

## T.U.B.E.S – The Elastic Resistance Training Tool designed to enable a healthy lifestyle

Elastic Resistance Training (ERT) is ideal for people who live a busy lifestyle, do a lot of traveling, stay at home or want to compliment their existing training routines. It is also an excellent source of activity for seniors, youth and those who are recovering from injury. Exercising is by far, one of the most important things we can do to improve our health and longevity. It is very important to include some form of resistance training in our weekly routines to increase our metabolism and burn off those excess calories!

The Muscle Mechanics behind ERT : As the elastic tube is stretched, the resistance gradually increases, progressively stimulating your muscles. Increasing the resistance by moving further from your anchor point, equates to an increased force acting on your muscles. This increased force against body movement is what resistance training uses to develop lean muscle mass, power, strength and endurance.

Free Weights and Machines result in isotonic exercises and relies on gravity. Generally only upward movements against gravity are possible with free weights, and machines are usually limited to only one exercise. ERT enables many different exercises and the resistance depends on how far it is stretched, You determine the intensity and the resistance. It enables a much wider range of motion (almost any!) whilst simultaneously exercising multiple muscle groups.

Another advantage is the functional training that can be achieved using ERT. Specific sports require the development of specific muscles and ERT enables the correct muscles to be exercised because the movement can be simulated.

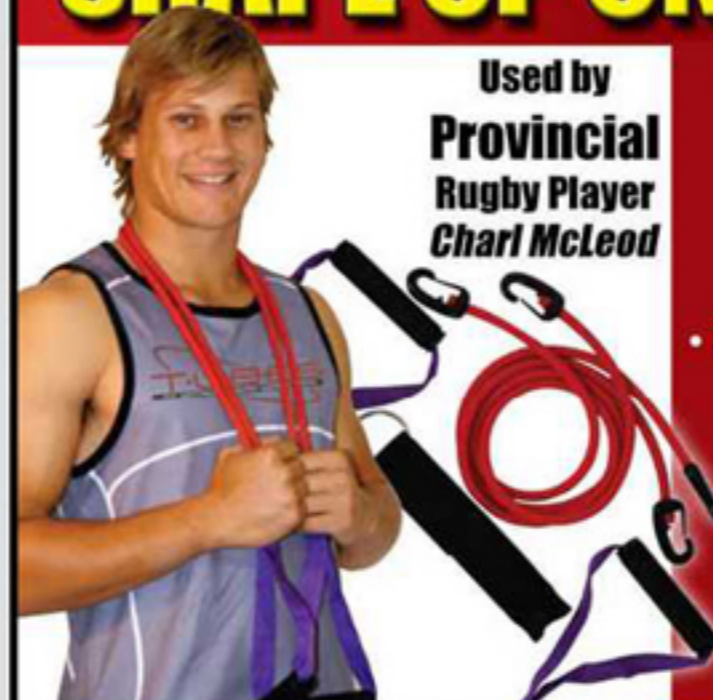
ERT increases balance and coordination more than regular isotonic exercises because of the recruitment of the core muscles as well as the smaller stabilizing muscles thus giving you a more intense/comprehensive workout. This also equates to a higher level of total body functionality.

The biggest advantage of Elastic Resistance Training is that it can be used by ANYONE of ANY FITNESS LEVEL. ERT is also very cost effective, as well as compact and portable so you can exercise while at home, on holiday or at the office!!!

Place your order before 10 February and stand a chance of Winning a luxury weekend away valued at R5000



## SHAPE UP ON THE MOVE



Used by  
**Provincial  
Rugby Player  
Charl McLeod**

- T.U.B.E.S Exercise System
- Training Programme
- Healthy Eating Plan
- Exercise Wall Chart
- Exercise Anytime Anywhere

SUMMER LAUNCH SPECIAL

# R250

While Stocks Last • Incl. VAT

Package Valued at R700 • Normal Retail Price R350

Call **0861 00 1118**

Available From **T.U.B.E.S**  
THE UNIVERSAL BALANCED EXERCISE SYSTEM

[www.tubesgym.com](http://www.tubesgym.com)

Excluding Postage - E&OE - All Ages - All Fitness Levels - Men & Women

## Special Launch Offer Extended until 10 Feb 2010

- All Ages
- All Fitness Levels
- Men and Women
- Order Online at [www.tubesgym.com](http://www.tubesgym.com) or by calling 0861 00 1118

In association with:

