

Railyard Fitness®

Serius Strap®

featuring the

Serius Strong® Rotating Handle

Instruction Manual



MADE IN



U. S. A.

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FITNESS®

Set Up Instructions:

Introduction:

Before beginning your workout, here are a few tips that apply to each exercise.

Keep the tension: For best results make sure the Straps stay tense and do not go slack as you go through each exercise. Keeping the Straps tight may mean you need to change foot position, reduce the range of motion you are going through, or slow down the speed at which you are moving.

Shift feet to increase or decrease resistance:

Since you are using your bodyweight as your resistance, the closer your body is to vertical (standing straight up), the less force you will need to exert to go through the range of motion. If you find an exercise is too easy, shift your feet so your body is more horizontal (laying on the floor) than vertical. Go inch by inch with your adjustments and always start off too easy rather than too hard if you are unsure of how much intensity you want to use.

Focus on your wrists for peak results: A hidden benefit of using the SERIUS STRAP is the strength and toning that happens through the forearms and wrists. By keeping your wrists neutral, you get to work your wrists, forearms, and the rest of the body more effectively. Your wrist is in the neutral position when your thumb is pointed away from the anchor point of your SERIUS STRAP.

Serius Strap Combo Straps:

The Combo Anchor Straps that are included on the Serius Straps can be used over a door or anchored to a fixed point over head, i.e. a ceiling beam, tree limb, chin up bar, etc.

To attach your Serius Straps to a door, place the bundle of webbing "web bundle" which is 5 to 7 layers thick over a sturdy door and pull the door toward you to close. Do not anchor your strap to the side of the door that opens toward you. Close the door and pull the strap to make sure it's anchored securely. Alternative anchor position is to place the bundle directly over the door hinge then close the door.

To attach your Serius Strap to an overhead anchor, attach the Serius Combo Strap to a beam, a tree, or sturdy over head support by wrapping the end of the strap opposite the Cam Buckle around your support and securing with a spring clip. To adjust the length, wrap the Straps around the support multiple times until the desired length is achieved, then attach with the spring clip.

IMPORTANT: Test any support you use to ensure that it is strong enough to hold your weight.

Assure the assembly is seated correctly before you begin any exercise and after each length adjustment .



Test the strength of any Over Head or Over Door support to be sure it will not come loose, break, or tip over. If you have any concerns about the strength of your door or support, **DO NOT USE THE SERIUS STRAP IN THAT LOCATION.** Remove the Strap and attach it to a better support.

Use the Cam Buckle on the Combo Anchor Straps to adjust how far your handles are from the floor or the anchor point.

The further away from the anchor point, the greater the horizontal body angle you can achieve. The greater the angle or the closer you get to horizontal, the greater the resistance. Experiment with each exercise to find the correct and most comfortable resistance for you. Body weight training with the SERIUS STRAP is true, functional exercise. You may feel as though you cannot lift as much as you are used to. This is due to the natural instability of exercise with the Strap. Unlike traditional weight machines, exercise with the Strap mimics how you move in real life, where you are seldom in one fixed, supported position.

When using the Serius Foot Cradles, we recommend you adjust the Straps to place the bottom of the Foot Cradles 5 to 6 inches off the floor.

The Serius Strong Handles included with your Serius Strap can be used in any of the three positions (Stirrup Grip, Channel Grip, and Vertical Grip). Each exercise in this manual includes the recommended grip positions for that exercise.

WARNING:

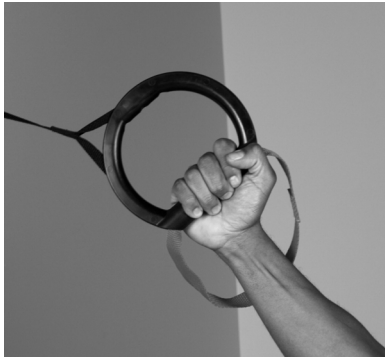
Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly, and serious bodily injury can also occur if all instructions are not followed.



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Serius Strap 3-Position & Rotating Fitness Handle



Cambered Grip

Rotate your hands to any angle from neutral to horizontal (Stirrup Grip) to relieve tension on your wrists. This is the grip Position you will find on



Vertical or Neutral

Position the handle so the strap exits from the bottom or top of the handle. This allows you to position your wrist in multiple Cambered or Neutral positions.



Stirrup Grip

The traditional Stirrup Grip. This is the preferred grip position for all pulling exercises i.e. Long Pull, Rows, etc.

The recommended Grip Position is noted on each of the exercises you will find in this manual.

The Foam Handle Grips: included with your SERIUS STRAP can be removed to clean, hand wash in mild detergent and rinse thoroughly. **DO NOT MACHINE WASH.** The Serius Strong Handles can be used with or without the foam grips.

Visit www.railyardfitness.com for new exercises, workout programs for specific sports, or to sign up for the Serius newsletter and blog, or read about updates in the Serius world of exercise. Search Suspension Training on YouTube for hundreds of training tips.



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Serius Arms

Bicep Curl:



Keep your elbows pointed toward the anchor point as you pull through the bicep curl. Touch the forehead lightly and let the arm go 95% straight to work the bicep through full range of motion. Keep your stomach engaged and your posture tall as you curl.

Use each grip to emphasize different parts of your arm:

Palms facing you: mid bicep toning and total arm sculpting

Palms facing away from you: forearm, and focus on section of arm near elbow

Palms facing each other: forearm, and focus on section of arm near shoulder

Recommended Grip Position: Stirrup, Vertical or Channel Grip with bicep curl.

Tricep Extension:



Face away and start with your arms extended and the Straps lightly touching your head. Finish position has you with palms touching the forehead and elbows horizontal to the ground. Keep your elbows close together — do not let them flair out to the side.

Use each grip to emphasize different parts of your arm:

Palms facing you: outside area of back of arm and back of wrist

Palms facing each other: tightens and helps prevent sagging of back of arms

Palms facing away from you: inside part of triceps and postural muscles

Recommended Grip Position: Stirrup, Vertical or Channel Grip with this exercise.

Serius Shoulders

Reverse Shrug:



Keep the shoulders low — do not let the shoulder rise into the neck as you pull back. Keep the arm straight as you pull back. Try to imagine squeezing a grape between your shoulder blades as you pull them back and together. Keep the arms pointed towards the anchor point—the only thing moving should be your shoulder blades. This is one of the base posture exercises you will find that focuses on the muscles that keep you sitting and standing tall.

Recommended Grip Position: Stirrup Grip with this exercise.

Reverse Fly:



Hold the handles with palms facing down or toward each other. Keep arms horizontal (do not pull above shoulder height). Keep back and neck straight as you pull back. Breathe in as you pull wide, out as you release back to the middle. Great for back muscles, posture, back of arms and back of shoulders.

Recommended Grip Position: Stirrup, Vertical, Channel Grip with this exercise.



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Serius Core

Plank/Rocker on Elbows or Hands:



Keep a straight line from the toes to nose—the knees, hips and chest should be in a straight line as well. For the Plank/Rocker on elbows, keep elbows at 90 degrees to the ground and shoulder width apart. For the Plank/Rocker on hands, keep hands at shoulder width apart and arms straight. Focus on abs and lower back strength.

Rocker: Works your “six-pack” muscles much more than the plank—try this only after you feel comfortable with the plank position. Keeping the body straight, rock gently forward and back. You may need to adjust your arms forward more than in the plank. Only go as far as you can with good stability of the core. If you feel lower back soreness, lift your hips slightly. If you feel back pain, stop immediately.

Pike—Up & Down on Elbows/Hands:



Keep a straight line from the toes to nose—the knees, hips and chest should be in a straight line as well. For the Pike on elbows, keep elbows at 90 degrees to the ground and shoulder width apart. For the Pike on hands, keep hands at shoulder width apart and arms straight. Keeping your back straight and your legs straight, bend at the hips as if you were a book bending at the crease of the pages. Go as tall as you can with your glutes and return to the straight line position.

Pike up/down on hands:

This is a more advanced option and should only be tried by those who are confident in the elbow pike position. For a greater challenge on the shoulders and arms, do the pike with your arms straight and hands on the ground. This will work the chest, shoulders and arms much more.

Sit Up:



Start in a position where your neck is not in any discomfort—the farther away you sit from the anchor point, the easier the exercise will be. Keeping the arms pointed straight toward the anchor point, use your abs to lift your body up 20 degrees range of motion. Let the cable go slack as you lift up, keeping your arms pointed toward the anchor point. Great exercise for the “six pack” muscles and keeps the pressure off your neck.

Recommended Grip Position:
Stirrup Grip.

Ab Twist:



Start with the arms pointed toward the anchor point. Keep your feet wide and pointed to the front. Bend your knees slightly. Keeping the eyes on the hands, and the torso straight, rotate without bending over so your arms are now at 90 degrees rotation. Pause and return to the middle before repeating to the other side.

- This exercise helps the core like no other. Normally, other exercises work the muscles that pull back or push forward — this works the muscles that twist — the muscles you see along the edge of the “six pack” that go down either side of the ribs and above the hips.

Recommended Grip Position:
Stirrup Grip.



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Serius Back

Long Pull – thumb up, thumb horizontal, palm up:



Lean back then shuffle your feet toward the anchor to begin this exercise. The closer your feet are to the anchor, the harder this exercise will be. Pull back and keep your hips in a straight line with the knees and lower back. Do not let your hips rock forward. Pull with your wrists neutral – try to touch the heel of your palm to the middle of the side of your ribs. Keep your shoulders low as you pull back. Let the arms return to 95% straight position before pulling again. Keep the chin up and pull the shoulders back with each repetition.

Different positions can sculpt and tone different areas:

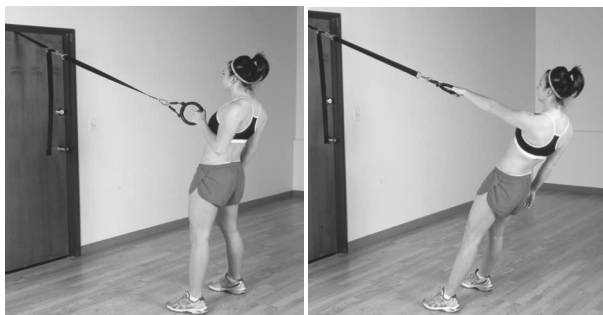
Palms vertical: This works the muscles along the side of the back, and the back of the shoulders, as well as the front of the upper arms

Palms facing up: This works the upper arms, muscles in between the shoulder blades and the postural muscles

Palms facing down: This works the muscles above the shoulder blades, and the middle and rear shoulders

Recommended Grip Position:
Stirrup Grip.

Long Pull – one hand, 3 hand positions:



By using only one arm we integrate the core and challenge more muscles along the way. Our body will burn more calories using just one arm at a time, however it does require more core strength, so make sure you are comfortable with the ab twist, plank and regular 2 arm long pull before attempting these. Keep the elbow tight to the body as you pull back with the one arm. Try to keep the body from rotating as you pull back. Keep your feet in a wide position as you stand facing the anchor point.

Different positions can sculpt and tone different areas:

Palm vertical: This works the muscles along the side of the back, and the back of the shoulders, as well as the front of the upper arms

Palm facing up: This works the upper arms, muscles in between the shoulder blades and the postural muscles

Palm facing down: This works the muscles above the shoulder blades and the middle and rear shoulders

Recommended Grip Position:
Stirrup Grip.

Serius Legs

Straight Arm Squat:

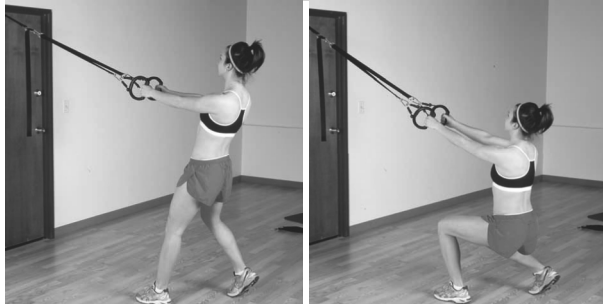


Keeping your body upright, lean back slightly so the Straps are tight. Put your weight in your heels and gently sit down as if you were sitting on a chair. Keep your chest high as you drop down to just above horizontal or just before your heels lift off the floor.

- Your glutes, thighs, core and upper back muscles are all working in this full body exercise.

Recommended Grip Position:
Stirrup Grip.

Straight Arm One Leg Squat:



Use your Straps for balance. Drop your rear end directly back so your center of gravity is over your heel and not your toe. By using one leg you effectively double the work that has to be done with one leg using the same body weight.

- This exercise will challenge your core and hip stabilizing muscles for better balance and stronger hips and legs.

Recommended Grip Position:
Stirrup Grip.



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Step Back Lunge:

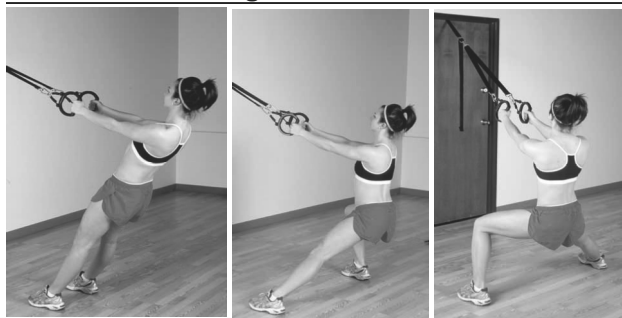


Keep your upper body tall as you step back. Keep the pressure on your front heel and do not let it rise off the ground. Take a long stride back with the lunging leg and bring the back knee close to the ground. Pull up through the front leg, but do not emphasize the push off of the back leg.

- This is an excellent rear end sculpting exercise that works all the right muscles for fit looking thighs and glutes.

Recommended Grip Position:
Stirrup Grip.

Side to Side Lunge:



Keeping the chest high, step to the side with your feet pointed to the front. Drop your heel down then drop the butt low while keeping the chest high. Slowly move in and out of the side lunge position. Do not step too far to the side causing you to have to move quickly to return to starting position.

- This works the rear end, inside and outside thighs better than almost any exercise you will find at your regular gym.

Recommended Grip Position:
Stirrup Grip.

Serius Chest

Push-Up:



With your body facing away from the anchor point and the arms straight, lean into the straps and bend the elbows to drop forward and lean with your chest (not your neck) for a solid chest exercise. You can adjust your feet to make this exercise harder or easier. Do not bring your ribcage too far forward — simply a little past level will put your chest through a full range of motion. Further than this may put your shoulder joints at risk.

Recommended Grip Position: Stirrup, Vertical, Channel Grip with this exercise.

One Arm Push-Up:



Place your feet wide apart and move through your range of motion as if doing a regular Push Up, except only using one hand. Keep your body tall and your hips forward. Try not to roll your other shoulder forward, but keep your chest straight and not “rolled over” the body. This exercise is an excellent chest exercise, but also is equally effective at strengthening the core muscles in the back and front of the body. Complete reps, rest, and complete reps on the other side.

Recommended Grip Position:
Stirrup Grip.

Chest Fly:



Keeping your arms 90% straight, lean your body forward and let your arms open up. Do not let your arms fall behind your shoulders, move slowly and carefully through your range of movement with this exercise.

- This exercise isolates the chest and front shoulder and is also an exercise for tightening your front stomach muscles.



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Your 1st SERIUS STRAP® Workout:

Here is a quick and easy workout to get you introduced to your Serious Strap

Warm up: It's important to warm up your muscles and joints before beginning any exercise program. Before you start, repeat this simple routine for 4-7 minutes before beginning your program.

- Jog in place for 100 steps
- Complete 20 slow and easy lunges
- Complete 10 pushups on your knees going halfway normal depth of movement
- Do 10 jumping jack freezes (freeze in the "feet wide" position, pause for 1 second then jump back to the starting position)
- Jog forward 10 steps, backwards 10 steps
- Shake out the legs, arms, and choose a light stretch for whatever body part feels tightest.

Repeat as necessary for a high quality full body warm-up that will prepare your body for the complete workout it is about to experience!

Workout: Let's take each exercise in this manual and do one set. Do this set with the Serious Strong Handle in the Stirrup position. Experiment with each handle position as you can add another set if you wish.

Remember to start each exercise at the lightest resistance by leaning a little. You can quickly add more resistance by increasing your body lean. This is the wonderful feature of the SERIUS STRAP— you have total control at all times.

1) Serious Legs

Straight Arm Squat - 10 reps

Straight Arm Split Squat - 5 reps each leg

Step Back Lunge - 5 reps each leg

Side to Side Lunge - 5 reps each side

2) Serious Chest

Push Up - 10 reps

One Arm Push Up - 5 reps each side

Chest Fly - 10 reps each side

3) Serious Arms

Bicep Curl - 10 reps

Tricep Extension - 10 reps

4) Serious Shoulders and Upper Back

Reverse Shrugs - 15 reps

Reverse Flyes - 10 reps

5) Serious Core

*Plank/Rocker on elbows with Foot Cradle - 10 reps
(This and the Pike are an advanced exercise. If you feel any discomfort, stop.)*

Pike on elbows— 10 reps

Ab Twist - 15 reps

Sit Up - 20 reps

6) Serious Back

Long Pull, thumb up - 10 reps

Long Pull, one hand - 5 reps each side

Once you have completed your exercises, cool down with a series of gentle stretches.

Getting Serious means getting the results and workout that suit you best. We encourage you to adjust the workout order or number of sets to best suit your particular wants or needs. While this workout provides an excellent full body muscle and fat burning blast, we each have particular trouble spots we like to work on. Once you have completed this round please feel free to select exercises that target muscle groups you are focused on.

Congratulations! You have completed your 1st Serious workout!

You are officially Serious about getting results.

It's not over yet! Be sure to get Serious every day in some way - whether it be stretching, working out or just working on particular trouble areas - when used properly, the SERIUS STRAP can give you the results you need!

Serious Strap® is a Railyard Fitness® product.

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