



Hip Trainer

HOW TO SET UP YOUR HIP TRAINER

- Holding one metal clip in each hand, step inside the Hip Trainer, keeping it at waist level.
- Position the fabric belt on your lower back area, above your glutes.
- Keeping the belt in place on your lower back, cross your hands in front of you.
- Bend forward, carefully positioning the rubber tube under the arch of each shoe. Use caution, as resistance cords can potentially snap and cause injury.
- Ensure that the resistance tube is securely centered under your feet. The level of resistance can be slightly adjusted by increasing or decreasing the width of your stance.
- Read the cautions below, then perform the exercise illustrated at right.
- When finished, bend forward and carefully grab the tube with both hands. Remove your feet from the cord one at a time.

CAUTIONS

- Always wear suitable athletic shoes with good traction.
- Warm up for 3-5 minutes 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 each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction 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 decrease repetitions. 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 or increase repetitions.
- 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.

SQUAT + OUT + PULL-IN



START: Stand with your feet slightly wider than hip-width apart, toes turned slightly out, Hip Trainer around your waist and under your feet.



FINISH: Move your hips down and back to lower into a squat, as you lift and extend your arms out to the sides, at shoulder height. Drive through your feet to stand back up. At the same time, pull your elbows into your sides, squeezing your shoulder blades together. Repeat.