

VERSASTICK™



1 squat

Stand with both feet on tubing, shoulder width apart. Squat down and bring bar over head to rest on shoulders. Stand up, this is the starting position. Focus on keeping the head up, and not allowing the knees to pass in front of the tips of the feet as you slowly lower your body into a sitting position. Pause when thighs are at the lowest point of control, then stand back up.



legs

2 lunge

Place left foot on tubing and squat down until the right knee is resting on the floor. As in squats, bring the bar over head to rest on the shoulders, and stand up. Allow the right foot to extend as far back as comfortable and controllable behind you, and keep this back foot up on your toes. This is the starting position. Lower your body slowly until the right knee is almost in contact with the floor, pause then stand back up. This is the full range of motion. When finished, switch legs and repeat the exercise.



3 calf raise

Place door attachment under the door and stand facing away from the door with the bar behind you. Using the tension on the tubing to balance you, stand up on to the tips of the toes, pause then lower and repeat the exercise. A telephone book under the tips of the toes can be added to create a more complete range of motion.



1 french press

Place door attachment at the top of the door. Stand with one foot forward facing away from the door with bar in front of you. Place hands slightly closer

than shoulder width apart with palms facing down and raise the bar to just above and in front of the head, with the upper arms from the shoulder to the elbow parallel to the floor. Extend the arms in front and overhead until the arms are straight. Be sure to keep the elbows pointed forward and the upper arms parallel to the floor.

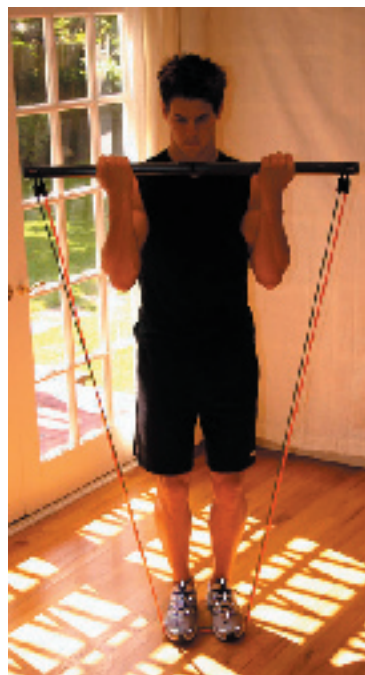
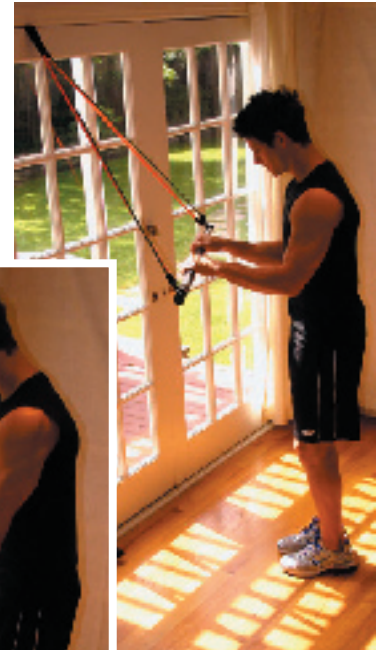
**This movement can also be done while standing on the tubing and the bar above and behind the head, pressing the bar

straight over head until the arms are straight, while still keeping the same hand placement.

arms

triceps press down 2

Place door attachment at the top of the door. Hold bar with palms down and slightly less than shoulder width apart. Start the movement with the lower arms parallel to the floor and elbows by the side. Be sure to keep the shoulders from moving as to keep the upper arm from shoulder to elbow in line with the body. Press the bar down until the arms are straight, pause, then come back up until lower arms are parallel with floor again.



3 biceps curl

Stand with both feet on the tubing and palms shoulder width apart and facing up. Keep the upper arms from the shoulder to the elbow in line with the body and only allow the elbow joint to move, not the shoulder. With the elbows tucked by the side, curl the bar until the bar reaches an apex and resistance starts to lessen. Pause at this point and slowly lower the bar until arms are straight. Do not curl bar all the way to the chest or chin, stop it at the peak of resistance.

chest

1 decline chest press



Place door attachment at the top of the door and stand facing away, with body between the bar and the door. Place hands palms down and shoulder width apart. Bring the bar to the upper chest, to start. Pushing the bar away with the elbows passing under the tubing at approximately a 30 degree angle down, let the arms go straight, squeezing the chest at this point. Pause, then return to the starting position.

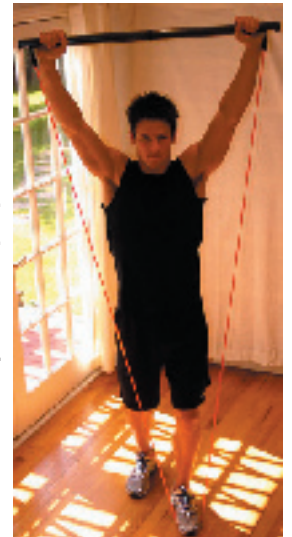
shoulders

1 shoulder press



Place one foot on tubing and hold bar in front of you with palms down and at shoulder width. Bring the bar to chin level, allowing hands to rotate under bar, and keeping the back straight, for starting position. Press the bar over head until arms are straight.

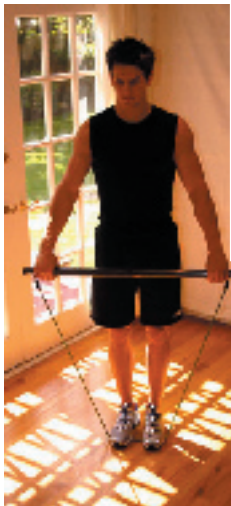
Do not lock out elbows at the top, and be sure to center the bar overhead when at the apex of the exercise. Lower the bar back to chin level keeping the bar as close as safely possible to the body.



2 lateral raise

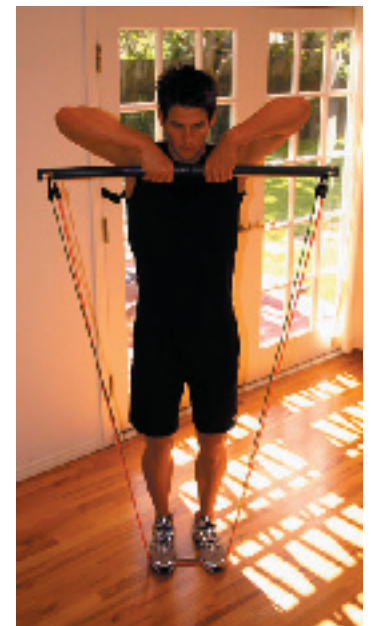
Stand with both feet on the tubing and hold bar wider than shoulder width with the palms down.

Start with the bar at waist level then raise the bar in front of you keeping both arms as straight as possible. Raise the bar until it is directly in front of face, then pause and lower back to starting position.



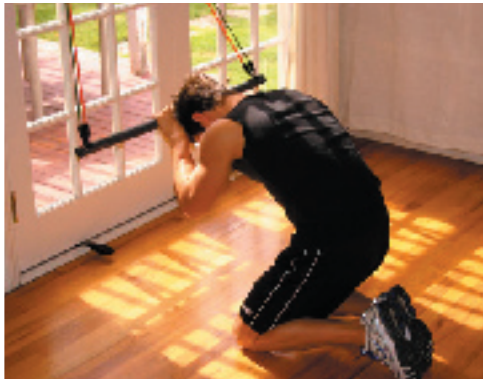
3 upright row

Stand with one, or both feet on tubing and palms shoulder width apart facing down. Pull the bar from waist level up to the base of the neck while leading with the elbows. Be sure to keep the elbows higher than the bar during the entire movement. At the apex of the movement take the elbows as high as possible, pause, then lower back to starting position.



1 kneeling crunches

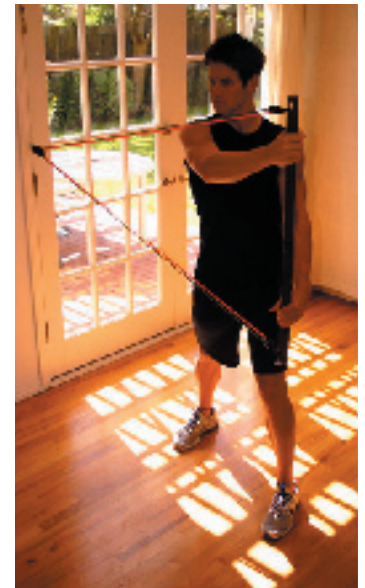
Place door attachment at the top of the door. Kneel down facing the door and grip the bar at shoulder width with the palms facing up. Keep the back straight and hold the bar at the top of the forehead. Bend at the waist only, taking the entire upper body down to the floor. Pause and slowly come back up until the resistance lessens. Be sure to keep the back straight and don't rock back and forth allowing the hips and glutes to assist in the exercise.



core/abs

torso twists 2

Place door attachment just above the locking mechanism of the door and hold bar perpendicular to the floor. When twisting to the left, let the right hand be on top with the palm open to the left side, and the left hand in the lower position with the palm facing the opposite direction. Keep the arms as straight as possible and plant the feet shoulder width apart. Try to turn only at the hips, and take the bar ninety degrees to the left, pause, then take it back until the resistance lessens. When finished with the left side, stand on the other side of the bar, reverse the grip and repeat to the right. Be sure to keep the back and arms straight during the entire exercise.



b a c k



1 pulldown

Place door attachment at the top of the door and sit cross-legged facing the door, about two feet from the door. Place hands wider than shoulder width and palms forward being sure to keep the back straight. Pull the bar down to the chin, pause then return the bar to the arms extended position.

2 bent over row

Place door attachment under the door and stand facing door. Place hands palms up, shoulder width apart. Bend the knees slightly, and bend at the waist. Be sure to keep the back straight and head up throughout the exercise. Pull the bar back, squeezing the shoulder blades together as the bar comes to the waistline. Pause at this point then lower bar to starting position.

