

YOGA

HAMMOCK GUIDE

Premium 100% Nylon Fabric • Professional Studio Quality • Hammock Dimension: 13.5ft x 9.2ft • Weight Capacity of 1100+ lbs

Benefits

- Improves Flexibility
- Spinal Decompression
 - Increases Strength
- Promotes Blood Flow
 - Elevates Mood



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SAFETY DISCLAIMER

We want you to enjoy using our yoga hammock but safety is of our utmost priority. There is an inherent risk that comes with using any exercise equipment, the UpCircleSeven Yoga Hammock is no different.

Improper use can lead to serious injuries and anyone participating in these activities should be aware of and understand the risks. Consulting your physician before beginning any new exercise regimen can help reduce these safety risks, especially if you have certain medical conditions and limitations.

UpCircleSeven is not liable for any claims for injury and damages resulting from or connected with the use of the Yoga Hammock.



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ABOUT YOUR YOGA HAMMOCK

SPECIFICATIONS	WHAT'S INCLUDED
<ul style="list-style-type: none">• Premium 100% Nylon Fabric• Professional Studio Quality• Hammock Dimensions: 13.5 ft x 9.2 ft• Weight Capacity of 1100+ lbs	<ul style="list-style-type: none">• 1 Large Yoga Hammock• 2 O-slings• 2 Multi-loop daisy chains• 2 Metal Carabiners• 1 Stowaway Travel Bag



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INSTALLATION INSTRUCTIONS

HOW WIDE TO INSTALL CEILING MOUNT HOOKS/BRACKETS:

- 1) Stand with your arms straight out to your sides and form a "T" shape with your body.
- 2) With your arms spread out, bend your arms at your elbows to form a 90-degree angle with your fingertips pointing toward the sky.
- 3) The width from fingertip to fingertip is the recommended length on how far the yoga hammock should be apart from each other. This is the length that should give you the most comfort during use.

Common places to hang your yoga hammock:

- Ceiling mounts
- Exposed ceiling beams
- Door frame bar
- Yoga Swing Sets

WARNING: *DO NOT attempt to attach the yoga hammock on a structure you are uncertain about bearing your full weight on as this could result in serious injuries.*

HANGING YOUR HAMMOCK

- 1) Decide on an area to hang your yoga hammock and the mounting/hanging method you want to use. How you choose to hang your yoga hammock will determine the steps to follow below
 - 2a) If mounting using a beam or door frame bar, please do the following:
 - If the beam or door frame bar cannot be removed, locate the two large loop ends at each end of the daisy chain strap. Place the daisy chain strap on the support structure and let it hang evenly. With one loop-end in hand, thread one loop through the other loop-end to form a noose knot and pull tight. Do this for both daisy chains.
 - If the beam or door frame bar can be removed, simply slip the beam/bar through one end of each daisy chain loop.
 - 2b) If you are using ceiling mount hooks or brackets, attach one end of each daisy chain to each ceiling mount hook. Depending on the type of ceiling mount you are using, another pair of carabiners may be needed to attach the daisy chain to the mount.
- 3) You're now ready to hang the main yoga hammock seat. Simply clip a single carabiner to the daisy chain loop of your choice. Each yoga hammock seat end should be clipped to only one daisy chain loop.

TIP: *Adjust the height of the yoga hammock so that the seat of the yoga hammock is at the height level of your navel.*

Congratulations! You've successfully set up your yoga hammock!



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BENEFITS OF INVERSIONS

At some point in your life, you may have experienced back and spine aches. Unknown to you, these mysterious aches and pains can be due to the effects of gravity. Every day the force of gravity causes downward pressure on our back and spine. This can ultimately lead to causing aches and pains due to consistent wear and tear. The daily stress of gravity can have profound effects if preventive measures to decompress the spine are not taken.

Thankfully, inversion yoga can help reduce the effects of gravity. Inversions provide spinal traction for your back which helps combat the stress effects of gravity. Inverting takes advantage of gravity and manipulates it to be used for your benefit! And there are a lot of benefits!

The UpCircleSeven Yoga Hammock will help you achieve all the benefits of practicing inversions safely and effectively. Use it to promote better health, blood circulation, and to experience benefits such as improved well-being, clarity, and even increased energy. Alongside the health benefits are the physical benefits that traditional yoga does not provide such as total body strength. This is because traditional yoga practiced on a mat does not require your muscles to do both concentric and eccentric motions that using the yoga hammock requires. Lastly, yoga hammock can help you improve your yoga practice. It can help you get into difficult yoga poses with its supportive assistance until posing perfection is achieved!



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SAFETY TIPS

Practicing safety is essential when using yoga hammock. It is important to avoid jerky movements and always perform motions in a controlled manner. This becomes even more important during any inversion exercise. If you are new to inversions, take your time to get acclimated. Inverting for beginners can sometimes cause disorientation due to the effects of hanging upside down for a period of time you're not physically accustomed to.

When using the yoga hammock, there are a few things to always keep in mind. Keep your eyes on your feet to help guide your physical position when coming back upright from any inverted position and always ensure your legs are secured and you are in a stable position before hanging freely.

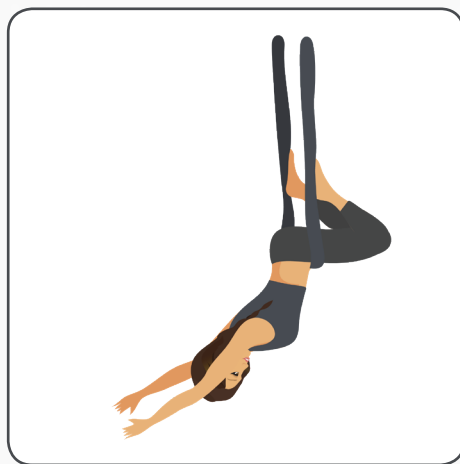
GETTING STARTED



Getting In and Out Of the Yoga Hammock

- 1** | Begin by adjusting the seat of the yoga hammock to around the height of your waist.
- 2** | Next, with your back facing the yoga hammock, grab the highest portion of the yoga hammock sides that you can comfortably reach and gently lift yourself up into the yoga hammock seat.
- 3** | To come off the yoga hammock, simply grab the highest portion of the yoga hammock sides again and slowly lift yourself off the seat and then lower yourself to the ground.

SHOULDER AND CHEST OPENER



The shoulder and chest opener pose stretches the spine and reduce back pain. It also tones biceps and triceps. With the assistance of yoga hammock, this pose will stretch the abdominal region and also increase the lung capacity. This pose provides relief from tension at the back of the neck.

- 1 | Stand in front of your yoga hammock. The seat of your yoga hammock should be at level with your pelvis.
- 2 | Hold the yoga hammock from both sides and slowly bend forward. Let your torso fall on the yoga hammock seat.
- 3 | Release your hands and start bending towards the ground. Stretch your arms as far as you feel comfortable and place your hands on the floor.
- 4 | Once you achieve balance, raise your leg and fold your knees forming a 45-degree angle. Let your foot touch the yoga hammock fabric.
- 5 | Slowly repeat the process with your other leg. Your thighs should be parallel to the ground.
- 6 | Breathe deeply and maintain this position for as long as you feel comfortable.

To return, unfold your legs and touch them to the ground. Then, raise your back and hold the yoga hammock with your hand while maintaining your balance.

Note: if you are a beginner, raise your legs 3-4 feet off the ground. Once you attain balance, you can slowly come to the advanced position.

SIDE LUNGE

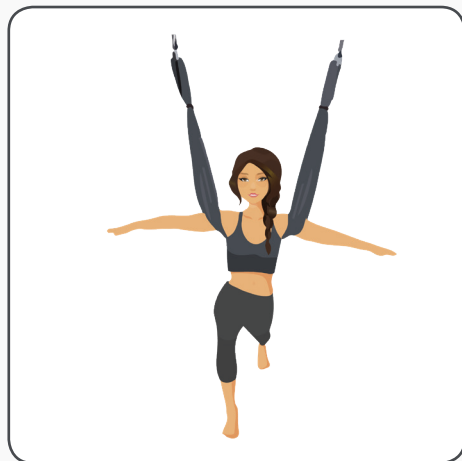


The side lunge is a complete lower body exercise which targets the thighs. It strengthens and tones quadriceps, hamstrings, and gluteal muscles. With the assistance of yoga hammock, you will be able to deepen your stretch and increase your balance.

- 1 | Begin by standing straight with your feet shoulder-width apart and your right side facing the yoga hammock.
- 2 | Raise your right leg and place it onto the yoga hammock seat in a way that the fabric touches your calf muscles.
- 3 | Your face should be forward. If you lose balance, hold the yoga hammock and then raise your leg.
- 4 | Extend your left leg on the outer side away from your right leg till the time you feel the stretch. Your legs should form a diagonal line.
- 5 | Now slowly, bend towards the right side and hold your raised right foot with your right hand and straighten your left hand forming a horizontal 'I'.
- 6 | Breathe normally and hold this position for as long as possible and repeat it with your left leg.

To return, hold the yoga hammock fabric with both of your hands and pull your left leg forward. Once balanced, remove your right leg from the yoga hammock and relax.

ASSISTED WARRIOR



The Assisted Warrior pose is an incredible assisted full body stretch. This pose allows the body to be supported in a manner that brings a deeper stretch to all of the muscle groups of the legs as well as the abdominal muscles and chest. With the assistance of the yoga hammock, you will be able to focus on deepening your stretch without the natural imbalances that occur in standing yoga postures.

- 1 | Stand directly in front of the yoga hammock, with your back facing the yoga hammock.
- 2 | Allow your arms to reach behind the seat of the yoga hammock until the fabric is resting just beneath your arms and flat against your upper back.
- 3 | Slowly step your right foot back into a high lunge pose. The toes of your right foot should be tucked under and your heel should be pointing upward.
- 4 | Press back through the left heel until your left knee has a 90-degree bend.
- 5 | Breathe deeply as you hold this position. When you have felt your best stretch, step your right foot forward and switch sides.

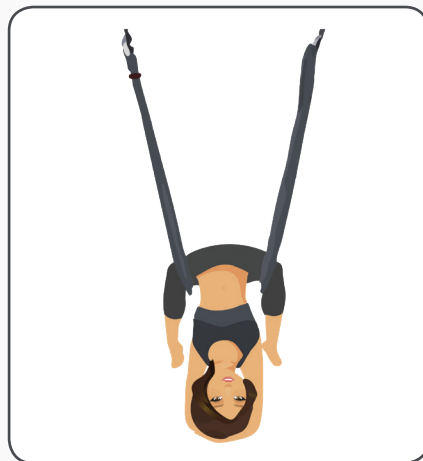
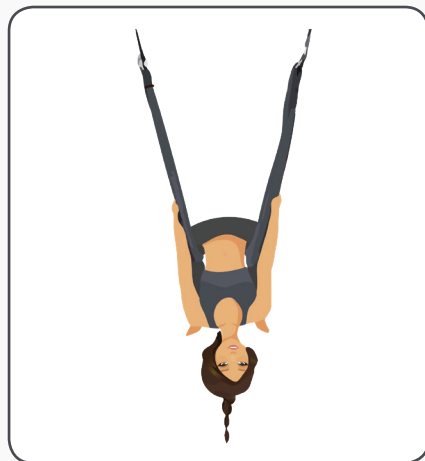
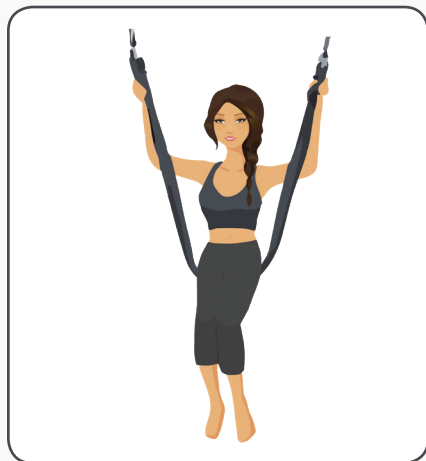
WARRIOR III



The Warrior III pose focuses on balance and leg stabilization. Performing this pose on the yoga hammock allows for a longer and deeper practice of the movement than without it. This aids in improving your lower body balance and core strength.

- 1 | Begin by standing in front of the yoga hammock with your arms looped through the seat of the yoga hammock. The seat should be under your arms and across the top of your back.
- 2 | Lean forward while simultaneously extending your leg straight behind you.
- 3 | Standing on one leg, your body should now be in a straight position from your head down to your extended foot forming a "T".
- 4 | Now, spread your arms out wide remaining balanced on one foot while keeping your head facing forward.
- 5 | Continue to balance yourself in this position and hold it for the desired length of time.
- 6 | Repeat with your other leg.

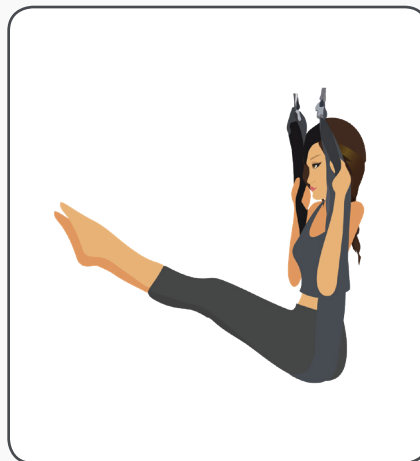
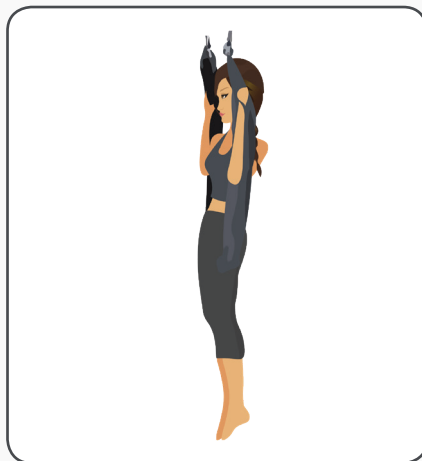
SUPPORTED BRIDGE



The supported bridge pose stretches the abdominal muscles as well as strengthens the muscles of the back. Additionally, this posture helps to tone the quadriceps and gluteal muscles.

- 1 | Start in a seated position on the yoga hammock.
- 2 | Reach for the yoga hammock fabric and gently begin to lean back until you come to a reclining position with your arms straight.
- 3 | With your yoga hammock resting comfortably at your low back, slowly release your arms towards the ground. Ensure that you have enough confidence in your balance before releasing from the yoga hammock.
- 4 | Allow your head to hang and release the tension in your neck muscles.
- 5 | Stay in this backbend for as long as you feel a comfortable stretch.
- 6 | To release, reach up to one hand at a time to grasp the yoga hammock, then slowly pull yourself back up to the seated position.

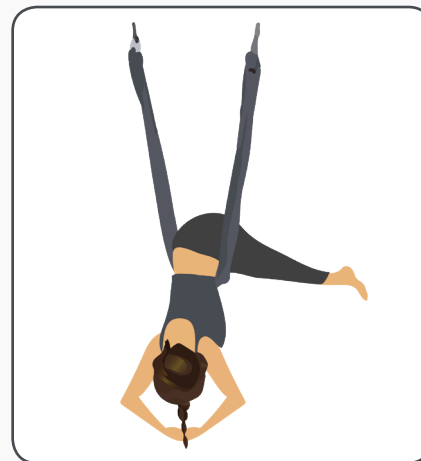
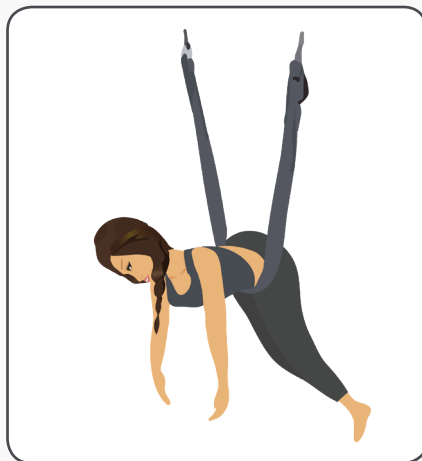
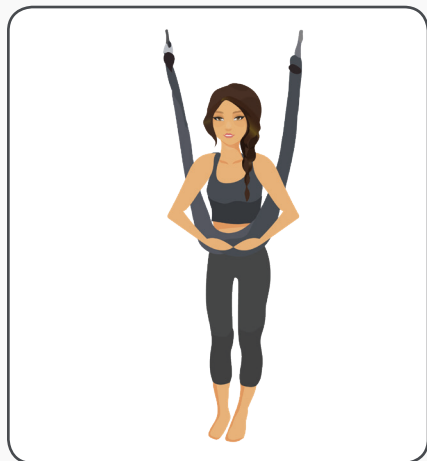
STRONG ABS



The Strong Abs exercise is the perfect exercise for strengthening your core. Strong abdominals help improve posture, reduce back pain, and increase spine support.

- 1** | Begin in the seated position on the yoga hammock.
- 2** | Grab the highest part of the yoga hammock you can comfortably reach.
- 3** | Lift yourself off the seat using your arms while allowing your legs to hang straight down.
- 4** | Keeping your legs straight, raise them forward and up as far and high as possible then lower in a controlled motion.
- 5** | Repeat this movement for the desired amount of repetitions.

FORWARD BEND HANG



The Forward Bend Hang pose is a universal yoga forward fold. With the assistance of the yoga hammock, the body incurs a deep release of spinal and neck muscles as well as providing traction for the pelvic area. This deep release provides relief from everyday stress and tension in the back, shoulders and neck.

- 1 | Begin facing the yoga hammock and adjust the hammock in a way that it is at level with your pelvis.
- 2 | Place the yoga hammock across the front of both hips and slowly allow your torso to fold forward as your weight transfers to the yoga hammock seat.
- 3 | When you feel comfortable, begin to release your arms towards the ground. If this feels difficult you can hold onto the fabric of the yoga hammock.
- 4 | As your weight begins to balance, slowly allow your feet to lift off the ground. If you are just starting out, you may choose to lift your feet only for a small distance from the ground. As you gain confidence and flexibility, begin to lift your legs until they become parallel to the ground. Your body should appear like the number "7" when your legs are fully parallel to the ground.
- 5 | Hold here and breathe deeply for as long as it feels comfortable.
- 6 | When you are ready to release from this posture, slowly lower your legs until your feet come back to the ground. Gently make your way to a standing position slowly as to avoid dizziness that may occur from rising too quickly.

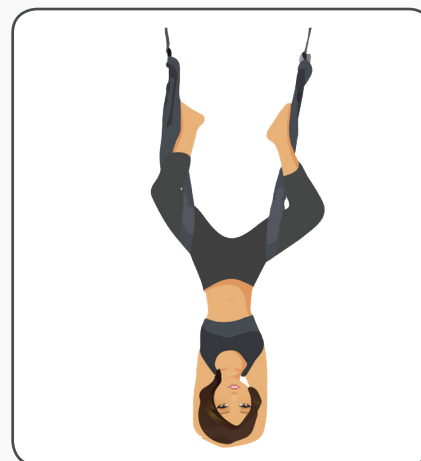
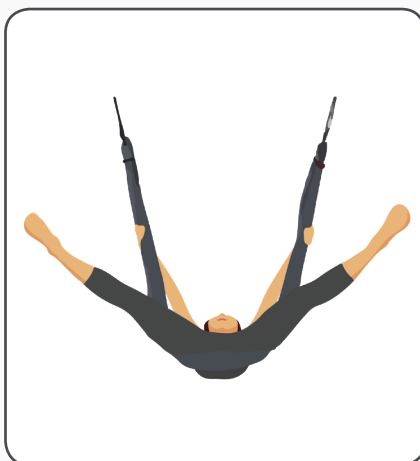
DANCER'S POSE



Dancer's pose is an advanced level balancing pose. It makes the spine flexible, stretches the shoulders, chest, abdomen, hips, legs, and ankles. With the help of a yoga hammock, you will be able to achieve greater flexibility, full body strength and coordination.

- 1 | Begin by standing straight with your feet shoulder-width apart and your right side facing the yoga hammock.
 - 2 | Now, hold the front side of the yoga hammock with both your hands shoulder-width apart. Place the right hand below the left hand.
 - 3 | Now inhale and raise your right foot backwards and place it onto the yoga hammock seat in a way that the front of your foot touches the fabric.
 - 4 | Now slowly bend forward while holding the fabric and stretch your arms upwards parallel to each other.
 - 5 | Simultaneously slide your leg up to the fabric while lifting your buttocks as you bend the knee.
 - 6 | Stretch the yoga hammock according to your length while maintaining the touch.
 - 7 | Stay in this position for as long as you feel comfortable and repeat it with the left leg.
- To return, slide your leg downward, take it off the yoga hammock and stand straight.

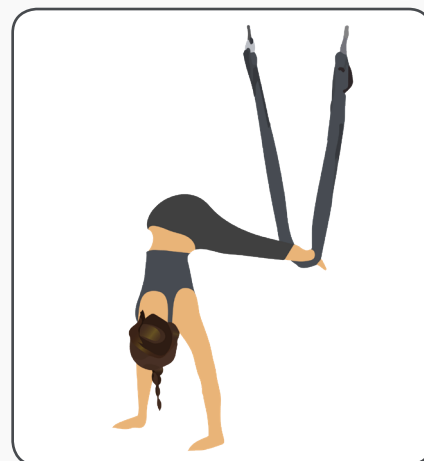
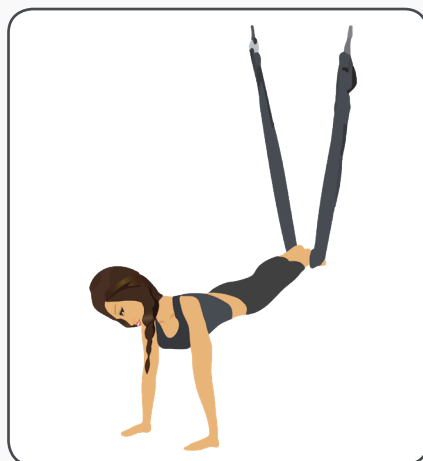
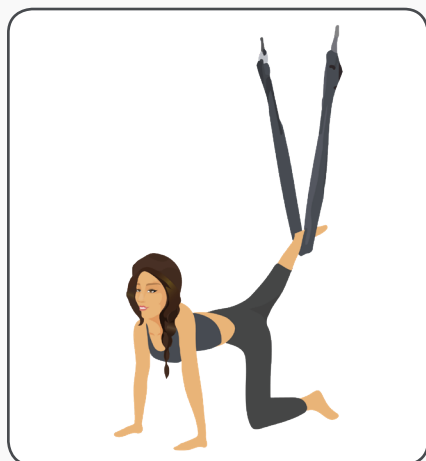
HANGING BACK STRETCH



The Hanging Back Stretch allows for a fully supported spinal stretch. With the use of the yoga hammock, your hips will be supported allowing the muscles of the back and spine to truly relax and release tension.

- 1 | Start in a seated position on your yoga hammock.
- 2 | Take hold of the yoga hammock fabric in both hands and slowly begin to lean back until your arms straighten.
- 3 | While slowly continuing to lean back, separate your legs into a "V" position.
- 4 | Bring both feet to hook around the yoga hammock fabric to lock yourself into your upside down position.
- 5 | With your head hanging, allow your arms to hang towards the ground. Alternatively, you can grab the opposite elbow in the opposite hand and allow your forearms to rest parallel to the ground.
- 6 | When you are ready to release from this pose, very slowly reverse the sequence of steps used to get into this position and return to a seated position on the yoga hammock.

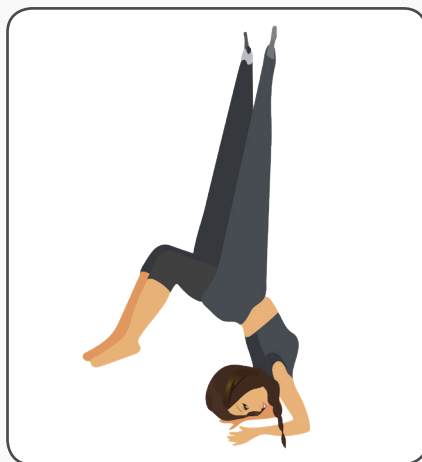
AERIAL PLANKS



Aerial Planks are a core boosting and strengthening move that is designed to not only strengthen and tone the core but to also provide strength and toning to the arms, chest and back.

- 1 | Start on your hands and knees with your yoga hammock directly behind you. Finding the right distance may take some adjustment. When you've found the right distance, your hands should be directly beneath your shoulders.
- 2 | Slowly lift one leg at a time into the seat of your yoga hammock, letting the top of your feet rest on the fabric of the yoga hammock.
- 3 | Engage your abdominal muscles by drawing your navel upwards and inwards.
- 4 | Your body should resemble a traditional plank position with your arms and legs straight.
- 5 | Gently bring your legs towards your body until you resemble the number "7." Your hips should line up just above your head.
- 6 | Hold for several rounds of breathing before returning to your plank position.
- 7 | Repeat this move as many times as desired. Your hold times should increase as you build strength and endurance.

ASSISTED COBRA

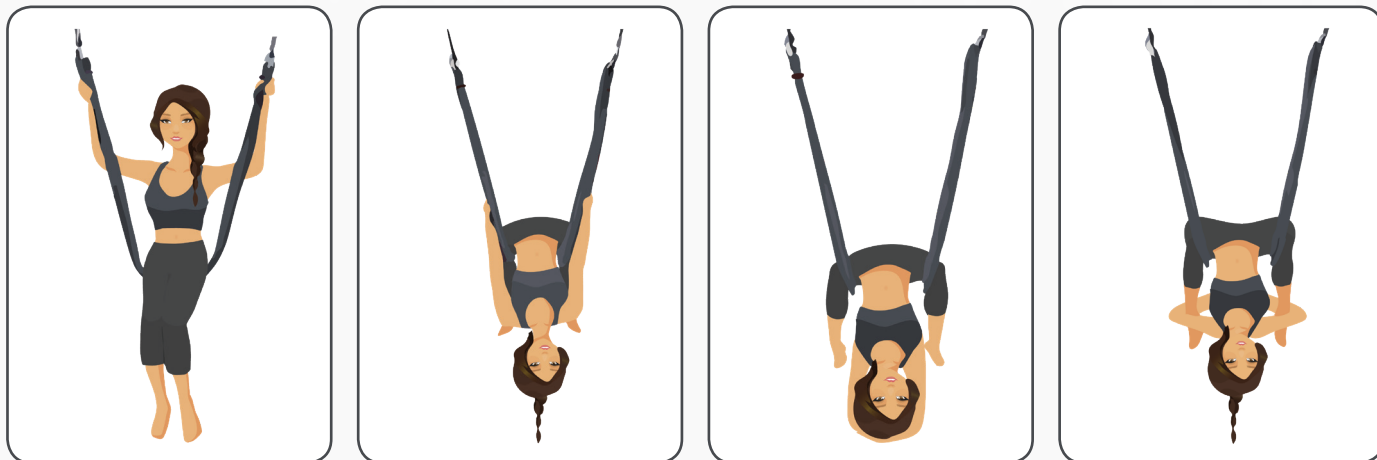


Assisted cobra pose strengthens the shoulder, arms, core, and back. It makes the spine and neck flexible. With the help of a yoga hammock, you will be able to deepen the abdominal and the thoracic stretch. Thereby, providing more benefits than the normal cobra pose.

- 1 | Sit comfortably on the yoga hammock seat with your spine straight.
- 2 | Hold the yoga hammock with both your hands. Inhale and slowly bend backwards while sliding your hands down on the fabric.
- 3 | Your feet will automatically lift off the ground once your back is fully bent.
- 4 | While maintaining balance, release your hands and bring them near your head.
- 5 | Bend your neck backwards and fold your arms parallel to your face and let your forearms touch the ground. The distance between your face and ground should be 3-5 cm.
- 6 | Release the weight on your forearms and maintain the position.

To return, hold the yoga hammock with one hand. Slowly segregate your weight and hold the yoga hammock with your other hand and slowly come back to the sitting position.

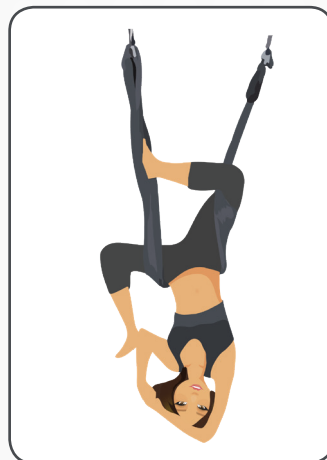
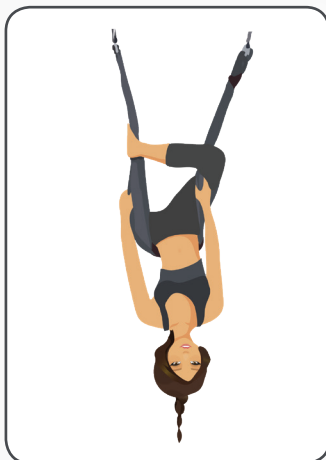
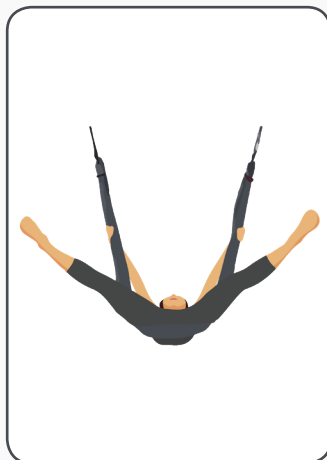
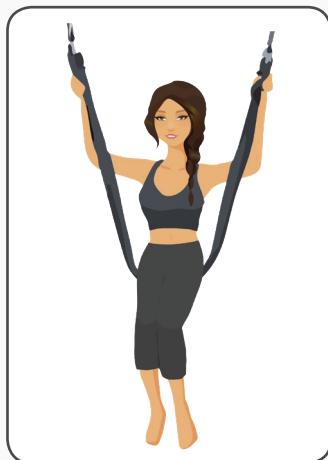
INVERTED BOW POSE



The Inverted Bow Pose is a supported backbend that not only strengthens the muscles of the back but also stretches the front of the body. The abdominals, biceps, and quadriceps receive the most benefit in this stretch.

- 1 | Start in a seated position on your yoga hammock with the seat fabric covering your buttocks area.
- 2 | Take hold of the yoga hammock fabric in both hands and slowly lower yourself back, allowing your hands to walk down the fabric until you are in a reclining position with your head pointing towards the ground.
- 3 | Allow your knees to remain bent and your legs to hang.
- 4 | Your arms can hang down towards the ground, or to intensify the stretch, use your hands and reach towards your ankles.
- 5 | When you are ready to release from this pose, grab the yoga hammock fabric and slowly rise back up to the seated position.

BOUND ONE-LEGGED KING PIGEON POSE



The Bound One-Legged Pigeon Pose is a deep hip opener that also stretches the quadriceps and muscles of the chest. Practicing this pose with the yoga hammock allows gravity to work on your side and eases the pressure on your hips and knees in its related yoga version.

- 1 | Start in a seated position on your yoga hammock with the seat fabric covering your buttocks area.
- 2 | Take hold of the yoga hammock fabric in both hands and slowly lower yourself back until your arms straighten and your back is parallel to the ground.
- 3 | Allow your legs to separate into a wide "V" shape.
- 4 | With hands firmly on the yoga hammock, lean back until your head is close to the ground.
- 5 | Bring your right knee into a bend around the right strap of the yoga hammock. Allow your left ankle to rest on top of the left side yoga hammock fabric.
- 6 | Next, allow your left knee to bend bringing your left foot closer to your head.
- 7 | You can now allow your arms to hang down towards the ground or to increase the stretch, you can reach back for your foot coming fully into King Pigeon Pose.
- 8 | Hold here for as long as it is comfortable. To release, gently reverse out of the pose the way you came into it.

CONTACT US

Questions or Comments?

Contact us directly at [Amazon.com](https://www.amazon.com)

We would love to hear from you!



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