

ISOMAX

INSTRUCTIONS AND QUICK START GUIDE



CONTENTS OF YOUR ISOMAX SYSTEM



Your ISOMAX purchase contains:

1. *Digital ISOMAX unit handle*
2. *Military-grade contoured baseplate*
3. *Numbered polyamide strap with attached carabiner*
4. *Loose carabiner*
5. *Warm-up resistance band*
6. *USB recharging cable*



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

HOW TO SET UP AND ADJUST YOUR ISOMAX



1. Loop the bottom of the webbing strap around the center of the baseplate, and secure it into the lowest pocket using the fixed snap-hook.



2. Attach the loading pin of the handle to one of the numbered pockets, using the snap-hook provided.

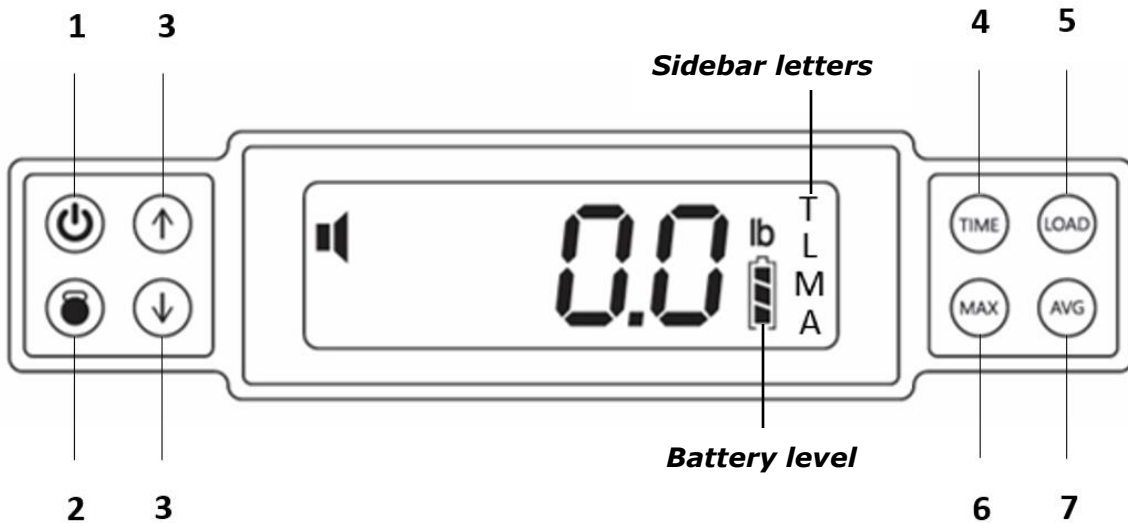
NB: Always lay down your handle when attaching it to the strap, to avoid dropping it.

To adjust the height of the handle for different drills, simply unclip the snap-hook and re-secure it into the required pocket.

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 ISOMAX handle is constructed from durable materials, but it still contains electronics; always set the handle down carefully. Never drop the ISOMAX handle.*
- *The ISOMAX 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).*

CONSOLE CONTROLS



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

ISOMAX BATTERY LIFE


- *Your ISOMAX is equipped with surge-protected rechargeable batteries. We have selected the safest batteries with the longest life for your equipment.*
- *While the unit's batteries are charging, the battery power icon on the ISOMAX console will begin to fill. Once the icon is completely full, the charging cycle is complete, and the unit can be unplugged.*
- *Avoiding storing your ISOMAX in the presence of extreme temperatures will extend battery life.*
- *Never discard electronics containing rechargeable batteries; always recycle them appropriately, based on your regional guidelines.*

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FEEDBACK MODE: Tells you weight being lifted in real time

1. Feedback Mode is the ISOMAX'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. The **Target Load** will be same as has been set in *Load Mode* (see above box).
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 4. 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 TRAINING 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.