

CROSS  TONER<sup>®</sup>



**USER MANUAL  
& FITNESS GUIDE**



# PREFACE

Congratulations on your purchase of the CrossToner® personal exerciser. With the CrossToner, you can have your own home gym and exercise virtually every muscle group with a targeted exercise designed specifically for that muscle group. From head to toe, the CrossToner is your one-stop workout partner.

Before using your new CrossToner, 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. Read and fully understand all instructions contained in this manual prior to using the product.
2. This product is intended for home use only and is not suitable for commercial application.
3. 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.
4. Inspect the resistance bands prior to each use. Do not use a resistance band that shows any sign of wear or tear.
5. Periodically inspect the center retaining pin to ensure it is secure and in place.
6. Always keep the unit at least 6 inches away from your head.
7. Do not attempt to use more resistance bands than you can comfortably handle.



## WARNING

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you feel light-headed, or experience dizziness or shortness of breath while exercising, stop the exercise and consult your physician immediately.



## 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!**

# WHAT'S IN THE BOX



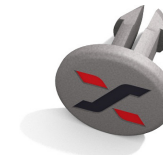
## MAIN ARMS (2)

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



## RESISTANCE BANDS (4)

The resistance bands are made of 100% natural rubber and are color coded to indicate various resistance levels.



## CENTER RETAINING PIN

The retaining pin holds the two 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 & Fitness Guide*.



## USER MANUAL & FITNESS GUIDE

This booklet contains everything you need to get the most benefit from your new CrossToner.

# ASSEMBLY INSTRUCTIONS

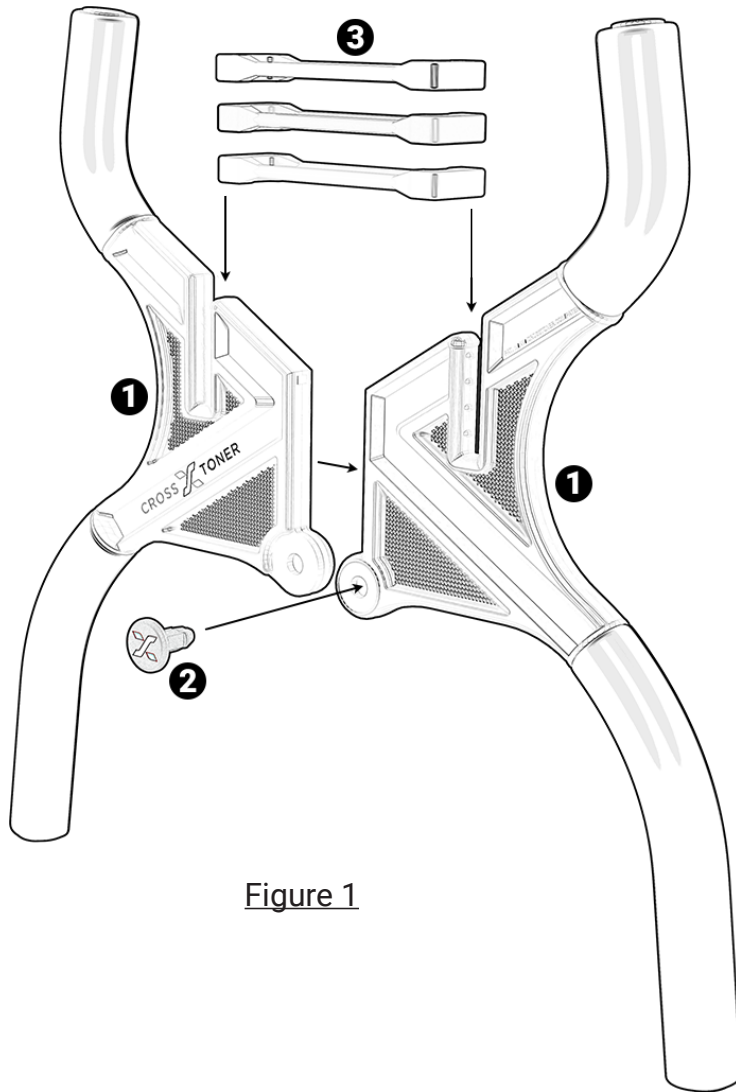
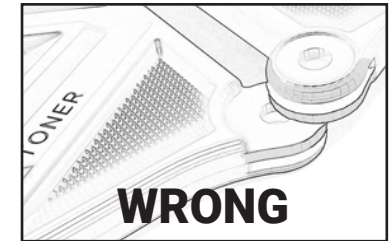
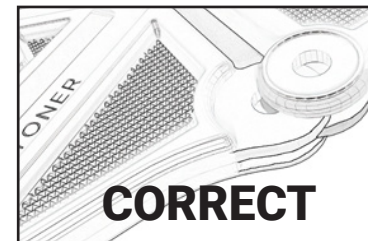


Figure 1

## 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.

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!

# RESISTANCE GUIDE

Your new CrossToner utilizes an interchangeable resistance band system that offers a wide range of resistance levels.

To make using your CrossToner as easy as possible, follow these two simple rules:

- 1. Always start with the lightest resistance possible, then add resistance as needed.**
- 2. If you can't complete at least 10 repetitions, then you have too much resistance.**

## **RESISTANCE BANDS**

CrossToner resistance bands come in a variety of colors and strengths. The darker the color of the band, the more resistance the band provides.

For example:

<b><i>BRIGHT RED</i></b>	<b>Lowest resistance level</b>
<b><i>DARK RED</i></b>	<b>Medium resistance level</b>
<b><i>BLACK</i></b>	<b>Highest resistance level</b>

Refer to the Resistance Band Combination Table on the next page for the various resistance levels available.

**RESISTANCE BAND COMBINATION TABLE**

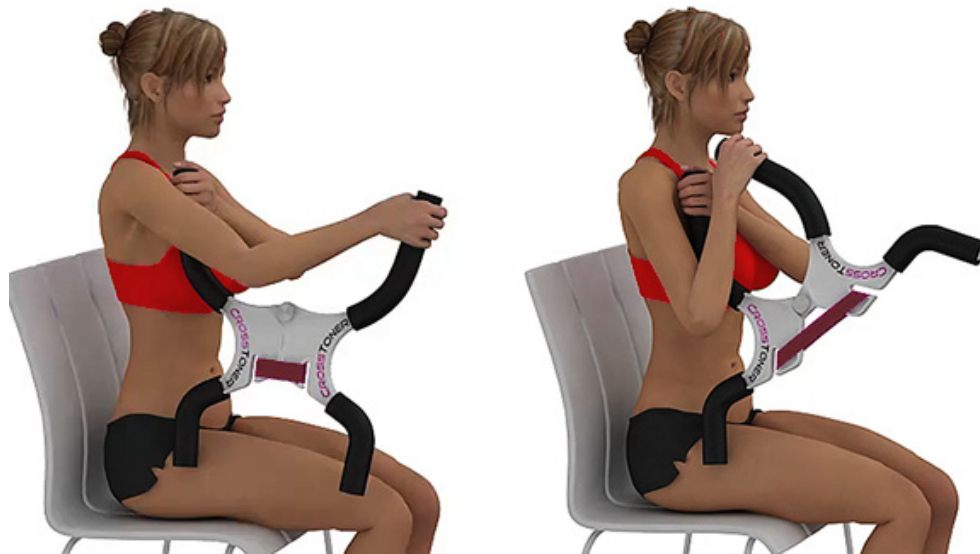
<div> easiest <div> ↓ </div> hardest </div>	LEVEL	LIGHT RED	DARK RED	BLACK	BLACK
	1	●			
	2		●		
	3			●	
	4	●	●		
	5	●		●	
	6		●	●	
	7			●	●
	8	●	●	●	
	9	●		●	●
	10		●	●	●
	11	●	●	●	●

EXAMPLE: To set the CrossToner to resistance level 4, use 1 light red and 1 dark red band.

## WARNING

CROSSTONER IS NOT DESIGNED TO HANDLE MORE RESISTANCE THAN IS SHOWN IN THE RESISTANCE BAND COMBINATION TABLE.

# **FITNESS ROUTINES**



## BICEP CURL

**The bicep curl is the ideal exercise for firming and toning the front of the arms.**

Hold the CrossToner 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, 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 the far handle back to it's starting position.

**Repeat 8-12 times.**

Repeat set for left bicep.



## TRICEP CURL

**The tricep extension targets the back of the arms. Firm triceps are vital if you wish to avoid flabby arms!**

While sitting in a chair or on the floor, place a short handle under right arm (for right tricep). With CrossToner stabilized on the chair or right leg, place right hand on top outer short handle. Slowly press forward on short handle until long handles touch.

Hold for 1 second, then slowly release.

**Repeat 8-12 times.**

Move CrossToner over to left arm, setup as before, and repeat set for left tricep.



## PEC FLY

**The Pec Fly is the perfect exercise for firming and toning areas of the chest and the front of shoulders.**

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

Hold for 1 second, then release slowly.

**Repeat 8-12 times.**



## LAT PULL DOWN

**Want a sexy upper back and shoulders? This exercise delivers.**

Place CrossToner on right shoulder (for right pull down) such that curved center is resting on shoulder and long handles are facing forward. 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 from moving around or rotating across your shoulder.

Hold for 1 second. Slowly release.

**Repeat 8-12 times.**

Flip CrossToner over and repeat set on left shoulder (for left pull down).



## SHOULDER PRESS

**Shoulders are delicate. The CrossToner shoulder press exercise helps keep them strong and durable.**

Place CrossToner 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 from moving around or rotating across your shoulder.

Hold for 1 second. Slowly release.

**Repeat 8-12 times.**

Flip CrossToner over and repeat set on left shoulder (for left press).



## DELT FLEX

**The CrossToner delt flex exercise precisely targets the deltoids of the upper back and middle of the shoulder blades.**

Hold CrossToner behind head by both long handles such that short handles face upward. Slowly compress long handles until they touch directly behind neck.

Hold for 1 second, then release slowly.

**Repeat 8-12 times.**



## INNER THIGH

**A key ingredient in sleek, sexy legs is firm inner thighs, and this CrossToner routine really targets the inner thigh area.**

While sitting in chair or on the floor, spread knees apart and place long handles of CrossToner up against inner thighs. Slowly press knees towards each other until long handles are touching each other.

Hold for 1 second. Slowly release.

**Repeat 8-12 times.**



## OUTER THIGH & BUTT

**Firm legs? Firm butt? You can get them by utilizing this amazing combo exercise.**

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

Hold for 1 second. Slowly release.

**Repeat 8-12 times.**



## POWER SQUAT

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

Stand with feet shoulder width apart. Hold CrossToner 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.

**Repeat 8-12 times.**

# WORKOUT LOG

[illegible]



**FIT** FOR THE REST OF US

[www.crossstoner.com](http://www.crossstoner.com)

