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**BODYBLADE** [WWW.BODYBLADE.COM](http://WWW.BODYBLADE.COM) **EXERCISE GUIDE**

**30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE**

<p>1. Standing with feet on tube, arms out, pulling up.</p>	<p>2. Standing with feet on tube, arms out, pulling up.</p>	<p>3. Standing with feet on tube, arms out, pulling up.</p>	<p>4. Standing with feet on tube, arms out, pulling up.</p>	<p>5. Standing with feet on tube, arms out, pulling up.</p>	<p>6. Standing with feet on tube, arms out, pulling up.</p>	<p>7. Standing with feet on tube, arms out, pulling up.</p>
<p>8. Standing with feet on tube, arms out, pulling up.</p>	<p>9. Standing with feet on tube, arms out, pulling up.</p>	<p>10. Standing with feet on tube, arms out, pulling up.</p>	<p>11. Standing with feet on tube, arms out, pulling up.</p>	<p>12. Standing with feet on tube, arms out, pulling up.</p>	<p>13. Standing with feet on tube, arms out, pulling up.</p>	<p>14. Standing with feet on tube, arms out, pulling up.</p>
<p>15. Standing with feet on tube, arms out, pulling up.</p>	<p>16. Standing with feet on tube, arms out, pulling up.</p>	<p>17. Standing with feet on tube, arms out, pulling up.</p>	<p>18. Standing with feet on tube, arms out, pulling up.</p>	<p>19. Standing with feet on tube, arms out, pulling up.</p>	<p>20. Standing with feet on tube, arms out, pulling up.</p>	<p>21. Standing with feet on tube, arms out, pulling up.</p>
<p>22. Standing with feet on tube, arms out, pulling up.</p>	<p>23. Standing with feet on tube, arms out, pulling up.</p>	<p>24. Standing with feet on tube, arms out, pulling up.</p>	<p>25. Standing with feet on tube, arms out, pulling up.</p>	<p>26. Standing with feet on tube, arms out, pulling up.</p>	<p>27. Standing with feet on tube, arms out, pulling up.</p>	<p>28. Standing with feet on tube, arms out, pulling up.</p>
<p>29. Standing with feet on tube, arms out, pulling up.</p>	<p>30. Standing with feet on tube, arms out, pulling up.</p>	<p>31. Standing with feet on tube, arms out, pulling up.</p>	<p>32. Standing with feet on tube, arms out, pulling up.</p>	<p>33. Standing with feet on tube, arms out, pulling up.</p>	<p>34. Standing with feet on tube, arms out, pulling up.</p>	<p>35. Standing with feet on tube, arms out, pulling up.</p>

**HOW TO USE:** Select your resistance tube strength based on the muscle groups you wish to train. In addition, this chart will provide detailed information about the proper execution of each exercise, which is key to getting the most out of your workout. The exercise suggested are also shown.

**RESISTANCE TUBE STRENGTHS:**

- Light (10 lbs)
- Medium (15 lbs)
- Heavy (20 lbs)
- Extra Heavy (25 lbs)
- Super Heavy (30 lbs)
- Ultra Heavy (35 lbs)
- Professional (40 lbs)



**RESISTANCE BAND WORKOUTS** QuickFit Fitness.com

<p>1. Standing with feet on band, arms out, pulling up.</p>	<p>2. Standing with feet on band, arms out, pulling up.</p>	<p>3. Standing with feet on band, arms out, pulling up.</p>	<p>4. Standing with feet on band, arms out, pulling up.</p>
<p>5. Standing with feet on band, arms out, pulling up.</p>	<p>6. Standing with feet on band, arms out, pulling up.</p>	<p>7. Standing with feet on band, arms out, pulling up.</p>	<p>8. Standing with feet on band, arms out, pulling up.</p>
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<p>37. Standing with feet on band, arms out, pulling up.</p>	<p>38. Standing with feet on band, arms out, pulling up.</p>	<p>39. Standing with feet on band, arms out, pulling up.</p>	<p>40. Standing with feet on band, arms out, pulling up.</p>





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