

# POWER GUIDANCE

Multi-functional Suspension Hangboard

## User Guide

### **MFS Training System:**

Multi-functional suspension & finger strength training system, referred to as PG-MFS. It is a functional training system for rock climbing and self-weighted suspension training. It migrates the core training movement system of rock climbing and suspension training, mainly targeting the fingers, arms and core area of the trainer, challenging your core stability and strength symmetry, while providing you with sports awareness in a fun and innovative way.

### **1. Start small:**

Start with the basic movements, gradually familiarise yourself with the intensity of each movement, and gradually increase the training intensity.

### **2. Be Mindful:**

For suspension mode training, use the angles of inclination shown in the poster to ease into more challenging variations. For climbing mode training, it is recommended to start with areas with larger contact surfaces and gradually try areas with smaller and asymmetrical contact surfaces.

### **3. Explore Fun:**

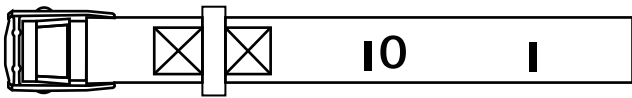
The PG-MFS offers a variety of fun training styles, and trainers can explore new and interesting training styles based on existing training modes.

# Product Components Introduction

## Anchor Point

Hang the hangboard from a point that can support the weight safely, the load-bearing must be greater than 250KG. Suitable anchor points may include:

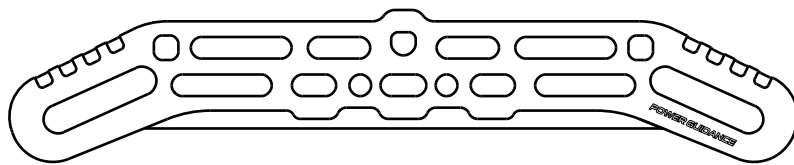
- Wooden or steel beam
- Adequate Load-bearing Tree Branch
- Power Cage
- Pull-Up Bar
- Playground structure, soccer net, etc



## Adjustable Strap \* 1

Size: length 144", width 1".

Adjust the length of the strap for a suitable height for your training.



## Climbing Hangboard

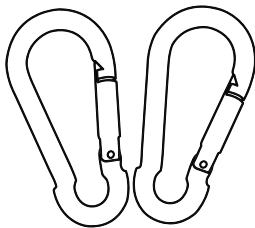
Multiple spots that can be hung.



## Shorter straps \* 2

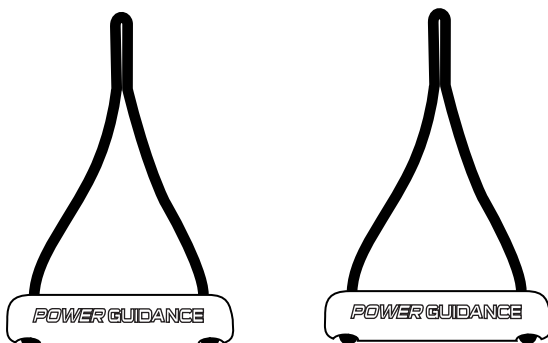
Size: length 48", width 1".

Not adjustable in length, only for attaching hangboard and handles.



## Carabiner \* 2

For attachment of shorter straps to hangboard and handles.



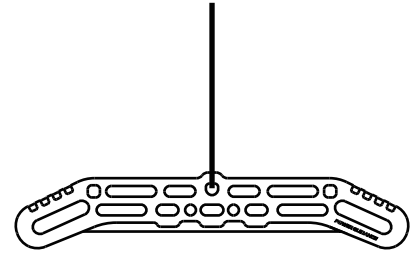
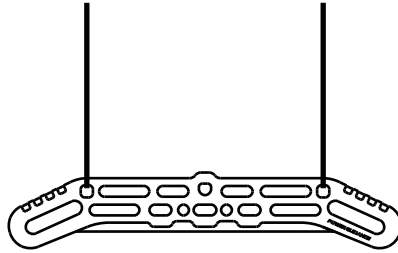
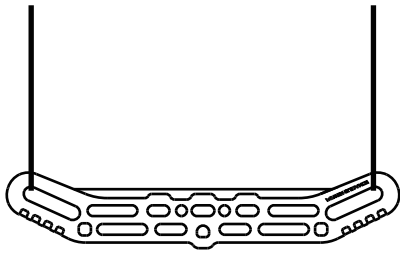
## Training Handle \* 2 (with rope)

Size: length 6", diameter 1.1".

Supports different movement modes (hand support and foot support).

# Product Setups For Different Training Modes

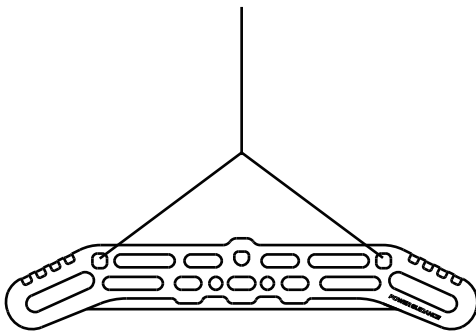
## 1.Climbing Hanging Mode



more

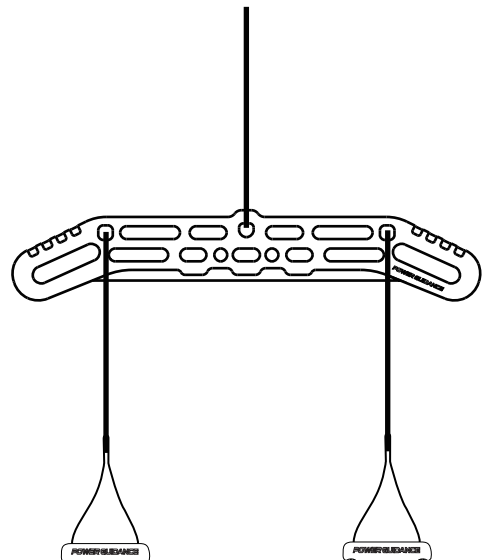
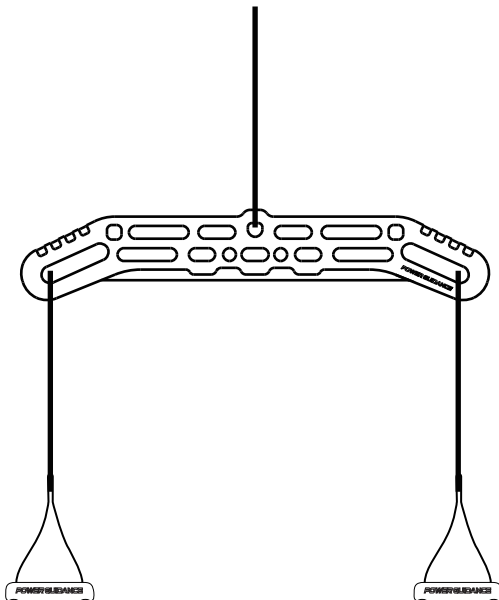
**Stability**

less



When you only have one anchor point, you can use the long strap with two short straps.

## 2.Suspension Mode

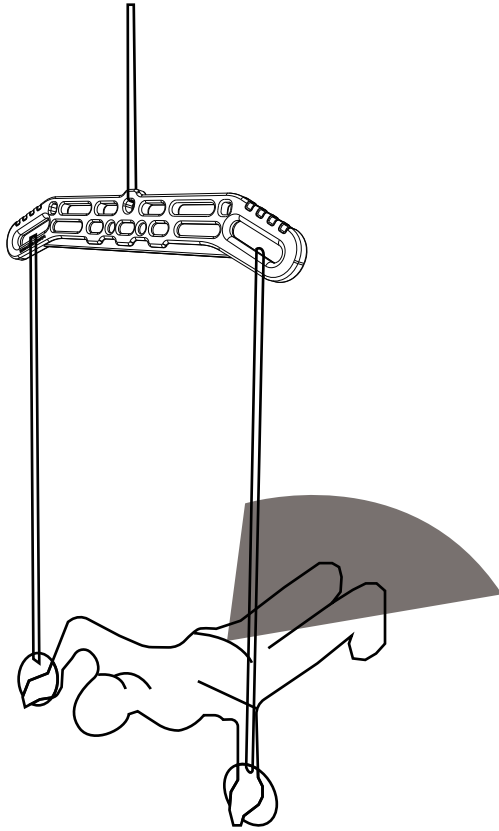


wide

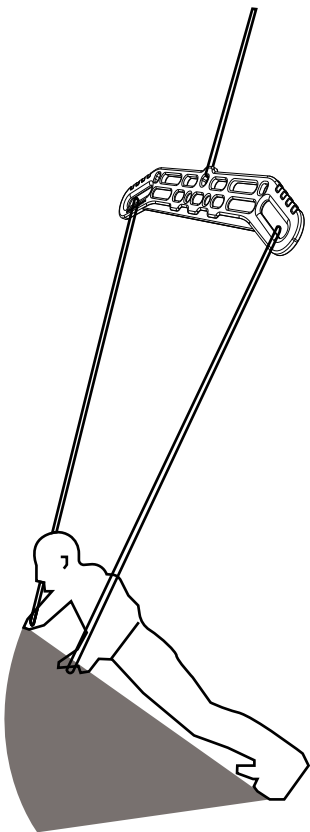
**Handle distance**

Narrow

# Suspension Degree of Difficulty Variation



Wider foot stance  
=  
more rotational stability  
=  
easier



Higher angle of incline  
=  
easier

# Difficulty Level



Beginner



Intermediate



Advanced

# Amount of rope

Note: Here is the number of ropes from the anchor point to the hangboard, a single rope is more difficult than a double rope.

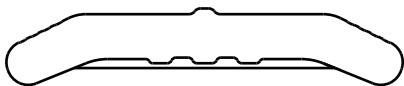


double ropes



single rope

# Suspension direction

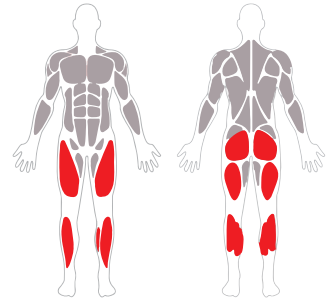
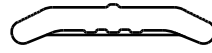


Handle up



Handle down

# MFS-Half Squat



**Training area:** legs and glutes

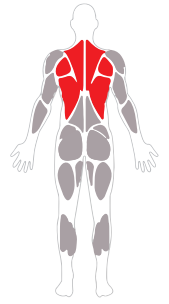
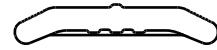
## Exercise Steps:

- Feet apart shoulder-width apart, hold the grip with both hands, clamp your big arms to your body, raise your head and chest, lean back slightly, and keep the rope pulled tight, this is the starting position;
- Inhale and half squat down, arms slowly straighten; exhale and half squat up, arms back to clamp the body.

**Note:** Make sure the rope is kept under tension and the body is not excessively tilted back.



# MFS-Back-pulling Exercise



**Training area:** Back

## Exercise Steps:

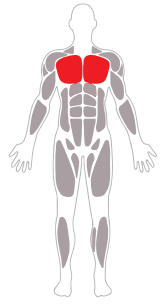
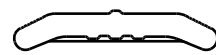
- Feet apart and shoulder-width apart, hold the grip with both hands, arms clamped to the body, head up and chest out, body slightly backward, keep the rope pulled tight, this is the starting position;
- Inhale and relax the latissimus dorsi muscles and arms, slowly tilt the body down, slowly straighten the arms, and feel the lengthening of the latissimus dorsi muscles; Exhale and pull up the back force, the big arm clamps the body, the body slightly backward, the rope is pulled tight.

**Attention:** When the force is generated, the arms need to be clamped to the body, the core needs to be kept tight, the body is straight.





# MFS-Prone Chest Press



**Training area:** Chest

## Exercise Steps:

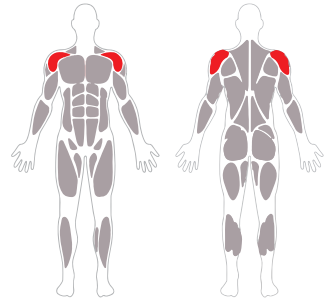
- Hold the grip with both hands, arms straight, palms towards the feet, place the rope behind you, keep the rope tight, the body is straight and slightly leaning forward; slowly move your feet backward to the appropriate angle, this is the starting position;
- Inhale and bend the elbow to straighten the body down, feel the stretch of the pectoralis major muscle, down to the elbow joint at 90 degrees, push up the chest and push up, exhale, and push until the arm is straight and the chest is tightened.

**Attention:** Shoulders and arms need to remain stable, pre-training body forward angle should be appropriate, otherwise there is a very high risk of a shoulder injury.





# MFS-Arms V-Stretch



**Training area:** shoulder

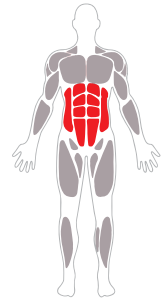
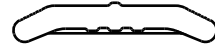
## Exercise Steps:

- Hold the grip with both hands, arms straight, palms facing down, and keep the rope tight, body straight and slightly backward, this is the starting position;
- Deltoid muscle force, arms into a V-shaped upward drive the body upward, exhale to keep the back straight, inhale down to the starting position, feel the deltoid muscle force.

**Attention:** Keep your palms facing down and your body straight during the exercise.



# MFS-Prone Climbing



**Training area:** Abdomen

## Exercise Steps:

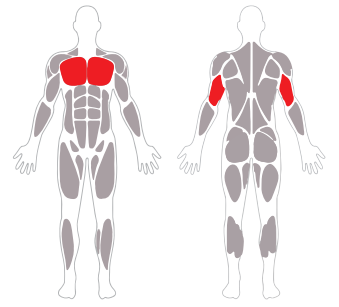
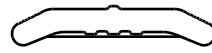
-Bend over and face down, support with straight arms, put the insteps of your feet into the grips, keep your body straight and tighten your core, this is the starting position;

-Legs and core force, exhale the knee joint through the body under the forward pedal, inhale slowly restore to the initial position, the body is straight.

**Attention:** During the exercise, don't collapse your waist, don't lift your hips too high, and keep your arms straight.



# MFS-Hanging Push-up



**Training area:** Chest

## Exercise Steps:

-Bend over and face down, straight arms support the insteps of the feet into the grip, keep the body straight, core tight, hands slightly wider than shoulder-width apart, placed on both sides of the chest, this is the starting position.

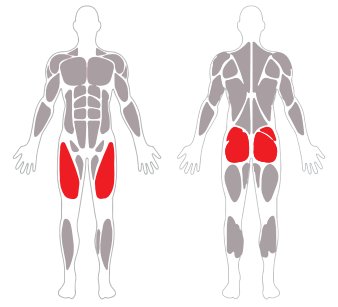
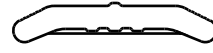
-Inhale and bend your elbows and chest down, stretch your chest and keep your body straight, exhale, and push your chest upwards until your arms are naturally straight.

**Attention:** During the exercise, don't collapse your waist, and don't lift your hips too high, keep your core tight.





# MFS-Glute Bridge



**Training area:** Hip

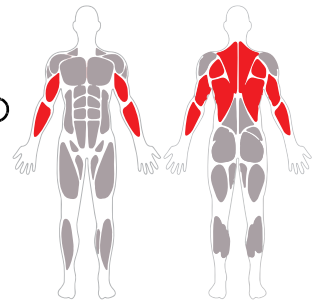
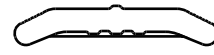
## Exercise Steps:

- Lay your upper body flat on the ground/yoga mat, place the middle of your feet on the grip, and bend your knees at 90 degrees, this is the starting position;
- Exhale and tighten your hips upwards, push your hips upwards until your thighs and upper body are straight, inhale and relax your hips and sink your hips downwards, slowly return to the initial position.

**Attention:** Keep the knee joints at 90 degrees during the exercise, and keep the upper back and head close to the ground/yoga mat.



# MFS-Narrow Grip Chin-ups

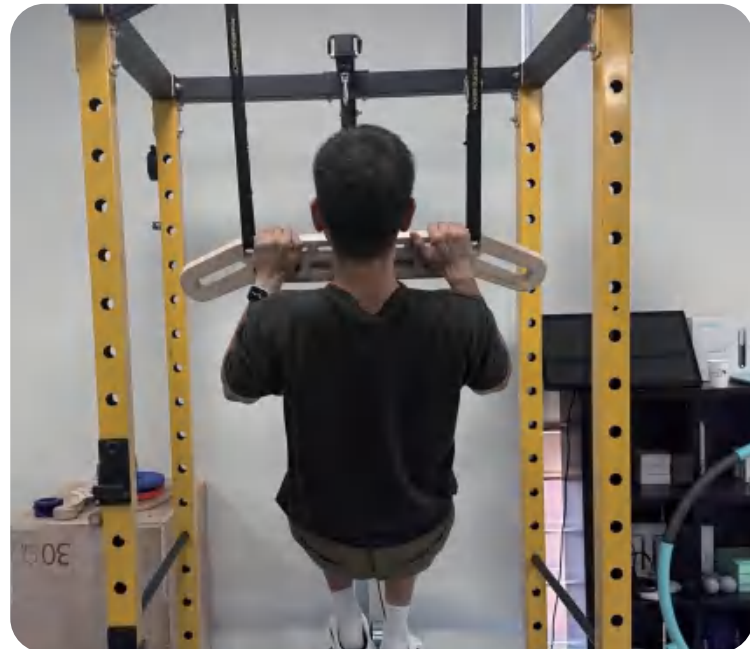


**Training area:** Back + Arms

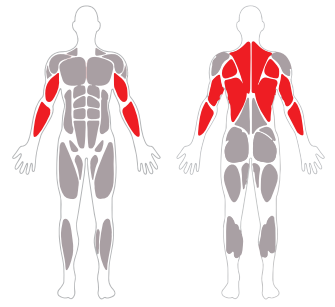
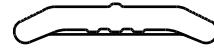
## Exercise Steps:

- Grab the upper edge of the fingerboard with both hands pushed up against each other, arms hanging naturally, and feet off the ground, this is the starting position;
- Exhale and pull the body upwards to the jaw parallel to the fingerboard, inhale, and slowly return to the initial position.

**Attention:** Keep your body stable and don't shake during the exercise.



# MFS-Wide Grip Chin-ups



**Training area:** Back + Arms

## Exercise Steps:

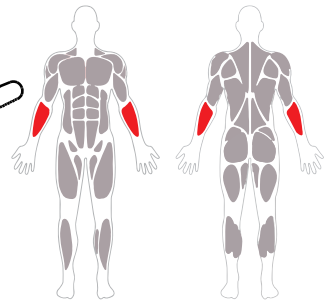
- Grab the handles of the fingerboard with both hands or put your fingers through the holes of the handles, arms hanging naturally, feet off the ground, this is the starting position;
- Exhale and pull your body upwards until your jaw is parallel to the fingerboard, inhale, and slowly return to the initial position.

**Attention:** Keep your body stable and don't shake during the exercise.





# MFS-Suspension with Two Hands

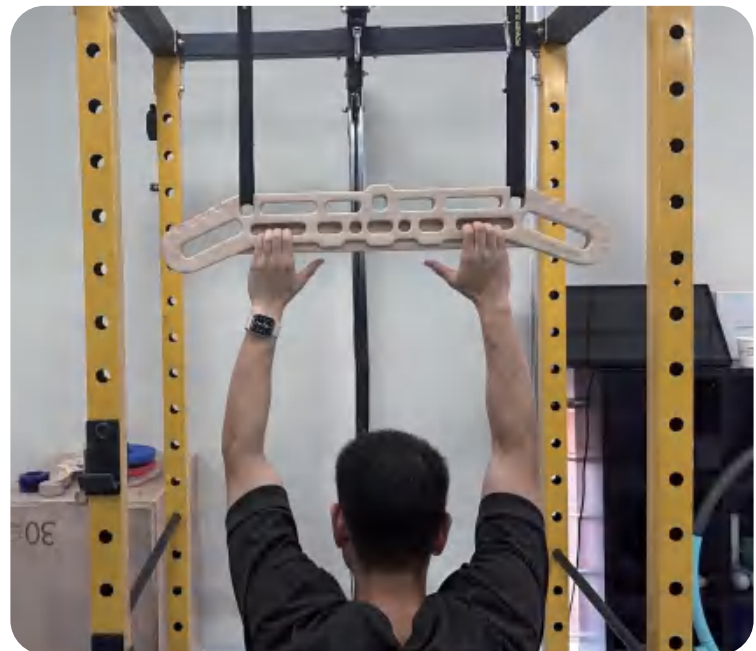


**Training area:** Fingers + Forearms

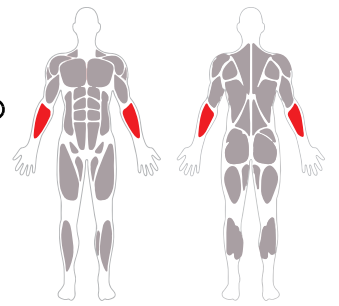
## Exercise Steps:

- Climb the fingers of both hands on the holes/edge of the fingerboard, arms hanging naturally, feet off the ground, this is the starting position;
- When you first start training, you can choose to climb on the edge of the 3MM, and then gradually progress to the 2.5MM fully transparent holes to the 1.5MM step, and then gradually reduce the number of fingers to climb;
- Suspension of the whole process to maintain uniform breathing, arm vertical, adhere to a period of time after the feet back to the ground to rest.

**Attention:** The whole process to ensure uniform breathing, the body should not shake, fingers can be properly coated with magnesium powder or wrapped around the bandage strips, the weight of the larger people to pay attention to the risk of injury, do not hang for too long.



# MFS-Suspension with One Hand



**Training area: Fingers + Forearms**

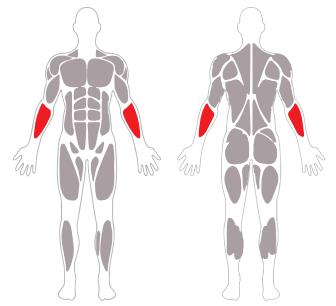
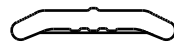
## Exercise Steps:

- Climb the fingers of one hand on the holes/edge of the fingerboard, arms hanging naturally, feet off the ground, this is the starting position;
- When you first start training, you can choose to climb on the edge of the 3MM, and then gradually progress to the 2.5MM fully transparent holes to the 1.5MM step, and then gradually reduce the number of fingers to climb;
- Suspension of the whole process to maintain uniform breathing, arm vertical, adhere to a period of time after the feet back to the ground to rest.

**Attention:** The whole process to ensure uniform breathing, the body should not shake, fingers can be properly coated with magnesium powder or wrapped around the bandage strips, the weight of the larger people to pay attention to the risk of injury, do not hang for too long.



# MFS-Dynamic Rock Climbing



**Training area:** Fingers + Forearms

## Exercise Steps:

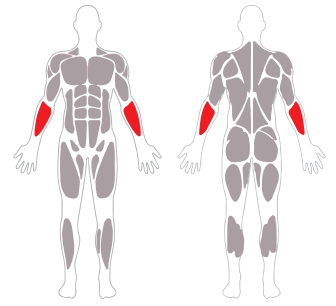
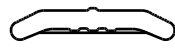
- Climb the fingers of both hands on the holes/edge of the fingerboard, arms hanging naturally, feet off the ground, this is the starting position;
- When you first start training, you can choose to climb on the edge of the 3MM, and then gradually progress to the 2.5MM fully transparent holes to the 1.5MM step, and then gradually reduce the number of fingers to climb;
- Keep the fingers of one hand stable climbing, try to move the fingers of the other hand to other holes climbing, lateral displacement on the fingerboard; training a break in time after the feet back to the ground to rest.

**Attention:** Apply magnesium powder on the fingers or wrap bandage strips appropriately, pay attention to the risk of injury for those who are heavier, and do not train for too long a period of time.





# MFS-Chin-ups



**Training area: Fingers + Forearms + Back**

## Exercise Steps:

- Climb the fingers of both hands on the holes/edge of the fingerboard, arms hanging naturally, feet off the ground, this is for the starting position;
- When you first start training, you can choose to select the 2.5MM fully transparent holes to the 1.5MM step, training again to progress can gradually reduce the number of climbing fingers;
- Exhale the back force, pull the body upward to the jaw and fingerboard parallel, inhale slowly restore to the initial position.

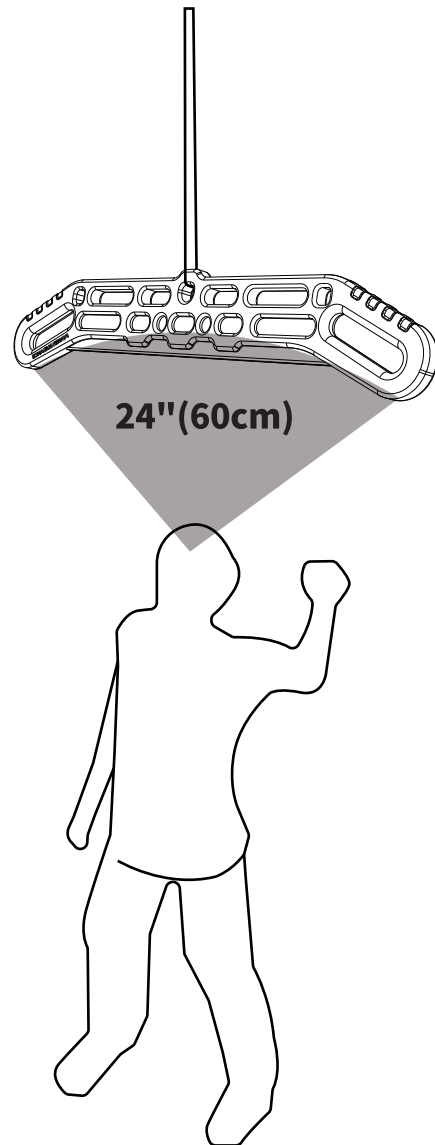
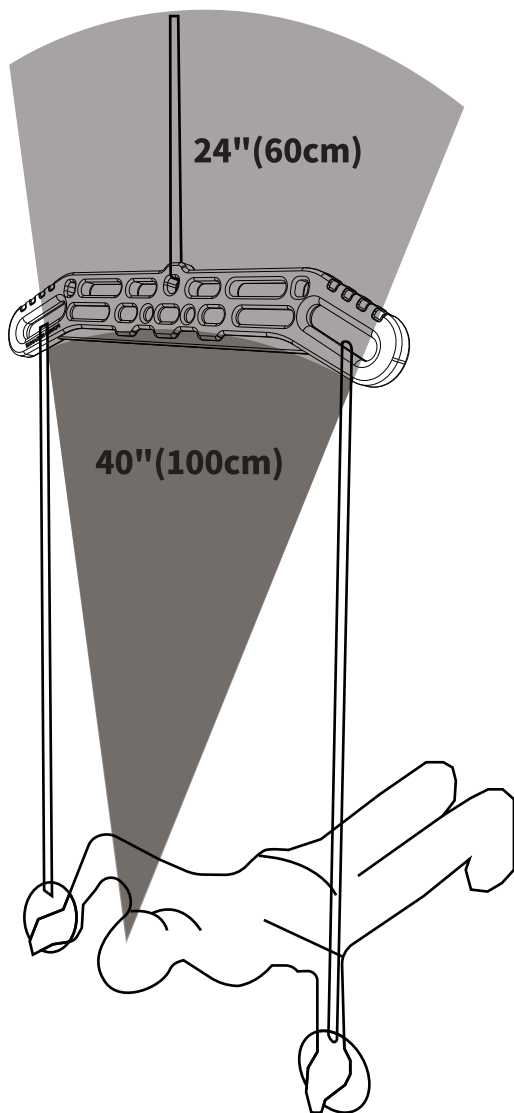
**Attention:** The fingers can be properly coated with magnesium powder or wrapped around the bandage strip, the weight of the larger people pay attention to the risk of injury, so do not be too long for training.



# Ensure Proper Clearances

**Anchor clearance:** When the product is hanging, make sure there is enough clearance (24"/60cm) above and around the product so it doesn't hit the ceiling or surrounding objects.

**Head Clearance:** When the product is hanging, make sure there is enough clearance between your head and the product, 40"(100cm) when pushing and 24"(60cm) when pulling. Please note that when hanging from a single anchor point, if one end of the fingerboard is pulled or loosened quickly, the other end may cause serious injury!



# Safety Warnings

## Check:

Prior to each use, check your equipment for potential issues. Seek professional advice if needed. Inspect the product for cracks, dents, loose parts, etc., following the mountaineering buckle guidelines. Also, examine soft materials like ropes and webbing for abrasions and tears. Contact us with any concerns regarding product inspection.

## Warning:

The PG Multi-Purpose Suspension Hangboard carries risks during exercise and training. It is your right to receive proper instructions and train safely according to the product's manual. Take responsibility for learning how to use it correctly. For detailed information on specific features, refer to the PG Multi-Suspension Hangboard User Guide online. Feel free to reach out to us before usage.

## Disclaimer:

The PG Multi-Suspension Hangboard must be used in accordance with the user guide and only for the purpose for which it was designed. The manufacturer, retailer, inventor, and distributor of this product shall not be liable for any consequential injury, paralysis, or death resulting from the incorrect use of this product.