POWER RESISTANCE CORD

EXERCISE INSTRUCTION

- Warm up before each session, perform each selected exercise 3-5 times without the
- 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 orm/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 Power Resistance Cord that provides a lesser
- -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 a Power Resistance Cord that provides a greater amount of resistance
- · Perform each exercise a minimum of 3 times per week for
- Allow 24-48 hours of complete rest between each Power Resistance Cord exercise session

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

ARM CURL FRONT RAISE



Start: Stand in a staggered stance. Place tubing securely under back foot and bend front knee slightly. Graso 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.

BENT OVER ROW



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



Finish: Slewly bend and lift one arm up and back while rotating slightly at the waist. Keep wrist firm and lower body stationary.

FOOT POSITIONING



Moderate Stance



Staggered Stance



Wide Stance

TRUNK TWIST



slightly wider than shoulder width apart.
Place tubing securely under front foot, bend inees slightly, and rotate entire body in the same direction. Grosp handles, bend arms and position hands in front of shoulders.

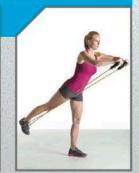


backward in direction of back leg while shifting weight onto back leg, straightening legs, pivating feet and extending arms up and forward in front of head. Return to

REAR LEG LIFT



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 orms in front of body with hands positioned in front of chest.



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 backleg parallel to floor and back heel off floor. Grasp handles, bend arms in front of body with hands positioned just above shoulders



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

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