

Resistance Tube Training

BICEP CURL

- Position the tube underneath the arches of the feet.
- Feet are hip-width apart; arms are extended at sides while maintaining forward grip.
- Slowly curl the arms by raising the hands to the shoulders.



FRONT RAISE

- Position the tube underneath the arch of the feet while in a staggered stance.
- Grasp the tube in palms, feet facing rear, and fully extend the arms down to front of the body.
- Slowly raise the arms to shoulder height while maintaining a steady and soft effort.



SHOULDER PRESS

- Position the tube underneath the arches of the feet; arms are positioned at a 90° angle at shoulder height.
- Feet are hip-width apart; knees are soft.
- Slowly press the arms into full extension over head.
- Do not allow the back to arch.



ONE-ARM ROW

- Wrap the tube around the arch of the foot, with one end at the outside of the leg.
- Stand at the legs, shoulders down, back flat; grasp both handles with palms.
- Slowly pull the handles to the side of the chest while opposing the back muscles.
- Keep the elbows close to the side.



TRICEP EXTENSION

- Position the tube underneath one foot; position one hand behind the back to gently guide the tube.
- Grasp handle and position arm overhead at a 90° angle.
- Straighten arm, allow head to rise opposite arm to adjust the tension of the tube.
- Keep elbows close to the head during entire movement.



SQUAT

- Position the tube so that it runs underneath the arches of the feet.
- Feet are shoulder-width apart; arms are positioned at a 90° angle at shoulder height.
- Lower the hips and bend at the knees until thighs are parallel to the floor.
- Keep arms stationary and do not allow the knees to go over the toes.



SIDE WALK

- Position the tube underneath the arches of the feet.
- Feet are slightly wider than shoulder-width; arms are positioned at shoulder height.
- Extend one leg out to the side, bring the legs together.
- Repeat this pattern on each side.



LEG PRESS

- Wrap the tube around the arch of the foot; position leg at hip height.
- Grasp the handles of the tube, extend the leg until the knee is almost straight.
- Return to the start by allowing movement at the hip.



LEG EXTENSION

- Wrap the tube around one foot by looping the tube through one handle.
- Grasp the tube bilaterally with both hands.
- Fully extend the knee and return to 90° angle.
- Repeat this pattern on both sides.



LUNGE

- Place the center of the tube underneath the front foot.
- Feet are positioned at shoulder height with tube running behind the arms.
- Lower the hips, bending knees until they are 90°; back leg will push onto the ball of the foot.



DEADLIFT

- Feet are shoulder-width apart; tube is wrapped around the base of each foot.
- Slight bend in the knees, back straight with shoulders down.
- Bend at the waist, lower the hands to the floor, while maintaining lower back bend.
- Stand upright.



SQUAT WITH SHOULDER PRESS (combination exercise)

- Position the tube so that it runs underneath the arches of the feet.
- Feet are shoulder-width apart; arms are positioned at a 90° angle at shoulder height.
- Lower hips and bend at the knees until thighs are parallel to the floor. Do not allow the knees to go over the toes.
- Return to starting position and slowly press the arms into full extension overhead.



RESISTANCE TUBING SAFETY

- Always inspect tubing before each use. Look for any nicks, tears, pinholes, or other defects that may cause the break.
- Never let the tension of tubing get too tight.
- Never stretch tubing more than three times its resting length.
- Never use legs or any body part as a hook to hold tubing to stationary objects, or to overcome the strength of the tubing.
- Always follow safety rules, rules, and clear objects.
- Under normal conditions, tubing products in commercial or institutional settings should be replaced every year due to ordinary wear and tear.

BENEFITS OF RESISTANCE TUBE TRAINING

- Portable training tool.
- Provides for both aerobic and functional training exercises.
- Allows for multiplanar movement for more diverse workouts.
- Variety of resistance levels.

CHOOSING THE RIGHT RESISTANCE TUBE

POWER SYSTEMS offers: Youth and Junior who have little or no exercise activity (2000# light) - Those with some exercise activity. Starting out for most women.

2000 (medium) - Advanced beginner and those who regularly exercise. Start any day for most men.

3000 (heavy) - More advanced exercisers; good for training larger muscle groups.

BLACK (extra heavy) - Highly trained exercisers with expert form and technique.

Gold Gym Resistance Bands Exercise Guide

SB Merriam



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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Gold Gym Resistance Bands Exercise Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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