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Body by Jake 085393446925

Body by Jake Total Body Workout: Back to Basics Collection

INSTRUCTION MANUAL

Introduction

This manual provides comprehensive instructions for the Body by Jake Total Body Workout: Back to Basics Collection DVD. This DVD offers a series of exercise routines designed to target major muscle groups, improve cardiovascular fitness, and enhance overall physical strength. Please read this manual thoroughly before beginning any workout program.

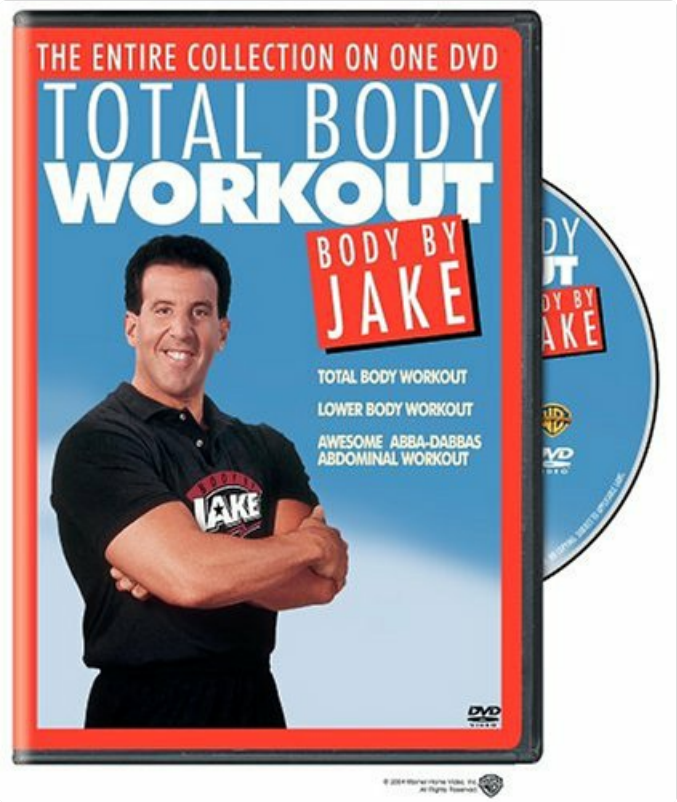
Important: Consult with a healthcare professional before starting any new exercise regimen, especially if you have pre-existing health conditions or concerns.

Setup

To begin your workout, ensure you have the following:

- **DVD Player:** A standard DVD player or a computer with a DVD drive capable of playing NTSC format discs.
- **Television or Monitor:** A display device connected to your DVD player.
- **Workout Space:** An open area free from obstructions, allowing for full range of motion during exercises.
- **Optional Equipment:**
  - **Dumbbells:** Various weights (e.g., 1 lb, 3 lb, 5 lb) to suit your fitness level.
  - **Firm-backed Chair or Workout Bench:** For certain exercises.
  - **Broomstick:** For stretching or balance exercises.

Insert the DVD into your player. The main menu should appear automatically. If not, navigate to the DVD menu using your player's remote control.



The cover art for the Body by Jake Total Body Workout: Back to Basics Collection DVD, featuring Jake Steinfeld.

Operating the DVD

The DVD features a user-friendly menu allowing you to select from different workout programs. The collection includes three primary workout sections, each divided into circuits:

1. **Total Body Workout:** This section is approximately 45 minutes long and is divided into three 15-minute circuits. It targets all major muscle groups for a comprehensive workout.
2. **Lower Body Workout:** This section consists of three 20-minute circuits, focusing on strengthening and toning the legs and glutes.
3. **Awesome Abba-Dabbas Workout:** A 30-minute program divided into two 15-minute circuits, specifically designed to work the abdominal muscles.

Workout Guidance:

- **Technique:** Pay close attention to Jake Steinfeld's instructions regarding proper form and technique to maximize effectiveness and prevent injury.
- **Pace:** Work at your own pace. The DVD emphasizes controlled movements over speed.
- **Weights:** Adjust dumbbell weights according to your strength level. Beginners may start with no weights or very light ones.
- **On-Screen Ticker:** Utilize the on-screen timer or ticker to monitor your progress and maintain motivation throughout each circuit.
- **Modifications:** Some exercises may be modified to decrease or increase exertion. Listen to your body and adjust as needed.

Maintenance

Proper care of your DVD will ensure its longevity and optimal performance:

- **Handling:** Always hold the DVD by its edges to avoid fingerprints and scratches on the playing surface.

- **Cleaning:** If the DVD becomes dirty, gently wipe the playing surface with a soft, lint-free cloth from the center outwards. Do not use abrasive cleaners or solvents.
- **Storage:** Store the DVD in its original case, away from direct sunlight, extreme temperatures, and high humidity.

Troubleshooting

If you encounter issues while using the DVD, consider the following:

- **DVD Not Playing:**
  - Ensure the DVD is inserted correctly with the label side up.
  - Check if the DVD surface is clean and free of scratches.
  - Verify your DVD player is compatible with NTSC format discs.
  - Try playing another DVD to confirm your player is functioning correctly.
- **No Audio or Video:**
  - Check all cable connections between your DVD player and television/monitor.
  - Ensure your television input is set to the correct source (e.g., HDMI 1, AV).
  - Adjust the volume on both your DVD player and television.
- **Skipping or Freezing:**
  - Clean the DVD surface as described in the Maintenance section.
  - Ensure the DVD player is on a stable surface to prevent vibrations.

For persistent issues, refer to your DVD player's instruction manual or contact the manufacturer of your DVD player.

Specifications

Feature	Detail
Item Model Number	085393446925
ASIN	B0004Z3260
Media Format	NTSC, Subtitled
Run Time	2 hours and 36 minutes
Release Date	December 14, 2004
Actors	Jake Steinfeld
Subtitles	English
Language	English (Stereo)
Studio	Warner Home Video
Number of Discs	1
MPAA Rating	NR (Not Rated)
Aspect Ratio	1.33:1

Warranty and Support

Specific warranty information for the Body by Jake Total Body Workout: Back to Basics Collection DVD is not provided within this manual. Please refer to the DVD packaging or contact the retailer or manufacturer directly for details regarding warranty coverage and customer support.

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Question

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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