

SINGLE FITSTRAP™ EXERCISES (Using Original Xertube®)

Biceps Curl

Attachment: Shoulder height



Start: Stand facing door with feet hip width apart. Hold one handle in each hand with arms straight out at shoulder height and hands facing inward. Keep hips square and bend knees slightly.

Finish: Slowly rotate forearms outward while bending arms with palms facing backward. Keep wrists firm, abdominal muscles tight, and upper arms stationary. Hold 1–2 seconds and slowly return to start position.

Ab Curl

Attachment: Head height

Start: Stand facing away from door with feet hip width apart. Hold one handle in each hand, bend arms with elbows in front of body and hands along side head. Keep hips square and bend knees slightly.



Finish: Slowly bend at the hips and waist curling upper body down and forward. Keep arms and legs stationary with head and shoulders aligned. Hold 1–2 seconds and slowly return to start position.

Triceps Extension

Attachment: Head height



Start: Stand facing away from door with feet staggered hip width apart. Hold one handle in each hand, bend arms with elbows at shoulder height, and palms facing inward. Keep hips square and bend knees slightly.

Finish: Slowly rotate forearms inward while straightening arms forward with palms of hands facing downward. Keep wrists firm, abdominal muscles tight, and upper arms stationary. Hold 1–2 seconds and slowly return to start position.

Back Extension

Attachment: Ankle height

Start: Stand facing door with feet hip width apart. Hold one handle in each hand, bend arms with palms of hands facing body and bend forward at the hips and waist. Keep hips square and bend knees slightly.



Finish: Slowly arch low back and lean upper body backward while keeping arms close to body. Keep arms and legs stationary with head and shoulders aligned. Hold 1–2 seconds and slowly return to start position.

DOUBLE FITSTRAP™ EXERCISES (Using FitStrap™ Xertube®)

Chest Press

Attachment: Shoulder height



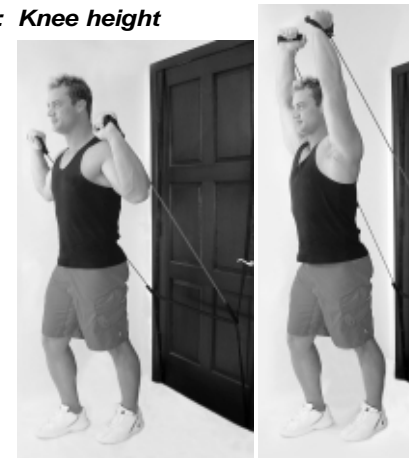
Start: Stand facing away from door with feet staggered hip width apart. Hold one handle in each hand, bend arms with elbows at shoulder height, with palms of hands downward. Keep hips square and bend knees slightly.

Finish: Slowly straighten arms inward and forward with palms of hands facing downward. Keep wrists firm, abdominal muscles tight, and squeeze shoulder blades together. Hold 1–2 seconds and slowly return to start position.

Overhead Press

Attachment: Knee height

Start: Stand facing away from door with feet staggered hip width apart. Hold one handle in each hand, bend arms with hands just above shoulder height and palms facing forward. Keep hips square and bend knees slightly.



Finish: Slowly straighten arms inward and upward with palms of hands facing inward. Keep wrists firm, abdominal muscles tight, and head aligned with shoulders. Hold 1–2 seconds and slowly return to start position.

Row

Attachment: Chest height



Start: Stand facing door with feet staggered hip width apart. Hold one handle in each hand, straighten arms at shoulder height with palms of hands facing inward. Keep hips square and bend knees slightly.

Finish: Slowly bend arms, squeeze shoulder blades, and pull elbows backward at shoulder height with palms of hands facing downward. Keep wrists firm, abdominal muscles tight, and head aligned with shoulders. Hold 1–2 seconds and return to start position.

Pull Down

Attachment: Head height



Start: Stand facing door with feet staggered hip width apart. Hold one handle in each hand, straighten arms just above shoulder height with palms of hands facing downward. Keep hips square and bend knees slightly.

Finish: Slowly squeeze shoulder blades, pull straightened arms downward and backward with palms of hands facing backward. Keep wrists firm, abdominal muscles tight, and head aligned with shoulders. Hold 1–2 seconds and slowly return to start position.