

# MAGIC bb

Specialized Function: Slimming & Breast Augmentation  
One Product, Three Adjustments, For Whole Family Use.

*Magic Body Building!*



★ Using 3 different assembling ways, It can offer 3 levels of resistance for juveniles, ladies and gentlemen to exercise.

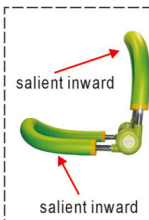
**Commodity Name:** Magic BB

**Material:** Steel, PU Foam, ABS, Silicon, Alloy Steel Spring

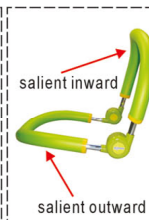
## ⚠ Cautions

1. Keep away from fire and damp environment.
2. Children to use, must under the supervision of adult.
3. Limited weight 125 KG.

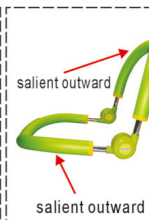
**For Juvenile**



**For Ladies**



**For Gentlemen**

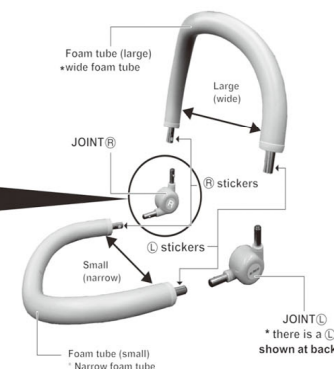
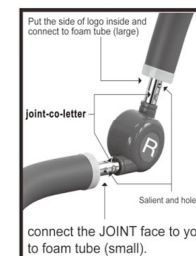


## The Assembly Method

Prepare all the parts before assembling: foam tube (small), foam tube (large), two joints.

### Program

Connect the foam tube (small) to the two joints, by pushing the salient downward and the foam tube inward, L to L, R to R. Assemble the foam tube (large) in the same way.



### ⚠ Tip

**Assembly Illustration for Lady to Exercise**

(For Juvenile and gentleman to exercise, please refer to the front side illustration)

## TEN WAYS TO EXERCISE BY ADJUSTING THE MBB



■ Method 1 ■ Fitness location: Abdomen, thigh ■ Fitness mode: Sit-up ■ Introduction: place the product beneath your back. ■ Effect description: exercise six muscles on abdomen, burn abdominal fat rapidly, make legs thinner and slender with effective stretching of legs.



■ Method 2 ■ Fitness location: upper limbs, chest, waist, back and abdomen ■ Fitness mode: push-up ■ Introduction: support the body with hands against the floor, place Magic BB beneath abdomen, till the body is comfortable. ■ Effect description: exercise muscles on abdomen and back, farewell to tripe-belly and bear-back, train muscles on arms at the same time. People who with obesity, lacking of exercises, are unable to support the body with arms can do push-ups easily, with Magic BB beneath abdomen, functioning as elastic and supportive force and strengthening arms.



■ Method 3 ■ Fitness location: chest, arms ■ Fitness mode: strong arm & breast ■ Introduction: hold each cotton tube by central parts. ■ Effect description: exercise muscles on chest and arms, endow gentlemen with tough pectoral muscles.



■ Method 4 ■ Fitness location: waist, abdomen ■ Fitness mode: side-track-push ■ Introduction: sit with legs crossed, place Magic BB on legs, hold another end in armpit. ■ Effect description: turn the fat on the sides of waist rapidly, farewell to barrel-waist. Turn the body and keep pushing, till the waist muscles are acid and swelling, you will get a thin waist.



■ Method 5 ■ Fitness location: thigh, abdomen ■ Fitness mode: legs-merge ■ Introduction: sit still, place Magic BB between two legs. ■ Effect description: exercise muscles on thighs, move muscles on abdomen.



■ Method 6 ■ Fitness location: abdomen ■ Fitness mode: waist-bend ■ Introduction: sit still, with legs crossed if you like, place Magic BB on legs by one end and against the chest by another end, till the body is comfortable. ■ Effect description: exercise abdominal muscles, burn fat on abdomen.



■ Method 7 ■ Fitness location: side-abdomen ■ Fitness mode: side push ■ Introduction: sit and place Magic BB beside the body, lean one side of the body to the sinking part of Magic BB. ■ Effect description: exercise muscles on side-abdomen effectively.



■ Method 8 ■ Fitness location: shank ■ Fitness mode: tramp ■ Introduction: sit still, place Magic BB beneath legs. ■ Effect description: the circle pushes with less strength for this mode, so more strength of abdomen is needed, hence exercise abdominal muscles more effectively.



■ Method 9 ■ Fitness location: side-abdomen ■ Fitness mode: side push ■ Introduction: sit and place Magic BB beside the body, lean one side of the body to the sinking part of Magic BB. ■ Effect description: exercise muscles on side-abdomen effectively.



■ Method 10 ■ Fitness location: abdomen ■ Fitness mode: Sit-up ■ Introduction: place the sinking part of the circle beneath the back, sit in the circle like the picture. ■ Effect description: the circle pushes with less strength for this mode, so more strength of abdomen is needed, hence exercise abdominal muscles more effectively.