

# RESISTANCE TRAINING BANDS

## EXERCISE GUIDE

- Warm up before each session, and perform each selected exercise 3–5 times without the Resistance Training Band.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Resistance Training Band that provides a lesser amount of resistance. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a Resistance Training Band that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Training Band exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

### SINGLE LEG SQUAT (BACK-PULL)



Place band around waist with anchor point behind body. Stand on one leg, straighten knee and align with hip and toes. Bend opposite leg; raise foot off floor and balance. Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.

Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg.

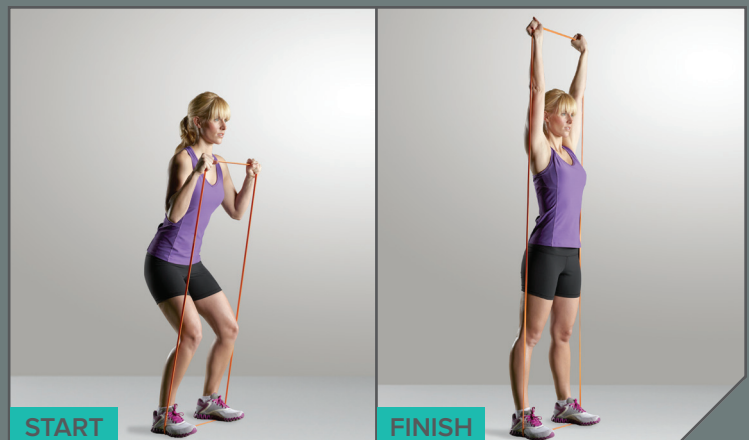
### BACK LUNGE



Place band around waist with anchor point in front of body. Stand with feet hip-width apart, straighten legs and tighten abdominal muscles.

Step backward with one leg; land on ball of foot while keeping front foot flat on floor. Drop hips toward floor and bend knees until lower portion of back leg is parallel to floor and front knee is directly over toes. Hold bent leg position for 1 second then push up and forward with front leg while straightening legs and return to start position. Perform 8–12 times, switch legs and repeat. Repeat with opposite leg.

### SQUAT PRESS



Stand on band with feet shoulder-width apart and knees partially bent, grasp band, bend arms and position hands in front of shoulders. Tighten abdominal muscles and keep back straight with head directly above hips.

Slowly straighten legs while extending arms straight overhead with hands directly above shoulders. Keep abdominal muscles tight, back straight and head over hips. Bend arms and legs and return to start position. Perform 8–12 times.

# RESISTANCE TRAINING BANDS

## EXERCISE GUIDE

### SINGLE LEG SQUAT (SIDE-PULL)



Place band around waist with anchor point away from side of body. Stand on leg closest to anchor point, straighten knee and align with hip and toes. Bend opposite leg; raise foot off floor and balance. Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.

Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg, then anchor band on opposite side of body and perform again with each leg.

### FRONT LUNGE



Place band around waist with anchor point behind body. Stand with feet hip-width apart, straighten legs and tighten abdominal muscles.

Step forward with one leg; land heel-to-toes while lifting heel of back foot off floor. Drop hips toward floor and bend knees until lower portion of back leg is parallel to floor and front knee is directly over toes. Hold bent leg position for 1 second then push up and back with front leg while straightening legs and return to start position. Perform 8–12 times, switch legs and repeat.

### POWER PUSH-UP



Lie face-down on floor and position band around chest inside upper arms, with partner extending and holding band above mid-back. Bend arms and position hands just outside shoulder width, tighten abdominal muscles and straighten body with toes on floor hip-width apart.

Quickly, and with control, partially straighten arms and raise hands off floor while keeping body straight and toes on floor. Land and reposition hands just outside shoulder width, bend arms and return to start position. Perform 8-12 times. Option: AGGRESSIVE PUSH-UP Keep hands on floor, slowly extend arms while keeping body straight and toes on floor, then return to bent-arm start position.