

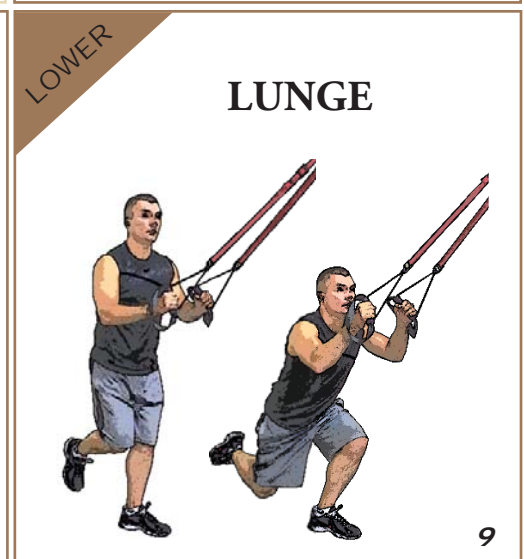
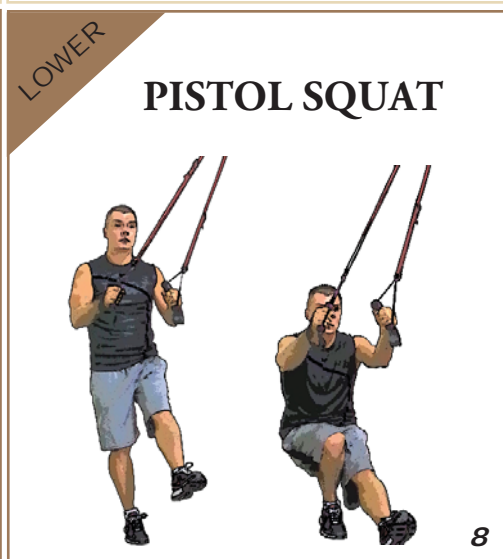
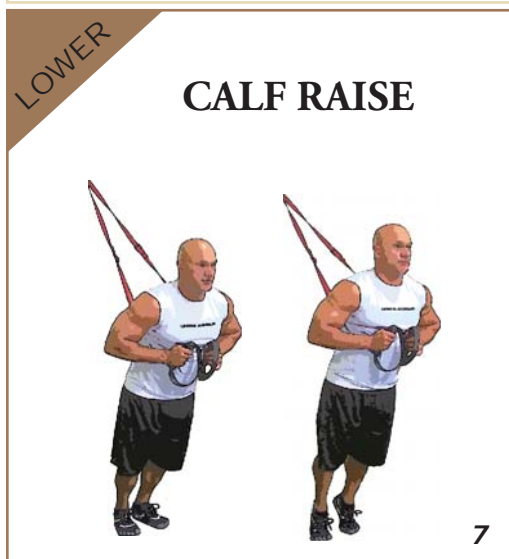
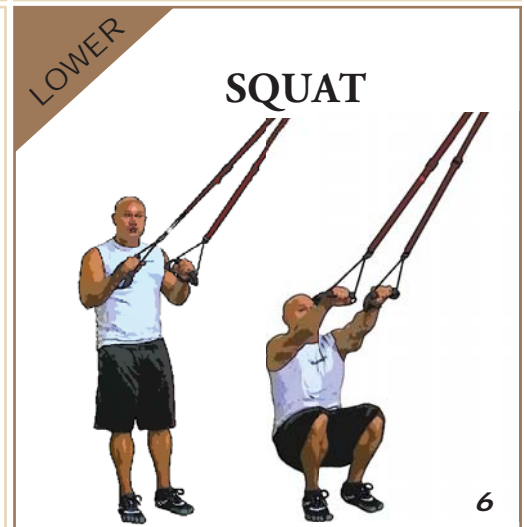
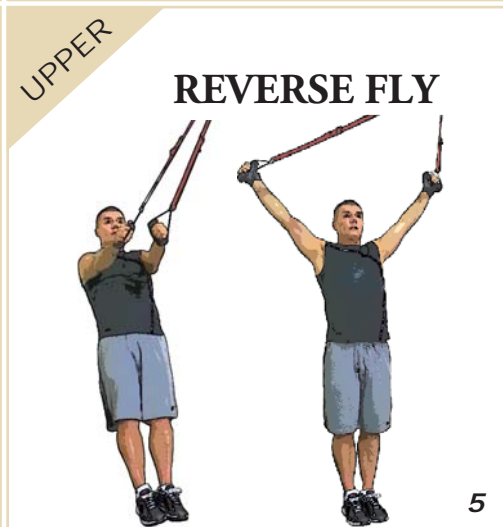
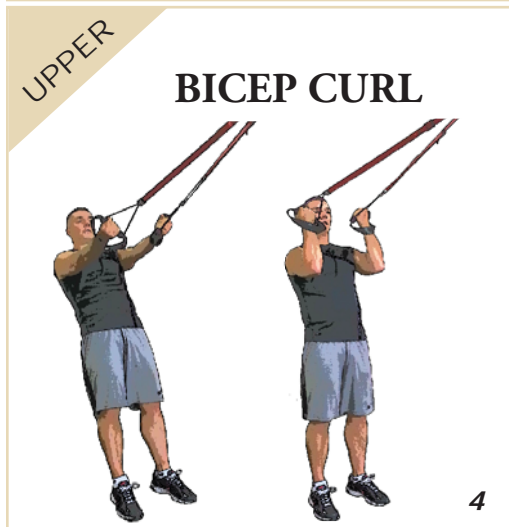
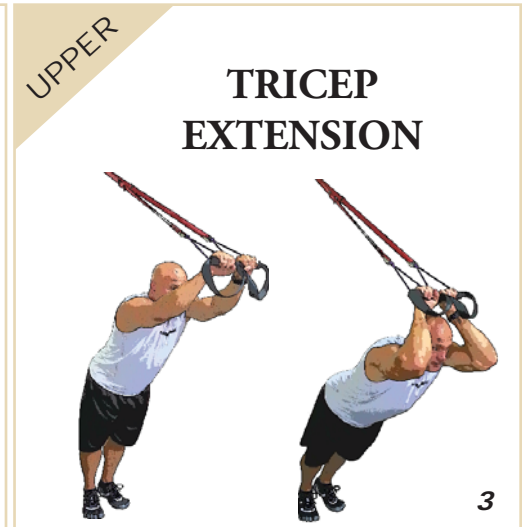
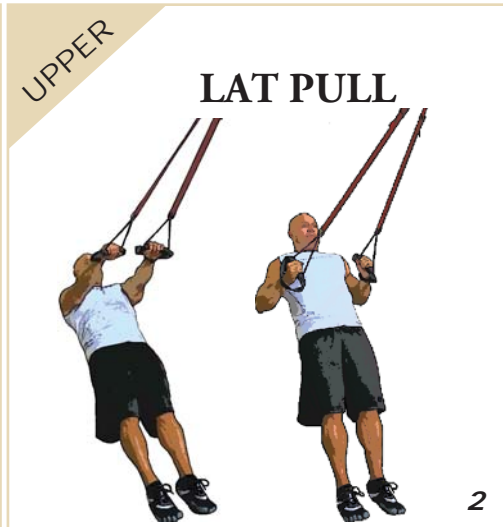
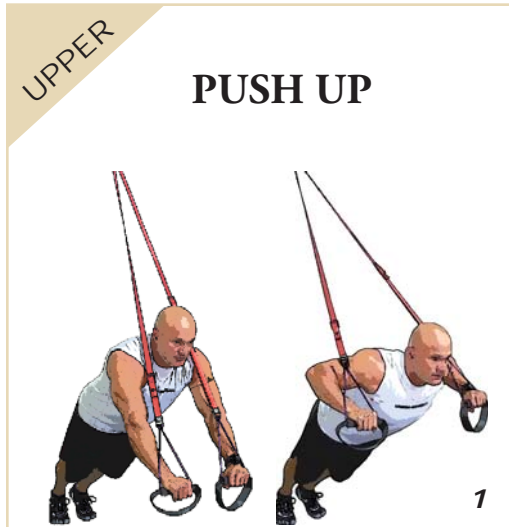
FULL BODY QUICK START EXERCISES

Following you will find a series of basic exercises intended to give you a jump start with your new trainer. Visit www.WOSS.com/sample-exercises/ for a video demonstration of each exercise shown here. For more exercises simply search the internet for "suspension trainer exercises" etc.

WORKOUT: Select several exercises from each target group (UPPER, LOWER and CORE). Beginners perform each Exercise for 30 sec. with a 45 sec. break between exercises. As you progress make the exercises more challenging and/or increase the time you perform the exercise, while reducing your resting period. Rotate through them on a regular basis.

WARM-UP: Time spent warming up and cooling down will improve the level of performance and improve the recovery process needed before and after using the trainer. The warm-up can consist of five minutes of jogging in place, jumping jacks, stationary bike or anything that will elevate your heart rate.

COOL-DOWN: The cool-down may consist of slow walking or anything that will gradually bring the heart rate down. Stretching should always be done after warm-up and cool-down.



LOWER

HAMSTRING CURL

10

LOWER

TWIST LUNGE

11

CORE

SUPINE CRUNCH

12

CORE

OVERHEAD BACK EXTENSION

13

CORE

MOUNTAIN CLIMBER

14

CORE

HIP RAISE

15

CORE

SUSPENDED CRUNCH

ADVANCED:
Pull legs in alternating sides

16

CORE

PIKE

17

CORE

PULL THROUGH

18

This program assumes you are healthy. Consult your physician before beginning this or any exercise program. Before use always inspect your suspension trainer for worn or damaged parts, use a strong, secure anchor point that can hold your body weight securely, and make sure the 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 misuse of the WOSS Trainer.