

Full Body Workout - Tubing

If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

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.

BICEPS - Curl: Standing

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

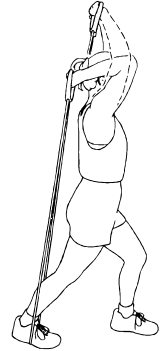
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.



TRICEPS - 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 ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.



SHOULDER/UPPER BACK - Press: Over Head

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

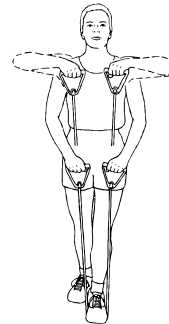
Repeat ___ times per set.
Do ___ sets per session.
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SHOULDER/UPPER BACK - Row: Upright

Anchor tubing under front foot in stride stance. Palms down, raise hands toward chin, elbows out.

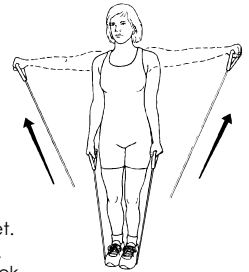
Repeat ___ times per set.
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Do ___ sessions per week.



SHOULDER/UPPER BACK - Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

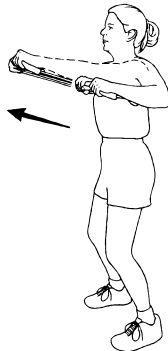
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.



TUBING LOOP - Chest Press

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

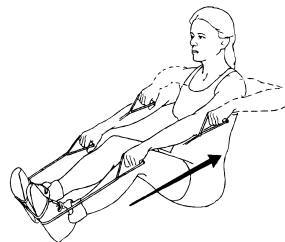
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.



MID BACK - High Row: Long-Sitting

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

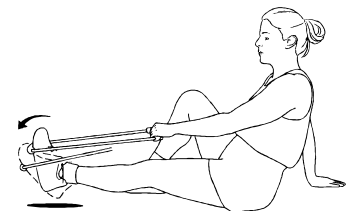
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per week.



TUBING LOOP - Ankle Plantar Flexion: Long-Sitting, Single Leg

Loop tubing around foot of straight leg, anchor with one hand. Leg straight, point toes downward.

Repeat ___ times per set. Do ___ sets per session.
Repeat with other leg. Do ___ sessions per week.



QUADRICEPS - Squat

In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, keeping back straight.

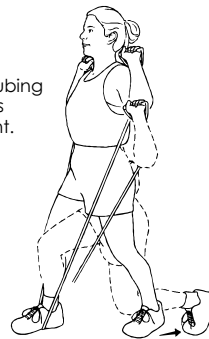
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.



QUADRICEPS - Lunge Step: Backward (Advanced)

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

Repeat ___ times per set.
Repeat with other leg.
Do ___ sets per session.
Do ___ sessions per week.



TUBING LOOP - Knee Flexion: Sitting, Single Leg

Legs extended, anchor loop around one foot. Put around back of other ankle, and bend same knee, pulling back.

Repeat ___ times per set.
Repeat with other leg.
Do ___ sets per session.
Do ___ sessions per week.

