

BUDDY BATON® is a two-pound quality exercise bar used for toning and strengthening your arm muscles and trimming your waist as you WALK or EXERCISE. The reflector on the ends makes it visible in dark environments.

The Buddy Baton® has been found to help in strengthening and toning the arms, shoulders, and upper body. As you walk, the weighted Buddy Baton® has been found to help in decreasing stress levels, lowering risk of heart disease, strokes, high blood pressure, cancer and diabetes.



Buddy Baton® Promotes Cancer Awareness

-  White - Lung Cancer
-  Pink - Breast Cancer
-  Dark Blue - Colon Cancer
-  Purple - Pancreatic Cancer
-  Yellow - Sarcoma / Bone Cancer
-  Orange - Kidney / Leukemia Cancer
-  Red - Blood Disease Cancer
-  Gray - Brain Cancer
-  Green - Liver Cancer
-  Black - Melanoma

Buddy BATON®

*Celebrating
Good Health & Wellness*

BUDDY BATON® BENEFITS:

1. Empower Individuals to take control of their health through the benefits of walking, despite their physical or mental limitations.
2. Motivate Individuals to walk moderately at least 30 minutes a day of the week to achieve a more healthier life style.
3. Educate Individuals on the fact that walking and other forms of exercise will promote physical, emotional and spiritual wholeness in life.

AVAILABLE COLORS:

White, Pink, Red, Blue, Plum, Yellow, Orange, Green, Black, Gray

SIZES:

Small = 13 inches | Large = 26 inches

Cost: \$20-\$25

Plus S&H, Tax

We Accept: Debit/Credit, Zelle, Cash App and Venmo

WE ACCEPT

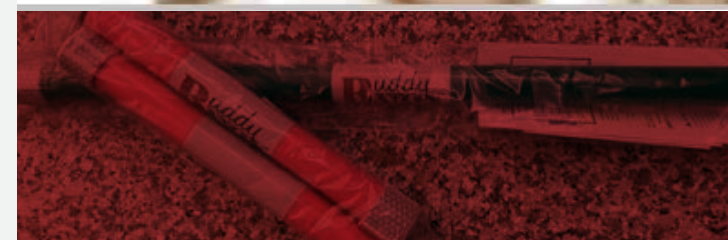


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CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAMS

STRETCH

Can be done sitting, standing, or lying down

1. Slowly lift Buddy Baton® with both hands and palms facing downward in front of body.
2. Begin to raise arms upward above head keeping elbows straight, then hold stretch for 3–5 seconds above head, then bring Buddy Baton® back to starting position.

3. Proceed to swing arms with Buddy Baton® from left to right side, holding stretch on each side for 3–5 seconds, then bring Buddy Baton® back to starting position.



3. Repeat 5– 8 Times

Note: For better stretch, raise your Arms higher

TONE BICEP MUSCLES

1. Hold Buddy Baton® in front of you with both palms facing upward and tuck elbows close to side.
2. Then begin to fully extend or stretch at elbows in a downward motion.
3. Once you have reached this position, begin to bring Buddy Baton® to chest in a curling motion, ending with backside of palms facing upward.
4. Repeat 5–8 Times



SHOULDER FLEXION & EXTENSION MUSCLES

To increase strength and tone up the anterior and posterior parts of the deltoid muscles

1. Hold Buddy Baton® in one hand, to your side, with your palms facing inward.
2. Begin to swing Buddy Baton® forward to shoulder level (or comfort level).
3. Proceed to swing backward to comfort level.
4. Continue this pattern, then switch Buddy Baton® to opposite arm and continue the exercise following the above steps.
5. Repeat 5–8 Times
Note: Motion of your arms are normal walking stride



STRENGTHEN AND TONE TRICEPS

1. Hold Buddy Baton® with palms facing downward.
2. Raise Buddy Baton® above head, with elbows straight.
3. Keep arms close to head, and keep head straight forward at all times.
4. Proceed to bend elbows in downward motion behind head and back up above head again. Do not move shoulders.
5. Continue this motion until you have completed exercise routine.
6. Repeat 5–8 Times



FOREARM MUSCLES

1. Hold Buddy Baton® with palms facing inward in one hand.
2. Place elbow on table or tuck elbow close to side of body.
3. Begin to turn palm upward and downward with Buddy Baton® (Do not move elbow or shoulder).
4. Continue exercising to strengthen and tone forearm muscles, then switch to opposite arm
5. Repeat 5 – 8 Times



WAIST TRIMMER

1. Hold Buddy Baton® at waist level with both hands in front, with palms facing inward.
2. Keep feet at shoulder width apart.
3. Hold stomach in to isolate muscle groups (Do not move hips or chest).
4. Proceed to twist your upper body from waist up, from left to right and keep body upright at all times. (Do not move hips).
5. Repeat 5–8 Times

