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The Speedshaper Program - Body Toning | EasyLife

Ultra Slim Body Shaper Vibration Machine This machine has been engineered in such a way that it confers optimum body strength as well as toning in by far lesser durations than what is experienced in alternative workouts.

Ultra Slim Body Shaper Vibration Machine - Vibration Machine

weight at this mode for body fat percentage (BMI). At standby mode, press this button Timer Adjustable Press / to Maximum setting is 10 minutes. Not Adjustable A) Gender B) Age B) Height B) Weight Initial Time 10 minutes Press@'' Oto set the time. Maximum setting is 10 minutes. Button Massage Mode STOP START AUTO PROGRAMME (p (BMI) BODY FAT PERCENTAGE

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Work the legs and buttocks by holding two stirrups in each hand and standing on the middle of the Speed Shaper, at its center bar. Bend your knees and squat down until your quadriceps are parallel...

How to Use a Speed Shaper | Healthy Living

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