

Feel the Difference!

IsoBar®

Owner's Manual



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SAFETY AND WARRANTY INFORMATION

It is the sole responsibility of the purchaser of TRUFORM FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of TRUFORM FITNESS exercise equipment be informed of the following information prior to use.

EQUIPMENT SAFETY

READ AND UNDERSTAND THE OWNER'S MANUAL, ALL WARNING LABELS AND DECALS ON THE EQUIPMENT. PLEASE USE ALL PRECAUTIONARY MEASURES NECESSARY FOR SAFETY.

Equipment is to be used only under qualified supervision.

DO NOT use any equipment in any way other than designed or intended by the manufacturer. **DO NOT** modify the equipment.

Keep hands, fingers, clothing and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.

Keep observers, especially children, at a safe distance from the equipment while in operation. **DO NOT** allow children to play on the equipment.

Carefully **INSPECT** the equipment and belts before each use. Replace or repair any frayed, worn, loose or damaged parts. Use only replacement parts supplied by TRUFORM FITNESS.

Maintain labels and nameplates. **DO NOT** remove labels for any reason. They contain important information. If illegible or missing, contact TRUFORM FITNESS for a replacement.

MAINTAIN ALL EQUIPMENT. Preventative maintenance is the key to smooth operating equipment as well as

keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

Ensure that any person(s) making adjustments or repair of any kind is qualified to do so.

EXERCISE SAFETY

It is recommended that ALL individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

DO NOT attempt to lift more weight than can be comfortably handled. Avoid the risk of injury by remaining within safe limits. Always warm up before a workout.

Weight training does involve an element of risk. The manufacturer does not accept responsibility for any injuries that occurred while using this apparatus.

ISOBAR SPECIFIC OPERATING WARNINGS

NEVER grab only one hand grip when lifting or handling equipment. Always use BOTH hand grips.

Familiarize yourself with the movement of the hand grips prior to using equipment.

DO NOT utilize this exercise equipment without first reading the User's Manual. Demonstrations by instructors are encouraged.

Start out with LOWER weight than normal until you are familiar and comfortable with equipment operation.

INSPECT belts and their connections prior to use. DO NOT use equipment if belts appear loose, worn or damaged. Notify qualified service personnel immediately.

Verify hand grips slide smoothly and freely prior to use.

Always use weight collars to secure weights.

WARRANTY

LIMITED WARRANTY

TruForm Fitness LLC warrants all new TruForm Fitness products to be free from defects in materials and manufacture for the warranty period of 3 years parts and labor; 1 year belts, bushings and bearings.

The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify TruForm Fitness or your authorized TruForm Fitness dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by TruForm Fitness or its service representative. TruForm Fitness's obligations under this warranty are limited as set forth below.

CONDITIONS AND RESTRICTIONS

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the TruForm Fitness product only while
 - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - b. it has not been subjected to accident, misuse, abuse, improper service, or non-TruForm Fitness modification.
 - c. claims are made within the warranty period.
3. This warranty does not cover equipment damage caused by failure to provide reasonable maintenance as outlined in the Owner's Manual.
4. Except in Canada, TruForm Fitness does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Normal wear and tear, cosmetic items, including, but not limited to the following: bumpers, bushings and labels.
2. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
3. Pickup, delivery or freight charges involved with repairs.
4. Any labor costs incurred beyond the applicable labor warranty period.

DISCLAIMER

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

EXCLUSIVE REMEDIES

For any product described above that fails to conform to its warranty, TruForm Fitness will provide, at their option, one of the following: (1) repair; or (2) replacement. TruForm Fitness Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. TruForm Fitness compensates Servicicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

INTRODUCTION

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards. ***We want you completely satisfied with our Products and will do everything possible under the terms of our warranty to keep you secure in knowing you have bought the best!***

IsoBar Products

Congratulations on the purchase of your new IsoBar product. The IsoBar utilizes innovative patented sliding hand grips that are linked and always remain equidistant from the center, thus allowing the user to always maintain perfect balance, symmetry and control during exercise movements. The extraordinary IsoBar combines the range of motion, isolation, variation, ease on joints and muscle recruitment possible with dumbbells with the control, simplicity and racking ability of barbells.

The IsoBar helps bridge the gap between traditional static free weight bars and complex strength training exercise machines, making a whole new class of strength and balance training exercises possible.

IsoBar Benefits

The following is a list of some of the benefits that may be achieved by using IsoBar products.

- ◆ ***Improves muscle isolation:*** Muscles outside of the targeted muscle group can no longer use leverage from fixed hand positions to assist with exercise movements.
- ◆ ***Reduces stress on associated joints:*** Since the hands are no longer constrained to a fixed position, lower stress is placed on supporting joints and connective tissue.

- ◆ ***Increases exercise range of motion:*** Sliding hand grips expand the range of motion possible during exercise movements.
- ◆ ***Enhances targeting of specific muscle groups:*** The ability to “squeeze together” or “push apart” the hands during movements aids in effectively targeting specific muscle groups.
- ◆ ***Maximizes exercise variations:*** The IsoBar provides unlimited variations on traditional free-weight exercises maximizing muscle stimulation and growth. Mid-exercise grip adjustments and a brand new class of exercise movements are now possible with the IsoBar.
- ◆ ***Enforces symmetrical exercising:*** Proper side-to-side balance and movement symmetry is effortlessly maintained since the hand grips always remain equally spaced.
- ◆ ***Enhanced push-ups:*** Experience all the same great IsoBar benefits while performing push-ups with the IsoBar placed on the floor.

Instructions for Use

IsoBar Operation

Always use BOTH hand grips while using the IsoBar. Start with a low initial weight when first using the IsoBar until you become familiar with its use and operation. It is normal for the bar to feel a little shaky during the first few times. This will decrease over the time as your balancing muscle groups become stronger and as your body adapts to new exercise movements with the IsoBar. Even after you have been using the IsoBar regularly, you still may not be able to use as much weight as you do with conventional barbells due to its unique patented design, which increases the effort required by stabilizing and secondary muscle groups during certain exercises.

Make sure to INSPECT the belts and their connections on the IsoBar before each use to ensure integrity and proper functionality. Also, verify that the hand grips slide smoothly and freely prior to each use. Always rack the IsoBars on the cylindrical racking portion of the bar and NOT on the flat surfaces.

Maximum benefit will be seen when using slow controlled movements with the IsoBar. The IsoBar may be used in a number of different ways during exercise movements, including, but not limited to:

1. **Naturally** - Let your hands follow the natural path they want to move on their own during each exercise movement. Generally, this will be with the hands slightly sliding together as they move further away from the body, and with the hands sliding slightly apart as they move closer to the body.
2. **Exaggerated** – While performing an exercise movement purposely squeeze your hands together when they move away from the body and

purposely slide them apart as they get closer to body. Experiment with different amounts of side-to-side hand travel during movements. Using this method, it is possible to simulate a dumbbell bench press while using the IsoBar for bench presses.

3. **Varying** – During a given exercise movement experiment with various hand trajectories. Use the trajectory that works the targeted muscle group the most. For example, you can perform bicep curls with either a slight sliding together or sliding apart movement to hit different parts of your bicep. It has been proven that maximum muscle growth is achieved by periodically varying workout routines.
4. **Mid-Exercise Grip Adjustments** – During a given exercise a set number of repetitions can be performed with the hands held in one location, relative to one another, and then without re-racking the bar, the hands can be moved to new location with additional repetitions performed, adding variance to your routine.
5. **Novel** – Due to the IsoBar's unique design, new exercise movements can now be performed that were never before possible. As an example, while performing a bench press, hold hands a fixed distance away from the body, then repetitively move hands closer and further apart from one other. This simulates a dumbbell fly movement while using the IsoBar.
6. **Push-Ups** – The IsoBar or IsoBar Lite can be placed on the floor and used to perform push-ups, while realizing all the same benefits of using the IsoBar to perform bench presses.

Regardless of your approach, you will benefit by feeling less stress placed on associated joints during exercise movements. You will also benefit by having the ability to

add new and different exercise movements to your existing exercise routines.

Note – If the IsoBar ever becomes unsteady during use then slide the hand grips all the way to the outside. This will immediately stabilize the IsoBar and help you to regain proper control.

IsoBar and IsoBar Lite Exercises

The following is a partial list of the strength training exercises that may benefit by use of either the **IsoBar** or **IsoBar Lite**:

1. **Bench Press** (incline, flat, decline)
 - a. *Muscles Used* – Pectorals (upper, medial, lower, inner and outer)
 - b. *Advantages* – Allows a more natural “squeezing” motion at the top of the press while reducing strain on shoulder joints by allowing hands to move freely in the lateral direction during presses; isolates Pectoral muscles since using unconstrained hand grips does not allow the Triceps to be used in assisting with the movements; exaggerated lateral hand motions (inward or outward) can be used during the presses to concentrate on either the inner or outer Pectorals; provides for mid-exercise grip adjustment
 - c. *Variation* – Pause and hold press midway through movement and then move hands back and forth laterally using a slow inward and outward motion.
2. **Shoulder or Military Press**
 - a. *Muscles Used* – Deltoideus (anterior, middle, posterior), Pectorals (upper)
 - b. *Advantages* – Allows a more natural “squeezing” motion at the top of the press

while reducing the strain on shoulder joints by allowing hands to move freely in the lateral direction during presses; isolates Deltoid muscles since using unconstrained hand grips does not allow the Triceps to be used in assisting with the movements; exaggerated lateral hand motions (inward or outward) can be used during the presses to concentrate on either the anterior Deltoids and upper Pectorals or the medial Deltoids; provides for mid-exercise grip adjustment

3. Bent-over Rows

- a. *Muscles Used* – Latissimus Dorsi, Teres, Deltoids (posterior), Trapezius
- b. *Advantages* – Allows a more natural “widening” motion at the top of the lift; greatly reduces strain on joints by allowing hands to move freely in the lateral direction during lifts; exaggerated lateral hand motions (outward or inward) can be used during the lifts to concentrate on either the Lats and Teres or the posterior Deltoids and Trapezius; provides for mid-exercise grip adjustment.

4. Upright Rows

- a. *Muscles Used* – Deltoideus (anterior, middle, posterior), Trapezius (superior, middle, inferior)
- b. *Advantages* – Allows a more natural “widening” motion at the top of the lift; greatly reduces strain on shoulder joints by allowing hands to move freely in the lateral direction during lifts; exaggerated lateral hand motions (outward or inward) can be used during the lifts to concentrate on either the posterior Deltoids and inferior, middle Trapezius or the

anterior, middle Deltoids and superior Trapezius.

5. Bicep Curls (standing, preacher)
 - a. *Muscles Used* – Biceps Brachii (short, long head), Brachialis
 - b. *Advantages* – Provides for mid-exercise grip adjustment; exaggerated lateral hand motions (inward or outward) can be used during the curl movements to concentrate on either the short head or long head of the Biceps Brachii.
6. Triceps Extensions (standing, seated, lying down)
 - a. *Muscles Used* – Triceps Brachii (medial, lateral, long head)
 - b. *Advantages* – Provides for mid-exercise grip adjustment; and greatly reduces strain on elbow joints during extension movements by allowing hands to move freely in the lateral direction during movements.
7. Front Raises (standing, seated)
 - a. *Muscles Used* – Deltoideus (anterior, middle, posterior), Pectorals (upper)
 - b. *Advantages* – Exaggerated lateral hand motions (inward or outward) can be used during the raises to concentrate on either the anterior Deltoid and upper Pectoral or the middle and posterior Deltoid.
8. Pullovers (lying down)
 - a. *Muscles Used* – Pectorals (upper), Triceps (long head), Teres, Serratus (anterior), Latissimus Dorsi
 - b. *Advantages* – Reduces strain on shoulder joints by allowing hands to move freely in the lateral direction during pullovers; exaggerated lateral hand motions (inward or outward) can

be used during the pullovers to concentrate on either the upper Pectorals and Serratus or the Teres and Lats.

9. Push-ups

- a. *Muscles Used* – Pectorals (upper, medial, lower, inner and outer)
- b. *Advantages* – Provides for mid-exercise grip adjustment with a more natural “squeezing” motion at the top of the push-up; reduces strain on shoulder joints by allowing hands to move freely in the lateral direction during movements; isolates Pectoral muscles since using unconstrained hand grips does not allow the Triceps to be used in assisting with the push-ups; exaggerated lateral hand motions (inward or outward) can be used during the push-ups to concentrate on either the inner or outer Pectorals.
- c. *Variation* – Pause and hold push-up midway through movement and then repeatedly move hands back and forth laterally using a slow inward and outward motion.

10. Other Exercises- Wrist Curls, Barbell Shrugs, etc.

IsoPuller™ Exercises

The following is a partial list of exercises that may benefit by use of the **IsoPuller** cable attachment bar:

Lat Pulldowns, Seated Rows, Upright Cable Rows, Cable Bicep Curls, Triceps Pressdowns, Triceps Extensions, Cable Wrist Curls, etc.

MAINTENANCE

Storage and Racking

Always rack the bars on the cylindrical racking portion of the bar and NOT the flat surfaces of the bar. In the IsoPuller case, when not attached to a cable machine, either store the bar on an uniform surface or on an accessory rack that has padded posts.

Cleaning

Clean with a cloth and mild metal cleaner if desired. Periodically wipe down bar surfaces. Wipe off any loose particles or debris that may be present on bar surfaces.

Inspection

Visually inspect entire length of belts and their connections prior to each use. If components appear loose, frayed, worn or damaged then replace immediately. Use only TruForm Fitness replacement parts and/or an authorized TruForm Fitness service center for any repair(s).

Verify that there is no loose hardware prior to use, tighten if necessary.

Verify that the hand grips move freely and smoothly prior to each use. If proper operation cannot be verified then notify an authorized TruForm Fitness service center.

Lubrication

Periodic lubrication is not required for proper operation. Only high-quality sealed / maintenance-free bearings are used in TruForm Fitness products. If desired, the flat bar surfaces may be wiped down periodically with a light machine oil or lubricant to help prolong the life of the equipment, but this is not a strict requirement.

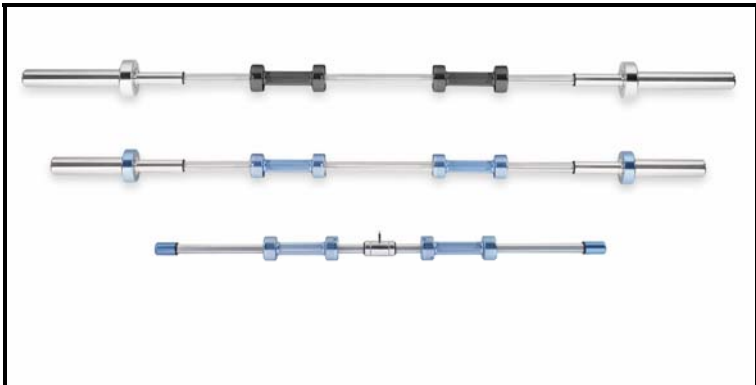
SPECIFICATIONS

	<i>IsoBar Lite</i>	<i>IsoBar</i>	<i>IsoPuller</i>
Weight	10kg (22lb)	20kg (44lb)	6 kg (13.2lb)
Length	67"	76"	48"
Rating	250 lbs	500 lbs	300 lbs
Grip Size	1.4"	1.5"	1.4"
Color	Silver/Blue	Silver/Black	Silver/Blue

- Compatible with Olympic benches, racks and weight plates. 1.95" diameter weight sleeves and 42" to 52" bar racking area (dimensions apply to IsoBar and IsoBar Lite).
- High-quality, corrosion-resistant, stainless steel bar and weight sleeves.
- Redundant polyurethane belt with steel tension members for safety and long-life.
- Stainless steel long-life maintenance-free bearings.
- Durable hard-anodized hand grips.
- Designed and assembled in the USA
- US Patent 10/691,733, other Patent(s) Pending

The IsoBar Product Line

- **IsoBar Lite** – Lighter 10kg (22 lb) Olympic-style commercial free-weight IsoBar, perfect for users performing free-weight exercises that do not require or cannot lift heavier weights.
- **IsoBar** – Standard 20kg (44 lb) heavy-duty Olympic-style commercial free-weight IsoBar, built tough for use with heavier weights.
- **IsoPuller** – Cable attachment 48” commercial IsoBar, for use with cable pulling strength training machines, with single cable attachment eye in the center.
- **IsoPuller2** – Similar to the IsoPuller, but with dual cable attachments on bar ends, instead of a single attachment eye in the center.



TruForm Fitness™ LLC is an innovative commercial fitness equipment manufacturer committed to providing the best exercise experience possible to people of all skill levels and background. Our products use only the highest quality components, are thoroughly tested and are designed to last.



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