

THE
**HUMAN
TRAINER™**

ADVANCED PULLEY WORKOUT



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.

The Human Trainer Advanced Rotational Pulley E-Book is designed for you to get the most from your Human Trainer Rotational Pulley. The Human Trainer Rotational Pulley combines the concepts of a suspension gym with the ability to rotate and make your workout even more effective and efficient.

With exercises for every muscle group and every fitness level, the Advanced Rotational Pulley E-Book will have you gaining muscle and burning fat in no time.



1

Alternating Reverse Fly Twist

Repetitions: 12 per side



START

Stand with feet hip width apart, facing towards the main straps.

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

FINISH

Turn your torso to the left and extend your right arm upward and your left arm to your left side behind the body.

Repeat and continue alternating sides.

2

Standing Rollout

Repetitions: 15



START

- Face away from the main straps.
- Stand with both feet under anchor points.
- Begin with both arms extended down, palms facing in 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.

3

Alternating Tricep Press

Repetitions: 20 per side



START

Stand facing away from the main straps.

Begin with palms down and both hands above the head.

FINISH

Extend left arm forward as you bend the right hand toward the right ear.

Continue alternating sides.

4

Standing Frontal Straight Arm Swing

Repetitions: 15 per side



START

Stand facing away from the main straps.

Begin leaning forward slightly with the arms extended straight at waist height, palms facing down.

FINISH

Press your left arm downward as your right arm presses up.

Press your right arm down and lift your left arm upward above the head.

Continue alternating sides.

5

Two Leg Alternating Scissor (Face Down)

Repetitions: 15 per side



START

Place both feet (toes down) in foot cradles, directly under the anchor point.

Begin in High Plank with both hands directly under shoulders.

FINISH

Press the right leg down as your left leg lifts upward.

Keeping the hips lifted, press your left leg down as your right leg lifts upward.

Continue alternating legs.

6

Foot Cradle Pushup

Repetitions: 20



START

Place both feet (toes down) in foot cradles, directly under the anchor point.

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.

7

Two Leg Squat & Alternating Straight Arm Twist

Repetitions:
12 per side



START

Stand with feet hip width apart, facing towards the main straps.

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

FINISH

Keep the heels on the ground and press the hips back and down into a squat.

Press up to standing with both legs as you turn your torso to the left and extend your right arm upward and your left arm to your left side behind the body.

Repeat and continue alternating sides.

8

Straight Arm Chest Twist

Repetitions: 10 per side



START

Stand facing away from the main straps.

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

FINISH

Lower chest and body as you extend your left arm forward and down and your right arm rotates upward directly above the body.

Pull your right arm down and forward as your left arm rotates upward to the left directly above the body.

Continue alternating sides.

9**Two Leg Alternating Hamstring Curl*****Repetitions: 20 per leg*****START**

Begin sitting on the ground facing the straps.

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 the right leg in towards the body keeping the hips lifted, return to start position and pull the left leg in towards the body.

Continue alternating legs.

10

Two Leg Alternating Scissor (Face Up)

Repetitions: 15 per side



START

Begin sitting on the ground facing the straps.

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.

Press the right leg down as your left leg lifts upward.

Keeping the hips lifted, press your left leg down as your right leg lifts upward.

Continue alternating legs.