

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 safely 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 or emailing contact@astonefitness.com

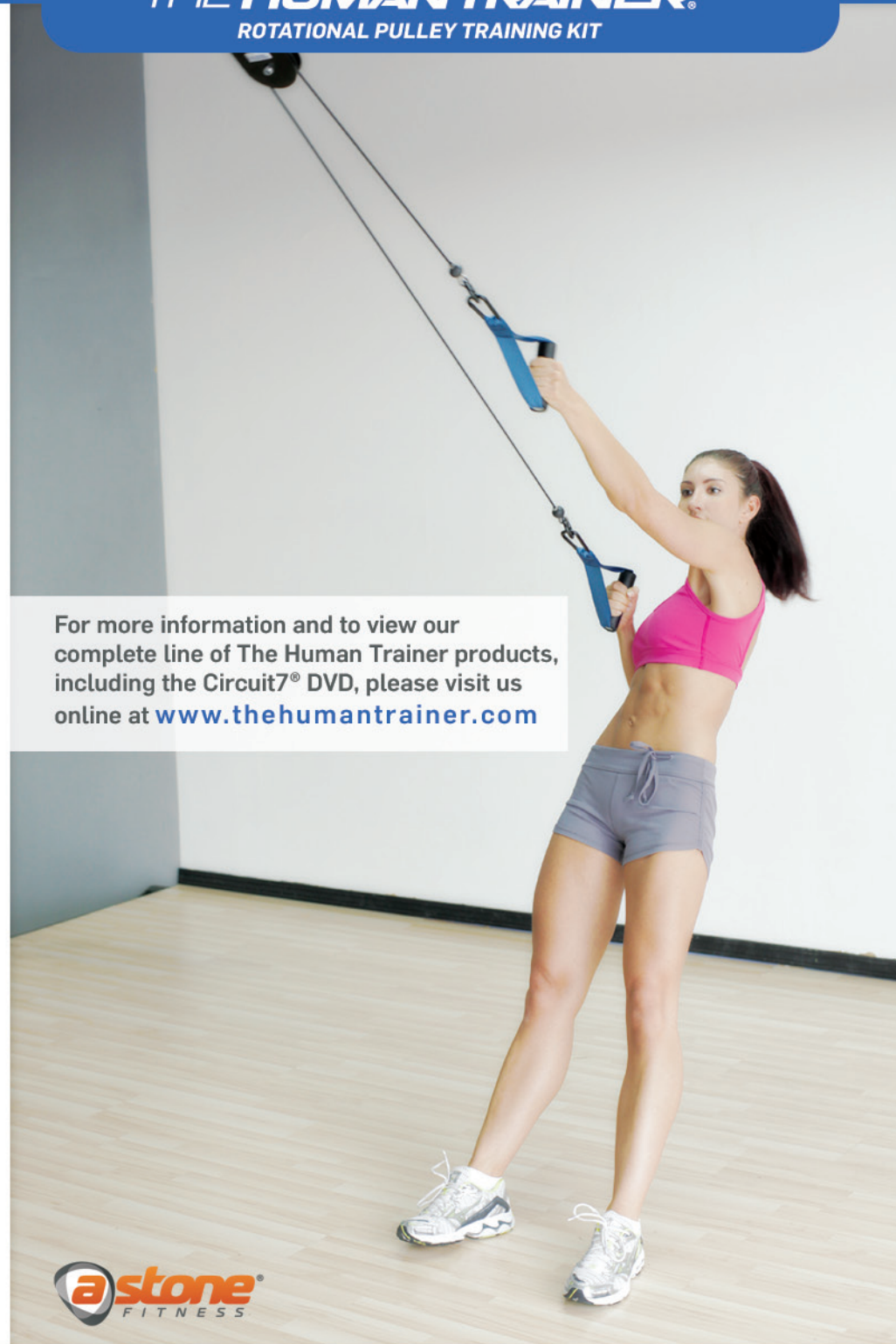
We are here to support your health, and help you achieve your fitness goals.



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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



TRICEPS



START

FINISH

ALTERNATING TRICEP PRESS

START Stand facing away from the Pulley. Begin with palms down and both arms extended forward at eye level

FINISH Bend right hand toward the right ear, extend right arm forward as you bend the left hand toward the left ear. Continue alternating sides.

CORE



START

FINISH

STANDING ROLLOUT

START Face away from the Pulley. Stand with both feet under anchor points. Begin with both arms extended down, palms facing down towards the body.

FINISH With control, slowly lean forward and extend both arms above the head. Lower body towards the ground until arms are in line with the spine.

CHEST



START

FINISH

FOOT CRADLE PUSHUP

START Place both feet (toes down) in foot cradles, directly under the Pulley. Begin in High Plank with both hands directly under shoulders.

FINISH Lower the chest and body with the elbows bending 90 degrees to the side. Press upward to starting position.

LEGS



START

FINISH

ONE LEG SQUAT

START Stand facing towards the Pulley, keep arms extended straight at eye level and palms facing in. Lift one leg off the ground and extend forward.

FINISH Press hips and buttocks back and down towards floor. Press up through standing leg to starting position.

BICEPS



START

FINISH

ALTERNATING BICEP CURLS

START Stand facing towards the Pulley. Begin leaning back with arms extended straight at shoulder height, palms facing up.

FINISH Curl right hand towards eye level keeping elbows lifted, extend left arm downward. Continue alternating sides.

BACK



START

FINISH

REVERSE POWER PULL

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

FINISH Pull the right arm back towards the chest as your left arm extends forward. Continue alternating sides.

CHEST



START

FINISH

CHEST PRESS

START Stand facing away from the Pulley. Begin leaning forward slightly with the arms extended straight at chest height, palms facing down

FINISH Lower the chest and body with the elbows bending 90 degrees to the side. Press upward to starting position.

LEGS



START

FINISH

HAMSTRING CURL

START Begin sitting on the ground facing the Pulley. Place both heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points

FINISH Press the heels down into the foot cradles and lift your hips upwards. Pull both heels in towards the body keeping the hips lifted