

TAURUS SLING TRAINER MANUAL

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GETTING STARTED WITH YOUR TAURUS SLING TRAINER

Not all the Taurus Sling Trainer exercises are suitable for everyone. If you feel any pain or discomfort while exercising, stop exercising immediately and contact a doctor.

Taurus is unable to guarantee that all exercises that can be performed using the Sling Trainer are suitable for everyone. Therefore, this apparatus is sold without assurances or guarantees against physical injury arising in connection with the use of the Taurus Sling Trainer.

SAFETY GUIDE

- Consult a doctor before beginning to use any training exercises.
- Always follow the instructions you will find in this brochure.

The Taurus Sling Trainer is made from a tough material and is very stable. However, if it is not looked after it may break, which could lead to severe injury if you are exercising with it at the time.

- Protect your Taurus Sling Trainer when it is not in use. Long-term exposure to sunlight, moisture and extreme heat or cold may weaken nylon and metal components.
- Do not secure your Taurus Sling Trainer to sharp or pointed objects (e.g. some beams and hinges) as these may cut the nylon and weaken it.



Before use, always make sure that:

- You examine your Taurus Sling Trainer thoroughly. Never use your Sling Trainer if any components have become very worn or damaged. In this instance, replace the worn or damaged components immediately.
- You are using a strong, secure bracket which is able to take your body weight and is secured properly onto your Taurus Sling Trainer. Test by pulling it.
- The floor you plan to exercise on is not slippery.

Failing to comply with the safety rules may result in injury. The user accepts the risk of injury and all liability associated with the product.

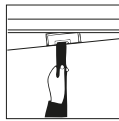
Take it easy and exercise carefully!

SECURING YOUR TAURUS SLING TRAINER

Your Taurus Sling Trainer can be used with ease both indoors and outdoors. For optimum usage, you need an exercise area around 2.40 x 1.80 m in size. Only use a flat, non-slippery floor.

How to secure your Taurus Sling Trainer:

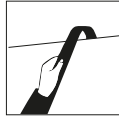
Doorstop. The doorstop can be used to secure your Taurus Sling Trainer to all hardware doors. Perfect for exercising at home or if you are away from home. Do not destroy the door. The doorstop must only be used with doors which are very firm and able to take the weight of the user. If you are in any doubt, do not use the doorstop.



Always secure the doorstop so that the door opens away from where you are standing.

When the doorstop is secured like this, you will be using your own weight to keep it in place.

1. Place the doorstop over the centre of the door, then close the door.
2. Make sure that the door is completely closed and that it can take your weight.

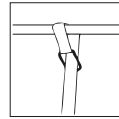


Warning

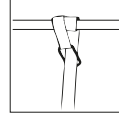
Do not use sliding doors, glass doors or thin wardrobe doors. Check to make sure that the door will not open unless you depress the handle.

Taurus Hook. If you want to secure your Taurus Sling Trainer to the ceiling, use the Taurus Hook. This hook can be secure to walls, vertical pillars or ceiling beams. Consider attaching it to a rafter for optimum securing. Ideal for exercising at home or at exercise facilities.

Outdoors. Only attach your Taurus Sling Trainer to things which will take your body weight: a firm beam, weight rack, strong fittings, railings, trees or fences, for example. Choose a strong, secure attachment point which can take your body weight. The attachment point must be 2.10 to 2.75 m above ground level.



When securing to a high horizontal rail
Secure the suspension strap around the rail. Click on the spring hook and tighten it to secure it. This will allow you to use the entire suspension strap.

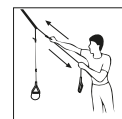


When securing to a low horizontal rail
Wind the suspension strap several times around the rail to secure it. The more you wind it, the shorter it will become. Click on the spring hook and tighten it to secure it. This will make the suspension strap shorter.

SET THE LENGTH

The length of your Taurus Sling Trainer can be adjusted so that you get exactly the movement and resistance that you want.

To shorten your Taurus Sling Trainer, hold onto one of the straps and push down the buckle with your thumb. Hold into the yellow adjusting flap with your other hand. Pull in different directions at the same time, as if you were lining up an arrow. Now do the same thing with the other strap.



If you want to make your Taurus Sling Trainer longer instead, push down the buckle on both straps at the same time and pull them towards you, away from the bracket. Always make sure the straps are not twisted before you set the length. Your Taurus Sling Trainer can also be adjusted in length using the buckle on the upper part of the apparatus.



TAURUS SLING TRAINER FOOT LOOPS

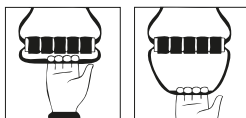
You have to place your heels in the foot loops for most floor exercises where you are facing upwards. This is the best way to do that:

1. Adjust the straps so that the lower parts of the foot loops are 20-30 cm above the ground. Sit facing your Taurus Sling Trainer. Your knees should be around 30 cm from the foot loops.
2. Lean backwards and place both heels in their respective foot loops at the same time. Make sure that both heels are supported fully.
3. Stretch out your legs to begin the exercise.

If you want to do exercises where you face the floor instead, this is what you do:

1. Adjust the straps so that the lower parts of the foot loops are 20-30 cm above the ground. Sit facing your Taurus Sling Trainer. Your knees should be around 30 cm from the foot loops. Place your right foot, toes first, into the foot loop on the left.
2. Now cross your left foot over your right foot in order to secure it in the foot loop on the right.
3. Now roll your whole body to the right. Allow your feet to roll in the foot loops. Now that you are facing the floor, rest by placing your knees on the ground so that you are on all fours.

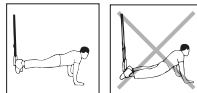
When using the foot loops, grab hold of the elastic part beneath the handle and pull down.



EXERCISE GUIDE

Body position

In all exercises, it is important for you to maintain the right position. Your back should be natural, and your shoulders, hips and ears should be in a straight line.



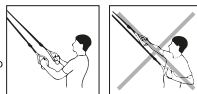
Hold the straps together

Never leave your Taurus Sling Trainer hanging loose while you exercise. Maintain an even pressure throughout the entire movement.



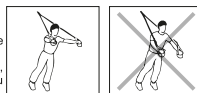
Never "saw" with the straps

Try not to pull on the straps one at a time; this can cause wear damage to both the bracket and the straps, which may be directly hazardous.



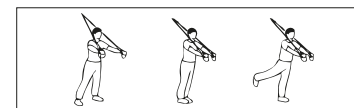
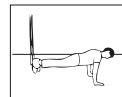
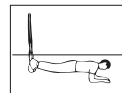
Never rub on the straps

Make sure you do not rub the straps against you while you exercise in an attempt to stabilise yourself. Instead, raise your arms to give you a firmer grip.



CHOOSE STABILITY

If you do exercises where you lie facing the ground, you will find this harder if you stand on your hands then if you lean on your lower arms.



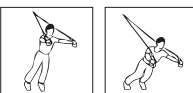
Keeping your feet together or standing on one leg, for example, will reduce your support and give you a harder workout.

SELECT RESISTANCE

EXERCISES STANDING UP

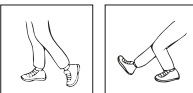
Change your body angle.

Move your feet towards the Taurus Sling Trainer bracket in order to increase resistance. The more powerful the body angle, the more resistance.



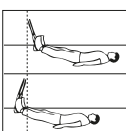
Distribute your weight across your feet.

When exercising standing up, when you face the bracket, you will find the movements easier if you distribute your weight across your feet. Shift your weight from the back part of your foot and front part of your foot while at the same time tensioning your muscles.



EXERCISES LYING DOWN.

For exercises where you lie down and have your feet in the foot loops, you can easily adjust the resistance using your position. If you want to increase the resistance, lie further away from the Taurus Sling Trainer foot bracket. If you want to reduce the resistance, lie closer to the bracket instead, or behind it.



TAURUS SLING TRAINER GUIDE

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PROGRAM

EXERCISE	BASIC	ADVANCED
1. SINGLE LEG SQUAT	30 SEC/SIDE	60 SEC/SIDE
2. BALANCE LUNGE	30 SEC/SIDE	60 SEC/SIDE
3. HAMSTRING CURL	30 SEC	60 SEC
4. HIP ABDUCTION	30 SEC	60 SEC
5. CHEST PRESS	30 SEC	60 SEC
6. BACK ROW	30 SEC	60 SEC
7. SHOULDER RAISE	30 SEC	60 SEC
8. BICEP CURL	30 SEC	60 SEC
9. TRICEP PRESS	30 SEC	60 SEC
10. SUPINE PULL THROUGH	30 SEC	60 SEC
11. OBLIQUE LEG RAISE	30 SEC/SIDE	60 SEC/SIDE
12. SUSPENDED CRUNCH	30 SEC	60 SEC

WORK OUT YOUR ENTIRE BODY WITH THE TAURUS SLING TRAINER

The Taurus Sling Trainer allows you to work out your entire body in under 30 minutes. And what is more, you can work out more or less anywhere you like. This programme includes four exercises for the lower half of the body, five for the upper half and three for the whole body.

Ideally, start off with the Basic programme, which is a bit shorter, to acquaint yourself with your Taurus Sling Trainer. Then move up to the Advanced programme.

INSTRUCTIONS

Warm up for about 5 to 10 minutes before you start exercising. Use a skipping rope, rowing machine, exercise bike or the Taurus Sling Trainer basic warmup, for example.

GETTING STARTED

Run through the exercises in the right order. Choose from Basic (30 seconds) or Advanced (60 seconds). Rest between every repetition (Basic 50 seconds and Advanced 20 seconds). At the end of every repetition, change the angle of your body to make it more difficult. You can also change the position of your body or shorten the repetitions to make the exercises easier.

DEVELOPING YOUR TRAINING

Develop from the Basic programme to the Advanced programme by slowly increasing the repetitions and reducing your rest time between repetitions by 5 seconds at a time. Do not develop your training until you can really perform every repetition properly.

1. Single leg squat

Stand leaning backwards slightly, with your face against your Taurus Sling Trainer, and hold on gently to the handles. Raise one leg and find the right body position, with your weight in the centre of your foot. Move down into a squatting position by bending your leg. Do not raise the heel of the leg you are standing on. Move back up into a standing position. Use your arms as little as possible.



2. Balance lunge

Start off with your face against your Taurus Sling Trainer, and hold on gently to the handles in a natural way. Lift one leg back and find the right body position, with your weight in the centre of your foot. Bend the knee of the leg you are standing on down to the ground. Do not raise the heel of the leg you are standing on. If you would like to reduce the weight, you can place the foot of the leg raised on the ground. Move back up into a standing position. Use your arms as little as possible.



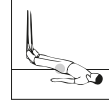
3. Hamstring curl

Lie on your back, with your heels in the foot loops. Push up the seat by creating pressure under your hands and in the foot loops, and pull your heels as close as possible to the seat. Return to your starting position.



4. Hip abduction

Lie on your back, with your heels in the foot loops. Keep your shoulders and arms on the floor. Move your legs out to the sides in a V shape. Return to your starting position.



5. Chest press

Stand leaning forwards slightly in the basic position, with a handle in each hand. Drop forwards between the handles, with your upper arms slightly away from your body, and push up until your arms are straight. Keep your body straight throughout the entire exercise.



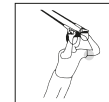
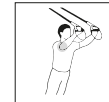
7. Shoulder raise

Stand leaning backwards slightly, with your face against your Taurus Sling Trainer, and hold on gently to the handles. Pull your arms in towards you and out to the sides above your head, making a Y shape with your body. Return to your starting position.



9. Tricep press

Stand in the basic position, with your arms straight at shoulder height in front of your body. Keeping your body straight, fall forwards by bending your arms until the handles are at the same level as your ears. Push your arms straight and return to your starting position.



6. Back row

Stand leaning backwards with your body straight, hold onto the handles with your arms straight in the direction of the straps. Pull up your upper body between the handles, with your elbows in front of your body. Relax your arms and shoulders forwards into the starting position.



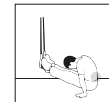
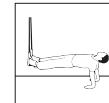
8. Bicep curl

Stand leaning backwards in the basic position by holding onto the handles with your arms straight in the direction of the strap. Fix your elbows and move your body forwards by bending your arms. Return to your starting position.



10. Supine pull through

Have your back to the floor, with your heels in the foot loops. Stand with your arms straight. Lower your body and pull your head towards your knees so that your hips are positioned between your arms. Return to your starting position.



11. Oblique leg raise

Lie on your back and hold onto both loops with your hands. Hold your legs straight up. Twist your legs to the side as far as you can. Return to your starting position. Then twist your legs in the other direction. Vary the sides.



12. Suspended crunch

Start off from the arm raising position, with your elbows and lower arms on the floor. Your feet must be secured in the loops. Pull your knee in towards you. Return to your starting position.

