Warm up for 3-5 minutes before each session.

Complete 1–3 sets of 8–12 repetitions of each exercise selected.

Rest approximately 30–60 seconds between each exercise set.

Perform each exercise in a controlled manner, through a full range of motion.

When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.

If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. 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 increase repetitions.

Perform each exercise a minimum of 3 times per week for maximum results.

Allow 24–48 hours of complete rest between each exercise session.

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

ANCORING GUIDELINES

DOUBLE TUBE

Place square end of Door Anchor through hinged side of door (depending on the exercise) and close door tightly.

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

SINGLE TUBE

Insert tubing handle through strap loop.

Thread tubing through Door Anchor and position middle of tube across top of curved saddle.

Pull down firmly on tubing to ensure it is secured across top of curved saddle.

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.

EXPRESS GUIDE

High Position

Mid Position

Low Position

Over top hinge

Between top and bottom door hinge

Below bottom door hinge

CHEST PRESS

START: Stand with feet hip-width apart and back to door. Grasp each handle, palms facing down and position at chest height, with elbows bent just below shoulders.

FINISH: Press arms straight forward in front of body, ending with hands in front of shoulders and palms facing down. Return to start and repeat.

BACK FLY

START: Stand with feet hip-width apart, facing door. Grasp handles with palms facing down and arms straight out in front of shoulders.

FINISH: Bend elbows and pull arms straight back, squeezing shoulder blades together. Return to start and repeat.
PREMIUM DOOR ANCHOR EXERCISE GUIDE

**Shoulder Press**

**START:** Stand with feet hip-width apart and back to door. Grasp each handle and position hands outside shoulder width, palms facing forward and elbows below shoulders.

**FINISH:** Straighten arms overhead, ending with a slight bend in the elbows and hands directly above shoulders. Return to start and repeat.

**Front Pull-Down**

**START:** Stand with feet hip-width apart, facing door. Grasp handles and straighten arms, positioning hands directly in front of shoulders with palms facing down.

**FINISH:** Bend elbows and pull arms back and down, ending with hands at waist and palms facing backward. Return to start and repeat.

**Trunk Curl**

**START:** Kneel on floor with back to door. Grasp handles, crossing arms in front of chest, and position hands in front of shoulders.

**FINISH:** Bend at waist, curl upper body forward and down toward the floor. Return to start and repeat.

**Back Extension**

**START:** Kneel on floor facing door. Grasp handles with arms bent in front of chest, and position hands in front of shoulders. Bend forward slightly at the waist and hips.

**FINISH:** Bend backward at waist and hips, ending with chest high and low back comfortably extended. Return to start and repeat.