

Full Body Resistance Training Routine



Exercise Tubing is excellent for a large variety of exercises. It is a perfect piece of equipment to use as your very own portable cable machine. You can work all of the major muscle groups in creative ways. When working the upper body, each arm can push and pull independently of each other. You can train on your own or with a partner. The tubing is unique in that you can focus on the amount of intensity and the varying angle, all that can improve balance, stability and alignment. You can target just as many muscle groups with tubing as you can with dumbbells and follow similar set and rep schemes of a beginner program of 8-12 repetitions starting with 1 set and working towards 3 sets.

Safety

When working with a partner or alone, make sure the tubing is secure when performing exercises. The tubing can snap back in the direction of the user or person holding the tubing and be a danger to the user or partner anchoring the tubing. If anchoring under your feet, be sure it is in the middle of the foot and not going to roll off. If anchoring around an object, be sure it is secure and not going to damage the tubing. If anchoring with a partner holding, be sure they use both hands and securely have the tubing. Aside from making sure the tubing is consistently secure when anchoring it, it is also important to inspect the tubing for any punctures, general damage or tears prior to utilization. It is important to remember to maintain proper form and alignment when performing all exercises. Maintain a neutral spine, and make sure that joints are aligned and stable.

Resistance/Strength activity instructions

Prior to starting, obtain medical clearance. Then just prior to the exercise session, allow the body to slightly warm-up by taking a brief walk and performing other movement activities. For each of the following exercises, begin by performing 1 set of 8-10 controlled repetitions. Then add a few repetitions until you can complete 12 - 15 repetitions. After reaching upper limits, go back to the lower limits for each exercise and add a second set or increase resistance. Then a third and so on.

1. **Band Chest Press (Chest)** – Sit towards the edge of a stable, non-rolling chair and wrap a resistance band around the upper portion of the chair in a manner it cannot roll off (so possibly loop through part of chair). Then sitting upright, grasp handles and place hands near armpits with elbows at 90 degree angle. Press hands out in front of body. Then slowly, while under control, return to starting position and repeat.



2. **Seated Ab twists with Dumbbell or water bottle or just hands (Core)** - Sitting in a stable, non-rolling chair lean back slightly. Statically hold this position by contracting the abs. At the same time, place hands together in front of belly button holding water bottle or weight and slowly



rotate the torso to the left, back to center, and then to right. Use caution to perform this exercise fully under control to avoid increased injury potential to spine.

3. **Band Hip Abduction (Outer Thighs)**– Place resistance band around feet ensuring is in the middle of the foot, then stand tall on flat surface with legs extended and handles in hands near hips. While holding handles, lift one foot off the ground, take a step to the side against resistance, and then back together under control. During the movement, ensure the upper body stays upright and avoid leaning either direction while stepping laterally. Move the feet in a controlled manner and avoid dragging the foot on the ground.



4. **Seated Band Low Row (Back/Lats)** - Sitting on stable, non-rolling chair or on the ground, place resistance band around feet ensuring band is in the middle of the foot to avoid slipping off the foot. Place handles in hands and arms extended in front of body towards legs. With legs extended in front of body and torso upright, pull hands in towards rib cage with palms facing each other and slowly return to starting position.



5. **Band Triceps Extension (Triceps)** - Sitting upright in a stable, non-rolling chair or while standing, bend elbows to 90 degrees and grasp a resistance band with both hands. Keeping the elbows at 90 degrees, lift arms to a position in which the elbows are level with the top of the shoulder with the palms facing the ground. With the band taut, where there is not slack in between the hands and the upper arm, and forearm parallel to the ground, extend one arm out to the side to straighten



the arm at the elbow while exhaling. Then under control return to starting position and repeat. To amplify, perform the same movement with both arms at the same time.

6. **Band Bicep Curls (Biceps)** – Standing upright, place feet just outside of shoulder width. Place the



resistance band under the feet ensuring the middle of the band is in the middle of the feet and handles in hands. Place elbows beside the rib cage and palms facing forward or upward. Keeping the elbows beside the rib cage, bend elbow and curl hands upward towards the shoulder while exhaling. Then under control, return to starting position and repeat. Resistance can be decreased by placing band under only one foot versus both feet. Resistance can be increased by spreading the feet slightly to stretch the band further.

7. **Band Lateral Shoulder Raises (Middle Deltoid)** – Standing upright, place feet shoulder width on the ground with a resistance band under the feet ensuring the band is in the middle of the foot and handles in hands with band crossed in front of the body.

Place elbows beside rib cage and extend arms with palms facing the side of the body. Keeping elbows almost fully extended and palms facing the side of the body with band in hands lift arms outward and upward to a point in which the arms reach shoulder level and hands now face the ground while exhaling through the movement. Then under control, return to starting position and repeat.



8. **Band Reverse Fly (Upper Back)** – Standing upright with band around one foot, cross band and



place handles in hands with palms facing downward and arms extended in front of body towards legs. With foot that is not on the band, step backwards into a split stance and tilt body forward at the hips while keeping a flat back. Next, keeping palms facing the ground pull hands away from each other out to the sides until arms

are at shoulder level or parallel to the ground. Then, slowly return arms back down to the starting position.

9. **Band Resisted Squats** – (Quadriceps, Glutes, Hamstrings) – Standing upright, place feet just outside of shoulder width. Place the resistance band under the feet ensuring the middle of the band is in the middle of the feet and handles in hands. Bring handles up to shoulder level with band extended to provide resistance. While keeping the chest upright, push the hips back and down while hinging at the hips and bending the knees as if sitting back and down into a chair. Then reverse the movement to stand back up to the starting position against the resistance.



10. **Core Work** – Consider adding exercises such as planks, back extensions, crunches or other similar exercises to work the core.