

SQUEEZEMAGIC™

Squeeze Magic follow along with Fiona Summers from Day 1 all the way through to Day 31. 5 different Moves per Day.

Full 31 Day Program Learn the Moves with a Total 155 Variations

See FREE Videos here:

Search Google - YouTube 'FitnessWithFionaSummers'

**Click on the link with YouTube 'FitnessWithFionaSummers'
Then click on 'Playlists':**

Click in 'FitnessWithFionaSummers' Day 1 through Day 31
Then ALL 31 days are available.

FAQs

Q: Are there any special requirements to use this product safely?

A: It is essential to keep all children & pets away from these Dumbbells when in use.

Q: My muscles ache after just a few minutes, is there something I am doing wrong?

A: No. This shows Summers Squeeze Magic Dumbbells are doing their job.

Q: I feel lightheaded, dizzy or not quite right what should I do?

A: STOP using Summers Squeeze Magic immediately. Consult your doctor before starting again.

Q: Can I overdo this exercise?

A: Your muscles probably will not have experienced this type of exercise for a long time. So it is prudent to start slowly and progressively build the time. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day; give yourself an extra day's rest before resuming your program.

Q: What kind of clothing do I need to wear?

A: Clothing of a loose fitting nature is necessary. Tight clothing will impede and restrict movement.

Q: Can I use it if I have a recent injury?

A. Consult first with your medical professional.

Q: Is it okay for tricky joints ?

A: Consult with your medical professional.

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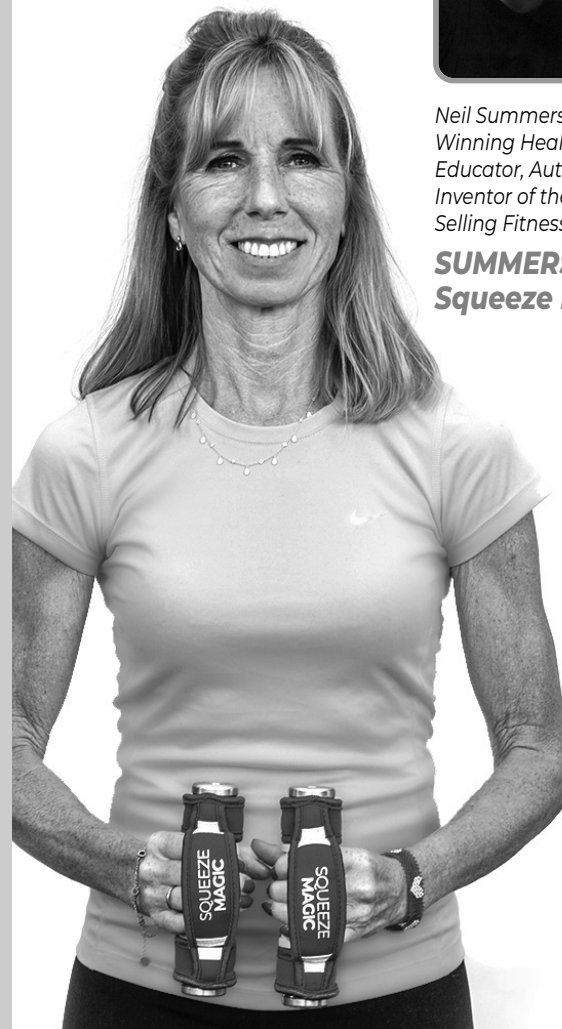
SQUEEZEMAGIC™

Great ideas are born here



Neil Summers, Award
Winning Health
Educator, Author &
Inventor of the Best
Selling Fitness Hit...

**SUMMERS
Squeeze Magic™**



Youtube: *FitnessWithFionaSummers Playlist*

INSTRUCTIONS

PLEASE READ THIS INSTRUCTIONAL GUIDE COMPLETELY BEFORE USING YOUR SUMMERS Squeeze Magic Dumbbells

KEEP THIS GUIDE IN A SAFE PLACE AND MAKE SURE EVERYONE WHO USES THE SUMMERS Squeeze Magic Dumbbells ALSO READS THIS GUIDE.



HOW TO USE

*If you are sitting at your desk, or sitting for long periods all day, break up that sitting by **STANDING UP** and performing 1 of these sessions.*

Once a day would be a great help. Standing up and moving once an hour would be the goal. When you stand up - what should you do? One Session of the Squeeze Magic Program would be a perfect place to start.

*To **START**: One Session; 5 exercises, 5 repetitions.*

As you improve: 10 repetitions per exercise variation.

If you are feeling great build up to 15 repetitions.

*1 lb really is enough. As you Squeeze you add your own **FORCE**. The amount of Force is specific to you and means you will be working within a safe but effective range for you.*

SQUEEZEMAGIC™

THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN.

To avoid injuries, keep this and all other fitness equipment out of the reach of children.

Wear appropriate clothing. Training apparel should be comfortable and light, allowing freedom of movement.

Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or gym footwear.

Always warm-up before each training session.

All exercise carries with it some element of risk. To reduce this risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program.

*It is obvious, however, that even with such medical clearance, the risk associated with exercise can never be reduced to zero. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms; **STOP THE WORKOUT AT ONCE. CONSULT YOUR DOCTOR IMMEDIATELY.***

HAVE A SAFE AND ENJOYABLE WORKOUT.

*Carefully inspect the equipment prior to **EVERY** use, make sure the hand straps are fully intact. Never work with these Squeeze Magic Dumbbells if they are damaged, showing signs of wear, or if any parts appear to be loose.*

Ensure that sufficient free space is available surrounding your entire workout area. It is important that pets, furniture, and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around you during the workout.

Never let anyone get close to you, while you are actively using the dumbbells.

WARNING:

*Do not over-exert yourself with this or any other exercise program. If you feel tired or fatigued. **STOP! Do not overdo these exercises.***

Listen to your body and respond to any reactions you may be having. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.

Failure to follow these instructions could cause accidents, resulting in serious injury or death.

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