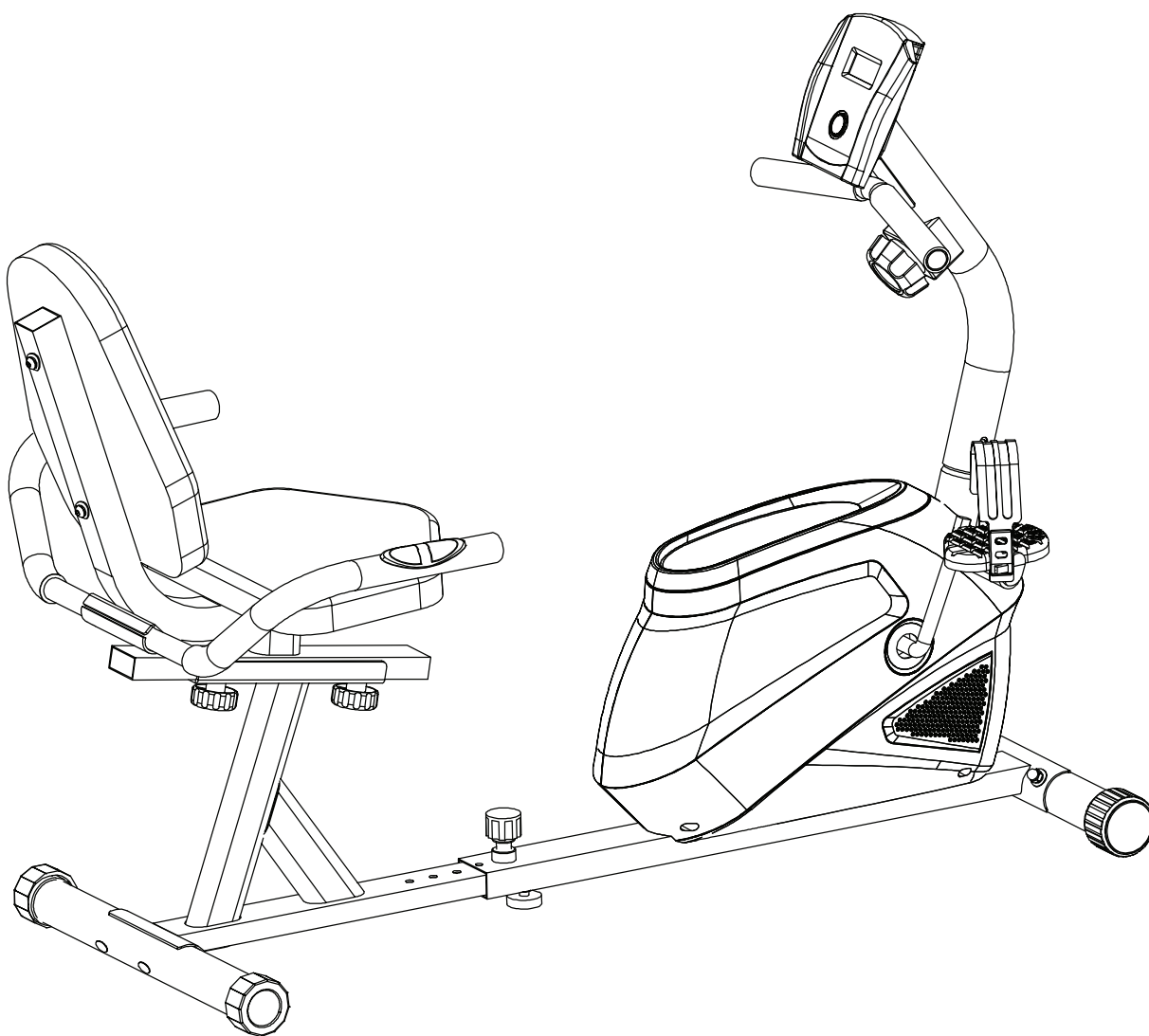


# BRB835/852/880

## MAGNETIC RECUMBENT BIKE



This product is intended for indoor, home use only and is not to be used in a commercial setting.

### OWNER'S MANUAL

**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.  
DO NOT DISCARD.**

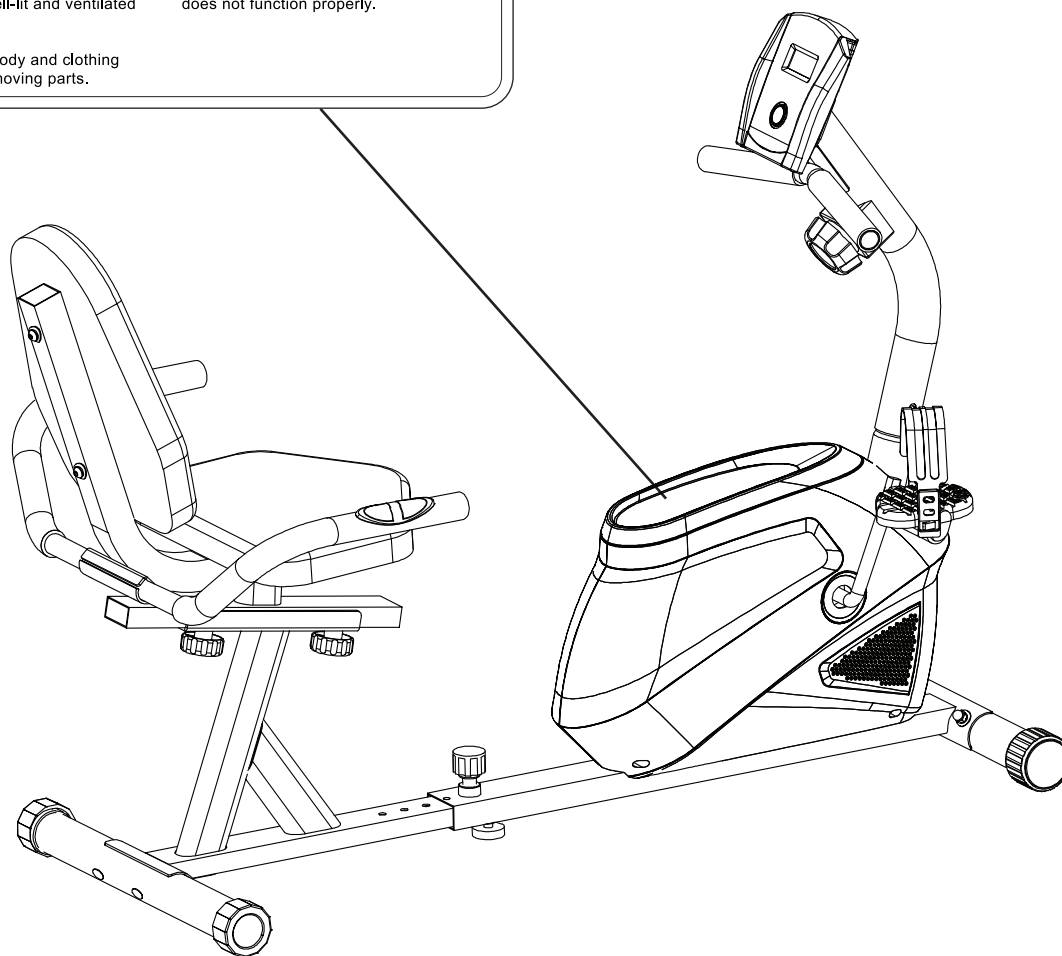
**WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.**

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.

**⚠ WARNING !**

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the equipment if it does not function properly.



# General Information

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## Safety

Before you undertake any exercise program, please be sure to consult with your doctor.

Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Do not place on carpet. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

## Assembling Tools

- Ruler with both Metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

## Weight Limit

Your product is suitable for users weighing :  
250 pounds or less

## Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

## Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially.

Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly. During the warranty period, Body Flex Sports reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair. This warranty does not cover normal wear and tear on upholstery.

## Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.**

Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

## Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday.

Please contact us by any of the following means :

### Body Flex Sports, Inc.

21717 Ferrero Parkway, Walnut, CA 91789

Telephone: 1 (888) 266 - 6789

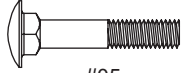
Fax: 1 (909) 598 - 6707

Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)

# Hardware and Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. **PLEASE NOTE** : Most of these parts are already pre-assembled on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

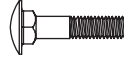
## Bolt



#05  
Carriage Bolt (M10x57mm)  
Pre-assembled  
[4 pieces]



#31  
Screw (M5x10mm)  
Pre-assembled  
[2 pieces]



#16  
Carriage Bolt (M8x45mm)  
[2 pieces]



#32  
Bolt (M8x15 mm)  
[10 pieces]  
Pre-assembled  
[6 pieces]



#37 Bolt (M8x50mm)  
[2 pieces]

## Washer



#06  
Arc Washer (M10)  
Pre-assembled  
[4 pieces]



#33  
Arc Washer (M8)  
Pre-assembled  
[6 pieces]



#35  
Washer (M8)  
[8 pieces]



#36  
Washer (M10)  
Pre-assembled  
[2 pieces]

## Nut

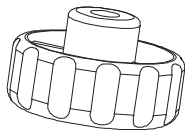


#07  
Cap Nut (M10)  
Pre-assembled  
[4 pieces]

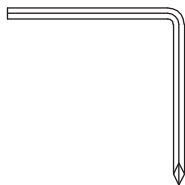


#34  
Cap Nut (M8)  
[2 pieces]

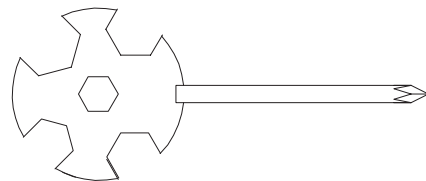
## Others & Tools (Included)



#41  
Lock Knob (M10)  
Pre-assembled  
[2 pieces]



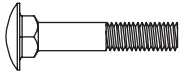
Tool 1 (S5)



Tool 2

# Assembly Instructions

## Hardware Required



#05  
Carriage Bolt (M10x57mm)  
Pre-assembled  
[4 pieces]



#06  
Arc Washer (M10)  
Pre-assembled  
[4 pieces]



#07  
Cap Nut (M10)  
Pre-assembled  
[4 pieces]

## Step 1

### FRONT STABILIZER ASSEMBLY

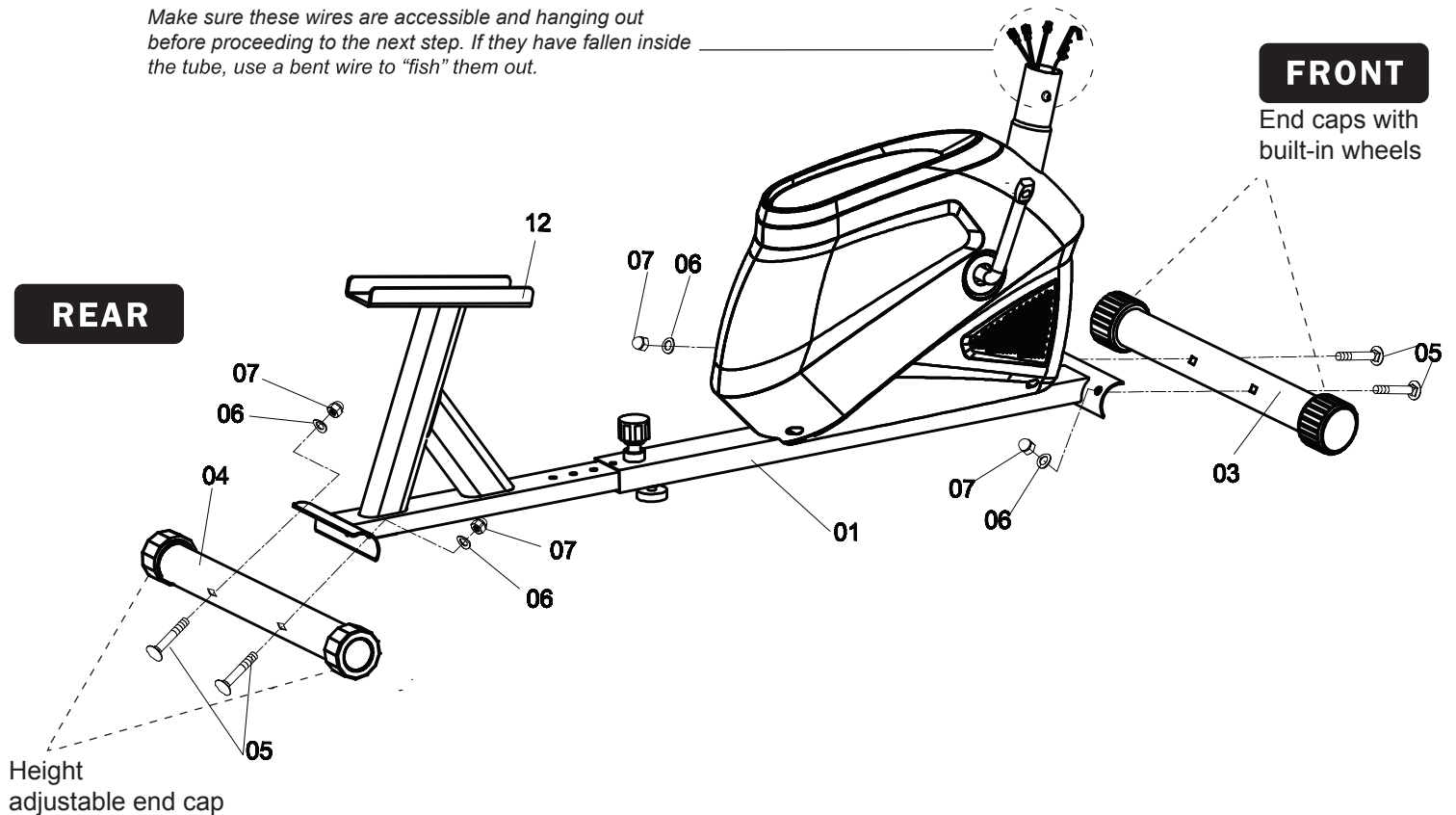
Remove the two Carriage Bolts (#05), two Arc Washers (#06) and two Cap Nuts (#07) that are pre-assembled on the Front Stabilizer (#03) and set them aside nearby as they will be used later in this step. Using the drawing below for reference, attach the Front Stabilizer (#03) to the Main Frame (#01) using the previously removed two Carriage Bolts (#05), and secure using two Arc Washers (#06), and two Cap Nuts (#07).

### REAR STABILIZER ASSEMBLY

Remove the two Carriage Bolts (#05), two Arc Washers (#06) and two Cap Nuts (#07) that are pre-assembled on the Rear Stabilizer (#04) and set them aside nearby as they will be used later in this step. Attach the Rear Stabilizer (#04) to the Bottom Frame (#12) using the previously removed two Carriage Bolts (#05), two Arc Washers (#06), and two Cap Nuts (#07).

**Note :** The Front Stabilizer (#03) has end caps with built-in wheels for ease of relocating the unit and the Rear Stabilizer (#04) has height adjustable end caps for leveling of the unit.

*Make sure these wires are accessible and hanging out before proceeding to the next step. If they have fallen inside the tube, use a bent wire to "fish" them out.*

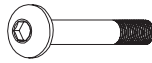


# Assembly Instructions

## Hardware Required



**#32**  
Bolt (M8x15 mm)  
[4 pieces]



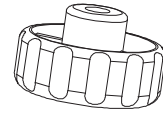
**#37 Bolt** (M8x50mm)  
[2 pieces]



**#35**  
Washer (M8)  
[6 pieces]



**#36**  
Washer (M10)  
Pre-assembled  
[2 pieces]

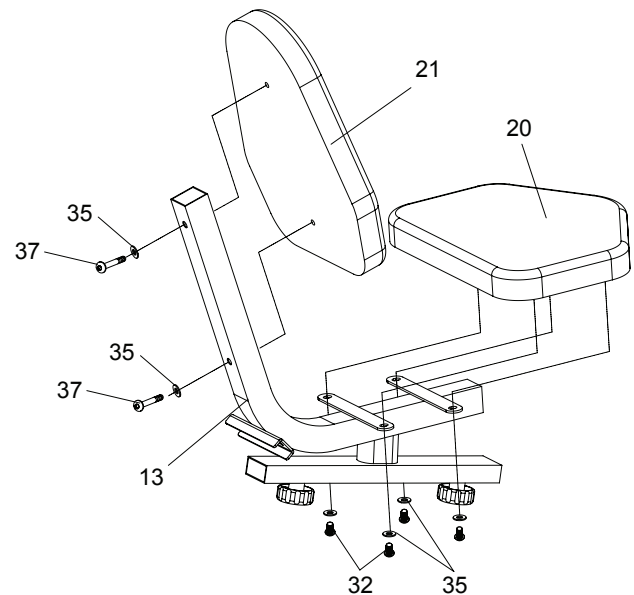


**#41**  
Lock Knob (M10)  
Pre-assembled  
[2 pieces]

## Step 2

### CUSHION ASSEMBLY

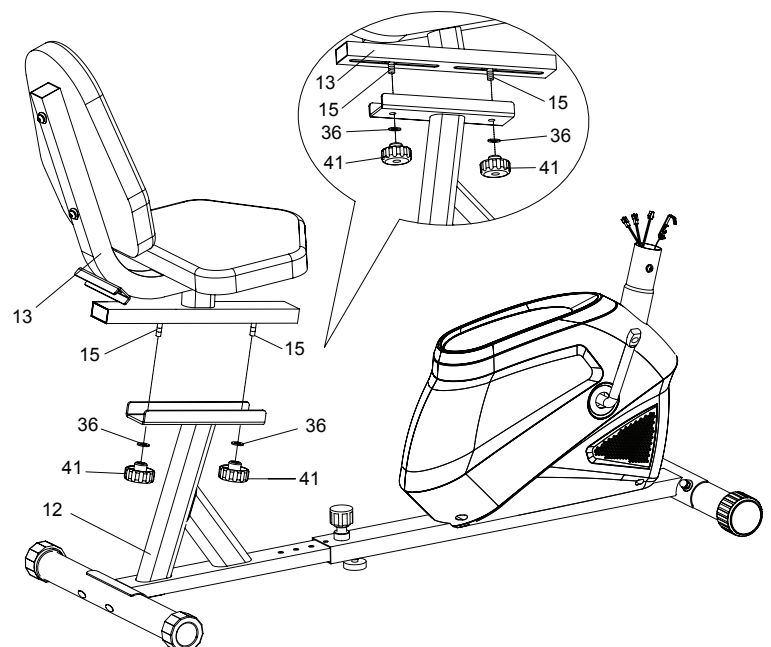
Attach the Backrest Cushion (**#21**) to the vertical portion of the Cushion Frame (**#13**) and secure using two Bolts (**#37**) through two Washers (**#35**). Then, attach the Seat Cushion (**#20**) to the horizontal base of the Cushion Frame (**#13**) by inserting up four Bolts (**#32**) through four Washers (**#35**) to secure.



### CUSHION FRAME ASSEMBLY

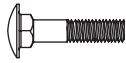
Remove the two Lock Knobs (**#41**) and two Washers (**#36**) that are pre-assembled on the Cushion Frame (**#13**) and set them aside nearby as they will be used later in this step.

With the help of an assistant, slide the Cushion Frame (**#13**) onto the trough of the Bottom Frame (**#12**). Secure by using the two Lock Knobs (**#41**) and two Washers (**#36**) which were previously removed .



# Assembly Instructions

## Hardware Required



#16  
Carriage Bolt (M8x45mm)  
[2 pieces]



#35  
Washer (M8)  
[2 pieces]



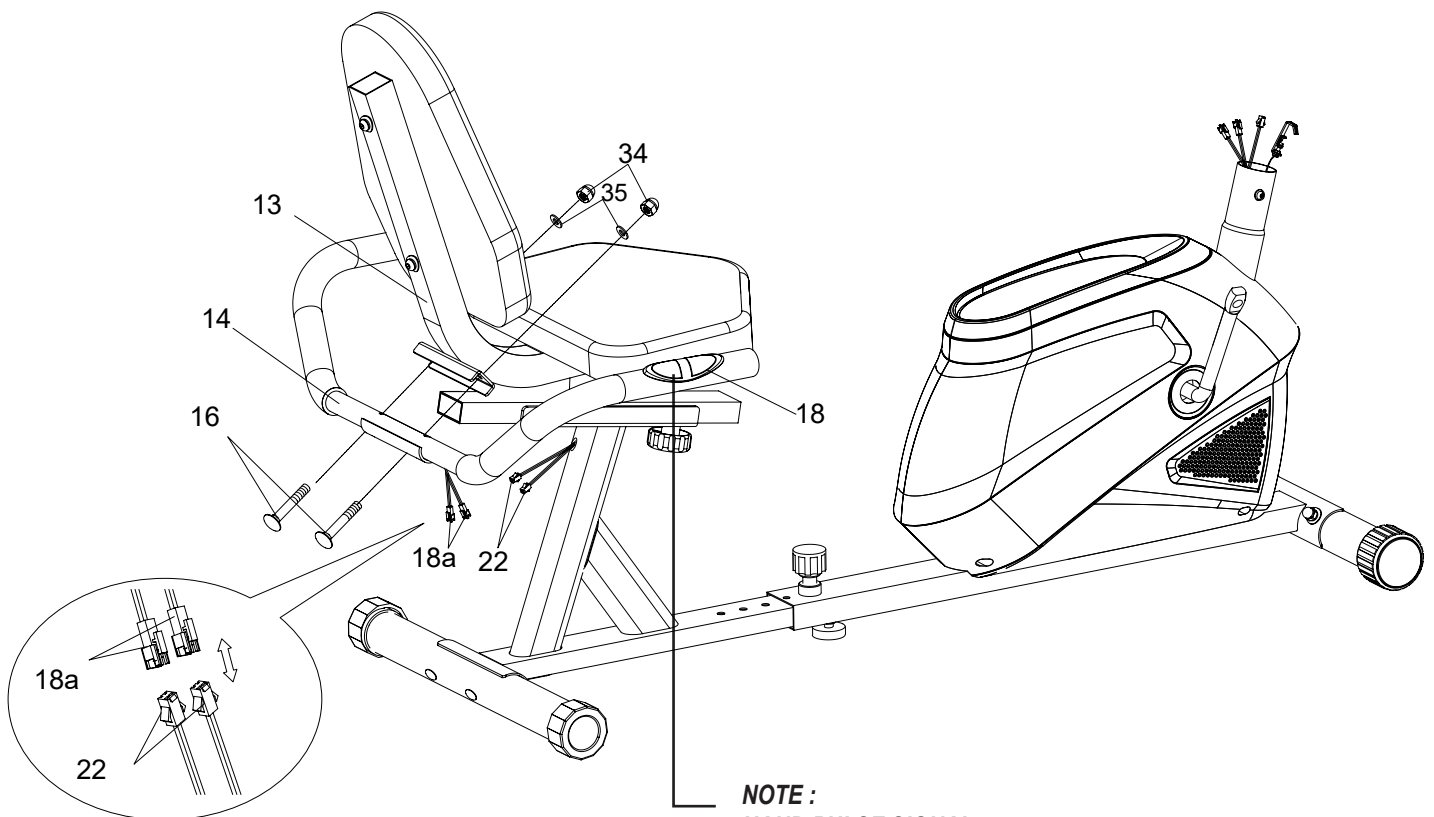
#34  
Cap Nut (M8)  
[2 pieces]

## Step 3

### REAR HANDLE BAR ASSEMBLY

Using the illustration below for reference, align the four holes of the Rear Handle Bar (#14) to the holes on the Cushion Frame (#13) and attach using the two Carriage Bolts (#16) and secure using two Washers (#35) and two Cap Nuts (#34).

With the help of an assistant, connect the Hand Pulse Wire (#18a) to the Hand Pulse Wire 1 (#22) as shown in the exploded diagram A.



#### NOTE : HAND PULSE SIGNAL

After complete assembly: If the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), please refer to our "Troubleshooting" section on Page 13 for other troubleshoot issues.

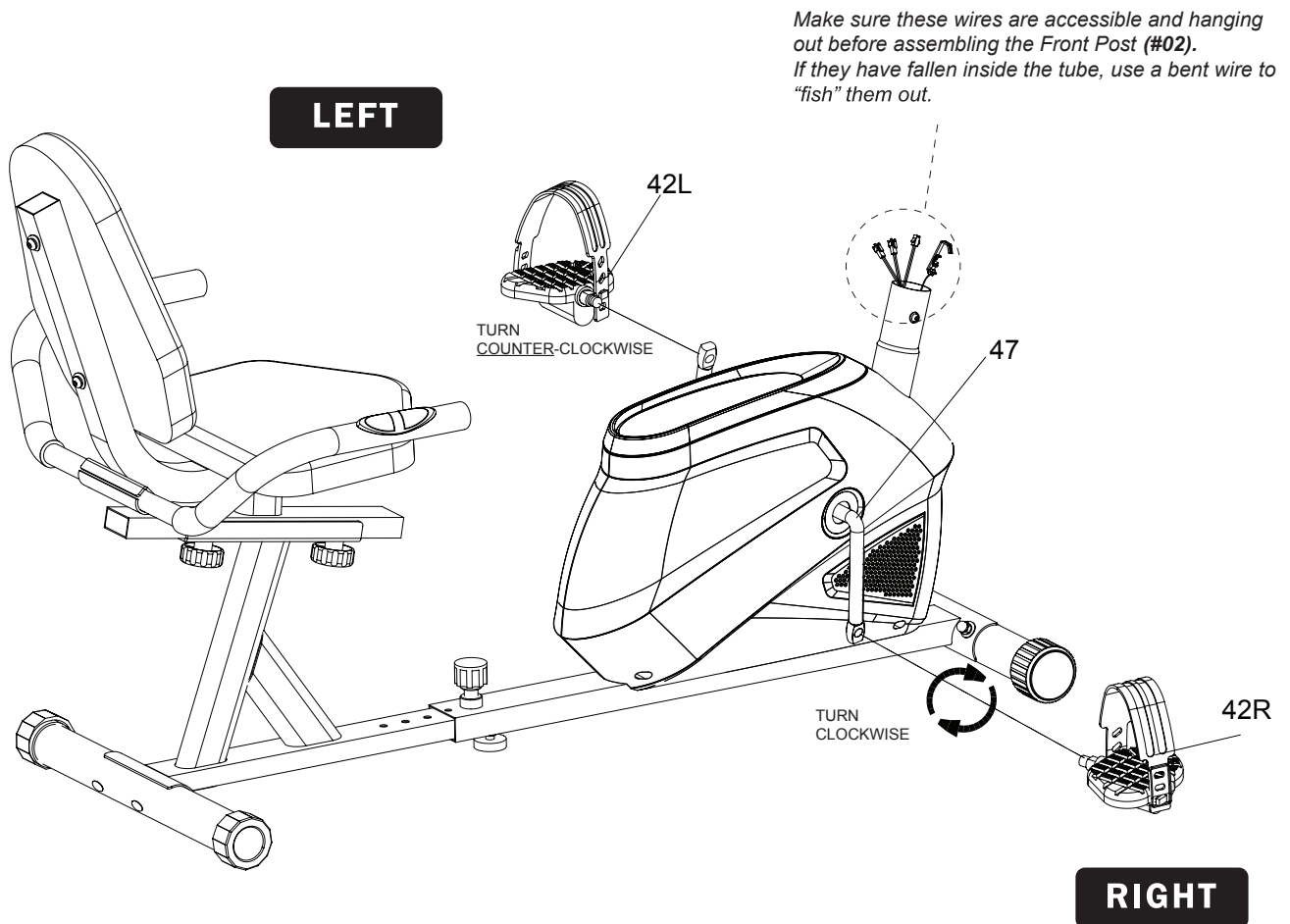
# Assembly Instructions

## Step 4

### PEDAL ASSEMBLY

Screw on the Right Pedal (**#42R**) to the Right Crank (**#47**) by turning the Right Pedal (**#42R**) clockwise. Repeat on the other side using Left Pedal (**#42L**) and turning the left pedal COUNTER-clockwise.

Tighten both pedals securely with Tool 2.





# Assembly Instructions

## Hardware Required



#32  
Bolt (M8x15 mm)  
Pre-assembled  
[4 pieces]

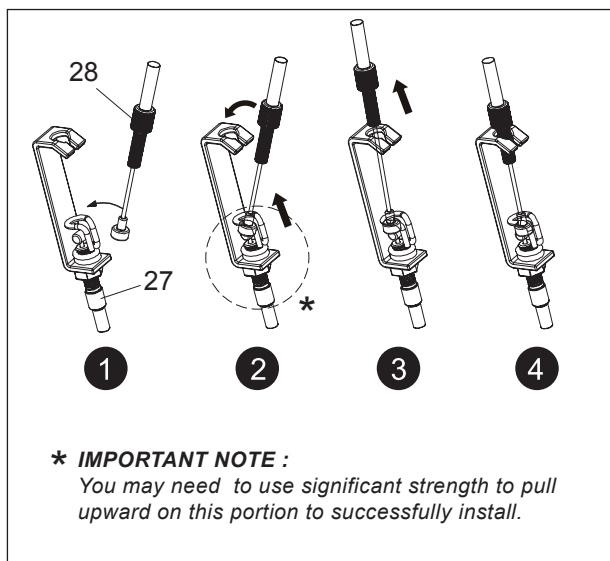


#33  
Arc Washer (M8)  
Pre-assembled  
[4 pieces]

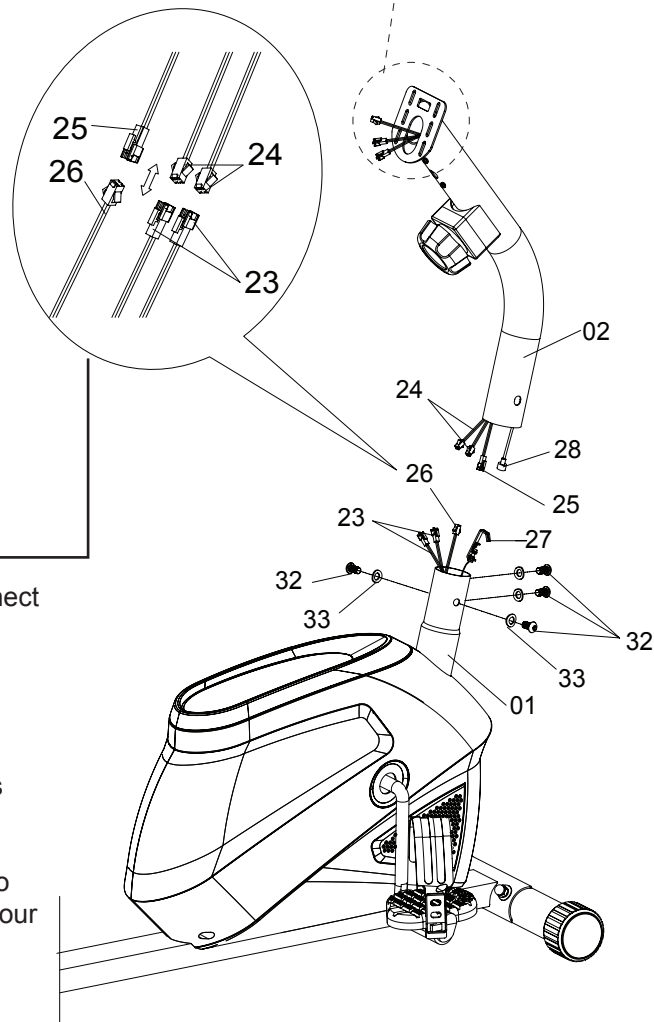
## Step 5

### A. TENSION WIRE ASSEMBLY

Insert the tip of the Tension Control (#28) wire into the Tension Control Wire (#27) head at an angle. Tilt the Tension Control (#28) wire into the crevice and then pull upward.



Make sure these wires are accessible and hanging out before assembling the Front Post (#02).  
If they have fallen inside the tube, use a bent wire to "fish" them out.



### B. WIRE CONNECTION

Connect the Monitor Wire 2 (#26) to the Monitor Wire 1 (#25). Connect the Hand Pulse Wire 2 (#23) to the Hand Pulse Wire 3 (#24).

### C. CENTER POST ASSEMBLY

Remove the four Bolts (#32) and four Arc Washers (#33) that are pre-assembled on Main Frame (#01) and set them aside nearby as they will be used later in this step.

Being careful not to pinch any wires, slide the Front Post (#02) onto the Main Frame (#01) and secure it using the previously removed four Bolts (#32) and four Arc Washers (#33) as shown in drawing to the right.

# Assembly Instructions

## Hardware Required



#31  
Screw (M5x10mm)  
Pre-assembled  
[2 pieces]



#32  
Bolt (M8x15 mm)  
Pre-assembled  
[2 pieces]



#33  
Arc Washer (M8)  
Pre-assembled  
[2 pieces]

## Step 6

### FRONT HANDLEBAR ASSEMBLY

Remove the two Bolts (#32) and two Arc Washers (#33) that are pre-assembled on the Front Post (#02) and set them aside nearby.

Attach the Front Handle Bar (#10) to the Front Post (#02) as illustrated by inserting two Bolts (#32) through two Arc Washers (#33) in through the Front Post (#02).

#### NOTE :

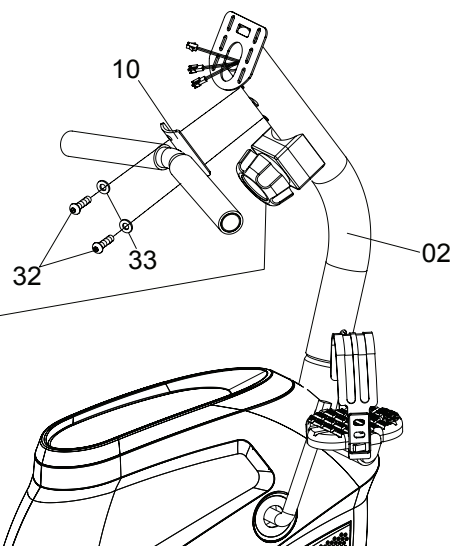
##### INCREASE /DECREASE TENSION

To increase the tension (+ higher level of intensity), turn the Tension Control (#28) in a clockwise direction.

To decrease the tension (- lower level of intensity), turn the Tension Control (#28) in a counter-clockwise direction.

"1" is the lowest level of tension (easiest level for workout);

"8" is the highest level of tension ( most difficult level for workout).

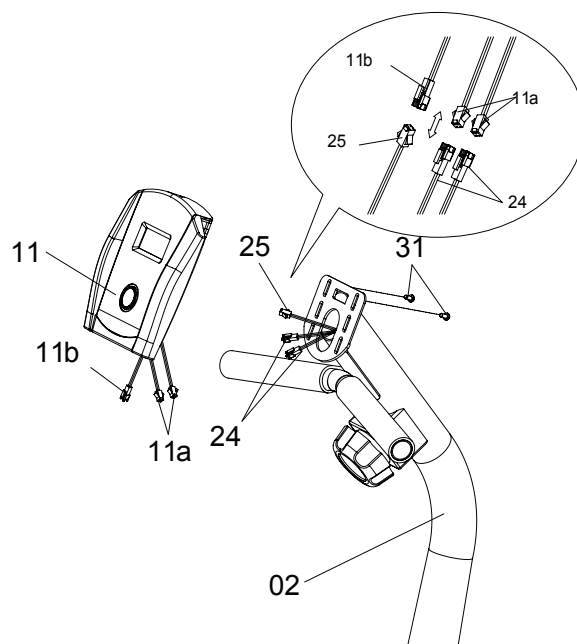


### MONITOR ASSEMBLY

Remove the two Screws (#31) that are pre-assembled on the back of the Monitor (#11). Set them aside nearby as they will be used later in this step.

With the help of an assistant, connect the Monitor Wire 1 (#25) to the corresponding wire (11b) of the Monitor (#11). Connect the Hand Pulse Wire 3 (#24) to the corresponding wires (11a) of the Monitor (#11) as illustrated.

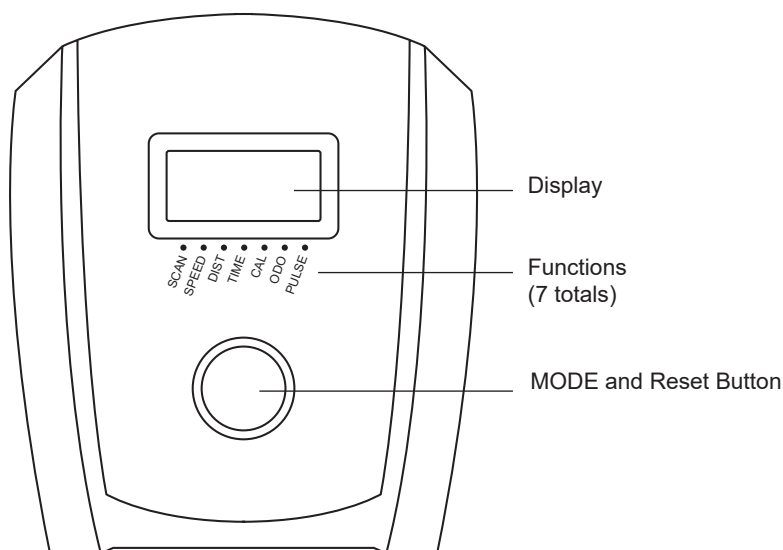
Being careful not to pinch/damage any of the wires, tuck in the connected wires through the mouth of Front Post (#02) and attach the Monitor (#11) to the bracket on the Front Post (#02) by using the previously removed two Screws (#31).



#### THE ASSEMBLY PROCESS IS NOW COMPLETE.

However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety , please visually and functionally inspect and test the unit after assembly is complete.

# COMPUTER OPERATION



## Key Function

### MODE :

- Press to select or set the display function of your choice.
- Press for 3 seconds to reset all values

## Operation Procedures

### 1. AUTO ON/OFF

- The system turns on when any key is pressed or when it receives movement input from the speed sensor.
- The system turns off automatically when the speed sensor has no signal input (i.e. if the unit is not in use or no key is pressed for approximately 4 minutes)

### 2. DISPLAY

To choose between functions on display, press MODE until the ▼ pointer is next to your desired function.

### 3. FUNCTION

**SCAN** : Automatically alternate between the different functions. (Speed, Distance, Time, Calories, Odo & Pulse).

**SPEED** : Displays current speed.

**DIST** : Displays the distance travelled.

**TIME** : Displays the total amount of time using the machine.

**CAL** : Displays the amount of calories burned.

**ODO** : Displays total accumulated distance. ODO will reset when MODE is pressed for 3 seconds or when batteries are changed.

**PULSE\*** : Displays the current heart rate in beats per minute. When this function is chosen, a heart icon should appear. Place both hands on the pulse sensors on the handlebar; grip the pulse sensors lightly and hold for about 30 seconds for an accurate reading. A number will display showing your pulse reading. If you encounter any problems, please refer to Page 15 for troubleshooting.

### 4. RESET

The computer can be reset by changing the battery, or, holding MODE for 3 seconds.

## Specifications

FUNCTIONS	AUTO SCAN	Every 6 seconds
	TIME	00:00-99:59'
	ODOMETER	00:00-99:59'
	CALORIES	0.0-999.9 KCal
	PULSE RATE	40-206 BPM
	DISTANCE	0.00-99.99 Mile/H
	BATTERY TYPE	2 pcs of AAA
	OPERATING TEMP	32°F - 104°F
	STORAGE TEMP	32°F - 160°F

### \*IMPORTANT NOTE :

Please remember that the functions in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program.

The computer and the pulse sensors are not medical devices; information displayed on the computer should not be used or applied for medical reasons and calculations may vary from other devices.

# Part Listing

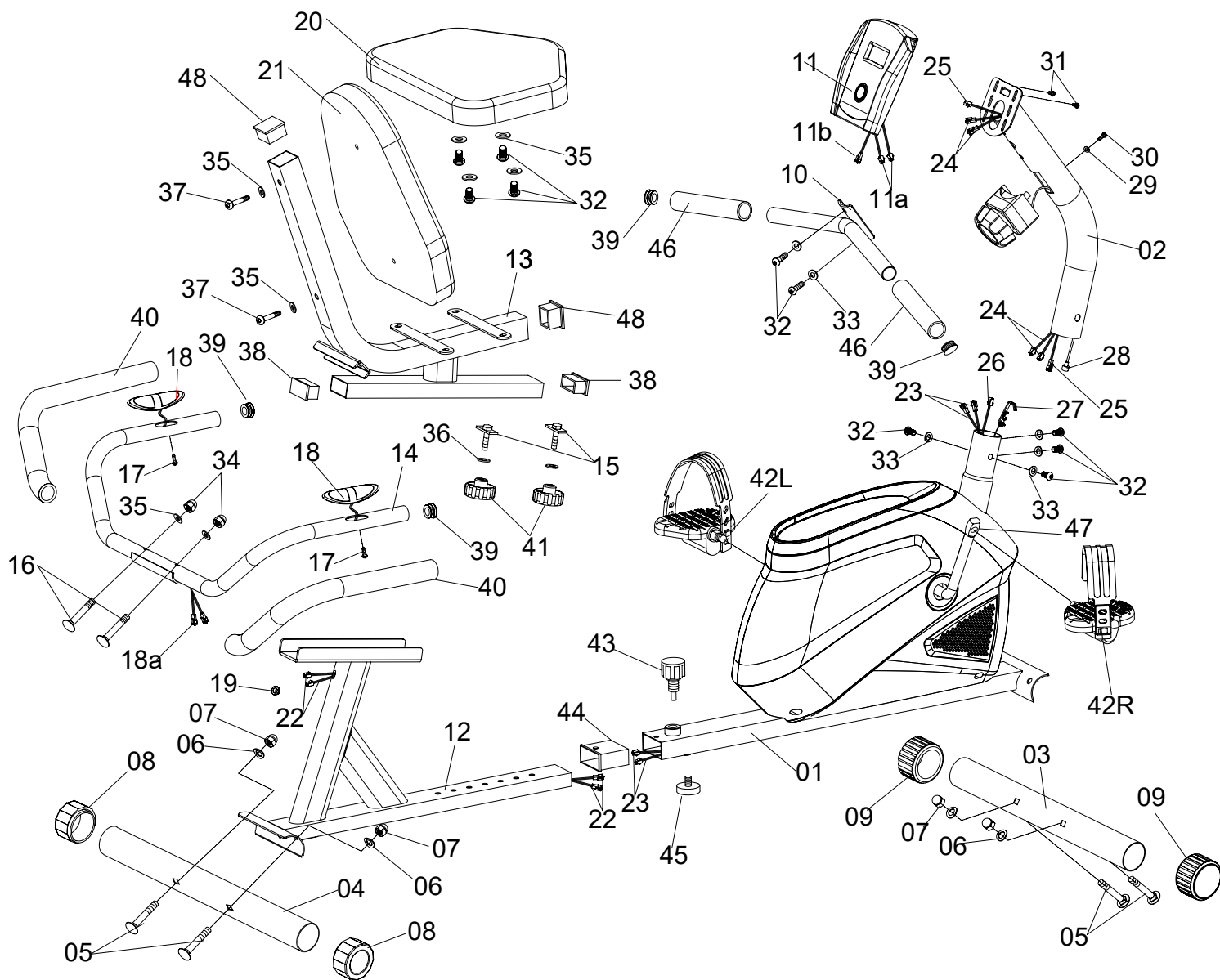
The following parts list describes all of the parts illustrated on the exploded diagram on the following page.

**PLEASE NOTE** : Most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	26	Monitor Wire 2
02	Front Post	27	Tension Control Wire
03	Front Stabilizer	28	Tension Control
04	Rear Stabilizer	29	Arc Washer (M5)
05	Carriage Bolt (M10x57 mm)	30	Screw (M5x40 mm)
06	Arc Washer (M10)	31	Screw (M5x10 mm)
07	Cap Nut (M10)	32	Bolt (M8x15 mm)
08	End Cap for Rear Stabilizer	33	Arc Washer (M8)
09	End Cap for Front Stabilizer	34	Cap Nut (M8)
10	Front Handle Bar	35	Washer (M8)
11	Monitor	36	Washer (M10)
12	Bottom Frame	37	Bolt (M8x50 mm)
13	Cushion Frame	38	Rectangular End Cap (25x50 mm)
14	Rear Handle Bar	39	Round End Cap (25 mm)
15	U Bracket	40	Foam Grip for Rear Handle Bar
16	Carriage Bolt (M8x45 mm)	41	Lock Knob (M10)
17	Screw (ST4.2x20 mm)	42L	Left Pedal
18a	Hand Pulse Sensors	42R	Right Pedal
19	Wire Plug	43	Spring Loaded Knob (M16x22 mm)
20	Seat Cushion	44	Sleeve
21	Backrest Cushion	45	Knob Bolt (M10x15 mm)
22	Hand Pulse Wire 1	46	Foam Grip for Front Handle Bar
23	Hand Pulse Wire 2	47	Crank
24	Hand Pulse Wire 3	48	Square End Cap (38 mm)
25	Monitor Wire 1		

# Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. **PLEASE NOTE:** Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.



# Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
Hand Pulse Signal	<p>If the computer is <b><u>not picking up your hand pulse signal</u></b> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none"><li>1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.</li><li>2. Do not grip the sensors too tightly. Only moderate pressure need be applied.</li><li>3. Gripping the sensors too tightly restricts and seizes detection of your pulse.</li><li>4. Remove any rings or jewelry to prevent interference.</li><li>5. Check to ensure all pulse sensor wires are properly connected and are not damaged.</li><li>6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</li></ol>
Calories/Distance/Time (Etc.)	<p>If the computer is <b><u>not displaying the CALORIES/DISTANCE/TIME/ (ETC.) functions</u></b> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none"><li>1. Check to ensure all computer sensor wires are properly connected and are not damaged.</li><li>2. You may need to refer to installation/assembly directions for the sensor wires in this manual.</li></ol>
Computer Display	<p>If the <b><u>computer display is blank &amp; not displaying any data</u></b> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none"><li>1. Check to ensure all sensor wires are all properly connected and are not damaged.</li><li>2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged.</li><li>3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.</li></ol>

***For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time.***

***If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.***

# Safety and Maintenance

## Safety & Warning

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

## How To (Emergency) Stop

**NOTE :** Always wait for the pedals and/or any other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

- To reduce speed on the bike, you may use the combinations of your feet on the Left/Right Pedals (**#42L/42R**) and your hands on either set of the Rear Handle Bar (**#14**) and Front Handle Bar (**#10**) to gently and safely apply counter-momentum.
- Wait for the pedals to come to a complete stop.
- Now you may safely dismount the unit

## How To Move/Transport The Bike For Storage

**NOTE :** To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum of 2 people). The unit has integrated End Cap for Front Stabilizer (**#09**) purposely intended to help ease this process.

- Position one person on each side at the front of the bike toward the handle Bar (one person on the left, and one on the right).
- Have each person use both hands to grip the corresponding foam grip for Rear Handle Bar (**#14**) near the Cushion Frame (**#13**). (These are the safest areas to avoid injury during this process.)
- Have both people simultaneously lift the rear end of the unit, leaving the weight and pressure into the front of the unit and onto the End Cap for Front Stabilizer (**#09**) to move/transport the unit to the desired area.

## Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):  
Lock Knob (**#41**); Left / Right Pedal (**#42L/42R**); Backrest Cushion (**#21**) and Seat Cushion (**#20**).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

1 (888) 266-6789 or 1 (909) 598-9876,

or mail in a written request to:

Body Flex Sports Inc.  
21717 Ferrero Parkway  
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.



# Warm-Up Instructions

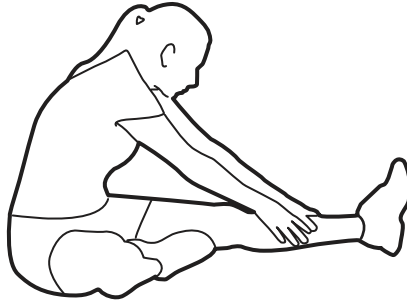
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



## Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



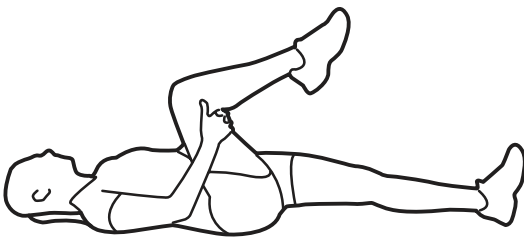
## Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



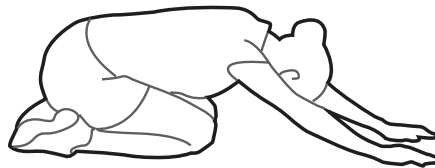
## Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



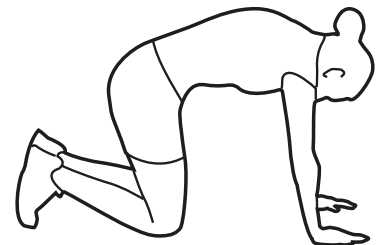
## Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



## Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.





# Warm-Up Instructions

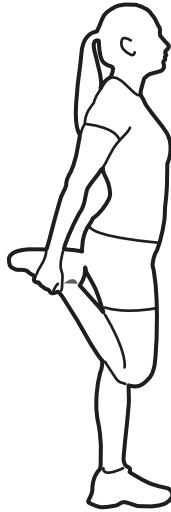
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## Shoulder Stretch

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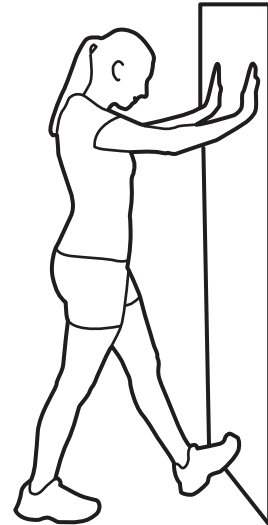
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



## Quadriceps Stretch

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1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.



## Calf Twister

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1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

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**THANK YOU FOR YOUR PURCHASE**  
**MODEL NO.: BRB835/BRB852/BRB880**

Please fill in the information below and keep this manual  
along with your sales receipt as proof of purchase.

Serial Number :

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Date of Purchase :

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Retailer :

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Body Flex Sports Inc.  
21717 Ferrero Parkway  
Walnut, CA 91789

Phone: 1 (888) 266-6789  
Fax : 1 (909) 598-6707  
Email : [info@bodyflexsports.com](mailto:info@bodyflexsports.com)