

The MARVplus[™] 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 MARVplus[™] 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



Allow the tubing to run in the channel for the horizontal stirrup type grip.

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

Attaching MARVplus™ to the Door Attachment.

Every MARVplus™ Exerciser comes with a TherapyZone door attachment, which allows you to anchor your tube to a door in a high, mid or low position for exercises. Attach the door attachment to one of the MARV™ Handles by placing the door attachment around the handle 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.

Important!

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

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

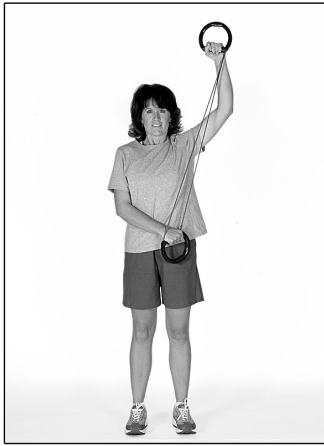
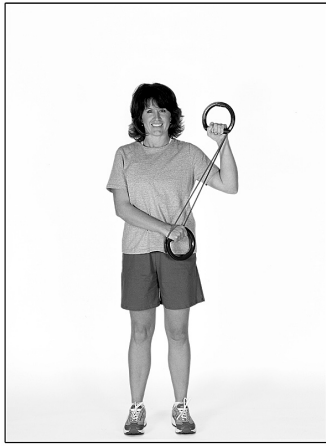
- Avoid exposing the tube to rough or abrasive surfaces.
- Wear appropriate footwear while using the MARVplus™ Exerciser.
- Make sure the tubing is secured under your foot before you begin exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding your breath while exercising.
- Consult 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 MARVplus™ Exerciser with a tube that provides a lesser amount of resistance.

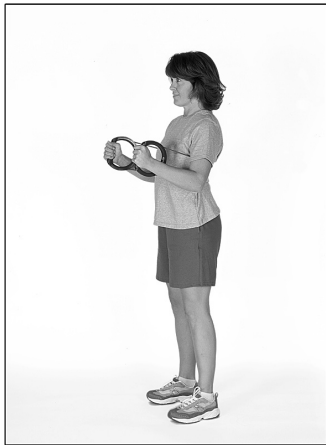
Additional exercises are available at www.marvtec.com

Upper Body Exercises:



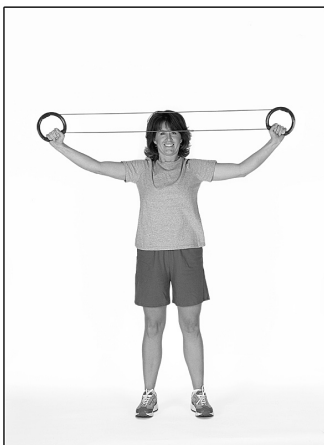
Shoulder Press

Hold one handle waist high and hold the other handle shoulder high as pictured. Press the hand shoulder high up to full extension over your head. Slowly return to starting position and repeat. Switch hands to exercise the other shoulder.



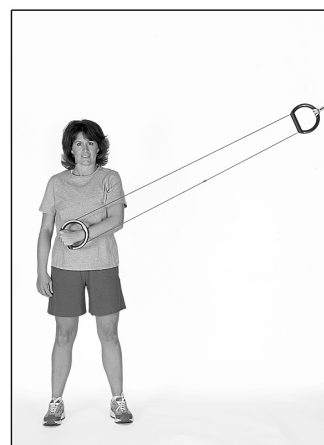
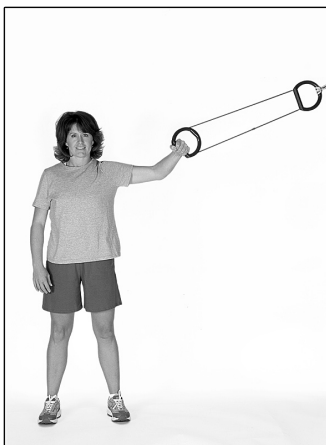
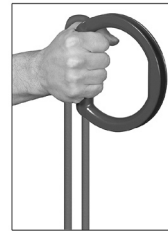
Chest Press

Place the MARVplus™ behind your back, as pictured. Press both arms out slowly and return to original position; then repeat.



Lat Pull Down

Hold both handles over your head. Slowly pull both arms down, keeping elbows slightly bent. Lower arms until they are horizontal to the floor the slowly return to the overhead position; then repeat.



Chest Crossover

Secure the MARVplus™ to the hinge side of a door using the door attachment. Position yourself at a 45-degree angle with your arm extended shoulder high. Bring your hand across your body to the opposite hip. Slowly return to the original position; then repeat.



Arm Exercises:



Arm Hammer Curl

Place one handle securely under one foot. With your elbow held tightly at your side curl your arm up to your chest then lower arm to the starting position and repeat. Reverse foot and arm position to exercise the other arm.



Triceps Kickback

Secure one handle under your foot and bend slightly at the waist. Hold your elbow tight to your side and extend your arm behind you.



Lower Body Exercise:



Lunge

Stand with one foot on both tubes and the other foot slightly behind your body. Hold handles at your sides, as pictured. 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.



MARV™ products and technology are distributed by:

TherapyZone®
Get Well, Stay Well

1001 West Arizona Ave. • Denver, Colorado 80223

www.therapyzone.com