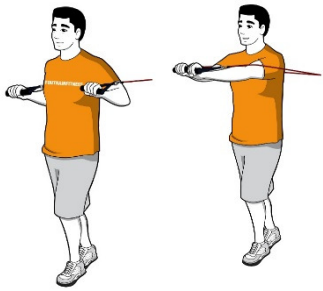
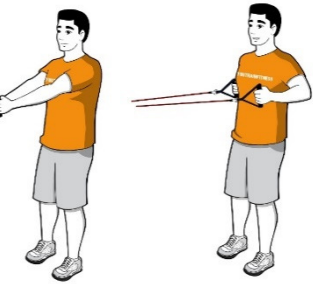


RESISTANCE TUBE EXERCISES



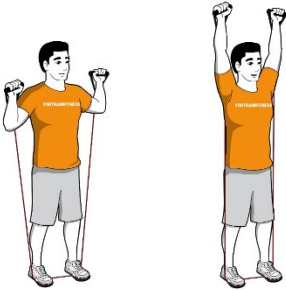
CHEST PRESS (Upper Front Muscles)

- Staggered feet
- Arms at chest level
- Stiffen belly
- Exhale on press



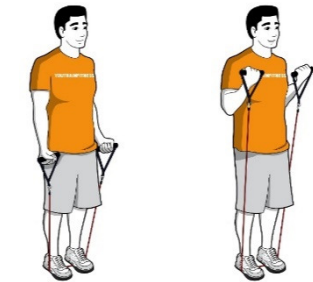
BACK ROW (Upper Back Muscles)

- Feet shoulder width apart
- Arms at chest level
- Slight knee bend
- Stiffen belly
- Exhale on pull



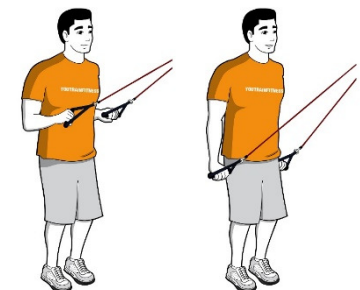
SHOULDER PRESS (Shoulder Muscles)

- Feet shoulder width apart
- Hands positioned forward at shoulders
- Slight knee bend
- Stiffen belly
- Exhale and push arms overhead



BICEPS CURL (Front of Arm Muscles)

- Feet shoulder width apart
- Hands positioned forward at hips
- Slight knee bend
- Stiffen belly
- Exhale and lift arms to shoulders



TRICEPS EXTENSION (Back of Arm Muscles)

- Feet shoulder width apart
- Arms positioned at 90 degrees
- Slight knee bend
- Stiffen belly
- Exhale on push down

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RESISTANCE TUBE EXERCISES



CORE (Middle Body Muscles)

- Stiffen belly
- Exhale and push arms out front
- Inhale and pull arms in
- Perform push-pull action for 30 seconds then switch sides



SQUAT (Upper Legs and Butt Muscles)

- Feet shoulder width apart
- Hands positioned at shoulder
- Stiffen belly
- Lower butt to floor (as if sitting)
- Exhale throughout standing



HEEL RAISE (Lower Leg Muscles)

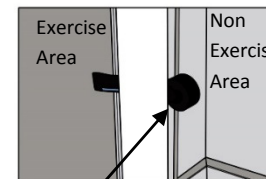
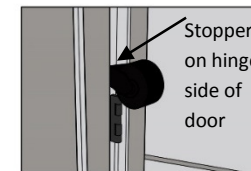
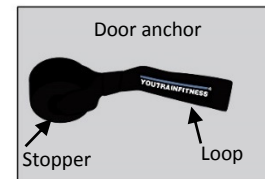
- Feet shoulder width apart
- Hands positioned at shoulder
- Slight knee bend
- Stiffen belly
- Exhale while raising heels

DOOR ANCHOR SET-UP

(Door Anchor Sold Separately)

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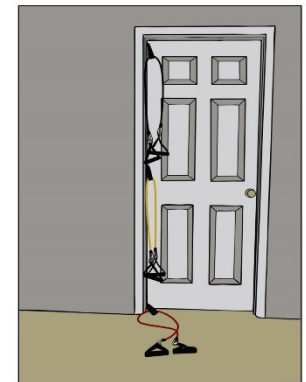
www.youtrainfitness.com



Place door anchor through hinge side and close door



Feed tube through loop (Exercise area)



3 door anchors and 3 resistance tubes setup