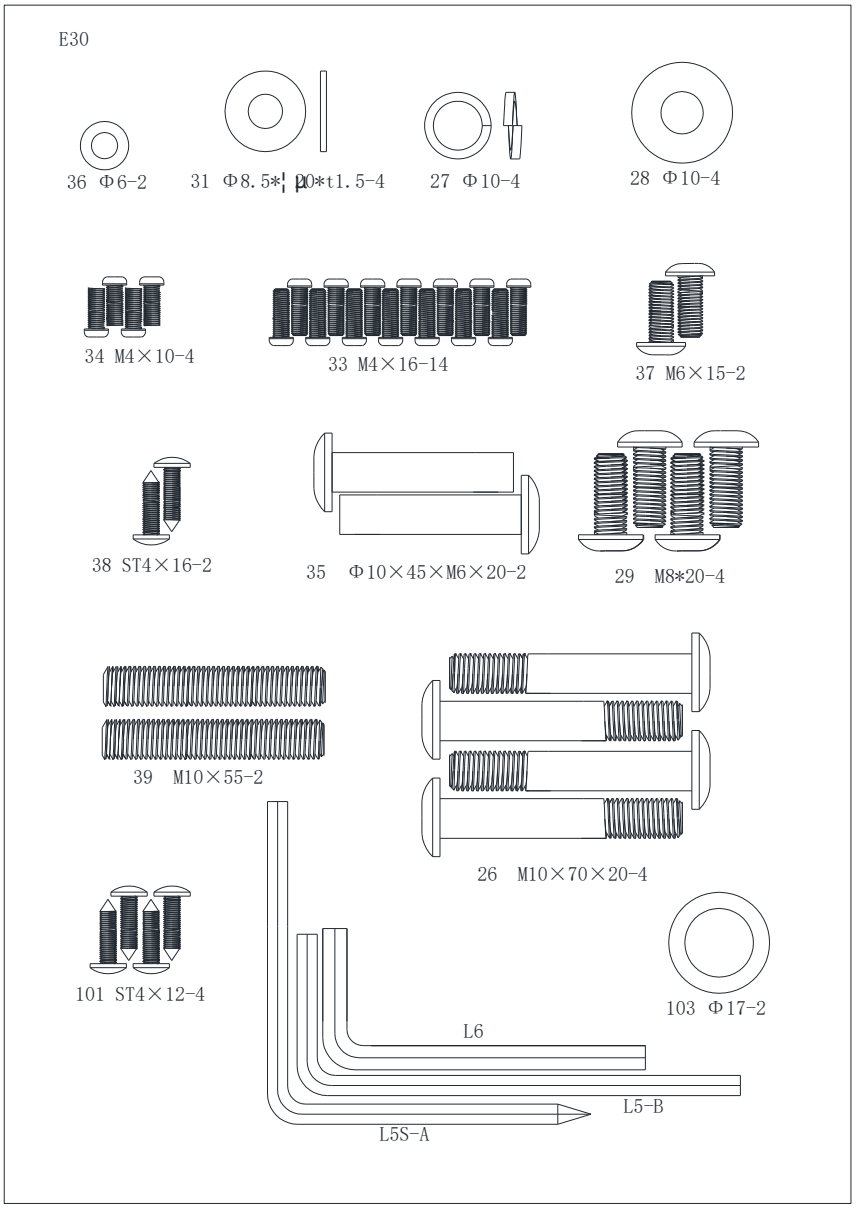
----Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.

Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITTY
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Flat washer	Φ10	4
29	Allen C.K.S. half thread screw	M8×20	4
31	Flat washer	Φ8.5×Φ20×t1.5	4
33	Philips pan head full thread screw`	M4×16	14
34	Philips pan head full thread screw	M4×10	4
35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
36	Flat washer	Φ6	2
37	Allen C.K.S. full thread screw	M6×15	2
38	Phillips C.K.S self-tapping screw	ST4×16	2
39	Allen flat head set-bolt	M10×55	2
101	Phillips C.K.S self-tapping screw	ST4×12	4
103	Curve washer	Φ17	2
	L shape wrench	5×40×110	1
	L shape wrench	5×80×80S(with a cross)	1
	L shape wrench	6×35×80	1

GATHER YOUR TOOLS

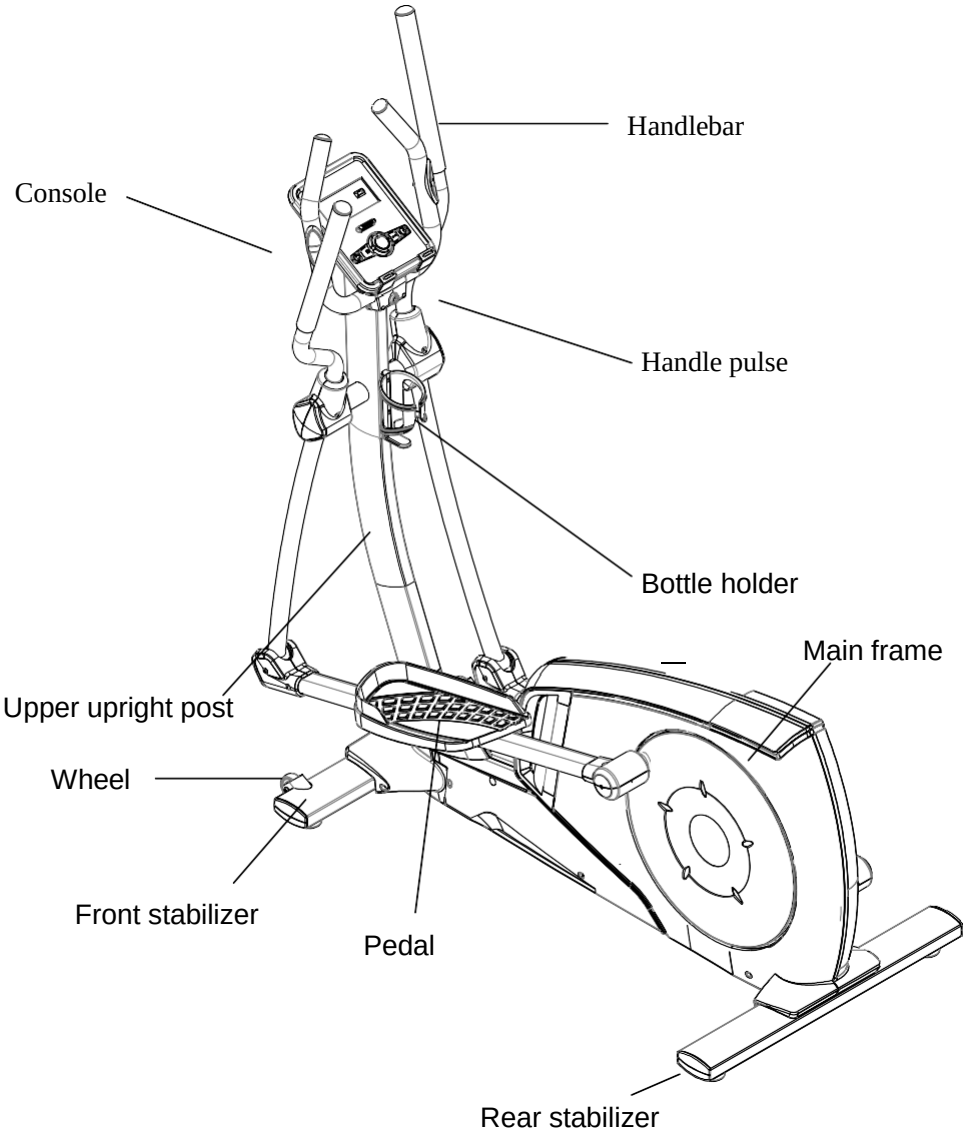
Before starting the assembly of your unit，gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction



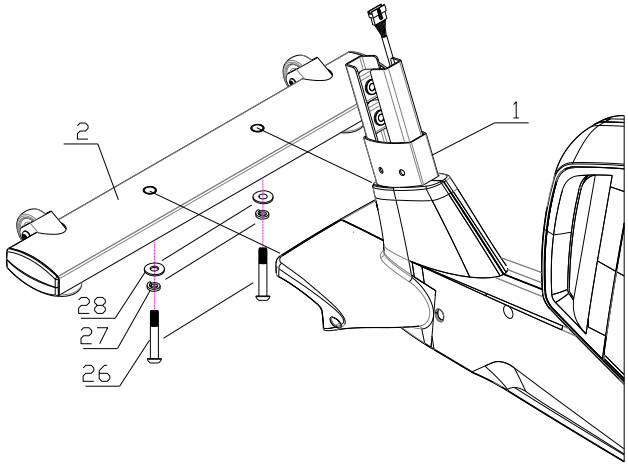
Technical information ：

PRODUCT NO.	E30
DIMENSION	Unfold：1660×720×1580mm
MAX LOAD	150KG
SPEED RATIO	10.3
FLYWHEEL	Double way，Φ280/9kg
RESISTANCE	1-32
STRIDE LENGTH	420×200

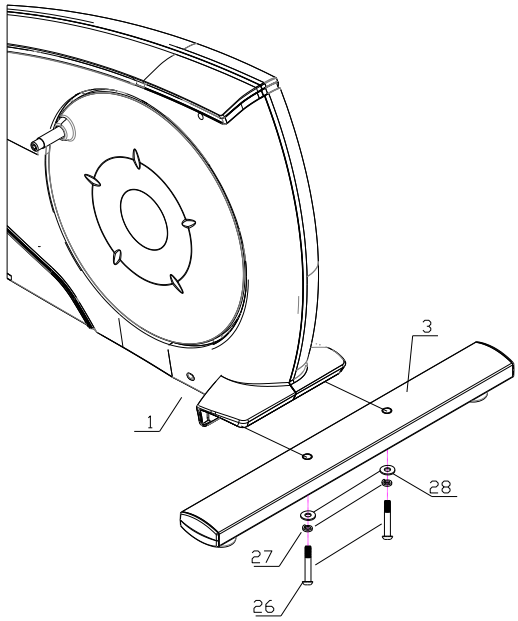
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).

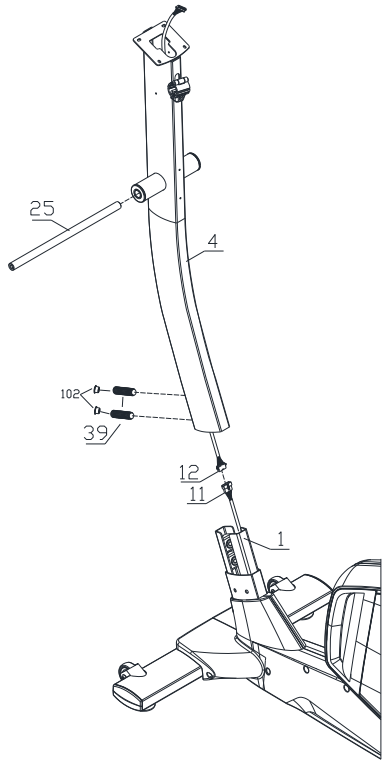


Step 2: Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26)



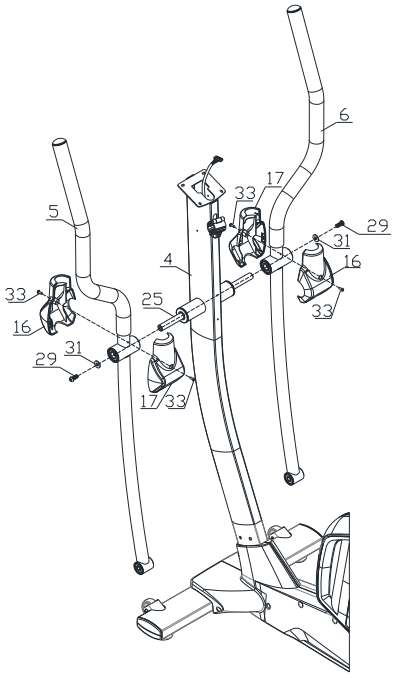
Step 3:

1. Connect motor communication wire(11) and upright post communication wire(12).
2. Attach upper upright post(4) to the main frame(1). Firstly take out the hole plug (102). Lock with Allen flat head set-bolt (39). Then cover the hole with hole plug(102)
3. Attached Axle(25) to the upper upright post (4).



Step 4:

1. Assemble Body arm-L (5) to the left of Axle(25). Body arm-R (6) to the right of Axle(25). Lock with flat washer(31) and Allen C.K.S. full thread screw(29).
2. Assemble Body arm cover (17) and Body arm cover (16) to the Body arm-left(5) with Phillips pan head full thread screw (33).
3. Same as above way to assemble Body arm cover (17) and Body arm cover (16) to the Body arm-right(6)



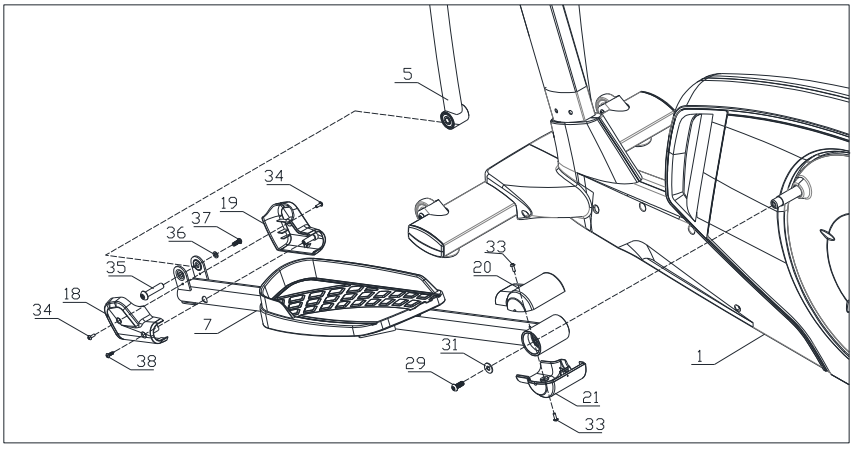
Step 5:

1.Attach the axle sleeve of left rear pedal supporter(7) to the axle of main frame(1) with Flat washer (31) and Allen C.K.S. full thread screw(29).

2.Attach the axle sleeve of left front pedal supporter(7) to left body arm(5) with Allen C.K.S. hollow screw(35), flat washer(36) and Allen C.K.S. full thread screw(37).

3.Attach the rear cover of pedal supporter(20/21) to left pedal supporter(7) with Philips pan head full thread screw(33). Attach the front cover of pedal supporter(18/19) to left pedal supporter(7) with Philips pan head full thread screw(34) and Philips C.K.S. self-tapping screw(38).

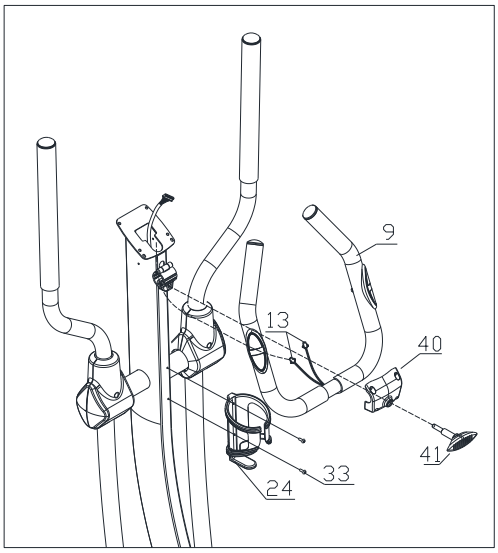
4.Install right pedal supporter(8) with the same way.



Step 6:

1. Fixed the handlebar (9). Through handle pulse connection wire(13) out of the upper upright post(4). Then through T shape knob(41) out of the handlebar front cover (40). Rotate inside. Notice: T shape don't rotate tightly firstly.

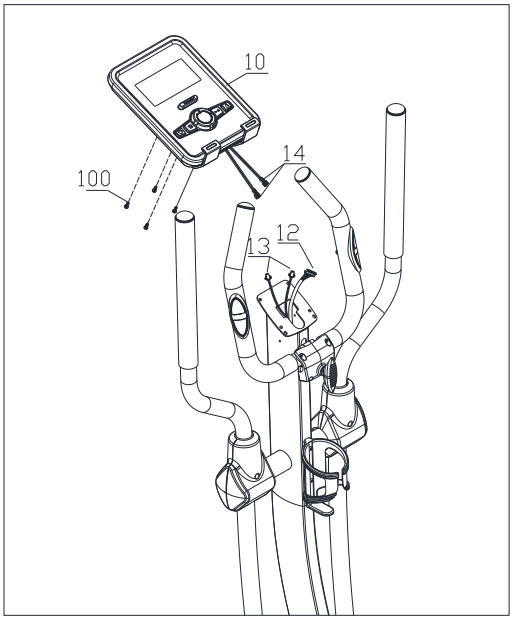
2. Attach bottle holder(24) to upper upright post(4) with Philips pan head full thread screw(33).



Step 7:

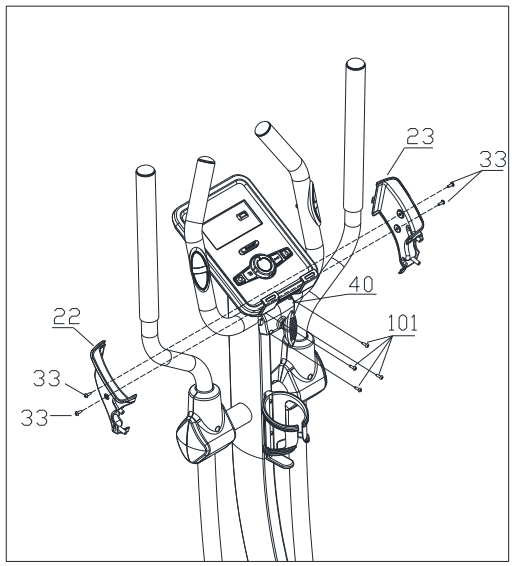
1.Connect console communication wire(12) with the interface of back console. Connect handle pulse communication wire (13) with console outset(14).

2.Attach console(10) to upper upright post(4) with Philips C.K.S. full thread screw(100).



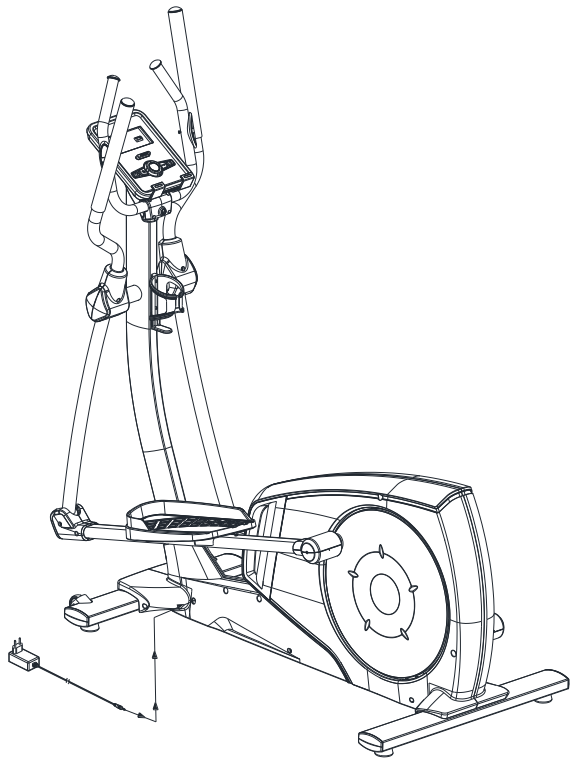
Step 8:

1. Attach handlebar cover –left (22) and right (23) to upper upright post (4) with Phillips pan head full thread screw(33).
2. Lock the handlebar front cover (40) with Phillips C.K.S. self-tapping screw(101).
3. Adjust the Pulse tube to the suitable position. Rotate T shape knob.



Step 9:

1. Insert the power pugs into power hole as shown below. Assembling finished



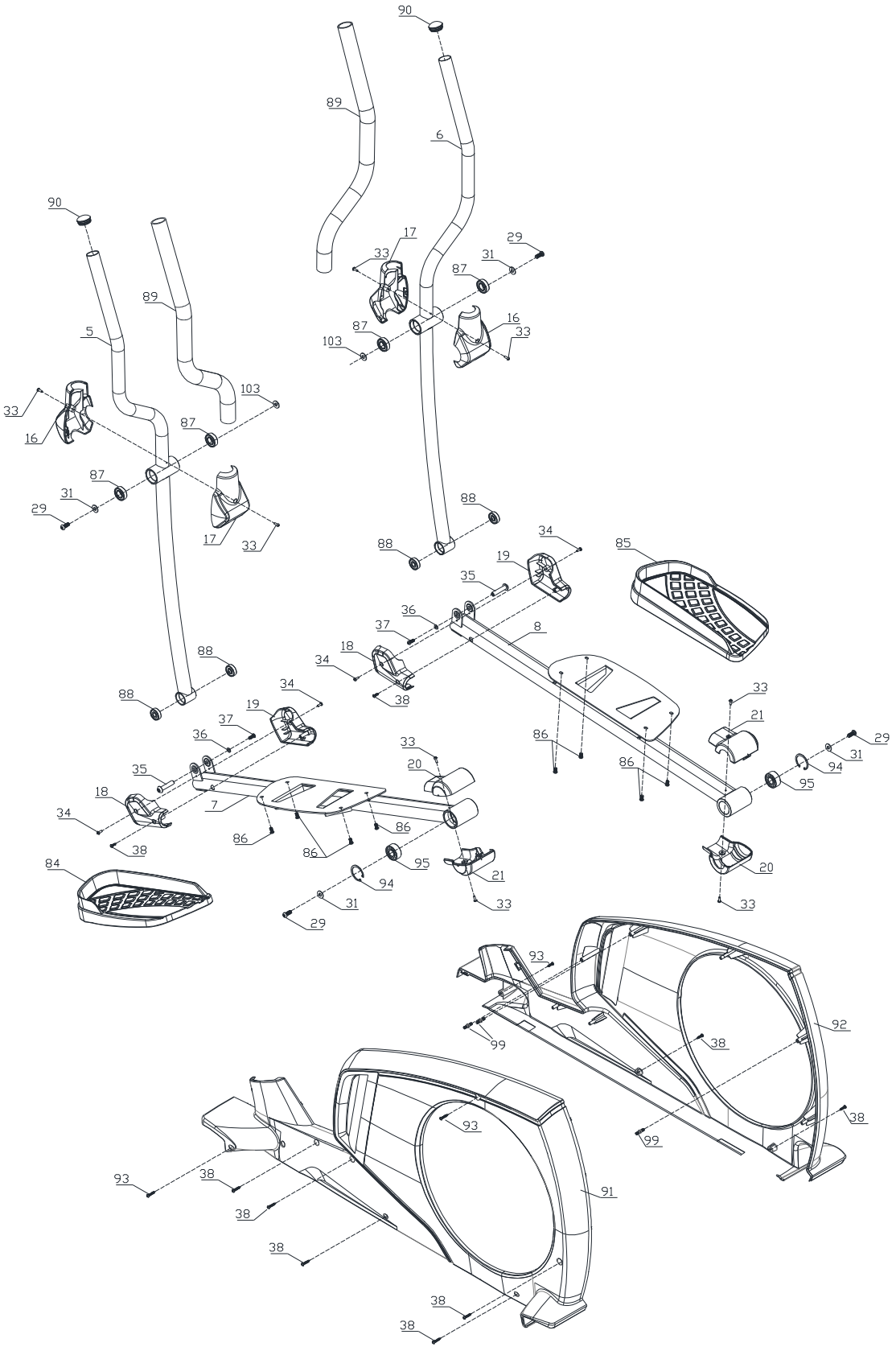
Workout tips:

1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.

2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal

3,The machine should be put on flat floor and have enough space for workout

Half-drawing for assembly

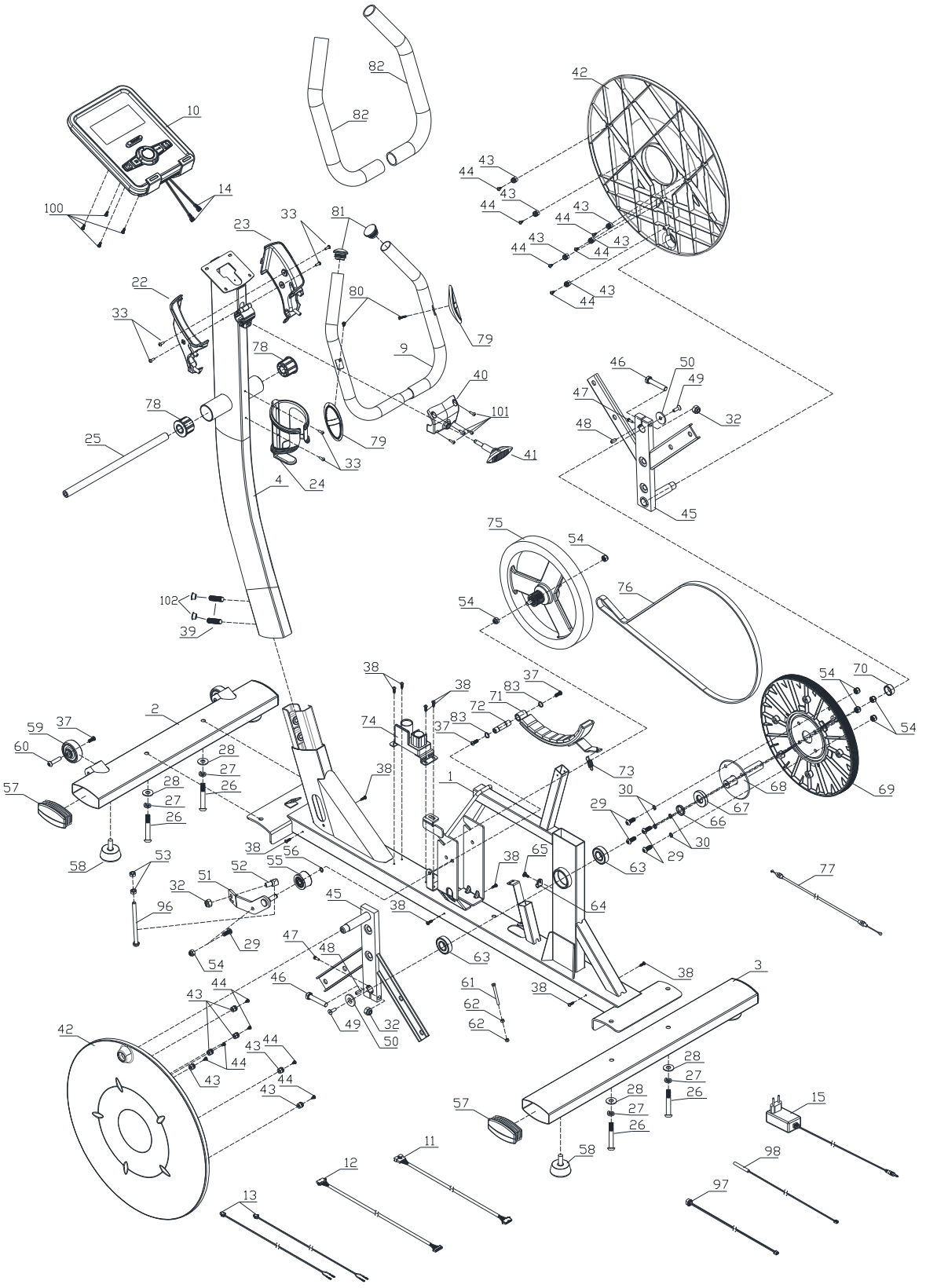


Part List

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer	PT50×100×t1.5×600	1
3	Rear stabilizer	PT50×100×t1.5×700	1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire	L-550mm	1
12	Console communication wire	L-1100mm	1
13	Handle pulse connection wire	L-650mm	2
14	Console outset		2
16	Body arm cover	160.8×103×56	2
17	Body arm cover	160.8×103×45	2
18	Front pedal supporter cover 1	125.1×36.7×89.4	2
19	Front pedal supporter cover 2	125.1×39.7×89.4	2
20	Rear pedal supporter cover 1	107.7×103×34.5	2
21	Rear pedal supporter cover 2	107.7×103×37.5	2
22	Handlebar cover(L)	176.5×53.2×117.5	1
23	Handlebar cover(R)	176.5×53.2×117.5	1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Flat washer	Φ10	4
29	Allen C.K.S. Full thread screw	M8×20	4
31	Flat washer	Φ8.5×Φ20×t1.5	4
33	Philips pan head full thread screw	M4×16	14
34	Philips pan head full thread screw	M4×10	4
35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2

36	Flat washer	Φ6	2
37	Allen C.K.S. full thread screw	M6×15	2
38	Philips C.K.S. self-tapping screw	ST4×16	2
39	Allen flat head set-bolt	M10×55	2
40	Handlebar front cover	89×73.5×35	1
41	T shape knob	M8×30	1
100	Phillips C.K.S. full thread screw	M5×10	4
101	Philips C.K.S. Self-tapping screw	ST4×12	4

Drawing for assembly



Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer	PT50×100×t1.5×600	1
3	Rear stabilizer	PT50×100×t1.5×700	1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire	L-550mm	1
12	Console communication wire	L-1100mm	1
13	Handle pulse connection wire	L-650mm	2
14	Console outset		2
15	power adapter	240V	1
16	Body arm cover 二	160.8×103×56	2
17	Body arm cover 一	160.8×103×45	2
18	Front pedal supporter cover 1	125.1×36.7×89.4	2
19	Front pedal supporter cover 2	125.1×39.7×89.4	2
20	Rear pedal supporter cover 1	107.7×103×34.5	2
21	Rear pedal supporter cover 2	107.7×103×37.5	2
22	Handlebar cover(L)	176.5×53.2×117.5	1
23	Handlebar cover(R)	176.5×53.2×117.5	1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Flat washer	Φ10	4
29	Allen C.K.S. Full thread screw	M8×20	9
30	Spring washer	Φ8	4

31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	3
33	Philips pan head full thread screw	M4×16	14
34	Philips pan head full thread screw	M4×10	4
35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
36	Flat washer	Φ6	2
37	Allen C.K.S. full thread screw	M6×15	6
38	Philips C.K.S. self-tapping screw	ST4×16	17
39	Allen flat head set-bolt	M10×55	2
40	Handlebar front cover	89×73.5×35	1
41	T shape knob	M8×30	1
42	Turntable	Φ466.6×24.1	2
43	Turntable rubber buckle	Φ12.4×13	12
44	Phillips C.K.S. Tail cutting self-tapping screw	ST4×10	12
45	Crank square iron		2
46	Hex half thread screw	M10×55×20	2
47	Hex full thread screw	M4×12	2
48	Flat key	5×5×15	2
49	Allen countersunk head full thread screw	M6×15	2
50	Flat washer	Φ8×Φ30×t3.0	2
51	Fixed idler wheel		1
52	Idler adjustment connecting shaft	Φ15×30	1
53	Hex nut	M8	2
54	Hex locking nut	M8	7
55	Idler wheel	Φ38×22	1
56	Circlip for shaft	Φ10	1
57	End cap	45×90×t1.5	4
58	Feet pad	Φ49×22×M10×26	4
59	Wheel	Φ54.5×23.5	2
60	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
61	Hex full thread screw	M5×60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2

64	Fixed magnetic induction		1
65	Philips washer head end-cutting self-tapping screw	ST4×12	1
66	Crank axle sleeve 1	Φ25×Φ20.1×4.6	1
67	Crank axle sleeve 3	Φ40×Φ20.1×7.7	1
68	Crank axle	Φ20×115	1
69	Belt pulley	Φ308×22	1
70	Crank axle sleeve 2	Φ25×Φ20.1×10.2	1
71	Fixed magnet set		1
72	Magnetic control fixed axle	Φ12×50	1
73	Brake tension spring	Φ11.5×Φ1.2×13	1
74	Magnet motor		1
75	Double flywheel	Φ280/9KG	1
76	Motor belt	540PJ6	1
77	Brake line		1
78	Rail plastic cap	Φ42.5×30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4×20	2
81	Pipe plug	Φ28×t1.5	2
82	Foam grip	Φ32×t3.0×480	2
83	Circlip for shaft	Φ12	2
84	Pedal(L)	406×187×74	1
85	Pedal(R)	406×187×74	1
86	Allen C.K.S. full thread screw	M6×12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip	Φ36×t3.0×720	2
90	Pipe plug	Φ32×t1.5	2
91	Motor cover(L)	1291.1×72×616.2	1
92	Motor cover(R)	1291.1×75.9×616.2	1
93	Philips C.K.S. Self-tapping screw	ST4×25	2
94	Circlip for holes	Φ40	2
95	Self-aligning ball bearing	2203-2RS	2
96	Hex full thread screw	M8×120	1

97	Power communication wire		1
98	Magnetic sensor		1
99	Plastic bolt	Φ 9×Φ 6.1×27	3
100	Phillips C.K.S. full thread screw	M5×10	4
101	Philips C.K.S. Self-tapping screw	ST4×12	4
102	Hole Plug	Φ 15	2

Button function:

START/STOP	Start or Stop workout
RESET	Reverse to main menu during presetting workout value or in stop mode Hold on pressing for 2 seconds, computer will reboot and start from user setting.
UP(+)	1. Adjust optional training mode increased 2. Adjust the value increased
MODE/ENTER	In STOP mode, press it to confirm setting and enter it.
DOWN(-)	1. Adjust optional training mode decreased 2. Adjust the value decreased
RECOVERY	Test heart rate recovery status
BODY FAT	Test body fat% and BMI

DISPLAY FUNCTIONS :

TIME	.Display Range 0:00 ~ 99:59; Setting range 0:00~99:00
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
WATT	.Display Range:0~999; Setting Range 10 ~ 350

SPEED	.Range 0.0 ~ 99.9KM/H
RPM	.Range 0 ~ 999

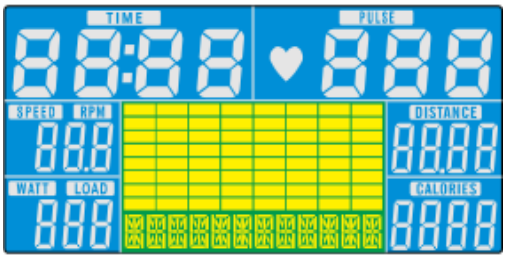
OPERATION:

POWER ON

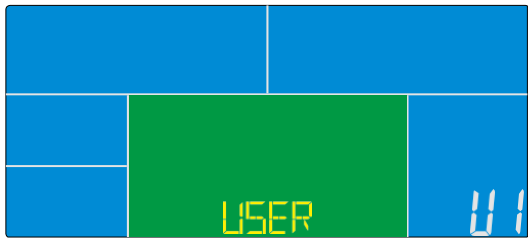
Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing 1). Enter into user selection (Drawing 2) and personal data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



Drawing 1

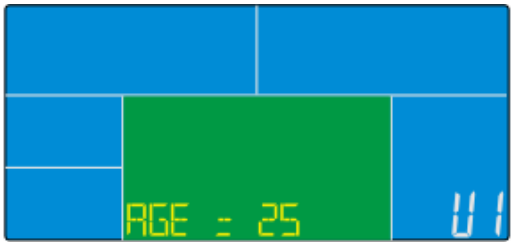


Drawing 2

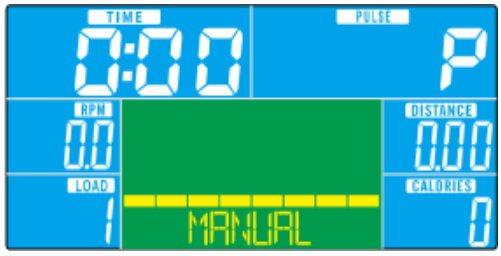
Personal data setting

After selecting user from U1~U4, press ENTER to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing 3), HEIGHT, WEIGHT and confirm by pressing ENTER. All data will be saved as user profile.

After setting, console go to main menu and display as Drawing 4. In this page, user can start workout directly by pressing START/STOP button.



Drawing 3



Drawing 4

Workout selection

In main page, the first program MANUAL is flashing (Drawing 5). User can press UP(+) or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT, press ENTER to confirm.

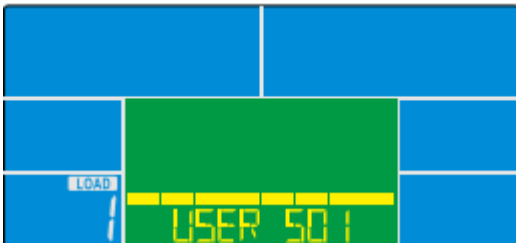
Manual Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Manual (Drawing 4) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset value of TIME/DISTANCE/CALORIES/PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. During workout, user can press UP and DOWN to adjust load level from 1~16.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Program Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Program (Drawing 5) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn.
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP keys to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Drawing 5



Drawing 6

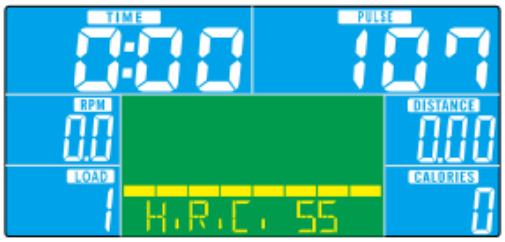
User Program Mode

1. Press UP(+) or DOWN(-) to select workout program, choose User Program (Drawing 6) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to set load level from 1~16 of each column, and press ENTER to next one. (Total column = 20)
3. Hold on pressing ENTER to finish or quit setting.
4. Press UP(+) or DOWN(-) to preset workout TIME.
5. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

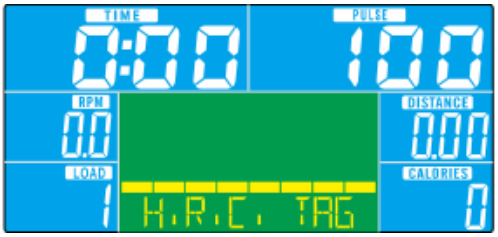
H.R.C. mode

1. Press UP(+) or DOWN(-) to select workout program, choose H.R.C. (Drawing 7) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select: H.R.C 55 (Drawing 8), H.R.C75, H.R.C 90 or TAG (TARGET H.R.) (default: 100, Drawing 9) and confirm by pressing ENTER.
3. When select H.R.C 55, H.R.C75, H.R.C 90, console will display preset target value according to user age. Press UP(+) or DOWN(-) and ENTER to preset workout TIME.
4. When select TAG H.R., the preset value 100 is flashing as Drawing 9. Press UP(+) or DOWN(-) to adjust value from 30~230 and confirm by ENTER. Preset workout TIME by pressing UP(+) and DOWN(-).
5. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.

Drawing 7



Drawing 8



Drawing 9

WATT Mode

1. Press UP(+) or DOWN(-) to select workout program, choose WATT (Drawing 10) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset WATT target. (default: 120)
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust WATT level from 10~350.
5. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

Drawing 10

Body Fat Mode

1. During workout, press START/STOP to stop workout, press BODY FAT key to start measure.

(Drawing 11)

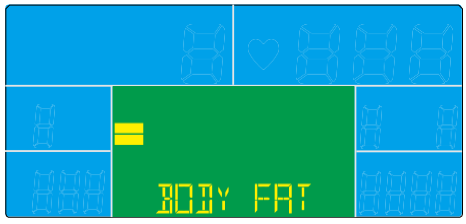
2. Hold on hand grips, after 8 seconds, computer will show BMI, FAT% and fat symbol.

3. Press BODY FAT key again reverse to main menu.

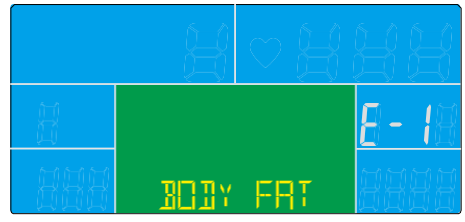
4. Error code:

*Console display E-1 (Drawing 12): user is not holding hand grips correctly.

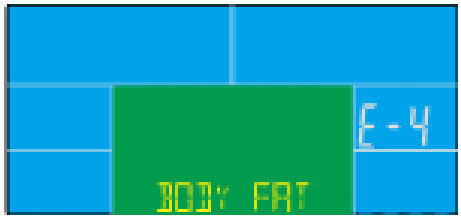
*Console display E-4 (Drawing 13): FAT% exceed setting range (5.0% ~50.0%)



Drawing 11



Drawing 12



Drawing 13

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Recovery

1. When pulse value display on the computer (hold hand grips), press RECOVERY button.
2. All function display will stop except TIME" starts counting down from 00:60 to 00:00 (Drawing14). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (X=1~6, Drawing 15). F1 is the best, F6 is the worst. (See below chart)

   (Press the RECOVERY button again to return the main display.)
3. During RECOVERY, user may press RECOVERY button to back to main menu.
4. Without pulse inputted, it is invalid to press RECOVERY button.

Drawing14

Drawing15

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

NOTE:

1. This computer require 9V, 1300mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power saving mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

4

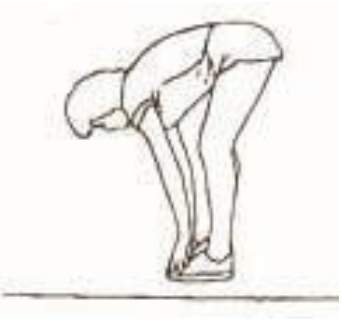
INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.**6**



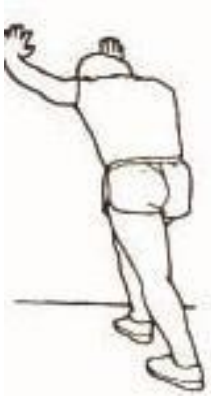
EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



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