

Session # 283

Let's Band Together: Resistance Band Training for Individuals, Partners and Small Groups

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Introduction: The resistance band is a portable, effective and easy-to-use tool for the on-the-go trainer. In this workshop, discover a toolbox of exercises that work the major muscle groups and cover foundational movements. In addition, this session will review correct resistance band mechanics and various exercises to use with one-on-one clients, partners, circuits or small groups.

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 effectively
- Studies support 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-type)
 - Looped and Open
2. Tubing with handles (i.e. SPRI-type)
3. Covered tubing

Getting Started

- Always check the integrity of the band; it should be free of nicks or tears
 - Never use if it is damaged
- Determine resistance levels (from light to strong)
 - Each band manufacturer will use a different resistance/color chart to determine intensity
 - Dark band colors tend to be more challenging
- Review proper use, including:
 - Wrist alignment (with and without handles)
 - 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)
 - Standing on it
 - Both feet or one foot

- Varying band lengths from the anchor point
 - Attached to a secure structure
 - Working with a partner/in a small group
- When securing the band, check that it is fastened correctly to any attachment points
 - Especially when standing on the band, wrapping it around the feet, or holding it for a partner
- Vary the movement:
 - Tempo slow/fast
 - Eccentric, concentric and isometric movements
 - Concentric
- 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

Working with Partners

- Self-selected
- Bands of equal/unequal strength
- Height/strength differences for certain movements
- Tempo and timing
- Communication (safety and more)

Working in Small Groups

- Center hook position - must be linked
- Spacing
- Tempo and timing
- Communication (safety and more)

Working in Circuits

- Circuit set up
- Goals

Today's Exercise Sampler (*exercise catalogue provided at the session)

- Individual Exercises
 - Movements from the anchor point
 - Flow of exercises
 - Strength and cardio options
- Partner and Group Exercises
- Circuit Ideas

Sources:

Page, Phil & Todd Ellenbecker. Strength Band Training. Human Kinetics, Windsor, ON 2005.
 Popowych, Krista. Partner Workouts. Human Kinetics, Chicago, IL. 2022.

Thank You!