

# LET'S GET SOCIAL

REMEMBER TO TAG YOUR PHOTOS AND VIDEOS ON INSTAGRAM AND TWITTER POSTS WITH **#XBARFITNESS** AND **#ITSYOURMOVE**

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[youtube.com/XbarFitness](https://www.youtube.com/XbarFitness)



[facebook.com/XbarFitness](https://www.facebook.com/XbarFitness)



[Instagram.com/XbarFitness](https://www.instagram.com/XbarFitness)



[Twitter.com/XbarFitness](https://www.twitter.com/XbarFitness)



## STAY CONNECTED

Since you are now part of the Elite XBAR team, there's no better place to stay connected with other like minded enthusiasts than on our social media pages. It's here where you can stay up to date on everything XBAR, plus post photos and videos of:

### 01. FAVORITE XBAR EXERCISES

What's your favorite XBAR exercise? Show off a pic or video of your favorite XBAR exercise in action.

### 02. CUSTOM XBAR EXERCISES

Have you invented an XBAR exercise that we didn't include in the fitness guide or posts? Since there are endless exercises that can be done with your XBAR, new exercises are invented daily. Show us what you came up with. Name it, claim it and share it with the community. It may end up on our posts with the name you coined. How cool would that be?

### 03. WHERE DO YOU TRAIN?

Do you use your XBAR at home, at the gym, at the park, hotel room while on vacation, the beach or even the break-room at work? Since you can use the XBAR just about anywhere, we'd love to see where YOU use it most.

### 04. ACCOUNTABILITY PHOTOS

Since this is the start of your personal transformation, why not step up and post photos of your current shape? Nothing inspires more than progress! Then post photos of your fitness journey along the way. Share with the XBAR community your goals, successes, and even struggles. Everyone here in the community is here to support you. Your fitness journey could be the motivation someone else needs to start their own transformation! Be an XBAR inspiration! It's your move!

## POST MORE THAN JUST PHOTOS AND VIDEO

Our social community isn't limited to only pictures and videos. Feel free to post motivational quotes, inspirational messages, noteworthy links, etc. These social communities are here for you! Encouragement is highly encouraged. Share your successes with us, as it will inspire others. With dedication, sweat and a healthy diet, you can reach your goals! Our team of nutritionists, athletes and trainers are available to answer your questions and help you reach your fitness goals.



### FOOT PLACEMENT



Be sure to always place your feet/foot firmly over the band so that the band cannot dislodge.

### SECURING BAND



Always double check that the clip is firmly secured to the swivel before starting any exercise.

### DOOR ANCHOR



When using the door anchor, be sure your door is closed securely and locked.

## SAFETY INFO

Consult your physician and read all safety instructions below before using this product or beginning any exercise program.

- Use common sense when using the XBAR and bands.
- The XBAR and resistance bands can be dangerous if not used properly.
- Always stretch before starting any exercise.
- Start slow and build your strength.
- Do not overload resistance bands to the point you risk injury.
- Do not stretch the bands past their stopping point.
- Use the XBAR only for what it is intended for.
- Not for use for anyone under 12 years old.
- Never let children play with the bar or bands.
- Resistance bands can be a choking and/or snapping hazard.
- When performing exercises with the bar behind your head, such as squats, never rest the bar on your neck, but always on your shoulders.
- Never look directly at the band when performing exercises. In the event of the band dislodging from under your foot and snapping you in the face/eyes.
- Always check your bands and clips for wear and tear before each use.
- Do not wrap the bands around any part of your body that could cut off circulation.
- Bands contain latex.
- Do not let others use your XBAR without this basic safety knowledge.



# XBAR SAFETY INSTRUCTIONS



# XBAR EXERCISES



**01.**  
ARMS



**02.**  
CHEST



**03.**  
SHOULDERS



**04.**  
BACK



**05.**  
LEGS



**06.**  
ABS



**07.**  
YOGA /  
STRETCHING



**08.**  
COMBO



**09.**  
DOOR ANCHOR



**IT'S  
YOUR  
MOVE!**





# ARMS

## BICEPS / TRICEPS

Additional ARM exercises shown in DOOR ANCHOR section

**BENT OVER  
KICKBACK**



**CLOSE GRIP / OVERHEAD  
TRICEP EXTENSION**



**REGULAR GRIP / OVERHEAD  
TRICEP EXTENSION**



**WIDE GRIP / OVERHEAD  
TRICEP EXTENSION**



**REVERSE GRIP  
TRICEP EXTENSION**



**TRICEP DIP**



**CLOSE GRIP / STANDING  
BICEP CURL**



**REGULAR GRIP / STANDING  
BICEP CURL**



**WIDE GRIP / STANDING  
BICEP CURL**



**HALFWAY  
BICEP CURL**



**REVERSE GRIP  
BICEP CURL**



**SINGLE ARM  
CONCENTRATION CURL**





**CLOSE GRIP  
PUSHUP**

**REGULAR GRIP  
PUSHUP**

**WIDE GRIP  
PUSHUP**

**DECLINE  
PUSHUP**



**REVERSE GRIP  
PUSHUP**

**SPIDERMAN  
PUSHUP**

**INLINE  
PUSHUP**

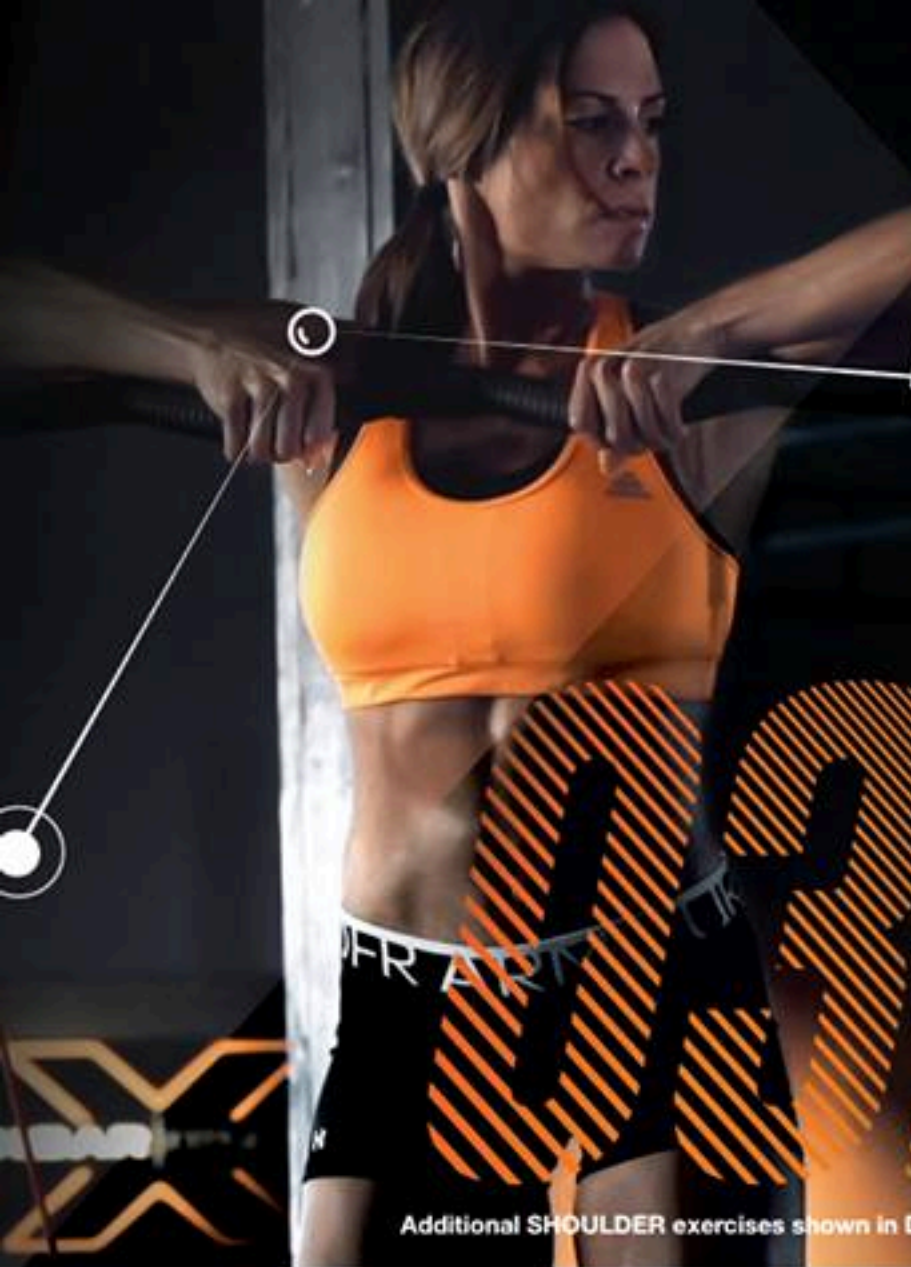


**ALTERNATING HANDS/  
INLINE  
PUSHUP**

**DIVE BOMBER  
PUSHUP**

# CHEST





**SHOULDER PRESS**



**REGULAR GRIP / BEHIND THE HEAD SHOULDER PRESS**



**SINGLE ARM SHOULDER PRESS**



**SINGLE ARM FRONT RAISE**

# SHOULDERS

Additional SHOULDER exercises shown in DOOR ANCHOR section

**WIDE GRIP / BEHIND THE HEAD SHOULDER PRESS**



**REGULAR GRIP FRONT RAISE**



**CLOSE GRIP FRONT RAISE**



**WIDE GRIP FRONT RAISE**



**SINGLE ARM LATERAL RAISE**



**REGULAR GRIP UPRIGHT ROW**



**CLOSE GRIP UPRIGHT ROW**



**ARNOLD PRESS**



**REGULAR GRIP / OUTWARD THRUST PRESS**



**CLOSE GRIP / OUTWARD THRUST PRESS**



**WIDE GRIP / OUTWARD THRUST PRESS**



**SINGLE ARM CROSSOVER**



## BENT OVER ROW



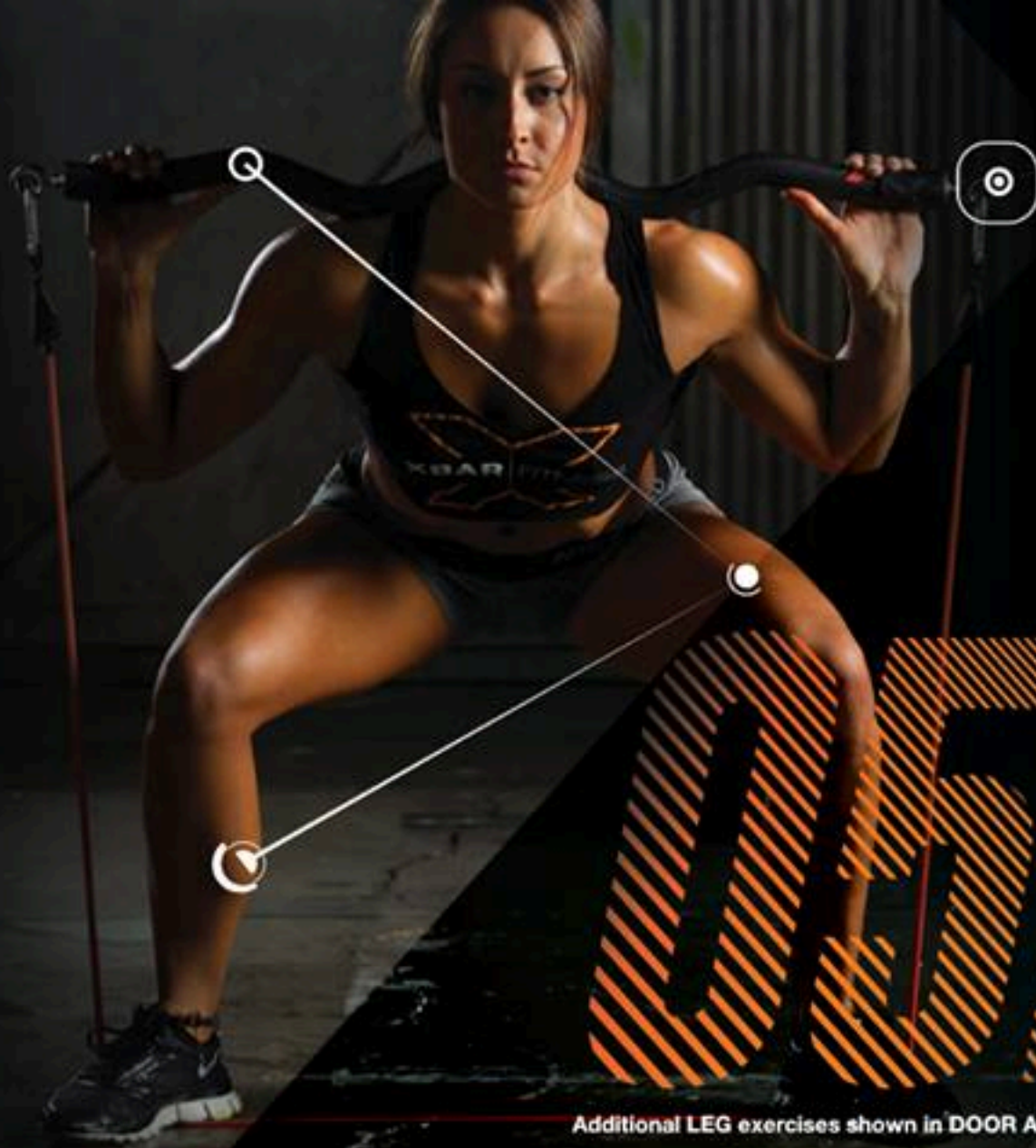
## REVERSE BENT OVER ROW



## GOOD MORNINGS

# BACK





**SQUAT**



**REVERSE GRIP SQUAT**

# LEGS

Additional LEG exercises shown in DOOR ANCHOR section

**OVERHEAD SQUAT**



**SUMO SQUAT**



**SQUATS TO OVERHEAD PRESS**



**ALTERNATING REVERSE LUNGE**



**KNEE HIGH REVERSE LUNGE**



**SIDE LUNGE**



**BULGARIAN SPLIT LUNGE**



**CALF RAISE**



**CALF STRETCH**





### SEATED CRUNCH



### AB TWIST



### AB ROCKER



### SEATED CRUNCH SLIDER\*



### SIDE TO SIDE SLIDING KNEE UP\*



### SLIDING KNEE UP\*



### SLIDING V UP\*



### WOOD CHOP



### CORE TWIST

\*XBAR Sliders required for these Exercises

### MOUNTAIN CLIMBER



### SLIDING MOUNTAIN CLIMBER\*



# ABS

Additional AB exercises shown in DOOR ANCHOR section







# YOGA

## & STRETCHING

**PLANK**



**RUNNERS STRETCH**



**DOWNWARD DOG**



**UPWARD DOG**



**SIDE PLANK**



**CAT COW**



**REVERSE TABLE**



**REACH OUT PLANK**



**KNEE TO ELBOW PLANK**



**KNEE TO OPPOSITE ELBOW PLANK**



**SINGLE LEG HIGH PLANK**



**BICEP CURL  
TO TRICEP EXTENSION**



**UPRIGHT ROW  
TO THRUST**



**UPRIGHT ROW  
TO SHOULDER PRESS**



**UPRIGHT ROW  
TO SQUAT**



**STRAIGHT ARM RAISE  
TO PRESS**



**RAINBOW ROW**



**COMBO**

**EXERCISES**





ALTERNATING  
LUNGE



TRICEP  
PUSH-DOWN

# DOOR ANCHOR EXERCISES

BASEBALL SWING



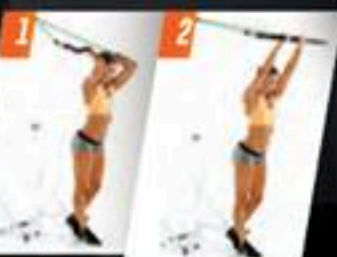
CHEST PRESS



FRONT RAISE



OVERHEAD PRESS



OVERHEAD  
TRICEP EXTENSION



STANDING  
CURL



STANDING  
BACK ROW



SEATED  
BACK ROW



SEATED  
CRUNCH



SQUAT



UPRIGHT ROW



WOODCHOP