

# RESISTANCE TUBE

## WORKOUT CHART



### Low Ab Lift

Lower your legs down as fast as you feel comfortable. Relax your head on the ground, keep all movements slow and controlled.



### Biceps Curl

Keep your elbows at your sides. Keep your abdominals strong.



### Chest Press

Keep your shoulder down and back. Choke up the tubing for more challenge.



### Deep Lunge

Keep your back leg straight, come down as far as you can, keep your back straight.



### Hundred

Relax your neck and shoulders, breathe in through the nose and out the mouth, keep your arms and legs are straight as you can.



### Lat Pull Down

Keep your head in a neutral position, keep your spine tall. Breathe naturally.



### Standing Lateral Raise

Only raise to shoulder level, relax the muscles in your neck.



### One Arm Row

Keep your elbow close to your side. Keep your shoulders back and down.



### Standing Overhead Extension

Keep your elbows parallel, keep your spine tall, choke up on the tubing for more challenge.



### Seated Row

Keep your shoulders down and back, keep your spine tall.



### Side Step

Step as far out as you can, relax your upper body, keep your feet forward.



### Standing Reverse Fly

Keep your core strong to support your spine, keep your movements under control.



### Static Lunge

Bend your knees to 90 degrees, make sure your feet are forward.



### Shoulder Raise Combo

Focus on a full range of motion, only raise your arms to shoulder height, keep your abdominals strong.



### Squats

Squat down as far as you can, keep your hips back, squeeze your glutes at the top.



### Standing Alternate Front Raise

Focus on a full range of motion, keep a slight bend in your knees, keep your abdominals strong.



### Standing Alternate Shoulder Press

Focus on a full range of motion, keep a slight bend in your knees. Keep your abdominals strong.



### Stationary Lunge

Lunge down as far as you can, drop your weight straight down and up, press into your heel.



### Two Arm Triceps Kickback

Keep your glance down, focus on full range of motion, back should be straight and core strong.

### Target Body Part :

- ABS
- ARMS
- CORE
- LEGS
- LOWER BODY
- UPPER BODY

As with any exercise program, consult your physician before you begin.

For more exercise, visit [www.ifit.com](http://www.ifit.com)

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