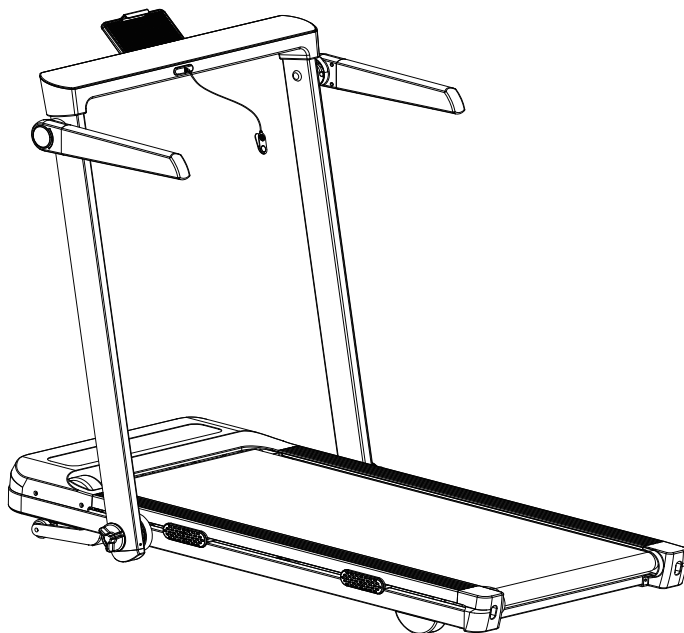


HOME TREADMILL

INSTRUCTION MANUAL

CT07R



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1 SAFETY PRECAUTIONS

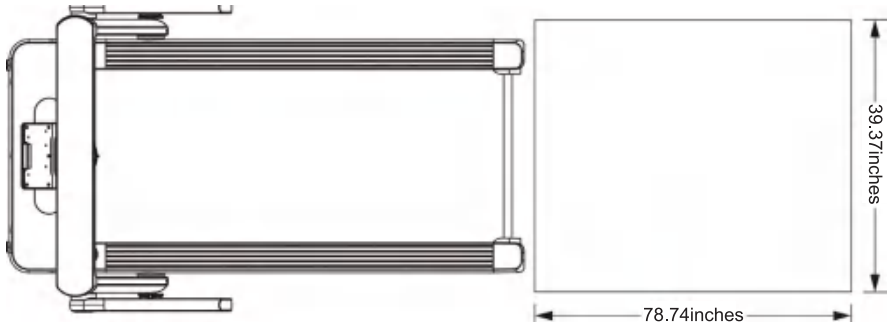
1. Put the electric treadmill in a clean and flat place instead of on a thick carpet, so as not to affect the flow of air under it. Beyond that, do not put the electric treadmill in a place near the water or for outdoor use, and note to protect it against moisture.
2. Do not turn on the power until the electric treadmill is completely installed and the motor is covered by the protective cover. Plug the power cord into a power outlet with a 10A safe grounding. We recommend you to use outlet with an overcurrent protector to ensure the safety of the treadmill and the user.
3. Do not remove the protective cover at will. If it is necessary to open the protective cover for maintenance, please be sure to unplug the power cord plug first (we recommend you to seek for a professional for maintenance).
4. Do not make the electric treadmill block the socket on the wall in the process of placing it to facilitate insertion.
5. The power cord of the electric treadmill is dedicated, if it is damaged, please buy another one from the dealer or contact us directly.
6. Recheck whether the bolts of the installed treadmill are tightened.
7. Note that the electric treadmill is a special instrument, do not modify it for other purposes.
8. Please do not insert any other items in any parts of the equipment.

PRECAUTIONS

To avoid accidental injury, be sure to pay attention to the following operations:

1. Please warm up before exercising in order to prevent injury.
2. You may only start strenuous exercises 40 minutes after a meal.
3. Before using the treadmill, check whether the power is loaded and whether the safety lock is enabled. Then suck one end of the safety lock onto the treadmill and clip the other end to your clothes or belt, so that you can pull it off in case of an emergency.
4. Please do not turn on the treadmill when standing on the running belt. After the power is connected, the running belt may produce a pause when it starts to move, you must stand on the plastic anti-skateboard on both sides of the electric treadmill until the running belt moves.
5. Please swing your arms naturally when exercising, look forward instead of looking down at your feet.
6. Please speed up progressively when exercising, you may speed up after adapting to the existing exercise speed.
7. Do not wear overlong and over-loose clothes when exercising, to prevent them from being hooked to the electric treadmill. We recommend you to wear rubber soled running shoes or fitness shoes for normal exercise.
8. Be sure to grasp the handrail with your hand when using the electric treadmill for the first time until you feel comfortable with it.
9. Please control the duration of continuous exercise within 90 minutes, after use, please unplug the power plug in a timely manner, take away the safety switch, to avoid overload use.
10. In case of any exceptions in the process of exercise, you should immediately pull off the safety lock, hold the handle with both hands, jump on the anti-skateboard with your feet, and then leave.

11. When the treadmill is left unused, be sure to properly keep the safety lock and keep it out of reach by children.
Minors must be accompanied by an adult when using the treadmill.
12. The treadmill must be completely stopped and reset before folding; It is not allowed to operate the treadmill after folding.
13. The treadmill must be reserved with a 78.74inches×39.37inches space in the rear.

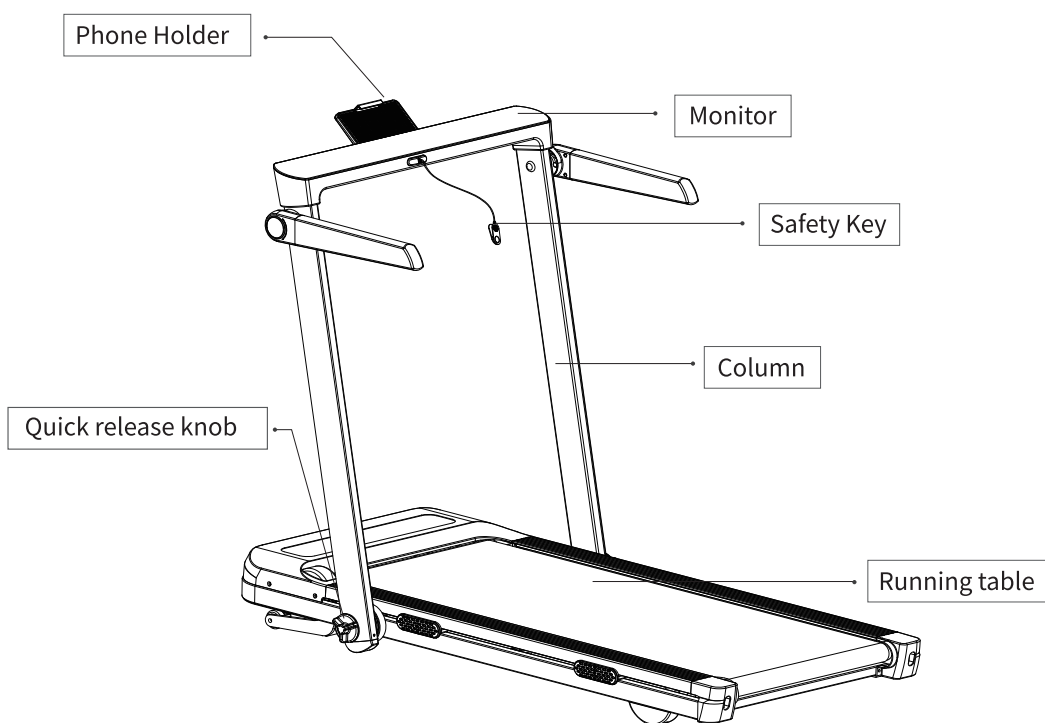


Warning

1. Two or more people are not allowed to use the treadmill at the same time.
2. Please use the treadmill under the guidance of a doctor if you feel unwell.
3. The heartbeat monitoring system is for reference only rather than as a medical use, excessive exercise may lead to serious injury or death. You should stop exercising immediately If you feel dizzy.
4. Children, the disabled and pets should stay away from the treadmill to avoid accidents.

2 PRODUCT SPECIFICATIONS

1.Product illustrations

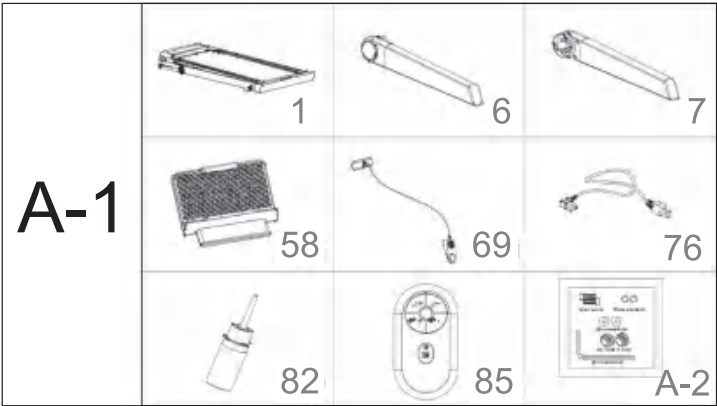


2.Technical Parameter

Control panel	LED
Operating voltage (V)	120
Panel display	speed, stepnumber,time,distance,calorie,inclination
Automatic program	P1-P15
Self-defined program	U1-U3
Running mode(MPH)	0.6-8
Walking mode(MPH)	0.6-3.8
Incline range	1-12
Drive motor (HP)	3.0
Running area(inches)	41.3 * 16.9
Folding size(inches)	53.9 * 29.72 * 6.18
Unfold size(inches)	51.18 * 29.72 * 42.52
size of box(inches)	56.69 * 28.86 * 6.81
Maximum load (lbs)	300

3.List of Components

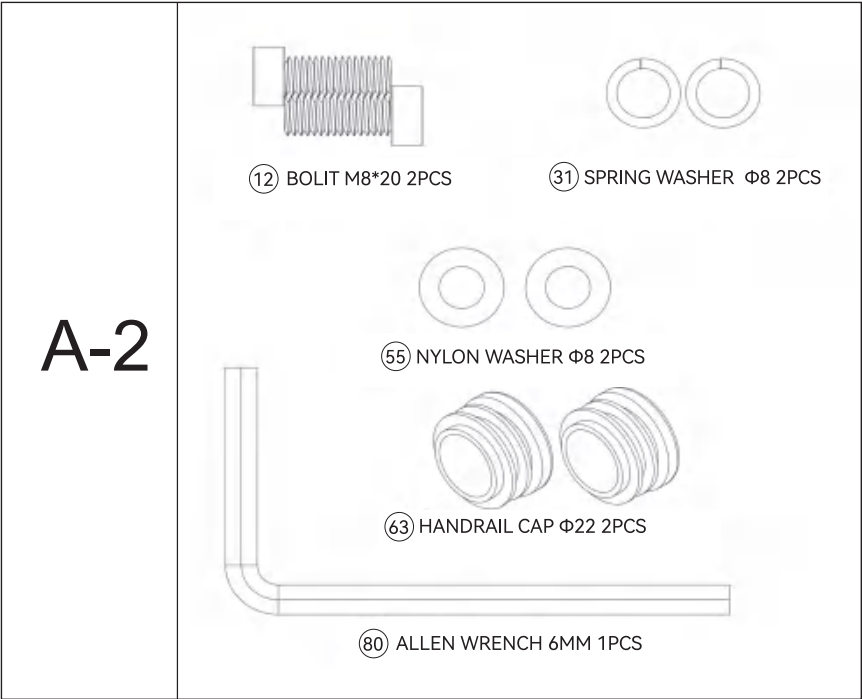
What shown in the figure below is a drawing of the components installed on the treadmill. Upon opening the packing case, you may take out the following components therein.



List of components and parts

No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
1	Running platform		1	6	Left handrail		1
7	Right handrail		1	58	IPAD stand		1
69	Safety lock		1	76	Power cord		1
82	Silicone oil bottle		1	85	Remote control		1
A-2	Hardware package		1				

Hardware package



Installation kit:
6#hex wrench 6mm 1pcs

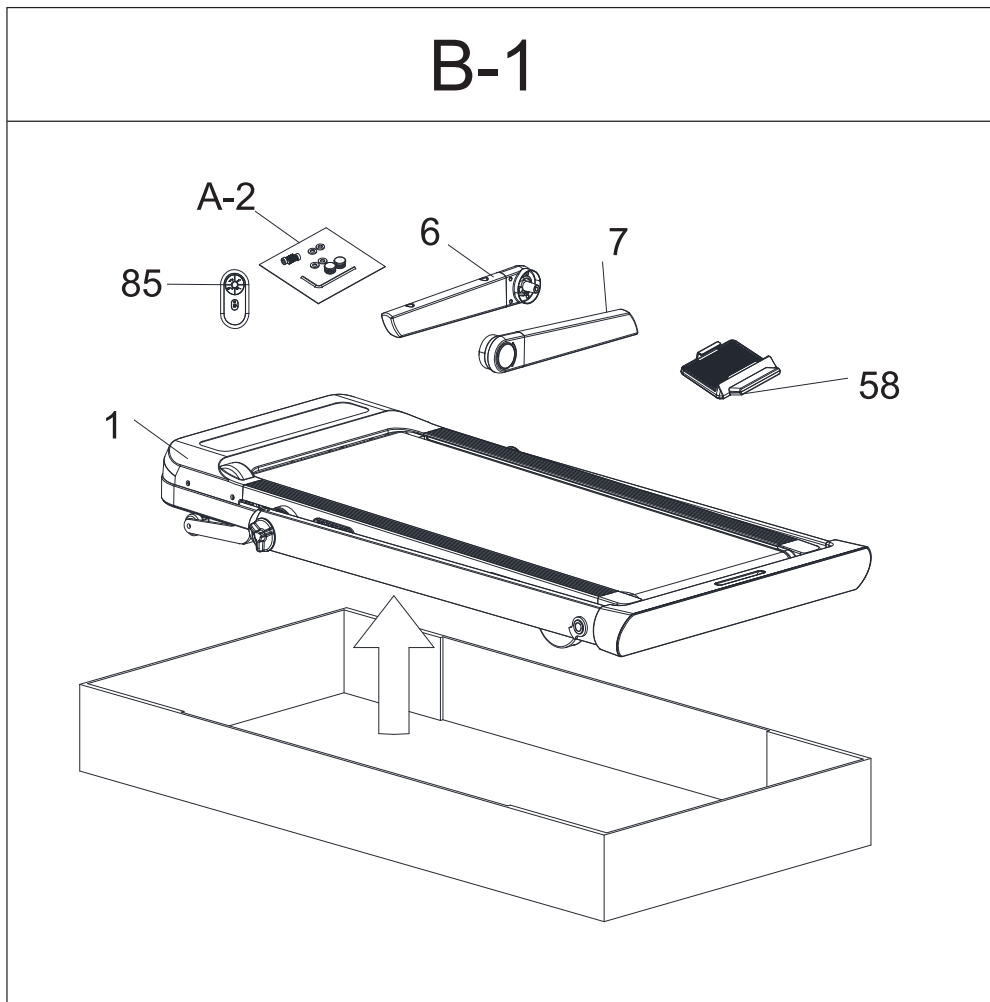
3 INSTALLATION STEPS

1.Installation steps

Note: Do not plug in the power supply until the installation is completed.

Assembly step 1:

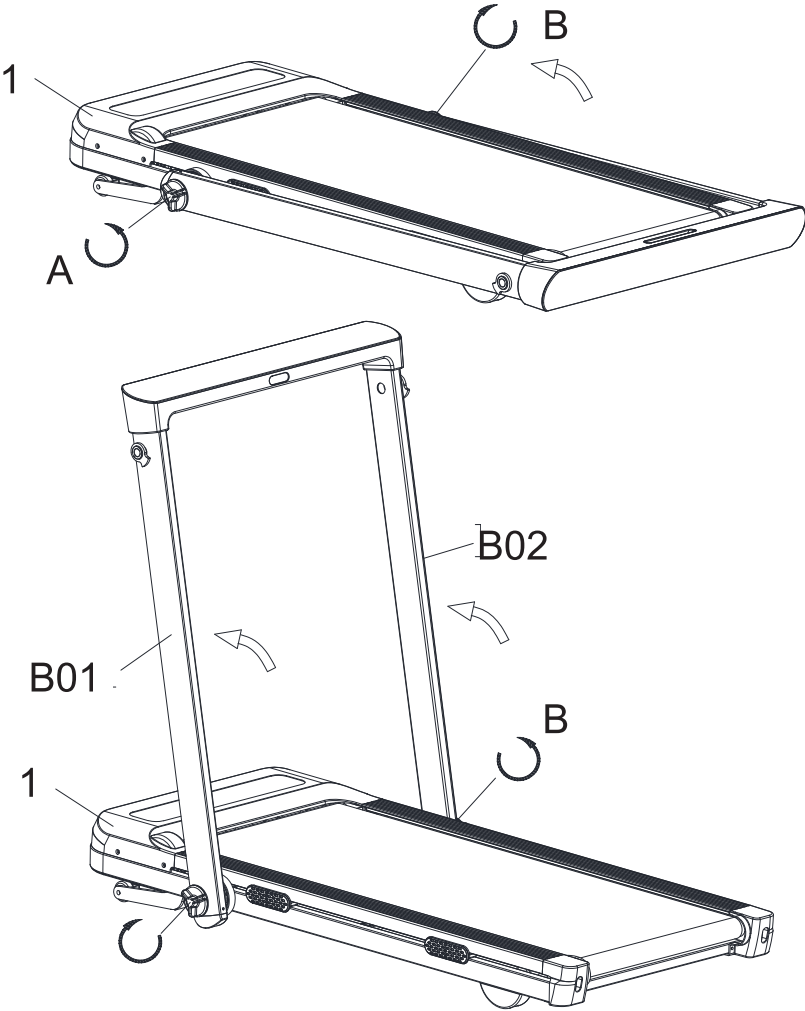
Take out the following materials from the carton and put the main frame on the ground.



Assembly step 2:

First screw out the knobs at positions A and B, then make the column B01 and B02 upright, and finally tighten the knobs at positions A and B, as shown in the figure.

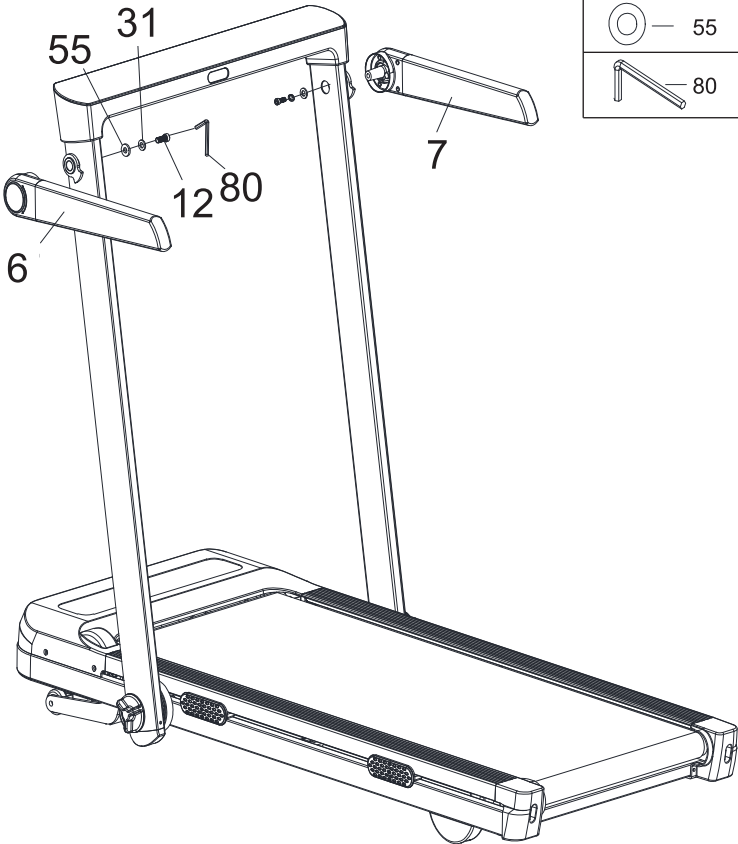
B-2



Assembly step 3:

Insert the (6) left handrail into the left column, and then (55) assemble the gasket (31) spring pad into the left column hole in turn, and finally (80) lock the (12) M8*20 screw with a tool wrench.(7)The installation steps of the right handrail is the identical to that of the (6) left handrail, as shown in the figure.

B-3

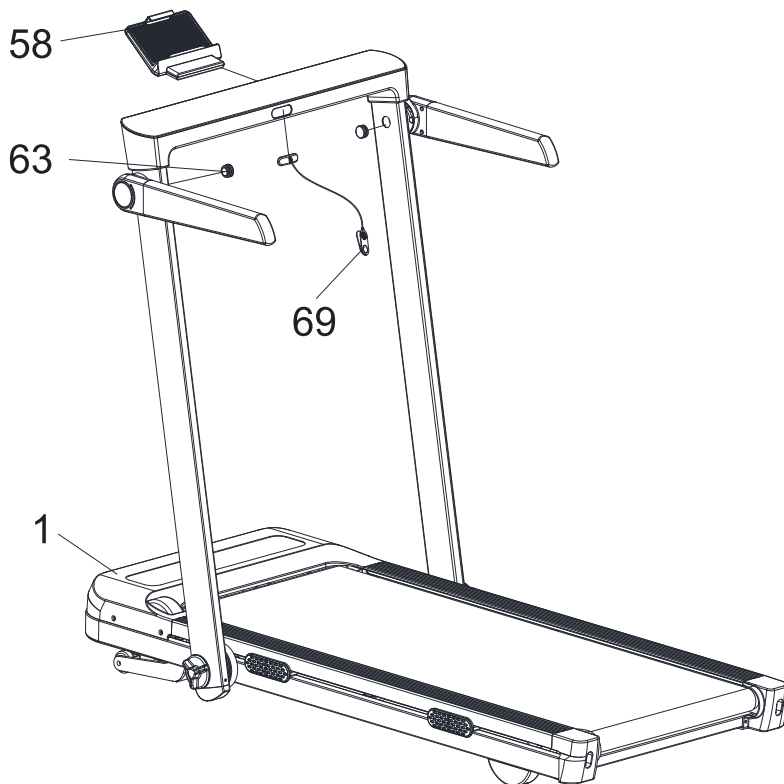


	12	M8*20	2PCS
	31	Φ8	2PCS
	55	Φ8	2PCS
	80	S=6	1PCS

Assembly step 4:

Install the (58) IPAD stand on the electronic watch, plug (63) the handrail pipe plug into the hole, and finally (69) install the safety lock on the electronic watch, as shown in the figure.

B-4

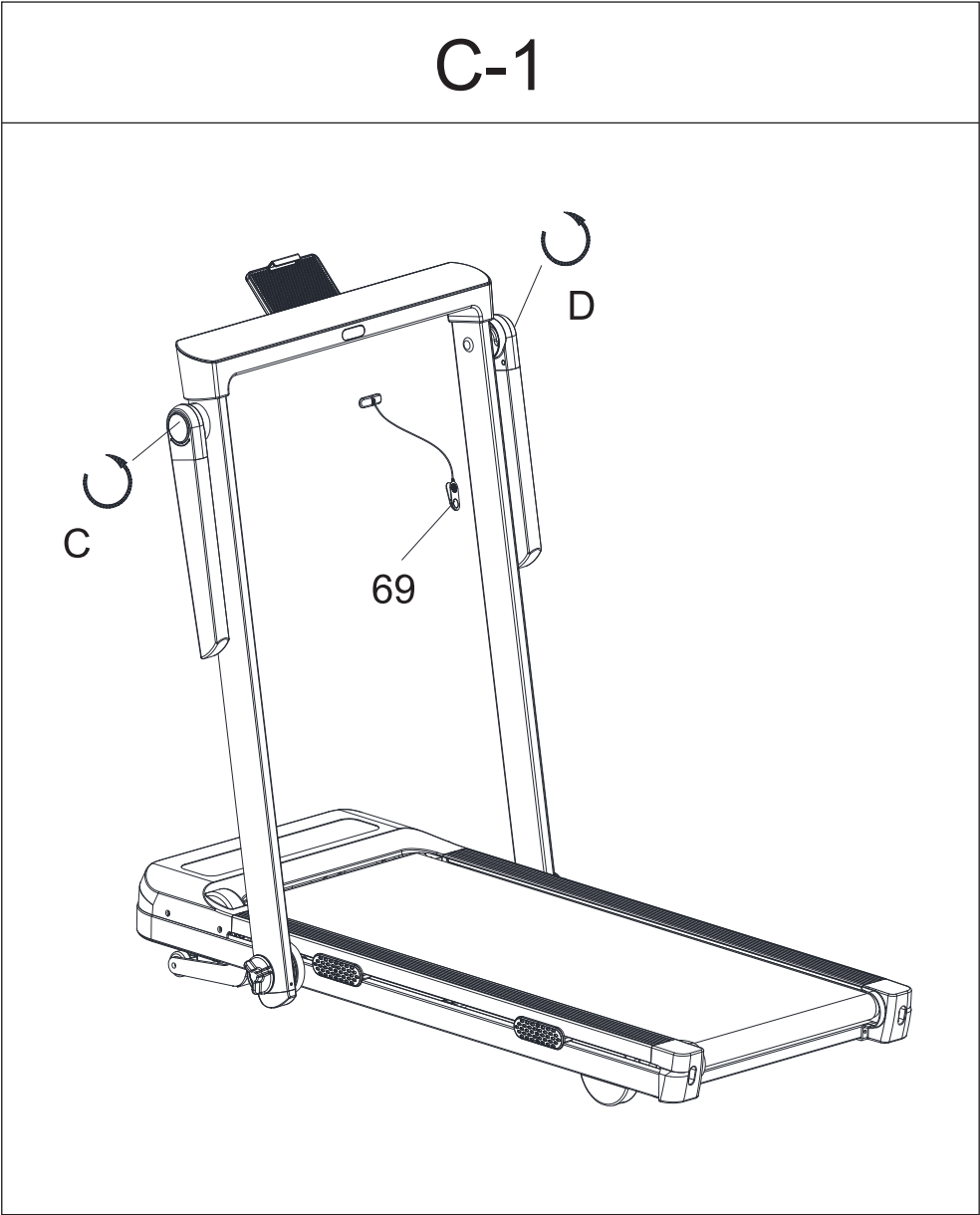


⚠ Note: Be sure to lock all screws in a uniform manner after confirming that installation is made according to the above requirements and then turn on the power supply after checking that there is no omission. Please refer to the instructions attached for the operation of the treadmill.

2.Instructions on switch of walking

Switch step 1:

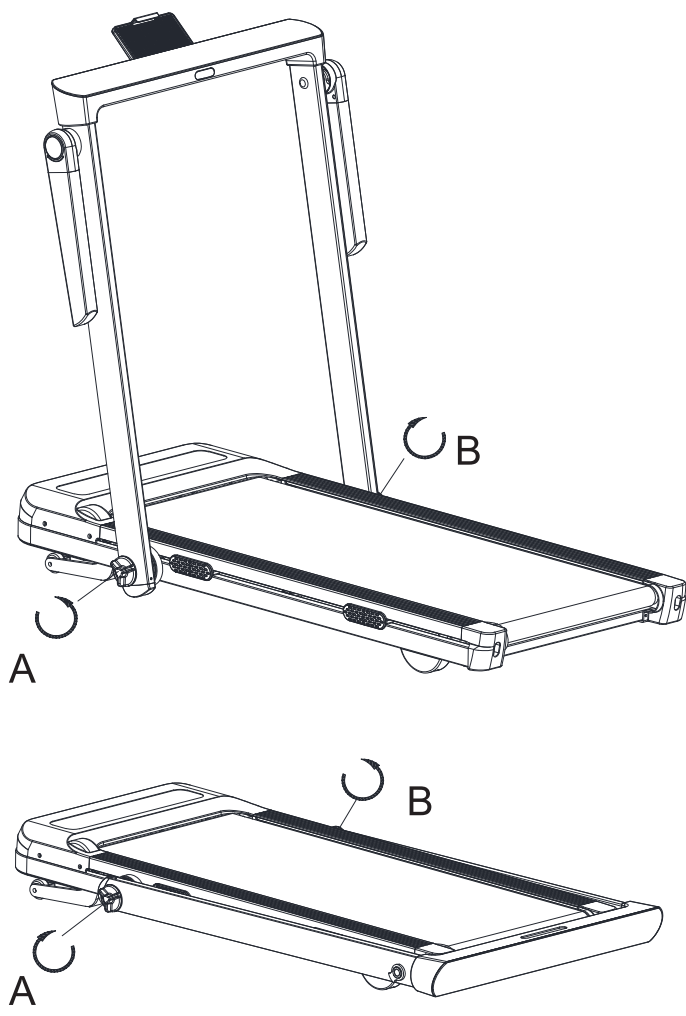
Rotate the handrails at positions C and D to be parallel to the column and remove the safety lock as shown in the figure.



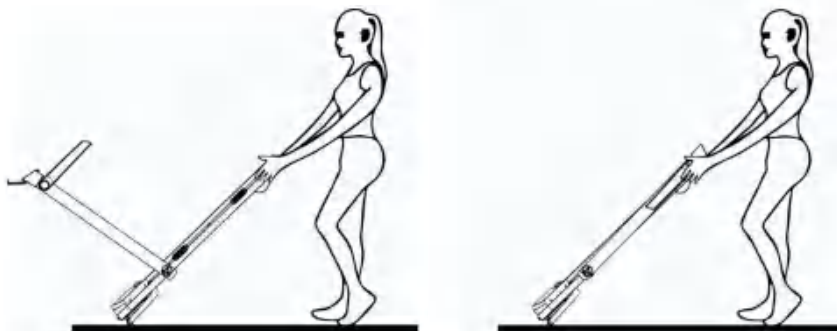
Switch step 2:

Loosen the knobs at positions A and B, lay the column flat, and finally tighten the knobs at positions A and B. As shown in the figure.

C-2



3.Handling instructions



4.Grounding instructions

Grounding instructions

This product must be grounded to provide a path of the least resistance to the current in case of unexpected leakage or other failures, in order to reduce the risk of electric shock. This product comes with a cable with a ground conductor and an earth plug. The earth plug must be inserted into a properly installed socket that complies with local codes and regulations.

WARNING – Improper connection of ground conductors may result in the risk of electric shock. If you are not sure if the product is properly grounded, please ask an electrician or a related person for advice. Do not modify the earth plug that the product is equipped at will, if there is no suitable socket, ask the electrician to install a suitable socket. This product is suitable for regional voltages and is equipped with an earth plug.

4 MANUAL CRITERIA

1.Introduction

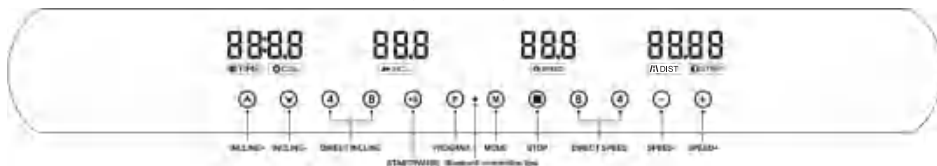
Thanks to the adoption of 120V DC controller, the treadmill enables imperial dual display and integrates walking and running.. You can make it turn into a treadmill by pulling up the handrail, which is at a speed of 0.6-8.0MPH, conversely, you can make it turn into a walking machine by putting down the handrail, which is at a speed of 0.6-3.8MPH.

When it is used as a treadmill, the handrail electronic watch is on, which is controlled by touch button (remote control fails), and the safety switch remains effective. When it is used as a walking machine, the motor cover electronic watch is on, which is controlled by remote control (touch button fails), and the safety lock is disabled. You can switch the state of walking and running through the position of the handrail in the standby state. Switching of running and walking state is not allowed when it is put into operation. You can't switch until the exercise is over.

 **Note:** If you desire to switch to walking mode, be sure to remove the mobile phone bracket before putting down the column, so as not to be tripped by the mobile phone bracket!

2.Touch key button operation

Display of running mode panel



1.  START: Start the treadmill. In the suspended state, the treadmill stops running, and the time window displays "PAUS", and the exercise data is retained.
2.  STOP: "Stop" button. The treadmill stopped and the exercise data is cleared.
3.  PRO.: "Program" button, cyclic switching of manual mode, the treadmill is equipped with built-in system program P1-P15 and user-defined program U1-U3.
4.  MODE: "Mode" button, cyclic switching of manual mode, time countdown mode, distance countdown mode and calorie countdown mode.
5.  INCLINE+: The "slop +" button is used to increase the lift after the treadmill is enabled.
6.  INCLINE-: The "slop -" button is used to decrease the lift after the treadmill is enabled.
7.  SPEED-: The "speed -" button is used to reduce the speed and make parameter adjustment after the treadmill is enabled.
8.  SPEED+: The "speed +" button is used to increase the speed and make parameter adjustment after the treadmill is enabled.
9.  INCLINE: Slope shortcut key, which indicates slope 4 and slope 8 respectively.
10.  SPEED: Speed shortcut key, which indicates 4MPH and 8MPH respectively.

3.Built-in system program table

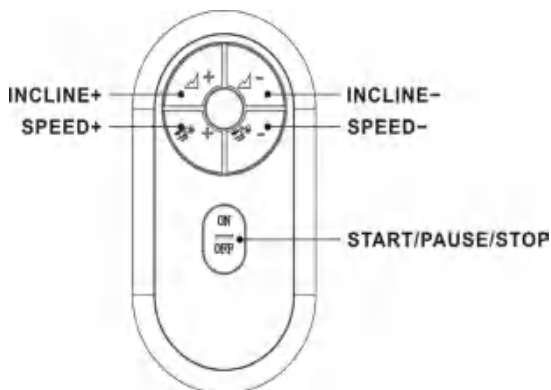
Time		Set time/20 time periods=Up and down time period running time																			
Prog		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

In addition, the treadmill is equipped with three user-defined programs (U1-U3), allowing users to set the running speed of each round by themselves. Press the "+" and "-" keys to adjust the running speed of each round press the "MODE" key to confirm the saving and enter the speed setting of the next round, and press the "Start Pause" key to start the treadmill until the setting of the 20 rounds is completed.

4.Walking machine remote control operation



1.Introduction of remote control



The remote control consists of five keys, including "slope +", "slope -", "speed +", "speed -" and "start/pause", press and hold to pause for 3 seconds and to stop the treadmill.

2. Remote control pairing

Press and hold the remote control "Start/Stop" and power the treadmill on until the buzzer beeps, indicating the pairing is successful.

3. Imperial-metric conversion

Install the remote control "Speed -" until "SI" is displayed and "0" is displayed in other windows, after which, press "+" and "-" to select the metric system. Press "Start/Stop" to save.

5.Lift check

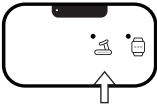
Turn on the power of the treadmill when it is put at the treadmill state, and press and hold such four keys as speed+, speed-, slope+ and slope- at the same time to carry out the lifting check.

6.Guidance on operation of PitPat App



Note: System requirements:
ios13 or above; android 6.0
or above.

- The treadmill allows connection to your phone via Bluetooth
1. Download the PitPat App on your phone and install it or scan the QR code below to download and install the app.
 2. Open the PitPat App and follow the instructions therein to sign in or register your account information.
 3. Connect the treadmill



After registration, click on
the treadmill icon in the
upper right corner

(1) Turn on the Bluetooth function of the mobile phone (android
phone) and enable the positioning function).

(2) Open the PitPat App (If a prompt is given from the App for
authorization, please grant the relevant permissions to the app).

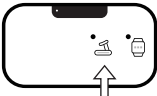
(3) Go to the application home page and click a corner of the
treadmill icon on the upper right to enter the search interface.



- 01 Wait for the treadmill to
connect
02 Search for Wifi

Your phone will automatically search for nearby devices. Turn on the
treadmill (the device that starts with PitPat-T represents your
treadmill) to enable connection.

When the treadmill makes a beep, it means the connection is
successful, and the Bluetooth icon on the treadmill panel will light up.



When the Wifi signal light
turns to "green", it means
the connection is
successful

Note: When connecting, make sure your phone is connected to the
Internet to control the treadmill via Bluetooth.

For details about the network configuration, please refer to descrip-
tions in the APP.

5 ERROR CODE AND SOLUTIONS

1.Description of Fault Display and Fault Code

Fault code	Fault causes	Fault analysis	Solution
SAFE	Safety switch sheds	The safety switch board is damaged	Replace the safety switch board
		The electronic watch is damaged	Replace the electronic watch
Er 1	Failure of the display board to receive the motor driver signal	The upper and lower control connecting wires are in poor contact	Reconnect the upper and lower control connecting wires
		The upper and lower control connecting wires are broken	Replace the connecting wires
		The electronic watch is damaged	Replace the electronic watch
		The motor driver is damaged	Replace the motor driver
Er 2	Lift function fault	The connecting wire is not properly connected	Reconnect the connecting wire
		Lift motor fault	Replace the lift motor
		Controller fault	Replace the controller
Er 3	Overvoltage protection	The input voltage is too high	Check whether the AC voltage is higher than 130V
		The motor driver is damaged	Replace the motor driver
Er 4	Overcurrent protection	The motor belt pulley is too tight	Re-tighten the belt
		Excessively large friction between the running board and the running belt	Apply lubricating oil between the running board and the running belt
		The motor driver is damaged	Replace the motor driver
Er 5	Overload protection	The motor belt is too tight	Slightly loosen the belt
		Large friction between the running board and the running belt	Apply lubricating oil between the running board and the running belt
		The motor driver is damaged	Replace the motor driver
Er 6	Open circuit protection	Motor not connected	Connect motor
		Motor open circuit	Replace the motor
		The motor driver is damaged	Replace the motor driver
Er 7	Failure of the motor driver to receive signals from the display panel	The upper and lower control connecting wires are in poor contact	Reconnect the upper and lower control connecting wires
		The upper and lower control connecting wires are broken	Replace the connecting wires
		The electronic watch is damaged	Replace the electronic watch
		The motor driver is damaged	Replace the motor driver
Er 13	IGBT short circuit	The motor driver is damaged	Replace the motor driver
Er 14	Load short circuit	Motor short circuit	Replace the motor
		The motor driver is damaged	Replace the motor driver

2.Belt Adjustment

Running belt adjustment:

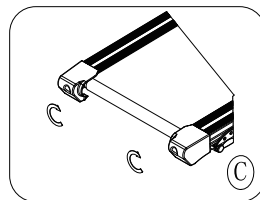
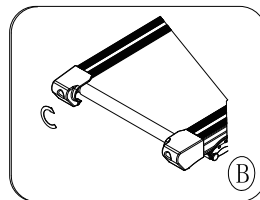
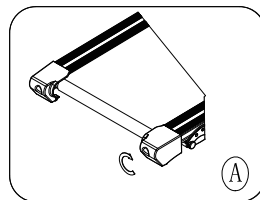
1. In order to better maintain your electric treadmill and extend its service life, we recommend you to turn off the power after it is put into continuous use for 2 hours to rest for 10 minutes before using it again.

2. If the running belt is too loose, slippage may occur when running; If it is too tight, it may reduce the motor performance and aggravate the abrasion of the roller and running belt.

When the running belt is put at an appropriate tightness, both sides of the running belt can be lifted from the running board by hand for about 1.97-2.95inches.

Running belt centering:

- Place the electric treadmill on the flat ground.
- Run the electric treadmill at a speed of about 6-8 MPH and observe the running band deviation.
- If the running belt deviates to the right, unplug the safety lock and power switch, rotate the right regulating bolt in the clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered, as shown in Figure A.
- If the running belt deviates to the left, unplug the safety lock and power switch, rotate the left regulating bolt in the clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered, as shown in Figure B.
- The running belt will gradually get loose after undergoing the above adjustment or after being put for use for a period of time, which needs to be adjusted.
- Unplug the safety lock and power switch, rotate the regulating bolts on both sides in clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the belt is moderately tight, as shown in Figure C.



6 MAINTENANCE

Warning: Be sure to unplug the electric treadmill before cleaning or maintaining the product.

Cleaning: Comprehensive cleaning will extend the service life of the electric treadmill.

Remove dust regularly to keep the parts clean. Be sure to clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure your sneakers are clean to prevent the running board and running belt from getting abrasive due to the foreign objects brought under the running belt. The surface of the running belt should be scrubbed with a wet cloth dipped with soap. Please note not to splash water on the electrical components and under the running belt.

Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor protective cover. Open the motor protective cover at least once a year to vacuum the motor and clean the running belt with special lubricating oil for electric treadmill.

This electric treadmill has been pre-lubricated between the running plate and the running belt. The friction between the running belt and the running board has a great impact on the service life and performance of the electric treadmill, therefore it is necessary to apply lubricating oil between them on a regular basis.

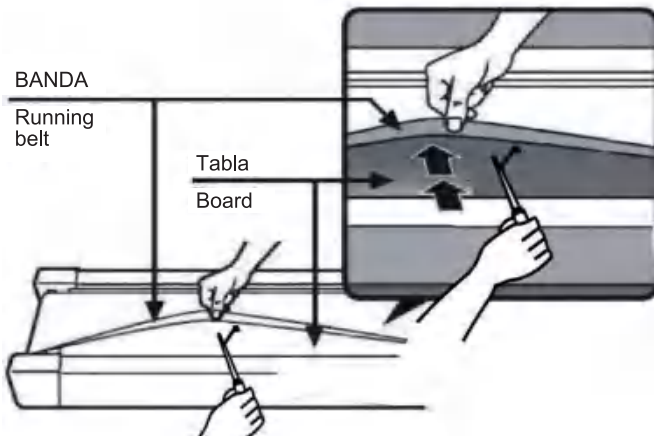
We recommend regular inspection toward the panel. If the panel is damaged, please feel free to contact our customer service center.

We recommend to apply lubricating oil between the running belt and the running board of the electric treadmill according to the following schedule: (the direction for use is shown below)

For lightweight users (using the treadmill for less than 3 hours per week), apply the lubricating oil once a year.

For middleweight users (using the treadmill for 3-5 hours per week), apply the lubricating oil once every 6 months.

For heavyweight users (using the treadmill for more than 5 hours per week), apply the lubricating oil once every 3 months.



7 SAFE EXERCISE MEASURES

1.Guideline for Exercise of Beginners

Preparation:

If you are aged above 35 or have health issue, and this is your first fitness exercise, be sure to consult your doctor or a professional before using the electric treadmill.

Before using the electric treadmill, please stand next to it to familiarize yourself with how to control it - such as starting, stopping and speed adjustment, and you can use it after you are familiar with it. After that, stand on the plastic skateboard on both sides of the treadmill, grab the handrail with both hands, adjust the treadmill to a low speed of 0.9 to 1.9 MPH, keep your body straight, look forward, and "test" on the treadmill with one foot a few times, and stand on the running belt and move with it. After feeling comfortable with the speed, slowly increase the speed to 1.8-3.1 MPH. Maintain such speed for about 10 minutes, then slowly stop the machine.

Exercise:

Please stand next to the electric treadmill to familiarize yourself with how to control it - such as adjustment of speed and slope, and you can use it after you are familiar with it. Walk at a set pace for about a mile and keep track of how long it takes. This process This may take 15-25 minutes. When walking at a speed of 3 MPH, a mile will take about 12 minutes. After you can easily finish such tasks a few times, gradually increase the speed and slope so that you can get a good workout for 30 minutes. Before the walking exercise program, bear the following tips in your mind: Be patient, such exercise is for your lifetime health rather than an overnight magic.

AMOUNT OF EXERCISE

Shortcuts - A 15-20 minute workout is a great way to save time.

Warm up at a speed of 3 MPH for 2 minutes, then increase the speed to 3.2 MPH and 3.6 MPH for 2 minutes each.

Following that, increase your speed by 0.3 MPH every two minutes until you feel your breathing is accelerated but not difficult. Keep working out at this pace and reduce your speed by 0.1 MPH if you feel breathless. At the end, allow four minutes to slow down. If you find it difficult to increase the intensity of your workout by increasing the speed, use a slow increase in the slope. A slight increase in the slope will greatly increase the intensity of the workout.

How to burn calories - This method will indeed burn calories.

Warm up at 2.4 to 3 MPH for 5 minutes, then increase the pace by 0.1 MPH every 2 minutes until you find it challenging to continue at a certain pace for 45 minutes. To boost your workout, maintain this pace during an hour of television program, increase your pace by 0.1 MPH during each commercial break cut-in, and then return to your previous pace during the next TV show, so that the calories are fully burned during the commercial break and the subsequent period in which the heart rate is increased. At the end, allow four minutes to slow down.

Workout frequency:

The targeted workout frequency is 3-5 times a week, and 15-60 minutes for each workout. It would be best to set a workout schedule first, rather than doing it according to your own preferences. You can control the intensity of the workout by adjusting the speed and slope yourself. We recommend you not to set a slope at the beginning, however, when you desire to increase the intensity of your workout, increasing the slope of the electric treadmill is a very effective way.

Seek a professional for advice before exercising. Such a professional is helpful to recommend the frequency, intensity, and duration of exercise appropriate to your age and physical condition. If you experience chest distress or pain, irregular heartbeat, shortness of breath, dizziness, or other discomfort while exercising, stop exercising immediately! Consult a professional before continuing your exercise.

If you frequently use an electric treadmill, you can choose a normal walking speed or a jogging speed.

If you are inexperienced or unsure of the most appropriate test speed, please refer to the following criteria:

- 0.6mph to 1.8mph for people with weak physical condition
- 1.8mph to 2.5mph for people who are sedentary or lack of exercise
- 2.8mph to 3.7 mph for normal walkers
- 3.7mph to 4.6mph for fast walkers
- 4.6mph to 5.5mph for joggers
- 5.5mph to 7.4mph for runners at a moderate speed
- 7.4mph to 9mph for experienced runners
- 9mph to 12mph for excellent runners

Note: A speed of 3.7mph or less is appropriate for walkers; while keeping a speed of 5mph or more is appropriate for runners.

2.Warm-up

It would be best to stretch before your workout. Warm muscles make stretch more easily, so warm up for 5 to 10 minutes before workout. After that, stop and stretch as follows – repeat 5 times, maintain for 10 seconds or more on each leg, and do it again after the workout ends.



1. Downward stretch:

Bend your knees slightly, stoop your body slowly, let your back and shoulders relax, and reach your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times (see Figure 1).



2. Hamstring stretch:

Sit on a clean cushion and straighten one leg. Pull the other leg inward so that it clings to the inside of the straightened leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 2).



3. Calf and heel tendon stretch:

Stand with two hands leaning against on a wall or tree, with one foot remaining behind. Keep your rear leg upright and heel contact, leaning toward a wall or tree. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 3).



4 Quadriceps stretch:

Keep balance by leaning against a wall or table with your left hand, then reach back with your right hand to grab your right heel and slowly pull towards your hip until you feel tension in your front thigh muscles . Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscles) stretch:

Sit with your feet facing each other and your knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 5).

8 SERVICE COMMITMENT

This product is intended for domestic applications only, and any exceptions in connection with commercial use are not covered by our warranty.

If you experience any problems regarding product functionality, please feel free to contact the local distributor to gain support!

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