# **EXERCISE CHART** SCULPTING TUBE WITH DOOR ANCHOR MEDIUM





**MB** Active

**1. ARM CIRCLES** 

WARM UP



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.

## 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.



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



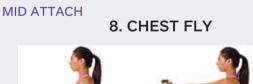


#### **HIGH ATTACH**

**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**





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.



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.



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 comes when you SaV

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#### **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.

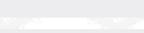




Facing away from the door, feet shoulder width apart, grab one handle in each hand. With palms-up, lift the handles from a low position outside the thighs to a high position in front of the chest, stopping at shoulder height. The aim is to feel the movement in the upper area of the chest. Return to the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



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.



LOW ATTACH



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.

# **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

**MID ATTACH** 



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.



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.

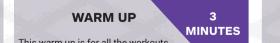
15

MINUTES

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.



each side

**INTEGRATED** MINUTES

20

**TOTAL BODY** 

30 MINUTES

his warm up is for all the workout Maintain constant tension on the Tube throughout the whole exercise

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

#### Repeat sequence as a circuit x 2

WORKOUTS

10 CORE-CENTRIC MINUTES WORKOUT

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	<b>Repetitions/Time</b>	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

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
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#### MOVEMENT WORKOUT

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

#### WORKOUT

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	<b>Repetitions/Time</b>	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
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Repeat sequence as a circuit x 2