

EXERCISE CHART

Shoulder/Arm



Shoulder External Rotation



Short Arc Abduction Deltoid, Rotator Cuff



Abduction Deltoid, Rotator Cuff



Standing Row Deltoids, Elbow Flexors



Overhead Tricep Press Triceps/Traps/Deltoids



Horizontal Fly Rhomboids/Triceps



Bow And Arrow Rhomboids/Triceps/Deltoids



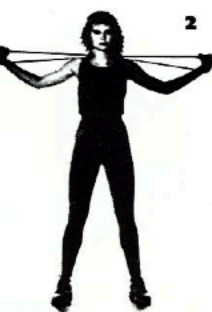
Arm Curl Biceps



Horizontal Pull Pecs



Advanced External Rotator Pattern



Elbow Extension Triceps/Traps/Deltoids



Horizontal Elbow Extension Triceps/Deltoids



Elbow Extension Triceps



Wrist Flexion Wrist Flexor



Cord Squeeze Grip Stengthening



Sitting Row Elbow Flexors, Biceps, Traps



Hip Extension Gluts,

Hips/Knee



Trunk Rotation Obliques



Side Bends Obliques



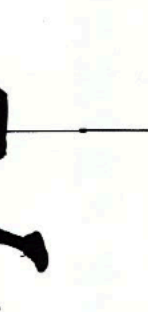
Backward Running Proprioception



Single Loop Squat Calf, Quads, Gluts



Double Loop Squat Calf, Quads, Gluts



Forward Running Proprioception



Standing Leg Extension Quads



Hip Abduction Groin Muscles



Hip Abduction Gluteus Medius



Lateral Crossover Proprioception



Sitting Leg Curl Hamstrings



Sitting Leg Extension Quads



Eversion | Peroneii



Inversion Tibialis Posterior



Plantar Flexion Calf Muscles



Dorsi Flexion Tibialis Anterior

Ankle

WARNING

Latex rubber cord does wear out, tear or damage with continued use. Never exercise with cord directly aimed at your face. Check cord before each use for any signs of wear or tearing. If any signs of damage are apparent, discontinue use and discard cord. User must accept full responsibility when stretching latex rubber products.

Design Photo: Magus Graphics

To learn more call now.

1-800-FITTER-1

1-(403)-243-6830

Fax orders: 403-229-1230

or complete enclosed order form and mail it to:

Fitter International Inc.

4515 - 1st St. S.E.

Calgary, Alberta T2G 2L2

WARRANTY

Physio toners are sold with a satisfaction guarantee. Should you experience difficulty with, or find defect in this cord or its components within 90 days of purchase date, return it to Fitter via regular, prepaid, parcel post with a brief explanation and proof of purchase date at our discretion. Fitter will either repair or replace this cord.

For Longer Cord Life: do not stretch cord beyond 3 times its natural length. Avoid direct contact with latex cord. Grip hook or step on foam handles to prevent cord damage. Avoid exposure to chlorine water or prolonged sun light.