

Resistance Tubing - A Multi-use Fitness Tool

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Muscular Strength and Endurance

Biceps -

Triceps -

Deltoids -

Latissimis Dorsi -

Pectorals -

Trapezius -.

Abdominals -

Glutes -.

Adductor/abductor -

Quadriceps -

Hamstrings -

Aerobic Capacity

Tethered Run -

Mogul Jumps -

Chariot rides -

Athletic movement using tubes for upper body resistance (Jumping jacks, power squats)

Skier -

Flexibility

Hamstrings -

Quadriceps -

Triceps/deltoid -