

SlimLine



Power Strider

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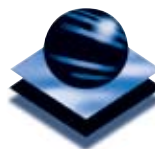
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Kita Jansen



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IMPORTANT!

Please read through this manual thoroughly before using your SlimLine Power Strider. Retain this manual for future reference.

Dear Valued Customer,

Congratulations on your purchase of the **SlimLine Power Strider**!

This innovative piece of fitness equipment from **SlimLine Fitness, LLC** is designed to help you burn fat as it tones and sculpts your buns, hips and thighs...all at the same time, and all in just 10 minutes, twice a day! The **SlimLine Power Strider** is based on proven scientific principles, but created with you in mind. The result is an optimally effective but easy-to-use piece of equipment that will help you reach your weight loss and toning goals quicker and easier than you ever thought possible! Plus, it's fun and easy to use. Like other **Power Strider** enthusiasts, you'll soon find that losing weight and toning your body has never been this fun and easy!

Before you start using your **Power Strider**, be sure to read through the simple safety instructions, as well as the section entitled "**Getting to know your SlimLine Power Strider**". This will help familiarize you with your new Power Strider and how to use it safely and effectively. You'll also want to take a few minutes to view the enclosed DVD. It will give you a better description of how to get the most from your **Power Strider** with six easy-to-follow workout routines!

We hope you enjoy using your new **Power Strider** and reaching your weight loss and fitness goals!

In good health,

A handwritten signature in black ink that reads "Kita Johnson". The signature is stylized with a large, looped "J" and a cursive "K".

Kita Johnson

IMPORTANT: Before using this product or beginning any exercise or diet program, consult with your doctor or health care provider. It is recommended that you obtain a complete physical examination before using this product.

IMPORTANT!!
READ ALL WARNINGS, CAUTIONS AND INSTRUCTIONS
BEFORE USING THIS PRODUCT. YOUR SAFETY IS
INVOLVED. FAILURE TO FOLLOW INSTRUCTIONS OR
ADHERE TO WARNINGS MAY RESULT IN INJURY TO
YOURSELF OR OTHERS.

For Your Safety

- * The Maximum Weight capacity of the SlimLine Power Strider is 250 lbs (113 kgs). Persons whose body weight exceeds this limit should NOT use this machine.
- * Read all instructions before using your SlimLine Power Strider.
- * Do not allow children on or near your SlimLine Power Strider. Injury can occur from a child's fascination with the moving parts of the equipment.
- * Use the SlimLine Power Strider only for its intended purpose.
- * Use care when getting on and off your SlimLine Power Strider. Always use the Power arms to assist you.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain, become nauseous, dizzy, have shortness of breath or any other abnormal symptoms stop immediately and consult your doctor or health care provider.
- * Routinely inspect your SlimLine Power Strider to make sure that all pieces are attached securely and that it is functioning properly.
- * Operate on a flat smooth floor surface only, such as hard surfaces or low pile carpeting. Do not use on deep pile carpeting or shag rugs.
- * Wear proper exercise clothing and shoes when using your SlimLine Power Strider. Do not wear loose clothing as it may become entangled with the moving parts of the equipment.
- * Keep your hands away from all moving parts and keep your feet on the foot pads.
- * Never drop or insert any object into any opening on the SlimLine Power Strider.
- * Never use the SlimLine Power Strider or any other exercise equipment under the influence of drugs or alcohol.
- * Never use your SlimLine Power Strider if it has become broken or damaged. If such an event should occur call the customer service number.

Getting to Know Your SlimLine Power Strider



1. **Vari-Glide Resistance Adjuster** - Lets you adjust the tension of your Power Strider with the turn of a knob. At first use, set the resistance lower by turning the knob toward the minus (-) sign. Adjust for more resistance as you increase the intensity of your workouts by turning the knob toward plus (+) sign.

2. **Foot Pads** - Wearing comfortable athletic shoes, place your feet on the **Foot Pads** while facing the **Power Arms** (3).

3. **Power Arms** - While operating the Power Strider, firmly grasp the padded portion of the **Power Arms**.

4. **Power Arm Resistance System** - To reduce resistance (tension) of the **Power Arms**, simply turn the knob counter-clockwise. This will give you an easier fat-burning workout. For a more intense workout and to tone and shape upper arms, increase resistance by turning the knob clockwise.

5. **Power Strider Fat Loss Monitor** - This monitor automatically gauges the progress of your workout. Simply move your feet in the **Foot Pads** and the **Fat Loss Monitor** begins recording workout data. It will keep

track of the **Time** you've been using the Strider, the **Count** of Power Strides you've made during the current workout, the **Total Count** of Power Strides you've historically made since you first purchased your Strider and the **Calories** you've burned during the current workout. When you stop moving your feet, the **Fat Loss Monitor** stops recording data after about 7 seconds and then completely shuts off after several minutes.

Battery Installation: Before operating, you'll need to install two double A (AA) batteries in the **Fat Loss Monitor**. To install, gently lift (pop off) the face of the monitor and place batteries in as indicated. Then replace the monitor's face and you're ready to go.

6. **Setting the Fat Loss Monitor**

Hold the **Reset** button for 2-3 seconds at the start of your workout to reset the data counters. Then press the **Mode** button to decide what data you'd like to record and see during your workout.

If you want the **Fat Loss Monitor** to scan through all the data as you are working out- **Workout Time, Power Strider Counts** and **Calories** – highlight the word **Scan**.

If you want to focus on one particular piece of data during the workout, **do not** highlight the word **Scan**. For example, if you're mainly interested in calories you burn during the workout, make sure the word **Scan** is not highlighted by pressing **Mode**, and then press **Set** until **Calories** is highlighted.

Note: You cannot change **Modes** during your workout. You can only change **Modes** when the Strider is not in motion. Also, note that if you like to track historical data only, do not press **Reset** at the start of your workout and your **Fat Loss Monitor** will save all historical data up to that point. For example, if you never press **Reset**, you will have historical data from when you first purchased and started using your Strider.

Your New Power Strider Will Help You Make Great Strides Toward Burning Fat Faster!

Your new **Power Strider** gives you exactly the type of exercise you need to burn fat faster. It offers the perfect balance of aerobic and muscle building exercise, both of which are key to boosting your metabolism. Just use your **Power Strider** for 10 minutes twice a day and watch the inches melt away.

Kick Your Metabolism Into High Gear With Aerobic and Muscle-Firming Exercise

While, when it comes to food, eating more of the right foods is the way to boost your metabolism, you'll be happy to know that the opposite is true with exercise. Actually, too much exercise can inhibit your metabolism. By using your new **Power Strider** just 10 minutes twice a day, you'll kick your metabolism into high gear, while you tone and shape hips, thighs and buns. Your **Power Strider** routines are designed to lift your heart rate to the ideal fat burning zone for optimum weight loss. Plus, you'll be building muscle, which helps your body burn fat even at rest.

How To Get In The Fat-Burning Zone

To optimize the fat-burning potential of your workout, you need to maintain a steady pace on your **Power Strider** for 10 minutes straight, twice a day. Just choose any **Power Strider** routine and work at a rate that is challenging, but within your comfort zone. In other words, work as hard as you can without overdoing it.

You can adjust your workout simply by slowing down or speeding up. You can also adjust the tension knob on your **Power Strider** to increase the tension if you want a tougher workout or decrease the tension if you feel too tired. But always be sure to challenge yourself. Don't stop until 10 minutes have passed.



Note: If you feel short of breath or dizzy, discontinue exercising. Always consult with your physician before undertaking any weight loss or exercise program.

Muscle Building and Your Metabolism

Your **Power Strider** routines also help you firm and tone trouble areas - like the buns, thighs and hips. But the benefits of building these muscles goes well beyond looks to the core of boosting your metabolism.

Muscle burns fat two ways: First, the act of exercising requires and burns more calories than sedentary activities. Second and more importantly, muscle tissue itself requires more energy simply to exist and it burns calories all day, unlike fat tissue. Even at rest, muscles are gobbling up calories. So you see, adding a little lean muscle tissue not only firms you up, it also helps you burn fat.

If you want to firm, tone and burn more calories, just follow your **Power Strider** routines with Kita's step by step instructions on your DVD twice a day. It's a fun and effective way to burn fat fast!

Now Let's Get Started!

Now that you understand the basics on how proper eating and exercise can boost your metabolism and help your body burn fat, it's time to get to it!

Make sure you've had a chance to open your **Power Strider** and watch Kita's introduction on the "**10-Minute Fat Blasters**" DVD. It's very important that you watch her brief introduction. Take a moment to get on the **Power Strider** and try some of the moves you'll be doing.

Your Fat-Burning Power Strider Routines

Now comes the fun part, working out with your new **Power Strider** routines. Just pop in the DVD and let Kita take you through the workouts. These six routines will be key in helping you lose fat fast over the upcoming weeks. Just choose two per day and make sure to do each routine for 10 minutes, as mentioned in the previous section. You'll notice that each exercise has specific toning benefits in addition to burning fat. Choose different routines each day for overall fat-burning results, or choose ones that focus on lower body toning.

Note: If your first 10 minute routine is before lunch, be sure and add a complex carb to your breakfast or mid-morning snack (one cup oatmeal, rice, yam, etc)...

Now let's take a minute to go over the routines.



Total Fat Burn

Designed for overall fat burning and general toning. It's a good starter routine.



Accelerated Fat Burn

Steps it up a notch. It kicks fat burning into a higher gear, while giving you overall toning.



Fat Burn Inferno

Maximizes fat burning and works your overall muscle groups more intensely.



Lower Body Burn

Focuses on the lower body muscle groups while giving you a great aerobic workout. A great lower body routine to start with.



Accelerated Lower Body Burn

Puts you in high gear with a more intense lower body and aerobic workout.



Lower Body Inferno

Optimizes lower body toning while maximizing your aerobic workout.

As a Final Thought: Remember These Seven Essential Tips For Trimdown success:

- 1. Eat a healthy diet and eat several meals/snacks a day.** The right combination of protein and carbs will cause a chemical reaction in your body to help you burn fat fast. Essentially, you need to supply your body with what it needs nutritionally while stopping the “fat storing” process and turning the heat up on the “fat burning” process.

My Eating Schedule		
Meal		Time
Breakfast	=	
Mid-A.M. Snack	=	
Lunch	=	
Mid-P.M. Snack	=	
Dinner	=	

- 2. Stick to the Schedule.** Eating every 2-1/2 - 3 hours is key to keeping the fires of your fat-burning furnace hot. By eating high-quality meals frequently, your body gets into the habit of always having food, so it says “I’m going to get more food in a couple of hours, no point storing this, I’ll just burn it up.” Imagine, a weight loss plan that has you eating constantly!

- 3. Eat Every Meal.** Don't skip any meals or snacks. If you want the fat-burning fire to keep burning,

you’ve got to fuel it. Believe it or not, skipping meals and snacks can actually slow down your metabolism. Besides, the best part is that you never go hungry! (Suggested snacks are protein powder mixed with fruit and water.)

- 4. Avoid the 3 Foes of Fat Loss.** Stay away from fat, sugar and salt in all their various forms. The best way to do this is to avoid processed and pre-packaged foods. Eat fresh, whole foods that you cook yourself. DO NOT cook with oil, butter or grease. Instead, sauté meats and veggies in fat-free, no-sodium-added chicken broth, or wine (not cooking wine). Or use the barbeque grill. Get creative with spices and herbs. Just because it’s healthy doesn’t mean it has to be boring.

- 5. Drink Like a Fish.** That is, drink lots and lots of water... at least 8-10 twelve ounce glasses of water per day (a couple of one quart bottles of water). A consistent flow of water keeps the metabolic process running smoothly. Coffee and tea are fine. Just use artificial sweetener in place of sugar and leave out the milk or creamer. DO NOT drink alcohol or any beverages laden with sugar (soda or fruit juices, even if natural).

Seven Tips for TrimDown Success *continued...*

- 6. Cook it yourself.** While you are working on your toning and trimming program, skip the restaurants and fast food joints. It's virtually impossible to avoid the 3 Foes of Fat Loss when dining out, especially fat and salt. The best strategy is to cook your own food and always have it with you. That way when hunger hits or it's time for your next meal, you're not tempted to duck into the drive-thru of the local burger joint.
- 7. Kick it Up a Notch!** Do two ten-minute **Power Strider Routines** every day. The **Power Strider Routines** are easy-to-do routines that will speed up your fat loss by burning stored body fat into fuel for your metabolic fire, which makes losing weight a cinch. But don't panic - there's nothing intense about these daily routines... except for the way they burn fat!

Now that you know how your metabolism works and how you can burn fat faster with a healthy diet and Power Strider Routines, you're well on your way to a healthier, more fit lifestyle. So put in your DVD and let's get started!

Manufacturer's Limited Warranty for The SlimLine Power Strider!

What is Covered By The Warranty:

This warranty covers defects in materials and workmanship under normal use, service and proper operation. Normal wear and tear is not covered.

How Long Coverage Lasts:

The warranty covers the frame and parts for a period of 1 year from the date of purchase. This limited warranty extends only to the original consumer purchaser and is not transferable.

What is Not Covered By The Warranty:

This warranty does not apply to any product which has been subject to commercial use or abuse, misuse, alteration, or to any defect or damage caused by repair, replacement, substitution or use with parts other than parts the same as or equal in quality to those originally incorporated in the product. This limited warranty is the only written or express warranty given by the manufacturer.

THE MANUFACTURER SHALL NOT BE LIABLE FOR THE LOSS OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGE TO BREACH OF THE ABOVE WARRANTY OR IMPLIED WARRANTY. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THE PRODUCT IS EXCLUDED.

What Manufacturer Will Do:

Manufacturer will provide free repair or replacement or part(s) at our option. You will be requested to return the product or part to Thane Direct Canada, Inc. You must pay any shipping or handling costs for returning parts or product by this warranty as well as the shipping costs to send the product back to you.

How To Get Service:

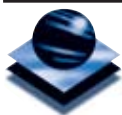
Simply call 1-866-338-4263 or visit our website www.thane.ca.

Your Rights Under Provincial Law:

This warranty gives you specific legal rights, and you may also have other rights which vary from province to province.

Customer Service:

At Thane Direct Canada, Inc., we stand behind all of our products. If you have any questions or problems with your SlimLine Power Strider, feel free to call us at 1-866-338-4263 from 8:30AM to 4:30PM Monday – Friday Central Standard Time. Or visit our website www.thane.ca.



Thane Direct Canada, Inc., the Canadian distributor of the SlimLine Power Strider, is a Canadian icon in the health and fitness field. For more information and other Thane Direct Canada, Inc. products, log on to www.thane.ca.