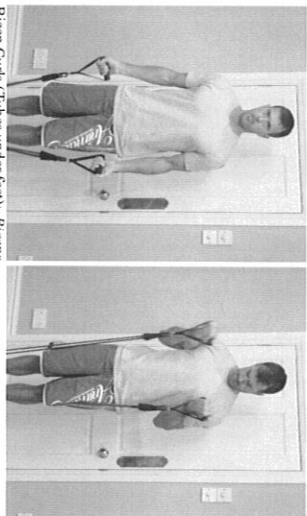
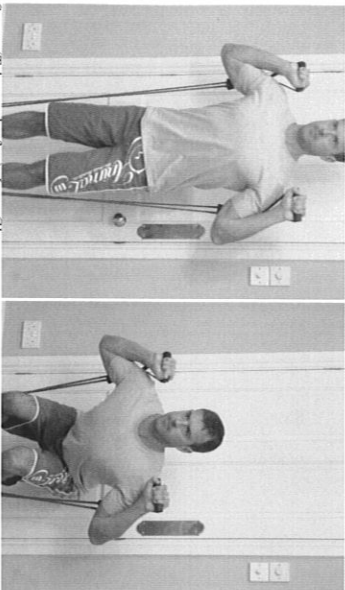


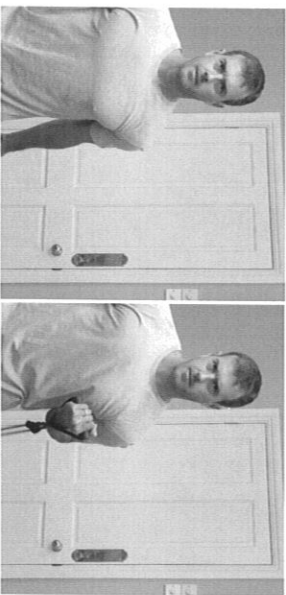
Sample TUFF-TUBES™ Exercises



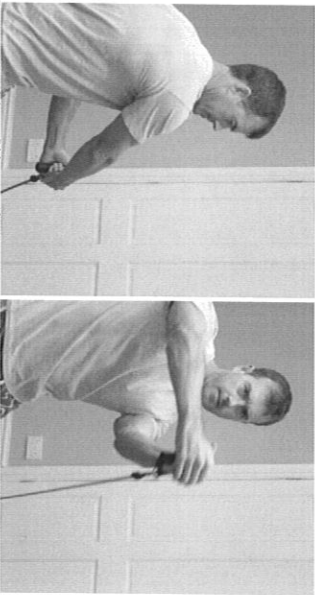
Bicep Curls (Tubes under feet) *Biceps*



Squats (Tubes under feet) *Legs, Glutes*



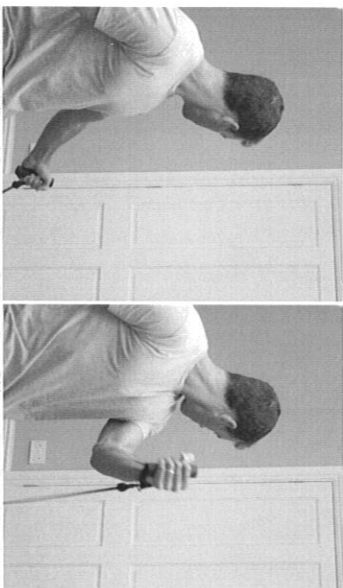
Low Mount Unilateral Bicep Curls *Biceps, Obliques (Low Door Mount)*



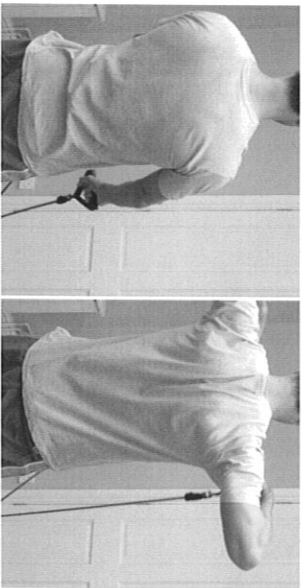
Reverse Woodtop; *Obliques, Abs, Pecs, Erector Spinae (Low Door Mount)*



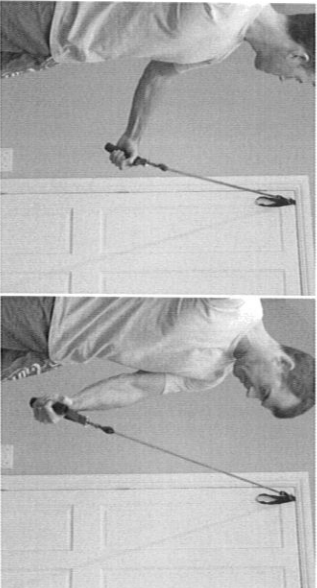
Alternating Incline Presses (two full-length tubes) *Pecs, Triceps, Shoulders, Obliques*
Some Position: Bi-Lateral Incline Fly and Chest Press (not shown)



Low Mount Unilateral Crossover *Inner & Upper Pecs, Obliques (Low Door Mount)*



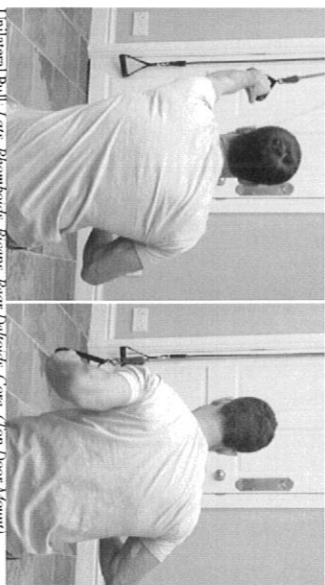
Upright Rows *Traps, Deltoids, Biceps (Low Door Mount)*



High Mount Unilateral Crossover *Inner & Lower Pecs, Obliques (Top Door Mount)*

Always remember to:

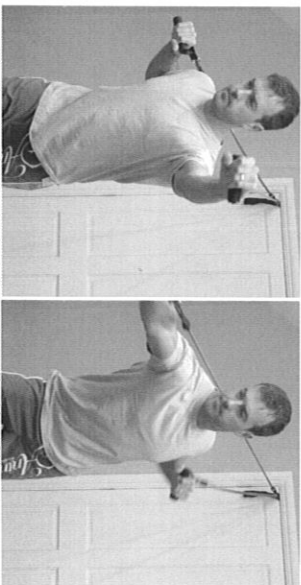
- 1) inspect tubes regularly (do not use if damaged);
- 2) stretch tubes no more than 3 times their original length;
- 3) use a door that opens away from you, so you're pulling it closed;
- 4) lock door and check security of door mount prior to use.



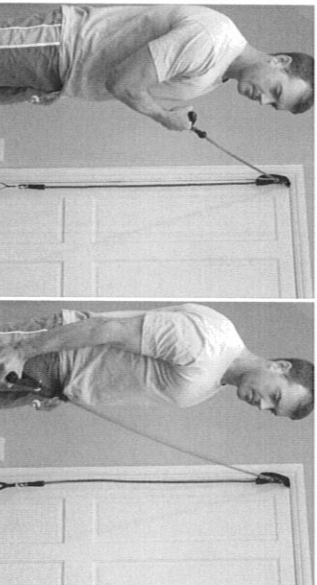
Unilateral Pull *Lats, Rhomboids, Biceps, Rear Deltoids, Core (Top Door Mount)*



Woodtop; *Obliques, Abs, Pecs, Erector Spinae (Top Door Mount)*



Alternating Press (two full-length tubes) *Pecs, Triceps, Shoulders, Obliques (Top Door Mount preferred)*



Unilateral Triceps Extension *Triceps (Top Door Mount)*

Additional / Replacement tubes available at www.tuff-tubes.com

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