

Tubing

EXERCISE GUIDELINES



PLEASE READ THE EXERCISE INSTRUCTIONS BELOW BEFORE USING THIS PRODUCT!

- It is advised that you consult with your physician before beginning any exercise program.
- Always wear comfortable clothing and shoes that will allow your skin to breathe during your workout.
- Before using the equipment, warm your body up with 5-15 minutes of cardiovascular exercise or other rhythmic movement.
- Allow 30-60 seconds of rest between each set of exercise and 60-90 seconds of rest between different exercises.
- Make sure to work both the front and back of the body equally to ensure a total-body workout and proper muscle balance.
- Perform all exercises slowly and with control in a full range of motion.
- Maintain proper alignment in your spine, wrists and hands on all exercises.
- Keep your abdominals active on all exercises.
- Discontinue exercising if you begin to feel nauseated or dizzy, or if you have any pain that makes you uncomfortable. If this continues, seek the professional help of a physician.
- Always breathe with movement.
- Allow 24-48 hours between strength exercise workouts.



Exercise #1: **Seated Back Rows**
Level: **Beginner**

Starting Position:

- Sit on the floor with your knees bent and place the tubing under the arches of your feet.
- Flex your feet.
- Hold the handles of the tubing with your palms facing each other.
- Sit up with a straight back.

Execution:

- Inhale to begin.
- Exhale as you pull both elbows back along your sides.
- Keep your back straight and your shoulders down, away from your ears as you pull the tubing.
- Inhale and return your arms to the start position.
- For more or less resistance, shorten or lengthen the tubing.
- Do 1-2 sets of 5-12 repetitions.

Exercise #2: **Frog**
Level: **Beginner**

Starting Position:

- Lie on your back with the tubing wrapped around both feet.
- Bend your knees toward your chest.
- Hold the handles at your sides.

Execution:

- Inhale to prepare.
- Exhale as you extend your legs out at a 45-degree angle.
- Keep the back of your ribcage on the mat as your legs extend.
- For more abdominal work, lift up your head and shoulders, keeping your elbows on the floor.
- Focus your eyes on your thighs and try to curl up your shoulders a little more on each exhale.
- Do 1-2 sets of 8-12 repetitions.



Exercise #3: **Shoulder Presses**
Level: **Intermediate**

Starting Position:

- Stand with your feet hip-width apart and place the tubing under the arches of your feet.
- Hold the tubing handles in both hands near your shoulders, palms facing forward.
- Bend your knees slightly.
- Reach your head toward the ceiling.

Execution:

- Inhale to prepare.
- Exhale as you extend your arms above your head at a 45-degree angle.
- Return to the starting position.
- Keep your back straight and head in line with your spine.
- To reduce the level of resistance, press one hand upward at a time.
- Do 1-2 sets of 10-15 repetitions.

Exercise #4: **Double Leg Stretch**
Level: **Advanced**

Starting Position:

- Lie on the floor with both legs lifted in a tabletop position and the tubing wrapped around your feet.
- Hold the tubing handles at your chest with your palms facing forward.
- Lift your head and shoulders from the floor.
- Try to lift your shoulder blades from the floor.

Execution:

- Hold this curled up position for a deep inhale.
- Exhale as you extend your arms and legs, stretching the tubing.
- For an easier version of this exercise, extend just the arms and then just the legs.
- Do 1-2 sets of 5-8 repetitions.

ALLERGY NOTE: SPIN Fitness® brand of tubing contain latex rubber.

CARE AND MAINTENANCE

- To avoid tubing damage, keep tubing away from heat, cold and sharp objects.
- If using the tubing in a chlorinated pool, make sure to rinse the tubing with fresh tap water thoroughly and allow to air dry after each use.
- Dust your tubing with talcum powder to keep it soft and pliable, especially if using in chlorinated water.
- Before each use, always inspect the tubing for any tears, nicks, punctures or other signs of defect.
- If any defects are found, do not use. Instead, discard the tubing and contact Mad Dogg Athletics for warranty information.
- Do not stretch the SPIN Fitness tubing more than three times its resting length.
- Never tie two pieces of tubing together.
- Pay attention to high-stress areas on your product.

EXERCISE USE

- For additional exercise information, see the Mad Dogg Athletics educational programs and DVDs.
- Make sure to select the proper tubing resistance for your fitness level.
- When holding the tubing in your hand, keep your hand in line with your wrist. Do not allow your hand to curl forward or backward away from your wrist.

IMPORTANT INFORMATION

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