

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/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 an Xertube® 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 an Xertube® that provides 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 exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

ARM CURL FRONT RAISE



Start: Stand in a staggered stance. Place tubing securely under back foot and bend front knee slightly. Grasp handles and position arms straight along sides of body directly below shoulders.

Finish: Slowly bend and lift arms up and forward in front of shoulders. Keep wrists firm with hands slightly in front of elbows. Return to start position and repeat.

FOOT POSITIONING



SIDE STEP



Start: Stand in a moderate stance with feet hip-width apart. Place tubing securely under feet and bend knees slightly. Grasp handles, bend arms and position hands in front of shoulders.

Finish: Slowly step out and away from side of body with one leg and position foot firmly on floor. Keep upper body stationary and toes pointed forward. Return to start position and repeat.

EXERCISE GUIDE

BENT-OVER ROW



Start: Stand in a wide stance with feet shoulder-width apart. Place tubing securely under feet, bend knees and hinge forward at the waist. Cross and grasp handles, bend arms in front of body with hands positioned directly



below shoulders.
Finish: Slowly bend and lift one arm up and back while rotating slightly at the waist. Keep wrist firm and lower body stationary. Return to start position and repeat.

TRUNK TWIST



Start: Stand in a wide stance with feet slightly wider than shoulder-width apart. Place tubing securely under front foot, bend knees slightly, and rotate entire body in the same direction. Grasp handles, bend arms and position hands in front of shoulders.



Finish: Slowly rotate entire body up and backward in direction of back leg while shifting weight onto back leg, straightening legs, pivoting feet and extending arms up and forward in front of head. Return to start position and repeat.

REAR LEG LIFT



Start: Stand in a moderate stance with feet hip-width apart. Balance on one leg, position tubing securely under opposite foot and bend knee with foot off floor. Grasp and cross handles, bend arms in front of body with hands positioned in front of chest.



Finish: Slowly straighten and press leg up and back behind body while extending arms directly out in front of shoulders. Keep wrists firm and upper body stationary. Return to start position and repeat.

LUNGE PRESS



Start: Stand in a staggered stance. Place tubing securely under front foot, bend knees with top of front leg and bottom of back leg parallel to floor and back heel off floor. Grasp handles, bend arms in front of body with hands positioned



just above shoulders.
Finish: Slowly straighten legs and extend arms up and overhead. Keep wrists firm, back straight and head over shoulders. Return to start position and repeat.