The WOW™ is a personal hand-held fitness tool that is designed to warm up, reset, exercise, strengthen and tone the body. Rhythmic Resistance™ is used to generate the energy that challenges your body as it performs the multitude of exercises that will help you stay fit, prevent injuries and burn calories.

Four Important Facts About Starting The WOW™
1. Keep your shoulders, arms and hands TOTALLY relaxed
2. DO NOT try to tug or overpower the WOW™
3. The cords of the WOW™ have no elasticity
4. The WOW™ uses Rhythmic Resistance™ so it requires you to move your hands...out-in, out-in, out-in, out-in, out-in...
If you stop the WOW™ stops

HOW TO START THE WOW™
- Put the WOW™ in a V in front of your body
- Spin the WOW™ 10 times (in either direction)
- Start to move your hands out-in, out-in, out-in, out-in...

For detailed instructions on the 90 Second Warm Up Program™ or the 60 Second WOW™ Reset Program™, please refer to your WOW™ Instructional DVD.

WOW One™
- Start the WOW™
- Have your arms straight out in front of your body.
- Move your hands...out-in, out-in, out-in, out-in...

WOW Up™
- Have your arms straight up, above your head.
- Move your hands...out-in, out-in, out-in, out-in...
- Keep your elbows straight and move from your shoulders.

WOW Down™
- Have your arms straight down in front of your body, so your arms are below your waist.
- Move your hands...out-in, out-in, out-in, out-in...
- Keep your elbows straight and move from your shoulders.

WOW Side™
- Anchor one arm against the chest.
- Move the other arm out to the side of the body...
  ...out-in, out-in, out-in, out-in...
- Make sure the arm moving out to the side of the body remains straight, and the movement comes from the shoulder.
- Switch sides, anchor the opposite arm against the chest and move the other arm out to the side of the body...out-in, out-in, out-in, out-in...

The 90 Second WOW Warm Up Program™ has 9 different moves. Each one you’ll perform for 9 repetitions. This will all take place in 90 seconds.
So that’s:
9 Moves
9 Repetitions
90 Seconds
The 60 Second WOW Reset Program™ utilizes the last 6 moves of the 90 Second Warm Up Program™. That is move #4 through move #9.
So that’s:
6 Moves
9 Repetitions
60 Seconds

continued...