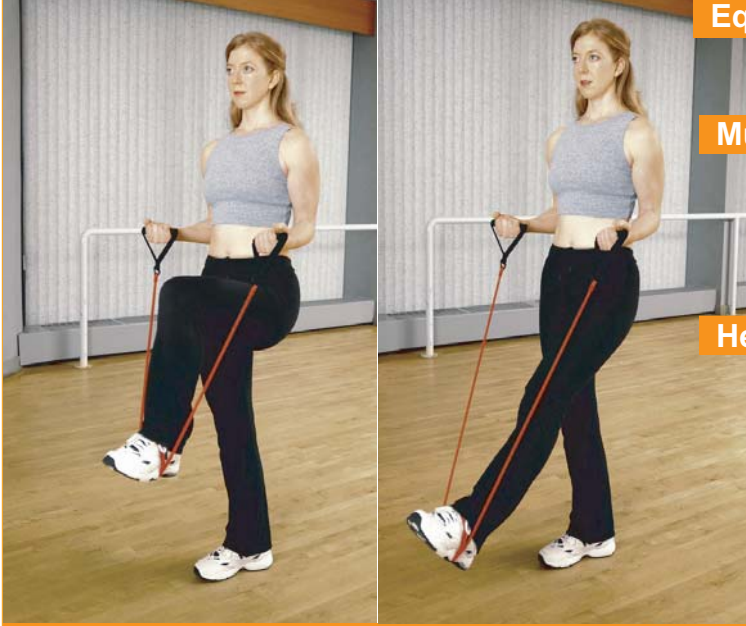


Single Leg Press



Equipment:

Tubing

Muscle Groups:

Butt
Legs (quadriceps & hamstrings)

Helpful Tips:

If you have difficulty balancing, this exercise can be performed by:

- 1) sitting on floor
or
- 2) standing beside a wall or chair while gripping tubing in one hand.

How to do it:

SET UP:

Balancing on your right foot, loop tubing around left foot once, bend knee and lift foot about 12 inches off floor.

Grasp the tube handles and stand with an erect posture, abs tight and chest lifted.

Slowly choke up on tubing to create desired tension (modify tension to increase or decrease exercise intensity).

ACTION:

Using hip and leg muscles, straighten left knee and drive heel toward floor.

Slowly return to start position.

Do 15–20 reps.

Repeat on opposite side.



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Standing Chest Press



Equipment:

Tubing

Muscle Groups:

Chest
Front Shoulders
Triceps

How to do it:

SET UP:

Stand erect with feet shoulder width apart, abs and butt muscles contracted.

Place the tubing behind upper back and under your arms, grasping the tubing in both hands with moderate tension.

Hands are in front of shoulders, elbows are up and out to sides.

ACTION:

Extend arms fully out in front of you.

Pause.

Slowly bend elbows back to start position.

Do 10-15 repetitions.



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Standing Bicep Curl with Lateral Raise



Equipment:

Tubing

Muscle Groups:

Front of Upper Arms (biceps)
Shoulders

Helpful Tips:

To reduce tube tension for the shoulder raise:

- 1) do one arm at a time
or
- 2) increase the bend in your elbows, ensuring that palms still face the floor when arms are in upward position.

How to do it:

SET UP:

Stand on centre of tubing with feet hip-width apart.

With arms at sides, grasp handles with palms facing away from body and elbows slightly bent.

Keep chest lifted, abs tights and upper arms tucked in at sides.

ACTION:

Use biceps to curl wrists up toward shoulders keeping elbows stationary.

Pause.

Slowly return to starting position by resisting the tube's tension.

Then, keeping slight bend in elbows, use shoulder muscles to lift arms and tubing out to the sides.

Stop and pause at shoulder height.

Elbows and wrists should be level with shoulders.

Slowly return to starting position.

Do 10–15 repetitions.



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