

# RESISTANCE TUBE EXERCISE KIT INSTRUCTIONS

## Resistance Tube Care

Store the tube in a cool, dry place away from direct sunlight.

Inspect tubes for tears, cracking, discoloration and abnormal laxity or rigidity. Tubes can burst.

**DO NOT USE IF TUBE IS DAMAGED, WORN, BRITTLE, or if there are any KNICKS or CUTS.**

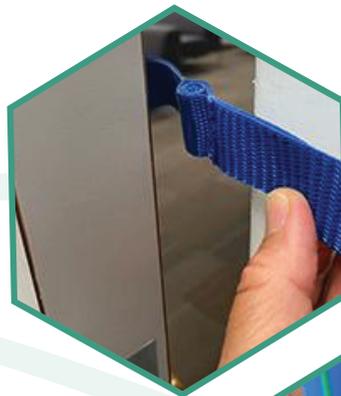
Avoid excessive tension.

## Using Your Exercise Tube

Anchor tube securely and appropriately before beginning any exercise.

**a. Attach tube to Assist Strap in a CLOSED Doorway**

Assist Strap may be attached in a closed & locked door frame



**b. Anchor tube under your feet**

Stand on the tube with the tube under the arch/middle of the foot or feet and secure firmly



## Perform Exercises Safely

1. Select a tube of an appropriate resistance that enables you to perform 6-20 repetitions. Consult an exercise professional for additional recommendations.
2. Always maintain good posture.
3. Maintain control during exercises. Do not use momentum or move in an uncontrolled manner.
4. Do not hold your breath! Breathe normally.

## Exercise Video Library

Go to [fitwell.recreation.ucla.edu/resistance-tube-exercise-kit](https://fitwell.recreation.ucla.edu/resistance-tube-exercise-kit) for a library of exercises you can do with your resistance tube.

## More Exercise Resources

Join MoveMail and receive emails twice daily (10am and 2pm) with exercises you can do right then and there wherever you are!

[fitwell.recreation.ucla.edu/wellness-resources/movemail-equipment-and-exercise](https://fitwell.recreation.ucla.edu/wellness-resources/movemail-equipment-and-exercise)

Check out Bruin P.A.W.S for month long movement calendars with guided videos and more!

[recreation.ucla.edu/paws](https://recreation.ucla.edu/paws)

Go to [bit.ly/warmuptowork](https://bit.ly/warmuptowork) to sign up to receive daily warm ups at 6 am with Virtual Warm Up to Work.

Visit [fitwell.recreation.ucla.edu](https://fitwell.recreation.ucla.edu) for more employee fitness & wellness programs like the Bruin Health Improvement Program (BHIP), Warm Up to Work (in person), Recreation Membership, and more!