

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

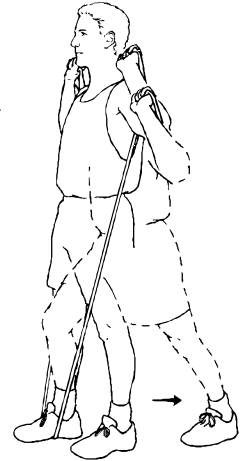
Repeat 10 times per set.
Do 1 sets per session.
Do 8 sessions per week.



QUADRICEPS - 2 Lunge Step: Backward (Beginning)

In stride stance, anchor tubing under forward foot. Palms forward at shoulder height. Step back with other leg, keeping it straight.

Repeat 10 times per set.
Repeat with other leg.
Do 1 sets per session.
Do 8 sessions per week.



SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

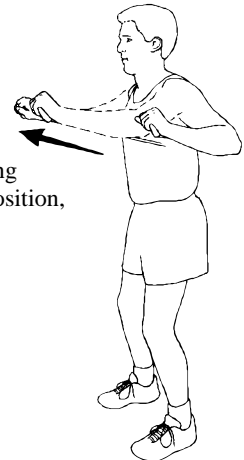
Repeat 10 times per set.
Do 1 sets per session.
Do 8 sessions per week.



TUBING LOOP - 1 Chest Press

In shoulder width stance with tubing behind back and hands in punch position, press arms straight ahead.

Repeat 10 times per set.
Do 1 sets per session.
Do 8 sessions per week.



General Tips

Keep non-exercising hand on hip for stability.

Do not lock elbows for upper extremity press exercises.

Keep abdominals tight to help stabilize trunk.

Keep knees slightly bent for stability.

Always stay in pain free range.