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WELCOME TO FKPRO

Thank you for buying your FKPro. With a little time, effort and application we hope you and your body will agree it's one of the best investments you've ever made.

Getting started is only a few minutes away. Please just take the time to watch the DVD and read up on how to set up your FKPro and, just as importantly, how to prepare yourself.

Everything else you may need can be found on our website:
fkpro.co.uk

And if there's anything else you want to know, e-mail us and we'll do our best to answer your question (unless it's about 1970s prog' rock because that's really not our thing).

Visit the website and you can also sign up to Team FKPro giving you access to special offers, insights and a whole range of additional support.

Welcome aboard.

Team FKPro

SETTING UP YOUR FKPRO

There are four main elements to your FKPro:

- X2 Main Straps
- X2 Handles
- X2 Foot Cradles
- X2 Door Fixings

You'll find the set up much easier if you view the video!

DOOR FIXINGS

Place the door fixings over the door (1A), adjust to shoulder width apart and, still holding onto the straps, close the door.

MAIN STRAPS

Loosen the carabiner (1B) on one of the main straps, making sure the buckle and the loose part of the strap are facing outwards. Slide the loop from the door strap into the carabiner and tighten the carabiner (1C). Repeat with the other strap.

HANDLES

Again, loosen the carabiner (1D), slide in the loop on the handles and then tighten (1E). Repeat with the other handle.

ADJUSTING THE STRAPS

It's important that both straps are the same length when you use the FKPro. Use the buckle (1F) to slide the straps through until they are both the same length (approximately 1.5 metres long) and ensure they are both tight (1G) to avoid any slippage.

You're now ready to use your FKPro.

FOOT CRADLES

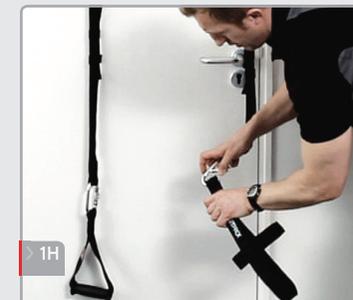
For foot exercises you will need to lengthen the strap, again taking care to ensure that they are the same length.

Simply detach the handles the same way you put them on and replace with the foot cradles (1H) making sure that the velcro loop is at the front.

Slide your foot into the cradle, resting on the heel and adjust the velcro loop for comfort.

For exercises lying on your front simply slide your foot through the cradle and rest on your ankle.

For additional guidance refer to the 'get started' section of the website: fkpro.co.uk



GETTING YOURSELF READY

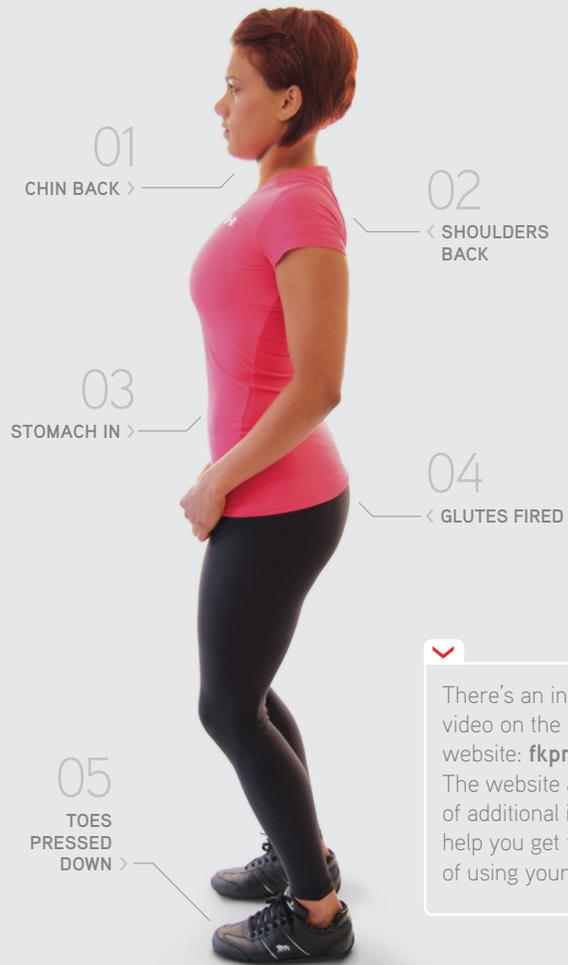
For standing exercises there are five things you need to get right when using the FKPro – to get the best out of the FKPro and the best out of your body. These are:

- 01 Chin back
- 02 Shoulders back
- 03 Stomach in
- 04 Glutes fired (clench your backside)
- 05 Toes pressed down

Why are these five things so important? Because they make you look after your body; you'll find your posture improve, the benefits of each individual movement increases and, most importantly, you significantly reduce the risk of incurring any strain or damage.

For exercises using the foot cradles, there are also a number of things you need to do to get the most out of the exercises:

- 01 Chin back
- 02 Stomach in
- 03 Bottom in the air, avoiding a dipped back
- 04 Knees slightly bent

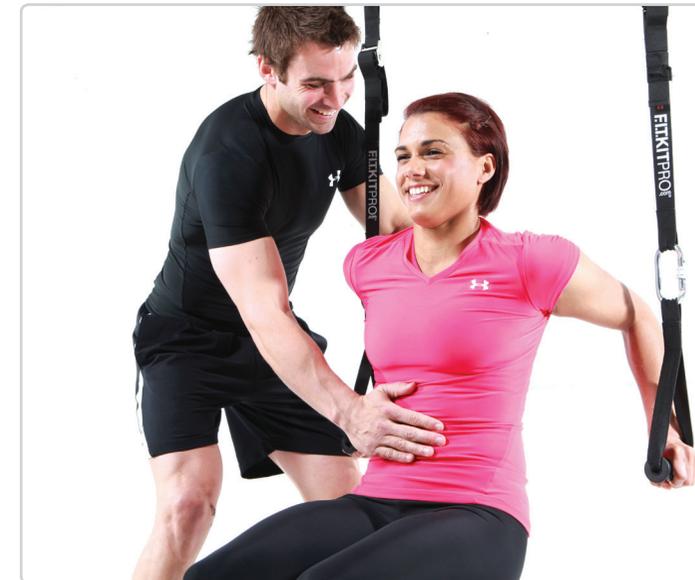


There's an instructional video on the DVD and our website: fkpro.co.uk. The website also has loads of additional information to help you get the most out of using your FKPro.

WHAT SHOULD I DO NOW?

What follows is an explanation of 12 foundation exercises designed to get you used to using the FKPro to benefit your whole body.

If you've done a lot of training before then you may be comfortable in putting together your own routine from these exercises. However if you don't feel that confident please visit our website: fkpro.co.uk where we're regularly adding fresh advice, support and ideas to help you achieve your goals.



Whatever your experience the same basic rules apply:

- Stick to the five pillars: chin, back, stomach, backside, toes
- Ensure your FKPro is firmly secured
- Get comfortable; wear clothes you can work out in, have a drink handy, pick your playlist
- Listen to your body: know your targets and learn your limits
- Where you place your feet affects the intensity of the exercise. Experiment!
- Finally, enjoy it!

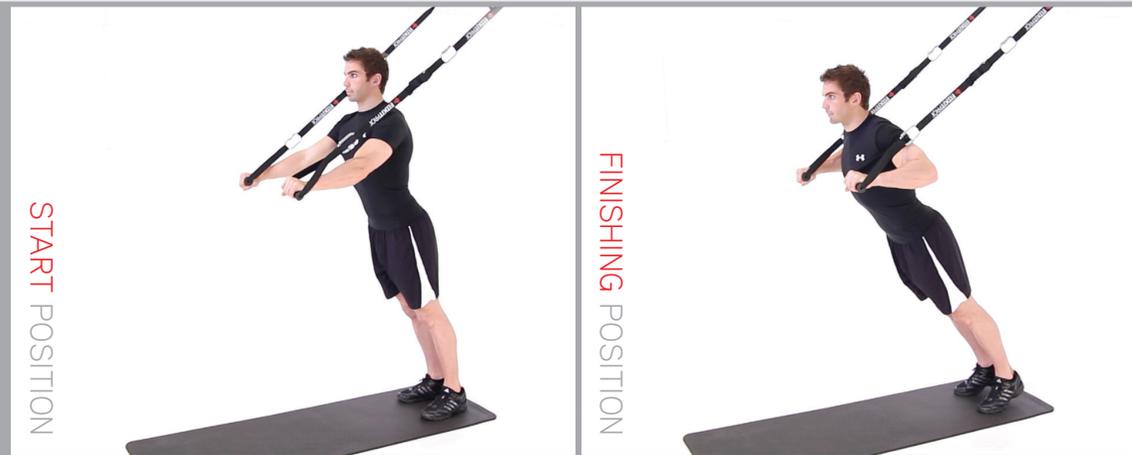


FOUNDATION EXERCISE

01: CHEST PRESS

What is it for?

The pectorals, front deltoids and triceps are the major muscle groups involved. This exercise modifies the traditional press up, making it more accessible and flexible as a training tool. Foot placement has a significant impact on muscle loading.

**In other words**

An alternative take on an old exercise. Works the chest, shoulders and back of the arms much better than a seated chest press and provides much more variation than a prone press up. A great way of developing a toned and stronger upper front body.

Putting it to use

An extremely effective way of improving your pushing strength, the FKPro Chest Press also enhances your overall stability and balance throughout the upper body.

An alternative take on an old exercise.

**How to perform the exercise:**

- Facing away from the anchor point, place your feet at shoulder width apart and raise up onto the balls of the feet
- Hold the handles in a palms down grip
- Your arms should be fully extended and just outside the line of your shoulders, your lower body under control
- Keeping good form, lower your body by bending your arms
- Make sure that you feel the exercise in your chest and shoulder but without going too deep
- With a synchronised effort of all your upper body pushing muscles and good core stabilisation (keeping your stomach and backside tight) press your body back to the starting position
- To protect your back throughout the exercise, make sure you keep your stomach in and your bottom high



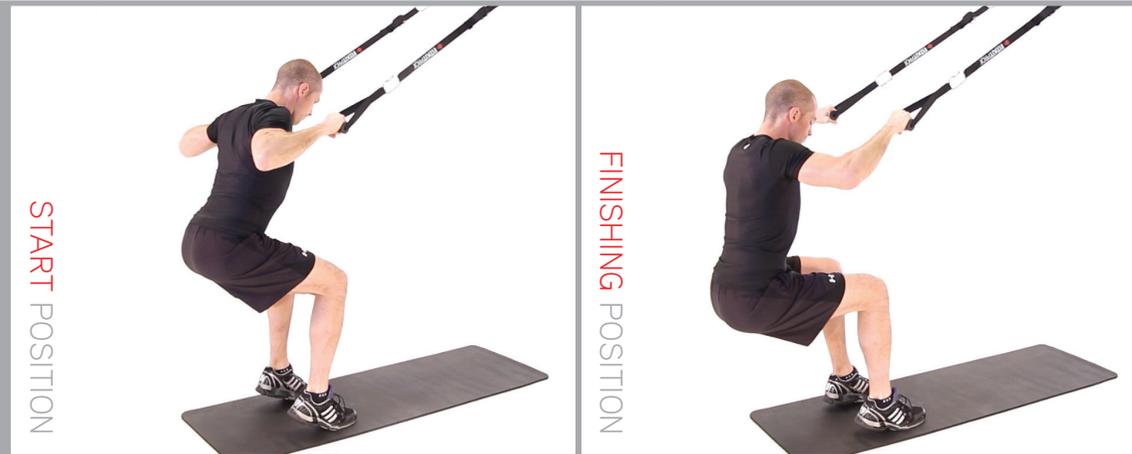
If you're finding the exercise too easy, or too challenging, consider the position of your feet!

FOUNDATION EXERCISE

02 : LAT PULL UP

What is it for?

This exercise focuses on the lats. The forearms, biceps and posterior deltoid are also engaged. This exercise provides an effective, full range of movement for this often neglected area.

**In other words**

Working the muscles that you cannot see in the mirror presents a real challenge. You'll probably find this exercise easier than a traditional pull up yet more productive than using a lat pulldown machine. In short, if you want to develop your v-shape and enhance

your pulling strength then this really hits the spot.

Putting it to use

This excellent exercise will help you look and function better - particularly improving your posture. Modern living encourages us to adopt poor postures; driving, using computers or

watching TV. The FKPro Lat Pull Up helps correct this. For us too many training programmes over emphasize the 'pushing' muscles of the chest and shoulders. This not only leads to an unbalanced physique but to poor posture and the potential for injury. Don't go there!

Improve your posture, look and function better.

**How to perform the exercise:**

- Adopting a shoulder width stance, face towards the anchor point
- Raise yourself onto the balls of your feet and ensure that your knees are slightly bent, providing a stable base
- With your arms slightly bent, grasp the handles in a palms down grip – your arms must be level with and just outside the line of your shoulders
- Descend into a half squat before pulling yourself towards the anchor point, with your head between the handles
- This stance is your starting position for the exercise
- Lower yourself into a half squat position, keeping your chest high and maintaining correct shoulder and hip alignment
- Your forearm, bicep and rear shoulder will all be engaged as will your core, but the primary effort will come from your lats
- Keeping your elbows and wrists in line, pull yourself back towards the anchor point
- It is important that you squeeze your shoulder blades together throughout to get the maximum benefit from this exercise

FOUNDATION EXERCISE

03: **SUSPENDED PUSH UP****What is it for?**

This exercise provides so much more than a traditional press up can deliver. For a start your core muscles, the trans abs and multifidus, are fully engaged to help stabilise the body. Apart from your core, the pectorals, deltoids and triceps are the major muscles involved.

**In other words**

If you want to beef up your upper body and develop a six pack all in one exercise then the FKPro Suspended Push Up is the way forward. Rather than the monotony of endless press ups this version

demands so much more from your body. The result is a fresh and more challenging option to add to your training routine.

Putting it to use

You will notice that you have a more chiseled and toned upper body and torso once you have included this in your weekly training routine. Whatever physical activity you enjoy you are going to notice that you are a stronger, more stable and more efficient performer than before.

So much more than a traditional press up.

**How to perform the exercise:**

- Adjust the FKPro so that it is approx. 30 cm (12”) from the floor
- Remove the handles and attach the foot cradles to the kit
- Place your feet, toes first, into the harness
- Position your hands on the floor in a conventional press up stance
- Lock out your arms into a fully extended position
- Lower your body under control, focusing on keeping your stomach pulled in and your backside high throughout the exercise to protect your back
- With a combined effort of chest, shoulder, tricep and core muscles, push back to the starting position



Don't forget! Pull your chin back, hold your stomach in, raise your bottom and keep your knees slightly bent throughout.

FOUNDATION EXERCISE

04: SIDE BEND

What is it for?

This is the most challenging and productive exercise for the external and internal obliques. The lats, hips and outer thigh muscle groups are also worked directly. There are few exercises that target the lateral muscles of the body. The FKPro Side Bend is an excellent option for hitting this often neglected part of the body.

**In other words**

There are lots of exercise options for targeting the abs - the six pack. As a result many of us spend too much time performing crunches and sit ups at the expense of working on the muscles at the sides of the body. The Side Bend helps to

rectify this imbalance by providing the ultimate blast your 'love handles' will ever get.

Putting it to use

Twisting, turning and bending movements are vital components of efficient sporting performance. This exercise produces greater flexibility,

stability and strength in the lateral areas of your body (your sides). Whether you want to accentuate your v-shape by shaping your waist or improve your golf swing, this exercise provides the most effective results.

Great for control. Great for love handles.

**How to perform the exercise:**

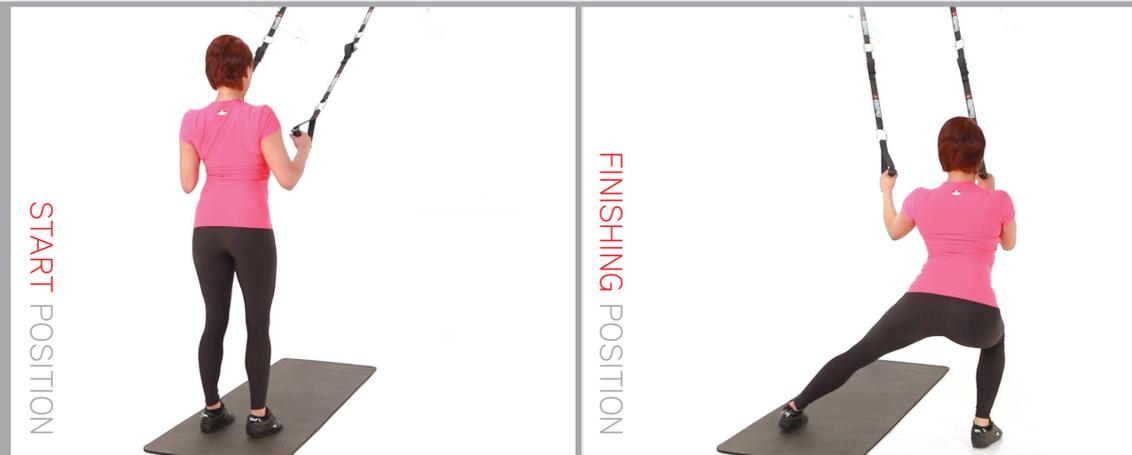
- Position your body so that you are side on to the anchor point
- Before you start ensure that ankles, knees, hips and shoulders are in line
- Lift your outside leg by curling your heel back towards your backside - your inside leg provides the base of support
- Place both arms over your head by clasping a handle (one strap) and fully extend the arms
- By leading with your outer hip focus on pushing away from the anchor point, holding your stomach tight at all times
- You should feel the muscles at the sides of your waist, your lats and your backside muscles being activated
- Return to the starting position under control and without losing alignment of the ankle, knee, hip and shoulder
- By using small movements you will maintain control throughout the exercise

FOUNDATION EXERCISE

05: SIDE LUNGE

What is it for?

This exercise works all the major muscle groups of the lower body especially the abductors, the hamstrings and the glutes. It encourages effective lateral movement providing support to the worked muscle groups.

**In other words**

We don't always move in straight lines - we need to move in all directions. This exercise helps your body learn to stabilise itself through strengthening your backside and stabilising the knee.

Putting it to use

How many times do we find ourselves off balance? Sudden changes in direction can impact heavily - causing stress and injury. The FKPRO Side Lunge is a great

way of helping prevent those injuries and it's going to make you look better in tight jeans too!

Enhances your balance. And your jeans.

**How to perform the exercise:**

- Face towards the anchor point
- Place your feet so that they are shoulder width apart
- With your arms fully extended take hold of the handles so that they are level with your shoulders
- Take a step out to one side of your body - avoid descending too deeply with the extended leg so that excessive strain is not placed on your knee and hip
- Focus on maintaining correct alignment of the feet and knees and avoid the knee extending over the toe of your lead leg
- Return to the starting position of an upright stance with the feet at shoulder width apart
- Repeat the process with the other leg



Do it your way: Listen to your body. Make it work but don't push it too hard.

FOUNDATION EXERCISE

06: BICEP CURL

What is it for?

This exercise primarily works the muscles of the biceps and the forearms. There is also a considerable amount of core activation required from the trans abs and glutes.

**In other words**

A fresh and challenging way of improving shape and tone to your guns!

Putting it to use

The FKPro Bicep Curl is going to make you look better in a t-shirt but the real benefits relate to strengthening your core - much more so than a traditional bicep curl.

A curl to improve your arms. And much more.

**How to perform the exercise:**

- Facing the anchor point, adopt a shoulder width stance with your knees slightly bent
- Holding the handles in a palms up grip, curl your arms so that the handles are by your shoulders
- From this position, lower the body back until your arms are fully extended and level with your shoulders
- Keep the movement under control by keeping constant tension on the straps
- Pull yourself back towards the anchor point by curling the handles to your shoulders

FOUNDATION EXERCISE

07: ANGLED ROW

What is it for?

This primarily works the lats, the scapula retractors and the traps. The posterior deltoids, biceps and forearms are also engaged. This exercise helps prevent excessive development of the muscles at the front of the upper body by targeting the under trained and as a result, under developed muscles listed above.

**In other words**

This exercise will help you keep your pulling strength in proportion to your pushing strength. Rather than hitting the same muscles - chest, chest and more chest - you have got to work the largest upper body muscle of them all - your

back. You will gain a more pleasing shape and become a more injury-proof trainer once you start using this exercise.

Putting it to use

This will prevent you from developing overuse injuries to the shoulder - like rotator cuff tendonitis. The FKPro Angled Row also balances out your upper body so that you look good from all angles - front, side and rear.

Get in shape by working the largest back muscle of all.

**How to perform the exercise:**

- Face towards the anchor point with your feet positioned at shoulder width apart, knees slightly bent
- Squeezing your shoulder blades together, tuck your elbows into your sides
- Grasp the handles just above shoulder height, with hands turned in and thumbs pointing up
- This is your starting position
- Keep your elbows close in to the sides of your body as you slowly lower your body until your arms are fully extended
- By maintaining tension on the straps you will avoid momentum taking over
- Focus on activating the muscles in your upper back, lats and biceps as you slowly pull your body back towards the anchor point, returning to the starting position



Remember the 5 Pillars: chin back, shoulders back, stomach in, backside clenched, toes pressed into the ground.

FOUNDATION EXERCISE

08: L RAISE

What is it for?

This exercise is an excellent prehabilitation movement for stabilisation of the scapula and strengthening of the posterior deltoid: the FKPro L Raise hits this often under trained area of the upper body with pinpoint accuracy. It is also an excellent exercise for postural correction.

**In other words**

As with all FKPro exercises this will give you a whole range of benefits. The L Raise will improve posture, develop a stronger upper body and help you to look your best.

Putting it to use

Whether you enjoy swimming, racquet sports or a round of golf, the inclusion of the L Raise in your training programme will improve your performance. Even hardcore

strength trainers will notice their respective pressing movements - performed either on a bench or overhead - will progress beyond that sticking point.

A great way to hit those hard to train shoulder areas.

**How to perform the exercise:**

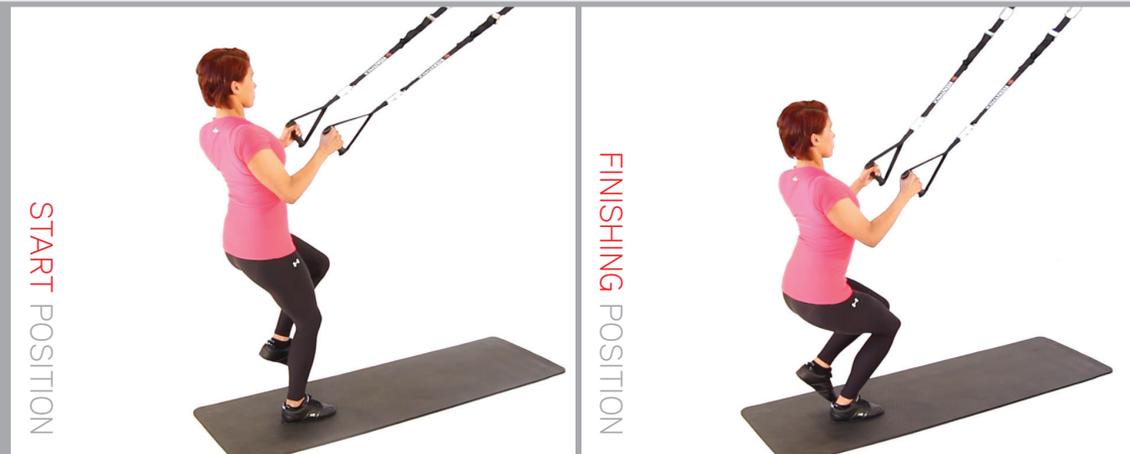
- Standing in an upright position, face towards the anchor point
- With feet shoulder width apart, position yourself so that you are on the balls of the feet with knees slightly bent
- Take a palms in and thumbs up grip with handles at chest height
- Keep your elbows tucked in and extend your lower arms out to your sides, forming an L shape
- From this position, lower your body back slightly in a slow and controlled manner by pulling your forearms back into the body so that they are in line with your shoulders whilst keeping your elbows tucked into the body
- Raise your body back towards the anchor point by pulling the handles down and back out to your sides to form an L shape
- The muscles around the rear shoulder and upper back, especially around the shoulder blades, are fully activated

FOUNDATION EXERCISE

09: SINGLE LEG SQUAT

What is it for?

This exercise works the whole of the lower body: the quads, hamstrings and glutes are the major muscles involved. The quadratus lumborum (low back muscle) is also engaged as the primary core stabiliser. The FKPro Single Leg Squat is the ultimate functional movement, as it develops strength, stability and balance. As a result, it is a key exercise for the prevention of injury to the knee.

**In other words**

If you want to really kick butt - your own butt, that is - and get your backside into shape, this is your answer. Unlike most conventional double leg exercises -squats, leg presses etc - you can concentrate on one leg at a time.

Putting it to use

Many of us will suffer some sort of knee problems at some time during our lives. This exercise will strengthen this vulnerable area and make us less likely to experience injury. Whether running for a bus or bending down to perform everyday tasks, mobility and strength will be improved.

Get your backside into shape.

**How to perform the exercise:**

- Face towards the anchor point and with hands in a thumbs up grip, extend the arms at just above shoulder level
- Feet should be flat on the floor in a shoulder width stance
- Adopt a moderate body angle as you descend into a partial one legged squat in a controlled manner
- Focus on pressing the big toe of the lead leg into the floor for a firm base of support
- The toes of the elevated leg should just brush the ground momentarily on the descent
- With the strength of the supporting leg return to the starting position



Concentrate on keeping good form throughout the exercise to get the most out of the FKPro - and your body!

FOUNDATION EXERCISE

10: T RAISE

What is it for?

The muscles of the posterior deltoid, the traps and the upper back are the primary focus of this exercise. This area is a very difficult one to reach when using traditional exercise apparatus: as a result, it can get overlooked and under trained. The FKPro fires up the whole shoulder girdle effectively from the first rep.

**In other words**

While it is great to look in the mirror and see promising pecs, buff biceps and awesome abs we must not ignore the back of the body. If we want to not just look better but also function better then the FKPro T Raise ticks all the

boxes. It enhances the parts of the body other exercises just can't reach - no more excuses for those sloping shoulders!

Putting it to use

The way we sit and stand will affect the way we look, feel and perform.

This exercise will correct bad posture and will help prevent injury to the shoulder region. You will be truly expressing positive body language when you add the T Raise to your workout.

Correct those sloping shoulders. Get positive!

**How to perform the exercise:**

- Facing towards the anchor point, adopt a shoulder width stance with the knees slightly bent
- Hold the handles with thumbs facing up
- Squeezing your shoulder blades together, fully extend the arms out to the sides of your body so that the handles are in line with your shoulders to form a T shape
- This is your starting position
- By pulling your arms back into your body so that they are in line with your shoulders, lower your body with control so that the tension of the FKPro straps and correct alignment of the body is maintained
- Avoid taking an excessive body angle so that control and form are maintained
- Raise your body back towards the anchor point by focusing on the muscles at the rear of the shoulder and upper back as you extend your arms back out to your sides

FOUNDATION EXERCISE

11: TRICEP EXTENSION

What is it for?

The major muscle worked is the tricep. The traditional version of this exercise is an isolated movement: the FKPro offers a much more challenging and effective option because it requires whole body stabilisation.

**In other words**

The FKPro Tricep Extension will add strength and tone to those 'bingo wings' at the back of the upper arm, yet the benefits don't stop there as your mid-section gets a great workout as well.

Putting it to use

As the tricep is our largest arm muscle this is an exercise that must be included in any programme. In terms of improving the shape of your arms this is the most effective

exercise solution. Any activity that requires greater pushing power - from DIY tasks to sporting performance - will be enhanced by this exercise.

A key step to great arms (and no bingo wings!)

**How to perform the exercise:**

- Face away from the anchor point and place feet hip width apart
- Work from the balls of your feet rather than being flat footed
- Grasp the handles in a palms down position and fully extend your arms so that the handles are level with your shoulders
- Keeping your stomach tight and bottom high, lower your body by bending your arms so that you activate your triceps and the deep muscles of your core
- Focus on keeping your elbows in close to the body so that they remain in line with your wrists and shoulders
- In a controlled manner, press yourself back to the starting position



To take pressure off your lower back, keep your knees slightly bent throughout.

FOUNDATION EXERCISE

12: STIFF ARM PULL DOWN

What is it for?

This is primarily for strengthening the entire posterior region of the upper body: the lats, traps and posterior deltoid are all fully engaged. The tricep and core muscles, especially the trans abs, are directly involved in this challenging and comprehensive upper body exercise. This is one of the most effective pulling exercise options available.

**In other words**

If you cannot afford the fees or the spare time to attend a gym then the FKPro Stiff Arm Pull Down could be the eureka solution for you. No need for specialist equipment - just set up your FKPro and you can tone, strengthen and shape up pretty

much every muscle of your upper body. Your back, arms and abs are going to love it.

Putting it to use

This exercise strengthens the whole of the back of the upper body without putting excessive strain on the lumbar region.

Few conventional back exercises can boast such comprehensive and effective benefits. Whether playing competitive sport or enjoying a spot of gardening, a strong and injury proof back is a must have.

Perhaps the ultimate exercise for your back.

**How to perform the exercise:**

- Facing towards the anchor point place your feet at hip width apart, bending your knees slightly
- Work from the balls of your feet as opposed to sinking back onto your heels
- Holding the handles in a palms down position, put your arms down by your sides
- From this starting position, raise your arms so that they are at the same height but just outside the line of your shoulders whilst simultaneously lowering your body slowly so that control is maintained and no tension is lost on the straps
- Adopt a moderate body angle to prevent loss of good form
- With a synchronised effort of upper back, lat, tricep and core strength pull the handles back down to just outside your hips, returning back to your starting position



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