

STRETCH IT OUT:

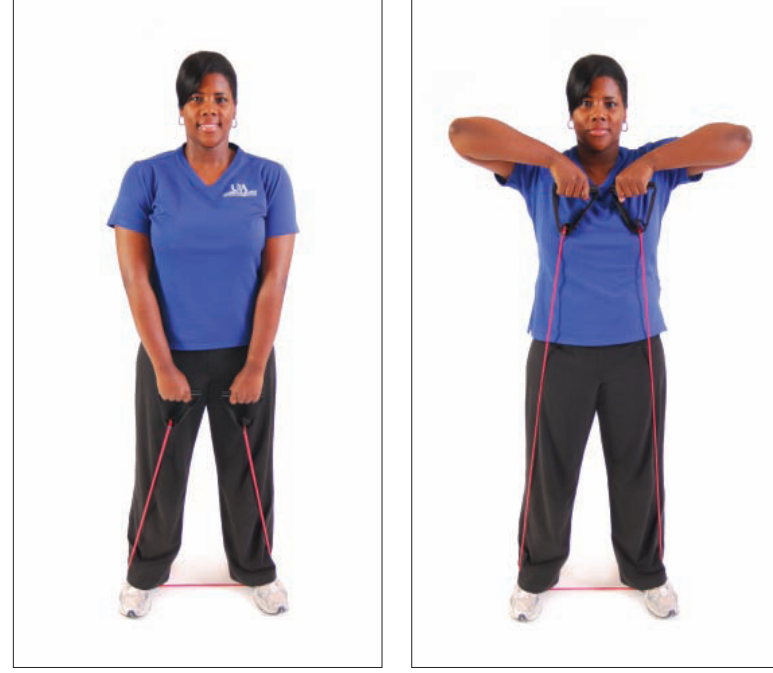
Strength Training with Stretch Tubes

SHOULDERS:

Overhead Press



Upright Row

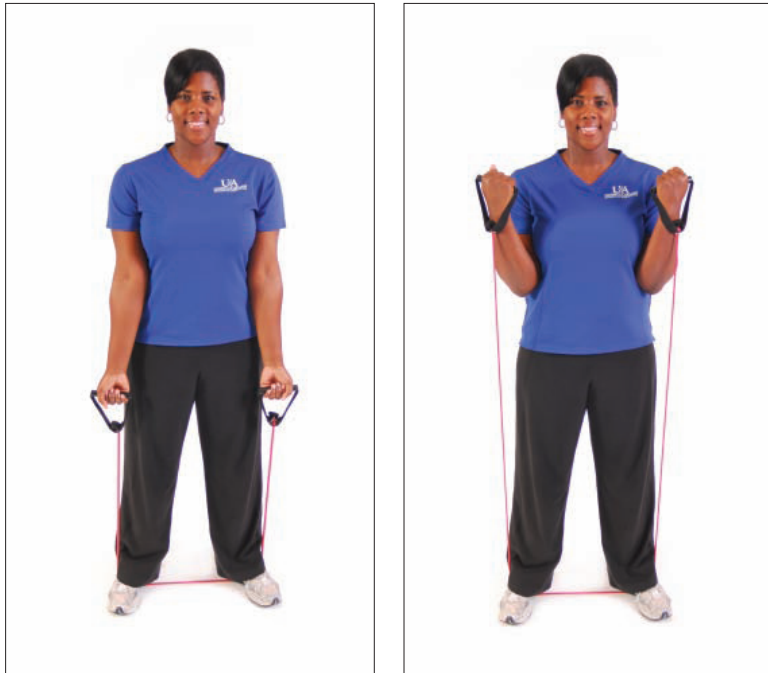


Front Lateral Raise

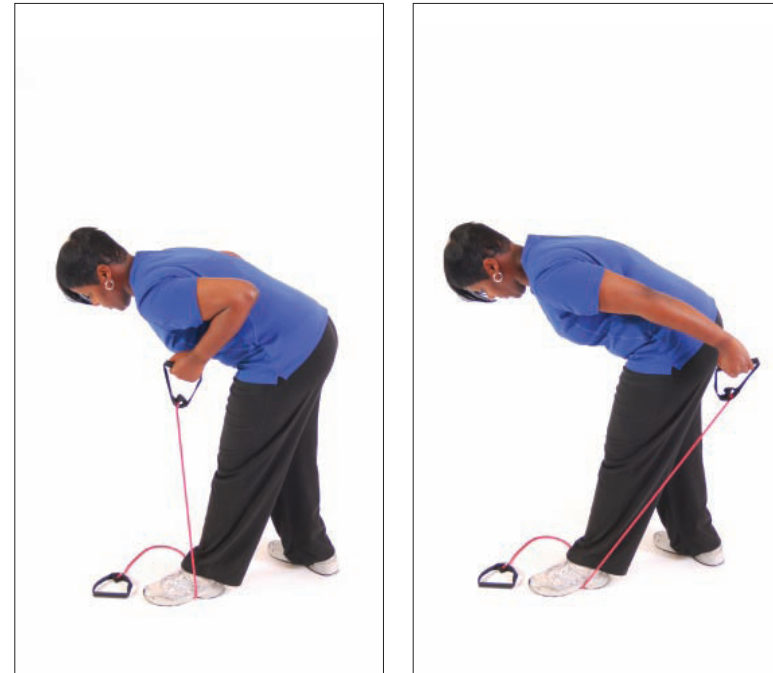


ARMS:

Bicep Curl



Tricep Kickback



Wrist Curl

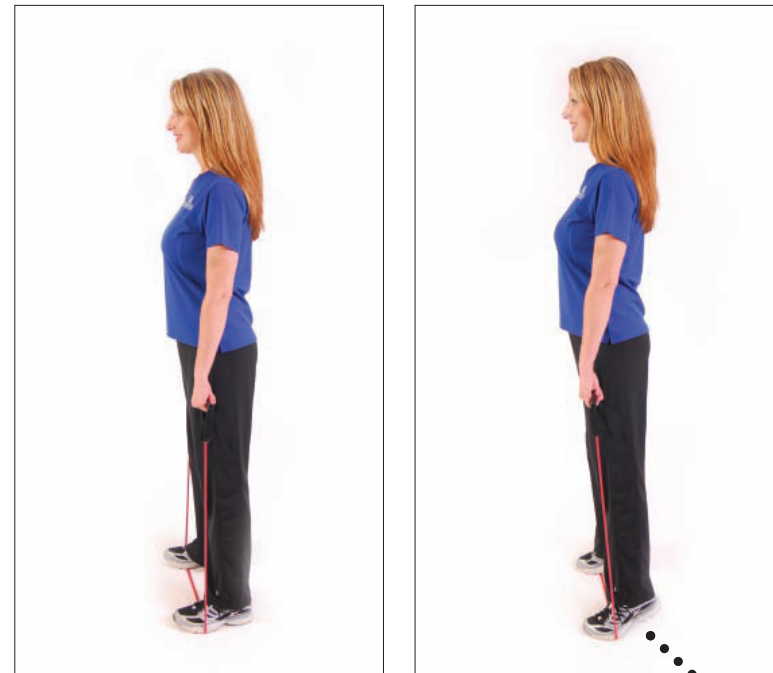


LEGS:

Leg Press



Calf Raises

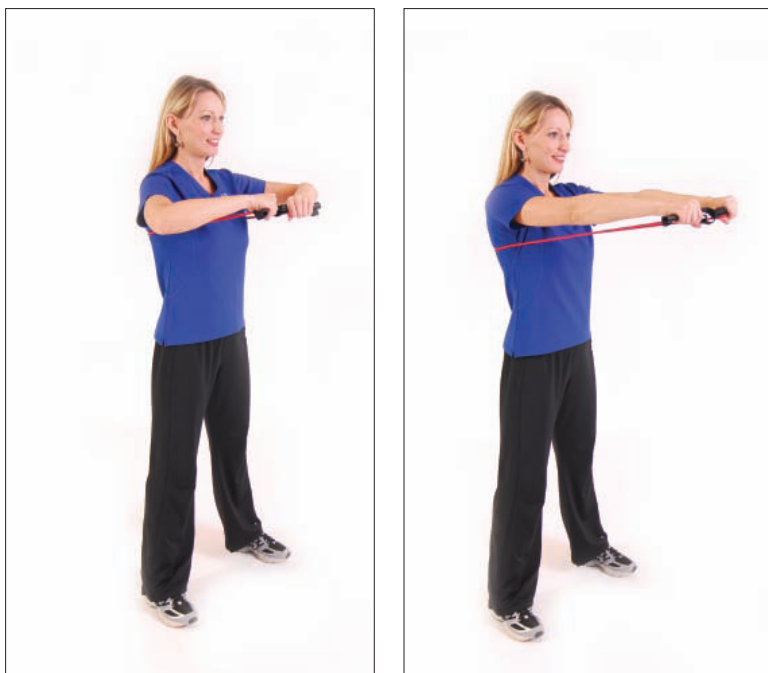


Side Hip Raise

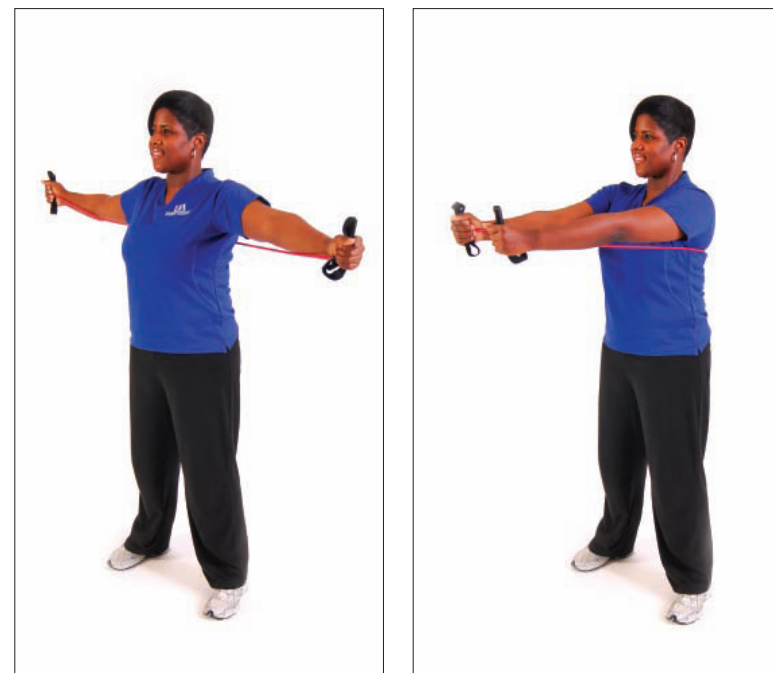


CHEST:

Chest Press



Chest Fly



BACK:

Seated Row



Dead Lift



Standard



Choke



Single



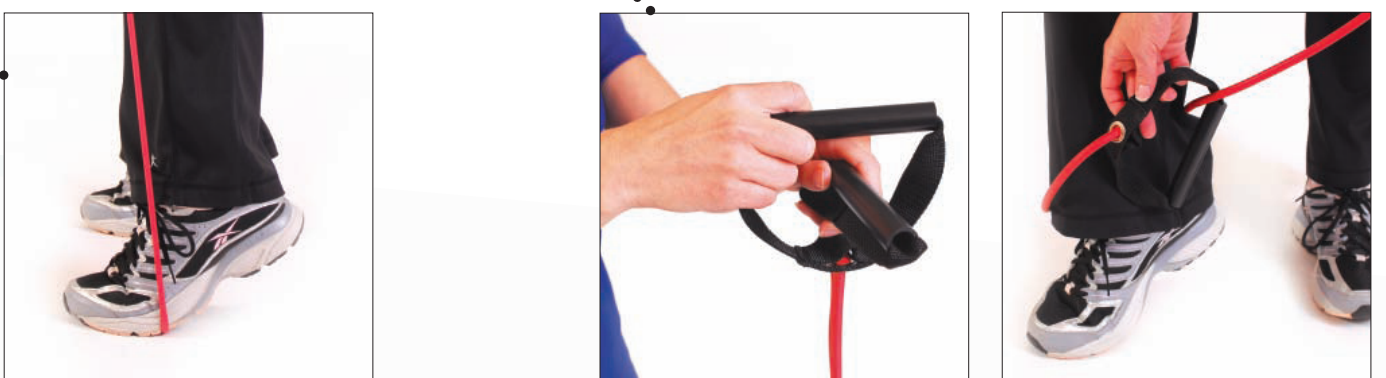
Double



Wide



HAND & FOOT HOLDS:



Fit In 10

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