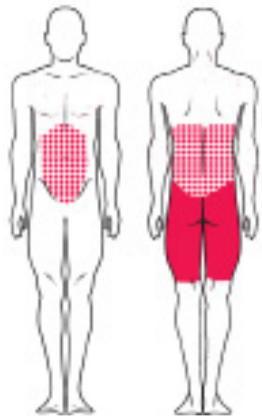


Bridge



Place the strap on one ankle about 30 cm above the ground. Lift pelvis up so the hip is straight. Return to starting position.



Triceps Press



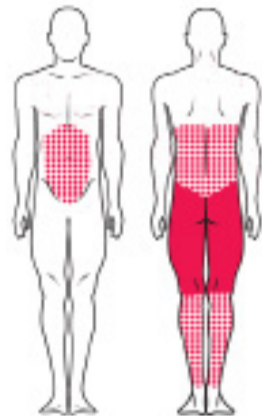
Place the straps at desired height. Lean forward as far as possible by flexing shoulders. Then flex elbows. Press hands into straps to return to starting position.



Hamstring Pull



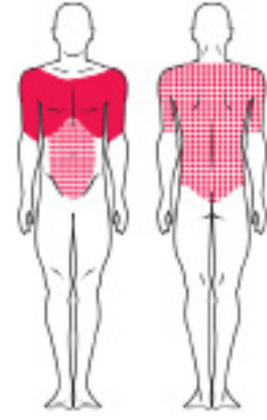
Place the straps under the heels about 30 cm above the ground. Lift pelvis up so the hip is straight. Flex knees and hips by pulling heels as far as possible towards buttocks.



Push-up Plus



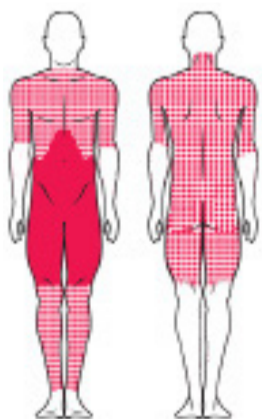
Lower the ropes to desired height and do push-up. Protract shoulders (make arms long) when arms are straight. Avoid touching ropes for support.



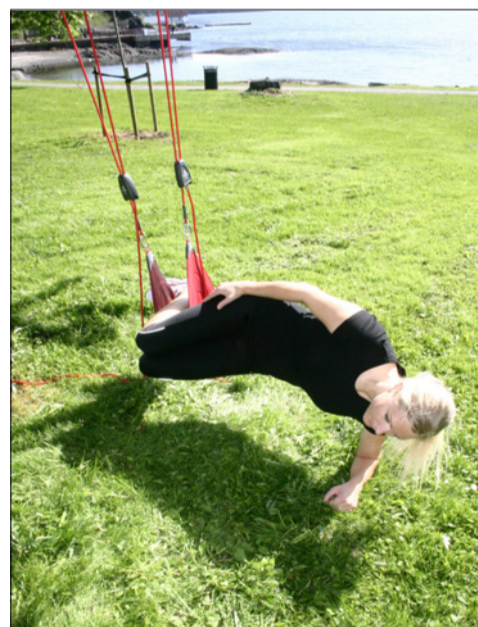
Dynamic Crunch



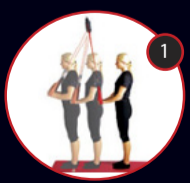
Lie on the elbows with the feet in straps. Lift pelvis up so the body is straight. Flex hips by pulling knees towards the chest as far as possible.



Side-Lying Hip Flexion

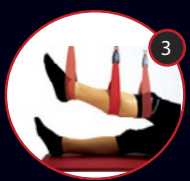


Lie on the side with a wide sling placed about 30 cm above the ground. The upper body should be supported by laying on the forearm. Lift pelvis up from the ground until the body is straight. Pull your knees towards the chest.



All exercises can be adjusted to be easier or more difficult by combining the following elements:

1. Alter your position according to the suspension point
2. Adjust the height of the straps
3. Change the placement of the straps



How to train efficiently:

Start the workout on a level where the exercises can be performed correctly. Gradually increase the load as strength gains occur. Important:

- Keep your back straight at all times
- Do 4-6 repetitions and 3-4 sets of each exercise
- Do the exercises slowly and controlled