



The Great Resistance Tubing Handbook

By Andre Noel Potvin

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This comprehensive little book covers a series of resistance tubing exercises to work out the whole body, including a section for working the rotator cuff muscles. Each exercise has a start and finish photo, with easy to follow step-by-step instructions. A muscle diagram, showing the muscles being used to perform the exercise, accompanies each description. The Resistance Tubing Handbook also shows you how to make and use your own door attachment, as well as pointers on stretching, staying motivated, and safety.

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