

Model No. WETN07970

Congratulations for purchasing the innovative WEIDER® BUN & AB TONER PLUS. The BUN & AB TONER PLUS is a compact resistance trainer that focuses on specific areas of your body—the hips and thighs, abdominals and back, arms, and chest—to give you a shapelier figure, muscle tone, and increased overall fitness. And the BUN & AB TONER PLUS is lightweight and portable—perfect for use at home, at the office, or while traveling. Used as part of a program that includes aerobic exercise, strength training, and a proper diet, the BUN & AB TONER PLUS will help you to look better and feel better.

For your convenience, the BUN & AB TONER PLUS is shipped ready to use. **Before using the BUN & AB TONER PLUS, please read this exercise guide and view the included videocassette.**

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. **To avoid unnecessary delays, please call direct to our toll-free customer hot line.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

RELEASED TO
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MANUFACTURING

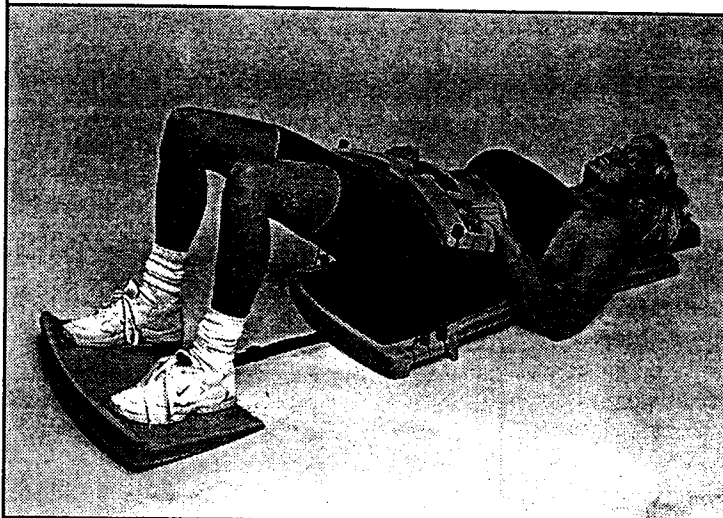
QUESTIONS?



CUSTOMER HOT LINE
1-800-999-3756
Mon.-Fri., 6am-6pm MST

WEIDER®

BUN & AB TONER PLUS



IMPORTANT PRECAUTIONS

- Read all precautions and instructions in this exercise guide and view the included videocassette before using the BUN & AB TONER PLUS.
- It is the responsibility of the owner to ensure that all users are adequately informed of all precautions and instructions.
- Use the BUN & AB TONER PLUS only as described.
- If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

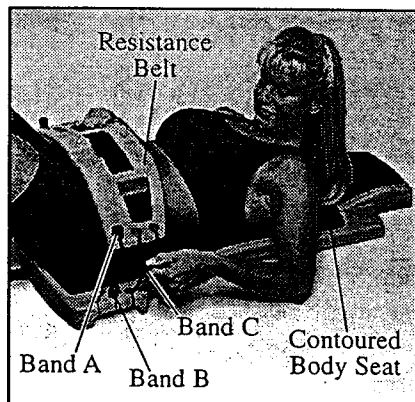
SAVE THIS MANUAL FOR
FUTURE REFERENCE

EXERCISE CHART

How to Adjust the Resistance

The WEIDER® BUN & AB TONER PLUS offers many different resistance levels to allow you to tailor the intensity of your exercise. The resistance level is adjusted by connecting or disconnecting the resistance bands.

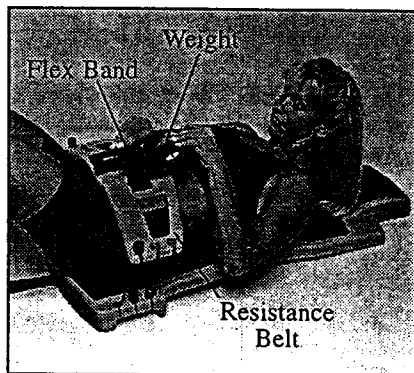
The resistance bands can be configured to provide seven resistance levels. To connect one of the resistance bands, lie on the contoured body seat and place the resistance belt on your abdomen. Then, firmly hold the knob on the end of



a resistance band, pull the knob up, and fit the knob into the appropriate groove in the resistance belt. Attach the other side of the resistance band(s) to the other side of the resistance belt. **Always be sure that you use the same resistance band(s) on both sides of the resistance belt.** To disconnect a resistance band, firmly hold the knob, pull the knob out of the groove in the resistance belt, and rest the knob in the groove in the contoured body seat.

If you are just beginning an exercise program, connect only resistance band A to the resistance belt. This will give you the lowest resistance level. To select an intermediate resistance level, you can connect various combinations of the three resistance bands to the resistance belt. When you are ready for an advanced resistance level, connect all three resistance bands. The approximate level of difficulty is as follows (from the lowest to the highest): 1st—Band A, 2nd—Band B, 3rd—Bands A and B, 4th—Band C, 5th—Bands A and C, 6th—Bands B and C, 7th—Bands A, B, and C.

You can further increase the resistance level by adding one or two of the two pound weights to the resistance belt. To attach the weights, lift the flex band and slide one or two of the two pound weights under the flex band. **Be sure the weights are securely seated in the grooves in the resistance belt.** Lower the flex band to securely hold the weights in place.



Exercise Guidelines

The WEIDER® BUN & AB TONER PLUS offers a variety of exercises that tone your hips and thighs, abdominals and back, arms, and chest. The photographs in this exercise guide show the proper form for each exercise.

To tailor the intensity of each exercise to the level that's right for you, simply change the resistance bands, add weights, or change the number of repetitions that you perform. Start with the lowest resistance level. When you can easily complete several repetitions of all exercises, move up to the next resistance level. Be careful to avoid overdoing it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to increase the resistance too quickly.

Always begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercising, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching after exercise is also very effective for increasing flexibility.

Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **CAUTION: If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.**

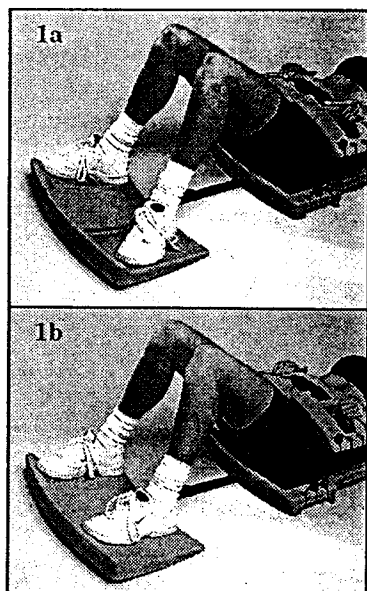
Exercises

1. Pelvic Tilt (targets hips, buttocks, and thighs)

Lie on the contoured body seat and bend your knees as shown. Place your feet flat on the foot rest. Place the resistance belt on your abdomen and select the desired resistance level. Hold the resistance belt as shown. With a smooth constant motion, raise and rotate your pelvis inward as you rise up from the seat. Slowly return to the starting position. Repeat as many times as your comfort level permits. Be sure to keep your upper back and shoulders on the contoured body seat.



You can focus on specific muscles by varying your foot position. Point your toes out (see 1a) to focus on your inner thighs. Point your toes in to focus on your outer thighs. You can also place your feet in a narrow position (see 1b) to focus on your buttocks. A wide foot position will focus on your waist and hips. **Always be sure that your feet are fully on the foot rest.**



2. Basic Crunch (targets abdominals and back)

Lie on the contoured body seat and bend your knees as shown. Place your feet flat on the foot rest. Place the resistance belt on your abdomen



and select the desired resistance level. Lock your hands behind your head. Using your abdominal muscles, slowly curl up about halfway to a sitting position. Return to the starting position. Repeat as many times as your comfort level permits. Be sure to keep your lower back on the seat. To increase the intensity of the exercise, hold a hand weight in each hand and cross your arms over your chest.

3. Oblique Crunch (targets waist and sides)

Perform this exercise in the same way as the Basic Crunch, but as you curl up, bring your left elbow toward your right knee; on the following repetition,



bring your right elbow toward your left knee. Perform as many repetition as your comfort level permits, alternating sides with each repetition. Be sure to keep your lower back on the contoured body seat.

4. Hand Weight Flyes (targets chest and shoulders)

Lie on the contoured body seat and bend your knees as shown. Place your feet on the foot rest. Extend your arms with a hand weight in each hand. Raise your arms and bring your hands together until the hand weights almost touch. Return to the starting position. Repeat.



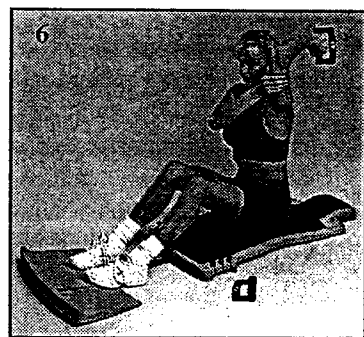
5. Biceps Curl (targets biceps and forearm)

Position yourself as shown. Rest your elbow on your leg. Extend your arm and hold a hand weight with an underhand grip. Slowly curl the hand weight up toward your shoulder. Return to the starting position. Repeat. You can also perform biceps curls while you do pelvic tilt exercises (see exercise 1).



6. Triceps Extension (targets triceps and forearm)

Sit on the contoured body seat and bend your knees as shown. Place your feet on the foot rest. Hold a hand weight above your head with your elbow bent as shown. Slowly straighten your arm. Return to the starting position. Repeat.

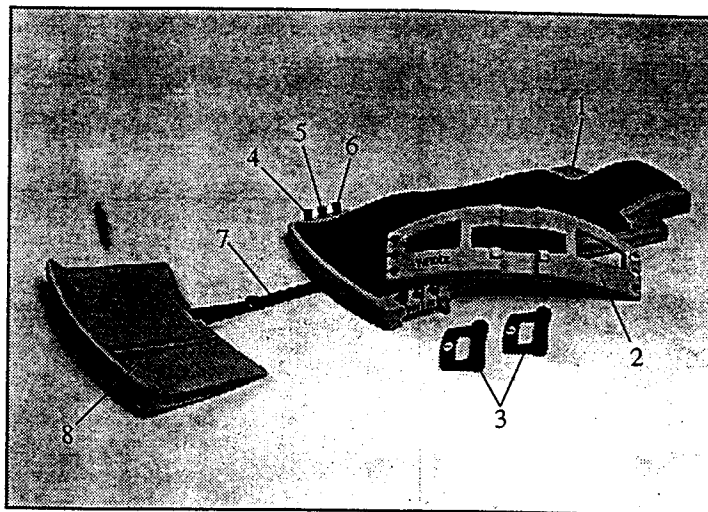


Maintenance

To keep the WEIDER® BUN & AB TONER PLUS looking great, clean the BUN & AB TONER PLUS with a soft, damp cloth. *Never use solvents on the BUN & AB TONER PLUS.*

Part List

Key No.	Qty.	Description
1	1	Contoured Body Seat
2	1	Resistance Belt
3	2	Two Pound Hand Weight
4	1	Resistance Band A
5	1	Resistance Band B
6	1	Resistance Band C
7	1	Adjustment Strap
8	1	Foot Rest
#	2	Adjustment Strap Screw
#	1	Exercise Chart
#	1	Healthy Eating Plan
#	1	Video Cassette



"#" Indicates a non-illustrated part. Specifications are subject to change without notice. To order replacement parts, call our toll-free customer hot line at 1-800-999-3756. Please provide the model number of the product (WETN07970), as well as the key number and description of the part(s) you are ordering.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813