For questions about the **Leg Magic[®]Circle Pro**, please contact Customer Care at the email listed to the right.

Leg Magic Circle Pro Customer Care

Email:legmagiccircle@globalideasdirect.com



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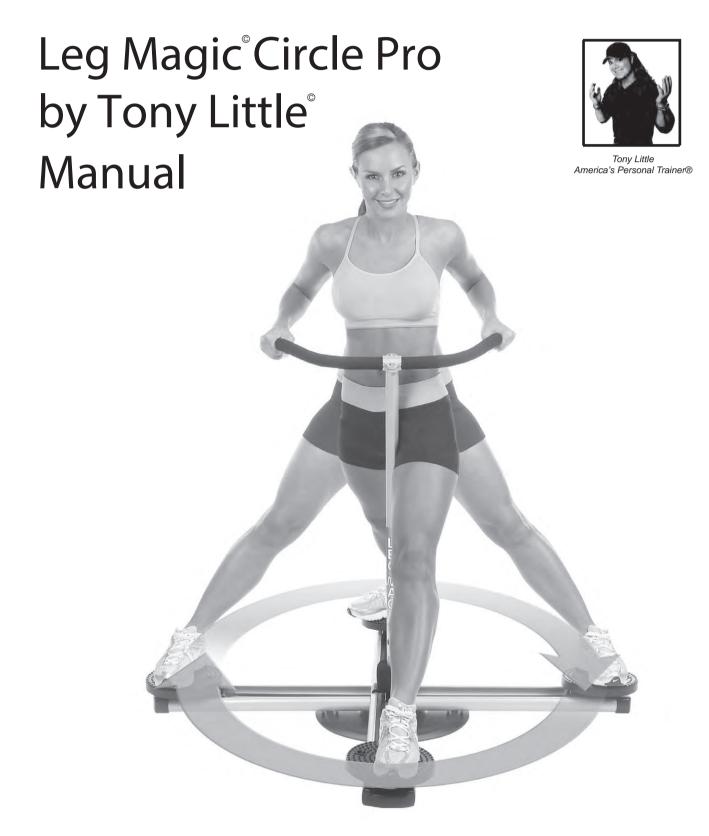
Control No.: LGMCUSA101014

Instruction Manual

OCT 2014 Ed. (1)

Thank you for choosing the Leg Magic Circle Pro. • Read this Instruction Manual carefully before use. The product should be used only as described in this manual.

- Review the "Important Precautions" section before use.
- Keep the Instruction Manual and Warranty Card for your records.



Important Precautions

Please read the instructions in this manual and watch the product DVD before using Leg Magic Circle Pro in order to ensure proper use. As with any exercise program, please determine whether it is safe for you to use Leg Magic Circle Pro. Use Leg Magic Circle Pro as described in this manual. Improper use may cause accidents or injuries.

I M P O R T A N T

- Please be sure to read this manual thoroughly to ensure proper use. Misuse of the product may cause accidents or injuries.
 We recommend that you consult your physician if you do not normally exercise or are over the age of 65. Also, we recommend not to overdo it and gradually increase the time that you exercise.
- Over-exercising is detrimental. Always exercise at a level that is suitable for your current fitness level. Continuous moderate exercise is important.
- Pay special attention to the following signs and understand their meanings:



Can cause death and serious injuries



Can cause personal injury or physical damage

Shop Japan and Oak Lawn Marketing, Inc. assume no responsibility for personal injury or property damage sustained by or through the use of this product.

⚠ WARNING

If you fall under any of the following descriptions, please do not use Leg Magic Circle Pro or otherwise use it with supervision of other persons indicated below.

- If you are 17 years old or younger, except if under the supervision of your parent or guardian, provided that children under the age of 12 years old and below should in no case use this product.
- If you are ill or are undergoing any medical treatment, except if your physician has given you permission to use this product.
- If you become ill, feel pain, or experience physical discomfort while using this product.
- If you experience dizziness, lose your sense of balance, or lose consciousness while using this product.
- If you are pregnant or suspect that you may be pregnant.
- If you weigh more than 220 lbs (100 kg).

Please consult with a physician before using Leg Magic Circle Pro if you:

Have given birth within the past 6 months

∕ CAUTION

- Place this product on a level, stable surface when not in use. Not doing so may result in injuries.
- In order to avoid injury, no other objects should come within 1.5 m (5 ft.) of this product.
- When mounting or dismounting the machine, please hold onto the handle for added stability. Do not attempt to get off the machine while it is running.
- Please do not lean on the handle because this may cause you to fall over.
- Please watch out for your hands and fingers while folding or unfolding this product.
- Wear appropriate clothes while exercising; do not wear loose clothes that could get caught in any of the parts of this product. Always wear athletic shoes while exercising. Remove all items from your pockets as well as belts and accessories that can restrict your movement while exercising.
- When wearing rubber or vinyl exercise clothing, please read the instruction manual supplied with the clothing for proper use. Some clothing may interfere with the evaporation of perspiration and cause an abnormal rise in body temperature.
- Please wear slip-resistant exercise shoes, such as running shoes or aerobic shoes, when using this product. Also, make sure your shoelaces are securely tied before using the machine.
- Please do not exercise barefoot or in slippers. Doing so may cause your foot to become caught in the machine, resulting in injury, or may cause damage to the product.
- Do not use non-wireless headphones while using Leg Magic Circle Pro since the cord can get tangled on the machine.
- Allow your body to adjust to the exercises in the manual. Do not over exert yourself because doing so may have negative impacts on your health.
- Be sure to breathe naturally while exercising. Never hold your breath. Please avoid over-exercising. You should be able to continue a conversation when exercising at the correct level.
- This machine is intended to be used by one person at a time.
- Do not allow others to place their hands, feet, or objects on or near the machine while it is in use. Such actions may result in injury, or may cause damage to the product.
- Long-term use of the machine in the same spot may leave marks, scratches, and/or dents on the floor. Please use a mat under the machine to protect the floor if necessary since wear to the rollers and other parts of the machine may damage the floor.
- Make sure that you take time to balance yourself properly while using the machine to avoid injury from falling.

Product Usage

This product is intended for home use only.

Do not use this product in a commercial, rental, or institutional setting.

Product Maintenance and Inspection

- Inspect for damage and properly tighten all parts each time you use this product. Do not use it if you find signs of damage or malfunction
- Please keep this product clean by using a soft cloth to clean sweat, dust and other dirt off the rails, pedals and handle after
- Use only parts that are recommended or sold by the product manufacturer. Incompatible parts may cause accidents to
- Using this product when foreign substances adhere to parts such as the rails and rollers may cause accidents or injuries.
- Do not take apart or attempt to repair this product as this may cause damage, accidents, or injuries.
- Dry the machine immediately if it gets wet or damp. Use a dry cloth to quickly wipe away any moisture.
- Occasionally use a clean, dry cloth to clean the inner side of the rails and apply any commercially available grease to the side and bottom of the inner side of the rail.
- Please keep this product out of reach of children under the age of 12 years old and pets.

Stop operating the machine in the following situations:

- If you feel dizzy, nauseous, or ill while using this product.
- If the machine is malfunctioning or has become defective.
- When people or animals approach the machine while you are using this product.

Product Disposal

Please dispose of this product in compliance with environmental and safety laws.

Thank you for choosing Leg Magic Circle Pro by Tony Little!

Introduction

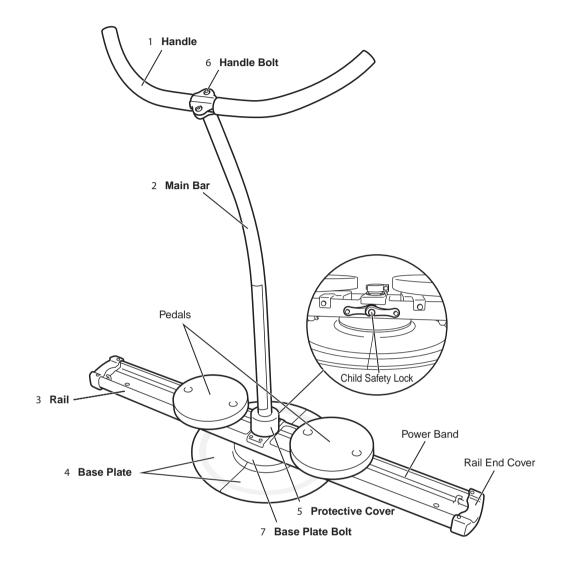
This easy-to-use, light-weight and portable exercise machine is the new and improved version of the original Leg Magic. With improved design and functionality, Leg Magic Circle Pro is a great machine that can help you strengthen and shape your body. With just 60 seconds per session, several times a day to help you stay fit in the comfort of your own home. We hope you enjoy this product as much as we enjoyed creating it for you.

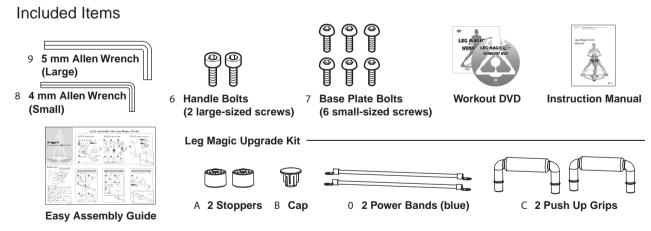
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*It is strictly forbidden and against the law to replicate in part or in whole any part of this manual without the written permission from Global Ideas Direct, LLC and Oak Lawn Marketing, Inc..

Parts and Accessories





Product Specifications

Length: 44 in. (113 cm) Height: 36 in. (95.5 cm) Width: 15.2 in. (38.5 cm) Weight: Approx. 26 lbs (11.6 kg) Maximum User Weight Limit: 220 lbs (100 kg)

[★] Please keep this manual in a safe place.

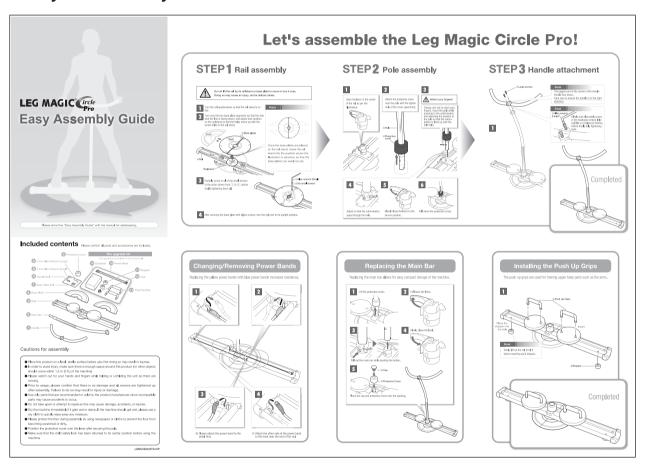
Assembling Leg Magic Circle Pro

Leg Magic Circle Pro was designed for easily assembly so that anyone can start using it right away. Please follow the included Easy Assembly Guide to assemble the machine.



 Please protect the floor during assembly by using newspaper or cloths to prevent the floor from becoming scratched or dirty.

Easy Assembly Guide



Workout DVD

The Workout DVD features basic exercises for Leg Magic Circle Pro. The instructions are easily to follow, making them suitable for individuals who are not accustomed to exercising.

Leg Magic Circle Pro comes with a DVD which features over 15 types of exercises. Your coach in the video is fitness expert, Caroline Pearce. Caroline provides tips for basic movements and exercises in an easy to follow manner, perfect for beginners and individuals who are not accustomed to exercising. So start exercising and achieve the body you want!



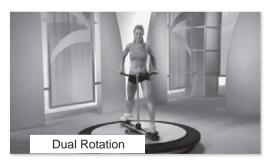
Main Content

Calorie burning exercises for better fat burning

Lower body exercises essential for beautiful legs

Upper body exercises for tightening the arms







Getting Started

Warming Up

Before using the Leg Magic Circle Pro, it is recommended that you warm up for 5-10 mins to prepare your body for exercising on the machine. In addition to loosening up muscles and preparing the body for a workout, warming up is good for preventing injuries and allows you to get the maximum out of your workout.

Aerobic exercise such as walking is a good way to warm up and increase your heart rate gradually. After warming up, it is recommended that you do 5-10 minutes of stretching before using Leg Magic Circle Pro.

Stretching can also help prepare your muscle for strength training on the Leg Magic Circle Pro. Please refer to the "Stretching Exercises" section below and stretch your muscles without overdoing it. Be sure to move your arms in legs slowly, rhythmically, and in a relaxed manner.

Cooling Down

It is also recommended that you cool down after working out on the Leg Magic Circle Pro by stretching your muscles and performing simple movements. Please refer to the "Stretching Exercises" section below and stretch your muscles without overdoing it. Be sure to move your arms in legs slowly, rhythmically, and in a relaxed manner.

Stretching Exercises

Use slow and relaxed movements while stretching. DO NOT bounce as this can pull the muscle(s) you are trying to stretch. Stretch until you feel some tension (not pain) in your muscle and hold the stretch for 20-30 seconds. Breathe slowly and rhythmically without stopping. Always stretch both sides of your body.

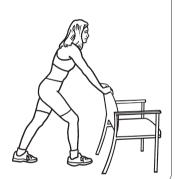
1. Front Thigh Stretch

- 1 Balance yourself using a wall or the back of a chair.
- 2 Stand on your left foot and hold your right ankle behind you.
- 3 Standing upright, gently pull your knee backwards.
- 4 Hold position for 20-30 seconds.
- 5 Repeat on left leg.



2. Calf and Heel Stretch

- 1 Balance yourself using a wall or back of a chair.
- 2 Put right foot in front with toes flat on the floor.
- 3 Lean your upper body forward as you bend your right knee. Do not bend right knee past your toes. Keep your left foot straight and flat against the floor.
- 4 Hold for 20-30 seconds.
- 5 Repeat on left leg.



3. Upper Arm Stretch

- 1 Put your right arm over your head.
- 2 Bend your right elbow and lower your right hand until it reaches the back of your neck.
- 3 Hold your right elbow with your left hand and stretch it comfortably.
- 4 Hold stretch for 20-30 seconds.
- 5 Repeat on left arm.



4. Back Stretch

- 1 Stand with your legs shoulder width apart.
- 2 Bend your upper body forward from the waist.
- 3 Bend from the waist as far as you can comfortably with arms hanging.
- 4 Hold for 20-30 seconds.



5. Knee Stretch

- 1 Put your right leg in front with your foot flat on the floor.
- 2 Place both hands gently on your thigh and bend your left knee while leaning forward until you feel tension on the back of your right leg.
- 3 Hold position for 20-30 seconds.
- 4 Repeat on left leg.



6. Back, Hip, and Stomach Stretch

- 1 Lay down with your back on the floor and bend your left knee.
- 2 With your shoulders against the floor, raise your left knee and pull it towards your chest.
- 3 Hold position for 20-30 seconds.
- 4 Repeat on right leg.



7. Inside Thigh Stretch

- 1 Sit on the floor touching the soles of your feet together.
- 2 Press down on your knees with your elbows and lean forward from the waist.
- 3 Hold position for 20-30 seconds.



8. Arm Stretch

- 1 Stand with feet facing forward and knees slightly bent.
- 2 Drop down your arms and stretch your shoulders back to broaden the chest.
- 3 Bend your elbows slightly, hold your hands together behind your back, and raise your hands upward.
- 4 Hold position for 20-30 seconds.



Leg Magic Circle Pro Exercises

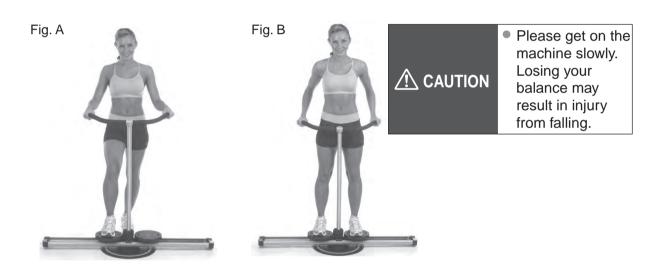
In order to increase the effectiveness of your workouts, it is important to first read the information in this section and maintain correct form during the exercises.



- Please make sure that both ends of the power bands located inside the rail section are attached to the ends of each of the rails and to the hooks on the bottom of the pedals.
- When mounting or dismounting the machine, be sure to hold the handle in order to avoid falling.

Start Position

- 1. Stand behind Leg Magic Circle Pro.
- 2. Make sure that the pedals are positioned at the center of the machine.
- 3. Hold the handle with both hands and slowly step onto the right pedal with your right foot (Fig. A).
- 4. Slowly put your weight on your right foot and place your left foot on the left pedal (Fig. B).
- 5. Maintain an upright posture without slouching forward.
- 6. Make sure that the left and right pedals are an equal distance from the main bar.





 Please do not place too much weight on the handle. Losing your balance may result in injury from falling.

Exercise Tips

- When performing basic exercises, please maintain correct posture and perform the movements smoothly.
- When performing advanced exercises, please maintain correct posture and perform the movements as slowly as possible.
- Do not turn your upper body when rotating the legs.
- Beginners should only perform each exercise 8-10 times. If your muscles feel fatigued during the start of your workout, please rest between exercises. When you are able to perform each exercise more than 10 times, gradually add more repetitions.
- In order to make the exercises more challenging after you have become accustomed to them, please increase the number of exercises performed in succession.
- Please be careful not to move too quickly during the exercises because it is not effective.

Basic Exercises

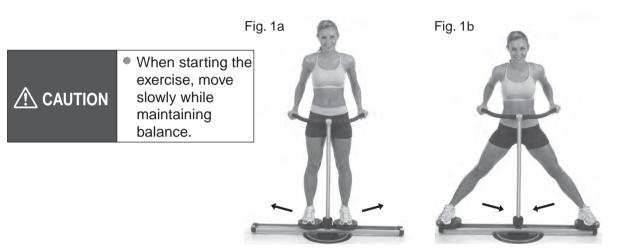


- Please do not place too much weight on the handle. Losing your balance may result in injury from falling.
- Please do not forcefully slide the pedals against the center or edges of the rail.
 It could cause the unit to break.

[1] Lateral Glide

This exercise targets the muscles along the back of the thighs.

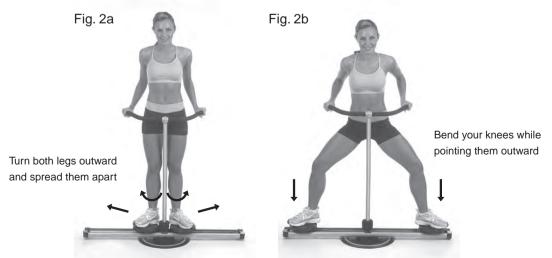
- 1. From the start position, slightly bend your knees.
 - % This exercise is performed with the knees bent slightly throughout.
- 2. Smoothly spread your legs open so that they extend to the ends of the rails (Fig. 1a).
- 3. Stay in that position temporarily.
- 4. Slowly move your legs back to the center of the rail (Fig. 1b).
- 5. Repeat steps 2-4 16 to 20 times.



[2] Plié Glide

This exercise targets the muscles along the inside, front, and back of the thighs as well as the hip muscles.

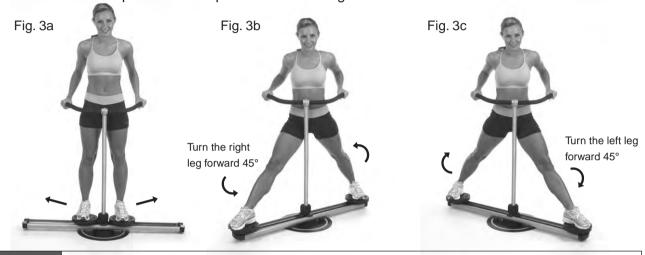
- 1. From the start position, turn out both legs so that your knees and toes are facing outward and then smoothly spread your legs apart (Fig. 2a).
- 2. Bend your knees while pointing them outward (Fig. 2b).
- 3. Stay in that position temporarily.
- 4. Return to the original position as described in step 1 with your knees facing forward (Fig. 2a).
- 5. Repeat steps 2-4 16 to 20 times.



[3] Cross Glide

This exercise targets the muscles along the front and inside of the thighs as well as the core muscles that support the torso.

- 1. From the start position, slightly bend your knees.
- * This exercise is performed with the knees bent slightly throughout.
- 2. Smoothly spread your legs open (Fig. 3a), and turn the rail 45° with your right leg forward and left leg to the rear (Fig. 3b).
- 3. Stay in that position temporarily.
- 4. Turn the rail while bringing your legs together and return to the start position (Fig. 3a).
- 5. Now turn the rail by bringing your left leg forward and right leg to the rear (Fig. 3c). Repeat steps 2-4 16 to 20 times. A repetition is completed after both legs were used to rotate the rail forward.



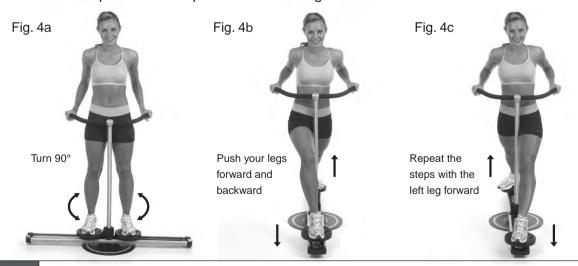
⚠ CAUTION

When starting the exercise, move slowly while maintaining balance.

[4] Parallel Skiing

This exercise targets the muscles along the back of the thighs, hip muscles, and the core muscles that support the torso.

- 1. From the start position, slightly bend your knees.
 - * This exercise is performed with the knees bent slightly throughout.
- 2. Keeping the pedals at the center of the rail, turn the rail 90° (Fig. 4a).
- 3. Push your legs in opposite directions (forward and backward) (Fig. 4b).
- 4. Stay in that position temporarily.
- 5. Turn the rail while bringing your legs together and return to the start position (Fig. 4a).
- 6. Now turn the rail by bringing your left leg forward and right leg to the rear (Fig. 4c). Repeat steps 2-5 16 to 20 times. A repetition is completed after both legs were used to rotate the rail forward.



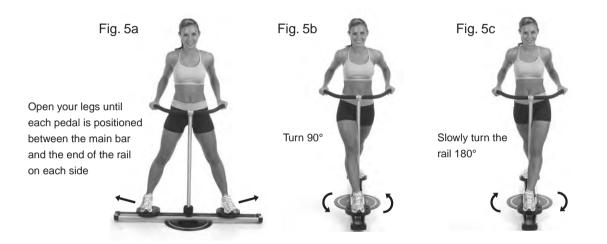
⚠ CAUTION

 Do not perform rotations too quickly. Using too much effort to rotate may cause you to fall.

[5] Circle Glide

This exercise targets the waist muscles as well as the core muscles that support the torso.

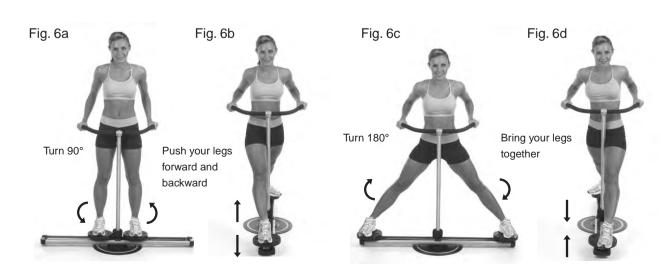
- 1. From the start position, slightly bend your knees.
- * This exercise is performed with the knees bent slightly throughout.
- 2. Open your legs until each pedal is positioned between the main bar and the end of the rail on each side (Fig. 5a).
- 3. Keeping the pedals in position, turn the rail 90° (Fig. 5b).
- 4. Stay in that position temporarily.
- 5. Slowly turn the rail 180° (or as much as you are able to) by changing leg positions (Fig. 5c).
- 6. Stay in that position temporarily.
- 7. Slowly turn the rail 180° (or as much as you are able to) in the opposite direction by changing leg positions, and return to the position described in step 3 (Fig. 5b).
- 8. Repeat steps 4-7 16 to 20 times. A repetition is completed after both legs were used to rotate the rail forward.



[6] Dual Rotation

This exercise targets the muscles of the lower body as well as the core muscles that support the torso.

- 1. From the start position, slightly bend your knees.
 - * This exercise is performed with the knees bent slightly throughout.
- 2. Keeping the pedals near the center of the rail, turn the rail 90° (Fig. 6a).
- 3. Push your legs in opposite directions (forward and backward) (Fig. 6b).
- 4. Keeping the pedals in position, turn the rail 180° by changing leg positions (Fig. 6c)
- 5. Stay in that position temporarily.
- 6. Bring your legs together and return to the start position (Fig. 6d)
- 7. Repeat steps 2-6 16 to 20 times. It should feel as if you are drawing a large number 8 with your legs.



Adjusting Resistance

If you have grown used to the basic exercises, please try to increase the resistance following the steps below.

The ability to easily change the resistance will allow you to get the body you want by exercising more effectively.

Power Band Replacement

Replacing the yellow power bands with blue power bands increases resistance, allowing you to exercise more effectively.

Please refer to page 16 for information on changing/removing power bands.

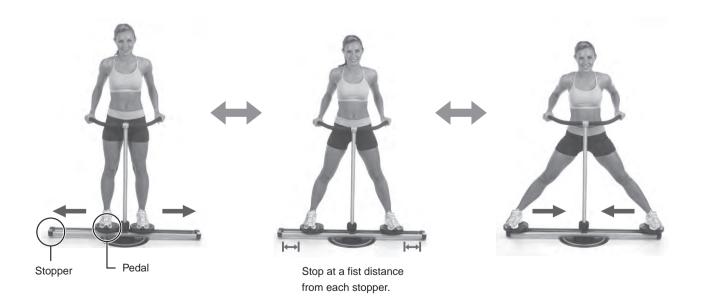
Power Band Removal

Removing the power bands increases resistance during exercises when the legs are pulled together, targeting the thighs. In addition, slowing down how fast you pull the legs together will make exercises more effective.

Please refer to page 16 for information on changing/removing power bands.

Limiting Slide Distance

When opening and closing your legs, you can stop sliding the pedals along the rail before they make contact with the stoppers. This greatly increases resistance for the leg muscles, making exercises more effective.



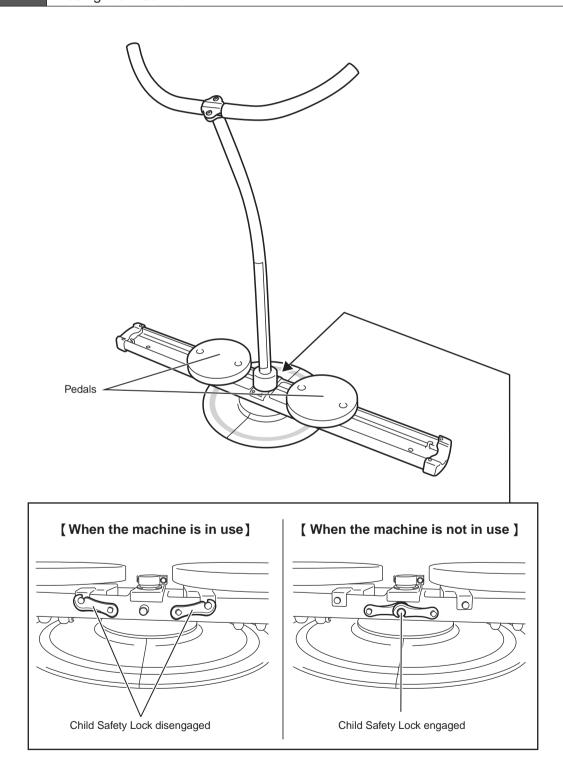
Using the Child Safety Lock

Leg Magic Circle Pro features a child safety lock which keeps the pedals from moving in order to prevent accidents from occurring.

When the machine is not in use, sections of the child safety lock hook over a part of each pedal locking them in place. When in use, the child safety lock is returned to its center position.



- Please use the child safety lock when the machine is not in use.
- Make sure that the child safety lock has been returned to its center position before using the machine.

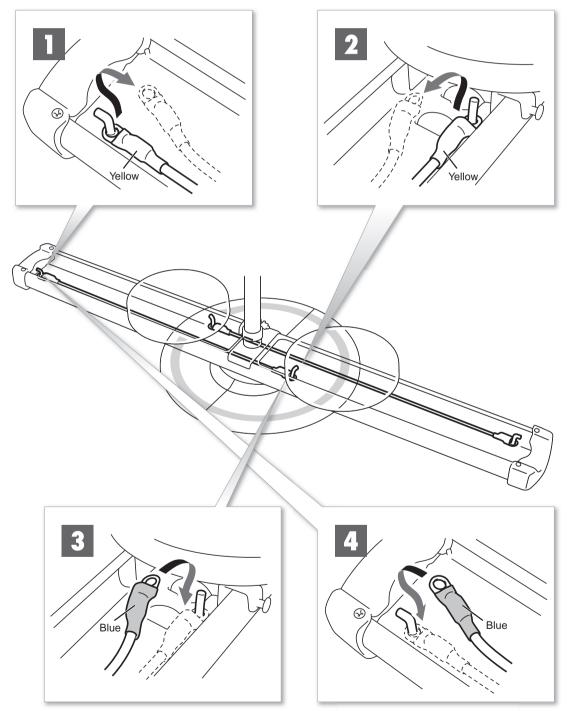


Leg Magic Circle Pro Upgrade Kit

The Leg Magic Circle Pro Upgrade Kit is designed to maximize the effectiveness of the machine, allowing you to get closer to the body you want.

Changing/Removing Power Bands

Replacing the yellow power bands with blue power bands increases resistance.

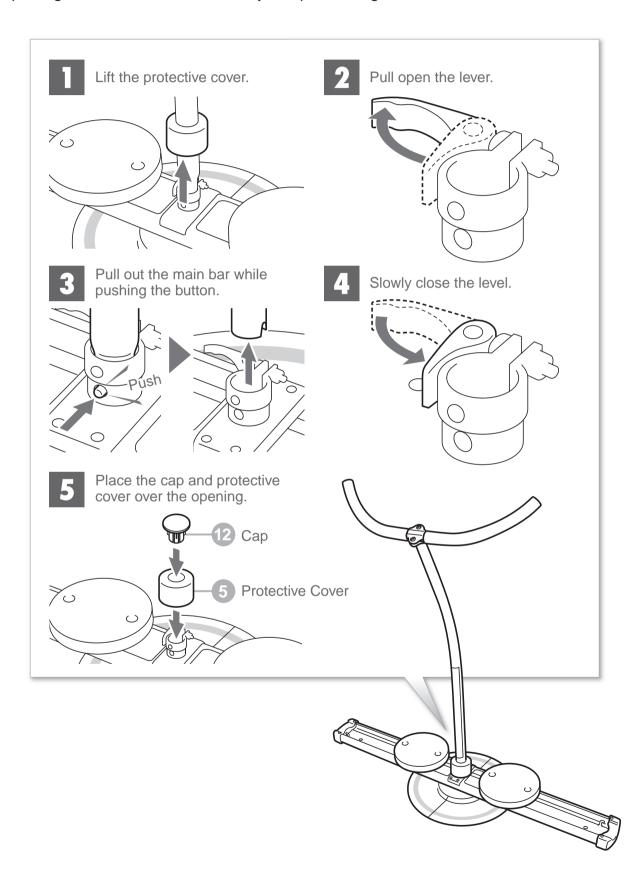


Please attach the power band to the pedal first.

Attach the other side of the power band to the hook near the end of the rail.

Replacing the Main Bar

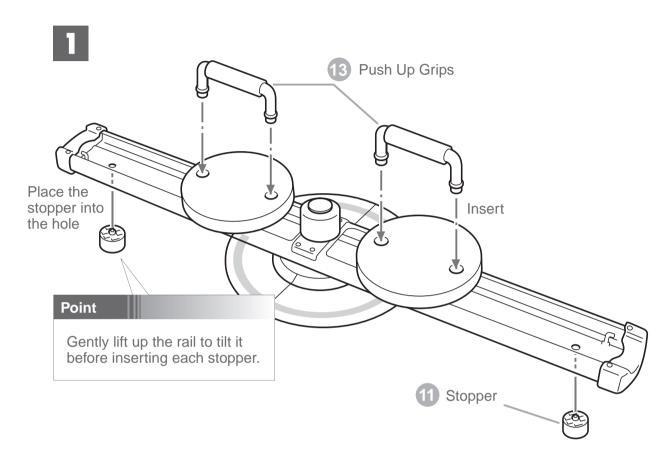
Replacing the main bar allows for easy compact storage of the machine.

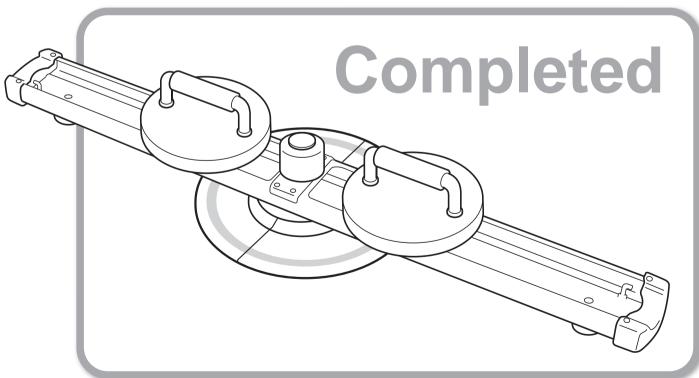


17

Installing the Push Up Grips

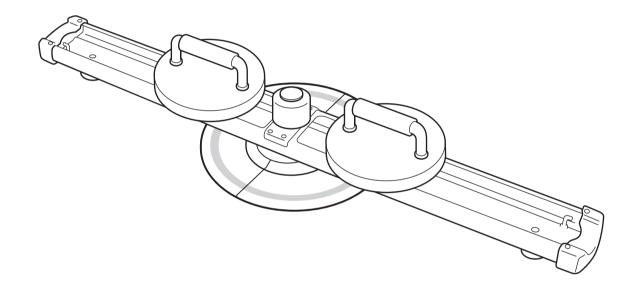
The push up grips are used for training upper body parts such as the arms.





Upper Body Exercises

Using the push up grips included in the upgrade kit allows you to also train your upper body, including your arms. This means you can give your entire body a workout.





The following page contains upper body exercises which make use of the push up grips.

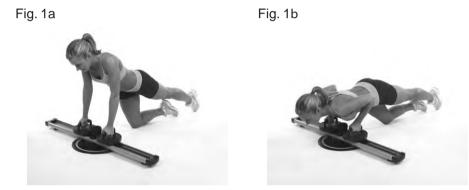
> > >

Push Up Grip Exercises

[1] Triceps Push-ups

This exercise targets the chest, shoulders, back of the arms, and abdominal muscles.

- 1. Get on your knees behind the rail. Firmly hold the push up grips in both hands with your elbows extended. Move the push up grips so that they are in the center section of the rail.
- 2. Holding yourself in a push-up position, stretch one leg out and bend the knee of your other leg so that it rests against the floor (Fig. 1a).
- * If you have grown used to the exercise, try to keep both legs extended for a more challenging workout.
- 3. Slowly bend both elbows, keeping the arms close to the body (Fig. 1b).
- 4. Stay in that position temporarily.
- 5. Slowly extend your arms and return to the position described in step 2.
- 6. Repeat steps 3-5 8 to 15 times.



[2] Lateral Arm Press

This exercise targets the chest, shoulders, and abdominal muscles.

- 1. Get on your knees behind the rail. Firmly hold the push up grips in both hands with your elbows extended. Move the push up grips so that they are in the center section of the rail.
- 2. Holding yourself in a push-up position, stretch one leg out and bend the knee of your other leg so that it rests against the floor (Fig. 2a).
 - * If you have grown used to the exercise, try to keep both legs extended for a more challenging workout
- 3. Slowly bend both elbows and open the arms to slide the push up grips all the way to the ends of the rail (Fig. 2b).
- 4. Stay in that position temporarily.
- 5. Bring your arms back to the position described in step 2.
- 6. Repeat steps 3-5 8 to 15 times.





[3] Kneeling Crunch and Lat Pulldown

This exercise targets the shoulders, latissimus dorsi muscle, and abdominal muscles.

- 1. Get on your knees near the end of the rail with your hips and knees aligned with the rail. Completely extend your elbows and firmly hold the push up grip closest to you in both hands. Move the push up grip so that it is in the center section of the rail (Fig. 3a).
- 2. With your arms extended, slowly slide the push up grip until it reaches the end of the rail in front of you (Fig. 3b).
- 3. Stay in that position temporarily.
- 4. Bend your elbows and tighten your abdominal muscles while rounding your back (kneeling crunch) (Fig. 3c).
- 5. Perform the kneeling crunch for 1-2 seconds before extending your arms and returning to the position described in step 1.
- 6. Repeat steps 2-5 8 to 15 times.



[4] Perfect Push-up (an advanced exercise performed without the use of stoppers)

This exercise targets the chest, shoulders, back of the arms, and abdominal muscles.

- 1. Get on your knees behind the rail. Firmly hold the push up grips in both hands with your elbows extended. Move the push up grips so that they are a shoulder distance apart and hold them in that position.
- 2. Holding yourself in a push-up position, stretch one leg out and bend the knee of your other leg so that it rests against the floor (Fig. 4a).
- * If you have grown used to the exercise, try to keep both legs extended for a more challenging workout.
- 3. Slowly bend both elbows so that your chest makes contact with the rail (Fig. 4b).
- 4. Keeping your body in this position, turn the rail 45° either left or right (Fig. 4c).
- 5. Stay in that position temporarily.
- 6. Return the rail to its original position. Extend your arms to their original position to return to the position described in step 2.
- 7. Repeat steps 3-6 8 to 15 times. Change the direction in which you turn the rail while performing the exercise.
 - *One rep consists of turning the rail 45° with the right arm and then with the left arm before returning to the original position.



⚠ CAUTION

• Be careful not to lose your balance while performing the exercise.

Warranty

Leg Magic Circle Pro Limited One Year Warranty

At Global Ideas Direct, we take pride in our products. Our products are made of superior quality and craftsmanship and designed to meet or exceed the demands placed on them through everyday use. This warranty certifies your unit of Leg Magic Circle Pro to be free of manufacturing defect and warrantees the product to the original owner for a term of one (1) year from date of purchase. Should a unit fail to operate according to manufacturer's specifications due to parts failure or manufacturing defect, Global Ideas Direct, will replace the unit free of charge with proof of purchase and return of the defective unit. This warranty is non-transferable.

This warranty does not cover damage caused by persons through improper installation, use, repair, normal wear and tear, nor does it cover purchases made from third parties. This warranty applies to consumer use only, and is void if the product is used in a commercial or institutional setting.

For warranty service, simply call our Customer Care at 1-877-371-0367 or email us at LegMagicCircle@globalideas.tv.

