

QUADRICEPS STRETCH

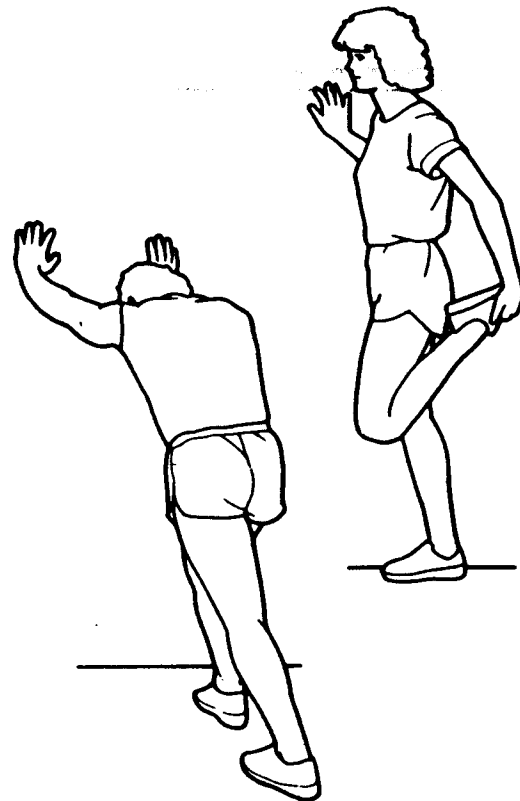
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.



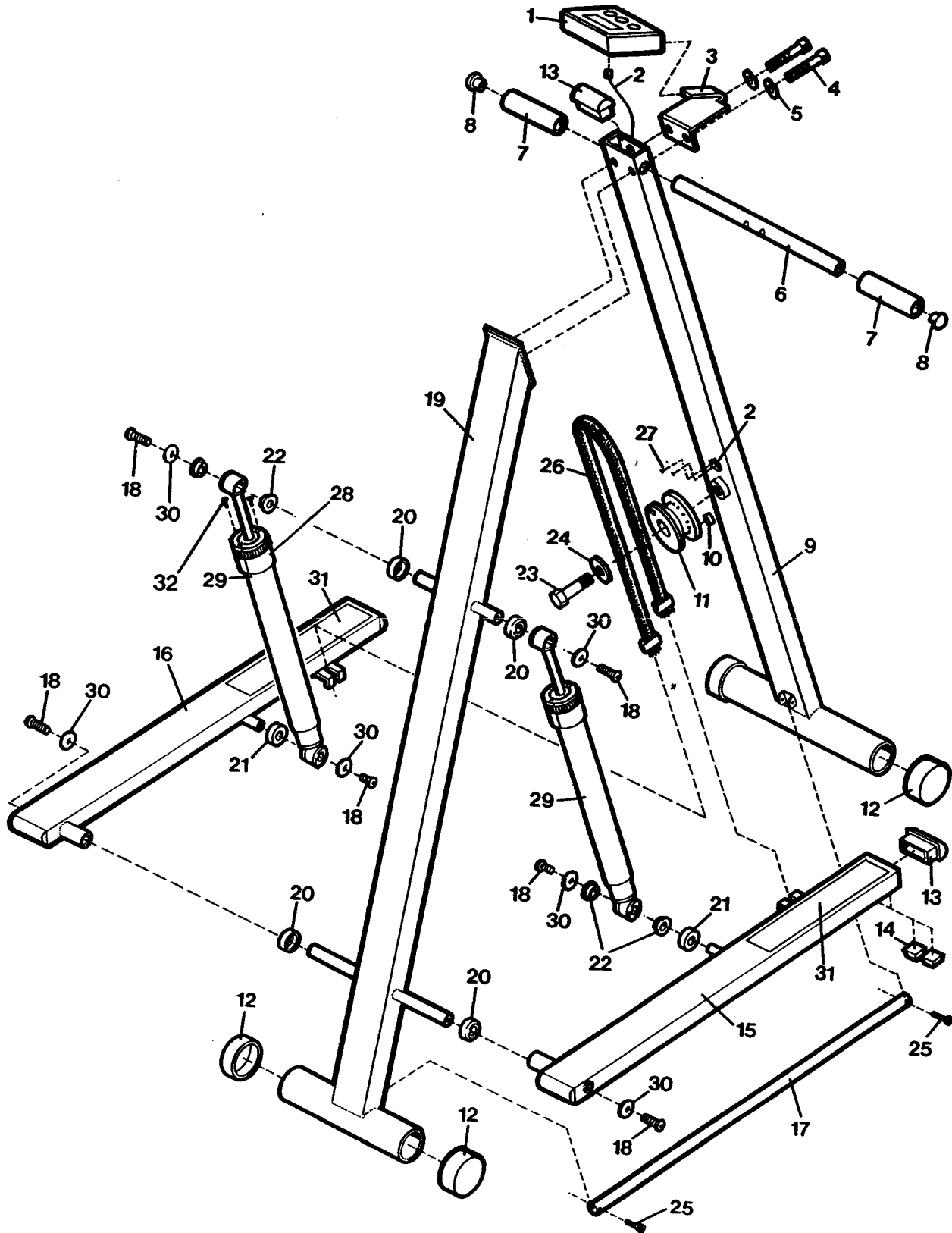
PART LIST - Model No. ST30

Rev. 6/89

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	19	1	Front Upright
2	1	Sensor Wire/Reed Switch	20	4	Leg Spacer
3	1	Monitor Bracket	21	2	Cylinder Spacer
4	2	Frame Bolt	22	4	Cylinder Bushing (Set)
5	2	Lock Washer	23	1	Pulley Mounting Bolt
6	1	Handlebar	24	1	Pulley Mounting Washer
7	2	Foam Grip	25	2	Phillips Head Bolt
8	2	Handlebar End Cap	26	1	Cord
9	1	Rear Upright	27	2	Small Screw
10	1	Pulley Magnet	28	4	Cylinder Collar Segment
11	1	Pulley	29	2	Resistance Cylinder
12	4	Leg Cap	30	6	Flat Washer
13	5	End Cap	31	2	Grip Tape
14	4	Rubber Bumper	32	4	Cylinder Collar Screw
15	1	Left Pedal	#	1	Owner's Manual
16	1	Right Pedal	#	1	Electronics Operation Guide
17	1	Frame Bar	#	2	Allen Wrench
18	6	Button Head Bolt			

EXPLODED DRAWING - Model No. ST30

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*Specifications are subject to change without notice.