



# TOTAL MOTION SUSPENSION TRAINER

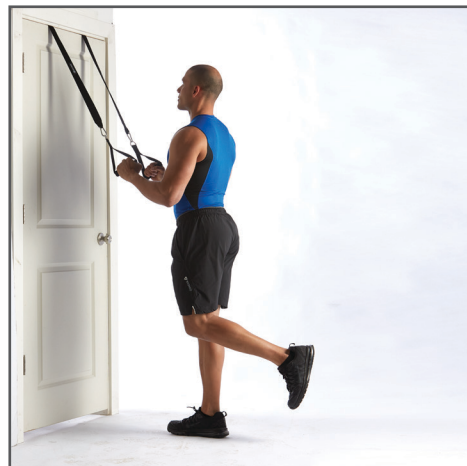
## EXERCISE GUIDE

Ensure your Suspension Trainer is securely anchored prior to beginning to exercise.

### EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements. Or if unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

### ONE-LEG SQUAT



Start: Face door, stand upright, feet hip-width apart, grasp handles, arms slightly bent.



Finish: Straighten arms and sit back, bend and balance on one leg while extending opposite leg backward. Straighten leg and return to start position.

ANCHOR POINT

### LUNGE



Start: Face away from door, place one foot in handle loop and bend leg, stand upright, straighten and balance on opposite leg. (Note: Place one hand on chair back for added balance.)

ANCHOR POINT



Finish: Bend balance leg while keeping arms straight along sides of body. Straighten leg and return to start position.

### CHEST PRESS



Start: Face away from door, grasp handles, bend arms, lean forward while keeping body straight.



Finish: Straighten arms down and forward while keeping body straight. Bend arms and return to start position.

ANCHOR POINT

### LOW ROW



Start: Face door, grasp handles, straighten arms and lean back with knees slightly bent and body straight.



Finish: Bend arms along sides of body and pull hands toward chest; straighten legs while keeping body straight. Straighten arms and return to start position.

ANCHOR POINT

### AB CRUNCH



Start: Kneel facing door, grasp handles, straighten arms overhead and lean forward with legs bent and body straight.

ANCHOR POINT



Finish: Pull arms straight down and back toward body, raise hips and upper body while pressing ribs toward hips. Lean upper body down and forward and return to start position.

### BACK EXTENSION



Start: Stand facing door, grasp handles, straighten arms and lean backward with legs slightly bent.



Finish: Push hips forward, arch low back, pull arms backward, and straighten body with toes on floor. Push hips backward and return to start position.

ANCHOR POINT