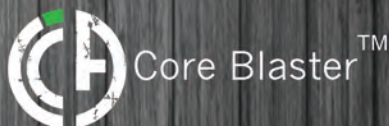




ICA CORE BLASTER

Quickstart Workout **GUIDE**





Core BlasterTM User Guide

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Iron Core Athletics Suspension Training

This guide is intended to step you through the fundamentals of setting up and using your new Iron Core Athletics Core Blaster.

Before getting started it is very important that the user review the Safety Guidelines for setting up and Anchoring the equipment. Proper installation and configuration of your Iron Core Athletics gear is essential for safety as well as to maximize the useful life of your gear.

We urge you to put a little time aside a few times a week and create a program that best suits your individual goals. The Iron Core Athletics Core Blaster is an excellent choice for users of all levels in building core strength while at the same time burning fat.

We at Iron Core Athletics are very interested in your feedback

We can be contacted at :

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Check our website for updated information and workout guides

www.ironcoreathletics.com

ICA Core Blaster Overview

The ICA Core Blaster is one of the most effective tools available for development and strengthening of your core. Each of the following exercises is designed to engage your entire core and develop core power and stability.

Following is a list of 10 easy to do exercises that will help you toward your goal of a ripped core. This is a mixture of exercises targeting specific core functions and is only a small example of what can be done with your Core Blaster.

The Iron Core Athletics Core Blaster has something for everyone, from professional athlete to complete beginner, this unique piece of equipment was designed to be both effective and fun to use. Try out new exercise variations as the options are endless.

Have fun using your new equipment and let us know your thoughts as well as share with us your favorite exercises so we can include them in future User Guides

INCLUDED IN THIS KIT



Anchoring your Core Blaster

Your ICA Core Blaster System comes with a Professional Wall Mount Anchor that can be used for both the ICA Core Blaster as well as ICA Suspension Straps giving you unlimited variety in your workouts.

Connecting the Core Blaster to the Wall Anchor is done by simply clipping directly to the mount or running the Core Blaster cable through the Wall mount as shown.

The method of connection will vary depending on the exercise



Your ICA Core Blaster System also includes a door mount stopper that is convenient to use and easy to travel with. To use the door stopper, simply place the door stopper behind any door at the desired height and clip the Core Blaster in to start.



Grips and Positions

The ICA Core Blaster is one of the most useful pieces of exercise equipment you will ever own. Below are some tips and best practices on gripping of the bar as well as a demonstration on foot anchoring that will further broaden the scope of use. The below suggestions are only for your reference, there is no best way to perform any of these exercises, do whatever feels most comfortable for you.

Hand Grips for the Core Blaster



Most Pushing type exercise recommend the standard neutral grip



For twisting and core engaging exercises, many people prefer the staggered over - under grip.

Foot Anchoring



For many exercises such as Squats and Bicep Curls, using a parallel stance with both feet anchoring the Core Blaster allows for quick transitions



For exercises such as Lunges, a staggered stance with one foot anchoring the Core Blaster works best

Helpful Hints

When using the ICA Core Blaster, take special care to ensure that you keep good posture with a straight spine.



Keep your core engaged at all times to get the maximum benefit.

Use full extension keeping the Core Blaster extended away from the body as you do your progressions.



Core Blaster 101

What is the ICA Core Blaster

The Core Blaster is a unique piece of exercise equipment developed to build core strength in just minutes a day. Using the exercises in this guide and dedicating 15 - 30 minutes three days a week, will bring noticeable results very quickly.

What are the benefits

Natural movements and twists through the core in many different directions will build stamina, increase balance, burn calories, and most importantly strengthen your core

The Fun Factor

The ICA Core Blaster will probably be the most fun workout equipment you will ever own. There are exercises for Pushing, Pulling, Rotating, Swinging, and Chopping, the variations are endless.

While we encourage you to enjoy your equipment and use it regularly, we also encourage you to practice the moves in controlled and graceful motions with your mind focused on your core and smooth and steady transitions.

Warm Up prior to starting

To ensure a safe and productive workout, we advise that you warm with some light cardio exercises, like jogging or jumping jacks before starting your workout routine.

Maintain Posture

Keep your back straight and be sure not to overextend or flex your spine. A neutral Spine posture will maximize your workout efficiency allowing you to maintain your center of gravity while avoiding un-necessary injury.

Engage your Core

With your back straight and in a neutral position, moderately engage your core throughout the exercises sequences to get maximum benefit. This will enhance your results and minimize potential injuries.

Respect the Equipment

All Iron Core Athletics training equipment is constructed with the highest grade industrial materials and is designed to provide the ultimate body weight workout. This equipment is built to withstand the most intense training programs.

- Never swing or play with this equipment, it is not a toy
- Always follow the instructions for installation and safe use
- Inspect equipment before use, never use this equipment if any of the components are worn or damaged.
- Always replace any damaged or worn components immediately

ICA CORE BLASTER

EXERCISES

How this Guide is Organized

This guide is organized in a way that will satisfy most users from beginner to advanced.. We recommend you follow the order of the exercises in this guide as a starting point. The following exercises are by no means the only ones that can be done with you Core Blaster, there are many different variations and cadences that can be used to customize a workout that is best for each individual.

Best Practices for getting started

It is best to start slow for the first few weeks focusing attention on your form in doing the exercises. As you progress start to vary things such as hand position, body location, and speed to adjust your workout intensity.

Hand Position is one of the variables in increasing or decreasing the workout intensity. The further your hands are from the resistance cord, the harder the workout.

Body Location is also a determining factor. As you move further away from the anchor point the difficulty increases.

Speed and Cadence are pretty self explanatory, the more explosive your workout, the harder it's going to be.

1

CHEST PRESS

WALL OR DOOR ANCHOR STEP 1

- Attach ICA Core Blaster to a Wall or Door Anchor at about shoulder level.
- Take bar in a neutral grip with your back to the anchor point.
- Start with elbows bent and bar in close to the chest.



Maintain Neutral Spine through exercise

STEP 2



- Keeping body straight, push bar out in front of you, stretching the cord until your arms are straight out, hold for a few seconds squeezing the chest muscles.
- Slowly return bar to initial position next to chest with elbows bent.
- Repeat

TRICEP EXTENSIONS

2

WALL OR DOOR ANCHOR STEP 1



- Attach ICA Core Blaster to a Wall or Door Anchor at shoulder or higher level.
- Take bar in a neutral grip with your back to the anchor point.
- Start with your elbows bent and the bar just above your head



Isolate your Triceps

STEP 2



- Keeping body straight, slowly push bar out using nothing but your Tricep muscles, stretching the cord until your arms are straight out, hold for a few seconds.
- Slowly return bar to initial position just above you head with elbows bent.
- Repeat

3

CHOPS

WALL OR DOOR ANCHOR STEP 1

- Attach one end of the ICA Core Blaster to a Wall or Door Anchor at head or above height
- Hold the bar in a staggered grip with your back to the anchor point as shown in the picture.
- Make sure resistance chord is taut at all times to avoid jerking in the progression.



STEP 2

- Using your core as the primary driving force, push forward with the top hand while at the same time pulling with the lower hand to drive the bar forward in a controlled chopping motion
- Hold at the bottom position for a few seconds before slowing returning to the original position.,
- Repeat



FOOT ANCHOR (BOTH FEET)
STEP 1

- Anchor the ICA Core Blaster using both feet
- With an underhand grip, start with your arms extended and the bar at thigh level.

STEP 2

- Keeping your elbows against your side, use your Biceps to curl the bar toward your shoulders.
- Squeeze the biceps for a few seconds, before returning the arms to the fully extended position.
- Repeat



5

STRAIGHT ARM SQUATS

WALL OR DOOR ANCHOR STEP 1

- Attach one end of the ICA Core Blaster to a Wall or Door Anchor at head or below height
- Stand straight with a neutral spine and the ICA Core Blaster Bar extended straight in front of you at chest level.



STEP 2



- With feet in a wide squat stance, lower your hips towards the ground while keeping your core engaged. Hold position for a few seconds.
- Return the legs to the extended position, before repeating the exercise.

FOOT ANCHOR (ONE FOOT)

STEP 1



- Anchor the ICA Core Blaster in a staggered stance with one foot.
- Bend down and grab the bar with a neutral hand position and bring up to start position at shoulder height.
- Start with wrists at shoulder level and elbows pointing down

STEP 2

- Extend arms overhead in a smooth motion until they are straight up.
- Hold for a few seconds before bringing bar down to start position.
- Repeat



7

ROWS

FOOT ANCHOR (ONE FOOT) STEP 1

- Grip the ICA Core Blaster with a Neutral Grip
- Place feet in a staggered stance with one foot anchoring the resistance cord.
- Start with arms fully extended and bar at waist level.



STEP 2



- Pull the ICA Core Blaster Bar in a rowing manner up toward your chin.
- Hold for a few seconds before bringing the bar back to the original position.
- Repeat

FOOT ANCHOR (ONE FOOT)

STEP 1



- Grip the ICA Core Blaster with a Neutral Grip
- Place feet in a staggered stance with one foot anchoring the resistance cord.
- Kneel down on one knee (alternate sides per set) and place the ICA Core Blaster over your shoulders

STEP 2



- Stand up in to a lunge stance.
- Lunge up and down as many times as your routine calls for and then repeat with the opposite leg

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SQUATS

FOOT ANCHOR (BOTH FEET) STEP 1

- Grip the ICA Core Blaster with a Neutral Grip
- Stand on the cord with one foot slightly off center.
- Kneel to the floor while keeping foot on resistance cord and place ICA Core Blaster on your sholders.



STEP 2



- Stand up and place the second foot on the resistance cord such that the ICA Core Blaster is anchored with both feet.
- Squat Up and Down

WALL OR DOOR ANCHOR STEP 1



- Attach one end of the ICA Core Blaster to a Wall or Door Anchor at mid height
- Place feet in a staggered stance with the anchor point behind you.
- Grab the bar in a neutral grip like shown in the picture. Make sure the resistance cord is taut at all times.

STEP 2



- In a smooth and controlled motion, engage your core and twist through your hips while extending the bar out in an arc like rotation.
- Hold position for a few seconds paying special attention to engaging the core throughout.
- Repeat.

EXAMPLE EXERCISE PROGRESSIONS

Working out with the ICA Core Blaster can be both fun and highly effective. Progress through these and other routines at your own pace, as you progress pick up the pace and challenge yourself. As always, spend at least 5 - 10 minutes warming up and stretching prior to digging in to your exercise routine.

EXERCISE	COMPLETE THE EXERCISES IN SUCCESSION
1	CHEST PRESS
	Rest for 30 to 45 seconds before moving to next exercise
2	TRICEP PRESS
	Rest for 30 to 45 seconds before moving to next exercise
3	CHOPS
	Rest for 30 to 45 seconds before moving to next exercise
4	BICEP CURLS
	Rest for 30 to 45 seconds before moving to next exercise
5	STRAIGHT ARM SQUATS
	Rest for 30 to 45 seconds before moving to next exercise
6	OVERHEAD PRESS
	Rest for 30 to 45 seconds before moving to next exercise
7	ROWS
	Rest for 30 to 45 seconds before moving to next exercise
8	LUNGES
	Rest for 30 to 45 seconds before moving to next exercise
9	SQUATS
	Rest for 30 to 45 seconds before moving to next exercise
10	TWISTERS
	Rest for 30 to 45 seconds before moving to next exercise