



Resistance Band Workout Guide





Resistance Bands:

What are they?

How can they help you?

The benefit of resistance bands is in their functionality. They can be used as an option for anyone looking to exercise with minimal equipment, anyone short on time, and traveling. The resistance band can also be incorporated into your everyday workout routine as it offers resistance different than that of a dumbbell or barbell. Resistance is typically higher at the concentric part of your lift and lower at the eccentric portion. Think of the resistance being harder at the top of your bicep curl and easier at the bottom.

Why resistance bands are beneficial:

- A study done in 2019 showed training using resistance bands provides similar strength improvements to those using conventional gym equipment*
- Convenient and easy to transport - you can exercise wherever you want whenever you want
- Resistance bands can be integrated with weight training for advanced exercises and increase the level of difficulty in one movement
- Along with strength training, resistance bands are great for warming up the muscle before exercise
- A great option for all levels of training as levels of resistance can be modified by the thickness of your band

*<https://cle.clinic/3v3cUSU> | How Effective Are Resistance Bands for Strength Training?



Now that we understand the benefits of resistance bands the next step is application. Keep in mind that the exercises here are all general suggestions and can be modified based on fitness level and previous injuries or physical abilities. We suggest playing around with time in between exercises as a good dial for increasing and decreasing intensity. Focusing on slow and controlled movements is the best way to get the most out of your resistance band and make for better muscle contractions.

How to read the workouts...

Reps = Number of times you perform a given exercise

Sets = Number of cycles of reps you complete

Equipment needed

To do these workouts all you'll need is a resistance band. To enhance the resistance and intensity of these workouts, adding a dumbbell and/or kettlebell can be beneficial but not necessary. In the workouts, you'll see some exercises that utilize a dumbbell or kettlebell, but these can be substituted for other weighted objects.

Don't neglect the warm-up

Warm-up exercises are important to improve mobility, flexibility and focus while increasing body temperature to minimize injury during exercise.

Resistance Bands Workout

Day 1: Upper Body

Warm-up: Perform 10 repetitions of each exercise. Do 3 sets until you feel your body temperature increasing. Rest 1 minute after each set.

- Band Rear Delt Fly
- Yoga Push up
- Front Lunges

Workout:

- 1a. Plank with Band Pull 3x8
- 1b. Resistance Band Push up 3x8
- 1c. Single Arm Banded Pulldown 3x12
2. Half kneeling Dumbbell or Kettlebell Press 3x8
3. Jumping jacks 100x



Single Arm Banded Pulldown

Day 2: Lower Body

Warm-up: Perform 10 repetitions of each exercise. Do 3 sets until you feel your body temperature increasing. Rest 1 minute after each set.

- Squat with Reach (5 reaches each arm)
- Air Squats
- Knee Lifts

Workout:

- 1a. Resistance Band Squat 3x12
- 1b. Resistance Band Deadlift 3x12
- 1c. Bear Crawls Front and back (10 m down and back)
2. Walking Lunges (3 Sets of 20 Steps)
3. Dead Bug Core Exercise 3x10



Resistance Band Squat

Day 3: Conditioning

20-30 mins Outdoor run or Cardio Machine of Choice

Any type of cardiovascular activity will work for your conditioning days.

Legend: 1a. 1b. 1c. = Perform each exercise one after the other without rest in between



Dumbbell fly on bench



Dumbbell Rows

Resistance bands with dumbbells

If you don't have access to dumbbells or kettlebells, canned foods, water bottles, milk jugs or paint cans are great alternatives for an advanced workout!

Day 1: Upper Body

- 1a. Dumbbell fly on bench or ground 3x10
- 1b. Kettlebell Swing 3x10
- 2a. Dumbbell Rows 3x10
- 2b. Plank with Band Pull 3x8
- 3a. Standing Dumbbell Shoulder Press 3x10
- 3b. Rear Delt Fly on bench 3x10
- 4a. Alternating Dumbbell Curls 3x12 (each arm)
- 4b. Banded Triceps Pushdown 3x12

Day 2: Lower Body

- 1a. Resistance Band Squat 3x15
- 1b. Resistance Band Deadlift 3x12
- 2a. Dumbbell Front Lunges 3x8 per leg
- 2b. Banded Good Morning 3x8
- 3a. Glute Bridge 3x10
- 3b. Dumbbell Side Lunge 3x8 (per leg)

Day 3: Conditioning

20-30 mins Outdoor run or Cardio Machine of Choice

Any type of cardiovascular activity will work for your conditioning days.

**Legend: 1a. 1b. 1c. =
Perform each exercise
one after the other
without rest in between**

Nutrition 101

Whether the goal is weight gain or fat loss, the strategy will all come down to the quality and quantity of the food you eat. Finding your baseline of calories from a food diary or one of the many [calorie counters online](#) can help you establish how much more or less you need to be eating.

Not much of a calorie counter? Follow these general rules that can be applied to many diets out there

- **Prioritize protein intake:** As a rule, protein at each meal not only supports lean muscle mass, but it also increases satiety. Protein contains an amino acid called L-leucine which is the main activator for spiking muscle protein synthesis. Simply put, without protein in your diet, the body will not be able to recover from exercise effectively and promote lean muscle.
- **Include fibre sources such as leafy greens and various colourful veggies:** These not only contain co-factors and antioxidants that are important for longevity, but the fibre can support digestion and gut health.
- **Include carbohydrates to support energy, power, and movements in your workouts:** Fruits, root vegetables and rice are some examples of minimally processed carbohydrate sources.
- **Keep Hydrated:** Drinking enough water during the day can regulate body temperature, maintain joint lubrication, deliver nutrients to cells, and keep your overall body functioning optimally. During exercise it is also important as fluid is lost when you sweat; healthy hydration levels keep energy levels high and increases endurance.



Supplementation

When looking at optimizing long-term health, covering nutritional bases, and increasing performance; supplementation can play a particularly important role.



Active Living Protocol

Always follow label instructions

Morning/Afternoon:

activ-X: Combines vitamins, minerals, adaptogens, and omega oils to support energy, stamina and recovery

Omega Super 800: Contains 800 mg of combined EPA and DHA to support cognitive function, manage inflammation and support cardiovascular health

Vitamin D3 1000 IU: A fat soluble vitamin that supports immune health, cardiovascular health, bone health and mood

Relēv-X: Formulated for fast-acting support of joint pain and to promote healthy joint function with turmeric, licorice, and white willow bark (use when needed)

Evening:

EasyMag Magnesium Bisglycinate: Helps to manage inflammation, oxidative stress and can improve sleep.

Super DHA: DHA (docosahexaenoic acid) offers the primary building blocks for developing a healthy brain, central nervous system and vision



Absorb more with healthy oils

Platinum Naturals uses our award-winning delivery system, Omega Absorb™, which allows our bodies to absorb the nutrients it needs using healthy oils to improve our health and achieve our wellness goals.

Disclaimer

The recommendations in this e-book are not medical guidelines and are for educational purposes only. Please speak with your Health Care Practitioner before starting any exercise or nutrition program. The editors and publishers advise readers to take full responsibility for their safety and know their physical limits. The exercises in this book are not intended to substitute for any exercise routine or treatment that may have been prescribed by your Health Care Practitioner. Do not perform the exercises in this book unless you have been shown the proper technique by a certified personal trainer or a certified strength and conditioning specialist.

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