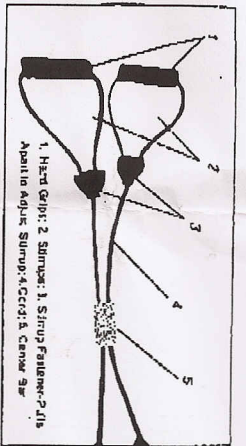
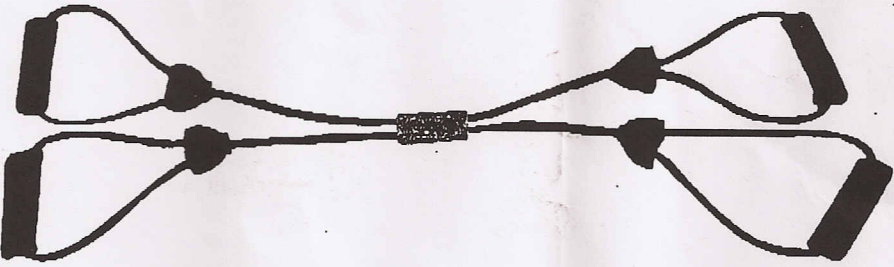


BODY TRIMMER

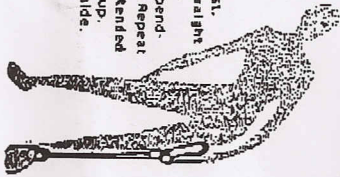
ILLUSTRATED EXERCISES
FOR A NEW YOU USING
DYNAMIZER



WOMEN

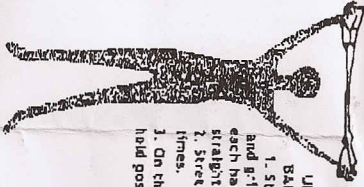
WAIST/ARMS

1. Insert feet into double-up stirrups; insert hand into the other two stirrups as shown.
2. Stand with feet apart and bend sideways from your waist; your other arm can remain straight or you may bend it slightly.
3. Pull upwards on exerciser bending in the opposite direction; repeat 4 times keeping your arms extended for 3 counts on the fifth pull-up.
4. Repeat steps 1-3 on other side.



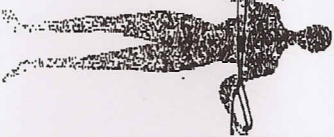
UPPER ARMS/UPPER BACK

1. Stand with feet apart and grip 2 stirrups with each hand raising arms straight above head.
2. Stretch arms sideways 5 times.
3. On the fifth extension, hold position for 3 counts.



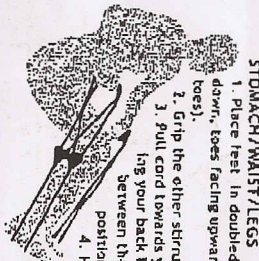
BUST/ARMS

1. Stand with feet apart and grip 2 stirrups in each hand, bending arms.
2. Stretch cord to each side five times.
3. On the fifth extension, hold position for 3 counts.



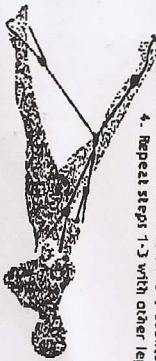
STOMACH/WAIST/LEGS

1. Place feet in doubled-up stirrups, heels down, toes facing upwards (do not flex toes).
2. Grip the other stirrups, one in each hand.
3. Pull cord towards you while slightly curling your back, less than halfway between the sitting/lying position.
4. Hold for 10 counts, then rest; repeat 5 times.



HIP/THIGHS

1. Lie on back with both feet in stirrups.
2. Extend one leg sideways 5 times.
3. Hold the last extension for 3 counts.
4. Repeat steps 1-3 with other leg.



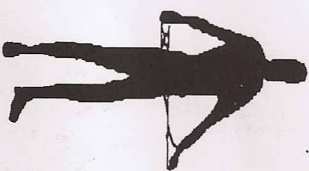
OUTER THIGHS

1. Place feet in stirrups and lie on one side, leaning on one arm.
2. Hold other stirrups with free hand.
3. Stretch top leg upwards 5 times holding the 5th extension for 3 counts.



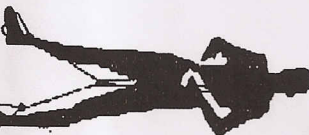
MEN

4. Repeat steps 1-3 lying on other side.



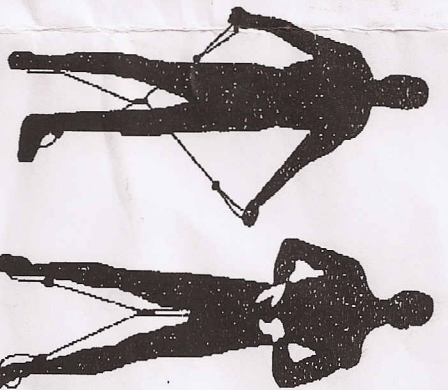
CHEST/ARMS

1. Place hands in doubled-up stirrups.
2. Stretch cord to right and left side simultaneously 5 times.
3. Hold for 5 counts.



ARMS/FOREARM/WRIST

1. Insert feet in stirrups and grip each stirrup with one hand.
2. Stand with feet apart and hold other hand behind back.
3. Extend cord upward 5 times and on the fifth position hold for 5 counts.
4. Switch arm positions and repeat steps 1-3.



SHOULDERS/ARMS

1. Set feet in stirrups, grip other stirrups with both hands and stand with feet apart.
2. Stretch cord up and out to each side 5 times.
3. On the fifth count, hold for 5 seconds.

ARMS/SHOULDERS

1. Insert feet in stirrups and grip other stirrup with both hands.
2. Stand with feet apart and stretch cord upward 5 times.



BACK/SHOULDERS

1. Set feet in stirrups, grip other stirrups with both hands and stand with feet apart.
2. While bending in a slightly forward position, extend cord up and to each side returning to straight standing position.

STOMACH/WAIST/LEGS

1. Place feet on middle bar, heels down, toes facing upwards (do not flex toes).
2. Grip the other stirrups, one in each hand.
3. Pull cord towards you while slightly curling your back less than halfway between the sitting/lying position.
4. Hold for 10 counts, then rest; Repeat 5 times.

