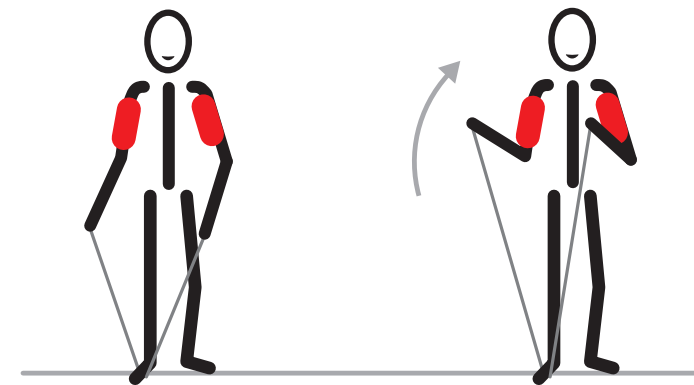


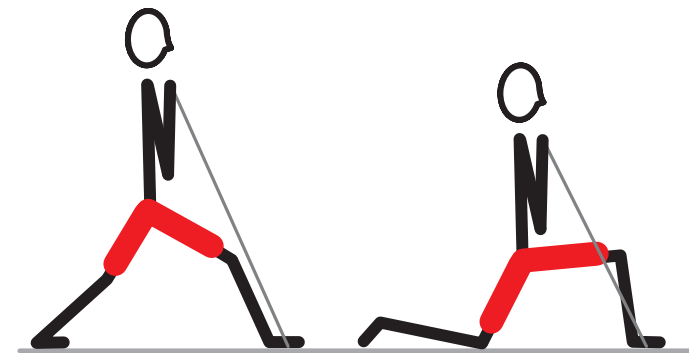
Biceps

Place one foot on the Exetube and your elbows firmly against your sides. Pull up the handles towards your shoulders and slowly return. 3 x 10 repetitions

Stå med Exetuben under ena foten och fixera armbågarna intill kroppen. Drag upp handtagen mot axlarna, sänk sakta. 3 x 10 repetitioner



Lunges/Utfall



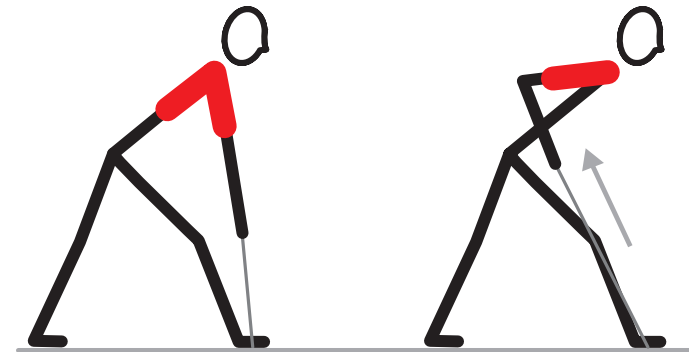
Place the Exetube under the forward foot. With the other leg, step back until the knee touches the floor. Stand back up. Repeat the exercise with the same leg - switch leg if you tire out. 3 x 10 repetitions

Placera Exetuben under den främre foten. Kliv bakåt så att knät vidrör golvet. Upprepa övningen på samma ben, skifta ben när du inte orkar mer. 3 X 10 repetitioner

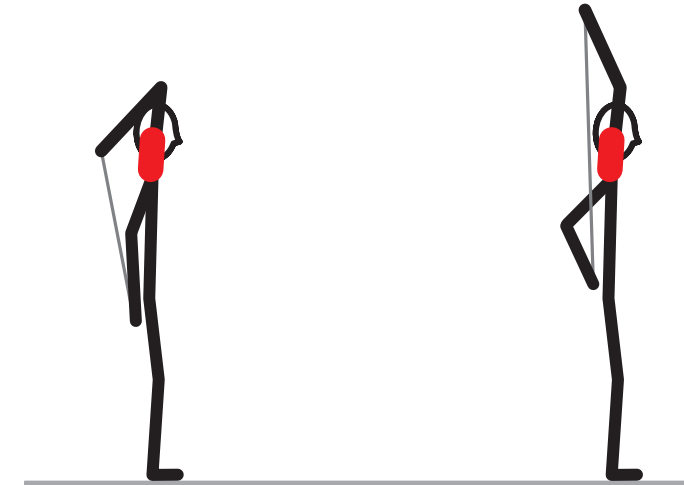
Rowing/Rodd

Place your forward foot on top of the tube's middle. Bend at the waist and lean forward. Pull the handle towards your waist. Switch side. 3 x 10 repetitions

Placera Exetuben under den främre foten. Fäll överkroppen framåt. Drag i handtaget i riktning mot midjan. 3 x 10 repetitioner



Triceps



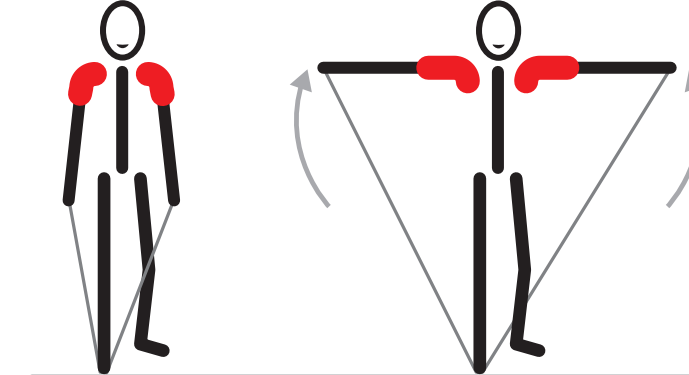
Fold the Exetube in half. Hold it behind your back with one arm straight down and the other with the elbow pointing straight up. Lower the handle towards your shoulder and then pull back up. Switch arm. 3 x 10 repetitions

Dubbelvik Exetuben. Rikta armbågen uppåt. Sänk handtaget mot axeln och pressa tillbaka handtagen till utgångsläget. Skifta arm. 3 x 10 repetitioner

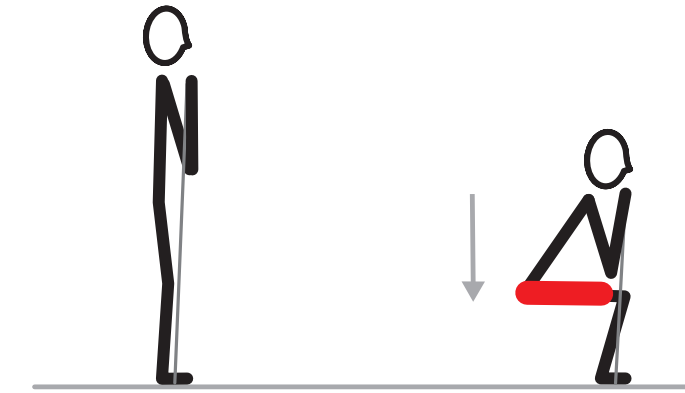
Deltoids/Sidolyft

Place one foot in front of the other and put the Exetube under the forward foot. Pull the handles up along your sides to your shoulders. Slowly repeat. 3 x 10 repetitions

Placera Exetuben under den främre foten. För handtagen upp sidledes till axelhöjd, sänk sakta. 3 x 10 repetitioner



Legs/Knäböj



Stand straight with both feet on the Exetube. Pull the handles up shoulder high. Slowly bend your knees to a sitting position and stand back up. 3 x 10 repetitions

Stå med båda fötterna mitt på Exetuben. Håll handtagen i axelhöjd. Böj sakta på knäna, res dig upp. 3 x 10 repetitioner

Casall Sports Products is constantly inventing new exercise equipment and tools, Our products are made for maximally stimulating workouts. The equipment is made of the highest quality. Instruction manuals are included to ensure optimum results. Here are some examples of products available for better workouts. For more information, please visit us on the web: www.casall.se

Oval Power Grip Ball

Soft and comfortable ball for gently exercising your hand, finger and underarm muscles. Easy to carry around.



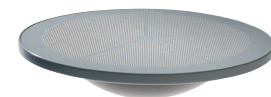
Weight Exercise Ball

Perfect for yoga and Pilates exercises. Fun and safe exercise for the upper body. Also suitable for rehab exercises.



Balance Board

The balance board is an excellent rehabilitating tool for working on strength and balance in your whole body.



Super ring

Super ring in flexible plastic with soft rubber coating. The handles are padded both inside and outside for maximum comfort. Can be used for Pilates.



Exetube

A simple and all-round product for exercising most part of the body. It offers a smooth, flexible resistance.



Yoga Mat

Yoga mat for comfortable floor exercises.



Safety first

Before starting any new exercise programme, it is important that you consult your physician. This is a must if you have any serious medical conditions or if you are taking medication. Get your doctor's consent before you begin.

Don't exercise if you feel sick, nauseous or unreasonably tired. Skip your workouts until you have fully recovered.

A proper warm-up of muscles, tendons, ligaments and joints is necessary at the beginning of every workout.

If you feel any strain or pain when you are exercising, stop immediately and consult your physician.



Casall[®] Exetube Guide



Formed in 1980, Casall Sports Products is one of Scandinavia's leading manufacturers of weight-training and exercise products for the home, companies and fitness centres. You will find our products in stores and gyms across the whole of Europe.



Aerobic tube

A flexible tool for exercising the whole body. It comes in yellow with soft, padded handles and a strong rubber band for smooth resistance.



Oval gym ball/Gym ball

An effective and comfortable workout tool for exercising the stomach, back and stretching out muscles. The gym ball comes in four sizes and one of them is oval.