

### Safety and Maintenance

- **CAUTION:** Consult your physician before beginning any exercise program. These products are not intended for use by children unless supervised by an adult.
- **WARNING:** Fitness First Figure 8's wear out due to normal wear and age. Visually inspect before each use for tears or cracking. **DO NOT USE IF DAMAGE OR WEAR IS FOUND.** Always anchor your Fitness First Figure 8 securely before beginning exercises. Do not perform exercises without wearing appropriate footwear.
- Store the Fitness First Figure 8 in a cool, dry place away from direct sunlight.

### Exercise Instruction

- Select the appropriate strength of Fitness First Figure 8 that enables you to accomplish 12-15 repetitions. Once 15 repetitions are accomplished with ease, move to the next strength of Fitness First Figure 8.
- Always anchor Fitness First Figure 8 securely before beginning each exercise.
- Perform 1-2 sets of 12-15 repetitions resting 30-45 seconds between sets.
- Always maintain stable posture when standing. Keep chest up, abdominals slightly contracted, shoulders square, eyes forward, knees slightly bent, and a neutral spine position.
- To eliminate repetitive explanation on every exercise, all exercises are described from starting position to contracted position. Always return to the starting position after pausing to contract muscles.
- Focus on good mechanics by concentrating on muscles producing the movement.
- Repetitions should always be performed in a slow and controlled manner, pausing at both ends of the range of motion.
- Avoid holding your breath or exaggerating breathing.
- If movement is unilateral (one side at a time), always switch sides after each set and perform equal number of repetitions.
- Seek the help of a qualified fitness professional for further advice and variations on these exercises.



All exercises were designed by Bill Leavitt, RTS. Bill is the owner of Fitness Alliance, Inc., located in Kansas City. He may be contacted at [bleavitt@kcfitness.com](mailto:bleavitt@kcfitness.com)



Seated Row - Start      Seated Row - Finish      Seated Row - Finish 2  
**Seated Row**

(latissimus dorsi, rhomboids, mid-trapezius, posterior deltoid)

From a seated position, with knees slightly bent and feet together, place and center Figure 8 behind arches of feet. Hold handles with palms facing and pull backward by drawing elbows along side the torso and squeezing shoulder blades together. **Tips:** Keep chest up, with shoulders back and down throughout the exercise. Keep elbows parallel to tube. **Variation:** Change grip to palms down with elbows away from torso to emphasize more upper back and rear shoulder. Both versions can also be performed standing using an immovable anchor.



Tricep Extension - Start      Tricep Extension - Finish      Standing Single Arm Pressdown - Start      Standing Single Arm Pressdown - Finish  
**Tricep Extension**

(triceps)

From a standing position, grasp handles and bring Figure 8 in front of chest slightly below shoulder height. With palms facing, bend at elbows and draw back in line with shoulders. Keeping one arm stationary, extend other elbow outward until arm is straight. Repeat or alternate. **Tips:** Move only at elbow and keep shoulders stationary throughout movement. **Variation: Standing Single-Arm Pressdown.** From a standing position, anchor Figure 8 above head height. Hold handle and begin slightly above elbow. With palm facing down, or slightly inward, straighten arm to side of body keeping elbow under shoulder and against side.



Knee Extension - Start      Knee Extension - Finish  
**Knee Extension**

(quadriceps)

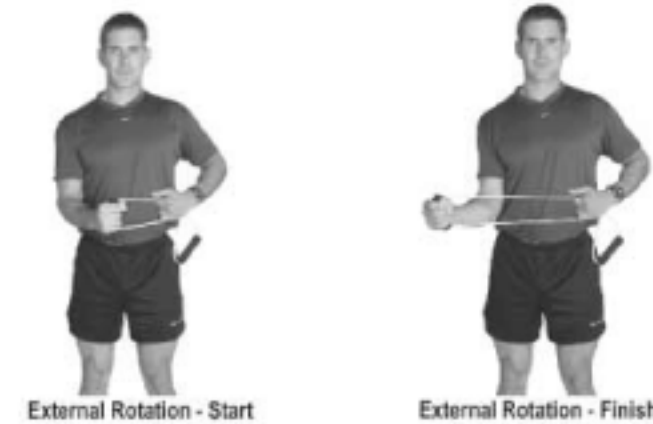
From a seated position on floor, anchor one handle of figure 8 under arch of foot. Wrap other handle over arch and forefoot of exercising leg. Lie back and keeping knees parallel, extend knee by moving foot upward in an arcing motion until leg is straight. **Tips:** Keep ankle locked and in neutral position. Make sure to keep knees parallel throughout entire range of motion.



Single Arm Curl - Start      Single Arm Curl - Finish  
**Single Arm Curl**

(biceps)

From a standing, staggered stance position, place one end of Figure 8 under arch of foot and hold other end in hand with palm facing upward. Bend at elbow bringing hand toward shoulder. **Tip:** Keep elbow back and underneath shoulder to keep emphasis on biceps and not front shoulder. **Variation:** Changing grip to palms facing inward (neutral or hammer grip), will emphasize the brachioradialis and brachialis, (muscles across the elbow and underneath the biceps).



External Rotation - Start      External Rotation - Finish  
**External Rotation**

(external shoulder rotators: teres minor & infraspinatus)

From a standing position, grasp Figure 8 in middle and place against rib cage. Take other handle in exercising arm flexed to 90°, palm facing inward, and elbow under shoulder. Push hand outward rotating the shoulder while keeping elbow under shoulder. **Tips:** Stay within a comfortable range of motion and do not let arms move away from side of body.



Standing Leg Curl - Start      Standing Leg Curl - Finish  
**Standing Leg Curl**

(hamstrings)

From a standing position, ankle one handle of Figure 8 under arch of non-exercising foot and other handle on arch of exercising leg so handle is on sole of shoe. Put hands on hips or hold on to a stable object and keeping knees parallel, curl heel of exercising foot toward buttock until hamstring is contracted, close to knee height. **Tips:** Maintain upright posture and do not attempt to increase range of motion by leaning forward. Maintain neutral position of the foot or



Glute Kickback - Start

Glute Kickback - Finish

**Glute Kickback**  
(gluteals, hamstrings)

On all fours, anchor one handle under knee and other handle over arch of exercising foot. Keeping foot in neutral position, push leg back and up until leg is straight and gluteal is contracted. **Tips:** Keep back in neutral position and do not attempt to gain range of motion by arching.



Hip Abduction - Start

Hip Abduction - Finish

**Hip Abduction**  
(hip abductors)

In a side-lying position, place legs inside one half of Figure 8, slightly below knees, and lift top leg. **Tips:** Do not attempt to gain range of motion by rolling or moving torso. Lead with heel and keep toe pointed forward to prevent leg from externally rotating. Keeping Figure 8 toward knee versus near ankle decreases forces on knee. **Variation: Standing.** Using one half of Figure 8, place slightly below knees. With hands on hips or holding on to a stable object and keeping body upright, push leg out to side.



Hip Adduction - Start

Hip Adduction - Finish

**Hip Adduction**  
(hip adductors)

Anchor Figure 8 about ankle height and place outside foot inside loop. Stand at distance so there is tension when leg is lifted out to side, (abducted), toward anchor. Place hands on hips or hold on to a stable object. Starting with leg abducted, pull inward and bring legs together.



Single Arm Pulldown - Start

Single Arm Pulldown - Finish

**Single Arm Pulldown**

(latissimus dorsi, teres major, rhomboids, lower trapezius, bicep)

Using only one half of Figure 8, hold one handle and place other hand inside middle on same side. Raise hands overhead with palms facing so that exercising hand is facing inward or forward slightly. Keeping non-exercising arm stationary, pull handle down in an arcing motion bringing elbow toward side of body. **Tip:** Maintain stable and upright posture.



Single Arm Overhead Press - Start

Single Arm Overhead Press - Finish

**Single Arm Overhead Press**

(anterior deltoid, trapezius, serratus anterior)

Using only one half of Figure 8, place non-exercising hand inside middle then across body to anchor against rib cage between chest and shoulder. Hold handle on same side and raise exercising arm to ear level. With palm facing forward or inward slightly, press overhead and straighten arm.



Single Arm Pec Fly - Start

Single Arm Pec Fly - Finish

**Single Arm Pec Fly**

(pectorals, anterior deltoid)

Anchor Figure 8 at shoulder height by placing one loop over a stable and unmovable object, or use another person. Stand or kneel parallel to the anchor with arm out to side and elbow slightly bent. Position yourself so fist is in line with anchor and keeping elbow bent, but locked. Lead with thumb and pull toward midline of torso, in front of chest.



Single Arm Chest Press - Start

Single Arm Chest Press - Finish

**Single Arm Chest Press**

(pectorals, anterior deltoid, tricep)

Anchor Figure 8 slightly below shoulder height and grasp handle with overhand grip so tube is on underside of hand. Facing away from the anchor, at a slight angle, bend arm and lift elbow to shoulder height. Position yourself so that the tube comes underneath and slightly outside the elbow. Push forward and straighten arm. **Variation: Incline press.** Lower anchor point to approximately knee height and assume same position. Grasp handle so that tube is above hand. Push upward and straighten arm.