

BODY SHAPER

WORKOUT CHART



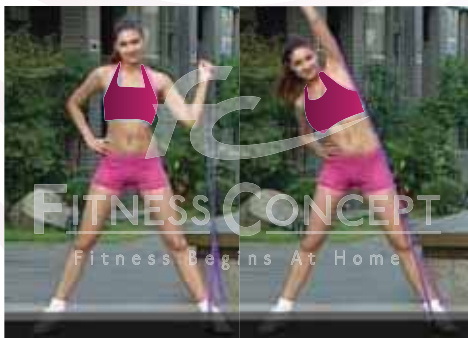
Lie on the floor, place the Body Shaper under both feet and then pull the rope up with both hands. While pulling the rope, move your body up and down to stretch your back.



Now use the Body Shaper to wrap up your feet separately. Pull the tube with both hands. Lift your hands over your head and back. Then repeat the movement.

Now we will practice the sit-up movement. Using the Body Shaper, sitting up will be very easy. Lift your legs, one at a time vertical to the floor to a 90-degree angle. Raise your arms and straighten your back.

Now spread your legs and straighten your back. Pull the Body Shaper with both arms and bring your body up.



Now put the Body Shaper under your left foot only and use your left hand to pull it towards the sky. Switch it to the right foot and this time use your right hand to pull it towards the sky.

Step on both ends of the Body Shaper as your hands hold on the ends. Hold the Body Shaper on your back, open your arms to pull it outward, and then bring it to the front. Keep your back straight.

Step on both ends of the Body Shaper as your hands hold on to the ends. Lift your right leg toward the back and raise your hands up high. Then switch to the left. Lift your left leg toward the back and raise your hands up high.



Place the rings of the tube on both feet. Place your hands in the center of the tube and bend your body to pull the tube upwards. Keep your back straight.

Place the Body Shaper on both feet and pull them from the back. Raise your hands as high as you can and keep your back straight.

Then pull the tube from the front with the ends under your feet. Raise your hands upward.