Overhead Raises:
Deltoids, Trapezius

Seated Row:
Trapezius, Biceps, Deltoids

Single Tricep Extension:
Triceps, Wrist Flexors

Double Tricep Extension:
Triceps, Wrist Flexors

Side Bend:
Obliques

Side Rotations:
Obliques

Full Swimmers Pull:
Latissimus Dorsi, Trapezius, Triceps

Bicep Curls:
Biceps, Wrist Flexors

Seated Row:
Trapezius, Biceps, Deltoids

Single Tricep Extension:
Triceps, Wrist Flexors

Double Tricep Extension:
Triceps, Wrist Flexors

Side Bend:
Obliques

Side Rotations:
Obliques

Abduction:
Outer thigh, Gluteus Maximus

Full Swimmers Pull:
Latissimus Dorsi, Trapezius, Triceps

Chest Flies:
Pectoralis, Triceps, Deltoids

Upright Row:
Deltoids, Trapezius

Lower Back:
Lower Back

Adduction:
Adductors (inner thigh)

Leg Extension:
Quadriceps

Hip Extension:
Gluteus Maximus, Flexors

Abdominal Crunch:
Abdominals

Bicep Curls:
Biceps, Wrist Flexors

Abdominal Crunch:
Abdominals

Leg Curls:
Hamstrings

Important - Do not pull the tubing more than 3 times the original length of the tube!