

LEG
MASTER

*Great Legs
are made
here...*



*Great ideas are
born here...*



*Neil Summers, Award Winning
Health Educator, Author &
Inventor of the Best Selling
Fitness Hit...*

**LEG MASTER
TOTAL BODY**

PLEASE READ THESE INSTRUCTIONS THOROUGHLY AND FOLLOW THEM CAREFULLY BEFORE USING THE LEG MASTER.

Warning: This Leg Master is not intended as a substitute for professional medical care nor is this a medical device and may not be suitable for everyone.

Maximum weight limit is 113.4 kg or 250 lbs

All exercise carries with it some element of risk. To reduce this risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance, the risk associated with exercise can never be reduced to zero. Follow all training and safety tips and instructions in this manual.

Keep children and pets away from equipment and outside the boundary of the whole unit when in use.

People with a history of recent hip, knee or ankle surgery should not use this Leg Master.

Note: As with all forms of exercise people with pre-existing medical conditions should consult first with their Doctor.

If in any doubt consult your Doctor before using a Leg Master.

If you feel pain or dizziness, stop using this Leg Master.

Made in China

ASSEMBLY OF THE LEG MASTER

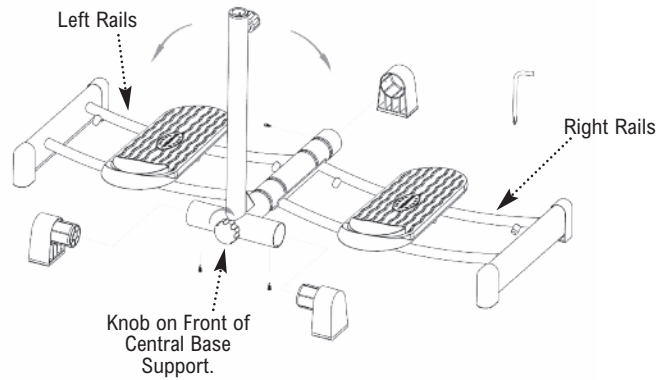
Your Leg Master is easy to assemble and should only take you a couple of minutes.

STEP 1

Remove from box all components and lay them out.

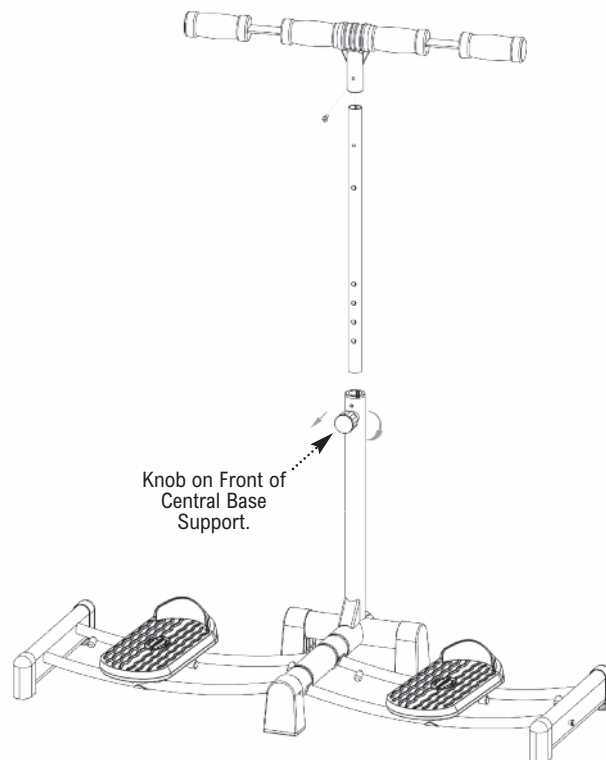
Release Knob on front of Central Base Support. And unfold to lay flat left Rail Track and right Rail Track to look as per the illustration opposite.

Attach two black plastic feet at front. And one black plastic foot at rear. Use the screws and tool provided.



STEP 2

Tighten knob on front of Central Base Support to secure the unit.



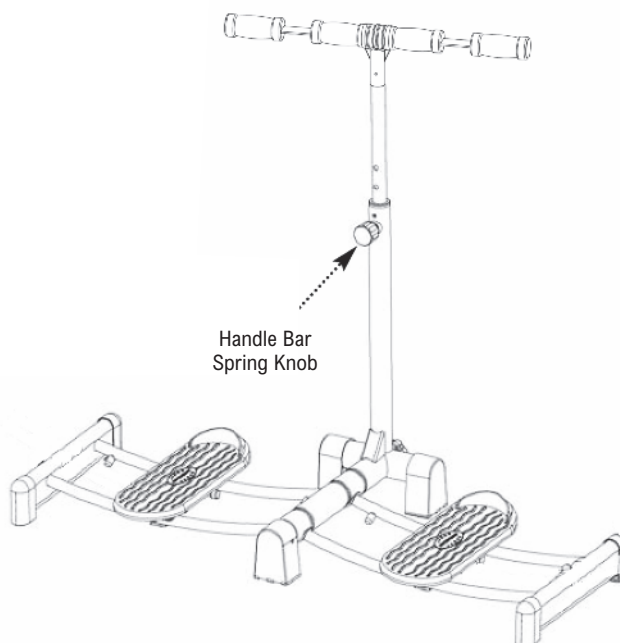
STEP 3

Unit should look as opposite.

Unscrew the Handle Bar Spring Knob. Adjust the height of the handle bar to allow you to rest your hands on to keep your balance.

Please note only adjust height of handle bar whilst standing on the ground.

Never attempt to adjust height of handle bars whilst standing on the Leg Master.



Leg Master
TOTAL BODY
Set to go !

WARNING:

This equipment is not for use by children.

To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment

Have plenty of clearance behind, in front and to both sides of your equipment. It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 1 meter of clearance both in front of, behind and to the sides.

Do not over exert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.

Use care when getting on and off the equipment.

Only one person at a time should use this equipment.

Do not put hands, feet or any foreign objects on or near this equipment when in use by others.

Use caution not to pinch fingers and hands in moving parts when setting up or using the equipment.

Always hold the handle bar when stepping on and off the Leg Master. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

For Storage:

To make the LegMaster folded and compact.

Lower the Handle Bar.

Release the Knob on the front of the Central Base Support.

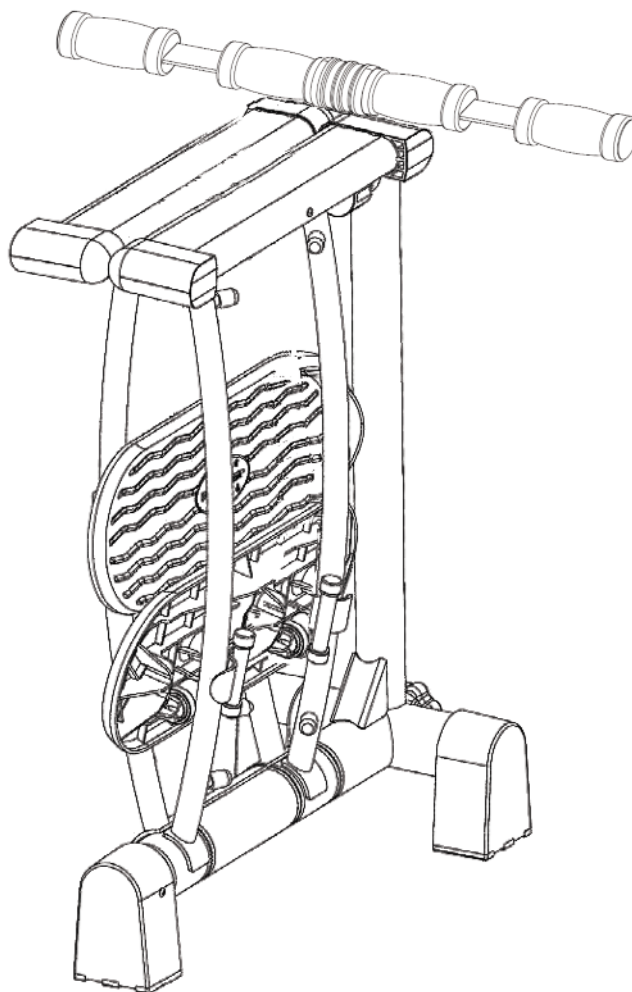
Fold up both sides of the Rail Tracks.

For further security tighten up the Knob on the front of the Central Base Support.



CAUTION:

Do not try to adjust the Handle Bar height while standing on the Foot Platforms of the Leg Master. All adjustments must be made while standing on the floor.



DIRECTIONS FOR USE:

Please read these instructions thoroughly before using a Leg Master.

This product is to be used on flat ground. Make sure you are completely still and upright before you begin to move.

(1) Starting Position



Start with both hands placed on the handle bars to help take your balance. Place one foot on one foot platform and take your weight partially on this foot. Place your other foot on the second foot platform, taking up your full body weight on the two foot platforms.

Make sure that both foot platforms are in the centre of their tracks before you begin to move.

You are now ready to begin your cardiovascular and strength training exercise.

Lightly rest your hands on the handle bars at all times.

(2) Squeeze your legs together



Using the muscles of your legs draw your feet together.

Do not 'bang' the stoppers. The leg movement action is smooth and controlled.

Again using the muscles of your legs, open your legs to pass through your starting position.

Use your leg muscles, do not push down with your arms on the handle bars

(3) Outward Sweep



Continue with your outward sweep until your feet approach the outside stoppers

Again, smooth controlled movements. Do not let foot platforms make contact with outside stoppers.

Using the muscles of your legs continue this sweeping pattern for the desired number of repetitions.

The idea is to create a steady, smooth and controlled action.

Try not to bang the inside or outside stoppers.

(4) Squeeze your legs together



Under control draw your legs together once more.

Continue this sweeping motion, legs together, legs apart until your leg muscles tire and fatigue.

Count the number of sweeps your legs make. Make a note on the Progress Chart.

As you progress, increase the number of repetitions. And record your progress daily on the Progress Chart.

(5) Raise and Squeeze



Adding arm action into the rhythm of the leg action. Coordinate the 'sweeping in' action of the legs with an upward motion of both arms.

Relax the arms as the legs sweep outward.

(6) Press down and Sweep



Adding arm action into the rhythm of the leg action. Coordinate the 'sweeping in' action of the legs with a downward motion of both arms.

Relax the arms as the legs sweep outward

NOTE: Do not push feet all the way out or all the way in – try to avoid banging and creating a loud noise. Try to stop the movement just shy of the inner and outer ends.

When finished allow your legs to return to the starting position.

Whilst holding the handle bar, step off the Leg Master, one foot at a time.

THE LEG MASTER PROGRESS CHART

Start by performing as many sweeps of your legs as you can without over straining.

That is it, you have begun. Then follow the chart and increase your number of repetitions by one(1). For example, if on the first attempt you performed 50 repetitions, then the following day you would increase that number by one. And perform 51 repetitions. And so on along the Progress Chart. Daily increasing the number of repetitions you perform.

Follow this pattern until your 7th day and then rest. That means no exercise that day. Check off the completed work out as you progress.

Good luck.

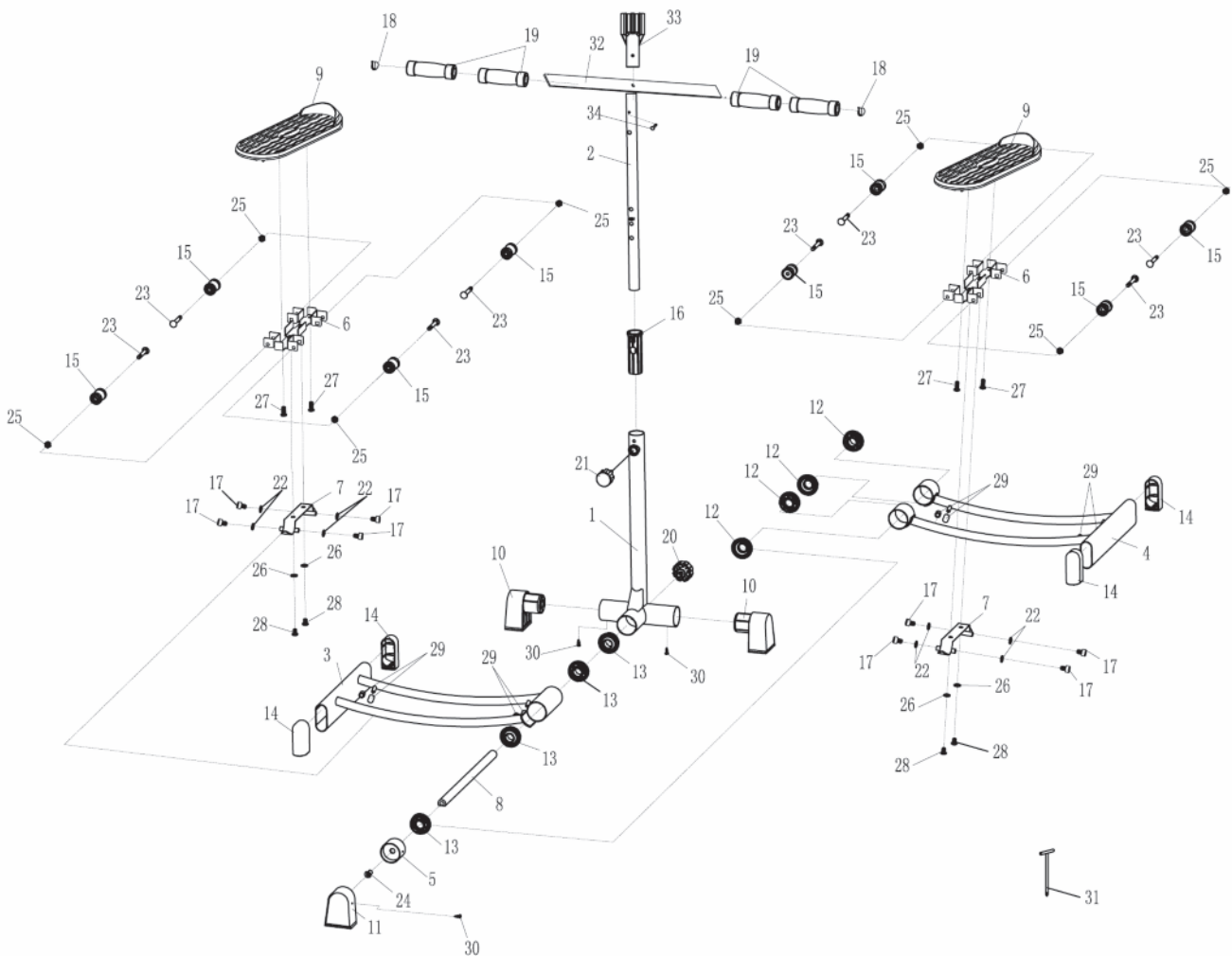


Neil Summers

LEG MASTER PROGRESS CHART

20	21	22	23	24	25	REST	27	28	29
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	31	32	REST	34	35	36	37	38	39
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REST	41	42	43	44	45	46	REST	48	49
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50	51	52	53	REST	55	56	57	58	59
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60	REST	62	63	64	65	66	67	REST	69
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70	71	72	73	74	REST	76	77	78	79
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80	81	REST	83	84	85	86	87	88	REST
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90	91	92	93	94	95	REST	97	98	99
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100	120	130	REST	150	160	170	180	190	200
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	300	350	400	450	500	600	REST	800	1000
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PARTS AND SPECIFICATION



PARTS LIST

1	Handle Bar Base Tube	12	Concave Sleeve	23	Button Shoulder Screw
2	Handlebar	13	Convex Sleeve	24	Allen Button Screw
3	Rail Track L	14	Rail End Cap	25	Locknut
4	Rail Track R	15	Roller	26	Washer
5	Rear End Tube	16	Sleeve	27	Screw
6	Wheel Housing	17	Bumper	28	Allen Pan Screw
7	Connector	18	Round End Cap	29	Platform Stopper
8	Base Shaft	19	Handlebar Grip	30	Phillips Round Screw
9	Foot Platform	20	Base Support Knob	31	Screw Driver Tool
10	Black Plastic Front Feet	21	Spring Knob		
11	Black Plastic Rear Foot	22	Bumper Pad		

FAQs

Q. What is the maximum weight the Leg Master Power can hold?

A. 113.4kg or 250 lbs

Q. Does it store away easily?

A. Yes. The Leg Master can easily be made compact and would go under a bed or behind a door.

Q. Is it okay for tricky knees/backs/hips?

A. Consult with your medical professional.

Q: Can I use it if I have a knee injury?

A. Not recommended if you have had recent knee surgery. If you have any knee problems consult first with your Medical Professional.

Q. Are there any special requirements to use this product safely?

A. It is essential to keep all children and pets away from this unit when in use.

Q: Will I get big muscled thighs like a 'body builder'?

A. No. Leg Master Power will tone, shape and strengthen. But there is not a constant progressive overload, which is necessary to build 'body building' type muscles. You will not get big bulky legs. The opposite will occur, your legs will tone and shape to their natural outline.

Q: What time of day is recommended for use of Leg Master?

A. It is purely whatever time is most convenient to you. Bear in mind it is regular daily use which produces the best results. Place your unit in your bedroom and use it before going to bed, or put it in your kitchen and hop on and off of it regularly for short bursts throughout the day.

Q: Do I need to hold the handles?

A. Yes. You must hold onto the handles at all times. The handles are there to assist with balance. Do not lean your whole body weight on the handles. Your feet should take your full body weight and be placed centrally on the foot platforms.

Q: My muscles ache after just 20 reps, is there something I am doing wrong?

A. No. This shows Leg Master is doing its job.

Q: What height should the handles be at?

A. The handlebars should be set at a height to lightly rest your hands and to aid with your balance. Not too high that you have to lean backwards. And not too low that you have stoop forward (do not adjust height of handles whilst standing on platform).

Q: Can I use Leg Master without proper footwear?

A. We strongly recommend that while using Leg Master you wear proper foot attire at all times. It is better for your feet to always wear proper shoes when exercising. It is safer to wear protection for your feet when using exercise products with moving parts. Do NOT wear high heeled shoes when using this equipment.

Q: I feel lightheaded or dizzy what should I do?

A. Stop using Leg Master immediately. Lie down and rest if possible and try again the following day.

Q: Can I over do this exercise?

A. Your leg muscles probably will not have experienced this type of exercise for a long time. So it is prudent to start slowly and progressively build the time and number of leg sweeps. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day - give yourself an extra days rest before resuming your program.

Q: What kind of clothing do I need to wear?

A. Clothing of a loose fitting nature especially around the hips and upper thighs is necessary. Tight skirts will impede and restrict movement.