



HOMERIG ATTACHMENTS

Four cable attachments with a simple carabiner clip extend the range of different exercises performed on the adidas Home Rig.



ONE

Lat pull down bar *For wide and narrow lat pulls*

The lat pull down bar is the ideal cable attachment for wide and narrow lat pulls. The bar revolves at the centre where the carabiner hook-up is located for increased freedom during exercise.



TWO

Straight bar *For curls and rows*

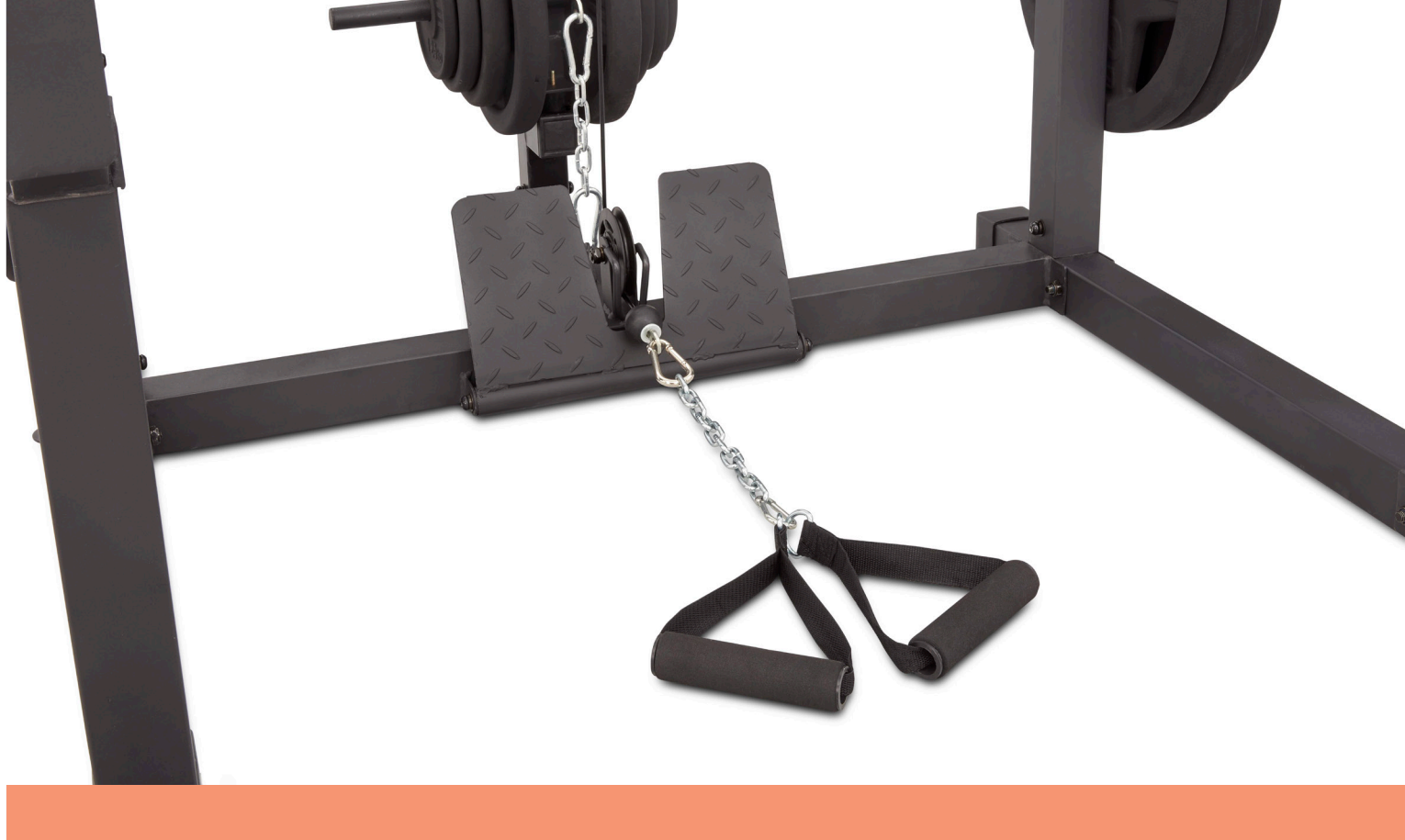
Attach the straight bar to the low pulley to perform a variety of upper body exercises such as arm curls, cable wrist curls and upright cable rows.



THREE

Ankle strap *For lower body resistance*

The included ankle strap is used to apply resistance to your lower body workout. It has a solid carabiner clip that connects to the pulley cable located at the base of the rig.



FOUR

Dual foam padded hand grips *For a host of low pulley cable exercises*

The dual foam padded hand grips feature solid carabiner clips which make them easy to attach and release on the Home Rig. Cushioned foam padding ensures exercises such as bent over low-pulley side lateral raises and alternating cable shoulder presses are friction-free.

