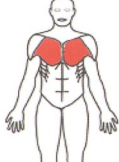


Resistance Tubes are a fantastic tool to conduct a home work out on a budget. With literally hundreds of exercises there is no excuse why you can't work every muscle group in the comfort of your own home!

Disclaimer: Each exercise can be done numerous times depending on how hard you want to push yourself. Always remember, **YOU MUST KEEP YOUR FORM**, losing your form because you are tired can lead to injury and uncomfortable muscle strain! All these exercises are recommendations only, and should only be performed once you are clear of the correct form. T8 Fitness accepts no responsibility for any injury or damage that may occur - you do these exercises at your own risk.

Chest



Resisted Press Up

This is a great exercise to simulate a heavy chest press. Simply place each end of the resistance tube under your palms with the tube going over your back, then do press ups, as normal, remembering to keep your form with your body straight and shoulder blades down and towards your spine. Adjust the length of the tube for more or less tension.

One-Arm Chest Press

This exercise is best done standing up and requires the tube to be tied to something behind you (you can use the door anchor included with your tubes). Stand with one foot in front of the other and push your hand away from you. You can finish your extension with your body slightly turned inwards if you like. Return slowly and repeat on the other side.



Two-Arm Chest Press

A good way to build the chest at home. This exercise requires the tube to be attached to a fixed object behind you (you can use the door anchor included with your tubes). Once attached and adjusted, sit on a Fitness Ball and push the two handles away from you as shown. For more resistance sit further away.



Chest Fly

With the tube attached behind you, straighten your arms out to the side and then bring the handles round in front of you in a hugging motion. You should be concentrating on bringing the two pectoral muscles together.



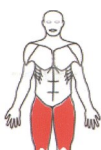
Incline Chest Press

Attach the tube under a door and then simply press the tubes at about 45 degrees upwards, keeping your elbows out and focusing on contracting the pectorals. End with your arms out in front and above your head.



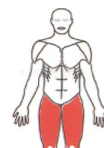
Squats

Standing on the resistance tube, hold the handles at shoulder height with your knees bent and your bum out behind you. Then simply stand up in a slow controlled motion concentrating on keeping your back straight and pushing through your heels.



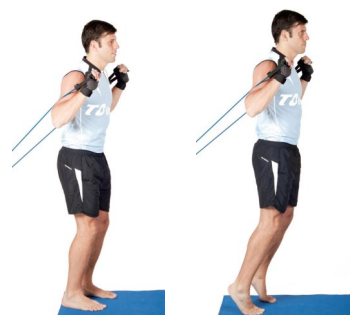
Lunges

Loop the tube securely under your left foot, with your right foot further behind to provide stability. Bend the left knee to between 45 and 90 degrees, depending on how comfortable you are with the exercise. Adjust the tube to the appropriate tension and grip in both hands at chest level. Keeping your back straight, and focusing on pushing through your left heel, straighten your left leg. Slowly return, and repeat on the other leg.



Calf Raises

Attach the tube under a door or something at floor level and hold the handles at shoulder height. Then simply raise your heels off the ground as shown, concentrating on working the calf muscles.



For other great products, guides and videos check out www.t8fitness.com

Hip Adduction

Place one end of the tube attached to the door (using the door anchor) and secure your right foot through the handle of the other end. Standing up, support yourself by holding a chair to your left hand side (use a foam roller for an additional balance challenge). Then slowly move your right leg to the left across your body. Return to the right and repeat with your left foot.



Hip Abduction

Place one end of the tube attached to the door (using the door anchor) and secure your left foot through the handle of the other end. Standing up, support yourself by holding a chair to your left hand side (use a foam roller for an additional balance challenge). Starting with your left leg across your body, slowly move your leg out to your left. Return slowly and repeat on the other side.



Hip Flexor

Place one end of the tube attached to the door (using the door anchor) and secure your right foot through the handle of the other end. With your back to the door, facing away, start with your right leg trailing behind you at a 45 degree angle. Place your right hand on your hip and your left hand on a chair for support (use a foam roller for additional balance challenge). Slowly move your right leg forward until it is out in front of you. Return to start and repeat on the other side.



Glute Kick

Place one end of the tube attached to the door (using the door anchor) and secure your left foot through the handle of the other end. Facing the door, start with your left leg out in front of you at a 45 degree angle. Place your left hand on your hip and your right hand on a chair for support (use a foam roller for additional balance challenge). Slowly move your left leg back until it is out behind you, focusing on contracting the glute muscles. Return to start and repeat on the other side.



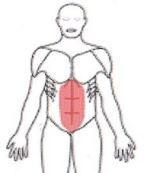
Front Raise

Stand on the middle of the tube and start with your hands down in front of you, then slowly raise your hands with straight arms out in front of you. Pause and slowly return to the starting position.



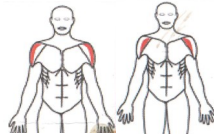
Ab Crunch

With the tube attached to the top of a door or something at head height, sit on a fitness ball and then slowly pull your upper body towards your knees concentrating on using your abs.



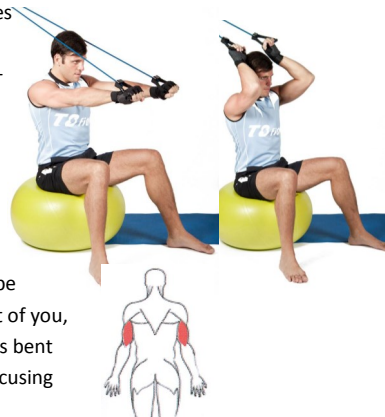
Shoulder Press

Place both feet on the middle of the tube and start with your hands by your shoulders. Looking straight ahead of you and maintaining your form, press the handles straight up towards the sky. This can be done seated on a ball for an added challenge.



Seated Tricep

Whilst sitting down with the tube attached at head height in front of you, hold the handles with your arms bent and then extend downwards focusing on the tricep muscles.



Overhead Tricep

Whilst sitting down with the tube attached at head height behind the head, hold the handles with your arms bent and then extend outwards focusing on the tricep muscles.

