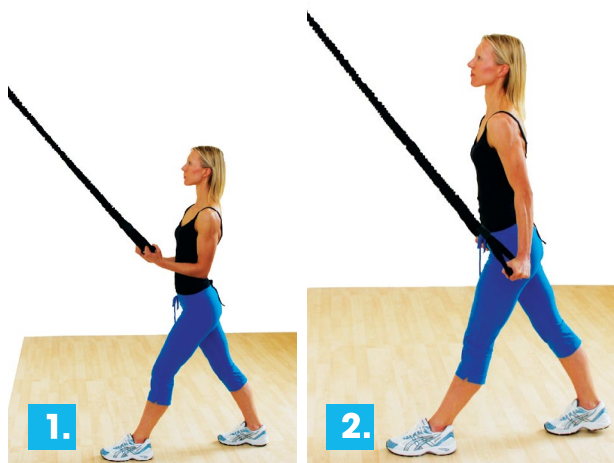


REVERSE CURL - TRICEPS

Insert the Door Attachment above the top hinge.

Start in a position with one left forward and the arms bent with light tension on the tube and your knuckles towards your chest. Slowly straighten your arms to bring them in line with your legs, without locking out your elbows. Pause briefly in this position and then return to the starting position.

Perform 3 sets of 8 - 12 repetitions.



STRAIGHT ARM EXTENSION - BACK

Insert the Door Attachment above the top hinge.

Start in a position with one leg forward and arms straight and palms facing the floor, as illustrated. Ensure that there is light tension on the tube in the start position. Keeping your arms straight, slowly bring your arms down to just past your legs. Pause briefly in this position and then return to the starting position.

Perform 3 sets of 8 - 12 repetitions.



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STUDIO PRO SAFETY RESISTANCE TRAINER GUIDE



FITNESS MAD

IMPORTANT SAFETY ADVICE

Thank you for buying a Fitness-Mad Studio Pro Safety Resistance Trainer. Please read the following instructions before first use. We recommend you keep hold of this manual for future reference.

- Always check your Safety Resistance Trainer & Door Attachment for damage before use. Replace when worn or if showing any sign of damage.
- Store your Safety Resistance Trainer away from extremes of heat or cold as this will reduce the life of the latex tube. Avoid sharp objects.
- Do not use your Safety Resistance Trainer on rough or abrasive surfaces as this will damage the Protection Sleeve or tube and will reduce the life expectancy of the product.
- Your Safety Resistance Trainer is not a toy and can be dangerous if used incorrectly. Please use only as instructed and store in a secure place out of reach of children.
- We recommend that you wear sports shoes whilst training (avoid sandals or shoes with heels) and that you ensure the Safety Resistance Trainer is placed firmly under the arch of your foot when performing exercises that involve standing on the Safety Resistance Trainer.
- When training with the Door attachment be sure to only use the attachment:
 - in solid and undamaged doors with a working lock.
 - secure the attachment so you exercise only on the side of the door which closed towards you i.e. so when you pull away from the door you are pulling in the same direction that the door closes.
 - only use the attachment as shown in the illustrations.
- Lock the door before starting to exercise so no one can open the door during your training.
- We recommend that you consult your Doctor before taking up a new exercise regime and that you warm your muscles up and stretch before starting your resistance training.

ADJUSTING THE RESISTANCE

You can vary the resistance and effect of each exercise by adjusting your foot stance. There are three main positions which determine the level of resistance for most exercises.



ARM CURLS – BICEPS

Hold both handles with palms facing upwards.

Stand on the tube with your front leg (or with both feet if you wish to increase resistance). Pull your hands up towards your upper body slowly and inhale at the same time. Briefly hold at the top and then slowly lower your hands to the start position, exhaling at the same time.

Perform 3 sets of 8 - 12 repetitions.



SIDE RAISES – ARMS & SHOULDERS

Stand on the tube with one or both feet on the tube, to suit your preferred resistance.

Holding each handle with your arms straight by your side and the tube of equal length on both sides, slowly raise your arms until they are level with your shoulders, whilst inhaling. Keep your arms straight and your abs contracted during the exercise, which will protect the lower back. Slowly return to the starting position whilst exhaling.

Perform 3 sets of 8 - 12 repetitions.



REVERSE RAISES – BACK

Stand on the tube with your front foot.

Holding each handle with your arms straight by your side, the tube should be equal lengths on each side and your knuckles facing forward, slowly raise your arms behind your hips whilst inhaling. Keep your arms straight and your abs contracted during the exercise. Slowly return to the starting position whilst exhaling.

Perform 3 sets of 8 - 12 repetitions.



SINGLE LEG LUNGE – LEGS & GLUTES

Stand with the tube under the arch of your forward foot (making sure that the tube length is equal on both sides) and with your arms at right angles to your body, palms facing upwards.

Next slowly drop your rear knee down, lowering your body until your front knee is at 90 degrees to the floor and your thigh is parallel to the floor. Whilst lowering into the lunge, simultaneously raise your arms until your biceps are parallel to the floor. Pause briefly in this position then exhaling slowly return to the start position.

Perform 3 sets of 8 - 12 repetitions on each leg.



SHOULDER RAISE – SHOULDERS & TRICEPS

Stand on the tube in your preferred stance.

With the tube crossed and your knuckles facing downwards straighten your arms above your shoulders whilst inhaling. Keep your back straight and stomach muscles tensed during the exercise. Next lower your hands slowly to the starting position whilst exhaling.

Perform 3 sets of 8 - 12 repetitions.



TWO LEG SQUATS – LEGS & BUTTOCKS

Squat with the tube firmly under the arch of both feet, about shoulder width apart – do not allow your knee to extend beyond 90 degrees.

Holding both handles, stand up as illustrated keeping your palms facing forward. Keep your head up with your eyes looking forward and your back straight during the exercise. Hold briefly in the standing position and then slowly return to the starting position.

Perform 3 sets of 8 - 12 repetitions.



SEATED LOW ROW – BICEPS, SHOULDERS & BACK

Sit on the floor and place the tube around one foot or around both feet if you want greater resistance.

Grip the handles with your knees slightly bent and pull your arms back until they reach your abdomen. Hold briefly and then slowly return to the start position. Cross the tube over itself as illustrated if you want to make the exercise more difficult.

Perform 3 sets of 8 - 12 repetitions.



PRONE SHOULDER EXTENSIONS – UPPER BACK

Lie face down on the floor.

Holding back both handles in one hand and the centre of the tube in the other hand (hold the tube at a point closer to the handles for greater resistance) slowly raise both hands above the head, keeping the arms straight then open your arms to the side as illustrated. Always keep your face looking down to avoid straining your neck muscles.

Perform 3 sets of 8 - 12 repetitions.



PELVIC RAISES – LOWER BACK & BUTTOCKS

Lie on the floor and raise your knees so your legs approximately form a right angle, keep your feet together and heels on the floor.

Holding both handles in one hand and both tubes in the other are a point where there is a slight resistance on the tube whilst your back is on the floor. Keep both hands pressing down on to the floor whilst raising your hips, resisting against the tube. Hold for a few moments in the upper position and then slowly lower back to the floor. Remember to keep your back straight during the exercise.

Perform 3 sets of 8 - 12 repetitions.



LEG RAISES – BUTTOCKS

Create a loop by threading part of the tube through one of the handles, then step through the loop you have created and pull the tube until it is safely secured around your foot.

Now step on the tube with the other foot, about shoulder width apart and hold the other handle around chest height. From this position move the rear leg backwards and up, keeping the leg straight. Note: a similar exercise can be done using the door attachment (see page 10).

Perform 3 sets of 8 - 12 repetitions on each leg.



USING THE DOOR ATTACHMENT

The Door Attachment dramatically increases the versatility of your Safety Resistance Trainer however it is vital that the Door Attachment is only used as described here.

- Only secure the Door Attachment from the side of the door which closes towards you i.e. when exercising you are pulling the door in the direction in which it closes.
- Only use on solid doors that are in solid walls – do not use on stud walls or partition walls. Doors must be in sound condition with working locks.
- Always lock the door when exercising so there is no possibility that someone else can open the door whilst you are exercising as this may result in serious injury.
- Only insert the Door Attachment in the hinge side of the door, as illustrated below. The Door Attachment can be used above the top hinge, below the bottom hinge or threaded in between the two. Check the Door Attachment for damage before use, if damaged do not use.



FORWARD RAISES – SHOULDERS

Keeping the Door Attachment in the low position, stand with your back with one leg in front of the other to increase balance.

Holding each handle with your knuckles facing away from the door and your arms slightly behind your body, raise your hands up to shoulder level. During the action keep your arms straight and your elbows slightly bent. Hold briefly at the top of the stroke and then slowly return to your starting position.

Perform 3 sets of 8 - 12 repetitions.



BICEP CURLS – BICEPS

Install the Door Attachment below the lower hinge, close and lock the door.

Facing the door stand with feet aligned with the shoulders and with the knees slightly bent. Keep the stomach muscles tensed as you slowly perform the bicep curls, as illustrated.

Perform 3 sets of 8 - 12 repetitions.



SQUATTING ROW – BACK & BICEPS

Keeping the Door Attachment in the low position, stand with your feet close together and bend your knees until they are almost at right angles.

With your arms extended and palms facing the floor, squeeze your shoulder blades together and pull your elbows back whilst rotating your hands, as illustrated. Hold briefly and then slowly release and return to the start position.

Perform 3 sets of 8 - 12 repetitions.



FORWARD LEG EXTENSIONS – QUADS

Keeping the Door Attachment in the low position, make a loop by threading part of the tube through one of the handles, then step through the loop you have created and pull the tube until it is safely secured around your ankle (you can secure around your foot to increase exertion).

Stand about 1.2m from the door, so there is no slack in the tube and use a chair or similar to aid your balance. Keeping your grounded leg slightly bent, contract your stomach muscles and extend your leg straight out in front of you. Pause briefly in this position and then return to the starting position.

Perform 3 sets of 8 - 12 repetitions.



CRUNCHES – ABS

Keeping the Door Attachment in the low position, lie on your back with your knees bent so that in your starting position the tube is just coming under tension.

Use your stomach muscles to do a crunch as illustrated. Do not pull with your arms. Hold the position briefly and slowly lower your shoulders back to the starting position.

Perform 3 sets of 8 - 12 repetitions.



REVERSE LEG EXTENSION – BUTTOCKS & HAMSTRINGS

Keeping the Door Attachment in the low position, make a loop by threading part of the tube through one of the handles, then step through the loop you have created and pull the tube until it is safely secured around your ankle.

Again, using a stool to aid your balance, stand about 1.2m away from the door, so there is no slack in the tube when your front leg is extended towards the bottom of the door. Ensuring your grounded leg is slightly bent, clench your buttocks and pull your front leg back against the tube, keeping your leg straight all the way back to the second position, as illustrated. Pause briefly then slowly return to the starting position.

Perform 3 sets of 8 - 12 repetitions on each leg.



CHEST FLY – ARMS & CHEST

Position the Door Attachment at chest height.

Start by standing with one foot in front of the other and your arms out to the side, parallel to the floor. Stand far enough from the door so that the tube is just under tension and the band is of equal length on each side. Keeping your arms straight slowly push them forward whilst contracting your chest muscles using a slow and fluid motion. Hold for a moment with your hands almost together and then slowly return to the starting position.

Perform 3 sets of 8 - 12

