

# Elastic bands or gym equipment for the training of older adults?

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## Abstract

The aim of the present study was to compare the effects of six weeks of resistance training with the use of elastic bands (EB) to the use of traditional gym equipment (TGE) on maximum strength, body composition, manual grip, blood pressure, glycemia blood, agility, dynamic balance, flexibility, and peak aerobic consumption in older adults. This is an experimental study that evaluated two groups of older adults, one with EB (n=7) and another with TGE (n=5). A significant increase in maximal strength (EB:  $p=0.043$  and TGE:  $p=0.018$ ), peak aerobic consumption (EB:  $p=0.008$  and TGE:  $p=0.038$ ) and lower trunk flexibility (EB:  $p=0.021$  and TGE:  $p=0.027$ ), and a decrease of fat mass (EB:  $p=0.028$  and TGE:  $p=0.021$ ) were found. In conclusion, both training produce similar effects on neuromuscular, anthropometric, and metabolic variables in older adults. Therefore, using EB showed as effective as ETG in the training of older adults.

## Author keywords

Active aging  
Anthropometry  
Elderly  
Exercise  
Muscle strength  
Physical fitness