

# STRETCH IT OUT:

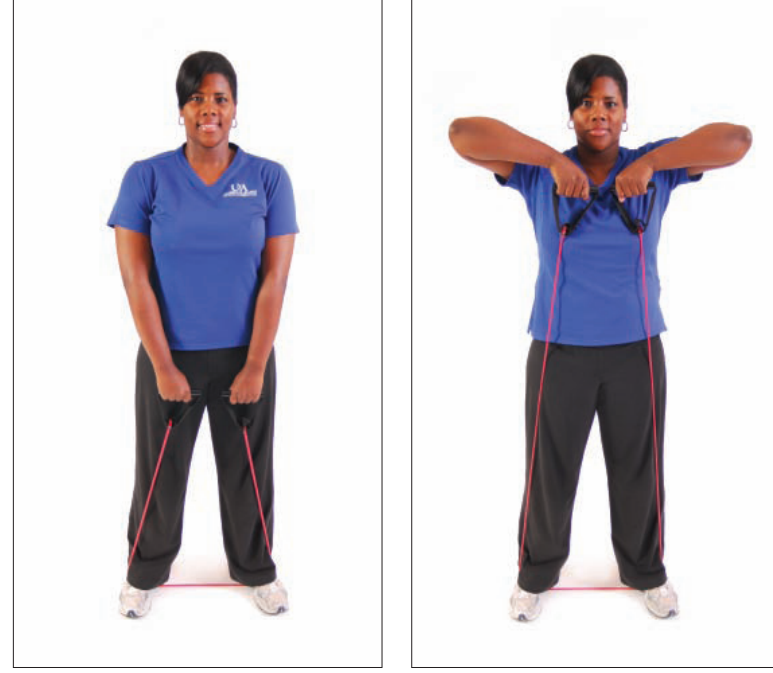
## Strength Training with Stretch Tubes

### SHOULDERS:

Overhead Press



Upright Row



Front Lateral Raise

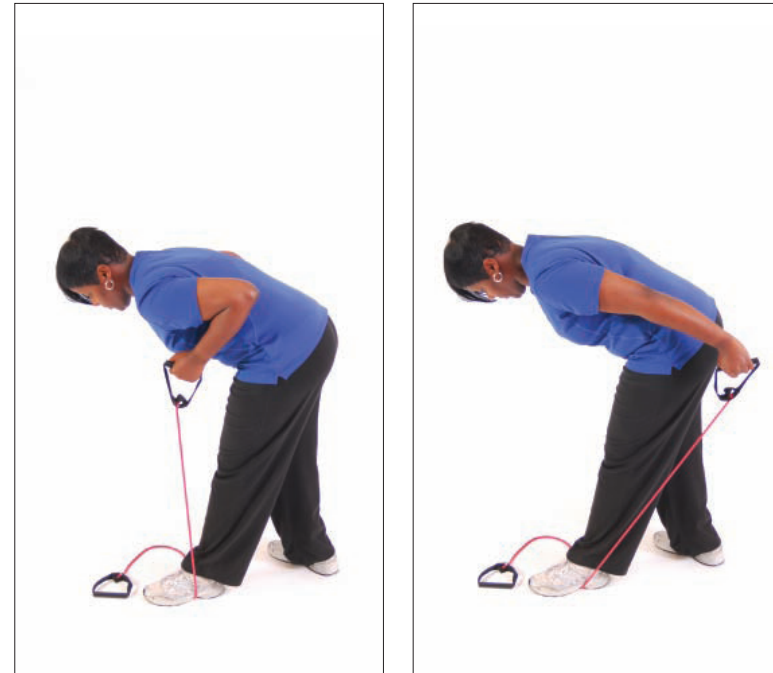


### ARMS:

Bicep Curl



Tricep Kickback



Wrist Curl



### LEGS:

Leg Press



Calf Raises



Side Hip Raise

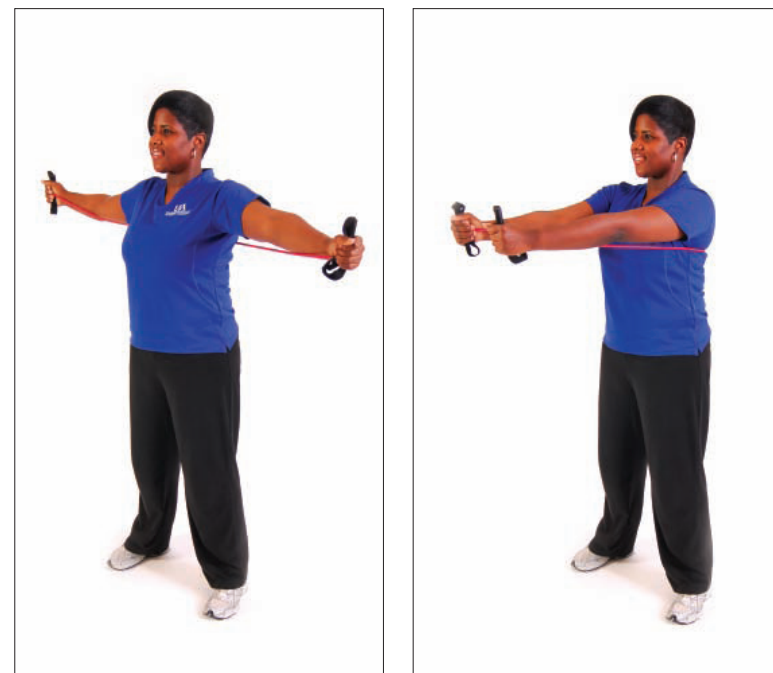


### CHEST:

Chest Press



Chest Fly



### BACK:

Seated Row



Dead Lift



Standard



Choke



Single



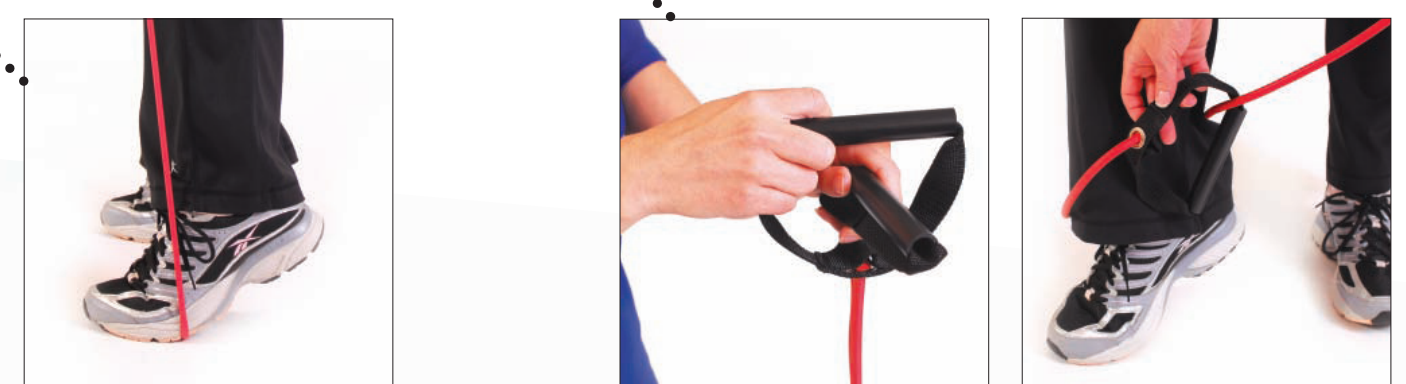
Double



Wide



### HAND & FOOT HOLDS:



Fit In 10

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