Body By Jake Bun and Thigh Rocker

Body By Jake Bun and Thigh Rocker: Assembly, Workouts, and 10-Day Program (VHS Manual)

Your guide to using the Body By Jake Bun and Thigh Rocker VHS tape.

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Introduction

This manual provides instructions for using the Body By Jake Bun and Thigh Rocker VHS tape. This video program guides you through the assembly of your Bun and Thigh Rocker exercise equipment and provides a comprehensive 10-day fat-burning workout routine. Please read all instructions carefully before proceeding.



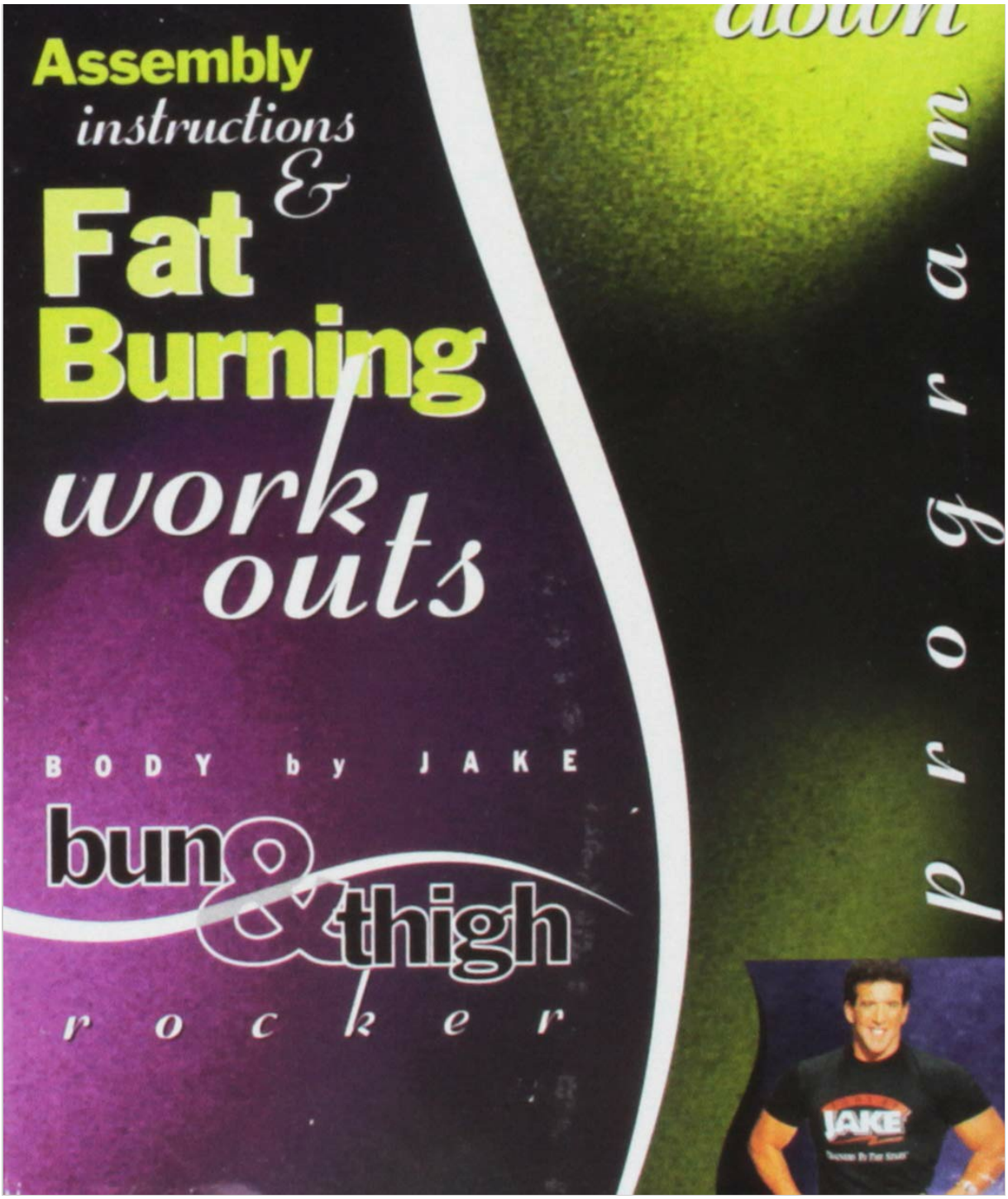


Image: Front cover of the Body By Jake Bun and Thigh Rocker VHS tape. The cover features the product title and imagery related to fitness.

Important Safety Information

Warning:

- Reproduction in whole or in part without written permission of the copyright owner is prohibited.
- Consult with your doctor before beginning this or any exercise program.
- The creators, producers, participants, and distributors of this program do not assume liability for injury or loss in connection with this exercise program and instructions therein.

Always ensure you are in good health and have received medical clearance before starting any new exercise regimen. Pay close attention to your body's signals during workouts and stop immediately if you experience pain or discomfort.

Setup: Playing the VHS Tape

1. **Prepare your VCR:** Ensure your Video Cassette Recorder (VCR) is properly connected to your television and powered on.
2. **Insert the VHS tape:** Gently insert the Body By Jake Bun and Thigh Rocker VHS tape into the VCR's tape slot. Ensure the tape is oriented correctly with the label facing up.
3. **Select input:** On your television, select the correct input source (e.g., AV1, Video 1, Line In) that corresponds to your VCR connection.
4. **Press Play:** Press the "Play" button on your VCR or VCR remote control to begin the program.

The VHS tape has a total running time (TRT) of 21 minutes. This includes both assembly instructions for the physical Bun and Thigh Rocker equipment and the workout program.

Operating: Following the Program

The VHS tape is designed to guide you through two main components:

1. **Bun and Thigh Rocker Assembly:** The initial part of the video provides step-by-step instructions for assembling your Body By Jake Bun and Thigh Rocker exercise machine. Pause the video as needed to complete each step accurately.
2. **Fat Burning Workouts:** Following the assembly guide, the video transitions into the workout segment. Follow the on-screen instructors and demonstrations carefully.

Ensure you have adequate space for your workout and wear appropriate exercise attire and footwear. Maintain proper form as demonstrated in the video to maximize effectiveness and prevent injury.

10-Day Rock Away Size Down Program

The VHS tape includes a structured 10-day program designed to help you achieve your fitness goals. This program focuses on fat-burning exercises utilizing the Bun and Thigh Rocker.

Program Overview:

- Each day's workout is approximately 21 minutes, as indicated by the Total Running Time (TRT) of the tape.
- Follow the sequence of exercises as presented in the video.
- Consistency is key for optimal results. Aim to complete the program daily for 10 consecutive days.
- Combine this exercise program with a balanced diet for enhanced fat-burning and size-down effects.

For best results, review the entire program once before starting to familiarize yourself with the exercises and flow.



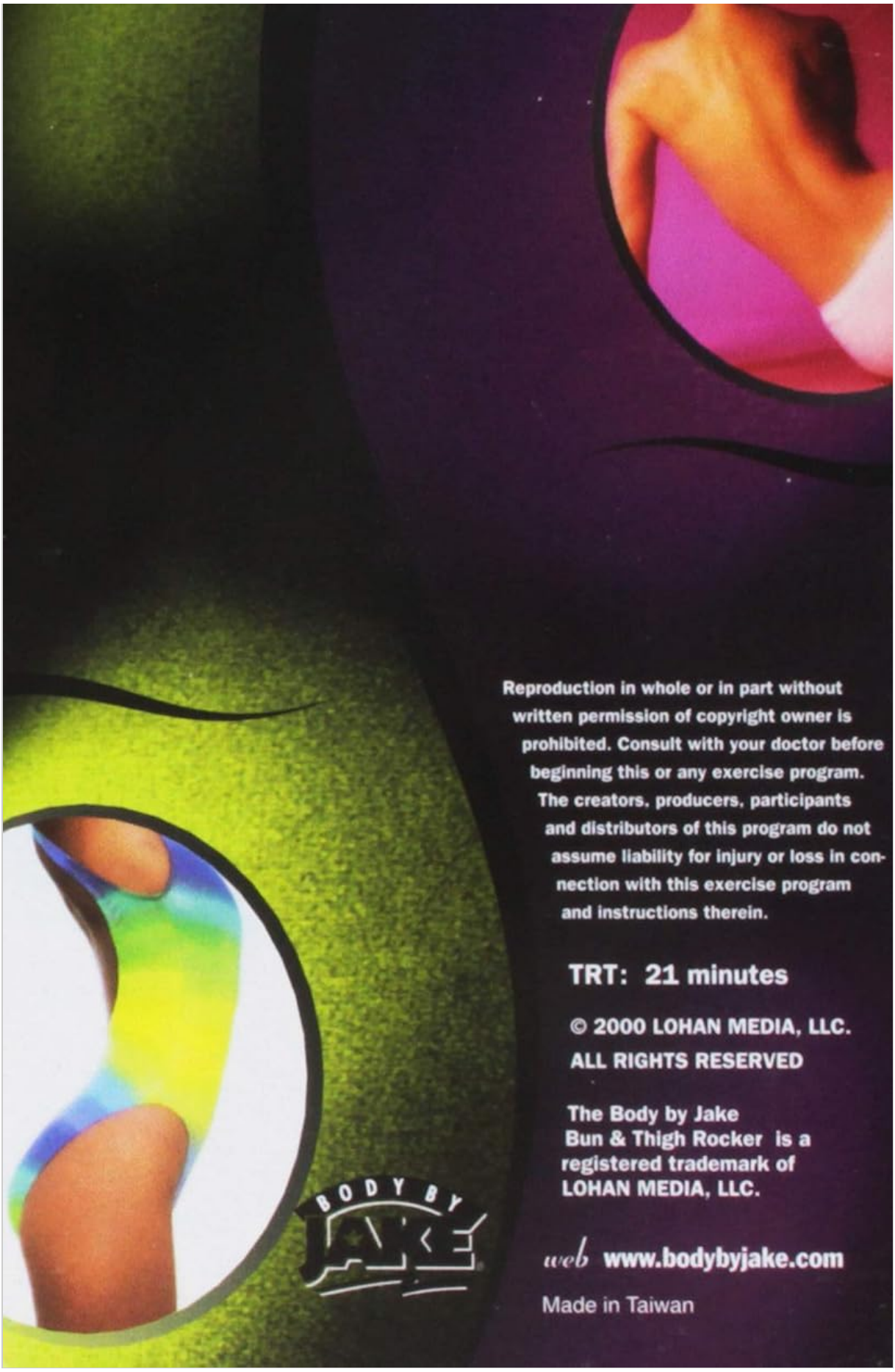


Image: Back cover of the Body By Jake Bun and Thigh Rocker VHS tape. This image displays additional program details and copyright information.

Maintenance: Caring for Your VHS Tape

To ensure the longevity and optimal playback quality of your Body By Jake Bun and Thigh Rocker VHS tape, follow these maintenance guidelines:

- **Storage:** Store the VHS tape in its original case, away from direct sunlight, extreme temperatures, and high humidity.
- **Handling:** Avoid touching the magnetic tape directly. Always handle the cassette by its edges.
- **Dust:** Keep the tape and your VCR free from dust. Dust can cause playback issues and damage the tape.
- **Rewind:** Always fully rewind the tape after viewing to prevent tension on the tape and potential damage.
- **Cleaning:** If playback issues occur due to dirt, consider using a VCR head cleaner tape, following its specific instructions.

Troubleshooting Common VHS Playback Issues

Problem	Possible Cause	Solution
No picture or sound	Incorrect TV input, VCR not powered, loose cables.	Check TV input, ensure VCR is on, verify all cables are securely connected.
Fuzzy or distorted picture	Dirty VCR heads, damaged tape, tracking issues.	Use a VCR head cleaner. Adjust VCR tracking if available. Inspect tape for visible damage.
Tape gets stuck or eaten	Faulty VCR mechanism, damaged tape.	Do not force the tape. Eject carefully. If recurring, the VCR may need service or the tape may be damaged beyond repair.
No response from VCR	Power issue, remote control battery dead.	Check power connection. Replace remote control batteries.

Product Specifications (VHS Tape)

- **Format:** VHS Tape
- **Total Running Time (TRT):** 21 minutes
- **Package Dimensions:** 7.32 x 4.19 x 1.12 inches
- **Item Weight:** 6.13 ounces
- **ASIN:** B0017ZV8Q2
- **Date First Available:** April 18, 2008
- **Copyright:** © 2000 LOHAN MEDIA, LLC. All Rights Reserved.
- **Trademark:** The Body by Jake Bun & Thigh Rocker is a registered trademark of LOHAN MEDIA, LLC.
- **Manufactured In:** Taiwan

Support and Contact Information

For additional information or support regarding the Body By Jake Bun & Thigh Rocker, please visit the

official website:

www.bodybyjake.com

Please note that this VHS tape is a historical product. Support availability may vary.

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