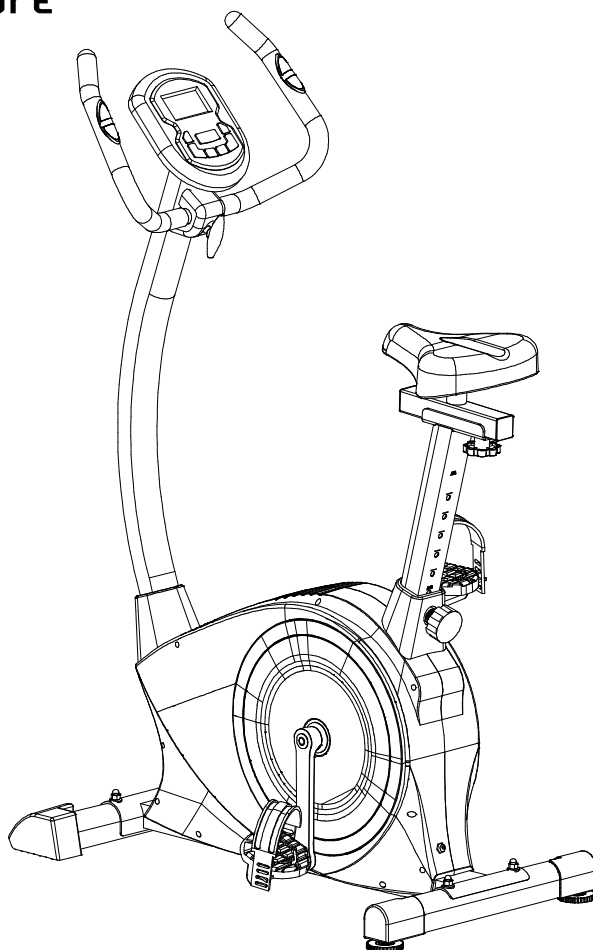# Programmable 998
Programmable Upright Bike (PC)
ITEM NO: 998

SPARTAN
sport

OWNER'S 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.

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS

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

1. Read all instructions and follow it carefully before using this equipment.   Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use.   This equipment should be placed on a flat surface when using.   Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual.   Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.   It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment.   Keep children and pets away from the equipment while in use.   This machine is designed for adults use only.   The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 120 kgs.

WARNING: **Before beginning any exercise program consult your physician.**

This is especially important for the people who are over 35 years old or who have pre-existing health problems.   Read all instructions before using any fitness equipment.

CAUTION: **Read all instructions carefully before operating this product.**
**Retain this Owner's Manual for future reference.**

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Adjustable Leveler M10	2	025	Hexagon Nylon Nut M8 (S13)	3
002	Hexagon Socket Pan Head Cap Bolt M8x15	6	026	U Bracket for Seat Sliding Tube	1
003	Hexagon Nut 1/2" (S15)	1	027	Seat Post	1
004	AC Adapter (2000 mm)	1	028	Washer Ø10xØ20x2t	1
005	Computer Extension Wire II (1100 mm)	1	029	Seat Adjustment Knob M10	1
006	Computer (SM-3720)	1	030	Seat Post Cover	1
007	Crank Cover M22x1.0	2	031	Seat Post Bushing	1
008	Nut M10x1.25x6T (S14)	2	032	Cross Recessed Pan Head Bolt M6x10	1
009	Cross Recessed Pan Head Bolt M5x10	4	033	Washer Ø6xØ12x1.0T	1
010	Left Crank 7"	1	034	Idler Wheel Ø10xØ35	1
011	Handlebar Post	1	035	Idler Arm	1
012	Washer Ø8xØ20x2.0T	10	036	Hexagon Socket Pan Head Cap Bolt M8x20	1
013	Handlebar Post Cover	1	037	Hexagon Nylon Nut M8 (S14)	3
014	Handlebar End Cap Ø25	2	038	Eyebolt M8x85	1
015	Handlebar Ø25x1.5T	1	039	Hexagon Nut M6 (S10)	2
016	Hand Pulse Sensor with Wire (L=750 mm)	2	040	Spring Washer Ø6	6
017	Cross Recessed Pan Head Tapping Screw ST4.2x20	2	041	Tension Bracket 31x30x1.0t	2
018	Handlebar Foam Grip Ø30xØ24x455	2	042	Eyebolt M6x36	2
019	Clamp Cover	1	043	Flywheel Ø250 (One Way Bearing)	1
020	Spacer (Ø12x20x1.5)	1	044	Nut M10x1.0xH6 (S14)	2
021	Handlebar T-Knob (M8x55)	1	045	Hexagon Nylon Nut M6 (S10)	6
022	Seat Cushion (DD-982T)	1	046	Transport Wheel Ø45x19	2
023	Seat Sliding Tube	1	047	Cross Recessed Pan Head Bolt M6x35	2

No.	Description	Qty	No.	Description	Qty
024	Seat Sliding Tube End Cap (38x38)	2	048	Cap Nut M8 (S13)	4

PARTS LIST

| No.	Description	Qty	No.	Description	Qty
049	Big Curve Washer Ø8xØ20x2.0t	4	066	Cross Recessed Pan Head Tapping Screw ST2.9x12	2
050	Carriage Bolt M8x65	4	067	Sensor with Wire (L=300 mm)	1
051	Screw ST4.2x20	10	068	Main Frame	1
052	Front Left Stabilizer End Cap	1	069	Seat Post Knob M16x1.5	1
053	Front Stabilizer (55x50x1.5T)	1	070	Cross Recessed Pan Head Bolt M6x15	4
054	Front Right Stabilizer End Cap	1	071	Power Supply Wire 300 mm	1
055	Cross Recessed Pan Head Tapping Screw ST4.2x25	8	072	Left Foot Pedal (YH-30X)	1
056	Cover Cap Ø60xØ26x6.5	2	073	Belt Pulley Ø260	1
057	Left Cover	1	074	Right Foot Pedal (YH-30X)	1
058	Crank Disk Ø391x21	2	075	Belt (PJ380J6)	1
059	Cross Recessed Pan Head Tapping Screw ST4.2x10	8	076	Plastic Screw Anchor Ø8x32	1
060	Spring Clip Ø17x1.0T	2	077	Right Cover	1
061	Bearing 6003-2Z	2	078	Rear Left Stabilizer End Cap	1
062	Computer Extension Wire I (850 mm)	1	079	Rear Stabilizer (55x50x1.5T)	1
063	Motor	1	080	Rear Right Stabilizer End Cap	1
064	Motor Tension Cable (500 mm)	1	081	Hexagon Nut M10 (S17)	2
065	Right Crank 7"	1			

HARDWARE LIST
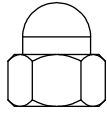
(48) Cap Nut M8 (S13)
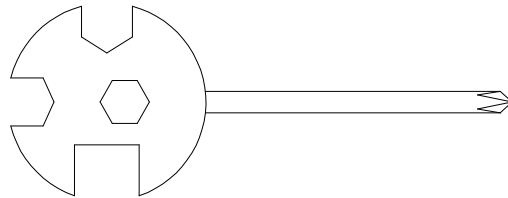4 PCS
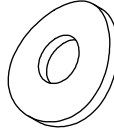
(49) Big Curve Washer
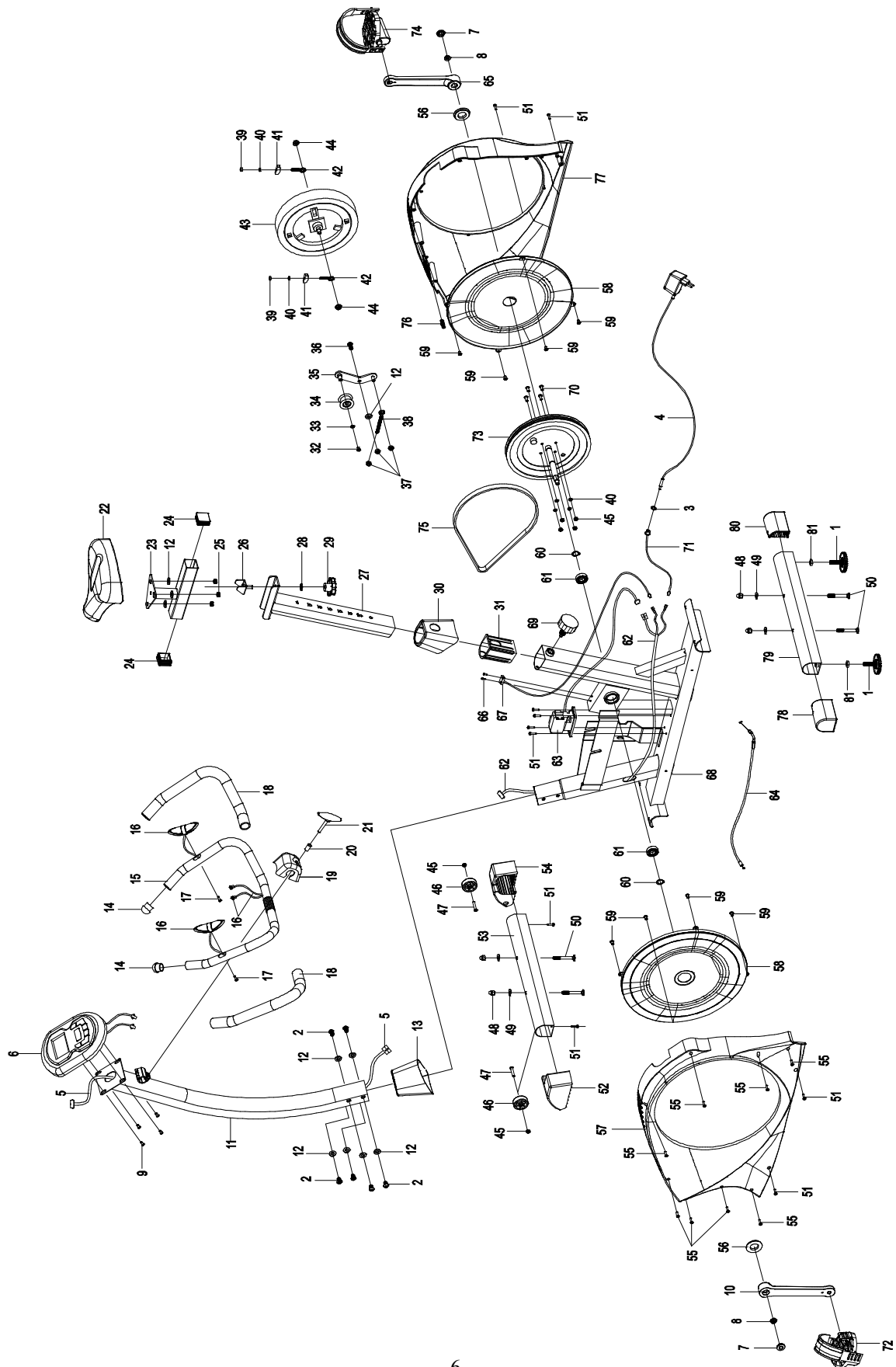Ø8xØ20x2.0t
4 PCS
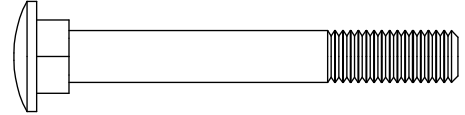
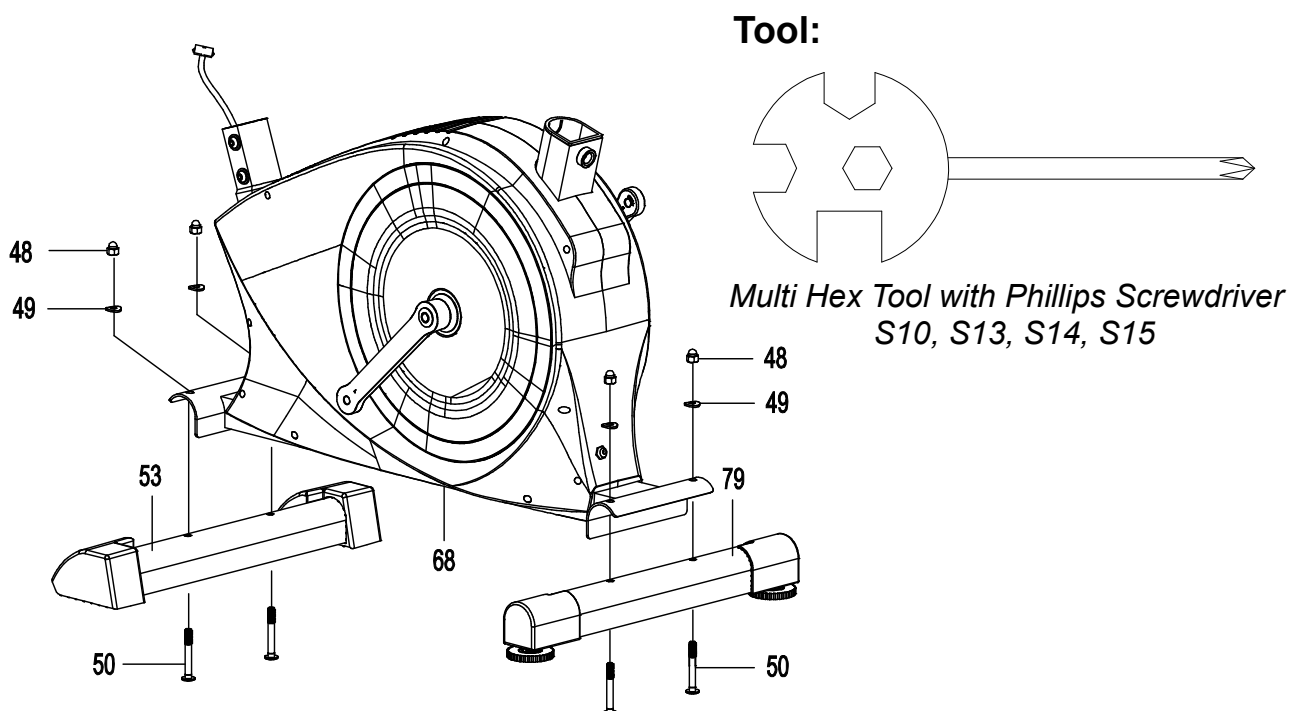(50) Carriage Bolt
M8x65
4 PCS

TOOLS

Allen Wrench S6
1 PC

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

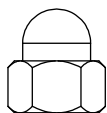# OVERVIEW DRAWING

ASSEMBLY INSTRUCTIONS

Tool:

*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

48

49

53

68

48

49

79

50

50

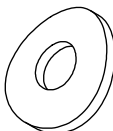## 1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (53) in front of the Main Frame (68) and align bolt holes.
Attach the Front Stabilizer (53) onto the front curve of the Main Frame (68) with two M8 Cap
Nuts (48), two Ø8xØ20x2.0t Big Curve Washers (49), and two M8x65 Carriage Bolts (50).
Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.
Position the Rear Stabilizer (79) behind the Main Frame (68) and align bolt holes.
Attach the Rear Stabilizer (79) onto the rear curve of the Main Frame (68) with two M8 Cap
Nuts (48), two Ø8xØ20x2.0t Big Curve Washers (49), and two M8x65 Carriage Bolts (50).
Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.
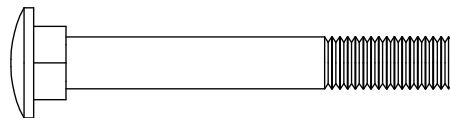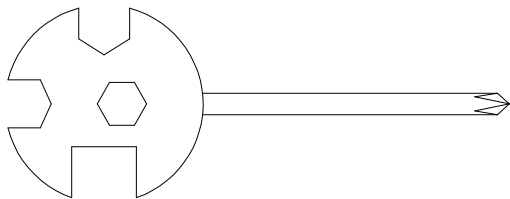
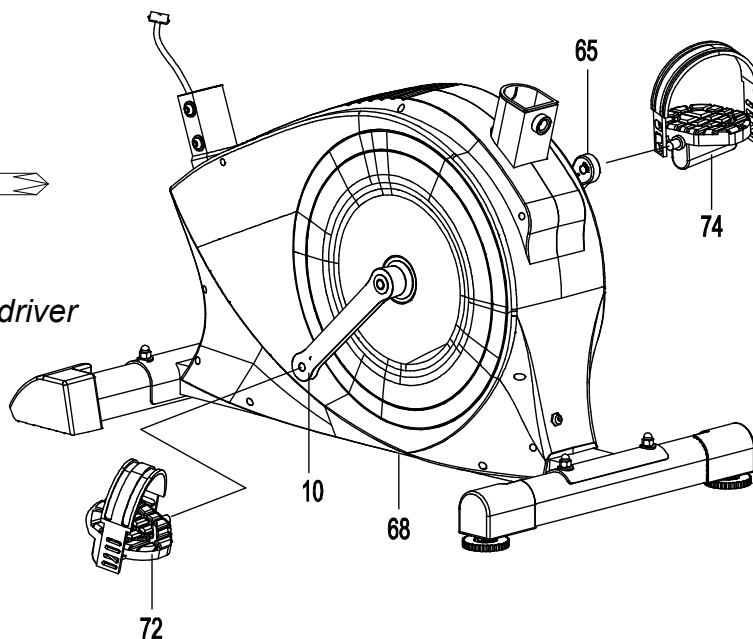## Hardware:

(48) Cap Nut M8 (S13)	(49) Big Curve Washer	(50) Carriage Bolt
4 PCS	Ø8xØ20x2.0t	M8x65
	4 PCS	4 PCS

Tool:

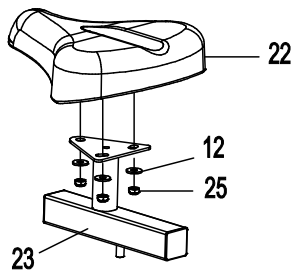*Multi Hex Tool with Phillips Screwdriver*
S10, S13, S14, S15

2. Right and Left Foot Pedals Installation
The Cranks, Pedal Shafts, and Foot Pedals are marked "R" for Right and "L" for Left.
Insert the pedal shaft of Left Foot Pedal (72) into threaded hole in the Left Crank (10).   Turn the pedal shaft by hand in the counter-clockwise direction until snug.
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.
Tighten the pedal shaft of Left Foot Pedal (72) with the Multi Hex Tool with Phillips Screwdriver provided.   Insert pedal shaft of Right Foot Pedal (74) into threaded hole in Right Crank (65).   Turn the pedal shaft by hand in the clockwise direction until snug.
Tighten pedal shaft of Right Foot Pedal (74) with the Multi Hex Tool with Phillips Screwdriver provided.

Tool:
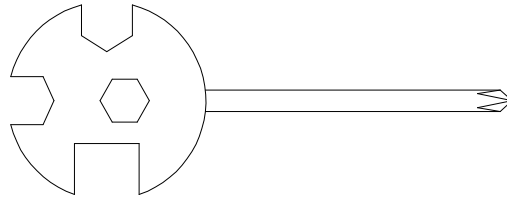
Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15

### 3. Seat Cushion Installation

Remove three M8 Hexagon Nylon Nuts (25), and three Ø8xØ20x2.0T Washers (12) from underside of the Seat Cushion (22).   Remove hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.   Guide bolts on underside of the Seat Cushion (22) through holes on top of the Seat Sliding Tube (23), attach with three removed M8 Hexagon Nylon Nuts (25) and Ø8xØ20x2.0T Washers (12).   Tighten hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.
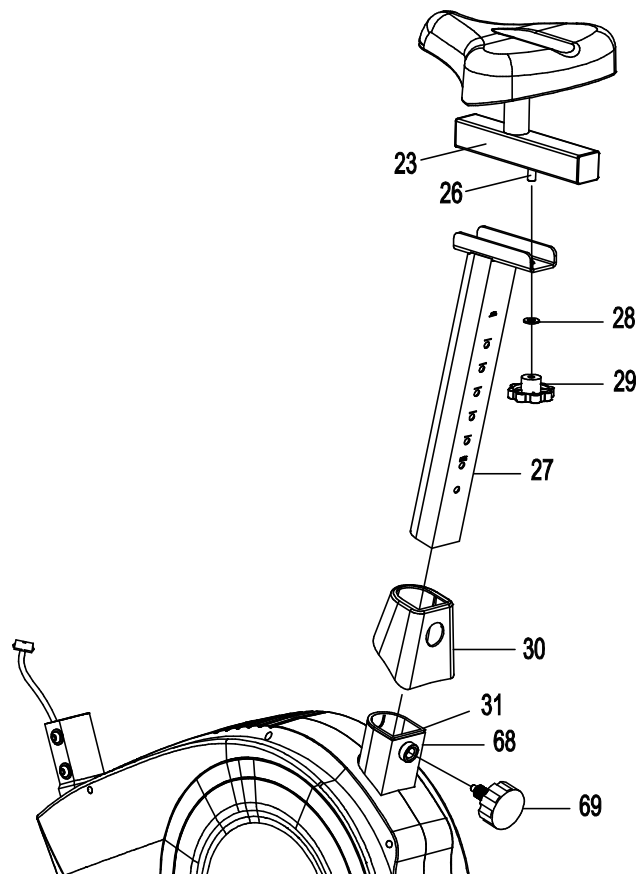
4. Seat Sliding Tube, Seat Post, and Seat Post Cover Installation

Remove one Ø10xØ20x2t Washer (28) and one M10 Seat Adjustment Knob (29) from the U Bracket for Seat Sliding Tube (26).   Guide the U Bracket for Seat Sliding Tube (26) on underside of the Seat Sliding Tube (23) through hole on top of the Seat Post (27), attach with one removed Ø10xØ20x2t Washer (28) and M10 Seat Adjustment Knob (29).   Slide the Seat Post Cover (30) onto the tube of the Main Frame (68).

Insert the Seat Post (27) into the Seat Post Bushing (31) on the tube of the Main Frame (68) and then attach the Seat Post Knob (69) onto the tube of the Main Frame (68) by turning it in a clockwise direction in the suitable position.

Tool:
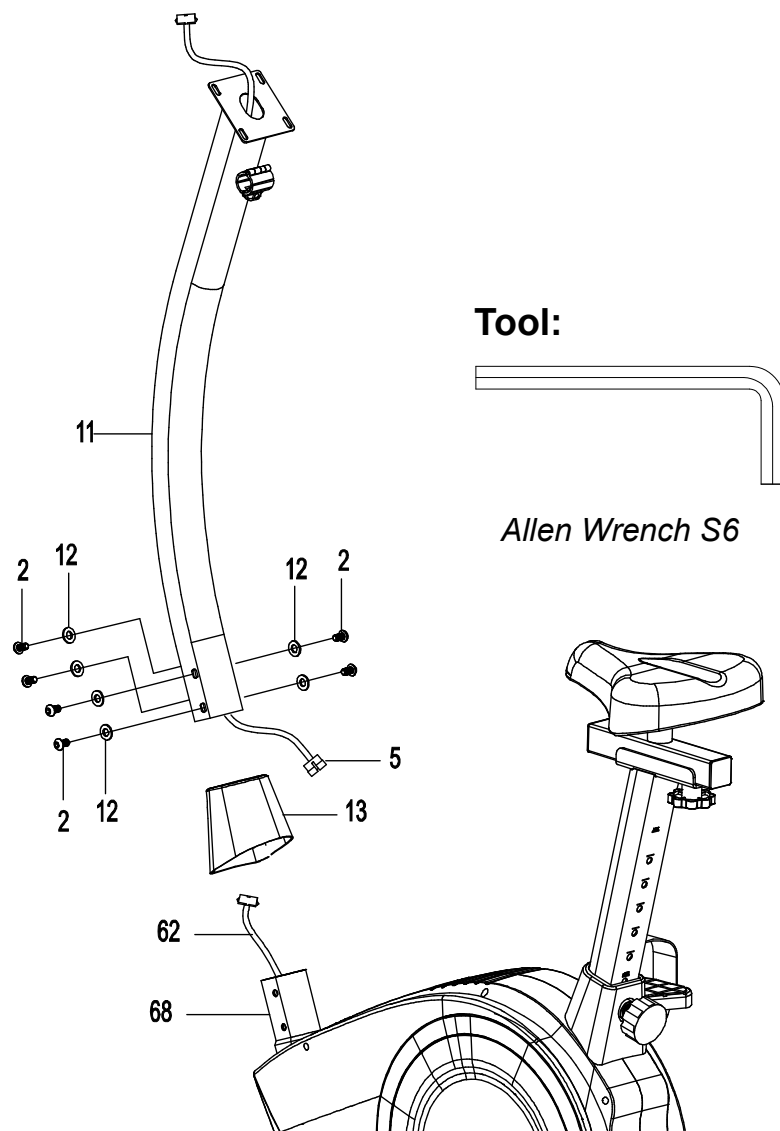
Allen Wrench S6

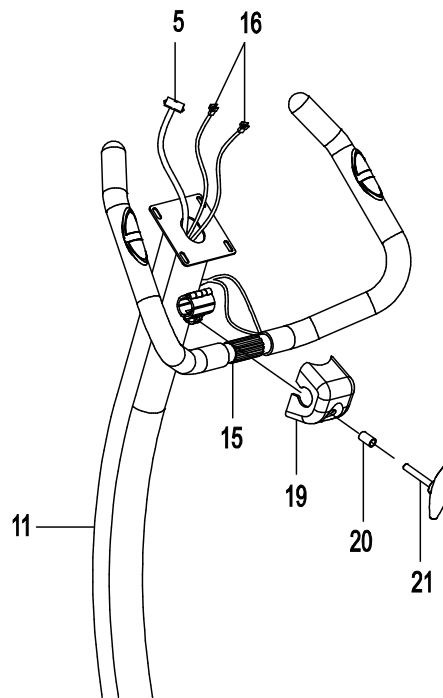### 5. Handlebar Post and Handlebar Post Cover Installation

Remove six M8x15 Hexagon Socket Pan Head Cap Bolts (2) and six Ø8xØ20x2.0T Washers (12) from the tube of the Main Frame (68).   Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (13) up to the Handlebar Post (11).

Connect the Computer Extension Wire I (62) from the Main Frame (68) to the Computer Extension Wire II (5) from the Handlebar Post (11).

Insert the Handlebar Post (11) onto the tube of the Main Frame (68) and secure with six M8x15 Hexagon Socket Pan Head Cap Bolts (2) and six Ø8xØ20x2.0T Washers (12) that were removed.   Tighten bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (13) down to the Handlebar Post (11).

6. Handlebar Installation

Insert the Hand Pulse Sensor with Wires (16) through into the hole on the Handlebar Post (11) and pull them out from the top end of the Handlebar Post (11).

Place the Handlebar (15) through clamp on the Handlebar Post (11) with hand pulse sensors facing the seat.   Hold the Handlebar (15) in desired position and fasten Clamp Cover (19), Ø12x20x1.5 Spacer (20), and M8x55 Handlebar T-Knob (21) onto clamp.   Tighten the M8x55 Handlebar T-Knob (21) after adjustment.

**NOTE: Handlebar T-Knob should be tightly secured before using.**
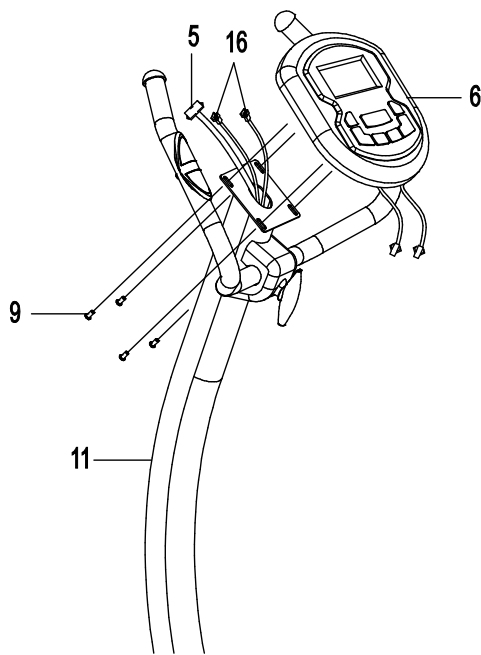
Tool:
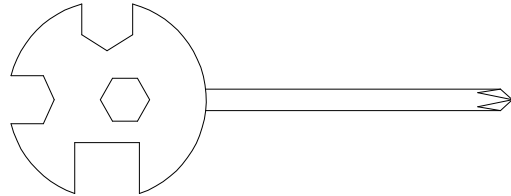
Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15

7. Computer Installation

Remove four M5x10 Cross Recessed Pan Head Bolts (9) from the Computer (6).
Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.
Connect the Computer Extension Wire II (5) and Hand Pulse Sensor with Wires (16) to the wires that come from the Computer (6).   Tuck wires into the Handlebar Post (11).   Attach the Computer (6) onto the top end of the Handlebar Post (11) with four M5x10 Cross Recessed Pan Head Bolts (9) that were removed.   Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.
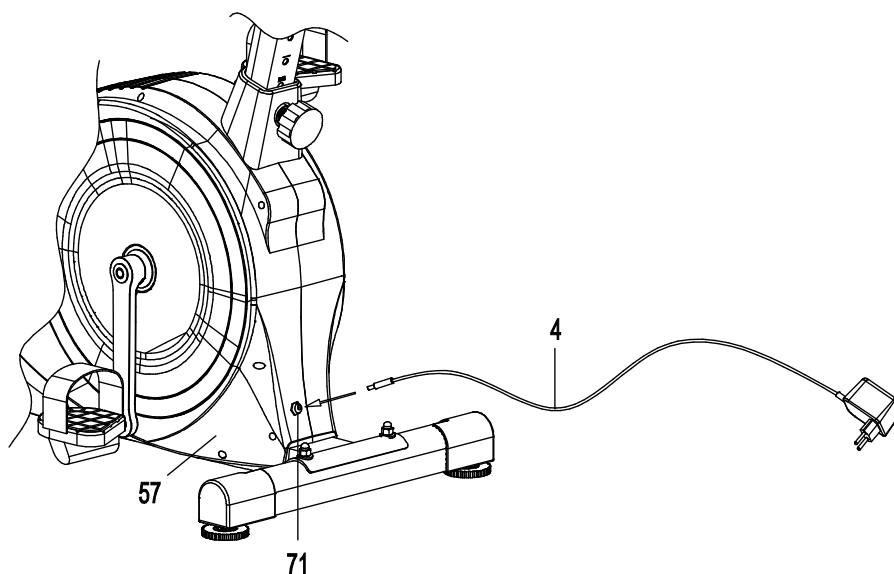
8. AC Adapter Installation

Plug one end of the AC Adapter (4) into the power jack of the Power Supply Wire (71) on the rear of the Left Cover (57). **Before plugging in, make sure to check carefully the specifications on the Adapter.** Plug the other end of the AC Adapter (4) into the electrical wall outlet.

OPERATING THE COMPUTER
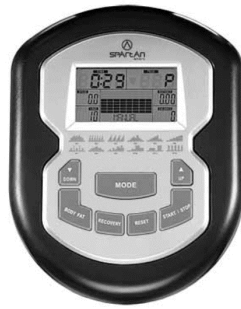
COMPUTER BUTTON FUNCTIONS:

START/STOP: To start and stop the workout session.

UP: Press the UP button to select the exercise mode of MANUAL, PROGRAM, USER PROGRAM, and H.R.C., and WATT PROGRAM.
Press the UP button to make upward for function values adjustment on different training mode.
Press the UP button to increase the load level.

DOWN: Press the DOWN button to select the exercise mode of MANUAL, PROGRAM, USER PROGRAM, and H.R.C., and WATT PROGRAM.
Press the DOWN button to make downward for function values adjustment on different training mode.
Press the DOWN button to decrease the load level.

RECOVERY: The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training.   You will notice that your fitness will improve with regular exercise.   This feature can help you on your way to a healthier you.   The Pulse Recovery feature is to be used directly after your workout.   To use this function:
1) Grip the hand pulse sensors with both hands during exercise.
2) Press the **RECOVERY** button.
3) Grip the hand pulse sensors with both hands.
4) The time will countdown from 60 to 0 seconds.
5) Your personal fitness Pulse Recovery level will appear on the display.   When countdown is complete, the Pulse Recovery grade will be displayed.
Your ratings for Pulse Recovery are as follows:
F1 = Excellent   **F4 = Below Average**
F2 = Good   **F5 = Not Good**
F3 = Fair   **F6 = Poor**
6) Press the **RECOVERY** button to quit the recovery mode.

RESET: Press the RESET button to reset the functional values to zero
Press and hold the RESET button for over 2 seconds, the computer screen will display initial image (U1…, or U4).

MODE: To confirm your selection.

BODY FAT: To test your body fat percentage and BMI.   Press the BODY FAT button and then grip the hand pulse sensors with both hands for a few seconds, and the screen will display your BMI, body fat percentage, and fat symbol.

NOTE: Body Fat Percentage is an estimate based on the sex, age, height, and weight input, and is to be used as a guide only.

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%

COMPUTER DISPLAY FUNCTIONS:
TIME: Displays the workout time.   TIME will count down if it is set as a "goal".

SPEED: Displays the workout speed.

RPM: Display current training rotation per minute.

WATT: Displays the workout power consumption.

LOAD: Indicates the load level selected from LEVEL 1 to LEVEL 16.

LOAD PROFILES: There are 20 columns of load bars, and 8 bars in each column.   Each bar represents 2 levels of load.

PULSE: Displays the user's current heart rate (beats per minute).

DISTANCE: Displays the estimated distance traveled.   DISTANCE counts down if it is set as a "goal".

CALORIES: Displays the estimated Calories the user has burned during the exercise. CALORIES count down if it is set as a "goal".

GETTING STARTED:
Plug the wire of the adapter into the power jack, which is located in the rear of the machine and then connect the adapter to the electrical wall outlet.   The computer screen will display

U1 with a long BI tone, press the Up or DOWN button to select USER number (U1-U4) and press the MODE button to confirm the user number.   Then input USER data (sex, age, height, and weight) by pressing the Up or DOWN button.   Press the MODE button to confirm the USER data.   The computer screen will display MANUAL mode, press the Up or DOWN button to select function mode and then press the MODE button after one of the modes is selected.

NOTE: U1~U4 user data values will be stored in the memory after setup for future use.
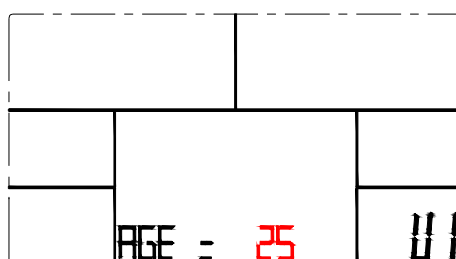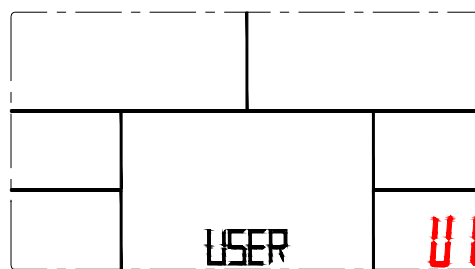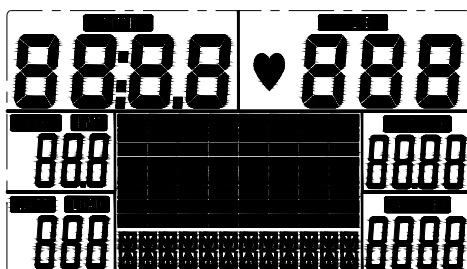
TRAINING IN MANUAL MODE:

You have two options in the MANUAL mode.   When the computer screen displays MANUAL mode, press the UP or DOWN button to select the MANUAL mode and then press the MODE button for confirmation.   For "quick start," simply press the START/STOP button and your workout will begin.   You can control the load with the UP or DOWN button.

The second option for MANUAL mode is to set a "goal".   When you press the MODE button to select MANUAL mode, the TIME display will flash.   If you wish to set a TIME goal, you can do so using UP or DOWN button, or if you wish to set a DISTANCE, CALORIES, or PULSE goal, just continue to press the MODE button.   By setting a PULSE goal, a tone will sound that Heart Rate is reached or exceeded.   Please grip the hand pulse sensors during exercise.   Setting "goals", you can set "goals" for either TIME, DISTANCE, CALORIES, or PULSE.   For instance, if you set a TIME goal of 20:00, once you start the program, you will notice that the TIME display will count down from 20:00 to 0:00.   We recommend that you set only one goal (TIME, DISTANCE, CALORIES, or PULSE) for each exercise.

Note, if no goals are set (TIME, DISTANCE, CALORIES, or PULSE) and are all set to 0, all of these values will count up, once the START/STOP key is pressed.   During you exercise, when a goal is reached, that display will flash, signaling that your workout is complete.

TRAINING IN PROGRAM MODE:

Press the UP or DOWN button to select the PROGRAM mode and then press the MODE button for confirmation.   There are 12 pre-set programs that offer you a variety of workout options.   To select a program, use the UP or DOWN button to select one of the pre-set programs.   Press the MODE button for confirmation and the TIME display will flash.   At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described above.
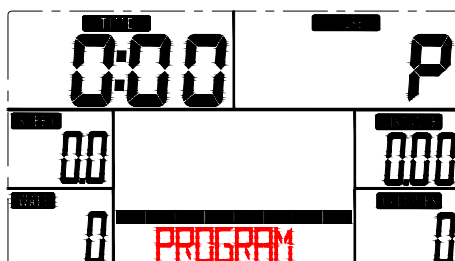
TRAINING IN USER PROGRAM MODE:

Press the UP or DOWN button to select the USER PROGRAM mode and then press the MODE button for confirmation.   The first interval of user program graphic will flash for setting the load level.   Press the UP or DOWN button to set the load level for the first interval of user program profile.   Press the MODE button to confirm the load level for the first interval of user program profile.   There are 20 intervals for setting the load level. Repeat above steps to set the load level from the second interval to the twentieth interval. After setting all the load level and then press and hold the MODE button for over 2 seconds, the TIME display will flash.   At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.

TRAINING IN H.R.C. MODE:

Press the UP or DOWN button to select the H.R.C. mode and then press the MODE button for confirmation.   There are 4 H.R.C. (Heart Rate Control) programs that offer you a variety of workout options.   To select a program, use the UP or DOWN button.   If user selects H.R.C. 55 and the target heart rate will display on the split window of PULSE according to user's age because user has inputted USER data (sex, age, height, and weight) after the adapter connected to the electrical wall outlet.   Press the MODE button for confirmation. For instance, if user inputs age (25 years old), the calculations will be as follows:
220 - 25 = 195
195 x 55% (0.55) = 107 (55% of your maximum heart rate)
25 year-old male (THR) Target Heart Rate would be 107
At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.
After pressing the START/STOP button to exercise, please grip the hand pulse sensors during exercise, the computer will adjust the load level according to the heart rate detected. For example, the load level will increase while the heart rate detected is lower than Target Heart Rate.   Also, the load level will decrease while the heart rate detected is higher than Target Heart Rate.   As a result, the user's heart rate will be adjusted equal to the Target Heart Rate.
Use the same procedure to operate H.R.C. 75 or H.R.C. 90 as described above.

If user selects H.R.C. TAG and the split window of PULSE will display 100 for the target heart rate.   Press the MODE button for confirmation.   User may press the UP or DOWN button to set desired Target Heart Rate.

At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.

After pressing the START/STOP button to exercise, the computer will adjust the load level according to the heart rate detected.   For example, the load level will increase while the heart rate detected is lower than Target Heart Rate.   Also, the load level will decrease while the heart rate detected is higher than Target Heart Rate.   As a result, the user's heart rate will be adjusted to equal the Target Heart Rate.


TRAINING IN WATT PROGRAM MODE:

Press the UP or DOWN button to select the WATT PROGRAM mode and then press the MODE button for confirmation.   The split window of WATT will flash for setting.   Press the UP or DOWN button to pre-set the watt target.   Press the MODE button for confirmation. The Watt constant training program is designed to keep your watt output at a constant level you have pre-set.   At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.   After pressing the START/STOP button to exercise, the load level will be automatically adjusted by the computer to close to the pre-set value of watt.   If the split window of WATT displays --- symbol, this is to remind you the current WATT is higher or lower than pre-set watt, and you need to slow down or speed up training speed accordingly.   Beep tones will sound.

ADJUSTMENTS

Adjusting the Adjustable Handlebar
Hold the adjustable handlebar while loosening the handlebar
T-Knob.   Adjust the adjustable handlebar to the desired
position and turn the handlebar T-Knob in a clockwise
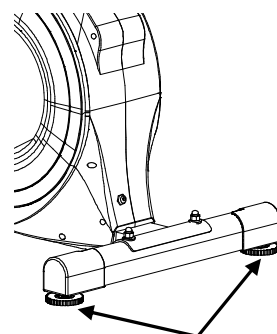direction to tighten.
**NOTE: Continue to turn the handlebar T-Knob until the
adjustable handlebar is secure before exercising.**
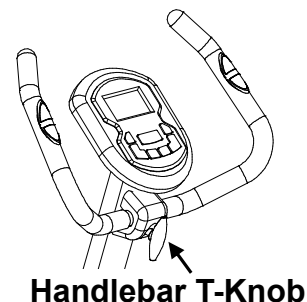
Handlebar T-Knob

Adjusting the Adjustable Leveler
Turn the adjustable leveler on the rear stabilizer as needed
to level the upright bike.

Adjustable Leveler

Adjusting the Seat Height
Turn the seat post knob in a counterclockwise direction
until it can be pulled out.   Pull out the seat post knob and
then slide the seat post up or down direction to the suitable
position.   Lock the seat post in place by releasing the seat
post knob and sliding the seat post up or down slightly until
the seat post knob "pops" down into the locked position.
For added safety, tighten the seat post knob in a clockwise
direction.
**NOTE: When adjusting the height of seat post, make
sure the seat post bushing does not exceed the mark
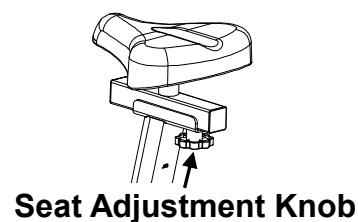line on the seat post.**
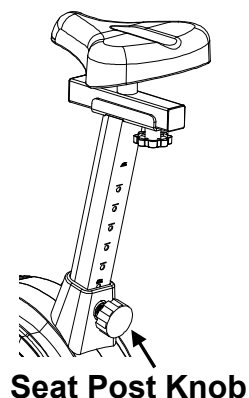
Seat Post Knob

Adjusting the Seat Forward or Back
Turn the seat adjustment knob to loosen the seat sliding
tube.   Slide the seat sliding tube forward or back to
desired position and turn the M8 seat adjustment knob
to tighten.
**NOTE: Continue to turn the seat adjustment knob
until the seat sliding tube is secure before exercising.**

Seat Adjustment Knob

MAINTENANCE

Cleaning
The upright bike can be cleaned with a soft clean damp cloth.   Do not use abrasives or solvents on plastic parts.   Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts, nuts, screws, 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 upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures. 3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout.   The purpose of warming up is to prepare your body for exercise and to minimize injuries.   Warm up for two to five minutes before aerobic exercising.   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.   The purpose of cooling down is to return the body to its resting state at the end of each exercise session.   A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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.
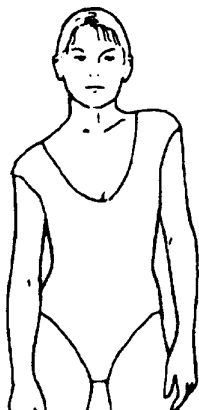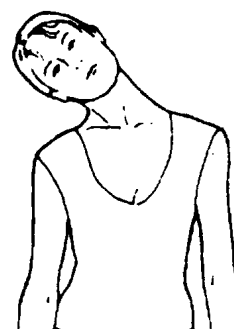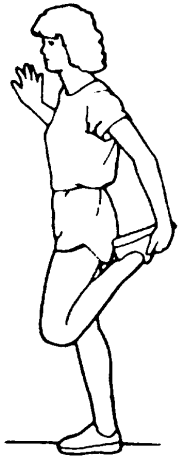
SHOULDER LIFTS

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.
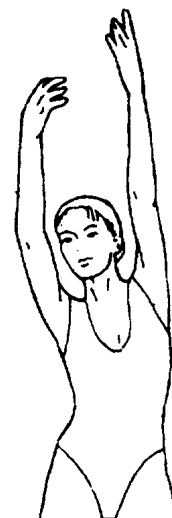
SIDE STRETCHES

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.
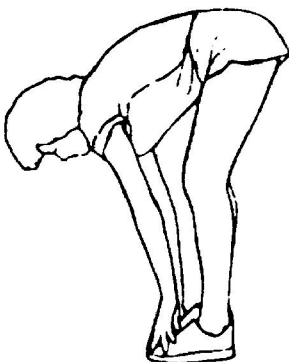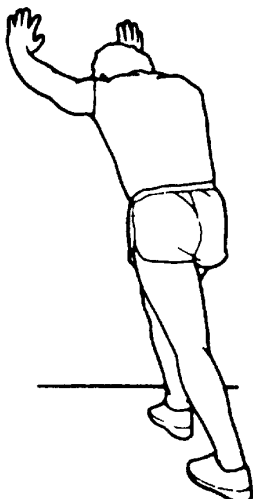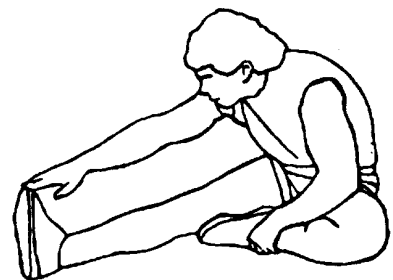
TOE TOUCHES

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.