



To Work Your Arms and Chest:

- * Step① Grip the handles of the thigh toner with your hands, holding it in front of you. You can sit or stand.
- * Step② Ensure that when you push inward the toner is positioned correctly, so that the middle of the "V" shape pushes outward, not inward toward your chest.
- * Step③ Push the handles together while allowing your elbows to move out toward your sides.
- * Step④ Complete 15 to 20 repetitions. This exercise will target your chest muscles.

To Work Your Thighs:

- * Step① Lie down on your back on a mat.
- * Step② Bend your knees to about a 45-degree position. Your feet should be flat on the floor.
- * Step③ Place the thigh toner between your inner thighs. The thigh toner should be positioned so that it looks like an upside-down "V."
- * Step④ Squeeze your thighs together. Even if the thigh toner moves in only a couple of inches, you still will be working your thigh muscles.
- * Step⑤ Work to squeeze more forcefully, making the thigh toner move farther inward, as you use the equipment over time.
- * Step⑥ Complete 15 to 20 repetitions. To increase the intensity, perform

slow repetitions or pause at the top of the squeezing motion during each repetition.