EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Resistance Cord.
- 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.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Resistance Cord that provides a lesser amount of resistance.
- 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 select a Resistance Cord that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Cord exercise session.
IMPORTANT!
Please read the instructions below before using the Door Attachment and Resistance Cords.

• Before each workout, check for possible wear of the Door Attachment and Resistance Cords.
• Always perform general warm-up activities prior to performing Resistance Cord exercises.
• Perform only the exercises as shown in this chart or other Gaiam-produced informational resources.
• Avoid exposing the Door Attachment or Resistance Cords to rough or abrasive surfaces.
• Wear appropriate footwear while performing Resistance Cord exercises.
• Make sure the Door Attachment is secure between the door and jamb, and that the Resistance Cords are secure in hand before beginning each exercise.
• Always exhibit proper body alignment and posture, as shown in the exercise guide, while performing exercises.
• Perform exercises in a slow and controlled manner.
• Keep abdominal muscles tight while performing exercises.
• Avoid straining or holding your breath while exercising.
• Discontinue any exercise that causes discomfort.
• Consult your physician before beginning any type of exercise program.

ANCHORING GUIDELINES

1. Place “plugged” end over top of the door or through hinged side of door (depending on the exercise) and close door tightly.

2. Pull on strap to ensure that it is secure before starting each exercise.

HIGH POSITION

Over top of door

MID POSITION

Between top and bottom door hinge

LOW POSITION

Below bottom door hinge