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**GREAT IDEAS ARE
BORN HERE...**



**NEIL SUMMERS, Award Winning
Health Educator, Author &
Inventor of the BEST SELLING
Fitness Hit...**

**LEG MASTER
POWER**

**GREAT LEGS ARE
MADE HERE...**

Customer Service 0870 753 3765

Enanef Ltd: Beechwood House, King George's Hill, Dorking, RH5 6JW

PLEASE READ THESE INSTRUCTIONS THOROUGHLY BEFORE USING THE LEG MASTER

Warning: This Leg Master Power is not intended as a substitute for professional medical care nor is this a medical device and may not be suitable for everyone.

Maximum weight limit is 17.5 stones or 249lbs or 113.4kg.

All exercise carries with it some element of risk. To reduce this risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance, the risk associated with exercise can never be reduced to zero. Follow all training and safety tips and instructions in this manual.

Keep children and pets away from equipment and outside the boundary of the whole unit when in use.

People with a history of recent hip, knee or ankle surgery should not use this Leg Master Power.

Note: As will all forms of exercise people with pre-existing medical conditions should consult first with their Doctor.

If in any doubt consult your Doctor before using a Leg Master Power.

If you feel pain or dizziness, stop using this Leg Master Power.

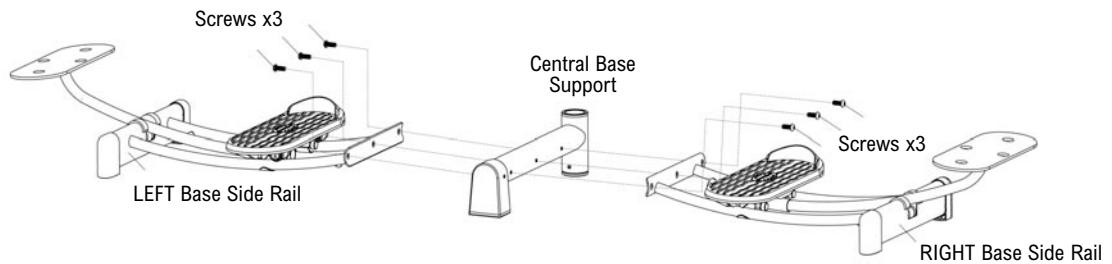
ASSEMBLY OF THE LEG MASTER

Your Leg Master is easy to assemble and should only take you a couple of minutes.

STEP 1

Remove from box all components and lay them out.

Locate the LEFT Base Side Rail, the Central Base Support and the RIGHT Base Side Rail and lay them out as below.



Marry up the LEFT (L) sticker on the Side Rail with the LEFT (L) sticker on the Central Base Support.

Attach using 3 Screws. Repeat for the RIGHT (R) Side Rail.

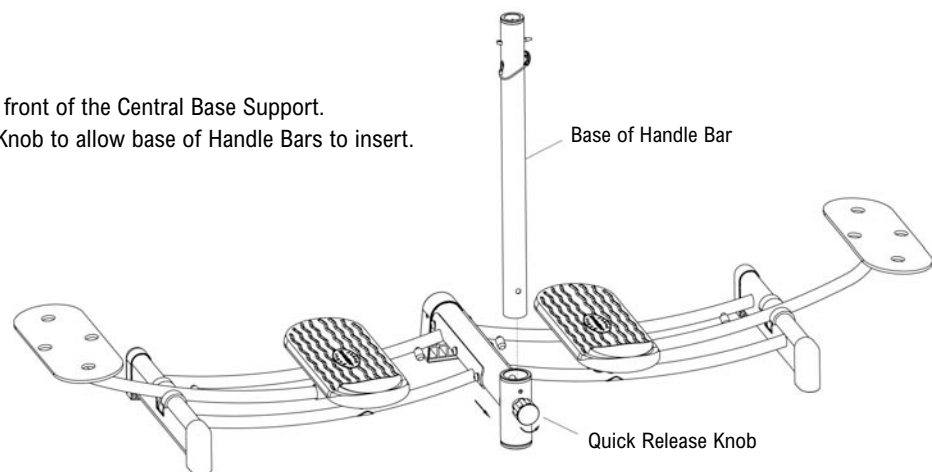
STEP 2

The unit should look as opposite.

Place the base of the Handle Bar into the front of the Central Base Support.

Unscrew and pull out the Quick Release Knob to allow base of Handle Bars to insert.

Tighten knob to secure.



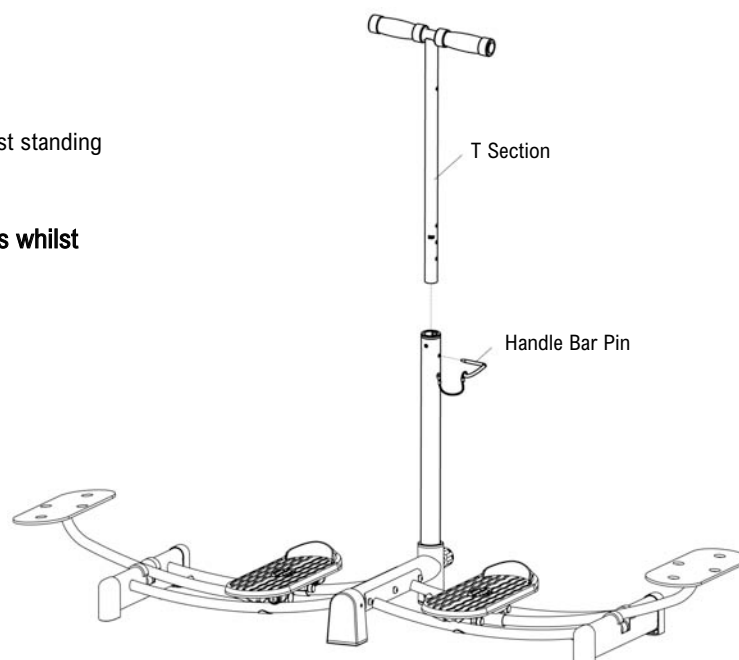
STEP 3

Place Handle Bar T Section into lower base.

Adjust height and secure using Handle Bar Pin.

Please note only adjust height of Handle Bar whilst standing on the ground.

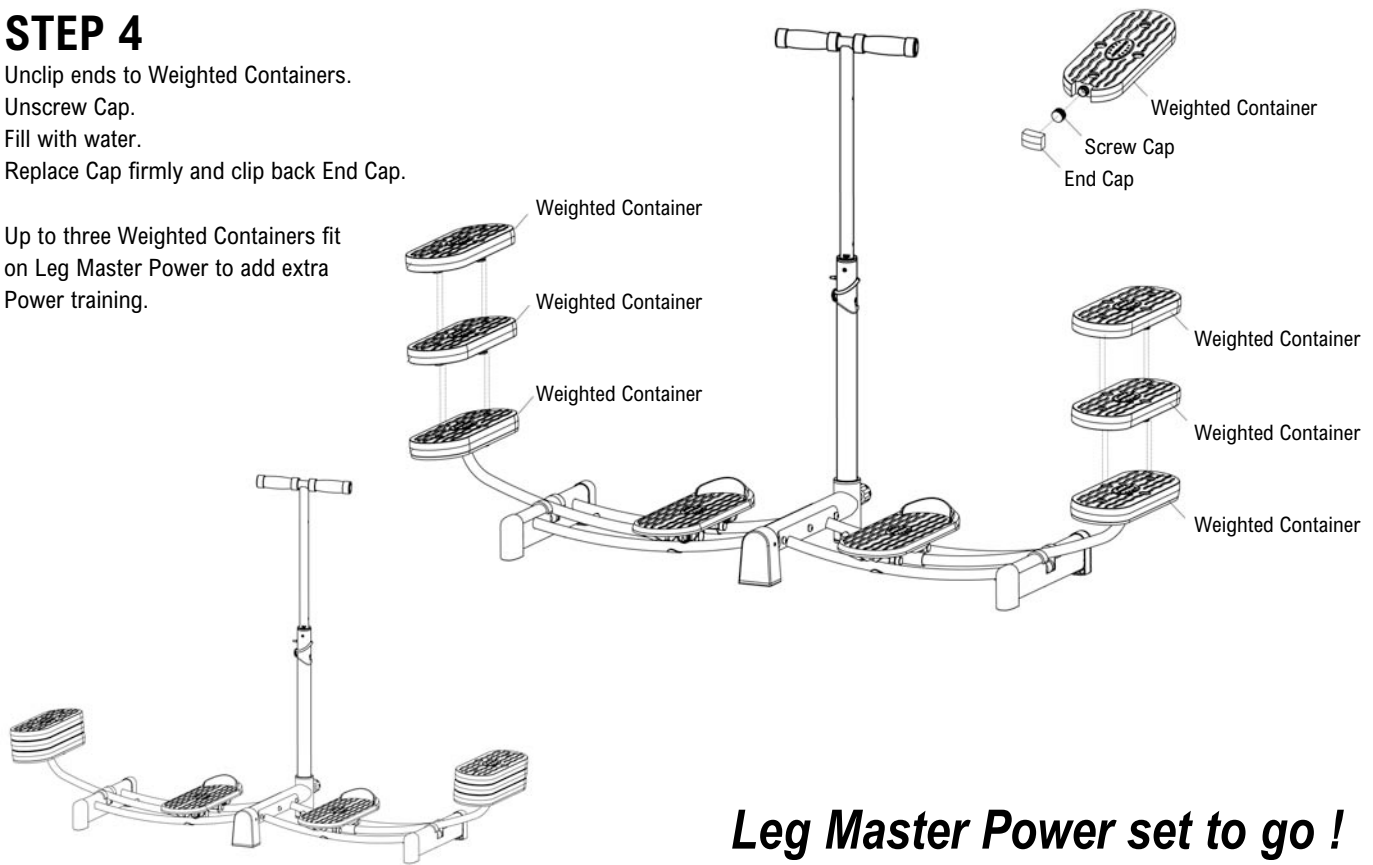
Never attempt to adjust height of handle bars whilst standing on the Leg Master Power.



STEP 4

Unclip ends to Weighted Containers.
 Unscrew Cap.
 Fill with water.
 Replace Cap firmly and clip back End Cap.

Up to three Weighted Containers fit on Leg Master Power to add extra Power training.



Leg Master Power set to go !



WARNING

This equipment is not for use by children.

To prevent injuries, keep this and all fitness equipment out of the reach of children.

Follow these simple rules:

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

Have plenty of clearance behind, in front and to both sides of your equipment. It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 1 meter of clearance both in front of, behind and to the sides.

Do not over exert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately

Use care when getting on and off the equipment.

Only one person at a time should use this equipment.

Do not put hands, feet or any foreign objects on or near this equipment when in use by others.

Use caution not to pinch fingers and hands in moving parts when setting up or using the equipment.

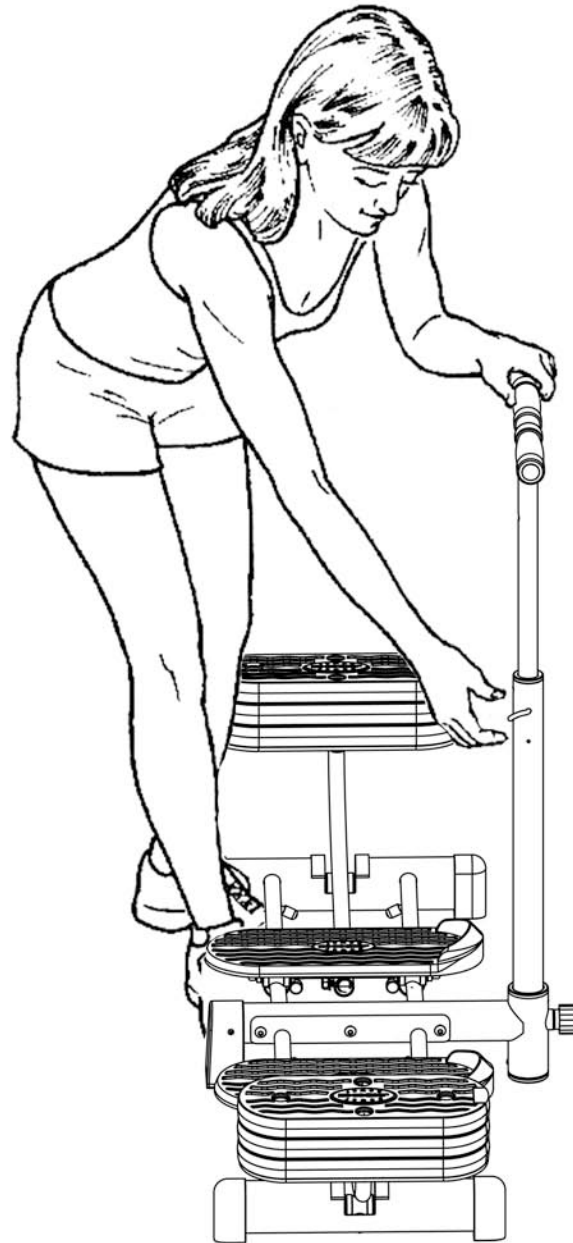
Always hold the handle bar when stepping on and off the Leg Master Power. Failure to follow this instruction could cause you to slip and fall, resulting in serious injury or death.



CAUTION:

Do not try to adjust the Handle Bar height while standing on the Foot Platforms of the Leg Master Power exerciser.

All adjustments must be made while standing on the floor.



DIRECTIONS FOR USE

Please read these instructions thoroughly before using a Leg Master Power.



1. Starting Position

Start with both hands placed on the handle bars to help take your balance.

Place one foot on one foot platform and take your weight partially on this foot.

Place your other foot on the second foot platform, taking up your full body weight on the two foot platforms.

Make sure that both foot platforms are in the centre of their tracks before you begin to move.

You are now ready to begin your cardiovascular and strength training exercise.

Lightly rest your hands on the handle bars at all times.



2. Squeeze your legs together

Using the muscles of your legs draw your feet together.

Do not 'bang' the stoppers.

The leg movement action is smooth and controlled.

Again using the muscles of your legs, open your legs to pass through your starting position.

Use your leg muscles, do not push down with your arms on the handle bars.



3. Outward Sweep

Continue with your outward sweep until your feet approach the outside stoppers.

Again, smooth controlled movements. Do not let foot platforms make contact with outside stoppers.

Using the muscles of your legs continue this sweeping pattern for the desired number of repetitions.

The idea is to create a steady, smooth and controlled action.

Try not to bang the inside or outside stoppers.



4. Squeeze your legs together

Under control draw your legs together once more.

Continue this sweeping motion, legs together, legs apart until your leg muscles tire and fatigue.

Count the number of sweeps your legs make. Make a note on the Progress Chart.

As you progress, increase the number of repetitions. And record your progress daily on the Progress Chart.

NOTE: Do not push feet all the way out or all the way in – try to avoid banging and creating a loud noise. Try to stop the movement just shy of the inner and outer ends.

When finished allow your legs to return to the starting position.

Whilst holding the handle bar, step off the Leg Master Power, one foot at a time.

THE LEG MASTER POWER PROGRESS CHART

Start by performing as many sweeps of your legs as you can without over straining.

That's it, you have begun. Then follow the chart and increase your number of repetitions by one(1). For example, if on the first attempt you performed 50 repetitions, then the following day you would increase that number by one. And perform 51 repetitions. And so on along the Progress Chart. Daily increasing the number of repetitions you perform. Follow this pattern until your 7th day and then rest. That means no exercise that day. Check off the completed work out as you progress.

Good luck.



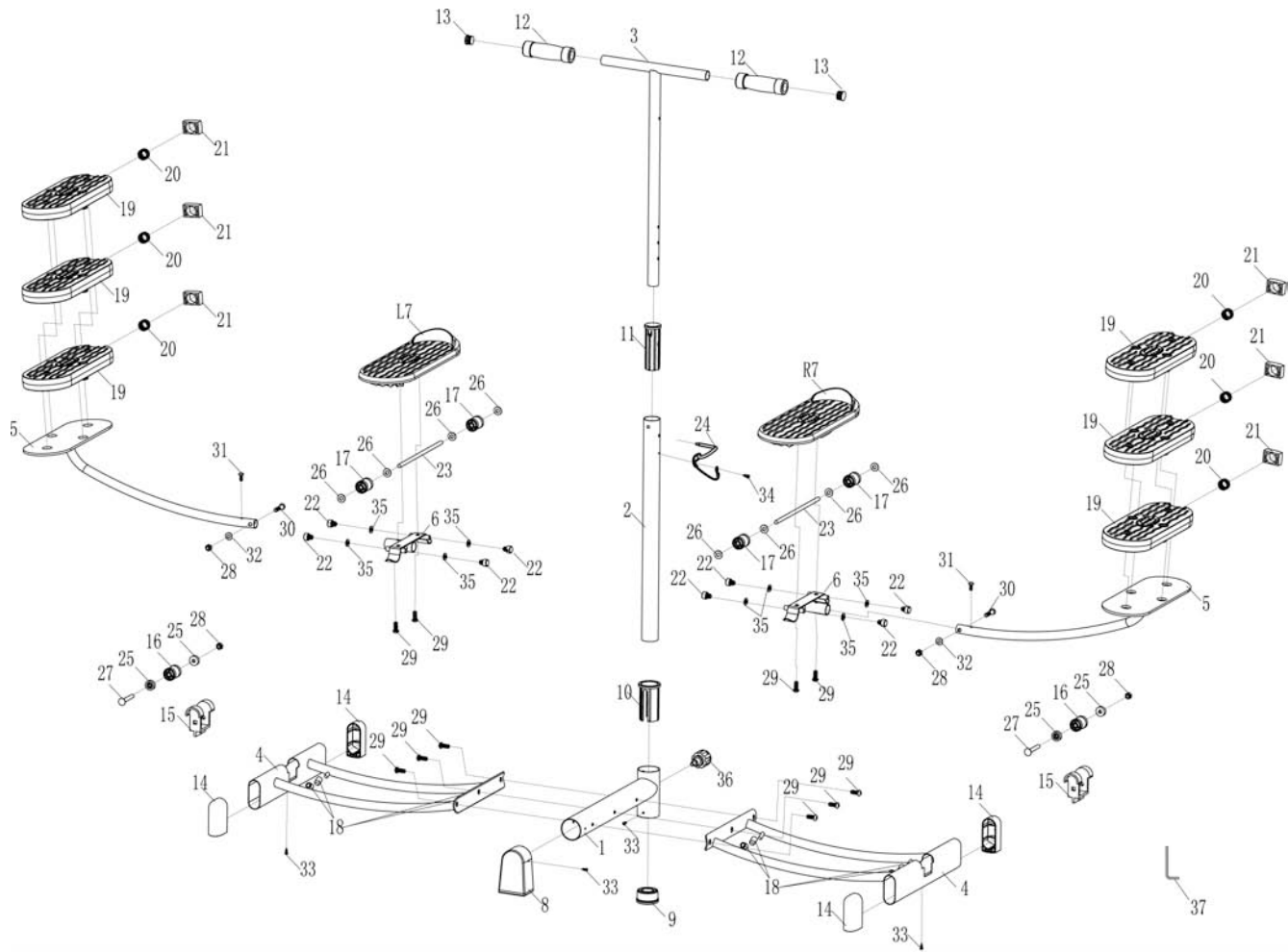
Neil Summers

LEG MASTER POWER PROGRESS CHART

Once you have completed the Chart with one weighted container on each side, progress to two weighted containers. And finally to three weighted containers.

20	21	22	23	24	25	REST	27	28	29
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	31	32	REST	34	35	36	37	38	39
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	41	42	43	44	45	46	REST	48	49
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50	51	52	53	REST	55	56	57	58	59
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60	REST	62	63	64	65	66	67	REST	69
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70	71	72	73	74	REST	76	77	78	79
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80	81	REST	83	84	85	86	87	88	REST
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90	91	92	93	94	95	REST	97	98	99
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100	120	130	REST	150	160	170	180	190	200
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	300	350	400	450	500	600	REST	800	1000
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PARTS AND SPECIFICATION



NO.	PARTS NAME	Q'TY	NO.	PARTS NAME	Q'TY
1	Center Frame Tube Assembly	1	19	Weight Stack	6
2	Support Tube Assembly	1	20	Weight Stack cover	6
3	Handlebar Assembly	1	21	Weight Stack Caps	6
4	Rail Assembly (L+R)	2	22	Cushion	8
5	Weight Stake Sliding Rod Assembly	2	23	Roller Axle	2
6	Foot Platform Bracket	2	24	C Pin	1
7L	Foot Platform (L)	1	25	Flat shoulder bearing	4
7R	Foot Platform (R)	1	26	Washer	8
8	Rear End Cap	1	27	Cup Head w/ Should screw	2
9	Center Frame Tube End Cap	1	28	locknut	4
10	Center Frame Tube Sleeve	1	29	Hexagon recessed pan head screws	10
11	Handlebar Sleeve	1	30	Hexagon recessed pan head screws	2
12	Handlebar Grips	2	31	Hexagon recessed pan head screws	2
13	Round End Cap	2	32	Saddle shaped washer	2
14	Rail End Caps	4	33	Cross recessed pan head tapping screws	4
15	Roller Bracket	2	34	Cross recessed pan head tapping screws	1
16	Weight Stake Sliding Rod Rollers	2	35	Cushion 2	8
17	Platform Rollers	4	36	Spring loaded knob	1
18	Platform Stop	8	37	Allen Wrench	1

FAQS

Q What is the maximum weight the Leg Master Power can hold?

A 17.5 stones or 249lbs or 113.4kg.

Q Does it store away easily?

A Yes. The Leg Master Power can easily be made compact and would go under a bed or behind a door. The handle bar is fully detachable.

Q Am I too old to use it?

A Age is certainly not a barrier.

Q Is it okay for tricky knees/backs/hips?

A There is every chance it will strengthen muscles and ligaments not normally used. On the other hand it may aggravate your condition. First consult with your medical professional. You can, however, start very slowly and build up gradually as you become more accustomed to the action. And the range of motion can at first be very small. Once you have strengthened the muscles then you can increase the sweep. There is certainly no pressure on the knees/back/hips as there would be during stepping/jogging/cycling etc. Use your inner thigh muscles to draw in your legs and NOT your knees.

Q Can I use it if I have a knee injury?

A Not recommended if you have had recent knee surgery. If you have any knee problems consult first with your Medical Professional.

Q Are there any special requirements to use this product safely?

A It is essential to keep all children and pets away from this unit when in use.

Q Do I need to be on a special diet to help with losing weight?

A A special diet is not necessary. Be aware that if your intake of food is greater than your output of energy then the surplus will be stored as fat. Therefore eat a normal balanced diet, but reduce your overall quantities. Portion reduction combined with increased exercise is the best way to create and maintain a lean, toned body.

Q Will I get big muscled thighs like a 'body builder'?

A No. Leg Master Power will tone, shape and strengthen. But there is not a constant progressive overload, which is necessary to build 'body building' type muscles. You will not get big bulky legs. The opposite will occur, your legs will tone and shape to their best natural outline.

Q What time of day is recommended for use of Leg Master Power?

A It is purely whatever time is most convenient to you. Bear in mind it is regular daily use which produces the best results. Place your unit in your bedroom and use it before going to bed, or put it in your kitchen and hop on and off of it regularly for short bursts throughout the day.

Q Do I need to hold the handles?

A Yes. You must hold onto the handles at all times. The handles are there to assist with balance. Do not lean your whole body weight on the handles. Your feet should take your full body weight and be placed centrally on the foot platforms.

Q My muscles ache after just 20 reps, is there something I am doing wrong?

A No. This shows Leg Master Power is doing its job.

Q How long will it take to see a difference?

A Unbelievably you will know it is working after the first 20 seconds or so. You will feel an intense muscle fatiguing sensation. This shows that the product works. In terms of reshaping and toning you will notice a difference within 10 to 14 days. This will be helped further by reducing your calorie intake. i.e., eat less and exercise more to speed up results. But wait to see the results after 100 days.

Q What height should the handles be at?

A The handlebars should be set at a height to lightly rest your hands and to aid with your balance. Not too high that you have to lean backwards. And not too low that you have stoop forward (do not adjust height of handles whilst standing on platform).

Q Can I use Leg Master Power without proper footwear?

A We strongly recommend that while using Leg Master Power you wear proper foot attire at all times. It is better for your feet to always wear proper shoes when exercising. It is safer to wear protection for your feet when using exercise products with moving parts. Do NOT wear high heeled shoes when using this equipment.

Q I feel lightheaded or dizzy what should I do?

A Stop using Leg Master Power immediately. Lie down and rest if possible and try again the following day.

Q Can I over do this exercise?

A Your leg muscles probably will not have experienced this type of exercise for a long time. So it is prudent to start slowly and progressively build the time and number of leg sweeps. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day - give yourself an extra days rest before resuming your program.

Q What kind of clothing do I need to wear?

A Clothing of a loose fitting nature especially around the hips and upper thighs is necessary. Tight skirts will impede and restrict movement.