

Tubing Cuffs

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.

HOW TO USE THE CUFFS: Secure a cuff on each ankle with the Velcro attachment. Make sure the Velcro closure is on the inside of your ankles.



Exercise #1: **Knee Lifts**
Level: **Beginner**

Starting Position:

- Stand with your feet hip-width apart.
- Stand up straight, reaching your head toward the ceiling.

Execution:

- Inhale to prepare.
- Exhale as you bend your right knee and lift your leg until your thigh is in line with your hip.
- Inhale back to the starting position and repeat on the left leg.
- Keep your back straight and your hips level as you lift and lower your legs.
- For assistance in balancing, place one hand against a wall.
- Do 1-2 sets of 10-15 repetitions on each leg.



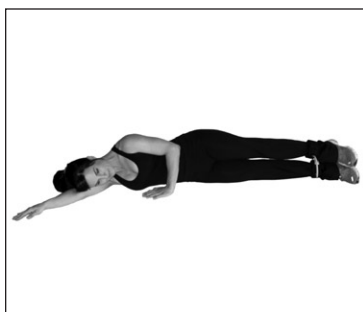
Exercise #2 **Single Leg Hamstring Curl**
Level: **Beginner**

Starting Position:

- Stand with your hands on your hips or against a wall.
- Stagger your feet with your left foot in front.
- Lift your right foot behind you.
- Bend your knees slightly.

Execution:

- Inhale as you lean forward, hinging at your hips with your hands on your hips or against a wall.
- Exhale as you curl your right foot toward your right buttock.
- Inhale to lower the foot without touching the floor.
- Keep your back straight and head in line with your spine.
- To reduce the level of resistance, place your feet closer together or reduce the resistance level of the tubing.
- Do 1-2 sets of 10-15 repetitions on each side.



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

Starting Position:

- Lie on your right side with your head resting on your arm.
- Align your back in a straight line with your legs extended 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.
- Do 5-12 repetitions and then switch to the right leg.

Exercise #4: **Side Leg Lifts**
Level: **Advanced**

Starting Position:

- Stand with your feet hip-width apart.
- Bend your knees slightly.
- Keep your back straight.

Execution:

- Inhale to prepare and exhale as you lift your right leg out to the side.
- Keep a slight bend in your knee.
- Return to the starting position and then repeat the lift on the left leg.
- Keep your back straight and head in line with your spine throughout the exercise.
- If needed, place your hands against a wall for support.
- Do 1-2 sets of 8-15.

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.

IMPORTANT INFORMATION

MAD DOGG ATHLETICS, INC. (MDA) ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH THE USE OF THIS PRODUCT. MDA WARRANTS THAT THE DESIGN OF THIS PRODUCT IS IN CONFORMANCE WITH ALL APPLICABLE SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS. AT THE TIME OF SALE THE PRODUCT SHALL BE FREE FROM DEFECTS IN WORKMANSHIP AND MATERIALS. MDA SHALL NOT BE LIABLE OR IN ANY WAY RESPONSIBLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE.

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