

**LALAHIGH**  
HOME FITNESS PARTNER

PUSH YOUR LIMIT

CONTACT US



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**TRAINING GUIDE**



## LALAHIGH PORTABLE HOME GYM KEEP FIT EVERYWHERE

- Easy to operate and helps you exercise freely
- Train and manage your body more precisely
- Tone and strengthen your body anywhere

### Notes

- Maintain straight head/neck position.
- Keep shoulder down, back, and stable.
- Keep hips in line with torso to properly engage your abs.
- Contract abs when doing push ups.
- Widen stance for better balance when doing inner push ups.
- Inhale on your way down. Exhale on the way up.
- Do not change handgrip positions while doing push ups.
- Modified Push Ups: Knee Position (Beginner), Regular Position (Intermediate), Elevated Position (Advanced).
- IMPORTANT: Work out at your own pace. Your workout time may vary depending on your fitness level.

WARNING : Sport training can result in a fatal injury. Risk of injury can be lessened when safety techniques and common sense are practiced. Do not exercise without proper instructions or supervision, or without first consulting your physician. Always check equipment for worn or damaged parts before using if there are any defects do not use this product.



### Collapsible Training Base

Helps support and optimize your push-ups and plank training. Foldable & portable.



### 3-Section Pilates Bar

Adjust the length of the bar by pressing the button on both sides of the nylon bands.



### Dynamic Handles

Enlarged and non-slip handles with pedals that connects to the resistance bands.



### Resistance Bands

Manufactured with the latest weaving method in order to prevent breaking and aging.



### Hand Grip Strengthener

Using our hand grips strengthener is perfect for improving strength, power and speed in the wrists, fingers, and forearms.



### Anti-Slip Rubber Handle

Thickened and widened handles to make your exercise safer and more comfortable.



### 2 Abdominal wheels

Connect with our 3 section pilate bar and resistance bands to work as an adjustable ab roller, perfect for strengthening your core muscle.



### Non-Slip Pads

Keeps the base stable and from slipping in order to protect you from injuries.



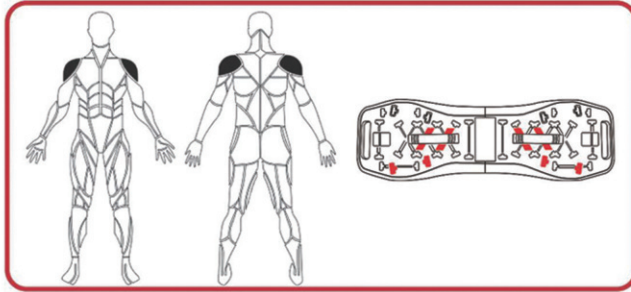
### Ankle Straps

Perfect for all types of leg shapes to help build calf, quads, glutes, and hamstring muscles.



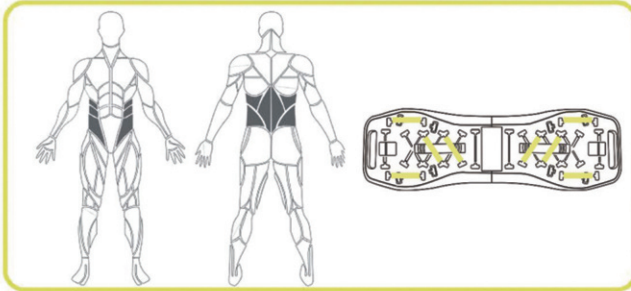
### Jump Rope

Made of anti-slip soft EVA memory foam material and tangle free bearing system.



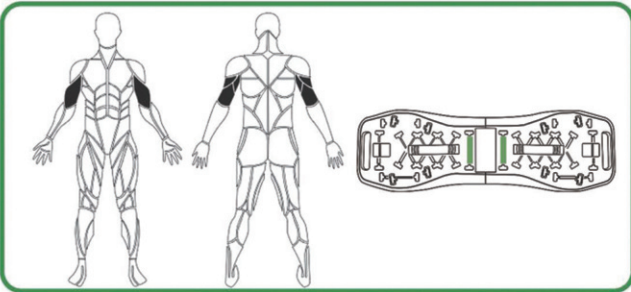
### 1.Red Line-Shoulder Movement

The shoulder effectively forms upper body muscles and provides multiple effective positions and angles for shoulder muscle transportation.



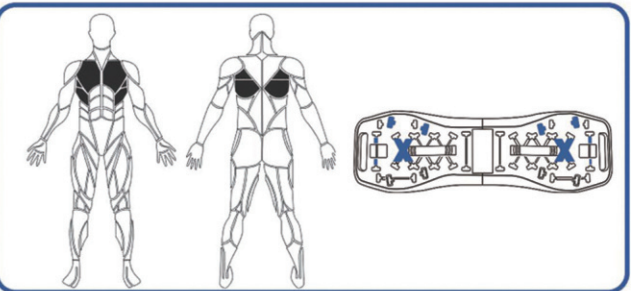
### 2.Yellow Line-TrapeziusMuscle Movement

Provides multiple positions and angles of movement to effectively form a strong spine and back.



### 3.Green Line-Triceps Movement

Provides movements at multiple positions and angles to effectively form peptide triceps muscles.



### 4.Blue Line-Chest Movement

Provides a plurality of movements that effectively form the positions and angles of pectoral muscles and upper limb muscles.



Push up practice, with different color indications, to train specific muscles on chest, arm, shoulder, and back.



### Band+ Strap Boxing & coordination drill

This set is unique to boxing lovers, especially beginners to train coordination and arm strength.



### Band + Handle Biceps & grip streng drill

This set is a fantastic exercise to strengthen your crush grip while building solid biceps.



### Band + Handle Shoulder & back drill

This shoulder and back workout routine is designed to build a muscular, strong back and wide massive shoulder muscles.



### Band + Handle Shoulder drill

The best shoulder exercise targets multiple shoulder muscle groups and involve large movements and ranges of motion.



### Band+ Strap Thigh & hip drill

These two great exercises to reduce thigh and hip fat are very versatile and effective on keep hip tightness and perfect shape.



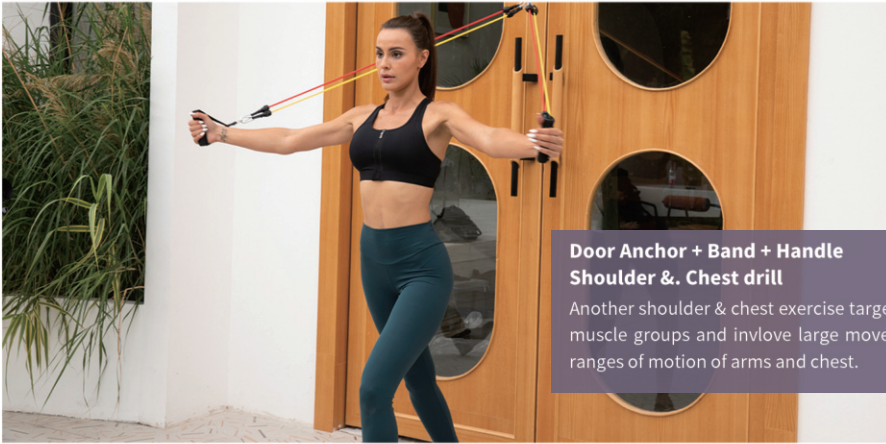
### Band+ Strap Hip drill

Looking for a fitness routine that will strength and work out hip muscles? This move will target your whole hip.



### Core Strength Band + Bar & Wheels Ab muscles & core strength drill

This set is effective in building your abs and strengthening your core, also helps you enhance balance and stability.



**Door Anchor + Band + Handle  
Shoulder &. Chest drill**

Another shoulder & chest exercise targets multiple muscle groups and involve large movements and ranges of motion of arms and chest.



**Band + Handle  
Triceps drill**

**Door Anchor + Band+ Strap  
Thigh & hip drill**

These two great exercises to reduce thigh and hip fat are very versatile and effective on keep hip tightness and perfect shape.



**Door Anchor + Band + Handle  
Triceps drill**

The triceps are a muscle group that is frequently overlooked. This set of drill is an effective exercise for targeting the triceps.

**Band + Bar  
Biceps drill**

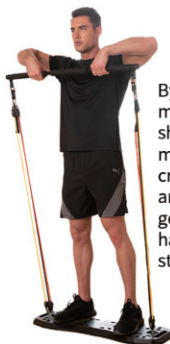


This is one of the best tricep workout routine. Extend your arms straight overhead, bend them at the elbows, and lower the handle behind your head.



Another biceps drill, not only targets the biceps as well as the forearms.

**Band + Bar  
Shoulder and grip strength drill**



By training this set of move, we can make our shoulder rehab exercises more effective and increase the strength of our arm. This training aims to get your supraspinatus, hands and shoulders strong.

**Band + Bar  
Weightlifting drill**



A traditional weightlifting using band instead of weights aims to increase your body strength and muscle tone, and improve your bone density.

This program isn't just for the true beginner who has never touched a weight before; it's also suitable for anyone who has taken an extended leave of absence from training.

**BEGINNER'S WORKOUT AT A GLANCE**

Week 1: Full-body split

Week 2: Two-day split: Upper body/Lower body

Week 3: Three-day split: Push/Pull/Legs

Week 4: Four-day split: Full body

**WEEK 1: WHOLE IN ONE**

You'll begin the program with a full-body training split, meaning you'll train all major body parts in each workout (as opposed to "splitting up" your training). Train 3 days this first week, performing just one exercise per body part in each session. It's important that you have a day of rest between each workout to allow your body to recover. In Week 1 you'll perform three sets of every exercise per workout with 12 reps for each set, a good starting volume for your purposes. With the exception of ab roller for abs, you'll do 6-8 reps per set. This rep scheme is widely considered ideal for achieving gains in muscle size and is commonly employed by amateur and pro bodybuilders. Notice in the workouts that your first set calls for 12 reps, your second set 10 reps and your third set 8. This is referred to in bodybuilding circles as a "pyramid".

**WEEK 2: SPLIT DECISION**

You're only a week into the program, yet you'll begin to train different body parts on different days with a two-day training split (meaning the entire body is trained over the course of two days, rather than one as in the first week). You'll train a total of four days this week; the split includes 2 upper-body days and two lower-body days with 3 sets of every targeting exercise, and each body part is trained twice. Several exercises from Week 1 shall be carried over to Week 2, so you can train specific muscle groups more completely and thoroughly. You'll again employ a pyramid scheme of reps, though in Week 2 you'll go slightly higher in 15 reps on your first set of each exercise.

**WEEK 3: THREE ON THREE**

In the third week of the program, we step it up to a three-day training split: Train all "pushing" body parts (chest, shoulders, triceps) on Day 1; hit the "pulling" body parts (back, biceps) and abs on Day 2; and work your lower body (quads, glutes, hamstrings, calves) on Day 3. As in Week 2, you train each body part twice a week, so you'll keep going six days this week. One more set shall be added to major body part routines (chest, back & abs) to provide even more muscular endurance from which to train your target muscles to promote complete development.

**WEEK 4: TURNING UP THE VOLUME**

In the fourth and final week of the program, you'll train four days in a four-way split that hits each body part just once (except for calves and abs, which are each trained twice). As you'll see, chest and triceps are paired up, as are back with biceps and quads with hamstrings, each a very common pairing among novice and advanced bodybuilders. Shoulders are trained more or less on their own, and you'll alternate hitting calves and abs—which respond well to being trained multiple times per week—every other workout. Rep schemes remain in the hypertrophy range this week, but overall volume increases by adding more sets to individual exercise. Completion of this four-week program now entitles you to go to the next stage.