



ULTIMATE BODY PRESS

Core Strength Accessory

Instructions for use:

1. Attach all the Velcro anchor straps with “D” rings evenly across the shorter of the two base cross-members on the dip stand.
2. Hook two matching elastic bands to the anchors, connecting each one to an outside anchor and both to the inside anchor. This will create two loops in a “B” shape.
3. Attach an ankle strap to the middle of each elastic band loop you just made by tightly wrapping the Velcro tab around the band several times.
4. Enter the dip stand from the narrow side. Stand in the middle and place one loop over each foot.
5. Attach the ankle strap to your ankle.
6. With your hands on the grips of the dip machine step forward enough to create a small amount of tension on the bands.

Performing the Exercise – READ CAREFULLY

1. To begin, activate your core muscles by sucking in your stomach and flexing your gluteal muscle slightly tucking your buttocks in underneath you.
2. Stabilize the dip stand by pressing back and down from your shoulders, through your arms and onto the grips.
3. Maintaining correct posture also requires you to keep your shoulders down and back or what we call “Back & Relaxed”.
4. Do not lean back. Keep your body line upright and balance your weight on the front half of your feet.

5. Lift up with your right knee bringing your foot straight up underneath you. Your right foot should pass direct by your left knee.
6. At its highest position your right foot should still be underneath your body with your ankle and toes fully flexed and your toes pulling upward.
7. **This is called dorsiflexion and it is critical to achieving maximum muscle recruitment and improving your top speed.**
8. Lower your leg moving your foot straight down again.
9. Land on the front half of your foot not your heels.
10. Repeat the movement with your left leg.
11. Start with 5-10 repetitions on each leg. Take a short break (30-60 seconds)
12. Perform 2-4 sets.
13. Never do another sit up again ;)

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nutrition advice and much more!**

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DISCLAIMER: The Ultimate Body Press Core Strength Accessory is designed for use with the Ultimate Body Press Dip Bar. This product has been manufactured and tested to decrease risks of injury. However, risks of injury exist in the use of this product. Therefore, the user assumes all risks of injury in the use of this product. Consult your physician before starting any exercise program. If you experience any discomfort while using this product, discontinue use and consult your physician immediately!