

Training

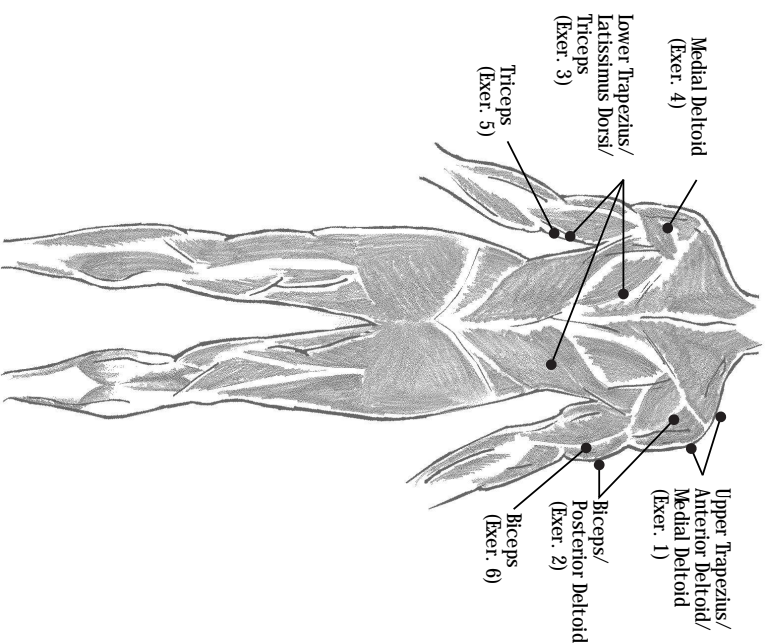
Harbinger Bands, including Cables, Rings and Figure 8s, are designed to shape, tone and further define your muscles. Our guide of variable resistance exercises will help you to increase lean muscle mass and improve overall body composition.

Following are general guidelines in using Harbinger Cables. Please read carefully and follow the instructions:

1. Inspect the rubber tubing before each exercise session for any nicks or tears.
2. Perform each exercise in a slow and controlled manner.
3. Perform each exercise only as portrayed in this Exercise Guide.
4. Avoid holding your breath during the entire repetition. Exhale through pursed lips during the exertion phase.
5. Perform 1-3 sets of 8-15 repetitions of each exercise. Rest 30-90 seconds between each set.
6. Perform an equal number of exercises with each arm to avoid developing muscular imbalances.
7. Never forcefully or rapidly lock out elbow joint when straightening leg. Keep wrists firm.
8. Be sure to stand firmly on the tube to avoid slipping which may cause injury.
9. If you are unable to complete 8-15 repetitions of the exercise as demonstrated, choose a Harbinger Cable of lesser resistance. If you are not fatigued by 8-15 repetitions of the exercise as demonstrated, choose a Harbinger Cable of greater resistance.
10. Consult your physician before beginning any type of exercise program.

Muscles

Harbinger Cables are available in light, medium and heavy resistances.



Harbinger Cables feature a Dingleberry that adjusts cord length & resistance. Simply pull end of cord through conical closure in handle. When cord is desired length, place Dingleberry into opening of conical closure. Press Dingleberry securely into place before beginning exercise.

Harbinger Cables also feature a nylon door attachment. Simply slip nylon loop over Cable handle. Secure attachment in door by opening door, placing nylon seam behind door and closing door securely. Give cable a firm tug to insure cable is securely anchored.

Look for Harbinger's complete line of Ankle/Wrist Weights, Wrist/Ankle Weights, Jump Ropes, Resistance Bands, Stretch Rope, Grip and Exercise Mats at www.harbingerfitness.com.



Harbinger®

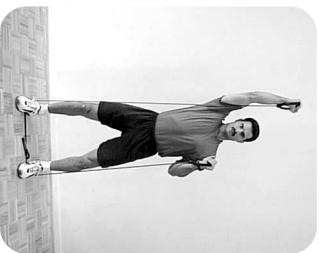
1 OVERHEAD PRESS



START

Stand in a square stance with cable placed under arches of feet and soften knees.

Grasp handles and bring hands up to a comfortable position just in front of shoulders.



FINISH

Maintain the 1/4 squat, keep wrist firm, press upward and back. Finish with hand directly over shoulder.

2 STANDING LOW ROW



START

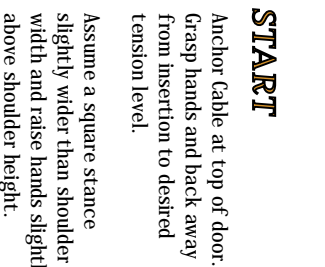
Anchor cable just above waist height. Grasp a handle in each hand and move away from attachment site to desired tension level and assume a quarter-squat position. Extend arms fully with palms facing each other.



FINISH

With firm wrists, pull back while expanding the chest and lifting the rib cage. Finish with wrists just outside lower rib cage, arms at 90° angles, and shoulder blades squeezed together.

3 STRAIGHT ARM PULLDOWN



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.

Cables

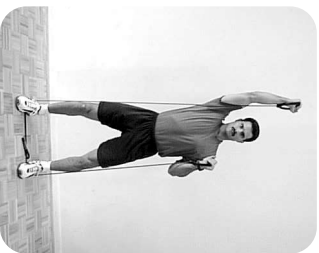
1 OVERHEAD PRESS



START

Stand in a square stance with cable placed under arches of feet and soften knees.

Grasp handles and bring hands up to a comfortable position just in front of shoulders.



FINISH

Maintain the 1/4 squat, keep wrist firm, press upward and back. Finish with hand directly over shoulder.

2 STANDING LOW ROW



START

Anchor cable at waist height. Grasp handles with thumbs pointing up. Face attachment in a square stance.

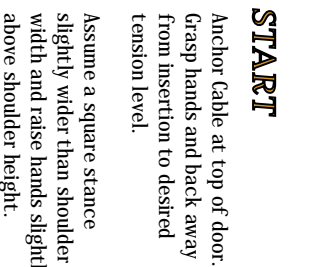
Bend elbows forming two right angles and squeeze shoulder blades together.



FINISH

With firm wrists, pull back while expanding the chest and lifting the rib cage. Finish with wrists just outside lower rib cage, arms at 90° angles, and shoulder blades squeezed together.

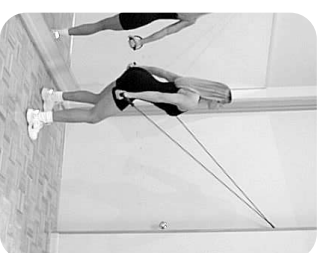
3 STRAIGHT ARM PULLDOWN



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.

START

Stand in a square stance. Place cable under arch of front foot (easier) or both feet (harder).

Grasp handles, maintain a slight bend in elbows and position arms straight down from shoulders with palms facing thighs.



FINISH

Bend and flare elbows from sides of body and face palms toward floor. Hands are kept just above elbows as they are moved away from sides of body. Finish with upper arms at shoulder height.



2 STANDING PRESS BACK



START

Anchor cable at waist height. Grasp handles with thumbs pointing up. Face attachment in a square stance.

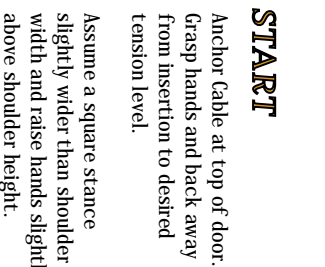
Bend elbows forming two right angles and squeeze shoulder blades together.



FINISH

With firm wrists, pull back while expanding the chest and lifting the rib cage. Finish with wrists just outside lower rib cage, arms at 90° angles, and shoulder blades squeezed together.

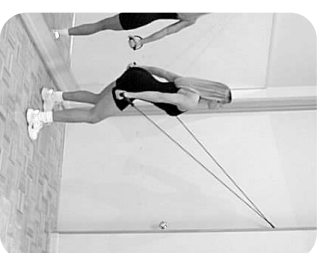
3 STRAIGHT ARM PULLDOWN



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.

START

Stand in a square stance with cable placed under arch of front foot (easier) or both feet (harder).

Grasp handles and straighten arms naturally under shoulders with palms forward.



FINISH

Keep upper arms stationary and bend elbows until biceps are fully contracted. Palms of hands end facing front portion of shoulders with elbows directly under shoulders.



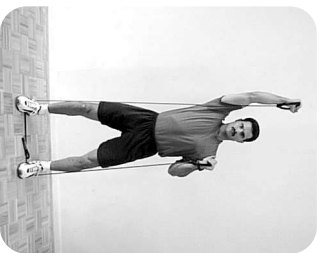
4 STANDING SIDE RAISE



START

Stand in a square stance with cable placed under arches of feet and soften knees.

Grasp handles and bring hands up to a comfortable position just in front of shoulders.



FINISH

Maintain the 1/4 squat, keep wrist firm, press upward and back. Finish with hand directly over shoulder.

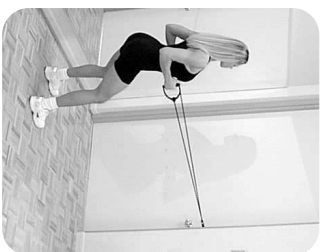
2 STANDING PRESS BACK



START

Anchor cable at waist height. Grasp handles with thumbs pointing up. Face attachment in a square stance.

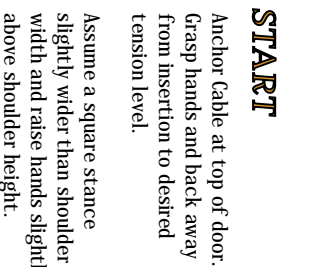
Bend elbows forming two right angles and squeeze shoulder blades together.



FINISH

With firm wrists, pull back while expanding the chest and lifting the rib cage. Finish with wrists just outside lower rib cage, arms at 90° angles, and shoulder blades squeezed together.

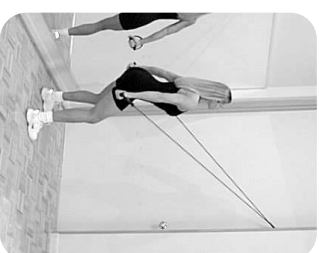
3 STRAIGHT ARM PULLDOWN



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.

5 STANDING PRESS BACK



START

Anchor cable at waist height. Grasp handles with thumbs pointing up. Face attachment in a square stance.

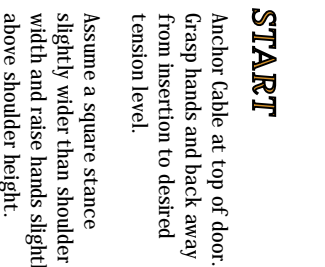
Bend elbows forming two right angles and squeeze shoulder blades together.



FINISH

With firm wrists, pull back while expanding the chest and lifting the rib cage. Finish with wrists just outside lower rib cage, arms at 90° angles, and shoulder blades squeezed together.

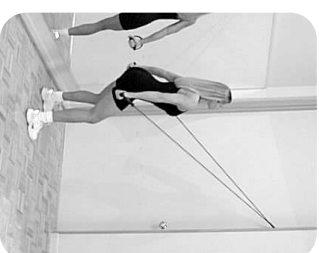
3 STRAIGHT ARM PULLDOWN



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

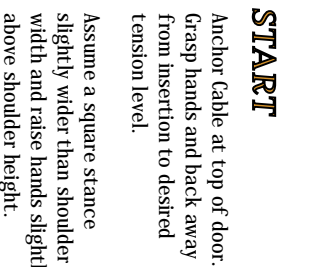
Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.

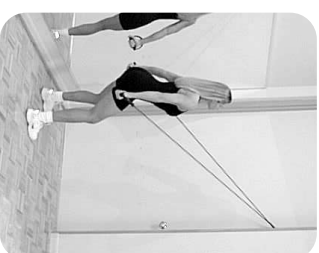
6 STANDING ARM CURL



START

Anchor cable at top of door. Grasp hands and back away from insertion to desired tension level.

Assume a square stance slightly wider than shoulder width and raise hands slightly above shoulder height.



FINISH

Press downward while expanding chest and lifting rib cage. Hands finish slightly outside hips with shoulder blades squeezed together.