

**ENGLISH**

# **SUSPENSION TRAINER**

**THYSOL® XTREME STRAPS**

**USER MANUAL**



**THYSOL**



# Important Safety Guidelines

**Carefully read all of the Set Up and Use instructions provided in this guide.**

Please take caution and ensure the suspension trainer is positioned well away from any walls and that you clear the area of all objects in case of a fall.

Follow these guidelines to maximise the life of your Suspension Trainer. Improper storage or use can cause the Suspension Trainer to wear prematurely and possibly break which could lead to injury.



Protect your Suspension trainer from the elements when not in use. Prolonged exposure to sunlight, damp and extremes of heat and cold can weaken nylon and metal components.



Do not attach your Suspension Trainer to an anchor point with sharp edges (for example, certain overhead beams or door hinges). Rubbing against a sharp edge will weaken or cut nylon.



Do not "saw" your Suspension Trainer in a pulley like fashion. Sawing will cause excessive wear of the Suspension Trainer's stabilising loop. If the coloured nylon begins to show through the black stabilising loop, replace your Suspension Trainer immediately.



Before each use, always:

Inspect your Suspension Trainer. Do not use a Suspension Trainer with worn or damaged components. Replace worn or damaged components immediately. Make sure your exercise surface is flat and not slippery.

Failure to follow these guidelines may result in injury. The user assumes the risk of injury and all liability resulting from the use of this product. Take care and train safe!

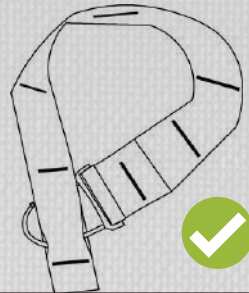
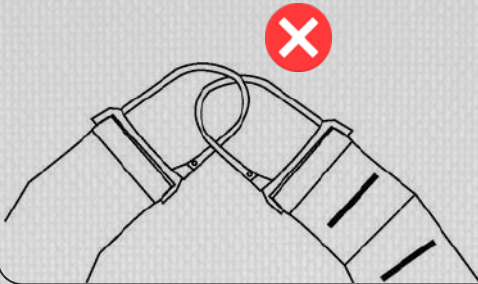


# How do I attach the suspension trainer?

## SUSPENSION ANCHOR

Incorrecto

Correcto

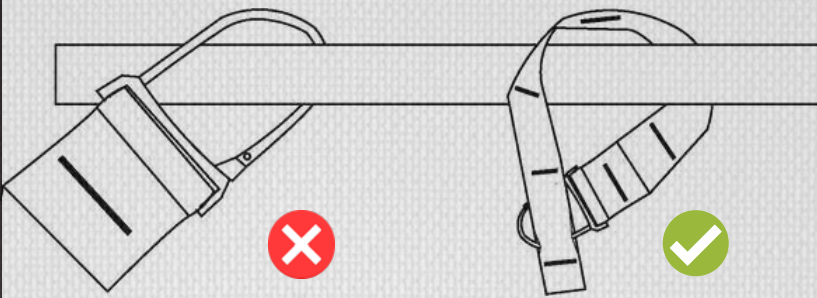


Never attach the carabiner to another carabiner, connect it to the nylon instead.

## SUSPENSION ANCHOR

Incorrecto

Correcto

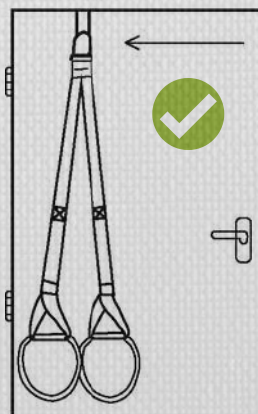
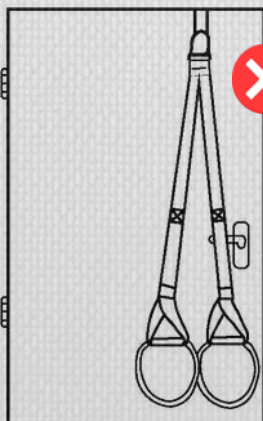


Never attach the carabiner to a metal bar, wrap the nylon around it.

## DOOR ANCHOR

Incorrecto

Correcto



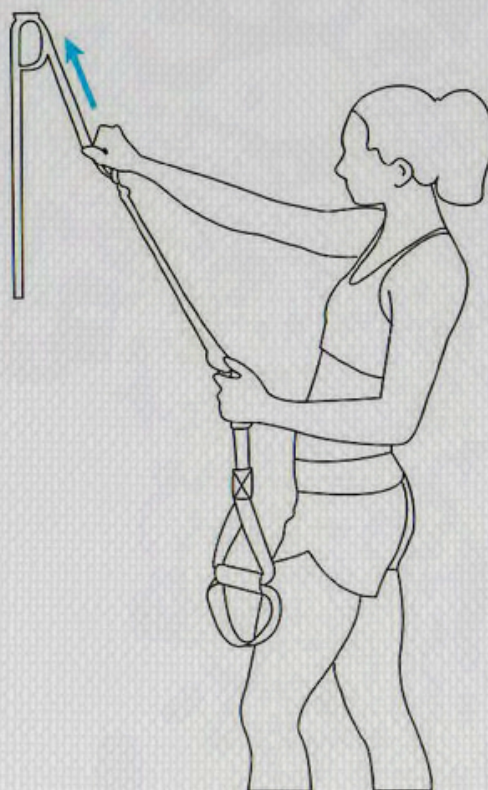
Attach the anchor as close to the door hinges as possible.



## How do I shorten or lengthen the Suspension Trainer?

To shorten, hold one strap of the Suspension Trainer. Depress the cam buckle on that strap with your thumb and grasp the yellow adjustment tab with your other hand.

Simultaneously press the cam buckle and push the adjustment tab up along the strap (as if using a bow and arrow). Repeat on other strap.



To lengthen, simultaneously depress both cam buckles and pull downward, away from anchor point.



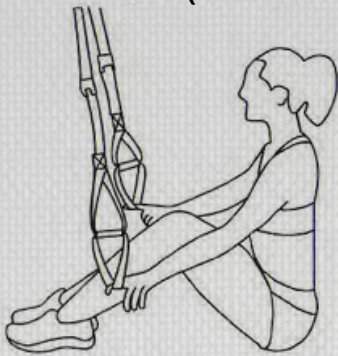
Make sure that the Suspension Trainer straps are not twisted before adjusting.



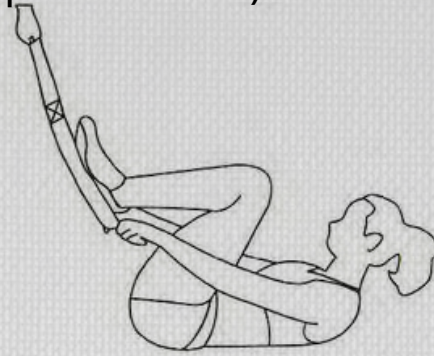
# How do I place my feet in the Suspension Trainer foot cradles?

Adjust the length so that the bottom of the foot cradles is at mid-calf level or about 20cm (8") off the ground.

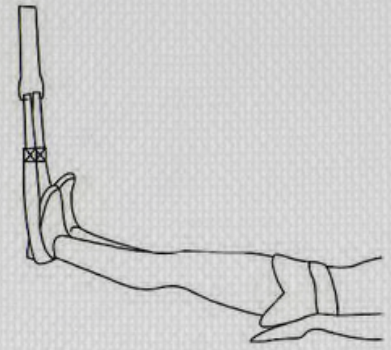
## Heels in (for face-up exercises)



1. Sit facing the Suspension Trainer and hold each foot cradle between your thumb and index finger.

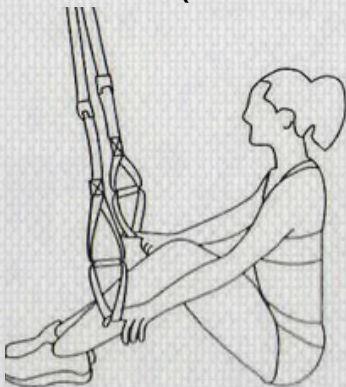


2. Roll backward and simultaneously place both heels into foot cradles.

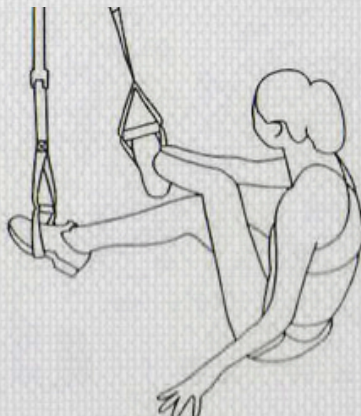


3. Press down with heels and extend legs.

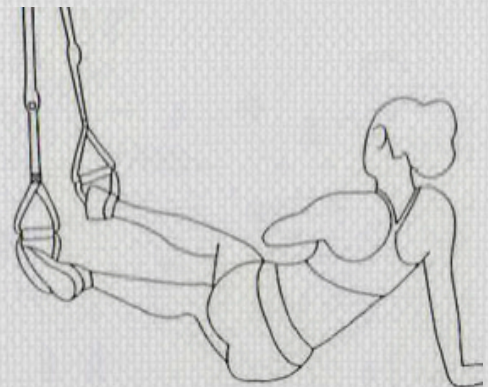
## Toes in (for face-down exercises)



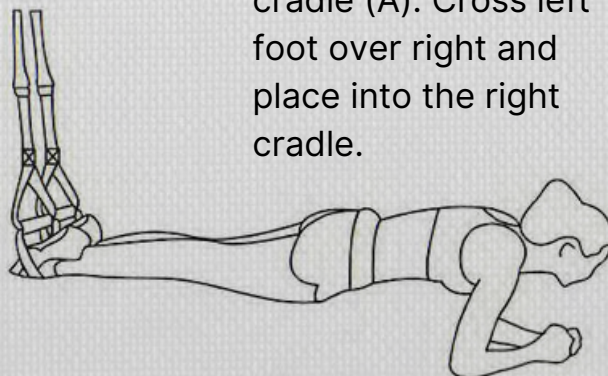
1. Sit facing the Suspension Trainer.



2. Place your right foot first into the left cradle (A). Cross left foot over right and place into the right cradle.



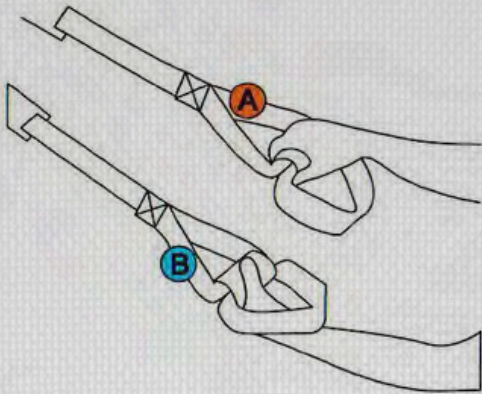
3. Roll your body over to the right into a plank position, allowing feet to rotate inside the foot cradles.



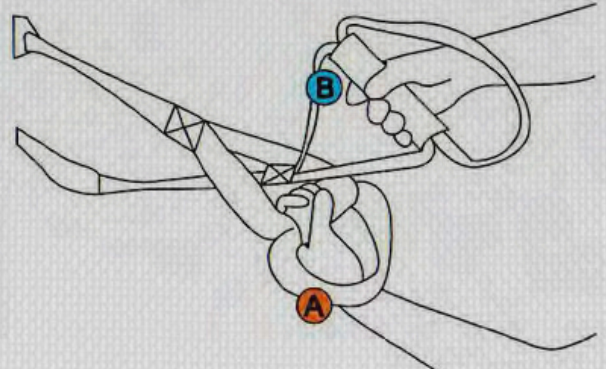


# How do I configure the Suspension Trainer into single handle mode?

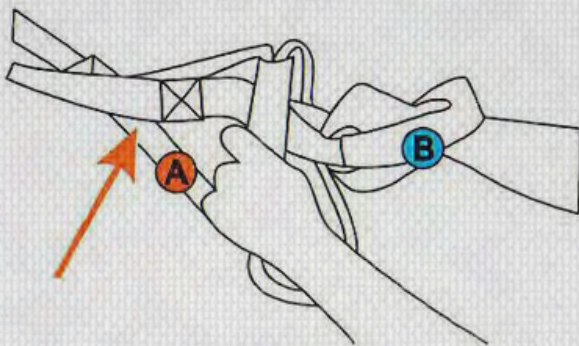
To perform single-sided exercises, convert your Suspension Trainer into single handle mode.



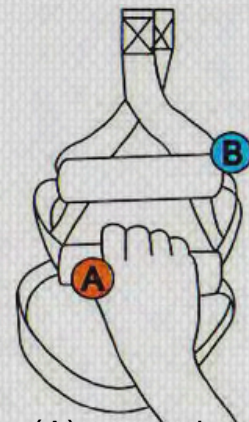
1. Hold handle (A) on top of handle (B).



2. Pass handle (B) through the triangle-shaped webbing of handle (A). Switch hands.



3. Repeat by passing handle (A) through the triangle-shaped webbing of handle (B). Switch hands.

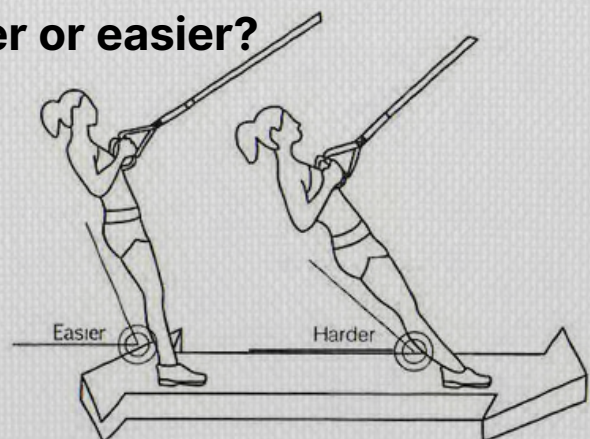


4. Pull handle (A) towards you to lock. When properly configured, the handles should look like this.

## How do I make exercises harder or easier?

### Modify your body angle

Make most standing exercises harder by adopting a steeper body angle. Move your feet towards the anchor point to increase challenge (and vice versa).

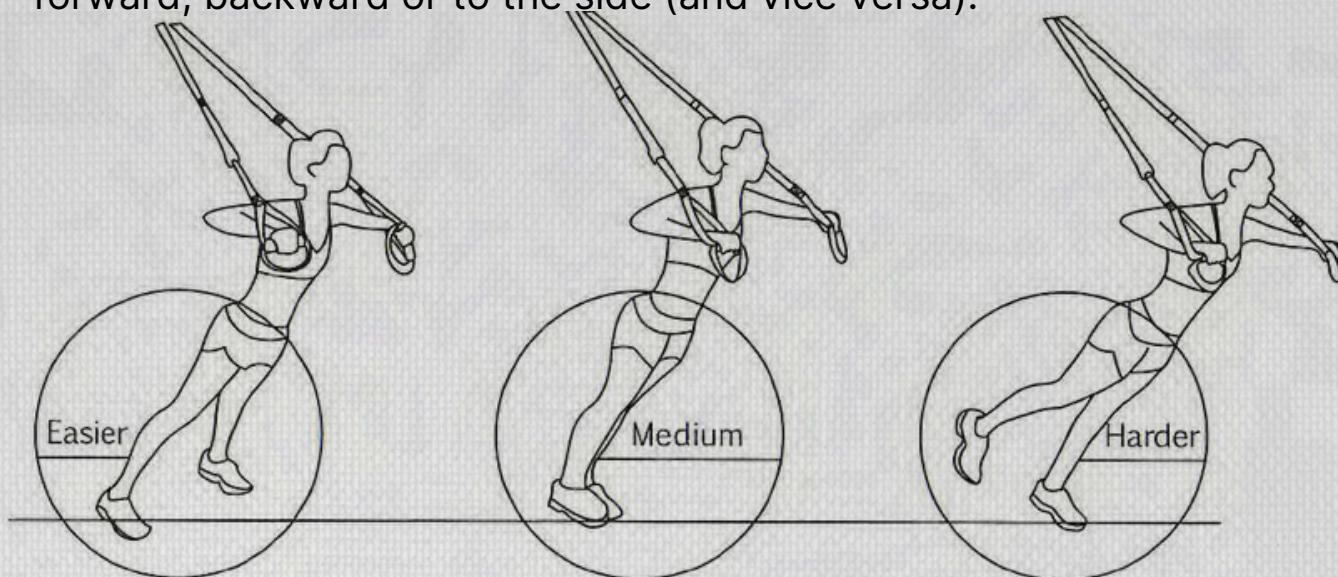




# How do I make exercises harder or easier?

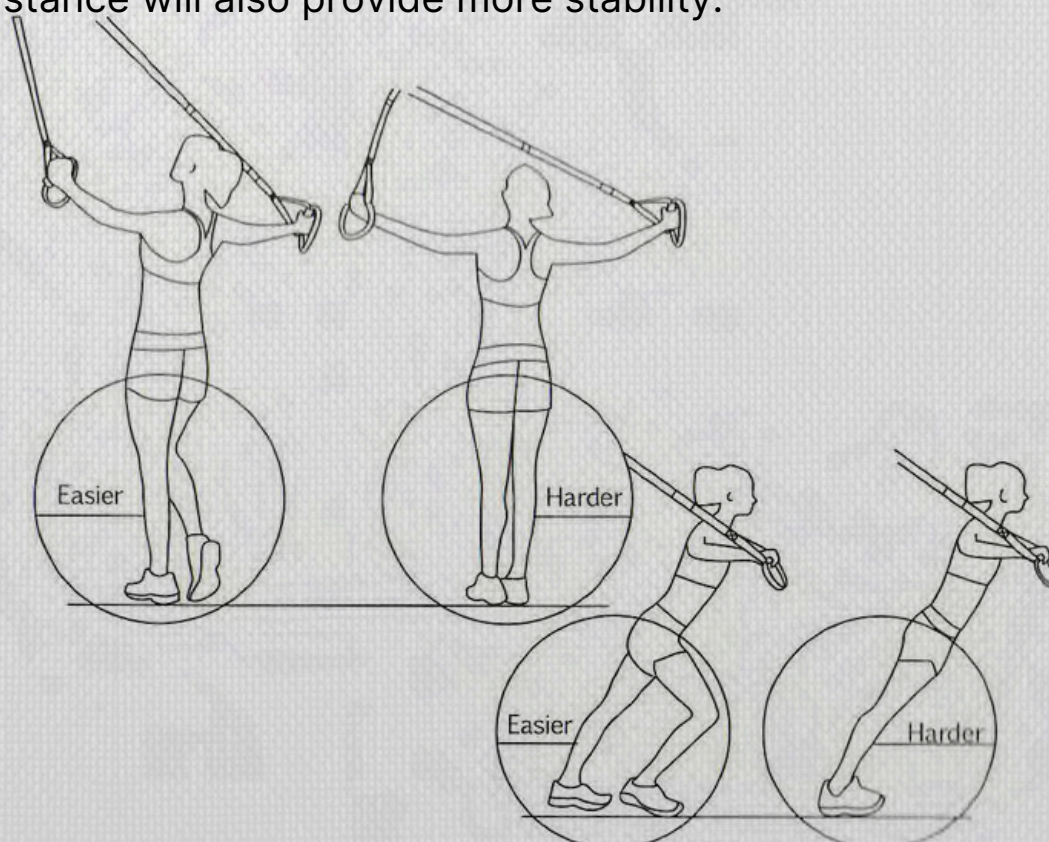
## Widen or narrow your base of support

Make most standing exercises harder by narrowing your base of support. For instance, increase the difficulty of a Suspension Trainer Chest Press by bringing feet together or extending on leg forward, backward or to the side (and vice versa).



## Offset your feet

Make some standing exercises easier by moving one foot slightly forward and supporting some of your body weight with it. An offset stance will also provide more stability.

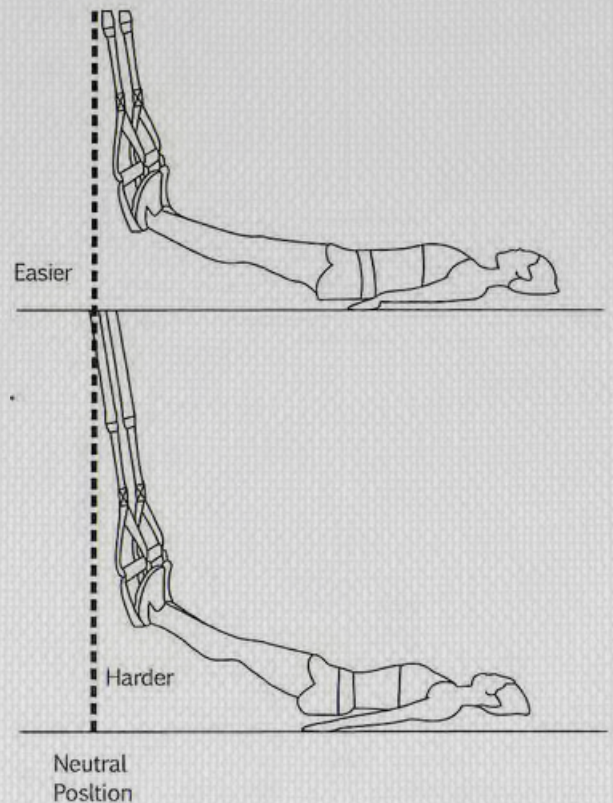




# How do I make exercises harder or easier?

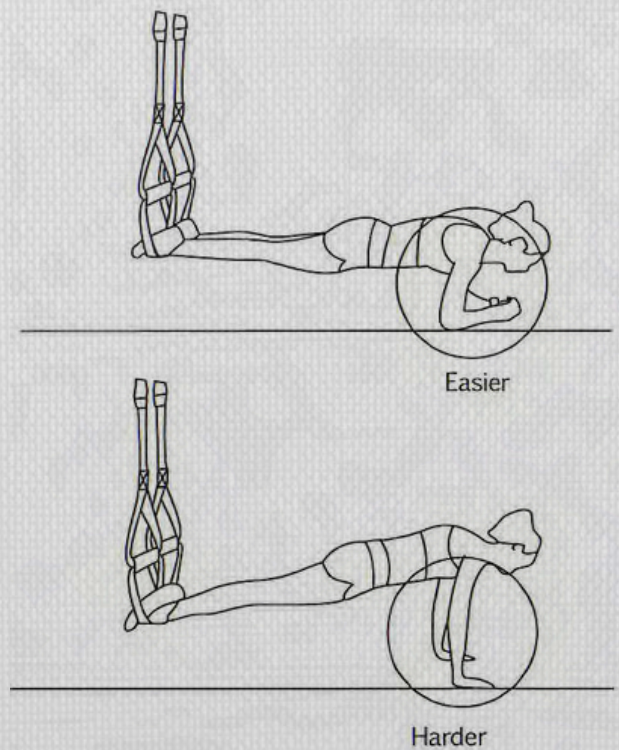
## Change your start position

Make most floor exercises harder by positioning your body farther away from the anchor point before starting the exercise (and vice versa).



## Raise or lower your center of gravity

Make most floor plank exercises easier by supporting your body with your forearms. Supporting your body with your hands, arms extended, will increase the challenge.



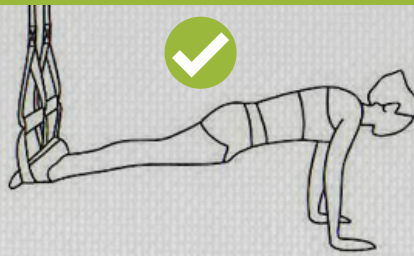
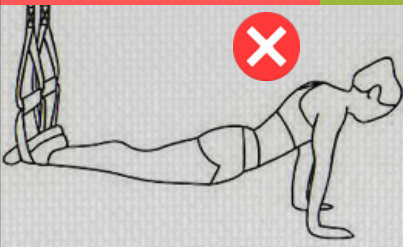


# Do's and Don'ts

## MAINTAIN GOOD POSTURE

Incorrect

Correct

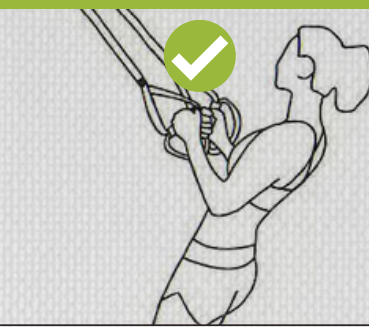
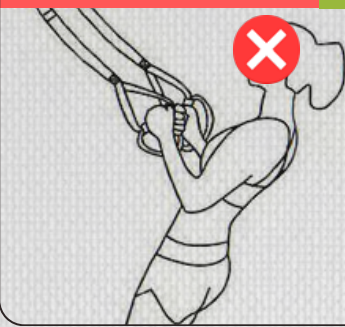


Engage your core and keep your hips, shoulders and ears aligned at all times.

## KEEP TENSION

Incorrect

Correct

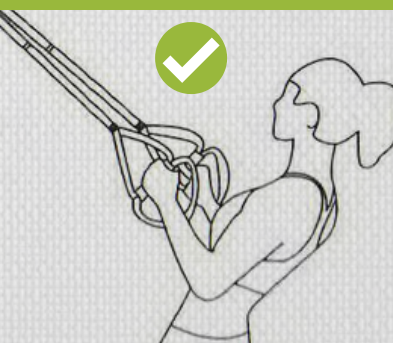
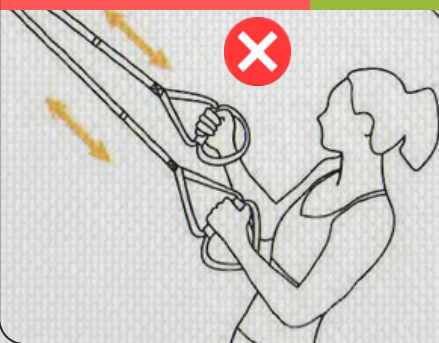


The Suspension Trainer straps should never go slack during exercises. Keep tension on the Suspension Trainer at all times.

## NO SAWING

Incorrect

Correct

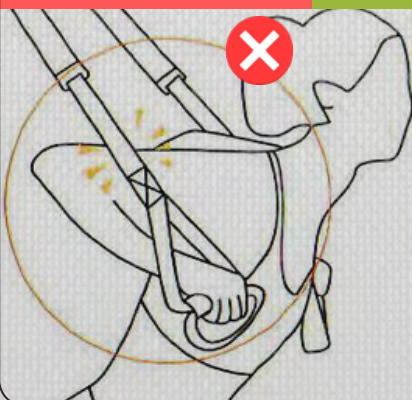


Suspension Trainers are not pulleys, so do not saw motions on them, which will prematurely wear them out. Keep equal pressure on both handles.

## NO RUBBING

Incorrect

Correct



Do not allow straps to rub against your arms. It is uncomfortable and stabilising the Suspension Trainer in this way makes the exercise less effective. Move your hands higher to prevent rubbing.



## How to read the exercise icons?

### Recommended Suspension Trainer length

For each exercise, adjust the Suspension Trainer length as described below:

**LENGTH  
LONG**

Fully lengthen the Suspension Trainer so that the bottom of the foot cradles are about 7,5 cm (3") off the ground.

**LENGTH  
MID-CALF**

Adjust the Suspension Trainer so that the bottom of the foot cradles are at mid-calf level, roughly 20cm (8") off the ground.

**MID  
LENGTH**

Adjust the Suspension Trainer to mid length by positioning the adjustment tabs at the double marks that are sewn midway up the black strap.

**LENGTH  
SHORT**

Fully shorten the Suspension Trainer.

Primary Target:

Indicates the primary body area targeted in the exercise.



## Program Overview

The Basic Training workout is designed to introduce you to the benefits of Suspension Training body weight exercise. You will experience a total body functional workout where you control the intensity of the exercises. The ease of adjustment and quick transitions from one exercise to the next creates a time-efficient, total body workout in just 40 minutes.

### Requirements

While this program is designed for all fitness levels, it assumes you are active, healthy and injury free.

### Train Safe

Consult a health care professional before beginning this or any exercise program. Inspect your Suspension Trainer before every workout and replace worn or damaged components immediately. Failure to follow these guidelines could result in injury.

### Program Instructions

For each exercise, perform two 30-second sets (for single-sided exercises, perform 30 seconds on each side). For each set, select the exercise Exercise(s) appropriate for your fitness level.

Exercises are featured in this guide from easiest to hardest. Rest 30 seconds after each set. Conclude each workout by following the three-movement stretching sequence. For best results, perform this workout 2 to 3 times per week. Rest for at least 24 hours between workouts.

### How to Progress

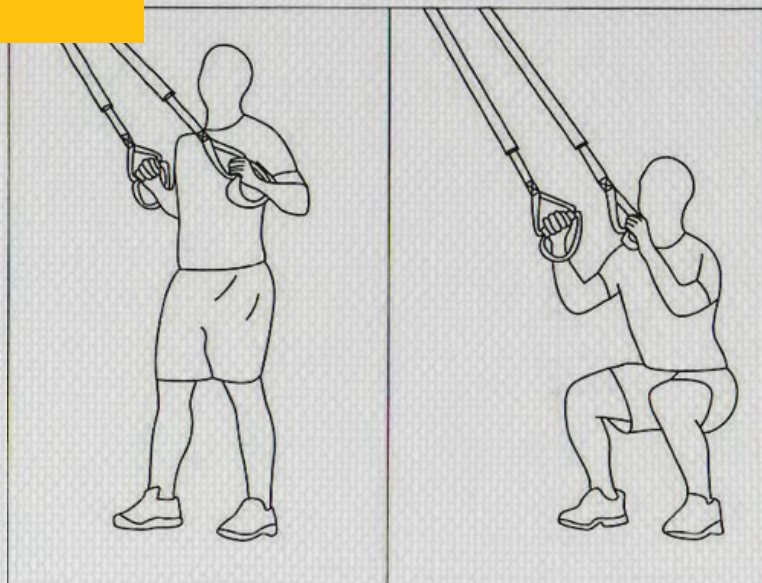
Each workout can be as hard as you want it to be. This guide shows different Exercises for each exercise, so you can find the challenge that is just right for you. The instructional materials also provide important exercise posture and performance coaching points. Exercise with good form for optimal results.



# 1 Squat Series

## Exercise 1 Squat

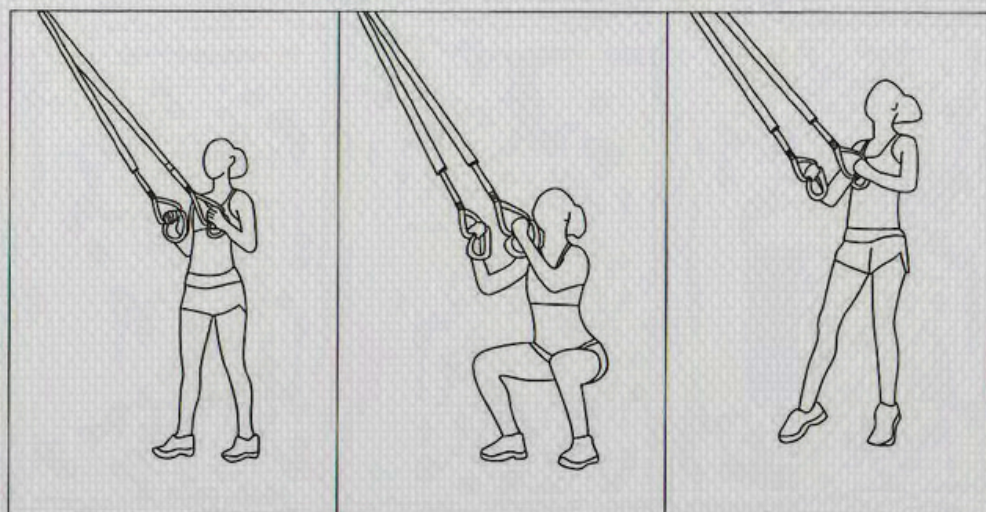
- Stand facing the Suspension Trainer with elbows bent at sides
- Lower tail bone toward ground
- Keep knees in line with toes
- Return to start position



Keep weight on heels

## Exercise 2 Squat With Jump

Perform exercise with a jump at top of movement.

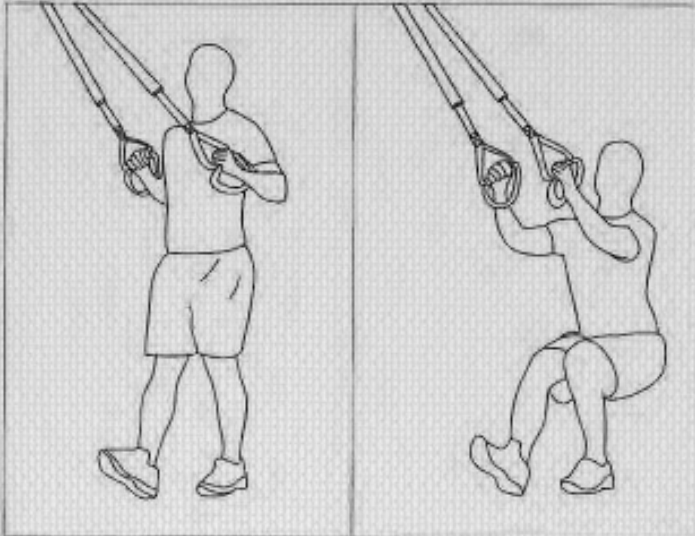




### Exercise 3

## Single-Leg Squat

### Leg Down



- Stand facing Suspension Trainer, elbows bent at sides
- Extend the right leg forward Place heel on floor
- Lower tailbone toward floor Return to start position
- Perform complete set, then repeat on other leg



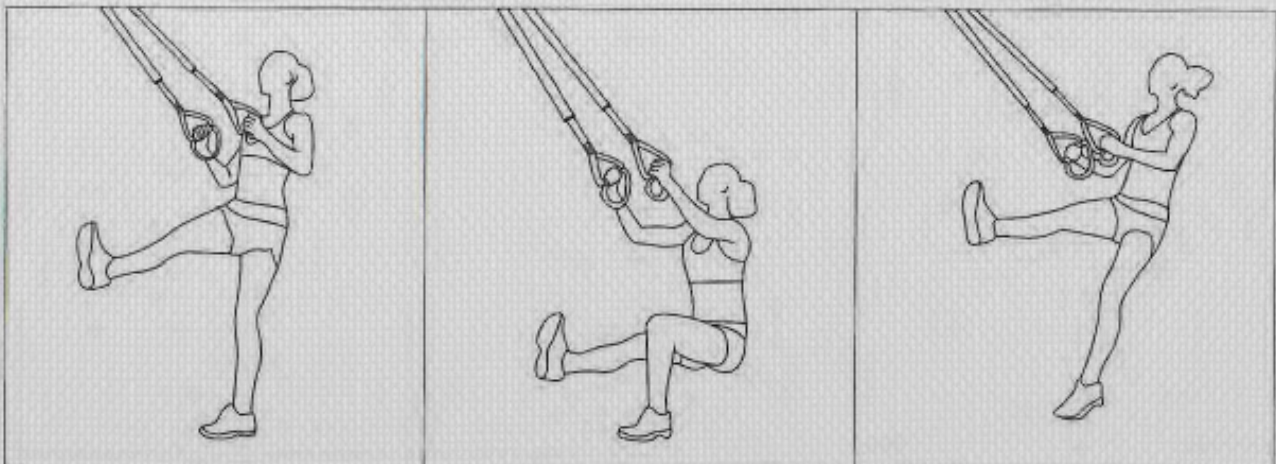
To increase the intensity, use lighter grip on Suspension Trainer.

### Exercise 4

## Single-Leg Squat

### With Hop

- Perform exercise with free leg extended and raised
- Add a hop at top of movement

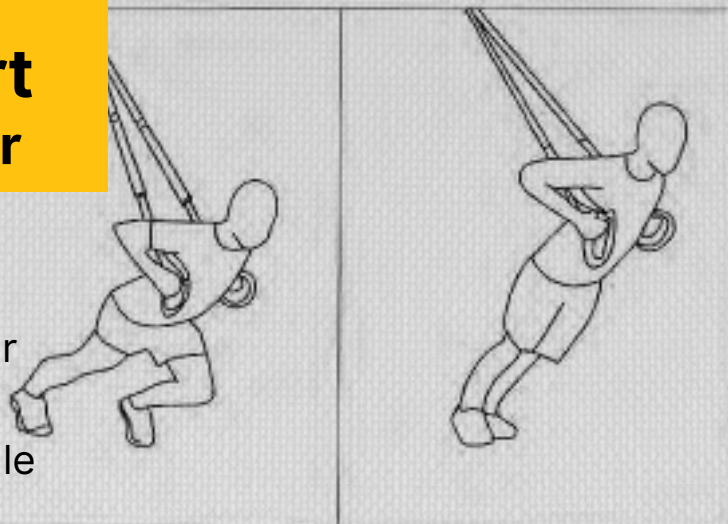




# 2 Sprinter's Start Series

## Exercise 1 Sprinter's Start Both Feet on Floor

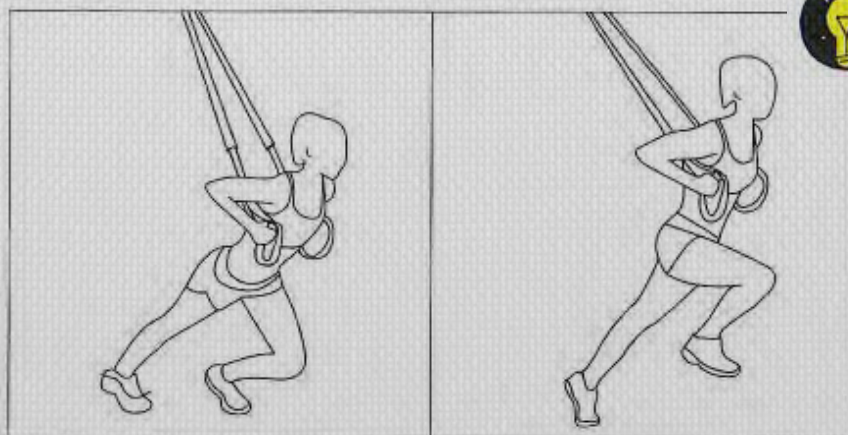
- Face away from Suspension Trainer, with Suspension Trainer under arms
- Walk back into a 45° angle and step back into lunge with right leg
- Bring right leg forward and plant right foot next to left foot
- Perform complete set, then repeat on other leg



Keep body aligned throughout movement

## Exercise 2 Sprinter's Start Knee Up

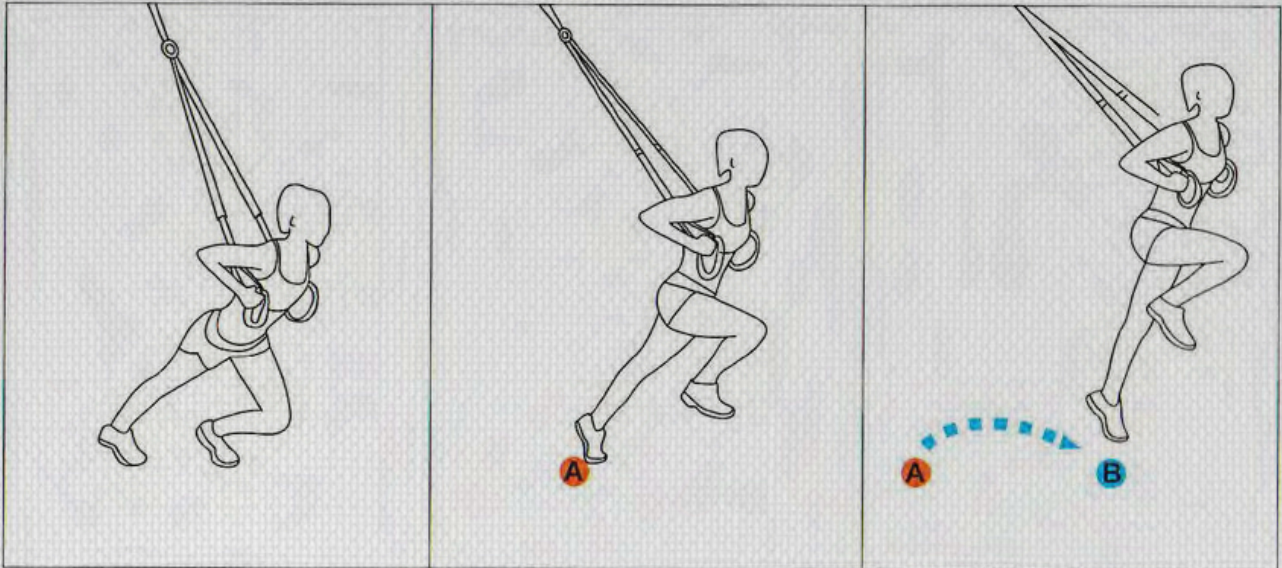
Perform exercise bringing rear knee up and forward.



To increase the challenge, pause at "knee up" position.



### Exercise 3 Sprinter's Start With Double Hop



Perform exercise by exploding into a double hop-first hop forward, landing on the forward leg, then hop back to start position.



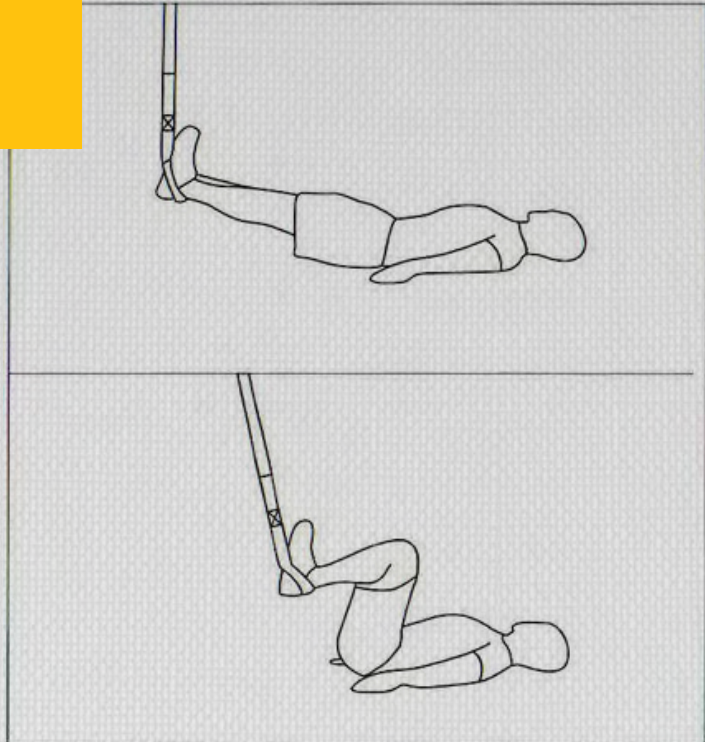
# 3 Hamstring Series

## Exercise 1 Hamstring Curl Heels under Anchor Point Hips Down

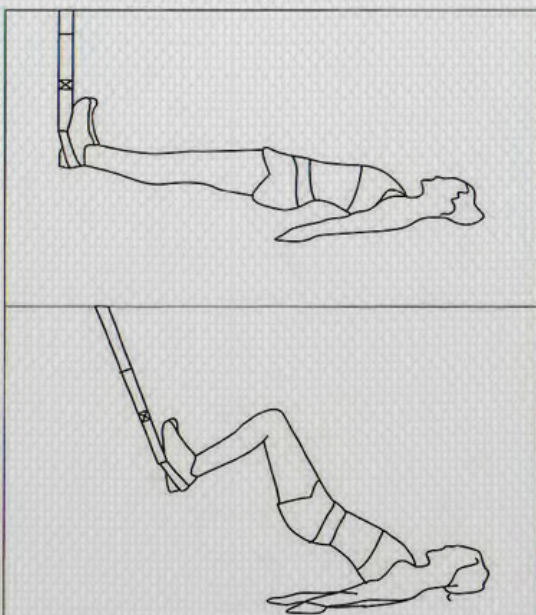
- Lie face up, place heels in foot cradles under anchor point. Hips down, arms at sides
- Curl heels to hips
- Slowly return to start position



Press heels down throughout movement



## Exercise 2 Hamstring Curl Heels under Anchor Point Hips Up



Perform exercise starting with heels under anchor point and hips raised



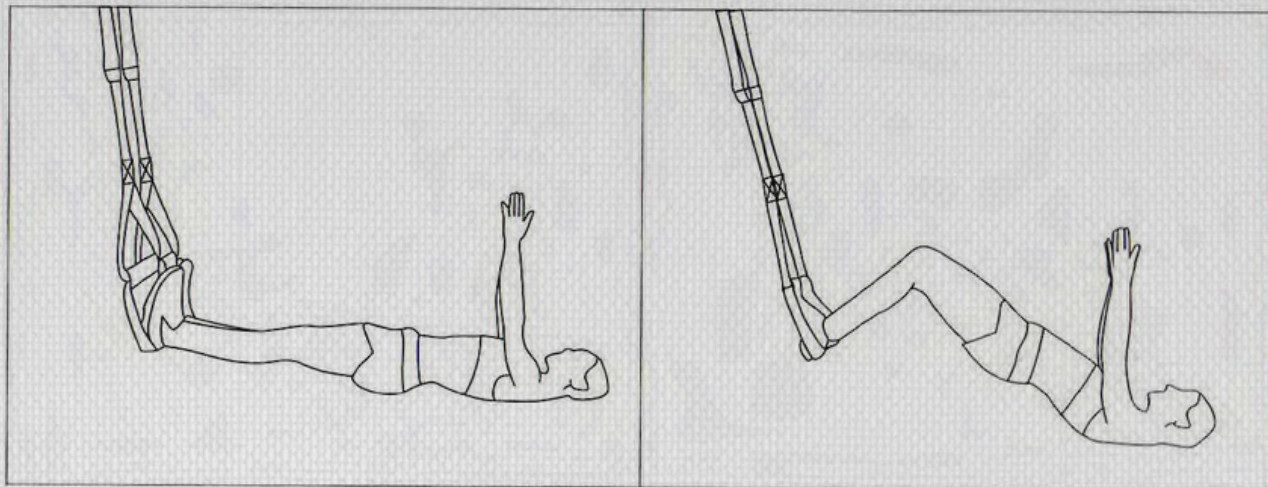
Maintain 90-degree knees and hips up at the top of the movement; do not let the hips rest on the ground between reps.



### Exercise 3 **Hamstring Curl**

Heels Slightly in Front of Anchor Point  
Hips and Arms Up

Perform exercise starting with heels slightly in front of anchor point hips and arms raised.

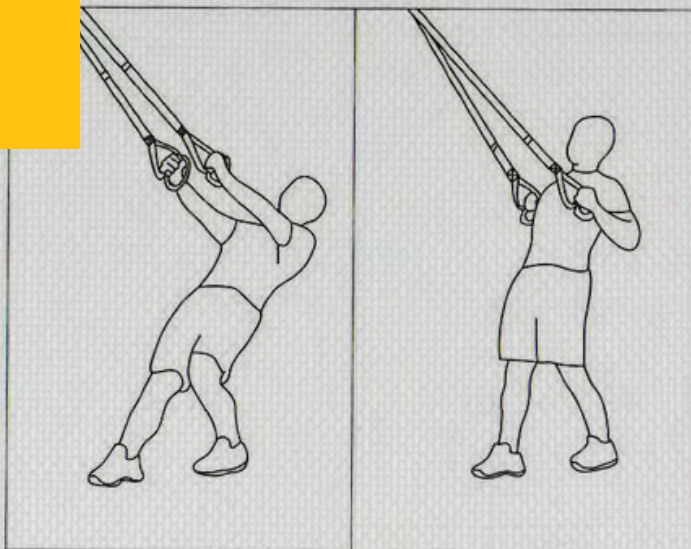




# 4 Row Series

## Exercise 1 Back Row Medium Angle Feet Offset

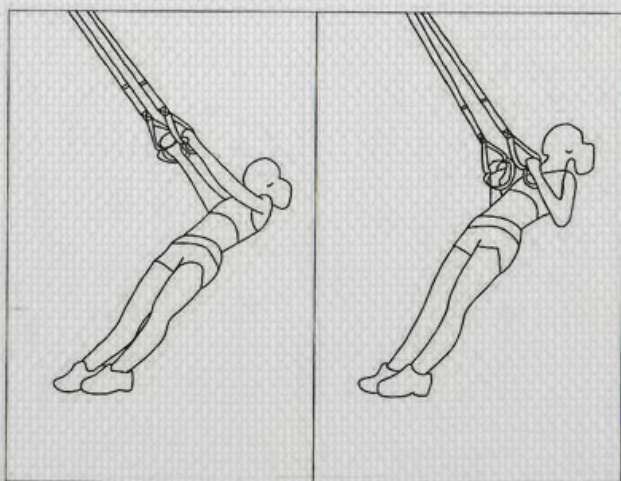
- Face the Suspension Trainer, offset feet, extend arms forward and lean back
- Pull chest forward, squeeze back muscles
- Return to start position



Switch forward leg halfway through set

## Exercise 2 Back Row Deep Angle Narrow Stance

Perform exercise with feet closer together and closer to anchor point.

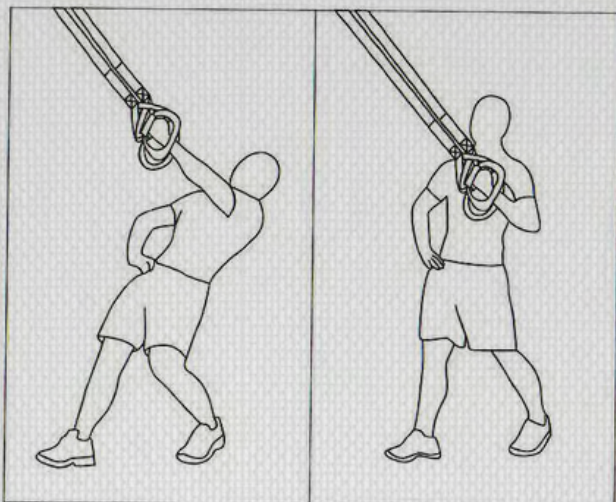


Keep shoulders pulled down and back throughout movement and arms at 45 degrees from body at top of each rep.



### Exercise 3 Single-Arm Back Row

Medium Angle: Feet Offset



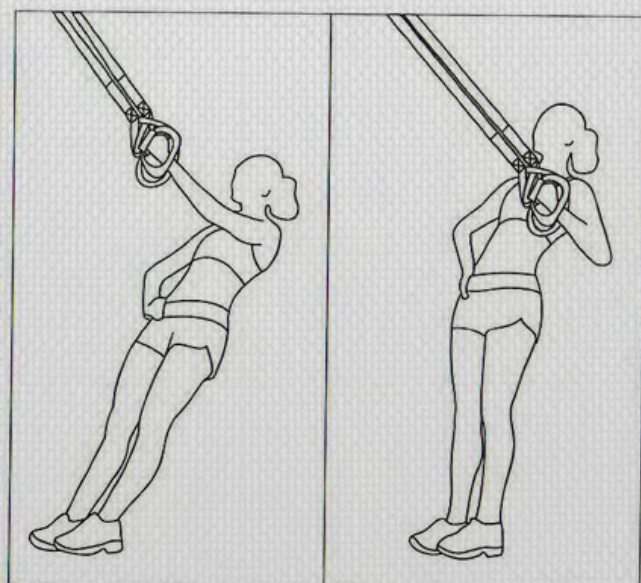
- Configure Suspension Trainer in single handle mode
- Face Suspension Trainer, grab handle with left hand and extend left arm
- Lean back, place free hand on hip
- Pull chest forward, squeeze back muscles
- Perform a complete set. then repeat with other arm



Switch legs halfway through set

### Exercise 4 Single-Arm Back Row

Deep Angle: Narrow Stance



Perform exercise with feet closer together and closer to anchor point.



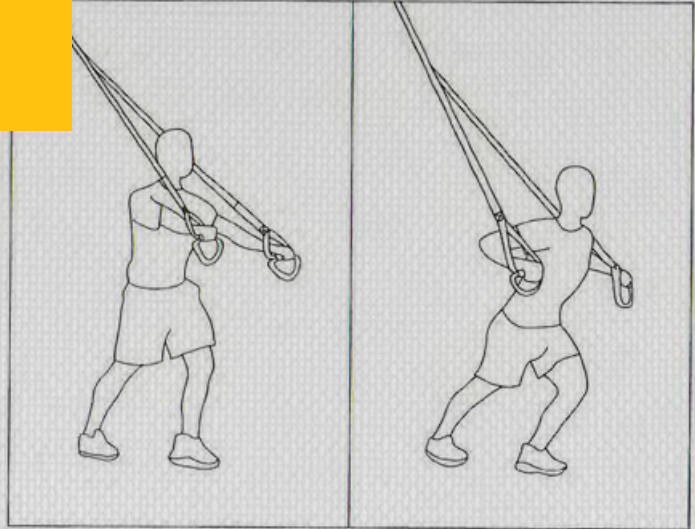
Keep core engaged and body aligned



# 5 Chest Press Series

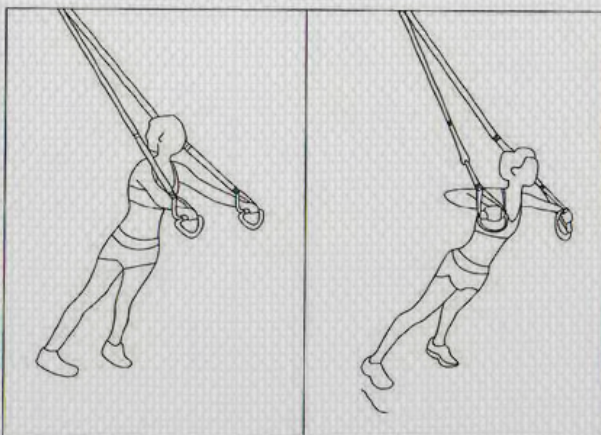
## Exercise 1 Chest Press Feet Offset

- Face away from Suspension Trainer with offset feet and arms extended forward
- Lower chest in a push-up motion
- Return to start position



Switch forward leg halfway through set

## Exercise 2 Chest Press Wide Stance



Perform exercise with feet beyond shoulder-width.



Lift your hands slightly to keep the straps from rubbing your arms.

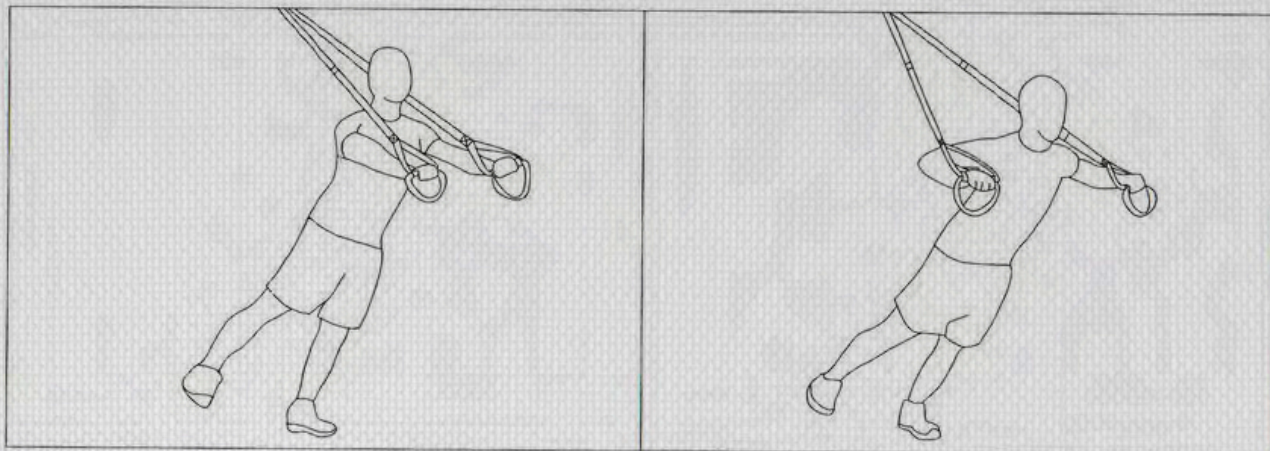


**Exercise 3**  
**Chest Press**  
**Leg extended to the side**

Perform exercise with one leg extended to the side.

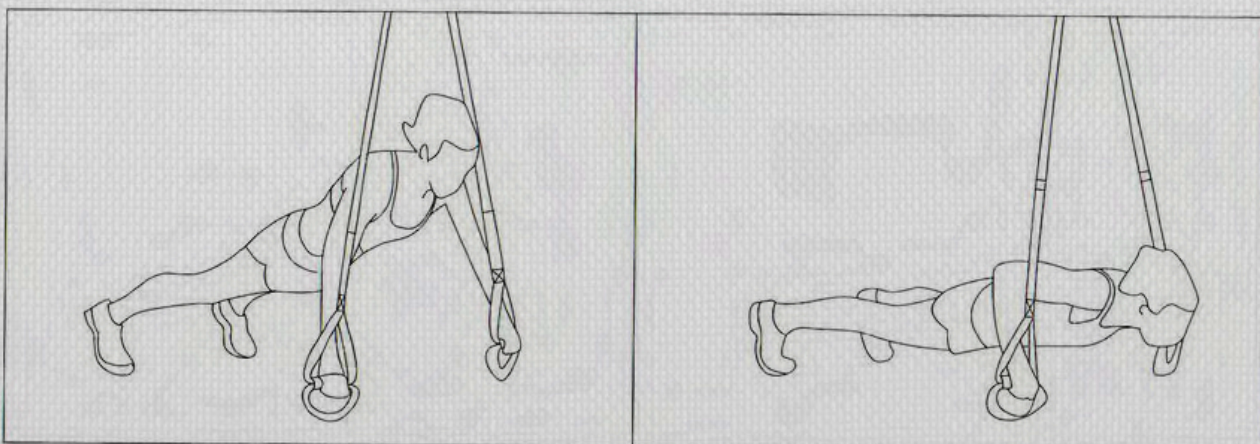


Switch legs halfway through set.



**Exercise 4**  
**Chest Press**  
**Deep Angle: Wide Stance**

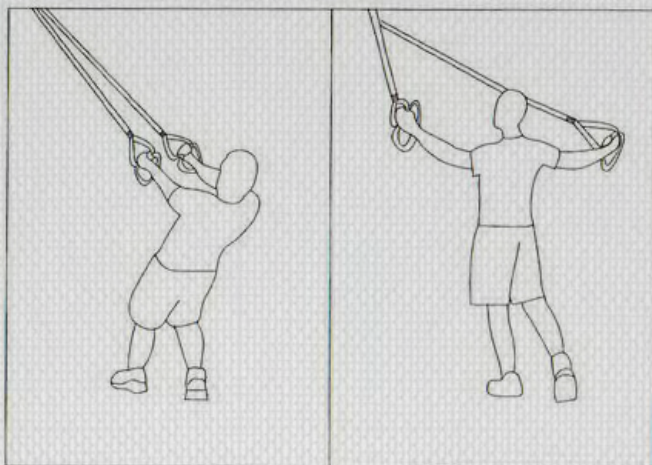
Exercise at a steep angle and with feet wider than shoulder width.





# 6 Deltoid Fly Series

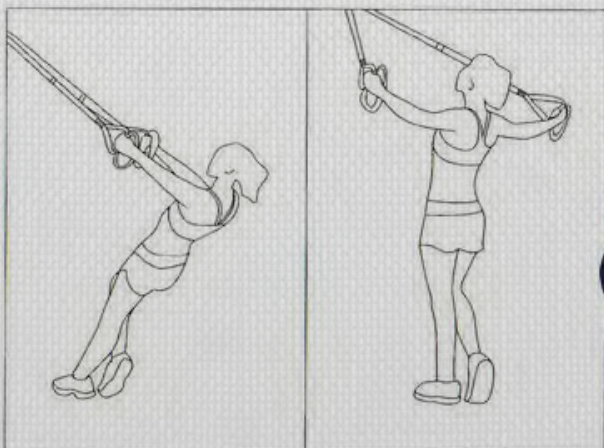
## Exercise 1 T Deltoid Fly Feet Offset



Switch forward leg halfway through the set to add intensity. Pause at top of movement.

- Face Suspension Trainer with offset feet, find end T position (image B), then lean back into start position (image A)
- Draw body forward by pulling arms back into a T, shifting weight from rear leg to front leg: keep eyes on anchor point
- Keep tension on the Suspension Trainer throughout movement; do not use momentum
- Return to start position

## Exercise 2 Chest Press Wide Stance



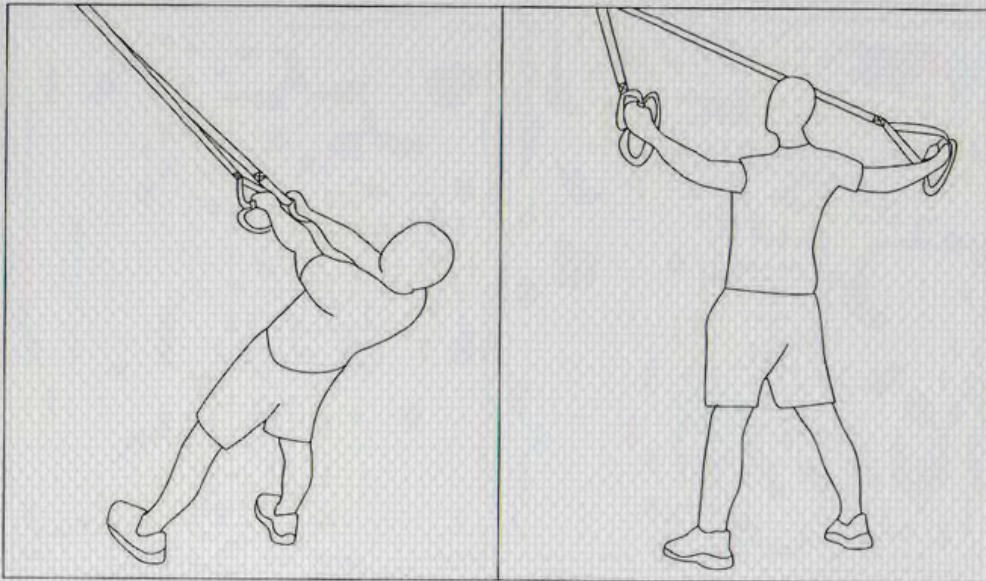
Perform exercise with feet slightly offset

Switch forward leg halfway through set



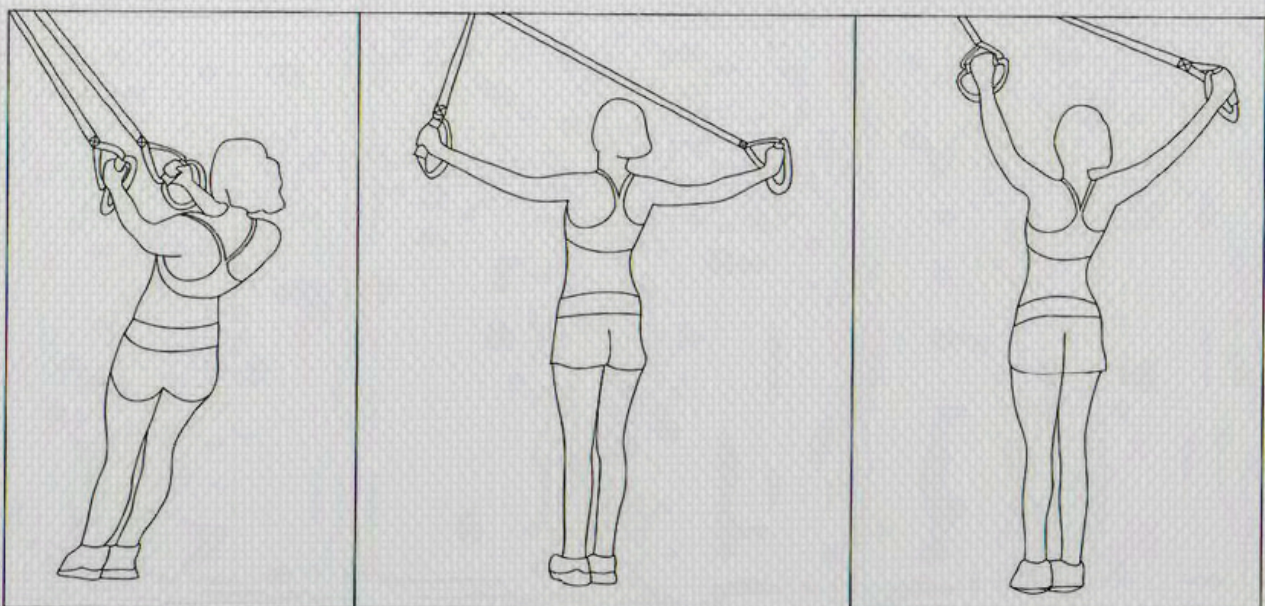
Exercise 3  
**Chest Press**  
Leg extended to the side

Perform exercise with feet wider than shoulder width.



Exercise 4  
**T+Y Deltoid Fly**  
Feet Together

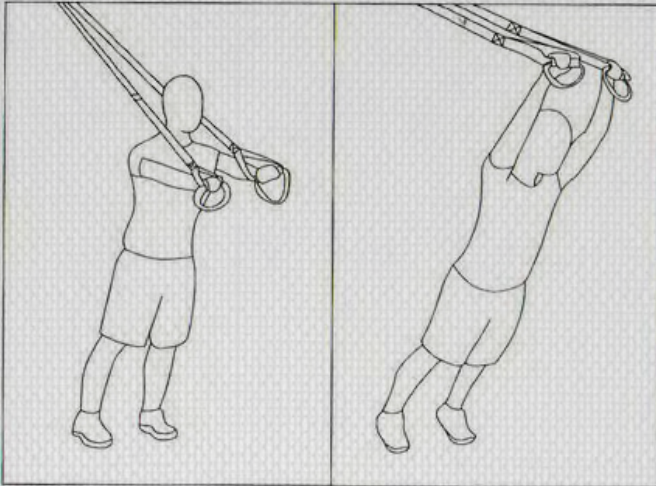
Perform exercise with feet together, alternating arms between T and Y positions.





# 7 Roll Out Series

## Exercise 1 Standing Roll Out

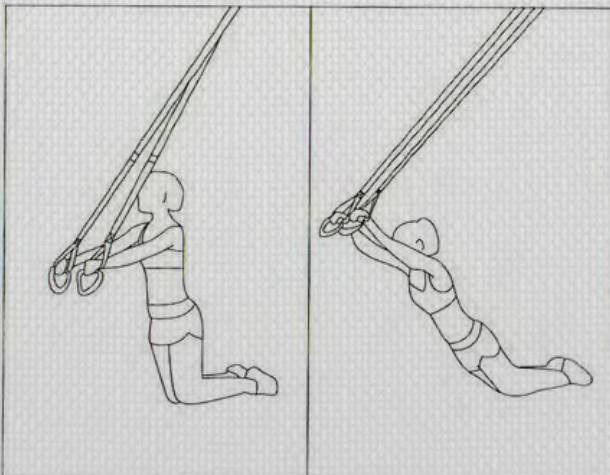


- Face away from anchor point with your feet at shoulder width, extend arms forward and lean into the Suspension Trainer
- Slowly raise arms overhead, keeping body aligned as it moves forward
- Return to start position



Do not bend your arms.

## Exercise 2 Kneeling Roll Out Face Away from Anchor Point



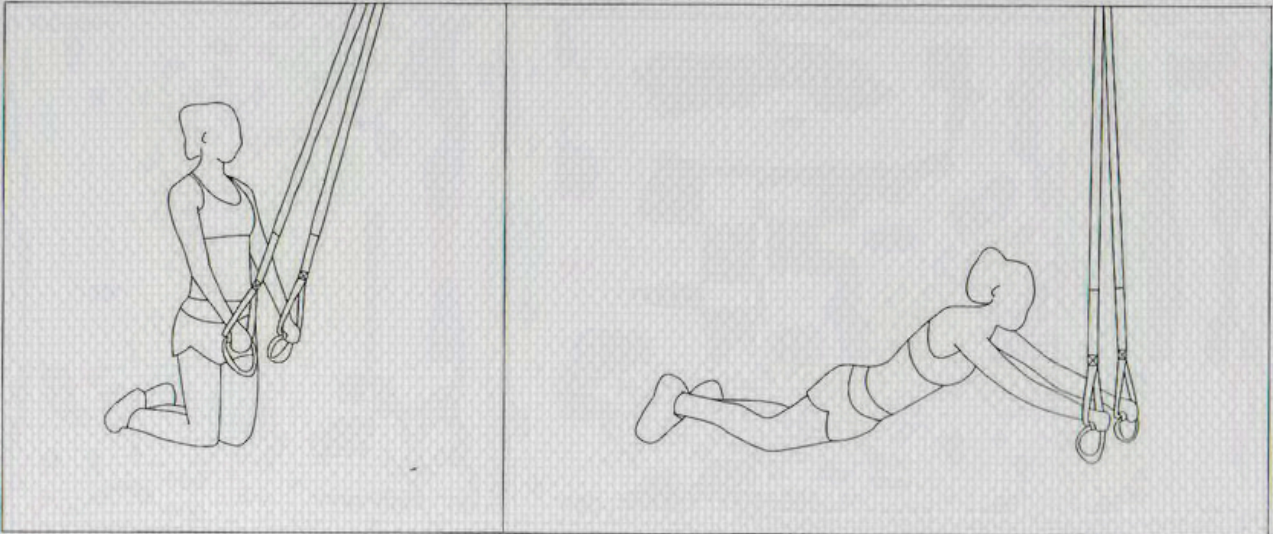
- Face away from anchor point, kneel with feet under anchor point and extend arms forward
- Slowly lean forward keeping arms extended and back straight
- Return to start position



### Exercise 3

## Kneeling Roll Out Face Anchor Point

Perform the exercise facing the anchor point, with the end point of the hand directly under the anchor point.

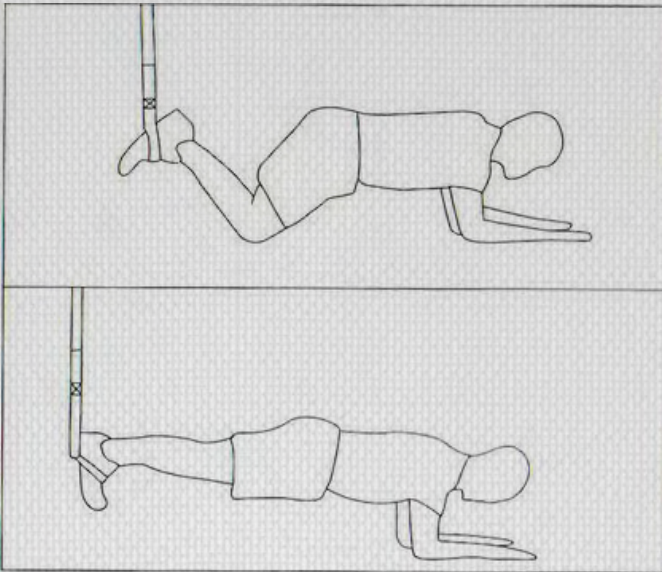




# 8

## Plank Series

### Exercise 1 Suspended Plank

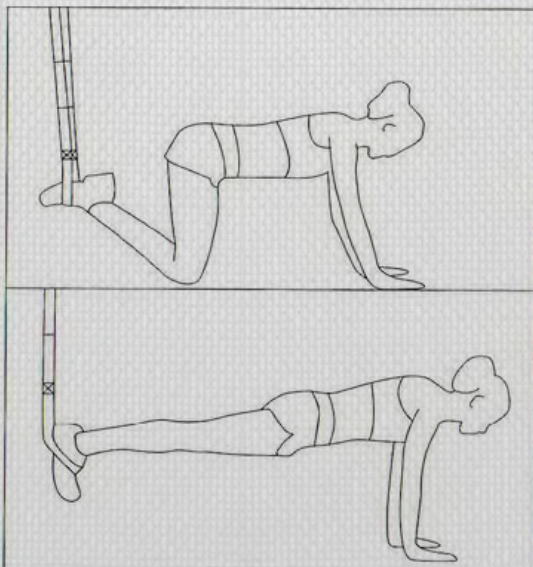


- Place feet (toes down) in foot cradles under anchor point
- Place knees and forearms on floor
- Lift knees into plank position and hold



Keep body aligned, do not let hips or back sag.

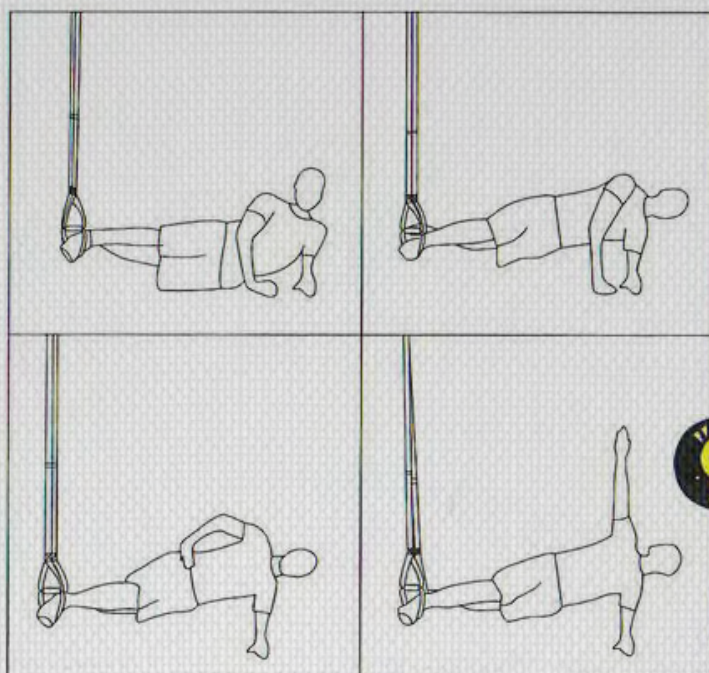
### Exercise 2 Suspended Plank On Hands



Perform the exercise on your hands.



### Exercise 3 Suspended Side Plank On Forearms

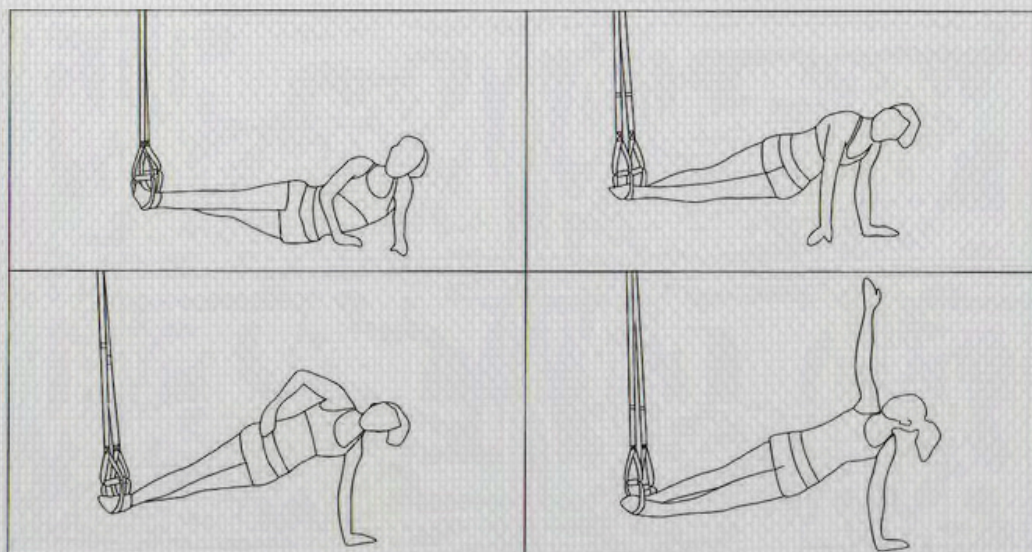


- Lie on left hip and forearm with toes in foot cradles under anchor point, legs offset and top leg forward
- Lift hips into plank position hold
- Return to start position
- Perform complete set, then repeat on other arm

Increase intensity by bringing free arm to hip, or raising free arm to ceiling

### Exercise 4 Suspended Side Plank On Hand

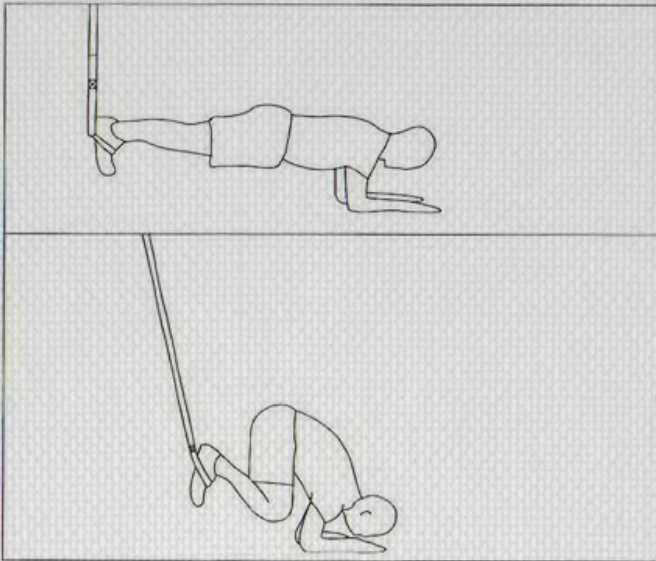
Perform the exercise on one hand.





# 9 Suspended Crunch Series

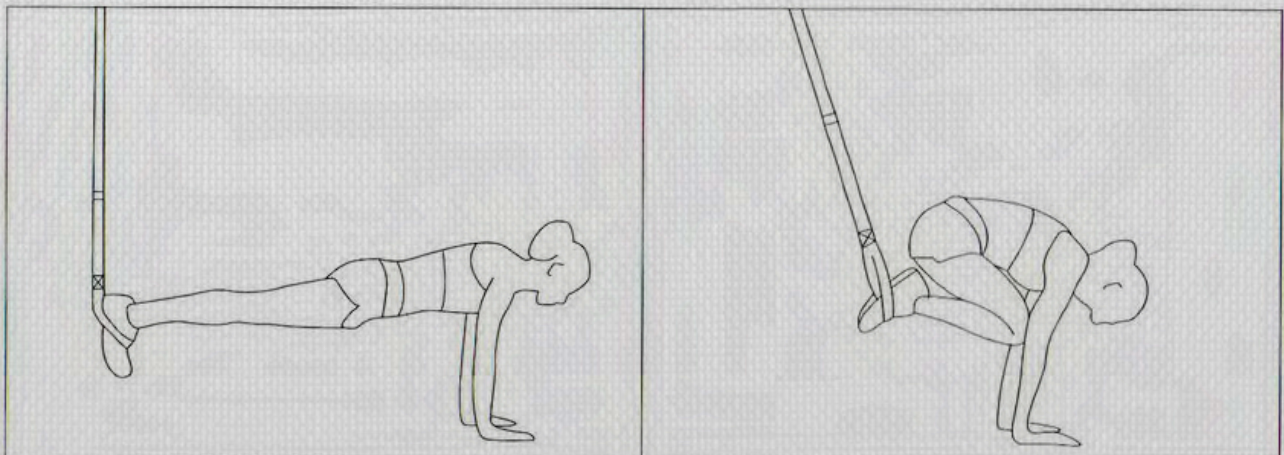
## Exercise 1 Suspended Crunch On Forearms



- Place feet (toes down) in foot cradles under anchor point and assume plank position on forearms
- Lift tailbone and bring knees to chest
- Return to start position

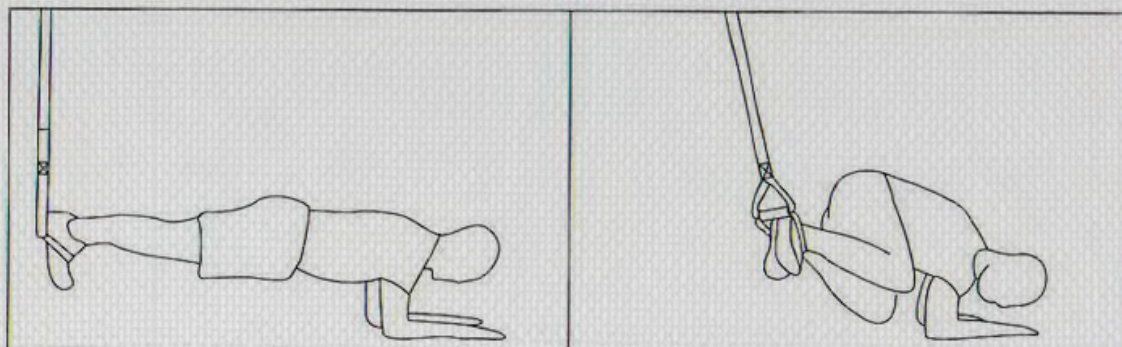
## Exercise 2 Suspended Plank On Hands

Perform the exercise on your hands.



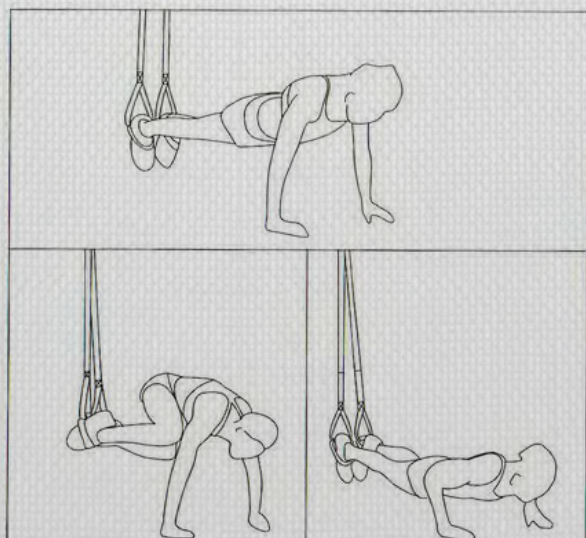


### Exercise 3 Suspended Oblique Crunch On Forearms



- Place feet (toes down) in foot cradles under anchor point. Assume plank position on forearms
- Lift tailbone and bring knees to right elbow
- Return to start position and repeat bringing knees to left elbow

### Exercise 4 Atomic Oblique Push Up On Hands



- Place feet (toes down in foot cradles under a hor point, assume plank. Position on hands
- Lift tailbone and bring knees to left elbow
- Return to start position and perform a push up
- Lift tailbone and bring knees to right elbow
- Return to start position, perform a push up



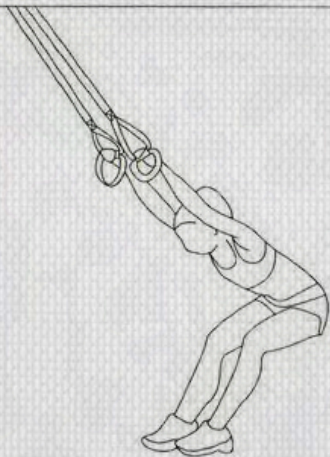
# 10 Flexibility Series

MID  
LENGTH

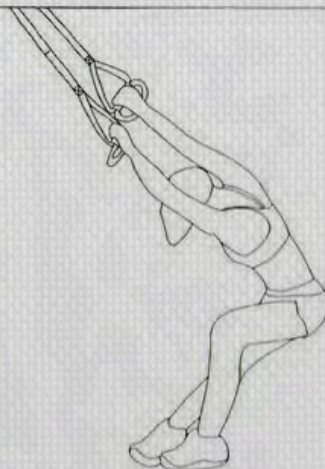
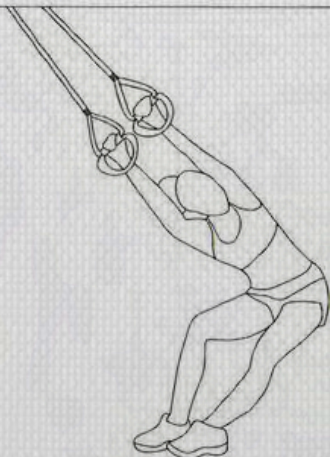
## Exercise 1 Lower Back Stretch



- Stand facing Suspension Trainer and extend arms forward
- Bend at hips and drop tailbone toward ground with knees slightly bent and hold
- Straighten left knee, rotate shoulders to the left and hold
- Return to center
- Straighten right knee, rotate shoulders to the right and hold
- Return to center
- Breathe deeply
- Keep back flat

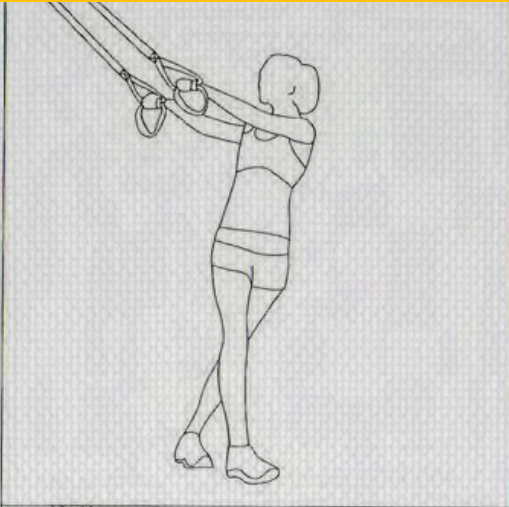


To increase intensity, lean into hip of straightened leg while flexing quad.

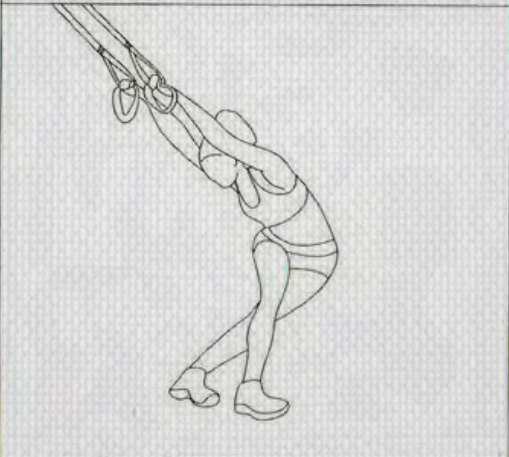




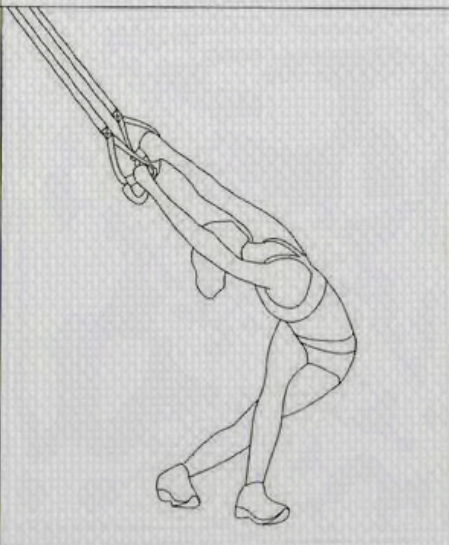
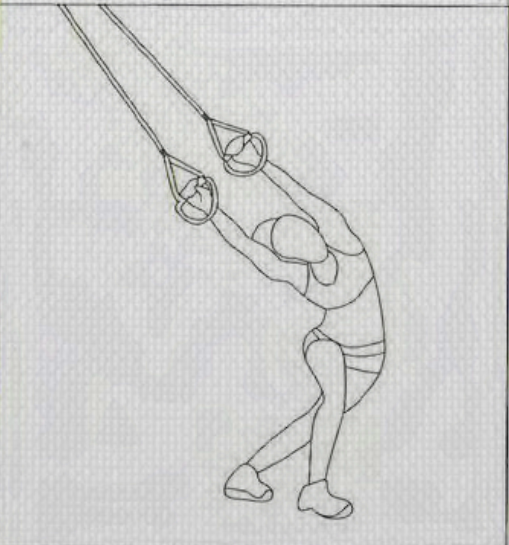
## Exercise 2

**Long Torso Twist Stretch**

- Stand facing Suspension Trainer with arms extended, cross right leg over the left and turn hips to the left
- Drop the left hip to the floor, rotate the upper body and arms towards the Suspension trainer and hold
- Rotate chest to the left and hold
- Rotate chest to the right and hold
- Return to start position
- Switch legs and repeat



Adjust body position to release tight muscles



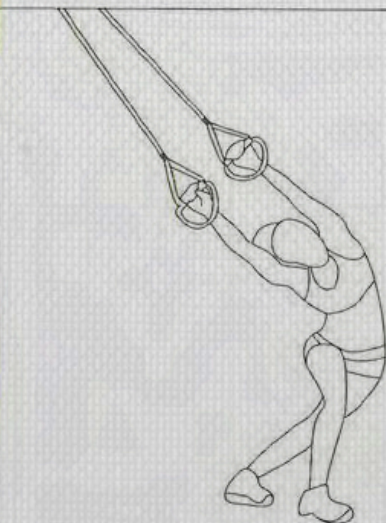
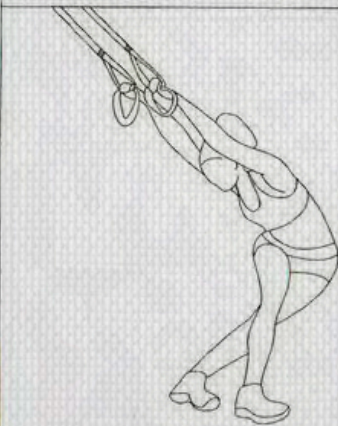
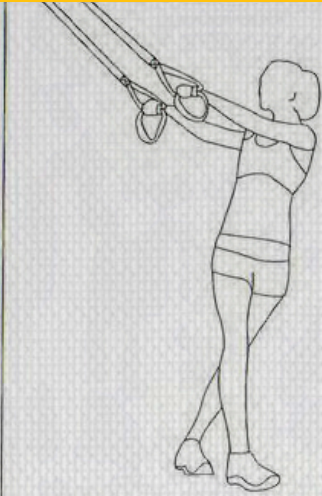


# 12 Flexibility Series

MID  
LENGTH

## Exercise 3

### Chest and Torso Stretch



- Stand facing away from Suspension Trainer arms in a T.feet offset
- Press chest forward and feel the stretch in chest and arms
- Reach overhead with left arm, turn your chest to the right, look back with your eyes on your right hand
- Tuck your pelvis, reach up with your right arm, turn your chest to the left, look back and keep your eyes on your left hand
- Return to start position
- Switch legs and repeat
- Press the rear heel into the ground, bend the rear knee and contract the glutes to stretch the hip flexor and calf.



Breathe  
deeply



# Exercise Chart

For each exercise series, perform 30-second sets (for single sided exercises, perform 30 seconds on each side). For each set select the exercise Exercise(s) appropriate for your fitness level. Exercises are listed from easiest to hardest. Rest 30 seconds after each set.

Series #	Exercise
1	Squat Series (two 30-second sets) Rest 30 seconds between each set
2	Sprinters Series (two 30-Second sets-one set on each leg) Rest 30 seconds between each set
3	Hamstring Series (two 30-second sets) Rest 30 seconds between each set
4	Row Series (two 30-second sets) Rest 30 seconds between each set
5	Chest Press Series (two 30-second sets) Rest 30 seconds between each set
6	Deltoid Fly Series (two 30-second sets) Rest 30 seconds between each set
7	Roll Out Series (two 30-second sets) Rest 30 seconds between each set
8	Plank Series (two 30-second sets on each leg) Rest 30 seconds between each set
9	Suspended Crunch Series (two 30-second sets) Rest 30 seconds between each set
10 11 12	Flexibility Series



THYSOL

