

Tubing



Shoulders | Deltoideus
Arms | Triceps

Attach the MSD-Tube securely around an external object above shoulder height. 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 arm pointing forward. Bring your fist next to your hip, keeping your arms stretched.



Shoulder | Deltoideus

Stand on the MSD-Tube with your front foot, while holding the ends of the MSD-Tube firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your palms facing downward.



Arms | Biceps
Chest | Pectoralis

Attach the MSD-Tube securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Holding the ends of the MSD-Tube firmly in your hands next to your hip, your palms facing away from your body. Bend your arms upward.



Arms | Biceps
Chest | Pectoralis

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Tube firmly in your hands next to your hip, your palms facing away from your body. Bend your arms upward.