

User Manual

Specifications

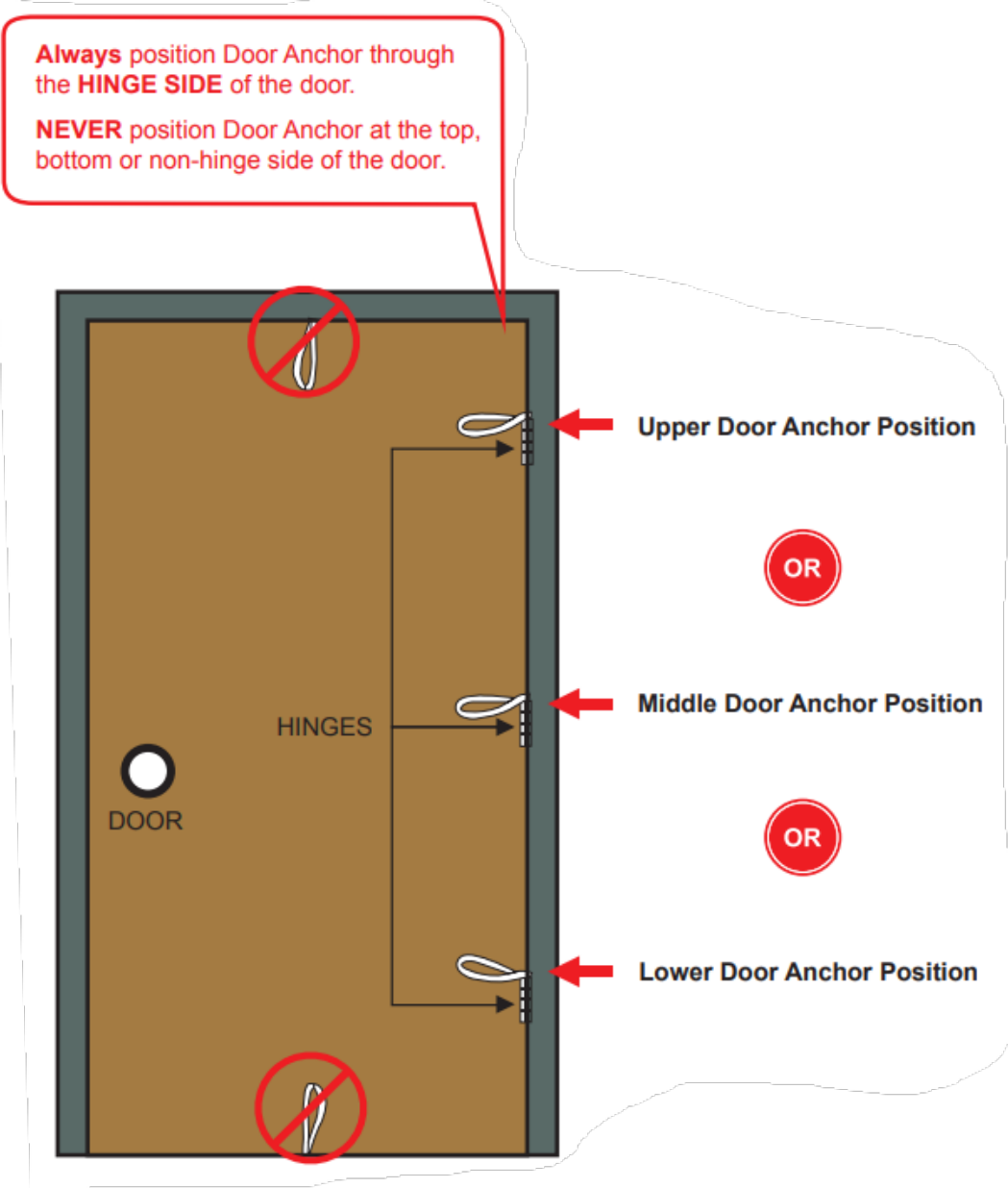
Color	Strength	Estimated lbs	Material
Yellow	X-Light	10lbs	100% natural latex
Blue	Light	20lbs	
Green	Medium	30lbs	
Black	Heavy	40lbs	
Red	X-Heavy	50lbs	

Door Anchor Placement

DOOR ANCHOR POSITION OPTIONS:

Specific exercise requires different anchor positions



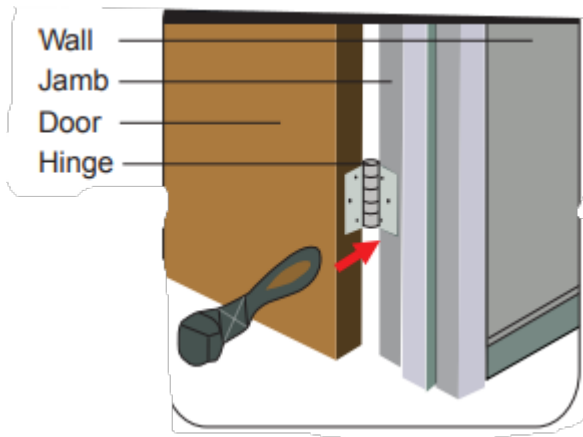


Door Anchor Installation

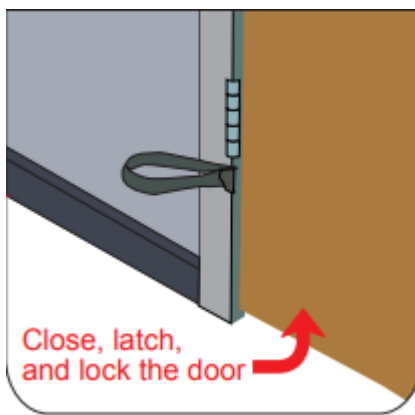
Exercise inside or outside of the door

View from outside of the door

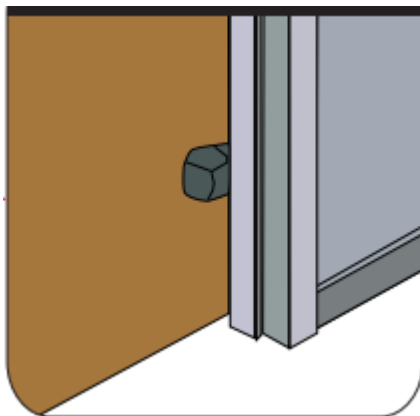




Slide Door Anchor between door and jamb on HINGE-EDGE of door. Loop must be on exercise side of the door

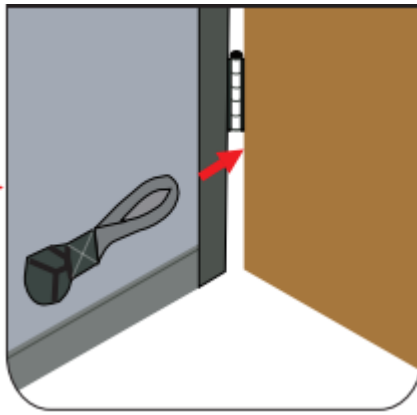


Close, latch and lock the door, securing Door Anchor in place. Make sure door is secure against wall

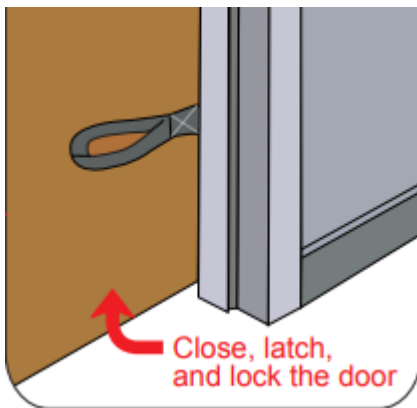


The Door Anchor Stopper, on the non-exercise side of the door, holds and anchors the Door Anchor.

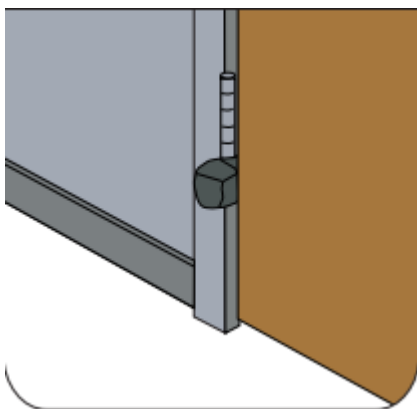
View from inside of the door



Slide Door Anchor between door and jamb on HINGE-EDGE of door. Loop must be on exercise side of the door



Close, latch and lock the door, securing Door Anchor in place. Make sure door is secure against wall



The Door Anchor Stopper, on the non-exercise side of the door, holds and anchors the Door Anchor.

Ankle Strap Using

1. Wrap ankle strap around your ankle, and only your ankle. Make sure the ankle strap is snug and the Velcro is connected securely before exercise.

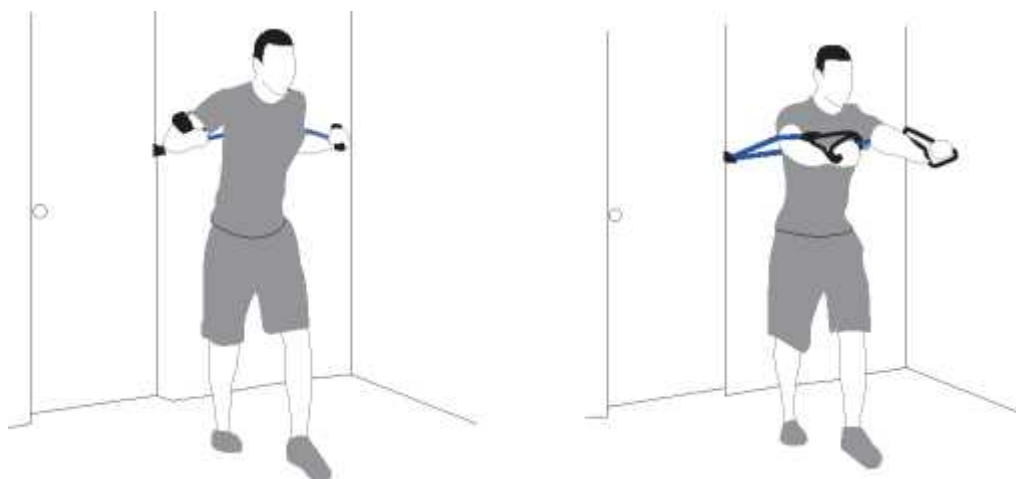
2. Clip bands to the D-Ring and make sure the connection is secure before any exercise.
3. DO NOT use the ankle strap as an anchor point anywhere but your ankle. It should not be used to anchor the bands to doors, door knobs, banisters, trees, chairs etc. The ankle strap is intended to only be used on your ankle: DO NOT use on any other part of your body, including: arms, wrist, neck, and head.

Training Instructions

Check out the following quick start movements and full body workout to build muscles and blast fat.

STANDING CHEST PRESS (ANCHORED)

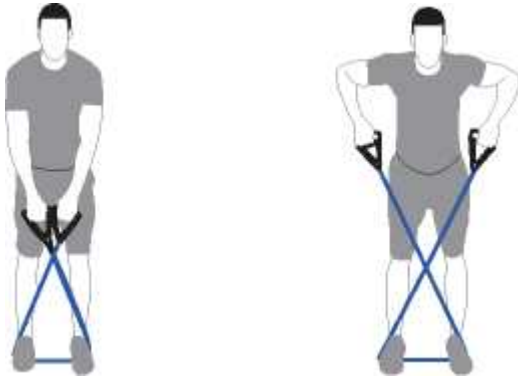
1. Insert anchor at midpoint of door.
2. Facing away from door; grab 1 handle in each hand.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Raise bent elbows until hands are just below shoulder height, palms facing down.
5. Stand tall - core engaged.
6. Begin with a deep breath - exhale and press both arms forward until arms fully extend.
7. Inhale and return to start with control - elbows pulled back.
8. Repeat for desired number of reps.



UPRIGHT ROW

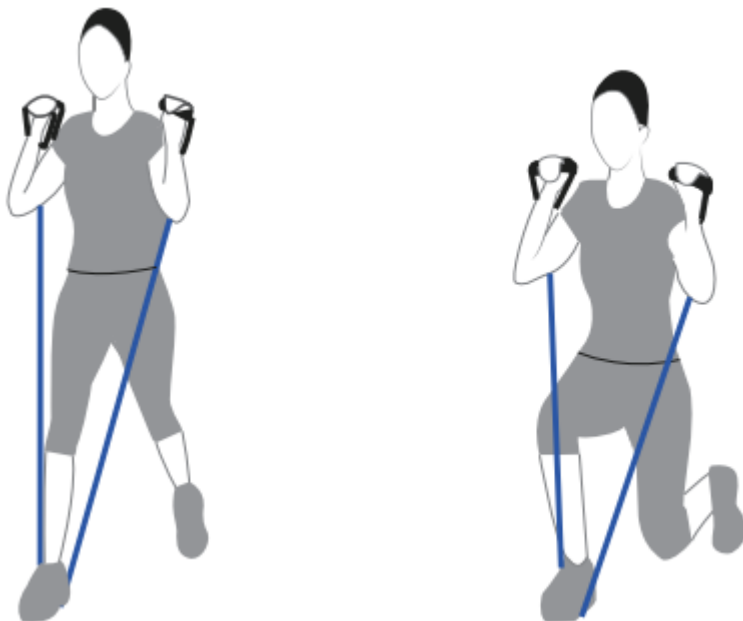
1. Place middle of band underneath both feet, keeping your feet hip distance apart.
2. Cross the band in front of you and hold onto both handles. Stand tall and engage core.
3. To start, take a deep breath, then exhale and pull both elbows up until they are slightly above waist.
4. Inhale and slowly return to starting position.

5. Repeat for desired number of reps.



LUNGE

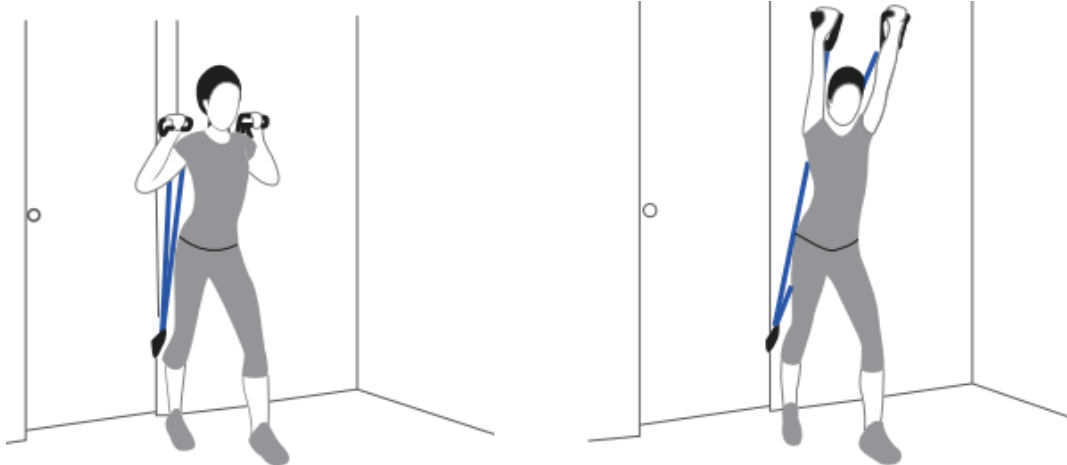
1. Place R foot on midsection of band; 1 handle in each hand.
2. Lock elbows against rib cage, relax shoulders. Bring hands to shoulder level - palms facing forward.
3. Step back with L foot about 12" so that the L heel naturally lifts.
4. Stand tall - core engaged.
5. Begin with a deep breath and lower hips towards floor bending L knee until it's a few inches off floor. Avoid leaning forward.
6. Exhale and return to start, pressing the R heel into the floor as you rise.
7. Repeat for desired number of reps then switch sides.



SHOULDER PRESS (ANCHORED)

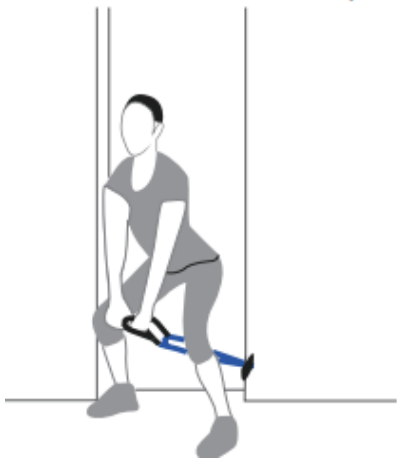
1. Attach anchor at bottom of door.

2. Face away from door; grab 1 handle in each hand and raise to shoulder height - elbows pointing out to sides.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Stand with torso slightly forward - core engaged.
5. Begin with a deep breath - exhale and raise both hands upwards.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.



PULL THROUGH (ANCHORED)

1. Insert anchor at middle bottom of door.
2. Face away from door - straddle the band feet hip width apart.
3. Grab the handles, one in each hand between your legs.
4. Step away 1-2 feet; bend at hips and knees - lower torso to a 45° angle to the floor.
5. Keep chest lifted, back straight, and core engaged.
6. Begin with a deep breath - exhale and thrust hips forward while raising torso to a straight standing position.
7. Inhale and return to start with control.
8. Repeat for desired number of reps



STANDING BACK ROW (ANCHORED)

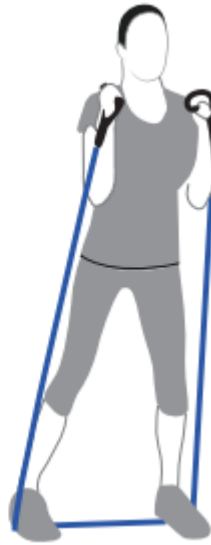
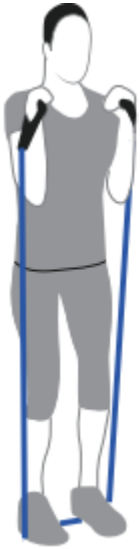
1. Insert anchor at midpoint of door.
2. Face door; grab 1 handle in each hand.
3. Step back - arms fully extended until slight tension is felt in band.
4. Stand tall, shoulders relaxed, feet hip distance apart and knees slightly bent.
5. Engage core.
6. Begin with a deep breath - exhale as you pull elbows back - bringing hands along rib cage. Shoulder blades will squeeze together.
7. Inhale and return to start with control.
8. Repeat for desired number of reps.



LATERAL WALK

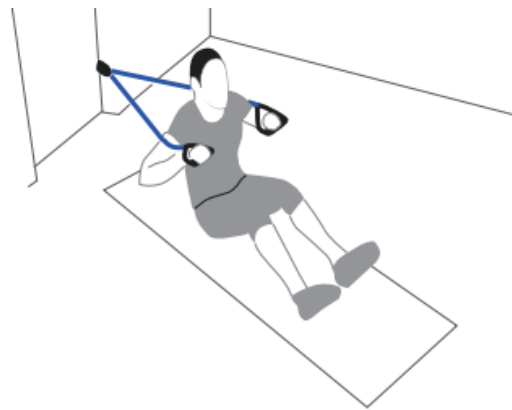
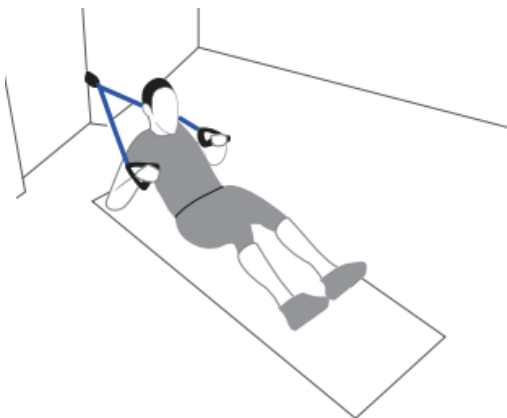
1. Place both feet hip width apart on midsection of band; grab 1 handle in each hand.
2. Lock elbows against rib cage and relax shoulders. Bring hands to shoulder level - palms facing inward.
3. Stand tall - engage core.
4. Begin with a deep breath - exhale and step to right side, leading with R heel.
5. Inhale and return to start with control.

6. Repeat for desired number of reps, then switch sides.



ABDOMINAL CRUNCH (ANCHORED)

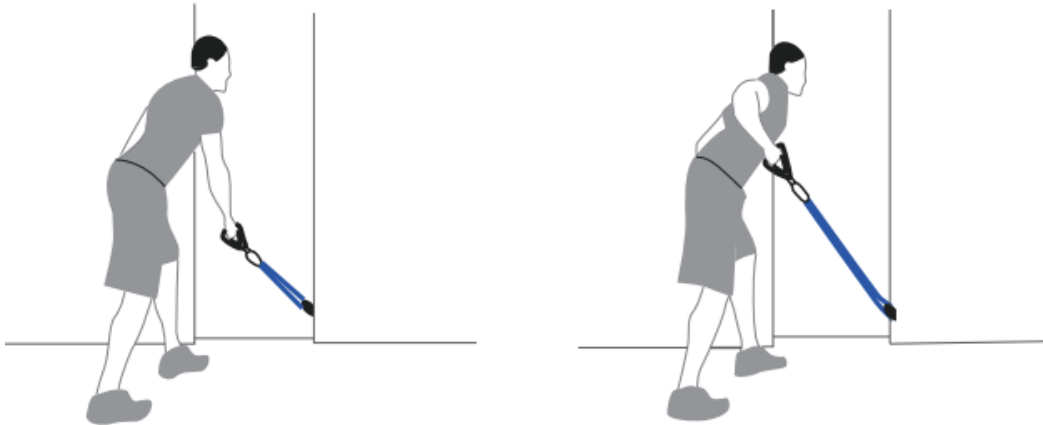
1. Insert anchor at bottom of door.
2. Face away from door; lay on back with knees bent and feet flat. Head should be positioned 1-2 feet from door.
3. Grab 1 handle in each hand.
4. Position hands by head - elbows bent and pointing forward.
5. Begin with a deep breath - exhale, engage core and lift shoulders and upper back off floor.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.



BENT ROW (ANCHORED)

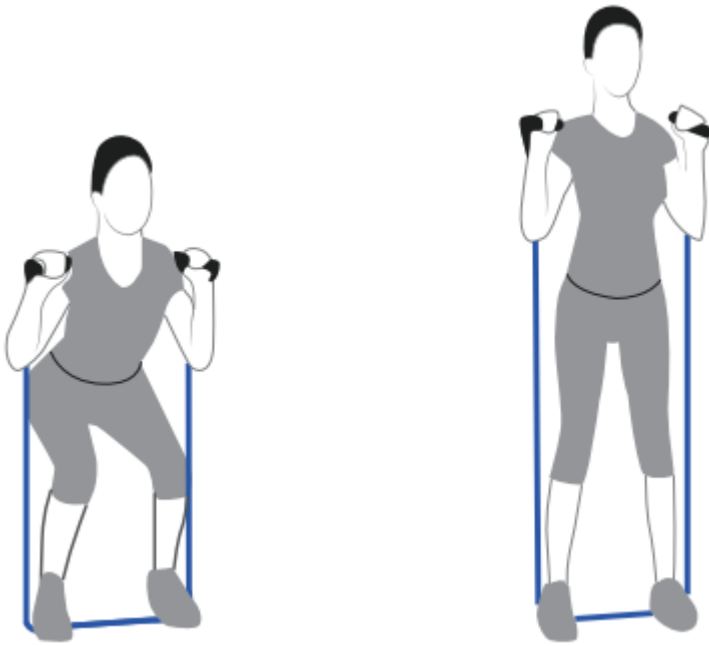
1. Attach anchor at bottom of door.
2. Attach both ends of desired band combination to 1 handle. Facing door; grab handle in R hand.

3. Step away 1-2 feet; R foot behind L in a staggered stance. Lower torso to a 45° angle to the floor. Keep chest lifted, back straight, and core engaged.
4. Begin with a deep breath - exhale and pull R arm back so elbow is pointed to ceiling - R hand just below ribcage.
5. Inhale and return to start with control.
6. Repeat for desired reps, then switch sides.



SQUAT

1. Place both feet hip width apart on midsection of band; 1 handle in each hand.
2. Lock elbows against rib cage and relax shoulders. Bring hands to shoulder level - palms facing forward.
3. Stand tall - core engaged.
4. Begin by inhaling and pushing hips down and back as if sitting in a chair.
5. Keep chest lifted, body weight in heels, knees in line with ankles.
6. Exhale and press back up to start.
7. Repeat for desired number of reps.



Warning

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