Exercise Instruction:
- Warm-up before each session, perform each selected exercise 2-3 times without the Xertube®.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each interval 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 2-3 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.
• 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 Xertube® exercise session.

SIDE RAISE (Deltoid)
Start: Stand in a staggered stance. Place tubing under front foot and soften knees. 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.

CHEST FLYE (Pectorals)
Start: Stand in a staggered stance. Place tubing under back foot and soften knees. Grasp one handle with both hands, bend arms and position behind head.

FRONT RAISE (Deltoid)
Start: Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.
Finish: Lift arms up and forward. Keep wrists firm and elbows soft. Return to start and repeat.

ARM EXTENSION (Triceps)
Start: Stand in a staggered stance and position back foot on tubing. Grasp one handle with both hands, bend arms and position behind head.

LUNGE (Quadriceps, Hamstrings, Gluteals)
Start: Stand in a staggered stance and position front foot on tubing and back foot slightly behind body. 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.