



3-IN-1 RESISTANCE TUBE

EXERCISE GUIDE

- As a warm-up before each session, perform each selected exercise 3–5 times without the Resistance Tubes.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Resistance Tube that provides a lesser amount of resistance. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select the Resistance Tubes that will provide a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Tubes exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

SIDE RAISE



START: 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.



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

FOOT POSITIONING



MODERATE STANCE



WIDE STANCE



STAGGERED STANCE

ARM EXTENSION



START: 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.



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

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LUNGE



START: Stand in a staggered stance and position front foot on tubing and back foot slightly behind body with knees slightly bent. Grasp handles and position at shoulder height in front of body.

FINISH: Bend legs, keeping back knee above floor and front knee over toes. Keep shoulder blades squeezed together, head and chest forward. Push back up to start and repeat.

FRONT RAISE



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

FINISH: Lift arms up and forward in front of shoulders. Keep wrists firm and elbows soft. Return to start and repeat.

CHEST FLY



START: 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.

FINISH: 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



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

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