



## 30 Resistance Tube Exercises

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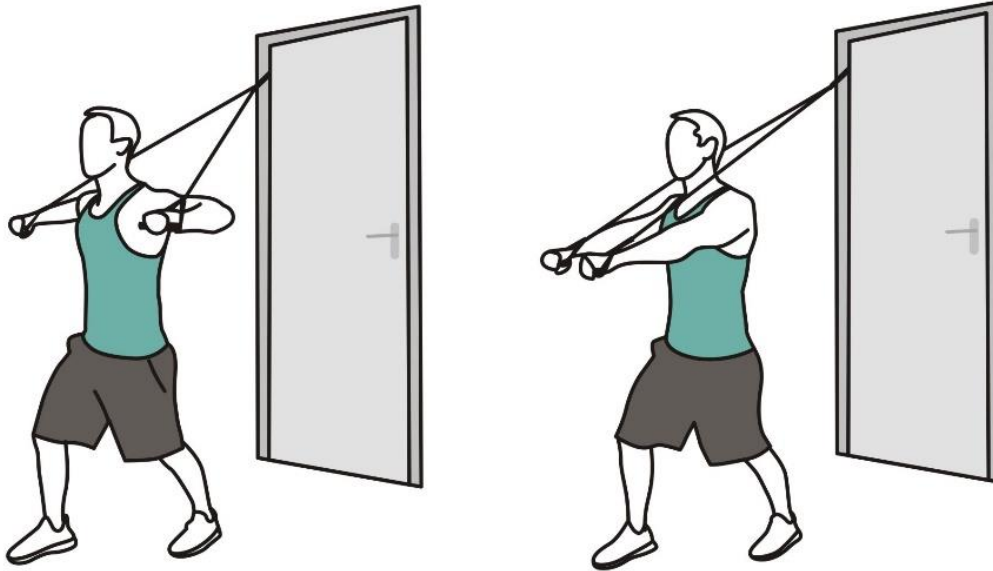
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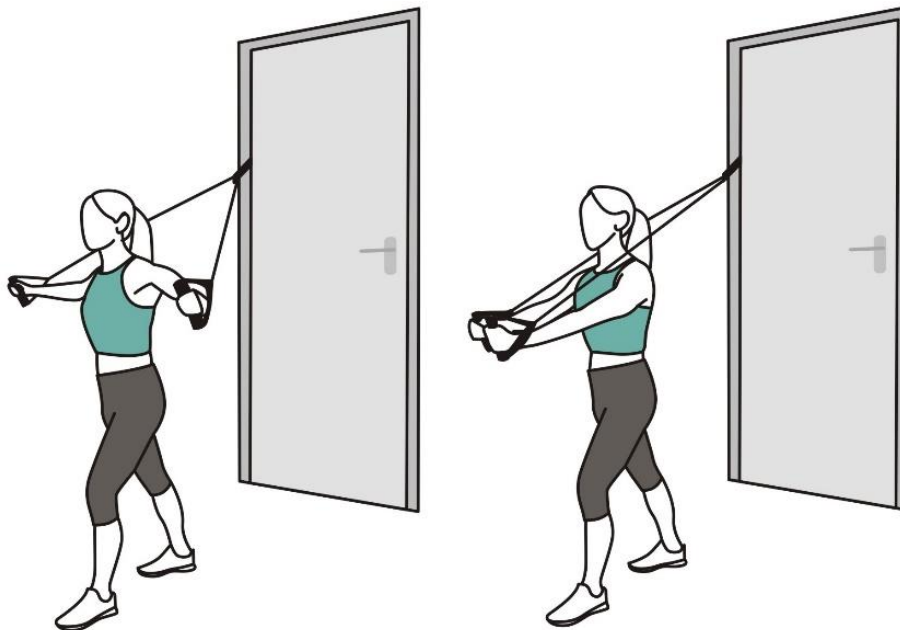
# CHEST EXERCISES

## #1 Chest Press



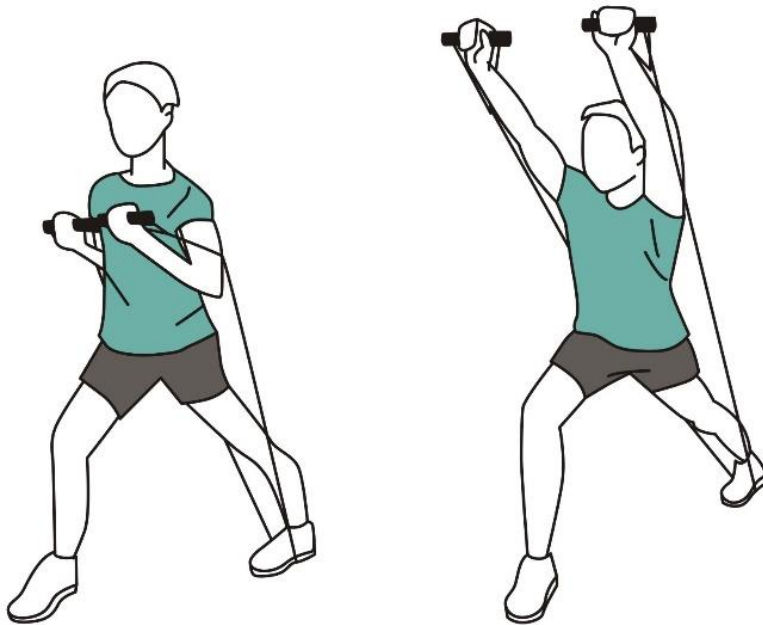
Stand facing away from the door with the anchor secured in the door frame. Get into a solid stance with one foot forward, holding the handles at shoulder level with some tension in the band. Push both handles forward until your arms are fully extended.

## #2 Chest Fly



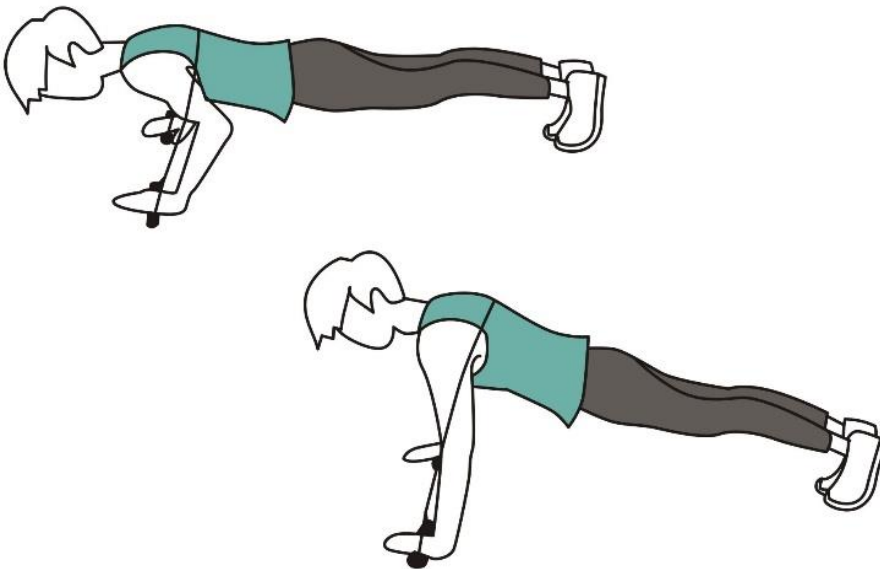
With the band secured around chest height, stand facing away from the door and hold the handles with your arms splayed outwards. Now stretch the band by bringing your hands together at your centreline without bending your arms.

### #3 Incline Chest Press



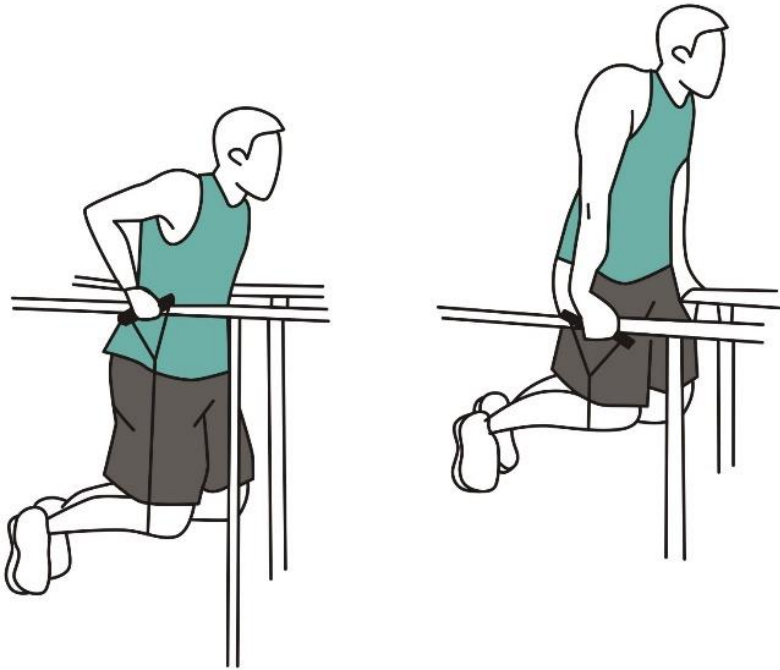
You can either step on the middle of the band, as shown, or use the door anchor to secure the band low down behind you. Then do the same movement as in the chest press, except this time pushing your hands forward and up. This will make greater use of your upper pectoral muscles.

### #4 Push Up



Holding onto the handles, sling the band around your back and get into a push up position. At first the band may slip out of place until you get used to it. Now do push ups as normal but with the extra resistance provided by the band. If the resistance is too low, you can hold it further down, or tie a knot in the tube to shorten it.

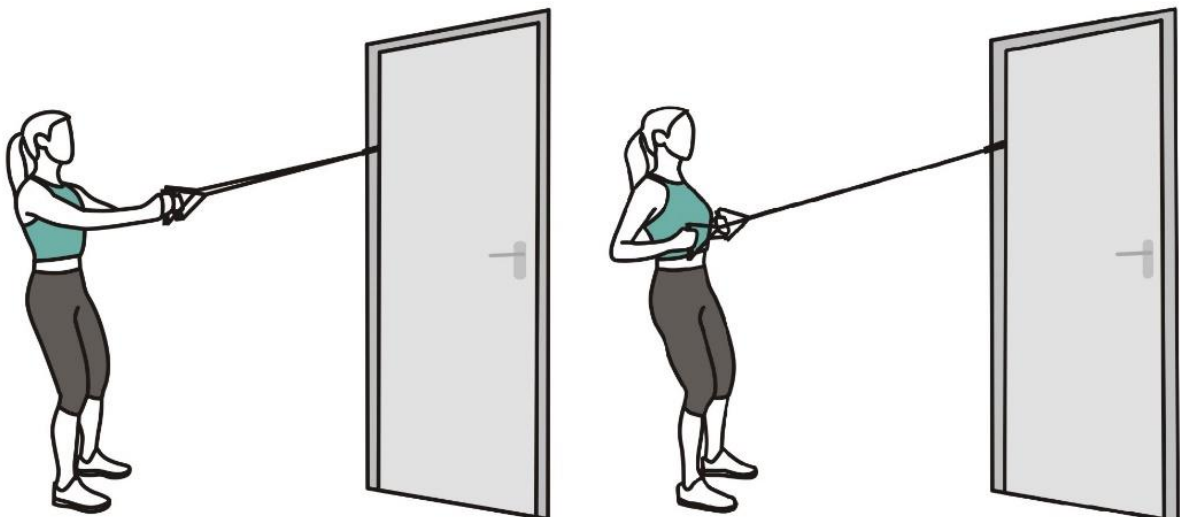
## #5 Assisted Dip



Hold onto the handles and the dip bar together and then put your knees over the band. Now you can perform dips which are easier than normal. If you're already good at dips, you can sling the band over your shoulders which will make the movement harder.

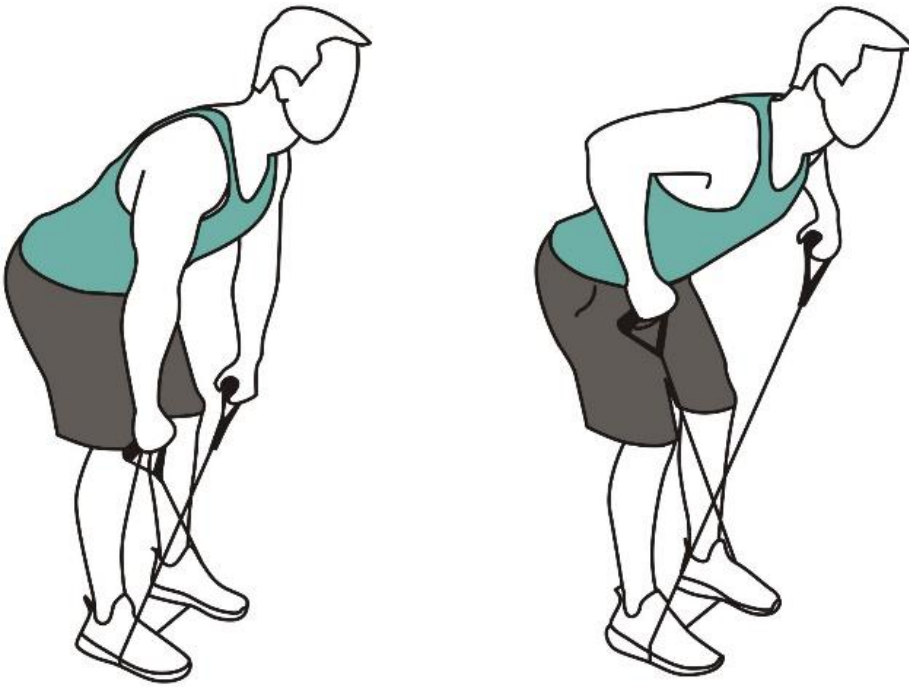
# BACK EXERCISES

## #6 Standing Row



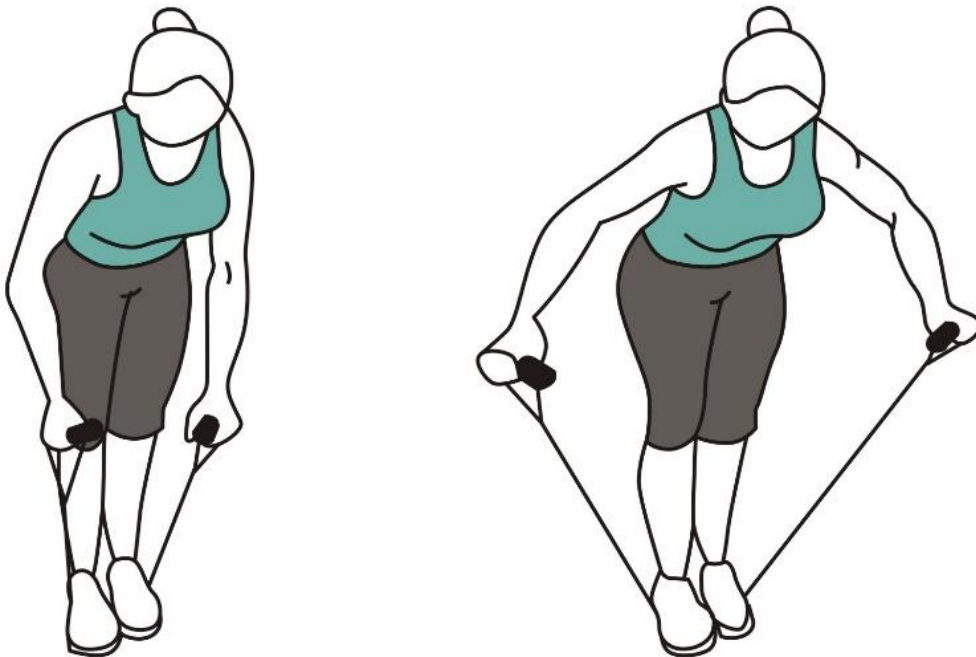
With the band secured at shoulder height, face the door holding the handles at arms-length with tension in the band. Now stretch the band back towards you, bringing your elbows close in to your sides and squeezing your shoulder blades together.

## #7 Bent Over Row



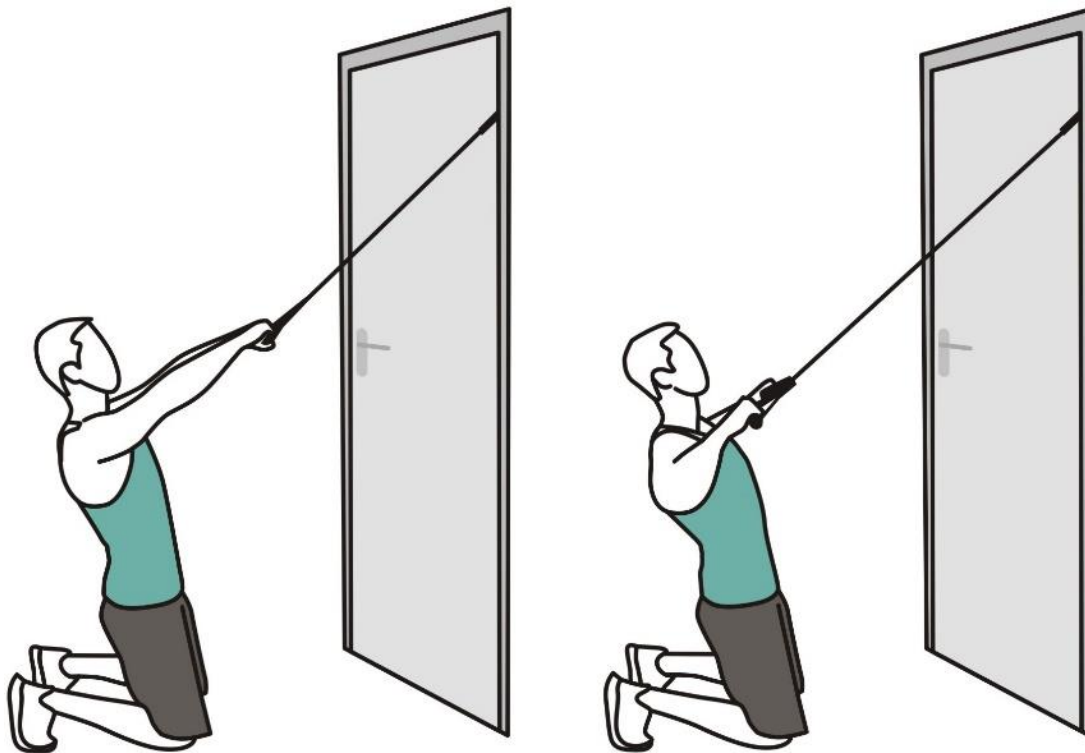
Stand in the middle of the band and hold the handles with the band crossed over as shown. Make sure you keep your legs bent and lower back slightly arched. Look forward. Pull the band up and squeeze your shoulder blades together. If the band is too loose, stand with feet further apart.

## #8 Reverse Fly



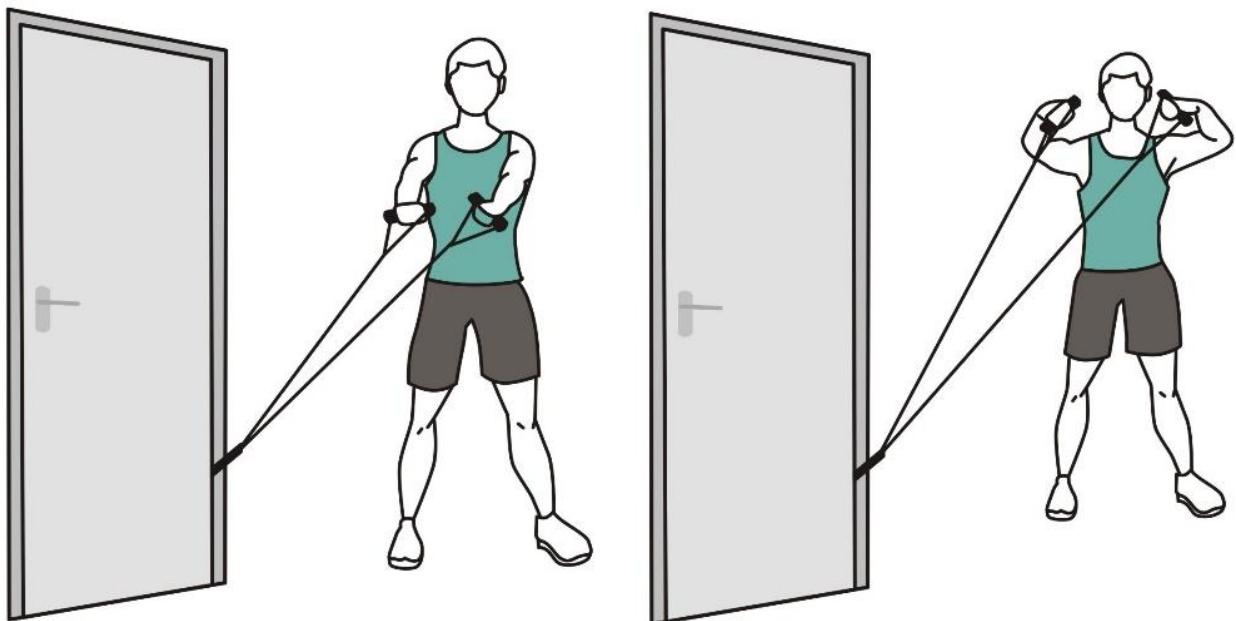
Standing on the middle of the band, stretch the band up and to the sides, keeping your arms straight. Keep your body in the same posture as the previous exercise.

## #9 Kneeling Row



Kneel facing the door with the anchor secured high up. Hold the handles at arms-length with tension in the band. Now stretch the band down towards you, bringing your elbows back.

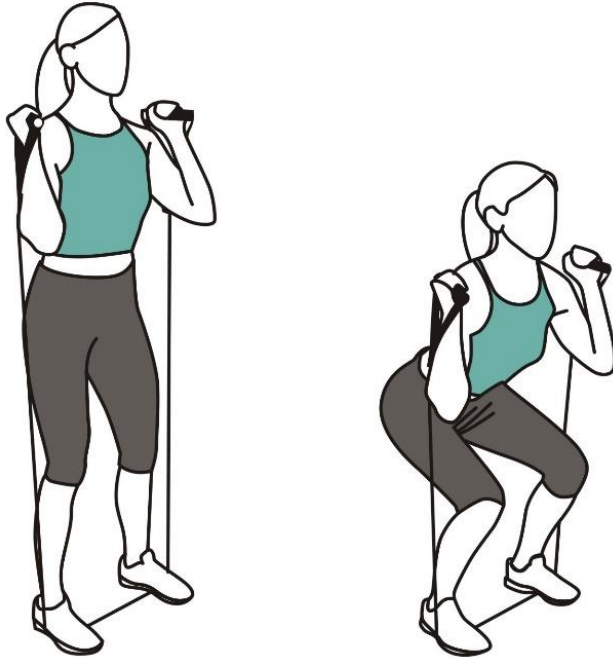
## #10 Face Pull



Secure the band at mid-height and perform the standing row exercise. But this time you lift your elbows high up and pull the handles towards your face.

# LEG EXERCISES

## #11 Squat



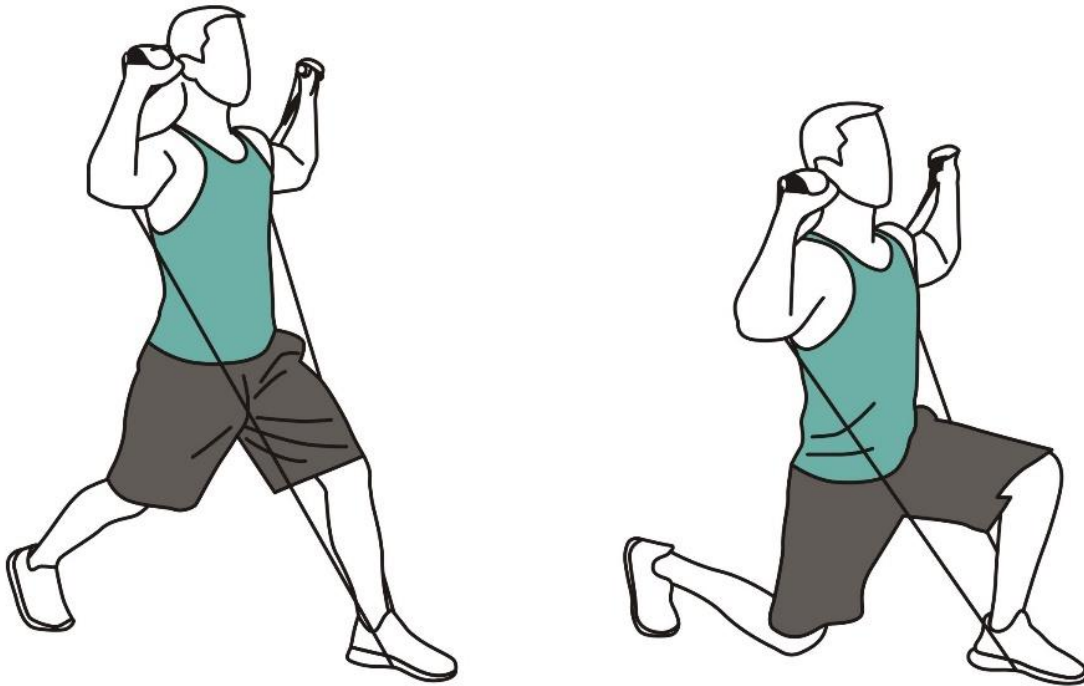
Step on the middle of the band with feet at shoulder width. Hold the handles at the sides of your shoulders. Squat down and then come back up to a standing position.

## #12 Front Squat



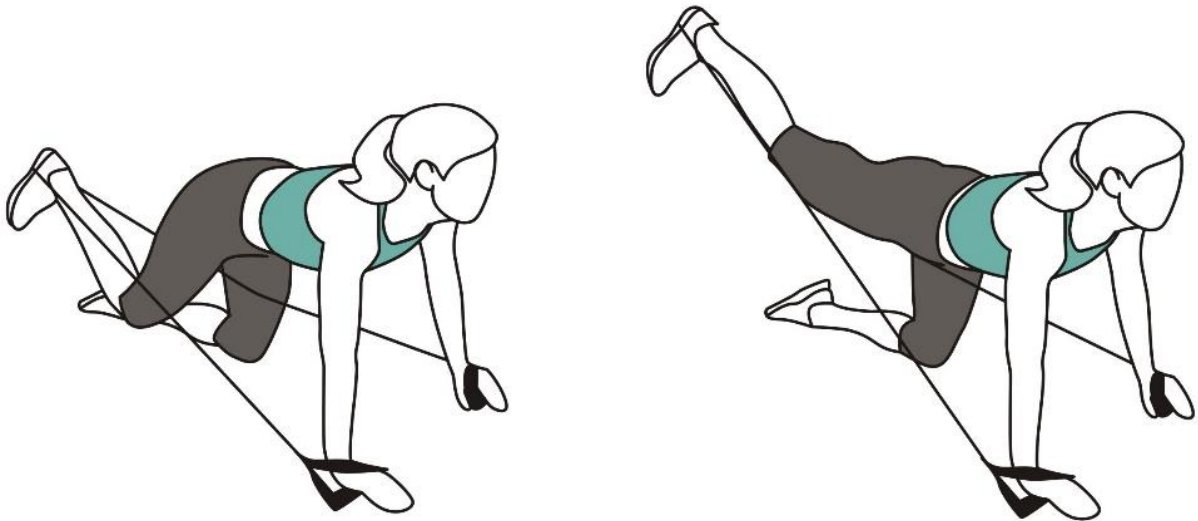
Same as the previous exercise except with the slight difference that the handles are held in front of your upper chest. The front squat changes the emphasis slightly, activating your quadricep muscle more and taking some strain out of your lower back.

## #13 Lunge



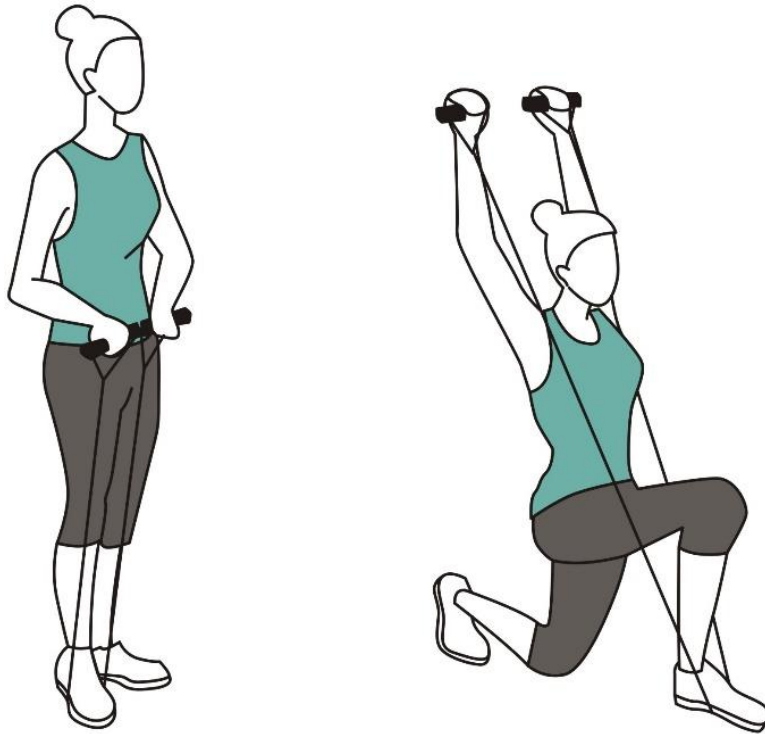
Stand with your front foot on the middle of the band and hold the handles next to your ears. Now, keeping your back straight, drop down into a lunge position and then drive yourself back up.

## #14 Donkey Kick



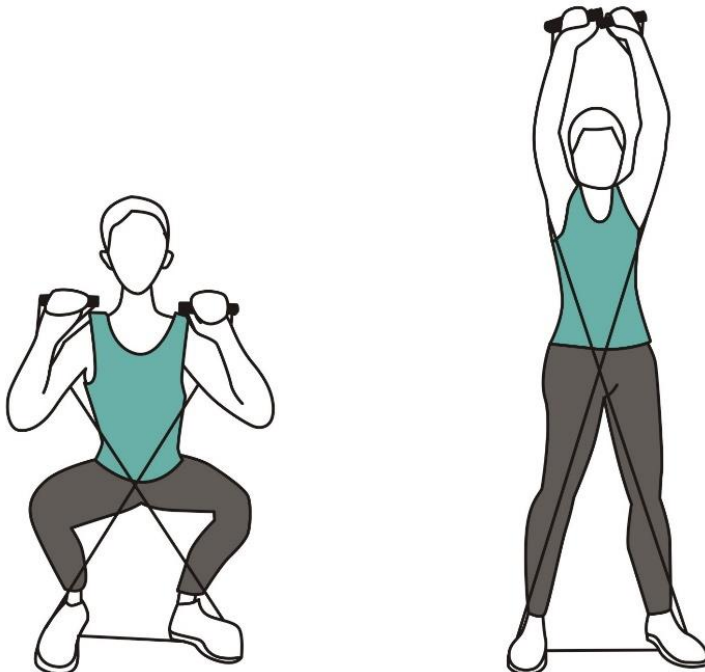
On hands and knees, hold the handles with the middle of the band hooked around one foot. Now kick your leg back and up, holding briefly in the final position.

## #15 Lunge Lift



Hold the handles in front of your waist and hook the band around one foot. Step forward and drop into a lunge position, at the same time bringing your hands forward and up in an arc over your head.

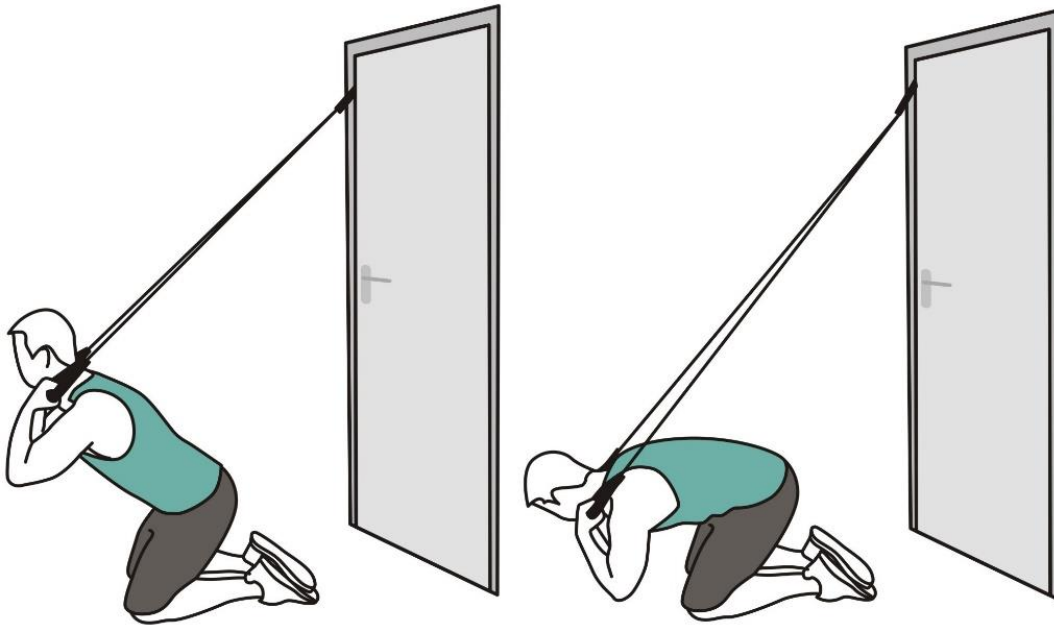
## #16 Squat Press



Hold the band crossed over as shown and drop into a squat position. Then drive yourself up and at the same time push your hands up until they're fully extended overhead. Try to coordinate your arms and legs so this is done in one smooth movement.

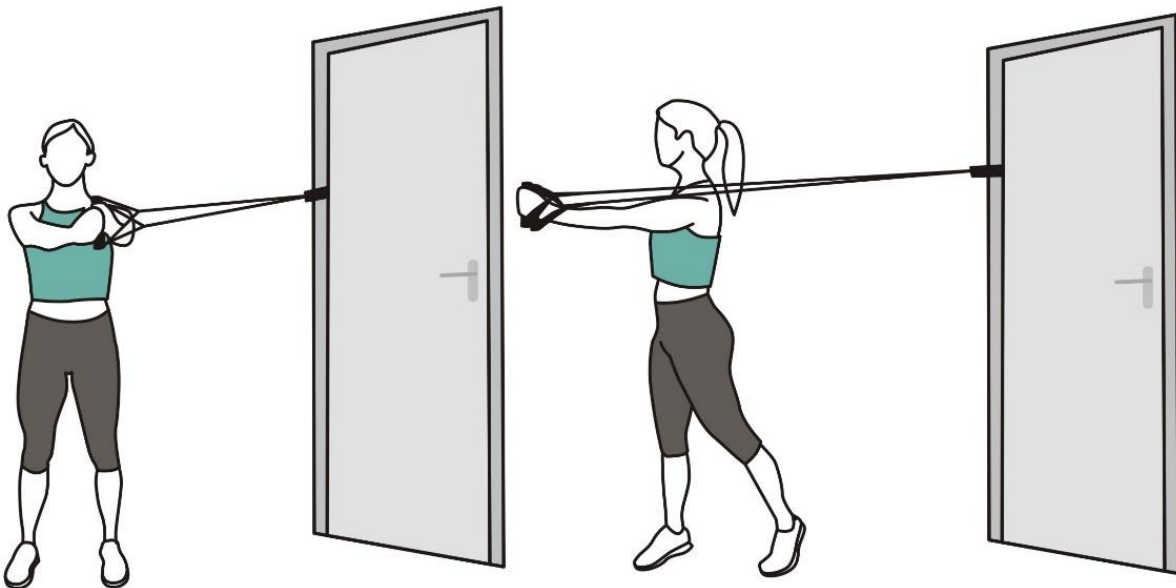
# CORE EXERCISES

## #17 Kneeling Crunch



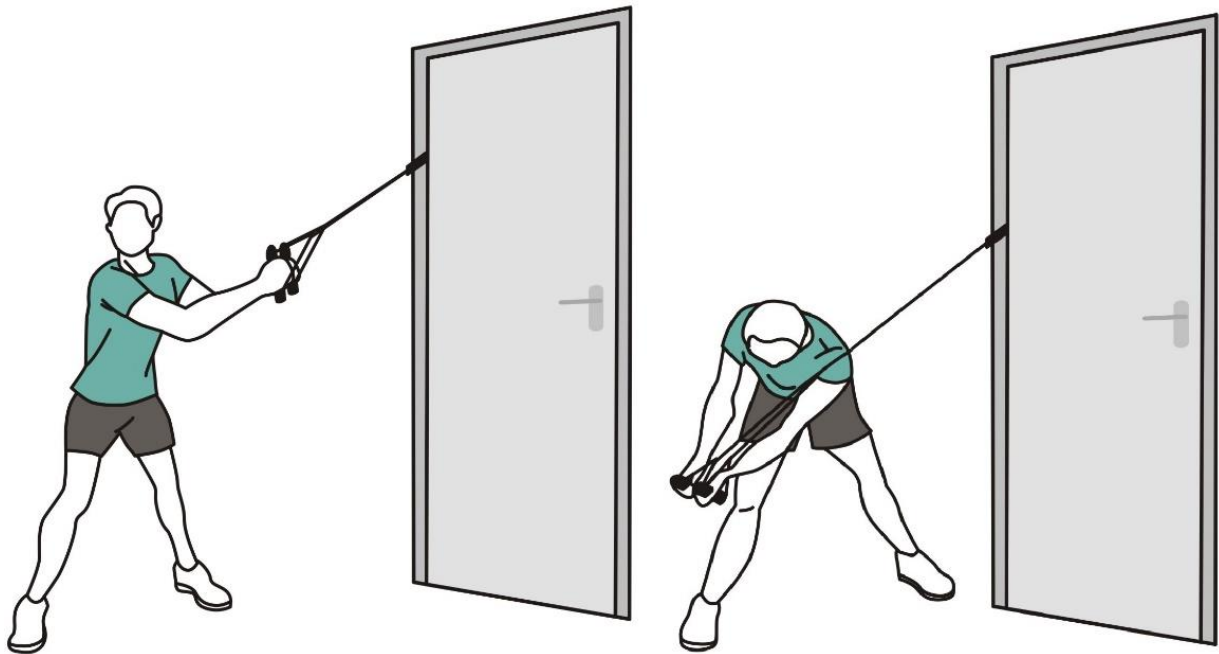
With the door anchor secured high up, kneel facing away from the door and holding the handles at your neck. Crunch your body forward and down, stretching the band and squeezing your abdominal muscles.

## #18 Ab Rotation



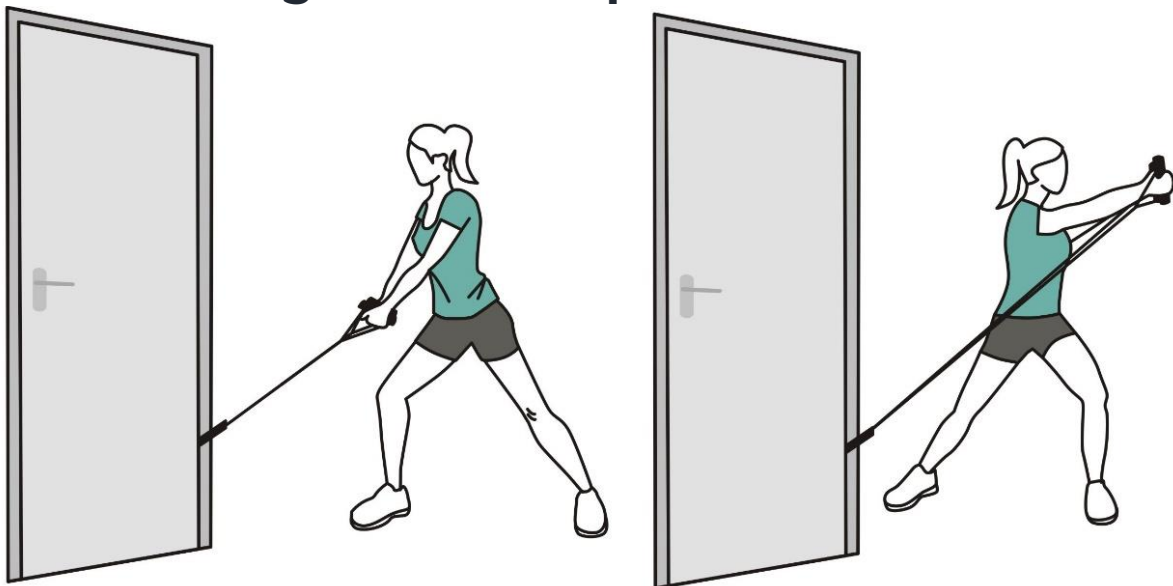
Secure the band at shoulder height and, standing side-on to the door, hold the handles with your arms straight in front of you. Make sure there's a little tension in the band. Now stretch the band by rotating your waist to the opposite side.

## #19 High-Low Woodchop



Secure the band high up on the door frame and hold both handles, standing side on to the door. Using your oblique abdominal muscles, pull the bands down and away from the door in a downward chopping motion.

## #20 Low-High Woodchop



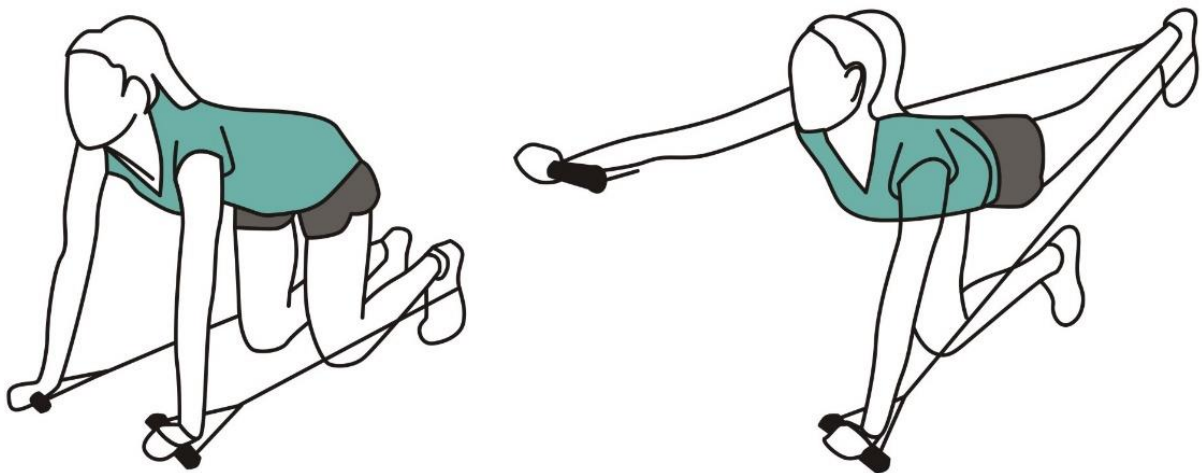
Secure the anchor down low and stand side-on to the door, holding the handles at waist height. Rotate your body and stretch the band up and to the other side in a rising chopping motion.

## #21 Extended Deadlift



Anchor the band low down and reach down to hold the handles. Using your lower back muscles, stretch the band by pulling yourself up into a standing position

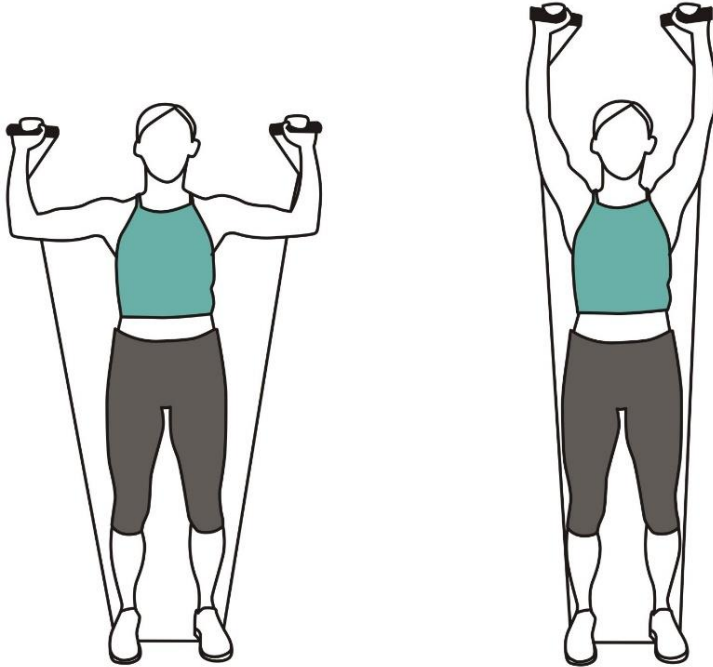
## #22 Kneeling Superman



Kneel on hands and knees with the band hooked over one foot. Now lift that foot as high as you can with the leg straight. At the same time, lift up the opposite arm and hold for a few seconds.

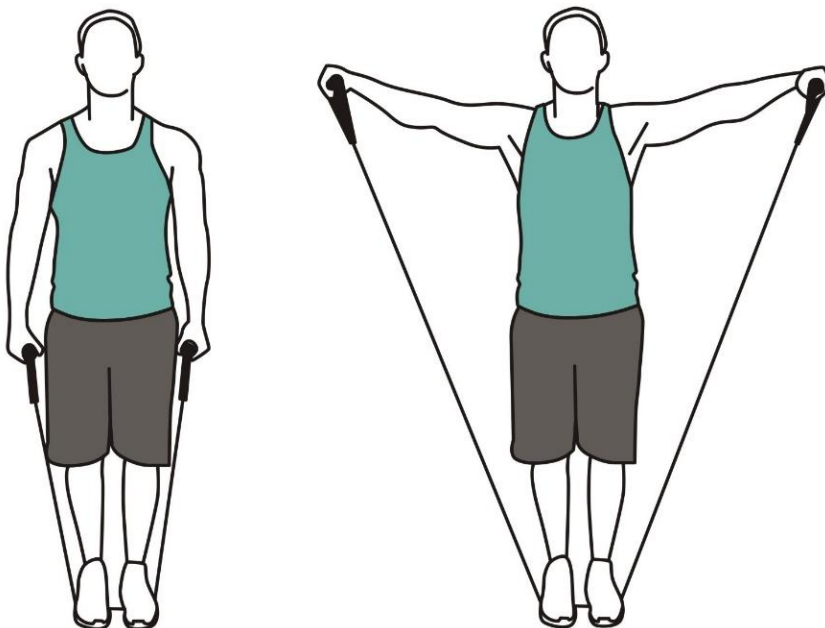
# SHOULDER EXERCISES

## #23 Overhead Press



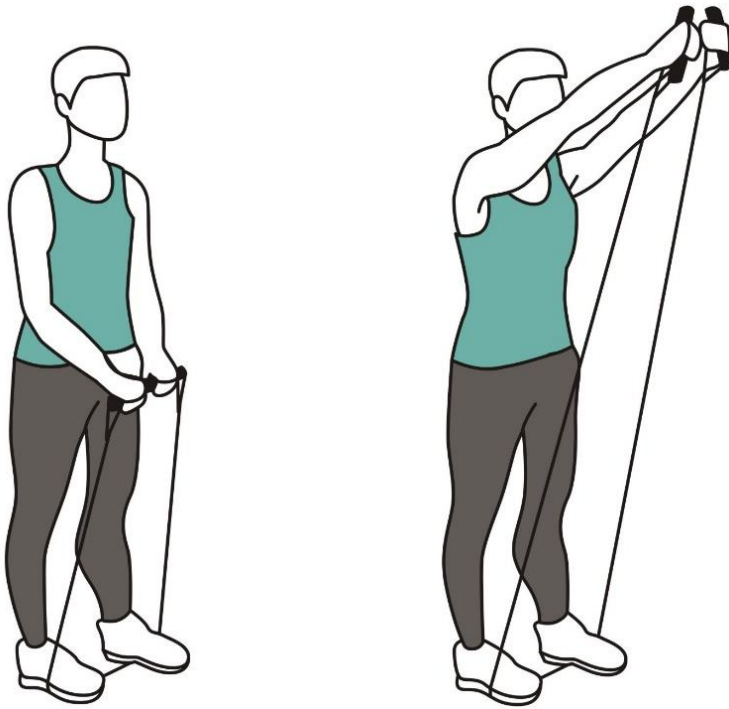
Stand in the middle of the band with feet shoulder width apart. Bring the handles up to ear-level, palms facing up. Push the handles up until your arms are fully extended.

## #24 Lateral Raise



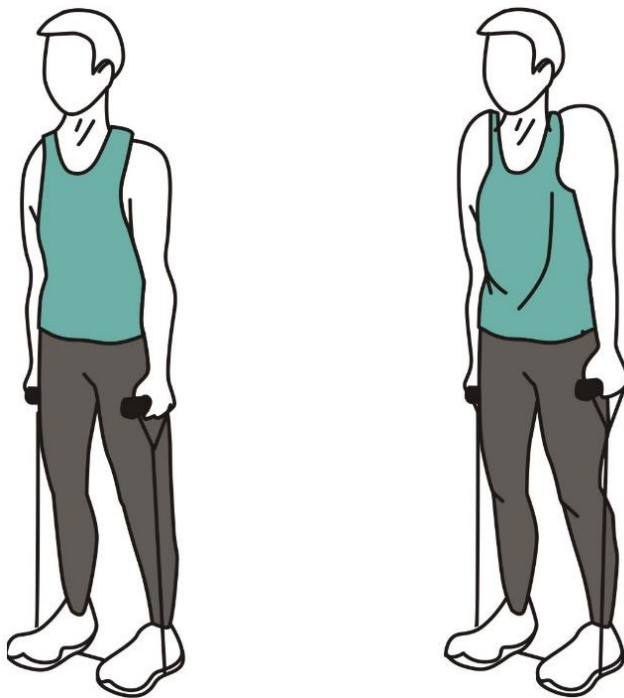
Stand in the middle of the band, feet close together, hands at your sides. Keeping your arms straight, lift your hands as high as possible and hold for a second.

## #25 Front Raise



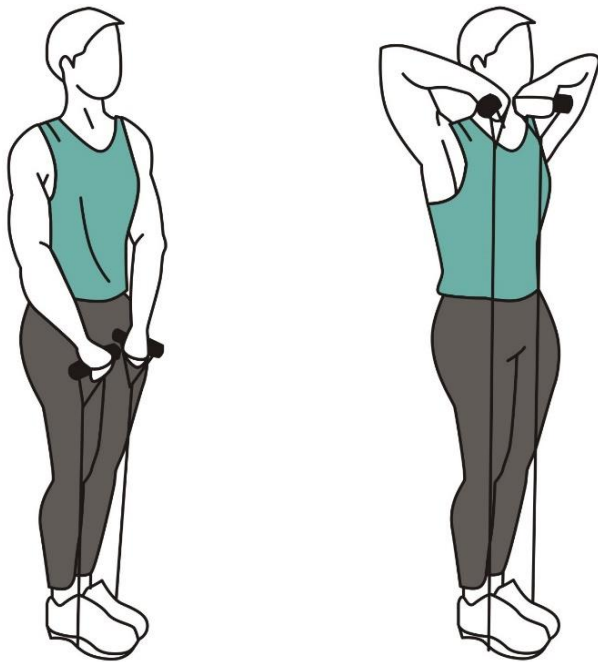
Same as in the lateral raise, except this time you lift your hands forward. You should feel the exercise focused more on the front of your shoulders.

## #26 Shrug



Stand on the band with feet shoulder-width apart. Holding the handles and keeping your arms straight, shrug your shoulders up towards your ears as high as possible and hold briefly.

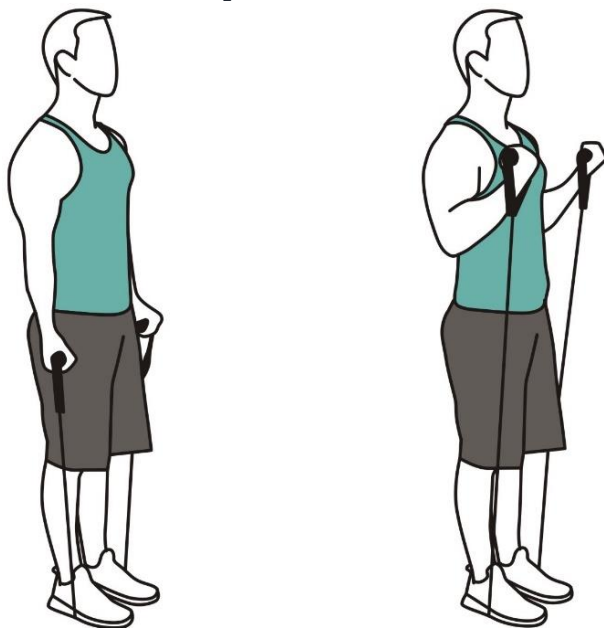
## #27 Upright Row



With feet together, stand on the band and hold the handles in front of you. Now lift your hands up to your chin, keeping your elbows high.

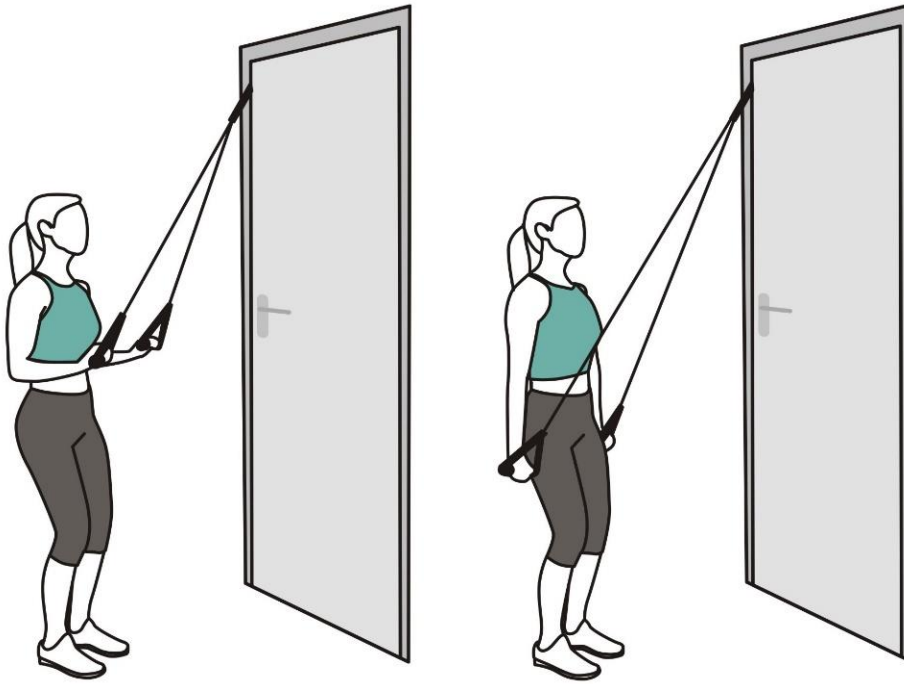
# ARM EXERCISES

## #28 Bicep Curl



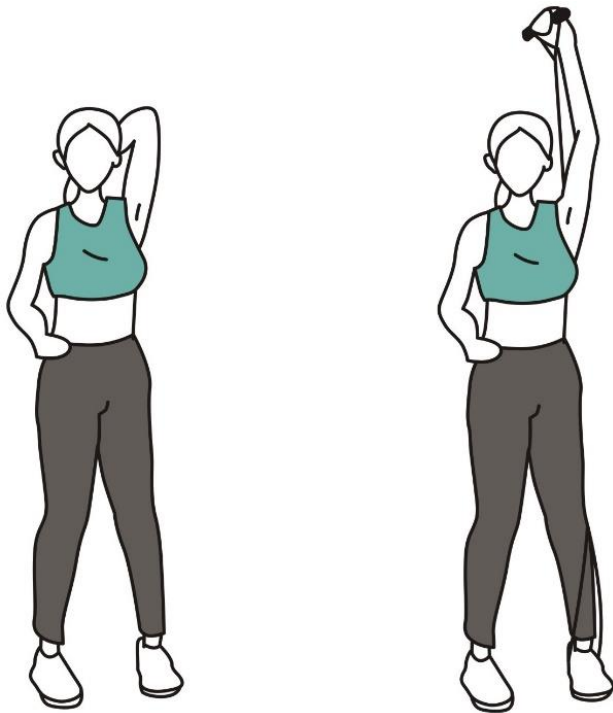
Stand on the band and hold the handles at your waist. Now curl your arms up to stretch the band, using your biceps.

## #29 Tricep Extension



Stand facing the door with the anchor high up. Brace your elbows close to your sides and hold the handles in front of you. Pull the band downwards using your tricep muscles, without moving your elbows.

## #30 Overhead Tricep Extension



Hook the band around one foot and hold both handles in one hand behind your neck, elbow pointing up. Without moving your elbow, pull the handles up until your arm is fully extended overhead.