



# Booty maxx



***Beach Booty-made at home!***

*Multi-Directional Resistance Technology*

## **Exercise Booklet**

- Shape and tone the glutes, quads, inner & outer thigh, calves and more!
  - Targeted resistance
- Premium resistance band with comfort ankle cuff
  - Padded workout deck
  - Heavy duty construction
  - Space saving design

**Shapes  
& Lifts  
Your Booty**

Design & Utility Patents Pending



TVP Developments Ltd.

[www.booty-maxx.com](http://www.booty-maxx.com)

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Item No : 02580  
MADE IN CHINA

***Highly targeted muscle toning resistance moves***

## **IMPORTANT SAFETY NOTICE**

Please read the Exercises Booklet completely before using your Booty Maxx. Keep this booklet in an accessible place and make sure everyone who uses the Booty Maxx also read this booklet.

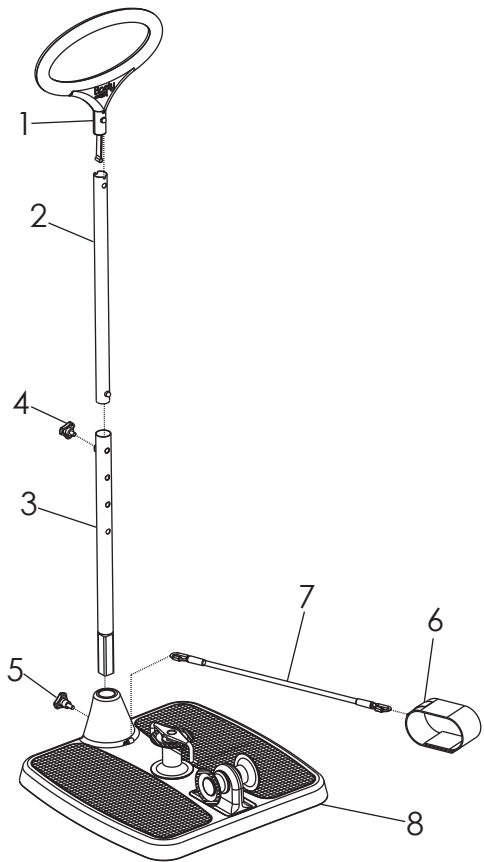
### **HAVE A SAFE AND NICE WORKOUT.**

1. The MAXIMUM WEIGHT CAPACITY of the Booty Maxx is 100 KGS. Persons whose body weight exceeds the limit should NOT use this product.
2. Carefully inspect the Booty Maxx prior to EVERY use. Never work with the equipment if it is not functioning correctly or it is damaged.
3. Use the Booty Maxx for the purpose intended and described in this Exercises Booklet. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
4. Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during use.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.
6. Handicapped or disabled persons should not use the Booty Maxx without prior consultation with a qualified healthcare professional or physician.
7. Wear appropriate clothing during training sessions. 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 trainers.
8. Always warm up before each training session by doing stretches.
9. If you experience dizziness, nausea, chest pain or any other abnormal symptoms. STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
10. Review this Exercise Booklet and / or DVD routines prior to using your Booty Maxx to understand the correct use of this equipment.
11. Do not use any accessories not recommended by the manufacturer.
12. Do not place this equipment in direct sunlight.
13. For home use only.

**Warning :** Never extend the resistance band more than 200% of its at rest length. By material nature, the resistance band only lasts for a limited time. Conditions of use will influence the life expectancy of the band. DO NOT tie the band with knots. Do not store in excessive heat or leave exposed to direct sunlight, as it may cause the band to break or crack. Check for wear or cut on the band before using. DO NOT use broken band and order replacement.

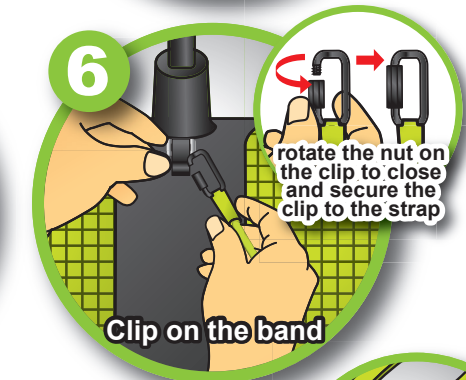
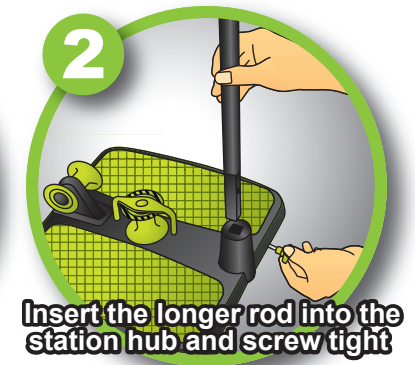
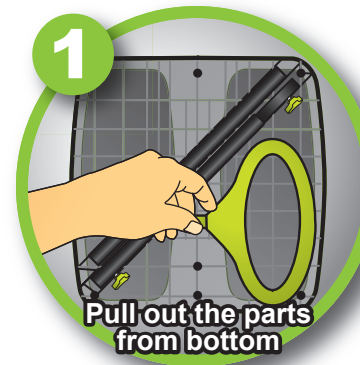
# Booty Maxx Parts List

PART#	Part Name	Spec.	Materials	QTY	Remark
1	Handle	260 x 216 x 23	ABS	1	lime
2	Upper tube	420 x 22	Metal	1	black
3	Lower tube	443 x 25	Metal	1	black
4	Adjust bolt A		PP+Metal	1	lime
5	Adjust bolt B		PP+Metal	1	lime
6	Ankle strap		PP	1	black
7	Band (with clips)	350	NBR	1	lime
8	Platform	400 x 400	PP	1	black



No.	Parts	Parts qty
1		1
2		1
3		1
4		1
5		1
6		1
7		1
8		1

# Assembling Instruction



# Exercise 1

## Booty Seven

## Kickback

Targeted Muscles - Gluteus Maximus and Hamstring



Begin with legs slightly bent at the knee. Keep one leg stiff in slightly bent position and move the other leg rearward while contracting the butt muscles

*Thread band through right rear roller guide for right leg and left rear roller guide for left leg.*



# Exercise 7

## Upper Body

## Tricep Kickback

Targeted Muscles - Tricep



Begin with one foot on the platform, and the other foot stride behind the platform. Bend over at the waist, with arm bent and elbow firmly at your side. Extend the arm upward, then back contracting the triceps. Return down slowly.



# Exercise 6

## Upper Body

# Reverse Curl

Targeted Muscles – Lower Biceps and Brachialis



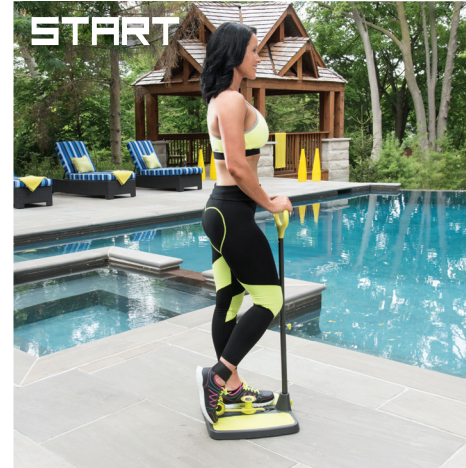
Begin with both hands firmly gripping the handle, palms facing downward with elbows at your side. Raise arms upward to your chest, contracting the biceps. Return down slowly.

# Exercise 2

## Booty Seven

# Hamstring Curl

Targeted Muscles – Hamstring



Begin with one leg slightly bent and knees aligned. Keep the knees aligned and curl the bent leg upward while contracting the hamstring muscle.

*Thread band through right rear roller guide for right leg and left rear roller guide for left leg.*



# Exercise 3

## Booty Seven

## Outer Thigh

Targeted Muscles – Abductors and Gluteus Medius



Regular resistance: Begin with both feet on the platform. Keeping legs stiff, move one leg outward and upward 30-50 cm (12-20 inches). Bring foot back to the platform.

Strong resistance: Wrap resistance band around the center smart dial. Begin with one foot against edge of platform. Move that leg outward and upward 30-50cm (12-20 inches). Bring leg downward until the inside edge of the foot touches the outside edge of the platform.

**Thread band around center smart dial.**

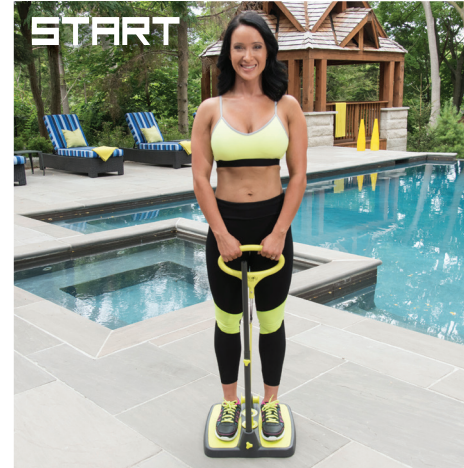


# Exercise 5

## Upper Body

## Front Raise

Targeted Muscle – Deltoids



Begin with both hands firmly gripping the handle, palms facing downward with elbows at your side. Raise arms firmly up and outward, until arms are parallel with the floor. Return down slowly.

# Exercise 4

## Upper Body

### Upright Row

Targeted Muscle – Deltoids and Trapezius



Begin with both hands firmly gripping the handle, palms facing downward with elbows at your side. Lift the handle upwards toward the underside of the chin, with elbows upward. Return down slowly.

# Exercise 4

## Booty Seven

### Diagonal Kickback

Targeted Muscles – Gluteus Maximus, Medius and Minimus



Begin with both legs slightly bent at the knee. While maintaining this position, pull one leg back and outward diagonally at approximately 30-degree angle.

*Thread band around center smart dial.*



# Exercise 5

## Booty Seven

## Calf Raise

Targeted Muscles – Gastrocnemius and Soleus



Begin standing with the balls of your feet located at the rear edge of the platform. Raise upward using calf muscles, then lower heel back down to slightly lower than the top of the platform for full range of motion.

# Exercise 3

## Upper Body

## Lateral Raise

Targeted Muscle – Deltoids



Begin with elbows at you side, firmly gripping the handle in the middle with one hand. Raise arm up and outward, then lower slowly.



# Exercise 2

## Upper Body

# Isolation Curl

Targeted Muscles – Bicep



Begin with elbows at your side, firmly gripping the handle in the middle with one hand. Pull arm upward to your shoulder while contracting the bicep muscle. Return back slowly.

# Exercise 6

## Booty Seven

# Squat

Targeted Muscles – Quads, Hamstrings and Glutes



Begin standing straight upward, then lower body until thighs are parallel to the floor then return to an upright position.

# Exercise 7

## Booty Seven

## Inner Thigh

Targeted Muscles — Adductor



Begin standing perpendicular to the front of the platform, while gripping the handle firmly. Legs should be spread more than shoulder width apart. Move the leg attached to the band inward to the supporting leg, then return the leg outward back to the edge of the platform.

*Band should be threaded around center smart dial and to the front of the platform*

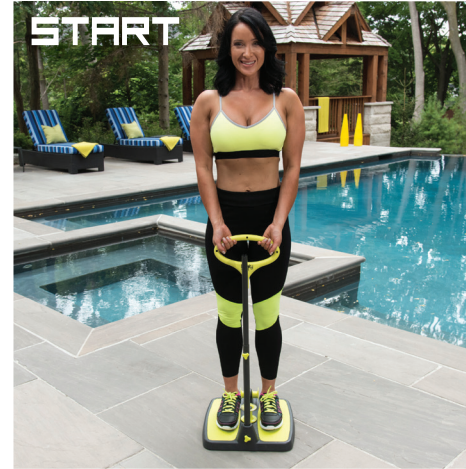


# Exercise 1

## Upper Body

## Bicep Curl

Targeted Muscles — Bicep



Begin with elbows at your side, firmly gripping the handle with both palms upward. While keeping elbows in place, pull arms up and inward to your chest, contracting the biceps. Return back slowly.

