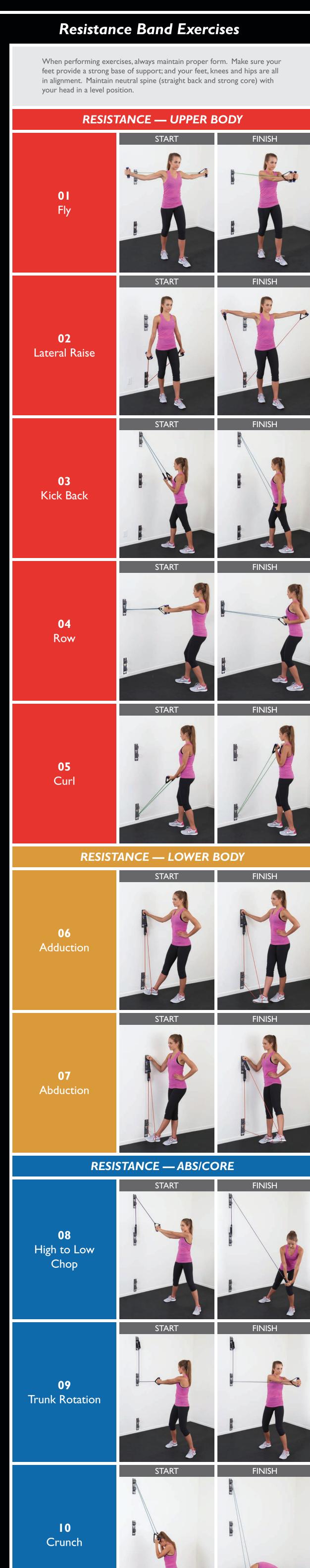
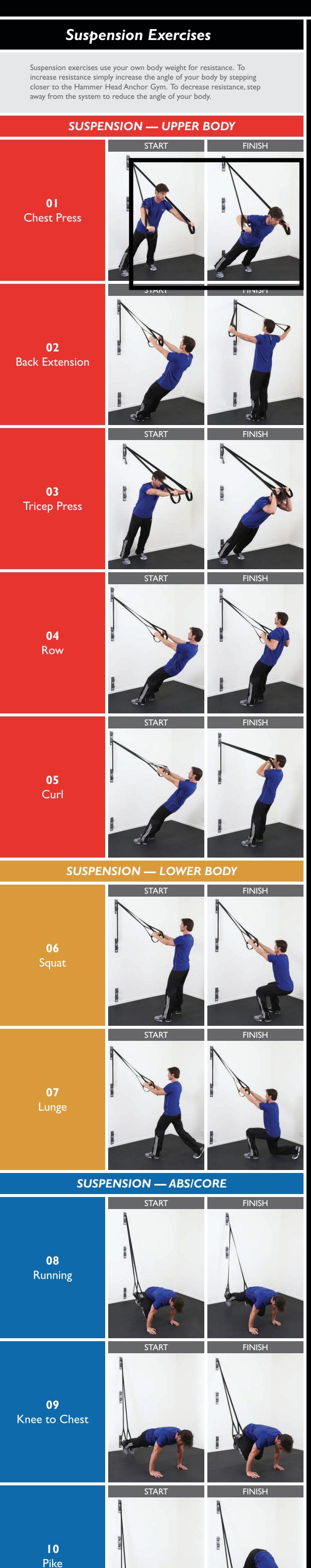
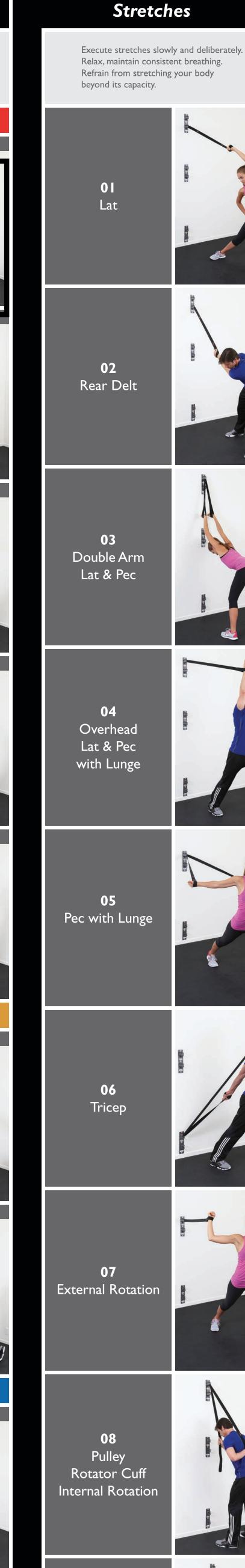


## HAMMER HEAD ANCHOR GYM









Quad

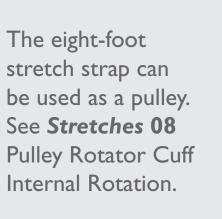
10

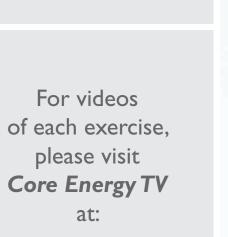
Hamstring



## **Anchoring & Threading** With numerous hooks spread over multiple components, the Hammer Head Anchor Gym provides a variety of options for anchoring resistance bands, suspension straps and stretch straps. **THREADING** To increase the tension of a resistance band, simply thread the band through a second hook. To attain the desired length of both suspension and stretch straps, thread the strap through a second hook.







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For most exercises, especially those without vigorous dynamic movements, it is sufficient to simply loop the band over the hook.

## WRAPPING

To eliminate band slipping during exercise, wrap the band around the hook. This will secure the band at its desired length during exercise.



Consult your doctor before embarking on a fitness program.

Do not allow children or persons unfamiliar with fitness equipment or exercise, near the Hammer Head Anchor Gym.

Use the equipment only for its intended purpose.







