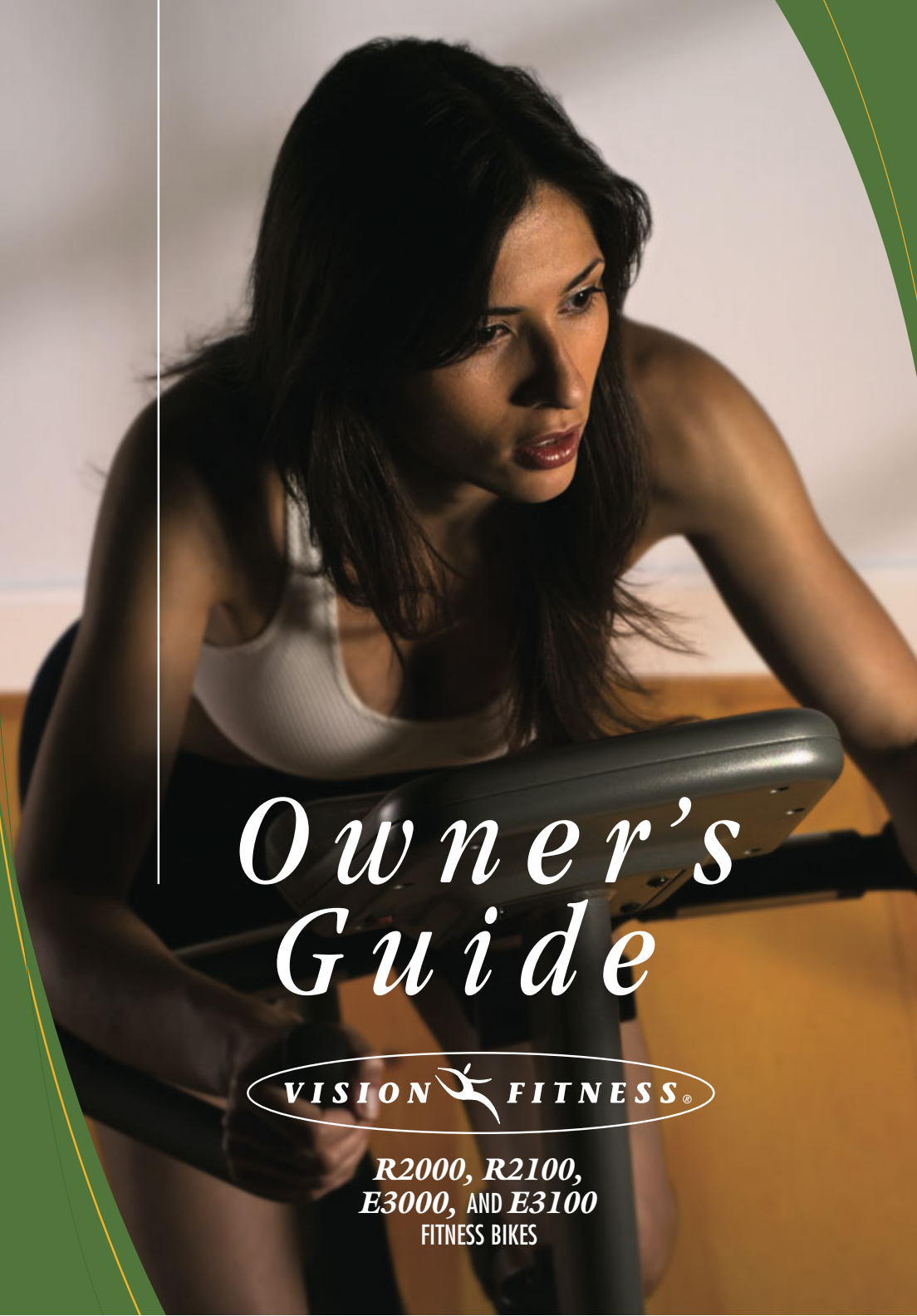

Owner's Guide

VISION FITNESS®

R2000, R2100, E3000, AND E3100

FITNESS BIKES

Congratulations on choosing a VISION FITNESS bike. You've taken an important step in developing and sustaining an exercise program! Your bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your bike can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new bike will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your bike in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new bike will assist you in realizing your goal of a healthy lifestyle.

Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
P.O. Box 280
500 South CP Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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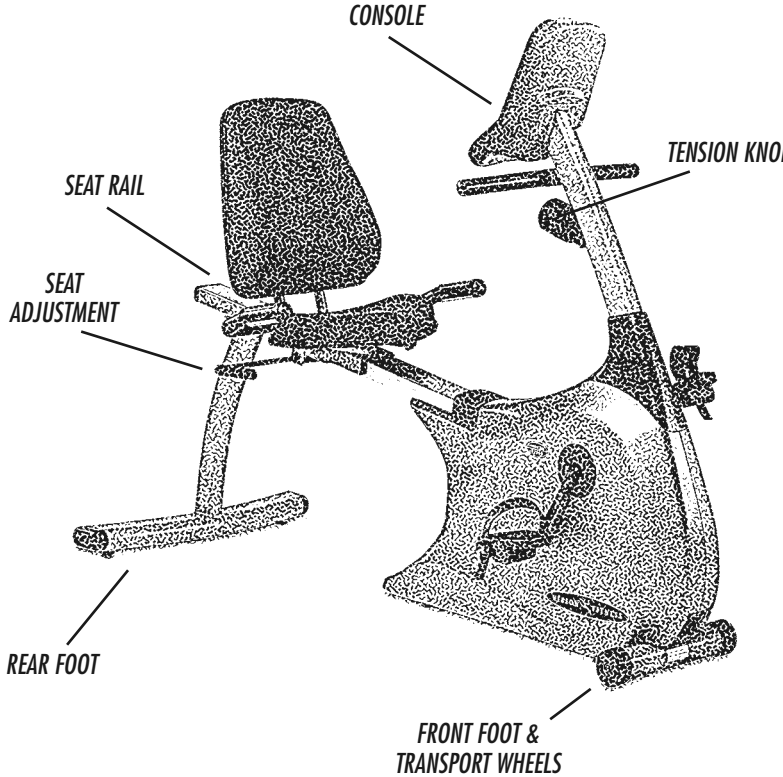
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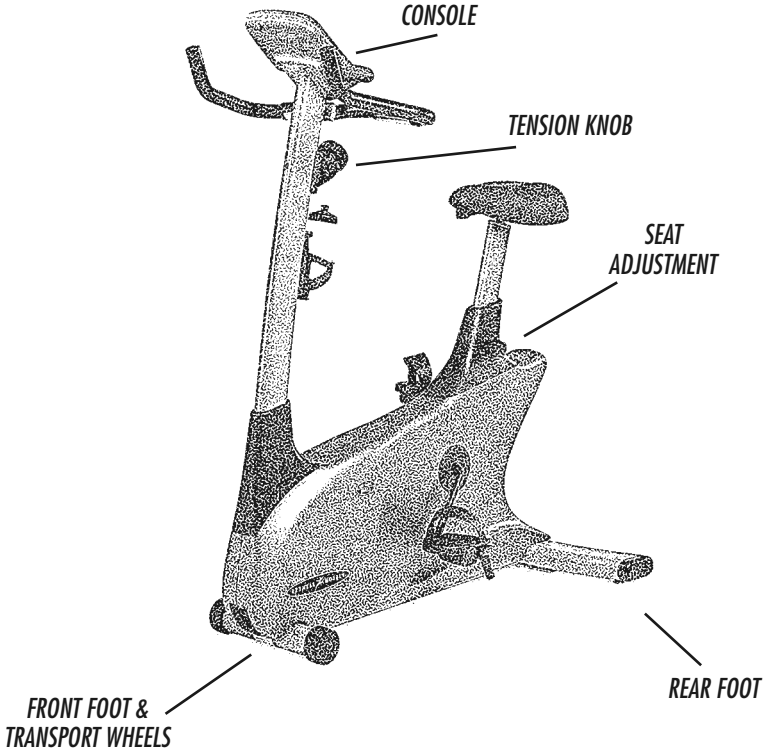
TENSION KNOB
SEAT RAIL
SEAT
ADJUSTMENT
REAR FOOT
FRONT FOOT &
TRANSPORT WHEELS


CONSOLE
TENSION KNOB
SEAT ADJUSTMENT
REAR FOOT
FRONT FOOT & TRANSPORT WHEELS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.

R2100/E3100 ONLY

- Never operate this Bike if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water.
  Please contact your authorized VISION FITNESS retailer for service.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS Bike.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your Bike before moving it.

CHILDREN

- Keep children off your Bike at all times.
- When the Bike is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS BIKE

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of the bike.
- Read this Owner's Guide before operating this bike.
- Drink plenty of fluids during your workout.

CLEANING

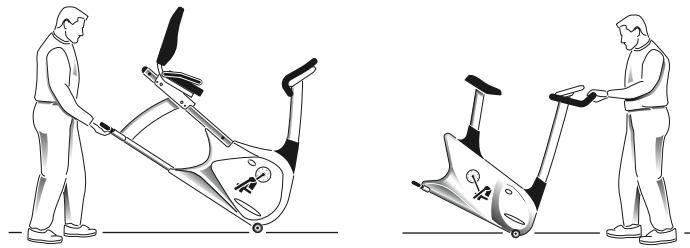
- Clean only with soap and a slightly damp cloth; never use solvents.

ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Bike. If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. If you have any questions regarding any component or function of your Bike, contact your retailer.

MOVING

Your VISION FITNESS Bike has transport wheels included for ease of mobility. To move your semi-recumbent Bike, firmly grasp the rear of the seat rail or the rear of the frame assembly. Carefully lift and roll on the transport wheels. To move your upright Bike, firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



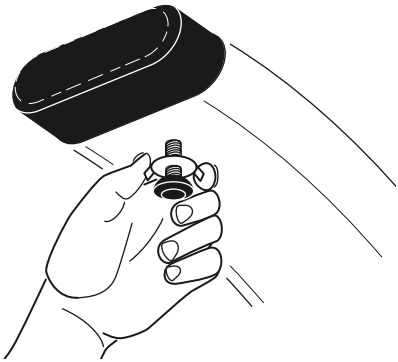
CAUTION: Our Bikes are well-built and heavy, weighing up to 140 pounds! Use care and additional help if necessary.

PLACEMENT IN YOUR HOME

Please follow the safety instructions to place the Bike in the location where it will best be used. It is important that you place your Bike in a comfortable and inviting room. Avoid putting your Bike in an unfinished basement or undesirable setting. Exercise adherence will be achieved only if you exercise in an attractive setting.

STABILIZING THE BIKE

After positioning the Bike in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that your Bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut to the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Bike is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



POWER SUPPLY (*MODEL R2100 OR E3100*)

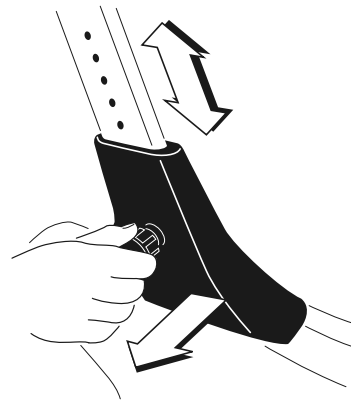
Your Bike uses a wall mount external power supply. Use only the power supply provided with your Bike. If you misplace this power supply, please contact your authorized Vision Fitness retailer for an original replacement. Use of the wrong power supply may cause damage to your Bike.

SEAT POSITIONING

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.

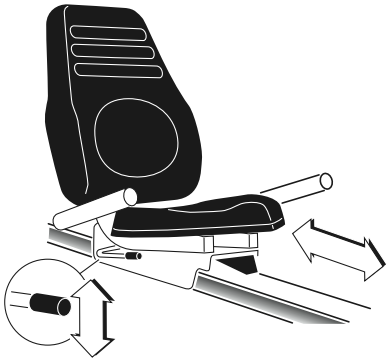
UPRIGHT SEAT ADJUSTMENT

This Bike features a locking seat adjustment pin to easily and safely adjust the seat height. To adjust, loosen the adjustment knob by turning it two half turns counter-clockwise. Pull out the knob to unlock the post, and adjust the post up or down to the desired setting. Release the knob to lock in place. Turn the knob clockwise until tightened. Please check to be sure seat post is locked in place before each use.



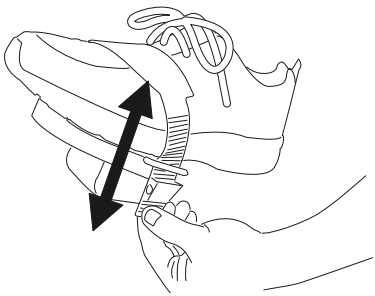
SEMI-RECUMBENT SEAT ADJUSTMENT

While seated on the Bike, lift the seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Push the seat lever down to lock in place.



PEDAL STRAP ADJUSTMENT

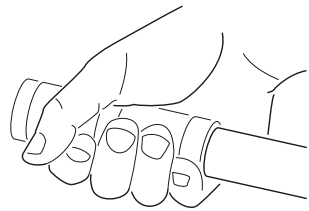
The straps are designed to fit your individual foot size and should be adjusted tight enough to keep your feet from slipping. The pedals include spring-loaded clips for easy adjustment. To tighten the strap, pull down the open end of the strap. To loosen the strap, push down on the top of the clip and pull the strap up. Release the clip to lock in place.

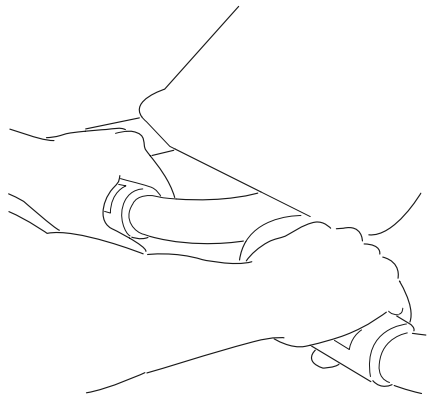


CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.

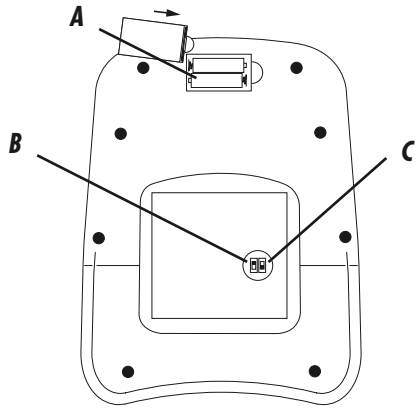


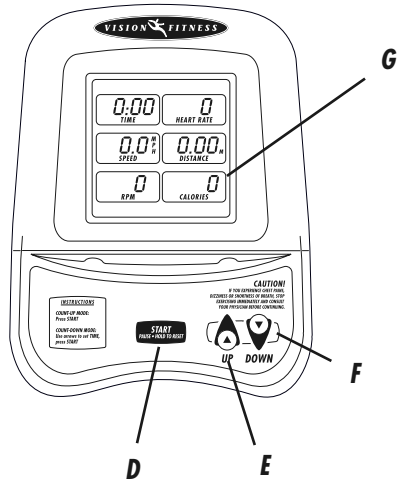


000 SERIES CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to set the workout time and monitor exercise feedback over the duration of the workout.





DISPLAY CONSOLE DESCRIPTIONS

A. BATTERY POCKET

Make sure two AA batteries are inserted prior to use. If the LCD screen begins to fade, change the batteries.

B. BIKE OR ELLIPTICAL SWITCH

This console can be used on both products, so make sure the switch is set to BIKE mode.

C. MILES/KILOMETER SWITCH

Changes your exercise feedback to the English or Metric system.

D. START/PAUSE/HOLD TO RESET BUTTON

Press the START button to begin exercising at the set default time. When exercising, press the START/PAUSE button to pause your workout. To RESET, press and hold the button for three seconds.

E. UP ▲ BUTTON

Use this button to increase exercise time.

F. DOWN ▼ BUTTON

Use this button to decrease exercise time.

G. LCD FEEDBACK DISPLAY

The LCD display provides exercise feedback during your exercise session. Feedback is based on your pedal rate.

TIME: the time elapsed or the time remaining in your workout.

SPEED: the pedaling speed in miles or kilometers per hour.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

RPM: the pedal rate or Revolutions Per Minute (RPM).

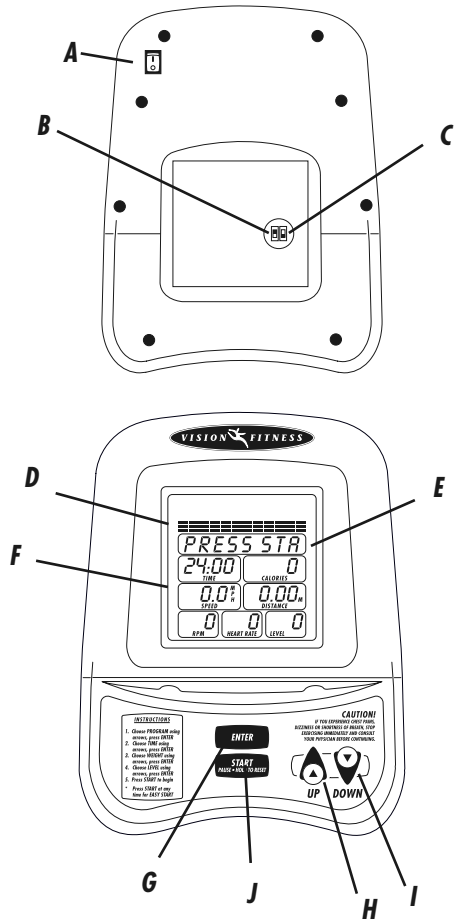
HEART RATE: displays your heart rate in beats per minute when using the hand pulse grips.

CALORIES: an estimate of calories burned since the start of the workout.

100 SERIES CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout, so they can track improvements in overall fitness over time.



R2100

E3100

DISPLAY CONSOLE DESCRIPTIONS

A. POWER SWITCH

Turn off power to your console if your bike will not be used for an extended period of time.

B. BIKE OR ELLIPTICAL SWITCH

This console can be used on both products, so make sure the switch is set to BIKE mode.

C. MILES/KILOMETER SWITCH

Changes your exercise feedback to the English or Metric system.

D. PROFILE DISPLAY

This window provides an 8x12 block profile of the workout segments you are about to complete or have completed and the level of resistance for each segment. Each column represents 1/12 of your total workout time. Each row represents two resistance levels.

E. MESSAGE WINDOW

This window provides step-by-step instructions in the setup mode, feedback or motivational messages during your workout, and at the end of your workout.

F. FEEDBACK DISPLAY

During your workout, this window displays exercise feedback about your workout, including:

TIME: the time elapsed or the time remaining in your workout.

SPEED: the pedaling speed in miles or kilometers per hour.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

RPM: the pedal rate or Revolutions Per Minute (RPM).

WATTS: measurement of workload; one watt is equal to six kilogram-meters per minute.

CALORIES: an estimate of calories burned since the start of the workout

LEVEL: the current resistance level of your workout.

HEART RATE: displays your heart rate in beats per minute when using the hand pulse grips.

G. START/PAUSE/HOLD TO RESET BUTTON

Press the START button to begin exercising at the set default time. Press START when instructed to by the scrolling LCD message center to begin a program. When exercising, press the PAUSE button to pause your workout. To reset press and hold the button for three seconds.

H. UP ▲ BUTTON

Use this button in setup mode to change display values. During your workout, use this button to increase resistance.

I. DOWN ▼ BUTTON

Use this button in setup mode to change display values. During your workout, use this button to decrease resistance.

J. ENTER BUTTON

Use this button in setup mode to select your personal settings prior to your workout. During your workout, use this button to toggle between Watts feedback and Level feedback.

THE PROGRAMS

WORKOUT OVERVIEW

EASY START

Simply press START and you will skip the setup of specific workouts and begin exercising at a constant level (manual) workout. The resistance levels do not change automatically, but you can adjust the resistance with the arrows as you choose.

NOTE: Because you did not go through setup mode, the computer will use default values to calculate your feedback information.

MANUAL is a workout in which the resistance level does not change unless you change it.

INTERVAL is an efficient workout that strengthens your cardiovascular system by alternating work intervals with recovery intervals. Be sure to challenge yourself with intense work intervals.

WEIGHT LOSS is a program intended to target your stored body fat. This program is generally used at a slightly lower intensity, but runs for longer durations than other programs (30 to 60 minutes is recommended).

MOUNTAIN features gradual increases in resistance to simulate riding through a mountain range. This is a great program for building strength and endurance.

CONSTANT WATTS is a program that lets the user exercise at a set work level. As you increase your pedal rate (RPM), your resistance will decrease; if you decrease your pedal rate (RPM), your resistance will increase.

USING THE PROGRAMS

CHOOSING EASY START

Easy Start is the fastest way to begin exercising, as it allows you to bypass the setup steps required for the preset programs. Simply press START and you will begin a constant resistance level workout. The resistance levels will not change automatically, but you can adjust the resistance by using the arrow buttons.

CHOOSING A PROGRAM

Press the UP ▲ or DOWN ▼ buttons to scroll through the program selections (Interval, Weight Loss, Mountain, Constant Watts or Manual). When you arrive at your chosen workout, press the ENTER button.

CHOOSING DURATION

The LCD message board will scroll instructions for setting TIME. The default time will be flashing in the TIME window. Set the TIME using the UP ▲ and DOWN ▼ buttons. When you arrive at your chosen workout duration, press the ENTER button.

CHOOSING WEIGHT

Your current body weight is required to give more accurate calorie feedback as you exercise. The LCD message board will scroll instructions for setting WEIGHT. The default weight will be flashing in the calories window. Set WEIGHT using the UP ▲ and DOWN ▼ buttons. When you arrive at your current body weight, press the ENTER button.

CHOOSING RESISTANCE LEVEL

The LCD message board will scroll instructions for setting LEVEL. The default level will be flashing in the LEVEL window. Set the LEVEL using the UP ▲ or DOWN ▼ buttons. When you arrive at your chosen intensity level, press the ENTER button.

NOTE: When using the CONSTANT WATTS program, you will set your program workload in place of the level. The workload is measured in WATTS and is adjustable in increments of five, with a range of 40 to 250.

STARTING

Press START to begin your workout.

DEFAULT SETTINGS
(*R2100/E3100* ONLY)

Use this optional USER SET Mode to set default values or view accumulated variables.

ENTERING AND USING *USER SET* MODE

- Press and hold the UP ▲ and DOWN ▼ buttons simultaneously for five seconds.
- You will hear a series of beeps and the display will read USER SET. You are now in USER SET Mode.

SETTING DEFAULT WORKOUT TIME

- Press START to change Default Time.
- The TIME (top left) window will be flashing the current default time. Use the UP ▲ and DOWN ▼ buttons to change to your desired default time.
- To save changes, press and hold START for approximately three seconds.
- Push ENTER to go to Default Level.

SETTING DEFAULT RESISTANCE LEVEL

- The LEVEL (top right) window will be flashing the default resistance level. Use the UP ▲ and DOWN ▼ buttons to change to your desired default level.
- To save changes, press and hold START for approximately three seconds.
- Press and hold ENTER for approximately three seconds to exit default setting mode.

VIEWING ACCUMULATED VARIABLES

- Accumulated Time is displayed in the SPEED (middle-left) window and will show accumulated hours of use.
- Accumulated Distance is displayed in the DISTANCE (middle-right) window and will show accumulated distance in miles or kilometers.

EXIT *USER SET* MODE

- To exit USER SET mode, press and hold ENTER for approximately three seconds.

SERVICE AND TROUBLESHOOTING

PREVENTATIVE MAINTENANCE TIPS

- Locate Bike in a cool, dry place.
- Clean the top surface of the pedal regularly.
- Make sure pedals are kept tight to crank arms.
- Keep the display console free from fingerprints and salt build-up caused by sweat.
- Use a cotton cloth with water and a mild cleaning product to clean the bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
DISPLAY CONSOLE	CLEAN	INSPECT		
CONSOLE MOUNTING BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
HANDLEBARS	CLEAN	INSPECT		
PLASTIC COVERS	CLEAN	INSPECT		
PEDALS AND STRAPS	CLEAN	INSPECT		
POWER CORD (*R2100/E3100*)				INSPECT

TROUBLESHOOTING

Our Bikes are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may reveal the cause.

PROBLEM: The console does not light up.
SOLUTION: Check to make sure the power switch (*R2100/E3100* only) located on the backside of the console is turned on.
SOLUTION: Make sure the two AA batteries are plugged in and in working order (*R2000/E3000* only).
SOLUTION: Make sure the power adapter is plugged into the base of the bike (*R2100/E3100* only).
SOLUTION: Make sure the wire harness is plugged into the back of the console.

PROBLEM: The bike is making a clicking noise.
SOLUTION: Using the pedal wrench supplied with your bike, remove both the left and right pedals, apply grease to the threaded portion and reassemble the pedals onto the bike. Make sure the pedals are tight.
SOLUTION: Make sure the pedal straps or your shoe laces are not hitting the side cover.
SOLUTION: Assure seat adjustment is tight (Page 8)

PROBLEM: The bike makes a squeaking or creaking noise.
SOLUTION: Check and tighten all hardware.

NOTE: If the above steps fail to remedy the problem, discontinue use, turn the power off and contact your retailer.

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

ECB-PLUS™ BRAKE - LIFETIME VISION FITNESS warrants the ECB-PLUS™ Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty

ELECTRONICS & PARTS - TWO YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUS™ Magnetic Brake) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-PLUS™ Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com.** Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Bike. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. For your convenience we have included exercise log sheets at the end of this manual.

EXERCISE GUIDELINES

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to work out?" To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE).

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.

TARGET HEART RATE ZONES
Beats Per Minute

Percentage of Maximum Heart Rate										
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	97	90
65%	136	130	123	117	110	104	97	91	84	78
55%	115	110	104	99	93	88	82	77	71	66
AGE	10	20	30	40	50	60	70	80	90	100

EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong
Maximal	

The recommended RPE range during exercise for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating strength and flexibility training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength training was once known as an activity performed by young males only. That has changed with the advances in scientific research on strength training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate strength training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper strength training program we can maintain or even build muscle as we age. A proper strength training program will work the muscle groups of the upper and lower body. There are now many options available for strength training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum strength training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions.

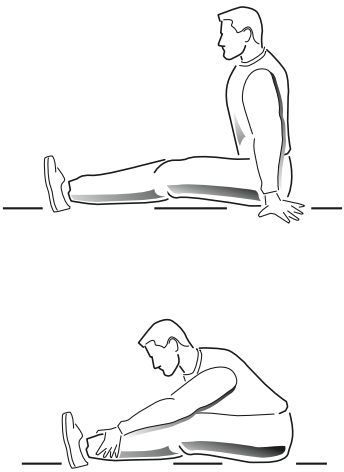
STRETCHING

Flexibility training is not associated with fitness as often as cardiovascular exercise or strength training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warmup the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

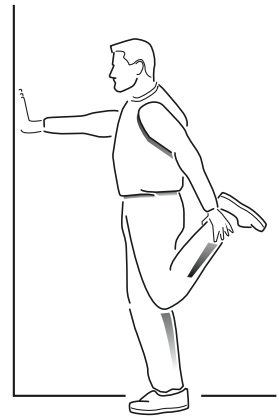
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



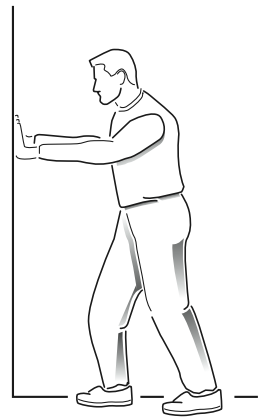
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward _____

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

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