

Resistance Band Exercises

When performing exercises, always maintain proper form. Make sure your feet provide a strong base of support; and your feet, knees and hips are all in alignment. Maintain neutral spine (straight back and strong core) with your head in a level position.

RESISTANCE — UPPER BODY

01 Fly	START	FINISH
02 Lateral Raise	START	FINISH
03 Kick Back	START	FINISH
04 Row	START	FINISH
05 Curl	START	FINISH

RESISTANCE — LOWER BODY

06 Adduction	START	FINISH
07 Abduction	START	FINISH

RESISTANCE — ABS/CORE

08 High to Low Chop	START	FINISH
09 Trunk Rotation	START	FINISH
10 Crunch	START	FINISH

Suspension Exercises

Suspension exercises use your own body weight for resistance. To increase resistance simply increase the angle of your body by stepping closer to the Hammer Head Anchor Gym. To decrease resistance, step away from the system to reduce the angle of your body.

SUSPENSION — UPPER BODY

01 Chest Press	START	FINISH
02 Back Extension	START	FINISH
03 Tricep Press	START	FINISH
04 Row	START	FINISH
05 Curl	START	FINISH

SUSPENSION — LOWER BODY

06 Squat	START	FINISH
07 Lunge	START	FINISH

SUSPENSION — ABS/CORE

08 Running	START	FINISH
09 Knee to Chest	START	FINISH
10 Pike	START	FINISH

Stretches

Execute stretches slowly and deliberately. Relax, maintain consistent breathing. Refrain from stretching your body beyond its capacity.

01 Lat		
02 Rear Delt		
03 Double Arm Lat & Pec		
04 Overhead Lat & Pec with Lunge		
05 Pec with Lunge		
06 Tricep		
07 External Rotation		
08 Pulley Rotator Cuff Internal Rotation		
09 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.

The eight-foot stretch strap can be used as a pulley. See **Stretches 08 Pulley Rotator Cuff Internal Rotation**.

For videos of each exercise, please visit **Core Energy TV** at: COREENERGYFITNESS.COM

BASIC LOOP

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.