

FIGURE SHAPER SUPREME



1

Tummy Tightener

Place handles on feet. Hold onto sleeves. Lower feet and arms to ground and stretch. Repeat.

Repetitions: 10-20

Main Effect: Stomach

Secondary Effect: Shoulders



2

Tricep Ext Arm Firmer

Start with hands above your head. Bend arms down behind your head. Hold your elbows against your head. Repeat the action slowly at first without bending arms all the way down.

Repetitions: 10-20

Main Effect: Firming triceps



3

Shoulder Strengthening

Keeping your elbow into your waist, slowly bring into your stomach and repeat.

Repetitions: 10-20

Main Effect: Rotator Cuff & Shoulder Strengthening



4

Press & Stretch

Starting with hands at chest level, raise hands above your head and twist from side to side and return.

Repetitions: 10-20

Main Effect: Firms shoulders and back



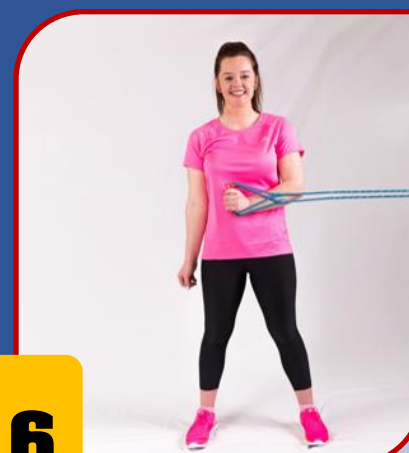
5

Waist Trimmer

Taper your waist and firm chest muscles. (You can use your Figure Shaper or skipping rope for this exercise).

Repetitions: 10-20

Main Effect: Stomach
Secondary Effect: Shoulders



6

Shoulder & Rotator Cuff Strengthening

Keeping your elbow into your side, bring arm across and touch your stomach and repeat.

Repetitions: 10-20

Main Effect: Rotator Cuff & Shoulder Strengthening

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7



High Row upper back strength

Starting with arms straight, pull back slowly with elbows high. Lean slightly back.

Repetitions: 10-20

Main Effect: Upper back and shoulders

8



Pec Ext chest strength

Start with arms slightly behind you bent at 90 degrees. Slowly bring together touching hands and elbows

Repetitions: 10-20

Main Effect: Inner Chest

Secondary Effect: Outer chest

9



Racquet Sports

Hold handles in hand and imitate required sport's action.

Repetitions: 20-50

Main Effect: Strengthen your favourite shot

Secondary Effect: Stamina

10



Golf Development

Hold both handles together gripping your hands and practice your golf shot for strength.

Repetitions: 10-20

Main Effect: Wrist development

Secondary Effect: Forearm

11



Football sports & Martial Arts kicking

Place handle on foot, the other in your hand and kick to suit activity – rugby, soccer, martial arts etc.

Repetitions: 10-20

Main Effect: Develop thighs

Secondary Effect: Speed

12



Shadow Boxing & Martial Arts

With cord over shoulder punch forward and repeat. 3 x 3 minute rounds. Take your time to build up to that.

Repetitions: 3 x 3 min rounds

Main Effect: Speed & Strengthening

FIGURE SHAPER SUPREME



13

Back Stretch (1)

Hold position (1) for three seconds, change to position (2), hold for three seconds.

Repetitions: 5-10



14

Back Stretch (2)

Hold position (1) for three seconds, change to position (2), hold for three seconds.

Repetitions: 5-10



15

Bend & Pull

Keeping your back straight and head up, pull the cord from in front & slowly pull behind.

Repetitions: 3 sets of 30
Main Effect: Lats & Triceps strengthening



16

Back Stretch (1)

Touch knee to head then stretch out leg. Hold each position for three seconds. Repeat 5 to 10 times. Then repeat on opposite leg.

Repetitions: 5-10



17

Back Stretch (2)

Touch knee to head then stretch out leg. Hold each position for three seconds. Repeat 5 to 10 times. Then repeat on opposite leg.

Repetitions: 5-10



18

Dead Lift

Holding handles in hands, stand on six inches of card with back straight, do not straighten legs or bend arms. Slowly lift trunk part of the body up until muscles can be felt. Hold for three seconds.

Repetitions: 5-10
Main Effect: Lower back
Secondary Effect: Thighs

FIGURE SHAPER SUPREME



Attaching your Figure Shaper Supreme

For exercising with your Figure Shaper Supreme you may either put a strong hook into a stud in your wall, as pictured to the left, or follow the photograph to the right wrapping the figure shaper around the base of the door handles



Table of Target Pulse Rates

FITNESS STATUS – MHRA* (Maximum Heart Rate for Age)

AGE	MHRA* 65%	SEDENTARY 75%	ACTIVE 85%	VERY ACTIVE	RED ZONE**
20-29	200	130	150	170	180x
30-39	190	123	142	161	171
40-49	180	117	135	153	162
50-59	170	110	127	144	153
60-69	160	97	112	127	135
70x	150	97	112	127	135

**Red Zone – Red is for danger. Until you have skipped rope for several months, you should not allow your heart to beat at a rate higher than the figure for your age shown in the Red Zone. An exercise that calls for more than 85% of your MHRA is for persons who are totally fit.

Your Personal Measurement Chart

BEFORE STARTING YOUR FIGURE SHAPING PROGRAMME, PLEASE NOTE YOUR BODY MEASUREMENT AS INDICATED ON THE CHART BELOW. THE RESULTS AFTER SEVEN DAYS MAY PLEASE AND SURPRISE YOU.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standard Pulse Rate						
Pulse rate after 10 min workout						
Recovery time to standard pulse rate						
Hips						
Waist						
Stomach						
Bust						
Thighs						

YOU CAN ALSO KEEP A MONTHLY RECORD OF YOUR PROGRESS.

FIGURE SHAPER SUPREME

About the Figure Shaper Supreme

The Figure Shaper Supreme, was designed by Billy Graham – four times New Zealand and Australasian Boxing Champion, Physical Education Instructor and Advisor on Training Methods. Billy trained with this style of training for many years to develop speed and agility for his sport without increasing weight. The Figure Shaper Supreme was developed to firm up the body and wake up all your muscle groups. This versatile piece of apparatus has been greatly used by all types of Athletes. Asthmatics have great relief from tension. Men and women with weight problems have found the Figure Shaper of great benefit for pulling into shape that unwanted condition.

The Figure Shaper Supreme cannot be broken or lose its strength. This is a simple piece of apparatus that guarantees results if used as directed in these instructions. All the exercises shown for the Figure Shaper Supreme are proven methods of training confined into a small space for home and office training.

Best of luck with your progress.



Training Hints

1. It is the right exercise, the right food and the right sleep which achieves the maximum results.
2. Music is a very good way of keeping rhythm and creates an enjoyable training environment.
3. Warm up thoroughly, stay warm before, during and after training.
4. Ten minutes a day is better than two hours twice a week.
5. Breathe correctly. Take a deep breath and hold before maximum effort applied. Exhale mid way through maximum effort.
6. Train don't strain.

Back Exercises

Any person starting an exercise programme should warm up. You should include at least three back exercises in your warm up routine.

As 90% of all people suffer from back problems at some stage. Here are a few good hints for preventing problems.

1. Don't slouch when sitting. Always place your backside right in the base of the chair (especially office workers)
2. Always lift with your knees bent. If you are lifting something heavy do not reach for it, but try to place your body as close to the object as is possible.
3. Always take time to warm up, especially when it is cold.