RESISTANCE TUBES

WORKOUT GUIDE

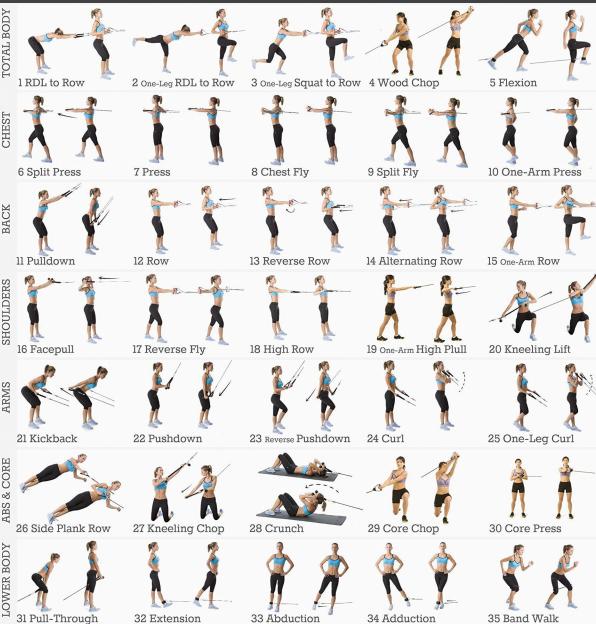


GOAL	ENDURANCE	STRENGTH	TONING/RECOVER
REPS	15-20	12-15	8-10
SETS	1-3	2-4	1-3



Perform workout as follows:

1. Select 1-2 exercises per body part. 2. Perform the appropriate rep and set range for your goal.



FEEL FREE TO CONTACT US IF YOU NEED ANY SPECIFIC FITNESS ROUTINE

CHOOSE YOUR GOAL START THE EXERCISE INCREASE RESISTANCE REPEAT

