

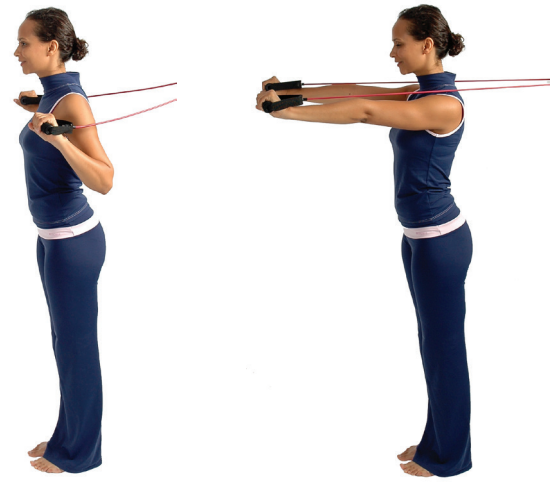
Use the MoVeS Tube only after consulting a trained licensed healthcare professional.

## Diagonal Switch



Attach the Tubing at your side and pull the tubing from top left to bottom right. Repeat afterwards from top right to bottom left and return to the original position.

## Push Forward



Attach the tubing behind you at shoulder height. Push the tubing forward until you can stretch your arms and return to the original position.

## Stretch Back



Stand on the middle of the tubing, lift your stretched right arm to an horizontal position. Repeat with your left arm.

## Pull Down



Attach the tubing in front of you at eye level. Curl your arms back and downwards until the handles are next to you.

## Sit-Up



Lay flat on your back and put the tubing around your feet. While doing a sit-up by gently contracting your abdomen, curl your arms towards your shoulders.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [y](#)

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Your strong back partner....

### Front Foot Arm Curl



Stand on the middle of the tubing with one foot. Curl your arms from a downward position to a 90° corner.

### Arm Curl



Attach the tubing in front of you, at ground level. Curl your arms from a downward position to a 90° corner.

### Push Down



Attach the tubing in front of you, above eye level. Push the tubing down until your arms are pointing downwards.

### Horizontal Stretch



Stand on the middle of the tubing with one foot. Stretch your arms from a vertical to an horizontal position.

### Backward Curl



Stand on the tubing with one foot at 1/4 from the tubing length from the side. Curl your arm backwards from a vertical position until your upper arm obtains an horizontal position.

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**Figure 8 - Back Low**



Hold the Tube Loop behind your back with your arms straight. Pull both arms outwards.

**Figure 8 - Archer**



Hold the Tube Loop to your side with one arm stretched. Pull the other arm away, mimicing the movement of an archer.

**Cuff Ring - Side Sway**



Attach the velcro cuff-rings to your ankles. Stand on one leg, pushing the other slowly outward. Keep a stable object nearby for support if needed.

**Cuff Ring - Sideways**



Attach the velcro cuff-rings to your ankles. Sit down, stretching your legs forward. Push both legs slowly outward at the same time and return to starting position.

**O-Ring - 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.



**O-Ring - Leg Stretch**



Lay on your back and place one o-ring handle behind your toes, while holding the other. Start with a bended knee and stretch it upwards in a 45° corner.

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**Figure 8 - Back Top**



Hold the loop between your shoulder blades, parallel to your spine. Pull one arm up. After lowering it back to the starting position, pull the other arm down. After your repetitions, switch arms.

**O-Ring - Horizontal Stretch**



Hold both handles from the Loop in front of you and stretch it horizontally to the outside.

With our MSD-Band Accessories you will be able to do an even higher amount of exercises. Check our MSD-Band Door Anchor, Universal Assist, Wall Mount and Handles at [www.msd-band.com](http://www.msd-band.com).



Apart from these exercises, it's also possible to mimic the regular MSD-Band exercises. These apply for both MSD-Band and for MSD-Band Tubing.

Put one handle below your foot and hold the other handle in your hand while stretching your arm. Curl your arm upwards to make a 90° angle (or go even higher) with your elbow.

**O-Ring - Arm Curl**



Attach the velcro cuff-rings to your ankles. Stand on one leg, pushing the other slowly forward. Keep it there for a second and push it backward. Keep a stable object nearby for support if needed.

**Cuff Ring - Foreward & Backward**



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