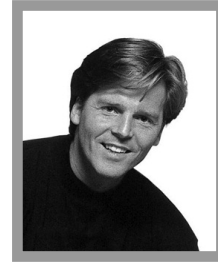


WE'RE CARDIO CORE



**Great ideas are
born here...**



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

**SUMMERS
CARDIO CORE**

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

ONLY USE SITTING DOWN.

There is no Maximum Weight Limit on the SUMMERS CARDIO CORE.

Carefully inspect the equipment prior to EVERY use. Never work with this CARDIO CORE if it is damaged, is showing signs of wear, or if any parts appear to be loose. 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. Never let anyone touch the machine while it is actively being used. 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.

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 Cardio Core unit without the presence of a qualified health professional or physician. Position the Summers Cardio Core 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 gym footwear. 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.

Customer Care: Importer: QVC Inc 1200 Wilson Road, West Chester PA USA Phone 888-345-5788

SUMMERS™ CARDIO CORE is a registered trademark of Neil Summers/Enanef Ltd.

Made in China

SUMMERS CARDIO CORE COMES FULLY ASSEMBLED AND READY TO GO.

Set up should only take you a couple of minutes.

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 and supplied by the manufacturer.

WORKOUT GUIDE

Using the Summers CARDIO CORE.

Use of the CARDIO CORE will help tone abs, legs, thighs and buttocks. The CARDIO CORE also provides a cardiovascular workout. Best used in conjunction with sensible eating.

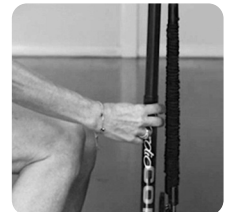
DIRECTIONS FOR USE: Please read these instructions thoroughly before using a Summers CARDIO CORE.

This product is to be used on flat ground. It is important to place the CARDIO CORE on a hard level surface. The chair should also be placed on flat ground and be a secure stable platform to allow the proper functioning of these exercises.

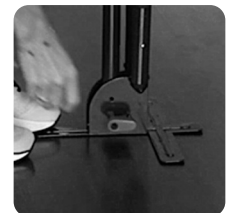
Start by placing the CARDIO CORE unit approximately 1 to 2 feet (30 to 60cm) in front of a chair. Foot pedals facing the chair.



The foot pedal length is adjustable - they can be raised or lowered by squeezing in the silver pins. The height of the handlebar is adjusted in the same manner.

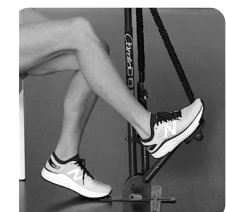
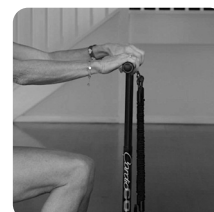


The CARDIO CORE with RED knob in place is designed to stand upright by itself. Release this RED knob and move the PIN forward into its working position. This allows the handlebar to move and the foot pedals can be released from the plastic clips.



Place both hands on the handlebars. Place one foot on the foot platform. Followed by the other foot on the other foot platform.

This is your STARTING POSITION. You are now ready to begin your cardiovascular and strength training exercise.



TO STORE

Replace RED pin and stand unit UPRIGHT.





EXERCISE 1

From your Starting Position; Keeping the Hands Still.

Alternate a pressing action on the foot platforms. Gently press/push your feet forward and down to create a 'Stepping Action'. Press with your Right Foot and then with your Left Foot.

Use your leg muscles to press down on the foot platforms using the muscles of your legs continue this 'stepping' action for the desired number of minutes. Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress.

Start to exercise at a slow pace and gradually familiarise yourself with the stepping action. You are now ready to begin your cardiovascular and strength training exercise.

Using the muscles of your legs continue this 'stepping/ walking' action for the desired number of minutes. The idea is to create a steady, smooth and controlled action. Continue this stepping motion, legs pressing down if you feel the muscles tire and fatigue time to finish this session and perform again the following day.

When finished allow your legs to return to the starting position. Exit CARDIO CORE one foot at a time.

5 WEEK CHALLENGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	30 SEC	60 SEC	90 SEC	2 MINS	2.5 MINS
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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EXERCISE 2

From your Starting Position; Keeping the Hands Still.

Press with Both Feet at the same time onto the Foot Pedals.

Push both feet out by straightening your legs once extended bend your knees to bring your feet back towards the chair.

Pedal pressing action - Double leg piston action - Both legs together - In and out.

Use your leg muscles to press down on the foot platforms using the muscles of your legs continue this 'Pressing' action for the desired number of minutes. Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress. The idea is to create a steady, smooth and controlled action.

Start to exercise at a slow pace and gradually familiarise yourself with the Pressing action.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	30 SEC	60 SEC	90 SEC	2 MINS	2.5 MINS
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EXERCISE 3

From your Starting Position; Repeat the Double Leg Pressing action of Exercise 2 but this time add in the 'rowing' action of the arms. Hands moving forwards and backwards palms facing downwards.

Press with Both Feet and extend them and pull your hands towards you at the same time. Lengthening the body in an 'Opening Out' Movement.

Once extended bend your knees to bring your feet back towards the chair and move your hands forward. A hinged rowing motion is created. Coordinate your leg action with your arm movement - this action follows a Seated 'V' Sit Abdominal Crunch.

Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress. The idea is to create a steady, smooth and controlled action.

Start to exercise at a slow pace and gradually familiarise yourself with the Pressing action.

5 WEEK CHALLENGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
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EXERCISE 4

From your Starting Position; Full Body Row with Plans facing upwards.

Repeat the Double Leg Pressing action of Exercise 3 but this time add in the 'rowing' action of the arms. Arms/palms facing upwards. Hands moving forwards and backwards palms facing upwards.

Press with Both Feet and extend them and pull your hands towards you at the same time. Once extended bend your knees to bring your feet back towards the chair and move your hands forward. Coordinate your leg action with your arm movement - this action follows a seated 'V' sit abdominal crunch.

Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress. The idea is to create a steady, smooth and controlled action.

Start to exercise at a slow pace and gradually familiarise yourself with the Pressing action. As the CORE and Legs are MASSIVELY engaged and your Legs/Heart/Core are optimised - this is what gives this exercise it's name: Summers CARDIO CORE.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	30 SEC	60 SEC	90 SEC	2 MINS	2.5 MINS
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ADVANCED EXERCISE

From your Starting Position; repeat the Stepping Action as in 'Exercise 1', but this time 'row' your arms backwards and forwards. Alternate a pressing action on the foot platforms.

Gently press/push your feet forward and down to create a 'stepping action'. Press with your right foot and then with your left foot.

Use your leg muscles to press down on the foot platforms using the muscles of your legs continue this 'stepping' action for the desired number of minutes. But this time add in the 'rowing' action of the arms.

Hands moving forwards and backwards palms facing downwards.

Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress. The idea is to create a steady, smooth and controlled action.

Start to exercise at a slow pace and gradually familiarise yourself with the stepping action.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
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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 children about the dangers of exercise equipment
- **DO NOT USE the CARDIO CORE** if you have had recent knee surgery.
If you have any knee problems consult first with your Medical Professional.

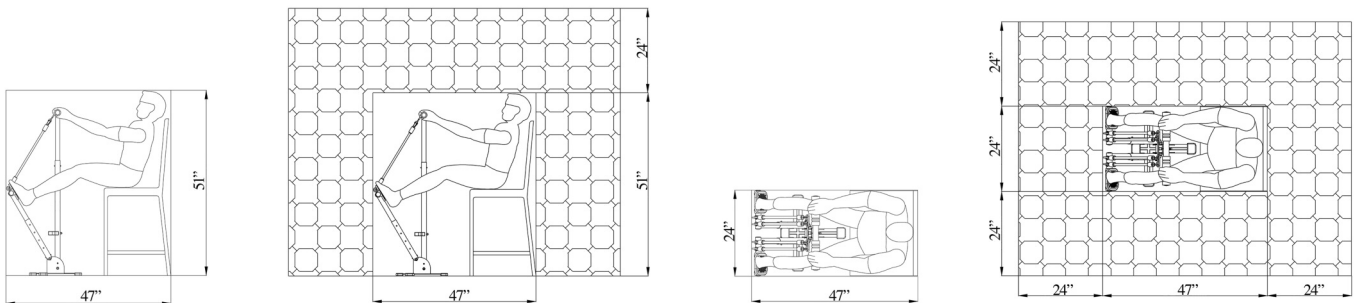


Have plenty of clearance behind, in front and to both sides of your equipment. It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 1 yard (1 meter) of clearance both in front of, behind and to the sides.

Do not over-exert yourself with this or any other exercise program.

If your legs feel tired or fatigued. STOP. Do not overdo this action. 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. Pay particular attention to small animals (cats or dogs) or small children crawling near fitness equipment. Use caution not to pinch fingers and hands in moving parts when setting up or using the equipment. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.

CREATE GOOD CLEARANCE



FAQs

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: 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 the correct working of this unit. Your feet should be placed centrally on the foot platforms.

Q: My muscles ache after just a few minutes, is there something I am doing wrong?

A. No. This shows Summers CARDIO CORE 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 without straining. Not too high that you have to lean backward. And not too low that you have to stoop forward. Set the Pedal height so you can both straighten and bend your knees/legs.

Q: Can I use the Summers Cardio Core without proper footwear?

A. We strongly recommend that while using Summers CARDIO CORE 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? Fatigued and weak in the legs.

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

Q: Can I overdo 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. 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 day's 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 clothing/skirts will impede and restrict movement.