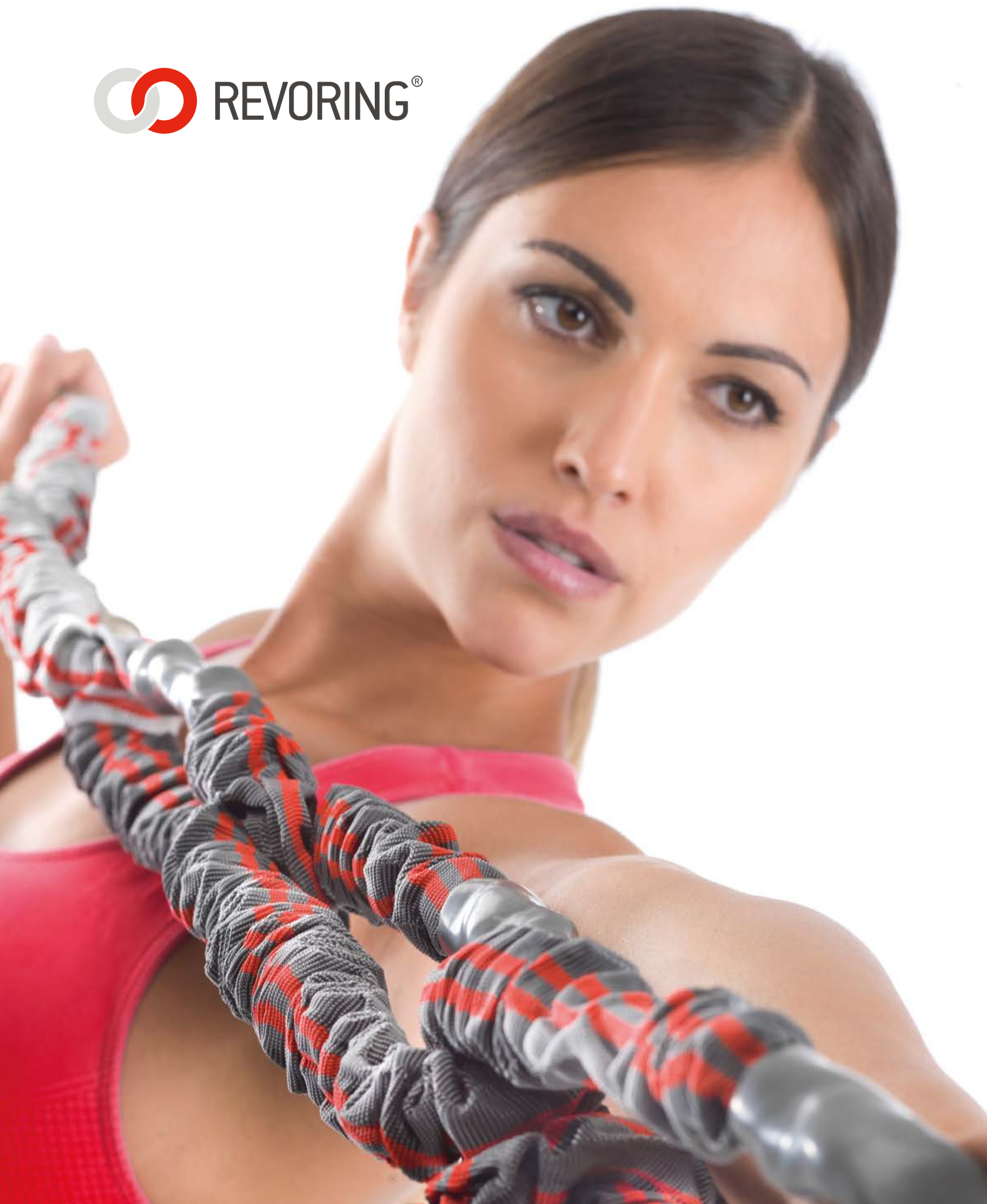




QUICK START MANUAL

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Important safety instructions

Always seek the advice of your physician or other qualified healthcare provider before starting this or any other exercise program.

Carefully read and follow the instructions contained in this manual.

REVORING has been designed and manufactured with professional and high quality materials; however, inappropriate storage and overheating could damage the product and put users at risk.

Do not anchor REVORING to supports with sharp edges or which could cause wear and tear on the elastic chain.

Always make sure that the protective canvas that covers the rubber bands is not torn. If the canvas tears, stop exercising immediately.

Before any use:

- Check your REVORING. If the tool has damaged parts or components do not use it, but contact REVORING customer assistance.
- When you use an anchor point, make sure that it is on a strong, tough and stable structure that can support your body weight (safety testing before use is recommended).
- Make sure to stand on a non-dangerous and non-slipping surface.
- Follow the instructions carefully.

The standard kit includes:

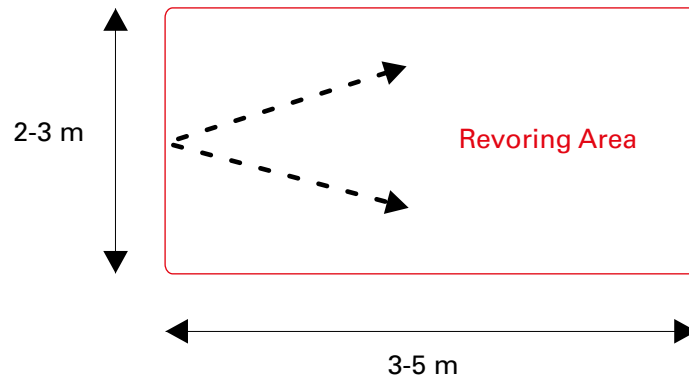
- 1 - Strap for anchoring Revoring
- 2 - Snap hook
- 3 - Quick Start Manual
- 4 - Bag to store and carry Revoring



Use and anchoring area

Revoring training requires a minimum surface area of about 2 meters (the side where Revoring is anchored) x 3 meters (the side for exercising), even though the ideal area is 3 x 5 meters.

Special uses (e.g. sports physical training) could require a wider (especially deeper) area.



Anchoring mode

- Wrap the strap around the chosen ring, as shown in the pictures below.

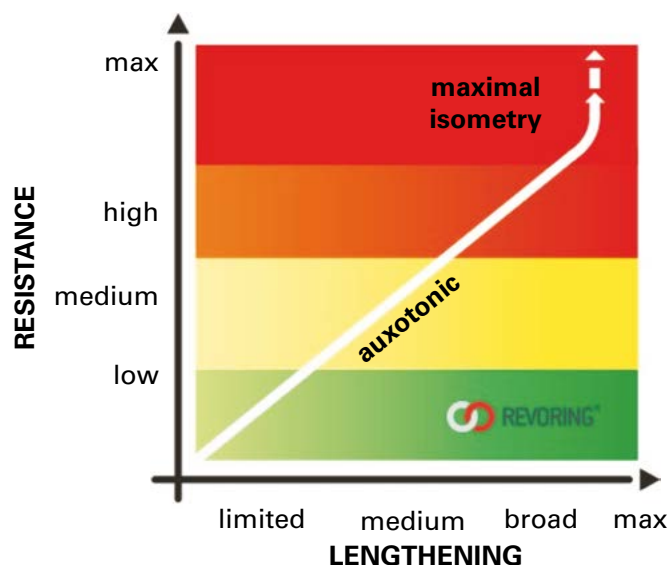


- Wrap the strap around the anchor structure, as shown in the pictures below.



Benefits of Revoring training

Revoring offers an **elastic resistance** and, as a consequence, it requires an **increase in strength** which is **directly proportional to the increase in lengthening** (auxotonic contraction), up to a final length which can also produce a **maximal isometric contraction**, due to the quick resistance increase.

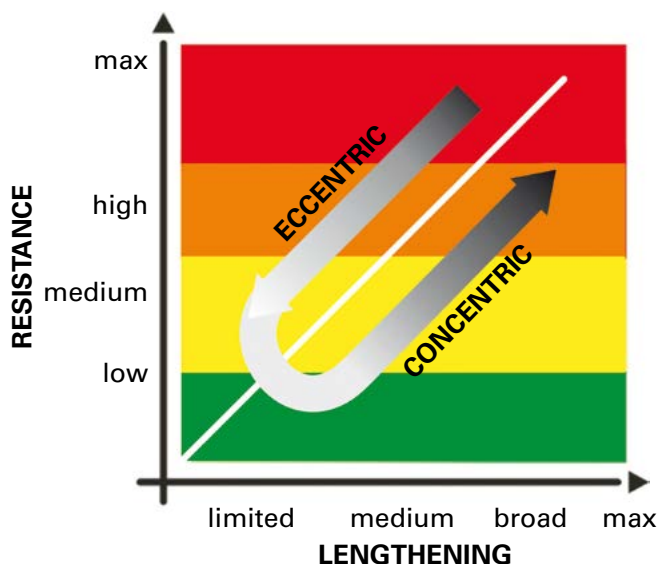


As a consequence, Revoring can be used for training both dynamic (auxotonic) and isometric (both maximal and sub-maximal) contractions.

Revoring has many benefits:

- **No DOMS.**

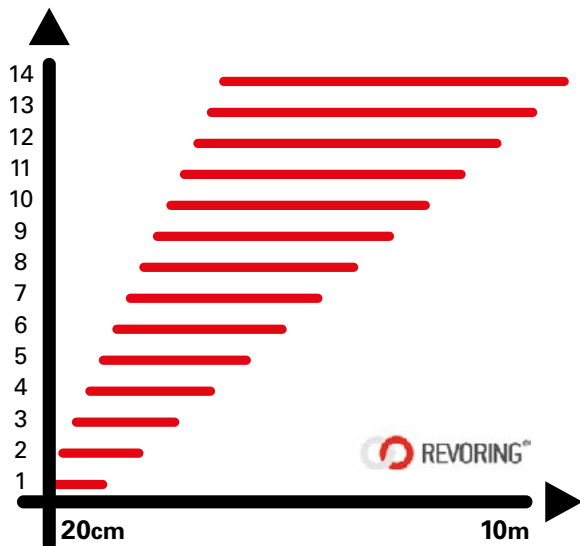
The **reduced strength required by the transition phase (eccentric-concentric phase)** allows you to avoid the muscle soreness that normally affects untrained individuals the day after exercise (DOMS) with inertial resistance (including individual body weight in suspension).



- **No joint stress.**

Since the **resistance is enhanced by movement**, the **progressive increase in the contraction of periarticular muscles** (active stabilizers) **stabilizes the joint** itself and, by doing so, it prevents its passive structures (ligaments, capsule, etc.) stress from occurring.

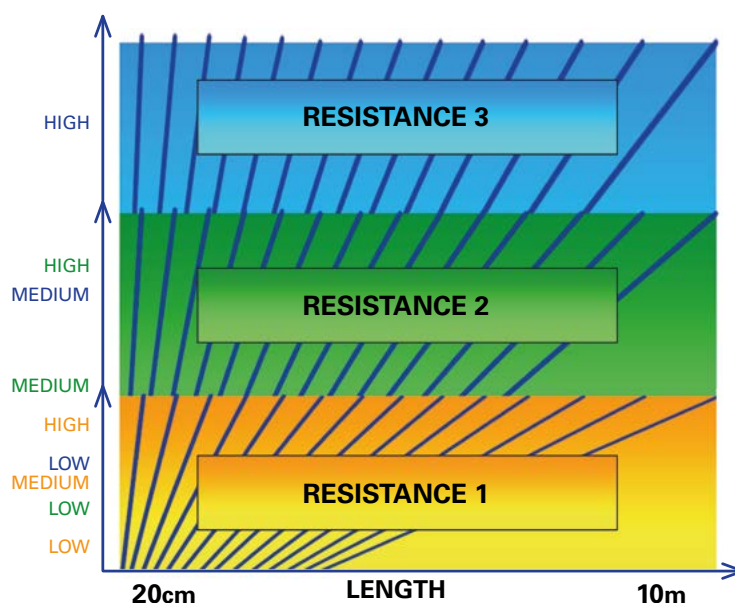
- **Core muscles activation.**
Almost all **Revoring exercises** involve Core muscles, **both** as **stabilizers** and **agonists**.
- **Any range of movement.**
The **high number of rings (14)** allows you to perform any kind of movements with very different ranges, **from a few centimeters to many meters, just by involving more or less rings.**



AVAILABLE LENGTHS (cm)			
rings	min	max	width
1	15	70	55
2	40	130	90
3	60	200	140
4	80	270	190
5	110	340	230
6	130	400	270
7	150	470	320
8	180	540	360
9	200	610	410
10	220	670	450
11	250	740	490
12	270	810	540
13	290	880	590
14	320	940	620

- **Any resistance.**
The **high number of rings (14)** and the **different** types of **resistance** available allow you to train **any strength level, from a few hectograms to many kilograms**, just by choosing one of the following options:

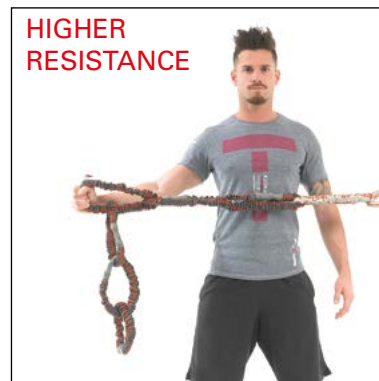
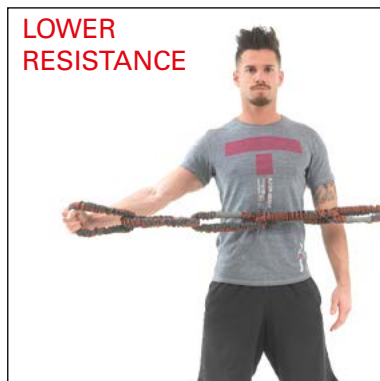
- **Choose the most appropriate type of Revoring.**



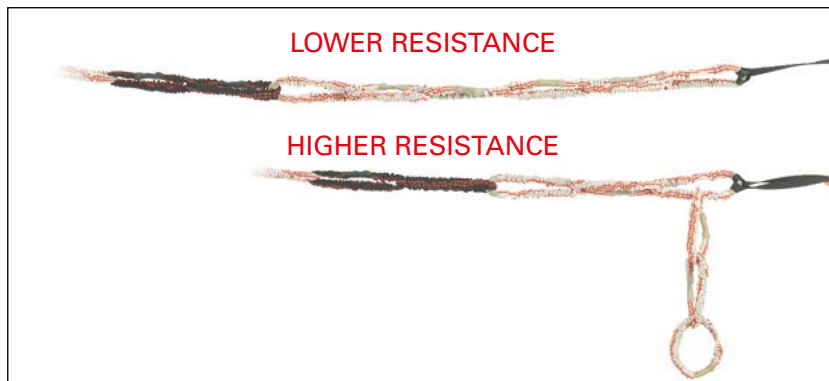
- Place **two Revorings** of the same or of a different resistance **side by side**.

o **Involve more or less rings:**

- **at the user's side**, by grasping a ring which is closer to the anchor point, also for a fine and progressive resistance modulation.



- **at the anchoring side**, by anchoring the first, second, third, fourth, etc. ring.



o Stand at a **longer or shorter distance** from the anchor point.



- **Fine calibration of the progressive resistance.**

Revoring's ring structure allows you to **easily progress ring by ring**, when you want to increase the exercise resistance and **when the strength** of the involved muscle **increases**, making progress evident.



- **Proprioceptive activation.**
Suspension training (total or partial) with elastic tools **differs from** suspension **training with non-elastic bands**. Indeed, the dynamic movement control or the maintenance of a static position require a **great involvement of proprioception**, due to the oscillations caused by the elastic force. Proprioception activation **contributes to improve body control**.

Grips

Revoring's ring structure allows you to **anchor it to your body in many different ways**.



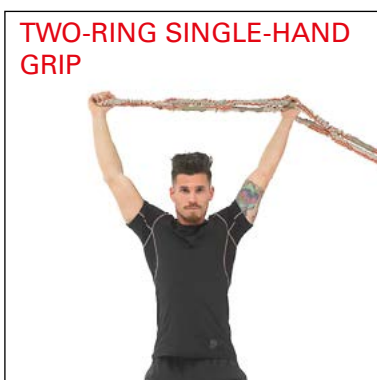
Grasp the rubber part of the ring. You can either grasp the ring with one hand...



...or with two hands.



If you want to grasp a ring successive to the first one, you can insert your arm in the unused rings.



For many exercises, it is recommended to perform a two-ring single-hand grip: each hand grasps one single ring (both from the same chain).



If you want to **hold** a dumbbell or any other **gym tools**, or if you prefer keeping your hand free, you can anchor Revoring to your wrist; if you want, you can secure it with a double knot.

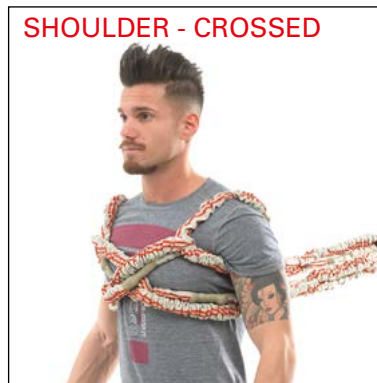


In many cases, an elbow grip can be also useful. It is recommended to always put **the rubber part against the skin**.



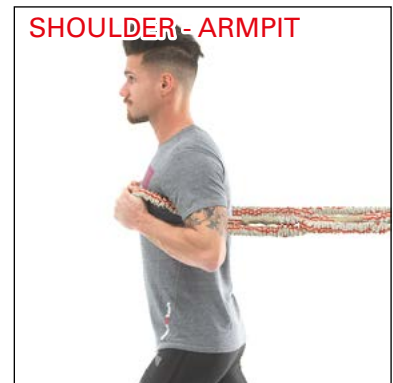
SHOULDER - DIRECT

If you **do not want to involve your upper limbs** and if you need to isolate the rest of your body (torso and legs), you can anchor the rings to your shoulders, either directly...



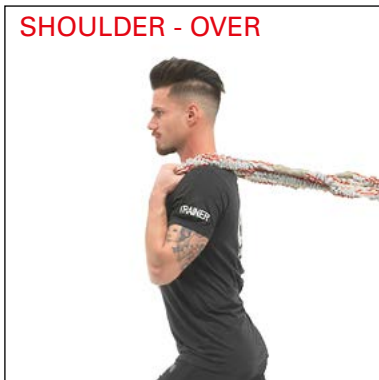
SHOULDER - CROSSED

...or by crossing them. In case of **long-lasting or high-tension workouts**, it is recommended to wear a t-shirt to **avoid excessive skin friction**.



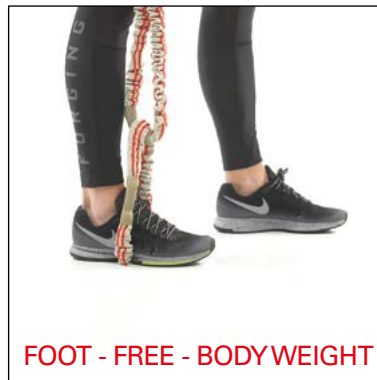
SHOULDER - ARMPIT

If you want to change grip quickly when the anchor point is behind you, grasp the rings with your hands and place them **in front of your shoulders**, by placing Revoring under your armpits.



SHOULDER - OVER

Put Revoring **over your shoulders and grasp it in front of them**.



FOOT - FREE - BODYWEIGHT

If you are exercising in a **Free** mode (with no external anchor point), you can secure one end of the ring chain to your foot.



FOOT - FREE

Keep your foot in the correct position to prevent the ring from sliding off.



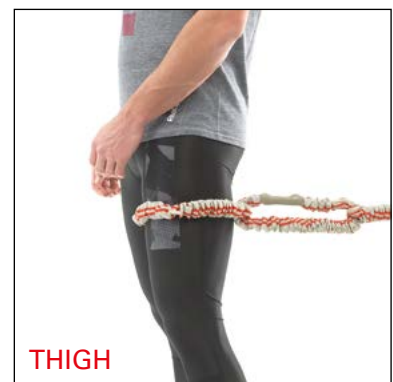
ANKLE

In case of **long-lasting or high-tension workouts**, it is recommended to **wear socks** to avoid excessive skin friction.



KNEE

In case of **long-lasting or high-tension workouts**, it is advisable to wear **clothes that protect** your skin from an excessive friction.



THIGH

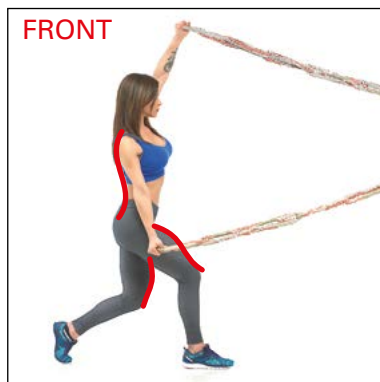
Choose the most convenient height for the exercise you are doing. In case of **long-lasting workouts**, it is advisable to avoid direct skin contact.



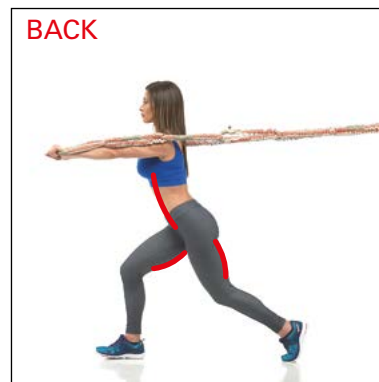
If you do not want to involve your upper limbs and torso, you can wrap the rings around your waist. You can put the whole series of rings inside one single ring and create a noose. Otherwise, you can join the two ends of the ring chain to form a loop and place yourself inside.

Body positions with respect to the anchor point

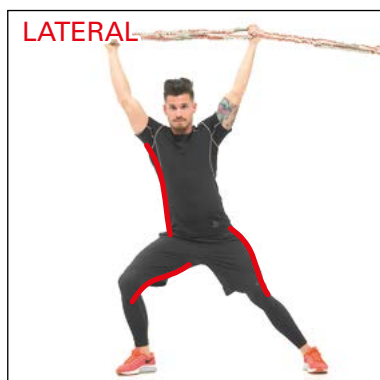
Your body position with respect to the anchor point not only makes some specific muscles work, but also determines **the involvement of different muscle chains** as specified below.



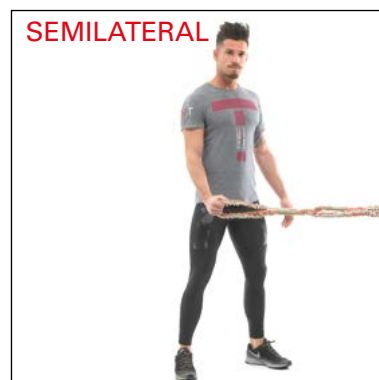
Your chest is pointed towards the anchor point. **The posterior chains of the torso and the anterior chains of the legs** do most of the work.



Your back is pointed towards the anchor point. **The anterior chains of the torso and the posterior chains of the legs** do most of the work.



You stand next to the anchor point. The **lateral chains of the torso** do most of the work together with **the medial chains of one leg and the lateral chains of the opposite one**, depending on the exercise performed.



Your body is facing three-quarters front. Both **the lateral and posterior chains of the torso** work, mostly **the medial chains of one leg and the lateral chains of the opposite one**.

Body positions

Reverting allows you to adopt all body positions to work the desired muscles or muscle groups, by involving the Core muscles as much as you want.

Each position can be adopted in the **Front, Back, Lateral or Semilateral** mode.



Stand with your feet **shoulder width apart**.



Stand with your legs in horseman position to work them harder and to increase your stability (in case of high-tension workouts).



Stand with your feet shoulder width apart, misaligned, to avoid counterbalancing the elastic resistance with your body weight (when your back or chest are pointed towards the anchor point).



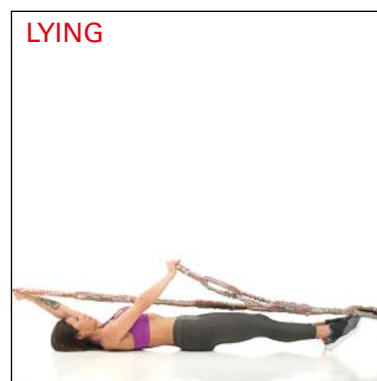
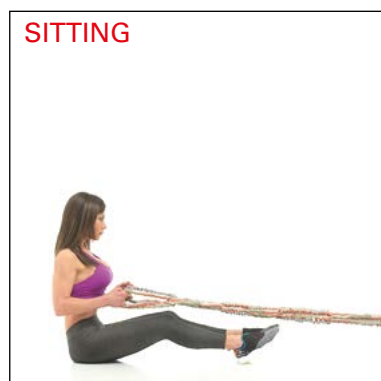
Stand with your **feet on a line** to increase your lateral instability.



Position your feet **shoulder width apart**.

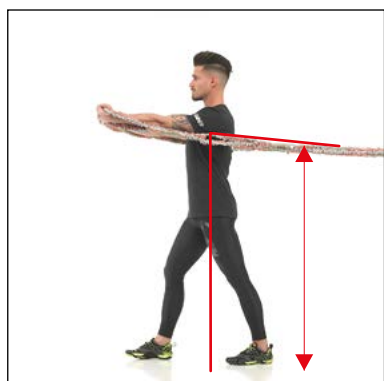


Position your **feet on a line** to increase instability.

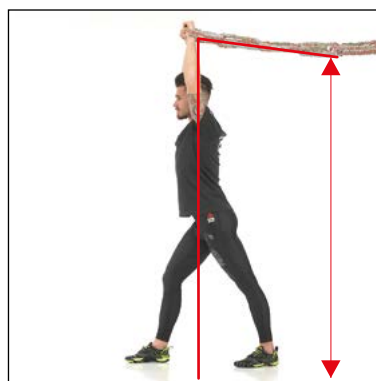


Exercise guide - foundations

- **Core work: the more distance you keep between the grip point and the fulcrum of movement** (e.g. contact with the ground), **the more the Core muscles work**, as shown in the pictures below.

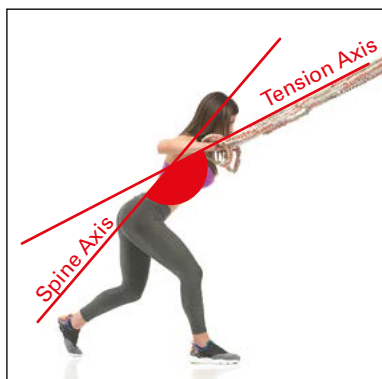


Less Core work (anterior).

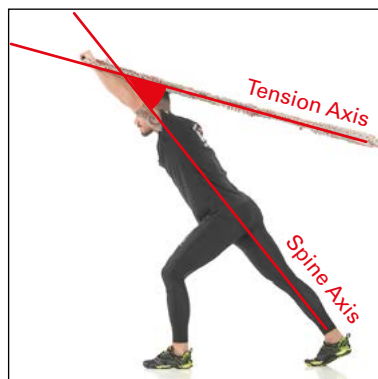


More Core work (anterior).

- **Spine work: the more Revoring's tension axis and your spine are aligned, the more the intervertebral discs are compressed** (this is sometimes to be limited), as shown in the pictures below.



No compression (or better, no traction) on the spine.



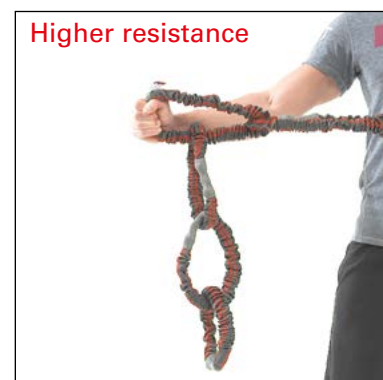
Higher compression.

If the angle determines a high compression on the spine, carefully **check your posture to keep your spine in line**, avoiding side bending or hyperextension; **keep your position under constant control**.

- **Progression of intensity/work**

If you want to increase the intensity and/or the work from a training session to another, from a series to another (or even from a repetition to another), you can:

- use a higher-resistance Revoring;
- stand at a longer distance from the anchor point;
- increase the number of repetitions;
- increase the exercise speed;
- increase the resistance by using different rings: **the closer the ring is to the anchor point, the higher the resistance is.**



Exercise guide - muscle groups, targets and workouts

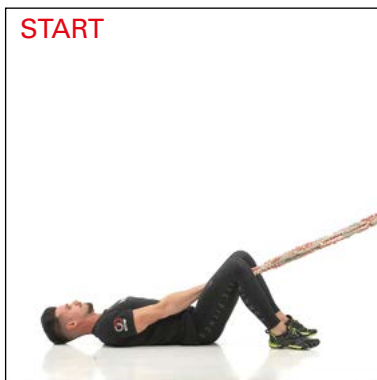
Revoring allows you to train all your muscle groups, either individually or globally.

Thanks to its **versatility**, Revoring lets your imagination run wild to try more and more new exercises without any risks. Some examples are provided below, both targeting specific body parts and "Global". We suggest exercising by following this sequence: Core>Shoulders>Legs>Arms>Global.

As Revoring provides a gentle and gradual resistance increase, **it is not always necessary to warm up** before exercising with it. **All you have to do is limit Revoring's lengthening during the initial repetitions and series.**

CORE

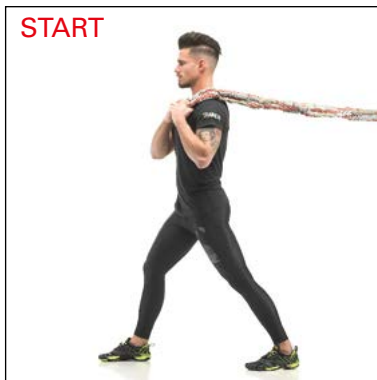
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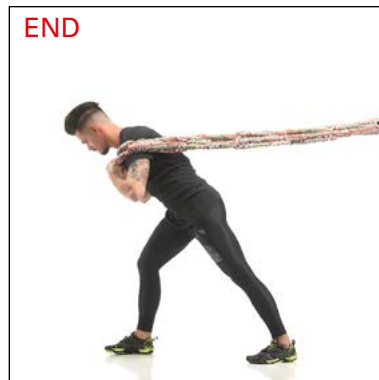
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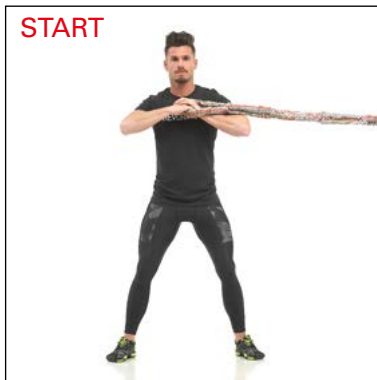
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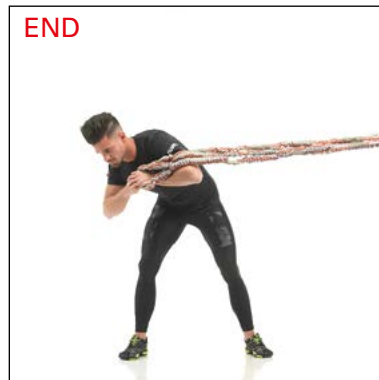
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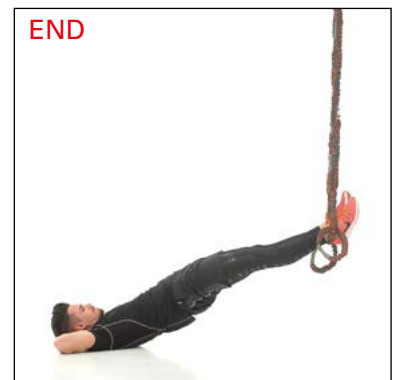
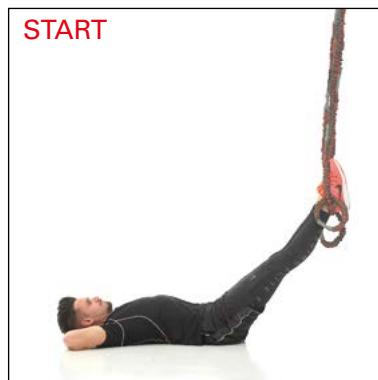
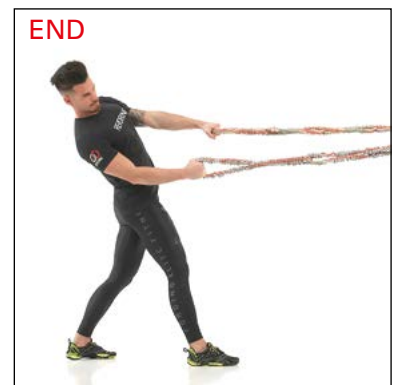
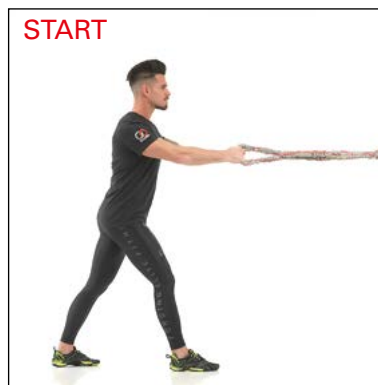


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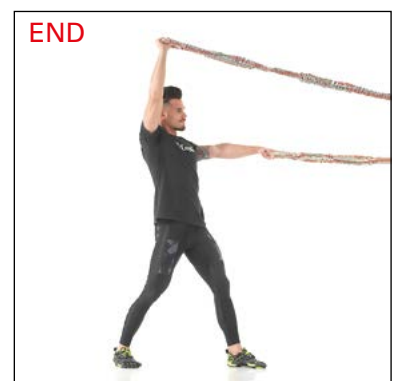
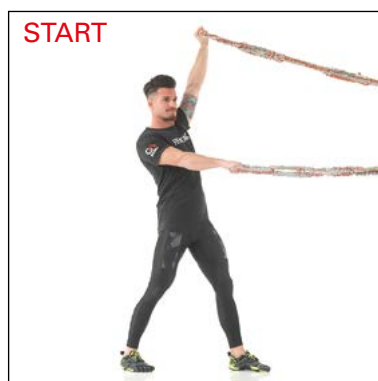
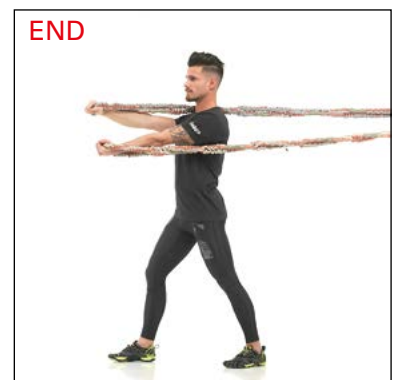
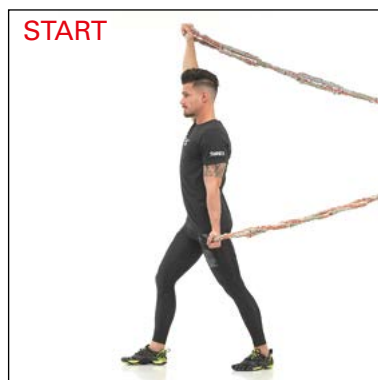


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SHOULDERS



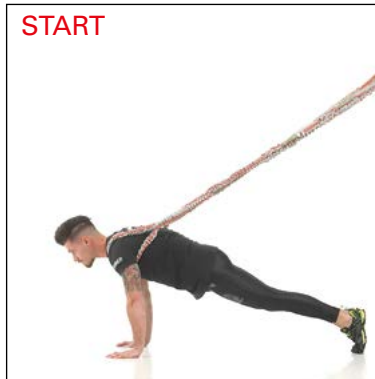
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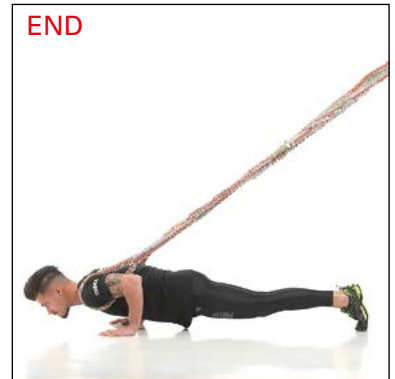
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START



END

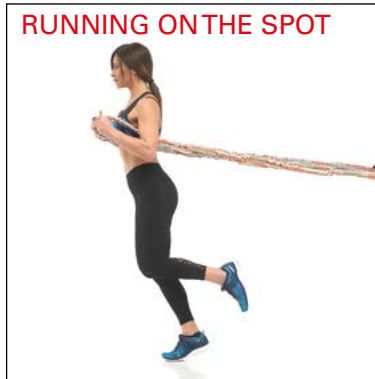


LEGS

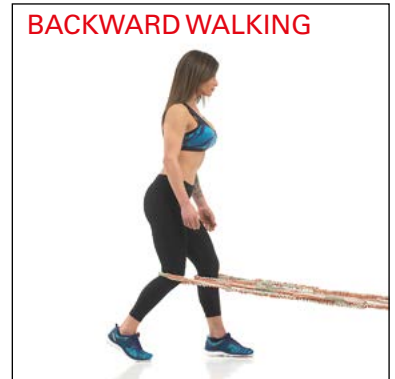
JUMPS ON THE SPOT



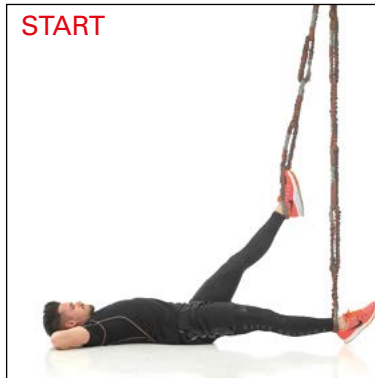
RUNNING ON THE SPOT



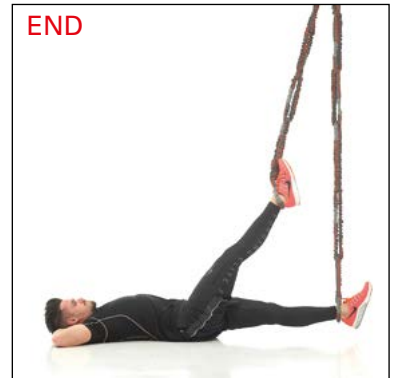
BACKWARD WALKING

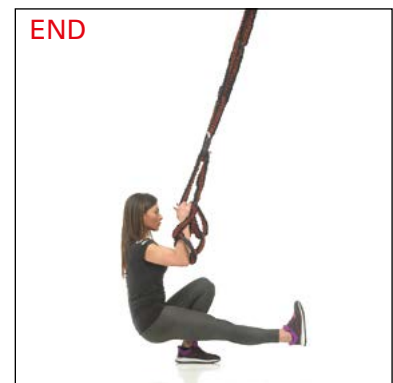
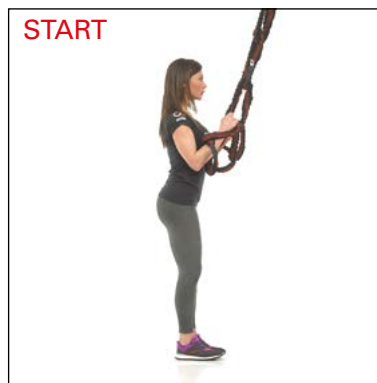


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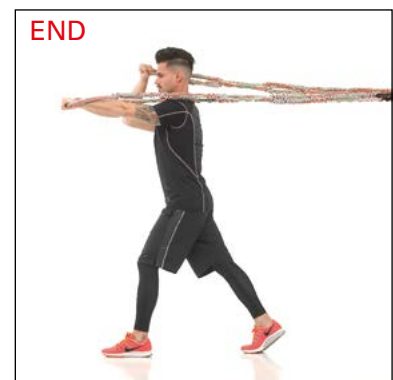
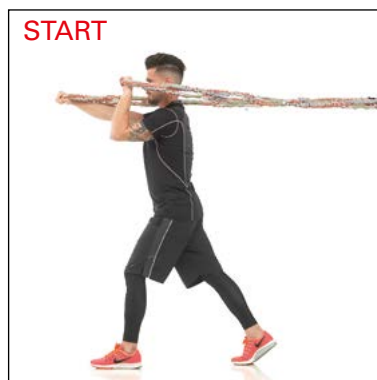
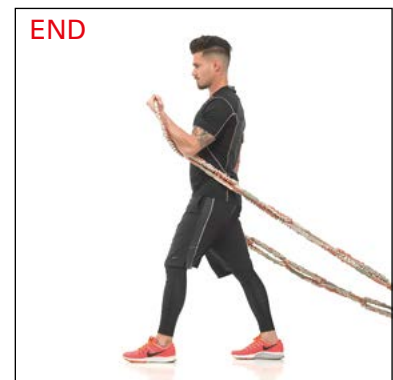
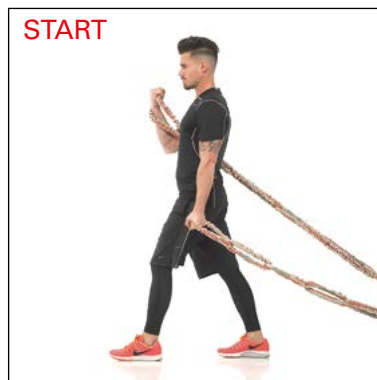


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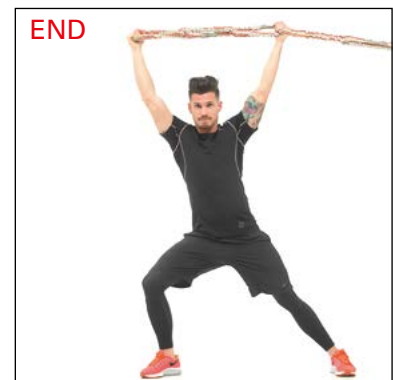
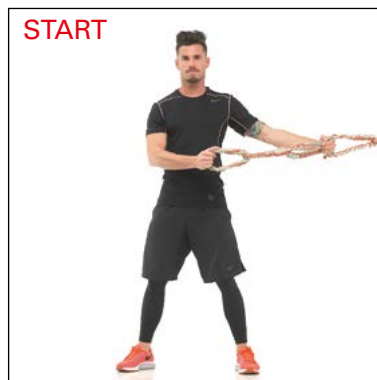




ARMS



GLOBAL



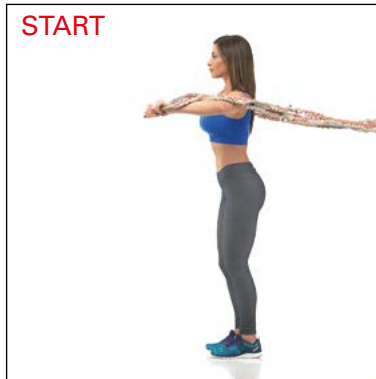
START



END



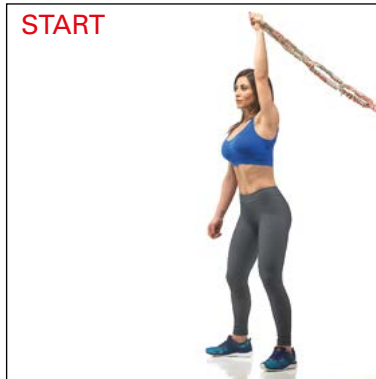
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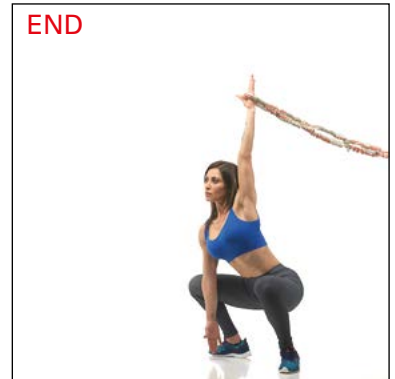
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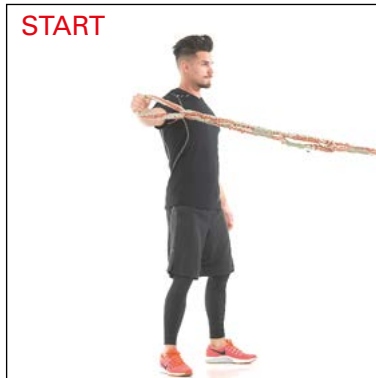
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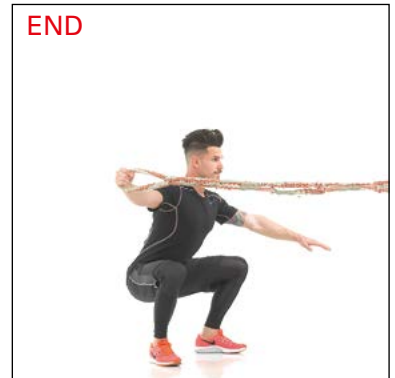
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END



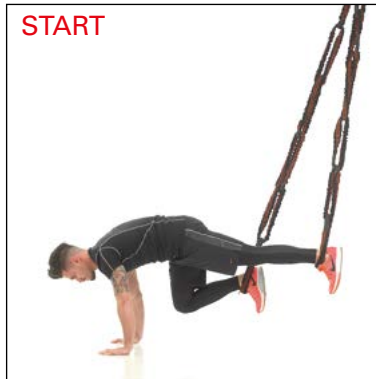
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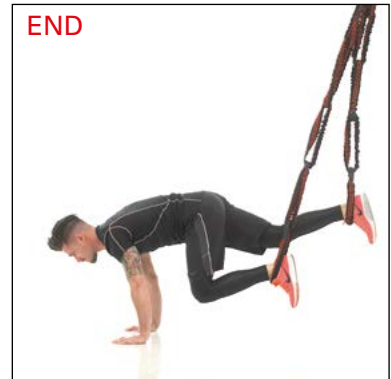
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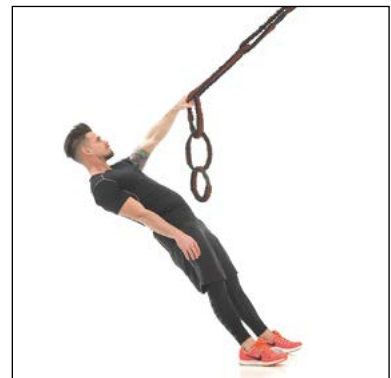
END



ISOMETRY



ISOMETRY



Exercise guide - free mode: with no external anchor point

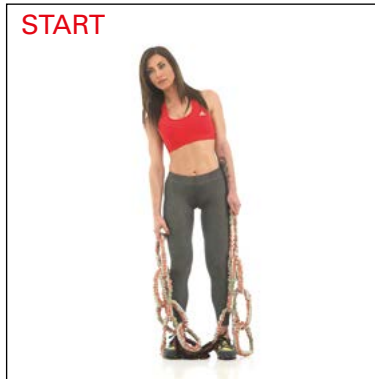
You can also use Revoring without anchoring it to any external structures.

If you do not have any structures available, you can use it in the free mode, by securing it to different parts of your body. You can perform a wide variety of exercises, of which you will find some examples below.

It is also possible to easily increase the exercise intensity set by set and session by session: simply move your grip over and grasp the next ring in order to use a shorter chain.

CORE

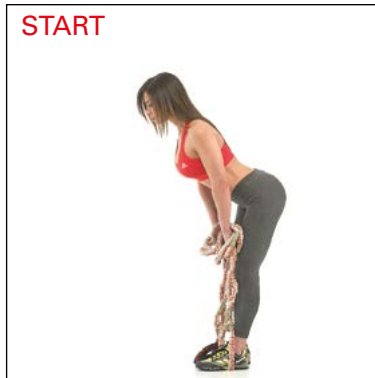
START



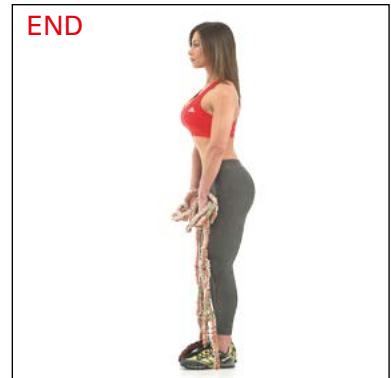
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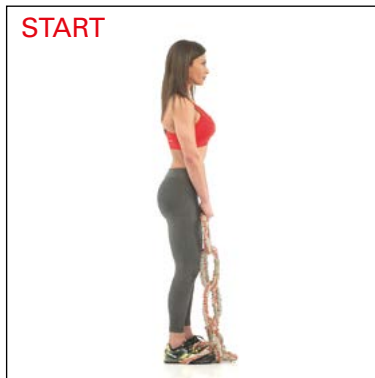


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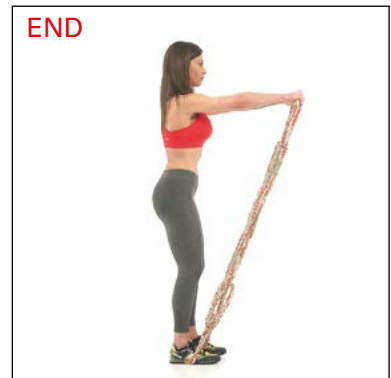


SHOULDERS

START



END



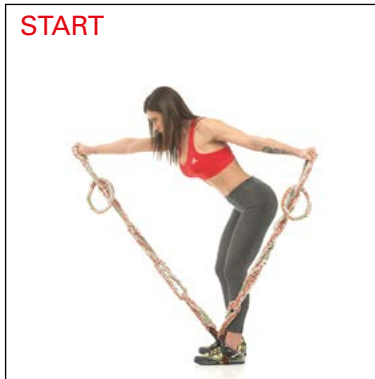
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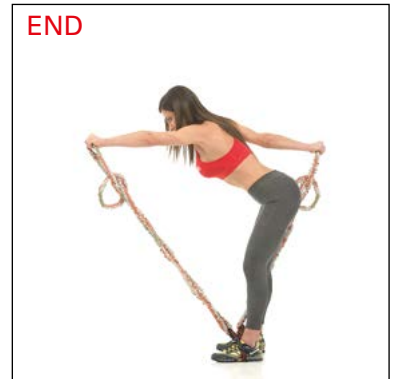
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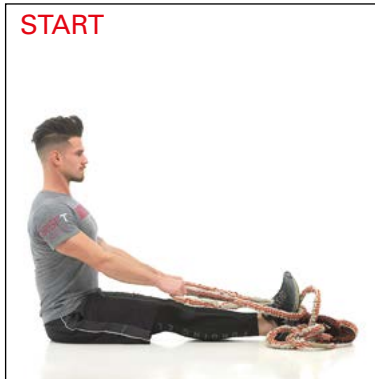
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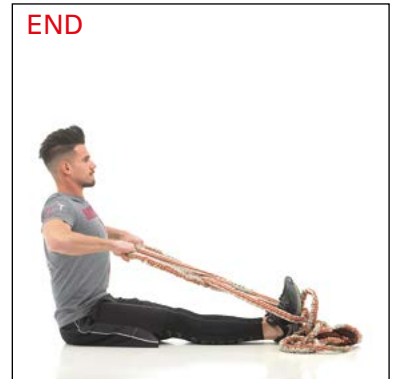
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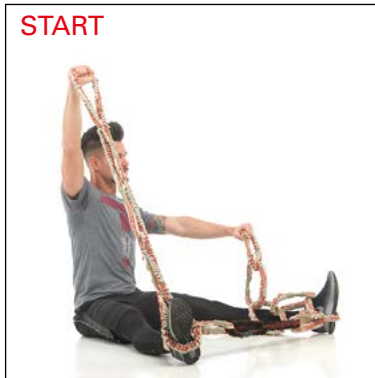
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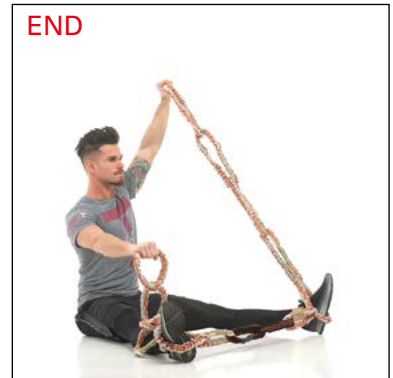
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START

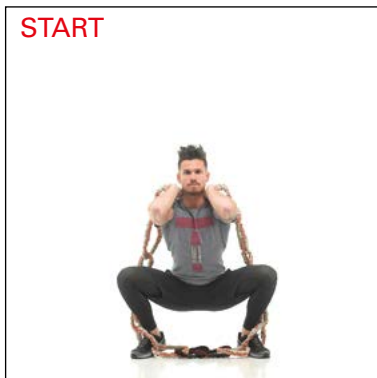


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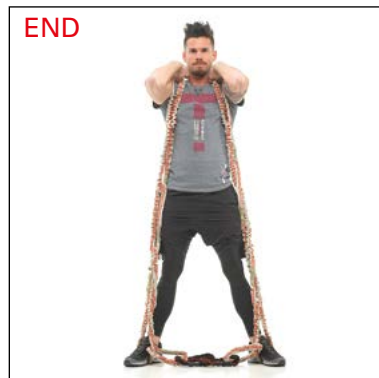


LEGS

START

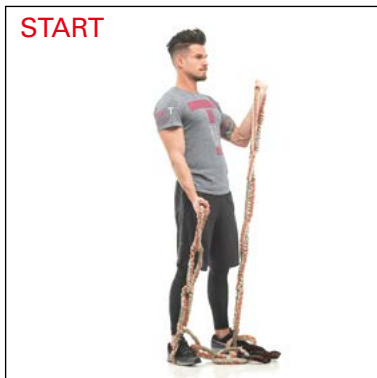


END

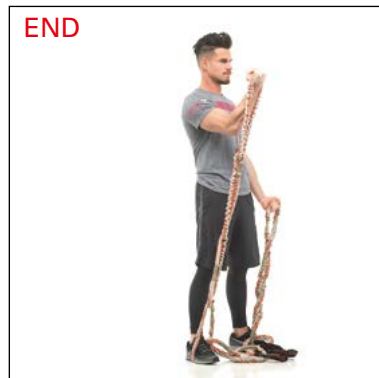


ARMS

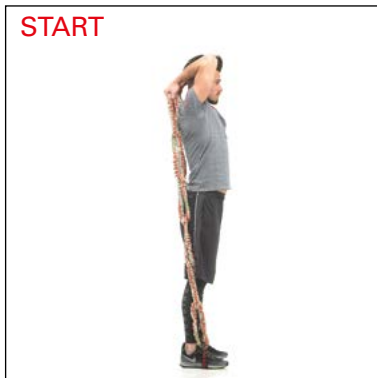
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END



START

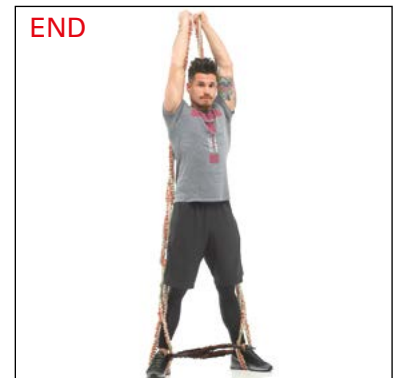
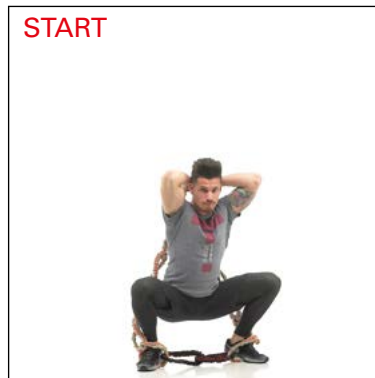
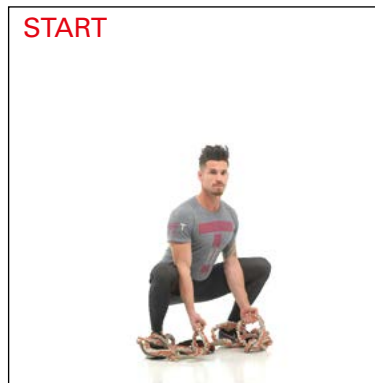


END



GLOBAL





Exercise guide - Revoring method

To get the best benefits from Revoring, we suggest:

- Circuit training with no rest between sets and no hurry.
- Repeating the following sequence several times:
 - Core
 - Shoulders
 - Legs
 - Arms
 - Global
- Alternate working on both sides (when you exercise in Lateral or Semi-lateral position); alternate working on agonist and antagonist muscles; alternate working in Front and Back position (when Revoring is externally anchored).
- Increasing the resistance (if possible) by reducing the number of rings between the grip and the anchor point at each circuit round.

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