

Exer-tube Workout



Start



Finish

Bicep Curl

Stand on the tube with feet shoulder distance apart. Grasp tube handles with palms facing forward. Keep elbows close to the body and lift tube handles toward the shoulders. Lower slowly and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Tricep Kickback

Stand on the tube with feet shoulder distance apart. Bend the knees and bend forward at the waist, careful to keep the back flat. Keeping the arm close to the body, pull the elbow back so the arm is parallel with the floor, bent in a 90 degree position. Slowly extend the lower arm behind you so that the whole arm is straight. Do not move shoulder or upper arm. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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Shoulder Raise

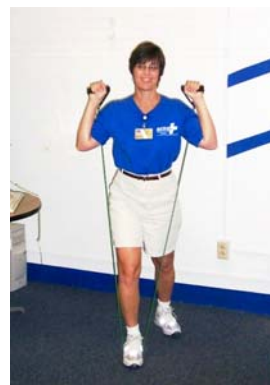
Stand on the tube with feet shoulder distance apart, grasping tube handles at sides. Slowly raise arms straight out to the sides, but do not go past the shoulders. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Overhead Press

Stand in a staggered position, one foot on the tube, the other foot slightly behind. Grasp tube handles and bring them to your shoulders. Slowly raise your hands straight up, but do not lock the elbows. Keep shoulders down and relaxed when lifting. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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Upright Row

Stand on the tube with feet shoulder distance apart. Grasp tube handles with hands facing toward you. Pull up so that elbows are in line with the shoulders, hands are in front. Shoulders stay down and relaxed. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Squat
Stand with feet shoulder distance apart, standing on tube with both feet. Grasp tube handles and bring hands to the shoulders. Slowly lower the body to a sitting position, careful not to extend the knees over the toes. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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Lunge

Place one foot on the tube and step the opposite foot behind you. Grasp the tube handles and bring hands to shoulders. Bend the front knee so that the front leg is in a 90 degree position, careful that the knee does not extend over the toes. Slowly straighten the leg, but do not lock the knees. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Hip Abductor
Stand on the tube, feet shoulder distance apart. Grasp tube handles with the opposite hands so that the tube is crossed in front of you. Slowly raise one leg straight out to the side. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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Hip Adductor

Place one end of the tube on a doorknob or around the leg of a heavy piece of furniture. Place the other end of the tube around your outside ankle. Keeping the outside leg straight, bring the outside foot across the midline, in front of the body. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Chest Press

Sitting in a chair, place the tube around the back of the chair. Grasp tube handles with hands at mid-chest height. Press forward with your hands, extending the arms, but keeping the elbow slightly bent. Be sure to sit upright, and do not round the upper back and shoulders. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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Leg Extension

Sitting in a chair, place one end of the tube handle around your foot. Wrap the tube around the base of the chair and grasp the other end of the tube in your opposite hand. Slowly raise your foot so that your leg is parallel with the floor, keeping the knee slightly bent. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.

Abdominal Crunches

Lie on your back with your knees bent and feet on the floor. Press your lower back into the floor and with your hands behind your head, slowly lift your shoulder blades off the floor. Return to starting position and repeat.

Perform 2 sets of 10-12 repetitions, with 30-60 seconds rest in between sets.



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