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Upper Body



Biceps- Start by placing your feet shoulder width apart next to the location of the holes in which your tubing is placed. Bend your knees slightly. Place one handle in each hand. Pull elbows close to sides and lift handles towards shoulders with palms facing up. Slowly bring your hands back down to just below waist level keeping a slight bend in the elbows and wrists flat. Repeat.



Triceps- Place feet shoulder width apart next to the openings in which your tubing is attached. Bend slightly forward at the waist. With a handle in each hand, lift slightly above the waist with palms facing up. Slowly bring hand back down to sides and repeat for desired number of repetitions. DO NOT lift above your comfort level. Repeat.



Chest- Stand with feet shoulder width apart next to the opening in which your tubing is attached. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. With a slight bend in the knees and arms at shoulder level, bring together like you are going to touch elbows. Slowly bring back keeping abs tight and chest out. Repeat.



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Shoulders- Stand with feet shoulder width apart next to the opening in which your tubing is attached. With a flat wrist and palms down, reach across torso with a slight bend at the elbow. Repeat for each side as though you are making a large x.



Shoulders- Stand with feet shoulder width apart next to the openings in which your tubing is attached. Bend slightly at the knees. Pull handles up toward chin keeping wrists flat. Slowly bring hands back down to sides. Next, extend arms out to your sides keeping a slight bend in the arms. Be sure not to lift outside of your comfort level. Bring hands back down to sides. Repeat.



Internal External Obloquies- Start by placing your feet shoulder width apart next to the opening in which your tubing is attached. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. Slightly bend knees and pull abs tight. Bend slightly at the waist to the side of your choice. Hold for 3 seconds and then pull back up keeping abs tight. Repeat on each side.



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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.)



Squat- Start by placing feet shoulder width apart next to the opening in which your tubing is attached. With one handle in each hand, pull towards shoulders with palms facing up. Open arms so that your palms are facing forward. Pull abs tight and keep shoulders down. Squat down with chin up and back straight. Hold for 3 seconds and then stand back up keeping a slight bend in the knees. Repeat.



Lunge- Start by placing one foot in front at the front of your mat and the other off the back of your mat. With a handle in each hand, pull towards shoulders with palms facing up. Open arms so that your palms are facing forward. Keeping back straight and abs pulled tight, bend front leg like you are going to kneel down. Make sure that your knee does not go past your toes. Hold for 3 seconds and then stand back up keeping abs tight and a slight bend in the knees. Repeat.



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