

GETTING STARTED

Transform your doorway and your body. The Multi-Gym Pro gives you a total upper body workout. Use your own body weight to build and strengthen your muscles with a workout that includes 3 kinds of pull-ups, chin-ups, push-ups, sit-ups, and dips. This guide provides 3 examples of intense workouts, or you can use the movement descriptions to build your own workout. No matter your fitness level, you can progress at a rate that is right for you.



⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE USER GUIDE AND ON THIS WORKOUT CHART MAY RESULT IN SERIOUS INJURY OR DEATH.

Refer to your User Guide for additional safety instructions.

Before each use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts. Call our Customer Service Department at 800-729-5954 with any questions

Consult your physician before starting this or any other exercise program. Fitness training can result in serious injury or death. Risk of injury can be lessened when safe techniques and common sense are practiced. **Before beginning your first workout, become familiar with the Harbinger® Multi-Gym Pro and review all exercise guidelines prior to using the equipment. If you have any questions, consult your physician.**

Start out slowly and progress sensibly. Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

Use this equipment only for the intended use as described by the manufacturer. Do not modify the equipment or use attachments not recommended by the manufacturer.

Do not install this product unless you are able to install and assemble it properly. After installing this product, check to make sure it has been properly installed and can support your full weight before beginning exercise.

Do not use this product if you are over 300lbs/136kg

Have plenty of clearance space. It is important to keep children, pets, furniture, and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.

Wear appropriate clothing when exercising. Clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or athletic shoes.

WIDE PULL-UP

Setup: Standing upright, pull your navel in and grab the wide angle section of the bar. Your palms should face out.

Movement: Slowly and with control, pull your body up, drawing your elbows in toward your ribs. Keep your head in a neutral position, with your ears above your shoulders. Hold at the top of the movement for one full count. Slowly lower your body back to the starting position.

Tip: For variation, perform a pull-up with a knee lift. Pull your legs up while pulling your body up, keeping your thighs parallel to the floor.



CHIN-UP

Setup: Standing upright, pull your navel in and grab the bar, shoulder width apart. Your palms should face in.

Movement: Slowly and with control, pull your body up, drawing your shoulders downward. Keep your head in a neutral position, with your ears above your shoulders. Hold at the top of the movement for one full count. Slowly lower your body back to start position.



HAMMER PULL-UP

Setup: Standing upright, pull your navel in and grab the wide section of the bar. Your palms should face toward each other.

Movement: Slowly and with control, pull your body up, drawing your elbows in toward ribs. Keep your head in a neutral position, with your ears above your shoulders. Hold at the top of movement for one full count. Slowly lower your body back to the starting position.

Tip: For variation, perform the pull-up with a knee lift. Pull your legs up while pulling your body up, keeping your thighs parallel to the floor.



WORKING INTO A FULL PULL-UP

Negative Pull-up: If you are working up to performing pull-ups, start with a negative repetition exercise. Use body weight and gravity to assist you in quickly strengthening and conditioning arms, back, and shoulder muscles.

Movement: Set sturdy chair beside doorway and use chair to get into up position, chin in line with bar. Make sure chair is on level surface and does not move. Place hands on wide angle section of bar. Lower yourself down slowly over 5-second count. Contract abs to minimize swinging.



TOP HALF/ BOTTOM HALF ISOLATION

This movement takes the pull-up motion and divides it into 2 parts called the **Top Half** and **Bottom Half**.

Top Half: Start with your chin above the bar and drop half way down. You can use a chair to get into the starting position.

Bottom Half: For the bottom half, hang from the pullup bar and pull half way up, then back down.



REGULAR PUSH-UP

Setup: Place your hands shoulder-width apart in a hammer position. Pull your navel in to activate core as you align your head, neck, hips, and legs in a straight line. Keep a strong back throughout the movement by pulling your shoulders back and down. Make sure the unit is on a non-skid surface.

Movement: Slowly lower your body down, flexing at your elbows until they form a 90-degree angle. Hold at bottom of the movement for one count. Push back up to the starting position.



WIDE PUSH-UP

Setup: Place your hands wider than shoulder-width apart on the crossbar. Pull your navel in to activate your core as you align your head, neck, hips, and legs in a straight line. Keep a strong back throughout the movement by pulling your shoulders back and down. Make sure the unit is on a non-skid surface.

Movement: Slowly lower your body down, flexing at your elbows until they form a 90-degree angle. Hold at the bottom of the movement for one count. Push back up to the starting position.



CLOSE PUSH-UP

Setup: Place your hands directly below your shoulders on the center of the bar. Pull your navel in to activate your core as you align your head, neck, hips, and legs into a straight line. Keep a strong back throughout movement by pulling shoulders back and down. Make sure the unit is on a non-skid surface.

Movement: Slowly lower your body down, flexing at your elbows until they form a 90-degree angle. Hold at the bottom of the movement for one count. Push back up to the starting position.



DIP

Setup: If you struggle to complete a Close Push-up, perform dips. Start in a seated position with your hands on the bent portion of the bar. Make sure the unit is on a non-skid surface.

Movement: Lift your body off of the ground, shifting your weight back so your hips are between your hands. Slowly lower down - keeping your elbows as narrow as possible - then press up, performing a tricep dip.



FULL SIT-UP

Setup: Place the Multi-Gym along the base of a doorway and pull it back so that the foam cushions press against the opposite side of the door. Lay on your back and wedge your feet under the cross bar, knees should be bent at 90-degrees. Hold your hands behind your head, fingertips at your ears, and elbows open. Lay on your back and wedge your feet under the cross bar, knees should be bent at 90-degrees.

Movement: Activate your abdominals and perform a full sit-up. Lower your back to the starting position with control. Count two seconds up and two seconds down.



OBLIQUE SIT-UP

Setup: Place the Multi-Gym along the base of a doorway and pull it back so that the foam cushions press against the opposite side of the door. Hold your hands behind your head, fingertips at ears, elbows open. Lay on your back and wedge your feet under the cross bar, knees should be bent at 90-degrees.

Movement: Activate your abdominals and, as you sit up, rotate the trunk to bring one elbow to the opposite knee. Lower back to the starting position with control. Repeat on the other side. Count two seconds up and two seconds down.



STRAIGHT LEG SIT-UP

SETUP: Place The Multi-Gym along the base of a doorway and pull it back so that the foam cushions press against the opposite side of the door. Hold your hands behind your head, fingertips at ears, and elbows open. Lay on your back and wedge your feet under the cross bar, keeping your legs straight.

Movement: Activate your abdominals and perform a full sit-up. Lower back to the starting position with control. Press belly button to floor keeping your back totally flat. Count two seconds up and two seconds down.

Tip: Advanced movement. Only try if you can complete Regular Sit-ups without pain in your lower back.



10-SECOND PULL-UP BACK BLASTER

This is a great workout to help you broaden your shoulders and narrow your waist. The goal is to perform a wide grip pull-up in 10 seconds: 5 seconds up and 5 seconds down. This is about slow controlled movements and quality form. It is not about quantity.

MULTI-GYM PRO WORKOUT CHECKLIST

HEAD: Neutral position – keep your ears in-line with your shoulders and spine.

BACK: Straight, in-line with your neck and hips.

CORE: Contract abs – pull your navel toward spine

LEGS: Bend your legs as necessary

PACE: 5 seconds up and 5 seconds down

BREATHING: Exhale on the way up, inhale on the way down

TEST YOUR 1-SET MAX

Step 1 Using your Multi-Gym Pro, perform as many 10 Second Wide Grip Pull-ups as you can using good form and without stopping. Breathing and form are critical – inhale through your nose and exhale through your mouth while pretending to squeeze your shoulder blades together as if you are holding a tennis ball with your shoulder blades. Remember 5 seconds up and 5 seconds down. This number is your 1 Set Max.

Step 2 Keep in mind that this is a difficult exercise and your 1 Set Max might only be 1 or 2 pull-ups. After you determine your 1 Set Max, take that number and multiply it by 2. This is the number of Negative Modifications you will do. For example, if your Max is 2, then perform 4 Negatives. See chart below.

Step 3 Each workout day you will start with your 10-second pull-up 1 Set Max, and then move to the Negative modification (x2). In week 2, you will complete 2 Sets of each, and 3 sets in week 3. Make sure to rest at least 1 minute between sets. Follow the 21- Day Workout Guide below.

REPETITIONS PER SET:

1 Set Max for 10 second pull-up	Negatives
0	1
1	2
2	4
3	6
5	10
10	20

WORKOUT CHART

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TEST 1 SET MAX Negative Modification (2x 1 Set Max)	OFF	1 SET 10-SECOND PULL-UP Negative Modification (x2)	OFF	1 SET 10-SECOND PULL-UP Negative Modification (x2)	OFF	1 SET 10-SECOND PULL-UP 1 Set of Negative Modification (x2)
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
OFF	2 SETS OF 10-SECOND PULL-UP 2 Sets of Negative (x2)	OFF	2 SETS OF 10-SECOND PULL-UP 2 Sets of Negative (x2)	OFF	2 SETS OF 10-SECOND PULL-UP 2 Sets of Negative (x2)	OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
3 SETS OF 10 SECOND PULL-UP 3 Sets of Negative (x2)	OFF	3 SETS OF 10 SECOND PULL-UP 3 Sets of Negative (x2)	OFF	3 SETS OF 10 SECOND PULL-UP 3 Sets of Negative (x2)	OFF	RE-TEST YOUR 1 SET MAX 3 Sets of Negative (x2)

SUPER SET BACK BLASTER

The hardest part of a pull-up repetition is the beginning of the “pull” and the top of the “pull” (getting your chin over the bar). This workout takes the pull-up movement and divides it into 2 movements called the Bottom Half and Top Half. For the Bottom Half, hang from the pull-up bar and pull half way up, then back down. For the Top Half, start with your chin above the bar and drop half way down. You can use a chair to get into the starting position (see Pull-up Modification description on page 2). **Make sure to rest 1 minute between sets.**

Perform this workout 2-3 times per week with 24 hours rest between workouts.

TOP HALF

START



FINISH



BOTTOM HALF

START



FINISH



Beginner:

TOP HALF - 2 sets of 4 to 6 reps
BOTTOM HALF - 2 sets of 4 to 6 reps

Intermediate:

TOP HALF - 3 sets of 6 to 8 reps
BOTTOM HALF - 3 sets of 6 to 8 reps

Advanced:

TOP HALF - 3 sets of 8 to 12 reps
BOTTOM HALF - 3 sets of 8 to 8 reps

QUICK START CIRCUIT

Circuits are intense and for good reason. They increase your heart rate to support all the different muscles that are in use. This helps to burn more calories during and after the workout. Additionally, higher intensity pushes your body to get faster results.

To start, determine the number of repetitions you want to target for each recommended movement. Use the chart below as a guideline. Perform each exercise as recommended in the progression (follow the arrows). After each exercise rest for 30-60 seconds.

For example, if you are at an intermediate level and you want to start with Circuit A you would perform 10 Wide Pull-ups, rest 30-60 seconds, and then perform 10 Wide Push-ups, rest 30-60 seconds, and finish with the Full Sit-up. This completes 1 Quick-start Circuit. You can repeat this circuit (or alternate with B and C) 1-3 times depending on your fitness level. Perform circuit 2-3 times per week with 24 hours of rest between workouts.

WIDE PULL-UP



WIDE PUSH-UP



FULL SIT-UP



Circuit A

Wide Pull-up (BACK)
Wide Push-up (CHEST)
Full Sit-up (CORE)

Circuit B

Hammer Pull-up (BACK)
Regular Push-up (CHEST)
Oblique Sit-up (CORE)

Circuit C

Chin-up (BACK)
Dip (CHEST)
Straight Leg Sit-up (CORE)

Repetition Goals

Beginner: 4 -8 repetitions per set
Intermediate: 8 -12 repetitions per set
Advanced: 12-18 repetitions per set

Rest 1 minute after each move
Repeat Circuit 1-3 times

*Circuit A Shown

THREE-SET SUPERMAX

This is an intense workout that will take you to your limit in a short amount of time. Perform your maximum number of push-ups, directly followed by your maximum number of pull-ups, then do as many sit-ups as you can complete in one minute. This is one superset. Go immediately from one exercise to the next, without stopping between exercises or sets. Continue for three supersets. Keep track of the number of reps you performed for each exercise in every set.

Time: 3 minutes



Perform the push, pull and sit movements directed below for each set:

SETS	PULL	PUSH	SIT
1	Wide	Wide	Full
2	Hammer	Regular	Oblique
3	Reverse	Close	Straight Leg

Keep track of how many points you earn each time you complete the 3-Set Supermax to track progress. Add up the number of repetitions you complete in three sets and assign yourself points based on the chart below. Use this workout sheet to tally your points.

	PULL	PUSH	SIT
SET 1			
SET 2			
SET 3			
TOTAL REPS			
TOTAL POINTS	TOTAL x3 =	TOTAL x2 =	TOTAL x1 =

⚠ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use this equipment if you weigh more than 300lbs/136kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions.

HARBINGER PYRAMID

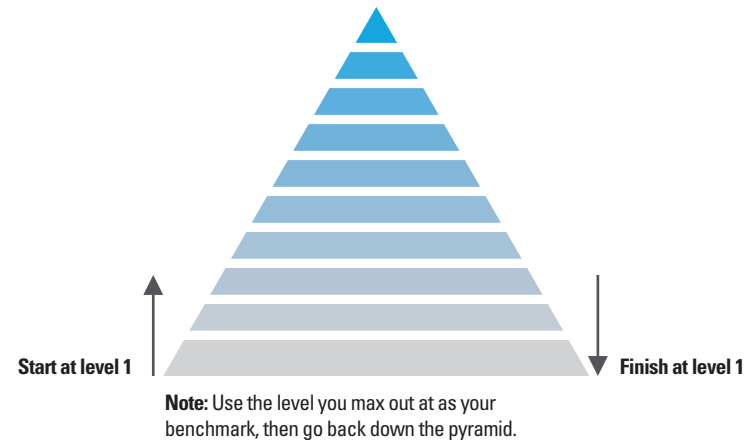
Maxing out on pull-ups, push-ups, and sit-ups is the key to peaking from a solid fitness foundation. This pyramid will take every part of your body to the limit. For every 1 pull-up, you should perform 2 push-ups and 3 sit-ups.

Set 1: Perform 1 pull-up, 2 push-ups, and 3 sit-ups followed by a rest 30-60 seconds.

Set 2: Perform 2 pull-ups, 4 push-ups, and 6 sit-ups followed by a rest.

Continue up the pyramid, increasing your reps after every set until you reach your maximum level, then start back down the pyramid - decreasing your repetitions per set until you've returned to the bottom. Use variations of the pull-up, push-up and sit-up movements during these sets.

If you complete the entire pyramid you should have performed 110 pull-ups, 220 push-ups, and 330 sit-ups.



PULL/ PUSH/ SIT MOVEMENTS

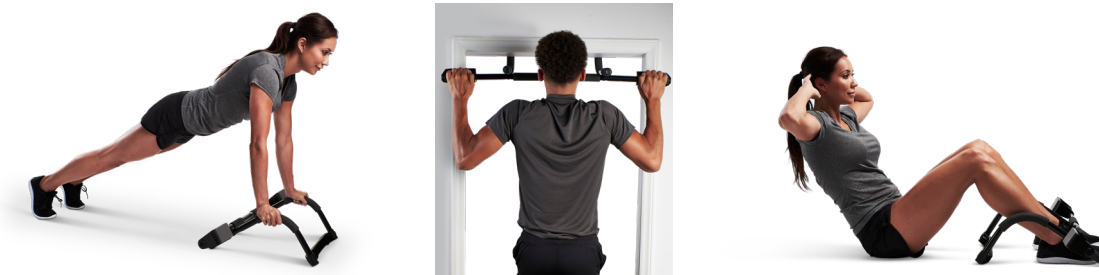
- LEVEL 10 - 10 pull-ups, 20 push-ups, 30 sit-ups
- LEVEL 9 - 9 pull-ups, 18 push-ups, 27 sit-ups
- LEVEL 8 - 8 pull-ups, 16 push-ups, 24 sit-ups
- LEVEL 7 - 7 pull-ups, 14 push-ups, 21 sit-ups
- LEVEL 6 - 6 pull-ups, 12 push-ups, 18 sit-ups
- LEVEL 5 - 5 pull-ups, 10 push-ups, 15 sit-ups
- LEVEL 4 - 4 pull-ups, 8 push-ups, 12 sit-ups
- LEVEL 3 - 3 pull-ups, 6 push-ups, 9 sit-ups
- LEVEL 2 - 2 pull-ups, 4 push-ups, 6 sit-ups
- LEVEL 1 - 1 pull-up, 2 push-ups, 3 sit-ups

EXAMPLE: If you can only achieve 6 pull-ups (level 6) and cannot do anymore, go back down the pyramid starting at level 6. Use the list to the left to determine the number of pull, push, and sit movements for each level.

POWER 10 MINUTE WORKOUT

Select the number of pull-ups you can commit to completing every 2 minutes for 10 minutes (total of 5 sets). Remember, you will be performing this number 5 times in 10 minutes. Multiply your pull-up number by 2 to get the number of push-ups you'll perform per set. Multiply by 3 to get the number of sit-ups you will perform per set. For every 1 pull-up you perform, you should perform 2 push-ups and 3 sit-ups. Conduct one set of pull-ups, one set of push-ups, and one set of sit-ups every 2 minutes for 10 minutes. If you finish your reps before the time is up, rest. In 10-minutes you will have completed 5 sets of each: push-ups, pull-ups, and sit-ups.

Time: 10 minutes



POWER 10- MINUTE WORKOUT GUIDE

PULL-UP	(PULL-UPS COMMITTED) _____	(PULL-UPS COMMITTED) _____	(PULL-UPS COMMITTED) _____	(PULL-UPS COMMITTED) _____	(PULL-UPS COMMITTED) _____
PUSH-UP	(YOUR NUMBER X2) _____	(YOUR NUMBER X2) _____	(YOUR NUMBER X2) _____	(YOUR NUMBER X2) _____	(YOUR NUMBER X2) _____
SIT-UP	(YOUR NUMBER X3) _____	(YOUR NUMBER X3) _____	(YOUR NUMBER X3) _____	(YOUR NUMBER X3) _____	(YOUR NUMBER X3) _____