

## EXERCISE GUIDE

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

—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 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.**

### CHEST PRESS



**Door Attachment:** Mid Position

**Start:** Stand with feet hip-width apart and back to door. Grasp handles and bend arms with elbows just below shoulder height and palms of hands facing down.

**Finish:** Straighten arms in front of body with hands in front of chest and palms facing down. Return to start position and repeat.

### ANCHORING GUIDELINES



Place "plugged" end over top of the door or through hinged side of door and pull door toward you, making sure it is closed tightly.



**HIGH POSITION**  
Above top door hinge



**MID POSITION**  
Between top and middle door hinge



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



**LOW POSITION**  
Below bottom door hinge

### BACK ROW



**Door Attachment:** Mid Position

**Start:** Stand with feet hip-width apart and face door. Grasp handles and straighten arms just below shoulder height and palms of hands facing down.

**Finish:** Bend arms, pull elbows back and squeeze shoulder blades together. Return to start position and repeat.

## EXERCISE GUIDE

### SHOULDER PRESS



**Door Attachment:** Low Position

**Start:** Stand with feet hip-width apart and back to door. Grasp handles and bend arms with elbows along sides of body and palms of hands facing forward.

**Finish:** Straighten arms overhead with hands over shoulders and palms facing inward. Return to start position and repeat.

### SHOULDER PULL-DOWN



**Door Attachment:** High Position

**Start:** Stand with feet hip-width apart, facing door. Grasp handles and straighten arms in front of body just above shoulder height with palms of hands facing down.

**Finish:** Slightly bend and pull arms down and back along sides of body while squeezing shoulder blades down and together. Return to start position and repeat.

### TRUNK CURL

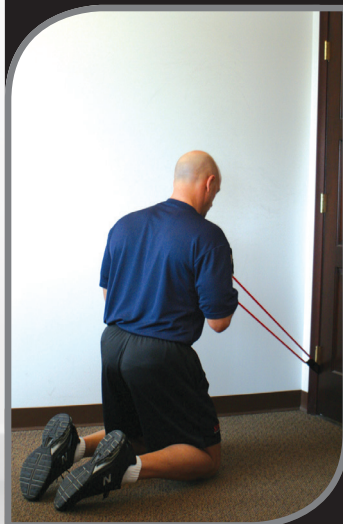


**Door Attachment:** High Position

**Start:** Kneel on floor with back to door. Grasp handles, bend and cross arms in front of chest with hands on shoulders.

**Finish:** Bend forward at waist while curling upper body down toward floor. Return to start position and repeat.

### BACK EXTENSION



**Door Attachment:** Low Position

**Start:** Kneel on floor facing door. Grasp handles and bend slightly forward at the waist with arms bent and hands in front of chest.

**Finish:** Bend backward at the waist and arch low back while extending upper body up and back. Return to start position and repeat.