

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.

SIDE RAISE



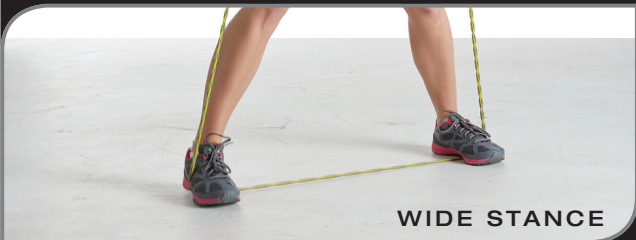
Start: Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles with palms facing legs and position arms at sides of body, directly under shoulders.

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

FOOT POSITIONING



MODERATE STANCE



WIDE STANCE



STAGGERED STANCE

ARM EXTENSION



Start: Stand in a staggered stance and position back foot on tubing. 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 position and repeat.

EXERCISE GUIDE

LUNGE



Start: Stand in a staggered stance and position front foot on tubing and back foot behind body. Grasp handles and position at shoulder height in front of body.

Finish: Bend legs, with back knee above floor and front knee over toes. Keep shoulder blades squeezed together with head and shoulders aligned with hips. Straighten legs, return to start position and repeat.

FRONT RAISE



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

Finish: Lift arms up and forward in front of shoulders with wrists firm and elbows slightly bent. Return to start position and repeat.

CHEST FLYE



Start: Stand in a staggered stance. Place tubing under back foot and slightly bend both legs. Grasp handles and position arms at sides of body with palms facing up.

Finish: Bend arms slightly and lift up and forward in front of body while bringing hands together in front of chest. Return to start position and repeat.

ARM CURL



Start: Stand in a staggered stance. Place tubing under front foot and slightly bend both legs. 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 position and repeat.