



# Y-TRAIN Quick Start Guide

1

## Lets get started:

- Unpack the contents of the box
- The device should be partly charged when you receive it, Please fully charge before use.

2

## Lets find your tension:

- Start adding springs one at a time to one side of the frame
- test as you go for a **comfortable** tension

3

## Lets get exercising:

- We suggest starting with exercise 1 - the inverted Y.
- Grip the handles firmly in an upright position squeeze the handles together with slow controlled compression and release.
- **Remember** the release is just as important as the compression - equally as slow and controlled for maximum benefit.

4

## Lets download the app:

- Download the APP **Y-TRAIN** from the apple store or Google Play.
- Follow the instructions and register your account to track your progress and see the workouts!



[www.Y-TRAIN.com](http://www.Y-TRAIN.com)