



THE “TUBING QUEEN’S” 30TH ANNIVERSARY WORKSHOP #642

Presented by: Aileen Sheron

Introduction

Bands are tremendously versatile and can be used for all kinds of resistance training, as well as cardio, balance and flexibility exercises. We will explore how to create combinations with a limitless variety of both functional and traditional exercises. Learn how to optimize anchoring, placement and line of pull to provide different approaches to the targeted muscles, then throw in a variety of speeds, rhythms and positions to keep things interesting and challenge the entire body. From concentric to eccentric, dynamic to isometric exercises, from standing to seated, to all positions on the floor, tubing can really do it all.

The Basics

1. Product variety – Loops, 8s, dynabands, flat elastic bands, door connectors, protective scrunchies, all kinds of handles, surgical tubing, resistance variations, etc.
2. Anchoring of all kinds, safety checks and tips to stay safe.
3. Setting up the anchor, line of pull, proper alignment, range of motion
4. Cueing – external, internal, directional, motivational, movement, body positions, etc.
5. Identifying and correcting poor form
6. Sets and reps, resistance basics, and overloading an area.
7. Demonstrating modifications and showing alternatives for injury or fatigue
8. BPM – Attention to speed, momentum, and working on or off the beat or use of a timer
9. Working with perceived feel, and using it to gauge time under tension

Beyond the Basics

1. Know your anchor points – Range of motion, muscle groups, and posture
2. Smooth transitions and reducing downtime.
3. Single anchor combinations – Reducing injury risk
4. Simple combinations of upper and lower body parts. 3/1, 2/2, 4/1, 3/3 ratios examples.
5. Heavy to light/light to heavy
6. Changing grips – Using one handle, no handles, or both in one hand to change the resistance. Using one foot, two, or no anchor on the feet.
7. Concentric, eccentric, isometric, dynamic exercises
8. Varying rhythms, using holds and speed changes
9. Using both traditional and functional exercises – push, pull
10. Incorporating balance, isometrics, dynamic work, agility, and cardio drills
11. Quick adaptation of exercises to fit the equipment.

Combination I – Set up with tubing under one foot and both hands holding the handles.

- **Rear lunge** – With one handle in each hand, rhythm variations
- **Pectoralis** – In a side lunge, with the arm moving across the body in a low, medium and high arm position. Adjust the tubing until you have the right tension to complete the movement. Can do in standing, kneeling, and floor positions.
- **Sword pull** – Using the opposite arm to anchor, and starting at the belly button, pull the handle up and back beyond the shoulder. Change rhythm and angle to increase strength through range of motion. Slide tubing under the foot so that there is more slack on one side until there is the appropriate tension to complete the range of motion. Can do in standing, kneeling, and floor positions.
- **Core rotation** – Lateral lunge with both handles in one hand, turn away from anchor
- **Biceps curls** – Bilateral on the anterior with balance leg, stepping through the tube, flip hands from palms up to palms down, add arm variations.
- **Iron cross** – Balanced, with hips and feet on the same line, keep pressure on tube.
- **Double arm row** - Step back through and wrap the tube around the handles to create the desired tension. Pull from the knees or lower to the waist, elbows can be close or open from the body, and add rhythm and body position variations. Kneeling position optional.
- **Shoulder press** – Standing or kneeling with one foot anchor, bending low enough, or kneeling to allow for the arms to go overhead. Side plank option.
- **Abduction** – With both feet on tubes, open wide, do leg variations, marching, traveling, divided and hands together, mambo, squat, leg balance, jumping jacks, and plyo.
- **Negative squats** – Holding the tubing static at chest or shoulder hold, dynamic, static, and different ranges of motion.
- **Triceps** – Behind back set up. Single, double, speed changes. Bow and Arrow pull option, stabilizing tubing with one arm. Add triceps kickbacks, to extension, back to pull and use second arm opposing the resistance

Combination II – Set up with band under one foot

- **Triceps** – Anchoring under one foot in sumo position. Overhead extension, change anchor for dips, anchor at the waist for rear delt.
- **Latt pull downs** – Hold tube and lift overhead for anchor, pull with other arm, arm extensions.
- **Core work** – Bending laterally with arm extensions. Add functional and rotational arms.
- **Overhead bilateral reach** – With tube in both hands and slack tightened for proper tension, tube pass from one hand to the other for increased resistance.
- **Lateral side lunge** – Double arm rotation, with legs open very wide and with a stable trunk, punt kick
- Repeat on other side.

Combination III – Set up seated with tube under both feet in wide position

- **Double arm row** – Seated with legs in a wide V position, pull to the back
- **Abduction** – In a seated V position, add side laying and balance. Change grip from double to single handed, stack the legs and work the obliques.
- **Adduction** – Stepping on one side and hooking the tube around heel
- **Chest and fly** – With tubing anchored around one foot, unilateral cable pull
- **Seated V up and down** – Cross anchor around foot, scapula pull with both arms up overhead and low behind back to the rear
- **Triceps/biceps** – Seated and supine
- **Glute lift** – With tubing anchored to the ground, one leg variation, different positions, and isometric hold. One leg side tap downs.
- **Core kick outs** – With tube under one foot and the arms stabilizing the tubing with hands together. Bicycles, double leg extensions. Overhead alternating arm punch with tubing anchored under foot, teeter-totters.
- **Abdominal roll downs** – Obliques, negative abs, supine with the legs perpendicular to the body in an L position, with tube around one foot, and held tight between the feet, anchored to the ground or belly
- **Plank** – Maintaining tube around one foot and anchoring to the ground with hands, variations.

Combination IV – Partner training or anchored

* Note: When you see **H**, it represents the partner holding the tube handles.

Partner Work A – With both partners facing each other, using one or two tubes.

Partner 1

Bilateral row, moving from side to side to created instability for P2 **H**

Alternating overhead arm reach, pressing opposite arm to thigh **H**

Triceps kickback, starting with hands at hips, fully extended behind body **H**

Rear delt pushbacks with dynamic force and isometric hold **H**

Biceps curls to full extension and tilted back, isometric hold and balance **H**

Dynamic upper body work **H**
arm hold

Both sides, up/down, open/closed

Partner 2

One leg balance and isometric arm hold

Change balancing leg

Squats, with elbows on thighs, sumo, frog jumps

Squat balance with heel raise

Seated abdominals with leg hold, add V-hold, and obliques

Side seated core, obliques, with

Partner Work B – With the partner holding the handles now turned 90° to one side, the other, anchoring partner holding one or two tubes.

Partner 1

Side facing unilateral pectoralis with lunge, variations, start with inside arm **H**

Side facing sword pulls with outside arm **H** and hold level

Side facing rotators internal and external **H** taps

Twist away from partner 180 arms overhead between the legs bilateral isometric shoulder hold **H** body

Change grip and turn away 180° from partner, securely shoulder and chest press **H**

Second side end with triceps overhead and iron cross **H**

Core 360s, a full rotation movement, rotating isometric both ways, with shoulders relaxed and toes, (eyes closed), variations bent at the elbow **H**

Partner 2

Rear lunges outside leg, speed balance, double hand hold tubes together

Criss-cross lunges with same leg,

Dynamic lunges switch, stork, toe

Standing abdominal crunch

Knees bent, pushing under the

T-balance on one leg, holding tube with both hands

T-balance second side

Facing partner, balance, plies, both ways, with shoulders relaxed and

Combination V – Stretch. Set up with tubing in hands.

- **Shoulder release** – Over the top with shoulder compression, around the world, with the tubing anchored to the floor and roll under arm, up the back for shoulder mobility
- **Hamstring and rear end** – With tubing anchored around one foot, variations of leg lifts lying on the back, bend and straighten, dynamic work, adductor, IT, square four
- **Hip rotation** – Anchoring the tube at the belly button or chest, circle leg 360 degrees in both directions, pulling tightly on the tubing for increased hip mobility.

Created by Aileen Sheron
2020, 2021, and 2022 IDEA Instructor of the Year Finalist
aileen@aileensheron.com
www.aileensheron.com/