Exercise Guide

Exercise Instruction
- Warm up before each session, and perform each selected exercise 3-5 times without the Bodyweight Trainer.
- 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 number of exercise repetitions with each arm/leg 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.
- 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 Bodyweight Trainer exercise session.

IMPORTANT! DOOR ANCHORING GUIDELINES

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. The non-hinge side of the door refers to the side of the door that you pull TOWARD you (NOT push AWAY from you) to close.
3) Pull firmly on the strap before each exercise to ensure selected door anchor (Position 1, 2, 3, or 4) is fully secured against top of door and doorframe on opposing side of the door.

DOOR ANCHORING:
1) Pull door open.
2) Fully insert Door Anchor (Position 1, 2, 3, or 4) over top of door between door and doorframe.
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 doorframe before performing each exercise.