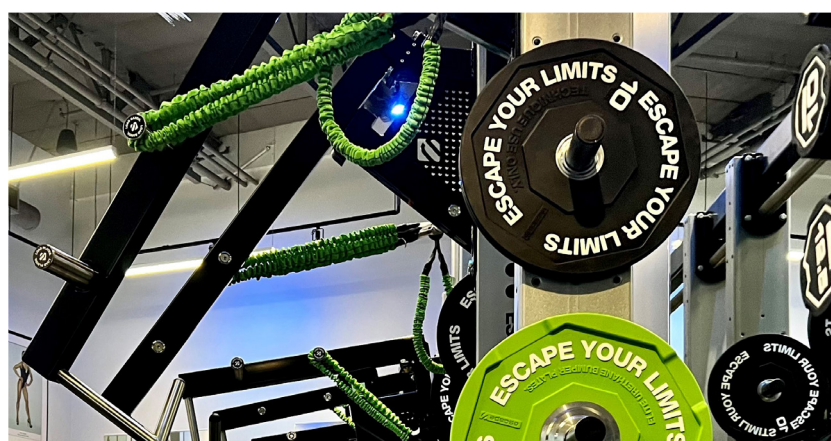


**ESCAPE OCTAGON  
LOAD TRAINING.**

# STRENGTH TRAINING USING VARIABLE RESISTANCE BANDS.





## ESCAPE OCTAGON LOAD TRAINING.

# VARIABLE RESISTANCE BANDS.

The Octagon LOAD range has the unique benefit of integrating variable resistance training with high tensile elastic resistance bands. This combination provides a huge variety in loading whilst increasing the demands of exercises throughout the full range of motion.

This section covers the benefits of training with elastic resistance bands and outlines how variable resistance can lead to better strength gains compared to traditional weights alone.

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## ESCAPE OCTAGON LOAD TRAINING.

# WHY USE ELASTIC RESISTANCE BANDS?

Varying resistance training is a technique that involves the use of resistance bands attached to the plate loaded machine to provide varying levels of resistance throughout the range of motion in an exercise. Unlike traditional free weights, which offer a constant level of load across the range of motion, adding elastic resistance bands increases resistance as they are stretched.

1. One of the primary advantages of integrating resistance bands into plate loaded equipment is enhanced muscle activation. As the bands are stretched, the resistance increases, forcing the muscles to continue to work hard when joint angles become more mechanically advantageous at the end of range. This continuous change in resistance can lead to greater muscle activation and growth.
2. Just as the resistance increases towards the end of the movement it also means the load is lessened at the point where the client is most likely to be weaker because of the joint angles. This can help to build confidence in clients new to strength training, giving them the chance to lift heavy without the daunting feeling of moving big weights right from the start of the exercise.
3. If training for power development, resistance bands will accelerate the eccentric portion of the exercise. This increased speed provides greater returns in the opposing concentric portion of the exercise (providing there is a swift amortization phase).
4. Combining resistance bands with plate loaded machines offers a safe and efficient training option, particularly for individuals who are new to strength training or those recovering from injuries. The bands provide a controlled level of resistance, reducing the risk of injury from dropping heavy weights. Additionally, the bands can be easily adjusted to match the user's strength level, making them an excellent tool for progressive overload and continuous improvement.

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# HOW VARIABLE RESISTANCE CAN LEAD TO BETTER STRENGTH GAINS AND MUSCLE GROWTH.

## LOAD WHEN LOAD IS MOST NEEDED!

### ACCOMMODATING RESISTANCE.

- The properties of resistance bands can lead to better strength gains and muscle growth compared to traditional weights alone. One key reason is the concept of accommodating resistance. As the bands stretch, the resistance increases. Therefore, the muscles must adapt to the changing load, promoting greater strength adaptations. This type of training can also improve muscular power, as the increasing resistance towards the end of range forces the muscles to contract more forcefully.

### HYPERTROPHY GAINS.

- Another advantage of resistance bands is their ability to enhance muscle hypertrophy by enhancing time under tension (TUT). By using different tempos during the eccentric, isometric and concentric phases of muscular contraction we can increase the time under tension. When utilising bands the tension remains high throughout the range of movement, thus enhancing the resistance placed on the muscle at that part of the movement so time under tension training becomes even more effective.

### IN SUMMARY.

By understanding and utilizing the principles of variable resistance training, trainers can design effective and innovative workout programs that maximize muscle activation, strength gains, and muscle growth. Integrating resistance bands into traditional strength training routines offers a versatile and dynamic approach to achieving fitness goals.





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# THE LOAD RANGE VARIABLE RESISTANCE BAND SYSTEM.

The LOAD range has a unique Variable Resistance Band System that allows users to quickly adjust the resistance of an exercise before starting a set. These small incremental adjustments provide superb utility when performing different set structures like Drop Sets or Wave Sets.

## HOW TO USE THE VARIABLE RESISTANCE BAND SYSTEM.

### BANDS ARE COLOUR CODED:

- **BLUE** – Heavy and equivalent of 11kg/25lb
- **RED** – Medium and equivalent of 9kg/20lb
- **YELLOW** – Light and equivalent of 7kg/15lb