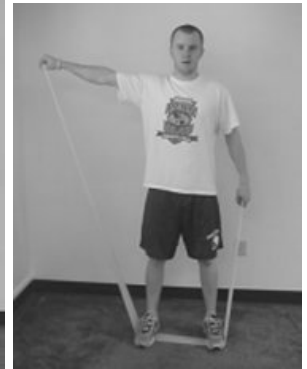


## Exercises Using Flexible Tubing

### Lateral Raise

Step onto tubing with feet hip width apart and knees slightly bent. Grasp the ends of the tubing with your hands at your sides with elbows slightly bent.

Raise your hands to the side of your body to shoulder height with elbows only slightly bent. Return to the start position and alternate



### Triceps Kickback.

Fasten the tubing securely to a pole or other safe object that can hold the tubing low to the ground.

To start, stand approximately 2-3 feet away from attachment point with feet shoulder width apart, knees slightly bent, and with a staggered stance. Grasp the tubing with an overhand grip. Bend elbow to a 90° angle and keep close to the side.

Moving only at the elbow, extend forearm back. Return to start position and perform desired repetitions. Then switch arms.

### Biceps Curl

Stand with your feet shoulder width apart, knees slightly bent, and at a staggered stance. Step onto the middle of the tubing with one or both feet.

Grasp the ends of the tubing with your arms hanging down at your sides. Your elbows should be close to your sides.

Flex at the elbows and curl handles up to approximately shoulder level. Keep elbows close to sides throughout movement. Return to start position.



## Calf Extension

Lie on your back and place tubing around the bottom of one foot. Raise that leg into the air and hold at that position. Extend your toes to full extension with the foot that has the band around it.

Return to the starting position and repeat for prescribed repetitions.

Repeat with the other leg.



## Standing Rotations



Start by fastening the tubing around a pole or other object where you can adjust the height. Position the tubing at approximately chest height.

Stand with your right side towards pole or object. Position your feet shoulder width apart with knees slightly bent.

Grasp the tubing with your right hand followed by left hand on top of right hand. Extend your arms your forward at shoulder level. Hips and shoulders should be squared. Rotate your hips approximately 65° (or slightly past midway between the hip and navel).

## Alternating Chest Press

Start this exercise by lying on your back and place the band under your back and hold the ends with both hands. Start by pressing one arm up towards the ceiling and then return to the starting position. Repeat with the other arm.

Return to start position. Switch sides after your desired amount of reps. Remember to rotate shoulders and hips and not just the arms. To ensure this movement, let your head follow arms during rotation.



### Standing Bungee Crunch

Fasten the tubing to a pole or other object so that the tubing can be overhead.

Stand with the tubing up overhead and hanging on to it with your hands. Crunch forward using your abs and then return to the starting position.



### Hip Circles

To start this exercise, sit on the floor and place the tubing around your ankles.

Raise your legs off the floor and keeping them together and rotate them around in a circular motion.

