



### BENEFITS

- Sauna-action shaper belt retains moist warmth, so you shed excess water as you exercise.
- Helps support your lower back and abdomen while trimming the appearance around your middle instantly.
- This lightweight neoprene belt helps you get the most out of your workout or everyday activities in increased comfort.

### INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. Then imitate with product. Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- Always consult a physician before performing any physical activity, drink plenty of fluids before, during, and after exercising. No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.
- Hand wash with water, detergent or soap - line dry.

# Slimmer Belt

**To attach Slimmer Belt:** Simply wrap belt around waist and attach grip-strips, one size fits all.

## OBLIQUE STRETCH

	<b>START</b> Sit on mat with one leg extended out in front of you and your other leg bent in with foot touching thigh of opposite leg. Place both hands behind head.
	<b>END</b> Slowly pull your head towards knee of bent leg. Pull until you feel a comfortable stretch in the obliques. Hold for 30 seconds, then switch legs.

Muscles Utilized: Obliques

## HIP ROLL OBLIQUES

	<b>START</b> Lie on your back, with your hands extended out, palms down. Bend your legs, keeping feet firmly flat on the floor.
	<b>END</b> Lower the knees to one side turning at the waist. Aim to allow the thighs to touch the floor, then slowly repeat again on the other side. Avoid letting the shoulders come up off the floor.

Muscles Utilized: Obliques

## SIT UP (shown with optional Sit Up Mat)

	<b>START</b> Lie on your back on mat, bending your knees to about 90° with your feet flat on the floor. If using the optional Sit Up Mat, grasp handles on mat. If not using the Sit Up Mat, cross arms over chest.
	<b>END</b> Raise your torso, shoulders, and head 6 to 12 inches. Tense your abdominal muscles and hold this position for a few seconds. Return slowly to the floor and repeat.

Muscles Utilized: Abdominals

## SCISSOR KICKS

	<b>START</b> Lie flat on your back, legs down on mat and hands under your buttocks to support your lower back.
	<b>END</b> Lift your feet few inches of the ground, then take them out wide, then either back to the centre, or across one another in a smooth motion. Keep your back and head flat on the mat while performing exercise.

Muscles Utilized: Obliques

**CAUTION:** Do not use this product over an open wound. Persons with transdermal drug delivery patches, pacemakers, defibrillators, implanted insulin pumps or other electronic-medical devices should not use magnets. Do not use magnets during pregnancy. Purchaser takes full responsibility for safe and proper use of Slimmer Belt with Magnets and holds harmless the supplier and manufacture from any consumer claims against this product or it's ultimate use. Children should not use or play with this product. Magnets should be kept away from all electrical appliances and other magnetic goods as they may damage them. This includes computer discs, cassettes, credit cards and other cards that have a magnetic strip.