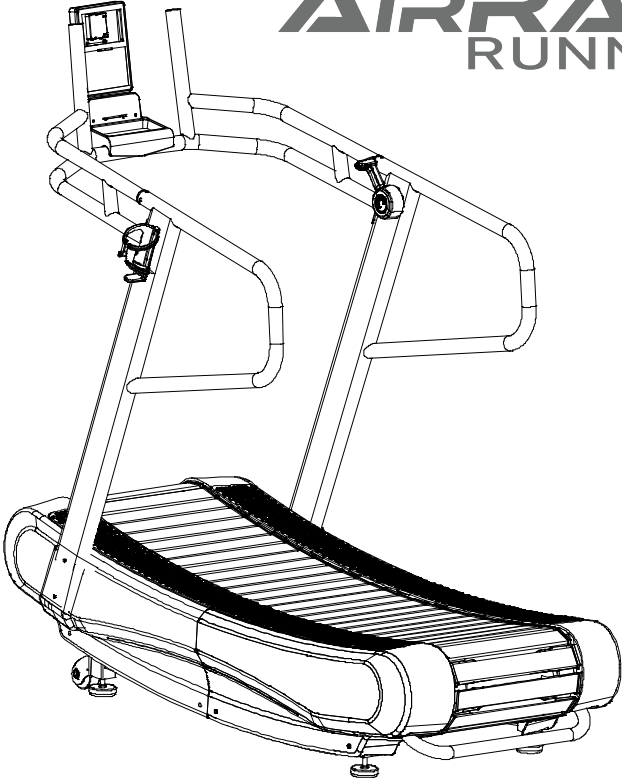




AIRRAID™
RUNNER



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Thank you!

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

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void. The implied warranty is for 1 year, beginning with the data of purchase. If the device you acquired is defective, please contact our Customer Service (Insert page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, motor, cable, electronic devices, running deck and belt. The guarantee does not cover:

1. Damage effected by outer force;
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as foam and plastic wear).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from customer service (insert page) if needed.

Please make sure you have the following information on hand when ordering spare parts.

1. operating instructions
2. model number (located on the cover sheet of these instructions)
3. description of spare part
4. part number
5. proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be born by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep

an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
- 12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

1.Special safety precautions

- power source
- choose a place in reach of a socket when placing the treadmill
- always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. Do not modify the plug provided with the appliance if it is not compatible with your socket. Ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended. Make sure the striding belt is always tense. Start the striding belt before stepping on it.

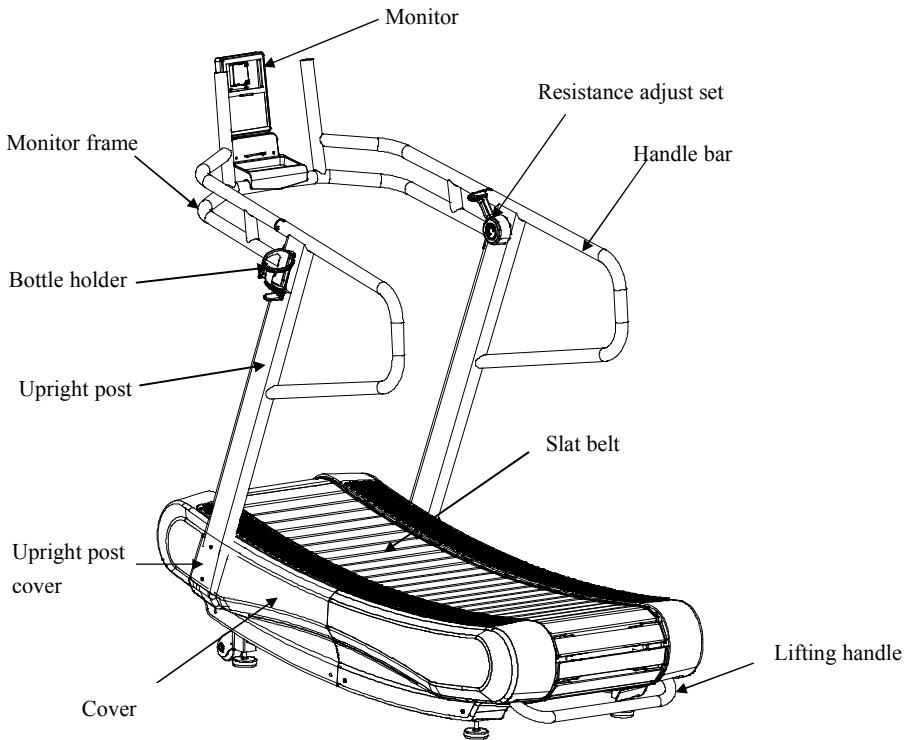
3.Part list.

NO.	Description	QTY
1	Main frame	1
2	Right upright post	1
3	Left upright post	1
4	Monitor frame	1
5	Lifting handle	1
6	Monitor fixed plate	1
7	Metal fix plate for right cover	1
8	Metal fix plate for left cover	1
9	Cover 1 for magenet	1
10	Cover 2 for magenet	1
11	Right wheel bracket	1
12	Left wheel bracket	1
13	Magnet set holder	1
14	Sliding rheostat holder	1
15	Rear roller adjustment plate	2
17	Reinforcement plate for right cover	1
18	Reinforcement plate for Left cover	1
19	Slide resistance fixing plate 2	2
20	Cover fixing plate	2
21	Magnet group cover	1
22	Fixed axis bracket 1	1
23	Fixed axis bracket 2	1
24	Front roller	1
25	Rear roller	1
26	Belt 410PJ8	1
27	Belt 280PJ8	1
28	Wheel	2
29	Axis of wheel	2
30	Driving wheel 1	1
31	Fix axis of driving wheel	1
32	Aluminum disc of driving wheel	1
33	Running belt fixing strap	2
34	EAV rubber t2.0×50×3600	2
35	Right-front cover	1
36	Left-front cover	1
37	Right-rear cover	1
38	Left-rear cover	1
39	Right upright post cover	1
40	Left upright post cover	1

41	Feet pad	4
42	EAV rubber t5.0×70×3000	1
43	Upper resistance adjusted cable L-1150	1
44	Bottom resistance adjusted cable L-450	1
45	Round magnet	6
46	Brake spring	1
47	Slat belt	62
48	washer t1.5*20*10	124
49	handle bar	1
50	Resistance adjust set	1
51	Upper cover of handle bar	1
52	Outer cover of handle bar	1
53	Gear adjustment column	2
54	Ordinary cylindrical spring	1
55	Monitor	1
56	Communication wire 2PL-1300mm/XH3P/L-1300mm	1
57	Communication wire XH 2PL-1200mm/XH3P/L-1200mm	1
58	Slide rails	1
59	Slide block	1
60	Water bottle holder	1
61	Speed sensor XH 2P/L-1000mm	1
62	Resistor VR	1
63	Cross recessed large flat head pointed nose full thread bolt M4×16 (black)	2
64	Screw Card	32
65	Rocker Bushing	2
66	Hexagon socket large flat head full thread bolt M8*15	20
67	Hexagon socket large flat head full thread bolt M8*20	18
68	Hexagon head half thread bolt M8*65*20	100
69	Hexagon socket head half thread bolt M8*65	12
70	Bearing 608ZZ	126
71	Sleeve φ12*φ8.1*18.4	100
72	Sleeve φ12*φ8.1*14	12
73	Guider wheel	12
74	Flat washer φ8	112
75	Elastic circlip for hole φ23	12
76	Deep groove ball bearings	4
77	One-way bearings	1
78	Hexagon socket head half thread bolt M8×45 (black)	8
79	Shaft for monitor	1
80	Mobile phone holder fix plate	1
81	Cross recessed countersunk head tapping screws ST4×35 (black)	32

82	Cross recessed countersunk head tapping screw ST4*15	2
83	Cross recessed large flat head full thread bolt M5×10	6
85	Hexagon socket head full thread bolts M8×75 (grade 8.8)	2
86	Hexagon socket large flat head half-thread bolt M8×30×20 (black)	2
87	Elastic washer φ6	248
88	Flat washer φ6	1
89	Hexagon socket large flat head half-thread bolt M10×25×15	4
90	Hexagon lock nut M10	4
91	Flat washer φ10	4
92	Hexagon socket countersunk head full thread bolt M6×15	4
93	Hexagon head full thread bolt M8×30	2
94	Hexagonal nut M8	2
95	Hexagon socket large flat head step bolt M6×50×36 (black)	1
96	Cross recessed pan head self tapping screw ST3×10	2
97	Cross recessed large flat head self tapping screws ST4×16	18
98	Cross recessed pan head full thread bolt M5*15	248
99	Cross recessed large flat head full thread bolt M4×10	6
100	Hexagon lock nut M4	3
101	Sundries box	1
102	Flat head round pipe plug Φ38×t1.5	2
103	Hexagon socket head full thread bolt M8×15	4
104	Hexagon lock nut M8	112
115	Mobile phone holder	1
106	Outer end cap t1.2×φ31	4
107	Hexagonal lock nylon nut M6 (black)	1
108	Magnetic fixing plate	1
109	Magnetic fixing holder	1
110	Handrail Spacer	2
111	Cross-groove large flat head full-threaded bolt M5×15	4

4.Product profile



Technical Parameter

Max. Weight	150kg
Dimension (Unfold)	1940*930*1685
Running surface	1660*440mm

Product function description:

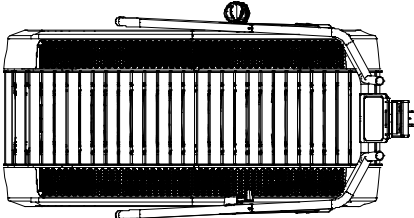
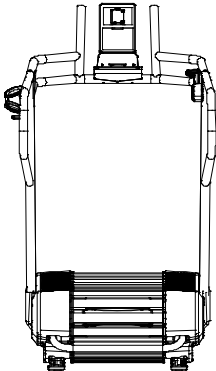
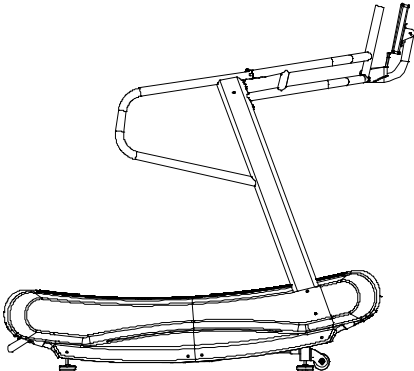
1st resistance level: free running without resistance

2nd resistance level: slight resistance, simulated weighted jogging

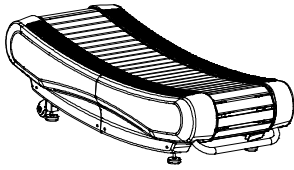
3-4th resistance level: greater resistance, simulated sled pushing function

Remark: Our company retain the priority of revision not to advise in advance.

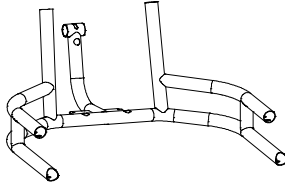
5.Different views



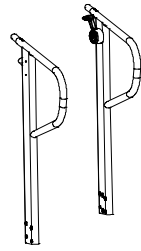
6. Packing list



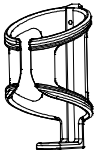
Main body



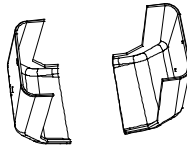
Monitor frame



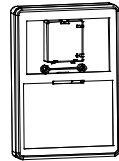
Upright post



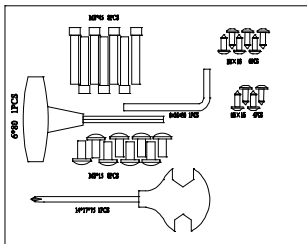
Water bottle holder



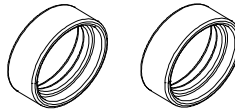
Upright post cover L+R



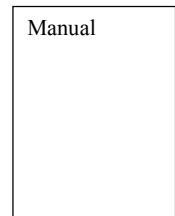
Monitor



Hardware pack



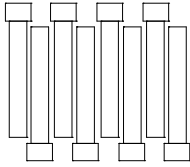
Handrail Spacer



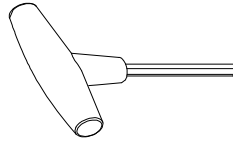
Manual

Manual

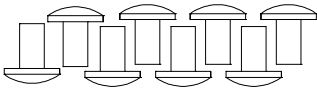
7. Hardware pack list



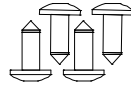
#78 Hexagon socket head full thread bolt
M8*45*20-8pcs



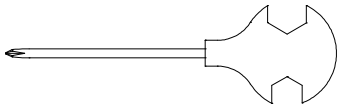
T-shape spanner 6*80-1pc



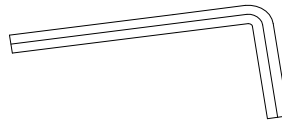
#67 Hexagon socket large flat head full tooth bolt
M8*20-8pcs



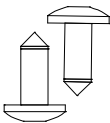
#111 Cross slot large flat head
pointed mouth full M5x15-4pcs



Cross spanner 14*17*75-1pc

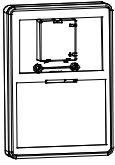


L-shape spanner 6*35*80-1pc

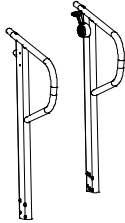


#63 cross-shaped grooves, large flat heads and pointed mouths M4*16-6PCS

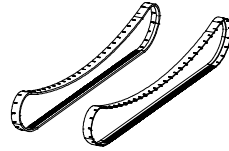
8. Main parts



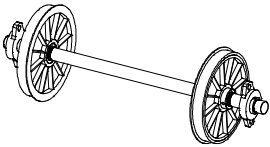
Monitor



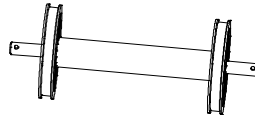
Upright post



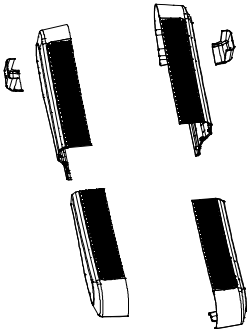
Running belt for fixing strap



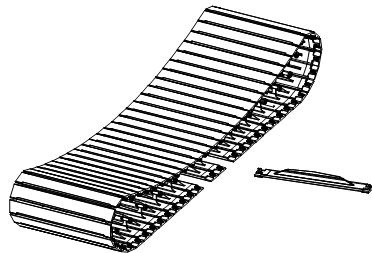
Front roller



Rear roller



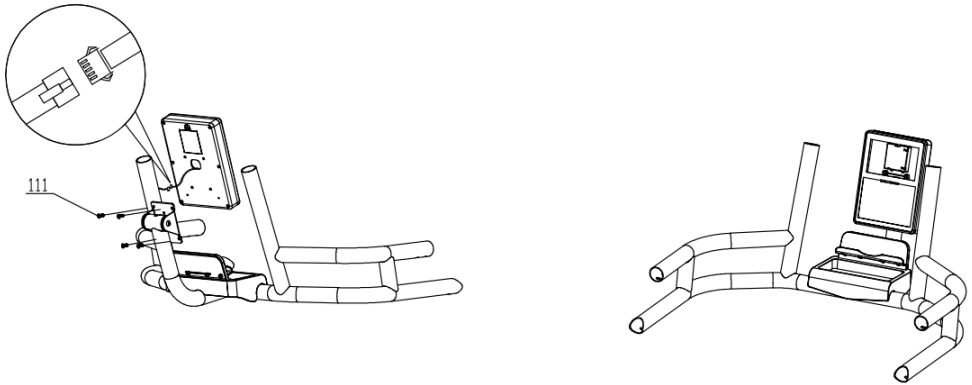
Main frame cover



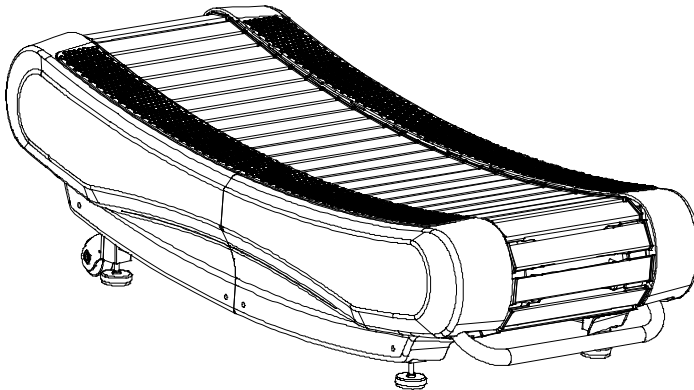
Slat belt

9. Installation

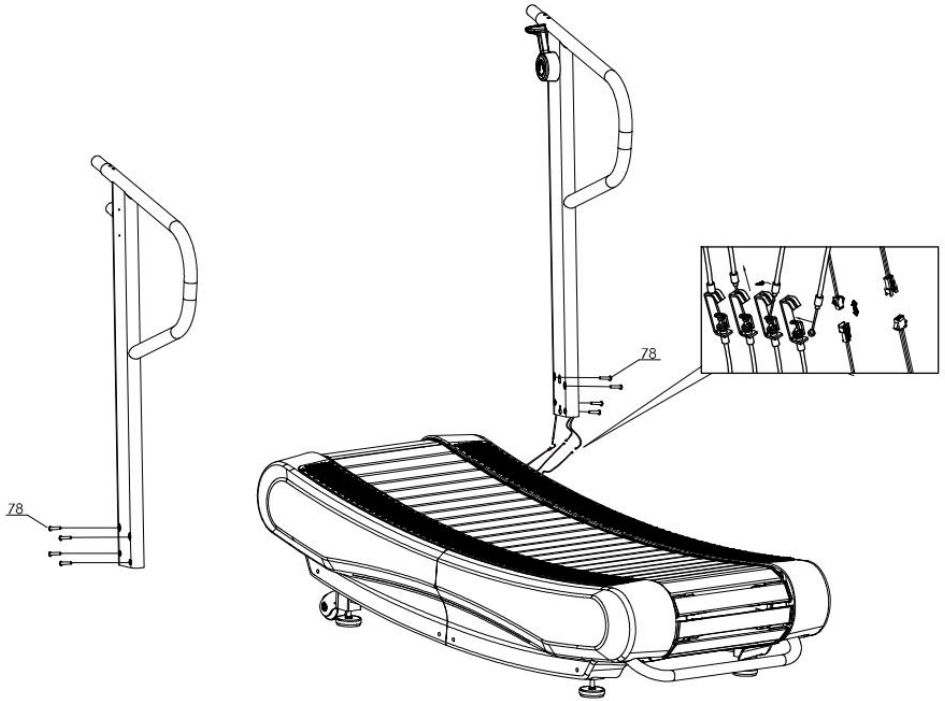
Step 1: Take out the monitor frame and monitor from the packing box, When assembling the monitor, first use 4pcs of M5X15 (#111) screws to fix the monitor to the frame, then connect the communication wires, and plug the excess wire back into the monitor tube. See the picture below.



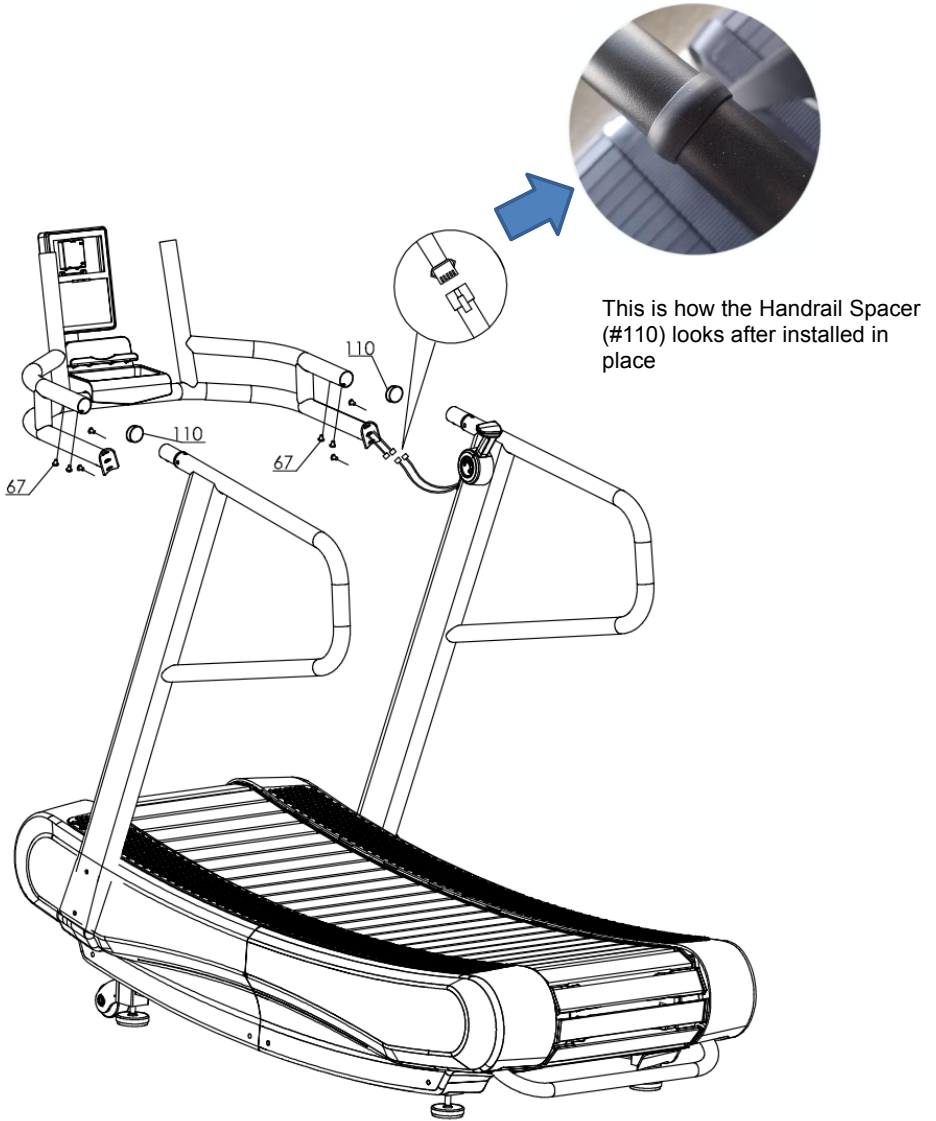
Step 2: Take out the main body from the packing box and put it on the floor. (see picture below)



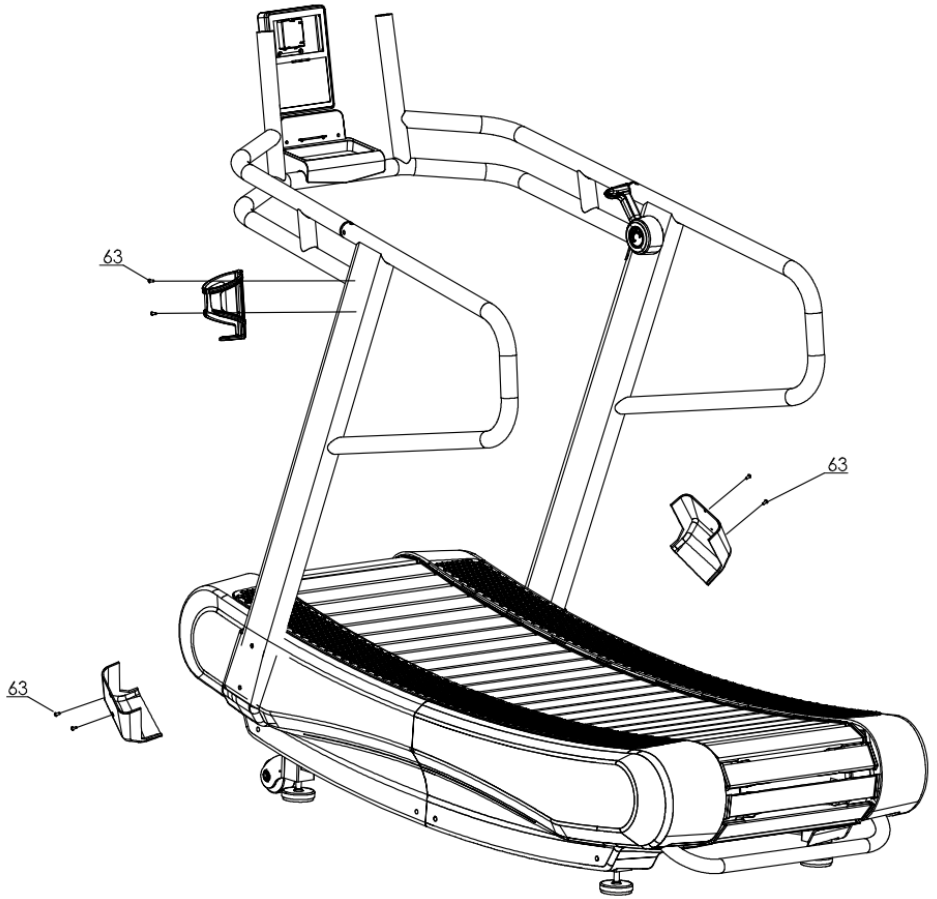
Step 3: First, connect the communication wire and brakewire of the right upright post, then plug the excess communication wire into the upright post, hang the right upright post on its clamp ring and align the screw holes, then pass 4pcs of M8x45 (#78) screws through the right upright post and fix them for 2-3 turns without tightening. Same installation method for left side without communication wires connection process.



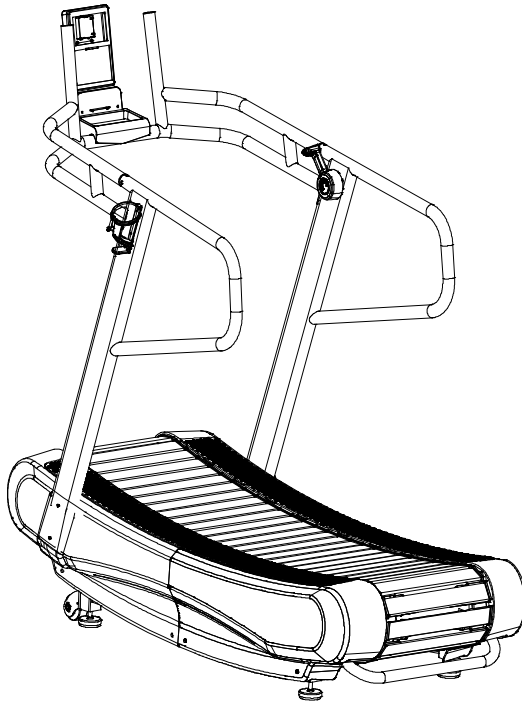
Step 4 : First, install the handrail spacer (#110) on the left and right handle bar. Then Connect communication wires of monitor frame right side and the right upright post, then fix monitor frame onto both upright post with 8pcs M8*20 (#67) screws.



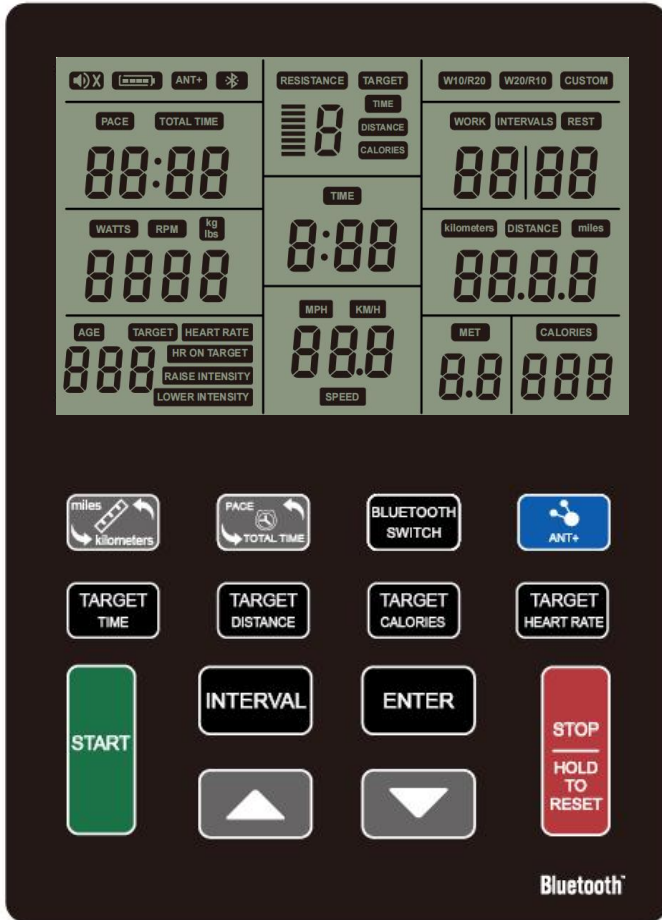
Step 5: As shown in below picture, firstly, connect the left and right upright post covers to the main frame cover, then use 4 pcs M4x16 (#63) screws to fix them. Then use 2pcs of cross-slot large flat head screw M4*16 (#63) to fix the water bottle holder on the left upright post.



Step 6: Installation finished as below picture shown.



10. Monitor operation



Window Display:

Item	Description
TOTAL TIME	Display user total workout time. Display range 00:00~99:59
TIME	Display interval time on a single exercise or rest time Display range 00:00~9:59
DISTANCE	Display user workout distance. Display range 0.0~99.9
CALORIES	Display calories consumption during workout. Display range 0 ~ 999
HEART RATE	Display heart rate during workout. Display range 0 ~ 220
WATT RPM	Display the power consumption during workout Display rotate speed during workout
SPEED	Display current workout speed
PACE	Set the time to reach the target distance
RESISTANCE	When adjusting the resistance, the LOAD resistance value for each segment is displayed in the WATT window Display range 1 ~ 4
MET	Metabolic equivalent value. Display range 1.0 ~ 10

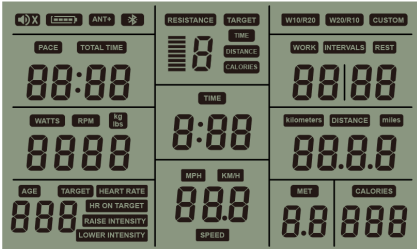
Button function:

Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start workout quickly.
Stop HOLD TO RESET	Press to stop workout. Press and hold to clear workout data and return to the standby mode.
Interval	There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.
Target Distance	Fast access to Target Distance mode.
Target Calories	Fast access to Target Calories mode.
Target Heart Rate	Fast access to Target Heart Rate mode.
Target Time	Fast access to Target Time mode.
MILE/KILOMETERS	Switch key for Metric and imperial unit
PACE/TOTAL TIME	Switch key between Time and PACE window, default 3 seconds for auto switch
BLUETOOTH SWITCH	Press this button to turn on the Bluetooth function, and automatically turn off Bluetooth if it is not connected within 60 seconds
ANT+	It's used to pair ANT+ devices;

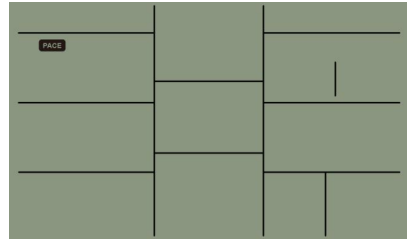
Operation procedure:

Power on--

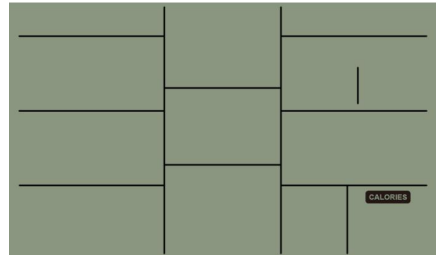
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode (FIG 2), the pictures will be cycling displayed from top to bottom in sequence. Press STOP button, then enter into standby mode.



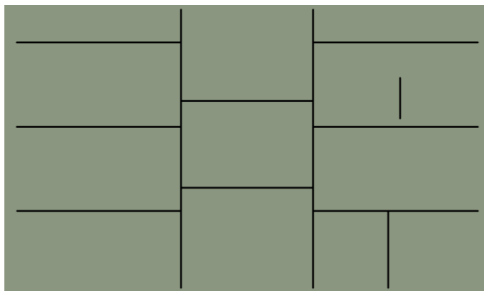
(FIG 1)



(FIG 2)



2.If no key signal or RPM signal input for more than 4min 30s, LCD will go to Sleeping mode (FIG 3).



(FIG 3)

3.Stop mode:

After the START key is quickly started, press the STOP key to stop the workout but keep the workout data. If no signal input for 4min30s, it will go to ERP sleeping mode; when wake up, all data is cleared. Press and hold the STOP key to end current workout mode and clear all data, and return to standby mode.


4.INTERVAL10/20:

- A. Press INTERVAL button, select "INTERVAL10/20" mode, LCD display W10/R20 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 10s, it switches to "REST" icon, and beeps every 1s, TIME start to count down from 20s to 0s.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

5.INTERVAL 20/10:

- A. Press INTERVAL button, select "INTERVAL20/10" mode, LCD displays W20/R10 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 20s, it switches to "REST" icon, the beeping rings every 1s, TIME start to count down from 10s to 0.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

6.INTERVAL CUSTOM:

- A. Press INTERVAL button, select "INTERVAL CUSTOM" mode, LCD displays  Custom icon
- B. LCD displays the preset value 05, press "UP/ DOWN" button for setting (setting range 05~99), it cannot cycle.
- C. Press "ENTER" to confirm, "WORK" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- D. Press "ENTER" to confirm, "REST" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- E. Press "ENTER" to confirm, a short beeping rings 0.5s, LCD displays "01/XX" and display "WORK"
- F. For REST time, it displays 01/XX, "REST" icon shows, the beeping rings every 1s.
- G. "Work" & "REST" display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). Then enter to Stop mode.
- H. If no signal input in 4min 30s, enter into sleeping mode.
- I. Hold and press the "STOP" button, stop the current workout mode and return to standby screen.

7. Distance Interval Mode

A. Press the INTERVAL CUSTOM button to enter this mode. The distance window flashes, indicating the adjustable workout distance (meters): 50-1000 meters. Press the confirm button to jump to the next step, which allows you to adjust the time. The time setting range is 30 seconds multiples (30-600 seconds).

8. Calorie Interval Mode

A. Press the INTERVAL CUSTOM button to enter this mode. The calorie window flashes, indicating the adjustable calories (kcal): 2-30 kcal. Press the confirm button to jump to the next step, which allows you to adjust the time. The time setting range is 30 seconds multiples (30-600 seconds).

9.TARGET TIME:

- A. Press "TARGET TIME" button, enter to this mode, LCD flashes and display TARGET TIME.
- B. LCD "TOTAL TIME" window displays the preset value 1:00. Press "UP/DOWN" button for setting (setting range 1:00~99:00).
- C. After setting, press "ENTER" or "START" to start, TARGET & TIME icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, and stop the current workout mode, and return to standby mode.
- E. If no signal input in 30s, the console beeps once and return to standby mode.

10.TARGET DISTANCE:

- A. Press "TARGET DISTANCE" button, enter to this mode, LCD displays TARGET DISTANCE.
- B. LCD "DISTANCE" window displays the preset value 1. Press "UP/DOWN" button for setting (setting range 1.0~99).
- C. After setting, press "ENTER" or "START" to start, TARGET DISTANCE icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, stop current workout mode, and return to the standby mode.
- E. If no signal input in 30s, the console beeps once and returns to standby mode.

11.TARGET CALORIES:

- A. Press "TARGET CALORIE" button, enter to this mode, LCD displays TARGET CALORIE.
- B. LCD "CALORIE" window displays the preset value 10. Press "UP/DOWN" button for setting (setting range 10~990).
- C. After setting, press "ENTER" or "START" to start, TARGET CALORIE icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, stop current workout mode, and return to the standby mode.
- E. If no signal input in 30s, the console beeps once and return to standby mode.

12.TARGET HEART RATE:

- A. Press "TARGET HEART RATE" button, enter to this mode, LCD flashes and displays preset value 80. Press "UP/DOWN" button for setting (setting range 80~180).
- B. When the heartbeat value is below the set value (-10%), the heart rate window flashes to display RAISE INTENSITY, reminding the user to increase the training intensity.
- C. When the heartbeat value is beyond the set value (+10%), the heart rate window flashes to

- display LOWER INTENSITY, reminding the user to decrease the training intensity.
- D. When the heartbeat value is close to the set value (>10%), the heart rate window flashes to display HR ON TARGET, reminding the user to maintain the current exercise intensity.
- E. If no heartbeat input in 30s, the console beeps once and return to standby mode.
- F. Hold and press the “STOP” button, and enter into the standby mode.

13. Resistance level calibration

Under standby status, press and hold “▼ + ▲ +STOP” three key for 6 seconds to enter engineering page , the resistance level window come out, other windows won't show. Press up and down key to select resistance level 1/2/3/4, and press ENTER key to confirm each level, press stop to exit calibration page.

14.ANT+ button function

The ANT+ key is used to connect the ANT+ heart rate device. Press the ANT+ key once, LCD displays ANT+ , and the ANT+ device is paired and connected.

15. Bluetooth APPS

The Bluetooth app and Bluetooth heart rate function are disabled by default. Press once to turn Bluetooth on. The Bluetooth icon on the LCD will flash, indicating that the Bluetooth connection is available.

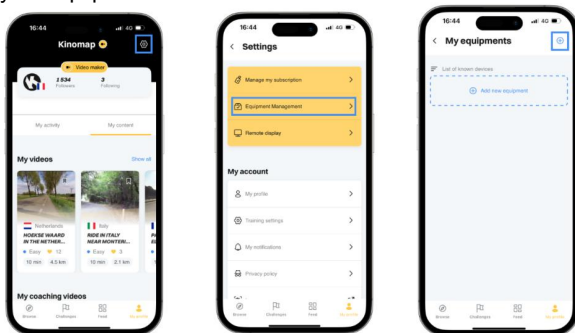
If Bluetooth is not connected within 60 seconds, Bluetooth will automatically turn off. Press the Bluetooth on/off button again to turn Bluetooth back on. If the Bluetooth connection is successful, the Bluetooth icon will light up steadily.

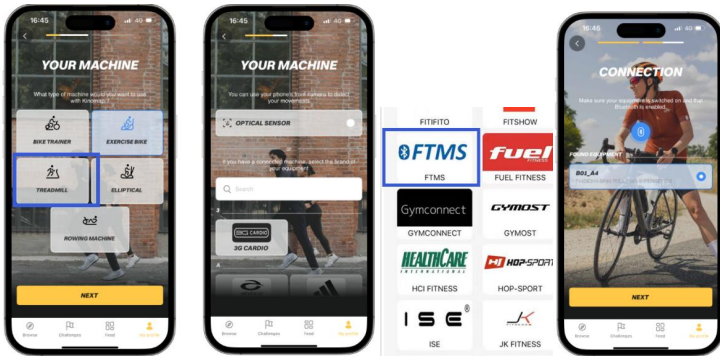
15.1 How to connect Kinomap

Press the button “BLUETOOTH SWITCH” on the console.

Register and login Kinomap, firstly go to the “Profile menu”, then press the “Settings” button in the top right-hand corner; then select “Equipment Management”. Then press "Add new equipment" or the "+" button in the top right-hand corner:

Select your equipment type **TREADMILL**, click "Next" at the bottom of the screen, scroll down to select **FTMS**; Choose the detected equipment, which has same Bluetooth ID as tag on LCD console, press “Next”; A connection test will start to check if Kinomap receiving data from your equipment. Once the connection has been confirmed, simply press "Next" one last time, and your equipment is connected.

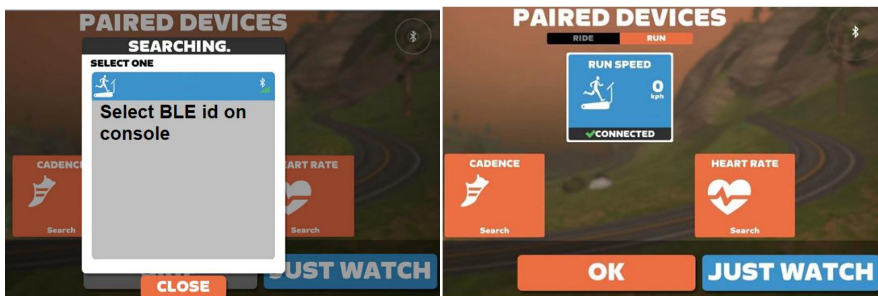
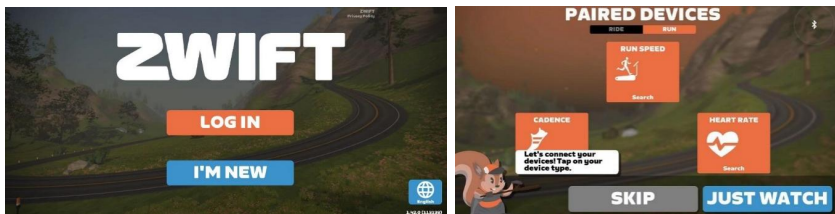




15.2 How to connect Zwift

Press the button “BLUETOOTH SWITCH” on the console.

Register and login Zwift, enter PAIRED DEVICES page, click RUN SPEED icon, select the detected equipment, which has same Bluetooth ID as tag on LCD console, it will show connected



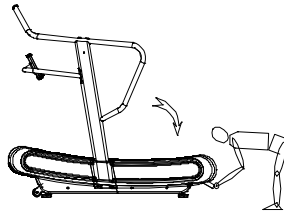
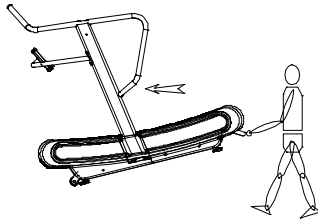
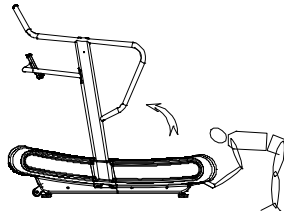
11. Using Instruction

Moving the treadmill:

(1) moving

Make sure follow things before moving:

1. Restore incline to flat (0) position;
2. the power switch of treadmill is off;
3. Unplug from power point before folding.



Then seize the treadmill terminal with
Both hands and lift the deck up until you
Stand up straight. Thus you can move the
The treadmill forward or backward slowly.
When find the right position, put it slightly
Down to the ground.

12. General fitness tips

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

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

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

Make sure you breathe regularly and calmly when exercising.

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

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

Warm-up / stretching exercises

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

NECK EXERCISES

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



1

EXERCISES FOR THE SHOULDER AREA

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



2

ARM STRETCHING EXERCISES

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



3

EXERCISES FOR THE UPPER THIGH

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



4

INSIDE UPPER THIGH

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



5

TOUCH TOES

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



6

EXERCISES FOR THE KNEES

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



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

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



8

