



# Door Knob Exerciser

## INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence.
- Begin exercise with product. Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 or 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of (15) repetitions, cautiously add more repetitions to your sets or select a Bally product that provides a greater amount of resistance.

## INSTRUCTION

	<p><b>1 PROPER</b></p> <p>The Door Exerciser contains two pulleys. One side of the pulleys has one handle. The other side of the pulley has four handles. Attach the side with one handle to the outside door handle.</p>
	<p><b>2 PROPER</b></p> <p>Separate the handles into two groups, left and right.</p>
	<p><b>3 PROPER</b></p> <p>(Laying down) Insert left foot and left hand into left handles; follow by inserting right foot and right hand into respective handles.</p>

## LEG LIFTS Muscles Utilized: Quadriceps, Hamstring, Lower Gluteus

	<p><b>1 START</b></p> <p>Insert left foot and left hand into left handles; follow by inserting right foot and right hand into respective handles.</p>
	<p><b>2 END</b></p> <p>Lift left leg towards ceiling while pulling down left hand. Hold for one second and return to starting position. Switch between left and right legs for 10-15 repetitions each.</p>

## LOWER ABDOMINAL LEG RAISES Muscles Utilized: Quadriceps, Lower Abdominals

	<p><b>1 START</b></p> <p>Begin with legs (together) on the ground and hands in the air.</p>
	<p><b>2 END</b></p> <p>Pull hands to the ground while simultaneously raising legs to the ceiling. Initiate movement of legs with abdominals. Hold form for one second and return to starting position. 15-20 Repetitions recommended.</p>