

# General Guidelines For the Long Length Tubes

## 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 Tube to be secured to a door handle or a securely attached post. When using a door handle to perform an exercise you must wrap the resistance tube around both sides of the handle on both sides of the door. Be sure to center the resistance tube before wrapping it.

## 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.

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

## 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.

## Chest 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 away from the anchor spot. Grasp the resistance tube handles and bring arms up and out to each side at chest height.

Standing with good, erect posture, bring your arms forward until your hands touch in a hugging form. Hold for one second, then return to the starting position. Remember to keep your chest flexed throughout the entire range of movement. Repeat this movement. 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.

## Overhead Press



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. Holding both handles, bring hands up to your shoulders.

While standing erect, press both arms up directly overhead until the elbows are fully extended and the arm is straight. Slowly return to the starting position. Do 12-16 repetitions.

## 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 other 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 other 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 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 on each and twist your palms to facing forward.

While standing straight and keeping your elbows at your sides, bend your arm. Bring your palm up towards your shoulder and hold it for one second. Slowly return to the starting position. Do 12-16 repetitions.

## Overhead Triceps Extension



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. Holding both handles, bring hands up to your shoulders and then point your elbows up towards the ceiling as shown.

Extend your hands up above your head while keeping your elbows pointed up towards the ceiling. Hold for three seconds and return to the starting position. Do 12-16 repetitions.

## 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.