

## Resistance Tubing - A Multi-use Fitness Tool

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Resistance tubing (dynabands, exertubes, surgical tubing) can be used to support the health related fitness components of aerobic capacity and flexibility, but are most often used for muscular strength and endurance. They are particularly effective because they provide tension for both the concentric and eccentric contractions. They are inexpensive, safe, and easy to move and store.

### **Muscular Strength and Endurance**

*Biceps* - This can be done either one or two handed. Stand in the middle of the tube and holding the handles, bend arm at the elbow to perform a bicep curl.

*Triceps* - Perform a French press by standing on one end, in a stride stance. Grasp the handle with two hands behind the head.

*Deltoids* - Stand on one end of the tube and grasp handle down by your side. Raise arm to the side.

*Latissimis Dorsi* - From a forward lunge, supporting upper body with forearm on thigh, stand in the middle of the tube, handle in opposite hand. Perform a rowing motion, as in sawing wood or starting a lawnmower.

*Pectorals* - With tube fixed at a point even with chest, perform push ups in the air.

*Trapezius* - With tube fixed at a point even with chest, pull backward with elbows even with shoulders.

*Abdominals* - On back, with knees bent, hold tube shoulder width apart and press against thighs upon curling up. This can also be done with legs extended.

*Glutes* - Stand on the middle of the tube, feet shoulder width apart. Hold handles and squat.

*Adductor/abductor* - Stand on the middle of the tube, with knees slightly flexed, lift leg sideways; crossover for adductors.

*Quadriceps* - Stand on middle of tube with front leg of a lunge. Hold tube handles to perform a lunge.

*Hamstrings* - Stand on middle of tube, holding handles of tubes. With weight on heels, bend forward 30 degrees at hips, to perform modified dead lift.

## **Aerobic Capacity**

*Tethered Run* - anchor the tube around a fixed object, hold handles at hips (not at the shoulders, leaning forward) Jog a few feet forward, and resist the tube as you jog backward.

*Mogul Jumps* - With a partner, loop tubes, holding your own handles. At the same time as your partner, pull the tube down to your sides as you squat. Jump and lift arms (still holding tubes) up to assist your jump.

*Chariot rides* - (for mature audiences only) Using 2 tubes (one is the emergency chute), partner 1 wraps tubes around midsection - making sure they are over the pelvis. Partner 2 holds the handles and sits back to resist partner 1 as he/she runs.

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

*Skier* - Stand on the tube with feet shoulder width apart. Squat and pulse the squat while arms pump back and forth.

## **Flexibility**

Tubes can be used as a stretching strap for those less flexible.

*Hamstrings* - loop tube around foot to pull upper body toward thighs

*Quadriceps* - standing, loop tube around foot to pull leg backward

*Triceps/deltoid* - grasp tube behind back to pull upper arm back (triceps) or lower arm up (deltoid)