

**TGRIP**

**EXERCISE GUIDE TGRIP  
RESISTANCE BANDS**



**TGRIP**

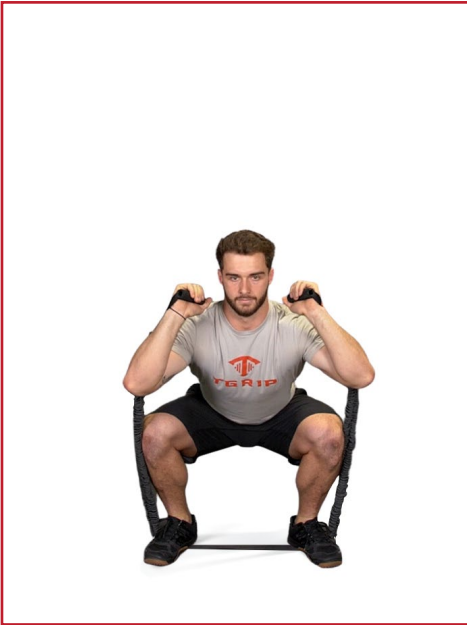
# **ERGONOMIC LIFESTYLE PROTOCOL**

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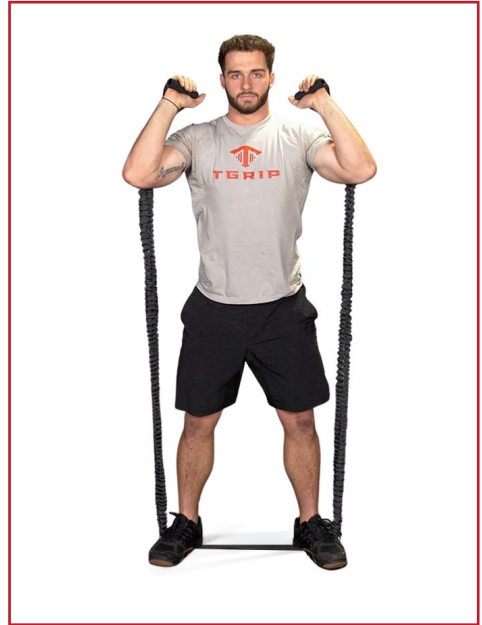
# Squat

**TARGETS: GLUTES, HAMSTRINGS, QUADRICEPS, CORE**



**POSITION A**

Standing with feet shoulder width apart starting with both handles raised up in front of your shoulders with elbows bent.



**POSITION B**

Squat down until your thighs are parallel to the floor. Return to Position A.

**Tip:** When squatting, push your hips back and keep your weight on your heels. Keep your knees in line with your toes.



# Squat and Row

TARGETS: GLUTES, HAMSTRINGS, QUADRICEPS, CORE



**POSITION A**

Standing with feet shoulder width apart starting with both handles raised up in front of your shoulders with elbows bent.



**POSITION B**

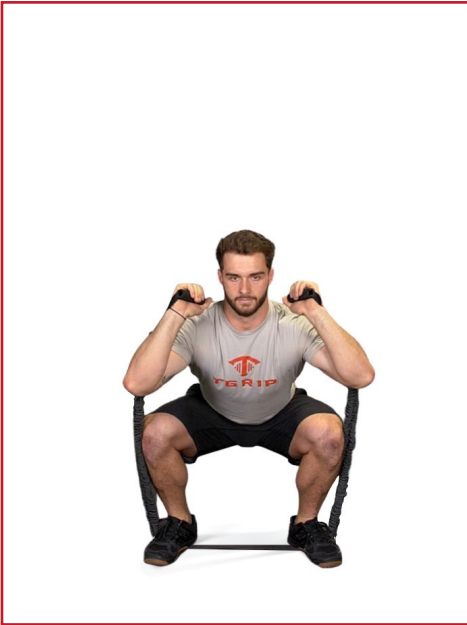
Squat down until your thighs are parallel to the floor. Return to Position A.

**Tip:** When squatting, push your hips back and keep your weight on your heels. Keep your knees in line with your toes.



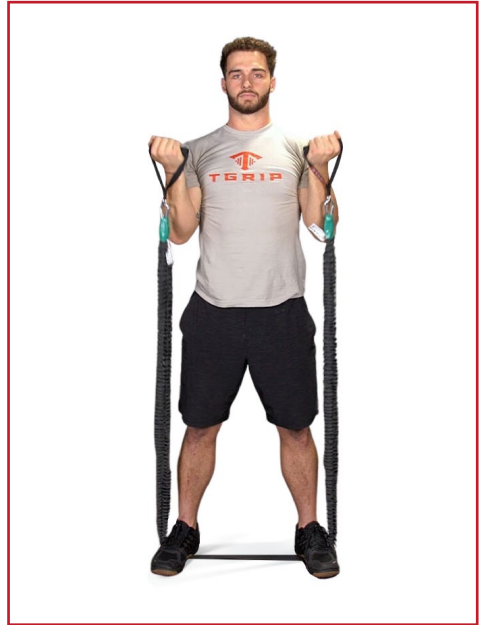
# Squat and Curl

TARGETS: GLUTES, HAMSTRINGS, QUADRICEPS, CORE



**POSITION A**

Standing with feet shoulder width apart starting with both handles raised up in front of your shoulders with elbows bent.



**POSITION B**

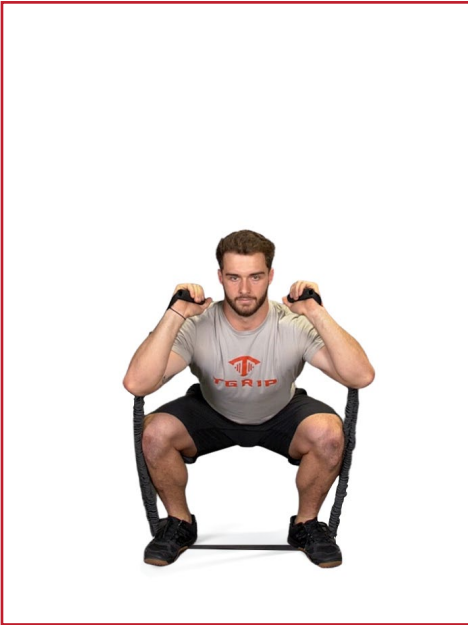
Squat down until your thighs are parallel to the floor. Return to Position A.

**Tip:** When squatting, push your hips back and keep your weight on your heels. Keep your knees in line with your toes.



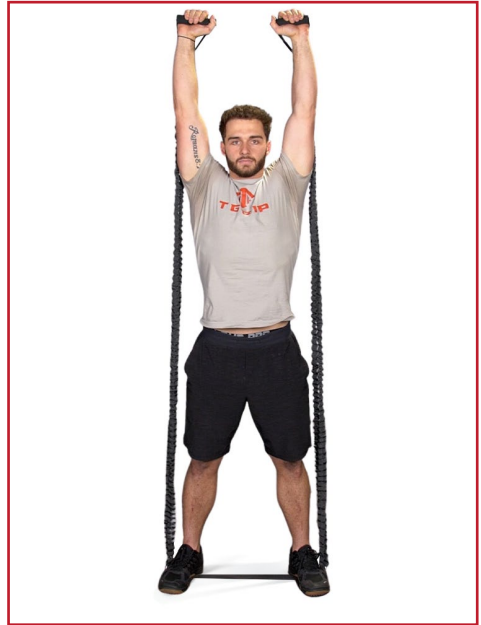
# Squat and Press

TARGETS: GLUTES, HAMSTRINGS, QUADRICEPS, CORE



**POSITION A**

Standing with feet shoulder width apart starting with both handles raised up in front of your shoulders with elbows bent.



**POSITION B**

Squat down until your thighs are parallel to the floor. Return to Position A.

**Tip:** When squatting, push your hips back and keep your weight on your heels. Keep your knees in line with your toes.



# Shoulder Press

TARGETS: SHOULDERS, TRICEPS



**POSITION A**

Standing with feet shoulder width apart, firmly grasp both handles. Starting position with handles just above chest level having slight tension on the bands.



**POSITION B**

Press the bands over head until your elbows are straight. Then slowly lower as you control the resistance following back to the starting position.

**Tip:** Maintain proper posture by keeping your shoulders back and core tight. Do not arch your back when pressing overhead.



# High Row

TARGETS: LATS, UPPER BACK, BICEPS



**POSITION A**

Having the resistance cords anchored upward. Grasp the handles with arms extended straight, lean and step back until you have slight tension on the bands.



**POSITION B**

Pull the handles towards your chest by squeezing your shoulder blades together and pulling your elbows back. Control the resistance back to Position A.

**Tip:** This exercise can be performed seated or standing. Keeping your shoulders back will enable optimal range of motion.





# Triceps Extension

TARGETS: TRICEPS, CORE



**POSITION A**

With the bands anchored high and behind you, grasp the handles with your elbows bent. Step forward slightly to eliminate slack in the bands.



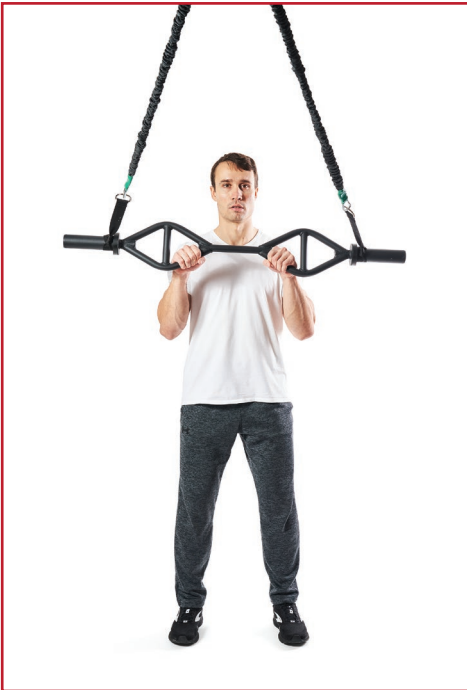
**POSITION B**

With the handles near your ears and your elbows tucked together, extend your arms until your elbows are nearly straight. Control the resistance back to Position A.



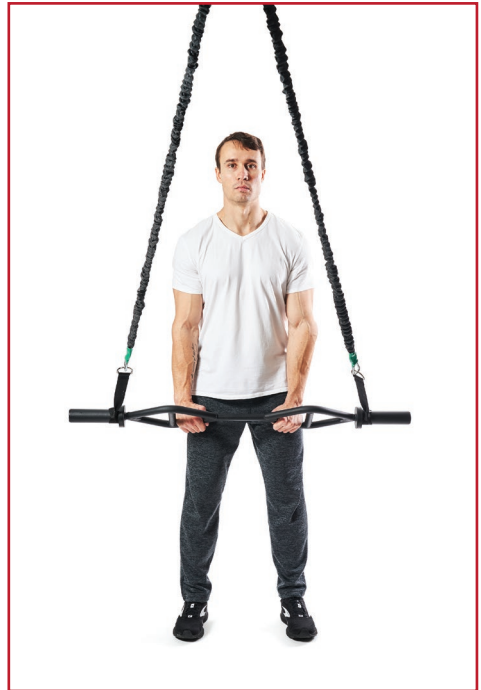
# Triceps Push-Down

TARGETS: TRICEPS, CORE



**POSITION A**

Grasp the handles with palms facing down and elbows bent so your hands are at chest height.



**POSITION B**

Extend both arms straight down keeping elbows at your sides throughout the complete motion. Be sure to control the resistance when descending back to the starting position.

**Tip:** Maintain good upright body alignment throughout exercise.



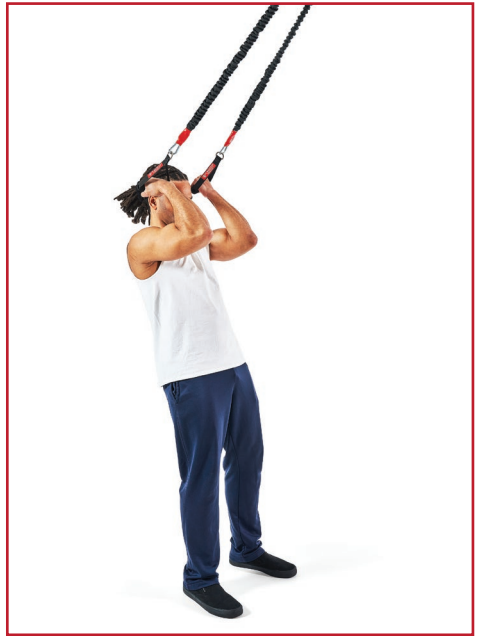
# High Biceps Curl

TARGETS: BICEPS



**POSITION A**

With bands anchored High, grasp the handles with the arms straight. Step back slightly until you have tension on the bands.



**POSITION B**

Keeping your elbows up throughout the movement, pull your hands back towards your ears. Pause, then control the resistance back to Position A.



# Biceps Concentration Curl

TARGETS: BICEPS / CORE



**POSITION A**

Standing on the band with your feet about shoulder-width apart, grasp the handle with your arm extended straight and with slight tension on the band.



**POSITION B**

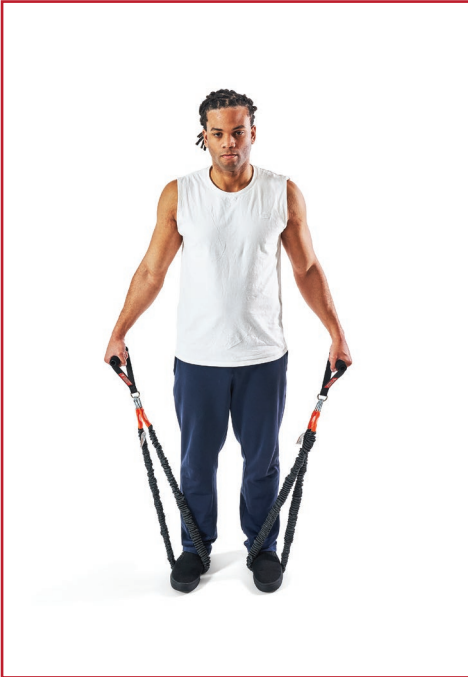
Curl the handle towards your chin, keeping your elbow tucked into your side. Hold, then control the resistance, returning to Position A.

**Tip:** Keep your elbow tucked into your side. Maintain proper body alignment with your back straight and core tight.



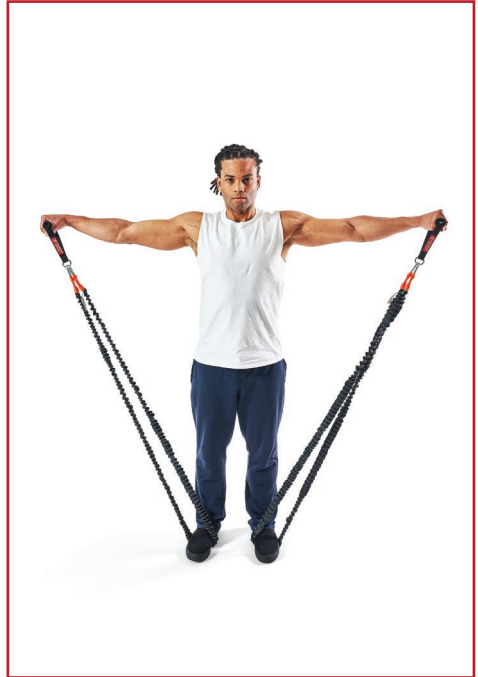
# Side Laterals

TARGETS: Shoulders



**POSITION A**

Stand with handles in each hand with arms at your sides, palms facing in. Position your feet shoulder distance apart. Keep your back straight, shoulders back, core engaged looking straight ahead.



**POSITION B**

Raise the bands up and out to each side, keeping your elbows slightly bent bringing arms up parallel with the floor, pause at the top. Then control the resistance slowly lowering your arms back to the starting position.

**Tip:** Tilt your thumbs slightly downward as you raise your arms.



# Front Raise

TARGETS: SHOULDERS



**POSITION A**

Standing with feet shoulder width apart, grasp handles with your arms straight down in front of you at your thighs. Make sure the bands have slight tension.



**POSITION B**

Keep your arms straight while raising the bands up in front of you to eye level. Slowly lower the bands controlling the resistance as you follow back to the starting position.

**Tip:** Maintain good upright body alignment by keeping your back straight, shoulders back and your core engaged.

# Reverse Crunch

TARGETS: CORE, LOWER ABDOMINALS, HIP FLEXORS



**POSITION A**

With bands anchored low and attached to ankles or feet. Lay on your back with legs extended out holding feet slightly off the floor your core engaged having slight tension (no slack) on the bands.



**POSITION B**

Keeping your low back pressed to the floor, contract your abs, and pull your knees towards your chest until your hips roll off the floor. Hold, then control the resistance back to Position A.

**Tip:** This exercise can be performed lying on the floor or a bench. Extend your arms out to the side with your hands on the floor for better balance. Always control the resistance; using momentum to pull the resistance can cause injury.



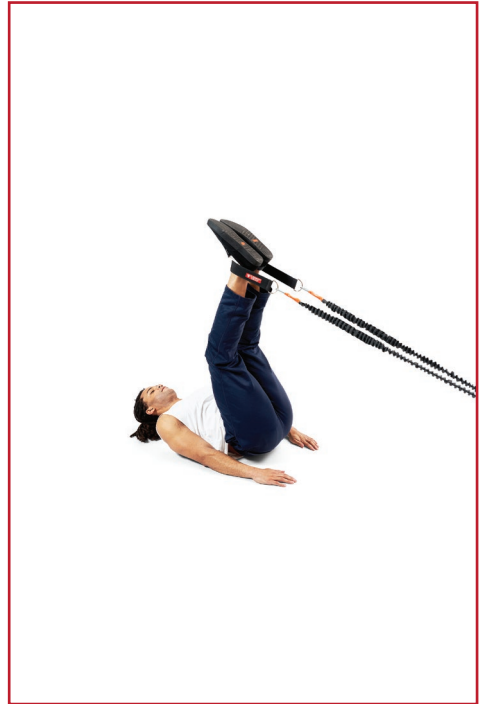
# Lying Leg Raises

TARGETS: CORE, LOWER ABDOMINALS, HIP FLEXORS



**POSITION A**

Lying on your back with your legs straight out in front of you, the bands anchored low attached to both ankles. Engage your core holding your feet slightly off the floor having slight tension on the bands.



**POSITION B**

Begin raising your legs up to a 90 degree angle and your hips come off the floor. Then keeping your legs straight slowly lower back down to the starting position at the same time controlling the resistance.

**Tip:** Keep your low back pressed into the floor. Control the resistance throughout the motion. Using momentum to pull the resistance can cause injury.



