

# XTX

PRO SUSPENSION TRAINER



## Welcome to XTX Suspension Training

This short book is your intro to the fundamentals of total body training with a suspension trainer. This booklet gives you the basics to get started. Before you start, please view the safety guidelines and the instructions for setting up and anchoring your trainer. They will teach you how to properly mount and adjust your trainer for maximum safety and the highest longevity in the life of your product.

The program builds balance, flexibility, strength, and burns fat. You control the intensity of your workout. By adjusting your center of gravity, you can either have a light and easy workout or an extreme body building experience. Whether you're a pro athlete preparing for the next game or just want to get back into shape, the XTX Suspension Trainer will help you achieve your fitness needs.

## Important Safety Guidelines

Carefully read all of the configure and setup instructions provided in this guide.



Consult your physician before beginning this or any other exercise program.

**Follow these tips to maximize the longevity of your XTX Trainer. Correct use and storage can keep your trainer from wearing too soon or even prevent a possible break, which could easily lead to injury.**



Protect your trainer from damage from the elements. Store away from sunlight, moisture, or extreme temperatures.



Don't attach your trainer to a sharp anchor point such as door hinges, beams with corners, etc. This helps to avoid weakening or cutting the nylon.



Don't saw or use your trainer like a pulley. If the yellow color nylon begins showing through the black stabilizing loop, replace immediately.

**Before using the trainer at any time, be sure to:**



Inspect for wear or damaged parts. Do not use if you notice any kind of tear. Do not exercise on slippery or inclined surfaces.



Use a sturdy and secure anchor point and make sure it can hold up to your body weight. Test this by attaching your trainer and pulling down on it.

**Failure to follow these instructions could result in injury. The user assumes all liability and risk of injury from use of this product.**

**Stay fit, have fun, and always be safe!**

## Setup and Anchoring Guide

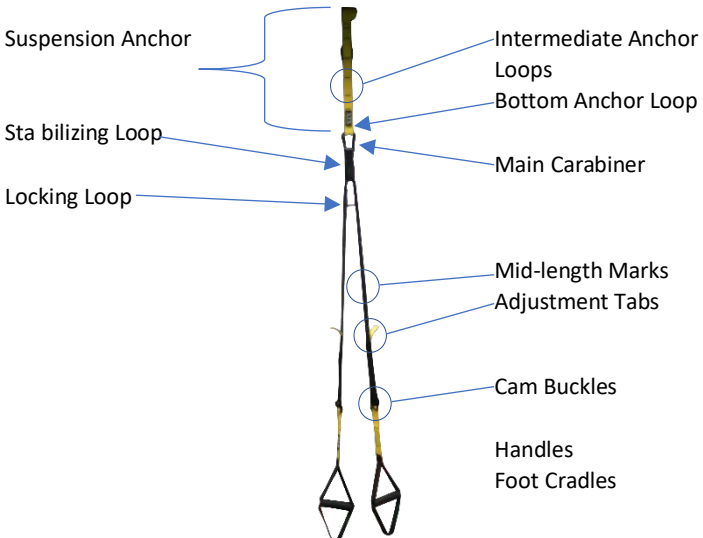
Your XTX Trainer can be used inside or even outdoors. For a total body workout and full range, choose an area that is at least 8' long and 6' wide. Remember to choose a flat, non-slip area.



Attach your trainer to a strong and sturdy anchor point that will support your bodyweight such as weight racks, trees, fences, beams, bay mounts, railings, sailboat masts, or doors (using the included door anchor accessory). You can

purchase other anchoring accessories to suit the needs or goals of specific users or even training groups.

## Complete Overview of XTX Suspension Trainer



# How To Anchor Suspension Trainer

Choose a secure anchor point 7-9 ft. off of the ground that is strong enough to support your own bodyweight.

## 1. Attach Trainer to Anchor



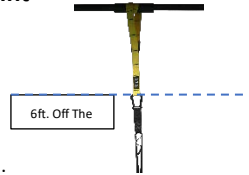
Clip Main Carabiner to the bottom anchor loop of the yellow suspension anchor (just below the black Trainer Suspension badge).



Do NOT clip Main Carabiner directly into one of the intermediate anchor loops of the suspension anchor; doing so may weaken the stitching.

## 2. Attach Suspension Anchor to Anchor Point

Wrap the suspension anchor around your anchor point as many times as is necessary to ensure that the bottom of the anchor hangs at about 6 ft. off the ground. When attaching to smooth bars or poles, wrap the anchor around the support several times to prevent lateral sliding.



## 3. Adjust Suspension Anchor Length

For lower anchor points, shorten the anchor by wrapping around anchor point multiple times and clipping the carabiner in one of the anchor's intermediate loops.



For higher anchor points lengthen the anchor by clipping the carabiner around the anchor's yellow strap and cinch to set.

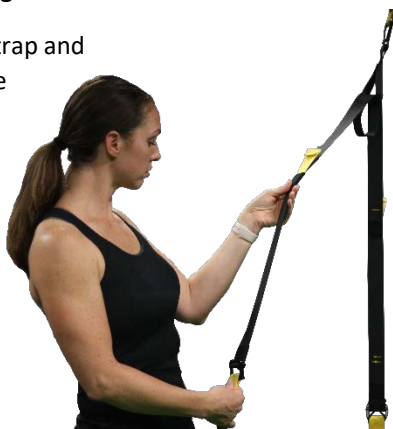


## How to Shorten or Lengthen the Trainer

To shorten, hold one strap and depress the cam buckle on the strap with your thumb and grab the yellow adjustment tab with your other hand.

At the same time, press the cam buckle and push the tab up along the strap.

Repeat this on the other strap.



To lengthen, simultaneously depress both cam buckles and pull downward, away from anchor point.

Make sure that the trainer straps are not twisted before adjusting.

## How to Place Your Feet in the Trainer's Foot Cradles

Make sure the trainer is adjusted so that the bottom of the cradles are at mid-calf level, about 8 inches off the ground.

### Heels In (Face-Up Exercises)



1. Sit facing the trainer and hold each foot cradle between your thumb and index finger.



2. Roll backward and place both heels into cradles at the same time.



3. Press down with heels and extend legs.

### Toes In (Face-Down Exercises)



1. Sit facing the trainer.



2. Place right foot, toes-first, into the left cradle. Now, cross your left foot over the right and place into the right cradle.



3. Roll your body over to the right into a plank position, allowing your feet to rotate inside the foot cradle.





## How To Configure Trainer for Single Handle Mode

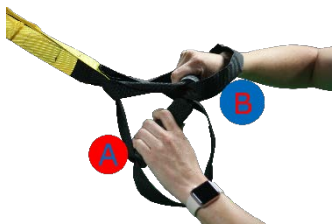
To perform exercises on one side, configure your trainer to use a single handle.



1. Hold handle A on top of handle B.



2. Pass handle B through the triangle-shaped webbing of handle A. Switch hands.



3. Repeat by passing handle A through the triangle-shaped webbing of handle B. Switch hands.



4. Pull handle A towards you to lock. When finished, the handles should look like this.

## How To Change Intensity of Workout

### Change The Angle of Your Body

To make standing exercises harder, use a steeper angle by moving your feet in closer to the anchor point. For easier exercises, position your feet farther away from the anchor.



## How to Make Exercises Harder or Easier

### Widen or Narrow Your Feet for Support

Increase difficulty by putting your feet closer together, standing on one foot while extending the other forwards, backwards, or to the side.



Easier



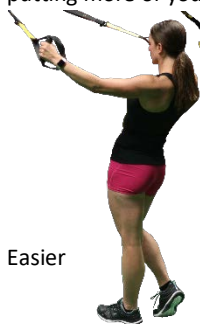
Medium



Harder

### Offset Your Feet

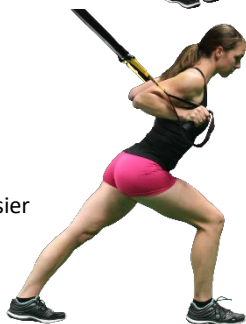
Make standing exercises easier by positioning one foot forward slightly and putting more of your body weight on that foot.



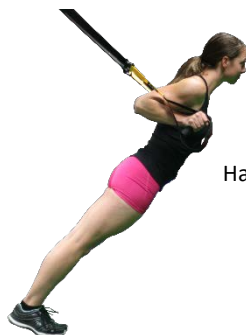
Easier



Harder



Easier



Harder

## How to Make Exercises Harder or Easier (continued)

### Change Your Starting Position

For harder floor exercises, position your body farther from the anchor point at the beginning of your exercise

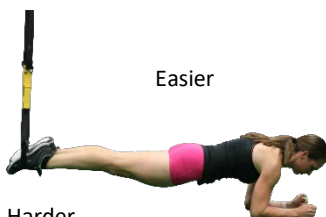


Easier



### Change Your Center of Gravity

To increase difficulty of floor plank exercises, support your body with your hands like in a push-up. For easier exercises, support yourself with your forearms flat on the ground.



Easier



Harder

## Do's and Don'ts

### MAINTAIN GOOD POSTURE



Engage your core and keep your hips, shoulders, and ears aligned at all times.

### KEEP TENSION ON THE TRAINER



The straps of your trainer should never have slack during exercises. Always keep tension.

### NO SAWING



The trainer is not a pulley. Don't perform sawing motions, always keep equal pressure on both straps.

### NO RUBBING



Don't allow straps to rub against your arms. This causes discomfort as well as ineffective training. Move hands higher to prevent rubbing against the trainer.

## Understanding Trainer Adjustment Lengths For Different Exercises

Different adjustments of length are recommended for different exercises on the XTX Suspension Trainer. These lengths are explained below:

### **Long:**

Lengthen the trainer all of the way so that the bottom of the foot cradles are about “3” from the ground.

### **Mid-Calf:**

At this length, the bottom of the cradles should be at mid-calf level, about 8” from the ground.

### **Mid- Length:**

To position to mid-length, adjust the yellow tabs so that they are even with the double yellow marks located halfway up the black strap.

### **Short:**

Shorten the trainer as far as possible.

## **Program Overview**

This book is designed to give you a basic total body workout and introduce the benefits of training with the XTX Suspension Trainer. You will work your entire body and control the intensity of the workouts with just your body weight. The ability to easily adjust and transition from one exercises to your next allows you to finish your total body workout in 45 minutes or less.

### **Requirements**

This trainer is designed for all degrees of fitness, yes. But it also assumes that you are active, healthy, and free of injury.

### **Always Train Safely!**

Be sure to speak with your primary care physician or a health expert before using this trainer or starting this workout program. Always make sure your trainer is properly anchored and secure. Be sure to look for tears or damaged components. Failure to follow these guidelines could result in injury.

### **Instructions**

Perform two 30 second sets for each exercise. If you're performing one sided exercises, be sure to do 30 second sets for each side. Be sure to use the best "progression" for your fitness needs. If it feels to hard to complete a set, make it easier on

yourself by following the progression guides found earlier in this booklet. Rest 30 seconds following each set. Do this workout 2-3 times per week with at least 24 hours of rest between workouts.

### **How to Progress**

The difficulty of each exercises is completely up to you. This guide shows different progressions for each exercise. By adjusting your feet positioning or body at different distances from the anchor point, make each exercise the perfect challenge for you!

### **Workout Everywhere**

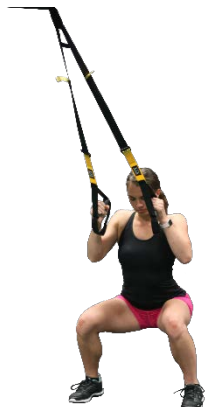
Take your trainer with you everywhere you go. Workout at the park, at work on your breaks, at a friend's house, on vacation, literally anywhere you want or need to.

## **XTX Training Total Body Workout Program**

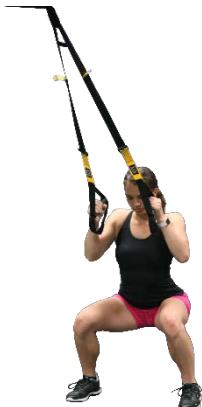
# Squat Series

## Progression 1 Squat

- Stand facing the trainer, elbows bent at sides
  - Lower tailbone towards ground
  - Keep knees in line with toes
  - Return to start position
- Keep weight on heels



## Progression 2 Squat With Jump



- Perform exercise with a jump at top of movement



## Mid-Length

### Progression 3 Single-Leg Squat Leg Down



- Stand facing the trainer, elbows bent at sides
- Extend right leg forward, heel on floor
- Lower tailbone toward floor
- Return to starting position
- Perform complete set, then repeat on other leg
- To increase intensity, use lighter grip on the trainer

### Progression 4 Single-Leg Squat With Hop



- Perform exercise with free leg extended and raised
- Add a hop at top of movement

# Sprinter's Start Series

## Progression 1 Sprinter's Start Both Feet on Floor

- Face away from trainer with straps under arms
- Walk back into 45° angle, step back into lunge with right leg
- Bring right leg forward and plant right foot next to left foot
- Perform complete set, then repeat on other leg
- Keep body aligned through movement



## Progression 2 Sprinter's Start Knee Up

- Perform exercise bringing rear knee up and forward
- To increase challenge, pause at "knee up" position



## Mid-Length

### Progression 3 Sprinter's Start With Double Hop

- Perform exercise by exploding into a double hop – first hop forward, landing on forward leg, then hop back to start position



# Hamstring Series

## **Progression 1 Hamstring Curl Heels Under Anchor Point; Hips Down**

- Lie face up, heels in foot cradles under the anchor point, hips down, arms at sides
- Curl heels to hips
- Slowly return to start position
- Press heels down throughout movement



## **Progression 2 Hamstring Curl Heels Under Anchor Point; Hips Up**

- Perform exercise starting with heels under anchor point and hips raised
- Do not let hips rest on ground between reps; keep knees at 90° and hips up at top of movement



## Length Mid-Calf

### Progression 3

### Hamstring Curl

Heels Slightly in Front of Anchor Point; Hips and Arms Up

- Perform exercise starting with heels slightly in front of anchor point, hips and arms raised



# Row Series

## Progression 1

### Back Row

**Medium Angle; Feet Offset**

- Face suspension trainer, offset feet, extend arms forward, and lean back
- Pull chest forward, squeeze back muscles
- Return to start position
- Switch forward leg halfway through each set



## Progression 2

### Back Row

**Deep Angle; Narrow Stance**

- Perform exercise with feet closer together and closer to anchor point
- Keep shoulders down and back throughout movement and arms at 45° from body at top of each rep



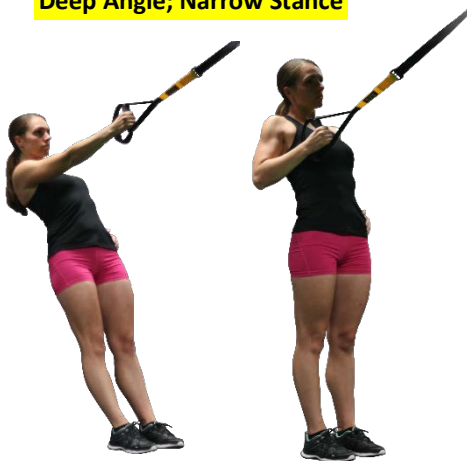
## Length-Short

### Progression 3 Single-Arm Back Row Medium Angle; Feet Offset



- Configure suspension trainer in single handle mode
- Face trainer, offset grab handle with left hand, extend left arm
- Lean back, place free hand on hip
- Pull chest forward, squeeze back muscles
- Return to start position
- Perform complete set, then repeat with other arm
- Switch legs halfway through set

### Progression 4 Single-Arm Back Row Deep Angle; Narrow Stance



- Perform exercise with feet closer together and closer to anchor point
- Keep core engaged and body aligned

# Chest Press Series

## Progression 1

### Chest Press

#### Wide Stance

- Face away from suspension trainer with feet beyond shoulder-width
- Lower chest in push-up motion
- Return to start position
- To keep straps from rubbing arms, lift hands slightly



## Progression 2

### Chest Press

#### Leg Extended to the Side

- Perform exercise with one leg extended to the side
- Switch extended leg halfway through set





## Length-Long

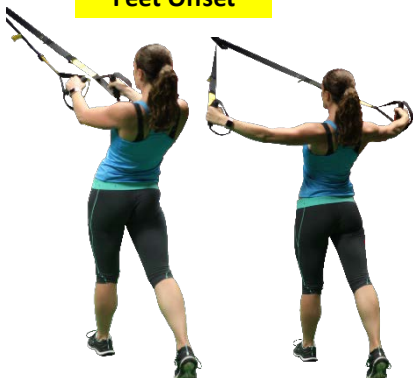
### Progression 4 Chest Press Deep Angle; Wide Stance

- Perform exercise at a deep angle and with feet beyond shoulder-width



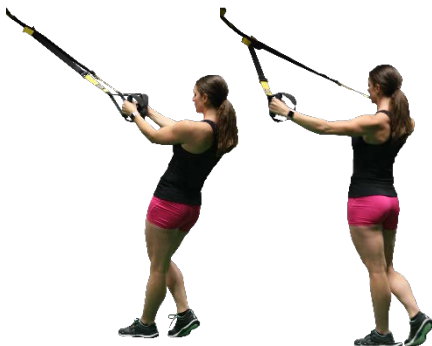
# Deltoid Fly Series

## Progression 1 T Deltoid Fly Feet Offset



- Face the trainer, offset your feet, find “end” T position [Right Image] then lean back into “start” position [Left Image]
- Draw body forward by pulling arms back into a T, shifting weight from rear leg to front leg; keep eyes on anchor point
- Keep tension on the trainer throughout movement; do not use momentum
- Return to start position
- Switch forward leg halfway through set

## Progression 2 T Deltoid Fly Feet Slightly Offset



- Perform exercise with feet slightly offset
- Switch forward leg halfway through set

## Mid-Length

### Progression 3 T Deltoid Fly Wide Stance

- Perform exercise with feet beyond shoulder-width



### Progression 4 T + Y Deltoid Fly Feet Together

- Perform exercise with feet together, alternating arms between T and Y positions



# Roll Out Series

## Progression 1 Standing Roll Out



- Face away from anchor point, feet at shoulder-width, extend arms forward, lean into suspension trainer
- Slowly raise arms overhead keeping body aligned as it moves forward
  - Return to start position
  - Do not bend arms

## Progression 2 Kneeling Roll Out Face Away From Anchor Point



- Face away from anchor point, kneel with feet under anchor point, extend arms forward
- Slowly lean forward keeping arms extended and back straight
- Return to start position

## Length-Long

### Progression 3 Kneeling Roll Out Face Anchor Point

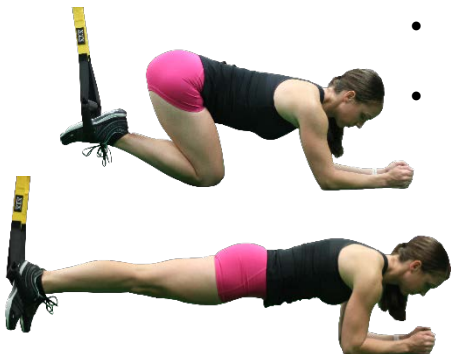
- Perform exercise facing anchor point with end point of hand position directly under anchor point



# Plank Series

## Progression 1 Suspended Plank On Forearms

- Place feet (toes down) in foot cradles under anchor point, knees and forearms on the floor
- Lift knees into plank position, hold
- Keep body aligned, do not let hips or back sag



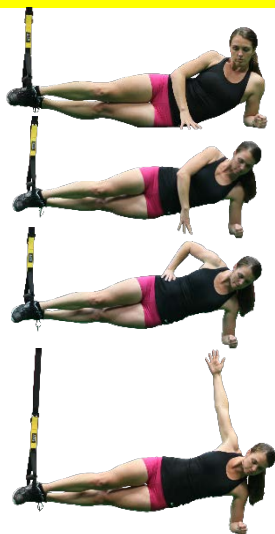
## Progression 2 Suspended Plank On Hands

- Perform exercise on hands



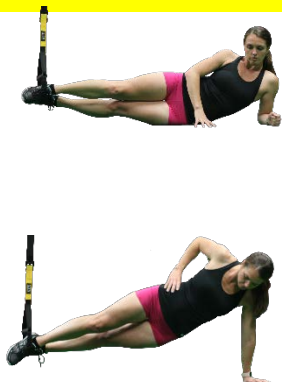
## Length Mid-Calf

### Progression 3 Suspended Side Plank On Forearm



- Lie on left hip and forearm, with toes in foot cradles under anchor point, legs offset, top leg forward
- Lift hips into plank position, hold
- Return to start position
- Perform complete set, then repeat on other arm
- Increase intensity by bringing free arm to hip, or raising free arm to ceiling

### Progression 4 Suspended Side Plank On Hand



- Perform exercise on hand



# Suspended Crunch Series

## Progression 1 Suspended Crunch On Forearms



- Place feet (toes down) in foot cradles under anchor point, assume plank position on forearms
- Lift tailbone and bring knees to chest
- Return to start position

## Progression 2 Suspended Crunch On Hands

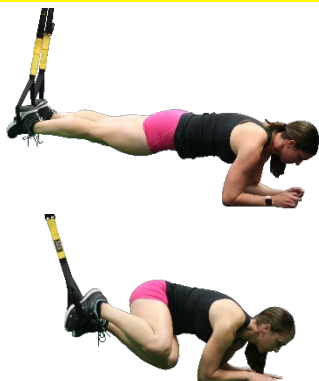


- Perform exercise on hands



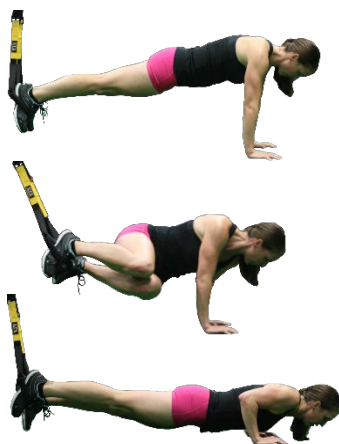
## Length Mid-Calf

### Progression 3 Suspended Oblique Crunch On Forearms



- Place feet (toes down) in foot cradles under anchor point, assume plank position on forearms
- Lift tailbone and bring knees to right elbow
- Return to start position, repeat bringing knees to left elbow

### Progression 4 Atomic Oblique Push Up On Hands



- Place feet (toes down) in foot cradles under anchor point, assume plank position on hands
- Lift tailbone and bring knees to left elbow
- Return to start position, perform a push up
- Lift tailbone and bring knees to right elbow
- Return to start position, perform a push up

# Flexibility Series

## Progression 1 Lower Back Stretch



- Stand facing suspension trainer, extend arms forward
- Bend at the hips and drop your tailbone toward the ground, knees lightly bent, hold
- Straighten left knee, rotate shoulders to left, hold
- Return to center
- Straighten right knee, rotate shoulders to right, hold
- Return to center
- Breathe deeply
- Keep back flat
- To increase intensity, lean into hip of straightened leg while flexing quad



## Mid-Length

### Progression 2 Long Torso Twist Stretch



- Stand facing the trainer, arms extended, cross right leg over left, turn hips to left
- Drop left hip toward the ground, let torso and arms rotate toward the trainer, hold
- Rotate chest to left, hold
- Rotate chest to right, hold
- Return to start position
- Switch legs and repeat
- Breathe deeply
- Adjust body position to release tight muscles



## Mid-Length

### Progression 3 Chest and Torso Stretch



- Stand facing away from trainer, arms in a T, feet offset
- Press chest forward, feel stretch in chest and arms
- Reach overhead with left arm, rotate chest to right, look back, eyes on right hand
- Tuck pelvis, reach overhead with right arm, rotate chest to left, look back, eyes on left hand
- Return to start position
- Switch legs and repeat
- Breathe deeply
- Press rear heel into ground, bend rear knee and contract rear-leg glute to stretch hip flexor and calf





**XTX**