

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. 831.286871

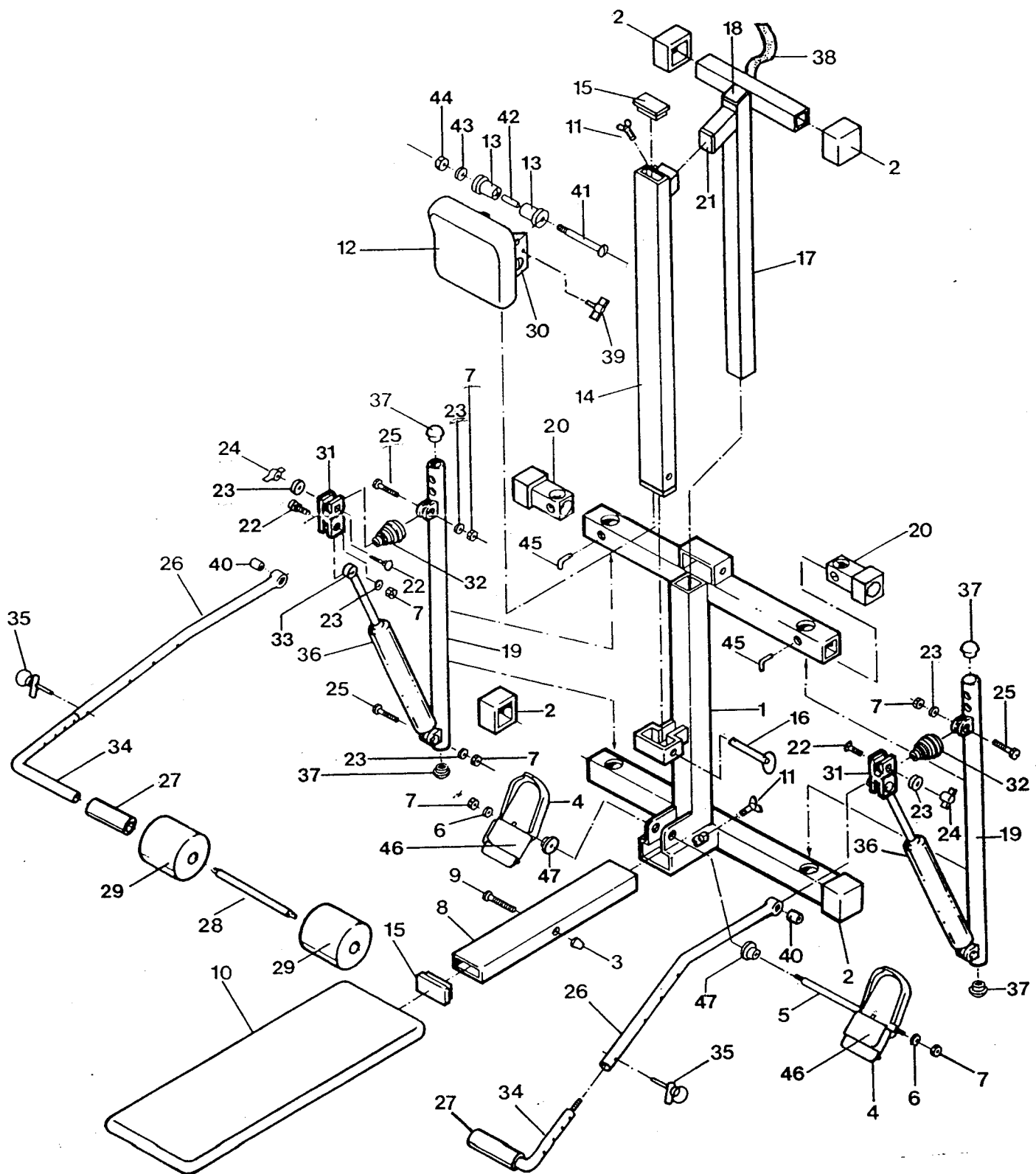
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Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	NSP	1	Frame	25	013010	4	Bolt
2	040135	4	Frame Endcap	26	002030	2	Rowing Arm
3	012013	1	Acorn Nut	27	041004	2	Foam Grip
4	039001	2	Footrest	28	006048	1	Abdominal Bar
5	049015	1	Footrest Shaft	29	057002	2	Foam Roller Pad
6	014017	2	Footrest Washer	30	008006	1	Seat Bracket
7	012002	8	Locknut	31	016022	2	Black H-Clamp
8	006080	1	Bench Bar	32	010021	2	Joint Cap
9	013050	1	Long Bolt	33	019077	4	2-Piece Shock Bushing
10	042006	1	Bench	34	002027	2	Rowing Handle
11	017011	2	Thumb Screw	35	015016	2	Arm Pin
12	042007	1	Seat	36	043006	2	Resistance Cylinder
13	022022	4	Roller	37	040052	4	Plug
14	006015	1	Rowing Rail	38	035005	1	Strap
15	040014	3	Rectangular Bar Cap	39	017003	1	Locking T-Wingbolt
16	015004	1	Rail Pin	40	019006	2	Bushing
17	006016	1	Frame Extension	41	013048	2	Roller Bolt
18	040015	1	Square Tube Cap	42	019011	2	Spacer
19	006070	2	Pivot Tube	43	014009	2	Roller Washer
20	008052	2	Frame Insert	44	012003	2	Roller Nut
21	040120	1	Angled Tube Cap	45	015048	2	Pivot Tube Pin
22	013205	4	Carriage Bolt	46	035004	2	Footrest Strap
23	014019	8	Washer	47	019012	2	Plastic Spacer
24	017001	2	T-Wingnut	#	046334	1	Owner's Manual

EXPLODED DRAWING - Model No. 831.286871

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See the back cover of this manual for part ordering information.



*Specifications are subject to change without notice.