



GAIAM

Thigh Toner

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Thigh Toner.

SETUP

1. Remove the Thigh Toner from box and check for shipping damage.
2. Your Thigh Toner is now ready for use.

WORKOUT TIPS

1. Use the Thigh Toner on a flat surface.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routine to the best of your ability without strain.
4. Avoid holding your breath while exercising.

CARE

1. Dry with a towel after use.
2. Use a damp cloth to clean.
3. Avoid exposing to heat or excessive sunlight.
4. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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