

TITAN



COMPONENTS



- 1x Padded Door Anchor (A)
- 1x Anywhere-Anchor Strap (B)
- 3x Carabiner/Quick Link (C)
- 1x Center Strap with D-Ring (D)
- 1x Double Loop Strap (E)
- 2x Handles (F)
- 1x Military Anchor Strap (G)

Further included is a Drawstring Bag and a Double-Sided Exercise sheet

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.

HANDLE ASSEMBLY

- 1.) Bring the cord through the Cam Buckles on the Center Strap (D) and make a large loop (Pic 1).
- 2.) Feed the Handle (F) through the loop (Pic 2).
- 3.) Pull the Handle (F) 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 LENGTHEN THE CENTER STRAP:

Depress the Cam Buckle with one hand while pulling on the Center Strap just "above" the slider (pull on the strap itself) (Pic 5). This will allow you to lengthen the Center Strap in one pull.

TO SHORTEN CENTER STRAP:

Hold Cam Buckle in one hand depressing the Cam Buckle with your thumb, while pulling on the slider above the Cam Buckle with your other hand. This allows you to shorten the length in one pull (Pic 6).



STRENGTHEN YOUR BODY AND IMPROVE YOUR SPORT

TITAN

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ANCHORING YOUR TRAINER

Depending on your Anchor Point choose one of the following Anchors

USING THE DOOR ANCHOR:

Secure the Door Anchor (A) to the D-Ring on the Center Strap (D) the same way you secured the Handles (F) to the Cam Buckles by forming a loop (Pic 7). Now feed the Anchor through the loop and pull tight (Pic 8 and 9). Place the Door Anchor over the door and shut the door. Make sure that when pulling on the Trainer (exercising) you pull the door shut, into the door frame, not open. If that is not possible with your doors use the Padded Door Anchor and place it 45 degrees over the corner where the hinges are (Pic 14). Alternatively, you can attach the Trainer to the Door Anchor using a Carabiner. Give the Trainer a good pull and make sure the door anchor holds securely. Always start slowly to help ensure the Anchor is installed correctly!



USING THE ANYWHERE-ANCHOR:

Using the 8ft Anywhere-Anchor Strap (B) feed its end through the back of the Cam Buckle - feed from the "back side" (Pic 10). Pull the webbing through as needed.



To use the Anywhere-Anchor Strap on a Door lay the Tube (inside the strap) over the Door (Pic 11) and see Illustration (Pic 13) and make sure the Tube is on the other side of the door.



Tube over door



Pull the door shut. Attach your Trainer with a carabiner to the loop (Pic 12).

To make the loop smaller (and raise your Trainer) simply pull on the strap.

To make the loop larger (and lower the Trainer) depress the cam buckle and pull on the trainer.



USING THE ANYWHERE-ANCHOR OUTDOORS:

Throw the Anywhere-Anchor Strap (B) (Cam Buckle first) over a tree branch (Pic 15), rafter or place it around a tree trunk. Or, tie it to any sturdy vertical or horizontal secure structure or fixture. Bring the strap back through the Cam Buckle as shown in Pic 10. Now you are ready to exercise in the park (Pic 16)!



USING THE DOUBLE LOOP AND MILITARY STRAP:

Secure the Double Loop Strap (D) or the Military Anchor Strap (G) to a bar, branch, etc. by looping the strap around it and feed one end of the strap through the other loop (Pic 17). Now simply attach the Trainer using either the Carabiner or other Quick Links (C) (Pic 19). Alternatively, loop the strap around the bar and attach the Carabiner (C) to both loops (Pic 20). Always start slowly to help ensure the Anchor is installed correctly!

PROUDLY DESIGNED
AND MANUFACTURED
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