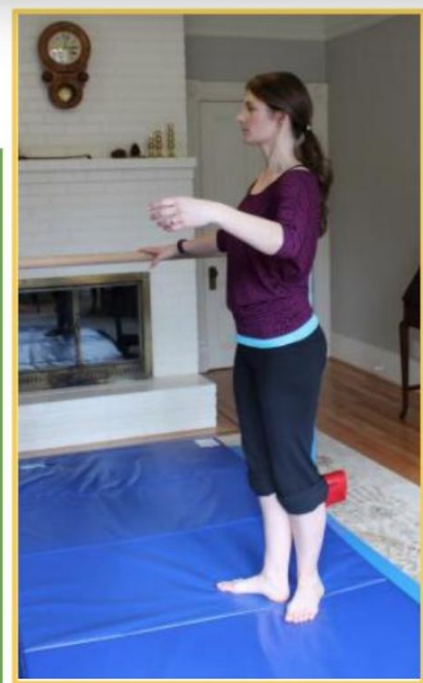


Tumbl Trak Fitness for Parents!

At Home Single Bar



Tumbl Trak
Train Smart



Before you begin...

- *Take time to warm up before you begin and cool down afterward.*
- *The first time you perform any exercise, take your time and start slow until you understand the movement.*
- *Be sure to use proper matting, and, ensure that your workout space is clear of obstacles that could cause injury.*
- ***Tumbl Trak equipment is designed for users of a certain weight. The exercises shown here meet the manufacturers recommendations for safe participation on a Tumbl Trak Brianna Beam. See your product user guide to be sure you can participate safely on your piece of equipment.***

Bar Toe Raises

Description:

- Stand tall with heels together and toes apart (first position).
- Use the bar for balance as you lift heels off the ground.
- Keep a tall posture with core engaged.
- Repeat 10-15 times.

Additional Challenges:

- Try with one leg in a time.
- Lift both heels off the ground and hold for 20-30 seconds.



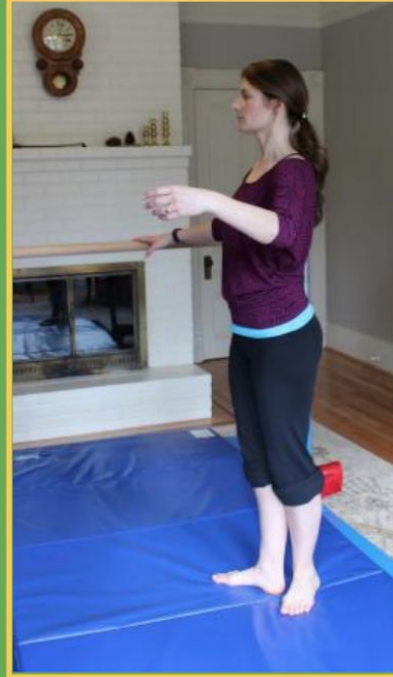
Side Squat

Description:

- *Stand tall with one hand on the bar for balance*
- *With the outside foot, take a wide step to the side.*
- *Bend at the knees and lower the hips, shifting weight back on the heels.*
- *Be sure bend knees without letting your knees pass in front of your toes.*
- *Repeat 10-15 times and switch sides*

Additional Challenge:

- *After completing a squat, push off the outside leg and lift sideways while straightening the base leg. Repeat 10-15 times, each leg.*



Heel Raises

Description:

- *Stand tall with one foot slightly in front of the other, making a T with the back foot.*
- *Keep your body and shoulders square with one hand on the bar for balance.*
- *Concentrate on strong posture with a tight core as you raise the back leg backward.*
- *Keep the movement small with heel lifting upward, feeling a squeeze in the buttocks.*
- *Do 10-15 on each leg.*



Hip Raises

Description:

- *Start hanging from the bar with feet outstretched forward.*
- *Raise hips off the ground as high as you are comfortable and hold for 10-15 seconds, squeezing the core and buttock muscles.*
- *Repeat 10-15 times.*

Additional Challenges:

- *Do this challenge with one leg off the ground, for more intense core and balance work.*
- *Alternate lifting knees/feet up toward the ceiling, keeping hips raised.*



Sitting Rope Climb

Description:

- *Attach a rope securely to the center of the bar.*
- *Lie on your back with rope outstretched as pictured.*
- *Using hand over hand technique, pull your body upward to sitting position. Be sure to keep your back flat and core engaged as you pull up.*
- *Lower yourself, hand over hand to lying position again.*
- *Repeat!*

Additional Challenges:

- *Raise the bar a few notches and continue to climb up the rope to the bar!*



Ring Pull Ups

Description:

- *Attach Tumbler Trak Rings to the bar and adjust so that your arms are straight when lying on your back.*
- *Hold a strong core while pulling your body upright to sitting position.*
- *Repeat.*

Additional Challenges:

- *Lift hips off the ground and do pull up with only heels touching!*



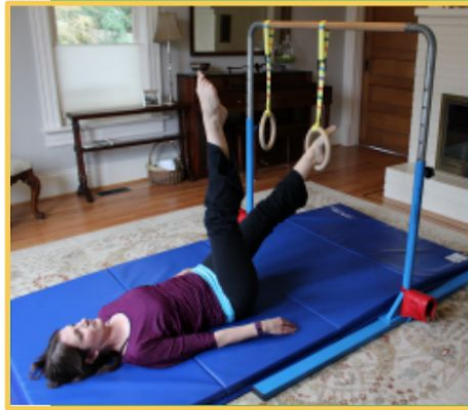
Face Up Plank Holds

Description:

- Adjust the straps of the Tumbler Trak Rings so that they are approximately 2 feet off the ground.
- Start lying on your back with both heels in the rings.
- With hands face down next to you, raise hips as high as you feel comfortable and hold for 30 seconds.
- Repeat 3-5 times!

Additional Challenges:

- Place one foot in a ring and raise hips up, then down, pointing toe toward the ceiling. Repeat on each side 10-15 times.
- Place one foot in a ring with one leg pointing upward. Raise and lower hips, squeezing buttocks with each lift.



Plank on Rings

Description:

- Begin on your knees under the bar with hands on the rings.
- Push up to plank position and hold your core strong.
- Hold for 15-30 seconds.



Single Ring Pull Up

Description:

- Lie under the bar and hold a single ring with both hands.
- Keeping the body straight, raise hips off the ground as you pull your chin toward the ring.
- Repeat 5-10



Twist

Description:

- Lie under the bar with both hands on a single ring.
- Position yourself leaning backward, holding a strong core.
- Release one hand and twist backward, touching elbow to the ground, keeping the core strong.
- Alternate hands, twisting backwards on each side.
- Repeat 15-30 times each side.

Additional Challenges:

- Lift hips off the floor, with knees bent and feet flat on the floor before alternating twists.



Tuck Ups

Description:

- Lie under the bar with legs outstretched and hands on the rings
- Holding feet together, bring knees in toward the chest and return to starting position.
- As the knees tuck in, squeeze the core
- Repeat 10-15 times

Additional Challenges:

- Try lifting legs in pike position, with straight legs!



Scissors

Description:

- Lie under the bar with legs outstretched and hands on the rings
- Holding feet together, bring one knee in toward the chest.
- Squeeze the core as you scissor switch legs, alternating legs.
- Repeat 10-15 times.



Straddle Scissors

Description:

- Lie under the bar with legs outstretched and hands on the rings
- Pull feet apart in a straddle shape a few inches off the ground, keeping the abdominal muscles pulled in.
- Then, bring legs together crossing heels together before straddling again.
- Keep the core engaged and abdominal muscles pulled in.





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