

WWW.FIGHTERABS.COM



SUSPENSION
TRAINING MANUAL

ANDREW RAPOSO, CPT

Suspension Training Manual

Table of Contents

Suspension Push Up.....	7
Suspension Row	8
Suspension Arrow Push Up	9
Suspension Atomic Push Up.....	10
Suspension Bulgarian Split Squat	11
Suspension Chest Fly	12
Suspension Face Pull	13
Suspension Fallout.....	14
Suspension Jump Squat	15
Suspension Mountain Climbers	16
Suspension Oblique Twist	17
Suspension Pendulum	18
Suspension Pike	19
Suspension Pistol	20
Suspension Plank	21
Suspension Plank To Push Up Position.....	22
Suspension Reverse Fly	23
Suspension One Arm Row With Rotation	24
Suspension Saw Plank	25
Suspension Saw Plank To Pike.....	26
Suspension Single Leg Burpee.....	27
Suspension Single Leg Tuck In	29
Suspension Skater Squat.....	30

Suspension Training Manual

Disclaimer

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physicians approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

All rights reserved. No part of this publication may be reproduced, transcribed, transmitted, or translated in any language, without the written permission and signature of the author.

Suspension Training Manual

Welcome

Within this manual you are going to find all the Suspension exercises that is included in the workout program. Please note that you can easily use any type of suspension trainer to perform any of the exercises and the workouts.

These exercises can be very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself. **It is recommended that you learn the Suspension Push Up and Suspension Row first before attempting the more technical exercises.**

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Suspension Training Manual

Monday – Workout

Tuesday – Rest

Wednesday – Workout

Thursday – Rest

Friday – Workout

Saturday – Rest

Sunday – Rest

- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the Suspension workouts to replace a full body-conditioning day or add in the “ab focused” Suspension workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule in detail so I can give you the best results.

Suspension Training Manual

To your success,

-Andrew Raposo, CPT

P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

[Youtube](#)

[Facebook](#)

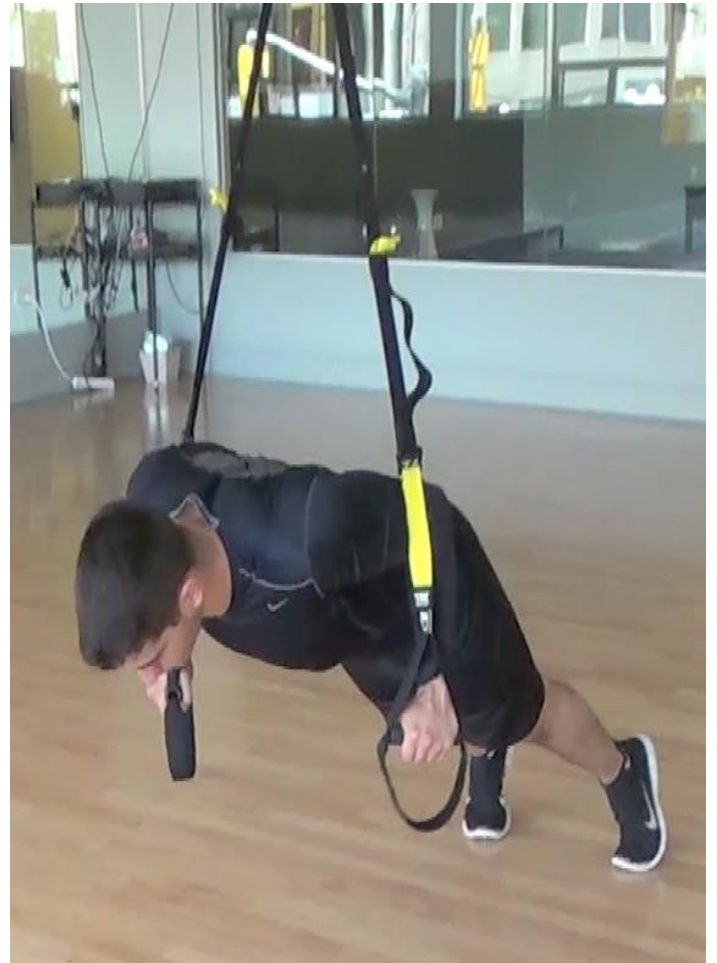
[Twitter](#)

[Instagram](#)

Suspension Training Manual

Suspension Push Up

- Start by facing away from the anchor point with feet shoulder width apart.
- Hold the handles in front of your shoulders with your arms extended.
- Lower your chest into the handles by bending at your elbow.
- Push away from the handles into the starting position.
- Make sure to keep a straight line from your head to toes.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Row

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and walk your feet to the appropriate resistance angle.
- Get your toes off the ground.
- Pull your body towards the anchor point by pulling your elbows back and squeezing your shoulder blades together.



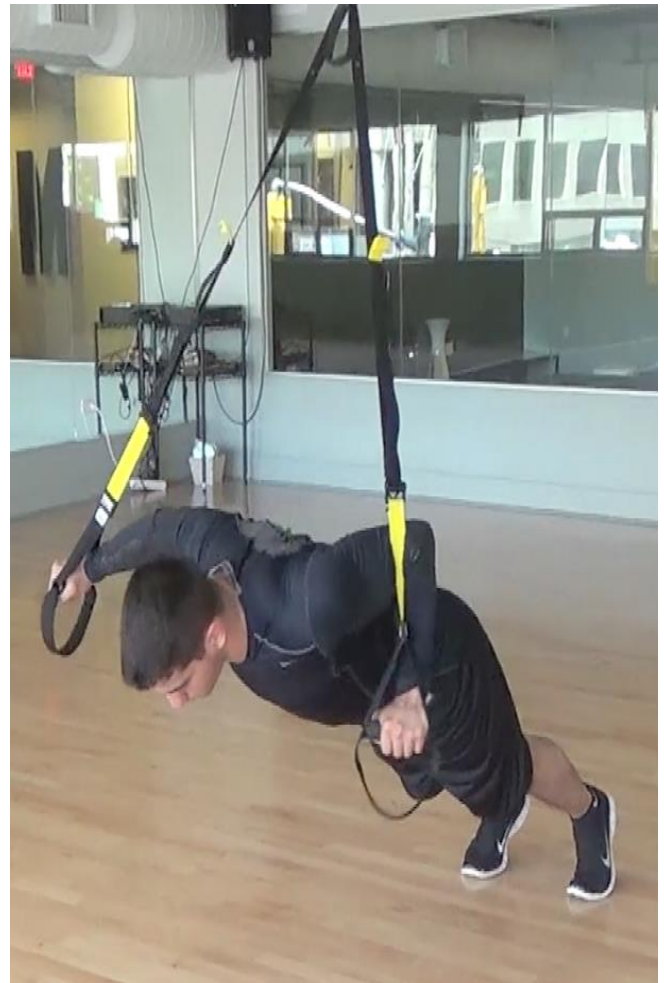
Suspension Training Manual

Suspension Arrow Push Up

- Start by facing away from the anchor point with feet shoulder width apart.
- Hold the handles in front of your shoulders with your arms extended.
- Lower your chest into the handles by flexing at one elbow and extending one arm.
- Push away from the handle with the flexed arm into the starting position while simultaneously bringing the other arm to the starting position.
- Repeat the movement on the other side and repeat for the prescribed reps/time.



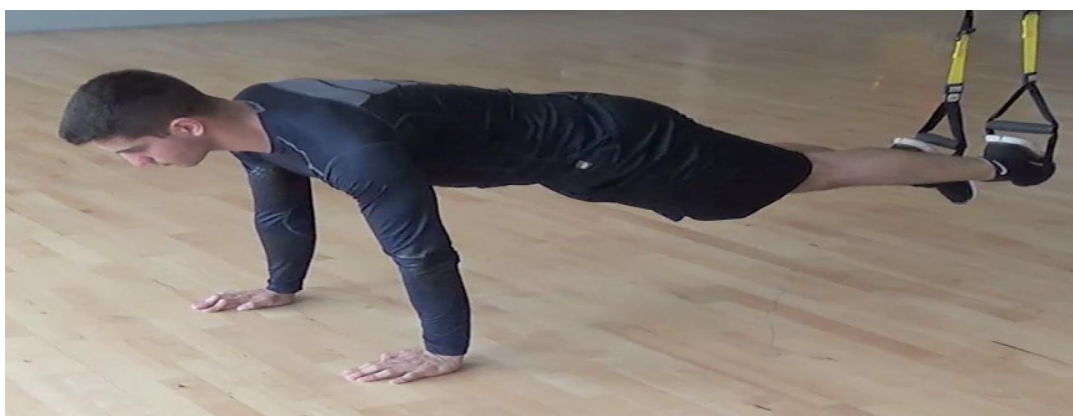
www.FighterAbs.com



Suspension Training Manual

Suspension Atomic Push Up

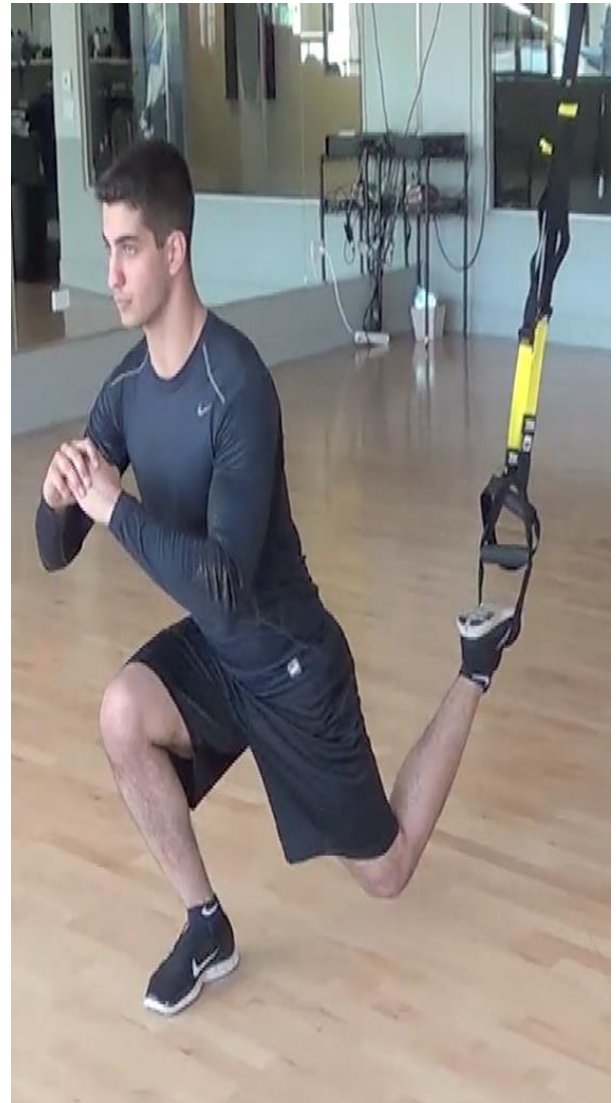
- Start in a push up position with your feet in the cradles.
- Perform a push up by lowering your chest to the ground and coming back up into the starting position.
- Pull both your knees towards your chest while keeping your abs braced.
- Bring your legs back into the starting position.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Bulgarian Split Squat

- Start in a standing position with your rear foot in the cradle.
- Take a step forward to get into position.
- Get your rear knee barely off the ground, keeping your torso straight.
- Drive through the heel of the front leg into the starting position.
- Repeat for prescribed reps/time and then repeat the movement on the other leg.



Suspension Training Manual

Suspension Chest Fly

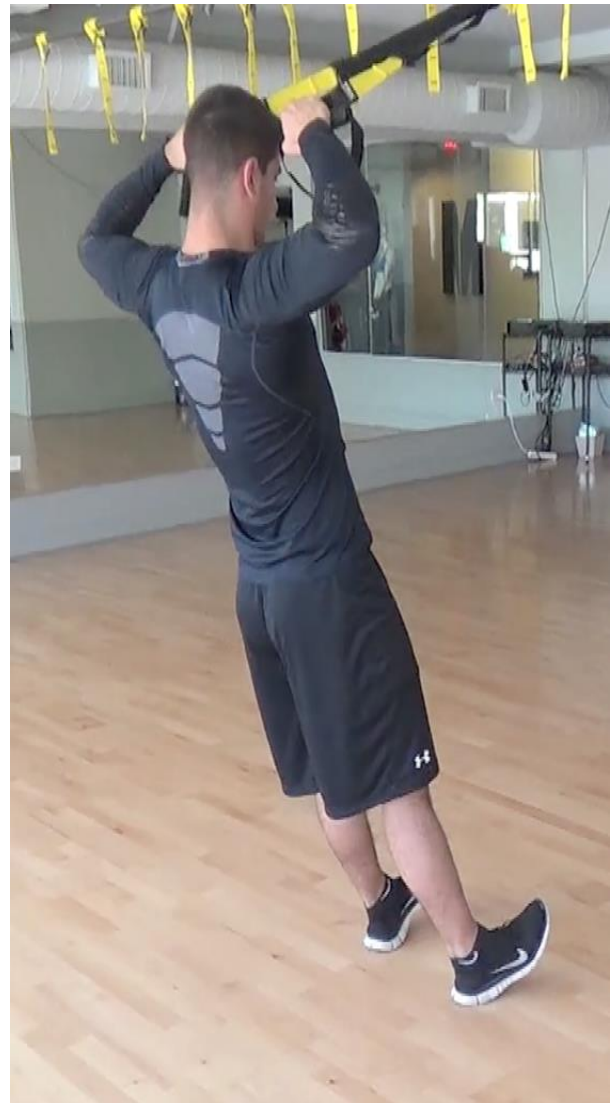
- Start by facing away from the anchor point with feet shoulder width apart.
- Hold the handles in front of your shoulders with your arms extended.
- Lower your chest towards the handles by extending your arms apart.
- Bring the handles back into the starting position without further bending your elbows.
- Make sure there is a slight bend in your elbows throughout the movement.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Face Pull

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and walk your feet to the appropriate resistance angle.
- Get your toes off the ground.
- Pull your face towards the anchor point by pulling your elbows out to the sides and squeezing your shoulder blades together.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Fallout

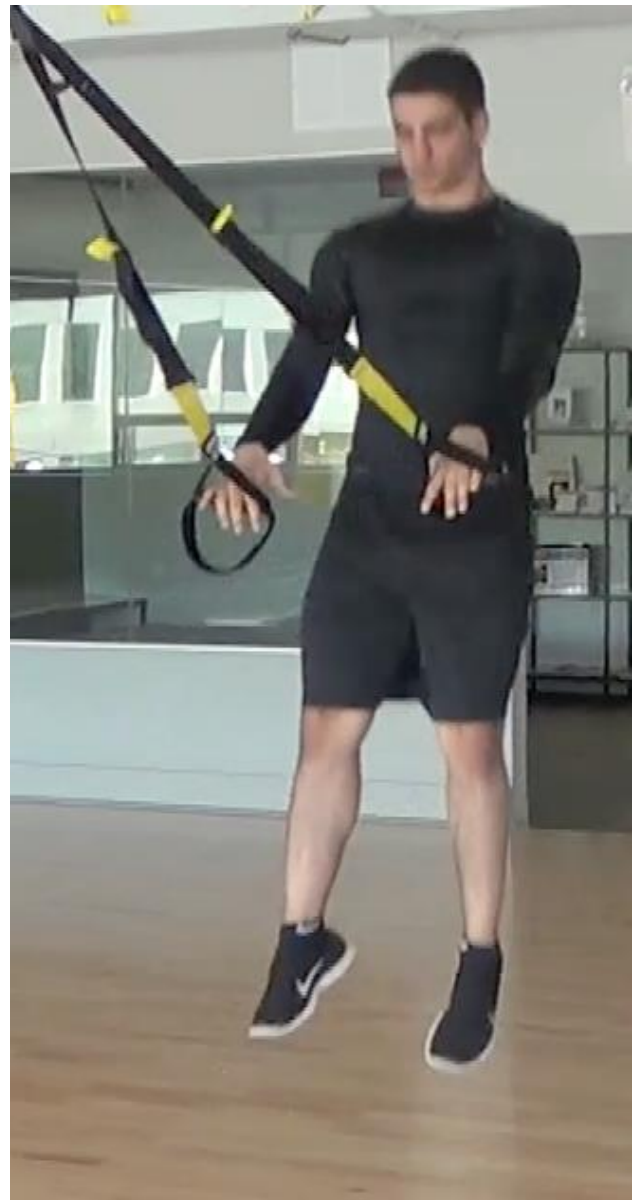
- Start by facing away from the anchor point with feet shoulder width apart.
- Hold the handles in front of your shoulders with your arms extended.
- Keeping your arms extended, guide your hands forward.
- Brace your abs tight and bring your hands back into the starting position while keeping your arms extended.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Jump Squat

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and squat down by sitting back.
- Jump as high as you can while pulling the handles down.
- Land back into the squat position and repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Mountain Climbers

- Start in a push up position with your feet in the cradles.
- Pull one knee towards your chest while keeping your abs braced.
- Bring that leg back to the starting position and repeat with the other leg.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Oblique Twist

- Start by facing away from the anchor point with feet shoulder width apart and toes off the ground.
- Hold one handle with both hands and your arms extended.
- Brace your abs tight and twist your upper torso to one side with your arms extended.
- Slowly bring yourself to the starting position and repeat in the other direction.
- Make sure there is a straight line from feet to head.



Suspension Training Manual

Suspension Pendulum

- Start in a push up position with your feet in the cradles.
- Brace your abs tight and swing your feet side to side.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Pike

- Start in a plank position on your elbows with your feet in the cradles.
- Brace your abs tight and bring your hips up towards the ceiling while guiding your feet in.
- Lower yourself back down into the starting position.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Pistol

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and have one foot off the ground.
- Squat down on one leg by sitting back and down.
- Drive through your heel into the standing position.
- Try to pull on the straps as little as possible with this movement.
- Repeat for the prescribed reps/time and switch legs.



Suspension Training Manual

Suspension Plank

- Start in a plank position on your elbows with your feet in the cradles.
- Squeeze your abs tight and maintain a straight line from your head to your feet.
- Hold for the prescribed time.



Suspension Training Manual

Suspension Plank To Push Up Position

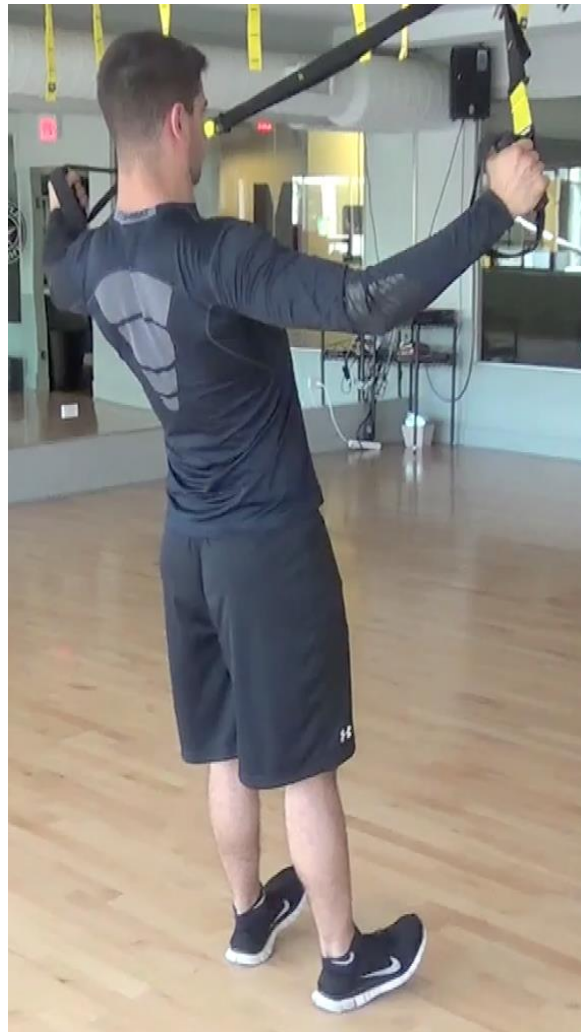
- Start in a plank position on your elbows with your feet in the cradles.
- Squeeze your abs tight and press your hands away from the floor using one hand at a time to a push up position.
- Slowly lower yourself down into the plank position.
- Prevent your hips from moving side to side. Throughout the movement.
- Repeat for the prescribed reps/time.



Suspension Training Manual

Suspension Reverse Fly

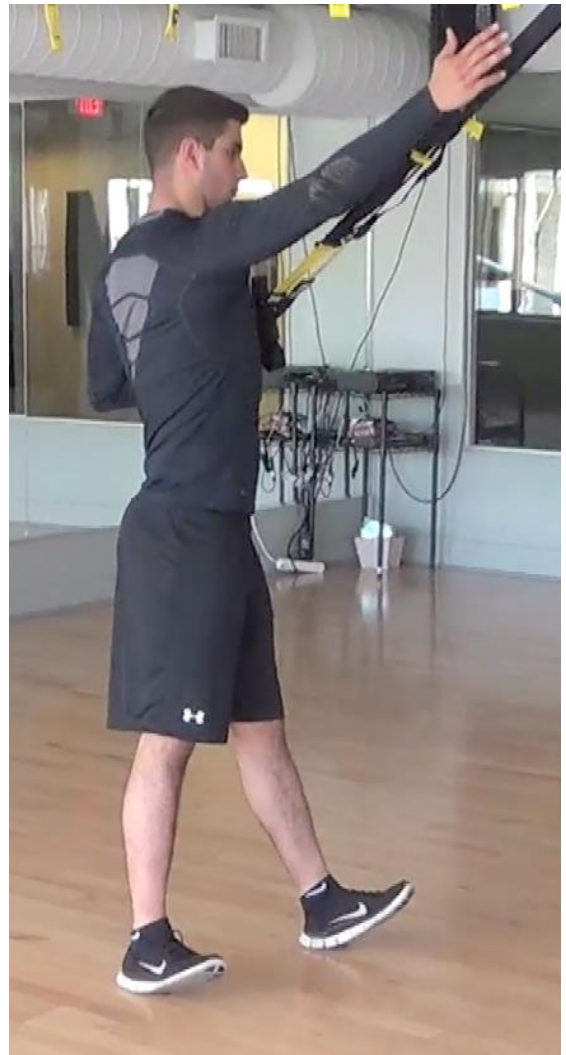
- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and walk your feet to the appropriate resistance angle.
- Get your toes off the ground.
- Pull your body towards the anchor point by pulling your arms to the side and squeezing your shoulder blades together.
- Make sure to keep your arms straight throughout the movement.



Suspension Training Manual

Suspension One Arm Row With Rotation

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handle with one hand with your arm extended and walk your feet to the appropriate resistance angle.
- Get your toes off the ground.
- Reach for the floor with your other hand without bending your hips.
- Pull and rotate your body towards the anchor point by pulling your elbow back and reaching for the anchor point.



Suspension Training Manual

Suspension Saw Plank

- Start in a plank position on your elbows with your feet in the cradles.
- Squeeze your abs tight and shift your weight back and forth using your forearms on the floor.
- Maintain a straight line from head to feet.
- Repeat this movement in a rocking fashion for the prescribed reps/time.



Suspension Training Manual

Suspension Saw Plank To Pike

- Start in a plank position on your elbows with your feet in the cradles.
- Squeeze your abs tight and shift your weight back using your forearms on the floor.
- Return to the plank position and bring your hips up towards the ceiling while guiding your feet in.
- Lower yourself back down into the starting position.
- Repeat for the prescribed reps/time.



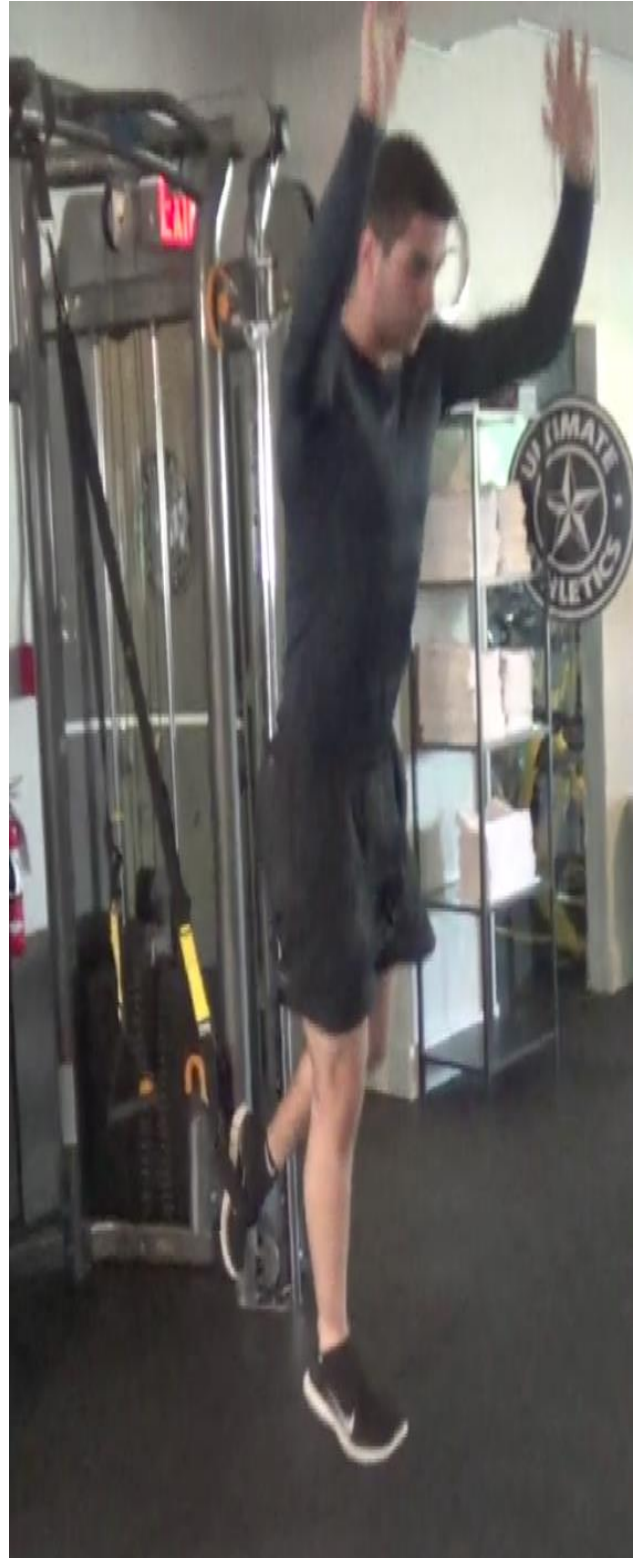
Suspension Training Manual

Suspension Single Leg Burpee

- Start in a push up position with one foot in one cradle and the other foot beside it.
- Perform a push without having the foot in the air touch the floor.
- With the leg that is in the air, bring your knee to your chest and plant your foot on the floor.
- Drive that foot into the ground and stand up right while performing a jump on one leg.
- Return to the starting position.
- Repeat for the prescribed reps/time and then switch legs.



Suspension Training Manual



Suspension Training Manual

Suspension Single Leg Tuck In

- Start in a push up position with one foot in one cradle and the other foot beside it.
- With the same foot that is in the cradle, you are going to bring your knee towards your chest.
- Bring that same leg back into the starting position.
- Repeat for the prescribed reps/time and then switch legs.



Suspension Training Manual

Suspension Skater Squat

- Start by facing the anchor point with feet shoulder width apart.
- Hold the handles with your arms extended and have one foot off the ground behind you.
- Squat down on one leg by lowering your rear knee barely off the ground.
- Drive through your heel of the front foot into the standing position.
- Try to pull on the straps as little as possible with this movement.
- Repeat for the prescribed reps/time and switch legs.

