

easy shaper

Easy Shaper



## Manual of the easy shaper

The Easy Shaper has been designed by a woman for women. The Easy Shaper targets the seven areas women want to work the most. The Easy Shaper helps tone your arms and back. Easy Shaper helps sculpt your hips, buns and thighs. Easy Shaper helps tighten your abs and obliques.

Easy Shaper Ultimate's secret is it's exclusive Target Smart Technology using dual resistance to target specific areas of your body. Easy Shaper Ultimate combines a portion of your body weight with resistance from Easy Shaper's Toning Bands. That means you can switch easily from move to move with no settings to remember. No weights to worry about. No wasted time! Easy Shaper Ultimate does it all for you.

The Easy Shaper Ultimate is a fun and motivating workout! It's designed to promote flexibility and strength while tightening your legs, thighs, buttocks and abs. And because it's designed by a woman with a woman's body in mind it's absolutely "golf-proof"! The Easy Shaper makes sure you're in the proper body position for each exercise.

And the best part? Easy Shaper Ultimate really is easy. It's easy to assemble and easy to use. The club quality steel frame holds up to 250 pounds with extra thick padding to support your back and neck. It's compact, quiet and portable enough to store virtually anywhere.

### Warning :

This product don't suitable for below crowds:

1. pregnant women
2. kid under 13



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**Specifications:**

**1) Materials: steel, derma**

**Outer packing:**

**N.W.: 11.5kg**

## Manual of fixing

Warning: be careful about your hands.



It is easy to fix. All you do is to put the steel tube on, tighten screw



and ring the pullback spring, gasket and clamp on the steel tube  
step-by-step.

Go exercising

do exercising according to the manual for your safety and health.

- 2) Make sure that you do exercising slower if you start exercising for the first time. When you become tired and uncomfortable, you had better stop exercising and have a rest for a little while.
- 3) Write down the times you repeated exercising, and you will be surprise for the course you exercised.
- 4) You will be glad that with the easy shaper, your hips, butt and thighs will be sculpted and also your abs and obliques will be tightened after you keep exercising in some weeks.

### The way to exercise

# Easy Shaper

