NICK’S 10 QUICK WORKOUT SNACKS
**TOTAL BODY WORKOUT SNACK #1**

**TOTAL BODY**
Perform each exercise once through, then repeat for number of sets indicated in chart below:

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**DoubleFlex Chest + Back + Squat**
1

- Hold both ends of the DoubleFlex in front of your chest, feet shoulder width apart.
- Squeeze both ends of the DoubleFlex together, flexing the chest and shoulders while lowering into a squat.
- Return to a standing position while pulling hands apart until DoubleFlex is extended.

**Tricep Pressdown + Kickback**
17

- Begin in a staggered stance with one leg slightly in front of the other.
- Anchor one end of the DoubleFlex outside lead leg knee.
- Begin by bending your top arm at 90 degrees and close the DoubleFlex by pressing the top hand toward the anchor at the knee. Return to the starting position by bending your elbow back to 90 degrees.
- Then, while keeping that elbow stationary, extend your arm backward.

**Bicep Curl**
23

- Hold the DoubleFlex with one arm straight at shoulder level, FlexPack facing away from the arm.
- Hold the opposite end of the DoubleFlex stationary at the shoulder by reaching the opposite arm across the body.
- Curl the outstretched hand toward the shoulder.
TOTAL BOOTY

WORKOUT SNACK #2

DOUBLETWIX WORKOUT SNACK #2

TOTAL BOOTY

Perform each exercise once through, then repeat for number of sets indicated in chart below:

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Lying Inner + Outer Thigh 70

- Attach the DoubleFlex to each ankle and lay on back, hips at a 90 degree angle to the floor.
- With both legs lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.
- Then, slowly pull the DoubleFlex apart by spreading your legs apart.

Anchored Romanian Deadlift 56

- Anchor the DoubleFlex to a low point in front of you. In a standing position with your feet 4-6 inches apart.
- Keep chest tall, lower back flat, and knees fixed in a slightly bent position.
- Hold the DoubleFlex in both hands in front of hips and slowly bend at the waist, keeping weight in the heels and arms extended in front of chest.

Elevated Glute Press 71

- Attach the DoubleFlex to each ankle and assume position on hands and knees.
- Raise one leg with knee bent to 90 degrees, then drive the heel up toward the ceiling, squeezing glutes.
### DoubleFlex Workout Snack #3

**CORE**

Perform each exercise once through, then repeat for number of sets indicated in chart below:

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#### Seated Abdominal Crunch

- In a seated position, anchor one end of the DoubleFlex on seat between legs and hold the other end at your chest.
- Lean over your legs by squeezing your abdomen.

#### Anchored Seated Back Extension

- Anchor one end of the DoubleFlex between your feet and hold the other end with both hands.
- Begin in a seated position, leaning over your legs.
- Extend to an upright position, stretching the DoubleFlex apart.

#### Chest + Russian Twist

- Hold both ends of the DoubleFlex in front of the body.
- Assume a seated position on the floor with legs bent and torso angled back 45 degrees.
- Raise one foot towards chest and extend opposite leg until straight, while twisting torso to the side of the straight leg. Press DoubleFlex together with chest.
- Switch sides and repeat.
**SHOULDERS WORKOUT SNACK #4**

**SHOULDERS**

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**Lower Chest + Lateral Raise**

- Hold both ends of the DoubleFlex in front of body.
- Squeeze both ends together, flexing the chest.
- While keeping arms straight, raise one arm to the side, stopping at shoulder height.

**Shoulder Press**

- Hold one end of the DoubleFlex to one side of the waist with the DoubleFlex in front of the body.
- Hold the opposite end of the DoubleFlex just above the shoulder with elbow bent.
- Extend arm overhead in a pressing motion.

**Bent Over Rear Delt Flys + Chest**

- Hold the DoubleFlex in both hands. Draw shoulders back, keep chest tall, knees slightly bent and lower back flat, bent at the waist.
- With arms hanging straight down, keep one arm stationary.
- Squeeze the DoubleFlex together.
- Slightly bend moving arm and slowly raise arm out to the side.
**Doubleflex Workout Snack #5**

**Total Body**

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**Chest + Back DoubleFlex**

- Hold both ends of the DoubleFlex in front of the body, slightly above your chest, arms parallel to the ground.
- Begin by squeezing both ends together, flexing the chest.
- Pull arms apart until cables are fully extended, squeezing the shoulders.

**Anchored Squat**

- Anchor one end of the DoubleFlex beneath you, between your legs. Keep your legs shoulder width apart.
- Squat down by keeping your lower back flat and your chest tall. Bend at the knees and waist, keeping your body weight in your heels.
- Hold the other end of the DoubleFlex with both hands at your chest. Press through your heels to a standing position.

**Alternating Tricep + Bicep**

- Hold the DoubleFlex with one arm straight at shoulder level, FlexPack facing away from the arm.
- Hold opposite end of the DoubleFlex stationary at chest by reaching the opposite arm across the body.
- Curl the outstretched hand toward the shoulder.
- Extend arm outward and up to head level, away from the body.
DOUBLEFLEX WORKOUT SNACK #6

TOTAL BODY

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Anchored Lunge 7

- Step on the anchor strap or attach to a low fixed object.
- Hold the other end in front of chest with both hands.
- With one leg in front of the other, lower your back knee to the floor at 90 degrees, bending the front knee to 90 degrees.
- Keep chest tall and press through front heel to a standing position and repeat.

Lat Pulldown + Shoulder 15

- Hold both ends of the DoubleFlex with arms slightly bent, above and in front of body. Press both hands together, closing the DoubleFlex.
- Spread the DoubleFlex apart by lowering elbows toward sides and pushing hands outward.

Rear Delt Row 28

- Hold both ends of the DoubleFlex, with one arm extended straight out to the side.
- Keep the other elbow up at shoulder level and bent so as to hold the DoubleFlex.
- Slowly draw back the elbow that is bent, stretching the DoubleFlex.
DoubleFlex Workout Snack #7

Legs

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Internal/External Rotation + Squat

1. Hold both ends of the DoubleFlex in front of your chest, feet shoulder width apart.
2. Squeeze both ends of the DoubleFlex together, flexing the chest and shoulders, while lowering into a squat.
3. Return to a standing position while pulling hands apart, elbows at sides, until DoubleFlex is extended. Return to the starting position.

Standing Straight Leg Kickback

1. Attach the DoubleFlex to each ankle.
2. Stand tall with your weight on the opposite foot as your moving leg.
3. Keep a slight bend in the knee of the moving leg. Slowly raise the moving leg directly behind you, squeezing your glute.

Side Lying Inner + Outer Thigh

1. Attach the DoubleFlex to each ankle and lay on one side, hips at a 90 degree angle to the floor.
2. With one leg lifted off the floor, slowly squeeze the DoubleFlex together by closing your legs.
3. With one leg lifted off the floor, slowly pull the DoubleFlex apart by raising upper leg into the air towards ceiling.
DOUBLEFLEX WORKOUT SNACK #8

LEGS

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**Outer Thigh + Squat 61**

- Stand with knees in a slightly bent position, DoubleFlex attached to each ankle and the DoubleFlex open but not stretched.
- Plant one foot firmly and step to the side with opposing foot.
- Plant both feet firm, with weight in heels, and squat down by bending at the knees and waist. Keep lower back flat and chest tall.

**Anchored Prone Leg Curls 59**

- Anchor the DoubleFlex to a low point behind you and attach the other end to one ankle.
- Lay face down with your legs straight behind you. Bend the leg attached to the DoubleFlex at the knee while keeping the other leg straight.
- Curl leg behind you toward glutes.

**Anchored Calf Raises 55**

- Anchor the DoubleFlex at a low point in front of you.
- Hold the other end of the DoubleFlex with your arm straight toward the ground.
- With the weight of your body on the balls of your feet, push off the balls of your feet until you're at the top of your hip toes, squeezing the back of the lower leg.
DOUBLEFLEX WORKOUT SNACK #9
TOTAL BODY
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Anchored Hammer Curl

- Step on the anchor strap or attach to a fixed object in a low position.
- Hold the other end of the DoubleFlex in a neutral grip, slightly in front of body, keeping arm straight with elbow at side.
- Curl the outstretched hand toward the shoulder, keeping elbow stationary at side.

Anchored Standing Shoulder Press

- Step on the anchor strap or attach to a fixed object in a low position, just behind the body.
- Hold the other end of the DoubleFlex just above the shoulder with your upper arm 90 degrees from the body and the elbow bent at 90 degrees.
- Extend your arm overhead in a pressing motion.

DoubleFlex Chest + Back + Squat

- Hold both ends of the DoubleFlex in front of your chest, feet shoulder width apart.
- Squeeze both ends of the DoubleFlex together, flexing the chest and shoulders, while lowering into a squat.
- Return to a standing position while pulling hands apart until DoubleFlex is extended.
DOUBLEFLEX WORKOUT SNACK #10

TOTAL BODY
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Anchored Tricep Extensions 54

1. Anchor the DoubleFlex to a high point.
2. Stand upright with upper arm at side and holding unanchored end of the DoubleFlex with elbow bent at 90 degrees.
3. While keeping elbow stationary, extend arm to a straight position.

Anchored Single Arm Row 44

1. Anchor the DoubleFlex to a fixed object at knee height.
2. Stand facing anchor point, feet hip-width apart, knees bent, holding the unanchored end of the DoubleFlex in neutral grip.
3. With arm straight at 45 degree angle in front of the body, pull arm back, bending at the elbow, until cables are fully extended.

Anchored Back Lunge 8

1. Anchor one end of the DoubleFlex to a low fixed object. Hold the other end in front of hips with both hands.
2. While keeping chest tall, step back into a lunge by lowering your back knee to the floor at 90 degrees, bending your front knee to 90 degrees.
3. Press through front heel to a standing position.