



# Bodyweight Training Kit

## CAUTIONS

- Warm up before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

## DOOR ANCHORING

- Open Door
- Fully insert the Door Anchor (position 1, 2, 3, or 4) over the top of the door between the door and the door frame.
- Close the door - confirm that it is securely latched/closed.
- Firmly pull/tug on the strap to ensure that the Door Anchor is secured tightly against the opposite side of the door and door frame before performing any of the exercises.
- Maximum weight capacity is 300lbs.

## LOWER BODY

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

### ONE-LEG SQUAT



START: Face door, stand upright, feet hip-width apart, grasp handles, arms slightly bent.



FINISH: Straighten arms and sit back, bend and balance on one leg while extending opposite leg backward. Straighten leg and return to start position.

ANCHOR POINT

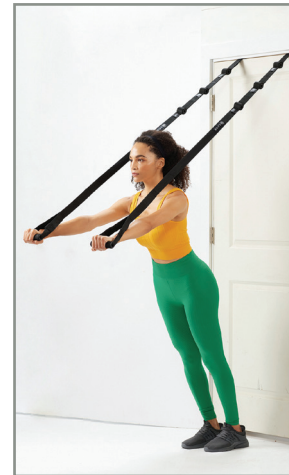
## UPPER BODY

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

### CHEST PRESS



START: Face away from door, grasp handles, bend arms, lean forward while keeping body straight.



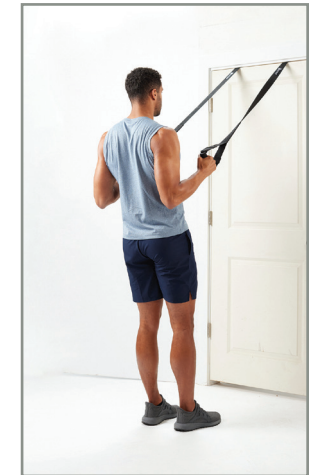
FINISH: Straighten arms down and forward while keeping body straight. Bend arms and return to start position.

ANCHOR POINT

### LOW ROW



START: Face door, grasp handles, straighten arms and lean back with knees slightly bent and body straight.



FINISH: Bend arms along sides of body and pull hands toward chest; straighten legs while keeping body straight. Straighten arms and return to start position.

ANCHOR POINT



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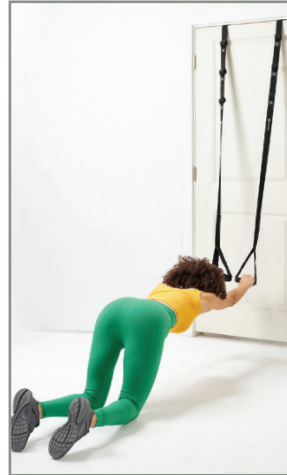
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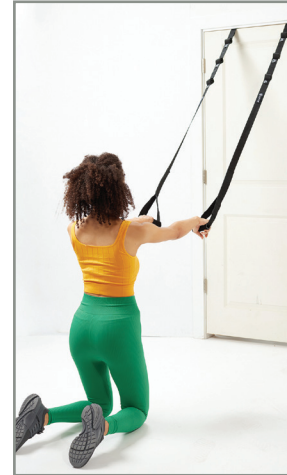
## TRUNK

(Anchor position may need to be adjusted to accommodate differences in strength, body type and skill level)

### AB CRUNCH



**START:** Kneel facing door, grasp handles, straighten arms overhead and lean forward with legs bent and body straight.



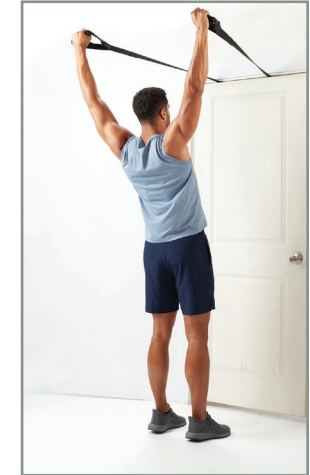
**FINISH:** Pull arms straight down and back toward body, raise hips and upper body while pressing ribs toward hips. Lean upper body down and forward and return to start position.

ANCHOR POINT

### BACK EXTENSION



**START:** Stand facing door, grasp handles, straighten arms and lean backward with legs slightly bent.



**FINISH:** Push hips forward, arch low back, pull arms backward, and straighten body with toes on floor. Push hips backward and return to start position.

ANCHOR POINT