

TRAINING WITH EXERCISE BANDS

At Home Muscle Training

The use of elastic resistance training (ERT) as a modality and clinical tool became popular in the 1980 and has been increasing in recent years. Over the last twenty years you have seen them used in sport and fitness training facilities. I train with bands on a regular basis. Santos et al. suggest its benefits include improved functional capacity, increased strength and endurance with increased muscle activation, and improved body composition, potency, and quality of life.

Do it Right!
Exercises you Should Do

They are practical, versatile, and low cost. You can work the entire body with bands. I travel with them.

What does research say?

Research has shown that resistance bands promote similar strength gains to conventional resistance training, in different population profiles and using diverse protocols. A study demonstrated a **lower dropout rate** in exercises performed with bands compared to weights with similar gains. Other studies show positive effects on muscular strength gain from the use of elastic resistance when compared with a control group in the **elderly and individuals with osteoarthritis and fibromyalgia.**

Tension is variable: Maximum Tension is achieved at End of Motion. Unlike free weights where the tension stay the same or many machines where the tension is at highest point at the mid range. So training with them feels different than the more common modalities of free weights and machines.

How to select BANDS

There are several styles available, from looped to ribbon and those with handles. Choose the one that feels most comfortable and easy to use at first. Comes in different colors, which represents the degree of resistance. Considering which exercises you might be using the bands for can help you decide. I like the kits where you have set of handles with multiples bands. You can use bands with handles attached, without handles, or attach ends and use in a looped fashion.

How to use BANDS

In general, resistance bands are very safe to use, especially when you start out with a band that has a low resistance. **When anchoring the band make sure the anchor point is sturdy. Also check bands regularly for cracks or tears. Resistance bands do wear out.** Before your band session, warm up your body with a brief, brisk walk, marching in place, or stair stepping. See some Primary Motions with Bands below. SEE BAND VIDEO: Band Training

Foundational Primary Motion Workout

Push Motion: Banded Chest Press

Lunge Motion: Banded Lunges

Row Motion: Banded Rows

Squat Motion: Banded Squats



TYPES: looped, ribbon and those with handles.



Exercise Band Kits Come with Door Anchors



Exercise Band Kits Come with Door Anchors

SECURE DOOR ANCHOR



INDOOR WINTER FITNESS

Band Training

SAFE SIMPLE SUSTAINABLE EFFECTIVE

