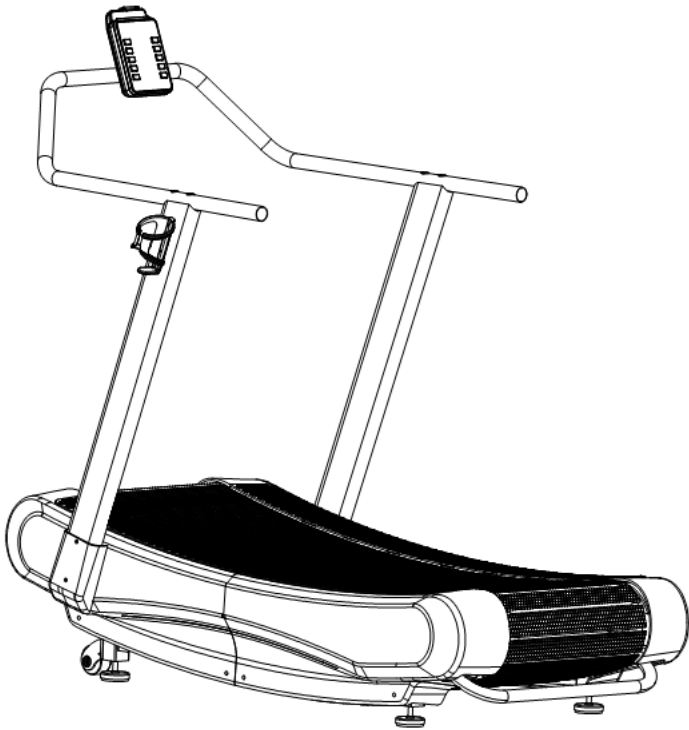


# BLK BOX

## CURVE TREADMILL

16-1370



---

# BLK BOX

Built Better.

[www.blkboxfitness.com](http://www.blkboxfitness.com) | [info@blkboxfitness.com](mailto:info@blkboxfitness.com) | +44 (0) 28 9045 4123



Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness- and all this in a familiar environment.

### **Implied Warranty**

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void. The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service ( Insert page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts ( as far as included in the scope of delivery): Frame, motor, cable, electronic devices, running deck and belt. The guarantee does not cover:

1. Damage effected by outer force;
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as foam and plastic wear).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from customer service (insert page) if needed.

Please make sure you have the following information on hand when ordering spare parts.

1. operating instructions
2. model number (located on the cover sheet of these instructions)
3. description of spare part
4. part number
5. proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be born by the sender.

### **General safety instructions**

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too

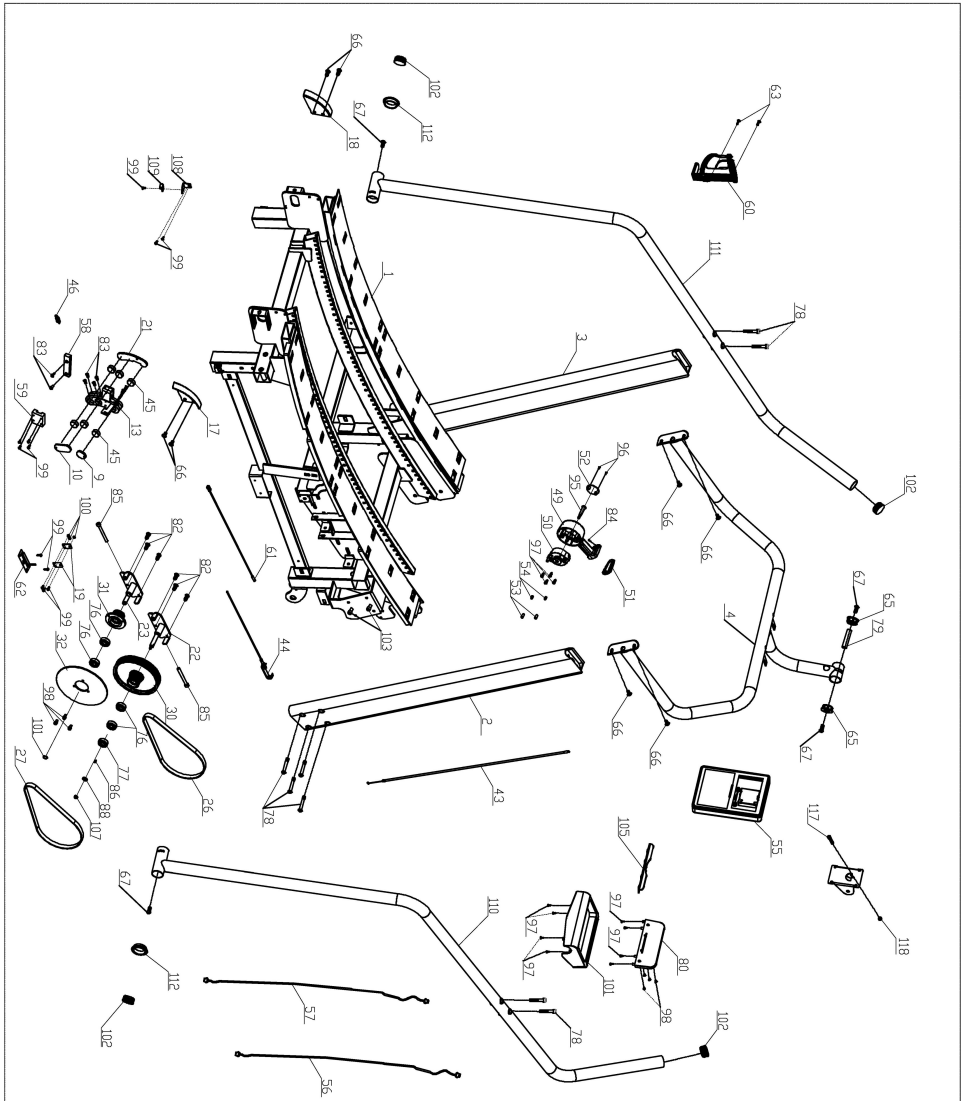
intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
- 12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

## **1.Special safety precautions**

- power source
- choose a place in reach of a socket when placing the treadmill
- always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. Do not modify the plug provided with the appliance if it is not compatible with your socket. Ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended. Make sure the striding belt is always tense. Start the striding belt before stepping on it.

## 2.Explode Drawing



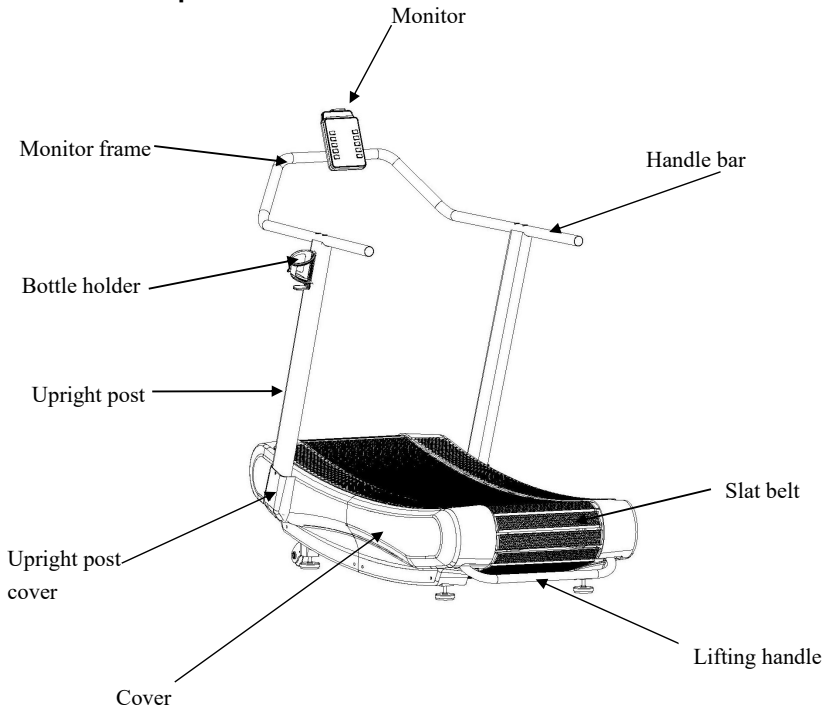


### 3.Part list.

| NO. | Description  | QTY |
|-----|--|-----|
| 1   | Main frame   | 1   |
| 2   | Right upright post   | 1   |
| 3   | Left upright post  | 1   |
| 4   | Monitor frame  | 1   |
| 5   | Lifting handle   | 1   |
| 7   | Metal fix plate for right cover  | 1   |
| 8   | Metal fix plate for left cover   | 1   |
| 11  | Right wheel bracket  | 1   |
| 12  | Left wheel bracket   | 1   |
| 15  | Rear roller adjustment plate   | 2   |
| 17  | Reinforcement plate for right cover  | 1   |
| 18  | Reinforcement plate for Left cover   | 1   |
| 22  | Fixed axis bracket 1   | 1   |
| 24  | Front roller   | 1   |
| 25  | Rear roller  | 1   |
| 26  | Belt 410PJ8  | 1   |
| 28  | Wheel  | 2   |
| 29  | Axis of wheel  | 2   |
| 30  | Driving wheel 1  | 1   |
| 33  | Running belt fixing strap  | 2   |
| 34  | EAV rubber   | 120 |
| 35  | Right-front cover  | 1   |
| 36  | Left-front cover   | 1   |
| 37  | Right-rear cover   | 1   |
| 38  | Left-rear cover  | 1   |
| 39  | Right upright post cover   | 1   |
| 40  | Left upright post cover  | 1   |
| 41  | Feet pad   | 4   |
| 42  | EAV rubber t3.0×70×3000  | 2   |
| 47  | Slat belt  | 62  |
| 48  | washer t1.5*20*10  | 124 |
| 55  | Monitor  | 1   |
| 56  | Communication wire   | 1   |
| 57  | Communication wire   | 1   |
| 60  | Water bottle holder  | 1   |
| 61  | Speed sensor   | 1   |
| 62  | Resistor VR  | 1   |
| 63  | Cross recessed large flat head pointed nose full thread bolt M4×16 (black) | 6   |

|     |   |     |
|-----|---|-----|
| 64  | Screw Clip  | 32  |
| 66  | Hexagon socket large flat head full thread bolt M8*15         | 8   |
| 67  | Hexagon socket large flat head full thread bolt M8*20         | 16  |
| 68  | Hexagon head half thread bolt M8*65*20                        | 100 |
| 69  | Hexagon socket head half thread bolt M8*65                    | 12  |
| 70  | Bearing 608ZZ   | 126 |
| 72  | Sleeve $\phi 12 \times \phi 8.1 \times 14$                    | 12  |
| 73  | Guider wheel  | 12  |
| 74  | Flat washer $\phi 8$  | 112 |
| 75  | Elastic circlip for hole $\phi 23$                            | 12  |
| 76  | Deep groove ball bearings                                     | 2   |
| 77  | One-way bearings  | 1   |
| 78  | Hexagon socket head half thread bolt M8x45 (black)            | 12  |
| 81  | Cross recessed countersunk head tapping screws ST4x35 (black) | 32  |
| 82  | Hexagon head full thread bolt M8x20                           | 3   |
| 85  | Hexagon socket head full thread bolts M8x75 (grade 8.8)       | 1   |
| 86  | Flat key  | 1   |
| 88  | Flat washer $\phi 6$  | 1   |
| 89  | Hexagon socket large flat head half-thread bolt M10x25x15     | 4   |
| 90  | Hexagon lock nut M10  | 4   |
| 91  | Flat washer $\phi 10$   | 4   |
| 92  | Hexagon socket countersunk head full thread bolt M6x15        | 4   |
| 93  | Hexagon head full thread bolt M8x30                           | 2   |
| 94  | Hexagonal nut M8  | 2   |
| 97  | Cross recessed large flat head self tapping screws ST4x16     | 8   |
| 99  | Cross recessed large flat head full thread bolt M4x10         | 3   |
| 102 | Flat head round pipe plug $\Phi 38 \times t 1.5$              | 2   |
| 103 | Hexagon socket head full thread bolt M8x15                    | 4   |
| 104 | Hexagon lock nut M8   | 112 |
| 106 | Outer end cap $t 1.2 \times \phi 31$                          | 4   |
| 107 | Hexagonal lock nylon nut M6 (black)                           | 1   |
| 108 | Magnetic fixing plate   | 1   |
| 109 | Magnetic fixing holder  | 1   |
| 112 | Cross-groove head full-threaded bolt M5x15                    | 248 |

#### 4.Product profile

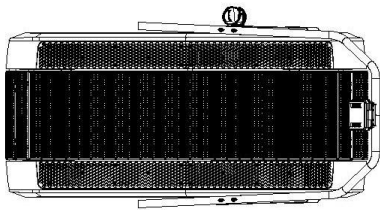
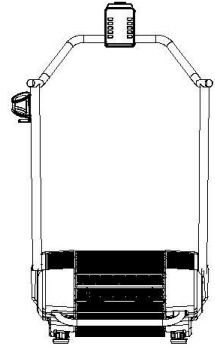
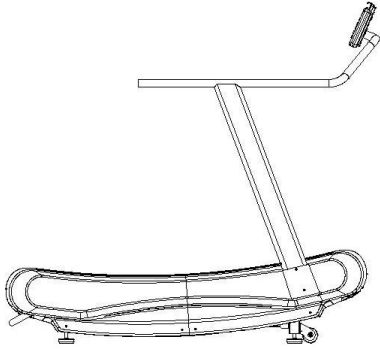


**Technical Parameter**

|                    |               |
|--------------------|---------------|
| Dimension (Unfold) | 1840*985*1685 |
| Running surface    | 1660*440mm    |

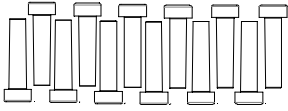
**Remark: Our company retain the priority of revision not to advise in advance.**

## 5. Different views

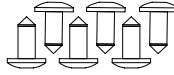




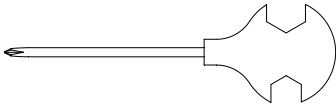
## 7. Hardware pack list



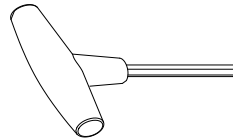
Hexagon socket head full thread bolt  
M8\*45-12pcs



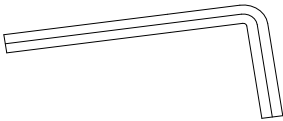
Cross groove large flat head  
screw M4\*16-6pcs



Cross spanner 14\*17\*75-1pc

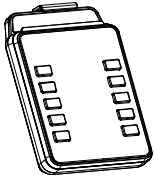


T-shape spanner 6\*80-1pc



L-shape spanner 6\*35\*80-1pc

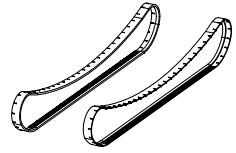
## 8. Main parts



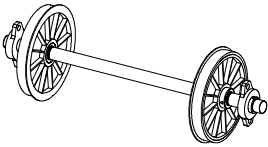
Monitor



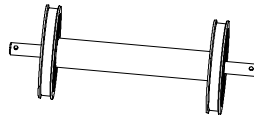
Upright post



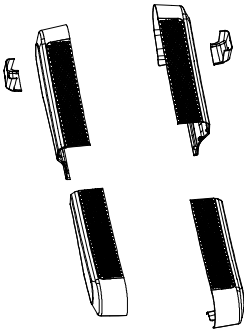
Running belt for fixing strap



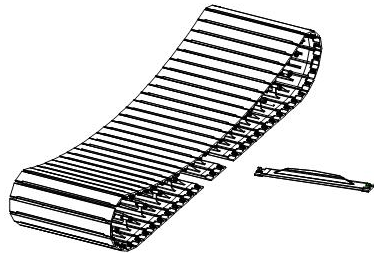
Front roller



Rear roller



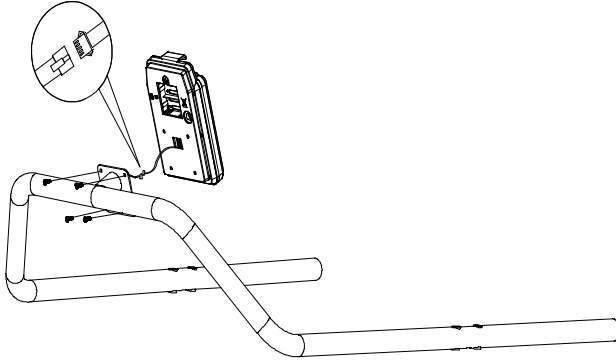
Main frame cover



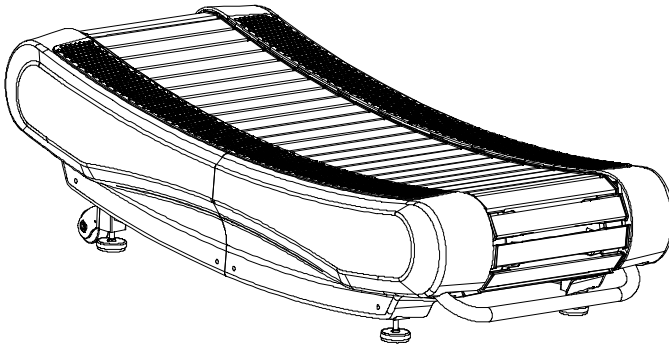
Slat belt

## 9. Installation

Step 1: Take out the monitor frame and monitor from the packing box, When assembling the monitor, first use 4pcs of M5x15 screws to fix the monitor to the frame, then connect the communication wires, and plug the excess wire back into the monitor tube. See the picture below.



Step 2: Take out the main body from the packing box and put it on the floor. (see picture below)



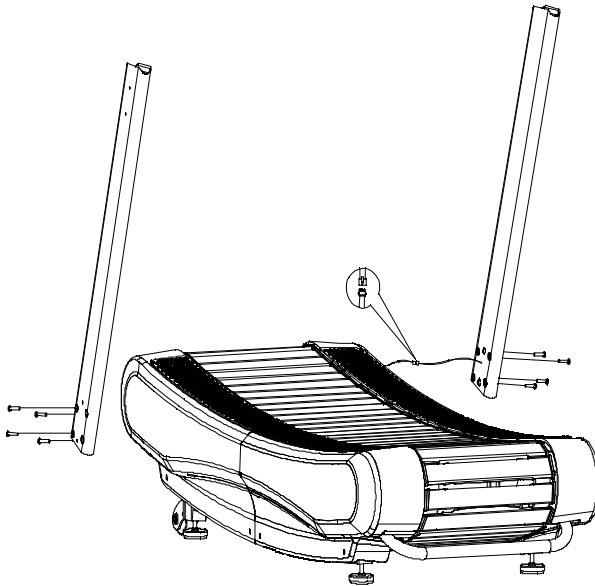
Step 3:

(1) Left Side

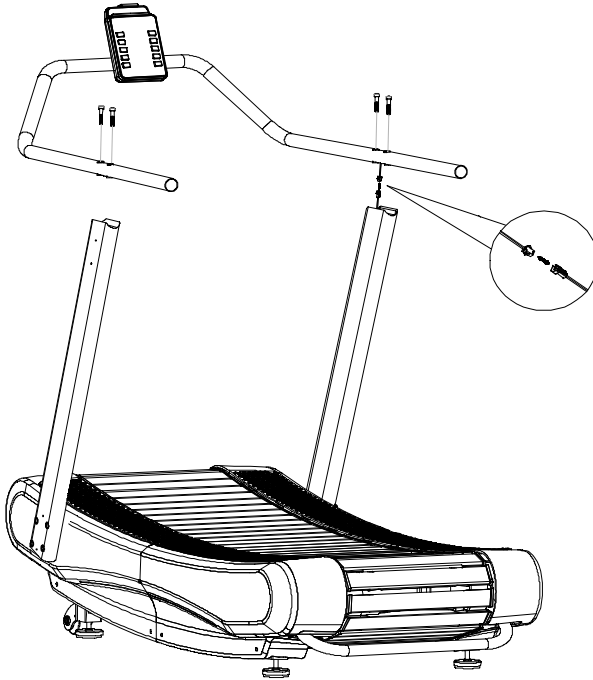
No connecting wires are required. Install the left upright post onto the main frame, then pass 4 pcs of M8×45 hexagon socket head cap screws through the left upright post and tighten them 3-4 turns without fully locking.

(2) Right Side

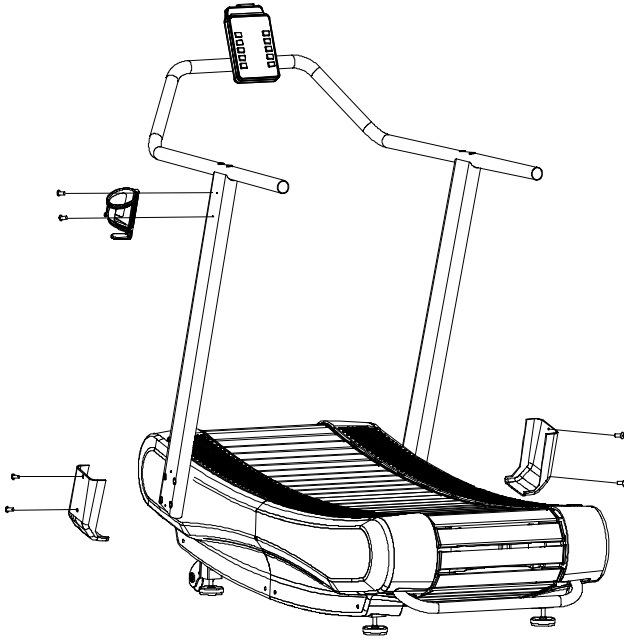
First, connect the outgoing wire of the main frame magnetic sensor with the communication wire of the upright post, then tuck the excess wire into the right upright post. Next, mount the right upright post onto the main frame, pass 4 pcs of M8×45 hexagon socket head cap screws through the right upright post and tighten them 3-4 turns without fully locking.



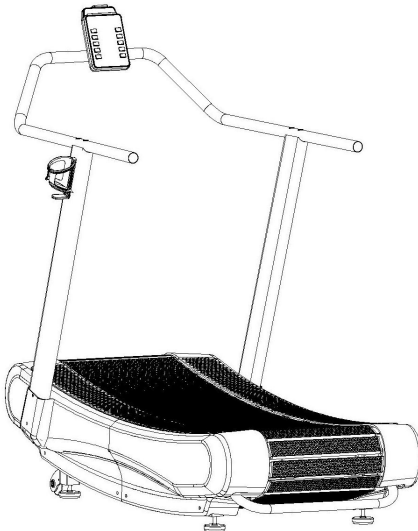
Step 4: Connect communication wires of monitor frame and the wires of right upright post, then fix monitor frame onto both upright post with 4pcs M8x45 screws, finally tighten the screws. See below picture.



Step 5: As shown in below picture, firstly, connect the left and right upright post covers to the main frame cover, then use 4 pcs M4x16 screws to fix them. Then use 2pcs of cross-slot large flat head screw M4\*16 to fix the water bottle holder on the left upright post.



Step 6: Installation finished as below picture shown.




## 10. Monitor operation



### Window Display:

| Item     | Description   |
|----------|---|
| TIME     | Display user workout time.<br>Display range 00:00~1:59:00   |
| DISTANCE | Display user workout distance.<br>Metric setting range: 500 Meters ~ 9999 Meters<br>Imperial setting range: 0.5 Miles ~ 100.0 Miles |
| CALORIES | Display calories consumption during workout.<br>Display range 0 ~ 2000  |
| PULSE    | Display heart rate during workout.<br>Display range 30 ~ 230  |
| WATT     | Display the power consumption during workout  |
| SPEED    | Display current workout speed   |
| PACE     | Set the time to reach the target distance   |
| LOAD     | When adjusting the resistance, the LOAD resistance value for each segment is displayed in the WATT window<br>Display range L1 ~L4   |

## Button function:

| Item   | Description   |
|--|---|
| Up ▲   | Adjust function value up.   |
| Down ▼   | Adjust function value down.   |
| Enter  | Confirm setting or selection.   |
| Start  | Start workout quickly Or resume working in stop mode                          |
| Stop   | Stop or pause exercise<br>Press and hold for 2 seconds to restart the console |
| Intervals  | There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.        |
| TARGET TIME  | Fast access to Target Time mode.  |
| TARGET DIST  | Fast access to Target Distance mode.  |
| TARGET CALS  | Fast access to Target Calories mode.  |
|  | BT & BT HR & ANT+ HR: Press once to activate, press again to deactivate       |

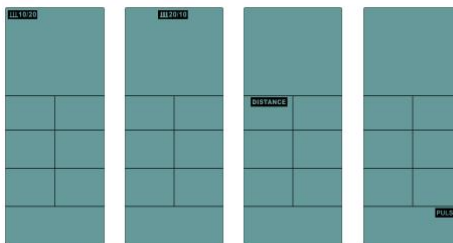
## Operation procedure:

### Power on--

1. When POWER ON, LCD will full display 1second (Figure 1) with long beep sound, then enter into display standby mode (FIG 2), the pictures will be cycling displayed from top to bottom in sequence. Press STOP button and hold 2 seconds, then enter into standby mode.

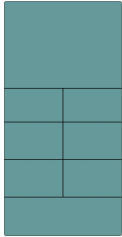


(FIG 1)



(FIG 2)

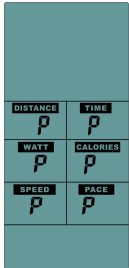
2.If no key signal or RPM signal input for more than 4min, LCD will go to Sleep mode (FIG 3).



(FIG 3)

### 3.Pause mode:

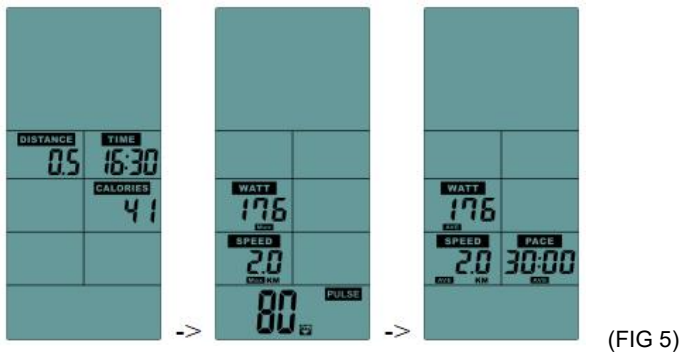
After pressing START, press the START button again to enter pause mode. The buzzer will beep for 0.5 seconds every 30 seconds.All displays will be retained when entering pause mode, except that the LCD window will show "P".If the pause lasts for 5 minutes, the buzzer will sound for 1 second, and the unit will enter standby mode.Press START to resume exercise. (See Figure 4)



(FIG 4)

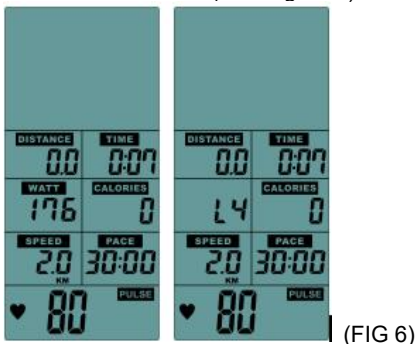
### 4.Stop mode:

Press the STOP button, and the buzzer will beep for 0.5 seconds, then the console will enter the workout end mode with all LCD windows blank.After 0.5 seconds, the LCD will display TIME, DIST, CAL (KM or ML will be shown according to the current setting).7 seconds later, the buzzer will beep for 0.25 seconds, and the LCD will display the MAX ICON, WATTS, SPEED and PULSE.After these values are displayed for 7 seconds, the buzzer will beep for 0.25 seconds, and the LCD will show the AVE ICON, WATTS, SPEED and PACE, which will remain displayed for 7 seconds with no data shown temporarily.Then the data will be re-displayed twice, after which the console will enter standby mode.(See Figure 5)



## 5. Quick Start:

A. In standby mode, if an RPM signal  $RPM > 20$  is input, the console will start quickly immediately. Press the START key; the buzzer will beep for 0.5 seconds. Then TIME, CALORIES, DISTANCE, WATTS, SPEED & PACE will light up in sequence, and counting will start based on the calculated values. (See Figure 6)



B. The PULSE icon will light up. When a heart rate signal is input, the heart rate icon flashes and the current heart rate value is displayed. If no heart rate signal is input, "P" will be shown.

C. If no signal is input for more than 5 minutes, the buzzer will beep for 0.5 seconds, and the console will return to standby mode.

D. If the settings are not completed within 30 seconds, the buzzer will beep for 0.5 seconds, and the console will return to standby mode.


E. Press the START key once to enter pause mode; press the START key again to resume exercise.

F. Press the STOP key, the buzzer will beep for 0.5 seconds, and the unit will enter workout end mode.

G. After the workout results are displayed, press the STOP key to exit and return to standby mode.

H. Turning the adjustment knob will display the LOAD resistance value for each segment in the WATT window.

## 6.INTERVALS:

A.Press INTERVAL button, select “INTERVAL CUSTOM” mode, LCD displays  icon, The buzzer beeps for 0.5 seconds.

B.The LCD displays the default value 01. Set using the UP and DOWN keys (setting range: 01~20), with no looping function. (See Figure 14)

C.Press the ENTER key to confirm; the WORK icon flashes. The TOTAL TIME field on the LCD window shows the current value 0:30. Set using the UP and DOWN keys (setting range: 0:05~9:59), with no looping function. (See Figure 15)

D.Press the ENTER key to confirm; the REST icon flashes. The TOTAL TIME field on the LCD window shows the current value 0:20. Set using the UP and DOWN keys (setting range: 0:05~9:59), with no looping function. (See Figure 16)

E.Press the ENTER key to confirm, accompanied by a 0.5-second buzzer beep. The LCD displays 01/XX (with “01” flashing). The WORK icon illuminates once per second (0.75s on / 0.25s off), synchronized with the buzzer beep. The TIME icon counts down from the set value, while DISTANCE, CALORIES, WATTS, SPEED, and RPM start counting based on calculated values.

F.When the REST timer is active, the LCD displays 01/XX (the “01” portion flashes) and the REST icon flashes continuously. The buzzer beeps for 0.25 seconds every second.

G.The WORK and REST icons alternate in cycles; the cycle count increments by 1 each full cycle until 08/08 appears (total of 8 cycles). The buzzer beeps for 0.5 seconds, and the console enters workout end mode. (Average workout results are only displayed during WORK intervals.)

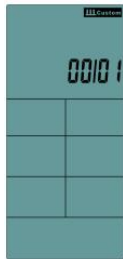
H.When the final REST phase is reached, no REST timing is executed; the console enters workout end mode directly.

I. If no signal is input for more than 5 minutes, the buzzer beeps for 0.5 seconds, then the console enters standby mode.

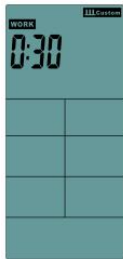
J. Press the START key once to enter pause mode; press START again to resume exercise.

K. Press the STOP key. The buzzer beeps for 0.5 seconds, and the console enters workout end mode.

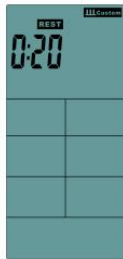
L.After the workout results are displayed, press the STOP key to exit and return to standby mode.



(FIG 14)



(FIG 15)



(FIG 16)

## 7.TARGET TIME:

- A.Press the TARGET TIME key to enter this mode. The LCD flashes and displays TARGET & TIME.
- B. The TIME field in the LCD window shows the default value 1:00 or the last set value. Use the UP and DOWN keys to set the value (setting range: 1:00 ~ 1:59:00), with no looping function.
- C. After setting, press the ENTER key to confirm. The TARGET & TIME icons flash continuously, and the timer counts down from the set value.
- D. Press the START key once to enter pause mode; press START again to resume exercise.
- E. Press the STOP key. The buzzer beeps for 0.5 seconds, and the console enters workout end mode.
- F. If no signal is input for more than 5 minutes, the buzzer beeps for 0.5 seconds, and the console enters standby mode.
- G. If the settings are not completed within 30 seconds, the buzzer beeps for 0.5 seconds, and the console returns to standby mode.
- H. After the workout results are displayed, press the STOP key to exit and return to standby mode.



## 8.TARGET CALORIES:

- A. Press the TARGET CALORIE key to enter this mode. The LCD flashes and displays TARGET & CALORIE.
- B. The CALORIE field in the LCD window shows the default value 20 or the last set value. Use the UP and DOWN keys to set the value (setting range: 1 ~ 2000), with no looping function.
- C. After setting, press the ENTER key to confirm. The TARGET & CALORIE icons flash continuously, and the timer counts down from the set value.
- D. Press the START key once to enter pause mode; press the START key again to resume exercise.
- E. Press the STOP key. The buzzer beeps for 0.5 seconds, and the console enters workout end mode.
- F. If no signal is input for more than 5 minutes, the buzzer beeps for 0.5 seconds, and the console enters standby mode.
- G. If the settings are not completed within 30 seconds, the buzzer beeps for 0.5 seconds, and the console returns to standby mode.
- H. After the workout results are displayed, press the STOP key to exit and return to standby mode.





## 9. TARGET DISTANCE:

- A. Press the TARGET DISTANCE key to enter this mode. The LCD flashes and displays TARGET & DISTANCE.
- B. The "DISTANCE" field in the LCD window shows the default value 500 Meters / 0.5 Miles or the last set value. Use the UP and DOWN keys to set the value (Setting range: Metric = 500 ~ 9900 Meters / Imperial = 0.5 ~ 100 Miles), with no looping function.
- C. After completing the setting, press the ENTER key to confirm. The TARGET & DISTANCE icons flash continuously, and the countdown starts from the set value.
- D. Press the START key once to enter pause mode; press START again to resume exercise.
- E. Press the STOP key. The buzzer beeps for 0.5 seconds, and the console enters workout end mode.
- F. If no signal is input for more than 10 minutes, the buzzer beeps for 0.5 seconds, and the console enters standby mode.
- G. If the settings are not completed within 30 minutes, the buzzer beeps for 0.5 seconds, and the console returns to standby mode.
- H. After the workout results are displayed, press the STOP key to exit, then return to standby mode.

## 10. Unit Switch (Metric / Imperial)

- A. In standby mode, press and hold the ENTER key and the UP key simultaneously for 5 seconds; the unit will switch and the console will restart.
- B. If the original unit was metric, it will switch to imperial; if the original unit was imperial, it will switch to metric.

## 11. Enable Bluetooth, Bluetooth HR, or ANT+ HR.

- A. To use Bluetooth HR or ANT+ HR, press  once to enable and receiving.
- B. At this point, pair the Bluetooth HR or ANT+ HR chest strap with the console within 80 cm.
- C. Once the Bluetooth HR or ANT+ HR chest strap is connected, the Pulse window will display heart rate data.
- D. When connected to FTMS, Zwift, Kinomap, or Gymtrakr from the Wahoo APP, the Bluetooth icon  on the LCD will stay lit constantly, while all other screen segments will turn off and show nothing.

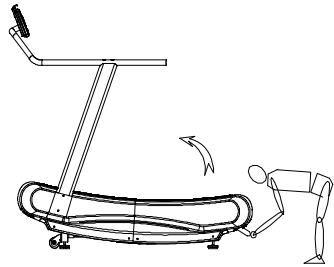
## 11.Using Instruction

### Moving the treadmill:

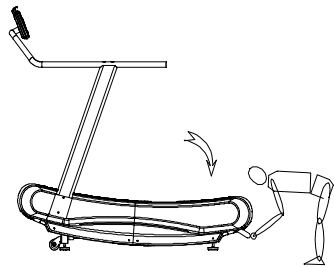
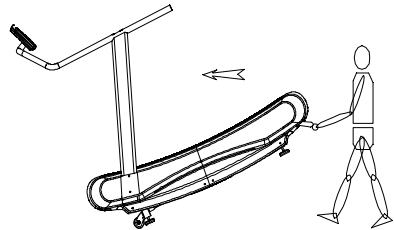
#### (1) moving

Make sure follow things before moving:

1. Restore incline to flat (0) position;
2. the power switch of treadmill is off;



Then seize the treadmill terminal with  
Both hands and lift the deck up until you  
Stand up straight. Thus you can move the  
The treadmill forward or backward slowly.  
When find the right position, put it slightly  
Down to the ground.



## 12. General fitness tips

### 1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

### 2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

### 3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

### 4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

### 5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

### 6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

### 7. Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

#### 1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

#### 2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

#### 3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

#### 4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

#### 5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

