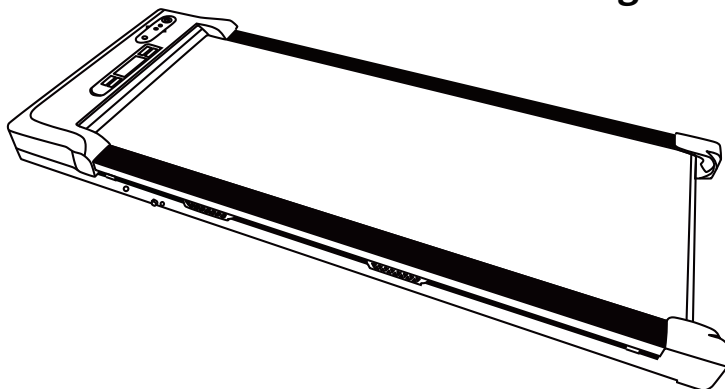


TM400 Walking machine



Note: The TM400 Walking machine does not come with handrails.
Please refer to the actual product page for your purchase.

TM401 Treadmill



Please read the instruction carefully before using.

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AIRHOT will wholeheartedly solve any problems you encounter during use!

If you encounter any problems, please contact us in time.



After-Sales Contact Number: 6269001989 (USA)

6479392766 (CA)

Thank you for purchasing our product, our products will help to improve your health.

Security cautions

Many safety issues have been considered in the design and manufacture of this product. However, to avoid any unforeseen situations, please be sure to follow the instructions below. We will not be responsible for any consequences resulting from non-standard operations.

⚠ In order to ensure your safety and avoid accidents, please read the instructions carefully before use.

1. Please wear suitable sports shoes for exercise and avoid running barefoot. We are not responsible for any abnormalities or injuries caused by failure to wear appropriate shoes, as this is not related to the quality of the product. Consider your physical condition when you start to train with this product. Train appropriately and regularly to ensure that you have enough physical strength for training. Improper or excessive training will not benefit your health.
2. Children under 10 years old are not allowed to use this product; persons who are indisposed, mentally disabled or lack common sense are not allowed to use it; take care of elders and children and keep them from approaching or touching the product during its use; we do not assume any responsibility for accidental injuries due to violation operation, unauthorized modification or disassembly of the machine. and ignorance of precautions since they have nothing to do with the quality of our products.
3. This product is suitable for home use rather than professional training and testing, nor medical purposes.
4. Damaged power cord must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
5. Check all parts before use to ensure the screws and nuts are tightened.
6. Wear tight fitting clothes to prevent clothes from being caught by the machine when using it. Keep children or pets away from the equipment to avoid accidents.
7. Place the equipment on smooth, clean and level ground. Make sure there are no sharp objects near it. Do not use it near water and heat sources.
8. Avoid touching any moving parts with hands. Do not place your hands and feet in the space under the running belt.
9. This product is for one person only when it is running.
10. Please use the accessories provided by the manufacturer only, and do not attempt to repair on your own.
11. The maximum weight capacity for this product is 265 lbs / 120 kg.

Special Safety Instruction

- Safety precautions for power supply:
 - ①. The power plug must be reliably grounded, and the socket should have a dedicated circuit to avoid sharing with other electrical equipment.
 - ②. Please insert the power cord directly into the socket, and ensure that the plug is tightly secured to prevent loosening.
 - ③. Use a qualified socket to avoid potential safety risks. If the plug is not compatible with the socket, do not attempt to modify it yourself. Instead, seek assistance from a professional electrician.
 - ④. This product is only suitable for 100V-120V AC voltage.
- Do not let the power cord come into contact with the drum, do not place the power cord on the treadmill, and do not use a damaged plug.
- Do not plug or unplug the power plug with wet hands.
- Before cleaning and maintenance, please unplug the plug.

⚠ Warning: Failure to unplug the power cord may result in personal injury and equipment damage.

- Before use, check that the treadmill functions properly. Do not use if any abnormalities are detected, and promptly contact customer service for assistance.
- When exercising, clip the safety lock to your clothes to ensure the treadmill stops immediately in case of an emergency.
- Ensure there is a 2000*1000mm unobstructed safety area behind the treadmill when in use.
- In the event of an emergency, use your hands to hold onto the handrails, step off the running belt, and jump off to the side of the treadmill.
- If you feel dizzy, experience chest pain, nausea, or shortness of breath during exercise, immediately stop and consult a fitness trainer or physician.
- This product is indoor use only, please do not make it or use it outdoors; the treadmill should be placed in a flat and clean position, do not put it in a thick carpet or near water area, there should be 3-6ft barrier-free safety area behind the treadmill.
- Shut down the machine and unplug the power plug when you leave.

Warranty Guarantee

We guarantee that this product is made of high-quality materials. If problems occur during normal use, we will be responsible for repairs. The warranty period for the whole machine is one year (starting from the date of purchase). If you have purchased a defective product, please contact our customer service within 12 months. Do not attempt to repair the product without permission. We provide warranty service for the following accessories: frame, wire, motor, electronic control system, and movable wheel, etc.

The following situations are not covered by the warranty:

- 1.Damage caused by external factors.
- 2.Use of non-original accessories.
- 3.Incorrect handling by the user.
- 4.Failure to operate according to the instructions.

Vulnerable parts such as running belts, handlebar foam, running boards, edge strip pedals, and movable wheels have a normal service life of not less than one year.

This warranty guarantee only applies to personal household use and does not apply to professional training in gyms, etc. If you need to purchase non-warranty accessories, please contact our customer service and provide the following information:

- 1.Product manual.
- 2.Treadmill model.
- 3.Accessory serial number.
- 4.Proof of purchase date.

Please do not send the product to our company without confirmation from our customer service. We will not bear any costs for products returned without permission.



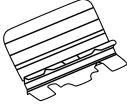
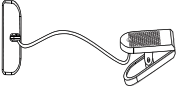

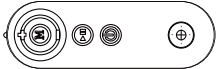

Assembly

1. Read the instructions carefully before installation.
2. Take out all packaging materials and place them on a clean surface separately for easier overall checking and installation.
3. Check carefully against the packing list to ensure that all components are complete.
4. Be careful when using tools or handling. Do not install the product by force according to your preference.
5. Please confirm whether the tools and packaging materials left behind pose a danger. Plastics and foams are harmful to children.
6. Install the product properly after carefully reading the steps and instructions in the manual.
7. The product must be carefully installed by an adult. If necessary, please seek the assistance of a professional.

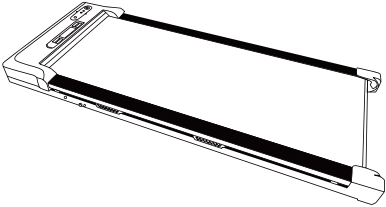




⚠ Warning: Install the product properly and do not damage it.

Package List

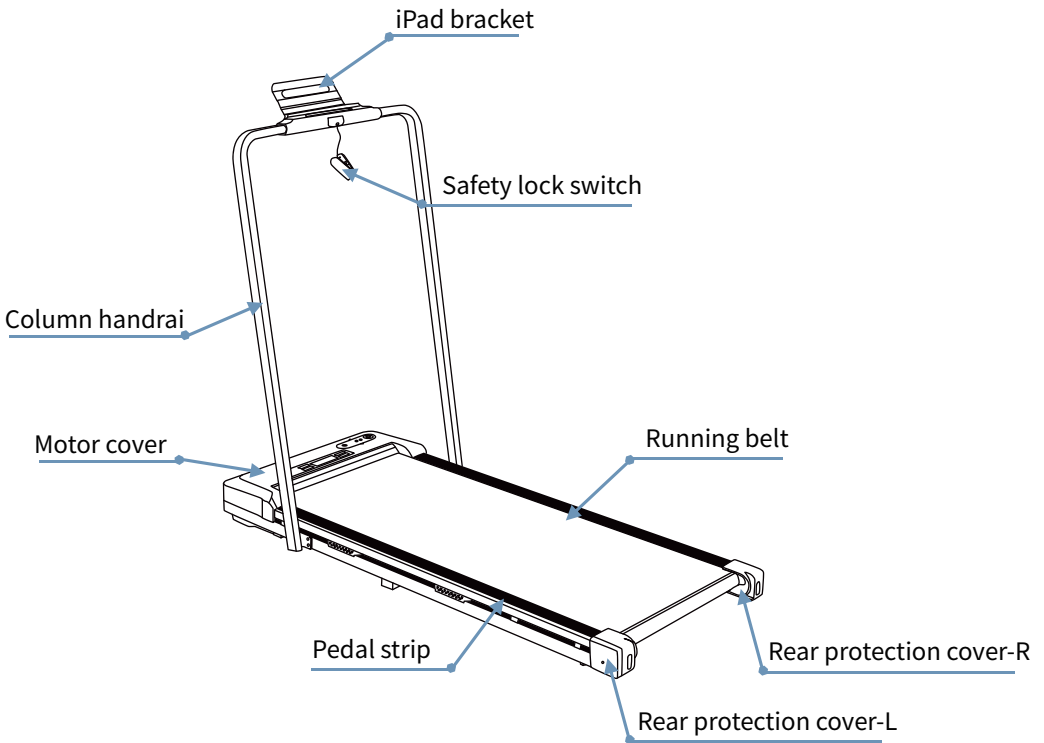
(For treadmill machine)

 5mm L-shaped hexagon wrench (1pc)	 Silicone oil - 1 bottle	 iPad bracket - 1PC
 Safety lock - 1 PC	 Instructions - 1 PC	 Remote controller-1PC
 treadmill machine-1PC		

(For walking machine)

 Walking pad machine-1PC	 Silicone oil - 1 bottle	 5mm L-shaped hexagon wrench (1pc)
	 Instructions - 1 PC	 Remote controller-1PC

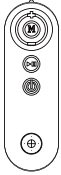
Product Structure



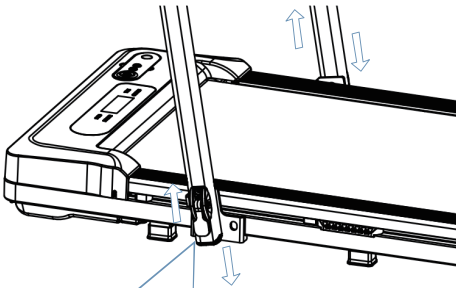
Assembly instructions

Step 1: Assembly

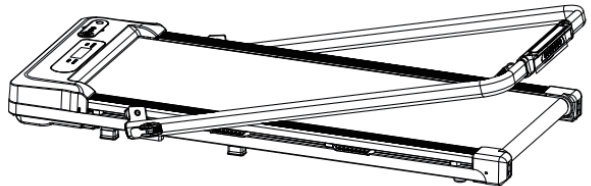
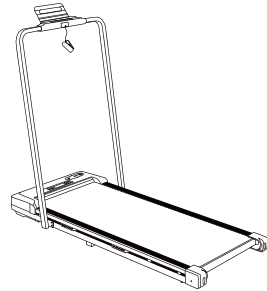
A:) Take the walking pad out of the packaging and place it on a flat surface. Plug it in and it's ready to use. The remote control can be used to adjust the speed and turn the machine on and off.



B:) Take the treadmill out of the packaging and place it on the ground. Hold the column pipe with your hand and lift it slightly. Adjust the left and right column buckles upwards, and you can lift the column completely. Then adjust the left and right buckles downwards to fix and unfold the column. To lower the column, adjust the buckles upwards, and then adjust them downwards to fix and flatten the column.



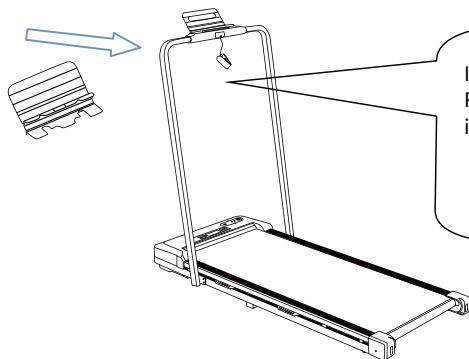
Turn the tension buckle upward to move the column, or downward to fix the column.



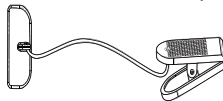
Step 2:

1: Insert the IPA bracket into the slot on the back of the electronic watch case and push it in until it is snug.

2: Place the red safety switch magnet at the yellow labeled position in the middle under the instrument panel to complete the assembly.



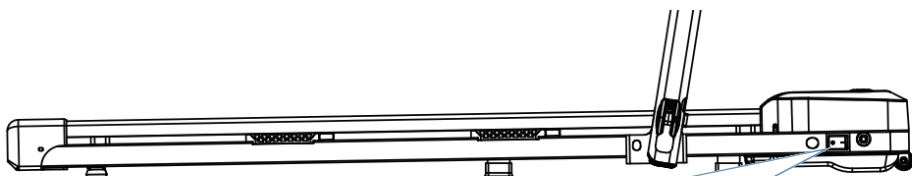
Important Notice: Find the red safety lock in the tool kit. Place the magnetic end on the yellow label on the instrument. Press the start button to operate the machine.



Instructions for use

Using the treadmill:

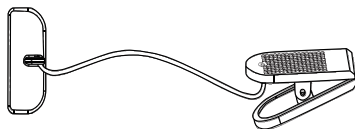
To power on the device, plug it into a power source and turn on the power switch (switch 1). You will hear a "beep" sound and the dashboard will light up.



Turn on the red switch

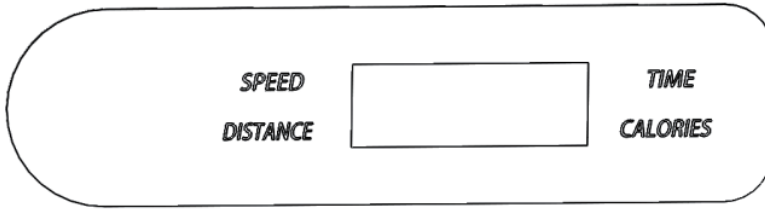
Safety lock:

The treadmill will only operate when the safety lock is fully inserted into the yellow marked area on the console. The safety lock clip should be attached to your clothing. In the event of an emergency, pulling down the safety lock will immediately stop the operation of the treadmill. To resume using the treadmill, reinsert the safety lock into the marked area.

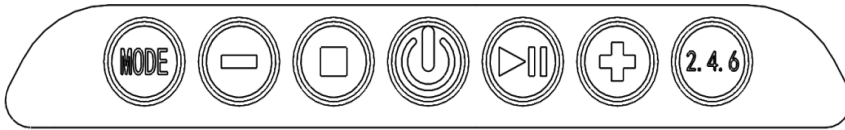


Dashboard Operation

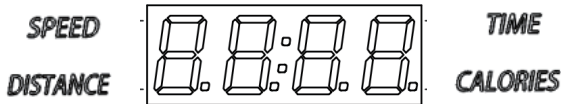
1. Display interface



2. Button (treadmill Dedicated)



3. Window:











The device is equipped with an LED display window that can display the following functions: speed, time, distance, and calories.

- Speed window: Displays speed data. Range: 1.0-6.0 km/h for walking machines (1.0-10.0 km/h for treadmill).
- Speed window: Displays speed data. Range: 0.6-3.7 Mile/h for walking machines (0.6-6.2 Mile/h for treadmill).
- Time window: Displays time data. Range: 0:00-99:59.
- Distance window: Displays distance data. Range: 0.00-99.9.
- Calorie window: Displays calorie data. Range: 0-9999.

(1). Button Description:

- A. Function Button: Mode, Speed Decrease, Stop, Power, start/Pause, Speed Increases, Shortcut.

B.Function Button Descriptions:

- a.  Start: Press this button when in the stopped state, and after the window displays 3333, 2222, and 1111, the motor will start running.
- b.  Pause: Press the pause button once during treadmill operation to stop the machine. All data parameters will be retained from before the pause.
- c.  Stop: Press the stop button during treadmill operation or when paused to stop the machine and reset all data to zero.
- d.  Speed Increase: In the setting state, this button will increase the set value. During motor operation, this button will increase the speed, and holding it down for more than 2 seconds will cause the speed to continue increasing.
- e.  Speed Decrease: In the setting state, this button will decrease the set value. During motor operation, this button will decrease the speed, and holding it down for more than 2 seconds will cause the speed to continue decreasing.
- f.  Speed Shortcut : During treadmill operation, press the speed shortcut button "2/4/6" shift gear to quickly set the speed.
- g.  Power Button: When the treadmill is in standby mode, press this button to put the machine into sleep mode and turn off all display lights. After the machine is in sleep mode, press this button again to wake it up.
- g.  Mode Button: When selecting the manual mode, the initial state is manual mode, and the speed window displays the initial value "0:00". The mode button can cycle through the following modes: manual mode "0:00" -> countdown time mode "30:00" -> count down distance mode "1.0" -> countdown calorie mode "50" -> manual mode. In each mode, you can use the speed increase/decrease buttons to set the relevant countdown value, and then press the "start" button to start the treadmill.

(2).Mode and Startup Instructions:

A.Mode Description :

- a.Manual mode.
- b.Target setting mode, which includes time countdown, calorie countdown, and distance countdown modes.

B.Startup Instructions:

- a.Attach the safety lock to the position of the safety lock switch on the panel, turn on the main power switch, and all LED segments will be fully displayed for 2 seconds, followed by the display of the software version number. Then enter the normal manual mode.
- b.Press the start button and the speed window will display: 3333-2222-1111. The buzzer will beep once for each digit change before the motor starts running.

(3).User Manual for Different Modes:

A.How to Enter Manual Mode:

- a.Turn on the power switch to directly enter manual mode.
- b.In this mode, the speed of the treadmill is entirely set by the user, who can adjust the speed while exercising. The machine will automatically shut off after 100 minutes.

c.Button Operation:

- ① Press the start button, and the machine will start running after a 3-second countdown.
- ② Press the speed up/down button to adjust the speed.
- ③ Press the speed shortcut key for quick speed setting.
- ④ During machine operation, press the pause button to stop the machine. Exercise data will be saved and display the pause time.
- ⑤ While in the pause state, press the start button to resume the treadmill. The exercise data will continue counting from where it stopped before the pause.
- ⑥ While the machine is in operation or pause, press the stop button to turn off the machine, reset the treadmill, and clear all data.

B.There are three target setting modes: time setting, distance setting, and calorie setting.

- a.In manual mode, press the mode button to enter the time countdown mode. The time window will display the time and blink, with an initial time of 30:00. Press the speed increase or decrease button to set the countdown time, with a time setting range of 5:00-99:00.
- b.In the time countdown mode, press the mode button to enter the distance countdown mode. The initial distance is displayed as 1 kilometer, and the speed increase or decrease button can be pressed to set the distance, with a setting range of 1.0-99.9 kilometers and an increment or decrement of 0.1 kilometers each time.
- c.In the distance countdown mode, press the mode button to enter the calorie countdown mode. The initial calorie display is 50.0 kilocalories. Press the speed increase/decrease button to set the calorie. The calorie range is 10.0-999 kilocalories, with increments or decrements of 1 kilocalorie.

d.Button operation:

- ① Press the start button, the countdown starts for 3 seconds, and then the motor starts running.
- ② Press the speed increase or decrease button to adjust the speed.
- ③ Press the speed shortcut button to quickly set the speed.
- ④ While the motor is running, press the pause button to stop the motor, and the exercise data is retained and the pause time flashes.

- ⑤ While in pause mode, press the start button to resume the operation of the treadmill, and the exercise data will continue to be counted from before the pause.
- ⑥ While the motor is running or in pause mode, press the stop button to stop the treadmill, reset the data, and turn off the machine.
- ⑦ When the set time, distance, or calorie countdown reaches zero, the panel displays "End," and the buzzer emits a short beep sound (Bi-Bi-Bi-Bi-Bi). The speed slowly decreases until it stops, and the machine returns to standby mode after 5 seconds.

(4).Display Range of Each Value:

	Starting	Set initial value	Setting Range (km/h)	Display Range (km/h)	Setting Range (mile/h)	Display Range (mile/h)
Time (min:sec)	30:00	--	5:00-99:00	0:00-99:59	5:00-99:00	0:00-99:59
Speed	0.0	1.0	1.0-6.0 Walking Machine 1.0-10.0 Treadmill	1.0-6.0 Walking Machine 1.0-10.0 Treadmill	0.6-3.7 Mile/h Walking Machine 0.6-6.2 Mile/h Treadmill	0.6-3.7 Mile/h Walking Machine 0.6-6.2 Mile/h Treadmill
Distance	1.0	--	1.0-99.9	0.0-99.9	1.0-99.9	0.0-99.9
Calories	50	--	10-9999	0-9999	10-9999	0-9999

(5).Sleep function:

If there is no operation for more than 10 minutes, the system will shut down all displays and enter sleep mode. Press the power button to wake up.

(6).Shutdown:

You can use the power switch to shut down the treadmill at any time, which will not damage the equipment.

(7).Precautions:

- A.Before exercising, please check if the power is connected and if the safety lock is effective.
- B.If an abnormal situation occurs during exercise, pull out the safety lock, and the treadmill will quickly decelerate and stop. Insert the safety lock again, and the equipment will reset and wait for input instructions.
- C.If there is a problem with the machine, please contact the dealer. Non-professionals should not attempt to disassemble or repair the equipment to avoid damage.

(8).Troubleshooting Methods for Treadmills:

- A.If the electronic display does not show after the power is turned on, the communication line between the electronic display and the lower control may not be connected properly, or the transformer may be burnt out. Check each connection point of the communication line between the electronic display and the lower control to ensure that each core is completely connected. Alternatively, the communication line may be faulty (damaged or broken) and needs to be reconnected or replaced. Try using a new transformer to see if it works.
- B.If the electronic display shows "E-1" during operation, it indicates a communication failure. The communication between the controller and the electronic display may be obstructed. Check each connection point of the communication line between the electronic display and the lower control to ensure that each core is completely connected. Check whether the connection line between the electronic display and the controller is damaged and replace it if necessary.
- C.If the electronic display shows "E-2" after powering on, it indicates a motor wire breakage fault. The motor wire of the lower control may be disconnected or poorly connected. Check whether the motor's connection line is broken or disconnected and replace it if necessary.
- D.If the electronic display shows "E-3" during operation, it indicates an overload protection fault. It may be caused by exceeding the rated load current, system self-protection, or a certain part of the treadmill being stuck, causing the motor to not rotate, resulting in excessive load and current, and system self-protection. Adjust the treadmill and restart it. Also, check whether there is an over-current sound or a burnt smell during motor operation and replace the controller if necessary. Alternatively, check whether the power supply voltage specification is correct or low and retest using the correct voltage specification.
- E.If the electronic display shows "E-5" during operation, it indicates an explosion-proof protection fault. Check whether the power supply voltage is lower than 50% of the normal voltage and retest using the correct voltage specification. Check whether there is a strange smell coming from the controller and replace it if necessary. Also, check whether the motor wire is connected properly and reconnect it if necessary.
- F. If the motor does not run after pressing the start button, the control motor-related circuit may be abnormal, the lower control fuse may be damaged or loose, or the motor wire may not be plugged in properly. Alternatively, the IGBT on the lower control may be burnt out. Check whether the control motor-related circuit is properly plugged in and connected, whether the lower control fuse is intact, and whether the motor wire is loose or unplugged. Use a multimeter to measure whether the IGBT on the lower control is short-circuited or burnt out and replace it or the lower control if necessary.

Daily laintenance

Treadmill maintenance:

Proper maintenance is the only way to keep your treadmill in top condition forever, and wrong maintenance can hurt or shorten the life of the treadmill.

Important reminders:

- Do not use sandpaper or solvent to clean the treadmill, the controller part of treadmill should not be exposed to direct sunlight or moisture to avoid damage.
- Frequently check and lock all parts of treadmill, immediately replace those defective parts and / or leave the equipment idle until repaired.

Adjustment of running belt:

Adjusting the treadmill belt serves two purposes: tightening/loosening the belt and adjusting the center position of the belt. The treadmill belt is adjusted during the manufacturing process, but during use, the belt may stretch and deviate from the center position, causing friction between the belt and the decorative strip and rear cover, potentially damaging them. It is normal for the belt to stretch during use.

Adjust the running belt tightness:

If you are using the treadmill and the running belt is slipping or not smooth, you can adjust the tightness of the running belt to improve it.

How to adjust the running belt:

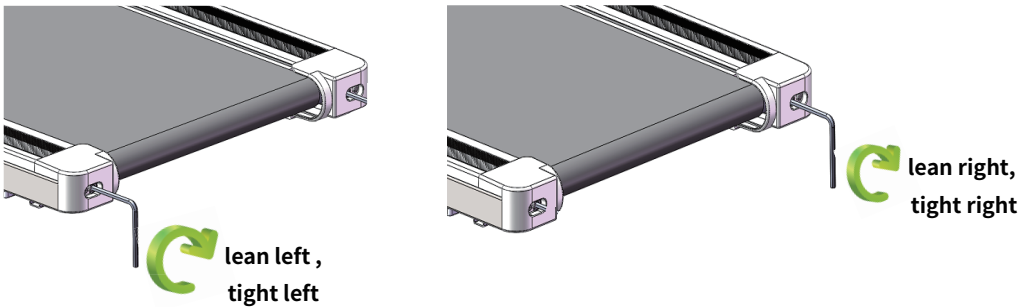
- 1.Insert the 5mm hexagon wrench into the adjusting screw on the left side of the running belt, and rotate the wrench by 1/4 turn clockwise to adjust the rear roller to tighten the running belt.
- 2.Repeat Step 1 and adjust the screw on the right. Be sure to rotate the adjusting screws by the same amplitude so that the rear rollers will be parallel to the frame after adjustment.
- 3.Repeat Steps 1 and 2 until the running belt does not slip.
- 4.Note that the running belt cannot be tightened too much. This would damage the running belt, the roller bearings, etc., increase the pressure on the front/rear rollers, and cause abnormal noise or other problems, if you want to reduce the tension of the running belt.rotate the wrench counterclockwise with the same amplitude on both sides.

Adjustment of running belt to the middle :

When you are running on the treadmill, the pressure on the running belt is imbalanced as the force applied by your feet on the belt is different, which will deviate the running belt from the center. Such deviation is normal and the running belt will return to the middle if no one run son it. If it is not centered, you need to adjust the running belt until it moves to the middle.

5. Allow the treadmill to run with no load and adjust the speed to medium.
6. Observe the distance between the running belt and the left and right edge strips
 - If it moves to the left, use the hexagon wrench to rotate the left screw by 1/4 turn clockwise.
 - If it moves to the right, use the hexagon wrench to rotate the right screw by 1/4 turn clockwise.
 - If the running belt is still not centered, repeat the above operation until it moves to the middle.
7. Adjust the position of the treadmill belt to the center and set the speed to the maximum. Observe whether the treadmill belt is offset and pay attention to the smoothness of the running. If there is any offset, repeat the above steps.

Please note that do not over-tighten the roller, which may cause permanent bearing damage. If the problem cannot be solved by the above steps, you need to tighten the treadmill belt again.



LUBRICATING

The treadmill has been lubricated before shipment. However, frequent check of lubricity of the treadmill helps keep it in the best condition. The treadmill must be lubricated after one year of use or 100 hours of running.

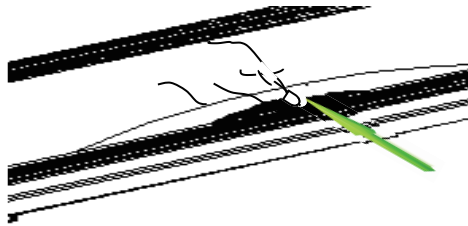
Each time when the treadmill is used for 30 hours or 30 days, pull up the running belt at the side and reach out your hand to touch the surface of the treadmill as far as possible. If you feel touching silicone oil, it is not necessary to add oil. If you feel high dryness, follow the instructions below to apply oil.

Use non-petroleum silicone oil.

◆How to add lubricant to the treadmill:

- ①. Add oil on the surface below the running belt. (as shown in the figure below).
- ②. Cut a small opening on the oil bottle mouth for easy squeezing out oil.

- ③.Raise the running belt so that you can place the oil bottle to the bottom of the running belt and inject oil to the middle of the running board. Put down the running belt, press the oil filling port, and rotate the running belt to apply oil evenly on it;
- ④.Start the treadmill and wait one minute until oil is evenly distributed before using it Oil bottle.



Cleaning:

Clean the treadmill frequently to extend its service life.

- 1.Warning: When cleaning the treadmill, be sure to pull out the power cord from the socket to shutoff the power.
- 2.After each use: Use a clean towel or wet cloth to wipe away sweat stains and debris from the dashboard and other parts.
- 3.Notes: Do not use corrosive goods or liquids to prevent electronic components from damage. Do not expose the electronic components to sunlight.
- 4.Weekly cleanup: Clean up the ground once a week to remove the dirt brought by shoes and other debris

SAVE

Please put your treadmill in a clean, dry environment and make sure the power switch is off and the plug is not in the power outlet.

Move and collapse

In order to facilitate the movement of the treadmill set installed wheels. Please make sure to disconnect the power and fold the body before moving.

Failure analysis and handling

Fault problems and handling

This product is reliably designed and easy to use. In case of a problem, carefully read the solutions to the failures as described below.

Fault: No information is displayed on the screen.

Solution: Check whether the power cord is plugged in properly, whether the plug is loose, and whether the power switch is turned on.

Fault: Power outage during use.

Solution: Check whether the power cord is connected firmly and whether the over current protector is disconnected.

Fault: Running belt is not centered.

Solution: Check whether the treadmill is placed on flat ground and whether the running belt is adjusted properly. Refer to the adjustment of running belt.

If the problem in your treadmill is not included in the above, and you are not sure how to solve it, please contact us timely and do not handle it by yourself.

Important safety guidelines

WARNING

Before using this product, please consult your physician and have a complete health checkup, and obtain your physician's permission before engaging in frequent and vigorous exercise. If you experience any discomfort with this product, please stop using it and consult your physician. This product should be used in a proper manner. Please read the instruction manual carefully before exercising.

If this product is left unattended or in use, please prevent children and pets from approaching close.

Please wear appropriate clothing, including sports shoes, when exercising. Please do not loosen your clothes during exercise to avoid being hooked by the machine.

Make sure that all bolts and nuts are tightened when using the equipment. To maintain good use conditions, all sports equipment must be maintained regularly.

Before you start using:

How you start an exercise and fitness program depends on your physical condition. If you have not exercised for several years, or if you are severely overweight, you must increase your exercise time slowly and gradually, for example, by a few minutes each week.

You may only be able to exercise in your target heart rate range for a few minutes at first, but your aerobic fitness will improve in about six to eight weeks afterwards anyway. Don't be discouraged if it takes longer to improve, as it is important to exercise at your own pace. One day you will be able to exercise consistently for thirty minutes.

- Please consult your doctor before starting an exercise or training program and ask him or her to review the training and diet plan and make recommendations for your exercise program.
- Setting exercise goals in consultation with your physician will ensure that the program is realistic and that you can begin your training program with ease.
- You can add some aerobic exercise to your exercise program, such as walking, jogging, swimming, dancing or cycling. Always check your pulse. If you don't have a personal electronic heart rate monitor, ask your doctor how to take your pulse by hand from your wrist or neck the right way.

You must also set a target heart rate based on your age and physical condition.

Drink plenty of water during exercise. You must replace the water lost through excessive exercise to prevent dehydration. Avoid drinking large amounts of ice water or beverages, which should be at a temperature equal to room temperature.

Tips: Aerobic Exercise

It is any sustained exercise in which oxygen is delivered through your heart and lungs to the muscles of your entire body. Aerobic exercise improves your cardiopulmonary function: it is the most important muscle in your body. Aerobic fitness can be enhanced by exercising large muscle groups throughout your body - including your hands, feet or hips. During the process, your heart rate increases and your breathing intensifies. Aerobic exercise should be an important part of your exercise and fitness program.

Warm-up Exercise

Warm-up and stretching exercises:

Warm-up exercise Before exercising, it's better to do stretching exercises first, A successful exercise plan must include warm-up, aerobic and relaxation exercises. The number of exercises should be at least two or three times a week. You can take a day off for exercise. After a few months, you can increase the number of exercises to four to five days a week.

Warm-up is an important part of your fitness exercise. Warm-up before every exercise. Moderate warming-up can prepare your body for the next more intense exercise, because warming-up can help muscle warm up and stretch, improve blood circulation and pulse, and send more oxygen into muscle Repeated warm-up exercise can also reduce muscle soreness after aerobic exercise. We recommend the following warm-up and relaxation exercises.

1. Stretch downward: Bend your knees slightly and bend your body forward slowly. Relax your back and shoulders and touch your toes with both hands. Hold for 10 to 15 seconds, then relax. Repeat three times.

Figure 1



Figure 1

2. Stretch your ankles: Sit on a clean cushion and straighten one leg. Put the other leg inward so that it is close to the straight leg. Try to touch your toes with your hands.

Keep it for 10 to 15 seconds. Then relax.

Repeat each leg three times.

Figure 2



Figure 2

3. Extension of the calf and foot tendons: body forward hands against the wall the left leg arches forward, the right leg is straight, the left leg is on the ground, then bend your left leg and hold it for 10 to 15 seconds, then relax, repeat each leg three times.

Figure 3



Figure 3

4. Head movement: 1-tilt your head to the right and feel the left neck muscle stretch; 2-turn head to the back; turn head to the left; 4-turn your head to front of the chest. then relax and do it three times.

Figure 4



Figure 4

5. Waist movement: stretch your arms to the left and right, then slowly lift it up, over your head. Put your right arm as far as possible to the ceiling. Straighten, hold for 1 second, and feel the stretch of your right muscle. Repeat the same action on the left arm.

Figure 5



Figure 5