



# Tubing Anywhere: Workout 1

Anytime Workouts

3 sets  
per exercise

15 reps  
per set

45 secs  
rest between sets

60min



For each exercise, perform 3 sets of 15 repetitions, resting 45 seconds between sets, unless otherwise indicated.

Get a great workout anytime and anywhere with these versatile movements and an easy to use piece of equipment.

Equipment: Tubing/Bands

## Intensity

Reps: 15

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 45 seconds between sets

For each exercise, perform 3 sets of 15 repetitions, resting 45 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.

## Reverse Lunge

Legs



- 1 - Stand upright with one foot on the middle on the tubing holding the handles at your shoulders with your elbows bent.
  - 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
  - 3 - Push off your front foot to return to the start position, keeping the handles at your shoulders throughout.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



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## Bent Over Row Back



1 - Bend forward at your waist with your knees slightly bent, back flat standing on the middle of the tubing and holding the handles with your arms straight and palms facing in.

2 - Lift the handles up to the sides of your chest.

- Lower the handles back to a straight arm position, keeping your back flat throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Push Up Chest



1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor with the tubing wrapped over your shoulders and the ends under your hands .

2 - Push up to a straight arm position.

- Lower your chest back toward the floor and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Recip Overhead Press Shoulders



1 - Stand upright on the middle of the tubing, holding one handle at shoulder level with the other extended overhead, arm straight, palms facing out.

2 - Press the lower handle overhead while lowering the other down to shoulder level.

- Both handles should be moving at the same time, but in opposite directions.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



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## Curl Biceps



- 1 - Stand upright on the middle of the tubing holding the handles underhanded with your arms straight.
- 2 - Raise the handles up to shoulder height, keeping your elbows at your sides.
  - Lower the handles back to a straight arm position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Squat Legs



- 1 - Stand upright with your feet on the middle of the tubing holding the handles at your shoulders with your elbows bent.
- 2 - Lower your body toward the floor, sending your hips back and down and bending your knees, keeping the handles at shoulder height.
- 3 - Push through your heels to return to the start position, keeping your back flat throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Hip Raise Abs



- 1 - Lie on your back with your legs straight up with the tubing over your heels holding the handles on the floor.
- 2 - Push your feet up towards the ceiling, raising your hips off the floor, keeping your hands steady.
  - Use your abdominal muscles to pull you up and do not push with your hands.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			





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## Rear Delt Row Shoulders



- 1 - Stand on the middle of the tubing and bend over at the waist, holding the handles with your hands crossed, your arms straight and your feet hip-width apart.
  - 2 - Raise the handles up and outward to shoulder height, keeping your back flat.
- Lower the handles back to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Reverse Curl Biceps



- 1 - Stand holding the handles in front at your thighs with your arms straight, palms back.
  - 2 - Raise the handles up to shoulder height with your palms forward, keeping your elbows at your sides.
- Lower the handles back to a straight arm position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Side Bridge Abs



- Support your body off the floor on one hand with the tubing under this hand and your legs straight out on top of one another.
- 1 - Hold the handle in the other hand with your arm across your chest.
  - 2 - Raise the handle up to the ceiling, rotating your body to the same side and look up at your hand.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			