

GRIP METHODS



Ergo Method – With this method the stronger part of your hand (the middle) does the most work while relieving pressure on the weaker parts. Most used for high reps and low weights.



Power Method – Now you are basically gripping one half of a gymnastic ring! With this method, the weaker parts of your hand are supported so you can lift heavier as you have more pull power. Check the QR Code to see how to set it up.



Power+ Method – This method allows you to perform push exercises on cable machines, sling trainers, bands and pulleys. Also suitable for heavy pull work on machines. Check the QR Code to see how to set it up.



Forearm Method – Instead of your middle finger, put your ring finger through the strap to increase the difficulty of gripping the handle. In this way, your forearm muscles are involved more.



Triceps Method – Apply this method for any triceps exercise. You'll push out of a neutral grip position and the strap won't hurt your fingers. It's also suitable for reverse flies or front laterals.

HOW TO SHORTEN



Step 1 – Attach the handle to a bar, machine or carabiner. Afterwards, hold the bottom of the strap and drag the handle towards the bar or machine. Make sure to insert the bottom of the strap into the side slits, and not any other part of the strap.



Step 2 – Put the bottom of the strap in one of the two side slits (it doesn't matter in which one). Always keep the strap straight, so that your fingers won't feel any pressure when training.



Step 3 – Pull the handle back towards its initial position. To make sure the strap won't fall out of the side slit, put a finger on it while pulling back the handle.



Most common mistake

Between Step 2 and 3, put one finger on the side slit, so that the strap doesn't fall out while pulling back the handle.

After a one or two training sessions, shortening the strap will be a matter of seconds. If not, definitely scan the QR Code to check the how to video.

HOW TO USE

Scan the code to see video explanations of how to grab, shorten and use our products. You'll also find exercise videos, pro tips and FAQs.



QR Code linking to:
angles90.com/pages/a90workoutinsights

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Tag us in your posts or stories – be it your first **#angles90** pull-ups or a honest product review. We repost our clients daily!



MOST COMMON MISTAKES

The strap is hurting your fingers? This is almost always caused by one of the two following reasons. Especially when pulling heavy!



Keep the strap straight and not twisted – pay attention to this when attaching the grips and especially when shortening them.



Put the thumb on the handle's tip or next to your other fingers, as it makes it easier to keep the handle straight. This reduces the strap pressure on your fingers.

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Are instructions **really** necessary?

They are!

Especially for products which are new to the world.

Please read for your own safety!

A90 SLING TRAINER

Smaller than other suspension trainers, but with more functions

Important

- Insert the strap into the metal buckle from the side with the length markings, otherwise it won't hold any weight (please check the QR Code for the how to video)
- Max weight: 250kg (550lb) per single strap
- Find exercises for all muscle groups & how-to's in the QR Code on this sheet

What you didn't know

- Use the so-called Power+ grip method for all push exercises, so that the strap of the Angles90 grips won't bother your fingers
- Apart from suspension training, use it for barless pull-ups, as a dip station, as a weight belt or even as an anchor for your bands and pulley

A90 RESISTANCE BANDS

The best rubber quality on the market – and finally bands with proper handles!

Important

- Resistance levels: Blue band = 9kg (20lb), black band = 18kg (40lb), both bands = 27kg (60lb)
- If you see any damage on the bands, stop using them immediately and report it to support@angles90.com
- Find exercises for all muscle groups in the QR Code on this sheet

What you didn't know

- Use the bands for supported pull-ups
- Use them to increase resistance on machines
- Together with our A90 Ankle Straps you can do all basic hamstring & glute movements

A90 CABLE PULLEY

Substitute lat-, cable- and row-machines, no matter where you are

Important

- Make sure the pulley rope is placed exactly in the middle of the pulley to prevent it from breaking
- Find exercises for all muscle groups & how-to's in the QR Code on this sheet

What you didn't know

- Two pulleys = three times more exercise possibilities!
- Use it for alternating bodyweight rows or partner workouts by attaching one handle per rope tail
- No conventional weight plates needed with the A90 Homemade Weight!

PLEASE READ FOR YOUR OWN SAFETY

Only use our products for exercises shown on our social media channels & on angles90.com.

General

- Use one handle per hand only.
- Max. resistance per handle and strap: 180kg (396lb).
- Children under 16 years of age should not use Angles90 products.
- Adolescents under the age of 18 should only use Angles90 products with adult supervision.
- Never try to put the sewed part of the strap through one of the two central slits!

Training

- Angles90 grips can only be attached to handles, bars or machines that are considered as standard gym equipment.



- Not allowed for any pressing movements on bars, barbells and machines (except cable machines).
- Allowed bar/handle diameter: minimum 2cm (0.79 inches), otherwise you risk breaking the strap.
- Carabiners: only put the handle on non-rusty carabiners and don't place the sewed strap part on it.
- Only shorten the straps like shown in these instructions to prevent the strap from breaking.

Before every usage

- Check if the strap has big frays or is (partially) broken before and after every training. Communicate malfunctions immediately to support@angles90.com
- Angles90 grips should not be left in a gym without supervision or control.
- Do not clean the sewed part of the strap with cleaning agents.
- Keep the handles away from hot, wet, unstable or slippery objects.
- When not working out, keep the Angles90 grips stored in a dry and cool place and do not expose them to extreme weather conditions.

