

# RESISTANCE BAND WORKOUTS

Complete Step by Step Guide to Strengthening,  
Stretching and Rehabilitation Techniques



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Stretching and Rehabilitation Techniques

By

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# Chapter 1

## Resistance Band

Resistance bands are normally used by people who are recovering from injury, but their use has become prominent because of their benefits. Many people have begun to use resistance bands along with their workouts. Resistance bands are easy to use, and you can find them in different sizes, lengths, strengths, and colors. They are very good for your training.

These bands come in different tensions and lengths; they can either be light or heavy, depending on the one you want to choose. They can be straight, loop, flat with handles; you can use them to create different types of workouts for yourself.

Resistance levels and the size of bands can help us practice different forms of exercise, which have an effect on our muscles. The band is effective for creating resistance so that we can get full muscle benefits. The band enables us to perform different forms of exercise that our bodies need. One of the things the body needs is variety, and resistance bands enable us to perform different forms of exercise.



## **Chapter 2**

### **Benefit of resistance band**

These bands enable us to practice different form of exercise. The benefit of resistance band is provided below.

#### **Less chance of getting injured**

Using resistance band provides muscles activity just like weight training. It enables us to provide more stimuli to our muscles with less chance of injury.

#### **It provide more muscles stimulus**

The use of resistance band enables our muscles to get more stimuli. One great advantage of resistance band is the resistance applied during exercise, which help our body to get the require stimulus needed by the body. When we do this, easy strength adaption easily take place in our muscles.

#### **Core activation and stabilization**

Constant tension provides your body with the necessary stabilization by performing varieties of exercise, this enable you to activate your core balance.

#### **Help to improve strength and athlete**

When resistance band is combine with other traditional training process, strength is easily gained. Resistance band like the power resistance they are very effective for training because of their variable resistance, increased load and instability. The use of resistance band with weight training improves strength and neuromuscular performance when you compare with only weight training, the band is very effective for athlete and agility purposes.

#### **It enable us to perform different form of exercise**

This band enables an individual to perform different varieties of exercise.

Resistance band is for everyone due to its great benefit which assists us to perform the choice of our exercise.

### **It is inexpensive**

The band is inexpensive due to the fact that you can use one band to perform different types of exercise and it does not require too much mechanism and machine and it is also easy to use.

### **Great for rehabilitation**

It has been proved that resistance band help to improve size, strength and function of muscles for the old as well as people who need rehabilitation. You can also use the band to target muscles in the body.

### **Mobility and stretching**

You can use this band to achieve mobility and stretching. It is possible to use the band to get result for mobility and stretching, it depends on what you what to achieve with the usage of resistance band.

### **Good for travel**

The band can be carry from one place to another with less stress. You can put the band on your luggage if you intend to travel; you can easily perform exercise in your hotel by the use of the band.



## Chapter 3

### Who should make use of resistance band?

Anybody can make use of resistance band; this chapter will guide you on the specific set of people

#### **Person who want to gain weight**

If you intend to gain weight, you can make use of resistant band to gain weight; you can also include them to other form of exercise in order for you to gain weight.

#### **Individual who intend to lose weight**

Individual who intend to lose weight can also try resistance band exercise, and then you go for exercise that will help you to lose weight. Exercise that can be incorporated for weight loss include, squat with band, resistance band chest press then you can also try row with a band. This will help you to burn the necessary calories and also to build muscles.

#### **Old adults**

For individual over 60 exercises at the gym can be harsh and demanding on your body. Resistance band help you to carryout exercise without putting too much stress on your body, it is good for people that are of age to use resistance band because it is very convenient. These bands help us to maintain muscle and strength mass without overdoing it. Resistance band is one of the easiest ways to increase bone strength thereby prevent osteoporosis.

#### **Athletes**

This band help athletes in varieties of way, it help them to improve power and strength, this band also assist athletes to prevent injuries, one great advantage of resistance band is that you can take it anywhere you want.

#### **Pregnant women**



Exercise is very important during the time of pregnancy in order to improve sleep, energy and mood. Resistance band is one of the things you should try during pregnant period in order for you to effectively prepare for childbirth.

# Chapter 4

## Types of resistant band

There are different kinds of resistance bands on the market; this resistance band comes with different level, quality and price. We are going to consider the various kinds of resistance band in this chapter and the one to choose from.

### **Types of resistance band with their benefit**

#### **1. Power resistance band (Loop band)**

This kind of resistance band is use for variety of purposes. You can use this resistance band for bodyweight resistance like box jump, bear crawls, pushups etc. You can also make use of this resistance band for body weight assistance like dips, pull ups and muscle ups etc.

It is also convenient for full body workout like shoulder presses, thrusters, squat etc. This resistance is use for variety of exercise; decide on the one that will be convenient for you. It is possible for you to anchor them on a pole for pushing and pulling exercises as well as rehabilitation exercises. They are use for many purpose, it is left for you to decide. The benefit of this resistance band include muscle endurance, stability, muscle strength, burning fat, hypertrophy, explosiveness, rehabilitation, flexibility, mobility, balance and coordination and low impact on joint.

#### **2. Tubes resistance band with handles**

These resistance bands have handles that are place on both ends they look like dumbbell and gym machine. You can easily position them in a pole or bar.

These bands are great for shoulder presses, chest presses, back rows, curls and exercise which involve pulling and pressing, this kind of resistance band is great for people who prefer to train outdoor.

The benefit of this resistance band includes muscle endurance, muscle

strength, hypertrophy, burning fat, rehabilitation and low impact on joint.

### **3. Mini bands (Hip circle band)**

This band is just like power resistance except that they are thinner, wider and smaller. This band is effective for lateral movements, stability and strength in upper and lower body. This band is also effective for weight training; it is also good for proper form, tension in hips during activities like hip thrusts, leg extension and squat. It can also be use to activate and stabilize our core. This band is also effective for elbow and shoulder stabilization. These bands can be use for varieties of way.

Benefit of mini bands: stability, warm ups, muscle endurance, rehabilitation, muscle strength, low impact on joint, priming proper form and muscle endurance.

### **4. Light therapy resistance band**

This kind of resistance band are thin and very long, this band were created for people who want to regain strength after injury and for the elderly who also want low impact work out.

Benefit of light therapy resistance band: Weigh loss, flexibility, muscle toning, rehabilitation and physical therapy.

### **5. Figure 8 bands**

These bands have soft handles, they can stretch as far as you want, they are effective for targeting lower and upper body, and they are effective for lateral movement. They are also effective for pulling and pushing exercises.

Benefit of figure 8 band includes weight loss, muscle toning, muscle endurance, muscle strengthening, rehabilitation and physical therapy.

When buying resistance band there are many things you need to consider

before you buy resistance band.

Buy varieties of band, most of the resistance band in the market are color coded base on the level of tension. Ensure to buy varieties of band by considering the tension level. Get band that are easy to use.



# Chapter 5

## Things to do before workout

When it comes to exercise, the time you spend exercising tend to get all the time, there are certain things you need to do before workout

Things to do before your workout:

### **Ensure you get enough sleep**

Try as much as possible to get a good sleep so that you can function properly and be at your full energy. Get 6 to 7 hours of sleep each day.

### **Drink enough water**

It is good for you to drink enough water before, during and after your exercise; water is very good for the body because without it the body cannot function properly.

### **Grab a snack.**

You can take snack before your workout, you can actually do without taking snacks in case you feel hungry; you can take some snacks and take time to digest the snack before embarking on exercise.

### **Ensure you are wearing the right clothes**

Putting on the right clothes for workout is very good because it will enable you to perform the exercise effectively and it will also help you to be free and flexible.

### **Do not skip warm up**

Warm up enable your body to prepare for what, it is going to do, ensure you did not skip warm up, it also reduces the chances of getting injury.

# Chapter 6

## Resistant band exercise for lower body

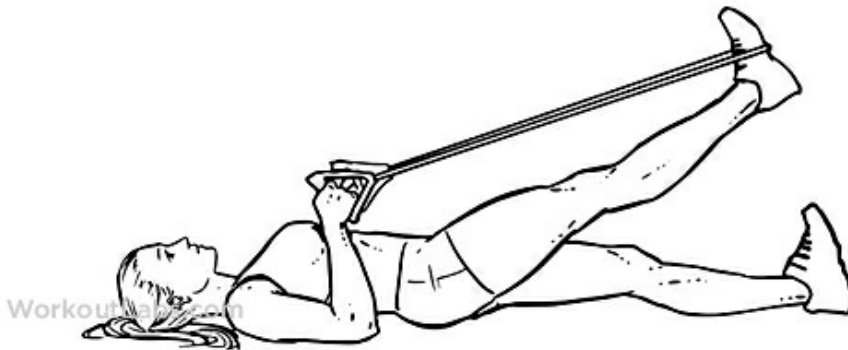
### Lower-body exercises

#### 1. Front squat



- Stand on band such that feet is slightly wider than that of shoulder width
- Using each hand to hold handle bring top of band to each shoulder
- When band is too long put in position by crossing arm at chest
- Sit Straight down, abs firm, chest up then press knees out to your toes
- Return to starting position
- Repeat for 10 to 12 reps

#### 2. Resistance Band Lying Leg Extensions

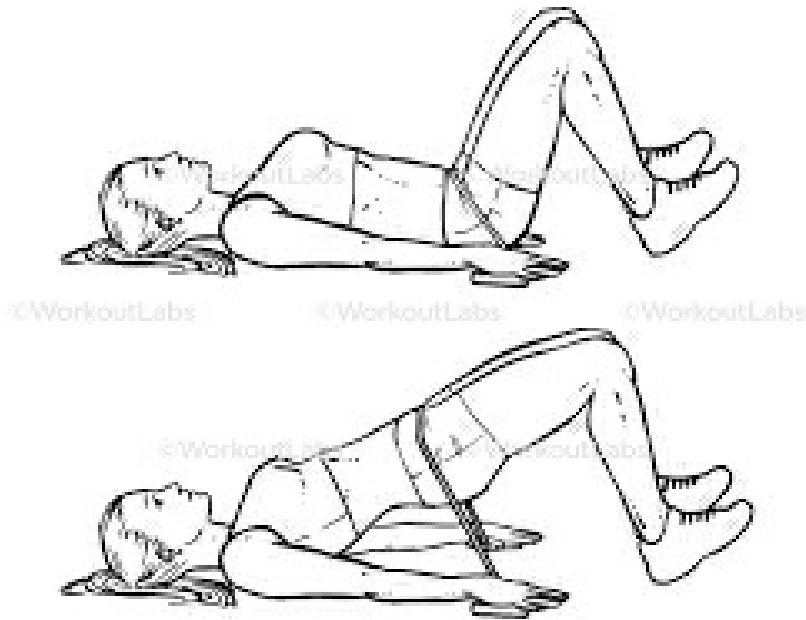


- Lay on a mat such that your feet is flat on the floor and then your knee is pointing upward at angle 90 degree
- Lift one of your knees toward your chest then hold resistance band using two hands, loop centre around base of foot
- Contract glutes then extend leg outward at an angle of 45 degree so that your knee is almost straight
- Hold extend position for 2 second before you pull to starting position

### **3. Prone (lying) leg curl**

- Lie with facedown then loop band on your right ankle
- Then put the other end on a support you can use a door
- Scoot moving away from anchor to produce tension
- Tighten core then bend leg at knee, then bring heel toward your glutes do it as far as it can go
- Then return leg to starting position
- Repeat this process for about 12 to 15 reps perform this process for similar side

### **4. Glute bridge**



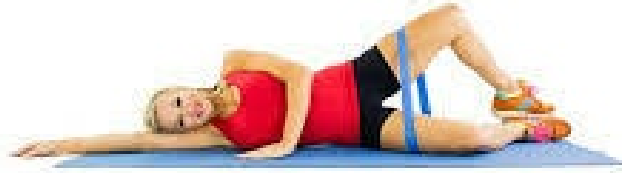
- Tie band around your right legs such that it is above knees
- Lie face up so that your feet is on the floor bending knees to 90 degree
- Raise hips until hips, shoulder and knees align, so that your glutes contract during the movement
- Do this for 12 to 15 rep

## 5. Standing adductor

- Anchor loop band at ankle height to support then stand with left side
- Facing support, wrap free end on your right ankle
- Standing perpendicular to the band, step away in order to create tension
- From wide stance, position into quarter squat, sweep working ankle across body, past standing leg then squeeze thighs together
- Do for 12 to 15 reps

## 6. Supinated clamshell





- Loop band around legs such that it is above your knees
- Lie face up such that knees and hip flexed up to 90 degree
- Pull knees from each other
- Contract glutes for 2 to 3 second, then gradually return to starting position
- Repeat up to 10 to 12 seconds

### **5. Plantar flexion (ankle flexion)**

- Place a band around a chair or a table leg
- Sit with one leg straight out
- Wrap other end of loop around top of foot
- Lean back and flex foot forward until you observe a stretch on your shin
- Using control movement, brings toes back up, then flex toward knee as far as comfortable
- Then return to starting position, do up to 10 to 12 rep

### **6. Lateral band walk**



- Tie therapy band within your lower legs above ankles
- Create tension on band by placing feet shoulder width apart
- Start half squat position, shift weight to left, step sideways using right leg
- Let standing leg move slightly in ensure to keep band taut
- Take 8 to 10 step before trying the other side.

## **9. Standing abduction**



- Anchor loop band at ankle height and then stand with left side toward anchor
- Attach free end to outside ankle and then step out to create tension on band
- Move supporting leg to back so that foot is elevated from floor
- Lift working leg gradually so that bringing loop foot out to side so that outer glutes contract
- In case you are uncomfortable you can hold a support like chair or wall
- Gradually lower back down to starting position
- Repeat for 15 to 20 reps on each of the side

## 10. Seated abduction



- Sit at the edge of a bench or chair then tie loop band around your legs (both), let it be above your knees
- Let your feet be slightly wider than shoulder
- Gradually press your knee out
- Turn feet in as leg move apart
- Hold for up to 2 seconds and then bring knees back together
- Target up to 15 to 20 reps

## Chapter 7

### Resistance band exercise for arm

#### Arm exercises

##### 11. Concentration curl

- Start in forward lung position, then right leg in front then place middle of band under right foot
- Hold one of the loop bands with right hand then rest elbow inside of knee
- Palm moving away from knee, curl band up toward shoulder, gently squeezing biceps at the top
- Gradually lower back down
- Do it for 8 to 10 reps before you switch side

##### 12. Standing biceps curl



- Stand feet shoulder width apart such that feet is place over middle of band
- Hold handle using each hand, with arms down at sides
- Such that palm face front of you
- Pull arm toward shoulders achieve this by bending at elbow until you produce a good bicep contraction
- Gradually lower back down
- Do up to 12 to 15 curls

### 13. Triceps kickback



- Stand in forward lung position with right foot in front, then position on center of band
- Hold each end of band, position arms at sides so that palm

faces behind you.

- Bend at elbow till forearm are parallel to floor
- Then press down arm, push band behind body so that your arms is well extend
- Then lower back down
- Then repeat for 8 to 10 reps

#### **14. Overhead triceps extension**

- Sit on a bench or chair
- Place centre of tube band beneath glutes
- Hold handle with each hand then stretch arms up
- Bend elbows so that your hands is well position behind neck
- Palm facing towards ceiling, press arm straight to ensure they are fully extend
- Lower back down
- Repeat for 10 to 12 reps before you switch sides

## Chapter 7

### Resistance band exercise for core

#### Core exercises

#### 15. Kneeling crunch



- Attach band to a anchor
- Kneel down, grab each side of band
- Extend elbow out base on shoulder level
- Engage core then crunch down toward hips as you contract abs
- Then return to starting position



- Do this for up to 10 to 12 reps

## 16. Woodchopper



- Anchor tube or loop band near top of a support or column
- With right side toward support, hold free end of band with arms stretch out overhead
- Pull band down across your body to front of knees as you rotate right hip and pivot back foot
- Gradually return to starting position
- Do for 8 to 10 reps for each side

## 17. Anti-rotation band walkout

- Anchor tube band or loop slightly below chest on a support

or cable column

- Hold free end and then create tension on band then squat into athletic stance
- Hold band with both hands then straight out in front of chest, keeping core tight then step laterally until band become too tense to move any further
- Gradually move back to starting position
- Then repeat up to 6 to 8 reps on the side

## 18. Reverse crunch



- Anchor band on low support
- Lie face up then bend knees at 90 degrees
- Wrap band around tops of both feet then scoot back so that you create tension
- With abs black flat and tight, pull knees toward shoulder
- Contracting abdominal muscles
- Gradually return to starting position
- Do for up to for 12 to 15 reps

## 19. Russian twist



- Sit on floor with leg extended
- Then wrap center of band around bottom of feet
- Hold free end with each hand
- Gradually bend knees, keep feet on floor then lean back at 45 degree angle
- Rotate band by bringing left hand across body and right hand on your right hip
- Keep middle and low back neutral
- Then return to starting position
- Rotate left and right for about 10 to 12 reps on the side

# Chapter 8

## Resistance band exercise for back

### Back exercises

#### 20. Bent-over row



- Stand over center of band so that is shoulder width apart
- Bend slightly at knees then hinge at waist then keep hips back
- Grasp band handles with hands facing outside of knees
- With elbow bend then pull band towards hips, squeeze shoulder blade together to ensure elbow form 90 degree

angle.

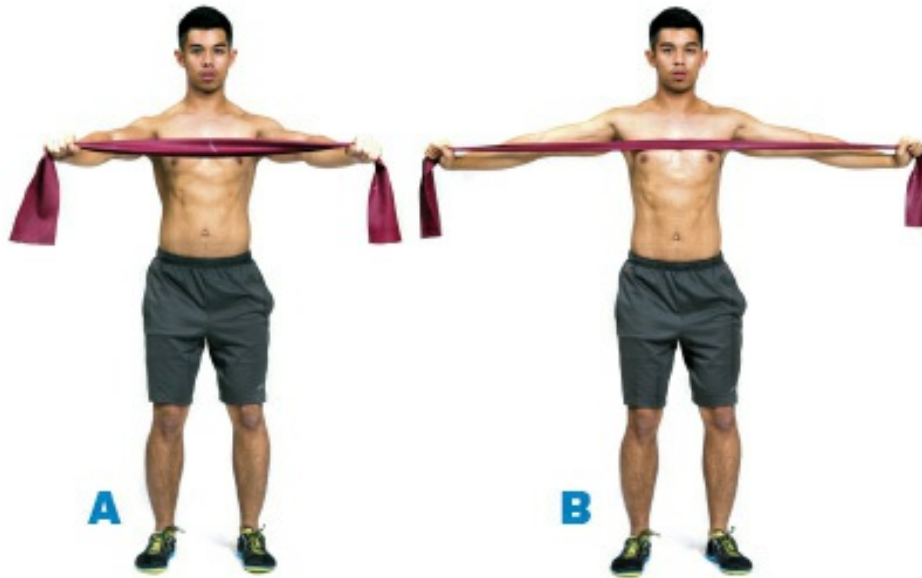
- Then lower and row for about 10 to 12 reps

## 21. Seated rows



- Take seat, with your leg extended then place center of band behind soles of your feet
- Grab band using both hands, with palm facing each other and arms extended
- Sitting tall and nice then bend at your elbows then pull band toward core as you squeeze shoulder blades together. Then gradually return to start position
- Do this for 10–12 reps.

## 22. Pull apart



- Stand such that knees is slightly bent, and then feet shoulder width apart
- Grip middle section of band using both hands in shoulder levels so that palms face down
- Keep arms straight, pull band out and then pull band out and back till shoulder blade contract
- Gradually return to start position, squeeze, stretch and release
- Do this for 8 to 10 reps

### **23. Lying pullover**



- Anchor tube band in low position
- Lie face up, grabbing free end of band using both hands stretching arms straight out overhead
- Elbow slightly bent, then pull band overhead, and ensure to cross your torso till handle reaches knees
- Slowly return to starting position
- Do this for 8 to 10 reps

## 24. Lat pulldown

- Anchor band overhead to horizontal bar, you also make use of sturdy tree limb
- Pull free ends down in your sides
- Kneel so that you face anchor and band position on your front
- Grip each of the ends so that arms extended overhead and then hand slightly wider than that of shoulder width
- Bending elbows pull band down toward floor as your contract back muscles
- Try this for about 10 to 12 reps

## Chapter 9

### Resistance band exercise for chest

#### Chest exercises

#### 25. Push-up



- Move to plank position
- Draping resistance band across upper back
- Loop end of band through thumbs then place hands on floor in start position



- Facing toward floor
- Contract glutes and abs, push straight up till arms is fully extend
- Then lower back down and chest to floor
- Try this for up to 5 to 20 reps

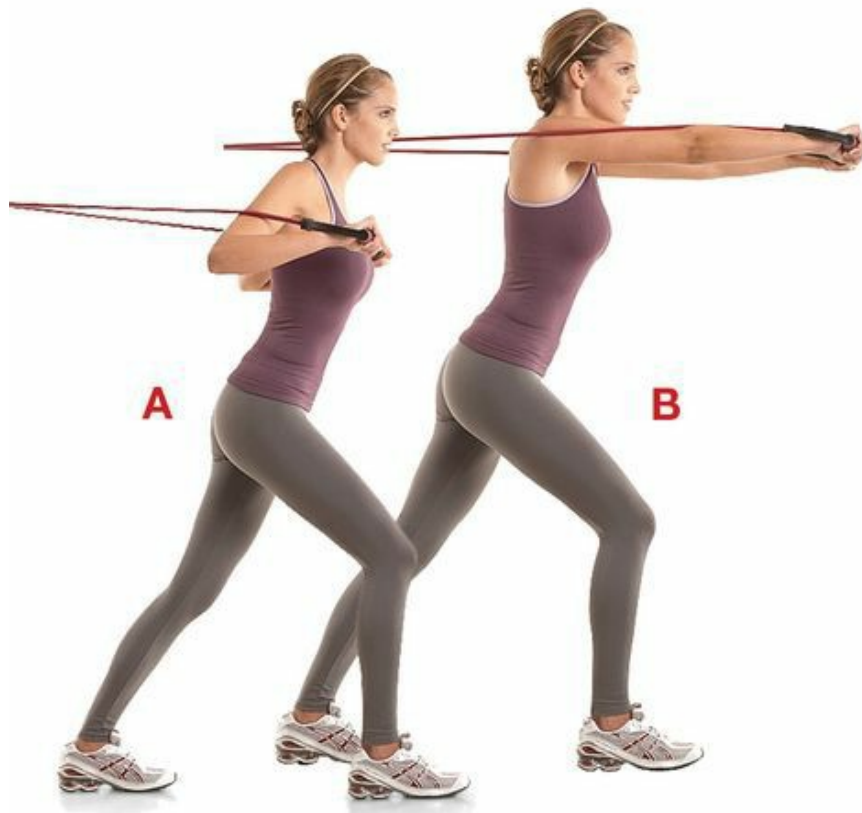
## **26. Incline chest press**

- Move upper chest muscles on a right forward lunge position, then place middle of band beneath back foot
- Grab handle with each hand then bring band to shoulder level
- Press band upward straight over chest like rainbow and ensure your arms is well extend
- Then lower back down
- Do this for 10 to 12 reps

## **27. Bench press**

- Anchor tube band on bench legs then lie face up
- Grabbing handle with each hand then position hand at shoulder height
- Extend arm straight up then overhead to extension, moving hands to each other at top
- Lower back down
- Try this for 10 to 12 reps

## 28. Standing chest press



- Anchor tube band on a sturdy support or a cable column at chest height
- Grab each of the handle with back to band
- Then step forward so that you reduce slack
- Position hand at chest height
- With palm facing down and elbow up, press band straight so that you achieve full extension then squeeze chest muscles
- Then return to starting position
- Then press for 12 to 15 reps

# Chapter 10

## Resistance band exercise for shoulder

### Shoulder exercises

#### 29. Overhead press

- Stand over center of tube band so that you achieve feet shoulder width apart
- Hold each handle, then position hands at shoulder level so that palms face each other so that your thumbs shoulder
- Then press straight up and rotate palms as you extend your arms fully
- Gradually lower back down
- Try this for about 8 to 10 reps

#### 30. Forward raise



- Stand on middle of band with feet shoulder width apart, then grip handles at sides so that palms face in
- Bring right arm straight out in front so that you achieve shoulder height
- Gradually lower back down
- Raise roof to 8 to 12 reps before you switch arms

### 31. Lateral raise



- Stand such that feet is position over center of tube band and shoulder width apart
- Grip each of the handle so that arms down at sides then palm face in
- Bending elbows so slightly
- Raise arms straight out to sides and shoulder level

- Gradually lower back down
- Try for 8 to 10 reps

### 32. Upright row



- Stand such that feet is position over center of band and shoulder width apart
- Grip band handles so that palms face each other then position them in front of thighs
- Pull band straight up from front of body to shoulder level
- Then keep elbow position and bent in a high v
- Gradually lower back down to starting position
- Keep doing it for 10 to 12 reps

### 33. Bent-over rear delt fly

- Sit at the edge of a bench or a chair
- Position feet over middle of band
- Then cross band at knees

- Grab handle so that palm face each other
- Bend forward at waist, then back straight then raise arms straight out to the sides till band get to shoulder level
- Then gradually lower back to starting position
- Fly away for about 10 to 12 reps

# Chapter 11

## Things to do after your workout

These are things you need to do after workout

### **Stretch it out.**

Ensure you make use of static stretching to reset and cool down after exercise. Cooling down ensure your body get into the right condition; ensure to put this into practice after your workout.

### **Use a foam roller.**

Another way you can recover from exercise is by making use of foam roller, this will assist you to recover from workout and also increase your motion range.

### **Refuel.**

Ensure you get the right food after workout, this food will help to replenish your body and also assist you on what you want to achieve on the workout. After workout your body needs protein and carbohydrate to get the needed energy.

### **Keep track**

It is good you keep track of your exercise so that you can tell how far you are doing. If your goal of the exercise is to build muscles, you need to check if you are actually building muscles this depend on the kind of exercise you are doing so also is weight loss and others.

### **Consider a cool shower.**

Take a shower after workout; this will help to refresh your body, exercise help to energize the body taking shower help to cool and calm the body, so we advise taking a shower after exercise.