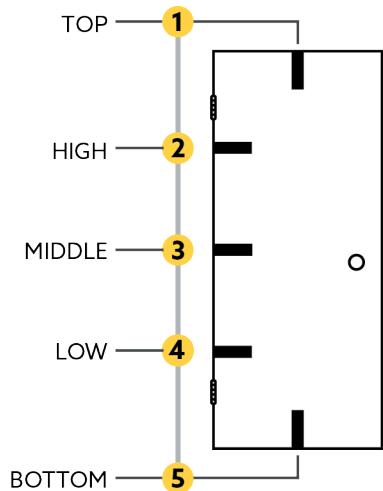


3DActive TUBE RESISTANCE BANDS EXERCISE GUIDE

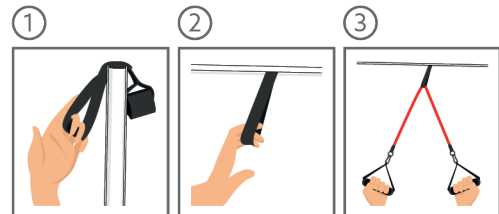
	PRESS	STANDING LATERAL RAISE	REAR SHOULDER PULL LOW	REAR PULL	ROTATOR CUFF (INTERNAL)	ROTATOR CUFF (EXTERNAL)
SHOULDERS						
CHEST	CHEST FLYS	CROSSOVER CHEST FLYS	ONE ARM CHEST FLY (HIGH)	ONE ARM CHEST FLY (MID)	ONE ARM CHEST FLY (LOW)	PUSH UP
BICEPS	CURL	HAMMER CURL	REVERSE CURL	ONE ARM SIDE CURL	ONE ARM PREACHER CURL	CURL
TRICEPS	EXTENSION	KNEELING EXTENSION	KICKBACK	OVERHEAD EXTENSION	FORWARD EXTENSION	CROSS BODY EXTENSION

ABS	KNEELING CRUNCH (FRONT)	KNEELING CRUNCH (BACK)	RESISTED GET UPS	HIGH/LOW CHOPS	LOW/HIGH CHOPS	OBLIQUE SIDE BEND
1						
2						
3						
4						
5						
LEGS	ABDUCTION	ABDUCTION	HIP EXTENSION	SQUAT	LUNGE	DONKEY KICK
1						
2						
3						
4						
5						
BACK	LAT PULL DOWN	KNEELING ROW	LAT EXTENSION	SQUAT ROW	BENT OVER ROW	LYING LAT PULL DOWN
1						
2						
3						
4						
5						

POSITIONING YOUR DOOR ANCHOR



HOW TO SECURE YOUR DOOR ANCHOR

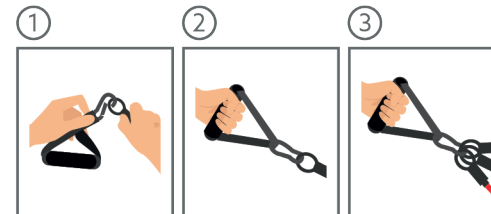


1 Place Door Anchor on top, side or bottom of open door.
 2 Close door securely to secure Door Anchor.
 3 Attach or thread bands through Door Anchor strap.

⚠️ SAFETY WARNING

The exercises described in the Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.
 Use your 3DACTIVE Tube Resistance Bands with caution and care. When using the Door Anchor, make sure that your door is securely closed to avoid accidents or injuries. When standing on your bands, proper footwear should be worn and your bands should be positioned securely under your feet.

HOW TO ATTACH YOUR HANDLES



HOW TO ATTACH YOUR ANKLE STRAPS



CUSTOMER SUPPORT

📞 www.3dactive.com/support
 ✉️ support@3dactive.com