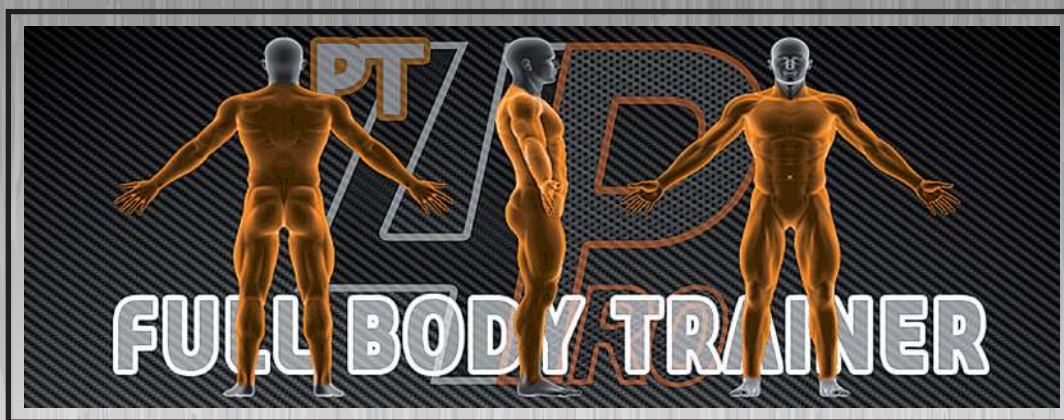


User Manual



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1. *Box contents*



In the box you will find the PT4Pro® suspension trainer, which consists of 2 hand grips, 1 anchor line, 2 in height adjustable attachment lines, 1 storage bag and a manual. The manual lists all the basic guidelines plus some examples of exercises to help you get the most out of your workout.

More exercises can be found at: www.pt4pro.nl/exercises.





2.1 Attach to door

The PT4Pro® can be used in a number of ways. The PT4Pro® can be attached to a doorpost, a strong tree trunk, fastened to the wall, fastened to the ceiling, etc. It is important that the object that you choose for attachment is strong enough to hold your weight. Fasten the PT4Pro® at a height between 200 to 230 cm.

Make sure the anchor element of the PT4Pro®'s anchor line hangs behind the door (see Example 1). The bag covering the last hook is meant to protect the door from being damaged (see Example 2). Then close the door and pull the PT4Pro® making sure there is no slack. Next, connect the attachment lines to the rings at the required height. Attach the handles to the attachment lines.

Optional: you can hang the warning sign on the door handle on the other side of the door. Now the workout can start.



Example 1



Example 2

2.2 Attach to tree

Wrap the anchor line around the tree and click it into one of the adjustable rings (Example 1). Then close the protective cover to prevent damage to the tree (Example 2). Trees with a diameter between 20 and 30 cm are best for workouts with the PT4Pro®.

Example of attachment to a tree trunk:



Example 1



Example 2

2.3 Attach to truss rack/horizontal bar

Pull the end of the PT4Pro® (last hook with protective cover) behind the truss rack/horizontal bar.

Pull the hook forward at the top and attach it to one of the rings (see Example 1 and 2). Now the workout can start.

Example of attachment to a truss rack/horizontal bar:



Example 1



Example 2



3. Adjust length

In order to shorten the PT4Pro® you can attach the attachment lines higher on the rings of the anchor line. The PT4Pro® can be shortened with the attachment lines that are adjustable in height.

In order to lengthen the PT4Pro® you can attach the attachment lines lower on the rings of the anchor line. The PT4Pro® can be lengthened with the attachment lines that are adjustable in height.



Example 1



Example 2

4. Basic guidelines exercises (easier, harder, etc)

1. Make sure the PT4Pro[®] is correctly fastened. Always check this before starting with a new exercise.
2. Start in a limited angle position (for less intensity) in order to master the exercise (see example 1).
If the repetitions are easy to do you can change the angle to increase intensity.
3. Set a goal and choose the corresponding repetitions.
4. Make sure that the muscles that have been trained get enough rest between sets.
5. Try to do these exercises twice a week.

Objective	Repetition	Sets
Strength workout	6 to 8	2 to 3
Muscle build-up	8 to 12	2 to 3
Muscle tone 12	12 to 15	1 to 2
Fat reduction	15 to 20	1 to 2



Example 1

5.1 Chest exercises



Stand below the attachment point and hang forward (see Example 1). Make sure the arms are in a 90-degree angle and then crouch down (see Example 2). Make sure your hands are not behind your chest.

Tip! The greater the angle in starting position, the higher the intensity of the exercise.



Example 1



Example 2

5.2 Abdominal exercises

Lay flat down on your back with the PT4Pro® at knee height at approx. half a meter from the floor. (see Example 1). Next, take the handles and press your chest forward. Slowly get up using your arm and abdominal muscles (see Example 2). Make sure your back does not touch the floor during repetitions to keep tension on the abdominal muscles.

Tip! Try to increase the intensity of the exercise by using your arms less. The closer your feet are to your buttocks, the harder the exercise will be.



Example 1



Example 2

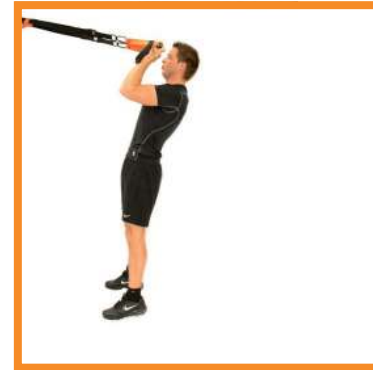
5.3 Biceps exercises

Take both handles and lean backwards (see Example 1). Start with your arms stretched and then move forward until your hands are at head height (see Example 2). Make sure the upper arms are at the same height as your nipples.

Tip! During the exercise try to keep your arms slightly bent to prevent them from overstretching and to keep tension on the biceps.



Example 1



Example 2

5.4 Triceps exercises

Take both handles and step back until your feet are at the same height as the attachment point. Continue to hang forward and make sure the arms remain slightly apart (see Example 1). Then bend the elbows until your hands are behind your back (see Example 2). Return to starting position.

Tip! Keep your shoulders down during the exercise.



Example 1



Example 2

5.5 Back exercises

Take both handles and lean back (see Example 1). Start with the arms stretched and pull your forearm in a line backwards until the forearms are at nipple height (see Example 2).

Tip! The greater the angle in starting position, the higher the intensity of the exercise will be.



Example 1



Example 2

Stand sideward at approx. 1.5 meter from the attachment point. Spread your legs a little bit. Now hold 1 hand alongside your body and stretch the other arm over the cable. Move your hand downwards along the cable and stretch it as far as possible in the direction of the floor.

Tip! To increase intensity, reduce the distance to the point of movement.



Example 1

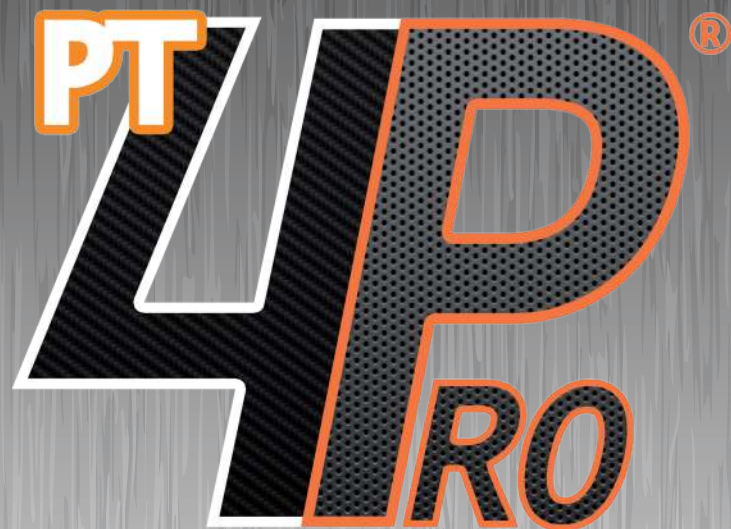


Example 2



PT4Pro® cannot accept any responsibility or liability for direct, indirect, incidental, specific or consequential damage, costs and claims of any nature that are the result of neglecting to follow the correct guidelines for suspension training as mentioned in the manual of PT4Pro®. PT4Pro® cannot guarantee any results to be achieved by using the PT4Pro®.

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www.pt4pro.nl

A thick, orange, curved swoosh that starts on the left and tapers off to the right, positioned below the website address.