

Resistance Training Made Simple

Prepared for: T.U.C.K

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Introduction: Most adults experience a decrease of approximately 5-7 pounds of muscle tissue per decade. This loss closely parallels a 2-5% decrease in resting metabolic rate and the associated weight gain of 10 pounds per decade. Physiologists now agree that weight training is the true fountain of youth by maintaining critical muscle tissue, an ideal body weight, healthy bone density and good posture. The benefits of regular resistance training are substantial and well-documented. Exercise is medicine!

Benefits of Strength Training:

1. Add 3 pounds of lean tissue weight after 8 weeks of strength exercise (Westcott, 1995)
2. Three pounds of additional lean weight is associated with a 7% increase in RMR (Campbell, 1994)
3. Lose 4 pounds of fat weight after 3 months of strength exercise, while eating 15% more calories (Campbell, 1994)
4. Increase BMD after 4 months of strength exercise (Menkes, 1993)
5. Increase glucose uptake 23% after 4 months of strength exercise (Menkes, 1993)
6. Increase gastro-intestinal transit time 56% after 3 months of strength exercise (Koffler, 1992)
7. Reduce blood pressure after 2 months of strength exercise (Harris, 1987, Westcott, 1995)
8. Improve blood lipid levels after strength training (Stone, 1982, Hurley, 1988)
9. Reduce low back pain after 10 weeks of specific strength exercise (Risch, 1993)
10. Reduce arthritic pain after strength training (Tufts, 1994)
11. Reduce risk of injury

Program Design:

- Begin with an easy walk for approximately 5 minutes to warm-up
 - ◆ Perform All Resistance exercises w/ minimal rest
 - ◆ Complete 1-3 sets of each exercise depending on how much time you have.
- Then complete a 5 minute easy cool down walk and a stretch

The best resistance training equipment for workout is exercise tubing and gliders. For information on where to get equipment please feel free to contact me at the address below.

A couple guidelines to remember before performing the circuit workout:

1. Always control the band/tubing, especially during the return phase of any movement. Never let the band/tubing snap back into its original position. Instead slowly return to the starting position of any movement and always keep a bit of tension on the band/tube – this will keep tension on your muscles and provide better results.
2. Train with the appropriate resistance. It's very easy to modify your intensity when using tubing or bands. For example, if you are performing a standing row with the tube attached around a pole and you need to make the exercise more intense, you can just step a bit back from the pole which will offer you more resistance. If you want to make the exercise easier, step closer to the pole to reduce the resistance. If stepping on the tube and you want to make the exercise more challenging, make your stance wider; if you want to make the exercise easier, use a narrow stance. You can of course also use different tensions (colours) of tubes to intensify any exercise. One of the beauties of working out with exercise bands/tubing is how easy it is to modify movements.
3. Always inspect the tubing before each use for nicks and tears that may arise from continued use. Avoid prolonged exposure to sunlight and salt or chlorine treated water.
4. Never stretch the exercise tubing beyond 3 times its normal resting length.
5. When using a door strap, be sure it is secured prior to performing each exercise.
6. It is a common error to bend the wrist when using tubing so always make sure that your wrists are in neutral position.
7. Set your posture before any exercise. This means abdominals contracted, chest up and out and shoulders back.
8. If you can't perform 8 reps, the resistance is too challenging. If you can perform 20 reps with perfect form, it's time to increase the resistance. For example, you may use a more challenging tube, a wider stance, or step further from the pole/partner etc...

Here's a Sample Program:

Warm-up

Power-Walk for 5 minutes

Perform Mid-Row: (Mid Back muscles)

1. Anchor tubing at about shoulder height. (pole or partner)
2. Grasp handles, back away from anchor until arms are fully extended.
3. Start with arms fully extended in front of you with palms facing inwards.
4. Slowly pull the tubing, leading with your elbows, driving them backwards. As you're rowing backwards, pinch your shoulder blades together and towards the ground.
5. Slowly return to the starting position.
Complete 1 set of 8-20 reps.

Progressions: Add gliders or try adding a squat, lunge or balance on one leg.

Perform Resisted Squat: (Entire lower body)

1. Start by standing on the exertube with your feet between hip and shoulder width apart while holding the handles at your shoulders.
2. Start by slowly squatting backwards while keeping your kneecaps pointing forwards - avoid allowing your knees to collapse inwards. Try to keep your weight equally distributed on all 4 corners of your feet - avoid allowing your arches to collapse inwards.
3. Lower until your upper thighs are parallel to the floor or to a comfortable position. You'll notice that your upper body will come forward slightly while your buttocks travel backwards. Now slowly extend back up.

Complete 1 set of 8-20 reps.

Progressions: Squat with an alternating leg lift or try a sliding squat with adduction.

Power-Walk 5 minutes

Perform Chest Press (Chest, Shoulders, Triceps)

1. Anchor tubing around a pole at about shoulder height.
2. Grasp handles, turn your back away from the pole and step away until there is resistance on the tubing.
3. Start with arms bent at 90 degrees, at shoulder height, and palms down.
4. Slowly press your arms forward until they are fully extended with wrists right in front of your shoulders.
5. Slowly return to the starting position.

Complete 1 set of 8-20 reps.

Progressions: change BOS / add movement, such as a forward lunge or semi squat with leg extension.

Standing Side Leg Lift: (Outer Thigh Muscles)

1. Hold the handles in each hand and then step on the tube with feet about shoulder width apart
2. Maintain perfect upright posture while lifting one leg straight to the side. Try not to lean into your supporting leg.
3. Slowly return to the starting position. Alternate Legs

Complete 1 set of 8-20 reps on each leg.

Progressions: try traveling side to side, could anchor and do one leg at a time.

Power-Walk 5 minutes

Reverse Shoulder Flies (Rear shoulders)

1. Anchor tubing to door at about shoulder height.
2. Grasp handles, back away from the door until arms are slightly extended.
3. Start with arms in front of you with palms facing inwards.
4. Keeping your arms straight with your elbows only slightly bent, slowly pull the tubing, leading with your elbows, driving them backwards.
5. Slowly return to the starting position.

Complete 1 set of 8-20 reps.

Progressions: try balancing on one foot, or perform a semi-squat with an alternating knee lift.

Resisted 1-leg Knee Dip

1. Hold both ends of the band, then stand on the middle with one foot.
2. For more resistance, rest the handles over your shoulder.
3. Now slowly stand on the one supporting leg. Once you have your balance, slowly bend the knee into a mini-squat and then return to the starting position.
4. Repeat 8-20 reps on each leg while trying to maintain perfect balance.

Power-Walk 5 minutes

Lateral Shoulder Raise (Shoulders)

1. Grab the tubing handles. Stand with both feet on your exercise tube with both feet positioned in a narrow, side-by-side stance. (note: to make the exercise easier, stand on the tube with only one foot)
2. Raise your arms upward to shoulder height with your elbows slightly bent. Avoid lifting higher than your shoulders to minimize risk to your shoulders.
3. Lower slowly to the starting position. To target your medial deltoid to a greater degree bend slightly forward.

Complete 1 set of 8-20 reps.

Progressions: this exercise is fairly challenging already, you could try anchoring and add a side squat.

Overhead shoulder press (Shoulders, Triceps)

1. Wrap the exercise tube underneath the seat of a chair.
2. Grab the handles, position both arms at about shoulder height with elbows bent to 90 degrees. Slowly extend both arms overhead and then return to the starting position.

Complete 1 set of 8-20 reps.

Progressions: try a semi-squat and press.

Bicep Curl (Front of the arms)

1. Grab both handles and stand on the tube with feet about shoulder width apart.
2. Fix your elbows at your waist.
3. Keeping the upper arms stationary by stabilizing the shoulders, bend at the elbow, pulling the tube handles upwards towards your shoulders. Try to avoid having your elbows move forwards or backwards - they should remain at your side.

Complete 1 set of 8-20 reps.

Progressions: try this one supine (on your back).

Tricep Kickbacks: (Back of the arms)

1. Anchor tubing at waist height. (pole or partner)
2. Grasp the tube itself just above where the handles are.
3. Face the pole with your body slightly bent forward.
4. Position your elbows behind your body so your shoulder blades are squeezed together.
5. Your elbows will act like hinges as you slowly straighten your arms backwards. Your elbows should not move out of position
6. Slowly return to starting position.

Complete 1 set of 8-20 reps.

Progressions: this one can also be done standing on one leg but the assumption is the participant has excellent ROM at the shoulder joint.

Power-Walk 5 minutes

Progressions: try this one with a glider and side squat and hip adduction...remember to dig into the floor as you draw the abducted leg back in.

External Rotation (Shoulder)

1. Anchor tubing at waist height (pole or partner).
 2. Stand sideways to the pole and hold the tube handle in your furthest arm.
 3. Position your elbow at your side and bend it to 90 degrees. Keep your upper arm at your side and slowly rotate your forearm away from your body.
- Complete 1 set of 8-20 reps each arm.

Trunk Rotation (Abdominals/Back)

1. Anchor the tube between thigh and waist height.
 2. Stand sideways to the pole or partner holding the tube both hands standing far enough so there is tension on the tube.
 3. Root down through your legs, feet hip width apart, arms strong, twist from the waist minimize movement in the hips. Keep your abdominals contracted and slowly pull the tube across your body in an upward motion as your trunk rotates outwards.
- Perform 8-20 reps each side.

Progressions: change the angle of pull by moving the height of the anchor, integrate the movement to incorporate the entire body...i.e. shot puts w/ squat and lunge and woodchoppers.

Cool-down

Note: The above workout by no means exhausts the options for exercising with a dyna band or resistance tube. There are numerous other exercises. Please feel free to contact me to set up additional workshops.

Thank you for your participation, interest and attention.

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