

**Tone Up and Be the Best
You Can Be!**



MANYTONEZ

Perfect your body toning through a combination of aerobic, pilates, and yoga exercises with the soft weighted resistance of the toning balls



**2lb. Toning Ball Set (2 lbs. each)
Quick Exercise Guide**

Flutter Kicks & Toe Touches

Lie on your back with your hands by sides or place them underneath your glutes. Alternate making small, rapid up and down scissor-like motions with your legs with the toning balls strapped on your feet.



Lie on your back holding onto the toning balls with your hands. Lift your legs until they're perpendicular to the floor and extend your arms. Without moving your legs, lift your chest and shoulders off the floor and try to touch your feet.



Bicycles & Leg Raises

Lie on your back with your knees bent, and feet flat on the floor. Place your hands behind head. Raise your shoulder blades off the ground and lift your legs off the floor, and bend knees to 90. Then slowly pedal them in the air, alternating as if riding a bicycle. Have toning balls place on your feet.



Lie on your back, legs straight and together. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up. Repeat. Have toning balls held with hands.



Laying Side Leg Lifts & Glute Extensions

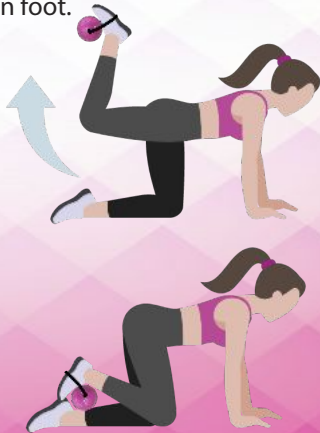
Lie on your side with your legs fully extended and stacked. Ensure toning ball is placed on foot. Lift both legs, keeping feet together, and pause for 2 seconds. Lower legs, repeat, then switch sides.

Kneel on floor and place hands straight down under shoulders on the floor. Lift right knee off the floor slightly and push right foot back to extend leg straight squeezing your glute. Release slowly bringing knee back in to a bent position. Continue for desired reps and switch feet. Ensure toning ball is on feet.

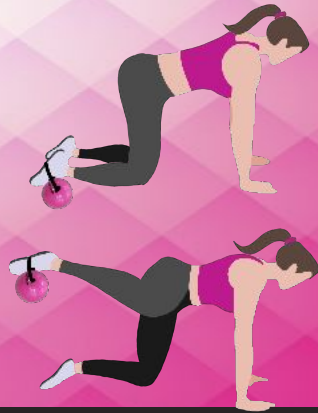


Donkey Kicks & Fire Hydrants

Get down on all fours and position your hands under your shoulders and your knees under your hips. Kick back with one leg and squeeze the glutes. Bend the knee, lower the leg and repeat. Ensure the toning ball is on foot.



Get down on your hands and knees, with your wrists under your shoulders and your knees hip width apart. Keep in the knee bent, raise one leg up and out to the side, until its level with your hip. Return to starting position, repeat, then switch legs.. ensure toning ball is on foot.



Russian Twists & Calf Stretches

Lie down with your legs bent at the knees. Elevate your upper body so that it creates a V shape with your thighs. Twist your torso to the right and then to the left. Repeat movement and complete set. Have toning balls in hands.

Lie down and back with arms to the side. Have legs raised with knees bent at 45 degrees. Keep the knee bent and go up and down movement with the feet. Continue until set is complete. Have toning balls on feet.



Pointer Arm Raise & Tricep Kickback

Starting on your hands and knees, tighten your stomach muscles, then extend and raise one arm to shoulder level. Hold this position for 3 to 5 seconds, then return to starting position and repeat using the opposite arm and leg. Hold toning balls in hand.

Place both legs on floor and one hand on floor while torso parallel to the floor. Have arm against your side with toning ball in hand, with a 90° bend at the elbow. Straighten your arm backwards until it is parallel to the floor. Slowly lower until your arm is back at the 90° angle. Repeat and complete set.



Squat Rotate & Tricep Overhead Push Press

Stand feet shoulder width apart with a slight bent in knees. Have toning ball in hand palm up towards the side. Come up with your arms raised above shoulder and twist the the side and come back down. Repeat set.



Have toning ball(s) in hand(s) and stand straight with your feet shoulder width apart. Raise your arms and with your elbows pointing forward, start lowering the arm with toning ball in hand. Slowly raise the arm to starting position and repeat set.



Hover Lung & Thread the Needle

Stand facing and holding something sturdy with arms straight. Have toning ball on foot. Lift knee to hip height. Swing leg behind you and bend knee to lower body to floor. Stand up and return to starting position. Repeat and complete set.



Start on your side on the floor with your elbow directly underneath your shoulder and feet and knees stacked. Lift your hips up into a side plank with your free arm up toward the ceiling. Take your free arm and thread it through the open space underneath you while you rotate your shoulders and hips toward the floor. Have toning ball in hand.



Hip Rolls & Torso Stationary Plank

Lying on back, knees flexed with toning balls under soles of feet, spine neutral raise spine off floor from the tailbone until with hands by side and inhale. Exhale and resting on shoulders and inhale. Exhale and roll spine back down to floor.



Lying on floor with back straight with slight body raise. Have toning balls on floor with hands grabbed on to them, hold position for 30 seconds looking forward. Then body lowered to floor.



Spine Twist & Hundred Balls

Sit on the floor with legs extended. Lift your arms at the sides to your shoulder height. Twist your upper body to the right side as you take a deep breath. You can then exhale as you move towards the other side while maintaining your arm position. Do this repeatedly. Have toning balls in hand.



Start on your back in a tabletop position with your legs up and bent at 90 degrees. Extend your arms to your side and pull your abs in and up. Crunch up and pump your arms up and down vigorously. Take 5 short breaths in and 5 breaths out. Aim to pump your arms 100 times.



We appreciate you for joining us at **MANYTONEZ**. We would love to hear from you and see how much you enjoyed our product and the seller.

We want to continue to allow you to **tone up and be the best you can be** and inspire others to do the same:

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We look forward to hearing from you!

More information on the toning balls usage can be found at www.manytonez.com