



- 1. Hand grips
- 2. Stirrups
- 3. Stirrup fastener (pulls apart to adjust stirrup)
- 4. Cord
- 5. Centre bar

Max 45kg pull force

To increase or decrease tension slide the centre bar up or down.

Simple but effective workout that you can do anywhere.

2 x resistance bands with handles give you a great workout.

Increase your strength & flexibility and tone your muscles and whole body.

Gets you moving more in the comfort of your own home, use it sitting, standing and even lying down.

Easy to carry & store.

Before you start any exercise program it is recommended to consult your GP.

Slowly increase number of repetitions and only stretch as far as it feels comfortable.

Warm up

Before stretching, warm up your muscles by walking or marching in place for a few minutes. Focus on your posture, abdominal control and regular breathing.

EXERCISES:

Waist

Standing up place right foot inside the looped cord as shown in the illustration. Bend to the side at the waist with your arm slightly bent or straight. Pull up with your arm 5 times. On the last count hold the arm in an extended position for 3 seconds before coming to the rest position. Repeat with the other arm. All movements should come from the waist.

Main effect: Waist

Secondary effect: Firming arms



Stomach

Sit on the floor with both hands and feet in position as shown in illustration. With one stirrup in each hand and keeping your heels on the ground, pull with both hands and very slowly curl backwards no more than halfway between sitting up and lying down. Hold for 10 seconds before coming to the rest position.

Repeat 5 times.

Main effect: Stomach

Secondary effect: Waist and legs



Bust

Sitting or standing place body exerciser in each hand as shown. Bend your elbows in front of the body. Pull 5 times. At last count hold arms in extended position for 3 seconds before coming to rest position.

Main effect: Bust

Secondary effect: Firming arms



Upper Arms

Hold exerciser in each hand above your head as in illustration. Pull apart 5 times. At last count hold arms in extended position for 3 seconds before coming to rest position.

Main effect: Firms flabby arms

Secondary effect: Firms back



Outer Thighs

Lie on your side. Place exerciser between your legs as shown. Pull upwards 5 times. Repeat with other leg. On the last count hold leg in extended position for 3 seconds before coming to rest position.

Main effect: Outer thigh

Secondary effect: Waist



Hips

Lying on your back place exerciser between your legs as shown. Slowly extend your leg sideways. Repeat with other leg 5 times. On the last count hold leg in extended position for 3 seconds before coming to rest position.

Main effect: Hips

Secondary effect: Thighs



DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.

