



#MOVESTRONGTREX

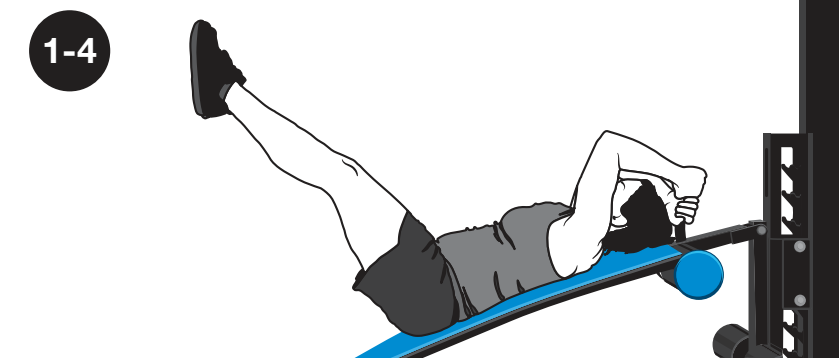
MADE IN THE USA

**AB BENCH LEG**

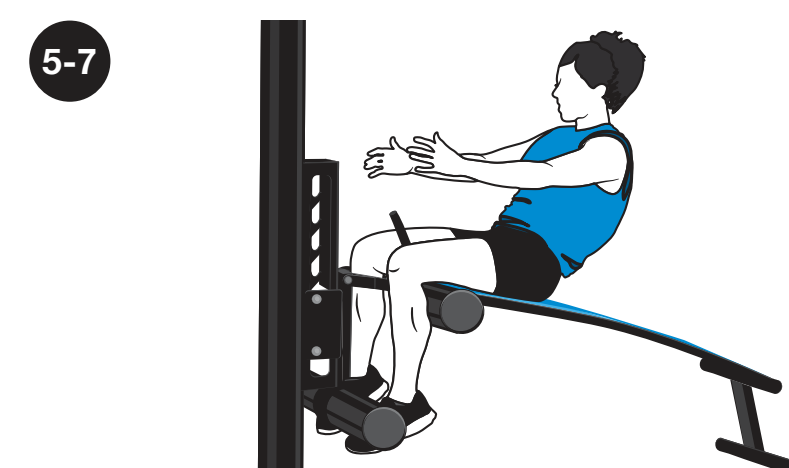
1. Lie on bench while grasping vertical handle above head
2. From straight leg position, slowly raise legs
3. Lift legs slowly with control until upright
4. Lower legs with control to start and repeat for desired repetitions
5. Sit on bench while placing legs over tubes and feet under bottom tube
6. Slowly lower upper body down towards bench and then return to top with control
7. Repeat for desired amount of repetitions

**WARNING:** Before use be sure the two inner steel horizontal adjustment rods are set inside adjustment hooks and secure at desired height.

**Leg Raise**



**Sit-up**



**ADJUSTABLE STEP**

1. Place one foot entirely on platform
2. Step-up with lead leg until fully upright and both feet are on platform
3. Return to ground one leg at a time with control
4. Repeat with opposite leg for desired repetitions

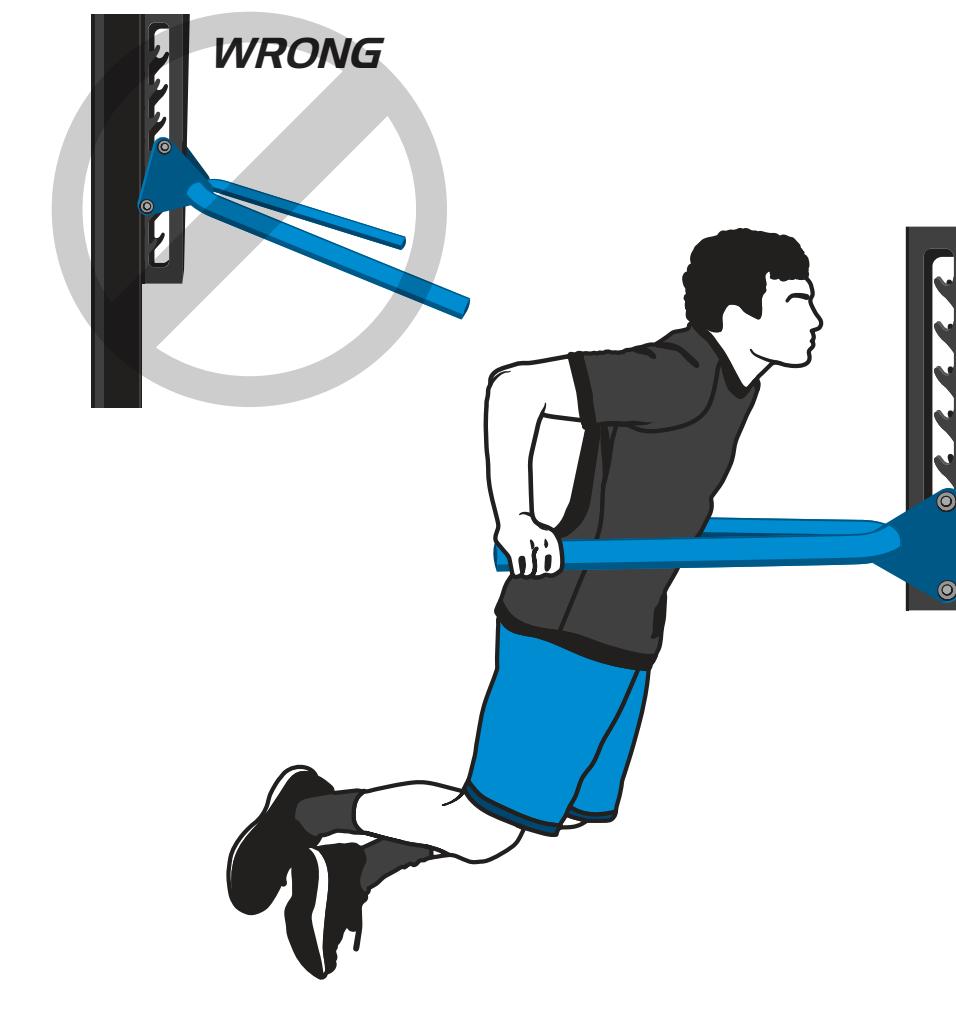
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**DIP BARS**

1. Lift Dip Bars by grasping both sides and raise or lower to desired height.
2. Support body on Dip bars with arms fully extended and feet off the ground
3. Lean slightly forward as you bend elbows pointing behind you while lowering chest towards Dip Bars
4. Control descent to a comfortable bottom position and then press up return to top position

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**MONKEY BARS**

1. Grasp bars with overhand grip
2. Alternate hand in front of hand climbing with feet off the ground
3. Climb across until reaching the opposite end



**PULL-UP**

1. Grasp bar with overhand grip
2. Pull body up until chin passes over bar
3. Return to bottom position with control



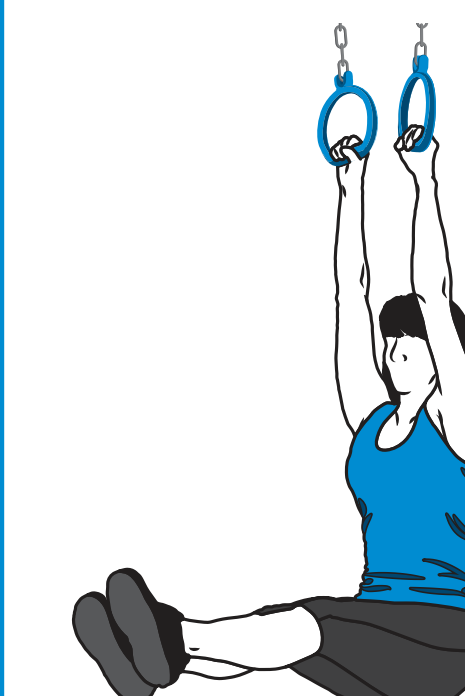
**RINGS**

**Knee-up**



1. Grasp both rings overhead
2. Hold body off of the ground with arms extended overhead
3. Raise knees up towards chest
4. Lower with control to start position and repeat
5. For more challenge perform repetitions without touching the ground

**Hanging "L" Sit**



1. For more of a challenge, while hanging from rings, raise both legs, keeping them straight, forming an "L" with body
2. Hold for desired amount of time before lowering slowly



**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. READ ALL WARNING AND INSTRUCTIONS PRIOR TO USE. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY.**

- Be aware of physical or medical limitations and to seek medical guidance prior to beginning any exercise program
- Remove helmets, drawstrings or accessories around the neck before using equipment
- Take caution when contacting equipment for possible hot surfaces
- Know your physical limits and use caution where potential for falling off equipment can occur and cause injury
- Use equipment only for its intended exercise
- Do not climb or allow climbing on the equipment or structures unless the intended use involves climbing on the equipment
- Inspect prior to use and do not use any equipment that appears damaged, inoperable or is missing components.
- Keep clear of moving parts and to be aware of the presence of others while using the equipment.
- Do not attach straps, bands or similar items to the equipment unless the intended use specifically allows it.
- Keep children under the age of 13 off of the equipment and outside the equipment training area



MOVE STRONG FUNCTIONAL FITNESS EQUIPMENT, LLC

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