FitnessQuest *Inc.*

Dedication to Quality

Fitness Quest warrants this product to be free from all
defects in material and workmanship when used
according to the manufacturer's instructions.
See Limited Warranty & Service for details.

If you have any comments or questions contact our
Customer Service Department, toll free at 1-800-321-9236,
Monday through Friday, 9:00 am to 5:00 pm, Eastern Time.

Please record the following information and keep for reference.
Serial #: _____
Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)

FitnessQuest *Inc.*
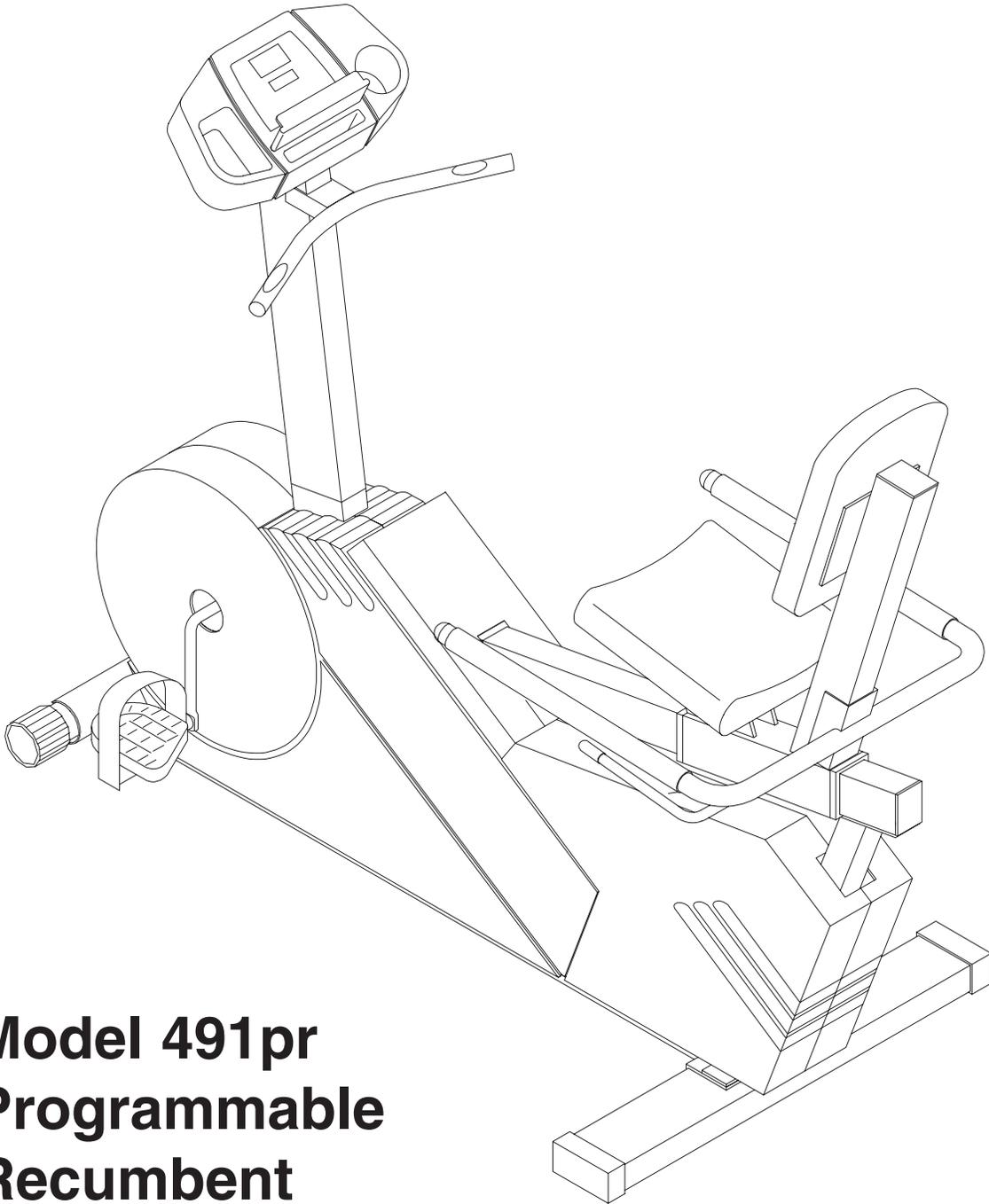
EDGE™

Model 491pr
Programmable
Recumbent
Exercise Bike

FitnessQuest Inc.®

Congratulations on purchasing your Edge™ 491pr Recumbent Bike

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this Owner's Manual carefully.
It is the authoritative source of information about your Edge 491pr Recumbent Bike.

Retain this manual for future reference.

Table of Contents:

FIGURE 10
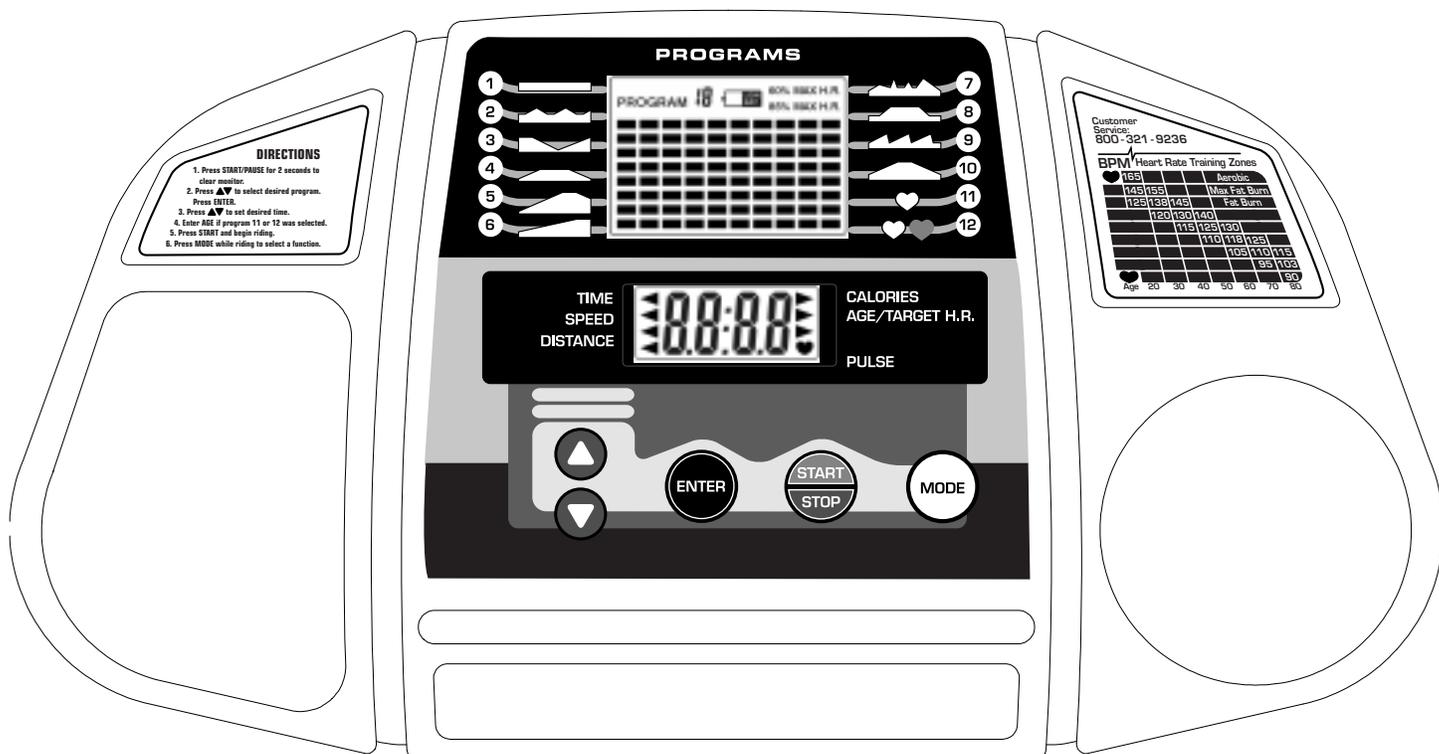
COMPUTER INSTRUCTIONS (cont.)

PARTS LIST

ITEM	QTY.	PART NAME
1	4	M8 x 1.25 x 60mm Carriage Bolt
2	1	Front Foot Tube
3	1	Frame
4	18	M8 ID x 18.8mm OD Flat Washer
5	4	M8 x 1.25 Cap Nut
6	2	Foot Cap
7	2	End Cap
8	1	Rear Foot Tube
9	1	Support Tube
10	1	Right Rear Cover
11	1	Left Rear Cover
12	1	Right Front Cover
13	1	Left Front Cover
14	24	M4 x 12mm Sheet Metal Screw
15	2	M4 x 16mm Sheet Metal Screw
16	6	M5 x 115mm Machine Screw
17	6	M5 Hex Nut
18	1	Seat Carriage Plug
19	1	Seat Carriage
20	2	Seat Carriage Bushing
21	1	Grip
22	1	Square Plug
23	1	Carriage Tube
24	8	M8 x 15mm Button Head Screw
25	1	Seat Cushion
26	2	Back Cushion
27	8	M6 x 1 x 12mm Phillips Head Screw
28	8	M6 Washer
29	1	Handlebar
30	2	M8 x 45mm Button Head Screw
31	6	M8 Locknut
32	2	Sleeve
33	2	Handlebar Plug
34	1	Right Pedal
35	1	Left Pedal
36	1	Crank
37	2	Pedal Strap

ITEM	QTY.	PART NAME
38	1	Reed Switch
39	1	Console Tube
40	1	Console
41	1	Front Handlebar
42	2	M8 x 60mm Machine Screw
43	8	M6 x 1 x 10mm Machine Csrew
44	1	Book Holder
45	1	Center Cover
46	1	Spring
47	1	"V" Belt
48	2	M10 Washer
49	2	M10 Cap Nut
50	1	Pulley
51	6	M6 x 1 Nut
52	1	Magnet
53	1	Mag Brake
54	1	Belt Tension Bracket
55	1	M6 x 1 x 20mm Machine Screw
56	1	M8 x 45mm Button Head Screw
57	1	Idler Bushing
58	1	Idler Pulley
59	2	Bearing Cup
60	2	Bearing
61	1	Slotted Bearing Nut
62	1	Notched Bearing Nut
63	1	Crank Washer
64	1	Crank Nut
65	1	Gear Box
66	1	Gear Box Plate
67	2	Eyebolt
68	2	Adjustment Channel
69	1	M6 x 1 Locknut
70	3	M3.5 x 15mm Sheet Metal Screw
71	2	M4 x 16mm Sheet Metal Screw
72	1	Crank Washer
73	1	Owner's Manual

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program by stretching, followed by 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with non-slip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Avoid over training. You should be able to carry on a conversation while exercising.
8. After an exercise session, cool down with slow walking or stretching.
9. This machine should not be used by or near children.
10 Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
11. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
12. Only one person at a time should use this machine.
13. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
14. Always use this machine on a level surface.
15. Never operate the machine if the machine is not functioning properly.
16. Start exercise slowly and gradually increase the amount of resistance.
17. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
18. Use caution not to pinch fingers or hands in moving parts when using the unit.

KEEP THESE INSTRUCTIONS

Comments or Questions?

Dear Customer,
Congratulations on your purchase of the Edge™ 491PR Recumbent Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site, with any comments or questions you may have.

Edge™ 491PR Recumbent Bike
Customer Service Department
1400 Raff Road SW, Canton, OH 44750-0001

1-800-321-9236, Monday through Friday - 9:00am to 5:00pm, Eastern Time
www.fitnessquest.com

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (EXB01491)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

Manual Packet contains: Manual and Warranty Card

Fastener Pack: Hex Head Tool w/ Phillips Screw Driver
6mm Allen Tool
8 Phillips head Screws for Back and Seat
8 M6 Washers
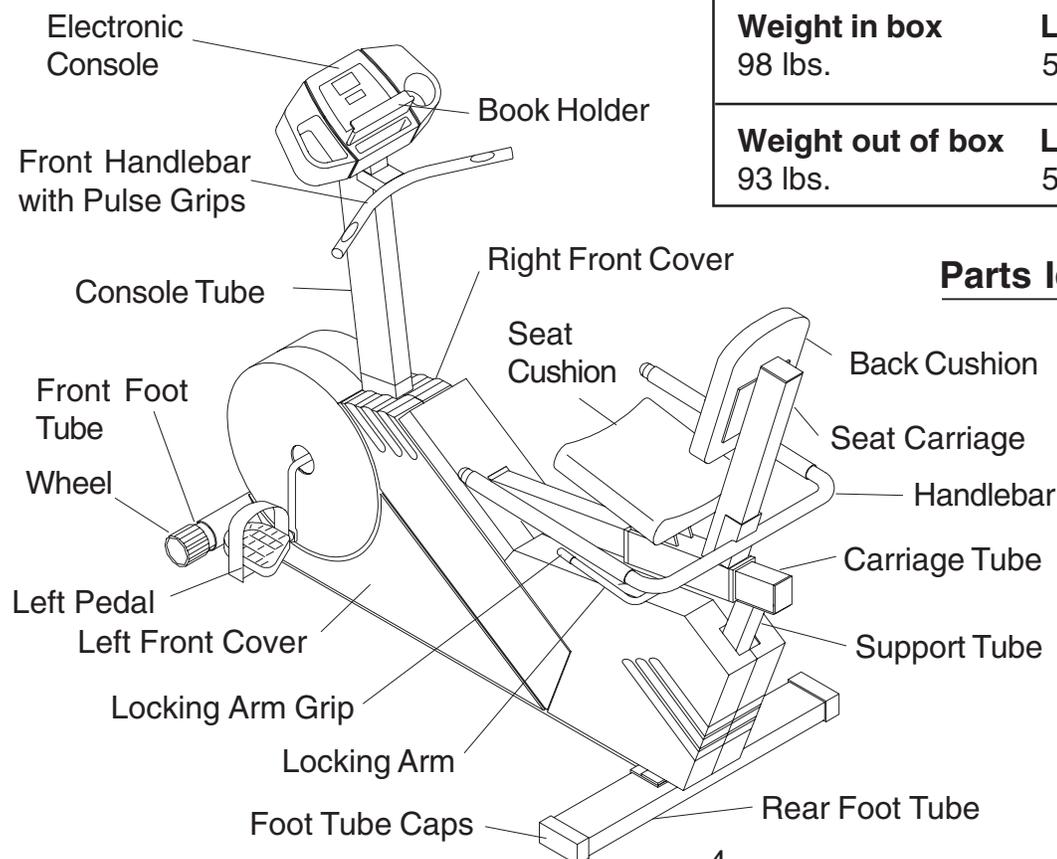
Weight in box	Length	Width	Height
98 lbs.	55-1/2"	9-3/4"	25"

Weight out of box	Length	Width	Height
93 lbs.	52"	21"	45"

Parts Identification

Electronic Console
Book Holder
Front Handlebar with Pulse Grips
Console Tube
Right Front Cover
Seat Cushion
Back Cushion
Front Foot Tube
Seat Carriage
Wheel
Handlebar
Left Pedal
Carriage Tube
Left Front Cover
Support Tube
Locking Arm Grip
Locking Arm
Foot Tube Caps
Rear Foot Tube

COMPUTER INSTRUCTIONS (cont.)
Graphic LCD Display Discription and Function (small window)

TIME: Press the MODE button until the arrow points to the TIME function. If the TIME is not set, it will count up in one- second intervals up to 99.59.
To set the desired time:
STEP 1
Press the ENTER button to enter the TIME setting function.
Press the "UP" or "DOWN" button to choose your desired workout time. Range- 5:00-99.00.
STEP 2
Press START to begin. After workout time is completed the computer will beep for 12 seconds. To stop beeping press any key.

SPEED: Press the MODE key until the arrow points to SPEED. This will display your current speed. The display value will be updated every 2-3 seconds.

DISTANCE: Press the MODE key until the arrow points to the DISTANCE function.
The computer will count in KM or Miles by using adjustment button on back of console. Once the display value reaches 999, it will reset to "0" and count from 0.1 again.

CALORIE: Press the MODE key until the arrow points to the CALORIE function.
The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting from 0.1 again.

AGE: During the stop mode, press the MODE key until the arrow points to the AGE function. It will default at 25.
STEP 1
Press the ENTER button to enter the AGE function.
Press the "UP" or "DOWN" button to input your age. The digit will be flashing.
Press ENTER to go to another function or START to begin exercising.

SCAN: User must manually scan through all functions once before computer starts scan mode automatically.

PULSE: Press the MODE button until the arrow points to the PULSE function. This will display your current heartbeat at a rate in beats per minute.
The PULSE rate will be displayed after 4 stable pulse signals have been detected. Each pulse signal will be accompanied by a symbol flash.
If there is no pulse input detected for over 8 seconds, the computer will turn off the pulse circuit auto-automatically. Press START button to re-start pulse function.

LCD contrast calibration
The contrast of the screen can be adjusted by the following steps. During the STOP mode press and hold the ENTER and "UP" buttons together for over 2 seconds. This will open the LCD contrast calibration mode. Then press the "UP" or "DOWN" buttons to adjust the contrast of the screen. Press START/ STOP button to set the desired level of contrast. There are 16 levels of contrast.

COMPUTER INSTRUCTIONS (cont.)

PROGRAM GRAPHICS

PROGRAM 1
MANUAL
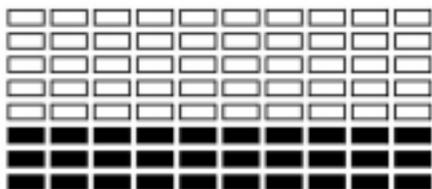
PROGRAM 5
RAMP
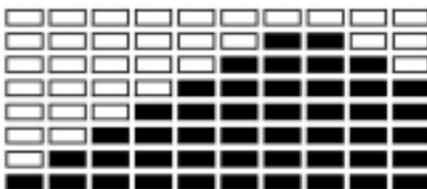
PROGRAM 9
INTERVALS
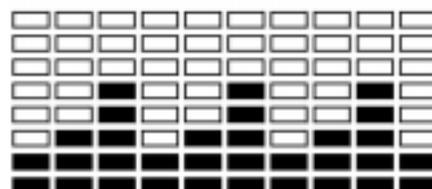
PROGRAM 2
ROLLING
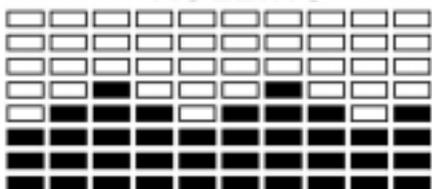
PROGRAM 6
FITNESS TEST
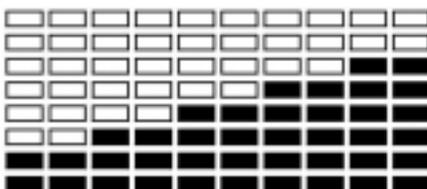
PROGRAM 10
MOUNTAIN

PROGRAM 3
VALLEY

PROGRAM 7
RANDOM
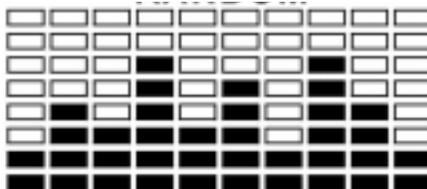
PROGRAM 11
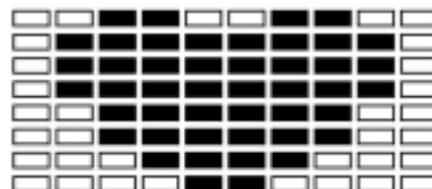
PROGRAM 43
FAT BURN

PROGRAM 8
PLATEAU

PROGRAM 12

Operating Instructions

STEP 1
Press START/ STOP key 2 seconds to clear out previous program .
STEP 2
Press the "UP" or "DOWN" buttons to choose the desired Heart rate program (program 11 or 12).
STEP 3
Press ENTER for TIME mode. Press the "UP" or "DOWN" buttons for the desired TIME setting.
STEP 4
Press ENTER for AGE mode. Press the "UP" or "DOWN" buttons for the desired AGE setting.
STEP 5
You are now ready to begin exercising.

NOTE: Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

ASSEMBLY - Foot Tube

FIGURE 1

Step 1. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the FRONT FOOT TUBE (2).

Step 2. Attach FRONT FOOT TUBE (2) to front of FRAME (3) with hardware removed in Step 1. Make sure to insert BOLTS through "square holes" first.

5
M8 x 1.25
CAP NUT

4
M8
WASHER

1
M8 x 1.25 x 60
CARRIAGE BOLT

3
FRAME

2
FRONT
FOOT
TUBE

FIGURE 1

9
SUPPORT
TUBE

5
M8 x 1.25
CAP NUT

4
M8
WASHER

5
M8 x 1.25
CAP NUT

4
M8
WASHER

3
FRAME

1
M8 x 1.25 x 60
CARRIAGE BOLT

8
REAR
FOOT
TUBE
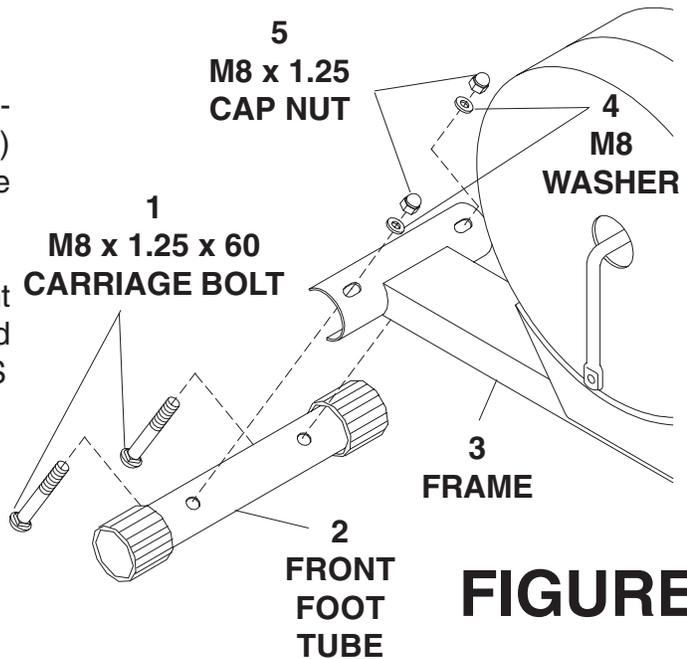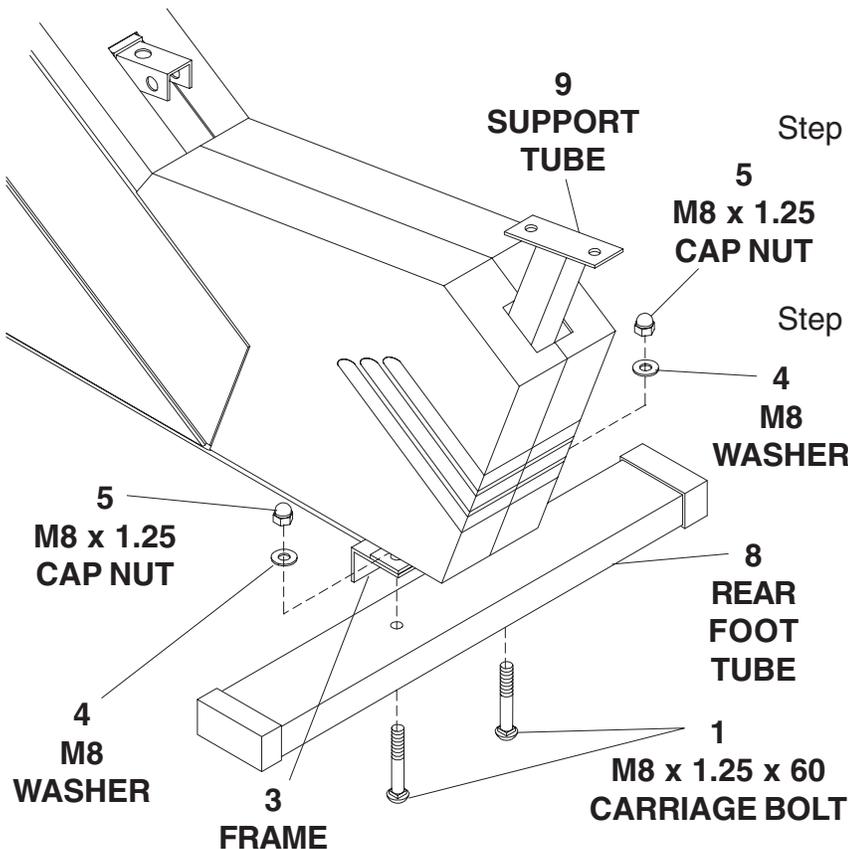
FIGURE 2

Step 3. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the REAR FOOT TUBE (8).

Step 4. Insert two M8 x 1.25 x 60 CARRIAGE BOLTS (1) through "square holes" in REAR FOOT TUBE (8), FRAME (3) and SUPPORT TUBE (9) and fasten with M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5).
**NOTE:** It will be difficult to attach NUTS, but they **will** fit. **DO NOT** tighten these NUTS until you have completed Step 9.

FIGURE 2

ASSEMBLY - Seat Frame

FIGURE 3

Step 5. Remove BUTTON HEAD SCREW (24) and M8 WASHER (4) from end of CARRIAGE TUBE (23).

Step 6. Push LOCKING ARM up, insert CARRIAGE TUBE (23) through SEAT CARRIAGE (19) and release LOCKING ARM. This will hold CARRIAGE TUBE in place.

Step 7. Remove BUTTON HEAD SCREWS (24) and M8 WASHERS (4) from FRAME (3).

Step 8. Slide CARRIAGE TUBE (23) over end of FRAME (3) and fasten with hardware removed in Step 7.

Step 9. Attach CARRIAGE TUBE (23) to SUPPORT TUBE (9) with hardware removed in Step 5. Secure REAR FOOT TUBE NUTS now.

24
BUTTON
HEAD
SCREW

19
SEAT
CARRIAGE

23
CARRIAGE
TUBE

4
M8
WASHER

LOCKING
ARM

3
FRAME

9
SUPPORT
TUBE

4
M8
WASHER

24
BUTTON
HEAD
SCREW
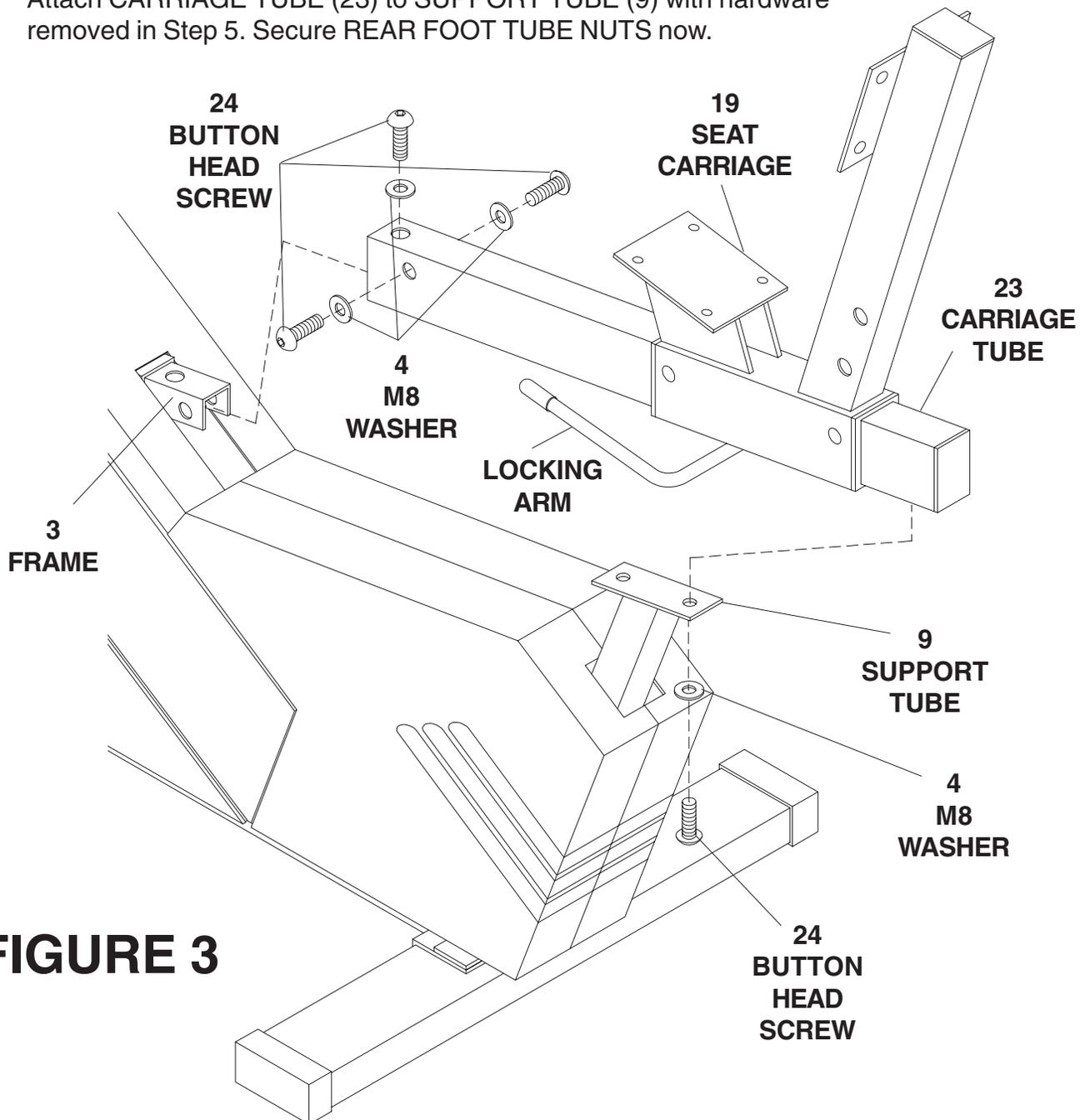
FIGURE 3

COMPUTER INSTRUCTIONS (cont.)
Buttons and Definitions

MODE: This button selects functions of TIME, SPEED, DISTANCE, CALORIES, AGE, TARGET HEART RATE, and PULSE.

ENTER: This button allows users to set the chosen mode for exercising. (During the STOP mode, press the enter button to enter the TIME or AGE setting.

START/STOP: This button allows the user to STOP or START exercising. (By holding this button for 2 to 4 seconds the user can enter the initial and rest all values to "0". The monitor will turn off automatically after approx. 4.5 minutes of non use. All values will then be reset to "0".

"UP" BUTTON: This button allows the user to increase the values of the load level, Time, and Age.
"DOWN" BUTTON: This button allow the user to decrease the values of the load level Time, and Age.

Graphic LCD Display Discription and Function (large window)

This system offers 12 programs that you can preset the workout time and will divide the time by 10 intervals. If you do not preset the workout time the system will count up the workout time in one-second increments.

PROGRAMS 1-10:

See program graphics on next page.
STEP 1
Begin by pressing the START/STOP button for over 2 seconds. This will clear any other chosen function.
STEP 2
Next press the "UP" or "DOWN" buttons to scroll to the desired exercise program. Then press ENTER. The program will be displayed on the LCD window.
STEP 3
The TIME setting mode should now be displayed. Press the "UP" or "DOWN" buttons to set the desired workout time.
STEP 4 Press the START button to begin exercising. (If you want to exit the Program press the ENTER button.
Once you begin exercising your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the "UP" or the "DOWN' buttons. To PAUSE your exercising program press the STOP button, then to resume press the START button.

PROGRAMS 11 and 12:

These unique programs allow the monitor to adjust the workout resistance according to your heart rate automatically. Grasp the pulse rate grips and hold with a firm grip. If the current heart rate is greater than the Target heart rate the computer will decrease the workout resistance automatically. If your current heart rate is less than your target heart rate it will increase your resistance.
Program 11: 60% of max. heart rate. Formula: Max. heart rate = 220 - your age.
Program 12: 85% of max heart rate. Formula: Max heart rate = 220- your age.

COMPUTER INSTRUCTIONS

INTRODUCTION

Your bike is equipped with a programmable computer to help you track your progress and motivate you to reach your fitness goals.

This computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising - your monitor will then show your pulse, approximate calories burned, elapsed time, speed and distance traveled.

IMPORTANT: Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advise is absolutely essential.

WARNING: The batteries must be installed as instructed in this manual. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

FUNCTIONS and FEATURES:

TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the UP and DOWN buttons. If you continue exercising once the time has reached 0:00, the computer will begin counting at the programmed time setting. Example: If your time setting was 30 minutes and the computer has reached 0:00, the computer will stop tracking time after four seconds of inactivity and will continue once you resume exercising.

**SPEED:** Displays your workout speed in miles per hour.

DISTANCE: Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in hundredths of a mile until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example: 00.00-9.99 miles, then 10.0-99.9 miles.

CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

AGE: Your computer is age-programmable from 16 to 99 years when you choose program 11 or program 12. The default age is 25 years.

PULSE: Your computer displays your pulse rate in beats per minute during your workout. After your workout, the computer will display your average heart rate covering your entire exercise session.

Pulse handgrips, located on the handlebars enable the user to read his/her pulse rate. By grasping the grips and holding firmly the display will read your pulse rate in the display window. This can be read at any time in any program.

ASSEMBLY - Seat

FIGURE 4

Step 10. Attach SEAT CUSHION (25) to SEAT CARRIAGE (19) with PHILLIPS HEAD SCREWS (27) and M6 WASHERS (28).

Step 11. Attach BACK CUSHION (26) to one of "four" positions with PHILLIPS HEAD SCREWS (27) and M6 WASHERS (28).

Select the proper position according to your height.

25 SEAT CUSHION

26 BACK CUSHION

19 SEAT CARRIAGE

28 M6 WASHER

27 PHILLIPS HEAD SCREW

27 PHILLIPS HEAD SCREW

28 M6 WASHER

28 M6 WASHER
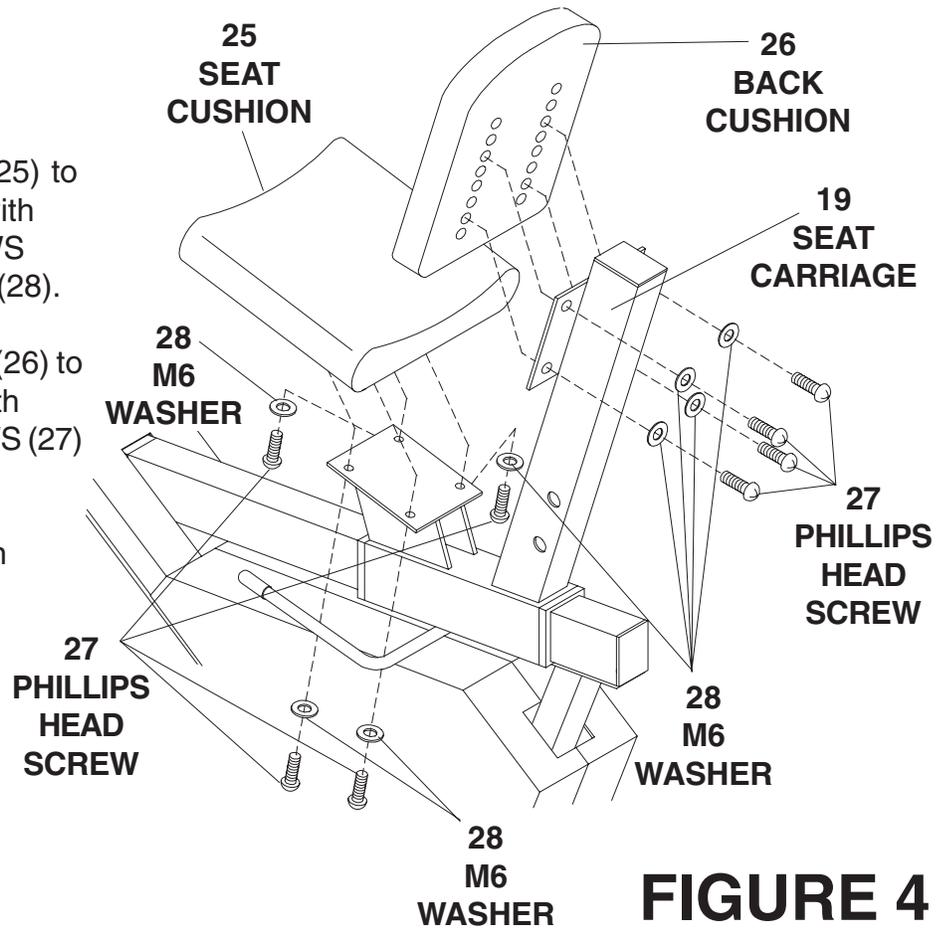
FIGURE 4

ASSEMBLY - Handlebar

19 SEAT CARRIAGE

29 HANDLEBAR

31 M8 LOCKNUT

4 M8 WASHER
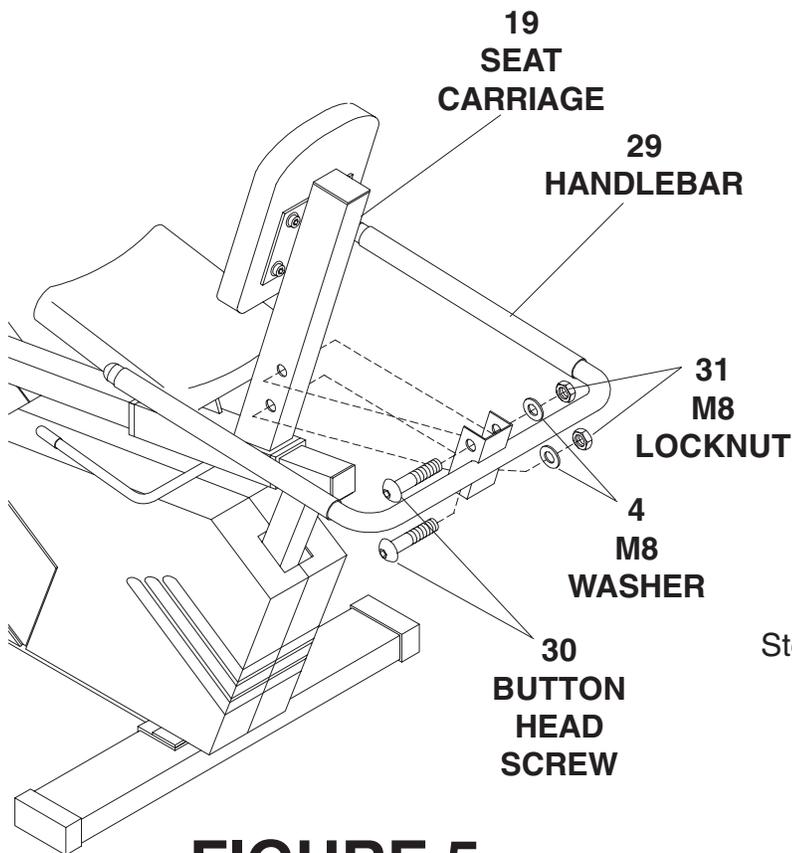
30 BUTTON HEAD SCREW

FIGURE 5

Step 12. Attach HANDLEBAR (29) to SEAT CARRIAGE (19) with BUTTON HEAD SCREWS (30), M8 WASHERS (4), and M8 LOCKNUTS (31).

FIGURE 5

ASSEMBLY - Pedals

SHAFT

37 PEDAL STRAP

34 RIGHT PEDAL

FIGURE 6

Step 13. Thread SHAFTS of PEDALS (34 RIGHT and 35 LEFT) into CRANK (36) and tighten with wrench.

Step 14. Select desired slot and attach PEDAL STRAPS (37) to PEDALS (34 & 35).

36 CRANK

37 PEDAL STRAP

SHAFT

35 LEFT PEDAL
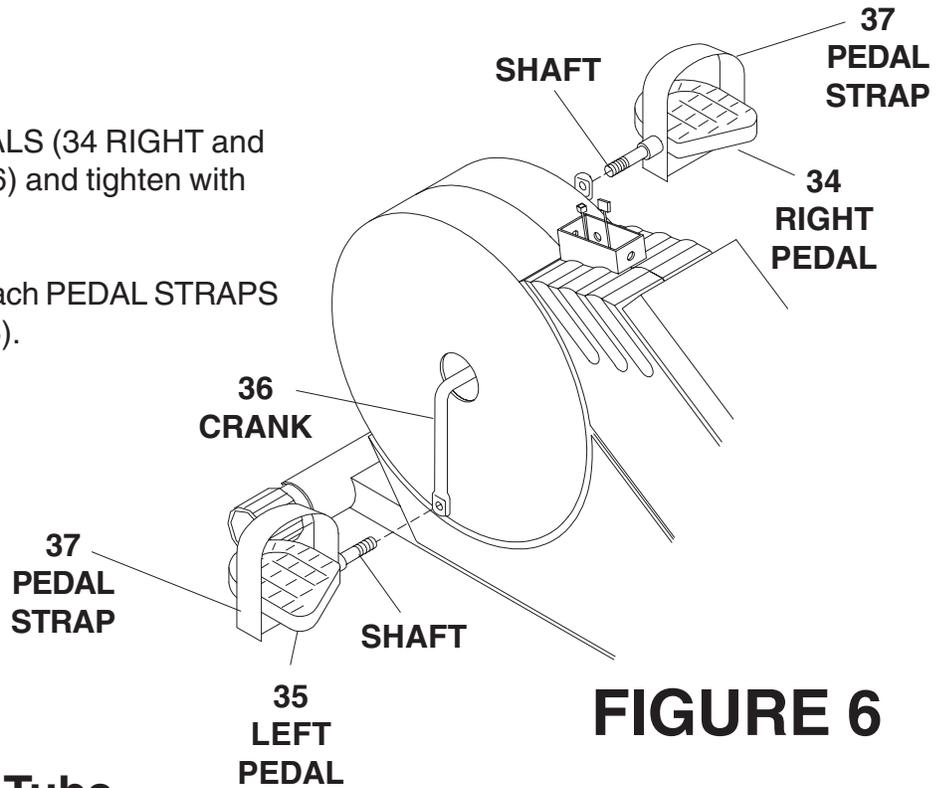
FIGURE 6

ASSEMBLY - Console Tube

EXTENSION WIRE

PICKUP WIRE

39 CONSOLE TUBE

24 BUTTON HEAD SCREW

4 M8 WASHER

24 BUTTON HEAD SCREW

4 M8 WASHER

3 FRAME

24 BUTTON HEAD SCREW
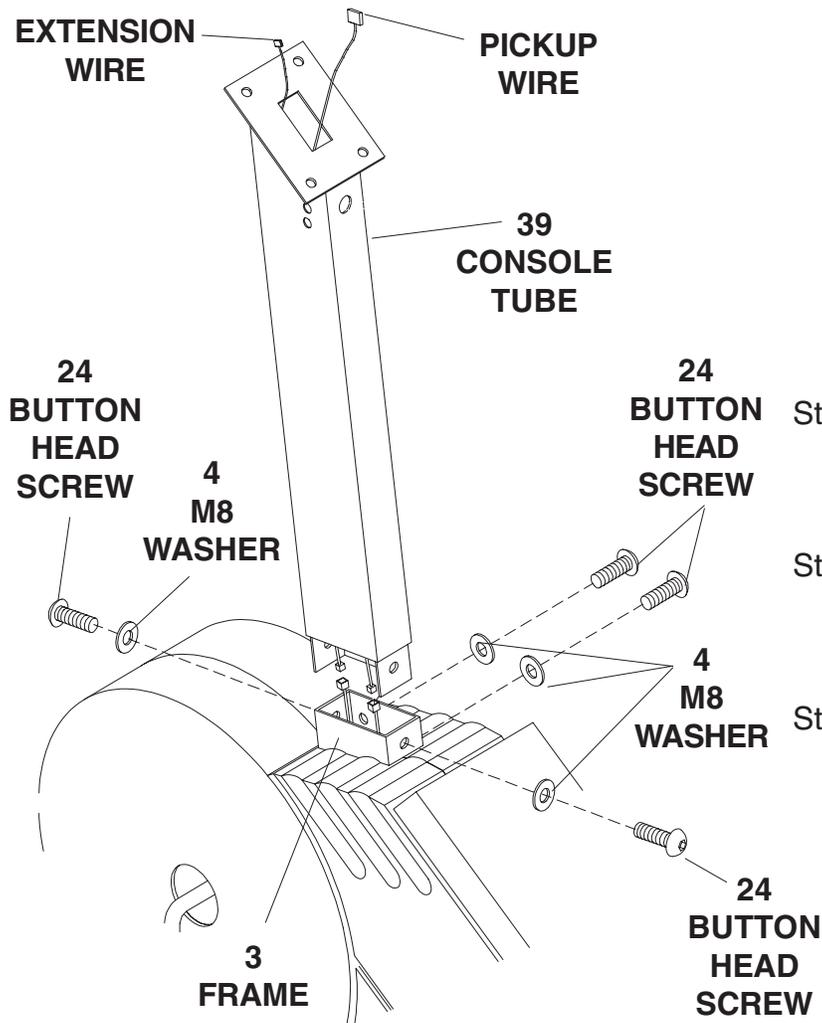
FIGURE 7

Step 15. Remove BUTTON HEAD SCREWS (24) and M8 WASHERS (4) from FRAME (3).

Step 16. Connect the PICKUP WIRE and EXTENSION WIRE to WIRES in FRAME (3).

Step 17. Slide CONSOLE TUBE (39) over WIRES and into FRAME (3). Fasten with hardware removed in Step 15. **NOTE: DO NOT** pinch wires while attaching CONSOLE TUBE.

FIGURE 7

8

WARMING UP

The greatest improvements are achieved when muscles are warm. Stretches should be slow, steady, and held for 15 to 30 seconds, then gradually release back to the starting position. Stretch to a point where tension is felt, not pain. Never bounce or jerk while stretching. The most important feature of balanced fitness is to be consistent. Begin each workout period by first warming up. Start your warm up by walking in place or around in the house for 2 to 5 minutes, then perform the stretches suggested below. This will slowly increase your body temperature and blood flow, so your muscles are more flexible, thus preventing muscle strain and injuries. The idea is to gradually build up your entire system for the workout period, then after you workout, gradually return to normal.

Some suggested warm-up exercise are as follows:

WAIST TWIST: With your feet shoulder width apart, slowly twist your upper body right and left.

CALF STRETCH: Lean against a wall or a solid object keeping your body straight. Slowly raise up and down on the balls or your feet.

SQUATS: From a standing position, balance yourself by holding onto a solid object or the wall. Slowly squat down until the upper portion of your legs are level with your knees. Return to the standing position.

WORKING OUT

Too much... two little... how much is enough?

The key to a healthful program is defining your personal goals and establishing an exercise/nutrition program that will help you to be successful. At approximately 20 minutes into an aerobic exercise your body shifts into what is called the ìfat-burning phaseî. During this phase your are able to attack greater amounts of stored fat. Although it is often neglected, stretching can effectively reduce muscle tension, help good posture, increase range of motion and improve the loss of movement. It is a good idea to drink cool water before, during and after your workout.

CAUTION: Immediately after a workout if you are over-heated, do not drink lots of ice cold water. Cool your body down gradually using cool water. Drinking after a workout replaces the water that you have lost by sweating during your workout.
If the water is not replaced, it could result in heat exhaustion and/or dehydration. Drinking eight glasses of water a day is generally recommended. After completing the stretches and warm-up, you are ready to begin.

# HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

Heart Rate (Beats/Min) vs. AGE (YRS)

Maximum Attainable Heart Rate: 195, 190, 185, 180, 175, 170, 165, 160, 155, 150, 145, 140

85% Target Zone: 165, 161, 157, 153, 148, 144, 140, 136, 131, 127, 123, 119

70% Target Zone: 136, 133, 129, 129, 129, 119, 115, 112, 108, 105, 101, 98

AGE (YRS): 20 25 30 35 40 45 50 55 60 65 70 75 80

Heart Rate (Beats/Min): 100 110 120 130 140 150 160 170 180 190 200
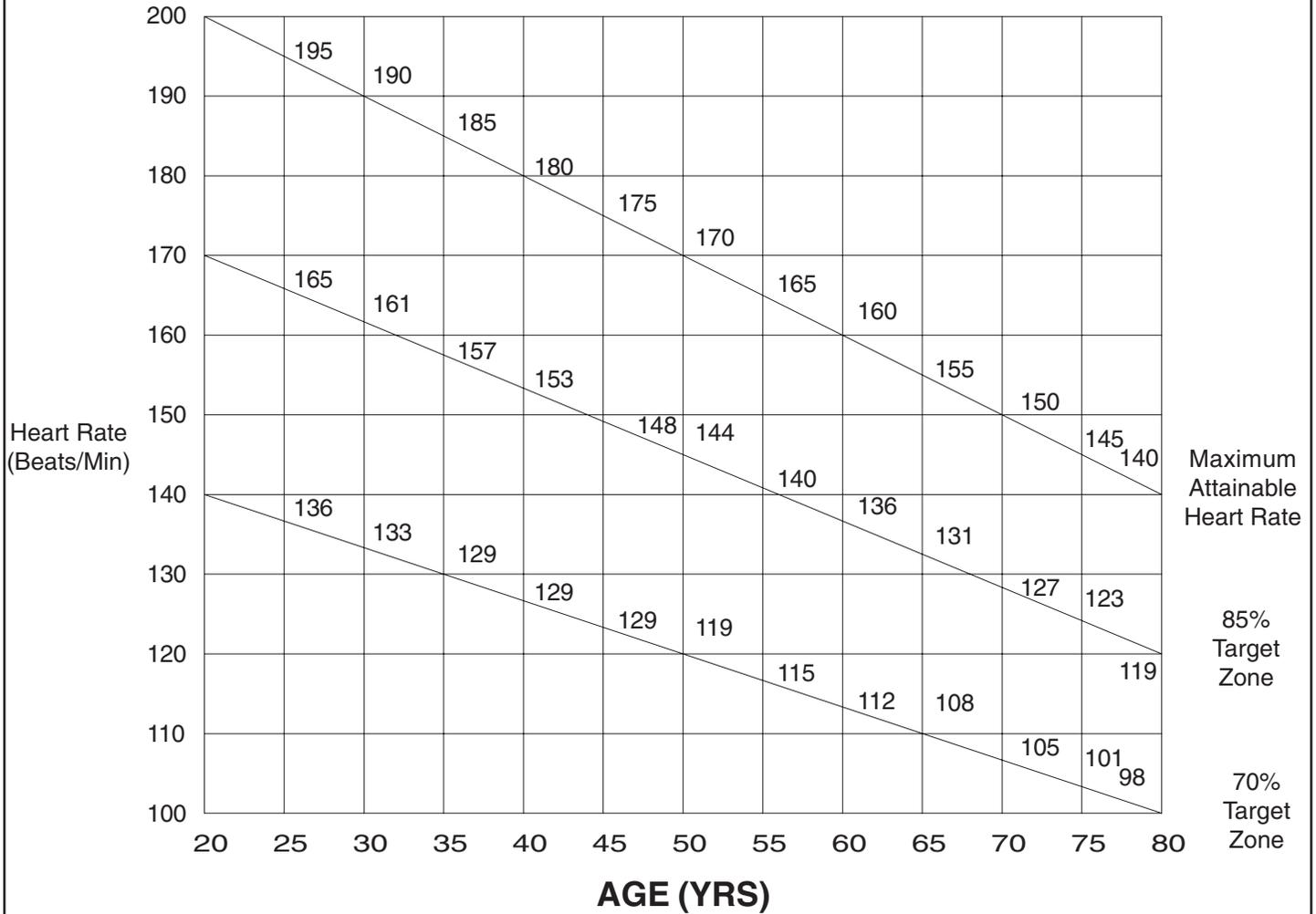
TABLE 2

| Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	4	60-65% -8	5	17	3	51
3 & 4	5	65-70% -10	5	20	3	60
5 & 6	5	70-75% -15	5	25	3	75
7 & 8	5	70-80% -20	5	30	3	90
9 & 10	5	70-85% -25	5	35	3	105
11 & 12	5	70-85% -25	5	35	3	105

ASSEMBLY - Console & Handlebar

FIGURE 8

Step 18. Remove BATTERY DOOR of CONSOLE (40) and insert four "C" SIZE BATTERIES and replace BATTERY DOOR.

NOTE: DO NOT use rechargeable batteries. Using rechargeable batteries will cause a short circuit and destroy CONSOLE (40).

IMPORTANT

Your monitor includes low grade batteries that will operate the computer for display purposes only. You will need to replace the batteries shortly after using the bike for the first few times.

FOUR "C" SIZE BATTERIES

BATTERY DOOR

FIGURE 8

40 CONSOLE

---

44 BOOK HOLDER

40 CONSOLE

SLOT

EXTENSION WIRE

PICKUP WIRE

31 M8 LOCKNUT

4 M8 WASHER

PULSE WIRES

PULSE GRIP

42 MACHINE SCREW

43 MACHINE SCREW

41 FRONT HANDLEBAR

PULSE GRIP
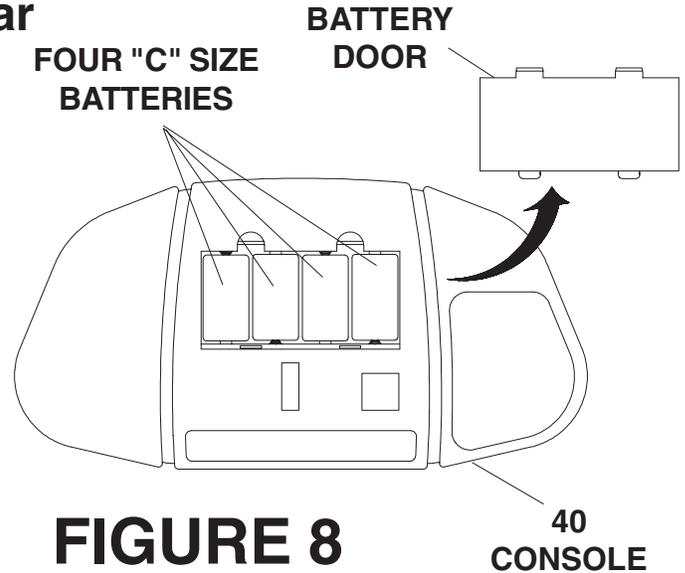
39 CONSOLE TUBE
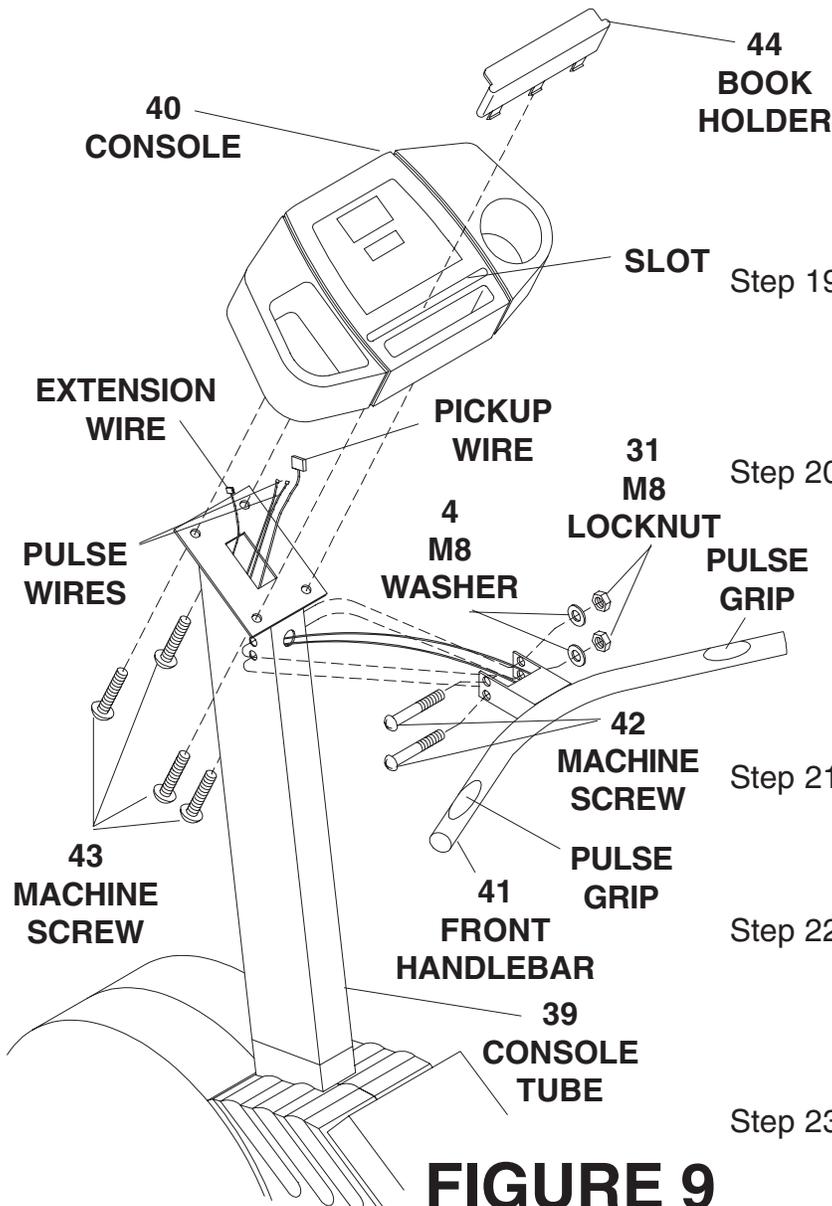
FIGURE 9

FIGURE 9

Step 19. Insert PULSE WIRES from FRONT HANDLEBAR (41) through HOLE in CONSOLE TUBE (39) and pull PULSE WIRES up through top of CONSOLE TUBE.

Step 20. Attach FRONT HANDLEBAR (41), with PULSE GRIPS up, to CONSOLE TUBE (39) with MACHINE SCREWS (42), M8 WASHERS (4), and M8 LOCKNUTS (31).
NOTE: DO NOT pinch wires between HANDLEBAR and CONSOLE TUBE.

Step 21. Carefully plug PICKUP WIRE, EXTENSION WIRE and PULSE WIRES into bottom of CONSOLE (40).

Step 22. Remove MACHINE SCREWS (43) from bottom of CONSOLE (40) and attach CONSOLE to CONSOLE TUBE (39) with MACHINE SCREWS (43).

Step 23. Snap BOOK HOLDER (44) into SLOT in CONSOLE (40).

HOW TO BEGIN

WARNING: *Prior to undertaking any exercise, or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardiocirculatory problems, etc., should consult a competent medical authority before undertaking any exercise, or engaging in a continuing program of exercise.*

By first doing the above, you will then have a starting point from which to measure your increased physical improvement.

CAUTION: *Stop exercising if you experience any of the following symptoms.*

- Pressure, tension, or pain in your chest, shoulders, neck, jaw, or arms.
- Noticeable pain of any kind (i.e. leg or stomach cramps).
- Lightheaded or dizziness (fainting-lack of vision).
- Abnormal breathing (rapid or lack of air).
- Sudden unsteadiness, weakness or numbness of the face, arms, legs or body.
- Loss of speech, problems speaking, or understanding speech.
- Unusual fatigue.
- Lowering of your heart rate with increased exercise demands.
- Fluttering in your chest (heart palpitations).

If any of these symptoms occur, call your doctor immediately. If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down.

SET FITNESS GOALS
General guidelines to follow.
The key to a healthful program is defining your personal goals, and establishing an exercise/nutrition program that will help you to be successful.

What your individual exercise goals are will depend on many factors, some of which includes your age, current fitness level, sex, heredity, and according to your lifestyle, the amount of time available to exercise.

Disciplining yourself not to skip a workout period is a very important short term goal. Many exercise programs fail because this goal is not set as a priority. Just some of the advantages that you will receive with a consistent long term exercise program include; a decrease in the percentage of stored fat, firmer better toned muscles, increased vitality, and improved overall health in all areas of your physical and mental efficiency.

PLANNING AN EXERCISE PROGRAM

When and how much exercise to do.

Probably the most important part of exercising, especially if exercise is new for you, is commitment, commitment, commitment! Maintaining a physically fit body does not require hours and hours of your time. For an average non-exercising person, a safe and generally accepted schedule is to exercise consistently for 20 to 30 minutes, three times per week to maintain cardiovascular fitness.

Keeping a written record will help you to see your progress and may serve to help you keep your commitment. It is extremely important to start out slow and not to overdo, especially for the first month or two. Two reasonable times to workout, if it fits your schedule, is in the morning before breakfast, or early evening before your evening meal.

Research shows that to increase your fitness level you should workout at a level of 70 to 80 percent of your maximum heart rate. This is the target zone for best results. Exceeding your target zone will not increase your fitness level, and could be very dangerous.

MONITORING YOUR HEART RATE

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After feeling your pulse, count the number of beats for 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. A chart is provided for you to log your heart rate at rest; after warming up, during your workout, and two minutes during your cool down, then 10 minutes after your cool down. We recommend taking your heart rate at these times to accurately track your progress as it relates to better physical fitness.

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR)= Maximum Heart Rate
(THR)= Target Heart Rate

220 - age = maximum heart rate (MHR). MHR x .70 = 70% of your heart rate.
MHR x .85 = 85% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .70 = 133 (Low end or 70% of THR)
190 x .85 = 161 (High end or 85% of THR)
See Table No. 1 for additional calculations.

If exercise is new to you, donít push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down. Heart rhythm disturbances may occur if you stop abruptly, so always remember to cool down.

You are an individual and your body is unique. All of the information in this manual is for an average person with average physical fitness. Use these instructions as a guide.