



NUTRITION & AEROBIC TRAINING SERVICE  
[www.natstotalefit.com](http://www.natstotalefit.com)

## Back Toning Ideas

NOTE: When toning with the NATS Total E Fit, the possibilities are endless.  
These are just a few ideas to get you started.  
Please see set-up steps for directions on assembly.

Be sure that handles are locked onto tubing before beginning to avoid injury. Never pull tubing towards face. Always check tubing for defects before beginning any workout. If any defects are found, discontinue use and replace immediately. Please be sure to read recommended care and usage requirements before using the NATS Total E Fit.



### Pullbacks-

Leaning over with knees soft, one hand resting on thigh, bend at the waist to create a 90 degree angle, with back being parallel with the floor. Pull your elbow straight up tight against your body. Extend arm straight down to a full stretch toward the floor.



### Seated Rows-

Adjust tubing to a shorter length for the desired resistance. Begin with feet shoulder width apart next to the opening of which the tubing is attached. Bend your knees and extend your body forward. Then lean back, bend arms, and pull your elbows back. Next, release and roll forward.



### **Back-**

Standing with feet shoulder width next to the opening in which your tubing is attached. With one handle in each hand and palms facing forward, pull your elbows back an inch and then press up only an inch. (Do not do a full overhead press as it could stretch the tubing beyond its limit and possibly cause injury. For overhead press use a balance ball or kneel on one knee.)



### **Opposite Leg-Arm Extension-**

Begin facing down towards mat, attach ankle cuff and handle to opposite corners. Next, lift opposite arm and leg to a straight line parallel with the floor, release the full extension, slowly bringing arm and leg back part way down to half the maximum extension. Repeat extension.