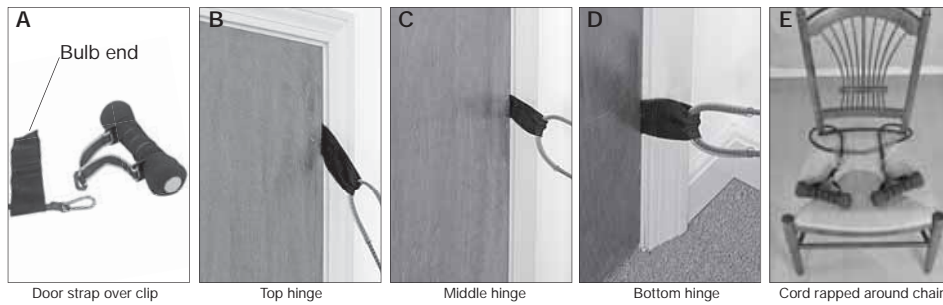


POWER TONE INTEGRATED CIRCUIT WORKOUT GUIDE

DX-1099N

USING DOOR STRAP

1. Unclip Power Tone handle and slip clip through the opening in the door strap (see **A**).
2. Replace handle. Place the bulb end (see **B, C, D**) of the door strap through an open door at the correct height for each exercise. **NEVER USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS TOWARD YOU, ALWAYS USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS OUT AWAY FROM YOU.**
3. Pull the door closed, locking the bulb end of the door strap on the other side of the door. **DO NOT ATTEMPT TO CLOSE THE BULB IN THE DOOR.**
4. Pull hard on the door strap to ensure it is locked into position prior to use.
5. For exercises using a chair, wrap Power Tone Cord around chair back as pictured (see **E**).



LUNGE WITH CHEST PRESS

- Attach cord to the middle of the door using door strap.
- Stand with feet staggered wide, rear heel lifted, knees soft, arms lifted out to sides, elbows slightly bent, palms forward.
- Lower hips toward floor and pause at bottom of lunge.
- Draw arms together in front of chest, release arms and straighten legs to return to start.
- Perform 7 times. Repeat sequence with opposite leg. Do up to 2 sets.

Tip: Tuck hip slightly under and keep chest lifted. Do not allow knee of front leg to extend beyond the toes.



SIDE LYING LEG RAISE & BICEP CURL

- Attach cord to the middle of the door using door strap.
- Lie on one side braced over forearm, bottom knee bent, hips stacked, top leg extended, upper arm extended, palm up.
- Turbo Tone tubing should be taut.
- Press slightly into bottom hip to engage core and tilt hips under and pause.
- Curl upper arm inward toward shoulder while raising top leg. Release arm and lower leg to start position.
- Repeat 7 times. Perform sequence on opposite side. Do up to 3 sets each side.

Tip: Avoid rotating hips and using momentum during work phase.



3-POINT KNEELING PULL DOWN & HIP RAISE

- Attach cord to the middle of the door using door strap.
- Kneel with head toward door, turn to one side, weight supported on knee and hand of lower arm, top leg extended with toe touching ground, upper arm extended straight up, engage core and pause.
- Lift top leg to hip level and pulse Turbo Tone toward knee keeping arm straight.
- Pulse for 16 counts. Repeat sequence on opposite side. Perform 2-3 sets each side.

Tip: Keep hips stacked on top of each other, shoulder of lower arm in line with the hand, avoid leaning forward toward floor with upper body.



LEG DIPS WITH BICEP CURL

- Attach cord to the door 6-12 inches from the bottom using door strap.
- Stand facing door about 3-4ft away in staggered position with weight on rear foot and front toe touching ground, arms extended, palms up.
- Flex hips and sit back onto rear foot. Pause with cord in tension.
- Curl arms upward to chest level and lower. Repeat movement 7 times.
- Extend hips and return to start position.

Tip: Keep weight centered over rear heel to avoid knee bending past toes.



WARNINGS & GUIDELINES Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect equipment for tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

Warning: This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.

SNOWPLOW WITH PRESS-BACKS

- Attach cord to the top of the door using the door strap.
- Stand facing door approximately 3 feet away with toes and knees turned inward, hips flexed, dumbbells in hands, palms down.
- Press hips back into squat until knees press together.
- Press arms downward and backward keeping elbows slightly bent, palms back.
- Perform 6 reps and return to start. Do 2-3 sets of 6 reps.

Tip: Keep chest lifted. Knees should press together to keep glutes contracted throughout movement.



SIDE LYING LEG SWING & PRESS BACK

- Attach cord to the door 6-12 inches from the bottom using door strap.
- Lie on side with head toward door, weight supported on bottom forearm and leg, knee bent, upper leg straight, upper arm extended overhead with dumbbell facing away from door.
- Tilt hips under, engage core, curl bottom leg back and pause.
- Swing top leg to front. Lower top arm and press dumbbell behind torso.
- Repeat 7 times and up to 3 sets. Repeat on other side.

Tip: Keep weight bearing shoulder lifted and hips stacked.



SINGLE LEG SQUAT WITH ROW

Tip: For added stability, set chair against wall.

- Stand facing chair seat, one leg lifted and extended with foot against the chair back for bracing.
- Arms extended, hold dumbbells in front of hips.
- Engage core and sit into heel of rear foot. Pause.
- Press back into a semi-squat and draw elbows back pulling dumbbells toward sides of torso, pulse 3 times.
- Return to start position and repeat 7 times, up to 2 sets. Repeat on opposite leg.

Tip: Keep chest lifted, weight shifted onto standing leg and knee of rear foot over ankle.



SEATED TORSO CURL

- Sit in chair with feet together on floor and dumbbells grasped behind head, elbows bent to the back.
- Draw belly into spine. Pause.
- Lift heels and curl upper torso towards knees.
- Return to start. Repeat 12-15 times and up to 3 sets.

Tip: Keep dumbbells tucked next to back of head and neck throughout the movement.



SEATED TRICEP EXTENSION WITH INNER THIGH LIFT

- Sit in chair with feet together on floor and dumbbells grasped behind head, elbows bent to the back.
- Draw belly into spine with back slightly rounded. Brace upper back against back of chair. Pause.
- Straighten elbows to extend arms overhead, palms facing in, while lifting one leg up and out to the side, inner knee facing up.
- Lower to start position and repeat with opposite leg. Do 14-18 reps and up to 2 sets.

Tip: Keep elbows close to sides of head throughout the movement.

