

## ANCHOR POINT PILATES™

### SAFETY GUIDELINES

1. Listen to the videos Exercise Technique and Equipment before starting
2. Check the resistance bands before every workout for tears, thinness and overuse and replace if necessary.
3. Do not stretch the band beyond 150% of length
4. Avoid pulling the band toward the face and always look away from the band when using it near the face
5. Check the door anchor before every workout and replace if it shows signs of wear and tear
6. Do not place your full body weight on this door anchor.
7. Make sure the door anchor is securely placed as follows:
  - Top anchor on door hinge side of top of the door
  - Mid anchor above the latch
  - Bottom anchor on hinge side of the bottom of the door
8. Use a sticky yoga mat to enhance stability during exercises
9. The programme is designed for people with no medical or biomechanical issues that may be affected by exercise.
10. If you are over 60 and not exercised for a while, check with your doctor before starting.
11. Listen to your body. If pain occurs, discontinue that particular exercise and substitute another exercise for that muscle group

### RECOMMENDATIONS

For best results:

1. Do the *Plan A* 40 min 2-3 times a week and *Plan B* if you are short of time
2. Allow at least one day in between workouts to allow for the muscles to recover
3. Allow 1-2 hours after eating
4. Drink water at regular intervals

5. Wear stretchy clothing
6. It is recommended to do the programme in bare feet, but shoes may be worn for the standing exercises for more stability
7. Add minimum 150 minutes of moderate aerobic exercise weekly e.g. brisk walking, jogging, cycling, swimming, step or low impact aerobics, etc

### Disclaimer

Whilst every effort has been made to make this home exercise programme as safe as possible, as with any activity there is a risk of injury.

By purchasing the programme, you agree to take full responsibility for your own safety and wellbeing and will not hold Anchor Point Pilates™ responsible for any injury or malfunctioning of the equipment.