



HOME RIG

THE POWER OF STRENGTH TRAINING

Strength training programmes utilise numerous exercises which help to improve your movement proficiency in every day life, enhance performance and help you achieve your goals.

TRY THESE AT HOME

DIPS

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

HANGING LEG RAISES

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

PULL-UPS

Use the crossbar as a solid anchor point for pull-up training or suspension training using an appropriate harness such as the adidas 36Zero. You can perform pull-ups using only your bodyweight by taking hold of the crossbar in a wide or narrow grip.

LAT PULL DOWNS

Target the large muscles located in the outer part of your middle back (the lats) using the lat pull down bar. The biceps, deltoids, trapezius, pectoralis minor and rhomboids are also recruited to perform the move.

LOW PULLEY CABLE EXERCISES

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.

BENCH EXERCISES

Team up the Home Rig with an adidas bench for maximum benefits.

With an inclined bench placed inside the rig you can perform strength exercises such as incline chest press and shoulder press with an Olympic barbell which sits on the chrome plated rests.

OLYMPIC LIFTS

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.