

**THE
HUMAN
TRAINER®**

OLYMPIC RINGS



www.thehumantrainer.com

All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure 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.

1

Two Arm Squat & Row

**START**

Firmly grasp one Olympic Ring with each hand and keep your palms facing upwards. Facing the Main Straps, retract both arms towards the chest and shift your weight backwards.

**FINISH**

Maintaining a straight spine with engaged core muscles, press your hips back and down into a squat with both arms extended straight forward. Press back up to starting position and repeat.

2

Two Arm Chest Press

**START**

Firmly grasp one Olympic Ring with each hand and keep your palms facing down. Extend both arms straight and shift your weight forward.

**FINISH**

Keep a straight spine with engaged core muscles as you lower the chest and body with elbows bending 90' degrees to the sides. Press back up to starting position and repeat.

3

Bicep Curls



START

Firmly grasp one Olympic Ring with each hand with your feet hip width apart and keep your palms facing up. Position your body facing towards the Main Straps and extend both arms forward as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you bend both arms and bring the Olympic Rings towards the shoulders. Return to the starting position and repeat.

4

One Leg Reverse Suspended Lunge



START

Firmly grasp one Olympic Ring with each hand and keep your palms facing upward. Facing the Main Straps, lift your left leg 4-6 inches off the ground and extend it behind the body.

FINISH

Keep your core tight and chest and head lifted as you press your left leg backwards in a reverse lunge. Press back up to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right leg lifted.

5

Supermans



START

Firmly grasp one Olympic Ring with each hand and keep your palms facing downward. Facing the Main Straps, extend both arms forward at chest height as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you pull the Olympic Rings in opposite direction keeping both arms straight. One arm is performing a frontal raise movement, opposite arm in a triceps extension.

6

Two Arm Row

**START**

Firmly grasp one Olympic Ring with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms forward as you shift your weight backwards.

**FINISH**

Maintain a straight spine with engaged core muscles as you retract both arms backwards towards the body at chest height. Return to starting position and repeat.

7

Reverse Flies



START

Firmly grip one Olympic Ring in each hand with your body facing towards the Main Straps. Leaning backward, extend both arms straight with palms facing in towards each other.

FINISH

Maintain a straight spine with engaged core muscles as you pull both arms out towards the sides at chest height. Focus on retracting the upper back muscles together and keeping tension in the straps at all times. Return to starting position and repeat.

8

One Leg Suspended Squat

**START**

Firmly grasp one Olympic Ring with each hand and keep your palms facing upward. Facing the Main Straps, lift your left leg 4-6 inches off the ground and extend it straight in front of the body.

**FINISH**

Keep your core tight and chest and head lifted as you press your hips back and down into a squat. Press back up to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right leg lifted.

9

Chest Flies



START

Firmly grasp one Olympic Ring with each hand, then walk the feet forward until the Main Straps are hanging non-vertically. Extend both arms out to the sides of your body facing away from the door and shift your weight forward.

FINISH

Keep a straight spine with engaged core muscles, and pull both arms forward and in until the arms are extended and the handles meet in front of the body at chest height. Keep a slight bend in the elbows throughout the exercise. Return to starting position and repeat.

10

Frontal Raises



START

Firmly grasp one Olympic Ring with each hand and keep your palms facing downward. Facing the Main Straps, extend both arms forward at chest height as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you keep both arms straight and lift both Olympic Rings upward until they reach above the head. Return to starting position and repeat.

11

Straight Arm Squat



START

Firmly grasp one Olympic Ring with each hand and keep your palms facing in towards the body. Facing the Main Straps with your feet hip width, extend both arms forward as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Keep your chest and head lifted throughout the exercise. Return to the start and repeat.

12

Suspended Dips



START

Firmly grip one Olympic Ring in each hand with your palms facing in towards each other. Bring both arms to waist height at the sides of the body and press up on to your toes.



FINISH

Maintain engaged core muscles as you bring both legs off the ground. Begin to lower your body as your hands lift upward towards the shoulders. Return to starting position and repeat.

13

Wide Grip Pull-ups



START

Firmly grip one Olympic Ring with each hand and keep your palms facing away from the body. Facing the Main Straps, extend both arms above the head.



FINISH

Maintain a straight spine with engaged core muscles as you pull the hands and elbows downward. Continue the movement until your hands reach approximately chest height. Return to starting position and repeat.

14

Overhead Triceps Press



START

Firmly grasp one Olympic Ring with each hand and extend both arms forward at eye level with palms facing down. With your body facing away from the Main Straps, stand hip width apart and shift your weight forward.



FINISH

Maintaining a straight spine with engaged core muscles, press both hands backwards until the hands are above the head. Return to starting position and repeat.

15

Standing Rollout



START

Firmly grasp one Olympic Ring in each hand and extend both hands above the head with the palms facing away from the body and your weight shifted forwards.

FINISH

Keeping the arms straight, press both hands down and forward until they are at chest height. Return to starting position and repeat.

16

Hanging Bent-Knee Raises



START

Begin by firmly grasping one Olympic Ring in each hand and extend both hands above the head



FINISH

Stabilize and engage your core by tightening your midsection, then lift both knees up together to waist height. Return to starting position and repeat.

17

One Leg Suspended Squat



START

Place the right foot in the suspended Olympic Ring and then walk or hop the left foot forward about 2 feet from the anchor point to prevent the left knee from going past the left toes as you lower. Keep your core muscles engaged with your hands at the side of the body.



FINISH

Press the suspended right leg backward as you lower your leg and body. Keep the right foot and knee above the ground. Do not bend the front left knee more than 90 degrees or forward over the left toes.

Return to starting position and repeat until the desired number of repetitions is completed, then repeat with the left leg suspended.

18

Suspended Pushups



START

Place one foot in each of the suspended Olympic Rings, toes down. 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.

FINISH

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor. Keeping a straight spine and engaged core, press back up to the top of the push up plank position and repeat.

19

Two Knee Tuck



START

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

FINISH

Keeping the arms in a high plank position, draw both knees in towards the elbows.

Return to starting position and repeat.

20

Alternating Mountain Climber



START

Place one foot in each of the suspended Olympic Rings, toes down. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

FINISH

Keeping your core engaged and the arms in a high plank position, pull the left knee in towards the left elbow. Return to starting position as you pull your right knee in towards the right elbow. Continue alternating legs until the desired number of repetitions is completed.