

# 3-IN-1 RESISTANCE CORD KIT

## EXERCISE GUIDE

### SIDE RAISE



Stand in a staggered stance. Place tubing under front foot and with knees slightly bent. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.

Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.

### ARM EXTENSION



Stand in a staggered stance and position back foot on tubing with knees slightly bent. Grasp one handle with both hands, bend arms and position behind head.

Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.

### CHEST FLY



Stand in a staggered stance. Place tubing under back foot with knees slightly bent. Grasp handles and position arms at sides of body with palms facing up.

Raise arms up and inward in front of chest with arms slightly bent and palms of hands facing inward. Return to start and repeat.

### ARM CURL



Stand in a staggered stance. Place tubing under front foot with knees slightly bent. Grasp handles and position arms at sides of body.

Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.