

Brookstone uSurf Wave Action Exerciser Workout DVD

Fit to the Core OSIM uSurf Wave Action Exerciser Workout DVD

MODEL: B003EADLTA

Brand: Brookstone

INTRODUCTION

This manual provides instructions for the proper use and care of the Fit to the Core OSIM uSurf Wave Action Exerciser Workout DVD. This DVD features fitness routines led by Nancy Kennedy, designed to complement the OSIM uSurf Wave Action Exerciser. It is intended to guide users through the workout program effectively and maintain the DVD's condition.

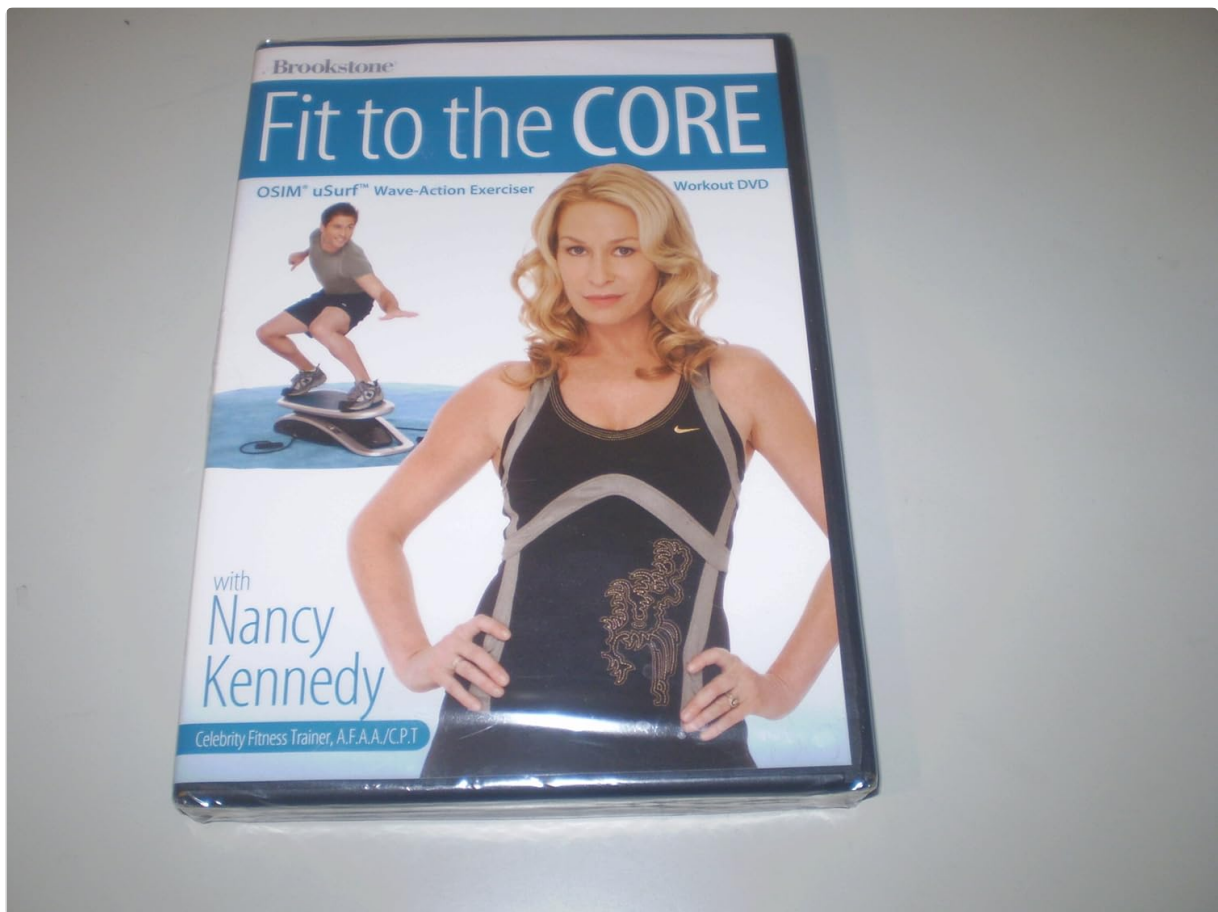


Image: The front cover of the Fit to the Core OSIM uSurf Wave Action Exerciser Workout DVD. The cover prominently displays the title "Fit to the CORE" and "OSIM uSurf™ Wave-Action Exerciser Workout DVD". It features a main image of Nancy Kennedy, a blonde woman in athletic wear, and a smaller inset image of a man exercising on an OSIM uSurf machine. The brand "Brookstone" is visible at the top.

SETUP

1. Unpacking

Carefully remove the DVD from its packaging. Inspect the disc for any visible damage such as scratches or cracks before use.

2. Equipment Required

- DVD player or computer with a compatible DVD drive.
- Television or monitor for video display.
- (Optional) OSIM uSurf Wave Action Exerciser for performing the intended workout routines.

3. Initial Setup

Insert the DVD into your DVD player or computer's DVD drive. The DVD menu should appear automatically on your screen. If the menu does not appear, navigate to your DVD player's disc menu or open the DVD drive on your computer and select the disc to begin.

OPERATING INSTRUCTIONS

1. Navigating the Menu

Use your DVD player's remote control (or mouse/keyboard on a computer) to select options from the main menu. Typical options include "Play All," "Workout Selection," and "Chapters," allowing you to choose how

you wish to view the content.

2. Starting a Workout

Select "Play All" to view the entire workout program sequentially, or choose "Workout Selection" to access specific routines or chapters based on your preference or fitness goals.

3. Following the Exercises

Follow the instructions and demonstrations provided by Nancy Kennedy on screen. Ensure you have adequate space for movement and, if using the OSIM uSurf machine, that it is set up and operated according to its own instruction manual and safety guidelines.

4. Safety Precautions

- Consult a physician before beginning any new exercise program, especially if you have pre-existing health conditions.
- Stop exercising immediately if you experience pain, dizziness, shortness of breath, or any other discomfort.
- Perform exercises in a clear, safe environment, free from obstructions.

MAINTENANCE AND CARE

1. Cleaning the DVD

To clean the DVD, gently wipe the shiny, playback side with a soft, lint-free cloth. Wipe from the center of the disc outwards in a straight line. Do not use abrasive cleaners, solvents, or circular motions, as these can cause scratches.

2. Storage

Store the DVD in its original case when not in use. Keep the case away from direct sunlight, extreme temperatures, and high humidity to prevent warping or damage to the disc.

TROUBLESHOOTING

1. DVD Does Not Play

- Ensure the DVD is inserted correctly into the player with the label side facing up.
- Check if the DVD is clean and free of visible scratches or smudges. Clean if necessary.
- Try playing the DVD on a different DVD player or computer to determine if the issue is with the disc or your playback device.

2. Video or Audio Skipping

- Clean the DVD as described in the Maintenance section. Dust or fingerprints can cause playback issues.
- Ensure your DVD player's lens is clean. Refer to your DVD player's manual for cleaning instructions.

SPECIFICATIONS




Feature	Detail
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Feature	Detail
Title	Fit to the Core OSIM uSurf Wave Action Exerciser Workout DVD
ASIN	B003EADLTA
Brand	Brookstone
Contributor	Nancy Kennedy
Media Format	DVD
Format	DVD
Genre	Exercise & Fitness
Number of Discs	1
MPAA Rating	NR (Not Rated)
Package Dimensions	7.1 x 5.42 x 0.58 inches
Package Weight	2.4 ounces
Manufacturer	Brookstone
Studio	Brookstone

WARRANTY AND SUPPORT

This DVD is covered by standard media warranty against manufacturing defects. For issues related to the physical DVD, such as playback errors not resolved by troubleshooting, please contact the retailer where the DVD was purchased or the manufacturer, Brookstone, directly for assistance. For exercise-related inquiries or health concerns, always consult a qualified medical professional.

Related Documents - uSurf Wave Action Exerciser Workout DVD

 <p>Brookstone® OSIM® uAstro2™</p> <p>OSIM® Designed in Taiwan Manufactured in China by OSIM Healthcare Ltd.</p>	<p>Brookstone OSIM uAstro2 Massage Chair User Manual & Guide</p> <p>Explore the Brookstone OSIM uAstro2 massage chair with this comprehensive user manual. Learn about features, safety instructions, operation, care, and troubleshooting for your OSIM uAstro2.</p>
 <p>Brookstone® OSIM® uSqueeze™ Lite Calf and Foot Massager</p> <p>OSIM® Designed in Taiwan Manufactured in China by OSIM Healthcare Ltd.</p>	<p>Brookstone OSIM uSqueeze Lite Calf and Foot Massager Manual</p> <p>User manual for the Brookstone OSIM uSqueeze Lite Calf and Foot Massager. Includes operating instructions, safety precautions, maintenance, and troubleshooting.</p>
 <p>Brookstone® OSIM® uSqueeze™ App Foot and Calf Massager</p> <p>OSIM® Designed in Taiwan Manufactured in China by OSIM Healthcare Ltd.</p>	<p>OSIM uSqueeze App Foot and Calf Massager User Manual Brookstone</p> <p>Comprehensive user manual for the OSIM uSqueeze App Foot and Calf Massager by Brookstone, covering safety, operation, features, troubleshooting, and specifications.</p>
 <p>Brookstone® Ultrasonic Jewelry/DVD Cleaner MAKE JEWELRY, DVDS AND MORE SHINER LIKE NEW</p>	<p>Brookstone Ultrasonic Jewelry/DVD Cleaner User Manual</p> <p>Comprehensive user manual for the Brookstone Ultrasonic Jewelry/DVD Cleaner, covering safety precautions, operation instructions, care and maintenance, technical specifications, and warranty details.</p>
 <p>Brookstone® Ultrasonic Jewelry/DVD Cleaner MAKE JEWELRY, DVDS AND MORE SHINER LIKE NEW</p>	<p>Brookstone Ultrasonic Jewelry and DVD Cleaner User Manual</p> <p>User manual for the Brookstone Ultrasonic Jewelry and DVD Cleaner. Includes safety instructions, operation guide, specifications, and warranty information.</p>
 <p>Brookstone® Wireless Sport Earbuds with Light Up Neckband</p>	<p>Brookstone Wireless Sport Earbuds with Light Up Neckband - User Manual and Specifications</p> <p>User manual and specifications for Brookstone Wireless Sport Earbuds with Light Up Neckband (Model AR115A3XX). Learn about FCC information, charging, Bluetooth pairing, operation, maintenance, and warranty. Includes detailed descriptions of parts and positioning.</p>