

SUSPENSION TRAINER

EXERCISE INSTRUCTION

- Warm up before each session.

- completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select an anchor position
- Perform each exercise a minimum of 3 times per week for
- SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

DOOR ANCHORING

- against opposite side of door and door frame before performing

LOWER BODY

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

ONE-LEG SQUAT



START: Face door, stand upright, feet hip-width apart, grasp handles, arms slightly bent.



FINISH: Straighten arms and sit back, bend and balance on one leg while extending opposite leg backward. Straighten leg and return to start position.

LUNGE



START: Face away from door, place one foot in handle loop and bend leg, stand upright, straighten and balance on opposite leg. (Note: Place one hand on chair back for added balance.)



FINISH: Bend balance leg while keeping arms straight along sides of body. Straighten leg and return to start

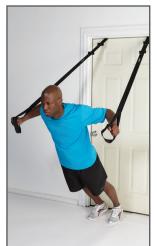




UPPER BODY

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

CHEST PRESS



START: Face away from door, grasp handles, bend arms, lean forward while keeping body straight.



FINISH: Straighten arms down and forward while keeping body straight. Bend arms and return to start position.

LOW ROW



straighten arms and lean back with knees slightly bent and body straight.



FINISH: Bend arms along sides of body and pull hands toward chest; straighten legs while keeping body straight. Straighten arms and return to start position.







SUSPENSION TRAINER

EXERCISE INSTRUCTION

- Warm up before each session.

- to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select an anchor position
- Perform each exercise a minimum of 3 times per week for
- SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

DOOR ANCHORING

- against opposite side of door and door frame before performing

TRUNK

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

AB CRUNCH



START: Kneel facing door, grasp handles, straighten arms overhead and lean forward with legs bent and body straight.



FINISH: Pull arms straight down and back toward body, raise hips and upper body while pressing ribs toward hips. Lean upper body down and forward and return to start position.

BACK EXTENSION



START: Stand facing door, grasp handles, straighten arms and lean backward with legs slightly bent.



back, pull arms backward, and straighten body with toes on floor. Push hips backward and return to start position.





ANCHOR POINT (