

**IMPORTANT! Please take the time to read these instructions before you start using the The Human Trainer. 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.**

### Important Safety Instructions

Be sure to always inspect The 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.

The Human Trainer is built to last and withstand the most intense training programs. However, improper storage or usage may cause premature wear and breakage which could potentially lead to both minor and severe injuries. Always protect The Human Trainer from potentially damaging elements when the unit is not in use. Exposing The Human Trainer 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 because repetitive rubbing against a sharp edge can potentially weaken or tear the nylon material. Check door hinges, overhead beams and all support structures before attaching The Human Trainer as they may have sharp corners and edges.

### Exercise Safety

To ensure safe use and correct technique for attaching The Human Trainer Door Anchors, they must only be used with professionally constructed doors that can fully support the body-weight of the user. The most secure and safe door will open away from your body as 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.

When performing exercises using the handles make sure you have a secure grip and always ensure the carabiners are correctly attached and closed. For additional safety, weight test The Human Trainer handles by pulling hard before using.

It is important to never swing or play on The Human Trainer. Failure to adhere to The Human Trainer safety guidelines may result in minor or severe injury.

Always perform a warm-up of 5-10 minutes to prepare your muscles prior to using The Human Trainer. Examples are jump rope, jogging, stationary bike, rowing machine or other dynamic movements.

### Setting up The Human Trainer

The Human Trainer Suspension Gym 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. For additional safety, make sure the floor you will be performing the exercises on is not wet or slippery. Failure to do so could potentially lead to both minor and severe injuries.

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 safest and most secure anchor points include weight racks, cable machines, railings, sturdy beams, trees, doors and fences. The chosen anchoring point should be approximately 7 to 9 feet (2.10 to 2.75 m) off the ground.

Always weight test The Human Trainer by pulling hard on the anchoring attachment and handles. Also ensure all the accessories are fully secured and the carabiners are closed.

### Any Questions?

If you have any questions regarding The Human Trainer or any of our other products, exercises or explanations, it is your responsibility to contact Astone Fitness for clarification, by visiting us at [www.astonefitness.com](http://www.astonefitness.com) or emailing [contact@astonefitness.com](mailto:contact@astonefitness.com)

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



Activate your warranty at  
[www.astonefitness.com/warranty](http://www.astonefitness.com/warranty)



For more information and to view our complete line of The Human Trainer products, including the Circuit7® DVD, please visit us online at [www.thehumantrainer.com](http://www.thehumantrainer.com)



## TRICEPS



START

FINISH

### SUSPENDED DIPS

**START** Stand directly in the middle of both straps and grasp Olympic Rings at waist level, palms facing in. Press upward on Olympic Rings 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.

### CHEST PRESS

**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.



START

FINISH

## CHEST

## BACK



START

FINISH

### TWO ARM ROW

**START** Stand with feet hip width apart, facing towards the main straps. Begin leaning back slightly with both arms extended forward at chest height, palms facing in.

**FINISH** Pull the arms back towards the chest as you move your body towards the Olympic Rings. Focus on retracting the shoulder blades together.

### REVERSE ONE LEG LUNGE

**START** Stand facing towards the main straps, arms bent at shoulder height, palms facing in. Press your left leg back and behind into a reverse lunge, keeping it off the ground.

**FINISH** Press up through your front heel to start position.



START

FINISH

## LEGS

## CORE



START

FINISH

### BENT KNEE DOUBLE TUCK

**START** Hold onto the overhead Olympic Rings. Begin with both knees touching and feet just off the ground.

**FINISH** Lift both knees up to waist height

### TWO ARM SQUAT

**START** Stand with feet hip width apart, facing towards the main straps. Begin in a leaning back position with the arms extended forward, palms facing in.

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



START

FINISH

## LEGS