

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 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 over head.
- 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 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 follow safety rules, rules, and usage objects.
- Under normal conditions, tubing products in commercial or institutional settings should be replaced every year due to ordinary wear and tear.

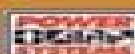
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- Allows for multiplanar training movement for more dynamic workouts.
- Variety of resistance levels.

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- 2000# (light) - Those with some exercise activity. Starting use for most athletes.
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Golds Gym Resistance Bands Workout Guide

Roman Wölfel



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