



BODYTORC GUIDE

CARRY
BAG



DOOR
ANCHOR



SLINGS



HANDLES

EXTENSION
ARMS





3

SETUP

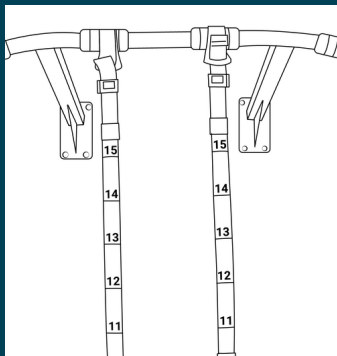
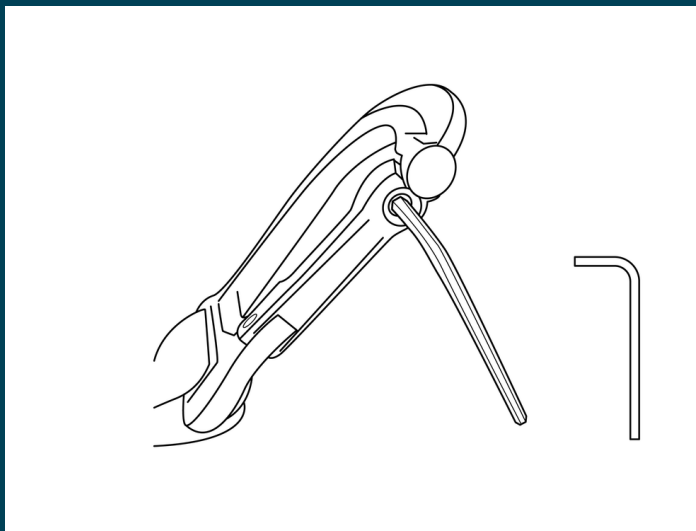
Unlock top carabiners using supplied hex key. Dispose of screw if not required.

Attach carabiners to a secure anchor or bar.

 Always set up in a safe space away from hazards with plenty of room on all sides.

 Regularly inspect straps for wear and tear.

 Not suitable for children.



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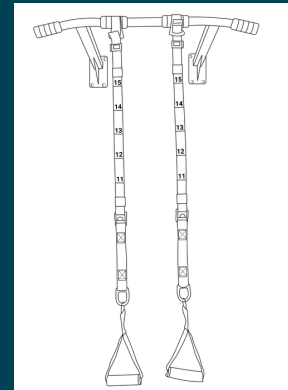
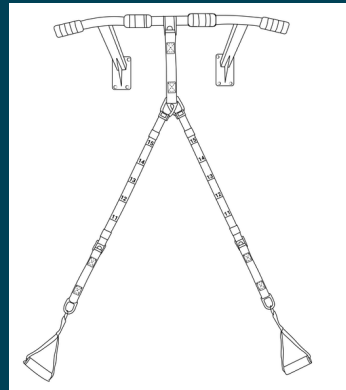
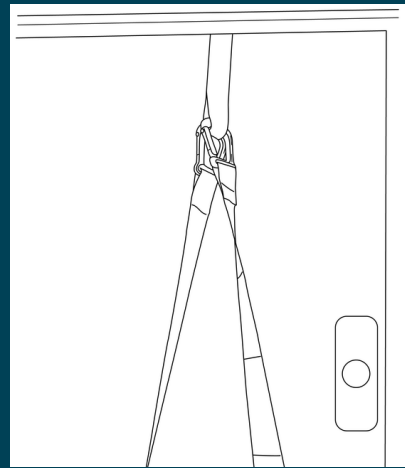
SETUP



If attaching to a door, ensure either it opens away from you or hang anchor near the door's hinges.

Setting up with separate arms allows for ergonomic parallel straps while attaching both arms to one extension allows you to spin around without the arms getting tangled.

For setup videos visit:
bodytorc.com



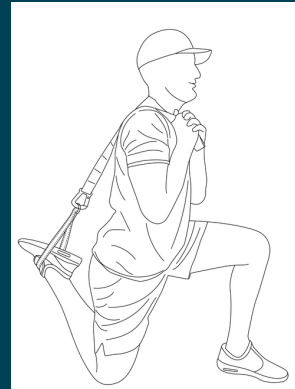
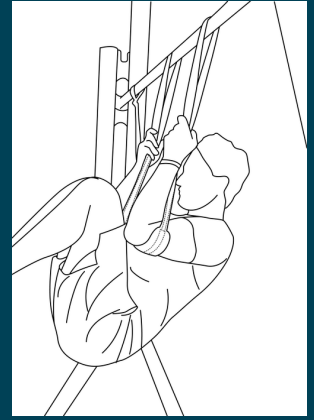
3 EXTENSION ARMS

Can be used to add extra length for high ceilings, beams or branches.

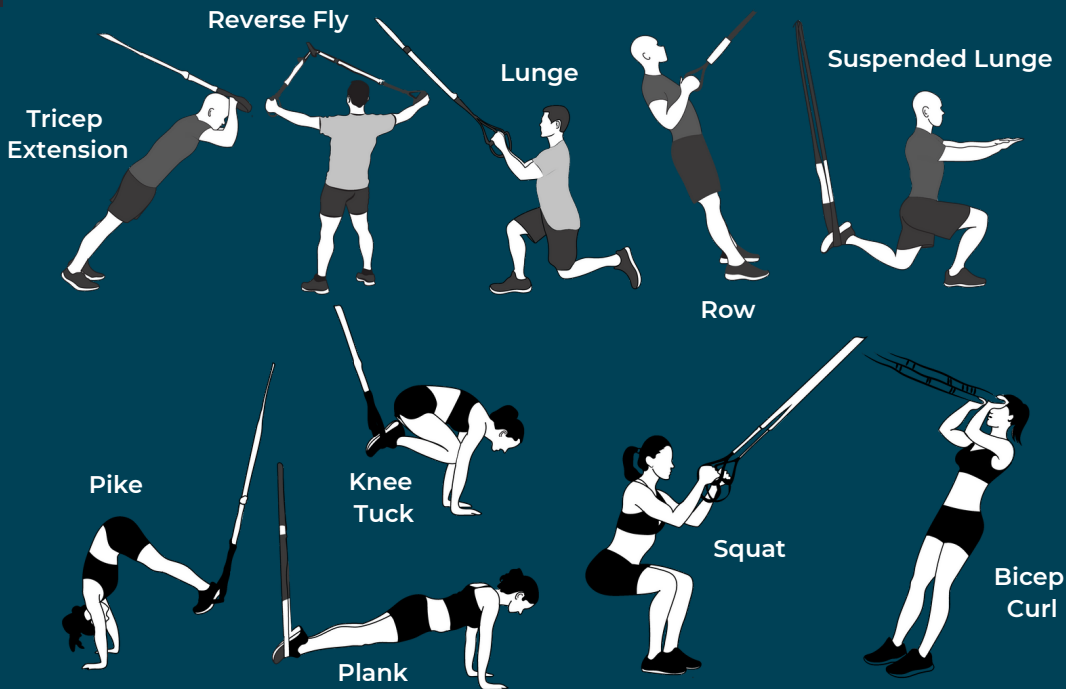
Use one extension to create a single anchor point.

Use them with foot slings to make hanging ab straps and really hit your core.

Combine with foot sling to make a stretching strap to stretch those hammies, quads and hips.



EXERCISES



For exercise videos and training plans go to

bodytorc.com

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TIPS

Adjust the strap length or your body angle to increase or decrease resistance.

To get stronger you need to keep doing more reps or adding more resistance.

Always engage your core, even if it isn't a 'core exercise'.

For best results, follow a training plan - ask and we'll send you one free of charge.

The secret to success is consistency. Make regular exercise a part of your life for the rest of your life.

For more information, exercise videos and training plans visit:

bodytorc.com

We recommend you consult a medical professional before starting an exercise program.

EXERCISE TRACKER

EXERCISE	REPS	STRAP NUMBER
Example 1) squat	1) 10 12	1) 8 10
2)	2)	2)
3)	3)	3)
4)	4)	4)
5)	5)	5)
6)	6)	6)
7)	7)	7)
8)	8)	8)
9)	9)	9)
10)	10)	10)
11)	11)	11)
12)	12)	12)

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