



Ten Minute Exercise Program™

INSTRUCTIONS



FIRST: Watch ALL of “Learning the FIT10 Ten Minute Exercise Program” on DVD. You may want to watch it several times so that you pick up on all of the detailed instructions concerning each exercise. **The FIT10 exercises are technique oriented, meaning that the more technically correct you do each exercise the better your results will be.**

Affixing FIT10 to Door

Position the FIT10 resistance device securely onto the top of the door where you wish to do your exercises. Open the door, separate the strap (so one strap is not on top of the other), and place the strap over the top of door. Close door, and pull the unit down until snug.



The magic...

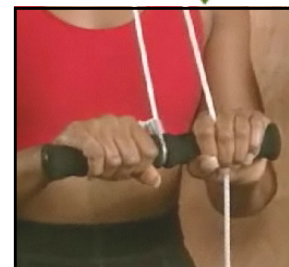
The unit takes up some of the resistance, and you control remaining resistance necessary by how tightly you squeeze the opposing-rope against the handle. A slight squeeze prohibits the rope from any movement and is used for the isometric hold. By loosening your grip, you control the speed at which you move the rope through the unit.



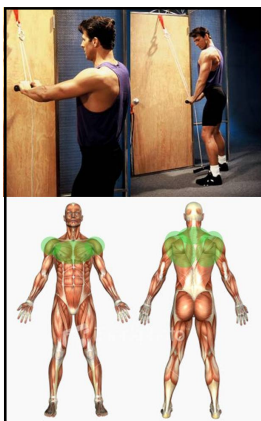
Exercises 1 to 4

The first 4 exercises are done with FIT10 positioned at the top of the door. (see pictures above) For the first 3 exercises, use the following formula:

Part One: 10 sec. of isometric hold (with intensity) immediately followed by...
Part Two: 12 sec. variable resistance (with intensity) This is counted as one repetition and done 3 times in succession: 10 seconds + 12 seconds = 22 seconds X 3 repetitions = 66 seconds **NOTE:** Count out loud to avoid holding your breath!

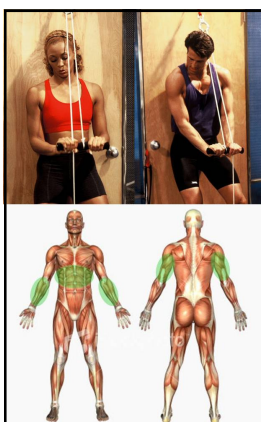


1



UPPER BODY—Face door, feet shoulders width apart, arms straight in front and parallel to floor. Knees should be slightly bent and body erect. Resist tendency to bend at waist and lean forward as you apply force. Arms should be only body parts moving. Grip handle with thumbs facing each other. Handle should be chest level. Place opposing rope between fingers of one hand and under one or two fingers. Do not wrap the rope around the handle! Tighten grip with that hand, squeezing rope hard against handle. This will prevent you from moving handle at all. Now, hold for 10 sec. in this position, while exerting as much force as possible. Then, without relaxing, slightly loosen grip of hand holding opposing rope. This will allow you, by how tightly you squeeze the rope, to control resistance needed to apply full force through the range of motion of the exercise for 12 sec. Continue to exert maximum force while keeping back straight and moving arms towards waist. Keep arms locked, slightly bent, outward, through the full range of motion downward. Grip opposing rope, so it takes 12 sec. to move through full range of motion. **Do three times.**

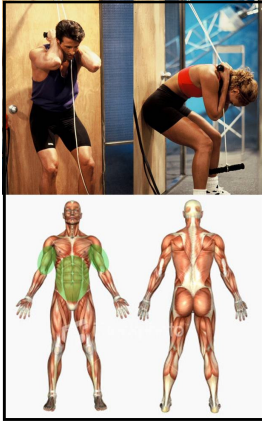
2



TRICEPS—Back should be against the door, feet shoulders width apart, 12-14 in. from door. Slightly squeeze your elbows against body and slightly bend knees as pictured. Move handle so it is lying against chest. Grab handle exactly as in Exercise One, placing opposing rope between fingers of one hand and under one or two fingers. Tighten grip with that hand, squeezing rope against handle, preventing you from moving the handle. Look straight ahead at back of your hands. Arms should be bent at 90° as pictured. Begin with 10 sec. hold this position (same as Ex. 1. holding but applying full force). Continue exerting maximum force while keeping back straight and moving arms from elbow down towards knees. Upper part of arms should remain fixed and unmoved. Grip the opposing rope, so it takes 12 sec. to move through full range of motion. **Do three times.**

Continued on Back...

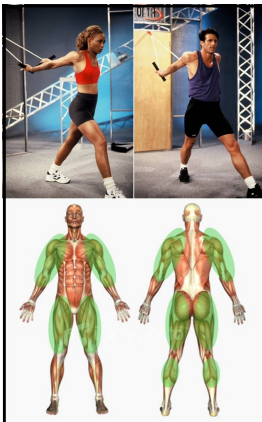
3



ABDOMINAL—Position body against door exactly as in Ex. 2. If you picture door as floor, you're in sit-up position. Place handle against top of nose across eyes. Reverse hands, and grab handle, rope runs through palm of hand against handle. Tighten grip squeezing rope tight. Move hands, affixed to handle, behind head so handle is 3-4 in. away from door (as shown in picture). Handle should be 1-2 in. away from neck. Lightly squeeze head between elbows. Squeeze small-of-back (waist level) against door, while tightening abdominal muscles. Squeezing rope against handle for isometric hold (10 sec.) while trying to bend at waist, to move elbows to knees (think of standing sit-up). Continue to exerting max. force while keeping back straight, bending at waist, and moving arms and head down to knees for 12 sec. (as pictured).
Do three times.

“Everyone can find 10 minutes a day to exercise. Really strive to do this simple ten minute exercise program everyday...you can miss a day or two, just don't miss two days in a row.” —Dave Hubbard

4



STRETCHING—Part (A) UPPER SHOULDER GIRDLE

Start with ropes tight, palms facing out, and directly over head at 12:00 (using a clock as reference). Take small step forward with one leg, bending that forward knee. Keep back leg straight forcing heel to floor. Push head and shoulders forward. Hold for 10 sec. Switch legs and repeat.

Part (B) THORACIC CAVITY AND SHOULDER

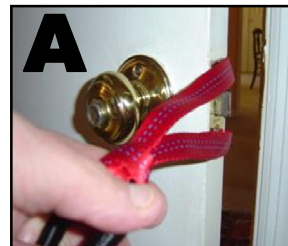
Repeat A with hands at 3:00 and 9:00. Take small step forward with one leg, bending that knee forward. Keep back leg straight forcing heel to floor. Push head and shoulders forward. Hold for 10 sec. Switch legs and repeat.

Part (C) MIDDLE BACK, CALVES AND ACHILLES TENDON

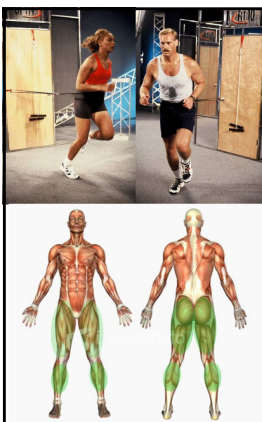
Repeat A and B except arms are directly beside you at 7:00 and 5:00. This time take BIG STEP with forward leg. Keep back leg straight forcing heel to floor. Hold for 10 sec. Switch legs and repeat.

Affixing FIT10 Run/Walk Resistance Device

Position the walk/run resistance device securely, either as shown in picture **A** (placing strap around the door knob on other side of door) or as shown in picture **B** (placing strap through back seam of door above middle hinge. **NOTE: B is strongest position!**



5



RESISTIVE WALK/RUN—Connect each end of belt to bungee hooks. One end of belt to one snap and other end to other snap. Step into the loop and with your back to the door, place belt around waist so top of belt is just below top of hip bone and against lower abdominal muscles. Begin walking or running against resistance with enough forward lean so the balls of feet and heels do not strike ground. When looking down at floor, head should be looking at a spot on floor 20+ inches forward of feet. Do this for 5 minutes, or until tired.

IMPORTANT NOTE: Begin at gentle pace and gradually increase intensity. This exercise emulates sprinting. Chances are you have not sprinted in a long time! Exerting too much effort too soon risks straining calf muscles or Achilles tendons. **ALSO:** never do resistive run without first doing stretch (C) in Ex. 4! Gradually increase intensity, and either (A) lean forward more and raise knees higher, or (B) lean forward more and pick up pace of how quickly feet hit the floor. Work up to 5 min. Adding upbeat music to this can be very helpful.

Having difficulty learning or doing the exercises in the **FIT10 Ten Minute Exercise Program?**
Please contact us! Email: support@fit10.com Call: 1 (800) 576-3067