

The Arm Shaper Quick Start Exercise Guide

Gyro-Extensions



Note: If you have two Arm Shapers, you can duplicate this motion with both arms at the same time for double the workout in half the time. Remember to keep the exercise movements slow to maximize results.

1. While standing or seated, grasp the handle of your Arm Shaper with the ball facing down and start the internal gyro mechanism spinning.
2. Raise your arm until it is extended straight out and slightly behind you.
3. Simply keep Arm Shaper spinning in this position.
4. Keep the spinning movement fluid and smooth. Alternate arms after completing each set. Remember, the faster you spin your Arm Shaper, the greater the benefits.

Beginner: 3 sets of 10 seconds alternating between right and left arms.

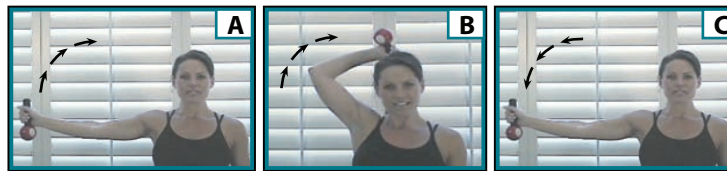
Intermediate: 3 sets of 15 seconds alternating between right and left arms.

Advanced: 3 sets of 20+ seconds alternating between right and left arms.

Starting Arm Shaper With a Docking Station

There are two easy ways to put your Arm Shaper gyro mechanism in motion. If you have a battery operated Docking Station, turn your Arm Shaper over and find the white internal ball featuring a groove that runs around this ball. Holding the back of the Arm Shaper, line up this groove with the wheel at the center of your Docking Station and hold the two together with moderate pressure. Press and hold the red button for approximately 10 seconds until the gyro is spinning rapidly. Remove it from the Docking Station and keep the gyro moving rapidly in a circular motion. Now you're ready to start your exercise routine.

Gyro-Rotations



Note: If you have two Arm Shapers, you can duplicate this motion with both arms at the same time for double the workout in half the time. Remember to keep the exercise movements slow to maximize results.

1. While standing or seated, grasp the handle of your Arm Shaper with the ball facing down and start the internal gyro mechanism spinning.
2. Slowly raise your arm, bending at the elbow, until it reaches the back of your head. You should feel a slight stretch in your triceps. Pause for 1 second at the top.
3. Slowly lower your arm to the straight position (figure C) and pause for 1 second.
4. Keep the movement fluid, slow and controlled. Alternate arms after completing each set. Remember, the faster you spin your Arm Shaper, the greater the benefits.

Beginner: 3 sets of 5 repetitions alternating between right and left arms.

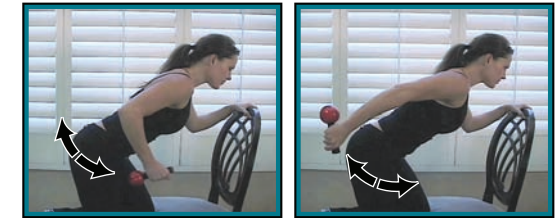
Intermediate: 3 sets of 8 repetitions alternating between right and left arms.

Advanced: 3 sets of 12+ repetitions alternating between right and left arms.

Starting Arm Shaper With Pull Cord

Find the small hole in the white internal ball inside your Arm Shaper. Insert the tip of the starter cord into the hole. Wrap the starter cord (1 full turn) around the ball allowing it to sit inside the groove. Pull the starter cord quickly to activate the gyro.

Triceps Kickbacks



Remember to keep the exercise movements slow to maximize results.

1. Grasp the handle of your Arm Shaper with the ball facing down and start the internal gyro mechanism spinning.
2. Bend forward at the hips and over so that your torso is at an angle.
3. Keep your feet firmly planted on the floor with your free hand holding onto a chair or bench.
4. Keep the arm you are working out close against the side of your body.
5. With your Arm Shaper spinning, flex only at your elbow and slowly raise your arm backward until it is extended straight.
6. Once your arm is extended, hold the position for a few seconds, then slowly bend your arm forward at the elbow.
7. Keep the movement fluid, slow and controlled. Alternate arms after completing each set. Remember, the faster you spin your Arm Shaper, the greater the benefits.

Beginner: 3 sets of 5 repetitions alternating between right and left arms.

Intermediate: 3 sets of 8 repetitions alternating between right and left arms.

Advanced: 3 sets of 12+ repetitions alternating between right and left arms.

LIFETIME WARRANTY

The Arm Shaper is warranted to be free from defects in material and workmanship for the lifetime of this product. For replacement, send the damaged unit prepaid with a check for \$13.95 to cover shipping and handling to:

DynaFlex International
1144 N. Grove,
Anaheim, CA., 92806.

This warranty is for US/Canada only.