

# DOUBLE FLEX™ EXERCISE CHART

## 75 EXERCISES FOR A LEANER, STRONGER YOU



TOTAL BODY

### 1 DoubleFlex Chest + Back + Squat



- 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.

### 2 Internal/External Rotation + Squat



- 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.

### 3 Chest + Shoulders + Lunge



- 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.

### 4 Anchored Squat



- 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.

### 5 Anchored Narrow Squat



- 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.

### 6 Anchored Reverse Lunge + Bicep Curl



- 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 at 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.

### 7 Anchored Lunge



- 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.

### 8 Anchored Back Lunge



- 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 and repeat.

UPPER BODY

### 9 V-Up + Inner Thigh



- 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.

### 10 Chest + Shoulder + V-Up



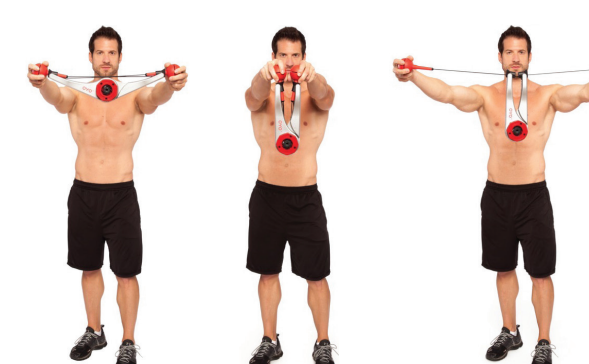
- Hold both ends of the DoubleFlex in front of the body.
- Assume a seated position on the floor with legs bent and torso angled back 45 degrees.
- Lower torso and legs while squeezing the DoubleFlex together with your hands.
- Lift both legs and torso toward each other by bending at the waist, while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

### 11 Chest + Russian Twist



- 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.

### 12 Chest + Back DoubleFlex



- 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.

### 13 Decline Chest + Back DoubleFlex



- 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.
- Curl the outstretched hand toward the shoulder.
- Extend arm outward and up to head level, away from the body.

### 14 Alternating Tricep + Bicep



- 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.

### 15 Lat Pulldown + Shoulder



- 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.

### 16 Bent Over Rear Delt Flys + Chest



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

### 17 Tricep Pressdown + Kickback



- 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 angled back 45 degrees.
- Then, while keeping that elbow stationary, extend your arm backward.

### 18 Straight Arm Pressdown + Front Raise



- 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.

### 19 Lower Chest + Lateral Raise



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

### 20 Shoulder Press



- 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.

### 21 Lateral Raise



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

### 22 Front Raise



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

### 23 Bicep Curl



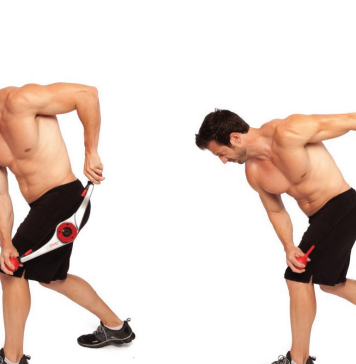
- Hold the DoubleFlex with one arm straight at shoulder level, flexPack facing away from the arm.
- Hold the opposite end of the DoubleFlex stationary at the shoulder by reaching the opposite arm across the body.
- Curl the outstretched hand toward the shoulder.

### 24 Overhead Tricep Extension



- Hold both ends of the DoubleFlex above and just behind the head, elbows bent, holding both ends of the DoubleFlex, forearm at 90 degree angle with floor, elbow bent.
- Press upper arm above head, squeezing shoulder blades.

### 25 Tricep Kickback



- Hold one end of the DoubleFlex just below hip with opposite arm. Spread 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.

### 26 Incline Chest Fly



- 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.

### 27 Lat Pulldown



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

### 28 Rear Delt Row



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

### 29 Seated Bicep Curl



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

### 30 Seated Reverse Bicep Curl



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

### 31 Seated Front Raise



- In a seated position, anchor one end of the DoubleFlex with your feet.
- Grasp the other end with an underhand grip.
- Hold the opposite end of the DoubleFlex at chest level with one hand.
- Keeping the arm straight, raise even with head.

### 32 Seated Wrist/Forearm Curl



- In a seated position, anchor one end of the DoubleFlex with your feet.
- Grasp the other end with an underhand grip.
- Bend at the wrist and curl your hand upward until wrist and wrist stationary on your lines.

### 33 Stability Shoulder Spread



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

### 34 Anchored Front Raise



- 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.

### 35 Anchored Lateral Raise



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

### 36 Anchored Standing Shoulder Press



- 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.

### 37 Anchored Bicep Curl



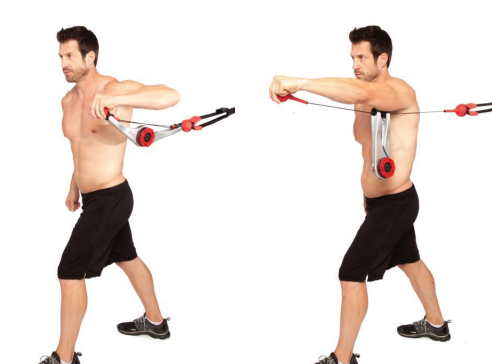
- Step on the anchor strap or attach to a fixed object in a low position.
- Hold the other end of the DoubleFlex in front of the body, keeping arm straight with elbow at side.
- Curl the outstretched hand toward the shoulder, keeping elbow stationary at side.

### 38 Anchored Hammer Curl



- Step on the anchor strap or attach to a fixed object at shoulder height, one side of body.
- 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.

### 39 Anchored Chest Press



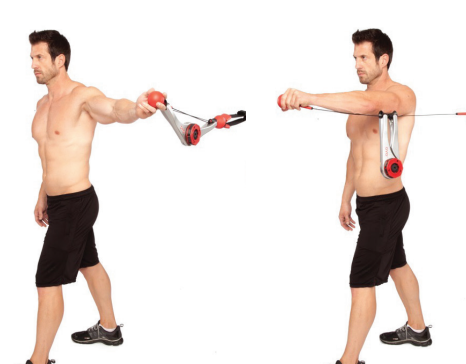
- Anchor one end of the DoubleFlex to a fixed object at shoulder height.
- Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex with your arm 90 degrees to your body and elbow bent at 90 degrees.
- While keeping your elbow completely stationary, rotate your forearm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

### 40 Anchored Single Arm Close Grip Press



- Anchor one end of the DoubleFlex to a fixed object at elbow height.
- Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex with your arm 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.

### 41 Anchored Chest Fly



- 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 forward toward chest.

### 42 Anchored Rear Shoulder Fly



- 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 overhead grip.
- With your arm extended to the side of the body at 90 degrees, pull the hand backward.

### 43 Anchored Shoulder Extension



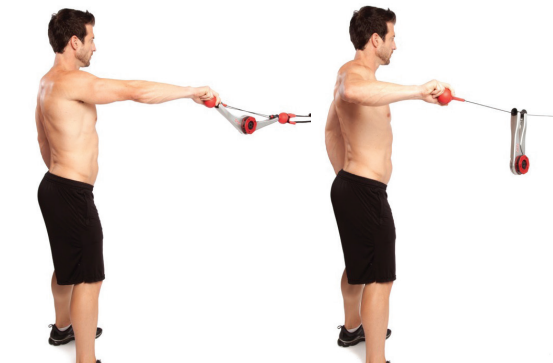
- Anchor the DoubleFlex to an object at shoulder height.
- Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex in an overhead grip.
- With your arm extended straight, at waist height in front of the body, pull the hand backwards until arms are in line with side.

### 44 Anchored Single Arm Row



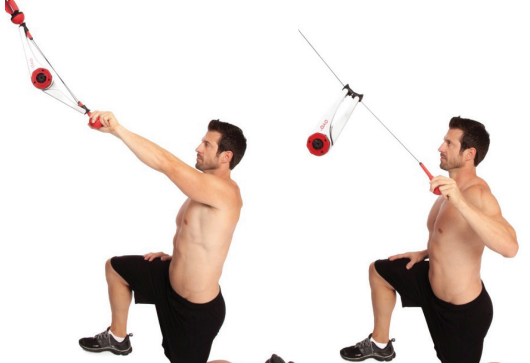
- Anchor the DoubleFlex to a fixed object at knee height.
- Stand facing anchor point, feet hip-width apart, knees bent, holding the unanchored end of the DoubleFlex in a neutral grip.
- With arm straight at 45 degree angle in front of the body, pull arm back, bending at the elbow, until cables are fully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

### 45 Anchored Rear Delt Row



- 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 overhead grip.
- Draw arm back, bending at the elbow, while keeping your elbow off the body by 90 degrees.

### 46 Anchored Lat Pulldown



- 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 overhead 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.

### 47 Anchored Straight Arm Pulldown



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

### 48 Anchored 90 Degree Shoulder Abduction



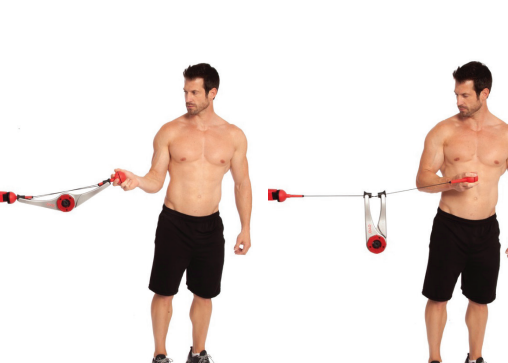
- Anchor the DoubleFlex to a fixed object at shoulder height.
- Stand facing anchor point, feet hip-width apart, holding the unanchored end of the DoubleFlex with your arm 90 degrees to your body and elbow bent at 90 degrees.
- While keeping your elbow completely stationary, rotate your forearm away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

### 49 Anchored Overhead Tricep Extension



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

### 50 Anchored Internal Rotation



- Anchor the DoubleFlex to an object at shoulder height, one side of body.
- Keep body in line with the anchored DoubleFlex, grasp the handle and position feet hip-width apart, holding unanchored end of the DoubleFlex with elbow bent at 90 degrees and hand next to head.
- While keeping your arm straight and keeping your shoulders retracted, rotate forearm toward the abdomen, keeping the upper arm stationary.

### 51 Anchored External Rotation



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

### 52 Anchored Bicep Curl



- Anchor the DoubleFlex to a fixed object at elbow height, 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.

### 53 Anchored Tricep Kickbacks



- 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 aligned parallel to the floor as you hold the DoubleFlex in an overhead grip.
- Pull hand toward shoulder, bending at the elbow.

### 54 Anchored Tricep Extensions



- 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.

### 55 Anchored Calf Raises



- Anchor the DoubleFlex to a low point in front of you.
- Keep the other end of the DoubleFlex pointed 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 toes, squeezing the back of the lower leg.

### 56 Anchored Romanian Deadlift



- 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 flexed 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.

### 57 Anchored Single Leg Deadlift



- 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 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 while raising one leg straight out behind as you lower your body.

### 58 Anchored Elevated Leg Curls



- 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.

### 59 Anchored Prone Leg Curls



- 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.

### 60 Anchored Seated Leg Extensions



- Assume a seated position, attaching one end of the DoubleFlex to a slightly bent 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.

### 61 Outer Thigh + Squat



- Stand with knees in a slightly bent position. DoubleFlex attached to each ankle and the other end to the floor.
- 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.

### 62 Single Leg Standing Outer Thigh