

### 1 BICEPS CURL



The biceps curl can be worked in a couple of ways using the Resistance Tubes. Either work both arms at the same time and stand with one foot in the middle of the Tube while using the other to aid balance. Or stand with one foot on an area of the tube depending on the resistance you require. Leaving more of the tube to work with will mean less resistance.

To correctly work the biceps your arm should act as a level with your elbow pulled in closely to your side. Starting from a relaxed position pull the tube upwards until your hand is close to the same height as your shoulder. Pause. Slowly lower and repeat. You can change resistance by altering your stance or using or adding a different Spirit TCR resistance tube level.

### 2 BENT FORWARD ROW



Stand with feet shoulder width apart on the tube. Grasp both handles. Start with the tube relaxed at waist height. Bend forward so your torso is at a 45 degree angle from the floor. From here pull backwards so your hands are level with your naval keeping your elbows close to your sides until your hands are level with your body. You can change resistance by altering your stance or using or adding a different Spirit TCR resistance tube level.

### 3 SQUAT



The resistance tube offers a more challenging alternative to regular squats. Imitate a squat by standing on the resistance tube with feet apart at shoulder width. Ensure that the tube length between the handle and foot is equal on both sides. Slide your hand through the handle, so the handles lie on your palms.

To perform the squat correctly, stand with your feet shoulder width apart. Keeping your back straight, lower your glutes into a seated position with your knees bent at a 90 degree angle. For deeper squats, increase this further. You can change resistance by altering your stance or using or adding a different Spirit TCR resistance tube level.

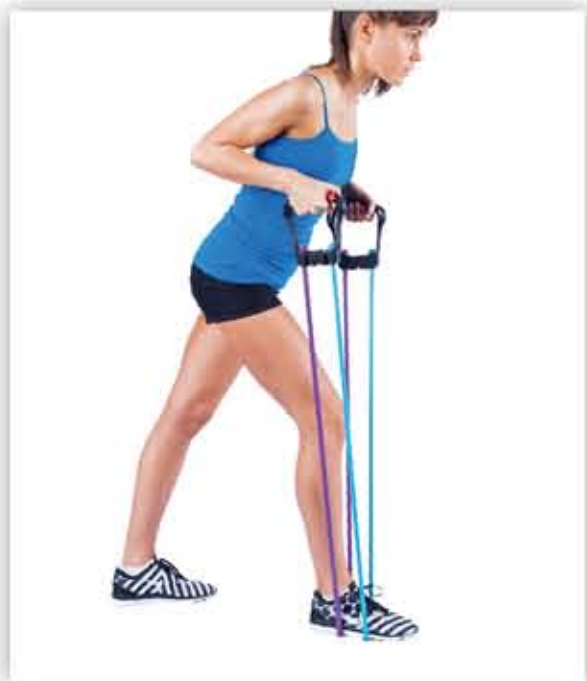
### 4 UPRIGHT ROW



Resistance training is being shown to be as effective as free weights without the risk free weights can bring. The Resistance Tube also enables gentler upright rows for rehab users and beginners learning the correct technique.

Stand with feet shoulder width apart. Grasp a handle in each hand. Start with the tube relaxed at waist height. From here pull upwards until your hands are level with your shoulders and your elbows are aligned. You can change resistance by altering your stance or using or adding a different Spirit TCR resistance tube level.

### 5 TRICEP KICKBACK START



Stand with one foot on an area of the tube depending on the resistance you require. Leaving more of the tube to work with will mean less resistance.

Start with your hand by your side with your arm bent. Lean forward so your body is at a 45 degree angle from the floor.

### 6 TRICEP KICKBACK FINISH



Pull the tube downwards and away from your body until your arm is straight. This should be a fluid motion and not require extra effort from other muscle groups. Slowly return to the start position and repeat. If this is difficult, you are using too much resistance. Technique is very important for this exercise.

### 7 CHEST PRESS



Use the door anchor for chest press. Bisect the resistance tube with a door anchor. Hold on the handles with your hands in a fist. Make sure you are standing far enough from the door, so when your arms are straight you are receiving desired resistance for effective training.

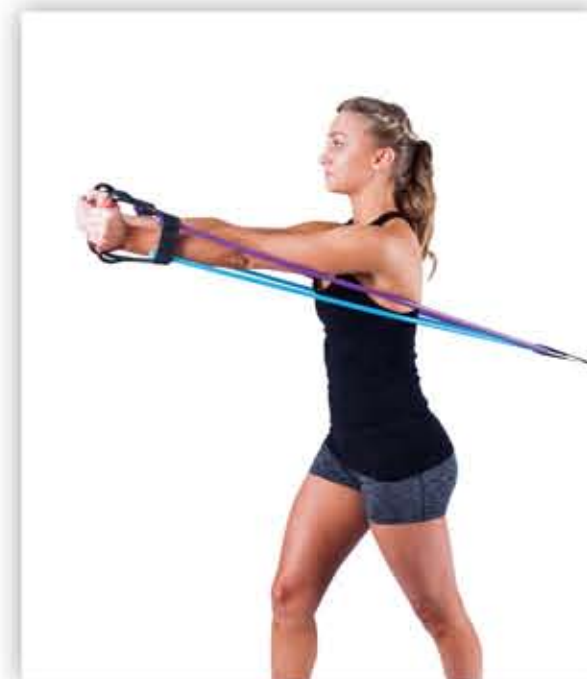
Stand with legs apart for a good balance. Your elbows should bend to a 90 degree angle, not too much or too little, for a good range of movement. Press forward and repeat.

### 8 FLYS START



Use the door anchor for fly. Bisect the resistance tube with the anchor. Hold on the handles with arms straight and perpendicular to your torso. Make sure you are standing far enough from the door, so when your arms are straight you are receiving desired resistance for effective training.

### 9 FLYS FINISH



Stand with legs apart for a good balance. To complete a fly, focus on the chest to bring your hands together while your arms and body stay straight throughout the exercise.

## Specs and Features

- Size: Ø 12mm x 2.5mm, 60"L
- Material: TPR tubing, PP sock, foam handle
- Weight: 0.2lbs

The Spirit TCR Resistance Tube System is the best in its class, a world champion of all resistance programs. Made for Experts and Beginners alike the interchanging resistance pocket system allows multiple options for all resistance exercises. All 4 cables can be used at one time or 1, 2 or 3 such is the multi-faceted design.

As Resistance Training gains momentum and continues to show itself as the best option for strength training, conditioning, rehab and beyond, Spirit TCR brings you a system made for you. 4 Latex free tubes provide up to 140lbs of resistance, 4 Pocket Handles and a door anchor make for the best portable gym available today.

We provide hours of exercises in our growing library of information and guarantee unlimited results from weight loss to muscle gain.

## Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

## Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on [www.spirittcr.com](http://www.spirittcr.com)
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product