

IMPORTANT! Please take the time to read these instructions before you start using the **RIPCORDS®**, **RIPCORDS® Leg Cords**, and the **Door Attachment (Door Hook)**. Prior to starting, see your physician, warm up and inspect your equipment. It is your responsibility to make sure you are physically able and the equipment is sound enough to use every time you start.

DO NOT WRAP RIPCORDS® OR RIPCORDS® LEG CORDS AROUND ANY PART OF YOUR BODY, INCLUDING WRISTS, LEGS OR ANY OTHER BODY PART. WRAPPING RIPCORDS® OR RIPCORDS® LEG CORDS AROUND BODY PARTS MAY RESULT IN INJURY. NEVER, UNDER ANY CIRCUMSTANCES WRAP RIPCORDS® OR RIPCORDS® LEG CORDS NEAR OR AROUND YOUR NECK. WRAPPING RIPCORDS® OR RIPCORDS® LEG CORDS AROUND THE NECK MAY RESULT IN CHOKING. AT ALL TIMES, KEEP RIPCORDS®, RIPCORDS® LEG CORDS, AND THE DOOR HOOK OUT OF THE REACH OF SMALL CHILDREN.

CARE AND CAUTION – READ CAREFULLY

All RIPCORDS® have undergone manufacturer's testing and examination. Please take the time to read over the following safety precautions and follow the easy care steps. It is recommended that you consult your doctor before beginning any exercise program.

Do not allow your RIPCORDS® or RIPCORDS® Leg Cords to do the following as they promote premature wear and tear.

- a) Rest in direct heat or cold
- b) Be stored in direct sun light
- c) Be left outdoors for prolonged periods of time
- d) Come in contact with sharp edges
- e) Be stored in a stretched position

Workout Instructions

- 1) Warm up prior to starting any RIPCORDS® routine.
- 2) Examine your RIPCORDS®, RIPCORDS® Leg Cords, and Door Hook attachment for cracking, cuts or tears prior to any workout. If there are any defects such as ripping or tearing, send your RIPCORDS® back.
- 3) Perform smooth and continuous repetitions avoiding over-stretching the band.
- 4) The Door Hook attachment goes in the hinge side of the door ONLY and the door MUST BE LOCKED and in a location where no other person can unlock the door without your knowledge.
CAUTION: Do not attach the Door Hook to any other object, as it may not provide the stability required.
- 5) Be careful not to allow the RIPCORDS® to slide off of a surface and snap back at you. Never use the handles with your feet or attach them to any object that is not immovable.
- 6) Wear proper footwear when using the RIPCORDS® or RIPCORDS® Leg Cords. Always work with a stable base. Always wear closed toe shoes; never work out in stockings or bare feet.
- 7) Breathe properly and do not to hold your breath. Exhale when you are contracting a muscle group and inhale during the stretching of the muscles.
- 8) Begin slowly. We recommend beginning with the lightest tension to build a foundation and give your body the chance to adapt to the resistance. Work up to heavier RIPCORDS® only when your body is ready.
- 9) Use RIPCORDS® and RIPCORDS® Leg Cords only as directed (Please visit our website www.ripcords.com for further exercise details). Never attempt to hang from your RIPCORDS® or RIPCORDS® Leg Cords or hang any object from your RIPCORDS® or RIPCORDS® Leg Cords.
- 13) Children below the age of 16 should only use RIPCORDS® or RIPCORDS® Leg Cords under the supervision of a responsible adult. Such supervision should ensure that the child uses the equipment as designated.
- 14) Follow the programs and procedures outlined in the RIPCORDS® CIRCUIT7® and www.ripcords.com.

WARRANTY

YOUR DUTIES AS PURCHASER AND STEP-BY-STEP PROCEDURES FOR YOU TO FOLLOW:

- 1. Inspect every package purchased for missing or factory-defective parts caused by the manufacturer.
- 2. Follow and comply with instructions supplied by RIPCORDS® in this guide or separately; heed all warnings and your physician's recommendations.
- 3. Inform RIPCORDS® by telephone or mail as to any missing part; send any defective or damaged product back and RIPCORDS® will replace products at no charge to you other than Shipping and Handling costs calculated from your shipping address. You must supply your name, address and an explanation of what happened for RIPCORDS® to properly fulfill your warranty. RIPCORDS® reserves the right to change the Shipping and Handling fees as necessary.
- 4. Inspect equipment before and after every use for scratches, cracks, and abrasion spots. Discontinue use of any part that exhibits these or any other types of damage.
- 5. All RIPCORDS® will eventually break (though this will usually take years to occur). It is your responsibility to ensure that such a break does not injure you in any way. Please feel free to exchange your RIPCORDS® according to the Lifetime Warranty.

Any Questions?

If you have any questions regarding Ripcords® or any of our other products, exercises or explanations, it is your responsibility to contact Ripcords® for clarification, by visiting us at www.ripcords.com or emailing contact@ripcords.com.

We are here to support your health, and help you achieve your fitness goals.

Ripcords® Leg Cords Instruction Manual

Thank you for purchasing Ripcords® Leg Cords.

Always ensure the Leg Cord is secured around both ankles before beginning each exercise. These instructions are only to be used in conjunction with the full disclaimer, release and safety instructions found at www.ripcords.com/disclaimer

POWER JUMPING JACKS



START



FINISH

START Begin standing with your feet shoulder width apart and both your arms resting by your sides. Always ensure the leg cord is secure around both ankles.

FINISH Simultaneously inhale and jump both your legs out to the sides and bring your arms up above your head. Exhale and return to the starting position.

CARDIO / HIPS
(OUTER THIGH)

LYING (SUPINE) SINGLE LEG RAISE



START Begin lying down on your back with both your arms resting by the sides. Always ensure that the leg cord is secure around both ankles.



FINISH Keeping both legs straight, extend your left leg up in front of the body. This exercise will strengthen and tone the medial gluteals and quadriceps muscles of the legs. Return to the starting position and repeat on the other side.

QUADRICEPS
(FRONT THIGH)

For more information and to view our complete line of Ripcords® products, including the Circuit7® DVD, please visit us online at www.ripcords.com

RIPCORDS®



Ripcords® Leg Cords Exercises

STANDING FORWARD LUNGE



START



FINISH

START Stand with your feet shoulder-width apart, your arms resting by your sides and the leg cord secured around both ankles.

FINISH Take a large step forward with your left leg. Land softly on the heel of your front foot with your knee bent. Ensure the weight of your back leg is on the ball of your foot and that your back knee does not touch the ground. Keep your head and chest raised throughout the movement. Return to the starting position and repeat on the other side.

STANDING GLUTEAL ABDUCTION



START



FINISH

START Stand with your feet shoulder-width apart, your arms resting on your hips and the leg cord secured around both ankles.

FINISH Keeping both legs straight and your weight on your left foot, raise (abduct) your right leg to the right side of your body. This exercise will strengthen and tone the *medial gluteals* and *gluteus minimus* of your legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

LYING (PRONE) GLUTEAL EXTENSION



START Lie down on your stomach. Arch your upper body slightly using your elbows and palms on the ground as support. Ensure the leg cord is secured around both ankles before beginning the exercise.



FINISH Keeping both legs straight, extend your right leg back and up behind your body. This exercise will strengthen and tone the *gluteus maximus* and *medial gluteals* of your legs. Focus on moving through a full range of motion in order to achieve the maximum benefit of the exercise. Return to the starting position and repeat with your other leg.

LEG CORD STANDING GLUTEAL EXTENSION



START



FINISH

START Stand with your feet shoulder-width apart, your arms resting on your hips and the leg cord secured around both ankles.

FINISH Keeping both legs straight and your weight on your left foot, extend your right leg behind your body. This exercise will strengthen and tone the *gluteus maximus* and *medial gluteals* of your legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

STANDING GLUTEAL FRONTAL RAISE



START



FINISH

START Stand with your feet shoulder-width apart, your arms resting by your sides and the leg cord secured around both ankles.

FINISH Keeping both legs straight and your weight on your left foot, extend your right leg in front of the body. This exercise will strengthen and tone the *medial gluteals* and *quadriceps* of the legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

LYING (PRONE) TWO LEG ABDUCTION



START Lie down on your stomach. Place your palms to the ground under your shoulders to help support your upper body. Ensure the leg cord is secured around both ankles before beginning the exercise.



FINISH Keeping both legs straight and off the ground, simultaneously abduct your legs out to the sides. This exercise will strengthen and tone the *medial gluteals* and *gluteus minimus* of your legs. Return to the starting position and repeat.

QUADRICEPS / HAMSTRINGS
(FRONT & BACK LEG)

GLUTEUS MEDIUS
(HIPS OUTER THIGH)

GLUTEUS MAXIMUS
(REAR HIPS)

GLUTEUS MAXIMUS
(REAR HIPS)

QUADRICEPS
(FRONT THIGH)

ABDUCTORS
(OUTER THIGH)