



PRINT WINDOW

Home/Door Gym Wall Chart

To get the maximum results from your Altus Door Gym workout, follow these easy rules:

1. Muscles need oxygen so breathe normally. Do not hold your breath!
2. For maximum strength and flexibility benefits, utilize the full range of motion for each exercise.
3. Use a smooth and steady motion when performing each exercise.
4. Perform at a slow and controlled pace on the lowering portion of each exercise.
5. Always maintain the proper body position while exercising. As shown in the manual.
6. As with any exercise program, consult your physician before beginning.



exercise 1

EXERCISE WALL CHART

Ab Crunches

Start in a kneeling position facing away from the door. (Figure A) Grip handles and pull them down to back and side of the head. Using only your abdominals, curl down toward the floor. (Figure B) Try to touch your elbows to your thighs. Rise slowly to the starting position and repeat. Add bands to increase resistance. Targeted Muscle Group: Abdominals



exercise 2

EXERCISE WALL CHART

Standing Flys

Start with your back to the door. Grip handles and extend arms to your side parallel to the wall behind you. (Figure A) With palms facing out, bring hands down to the front position. Imagine you are hugging someone. (Figure B) Move arms slowly back to shoulder level and repeat. Add bands to increase resistance. Targeted Muscle Group: Chest, Arms



exercise 3

EXERCISE WALL CHART

Squats

Start with your back to the door. Pull both handles to rest on top of your shoulders, resistance bands behind you. Feet should be shoulder width apart. (Figure A) Keeping your head up and back upright, slowly squat down until your thighs are parallel to the floor. (Figure B) Slowly start upward ending in the standing position. Be careful to concentrate on using only your legs and not your back. Do not lock your knees while in the standing position. Add bands to increase resistance. Targeted Muscle Group: Quadriceps, Hamstrings, Glutes



exercise 4

EXERCISE WALL CHART

Rear Lateral Raises

Start with your back to the wall. Bend down, pick up handles. Keep knees bent and back parallel to the floor. (Figure A) Lift hands, keeping the back of hands facing up toward the ceiling. At the top of the exercise try to force your shoulder blades together. This will give you maximum contraction. (Figure B) Add bands to increase resistance. Targeted Muscle Group: Rear Deltoids, Middle Back



exercise 5**EXERCISE WALL CHART****Tricep Push Down**

Face door and take a handle in each hand. Keeping your back straight, lock your elbows next to your body. (Figure A) Press down, bringing arms to full extension, flexing triceps. (Figure B) Return slowly to beginning position. Add bands to increase resistance. Targeted Muscle Group: Triceps

**exercise 6****EXERCISE WALL CHART****Seated Row**

Start sitting on the floor facing the door. Grip handles and keep arms extended and move to a position so there is a 90-degree angle formed by your legs and torso. (Figure A) Pull straight back bringing your hands to the side of your chest. (Figure B) Move slowly back to the start position and repeat. This exercise can be done with elbows positioned high (shoulder level) or keeping the elbows low (as shown). Add bands to increase resistance. Targeted Muscle Group: Back & Arms

**exercise 7****EXERCISE WALL CHART****Leg Abductor/Adductor**

Start standing perpendicular to the door, attach ankle strap to outside leg. Place hand on wall for balance. (Figure A) Slowly extend outside leg away from door, (Figure B) slowly return to starting position and repeat. Repeat on other leg. For the adductor, repeat the above instructions, but this time attach ankle strap to the inside leg. Pull the inside leg out away from the door, hold and then slowly return to starting position and repeat. Add bands to increase resistance. Targeted Muscle Group: Outside Thigh and Hip, Inside Thigh



exercise 8

EXERCISE WALL CHART

Front Lateral Raises

Start with your back facing the door. Grip handles and start with your hands at your side, palms facing the door. (Figure A) Slowly lift arms upward until hands are shoulder high. (Figure B) Return hands slowly to sides and repeat. Add bands to increase resistance. Targeted Muscle Group: Anterior & Medial Deltoids



exercise 9

EXERCISE WALL CHART

Triceps Pull Down

Face away from door at 45-degree angle and take a handle in hand. Start with forearms parallel to floor. (Figure A) Keeping the back of your hand facing the floor, pull handle until arm is straight. (Figure B) Return slowly to starting position. Add bands to increase resistance. Targeted Muscle Group: Inside Triceps Muscle



exercise 10**EXERCISE WALL CHART****Upright Rows**

Start facing door, arms pointed down and straight. (Figure A) Pull handles upward keeping elbows out and handles in line with your torso, until your hands are at shoulder height and your elbows are at head height. (Figure B) Lower slowly to beginning position. Add bands to increase resistance. Targeted Muscle Group: Deltoids, Trapezius, Back

**exercise 11****EXERCISE WALL CHART****Leg Raises**

Attach the ankle strap. Lay on your back with feet positioned towards the door. (Figure A) Keeping a 90-degree angle at the ankle, raise leg until it is perpendicular to the floor. Lower leg slowly to starting position and repeat. (Figure B) Add bands to increase resistance. Targeted Muscle Group: Thighs, Hip Flexor, Abs

**exercise 12****EXERCISE WALL CHART****Shoulder Press**

Start with your back facing the door. Grip handles and bring your hands to shoulder level. With legs slightly open for stability, press your hands, with palms up, over your head until arms are fully extended. (Figure A) Lower hands slowly and repeat. (Figure B) Add bands to increase resistance. Targeted Muscle Group: Shoulders



exercise 13

EXERCISE WALL CHART

Bicep Curls

Stand facing the door, handle in hand and keep knees slightly bent, with palms out and elbow securely against waist. (Figure A) Curl the handle to your shoulder. (Figure B) Lower slowly and repeat. Add bands to increase resistance. Targeted Muscle Group: Biceps



exercise 14

EXERCISE WALL CHART

Straight Arm Pull Downs

Face away from the door at a 45-degree angle. (Figure A) Starting with your hand at or above your head, pull handle away and down from door, keeping your arm straight and the palm of your hand facing the door. (Figure B) Let your hand rise slowly to starting position and repeat exercise. Add bands to increase resistance. Targeted Muscle Group: Rear Deltoid, Tricep



exercise 15**EXERCISE WALL CHART****Reverse Leg Extensions**

Attach ankle strap. Stand facing the door, place hands on door for balance. (Figure A) Keeping your toes pointed towards the door, extend leg back to full extension. (Figure B) Lower slowly and repeat. Add bands to increase resistance. Targeted Muscle Group: Glutes, Hamstrings



Perform these exercises in accordance with the illustrations and instructions provided on this site. Consult your physician prior to using any fitness product or starting any exercise routine.

Provided Courtesy of Altus Athletic

709 South Veterans Drive • P.O. Box 736 • Altus, OK 73522
580.482.0891 • 580.482.2760 Fax • 800.654.9873
©2002 Altus Athletic. All Rights Reserved.