

### Safety and Maintenance

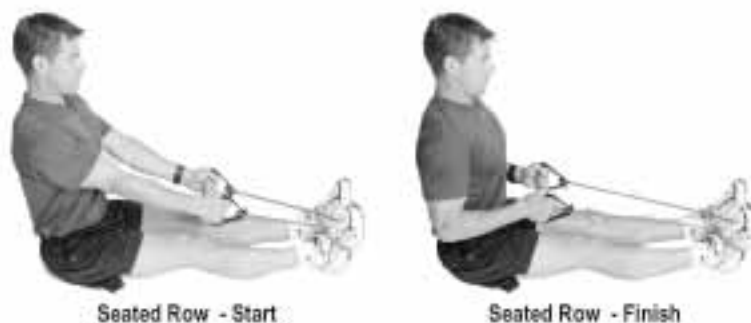
- **CAUTION:** Consult your physician before beginning any exercise program. These products are not intended for use by children unless supervised by an adult.
- **WARNING:** Fitness First Tubes wear out due to normal wear and age. Visually inspect before each use for tears or cracking. **DO NOT USE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

### Exercise Instruction

- Select the appropriate strength of Fitness First Tube that enables you to accomplish 12-15 repetitions. Once 15 repetitions are accomplished with ease, move to the next strength of Fitness First Tube.
- Always anchor Fitness First Tube 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

Seated Row - Finish

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

From a seated position, with knees slightly bent and feet together, place the *Fit Tube* over forefeet and wrap around so that tube comes between. Hold handles with palms facing and pull backward, drawing elbows along side the torso 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.

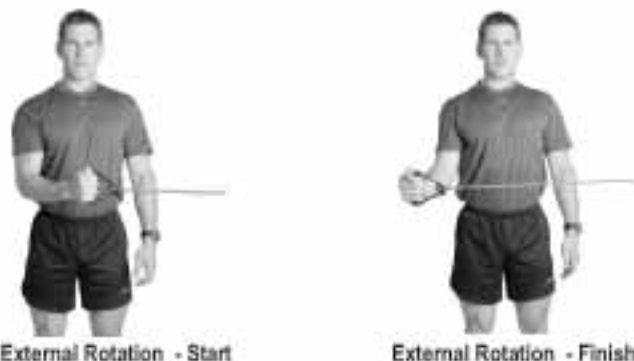


Arm Curl - Start

Arm Curl  
(biceps)

Arm Curl - Finish

From a standing position with a staggered stance, center *Fit Tube* under arch of front foot. With arms straight and under shoulders, hold handles with palms facing forward. Bend at elbows bringing hands toward shoulders. **Tips:** Keep elbows back and underneath shoulders to keep emphasis on biceps and not front shoulder. **Variation:** Change grip to palms facing inward, (neutral or hammer grip), to emphasize the brachioradialis and brachialis (muscles across the elbow and underneath the biceps).



External Rotation - Start

External Rotation

External Rotation - Finish

(external shoulder rotators: teres minor & infraspinatus)

From a standing position, anchor *Fit Tube* at elbow height. With arm flexed to 90°, and elbow under shoulder, push hand outward, rotating the shoulder. **Tip:** Stay within a comfortable range of motion and do not let arm move away from side of body.



Standing Low/High Row - Start

Standing Low Row - Finish

Standing High Row - Finish

Standing Low Row/High Row

**Low:** (latissimus dorsi, biceps, mid-trapezius, teres major, posterior deltoid)

**High:** (Same muscle groups as low row but more emphasis on posterior deltoid and mid-trapezius) Using an external anchor, center *Fit Tube* at elbow height. With palms facing down, pull backward by drawing elbows along side of torso and squeezing shoulder blades together.

**High Row:** Pull backward keeping elbows and wrists at shoulder height or slightly below.



Tricep Press Down - Start

Tricep Press Down  
(triceps)

Tricep Press Down - Finish

From a standing position, anchor/center *Fit Tube* above head height. Hold handles and begin slightly above elbows. With palms down, or facing slightly, straighten arms keeping elbows under shoulders and against sides. **Tips:** to increase resistance, assume a kneeling stance.

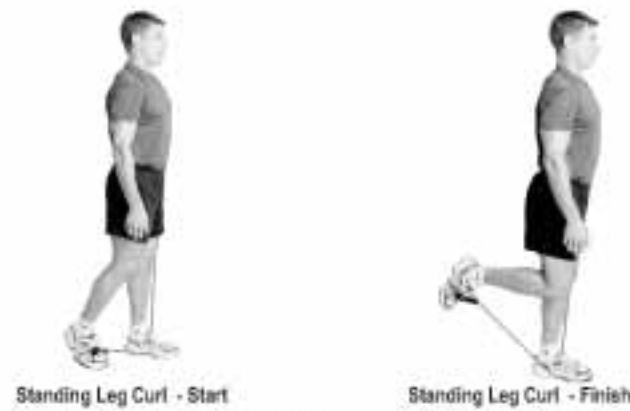


Knee Extension - Start

Knee Extension  
(quadriceps)

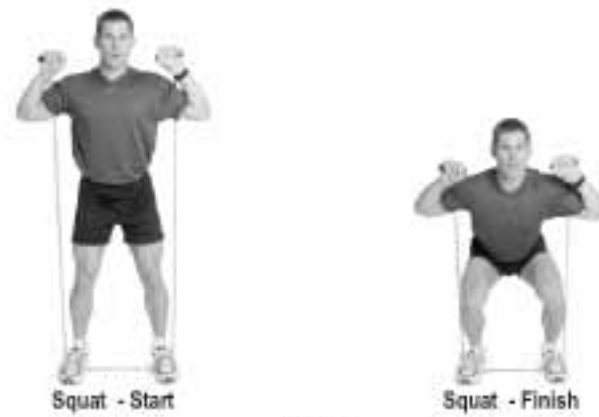
Knee Extension - Finish

From a seated position on floor, pull *Fit Tube* through handle and place over arch of exercising foot. Anchor rest of tube, just beyond midpoint, (depending on resistance desired), under other foot. Lie back, and keeping knees parallel, extend knee upward by moving foot 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.



**Standing Leg Curl**  
(hamstrings)

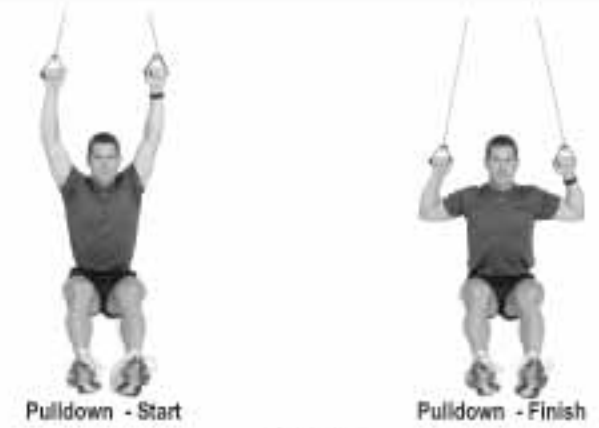
Pull Fit Tube through handle and place over exercising foot so that handle is on top and tubing goes toward middle. Anchor tube around midpoint (depending on resistance desired) under non-exercising foot and hold on to a stable object, if desired. Keeping knees parallel, curl heel of exercising foot 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 toes pointed slightly down to prevent Fit Tube from falling off.



**Squat**

(quadriceps, gluteals, hamstrings, spinal erectors)

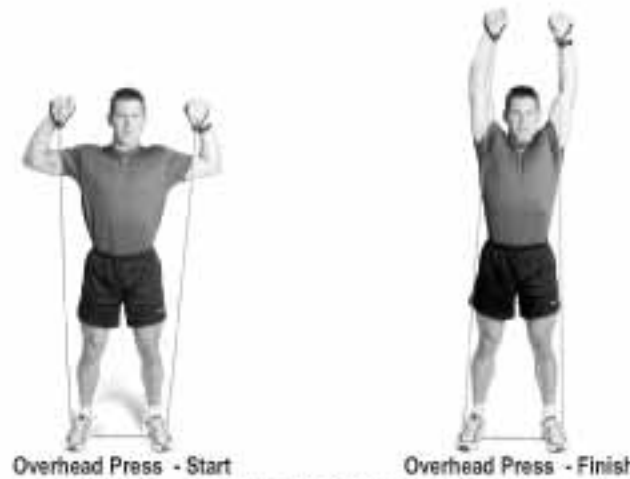
Assume a shoulder width stance with toes pointing slightly outward and anchor/center Fit Tube under arches of feet. Hold handles and bring up and around to shoulder height so that tube is behind shoulders. Begin squat by pushing hips back and down while maintaining neutral back position with head forward and chest up. Continue downward only as far as knees do not extend past toes and neutral back position is maintained, but no lower than thighs being parallel with ground. **Tips:** Knees always travel in the same direction as feet. Weight should be distributed through the ankles, not forefeet. Prevent excessive pelvic tilting and protect lower back by slightly contracting abdominals.



**Pulldown**

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

Anchor/center Fit Tube above head height and from a seated or kneeling position reach up and grasp handles with palms facing forward or slightly inward. Pull down driving elbows toward side of body.



**Overhead Press**

(anterior deltoid, trapezius, serratus anterior)

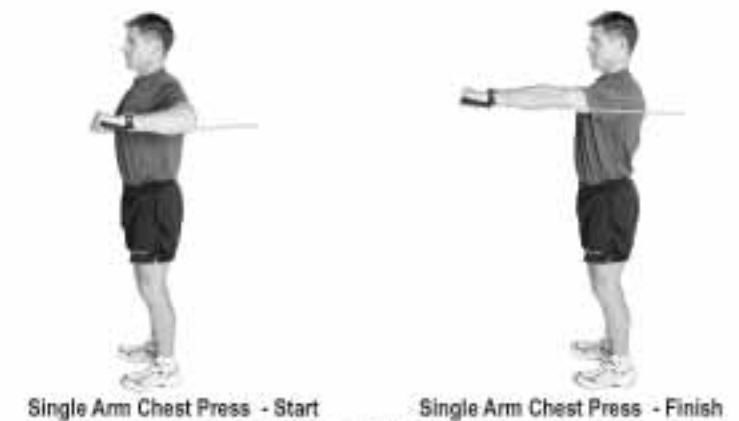
From a standing position, assume a shoulder width stance and anchor/center Fit Tube under arches of feet. Hold handles and begin press with fists at ear level and push upward straightening arms. **Variation:** Perform from a kneeling or seated position anchoring tube under knees or buttocks to lessen resistance.



**Single Arm Pec Fly**

(pectorals, anterior deltoid)

Anchor Fit Tube at shoulder height and stand parallel to the anchor with arm out to side and elbow slightly bent. Position yourself with fist in line with anchor and keeping elbow bent, but locked, lead with thumb and pull tube to midline of torso, in front of chest.



**Single Arm Chest Press**

(pectorals, anterior deltoid, tricep)

Anchor Fit Tube 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.



**Lateral Raise**  
(medial deltoid)

Assume a staggered stance with one leg forward and anchor/center Fit Tube under arch of front foot. Grasp handles, cross tube over and lean forward slightly. With no movement at the elbows, lift arms away from side of body to shoulder height. **Tips:** More is not better in terms of range of motion. Lift elbows to shoulder height only!



**Adduction**  
(hip adductors)

Anchor Fit Tube about ankle height and bring tube through other handle to wrap above ankle. Stand at distance so there is tension when leg is lifted out to side (abducted) toward anchor. Hold on to a stable object, if desired. Starting with leg abducted, pull inward to finish against other foot.