

CROSS  TONER

MX1



**USER MANUAL
& FITNESS GUIDE**

PREFACE

Congratulations on your purchase of the Crosstoner MX1 personal strength trainer. With the Crosstoner MX1, you can have your own home gym and train numerous muscle groups with targeted exercises and workouts.

Before using your new Crosstoner MX1, it is critical that you read and fully comprehend this User Manual and review ALL safety notices, cautions, and warnings.

Important Symbols



This symbol appearing throughout this manual means:
PAY ATTENTION!
BE ALERT!
YOUR SAFETY IS INVOLVED!

IMPORTANT SAFETY INSTRUCTIONS

1. Improper use of this device can result in injury. It is your responsibility to ensure that you understand the correct usage of the device as outlined in this user manual and the terms and conditions available at crosstoner.com.
2. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product.
3. Inspect the resistance bands thoroughly before each use. Do not use any band that shows signs of wear, including tears, cracks, thinning, or other imperfections that could compromise safety.
4. Always keep the unit at least 6 inches away from your head and neck area.



WARNING

Before beginning any exercise program, consult your physician or health care professional, especially if you have any preexisting medical conditions or concerns. Only your physician or health care professional can determine the exercise program that is appropriate for your particular age and condition. If you feel light-headed, experience dizziness or shortness of breath while exercising, or have any muscle or joint discomfort, stop the exercise and consult your physician immediately.



WARNING

This product can expose you to chemicals, including those known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.



CAUTION

Caution: This product contains natural rubber latex which may cause allergic reactions.



WARNING

THE RESISTANCE BANDS WEAR OUT AND MAY TEAR OVER TIME. ALWAYS INSPECT BANDS BEFORE USE AND NEVER USE BANDS THAT SHOW ANY SIGNS OF TEARING. TORN BANDS CAN CAUSE INJURY!

ADDITIONAL HEALTH AND SAFETY WARNINGS



Pinch Point Warning

The Crosstoner has a pinch point where the handles meet, which can pose a risk of injury if body parts or objects come too close. To prevent injury, always keep fingers, hands, other body parts, and any objects clear of this area during use. Ensure that others are also kept away from the pinch point while exercising.

Resistance Limits

The Crosstoner is designed for moderate resistance and higher repetitions. Do not attempt to use more resistance than you can comfortably handle. Refer to the Resistance Guide in this manual for details on recommended resistance levels to ensure safe and effective use.

Center Pin Required

Never use the device without the Center Pin fully inserted and secured in place.

Proper Use of the Device

- **Regular Inspection:** Before each use, inspect the device for any signs of wear or damage, particularly on the resistance bands and handles. Do not use the device if it appears damaged or compromised.
- **Environment of Use:** Avoid using the device in wet, slippery, or unstable conditions.
- Always wear appropriate exercise clothing when training. Avoid loose clothing or jewelry that could get caught in the equipment.
- Pay attention to your surroundings and communicate with other individuals in the home if using Crosstoner near others.
- The device is designed for the arms and handles to rotate back and forth in a straight line only. Never flex or twist the handles, or apply any force from the side, as product damage and serious injury could result.
- Never release or let go of any handle while in use or under resistance. Serious injury could result.
- 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.

WARRANTY AND LIMITATION OF LIABILITY

Warranty Coverage

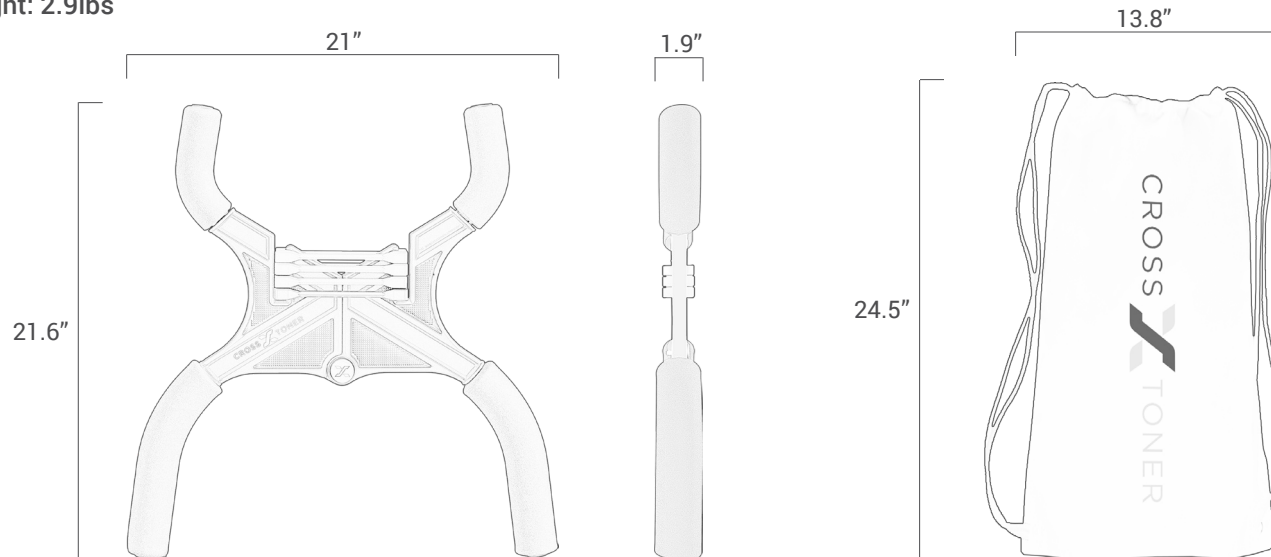
The Crosstoner comes with a limited warranty covering defects in materials and workmanship. To view the terms & conditions of our warranty coverage, please visit crosstoner.com/warranty.

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.

SPECIFICATIONS

Weight: 2.9lbs

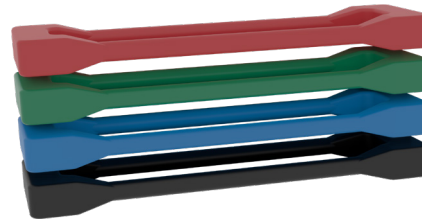


WHAT'S IN THE BOX



MAIN ARMS (2)

The two identical, interlocking arms are the main components of the Crosstoner MX1 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 MX1.

ASSEMBLY INSTRUCTIONS

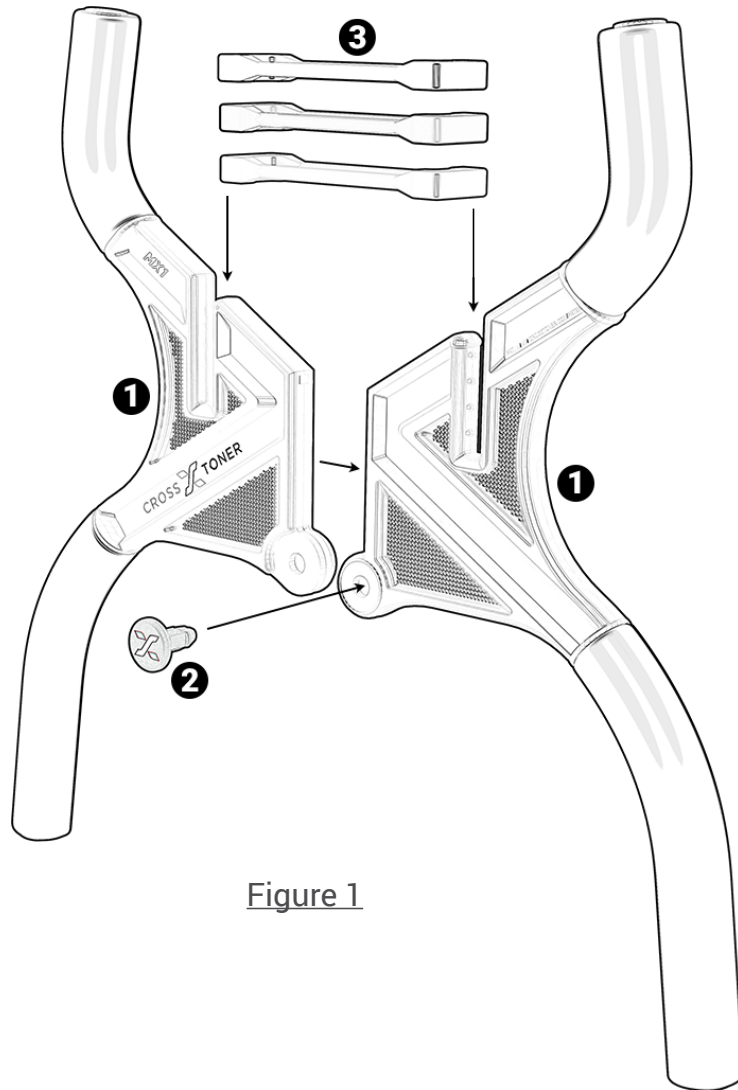
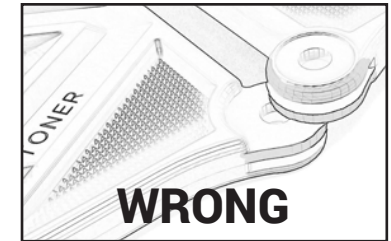
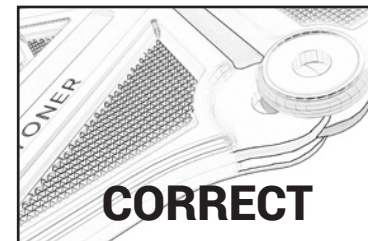


Figure 1

STEP 1

Arrange the arm assemblies (1) as shown below. Arms should slide together and interlock tightly. **DO NOT SIMPLY OVERLAP THE ARMS!**



STEP 2

With arms firmly interlocked, insert retaining pin (2) into mounting hole as shown in Figure 1 and snap into place. Ensure the pin is secure and won't slide out.

TIP: To remove pin, simply pinch the ends of the pin together and push out of the holes.

STEP 3

Attach one or more of the resistance bands (3) to the band slots as shown. Mix and match different colored bands to fine-tune your workout. Place heavier bands in first and only use the top slot when necessary.

Refer to the Resistance Guide section of this manual for more details on selecting and using resistance bands.

STEP 4

Proceed to the Fitness Routines section of this manual for various exercises, and enjoy your Crosstoner MX1!

RESISTANCE GUIDE

Your new Crosstoner MX1 utilizes an interchangeable resistance band system that offers a wide range of resistance levels. To make using your Crosstoner MX1 as easy as possible, follow these three simple rules:

1. **Start with the lightest resistance possible, then add resistance as needed.**
2. **If you can't complete at least 8 repetitions, then you probably have too much resistance.**
3. **If you can do more than 20 without strain, you may not have enough resistance!**

RESISTANCE BANDS

The Crosstoner MX1 resistance bands are color-coded by strength level:

Color	Resistance Level
GRAY	Extra Light
RED	Light
GREEN	Medium
BLUE	Heavy
BLACK	Extra Heavy

Refer to the Resistance Band Combination Table on the next page to see the full range of available resistance levels.

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

RESISTANCE BAND COMBINATION TABLE

Easier



Harder

LEVEL	X LIGHT	LIGHT	MEDIUM	HEAVY	X HEAVY
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

LEVEL	X LIGHT	LIGHT	MEDIUM	HEAVY	X HEAVY
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

NOTE: Always put the heaviest bands in first, then fine tune with lighter bands. Only use the top (fourth) slot when absolutely necessary. More levels can be achieved using bands of the same color/resistance, but using more than two Heavy / X-Heavy bands is not recommended.

WARNING

CROSSTONER IS DESIGNED FOR HIGHER REPS AND LOWER RESISTANCE. NEVER USE MORE RESISTANCE THAN YOU CAN HANDLE FOR AT LEAST 10 REPS.

BASIC EXERCISES



BICEP CURL

The bicep curl is the ideal exercise for strengthening and toning the bicep muscles.

Hold the Crosstoner MX1 to your right side (for right bicep) with short handles facing floor. Grasp the near long arm with your left hand to stabilize the Crosstoner MX1, and the far long handle with right hand. Slowly pull the handle inward until both long handles touch.

Hold for 1 second, then slowly release.

Repeat 10-15 times, then switch to the left arm and repeat.



TRICEP EXTENSION

The tricep extension targets the tricep muscles on the back of the arm as well as the opposite arm and shoulder.

Grasp a short handle with your left hand and hold firmly to your chest while holding the other short handle with right hand in front of you (for right tricep). Slowly press forward on short handle until fully extended, making sure to use your left arm and hand to keep the other short handle from moving.

Hold for 1 second, then slowly release.

Repeat 10-15 times, then switch to the left arm and repeat.



PEC FLY

The Pec Fly works the pectoral muscles of the chest, as well as the shoulders.

Hold Crosstoner MX1 by both long handles so that short handles face upwards. Slowly compress long handles until they touch.

Alternatively (not shown), you can perform an overhead fly by holding the Crosstoner MX1 overhead, parallel to the floor, with the short handles facing backward. Lead with your elbows and pull the long handles together, keeping your hands and elbows aligned perpendicular to the floor as you move the Crosstoner forward overhead.

Hold for 1 second, then slowly release.

Repeat 10-15 times.



LAT PULL DOWN

This exercise works the latissimus dorsi.

Place Crosstoner MX1 on right shoulder (for right pull down) such that curved center or the long handle is resting on your shoulder and long handles are facing forward, **and it is at least 6 inches away from your head/neck.** Hold lower long handle with left hand for stability. Grasp upper long handle and slowly pull down until it touches lower long handle, making sure to use your left arm and hand to keep the Crosstoner MX1 from moving around or rotating across your shoulder.

Hold for 1 second, then slowly release.

Repeat 10-15 times.

Flip Crosstoner MX1 over and repeat set on left shoulder.



SHOULDER PRESS

This combination shoulder / arm exercise targets the deltoids and triceps.

Place Crosstoner MX1 on right shoulder (for right press) such that curved center is resting on shoulder and short handles are facing forward. Hold lower short handle with left hand for stability. Slowly push upper short handle until long handles touch, making sure to use your left arm and hand to keep the Crosstoner MX1 from moving around or rotating across your shoulder.

Hold for 1 second, then slowly release.

Repeat 10-15 times.

Flip Crosstoner MX1 over and repeat set on left shoulder.



POWER SQUAT

Legs, glutes, chest, & shoulders all get a workout with this combination exercise.

Stand with feet shoulder width apart. Hold Crosstoner MX1 by both long handles so that short handles face upwards. Slowly compress long handles until they touch while simultaneously squatting so that your thighs are just above a 90 degree angle to your calves, as shown.

Hold for 1 second, then slowly return to standing position while simultaneously releasing the Crosstoner MX1.

Repeat 10-15 times.



INNER THIGH PRESS

This exercise works the muscles of the inner thighs.

While sitting in chair or on the floor, spread knees apart and place long handles of Crosstener MX1 up against inner thighs. Either hold the short handles as shown, or hold the long handles using your hands as cushioning, whichever is more comfortable. Slowly press knees towards each other until long handles are touching each other.

Hold for 1 second, then slowly release.

Repeat 10-15 times.



GLUTE BLASTER

This exercise targets glutes and muscles of the outer thighs.

While sitting in a chair or on the floor, put knees together and place short handles of Crosstener MX1 on outside of thighs while holding the long handles for stability. Slowly move knees away from each other until long handles are touching each other.

Hold for 1 second, then slowly release.

Repeat 10-15 times.

ADDITIONAL EXERCISES & SUPPORT

MOBILE APP

Your New Crosstoner MX1 Comes with a Mobile App

Unlock a library of over 100 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 lateral raises, reverse flys, and more.
- **Variations on Core Exercises:** New twists on foundational exercises, including shoulder bicep curls, overhead flys, 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 lifts with chest flys for a full-body workout.

Scan this QR Code or visit crosstoner.com/mx1-support to learn more, download the app, and access additional support.



WORKOUT LOG

[illegible]



SET THE TONE

crossstoner.com