



theY^OA^K

User Guide

The Yoak™ Training System

The world's most versatile, portable, and robust training tool. It will challenge your core stability and strength symmetry while providing you with movement awareness in a fun and novel way. As you embark on your journey we encourage the following:

Start Small



In the spirit of research on stability training, optimal results can be achieved with minimal weight. Get use to the pendular movement of loads before increasing the weight.

Be Mindful



When loading the device in suspension mode, use the angles of inclination shown in the poster to ease into more challenging variations. Explore hand placement and grip options.

Have Fun!



The Yoak™ offers a novel range of motion. Play with the rotational component when pushing and pulling in suspension mode. Get creative with your exercises and loading options.



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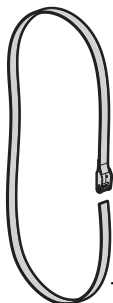
Suspension Mode Setup



Anchor Point

Hang the Yoak from a point that can support the weight safely. Suitable anchor points may include:

- Ceiling Mount Hardware (shown)
- Wooden or steel beam
- Tree Branch
- Squat/Pull-up Rig
- Mounted Pull-Up Bar
- Playground structure, soccer net, etc.



Cam Strap



Carabiner



Sling (short)

*Note, the sling and carabiner are optional. The Cam Strap can be used to hang the Yoak, but using the Carabiner and the Sling allow for quicker transitions between modes.



The Yoak



Sling (48")

*Note, ensure the full length of the slings is used when doing Push style exercises to avoid potential injury.



Carabiner

Attach handles or rings either directly to the carabiners, or by looping both ends of the slings through the carabiners.

Exercise Level
of Difficulty:



Beginner



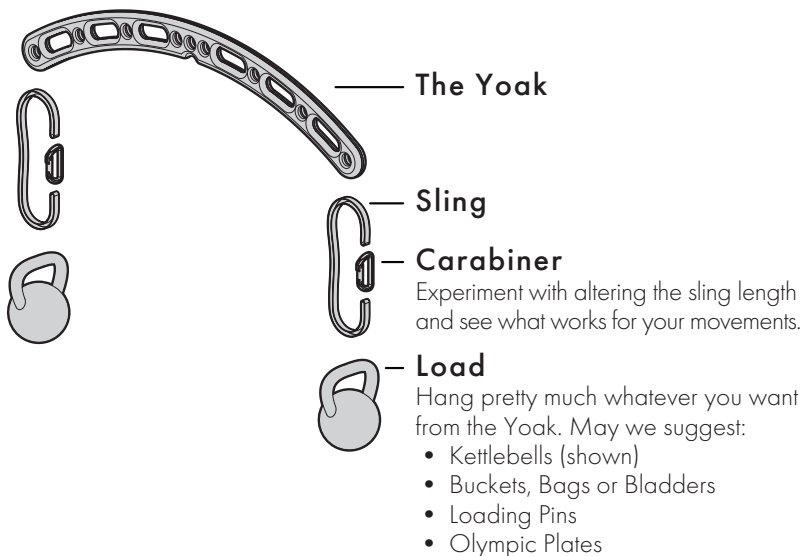
Intermediate



Advanced

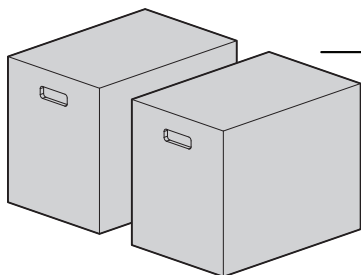


Bar Mode Setup



Squat Mode Setup

In the Squat Mode the Yoak is setup the same as shown above for the Bar Mode. Additionally, you'll need two identical supports to rest the loads on and to allow you to get under the Yoak.



Load Supports

Space your supports so that both loads are centered on them and so you can comfortably stand between. Potential supports include:

- Plyoboxes (shown)
- Stools
- Chairs

Mode Colors
and Icons:



Suspension Mode



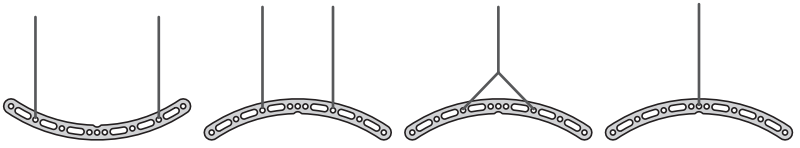
Bar Mode



Squat Mode



Suspension Stability Progression



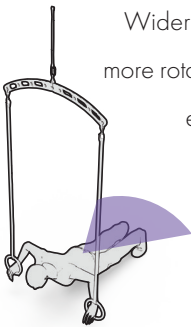
more

Stability

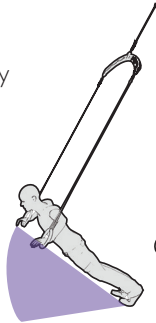
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Suspension Degree of Difficulty Variation



Wider foot stance
=
more rotational stability
=
easier



Higher angle of incline
=
easier

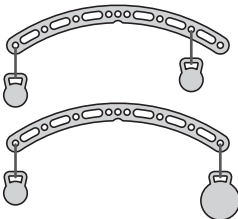


Bar Stability Progression

Static
equal weight
equal sling length
symmetric



Asymmetric
and/or
un-balanced weight



Different sling length,
Dynamic slings (ie: bands)
and/or
Dynamic load (ie: water)



more

Stability

less



Sling Row



1. Set the handles at your desired height to manage difficulty
2. Load the handles with your body weight evenly via your hands while engaging your core muscles to a reverse plank position
3. Pull your body towards the handles
4. Lower your body back to the reverse plank position



Pull-up (wide grip)



1. Suspend the Yoak to your desired height
2. Suspend your body weight by holding on to the Yoak at your desired hand position
3. Flexing your arms, pull your body towards the Yoak
4. Lower yourself to the starting position in a controlled manner





Sling Plank (feet)



1. Suspend the Yoak with the sling approximately 12-18" off the ground
2. Load the slings with your feet evenly while engaging your core muscles to a plank position
3. Maintain this position and repeat as desired



Sling Dip



1. Suspend the Yoak with the handles at your hip height
2. Load the handles with your body weight evenly via your hands while engaging your core muscles with your legs hanging towards the ground
3. Slowly lower your body towards the ground keeping your elbows in
4. Straightening your arms press your body back to the starting position

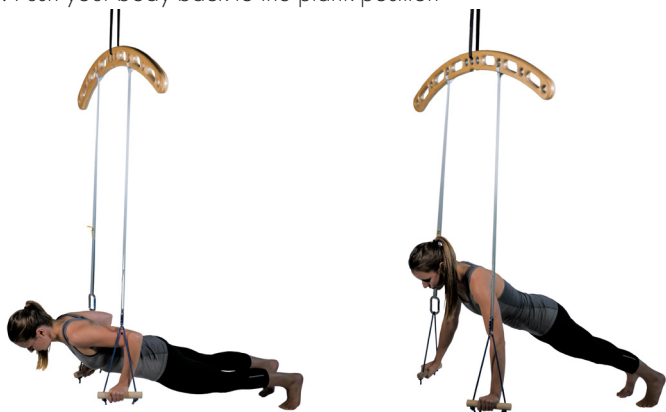




Sling Push-up



1. Suspend the Yoak with the handles at your desired height
2. Grip the handles and evenly load them with your body weight while engaging your core muscles to a plank position
3. Lower your body the desired depth
4. Push your body back to the plank position



Banana Climb



1. Suspend the Yoak from one end so that it hangs vertically
2. Starting at the bottom of the Yoak, reach up and suspend your weight off the ground
3. Reach up and pull your body towards the top of the Yoak, alternating your hands as you go





Farmer's Walk



1. Load the Yoak and lift it while engaging your core muscles
2. Walk your desired distance and back
3. Repeat on opposite side



Bent Over Row



1. Load the Yoak
2. Bend your legs, engage your core and pickup the Yoak
3. Maintaining a straight back, bend forward
4. Maintaining this position lower the Yoak towards the grounds
5. Lift the weight back to the starting position by drawing your elbows back past your ribs





Standing Overhead Press



1. Load the ends of the Yoak with a weight that enables you to safely bring the device to your chest
2. Press the Yoak slowly overhead minimizing any jerking or dynamic movements
3. Lower the Yoak to your chest and repeat as desired



Squat



1. Load the Yoak and step under it and line up the Cervical Notch over your spine
2. Engaging your core, straighten your legs
3. Step forward and squat until thighs are at your desired height
4. Repeat as desired and step back to unload the Yoak





Lunge



1. Load the Yoak and step under it and line up the Cervical Notch over your spine
2. Engaging your core, straighten your legs
3. Step forward and lunge to your desired gait and depth
4. Repeat as desired and step back to unload the Yoak



Yoke Walk



1. Load the Yoak and step under it and line up the Cervical Notch over your spine
2. Engaging your core, straighten your legs
3. Take small steps forward as desired



Sample Workouts

Push-Pull Workout

Setup in Suspension Mode with handles or rings attached.

Perform all the exercises in sequence and repeat for 3 sets.

EXERCISE	REPS
Pull-Up	6-8
Push-Up	6-8
Sling Row	6-8
Dip	6-8
Squat (bodyweight)	12-15

Leg & Back Workout

Setup in Bar Mode. If need be use Squat Mode w/ Load Supports.

Perform all the exercises in sequence and repeat for 3 sets.

EXERCISE	REPS
Squat (Yoak only)	12-15
Squat (weighted Yoak)	8-12
Lunge (alternating)	8-12
Bent Over Row	8-12
Overhead Press	8-12
Yoak Walk	50m



Safety Warnings

Inspection: Inspect your Yoak before each use. If you notice what might be a problem, seek a professional opinion before continuing use of the product. Check hardware for cracks, dents, loose parts and general safe operation. Ensure the carabiners are used in accordance with their user guide and inspection protocol. Check ropes, webbing, and any other soft materials used for loading the Yoak for frays, wear, and tears. If you have any questions concerning the inspection of the Yoak, contact the retailer from which you purchased this product before use.

Warning: Exercise can be dangerous and the use of the Yoak is inherently risky. Responsibility lies with you, the purchaser, user or customer of the Yoak, to get proper instruction and to act safely and in accordance with the uses and specifications outlined by the Yoak product literature. It is your responsibility to learn and practice safe and proper use of the product. The Yoak User Guide is available online at www.TheYoak.com. If you have any questions about the specific function of the Yoak, contact the retailer from which you purchased it before using.

Disclaimer of Liability: The Yoak must be used in accordance with the manufacturer's User Guide and only for the purpose for which it was designed. The manufacturers, retailers, inventors and distributors of this product shall not be liable for any consequential damages, injury, paralysis or death arising from any use or misuse of the product. In using this product, you, the purchaser, user or customer of the Yoak, assume the responsibilities of ownership, use and operation, and you agree to hold harmless the Yoak's manufacturers, retailers, inventors and distributors, as well as their owners, partners and employees for any incident or action involving the use of the product.

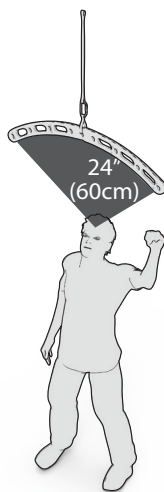
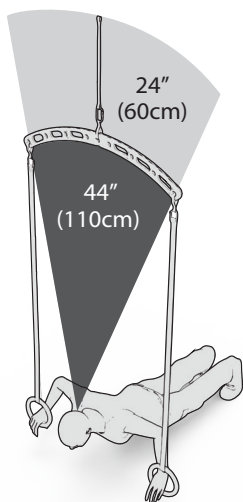


Ensure Proper Clearances

Ceiling Clearance: When the Yoak is suspended ensure there is sufficient clearance (min. 24" / 60cm) above and around the Yoak so it doesn't hit the ceiling or surrounding objects.

Head Clearance: When the Yoak is suspended ensure there is sufficient clearance between your head and the Yoak; 44" / 110cm when doing Push and 24" / 60cm when doing Pull exercises.

Be aware that if one end of the Yoak is pulled or released quickly, the other end can cause serious injury.



Not Safe for Ground Use

Do not use the Yoak directly on the ground (except in Parallette Mode). It is very unstable when balanced on the apex of the curve or balanced on both ends of the curve. Using the Yoak like this can result in serious injury.

