



# General Guidelines For the Tube Kit

## WARM UP & COOL DOWN

As with any exercise routine, it's important to begin by warming up your body, and most specifically the muscles you are planning to exercise. You can do almost any warm-up routine you like.

At the end of your exercise routine, simply slow down your intensity level for about 3-5 minutes while you stretch out the muscles you have been working. This step is important for your overall health and fitness.

Stretching actually shapes the muscle and eases the stress on the joints. Stretching after a workout lengthens the muscles that have contracted during a workout and helps to maintain a natural yet toned appearance. After your Resistance Tube routine, stretch the muscles you have used in all directions.

Exhale on the contraction (the muscle engaging part of the exercise) phase of the repetition. Then on the release phase, inhale. Rhythmic and regular breathing will help you achieve the results you are after. Most important, do not hold your breath!

## SAFE PRODUCT USAGE

- As with any strenuous exercise program, consult a physician before using the Resistance Tubes.
- The Resistance Tube is not a toy. Keep out of reach of young children.
- Never use the Resistance Tube with wet or greasy hands. Grip the Resistance Tube securely to prevent it from slipping out of your hand.
- Be sure to stretch and warm-up slowly before commencing a high intensity workout.
- Never push a workout beyond your comfort zone. While "the burn", muscle fatigue, is actually desirable for optimal toning, actual pain is your signal to stop immediately!
- Some exercises require the Resistance Band to be secured to a door. When using a door to perform an exercise you must secure the door attachment strap to the door. See the door anchor instructions below.

## RESISTANCE TUBE CARE

To keep your Resistance Tubes in good condition, follow these easy steps:

- Clean your Resistance Tubes with water or very mild soap. Harsh cleaning products may damage the Resistance Tube.
- Avoid prolonged exposure to heat sources such as direct sunlight, lamps, heaters and furnaces.
- Keep sharp objects away from the Resistance Tubes – they are not puncture proof.
- Avoid using your Resistance Tubes on abrasive surfaces. Hardwood, Linoleum, and low pile carpeting are recommended.
- CAUTION: Inspect your stretch bands for tears, cracks or punctures. Do not use your stretch bands if they are torn, cracked or punctured.

**BEFORE EXERCISING, CONSULT A PHYSICIAN  
WARM-UP PROPERLY BEFORE STARTING ANY ROUTINE  
COOL DOWN COMPLETELY BEFORE ENDING A WORKOUT.**

## Door Anchor



1. Open the door and choose the height at which to place the door anchor. The anchor can be placed at the top or sides of the door.
2. Close the door with the door anchor on the opposite side of the door and the nylon loop on the same side of the door with you.
3. Unclip one side of the resistance band, run it through the loop, clip the band back in place, and begin exercising.

Note: It is best to pull the band in the same direction in which the door closes. This will prevent both door damage and/or personal injury.

## Chest Press



Begin by attaching the resistance tube to either a door or a post. Refer to instructions in the safe product usage section. Stand facing away from the anchor spot. Grasp the resistance tube handles and bring elbows up and out to each side at chest height.

Standing with good, erect posture, push both arms straight out in front of the body, completely extending the elbows. Keep arms at shoulder height throughout the exercise. Slowly bring the elbows back to the starting position. Do 12-16 repetitions.

## Standing Row



Begin by attaching the resistance tube to either a door or a post. Refer to instructions in the safe product usage section. Stand facing toward the anchor spot. Grasp the resistance tube handles and bring arms straight out in front of you at chest height.

Pull both handles back toward your body, squeezing your shoulder blades together, until the elbows are bent and slightly behind your body as shown. Slowly bring your arms back to the starting position. Do 12-16 repetitions.

## Reverse Fly



Begin by attaching the resistance tube to either a door or a post. Refer to instructions in the safe product usage section. Stand facing toward the anchor spot. Grasp the resistance tube handles and bring arms straight out in front of you at chest height.

Pull both handles apart, laterally out to each side, keeping your arms at shoulder height. Squeezing your shoulder blades together, hold for one second. Slowly bring your arms back to the starting position. Do 12-16 repetitions.

## Single-arm Shoulder Press



While standing, hold one of the ankle resistance cuffs with your arm against and across the front of your body as shown. This arm will remain stationary as you perform the exercise with the opposite arm. Take the other cuff with the opposite hand and position it at shoulder height as shown.

While standing straight, press the hand at shoulder height directly up overhead until the elbow is fully extended and the arm is straight. Repeat 8-16 times then switch to the opposite side.

## Lateral Raise



While standing, place both feet shoulder width apart in the center of the fitness tube. Be careful to place the tube securely under the arch of each foot. Grasp the handles and hold on the sides of your body.

Keeping your arm straight, raise both arms laterally out to your sides, pausing when your arms reach shoulder height. Your palms should be facing the floor. Slowly return to the starting position. Do 8-16 repetitions.

## Upright Row



While standing, place both feet shoulder width apart in the center of the fitness tube. Be careful to place the tube securely under the arch of each foot. Grasp the handles and hold on the sides of your body.

While leading with the elbows, raise both arms up and out to the sides, ending with both hands up and under the chin as shown. Slowly return to the starting position. Do 8-16 repetitions.

## Biceps Curl



While holding the looped tube and standing, lean over and place one foot in the other loop of the tube. Be careful to place the tube handle securely under the arch of each foot.

While leaning over, bring your palm that's holding the looped tube, up towards your shoulder and hold it for one second. Slowly return to the starting position. Do 12-16 repetitions and then switch sides.

## Triceps Kick-back



While standing, hold one handle of the looped resistance tube with your arm bent and comfortably in front of your body. This arm will remain stationary as you perform the exercise. Take the other foam handle in the opposite hand. While keeping this arm at your side make a 90 degree bend at your elbow.

Press the bent elbow straight back until it is fully extended as shown. Slowly bring the elbow back to the starting position. Repeat 8-16 times then switch to the opposite side.

## Squats



While standing place both feet shoulder width apart in the center of the Resistance Tube. Be sure to place the tube securely under the arch of each foot. Holding both handles, bring hands up to the shoulders as shown.

Keep your head up, eyes forward, and back flat as you squat down. Bend both knees in a slow and controlled manner, until your thighs are parallel to the floor. Straighten knees to return to starting position. Do 12-16 repetitions.