



RESISTANCE TUBE

Resistance tube allows you to perform strength-training exercises without weights. You can get a full-body workout and add variety and intensity to your strength-training exercises using resistance tubes. Resistance tubes are inexpensive, easy to store and perfect for exercising while travelling. Using resistance tubes is generally quite safe. It offers a low-impact means of strength-training that does not damage your joints.





BENEFITS

- Ideal for pre/rehab and joint function
- Improves mobility
- Reduces injuries
- Improves range of motion
- Ideal for strengthening and conditioning
- Improves athletic performance



GENERAL GUIDELINES

- Resistance tubes are particularly vulnerable to wear and tear and as a result you should make sure before using them that there aren't any visible tears in them.
- Avoid if you recently fractured a bone, a sprain or a strain.
- Avoid if your joints lack stability.
- Avoid if you are experiencing sharp, acute pain with joints movement or muscle spasm.
- Avoid areas if you suspect or recently have had acute inflammatory around a joint.
- Always use correct technique.





CAUTION:

Many resistance tubes contain latex. If you have a latex allergy, you might experience redness or swelling where the band touches your skin.

You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.





BICEPS



BICEP CURLS

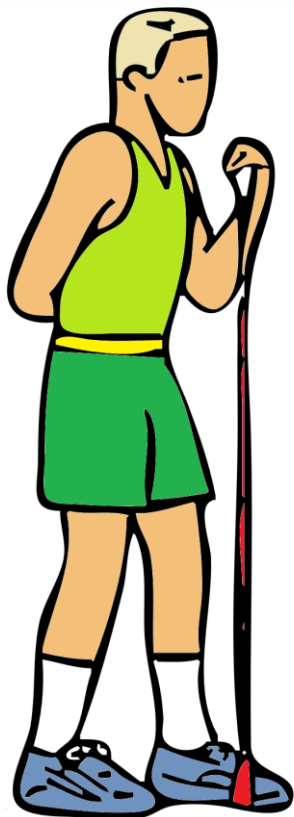
Start with your one foot on top of the resistance tube while having your other foot slightly back. Hold the handles with an underhand grip.

Starting at an extended downwards, bend both your arms at your elbow and raise them to your shoulder height, while keeping your elbows locked to your side.

Lower your arms and repeat the above. For more resistance, stand on the resistance tube with both your feet, shoulder width apart.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.

RESISTANCE TUBE EXERCISES



BICEPS



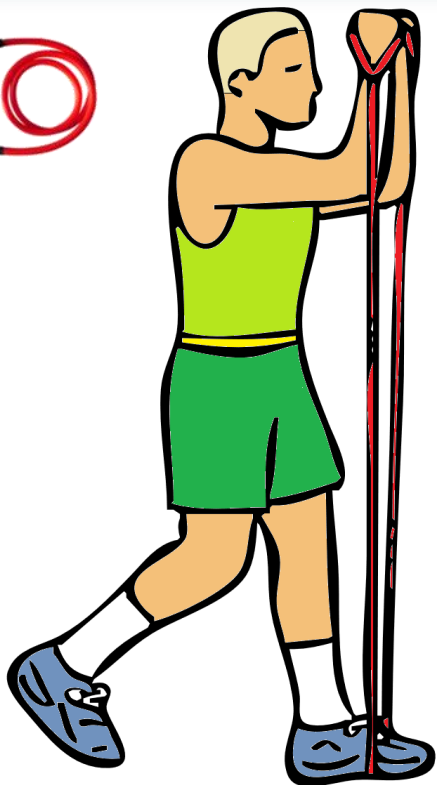
Start with your one foot on top of the resistance tube while having your other foot slightly back. Hold the handles with an underhand grip.

Starting at extended downwards, bend one arm at your elbow and raise it to your shoulder height, while keeping your elbow locked to your side. Place your other arm behind your back.

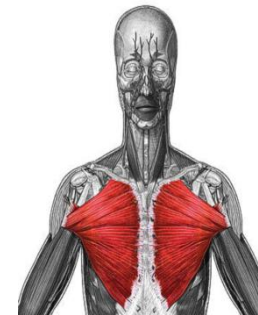
Lower your arms and repeat the above. For more resistance stand on the resistance tube with both your feet, shoulder width apart.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.

RESISTANCE TUBE EXERCISES



CHEST

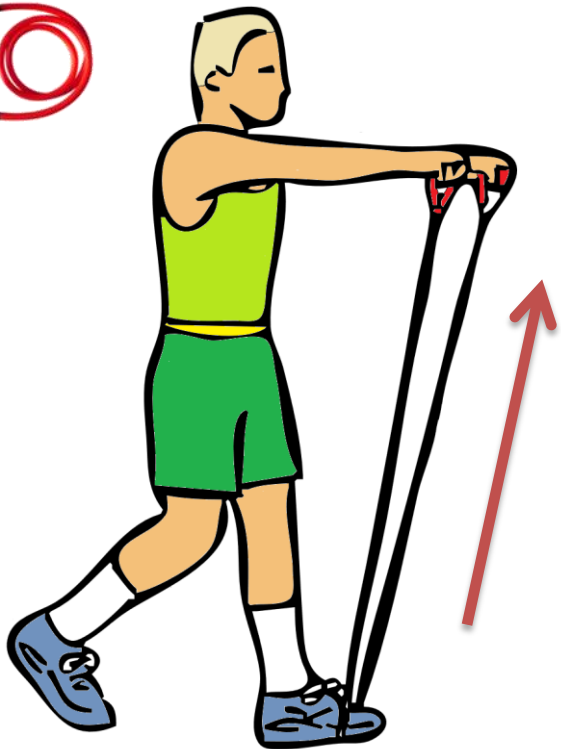


Start with one foot on top of the resistance tube while having your other foot slightly back. Hold the handles with your palms up and your arms bent by your side.

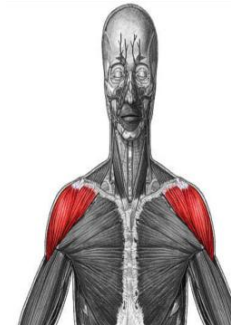
Raise both your arms up above your head together and then lower them and repeat.

For more resistance stand on the resistance tube with both your feet, shoulder width apart.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.



SHOULDERS



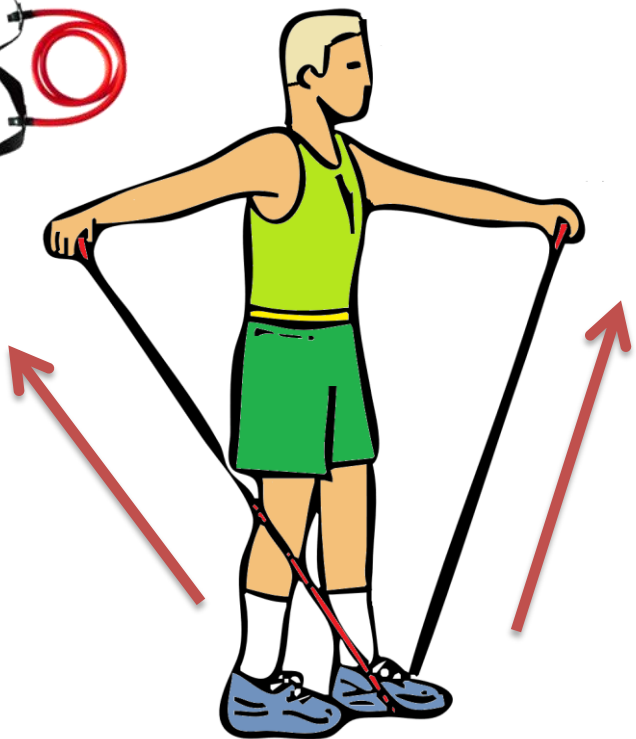
FRONT RAISES

Start with one foot on top of the resistance tube while having your other foot slightly back. Hold the handles with palms down and your arms by the front of your quads.

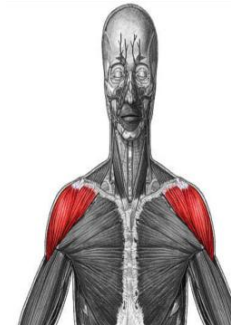
With both your arms straight, raise them up your shoulder height. Hold it for 1-3 seconds, then lower your arms and repeat.

For more resistance, stand on the resistance tube with both your feet, shoulder width apart.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.



SHOULDERS



LATERAL RAISES

Start with one foot on top of the resistance tube while having your other foot slightly back. Hold the handles with palms down and arms by your side near your quads.

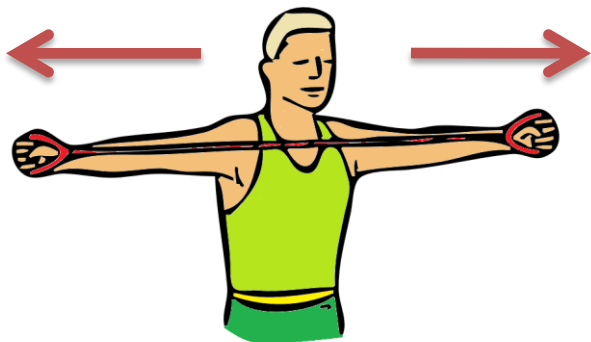
With both your arms straight raise them laterally up to your shoulder height, by forming a giant "T". Hold it for 1-3 seconds, then lower your arms and repeat.

For more resistance, stand on the resistance tube with both your feet, shoulder width apart.

STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.



TRAPS & ROMBOIDS

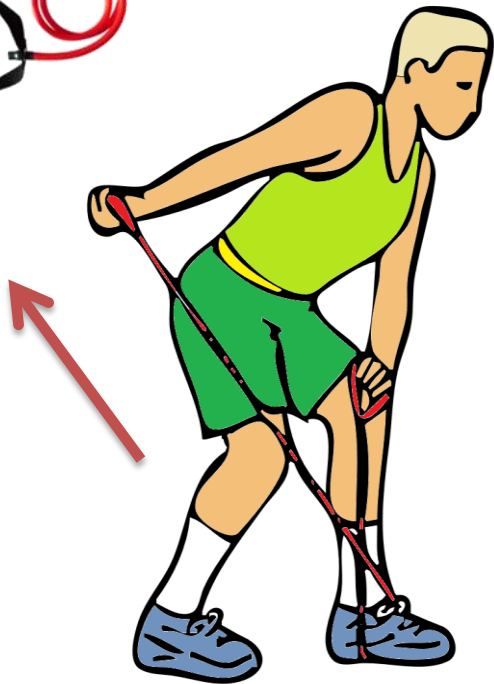


MID BACK FLEXION

Start with your feet apart and your knees slightly bent. Hold the handles and place your arms straight in front of you (chest level).

Now completely extend both your arms straight, still holding the level chest high. Hold it for 1-3 seconds by squeezing your shoulder blades in. Then lower your arms and repeat.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.



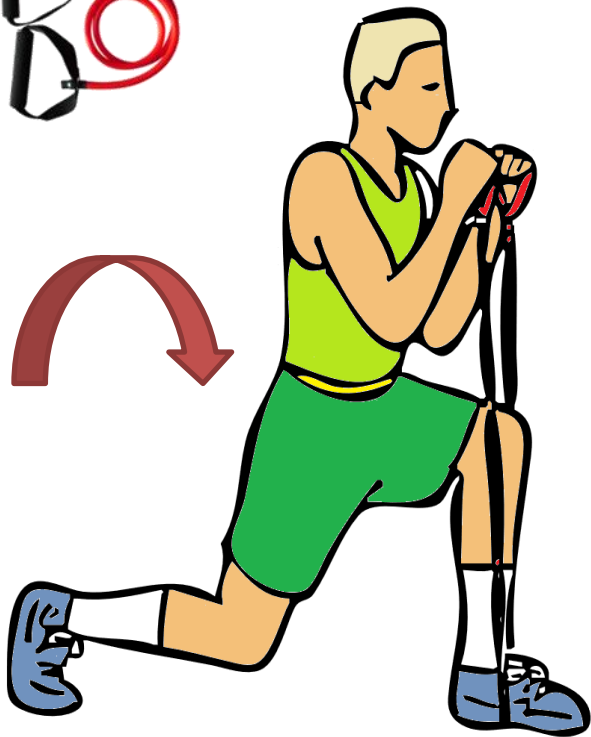
TRICEPS

TRICEP KICKBACKS

Start with one foot on top of the resistance tube while having your other foot slightly back and bend forward at the waist. Hold one of the handles at your knee, with your other palm down at your side.

Extend your arm past your back, while contracting your triceps. Hold it for 1-3 seconds, then lower your arm back down and repeat. Switch arms and repeat the above.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.



GLUTES, HAMIS & QUADS



LUNGES

Start by standing with one foot on the resistance tube and slightly in front of your other foot. With your other leg step back and bend at the knee (like a lunge). Hold the handles with your palms facing each other at your shoulder height.

Keep your head and chest forward. Hold it for 1-3 seconds, stand back up and repeat.

STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.



BACK

BENT OVER ROWS

Start by standing with your both feet on the resistance tube at your shoulders width apart and bend forward over 45 degrees. Hold the handles with your palms facing each other at your knees.

Keep your back flat and row the handles up to your torso . Hold it for 1-3 seconds and slowly return the handles back down. For more resistance, shorten the resistance tube length with your feet.

STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.

