

Tubing Tips!



Tubing can be used in multiple ways for just about every body region. Please follow these guidelines for optimal safety and efficiency when using the exercise tubing. Thank you. ☺

- ✓ *Each color of tubing represents a different resistance.* **Some tubing is light and easy and some is heavy and hard. Pick a resistance you can safely control with quality.**
- ✓ **Keep "wrists straight" when using tubing to minimize strain on carpal tunnel areas.**
- ✓ **Before you begin, take slack out of tubing by adding a little "pre-stretch."** This will keep tubing from jumping around between repetitions.
- ✓ *NEVER release tubing handles while tubing is under tension!* **Handles can fly back and hit wall or another person! ☹**
Carefully walk tubing back until loose then set down.