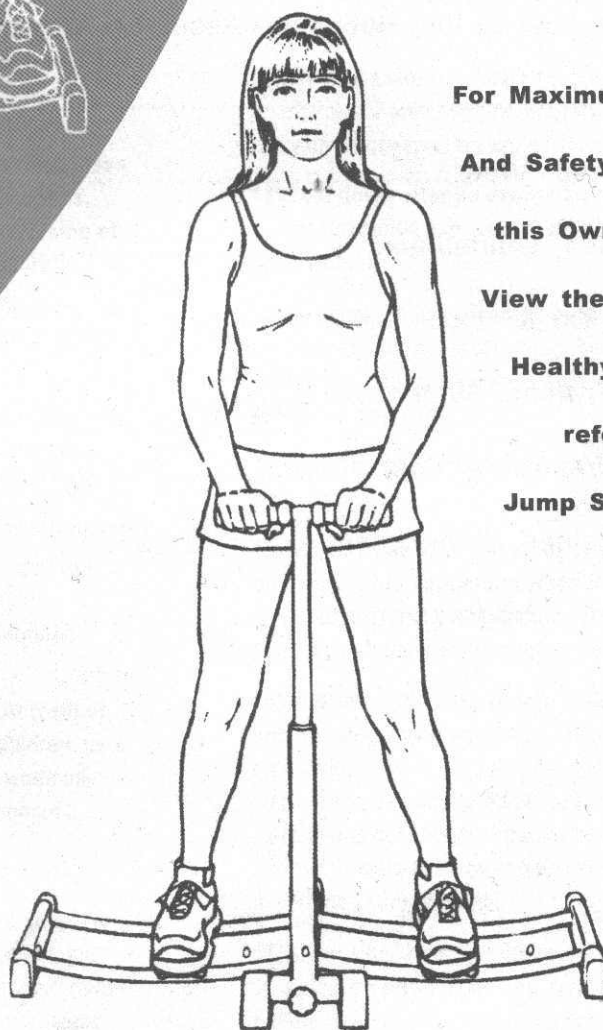
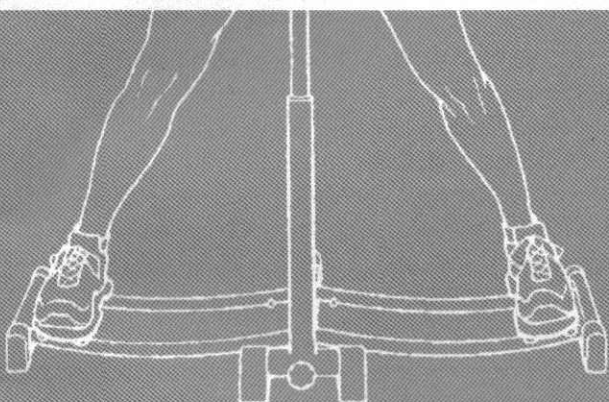




LEG TRAINER



**For Maximum Effectiveness
And Safety, Please Review
this Owner, s Manual;
View the video, and for
Healthy Eating tips
refer to the
Jump Start Section.**

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IMPORTANT SAFETY INFORMATION

WARNING

YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED IF WARNINGS ON THE EQUIPMENT, IN THIS OWNER'S MANUAL AND VIDEO ARE NOT FOLLOWED.



1) Before starting this or any other exercise program, consult your physician. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate,** a physician's advice is absolutely essential.

2) Start out slowly and progress sensibly.

Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises. For best results, perform all of the exercises at the tempo demonstrated in the DVD.

3) Do not overexert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**

4) Warm up before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

5) Before EACH use, visually inspect the equipment. Never operate the equipment if the equipment is not functioning properly.

6) USE CARE when getting on and off the equipment.

7) Use this equipment ONLY for the intended use as described in this manual. **Do not** modify the equipment or use attachments not recommended by the manufacturer.

8) Have plenty of clearance behind and in front of your equipment. It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance both in front of and behind your equipment.

9) Wear appropriate clothing when exercising. Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

10) THIS EQUIPMENT IS NOT FOR USE BY CHILDREN.

To prevent injuries, keep this and all fitness equipment out of the reach of children.

Follow these simple rules:

-Keep children out of rooms where you have your exercise equipment.

-Store exercise equipment in a room that can be locked.

-Know exactly where your children are when you work out.

-If you have small children at home, don't wear headphones while you work out.

-Talk to your kids about the dangers of exercise equipment.

11) Breathe naturally, never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.

12) Cool down after an exercise session, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching.

13) Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.

14) Only one person at a time should use this equipment.

15) DO NOT put hands, feet, or any foreign objects on or near this equipment when in use by others. Use caution not to pinch fingers or hands in moving parts when folding, setting up, or using the equipment.

16) To prevent the Leg Trainer exerciser from tipping and causing an injury, set up and use the equipment on a solid, level surface and follow the exercise instructions demonstrated in the DVD and the exercise instructions described on pages 18 through 25 of this manual. Failure to follow these instructions could result in serious injury or death.

17) Always hold the Handlebar Assembly when stepping on and off the Leg Trainer exerciser. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

EQUIPMENT WARNING LABEL

IMPORTANT: See below for placement of the following Warning Label on your equipment.

WARNING LABEL

⚠ WARNING

Failure to read and follow the safety instructions stated in the Owner's Manual and Video may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. Maximum user weight 113.40 kgs. Replace this label if damaged, illegible or removed. Class HC.

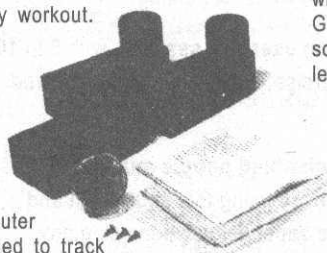
SPECIFICATIONS & PARTS

Assembled Approximate Specifications:
Dimensions are based on unit set up for use.

Product Weight: Approx. 9.98 kilograms
Maximum User Weight: 113.40 kilograms

Length: 45.72 centimeters
Width: 107.00 centimeters
Height: 97.47 centimeters

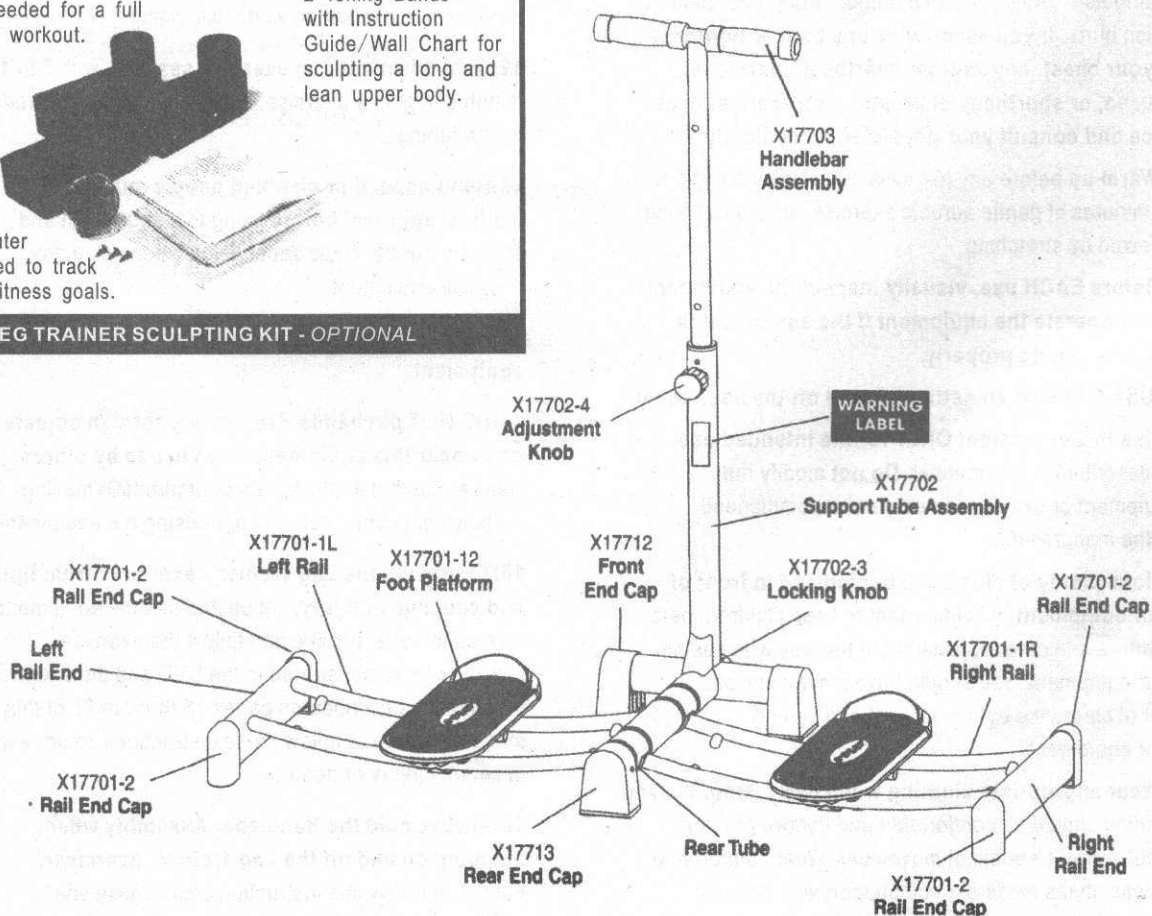
Front & Rear Risers blast the time needed for a full lower body workout.



Computer included to track daily fitness goals.

2 Toning Bands with Instruction Guide/Wall Chart for sculpting a long and lean upper body.

LEG TRAINER SCULPTING KIT - OPTIONAL



INTRODUCTION

Congratulations on your purchase of the Leg Trainer exerciser! You've just taken an important step toward your fitness goals. Whether that means toning the muscles of your hips and thighs, or stretching all of your lower body muscles, the Leg Trainer exerciser can help you get the results you want.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Leg Trainer exerciser, you'll use all of the lower body muscles in smooth natural motions. You'll be able to choose the Leg Trainer workout that's perfect for your fitness level and begin your workouts right away - just what you need to improve your fitness the healthy, easy way!

Just a few minutes a day is all it takes to begin experiencing the toning and stretching benefits of your Leg Trainer exerciser. Aerobic exercise and additional abdominal and upper body muscle strengthening workouts are required to round out your program. With regular use of your Leg Trainer exerciser and consistent aerobic exercise, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight (if you do not increase your calorie intake)
- Improved lower body muscle tone
- Increased energy for daily tasks
- Less stress and a more positive outlook

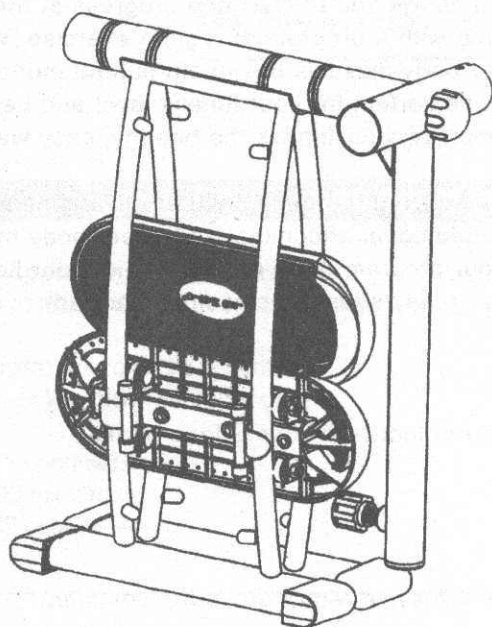
With a minimal time commitment, you'll receive an impressive return on your investment!

If, during the course of using your system, you have any questions about the program, please contact your local distributor. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

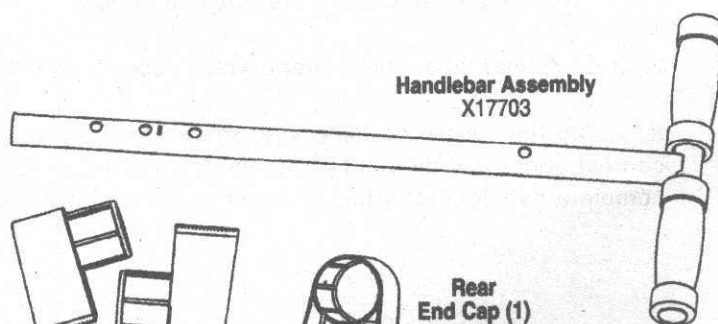
Note: All location references, such as front, rear, left or right, made in these instructions are from the user standing on the exerciser and facing forward.



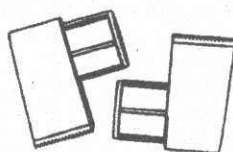
Main Frame Assembly

Layout the Parts

Layout the parts of your Leg Trainer exerciser as shown and familiarize yourself with part names for easier assembly.



Handlebar Assembly
X17703

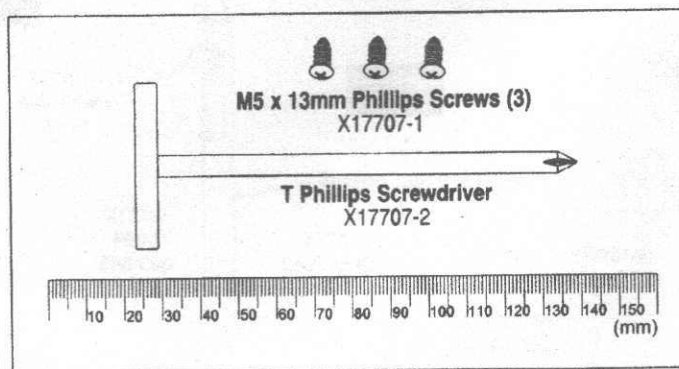


Front End Caps (2)
X17712



Rear End Cap (1)
X17713

Tools Required: Included
T Phillips Screwdriver



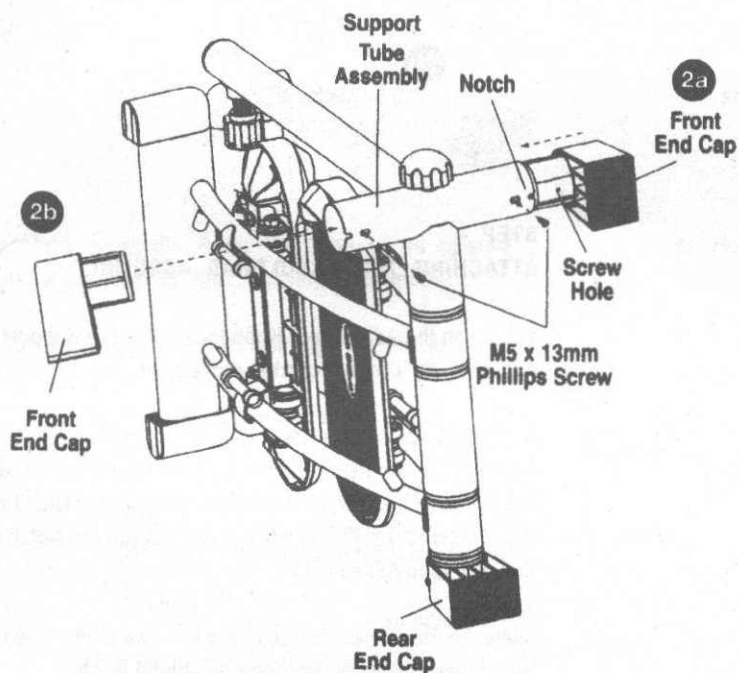
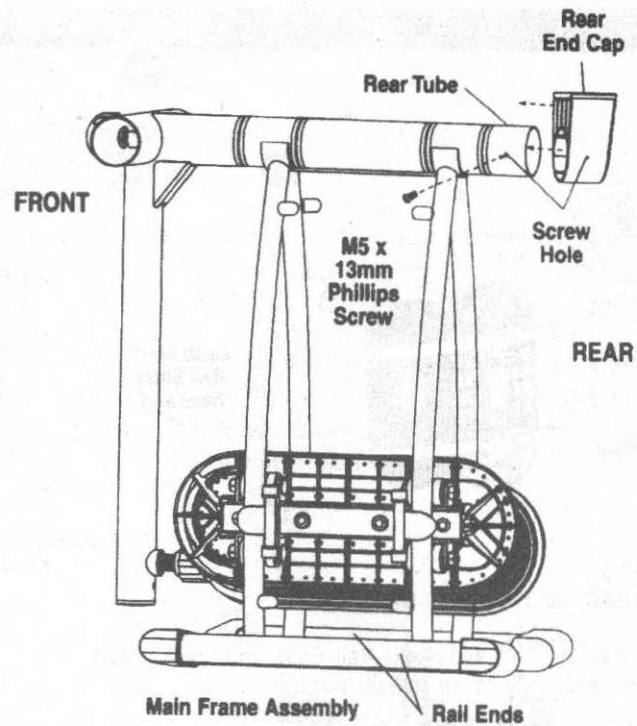
Fastener Pack
X17707

STEP 1 ATTACHING THE REAR END CAP

- a. Position the Main Frame Assembly on the Left and Right Rail Ends with both Rail Ends slightly apart as shown.

Slide the Rear End Cap onto the Rear Tube while aligning the screw hole on the side of the Rear End Cap and the side of the Rear Tube.

Insert Phillips Screw and tighten with Phillips Screwdriver provided.



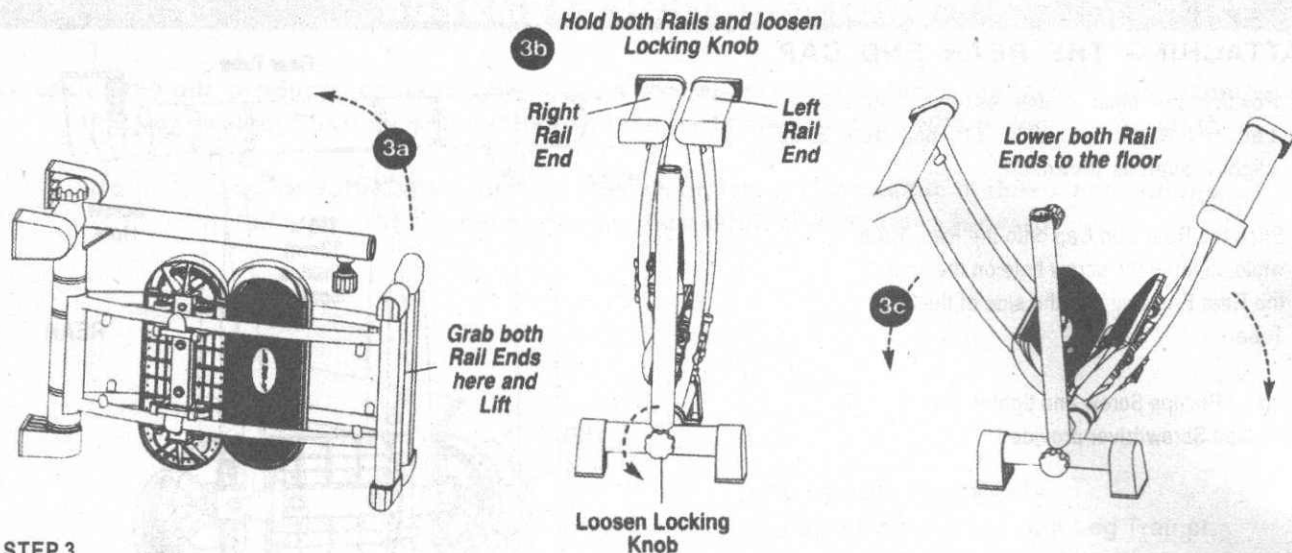
STEP 2 ATTACHING THE FRONT END CAPS

- a. Lay the Main Frame Assembly on the floor making sure the Rear End Cap you just attached is against the floor as shown.

Slide one Front End Cap into the Support Tube Assembly, by aligning the notch and the screw hole.

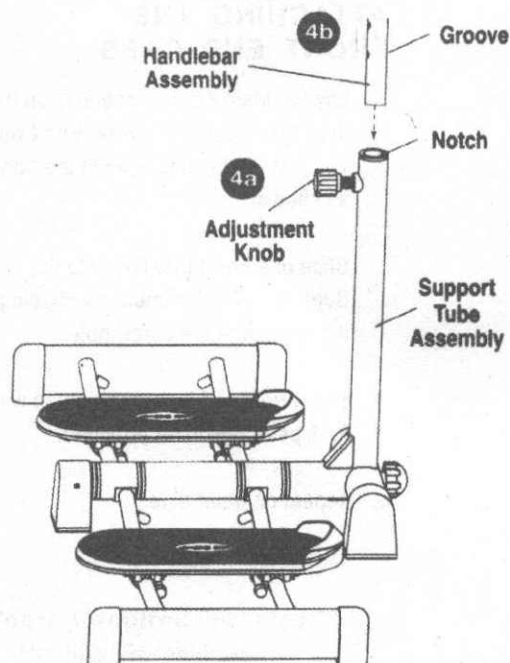
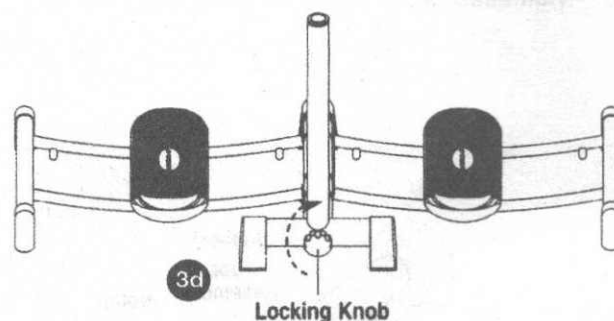
Insert Phillips Screw and tighten with Phillips Screwdriver provided.

- b. Repeat on other side.



STEP 3 SPREADING THE UNIT OPEN

- Grab the Left and Right Rail Ends and lift the Main Frame Assembly to an upright position.
- While holding the Right and Left Rail Ends together, loosen the Locking Knob by turning it **counter-clockwise**.
- Carefully lower the Right and Left Rail Ends to the floor.
- Tighten the Locking Knob by turning **clockwise**.



STEP 4 ATTACHING THE HANDLEBAR ASSEMBLY

- Loosen the Adjustment Knob located on the Support Tube Assembly by turning **counter-clockwise**.
- Pull the Adjustment Knob out and insert the Handlebar Assembly making sure the holes in the Handlebar Assembly are on the same side as the Adjustment Knob. (The Groove in the Handlebar Assembly will be aligned with the Notch in the Support Tube Assembly.)

Allow the Adjustment Knob to pop into one of the holes in the Handlebar Assembly. Tighten Adjustment Knob.

Make sure the Adjustment Knob is tight before beginning exercises.

ASSEMBLY IS NOW COMPLETE.

IMPORTANT:

Please read this owner's manual before beginning your workout for important instructions on how to use your Leg Trainer exerciser.

CARE & STORAGE

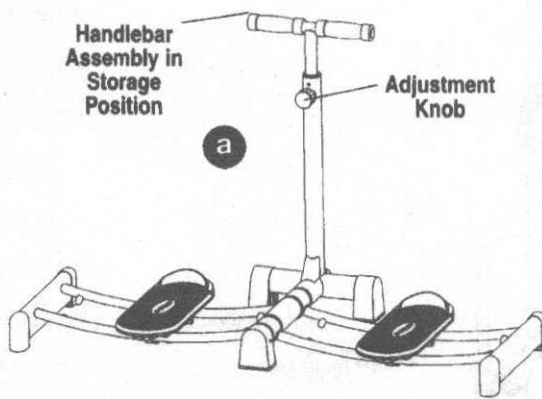
CARE

Your Leg Trainer exerciser has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

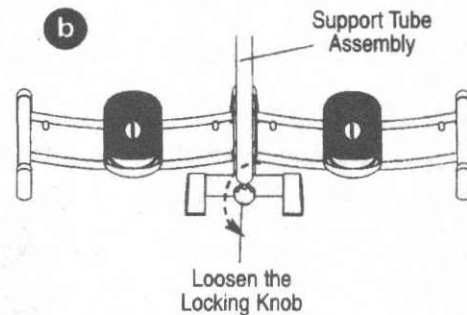
- Keep your unit clean. Wipe sweat, dust or other residue off the Rails, Foot Platforms and Handlebar Assembly with a soft, clean cloth after each use.

FOLDING YOUR LEG TRAINER FOR STORAGE

a) Place the Handlebar Assembly in storage position. To do so, loosen the Adjustment Knob by turning it **counter-clockwise**. Then pull it out and align the top hole in the Handlebar Assembly with the Adjustment Knob Pin, release the knob and tighten by turning **clockwise**.



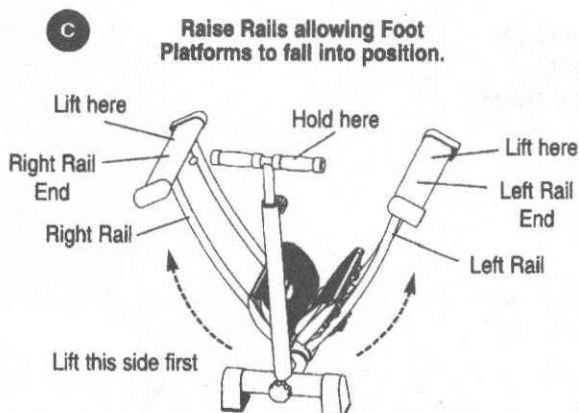
b) While standing in front of the Leg Trainer loosen the Locking Knob at the bottom of the Support Tube Assembly by turning 2 full turns **counter-clockwise**.



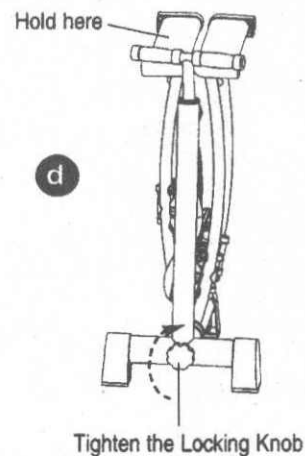
c) **Carefully** raise the Right Rail End to an upward position while holding the Handlebar Assembly.

Hold this Rail End in place while lifting the Left Rail End to an upright position.

NOTE: Allow the Foot Platforms to slide towards the center.



d) Hold both Rail Ends and tighten the Locking Knob by turning **clockwise**.



Store your Leg Trainer in a dry area away from small children and high traffic areas.

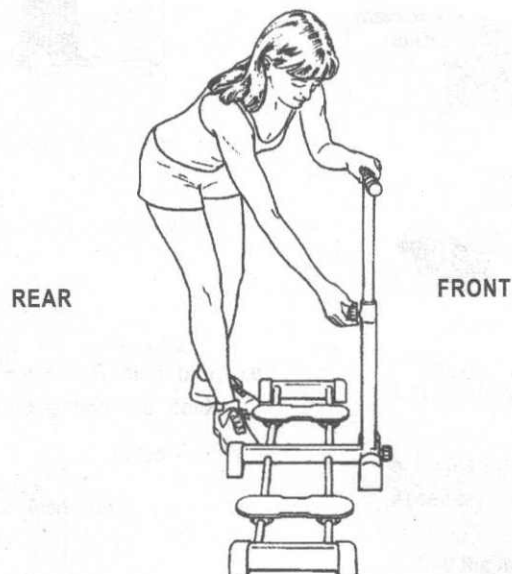
GETTING STARTED

Adjusting the Handlebar Assembly Height

The Handlebar Assembly may be adjusted up or down to accommodate your body size or height. To adjust the Handlebar Assembly, loosen the Adjustment Knob on the Support Tube Assembly and pull out on the Adjustment Knob until the Handlebar Assembly easily moves up and down. Slide the Handlebar Assembly up or down until the top of the Handlebar Assembly is at waist height when you are standing in front of the unit.

When the Handlebar Assembly is at the desired height, allow the Adjustment Knob to pop into the hole and tighten the Adjustment Knob by turning **clockwise**. **Make sure the Handlebar Assembly is secure before beginning to exercise.**

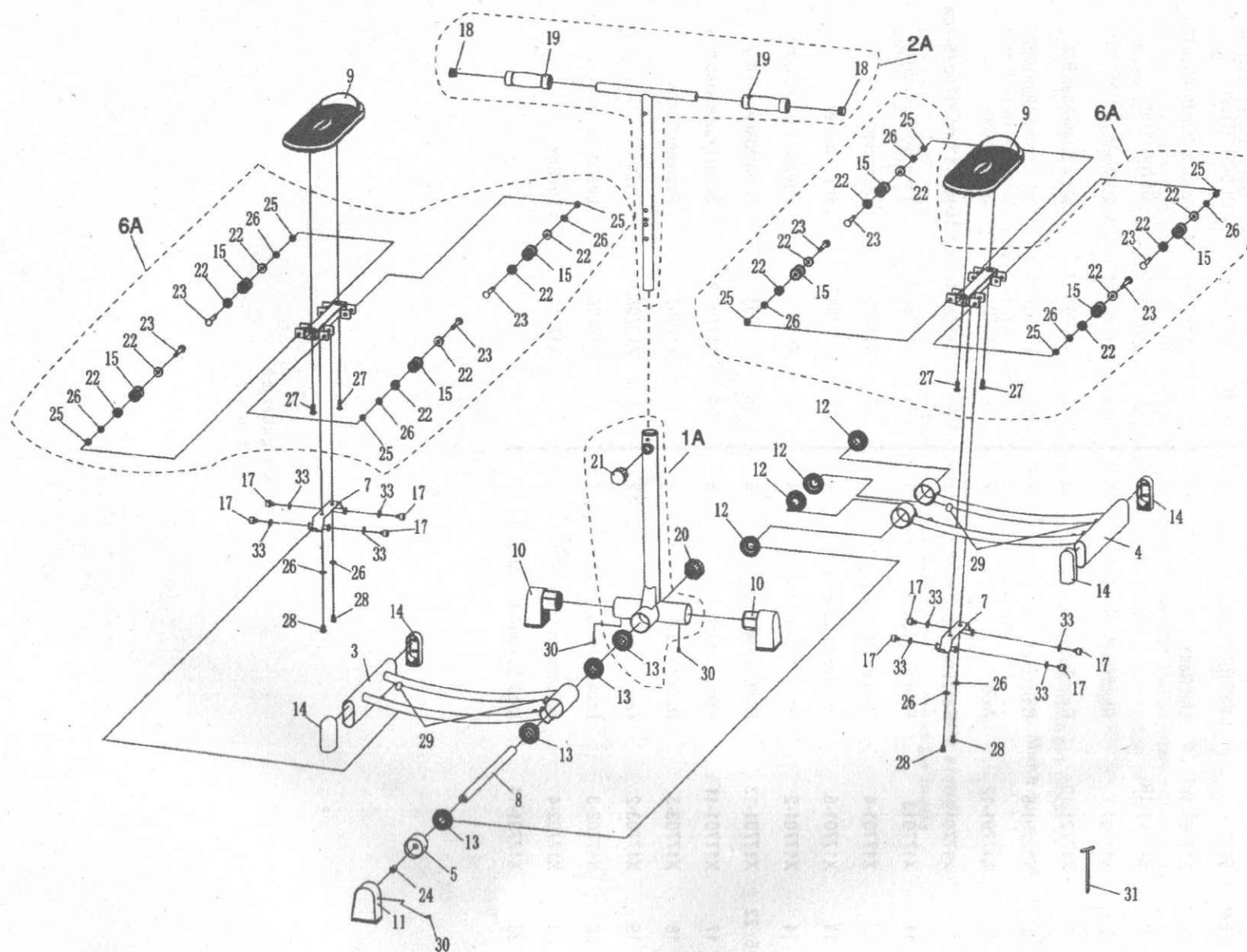
CAUTION: Do not try to adjust the Handlebar Assembly height while standing on the Foot Platforms of the Leg Trainer exerciser. All adjustments must be made while standing on the floor.



Adjusting the
Handlebar
Assembly Height

PARTS LIST

ITEM	PART#	DESCRIPTION	QTY	ITEM	PART#	DESCRIPTION	QTY
3	X17701-1L	Left Rail1	1	24	X17701-8	M10 X 20mm Allen Bolt	1
4	X17701-1R		1	25	X17701-16	M8 Nylon Nut	8
5	X17701-7	Right Rail	1	26	X17701-15	M8 Washer	12
7	X17701-10	Rear Tube	2	27	X17701-17	M8 x 20mm Allen Bolt	4
8	X17701-6	U Bracket	1	28	X17701-18	M8 x 10mm Allen Bolt	4
9	X17701-12	Axle	2	29	X17701-3	Stopper Cap	8
10	X177012	Foot End Cap	2	30	X17707-1	M5 x 13mm Phillips Screw	3
11	X177013	Rear End Cap	1	31	X17707-2	T Phillips Screwdriver	1
12	X17701-4	Concave Bushing	4	32	X17706	Computer	1
13	X17701-5	Protruding Bushing	4	33	X17701-19	M 10 Washer	8
14	X17701-2	Rail End Cap	4	1A	X17702	Support Tube Assembly	1
15/22	X17701-13	Roller w/Bearings	8	2A	X17703	Handlebar Assembly	1
17	X17701-11	Platform Stop	8	6A	X17701-9	Slider Frame Assembly	2
18	X17703-3	Round End Plug	2		X17707	Fastener Pack	1
19	X17703-2	Grip	2		X17708D	DVD	1
20	X17702-3	Locking Knob	1		X17709	Literature Pack	1
21	X17702-4	Adjustment Knob	1		X17710	DR Box	1
23	X17701-14	M8 X 55 mm Carriage Bolt	8				



EXERCISE GUIDELINES

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Your physician can also assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

Workout Phases

Regardless of whether you are working out with your Leg Trainer exerciser or doing a cardio workout, your workout should consist of the following three phases.

Warm-up

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise (such as walking) that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on muscles being stretched. Keep your movements gentle, rhythmic and controlled.

Muscle Toning or Cardio Workout

Your warm-up should be followed by either a muscle toning workout with the Leg Trainer exerciser or a cardio workout, depending on your workout plan for that day. Regardless of which type of workout you are doing. Build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and should disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

Cool Down and Stretching

Your workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of easy exercise, followed by stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements relaxed, rhythmic and controlled.

When to Exercise

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

Measuring Your Heart Rate

When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Target Heart Rate

Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training—well below the standard recommendations set forth—can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be $(220 - 40) \times 70\%$ or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

Clothing

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, garments like this can interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

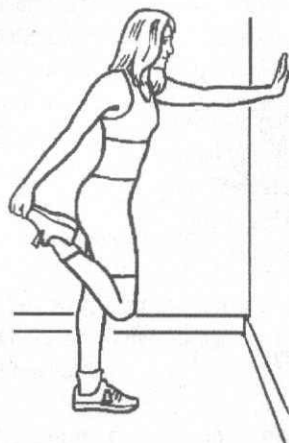
Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

Tips to Keep You Going

1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date. See charts in this booklet.
4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
5. Enlist the support and company of your family and friends.
6. Update others on your successes.
7. Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout.
8. Reward yourself periodically for a job well done!

WARM UP & COOL DOWN STRETCHES

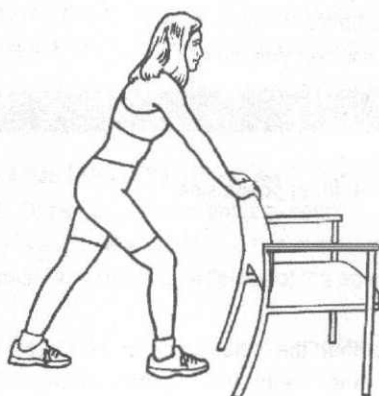
When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch.. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

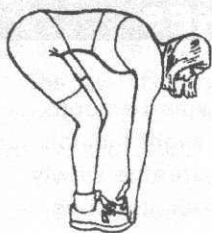
Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

LEG TRAINER SYSTEM

The Leg Trainer is more than just an exerciser, it is a total body exercise and nutrition system. It is a "fitness for life" plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

Today, all fitness research recommends both cardiovascular exercise and strength conditioning to achieve balanced fitness. By improving your cardiovascular fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, which increases your body's metabolism. And we all know that a healthy eating plan is an important part of any balanced fitness program.

The Leg Trainer System is designed to help you achieve a balanced fitness program. The system consists of three parts:

1. Strength Conditioning. The Leg Trainer exerciser was designed to help you tone and strengthen your hip, thigh and leg muscles. We recommend that you do Rosalie Brown's Leg Trainer Workout at least 3 times a week. However frequency and duration of

your workouts will depend on your current fitness level and goals. Please refer to the Leg Trainer Workout section of this booklet to determine the workout that is appropriate for you. In addition, strengthening and toning exercise for the abdominals and upper body should be performed 2 to 3 times a week.

2. Cardiovascular Exercise. The Leg Trainer System includes a cardio workout program. You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming and jogging. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week. You can easily alternate days for your Leg Trainer and cardio workouts. Again, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Cardiovascular Workout section on pages 27 and 30 to determine the workout that is appropriate for you.

3. Nutrition. The Leg Trainer System also includes both the Jump Start and Eating Plan booklets to provide you with healthy eating choices.

LEG TRAINER WORKOUT

IMPORTANT EXERCISE AND SAFETY TIPS

1. Once your equipment is assembled, make sure it is on a solid, level surface with a minimum of 3 feet of clearance space on all sides of the equipment.

2. Review this Owner's Manual and the DVD completely before you begin your exercise program. Remember to follow the instructions exactly - they have been developed with your health and safety in mind.

3. Perform the exercises at a slow and controlled speed. For best results, perform all of the exercises at the tempo demonstrated in the DVD. Working at a fast pace is not recommended, and may compromise your safety and results.

4. You may not be able to complete all of the repetitions suggested at first. When you feel your muscles fatiguing, or are unable to work with good form and technique, take a short break and rest.

5. Keep track of how many repetitions of each exercise you are able to do at first. You will be surprised at how quickly you progress. In just a few weeks you'll probably be able to complete all of the repetitions demonstrated in the workout DVD.

6. Progress slowly. If you are very sore and tired after

your workout you are working at a level that is too hard. Great results can be obtained by working out at a level that challenges you, but doesn't create soreness or excessive fatigue.

7. It is important that you know how to work out safely and properly. These safety steps are for your benefit and you should follow them closely to maximize the effectiveness of your workout routine.

8. You should begin to feel results within one to two weeks of working out with your equipment. Look for better posture and the feeling of more strength and efficiency in your muscles.

9. Always hold the Handlebar Assembly when stepping on and off the Leg Trainer exerciser. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

10. To prevent the Leg Trainer exerciser from tipping and causing an injury, set up and use the equipment on a solid, level surface and follow the exercise instructions demonstrated in the DVD and the exercise instructions described on pages 18 through 25 of this manual. Failure to follow these instructions could result in serious injury or death.

Developing Your Leg Trainer Workout

The choices you make about the frequency (how often), the duration (how long), and intensity (how hard) at which you will workout, will directly influence your results.

Before beginning any workouts on the Leg Trainer exerciser, you should first determine your current fitness level. The following are guidelines that you can use to determine your fitness level, but remember these are just guidelines. You must always listen to your body. Start out at a level that is comfortable to you and progress sensibly.

Beginner - No previous exercise experience, or have not exercised in a long time.

Intermediate - Have been exercising regularly for three months or more.

Advanced - Have been exercising regularly for six months or more.

How Often, How Long, How Hard

Beginners should start out slowly and perform only as many exercises and repetitions as you are able to do with good form and technique. Your Leg Trainer System includes the Leg Trainer Workout DVD. The DVD includes a 13 minute workout that is perfect for most beginners. Start by doing the Leg Trainer Workout (or as much of the workout as you can comfortably perform) three times a week. Your goal is to complete one workout, three times a week, with good form.

Intermediates should strive to complete one Leg Trainer Workout every other day. Once you can comfortably complete this workout with good form and technique, you may repeat the exercise routine for a second set. When extending your workout, perform the first set of the exercise series for 60 seconds per exercise, and then the second set for 30 seconds per exercise.

Advanced should strive for a long term goal of completing the Leg Trainer Workout most days of the week. To increase the challenge of your workout, you may repeat the exercise routine for a third set. When completing this advanced workout, perform the first set of the exercise series for 60 seconds per exercise, the second set for 30 seconds per exercise and the third set for 30 seconds per exercise. Remember, always work out and progress at a pace that is comfortable to you, and make sure you can complete all of the repetitions of each exercise with good form and technique.

LEG TRAINER EXERCISES

It is important that you read this section of the manual before working out on the Leg Trainer exerciser. This section provides a description of the proper technique and form for the exercises shown in the Leg Trainer DVD with Rosalie Brown. For best results, we recommend that you work out to the 13 minute DVD and follow the Instructions on page 16-17 in this Owner's Manual. If you do not have access to a DVD player or VCR, however, you can use this section and the chart on page 22 to create a workout routine.

Remember, whether you are a beginner, intermediate or advanced exerciser, it is important to work out with good form and technique. Rest between exercises when needed if your muscles feel tired. Gradually reduce the number of rests until you can complete the repetitions of each exercise as shown on the Leg Trainer DVD and/or the Workout progression Chart on page 22. Eventually, you will be able to complete the entire workout without taking any rests.

Warning: Always hold the Handlebar Assembly when stepping on and off the Leg Trainer exerciser. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

STARTING POSITION

Stand behind your Leg Trainer exerciser, facing the Handlebar Assembly. Make sure that both Foot Platforms are in the center of their Rails. With both hands on the Handlebar Assembly, place your left foot on the Left Foot Platform. See FIG. 1. Slowly transfer your weight onto that foot and carefully lift your right foot, placing it on the Right Foot Platform. See FIG. 2. Stand with the feet equal distance from the center Frame and make sure you are balanced. Maintain good, upright posture with the hands lightly on the Handlebar Assembly. Do not lean forward or push down with your hands on the Handlebar Assembly. This will be referred to as the "Starting Position" for many of the exercises in the Leg Trainer Workout.

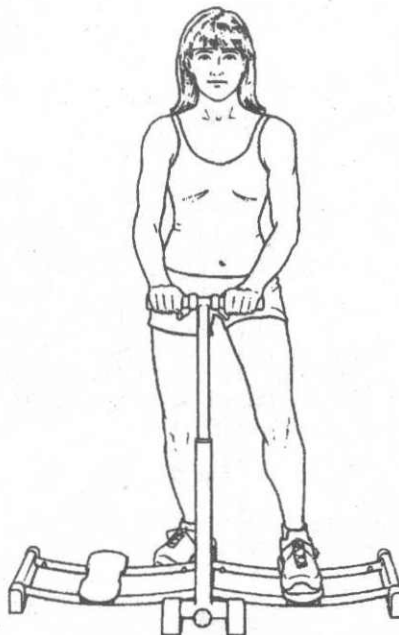


Fig. 1

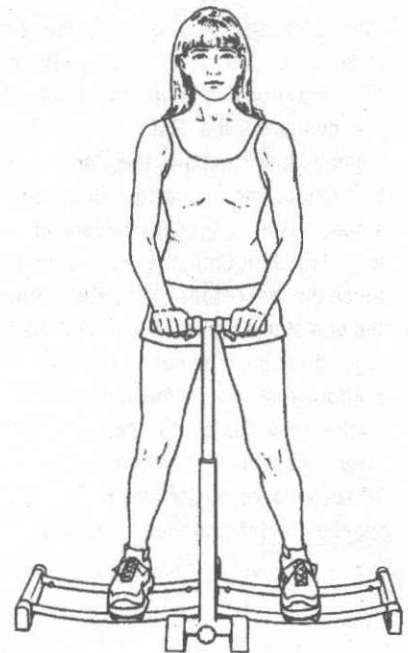


Fig. 2

INNER THIGH SQUEEZE

This exercise targets the adductor muscles of the inner thighs. Begin in the "Starting Position" described previously. Bend the knees very slightly and maintain this "soft knee" position throughout the exercise. Slowly slide the legs open until your feet almost touch the outer stops on the Rails. See FIG.3. Using smooth and controlled movements, draw your legs together until the Foot Platforms almost touch the inner stops on the Rails. See FIG.4. Continue this inward and outward sweeping motion for 60 seconds, resting between repetitions when needed. Maintain good posture and avoid banging the Foot Platforms against either the inner or outer stops.

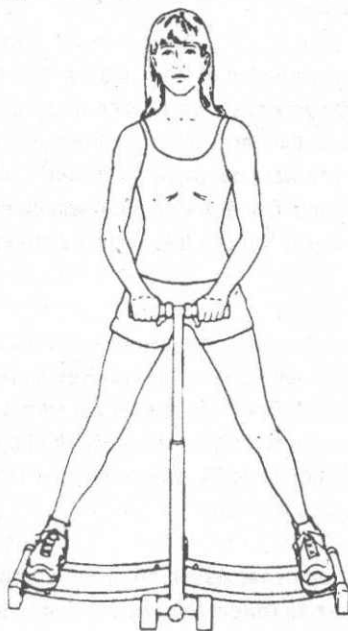


Fig. 3

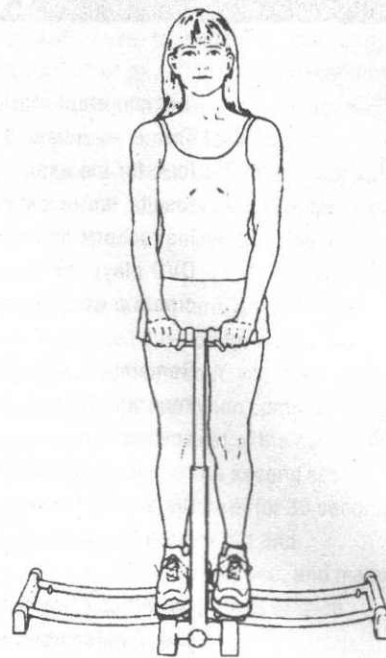


Fig. 4

INNER THIGH PULSE

This exercise will challenge the adductor muscles of the inner thighs. Begin in the "Starting Position" with the Foot Platforms in the center of the Rails. Bend the knees very slightly and maintain this "soft knee" position throughout the exercise. See FIG.5. Using smooth and controlled movement, draw your legs together until the Foot Platforms almost touch the inner stops on the Rails. Pause at the end of this motion. See FIG.6. As the legs open again, do not let the Foot Platforms travel past the center point on the Rails. Repeat this small, inward pulsing movement for 60 seconds, resting between repetitions when needed.

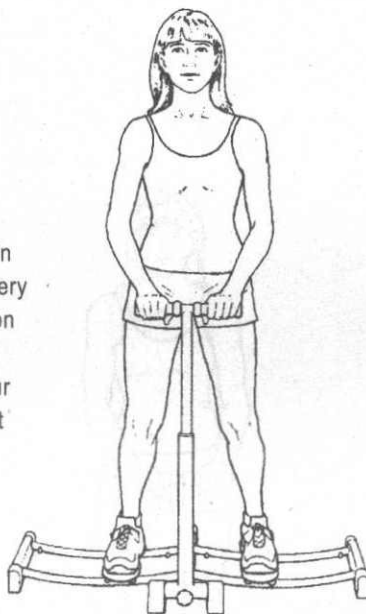


Fig. 5

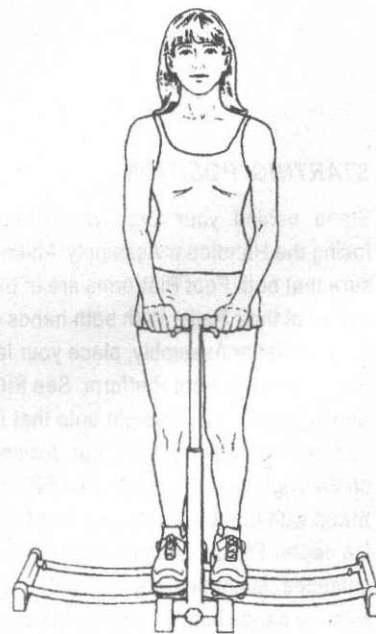


Fig. 6

OUTER HIP AND THIGH PRESS

This exercise will challenge the abductor muscles of the outer hips and thighs. Begin in the "Starting Position" with the Foot Platforms in the center of the Rails. Bend the knees very slightly and maintain this "soft knee" position throughout the exercise. See FIG. 7. Using smooth and controlled movement, press your legs outward until the Foot Platforms almost touch the outer stops on the Rails. Pause at the end of this motion. See FIG. 8. Then, move the legs inward but do not let the Foot Platforms travel past the center point on the Rails. Repeat this small, outward pulsing movement for 60 seconds, resting between repetitions when needed.

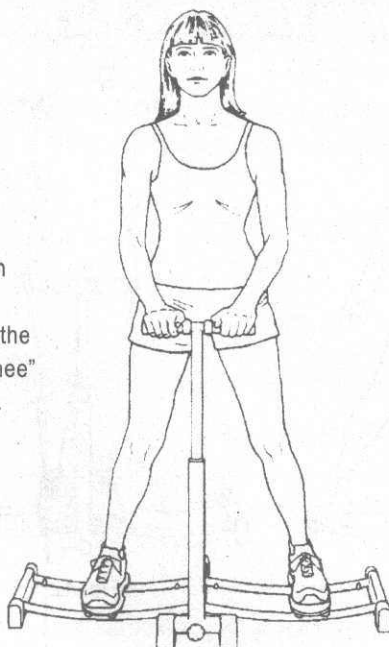


Fig. 7

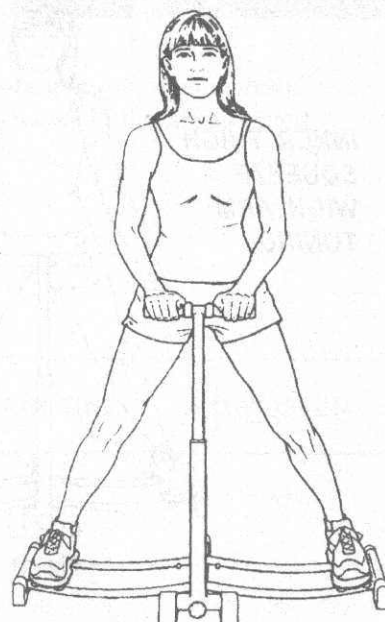


Fig. 8

INNER THIGH SQUEEZE AND HOLD

This exercise targets the adductor muscles of the inner thighs. Begin in the "Starting Position" described previously. Bend the knees very slightly and maintain this "soft knee" position throughout the exercise. Slowly slide the legs open until your feet almost touch the outer stops on the Rails. See FIG. 9. Using smooth and controlled movements, draw your legs together until the Foot Platforms almost touch the inner stops on the Rails. Hold and squeeze with the inner thigh muscles for 4 to 6 seconds. See FIG. 10. Then, slide the legs open again to a wide position. Continue this inward squeeze and hold exercise for 60 seconds, resting between repetitions when needed. Maintain good posture and avoid banging the Foot Platforms against either the inner or outer stops.

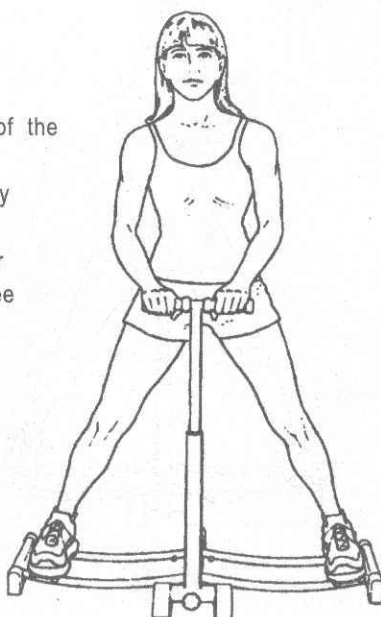


Fig. 9

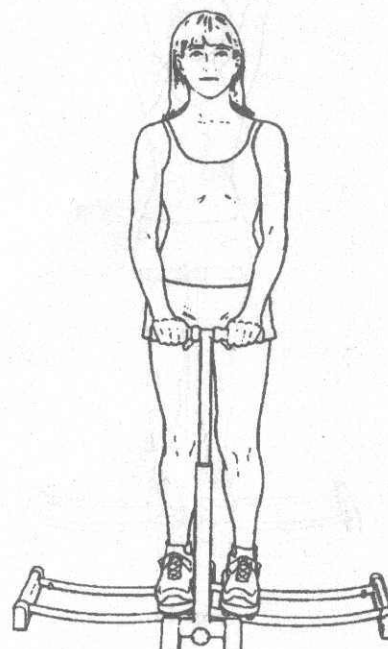


Fig. 10

**INNER THIGH
SQUEEZE
WITH ARM
TONING**

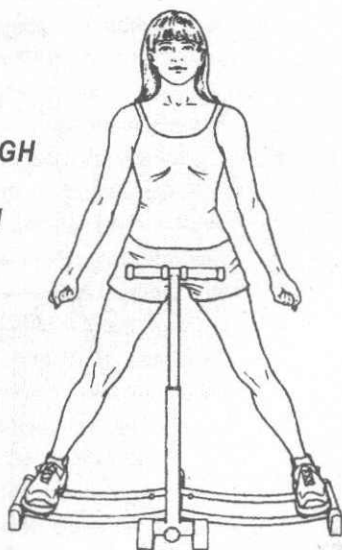


Fig. 11

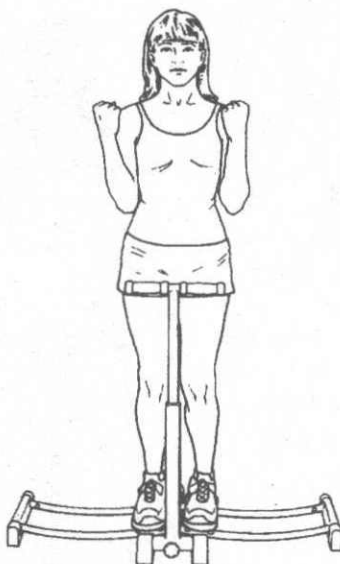


Fig. 12

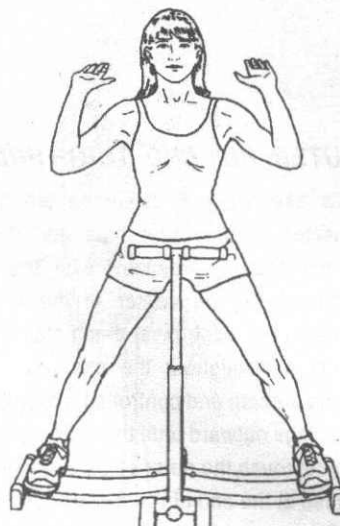


Fig. 13

This exercise targets the adductor muscles of the inner thighs as well as the arms and shoulders. Begin in the "Starting Position." Perform the "Inner Thigh Squeeze" exercise as described previously. When you are comfortable releasing your hands from the Handlebar Assembly, the following Arm Toning exercises may be added. To add a Biceps Curl, lower the arms and extend the elbows as the legs sweep outward. See FIG.11. Then, bend the elbows and squeeze the biceps muscles as the legs sweep inward.

See FIG.12. Repeat the Biceps Curls for 20 to 30 seconds.

To add a Shoulder Press, bend the elbows and place the backs of the hands near the shoulders as the legs sweep outward. See FIG.13. Then, press the arms overhead as the legs sweep inward. See FIG.14. Repeat the Shoulder presses for 20 to 30 seconds. To add a triceps press, bend the elbows and bring the hands near the front of the shoulders as the legs sweep outward. See FIG.15. Then, extend the elbows behind the body and reach back as the legs sweep inward. See FIG.16. Repeat the triceps press for 20 to 30 seconds. Rest between repetitions if needed or place the hands back on the handlebars if more balance assistance is needed.

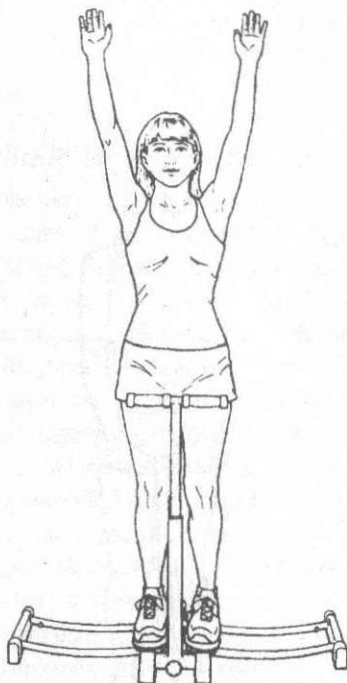


Fig. 14

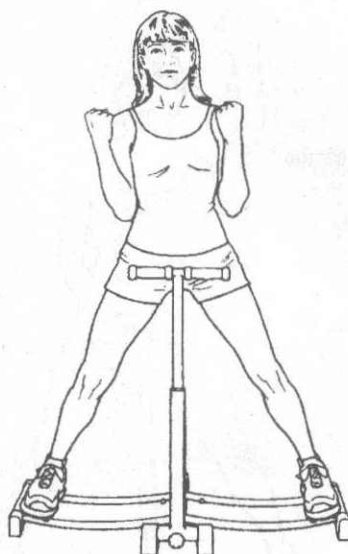


Fig. 15

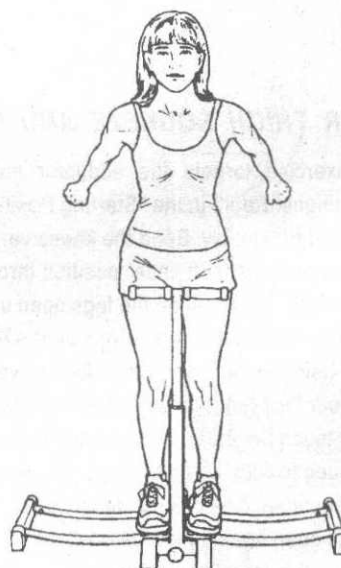


Fig. 16

WORKOUT PROGRESSION

Use this chart to help you progress your workouts in a safe and effective manner. If you miss a few days of workouts, go back to the level that you were working at previous to the missed time. Proper progression will help you achieve better results.

FITNESS LEVEL	DURATION OF REPS	NUMBER SETS-LEG TRAINER ROUTINE	HOW OFTEN
Beginner	30 seconds per exercise with rests if needed	1 set	3 x week
Intermediate	60 seconds per exercise	2 set, with the second set performed for 30 seconds per exercise	every other day
Advanced	60 seconds per exercise	2-3 set, with the second and third sets performed for 30 seconds per exercise	most days