



rogerblack

GOLD TREADMILL AG-10302



fit for life
with Roger Black





let's get fit for life!

Thank you for choosing my gold treadmill and welcome to a healthier, fitter lifestyle!

Being healthy has always been an essential part of my life, so I'm delighted to be able to help you make it an important part of your life too.

How many times have you climbed the stairs or ran for the bus and been out of breath? How many times have you wished you could do more of the things you enjoy, like walking the dog, or running around after the kids?

Did you know that just 20 minutes of exercise 4 times a week can make a world of difference? You won't believe the benefits a little exercise will bring! You will have higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, a higher metabolic rate and improved body posture . . . all of which will result in a healthier and much more enjoyable lifestyle!

So enjoy your workouts, and maybe the next time you run up the stairs you will feel Fit for Life!

01 assembly

Your treadmill will require a small amount of assembly. You will find everything you need included in the box. Invite a friend over! - Some steps of assembly require heavy lifting.

02 get to know your treadmill

Take time to get to know your new treadmill - it will help you to get the most out of your workouts. This section includes folding and unfolding, as well as console operation and tips on how to keep your treadmill working at its best.

03 enjoy your workout!

Useful tips on training and some stretches you can try. For further advice visit www.rogerblackfitness.co.uk

before you begin

precautions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place on a level surface, with 2m of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
4. When choosing a location for the treadmill make sure that the location and position permit access to a socket.
5. Keep the treadmill indoors, away from moisture or dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 100kg. If you weigh more than 100kgs. It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only socks, or in sandals.
11. When connecting the power cord, plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS 1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
12. If you need an extension cord, use only 14 gauge cord of 1.5m or less in length.
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it's properly assembled.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill make sure the power fold switch is fully engaged.
22. Inspect and tighten all parts of the treadmill regularly.
23. Never drop or insert any object into any opening in/on the treadmill.
24. The treadmill will shut off automatically if it encounters a surge in power. A reset button is located on the lower front of the motor covering, as shown in the drawing below. If the treadmill should shut down you should first turn the on/off switch to the "off" position, then press the reset button.

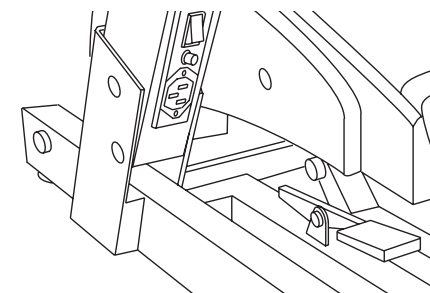


Fig. 1: Reset button

01 assembly

pre-assembly notes

OPEN THE BOXES

Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Chart for a full count of the number of parts included for proper assembly. If you are missing any parts please call the Roger Black Technical Support line on 0845 600 0464.

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.

INVITE A FRIEND

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

hardware chart

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

PART	DESCRIPTION	QTY.
53	8mm Washer	6
59	M8 x 43mm Bolt	4
68	M8 x 18mm Bolt	2
A	Safety Key	1
B	Power Cord	1

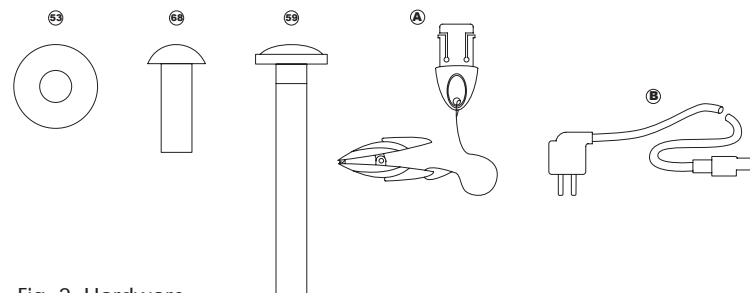


Fig. 2: Hardware

parts list

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
01	Running Belt	1	42	Rail Guide Screw	12
02	Motor Shroud	1	43	Motor Adjustment Bolt	1
03	Right Rear End Cap	1	44	8 x 23mm Washer	2
04	Left Rear End Cap	1	45	Motor Bumper Bushing	1
05	Extruded Rail, Right	1	46	M8 Nylon Nut	2
06	Extruded Rail, Left	1	47	8 x 16mm Washer	2
07	Front Roller	1	48	M8 x 12mm Socket Bolt	2
08	Front Roller Shaft	1	49	M10 x 116mm Bolt	1
09	Rear Roller	1	50	10 x 23mm Washer	1
10	Rear Roller Shaft	1	51	M10 Nut	1
11	Wooden Deck	1	52	M8 x 45mm Bolt	2
12	Drive Belt	1	53	8mm Washer	14
13	Main Frame	1	54	M4 x 15mm Bolt	8
14	Front Shroud	1	55	Front Roller Bolt	1
15	Control Board	1	56	M8 Nut	2
16	Motor Bracket	1	57	4 x 14mm Screw	4
17	Motor	1	58	Base Frame Cushion	4
18	Motor Bottom Cover	1	59	M8 x 43mm Bolt	8
19	Handlebar Grip	2	62	M12 x 80mm Bolt	2
20	Handlebar	1	63	M10 x 42mm Bolt	1
21	Computer	1	64	Plastic Wheel	1
22	Hand Pulse Sensor	2	65	4 x 25mm Screw	2
23	Console Top	1	66	4 x 12mm Screw	17
24	Console Button	1	67	Motor Bottom Tray	1
25	Upright, Right	1	68	M8 x 18mm Bolt	2
26	Upright, Left	1	69	M16 Nut	1
27	Base Frame	1	70	20 x 40mm Washer	1
28	Rear Suspension	2sets	71	M16 x 54mm Bolt	1
29	Fan	1	72	Bumper	2
30	Safety Key	1	73	U Bracket	1
31	M5 x 10mm Bolt	4	74	M10 x 67mm Bolt	1
32	Caster Holder	2	75	Base Motor	1
33	Rear Wheel	2	76	28 x 8 x 3mm Washer	2
34	Base Frame End Cap	2	77	10mm Washer	1
35	Handlebar End Cap	2	78	Spring	1
37	Rear End Cap Screw	4	79	Elevation Support	2
38	Rear Roller Bolt	2	80	Foot Up Lock	1
39	Roller Washer	3	81	Water Bottle Holder	2
40	Rubber Cushion Bolt	6	82	Lock Pin	1
41	Rail Guide	6			

01 assembly

parts diagram 1

MANY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.

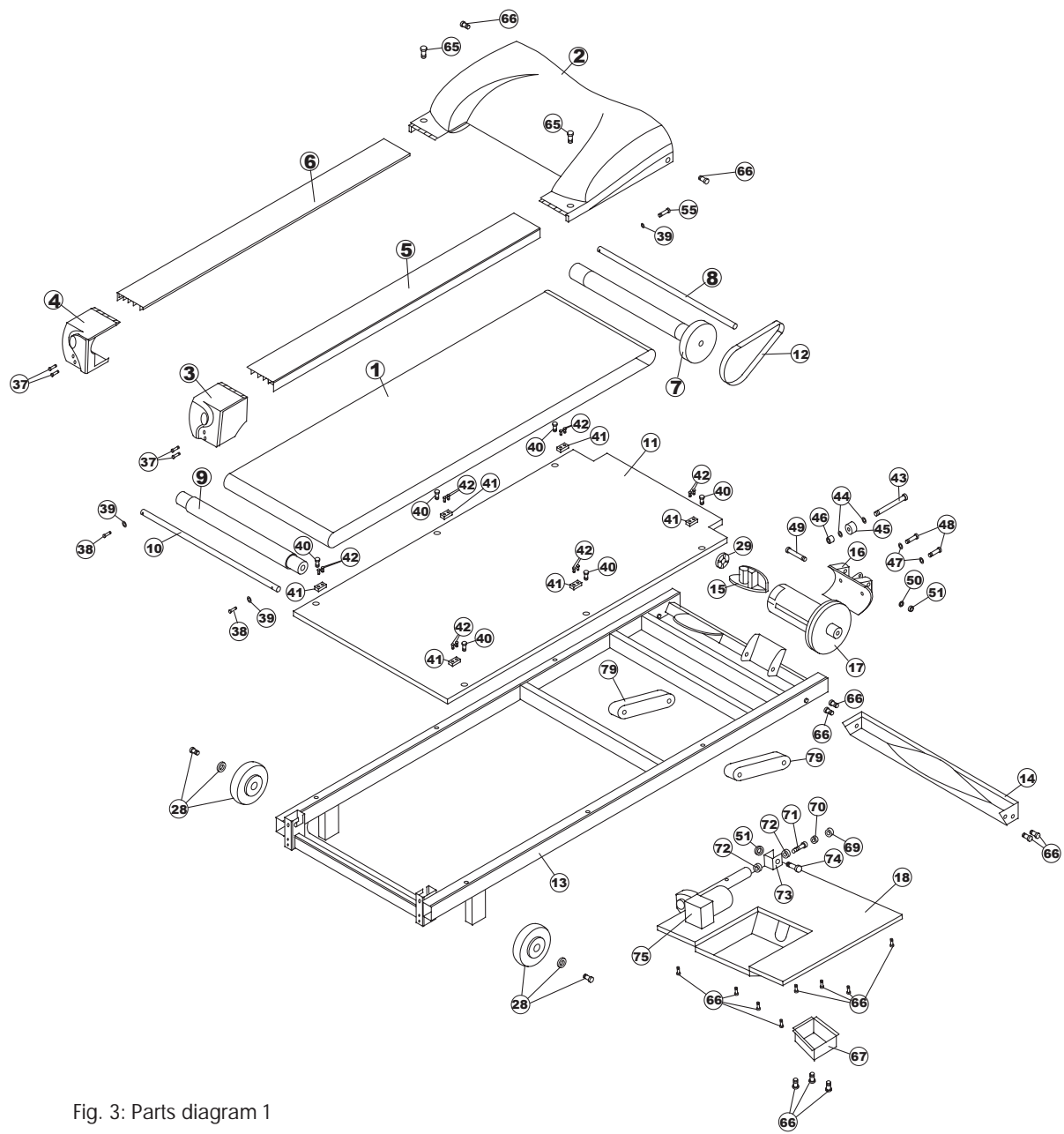


Fig. 3: Parts diagram 1

parts diagram 2

MANY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.

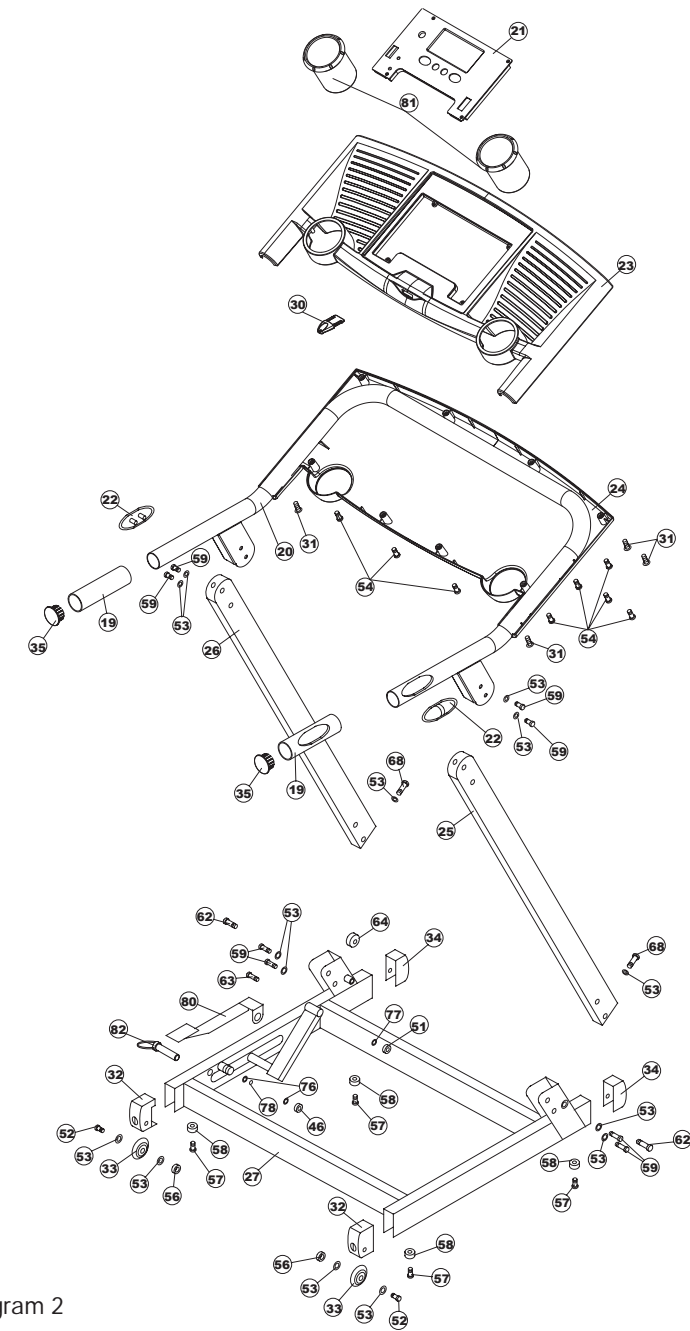


Fig. 4: Parts diagram 2

01 assembly

step 1

Remove your treadmill from the carton. (Fig. 5)

Raise the Right and Left Uprights (25 and 26) and secure with Washers (53) and Bolts (59 and 68). (Fig. 6)

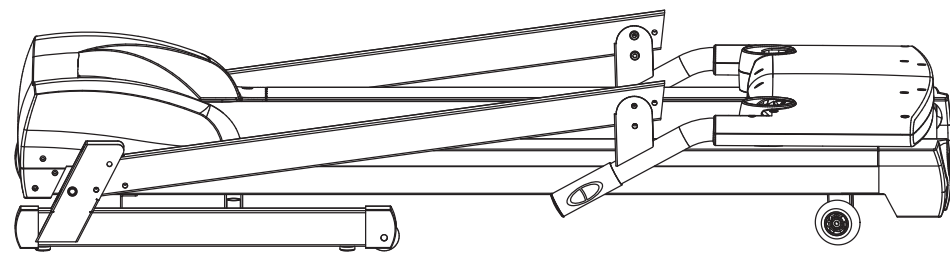


Fig. 5

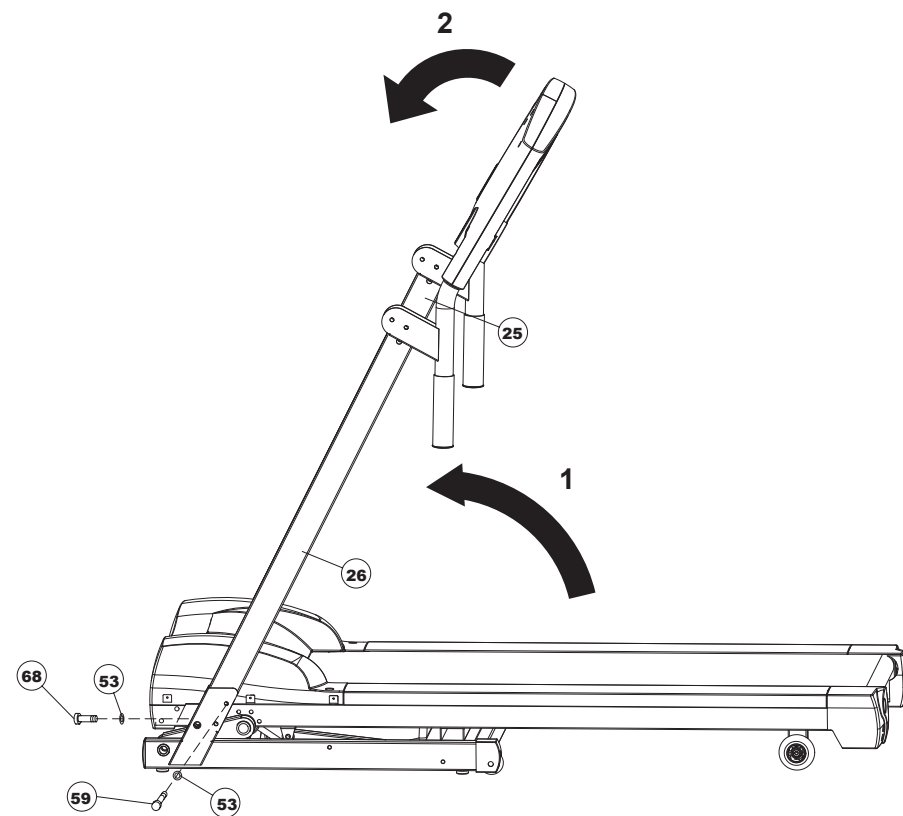


Fig. 6

step 2

Rotate up the Handlebar (20) and secure with Washers (53) and Bolts (59).

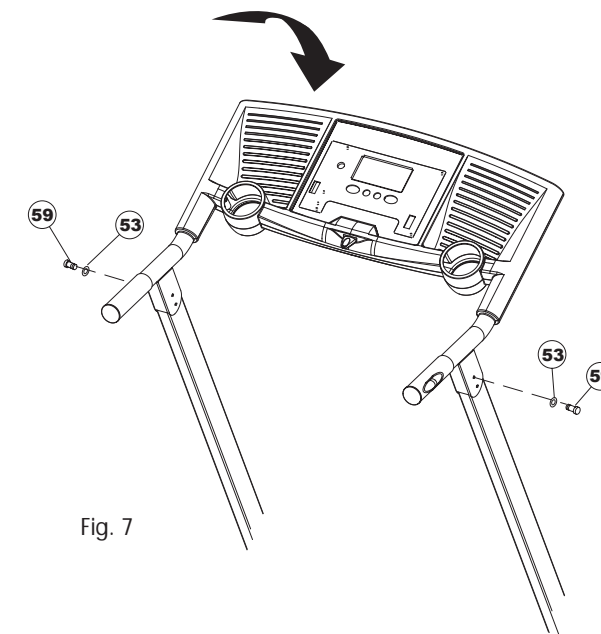


Fig. 7

step 3

Insert the Water Bottle Holder (81) to Console (23) as shown.

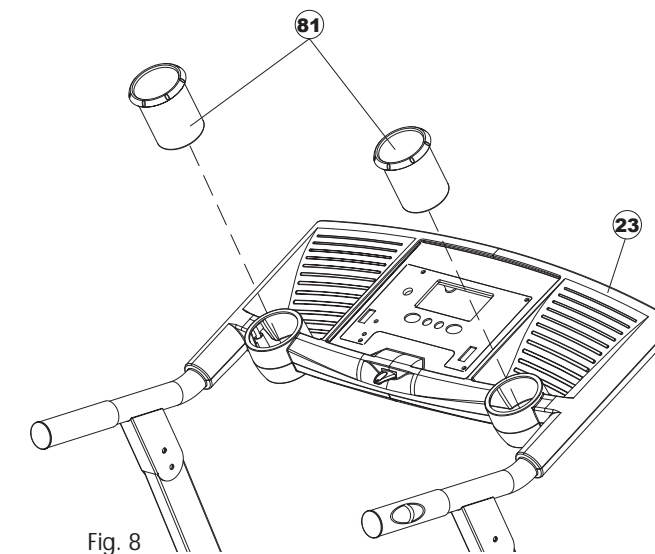


Fig. 8

02 get to know your treadmill

folding instructions

Your treadmill can be folded up for space saving storage space. Simply lift the deck up from the rear of the treadmill and fold up until it locks in place. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD WHEN RAISING THE DECK.** You will hear a "click" sound as the lock engages.

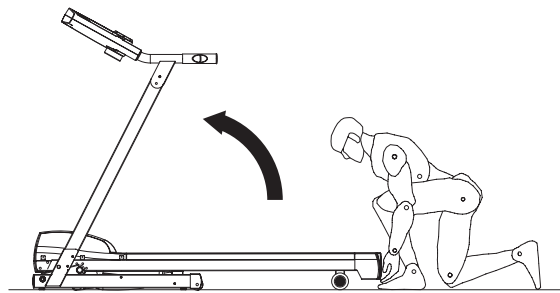


Fig. 9
Stand behind the treadmill and lift the deck up.

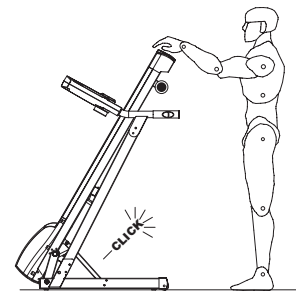


Fig. 10
Raise the deck up until the lock engages.

the safety lock pin

After folding the desk up insert the safety lock pin through the hole in the frame. **BE SURE TO INSERT THE SAFETY LOCK PIN COMPLETELY AS SHOWN BELOW.** Remember to remove the safety lock pin before unfolding the deck.

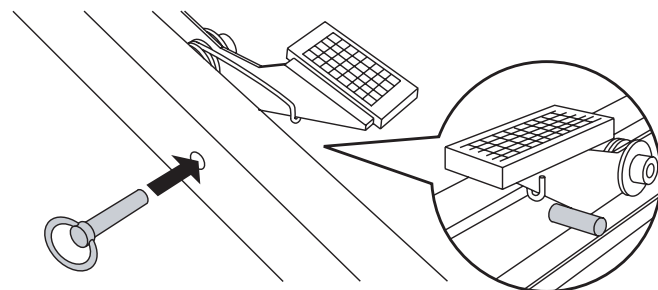


Fig. 11 : Safety Lock Pin

unfolding instructions

Remove the safety lock pin from the frame. To unfold the treadmill for use begin by standing behind and supporting the deck with your hands. Next release the lock with your foot by stepping on the release lever. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD ON THE DECK BEFORE RELEASING THE LOCK.** Slowly lower the deck until it rests securely on the ground.

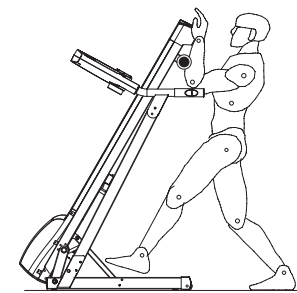


Fig. 12
Support the deck and release the lock with your foot.

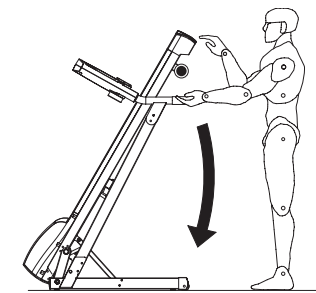


Fig. 13
Slowly lower the deck until it rests securely on the ground.

02 get to know your treadmill

computer operation

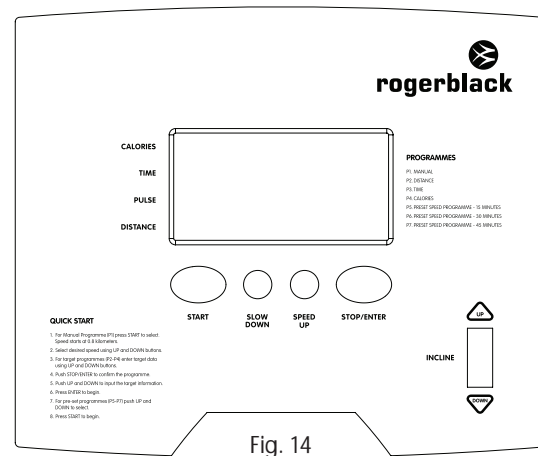


Fig. 14

BUTTONS

START

Press to start exercise at initial speed 0.8 km/ 0.5ml.

STOP/ENTER

1. Press to confirm programme and preset function values under setting mode.
2. Press to quit preset programme and function value after complete single programme
3. Setting procedure: returns to beginning of setting mode before pressing the START key.
4. Press to stop exercise during workout time.

SPEED UP/SLOW DOWN

1. Press to increase/decrease exercise speed by 0.1km/ ml.
2. Hold the button to increase/decrease rapid speed by 0.5km/ ml per second and release the button to stop the function.
3. Press to select programmes and preset related function value.

IMPORTANT

- The console display will turn itself off automatically about five minutes after the belt has stopped moving.
- The pulse function is for reference only, and not to be used for medical purposes.

POWER ELEVATION SWITCH

To change the elevation simply press up to increase and down to decrease.

SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout.

If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation simply turn the power switch to off, set the speed controller to stop and then re-insert the safety key into the console.

COMPUTER OPERATION

Power on monitor full display for 2 seconds. "P1" (manual) will blink in the upper right window, press SPEED UP/SLOW DOWN keys for desired programme. Press STOP/ENTER to confirm selected programme or press the START key directly to start exercise without a function value.

PROGRAMMES

PROGRAMME 1 - MANUAL

1. Press STOP/ENTER to confirm the programme and press START key to start exercise.
2. Press STOP/ENTER before starting exercise to run pre-setting procedure, with "P1" blinking.

TIME	Accumulates and displays workout time from start of exercise.
DISTANCE	Accumulates and displays workout distance from start of exercise.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed.

PROGRAMME 2 - DISTANCE

1. Press STOP/ENTER to confirm the programme.
2. Press STOP/ENTER before starting exercise to run preset procedure with "P2" blinking.

DISTANCE	Press SPEED UP/ SLOW DOWN to preset the distance target values and press START.
DISTANCE	Count down from preset target value. While distance counts down to 0 (zero), speed goes down to 0 (zero) by 0.5km/ per second (preset target reached).
TIME	Accumulates and displays workout time from start of exercise.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed.

PROGRAMME 3 - TIME

1. Press STOP/ENTER to confirm the programme.
2. Press STOP/ENTER before starting exercise to run preset procedure with "P3" blinking.

TIME	Press SPEED UP/SLOW DOWN keys to preset time target value and press START.
TIME	Count down from preset target value when starting exercise. While time counts down, the speed goes down to 0 (zero) by 0.5km/ per second (preset target reached).

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DISTANCE	Accumulates and displays workout distance from start of exercise.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed.

PROGRAMME 4 - CALORIES

1. Press STOP/ENTER to confirm the programme.
2. Press STOP/ENTER before starting exercise to run preset procedure with "P4" blinking.

CALORIES	Press SPEED UP/SLOW DOWN keys to preset calories target value and press START.
CALORIES	Counts down from preset target value. While the distance counts down to 0 (zero), the speed goes down to 0 (zero) by 0.5km/ per second (preset target reached).
TIME	Accumulates and displays workout time from start of exercise.
DISTANCE	Accumulates and displays workout distance from start of exercise.
SPEED	Displays current speed.

PROGRAMME 5 - 15 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the programme.
2. Press START key to start the exercise, or press STOP/ENTER before starting exercise to run preset procedure with "P5" blinking.

TIME	Accumulates and displays workout time from start of exercise.
DISTANCE	Accumulates and displays workout distance from start of exercise.
PULSE	Detects and displays current heart rate.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed.

Note: You can change the speed of any of the flashing sections, however when the next section flashes the speed will revert to the Pre-set Speed.

PROGRAMME 6 - 30 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the programme.
2. Press START key to start exercise or Press STOP/ENTER before starting exercise to run preset procedure with "P6" blinking.

TIME	Accumulates and displays workout time from start of exercise.
DISTANCE	Accumulates and displays workout distance from start of exercise.
PULSE	Detects and displays current heart rate.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed. Note: You can change the speed of any of the flashing sections, however when the next section flashes the speed will revert to the Pre-set Speed.

PROGRAMME 7 - 45 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the programme. Press START key to start exercise or Press STOP/ENTER before starting exercise to run preset procedure with "P7" blinking.

TIME	Accumulates and displays workout time from start of exercise.
DISTANCE	Accumulates and displays workout distance from start of exercise.
CALORIES	Accumulates and displays calories consumed during workout time.
SPEED	Displays current speed.

Note: You can change the speed of any of the flashing sections, however when the next section flashes the speed will revert to the Pre-set Speed.

maintenance

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

WALKING BELT HAS SHIFTED TO THE LEFT

First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

WALKING BELT HAS SHIFTED TO THE RIGHT

First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back

02 get to know your treadmill

towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

WALKING BELT IS SLIPPING

First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING: Do not over tighten rollers. This will cause premature roller bearing failure.

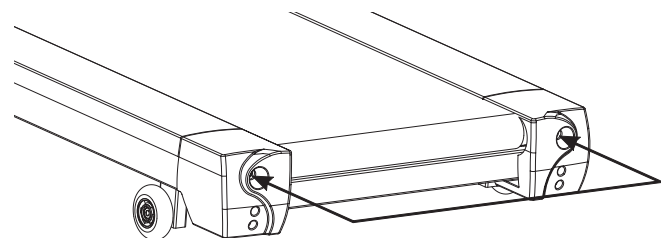


Fig. 15
Right and left tension bolts are located at the rear of the treadmill.

CLEANING

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe the console and other treadmill surfaces with a clean, water-dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

Every 30 days or 30 hours of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below. Please use a non-petroleum based silicone.

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Fig. 16
Spray from front to back.

If you have questions you cannot resolve with the help of this manual, or need to order replacement parts please call the Roger Black Technical Support line on 0845 600 0464, or email service@rogerblackfitness.co.uk Please have the product model name and number ready when you call.

03 enjoy your workout!

what is exercise?

'What is exercise' sounds like a silly question, but did you know that there are four aspects of exercise?

1. Cardiovascular fitness (the fitness level of your heart, lungs, veins and arteries)
2. Muscular strength (the fitness of muscles in your legs, arms, buttocks etc, which are vital to perform fundamental movements of everyday life, such as carrying your shopping or doing the vacuuming)
3. Muscular endurance (the stamina required by your muscles to be able to do more vacuuming!)
4. Flexibility (the range of movement at a joint where two or more bones meet, to allow you to do simple tasks easily, like bending your knee to tie your shoes)

Different exercises (and in turn different exercise products) target these aspects of exercise. For example, a treadmill is good for cardiovascular fitness, whilst a bike is better for muscular strength and endurance. HOW you train is also vitally important.

cardiovascular fitness




The muscle (your heart) and vital organs (your lungs, veins and arteries) form your cardiovascular system. Your cardiovascular system is responsible for processing and transporting oxygen to your muscles. Your heart contracts to pump blood around your body and provide your muscles with the oxygen they need. As your cardiovascular fitness improves, your heart will become more efficient, being able to pump blood with fewer contractions. Thus, a slower heart rate usually means a fit heart!

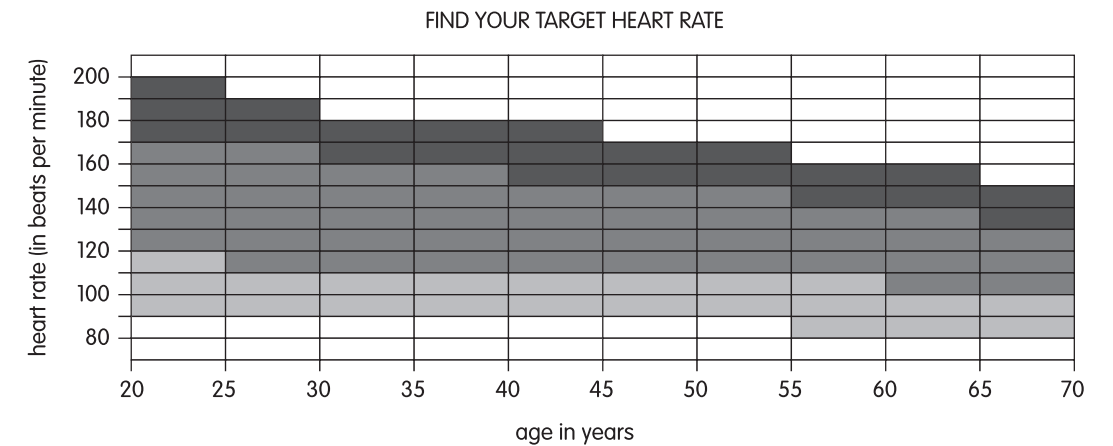
Like any other muscle, you can strengthen your heart by exercising it. This means doing any activity that makes your heart beat quickly and you breathe deeply. This type of exercise is called aerobic exercise.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition.

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute. To determine your target zone, consult the chart opposite. As you exercise, monitor your heart rate and try to keep it within your target zone.

Heart Rate Chart key:

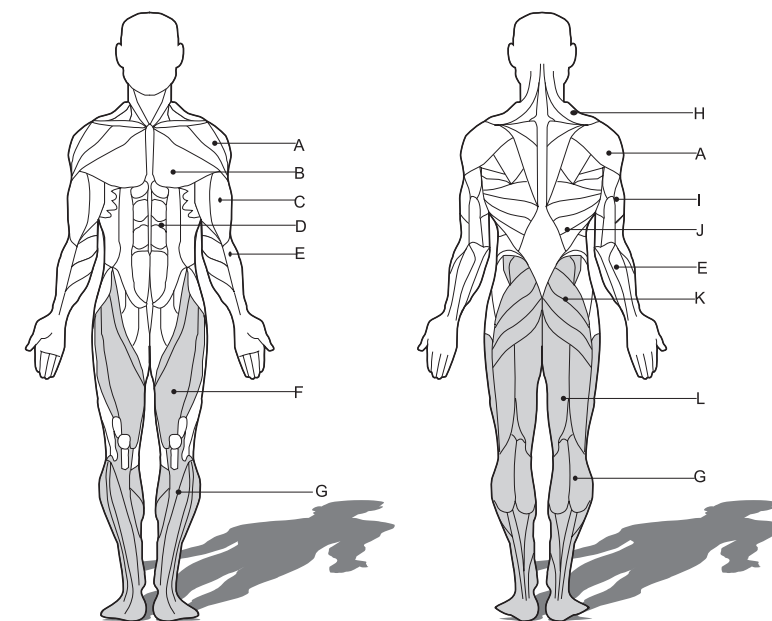
- | | | |
|---|----------|---|
|  | ADVANCED | Sports, athletic conditioning or interval training |
|  | FITNESS | Optimal training, aerobic or cardiovascular |
|  | HEALTH | Beginner, low intensity with long duration produces fat burning |



muscular strength and endurance

Muscles are important for a healthy lifestyle. We MAINTAIN our muscles just by going about our everyday lives, but to IMPROVE them we need to exercise. The best way to improve muscular strength and endurance is to perform resistance-based exercises more often. Those focusing on 'weight' loss will be pleased to note that muscular tissue uses more calories than inactive tissue!

Your treadmill will help you to develop primarily lower body muscle groups:



- | | | | |
|---------------------|----------------------|----------------------|----------------------|
| A. Shoulder muscles | D. Abdominal muscles | G. Calf muscles | J. Back muscles |
| B. Pectoral muscles | E. Forearm muscles | H. Trapezius muscles | K. Gluteal muscles |
| C. Bicep muscle | F. Quadricep muscles | I. Tricep muscles | L. Hamstring muscles |

03 enjoy your workout!

Flexibility

Flexibility is the range of movement at a joint, where one or more bones meet. By maintaining your joints and improving your flexibility, you will be less susceptible to injury or joint-related illnesses. You should aim to improve flexibility gently, with a few simple stretches, which should always form part of your warm-up and cool-down routine. You can then continue to increase your flexibility in your main workout.

warm up and cool down

A successful exercise programme consists of a warm-up, aerobic exercise, and a cool-down. Do the entire programme at least two and preferably 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. Try the following warm up and cool down exercises.

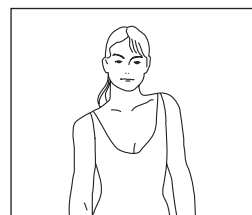
TOE TOUCH

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



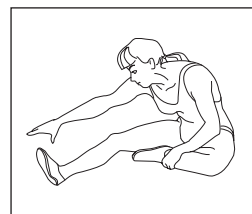
SHOULDER LIFT

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



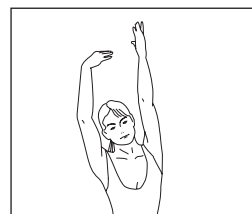
HAMSTRING STRETCH

Sit with your right leg extended. 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 extended.



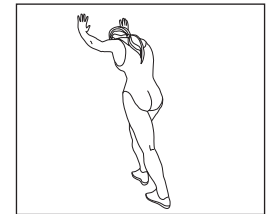
SIDE STRETCH

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



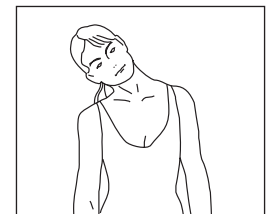
CALF-ACHILLES STRETCH

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, and then repeat on the other side for 15 counts.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.



Further questions?

I hope you enjoy your new treadmill and your new healthier and fitter lifestyle!

Should you need further information on fitness, please visit www.rogerblackfitness.co.uk

For technical assistance, contact the Roger Black Technical Support Line on 0845 600 0464 or email support@rogerblackfitness.co.uk

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User manual, 1st edition.

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