

Figure 8-Ring Tube Loop



Figure 8 | Back Low

Hold the Figure 8 Tube Loop behind your back with your arms straight. Pull both arms outwards.



Figure 8 | Archer

Hold the Figure 8 Tube Loop at shoulder height to your side with one arm stretched. Pull the other arm away, mimicing the movement of an archer.



Figure 8 | Back Top

Hold the Figure 8 Tube Loop between your shoulder blades, parrallel to your spine. Pull one arm up. After lowering it back to the starting postion, pull the other arm down. After your repetitions, switch arms.