

Tubing for Two



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1. Why Tubing?
 - More durable than bands
 - Better to hold handles than grip the ends of bands
 - Easy storage, portability
 - Resistance on both eccentric and concentric contractions
 - They come in different strengths.
2. Why Partners?
 - Introduces a 'fun' element with some variety as well
3. Resources
 - www.idealift.com
 - Page, Ellenbecker: **Strength Band Training**, Human Kinetics
 - **The Great Stretch Tubing Handbook**, Productive Fitness Products Inc.
4. How the exercises are presented:
 - They are presented in random order. Something for most muscle groups.
 - Teaching cues are included.
 - Suggested reps and sets **not** included.
 - Suggest partners choose someone of approximate height and similar strength ability.
 - Music is an option. If using music suggest a slower beat, below 125 bpm.
 - For some of the exercises, one person is 'holding' and the other 'working.'
 - When working with tubing, remember to encourage resistance both ways and avoid allowing elastic to go 'slack.'

The Exercises:

1. **Squat and high bicep curls:** Stand facing partner. Each partner holds one handle of his/her tubing and one handle of partners. Arms straight out, palms of the hands facing up, shoulders down. Squat and do a high bicep curl.
2. **Reverse lunge and Row back:** Same position as above, except elbows bent and held at hips. Palms of the hands face up. Each partner steps back right, (lunge) and rows back. Either repeat or alternate legs.
3. **Lunge and Victories:** Facing partner, each with right foot in front. Each partner has the tubing under their own front feet near where one handle is, then, cross the elastic and partner holds each others' handles. Go up on back toes and lunge while performing a victory with elastic.
4. **Sumo Squat and Chest flys:** Facing partner. Each partner has his own elastic and is holding his own handles, but they are crossed with their partners' elastic. In a wide stance, squat and perform chest flys.
5. **Squat and Box:** (1 elastic between 2) One partner holds the handles and turns his/her back on his partner. The Back partner holds the middle part of the elastic in two hands. The Back partner squats, keeps arms straight with elastic the width of the working partners' shoulders. The front partner boxes with the elastic.
6. **Victory and straight arm pull back:** Facing partner, each person holding their handle in one hand and the handle of the partners' elastic in the other hand. Elastics crossed in middle. One partner with right hand pulls up, (victory) while the partner pulls down and back. Other arm does the opposite. Squat easier, lunging more difficult.
7. **Throwing:** Both partners have backs to each other, one elastic handle in left hand.



8. **Assisted Sit back and Row back.** (1 elastic between 2) One person sits on mat holding the middle of the elastic, while the other person is standing in a squat holding the handles. The partner sitting down, sits back so that elbows touch mat, and then sits up and standing partner rows back.

9. Chest press and upright row: (1 elastic between 2) One person is behind and one in front facing away from partner. The one in front has the handles and the one in back the middle of the elastic. The one in front does a chest press, followed by the one in back doing an upright row. (timing is everything!) Similar to a Railcar.

10. Oblique crunch:

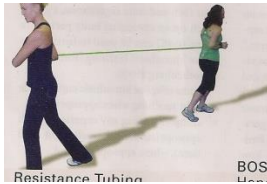


Kneeling with back to partner. *One elastic or two*, hold handles in one hand as in picture.

10. Side planks with row back.



11. Rotation exercises with partners: i) Horizontal wood chop:



ii) Golf Swings: One person faces sideways and the other faces their partner. (This second person is maintaining a squat while the other works.) Each holding a handle of one elastic. Assume golf stance, from take-back position, accelerate hands against band resistance to contact point. Return slowly.

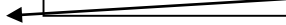
iii) Golf Swing take back: Working person faces the other way.

iv) Rotations facing partner:

12. Adding a body bar:



Partner 'B' stands behind holding tubing.



13. Adding a stability ball or fit disc:



14. Balance training and Tubing:



15. "Covered" Tubing with partners:



i) Resistance Running

ii) Slingshot



iii) Walking lunges and 'Pull.'

16. A Tabata Training class exercise using Tubing and partners: “the Tabata Protocol, by Izumi Tabata: High Intensity strength training.

Warm-up: 10 minutes:

The Class: 8 minutes: One person will ‘hold’ for the 4 minutes while the other person does the training.

Exercise #1: 20 sec. Squat and pull back

Exercise # 2: 20 sec. The Swimmer and Pull back, straight arms

Exercise # 3: 20 sec. Rotation, 1 side, like a boxer, holding two handles

Exercise # 4: 20 sec. Rotation, other side

Exercise # 5: 20 sec. Punch with whole body

Exercise # 6: 20 sec. Punch with other foot in front.

Exercise # 7: 20 sec. The Swimmer and Pull back, straight arms

Exercise # 8: 20 sec. Squat and Pull back

(You could repeat these above to add another 8 minutes; Create your own or add a different type of movements or you could lead the students through a mid tempo workout.)

Cool down and Stretch: