



RESISTANCE BANDS

exercise database

- Upper Body
- Lower Body
- Cardio

Stability[®]
Agility
Mobility



Tons of resistance- based exercises to improve strength & balance!

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What You Need

Large resistance band loops (various resistances), small resistance band loops (various resistances), Pilates ball, duonamic, folding chair, yoga mat, Duraball, Door Anchor

Before You Start

Please note a number of these exercises can be done with or without equipment. Suggested ranges for exercises include 8-12 repetitions, 1-3 sets, 30 seconds to a minute rest.

To build more strength the 8 rep range with longer rest with a higher resistance would be appropriate. To improve your overall endurance (be able to walk longer, sustain activities of daily living, etc) the 12 repetition range, with a shorter rest and light to moderate weight is appropriate.

It is important to remember that quality is more important than quantity with all exercises. It is better to start out with something that is less challenging then increase, then to start with something that is too difficult or exercise that is not appropriate for your fitness level, then either stop due to burnout or injury.

*Please speak to your medical doctor or other medical professionals before starting or changing your exercise program. The intent of this document is to be a resource for different exercises that can be performed using equipment that is available for purchase from Fitter International Inc.

LOWER BODY

Squat

What You Feel: Quads, Glutes

1. To start out, make sure that the exercise band is at an even split between both the left and right sides of the body. To do this, use your hands to grab both sides of the band and place both feet in the middle of the band. Your feet should be approximately shoulder width apart.
2. Holding the bands in both hands, breathe in, think of wrapping your legs outward and slowly start to bend the knees, and push the hips back like you are going to sit in a chair. You are trying to get the thighs parallel to the floor, though how deep you go will depend on your own comfort and fitness level.
3. Use the heel of your feet to push into the floor and breathe out as you return to the starting position.
4. Complete the desired number of repetitions and sets as desired.



Reverse Lunge

What You Feel: Quadriceps, Glutes

1. Stand with your feet hip width apart, while standing on the band with the right foot. Hold onto the ends of the bands with your hands, with your palms facing inward.
2. Step your left foot backward and lower into a lunge keeping the torso upright as possible.
3. Only lower down until your knee is just above the floor and not touching. Please only go as low as you can control with good form.
4. Push through the ball of the left foot to return to the starting position. Complete your repetitions on one side then repeat with the other leg.



Bulgarian Split Squat

What You Feel: Quads, Glutes, Calves, Hamstrings

1. Standing in front of a chair (have it against a wall or something sturdy so it won't slide), with band looped around the left foot and holding the ends in your hands
2. Reach the right leg back and set the top of your foot on the chair.
3. Bend your left knee and sink straight down until your right knee is close to the floor, not touching, push through the left heel and return to standing.
4. Complete all reps on one leg then switch sides.

Only go as deep as comfortable with this exercise. You may need to do it by a wall or something sturdy to assist your balance, it may be best to exclude the band if this is the case.



Leg Kick Back

What You Feel: Glutes, Hamstrings

1. Attach the band to a low sturdy object like a bed or table, and loop the other end around your ankle
2. Facing toward where the band is attached, place your hands on your waist or hold onto a chair or something to help maintain your balance.
3. While maintaining an upright posture, extend the leg behind you, have the toe pointed toward the floor, with a straight knee without collapsing forward in the torso.
4. Bring the leg back to the starting position with control, repeat the movement as many times as desired to complete set reps and sets.

This exercise can also be performed with a small loop, you can loop the band around the ankle of the supporting leg instead of a sturdy object.



Hip Thruster

What You Feel: Glutes, Spinal Muscles

1. Begin seated on the ground with a bench directly behind you. You may have to sit on something as you should have the seat touch around your shoulder blades. Have a band attached to the chair, bench or tethered with heavy weights on both ends with the middle across your hip bones.
2. Bend your knees and place your feet flat on the floor hip width or slightly wider apart. Your hands can be on your chest or holding the band in position.
3. Keeping your shoulders against the bench while looking forward between your knees. Wrap your glutes, push through your heels and drive your hips up toward the ceiling. You are aiming for the knees and the shoulders to be in one straight line, don't arch your back.
4. Pause at the top of the motion, and return to the starting position with control. Continue with the exercise until the desired number of reps and sets have been met.

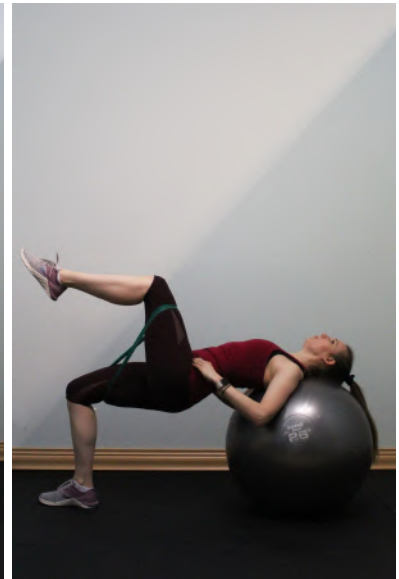
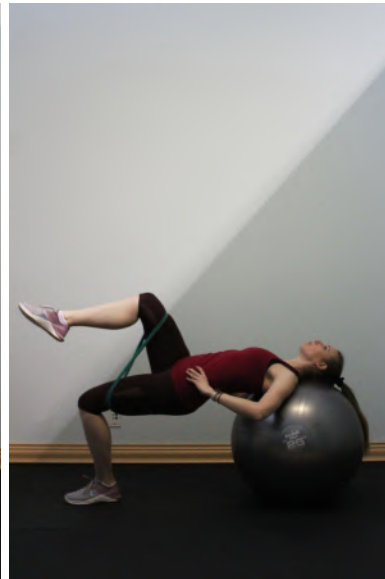
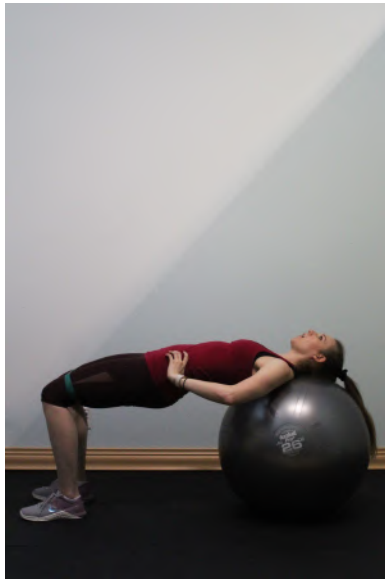
You can have a small loop around your knees also when performing this exercise to help with glute activation throughout the movement.



Hip Elevated March

What You Feel: Glutes, Spinal Muscles

1. Have a chair or a bench against a wall or in a secure position. You may need to sit on something so that your upper back (mid shoulder blades), have your knees bent and legs together with a small loop placed just above your knees. Push through your heels and lift your hips up off of the floor until your body is parallel to the floor.
2. Once you are in the bridge position, maintain glute activation and drive your right knee toward your chest and bring your foot back to the starting position. Repeat with the left leg, returning to the starting position.
3. This exercise can be performed focusing on one side for all repetitions or to make it harder you can march legs as described above. You may wish to alternate sides until you complete all sets.



Single Leg Bridge

What You Feel: Glutes, Spinal Muscles

1. Lay on the floor with your feet flat and right left knee bent. Raise the right leg off of the ground, pulling the knee to your chest or straight in the air.
2. Start by wrapping your glutes, driving through the heel, extending your hip upward and raising your glutes off of the ground.
3. Extend as far as possible, pause and then return to the starting position.

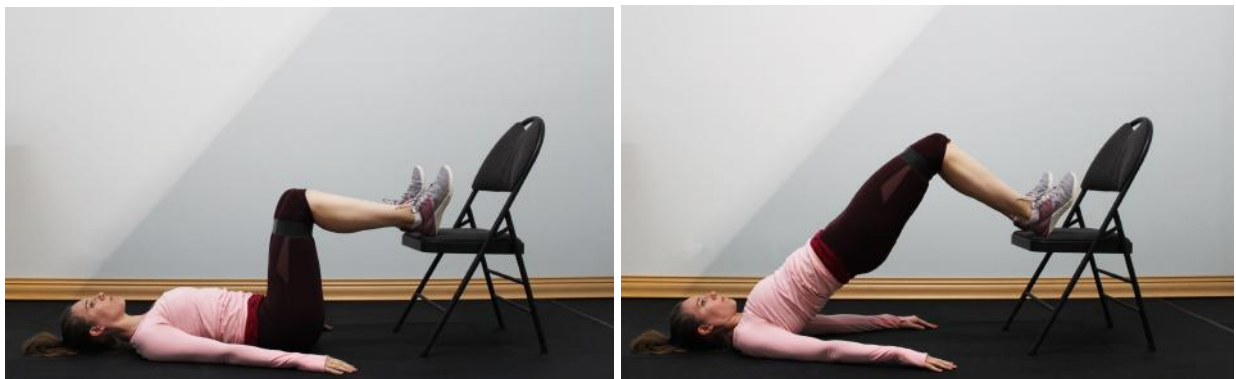


Foot Elevated Glute Bridge

What You Feel: Glutes, Spinal Muscles

1. Have a chair or bench against the wall for stability.
2. Place a small loop around your thighs above your knee. Lie on your back in front of the chair with your hands by your side and your knees bent. Your feet should be placed around shoulder width apart on the edge of the chair.
3. Pushing through your heels, lift your hips up off the floor while keeping your back straight. Think of keeping your glutes wrapped, keep outward resistance against the band to help ensure you are activating your glutes.
4. Your body should be in a straight line from your shoulders to your knees, don't arch your back. Hold the position at the top for a second.
5. Slowly return to the starting position with control.
6. Repeat the movement until you have completed your desired number of repetitions and sets.

This exercise can also be completed with a Pilates ball between your knees instead of the banded loop.



Hip Adduction

What You Feel: Adductors, Glutes

1. Anchor a band around a solid object or piece of furniture.
2. Stand with your right side toward the anchor and have the band looped around your right ankle. Step away from the anchor so that you have tension on the band. Start with your feet just over hip width apart, with most of your weight transferred to the left side.
3. Stand up straight and hold onto a wall or counter if needed. Keeping the knee relaxed, pull your right leg toward the midline of the body without shifting the pelvis and torso.
4. Pause for a second before allowing the leg to return to the starting position with control.
5. Repeat the movement for the desired repetitions, repeat on the other side. You can alternate from side to side to complete all of your sets.



Hip Abduction

What You Feel: Abductors, Glutes

1. Anchor a band around a solid object or piece of furniture.
2. Stand with your left side to the post, have the band looped around your right ankle. Step away from the band to apply tension to the band, stand with your feet together to start.
3. Stand up straight and hold onto the post if needed. Keeping the knee relaxed, lift your right leg away from the midline without shifting the pelvis and torso.
4. Pause at the end of the movement, then return back to the starting position with control. Be sure not to tip forward with your torso as this changes what areas are targeted with this exercise.
5. Repeat for the desired repetitions, repeat on the other side. You can alternate from side to side to complete all of your sets.



Good Morning

What You Feel: Hamstring, Spinal Muscles, Glutes

1. Standing tall on the band while having it looped around your shoulders keeping your shoulders relaxed down your back.
2. Keeping your weight centered over your heels, hinge from your pelvis, pushing your hips back while keeping your spine in neutral. Try to lower the torso until you are perpendicular to the floor.
3. Drive through the heels and the hips to come back up to standing while maintaining a neutral spine.
4. Repeat the movement pattern until the desired number of repetitions and sets are completed



Calf Raises

What You Feel: Calves, Glutes

1. Grab an exercise band and stand with your feet together on the middle point with the ball of your feet anchoring the band to the floor. Try to keep equal lengths of bands available for each hand so that you don't unbalance yourself. Be sure that the length of the band between the foot and the arms is the same for both sides.
2. Hold onto the ends of the band with your palms in neutral (facing toward your thighs). Transfer your weight forward onto your toes, while engaging your core and glutes.
3. Keeping the hands by your sides, push into the floor with the balls of your feet and rise up onto your toes with control. Keep your body in a straight line.
4. Pause at the top of the movement, then slowly lower down like you are pushing a ball flat and bring your heels to the floor. Don't transfer your weight backwards, keep your weight forward on your feet.
5. Repeat the sequence until the desired number of repetitions and sets are achieved.



Standing Banded March

What You Feel: Hip Flexors, Glutes, Quads

1. Standing tall with a small exercise loop wrapped around your thigh with it resting just above your knee.
2. Drive your right knee up toward your chest, pause at the top of the movement and lower your foot to the floor with control. Repeat with your left foot.
3. Be careful to keep your pelvis in a neutral position. You can swing your arms in opposition to the knee or you can hold onto a counter or a wall for support.
4. Repeat the sequence above until all repetitions and sets have been completed.

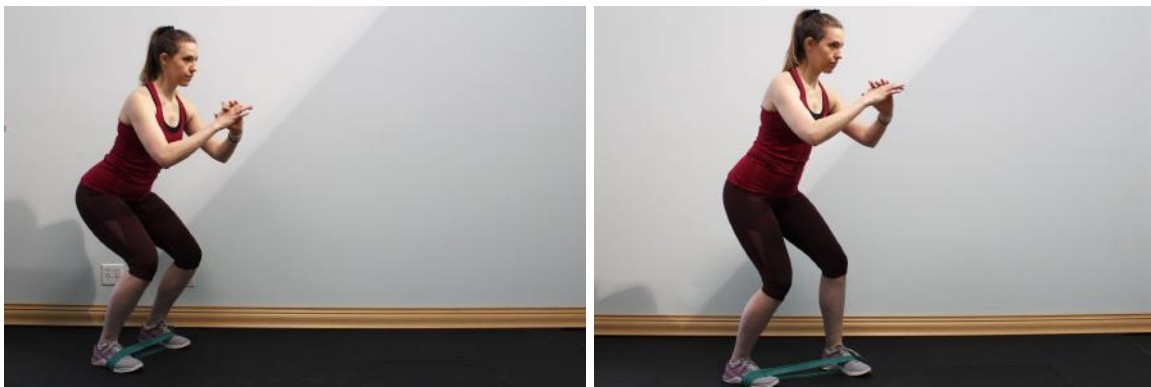


Forward & Backward Duck Walks

What You Feel: Glutes, Quads, Adductors

1. Position a band around your feet, make sure that if you are using a different band than shown that all excess material is out of the way or it's a tripping hazard.
2. Bend the knees and push the hips back to come into a squat. Hands can be on the hips or in front of you to assist with balance. Make sure that you are keeping your knees in alignment with your ankles.
3. Staying low, take a slow controlled step forward while keeping your feet and knees in alignment. Once your weight is fully transferred to the working leg, step forward with the other leg.
4. Continue to walk forward your desired distance or repetitions, while maintaining a low position, walk backward to your starting spot.
5. Repeat the forward and backward walking until you reach the desired number of sets.

Please note you can split this exercise up and go forward or backwards only. If you are not comfortable walking backward without support, the backward portion of this exercise is not appropriate for you.



Seated Bicycle

What You Feel: Hip Flexors and Abdominals

1. Have a small loop around your feet while in a seated position on the floor or a bench.
2. Engage your core and have your arms behind you for balance, you can also rest on your forearms if this is more comfortable for you.
3. Bend the right knee toward your chest while extending your left leg straight at around a 45 degree angle.
4. Breathe in, exhale and switch. Work to keep the core engaged throughout the entire movement to prevent the back from arching.
5. To make this movement harder you can lower the extended leg, easier you can keep a bend in the extending leg or have it higher off of the ground.

As an alternative, all rows can be completed on one side before switching to the other side.



Straight Leg Hip Flexion

What You Feel: Hip flexors, quadriceps and core

1. Tether the band to a post, or a sturdy piece of furniture and have the other end looped around your right foot.
2. Standing tall, with or without a balance aid, have the left knee slightly relaxed with the glutes and core engaged.
3. With control, kick the right leg forward as you would with a ball and bring the leg back to the starting position. Repeat all repetitions with the right leg before proceeding to the left.
4. This exercise can be done alone or with standing hip extension, standing hip adduction and standing hip abduction.

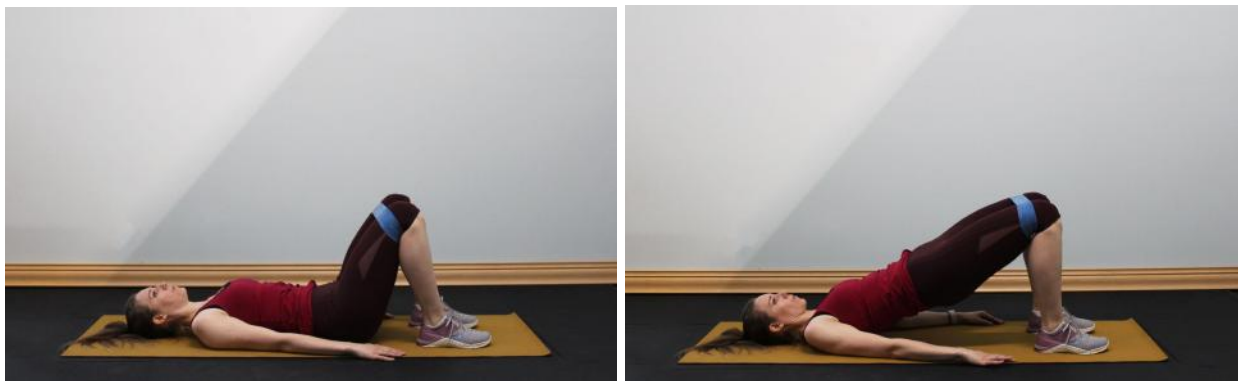


Bridge

What You Feel: Glutes, Back Muscles

1. Lying on your back with a small loop around your thighs with it situated above your knees. Place your feet hip width apart with your knees in alignment with your ankles.
2. Think of wrapping the glutes, press into the midfoot, lift your pelvis off of the floor and bring your torso into alignment between the shoulders and the knees.
3. Be sure not to over arch, focus the body weight towards the feet not your neck.
4. Lower down to your starting position with control.
5. Continue to repeat the movement until all repetitions and sets have been completed.

This exercise can be completed using a Pilates ball between the knees instead of using a band around the thighs. This will emphasize adductor activation.



Banded

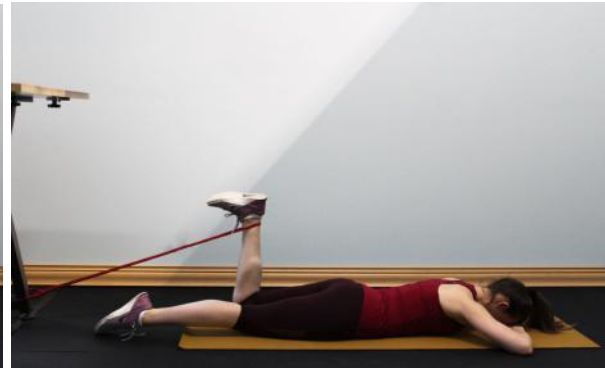
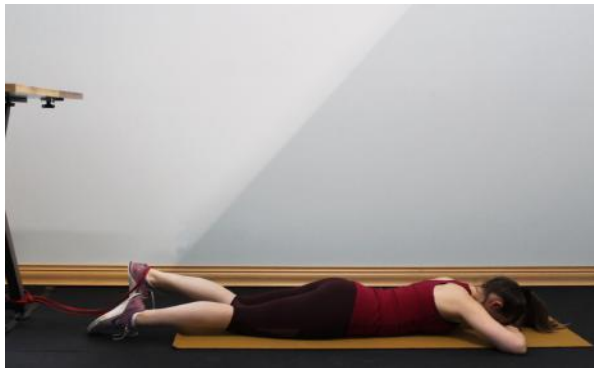


Ball

Prone Hamstring Curl

What You Feel: Hamstring, Glutes

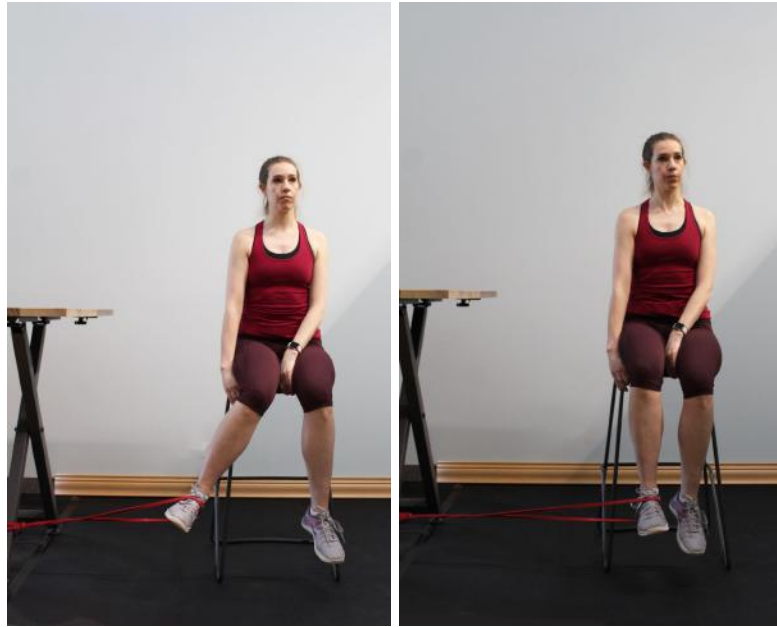
1. Attach one end of the band to a sturdy piece of furniture, and hook the other end of the band around your right ankle. Lay down flat on your stomach with your forehead propped onto the back of your hands.
2. Lightly engage the glutes (think wrapping sensation) while keeping your heels facing towards the ceiling.
3. Keeping your hips on the floor, bend your right knee toward your right glute.
4. Pause at the top of the movement, then slowly return to the starting position with control.
5. Repeat all repetitions on one side, before repeating on the other side. You may wish to change sides between sets.



Seated Hip Abduction

What You Feel: Glutes, Abductors

1. Seated the edge of a chair with your toes on the ground and a small loop around your legs placed above the knees.
2. Sit tall with your core engaged, push the knees open against the band while focusing on the outer glute muscles.
3. Return to the starting position with control. Repeat until all repetitions and sets are completed.



Prone Abductions

What You Feel: Glutes, Abductors

1. Start with a loop around the legs above the knees.
2. Lay across a chair, ball or a bench with the hips supported. Rotate the legs so the tops of the feet are facing the floor.
3. With the core engaged, contract the glutes and hold the legs parallel to the floor. While maintaining this position, pull heels apart from each other, increasing tension on the band. Pause, in the abducted position.
4. Return to the starting position with control.
5. Repeat the movement until all repetitions and sets are completed.

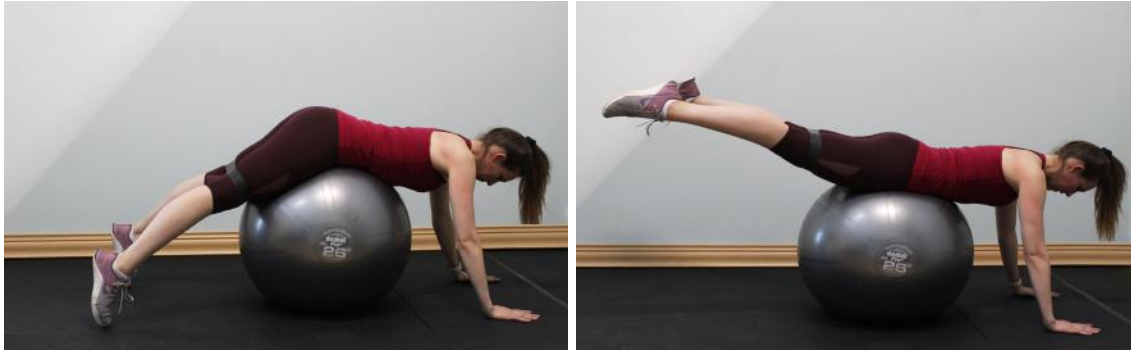


Leg Hyperextensions

What You Feel: Glutes, Spinal Muscles, Core

1. Wrap a loop around your legs above the knee and lay across a chair, ball or a bench with the hips supported.
2. Engage your glutes and lift your legs off of the floor with the tops of your feet facing the floor while being hip width apart.
3. Slowly lower towards the floor but don't touch. Repeat all repetitions until you are finished.

If your form breaks down, either touch the floor between reps or take a break.



Single Leg Deadlift with Band

What You Feel: Hamstring, Glutes, Spinal Muscles

1. Start by standing on the middle of a band with your left foot with lengths of band held in each hand. Transfer all of your weight to your left leg, have the knee relaxed slightly.
2. Draw muscles down your back and engage your lats while engaging your core. Slowly, with control hinge forward from the hip, lifting the right foot off of the floor.
3. Keep the hips square to the floor, and avoid rotating.
4. You are trying to get perpendicular to the floor, but work within what range of motion you have available to you.
5. Return to a standing position with control. Finish all of your repetitions on one side before completing them on the other. You may wish to alternate sides to complete your sets.



External Hip Rotation Seated

What You Feel: Internal Rotators of the Hip, Glutes

1. Seated on a bench or something that is high enough that your feet are no longer touching the floor with a small loop wrapped around both feet and your hands on either side of your knee.
4. Sitting tall, keep your left leg still while you draw the ankle outward in a straight line away from the body. Return to the starting position with control.
5. Complete all repetitions with the right foot before switching to the left. You may wish to alternate feet for each set.

Be sure not to lean back to try to get a larger range of motion while completing this exercise.

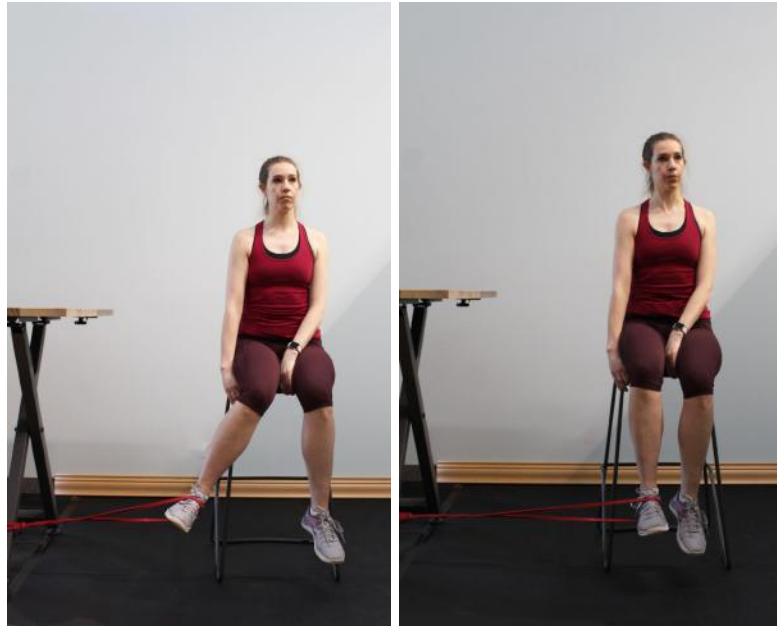


Internal Hip Rotation Seated

What You Feel: External Rotators of the Hip, Glutes

1. Seated on a bench or something that is high enough that your feet are no longer touching the floor with one end of the band looped around a sturdy object in line of the right ankle and around the bottom of the right foot.
2. Sitting tall, with your hands grasping the bench or chair on either side of your right leg.
3. Keeping the thigh still, draw the band across your midline, instigating the movement from the hip. Return to the starting position with control.
4. Complete all repetitions with the right foot before switching to the left. You may wish to alternate feet for each set.

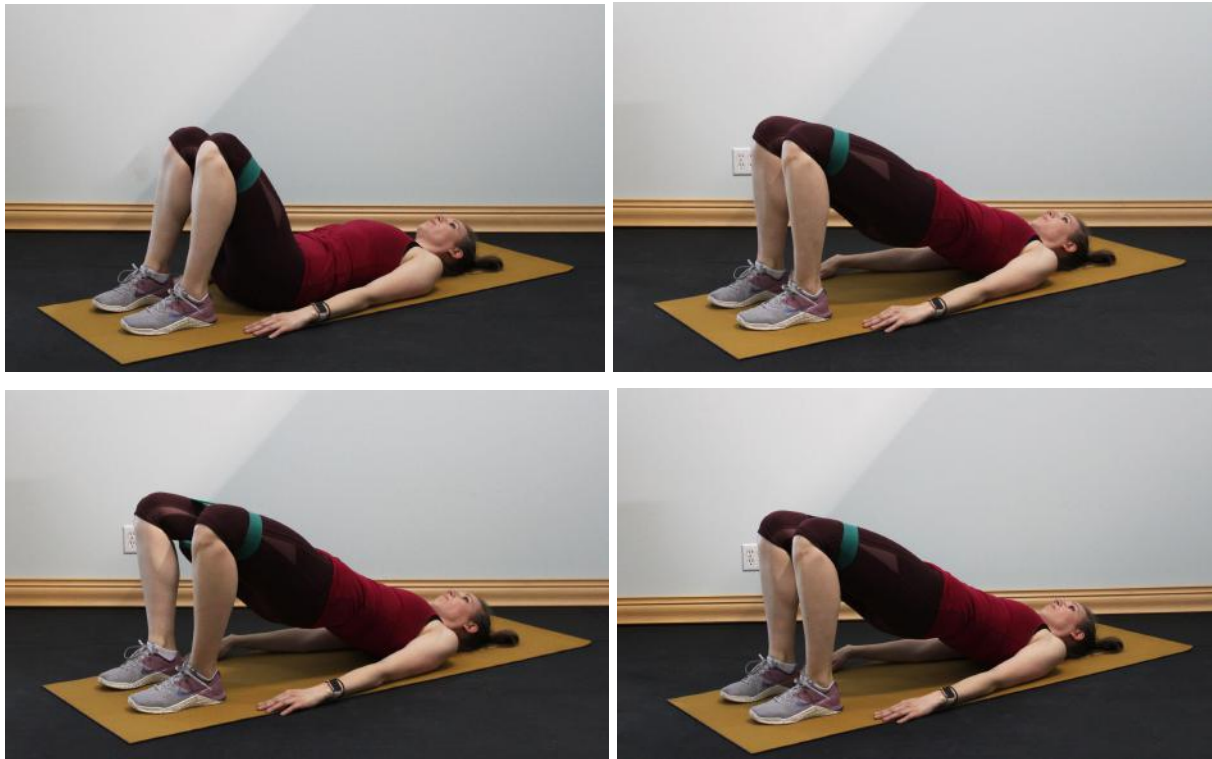
Be sure not to lean back to try to get a larger range of motion while completing this exercise.



Resistance Band Bridge Hip Abduction

What You Feel: Glutes, Hip Abductors

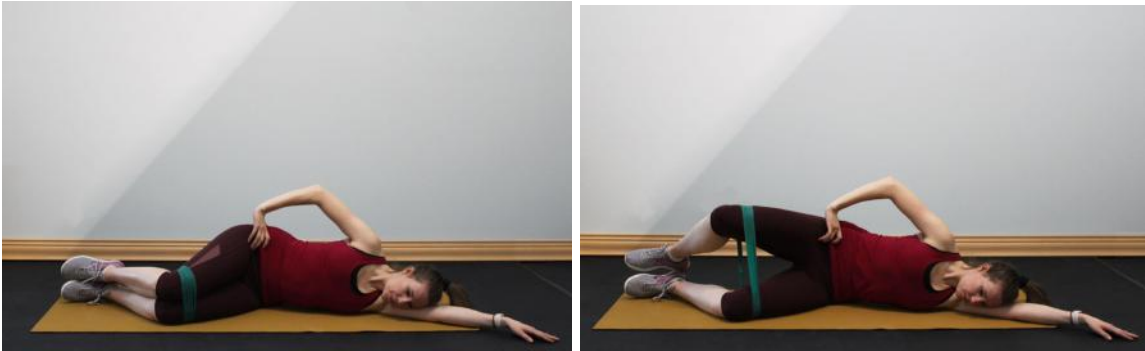
1. Wrap a small loop around the legs so it lays just above the knees.
2. Lay down on your back with your knees bent and your feet hip width apart.
3. Think of wrapping your glutes and engaging your core and pushing through your heels to bring your hips up off of the floor until your shoulders and knees are in the same line.
4. While the hips are in the upright position, push the knees outward against the band then return to neutral.
5. Continue to alternate between the wide knee and narrow knee position for the desired number of reps.
6. Return to the floor from the neutral knee position with control.
7. Repeat desired number of repetitions and sets



Resistance Band Clamshell

What You Feel: Glutes, Core

1. Wrap the band around the legs just above the knee. Come into a side lying position and jackknife at the hips just until you can see your toes when you are looking down.
2. Keep your thighs in place and bend your knees so your feet are approximately in line with the torso, engage your core and bring your spine into a neutral position
3. While maintaining your body position, think of wrapping your glute and start to lift the top knee upward. Only go as far as you can without shifting or moving the pelvis backward.
4. Return to the starting position with control. Repeat all repetitions on one side before completing all repetitions on the other side. You may consider alternating sides for each set.

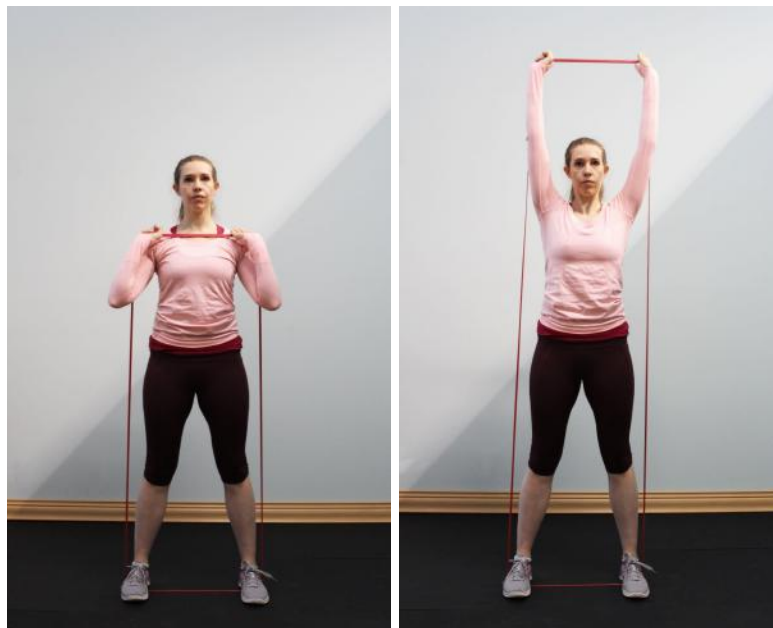


UPPER BODY

Overhead Press

What You Feel: Shoulders, Upper Back, Arms

1. Step onto the exercise band and hold onto the opposite end with your elbows bent and your hands by your shoulders, your palms facing forward. Stand tall with a slight bend of the knee.
2. Press arms up over head, keeping them shoulder width apart, try to keep the chin tucked slightly. Try not to lock out your arms or have your shoulders by your ears when at the top most position.
3. With control bend the elbows to lower the bands back to starting position with control. Be sure to have glutes and core engaged through the whole movement and retain a slight bend in the knees.
4. Complete the desired number of reps and sets.



Lat Pulldown

What You Feel: Lats, Abdominals, Biceps, Shoulders, Upper Back

1. Attach the band to a secure surface like a squat rack or a door anchor and assume a seated position on a bench, chair or the floor facing away from the door.
2. Grasp the band with a pronated grip (palms facing forward) and initiate the movement by pulling the shoulders downward and outward from the back. Then start to bend the elbows and pull the bands to your shoulders and your elbows are in line with your torso.
3. To return to the start, slowly extend the arms overhead until you have a slight lift in the shoulders.
4. Repeat for the desired number of repetitions.

You can complete this exercise with a wide grip or a narrow grip, depending on what is comfortable for you.



Bent Over Lat Pulldown

What You Feel: Lats, Abdominals, Biceps, Shoulders, Upper Back

1. Attach a band to a door anchor, or a sturdy object overhead.
2. Grasp the band with a pronated grip (palms facing away from you) at approximately your shoulder height and with the hands shoulder width apart. Stand in a wide staggered stance. Hinge slightly forward at the hips to bring the body forward.
3. Keep the elbows slightly bent, before you initiate the movement, pull the shoulder blades down and outward and engage your core and glutes for stability.
4. Initiate the movement by pulling the band toward your thighs to touch and then slowly return to the straightening position with control.
5. Repeat until desired number of sets and reps are achieved.

This exercise can be completed with a neutral grip (palms facing inward)



External Rotation

What You Feel: Rotator Cuff, Core

1. Have a band secured around an anchor at waist level on the same side as the arm you are exercising. Step away from the anchor point so that there is light tension on the band.
2. Holding the band in your right hand with your wrist supinated (palm facing toward the midline). Bend your elbow to 90 degrees with your forearm parallel to the floor. Place a rolled up towel or a folded item of clothing between your elbow and your waist, and hold it in place with your elbow throughout the exercise.
3. Perform the exercise by rotating your forearm toward your waist while keeping your wrist in a neutral position.
4. Pause once your hand has reached your stomach, then return to the starting position with control.
5. Repeat this movement until all repetitions have been completed on one side. You may wish to alternate from side to side until all sets have been completed.



Internal Rotation

What You Feel: Rotator Cuff, Core

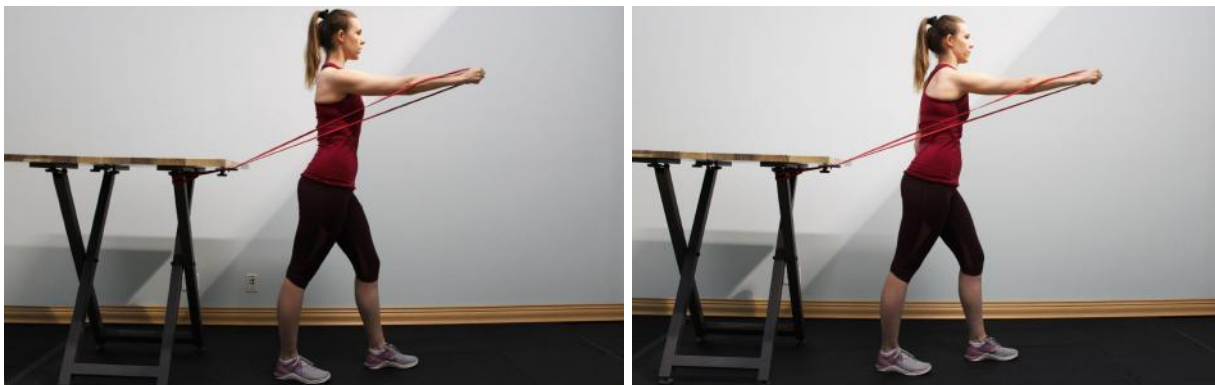
1. Have a band secured around an anchor at waist level on the opposite side as the arm you are exercising. Step away from the anchor point so that there is light tension on the band.
2. Holding the band in your right hand with your wrist supinated (palm facing toward the midline). Bend your elbow to 90 degrees with your forearm parallel to the floor. Place a rolled up towel or a folded item of clothing between your elbow and your waist, and hold it in place with your elbow throughout the exercise.
3. Perform the exercise by rotating your forearm away from your body while keeping your wrist in a neutral position.
4. Pause once your hand has reached the end of range (where you aren't performing compensatory movements including dropping the shoulder), then return to the starting position with control.
5. Repeat this movement until all repetitions have been completed on one side. You may wish to alternate from side to side until all sets have been completed.



Serratus Punches

What You Will Feel: Serratus Anterior, Rotator Cuff

1. Anchor a band around a sturdy object that is shoulder height and hold the band in your right hand. Have the left foot slightly ahead of the right foot and your hips and torso facing away from the anchor point.
2. Extend your right elbow straight and have your arm at shoulder height.
3. Keeping the arm straight, punch the arm forward without moving the torso (the movement comes from the shoulder blade).
4. Draw the arm back to a neutral position which is the starting position with control.
5. Complete your desired repetitions and sets on one side before switching to the other side.



Chest Press

What You Feel: Chest, Core,

1. Lay on the midpoint of the band holding the ends in each of your hands. Bend your knees and start with your arms straight with your hands above your shoulders, wrists pronated (palms facing away from your body).
2. Bend the elbows and slowly lower the bands toward the floor. Try to keep the elbows 45 degrees away from your torso.

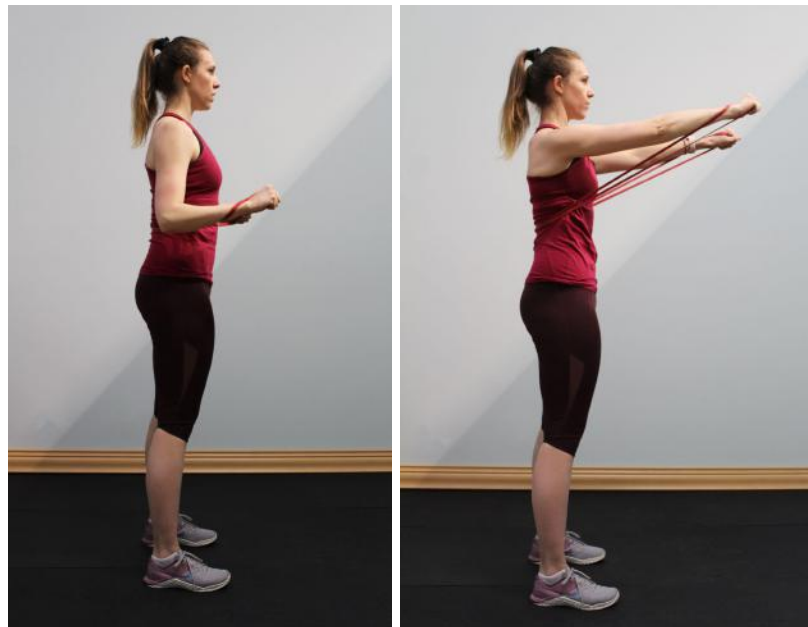
3. Pause at the bottom, and drive through the elbows and back to bring your arms into extension in front of your chest.
4. Repeat the movement pattern until you have completed your desired number of repetitions and sets.



Incline Chest Press Standing

What You Feel: Chest, Biceps, Triceps, Muscles of the Upper Back

1. Stand with one foot slightly in front of the other with the band wrapped around your lower back and hold the end of the band in each hand. Your knees can be relaxed, core gently engaged.
2. Begin with your elbows bent and wrists in neutral (palms facing inward) by your side.
3. Drive your arms forward until your arms are straight in front of you at shoulder height. Being careful not to arch the back.
4. Pause with the arms straight, and then bring the bands back to the starting position at your side. Be careful not to shrug your shoulders while performing this exercise.
5. Repeat the movement for the desired number of repetitions and sets.



Band Pull Aparts

What You Feel: Shoulders, Rear and Middle Delts, Rhomboids

1. Hold one end of the band in each hand with your arms extended in front of you at shoulder height, with the hands shoulder width apart.
2. Keeping your core engaged, moving the arms together, pull the bands apart until your arms are equal with your shoulders or slightly behind (this will depend on your own specific anatomy and what you can do safely). Allow the band to come toward and touch your chest with the movement, while keeping your shoulders down and relaxed.
3. Pause at the end of range, and then return to the starting position with control.
4. Repeat the movement until you have completed the desired number of repetitions and sets.



Front Fly

What You Feel: Chest, Core, Anterior and Middle Delts

1. Secure the middle portion of an exercise band around a secure object or close a band into a door.
2. While facing away from the post, grab the ends of the band and step forward with your dominant foot to add stability and to increase the tension on the band.
3. Lift your arms shoulder height at approximately a 45 degree angle to each side. Have your palms pronated (palms facing forward), and have a slight bend in your elbow.
4. While keeping your arms straight, bring them across to your midline, keeping the elbows soft (think hugging a tree).
5. Hold the contraction for a second. Slowly return to the starting position.
6. Repeat the movement pattern for the desired number of repetitions and sets.



Back Flyes

What you Feel: Shoulders, Middle and Rear Delts

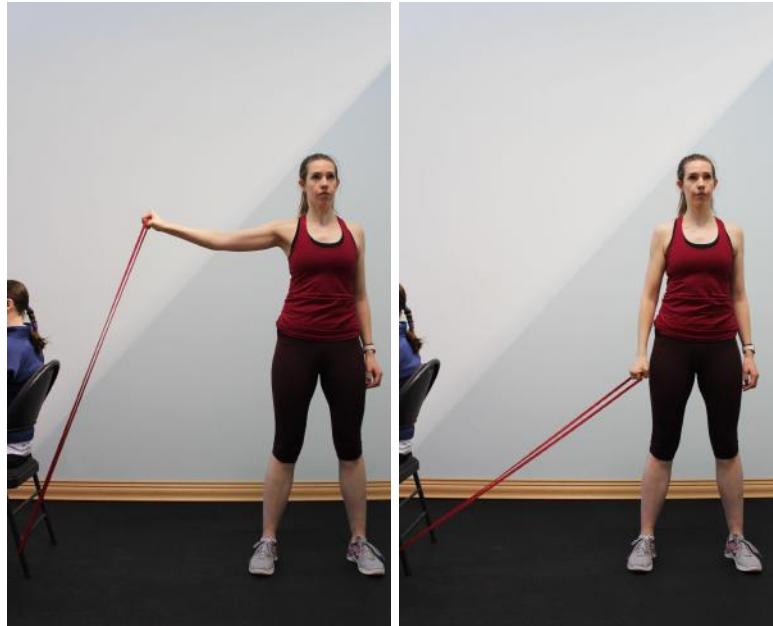
1. Secure the mid portion of a band around a secure object that won't move.
2. Grab each end of the band in your hands and stagger your stance (dominant foot forward), so that you have some tension on the band.
3. Engage your core and glutes to help keep the body still. Start with your arms in front of you at shoulder height, with your palms in a neutral (facing inward) position, and your wrists shoulder width apart. Keep your shoulders relaxed and your elbows slightly bent.
4. Moving your arms at the same, bring them outward with control while maintaining the slight bend in your elbows. Continue the movement until your arms are at your sides or slightly in front of them.
5. After a pause return to the starting position with control.
6. Repeat the movement for your desired number of repetitions and sets.



Lateral Raise

What You Feel: Shoulder, Deltoid, Back

1. Anchor the band to a low secure attachment that is on the opposite side to your working arm. Standing tall with legs hip width apart.
2. Hold onto the end of the band, furthest away from the attachment. Have your arm resting by your side with the palm facing toward your leg. Step away slightly so that there is some tension on the band.
3. With control, lift the arm straight out to shoulder level. Try not to allow the band to deviate forward or backward. Pause at the top, then return to the starting position with control.
4. Repeat the movement for your desired number of repetitions and sets.



Upright Row

What You Feel: Shoulders, Back, Deltoids

1. Standing tall with your feet hip width apart in the middle of the band. Hold an end of the band in each of your hands with your palms pronated (facing toward your thighs).
2. Pulling equally, draw the band upward toward your chin using your back and shoulders.
3. Pause at the top of the movement before you return to the starting position with control.
4. Repeat the movement until you have achieved your desired number of repetitions and sets.



Bent Over Row

What You Feel: Rhomboids, Shoulders, Back

1. Start by standing on a band with it stretched equally. Have feet hip width apart and the knees relaxed with the body hinged forward from the hips and the spine in neutral.
2. Activate your back gently, bring the shoulders back and down slightly.
3. Draw the bands toward your waist with palms facing toward the body at the same time. Focus on the muscles between the shoulder blades.
4. Return to the starting position, continue to repeat the exercise until all repetitions and sets have been completed.



Alternating Bent Over Row

What You Feel: Rhomboids, Shoulders, Back Muscles

1. Start by standing on a band with it stretched equally. Have feet hip width apart and the knees relaxed with the body hinged forward from the hips and the spine in neutral.
2. Activate your back gently, bring the shoulders back and down slightly.
3. Draw the bands toward your waist with palms facing toward the body first the right arm, return to the starting position then the left arm. Focus on the muscles between the shoulder blades throughout the movement.
4. Make sure that you are not rotating your torso while pulling the band toward the body.
5. Continue alternating the movement from side to side until desired number of repetitions and sets are completed.



Overhead Tricep Extension

What You Feel: Triceps, Shoulders, Back

1. Standing tall with one heel on the one end of the band. Hold the other end of the band in your hand. Have your elbow pointing towards the ceiling, with the arm perpendicular to the floor.
2. Pull the band upward to the sky until your elbow is straight with a pronated grip (palm facing outward), work to keep your arm still throughout the movement.
3. Pause, and then return to the starting position with control.
4. Complete all repetitions on one side before switching sides. You may wish to alternate sides between sets.



Bicep Curl

What You Feel: Biceps, Chest

1. Standing on the band with legs hip width or further apart with relaxed knees. Hold the band in either one or both hands. Hands can be pronated (palms facing forward) or in neutral (palms facing one another).
2. Keeping the upper arm in place by the sides or slightly ahead of the body, bend the elbows and bring the band up toward the body without moving the torso. Return back to the starting position with control. Repeat until all repetitions are completed.
3. If you are doing single arm bicep curls you can alternate or complete all repetitions with one arm and then switch to the other side.

This exercise can be completed with one or both arms.



Tricep Extension

What You Can Feel: Triceps, Shoulders, Back

1. Start by tethering the band to a door knob or something secure.

2. Standing facing away from the anchor, stagger your stance and hinge slightly forward from the hips with a neutral spine
3. Hold the band in your right hand, keeping your elbow bent, the upper arm by your side and your fist by your shoulder.
4. While keeping the upper arm still, extend the elbow until the arm is straight, then return to the starting position
5. Complete all repetitions on one side before switching sides.

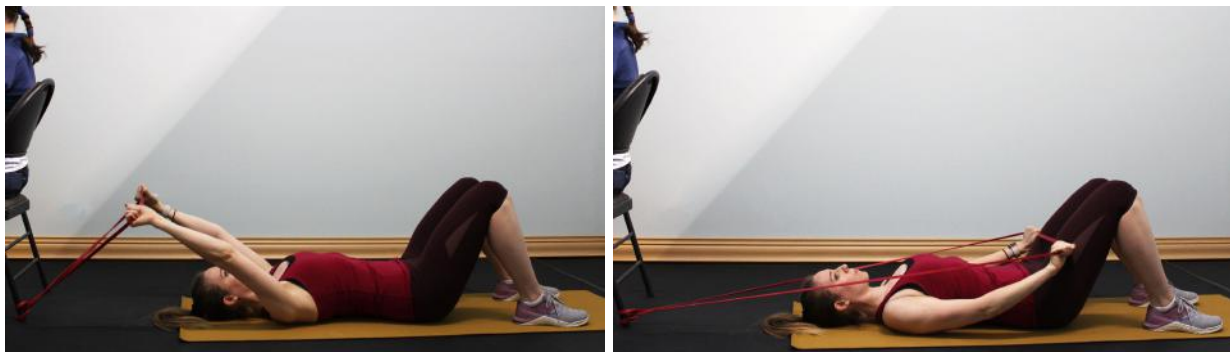
This exercise can also be completed with a small loop. Using the same stance as above, hold one half of the band in one hand at the hip to anchor it, hold onto the opposite side of the band with the working arm. Keeping the band still, extend the arm backwards from the hip, pause, then return



Lying Down Pull Down

What You Feel: Lats, Biceps, Triceps, Core

1. Attach one end of the resistance band to a sturdy object like a bed or a china cabinet. Move away from this point slightly to add some tension to the band.
2. Lay down with your feet pointing away from where you attached the band and have the other end with your hands pronated (palms facing away from you). Start with the band over your head, arms off of the floor with both arms straight
3. Engage your back and draw the band down the body and toward the hips with the palms facing toward your toes.
4. Pause then with control return to the starting position. Repeat until all desired repetitions and sets are finished.



Concentrated Single Arm Curl

What You Feel: Biceps, Shoulder, Back

1. Seated on a chair or a bench, have a small loop wrapped around your right foot and hold it in your right hand.
2. Place your right elbow on your right thigh, near your knee and extend your right elbow.
3. Keeping your elbow still, bend your right elbow and bring the band toward your right shoulder.
4. Slowly straighten your right elbow and return to the starting position.
5. Complete all repetitions on one side before completing your repetitions on the left side. You may wish to alternate sides to complete your sets.



COMPOUND

Band Assisted Chin Up

What You Feel: Lats, Abdominals, Biceps, Shoulders, Upper Back

1. Attach a band to a chin up bar or through the Duonamic.
2. Using a supinated grip (palms toward you) or a neutral grip (palms facing each other), grasp the handles at approximately shoulder width apart, put one knee into the band such that the band won't slide off. Push the band outward with your elbows and make sure the Duonamic is flush with the door trim. Note you may have to stand on a bench or a chair to get into the correct position.
3. Take a deep breath, squeeze your glutes and brace your abs. Pull the shoulder blades down and out and then drive the elbows straight down toward the floor while activating the lats (think wide back).
4. Pull your chin towards the bar until the lats are fully contracted.
5. Slowly lower yourself back to the start position with control.
6. Repeat all of the steps to completely the desired number of reps and sets

This exercise can also be performed with a wider grip, this would be a pull up. Have the palms facing away from you when performing this version of the exercise.

Note: You may wish to do a trial rep if it is your first time using this equipment. Have a chair under your non-supported foot with the toes touching so that your weight is being supported by the band and the Duonamic.

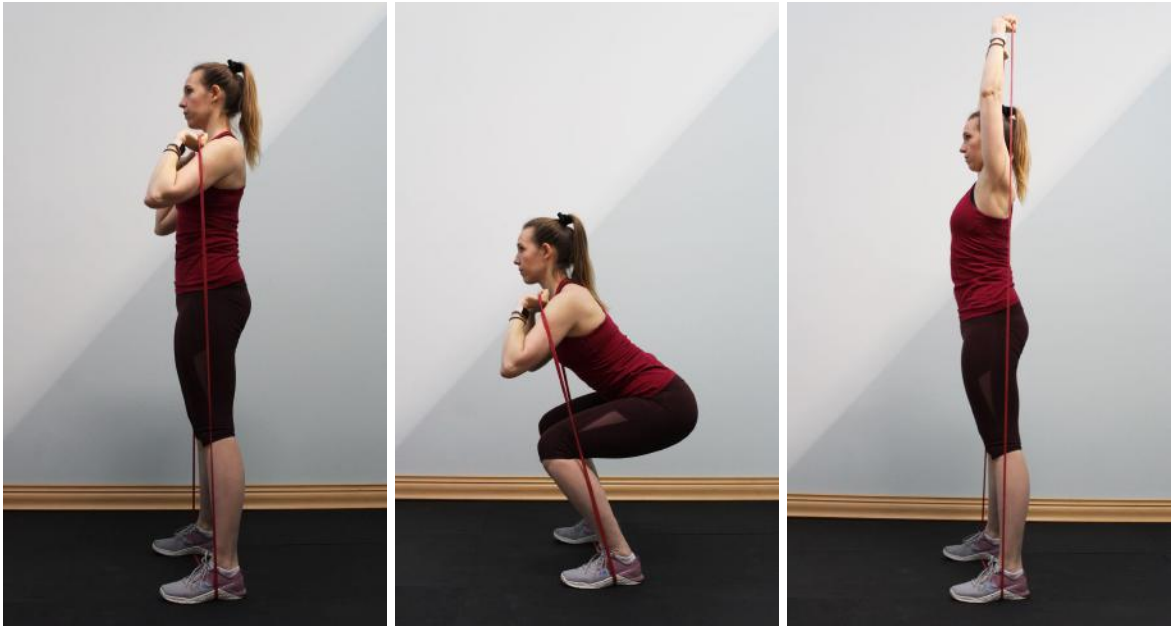


Squat with Overhead Press

What You Feel: Shoulders, Upper Back, Glutes, Quadriceps

1. Stand on the band with feet slightly wider than hip width apart with toes in a neutral to slightly turned out position.
2. Hold the band in each hand at your shoulders, palms facing away from you.

3. Keeping your knees in line with your ankles, squat down like you are going to sit in a chair while holding the band at your shoulder.
4. Come back to standing by pushing through your heels, as the legs start to straighten, push the band overhead, shoulder width apart, into an extended position. Keep your core tight so not to arch your back.
5. Bend elbows and bring the band back to your shoulders with control as you start to squat down again.
6. Coordinate the movement until you have completed the desired number of reps and sets.



Deadlift

What You Feel: Glutes, Hamstrings, Spinal Muscles, Core

1. Begin by securing a band with a low anchor point a foot or so ahead of you. Stand tall with the band equally distributed and held in each hand. Have the wrists in a pronated position (palms facing toward your thighs)
2. Initiate the movement by hinging at your hips, slowly pushing your butt as far back as you can. This should entail a horizontal movement of the hips, rather than a downward movement. The knees should only partially bend, and your weight should remain on your heels.
3. You should generate tension in your hamstrings as your hands approach knee level. Maintain a slight arch in your back throughout the exercise while keeping your core tight.
4. When your hips cannot perform any further backward movement, pause, and then slowly return to the starting position by extending the hips.
5. Keep the movement smooth and controlled throughout. Complete your desired number of repetitions and sets.



Push Up

What You Feel: Chest, Core, Back

1. Have the band draped across your back and hold the band in each hand.
2. Place your hands on the floor slightly wider than shoulder width. Engage your core and glutes as you step back into a plank position.
3. With control lower yourself to the floor while maintaining a 45 degree angle between the elbows and the torso.
4. Push against the floor while keeping your core and glute engaged to return to the starting position.
5. This exercise can be modified using a wall, incline (counter, bench, chair) or your knees.



Resistance Band Wood Chops - High to Low

What You Feel: Core, Anti-Rotation Muscles

1. Secure a band to an anchor point higher than shoulder height.
2. Standing perpendicular to the band, with your weight mostly over the side closest to the anchor. Hold the band with both hands over your head at an angle. Be sure that you are far enough away from the anchor that there is some resistance on the band.
3. Keeping the feet still, engage your core and rotate away from the anchor bringing the arms down the body on an angle while simultaneously bending the knees.
4. Return back to the starting position.
5. Complete all of your repetitions on one side before turning around and completing them on the other.



Resistance Band Wood Chops - Low to High

What You Feel: Core, Anti-Rotation Muscles

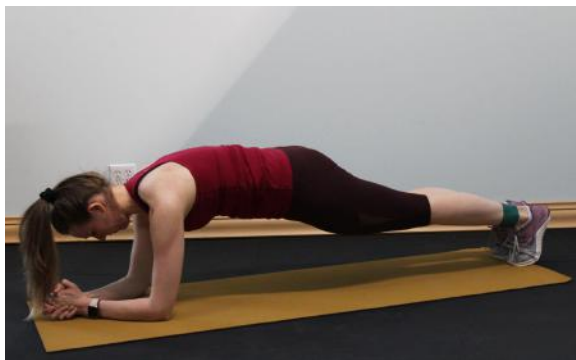
1. Secure a band to an anchor point approximately ankle height.
2. Standing perpendicular to the band, with your weight centered and your knees slightly bent. Hold the band with both hands at an angle below your knees. Be sure that you are far enough away from the anchor that there is some resistance on the band.
3. Keeping the feet still, engage your core and rotate away from the anchor bringing the arms up across the body on an angle while standing straight and transferring your weight to the leg closest to the anchor.
4. Return back to the starting position.
5. Complete all of your repetitions on one side before turning around and completing them on the other.



Plank Position Hip Abduction and Adduction

What You Feel: Core, Abductors, Adductors

1. Start with a small loop around the thighs above the knee.
2. You can perform a straight arm plank or a forearm plank for this exercise. Have the upper arm stacked below the shoulder, with the fingers wide. Engage the core and glutes and step back into the plank position with feet together.
3. Step the right leg out to the side keeping the knee straight, follow this by the left leg.
4. Walk each leg back into the starting position. Continue to alternate legs until all repetitions are complete.



Side Plank Knee Drives

What You Feel: Obliques, Core, Hip Flexors, Quads

1. Wrap a small loop around the bottom of both feet.
2. Roll onto your side and come up into a side plank position, with the bottom arm stacked under the shoulder and the other hand can be on your hip or slightly in front of the body for balance.
3. Drive the knee of the top leg toward the chest while maintaining balance in the plank position.
4. Return the leg to the starting position. Repeat all repetitions on one side before repeating on the other side.



CARDIOVASCULAR SYSTEM

Resistance Band Sprints

What You Feel: Quads, Hip Flexors, Core, Glutes, Hamstrings

1. Secure the band well to a sturdy object at hip level.
2. Have the band secured around your hips and start to sprint forward against the band
3. Try to be as explosive as possible
4. Continue to drive as hard as you can against the band for 30 seconds.
5. Rest for 30 seconds to a minute then repeat for as many sets as desired.



Resistance Band Jumping Jacks

What You Feel: Cardiovascular System, Glutes

1. Have a small loop around the thighs with the loop just above the knees.
2. To perform the exercise start with the legs hip width apart. Jump the legs apart, wider than hip width, landing through the foot while the arms come to an angle overhead.
3. Return to the starting position, and repeat until all repetitions have been completed.



Squat to Jack

What You Feel: Cardiovascular System, Quads, Glutes, Calves

1. To set up, have a small loop around the legs just above the knees.
2. Stand tall with feet hip width apart, arms by your side. Squat down, like you are going to sit in a chair, keeping your knees in alignment with the ankles and hips and explode upward while maintaining tension against the loop.
3. Land rolling through the feet while keeping your legs hip width apart. Try not to let the knees collapse inward as you come back into a squat when you land.
4. Repeat as many repetitions as possible within an allotted amount of time (ie 30 seconds) or until form deteriorates.

