



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. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect products for cuts, 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. **THIS PRODUCT IS FOR ADULT USE ONLY. PLEASE KEEP PRODUCT AWAY FROM CHILDREN AGE 16 OR UNDER. ALWAYS STORE PRODUCT WHEN NOT IN USE.**

SCULPT & TONE FOR WEIGHT LOSS CIRCUIT WORKOUT

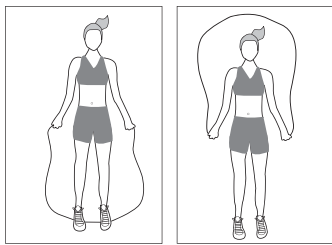
- When beginning any new fitness program, begin with no weight until you are comfortable with the form for each exercise.
- Strength reps: Beginners should start with 10–12 repetitions. To progress, add a second set for each exercise.
- Cardio duration should be 30 seconds–60 seconds depending on ability. To progress, add time in 30 second increments.
- Allow at least 24 hours between strength training workouts to let the body recover.
- Muscle soreness is common 24–48 hours after a strength training workout. Stretching can help reduce soreness.

- Supplement your strength training with a cardiovascular program, performing at least 20-30 minutes of cardio, 3–4 days a week.
- If you are just beginning a cardio program, start slowly and gradually increase your duration and frequency (times per week).
- Proper nutrition is essential for making healthy, permanent changes to your life and body. Eat 5–6 small, well-balanced meals throughout the day.
- Always start your day with water. Drink water throughout the day including before, during, and after your workout.

basic jump rope

LEGS, CORE, SHOULDERS, ARMS

- Swing the jump rope over your head and jump as it passes your feet.
- Land evenly on both feet.
- Continue this pattern for the selected duration of this station.



sumo squats

GLUTES, INNER THIGHS, QUADS

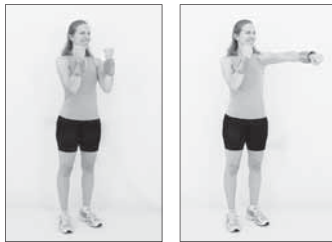
- Stand with your feet wider than shoulder width apart, toes pointed out and knees in line with your toes. Holding the medicine ball with both hands, arms should be straight in front of you with hands at thigh level.
- Keep your spine in a neutral position, your chin up and your hips pulled in.
- Squat down keeping your weight over your heels until your thighs are parallel with the ground (keep abs tight throughout the move).
- Push off with your heels at the bottom of the move, squeezing your glutes and inner thighs until you are back to starting position.
- Perform desired number of reps.



jabs

SHOULDERS

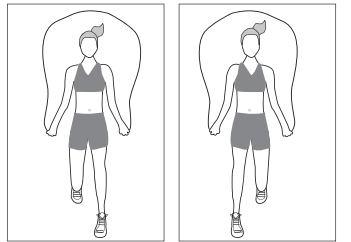
- Make a fist with both hands and hold them at top of chest.
- Bend elbows, keeping them in front of body and pointing down.
- Extend right arm in front of body, rotate wrists so palm is facing down when arm is extended.
- Pull arm back to starting position.
- Alternate arms, when comfortable increase speed of punches for a quick movement.
- To increase cardiovascular benefits, shift body weight from leg to leg while punching.
- Perform desired number of reps.



alternating foot jump

LEGS, CORE, SHOULDERS, ARMS

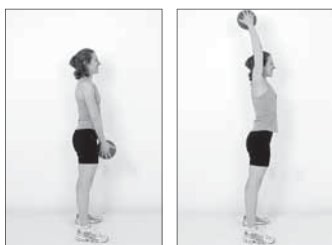
- Swing the jump rope over your head and jump as it passes your feet.
- Land on your right foot. On the next rotation, land on your left.
- Continue this pattern for the selected duration of this station.



front raise

ARMS, SHOULDERS

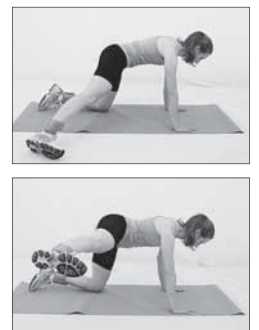
- Stand with feet shoulder-width apart and knees slightly bent.
- Hold the medicine ball with both hands at waist level.
- Keeping your arms straight, slowly raise the ball in front of you until it is directly overhead.
- Slowly lower the ball.
- Perform desired number of reps.



straight leg side raise

LEGS, CORE, SHOULDERS, ARMS

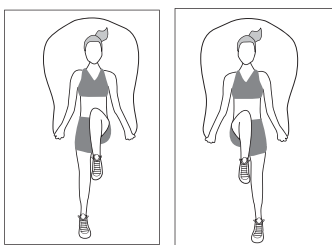
- Kneel on floor with hands under shoulders and knees under hips.
- Keep knee bent as you raise leg out to the side.
- Stop when leg is parallel to floor, then slowly lower back to starting position.
- Perform desired number of reps on each side.



high-step jump

LEGS, CORE, SHOULDERS, ARMS

- Swing the jump rope over your head, jumping as it passes your feet.
- Alternately raise each knee to a 90-degree angle while jumping.
- Continue this pattern for the selected duration of this station.



backward lunges

LEGS

- Stand straight with your feet shoulder width apart. Hold medicine ball at chest level with both hands.
- Slowly, take a large step backwards with your right foot.
- Lower your hips until your left thigh, which is in front, is parallel to the ground and hold for one count. Your left knee should be directly above your ankle. Your left foot should be pointed straight ahead and your right heel should be lifted.
- Pushing through your left leg, contract your glutes and hamstrings strongly to return to the starting position.
- Perform desired number of reps on each side.



standing flies

CHEST, SHOULDERS

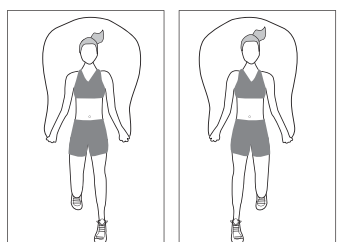
- Bend elbows to 90 degree angle and hold them out to the sides with hands up to the ceiling.
- Keeping elbows bent and arms lifted, rotate arms in front of body until they touch.
- Rotate arms out to the sides.
- Perform desired number of reps.
- Note: at start of repetition your palms will face forward, as you bring your arms together your palms will rotate to face in toward body.



alternating foot jump

LEGS, CORE, SHOULDERS, ARMS

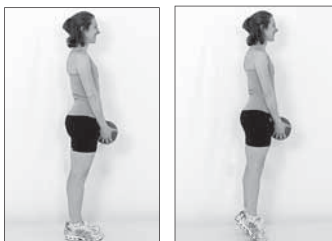
- Swing the jump rope over your head and jump as it passes your feet.
- Land on your right foot. On the next rotation, land on your left.
- Perform desired number of reps on each side.



calf raises

LEGS

- Stand straight with feet hip-distance apart. Hold the medicine ball with both hands at hip level.
- Press into the ground with the balls of your feet, lifting your heels off the ground.
- Raise your body up as high as you can so that you're balanced on the balls of your feet, your legs fully extended.
- Lower yourself back toward the ground, stopping just before your heels touch the floor.
- Perform desired number of reps.
- Note: by changing the angle of your feet you can target different parts of your calves. Performing calf raises with your toes pointed away from each other will emphasize the inner part of your calves and calf raises with your toes pointed toward each other will work the outer part.



inner thigh raise

LEGS, INNER THIGHS

- Lie on side with hips stacked on top of each other.
- Bend top leg and place top foot in front of bottom knee.
- Flex bottom foot and raise bottom leg 12–18 inches off ground.
- Perform desired number of reps on each side.

