

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.

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

CHEST PRESS



Start: Stand with feet hip-width apart and knees slightly bent. Place tubing behind the back, below shoulder blades. Grasp handles with palms facing inward and position hands just outside shoulder width.



Finish: Straighten arms in front of chest, rotating shoulders inward with palms facing down. Return to start position and repeat.

ALTERNATING CHEST PRESS



Start: Stand with feet shoulder-width apart and knees slightly bent. Grasp one handle with palm facing down and place other handle in opposite hand with arm bent and hand in front of chest.



Finish: Straighten bent arm and bend straight arm while rotating shoulders and keeping wrists firm. Return to start position and repeat.

LOW BACK PULL DOWN



Start: Stand with feet hip-width apart and knees slightly bent. Grasp each handle. Extend one arm above head and bend opposite arm, positioning hand above same side shoulder.



Finish: Pull bent arm down and back, ending with hand just below same-side shoulder. Return to start position and repeat.

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MID BACK PULL



Start: Stand with feet hip-width apart and knees slightly bent. Grasp handles and bend arms with hands in front of shoulders and palms facing in.



Finish: Straighten and pull arms back and out to sides of body at shoulder height with palms of hands facing forward. Return to start position and repeat.

ARM CURL



Start: Stand with feet hip-width apart and place one handle under arch of foot. Grasp the other handle and straighten same-side arm along side of body.



Finish: Bend arm and lift hand up and forward in front of chest with palm facing back and elbow close to side of body. Return to start position and repeat.

SEATED ROW



Start: Sit with legs bent, heels on floor, and toes pointed forward. Place one handle around the arch of foot and grasp other handle with opposite side hand. Straighten arm in front of hip with hand of opposite arm on hip.

Finish: Bend and raise arm up and back behind body while keeping knees bent, heels on floor and toes pointed forward. Return to start position and repeat.