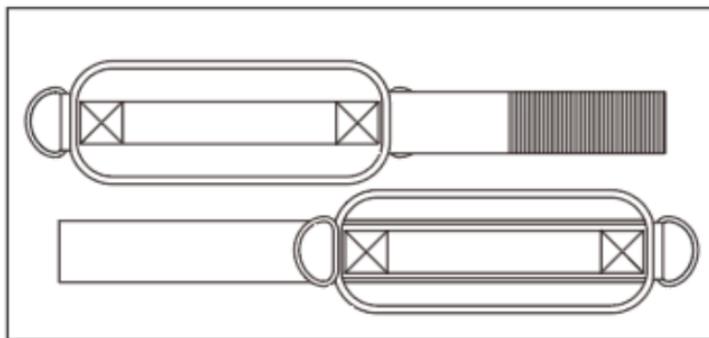




# MULTI-FUNCTION WORKOUT ANKLE STRAPS NO. 091 USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

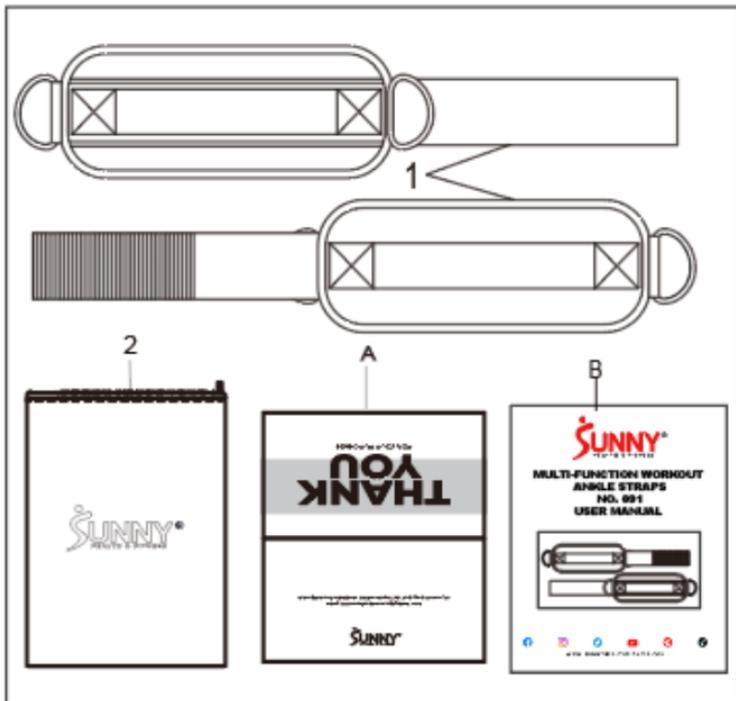


# IMPORTANT SAFETY INFORMATION

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk.
2. Be aware of your body's warning signs. Incorrect or excessive exercise can be detrimental to your health. Stop exercising if you experience any uncomfortable symptoms.
3. Always warm up before exercise. Before use, ensure that your equipment is in good condition. Do not use the equipment if you find any wear/tear or damage.
4. Start your resistance exercise with a relatively low level, gradually increasing the level as you progress.
5. Wear comfortable clothing that is suitable for exercise while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
6. Your product is intended for use in cool, dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to product damage.
7. Hand wash with cold water to clean and lay flat to dry.

# DIAGRAM

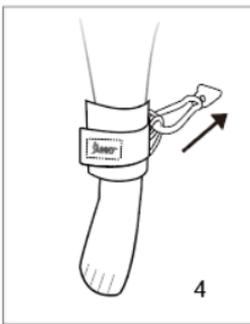
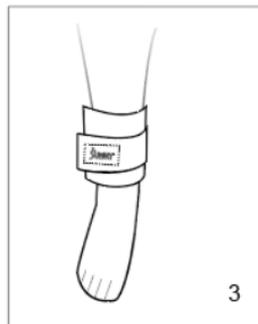
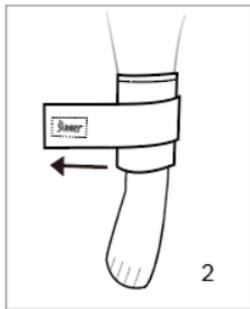
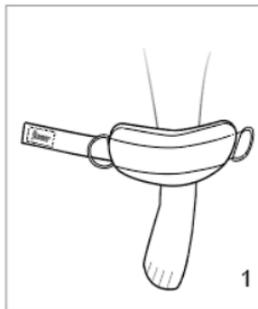
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Ankle Strap		2
2	Carry Bag		1
A	Thanks Card		1
B	Use Manual		1

# WEARING INSTRUCTION

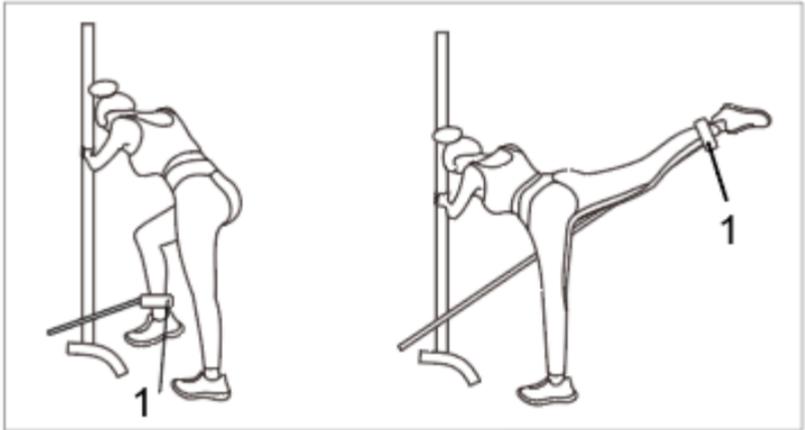
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90 SUNNY (877-907-8669).



1. Wrap **Ankle Strap (No. 1)** around your ankle and pass the strap through the D-ring.
2. Pull the strap and tighten the Velcro portion of the strap.
3. Fix the Velcro so the **Ankle Strap (No. 1)** is secure.
4. Hook the **Ankle Strap (No. 1)** to your desired cable machine

# GLUTE WORKOUT

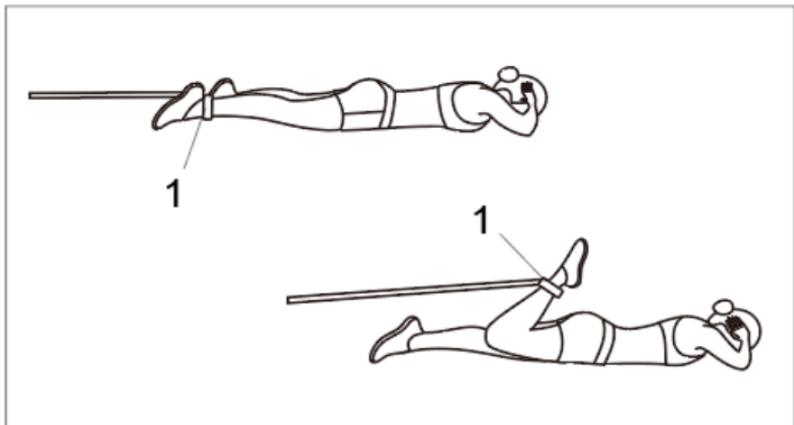
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## STANDING GLUTE KICKBACK

Stand upright and hold the cable machine frame with both hands. Shift your weight onto the leg that is free from of the strap. Extend your opposite leg (attached to **Ankle Strap (No. 1)**) behind you, maintaining a slight bend in both knees, lift the leg as high as possible while keeping your hips square. Squeeze your glutes and hold for a moment, then slowly lower leg back to the starting position. Engage your core and glute muscles while maintain a neutral spine and avoid rotating your body and pelvis.

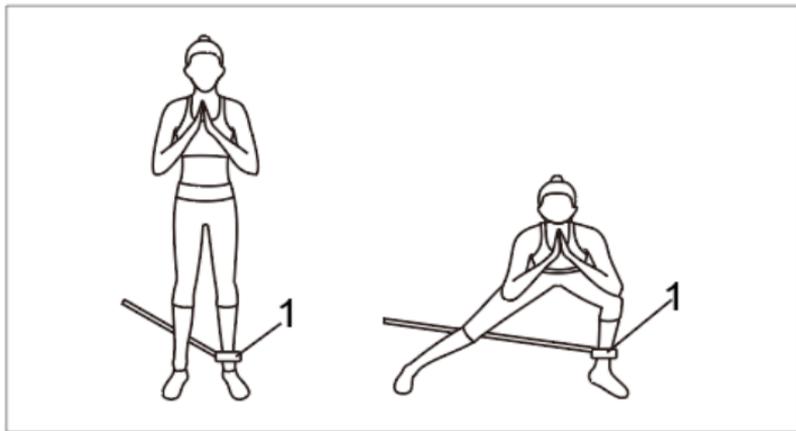
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## HAMSTRING CURL

Hook **Ankle Strap (No.1)** to one ankle and lie face down on the mat with your legs fully extended. Bend your knee to curl your heels towards your glutes, while keeping your thighs flat on the mat. Focus on activating your hamstrings (back of the leg) as you pull your heel in. Slowly straighten your leg to return to the starting position. Maintain control and avoid using momentum to perform the movement.

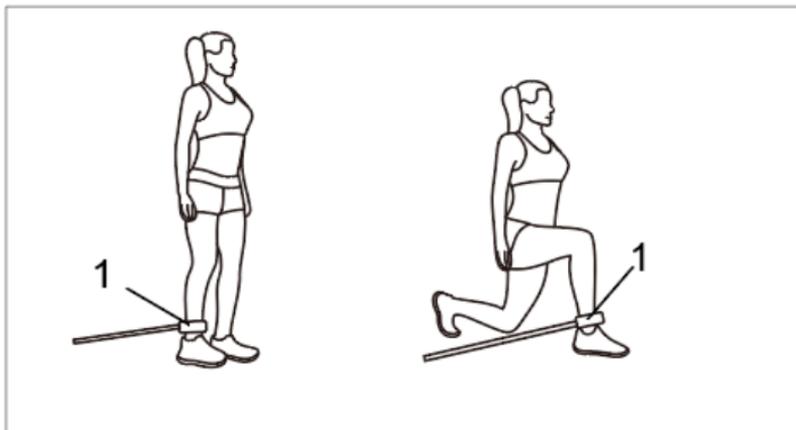
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## SIDE LUNGE

Stand with your feet hip-width apart with the **Ankle Strap (No. 1)** attached to your ankle furthest from the machine. Take a big step to the side, with your foot that is attached to the strap. With both feet firmly planted, sit your hips back as you bend your knee on the leg attached to the cable. Aim to bring your thigh parallel to the ground. Push through your heel and straighten your knee to return to the starting position. Maintaining a straight back and lifted chest throughout the movement. Ensure that your knees stay in line with your toes as you lower into the lunge position.

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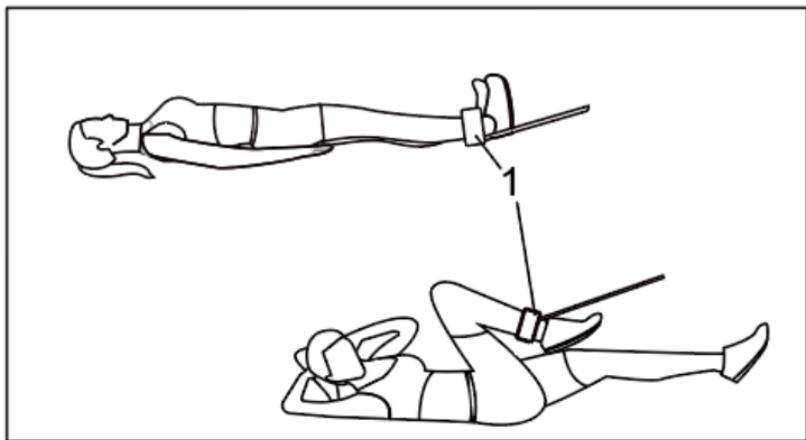
## FORWARD LUNGE

Stand with your feet hip-width apart with one ankle attached to **Ankle Strap (No.1)**. Take a big step forward with foot is attached to the strap as you bend both knees to 90-degree angle. Lower your body until the back knee hovering a few inches off the floor. Push through the front heel to return to the starting position.

Ensuring that your knee and ankle are in a straight line, keep your chest upright and engage your core muscles for stability.

# CORE WORKOUT

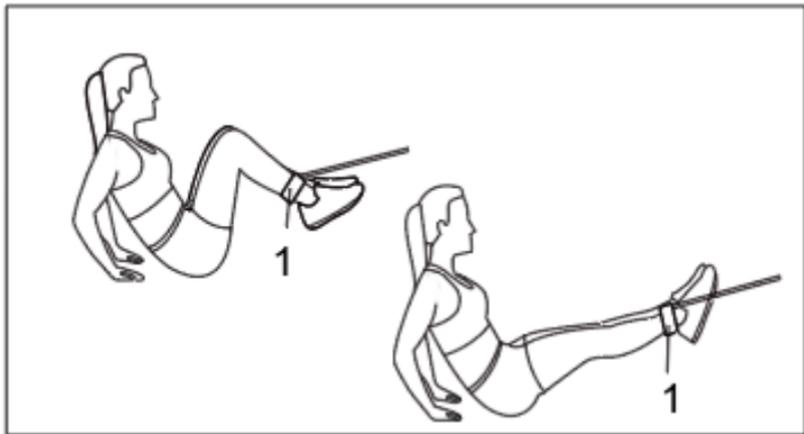
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## BICYCLE CRUNCH

Lie on your back with one ankle attached to **Ankle Strap (No. 1)**. Put your hands behind your head, lift your legs off the floor with your knees bent on 90-degree angle. Lift your shoulder off the ground and bring your elbow towards your opposite knee while the other leg straightens. Use your abdominals to pull your knee in, not your hip flexor. Slowly return to the starting position. Avoid straining your neck or pulling your head with your hands. Engage your core muscles to perform this movement.

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## SEATED TUCKS

Sit on the floor with your knees bent and ankle attached to **Ankle Straps (No. 1)**. Place your hands on the ground for support and lean back slightly so your core muscles are engaged. Keep your back straight and chest lifted, pull your knees towards your chest as you squeeze your core. Avoid using your hip flexors to perform this movement. Pause for a moment, then slowly bring back your feet to the starting position.

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