

# How to use the Door Anchor



## Step 1

Position the Door Anchor so that the strap of the anchor is above the heel of the door.



## Step 2

Slide the door anchor down the heel of the door so that the toggle end is on the side the door opens. This will ensure that the door anchor remains secure at all times. You may also thread the door anchor through the heel of the door if you wish to select a lower position.



## Step 3

Once the door anchor is in position, you may like to close the door for extra security. Your door anchor is now ready for use. You may reposition the door anchor by opening the door and sliding it as required.



#### **Step 4**

With the door anchor in position, thread one end of the clip tube through the loop on the door anchor strap.



#### **Step 5**

Pull the tube through until the door anchor loop is central in the middle of the tube. Now attach the handles or desired accessories to the clip tubes, you are now ready to begin your exercise.



#### **Exercising**

You are now ready. Perform a number of exercises using the door anchor, from floor level up to above head height. The set cards included will provide you with a good selection of exercises for an effective upper and lower body workout.