



# BODYTORC GUIDE

[www.bodytorc.com](http://www.bodytorc.com)





# 3

## SETUP

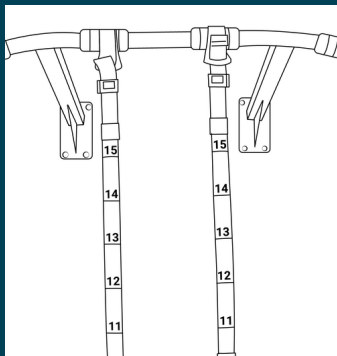
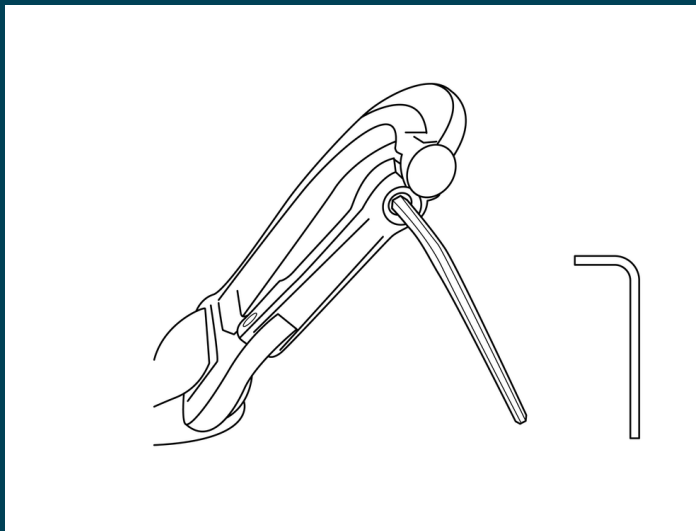
Unlock top carabiners using supplied hex key. Dispose of screw if not required.

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.



# 3

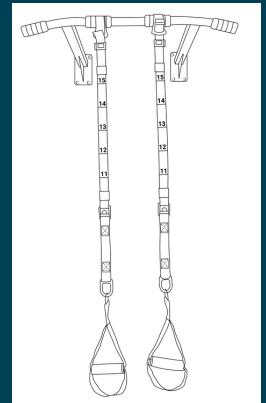
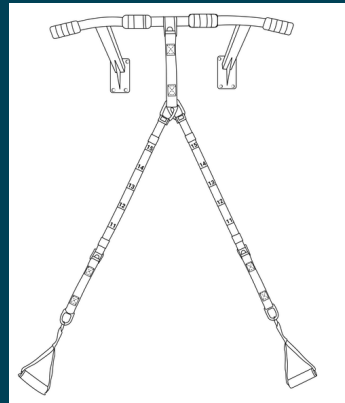
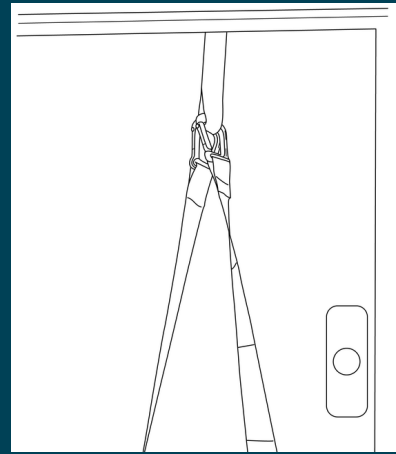
## SETUP



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](http://bodytorc.com)**



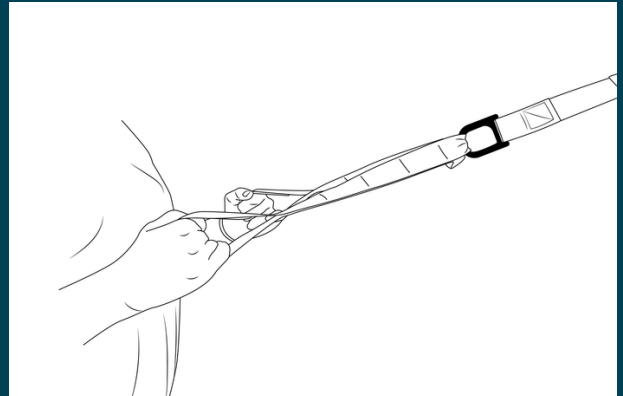
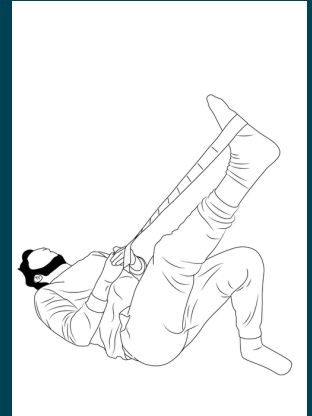
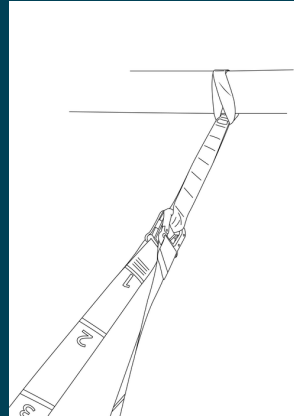
# 3 EXTENSION ARM

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

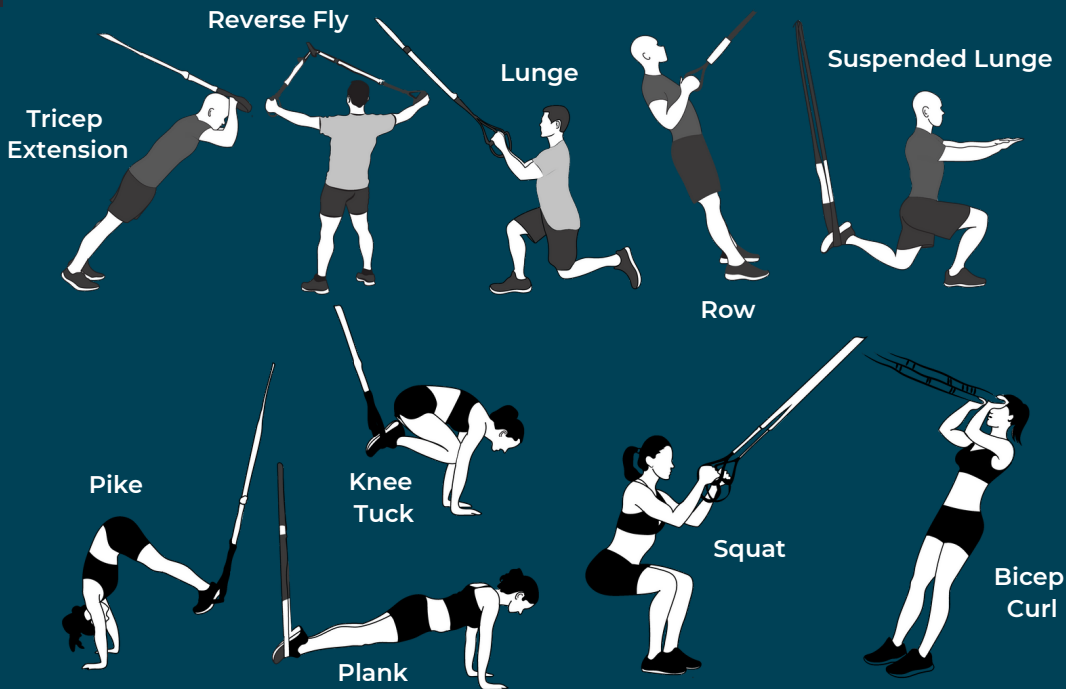
Use extension arm to create a single anchor point.

Try using it as a different handle variation.

Use the open loop to make a stretching strap to stretch those hammies, quads and hips.



# EXERCISES



For exercise videos and training plans go to

[bodytorc.com](http://bodytorc.com)

# 3

## 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](https://bodytorc.com)

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

## EXERCISE TRACKER

EXERCISE	REPS	STRAP NUMBER
Example 1) <b>squat</b>	1) <del>10</del> 12	1) <del>8</del> 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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