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.
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.)
# Table of Contents

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BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercises, programs or types of equipment may not be appropriate for all people. This is especially important for persons over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

START OUT SLOWLY AND PROGRESS SENSIBLY. Progress at a pace that is comfortable for you.

DO NOT OVER EXERT YOURSELF WITH THIS OR ANY OTHER EXERCISE PROGRAM. Listen to your body and respond to any reactions you may be having. You must distinguish “good” pain, like fatigue, from “bad” pain, which hurts. 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.

USE CARE WHEN GETTING ON AND OFF EQUIPMENT. Set up and use your Easy Shaper on a solid, level, carpeted surface.

WEAR APPROPRIATE CLOTHING WHEN EXERCISING. Workout clothing should be comfortable and lightweight. The Easy Shaper should be used with bare feet.

EASY SHAPER IS NOT INTENDED FOR USE BY CHILDREN. Keep this and all fitness equipment out of the reach of children.

REMEMBER - REVIEW THIS OWNER’S MANUAL AND THE INSTRUCTIONAL VIDEO THOROUGHLY BEFORE STARTING YOUR WORKOUT!

IMPORTANT: SEE PAGE 3 FOR PLACEMENT OF THE FOLLOWING WARNING LABELS ON UNIT.

WARNING LABEL 1

⚠️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 250 LBS. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

WARNING LABEL 2 (2 LOCATIONS)

⚠️WARNING

CRUSH HAZARD. KEEP HANDS CLEAR DURING OPERATION.

– ADDITIONAL WORKOUT PROGRESS CHARTS –

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Use the chart below to keep track of your progress over time. Before writing on it, make as many copies as you think you’ll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you’ve done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

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**Easy Shaper Specifications:**

**Approximate**
- **Product Weight:** Approx. 29 lbs.
- **Maximum user weight:** 250 lbs.

**Unfolded Unit**
- **Length:** 51-1/2”
- **Width:** 22-1/2”
- **Height:** 23-1/2”

**Folded Unit**
- **Length:** 36-1/2”
- **Width:** 23”
- **Height:** 9”

**ALSO INCLUDES:**
- Easy Shaper Bun & Ab Lift Workout Video

---

**WARNING LABEL 1**

**WARNING LABEL 2**

---

**SPECIFICATIONS & PARTS**

- **Easy Shaper**
- **Bun & Ab Lift Workout Video**
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,

Kim Parmater

-- INTRODUCTION --

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:

<table>
<thead>
<tr>
<th>Part Name</th>
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<tr>
<td>Set of Shaper Bands</td>
<td>12206</td>
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<tr>
<td>Bun &amp; Ab Lift Video</td>
<td>12208</td>
</tr>
<tr>
<td>Exercise and Nutrition Guide</td>
<td>12209-2</td>
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</tbody>
</table>

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:

1. [Diagram 1]
2. [Diagram 2]
3. [Diagram 3]
4. [Diagram 4]
5. [Diagram 5]

**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.

- leg bar assembly
- leg bar seat
- foam roll
- pop pin
- link bar
- resistance band
- bottom frame
- resistance band
- back rest cushion (body platform)
- head rest cushion
- head rest frame
- hand grip
- "U" bracket
- fastener packs

**Fastener packs**

**Bag 1**
- 2 – 3/8" x 50 bolts
- 4 – washers
- 2 – nylon nuts

**Bag 2**
- 2 – long feet
- 2 – wrenches
- left cover
- right cover
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
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.
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
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.

---

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.

---

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

---

**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 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

---

**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.

---

Note: Beginners may want to start with one band.