



**Back
 Abdominals**

Lie on your back on an exercise mat, the MSD-Tube goes behind your feet, your shoulders off the mat. Hold the MSD-Tube firmly, your palms facing up. Raise your torso to a 45° angle while bending your elbows. Return to starting position.



Shoulders

Stand on the MSD-Tube, your feet shoulderwidth apart, while holding the ends of the MSD-Tube firmly in your hands next to your hip. Raise one arm backwards until it is parallel to the ground, your palm facing downward.



Chest

Attach the MSD-Tube securely around an external overhead object. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Tube firmly, your arms raised overhead. Pull down diagonally, across your chest.