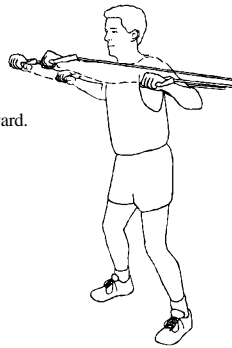


CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.

Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.

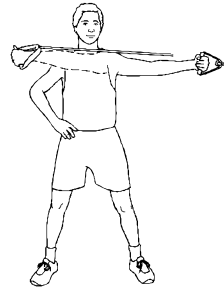


Anchor Height: Shoulder

CHEST - 6 Fly: Thumb Up (Single Arm)

Side toward anchor in wide stance. Pull arm across body with thumb up.

Repeat 8 times per set.
 Repeat with other arm.
 Do 2 sets per session.
 Do ___ sessions per week.

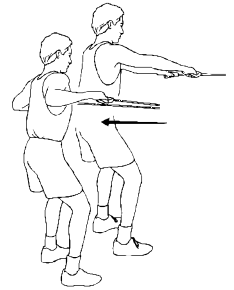


Anchor Height: Chest

MID BACK - 3 High Row: Standing

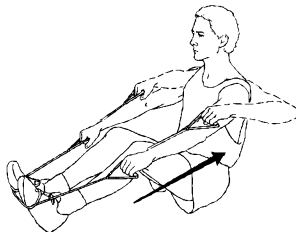
Face anchor, feet shoulder width apart. Palms down, pull arms back, squeezing shoulder blades together.

Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



Anchor Height: Chest

MID BACK - 1 High Row: Long-Sitting



Tubing around feet and palms down, pull arms back while squeezing shoulder blades together.

Repeat 8 times per set. Do 2 sets per session.
 Do ___ sessions per week.

BICEPS - 6 Curl: Sitting

Legs slightly bent, anchor tubing around feet. Palms up, curl arms.

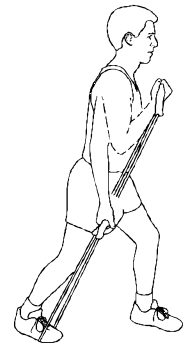
Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



BICEPS - 3 Curl: Palm Up (Single Arm)

Anchor tubing under back foot in stride stance. Palm up, curl arm toward shoulder.

Repeat 8 times per set.
 Repeat with other arm.
 Do 2 sets per session.
 Do ___ 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 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



SHOULDER / UPPER BACK - 9 Raise: Forward

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.

Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



TRICEPS - 4 Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.

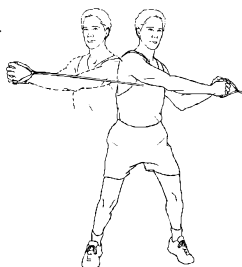
Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



TRUNK - 1 Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat 8 times per set.
 Repeat from other side.
 Do 2 sets per session.
 Do ___ sessions per week.

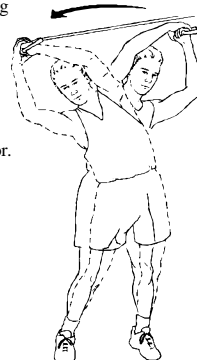


Anchor Height: Chest

TRUNK - 2 Side Bend: Standing

Side toward anchor in wide stance, arms above head, tilt trunk toward anchor. Grasp handle and pull away from anchor.

Repeat 8 times per set.
 Repeat from other side.
 Do 2 sets per session.
 Do ___ sessions per week.

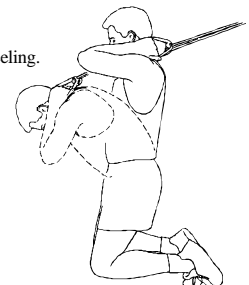


Anchor Height: Over Head

REHAB: TRUNK - 5 Abdominal Curl: Kneeling

Face away from anchor, kneeling. Hands overlapping behind neck, curl forward.

Repeat 8 times per set.
 Do 2 sets per session.
 Do ___ sessions per week.



Anchor Height: Head (when standing)