

INSTRUCTIONS FOR ASSEMBLING YOUR OWNERS MANUAL

- 1. Print out all pages. Do not shuffle pages.**
- 2. Make sure all the pages lay "print-side" up with the cover page on the top of the stack.**
- 3. Take the next page from the top of the stack and lay it "print-side" down. Return it to the same place in the stack.**
- 4. Repeat Step 3 for every other page on the stack.**
- 5. Fold the stack in half as shown.**
- 6. Staple in the center if necessary.**





Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, EST.

Please record the following information and keep for reference.

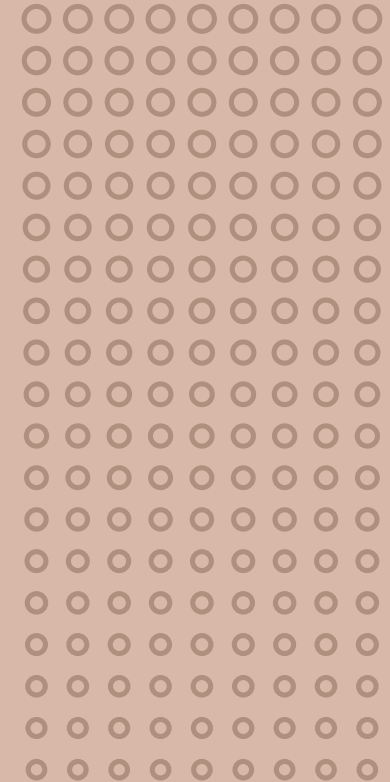
Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)

easyshaper™

OWNER'S MANUAL



For Maximum Effectiveness and Safety, Please Read This Owner's Manual and View the Instructional Video Before Using Your Easy Shaper.

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Rev. 2/6/04

– INTRODUCTION –

Welcome to the Easy Shaper™ “Bun and Ab Lift Workout”. This workout has been designed to promote flexibility and strength, as well as tightening and toning your legs, thighs, buttocks and abs.

With a regular workout regimen of just 3 - 4 times per week on the Easy Shaper, you could soon start to see more slender and defined legs and a more rounded, shapelier and lifted derriere. You just have to take the step of getting started and making a commitment to stick to it. It’s a fun and motivating workout. Fun, because it’s a unique, easy lifting motion that zeros in on problem areas like the buttocks, thighs and abdominal region. Motivating, because you can actually feel the tightening and toning with each and every exercise. There is no other workout like this. So, let’s get started and together we will work on a more shapelier you!

Sincerely,



– COMMENTS OR QUESTIONS –

We’re so sure that you will be completely satisfied with your Easy Shaper, that we encourage you to write us with your comments and suggestions. If, during the course of using your system, you have any questions about the program, please write or call our Customer Service Specialists at the address or phone number listed below.

Your Easy Shaper System consists of the following components:

Part Name	Part #
Set of Shaper Bands	12206
Bun & Ab Lift Video	12208
Exercise and Nutrition Guide	12209-2

As always, you have our quality assurance that we want only your complete satisfaction. After all, your success is our success too!

Sincerely,



Karla Williamson, Customer Service

Easy Shaper, Customer Service Department
 199 Fitness Quest Plaza, Canton, OH 44750-1001
 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, EST

IMPORTANT: This owner’s manual is the authoritative source of information about your Easy Shaper. Please read it carefully and follow all the instructions.

– YOUR TOTAL FITNESS PROGRAM –

A Total Fitness Program is more than exercise and more than eating right. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups and exercise, now and for the rest of your life.

Your total fitness program consists of three parts:

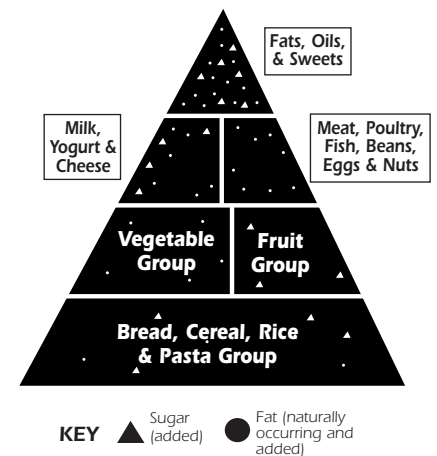
- Aerobic exercise to burn calories.
- Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate, and strengthen your bones.
- A diet that is safe, sensible and healthy.

Today, all fitness research recommends both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic 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, increasing your body’s metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning you can burn more fat and calories than with just aerobic exercise alone.

The Easy Shaper workout will help with the strength conditioning part of your Total Fitness Program, but you need to make aerobic exercise and healthy, low-fat eating a big priority as well. Refer to your Exercise and Nutrition Guide.

Consult with your physician about an eating plan that’s right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. These guidelines are contained in the Food Guide Pyramid.

Starting at the base of the pyramid, you should strive for 6 - 11 servings a day from the Bread, Cereal, Rice and Pasta food group. You should eat 3 - 5 servings a day from the Vegetable group, and 2 - 4 servings from the Fruit group. You should also eat 2 - 3 servings a day from the Milk, Yogurt and Cheese group, and from the Meat, Poultry, Fish, Beans, Eggs and Nuts food group. Lastly, use Fats, Oils and Sweets sparingly.



- CARE & STORAGE -

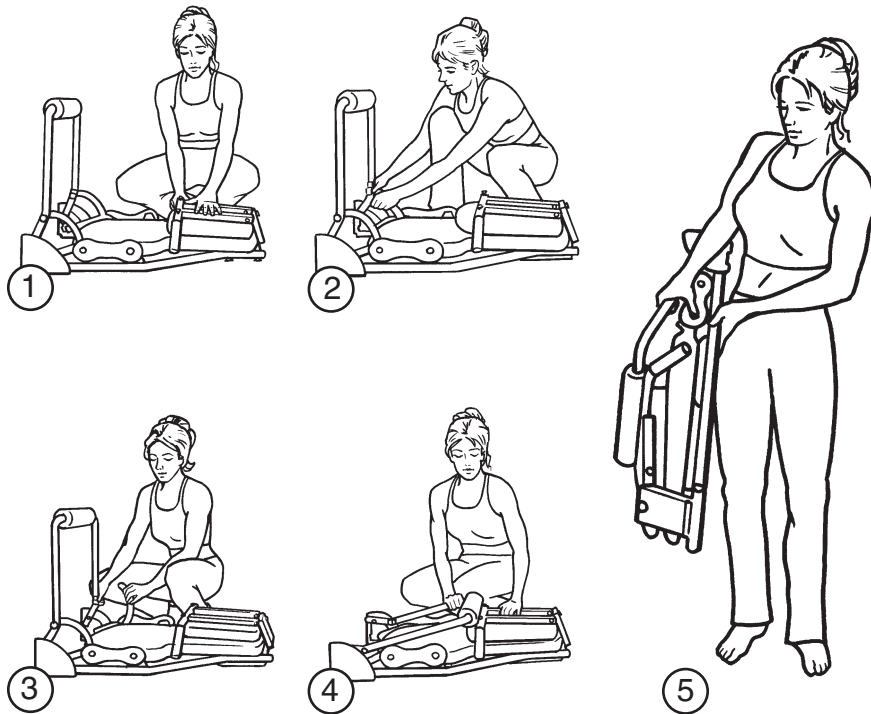
Caring for your Easy Shaper

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

- Keep your unit clean by wiping sweat, dust or other residue off with a soft, clean cloth after each use.
- Always check to be sure that the bands are secure and show no signs of wear.
- The Resistance Bands may become white after a few months of usage. To clean, use a soft, clean cloth with a little dish washing soap. Do not use water during cleaning.

Storing your Easy Shaper

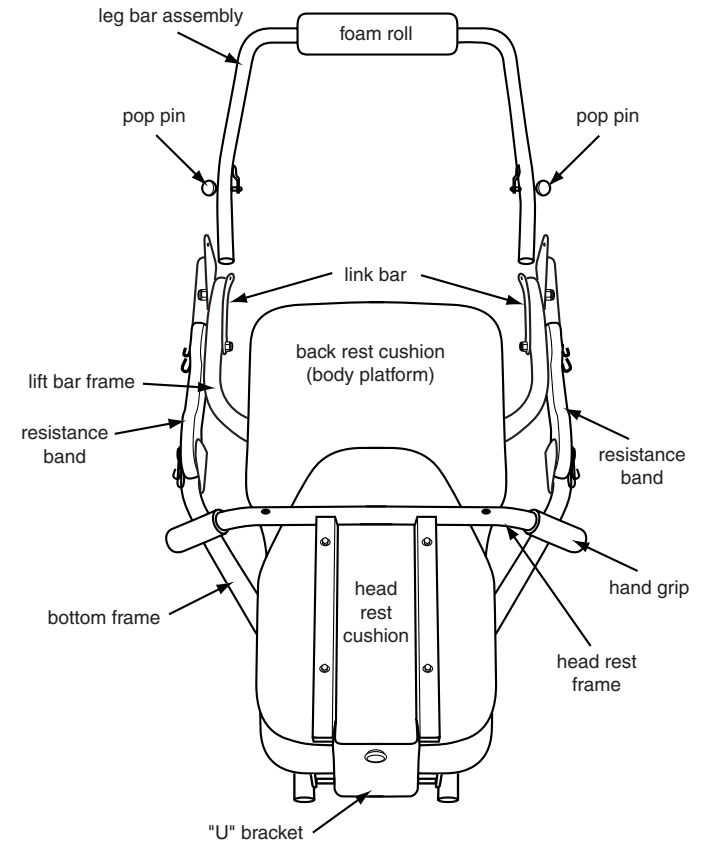
Your unit conveniently folds down for easy storage. To fold your unit:



- 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.

Before beginning assembly remove all parts from the box. Flip the leg bar assembly and place in position as shown here.



fastener packs

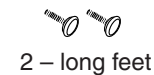
bag 1

- 2 - 3/8" x 50 bolts
- 4 - washers
- 2 - nylon nuts

- 4 - short feet

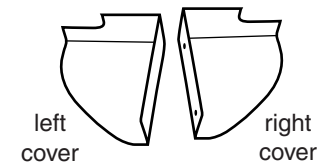


- 2 - wrenches



- 2 - long feet

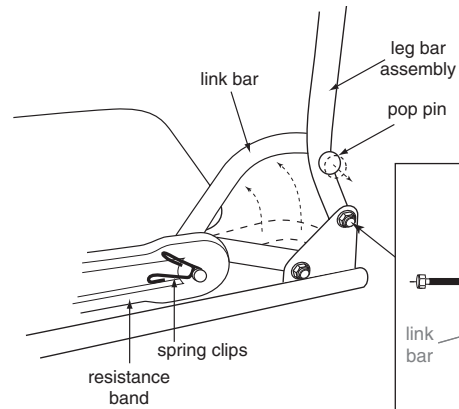
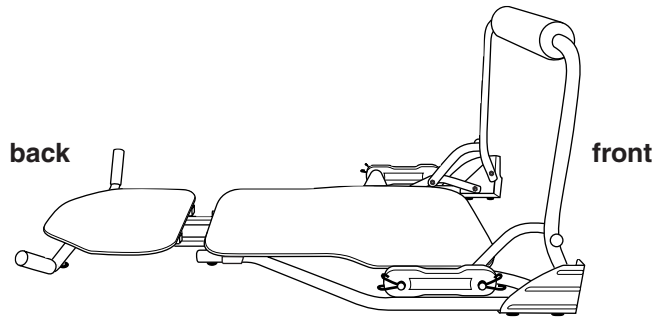
bag 2



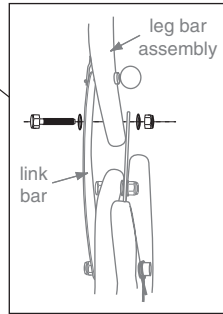
left cover

right cover

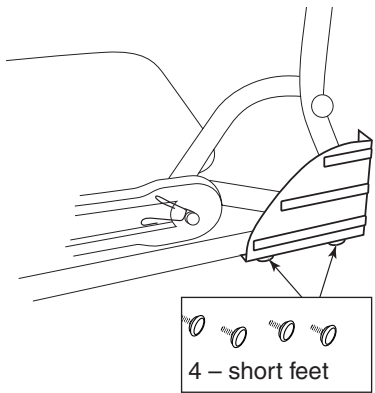
EASY SHAPER ASSEMBLY



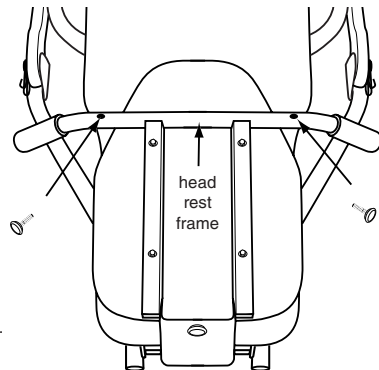
Be sure the leg bar assembly curves toward the front, away from the unit. Pull out the pop pin while lifting the link bar into the slot on the leg bar assembly. Release the pop pin when the link bar is in place.



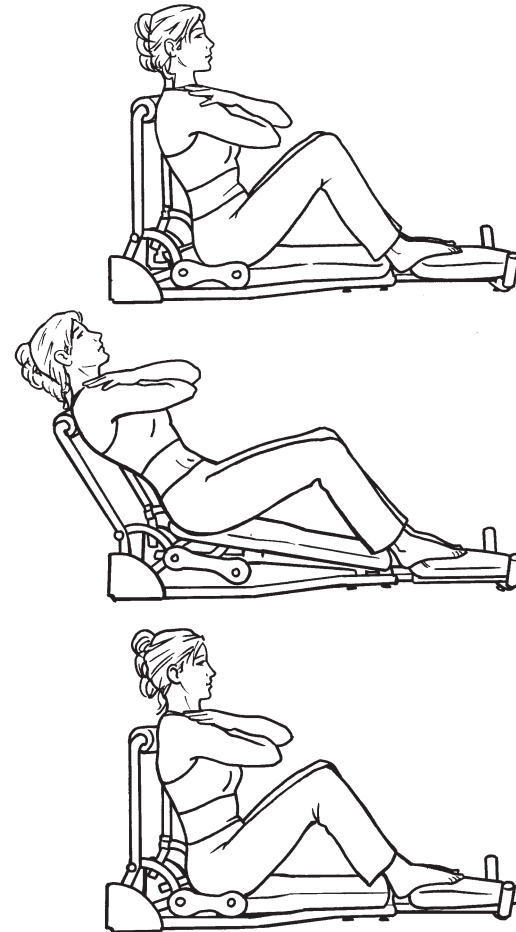
Lift the leg bar assembly in position and bolt in place using the bolt, nylon nut and washers as shown. Use the washers next to the bolt head and the nut as shown.



Attach the cover by screwing in two short feet per side. This may be done easier if the unit is turned on its side.



Screw the two long feet into the head rest frame.



Exercise 11: Back Extension

Sit up on body platform, with back facing press bar. Position your back against press bar approximately 2 inches down from the top of your shoulders. Once you achieve a comfortable position, cross both arms across your chest resting opposite hand on opposite shoulder. Press out, and extend your back. Return to start position.

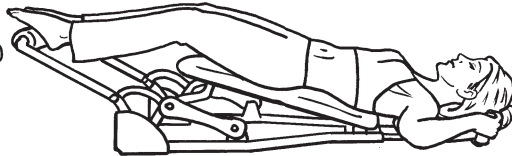
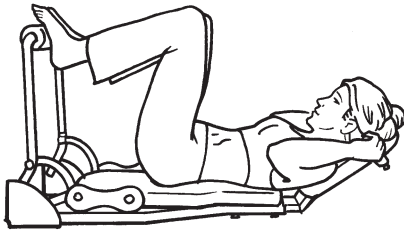
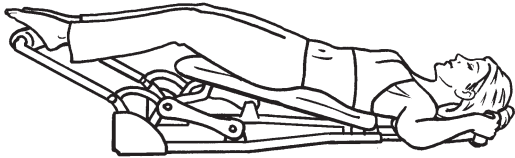
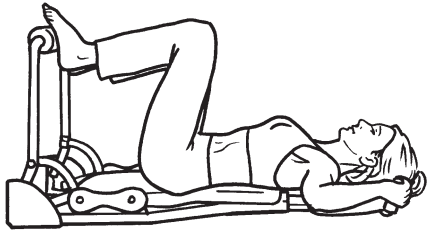
- 8 Reps
- Repeat

– EXERCISE GUIDELINES –

Exercise 9: Ab Press

Lie down on body platform. Place both feet onto press bar. Reach up overhead and position hands on the hand grips. Extend press bar out with your feet to full extension. As you return your feet to their starting position, lift the hand grips up and rock forward slightly. Without pausing, smoothly lower the hand grips as you extend your feet again.

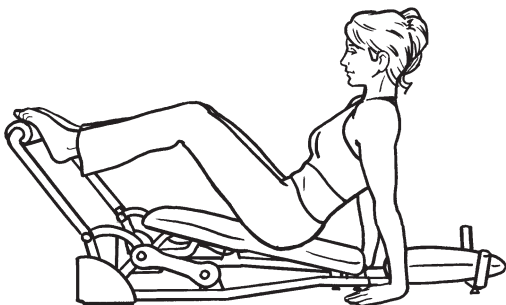
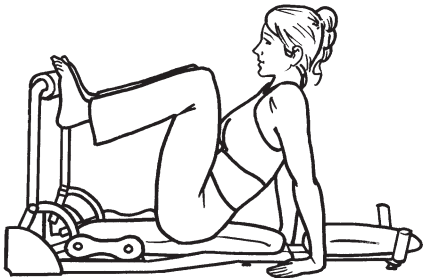
- 4 Reps
(Advanced: 8 Reps)



Exercise 10: Ab Compress

Sit up on body platform, positioning hands on the floor directly next to the unit and slightly behind your back. Place both feet onto press bar. Press out very rapidly eight times, extending out and returning to start, bringing knees into chest compressing in.

- 8 Reps
- Repeat



If you are just starting an exercise program, choose a time of day that's good for you and stick to it closely. Try to do your Easy Shaper workout three times per week at first and then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions and when you have not eaten a heavy meal for approximately two hours.

Motivational Tips

Keep your motivation and interest high by remembering these simple tips:

- **Set goals for yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily or to see changes in your weight or fitness levels. Just five minutes of exercise, done several times per day, can change your health. Break your overall fitness goals down into small, reasonable goals.
- **Record your progress** by using the charts provided in this booklet.
- **Celebrate your successes** - even the small ones! Give yourself incentives for reaching each of your goals and reward yourself often.
- **Place your Easy Shaper where you can easily watch TV** or listen to music as many people find that makes your workout more enjoyable.
- **Take your setbacks in stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them and make sure they are realistic. Make adjustments as you think they are needed.

Your Easy Shaper Workout Will Consist of 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 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 8 and 9 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

Muscle Toning Workout

To gain the health and fitness benefits that you seek, your warm-up should be followed by a toning workout on your Easy Shaper. 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 will 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.

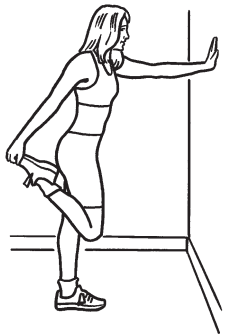
(continued on next page)

Cool Down and Stretching.

Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements. 10 to 15 minutes of daily stretching is recommended. This should be done when warming up and cooling down. Finish your workout by doing the stretches that follow.

– 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 the stretch for 20 to 30 seconds. Repeat for the other leg.



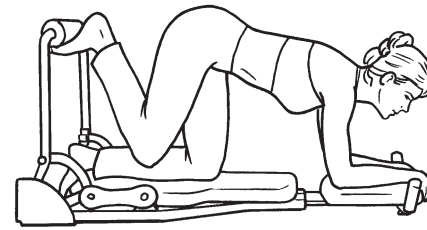
2. Calf and Achilles Stretch

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

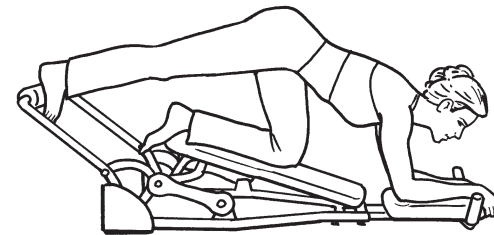
Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand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



Exercise 7: Kick Back

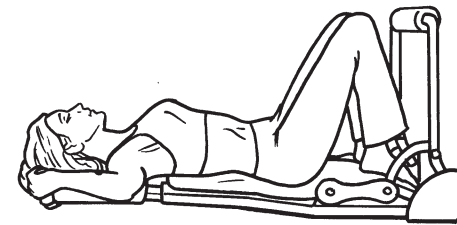
Place body in an all fours position with legs closest to press bar. Lift right leg back and place right heel onto press bar. Press out and return to start position.

- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4
- Repeat with opposite leg



Advanced Kick Back:

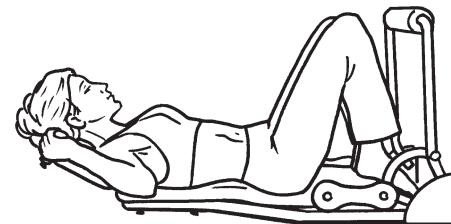
Scoot body forward on machine towards press bar in order to press and lift more body weight.



Exercise 8: Ab Assist (Crunch)

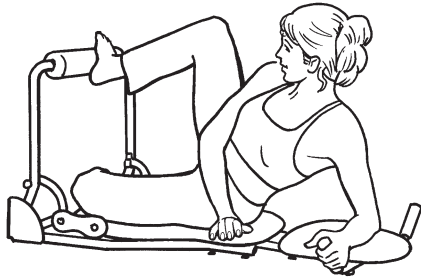
Lie down on body platform. Knees are both bent with feet flat on body support unit. Reach up overhead and position hands on the hand grips. Lift hand grips up and rock slightly forward, performing an assisted crunch.

- 8 Reps to even tempo



▲ CAUTION

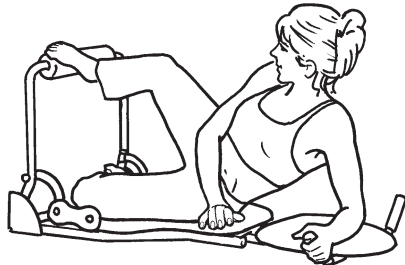
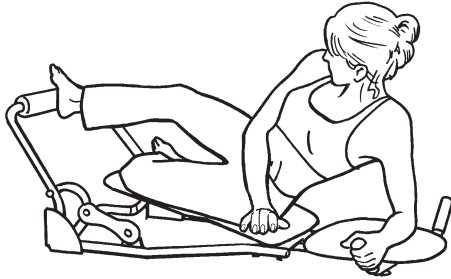
WHEN PERFORMING THESE EXERCISES, DO NOT
PUT HANDS UNDERNEATH THE BACKREST



Exercise 5: Outer Thigh Side Leg Press

Reposition body by lying down on your left side on the body platform, place right foot onto press bar. Angle foot forward to create focus on outer thighs. Press right foot out activating the press bar. Return knee to chest.

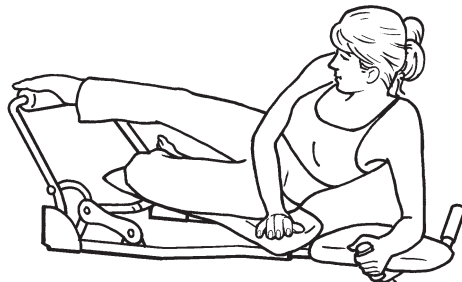
- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4



Exercise 6: Inner Thigh Side Leg Press

Lying down on your left side on the body platform, place right foot onto press bar. Angle foot back to create focus on inner thighs. Press right foot out activating the press bar. Return knee to chest.

- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4



Repeat Exercise 5 and 6 by repositioning body to lying on right side and pressing out with left leg.



4. 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.

5. 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.



6. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. 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.



7. 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.



- EASY SHAPER™ "BUN & AB LIFT" WORKOUT -

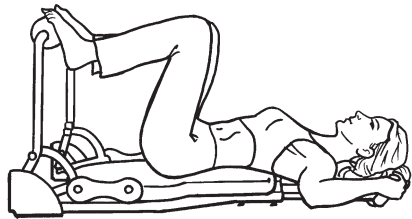
Note: Beginners may want to start with one band.

⚠ WARNING

ALWAYS USE ONLY ONE BAND ON EACH SIDE OF THE MACHINE. NEVER PUT TWO BANDS ON THE SAME SIDE OF THE MACHINE.

⚠ WARNING

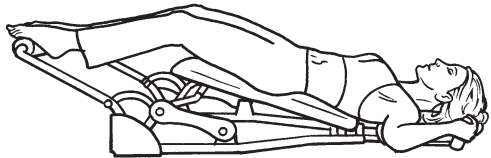
WARNING: IT IS VERY IMPORTANT TO REPLACE BOTH SPRING CLIPS ON EACH RESISTANCE BAND.



Exercise 1: Basic Bun & Leg Press

Lying down on the body platform, place feet on press bar. Press feet out activating the press bar. Return knees to chest.

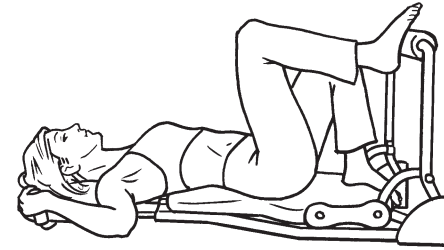
- 8 Reps: Press out to even tempo
- 4 Reps: Press out and hold for a count of 2 at point of full press. Return on count of 3,4
- Repeat both sets



Exercise 2: Inner and Outer Thigh Leg Press

Lying down on the body platform, place feet on press bar. Angle feet out, creating a focus on the inner and outer thighs when pressing out. Press feet out activating the press bar. Return knees to chest.

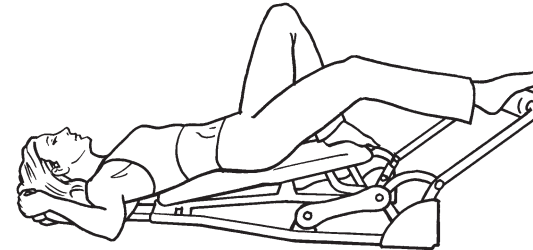
- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4
- Repeat both sets (On second set, angle feet just a little further out to enhance tightening and toning of the inner and outer thighs.)



Exercise 3: Single Leg Press

Lying down on the body platform, place right foot on press bar. Place left foot on body platform (leg bent with knee up). Press right foot out activating the press bar. Return knee to chest.

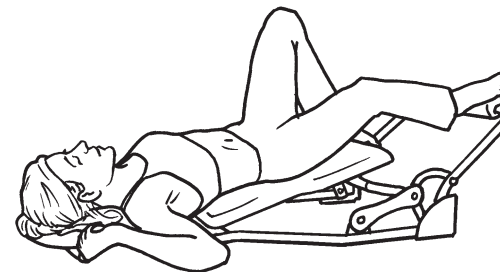
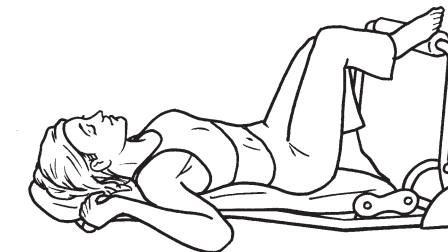
- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4



Exercise 4: Single Inner and Outer Thigh Press

Lying down on the body platform, place feet on press bar. Place left foot on body platform (leg bent with knee up). Angle right foot out, creating a focus on the inner and outer thigh muscles. Press right foot out activating the press bar. Return knee to chest.

- 8 Reps: Press out to even tempo
- 4 Reps: Press out and return on count of 2,3,4



Repeat Exercise 3 and 4 performing "left" leg press.