

ROOM ACCESSORIES



THE ORIGINAL XERTUBE®

SPR-VL (VERY LIGHT)

SPR-L (LIGHT)

SPR-M (MEDIUM)

SPR-H (HEAVY)

SPR-UHP (ULTRA HEAVY)

- Total-body conditioning
- Isolate target muscle groups through full range of motion
- Available in 5 resistance levels
- Includes a downloadable exercise guide



Resistance Levels Sold Individually



Very Light



Light



Medium



Heavy



Very Heavy

FEATURES AND SPECIFICATIONS

Use the Original Xertube to isolate targeted muscle groups through a full range of motion to strengthen and tone your arms, chest, shoulders, and back. This versatile and very convenient tool is perfect for group exercise, personal training, and even travel. The progressive resistance levels also make this tool ideal for individuals of all fitness levels. Heavy-duty, high quality tubing resists tears and abrasions. Available in color-coded resistances ranging from very light to ultra heavy. Sold individually. Also includes a downloadable exercise guide. Take the Original Xertube with you wherever you go for a great full body workout.

Resistance	Weight Equivalent	Size	Color
Very Light	+ / - 10 pounds	44"	Yellow
Light	+ / - 20 pounds	44"	Green
Medium	+ / - 30 pounds	50"	Red
Heavy	+ / - 40 pounds	53"	Blue
Ultra Heavy	+ / - 50 pounds	53"	Purple