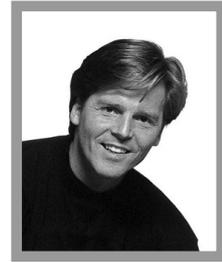


LEG
MASTER

*Great Legs
are made
here...*



*Great ideas are
born here...*



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

**SUMMERS
LEG MASTER
SLIM**

PLEASE READ THIS INSTRUCTIONAL GUIDE COMPLETELY BEFORE USING YOUR SUMMERS LEG MASTER SLIM MACHINE. KEEP THIS GUIDE IN A SAFE PLACE AND MAKE SURE EVERYONE WHO USES THE SUMMERS LEG MASTER SLIM MACHINE ALSO READS THIS GUIDE. HAVE A SAFE AND ENJOYABLE WORKOUT.

THE MAXIMUM WEIGHT CAPACITY OF THE SUMMERS LEG MASTER SLIM unit is 350lbs. If you are over this weight DO NOT USE the SUMMERS LEG MASTER SLIM STANDING UP. Only use seated until your weight level drops below 350lbs. You will be amazed at how effective it is even seated. If necessary start seated to get you going.

This product has been tested in accordance with the requirements of USA ASTM F2276 and EN ISO 20957-1 & EN 957-2, class H-home use only.

Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.

Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around the unit.

THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.

Handicapped or disabled persons should not use the Summers Leg Master Slim unit without the presence of a qualified health professional or physician.

Position the Summers Leg Master Slim unit on a level surface.

Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.

Always warm up before each training session.

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.

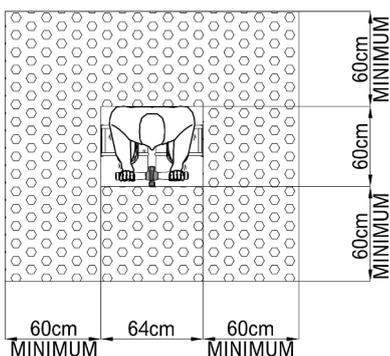
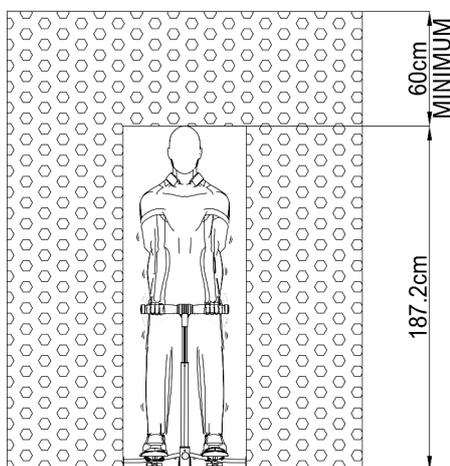
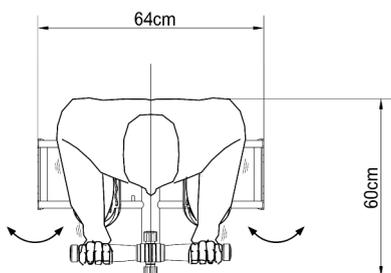
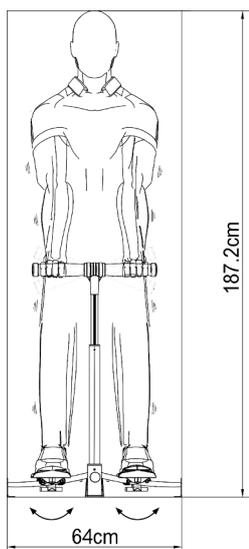
If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

Made in China

SUMMERS LEG MASTER SLIM™ is a registered trademark of Neil Summers/Enanef Ltd.

ASSEMBLY OF THE SUMMERS LEG MASTER SLIM

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



Please read and follow this instructional guide completely before using your Leg Master Slim machine. Keep this guide in a safe place and make sure everyone who uses the Leg Master Slim machine also reads this guide. Have a safe and enjoyable workout.

This product has been tested in accordance with the requirements of EN ISO 20957-1 & EN 957-2, class H - home use only.

THE MAXIMUM WEIGHT CAPACITY OF THE Leg Master Slim unit is 350lbs.

Persons whose body weight exceeds this limit should NOT use this machine standing up.

Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.

Use this equipment EXCLUSIVELY for the purpose intended and described in these user instructions.

Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.

Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around the unit.

THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.

Handicapped or disabled persons should not use the Leg Master Slim unit without the presence of a qualified health professional or physician.

Position the Leg Master Slim unit on a level surface.

Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.

Always warm up before each training session.

If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**

Check insert pins and bolts and tighten if loose.

Replace defective components immediately and/or keep the equipment out of use until repair.

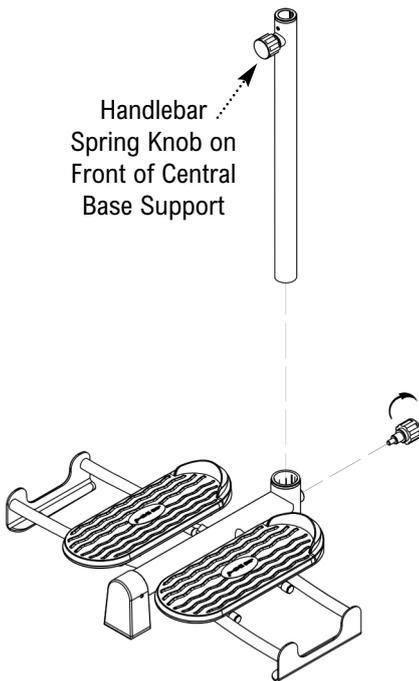
Pay special attention to components which most susceptible.

STEP 1

Remove from box all components and lay them out.

Release Knob on front of Central Base Support.

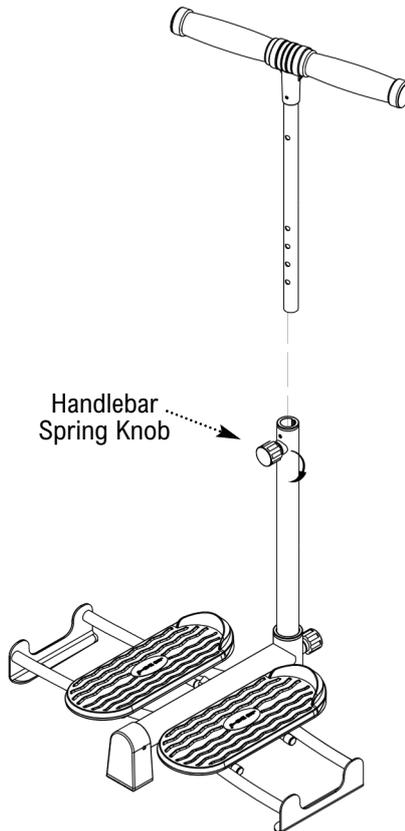
Insert Handlebar Base Pole and tighten.



STEP 2

Insert Flexible Handlebar into Base Pole.

Tighten all Knobs before use.



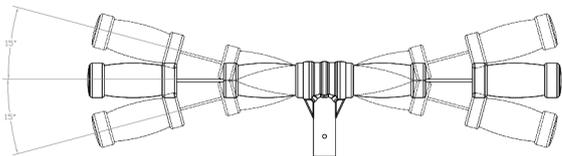
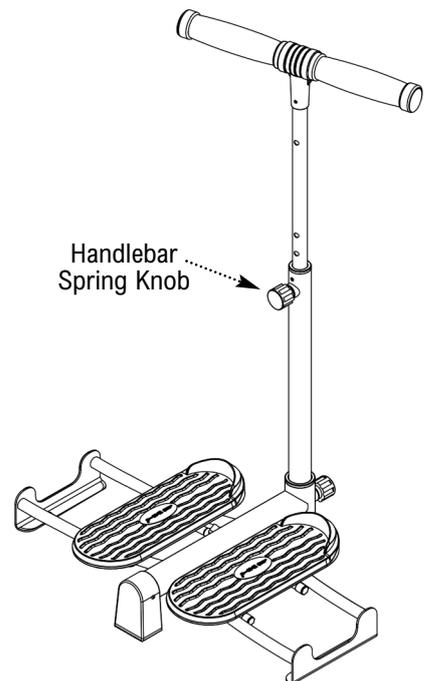
STEP 3

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 Summers Leg Master Slim.



Maximum 15 degrees up and down bend.

The correct use of the flexible handlebar involves light pressure with the fingertips.

The flexible handlebar is designed to be bent at a maximum angle of 15°, both on the upward lift and the downward flex.



**You will be amazed at how effective it is even seated.
If necessary start seated to get you going if over 350lbs.**

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 Summers Leg Master Slim. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

CAUTION:

Do not try to adjust the Handle Bar height while standing on the Foot Platforms of the Summers Leg Master Slim.

All adjustments must be made while standing on the floor.



DIRECTIONS FOR USE:

Please read these instructions thoroughly before using a Summers Leg Master Slim.

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.

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



(3) Back to Starting Position

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) Raise and Squeeze

Under control draw your legs together once more.

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.

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) 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 Summers Leg Master Slim, one foot at a time.

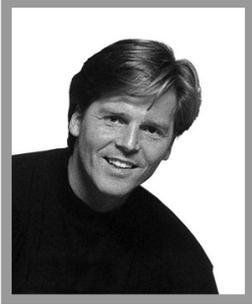
THE SUMMERS LEG MASTER SLIM PROGRESS CHART

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.

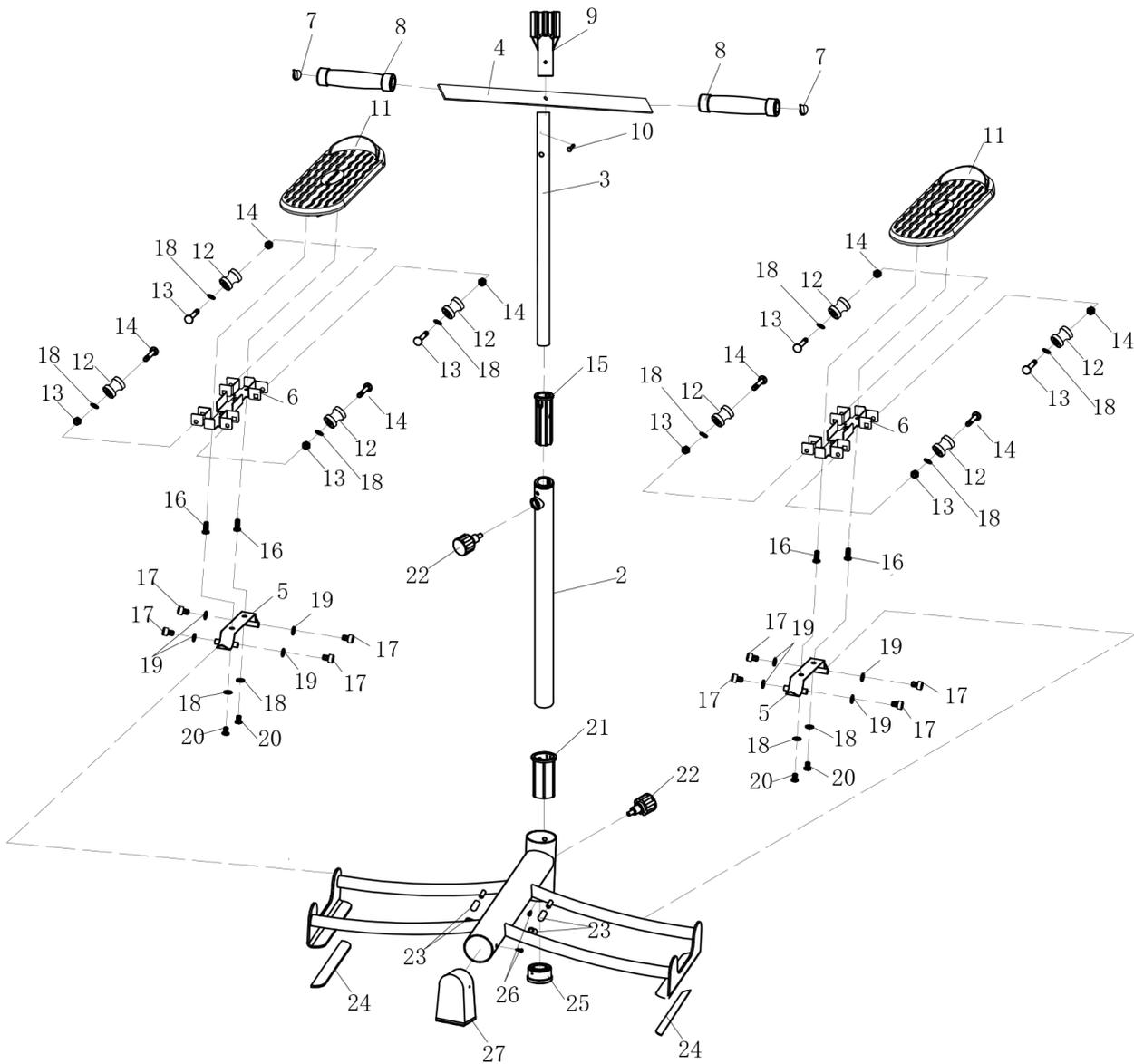


Neil Summers

SUMMERS LEG MASTER SLIM PROGRESS CHART

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

PARTS AND SPECIFICATION



PARTS LIST

1	Rail Track	11	Foot Platform	21	Sleeve
2	Handlebar Base Tube	12	Roller	22	Knob
3	Handlebar	13	M8 Square Neck Screw with Half Round Head	23	Platform Stopper
4	Spring Handlebar	14	M8 Nylon Nut	24	EVA Pad
5	Connector	15	Sleeve	25	End Cap
6	Wheel Housing	16	M8 Hexagon Socket Button Head Screws	26	Cross Recessed Pan Head Tapping Screws
7	End Cap	17	Bumper	27	End Cap
8	Grip	18	Flat Washer		
9	Plastic Handle	19	Washer		
10	M5 Pan Head Bolt	20	M8 x12mm Hexagon Socket Button Head Screws		

FAQs

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

A. Standing the maximum is 350lbs. Can be used SEATED if you are over 350lbs.

Q. Does it store away easily?

A. Yes. The Summers Leg Master Slim 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. Summers Leg Master Slim 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 Summers Leg Master Slim?

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 Summers Leg Master Slim 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 the Summers Leg Master Slim without proper footwear?

A. We strongly recommend that while using Summers Leg Master Slim 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 Summers Leg Master Slim 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.