

Session # 365

RAMP IT UP WITH RESISTANCE BAND TRAINING

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Introduction: Resistance band training gets ramped up in this fun and idea-filled session. Resistance bands and tubing are inexpensive, portable and, most importantly, effective for improving muscular endurance. With the countless benefits and numerous ways to use a resistance band, this session is packed full of great ideas and programming plans for the training studio, outdoors, bootcamp classes, small-group training sessions and more. From interval training to full-body combinations, walk away with a new appreciation for resistance band workouts.

Benefits of ERT (elastic resistance training)

- With band stretch, resistance increases providing a progressive stimulus to the muscle
- Single or multiple joints can be trained at one time for more efficient and functional exercises
- Unlike weights, ERT does not rely on gravity; how far the band is stretched will determine the resistance and offers many more movement options and directions of motion for various exercises
- Training for speed (i.e. power) can be done safely and effectively
- Studies show the strength and endurance benefits of ERT like those achieved by other types of resistance training

Types of Bands

1. Flat bands (i.e. Theraband)
2. Covered tubing
3. Tubing with handles (i.e. SPRI)

Getting Started

- Always check the integrity of the band as it should be free of nicks or tears; replace as needed
- Determine resistance levels (from light to strong)
 - Each band manufacturer will use a different resistance/color chart; often lighter colors are easier
- Review proper use; i.e. wrist alignment, tension, anchoring
- Choose the correct anchor position; anchoring positions vary based on line of pull and exercise choice
 - Handle through the handle
 - The 'wrap' (around the feet, hands, or handle)
 - Varying band lengths from the anchor point
 - Attached to a secure structure
 - Working with a partner
- When securing the band, check that it is fastened correctly to any attachment points; especially if clients are standing on the band or wrapping it around the feet
- Ensure proper alignment of the wrist when holding the handles
- Vary the movement tempo: either controlled, negative (eccentric) focus, concentric focus, isometrics, > < speed
- Always keep some tension on the band, both in the concentric and eccentric phases of movements; avoid letting the band 'snap' back to the starting position *Source: Page, Phil & Todd Ellenbecker. Strength Band Training. Human Kinetics, Windsor, ON 2005.*

Sample Exercise Ideas and Combinations

Warm Up Footwork Use the band(s) as a floor marker; agility and speed work

Partner Exercises + Group Exercises

- Skier
- Side Shuffle
- Parachute Band Run
- Front Press and Leap
- Long Jump
- Row and Hop Back
- Lunge and Rotation
- Biceps Curl and Side Lunge
- High Row and Wide Squat
- Boxing Jabs
- Tap Down Abs
- Rock and Curl
- Chest Press, Rows (various heights), Press Backs, Triceps
- Add lower body movement options

Anchor	Individual Exercises and Transitions
<ul style="list-style-type: none"> • <i>Overhead</i> • <i>Under 1 foot</i> 	<p><i>Lat pull downs</i> – Wide leg stance, arms overhead, pull down; add lower body and calf raise option</p> <p><i>Wood chop</i> - anchor the band under one foot, pull across the body; vary the tempo of movement</p> <p><i>Single arm row with glut extension</i> – hold the short end of the band for the row, hinge and lift the opposite leg</p> <p><i>Single arm overhead triceps extension</i> – decrease or increase resistance as needed</p> <p><i>Single leg deadlift</i> – wrapping the band around one foot, hold the handles, hinge forward</p>
<ul style="list-style-type: none"> • <i>Under both feet</i> • <i>Overhead</i> 	<p><i>Abductor lateral walk</i> – place the band evenly under the feet; step R 3x's and side leg lift; repeat L</p> <p><i>Side bends</i> – band stays under both feet; side bend in each direction for a multifidi-focus</p> <p><i>Lateral lunges</i> – place band behind the upper back, hold the handles and press away; or add a side lunge; option to hold the band in front of the body and add a front press ('on-guard')</p>
<ul style="list-style-type: none"> • <i>Seated, around feet</i> 	<p><i>Rowing sequence</i> – in a seated position, anchor the band around the feet (front of the shoes, wrap behind and through). Vary the row position (low, mid, high); single arm option. Add a <i>Biceps curl</i> from a bent knee position</p> <p><i>Back extensions</i> – keep the feet on the floor; lower back and lift slowly; focus on control</p> <p><i>Sit up into a row</i> – combine both movement patterns</p>
<ul style="list-style-type: none"> • <i>Around 1 foot</i> • <i>Under knees</i> 	<p><i>Side Plank and leg press</i> – from a side elbow plank position, front knee down, leg extended: anchor the band around the foot, hold the handles and press away; optional plank and row variation</p> <p><i>Superman</i> – anchor the band around one foot (handle through handle), extend opposite leg and opposite arm</p> <p><i>Side lateral raise, kneeling</i> – secure band under both knees, arms extend to the sides, lift and lower</p>
<ul style="list-style-type: none"> • <i>Around both feet</i> 	<p><i>Ab/Adduction</i> – secure the band around the feet, roll back into a supine position and lift the legs to the ceiling; press out and in</p> <p><i>Chest opener and back pull</i> – hold feet in the upward position; arms open to the sides</p> <p><i>Biceps curl</i> – lower the feet, elbows to the floor, curl in and out</p>
<ul style="list-style-type: none"> • <i>Seated, on the ERT</i> • <i>In front</i> • <i>Back</i> 	<p><i>V-Sit</i> – sitting on the band, add in a shoulder press</p> <p><i>Russian Twist</i> – seated on the band, shorten the band; legs elevated if preferred, add rotation from side to side</p> <p><i>Paddling</i> – seated, holding the band in front of the body, begin paddling R and L</p> <p><i>Torso twist</i> – place the band under the back to secure, press up with one arm</p>

Thank You!