

“8” 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: **External Shoulder Rotation**
Level: **Beginner**

Starting Position:

- Stand with your feet hip-width apart.
- Hold one end of the tubing in each hand.
- Place your right elbow against your ribcage with your palm facing your abdomen.
- Wrap the tubing around your waist and hold the other handle in your left hand against your back.
- Reach your head toward the ceiling to straighten your spine.

Execution:

- Inhale to prepare.
- Exhale as you pull your right hand past your torso, keeping your elbow against your ribcage.
- To reduce or increase the resistance, adjust by lengthening or shortening the tubing in your left hand.
- Continue for 5-8 repetitions and then switch to the left side.
- Keep your shoulders down, away from your ears throughout the exercise.



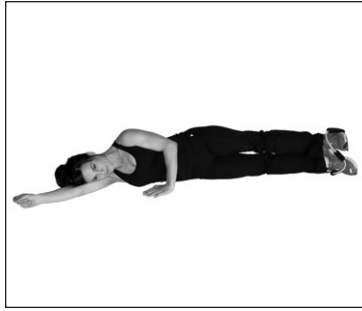
Exercise #2: **Seated Upright Rows**
Level: **Beginner**

Starting Position:

- Sit on the floor with your knees bent.
- Place the "X" of the tubing under the arches of your feet and flex your feet.
- Hold the handles of the tubing with your palms facing inward toward your knees.
- Sit up with a straight back.

Execution:

- Inhale and lean back from the hips with a straight back.
- Exhale as you pull the tubing upward, bringing your elbows in line with your shoulders.
- Keep your back straight and your shoulders down, away from your ears.
- Inhale as your arms extend and exhale as you pull the tubing.
- Do 1-2 sets of 5-12 repetitions.



Exercise #3: **Side-lying Leg Lifts**
Level: **Intermediate**

Starting Position:

- Place the tubing around both feet with the handles on the outsides of your feet.
- Lie on your right side with your head resting on your arm.
- Align your back in a straight line with your legs extended and slightly in front of you.
- Place your left hand on the floor in front of you.

Execution:

- Inhale to prepare.
- Exhale as you lift your left leg toward the ceiling, keeping the right leg on the floor.
- Keep your shoulders down, away from your ears as your leg lifts.
- Continue for 5-12 repetitions and then switch to the right leg.

Exercise #4: **Kneeling Hamstring Press**
Level: **Advanced**

Starting Position:

- Place the tubing around both feet with the handles on the outsides of your feet.
- Kneel on all fours with your hands directly beneath your shoulders and your knees directly beneath you hips.
- Align your back in a straight line parallel to the floor.

Execution:

- Inhale to prepare.
- Exhale as you lift your right leg, pressing your heel toward the wall behind you.
- Inhale to return to the starting position and exhale as your press your left leg behind you.
- Squeeze your buttocks on each leg as it presses upward.
- Keep your back straight and abdominals engaged as your legs press in and out.
- Do 1-2 sets of 5-12 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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