

CHEST PRESS

Pectorials, Triceps



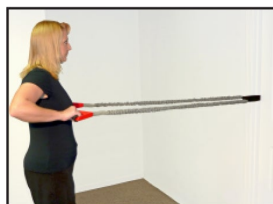
With Door Anchor inserted properly into locked door hinge and Fit Cord™ looped into Door Anchor, stand with back to the door and grab a handle in each hand.

Your hands should be positioned at your chest, elbows up and palms facing down.

Press the handles forward and together at the same time. Return slowly, being careful not to go past your shoulders.

LATERAL PULL

Lats, Triceps, Pectorals



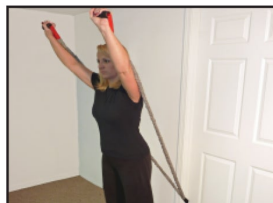
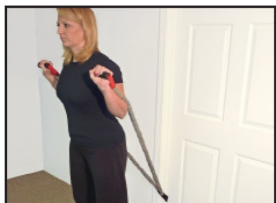
With Door Anchor inserted properly into locked door hinge and Fit Cord™ looped into Door Anchor, stand facing door and grab a handle in each hand.

Your hands should be positioned just below your chest and extended in front of your body, thumbs facing up.

Pull the handles forward your chest and turn handles so that palms are facing down, elbows up. Return slowly to start position and repeat.

SHOULDER PRESS

Deltoids, Triceps



With Door Anchor inserted properly into locked door hinge and Fit Cord™ looped into Door Anchor, stand with back to door and grab a handle in each hand.

Your hands should be positioned just under shoulders, palms facing forward, elbows down.

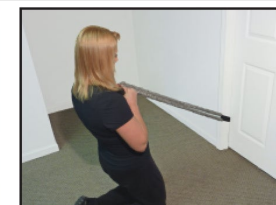
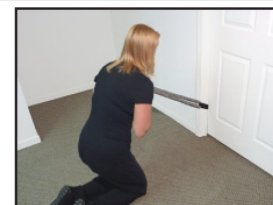
Press the handles up over your head and slightly forward. Return slowly to start position and repeat.

Glutes, Lower Back

LOWER BACK PULL

With Door Anchor inserted properly into locked door hinge and Fit Cord™ looped into Door Anchor, kneel facing door gripping handles close to your chest and leaning forward.

Slowly lean back pulling on the band for resistance and maintaining grip at chest. Return slowly and repeat.



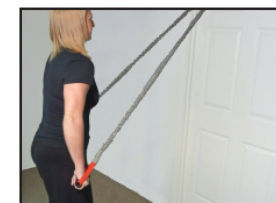
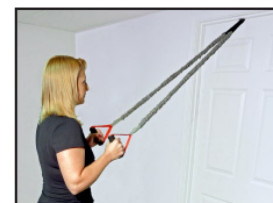
Triceps

TRICEP EXTENSION

With Door Anchor inserted properly into locked door hinge and Fit Cord™ looped into Door Anchor, stand facing door and grab a handle in each hand.

Your hands should be positioned at your chest with thumbs facing up and elbows at side.

Slowly extend arms straight down to your sides turning handles so palms are facing back. Slowly return hands to start position and repeat.



HOW TO USE DOOR ANCHORS

BASIC DOOR ANCHOR



Open the door and insert the anchor thick side first on hinge side of the door.



Next, close and lock the door. Then, pull on the door anchor to ensure that it is secure.



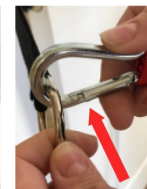
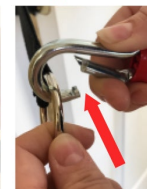
Slide the Fit Cord™ handle through the opening.



Finally, slide the band until both sides are equal.

DOOR HINGE ANCHOR

When attaching the Spring Clip to the handle or Fitness Cuff D Ring be certain the Spring Clip Gate is fully closed before stretching the FitCord Resistance Band.



LATERAL EXTENSION *Deltoids*

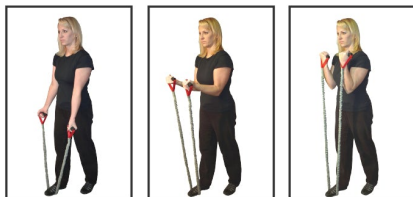


Step on the tubing so that it rests underneath the arch of your foot, and firmly grip the handles while maintaining a slight bend in the knees.

Starting position: Hands straight down at sides with a slight bend at elbows.

Action: Slowly lift arms up and away from body in a smooth, fluent motion, keeping palms down toward floor until arms are approximately parallel with floor. To reduce the amount of stress on the shoulder, avoid raising the arms above shoulder level. Pause briefly, then slowly lower arms back to sides.

BICEP CURL *Biceps*



Step on the tubing so that it rests underneath the arch of your foot, and firmly grip the handles while maintaining a slight bend in the knees.

Starting position: Arms are extended at sides of body with palms facing forward. Knees are slightly bent. For best results, a small amount of tension should be felt in tubing prior to start of exercise.

Action: Bend arms raising bands up to shoulders. To properly target the bicep, keep your upper arm still during this movement. Pause briefly when hands are at or near shoulders. Finish exercise by lowering hands back to starting position in a controlled manner.

LATERAL EXTENSION *Triceps*



Stand with tubing securely positioned under the arch of the foot on the same side as the arm to be exercised.

Starting position: Stagger legs, placing leg with tubing 12 to 18 inches in front of back leg. Torso should have a slight forward lean of approximately 30 to 45 degrees. Tubing is firmly grasped with palms facing toward body and hands even with thighs.

Action: Maintain forward lean and while keeping elbow straight extend arm backwards. Hand should not contact thigh or buttocks as it moves. When desired tension is felt in the triceps and rear deltoid, pause briefly, then lower arm back to starting position.

FRONT SHOULDER *Deltoids*



Place tubing under arch of front foot in staggered stance and soften knees.

Grip the handles, palms facing thighs, arms extended directly under shoulders.

Lift both arms up and forward in front of body, chest and shoulder high. Keep wrists firm and elbows soft. Pause briefly, then return arms to start position.

TIPS



Place cord under one foot for less resistance workouts.
*Be Certain the FitCord is securely positioned in the arch of the foot before stretching the resistance band.



Place cord under both feet for more resistance workouts
*Be Certain the FitCord is securely positioned in the arch of the foot before stretching the resistance band.



ULTRA LIGHT 3 LBS (PERFECT FOR REHAB)

VERY LIGHT 7 LBS

LIGHT 12 LBS

MEDIUM 18 LBS

HEAVY 25 LBS

VERY HEAVY 40 LBS

ULTRA HEAVY 55 LBS (MUSCLE BUILDING)

Consult your Physician before beginning any regular exercise. Examine your FitCord™ and Door Anchor for any defects, cracks, cuts, tears, or imperfections before use-**EVERY TIME**. If there are any flaws, stop using the cord immediately and contact FitCord Fitness LLC.

Do NOT use FitCords for any other use than exercise. Warm up before starting any exercise routine. Use FitCords only as Directed. Children below the age of 16 use only under supervision of an adult.