

Stretch Tubing

Routine

We strongly recommend you consult a physician before beginning any exercise regime.

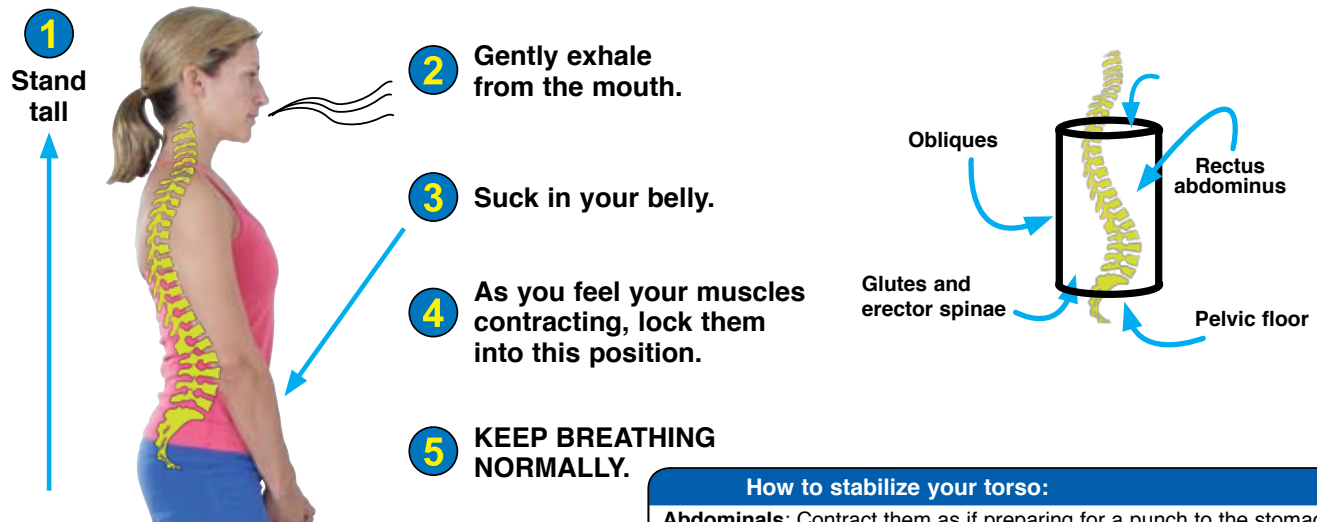


- 1. Stretch Tubing Safety**
- 2. Torso Stabilization**
- 3. Warm Up**
- 4. Beginner**
- 5. Intermediate**
- 6. Advanced**

Stretch Tubing Safety

- When using the door attachment, make sure the door is securely closed and locked to prevent sudden opening.
- Inspect the tubing for nicks, worn spots, cuts or other malformations prior to each workout by holding the tubing to the light and by running your thumb and forefinger along the surface to feel for any inconsistencies. Pay particular attention to the area where the tubing and door attachment meet.
- If tubing is found to be damaged, discontinue use and replace it immediately.
- Avoid leaning into an exercise. For safety reasons you do not want to get caught off-balance should the tubing snap or door open suddenly. By properly spacing your legs and bending at the knees, you should be able to achieve the necessary stability to properly perform the exercise.
- Wear proper exercise footwear. Never wear golf shoes or cleats when using tubing.
- Never attach the tubing to any device that may be unsecured or unstable.
- Use tubes and bands specifically designed for exercise.
- Be prepared to replace tubing when it shows signs of degeneration.
- Keep tubing away from heat, cold, and sharp objects.
- Avoid prolonged exposure to sunlight or water.
- Never pull the tubing directly towards your face.
- Only one person should use the tubing when performing an exercise.
- Never tie two pieces of rubber tubing together.
- Keep tubing and accessories away from young children.
- Never stretch tubing more than three times its resting length.

Torso Stabilization



How to stabilize your torso:

Abdominals: Contract them as if preparing for a punch to the stomach.

Diaphragm: A quick inhalation through the nose to below the naval.

Spinal Muscles: Arch your lower back slightly.

Pelvic Floor: Men: imagine walking into a cold lake and squeeze.

Woman: stop urination mid-flow.

Glutes (buttocks): Try to lift them slightly.

Exhaling: Purse your lips and make a hissing sound.

Torso stabilization is the process of tightening the “core” muscles around your spine to protect you from injury during any lifting, pushing or pulling movements. The core muscles are grouped into two units; the inner core and the outer core (page 8). Both units need to contract in a co-ordinated manner to provide maximum protection and performance.

Why is it so important to learn this technique?

Torso stabilization is essential since the spine acts as the body’s anchor from which all other muscles pull in order to effectively function. Without this muscle and spine co-ordinated effort, the risk of injury is high. Worse, our lack of fitness, combined with the degeneration processes of aging and also a poor understanding of how to tighten the core can be a recipe for disaster.

Think of the core as creating a cylinder-like squeeze around your spine. As you contract this cylinder, all sides of the muscular walls close in together to enhance the compression force and support of your spine.

Warm Up

Always warm up before you start a workout. Performing a total body warm up before you start training does a number of beneficial things; however its main purpose is to prepare the body and mind for more demanding activity. During a warm up your body temperature begins to increase, including your muscle temperature, this helps to make the muscles loose, supple and pliable. Your heart rate and respiratory rate increases which increases the delivery of oxygen and nutrients to your working joints and muscles, thus preparing the body for exercise.

Some effective ways you can warm up for your hotel room exercise routine includes going for a brisk walk outside, walking up and down the stair wells (make sure to pump your arms briskly during these to help warm up your upper body). If you want to warm up in your room you can do a series of jumping jacks, running in place, wall pushups and getting up and down onto your chair or bed repeatedly.

A warm up should last at least 5 minutes and some signs that your body has warmed up enough is light perspiration and an increased breathing rate.

Beginner



Upper

Chest Flye	pg.25
One-arm Chest Press	pg.21
Standing Side Rise	pg.27
Internal Shoulder Rotation	pg.35
External Shoulder Rotation	pg.36
Seated Low Row	pg.41
Standing Bicep Curl	pg.46
Tricep Pulldown	pg.48

Lower

Squat	pg.59
Seated Leg Aduction	pg.63

Abdominals

Crunch	pg.50
Half Superman Curl	pg.44

Plan

Do 12-15 repetitions of each exercise, with a 15-20 second break between exercises. Once completing each exercise once take a 1minute break. Repeat until you have completed 2-3 sets. Complete in the following order

Internal Shoulder Rotation	pg.35
External Shoulder Rotation	pg.36
Squat	pg.59
Chest Flye	pg.25
Seated Low Row	pg.41
Seated Leg Abduction	pg.63
Crunch	pg.50
One-arm Chest Press	pg.21
Standing Side Rise	pg.27
Half Superman Curl	pg.44
Standing Bicep Curl	pg.46
Tricep Pulldown	pg.48

Intermediate



Upper

Standing Upper Flye	pg.26
Front Deltoid Raise	pg.30
Standing Reverse Flye	pg.32
Forward Shoulder Press	pg.34
Standing Mid Row	pg.39
Standing Preacher Curl	pg.45
Overhead Extension	pg.47

Lower

Split Squat	pg.60
Leg Extension	pg.62

Abdominals

Standing Side Bend	pg.52
Twisting Trunk Crunch	pg.55
Standing Side Twist (arms bent)	pg.53

Plan

Do 12-15 repetitions of each exercise, with a 15-20 second break between exercises. Once completing each exercise once take a 1minute break. Repeat until you have completed 2-3 sets. Complete in the following order

Standing Upper Flye	pg.26
Standing Reverse Flye	pg.32
Split Squat	pg.60
Standing Side Bend	pg.52
Front Deltoid Raise	pg.30
Standing Mid Row	pg.39
Standing Side Twist (arms bent)	pg.54
Leg Extension	pg.62
Forward Shoulder Press	pg.34
Standing Preacher Curl	pg.45
Overhead Extension	pg.47
Twisting Trunk Crunch	pg.55

Advanced



Upper

Single Arm Raise	pg.29
Incline Chest Press	pg.22
Downward Chest Crossover	pg.23
Overhead Shoulder Press	pg.28
Bent-Over Flye Reverse	pg.31
Standing Crossover	pg.37
Lying External Rotation	pg.38
Standing High Pulldown	pg.40

Lower

Split Squat	pg.60
Squat	pg.59

Abdominals

Standing Side Twist (Arms Straight)	pg.54
Reverse Wood Chop	pg.56
Kneeling Oblique Crunch	pg.57

Plan

Do 12-15 repetitions of each exercise, with a 15-20 second break between exercises. Once completing each exercise once take a 1minute break. Repeat until you have completed 2-3 sets. Complete in the following order

Single Arm Raise	pg.29
Incline Chest Press	pg.22
Squat	pg.59
Standing Side Twist (Arms Straight)	pg.54
Downward Chest Crossover	pg.23
Overhead Shoulder Press	pg.28
Kneeling Oblique Crunch	pg.57
Split Squat	pg.60
Bent-Over Flye Reverse	pg.31
Standing Crossover	pg.37
Reverse Wood Chop	pg.56
Lying External Rotation	pg.38
Standing High Pulldown	pg.40