

dimok Suspension trainer setup instructions

Go to www.dimok.us/pages/suspension-trainer for more details

Components:

1. Suspension Straps
2. Anchor Strap
3. Door Anchor
4. Carry Bag

Setup with a crossbar or post using a cinch-lock

- Wrap the anchor strap at least two times around the horizontal crossbar or vertical post. This can be a pull-up bar, tree limb, or a vertical support post.
- Loop the end of the strap through the metal carabiner and connect the suspension straps.
- The cinch-lock should be about six feet off the ground

Setup with the door anchor

- It is best to use a door that opens away from the area where you will be working out. If the door opens toward you, position the anchor as close to the hinges of the door as possible for the most secure fit.
- Hang the door anchor over the door so that the anchor is on the opposite side from where you will be working out. Let it hang a few inches beneath the top of the door.
- Close the door
- Link the handled suspension straps to the anchor. Alternatively, link the anchor strap to the anchor.

Linking the components

- Avoid metal to metal contact. When connecting to anchor mounts and ceiling mounts, loop the strap through the mount. Do not connect the metal carabiner to the metal anchor mount.
- The anchor strap should be linked through the other components and connected back to itself.

Use

- Avoid all seesaw motions where the strap constantly slides and rubs back and forth through the top loop. This will weaken the upper loop.
- To shorten the straps, press and hold the adjustment clips, and then pull up on the adjustment tabs.
- To lengthen the straps, press and hold the adjustment clip and then pull down on the strap.

