

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 arches 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 neutral and soft elbow.



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 sides.



TRICEP EXTENSION

- Position the tube underneath one foot; position one hand behind the back to give the guide the tube.
- Grasp handle and position arm overhead at a 90° angle.
- Straighten arm, allow head and 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 shift 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 the starting position and slowly press the arms 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 of tubing tighten.
- 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 length of the tube.
- Always holding onto both ends, right, and sharp 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.
- Ability to perform many functional training exercises.
- Allows for multiplanar training for more diverse workouts.
- Variety of resistance levels.

CHOOSING THE RIGHT RESISTANCE TUBE

- 1000# (ones light) - Youth and those who have little or no exercise activity.
- 2000# (light) - Those with some exercise activity. Starting size for most adults.
- 3000# (one dark) - Advanced beginner and those who regularly exercise. Start any over the resistance.
- 4000# (heavy) - More advanced exercisers; good for training larger muscle groups.
- 5000# (extra heavy) - Highly trained exercisers with expert technique and techniques.

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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 [Make a Fitness Plan](#) The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes [The Total Fitness Manual](#) Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today

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 *The Gold's Gym Book of Weight Training* Ken Sprague, 1993 Based on the proven method that's worked for millions of dedicated Gold's Gym followers this new edition completely revised and updated for the first time in more than a decade will delight a whole new generation eager for this insider's guide to strength and fitness the Gold's Gym way Over 200 photos *Functional Training Guide* Ava Thompson, 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 **Fit, Fueled & Fabulous A**

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Earle,2014-01-14 Featuring 75 programs for muscle toning body shaping and pure strength training this full color guide uses color coded workout zones levels of difficulty and intensity to help you achieve your weight training goals at your own pace Includes 63 exercises and sample workout plans that can be used as is or customized to formulate a personalized program

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Lighten Up Judith Verity,Pete Cohen,2011-06-30 How many diets have you tried Five Six How many have worked forever Chances are None Did you know that 85% of people who diet gain the weight again as soon as the diet is over Did you know that most diet programmes have a long term success rate of only 5 15% Did you know that 80% of people who have followed that Lighten Up programme have achieved their ideal size and weight and what s more a year later they ve kept it So the Lighten Up programme must be agony correct Absolutely not By dealing honestly and sympathetically with your relationship with food cutting out the obsessive calorie counting and frantic workouts that make dieting so painful learning a new way of eating and following this easy to follow lifestyle friendly programme it s simple to conquer the hold food has over you and lose weight forever

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

Resistance Band Workouts for Seniors Karina Inkster,2022-06-07 A must have for any older adult looking to easily maintain their strength and day to day health from the comfort of home This is an invaluable resource for older adults looking to improve their strength and body composition without having to purchase a gym membership Fitness coach and author Karina Inkster will teach you about the many benefits of strength training for seniors You ll learn how to choose resistance bands how to use them at home with a door anchor and how to use them safely An overview of the three types of resistance bands will help readers put together their own mini gym that can fit into a small bag A collection of 50 resistance band exercises that work all the major muscle groups will inspire readers to create and maintain a regular strength training practice whether they re working out at home outdoors or while traveling Exercises vary in difficulty from beginner to advanced this book caters to older adults of all fitness levels Once readers are familiar with the various exercise possibilities they ll learn how to put together their own strength programs

Gold Medal Fitness Dara Torres,2010-05-04 Dara Torres has been to the Olympics five times she s won twelve medals and now at the age of 42 she still competes with girls half her age and is one of the most celebrated swimmers of all time But you don t need to list her accolades to understand why people admire her athleticism so much just look at her Perfect abs enviable arms she s as strong as can be and continues to redefine established wisdom about staying in shape at any age So what s her secret In Gold Medal Fitness you ll find all of Torres s tips for getting back into the game and staying in shape for many years to come Her unique combination of stretching and strengthening exercises both tone and elongate your muscles leaving you with that perfectly sculpted and slender shape And in this revolutionary 5 week program she s adapted her workout plan for you Torres will take you step by step through a nutrition plan to prepare for the workouts She ll walk you through the strengthening and stretching exercises including the Ki Hara method that has transformed her body She ll give you hints on how to enjoy your cardiovascular activities And finally she ll share her wisdom about rest and recovery and why it is as essential for your body as your training Whether you re looking to lose those last ten pounds or get back into a sport that you used to love Gold Medal Fitness will produce the results that you want reignite how you feel in your own skin and change your lifestyle

Program Design for Older Adults IDEA Health & Fitness,2001

Subject Guide to Books in Print,2001

Physical Best Physical Best (Program),2019 Physical Best Fourth Edition is an all inclusive resource that

combines three previous books in one The text is updated to address SHAPE America's standards and outcomes and to reflect the latest research and best practices More than 100 activities for K-12 students are offered on the accompanying web resource

[Train for Strength](#) The Experts at Gold's Gym, 2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they're training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength

Working Mother, 1994-02 The magazine that helps career moms balance their personal and professional lives

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