

## Resistance Band Training

### Band Rows (Back exercise)



- wrap band around a pole, tree, or even playground equipment (make sure it can't slip off the top)
- Engage core
- Soft knees

1. Start with arms extended out straight in front of you (do not lock elbows)
2. Keeping knees soft, and core engaged, slide your arms along your body, squeezing your shoulder blades.
3. Extend arms back out to starting position (ensuring that you do not allow your body to be pulled forward by the band)

### Options for advancement:

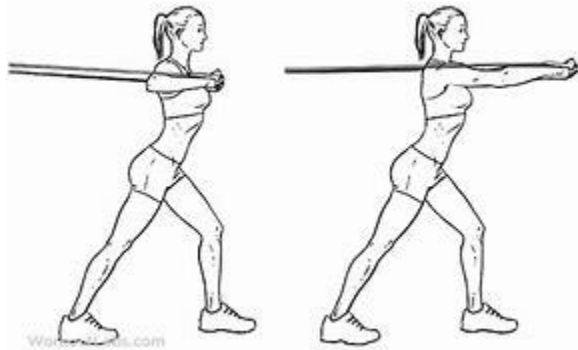
1. Stepping back further from the pole, will increase the resistance.
2. Try doing a one arm row:



No twisting the body

**Trainers Tip:** Continually que “slow and controlled”

### **Band Chest Press (for advanced Athletes)**



- Wrap band around pole, tree or playground equipment (have the back foot close to the tree)
- Step one foot forward (doesn't matter which one). Have the leg slightly bent
- Elbows up at shoulder height
- Straight wrists
- Slightly leaning forward, weight bearing in back leg

1. Bring the band to starting position (elbows in line with shoulders)
2. Extend your arms straight out in front of your body, bring the arms together at full extension. (Do not lock elbows)
3. Return arms back to starting position (keep elbows up)

**IMPORTANT TIP:** Only the arms are moving, do not let the body move forward or backward during the motion. Try not to let elbows go back past the shoulders, when returning to the starting position.

### **Bicep Curls**



- Feet on band (further apart feet are, more challenging it will be). Try one foot to make it easier.
- Soft knees, engage core
- Strong wrists (curled up)

1. Slowly curl arms up, squeezing bicep muscle
2. Return arms to starting position

**IMPORTANT TIP:** Ensure that only the arms are moving, and no swaying of the body. Remember you can adapt the exercise by having one foot on the band, and/or alternating arms (only pulling one arm up at a time).

## Tricep Band Press down



- Loop the band over a monkey bar, high railing, or goal post (make sure it can't slip off the side)
- Soft knees, core engaged
- Standing up nice and tall
- Straight wrists

1. Standing nice and close to the rail, bring your elbows down to your sides, **GLUING THEM THERE**. We call this the *starting position*.
2. From the starting position, we pull our arms down to sides of our body, keeping the wrists straight
3. Slowly return the arms back to the starting position

**IMPORTANT TIP:** Do not allow your Athletes to lean forward, or have their elbows pop out from their sides, this works a different muscle group. If needed, try alternating arms, by pressing one side down and up, and then the other.

## Overhead Tricep Extension (advanced)



- Soft knees, engaged core, feet shoulder width apart

1. Start by holding band out in front of you by handle
2. Bring arm straight up, and place band behind your back
3. Bend your elbow, lowering the band down your back
4. With your other arm, reach around behind your back, and grab the bottom part of the band
5. Gently pull the bottom end of the band down, providing some resistance (further up that you grab the band, more challenging it will be)
6. Firmly holding the bottom end of the band in place, extend the top arm up straight above the head. **KEEP** the elbow close to the head. Bend elbow, and repeat.

## Upright Rows



- Feet shoulder width apart
- Soft knees, engage core

1. Standing on the band (further apart your feet more challenging it is). Option to try one foot if needed.
2. Cross the band over, by switching hands.
3. Standing up nice and tall, tummy tight, pull elbows up to shoulder height
4. Return to starting position

**IMPORTANT TIP:** Avoid any swaying of the body, only the arms move. If the Athlete is struggling, try uncrossing the band.

## Outer Thigh Band Walk



- Knees soft, core engaged

1. Standing on the band, feet at least shoulder width part
2. For advanced Athletes, cross the band over
3. Keeping the feet wide, slowly start to “waddle” your way across the room and back
4. The closer the feet get together, the harder it will be

**IMPORTANT TIP:** If your Athlete struggles with mobility, have them do a side step walk without the band. If your Athlete is advanced, try a shuffle.

### Outer Thigh Band Pulses - Advanced



- Ensuring that your Athlete DOES NOT have flat shoes (or the band will slip off and snap them in the face 😊)
- Legs up, soft knees
- Closer feet are together, the harder it will be

1. With the legs up in the air, place the band around the feet (make sure that it's in the middle of the shoe), handles in hands
2. Keeping the feet nice and wide, gently pulse the legs out (1 minute)
3. Try crossing the band over to increase resistance

**IMPORTANT TIP:** If your Athlete is not comfortable with this exercise, have them practice holding their legs up in the air without the band.

### Band Squat - Advanced



- Ensure that your Athlete can do a proper squat prior to trying band squat
- Engage core, do not lock knees
- Squeeze glutes when coming up to standing

1. Standing on the band, feet shoulder width apart
2. Pulling the band, up and behind your body
3. Holding the band firmly, lower into squat, and return to starting position

**IMPORTANT TIP:** Make sure that you can see your toes when down in the squat, (chest up and butt out)

## **BAND PULLOUTS**

Try doing them laying on the floor



- soft knees
- feet shoulder width apart
- engage core

1. With hands shoulder width apart, grab the band
2. Keeping elbows soft, and arms wide, pull the band to your chest, squeezing your shoulder blades
3. Return to starting position, but do not let the resistance off the band

Trying doing these by laying on your back, knees bent, feet flat on the floor. Pulling the band to the chest, squeezing the shoulder blades.

### **Training Tips**

- Breathe out on the hard part of the exercise
- Try having the Athletes count, it brings energy to the room, and helps assist them with breathing
- Mix up your band exercises with cardio intervals, and other body weight exercises
- Don't forget to incorporate lots of core into your workouts

For more training ideas, tips, or questions, please feel free to contact me at anytime.

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***"If I didn't think you could do it, I wouldn't ask"***