

Resistance Bands for Strength and Mobility

A. Introduction

Why Resistance Bands

- Low Cost
- Portable
- Wide variety of resistances
- Provide resistance in any plane of motion, free weights can only function against gravity
- Stronger resistance at the end range of motion

In Your Kit

- Loop: Leg exercises, exercises where you want a short pull
- Long Round Band
- Door Anchor: Make sure door opens away or by hinge
- Exercise Handout

Guidelines

- Inspect each time you use for snags or holes
- Start exercise with tension
- Different colors are different levels of resistance, this may vary by brand but often yellow is light, green and blue are medium, and red is heavy
- To add more resistance either step up to the next color or add a second band (doesn't have to be the same color, you can add a yellow to a blue to make the blue slightly more difficult)
- Check with your doctor before you begin any new exercise program, stop if you experience pain

B. General Exercise Guidelines

- Work opposing muscle groups equal amounts
- Posture: stand tall, lightly engage your abs and glutes, shoulders down and back
- Strength train 2 x a week, 48 hours apart
- Aim for 8-12 reps per set...at least 2 sets, no more than 3
- Slow, controlled movement

C. In Class Exercises

Warm Up

Chest and Upper Back

- Chest Press (without anchor: grab very close to chest)
- Row (without anchor: step with op foot)

Core

- Seated Back Extensions (keep abs in)
- Seated Trunk Rotations (arms straight, abs in)
- Side Bend QL (core tight)
- Crunch (must use anchor)
- Spinal Stabilization (keep core tight)

Hips and Legs

- Bridge
- Walking Hip Abduction, Backwards, and Monster
- Terminal Leg Extensions

Shoulders

- Shoulder high pull-aparts
- I, Y, and T
- Internal and external rotation
- Straight arm raises

Arms

- Bicep curls
- Tricep Extension

Foot and Ankle

- Toe Points
- Arch Building Exercises

*Get Creative and combine exercises, like crunch with arm abduction *

D. In Class Stretching

PNFs – stretch 10 seconds, contract muscle 6 seconds, then stretch again 20 seconds

- Calves
- Hamstrings
- Hip Flexors (lying)
- Quad (lying)
- Upper Traps / Delts
- Chest