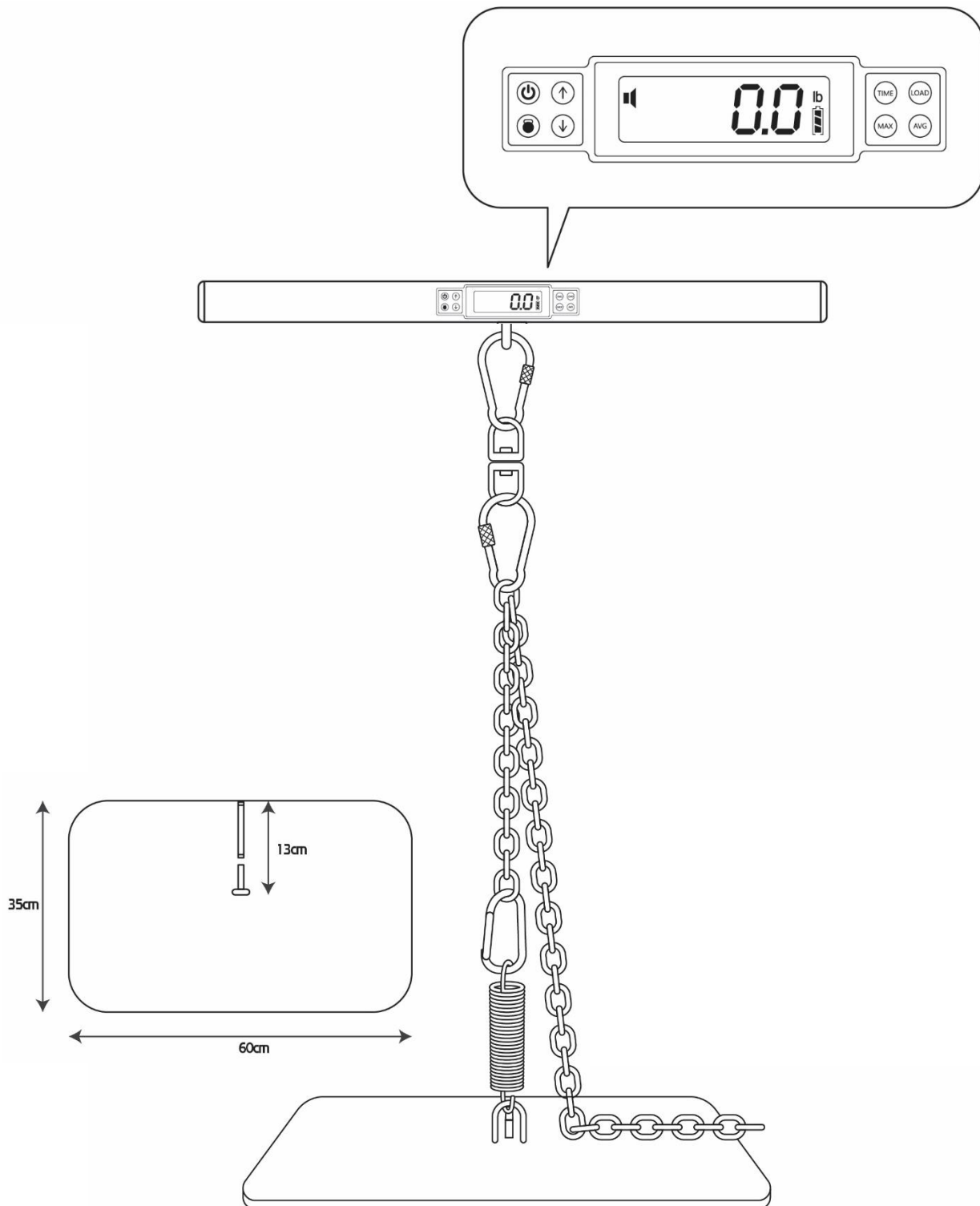


ISOCHAIN

Instructions and Quick Start Guide



Questions? Email support@dragondoor.com or call 651-487-2180

CONSTRUCTING YOUR ISOCHAIN

When constructing your Isochain, it is important to attach the components in the correct order:

The handle's loading ring (1) should be attached to a screw-lock carabiner (2).

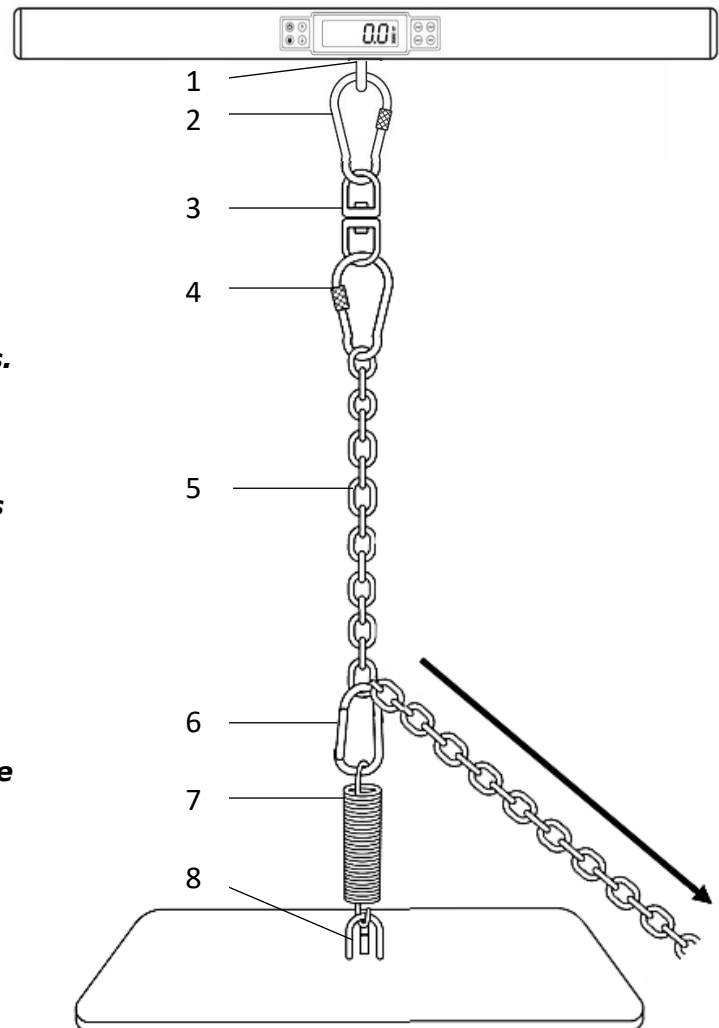
This top carabiner should attach to the revolving pin (3). This component allows the chain to swivel, and protects the loading ring from torque under high loads.

The revolving pin attaches to a second screw-lock carabiner (4).

The second screw-lock carabiner attaches to the top of the chain (5).

The chain attaches to a snap-hook carabiner (6). This is the carabiner you will remove and reattach when adjusting the chain length during drills—there is no need to ever remove the top, screw-lock carabiners, unless you are dismantling the device.

The snap-hook carabiner attaches to the heavy-duty spring (7), which attaches to the baseplate (8).



PLEASE REMEMBER!

- *Isometric Strength Training (IST) can be strenuous. Please consult your Healthcare Practitioner before embarking upon any new training regime.*
- *IST can involve high levels of force. Always warm-up your muscles and joints thoroughly before serious practice.*
- *The Isochain handle is constructed from durable materials, but it still contains electronics; always set the handle down carefully. Never drop the Isochain handle.*
- *The Isochain is manufactured to accommodate 1000 lbs of resistance. Do not use more than this. If you find your front squat or deadlift creeping above this weight, switch to more difficult exercises (e.g., split squat, Bulgarian split squat, iso-pistol, hack squat, single-leg deadlift, etc).*

ADJUSTING YOUR ISOCHAIN

A



When you need to adjust the length of your chain for a new drill, always use the lowest, snap-hook carabiner. This will save you lifting excess chain—any slack chain will be attached to the bottom carabiner, not the handle.

Lay down the handle carefully, and disconnect the chain from the lower carabiner. The chain is now loose.

B



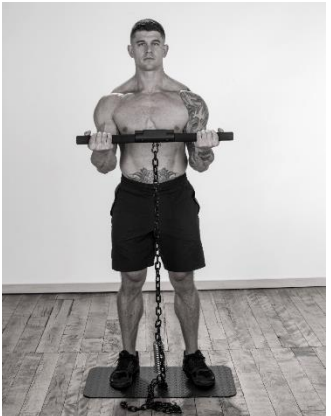
Pick up the handle—the chain now being unattached to the spring—and raise it to the height you want for the exercise—for example, sternum height. Look down, and identify which chain link will be a few inches (spring plus carabiner length) above the baseplate (this can be an approximate). Keep an eye on this area of chain.

C



Kneel down again, and attach that area of chain to the lower carabiner.

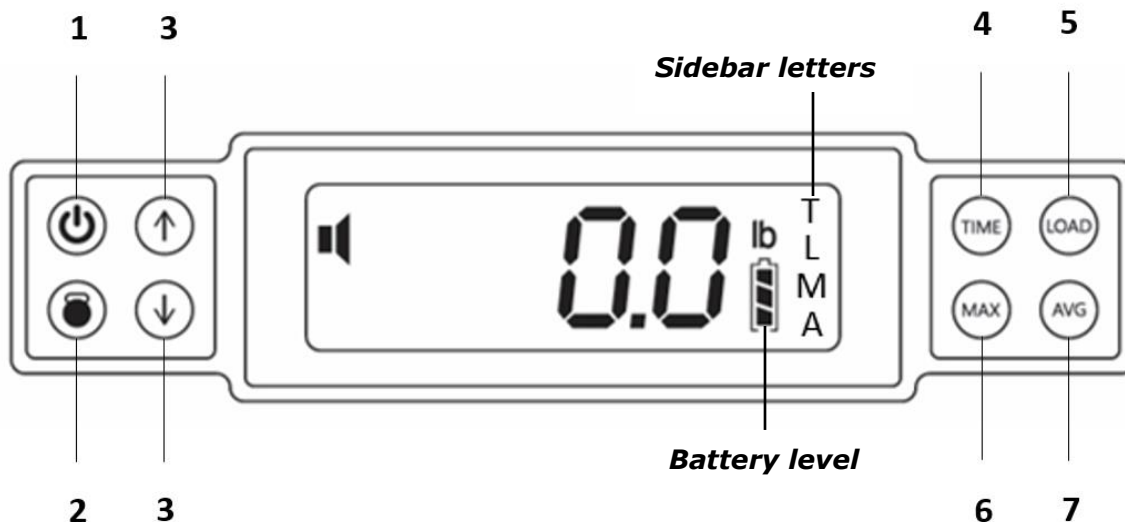
D



Your bar will now be at the desired height.

After a while, you won't even need to rehearse the drills with the chain unattached to the spring—you'll instinctively know the height the handle needs to be for various drills.

CONSOLE CONTROLS AND MODES



- 1. Power.** On/off
- 2. Weight Toggle.** Kg or lbs; holding Weight Toggle allows you to access the **Volume Control**, using the Up/Down keys
- 3. Up/Down.** To select custom Target Load, Target Time or change volume
- 4. Timed Mode.** Default time is 6-seconds; holding Timed Mode allows user to set a custom Target Time
- 5. Load Mode.** Allows user to set a Target Load
- 6. Max Mode.** Shows maximum force (in weight) achieved during an iso-hold
- 7. Average Mode.** Shows average force (in weight) achieved during an iso-hold

ISOCHAIN MODES

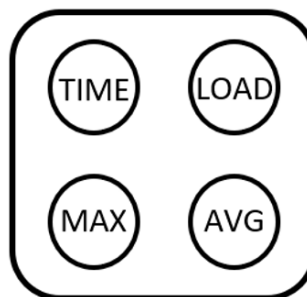
Default: FEEDBACK MODE

Mode 1: TIMED MODE

Mode 2: LOAD MODE

Mode 3: MAX MODE


Mode 4: AVERAGE MODE





FEEDBACK MODE: Tells you weight being lifted in real time

1. Feedback Mode is the Isochain's default mode, when the device is turned on. When *Feedback Mode* is activated, there is no sidebar letter on the display.
2. Whenever you push or pull the handle, the digital console displays the forces being used in real time. (The speaker and timer do not function.)


LOAD MODE: Tells you when you reach a Target Load during an iso-hold

1. To activate *Load Mode*, press the  key. The sidebar letter on the display will read "L" when Load Mode is activated.
2. Use the Up/Down keys to select a **Target Load** (10-999 lbs).
3. The speaker will now bleep every second the Target Load is maintained or exceeded during an iso-hold.


TIMED MODE: Tells you when you reach a Target Time for an iso-hold

1. To activate *Timed Mode*, press the  key. The sidebar letter on the display will read "T" when Timed Mode is activated.
2. To set the **Target Time**, hold the  key for 2 seconds.
3. Use the Up/Down keys to select **Target Time** in seconds (2-999 seconds).
4. Once the time is set (stops flashing), use the Up/Down keys to set **Target Load**.
5. The speaker will now bleep every second the Target Load is maintained (or exceeded) during an iso-hold, for the amount of time set in Step 3. The final bleep will last two seconds, to let you know the Target Time is up.

MAX MODE: Tells you the maximum weight you lifted during an iso-hold

1. To activate *Max Mode*, press the  key following an iso-hold (you can be in any other mode when you do this). The sidebar letter on the display will read "M" when Max Mode is activated.
2. The display will show the highest force level (as weight) achieved since the mode was last changed.

AVERAGE MODE: Tells you the average weight you lifted during an iso-hold

1. To activate *Average Mode*, press the  key following an iso-hold (you can be in any other mode when you do this). The sidebar letter on the display will read "A" when Max Mode is activated.
2. The display will show the average force level (as weight) achieved since the mode was last changed.

QUICK START PROGRAMS

Warm-up well before each session, and break into your training gradually.

PROGRAM A: MUSCLE-BUILDING (Load Mode)

Set the Target Load on each drill to a weight you can comfortably hold for around 20 seconds.

- | | | |
|-------------------|-----------------------|---------------------|
| 1. Deadlift | 3 holds of 20 seconds | |
| 2. Shoulder press | 3 holds of 20 seconds | 3 SESSIONS PER WEEK |
| 3. Bent row | 3 holds of 20 seconds | |
| 4. Biceps curl | 3 holds of 20 seconds | |

-When you can reach 20 seconds on each iso-hold, increase the Target Load by 10%.

PROGRAM B: STRENGTH & SIZE (Timed Mode)

Set the Target Load to a weight you can comfortably hold for around 10 seconds; set the Target Time to 6 seconds.

- | | | |
|-------------------|----------------------|---------------------|
| 1. Deadlift | 6 holds of 6 seconds | |
| 2. Front squat | 6 holds of 6 seconds | |
| 3. Bent row | 6 holds of 6 seconds | 3 SESSIONS PER WEEK |
| 4. Shoulder press | 6 holds of 6 seconds | |
| 5. Curl | 6 holds of 6 seconds | |

-When you can perform all 6 reps for 6 seconds, increase the Target Load by 10%.

PROGRAM C: PURE STRENGTH (Max Mode)

Perform your drills in Feedback Mode (default setting). Don't count the timing of your holds—just pull/push for a few seconds until you feel you've hit your limit.

- | | | |
|-------------------|----------|-----------------------|
| 1. Deadlift | 10 holds | 3-4 SESSIONS PER WEEK |
| 2. Shoulder press | 10 holds | |

-Note your max weight on every hold, and try to improve them over time.

PROGRAM D: MUSCULAR ENDURANCE (Average Mode)

Perform your drills in Feedback Mode (default setting). Use a clock or an app alarm to time your holds.

- | | | |
|-------------------|------------------------|-----------------------|
| 1. Front squat | 4 holds of 100 seconds | |
| 2. Shoulder press | 4 holds of 100 seconds | 2-3 SESSIONS PER WEEK |
| 3. Bent row | 4 holds of 100 seconds | |
| 4. Clean pull | 4 holds of 50 seconds | |

-Note your average weight after every hold, and try to improve it over time.