



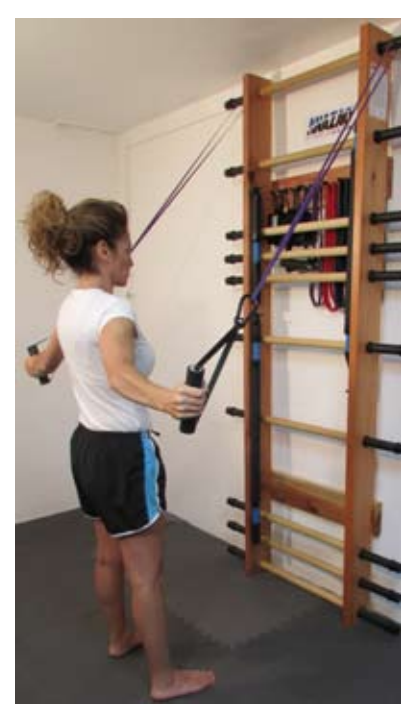
Warm Up-Lateral Raise



Warm Up-Outside Extension



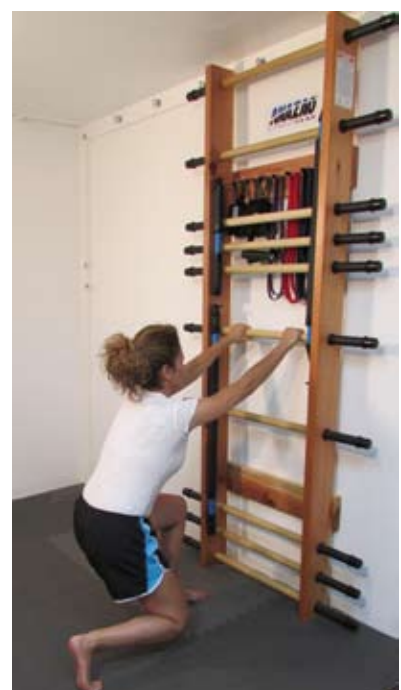
Warm Up-Deep Stance Lat Pull



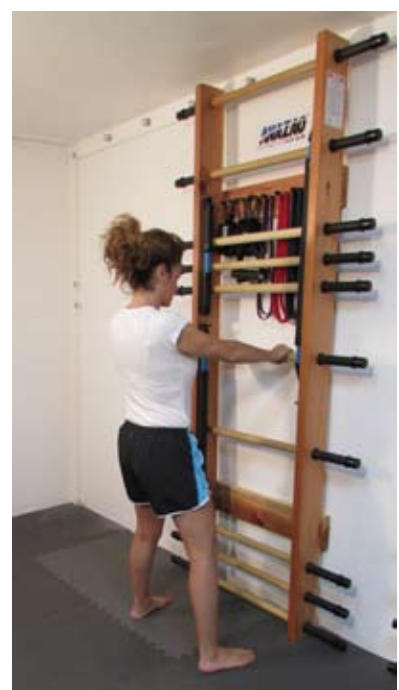
Warm Up-Shoulder Extension



Warm Up-Assisted Lunge



Warm Up-Assisted Squat



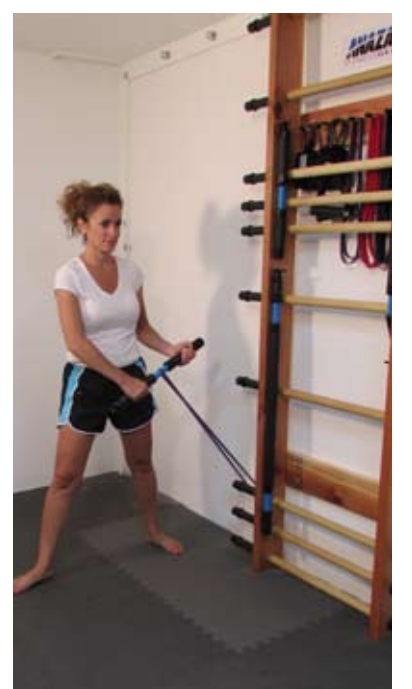
Oblique Rotation



Ceiling to Floor Woodchop



Floor to Ceiling Woodchop



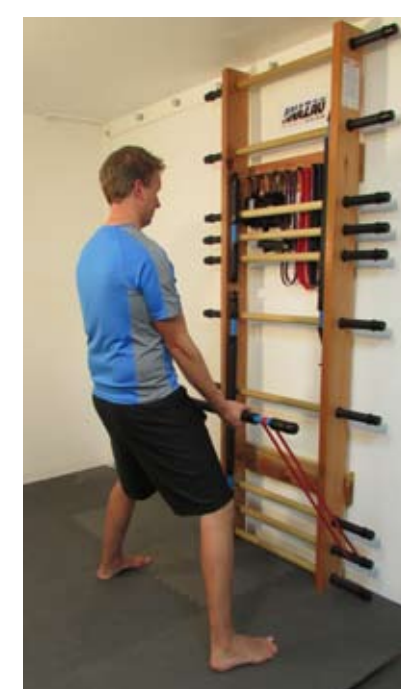
Standing "Pulling" Rows



Angled Military Press



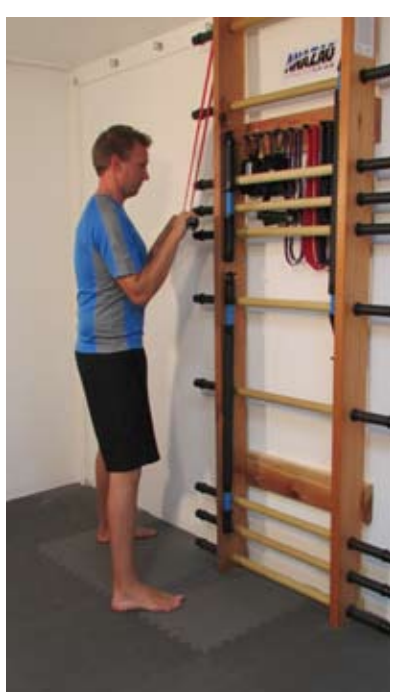
Outside Curl



Triceps Upward Extension



Triceps Press-Down



Upright Row



Butterfly



Deep Squat Row with Handles



Standing Bench Press



Front Kick-Quads



Reverse Front Kick-Hamstrings



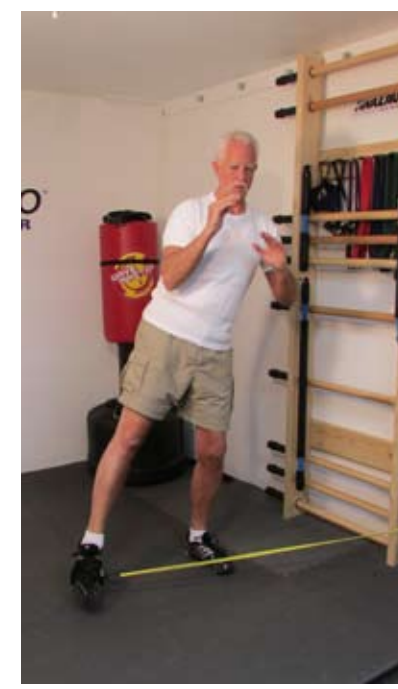
Forward Hip Extensions



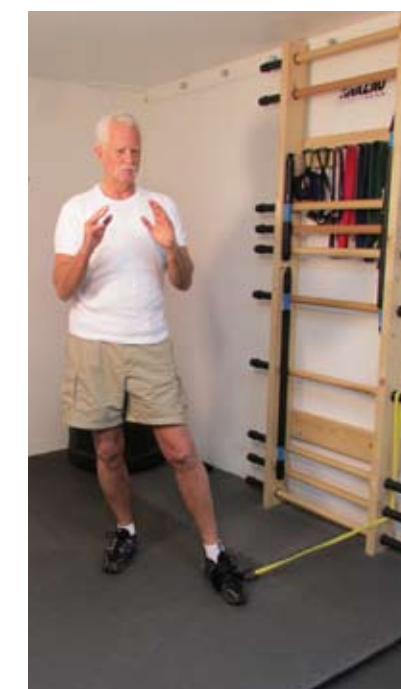
Backward Hip Extension



Abductors



Adductors



Squat



Lunge



Leg Press



One of many stretches



IMPORTANT USER INFORMATION

- As with any exercise program, consult with your doctor to assure you are healthy enough for a workout program.
- You will find that using this gear will feel very different, especially if you are accustomed to using weights or machines. It will take some getting used to the feel, but after a few workouts, you will find the functional exercises very comfortable and rewarding.
- Before beginning any exercise, make sure you warm-up. Find a focal point in front of you that will help you maintain proper posture. Keep your knees slightly bent, your abdominal muscles tight and your chest out.
- Proper breathing means exhaling through your mouth during the contraction or exertion portion, and inhaling through your nose on the return motion.
- Time under tension - We recommend the 3-2-3 method. 3 seconds on the concentric phase (lifting) with a 2 second isometric hold, and 3 seconds on the eccentric (return) phase.
- Balance Training - this station is ideal for balance training. Many of the exercises can be performed with one leg on a rung, or standing on one leg.
- Functional and compound movements - We encourage multi-angle movements that mimic every day moves, like reaching down to pick up the keys you dropped. With a pair of handles attached to one of the dowels, reach up, down and to the sides in different directions and angles.
- Stances - We recommend deep stances (sumo) or front/side stances to offer more leg and glute, and core engagement. Take caution if you have knee or hip problems or any injuries that may be compromised in these stances. Start off in a mild stance and increase as you become stronger or develop greater balance. Remember, do not allow your knees to exceed past your toes.

- Core - most exercises on the workout station can be performed with the core engaged. Think about tightening up your core before starting the exercise and holding it tight for the entire exercise.
- Stretching on the station is fun and easy, noting that placing one leg on a rung or standing on the dowels offers many different postures and angles. Caution: We recommend starting slow and work your way to higher rungs or angles.
- Avoid swaying or jerking motions. If the resistance is such that you are struggling, use a band with less tension or place the band on a higher or lower dowel that will reduce tension.
- Make sure the bands are properly attached before beginning any exercise. With the bars, place one end of the band on the black portion of the extended dowel on the workout station (towards the inside by the rail) and on the blue portion of the bars. With the other gear, make sure the bands are secured in the carabiner, and that the carabiner is properly latched.
- Inspect all resistance bands, nylon straps, gear and workout station for cracks, tears, frays or other damage. Do not use if any of these conditions exist or if there is other apparent damage.
- Do not allow children to play on the workout station or with this gear or resistance bands - these products are not toys.
- Never place the resistance bands around any part of your body, especially around your neck.
- Caution for those with allergies to latex. Unless specified, the bands sold by Anazao are made of latex.

For additional exercises and videos, go to:
www.anazaofitness.com