

DoubleFlex Chest + Back + Squat

1

TOTAL BODY



- * Hold both ends of the DoubleFlex in front of your chest, feet shoulder width apart.
- * Squeeze both ends of the DoubleFlex together, flexing the chest and shoulders, while lowering into a squat.
- * Return to a standing position while pulling hands apart until DoubleFlex is extended.



Internal/External Rotation + Squat

2

TOTAL BODY



- * Hold both ends of the DoubleFlex in front of your chest, feet shoulder width apart.
- * Squeeze both ends of the DoubleFlex together, flexing the chest and shoulders, while lowering into a squat.
- * Return to a standing position while pulling hands apart, elbows at sides, until DoubleFlex is extended. Return to the starting position.



Chest + Shoulders + Lunge

3

TOTAL BODY



- * Hold both ends of the DoubleFlex in front of the chest with feet in lunge position.
- * Lower into a lunge with knees at 90 degrees while squeezing the DoubleFlex together using chest.
- * Return to standing position while extending and raising arms above head, pulling DoubleFlex apart.



Anchored Squat

4

TOTAL BODY



- * Anchor one end of the DoubleFlex beneath you, between your legs. Keep your legs shoulder width apart.
- * Squat down by keeping your lower back flat and your chest tall. Bend at the knees and waist, keeping your body weight in your heels.
- * Hold the other end of the DoubleFlex with both hands at your chest. Press through your heels to a standing position.



Anchored Narrow Squat

5

TOTAL BODY



- * Anchor one end of the DoubleFlex beneath you, between your legs. Keep legs a hand's width apart.
- * Squat down by keeping your lower back flat and your chest tall. Bend at the knees and waist, keeping your body weight in your heels.
- * Hold the other end of the DoubleFlex with both hands at your chest. Press through your heels to a standing position.



Anchored Reverse Lunge + Bicep Curl

6

TOTAL BODY



- * Anchor DoubleFlex to a fixed object in a low position.
- * Hold the other end in front of hips with one hand in an underhand grip.
- * Step back into a lunge position, lowering your back knee to the floor in a 90 degree angle while curling your hand toward your shoulder.
- * Keep your chest upright and press through your front heel back to a standing position, extending your arm back to the start position and repeat.



Anchored Lunge

7

TOTAL BODY



- * Step on the anchor strap or attach to a low fixed object.
- * Hold the other end in front of chest with both hands.
- * With one leg in front of the other, Lower your back knee to the floor at 90 degrees, bending the front knee to 90 degrees.
- * Keep chest tall and press through front heel to a standing position and repeat.



Anchored Back Lunge

8

TOTAL BODY



- * Anchor one end of the DoubleFlex to a low fixed object. Hold the other end in front of hips with both hands.
- * While keeping chest tall, step back into a lunge by lowering your back knee to the floor at 90 degrees, bending your front knee to 90 degrees.
- * Press through front heel to a standing position.



V-Up + Inner Thigh

9

TOTAL BODY



- * Anchor the DoubleFlex to just above both knees.
- * Assume a seated position on the floor with your knees bent and your torso at a 45 degree angle.
- * Lean back, keeping your feet together and your knees apart. Sit up while closing the DoubleFlex by squeezing your knees together.



Chest + Shoulder + V-Up

10

TOTAL BODY



- * Hold both ends of the DoubleFlex in front of the body.
- * Assume a seated position on the floor with legs straight and elevated off the ground, torso angled back 45 degrees.
- * Lower torso and legs while squeezing the DoubleFlex together with your hands.
- * Lift both legs and torso toward each other by bending at the waist, while raising DoubleFlex above head and spreading apart.



Chest + Russian Twist

11

TOTAL BODY



- * Hold both ends of the DoubleFlex in front of the body.
- * Assume a seated position on the floor with legs bent and torso angled back 45 degrees.
- * Raise one foot towards chest and extend opposite leg until straight, while twisting torso to the side of the straight leg. Press DoubleFlex together with chest.
- * Switch sides and repeat.



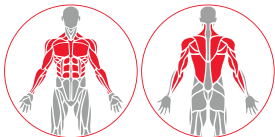
Chest + Back DoubleFlex

12

UPPER BODY



- * Hold both ends of the DoubleFlex in front of the body, slightly above your chest, arms parallel to the ground.
- * Begin by squeezing both ends together, flexing the chest.
- * Pull arms apart until cables are fully extended, squeezing the shoulders.



Decline Chest + Back DoubleFlex

13

UPPER BODY



- * Hold both ends of the DoubleFlex in front of you at waist level, arms straight.
- * Begin by squeezing both ends together, flexing the chest.
- * Pull arms apart until cables are fully extended, squeezing the shoulders.



Alternating Tricep + Bicep

14

UPPER BODY



- * Hold the DoubleFlex with one arm straight at shoulder level, FlexPack facing away from the arm.
- * Hold opposite end of the DoubleFlex stationary at chest by reaching the opposite arm across the body.
- * Curl the outstretched hand toward the shoulder.
- * Extend arm outward and up to head level, away from the body.





- * Hold both ends of the DoubleFlex with arms slightly bent, above and in front of body. Press both hands together, closing the DoubleFlex.
- * Spread the DoubleFlex apart by lowering elbows toward sides and pushing hands outward.



Bent Over Rear Delt Flys + Chest

16

UPPER BODY



- * Hold the DoubleFlex in both hands. Draw shoulders back, keep chest tall, knees slightly bent and lower back flat, bent at the waist.
- * With arms hanging straight down, keep one arm stationary.
- * Squeeze the DoubleFlex together.
- * Slightly bend moving arm and slowly raise arm out to the side.



Tricep Pressdown + Kickback

17

UPPER BODY



- * Begin in a staggered stance with one leg slightly in front of the other.
- * Anchor one end of the DoubleFlex outside lead-leg knee.
- * Begin by bending your top arm at 90 degrees and close the DoubleFlex by pressing the top hand toward the anchor at the knee. Return to the starting position by bending your elbow back to 90 degrees.
- * Then, while keeping that elbow stationary, extend your arm backward.



Straight Arm Pressdown + Front Raise

18

UPPER BODY



- * With one hand, hold DoubleFlex pointed away from the body at opposite hip. Hold the other end at waist height with opposite arm, outstretched.
- * Squeeze both ends together, flexing the back.
- * Raise outstretched arm in front, stopping at shoulder height.



Lower Chest + Lateral Raise

19

UPPER BODY



- * Hold both ends of the DoubleFlex in front of body.
- * Squeeze both ends together, flexing the chest.
- * While keeping arms straight, raise one arm to the side, stopping at shoulder height.



Shoulder Press

20

UPPER BODY



- * Hold one end of the DoubleFlex to one side of the waist with the DoubleFlex in front of the body.
- * Hold the opposite end of the DoubleFlex just above the shoulder with elbow bent.
- * Extend arm overhead in a pressing motion.



Lateral Raise

21

UPPER BODY



- * Hold both ends of the DoubleFlex in front of body.
- * While keeping arms straight, raise one arm to the side, stopping at shoulder height.





- * Hold both ends of the DoubleFlex with one end anchored at the hip and the other arm extended straight out in front.
- * While keeping arms straight, raise extended arm to head height.



Bicep Curl

23

UPPER BODY



- * Hold the DoubleFlex with one arm straight at shoulder level, FlexPack facing away from the arm.
- * Hold the opposite end of the DoubleFlex stationary at the shoulder by reaching the opposite arm across the body.
- * Curl the outstretched hand toward the shoulder.



Overhead Tricep Extension

24

UPPER BODY



- * Hold both ends of the DoubleFlex above and just behind the head, elbows bent, FlexPack facing away from the body.
- * Press upper arm above head, squeezing shoulder blades.



Tricep Kickback

25

UPPER BODY



- * Hold one end of the DoubleFlex just below hip with opposite arm, FlexPack facing away from the body. Place feet hip width apart, knees slightly bent.
- * Bend forward slightly at waist. Hold the other end of the DoubleFlex with arm back and bent at 90 degrees.
- * Straighten arm and extend backward, raising to shoulder height.



Incline Chest Fly

26

UPPER BODY



- * Hold both ends of the DoubleFlex in front of the body and higher than the chest, hands just above head level.
- * Squeeze both ends together while keeping arms straight.





- * Hold both ends of the DoubleFlex in front of the body and higher than the chest, hands just above head level.
- * Spread the DoubleFlex apart by lowering elbows toward sides and pushing hands outward.





- * Hold both ends of the DoubleFlex, with one arm extended straight out to the side.
- * Keep the other elbow up at shoulder level and bent so as to hold the DoubleFlex.
- * Slowly draw back the elbow that is bent, stretching the DoubleFlex.



Seated Bicep Curl

29

UPPER BODY



- * Anchor one end of the DoubleFlex with your feet.
- * Grasp the other end of the DoubleFlex with an underhand grip.
- * Keeping the elbow in line with the DoubleFlex and stationary, curl the hand toward the shoulder, bending only at the elbow.



Seated Reverse Bicep Curl

30

UPPER BODY



- * Anchor one end of the DoubleFlex with your feet.
- * Grasp the other end of the DoubleFlex with a palm in overhand grip.
- * Keeping the elbow in line with the DoubleFlex and stationary, curl the hand toward the shoulder, bending only at the elbow.



Seated Front Raise

31

UPPER BODY



- * In a seated position, anchor one end of the DoubleFlex between the knees. Sit tall, keeping the chest up.
- * Hold the opposite end of the DoubleFlex at chest level with one hand.
- * Keeping the arm straight, raise even with head.



Seated Wrist/ Forearm Curl

32

UPPER BODY



- * In a seated position, anchor one end of the DoubeFlex with your feet.
- * Grasp the other end with an underhand grip.
- * Bend at the wrist and curl your hand upward while keeping your wrist stationary on your knee.



Stability Shoulder Spread

33

UPPER BODY



- * Lay facing down at a 45 degree angle on a stability ball, holding both ends of the DoubleFlex, forearms at 90 degree angle with floor, elbows bent.
- * Squeeze both ends of DoubleFlex together, flexing chest.
- * Pull arms apart while pushing the DoubleFlex away from the body until cables are fully extended, squeezing shoulders.





- * Either step on the anchor strap or attach to a fixed object in a low position.
- * Hold the other end of the DoubleFlex in front of the body, keeping arm straight.
- * Raise arm to the front, stopping at shoulder height.



Anchored Lateral Raise

35

UPPER BODY



- * Step on the anchor strap or attach to a fixed object in a low position.
- * Hold the other end of the DoubleFlex to the side of the body, keeping arm straight.
- * Raise arm to the side, stopping at shoulder height.



Anchored Standing Shoulder Press

36

UPPER BODY



- * Step on the anchor strap or attach to a fixed object in a low position, just behind the body.
- * Hold the other end of the DoubleFlex just above the shoulder with your upper arm 90 degrees from the body and the elbow bent at 90 degrees.
- * Extend your arm overhead in a pressing motion.



Anchored Bicep Curl

37

UPPER BODY



- * Step on the anchor strap or attach to a fixed object in a low position.
- * Hold the other end of the DoubleFlex in an underhand grip, slightly in front of body, keeping arm straight with elbow at side.
- * Curl the outstretched hand toward the shoulder, keeping elbow stationary at side.



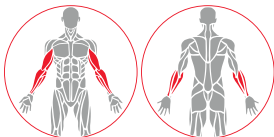
Anchored Hammer Curl

38

UPPER BODY



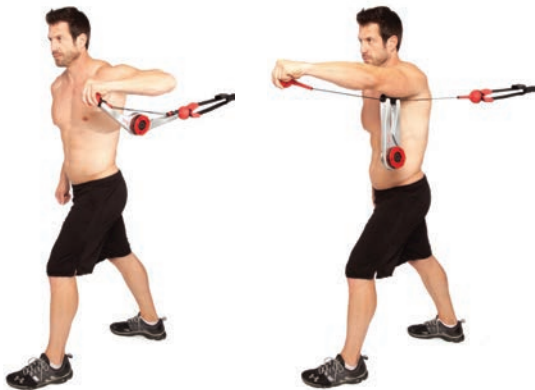
- * Step on the anchor strap or attach to a fixed object in a low position.
- * Hold the other end of the DoubleFlex in a neutral grip, slightly in front of body, keeping arm straight with elbow at side.
- * Curl the outstretched hand toward the shoulder, keeping elbow stationary at side.



Anchored Chest Press

39

UPPER BODY



- * Anchor one end of the DoubleFlex to a point at shoulder height.
- * Stand facing away from anchor point with feet in a staggered position, holding the unanchored end of the DoubleFlex in an overhand grip.
- * With your elbow bent at 90 degrees and away from the body, press forward, extending the arm.



Anchored Single Arm Close Grip Press

40

UPPER BODY



- * Anchor one end of the DoubleFlex to a point at shoulder height.
- * Stand facing away from anchor point with feet in a staggered position, holding the unanchored end of the DoubleFlex in an overhand grip.
- * With your elbow bent at 90 degrees and at the side of the body, press forward extending arm.



Anchored Chest Fly

41

UPPER BODY



- * Anchor the DoubleFlex to an object at shoulder height.
- * Stand facing away from anchor point, feet in a staggered position, holding the unanchored end of the DoubleFlex in a neutral grip.
- * With your arm extended to the side of the body at 90 degrees, pull the hand forwards toward chest.



Anchored Rear Shoulder Fly

42

UPPER BODY



- * Anchor the DoubleFlex to an object at shoulder height.
- * Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex in an overhand grip.
- * With your arm extended to the side of the body at 90 degrees, pull the hand backwards.



Anchored Shoulder Extension

43

UPPER BODY



- * Anchor the DoubleFlex to an object at shoulder height.
- * Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex in an overhand grip.
- * With arm extended straight, at waist height in front of the body, pull the hand backwards until arm is in line with side.



Anchored Single Arm Row

44

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at knee height.
- * Stand facing anchor point, feet hip-width apart, knees bent, holding the unanchored end of the DoubleFlex in neutral grip.
- * With arm straight at 45 degree angle in front of the body, pull arm back, bending at the elbow, until cables are fully extended.



Anchored Rear Delt Row

45

UPPER BODY



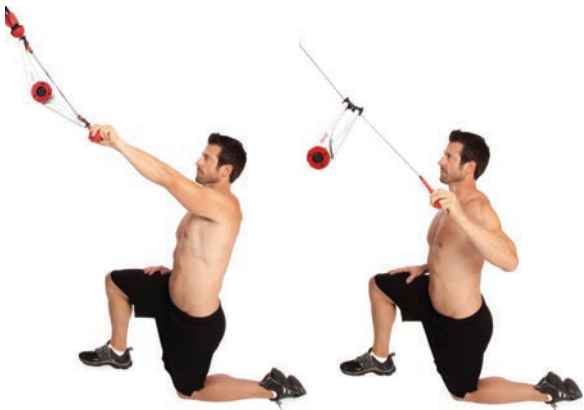
- * Anchor the DoubleFlex to a fixed object at shoulder height.
- * Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex at chest height in an overhand grip.
- * Draw arm back, bending at the elbow, while keeping your elbow off the body by 90 degrees.



Anchored Lat Pulldown

46

UPPER BODY



- * Anchor the DoubleFlex to a high point.
- * In either a kneeling or seated position, facing anchor point, reach up and grab the unanchored end of the DoubleFlex with an overhand grip.
- * Keeping the chest tall, draw the hand down with elbow flaring out wide. Squeeze the shoulder blade once you have fully extended the DoubleFlex.



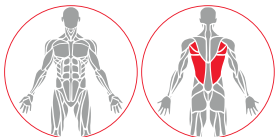
Anchored Straight Arm Pulldown

47

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at shoulder height to one side of body.
- * Grip DoubleFlex in overhand position and extend arm straight out to the side of the body.
- * Lower arm toward the body, squeezing your back.



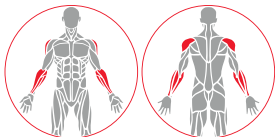
Anchored 90 Degree Shoulder Abduction

48

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at shoulder height.
- * Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex with your arm at 90 degrees to your body and elbow bent at 90 degrees.
- * While keeping your elbow completely stationary, rotate your forearm away from the anchor point, keeping the 90 degree bend in the elbow.



Anchored Overhead Tricep Extension

49

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at head height.
- * Stand facing away from anchor point, feet hip-width apart, holding unanchored end of the DoubleFlex with elbow bent at 90 degrees and hand next to head.
- * Extend arm forward keeping hand at head height.



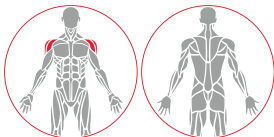
Anchored Internal Rotation

50

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at elbow height to one side of body.
- * Keep body in line with the anchored DoubleFlex, grasp the handle and position upper arm against side.
- * While standing upright and keeping your shoulders retracted, rotate forearm toward the abdomen, keeping the upper arm stationary.



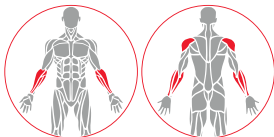
Anchored External Rotation

51

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at elbow height to one side of body.
- * Keep body in line with the anchored DoubleFlex, grasp the handle and position upper arm against side.
- * While standing upright and keeping your shoulders retracted, rotate forearm away from the abdomen, keeping the upper arm stationary.



Anchored Bicep Curl

52

UPPER BODY



- * Anchor the DoubleFlex to a fixed object at shoulder height to one side of body.
- * Hold one end of the DoubleFlex in an underhand grip with arm fully extended at shoulder height in front of the body.
- * Pull hand toward shoulder, bending at the elbow.



Anchored Tricep Kickbacks

53

UPPER BODY



- * Attach DoubleFlex to a low anchor point. Keep back straight with a slight bend in the knees and bend forward at the waist.
- * The torso and upper arm should be almost parallel to the floor. The forearm should be pointed towards the floor as you hold the DoubleFlex in an overhand grip.
- * Keep the elbow stationary and extend your arm backwards.



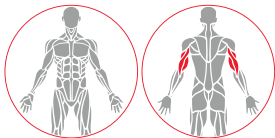
Anchored Tricep Extensions

54

UPPER BODY



- * Anchor the DoubleFlex to a high point.
- * Stand upright with upper arm at side and holding unanchored end of the DoubleFlex with elbow bent at 90 degrees.
- * While keeping elbow stationary, extend arm to a straight position.



Anchored Calf Raises

55

LOWER BODY



- * Anchor the DoubleFlex at a low point in front of you.
- * Hold the other end of the DoubleFlex with your arm straight toward the ground.
- * With the weight of your body on the balls of your feet, push off the balls of your feet until you're at the top of your tip toes, squeezing the back of the lower leg.



Anchored Romanian Deadlift

56

LOWER BODY



- * Anchor the DoubleFlex to a low point in front of you. In a standing position with your feet 4-6 inches apart.
- * Keep chest tall, lower back flat, and knees fixed in a slightly bent position.
- * Hold the DoubleFlex in both hands in front of hips and slowly bend at the waist, keeping weight in the heels and arms extended in front of chest.



Anchored Single Leg Deadlift

57

LOWER BODY



- * Anchor the DoubleFlex to a low point in front of you.
- * Stand balanced on one leg with other leg pointed slightly behind.
- * Keep chest tall, lower back flat, and knees in slightly bent position.
- * Hold the DoubleFlex in both hands in front of hips and slowly bend at the waist, keeping weight in the heels while raising one leg straight out behind as you lower your body.



Anchored Elevated Leg Curls

58

LOWER BODY



- * Anchor the DoubleFlex to a low point behind you and attach the other end to one ankle.
- * Assume a position on all fours. Lift the leg attached to the DoubleFlex to a straight position, parallel with floor.
- * Keep the knee stationary while bending and curling the leg behind you toward the glutes.



Anchored Prone Leg Curls

59

LOWER BODY



- * Anchor the DoubleFlex to a low point behind you and attach the other end to one ankle.
- * Lay face down with your legs straight behind you. Bend the leg attached to the DoubleFlex at the knee while keeping the other leg straight.
- * Curl leg behind you toward glutes.



Anchored Seated Leg Extensions

60

LOWER BODY



- * Assume a seated position, attaching one end of the DoubleFlex to a low anchor point behind you and the other end to one ankle.
- * Sit tall with abs pulled in and knees at 90 degrees.
- * With one foot firmly planted on floor, lift the foot attached to the DoubleFlex, keeping knee stationary and extend the leg to a straight position, squeezing the front of the upper leg.



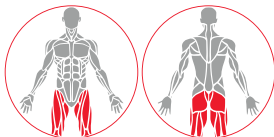
Outer Thigh + Squat

61

LOWER BODY



- * Stand with knees in a slightly bent position, DoubleFlex attached to each ankle and the DoubleFlex open but not stretched.
- * Plant one foot firmly and step to the side with opposing foot.
- * Plant both feet firm, with weight in heels, and squat down by bending at the knees and waist. Keep lower back flat and chest tall.



Single Leg Standing Outer Thigh

62

LOWER BODY



- * Attach the DoubleFlex to each ankle.
- * Stand tall with your knees slightly bent and fixed, DoubleFlex open but not stretched apart.
- * Plant one foot firmly on the floor while lifting the other leg up and to the side.



Standing Leg Extension

63

LOWER BODY



- * Attach the DoubleFlex to each ankle.
- * Stand tall with abs pulled in. With one foot firmly planted on the floor, lift one knee to 90 degrees.
- * Keep knee stationary and extend leg to a straight position, squeezing the front of the upper leg.



Standing Straight Leg Kickback

64

LOWER BODY



- * Attach the DoubleFlex to each ankle.
- * Stand tall with your weight on the opposite foot as your moving leg.
- * Keep a slight bend in the knee of the moving leg. Slowly raise the moving leg directly behind you, squeezing your glute.



Side Lying Outer Thigh

65

LOWER BODY



- * Attach the DoubleFlex to each ankle and lay on one side, hips at a 90 degree angle to the floor.
- * With one leg lifted off the floor, slowly pull the DoubleFlex apart by raising upper leg into the air towards ceiling.



Side Lying Inner Thigh

66

LOWER BODY



- * Attach the DoubleFlex to each ankle and lay on one side, hips at a 90 degree angle to the floor.
- * With one leg lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.



Side Lying Inner + Outer Thigh

67

LOWER BODY



- * Attach the DoubleFlex to each ankle and lay on one side, hips at a 90 degree angle to the floor.
- * With one leg lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.
- * With one leg lifted off the floor, slowly pull the DoubleFlex apart by raising upper leg into the air towards ceiling.





- * Attach the DoubleFlex to each ankle and lay on back, hips at a 90 degree angle to the floor.
- * With both legs lifted off the floor, slowly pull the DoubleFlex apart by spreading your legs apart.





- * Attach the DoubleFlex to each ankle and lay on back, hips at a 90 degree angle to the floor.
- * With both legs lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.



Lying Inner + Outer Thigh

70

LOWER BODY



- * Attach the DoubleFlex to each ankle and lay on back, hips at a 90 degree angle to the floor.
- * With both legs lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.
- * Then, slowly pull the DoubleFlex apart by spreading your legs apart.



Elevated Glute Press

71

LOWER BODY



- * Attach the DoubleFlex to each ankle and assume position on hands and knees.
- * Raise one leg with knee bent to 90 degrees, then drive the heel up toward the ceiling, squeezing glutes.



Inner Thigh (Knee Placement)

72

LOWER BODY



- * Attach the DoubleFlex to just above each knee.
- * Lay on one side with legs slightly bent, and top leg positioned so that the DoubleFlex is open, but not stretched.
- * Squeeze the DoubleFlex together by closing your legs.



Seated Hip Adductor

73

LOWER BODY



- * Attach the DoubleFlex to just above each knee.
- * In a seated position, place legs apart with the DoubleFlex open, but not stretched.
- * Squeeze the DoubleFlex together by closing your legs.



Seated Abdominal Crunch

74

LOWER BODY



- * In a seated position, anchor one end of the DoubleFlex on seat between legs and hold the other end at your chest.
- * Lean over your legs by squeezing your abdomen.



Anchored Seated Back Extension

75

LOWER BODY



- * Anchor one end of the DoubleFlex between your feet and hold the other end with both hands.
- * Begin in a seated position, leaning over your legs.
- * Extend to an upright position, stretching the DoubleFlex apart.

