Resistance Tubing – A Multi-use Fitness Tool
BJ Santos
Albemarle County Schools
bsantos@k12albemarle.org

Muscular Strength and Endurance

Biceps – Triceps –

Deltoids – Latissimus Dorsi –

Pectorals – Trapezius –

Abdominals – Glutes –

Adductor/abductor – Quadriceps –

Hamstrings –
**Aerobic Capacity**
Tethered Run -

Mogul Jumps -

Chariot rides -

Athletic movement using tubes for upper body resistance (Jumping jacks, power squats)

Skier -

**Flexibility**
Hamstrings -

Quadriceps -

Triceps/deltoid -