

THE
**HUMAN
TRAINER™**

BEGINNER PULLEY WORKOUT



www.thehumantrainer.com

All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

The Human Trainer Beginner Rotational Pulley E-Book is designed for you to get the most from your Human Trainer Rotational Pulley. The Human Trainer Rotational Pulley combines the concepts of a suspension gym with the ability to rotate and make your workout even more effective and efficient.

With exercises for every muscle group and every fitness level, the Beginner Rotational Pulley E-Book will have you gaining muscle and burning fat in no time.



1

Two Arm Bicep Curl

Repetitions: 15



START

Stand facing towards the main straps.

Begin leaning back slightly with both arms extended straight forward at shoulder height, palms facing up.

FINISH

Curl both hands towards eye level, keeping elbows lifted.

2**Alternating Tricep Press Down*****Repetitions: 12 per arm*****START**

Stand facing towards the main straps.

Begin leaning back slightly with palms facing up, elbows at the sides and hands extended forward.

FINISH

Press the left arm downward until it reaches waist height, press the right arm down as the left arm returns to start position.

Continue alternating sides.

3**Alternating Power Pull*****Repetitions: 20 per side*****START**

Stand with feet hip width apart, facing towards the main straps.

Begin leaning back slightly with both arms extended forward at chest height, palms facing in.

FINISH

Pull the right arm back towards the chest as your left arm extends forward.

Continue alternating sides.

4

Two Leg Squat & Alternating Row

Repetitions: 10 per side



START

Stand with feet hip width apart, facing towards the main straps.

Begin leaning back slightly with arms extended forward at chest height, palms facing in.

FINISH

Keep the heels on the ground and press the hips back and down into a squat.

Press up to standing with both legs as you pull the left arm back towards the chest.

Repeat and continue alternating sides.

5**Chest Press****Repetitions: 20****START**

Stand facing away from the main straps.

Begin leaning forward slightly with the arms extended straight at chest height, palms facing down.

FINISH

Lower chest and body with arms reaching out to the sides.

Press back up and maintain body alignment.

6**One Leg Squat*****Repetitions: 10 per leg*****START**

Stand facing towards the main straps, keep arms extended straight at eye level and palms facing in.

Lift one leg off the ground and extend forward.

FINISH

Press hips and buttocks back and down towards floor.

Press up through standing leg to starting position.

7**Alternating Bicep Curls*****Repetitions: 10 per arm*****START**

Stand facing towards the main straps.

Begin leaning back with arms extended straight at shoulder height, palms facing up.

FINISH

Curl left hand towards eye level keeping elbows lifted, extend right arm downward.

Continue alternating sides.

8**Reverse Fly*****Repetitions: 12*****START**

Stand facing towards the main straps.

Begin leaning back with arms extended straight at shoulder height, palms facing in.

FINISH

Pull the straps out to each side of the body keeping both arms straight creating a T shape.

9**Two Leg Hamstring Curl*****Repetitions: 15*****START**

Begin sitting on the ground facing the straps.

Place both heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points.

FINISH

Press the heels down into the foot cradles and lift your hips upwards.

Pull both heels in towards the body keeping the hips lifted.

10

Foot Cradle Two Knee Tuck

Repetitions: 15**START**

Place both feet (toes down) in foot cradles, lift knees up off ground.

Begin in High Plank with both hands directly under shoulders.

FINISH

Lift the tailbone and draw both knees to chest.