

THE RESISTANCE TUBE BAND



FITNESS SOLUTION



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Disclaimer

The application of any of the advice, suggestions, recommendations or exercises presented in this guide are at the user's discretion and sole risk. The exercises, including warm ups, are intended for people in good health. If you have any sort of medical condition, you should consult a doctor before beginning an exercise program.



Introduction

Congratulations on your Fit Simplify Resistance Tube Band purchase. Resistance Tube Bands are a great way to get your body used to exercising against a resistance.

Not only do they allow you to achieve a great all body workout, but you are able to do so cost effectively and conveniently. Now that you've got a full set of resistance tube bands, you'll always have your gym on hand. And your bands are so compact and portable they they'll fit snugly into the corner of your travel bag.

Resistance tube band training is a great introduction to working your muscles for beginners. But it also has some major benefits for intermediate and advanced trainers. Resistance tube bands uniquely make use of dynamic tension resistance. This means that there is tension on the muscle all the time, unlike when using weights.

Tube bands are also perfect for those times when you just can't get to the gym or when you're traveling.

In this guide we'll explain just why training with resistance bands is so effective. Then we'll go on to show you the technique tips to maximally benefit from your resistance bands.

We've also got 16 great exercises to provide you with a total body workout designed to build, shape and tone your body.

Armed with this guide and with your resistance bands in hand, you have everything you need to create your new look body.



Safety First

Before beginning this or any exercise program you should consult your doctor. Be sure to thoroughly warm up and cool down before and after exercise. If you feel any pain, sharpness of breath or other discomfort you should stop exercising immediately and seek medical advice.

It is not advisable to exercise on an empty stomach. A small carbohydrate rich meal 30 minutes prior to exercise will provide the energy you need to power through your workout.

Always inspect your Resistance tube bands before use. If you notice any defect, do not use the band.

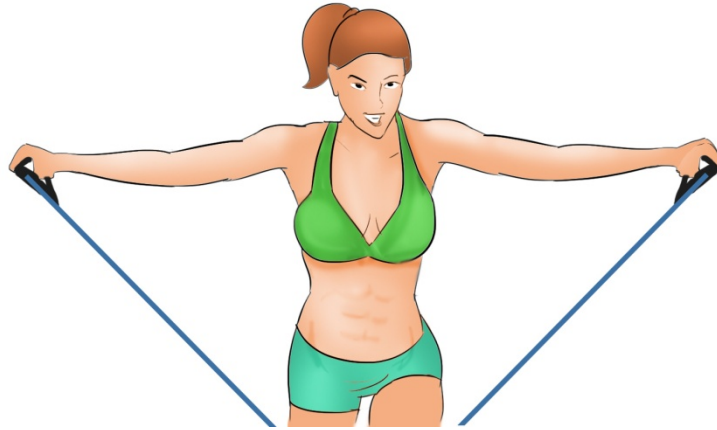
You should wear shoes when exercising with your bands.

Never wrap your tube bands around a sharp object, wood or the knurled portion of a barbell.

Your Fit Simplify Resistance tube bands are constructed of 100% natural latex. They are 99.99% free of latex allergens. However, some people may suffer from an allergic reaction to latex. You should always wash your hands before and after using your bands. Try not to touch your face when you are using them.



The Beauty of Resistance Bands



Resistance tube bands have had a new lease of life in the fast few years. However, they have been a part of the exercise mix for well over a hundred years. The first bands were developed as hospital training aids for patients and were constructed out of surgical tubing.

Hospitals around the world still rely on resistance bands to rehabilitate patients. They have proven to be a low impact, accessible way for people with injuries and ailments to regain muscle, joint, ligament and tendon strength.

More recently, the general fitness community has come to appreciate the benefits of resistance band training. These include:

- A cheap and effective alternative to a gym membership
- A very portable training option with no set-up time
- Ideal for exercising while traveling
- Provide resistance in both the positive (lifting) and negative (lowering) phases of an exercise
- Provide dynamic tension resistance



Dynamic Tension

When you train with a resistance band, your working muscle is getting resistance all the time because it is fighting against the elasticity of the band. This happens on the way up, in the fully contracted position and on the way down. When you train with weights, there is very little resistance in the contracted position.

Think of the bicep curl. When done with a barbell there is virtually no tension on the muscle in the top position. But, when done with a resistance band, there is a very strong resistance in the top contracted position due to the elasticity of the band. This placing of the muscle under constant tension makes a big difference – it means that you, in effect, getting double the benefit of a barbell exercise.

Continual Variance

Unlike weight training machines, when you train with tube bands you are exercising through a full range of motion with a modulating resistance. This is because the elasticity of band varies over the course of the exercise.

Let's take the example of the bicep curl gain. As you curl the band up by bending at the elbow, the resistance is constantly changing as the band stretches. This is forcing the bicep muscle to work harder.

In contrast, when you train with a barbell, dumbbells or weight machines, you have a set weight to work with. The maximum effort will take place when your bicep is angled at 90 degrees. Once you get beyond this point, the resistance level will decrease and the muscle will not be worked as effectively.



Here are some other advantages of resistance bands over traditional weight training equipment . . .

- ✓ You don't have the potential for momentum that comes with barbell and dumbbell training
- ✓ You are not limited by the frame and sizing of an exercise machine
- ✓ You can simulate sports specific exercises with a resistance band that you cannot do with barbells and dumbbells
- ✓ Resistance bands can be used by people of all ages and abilities, including people with arthritis problems
- ✓ Simplicity of use – there are no weights to change or machine settings to organize
- ✓ There's no risk of dropping a weight on your foot!



Getting to Know Your Resistance Bands



Your Fit Simplify Resistance Tube Band system includes the following items:

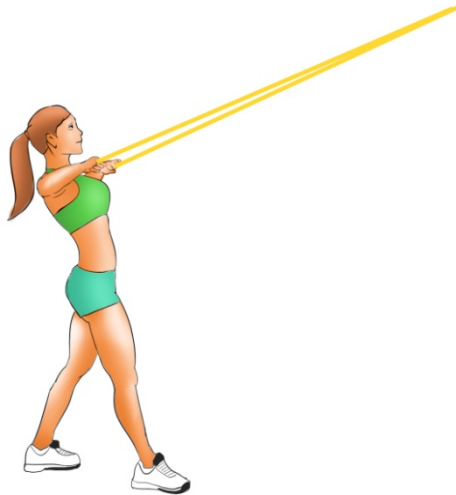
- 6 48-inch long resistance bands in the following strengths:
 - 2-4 lbs (Yellow)
 - 4-6 lbs (Blue)
 - 10-12 lbs (Green)
 - 15-20 lbs (Black)
 - 25-30 lbs (Red)
- Two soft cushioned foam handles
- A door anchor
- A carry bag
- An ankle strap
- An exercise guide

Your Fit Simplify Resistance Tube Bands are 48 inches long. They are constructed of high quality natural latex rubber.

The handles allow you to stack more than one band as you perform an exercise. This means that you are able to combine bands to increase the resistance. By doing so have a potential maximum weight of 75 pounds.



Becoming a Resistance Band Pro



Train Smart

Over-training is rampant today. People have latched on to the more is better mantra at the expense of their body's recuperative ability. This is often the case when they get a new piece of training equipment. They are so excited with it that they thrash their body by over using it.

This is a good way to get you into an unproductive state of over training. It is also a good way to bring on an over use injury.

The key to success with your resistance bands is start slowly and progressively increases your workout time and the moves tat you are doing on it. Resistance bands present a challenging new type of workout. Don't try to run with your resistance band workout before you can walk.

Maintain a Neutral Spine

The neutral spine position is the 'go to' torso alignment for most exercises that you do. You need to be in neutral spine at al times when you're training on the resistance band.



Here's how to ensure that you are in a neutral spine position:

Stand upright with a straight line running from your tail bone, through your upper back in between the shoulder blades and the back of the head. There should be a slight natural arch in the neck and lower back. Do NOT over exaggerate this arch. The chest should stick out, with the head remaining in line with the back.

Check for a neutral spine by standing with your back up against a wall and your feet 6-12 inches away from the wall. If your spine is neutral, there will be only three points of contact – the butt, shoulder blades and back of the head.

Focus on the Target Muscles

You need to be connected to the muscle that you're working, feeling each contraction and getting the maximum extension on every rep.

You need to train your mind to engage with the muscles of your core. By doing so you will be developing your proprioception system and developing automatic core engagement through the process of muscle memory.

Be Patient

When you begin using resistance bands, you go through a learning curve. It takes some time for your body to adapt to this type of training. You need to get used to this type of training before you can really start seeing results.

Don't rush your resistance training. So long as you are progressive and regular, you will see solid results.

Don't Hold Your Breathe While Training

Deep diaphragmatic breathing is the best way to fully engage the core.



Focus on Quality of Movement

Your form is crucial when you're working out with the resistance bands. Never sacrifice form for reps. Remember it's not practice that makes perfect – it's perfect practice that makes perfect.

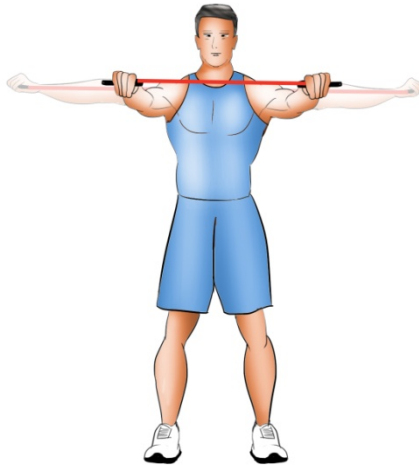
Be Progressive

The key to making progress is to keep your exercises challenging. As you get stronger with an exercise, it will become easier to perform. This is the time to make it harder. You can do this two ways . . .

- (1) Perform more repetitions.
- (2) Add more resistance – do this by clipping two bands onto the handles.



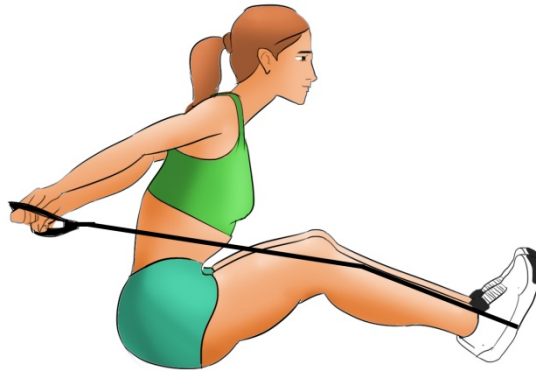
Resistance Band Training Tips



- Do not stretch a band over double its original length.
- When gripping the handles, fully enclose your fingers around the handles.
- Make sure that your body is firmly set before each exercise.
- Always maintain a neutral spine position which involves tightening your core and pulling your lower back in slightly.
- When doing standing exercises, your feet should be shoulder width apart and slightly turned out.
- Never round your back when performing an exercise.
- When performing an exercise, isolate the working muscle group. Do not swing or use momentum to complete the exercise.
- Always wear shoes when using a resistance band.
- When placing the handles under your foot, make sure that it is fully on the foot, sitting across the mid-sole.
- Always exercise through a full range of motion.
- Perform the negative (lowering) part of the rep more slowly than the positive (lifting part). Take 1-2 seconds to lift and 2-4 seconds to lower.



Warming Up



When people talk about warming up, they often don't realize how literally this should be taken. Exercise causes oxidation in the muscle cell, which is a form of burning. So, when you exercise a muscle, the temperature rises and the ability of the muscle to forcefully contract becomes greater.

Warming up also pumps fresh, oxygenated blood to the area, raises the blood pressure and increases the heart rate. In addition, it helps to prevent the body from becoming over stressed, prepares it for the demands to come and reduces the chance of injury, such as a sprain or strain.

From the above you can see how vital warming up really is. If you are working out first thing in the morning, warming up is even more urgent. Still, most people don't do it. They just jump straight into the workout. You need to be smarter than that.

Start your warm up with running on the spot for two minutes. After a 30 second general jog, go to high knees for 30 seconds, where you hold your arms out parallel to the floor and then attempt to bring your knees to your palms. Next do 30 seconds of butt kicks. Attempt to connect your heels to your glutes. Finish with a final 30 seconds of general jogging.

You are now ready to do some dynamic stretching. Even though you are specifically working your arms, your warm up should involve your entire body.



Begin with **shoulder rotations**. Simply swing your arms windmill fashion with your elbows locked, 5 front and 5 back.

For the chest and upper back, perform **flies** by starting with your arms extended out in front of you with elbows locked. Bring the arms out to the sides until they are perpendicular to your torso. Do 10 of these, focusing on contracting and extending the pecs and lats.

To warm up the muscles of the core, perform **twists**. Start with arms extended in front of you, then twist the body to the right as you bring your arms around to that side. Focus on the movement of the intercostals at the side of your waist. Do five twists to each side.

Pelvic circles will thoroughly engage the pelvic area. With hands on hips and feet shoulder width apart, perform exaggerated circles with the hips, going in each direction 5 times. Keep you legs straight throughout this movement.

Perform 5 **Deep Knee Squats** for the quads and glutes. With your arms directly out in front of you, and your back arched, lower yourself into a full squat. Look up throughout this movement.



The Exercises

Door Anchor Instructions

- 1) Open the door and place the thick end of the anchor through door on the hinge side.
- 2) Close the door, leaving the thin open ended side of the anchor hanging through the door at your required height. Make sure to pull on the anchor to ensure it is safely secured.
- 3) Slide handle through the anchor opening until both sides of your bands are equal to do exercises.

1 Standing Chest Press (Anchored)

- 1) Place anchor at midpoint of your door.
- 2) With your back to the door, grab handles with each hand.
- 3) Stand 1-2 feet from the door. One foot behind the other in a staggered stance.
- 4) Elbows should be bent, with hands just below shoulder height with your palms facing down.
- 5) Stand tall and feel your core engaged.
- 6) Take a deep breath, then exhale and press both your arms forward until fully extended.
- 7) Inhale and return to the starting position with your elbows pulled back
- 8) Repeat for desired number of repetitions





2 Standing Decline Chest Press (Anchored)

- 1) Place anchor at midpoint of your door.
- 2) With your back to the door, grab handles with each hand.
- 3) Stand 1-2 feet from the door. One foot behind the other in a staggered stance.
- 4) Elbows should be bent, with hands just below shoulder height with your palms facing down.
- 5) Stand with your torso slightly forward and feel your core engaged.
- 6) Take a deep breath, then exhale and press both your arms forward at a downward angle until fully extended.
- 7) Inhale and return to the starting position with your elbows pulled back.
- 8) Repeat for desired numbers of reps.





3 Chest Fly (Anchored)

- 1) Place anchor at midpoint of your door.
- 2) With your back to the door, grab handles with each hand.
- 3) Stand 1-2 feet from the door. One foot behind the other in a staggered stance.
- 4) Stand tall and feel your core engaged.
- 5) Extend your arms laterally at shoulder height with elbows slight bent and palms facing forward.
- 6) Take a deep breath, then exhale as your bring your arms together.
- 7) Inhale and return to the starting position.
- 8) Repeat for desired numbers of reps.





4 Standing Back Row (Anchored)

- 1) Place anchor at midpoint of your door.
- 2) Face door and grab 1 handle in each hand
- 3) Step back with your arms fully extended until you feel slight tension in your bands.
- 4) Engage your core
- 5) Start with a deep breath and exhale as you pull your elbows back. Bring hands to your rib cage and feel your shoulder blades squeeze together.
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





5 Standing Biceps Curl

- 1) Place your feet hip width apart on midpoint of the band.
- 2) Stand tall with 1 handle in each hand and engage your core
- 3) Lock your elbows against your rib cage and relax your shoulders
- 4) Take a deep breath, exhale and bend your arms forward. Bring your palms to the front of your shoulders
- 5) Inhale and return to the starting position.
- 6) Repeat for desired numbers of reps.





6 Standing Overhead Triceps Extension (Anchored)

- 1) Place anchor at top of door
- 2) With your back to the door, grab handles with each hand.
- 3) Extend your arms above your head. Your inner arms should be pressed against the side of your head. Fold handles behind head and step away until you feel some slight tension.
- 4) Stand with your torso slightly forward, with your core engaged.
- 5) Take a deep breath. Exhale and fully extend your arms upward.
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





7 Shoulder Press (Anchored)

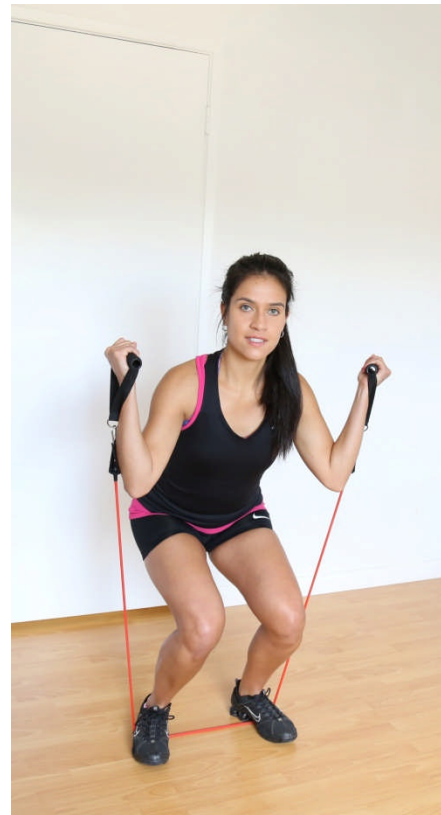
- 1) Place anchor at the bottom of your door.
- 2) With your back to the door, grab handles with each hand and raise them to shoulder height. Your elbows should be pointing to the side.
- 3) Take 1-2 steps from the door, one foot behind the other in a staggered stance.
- 4) Stand with torso slightly forward and engage your core
- 5) Start with a deep breath, exhale and push both of your hands upwards
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





8 Squat

- 1) Place your feet hip width apart on midpoint of the band.
- 2) Lock your elbows against your rib cage and relax your shoulders. Bring your hands to shoulder level with palms facing forward.
- 3) Stand tall with your core engaged.
- 4) Inhale and push your hips down and back, like you are sitting down.
- 5) Keep your chest lifted and feel the body weight in your heels. Knees should be lined up with your ankles.
- 6) Exhale and press up back up to the starting position.
- 7) Repeat for desired numbers of reps.





9 Pull Through (Anchored)

- 1) Place anchor at midpoint of your door.
- 2) With your back to the door, straddle the band with your feet hip width apart.
- 3) Grab the handles, with one in each hand between your legs.
- 4) Take 1-2 steps from the door and bend at the hips and knees. Lower your torso to a 45 degree angle to the floor.
- 5) Keep your chest lifted with your back straight and core engaged
- 6) Take a deep breath, exhale and thrust your hips forward while raising torso to a standing straight position.
- 7) Inhale and return to the starting position.
- 8) Repeat for desired number of reps





10 Lunge

- 1) Place your right foot on the middle of the band. Grab one handle in each hand
- 2) Lock your elbows against your rib cage and relax your shoulders. Bring hands to shoulder level with palms facing forward
- 3) Step 1 foot back with your left foot so that your heel naturally lifts up
- 4) Stand tall with your core engaged
- 5) Take a deep breath and lower your hips toward the floor. Bend your left knee until it's a few inches off the floor.
- 6) Exhale and return to the starting position. Make sure to press the right heel into the floor as you rise.
- 7) Repeat for desired numbers of reps and then switch sides.





11 Lateral Walk

- 1) Place your feet hip width apart on midpoint of the band.
- 2) Lock your elbows against your rib cage and relax your shoulders. Bring your hands to shoulder level with palms facing inward.
- 3) Stand tall with your core engaged.
- 4) Start with a deep breath. Exhale and step to your right side leading with your right heel.
- 5) Inhale and return to the starting position.
- 6) Repeat for desired numbers of reps.





12 Standing Calf Raise (Anchored)

- 1) Place anchor at the bottom of your door.
- 2) With your back to the door, grab handles with each hand. Place your feet hip distance apart.
- 3) Lock your elbows against your rib cage and relax your shoulders. Bring your hands to shoulder level with palms facing forward.
- 4) Stand tall with your core engaged.
- 5) Take a deep breath. Exhale and lift your heels off the floor and feel the weight shift to your toes.
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





13 Abdominal Crunch (Anchored)

- 1) Place anchor at the bottom of your door.
- 2) With your back to the door, lay on your back with your knees bent and feet flat to the floor. Your head should be 1-2 feet away from the door.
- 3) Grab handles with each hand.
- 4) Put your hands by your head, with your elbows bent and pointing forward.
- 5) Take a deep breath, exhale and lift your shoulders and upper back off the floor.
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





14 Standing Front Raise

- 1) Place your feet hip width apart on midpoint of the band.
- 2) Grab the handles with each hand with your arms straight and palms facing back.
- 3) Stand straight and engage your core
- 4) Take a deep breath, exhale and raise your arms in front of you to shoulder height.
- 5) Inhale and return to the starting position.
- 6) Repeat for desired numbers of reps.





15 Standing Lateral Raise

- 1) Place your feet hip width apart on midpoint of the band.
- 2) Grab the handles with both hands with your arms slightly bent and palms facing in.
- 3) Stand straight and engage your core.
- 4) Take a deep breath, exhale and raise your arms to your sides at shoulder height.
- 5) Inhale and return to the starting position.
- 6) Repeat for desired numbers of reps.





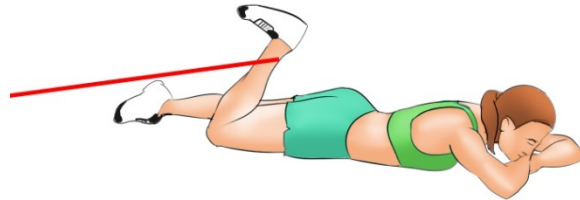
16 Post Delts (Anchored)

- 1) Place anchor at the top of your door.
- 2) Stand 1-2 feet away facing door, with your feet hip width apart.
- 3) Grab handles with both hands, with your arms slightly bent and palms facing in.
- 4) Stand straight and engage your core
- 5) Take a deep breath, exhale and pull your arms back, making a "T" position.
- 6) Inhale and return to the starting position.
- 7) Repeat for desired numbers of reps.





Your Workout Program



Now that you've got a full complement of exercises to perform with your resistance bands, you are able to combine them into a full body workout to get you fitter, stronger and leaner.

The following program should be followed for six weeks.

Rest between each set for 30-45 seconds.

Remember to increase the intensity of the exercise as you get stronger by either adding more repetitions or adding a second band to increase the amount of resistance.

Perform the workout three times per week with a day's rest period between each session. Monday, Wednesday and Friday works for many people. On the weekend be sure to engage in some physical activity like playing sport or going for a walk.



The Workout

Standing Chest Press - 4 sets of 10 reps

Squats – 3 sets of 15 reps

Pull Through – 3 set of 10 reps

Standing Back Row – 3 sets of 10 reps

Standing Lateral Raise – 2 sets of 10 reps

Standing Bicep Curls – 2 sets of 10 reps

***Standing Overhead Triceps Extension (Anchored)
– 2 sets of 10 reps***

Standing Front Raise– 2 x 10 reps

Abdominal Crunch (Anchored) – 2 x 10 reps



Final Word



Congratulations

You now have a complete physical blueprint to getting fit, building muscle and strength and leaning out. All you need to do now is to live the plan.

Remember, the key is consistency . . .

After just a few weeks, you'll more functionally fit, allowing you to perform your daily activities with ease. And you will have changed the shape of your body. The soft, out of condition you will have transformed into a lean and strong reinvention of yourself.

You'll be fitter, better and stronger.

Good luck!