

PLEASE READ CAREFULLY BEFORE USE

- The resistance tube (tube) is made of the highest quality dipped Malaysian Latex
- This natural latex rubber may cause allergic reaction. DO NOT USE if you are allergic to latex rubber
- Avoid stretching the tube more than two times its resting length
- Please do not attach tube to any sharp objects that may damage product
- When performing exercises that require standing on tube, do not perform on abrasive surface or wear cleats or metal spikes that will damage tube
- Avoid leaving the tube in an environment that's too hot or too cold
- The life expectancy of your tube may be 1-2 years based on frequency of use and proper care
- Before participating in any physical activity, please consult your health care provider
- Please consult with a professional coach or certified trainer when using this product
- This product is not a toy and intended for adult use
- To protect against eye injury that can occur if the tube snaps towards the face or if you lose your handle grip, user must wear protective eye wear such as safety goggles
- This product is designed and intended for use of exercises in this guide. Other use is not recommended and may void warranty

DOOR ANCHOR

- Inspect door anchor before and after use. If you notice any tears or loose threading DO NOT USE
- Always place door anchor on the hinge side of solid wood/metal doors and lock door
- If lock is on the other side, place sign or notification "DO NOT OPEN" on the other side of door
- Uninstall door anchor from door when not in use and keep in a secure area from children
- Read WARNING label on door anchor and follow all directions

TUBE EXERCISE GUIDELINES

- Perform general upper and lower body warm-up activities before using the tube
- Begin with exercises from top left (chest press) to bottom right (heel raise) of page
- Perform each exercise for 8-12 or 12-15 repetitions based on preference
- Repeat exercise circuit for one to two more times for a total of three times
- Perform each exercise with full range of motion
- Perform stretching exercises at the end of your workout

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YOUTRAINFITNESS, LLC is not responsible and assumes no liability for any personal injuries, accidents or damage to personal property or others caused by installing or using this product or any of its components.

Warranty: YOUTRAINFITNESS, LLC warrants that this product is free from defects in workmanship. This warranty will last for a period of 90 days from the receipt purchase date. This warranty does not extend to any defect caused by negligence or misuse of product. For noticeable defects 90 days or less, please email customer service info@youtrainfitness.com for replacement information.

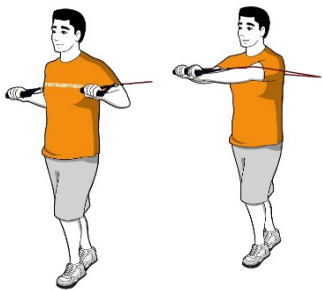
YOUTRAINFITNESS[®] PREMIUM QUALITY

A	4lbs (Extra Light) Yellow	
B	7lbs (Light) Green	
C	9lbs (Medium) Red	
D	14lbs (Heavy) Blue	
E	20lbs (Very Heavy) Black	
F	24lbs (Super Heavy) Purple	
G	30lbs (Maximum Heavy) Orange	

STACKABLE RESISTANCE TUBES

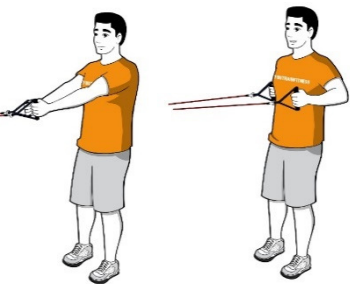
Combine tubes for more tension (A + B = 11lbs or E + F + G = 74lbs)

RESISTANCE TUBE EXERCISES



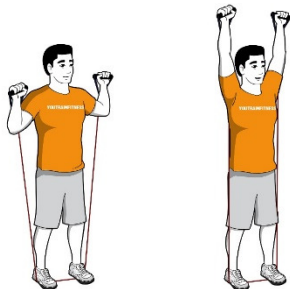
1. CHEST PRESS (Upper Front Muscles)

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



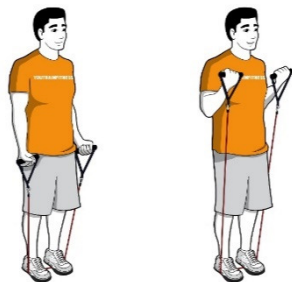
2. BACK ROW (Upper Back Muscles)

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



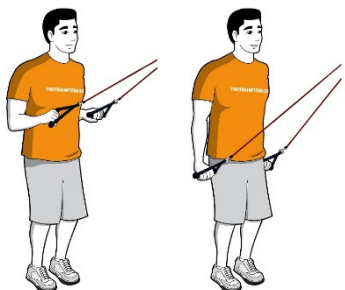
3. SHOULDER PRESS (Shoulder Muscles)

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



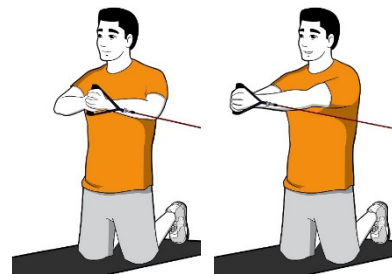
4. BICEPS CURL (Front of Arm Muscles)

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



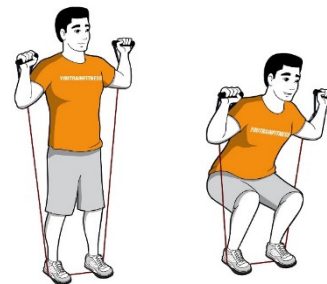
5. TRICEPS EXTENSION (Back of Arm Muscles)

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



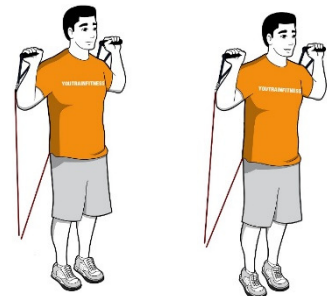
6. CORE (Middle Body Muscles)

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



7. 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

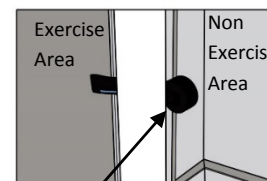
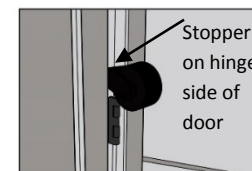
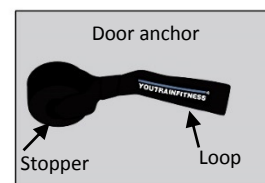


8. HEEL RAISE (Lower Leg Muscles)

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

DOOR ANCHOR SET-UP

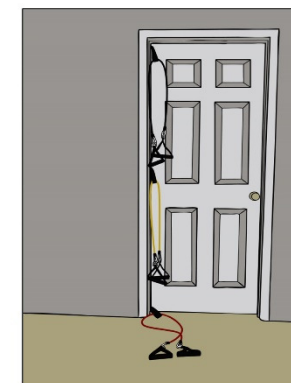
(Door Anchor Sold Separately)



Place door anchor through hinge side and close door



Feed tube through loop (Exercise area)



3 door anchors and 3 resistance tubes setup

SEE TUBE EXERCISE GUIDELINES ON BACK