

O-Ring Tube Loop



**Ankle | Full Throttle**

Sit down, stretch your leg, placing one o-ring handle behind your toes, while holding the other. Gently push your ankle down, as if you were in your car, stepping on the gas.



**Legs | Quadriceps**

Place the o-ring behind your toes. Hold the other end in your hand near your chest. Lie on your back on an exercise mat, your knee raised. Extend your leg, keeping your hand steady.



**Shoulder | Deltoideus  
 Arms | Triceps**

Hold the o-ring firmly in your hands while stretching your arms in front of you, your palms facing inwards. Rotate your arms 90° outwards, keeping them stretched during the entire exercise.



**Arms | Biceps  
 Chest | Pectoralis**

Stand on the o-ring with your front foot, while holding the other end of the o-ring firmly in your hand next to your hip, your palm facing away from your body. Bend your arm upward.