

HOME RIG

THE POWER OF STRENGTH TRAINING

help to improve your movement proficiency in every day life, enhance performance and help you achieve your goals.

TRY THESE AT HOME



Add further resistance with a weighted vest or ankle weights. Lean forward to activate the chest muscles, keep your torso vertical to work the triceps.

Simple yet effective, dips require you to lift your entire bodyweight.



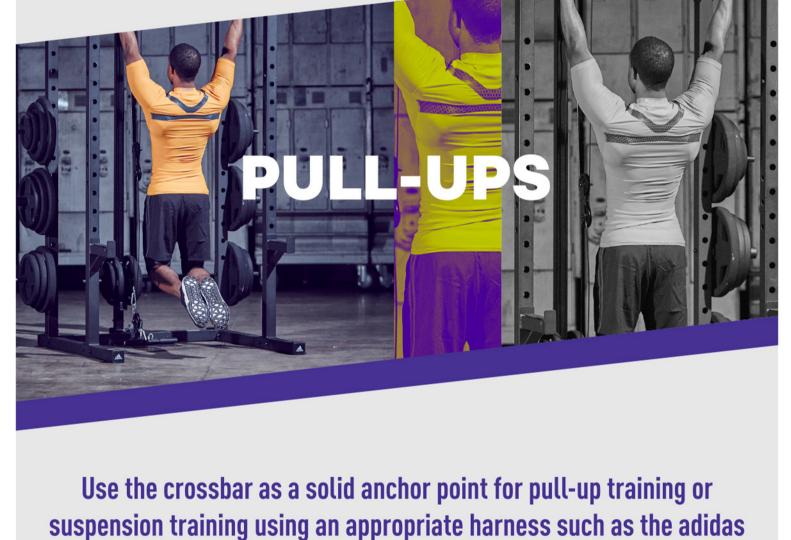
integrated crossbar which works all of the muscles in the midsection as well as your lats. It's also effective in improving grip strength.

Stand inside the rig facing out, grasp the crossbar with both hands

Again, this is an effective bodyweight exercise using the Home Rig's

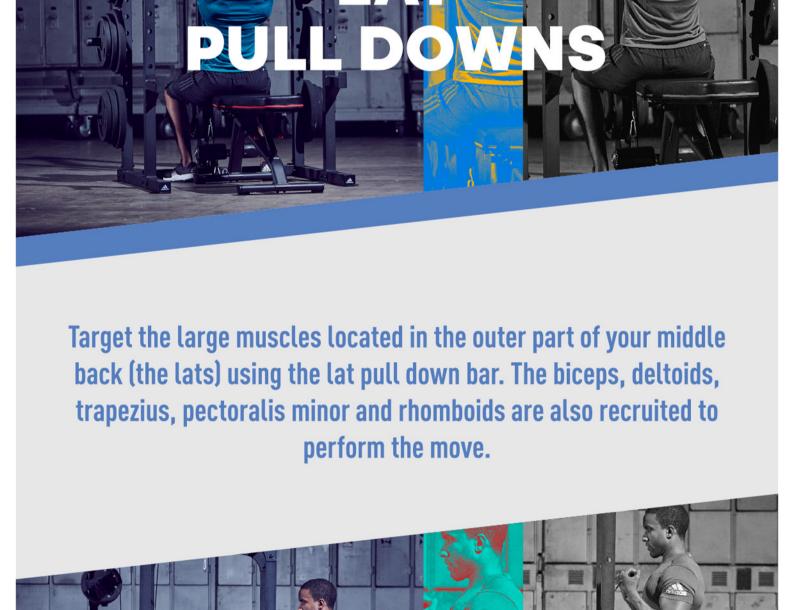
and hang until your body is straight. Slowly raise both legs to hip height, keeping them straight throughout the movement. Lower your legs and repeat.

Ensure you don't use the momentum to swing your legs up.



36Zero. You can perform pull-ups using only your bodyweight by

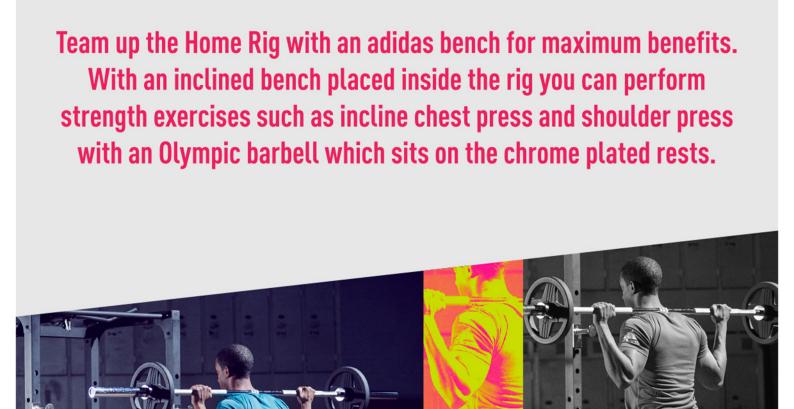
taking hold of the crossbar in a wide or narrow grip.



Use the low pulley cable for a number of upper and lower body resistance exercises such as bent over low pulley side lateral raises, alternating cable shoulder presses, bicep curls, tricep kick-backs, hip adductions, low-pulley mid rows, upright rows and leg kicks.

Choose and attach either the ankle strap, straight bar attachment or dual foam padded hand grips to the lower pulley to perform these exercises.

BENCHEXERSES



With the home rig, you don't have to head to the gym for Olympic lifting. Squat, lunge, power clean, good morning, dead lift and power

snatch; whatever lifts you're perfecting, the Home Rig is your own

hub for Olympic weightlifting.

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