



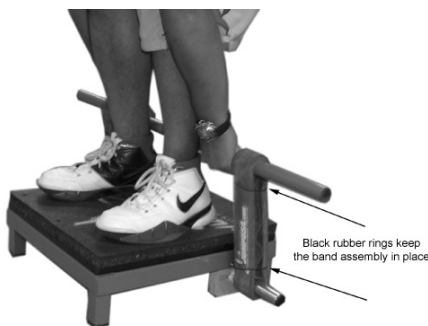
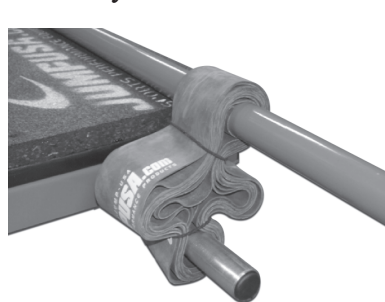
# Squatflex Instructions

Congratulations on your Squatflex. It is the simplest most effective way to get a serious leg strength workout in the convenience of your home. You can start light at one pair of bands and use more bands as you get stronger. Here's how it works:



Nest together the desired number of bands and secure the assembly with the small black elastic bands.

Bands per side	Resistance lbs
1	60
2	120
3	180
4	240
5	300
6	360
7	420
8	480
9	540
10	600



Slide the band assembly over the bottom bar and over the lifting bar. When lifting, use the "mixed grip" a.k.a. "hook grip" alternating grip - one hand under and one hand over.

## Sample Squatflex Program:

**IMPORTANT:** Consult a doctor before engaging in this and any other exercise program.

Do lifts twice a week, for example, Mondays and Thursdays

Decide on a starting resistance level. For the average athlete, it will be one band on each side.

Do 6 reps, 3 sets. Gradually, work up to 6 sets of 6 reps.

When you can do 6 sets of 6 reps, you are ready to add another pair of bands. If you can't do one rep of a particular resistance level, take away a layer and start doing it one leg at a time. You'll be able to do it perhaps only 1-3 sets of 6 reps. Work your way up to 6 sets. Then add another layer. Your leg strength should now be ready to do sets of this new resistance level. **GOAL:** if you're under 6 ft and weigh under 200lbs, when you can do seven bands 420 lbs - you'll have the necessary leg strength to dunk!