

WEIDER® ZONE TONER

Model No. 831.280760

IMPORTANT PRECAUTIONS

- Read all precautions and instructions in this manual and view the included videocassette before using the ZONE TONER.
- It is the responsibility of the owner to ensure that all users are adequately informed of all precautions and instructions.
- Use the ZONE TONER only as described.
- Be careful to avoid being pinched between the sliding components of the ZONE TONER.
- If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THIS MANUAL FOR
FUTURE REFERENCE



USER'S MANUAL

Congratulations for purchasing the innovative ZONE TONER from WEIDER. The ZONE TONER is a compact resistance trainer that focuses on specific areas of your body—the hips and thighs, abdominals, calves, arms, and chest—to give you a shapelier figure and increased overall fitness. Used as part of a program that includes aerobic exercise, strength training, and a proper diet, the ZONE TONER will help you to look better and feel better in only minutes a day.

Before using the ZONE TONER, please read this manual and view the included videocassette.

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

3. Basic Crunch (targets abdominals and back)

Lie on the floor and bend your knees as shown. Place the indicated end of the ZONE TONER under your feet. Extend the ZONE TONER and rest the other handles



on top of your legs. Lock your hands behind your head. Using your abdominal muscles, slowly curl up about halfway to a sitting position. Return to the starting position. Repeat 10 to 20 times. Be sure to keep your lower back on the floor. To focus on your lower abdominals, hold your feet 12 to 18 inches off the floor during the exercise.

4. Oblique Crunch (targets waist and sides)

Perform this exercise in the same way as the Basic Crunch, but as you curl up, bring your left elbow toward your right knee; on the following repetition, bring your right elbow toward your left knee. Complete 10 to 15 repetitions, alternating sides with each repetition. Be sure to keep your lower back on the floor.



5. Seated Crunch (targets abdominals and back)

Sit on a chair and rest the indicated end of the ZONE TONER on your legs. Compress the ZONE TONER slightly, lean forward, and rest your chest on the upper handles as shown. Hold the lower handles and sit upright. Using your abdominal muscles, bend forward at the waist. Return to the starting position. Repeat 10 to 15 times. Be sure to keep your back straight.



Repeat 10 to 15 times. Be sure to keep your back straight.

6. Calf Raise (targets calves)

Sit on a chair and place the indicated end of the ZONE TONER under your toes. Extend the ZONE TONER and rest the upper handles on your legs, just behind your knees. Extend the ZONE TONER as far as possible by rising on your toes. Return to the starting position. Repeat 10 to 15 times.



7. Biceps Curl (targets biceps and forearms)

Sit on a chair and place the indicated end of the ZONE TONER under your legs. Hold the upper handles with an under-hand grip. Keeping your elbows at your sides, pull the upper handles as close as possible to your chest. Return to the starting position. Repeat 10 to 15 times. Be sure to keep your back straight.



8. Triceps Extension (targets upper arms)

Sit on a chair and rest the indicated end of the ZONE TONER on your legs. Place your hands on top of the upper handles. Keeping your elbows at your sides, slowly press down the handles as far as you can. Return to the starting position. Complete 10 to 15 repetitions. Be sure to keep your back straight.

