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# THE HOOK

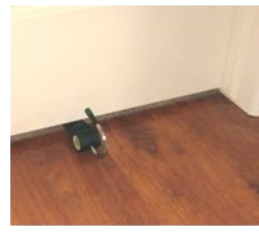
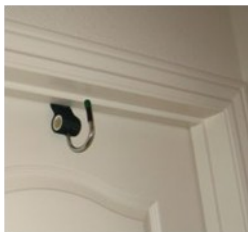


## EXERCISE MANUAL

Thank you for your purchase and congratulations! You are now the owner of the most effective and efficient resistance bands exerciser in the world – **The Hook!**

Before using your Hook, please read the following **WARNINGS:**

- Do not stretch the resistance bands beyond four times their lengths.  
Full Resistance Band: max. 80" stretch.  
Half-Size Resistance Band: max. 48" stretch
- Never use the resistance bands with anything that has sharp or rough surfaces or edges.
- Avoid exercises that will align the resistance bands directly with your face.
- Always keep the plugs joining the resistance bands free. Do not stand on them or have them up against anything.
- Always be aware of the tremendous force contained within stretched resistance bands. Be cautious. Always keep a firm grasp on the handles and always make certain that the bands are securely in place.
- Always close a door onto the hook end of the door attachment as shown in the pictures below. Make sure that the door is latched, and push on the door to make sure that it will not open. If using the door attachment under a door, make sure that there is a **maximum clearance** of no more than 1".



- Although The Hook is built to last a lifetime, and the resistance bands will last for years, occasionally check each for any possible signs of undue wear or fraying.

#### Using **The Hook:**

If you are new to using resistance bands, you should know that they provide a different type of resistance than you might be used to if you have ever lifted weights. I recommend setting a resistance that will allow you to perform 12 to 15 repetitions per exercise. The first few reps might feel somewhat easy, but as you approach the final reps, you will experience a real burn in your muscles as you reach failure. Try some exercises doing 20 reps or so, and you'll see what I mean.

Because of the intensity of the resistance provided by the resistance bands, no more than one or two sets per exercise is needed. If you perform a set to absolute failure, in other words, you absolutely cannot complete the last repetition, then one set is recommended.

## Developing a Routine

When developing a routine, three factors should be taken into account:

1. **The Golden Rule of Working Out** – *Never perform the same exercises two days in a row.* Always allow at least one day's rest in between. In other words, if you're doing biceps curls on Mondays, don't do them again until Wednesday or Thursday. The reason for this is because when you perform a strenuous exercise, you are actually breaking down muscle cells, and then during the recovery period, blood rushes into those cells carrying proteins and nutrients, and repairs them, making them bigger and stronger than they were. That's why proper nutrition is so important. It takes a minimum of 48 hours for this process to complete itself, and if you keep doing the same workouts day after day, you are not giving your muscles the necessary recovery time to regenerate and grow, and you will very quickly wear yourself out.

Keeping this in mind, you could do all of your exercises 3 days a week, or you could develop a "Split Routine" where you do some exercises on one day and other exercises the next day. The Split Routine is commonly used by bodybuilders. The logical way to do this is to divide the exercises into muscle groups that work in conjunction with each other. Upper body exercises can be divided into two basic groups; 1) The Pushing Exercises, which would include the chest, shoulders and triceps, and 2) The Lifting/Pulling Exercises, which would include the back and biceps. Since you tend to do more grabbing with lifting and pulling exercises, it would make sense to include the forearms in with that workout. Legs and abs can go with any workout. For example, you might include abs with the Lifting/Pulling workout and Legs with the Pushing workout. You could break the legs down if you wanted to – calf raises could be performed during one workout, and upper thighs, another. If you wanted a five day a week routine, you could do certain exercises on Monday, Wednesday, and Friday, and then the other exercises on Tuesday and Thursday. The following week you would alternate the days, so that at the end of a two week period, it all evens out. A six day routine could comprise a Pushing workout on Monday, a Pulling/Lifting workout on Tuesday, a Leg workout on Wednesday, and then repeat for Thursday, Friday, and Saturday. Or you could do Pushing and Leg exercises on Monday, Wednesday and Friday, and then do Pulling/Lifting, Forearms, and Abs exercises on Tuesday, Thursday, and Saturday.

2. **How much time do you want to spend on your workouts?** You could exercise anywhere from two to seven days a week (at least one day off a week is recommended). Do you want to put in 15 to 20 minutes per workout, or a half an hour to an hour or more? You should determine what is doable for you and what fits in well with your schedule.

Keep in mind that a workout routine is one of the most flexible things in the world. You can always revise your routine, cutting back if you want to, or adding to it. The one thing you don't want to do is to load your plate too full, especially if you are just starting out. Once a routine becomes drudgery, it is only a matter of time before you quit. If you find that happening, cut way back and then gradually add to or revamp your routine until you are comfortable with it. You might find yourself having to make some changes in your lifestyle to accommodate working out. But such changes can only be for the good. Remember that even just 15 minutes of exercise performed consistently over a year's time will do you a heck of a lot more good than knocking yourself out for a couple of hours a day and then giving up after a couple of weeks.

3. **What time of the day should you work out?** The answer to that is anytime that fits in best with your schedule and when you feel most ready to exercise. It could be the first thing in the morning, or it could be when you get home from work in the evenings. Personally, I prefer mornings because I get my workouts done and out of the way, and I then am free to do whatever else I want to do, or have to do, for the rest of the day. Now, I can't just fall out of the rack and immediately start pounding out pushups. I have to be up for a bit. Have some coffee. Wake up a bit. Shake out the cobwebs. And then I'm ready. Of course, this requires my getting up earlier than I would have to if I weren't working out, but I've been doing this for years and wouldn't have it any other way.

Pick and choose exercises for your routine from the exercises provided in this package, and divide them into individual workouts as you see fit. If you would like to get some ideas for routines from others or would like to contribute your own, or simply ask questions, go to my website, <http://www.sierraexercise.com/>, scroll down to the **Forum** link, click on it, and then click on the topic, **Hook Routines** at the top of the Forum page.



Looping Resistance Bands together to lengthen them

## The Exercises

### Shoulders:



Lateral Raise



Press  
Loop bands  
together



Front Shoulder Raise



Chest Expansion  
Use Half-Size Bands



Behind the back  
Shoulder Raise



## Chest:



Chest Press—Lean into the handles , creating a “bench” with your bodyweight



Cross over. You can do this from several angles



Loop a couple of bands together for Push Ups. Whether the bands are used or not, pushups ought to be included in a comprehensive routine.

## Back:



Pull the Handles to your mid-section while forcing out a wide-lat spread



Pull Downs



Back Row



Shoulder Shrug



One Arm Wide Pull-Down

If possible, chin-ups ought to be included in a comprehensive routine.

## Triceps:



Overhand / Underhand  
Pull-Downs

Load the Door Attachment with Resistance Bands and then grab what you need



Triceps Curls



Back Press



Triceps Extensions I  
Just grab hold of the Bands, if you prefer.



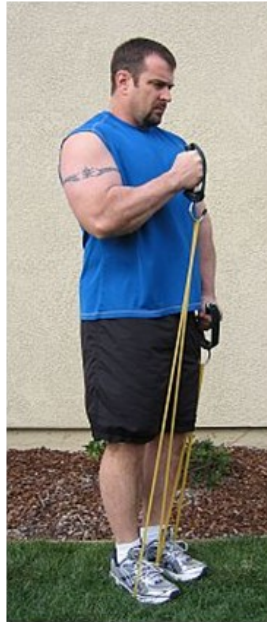
Triceps Extensions II



**Biceps:**



Biceps Curls



Hammer Curls



"Incline" Curls



Concentration Curls



Pull-down Curls

**Forearms:**



Underhand Curls



Overhand Curls

## Legs:

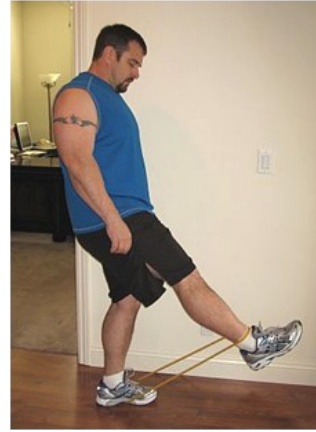


Hack Squats

Fold the Resistance Bands in half. You can also raise the bands to your shoulders if you prefer



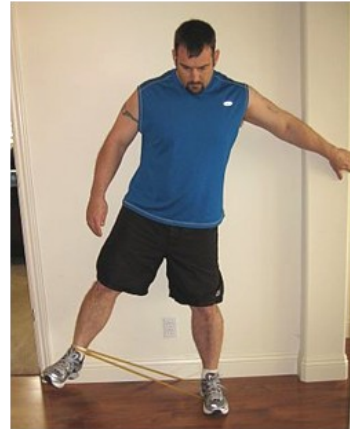
Calf Raises



\*Front Leg Extension



\*Rear Leg Extension



\*Side Leg Extension

\*If you plan on making Leg Extensions a regular part of your routine, it would be advisable to pick up an Ankle Attachment. They are relatively inexpensive and can be found in a search on the Internet.

**Abs:**



Crunches



Oblique Side Bends



Straight Arm Pulldowns

Be creative! Generate your own exercises!

“You are only as good as your last workout. You are what you eat”

- pierini