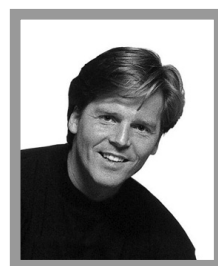


SUMMERS GYMMAGIC



*Great ideas are
born here...*



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

**Summers
GYM MAGIC**

*Great Bodies are
made here...*

**PLEASE READ THESE INSTRUCTIONS THOROUGHLY AND FOLLOW THEM CAREFULLY BEFORE
USING THE SUMMERS GYM MAGIC.**

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

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.

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 Summers Gym Magic.

If you feel pain or dizziness, stop using this Summers Gym Magic.

Made in China

GETTING STARTED WITH THE SUMMERS GYM MAGIC

Using the Elastic Bands

To gain the correct length of the elastic bands “roll” it around the tube until the length you require is achieved. If you want to increase the tension, then simply add more rotations to the twists.



Attaching the Foot Straps

Before beginning your exercises, make sure the foot straps are securely fastened at the buckle and the 'hook & loop' is in place.



WARNING

This equipment is not for use by children.

To prevent injuries, keep this and all fitness equipment out of the reach of children.

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. Distinguish between “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.

DAILY EXERCISES WITH THE SUMMERS GYM MAGIC

Log your progress. Perform each exercise 10 times. Once complete 'tick' or check the box for Day 1 Week 1. Then move on to the next exercise. Repeat this each day for 7 days and for 4 weeks.

The Squat

Placing both feet in the foot loops, hold the end grips of the bar, feet shoulder width apart. Gently place the bar behind the neck and slowly bend the knees into a squat. Keeping the knees behind the toes as you lower, continue until thighs are parallel to the floor. Return to the starting position.



DAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

1	2	3	4	5	6	7

Oblique Twist

Placing both feet in the foot loops, hold the bar 12 inches/30cms in front of the chest with arms bent. First, twist the upper body to the left and twist to the right. Then repeat.



DAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

1	2	3	4	5	6	7

Tricep Press

Placing both feet in the foot loops, stand with feet shoulder width apart. Palms facing outwards, grip the bar in front of your chest. Lift arms above the head, locking the elbows. Keeping the elbows in the same position, bend the arms to allow the bar to fall slowly behind the head. Repeat by lifting arms up above the head again.



DAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

1	2	3	4	5	6	7

DAILY EXERCISES WITH THE SUMMERS GYM MAGIC cont'd

Squat with Heel Raise

Placing both feet in the foot loops, stand with feet shoulder width apart. Holding onto the end grips of the bar, gently place the bar behind your neck. Keeping the knees behind the toes, slowly bend the knees into a squat. As you come up, transfer the weight onto one foot. As you rise out of the squat, extend the opposite leg, making sure it is straight and in a pointed position. Repeat alternatively.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Tricep Extensions - Standing

Place both feet shoulder width apart onto the bar. Hold the foot loops in each hand and bend into a gentle squat position, keeping your knees behind the toes. Begin with bent arms at chest height, position in a 90-degree angle. Keeping the elbows at the sides of the body, alternatively extend the hands backwards to allow the arms to straighten.



DAY

1 2 3 4 5 6 7

WEEK 1

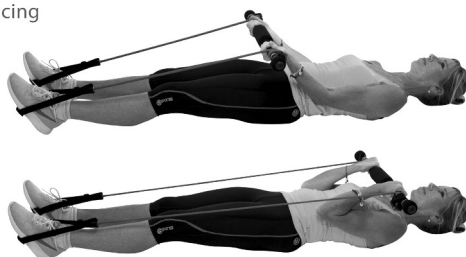
WEEK 2

WEEK 3

WEEK 4

Lying Bicep Curl

Lying on a bed or the floor facing upwards, place both feet through the foot loops. Keeping hands shoulder width apart, hold the bar, palms facing upwards. Start with the bar resting on the thigh then curl the bar up towards the chest and back down to the starting position.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

DAILY EXERCISES WITH THE SUMMERS GYM MAGIC cont'd

Good Morning Bow

Placing both feet in the foot loops, stand with feet shoulder width apart. Holding onto the end grips of the bar, gently place the bar behind the neck. Keeping a straight back and the knees behind the toes, bend forward closely to 90-degrees as possible. Return to starting position and repeat.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Extended Arm Squat

Placing both feet shoulder width apart, hold the bar, palms facing downwards. Extend arms straight out in front at shoulder height. Keeping the knees behind the toes, bend into a squat. Keeping arms in the same position, return to the start position.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Bicep Curl - Standing

Placing feet shoulder width apart, hold the foot loops in each hand. Raise each hand alternatively from the thigh area, bending the arms from the elbow. Allow the hands to finish at shoulder level.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

DAILY EXERCISES WITH THE SUMMERS GYM MAGIC cont'd

Seated Core

Sitting on a chair, place both feet inside the foot loops. Place hands on the bar in a reverse grip, shoulder width apart. Leaning at a 45-degree angle, place the bar 12inches/30cms away from the chest. Hold for as long as you are able.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Beginners Crunch

Sitting on a chair, place both feet inside the foot loops. Place hands on the bar in a reverse grip, shoulder width apart. Holding the bar 12inches/30cms in front of the chest, keep the arms bent and the bar in the same position throughout. Gently lean back to a 45-degree angle and return to the upright seated position. Repeat.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Seated Arm Raise

Sitting on a chair, place both feet inside the foot loops. Extending your arms, hold the bar, palms facing downwards. Raise the bar without bending the arms, straight above the head, then return to the starting position.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

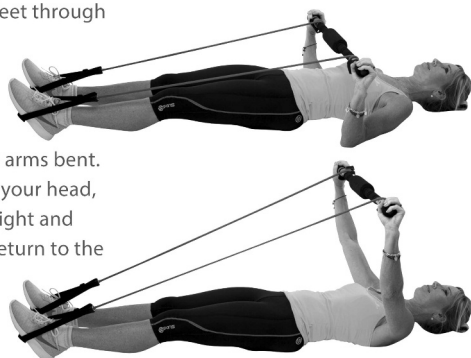
WEEK 4

DAILY EXERCISES WITH THE SUMMERS GYM MAGIC cont'd

Lying Shoulder Press

Lying on a bed or the floor facing upwards, place both feet through the foot loops.

Holding onto the end grips of the bar, place the bar under the chin area with the arms bent. Extend the bar above your head, keeping the arms straight and parallel to the floor. Return to the starting position.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

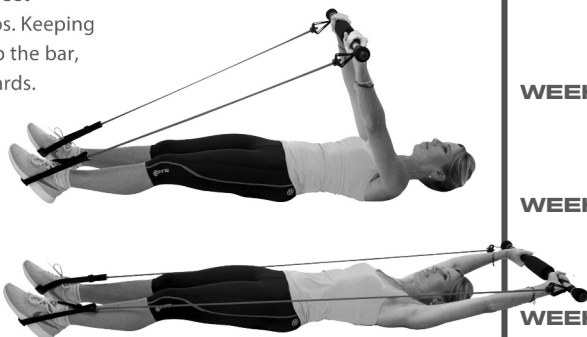
WEEK 3

WEEK 4

Lying Down Shoulder Lift

Lying on a bed or the floor facing upwards, place both feet through the foot loops. Keeping the arms straight, grip the bar, palms facing downwards.

Rest the bar on the thighs, then lift the bar up and over the head, keeping the arms straight. Return to the starting position.



DAY

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WEEK 1

WEEK 2

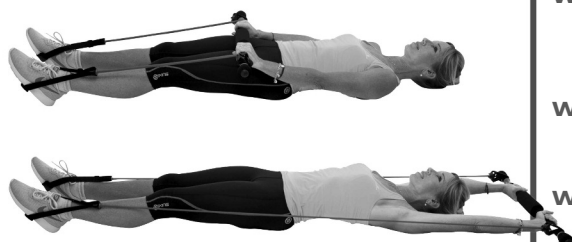
WEEK 3

WEEK 4

Overhead Stretch

Lying on a bed or the floor facing upwards, place both feet through the foot loops. Keeping hands shoulder width apart, hold the bar, palms facing upwards.

Start with the bar resting on the thigh, curl the bar up towards the chest and back down to the starting position.



DAY

1 2 3 4 5 6 7

WEEK 1

WEEK 2

WEEK 3

WEEK 4

FAQs

Q. What is the maximum age?

A. There is no maximum age.

Q. Does it store away easily?

A. Yes. The Summers Gym Magic is small and compact and would go under a bed or behind a door.

Q. Is it okay for people with health issues?

A. Consult with your medical professional. Rubber bands of this kind are frequently used in physical rehabilitation.

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 muscles like a 'body builder'?

A. No. The Summers Gym Magic will tone, shape and strengthen. You will not get big bulky muscles. The opposite will occur; your muscles will tone and shape to their best natural outline.

Q: What time of day is recommended for use of Summers Gym Magic?

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, use regularly for short bursts throughout the day.

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

A. No. This shows Summers Gym Magic is doing its job.

Q: Can I use Summers Gym Magic without proper footwear?

A. We strongly recommend that while using Summers Gym Magic you wear proper foot attire at all times. It is better for your feet to always wear proper shoes when exercising. Do NOT wear high heeled shoes when using this equipment.

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

A. Stop using Summers Gym Magic immediately. Lie down and rest if possible and try again the following day.

Q: Can I over do this exercise?

A. Your 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 repetitions. 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 is necessary. Tight skirts will impede and restrict movement.