

Setting up the System

To properly suspend your System, you'll need to "anchor" it to a secure point that will support your body weight. Try sturdy beams, weight racks, heavy bag mounts, railings, tree branches and fences.

1. Make sure your System hangs through the loop at the bottom of the Suspension Anchor. (Improper use may cause the Suspension Anchor to wear out prematurely.)
2. Choose an anchoring point 6-9' high and strong enough to support you.
3. Wrap the Suspension Anchor around your anchoring point and fasten it to one of the intervals between the yellow and black webbing. Always weight-test the System to ensure a solid anchor prior to using.



Adjusting the System for standing and mat work

- To shorten the System:**
1. Hold one strap of the System. Depress black buckle with one hand and grasp yellow adjustment tab with the other.
 2. Simultaneously draw backward on the buckle and push the adjustment tab up along the System strap – just as if using a bow and arrow.
 3. Shorten the other strap to roughly equal length. Apply weight to handles to micro-adjust and equalize length.



To lengthen the System, simultaneously depress black buttons on BOTH buckles and pull downward, away from anchor point.



For suspended-leg mat work, place heels in cradles for face-up exercises, or toes in cradles for face-down exercises. Maintain downward pressure on feet to keep them firmly in place and to maximize exercise effectiveness.

Suspend your limits!

SUSPENSION TRAINER

ALL-BODY FITNESS GUIDE



CHEST PRESS

Strengthens the chest and challenges shoulder and core stabilization.



Stand facing away from the System with arms extended in front at shoulder height. Keep entire body aligned – legs, hips, shoulders and head. Keep back in neutral position.



Lower the chest toward the hands similar to a pushup, keeping elbows at shoulder height. Squeeze the arms back together in a controlled motion to return to start position.

BACK ROW

Provides strength and conditioning for the middle and upper back.



Stand facing the System with arms extended toward it at shoulder height and hands angled to 45 degrees. The entire body is aligned.



Pull body toward the handles until the hands are drawn into the mid torso area, keeping upper arm at a 45-90 degree angle to the torso. Lower back to the start position.

HIGH Y SHOULDER RAISE

Involves all elements of the deltoid muscles.



Stand facing the System with arms extended toward it at shoulder height. The entire body is aligned.



Keep the arms straight and lift them smoothly until they are in a "Y" position, wide and overhead. Lower back to the start position with control.

HIGH BICEP CURL

Sculpts the biceps and stabilizes the core and shoulders.



Stand facing the System with arms extended toward it at shoulder height. Keep the body aligned with core engaged.



Stabilize the upper arm and curl the hands back toward it at shoulder height. Keep the body aligned with core engaged. Lower back to the start position with control.

SINGLE LEG SQUAT

Targets the hamstrings, gluteals and quadriceps.



Stand facing the System with arms extended, slightly bent, at shoulder height. The System is used to self-spot and provide dynamic balance support.



Extend the free leg to the front and perform a single leg squat. Hold good posture and alignment throughout the exercise.

BALANCE LUNGE

Challenges the equilibrium reflexes and leg strength.



Stand on one foot (on the floor or on a stability device). Hold handles with arms bent at 90 degrees to the body. Shoulders stay aligned over hips during the movement.



Keep the hand position stable and torso upright. Bend one leg back and lunge on opposite leg until the back knee hovers above the ground; hold, and return to start position.

TRICEP PRESS

Chisels the triceps while engaging the core.



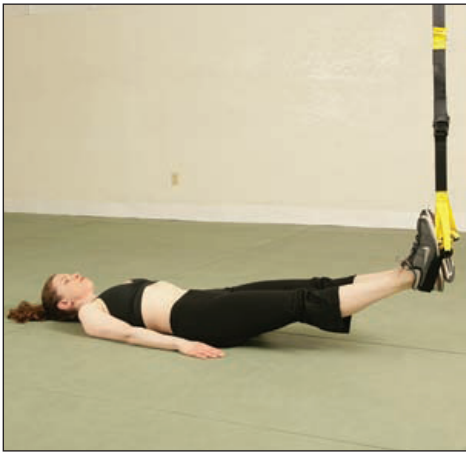
Stand facing away from the System with arms extended in front. Keep the body aligned – avoid bending at the waist or arching the back.



Stabilize the upper arm and lower the forehead toward the hands by bending at the elbow. Drive with triceps to press body back to start position.

SUSPENDED SUPINE BRIDGE

Improves lower back strength and stability.



In a seated position place the heels in the foot cradles. Lie back with arms beside the body. Engage the abdominals and lower back.



Press the hips up into a bridge position so that the entire body is aligned from shoulders to heels. Lower hips back to start position with control.

HAMSTRING CURL

Focuses on the hamstrings and gluteals.



Lie on back with both heels in the foot cradles. Press the hips off the ground so the body is completely aligned.



Keep the feet dorsiflexed. Pull the heels under the body toward the glutes in a leg curl motion. Return to start position with control.

HIP ABDUCTION

Strengthens the low back and tones the gluteals.



Lie on back with both heels in the Leg Shapers. Press the hips off the ground so the body is aligned with the feet.



Press with the toes and use the glutes to abduct the legs apart as wide as flexibility will allow. Return to start position with control.

OBLIQUE LEG RAISE

Targets the oblique muscles.



Lie on back holding the handles with arms positioned at 45 degrees. Press down on the handles firmly to intensify the challenge. Keep lower back on the floor throughout the exercise.



Raise legs to 90 degrees and then turn them to one side, rotating from the core. Lower as far as possible keeping lower back to the floor. Raise legs back to 90 degrees and repeat on opposite side.

SUSPENDED CRUNCH

Engages the entire core.



Kneel with back to the System, and place toes into the foot cradles. Assume a "pushup" position, keeping entire body aligned. (Exercise may be performed on forearms if preferred.)



Lift the hips and pull both knees toward the chest in a reverse crunch movement. Return to the pushup position.