



ECHELON 15-64658 Multi-Level Resistance Cord User Guide

[Home](#) » [Echelon](#) » ECHELON 15-64658 Multi-Level Resistance Cord User Guide 

Contents

- [1 ECHELON 15-64658 Multi-Level Resistance Cord](#)
- [2 SIDE RAISE](#)
- [3 ARM EXTENSION](#)
- [4 CHEST FLY](#)
- [5 ARM CURL](#)
- [6 Documents / Resources](#)
- [7 Related Posts](#)



ECHELON 15-64658 Multi-Level Resistance Cord



SIDE RAISE

START:

Stand in a staggered stance. Place cord under front foot and with knees slightly bent. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.

FINISH:

Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.



ARM EXTENSION

START:

Stand in a staggered stance and position back foot on cord with knees slightly bent. Grasp one handle with both hands, bend arms and position behind head.

FINISH:

Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.



CHEST FLY

START:

Stand in a staggered stance. Place cord under back foot with knees slightly bent. Grasp handles and position arms at sides of body with palms facing up.

FINISH:

Raise arms up and inward in front of chest with arms slightly bent and palms of hands facing inward. Return to start and repeat.



ARM CURL

START:

Stand in a staggered stance. Place cord under front foot with knees slightly bent. Grasp handles and position arms at sides of body.

FINISH:

Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.



All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program. THE PRODUCT MAY DIFFER SLIGHTLY FROM THAN ONE SHOWN. © 2021 ECHELON FITNESS MULTIMEDIA, LLC. All specifications are subject to change without notice. All rights reserved. Manufactured and distributed under license by Fit for Life LLC, 833 W South Boulder Rd. Suite G, Louisville, CO 80027-2452. Fit for Life is an authorized licensee of Echelon Fitness Multimedia, LLC.

Documents / Resources

	<p>ECHELON 15-64658 Multi-Level Resistance Cord [pdf] User Guide 15-64658, Multi-Level Resistance Cord, 15-64658 Multi-Level Resistance Cord</p>
--	--