

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm 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 decrease repetitions.

—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 increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

CHEST PRESS



Start: Place tubing sleeve around a fixed stable anchor point. Face away from anchor, grasp handles with the tube underneath the arms, bend arms and raise elbows away from sides of body. Position one foot slightly forward with knees

slightly bent, back straight and head over hips.

Finish: Slowly straighten arms directly out in front of chest with lower body stationary, core muscles tight and wrists firm and aligned. Return to start position and repeat movement.

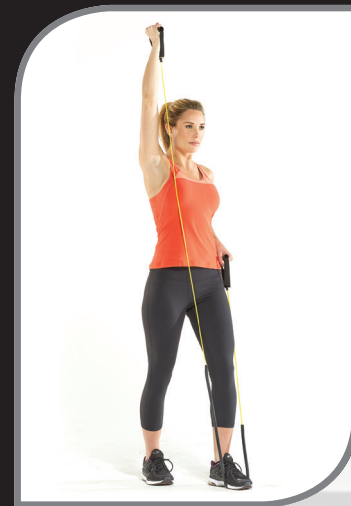
ROW



Start: Place tubing sleeve around a fixed stable anchor point. Face toward anchor; grasp handles and straighten arms out in front of shoulders. Position feet shoulder width apart with knees slightly bent, back straight and head over hips.

Finish: Slowly bend arms, squeeze shoulder blades and pull elbows back with lower body stationary, core muscles tight and wrists firm and aligned. Return to start position and repeat movement.

SINGLE ARM OVERHEAD PRESS



Start: Stand with one foot slightly out in front of the other and place tubing sleeve securely under front foot. Grasp handles, bend arms and position hand on back foot side of body just above shoulder and opposite hand on same side hip. Bend

knees slightly and straighten back with head over hips.

Finish: Slowly straighten arm directly above shoulder with lower body stationary, core muscles tight and wrist firm and aligned. Return to start position and repeat movement.

EXERCISE GUIDE

TRUNK ROTATION



Start: Place tubing sleeve around a fixed stable anchor point. Face shoulder toward anchor, grasp handles and straighten arms directly out in front of chest. Position feet shoulder width apart with knees slightly bent, upper body rotated toward anchor point and head stationary.

Finish: Rotate from the waist and face upper body away from anchor point while keeping lower body stationary. Return to start position and repeat.

SIDE STEP



Start: Step on tubing sleeve with feet hip width apart and knees slightly bent. Grasp handles, bend arms and position hands on hips.

Finish: Step to the side with one foot while bending knees and keeping upper body stationary. Return to start position and repeat.

KICK BACK



Start: Stand on one leg, place tubing sleeve securely under arch of opposite foot and bend leg up and forward in front of body. Grasp handles; bend arms and position hands directly in front of shoulders.

Finish: Straighten leg down and back behind body while keeping opposite leg and stationary. Return to start position and repeat.