

# RESISTANCE CORD EXERCISE GUIDE

## EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Resistance Cord.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Resistance Cord that provides a lesser amount of resistance.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a Resistance Cord that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Cord exercise session.

### 1. CHEST PRESS (PECTORALS)



DOOR ATTACHMENT: MID POSITION

Stand with feet hip-width apart and back to door. Grasp each handle, palms facing down and position at chest height, with elbows bent just below shoulders.

Press arms straight forward in front of body, ending with hands in front of shoulders and palms of hands facing down. Return to start and repeat.

### 2. BACK FLY (RHOMBOIDS/MID TRAPEZIUS)



DOOR ATTACHMENT: MID POSITION

Stand with feet hip-width apart, facing door. Grasp handles with palms facing down and arms straight out in front of shoulders.

Bend elbows and pull arms straight back, squeezing shoulder blades together. Return to start and repeat.

### 3. SHOULDER PRESS (DELTOIDS)



DOOR ATTACHMENT: LOW POSITION

Stand with feet hip-width apart and back to door. Grasp each handle and position hands outside shoulder width, palms facing forward and elbows below shoulders.

Straighten arms overhead, ending with a slight bend in the elbows and hands directly above shoulders. Return to start and repeat.

### 4. FRONT PULL-DOWN (LATISSIMUS DORSI)



DOOR ATTACHMENT: HIGH POSITION

Stand with feet hip-width apart, facing door. Grasp handles and straighten arms, positioning hands directly in front of shoulders with palms facing down.

Bend elbows and pull arms back and down, ending with hands at waist and palms facing backward. Return to start and repeat.

### 5. TRUNK CURL (ABDOMINAL)



DOOR ATTACHMENT: HIGH POSITION

Kneel on floor with back to door. Grasp handles, crossing arms in front of chest, and position hands on top of shoulders.

Bend at waist, curl upper body forward and down toward the floor. Return to start and repeat.

### 6. ARM CURL (BICEPS)



Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles and position arms at sides of body.

Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.

# DOOR ATTACHMENT ANCHORING GUIDELINES

## IMPORTANT!

Please read the instructions below before using the Door Attachment and Resistance Cords.

- Before each workout, check for possible wear of the Door Attachment and Resistance Cords.
- Always perform general warm-up activities prior to performing Resistance Cord exercises.
- Perform only the exercises as shown in this chart or other Gaiam-produced informational resources.
- Avoid exposing the Door Attachment or Resistance Cords to rough or abrasive surfaces.
- Wear appropriate footwear while performing Resistance Cord exercises.
- Make sure the Door Attachment is secure between the door and jamb, and that the Resistance Cords are secure in hand before beginning each exercise.
- Always exhibit proper body alignment and posture, as shown in the exercise guide, while performing exercises.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that causes discomfort.
- Consult your physician before beginning any type of exercise program.

## ANCHORING GUIDELINES

1.



Place “plugged” end over top of the door or through hinged side of door (depending on the exercise) and close door tightly.

2.



Pull on strap to ensure that it is secure before starting each exercise.

### HIGH POSITION



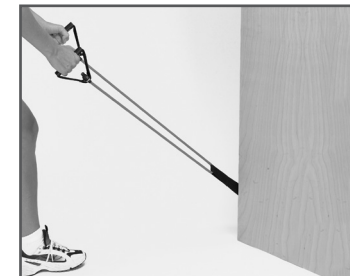
Over top of door

### MID POSITION



Between top and bottom door hinge

### LOW POSITION



Below bottom door hinge