

Unlimited training workout



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►► Routine 1

Classic Speed Bag - Straight forward

Exercise Method

Rotate your hands forward for a few seconds and keep the rest of your body as still as you can.

Exercise Variation

- Rotate only with one hand; the other hand in Unlimited does not exert force.
- To change the resistance in Unlimited, rotate the knob in the middle of the unit.

Targeted Muscles



2

Keep your back straight throughout the movement, do not hunch forward.

3

Bend your knees slightly as shown in the image with one foot in front of the other to improve your balance.



1

Grip the unit (hereafter "Unlimited") and extend 3 to 4 fists lengths in front of your chest. Maintain this position throughout the exercise.

►► Routine 2

45 Degree Oblique Rotation (Left/Right)

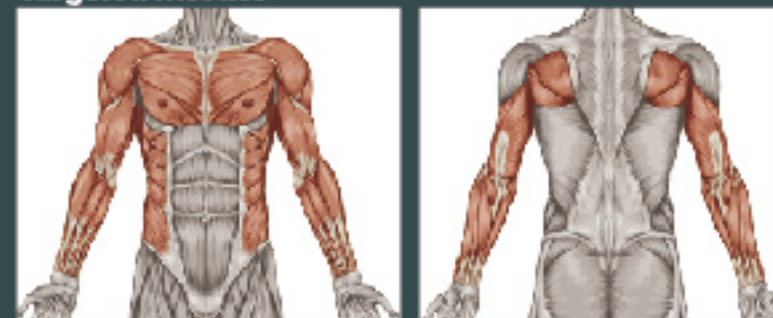
Exercise Method

Rotate your hands forward for a few seconds and keep the rest of your body as still as you can.

Exercise Variation

- Rotate only with one hand; the other hand in Unlimited does not exert force.
- To change the resistance in Unlimited, rotate the knob in the middle of the unit.

Targeted Muscles

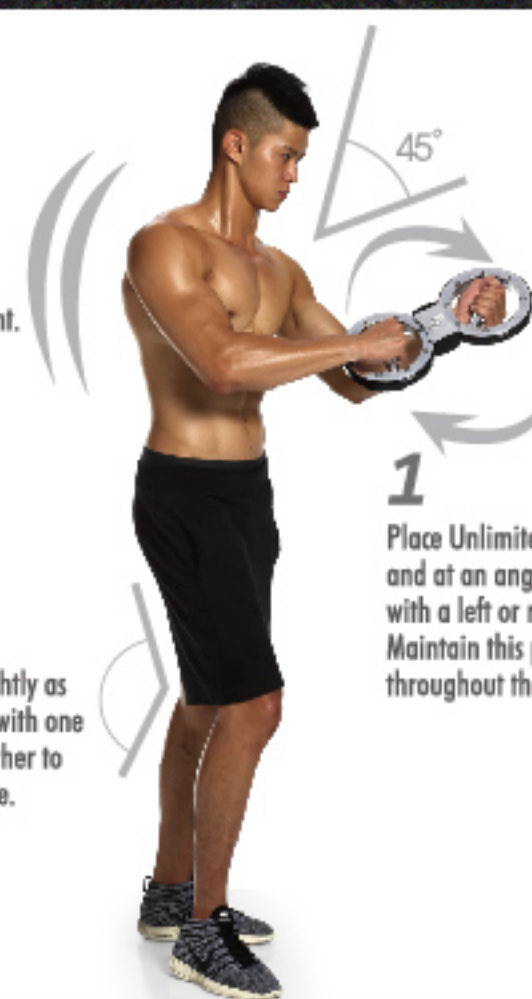


2

Keep your back straight throughout the movement. Turn your trunk slightly towards the side.

3

Bend your knees slightly as shown in the image with one foot in front of the other to improve your balance.



1

Place Unlimited at chest height and at an angle of 45 degrees, with a left or right tilt. Maintain this position throughout the exercise.

►► Routine 3

Horizontal Rotation(left/right hand above)

Exercise Method

Rotate your hands forward for a few seconds and keep the rest of your body as still as you can.

Exercise Variation

- Rotate only with one hand; the other hand in Unlimited does not exert force.
- To change the resistance in Unlimited, rotate the knob in the middle of the unit.

Targeted Muscles



2

Keep your back straight throughout the movement, do not hunch forward.

3

Bend your knees slightly as shown in the image with one foot in front of the other to improve your balance.



1

Place Unlimited at waist height and at a horizontal angle, with your left hand or right hand above Unlimited. Maintain this position throughout the exercise.

►► Routine 4

Cross-Overs (Bone to Bone)

Exercise Method

Keep your arms straight, hands crossed over.

Exercise Variation

- Rotate only with one hand; the other hand in Unlimited does not exert force.
- To change the resistance in Unlimited, rotate the knob in the middle of the unit.

Targeted Muscles



3

Keep your back straight throughout the movement, do not hunch forward.

4

Bend your knees slightly to improve your balance.



1

Hold Unlimited with straight crossed arms, parallel to the floor. Maintain this position throughout the exercise.

2

Keep your arms straight, hands crossed over.

►► Routine 5

Pronation and Supination

Exercise Method

Keep arms straight, alternately rotate both wrists inwards and outwards, as shown in the image.

Exercise Variation

- To change the resistance in Unlimited, rotate the knob in the middle of the unit.

Targeted Muscles



2

Keep your back straight throughout the movement, do not hunch forward.

3

Rotate your hands only, and keep your body as still as you can.



1

Hold Unlimited lightly before your body in front of your thighs, as shown in the image.

►► Routine 6

Bicep Curl with Both hands

Exercise Method

Maintain consistent elbow height. Bend your arms slightly at the elbows as in the image while lifting your forearms up and down. Repeat several times.

Targeted Muscles

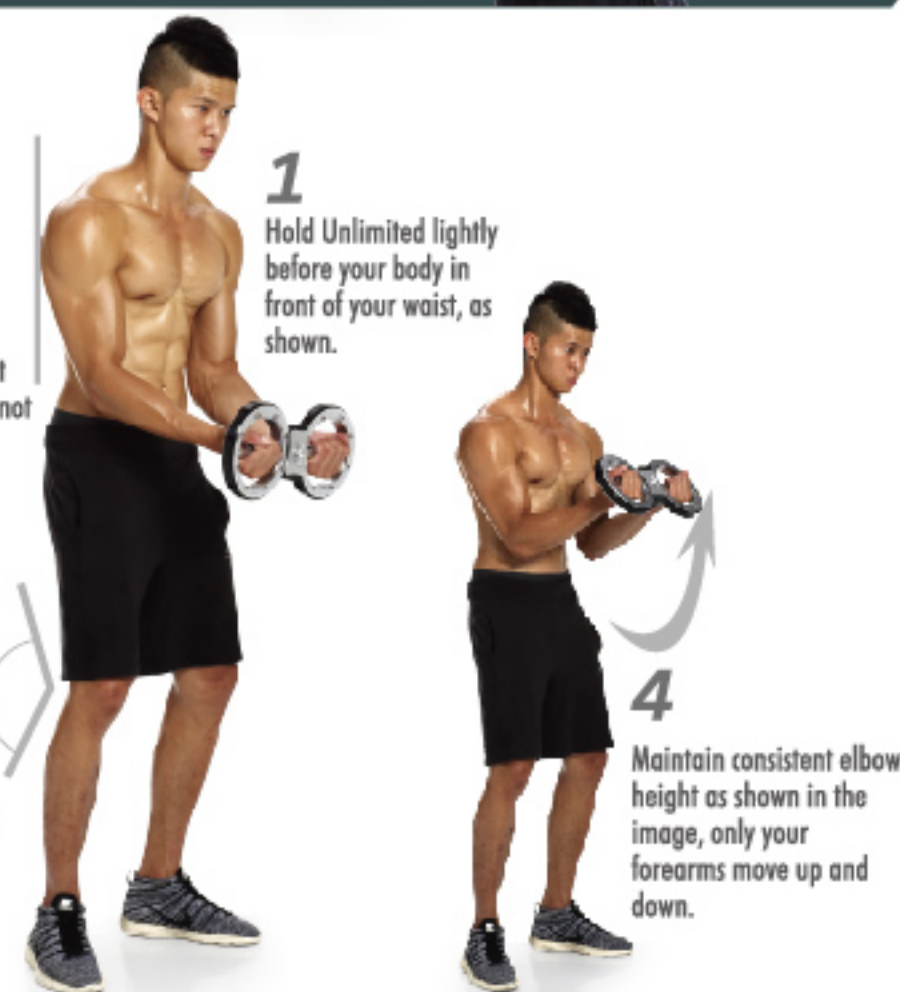


2

Keep your back straight throughout the movement, do not hunch forward.

3

Bend your knees slightly to improve your balance.



1

Hold Unlimited lightly before your body in front of your waist, as shown.

4

Maintain consistent elbow height as shown in the image, only your forearms move up and down.

►► Routine 7

One-Arm Bicep Curl

Exercise Method

Maintain consistent elbow height. Bend your arms slightly at the elbows as shown in the image while lifting forearms up and down. One hand lifts while the other hand supports the lifting hand below the wrist. Repeat several times.

Targeted Muscles



2

Keep your back straight throughout the movement, do not hunch forward.

3

Bend your knees slightly to improve your balance.



1

Hold Unlimited lightly before your body in front of your waist with one hand while the other hand supports the lifting hand below the wrist.



Strongly recommend to set the tightest resistance for the exercise



4

Maintain consistent elbow height, only your forearms move up and down.

►► Function of the Unlimited Strength Knob

Turning the Unlimited Strength Knob can increase or decrease the resistance felt during an exercise. This change helps to increase muscle strength and mass.

►► When to Use the Unlimited Strength Knob

The Unlimited Strength Knob can change to alter the resistance of any rotation movement in the unit. The tightest resistance level can stabilize the Unit.

For example, during Routine 7 & Routine 9, you can set the tightest resistance for the exercises to stabilize the Unit.

►► Important Points to Remember About the Unlimited Strength Knob

- 1 When the Unlimited Strength Knob is turned to the highest resistance, your muscles will need to exert greater force to rotate Unlimited. Take extra care with your wrist joints at certain angles when the Unlimited Strength Knob is turned to the highest resistance.
- 2 Stop exercising immediately if you feel pain or discomfort in your wrist joints, and consult your doctor.
- 3 You can use a wrist brace to support your wrists during exercising with Unlimited. Limiting wrist angle can reduce the risk of pain or discomfort in your wrists.

►► Examples Illustrating Correct Use of the Unlimited Strength Knob

For example, during Routine 1, you can turn the Unlimited Strength Knob 1 full circle and exercise for 30 seconds. In the next exercise session, you may increase the Unlimited Strength Knob by 3 or 4 levels and exercise for 30 seconds.

For example, during Routine 12, you can choose a zero level for the Unlimited Strength Knob and move the Unlimited left and right 10 times while both hands rotate inside the Unlimited. In the next exercise session, you may increase the Unlimited Strength Knob by level 1 and repeat 10 times.

►► Routine 8

Triceps Extension Behind Head

Exercise Method

Bend your elbows while lifting Unlimited up and behind your head. Both arms are parallel, as shown in the image. Repeat several times.

Targeted Muscles



1

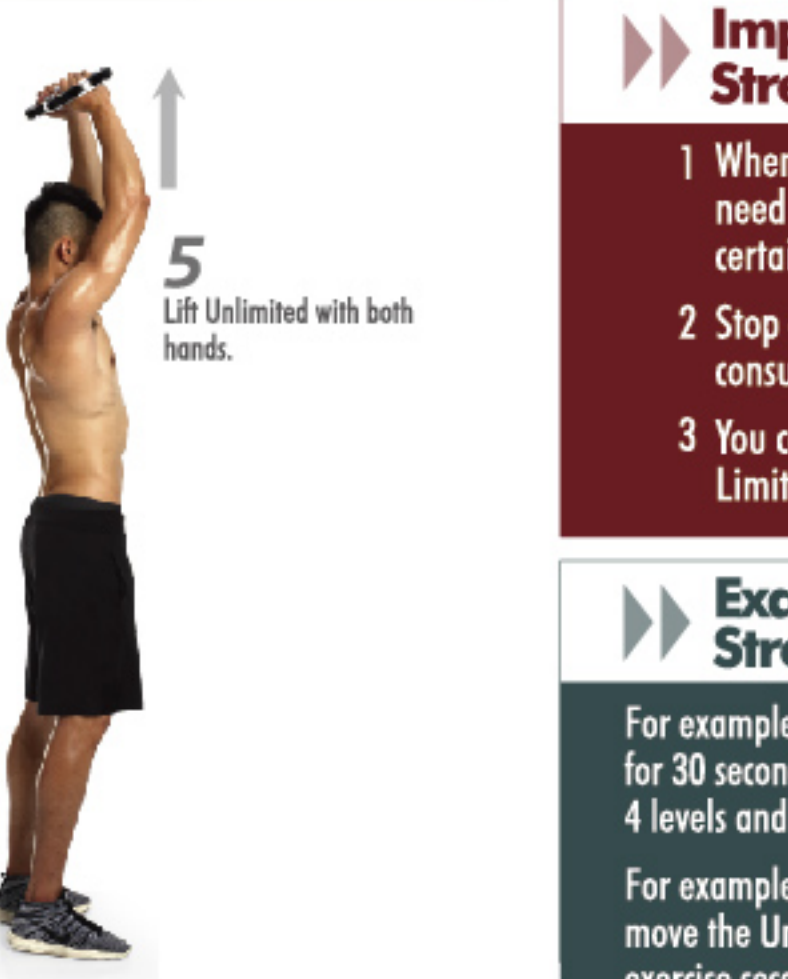
Hold Unlimited with both hands and bend your elbows while moving the unit up and behind your head, as shown. Keep both arms parallel, as shown in the image.

2

Keep your back straight throughout the movement, do not hunch forward.

4

Bend your knees slightly as shown in the image to improve your balance.



5

Lift Unlimited with both hands.

Unlimited training workout



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►► Routine 9

One hand Tricep Extension

Exercise Method

Bend your elbow while lifting Unlimited up. Repeat several times.

Targeted Muscles



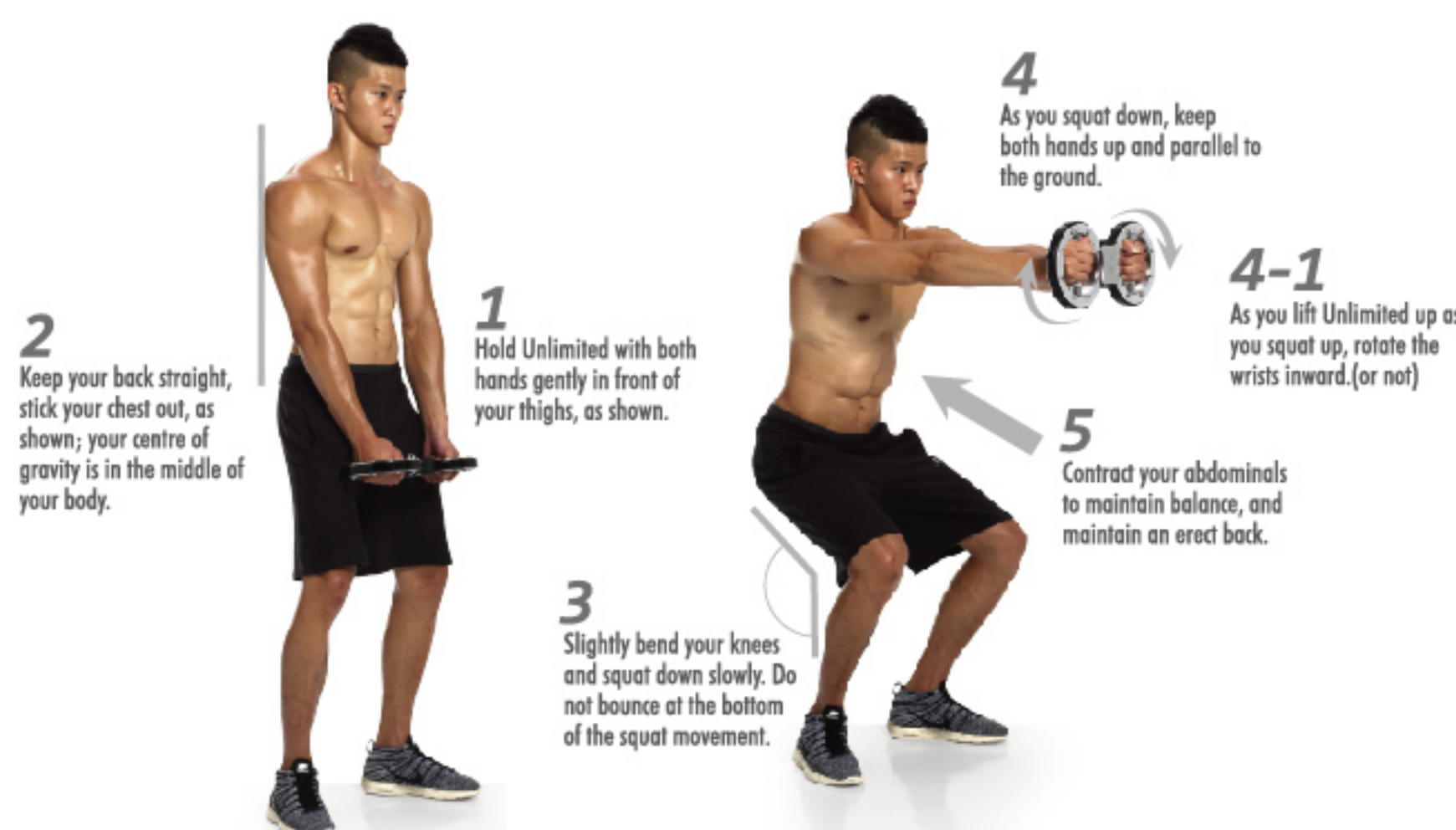
►► Routine 10

Deep Squat

Exercise Method

Squat down and up slowly. Repeat several times.

Targeted Muscles



►► Routine 11

Lunge

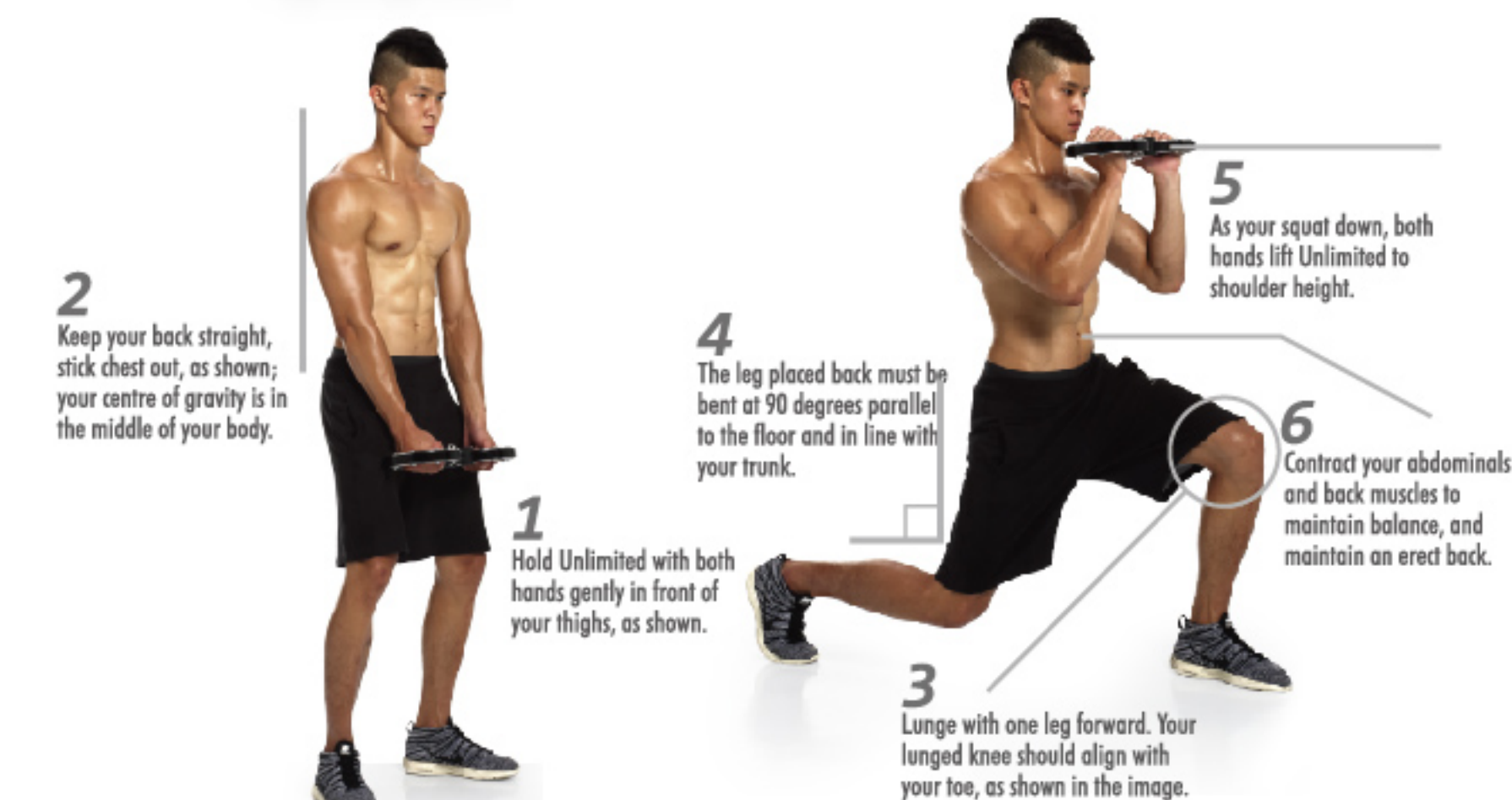
Exercise Method

Alternate both legs. Repeat several times.

Exercise Variation

Retrieve the front leg and assume a standing position. Repeat the lunge with the same leg. Or, retrieve the back leg to the front, and now lunge with this leg. Alternate legs.

Targeted Muscles



►► Routine 12

Mason Twist

(Rectus and Lateral abdominal muscles)

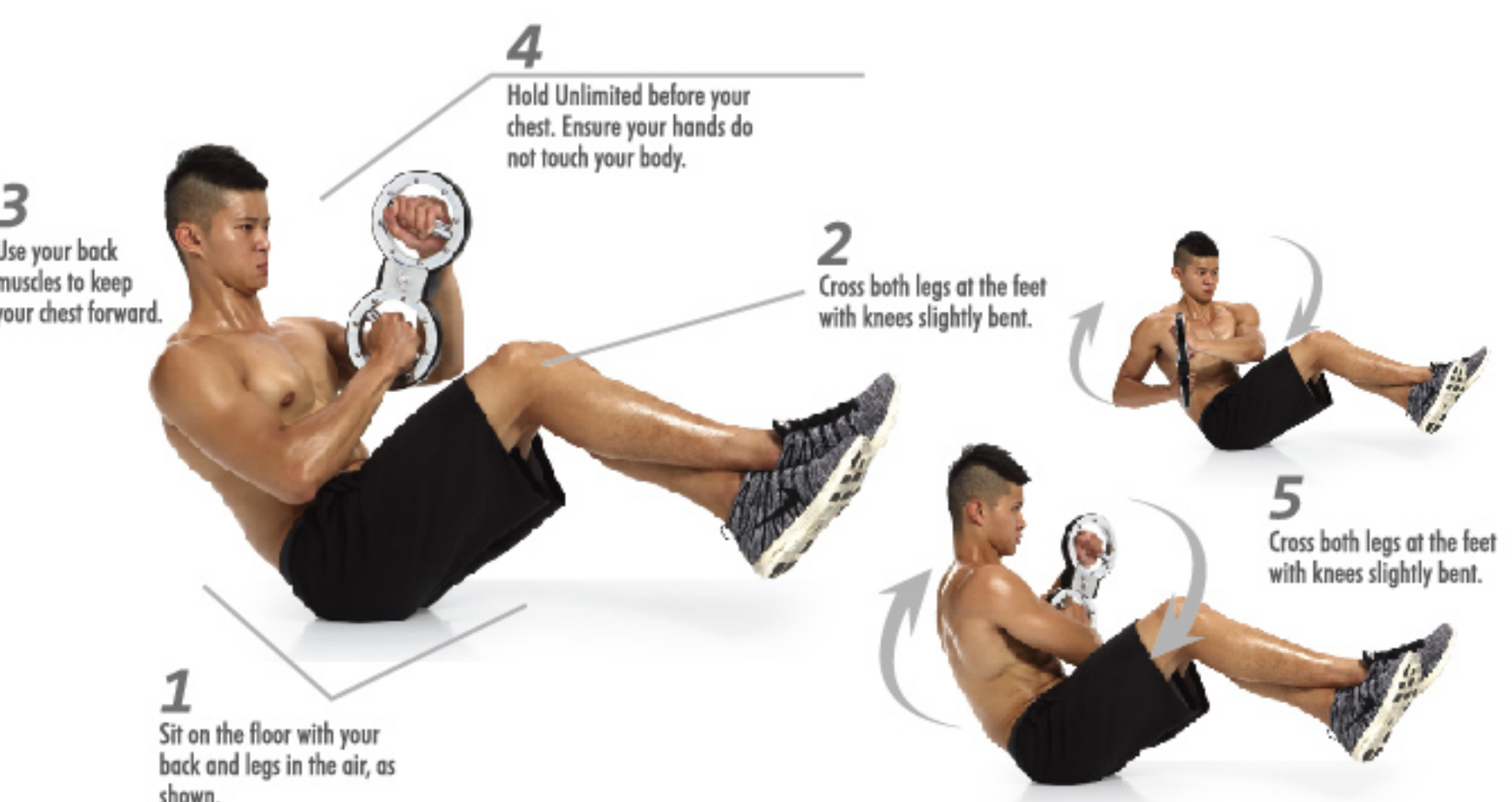
Exercise Method

Use your abdominal muscles to move your trunk left and right. Use your feet to stabilize your entire body.

Exercise Variation

When twisting your body left and right, both hands rotate in Unlimited.

Targeted Muscles



►► Routine 13

V-Shaped Abdominal Exercise.

Exercise Method

Use your abdominal muscles to maintain the V-shape.

Exercise Variation

Swing arms and legs slowly up and down.

Targeted Muscles



►► Training Menu

For personal reference, you may substitute seconds with frequencies. Based on your ability and strength, you can adjust seconds and frequencies with the Unlimited Strength Knob.

DAY1

Routine1 15s → Rest 10s → Routine5 15s → Rest 10s → Routine2 left 15s → Rest 10s → Routine6 15s → Routine2 right 15s → Routine13 15s → Done!
Rest 3~5 Mins, and repeat 3 SETS.

DAY2

Rest day

Routine 3 right hand above 15s → Rest 10s → Routine 8 15s → Rest 10s →

DAY3

Routine 4 15s → Rest 10s → Routine 3 left hand above 15s → Rest 10s → Routine 10 15s → Done! Rest 3~5 Mins, and repeat 3 SETS.

DAY4

Rest day

Recommend tightest resistance for this exercise

Routine 7 left hand 15s → Rest 10s → Routine 9 right hand 10s → Rest 15s → Routine 7 right hand 15s → Rest 10s → Routine 9 left hand 15s → Rest 10s → Routine 11 15s → Rest 10s

Recommend appropriate resistance for this exercise

Routine 12 15s → Done! Rest 3~5 Mins, and repeat 3 SETS.

DAY6

Rest day

DAY7

The seconds provided above are for beginners only. When you get stronger, you may increase the exercise duration by 5 seconds, and the level of Unlimited Strength Knob.

For Muscular endurance → increase only seconds.

For Muscular strength → increase the Unlimited Strength Knob resistance.

For power → set the Unlimited Strength Knob to zero and increase the number of rotations in a set time.

Below, three routines are provided! Try to find your personal level out!

►► Muscular endurance challenge

change Unlimited Strength Knob based on personal ability, no rest between routines

Routine 1 30s → Routine 10 30s → Routine 2 left 20s → Routine 11 30s → Routine 2 right 20s → Routine 10 30s → Routine 3 left hand above 20s → Routine 11 30s → Routine 3 right hand above 20s → Routine 10 30s → Routine 4 30s → Routine 11 Routine 5 30s → Routine 1 20s → Done!

►► Muscular strength challenge

change the Unlimited Strength Knob to high resistance based on your personal ability, stop exercising if you feel pain in your wrists or use a wrist brace

Routine 1 15rotations → Rest 30s → Routine 4 (combine left and right for 16 times) → Rest 30s → Routine 3 left hand above 15rotations → Rest 30s → Routine 3 right hand above 15rotations → Rest 30s → Routine 2 left 15rotations → Rest 30s → Routine 2 right 15rotations → Rest 30s → Routine 5 15times → Done!

►► Power challenge (goal: aim for 30 rotations within a set time)

Set the Unlimited Strength Knob to zero. The more rotations you can do in a set time is better for power development. Keep the rotation axis straight to protect the bearings in Unlimited. Maintain correct body position as shown in the image to prevent injury.

Routine 1 10s → Rest 90s → Routine 3 left hand above 10s → Rest 90s → Routine 2 left 10s → Rest 90s → Routine 3 right hand above 10s → Rest 90s → Routine 2 right 10s → Rest 90s → Done!

►► Extra Exercise Menu (coordination training)

Prepare a rope ladder or grid. Perform Routine 1 at the same time scotch hopping to develop your coordination for both upper body and lower body.