



Suspension Trainer

USER MANUAL

Training program

| No. | Exercise | Exercise level | |
|-----|----------------------------|------------------|------------------|
| | | Beginners | advanced |
| 1 | Single leg squat | 30 sec./one side | 60 sec./one side |
| 2 | Balanced squat | 30 sec./one side | 60 sec./one side |
| 3 | Lifting the pan | 30 sec. | 60 sec. |
| 4 | Strengthening buttocks | 30 sec. | 60 sec. |
| 5 | Arms pressures | 30 sec. | 60 sec. |
| 6 | Strengthening the back | 30 sec. | 60 sec. |
| 7 | Strengthening the shoulder | 30 sec.. | 60 sec. |
| 8 | Biceps | 30 sec. | 60 sec. |
| 9 | Triceps | 30 sec. | 60 sec. |
| 10 | Slow extraction | 30 sec. | 60 sec. |
| 11 | Lifting legs | 30 sec./one side | 60 sec./one side |
| 12 | Abdominal muscles | 30 sec. | 60 sec. |

This product offers a complete workout for the whole body in less than 30 minutes. The exercises you can perform anywhere. Program includes four exercises for the lower body, 5 exercises for the upper part and 3 exercises for the middle part. The Multitrainer allows you to train your whole body in a circle training.

Slow start

For optimal start exercising is recommended to start with a program for beginners with 30 seconds interval workout. Once you improve your fitness, you can gradually move to the advanced program.

Warm up phase

We recommend warming up 5 to 10 minutes before the main exercise. For example: aerobics, skipping rope, rowing on the treadmill, riding a stationary bike, etc.

Main part

Each exercises - see description below. The time interval lasts at either 30 seconds (beginners) or 60 seconds (advanced).

Rest and go to the next exercise - 50 seconds for beginners, 20 seconds for advanced.

If exercise will be difficult for you to complete one section, make easier movement or take a rest and then continue.

How to progress?

The move from training for beginners to advanced with a gradual increase range. And reduce resting period by 5 seconds.

Do not increase the interval until you do exercise correctly.

Once you complete advanced program, you can continue increasing the difficulty and tempo.

Safety during exercise

Before beginning any exercise program, consult your health with your doctor. Securely attach Multitrainer to the anchor points to carry the weight of your body. Before every use, check Multitrainer. Immediately replace the defective part. Do not continue in exercising when equipment is damaged. Use non-slip surface for exercising and follow instructions to exercise.

Setting and attaching

It is useful to have a free area of approximately 2x2 m for exercising.

Package includes a suspension system that securely locks Multitrainer to support the weight of your body. To fix, use handrails, door, tree branches, etc.

Set the length of the suspension system

For higher attachment points, wrap suspension system around the hinge point, turn the carbine into the strap of suspension system and set the correct length.

For lower attachment points, wrap strap several times and then fasten into the one of middle loop. Fasten carbine into the main strap of suspension system.

Do not fasten carbine into the main eye of the suspension system!

Door hanger

Do not use it on glass, shifting or wardrobe doors. Use only on solid door construction. Check that the door will not open during exercise.

Always before exercise, first check whether the door can hold the weight of your body.

We recommend placing warning sign to the opposite side of the door, to avoid the risk of possible injury when the door is opened.

Type of exercising

1. SINGLE LEG SQUAT

MUSCLES: strengthens the entire lower body, especially gluteal muscles. You obtain strength and stability.

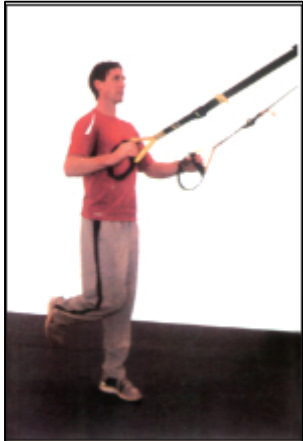
SETTING: Medium length

BEGIN:

- Start facing to Multitrainer, hold the handle for light neutral grip.



- Lift one leg, find the optimal angle of the body and shift your weight in the middle of your foot.



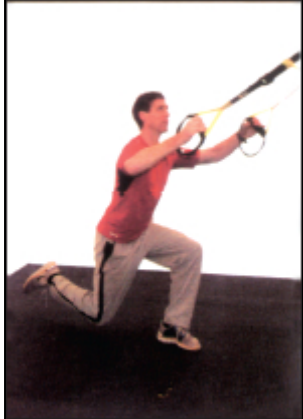
2. BALANCED SQUAT

MUSCLES: allows good overall leg strength and stability.

SETTING: Medium length

BEGIN:

- Start facing Multitrainer, hold the handle for light neutral grip.
- Lift one leg off the floor, keep the stability and transfer the weight of the body in the middle of the foot



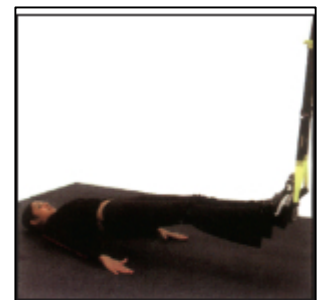
3. LIFTING THE PAN

MUSCLES: Isolates hamstring for the growth of balance and leg strength. Strengthen buttocks.

SETTING: Set the lowest point of the foot holder in about 30 cm from the ground.

BEGIN:

- Put both feet into the holder and lift your buttocks off the ground
- Pull the foot tips and hold balance
- Keep feet in width of the pelvis during exercise



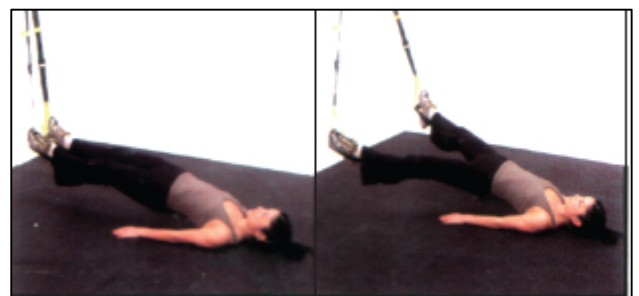
4. STRENGTHENING BUTTOCKS

MUSCLES: activates the extensors of the back and abdomen to build stability and strength in the back and pelvis.

SETTING: Set the Multitrainer so that the lowest point of the foot holder was 30 cm from the ground.

BEGIN:

- Put both feet into the holder and lift your buttocks off the ground
- Keep your legs bent and hold stability



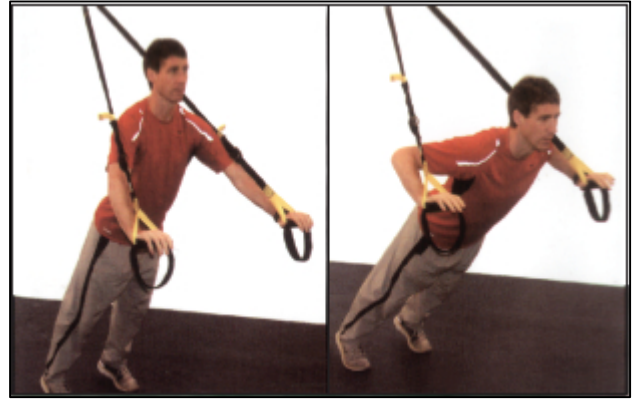
5. ARM PRESSURES

MUSCLES: strengthening the upper body, ensures the stability of the shoulder.

SETTING: Medium length

BEGIN:

- Keep the whole body in balance
- Lean forward on tiptoe with feet in shoulder width



6. STRENGTHENING THE BACK (ROWING)

MUSCLES: strengthens the upper body completely.

SETTING: Medium length

BEGIN:

- Stretch the arms in chest height, hold the handle at an angle of 45 degrees
- Push your chest up and hold stability



7. STRENGTHENING THE SHOULDERS

MUSCLES: build a straight poise through activation of the trapezius and deltoid muscles

SETTING: Medium length

BEGIN:

- Hold the handle at an angle of 45 degrees
- Put your legs in T position at a slight angle



8. BICEPS

MUSCLES: strengthen the muscles of the arm - biceps involving the whole body and good stability.

SETTING: Medium length

BEGIN:

- Lean back with your arms at shoulder level

- Keep elbow height
- Fix the body and keep it in balance

9. TRICEPS

MUSCLES: strengthening the triceps and help to strength of the whole body

SETTING: Medium length

BEGIN:

- Stabilize the upper arm and keep the body in balance
- Limit the movement of the upper part of the arms



10.SLOW EXTRACTION

MUSCLES: exercises the whole body and fixes and strengthens the shoulders

SETTING: Set the trainer so that the lowest point of the foot holder was 30 cm from the ground.

BEGIN:

- Hang the heel to the hinge and place your hands behind your body so that your wrist is in a comfortable position

- Lift the pan up as inverted board with fixated spine and neck
- Hold a static position before one additional motion

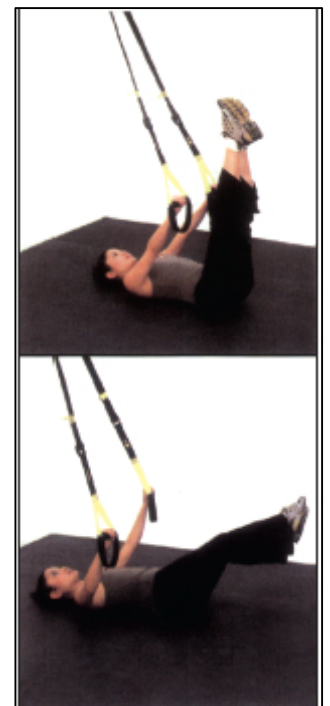
11.DIAGONAL LIFTING LEGS

MUSCLES: build the stability and strength of the whole body. Rotate exercises strengthen the middle part of the body.

SETTING: Set the power so that the lowest point of the foot holder was 30 cm from the ground.

BEGIN:

- Lie down with your head slightly before anchoring points
- stretch the arms at an angle of 45 degrees to the ground and lift your legs
- Fix the body and pull the handle



12.ABDOMINAL MUSCLES

MUSCLES: provides strengthening of the entire body and strengthening of the upper body with the involvement of the abdominal muscles

SETTING: Set the power so that the lowest point of the foot holder was 30 cm from the ground.

BEGIN:

- Attach the legs to hinge and lie on your elbows (for beginners) on hands (intermediate), where the highest point of the buttocks and elbows are level with your chest.

