



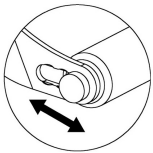
FOREARM TRAINER OWNER'S MANUAL



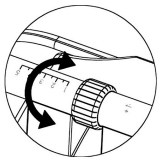
FN-20394

Consult your personal physician before using the Adjustable Forearm Trainer. For Adult Use Only.

How to adjust your Forearm Trainer:



1. Adjust the foam grip to a comfortable position by loosening the grip screws at the both end and sliding to the desired position. Then tighten the grip screws securely



2. Adjust the resistance level. (level 1 is low level 5 is max) To increase the resistance turn the tension adjuster clockwise to move the level indicator towards level 5, to decrease resistance turn the tension adjuster counter-clockwise.

How to use the Adjustable Forearm Trainer:

Insert either arm into your Forearm Trainer with the tension adjuster outside of your forearm, grasp the foam grip (Diagram A). Pull the grip in (towards you) slowly as far as you can, hold 2 seconds (Diagram B), then slowly rotate wrist back to the starting position. Repeat this motion 10 to 20 times. For alternative Forearm exercise just reverse the Trainer grip as shown in (diagram C), and pull back on the grip.



Diagram A



Diagram B

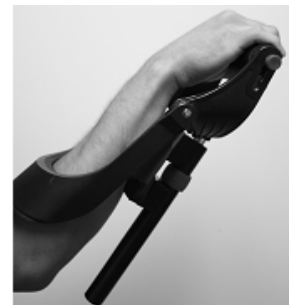


Diagram C

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