



Thigh Toner

Fitness Guide

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence.
- Begin exercise with product. Perform 1-2 sets of 8 to 10 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 8 or 10 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of (10) repetitions, cautiously add more repetitions to your sets or select a Bally product that provides a greater amount of resistance.

INNER THIGH Muscles Utilized: Inner Thigh



1 START

Lay flat on your back with knees bent and arms extended out to your sides. Place Thigh Toner between thighs.



2 END

Slowly squeeze thigh toner together. Hold for 10 seconds and release. Repeat for 8 to 10 repetitions.

OUTER THIGH Muscles Utilized: Outer Thigh



1 START

Lay on your back with knees bent arms at your sides.. Lift leg up and lace Thigh Toner in the crook of your knee.



2 END

Slowly squeeze thigh toner together. Hold for 10 seconds and release. Repeat for 8 to 10 repetitions.

TRICEP SQUEEZE Muscles Utilized: Triceps



1 START



2 END

Stand with feet hip width apart holding Thigh Toner between arms with middle of Thigh Toner facing up. Weave your fingers together.

Slowly squeeze thigh toner together. Hold for 10 seconds and release. Repeat for 8 to 10 repetitions.