



PILATES DOOR KNOB ROPE EXERCISER

FITNESS GUIDE

IMPORTANT!
REMEMBER TO READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

CAUTION:

- Before use, check for wear or damage to the Door Knob Exerciser.
- Do not use if your product is worn or damaged.
- This is not a toy. Keep out of reach of children.
- Exercises should be done in a SLOW and CONTROLLED manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

INSTRUCTIONS

- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform the movements with confidence. Then begin exercising with the product.
- Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetition and slowly work your way up to the desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

	PROPER	<p>The Door Exerciser contains two pulleys. One side of the pulleys has one handle. The other side of the pulleys has four handles. Attach the side with one handle to the outside door handle.</p>
	PROPER	<p>Separate the handles into two groups, left and right.</p>
	PROPER	<p>(Laying down) Insert left foot and left hand into left handles; follow by inserting right foot and right hand into respective handles.</p>

LEG LIFTS

	START	<p>Insert left foot and left hand into left handles; follow by inserting right foot and right hand into respective handles.</p>
	END	<p>Lift left leg towards ceiling while pulling down left hand. Hold for one second and return to starting position. Switch between left and right legs for 10-15 repetitions each.</p>

Muscles Utilized: Quadriceps, Hamstring, Lower Gluteus

LIMITED WARRANTY

For products purchased in the United States:

EB Sport Group (referred to as the "Warrantor"), will repair or replace this product with new or refurbished parts or product, at Warrantor's sole option, free of charge, in the U.S.A. in the event of a defect in materials or workmanship for one (1) year from the date of original purchase.

IF THE UNIT IS RETURNED FOR SERVICING, ENCLOSE \$7.50 FOR POSTAGE AND HANDLING. SEND YOUR UNIT INSURED TO OUR SERVICE DEPARTMENT.

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For product purchased in the UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights.

LOWER ABDOMINAL LEG RAISES

	START	<p>Begin with legs (together) on the ground and hands in the air.</p>
	END	<p>Pull hands to the ground while simultaneously raising legs to the ceiling. Initiate movement of legs with abdominals. Hold form for one second and return to starting position. 15-20 Repetitions recommended.</p>

Muscles Utilized: Quadriceps, Lower Abdominals