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Contour Core Sculpting System II Use And Care Manual

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The Contour Abs Belt, or any ab belt, is supposed to enhance the abs by toning, firming and strengthening. But, the ab belt wearer needs to be reasonably fit for the product to work. It is designed for those close to fitness goals, with minimal weight to lose or to get back into shape following childbirth or a lengthy period away from the gym.

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Contour Abs User Guide - learn-hindi-online.com

Contour Program Guide Overview Contour Program User Guide 1 Chapter 1: Contour Program Guide Overview The Contour Program Guide, hereafter referred to as the "Contour Guide," is an on screen program tool that is designed to work specifically with High Definition televisions and help you manage the way you watch TV.

Contour Program User Guide - Cox Communications

Position the Contour CoreBelt -- the abs belt included with the Contour Core Sculpting system -- over your midsection so the black side of the Gel Pad electrode makes contact with your skin. Align the yellow center line with your navel, which should place the outside pads between your lower ribs and hips.

How to Use the Contour Abs Belt | SportsRec

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The Contour Ab Belt = Great Abs: Abdominal Exercises - Ab Workout The Contour Core Sculpting System Gives You Six-Pack Abs Results through EMS*, Exercise, Diet & Nutrition.

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