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.

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.

FOOT POSITIONING

MODERATE STANCE

WIDE STANCE

STAGGERED STANCE

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.

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: 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.

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All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

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