



12 WORKOUT USER GUIDE

STR

SUSPENSION TRAINER

REACH YOUR POTENTIAL

SAFETY INFORMATION



BEFORE STARTING ANY EXERCISE PROGRAM, MAKE SURE YOU ARE IN GOOD HEALTH AND CONSULT WITH YOUR PHYSICIAN.

EXERCISING WITH THE STR SUSPENSION TRAINER SYSTEM IS NOT ADVISED FOR PEOPLE WITH BACK PROBLEMS. IF AT ANY TIME DURING THE EXERCISE YOU FEEL DISCOMFORT OR PAIN, STOP THE EXERCISE AND CONSULT WITH YOUR DOCTOR.

MAKE SURE THE ANCHOR POINT ON THE DOOR IS STRONG ENOUGH TO SUPPORT 2X YOUR BODY WEIGHT. PLACE THE UNIT CLOSEST TO THE DOOR HINGE FOR MOST SUPPORT.

QUICK & EASY SET-UP

To properly suspend your STR Training system you'll need to anchor it to a secure point using the included door mount kit. Please make sure the door is steady enough to support your body weight.

Make sure your STR Training System hangs through the loop at the bottom of the Suspension Anchor (improper use may cause the STR to wear out prematurely).

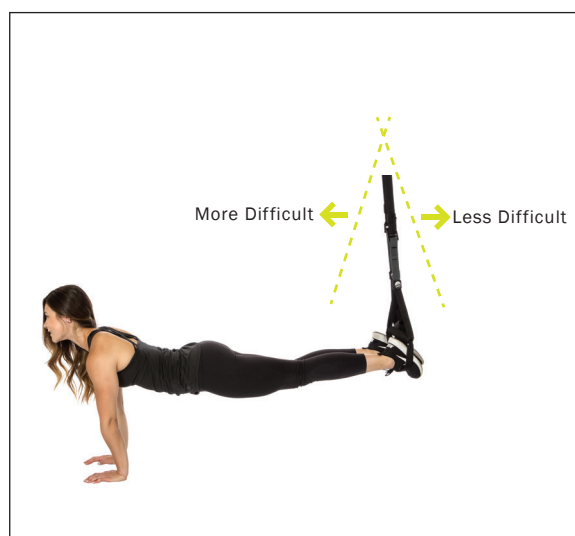
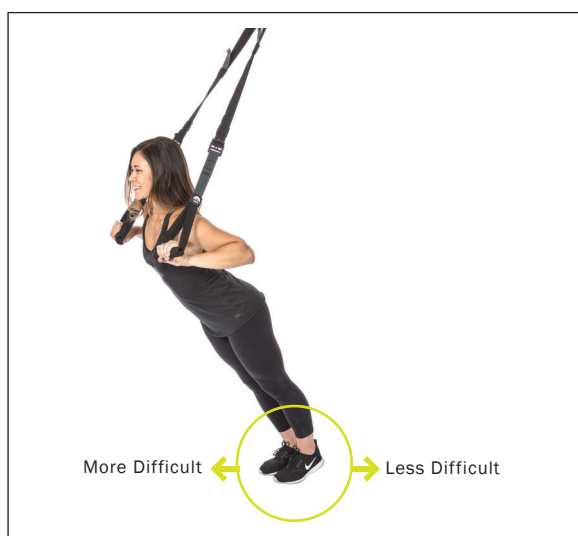
Choose an anchoring point 6-9' high and strong enough to support you.

Wrap the Suspension anchor around your anchoring point and fasten it to one of the intervals between the gray and black webbing. Always weight-test the STR to ensure a solid anchor prior to using.

EXERCISE GUIDELINES

1. Ensure the STR straps are taut at all times for best results. Perform exercises in the order they appear. Maintain pressure against the handles and keep your movements controlled.
2. Keep your abs engaged and lower back in neutral position unless directions specify otherwise.
3. To increase resistance, simply modify your start position. For standing exercises, move your start position away from the Anchor.

TRAINING GOAL	REPS TO FATIGUE	SETS
Increase Strength	6-8	2-4
Gain Muscle	8-12	2-3
Improve Definition	12-15	1-2



ADJUSTING THE STR FOR STANDING & MAT WORK

To Shorten the Training System:

Hold one strap of the System. Depress black buckle with one hand and grasp gray adjustment tab with the other.

Simultaneously draw backward on the buckle and push the adjustment tab up along the System strap just as if using a bow and arrow.

Shorten the other strap to roughly equal length. Apply weight to handles to micro-adjust and equalize length.

To Lengthen the Training System:

Simultaneously depress black buttons on BOTH buckles and pull downward, away from the 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.

SINGLE LEG SQUAT

TARGETS THE HAMSTRINGS, GLUTEALS & 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.



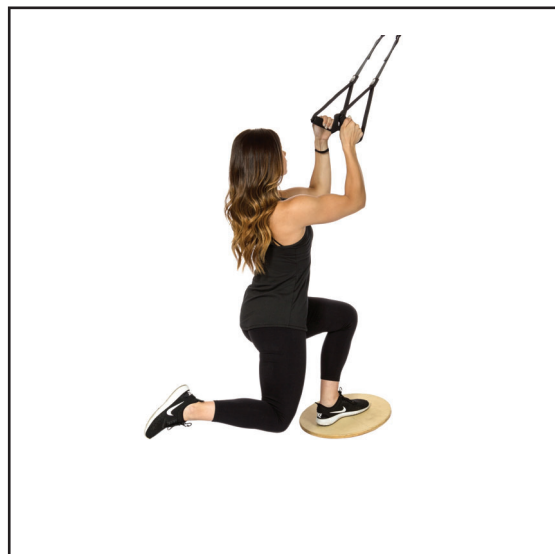
Extend the free leg to the front and perform a single leg squat. Hold good posture and alignment throughout the exercise.

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

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 flexed. 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 it. Press the hips off the ground so the body is aligned with the feet.



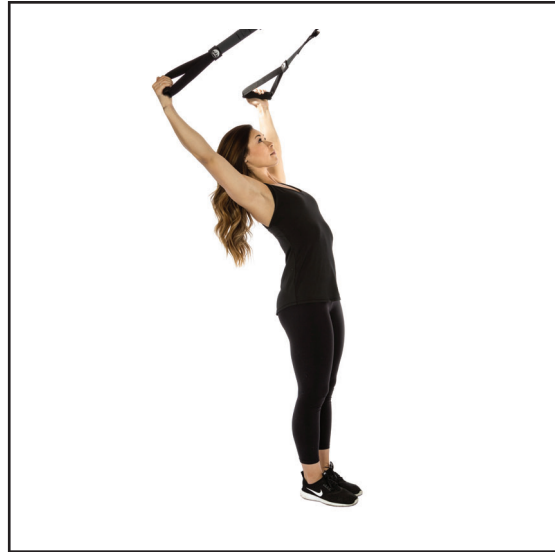
Press with the toes and use the glutes to abduct the legs apart as wide as flexibility will allow. Return to start position with control.

HIGH Y SHOULDER RAISE

INVOLVES ALL ELEMENTS OF THE DELTOID MUSCLES



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 towards the hands by bending at the elbow. Drive with triceps to press body back to start position.

HIGH BICEP CURL

SCULPTS THE BICEPS AND STABILIZES THE CORE AND SHOULDERS



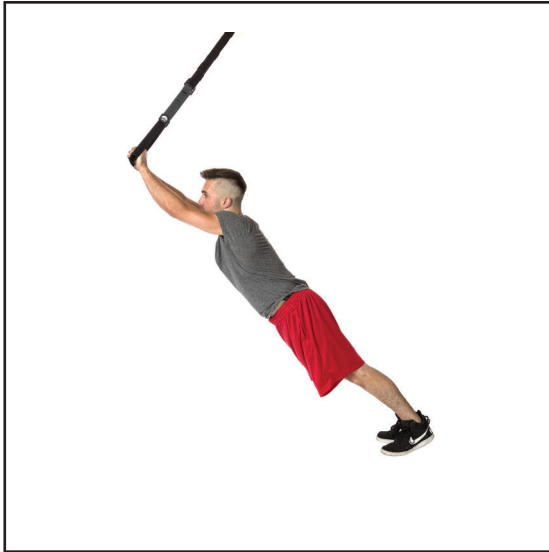
Stand facing the system with arms extended toward it at shoulder height. Keep the body aligned with core engaged.



Stabilize the upper arm and curl the hands back to the temples. Hips should be stable throughout the exercise. Lower back to the start position with control.

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.

BACK ROW

PROVIDES STRENGTH AND CONDITIONING FOR THE MIDDLE & 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 towards 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 start position.

CHEST PRESS

STRENGTHENS THE CHEST AND CHALLENGES SHOULDER & 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.



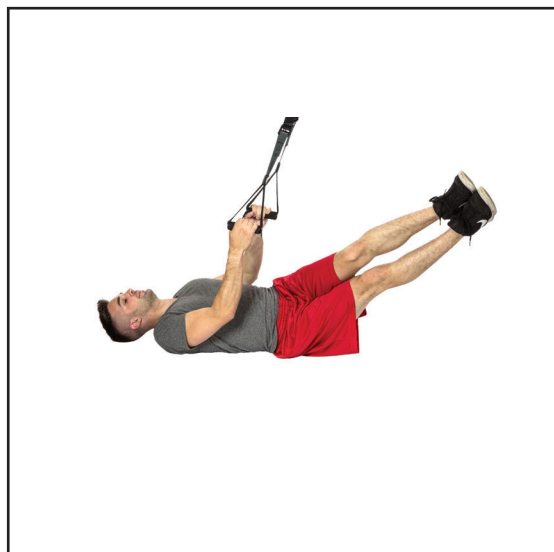
Lower the chest toward the hands similar to a pushup, keeping elbows at shoulder height. Squeeze the arms back together in a controlled motion to return to start position.

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 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 SUPINE BRIDGE

IMPROVES LOWER BACK STRENGTH AND STABILITY



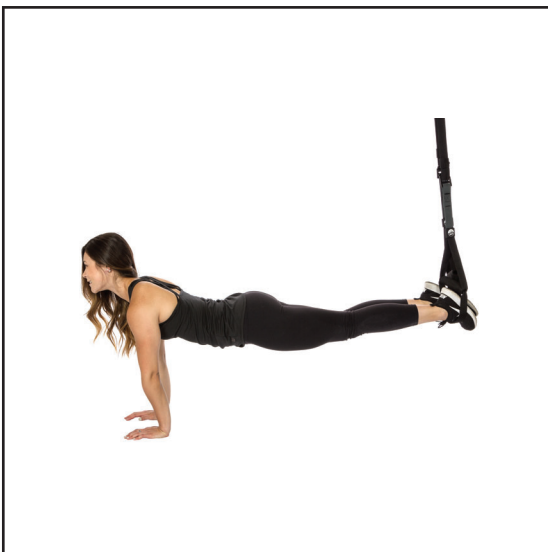
In a seated position place the heels in the foot cradles. Lie back with arms beside the body. Engage the abdominals and lower back.



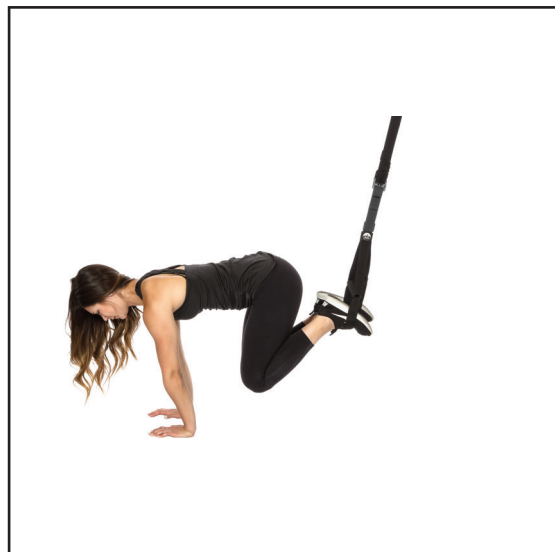
Press the hips up into a bridge position so that the entire body is aligned from shoulders to heels. Lower hips back to start position with control.

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 towards the chest in a reverse crunch movement. Return to the pushup position.

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