

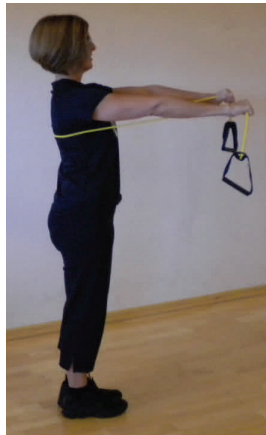
Exer-tube Workout

Email: health.plus@vanderbilt.edu

The recommendation from the American College of Sports Medicine is to perform strength training exercises 2-3 days a week on non-consecutive days. Below is a full-body workout with strength exercises that target both the upper and lower body. These exercises will improve your strength and tone your muscles. For each exercise, perform 2 sets of 10-12 repetitions, with 30-60 seconds of rest in between each set. The exer-tube is used for resistance and can be purchased at any sporting good store or discount department store, such as Walmart, K-Mart, or Target.



Start



Finish

Chest Press

Stand with feet shoulder width apart and knees slightly bent. Place the tube around your back under your arms. Grasp tube handles with hands at mid-chest height. Press forward with your hands, extending the arms, but keeping the elbow slightly bent. Be sure to stand upright, and do not round the upper back and shoulders. Return to starting position and repeat.

Seated Row

Sit on the floor with legs out straight. Wrap the tube around both feet starting on the top and crossing under, as to secure it, and grasp tube handles with hands facing in, thumbs up. Pull straight back keeping elbows tight to your body. Back should stay straight with shoulders down and relaxed. Return to starting position and repeat.



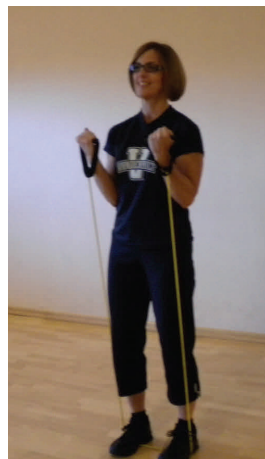
Start



Finish



Start



Finish

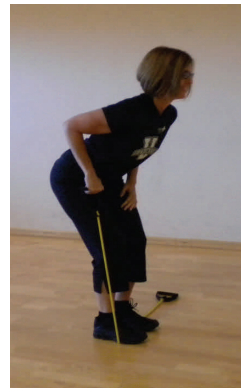
Bicep Curl

Stand on the tube with feet shoulder distance apart. Grasp tube handles with palms facing forward. Keep elbows close to the body and lift tube handles toward the shoulders. Lower slowly and repeat.

If you are over the age of 40 and not accustomed to vigorous activity and/or have a medical condition please check with your Physician before starting a workout program.

Tricep Kickback

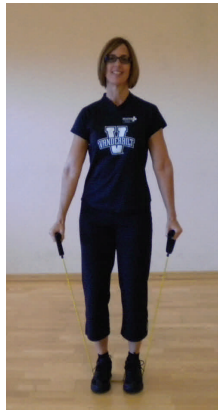
Stand on the tube with feet shoulder distance apart. Bend the knees and bend forward at the waist, careful to keep the back flat. Keeping the arm close to the body, pull the elbow back so the arm is parallel with the floor, bent in a 90 degree position. Slowly extend the lower arm behind you so that the whole arm is straight. Do not move shoulder or upper arm. Return to starting position and repeat.



Start



Finish



Start



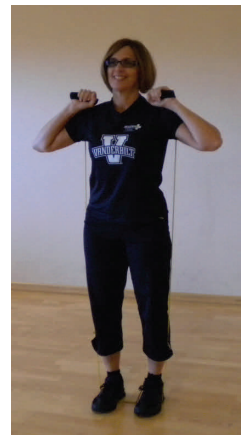
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Shoulder Raise

Stand on the tube with feet shoulder distance apart, grasping tube handles at sides. Slowly raise arms straight out to the sides, but do not go past the shoulders. Return to starting position and repeat.

Squat

Stand with feet shoulder distance apart, standing on tube with both feet. Grasp tube handles and bring hands to the shoulders. Slowly lower the body to a sitting position, careful not to extend the knees over the toes. Return to starting position and repeat.



Start



Finish



Start



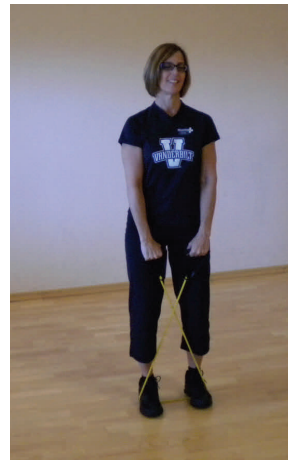
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Lunge

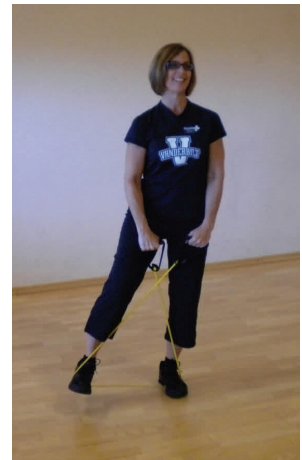
Place one foot on the tube and step the opposite foot behind you. Grasp the tube handles and bring hands to shoulders. Bend the front knee so that the front leg is in a 90 degree position, careful that the knee does not extend over the toes. Slowly straighten the leg, but do not lock the knees. Return to starting position and repeat.

Hip Abductor

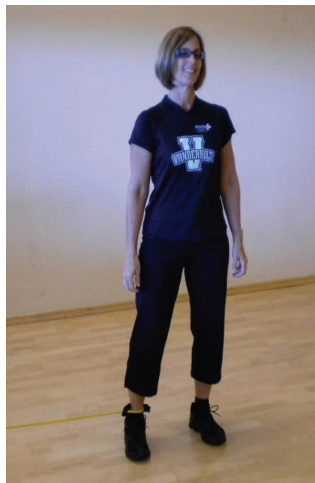
Stand on the tube, feet shoulder distance apart. Grasp tube handles with the opposite hands so that the tube is crossed in front of you. Slowly raise one leg straight out to the side. Return to starting position and repeat.



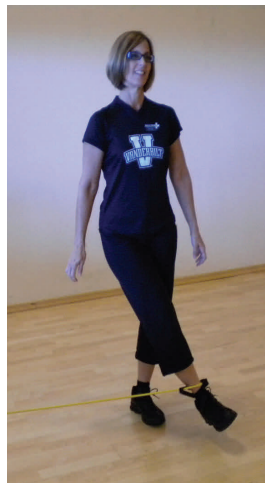
Start



Finish



Start



Finish

Hip Adductor

Place one end of the tube around the leg of a heavy piece of equipment or furniture. Place the other end of the tube around your outside ankle. Keeping the outside leg straight, bring the outside foot across the midline, in front of the body. Return to starting position and repeat.

Abdominal Crunch

Lie on your back with your knees bent and feet on the floor. Secure the tube under your feet and grasp handles. Press your lower back into the floor and with your hands behind your head, slowly lift your shoulder blades off the floor while holding onto the tube. Return to starting position and repeat.



Start



Finish