

TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

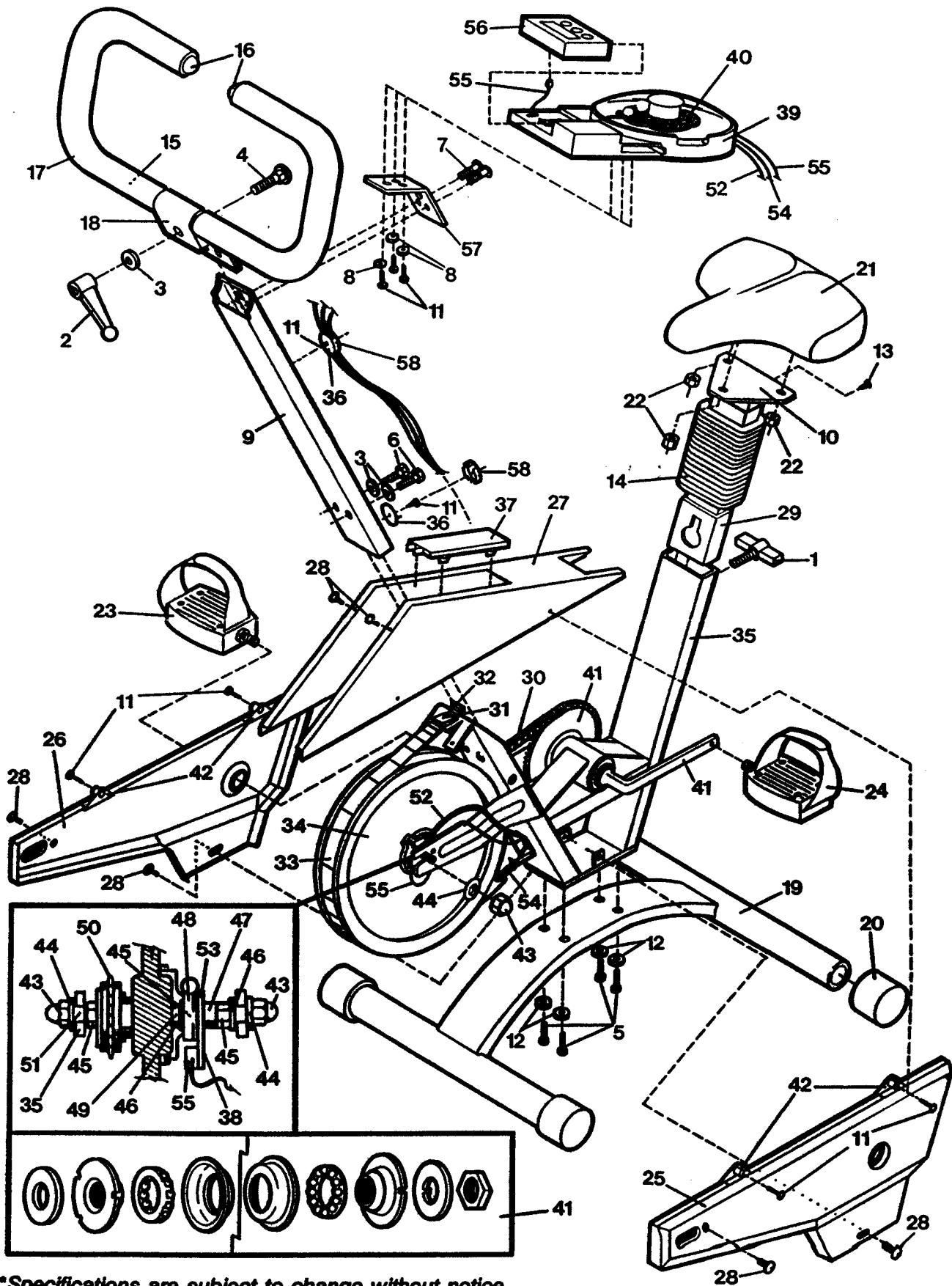
Stretches: Hamstrings, back of knees, back.



PART LIST - Model No. 831.287250

Rev. 10/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	017054	1	Wingbolt	32	013132	1	Buckle Screw
2	017009	1	Clamp Knob	33	035033	1	Resistance Strap
3	014030	3	Flat Washer	34	021051	1	Flywheel
4	013137	1	Carriage Bolt	35	NSP	1	Frame
5	013265	4	Base Bolt	36	054029	2	Cable Clip Base
6	013584	2	Post Bolt	37	009147	1	Hood Cap
7	013542	2	Clamp Bolt	38	013585	2	Reed Switch Screw
8	014173	3	Washer	39	072047	1	AUTO TOUR Console
9	007113	1	Handlebar Post	40	072048	1	AUTO TOUR Disc (3)
10	007114	1	Seat Post	41	070903	1	Crank Assembly
11	013141	9	Screw	42	008081	4	Side Shield Tab
12	014172	4	Base Washer	43	012048	2	Axle Nut
13	013356	1	Bellows Screw	44	014040	2	Axle Washer
14	010011	1	Bellows	45	012164	3	Hex Nut
15	001011	1	Handlebar	46	012164	2	Thin Hex Nut
16	040004	2	Handlebar Cap	47	014104	1	Beveled Washer
17	041011	2	Foam Grip	48	028006	1	Driver
18	016021	1	Handlebar Clamp	49	019300	1	Spacer
19	004208	1	Base	50	024007	1	Freewheel Sprocket
20	040047	4	Base Endcap	51	049101	1	Flywheel Axle
21	042005	1	Seat	52	026031	1	Drive Cable
22	012002	3	Seat Nut	53	061059	1	Reed Switch Bracket
23	038006	1	Right Pedal	54	026032	1	Resistance Cable Assy.
24	038005	1	Left Pedal	55	033172	1	Sens. Wire/Reed Switch
25	010154	1	Left Side Shield	56	032051	1	Electronic Monitor
26	010153	1	Right Side Shield	57	008246	1	Console Bracket
27	009113	1	Hood	58	054030	2	Cable Clip
28	013397	6	Phillips Bolt	#	045004	1	2-Piece Tool
29	019245	1	Seat Post Sleeve	#	046271	1	Owner's Manual
30	025036	1	Chain	#	089016	1	Monitor Oper. Guide
31	050001	1	Strap Buckle	#	089044	1	AUTO TOUR Guide



*Specifications are subject to change without notice.