

# KINGSBOX POWERSTRAPS INSTRUCTIONS

## **How to Use and Adjust Powerstraps**

Powerstraps are versatile tools for bodyweight exercises. They allow you to leverage gravity and your body weight for a full-body workout.

### **Setting Up Powerstraps**

#### **Anchor the Straps Securely**

Find a sturdy anchor point (e.g., door, beam, or tree).

Loop the straps around the anchor and ensure they are securely fastened. Use the provided anchor attachments for added safety if needed.

#### **Adjust the Length**

Use the adjustment buckles to modify the length of the straps.

For exercises requiring a higher anchor point (e.g., rows or chest presses), shorten the straps.

For exercises requiring a lower anchor point (e.g., lunges or planks), lengthen the straps.

### **Performing Exercises:**

#### **Grip the Handles or Foot Cradles**

Use the padded handles for upper-body exercises.

Use the foot cradles for lower-body and core-focused exercises.

#### **Maintain Proper Form**

Engage your core and keep your body aligned.

Adjust your stance to change the intensity. Standing closer to the anchor increases difficulty, while stepping away reduces it.

#### **Control Movement**

Perform each exercise slowly and with control.

Avoid jerky movements to prevent strain or injury.

#### **Adjusting Powerstraps Mid-Workout**

Slide the adjustment buckles up or down to quickly modify strap length for different exercises.

Double-check the anchor point and strap stability after each adjustment.

#### **Tips for Safety and Effectiveness**

Inspect the straps and anchor point for wear and tear before every use.

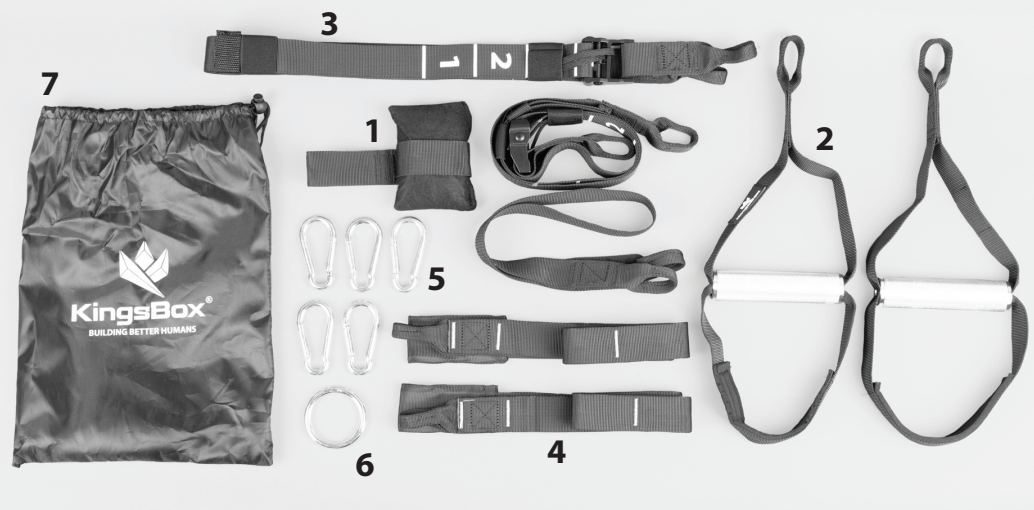
Practice exercises with proper technique to prevent injury.

Consult a trainer or refer to the user manual for additional guidance if needed.

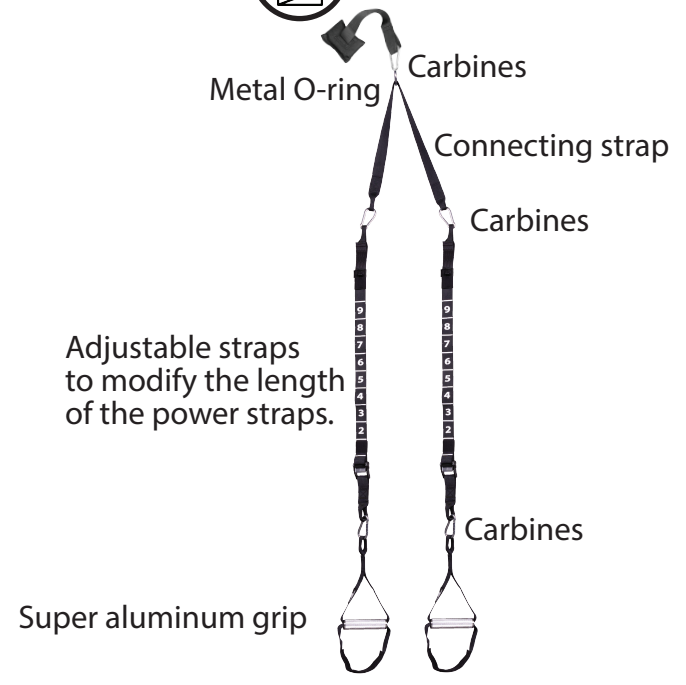
Enjoy your Powerstrap workouts and challenge yourself with various exercises to improve strength, stability, and flexibility!

**Include product parts:**

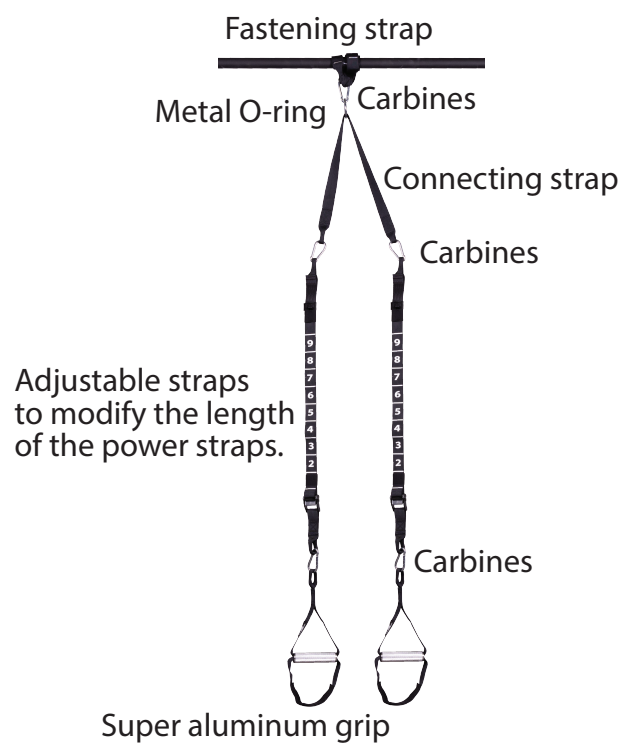
- 1 Door anchor
- 2 Super aluminum grip
- 3 Adjustable straps
- 4 Fastening strap
- 5 Connecting strap
- 6 Carbines
- 7 Metal O-ring
- 8 Carry bag



**2.**



**1.**



**3.**

