PREMIUM ANKLE STRAP

EXERCISE GUIDE

- Warm up before each exercise session. Perform each selected exercise 3–5 times without the Premium Ankle Strap.
- 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.
- When applicable, perform an equal amount of exercise repetitions in both directions to avoid the development of muscular imbalances.
- 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.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Premium Ankle Strap exercise session.

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

BE SURE TO:

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 door anchor is fully secured in the desired position (LOW, MIDDLE, HIGH).

WARNING: Wearing Protective Sports Eyewear (goggles or glasses made with polycarbonate or Trivex lenses) is always recommended when working with resistance cords (tubing) or bands.

START:

LEG EXTENSION
Door Anchor: Low Position

START: Stand with feet hip-width apart facing away from door, knees slightly bent and strap around one ankle. Bend leg and lift knee up and forward in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and hands on hips.

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

SIDE LEG RAISE
Door Anchor: Low Position

START: Stand with feet together, shoulder facing door, knees slightly bent and strap around ankle farthest from the door. Stand upright with back straight, head over hips and hands on hips.

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

DOOR ANCHORING:

1. PUSH door open.
2. Fully insert Door Anchor between door and door frame.
3. PULL door toward you and close tightly.
4. Pull firmly on strap to ensure Door Anchor is secured tightly against opposite side of door and door frame before performing each exercise.

TUBE INSERTION

Insert plugged end of tube into hole at top of slot.
Slide tubing down to bottom of slot.
Pull down firmly on tubing to ensure tubing plug is secured inside bottom of slot.

SECURING THE STRAP

Wrap the strap securely around lower leg, just above ankle.
Pull firmly on Velcro strap and loop through the buckle and tightly strap around the leg.
OUTWARD HIP ROTATION

**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle farthest from the door. Cross straight leg in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and hands on hips.

**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 hands on hips, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

HIP EXTENSION

**START:** Stand with feet hip-width apart facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up and forward in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and hands on hips.

**FINISH:** Slowly straighten leg down and back under same side hip while continuing to balance on opposite leg with hands on hips, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

LEG CURL

**START:** Stand with feet together facing door, knees slightly bent and strap around one ankle. Stand upright with back straight, head over hips and hands on hips.

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

KNEE LIFT

**START:** Stand with feet together facing away from door and strap around one ankle. Stand upright with back straight, head over hips and hands on hips.

**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 hands on hips, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.