

## TUBING CORE

### SUPERMAN

- 1 Lie on stomach with arms and legs extended. Wrap center of resistance tube around feet and grasp handles overhead.
- 2 Raise hands and feet simultaneously. Hold for 3 seconds.
- 3 Return to starting position. Repeat.



### LEG & ARM RAISE

- 1 Start on hands and knees. Wrap center of resistance tube around one foot, and grasp handles, one in each hand.
- 2 Fully extend banded foot, parallel to the floor. Simultaneously extend opposite arm forward. Keep back straight, abdominals tight.
- 3 Return to starting position. Repeat.



### WOOD CHOP

- 1 Stand with one foot on resistance tube, legs shoulder-width apart. Grasp handle in both hands so tube is parallel to legs.
- 2 Pull arms up and across body diagonally, ending overhead. Keep arms straight throughout movement, with only a slight bend at elbows.
- 3 Return to starting position. Repeat on other side.



## SQUAT

- 1 Stand with legs shoulder-width apart and both feet on resistance tube. Keep back straight, knees slightly bent. Grasp handles and raise hands to shoulder-height, palms facing in.
- 2 Squat down, bending at knees and keeping back straight. Extend movement until thighs are parallel to floor.
- 3 Return to starting position. Repeat.



## LEG ABDUCTOR

- 1 Stand on resistance tube near handles with one foot. Place other ankle in loop, knees slightly bent.
- 2 Raise leg out to the side, keeping ankles aligned throughout the movement. Adjust location of stance on tube to provide appropriate level of resistance.
- 3 Return to starting position, keeping tube taut and back straight. Repeat.



## LEG PRESS

- 1 Lie on back with resistance tube looped under one foot. Grasp handles and bring to chest-level.
- 2 Extend leg and straighten knee. Keep back flat against floor, not arched.
- 3 Return to starting position. Repeat.



### BENT OVER ROW

- 1 Stand on resistance tube, feet shoulder-width apart. Grasp handles and bend at waist, keeping back straight and abdominals tight.
- 2 Pull hands up to chest, flexing elbows and squeezing shoulder blades together.
- 3 Return to starting position. Repeat.



### LATERAL RAISE

- 1 Stand with one foot in center of resistance tube, the other foot behind. Grasp handle and start with hands by front thigh. Keep back straight, knees slightly bent.
- 2 Raise arm up and out to side until parallel with the floor. Do not shrug shoulders.
- 3 Slowly lower arm and return to starting position. Repeat on other side.



### SHOULDER PRESS

- 1 Stand with legs shoulder-width apart, with one foot on center of resistance tube. Grasp handles and raise hands to shoulder-height, palms facing in. Keep back straight, knees slightly bent.
- 2 Press hands straight above head until elbows are nearly straight. Do not shrug shoulders.
- 3 Slowly lower arms to shoulder-height. Repeat.

