

MULTI-LEVEL RESISTANCE CORD

EXERCISE GUIDE

SIDE RAISE



START: Stand in a staggered stance. Place cord under front foot and with knees slightly bent. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.

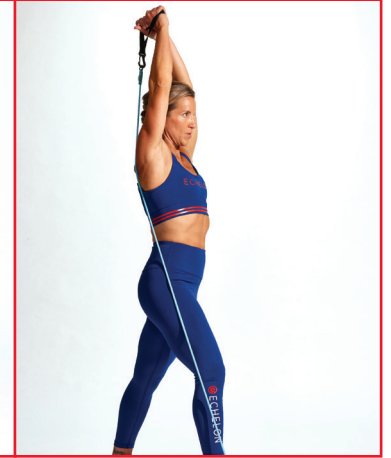


FINISH: Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.

ARM EXTENSION



START: Stand in a staggered stance and position back foot on cord with knees slightly bent. Grasp one handle with both hands, bend arms and position behind head.



FINISH: Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.

CHEST FLY



START: Stand in a staggered stance. Place cord under back foot with knees slightly bent. Grasp handles and position arms at sides of body with palms facing up.



FINISH: Raise arms up and inward in front of chest with arms slightly bent and palms of hands facing inward. Return to start and repeat.

ARM CURL



START: Stand in a staggered stance. Place cord under front foot with knees slightly bent. Grasp handles and position arms at sides of body.



FINISH: Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.