

TOTALLY TUBULAR TONING

Great for at home and on the GO!



Resistance bands/tubing come in six resistance levels that can help you build strength, bone density and tone every muscle! They provide an **INEXPENSIVE** way to achieve a total body workout you can fit in no matter where you are or what your fitness level is!

Warm-up – 5-10 min (stairs, skipping, jumping jacks, arm swings)

2-3 sets x 12-15 repetitions (Challenge = vary the tempo of the repetitions!)

Perform each exercise with minimal rest in between to increase the cardio and endurance benefits! Adding small amounts of cardio (skipping, jogging, etc.) between each exercise can **BOOST** your heart-rate and the calorie burn of the workout!

1. Side Step Squat



2. Lat Pulls



3. Bicep Curls



4. Lunges w/ Shoulder Raise



5. Triceps Extension



6. Chest Press



CORE: (Remember: belly button in, focus on the muscles you're working!)

2-3 sets x 15 repetitions

Crunch



Side Twist



Superman





HOW TO:

Side Step Squat

1. Stand on the tubing with feet shoulder width apart, holding the ends in each hand.
2. Step to the left along the tubing as wide as you can and squat down keeping the weight on your heels, back straight and chest up.
3. Stand up and return to start position and repeat with the right side.

Lat Pulls

1. Begin with arms straight up overhead, holding the band towards the middle. Adjust hands closer to increase tension.
2. Contract the back and pull the band behind your head while keeping the elbows slightly bent. Raise back up and repeat. Try one side at a time as well.

Bicep Curls

1. Stand on the band and hold handles with palms facing out. Keeping abs in and knees slightly bent.
2. Bend arms and bring palms toward shoulders in a bicep curl keeping elbows beside your body. Position feet wider for more tension.

Lunges w/ Shoulder Raise

1. Stand with feet hip width apart. Take left leg and step back standing on the ball of the foot. Place resistance band under front foot and holding the ends in each hand. Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. The greater the stance the easier it will be to maintain proper posture and position.
2. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. Do NOT lean forward.
3. While lowering body, raise band out from the body to shoulder height keeping elbows only slightly bent to add extra shoulder work while lowering into lunge!

Triceps Extension

1. Start by holding the tubing in one hand behind your back and hold the other end behind your head.
2. Extend the top elbow until your arm is fully extended, keeping your elbow close to your head.

Chest Press

1. Wrap the band around a sturdy object behind you and hold handles in each hand, beginning the move with elbows bent and arms parallel to the ground.
2. Squeeze the chest and press the arms out without locking elbows.

Crunch

1. Wrap the band around a sturdy object behind you and hold handles in each hand above your head.
2. Lying on your back and keeping your arms above your head, curl up, pause and slowly lower.

Side Twist

1. Wrap the band around a sturdy object behind you and hold handles in each hand, standing or sitting a distance away that allows for good tension.
2. Keeping arms extended but not locked, back straight, twist away from secured end and slowly twist back keeping stomach sucked in and tight.

OPTIONAL Lower Back Exercise (without tubing)

Superman

1. Lying on your stomach with arms extended overhead. Lift arms and legs focusing on squeezing the bum, pause at the top and slowly lower.