CROSS X TONER

EXERCISE CHART

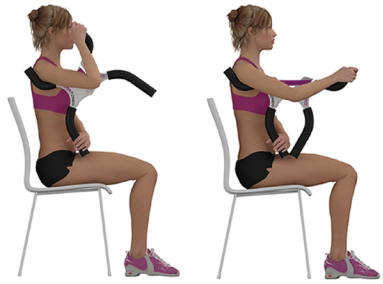
BICEP CURL

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, 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.
Flip CrossToner over and repeat set for left bicep.

COUCH CERTIFIED!

TRICEP EXTENSION

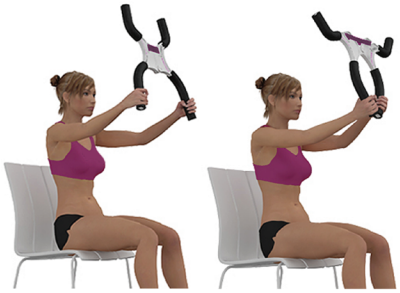


While sitting in chair or on the floor, place a short handle under right arm (for right tricep). With CrossToner stabilized on chair or right leg, place right hand on top outer short handle to begin. Slowly press forward on short handle until long handles touch. Hold for 1 second, then slowly release.

Repeat 8-12 times.
Move CrossToner over to left arm, setup as before, and repeat set for left tricep.

COUCH CERTIFIED!

PEC FLYS



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. *Variation:* Same as above except hold CrossToner so that short handles face floor or point straight ahead.

Repeat 8-12 times.

COUCH CERTIFIED!

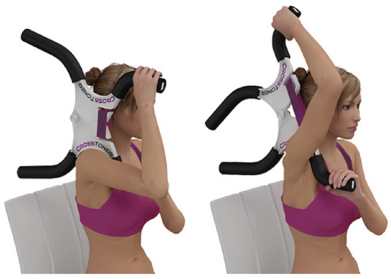
LAT PULLDOWN

Place CrossToner on right shoulder (for right pulldown) 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 for left shoulder.

COUCH CERTIFIED!

SHOULDER PRESS



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 for left shoulder.

COUCH CERTIFIED!

DELT FLEX

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. *Variation:* Same as above except hold CrossToner so that short handles face floor.

Repeat 8-12 times.

COUCH CERTIFIED!

INNER THIGH BLASTER

While sitting in chair or on the floor, spread knees apart and place long handles of CrossToner up against inner thighs. For maximum comfort, place the handles across the knees and/or calves and point short handles down. Slowly press knees towards each other until long handles are touching each other.
Hold for 1 second. Slowly release.

Repeat 8-12 times.

COUCH CERTIFIED!

OUTER THIGH BLASTER

While sitting in 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.

COUCH CERTIFIED!

POWER SQUAT

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.

WORKS UPPER AND LOWER BODY!

crosstoner.com

⚠ IMPORTANT

- Read all warnings posted on the CrossToner and the product documentation.
- Stay clear of area around the exercise bands when using the CrossToner.
- Keep observers, children and pets at a safe distance. Do not allow children to use the CrossToner.
- Inspect the CrossToner for worn or loose components prior to use.
- Do not wear loose, dangling clothing or jewelry while using this device.
- Do not attempt to use more resistance than you can comfortably handle.
- Consult a physician prior to your exercise program. If you feel faint, dizzy or experience pain, stop and consult your physician.