

Tubing Exercises Kit

Tip Card

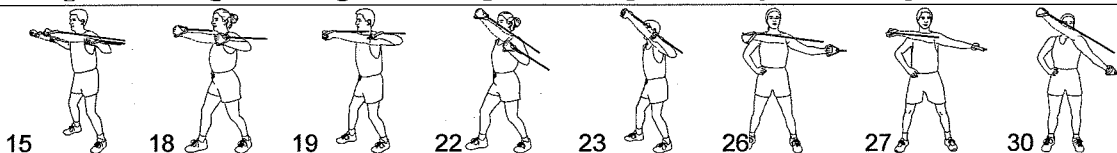
No
Picture

0

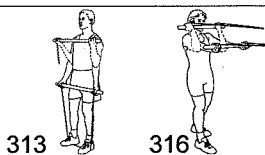
Biceps



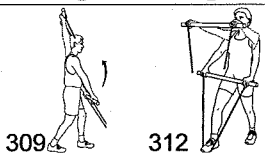
Chest



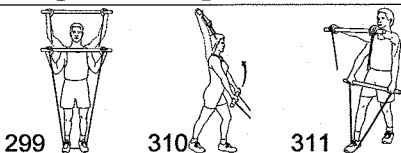
Exercise Bar:
Biceps



Exercise Bar:
Coracobrachialis



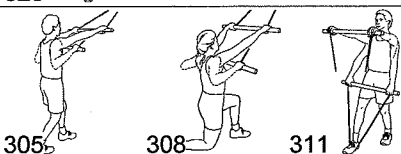
Exercise Bar:
Deltoids



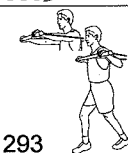
Exercise Bar:
Gluteals



Exercise Bar:
Latissimus Dorsi



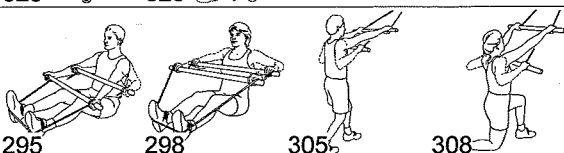
Exercise Bar:
Pectorals



Exercise Bar:
Quadriceps



Exercise Bar:
Rhomboids



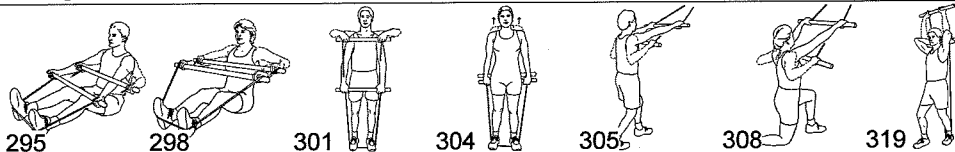
Tubing Exercises Kit

Exercise Bar:
Rotator Cuff



299 310 311

Exercise Bar:
Trapezius



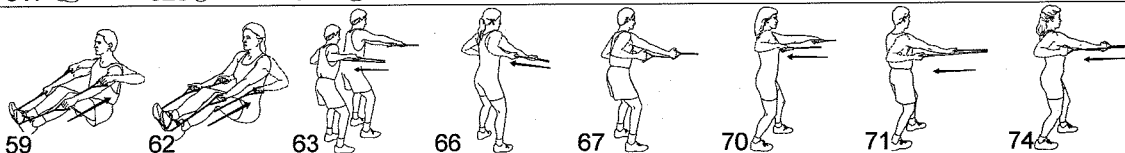
295 298 301 304 305 308 319

Exercise Bar:
Triceps

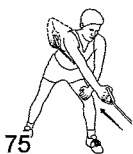


317 320 321

Mid Back



59 62 63 66 67 70 71 74



75

Quadriceps



77 80 81

Shoulder / Upper
Back:
Biceps



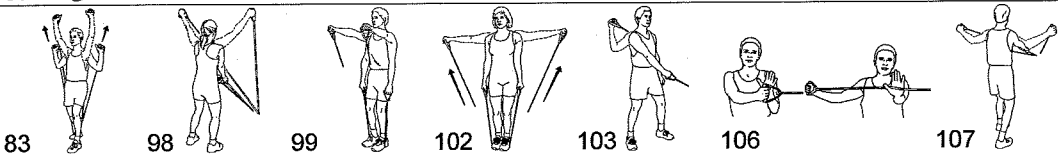
99

Shoulder / Upper
Back:
Coracobrachialis

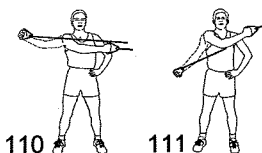


97

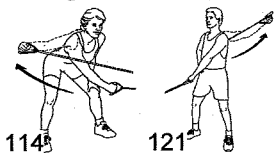
Shoulder / Upper
Back:
Deltoids



83 98 99 102 103 106 107



110 111



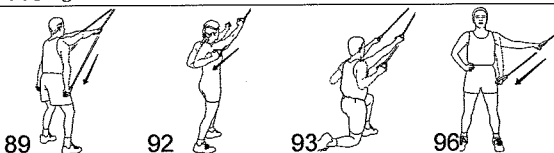
114 121

Shoulder / Upper
Back:
Infraspinatus



115

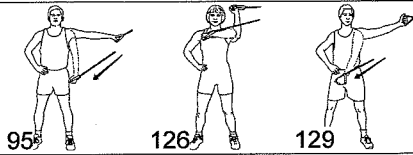
Shoulder / Upper
Back:
Latissimus Dorsi



89 92 93 96

Tubing Exercises Kit

Shoulder / Upper
Back:
Pectorals

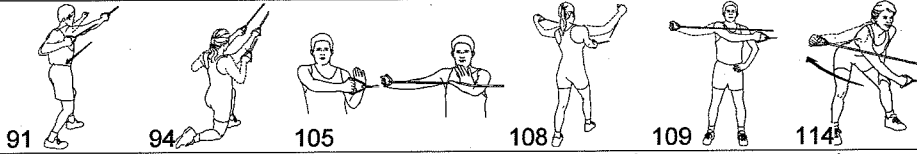


95

126

129

Shoulder / Upper
Back:
Rhomboids



91

94

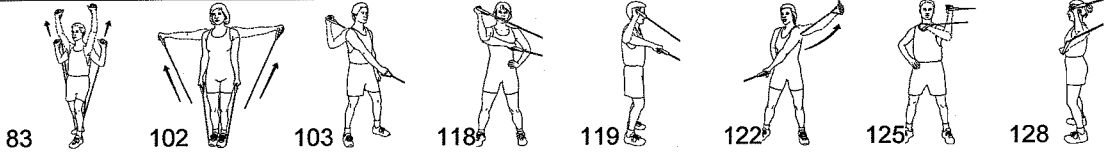
105

108

109

114

Shoulder / Upper
Back:
Rotator Cuff



83

102

103

118

119

122

125

128



129

Shoulder / Upper
Back:
Subscapularis



123

Shoulder / Upper
Back:
Supraspinatus



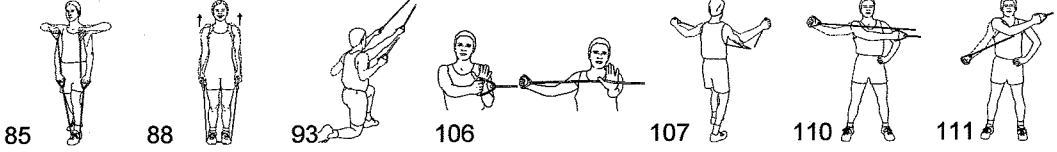
131

Shoulder / Upper
Back:
Teres Minor



115

Shoulder / Upper
Back:
Trapezius



85

88

93

106

107

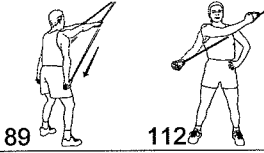
110

111



114

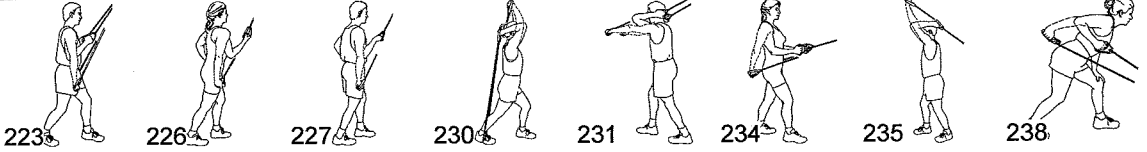
Shoulder / Upper
Back:
Triceps



89

112

Triceps



223

226

227

230

231

234

235

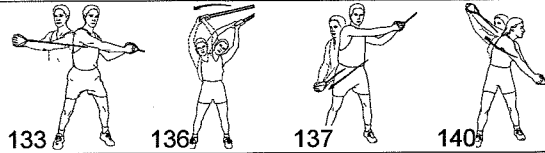
238



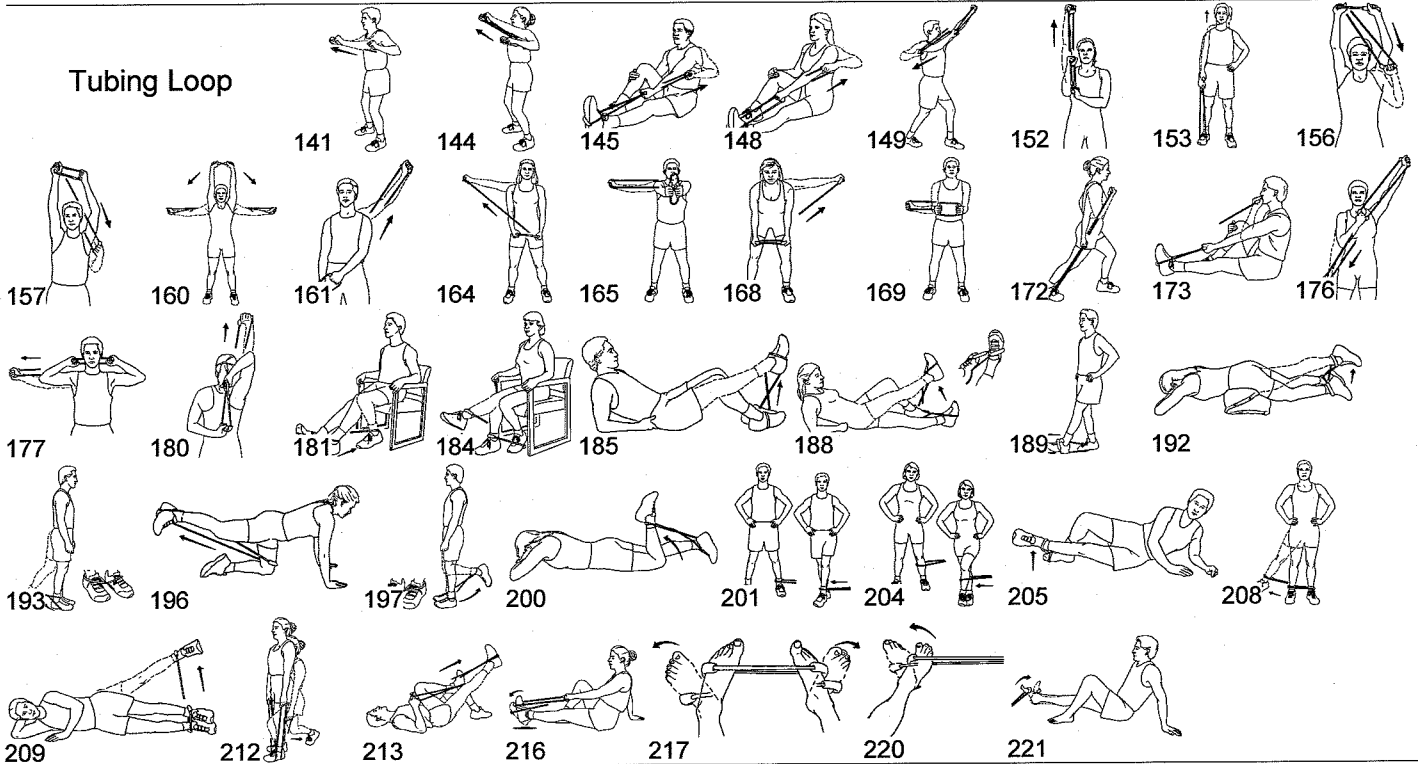
239

Tubing Exercises Kit

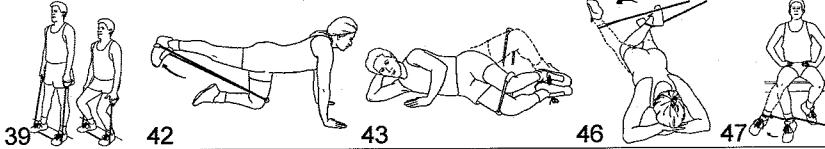
Trunk



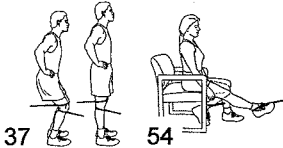
Tubing Loop



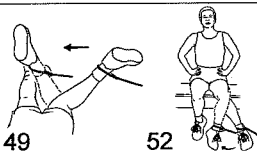
Rehab: Lower Extremity: Gluteals



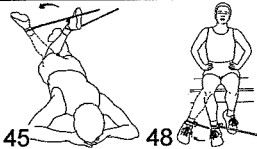
Rehab: Lower Extremity: Hamstrings



Rehab: Lower Extremity: Hip Rotators, External



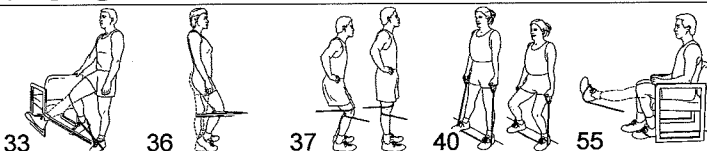
Rehab: Lower Extremity: Hip Rotators, Internal



Rehab: Lower Extremity: Hip Flexion

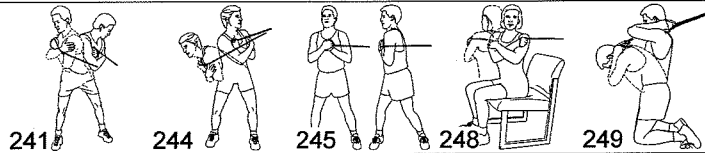


Rehab: Lower Extremity: Quadriceps

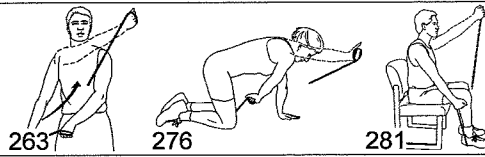


Tubing Exercises Kit

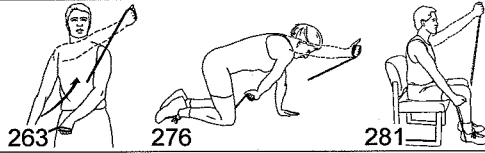
Rehab: Trunk



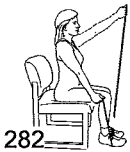
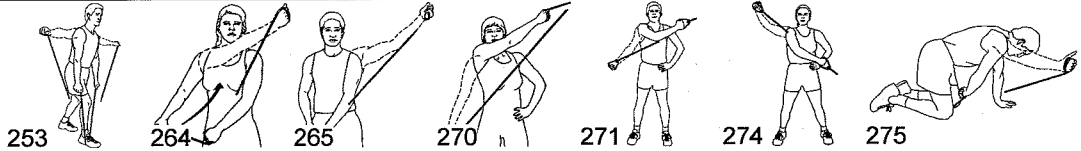
Rehab: Upper
Extremity:
Biceps



Rehab: Upper
Extremity:
Coracobrachialis

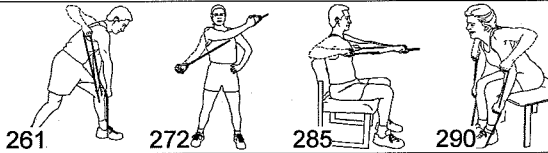


Rehab: Upper
Extremity:
Deltoids



282

Rehab: Upper
Extremity:
Middle Trapezius

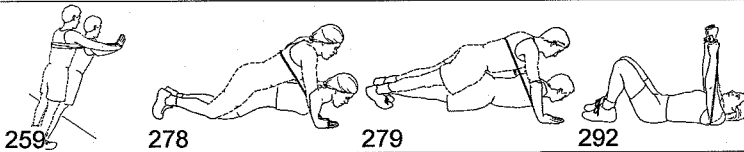


Rehab: Upper
Extremity:
Latissimus Dorsi



267

Rehab: Upper
Extremity:
Pectorals



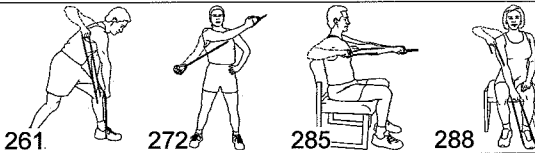
259

278

279

292

Rehab: Upper
Extremity:
Rhomboids



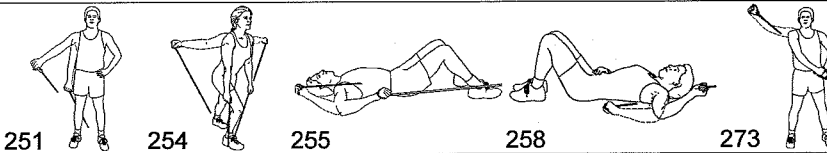
261

272

285

288

Rehab: Upper
Extremity:
Rotator Cuff



251

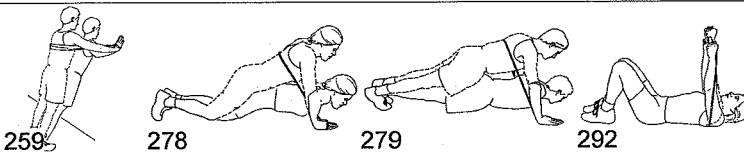
254

255

258

273

Rehab: Upper
Extremity:
Serratus Anterior



259

278

279

292

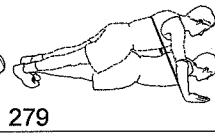
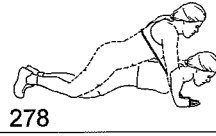
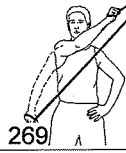
Rehab: Upper
Extremity:
Supraspinatus



251

Tubing Exercises Kit

Rehab: Upper
Extremity:
Triceps



Rehab: Upper
Extremity:
Upper Trapezius

