

# Training guide for elastic rope harness

## ● Product advantage

The hottest word in the strength and conditioning industry today is functional training. This training method focuses on developing strength in the movement, not just muscle strength. Developing strength through exercise and skill training, rather than individual muscle training, is known as neuromuscular efficiency - the ability of the body to move as a whole. This advanced form of training, which reduces injuries and improves performance, has been used in many professional sports groups.

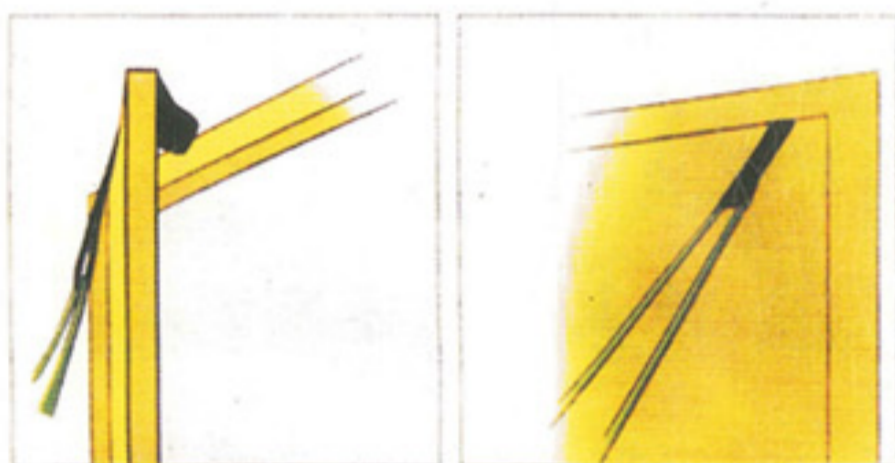
Elastic rope color is made of imported natural latex, elastic uniform and lasting, easy to carry, can make a lot of training movements.

Compared to elastic belt, elastic rope is more professional, more accessories are available, and it can achieve greater resistance. In addition, the elastic band is very thin, so it is easy to be scratched, elastic rope is a latex tube, the surface area is small, not easy to scratch, the service life is longer. It is recommended that the friends who love sports choose elastic rope as their primary fitness equipment.

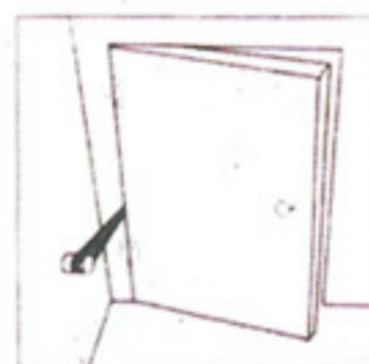
Product material: natural latex, environmental protection ribbon, iron gourd hook.

Resistance description: the resistance marked in detail is the maximum resistance under 3 times the tensile rope. General normal fitness can not reach the maximum. Different height, the use of force is also different. Multiple pieces are recommended to be used together to increase resistance. Pull rope can contact customer service to buy separately.

## ● Combined with door buckle, door training method



1. Open the door, place the door buckle above the edge of the door, the cylindrical sponge facing the outside, the other end facing the inside;
2. Lock the door tightly (to prevent the family from opening the door from the outside to avoid loosening the rope while training);
3. To pass a pull rope through a door buckle ribbon;
4. Buckle up the pull rope handle;
5. Test whether the tension rope is firmly installed and moveable.
6. The direction of the recommendation is the same as the direction of the door!



! If the door is not strong enough, it is highly recommended to put it in the door closure (door shaft), as shown in the figure above.



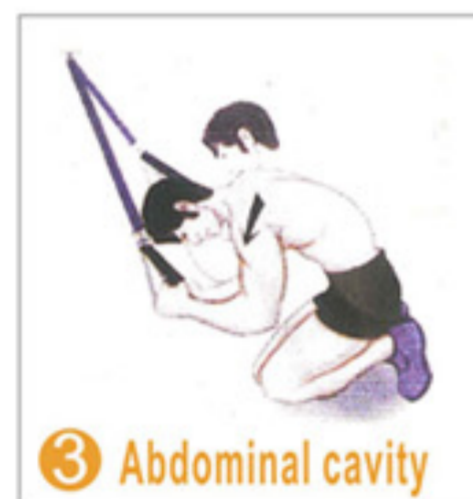
① Small arm

Action: arm bending exercise  
Key points: this action can also practice wrist force! (wrist training only needs to swing the wrist)



② Triceps brachii muscle

Action: rowing practice  
Key points: straighten your arms and pull your hands down to the back of your buttocks.



③ Abdominal cavity

Action: kneeling abdomen  
Key points: keep your arms, shoulders and other parts motionless, using the strength of the waist and abdomen.



④ The triceps

Action: sitting triceps brachii expansion  
Key points: the body remains motionless, only need to stretch the small arm, elastic rope requires less strength. (recommended for girls with thin arms)



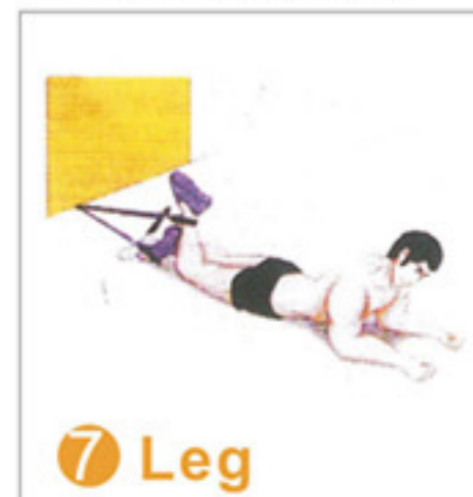
⑤ Chest

Action: chest clamping exercise  
Key points: two hands with rope on both sides of the body, palms opposite, hands to the chest arc close, until both hands touch each other.



⑥ Oblique muscle

Movements: abdominal (lateral twisting) exercises  
Key points: keep your body motionless, just twist from inside to outside with the strength of your abdomen and waist.



⑦ Leg

Action: lying on your stomach and lifting your legs  
Key point: the body lies down on the mat, connects the elastic rope with the foot buckle, and raises the calf upward.



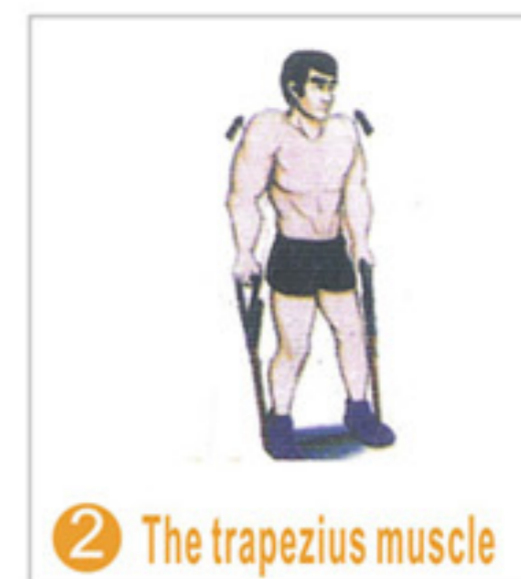
⑧ Buttocks

Action: rear kick  
Key points: put your hands on your waist, keep your body upright, kick your legs and keep your legs straight.



① The biceps brachii

Action: dumbbell type  
Key points: slightly tilt your body, hold the handle in your right or left hand, and bend your arms in the middle of the pull rope on one foot.



② The trapezius muscle

Action: shoulder shrug practice  
Key points: adjust the width between your feet so that you can adjust the strength of the elastic rope and keep your arms straight, as shown in the figure with the help of the strength of the shoulder



③ The deltoid

Action: standing shoulder lift  
Key points: stand with feet parallel in the middle of the rope, grasp the elastic rope handle with both hands and lift it up to the jaw at the same time.



④ Pectoralis major, triceps humerus

Action: push up  
Key points: put the word rope on your back, fix the sponge's handle in the palm with both hands, and then do push ups



⑤ The deltoid

Action: side lift  
Key points: stand with your feet back and forth or parallel, step on the rope at your feet, hold the handle in both hands on both sides of your body, when the elbow joint and shoulder stop at the same time, inhale back to the original position.



⑥ Leg

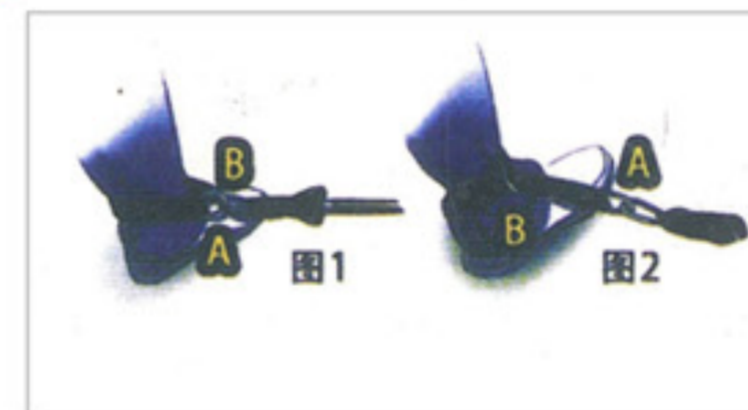
Action: squat  
Key points: keep your feet shoulder width apart, hold the handle in both hands and squat down until your thighs are parallel to the ground, stand straight and lift your hands up to your arms.



⑦ Leg

Action: lunge  
Key points: stand with your feet back and forth, squat until your front feet are parallel to the ground, pull up the rope with your hands and put it on your shoulders, keep your upper body upright or lean forward slightly to return to the original position.

## ● How to use multi-functional buckle



We call the d-buckle on both ends of the buckle **A** and **B**

Method 1: wrap d-buckle a around the ankle, meet d-buckle B, and hook a and B with the hoist hook of elastic rope at the same time. (as shown in Figure 1)

Method 2: pass d-buckle a around the ankle and through d-buckle B, and hook a directly with the hoist hook of the elastic rope. (as shown in Figure 2)

The use method of accessories can be designed by yourself under the condition of ensuring safety.

## ● Maintenance and precautions of elastic rope

**Special attention: do not expose to the sun! Do not use in warm water! Do not touch sharp objects!**

**Warm tip:** the characteristics of natural latex is that the surface will turn white and yellow after a period of use, which is also known as "frost spray" in the industry. This is a normal natural phenomenon and will not have much impact on the use of elastic rope and the performance of elastic rope. Please feel free to use it.

**Maintenance method:** store in the dark place after use!

1. Regular inspection: regularly check the integrity of elastic rope, find out the hidden danger of elastic rope in advance, and prevent the occurrence of danger. When the elastic rope is damaged, cracked or the handle's fabric is damaged, please replace it with a new elastic rope
2. Keep clean: clean the elastic rope after the training. Do not let the elastic rope contact with alcohol, gasoline, kerosene, rubber water and other chemicals.
3. Fixation: fix it on a solid object with a special fixing belt. When using the door buckle, make sure that the gap of the door will not let the door buckle slip. Do not fix the elastic rope on sharp objects.
4. Extension limit: the extension length limit of elastic rope is 6-8 times, which is recommended to be used within 3 times.