

The MARV™ Exerciser Instruction Chart

MARV™ stands for “Multi-Angular Rotating Vector” and is the latest development in exercise and rehabilitation technology. The MARV™ Handle was designed by David Berman, MS, PT, COMT, CSCS - a Physical Therapist seeking a more effective method of targeting specific muscles using resistance tubing. The result, the MARV™ 3-way Fitness and Therapy Handle.

The three ways you can use the MARV™ Handle are:

Channel Grip



With the tubing in the channel around the handle, you will take advantage of the increased resistance and stabilizing properties of the MARV™ Handle for upper and lower exercise positions.

Vertical Grip



Position the handle so the tubing exits from the bottom and the top of the handle. This allows you to position your wrist in multiple positions and angles.

Stirrup Grip



Remove the tubing from the channel for the horizontal stirrup type grip.

Each position can be used with most of the exercises. We have placed a photo of the recommended handle position next to each exercise for your convenience.

Attaching the tube to the MARV™ Handle.



The unique ball lock design of the MARV Handle allows you to easily adjust the length of the tube. As the tube is shortened, the resistance level of the tube increases. For lighter resistance, lengthen the tube. Insert the tube completely through the handle's grip so the tube exits the end where the ball portion of the ball lock is located, as illustrated. Leave 3 or more inches visible, then press the ball into the grip while pulling on the tube on the opposite end. This will lock the tube in place. To release, pull the tube to release the ball lock.

Attaching tubing to the Door Attachment.

Every MARV™ Exerciser comes with a TherapyZone door attachment, which allows you to anchor your tube in a high, mid or low position for exercises. Attach the door attachment to any resistance tube by placing the attachment under the middle of the tube (or where you wish to place it), and placing the leather doorstop through the loop at the opposite end and pulling tight. Place the leather doorstop over the top or anywhere along the doorjamb next to the hinges. Stand on the side of the door where you pull the door to close it only.

Important!

Read the instructions below before you use your MARV™ Exerciser.

Before each workout check for possible wear on the tubing. Replace the tubing if cut or frayed.

- Avoid exposing the tube to rough or abrasive surfaces.
- Wear appropriate footwear while using the MARV™ Exerciser.
- Make sure the tubing is secured under your foot before you begin exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding your breath while exercising.
- Consult your physician before beginning any type of exercise program.
- Do not use under any exercise or fitness step product.

Exercise instruction:

- Perform 1-3 sets of 8-12 repetitions during each exercise session. Rest 30 to 60 seconds between each set.
- For the least amount of resistance, stand on the resistance tube with one foot; for the most resistance stand on the tubing with both feet, hip width apart. Resistance levels can also be adjusted by lengthening or shortening the tube with the ball lock in the MARV™ Handles.
- If unable to accomplish 8 repetitions, modify your foot placement on the tube or select a MARV™ Exerciser with a tube that provides a lesser amount of resistance.

Additional exercises are available at www.marvtec.com

Upper Body Exercises:



Shoulder Press

Stand on the tube with one or both feet. Hold the handles shoulder high palms facing out. Slowly press handles upward above your head until arms are straight, slowly return to shoulder high position, repeat.



Lateral Raise

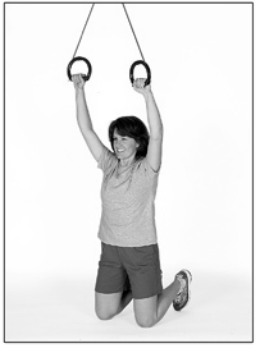
Start with palms facing your body with the stirrup grip or facing front with the channel grip. Slowly lift both arms until handles are shoulder high. Slowly lower handles to original position, repeat. You can also raise handles to the front for a front raise.





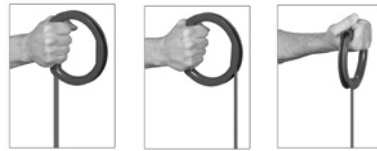
Chest Press

Attach door attachment to the middle of your tube. Secure door attachment to the hinge side of the door just above shoulder height. Face away from the door with hands chest high and press slowly with both hands forward, keep hands chest high. Return to starting position and repeat.



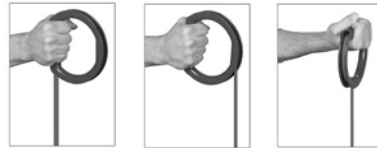
Lat Pull Down

Secure the door attachment to the top of your door as close to the hinge as possible. Connect the door attachment to the tube in the middle. You can sit or kneel facing the door or away from it. Begin with the handles above your head, slowly lower them to your sides, bring your elbows behind your body. Return to the starting position then repeat.



Row

Secure the door attachment waist high in the hinge of a door. Step back from the door until the tube is tight, hold your handles straight out from your chest. Slowly pull your handles to your waist keeping your elbows close and behind your body. Slowly return to the starting position, then repeat.

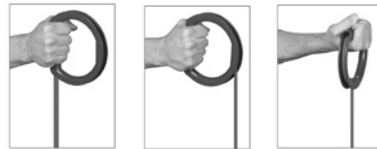


Arm Exercises



Arm/Hammer Curl

Stand with one or both feet on the tube. Hold handles and position hands at your sides. Bend elbows and curl arms up in front of your body to shoulder height. Keep wrists firm and elbows close to your sides. Return to starting position and repeat.

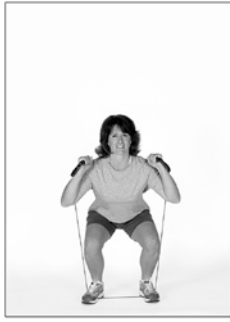


Triceps Kickback

Hold one MARV™ handle chest high with that arm horizontal to the floor. Grasp the tube with your other hand as shown in the photo. Slowly extend your arm until it's straight, return to starting position then repeat. Increase or reduce the resistance by shortening or lengthening the tube length.



Lower Body Exercises



Squat

Using the stirrup grip position place both feet on the tube shoulder width apart. Hold handles at shoulder level with palms facing out. Slowly bend at the knees while keeping your back straight and your chest out. Lower yourself like you are going to sit in a chair until your thighs are parallel to the floor. Press up slowly and repeat. Do not allow your knee to extend past the toe of your foot.



Lunge

Stand with one foot on tube and other slightly behind your body. Hold handles at shoulder level in front of your body. Take a step back and land on the ball of your foot. Bend knees and lower your body to form a 90-degree angle with the upper and lower portion of each leg. Forward knee should not extend past your toes, keep back straight. Push back up to starting position and repeat.

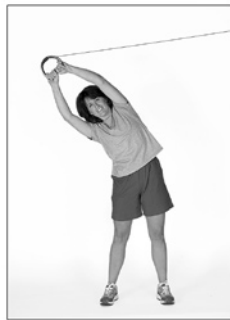


Abdominal Exercises



Crunches

Attach tube to door attachment and secure door attachment to hinge side of your door, about a foot off the ground. Position yourself away from the door on your back. Bend your knees so your heels are on the floor. Hold handles at eye level and beside your head, keep your lower back pressed into the floor and your back straight. Curl up using your stomach muscles, hold for a few seconds and slowly return to starting position and repeat.



Side Bend

Secure the door attachment in the top of the hinge side of a door, hold one handle with both hands directly above your head with a wide, comfortable stance. Keeping your back straight, bend at the waist away from the door. Slowly return to starting position, then repeat.



Turn 180 degrees to exercise the opposite side.



Ab Twists

Secure the door attachment waist high in the hinge side of your door. Standing at a 45-degree angle to the door, grasp handle with both hands in front, waist high. Slowly rotate at the waist keeping your hips still. Return to starting position and repeat. Turn 180 degrees to exercise the other side.



MARV™ products and technology are distributed by:

TherapyZone • 1001 West Arizona Ave. • Denver, Colorado 80223 • www.therapyzone.com