

# TROUBLE ZONE TONING WORKOUT GUIDE

DX-1098N

**WARNINGS & GUIDELINES** Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect equipment for tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

**Warning: This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.**

## BICEP CURLS

### BICEPS

- Stand up straight with abs tight, knees slightly bent and feet facing forward on the middle of the cord.
- Hold handles using an underhand grip (palms facing away from you), hands positioned at thigh height.
- Keeping elbows close to your body, slowly lift the handles up towards your shoulders.
- Hold contraction at top for a count of two, then slowly extend arms back to the starting position.
- Perform 8-12 repetitions.

**Note: To decrease resistance, position just one foot on cord. To increase resistance, stand with feet apart.**



## USING DOOR STRAP

1. Slip one handle through the opening in the door strap (see diagram A).
2. Place the bulb end (see diagram B) of the door strap through an open door at the desired height. **NEVER USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS TOWARD YOU, ALWAYS USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS AWAY FROM YOU.**
3. Pull the door closed, locking the bulb end of the door strap on the other side of the door. **DO NOT ATTEMPT TO CLOSE THE BULB IN THE DOOR.**
4. Pull hard on the door strap to ensure it is locked into position prior to use (see diagram C).

Diagram A



Diagram B



Diagram C



## RESISTED CRUNCH

### CORE

- Secure the resistance cord to the top of the door using the door attachment.
- Kneel down on both knees with back facing door. Position yourself a few feet away from the door.
- Hold handles at shoulder height with elbows bent and tucked in.
- Slowly crunch forward away from door, keeping abs engaged the whole time.
- Return to the starting position.
- Perform 8-12 repetitions.



## OVERHEAD SHOULDER PRESS

### SHOULDERS

- Stand up straight with abs tight, knees slightly bent and one foot positioned in the middle of the cord, then step through with other foot so cord is positioned behind you.
- Begin the move with arms bent to 90 degrees, hands next to the ears, cords resting on back of arms. Palms should be facing down.
- Press arms straight overhead (do not lock elbows), then slowly lower back down to the starting position.
- Perform 8-12 repetitions.



## SEATED ROW

### BACK

- Secure the resistance cord to the side of a door just below chest level.
- Sit on the floor with your legs fully extended in front of you. Position yourself so there is some tension on the cord when you fully extend your arms forward.
- Hold the handles in each hand, arms straight out in front with the palms facing each other.
- Pull straight back, keeping your elbows close to your body. End the move once your hands are in line with your torso.
- Keep your shoulders relaxed and your back upright throughout the move.
- Return to the starting position.
- Perform 8-12 repetitions.



## BUTT BLASTER

### LEGS, GLUTES

- Start with your hands and knees with the resistance cord around the right foot. Cord should be positioned in the middle of your shoe.
- Hold the handles in each hand and begin the move with the right knee bent and foot flexed.
- Extend the right leg straight back, squeezing the glutes.
- Slowly return to the starting position.
- Perform 8-12 repetitions on each side.



## STANDING CHEST FLY

### CHEST

- Secure the resistance cord to the top of a door using the door attachment.
- Stand facing away from the door and hold the resistance cord handles in each hand.
- Position yourself far enough away so that you have tension on the cords.
- Begin the movement with the arms slightly bent, arms at shoulder height, and palms facing each other.
- Bring your palms together out in front of you, keeping the band stable. Do not lock the elbows.
- Return to the starting position.
- Perform 8-12 repetitions.



## FIREWALKER

### LEGS, GLUTES

- Place the loop around your calves and stand with legs hip-width apart.
- Squat down, keeping your knees in line with your toes.
- While squatting, step with your right foot to the side. You should feel the tension of the band as your stance becomes wider.
- Still squatting, step your left foot closer to your right while keeping the resistance band taut. The band should never become loose around your calves.
- Continue stepping to the right side for 8-12 steps while remaining in the squatting position.
- Perform 8-12 repetitions, this time leading with your left foot.



## WOOD CHOP

### CORE

- Secure the resistance cord to the base of a door using the door attachment.
- Stand with feet shoulder-width apart a few feet away from the door. Turn sideways so that your right shoulder is pointing toward the door.
- Squat down and reach your arms to your right side grabbing both handles of the cord.
- Slowly stand, twisting your core to the left, and pulling the cord up towards your left shoulder. Make sure to keep abdominals tight and arms straight.
- Return to starting position.
- Perform 8-12 repetitions then switch to the opposite side.



## QUICK KICK

### THIGHS, HIPS

- Place the loop around your calves and stand up straight with legs hip-width apart.
- With toes pointing forward, kick your left leg out to the side and up toward the ceiling.
- Throughout the move, both legs should remain straight and there should be no movement in the rest of your body.
- Perform 8-12 repetitions, then repeat with your right leg.



## TRICEPS PUSHDOWN

### TRICEPS

- Secure the resistance cord to the top of the door using the door attachment.
- Stand with feet together facing the door and hold the resistance cord handles in each hand using an overhand grip (palms facing down). Arms should be in a bent position, parallel to the floor.
- Keeping elbows close to your body, slowly push the handles down until your arms are fully extended. Your arms should be parallel with your body.
- Hold contraction for 2 seconds, then slowly bend arms back up to the starting position.
- Perform 8-12 repetitions.



Workout by Fitness EM LLC. Visit us at [fitnessem.com/workouts](http://fitnessem.com/workouts) for more unique fitness products & workouts.