

OTHERSPORTS



**Manual**

**FITNESS BAR**

**v1.3 English**

OTHERSPORTS

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get the most out of your  
fitness bar



# intro

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*a warm welcome!*

We are glad that you have chosen us.

## **Who is OTHERSPORTS?**

We are a young startup company and passionate about sports with the goal of revolutionizing home training.

## **Our principle:**

Home fitness products that work!

## **Developed and tested for you by athletes**

We work closely with selected experts to develop our sports products. The development and production of your board is done with attention to detail in the south of Germany. We are guided by a clear functional design for effective training, which we implement in combination with high-quality materials to a premium sports product.



*Have fun & success  
for your training!*

# how to start

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scope of delivery

## FITNESS BAR

sturdy aluminum fitness bar with steel hooks for intense workouts.

## MANUAL

with valuable tips on form and posture during your workout.



## HANDPADS

for more comfort during your exercises



## ONE-LOOP BAND MEDIUM

for your workout with medium resistance

## ONE-LOOP BAND LIGHT

for your training with light resistance





# how to start

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## with SPORTBOARD

Train even more comfortably with the SPORTBOARD. Insert the One-Loop band into the groove on the backside of the board and stand shoulder width apart on the SPORTBOARD.



VS.

## without SPORTBOARD

Clamp the One-Loop Band under your feet and secure your stance.



# how to start



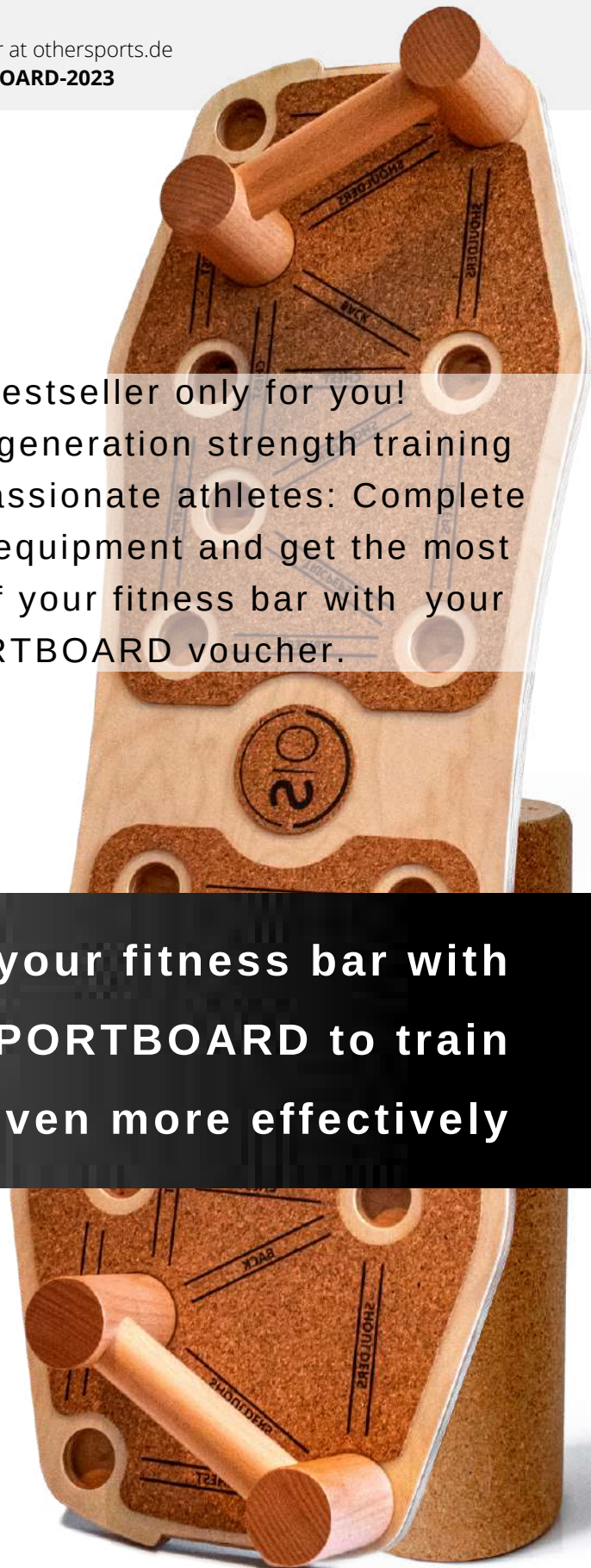
We say THANK YOU!  
Your discount voucher at othersports.de  
**THANKYOU-SPORTBOARD-2023**



Our bestseller only for you!  
Next generation strength training  
for passionate athletes: Complete  
your equipment and get the most  
out of your fitness bar with your  
SPORTBOARD voucher.



Combine your fitness bar with  
the **SPORTBOARD** to train  
even more effectively



# workout plan

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The workout plan is suitable for beginners and advanced athletes.



Exercises marked with this symbol are explained in detail in the chapter "Exercise execution". Follow the instructions train correctly and effectively with your Fitness Bar.

After a growth stimulus from intense exercise, muscle areas need an adequate rest period. The resting phase depends on your current strength and fitness level.

THE  
DIFFERENCE  
BETWEEN  
WANTING  
AND  
ACHIEVING IS

*Discipline*

**Good to know:** The human body has about 650 muscles. We cannot consciously control or train each one of them. However, the fitness bar is designed to target the most important muscle groups:

- Chest muscles
- Back muscles
- Shoulder muscles
- Abdominal muscles
- Leg muscles
- Upper and lower arm muscles

# terminology

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## REPS

REPS stands for the number of repetitions you perform at a stretch for a given exercise.



## SETS

SETS stands for the number of rounds you perform for a given exercise.

## AMRAP

AMRAP stands for "as many reps as possible". The goal is to complete as many reps as possible in the allotted time.



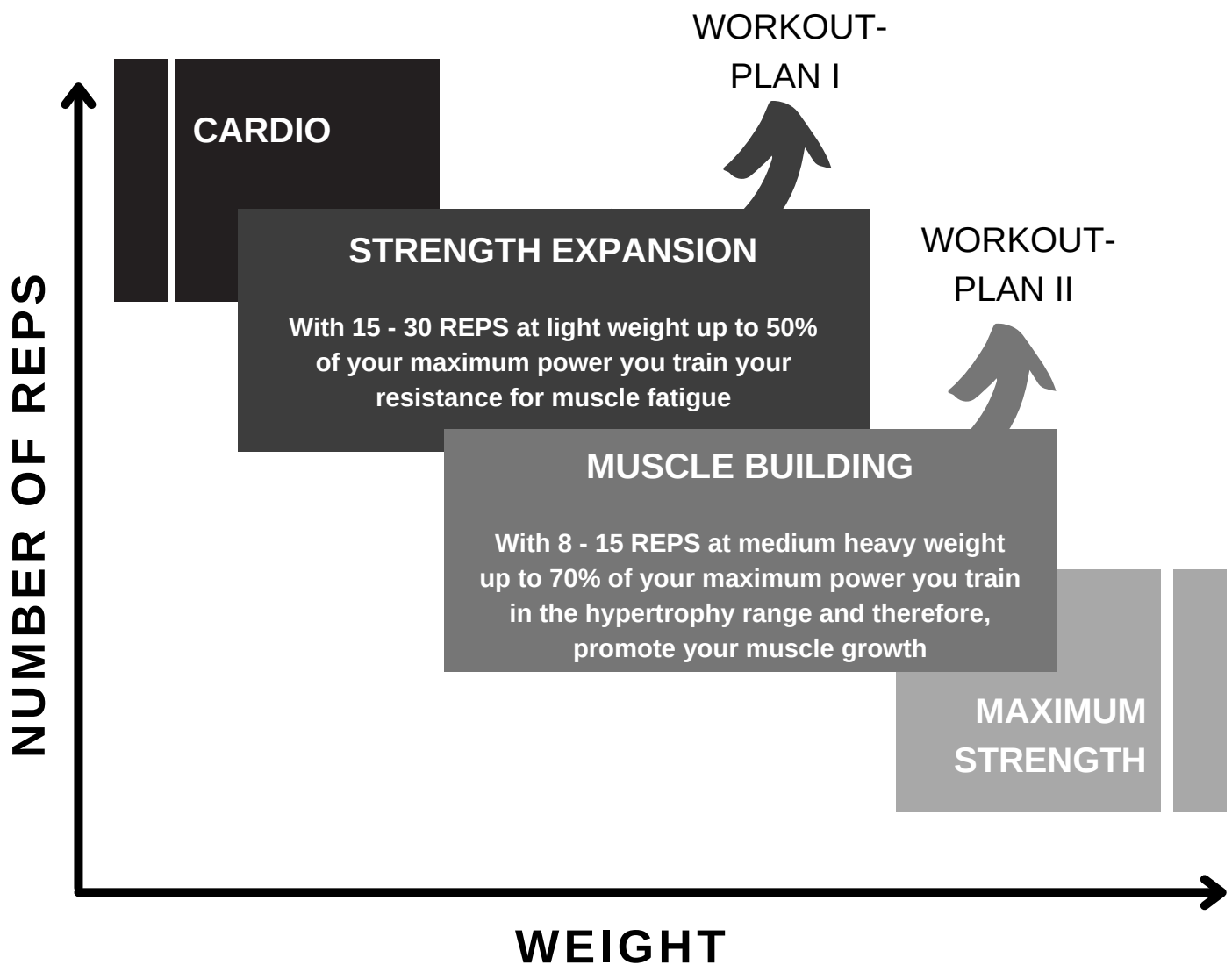


# comparison

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Do you prefer to train with heavy weights or with light weights and many repetitions? 10-12 repetitions is often said as a general rule.

Here is a little more transparency on this:



**Important:** Depending on your training goal, you can make your training as efficient as possible. Do you want to endure heavy loads for a long time (strength endurance), primarily gain muscle mass (hypertrophy) or develop muscle strength (maximum strength)? In general, however, you should make sure to train all areas in order to stay in balance!

# challenges

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We have various challenges built in for you....

The same SETS over and over again or the same home workout are monotonous in the long run and can also be soporific for your muscles. For this reason, we have built in various challenges for you. These range from a jogging round to a tour on the bike. Choose the challenge that suits you best depending on your state of mind. For even more motivation, the challenges can also be done in a group.



*Challenge  
accepted!*

# warm up

---

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

## JUMPING JACKS: A CLASSIC



## RUMP BOW



## BACK STRETCHER



# warm up

---

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

## SQUAT



## LEG LIFTER



## THIGH EXTENSOR





# warm up

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Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

## ABDOMINAL MUSCLE EXTENSOR



## HUGS BEND I



## HUGS BEND II



# 4 WEEK

FULL BODY WORKOUT



# 4 week workout plan

	Mo.	Tu.	We.	Th.	Fr.
WEEK 1	 45 min. <b>full body</b> exercises 3, 5, 6, 7	Rest day	 45 min. <b>upper body</b> exercises 1, 2, 4	Rest day	 30 min. 1 free <b>challenge</b> of your choice
WEEK 2	 45 min. <b>full body</b> challenge No 1	Rest day	 45 min. <b>full body</b> challenge No 2	Rest day	 30 min. 1 free <b>challenge</b> of your choice
WEEK 3	 45 min. <b>upper body</b> exercises 1, 2, 4	Rest day	 30 min. 1 free <b>challenge</b> of your choicel	 45 min. <b>full body</b> exercises 3, 5, 6, 7	 45 min. <b>full body</b> challenge No 2
WEEK 4	 45 min. <b>full body</b> challenge No 1	 30min. 1 free <b>challenge</b> of your choice	Rest day	 45 min. <b>upper body</b> exercises 1, 2, 4	 45 min. <b>full body</b> exercises 3, 5, 6, 7

# free challenges

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## 60 Burpees

15 REPS | 4 SETS



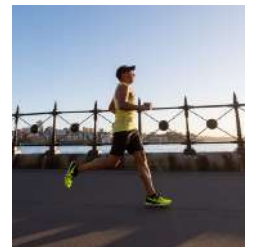
## 75 Push Ups

15 REPS | 5 SETS



## 6 km Run

max. 35 min.



## 50 km Biking

max. 2,5 h



## 100 Lunges

25 REPS | 4 SETS



## 160 Squats

40 REPS | 4 SETS





# set challenges

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Try to complete the individual rounds during the challenges without pausing in between.

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## CHALLENGE 1

3 ROUNDS



BICEPS  
CURLS **20 REPS**



SHOULDER  
PULL UP **20 REPS**



SQUATS **20 REPS**  
PRO SEITE

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## CHALLENGE 2

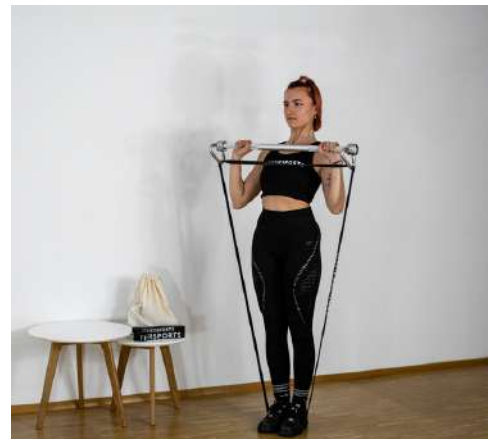
3 ROUNDS



PUSH UPS **20 REPS**








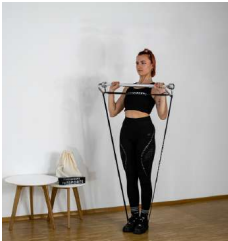


BOWED  
ROWING **15 REPS**









SHOULDER  
PRESS **20 REPS**

## Exercise

1	Biceps Curls 	SETS 3	REPS 15	
		RPE 8	REST 1 MINS	
2	Push Ups 	SETS 3	REPS 20	
		RPE 10	REST 1 MIN	
3	Shoulder Front Pull 	SETS 3	REPS 15	
		RPE 13	REST 2 MINS	
4	Shoulder Press 	SETS 3	REPS 15	
		RPE 13	REST 2 MINS	

## Exercise

5	Squats 	SETS 5	REPS 15	
		RPE 13	REST 2 MINS	
6	Bowed Rowing 	SETS 3	REPS 15	
		RPE 10	REST 1 MINS	
7	Back Extensor 	SETS 3	REPS 15	
		RPE 12	REST 1 MINS	

# exercise execution

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Take a look at the colored muscle group on the top left on the following pages to target the correct muscles for your workout.

## 5 top rules for a more effective training.

1. Pause for approximately 1 - 2 minutes between exercises.
2. Do not unload during the exercise. Always keep your muscles in tension.
3. Always perform exercises in a controlled manner, swinging along is a no-go!
4. Tense the lower back during the execution and remain stable.
5. Lower body and leg training is a MUST-DO since these muscle parts are elementary for your metabolism and muscle building!





# Biceps Curls

## START

- One-loop band fixed at the lower end with the Sportboard or standing on it
- Hands shoulder-width apart and under tension
- One-Loop Band under tension



## END

- Body erect
- Knee slightly bent
- Forearm to upper arm at right angle
- Elbow tightly fixed to the body



# Shoulder Front Pull

## START

- One-loop band fixed at the lower end with the SPORTBOARD or standing on it
- Hands shoulder-width apart and under tension
- One-Loop Band under tension



## END

- Body erect and under tension
- Elbows pointing outward to the sides
- Elbows drawn slightly above shoulder height





# Shoulder Pull

## START

- One-loop band fixed at the lower end with the SPORTBOARD or standing on it
- Body erect and under tension
- Fitness bar at chest level



## END

- Elbows pointing outwards
- Body under tension and straight
- Fitness Bar pressed upwards



# Bowed Rowing

## START

- One-loop band fixed at the lower end with the SPORTBOARD or standing on it
- Body slightly bent forward
- Back straight with slight hollow back
- One-Loop Band under tension



## END

- Body bent and under tension
- Elbows pulled backwards
- Shoulders pressed down





# Squat

## START

- One-loop band fixed at the bottom with the SPORTBOARD or standing on it
- Fitness bar with firm grip behind head
- Feet hip width apart
- Abdominal muscles tensed and hips extended forward



## END

- Back straight and look straight ahead
- Sitting low in the squat position
- Feet pointing slightly outward



# OTHERSPORTS

## PRODUKTS

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### SPORTBOARD

Our bestseller among fitness equipment. Next generation strength training for passionate athletes: Complete your equipment and get the most out of your Fitness Bar with the SPORTBOARD.



We say THANK YOU!  
Your discount voucher for your next purchase with us:  
**THANKYOU-SPORTBOARD-2023**



### Fitness bands | ONE-LOOP

Our high quality natural rubber resistance bands are available in different strengths for your individual strength level.



### POWERBOARD

The popular push-up board made of 100% real wood with high-quality multi-loop resistance bands for an intensive upper body strength training.



We say THANK YOU!  
Your discount voucher for your next purchase with us:  
**THANKYOU-POWERBOARD-2023**



Visit us at  
[www.othersports.de](http://www.othersports.de)





WE'RE FAMILY NOW  
SO DONT BE A STRANGER &  
**JOIN US**

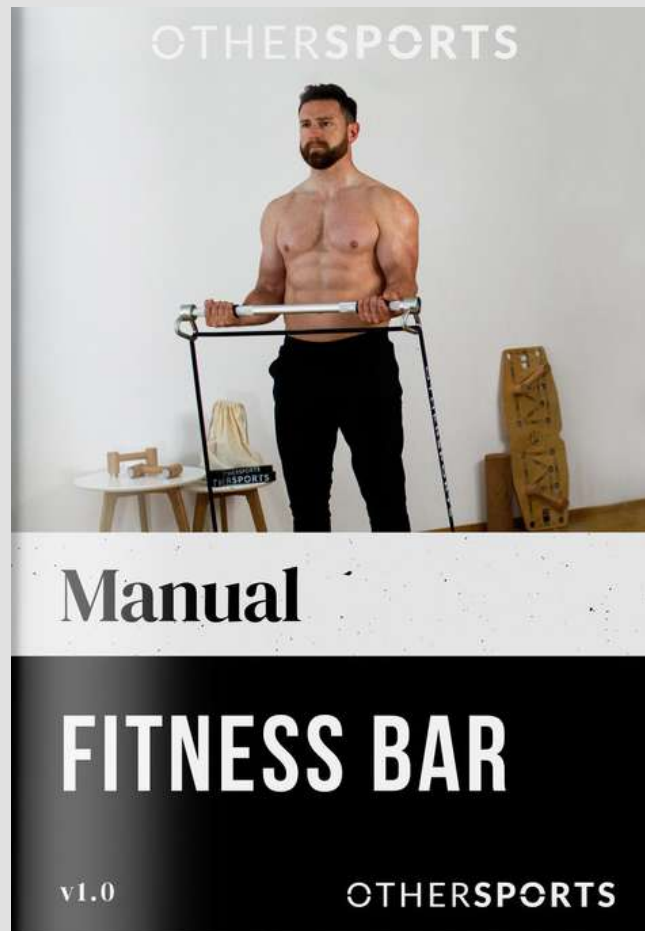
We are constantly creating new exercises and sharing effective workouts, especially on demand from our community!

**#OTHERSPORTS\_FITNESS**



*Join our community now:*

**[www.instagram.com/othersports\\_fitness](https://www.instagram.com/othersports_fitness)**



# WORKOUT MANUALS

We are continuously developing the training guide for you. You can find the current version on our webpage at [othersports.de](https://othersports.de) or follow this QR code:



# OTHERSPORTS



# THANK YOU

We are a young start-up from Germany and we would be very happy for your support.

Your honest feedback and review on Google would greatly help us!

Have fun & success with your workout!

*Your othersports Team*