

FLOWBAR®

PLEASE READ INSTRUCTIONS CAREFULLY BEFORE USE

**Always check with your doctor or physician before beginning any exercise program.*

FlowBar Setup Instructions:

Step 1



Lay **FlowBar** and center strap flat and place Strap "A" (the attached center strap) over center of bar. Insert Bar 1 (with clip) so clip is aligned with hole from Bar 2. To ensure clip has securely fastened to hole in Bar 2, pull on the two Bars. Strap "A" should now be in the center between padding.

Step 2

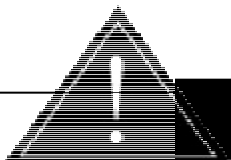


Place strap "B" over the top of door where you wish to exercise. Adjust to the correct height and the exercise you wish to perform. See below.

Step 3



Close door carefully so Strap "B" stays securely in place. ***The FlowBar must be on the side of the door that pulls closed toward you for optimum safety.***



VERY IMPORTANT! DOOR MUST BE SECURELY SHUT TOWARDS YOU BEFORE PERFORMING ANY EXERCISES!

FLOWBAR®

FlowBar Exercises

1



This exercise recruits back, shoulder, bicep, forearm, stomach, buttock, quad, and hamstring muscles.

For squat-assisted pull-ups:

The **FlowBar** should be adjusted to approximately face height. Stand with your back to the door. With your feet shoulder width apart and approximately 2 feet from door, grip the FlowBar at the sides.

Keeping your heels on the ground, sit straight down until your arms are fully extended and your knees are at a 90 degree angle, then pull yourself back up to the starting position. Use as much upper body strength as possible for as long as you can, then let your lower body take over.

For optimum strength and toning, repeat progressively to a goal of two continuous minutes.

2



This exercise recruits chest, shoulder, triceps and back muscles.

For squat-assisted dips:

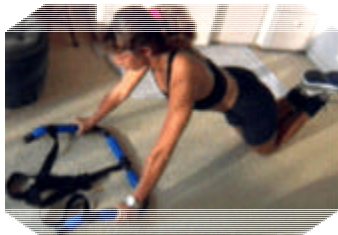
The **FlowBar** should be dropped down to approximately hip height and flipped over so you can fit inside the bars with your back to the door.

Grip the bars on the outside of the strap, with your feet 1-2 ft in front of you. Keeping your heels on the ground, sit straight down until your elbows are at a 90 degree angle (no lower), then press back up to the starting position.

Use as much upper body strength as possible for as long as you can, then rely on your lower body to take over.

For optimum strength and toning, repeat progressively to a goal of two continuous minutes.

3



This exercise recruits chest, shoulder, triceps and back muscles.

For push-ups:

Place the **FlowBar** on the ground so that the side bars are off the ground and the open side is away from you.

Place your hands on the side bars in a neutral grip. Hands should be directly below shoulders.

Whether performing full push-ups or bent knee push-ups, lower yourself six inches from the ground then push back up to starting position.

For optimum strength and toning, repeat progressively to a goal of two continuous minutes.

*Tested to 300 lbs on a solid core door.

NOTE: Check for routine fitness updates at: <http://navyseals.com/flowbar>