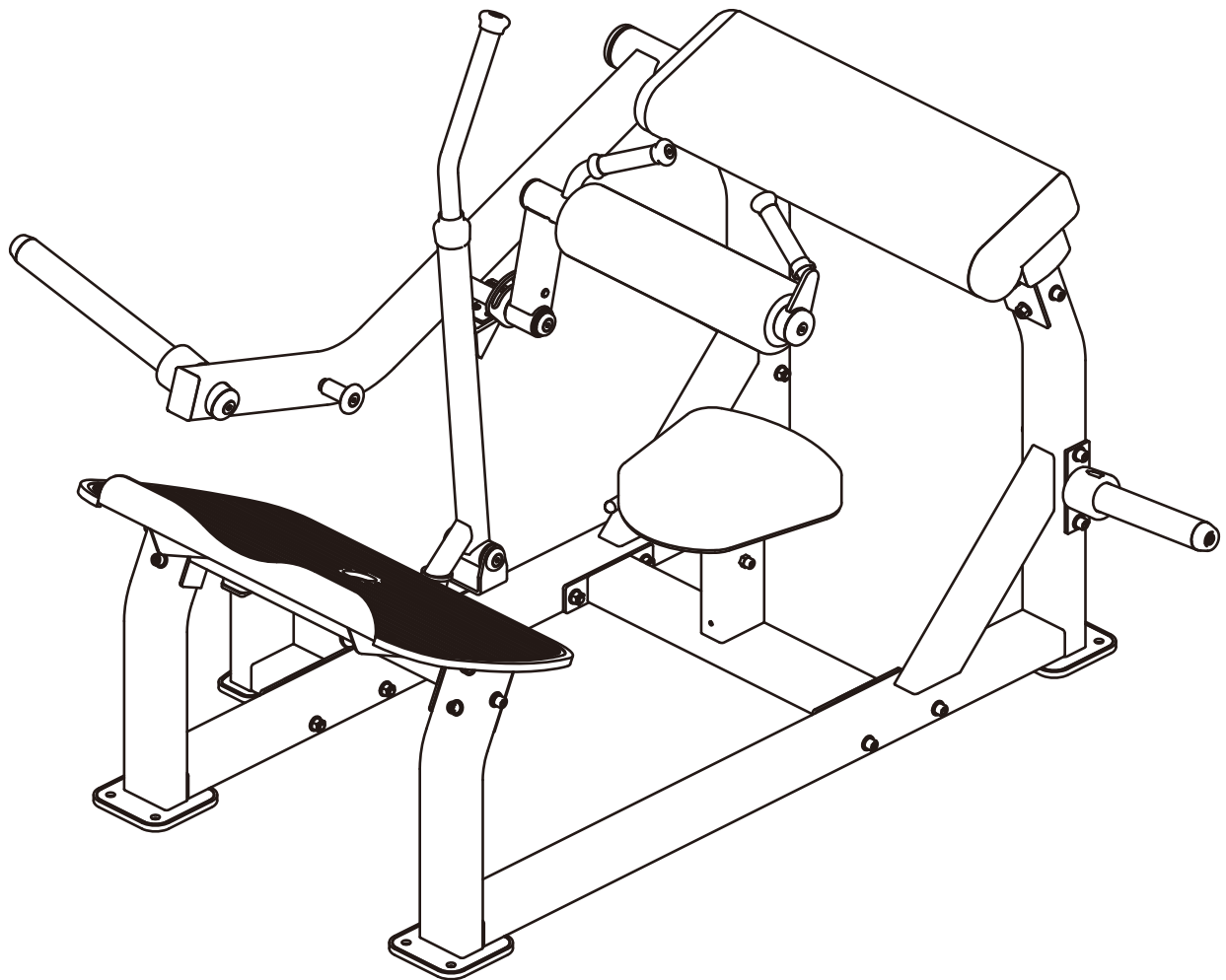


Инструкция

Ягодичный мостик Impulse SL7038

Полезные ссылки:

[Ягодичный мостик Impulse SL7038 - смотреть на сайте](#)



SL7038

GLUTE TRAINER

OWNER'S MANUAL

21P

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

CAUTION!

Read all precautions and instructions in this manual before using this equipment.

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	15
Assembly Instructions-----	16
Assembly-----	17
Adjust Instructions-----	21
Exercise Instructions-----	22
Maintenance Schedule-----	23
General Maintenance Information-----	24
Weight Training Tips-----	25

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

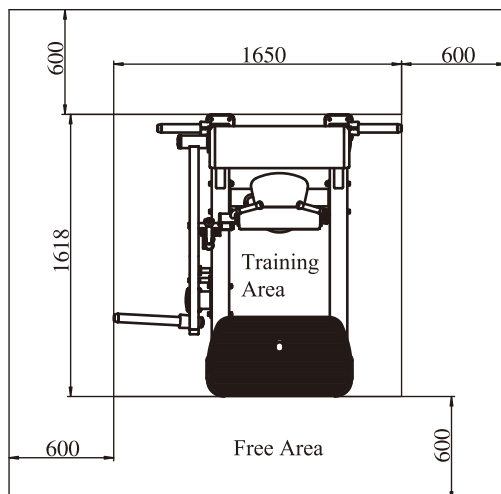
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1650*1618*1106mm

Product Total Surface: 1650*1618mm

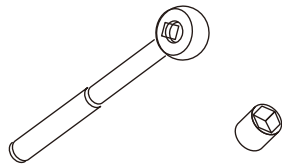
Product Total Mass: 114.7kg/ 253lbs

Instructions

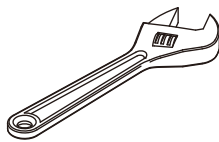
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

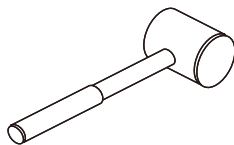
Tools Required



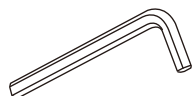
Ratchet Wrench and Socket



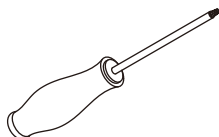
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

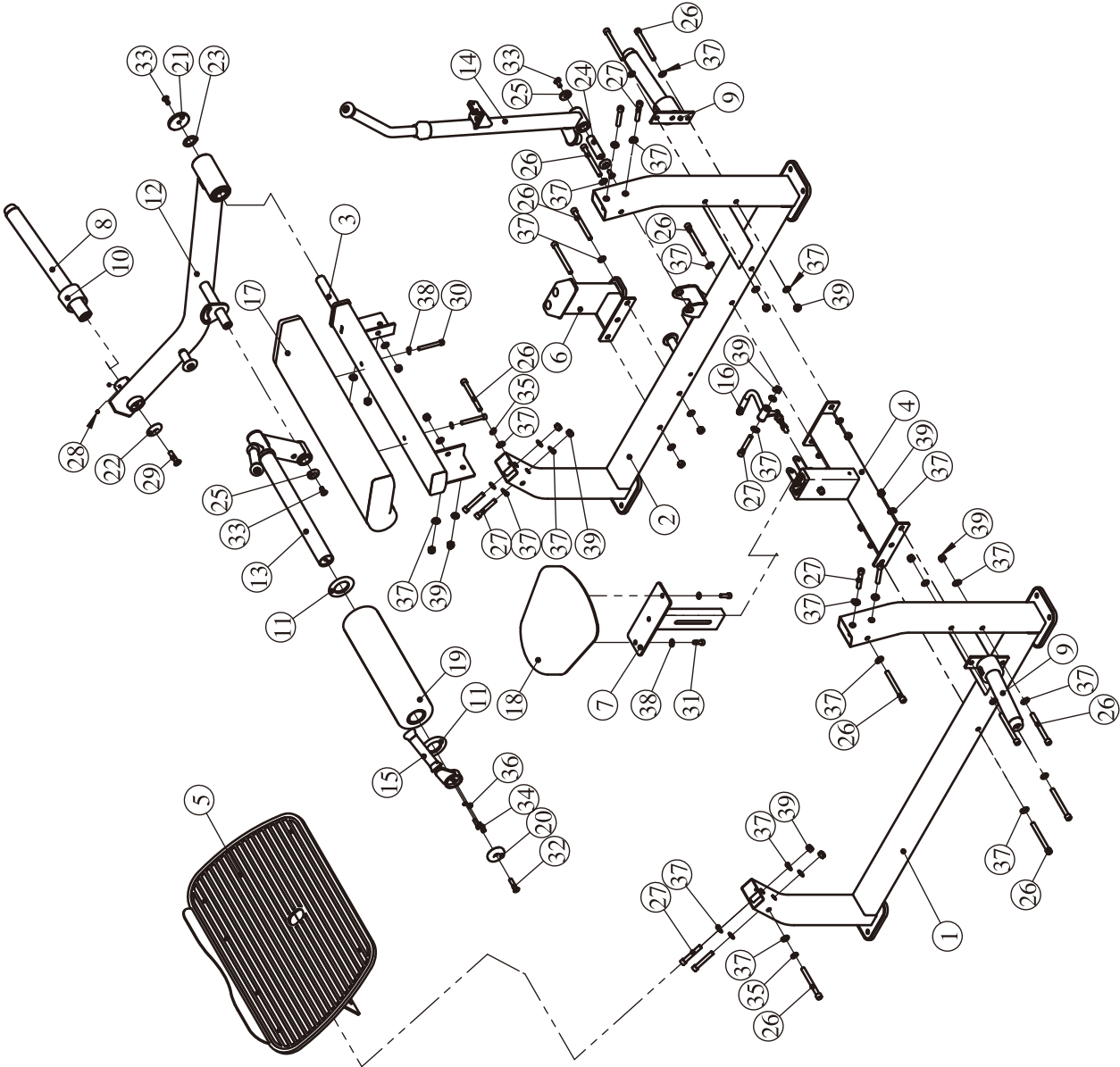
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	SL703801ASSY	Floor Stand Frame 1 ASSY	1
2	2	SL703802ASSY	Floor Stand Frame 2 ASSY	1
3	3	SL703804ASSY	Back Pad Frame ASSY	1
4	4	SL703807ASSY	Seat Pad Frame ASSY	1
5	5	SL703808ASSY	Pedal Plate Frame ASSY	1
6	6	SL703809ASSY	Bottom Support Frame ASSY	1
7	7	SL70381000	Adjustable Seat Pad Frame	1
8	8	SL704008ASSY	Long Weighth Horn Frame ASSY	1
9	9	SL703911ASSY	Short Weighth Horn Frame ASSY	2
10	10	PL0702900	Rubber Bumper $\Phi 76 \times 64.6$	1
11	11	IT80053700	Plastic Ring $\Phi 90 \times \Phi 51.5 \times 6$	2
12	12	SL703803ASSY	Swing Frame ASSY	1
13	13	SL703805ASSY	Foam Frame ASSY	1
14	14	SL703806ASSY	Safety Frame ASSY	1
15	15	SL703811ASSY	Outside Handle Frame ASSY	1
16	16	SL703812ASSY	Adjustable Handle Frame ASSY	1
17	17	SL70385100	Back Pad	1
18	18	SL70062600V1	Seat Pad	1
19	19	IF81241100V2	FOAM ASSY	1
20	20	IE950716500	Aluminum Cap $\Phi 60 \times 11.6$	1
21	21	RL81052200	Aluminum Cap $\Phi 72 \times 14.4$	1
22	22	SL70011700	Aluminum Cap $\Phi 54 \times \Phi 12.5 \times 10.6$	1
23	23	SL70022500	Ring $\Phi 46 \times \Phi 30.5 \times 3$	1
24	24	ST70131800	Axis $\Phi 25.4 \times 76$	1
25	25	IN-D21202000	Aluminum Cap $\Phi 38 \times \Phi 10.5 \times 8$	3
26	26	GB70M12*125DHS20	Socket Head Cap Screw M12*125	10
27	27	GB70M12*75DHS20	Socket Head Cap Screw M12*75	9
28	28	GB77M8*6DS18NL	Hexagon Socket Set Screws M8*6	2
29	29	CNLM12*50*50DS20NL	Flat Head Cap Screw M12*50	1
30	30	GB70M10*80DHS20	Socket Head Cap Screw M10*80	2
31	31	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2
32	32	CNLM10*50DS20	Flat Head Cap Screw M10*50	1
33	33	CNLM10*25DS20	Flat Head Cap Screw M10*25	4
34	34	GB70M8*30DHS20	Socket Head Cap Screw M8*30	2
35	35	GB9312DHS12	Spring Washer $\Phi 12$	2
36	36	GB938DHS12	Spring Washer $\Phi 8$	2
37	37	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	44
38	38	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
39	39	NM12DHS2	Nylon Lock Nut M12	21
40	40	NBS4DHS	Hex Key S=4	1
41	41	NBS10DHS	Hex Key S=10	1
42	42	NBS8DHS	Hex Key S=8	1
43	43	NBS6DHS	Hex Key S=6	1
44	44	LW200BS	Wrench $\Phi 6 \times 117$	1

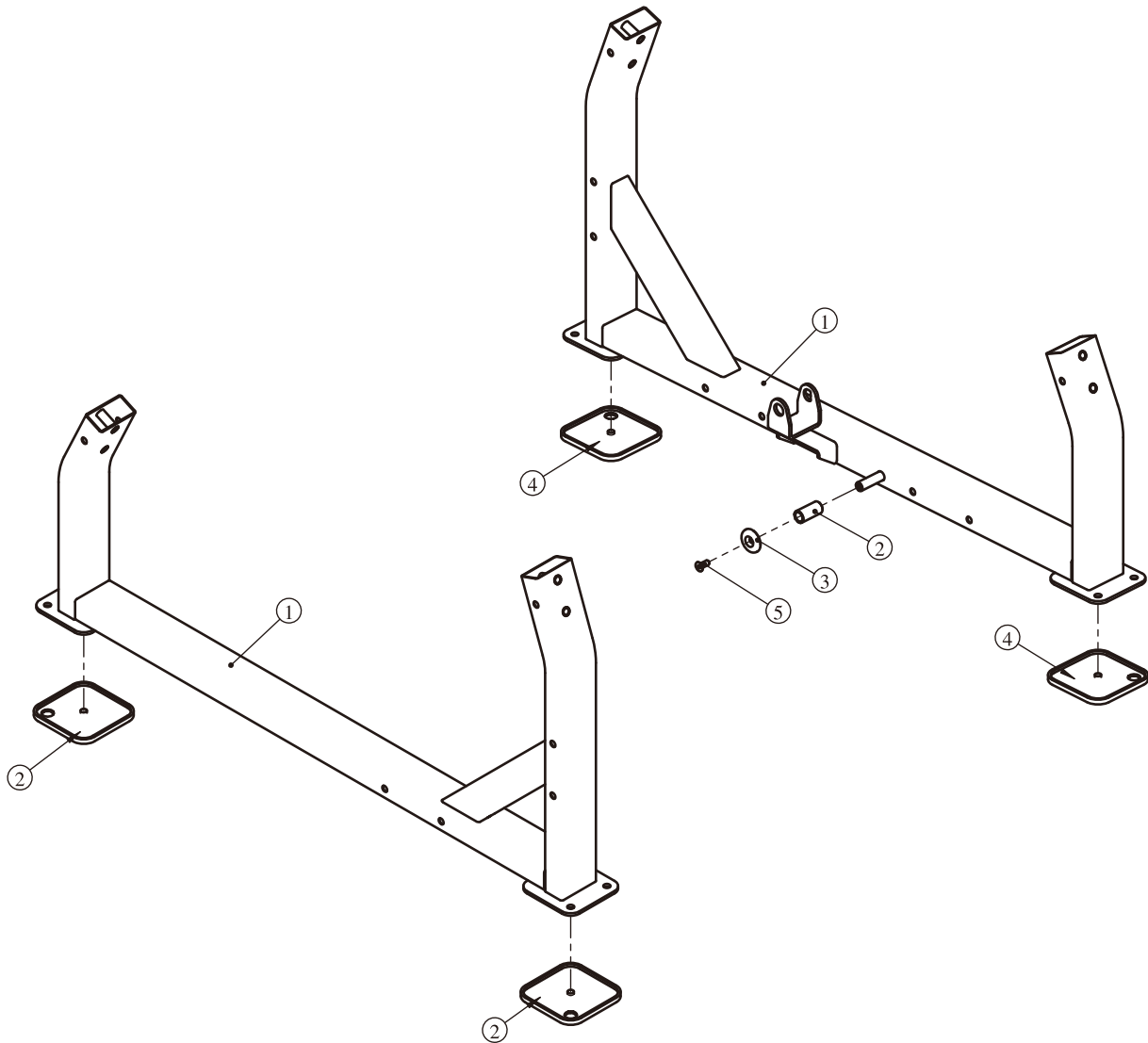
Exploded View and Parts List

Overall



Exploded View and Parts List

Floor Stand Frame 1 ASSY Floor Stand Frame 2 ASSY

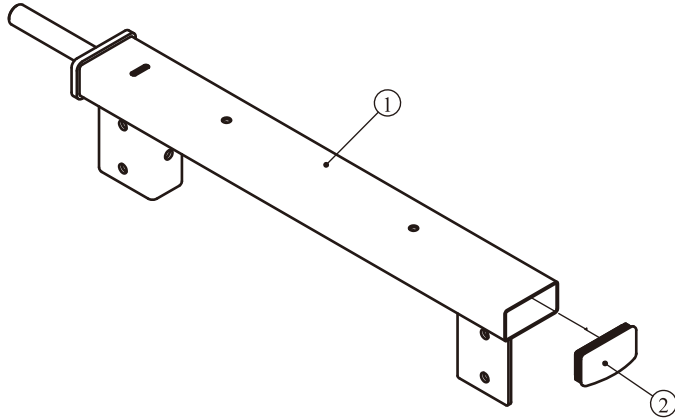


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70380100	Floor Stand Frame 1	1
2	1.2	CWRVL0051200	Rubber Foot	2

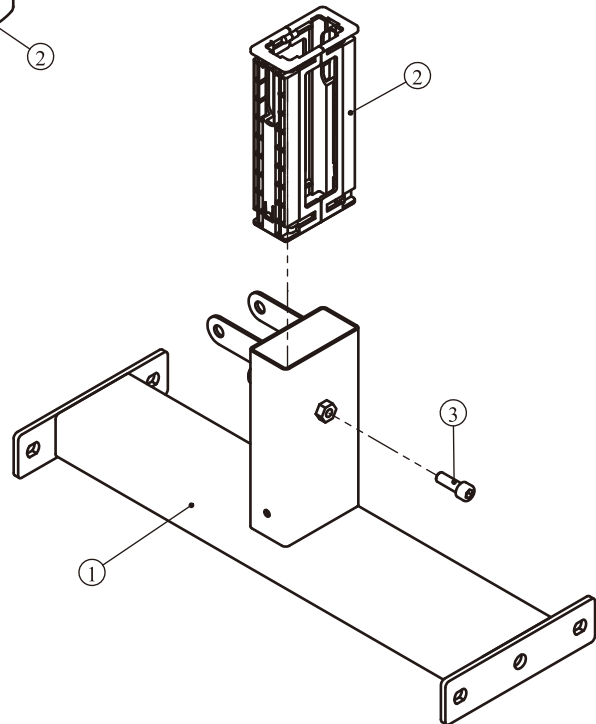
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70380200	Floor Stand Frame 2	1
2	2.2	SL70383100	Rotating Sleeve $\Phi 26 \times 3 \times 55$	1
3	2.3	IN-S51102100	Aluminum Cap $\Phi 50 \times \Phi 10.5 \times 8$	1
4	2.4	CWRVL0051200	Rubber Foot	2
5	2.5	CNLM10*25DS20	Flat Head Cap Screw M10*25	1

Exploded View and Parts List

Back Pad Frame ASSY



Seat Pad Frame ASSY

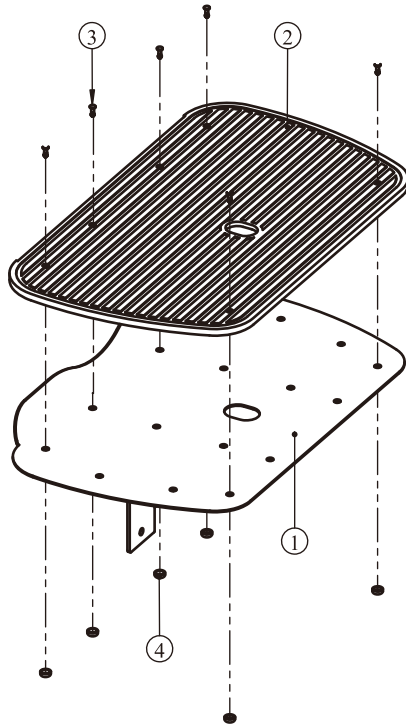


ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	SL70380400	Back Pad Frame	1
2	3.2	VLP8000	Pulg □50*100	1

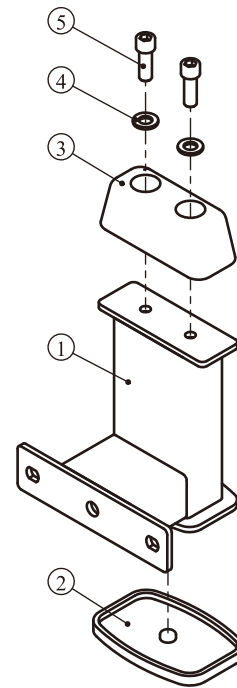
ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	SL70380700	Seat Pad Frame	1
2	4.2	IF93035000	Inner Wear Sleeve	2
3	4.3	GB70M10*30DHS20	Socket Head Cap Screw M10*30	1

Exploded View and Parts List

Pedal Plate Frame ASSY



Bottom Support Frame ASSY



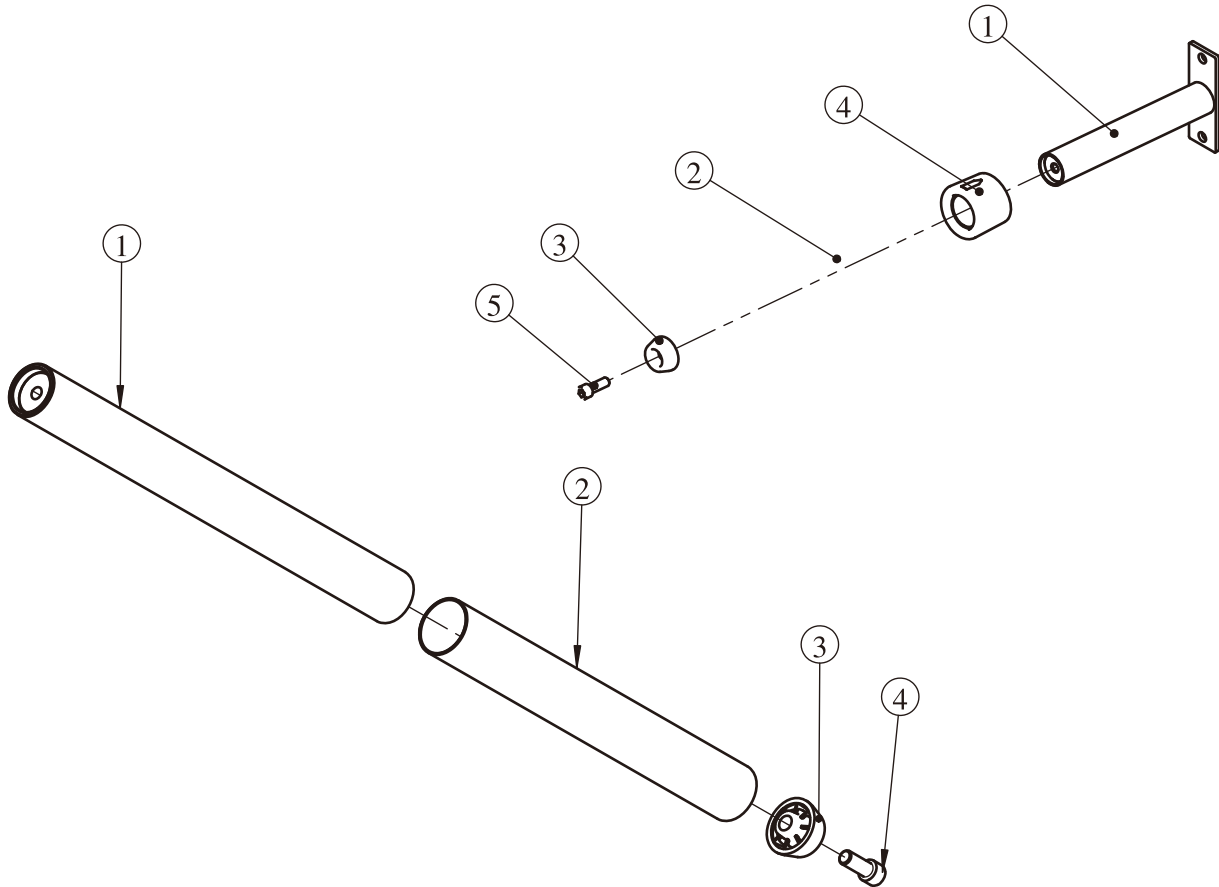
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	SL70380800	Pedal Plate Frame	1
2	5.2	SL70064000	Rubber Foot Plate Cover	1
3	5.3	SL70064100	Plastic Pin	6
4	5.4	SL70064200	Plastic Cover	6

ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70380900	Bottom Support Frame	1
2	6.2	IF81162000	Rubber Foot	1
3	6.3	PL380800	Urethane Bumper	1
4	6.4	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
5	6.5	GB70M12*35DHS20	Socket Head Cap Screw M12*35	2

Exploded View and Parts List

Long Weight Horn Frame ASSY

Short Weight Horn Frame ASSY

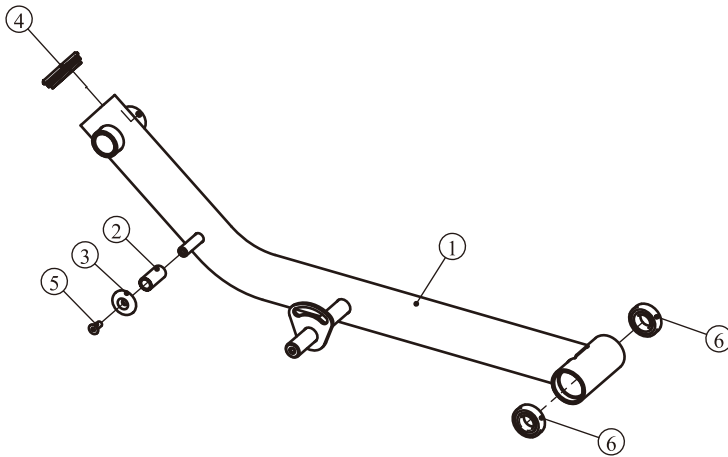


ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	SL70400800	Long Plate Support Frame	1
2	8.2	HSP70522000	Long Weight Horn Sleeve	1
3	8.3	SL70012000	Plastic Cap	1
4	8.4	GB70M12*30DS20NL	Socket Head Cap Screw M12*30	1

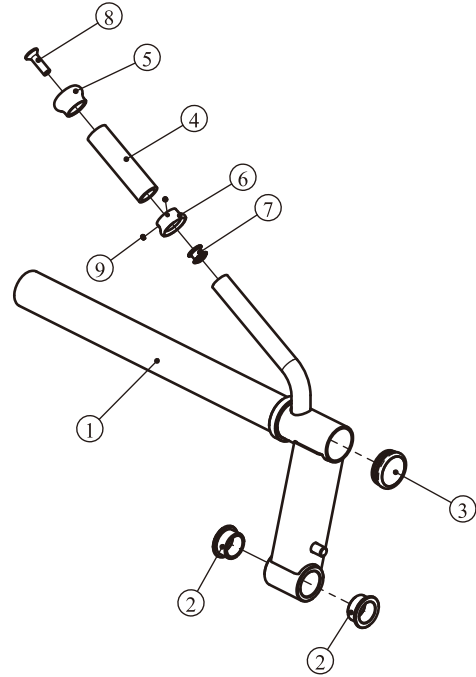
ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	SL70391100	Short Plate Support Frame	1
2	9.2	PL0702800	Short Weight Horn Sleeve	1
3	9.3	PL0702300	Plastic Cap $\Phi 49 \times \Phi 12.5 \times 25$	1
4	9.4	PL4003200	Rubber Bumper $\Phi 76.2 \times 62.2$	1
5	9.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

Exploded View and Parts List

Swing Frame ASSY



FOAM Frame ASSY

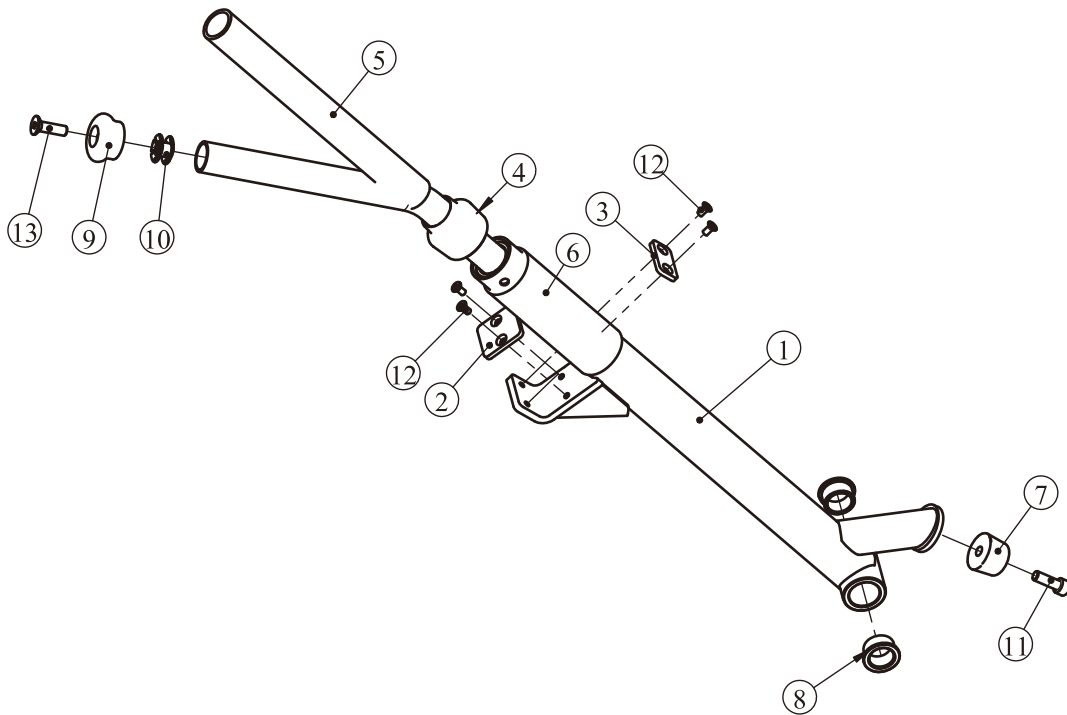


ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	SL70380300	Swing Frame	1
2	12.2	SL70383100	Plastic Sleeve $\Phi 26 \times 3 \times 55$	1
3	12.3	IN-S51102100	Aluminum Cap $\Phi 50 \times \Phi 10.5 \times 8$	1
4	12.4	KPSFID2800	Pulg $\square 50.8 \times 76.2$	1
5	12.5	CNLM10*25DS20	Flat Head Cap Screw M10*25	1
6	12.6	GB2766206-2ZC3	Bearing 6206-2ZC3	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	SL70380500	FOAM Frame	1
2	13.2	FS573600	Bush $\Phi 44 \times \Phi 36 \times \Phi 30 \times 19.5$	2
3	13.3	B10009900	Pulg $\Phi 50.8$	1
4	13.4	026-01PL0206-5	Grip ST $\Phi 31 \times \Phi 24 \times 111$	1
5	13.5	IT90102100	Aluminum Grip Cap $\Phi 25$	1
6	13.6	IT90102200	Aluminum Grip Ring $\Phi 25$	1
7	13.7	IF81165000	Nut M10	1
8	13.8	CNLM10*35DS20	Flat Head Cap Screw M10*35	1
9	13.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

Exploded View and Parts List

Safety Frame ASSY

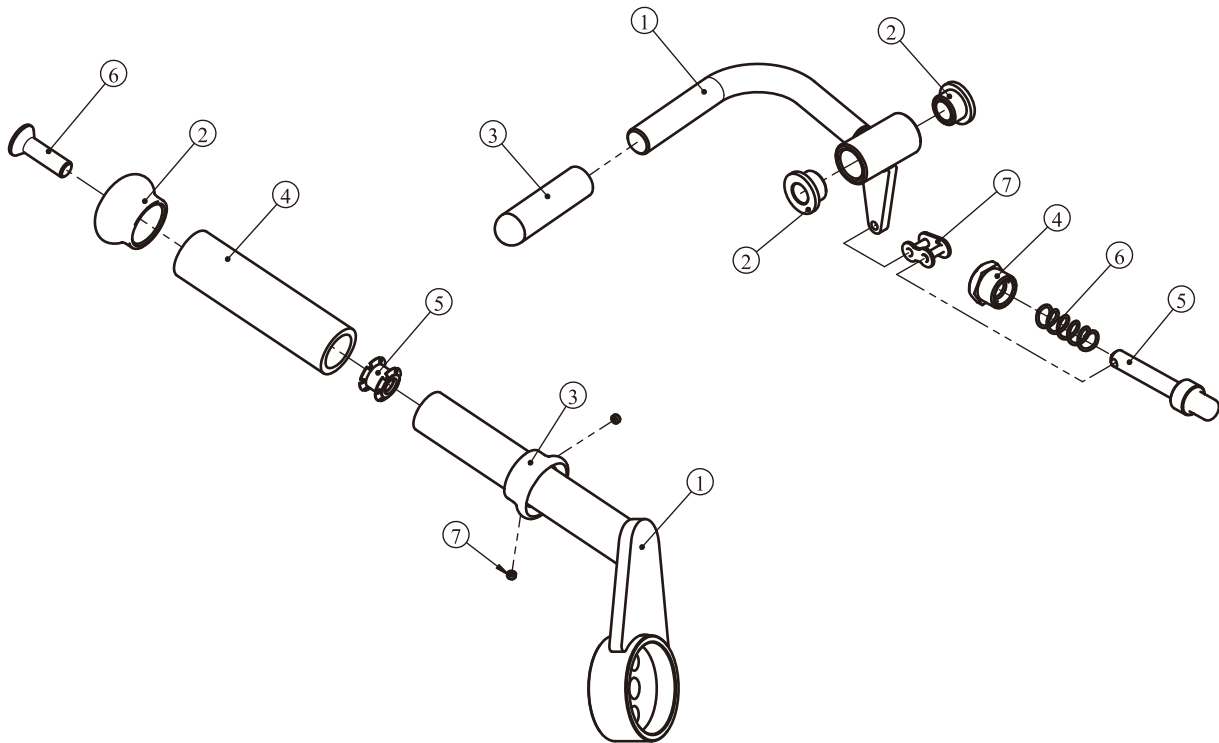


ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	SL70380600	Safety Frame	1
2	14.2	SL70383200	Plastic Board 1	1
3	14.3	SL70383300	Plastic Board 2	1
4	14.4	RL81013400	Connective Sleeve	1
5	14.5	026-01PL0235-11	Grip $\Phi 36 * \Phi 29 * 338$	1
6	14.6	CGH4501300	Plastic Sleeve	1
7	14.7	PBG10002	Rubber Bumper	1
8	14.8	M02502000	Bush $\Phi 38 * \Phi 32 * \Phi 25.4 * 18$	2
9	14.9	IT90122000	Aluminum Grip Cap $\Phi 32$	1
10	14.10	IF81212700	Nut M10	1
11	14.11	GB70M10*30DHS20	Socket Head Cap Screw M10*30	1
12	14.12	GB819M6*12DHS2	Cross Recessed Countersunk Head Screw M6*12	4
13	14.13	CNLM10*35*35DS20	Flat Head Cap Screw M10*35	1

Exploded View and Parts List

Outside Handle Frame ASSY

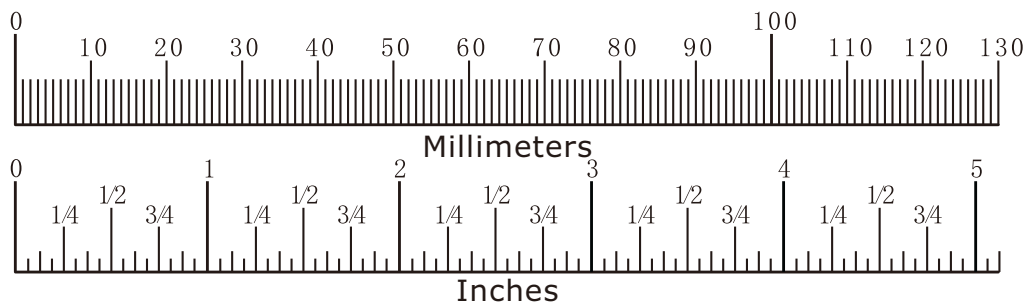
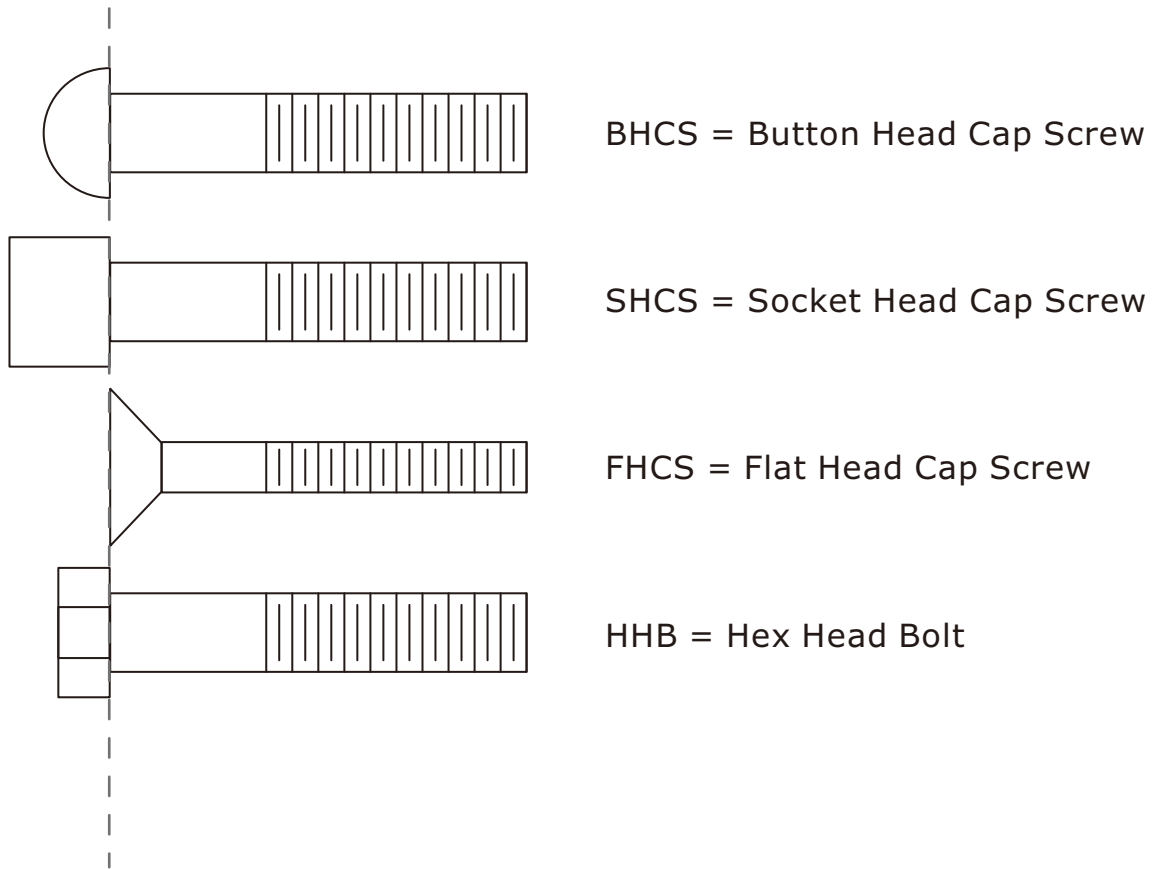
Adjustable Handle Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	SL70380600	Outside Handle Frame	1
2	15.2	IT90102100	Aluminum Grip Cap $\Phi 25$	1
3	15.3	IT90102200	Aluminum Grip Ring $\Phi 25$	1
4	15.4	026-01PL0206-5	Grip ST $\Phi 31 * \Phi 24 * 111$	1
5	15.5	IF81165000	Nut M10	1
6	15.6	CNLM10*35*35DS20	Flat Head Cap Screw M10*35	1
7	15.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	16.1	SL70381200	Adjustable Handle Frame	1
2	16.2	M01402000	Bush $\Phi 25 * \Phi 18 * \Phi 12.2 * 13$	2
3	16.3	CG50001700	Grip DT $\Phi 19 * \Phi 14 * 70$	1
4	16.4	KPS18002701V1	Lock Nut	1
5	16.5	FE97161700	Roll Pin $\Phi 18.2 * 71$	1
6	16.6	CF217903100	Spring $\Phi 13 * \Phi 1.4 * 38.6$	1
7	16.7	GB/T1243-199708BN19	Connecting Shackle P=12.7	1

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

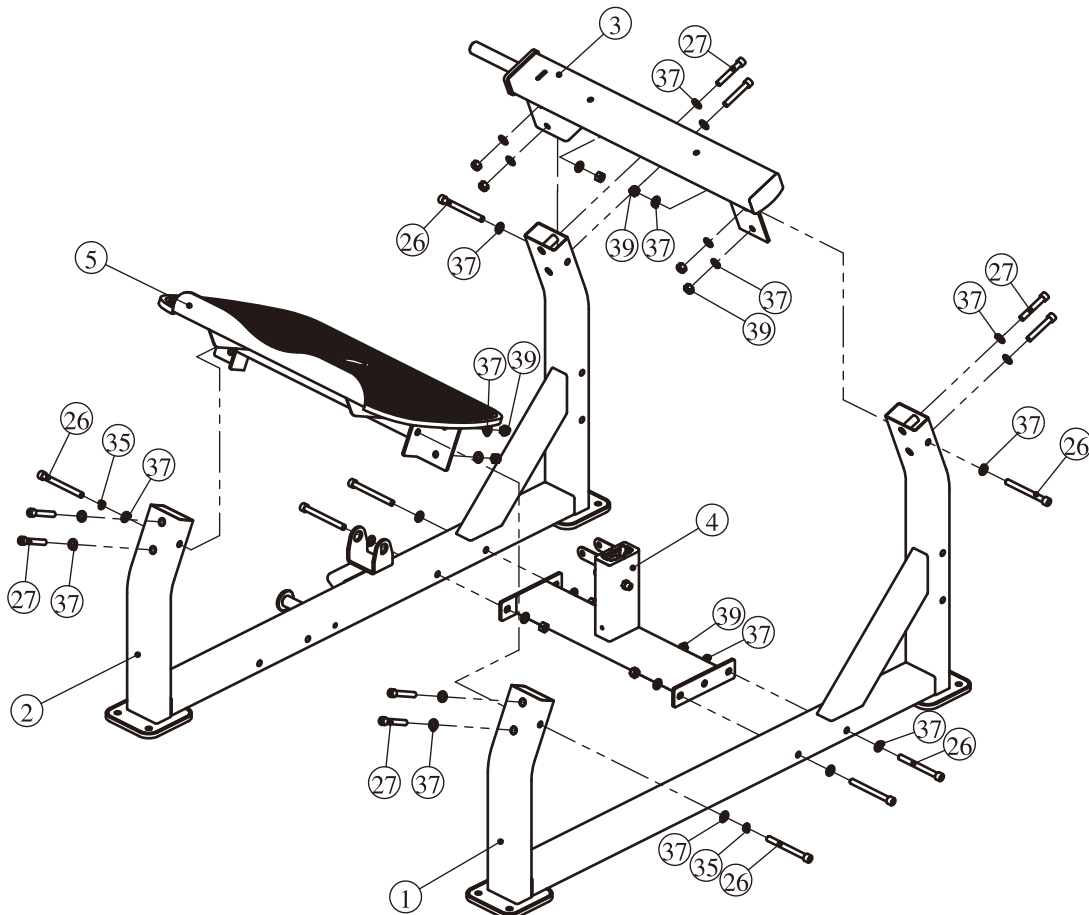
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Seat Pad Frame ASSY (#4) to the Floor Stand Frame 1 ASSY (#1) and the Floor Stand Frame 2 ASSY (#2) using:
four M12*125 SHCS (#26) eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#37)
four M12 Nylon Lock Nut (#39)
2. Attach the Back Pad Frame ASSY (#3) to the Floor Stand Frame 1 ASSY (#1) and the Floor Stand Frame 2 ASSY (#2) using:
two M12*125 SHCS (#26) four M12*75 SHCS (#27)
twelve $\Phi 13*\Phi 24*2.5$ Flat Washer (#37) six M12 Nylon Lock Nut (#39)
3. Attach the Pedal Plate Frame ASSY (#5) to the Floor Stand Frame 1 ASSY (#1) and the Floor Stand Frame 2 ASSY (#2) using:
two M12*125 SHCS (#26) four M12*75 SHCS (#27)
ten $\Phi 13*\Phi 24*2.5$ Flat Washer (#37) two $\Phi 12$ Spring Washer (#35)
four M12 Nylon Lock Nut (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

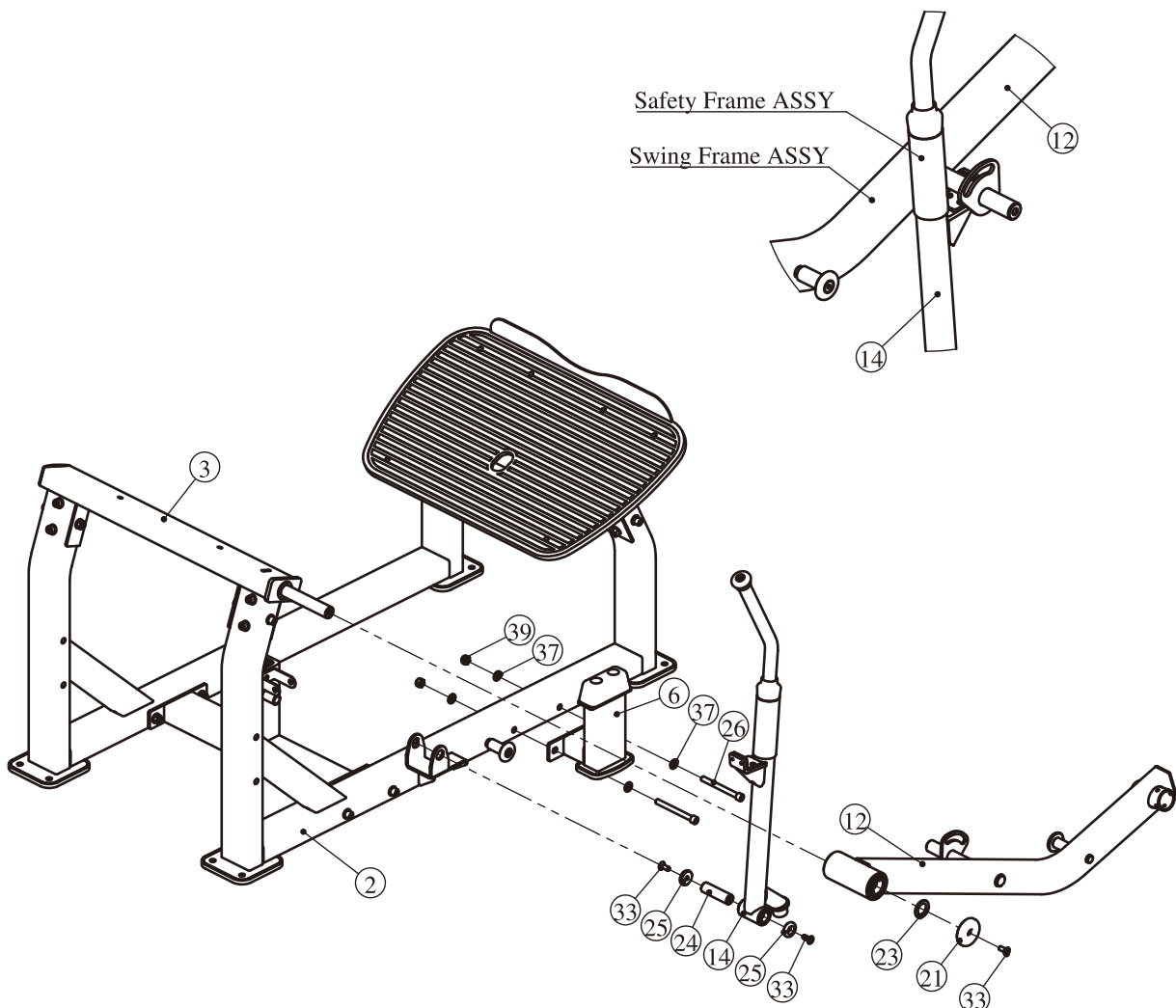


Assembly

STEP 2

1. Attach the Safety Frame ASSY (#14) to the Floor Stand Frame 2 ASSY (#2) using:
one $\Phi 25.4 \times 76$ Axis (#24) two $\Phi 38 \times \Phi 10.5 \times 8$ Aluminum Cap (#25)
two M10*25 FHCS (#33)
2. Attach the Bottom Support Frame ASSY (#6) to the Floor Stand Frame 2 ASSY (#2) using:
two M12*125 SHCS (#26) four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#37)
two M12 Nylon Lock Nut (#39)
3. Attach the Swing Frame ASSY (#12) to the Back Pad Frame ASSY (#3) using:
one $\Phi 46 \times \Phi 30.5 \times 3$ Ring (#23) one $\Phi 72 \times 14.4$ Aluminum Cap (#21)
one M10*25 FHCS (#33)

Note: 1. The Swing Frame ASSY (#12) above the Safety Frame ASSY (#14).
2. Wrench Tighten Bolts and Nylon Lock Nuts.

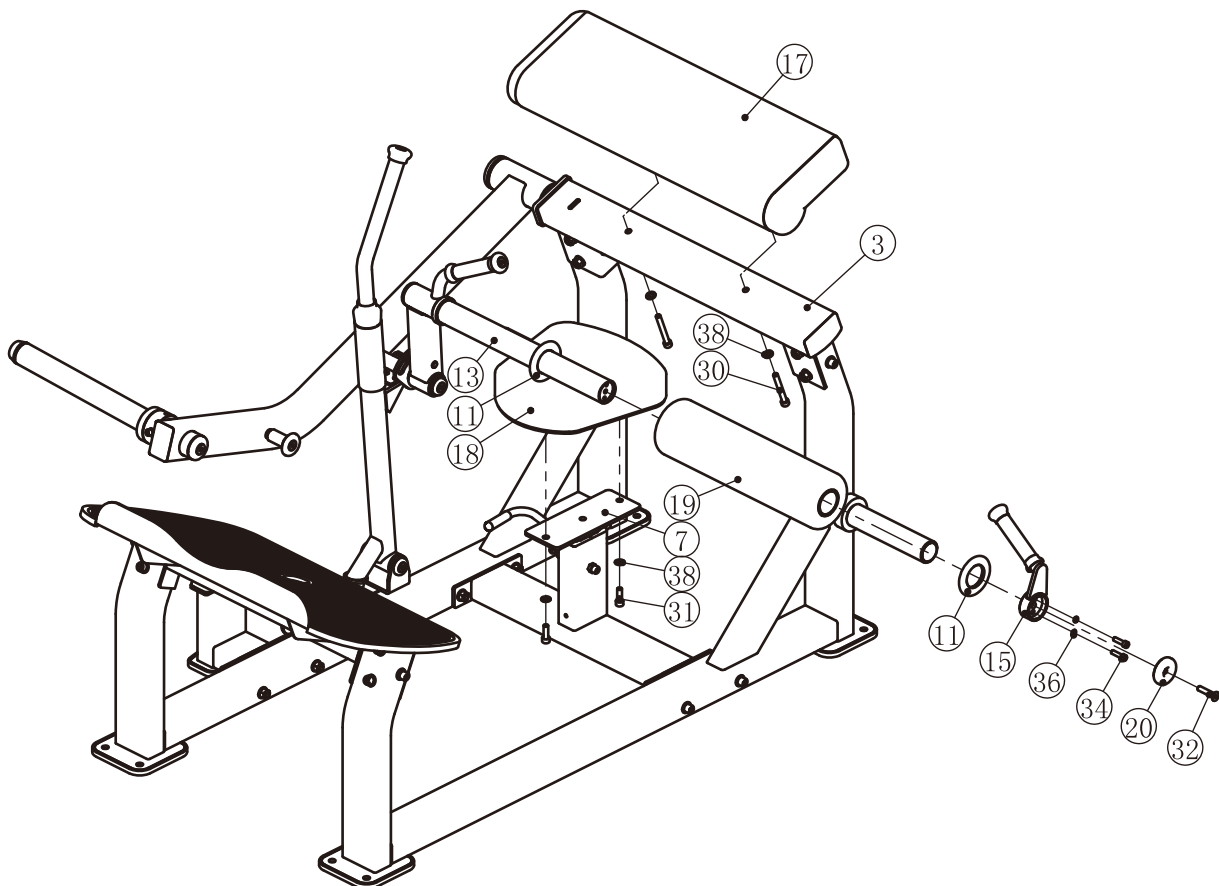


Assembly

STEP 4

1. Attach the FOAM ASSY (#19) and the Outside Handle Frame ASSY (#15) to the Foam Frame ASSY (#13) using:
 - two $\Phi 90 \times \Phi 51.5 \times 6$ Plastic Ring (#11)
 - two $\Phi 8$ Spring Washer (#36)
 - two M8*30 SHCS (#34)
 - one $\Phi 60 \times 11.6$ Aluminum Cap (#20)
 - one M10*50 FHCS (#32)
2. Attach the Seat Pad (#18) to the Adjustable Seat Pad Frame (#7) using:
 - two M10*30 SHCS (#31)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#38)
3. Attach the Back Pad (#17) to the Back Pad Frame ASSY (#3) using:
 - two M10*80 SHCS (#30)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#38)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



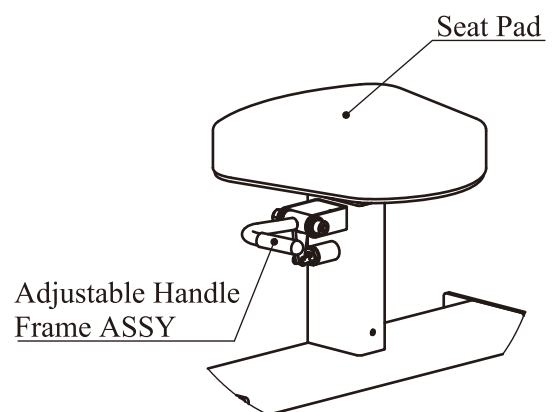
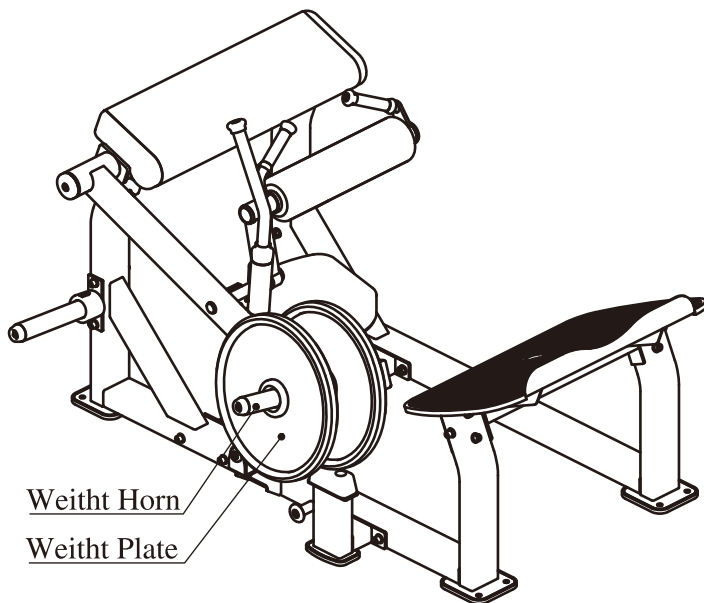
Adjust Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plate.

The Use Position Adjustment

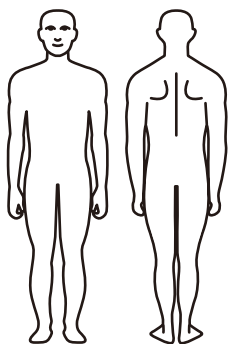
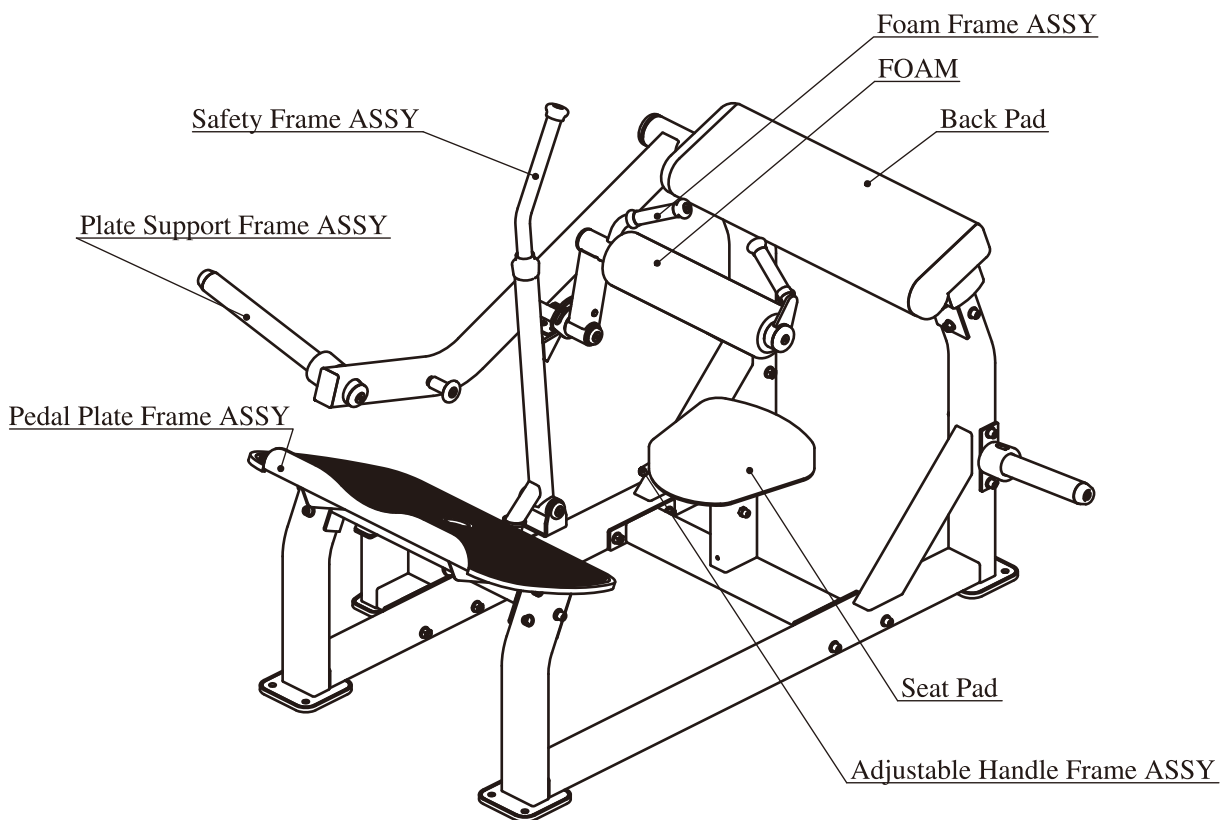
1. Lift the Adjustable Handle Frame ASSY and Adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.



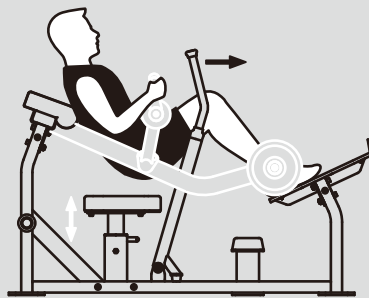
Exercise Instructions

Exercise Instructions

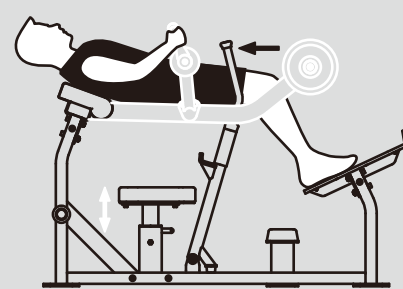
1. Select an appropriate weight.
2. Adjust the Seat Pad to the desired position, Put your both feet on the Pedal Plate Frame ASSY and get hold of the Foam Frame ASSY.
3. Lift your hip up and down with control.
4. At the end of workout, lift the FOAM by your hip, and pull the Safety Frame ASSY to make sure it against the Foam Frame ASSY effective.



Start



Finish



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

