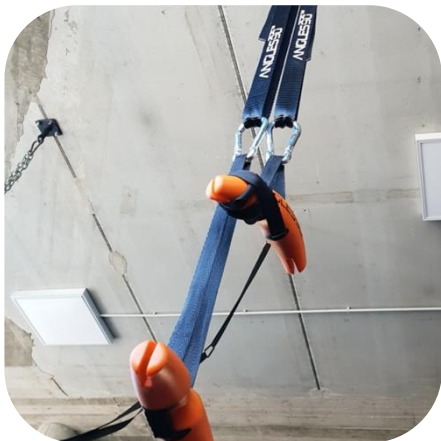


# ANGLES™ SLING TRAINER

## EXERCISE SHEET



### General tips



Pic 1: Always use the carabiners to connect your Angles90 grips. Otherwise you risk that the grips can't be put off the sling trainer anymore.

Pic 1: Shorten your desired height to a maximum by shortening the strap of the Angles90 grips (for pull-ups on low bars for example).

Pic 2: Insert the strap from the backside of the buckle and never from the front side to avoid serious harm.

Pic 3: Use the Power Plus grip for push exercises (see how-to video here <https://www.youtube.com/watch?v=h9qalilQ1WM> or in our Instagram highlights).

# Back

## Inverted Rows:



## Pull-ups:



## One hand-rows:



# Chest

Push-ups:



Flies:



Dips:



## Shoulders

Broad row:



Vertical row:



Shoulder press:



## Arms

Biceps curls:

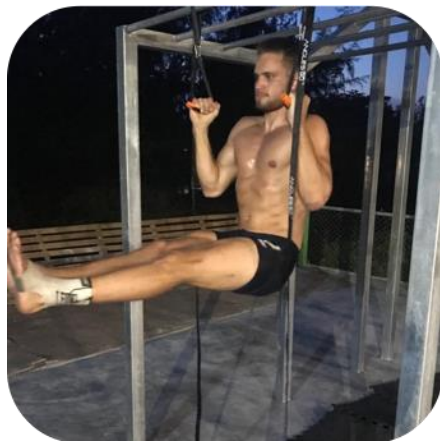


Triceps extensions:



## Abs

Ab hold:



Ab roll-out:

