



Resistance Bands

Elysia Tsai, M.Ed., ATC introduces our Resistance Band System. A great addition to your Si Board balance board for added posture challenge and upper body control. A perfect Gym in a Bag for travel and exercise on the go. Learn more about our superior materials and unique design.

(0:08) Simply loop the strap system around the steel rail, hook in your bands, and your foot straps or your handles, and now you have a whole full body workout on your balance boards. It's the perfect gym in a bag. I throw everything into this carry bag, take it to the park with me, hook it up to a park bench or a pole, and now I have an outdoor workout. I've actually traveled the world with our resistance bands system. It's nice and light, and it's great for training on the go.

(0:42) The key features with our Resistance Bands System is a carry bag, which is a very durable, nylon material. It has a draw cord so that you can secure everything. I add extra jump ropes and mini bands in there, my car keys and my cell phone. On the back side is an extra loop, and a clip buckle, to strap this into my original Si-Board, on the rail, and then I just carry it with me. Or I hook this up to the park bench.

(1:23) Your Resistance Bands System comes with two long straps. The strapping material we use is a very sturdy polyester material that you'll find in like car seat belts and it's very resistant to any friction. I've used these for many, many years, and they still hold up very well, compared to a polypropylene material. We have welded O rings that are nice and thick. This long loop is big enough to be able to loop around a five inch diameter pole. So you can take this and put it on a golf post or any large structure.

(2:03) You also get two foot straps. These are great for lower body movement, and I've also used these around my hands, or my wrists, to get an upper body control when I just wanted to keep my hands open, or practice skills where I'm throwing a ball.

(2:21) And you have two handles. It has an extended cord here, so that the material doesn't rub against the foam grip or your hand. For those of you with big hands, there's actually quite a bit of clearance to prevent the strap material from rubbing on your hand. And the grip is an extra cushioned grip. If you've ever felt those eddy grips that are very, very thin, they can be uncomfortable on your hands.

(2:50) And our latex bands are designed with a swivel clip at each ends. So it freely rotates when you're doing complex, rotational moves with your forearms or your arms. Simply click in to the handle, along a loop strap, and you have your system ready to go.

(3:17) To properly maintain you resistance bands system, you want to check that all the stitching is intact. These have a double stitch, so there's two lines of stitching right here. Double check that any of the welded rings are not damaged, and that the strapping material is in good shape.

(3:40) For your resistance bands, check that the plastic clip is intact, and also that the latex is in good shape. You start to see any cracks, or tears, or when it stretches, it starts to look like it's cracking, then it's time to replace your resistance bands. We suggest that you replace your resistance bands every year.

(4:08) The bands come in three resistances. You have the light yellow ones, medium black, and the heavy red. And there's enough room on the rings to be able to add multiple bands, to get additional resistance levels on there. You could add almost six if you wanted to. So you can add all six bands to one ring, clip them, and have an enormous amount of resistance.

(4:48) A safe, working capacity for the latex resistance bands is to keep the stretch under three hundred percent. So this is about the distance that you want to use. Anything more, and then your risking integrity of the bands.

(5:07) To use the resistance bands with your original board, you'll flip your board over, and this is where you'll need your solid, steel rail. To secure your straps to your steel rail, you're going to take the loop side underneath the rail, and then place the metal "O" ring through the loop, and pull tight. And then take your handle, and clip it onto the band on the other side. And now you have a secured resistance band system on your rail.

(5:45) So the long loop strap has three "O" rings that you clip into, and that allows you to shorten the bands based on the exercise that you're doing. So you can simply just fold that over, and re-clip in, or, if you wanted to again, then fold over again, and clip in, and now you have a shorter distance from the board up to your hand. Instead of using the handle, you can use the foot strap as well, and clip in.

(6:15) You have all of this space to create an infinite amount of exercises. Whether you're pulling from the front, you're pulling from the side, or you have a combination of attachment sides. I've also used sports equipment to attach to the resistance bands system, so you can use your foot strap, or you can use your longer loop strap. Either one, you've got two in there, so you've got some choices and variety. And now you have your specific sports equipment in combination with your Si-Boards balance training system.

(6:58) In addition to using your resistance bands in the park or against the fixed object, or on your original balance board system, you can use yourself as the fixed object. Simply take your foot strap, hook it to your bands, and add your handle. I'll move that through my foot, and now, I can get cross body shoulder control, I've got a variety of exercises that I can do.

(7:44) Resistance bands are a great addition to your balance training system, because those bands are trying to pull you down to the board, and you're fighting against that resistance. So it really forces you to stand up right, have good posture control, and have a very strong spine. I love riding the board with the resistance bands, because I can stay in my position, I can get rotational moves, I can do shoulder work. It is so fun to add that element of resistance.

(8:15) So I invite you to add some resistance bands with your balance training system, and jump into the next generation with Si-Boards balance boards.

Elysia Tsai, M.Ed, ATC is a Certified Athletic Trainer and the developer of Si Boards balance boards, unbreakable med balls and power rope balls. Our balance boards are the most versatile and progressive multi-direction training system. Our high performance products are made in the USA with superior function, quality and lasting value. We are always available to answer your questions.

For more information check us out at:

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