EXERCISE GUIDE

1. Warm up before each exercise session. Perform each selected exercise 3–5 times without the Total Body Resistance Kit.
2. Complete 1-3 sets of 8-12 repetitions of each exercise selected.
3. Rest approximately 30-60 seconds between each exercise set.
4. Perform every exercise through a full range of motion.
5. When applicable, perform an equal amount of exercise repetitions in both directions to prevent the development of muscular imbalances.
6. If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or 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.
7. Perform each exercise a minimum of 3 times per week for maximum results.
8. Allow 24-48 hours of complete rest between each Total Body Resistance Kit exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

DOOR ANCHORING:
1. Use a solid, safe, and secure door structure that is capable of supporting your body weight.
2. Anchor the product from, and use the product on, the non-hinge side of the door.
3. Pull firmly on the strap before each exercise to ensure the Door Anchor is fully secured.
5. Fully insert Door Anchor between door and door frame (LOW, MIDDLE, HIGH).
6. Pull door toward you and close tightly.
7. Pull firmly on strap to ensure Door Anchor is secured tightly against opposite side of door and door frame before performing each exercise.

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TOTAL BODY RESISTANCE KIT

**SIDE LEG RAISE**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Stand upright with back straight, head over hips, and arms straight along sides of body.

**FINISH:** Slowly lift leg up and out away from side of body while balancing on opposite leg with arms straight along sides of body. Back straight, head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FRONT LEG SWEEP**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Lift leg up and out away from side of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms slightly bent in front of body.

**FINISH:** Slowly pull straight leg down and to front of opposite leg while continuing to balance with arms bent, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**OUTWARD HIP ROTATION**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Lift leg up and out away from side of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms slightly bent in front of body.

**FINISH:** Slowly bend leg and lift knee up and out away from side of body with knee at hip height directly above ankle while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**INWARD HIP ROTATION**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Lift leg up and out away from side of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend and lift leg up and out away from side of body with knee at hip height directly above ankle while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**LEG EXTENSION**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, facing door, knees slightly bent and strap around one ankle. Stand upright with back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FINISH:** Slowly straighten leg out in front of body while continuing to balance on opposite leg with arms straight, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**LEG CURL**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, facing door, knees slightly bent and strap around one ankle. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend leg and lift heel up and bend knee while balancing on opposite leg with arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**HIP EXTENSION**
Door Attachment: High Position

**START:** Stand with feet hip-width apart, facing door, knees slightly bent and strap around one ankle, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FINISH:** Slowly straighten leg down and bend and lift knee while continuing to balance on opposite leg with arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**KNEE LIFT**
Door Attachment: Low Position

**START:** Stand with feet hip-width apart, facing door, knees slightly bent and strap around one ankle, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FINISH:** Slowly bend leg and lift knee up and forward in front of body with knee directly in front of same side hip while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.