

# PurAthletics<sup>®</sup> CHEST EXPANDER

The PurAthletics Chest Expander is made up of a pair of strong PVC handles joined by a number of rubber tubes (vs. metal spring). The rubber tubes can be detached to adjust tension according to need, ranging from low to high resistance. The exercise consisting in stretching the rubber tubes by pulling the handles away from each other with the aim to strengthen muscles is called strandpulling or cable training. Though strengthening the chest muscles is the most common exercise of strandpulling, the PurAthletics Chest Expander is very versatile and can be used to target different muscles of the body, such as the legs and the back.

## HOW TO ADJUST THE CHEST EXPANDER TENSION



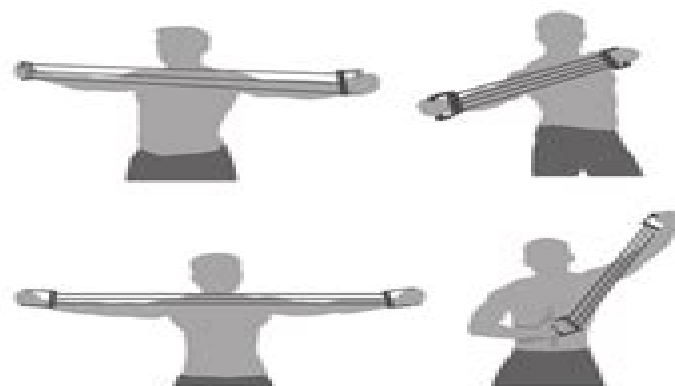
1. Hold on one end of the Chest Expander handle.
2. Push the coupling upward until the cover releases. Remove the cover.
3. Insert the coupling on the hole and rotate until it rests onto lock position. Ensure the coupling is engaged properly on the side lock otherwise there's a possibility that the rubber tubing will snap.
4. Once the coupling is locked on position, insert the cover thoroughly by pushing down until the cover locks on the slit.



Just like any other exercise product, begin with the minimal tension then slowly transition to heavier tension as you progress.

### Front Chest Pull

The Front Chest Pull consists in using the PurAthletics Chest Expander to increase the size of your pectoral muscles, or "pecs". Hold the chest expander out in front of you with one hand holding each end, arms placed at 9 and 3 o'clock respectively on an imaginary clock. Bend your elbows so your arms are close to your ribs. Pull the rubber tubes straight back to shoulder plane height, extending slightly further back for increased range. Then bring arms back to the front, bending elbows again. You have completed one rep. When aiming at increasing your muscle size, the American College of Sports Medicine (ACSM) recommends doing 1-3 sets of 8-12 reps for novice to intermediate and 2-6 sets of 1-8 reps for advanced. To complete isometric exercises, hold the outward position for 2 to 30 seconds.



### Back Press

The Back Press consists in using the PurAthletics Chest Expander to increase the size of your back muscles. Hold the chest expander behind your back with palms out and arms at your sides. Open your arms outwards at your sides to train back muscles. For the lat muscles of your middle back, place arms in a W shape. Then reach out until your arms are completely outstretched at shoulder height. Make sure the cables do not press uncomfortably against your skin. Complete the same amount of reps as for the Front Chest Pull.

### LIABILITY

No liability or responsibility is assumed by the manufacturer, the supplier or the retailer for any injury incurred as a result of using this product.

Consult a physician prior to engaging in physical activity.

### CAUTION: READ THE SAFETY INSTRUCTIONS CAREFULLY BEFORE USE

Examine this product CAREFULLY before using it. Always check your equipment thoroughly if any damage is found. Check, cracks or appears to show signs of defects including (but not limited to) wear and tear.

DO NOT ATTEMPT TO USE THIS PRODUCT. A damaged cord could cause it to snap possibly causing eye, face or head injury. Cords when pulled up under tension may slip or break. Caution is recommended in not pulling towards the face to avoid injury. Anyone under the age of 18 should have adult supervision. The product is made from latex and should not be used if allergic to latex.

We strongly recommend that you consult with your physician or fitness expert before starting this or any exercise program. If you experience pain, dizziness, discomfort, or fatigue, stop the exercise immediately. Stop your exercise immediately when your exercise leads before you begin. Keep this exercise device away and out of the reach of small children and pets.

### GETTING STARTED

Always warm up your muscles before exercising. 7-10 minutes is recommended. Start your exercise program conservatively. Stretch and stay good on pace. Alternate your daily workouts every other day. This will reduce muscle soreness.

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# Manual Chest Expander

**JR Anderson**



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