

STUDIO

Barre[™]

Total Body Trainer



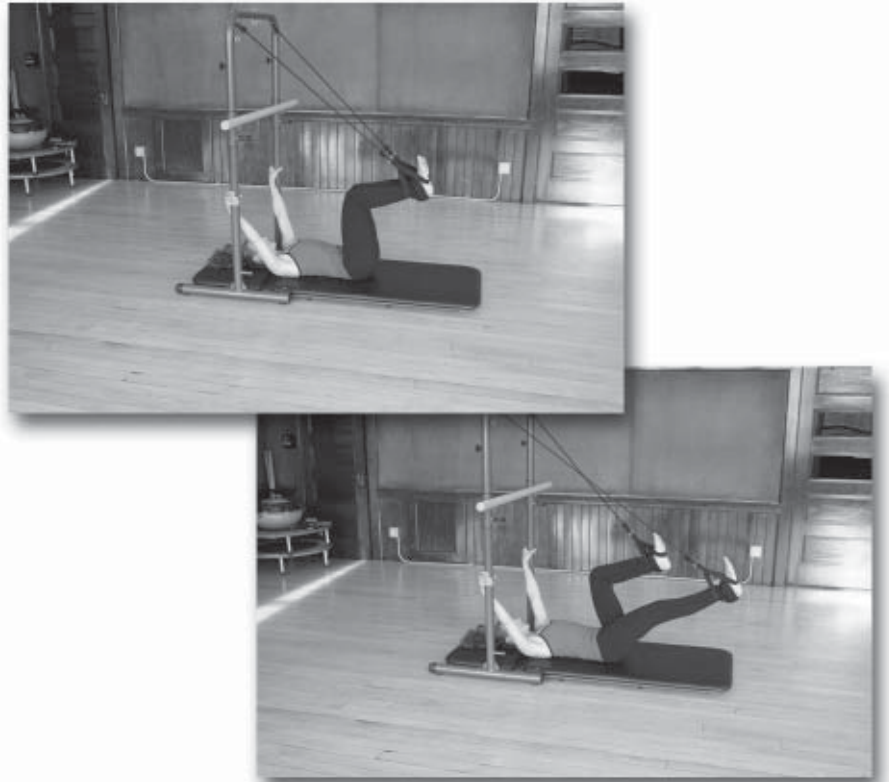
TOWER WORKOUT GUIDE



Each exercise explanation gives a number for the position in which the resistance cord should be positioned.

Repeat each exercise to a point where the muscles being worked are fatigued yet you are able to maintain proper body position. Do not work to the point where you are forcing repetitions. As you work out regularly and you become stronger, you will be able to increase the number of repetitions.

Legs in straps series

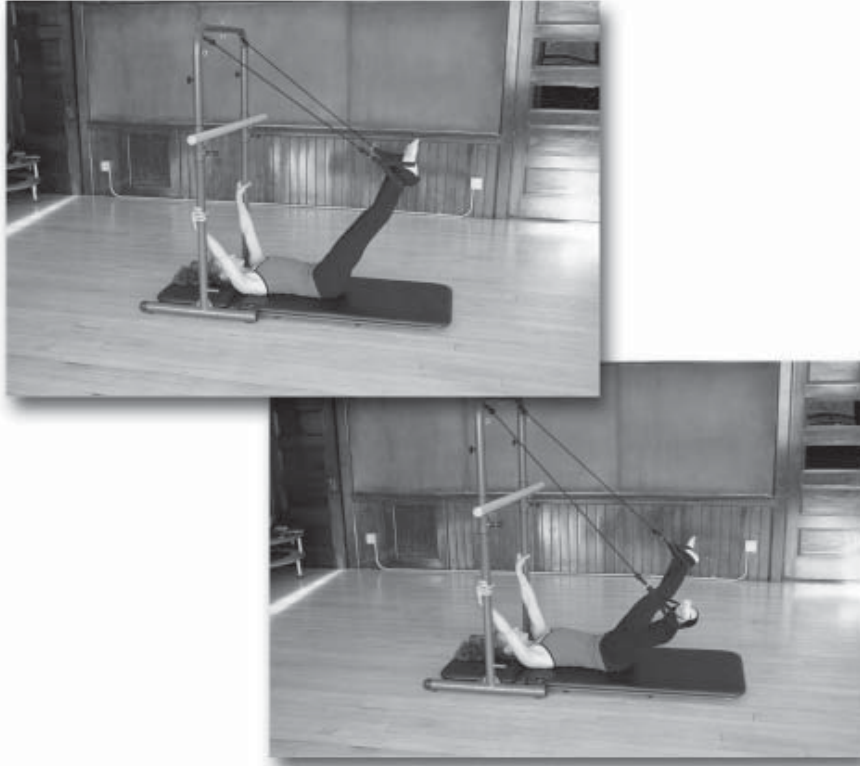


SINGLE LEG PRESS

(Cords on position 2)

Lie on the Studio Barre mat on your back with your head under the tower. Put the straps around your ankle and foot and bend your knees to a 90 degree angle. Hold onto the vertical support bars for stability and alternate one-leg presses from left to right leg. Keep the spine imprinted at all times.

Legs in straps series

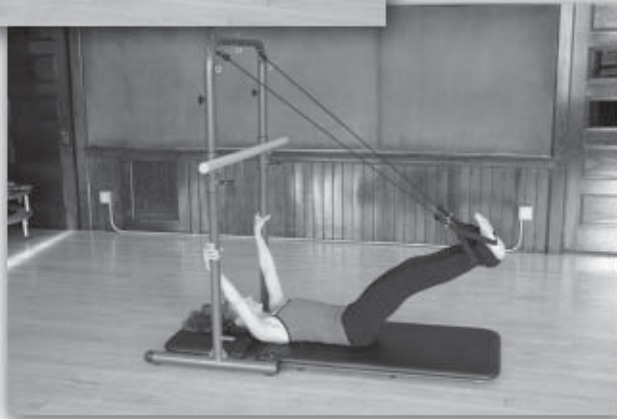
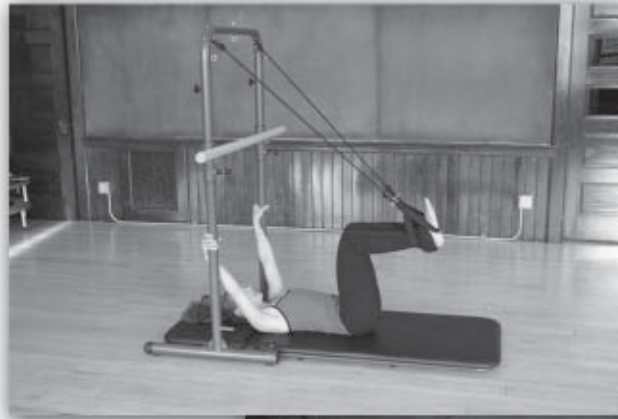


LEG CIRCLES

(Cords on position 2)

Lie on the Studio Barre mat on your back with your head under the tower. Put the straps around your ankle and foot and extend your legs at a 45 degree angle with your toes pointed. While holding onto the vertical support bars for stability, gently circle legs around and return to starting position. Keep spine imprinted at all times. Reverse circles on the second set.

Legs in straps series



DOUBLE LEG PRESS

(Cords on position 2)

Lie on the Studio Barre mat on your back with your head under the tower. Put the straps around your ankle and foot and hold onto the vertical support bars for stability. Bend your legs to a 90 degree angle. Slowly press both legs out away from you at the same time keeping your feet elevated to an angle that is challenging while keeping your spine imprinted into the mat and your head down at all times.

TOWER WORKOUT GUIDE

STUDIO
Barre
Total Body Trainer

Legs in straps series

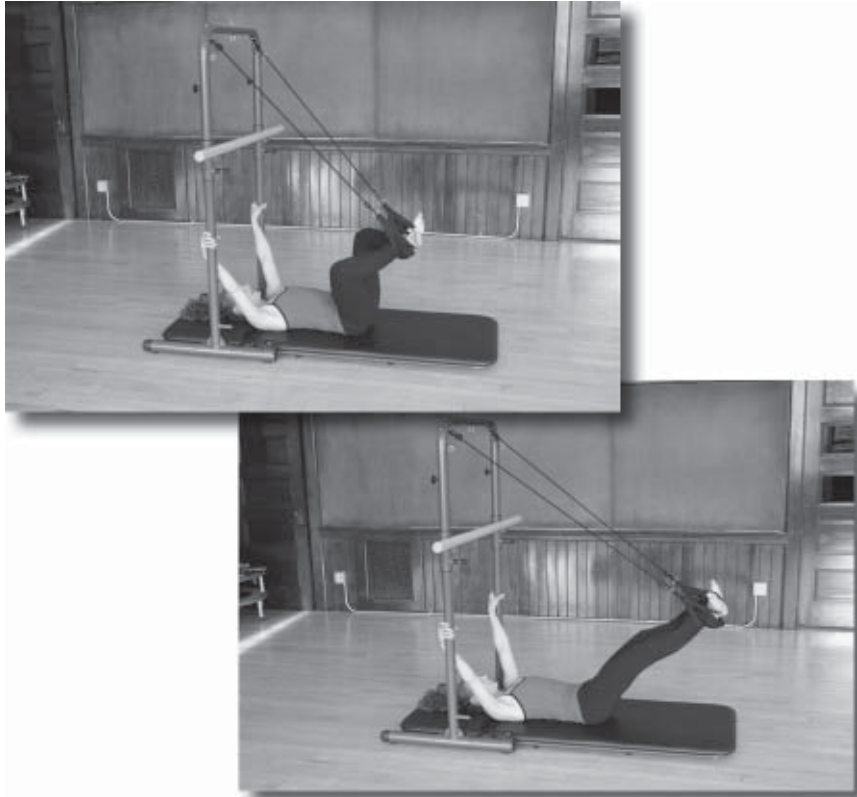


BICYCLES

(Cords on position 2)

Lie on the Studio Barre mat on your back with your head under the tower. Put the straps around your ankle and foot and hold onto the vertical support bars for stability. Start with legs extended at a 45 degree angle and circle both legs in a bicycle motion while keeping your spine imprinted at all times.

Legs in straps series



FROGS

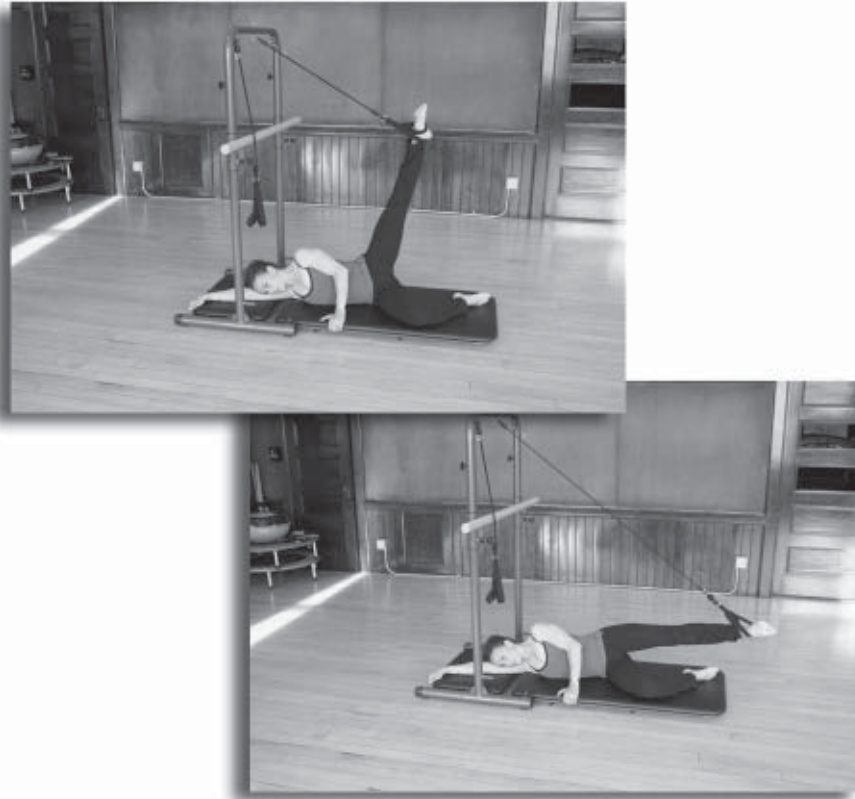
(Cords on position 2)

Lie on the Studio Barre mat on your back with your head under the tower, straps around your ankle and foot. Hold onto the vertical support bars for stability. Bend your knees to a 45 degree angle and place heels together (V-Foot position). Press both legs out away from you keeping your heels together. Keep your spine imprinted at all times.

TOWER WORKOUT GUIDE

STUDIO
Barre
Total Body Trainer

Legs in straps series

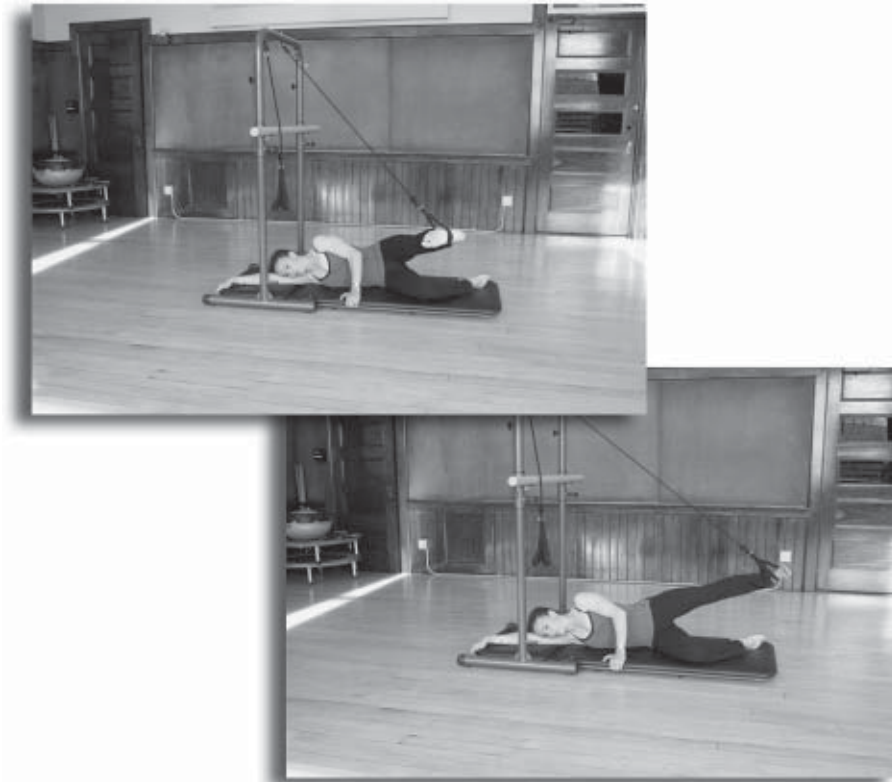


INNER THIGH SQUEEZE

(Cords on position 1)

Lie on the Studio Barre mat on your right side with your head under the tower. Place the strap on your left leg and ankle. Keep the leg that's on the pad slightly bent. Squeeze your left leg down to meet other leg. After working the left leg to the point of fatigue, repeat on other side.

Legs in straps series



INNER THIGH SQUEEZE KICK FORWARD/BACK

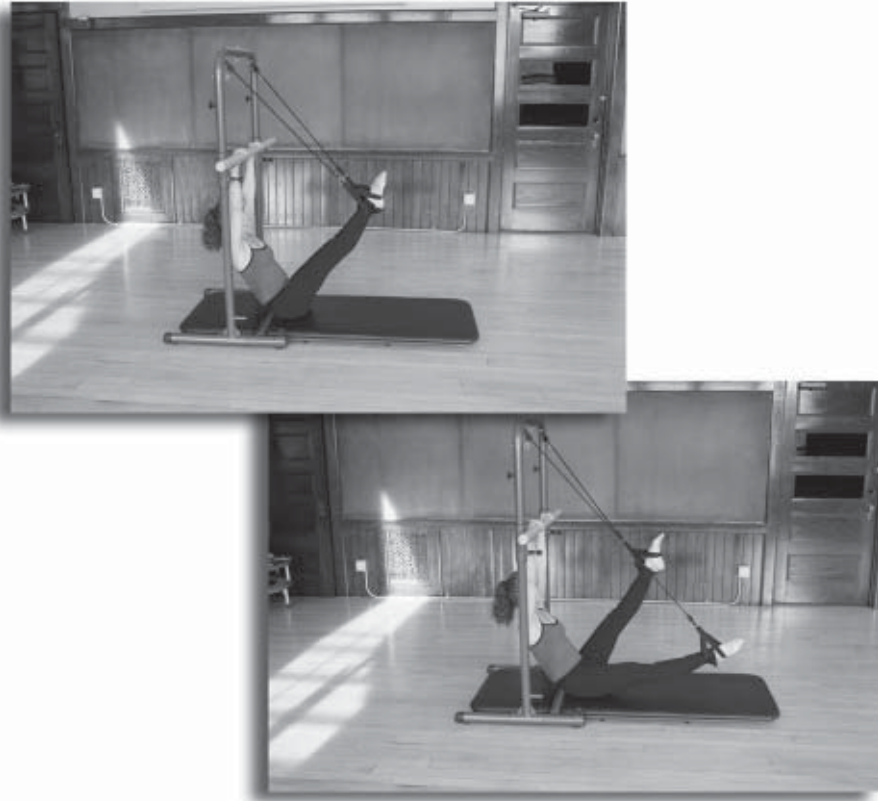
(Cords on position 1)

Lie on your right side with your head under the tower with the strap on your left leg and ankle. Keep the leg that's on the pad slightly bent. Kick your left leg forward and back being mindful of lower back. Tighten your abs and pull belly button to your spine. After working the left leg to the point of fatigue, repeat on other side.

TOWER WORKOUT GUIDE

STUDIO
Barre
Total Body Trainer

Legs in straps series

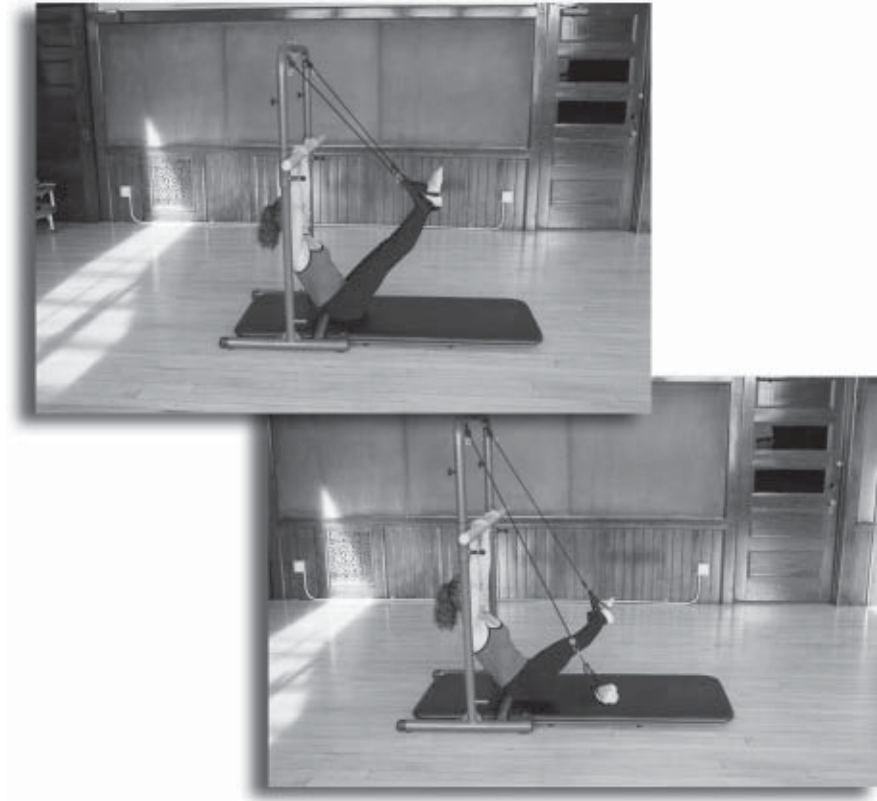


V-SIT LEG LOWERING

(Cords on position 2)

Start in a seated position under the tower/barre. Place the barre high enough for full arm extension. Place straps around your feet and ankles. Straighten your legs to form a "V" with your torso. Slowly lower one leg at a time alternating legs.

Legs in straps series



V-SIT LEG CIRCLES

(Cords on position 2)

Start in a seated position under the tower/barre. Place the barre high enough for full arm extension. Place straps around feet and ankles. Straighten your legs to form a "V" with your torso and gently circle your legs and return to the starting position.

Legs in straps series

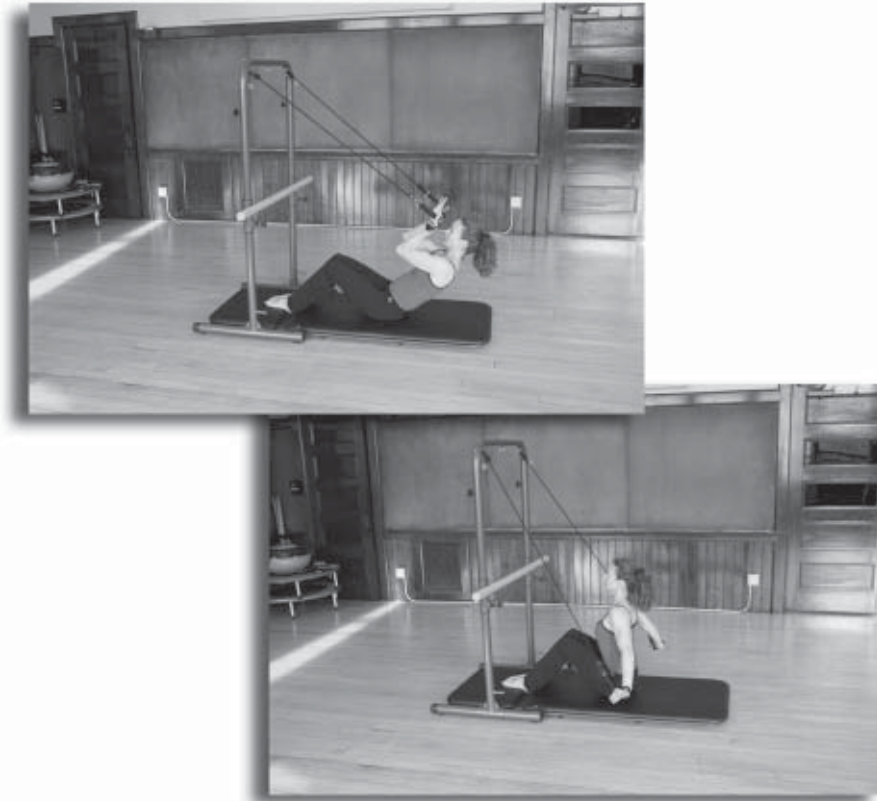


SIDE KICK

(Cords on position 4)

Stand on the Studio Barre mat with your right side toward the barre. Place the strap around your left ankle and foot. Keep the support knee bent and hold onto the barre for stability. Begin by bending your knee to a 90 degree angle. Gently kick left leg out to side and return to starting position. Repeat on other side.

Arms in straps series



BICEPS CURL WITH SHOULDER EXTENSION

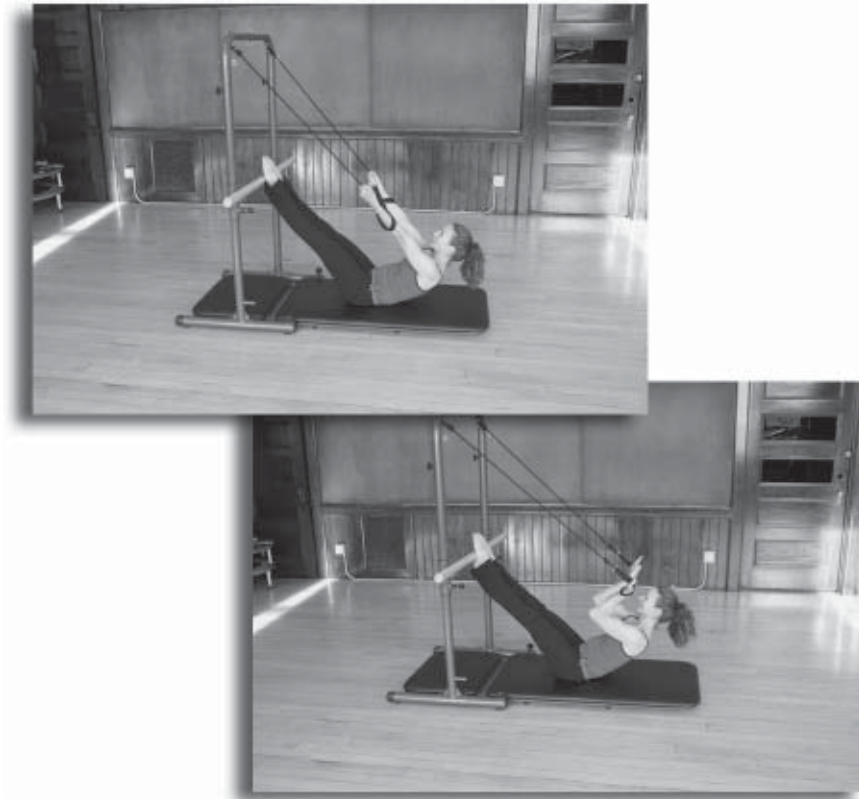
(Cords on position 2)

Start in a seated position facing the tower with your knees bent. With straps in your hands, scoot back on the mat away from the tower until you feel tension on the cords. Slowly roll back one vertebrae at a time until you feel tension in your abdominals. Keep your elbows high and bend your arms in a biceps curl position. Then extend arms back behind you for a shoulder extension and scapula retraction.

TOWER WORKOUT GUIDE

STUDIO
Barre
Total Body Trainer

Arms in straps series

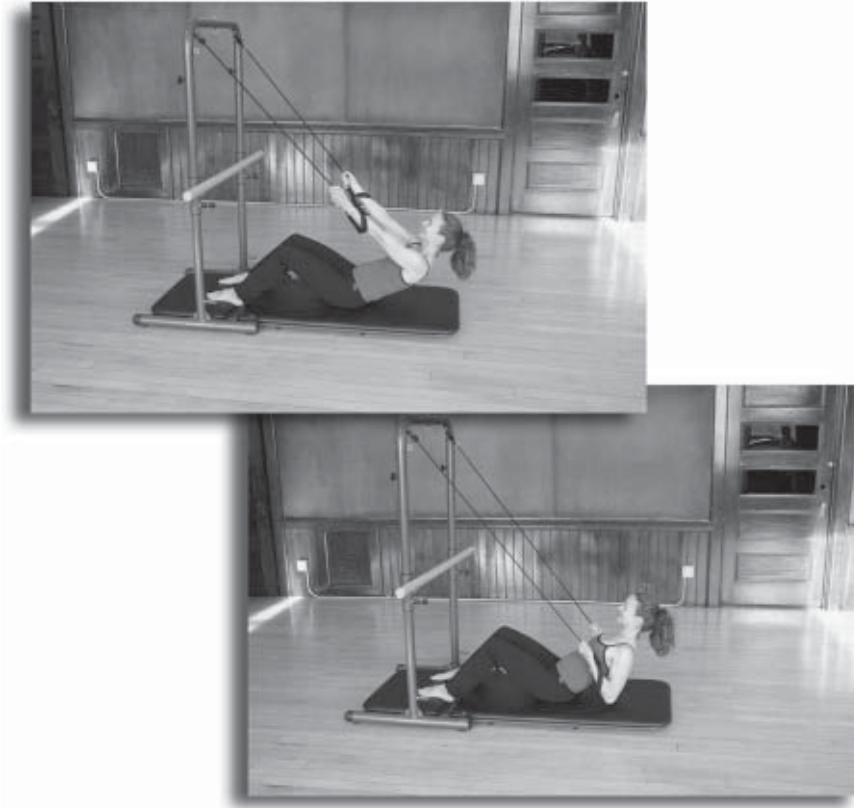


V-SIT BICEPS

(Cords on position 2)

Adjust the barre to a height where your feet rest against the barre when your legs are at 45 degree angle when you are lying on the mat. Sit up and start in a seated "V" position with feet on barre and straps around your hands. With elbows high, bend your arms into a biceps curl position. Return to starting position and repeat.

Arms in straps series



PULL DOWNS

(Cords on position 2)

In a seated position facing the tower with knees bent, place straps on wrists and hold the resistance cords with your hands. Slowly roll back until you feel tension on the resistance cords and in your abdominals. Pull down until you feel your shoulders retracting. Return to the starting position.

Arms in straps series

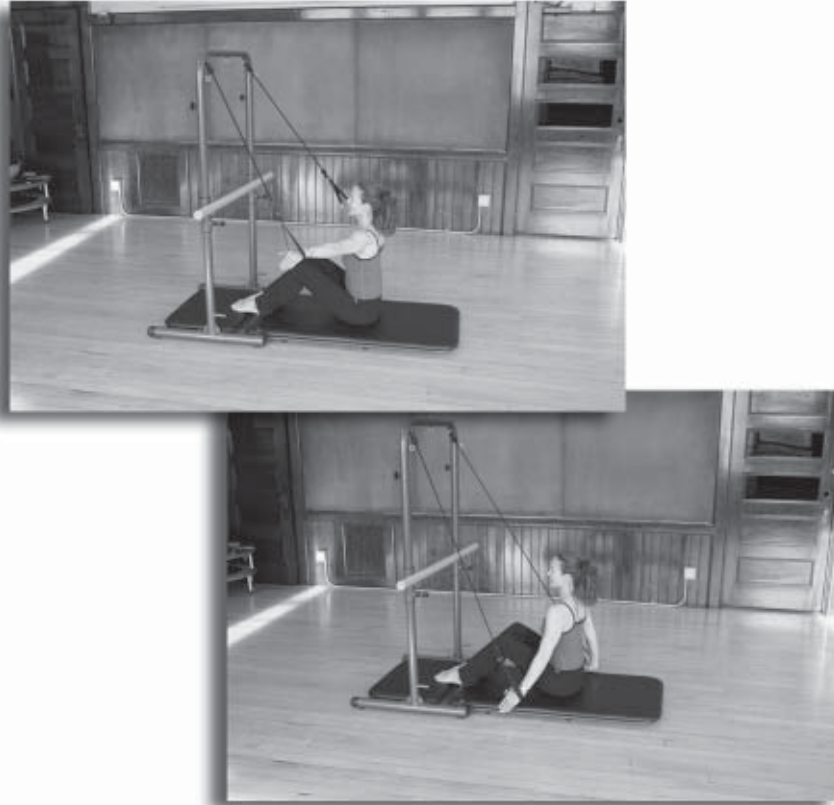


SINGLE PULL DOWNS

(Cords on position 2)

In a seated position facing the tower with knees bent, place the straps on your wrists and hold the resistance cords with your hands. Slowly roll back until you feel tension on the cords and in your abdominals. Bend your left elbow and pull your arm back. Return your left arm to the starting position and repeat with the right arm. Alternate arms until muscles are fatigued.

Arms in straps series



IRON CROSS

(Cords on position 2)

Face the tower in a seated position with knees bent. Place the straps on your hands. Start with your arms stretched wide and your hands at shoulder height. Keep your arms straight (don't bend your elbows) and press your arms down until your hands are at your side near the floor. Return to starting position.

Arms in straps series



CAT SCRATCH

(Cords on position 2)

Face away from the tower and place the straps on your wrists and hands. In a lunge position begin with left arm bent and high and right arm bent at side. Circle arms in a bicycle motion keeping constant tension on the cords.

Arms in straps series



WAX ON - WAX OFF

(Cords on position 3)

Face away from the tower and place the straps on your wrists and hands. In a lunge position, begin with your arms slightly bent and stretched out in front of your chest, palms facing away from you. Circle both arms at the same time in a "wax on" position. (Wax on: right arm clockwise and left arm counter clockwise. Wax off: right arm counter clockwise and left arm clockwise).

TOWER WORKOUT GUIDE

STUDIO
Barre
Total Body Trainer



TOWER WORKOUT GUIDE

©2006 Stamina Products, Inc.