

## Stretch Cord Exercises

### General Guidelines

Control the tubing at all times.

All movements should be smooth and controlled.

Always be safe with partner. Never snap cord at others.

### Butterfly Pull

Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then toward midline, then back to hips keeping elbows up.

### Backstroke Pull

Lay on back on bench. One hand above head, arm straight, palm of hand out. Grasp handle. Pull so hand elbow and shoulder are all in line and forearm is at 90-degree angle to upper arm. Push toward thigh. Finish with palm to ground.

### Breaststroke Pull

Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then around to chin.

### Freestyle Pull

Bend body to 90-degree angle. One hand straight forward grasp handle. Hand down and out, elbow up. Pull so hand elbow and shoulder are all in line and forearm is at 90-degree angle to upper arm. Push toward thigh. Finish with palm to sky.

### Tricep Extensions

Bend body to 90-degree angle. Grasp handles. Pull cord so elbows are locked to your side, hands are under body. Push straight back until hands are at hips and palms are up.

### Deltoid Raise

Stand on middle of stretch cord. Arms straight down at sides, palms facing hips. Grasp handles. Raise arms with elbows straight to sides to as high as possible position.