

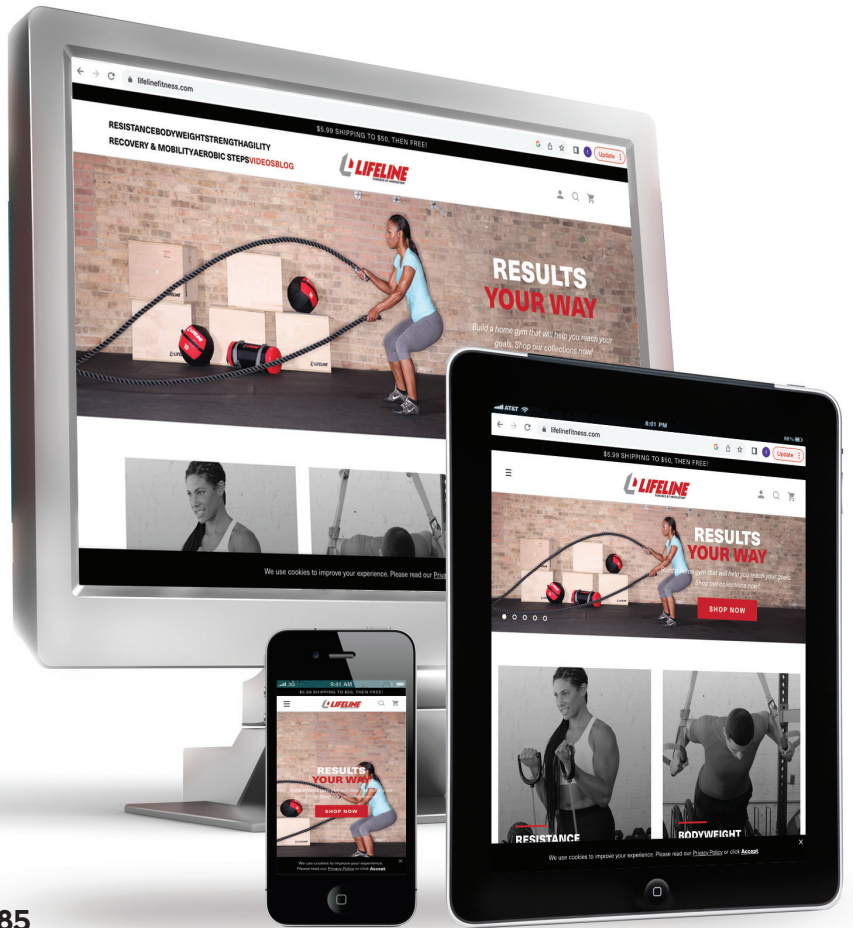


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HOW TO USE

Facing down exercise I

1. To use the Lifeline Power Wheel™ while facing down, flip over and get into a kneeling push-up position.
2. In a slow, controlled fashion, raise your knees and straighten your legs so you are in a full “from toes” push-up position.
3. Ensure your head, neck, back and legs are kept in a straight line.
4. Slowly bring your knees in under you until the wheel nearly touches your buttocks. Make sure your head, neck and back stay aligned. If you are sagging or arching your back, continue working on facing up exercises.
5. Slowly straighten back out to your starting position and repeat.
6. Do not do more than 20 reps the first time you do this.

Facing down exercise II

1. From the “from toes” push-up position, take a SMALL “step” with one hand and then the other. The wheel will roll forward with you.
2. You’ll notice that when you pick up your hand, your body will want to fall or lean in that direction. In order to perform this move without falling, your entire body will have to stabilize you on your other hand.
3. Begin with small “steps” going both forward and backward only a short distance.
4. As you become stronger, you will be able to reach further and cover larger distances. For outdoor use, once you are ready, try our 100-Yard Lifeline Power Wheel™ Challenge: See if you can go 100 yards without stopping or falling!

Facing down exercise III

1. From the “from toes” push-up position, fold yourself in half by raising your buttocks straight up and hinging at your hips.
2. The Lifeline Power Wheel™ will slowly roll towards you as you raise your buttocks.
3. Your back, neck and head should stay straight as should your legs.
4. This is a very challenging movement so build up to it gradually.

Please call us at 888-467-4485 with any questions or comments. LLPW - Power Wheel

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ASSEMBLY AND USAGE

How to assemble the Lifeline Power Wheel™

1. Loosen and remove the metal collar (furthest from the foot pedal) from the metal axle shaft.
2. Take the metal axle shaft with one pedal attached and slide the wheel on until stopped by metal collar.
3. Place the loose collar back onto axle and slide it all the way against the wheel and tighten it with the 1/8-inch L wrench (the smaller one).
4. Slide the loose pedal on until the lug is 0 to 5/8-inch from the collar. (It should look the same as the pre-assembled pedal.)
5. Ensure the rubber ankle loop is positioned the same way the pre-assembled one is.
6. Slide the foam grip and plastic axle endcap on.
7. Check the side you assembled. It should look like the side that comes pre-assembled and the axle should be symmetrical. If this is not done properly your Lifeline Power Wheel™ will not work as intended.

How to attach to feet

1. From a seated position, place the Lifeline Power Wheel™ on its side. Then, place your right foot into the right loop of the adjustable foot strap so that it is centered on the foot pedal.
2. Tighten Velcro foot strap so it tightly fits around the center of your shoe.
3. Repeat this step with your other foot.
4. Now pull the rubber ankle loops up over the back of your shoes. They should catch the back of your shoe and rest against the back of your ankle.

Note: The rubber ankle loops do not need to be used unless facing up. You may also find that pointing your toes out makes the use of the ankle loops unnecessary—even when facing up.

5. You should now be strapped in and ready to begin.

WARNING

The face down positions rely heavily on your lower back muscles. Always consult your exercise unless approved by your doctor and you are able to do the face up exercises for more than one minute without stopping.

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