**Exercise Guide**

- Warm-up 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 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 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 adjust an anchor position that provides a greater amount of resistance.
- Perform each exercise a minimum of 2 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

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**Door Anchoring**

- Fully open door.
- Fully insert Door Anchor (Positions 1, 2, 3, or 4) over top of door between door and door frame.
- Pull door toward you and close tightly.
- Pull firmly on strap to ensure Door Anchor is secured tightly against opposite side of door and door frame before performing each exercise.
- Maximum weight capacity is 300lbs.

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**LOWER BODY**

(Anchor position may vary based on strength, body type and skill level)

**One Leg Squat**

*Door Anchor Position 1*

**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.

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**Chest Press**

*Door Anchor Position 3*

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

**Finish:** Straighten arms and return to start position.

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**Lunge**

*Door Anchor Position 4*

**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.)

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

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**UPPER BODY**

(Anchor position may vary based on strength, body type and skill level)

**Chest Press**

*Door Anchor Position 1*

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

**Finish:** Straighten arms and return to start position.

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**Low Row**

*Door Anchor Position 3*

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

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

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**Back Extension**

*Door Anchor Position 4*

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

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

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**TRUNK**

(Anchor position may vary based on strength, body type and skill level)

**Ab Crunch**

*Door Anchor Position 4*

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

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