

COBRA



COMPONENTS



- 1x Military Anchor Strap (A)
- 1x Carabiner (B)
- 1x Center Strap with Metal Delta Link (C)
- 1 Double-Sided Exercise Sheet
- 1x Drawstring Bag
- 2x Handles with Rubber Sleeves (D)

HANDLE ASSEMBLY

- 1.) Bring the cord through the D-Ring and make a large loop (Pic 1).
- 2.) Feed the Handle (D) through the loop (Pic 2).
- 3.) Pull the Handle (D) all the way through and make sure the Handle is even (Pic 3).
- 4.) Pic 4 Shows a close-up of the finished "Larks Knot".



CAMBUCKLE CENTER STRAP ADJUSTMENT

TO SHORTEN CENTER STRAP:

Hold Cam Buckle in one hand depressing the Cam Buckle with your thumb, while pulling on the Slider. This allows you to shorten the length in one pull (Pic 5). Repeat on other side.

TO LENGTHEN THE CENTER STRAP:

Depress the Cam Buckle with one hand while pulling on the Center Strap just "below" the Slider (pull on the strap itself) (Pic 6). This will allow you to lengthen the Center Strap in one pull. Repeat on other side.

FAST LENGTHENING/SHORTENING (REQUIRES SOME HAND STRENGTH):

Depress both Cam Buckles and pull on the straps below the slider to lengthen both sides in one pull (Pic. 7).

To shorten: Grab both sliders and pull.



**STRENGTHEN YOUR BODY AND
IMPROVE YOUR SPORT**

BEFORE EVERY WORKOUT

Inspect your Trainer for any worn or damaged parts - replace worn or damaged parts immediately.

Set up your WOSS Trainer on any vertical or horizontal fixture such as a tree branch, tree trunk, post, door or anywhere there is a strong anchor point. Your anchor point should hold your body weight securely - give it a hard pull test.

Perform all exercises on a flat and non-slippery surface.

For long term use keep your Trainer away from sun light, dampness and the elements when not in use.

Do not perform sawing exercises (as done with Pulley Trainers) as this will heat up the webbing and cause the Center Strap to fray prematurely.

Failure to follow these guidelines may result in an injury. The user assumes the risk of injury and all liabilities resulting from the use of the trainer.

ANCHORING YOUR TRAINER

USING THE TRAINER ON A DOOR:

Attach the Carabiner to the Metal Delta Link on the Trainer.
 Attach the Carabiner to the Anchor Strap either on the short side (as shown here on (Pic. 8), or the far side away from the Door Anchor Tube.

Now, lay the Anchor Strap over the Door with the Tube on the other side (Pic 9). Pull the door shut (Pic 10) - ready.

Make sure that when pulling on the Trainer (exercising) you pull the door "shut", into the door frame, not open.

If for some reason you are not able to pull the door "shut", into the door frame, you may place the Anchor Strap all the way in the corner or even down over the door hinge. Just make sure the strap does not rub on the hinge - see Pic. 11.

Always start slowly to help ensure the Anchor Strap is installed correctly!

Pic 12 shows the Anchor Strap (color of Anchor Strap may vary)

Locate the Tube inside the Anchor Strap.

When using the Trainer on a door start with the short side towards you (the long side hangs down the back side of the door). This will get you started in a more upright position.

If the length of the Trainer is not sufficient for your more advanced exercises simply use the long side facing you.

USING THE TRAINER OUTDOORS:

When using the Trainer on a bar or branch, etc. try to wrap the Anchor Strap at least once around the bar, branch, etc. so that it creates a noose which holds on better to the bar and can less likely slide sideways. Now hook the Trainer to the two loops at the ends of the Anchor Strap (Pic 13).

If the branch is too thick to wrap around simply lay the Anchor Strap over the branch (Pic 14) and perform your exercises perpendicular to the branch to prevent accidental slipping of the strap. It might help to have the Carabiner attached to the Anchor Strap before throwing it over the branch - the Carabiner will bring the Strap back down to you.

If you use the Trainer on a vertical post or tree trunk secure the Anchor Strap by feeding one end of the strap through the loop on the other end (Pic 15 & 16).

Push the Anchr Strap as high up as you can. This will create a noose that should hold securely.

Always start slowly to help ensure the Anchor Strap is installed correctly!

Picture 17 shows the WOSS Cobra hanging from a tree branch.



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 AND MANUFACTURED
 IN THE USA**

Now you are ready to exercise anywhere!

WOSS Enterprises, LLC.
 1771 Vineyard Dr * Unit 9
 Antioch, CA 94509
 Tel: 800-595-WOSS (9677) * Fax: 925-281-2779
 Email: info@WOSS.com * Web: www.WOSS.com