

EXERCISE CHART

SCULPTING TUBE WITH DOOR ANCHOR MEDIUM



WARM UP

1. ARM CIRCLES



Stand with feet hip width apart, thumbs turned outwards. Rotate arms in large circles both forwards and backwards to mobilise the shoulder joint. Keep the arms fully extended and increase speed when comfortable.

WARM UP

2. SQUAT ROTATIONS



Stand with feet hip width apart, knuckles together in front of your chest. Squat down to approx. 90° at the knee, keeping weight in your heels. Return to standing with an outward turn, twisting from the ribcage, maintaining a strong core. Repeat to other side.

WARM UP

3. EXTERNAL SHOULDER ROTATION



Standing side-on, grab one handle with the hand furthest away from the door. With a cross-body action, take the hand away from the door, opening out as far as possible without turning the body. Elbow remains close to the ribcage, shoulder remains down. Repeat to other side.

HIGH ATTACH

4. TRICEP PUSHDOWN



Facing the door, feet hip width apart, grab handles, knuckles facing the door. Create a stretch in the band before beginning the movement. Pull the shoulders back, lock elbows into the side of the ribcage, keeping the upper arm vertical. Extend the arms, taking hands to the outside of the thigh before returning to start position.

HIGH ATTACH

5. LAT PULLDOWN



To create stretch in the tube, go into a low kneeling position facing the door. Grab both handles arms fully extended. Draw the shoulders back and down before pulling handles down, squeeze shoulder blades together until hands are at shoulder height. Aim to use the back rather than arms to pull handles down.

HIGH ATTACH

6. AB CRUNCH



To create stretch in the tube, go into a low kneeling position facing away from the door. Grab both handles, pulling down to shoulder height, palms facing in. Maintaining a neutral posture, hinge forward from hips, using abs to control the movement. Return to start and keep abs braced.

MID ATTACH

7. CHEST PRESS



Facing away from door, feet hip width apart, grab tube handles, stepping forward to create tension. Have the tube just below the arms to avoid friction. Push handles forward keeping them at chest height, squeeze handles together, holding contraction momentarily before returning to start. Keep elbows high throughout movement without hunching the shoulders.

MID ATTACH

8. CHEST FLY



Facing away from door, feet hip width apart, grab handles so that tubing is just below the arms. Step forward fully extending the arms wide, elbows slightly bent. Initiate movement by squeezing through your chest bringing your wrists together, in line with the middle of your chest. Hold contraction momentarily before returning to start.

MID ATTACH

9. ROW



Facing the door, feet hip width apart, grab both handles and step away from the door to create tension. With palms facing inwards, draw handles back in a straight line towards your ribcage. Elbows should brush ribcage and finish behind the body. Squeeze the back muscles to control the movement.

SETUP

(Set up for different attachment heights)

LOW ATTACH

Open the door, place the anchor under the doorframe so the anchor is on the outside and the stirrup is on the inside. Close the door, ensuring the attachment is secure before threading the tube through the stirrup.

MID ATTACH

Open the door, place the anchor halfway up the doorframe so the anchor is on the outside and the stirrup is on the inside. Close the door, ensuring the attachment is secure before threading the tube through the stirrup.

HIGH ATTACH

Open the door, place the anchor at the top of the doorframe so the anchor is on the outside and the stirrup is on the inside. Close the door, ensuring the attachment is secure before threading the tube through the stirrup.

Every time you use this, you are saying YES to your goals and YES to the person you want to be.

yes **“CHANGE comes when you say yes! to yourself”**

For more tips and exercises or for more on “YESOLOGY”, go to www.michellebridges.com.au

MID ATTACH

10. PUNCH WITH ROTATION



Face away from the door with a staggered leg stance – right foot ahead of the left. Place both tube handles in the left hand. Allow the torso to turn outwards slightly, keeping hand close to the shoulder. Punch the arm forward at shoulder height whilst twisting the body. Use the back foot to pivot the movement before returning to the start position and repeating on the other side.

MID ATTACH

11. REVERSE LUNGE WITH ROW



Facing the door, feet hip width apart, grab both handles in the right hand. Keeping the width, take the right leg back, dropping into a reverse lunge until the back knee almost touches the floor. The arm simultaneously pulls back in a row, keeping elbow close to the ribcage. Step right foot back to start position and repeat on the other side.

MID ATTACH

12. TORSO ROTATION



Stand side-on to the door, feet hip width apart, grab handles with both hands, arms straight, elbows soft but fixed. Keep shoulders down and turn the upper body away from the door, aiming to use your side abdominals (obliques) to start and control the movement. Avoid pulling with the arms. Repeat on the other side.

LOW ATTACH

13. INCLINE CHEST LIFT



Facing away from the door, feet shoulder width apart, grab one handle in each hand. With palms-up, lift the handles from a low position outside the thighs to a high position in front of the chest, stopping at shoulder height. The aim is to feel the movement in the upper area of the chest. Return to the start position in a controlled manner.

LOW ATTACH

14. BICEP CURL



Facing away from the door, feet shoulder width apart, grab one handle in each hand. With palms-up, pull the handles from the low position outside the thighs to a high position at the shoulder. The upper arm should remain vertical and the elbows fixed by your side throughout the movement. Return to the start position in a controlled manner.

LOW ATTACH

15. SQUAT THRUSTER



Facing away from the door, feet shoulder width apart, grab one handle in each hand. In a low squat position with the knees approx 90°, bring each handle to rest in front of the shoulders, elbows beneath the wrists. From here, drive up through the legs to standing, simultaneously raising arms overhead. Return to the start position in a controlled manner.

LOW ATTACH

16. FRENCH PRESS



Grab one handle in each hand before facing away from the door. Drop one knee in a split kneeling position. Take both handles behind the head with the elbows pointing vertically, shoulder width apart. Push the handles up by squeezing through your triceps, keeping elbows in and maintaining the vertical elbow position. Repeat on the other side.

LOW ATTACH

17. FRONT RAISE



Facing away from the door, with feet shoulder width apart, grab one handle in each hand. Adopt a palms-down position and move the handles from the low position outside the thighs to a high position stopping at shoulder height. Return to the start position in a controlled manner. The aim is to feel the movement in the front part of the shoulder, keeping the arms straight with a slight bend at the elbow.

LOW ATTACH

18. SHOULDER PRESS



Facing away from the door, grab one handle of the tube in each hand. Drop one knee in a split kneeling position. Bring each handle to rest in front of the shoulders, the elbows beneath the wrists. Raise the arms overhead to a fully extended position finishing slightly in front of the body. Brace your abdominals as you push overhead to ensure you maintain safe spinal alignment.

WORKOUTS

WARM UP

3 MINUTES

This warm up is for all the workouts. Maintain constant tension on the Tube throughout the whole exercise.

Exercise	Repetitions/Time	Orientation
1	10+10 reps	Clockwise/ Anti-clockwise
2	10+10 reps	Alternate each side
3	10+10 reps	R+L side

Repeat sequence as a circuit x 2

CORE-CENTRIC WORKOUT

10 MINUTES

This short workout is designed for those wanting a short burst of ab & core work.

Maintain constant tension on the Tube throughout the whole exercise.

Exercise	Repetitions/Time	Orientation
6	15 reps	N/A
10	10+10 reps	R+L side
12	10+10 reps	R+L side
15	15	N/A

Repeat sequence as a circuit x 2

UPPER BODY BLAST WORKOUT

15 MINUTES

By providing a balance of 'Push' and 'Pull' exercises, this endurance workout will help sculpt and define your upper body as well as improve your posture.

Maintain constant tension on the Tube throughout the whole exercise.

Exercise	Repetitions/Time	Orientation
4	15 reps	N/A
5	15 reps	N/A
7	15 reps	N/A
8	15 reps	N/A
14	15 reps	N/A
17	15 reps	N/A
16	15 reps	N/A
7	15 reps	N/A
9	15 reps	N/A
8	15 reps	N/A

INTEGRATED MOVEMENT WORKOUT

20 MINUTES

Rather than working muscles one at a time, this workout encourages you to use your body as one complete unit. Integrated movement exercises provide greater strength and endurance challenges and typically a higher cardio output. The result – a better body in faster time.

Maintain constant tension on the Tube throughout the whole exercise.

Complete as many repetitions as possible in the time provided, maintaining control and technique.

Exercise	Repetitions/Time	Orientation
11	30+30 secs	R+L leg
10	30+30 secs	R+L arm
15	30 secs	N/A
7**	30 secs	N/A
11	30+30 secs	R+L leg
10	30+30 secs	R+L arm
15	30 secs	N/A
9**	30 secs	N/A
11	30+30 secs	R+L leg
10	30+30 secs	R+L arm
15	30 secs	N/A
6**	30 secs	N/A

** Use exercise as an active recovery

TOTAL BODY WORKOUT

30 MINUTES

This is a complete workout covering all 6 key patterns in movement – Push, Pull, Squat, Lunge, Bend and Rotate. When performed regularly, Total Body Workout will provide lasting results in muscle shape, definition and balance.

Maintain constant tension on the Tube throughout the whole exercise.

Exercise	Repetitions/Time	Orientation
7	15 reps	N/A
9	15 reps	N/A
10	15 reps	N/A
11	15 reps	N/A
8	15 reps	N/A
12	15 reps	N/A
13	15 reps	N/A
18	15 reps	N/A
14	15 reps	N/A
15	15 reps	N/A
16	15 reps	N/A
17	15 reps	N/A
5	15 reps	N/A
4	4 reps	N/A
6	15 reps	N/A

Repeat sequence as a circuit x 2