

HGG Performance ISOTIB Bar Instruction Manual

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HGG Performance ISOTIB Bar



Product Information

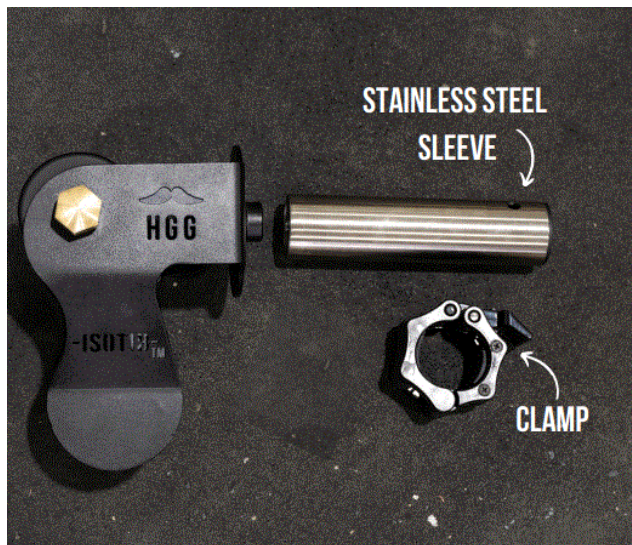
The ISOTIBTM is a fitness product that comes with a stainless steel sleeve and an adjustable foot clamp. The clamp is designed to close tightly against weights and the stainless steel sleeve is used to screw onto the ISOTIBTM. The product is made of durable materials to ensure long-lasting use.

Product Usage Instructions

1. Screw the Stainless Steel Sleeve onto the ISOTIBTM and fasten tight.
2. Slide your preferred weight(s) on and close the Clamp tight against the weights.
3. While the ISOTIBTM is on the ground, place your foot through the ISOTIBTM and tighten the adjustable brass foot clamp to suit your foot size.
4. Be seated with your upper leg(s) and knee(s) supported and feet / lower calf extended out.
5. Work through your exercise reps, and when you have finished, place your foot on the ground again and loosen the adjustable brass foot clamp in order to release your foot.

Note: We recommend always wearing shoes whilst using the ISOTIB™ due to the clamping mechanism – the clamping mechanism will tighten against your shoe to fit to size.

Assembly Instructions




1. Screw the Stainless Steel Sleeve onto the ISOTIB™ and fasten tight.
2. Slide your preferred weight(s) on and close the Clamp tight against the weights.

How to use

1. While the ISOTIB™ is on the ground, place your foot through the ISOTIB™ and tighten the adjustable brass foot clamp to suit your foot size.
2. Be seated with your upper leg(s) and knee(s) supported and feet / lower calf extended out. Work through your exercise reps, and when you have finished, place your foot on the ground again and loosen the adjustable brass foot clamp in order to release your foot.

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Documents / Resources

	HGG Performance ISOTIB Bar [pdf] Instruction Manual ISOTIB, ISOTIB Bar, Bar
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