

# 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, are facing rear, and fully extend the arms down in 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, on 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 knee 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 to attach tubing to stationary objects, or to overcome the strength of the tube.
- 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 means.
- Allows for multiplanar movement for more diverse workouts.
- Variety of resistance levels.



**Total Training**  
for professionals, by professionals.

## CHOOSING THE RIGHT RESISTANCE TUBE

1000# (green) - Youth and those who have little or no exercise activity.  
2000# (light) - Those with some exercise activity. Starting use for most women.  
3000# (blue) - Advanced beginner and those who regularly exercise. Start use for most men.  
4000# (black) - More advanced exercisers; good for training larger muscle groups.  
5000# (red) - Highly trained exercisers with expert technique.

# Gold Gym Resistance Bands Exercise Guide

**JE Gale**



## Gold Gym Resistance Bands Exercise Guide:

**The Official Gold's Gym Beginner's Guide to Fitness** David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food [The Total Fitness Manual](#) Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *The Complete Idiot's Guide to Short Workouts* Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts **Fit, Fueled & Fabulous A BYB Fitness Guide for Women Over 50** Dr. Cynthia Simon, 2025-07-22 You didn't come this far to only come this far At a certain point you realize this next chapter is yours to claim Fit Fueled Fabulous is your empowering guide to reclaiming your strength energy and confidence as you step boldly into midlife and beyond This isn't about shrinking or extreme diets It's about honoring your body shifting your mindset and celebrating what's possible right now Whether you're in your 40s 50s 60s or 70s this book meets you where you are and helps you move forward with purpose Inside you'll find holistic age smart strategies to help you Build a fitness routine that energizes your life not drains it Strengthen your body and protect your joints with smart effective training Fuel your vitality with balanced nutrition no fads or restrictions Break free from the scale and build unshakable confidence Manage stress and master your mindset Embrace recovery joy and lifelong wellness without apology Built on the BYB Be Your Best philosophy this guide unites mind body and nutrition to help you live powerfully and unapologetically Because this isn't about slowing down it's about shifting gears with wisdom strength and unstoppable grace Your Fit Fueled Fabulous life starts now Let's go **The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright, 2004-08 Publisher Description [The Scientific and Clinical Application of Elastic Resistance](#) Phillip Page, Todd S. Ellenbecker, 2003 Covering the use of elastic resistance bands and tubes this work includes the scientific applications and exercise applications for different areas of the body and sport specific applications for ten different sports **Vascular Health Guide** Cassian Pereira, AI, 2025-03-14 Your vascular health is the unsung hero connecting heart health and brain health Vascular Health Guide explores this vital network revealing how healthy blood circulation impacts everything from cognitive function to cardiovascular wellness Did you know the inner lining of your blood vessels the endothelium plays a crucial role in regulating blood pressure and preventing clotting Or that proactively managing vascular health can be a powerful form of preventative medicine potentially staving off cardiovascular and neurological issues This book emphasizes a lifestyle focused approach to circulatory system care advocating for diet and exercise as key components of vascular function It begins with the basics of vascular biology progresses through risk factors like hypertension and atherosclerosis and culminates in practical strategies for improvement Readers will discover the benefits of the Mediterranean diet the impact of exercise on blood flow and the role of stress management Ultimately

Vascular Health Guide empowers you to take control of your vascular health By understanding the intricate relationship between circulation heart and brain you can make informed decisions to optimize your well being The book integrates diverse perspectives addressing controversies and offering a holistic path toward a healthier more vibrant life

**Functional Training Guide** Ava Thompson, AI, 2025-03-14 Unlock your body's potential with Functional Training Guide a comprehensive guide to improving movement coordination and athletic performance Functional training rooted in rehabilitation focuses on exercises that mimic real world activities Discover how this approach differs from traditional fitness by emphasizing the body's interconnectedness reducing imbalances and injuries The book highlights intriguing facts such as how enhancing core stability and balance can drastically improve overall fitness and prevent injuries The book starts with the science behind functional movement then progresses to practical exercises and finally integrating these into a holistic fitness program Learn about key movement patterns like pushing pulling and rotating and how they translate to everyday life and athletic endeavors What sets this book apart is its emphasis on individualized programming providing the knowledge to assess movement patterns and tailor exercises to specific needs

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[Video Source Book](#), 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

**Working Mother**, 1993-12 The magazine that helps career moms balance their personal and professional lives

[A Comprehensive Guide to Geriatric Rehabilitation E-Book](#) Timothy L. Kauffman, Ronald W. Scott, John O. Barr, Michael L. Moran, 2014-09-05 Now in its third edition this trusted clinical guide enables both the busy practitioner and student to review or to learn about a range of pathologies conditions examinations diagnostic procedures and interventions that can be effectively used in the physical rehabilitation of older people It presents a broad overview of age related physiological changes as well as specific professional discipline perspectives Organized into eleven distinct and interrelated units the first unit begins with key anatomical and physiological considerations seen with aging which have significant impact on the older person The second and third units go on to review important aging related conditions and disorders of the musculoskeletal and neuromuscular neurological systems respectively Neoplasms commonly encountered in older people are the focus of the fourth unit while aging related conditions of the cardiovascular pulmonary integumentary and sensory systems are presented in units five through seven Unit eight highlights a range of specific clinical problems and conditions commonly encountered with older patients Critically all of these units emphasize important examination and diagnostic procedures needed for a thorough evaluation and stress interventions that can be of significant benefit to the older patient The ninth unit presents select physical therapeutic interventions that are especially important in managing rehabilitative care Key societal issues related to aging are discussed in the tenth unit Finally the concluding eleventh unit focuses on the successful rehabilitation team that includes both

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