

FUSION WHEEL

WORKOUT YOUR BODY

TRAINING GUIDE

ENJOY YOUR WORKOUT

+100
GYM EXERCISES

Read all instructions before using and keep this manual for future consultation.

Congratulations!

You have just purchased a product designed with quality, safety and functionality. This equipment allows a safe and comfortable exercise in the privacy of your home. Regular physical exercise is one of the best ways to preserve your health. Please read this manual carefully, especially the safety part, in order to use this product correctly so that you can make the most of Fusion Wheel's unique experiences.

Please keep the manual for reference when necessary.

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1. HEALTH **GUIDELINES**



ATTENTION: IN THIS MANUAL (print and online version) THE TRAINING PROGRAM AND A LIST OF EXERCISES ARE TARGETED TO BEGINNING USERS, INTERMEDIATE AND ADVANCED.

THE EXECUTION AND LEVEL OF DIFFICULTY OF EACH EXERCISE DEPENDS DIRECTLY ON THE PARTICULARITY OF EACH PERSON. EACH USER SHOULD EVALUATE HIS PERFORMANCE INDIVIDUALLY. SOME EXERCISES MAY BE EASIER, OTHERS MORE DIFFICULT OR EVEN IMPOSSIBLE TO BE PRACTICED.

IN CASES OF EXTREME DIFFICULTY, STOP IMMEDIATELY. DO NOT PERFORM THE EXERCISE.

Before starting any exercise program, consult a doctor and/ or a personal trainer. This is important for people of all ages or who have a pre-existing health problem.

- If you experience any pain or chest tightness, irregular heartbeat, shortness of breath, malaise or discomfort during exercise, stop immediately and consult your doctor before continuing.
- Only one person at a time should use this equipment.
- Keep children and pets away from the equipment.
- **Caution: Excessive physical exercise or inadequate exercise can cause injury.**
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting.
- It is recommended that people with reduced sensory/ mental capacities or with little experience/ knowledge in physical activities, should be accompanied by a responsible person to ensure safety during the practice of physical exercise.

2. **CONTRAINDICATION**



Pregnancy • Acute thrombosis conditions • Cardiovascular problem • Recent wounds resulting from an operation or surgical intervention • Acute hernia, discopathy, spondylolysis • Diabetes • Epilepsy • IUD • Heavy migraine • Tumor • Wearing a pacemaker • Wearing inappropriate clothing or equipped with pins metal, screws or plates • Avoid the same position for more than 10 minutes.

3. **SAFETY INSTRUCTIONS**

- It is the owner's responsibility to ensure that all users of the equipment are adequately informed of safety precautions.
- This equipment is designed for residential use only, for indoor and outdoor areas. It has no therapeutic purposes.
- For your safety, make sure that all parts are properly assembled, that the wheelchair is on a solid and level surface, that the area around it is free of obstructions.
- **Lock/ brake the wheels before performing any exercise.**
- Wear appropriate clothing for exercise and avoid clothing or accessories that could get stuck in the equipment.
- To ensure the safety of children and/ or pets, do not allow them to play with or near the equipment parts during use.
- To keep the safety level of your equipment, it should be regularly examined about possible damage and wear. Check the accessories, the integrity of the elastics, carabiners, pulleys, nylon fabrics, connection points, etc.
- If any accessory or part of your equipment is defective/ damaged, do not use the product until it is replaced.

4. **EQUIPMENT CLEANING**

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as: sunlight, rain, dew, dust, salt air, etc.
- Do not place the equipment in dusty, humid environments, saunas or in any unventilated place.

5. INCLUDED **ACCESSORIES**

1 FUSION BAR



2 FUSION HANDLES



1 DOOR ANCHOR



1 STICK GUIDE



2 LOW TENSION POWER BANDS



2 HIGH TENSION POWER BANDS



2 POWER PULLEYS



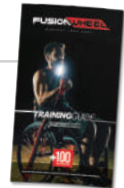
4 LOOPS



1 CARRY BAG



1 INSTRUCTION MANUAL



WHEELCHAIR NOT INCLUDED

6. ASSEMBLY AND **ADJUSTMENTS**

For the exercises to be performed correctly, you will need to understand the basic kit assembly step by step and some concepts of product operation:

6.1. INITIAL INSTRUCTIONS

6.2. DIRECT ELASTIC

6.3. ELASTIC WITH PULLEY

6.4. DOOR ANCHOR

6.1. INITIAL INSTRUCTIONS

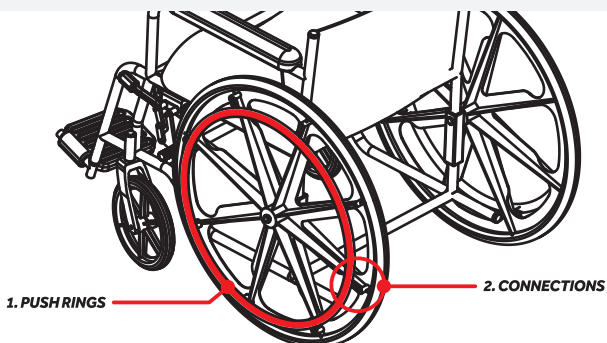
FUSION **T**

Some accessories of your Fusion Wheel are equipped with the **FUSION T**. These T-shaped locks are essential elements for installing the product in your wheelchair.



WHEELCHAIR

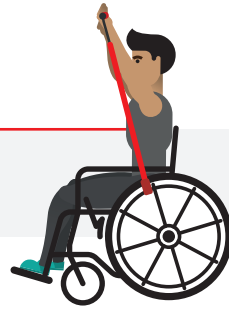
1. Your chair is equipped with the push rings, usually located on the sides of the left and right wheels. They are fundamental pieces for fixing the elastics.
2. The push rings are fixed to the wheels through some plastic or metallic **connections**. These **connections** will serve as stops and limiters, ensuring the correct positioning of the elastics. The number of **connections** can vary from chair to chair (between 4 to 12 units).



6.2. DIRECT ELASTICS

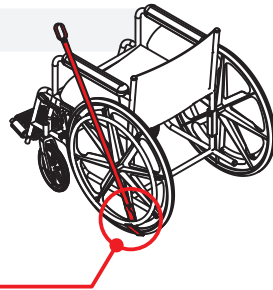
Recommended configuration for exercises in which the accessories are too far from the floor, usually exceeding the head line.

Necessary items: elastics + bar or handles

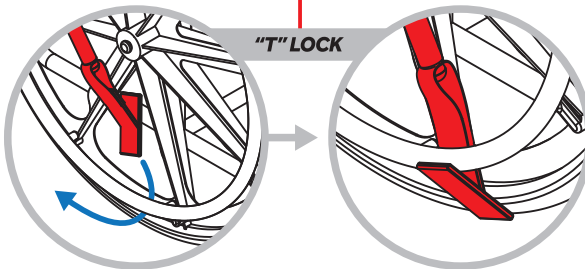


ELASTIC FIXATION

- Choose one of two types of elastic (regular tension or strong tension) and fix the "T" lock between the push ring and the tire of the left side of the wheelchair.



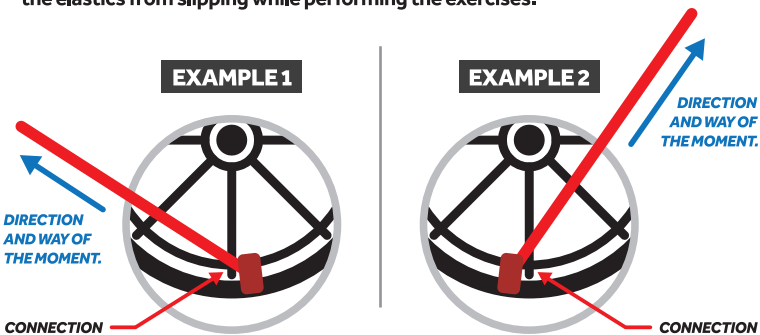
ATTENTION: The fixing of the "T" lock must be made from the inner area of the push rings.



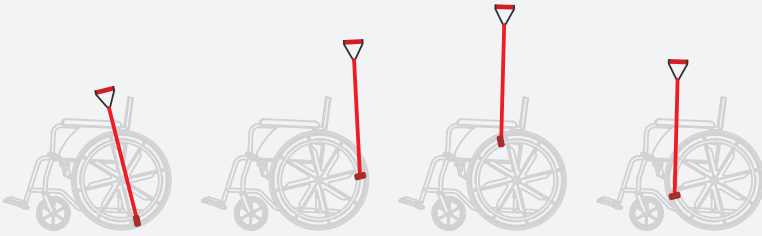
- Repeat this same procedure to fix the elastic on the right side of the wheelchair.

FUSION T LOCK ALIGNMENT

Always fix the **FUSION T** locks in contact with the push rings connections, in the opposite direction to the movement of the elastics. The connections will prevent the elastics from slipping while performing the exercises.



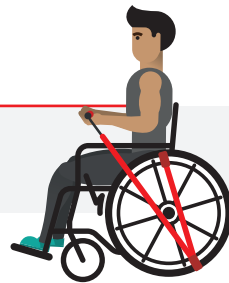
THE **FUSION T** LOCK POSITION VARIATION
REFLECT DIRECTLY ON THE AMPLITUDE OF ELASTICS.



6.3. ELASTICS WITH PULLEY

Recommended configuration for exercises in which the accessories are not too far from the floor, usually not exceeding the shoulder line.

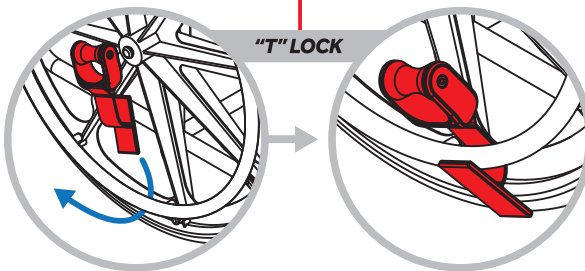
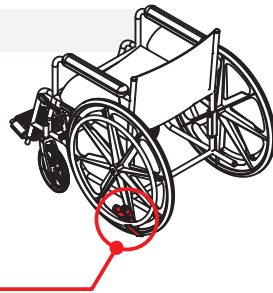
Necessary items: elastics + bar or handles + pulleys.



FIXING THE PULLEYS

- Fix the pulley, using the "T" lock, between the push ring and the tire of the left side of the wheelchair.

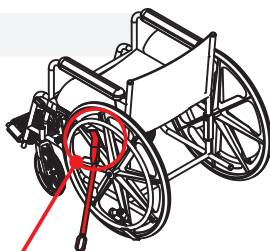
ATTENTION: The fixing of the "T" lock must be made from the inner area of the push rings.



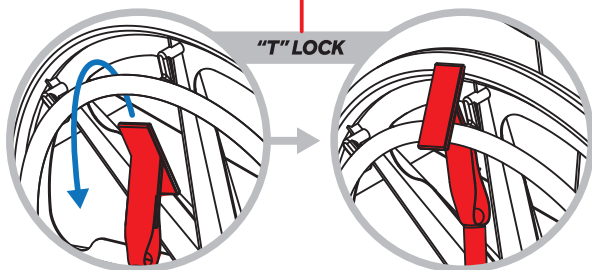
- Repeat this same procedure to fix the pulley on the right side of the wheelchair.

ELASTIC FIXATION

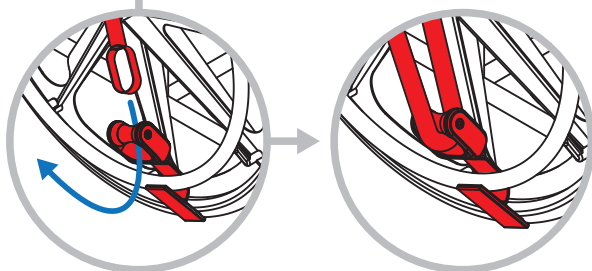
- Choose one of two types of elastic (regular tension or strong tension) and fix the "T" lock between the push ring and the tire of the left side of the wheelchair.



ATTENTION: The fixing of the "T" lock must be made from the inner area of the push rings.

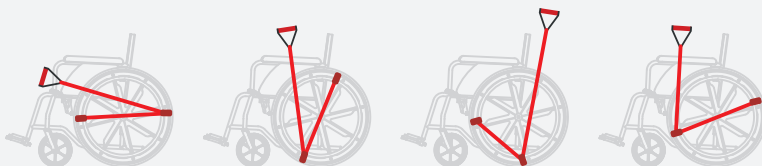


- Pass the end of the elastic through the pulley gap:



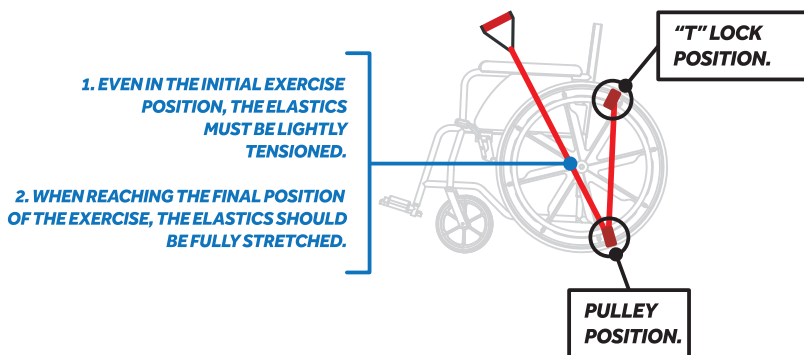
- Repeat this same procedure to fix the elastic on the right side of the wheelchair.

THE POSITION VARIATION OF THE FUSION T LOCKS OF THE ELASTICS AND THE PULLEYS REFLECT DIRECTLY ON THE AMPLITUDE OF ELASTICS.



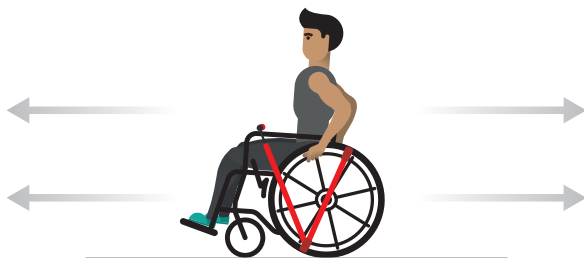
LEARN MORE ABOUT ELASTIC AMPLITUDE

Position the elastics and pulleys on the wheelchair according to the exercise you want to perform. The fixing positions of the **FUSION T** and pulleys depend on each exercise and user. Follow the recommendations below:

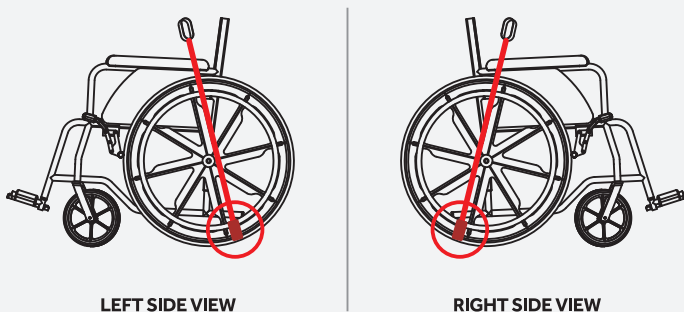


FINAL AMPLITUDE ADJUSTMENTS

If necessary, to make the final amplitude adjustment, you must move your wheelchair forward or backward in order to firmly position the **FUSION T** locks in contact with the **connections**.

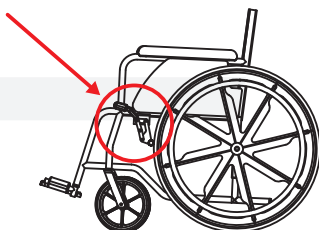


ATTENTION: THE TRACTION OF THE ELASTICS MUST BE BALANCED. FOR THIS, THE POSITIONS OF THE "T" LOCKS MUST FOLLOW A STANDARD OF SYMMETRY, ACCORDING TO THE EXAMPLE BELOW:



BRAKE YOUR WHEELCHAIR

Lock / brake the wheels before perform any exercise.



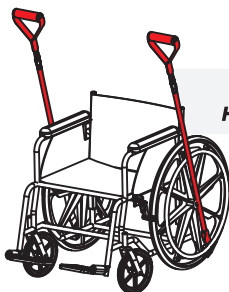
CHOOSE THE DESIRED ACCESSORY

Lock the bar or handles on the elastics using the carabiners located at the ends of the accessories.

FUSION BAR



FUSION HANDLES



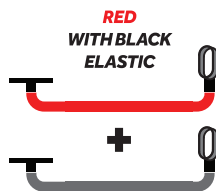
DURING EXERCISES YOU CAN CHOOSE THE FOLLOWING TENSION OPTIONS:



LOW TENSION



HIGH TENSION



DOUBLE TENSION

ATTENTION: FOR HEAVY LOADS AS BLACK ELASTICS OR COMBINATION RED + BLACK, USE NYLON LOOPS TO FIX THE ELASTICS ON THE WHEELCHAIR (INSTRUCTIONS ON THE NEXT PAGE).

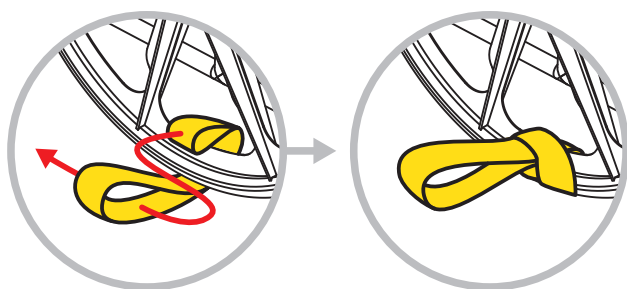
NYLON LOOP

In some chairs the installation of the **FUSION T** lock directly on the wheels does not can be performed due to the following factors:

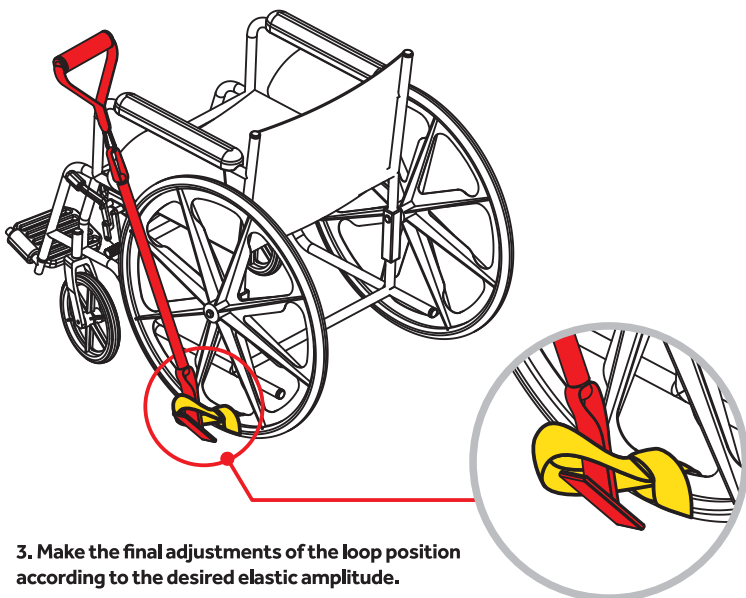
1. Your chair does not have push rings;
2. Push rings very close to the tires;
3. Push rings too far from the tires;
4. Fragile push rings.

If your wheelchair fits in one of the conditions listed above, you can use the nylon loops to fix the **FUSION T** locks directly on the tires. Follow the instructions below:

1. Wrap the nylon loop around only the tire and make a knot according to the following illustration:



2. Pass the **FUSION T** locks inside the nylon loop and pull in the opposite direction in order to firmly position the elastics and pulleys.

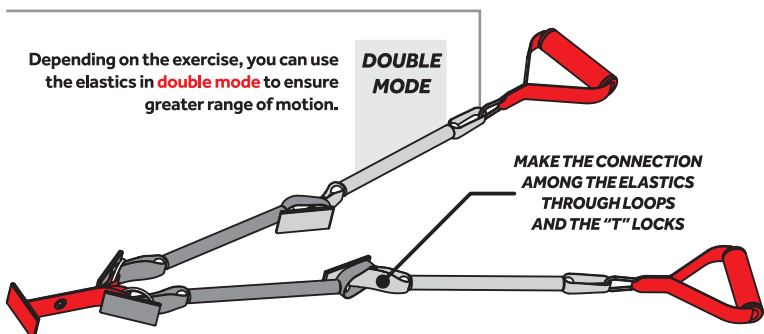
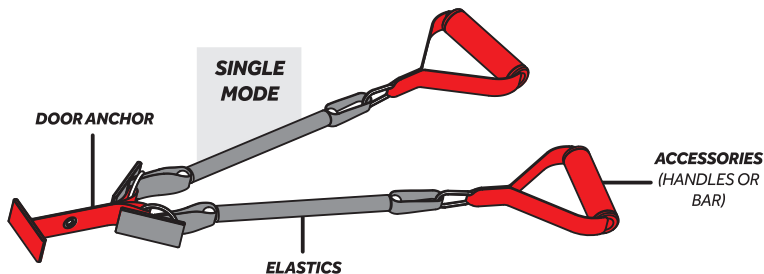


3. Make the final adjustments of the loop position according to the desired elastic amplitude.

6.4. DOOR ANCHOR

Exclusive accessory that allows you to turn any door in your home into a gym equipment. Follow the instructions below:

1. Choose the pair of elastic bands (red or black) and the accessory (bar or handles).
2. Make a connection between the elastics + accessory + door anchor, as shown below:

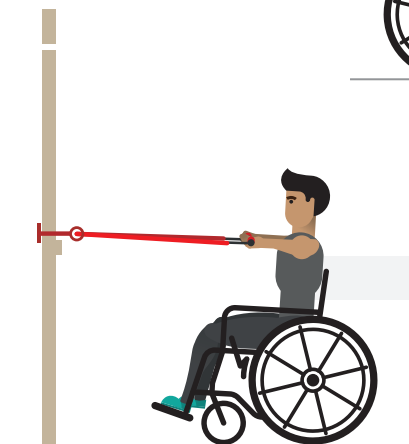
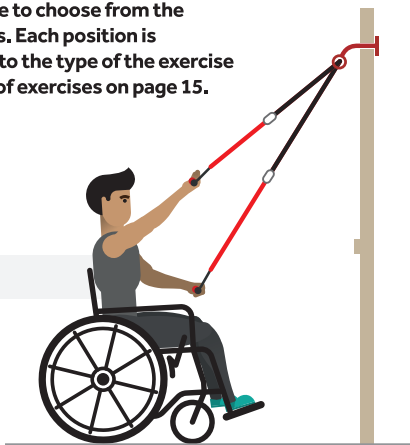


3. After assembling the above set, use the stick guide to install the anchor on the top of a door, as shown in the image below:

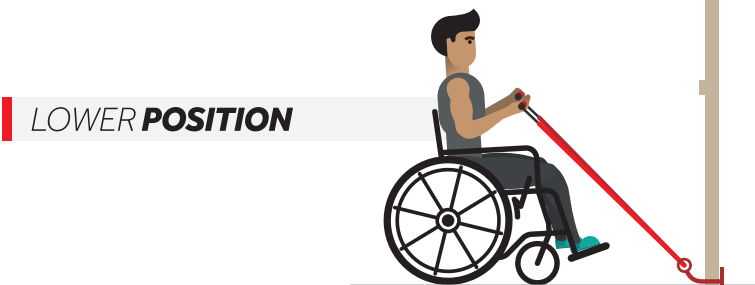


4. With the door anchor you will be able to choose from the following device positioning variations. Each position is pre-defined and corresponds directly to the type of the exercise that will be performed. Check the list of exercises on page 15.

TOP POSITION



CENTRAL POSITION



LOWER POSITION

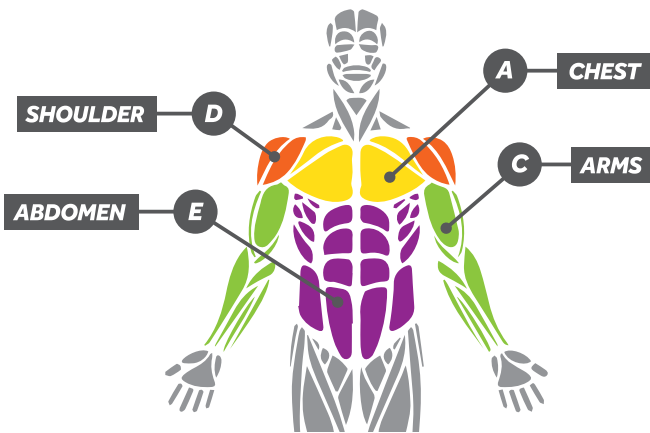
ATTENTION: BEFORE PERFORMING ANY EXERCISE IN THIS MODE, LOCK THE DOOR TO AVOID ACCIDENTS. OTHER PEOPLE MAY OPEN THE DOOR WHILE USING THE DEVICE, CAUSING ACCIDENTS.

7. MUSCLE **GROUPS**

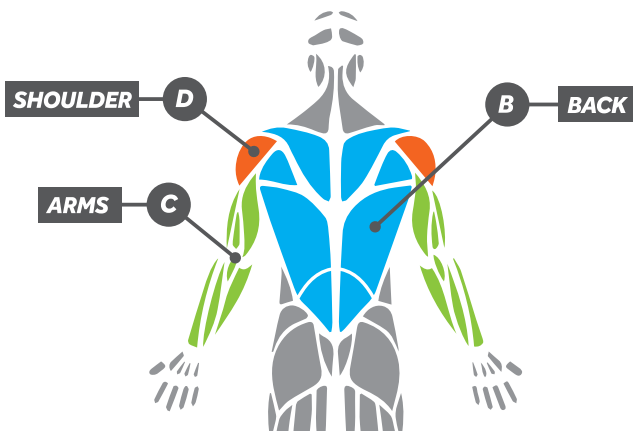
Fusion Wheel was designed to work with different muscle groups. Each exercise does a specific job on your body, a direct result of the relationships among direction of the movements, tension of the elastics and accessories used.

The combination of these factors will define which muscle groups will be used in each exercise, check below:

ANTERIOR MUSCLES



POSTERIOR MUSCLES



8. TRAINING PROGRAM

For better performance and enjoyment, follow the training program suggested below. For inexperienced users, it is recommended to start training in the **beginner** category. **After significant progression and evolution of physical fitness**, gradually move to the other levels of difficulty.

BEGINNER

| Exercise | Number of Sequences | Number of the Exercise Repetitions | Break Time |
|---|---------------------|------------------------------------|------------|
| 7. Neutral Shoulder Press - One Arm | 3 | 15 | 1' |
| 2. Direct Curl | 3 | 12 to 15 | 1' |
| 20. Door Anchor Triceps Extension Over Head - One Arm | 3 | 12 to 15 | 1' |
| 19. Door Anchor Bench Press | 3 | 12 to 15 | 1' |
| 12. Front Pull Down | 3 | 12 to 15 | 1' |

REGULAR

| Exercise | Number of Sequences | Number of the Exercise Repetitions | Break Time |
|---|---------------------|------------------------------------|------------|
| 9. Alternated Curl | 3 | 12 | 45" to 1' |
| 10. Alternated Straight Bench Press | 4 | 10 | 45" to 1' |
| 8. Alternated Lateral Elevation | 3 | 12 | 45" to 1' |
| 20. Door Anchor Triceps Extension Over Head - One Arm | 3 | 12 | 45" to 1' |
| 11. Alternated Pulldown | 3 | 10* | 45" to 1' |

ADVANCED

| Exercise | Number of Sequences | Number of the Exercise Repetitions | Break Time |
|--------------------------------|---------------------|------------------------------------|------------|
| 22. Unilateral Curl | 3 | 12 to 15 | 45" to 1' |
| 6. Unilateral Crossed Pulldown | 4 | 15 | 1' and 30" |
| 18. Unilateral Neutral Push-up | 3 | 12 to 15 | 45" to 1' |
| 19. Door Anchor Bench Press | 3 | 12 to 15 | 45" to 1' |
| 14. Unilateral Pull Over | 4 | 12 | 45" to 1' |
| 11. Alternated Pull Down | 4 | 12* | 45" to 1' |

1. STANDING DUMBBELL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the bar at shoulder height. Raise the bar above your head and return to the starting position. Repeat the movement.

2. DIRECT CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

C

DESCRIPTION: Attach the **FUSION T** locks to the lower-rear region of the wheel. Hold the bar at abdomen height with a supinated grip and with your arms flexed at 90°. Flex your arms even further, raising the bar. Return to the starting position and repeat the movement.

3. TRICEPS EXTENSION ABOVE HEAD

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

C

DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the bar above your head with your arms flexed at 90°. Extend your arms, raising the bar. Return to the starting position and repeat the movement.

4. BACK SHOULDER PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

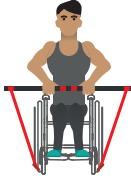
MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the bar supported by your back. Raise the bar above your head. Return to the starting position and repeat the movement.

5. UPRIGHT ROW

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

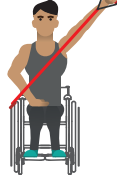
DESCRIPTION: Attach the **FUSION T** locks to the bottom of the wheel. Hold the bar with a closed pronated grip at the height of the chair support. Lift the bar toward your chin with your elbows pointing outward. Return to the starting position and repeat the movement.

6. UNILATERAL CROSSED PULLDOWN

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the top of the wheel. Hold the handle crosswise with the arm semi-flexed at chest level. Raise your arm above your head, uncrossing it. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

7. NEUTRAL SHOULDER PRESS - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

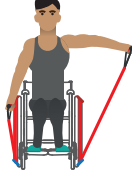
DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the handles at your sides, at the shoulder line, with a neutral grip. Raise the handles up above your head. Return to the starting position and repeat the movement with one arm at a time, alternately.

8. ALTERNATED LATERAL ELEVATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:

D

DESCRIPTION: Fix the **FUSION T** locks in the upper region and the pulleys in the lower region of the wheel. Hold the handles by your sides. Lift your arm sideways to the shoulder line. Return to the starting position and repeat the movement with the other arm, alternately.

9. ALTERNATED CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:

C

DESCRIPTION: Fix the **FUSION T** locks in the upper region and the pulleys in the lower region of the wheel. Hold the handles at your sides with a supinated grip and arms extended. Flex your elbow, raising the handle. Return to the starting position and repeat the movement with alternating arms.

10. ALTERNATED STRAIGHT BENCH PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

A

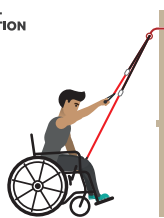
DESCRIPTION: Attach the **FUSION T** locks to the center-rear region of the wheel. Hold the handle in a pronated grip, with the arm flexed at 90°. Extend your arm forward. Return to the starting position and repeat the movement. Perform the movement with the other arm.

11. ALTERNATED PULL DOWN

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: DOUBLE MODE

MUSCLE GROUP:

B

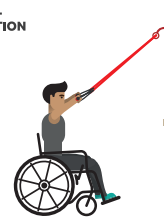
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the top of a door. Hold the handles above your head with your torso slightly tilt forward. Lower the handle with the arm extended. Return to the starting position and repeat the movement with alternating arms.

12. FRONT PULL DOWN

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

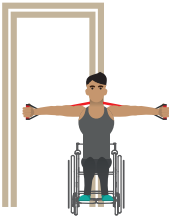
MUSCLE GROUP:

B

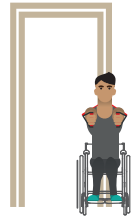
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the top of a door. Hold the handles in front and above your head with your arms extended. Pull the handles back towards your face, opening your arms. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Position the chair close to the door.

13. CHEST FLY

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended at your sides in a neutral grip. Pull the handles forward, keeping your arms extended. Return to the starting position and repeat the movement.

14. UNILATERAL PULL OVER

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the upper-central region of a door. Hold the handle above your head, with your arm extended. Move the handle forward with the arm extended. Return to the starting position and repeat the movement. Perform the exercise with the other arm. **ATTENTION POINTS:** Tilt your torso slightly forward. Position the chair next to the door.

15. ISOMETRIC OBLIQUE

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

E

DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with your arms flexed 90° in front. Move the handle forward, supporting the elastic traction laterally. Return to the starting position and repeat the movement. Perform the movement to the other side.

16. EXTERNAL ROTATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

D

DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm on the opposite side flexed at 90°. Move your forearm to the outside of your body. Return to the starting position and repeat the movement. Perform the movement with the other arm.

17. SHOULDER ABDUCTION - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

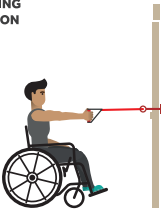
MUSCLE GROUP:

D

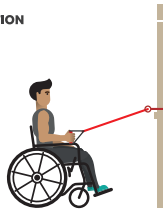
DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm extended in front. Open your arm, pulling the handle out. Return to the starting position and repeat the movement. Perform the exercise with the other arm. **ATTENTION POINTS:** Position the chair close to the door.

18. UNILATERAL NEUTRAL PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

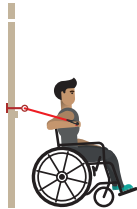
MUSCLE GROUP:

B

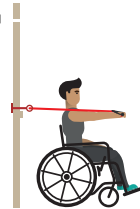
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm extended in front with a neutral grip. Pull the handle back. Return to the starting position and repeat the movement. Perform the movement with the other arm. **CAUTION POINTS:** If possible, do not use the backrest. This will allow for greater range of motion.

19. DOOR ANCHOR BENCH PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

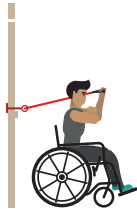
MUSCLE GROUP:

A

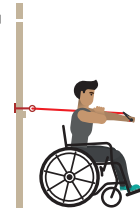
DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm flexed at the shoulder line in a pronounced grip. Extend your arm forward. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

20. DOOR ANCHOR TRICEPS EXTENSION OVER HEAD - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle above your head with your arm flexed at 90° and with your body slightly tilt forward. Extend your arm leading the handle forward. Return to the starting position and repeat the movement. Perform the exercise with the other arm. **ATTENTION POINTS:** Tilting your torso forward allows you to apply more force. Use the opposite hand to stabilize the elbow.

21. KAYAK

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the bar at the front with your arms extended. Simulate rowing movements for both sides, as if you were in a kayak. This is a cyclical exercise.

22. UNILATERAL CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handle with a supinated grip and with the arm semi-flexed at the abdomen height. Flex your arm, bringing the handle upwards. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

23. KICK BACK - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

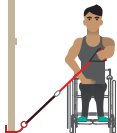
MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handle by your side. Tilt your torso forward and raise your elbow. Extend your arm back. Return to the starting position and repeat the movement. Perform the exercise with the other arm. **ATTENTION POINTS:** Position the chair next to the elastic line. This will give the movement more fluidity.

24. INVERTED SHOULDER ABDUCTION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: DOUBLE MODE

MUSCLE GROUP:

D

DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handle with the arm extended crosswise. Pull the handle with a diagonal movement until the arm is at the side of the body. Return to the starting position and repeat the movement. Perform the movement with the other arm. **ATTENTION POINTS:** To increase the tension of the elastics in double mode during the exercise, position the chair farther from the door.

25. HORIZONTAL TSUNAMI

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:



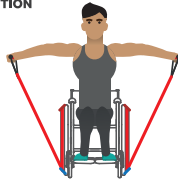
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handles with your arms extended in front of you. Swing the handles to one side and the other, alternating the arms in a "Z" shape.

26. FULL LATERAL ELEVATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower region** of the wheel. Hold the handles with your arms relaxed at your sides. Raise the handles laterally to the shoulder line. Return to the starting position and repeat the movement.

27. SHOULDER PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:



DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles at the shoulder line. Raise the handles above your head. Return to the starting position and repeat the movement.

28. BOXING

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:



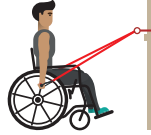
DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles in front of your face in a "high guard" position. Perform punching movements ahead (jabs, direct, crossed ...). Perform the movement during the time of the exercise.

29. TRICEPS EXTENSION WITH ELASTICS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

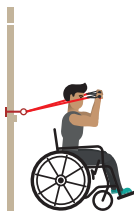
MUSCLE GROUP:

C

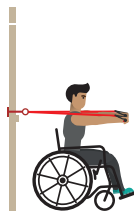
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles at your sides with your arms flexed at 90° with a pronated grip. Extend your arm, pulling the handles down. Return to the starting position and repeat the movement.

30. TRICEPS EXTENSION ABOVE HEAD

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

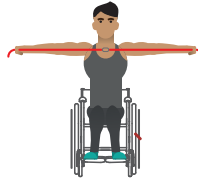
DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles above your head with your arms flexed at 90° and with your body slightly bent forward. Extend your arms, pulling the handles forward. Return to the starting position and repeat the movement.

31. FRONT OPENING WITH ELASTIC

STARTING POSITION



FINAL POSITION



ACCESSORIES:



ELASTICS: DOUBLE MODE

MUSCLE GROUP:

D

DESCRIPTION: Attach one elastic band to the other. Hold the elastic bands with your arms extended in front of you. Open your arms laterally, pulling the elastics. Return to the starting position and repeat the movement.

32. CROSSED PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

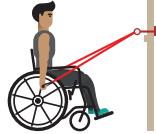
DESCRIPTION: Attach the **FUSION T** locks to the **top region** of the wheel. Hold the handles crosswise with the arms semi-flexed at your chest level. Raise your arms above your head, uncrossing them. Return to the starting position and repeat the movement.

33. INVERTED CRUCIFIX

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended in front of you. Pull the handles back and down in a diagonal movement. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Position the chair next to the door.

34. "ARNOLD" SHOULDER PRESS

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles at your sides at shoulder line in a pronated grip. Raise the handles above your head. Then, rotate the handles and lower the handles to the shoulder line. Return to the starting position and repeat the movement.

35. "ARNOLD" SHOULDER PRESS - ONE ARM

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handle at your side at shoulder line in a pronated grip. Raise the handle above your head. Then, rotate the handle and lower the handle to the shoulder line. Return to the starting position and repeat the movement.

36. NEUTRAL SHOULDER PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles at your sides, at the shoulder line, with a neutral grip. Raise the handles above your head. Return to the starting position and repeat the movement.

37. FRONT ELEVATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **lower-rear region** of the wheel. Hold the bar with your arms extended at the abdomen level. Raise the bar with your arms extended to the shoulder line. Return to the starting position and repeat the movement.

38. FRONT ELEVATION WITH HANDLES

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **lower-rear region** of the wheel. Hold the handles with your arms extended at the abdomen level. Raise the handles with your arms extended to the shoulder line. Return to the starting position and repeat the movement.

39. ALTERNATED FRONT ELEVATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

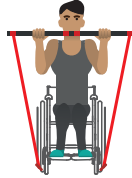
DESCRIPTION: Attach the **FUSION T** locks to the **lower-rear region** of the wheel. Hold the handle with the arm extended at the abdomen level. Raise the handle with your arm extended to the shoulder line. Return to the starting position and repeat the movement with the other arm, alternately.

40. SHOULDER ELEVATION WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **lower region** of the wheel. Hold the bar at the shoulder line in a pronated grip. Shrug your shoulders, raising the bar. Return to the starting position and repeat the movement.

41. SHOULDER ELEVATION WITH HANDLES

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **lower region** of the wheel. Hold the handles at the shoulder line in a pronated grip. Shrug your shoulders, raising the handles. Return to the starting position and repeat the movement.

42. BILATERAL KICK BACK

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:

C

DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles by your sides. Tilt your torso forward and raise your elbows. Extend your arms back. Return to the starting position and repeat the movement.

43. ANCHOR DOOR BILATERAL KICK BACK

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T DOOR ANCHOR POSITION:



ELASTICS: SIMPLE MODE

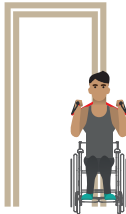
MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handles by your sides. Tilt your torso forward and raise your elbows. Extend your arms back. Return to the starting position and repeat the movement.

44. BOXING DOOR ANCHOR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T DOOR ANCHOR POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C D

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles in front of your face simulating "high guard". Perform punch movements (jabs, direct and crossed). Perform the movements during the exercise execution time.

45. TRICEPS EXTENSION OVER HEAD - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

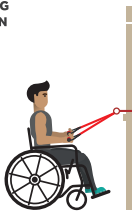
MUSCLE GROUP:



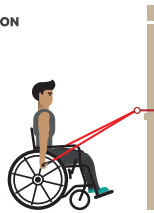
DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handle behind the head with the arm flexed at 90°. Extend your arm, raising the handle. Return to the starting position and repeat the movement. Perform the movement with the other arm.

46. TRICEPS EXTENSION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

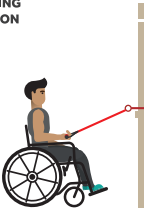
MUSCLE GROUP:



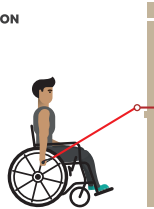
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles at your sides with a supinated grip, with your arms flexed at 90°. Extend your arms pulling the handles down. Return to the starting position and repeat the movement. **ATTENTION POINTS:** **Tilting your torso forward allows you to apply more force.**

47. SUPINATED TRICEPS EXTENSION - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:



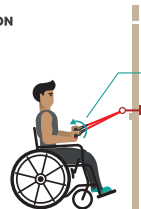
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle at your side with a supinated grip, with your arm flexed at 90°. Extend your arm pulling the handle down. Return to the starting position and repeat the movement. Perform the exercise with the other arm. **ATTENTION POINTS:** **Tilting your torso forward allows you to apply more force.**

48. PRONATED FOREARM PUSH-UP

STARTING POSITION



FINAL POSITION



FLEX YOUR
FISTS

ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

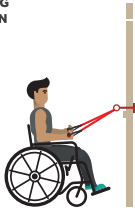
MUSCLE GROUP:



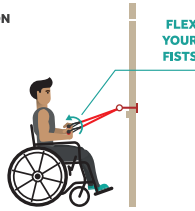
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with a pronated grip, with your forearms resting on the chair support. Flex the handles. Return to the starting position and repeat the movement.

49. SUPINATED FOREARM PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

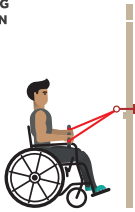
MUSCLE GROUP:

C

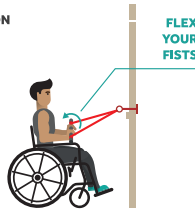
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with a supinated grip, with your forearms resting on the chair support. Flex your fists. Return to the starting position and repeat the movement.

50. PRONATED FOREARM PUSH-UP WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

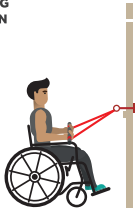
MUSCLE GROUP:

C

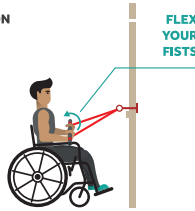
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the bar with a pronated grip, with your forearms resting on the chair support. Flex the handles. Return to the starting position and repeat the movement.

51. SUPINATED FOREARM PUSH-UP WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

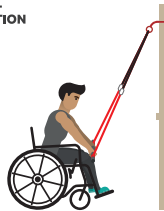
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the bar with a supinated grip, with your forearms resting on the chair support. Flex the handles. Return to the starting position and repeat the movement.

52. PULL DOWN WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: DOUBLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Attach one elastic band to the other (red attached to the black). Facing the door, with the anchor **FUSION T** lock attached to the top of a door. Hold the bar above your head and tilt your torso slightly forward. Lower the bar with your arms extended to the knees. Return to the position and repeat the movement. **ATTENTION POINTS:** Due to the double elastic bands, if you want to increase the intensity of the exercise, position the chair farthest from the door.

53. PULL OVER ALTERNATED

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the upper-central region of a door. Hold the handles above your head, with your arms extended. Move the handles forward, keeping your arms extended alternately. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Position the chair close to the door.

54. TRICEPS EXTENSION ABOVE HEAD WITH HANDLES

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

C

DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the handles behind your head with your arms flexed at 90°. Extend your arms, raising the handles. Return to the starting position and repeat the movement.

55. BILATERAL CONCENTRATION CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handles with your arms extended and your elbows on your knees. Flex your arms. Return to the starting position and repeat the movement.

56. CONCENTRATION CURL - ONE ARM

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handle with your arm extended and your elbow resting on your knee. Flex your arm. Return to the starting position and repeat the movement.

57. DIRECT CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles at your sides with your arms extended. Flex your arms. Return to the starting position and repeat the movement.

58. PRONATED DIRECT CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles at your sides with your arms extended in a pronated grip. Flex your arms. Return to the starting position and repeat the movement.

59. HAMMER CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles at your sides with your arms extended in a neutral grip. Flex your arms. Return to the starting position and repeat the movement.

60. ALTERNATED HAMMER CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP:



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles at your sides with your arms extended in a neutral grip. Flex your arm. Return to the starting position and repeat the movement, alternating your arms.

61. DOOR ANCHOR HAMMER CURL

STARTING POSITION



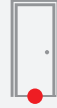
FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

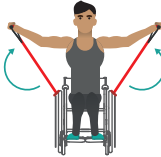
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handles at your sides with your arms extended in a neutral grip. Flex your arms. Return to the starting position and repeat the movement.

62. SHOULDER ROTATION

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

D

DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles with a supine grip with the arms semi flexed at the front. Open your arms laterally until the handles reach the shoulder line. Then, raise the handles above your head. With a circle movement, return to the starting position and repeat the movement.

63. SHOULDER ROTATION - ONE ARM

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

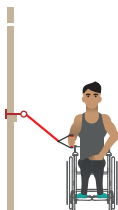
MUSCLE GROUP:

D

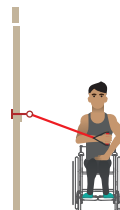
DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles with a supine grip with the arms semi flexed at the front. Open your arm laterally until the handles reach the shoulder line. Then raise the handle above your head. With a circle movement, return to the starting position and repeat the movement. Perform the movement with the other arm.

64. INTERNAL ROTATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

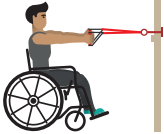
MUSCLE GROUP:

D

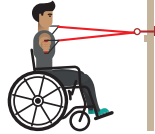
DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm closest to the door, flexed at 90°. Move your forearm against your body. Return to the starting position and repeat the movement. Perform the movement with the other arm.

65. REVERSE FLY

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

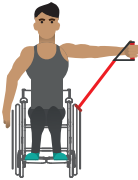
MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended in front of you. Pull the handles backwards with your arms extended. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Position the chair next to the door.

66. "MERMAID" ABDOMINAL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

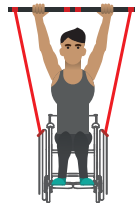
MUSCLE GROUP:

E

DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handle laterally at the shoulder line. Pull the elastic, raising the handle above your head and flex your hip to the opposite of the elastic. Return to the starting position and repeat the movement. Perform it with the other arm.

67. "TWIST" ABDOMINAL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

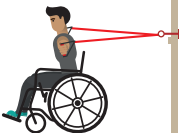
MUSCLE GROUP:

E

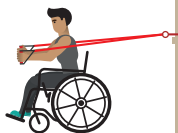
DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the bar above your head. Rotate the trunk to one side and then to the other. Repeat the movement. **POINTS OF ATTENTION:** Try to keep your hips stable by rotating only your trunk.

68. CHEST FLY WITH ELASTICS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Tilt your torso slightly forward and hold the handles with your arms extended at your sides. Pull the handles forward and downward until your hands touch each other. Return to the starting position and repeat the movement.

69. LOW CRUCIFIX

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:

AMPLITUDE: DIRECT ELASTICS

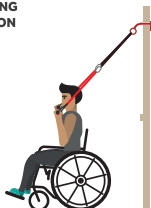
MUSCLE GROUP:

A

DESCRIPTION: Attach the **FUSION T** locks to the **lower-rear region** of the wheel. Hold the handles with a supinated grip besides your body. Pull the handles forward to the chest line. Return to the starting position and repeat the movement.

70. ABDOMINAL PUSH-UP

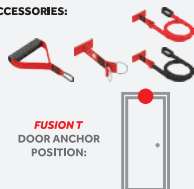
STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:

ELASTICS: DOUBLE MODE

MUSCLE GROUP:

E

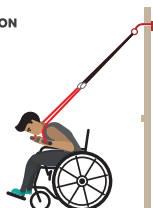
DESCRIPTION: Attach one elastic band to the other (red attached to the black). From the back, with the anchor **FUSION T** lock attached to the upper region of a door. Hold the bar over your chest. Flex the torso forward, return to the starting position and repeat the movement. **ATTENTION POINTS:** Due to the double elastic bands, if you want to increase the intensity of the exercise, position the chair farthest from the door.

71. ABDOMINAL PUSH-UP WITH BAR

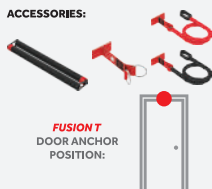
STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:

ELASTICS: DOUBLE MODE

MUSCLE GROUP:

E

DESCRIPTION: Attach one elastic band to the other (red attached to the black). From the back, with the anchor **FUSION T** lock attached to the upper region of a door. Hold the bar over your chest. Flex the torso forward, return to the starting position and repeat the movement. **ATTENTION POINTS:** Due to the double elastic bands, if you want to increase the intensity of the exercise, position the chair farthest from the door.

72. LATERAL TRUNK FLEXION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:

AMPLITUDE: ELASTIC WITH PULLEY

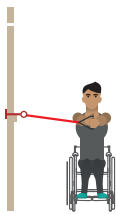
MUSCLE GROUP:

E

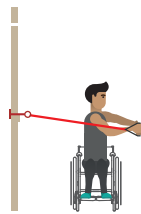
DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Tilt your torso sideways as far as you can, pulling the elastic. Return to the starting position and repeat the movement. Perform the exercise to the other side.

73. OBLIQUE EXERCISE

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

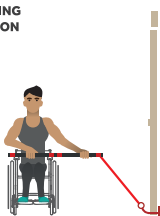
MUSCLE GROUP:

E

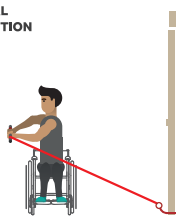
DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. With your arms extended in front of you, hold the handle with both hands. Rotate the trunk away from the door. Return to the starting position and repeat the movement. Perform the exercise to the other side. **ATTENTION POINTS:** Keep your arms extended throughout the movement. Rotate only the trunk and try to keep the hip stable. Position the chair next to the door.

74. ONE-SIDED "TAKE BACK"

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

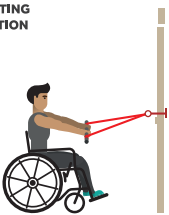
MUSCLE GROUP:

E

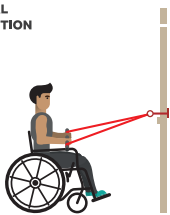
DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the lower region of a door. Attach only one end of the bar to the elastic. Hold the bar in front of you with the arms semi-flexed, with the hand closest to the elastic in a supinated grip and the other hand in a pronated grip. Make a diagonal movement by pulling the bar up and to the side, rotating the trunk. Return to the starting position and repeat the movement. **ATTENTION POINTS:** To generate strength efficiently, hold the bar with the hands closest to the elastic with a supine grip and the other hand in a pronated grip. Position the chair next to the door.

75. LONG ROW WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

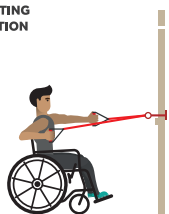
MUSCLE GROUP:

B

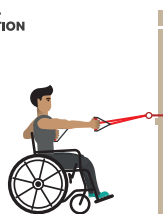
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the bar with your arms extended in front with a pronated grip. Pull the bar back. Return to the starting position and repeat the movement. **ATTENTION POINTS:** If possible, do not use the backrest. This will allow for greater range of motion.

76. ALTERNATE PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold handle with arms extended in front with a pronated grip. Pull the handle back by flexing the arm 90° degrees. Return to the starting position and repeat the movement alternately.

77. STRAIGHT BENCH PRESS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

A

DESCRIPTION: Attach the **FUSION T** locks to the **central-rear region** of the wheel. Hold the handles in a pronated grip, with your arms flexed at 90°. Extend your arms forward. Return to the starting position and repeat the movement.

78. STRAIGHT BENCH PRESS WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

A

DESCRIPTION: Attach the **FUSION T** locks to the **central-rear region** of the wheel. Hold the bar in a pronated grip, with your arms flexed at 90°. Extend your arms forward. Return to the starting position and repeat the movement.

79. SKYSCRAPER

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

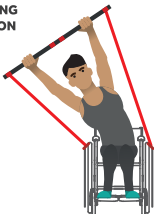
MUSCLE GROUP:

D

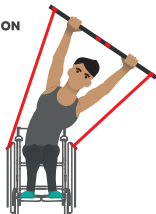
DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles and extend your arms alternately above your head.

80. OBLIQUE WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

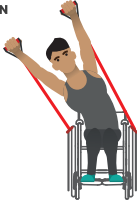
MUSCLE GROUP:

E

DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the bar above your head. Flex the trunk laterally, alternating sides.

81. OBLIQUE WITH HANDLES

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

E

DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the handles above your head. Flex the trunk laterally, alternating sides.

82. ALTERNATED PULL DOWN

STARTING POSITION



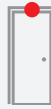
FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: DOUBLE MODE

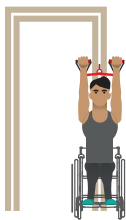
MUSCLE GROUP:

B

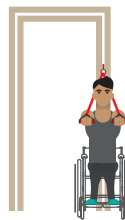
DESCRIPTION: Attach one elastic band to the other (red attached to the black). Facing the door, with the anchor **FUSION T** lock attached to the top of a door. Hold the handles above your head with your torso slightly bent forward. Pull the handles down without flexing your arms. Perform the exercise by alternating arms.

83. PULL OVER

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

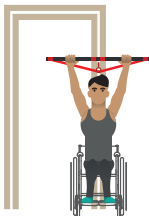
MUSCLE GROUP:

A

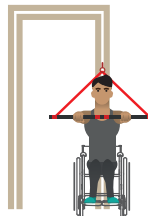
DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the upper-central region of a door. Hold the handles above your head, with your arms extended and your torso slightly tilt forward. Move the handles forward with your arms extended. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Tilt your torso slightly forward. Position the chair next to the door.

84. PULL OVER WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the upper-central region of a door. Hold the bar above your head, with your arms extended and your torso slightly tilt forward. Move the bar forward with your arms extended. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Position the chair next to the door.

85. OPEN PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended in front of you. Pull the handles back, opening your arms and flexing them by 90°. Return to the starting position and repeat the movement. **ATTENTION POINTS:** If possible, tilt your torso forward. This will allow for greater range of motion.

86. NEUTRAL PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended in front of you. Pull the handles back. Return to the starting position and repeat the movement. **ATTENTION POINTS:** If possible, tilt your torso forward. This will allow for greater range of motion.

87. ALTERNATED NEUTRAL PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm extended in front of you. Pull the handle back. Return to the starting position and repeat the movement, alternating arms. **ATTENTION POINTS:** If possible, tilt your torso forward. This will allow for greater range of motion.

88. UNILATERAL OPEN PUSH-UP

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handle with the arm extended in front of you. Pull the handle back, opening the arm, flexing it to 90°. Return to the starting position and repeat the movement. **ATTENTION POINTS:** If possible, tilt your torso forward. This will allow for greater range of motion.

89. ALTERNATED TSUNAMI

STARTING POSITION



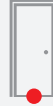
FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

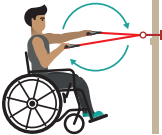
MUSCLE GROUP:

C D

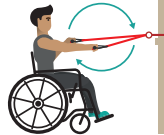
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the lower region of a door. Hold the handles with your arms extended in front of you. Swing the handles up and down alternating the arms.

90. BIKE RIDING

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

B C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms extended in front of you. Then, perform a pedaling movement, simulating a bicycle. **ATTENTION POINTS:** This is a cyclical exercise.

91. BURPEE

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

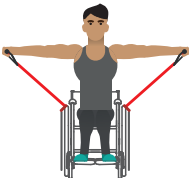
MUSCLE GROUP:

C D E

DESCRIPTION: Attach the **FUSION T** locks to the upper-rear region of the wheel. Hold the handles and try to touch your hands on your feet, lowering your torso. Return to the upright position and raise the handles above your head. Return to the starting position and repeat the movement. **ATTENTION POINTS:** In the descent movement, go to the point where you feel safe, to avoid falls.

92. HORIZONTAL MOVEMENT

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP:

C D

DESCRIPTION: Attach the **FUSION T** locks to the lower-rear region of the wheel. Hold the handles with your arms extended by the sides. Swing the handles, crossing the arms horizontally. Perform the movement during the exercise execution time.

93. VERTICAL MOVEMENT

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: **C D**

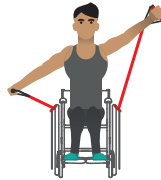
DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the handles with your arms extended in front of you. Perform an up and down movement vertically with your arms. Perform the movement during the exercise execution time.

94. "X" MOVEMENT

STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T LOCK POSITION:



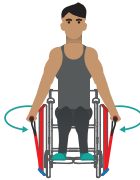
AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: **C D**

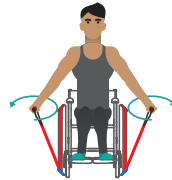
DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the handles and keep your arms extended in front of you. Perform an alternating diagonal movement of the arms (one arm diagonally up and the other down). Return to the starting position and repeat the movement, alternating arms. Perform the exercise during the exercise run time.

95. LOW CIRCULAR MOVEMENT

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



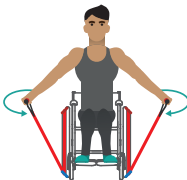
AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP: **C D**

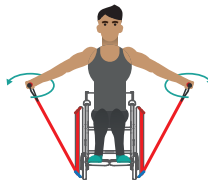
DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles. Raise your arms laterally just enough to generate a minimal traction on the elastic. Perform quick circular movements with your arms. Perform the movement during the exercise execution time.

96. HIGH CIRCULAR MOVEMENT

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:



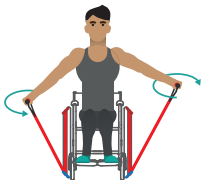
AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP: **C D**

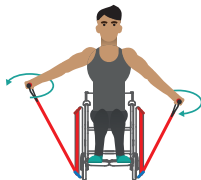
DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles and raise your arms at your sides. Perform quick circular movements with your arms. Perform the movement during the exercise execution time.

97. ALTERNATED CIRCULAR MOVEMENT

STARTING POSITION



FINAL POSITION



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles and raise your arms at your sides. Perform quick circular movements with your arms (one arm in a clockwise direction and the other in a counterclockwise direction. (In the next series, alternate the position). Perform the movement during the duration of the exercise.

ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP: C D

98. MARCHING SIMULATION

STARTING POSITION



FINAL POSITION



DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles and perform a coordination movement of the arms simulating a march. Perform the movement during the exercise execution time.
ATTENTION POINTS: Move away from the backrest, if possible. This will allow greater range of motion for the arms.

ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

MUSCLE GROUP: C

99. COMBINED LIFT

STARTING POSITION



STEP 1



FINAL POSITION



DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the bar at chest level. Push the bar forward, extending your arms. Return the bar to the chest and then raise it above your head. Return to the starting position and repeat the movement.

ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: A C

100. KAYAK

STARTING POSITION



FINAL POSITION



DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the bar at the front with your arms extended. Simulate rowing movements for both sides, as if you were in a kayak. This is a cyclical exercise.

ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: B C

101. CRAWL SWIM

STARTING POSITION



FINAL POSITION



DESCRIPTION: Attach the **FUSION T** locks to the **upper region** of the wheel. Hold the handles and perform the crawl swim movement in a cyclic way during the time of the exercise.

ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: **B C D**

102. BREASTSTROKE SWIM

STARTING POSITION



STEP 1



FINAL POSITION



DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles and perform the breaststroke swim movement cyclically during the time of the exercise.

ACCESSORIES:



FUSION T
LOCK
POSITION:



AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: **B C D**

103. TRUNK ROTATION

STARTING POSITION



FINAL POSITION



DESCRIPTION: Attach the **FUSION T** locks to the **upper-rear region** of the wheel. Hold the handles and lower the trunk forward, trying to touch the feet with one of the handles while raising the opposite hand. Return to the starting position and repeat the movement, alternating the arms.

ACCESSORIES:



FUSION T
LOCK
POSITION:

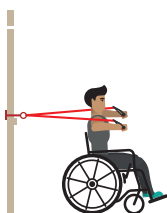


AMPLITUDE: DIRECT ELASTICS

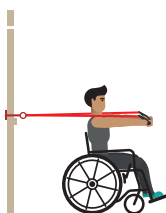
MUSCLE GROUP: **C E**

104. DOOR ANCHOR STRAIGHT BENCH PRESS

STARTING POSITION



FINAL POSITION



DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the handles with your arms flexed at the shoulder line in a pronated grip. Extend your arms forward. Return to the starting position and repeat the movement.

ACCESSORIES:



FUSION T
DOOR ANCHOR
POSITION:



ELASTICS: SIMPLE NODE

MUSCLE GROUP: **A**

105. ALTERNATED HAMMER CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
AND PULLEY
POSITION:



AMPLITUDE: ELASTIC WITH PULLEY

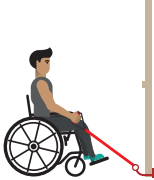
MUSCLE GROUP:

C

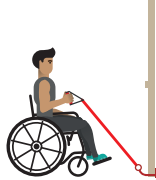
DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handle by your side with your arm extended in a neutral grip. Flex your arm. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

106. DOOR ANCHOR UNILATERAL HAMMER CURL

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

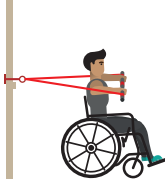
MUSCLE GROUP:

C

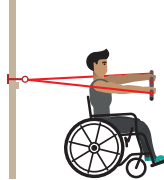
DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handle by your side with your arm extended in a neutral grip. Flex your arm. Return to the starting position and repeat the movement. Perform the movement with the other arm.

107. DOOR ANCHOR STRAIGHT BENCH PRESS WITH BAR

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

A

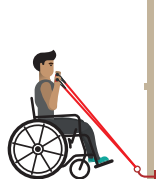
DESCRIPTION: From the back, with the anchor **FUSION T** lock attached to the central region of a door. Hold the bar with your arms bent at the shoulder line. Extend your arms forward. Return to the starting position and repeat the movement.

108. DOOR ANCHOR BICEPS

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T
LOCK
POSITION:



ELASTICS: SIMPLE MODE

MUSCLE GROUP:

C

DESCRIPTION: Facing the door, with the anchor **FUSION T** lock attached to the bottom of a door. Hold the handles with a supinated grip and with the arms semi-flexed at the abdomen level. Flex your arms, bringing the handles upwards. Return to the starting position and repeat the movement.

FUSIONWHEEL

W O R K O U T Y O U R B O D Y

BOX CONTENT

- 1 Instruction Manual
 - 1 Fusion Bar
 - 2 Fusion Handles
- 2 Low Tension Power Bands
- 2 High Tension Power Bands
 - 2 Power Pulleys
 - 4 Loops
- 1 Stick Guide
- 1 Door Anchor
- 1 Carry Bag

TECHNICAL DATA

Model: Fusion Wheel

Approximate weight: 2 kg

Box dimensions: 45 x 12 x 11.7 cm (W x H x D)

Composition: Metal, plastic, nylon and rubber

Made in China

FOR FURTHER MORE



For home use only.

designed by **DXID**