

RESISTANCE

BANDS

EXERCISE

GUIDE

Corporate Holiday Gift 2016



MEDICAL DISCLAIMER

Always consult your physician before beginning this or any exercise program. This general information is not intended and should not be construed as medical advice, diagnosis or a treatment suggestion. These exercises may not be suitable to all participants. **If you experience any pain or difficulty with these exercises, stop and contact your physician.**

SAFETY GUIDELINES

- Inspect tubing for tears before each use. Do not use if there is damage of any kind.
- Wear proper footwear.
- Before starting an exercise, move away from the anchor point to create a level of tension that is constant throughout the entire range of motion.
- Always control the resistance, especially in the return phase of the movement.
- Light discomfort is normal. Reduce resistance if you feel excessive discomfort or strain. “No pain no gain”—WRONG!!!! If there is pain, STOP.
- Perform an equal number of repetitions on both sides.

WARM-UP

Warm up for 5–10 minutes. Use movements that mimic the upcoming actions. Include dynamic or rhythmic stretching to ensure you can move comfortably through your range of motion.

STANCE GUIDELINES

Novice: Place middle of tubing under arch of front or rear foot; stand in narrow, staggered lunge.

Intermediate: Place tubing evenly under arches of both feet; stand in narrow, square stance (feet hip-width apart or slightly closer).

Advanced: Place tubing evenly under arches of both feet; stand in wide, square stance (feet just wider than hip-width apart).

BODY ALIGNMENT GUIDELINES

Maintain postural awareness:

- Keep torso upright, and head and neck in neutral position.
- Engage deep abdominal musculature to assist in neutral spinal alignment and stabilization.
- Focus eyes straight ahead.
- Do not lock or hyperextend joints.

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01

SEATED CHEST PRESS

STARTING POSITION

Wrap a band behind a chair. Sit tall on the chair, grasping handles in each hand at the side of the chair. Feet are flat on floor, knees are bent. Hold hands on each side of your chest, palms face down.

ACTION

Exhale: Extend your arms forward without locking elbows.

Inhale: Slowly bring back to the starting position to complete one rep.

SPECIAL INSTRUCTIONS

Keep abs tight.

MUSCLES WORKED

Chest, Triceps



▲ Starting Position



▲ Final Position

02

SEATED HIGH ROWS

STARTING POSITION

Sit on a stable chair with knees bent, feet hip-width apart. Keep back straight, abs in, heels on the floor. Loop band around the soles of the feet, then cross the ends/handles over shins so right hand holds left handle and left hand holds right handle, palms facing down.



ACTION

Exhale: Pull hands toward chest so elbows and fists are at or near shoulder level, pinching shoulder blades together at the end of the movement.

Inhale: Slowly return to starting position to complete one rep.

SPECIAL INSTRUCTIONS

Make it harder: Spread feet apart so they lie on the band closer to handles for more resistance.

Make it easier: Do not cross handles and keep feet close together at center of band. Make sure the band is secure around your feet.



MUSCLES WORKED

Back, Biceps, Rear Deltoids

03

SEATED SHOULDER PRESS

STARTING POSITION

Sit on a chair that supports the back. Place the band under your glutes. Hold band in each hand with palms facing out and elbows at 90 degrees, palms at shoulder level.

ACTION

Exhale: Press the band overhead until arms are straight and in line with shoulders. Don't lock elbows completely.

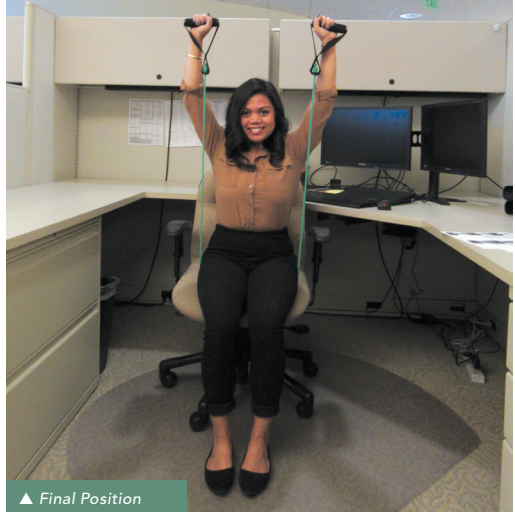
Inhale: Return to starting position to complete one rep.

SPECIAL INSTRUCTIONS

If you experience shoulder pain, have palms facing in toward the body. Don't arch your back as you perform exercise.

MUSCLES WORKED

Shoulders



04

SEATED TRICEPS EXTENSIONS

STARTING POSITION

Sit holding the band with one hand behind your neck. With the other hand bent behind your lower back, hold the other end of the band, grasping the band by the handle, wrapping your thumbs and pointer fingers around the hand grip.

ACTION

Exhale: Extend arms straight above your head, keeping elbows next to ears.

Inhale: Lower the weight back down with control to the starting position to complete one rep.

SPECIAL INSTRUCTIONS

Contract abs to avoid arching your back. Use a chair with a short back (if available) for support. Keep elbows tight near ears throughout movement and try to keep your upper arms still.

MUSCLES WORKED

Triceps



Starting Position ▲



Final Position ▲

05

BICEP CURLS

STARTING POSITION

Stand on center of band with feet close together, knees slightly bent. Grip handles in front of thighs, palms facing outward. Hug elbows in tight to your torso and contract abs.

ACTION

Exhale: Without leaning back, and keeping upper arms stationary, curl hands up to your shoulders. Don't lock elbows completely.

Inhale: Slowly lower to starting position to complete one rep.

SPECIAL INSTRUCTIONS

Keep upper body stationary and elbows tucked into your torso to isolate the biceps. If you have trouble balancing or keeping your torso upright (not leaning backward), stagger your stance as shown.

Make it harder: Step your feet out to the sides, closer to the ends of the band and/or grip closer towards the center as opposed to the very end (handles) of the band.

Make it easier: Step as close as possible to the center and grip the end of the band.

MUSCLES WORKED

Biceps



06

LATERAL RAISES

STARTING POSITION

Stand with feet slightly apart, back straight, arms hanging at your sides. Secure the band under your feet. Hold the handles in each hand, palms facing inward.

ACTION

Exhale: Raise the band at your sides to shoulder level, keeping elbows slightly bent.

Inhale: Lower slowly with control to the starting position to complete one rep.

SPECIAL INSTRUCTIONS

Do not let the momentum of your swinging arms do all the work—keep the movement controlled. Be sure you are not leaning back when lifting the weights.

If you have trouble balancing or keeping your torso upright (not leaning backward), stagger your stance as shown.

MUSCLES WORKED

Shoulders



07

ONE-ARM ROWS

STARTING POSITION

Place the band under your front foot. With your opposite side palm facing in, grab the handle. Rest opposite elbow on opposite leg. Try to create a flat back and make sure you have tension on the band. Keep upper body steady.

ACTION

Inhale: Pull the band up as high as possible, keeping your elbow back and ensuring that the upper arm travels away from your torso a little.

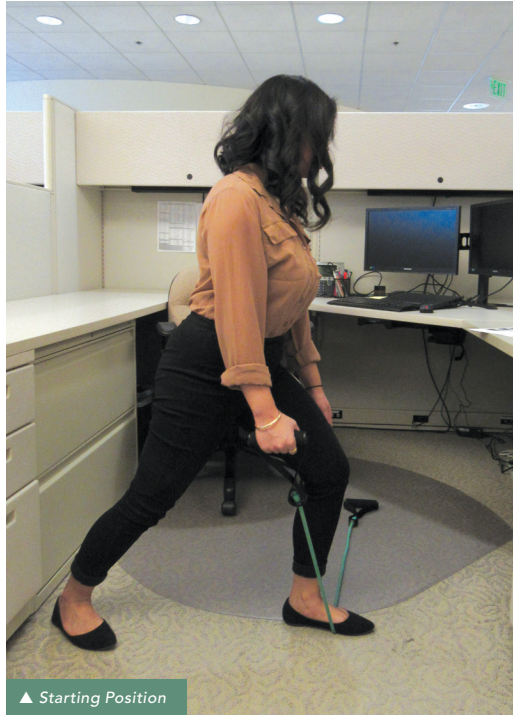
Exhale: Lower band back down until arm is straight, but elbow does not lock, to complete one rep.

SPECIAL INSTRUCTIONS

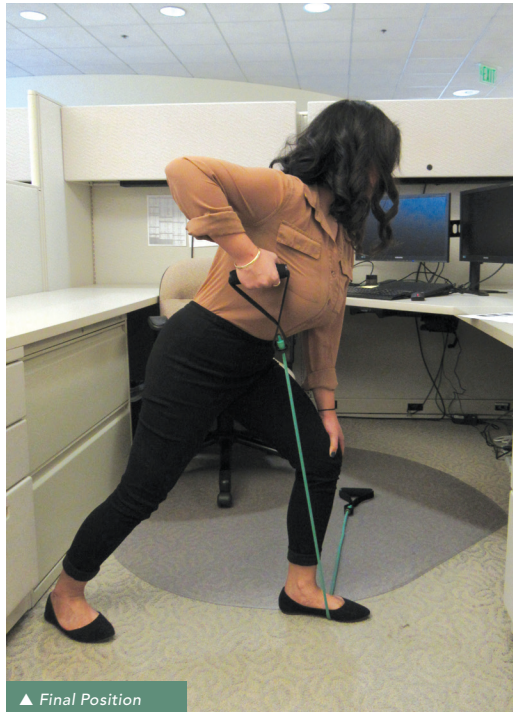
Keep your spine in a neutral position.

MUSCLES WORKED

Upper Back, Shoulders, Biceps



▲ Starting Position



▲ Final Position

08

LEG EXTENSIONS

STARTING POSITION

Make a loop at one end of the band and place it around your right ankle. Hold the other handle in your left hand. Stand with your left foot on the band with back straight, abs engaged, hands on hips and legs together. Lift right knee slightly towards the ceiling until the band is taut.

ACTION

Exhale: Keeping your thigh in a fixed position, straighten your right knee as if kicking your toes up towards the ceiling.

Inhale: Bend at the knee to return to the start position to complete one rep. Stay balanced and finish set on this leg and then switch sides.

SPECIAL INSTRUCTIONS

Keep abs in, knee on balancing leg soft, and eyes fixed on a focal point to help maintain balance.

Make it easier: Bring balancing leg closer to the handle you're holding to decrease resistance.

Make it harder: Bring balancing leg closer to the working leg (the "loop" end of the band) to increase resistance.

MUSCLES WORKED

Quads



09

BAND LATERAL LUNGES

STARTING POSITION

Begin by standing with your feet shoulder-width apart, hands on hips. Place band around thighs or ankle. (Ankle shown)

ACTION

Inhale: Step out to the right and shift your body weight over your right leg, squatting to a 90-degree angle at the right knee. Try to sit down and back, keeping your back as upright as possible.

Exhale: Push off and bring your right leg back to center to complete one rep. Finish all reps on this side, and repeat on left side to complete one set.

SPECIAL INSTRUCTIONS

Keep your weight on your heels and make sure your knees don't go over the plane of your toes. Hold your arms out in front of you to help with balance.

MUSCLES WORKED

Quads, Glutes, Inner Thighs



10

BAND SQUATS

STARTING POSITION

Stand with feet slightly apart, arms hanging down at sides, palms facing in. Band can be placed above the knees or at the ankles. (Ankle shown) Look straight ahead, contract abs.

ACTION

Inhale: Arch back slightly, squat down as if sitting back into a chair until thighs are parallel to the floor, if possible.

Exhale: Straighten legs to the starting position.

SPECIAL INSTRUCTIONS

Make sure knees do not pass the line of the toes.

MUSCLES WORKED

Quads, Hamstrings, Calves, Inner Thighs, Outer Thighs



