

Instructions

STEP 1

Align the Right Handle to the right side of the stroller frame
Be sure that the handle has the curve facing upwards away from you.
The ear saying "Patent Pending" faces directly out front. **(A)**

***If the ear with the patent pending is not facing straight out, loosen the resistance knob in order to turn the hub to face the proper direction*

STEP 2

Mount clamp on a clear surface area on the outer-side of the stroller frame, and press clamp firmly against stroller frame **(B)**. At this point top screw should be inserted in metal plate, to fit into clamp cylinder, then screw half way **(C)**.

STEP 3

Place the second screw in the bottom tube & use the Allen Wrench to turn the screw tightly in the tube. Return to top screw & fasten completely **(D)**. Be sure that you have tightened both screws so that the handle is securely fastened on the stroller frame & the plate is straight (vertical) to the clamp **(E)**. Repeat the same process on the left. Increase resistance by turning the knob clockwise on each side. **** To keep stroller frame in pristine condition we recommend putting painters tape around the surface area where Love Handles will be attached to.**

Storage/Non-Usage

Love Handles© can remain on the stroller at all times. When not in use while strolling or folding the stroller away, simply fold Love handles© down to the sides. Should you desire to take Love Handles© off, remove bottom screw, but only loosen top screw. This will provide quick & easy reattachment.

Important Safety Information:

- Follow the manufacturer's instructions
- Love Handles© is **ONLY** intended for **Adult Use** and **ONLY** for the intended purposes mentioned.
- **DO NOT** use Love Handles© on any **UMBRELLA STROLLERS** or any stroller under **17 lbs.**
- **NEVER** use Love Handles© while strolling up/down **any hill or steep incline, on stairways or escalators, or hazardous situations.**
- **NEVER** let go of Love Handles© when in use. **ALWAYS** hold tight when using Love Handles©.
- **Only** jog with Love Handles© on jogging strollers.
- **NEVER Hang Anything on Love Handles whether in use or not.**
- Not responsible for any damages that may occur as a result of attaching Love Handles©

Exercises

Jogging: Hold Love Handles© at curve allowing slightly more distance between user & stroller providing for longer strides & control.

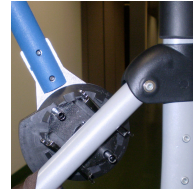
Walking/Power Walking: Hold Love Handles© at curve & decrease distance between user & stroller providing for full range of motion forward, targeting oblique's and engaging core.

Tricep Push Downs: Keep back straight, abdominal muscles tight, stand shoulder width apart, & grip handles from above. Lower Love Handles© down stopping just before elbows are straight. Reverse and repeat reps.

Bicep Arm Curls: Keep back straight, abdominal muscles tight, stand shoulder width apart and grip the handles from the bottom. With arms at your side, slowly curl Love Handles© up & return to starting position.



(A)



(B)



(C)

