

# 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 into a staggered stance.
- Grasp the tube in palms, arms 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 foot, so it comes up 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 sides.



## 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 legs 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.
- Arms are positioned at shoulder height with tube running behind the arms.
- Lower the legs, 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 legs 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 tube to break.
- Never let the tension off tubing completely.
- 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 alter the length of the tube.
- Always follow safety rules, rules, and clear signals.
- 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.
- Enables the person to use functional training moves.
- Allows for multiplanar movement (up, down, forward, backward).
- Variety of resistance levels.



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

## CHOOSING THE RIGHT RESISTANCE TUBE

- HEAVY (over 100 lbs) - People and those who have little or no manual activity.
- MEDIUM (50-100 lbs) - Those with some manual activity. Starting size for most athletes.
- REG (over 100 lbs) - Advanced beginner and those who regularly exercise. Start any size the user can.
- LIGHT (30-50 lbs) - Those advanced exercisers, good for training larger muscle groups.
- BLACK (extra heavy) - Highly trained users with expert technique.

# Gold Gym Resistance Bands Exercise Guide

**S Ben Porath**



## **Gold Gym Resistance Bands Exercise Guide:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Gold Gym Resistance Bands Exercise Guide**

In a world inundated with monitors and the cacophony of instantaneous connection, the profound energy and psychological resonance of verbal art frequently disappear into obscurity, eclipsed by the regular barrage of noise and distractions. However, located within the lyrical pages of **Gold Gym Resistance Bands Exercise Guide**, a interesting function of literary splendor that impulses with fresh feelings, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus books viewers on a psychological odyssey, delicately exposing the latent potential and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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