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Please keep the manual for reference when necessary.

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.

Congratulations!

108. DOOR ANCHOR BICEPS

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.

MUSCLE GROUP: BICEPS

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T LOCK, FUSION T LOCK POSITION

STARTING POSITION **FINAL POSITION**

107. DOOR ANCHOR STRAIGHT BENCH PRESS WITH BAR

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.

MUSCLE GROUP: TRICEPS

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T LOCK, FUSION T LOCK POSITION

STARTING POSITION **FINAL POSITION**

106. DOOR ANCHOR UNILATERAL HAMMER CURL

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 exercise with the other arm.

MUSCLE GROUP: BRACHIORADIALIS

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T LOCK, FUSION T LOCK POSITION

STARTING POSITION **FINAL POSITION**

106. ALTERNATED HAMMER CURL

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.

MUSCLE GROUP: BRACHIORADIALIS

AMPLITUDE: ELASTIC WITH PULLEY

ACCESSORIES: FUSION T LOCK AND PULLEY POSITION

STARTING POSITION **FINAL POSITION**

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**

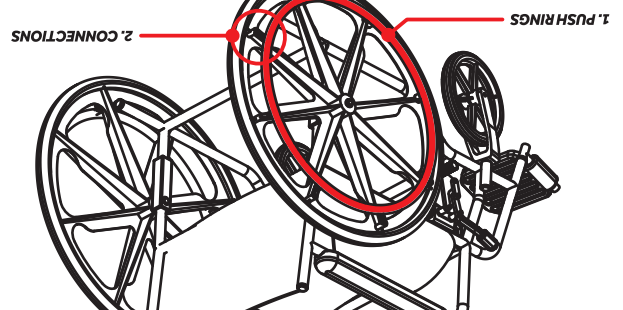


TRAINING GUIDE

ENJOY YOUR WORKOUT

+100
GYM EXERCISES

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

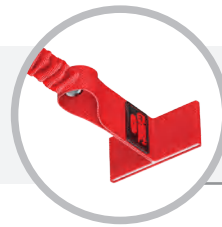


1. Your chair is equipped with the push rings, usually located on the sides of the left and right wheels. They are fundamental pieces for fixing the elastics.
2. The push rings are fixed to the wheels through some plastic or metallic correct positioning of the elastics. The number of connections can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

WHEELCHAIR



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.



FUSION T

6.1. INITIAL INSTRUCTIONS

- 6.1. INITIAL INSTRUCTIONS
 - 6.2. DIRECT ELASTIC
 - 6.3. ELASTIC WITH PULLEY
 - 6.4. DOOR ANCHOR
- 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. ASSEMBLY AND ADJUSTMENTS

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.

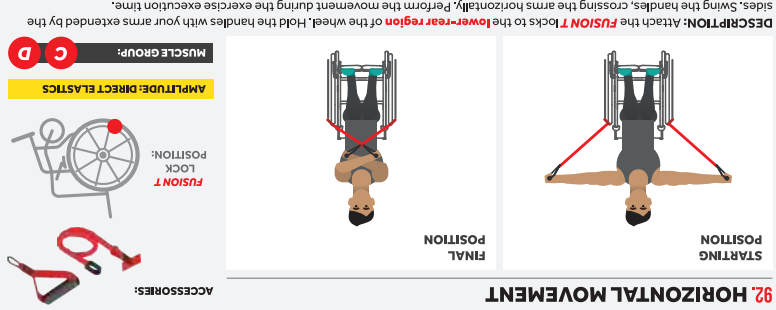
- Only one person at a time should use this equipment.

- Keep children and pets away from the equipment.

- **Caution: Excessive physical exercise or inadequate exercise can cause injury.**

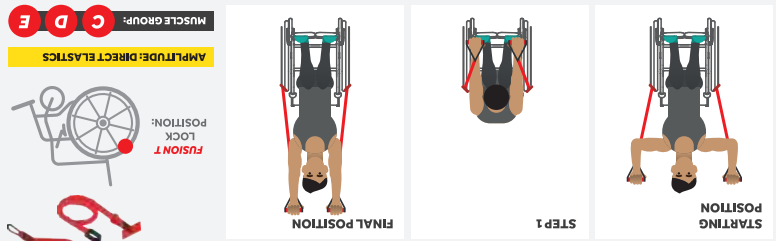
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting.

- 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.



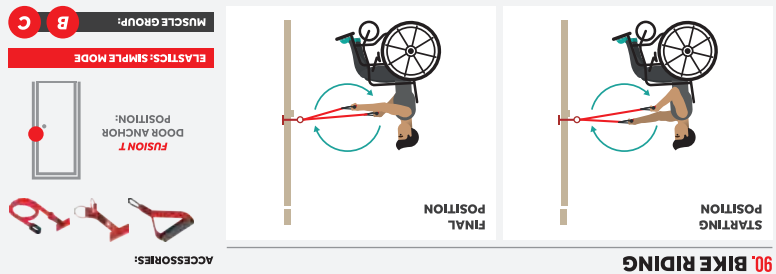
92. HORIZONTAL MOVEMENT

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.



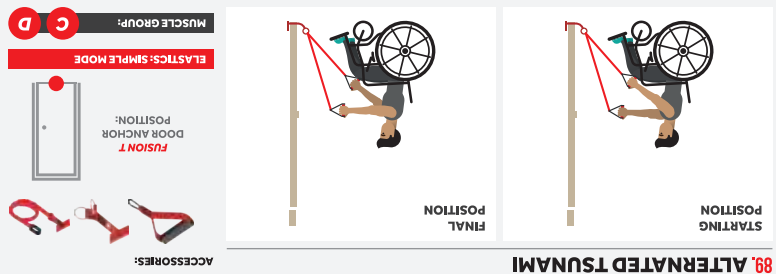
91. BURPEE

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.



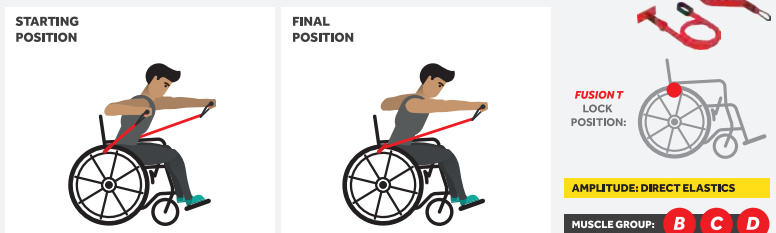
90. BIKE RIDING

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.



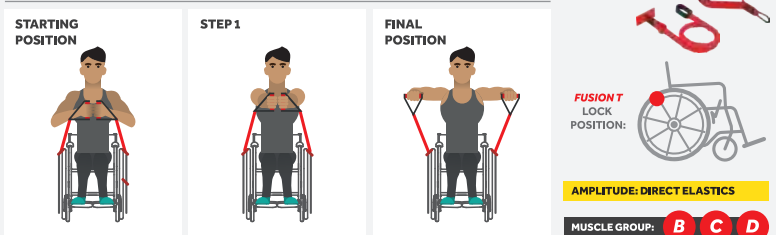
89. ALTERNATED TSUNAMI

101. CRAWL SWIM



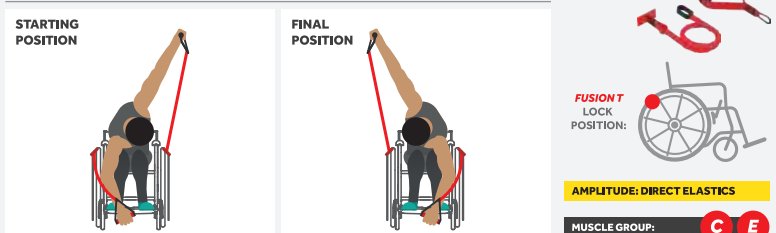
DESCRIPTION: Attach the FUSION T locks to the upper region of the wheel. Hold the handles and perform the crawl swim movement in a cyclic way during the time of the exercise.

102. BREASTSTROKE SWIM



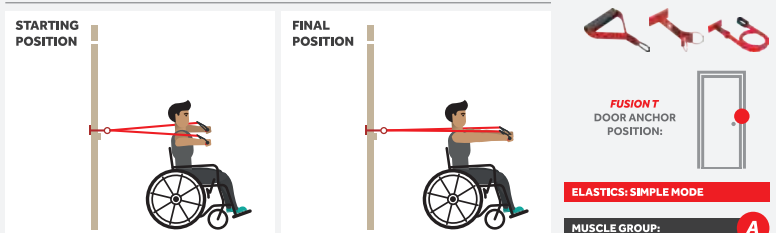
DESCRIPTION: Attach the FUSION T locks to the upper-rear region of the wheel. Hold the handles and perform the breaststroke swim movement cyclically during the time of the exercise.

103. TRUNK ROTATION



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.

104. DOOR ANCHOR STRAIGHT BENCH PRESS



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.

WHEELCHAIR NOT INCLUDED



5. INCLUDED ACCESSORIES

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.

96. HIGH CIRCULAR MOVEMENT

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.

MUSCLE GROUP: C D

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

ACCESSORIES:

STARTING POSITION

FINAL POSITION

95. LOW CIRCULAR MOVEMENT

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.

MUSCLE GROUP: C D

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

ACCESSORIES:

STARTING POSITION

FINAL POSITION

94. "X" MOVEMENT

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.

MUSCLE GROUP: C D

AMPLITUDE: DIRECT ELASTICS

FUSION T LOCK AND PULLEY POSITION:

ACCESSORIES:

STARTING POSITION

STEP 1

FINAL POSITION

93. VERTICAL MOVEMENT

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.

MUSCLE GROUP: C D

AMPLITUDE: DIRECT ELASTICS

FUSION T LOCK AND PULLEY POSITION:

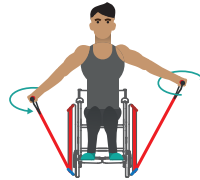
ACCESSORIES:

STARTING POSITION

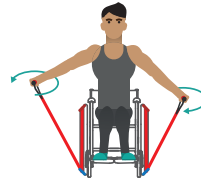
FINAL POSITION

97. ALTERNATED 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 (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.

98. MARCHING SIMULATION

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK AND PULLEY POSITION:

AMPLITUDE: ELASTIC WITH PULLEY

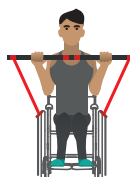
MUSCLE GROUP: C

DESCRIPTION: Fix the **FUSION T** locks in the **upper region** and the pulleys in the **lower-rear region** of the wheel. Hold the handles and perform a coordination movement of the arms simulating a march. Perform the movement during the exercise execution time.

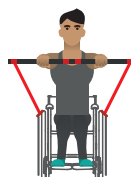
ATTENTION POINTS: Move away from the backrest, if possible. This will allow greater range of motion for the arms.

99. COMBINED LIFT

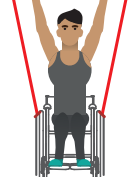
STARTING POSITION



STEP 1



FINAL POSITION



ACCESSORIES:



FUSION T LOCK POSITION:

AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: A C

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.

100. KAYAK

STARTING POSITION



FINAL POSITION



ACCESSORIES:



FUSION T LOCK POSITION:

AMPLITUDE: DIRECT ELASTICS

MUSCLE GROUP: B C

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.

76. ALTERNATE PUSH-UP

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION; **ELASTICS: SIMPLE MODE**; **MUSCLE GROUP: B**

75. LONG ROW WITH BAR

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION; **ELASTICS: SIMPLE MODE**; **MUSCLE GROUP: B**

74. ONE-SIDED "TAKE BACK"

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. Position the chair next to the door. With both hands, rotate the trunk away from the door. Return to the starting position and repeat the movement. **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.

STARTING POSITION **FINAL POSITION**

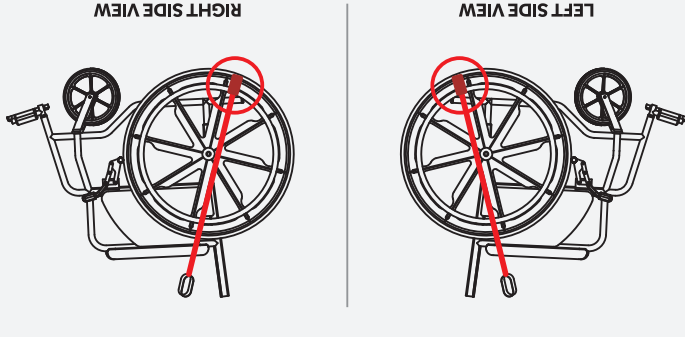
ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION; **ELASTICS: SIMPLE MODE**; **MUSCLE GROUP: E**

73. OBLIQUE EXERCISE

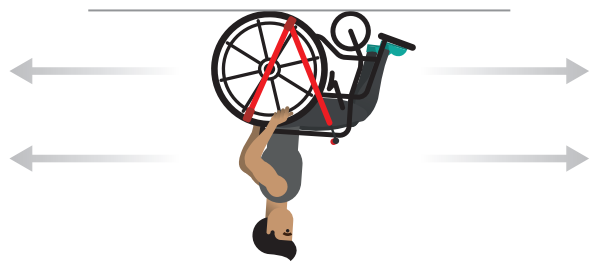
DESCRIPTION: On the side, with the anchor **FUSION T** lock attached to the central region of a door. With your arms extended in front of you, hold the handle with both hands. Rotate the trunk away from the door. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Keep your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

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION; **ELASTICS: SIMPLE MODE**; **MUSCLE GROUP: E**

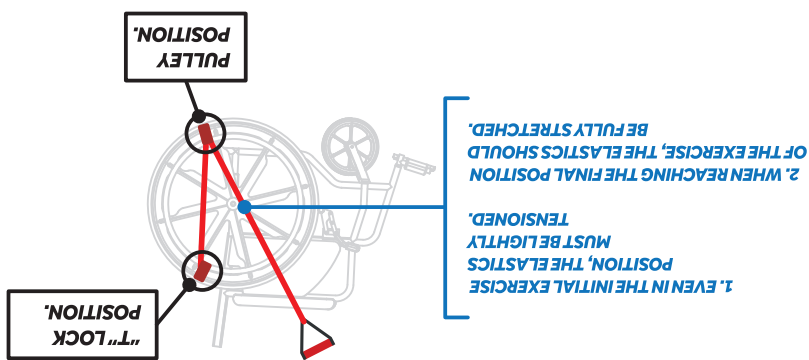


ATTENTION: THE TRACTION OF THE ELASTICS MUST BE BALANCED. FOR THIS, THE POSITIONS OF THE "T" LOCKS MUST FOLLOW A STANDARD OF SYMMETRY, ACCORDING TO THE EXAMPLE BELOW:



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.

FINAL AMPLITUDE ADJUSTMENTS



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:

LEARN MORE ABOUT ELASTIC AMPLITUDE

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**

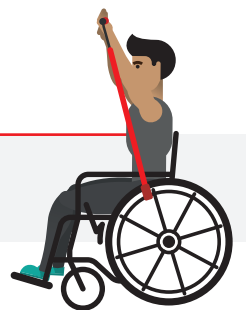
ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION; **ELASTICS: SIMPLE MODE**; **MUSCLE GROUP: B**

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.

6.2. DIRECT ELASTICS

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

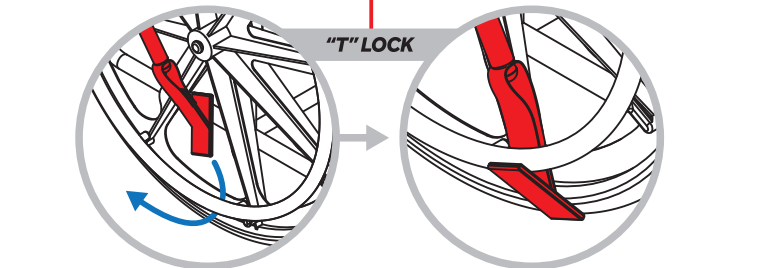
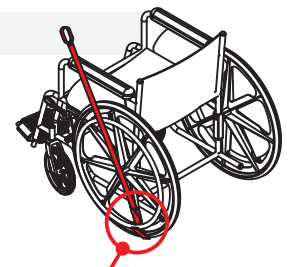
Necessary items: elastics + bar or handles



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.

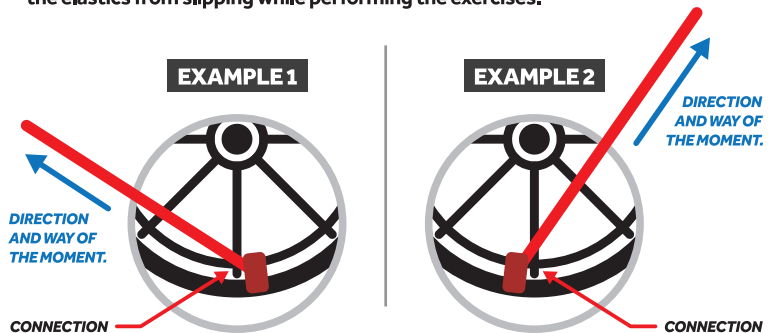
ATTENTION: The fixing of the "T" lock must be made from the inner area of the push rings.

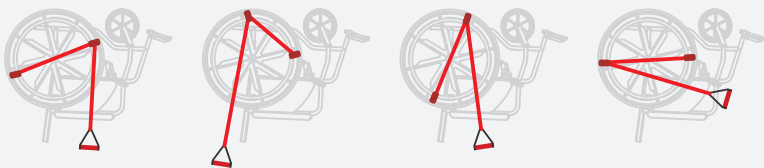


- Repeat this same procedure to fix the elastic on the right side of the wheelchair.

FUSION T LOCK ALIGNMENT

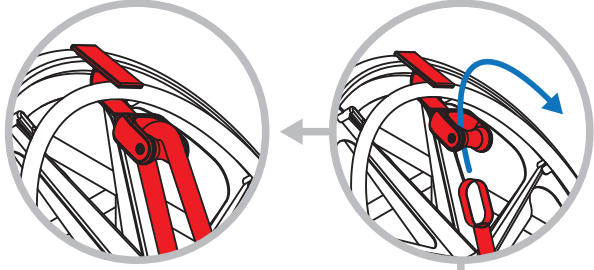
Always fix the **FUSION T** locks in contact with the push rings connections, in the opposite direction to the movement of the elastics. The connections will prevent the elastics from slipping while performing the exercises.



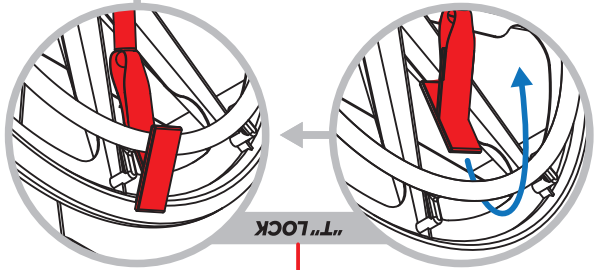


THE POSITION VARIATION OF THE FUSION T LOCKS OF THE ELASTICS AND THE PULLEYS REFLECT DIRECTLY ON THE AMPLITUDE OF ELASTICS.

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



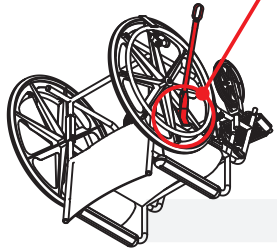
- Pass the end of the elastic through the pulley gap:



"T" LOCK

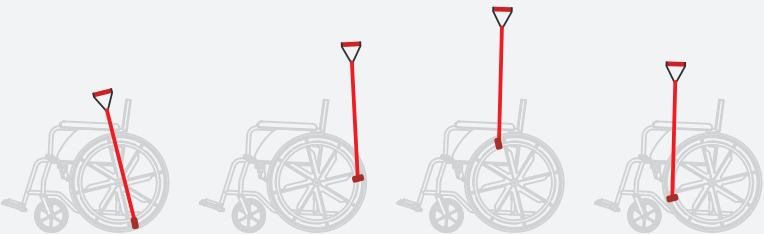
ATTENTION: The fixing of the "T" lock must be made from the inner area of the push rings.

- 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.



ELASTIC FIXATION

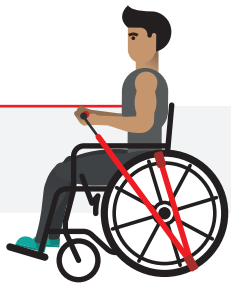
THE FUSION T LOCK POSITION VARIATION REFLECT DIRECTLY ON THE AMPLITUDE OF ELASTICS.



6.3. ELASTICS WITH PULLEY

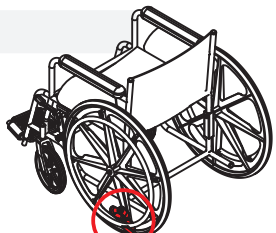
Recommended configuration for exercises in which the accessories are not too far from the floor, usually not exceeding the shoulder line.

Necessary items: elastics + bar or handles + pulleys.

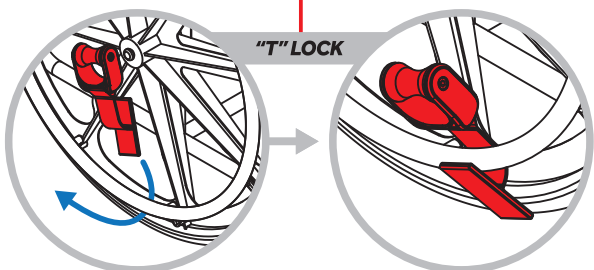


FIXING THE PULLEYS

- 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.



"T" LOCK

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

80. OBLIQUE WITH BAR

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.

MUSCLE GROUP: E

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION: FINAL POSITION: STARTING POSITION

79. SKYSCRAPER

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.

MUSCLE GROUP: D

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION: FINAL POSITION: STARTING POSITION

78. STRAIGHT BENCH PRESS WITH BAR

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.

MUSCLE GROUP: A

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION: FINAL POSITION: STARTING POSITION

77. STRAIGHT BENCH PRESS

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.

MUSCLE GROUP: A

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION: FINAL POSITION: STARTING POSITION

81. OBLIQUE WITH HANDLES

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.

MUSCLE GROUP: E

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION: STARTING POSITION: FINAL POSITION

82. ALTERNATED PULL DOWN

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.

MUSCLE GROUP: B

ELASTICS: DOUBLE MODE

ACCESSORIES: FUSION T DOOR ANCHOR POSITION: STARTING POSITION: FINAL POSITION

83. PULL OVER

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.

MUSCLE GROUP: A

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T DOOR ANCHOR POSITION: STARTING POSITION: FINAL POSITION

84. PULL OVER WITH BAR

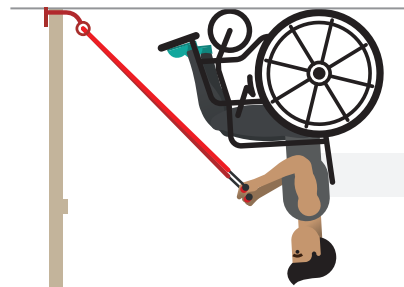
DESCRIPTION: From the back, with the anchor FUSION T lock attached to the upper-central region of a door. Hold the bar above your head, with your arms extended and your torso slightly tilt forward. Move the bar forward with your arms extended. Return to the starting position and repeat the movement.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

MUSCLE GROUP: A

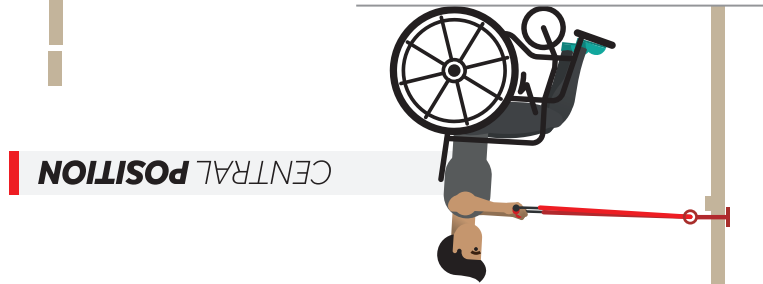
ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T DOOR ANCHOR POSITION: STARTING POSITION: FINAL 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.



LOWER POSITION



CENTRAL POSITION



TOP POSITION

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.

60. ALTERNATED HAMMER CURL

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.

STARTING POSITION:

FINAL POSITION:

ACCESSORIES:

MUSCLE GROUP: **C**

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

69. HAMMER CURL

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.

STARTING POSITION:

FINAL POSITION:

ACCESSORIES:

MUSCLE GROUP: **C**

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

68. PRONATED DIRECT CURL

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 arm. Return to the starting position and repeat the movement.

STARTING POSITION:

FINAL POSITION:

ACCESSORIES:

MUSCLE GROUP: **C**

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

67. DIRECT CURL

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 arm. Return to the starting position and repeat the movement.

STARTING POSITION:

FINAL POSITION:

ACCESSORIES:

MUSCLE GROUP: **C**

AMPLITUDE: ELASTIC WITH PULLEY

FUSION T LOCK AND PULLEY POSITION:

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 handles over your shoulders. 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:

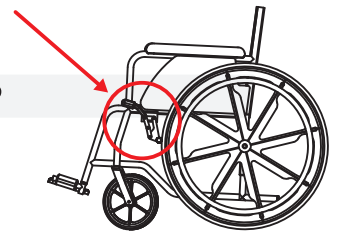
AMPLITUDE: ELASTIC WITH PULLEY

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.

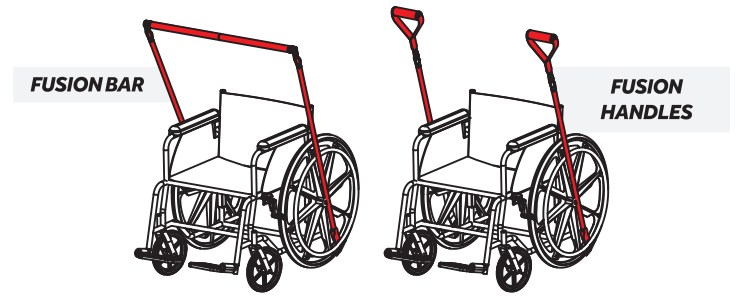
BRAKE YOUR WHEELCHAIR

Lock / brake the wheels before perform any exercise.

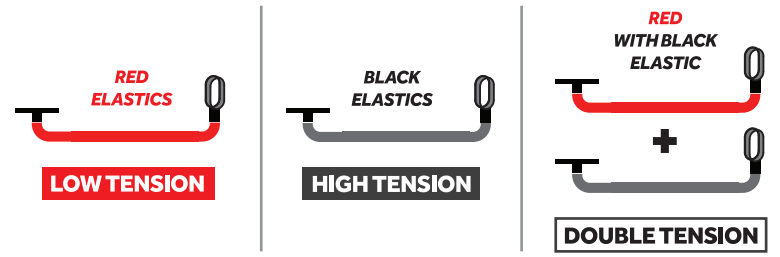


CHOOSE THE DESIRED ACCESSORY

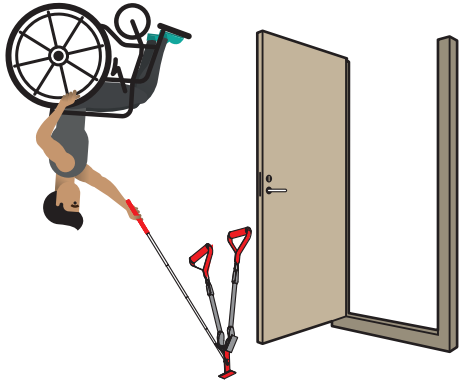
Lock the bar or handles on the elastics using the carabiners located at the ends of the accessories.



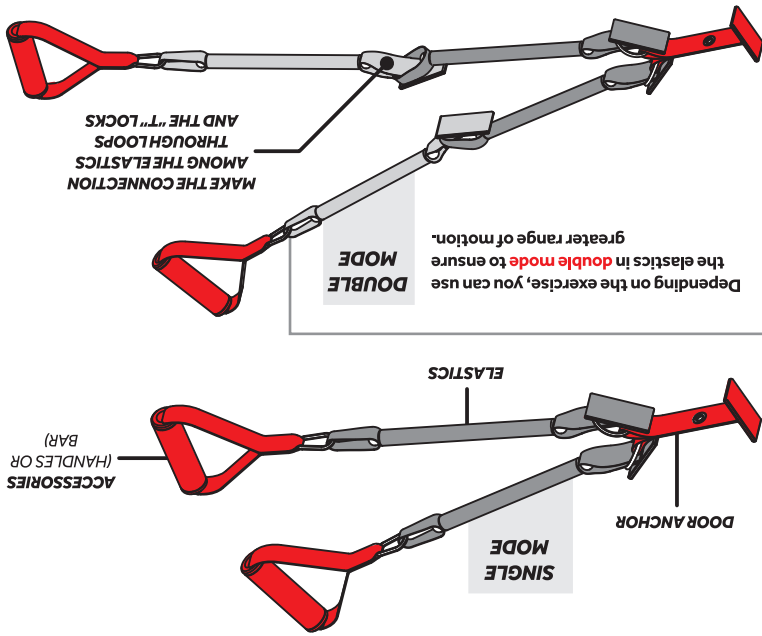
DURING EXERCISES YOU CAN CHOOSE THE FOLLOWING TENSION OPTIONS:



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).



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:



- 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 + door anchor, as shown below:

6.4. DOOR ANCHOR

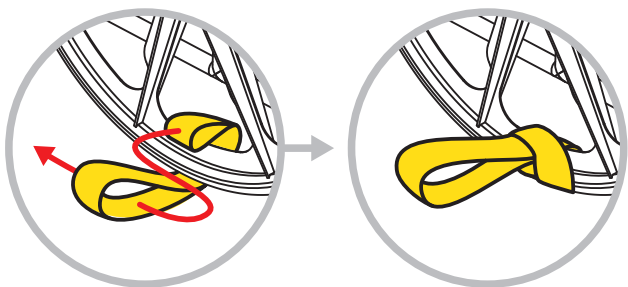
NYLON LOOP

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

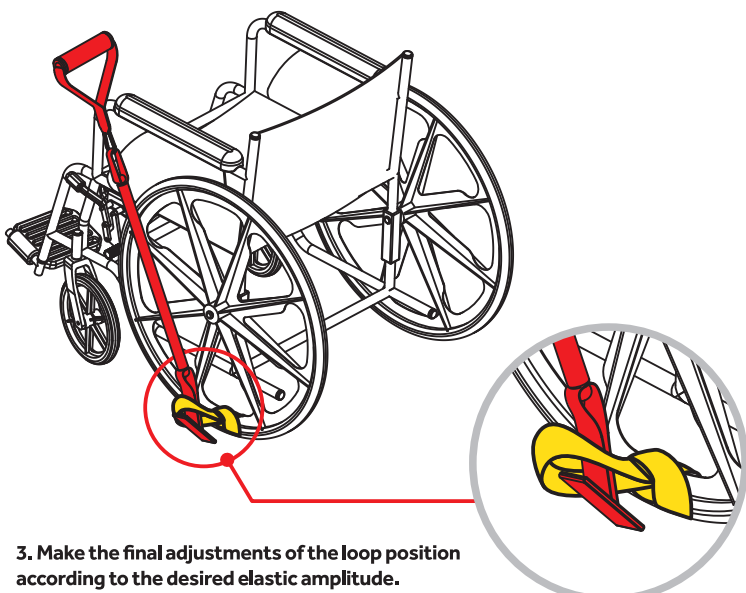
1. Your chair does not have push rings;
2. Push rings very close to the tires;
3. Push rings too far from the tires;
4. Fragile push rings.

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.

64. INTERNAL ROTATION

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.

MUSCLE GROUP: D

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T DOOR ANCHOR POSITION:

STARTING POSITION **FINAL POSITION**

63. SHOULDER ROTATION - ONE ARM

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 handle above your head. With a circle movement, return to the starting position and repeat the movement. Perform the movement with the other arm.

MUSCLE GROUP: D

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION:

STARTING POSITION **STEP 1** **FINAL POSITION**

62. SHOULDER ROTATION

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.

MUSCLE GROUP: D

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: FUSION T LOCK POSITION:

STARTING POSITION **STEP 1** **FINAL POSITION**

61. DOOR ANCHOR HAMMER CURL

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.

MUSCLE GROUP: C

ELASTICS: SIMPLE MODE

ACCESSORIES: FUSION T LOCK POSITION:

STARTING POSITION **FINAL POSITION**

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.

8. ALTERNATED LATERAL ELEVATION

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK AND PULLEY POSITION: **AMPLITUDE: ELASTIC WITH PULLEY** **MUSCLE GROUP: D**

7. NEUTRAL SHOULDER PRESS - ONE ARM

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **AMPLITUDE: DIRECT ELASTICS** **MUSCLE GROUP: D**

6. UNILATERAL CROSSED PULLDOWN

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 exercise with the other arm.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **AMPLITUDE: DIRECT ELASTICS** **MUSCLE GROUP: D**

5. UPRIGHT ROW

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **AMPLITUDE: DIRECT ELASTICS** **MUSCLE GROUP: D**

44. BOXING DOOR ANCHOR

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION: **ELASTICS: SIMPLE MODE** **MUSCLE GROUP: C D**

43. ANCHOR DOOR BILATERAL KICK BACK

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION: **ELASTICS: SIMPLE MODE** **MUSCLE GROUP: C**

42. BILATERAL KICK BACK

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK AND PULLEY POSITION: **AMPLITUDE: ELASTIC WITH PULLEY** **MUSCLE GROUP: C**

41. SHOULDER ELEVATION WITH HANDLES

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.

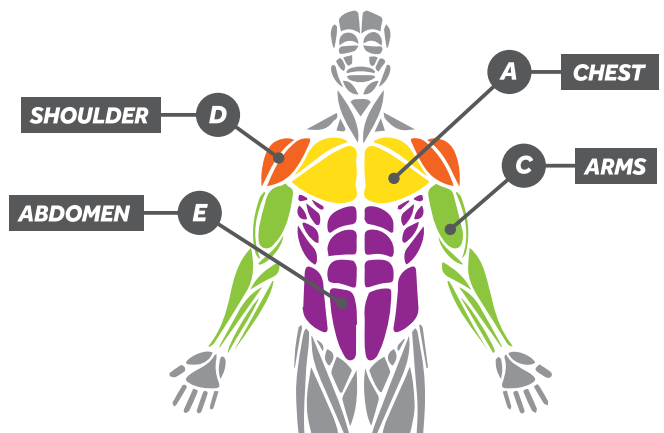
STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **AMPLITUDE: DIRECT ELASTICS** **MUSCLE GROUP: D**

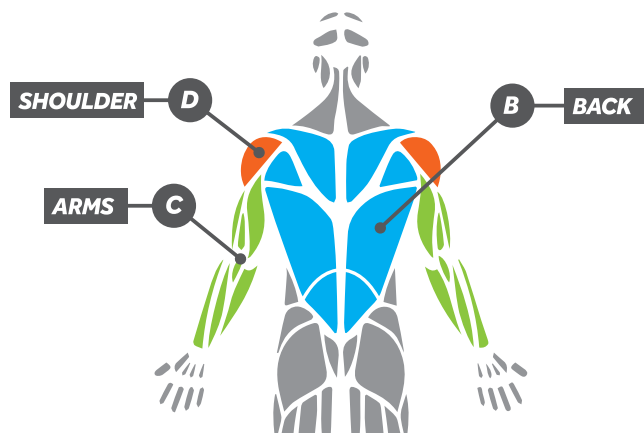
7. MUSCLE GROUPS

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



53. PULL OVER ALTERNATED

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION: **ELASTICS: SIMPLE MODE** **MUSCLE GROUP: A**

54. TRICEPS EXTENSION ABOVE HEAD WITH HANDLES

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **AMPLITUDE: DIRECT ELASTICS** **MUSCLE GROUP: C**

55. BILATERAL CONCENTRATION CURL

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **ELASTICS: SIMPLE MODE** **MUSCLE GROUP: C**

56. CONCENTRATION CURL - ONE ARM

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.

STARTING POSITION **FINAL POSITION**

ACCESSORIES: **FUSION T** LOCK POSITION: **ELASTICS: SIMPLE MODE** **MUSCLE GROUP: C**

4. BACK SHOULDER PRESS

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T LOCK POSITION:** **AMPLITUDE: DIRECT ELASTICS**

3. TRICEPS EXTENSION ABOVE HEAD

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **C**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T LOCK POSITION:** **AMPLITUDE: DIRECT ELASTICS**

2. DIRECT CURL

STARTING POSITION **FINAL POSITION**

DESCRIPTION: Attach the **FUSION T** locks to the lower-rear region of the wheel. Flex your arms even further, raising the bar. Return to the starting position and repeat the movement.

MUSCLE GROUP: **C**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T LOCK POSITION:** **AMPLITUDE: DIRECT ELASTICS**

1. STANDING DUMBBELL

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T LOCK POSITION:** **AMPLITUDE: DIRECT ELASTICS**

48. PRONATED FOREARM PUSH-UP

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

47. SUPINATED TRICEPS EXTENSION - ONE ARM

STARTING POSITION **FINAL POSITION**

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 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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

48. TRICEPS EXTENSION

STARTING POSITION **FINAL POSITION**

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. Perform the exercise with the other arm. **ATTENTION POINTS:** Tilting your torso forward allows you to apply more force.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

49. TRICEPS EXTENSION OVER HEAD - ONE ARM

STARTING POSITION **FINAL POSITION**

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 exercise with the other arm.

MUSCLE GROUP: **C**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T LOCK POSITION:** **AMPLITUDE: DIRECT ELASTICS**

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'

49. SUPINATED FOREARM PUSH-UP

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

50. PRONATED FOREARM PUSH-UP WITH BAR

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

51. SUPINATED FOREARM PUSH-UP WITH BAR

STARTING POSITION **FINAL POSITION**

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: SIMPLE MODE**

52. PULL DOWN WITH BAR

STARTING POSITION **FINAL POSITION**

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 knee. 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.

MUSCLE GROUP: **B**

ELASTICS: DOUBLE MODE

ACCESSORIES: **FUSION T DOOR ANCHOR POSITION:** **ELASTICS: DOUBLE MODE**

24. INVERTED SHOULDER ABDUCTION

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, further from the door. **ATTENTION POINTS:** To increase the tension of the elastics in double mode during the exercise, position the chair movement with the other arm. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

ELASTICS: DOUBLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

23. KICK BACK - ONE ARM

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. This will give the movement more fluidity.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

22. UNILATERAL CURL

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

21. KAYAK

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **B C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

28. BOXING

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **C D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

27. SHOULDER PRESS

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

26. FULL LATERAL ELEVATION

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: ELASTIC WITH PULLEY

ACCESSORIES: **FUSION T** LOCK AND PULLEY POSITION:

29. HORIZONTAL TSUNAMI

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **C D**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

9. ALTERNATED CURL

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **C**

AMPLITUDE: ELASTIC WITH PULLEY

ACCESSORIES: **FUSION T** LOCK AND PULLEY POSITION:

10. ALTERNATED STRAIGHT BENCH PRESS

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **A**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

11. ALTERNATED PULL DOWN

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **B**

ELASTICS: DOUBLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

12. FRONT PULL DOWN

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **B**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

37. FRONT ELEVATION

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

38. FRONT ELEVATION WITH HANDLES

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

39. ALTERNATED FRONT ELEVATION

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

40. SHOULDER ELEVATION WITH BAR

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.

STARTING POSITION **FINAL POSITION**

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

20. DOOR ANCHOR TRICEPS EXTENSION OVER HEAD - ONE ARM

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 tilted forward. Extend your arm leading the handle forward. Return to the starting position and repeat the movement. **ATTENTION POINTS:** Tilting your torso forward allows you to apply more force. Use the opposite hand to stabilize the elbow.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

19. DOOR ANCHOR BENCH PRESS

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 pronated grip. Extend your arm forward. Return to the starting position and repeat the movement. Perform the exercise with the other arm.

MUSCLE GROUP: **A**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

18. UNILATERAL NEUTRAL PUSH-UP

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 exercise with the other arm. **CAUTION POINTS:** If possible, do not use the backrest. This will allow for greater range of motion.

MUSCLE GROUP: **B**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

17. SHOULDER ABDUCTION - ONE ARM

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.

MUSCLE GROUP: **D**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

13. CHEST FLY

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.

MUSCLE GROUP: **A**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

14. UNILATERAL PULL OVER

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.

MUSCLE GROUP: **A**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

15. ISOMETRIC OBLIQUE

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.

MUSCLE GROUP: **E**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

16. EXTERNAL ROTATION

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.

MUSCLE GROUP: **D**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

32. CROSSED PRESS

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

31. FRONT OPENING WITH ELASTIC

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.

MUSCLE GROUP: **D**

ELASTICS: DOUBLE MODE

ACCESSORIES:

30. TRICEPS EXTENSION ABOVE HEAD

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

29. TRICEPS EXTENSION WITH ELASTICS

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.

MUSCLE GROUP: **C**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

33. INVERTED CRUCIFIX

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.

MUSCLE GROUP: **B**

ELASTICS: SIMPLE MODE

ACCESSORIES: **FUSION T** DOOR ANCHOR POSITION:

34. "ARNOLD" SHOULDER PRESS

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

35. "ARNOLD" SHOULDER PRESS - ONE ARM

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION:

36. NEUTRAL SHOULDER PRESS

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.

MUSCLE GROUP: **D**

AMPLITUDE: DIRECT ELASTICS

ACCESSORIES: **FUSION T** LOCK POSITION: