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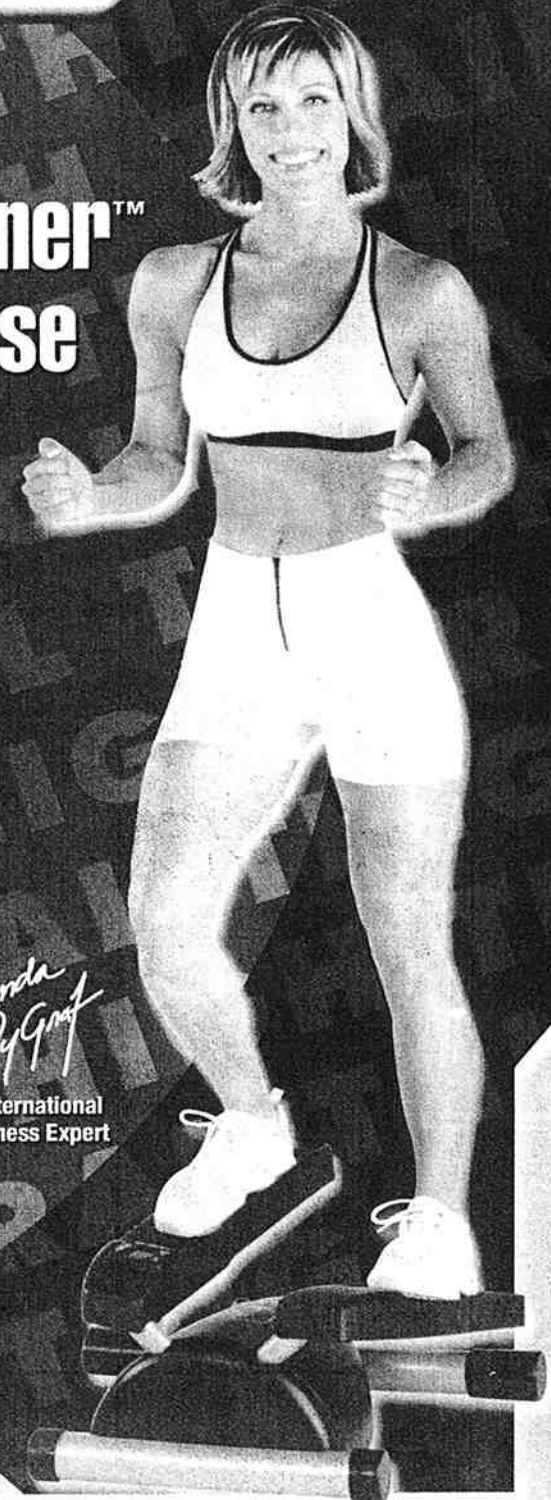
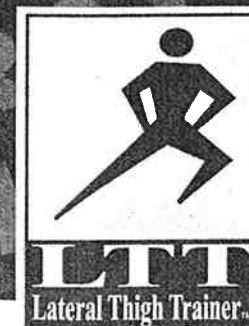
# Lateral Thigh Trainer™ Powerhouse Owner's Manual

## Step-by-Step Instruction

**MAXIMUM  
 USER WEIGHT**  
 250lbs./112.5g

Model#  
 LTT782436

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 International  
 Fitness Expert



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# Important Safety Information

Please read and follow all instructions carefully and thoroughly before using the Lateral Thigh Trainer.

Maximum User weight 250 lbs./112.5 kg.

- Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for using the Lateral Thigh Trainer. This is especially important if you are over the age of 35, have never exercised before, pregnant or suffer from any illness.
- If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- **KEEP OUT OF THE REACH OF CHILDREN.** The Lateral Thigh Trainer is not a toy and not meant to be used by or near children. Please keep all children and pets away from the Lateral Thigh Trainer during use as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers under the unit while you are exercising. **SEVERE INJURY CAN RESULT IF BODY PARTS OR FINGERS ARE PLACED UNDER FOOT PEDALS OR UNIT DURING USE.**
- Use **CAUTION** when getting on or off the Lateral Thigh Trainer. Until you are comfortable using the Lateral Thigh Trainer please hold onto a solid chair or table placed in front of the Lateral Thigh Trainer to hold on to when getting on or off the unit.
- The Lateral Thigh Trainer should be set up and operated on a flat, stable surface.
- **KEEP** fingers, limbs, loose clothing, and hair away from moving parts.
- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and possibly cause serious personal injury or damage to the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Follow your doctors recommendations when developing your personal fitness program.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding this product or its exercise program, please see your physician.
- **DO NOT** use the Lateral Thigh Trainer if it is damaged in any manner. Inspect unit before each use. Failure to observe this warning could result in personal injury while exercising.

**SAVE THESE INSTRUCTIONS**

# Parts & Accessories



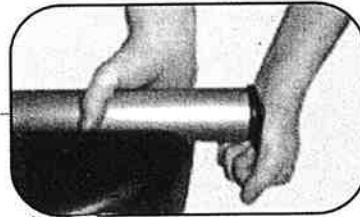
# Assembly Instructions

We have designed the Lateral Thigh Trainer to be easy to assemble and use.

**IMPORTANT:** Remove all parts from packing and inspect for damage. Refer to page 3 for location of parts.

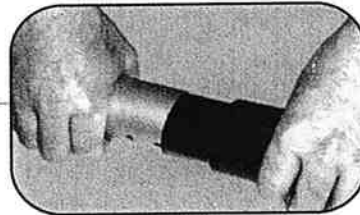
## Step 1: ■

Remove the four shipping plugs from the left and right ends of the Front and Rear Stabilizers. Discard these plugs.



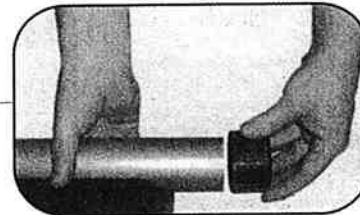
## Step 2: ■

Insert the two Large Rubber Feet into each of the Rear Stabilizer Ends. Align the key on the foot with the slot in the tube. Ensure that the screw holes are aligned, then fit and tighten one screw in the side of each foot.



## Step 3: ■

Push the two Small Rubber Feet over the left and right ends of the Front Stabilizer bar. **Note:** If you have purchased the Upper-Body Power Cords with your unit, please disregard this step and refer to the instructions provided with your cords.



## Step 4: ■

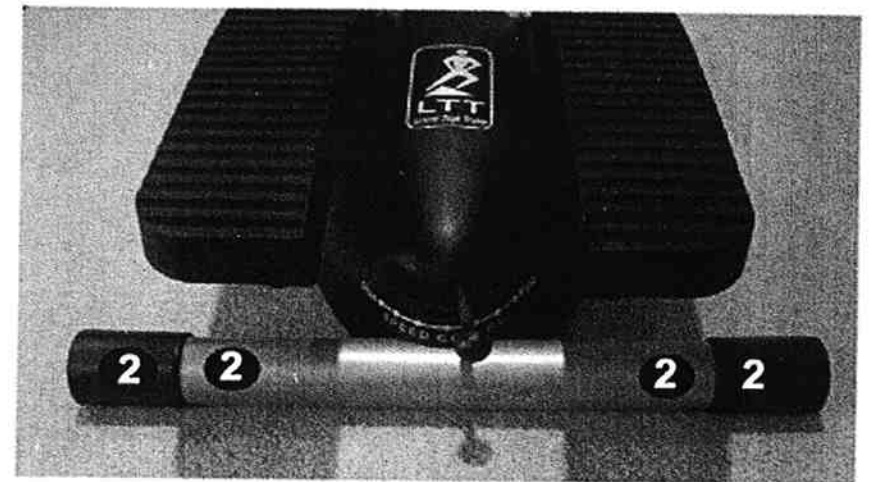
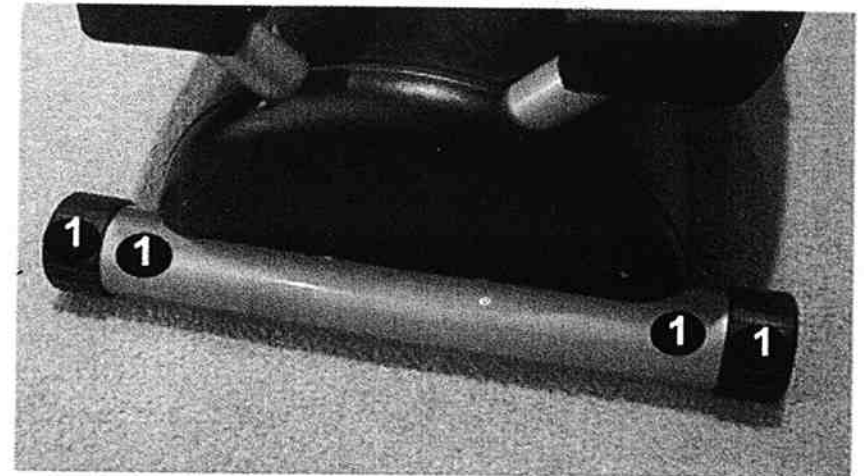
Insert the battery into the back of the Computer. Press the Computer into the open hole in the Right Foot Pedal.



## LTT Foot Assembly

To insure that your LTT plastic feet are assembled correctly simply match the numbers to the parts.

### Front



# Benefits of Exercise

A regular exercise program can help improve the quality of your life, help give you more energy and help combat the effects of aging. Research has shown that 30 minutes of cardiovascular exercise done at the same time, or even in 3 segments of 10 minutes each combined with a weighted workout 3 to 4 times per week can help deliver the following health benefits:

The benefits of regular participation in a well balanced fitness program include:

- Weight Loss • Improved Body Shape and Definition
- Increased Muscle Mass, Strength, Endurance, Power, and Definition
- Enhanced Flexibility • Increased Metabolism • Injury Protection
- Improved Self Esteem • Improved Aerobic Fitness
- Improved Coordination and Agility

## Heart Rate

Improved fitness, weight loss and a host of other important health benefits can occur when you exercise at a intensity level which places your heart rate in its target heart zone. Before starting, you must be in good physical condition and if you are over age 35 get approval from your health care provider before starting an exercise program. During your workout it is important to exercise in your target heart rate training zone. One of the best ways to know if you're exercising in your training zone is to monitor your heart rate during the workout. To do this, locate your age on the chart located at the bottom of this page. This chart shows a lower target heart rate in number beats per minute or beats every 10 seconds. If you are beginning an exercise program, start exercising at this lower heart rate level. The chart on page 6 shows an upper target heart rate level for those individuals who are in excellent physical condition and have exercised previously.

Target heart rates based on your age are to be used as a general guide only. If your fitness level is lower than average for your age, then you may want to work slightly below your target heart rate. If you feel tired, reduce your heart rate and exercise at a lower rate. Overall, the target heart chart is a guide, not a set of rules, so remember to listen to your body at all times.

## Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: first, 10 seconds is long enough for accuracy. Second, the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count won't be as accurate.

## Beginner Target Heart Rate Chart

The following chart is a guide to those of you who are starting on your fitness program.

AGE	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats Per Minute (BPM)	138	132	132	126	120	114	114	108	108

## Intermediate/Advanced Target Heart Rate Chart

The following chart is a guide to those of you who are in good physical shape and familiar with the Lateral thigh Trainer.

AGE	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats Per Minute (BPM)	156	156	150	144	138	132	132	126	120

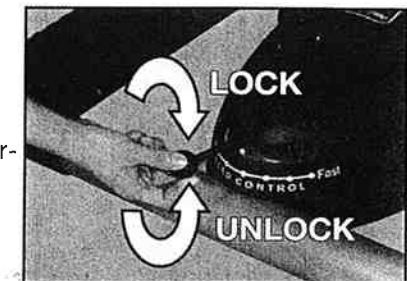
# Getting Started

**IMPORTANT:** Place the unit on a flat stable surface. We recommend using a square piece of carpet or rubber underneath your Lateral Thigh Trainer. This is to protect your floor from any damage due to prolonged use of the Lateral Thigh Trainer.

## Adjusting Speed/Resistance Control:

**The Speed/Resistance Control Lever:** Controls the speed and amount of resistance.

The Speed Control Lever is located at the rear of unit (Refer to page 3 for location). Grasp the ball knob at the end of the lever. Rotate counter-clockwise to unlock the control, then slide the lever to either the fast or slow position. Rotate clockwise to lock (refer to picture).



Set the speed according to your ability.

The fast position is for beginners since it allows for fast stepping with little resistance. The slow position provides greater resistance to help tone and strengthen your lower body musculature **Note:** Always return the Speed Control Lever to the fast position after your workout.