Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not feel pain. If you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm-up to increase flexibility and circulation. Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you anticipate.

**GENERAL EXERCISE GUIDELINES**: There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (to failure) is directly proportional to the amount of increased strength/growth. Please remember to start slow and increase the total time and the number of repetitions gradually. Recording in the beginning can cause unnecessary muscle soreness. If at any time during your workout, you feel pain, stop immediately. Allow your muscles to recover before starting your next exercise. Be sure to do a warm-up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally, do not hold your breath. End each session with 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not feel pain. Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you anticipate.