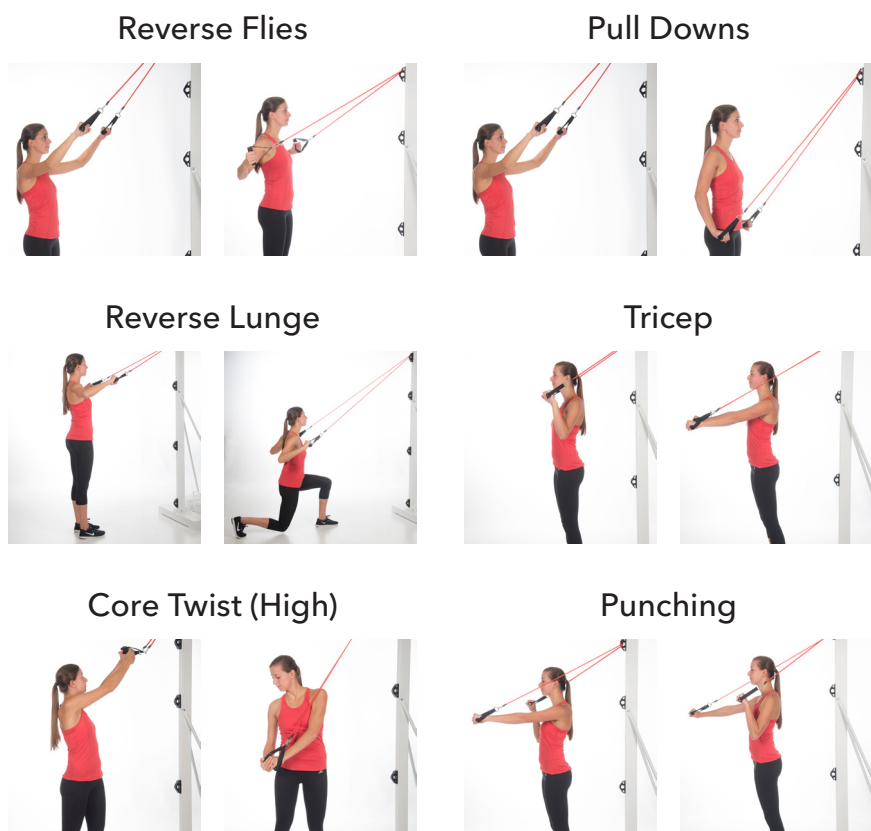


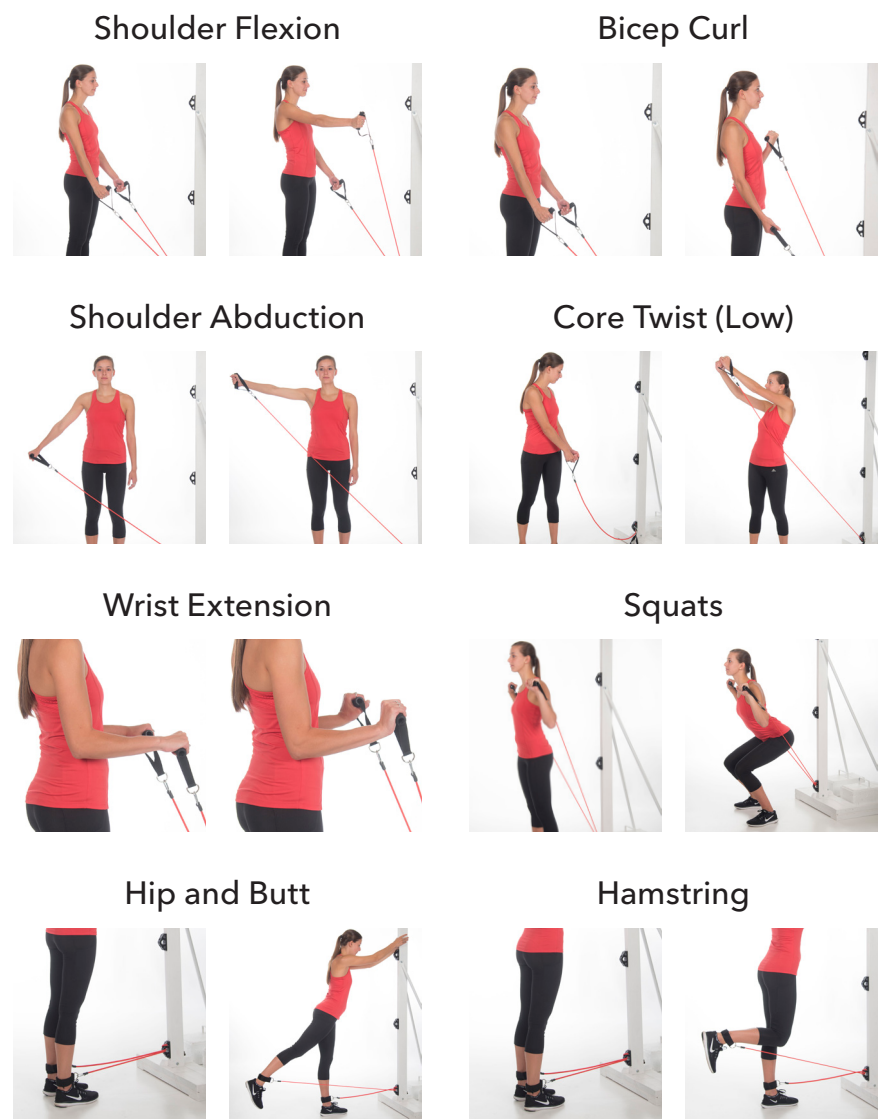
WORKOUT WALL ANCHOR™

BY BOB AND BRAD

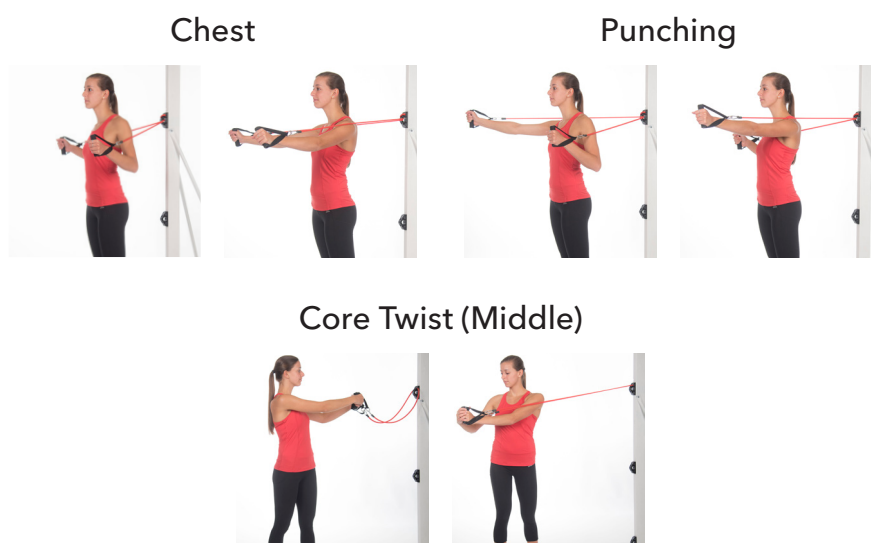
FROM AN UPPER CLIP



FROM A LOWER CLIP



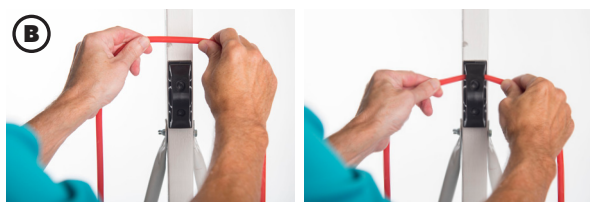
FROM A MIDDLE CLIP



These are just a small representation of the hundreds of exercises one can do with the Workout Wall Anchor Kit. See bobandbrad.com/exercises-wall-anchor for free exercise demonstration videos. Watch the *Basic Exercises on the Wall Poster* video first.

ATTACHING THE BANDS TO THE CLIPS

1. If you are pulling on the bands at the same time you can simply attach the band by pulling the band apart with two hands and slipping it through the open end of the Workout Wall Anchor. (Diagram B)



2. If you want to prevent the band from sliding through the clip, fold the band in half at the center point of the band. Slip the loop through the center hole, twist it, and attach it to an end clip. (Diagram C)



3. **IF USING TWO BANDS AT THE SAME TIME:** Fold the bands in half at the center point of the band. Slip the two loops through the center hole and attach one loop to the top clip and the other to the lower clip. (Diagram D)



4. To attach the end of a band, simply clip the band into the top clip and also the bottom clip. (Diagram E)



5. To attach stretch bands tie a double knot in the end of the band and secure to a clip.

6. **IF USING THREE BANDS:** Use the door anchor and slide the loop of the door anchor through the center of the Workout Wall Anchor. Slide the 3 bands through the loop and attach the handles.

INSTALLATION

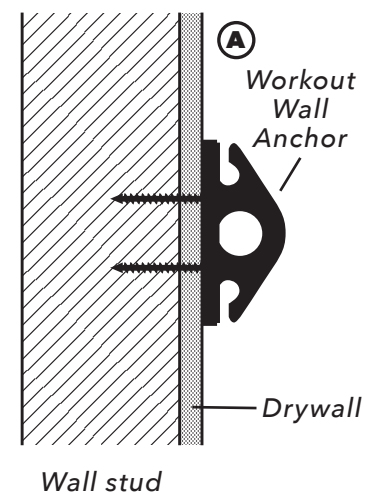
WARNING! FASTEN WORKOUT WALL ANCHORS DIRECTLY TO A WALL STUD USING THE LAG SCREWS PROVIDED. NEVER USE DRYWALL ANCHORS OR TOGGLE BOLTS. THE CLIP COULD COME LOOSE.

EQUIPMENT NEEDED

- Pencil
- Stud finder
- Drill with 1/8" bit
- 5/16" socket
- Wrench or construction-grade cordless drill to tighten

PROCEDURE

1. Locate a wall stud. If the stud is not exposed and is behind sheet rock, locate the stud with a stud finder and mark the location. Confirm the position by drilling a 1/8" hole through the drywall into the stud. Feel for continued resistance as the drill goes through the drywall and into the wood of the stud.
2. Place the Workout Wall Anchor at the desired height over the stud (Diagram A) and mark the locations of the screw holes on the wall.
3. Drill two pilot holes to guide the lag screws.
4. Place the clip flat against the wall, and install the two lag screws, using the 5/16" socket and wrench or drill to tighten. Tighten the lag screws until they are snug. Do not overtighten—you could strip the threads.
5. Check the clip to make sure it is secure by pulling aggressively on the clip's center hole.



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IF YOU ARE INSTALLING CLIPS AT DIFFERENT LEVELS, FOLLOW THESE GUIDELINES:

6. Place an *upper clip* at a height even with your wrist as you reach above your head. This will allow you to secure an exercise band to the clip without using a step stool.
7. Place a *middle clip* at the height of your shoulders.
8. Place a *lower clip* 1 to 2 inches above the floor, baseboard, or trim.

EXERCISE VIDEOS

The **Workout Wall Anchor** was developed by Bob Schrupp and Brad Heineck, the two "most famous" physical therapists on the internet. Go to the website BobAndBrad.com/exercises-wall-anchor to view their ever-expanding list of videos demonstrating exercises one can perform with the Workout Wall Anchor Kit.

You will also want to subscribe to Bob and Brad's YouTube channel, Physical Therapy Video, where they provide daily videos on how to stay healthy, fit, and pain-free.

Bob Schrupp
PT, MA

Brad Heineck
PT, C.S.C.S.



IMPORTANT SAFETY INFORMATION

⚠ READ AND FOLLOW ALL INSTRUCTIONS AND WARNINGS

Consult your physician before beginning any exercise program. As with any exercise program, muscle soreness may be experienced over the first few days. If your pain is severe or persists for more than 3 or 4 days, consult your physician or therapist. Do not exercise while experiencing pain.

WARNING! If you experience sharp pain, shortness of breath, dizziness or light-headedness with any of these exercises, **STOP** exercising immediately and contact your healthcare provider.

USING RESISTANCE BANDS

Resistance bands may be made of natural rubber containing latex, which may cause allergic reactions in some people. If you are allergic to latex, avoid using resistance bands made from natural rubber.

INSPECT BANDS BEFORE EACH USE

Check for cuts, nicks, scratches, cracks, punctures, discoloration, or anything that looks like the band may be weakened. If any flaws are discovered discard the band immediately. **Never attempt to repair a damaged band.**

AVOID DAMAGING RESISTANCE BANDS

- Keep sharp objects away. Remove rings before using bands. Keep sharp fingernails away.
- Begin each exercise slowly to test band strength. Use smooth, controlled movements. Avoid jerking the band.
- Avoid over-stretching the bands. Never stretch a band more than 2.5 times its relaxed length.

CHILDREN AND RESISTANCE BANDS

Resistance bands are not toys and must be used only for their intended purpose. To avoid possible injury to children,

- Allow children to use resistance bands only with adult supervision.
- When not in use, remove bands from clip and store away from heat or direct sunlight.
- Never leave band hanging or looped from clip. A young child could get caught in the loop and strangle.

AVOID INJURY

- Make sure Workout Wall Anchor and band is securely attached before beginning exercise. Follow Installation Instructions for installing the Workout Wall Anchors and attaching bands to clips.
- Make sure others are clear of the area before using bands.
- Always return band to its relaxed state before releasing. Never release a band under tension (stretched) – it could snap back and injure you or someone else.
- Avoid using resistance bands to support your body weight. Always exercise from a stable position.
- Never attach the hand grips to your feet. Your feet could easily slip out and the band snap back and injure you. For leg exercises, use ankle straps.