

"PullHard" - Application

Pull-up training is very difficult and even the strongest people can have trial runs. The "Pull Hard" pull-up aid offers a supportive counterbalance to the own body weight, so that the user can concentrate on the technique. You can continuously increase the number of sets until pull- and chin-ups don't cause too much difficulty without help.

Assembly instructions:

1. Unpack "Pull Hard" and check for damages
2. Clamp the rubber bands into the provided openings and tighten them slightly
3. Fix "Pull Hard" securely with the loop on the pull-up bar. Set the correct height for the pull-up aid using the quick-release fastener: the higher you align the pull-up aid, the stronger the support. Please position maximum 40cm above the ground.
5. Position one foot or one knee in the provided loop
6. Start with the pull-up training
7. At the end of the workout: place your free leg on the floor and carefully release your foot or leg from the "Pull Hard" loop. Step out smoothly and in a controlled manner to prevent the strap from swinging back.

Pull-ups with a pull-up aid

Place one foot in the loop, which should not be higher than about 40 centimeters from the ground. Reach for the bar - you can opt for a pull-up or chin-up grip.

This is how a pull-up is done: With the leg that you have in the loop, press it down, with the other leg hanging loosely next to it. Body and legs should then be held straight as you pull your chin over the bar. Back muscles and arms can in principle absorb body weight if you control their speed when pulling up and down again.

Don't forget that the quality of the repetitions is important, not the quantity. In addition, the leg that is in the loop should always be kept straight - this guarantees maximum support.

Checklist

- The head should be in a neutral position; the ears form a line with shoulders and spine.
- The back is straight, in line with the neck and hips.
- Pull in the abdominal muscles
- Place one foot in the middle of the loop, the other one is for balance.
- Speed: 1 second to lift, 5 seconds to lower
- Breathing: exhaling when pulling up, inhaling when lowering

Safety instructions

Please observe the following instructions for safe pull-up training:

- Please use "Pull Hard" with all rubber straps. Do not remove more than the middle strap. Never use "Pull Hard" with only one strap.
- Never overstretch the elastic bands by more than 2.5 times their original length.
- Never leave the straps in a stretched condition for a longer period.
- Use "Pull Hard" only with one foot to reach a safe stand at any time.
- Make sure that other people do not approach the straps (especially with their faces) while using the "Pull Hard" pull-up aid, to avoid injury in the event of failure.
- Please do not use the "Pull Hard" pull-up aid if you are allergic to natural rubber

Adapt your workout to your needs

1. Do as many pull-ups as you can without help and without taking a break in between. In this way you determine how many repetitions you can manage.
2. Always start with normal pull-ups and then add a pull-up aid.
3. You may take a break between the repetition units