**UPPER BODY & CORE DOOR GYM**

**EXERCISE GUIDE**

**STRAIGHT ARM PULL-DOWN**
Door Attachment: High Position

**Start:** Kneel on floor facing door and grasp hand straps. Straighten arms in front of shoulders. Hold for 3-5 seconds, slowly return to start position, and repeat.

**Finish:** Slowly pull arms straight down and in toward body while keeping head, trunk and lower body stationary. Hold for 1-2 seconds, slowly return to start position, and repeat.

**BICEPS CURL**
Door Attachment: Low Position

**Start:** Stand with feet shoulder-width apart, shoulder facing door, knees slightly bent and grasp hand straps. Straighten arms in front of chest, rotate slightly bent and grasp hand straps. Bend arms with hands in front of hips and bring the hips to shoulder height while keeping head, trunk and lower body stationary. Hold for 1-2 seconds, slowly return to start position, and repeat.

**Finish:** Slowly bend arms and bring hands to shoulder height. Hold for 1-2 seconds, slowly return to start position, and repeat.

---

**EXERCISE INSTRUCTION**

- **Door Anchoring:**
  1. **Door Anchor:** Secure the door anchor against the door. Secure the light attachment to the opposite side of the door. Secure the door anchor to the opposite side of the door. Secure the door anchor to the opposite side of the door. Secure the door anchor to the opposite side of the door.

- **Important:**
  1. **Door Anchor:** Secure the door anchor against the door. Secure the light attachment to the opposite side of the door. Secure the door anchor to the opposite side of the door. Secure the door anchor to the opposite side of the door.

- **Door Rotation:**
  - **High Position:** Door is fully secured.
  - **Mid Position:** Door is fully secured.
  - **Low Position:** Door is fully secured.

- **DOOR ANCHORING:**
  1. **Door Anchor:** Secure the door anchor against the door. Secure the light attachment to the opposite side of the door. Secure the door anchor to the opposite side of the door. Secure the door anchor to the opposite side of the door.

- **Exercise:**
  1. **Exercise:** Stand with feet shoulder-width apart, shoulder facing door, knees slightly bent and grasp hand straps. Straighten arms in front of chest, rotate slightly bent and grasp hand straps. Bend arms with hands in front of hips and bring the hips to shoulder height while keeping head, trunk and lower body stationary. Hold for 1-2 seconds, slowly return to start position, and repeat.

- **Return:** Slowly pull arms straight down and in toward body while keeping head, trunk and lower body stationary. Hold for 1-2 seconds, slowly return to start position, and repeat.

- **Warm-up:** Warm up before each exercise session. Perform each selected exercise 3–5 times without the Door Gym.

- **Muscle Training:** Complete 1–3 sets of 8–12 repetitions of each exercise set.

- **Range of Motion:** Perform every exercise through a full range of motion.

- **Progression:** Increase the level of difficulty by adding additional resistance or using different Door Gym attachments.

- **Warm-up:** Warm up before each exercise session. Perform each selected exercise 3–5 times without the Door Gym.

- **Muscle Training:** Complete 1–3 sets of 8–12 repetitions of each exercise set.

- **Range of Motion:** Perform every exercise through a full range of motion.

- **Progression:** Increase the level of difficulty by adding additional resistance or using different Door Gym attachments.

- **Warm-up:** Warm up before each exercise session. Perform each selected exercise 3–5 times without the Door Gym.

- **Muscle Training:** Complete 1–3 sets of 8–12 repetitions of each exercise set.

- **Range of Motion:** Perform every exercise through a full range of motion.

- **Progression:** Increase the level of difficulty by adding additional resistance or using different Door Gym attachments.

- **Warm-up:** Warm up before each exercise session. Perform each selected exercise 3–5 times without the Door Gym.

- **Muscle Training:** Complete 1–3 sets of 8–12 repetitions of each exercise set.

- **Range of Motion:** Perform every exercise through a full range of motion.

- **Progression:** Increase the level of difficulty by adding additional resistance or using different Door Gym attachments.