

**THE  
HUMAN  
TRAINER™**

**FULL  
FORCE**



[www.thehumantrainer.com](http://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.

This is a workout designed for toning and strengthening the full body. This is an excellent weight loss and muscle toning routine that helps your muscles develop proportionately. Each exercise is performed using The Human Trainer that will help to develop strength and endurance, but also provides benefits to improve flexibility and stabilizer muscles.



1

Chest Press

15 Repetitions

**START**

Firmly grasp one handle with each hand and keep your palms facing down. Extend both arms forward with your body facing away from the Main Straps and your weight shifted forward.

**FINISH**

Keep a straight spine with engaged core muscles and press both hands forward until the arms are extended and the handles meet in front of the body at chest height. Return to starting position and repeat.

2

## Overhead Triceps Press

12 Repetitions



## START

Firmly grasp one handle with each hand and extend both arms above the head with your palms facing down. With your body facing away from the Main Straps, stand hip width apart and shift your weight forward.

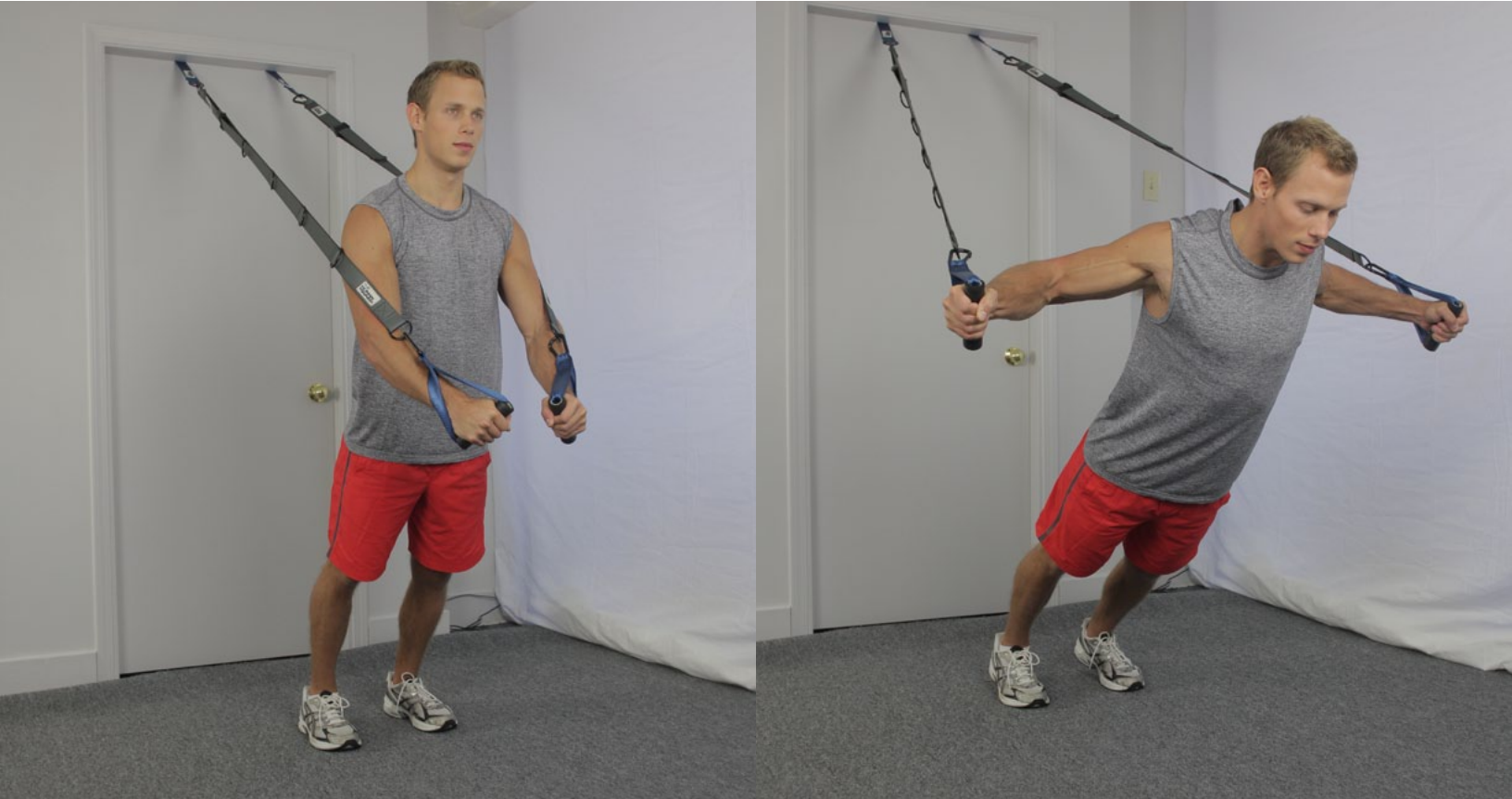
## FINISH

Maintaining a straight spine with engaged core muscles, press both hands backward until the arms are bent and both handles meet in front of the head. Return to starting position and repeat.

3

Chest Fly

15 Repetitions



## START

Firmly grasp one handle 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 and shift your weight forward.

## FINISH

Keeping a straight spine with engaged core muscles, 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.

4

Squat and Row

15 Repetitions

**START**

Facing the Main Straps, firmly grasp one handle with each hand and keep your palms facing inward. Standing hip width, extend both arms forward and shift your weight backwards.

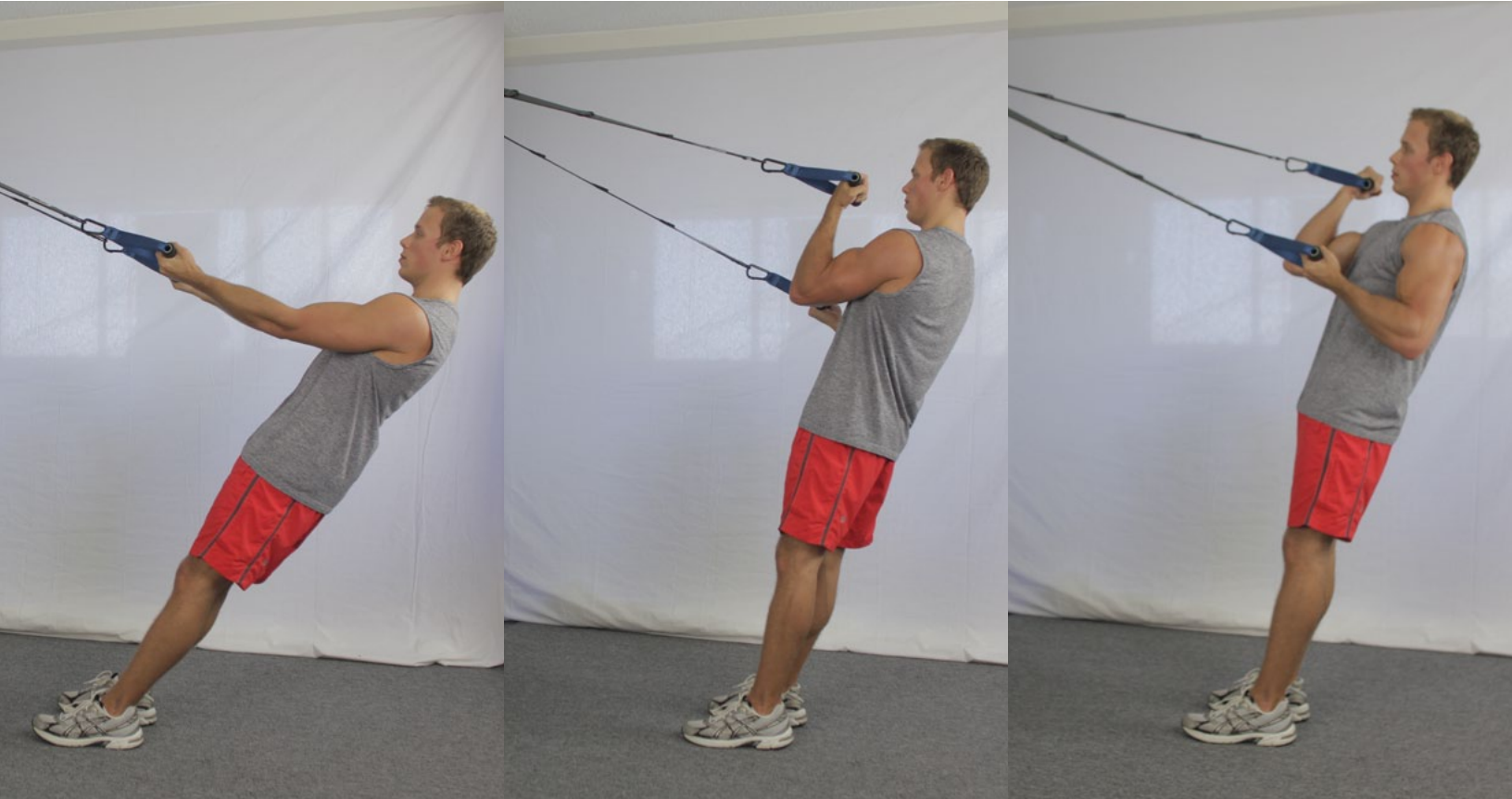
**FINISH**

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Press back up to standing position. Return to starting position and repeat.

5

## Alternating Bicep Curl

10 Repetitions per arm



## START

Firmly grasp one handle with each hand and keep your palms facing upward. Position your body facing towards the Main Straps with both feet hip width. Extend both arms forward at chest height.

## FINISH

Maintain a straight spine with engaged core muscles as you bend and bring the right arm and handle toward the right shoulder. Return to the starting position and repeat on the other side.



6

## One Leg Alternating

10 Repetitions per leg



## START

Firmly grasp one handle 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. Lift your left leg until it is 4-6 inches off the ground and keep both arms extended straight in front of you.

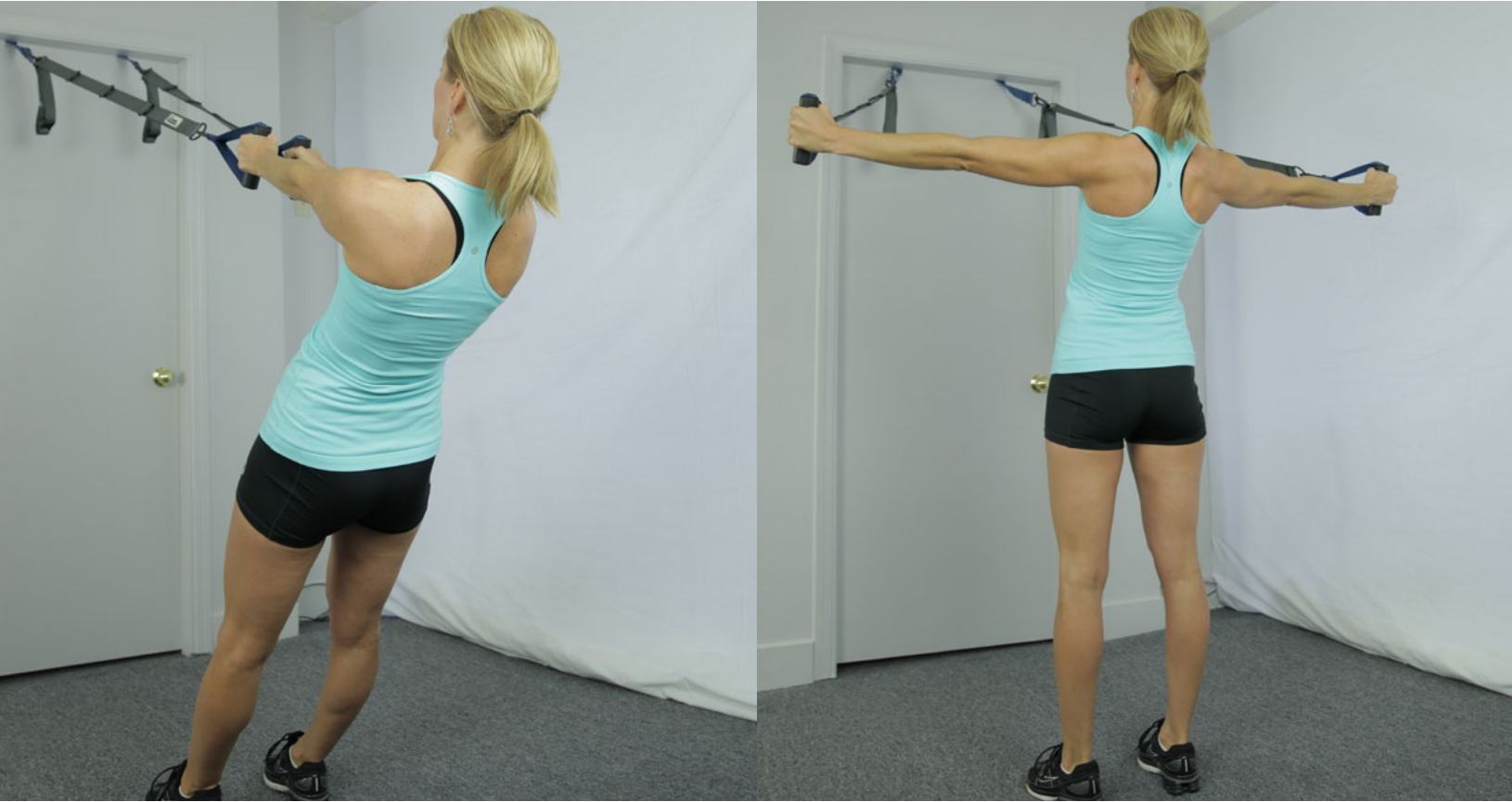
## FINISH

Keep your core tight and your chest and head lifted as you press your hips back and squat until your thighs are parallel to the floor. Press back up to the starting position and place your left foot on the floor and then lift your right leg and begin the one leg squat. Continue alternating sides until the desired number of repetitions is completed.

7

Reverse Fly

12 Repetitions



## START

Firmly grip one handle 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

Suspended Dip

8 Repetitions



## START

Firmly grip one handle 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.

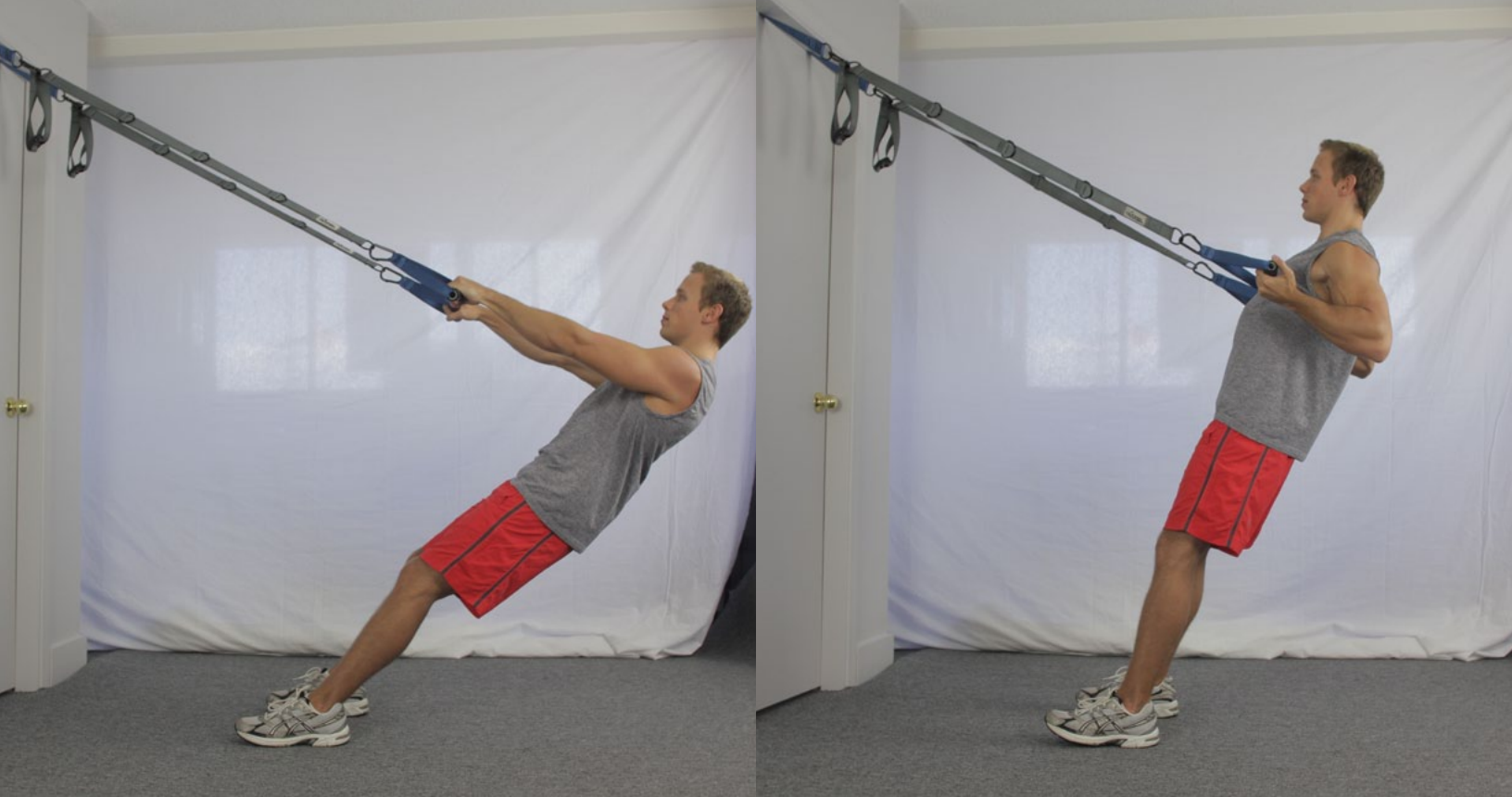
## FINISH

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

9

## Rotating Grip Row

20 Repetitions



## START

Facing the Main Straps, firmly grasp one handle with each hand and keep your palms facing downward. Standing hip width, extend both arms forward and shift your weight backwards.

## FINISH

Maintain a straight spine with engaged core muscles as you retract both arms backward towards the body at chest height. The hands will finish facing upward at approximately chest height. Return to starting position and repeat.

10

Hanging 2 Knee Tuck

15 Repetitions

**START**

Begin by placing one elbow in each of the Ab Straps or firmly grasp one overhead handle with each hand.

**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.

11

Rotating Grip Pull up

8 Repetitions



## START

Firmly grasp one handle with each hand and keep your palms facing away from the body. Facing the Main Straps, extend both arms above the head at selected overhead handle height.

## FINISH

Maintain a straight spine with engaged core muscles as you pull the hands and elbows downward and rotate your hands 180° towards the body. Continue the movement until your hands reach chest height and are facing the body. Return to starting position and repeat.

## 12

## Hanging Side to Side Knee Tuck

10 Repetitions per side



## START

Begin by placing one elbow in each of the Ab Straps or firmly grasp one of the overhead handles in each hand.

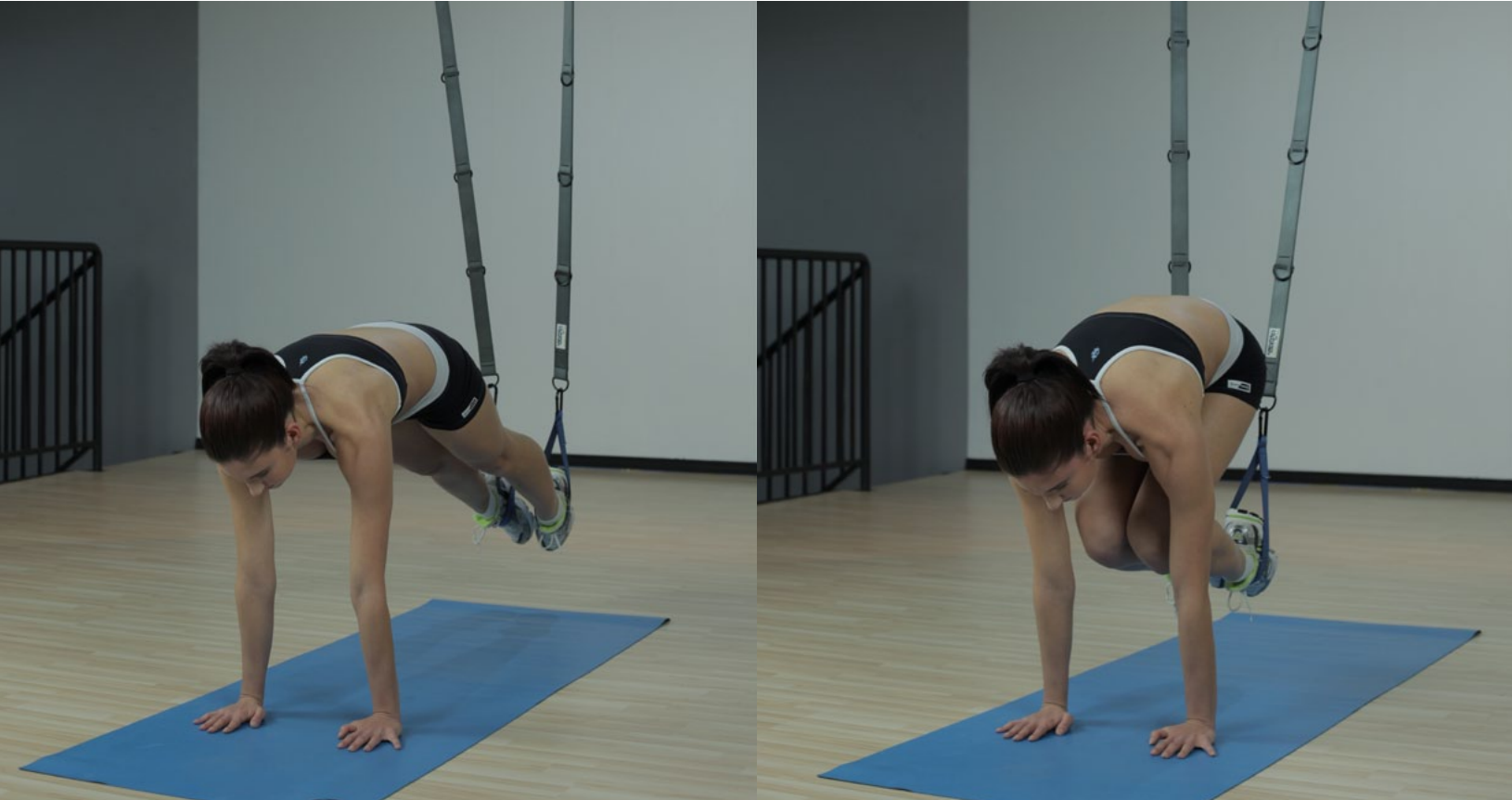
## FINISH

Stabilize and engage your core by tightening your midsection, then lift both knees up together to the left side of the body at waist height. Return to starting position and repeat on the right side.

13

Two Knee Tuck

12 Repetitions

**START**

Place one foot in each of the suspended foot cradles, toes in. 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 high plank position, draw both knees in towards the elbows. Return to starting position and repeat.



14

Overhead crunch

12 Repetitions



## START

Begin kneeling down on the floor with your back facing the Main Straps. Firmly grasp one handle in each hand and extend both hands above the head with the palms facing away from the body and your weight shifted forward.

## FINISH

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

15

## One Arm Squat and Reach

10 Repetitions per side



## START

Facing the Main Straps, firmly grasp one handle with your right hand. Keep your right arm extended forward as you shift your weight backwards. Keep your left arm extended forward beside the right arm but not holding a handle.

## FINISH

Maintain a straight spine with engaged core muscles as you as you press your hips back and squat until your thighs are parallel to the floor. As your body lowers, rotate your head and torso to the left as you reach your left hand back and down towards the floor. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the left hand.

16

Bicep Curl

12 Repetitions



## START

Firmly grasp one handle 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 handles towards the shoulders. Focus on keeping the arms and elbows up at shoulder height. Return to the starting position and repeat.

16

Triceps Pressdown

12 Repetitions



## START

Firmly grasp one handle with each hand and keep your palms facing down. Facing the Main Straps, stand with your feet hip width apart and shift your weight backwards. Bring the elbows to the sides of your body with the hands at chest height and the palms facing downward.

## FINISH

Press downward with both arms until the hands reach the upper front thighs. Keep the elbows at the sides of the body throughout the movement and focus on feeling the triceps muscle at the back of the arms being worked. Return to starting position and repeat.