

Smart Straps™

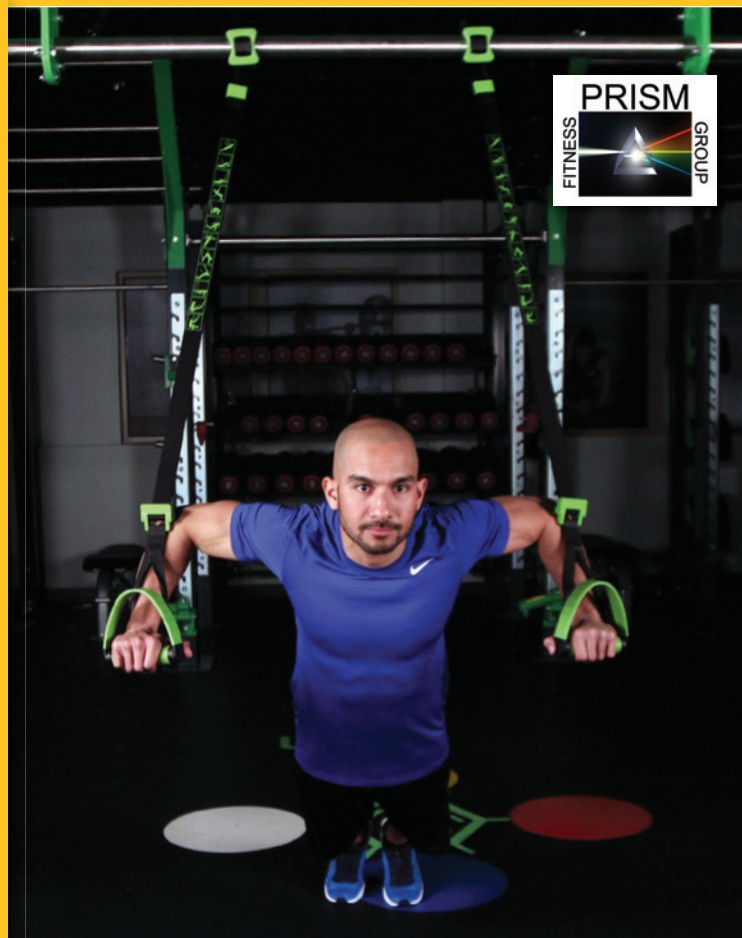
BODYWEIGHT TRAINING SYSTEM

Finally, you won't be staring at the dangling straps wondering what to do with it!

THE SMART WAY TO TRAIN WITH YOUR OWN BODYWEIGHT

- 12 self-guided exercises printed directly on the straps
- Effortless switch between arm and leg exercises with the pre-formed handle and foot cuff combo
- 2 adjustable, independent straps - length AND width
- Quick anchor installation
- (U.S. Patent Pending)

Go ahead, your workout options are endless!



SMART FEATURE #1

Self-Guided Training

12 exercises are printed directly on the straps for easy reference.

SMART FEATURE #2

Easy Access Foot Cuffs

No more wrestling with floppy straps; easily place your foot in the pre-formed cuffs either facing down or facing up to perform even more core and leg exercises!



	SKU	MSRP
Smart Straps - Bodyweight Training System	400-450-300	\$ 99

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**ONLINE EXERCISE AND
HOW-TO VIDEOS**



SMART FEATURE #3 *Quick Setup*



Use the two door anchors to secure the Suspension Trainer anywhere! Toss over and loop tightly to a pole OR place them

over a sturdy door, close, lock and you're good to go!

SMART FEATURE #4 *Adjustable Straps with the Quick Adjust Buckle*

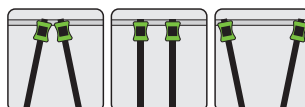
Easily adjust strap length by simply tilting the buckle lever and sliding the strap to the desired length; this allows for quick exercise transitions. Match buckle placement on both straps for balanced exercises.

Slide the slack manager towards the anchors to hold the excess strap up and out of the way during exercising.



SMART FEATURE #5 *Strap Width Adjustment*

Two individual straps allow for changing anchor widths for desired difficulty levels and different exercises.



A neutral spacing for the straps/anchors would be shoulder width apart. To make the movements slightly easier and stable, spread the anchors further apart so they are wider than neutral. For more instability and a greater challenge, bring the anchors close together.

SMART FEATURE #6 *Strap Connector*

Use the Strap Connector to join the two Smart Straps together and create free motion dynamic muscle balance and core intensification. This durable connection piece can be tossed over a pole, goal post, monkey bars or tree branch for exercising anywhere.



SMART STRAP WALL/CEILING MOUNT

For Mounting to Walls, Ceilings or Overhead Beams

The Smart Bodyweight Training Mount bracket can easily be attached to wall studs or ceiling beams to create a secure anchor for your Smart Straps and create a professional training station in any room.

The durable, high-grade steel 16" bar allows you to place the individual Smart Straps at various widths apart for proper body position.

	SKU	MSRP
Bodyweight Training System - Wall/Ceiling Mount	400-450-304	\$ 79

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