

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 arch of the foot, on the outside of the leg.
- Bend at the hips, 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 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.
- Arms 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 tube to 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 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.
- Provides resistance over functional movement.
- 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.) – Useful and chosen by those who are more active.

MEDIUM (50-100 lbs.) – Used with some exercise activity. Starting size for most fitness.

LIGHT (20-50 lbs.) – Advanced beginner and those who regularly exercise. Start any size the user wants.

ULTRA (10-20 lbs.) – More advanced exercises, good for training larger muscle groups.

BUCK (over 100 lbs.) – Highly trained users with expert form and technique.

Gold Gym Resistance Bands Exercise Guide

Clemens Wendtner



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