

Congratulations on purchasing your new Skyhooks!



Setting Up:

Skyhooks are portable, versatile and fun! All you need to get started are 2 solid anchor points. These could be a sling wrapped around a solid branch, beam or bar – or eyehooks drilled into a sturdy crossbeam. The Skyhooks should ideally sit above head height, about a shoulder width apart. If possible they should be attached with a carabiner – this makes them easily removable and allows height adjustments for offset exercises. They can be used indoors or out – storing them out of the sun when not in use is a good idea.



Safety:

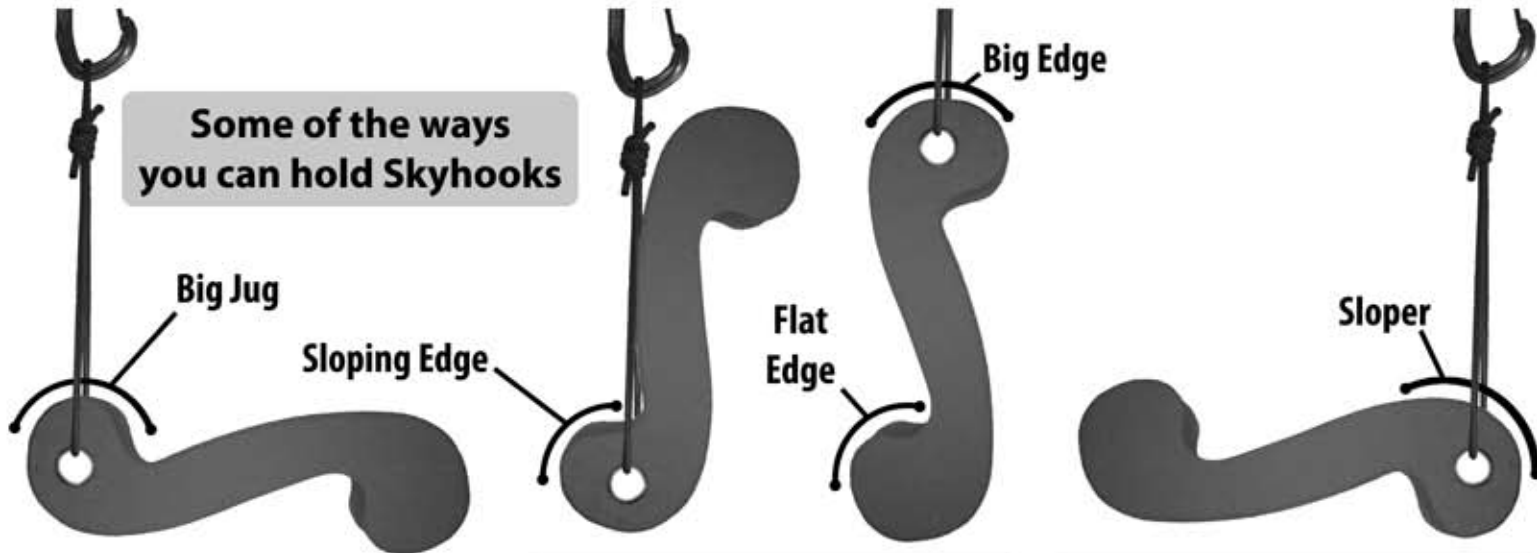
The attachment points must be solid! It is easy to put more than body weight on each anchor when exercising. Consult an engineer if you are not sure.

Always warm up before doing any exercise. Forearm stretches, light hangs and a short warm up with an Uprising Extensor are great ways to make sure nothing goes pop. Try to train in a warm environment if possible. Put an old mattress or bouldering mat down especially if you are exercising above a hard floor.

Appropriate music is essential for safe and effective exercise.

SKYHOOKS

Some of the ways you can hold Skyhooks



Training:
To make training fun and interesting, we have made a series of "Building Block" exercises. Each building block is a quick but intense workout, usually only taking about two or three minutes. Stack these building blocks on top of each other for your own personalized super-workout! Here are a couple of examples :

Pull-ups

Beginner	Big Jug (1-4 Pulls)
Intermediate	Sloper (5-10 Pulls)
Advanced	Flat Edge (11+)

Exercise: Pull up as high as possible from straight arms, slowly
Frequency: Every minute, 4 Times

Enduro Dead Hangs

Beginner	Big Edge
Intermediate	Sloper
Advanced	Sloping Edge

Exercise: Hang for 20s, rest for 10s
Frequency: 5 Times
Arms and shoulders slightly engaged