

The logo features a stylized blue roller with a white outline, positioned above the text. The text "BUN & THIGH ROLLER" is in a bold, blue, sans-serif font with a white outline, and "ASSEMBLY GUIDE" is in a similar font below it.

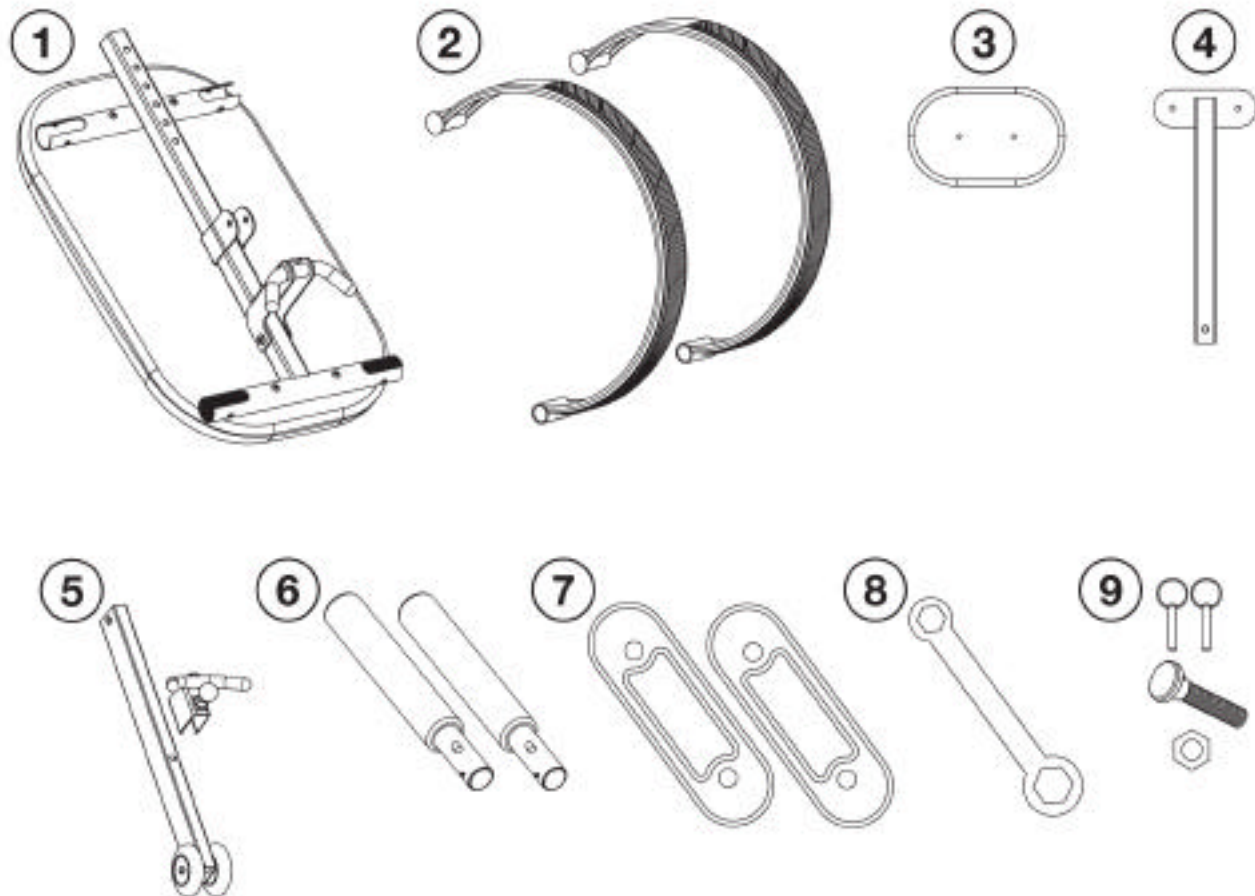
BUN & THIGH ROLLER™
ASSEMBLY GUIDE

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.

BUN & THIGH ROLLER™ PARTS LIST



1. Back Pad Assembly (1)

2. Rocker Rails (2)

3. Neck Pad (1)

4. Neckrest Support Tube (1)

5. Band Post (1)

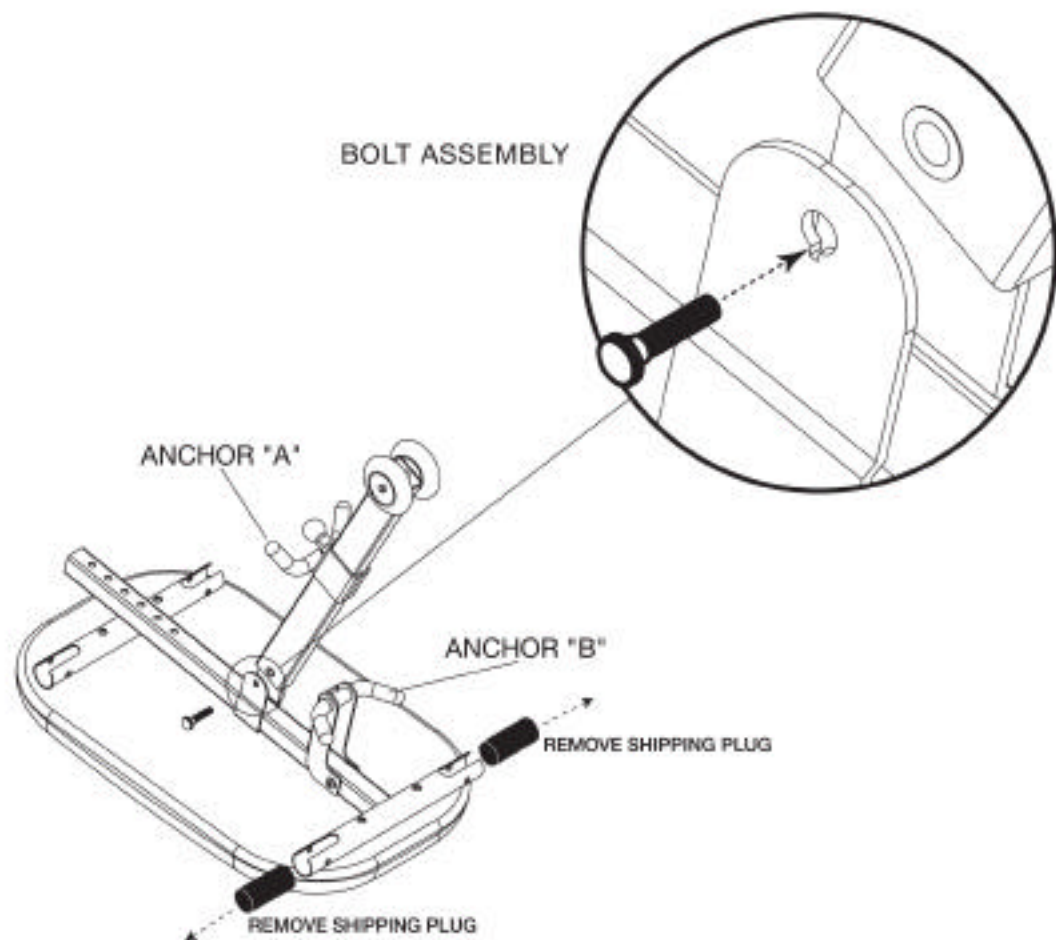
6. Handles (2)

7. Resistance Bands (2)

8. Assembly Tool (1)

9. Pins (2), Bolt (1), Nut (1)

STEP 1



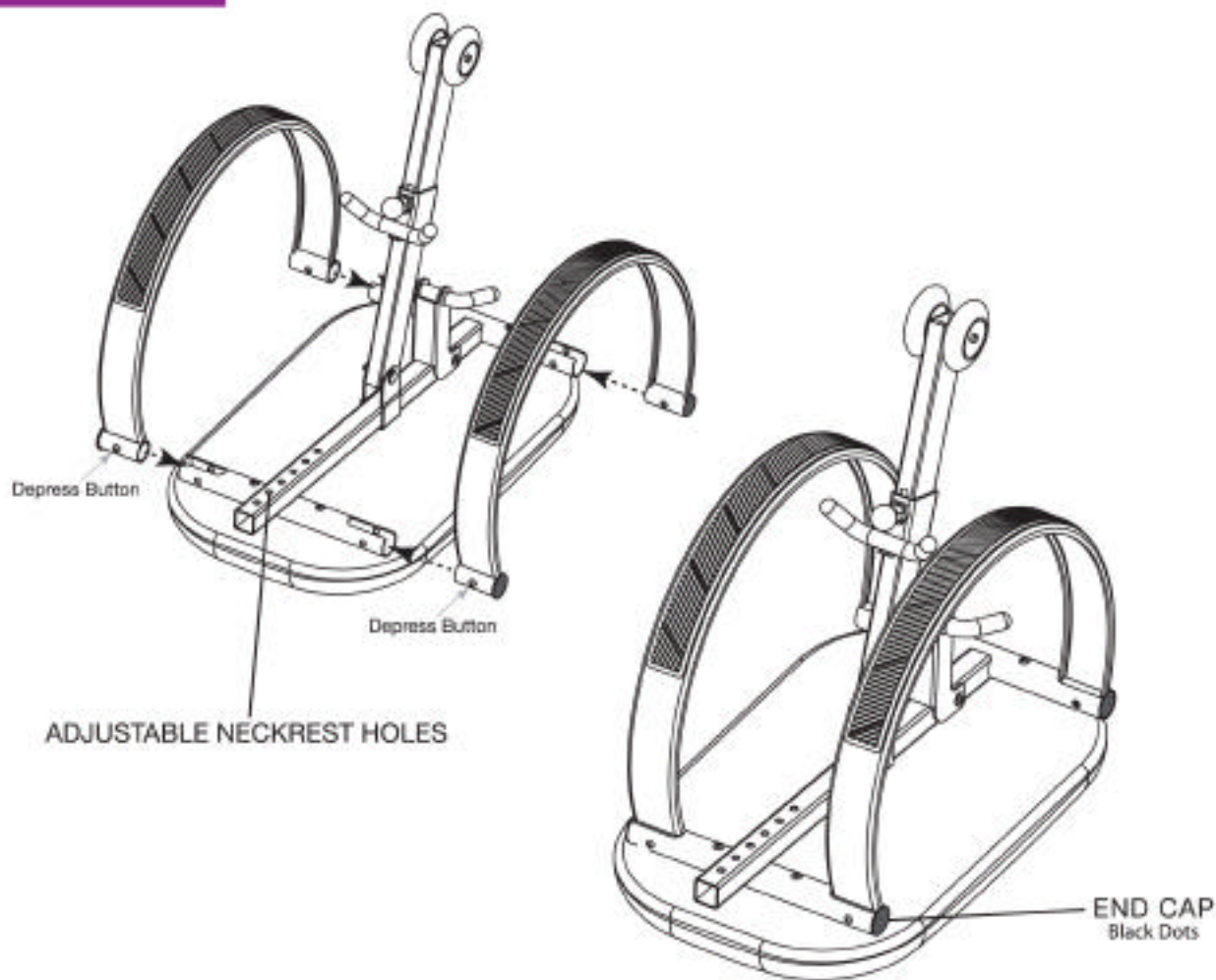
Attach Band Post (5) to Back Pad Assembly (1). Make sure the Resistance Band Anchor "A" is not pointing toward Anchor "B" (see above).

Inspect the Bolt (9) that is to be used to fasten the Band Post (5) to Back Pad Assembly (1). Notice the small tab next to the head of the Bolt (9). Also note

the groove in the bracket. Insert the Bolt (9) so the tab is secured into the slot.

Install the Nut (9) on opposite end of the Bolt (9) and tighten, still allowing the Band Post (5) to swing.

STEP 2



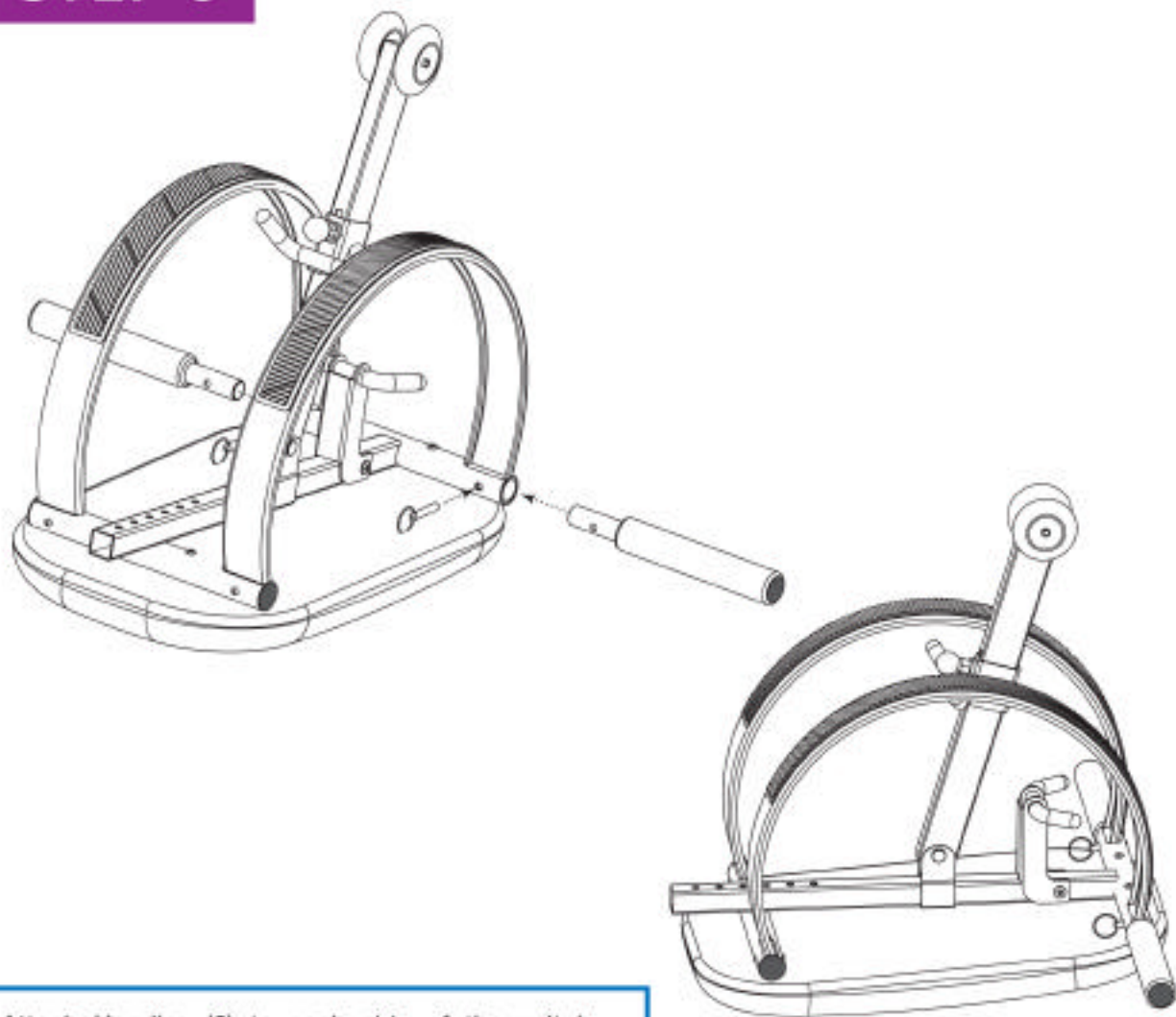
Attach Rocker Rails (2). Note the location of the End Caps shown above. Rotate the Rocker Rails (2) until they slide into place with the End Cap facing forward, on the side of the unit next to the adjustable Neckrest Holes (see above).

Depress the spring button on bottom side of Rocker

Rails (2) evenly until the button clicks through the hole on the frame tube.

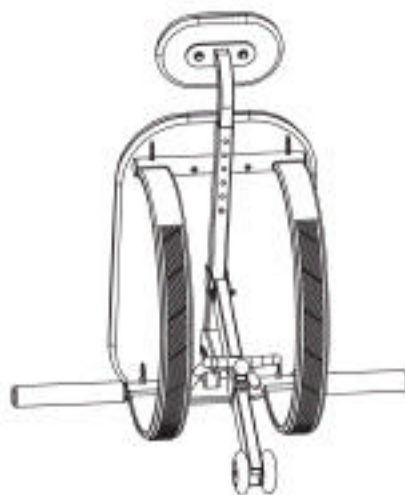
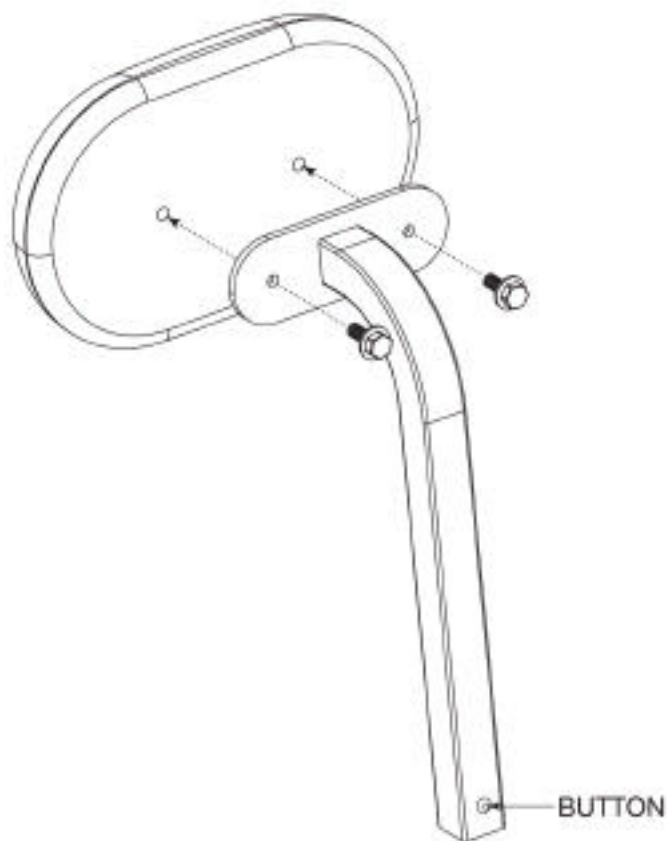
There is no spring button on bottom side of Rocker Rails (2). This will be addressed later in the assembly process.

STEP 3



Attach Handles (6) to each side of the unit by inserting the grip into the corresponding tube. Place pin through hole until button appears on other side of handle.

STEP 4



Assemble the Neckrest by attaching the Neck Pad (3) to the Neckrest Support Tube (4) and tightening the screws as shown above. Then insert the Neck Pad (3) by depressing the button and inserting into main assembly as shown on the right.

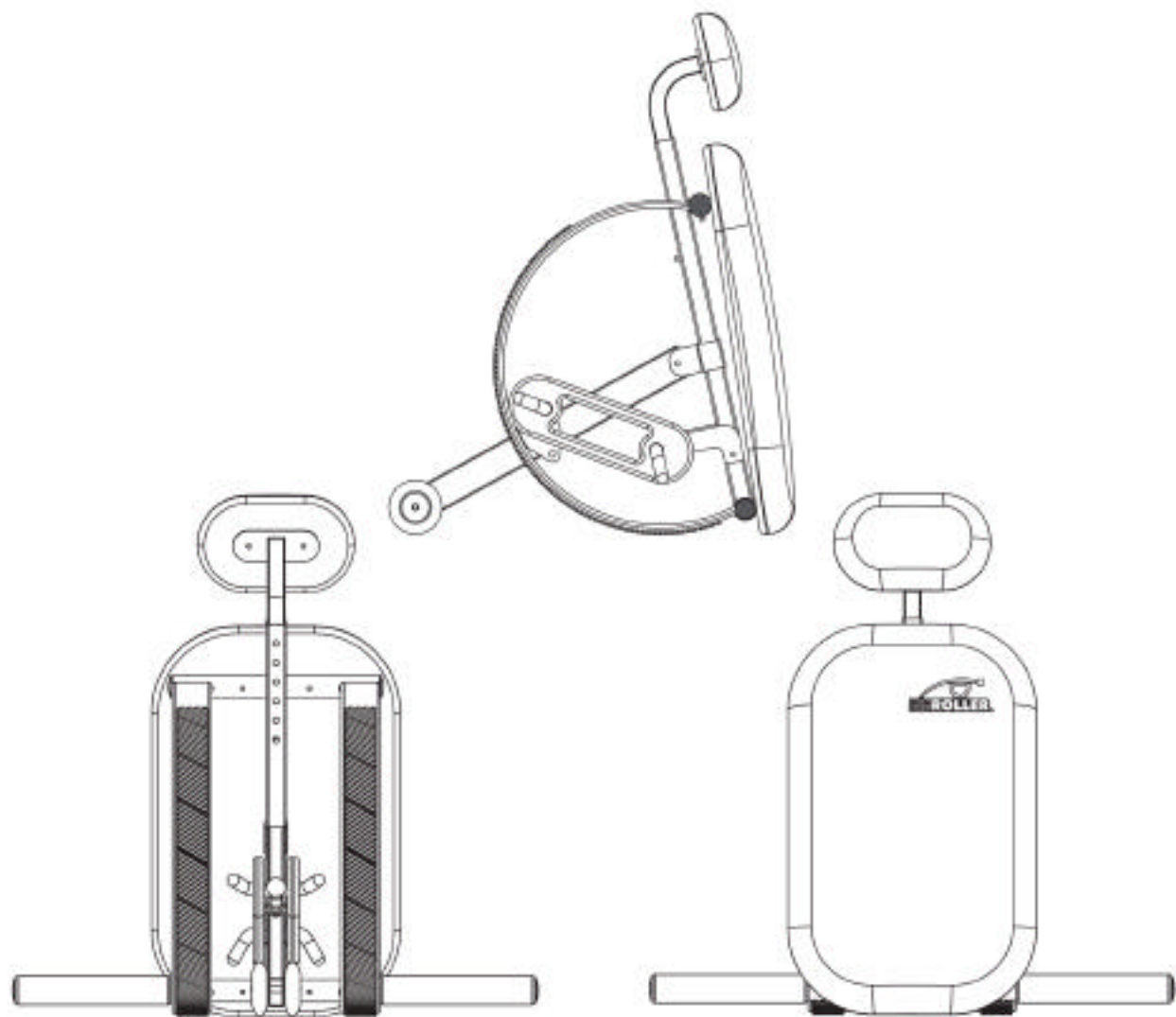
STEP 5



Install Resistance Band (7) as shown above. The Bun & Thigh Roller™ is now fully assembled and ready for use.

NOTE: Laying the unit face down may make installing the bands easier.

FULLY ASSEMBLED BUN & THIGH ROLLER™



C A U T I O N

On certain surfaces the Bun & Thigh Roller™ may slowly slide from its original position. Incorrect body position could make unit slide. Make sure buttocks is positioned low on the Back Pad.