



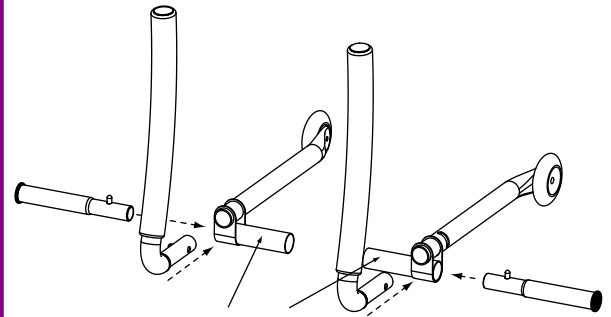
BUN & THIGH ROLLER™
**UPPER BODY
 EXTENSION ASSEMBLY**

WARNING: Exercise Guide and Assembly Guide instructions must be read prior to use to avoid injury!

Disclaimer: As with any eating, exercise and weight loss program, one size cannot fit all, and your program should be individualized in consultation with your physician. Always seek the advice of your physician or other qualified health care provider with any questions you have regarding a medical condition before

undertaking any diet, exercise, or other health program. This program is not intended for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of exercise regimen or weight loss effort.

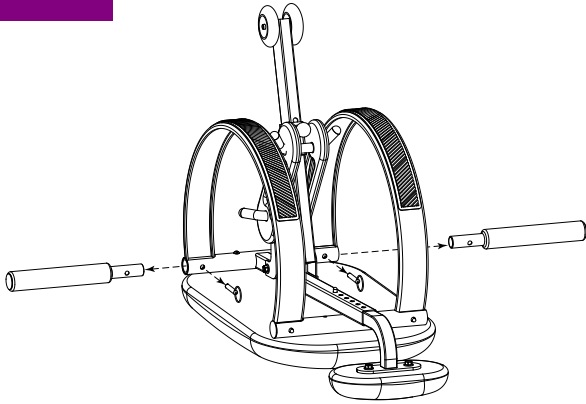
Arm Extensions (2)



Arm Extension Crossbars

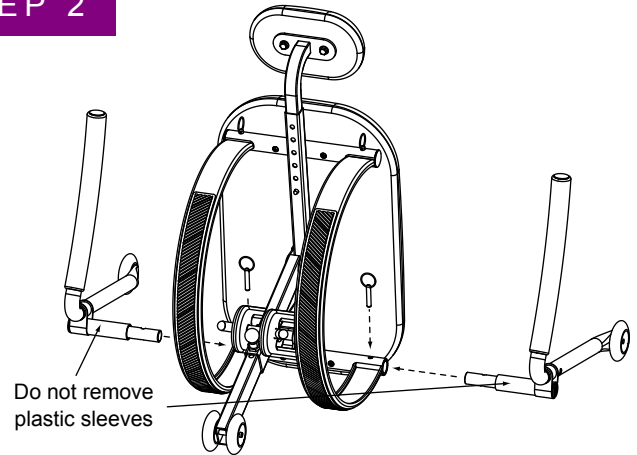
Note: Make sure the arm extension crossbars are positioned as shown above.

STEP 1



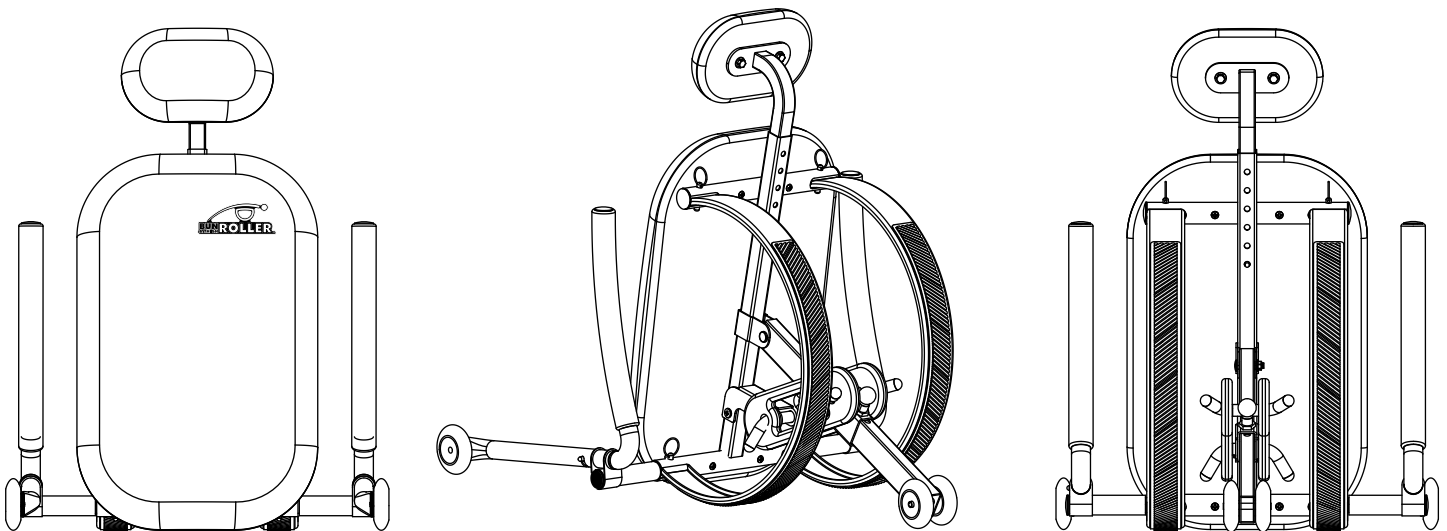
Remove pins and detach existing Handles as shown above.

STEP 2



Insert Arm Extensions and replace pins as shown above.

FULLY ASSEMBLED BUN & THIGH ROLLER WITH ARM EXTENSIONS



C A U T I O N

On certain surfaces the Bun & Thigh Roller™ may slowly slide from its original position. Be sure your back is properly centered and positioned on the seat when performing any exercise.