

CROSS TONER
QX2



USER MANUAL

PREFACE

Congratulations on your purchase of the Crosstoner QX2 personal strength trainer. With the Crosstoner, you can train multiple muscle groups using controlled resistance-based movements.

⚠ WARNING: Read this user manual in full before using the Crosstoner. Reviewing all safety warnings and instructions is essential for safe and effective use. Improper use or lack of maintenance may increase the risk of injury or reduce the device's lifespan. Keep this manual for future reference. For the most current manual and support resources, visit crosstoner.com/support.

INTENDED USE

The Crosstoner is a handheld, resistance-based exercise device intended for adult personal fitness training. It is designed for controlled strength exercises using interchangeable resistance bands while standing, seated, or lying down on a stable surface.

The Crosstoner may be used in practical fitness environments—including homes, gyms, offices, hotel rooms, and safe outdoor areas—provided the user has adequate space and stable footing. The device is intended for personal fitness use only and should be used as described in this manual.

TARGET USERS

The Crosstoner is intended for use by adults aged 18 and older. Teenagers may use the device only under direct adult supervision.

The Crosstoner should not be used by children under 14, or by individuals who are unable to safely control the device, understand these instructions, or maintain proper balance and posture during exercise.

SAFETY WARNINGS AND GUIDELINES

CRITICAL SAFETY WARNINGS

Consult a physician before beginning any new exercise program, including use of the Crosstoner. This product is intended for general fitness use only and is not a medical device. Crosstoner, LLC does not provide medical, physical therapy, health, or rehabilitation advice. The instructions, exercise descriptions, and illustrations in this manual are for general informational purposes and are not a substitute for professional medical guidance.

Stop exercising immediately if you experience pain, dizziness, numbness, loss of balance, shortness of breath, chest discomfort, or any unusual symptoms, and seek medical guidance before continuing.

Inspect the device regularly for signs of wear or damage, especially on the resistance bands, grips, and connection points. Do not use the Crosstoner if any part appears cracked, torn, worn, or compromised. Immediately replace any resistance band that shows signs of tearing.

Keep the Crosstoner at least six inches away from your face and neck to prevent accidental contact during movement or in the event of a band failure.

Never release the handles while the bands are stretched; sudden recoil can cause rapid, uncontrolled movement and injury.

Keep fingers, hands, and other body parts away from the hinge area where the main rotating arms meet and move as this is a dangerous pinch point.

Keep pets and small children away from the Crosstoner while in use to avoid accidental contact with the moving arms or interference with your footing.

CAUTION – Contains Natural Latex

This product includes components made with natural latex. Avoid use if you have a latex allergy.

ADDITIONAL HEALTH AND SAFETY GUIDELINES

These guidelines provide important information for safe, effective, and long-term use of your Crosstoner. Read them carefully before beginning or continuing your training.

Always verify that the center pin is fully inserted and securely seated before each use. Do not operate the Crosstoner if the center pin is loose, misaligned, damaged, or not fully engaged.

Use only resistance bands supplied or approved by Crosstoner. Do not use third-party bands, pins, or accessories. Components not supplied or approved by Crosstoner may not fit properly and can increase the risk of damage or injury. Do not use the Crosstoner simultaneously with other fitness equipment that requires hand support or balance—such as stationary bikes, treadmills, or steppers—as doing so may result in loss of control or injury.

Start out slowly and progress sensibly. Even if you are an experienced exerciser, make sure you feel familiar with the equipment and movements before moving on to more advanced workouts. Do not overexert yourself or subject joints to strain. Use reasonable judgment when working with high resistance levels, as excessive resistance can cause excess strain or injury.

Select resistance level(s) you can comfortably and safely control. Refer to the Resistance Guide in this manual for proper band selection and installation.

Use the Crosstoner only on stable, dry, non-slip surfaces. Avoid training in wet, unstable, or cluttered environments where loss of footing or accidental contact with the device could occur. Wear appropriate exercise clothing and avoid loose apparel or accessories that may interfere with movement or get caught or snagged in the device.

The rotating arms are designed to move only in a straight, controlled path. Do not twist, bend, or side-load the arms in any direction, as misuse may damage the device or shorten its lifespan. Maintain a secure grip on the handles and never release them while the bands are stretched.

Store the Crosstoner and resistance bands in a cool, dry location away from direct sunlight and extreme temperatures. Heat, cold, humidity, and UV exposure can accelerate wear on rubber components and reduce band lifespan. Do not leave the device in a hot vehicle or near heat sources.

Breathing & Control

For all movements, use slow, controlled motion and avoid jerking or rapid changes of direction.

Exhale during the exertion phase (when pushing or pulling) and inhale during the return phase.

Do not hold your breath during exercise, as this may elevate blood pressure or cause dizziness.

Maintenance & Cleaning

After each use, wipe the device with a soft dry cloth and wipe grips with a clean, slightly damp cloth. Do not use alcohol wipes, bleach, ammonia, or harsh cleaners—these can break down rubber and cause premature wear.

Store indoors, away from heat, sunlight, and moisture. Do not place heavy objects on the device.

WARRANTY AND LIMITATION OF LIABILITY

Warranty Coverage

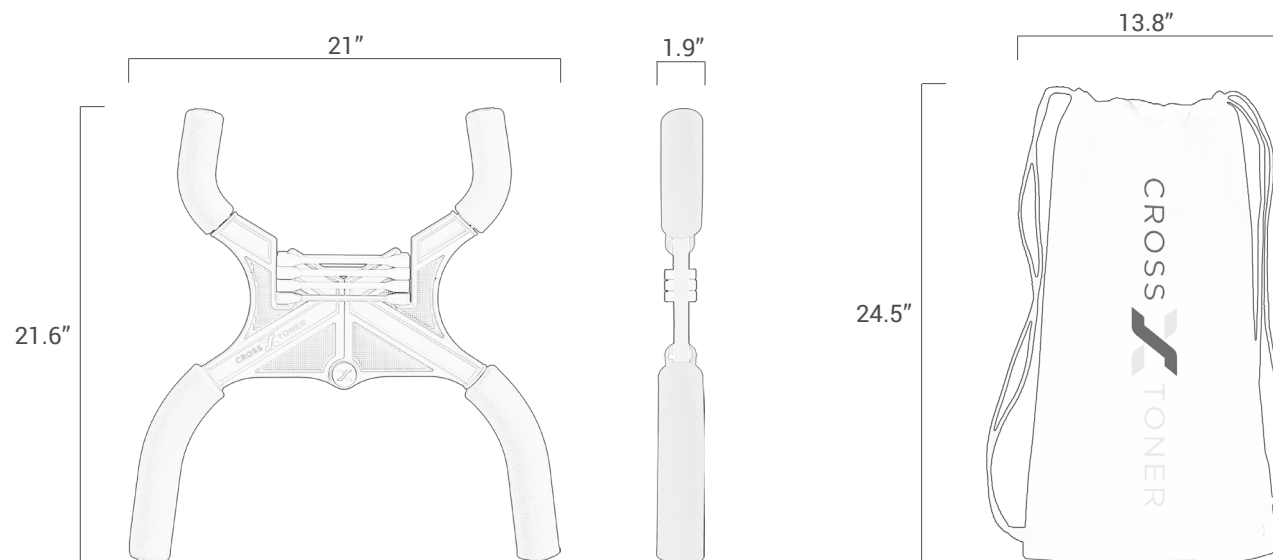
The Crosstoner comes with a limited warranty covering defects in materials and workmanship. To view the terms & conditions of our warranty coverage, please visit crosstoner.com/warranty.

Limitation of Liability

The manufacturer, distributors, and retailers of the Crosstoner shall not be liable for any incidental or consequential damages resulting from the use or inability to use the device, even if advised of the possibility of such damages. Full terms and conditions can be found at crosstoner.com/terms.

SPECIFICATIONS

Weight: 2.9 lbs

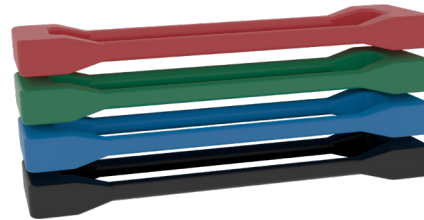


WHAT'S IN THE BOX



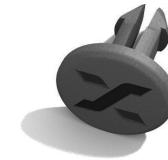
MAIN ARMS (2)

The two identical, interlocking arms are the main components of the Crosstoner QX2 and include thick foam padded handles.



RESISTANCE BANDS

The resistance bands are made with natural rubber and are color coded to indicate various resistance levels.



CENTER RETAINING PIN

The retaining pin holds the two Crosstoner arms together. It securely snaps into place and is easily removed.



CARRY BAG

The carry bag comfortably holds the main arms, resistance bands, retaining pin, and User Manual.



USER MANUAL & FITNESS GUIDE

This booklet contains the basic information you need to get started with your new Crosstoner QX2.

ASSEMBLY INSTRUCTIONS

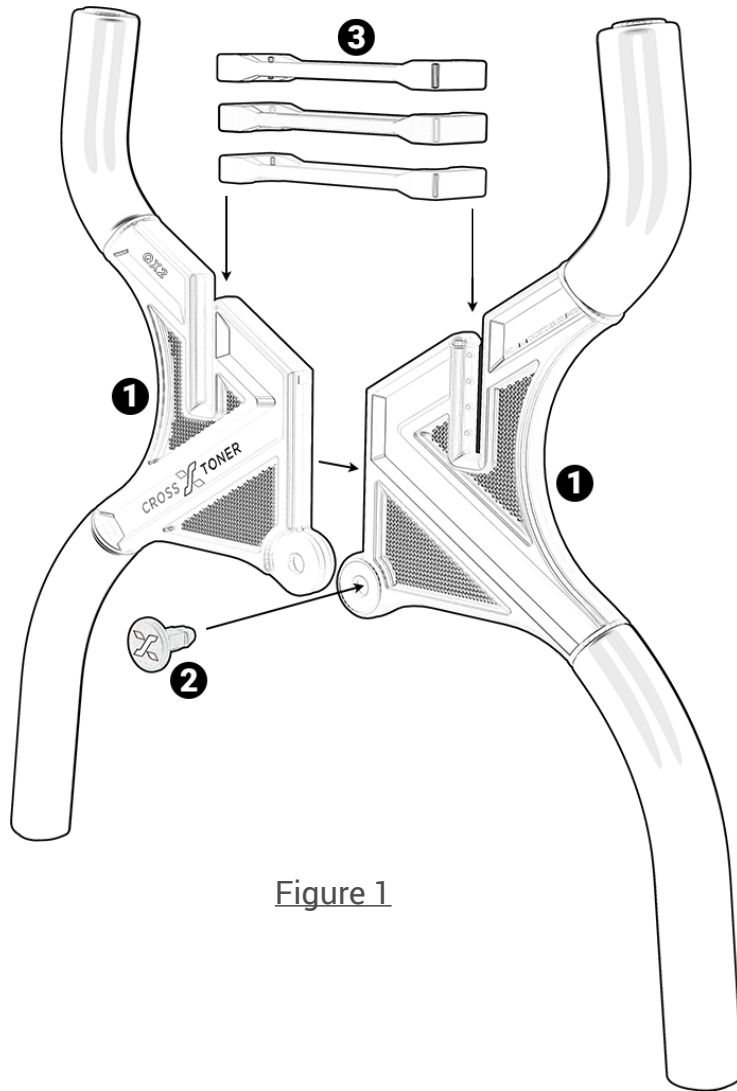
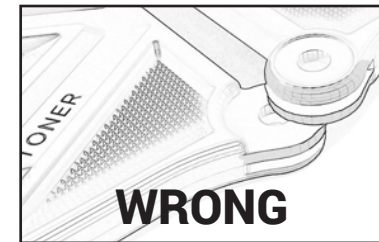
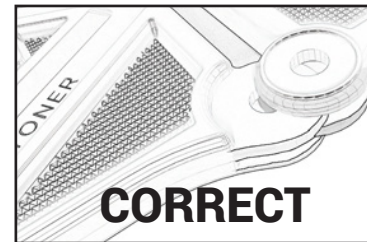


Figure 1

STEP 1 – Interlock the Arm Assemblies

Position the arm assemblies (1) as shown in Figure 1. Slide the arms together until they fully interlock. Do not overlap the arms; they must interlock securely.

Note: Keep fingers clear of the hinge area while aligning the arms.



STEP 2 – Insert the Retaining Pin

With the arms interlocked, insert the retaining pin (2) into the mounting hole and press until it snaps into place. Make sure the pin is fully seated and cannot slide out.

To remove the pin, pinch the ends together and push it out of the holes.

STEP 3

Attach one or more resistance bands (3) to the band slots as shown in Figure 1.

Refer to the **Resistance Guide** section for details on selecting and using bands.

STEP 4

Proceed to the **Basic Exercises** section to learn basic movements and start using your Crosstoner QX2.

RESISTANCE GUIDE

Your new Crosstoner QX2 utilizes an interchangeable resistance band system that offers a wide range of resistance levels. Resistance is determined by the color of the band and the slot it occupies on the Crosstoner. By stacking resistance bands in the slots as indicated in Figure 3 you can fine-tune the resistance as required.

Here are some basic guidelines:

- Start with lighter resistance levels, then add resistance as needed.
- If you can't complete at least 8 repetitions, then you probably have too much resistance.
- If you can do more than 20 without strain, you may not have enough resistance.
- You will always load bands in slot 1 first, then 2, 3 and 4 as needed.

RESISTANCE BAND COLOR CODES

The Crosstoner QX2 resistance bands are color-coded by strength level as shown in Figure 2.

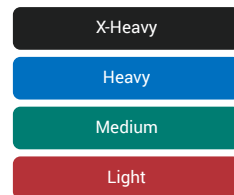


Figure 2

Refer to the Resistance Band Combination Table on the next page to see the basic range of available resistance levels and band / slot combinations.

TIP: You may find that only 3 or 4 different resistance levels are needed for most exercises.

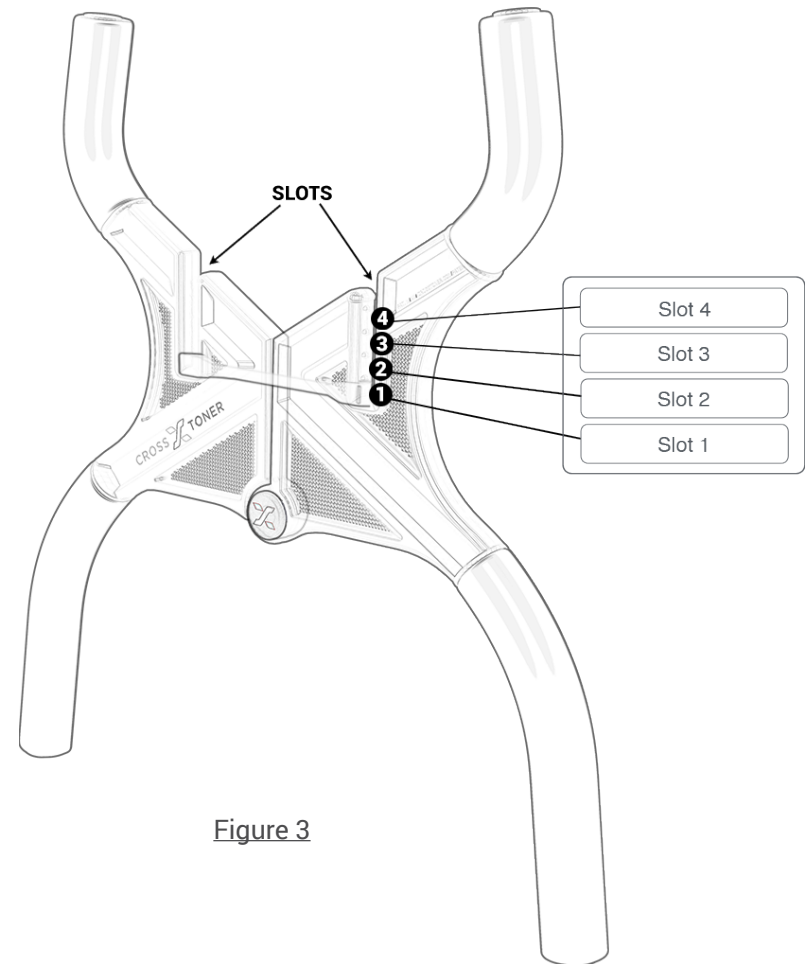


Figure 3

RESISTANCE BAND COMBINATIONS



* Refer to Figures 2 and 3 on the previous page for color codes and slot locations.

BASIC EXERCISES



HAMMER CURL

Targets: Biceps

Hold the Crosstoner at your side with the short handles facing down. Rest the inside long handle against your chest or shoulder and use your opposite arm to stabilize the Crosstoner.

Grip the outside long handle with your working hand and pull it inward in a controlled motion until the long handles touch. Pause briefly, then slowly return to the starting position.

Perform 10–15 reps, then switch sides and repeat.



TRICEP EXTENSION

Targets: Triceps

Hold the Crosstoner at your side with the short handles facing down. Rest the inside long handle against your chest or shoulder and use your opposite arm to stabilize the Crosstoner.

Grip the outside long handle with your working hand and press it downward in a controlled motion, extending your arm until it is fully straight. Pause briefly, then slowly return to the starting position.

Perform 10–15 reps, then switch sides and repeat.



CHEST FLY

Targets: Chest

Hold the Crosstoner centered in front of your chest with the short handles facing up. Grip one long handle in each hand and keep your elbows slightly bent.

Pull the long handles inward in a controlled motion until the handles meet in front of your chest. Keep your forearms parallel and elbows close together. Pause briefly, then slowly return to the starting position.

Perform 10–15 reps.



OVERHEAD FLY

Targets: Chest, Shoulders

Hold the Crosstoner overhead with your arms bent and the device parallel to the floor. Keep your elbows even with or slightly forward of your head and your forearms vertical.

Pull the long handles together in a controlled motion while maintaining elbow position. Pause briefly, then slowly return to the starting position overhead.

Perform 10–15 reps.



REVERSE FLY

Targets: Upper Back, Shoulders

Hold the Crosstoner overhead by the short handles so that the device is parallel to the floor and the long handles point behind you. Keep your elbows bent and positioned slightly behind your head.

Pull the short handles outward and around in a controlled motion, opening the Crosstoner toward the back while keeping it overhead and parallel to the floor. Keep your forearms aligned and your shoulders down as you move. Pause briefly, then slowly return to the starting position.

Perform 10–15 reps.



LAT PULLDOWN

Targets: Latissimus dorsi

Place the Crosstoner on your right shoulder with the curved center of the long handle resting on your shoulder. The long handles should face forward and remain **at least six inches away from your head and neck**. Use your left hand and arm to stabilize the Crosstoner against your body.

Grip the upper long handle with your right hand and pull it downward in a controlled motion until it meets the lower long handle. Keep the Crosstoner stable against your shoulder as you move. Pause briefly, then slowly return to the starting position.

Perform 10–15 reps.

Flip Crosstoner over and repeat set on the left side.



SHOULDER PRESS

Targets: Deltoids, Triceps

Place the Crosstoner just below your right shoulder. Hold the lower short handle at chest level with your left hand and the upper short handle with your right hand. The long handles should face forward. If seated, rest the lower handle lightly on your thigh to start.

Press the upper short handle straight up in a controlled motion, allowing your left arm to rise naturally with the movement while stabilizing the Crosstoner. Hold briefly at the top, then slowly return to the starting position.

Perform 10–15 reps.

Flip the Crosstoner over and repeat on the left side.



LATERAL RAISE

Targets: Shoulders (Deltoids), Upper Back

Hold the Crosstoner in front of your body by the short handles with your arms extended and elbows slightly bent. The long handles should point upward, with the Crosstoner centered and held away from your torso.

Raise the Crosstoner upward in a smooth, controlled motion, allowing your arms and elbows to lift outward and up together. Keep the Crosstoner stable as you lift. Pause briefly at the top of the movement, then slowly return to the starting position.

Perform 10–15 reps.



GLUTE BLASTER

Targets: Glutes, Outer Thighs

Sit on a chair or the floor with your knees together. Place the short handles of the Crosstoner against the outside of your thighs. Hold the long handles with your hands to keep the Crosstoner centered and stable.

Press your knees outward in a controlled motion, moving them away from each other until the long handles move together. Keep the Crosstoner steady as you open your legs. Pause briefly at the end of the movement, then slowly return to the starting position.

Perform 10–15 reps.



INNER THIGH PRESS

Targets: Inner Thighs (Adductors)

Sit on a chair or the floor and place the long handles of the Crosstoner between your inner thighs, with your knees spread apart. Hold the Crosstoner steady by gripping either the short handles (as shown) or the long handles with your hands inside the thighs, whichever feels more comfortable.

Press your knees inward in a controlled motion until the long handles move together. Keep the Crosstoner centered and stable as you squeeze. Pause briefly at the end of the movement, then slowly return to the starting position.

Perform 10–15 reps.



SEATED TRICEP PRESS

Targets: Triceps

Sit upright with the Crosstoner held alongside your body, parallel to your torso. The long handles should point downward, with the lower long handle resting on your thigh. Hold the upper long handle with your right hand, keeping your elbow close to your side. Use your opposite hand to help stabilize the Crosstoner as needed.

Press the upper long handle downward in a controlled motion toward your knee while keeping your elbow tucked in. Pause briefly at the bottom of the movement, then slowly return to the starting position.

Perform 10–15 reps.

Switch arms and repeat.



LUNGE WITH HAMMER CURL

Targets: Legs, Glutes, Biceps

Stand with your feet shoulder-width apart, holding the Crosstoner in the hammer curl start position on your right side. Keep your torso upright and the Crosstoner close to your body.

Step forward with your left leg and lower into a lunge, bending both knees until your back knee moves toward the floor. As you descend, perform a hammer curl by pulling the working long handle inward in a controlled motion. Push through your front foot to return to standing while slowly releasing the handle back to the start position.

Perform 10–15 reps, or for 30 seconds.

Switch legs and arms, then repeat.



POWER SQUAT

Targets: Legs, Glutes, Chest, Shoulders

Stand with your feet about shoulder-width apart. Hold the Crosstoner in front of your body by the long handles with your arms extended, so the short handles face upward.

Lower into a squat while simultaneously compressing the long handles together in a controlled motion. Continue squatting until your thighs are roughly parallel to the floor, as shown. Keep the Crosstoner steady in front of you as you move. Pause briefly at the bottom, then slowly return to the standing position.

Perform 10–15 reps, or repeat for 30 seconds.

GLUTE BRIDGE WITH CHEST FLY

Targets: Glutes, Chest

Lie face up on the floor with your knees bent and feet flat on the ground. Hold the Crosstoner above your chest in a chest fly position, gripping the long handles with both hands and keeping the short handles pointing behind you. Arms should be slightly bent.



Lift your hips off the floor until your body forms a straight line from shoulders to knees. While holding the bridge position, squeeze your glutes and perform one to two controlled chest fly movements. Slowly lower your hips back to the floor to return to the starting position.

Perform 10–15 reps, or repeat for 60 seconds.

ADDITIONAL EXERCISES & SUPPORT

MOBILE APP

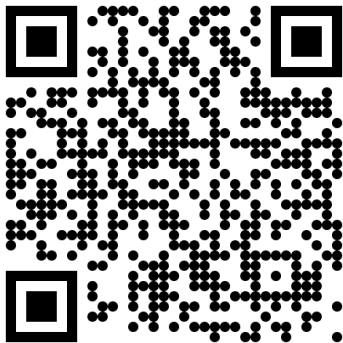
Your new Crosstoner QX2 comes with a mobile app!

Unlock a library of over 150 exercises and workouts designed to maximize your Crosstoner experience. The app includes detailed video demonstrations and built-in fitness tracking to help you monitor your progress and stay motivated.

With the Crosstoner app, you'll gain access to:

- **Expanded Classic Exercises:** Familiar movements like tricep kickback, bent-over row, and more.
- **Variations on Core Exercises:** New twists on foundational exercises, including shoulder hammer curl, isolated chest fly, and more.
- **Alternating Movements:** Exercises that enhance range of motion and target individual muscles, like the alternating chest fly.
- **Core Combinations:** Engaging compound exercises such as leg lift with chest fly for a full-body workout.

Scan this QR Code or visit crosstoner.com/qx2-support to learn more, download the app, and access additional support.



WORKOUT LOG

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WORKOUT LOG

Continued

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SET THE TONE