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Workout with the Resistance Cord

By Dirk Spits

Add some variety to your health ball workout with the resistance cord. These cords are great for toning and rehabilitation, and also a lot of fun.

Resistance cords are recognised throughout the world and endorsed by many associations internationally. They are an elastic rubber cord used as a substitute for resistance training, which has been introduced through physical therapy. Recently they have begun to play a vital role in the clinic, fitness centre, sporting and home environments. Resistance Cords are viewed by many as an integral part of rehabilitation, functional training, sports conditioning and other strengthening programs.

Resistance cords can improve strength, muscle activation, range of motion, flexibility and enable the user to replicate a functional or sports specific movement limited only by your imagination. Unlike many machines, the cord allows you to work through more than one plane of motion. The cords can also be used with other products such as mediballs, Ball Webs (pictured) foam rollers, medicine balls, Xercise bars and more.

There are a number of other advantages of implementing Resistances Cords in

exercise:

- They allow gradual progression of exercise and/or program.
- They can be used for both strengthening and stretching exercises. Alternate to the often intimidating environment of a fitness centre.
- Ideal for clients suffering arthritis, are pregnant, older adults or need rehabilitation.
- They're economical. Price range from under \$50.
- They're portable. If you're going on a trip, they'll easily fit into your luggage.
- They're convenient. You don't need special equipment such as benches to position yourself properly.
- They're versatile. There are virtually an unlimited number of exercises you can perform with a resistance cord. You or your physical therapist/practitioner can change your routine around to suit your stage of rehab or fitness level.
- Resistance cords are safe and require minimal supervision. Hence, learning and implementing the exercises is simple enough even for beginners.
- With most exercises the level of impact and stress on joints is also minimised.
- They're easy. A great complement or replacement for weight training for any muscle group needed to be trained.

continuity of a program. Anyone required to travel out of town on short trips, or over the holidays may find they can better facilitate their physical therapy treatment or maintain their physiological goals with the assistance of a resistance cord.

One method often used to develop the level of progression is through increasing the resistance. Resistance cords are graded in strength of elasticity, colour coded and produced in a number of different lengths. Colour is the determinant of the gradient strength or level of resistance that the cord provides.

There are a number of products in the rehabilitation arena similar to the Resistance Cord. They include Therma Bands, Resistance Tubing, Dyna Bands, Resistance Bands, Physio Bands and so on. These products are extremely similar in nature with the main variance being the type of material used, length and accessories such as handles or door attachments that accompany them. Resistance cords can also be used in conjunction with swiss balls and although handles and door attachments can be effective, the AOK Ball Web offers a safer alternative to anchor the resistance cord.

If you have not yet discovered or experimented with the Resistance Cord then you may be pleasantly surprised to experience its capabilities. Like any piece of equipment on the market there is a time and place where you would implement it. However I feel that the Resistance Cord is one piece of equipment that you should try out.

If you are currently undergoing physical therapy please be sure to consult your local Physical Therapist for a Cord and exercises. **F**

Resistance cords can play a major role in the

