

# RESISTANCE TUBES

## WORKOUT GUIDE

# FULL BODY

WORKOUTS FOR EVERYONE

GOAL	ENDURANCE	STRENGTH	TONING/RECOVERY
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.

TOTAL BODY	1 RDL to Row	2 One-Leg RDL to Row	3 One-Leg Squat to Row	4 Wood Chop	5 Flexion
CHEST	6 Split Press	7 Press	8 Chest Fly	9 Split Fly	10 One-Arm Press
BACK	11 Pulldown	12 Row	13 Reverse Row	14 Alternating Row	15 One-Arm Row
SHOULDERS	16 Facepull	17 Reverse Fly	18 High Row	19 One-Arm High Pull	20 Kneeling Lift
ARMS	21 Kickback	22 Pushdown	23 Reverse Pushdown	24 Curl	25 One-Leg Curl
ABS & CORE	26 Side Plank Row	27 Kneeling Chop	28 Crunch	29 Core Chop	30 Core Press
LOWER BODY	31 Pull-Through	32 Extension	33 Abduction	34 Adduction	35 Band Walk

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

**CHOOSE YOUR GOAL  
START THE EXERCISE  
INCREASE RESISTANCE  
REPEAT**