

THE HUMAN TRAINER®

USER MANUAL

www.thehumantrainer.com



THE HUMAN TRAINER®

Welcome to The Human Trainer® Suspension Gym.

The Human Trainer User Manual is your guide to the safety, set-up and fundamental bodyweight movements of The Human Trainer Suspension Gym. Please review all the Safety, Set-up and Anchoring Guidelines before you begin using The Human Trainer to ensure you correctly configure your HT for maximum results, product longevity and exercise safety.

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IMPORTANT SAFETY GUIDELINES

The Human Trainer is constructed with the highest grade industrial materials and is designed to provide the ultimate body weight workout. The Human Trainer is built to last and withstand the most intense training programs. However, improper storage or usage of The Human Trainer may cause premature wear and breakage, which could potentially lead to both severe and minor injuries.

- Ensure you always protect The Human Trainer from potential damaging elements when the unit is not in use. Keeping The Human Trainer exposed to sunlight, damp conditions, and extreme heat and cold temperatures for prolonged periods can weaken the nylon and metal components.
- Never attach The Human Trainer to a sharp edged anchoring point. Repetitive rubbing against a sharp edge can potentially weaken or tear the nylon material. (Be Careful: Certain door hinges, overhead beams, and support structures may have sharp corners and edges)
- If the components of The Human Trainer shows signs of wear and tear, immediately replace the components.
- Always perform a warm-up of 5 -10 minutes to prepare your muscles prior to using The Human Trainer. (Examples: Jump rope, jogging or other dynamic movements)
 - Never swing or play on The Human Trainer.
 - Never hang upside down on The Human Trainer.
 - Always follow the instructions in the Human Trainer Manual for installation and safe use.

Before each use, always:

- Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.
- It is very important to use a strong and secure anchoring point that can fully support your body weight. The anchoring point must allow The Human Trainer to safely attach without causing any quick and excessive wear to it. When using any or all of the anchoring attachments, always weight test The Human Trainer by pulling hard on the anchoring point and main straps.
- For additional safety, make sure the floor surface you will be performing the exercises on is not wet or slippery. Failure to do so could potentially lead to both severe and minor injuries.
- When performing exercises using the handles, make sure you have a secure grip and always ensure the carabiners are correctly attached to the D-Rings on the main straps. For additional safety, weight test The Human Trainer handles by pulling hard before using.

Failure to adhere to The Human Trainer Manual safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and all liability resulting from the use of The Human Trainer and all of its components.

If you have any questions about how to care for your Human Trainer or how to use or install, feel free to contact us at www.thehumantrainer.com or call 1-866-497-9012.

IMPORTANT: Always consult with a physician before beginning this or any other exercise program.



THE HUMAN TRAINER COMPONENTS & ANCHORING ATTACHMENTS

The Human Trainer Suspension Gym has these available components:

- 1** Main Straps with Integrated Door Anchors (x2)
- 2** Foot Cradle and Handle Grip Combination (x2)
- 3** Versatility Anchor Attachments with Integrated Door Anchors 1.5 ft (x2)
- 4** Mesh Carry Bag (x1)
- 5** Versatility Anchors 3.5 ft (x2)*
- 6** Ceiling Mounts (x2)*
- 7** Standard Handles (x2)*
- 8** Ab Straps (x2)*
- 9** Short Versatility Anchor (x2)*
- 10** Rotational Pulley (x1)*
- 11** Olympic Rings (x2)*
- 12** Triceps Ropes (x2)*
- 13** Standard Poster (x1)*
- 14** Advanced /Pulley /Stretching Poster (x1)*

The Human Trainer can be used both indoors and outdoors. For the safest and most optimal use, you will need a surface that is non-slip, and a training area that measures approximately 8 by 6 ft. (2.40 by 1.80m) wide. When using The Human Trainer both indoors and outdoors, always attach the anchor attachments to a strong secure anchoring point that fully supports your body weight. The chosen anchoring point should be approximately 7 to 9ft (2.10 to 2.75 m) off the ground. After a secure anchoring point is established and the main straps have been attached, ensure the bottom handle is approximately 4 to 6 inches (10-15 cm) off the ground.

When using the versatility anchor attachment, the bottom D-ring should hang at about 6 ft (1.80m) off the ground.



The Human Trainer Essential Kit Pro



6 *Optional equipment, not included in Essential Home Kit.

*All products with an * are sold separately and are not included in the Essential Kit Pro.

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INTEGRATED DOOR ANCHOR ATTACHMENT INSTRUCTIONS

Important information for the Safe use of The Human Trainer Integrated Door Anchor Attachments:

To ensure safe and correct technique for attaching The Human Trainer Integrated Door Anchor Mounts, they must only be used with professionally constructed doors that can fully support your body weight.

The most secure and safest door will open away from your body. Your body weight will pull the door closed. When using any hinge style door, always ensure it is completely closed before using. Test the door by pushing or pulling to ensure the door is fully secured and closed before using. For additional safety, use a door locking option if this is available.

Safety Tip:

Always use a Workout in Progress Door Sign when performing any exercises with The Human Trainer. Place the sign on the opposite side of the door to prevent anyone from unexpectedly opening the door and potentially causing an injury while using the product.

WARNING *** DO NOT use The Human Trainer on glass doors, sliding doors or any lightweight doors such as closet doors or kitchen cabinet doors.

Versatility Anchor with Integrated Door Anchors - BLUE STRAPS



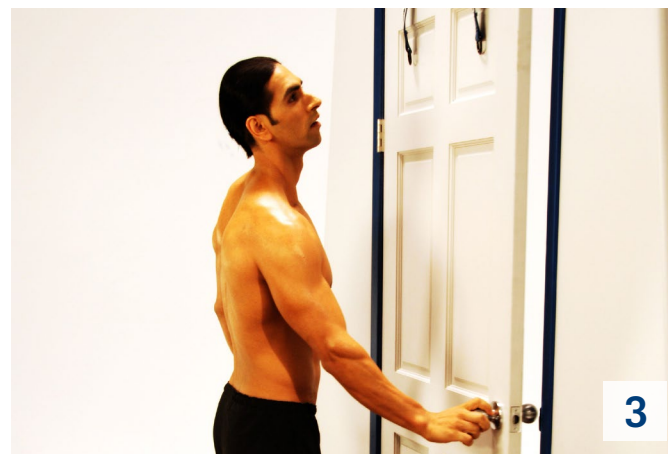
Main Straps with Integrated Door Anchors - GREY STRAPS



PROPER TECHNIQUE FOR ATTACHING DUAL SUSPENSION INTEGRATED DOOR ANCHOR ATTACHMENT

Dual Door Anchor Suspension Gym

- 1** Place the integrated door anchors (Included in Essential Kit) that are located on both the Versatility Anchors as well as the Main Straps over the top of the door and close.
- 2** Both the integrated door anchors should be approximately 18-25" apart depending on the width of the door being used. Both integrated door anchors should be equal distance to the side frame as to each other.
- 3** Make sure the door is completely closed, then pull the bottom of the Versatility Anchors or Main Straps to ensure that they are both fully lengthened and secured to the top of the door.
- 4** Before using The Human Trainer Versatility Anchors with the integrated door anchor attachments, a weight-test must be performed by pulling firmly on the bottom of the Versatility Anchors before attaching The Human Trainer Main Straps.
- 5** Attach the top carabiners on the Main Straps to the D-rings on the bottom of the Versatility Anchors with the integrated door anchor attachments.



VERSATILITY ANCHOR ATTACHMENT INSTRUCTIONS

To ensure safe use and correct technique for attaching The Human Trainer versatility anchor attachment, it must only be used with professionally constructed support structures and indoor and outdoor support structures that can fully support your body weight.

The versatility anchor attachments are safest when properly secured to the Human Trainer ceiling mounts, permanently secured outdoor swing sets and playground bars, indoor professionally manufactured fitness facility cable machines, smith machines or ceiling beams and posts. For higher anchor points, wrap around the anchor point once and clip the carabiner into the chosen intermediate loop. For lower anchor points, wrap around the anchor point as many times as needed to shorten it, and then clip the carabiner into the selected intermediate loop that will provide the correct height. Ensure that the carabiner is securely attached to the intermediate loop on the versatility anchors before attaching the main straps. Test the versatility anchors are safely secured by firmly pulling the bottom D-ring downward.

IMPORTANT- Never clip the carabiner of the main straps into the intermediate loops of the versatility anchor attachment. Always clip the main straps into the D-ring on the versatility anchor attachments.



PROPER TECHNIQUE FOR ATTACHING DUAL SUSPENSION VERSATILITY ANCHOR ATTACHMENT

Dual Suspension Gym

- 1 Wrap both Versatility Anchors over or around the anchor point.
- 2 Test that the Versatility Anchors are safely secured by firmly pulling the bottom D-ring downward.
- 3 Clip the carabiners into the appropriated selected intermediate loops. Ensure that both Versatility Anchors are hanging evenly into the same intermediate loops.
- 4 Attach the carabiners on the main straps to the D-rings on the Versatility Anchor.



CEILING MOUNT ATTACHMENT INSTRUCTIONS

Important information for the Safe use of The Human Trainer Ceiling Mount Attachment.

To ensure safety and proper installation, The Human Trainer ceiling mounts should only be secured to professionally constructed doors, load-bearing walls and ceilings, and other structures that can fully support your body weight.

The most secure and safest use of the ceiling mounts is when it is tightly screwed into the wall with no movement of any hardware components and with no additional space between the wall and the mounts. Always use a stud finder when installing the ceiling mounts and professional installation is recommended. To provide additional safety, locate multiple points along the stud for confirmation of its center location.

Safety Tip:

Always use a Workout in Progress Door Sign when performing any exercises with The Human Trainer. Place the sign on the opposite side of the door to your body to prevent anyone from unexpectedly opening the door and potentially causing an injury while using the product.

WARNING *** DO NOT use The Human Trainer on glass doors, sliding doors or any lightweight doors such as closet doors or kitchen cabinet doors.



MODULAR QUICK CLIP SYSTEM

Main Strap Modular D-Ring System

The Human Trainer main straps are designed with 5 heavy duty D-rings permanently sewn into the main straps to enable the user to maximize workout efficiency by reducing the time needed to adjust the main straps length between exercises.

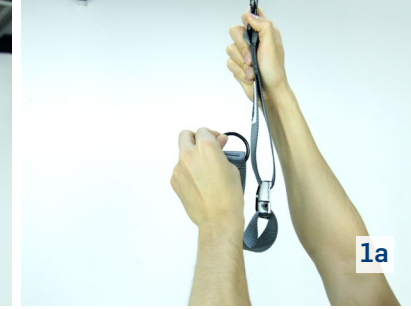
The user can have multiple handles attached to different heights at one time or with one carabiner clip, the user can change the exercise difficulty and exercise selection by choosing a higher or lower D-ring on the main straps.



D-Ring Height Change Technique

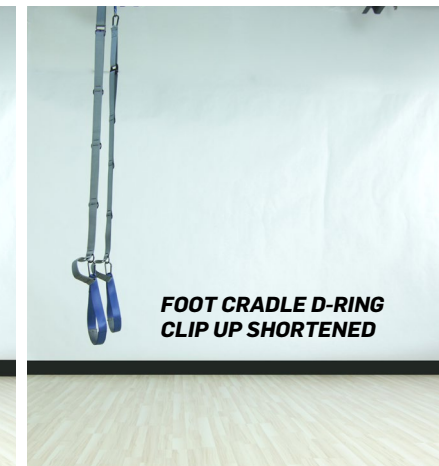
The D-Ring Height Change Technique has two methods to shorten the height of the straps and to minimize any excess strap from hanging in front of the body during workout:

- 1 Clipping any of the lower D-Rings into the top carabiner on the main straps.



Foot Cradle D-Ring Height Adjustment

- 2 After attaching an accessory to a D-Ring on the main straps, clip the carabiner from the accessory into a higher D-Ring to shorten the length of main straps.



MICRO-ADJUSTMENTS USING THE MAIN STRAPS

The Human Trainer main straps are designed with cambuckles at the top of the main straps to provide the user with 10" of micro-adjustments for precise range of motion and to provide you with the resistance you desire. To shorten or lengthen the main straps, depress the cambuckle and adjust the strap to the length that you desire.

The Micro-Adjustments are used in two situations:

- 1 To provide a staggered workout with less than the 10" height difference available using the multiple D-ring heights.
- 2 To ensure that both of the main straps are set up to be equal height.

To Shorten:

With the Cambuckle fully depressed, pull down on the front portion of the main straps.

To Lengthen:

With the Cambuckle fully depressed, pull down on the back portion of the main straps.





INDOOR / OUTDOOR WORKOUT LOCATIONS

The Human Trainer can be used in a variety of locations, both indoors as well as outdoors. Suitable anchoring points for The Human Trainer include trees, fences, weight racks, heavy bag mounts, railings, sturdy beams, soccer net posts, children jungle gyms and doors.

The Human Trainer has multiple anchor attachment options to provide for additional versatility and portable use. These include the door hook anchor, the versatility anchor and the ceiling mounts.

INDOOR



OUTDOOR



Base Of Support Guidelines

When exercising using The Human Trainer Suspension Gym, changing the base of support will alter the level of difficulty of the exercise.

Offset Foot Position

Performing some exercises in an offset foot position will enable the user to achieve a greater range of motion. An offset position also reduces the resistance to help make the movement and exercise easier.

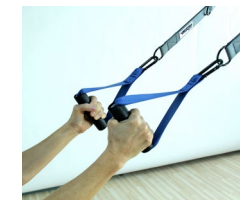
Offset foot positioning is achieved by placing one foot in front of the other. A longer offset distance will provide more stability and help to provide less resistance. A shorter offset position will provide less stability and greater resistance. It is best to try out several positions until the user finds the optimal foot positioning for their level of fitness.

Base Of Support Options

- 1 VERY EASY** - The least level of difficulty is performing an exercise with one foot in front of the other in a short or long offset stance.
- 2 EASY** - The second level of difficulty is performing an exercise with both feet hip width apart as this provides the greatest base of support.
- 3 MEDIUM** - To increase the level of difficulty during an exercise you can bring both feet together as this decreases your base of support.
- 4 ADVANCED** - To further increase the level of difficulty during an exercise you can lift one leg off the ground as this requires more core engagement for stability.



MULTIPLE GRIP OPTIONS



Neutral/Hammer



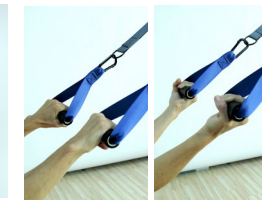
Palms Up



Palms Down



Wide Grip



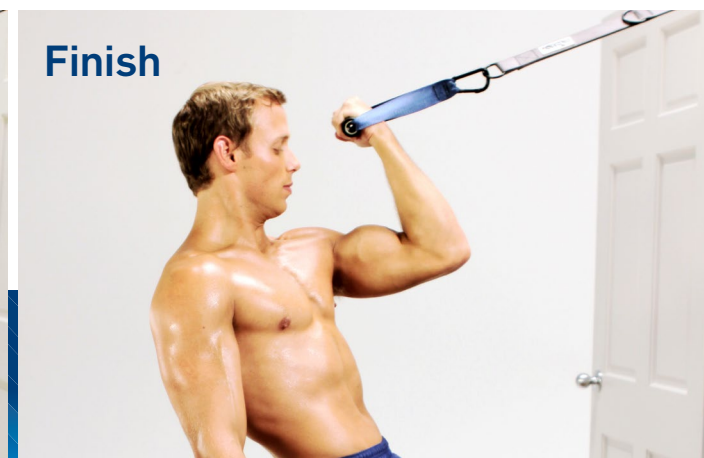
Rotating Grip

HANDLE INSTRUCTIONS AND CLIPPING POSITIONS FOR SAMPLE EXERCISES

The Human Trainer main straps are designed with 5 heavy duty D-rings permanently sewn into the main straps to enable you to maximize workout efficiency by reducing the time needed to adjust the main straps length between exercises. You can have multiple handles attached to different heights at one time or with one carabiner clip, you can also change the exercise difficulty and exercise selection by choosing a higher or lower D-ring on the main straps.

SINGLE HANDLE EXERCISES AND GUIDELINES

The Human Trainer can also be used with only one main strap. Using only one Human Trainer main strap to perform single-sided and rotational exercises will increase the users core stabilization and provide additional challenging exercises.



PULLEY GUIDELINES

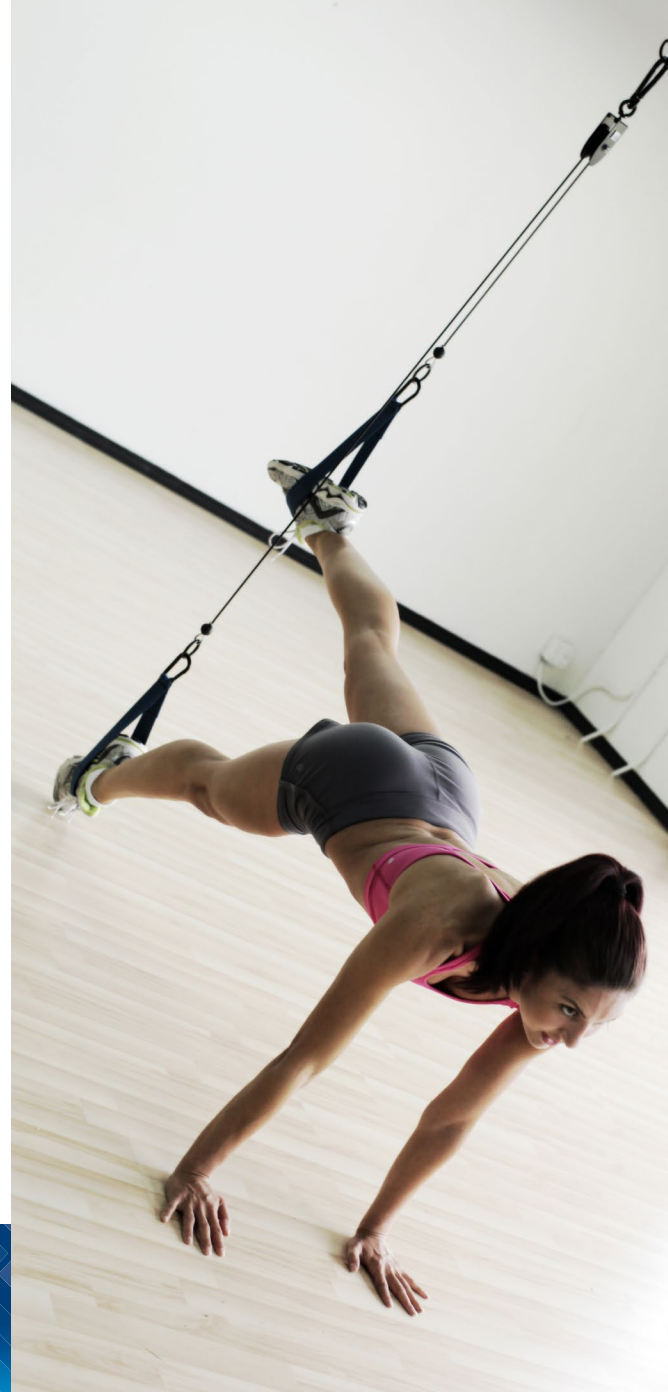
The Human Trainer Rotational Pulley allows you to unlock dozens of sport specific movements. The Pulley easily attaches to any anchoring options and add-ons.

Built with commercial grade materials for sturdy attachment and safety, the Pulley will tone and build muscle as well as increase speed and endurance.

Using the Rotational Pulley you can mimic or replicate many sport specific exercises such as golf, hockey, tennis, and many more.

To add resistance, you can clip kettle bells, resistance bands to one end of the cable, or even use two Pulleys in tandem while doing chest flies.

Attaching foot cradles to the Rotational Pulley allows a free motion lower body workout.



OLYMPIC RING GUIDELINES

The Human Trainer Olympic Rings easily attaches to all anchoring options to provide you with additional exercises like dips, pull-ups, push-ups, rows and more.

The Olympic Rings are constructed with a heavy duty anti-slip grip to provide you superior control and comfort.

The Olympic Rings can be attached to any of the D-Rings to perform the desired exercise.



CORRECT TECHNIQUE PRINCIPLES

Posture Tips:

To safely use The Human Trainer, always engage your core muscles and maintain a neutral spine with your shoulders, hips and ears in alignment.

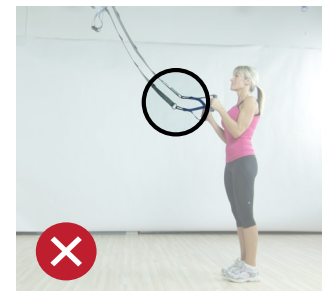
- 1 Correct posture push-up foot cradle (aligned low back)
- 2 Incorrect posture push-up foot cradle (low back compressed)

Main Strap Tight:

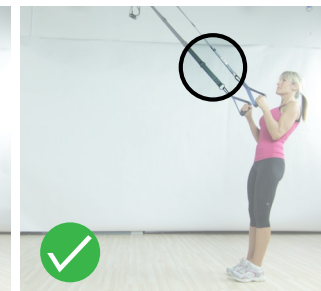
To correctly use The Human Trainer main straps, the straps should be kept tight while performing all exercises. Never let the straps hang loose and dangle at any time throughout the exercise. The key to keeping the straps tight is applying even pressure throughout the entire movement.

No Rubbing:

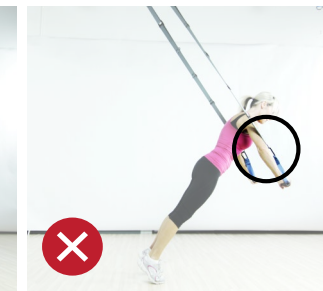
To correctly use The Human Trainer, never allow the main straps to rub against your arms to help provide stability. Change the position of your hands to be higher to help prevent rubbing.



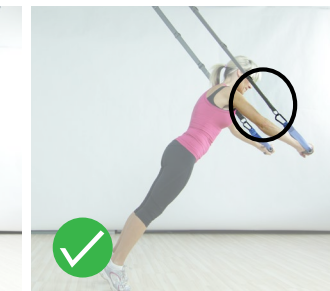
STRAPS LOOSE



STRAPS TIGHT



RUBBING



NOT RUBBING

DYNAMIC ANGLED RESISTANCE

The Human Trainer uses a dynamic angled resistance system that allows users to adjust the level of resistance by changing your body angle. A deeper body angle will create more resistance, and an upright body angle will create less resistance.

Push Up:

- 1 Push up with more vertical resistance
- 2 Push up with less vertical resistance

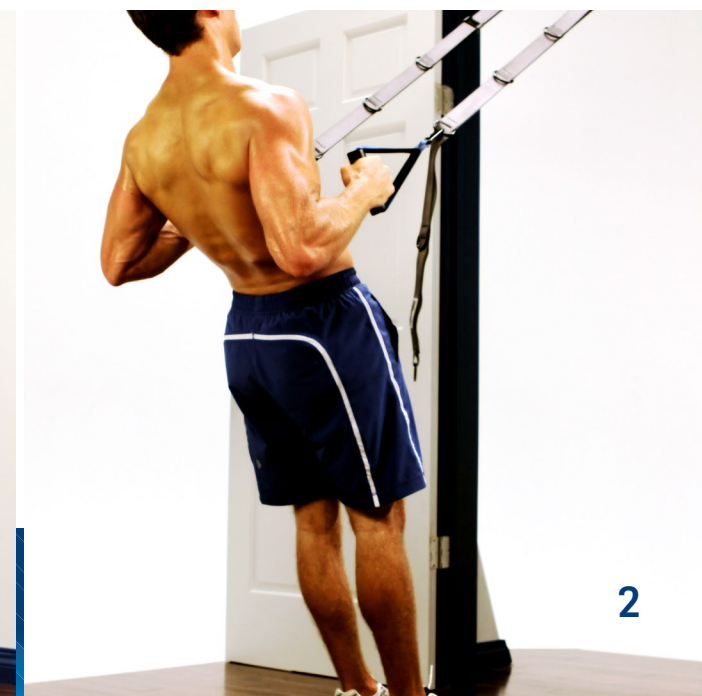
Two Arm Row:

- 1 Two arm row with more vertical resistance
- 2 Two arm row with less vertical resistance

Adjusting body angle

Moving your feet towards the anchor point will increase the resistance during the exercise. When your body is at a steeper, more vertical angle, the resistance will less.

- 1 More resistance - standing two arm row (body parallel to ground)
- 2 Less resistance - standing two arm row (body vertical)



DUAL TRICEP ROPES

The Human Trainer Dual Anchor Triceps Rope adapts and connects to all anchoring options and is suitable for all fitness levels. Target and develop triceps, back, biceps, abs, shoulders and improve grip strength using the dual anchor triceps rope attachment for both indoor and outdoor training. The Human Trainer Triceps Ropes are manufactured with commercial grade materials for sturdy attachment and safety and are designed and constructed with heavy duty and durable rope and solid rubber ends to keep users hands from slipping off. Easily attach to any cable machine system or other functional trainer.



FOOT CRADLE INSTRUCTIONS AND CLIPPING POSITIONS FOR SAMPLE EXERCISES

The Human Trainer foot cradle allows you to suspend your feet in the Human Trainer and perform a variety of prone (face down) and supine (face up) exercises.

For exercises that involve putting your feet in the foot cradles, choose a D-ring height so that the bottom of the foot cradles are approximately 8-12 inches (20 to 30 centimeters) off the ground.

For prone (face down) exercises, you will put your toes in the foot cradles.

- 1 Kneel down in front of the Human Trainer facing away from the main straps, with your feet directly in front of the foot cradles.
- 2 Reach behind you and put one foot in the foot cradle, and then repeat the process with your other foot in the other Human Trainer foot cradles.

For supine (face up) exercises, you will put your heels in the foot cradles.

- 1 Begin by facing towards the main straps with your feet directly in front of the foot cradles and sit down in front of the Human Trainer.
- 2 While holding onto the foot cradles, lie backwards and then slip the foot cradles over your heels.



LYING DOWN SUPINE EXERCISES

Using the foot cradles to perform supine (lying down) exercises with your heels can provide more and less resistance in relation to the angle of The Human Trainer main straps to the floor.

More Resistance

To increase resistance, begin the exercise with your body farther away from the neutral anchor position.

Less Resistance

To decrease resistance, begin the exercise with your body closer or beyond the neutral anchor position.



PLANK POSITION EXERCISES

When performing plank position exercises with The Human Trainer, the elbow is a more stable position and requires less upper body muscle recruitment and core strength than a standard push up plank.

- 1 Plank on elbows under shoulders (more stable)
- 2 Plank on two hands under shoulders (more strength and core)





The Human Trainer Manual - Sample Exercises

NOTE - Before beginning these exercises or any other workout programs using The Human Trainer, ensure that you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer main straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

Safety Tip:

Always use a Workout in Progress Door Sign when performing any exercises with The Human Trainer. Place the sign on the opposite side of the door to your body to prevent anyone from unexpectedly opening the door and potentially causing an injury while using the product.

WARNING *** DO NOT use The Human Trainer on glass doors, sliding doors or any lightweight doors such as closet doors or kitchen cabinet doors.

1) TWO ARM PUSH UP WITH TWO KNEE TUCK

CHEST AND CORE



START

Place one foot in each of the suspended foot cradles, toes in. Walk your hands forward until they are directly under your shoulders. Keep your hands placed firmly on the ground in a push up plank position. Keep your core engaged.

MID

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor.

FINISH

Press back up to the top of the push up plank position as you lift your hips upwards and draw both knees in towards your elbows.

2) TWO LEG FOOT CRADLE PUSHUP AND ALTERNATING MOUNTAIN CLIMBER

CHEST AND CORE



START

Place one foot in each of the suspended foot cradles, toes in. Walk your hands forward until they are directly under your shoulders. Keep your hands placed firmly on the ground in a push up plank position. Keep your core engaged.

MID

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor.



FINISH

Lift the tailbone and draw the right knee to the outside of the right elbow.

Continue alternating legs.

3) TWO ARM PUSH UP WITH PIKE

CHEST AND CORE



START

Place one foot in each of the suspended foot cradles, toes in. Walk your hands forward until they are directly under your shoulders. Keep your hands placed firmly on the ground in a push up plank position. Keep your core engaged.



MID

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor.



FINISH

Keeping your legs straight raise hips toward the ceiling. Make sure your core muscles are engaged throughout the movement.

4) TWO ARM ROTATING GRIP ROW

BACK



START

Firmly grasp one handle with each hand and keep your palms facing down. Facing the door, extend both arms forward as you shift your weight backwards until you are resting on the heels of both feet.

FINISH

Maintain a straight spine with engaged core muscles as you retract both arms backwards and rotate your arms 180 degrees towards the body. Ensure your hands smoothly rotate as your body shifts forward and backward throughout the movement.

5) TWO ARM FRONTAL RAISE

BACK



START

Firmly grasp one handle with each hand and keep your palms facing down. Facing the door, extend both arms forward as you shift your weight backwards until you are resting on the heels of both feet.

FINISH

Maintain a straight spine with engaged core muscles as you retract both arms backwards and raise your hands above your head. Ensure your hands raise smoothly and slowly for maximum resistance. Keep the tension in the straps by leaning back as much as possible.

6) ONE ARM ROW

BACK



START

Firmly grasp one handle with one hand. Facing the door, extend your arm forward as you shift your weight backwards until you are resting on the heels of both feet.

FINISH

Maintain a straight spine with engaged core muscles as you retract your arm backwards. Ensure your hand comes in smoothly as your body shifts forward and backward throughout the movement. Alternate arms once each set is completed.

7) SINGLE ARM BICEP CURL

BICEPS



START

Firmly grip one handle with your left hand and keep your palm facing up. Position your body facing the door with both feet together. Extend your left arm towards the support structure as you shift your weight away from the door.

FINISH

Maintain a straight spine with engaged core muscles as you bend your left arm and bring the handle towards your left shoulder. Keep your right arm resting by your right hip during the movement. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with your right arm.

8) ALTERNATING BICEP CURL

BICEPS



START

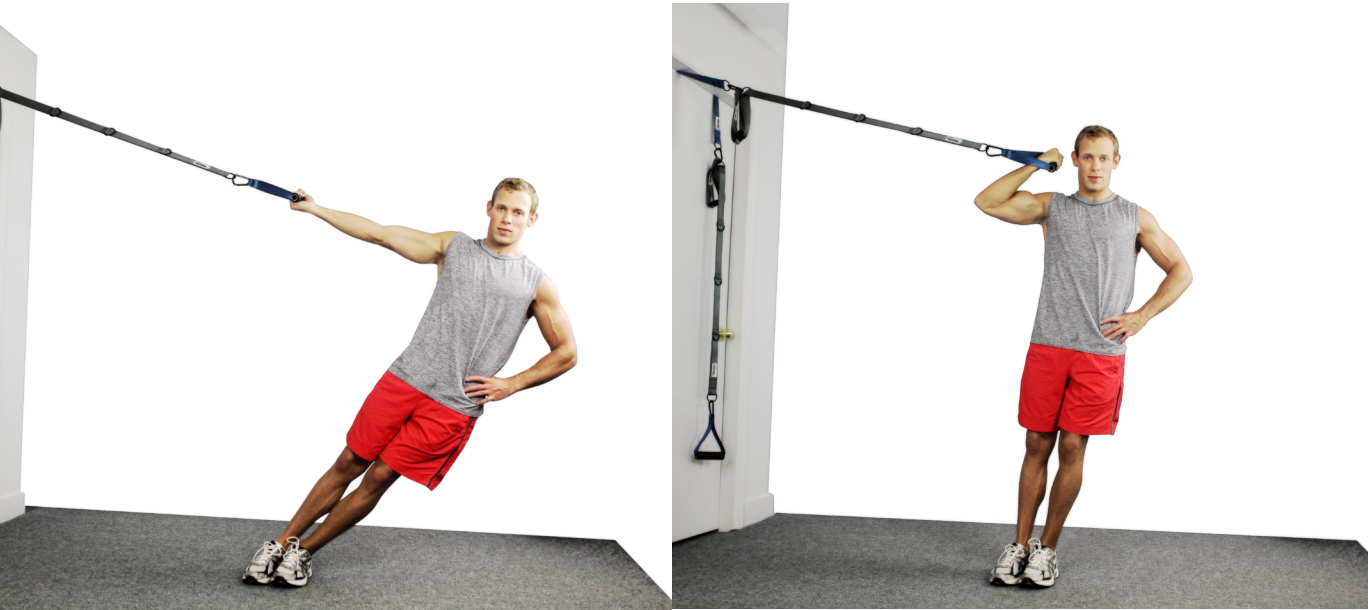
Stand facing towards the main straps. Begin in a leaning back position with arms extended straight at shoulder height, palms facing up. Curl one hand towards eye level keeping elbows lifted. Extend opposite arm downward.

FINISH

Maintain a straight spine with engaged core muscles as you curl your right arm and bring it to eye level. Push your opposite hand down as you curl. Keep your elbow lifted as much as possible. Maintain tension in the straps through the entire motion. Continue alternating arms until the desired number of repetitions is completed.

9) SINGLE ARM SIDE ANGLE BICEP CURL

BICEPS



START

Firmly grip one handle with your right hand and keep your palm facing up. Position your body facing away from the door with both feet together. Extend your right arm towards the support structure as you shift your weight away from the door.

FINISH

Maintain a straight spine with engaged core muscles as you bend your right arm and bring the handle towards your right shoulder. Keep your left arm resting by your left hip during the movement. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with your left arm.

10) TWO KNEE SIDE-TO-SIDE TUCK

ABS & CORE



START

Place one foot in each of the suspended foot cradles, then walk your hands forward until your hands are directly under your shoulders. Keep your hands firmly placed on the ground in a high push up plank position, with your core engaged.

FINISH

Keeping your arms in a high plank position, draw both knees in towards your left elbow, then return to starting position and then draw both knees into your right elbow. Continue alternating sides until the desired number of repetitions is completed.

11) TWO KNEE PIKE

ABS & CORE



START

Place one foot in each of the suspended foot cradles, then walk your hands forward until your hands are directly under your shoulders. Keep your hands firmly placed on the ground in a high push up plank position, with your core engaged.

FINISH

Keeping your legs straight raise hips toward the ceiling. Make sure your core muscles are engaged throughout the movement.

12) FOOT CRADLE TWO ARM PLANK ON FOREARM

ABS & CORE



START

Place one foot in each of the suspended foot cradles, then walk your hands forward until your hands are directly under your shoulders. Keep your forearms firmly placed on the ground in a plank position, with your core engaged.

FINISH

Keep your forearms in a plank position and hold for as long as possible.

13) TWO ARM CHEST PRESS

CHEST



START

Stand facing away from the main straps. Begin with both arms extended forwards at chest height, palms facing down.

FINISH

Lower chest with elbows bending 90 degrees to the sides in a push-up motion. Press back up and maintain body alignment.

14) CHEST FLY

CHEST



START

Begin leaning forward slightly with the arms extended straight at chest height, palms facing in.

FINISH

Lower your chest and body with your arms reaching out to the sides. Press back up and maintain body alignment.

15) TWO LEG FOOT CRADLE HIGH PLANK PUSHUP

CHEST



START

Place one foot in each of the suspended foot cradles, then walk your hands forward until your hands are directly under your shoulders. Keep your hands firmly placed on the ground in a high push up plank position, with your core engaged.

FINISH

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor.



16) ONE LEG SUSPENDED SPLIT SQUAT

LEGS



START

Place your right foot in the suspended foot cradle and then walk or hop your left foot forward about 2 feet from the support structure to ensure your left knee doesn't go past your left toes as you lower. Keep your core muscles engaged with your hands at your hips in a suspended split stance.

FINISH

Press your suspended right leg backward as you lower your leg and body. Keep your right foot and knee above the floor, and do not bend your front left knee more than 90 degrees or forward over your left toes. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with your left leg.

17) TWO LEG LYING DOWN HAMSTRING CURL

LEGS



START

Begin sitting on the ground facing the main straps, then place both of your heels inside each of the foot cradles. Lie down on your back with both heels in each of the suspended foot cradles with your palms facing down beside your body.

FINISH

Stabilize your core by tightening your midsection, then lift your hips, glutes and lower back off the floor. Maintain the position with your hips and lower back off the floor as you pull your feet in towards your body. Return to starting position and repeat.

18) STRAIGHT ARM SQUAT

LEGS



START

Grasp one handle in each hand while standing with feet hip width apart, facing towards the main straps. Begin in a leaning back position with the arms extended forward, palms facing inward.



FINISH

Keep the heels on the ground, press the hips back and down. Press up to standing with both legs

19) TWO LEG SQUAT AND ROW

LEGS & BACK



START

Firmly grasp one handle with each hand and keep your palms facing in towards your body with your feet hip width apart. Facing the door, extend both arms forward as you shift your weight backwards until you are resting on the heels of both feet.



FINISH

Maintain a straight spine and engaged core muscles, then press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor. Keep your arms extended towards the support structure as you lower. Press your hips forward to a straight standing position as you pull both your arms back towards your ribs.



20) TWO ARM OVERHEAD TRICEP PRESS

TRICEPS



START

Firmly grasp one handle with each hand with your feet hip width apart and approximately 2 to 3 feet away from the door. Extend both arms above your head with both palms facing down and your body facing away from the door. Shift your weight forward until you are resting your weight on your toes.

FINISH

With your body leaning forward and your spine straight, keep your core muscles engaged and bend both upper arms until they are directly above your head. Press both hands to starting position and repeat.

21) TWO ARM TRICEP PRESSDOWN

TRICEPS



START

Firmly grasp one handle with each hand with your feet hip width apart. Begin in a leaning back position with palms down, elbows at the sides and hands extended forward.

FINISH

Press both hands downward until they reach waist level. Keep your core engaged.

22) SUSPENDED DIPS

TRICEPS



START

Stand directly in the middle of both straps and grasp handles at waist level, palms facing in.

Firmly grasp one handle with each hand. Press upward on the handles until both feet are off the ground and arms are straight .



FINISH

Keep elbows tight to body, lower your upper body until hands reach chest level.

Slowly return to starting position.





The Human Trainer Full Body Express Workout

The Human Trainer Full Body Express workout is designed to be performed nearly anywhere. This is a full body workout designed with functional exercises to increase muscle, strength, balance, coordination and core endurance. Every user has total control of the intensity of each exercise and can instantly modify the resistance to make the workout easier or more difficult at anytime during the program. The modular quick clip system allows users to have the quickest possible transitions from one exercise to the next creating the most time-efficient, full-body workout. This full body training routine will take approximately 30 minutes to complete.

LEARNING THE MOVEMENTS

Begin the Full Body Blast workout with a 30 second work interval and a 45 second rest interval. As your strength and conditioning increases using The Human Trainer, progress to a 60 second work interval and a 20 second rest interval.

WARM UP

Always perform a 3-10 minute warm-up to prepare the body for the workout (Examples: jump rope, jumping jacks, running in the spot, or a Human Trainer based cardio warm-up)

1

Foot Cradle Two Knee Tuck

Start



Finish



EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles, lift knees up off ground
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Lift the tailbone and draw both knees to chest

TIPS

- 1) Keep chest lifted
- 2) Lift hips slightly

2

Foot Cradle Two Arm Plank on Forearm



EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles
- 2) Place both elbows on the ground under the shoulders
- 3) Keep the core engaged and back straight

TIPS

- 1) Keep core engaged
- 2) Lift hips slightly

3

Two Leg Alternating Mountain Climber

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Lift tailbone and bring left knee to outside left elbow
- 4) Return to starting position and continue to alternate legs

4

Standing Two Arm Chest Press

Start



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with both arms extended forwards at chest height with palms facing down
- 3) Lower chest with elbows bending 90 degrees to the sides in a push-up motion
- 4) Press back up and maintain body alignment

Finish



TIPS

- 1) Avoid rubbing - keep both straps lifted slightly off the arms
- 2) Keep the core engaged and with body properly aligned

5

Two Arm Tricep Press

Start



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with palms down and both arms extended forward at eye level
- 3) Lower body and head towards the handles
- 4) Maintain body alignment and elbows at shoulder height

Finish



TIPS

- 1) Keep body straight and chest lifted
- 2) Keep elbows in line with the shoulders

6

One Arm Squat and Reach (30 seconds per side)

Start



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Hold onto one handle with the free hand reaching towards the strap
- 3) Eyes follow the hand as you press back into a squat and reach your hand towards the ground
- 4) Rotate your body with the core engaged and maintaining body alignment
- 5) Return to start position, pressing hips forward and using rotational movement

Finish



7

Two Arm Bicep Curls

Start



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin with the elbows extended and palms up
- 3) Curl both hands towards eye level, keeping elbows lifted and aligned at shoulder level throughout the movement

Finish



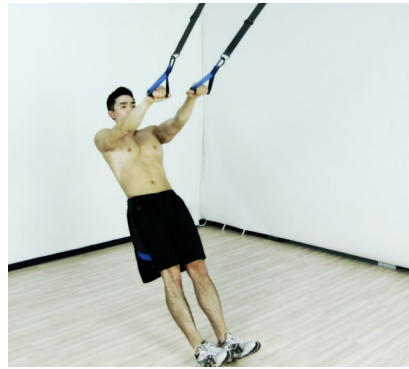
TIPS

- 1) Keep elbows in line with the shoulders throughout the movement
- 2) Keep the core engaged maintaining body alignment

8

Alternating Arm Superman

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin in a leaning back position with arms extended straight at shoulder height, palms down
- 3) Pull the straps in opposite direction keeping both arms straight
- 4) One arm is in a frontal raise, opposite arm in a tricep extension

9

Kneeling Two Arm Rollout

Start



Finish



EXERCISE CUES

- 1) Face away from the main straps
- 2) Kneel with both knees under each anchor points
- 3) Begin with both arms extended down, palms facing down
- 4) With control, slowly lean forward keeping arms extended
- 5) Keep the core engaged and back straight

Start**Finish****EXERCISE CUES**

- 1) Stand facing towards the main straps
- 2) Begin with the elbows flexed under shoulders and palms facing each other
- 3) Press your right leg back and behind into a reverse lunge, keeping it off the ground while extending elbows
- 4) Press up through your front heel and foot to start position

TIPS

- 1) Use a slight pull with the arms for assistance returning to start position
- 2) Keep the head and chest lifted throughout the movement
- 3) Drop the back knee, don't press back with a straight leg

Start**Finish****EXERCISE CUES**

- 1) Stand directly in the middle of both straps and grasp overhead handles with palms facing away
- 2) Pull elbows down towards the chest as your head lifts above handle level
- 3) Rotate hands during the movement 180 degrees. Hands finish facing in towards the body
- 4) Slowly return to starting position

TIPS

- 1) Keep head and chest lifted
- 2) Keep core engaged

Start**Finish****EXERCISE CUES**

- 1) Stand facing towards the main straps
- 2) Begin leaning back with arms extended and palms facing down
- 3) Pull the arms back towards the chest as you move your body up towards the anchor point
- 4) Rotate hands during the movement 180 degree. Hands finish facing in towards the body

TIPS

- 1) Keep head and chest lifted
- 2) Keep core engaged and maintain body in straight alignment

Start**Finish****EXERCISE CUES**

- 1) Stand facing away from the main straps
- 2) Begin slightly leaning forward with arms extended straight at chest level and palms facing in
- 3) Take a long lunging step forward until your knee is directly aligned over ankle
- 4) Reach arms out to sides to a T position
- 5) Press back to starting position and continue to alternate legs

TIPS

- 1) Keep core engaged and maintain body in straight alignment
- 2) Don't arch the low and mid back
- 3) Don't lunge too far forward

13

One Leg Alternating Squat and Row

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Stand facing the main straps, keep arms extended straight at eye level and palms facing in
- 2) Press hips and buttocks towards floor
- 3) Keep head and chest lifted
- 4) Press up through standing leg and pull with both hands up to starting position
- 5) Continue to alternate legs

TIPS

- 1) Keep weight in the heels of the feet
- 2) Both hands pull until elbows reach ribs
- 3) Don't lift back heel
- 4) Should feel like you are sitting back and down

14

Foot Cradle Sprinter

Start



Finish



EXERCISE CUES

- 1) Stand facing away from the main straps and place one foot in one foot cradle
- 2) Extend forward the opposite arm from the suspended foot with the other arm resting at the side of the body
- 3) Press suspended foot down and back into a reverse lunge as you reach resting arm forward
- 4) Press up through the front foot to return to starting position

TIPS

- 1) Keep the suspended foot close to being under the anchor point
- 2) Lower the front knee to 90 degrees or knee over ankle

Start**Finish One****Finish Two****EXERCISE CUES**

- 1) Begin sitting on the ground facing the straps
- 2) Place heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points
- 3) Press the heels down into the foot cradles and lift your hips upwards
- 4) Press both legs out towards the side, pause and return to center with legs extended
- 5) Pull both heels in towards the body keeping the hips lifted

TIPS

- 1) Keep the knees in line with the hips
- 2) Press heels firmly into foot cradles for stability

Cool Down

Always perform a 3-10 minute cool down to lower the heart rate after the workout and help increase muscle recovery time. Perform static stretching and gentle movements with the dual straps.





The Human Trainer Rotational Pulley Workout



1

Chest Press

Start



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing down
- 3) Lower chest and body with arms reaching out to the sides
- 4) Press back up and maintain body alignment

Finish



TIPS

- 1) Keep the body in a straight alignment with core engaged
- 2) Keep the weight on the toes

2

Reverse Fly

Start



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin leaning back with arms extended straight at shoulder height, palms facing in
- 3) Pull the straps out to each side of the body keeping both arms straight creating a T shape

Finish



TIPS

- 1) Keep the core engaged and back aligned with the spine
- 2) To decrease the level of difficulty stand in an offset position

3

One Leg Squat

Start



Finish



EXERCISE CUES

- 1) Stand facing the main straps, keep arms extended straight at eye level and palms facing in
- 2) Lift one leg off the ground and extend forward
- 3) Press hips and buttocks back and down towards floor
- 4) Press up through standing leg to starting position

TIPS

- 1) Keep weight in the stationary foot
- 2) Don't lift back heel off the ground
- 3) Should feel like you are sitting back and down
- 4) Pull your arms towards the chest for assistance when returning to standing position

4

Alternating Bicep Curls

Start



Finish



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin leaning back with arms extended straight at shoulder height, palms facing up
- 3) Curl right hand towards eye level keeping elbows lifted, extend left arm downward
- 4) Continue alternating sides

TIPS

- 1) Keep elbows in line with the shoulders throughout the movement
- 2) Keep the core engaged maintaining body alignment

5

Two Leg Squat and Alternating Row

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Stand hip width, facing towards the main straps
- 2) Begin leaning back slightly with arms extended forward and palms facing in
- 3) Keep the heels on the ground and press the hips back and down into a squat
- 4) Press up to standing with both legs as you pull the left arm back towards the chest
- 5) Repeat and continue alternating sides

TIPS

- 1) Keep weight in the heels of the feet
- 2) Both hands pull until elbows reach ribs
- 3) Don't lift back heels off the ground throughout the movement
- 4) Should feel like your sitting back and down

6

Straight Arm Chest Twist

Start



Finish



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing in
- 3) Lower chest and body as you extend your left arm forward and down and your right arm rotates upward directly above the body
- 4) Pull your right arm down and forward as your left arm rotates upward to the left directly above the body
- 5) Continue alternating sides

TIPS

- 1) Keep the core engaged
- 2) Keep the weight on the toes throughout the movement

7

Alternating Tricep Press

Start



Finish



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with palms down and both arms extended forward at eye level
- 3) Bend right hand toward the right ear, extend right arm forward as you bend the left hand toward the left ear.
- 4) Continue alternating sides

TIPS

- 1) Maintain body alignment and elbows at shoulder height
- 2) Keep body straight with engaged core

8

Two Leg Squat and Alternating Straight Arm Twist

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Stand hip width, facing towards the main straps
- 2) Begin leaning back slightly with arms extended straight forward and palms facing in
- 3) Keep the heels on the ground and press the hips back and down into a squat
- 4) Press up to standing with both legs as you twist your torso and extend your right arm to your right side
- 5) Repeat and continue alternating sides

TIPS

- 1) Keep weight in the heels of the feet
- 2) Keep rotating arm straight throughout the twist movement

Start**Finish****EXERCISE CUES**

- 1) Begin sitting on the ground facing the straps
- 2) Place heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points
- 3) Press the heels down into the foot cradles and lift your hips upwards
- 4) Pull both heels in towards the body keeping the hips lifted

TIPS

- 1) Keep the knees in line with the hips
- 2) Press heels firmly into foot cradles for stability

Start**Finish One****Finish Two****EXERCISE CUES**

- 1) Begin sitting on the ground facing the straps
- 2) Place heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points
- 3) Press the heels down into the foot cradles and lift your hips upwards
- 4) Pull the right leg in towards the body keeping the hips lifted, return to start position and pull the left leg in towards the body
- 5) Continue alternating legs

TIPS

- 1) Keep the knees in line with the hips
- 2) Press heels firmly into foot cradles for stability

Start**Finish****EXERCISE CUES**

- 1) Place both feet (toes down) in foot cradles, directly under the anchor point
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Press the right leg down as your left leg lifts upward
- 4) Keeping the hips lifted, press your left leg down as your right leg lifts upward
- 5) Continue alternating legs

TIPS

- 1) Press firmly into foot cradles for stability
- 2) Keep the head and chest lifted throughout the movement

Start**Finish****EXERCISE CUES**

- 1) Begin sitting on the ground facing the straps
- 2) Place both heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points
- 3) Press the heels down into the foot cradles and lift your hips upwards
- 4) Press the right leg down as your left leg lifts upward
- 5) Keeping the hips lifted, press your left leg down as your right leg lifts upward
- 6) Continue alternating legs

TIPS

- 1) Keep the core engaged
- 2) Keep the weight on the toes throughout the movement

Start**Finish****EXERCISE CUES**

- 1) Place both feet (toes down) in foot cradles, directly under the anchor point
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Lower the chest and body with the elbows bending 90 degrees to the side
- 4) Press upward to starting position

TIPS

- 1) Keep the knees in line with the hips
- 2) Press firmly into foot cradles for stability

Start**Finish One****Finish Two****EXERCISE CUES**

- 1) Stand facing away from the main straps
- 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing down
- 3) Lift your right arm upward as your left arm presses down
- 4) Press your right arm down and lift your left arm upward above the head
- 5) Continue alternating sides

TIPS

- 1) Keep the body in a straight alignment with core engaged
- 2) Keep the weight on the toes throughout the movement



One-Leg Foot Cradle Hamstring Stretch



EXERCISE CUES

- 1) Sit down on the ground facing the main straps
- 2) Attach the foot cradle to the desired D-ring height for optimal stretch
- 3) Place one foot (toes up) inside the foot cradle
- 4) Gently lie down on your back keeping both legs straight

One-Leg Foot Cradle Quadricep Stretch



EXERCISE CUES

- 1) Stand with your body facing away from the main straps
- 2) Attach the foot cradle to the desired D-ring height for optimal stretch
- 3) Firmly grasp one main strap and place your foot (toes down) inside the foot cradle
- 4) Stand tall, press your hips forward and draw both knees towards each other
- 5) Repeat on other side

STRETCHING

Two-Arm Behind Body Stretch



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Firmly grasp one handle in each arm and walk forward 2-3 steps from the overhead anchor point
- 3) Stand with both feet hip width apart
- 4) Extend both arms behind the body, palms down and gently lean forward

STRETCHING

Two-Arm Overhead Lat Stretch



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Firmly grasp one handle in each arm and walk forward 2-3 steps from the overhead anchor point
- 3) Stand in a split stance with one leg forward
- 4) Extend both arms above the body as you gently lean forward

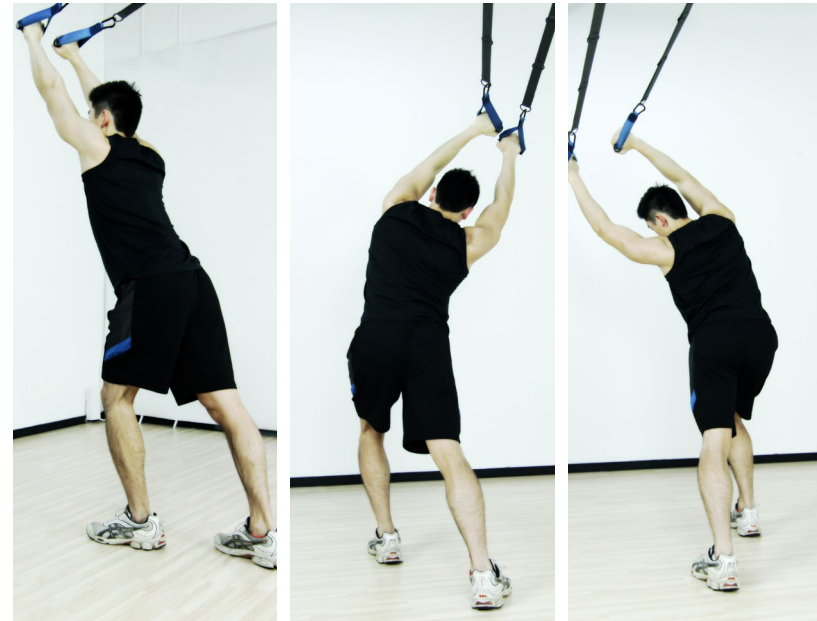
Standing Hamstring Stretch



EXERCISE CUES

- 1) Attach one foot cradle on each main strap at desired level
- 2) Place one foot through the foot cradle, toes facing up
- 3) Lean forward slightly

Two Arm Overhead Side Twist



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Firmly grasp one handle in each arm and walk forward 2-3 steps from the overhead anchor point
- 3) Stand in a split stance with the left leg forward
- 4) Extend both arms above the body as you gently press your hips to the right and both arms reach to the left side
- 5) Repeat on the other side

Two Arm Rounding Mid / Low Back Stretch



EXERCISE CUES

- 1) Stand facing the main straps
- 2) Firmly grasp one handle in each arm and walk backwards 2-3 steps from the overhead anchor point
- 3) Slightly bend both knees and press your hips backwards as you tuck your chin in
- 4) Round the lower, mid and upper back

Two Arm Chest Stretch



EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Firmly grasp one handle in each arm and walk forward 2-3 steps from the overhead anchor point
- 3) Stand in a split stance with 1 leg forward
- 4) Extend both arms to the sides and slightly behind the body as you gently lean forward

STRETCHING

One Strap & One Arm Side body stretch



EXERCISE CUES

- 1) Stand with your body facing to the side of the main straps
- 2) Firmly grasp one handle in your left arm and walk to the side 2-3 steps from the overhead anchor point
- 3) Stand with both feet together and extend your left arm up towards the anchor point
- 4) Keep your right arm resting on your hips
- 5) Repeat on the right side





WORKOUT LOG

Track your Human Trainer workouts with the provided template below.

Exercise	Week	Set 1	Set 2	Set 3	Set 4	Set 5

Exercise	Week	Set 1	Set 2	Set 3	Set 4	Set 5

Never use The Human Trainer in any circumstance where you could fall more than 18 inches (.25 meters) to stable ground. Using The Human Trainer in any situation where you are suspended in any way that could potentially increase the chance of injury is not recommended and by doing so, the user assumes full responsibility of their actions.

By using The Human Trainer you agree to the full terms discussed in this manual. Moreover, any usage that is not in compliance with the recommended usage of The Human Trainer is done so at the user's own risk. Astone Fitness Ltd. does not accept any liability for any misuse of The Human Trainer and/or its accessories. Furthermore, by using The Human Trainer you are accepting the responsibility of your actions and are hereby waiving any rights to legal action against Astone Fitness Ltd. Should you decide not to waive your legal rights, do not use the product and promptly return it. Should you do so within 90-days, you will be granted a full refund for the cost of the product.



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