

IRONEDGE

*Workshops*

# POWER BANDS WORKSHOP MANUAL

Your guide on how to use Power Bands to deliver maximum results for your clients.

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# 1. Introduction

This manual is designed to be used as an ongoing reference for what is covered in the Power Bands Essentials Workshop. This workshop caters for fitness professionals and enthusiasts who want to gain a thorough understanding of the fundamental principles and movements using Power Bands. This workshop will also teach each participant how to safely and effectively integrate Power Band training into a tailored training program.

## The aims of the Power Bands Essentials Workshop are to:

- Teach you the fundamental skills to use Power Bands safely and effectively.
- Teach you a variety of movements that will ensure all training sessions are balanced, effective and progressively challenging.
- Teach you how to use your body more effectively in everyday life or your chosen sport.
- Teach you how to improve your functional strength and conditioning (fitness).
- Provide you with sample training programs and protocols.

Exercises utilizing Power Bands are easy to learn and very effective in their purpose. However particular focus should be paid to refining and perfecting each movement without compromising technique for intensity. Always concentrate on correct alignment and breathing patterns and correct tension for each movement.

# 2. Safety Guidelines

## Care and maintenance of your Power Bands

Power Bands are made in layers and consist of 20 layers of sheet latex which makes them very strong, but care needs to be taken when using them. Follow these guidelines to get maximum use out of your bands and to prevent breakage and potential injury.

- Abrasive surfaces should be avoided to prevent damage, reducing their lifespan.
- A quick scan of the bands is highly recommended to check for any damage prior to use to avoid breakage during training. This is of particular importance for Agility Bands as they incur the greatest stretch.
- Store bands in a cool dry place away from moisture and direct sunlight.
- Do not stretch bands beyond 2.5 times their original length.

## Use a strong anchor point

Ensure the object your band(s) is hooked onto is sturdy enough to comfortably bear the force of the band, during any exercise.

## Release bands using control

Before releasing your grip of the band, ensure it is returned to its resting length to avoid the band rapidly flicking in the opposite direction. This could potentially cause injury to yourself or those nearby.

## General points

- Ensure you ask any person using bands under your care if they have any allergies to latex or rubber based materials.
- Build up to stronger bands progressively and gradually.
- Always pay attention to your form when performing exercises with bands. Stop any exercise when your technique breaks down. This will dramatically reduce the chance of injury.
- If any given exercises induces pain... STOP! This will only cause your body to move in a compensatory way, which will negatively impact long-term movement and performance. Seek professional advice if pain continues.
- Execute correct breathing technique to pressurize your diaphragm whenever your core complex is loaded, or about to be loaded.
- In the event bands are used when training outdoors, do not train whilst facing the sun.
- When using Agility Bands pay close attention to your surroundings. Ensure the surface is not slippery or uneven. Ensure bands are used away from potentially harmful objects.
- Always wear appropriate footwear when using bands.

# How to attach your bands

1. Double your chosen band / utility strap over a smooth sturdy object / anchor point.



2. Loop the band / utility strap through itself, whilst wrapping it around the anchor point.



3. Pull the band / utility strap tight, until it is tightly and securely wrapped around the anchor point.



4. If using the band and the utility strap together (as pictured), follow steps 1-3 for utility strap first. Then follow steps 1-3 again to attach the band to the utility strap.



# 3. Overview of Power Bands

## 3.1 – What are Power Bands?

Power Bands are looped resistance bands that are available in either 12 or 41-inch loops. Power Bands are made of multi-layered rubber bonded with a strong epoxy that is heated. This method of production ensures that Power Bands are exceptionally strong and much more durable than most other resistance bands, which are made by molding rubber. The multi-lamination of Power Bands ensures they are highly resistant to snapping, unlike molded bands.

The unique design of Power Bands makes them perfectly suited to strength training, and they come in a wide range of resistances for this purpose:

- Tiny Power Bands (pink) 5 - 25lbs (2-11kg)
- Super Mini Power Bands (yellow) 5 - 35lbs (2-16kg)
- Mini Power Bands (orange) 10 - 50lbs (4-22kg)
- Small Power Bands (red) 25 - 80lbs (11-36kg)
- Medium Power Bands (blue) 50 - 120lbs (22-55kg)
- Large Power Bands (purple) 60 - 150lbs (27-68kg)
- Monster Power Bands (black) 80 - 300lbs (36-136kg)

## 3.2 – A brief history of resistance bands

The use of rubber bands as a resistance-training tool dates back to the late 1800s/early 1900s. One of the earlier proponents of using rubber bands as resistance was renowned strongman Eugene Sandow.

In the mid 70's the Thera-Band was developed, and as the name suggests this band was designed for therapeutic purposes and was used for rehabilitation. Since then resistance bands have been used primarily for rehabilitation and as a gentle training tool for the elderly.

In the 80's Coach Dick Hartzell invented a resistance band similar to Power Bands. These bands were predominantly used for speed development amongst sporting and track athletes.

In the last decade, though, resistance bands have come full circle and are once again recognised as a unique and effective strength training tool, a change that was catalysed by Louie Simmons, renowned power lifter and strength coach. Today bands are an effective training tool to maximise speed, power and strength development amongst athletes and the general population. When combined with barbells, kettlebells, and other equipment; bands can develop dramatic levels of performance.

Overall, when implemented strategically, bands are a great tool to improve functional movement and fortify an impressive physique.

## 3.3 – What sets bands apart from other training tools?

Put simply, as a band is stretched further its resistance increases (this is why each band has a range of resistances associated with it in the above table). This effect produces a kinetic profile in movements that can't be achieved with free weights or bodyweight alone.

Power Bands affect your body's strength curve in a unique fashion. Your strength curve is essentially the change in strength output at different ranges of motion. There are weak points in your body's strength curve (mechanical disadvantage) and strong points (mechanical advantage) throughout a range of motion.

## 3.4 – How do Power Bands work

Bands work to train your body in two key ways – as a resisting force or an assisting force:

### Using Power Bands as a resistor

When the Power Band is used as a resistor (adding resistance to an exercise) it significantly reduces the deceleration required towards the end of the concentric phase. This is known as accommodating

resistance, which increases tension on your muscles leading to greater gains in performance. For example, doing a chest press with weights requires acceleration through the first part of the concentric phase to get the weight moving, and then deceleration by opposite towards the end of this phase to stop the weights safely (if acceleration were to continue through the movement with free weights they would be literally thrown).

Doing an explosive chest press with Power Bands, however, results in a significantly reduced need for deceleration because as the band is getting stretched towards the end of the concentric phase it is providing more resistance, requiring acceleration to be generated through a greater range of motion.

Conversely, during the eccentric phase, the demands for deceleration are greater with bands than free weights or bodyweight and more force is required.

Using a Power Band as a resistor will also affect the strength curve of that movement. For example, a squat has an ascending strength curve: as the legs become more extended less strength is required so the first part of the concentric phase of the squat is the most difficult and the last part is the easiest. In an exercise with an ascending strength curve, the Power Band increases resistance (as it is being stretched) as the movement starts to enter a mechanical advantage. This means that force production throughout the movement has to be more consistent. Bands therefore work best for exercises with ascending strength curves.

Power Bands can be used as a resistor for exercises with a descending strength curve (such as chin ups which are hardest at the top of the movement), however the greater the mechanical disadvantage the more resistance the band adds so this makes the hardest part of the movement even harder.

### Using Power Bands as an assistor

One of the great benefits of Power Bands is that they can be used to assist bodyweight exercises, thereby allowing you to build work capacity for these exercises.

An advantage of using Power Bands as an assistor for bodyweight exercises over machines (such as assisted chin up or dip machines) is that the body will move through a more natural range of motion (closer mimicking the full bodyweight version) and there will be greater activation of assisting and stabilising muscles, again better preparing the body for the bodyweight movement.

Again, the strength curve of the exercise will determine how the band affects the movement. Using a band as an assistor works in the opposite manner to using it as resistors: the more the band is stretched the greater the assistance it provides, therefore the less resistance there is. So, for an exercise with a descending strength curve such as a chin up, more assistance is provided where there is greater mechanical advantage and less assistance is provided where there is less mechanical advantage. This means that strength is built throughout the weakest part of the movement (where strength is most needed) and therefore is highly beneficial for building work capacity for such exercises.

### 3.5 – Why use Power Bands?

#### Diverse applications

As previously mentioned Power Bands are a very effective training apparatus, due to their ability to manipulate force and maximise the potential of many traditional movements. They are also very adaptable for use across a variety of planes of motion, which are difficult to train with other equipment. There are almost limitless options to implement Power Bands into your training regime(s). Power Bands build functional strength throughout your whole body, and can help to improve resilience to injury.

#### Portability

Power Bands pack a serious punch. They have the ability to train someone to elite strength levels, whilst taking up very little space. You can fit a gym in your suitcase. Power Bands allow you to train anywhere, anytime, any movement and at any intensity.

#### Breaking plateaus

Progressively adding weight to the bar is a great way to improve strength, but this will often lead to plateaus. Power Bands provide a unique stimulus to increase tension throughout different points of a given movement. This unique stimulus is very effective at creating new levels of adaptation, in turn taking strength to new levels and breaking plateaus.

### 3.6 – Who are bands suitable for?

Today Power Bands are used to amplify the effectiveness of barbells amongst Powerlifters. They are effectively used to improve acceleration and power amongst a wide range of sporting teams. Their use is also becoming increasingly popular amongst Mixed Martial Artists, due to their adaptability throughout a range of unconventional movement patterns.

Bands are also suitable for use amongst the general population when specific attention is paid towards tempo speeds (refer to programming guidelines – tempo).

## 4. The difference between Power Bands and other bands

Most resistance bands are either an elastic rubber tube with handles at either end or a flat sheet of thin rubber with no handles or a thin looped sheet of rubber. The vast majority of resistance bands are designed for rehabilitation and light exercise and are generally made by the molding process.

Power Bands are far more durable than other resistance bands due to their multi-layered structure, they come in a much wider range of resistances and their strength enables them to be used for a range of training that simply can't be done with other bands including:

- Strength and power training
- Speed and agility training
- Jumping / plyometrics
- Flexibility and tractioning exercises
- Joint mobility

Note the Power Bands can also be used for pre-habilitation and rehabilitation just as other types of bands can be.

The looped nature of Power Bands allows them to be used in many different ways to elicit different benefits including:

- Anchored; either by a training partner or fixed object,
- To maximise the effect of other training implements such as kettlebells, barbells and sleds,
- To make bodyweight strength exercises easier or more difficult.

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# 6. The Power Band warm-up

## 6.1 Upper body mobilising & activation sequence

This band warm-up sequence will mobilize and circulate synovial fluid through all upper body muscles and joints. Tiny (pink) or Super-mini (yellow) bands are best suited to this sequence. Each movement in the sequence is designed to flow from one to the next in smooth succession. These exercises target key muscles and joint actions, which may facilitate better muscular timing and function, for improved execution of more complex lifts. This warm-up is well suited for the beginner to high level athlete, and will prepare the body for a range of training modalities – including kettlebell training, Olympic lifting, CrossFit, etc.

### Two Arm Shoulder Dislocation



#### Purpose

To mobilise and warm up the shoulder joint.

#### Muscle groups targeted

- Deltoids
- Upper traps
- Lats
- Pecs
- All muscles surrounding the rotator cuff

#### Set-up

- Start with either a Tiny (pink) or Super-mini (yellow) band.
- Fold the loop so that it forms a straight line.
- Hold either end of the folded band in front of your hips.

#### Execution

- Rotate the band over your head keeping your arms straight.
- Bring the band right round until it finishes at the back of your hips.
- Reverse the movement bringing the band back to the front of your body.

#### Teaching points

- Keep the movement slow and controlled.
- Focus on moving through the shoulder joint.

#### Common mistakes/corrections

- **Bending the arms:** Correct by reminding to keep the arms locked out at the elbows.

#### Variations - N/A

### One Arm Dislocations



#### Purpose

- To mobilise and warm up the shoulder joint.

#### Muscle groups targeted

- Deltoids
- Upper traps
- Lats
- Pecs
- All muscles surrounding the rotator cuff

#### Set-up

- Start with either a Tiny (pink) or Super-mini (yellow) band.
- Fold the loop so that it forms a straight line.
- Hold either end of the folded band on approximately a 45 degree angle in front of your body so one hand is around hip height and the other is overhead.

#### Execution

- Rotate the band over your head in a circular motion, so that one hand stays low and one stays high.
- Bring the band right round until it finishes at the back of your body on approximately a 45 degree angle.
- Reverse the movement bringing the band back to the front of your body.

#### Teaching points

- Keep the movement slow and controlled.
- Focus on moving through the shoulder joint of the upper arm.
- Keep your shoulder blades engaged throughout the movement.

#### Common mistakes/corrections

- **Bending the arms:** Correct by cueing to keep the arms locked out at the elbows.

#### Variations – N/A

## Points on a Clock



### Purpose

- To activate the upper back muscles.

### Muscle groups targeted

- Rear deltoids
- Upper traps
- Mid traps
- Lower traps
- Rhomboids

### Set-up

- Start with either a Tiny (pink) or Super Mini (yellow) band.
- Fold the loop so that it forms a straight line.
- Hold either end of the folded band in out in front of your chest.

### Execution

- Retract your scapular, pulling the band horizontally across your chest.
- Repeat this on several different angles, like you're trying to hit all points on a clock face.

### Teaching Points

- Keep the movement slow and controlled.
- Focus on maximising the range of movement through the scapular.

### Common mistakes/corrections

- **Not moving through a full range of motion:** Correct this by squeezing the scapular together as much as possible.
- Ensure you keep arms fully extended, keeps shoulder blades squeezed together throughout the sequence.

### Variations – N/A

## Belt Press



### Purpose

To activate the upper back muscles.

### Muscle groups targeted

- Rear deltoids
- Upper traps
- Mid traps
- Lower traps
- Rhomboids

### Set-up

- Fold the loop so that it forms a straight line.
- Hold either end of the folded band behind your back with elbows bent by your sides.

### Execution

- Pull your hands apart in a straight line, squeezing your scapular together.
- Reverse the movement.

### Teaching points

- Keep the movement slow and controlled.
- Focus on maximising the range of movement through the scapular.

### Common mistakes/corrections

- **Not moving through a full range of motion:** Correct this by squeezing the scapular together as much as possible.

### Variations – N/A

## Band Windmill



### Purpose

- To mobilise the shoulders, hips, hamstrings and lower back.

### Muscle groups targeted

- Upper back.
- Quadratus Lumborum
- Glutes
- Hamstrings

### Set-up

- Fold the loop so that it forms a straight line.
- Hold either end of the folded band behind your upper back with arms straight.
- Get into a windmill stance, feet about shoulder width apart and both turned on the same 45 degree angle.

### Execution

- Keeping your arms straight and your back leg locked, hinge at the hips pushing your rear hip back in line with the angle of your foot.
- Bring your arm down towards your front foot, keeping your eyes on your upper hand, allowing the front knee to soften if you need.
- Reverse the movement to return to the start position.

### Teaching points

- Keep the movement slow and controlled.
- Back leg must remain locked.
- Squeeze scapular together.

### Common mistakes/corrections

- **Transferring the weight to the front foot or softening the rear hip:** Use your hand as a target to get the correct initiation of the movement.
- Place hand on back knee as a physical reminder to keep it locked.

### Variations – N/A

## 6.2 Lower body mobilising & activation sequence

This band warm-up sequence will mobilize and circulate synovial fluid through all lower body muscles and joints. Tiny (pink) or Super Mini (yellow) bands are best suited to this sequence. Each movement in the sequence is designed to flow from one to the next in smooth succession. These exercises target key muscles and joint actions, which may facilitate better muscular timing and function, for improved execution of more complex lifts. This warm-up is well suited for the beginner to high level athlete, and will prepare the body for a range of training modalities – including kettlebell training, Olympic lifting, CrossFit, etc.

## Monster Walks



### Purpose

- To activate the glutes, hip adductors and abductors.

### Muscle groups targeted

- Glute Medius
- Hip Adductors
- Hip Abductors

### Set-up

- Stand in the loop of the band, feet roughly hip width apart.
- Pull the band up to the bottom of the rib cage.
- Cross it over in order to increase the tension.

### Execution

- Take a step (forwards, backwards or sideways) keeping tension on the band.

### Teaching points

- Keep the steps close to the ground.
- Focus on activating the glutes.

### Common mistakes/corrections

- **Not having enough tension on the band:** This can be fixed by pulling it higher or crossing over.
- **Taking steps that are too big:** This can be fixed by increasing the tension on the band.

### Variations

- Forwards, backwards, lateral.

## Horse Kicks



### Purpose

- To activate the glutes, hamstrings and calves.

### Muscle groups targeted

- Glute Maximus
- Hamstrings
- Calves

### Set-up

- Start on hands and knees.
- Hold one end of the band loop in your hand and have the other end of the loop around your opposite foot.

### Execution

- Kick your leg back and up, keeping the ankle flexed.
- Reverse the movement and return to the start position.

### Teaching points

- Focus on activating the glutes.

### Common mistakes/corrections

- **Not going through a full range of motion:** Make sure the leg is fully extended.

### Variations – N/A

## Bird Dog



### Purpose

- To activate the glutes, hamstrings, calves, back and shoulders.

### Muscle groups targeted

- Glute Maximus
- Hamstrings
- Calves
- Lower back
- Shoulders

### Set-up

- Start on hands and knees.
- Hold one end of the band loop in your hand and have the other end of the loop around your opposite foot.

### Execution

- Extend the arm and leg in the band at the same time.
- Reverse the movement and return to the start position.

### Teaching points

- Focus on activating the glutes and keeping a neutral spine.

### Common mistakes/corrections

- **Not going through a full range of motion:** Make sure the leg and arm are fully extended.

### Variations – N/A

# 6.3 Temperature elevation drills

These band drills are designed to elevate core temperature and increase blood flow throughout the whole body. Tiny (pink) or Super-mini (yellow) bands are best suited to this sequence. Each movement in the sequence is designed to flow from one to the next in smooth succession. These exercises target key muscles and joint actions, which may enhance neuromuscular function. This warm-up is well suited for the beginner to high level athlete, and will prepare the body for a range of training modalities when used in conjunction with the upper and lower body mobilization sequence.

## Thrusters



### Purpose

- Full body warm up/mobilisation and increasing core temperature. Integrating upper and lower body to work as a singular unit.

### Muscle groups targeted

- Shoulders
- Upper back
- Lower back
- Glutes
- Quads

### Set-up

- Stand in the band loop with feet at a suitable distance for a deep squat.
- Hold the other end of the band in your hands with your wrists in neutral alignment.

### Execution

- Squat down as deep as possible keeping heels on the ground.
- Extend stand up pushing the band overhead powerfully and locking out arms.
- Bring the band back down to chest height and return to the deep squat position.

### Teaching points

- This should be an explosive movement.

### Common mistakes/corrections

- **Coming up onto the heels in the squat position:** Remind to drive through the heels and possibly adjust foot position.
- **Not locking out the arms:** Remind to straighten elbows and reach up as high as possible.

### Variations – N/A

## Reverse Lunge Press



### Purpose

- Full body warm up/mobilisation and increasing core temperature. Integrating upper and lower body to work as a singular unit.

### Muscle groups targeted

- Shoulders
- Upper back
- Lower back
- Glutes
- Quads
- Hamstrings
- Calves

### Set-up

- Stand in the band loop with one foot.
- Hold the other end of the band in your hands with your wrists in neutral alignment.

### Execution

- Step backwards with the foot that's not in the band.

- As you step back, bend the knee to descend into a backwards lunge.
- Whilst performing the backwards lunge, press your hands overhead into lockout.
- Stand up and bring the band back to chest height.

### Teaching points

- The lunge and press should be simultaneous to increase heart rate and raise core temperature.

### Common mistakes/corrections

- **Not locking out the arms:** Remind to straighten elbows and reach up as high as possible.
- Allowing the torso to laterally tilt, losing abdominal tension and correct spinal alignment.

### Variations

- Single Arm Press
- Two Arm Press

## Low-High Wood Chop



### Purpose

- Full body warm up/mobilisation and increasing core temperature. Integrating upper and lower body to work as a singular unit.

### Muscle groups targeted

- Shoulders
- Obliques
- Lower back
- Upper back
- Hips

### Set-up

- Stand with feet hip width apart, one foot in the band.
- Hold the band with both hands by the hip of the side that is standing on the band.

### Execution

- Take a large step to the side (wider than shoulder-width) with the foot that isn't in the band.
- As you step to the side, bring the band diagonally across your body on a 45 degree angle keeping your arms straight.
- Return to the start position.

### Teaching points

- This should be an explosive movement.

### Common mistakes/corrections

- **Grinding through the movement:** This should be quick and explosive.

### Variations

- Stepping during chopping action.
- Keeping feet planted wider than shoulders throughout the movement.

# 7. Un-anchored exercises

This series of fundamental band exercises is designed to be implemented when an anchor point is not accessible. These exercises are best suited to be used as a substitute for many traditional bodyweight, cable and dumbbell exercises. These un-anchored drills effectively engage all major upper, lower, and core complex muscles, through a range of joint actions.

## 7.1 Upper body focus push drills

These drills will effectively engage and strengthen all upper body pushing muscles, through a range of joint actions – when implemented with appropriate programming.

## Standing Chest Press



### Purpose

- Bilateral resistance exercise to improve strength across all upper body muscles, through the horizontal pushing plane.

### Muscle groups targeted

- Pecs
- Anterior deltoid
- Triceps
- Will help to stabilize all muscles of the rotator cuff

### Set-up

- Hold the loop in one hand, bring the other end around your upper back and hold it in the opposite hand.
- Have arms bent at 90 degrees in line with your chest.

### Execution

- Press both arms out directly in front of your chest into lockout.
- Hold lockout for a second.
- Return to the start position.

### Teaching points

- Before initiating the movement, stabilize the shoulder by retracting and depressing shoulder blades.
- During each repetition the shoulder blades can be, either retracted and depressed the whole time.
- Execute power during the concentric phase of the movement and control during the eccentric phase of the movement.
- Twist the band to increase resistance.

### Common mistakes/corrections

- **Not locking out the arms:** Push out as far as possible.

### Variations

- Close grip chest press (targets triceps more, bring elbows in closer to your body).
- Extended one arm chest press (keep one arm extended while pressing with the other).
- Adding shoulder protraction as the arms extend.

## One Arm Standing Chest Press



### Purpose

- Unilateral resistance exercise to improve strength across all upper body muscles, through the horizontal pushing plane.
- This exercise will also help to stabilize core muscles across a rotational plane.

### Muscle groups targeted

- Pecs
- Anterior deltoid
- Triceps
- Will help to stabilize all muscles of the rotator cuff

### Set-up

- Hold the loop in one hand, bring the other end around your upper back and hold it in the opposite hand.
- Have arms bent at 90 degrees in line with your chest.

### Execution

- With your left arm tucked into your trunk, press your right arm out directly in front of your chest into lockout.
- Hold lockout for a second.
- Return to the start position.
- Complete your set on this arm, and then repeat with the opposite arm.
- Maintain correct spinal alignment, avoiding trunk rotation during the movement.

### Teaching points

- Focus on activating the chest and triceps.
- Before initiating the movement, stabilize the shoulder by retracting and depressing shoulder blades.
- During each repetition the shoulder blades can be, either retracted and depressed the whole time.
- Execute power during the concentric phase of the movement and control during the eccentric phase of the movement.
- Twist the band to increase resistance.

### Common mistakes/corrections

- **Not locking out the arms:** Push out as far as possible.

### Variations

- Close grip chest press (targets triceps more, bring elbows in closer to your body).
- Extended one arm chest press (keep one arm extended while pressing with the other).
- Adding shoulder protraction as the arms extend.
- Adding hip rotation depending on goals.

## Band Push-Ups



### Purpose

- Bilateral chest resistance exercise designed to improve upper body and core strength through the horizontal pushing action, whilst stabilizing all muscles of the shoulder, core complex and hip.
- This movement teaches the person to build whole body tension.
- A great variant to add resistance to regular push-ups.
- This exercise should only be performed if the person can competently complete at least 10 full push-ups.

### Muscle groups targeted

- Pecs
- Anterior deltoid
- Triceps
- Core complex (all muscles that are not the arms and legs)

### Set-up

- Get into push-up position with either end of the loop under each hand and the band across your upper back.
- Correct push-up position is where head, shoulders, hips and knees are in alignment. Use a broomstick to check this.

### Execution

- Inhale deeply into the diaphragm and engage quads, glutes and abdominal muscles to achieve correct alignment and assist in building whole body tension.
- Once the body is in correct alignment, squeeze shoulder blades and lats, then bend elbows to lower the whole body as a connected unit.
- Ensure elbows are pulled into the torso throughout the entire movement.

- Descend until the torso is approximately one inch from the ground.
- Pause for a moment.
- Squeeze quads, glutes, shoulder-blades and abdominal muscles and extend the elbows, until you return to the starting position.

### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pushing through the chest and triceps.

### Common mistakes/corrections

- **Not locking out the arms:** Cue to push out as far as possible.
- **Elbows flaring out to the sides and disconnect from the torso:** Cue to keep elbows tucked into the ribcage.
- Chest rising before the hips indicating a disconnected upper body with the muscles of the core complex.
- **Head dropping during the concentric phase of the movement:** Use a broomstick to ensure correct alignment.
- **Not correctly pressurizing through the abdomen to create total body tension:** Cue to inhale deeply into your abdomen as you lower down into the rep.

### Variations

- Close grip
- Single arm variations

## Double Arm Over Head Press (One band)



### Purpose

- Bilateral resistance exercise to improve strength across all upper body muscles, through the vertical pushing plane.

### Muscle groups targeted

- Deltoids
- Triceps
- Pec Minor

### Set-up

- Stand both feet in the band and hold the other end of the loop in your hands at shoulder height.

### Execution

- Press both arms out directly overhead into lockout.
- Hold lockout for a second.
- Return to the start position using a slow controlled tempo.

### Teaching points

- Keep legs and core tight.
- Inhale deeply into the diaphragm before pressing, then exhale when arms are locked out overhead. Inhale once again as you return the band to the start position under control.

### Common mistakes/corrections

- **Not locking out the arms:** Push up as far as possible.

### Variations – N/A

## Single Arm Overhead Press



### Purpose

- Unilateral resistance exercise to improve strength across all upper body muscles, through the vertical pushing plane.
- This exercise will also help to stabilize core muscles across a lateral plane.

### Muscle groups targeted

- Deltoids
- Triceps
- Pec Minor
- Core Muscles - Obliques

### Set-up

- Stand either one or both feet in the band and hold the other end of the loop in one hand at shoulder height.

### Execution

- Press your arm out directly overhead into lockout.
- Hold lockout for a second.
- Return to the start position.

### Teaching points

- Keep legs and core tight.
- Inhale deeply into the diaphragm before pressing, then exhale when arms are locked out overhead. Inhale once again as you return the band to the start position under control.

### Common mistakes/corrections

- Not locking out the arm, push up as far as possible.
- Allowing the trunk to tilt laterally.

### Variations – N/A

## Double Arm Overhead Press (Two bands)



### Purpose

- Bilateral resistance exercise to improve strength across all upper body muscles, through the vertical pushing plane.
- Increase stability through the shoulder girdle.

### Muscle groups targeted

- Deltoids
- Triceps
- Pec Minor

### Set-up

- Stand each foot in a band and hold the other end of each band with the respective hand at shoulder height.

### Execution

- Press your arms out directly overhead into lockout.
- Hold lockout for a second.
- Return to the start position.

### Teaching points

- Keep legs and core tight.

### Common mistakes/corrections

- **Not locking out the arms:** Push up as far as possible.

### Variations

- Alternating Shoulder Press.
- See-Saw Press.

## 7.2 Upper body focus pull drills

These drills will effectively engage and strengthen all upper body pulling muscles, through a range of joint actions – when implemented with appropriate programming.

### Upright Row



### Purpose

- To engage and strengthen the muscles of the upper back and shoulders
- Performed with a band or bands, this exercise may be more comfortable than with free weights as the wrists have greater freedom of motion

### Muscle groups targeted

- Medial deltoid
- Anterior deltoid
- Traps – upper, middle, lower
- Rhomboids

### Set-up

- Step both feet into the loop of a band
- Have feet roughly shoulder width apart
- Grasp the opposite end of the loop with both hands in an overhand grip
- Have hands close together
- Ensure your spine is neutral

### Execution

- Inhale and pull your hands up towards your chin, keeping your elbows higher than your wrists at all times
- Pause for a second at the top of the movement
- Exhale and lower your hands back to the start position in a controlled manner

### Teaching points

- Keep shoulder blades back throughout the movement and keep chest and eyes forward
- To increase the tension on the band you can cross it over or hold further down (and then bring your hands together)

### Common mistakes/corrections

- **Letting the elbows drop:** To correct this cue to keep the elbows above the wrists at all times.
- **Flexing through the upper back:** To correct this cue to keep eyes forward and chest up.

### Variations

- Single Band Upright Row (in one hand)
- Double Band Upright Row (a band in each hand)



**Purpose**

- To work the muscles of the upper back and shoulders, while holding a static position with the rest of the body that increases the demands on the core and legs.

**Muscle groups targeted**

- Rhomboids
- Lats
- Mid traps
- Rear deltoid
- Core complex

**Set-up**

- Step both feet into the loop of a band
- Lunge one foot back so that you have a wide stance with the back leg extended and the front knee bent
- Turn the back foot out on about a 45 degree angle
- Keep your chest up and look down on about a 45 degree angle so that your spine is neutral and you have a straight line from head to back ankle
- Hold both parts of the band in the hand on the same side as the back leg, or use a band handle to hook around both parts of the band (this is generally more comfortable)
- Rest the other elbow on the front knee

**Execution**

- Inhale and row the band up towards your hip
- Focus on squeezing the shoulder blade in
- Pause for a moment at the top of the movement
- Lower the band back to the start position in a controlled manner

**Teaching points**

- Keep core and legs tense to stabilise.
- Ensure the scapula moves through a full range of motion.

**Common mistakes/corrections**

- **Flexing through the spine:** To correct this cue to keep the chest up and imagine a broomstick along the length of the spine and back leg.
- **Rowing up towards the chest:** To correct this cue to row back towards the hip and think about activating the lat.
- **Twisting the chest around whilst rowing upwards:** To correct this cue to keep the chest square and core tight.
- **Shrugging the shoulder:** To correct this cue to keep the shoulder packed down or sucked into its socket.

**Variations**

- Rowing only the top half of the band.



**Purpose**

- To work the muscles of the upper back and shoulders while keeping good postural alignment in a seated position.

**Muscle groups targeted**

- Rhomboids
- Lats
- Mid traps
- Rear deltoid

**Set-up**

- Sit on the floor with both legs extended
- Put the loop of the band around your feet
- Hold half of the band in each hand (like holding the reins of a horse)
- Sit up straight with your eyes and chest forward

**Execution**

- Inhale and row the band back towards your lower ribs
- Focus on squeezing the shoulder blades together while keeping the shoulder down
- Pause for a moment at the end of the movement
- Bring the band back to the start position in a controlled manner.

**Teaching points**

- Keep core and legs tense to stabilize.
- Ensure the scapula moves through a full range of motion (without twisting the torso or losing neutral spine).
- To increase the resistance you can hold the band further down.

**Common mistakes/corrections**

- **Flexing through the spine:** To correct this cue to keep the chest up and imagine a broomstick along the length of the spine. Also cue to tilt the pelvis forward.
- **Shrugging the shoulders:** To correct this cue to keep the shoulders packed down or sucked into their sockets.

**Variations**

- Single Seated Row (a single band around one foot and held in one hand).
- Double Seated Rows (a band in each hand, each band around a foot).

## Bent Over Row



### Purpose

- To work the muscles of the upper back and shoulders while holding a static position with the rest of the body that increases the demands on the core and legs.
- The bent over row position will also provide a stretch for the hamstrings.

### Muscle groups targeted

- Rhomboids
- Lats
- Mid traps
- Rear deltoid
- Core complex

### Set-up

- Step both feet into the loop of the band
- Hinge at the hips, soften the knees and bend forward to get your torso as close to parallel to the floor as you can.
- Hold one side of the band in each hand (like holding the reins of a horse)
- Ensure your spine is neutral and look down on about a 45 degree angle

### Execution

- Inhale and row the band back towards your lower ribs
- Focus on squeezing the shoulder blades together while keeping the shoulder down
- Pause for a moment at the end of the movement
- Bring the band back to the start position in a controlled manner.

### Teaching points

- Keep core and legs tense to stabilize.
- Ensure the scapula moves through a full range of motion (without twisting the torso or losing neutral spine).
- To increase the resistance you hold the band further down.

### Common mistakes/corrections

- **Flexing through the spine:** To correct this cue to imagine a broomstick along the length of the spine. You can also try cueing to push the butt back and arch the back.
- **Shrugging the shoulders:** To correct this cue to keep the shoulders packed down or sucked into their sockets.
- **Shins break straight alignment:** To correct this cue to push hips back, whilst keeping shins perpendicular to the ground. The knees should have a slight bend.

### Variations

- Single bent over row (a single band around one foot and held in one hand)
- Bent over rows (a band in each hand, each band around a foot)

## Cross Body Squat



### Purpose

- To add resistance to a squatting pattern.
- Builds full body strength, whilst minimizing tension on the spine in the deepest position of the squat.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves
- Core complex

### Set-up

- Find your optimal squat stance: you can squat down as low as you can, then shuffle your feet around until both heels are on the floor
- Step one foot into the loop of the band
- Bring the other loop of the band over the opposite shoulder so that the band crosses your body
- Have your feet set up for your optimal squat stance
- Stand up with neutral spine and eyes forward

### Execution

- Inhale and begin the squat by hinging at the hips, pushing your butt back
- Continue to pull yourself down into a deep squat using your hip flexors
- Make sure you keep your chest up and eyes forward at all times to maintain good posture throughout the movement
- Stand back up, pushing through your heels and exhale through

the top part of the upwards movement

- Teaching Points
- Only go through a range of motion that is comfortable for you
- Make sure that your knees track in line with your toes throughout the movement
- Really push through the heels on the way up to activate glutes and quads

### Common mistakes/corrections

- **Flexing through the spine:** To correct this cue to keep the chest forward and imagine a broomstick along the length of the spine.
- **Knees bowing in:** To correct this cue to push the knees out in line with the toes (if this doesn't help glute and VMO activation exercises may be required before squatting)
- **Coming up onto the toes:** To correct this ensure you have found the optimal foot position and cue to keep the weight in the heels.

### Variations

- Double Band Cross Body Squat

## Single Leg Deadlift



### Purpose

- To train the posterior chain, whilst improving single leg stability and balance.
- To build unilateral hip strength and glute engagement.

### Muscle groups targeted

- Hamstrings
- Glutes
- Stabilising muscles around the ankles and knees
- Core complex

### Set-up

- Stand with one foot in the loop of the band
- Hold the other end of the band at your chest

### Execution

- Inhale and start pushing the foot in the band behind you
- Soften the knee of the stabilising leg, keeping the shin as vertical as possible.
- Continue pushing the hip back, whilst bringing the foot not in the band back in a pendulum motion.
- Keep a straight line between head and heel, until your body is close to parallel to the floor.
- Exhale as you reverse the movement, bringing the foot not in the band back to the start position.

### Teaching points

- Really think about pushing the back foot backwards and levering through the hips
- Keeping the stabilising leg slightly bent will help with balance
- Hold the band further down to increase resistance

### Common mistakes/corrections

- **Flexing through the spine:** To correct this imagine a broomstick along the length of the spine and leg being pushed back.
- **Squatting the leg in the band too much:** Cue to push hip back until a stretch can be felt in the hamstring, of the leg using the band.

### Variations

- One arm
- Around neck

## Single Leg Deadlift



### Purpose

- To add resistance to a lunging pattern.
- Builds unilateral lower body strength, whilst minimizing tension on the spine in the deepest position of the lunge.
- Helps to even out strength imbalances.

### Muscle groups targeted

- Glutes
- Quads
- Hamstrings
- Calves
- Adductors
- Abductors
- Core Complex

### Set-up

- Step one foot into the loop of the band.
- Bring the other loop of the band over the opposite shoulder so that the band crosses your body.
- Stand up with feet shoulder width apart, neutral spine and eyes forward.

### Execution

- Inhale deeply to pressurize your diaphragm.
- Step backwards in a controlled manner, with the foot that's not in the band.
- As you step back, push the hip backwards whilst bending the knee to descend into a backwards lunge.
- Throughout the backwards lunge, ensure the spine is kept in

neutral alignment and weight is distributed over the heel and mid-foot.

- Stand up by driving the heel into the ground, whilst engaging the glutes and gripping the floor with your toes.

### Teaching points

- Focus on a point on the horizon if balance is an issue.
- To further improve stability, step slightly to the side as you step back. This will widen your base of support.
- A shorter back step will have a greater quad focus. A longer step back will have a greater emphasis on the hips.
- Emphasize driving the front leg into the ground during the concentric phase of the movement. The front leg should be the prime mover.
- During the lunge the torso should predominantly move in an up and down pattern, similar to a split squat.

### Common mistakes/corrections

- **Allowing the torso to laterally tilt, losing abdominal tension and correct spinal alignment:** To correct this ensure the diaphragm is pressurized with air.
- **Using the back foot too much to engage the movement:** Correct this by cueing to drive the heel into the ground, whilst engaging the glutes and gripping the floor with your toes.

### Variations

- Split Squat – Keeping one leg back throughout the movement.

## Band Deadlift



### Purpose

- To build posterior chain strength, including the hips and back.
- To train the deadlift movement in a way that is technically easier than using a bar.

### Muscle groups targeted

- Hamstrings
- Glutes
- Lower back
- Core complex

### Set-up

- Stand both feet in the band
- Hold both parts of the band in both hands, or hook handles around both parts of the band
- Look forward, push your butt back, bend your knees and ensure thoracic and lumbar spine are neutral

### Execution

- Take a deep breath into your abdomen, tighten the core complex to pressurize your abdomen and support your spine
- Begin by pulling with your chest to lift the band
- Drive with the hips and stand up, exhaling through the last part of the upwards movement
- Lock legs and hips, squeezing your glutes
- Inhale and lower the band to the start position, exhale at the bottom then inhale and reset

### Teaching points

- Imagine you are trying to push the ground away with your feet when you stand up
- Twist the band to increase resistance

### Common mistakes/corrections

- **Flexing through the spine:** To correct this imagine a broomstick along the length of the spine.
- **Extending the knees first and then the hips:** Cue to pull with the chest and drive through the hips.

### Variations

- 12 inch Power Band (Mini)
- 41 inch Power Band – two feet in
- Narrow stance – More hamstring/lower back dominant
- Wide stance – More glute/hip dominant

## Good Morning



### Purpose

- To train the posterior chain and build a more powerful hip extension.

### Muscle groups targeted

- Hamstrings
- Glutes
- Lower back
- Core complex

### Set-up

- Stand both feet in the loop of the band
- Put the other end of the loop around the back of your neck
- Hinge at the hips and soften the knees keeping a neutral spine until your torso is close to parallel to the floor
- Ensure shins are as vertical as possible.

### Execution

- Take a deep breath into your abdomen, tighten the core complex to support your spine
- Exhaling through the last part of the upward phase
- Hinge at the hips by pushing your hip back and softening your knees
- Ensure that your torso moves as a single unit and squeeze your glutes to power the movement
- Pause at the top of the movement

### Teaching points

- Focus on keeping your top half in the same alignment, so there is a line from shoulder to hip that doesn't change throughout the movement
- Twist the band to increase resistance

### Common mistakes/corrections

- **Flexing through the spine:** To correct this imagine a broomstick along the length of the spine. Only bend forward as far as you can keeping neutral spine.
- **Allowing the neck to be pulled forward by the band:** To correct this cue to have a point to focus on at the top and bottom of the movement to ensure correct cervical spine position

### Variations – N/A

# 8. Anchored exercises

This series of fundamental bands exercises are designed to be implemented when a sturdy anchor point is accessible. These exercises are best suited to be used as a substitute for many traditional bodyweight, cable and dumbbell exercises. These anchored drills effectively engage all major upper, lower, and core complex muscles, through a range of joint actions. The unique benefit of anchored band exercises is their ability to train the core and hip complexes to generate and resist external forces during pushing and pulling and rotational patterns. These key benefits are particularly useful for a range of athletes including mixed martial artists, footballers, and tennis and golf players.

## 8.1 Upper body focus push drills

These drills will effectively engage and strengthen all upper body pushing muscles through a range of joint actions, while training the core and hip complexes to produce and resist external forces – when implemented with appropriate programming.

### Split Stance One Arm Horizontal Press



#### Purpose

- Unilateral pressing exercise to improve upper body pushing and core strength through a horizontal pushing pattern, whilst stabilizing all muscles of the shoulder, core complex and hip.
- This movement also trains the body to resist rotational and extension forces imposed on the hip and core complexes, during the pressing action.

#### Muscle groups targeted

- Pecs
- Anterior deltoid – during pressing
- Triceps
- Core complex (all muscles that are not the arms and legs) – muscles resisting trunk rotation
- Hip complex – muscles resisting hip extension
- Shoulder girdle muscles - stabilizers

#### Set-up

- Affix the band to a sturdy anchor point at shoulder height.
- Ensure the band sits diagonally across the palm, keeping the wrist in a neutral position.
- Ensure head, shoulders, hips are in alignment. Use a broom stick to check this.

#### Execution

- Step forwards until the slack is removed from the band.
- Step backwards with the leg opposite the band, to assume a split stance position. Inhale into the abdomen and engage quads, glutes and abdominal muscles.

- Squeeze shoulder blades and lats then press the band straight forward while exhaling. Ensure the elbow on the side holding the band is next to your waistline in the starting position and does not flare during the movement.
- Shortly pause at the peak of contraction.
- Return the band to the starting position in a controlled manner, whilst inhaling into the abdomen.

#### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pushing through the chest, shoulder girdle and triceps. Force should be initially generated from the hips and travel through the trunk into the upper body.
- Ensure the hip, head and shoulders remain in alignment. A broom stick placed on the back can help to correct alignment issues.

#### Common mistakes/corrections

- **Not locking out the arms:** Cue to push to full extension of the elbow and shoulder.
- **Elbows flaring out to the sides:** Cue to visualize the elbow has a magnetic attraction to the rib cage.
- **Over rotation of the hip and spine:** Cue to keep core and hips braced.

#### Variations

- Two Band Horizontal Press – This variation has a bilateral pressing focus and trains the hip and core complexes to work together to resist hip extension.
- Alt Horizontal Press – This variation has a unilateral pressing focus and trains the hip and core complexes to work together to generate rotational force whilst resisting hip extension.

### One Band Low Anchor Diagonal Press



#### Purpose

- Unilateral pressing exercise to improve upper body pushing and core strength through a diagonal pushing action, whilst stabilizing all muscles of the shoulder, core complex and hip.
- The low anchor position increases engagement of the upper and middle back.
- The lunge position trains the lower body in an isometric manner.
- This movement also trains the body to resist rotational and extension forces imposed on the hip and core complexes, during the pressing action.
- Trains the body to integrate as a unit to generate force from the ground up.

#### Muscle groups targeted

- Pecs
- Anterior / medial deltoids – during pressing
- Triceps
- Rhomboids – Upper and middle
- Core complex (all muscles that are not the arms and legs) – muscles resisting trunk rotation
- Hip complex – muscles resisting hip extension
- Shoulder girdle muscles – stabilizers

#### Set-up

- Affix the band to a sturdy anchor point at the lowest possible position.
- Ensure the band sits diagonally across the palm, keeping the wrist in a neutral position.
- Make sure head, shoulders, hips are in alignment. Use a broomstick to check this.

#### Execution

- Step forwards until the slack is removed from the band.
- Step backwards with the leg opposite the band and drop the knee into a lunge position. Inhale into the abdomen and engage

quads, glutes and abdominal muscles.

- Squeeze shoulder blades and lats then press the band forward and upwards at approx 45 degrees, while exhaling. Ensure the elbow on the side holding the band is next to your waistline in the starting position and does not flare during the movement.
- Shortly pause at the peak of contraction.
- Return the band to the starting position in a controlled manner, whilst inhaling into the abdomen.

#### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pushing through the chest, shoulder girdle and triceps. Force should be initially generated from the feet and travel through the hips and trunk into the upper body to produce maximal pushing power.
- Ensure the hip, head and shoulders remain in alignment. A broom stick placed on the back can help to correct alignment issues.
- At the full extension of the movement – the extended arm and back leg should form a straight line.

#### Common mistakes/corrections

- **Not locking out the arms:** Cue to push to full extension of the elbow and shoulder.
- **Elbows flaring out to the sides:** Cue to visualize the elbow has a magnetic attraction to the rib cage.
- **Over rotation of the hip and spine:** Cue to keep core and hips braced.

#### Variations

- Two Band Low Anchor Diagonal Press – This variation has a bilateral pressing focus and trains the hip and core complexes to work together to resist hip extension.
- Two Band Alt Diagonal Press – This variation has a unilateral pressing focus and trains the hip and core complexes to work together to generate rotational force whilst resisting hip extension.

# 8.2 Upper body focus pull drills

These drills will effectively engage and strengthen all upper body pulling muscles through a range of joint actions, while training the core and hip complexes to produce and resist external forces – when implemented with appropriate programming.

## Single Arm Horizontal Standing Row



### Purpose

- Unilateral rowing exercise to improve upper body pulling and core strength through a horizontal pulling pattern, whilst stabilizing all muscles of the shoulder, core complex and hip.
- This movement also trains the body to resist rotational and flexion forces imposed on the hip and core complexes, during the pulling action.
- The lunge position trains the lower body in an isometric manner.

### Muscle groups targeted

- Lats
- Posterior, medial deltoids – during pulling
- Biceps
- Forearms
- Core complex (all muscles that are not the arms and legs) – muscles resisting trunk rotation
- Hip complex – muscles resisting hip flexion
- Muscles surrounding the rotator cuff

### Set-up

- Affix the band to a sturdy anchor point at shoulder height.
- Hold the band using the fingers, avoiding the palm, keeping the wrist in a neutral position.
- Ensure head, shoulders, hips are in alignment. Use a broomstick to check this.

### Execution

- Step backwards until the slack is removed from the band. Take a wide backwards step with the leg opposite the band and drop the knee into a lunge position. Inhale into the abdomen and engage quads, glutes, back and abdominal muscles.
- Retract the scapula and lats then pull the band straight backward while exhaling. Ensure the elbow on the side holding the band is next to your waistline in the position of elbow flexion, and does not flare during the movement.

- Shortly pause at the peak of contraction.
- Return the band to the starting position in a controlled manner, whilst inhaling into the abdomen.

### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pulling through the lats and middle back. Force should be initially generated from the hips and travel through the trunk into the upper body.
- Ensure the hip, head and shoulders remain in alignment throughout the movement. A broomstick placed on the back can help to correct alignment issues.

### Common mistakes/corrections

- **Elbows flaring out to the sides:** Cue to visualize the elbow has a magnetic attraction to the rib cage.
- **Over rotation of the hip and spine:** Cue to keep core and hips braced.
- **Head pushing forward during rowing:** A broomstick placed on the back can help to correct alignment issues.
- **Allowing the torso to be pulled forward during the movement:** A broomstick placed on the back can help to correct alignment issues.
- **Weight being primarily distributed on the toes:** Cue to drive the heels into the ground throughout the movement.

### Variations

- **Double Arm Horizontal Standing Row** – This variation has a bilateral rowing focus and trains the hip and core complexes to work together to resist hip flexion.
- **Alternating Arm Horizontal Standing Row** – This variation has a unilateral rowing focus and trains the hip and core complexes to work together to generate rotational force whilst resisting hip flexion.

## High Anchored Diagonal Row



### Purpose

- Bilateral rowing exercise to improve upper body pulling and core strength through a horizontal pulling pattern, whilst stabilizing all muscles of the shoulder, core complex and hip.
- This movement also trains the body to resist flexion forces imposed on the hip and core complexes, during the pulling action.
- The high anchor position increases engagement of the lats and lower back.
- The lunge position trains the lower body in an isometric manner.

### Muscle groups targeted

- Lats
- Posterior deltoids – during pulling
- Biceps
- Forearms
- Core complex (all muscles that are not the arms and legs) – muscles resisting trunk rotation
- Hip complex – muscles resisting hip flexion
- Muscles surrounding the rotator cuff

### Set-up

- Affix the band to a sturdy anchor point at approximately head height.
- Hold the band using the fingers, avoiding the palm, keeping the wrist in a neutral position.
- Ensure head, shoulders, hips are in alignment. Use a broomstick to check this.

### Execution

- Step backwards until the slack is removed from the band.
- Take a wide step backwards with the leg opposite the band and drop the knee into a lunge position. Inhale into the abdomen and engage quads, glutes, back and abdominal muscles.
- Retract the scapula and lats then pull the band straight back and down on approximately a 45 degree angle while exhaling. Ensure the elbows are next to your waistline in the position of elbow flexion, and do not flare during the movement.

- Shortly pause at the peak of contraction.
- Return the band to the starting position in a controlled manner, whilst inhaling into the abdomen.

### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pulling through the lats and middle back. Force should be initially generated from the hips and travel through the trunk into the upper body.
- Ensure the hip, head and shoulders remain in alignment throughout the movement. A broomstick placed on the back can help to correct alignment issues.

### Common mistakes/corrections

- Elbows flaring out to the sides: Cue to visualize the elbow has a magnetic attraction to the rib cage.
- Over rotation of the hip and spine: Cue to keep core and hips braced.
- Head pushing forward during rowing: A broomstick placed on the back can help to correct alignment issues.
- Allowing the torso to be pulled forward during the movement: A broomstick placed on the back can help to correct alignment issues.
- Weight being primarily distributed on the toes: Cue to drive the heels into the ground throughout the movement.

### Variations

- **High Anchor Single Arm Diagonal Row** – This variation has a unilateral rowing focus and trains the hip and core complexes to work together to resist hip flexion and trunk rotation.
- **High Anchor Alternating Diagonal Row** – This variation has a unilateral rowing focus and trains the hip and core complexes to work together to generate rotational force whilst resisting hip flexion.

## Kneeling High Anchored Vertical Row



### Purpose

- Bilateral rowing exercise to improve upper body pulling and core strength through a horizontal pulling pattern, whilst stabilizing all muscles of the shoulder, core complex and hip.
- The highest anchor position increases engagement of the lats and reduced engagement of lower back.

### Muscle groups targeted

- Lats
- Posterior Deltoids – during pulling
- Biceps
- Forearms
- Core complex (all muscles that are not the arms and legs) – muscles resisting trunk rotation
- Hip complex – muscles resisting hip flexion
- Muscles surrounding the rotator cuff

### Set-up

- Affix the band to a sturdy anchor point, at a height that leaves tension in the band when your arms are at full extension.
- Set yourself up directly below the band.
- Hold the band using the fingers, avoiding the palm, keeping the wrist in a neutral position. At the beginning of the exercise your arms should be fully extended.
- Ensure head, shoulders and hips are in alignment. Use a broomstick to check this.

### Execution

- Once setup below the band, drop the knee into a lunge position. Inhale into the abdomen and engage quads, glutes, back and abdominal muscles.
- Retract the scapula and lats then pull the band straight down in a vertical action while exhaling. Ensure the elbows are next to

your waistline in the position of elbow flexion, and do not flare during the movement.

- Shortly pause at the peak of contraction.
- Return the band to the starting position in a controlled manner, whilst inhaling into the abdomen.

### Teaching points

- Focus on connecting the core, hip and shoulder complex as a unit whilst pulling through the lats and middle back. Force should be initially generated from the hips and travel through the trunk into the upper body.
- Ensure the hip, head and shoulders remain in alignment throughout the movement. A broomstick placed on the back can help to correct alignment issues.

### Common mistakes/corrections

- **Elbows flaring out to the sides:** Cue to visualize the elbow has a magnetic attraction to the rib cage.
- **Over rotation of the hip and spine:** Cue to keep core and hips braced.
- **Head pushing forward during rowing:** A broomstick placed on the back can help to correct alignment issues.
- **Allowing the torso to be pulled forward during the movement:** A broomstick placed on the back can help to correct alignment issues.
- **Shoulder blades disengage at when elbows are extended:** Cue to keep the shoulder blades squeezed together and pulled down.

### Variations

- High Anchor Single Arm Vertical Row – This variation has a unilateral rowing focus and trains the hip and core complexes to work together to resist lateral hip extension.
- High Anchor Alternating Vertical Row.

## Low Anchored High Pull



### Purpose

- To engage and strengthen the muscles of the upper back and shoulders, whilst training the core and hips to resist flexion.

### Muscle groups targeted

- Deltoids - Medial / posterior
- Rotator cuff
- Traps – upper, middle, lower
- Rhomboids
- QL

### Set-up

- Affix the band to a sturdy anchor point at the lowest possible position.
- Stand with feet roughly shoulder width apart.
- Hold the band using the fingers, avoiding the palm, keeping the wrist in a neutral position. The palms should be facing the ground.
- Ensure head, shoulders, hips are in alignment. Use a broomstick to check this.

### Execution

- Step backwards until the slack is removed from the band.
- Inhale and pull your hands up towards your ears. There should only be a slight bend in your wrists during the pull. Do not allow too much wrist flexion.
- Pause for a second at the top of the movement
- Exhale and lower your hands back to the start position in a controlled manner.

### Teaching points

- Keep shoulder blades back throughout the movement and keep chest and eyes forward.

### Common mistakes/corrections

- **Letting the elbows drop:** To correct this cue to keep the elbows above the wrists at all times.
- **Flexing through the upper back:** To correct this cue to keep eyes forward and chest up.

### Variations

- Single Arm Low Anchored High Pull.
- Split Stance Low Anchored High Pull.

## High Anchored Face Pull



### Purpose

- Bilateral rowing exercise to improve rotator cuff and core strength through an external shoulder rotation pattern.
- Corrective exercise to improve recruitment and stability of the rotator cuff.

### Muscle groups targeted

- Posterior deltoids
- Traps
- Biceps
- Forearms
- Muscles surrounding the rotator cuff

### Set-up

- Affix the band to a sturdy anchor point at approximately the height at which your hands are fully extended.
- Hold the band using the fingers, avoiding the palm, keeping the wrist in a neutral position. At the beginning of the exercise your arms should be fully extended.
- Ensure head, shoulders, hips are in alignment. Use a broomstick to check this.

### Execution

- Step backwards until the slack is removed from the band.
- Inhale into the abdomen and engage quads, glutes, back and abdominal muscles.
- Retract your shoulder blades and pull your hands up towards your ears. The wrists should be in neutral alignment throughout the movement.
- Pause for a second at the top of the movement
- Return your hands back to the start position in a controlled manner, whilst inhaling into the abdomen.

### Teaching points

- Focus on squeezing your shoulder blades throughout the movement.
- Ensure the hip, head and shoulders remain in alignment throughout the movement. A broomstick placed on the back can help to correct alignment issues.

### Common mistakes/corrections

- **Head pushing forward during the concentric phase of the movement:** A broomstick placed on the back can help to correct alignment issues.
- **Allowing the torso to be pulled forward during the movement:** A broomstick placed on the back can help to correct alignment issues.
- **Shoulder blades disengage at when elbows are extended:** Cue to keep the shoulder blades squeezed together and pulled down.

### Variations

- Single Arm High Anchored Face Pull.

## 8.3 Rotational drills

These drills will effectively train all upper and lower body musculature to integrate with the core, hip and shoulder complexes, improving the ability to resist and generate rotational force (when implemented with appropriate programming). Whole-body rotational movement patterns are often neglected in today's training regimes. Explosive rotational power is essential for martial artists and athletes who perform sports that demand fluid multi directional movement.

### Upward Axe Chop (Low Anchor)



### Purpose

- Integrates hips, core complex and shoulder girdle to generate and resist rotational force in a diagonal pattern.
- Improves the ability to transfer force from the ground up.
- This movement is well suited toward athletes who require rotational power.

### Muscle groups targeted

- Lower Traps – on the side of the leading arm.
- Posterior deltoid
- Middle traps
- Core complex - Obliques / QL
- Hip complex
- Rhomboids
- Lats
- Upper traps
- Glutes

### Set-up

- Anchor the band at ground level around a secure object. Ensure the band cannot slip up the object.
- Stand side on to the band with feet a bit wider than shoulder width
- Hold the band at the end with an overhand grip, hands next to each other, grasping both parts of the band

### Execution

- Exhale as you twist through the hips and pull the band upwards diagonally across your body, keeping your arms extended throughout the movement

- As you twist, pivot on your back foot to ensure the hips and core power the movement, be careful to keep a neutral spinal position
- Pause at the top of the movement for a moment
- Inhale as you return the band to the start position in a controlled manner

### Teaching points

- Think about being quick and powerful as you “chop” the band up
- To increase the tension on the band you can hold further down or step further away from the anchor point

### Common mistakes/corrections

- **Flexing through the spine:** Cue to keep the spine in the same position throughout the movement and think about only twisting through the hips. Also, cue to keep the arms extended and pivot on the back foot.

### Variations

- Different hand positions can be used for this exercise – for example if you hold the loop of the band with the leading hand underneath this can help initiate the pulling movement through the shoulder
- Side Step and Upward Wood Chop – this just makes the movement a bit more dynamic. Instead of starting with feet apart, start with them close together and step the outside foot (foot on the same side as the leading hand) to the side as you chop up, then step it back in as you return the band to the start position

## Downward Axe Chop (High Anchor)



### Purpose

- To train often neglected whole-body rotational movement patterns and train explosive rotational power (great for martial artists)

### Muscle groups targeted

- Posterior deltoid
- Rhomboids
- Upper traps
- Lats
- Core complex (particularly obliques)
- Glutes

### Set-up

- Fix the band to a high anchor point
- Stand side on to the band with feet a bit wider than shoulder width
- Hold the band at the end with an overhand grip, hands next to each other, grasping both parts of the band

### Execution

- Exhale as you twist through the hips and pull the band downwards diagonally across your body, keeping your arms extended throughout the movement
- As you twist, pivot on your back foot to ensure the hips and core power the movement, but careful to keep a neutral spinal position
- Pause at the bottom of the movement for a moment
- Inhale as you return the band to the start position in a controlled manner

### Teaching points

- Think about being quick and powerful as you “chop” the band down
- To increase the tension on the band you can hold further down or step further away from the anchor point

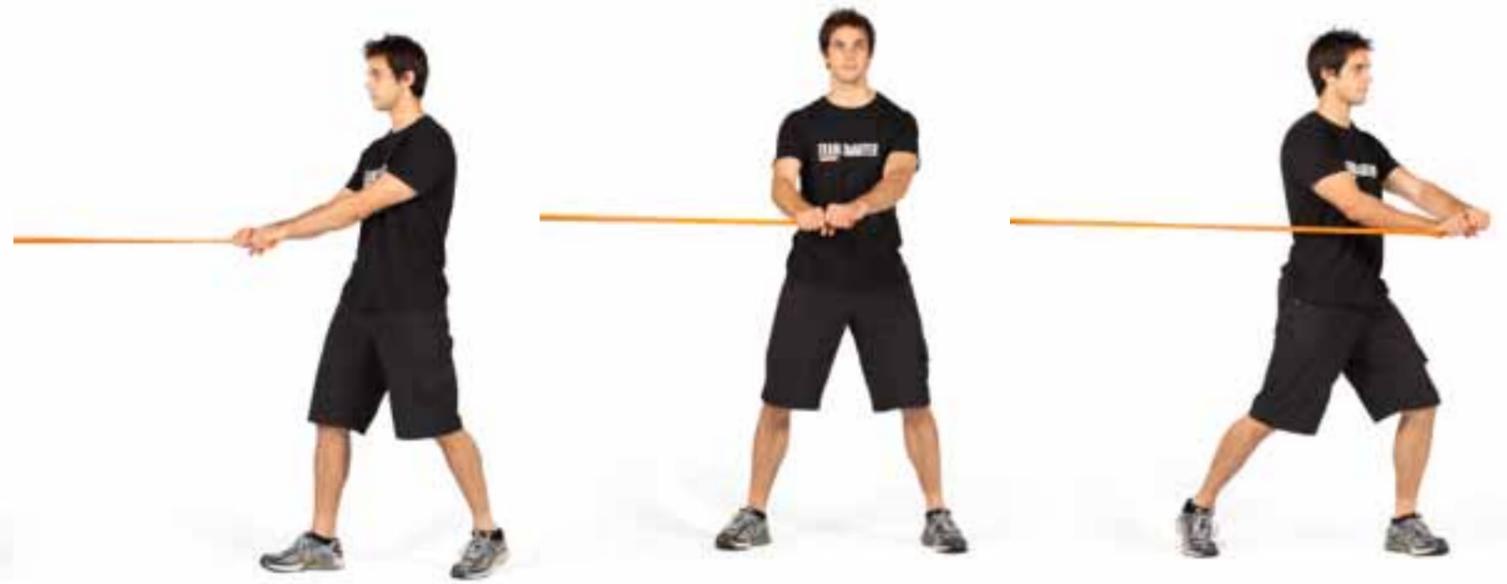
### Common mistakes/corrections

- Flexing through the spine. Cue to keep the spine in the same position throughout the movement and think about only twisting through the hips. Also cue to keep the arms extended and pivot on the back foot.

### Variations

- Different hand positions can be used for this exercise – for example if you hold the loop of the band with the leading hand underneath this can help initiate the pulling movement through the shoulder
- Side Step and Downward Wood Chop – this just makes the movement a bit more dynamic. Instead of starting with feet apart, start with them close together and step the outside foot (foot on the same side as the leading hand) to the side as you chop down, then step it back in as you return the band to the start position

## Horizontal Axe Chop



### Purpose

- To train often neglected whole-body rotational movement patterns and train explosive rotational power (great for martial artists)

### Muscle groups targeted

- Posterior deltoid
- Rhomboids
- Upper traps
- Lats
- Core complex (particularly obliques)
- Glutes

### Set-up

- Fix the band to an anchor point somewhere between hip and shoulder
- Stand side on to the band with feet a bit wider than shoulder width
- Hold the band at the end with an overhand grip, hands next to each other, grasping both parts of the band

### Execution

- Exhale as you twist through the hips and pull the band straight across your body, keeping your arms extended throughout the movement
- As you twist, pivot on your back foot to ensure the hips and core power the movement, be careful to keep a neutral spinal position
- Pause at the end of the movement for a moment
- Inhale as you return the band to the start position in a controlled manner

### Teaching points

- Think about being quick and powerful as you “chop” the band across your body
- To increase the tension on the band you can hold further down or step further away from the anchor point

### Common mistakes/corrections

- **Flexing through the spine.** Cue to keep the spine in the same position throughout the movement and think about only twisting through the hips. Also cue to keep the arms extended and pivot on the back foot.

### Variations

- Different hand positions can be used for this exercise – for example if you hold the loop of the band with the leading hand underneath this can help initiate the pulling movement through the shoulder
- Side step and upward wood chop – this just makes the movement a bit more dynamic. Instead of starting with feet apart, start with them close together and step the outside foot (foot on the same side as the leading hand) to the side as you chop across, then step it back in as you return the band to the start position

## Horizontal Press & Hold



### Purpose

- To provide horizontal resistance to the pressing movement, increasing core and rotator cuff stabilisation
- To train an isometric extended arm position with horizontal resistance

### Muscle groups targeted

- Rotator cuff
- Core complex (particularly obliques)
- Pecs
- Hip complex – resisting rotation

### Set-up

- Fix the band to an anchor point at about waist height
- Stand side on to the band with feet about shoulder width apart
- Hold the loop of the band with one hand clasped over the other
- Have both elbows bent to 90 degrees

### Execution

- Exhale as you press both hands directly out in front of your body until both arms are fully extended
- Hold this extended arm position, breathing in and out as many times as you need
- Exhale as you return the band to the start position in a controlled manner

### Teaching points

- To increase the tension on the band you can step further away from the anchor point

### Common mistakes/corrections

- **Letting the torso twist:** To correct this cue to keep the chest square, look forward and resist the band so that it doesn't pull the torso out of alignment

### Variations – N/A

# 9. Agility Band exercises

These are the fundamental exercises for the green/aqua Agility Band(s). The key benefit for using agility bands is – with every step further away from the band, resistance progressively increases. This progressive increase of resistance is effective in improving acceleration. Agility Bands also allow the user to train very dynamic and athletic movements, which makes them a very useful tool for athletes. Agility Bands can be used with a fixed anchor point or with a partner as the anchor point. When a partner is the anchor point, it is important that they keep their body tight throughout the drills. Ensure both partners communicate with one another during each drill.

## Agility Band Forward Runs



### Purpose

- Improving speed, agility and acceleration in a forwards motion.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves

### Set-up

- Face forward and place the band loop low across the front of your hips keeping tension on the band.

### Execution

- Run forward as quickly as possible, leaning forward slightly.
- When you can no longer accelerate, walk backwards to the start, slowly and continuing to lean forwards.

### Teaching points

- This should be done quickly and explosively.
- Be careful to fight the band when returning to the start.
- Every repetition should be at the power you would exert during a sprint.
- Drive your arms at a rate that matches your leg speed.

### Common mistakes/corrections

- **Slowing down on the way out:** As soon as acceleration is no longer possible stop.
- **Running backwards:** Resist the band on the way back to the start to avoid being dragged backwards, which is dangerous.

### Variations

- Partnered
- Shoulder harness – Additional benefit of building trunk flexion during the drill.
- Single side shoulder harness – Additional benefit of building trunk flexion, and resisting rotation during the drill.

## Agility Band Backward Runs



### Purpose

- Improving speed, agility and acceleration in a backwards motion.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves

### Set-up

- Face backward and place the band loop low across the back of your hips keeping tension on the band.

### Execution

- Run backward as quickly as possible, leaning back slightly.
- When you can no longer accelerate, walk forwards to the start, slowly and continuing to lean back.

### Teaching Points

- This should be done quickly and explosively.
- Be careful to fight the band when returning to the start.

### Common mistakes/corrections

- **Slowing down on the way out:** As soon as acceleration is no longer possible stop.
- **Running forwards:** Resist the band on the way back to the start to avoid being dragged forwards, which is dangerous.

### Variations

- Partnered

## Agility Band Lateral Runs



### Purpose

- Improving speed, agility, directional change skills and acceleration in a side-side/lateral motion.

### Muscle groups targeted

- Glutes
- Hamstrings
- Quads
- Calves
- Adductors
- Abductors

### Set-up

- Face backward and place the band loop low across the back of your hips keeping tension on the band.

### Execution

- Take a few quick, lateral steps in one direction.
- Step legs, one over the other in a grape vine pattern.
- Change direction and take a few quick steps the other way.

### Teaching Points

- This should be done quickly and explosively.
- Avoid rounding the spine during the exercise.
- Weight should be centred during the exercise.

### Common mistakes/corrections

- **Stopping and starting slowly:** This drill is designed to help with directional changes so the transition from one direction to the other should be as quick as possible.

### Variations

- Partnered

## Agility Band Bear Crawls



### Purpose

- Improving speed, agility and acceleration through the upper and lower body as a unit in a prone position.
- This drill has a greater core and glute emphasis than standing agility band exercises.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves
- Shoulders
- Core complex

### Set-up

- Face forward and place the band loop low across the front of your hips keeping tension on the band.
- Put your hands on the ground.
- Keep your hips low and start with the leg and arm on one side close, and the leg and arm on the other side extended.

### Execution

- Bear crawl out as quickly as you can.
- When you can no longer accelerate, bear crawl backwards slowly to the start position.

### Teaching points

- Keep the hips low at all times.
- This should be done quickly and explosively.
- Be careful to fight the band when returning to the start.

### Common mistakes/corrections

- **Slowing down on the way out:** As soon as acceleration is no longer possible stop.
- **Standing up on the way back to the start position:** Keep low to avoid being dragged backwards and falling over.
- **Avoid rounding your back during the bear crawl:** Cue to push belly button to the ground.

### Variations

- Partnered

## Agility Band Crab Walks



### Purpose

- To Improve speed, agility and acceleration through the upper and lower body as a unit in a supine position.
- This drill has a greater shoulder/back and hamstring emphasis than standing agility band exercises.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves
- Shoulders

### Set-up

- Sit down, facing backward and place the band loop across your lower back with the band inside your knees.
- Lift your hips up and put your hands on the ground.

### Execution

- Crab walk out as quickly as you can.
- When you can no longer accelerate, crab walk forwards slowly to the start position.

### Teaching points

- Keep the hips low at all times.
- This should be done quickly and explosively.
- Be careful to fight the band when returning to the start.

### Common mistakes/corrections

- Slowing down on the way out, as soon as acceleration is no longer possible stop.

### Variations

- Partnered

# 10. Assistance exercises

This series of assistance exercises are ideal for those who require a progressive method to build strength to perform more advanced un-assisted bodyweight exercises such as; chin-ups, pull-ups and push-ups.

## Assisted Chin-Up/Pull-Up



### Purpose

- To assist and help progress a bodyweight chin-up/pull-up

### Muscle groups targeted

- Lats,
- Biceps
- Rhomboids
- Grip

### Set-up

- Hang required strength band from a bar, approximately the height of arms at full stretch overhead.

### Execution

- Hold onto bar with appropriate grip.
- Place one foot into loop of band (step may be required to assist).
- Push into the band as far as you can and wrap opposite leg around in front of the band.
- Pull yourself up to the bar and control your descent.
- Dismount by unwrapping leg and placing foot on step/ground before letting go of bar.

### Teaching points

- Assist with placing foot in the band by pulling the band lower.
- Breathe in as you descend and out as you pull up.
- Assist with the dismount by grabbing the band to avoid tangling.

### Common mistakes/corrections

- Letting go of the bar before foot is out of the band.
- **Incomplete range of motion:** Cue to allow elbows to fully extend at the bottom of the rep, whilst keeping shoulder blades pulled back and down.
- **Losing control in the lowering phase of the movement, also causing swaying of the legs:** Cue to control the downward phase of the movement to a count of at least 2 seconds. Pause at the bottom.

### Variations – N/A

## Assisted Push-Ups



### Purpose

- To assist a bodyweight push-up

### Muscle groups targeted

- Chest
- Shoulders
- Triceps

### Set-up

- Hang required strength band from a bar, approximately the height of arms at full stretch overhead.

### Execution

- Place body through band and secure at the front of the hips.
- Lean down towards the ground and assume a prone position with hands and feet on the ground.
- Inhale deeply into the diaphragm and engage quads, glutes and abdominal muscles to achieve correct alignment and assist in building whole body tension.
- Once the body is in correct alignment, squeeze shoulder blades and lats, and then bend elbows to lower the whole body as a connected unit.
- Ensure elbows are pulled into the torso throughout the entire movement.
- Descend until the torso is approximately one inch from the ground.
- Pause for a moment.
- Squeeze quads, glutes, shoulder blades and abdominal muscles and extend the elbows, until you return to the starting position.
- Stand up at the end of the set and remove band carefully.

### Teaching Points

- Place body through the band, arms first.
- Breathe in against the band as you descend into the push-up.

### Common mistakes/corrections

- **Standing up too quickly after the set and the band flicks up into chest or face:** Cue to stand up slowly, whilst holding the band.

### Variations – N/A

## Assisted Squat



### Purpose

- To assist in progressing towards a full bodyweight squat.
- To assist in promoting increased ROM (range of movement) in the squat.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Adductors

### Set-up

- Hang required strength band from a bar, approximately the height of arms at full stretch overhead.

### Execution

- Place both hands through the loop of the band and step back to take up the slack.
- Descend into a squat extending your arms as you go.
- At the bottom of the squat, with arms fully extended, gently apply downward pressure onto the band as you stand.
- Progress by standing closer and closer to the bar.

### Teaching points

- Breathe in before you descend and out as you stand up.
- Always break through the hips in a squat and keep the knees tracking in line with the toes.

### Common mistakes/corrections

- **Holding onto the band too high and not getting full benefit of the squat:** The band should only have full tension at the bottom position of the squat.
- Leaning back into the squat rather than descending in a straight line.

### Variations – N/A

## Assisted Pistol



### Purpose

- To assist in progressing towards a full single leg squat / pistol.
- To assist in promoting increased ROM (range of movement) in the squat.

### Muscle groups targeted

- Quads
- Glutes
- Hamstrings
- Calves
- Core Complex

### Set-up

- Hang required strength band from a bar, approximately the height of arms at full stretch overhead.

### Execution

- Hold onto band with both hands (the higher the easier)
- Balancing on one leg, descend into a single leg squat extending your arms as you go.
- At the lowest point of the movement, pull gently with your arms and push down through your heel as you stand.
- Progress by holding lower on the band until you can use just one arm through the band.

### Teaching points

- Descend straight down placing weight through heel.
- Stay controlled throughout the movement.

### Common mistakes/corrections

- Leaning back into the movement not descending through the pistol.
- Pulling up too hard on the band and initiating the ascent with the leg.

### Variations – N/A

# 11. De-loading & recovery

Training hard is important for maximal results. On the flip side, recovery is of equal importance to your results. At the end of the day, if you can't adequately recover then your training intensity will diminish and so will your results. The following exercises/drills allow effective release of the tension areas common amongst those regularly engaging in resistance training. The releasing tension on the muscular and skeletal system can aid to improve blood flow and recovery from training. No lighter than a blue band is recommended (purple and black are ideal) for the de-loading and recovery movements illustrated.

## De-Load without anchor



### Purpose

- To de-load and mobilise the lower back & hips

### Muscle groups targeted

- Spinal Erectors
- Hip Flexors
- Glutes
- Adductors

### Set-up

- Lay the band flat on the ground.
- Lie face up on the band, with your lower back making contact.
- Pull one side of the band over your knee, repeat for the other side.

### Execution

- Roll onto your hands and knees and begin performing anterior/posterior hip tilting.
- Move your bodyweight forwards and backwards to accentuate the stretch.
- Roll onto your back and drop both knees down to one side and hold stretch.
- Change sides and hold stretch, repeat a few times on each side.

### Teaching points

- Ensure band is securely on lower back/hips before starting any movements.
- Assist the knees drop down by gently pushing down with your hand.

### Common mistakes/corrections

- Band slipping off hips by having the band too low.
- Band slipping off knee by having the band too high.

### Variations – N/A

## Back De-load anchored



### Purpose

- To de-load and mobilise lower back.

### Muscle groups targeted

- All muscles surrounding the spine.

### Set-up

- Hang Heavy (purple) or Super-Heavy (black) band from a chin-up bar.

### Execution

- Climb into band and pull down to lower back, hip area.
- Lie back towards the ground whilst walking forward until you're supine on the ground.
- The band should sit comfortably between the lower back and hips.
- Begin rolling both knees down to each side.

### Teaching points

- Keep the movement slow and controlled.
- Breathe out on the way down.

### Common mistakes/corrections

- Holding onto the band too tightly preventing reaching the ground.
- Placing the band too low or too high on the back or hips causing discomfort.

### Variations – N/A

## Feet in Band De-load



### Purpose

- To de-load and mobilise lower back.

### Muscle groups targeted

- Erector muscles
- QL

### Set-up

- Hang Heavy (purple) or Super-Heavy (black) band from a chin-up bar.

### Execution

- Once supine on the ground, place one foot up around the outside of the band and then the other.
- Once in a comfortable position, gently rotate hips side to side.

### Teaching points

- Keep the movement slow and controlled.
- Relax!

### Common mistakes/corrections

- Placing feet through the inside of the band and falling out.
- Letting band slip off butt

### Variations – N/A

## Hip Flexor / Quad Flexibility



### Purpose

- To de-load lower back and stretch out hip flexors.

### Muscle groups targeted

- Erector muscles
- Hip flexors

### Set-up

- As with previous exercise

### Execution

- Once supine on the ground, place one foot up around the outside of the band.
- Extend the opposite leg out as far as possible.
- Breathe and let the leg hang lower and lower

### Teaching points

- Relax!
- Keep leg extended.
- Move slightly further back from the hanging point of the band to make room for yourself.

### Common mistakes/corrections – N/A

### Variations – N/A

# 12. Exercise summary

These tables are a useful reference to – help cue your memory on each of the movements and drills covered in the workshop, and select movements when designing training programs.

## Power Band warm-up

### Upper body mobilising & activation sequence

- One Arm Shoulder Dislocation x 5
- One Arm Dislocations x 5 per side
- Points on Clock x 5 per side
- Belt Press x 5 per side
- Band Windmill x 5 per side

### Lower body mobilising & activation sequence

- Monster Walks
  - » Fwd x 5 per side
  - » Back x 5 per side
  - » Lateral x 5 per side
- Horse Kicks x 5 per side
- Bird-Dog x 5 per side

### Temperature elevation drills

- Thrusters x 5
- Rev Lunge Press x 5 per side
- Low-High Wood Chop x 5 per side

Repeat this circuit x 3 at a moderately fast pace.

## Un-anchored exercises

### Upper body focus push drills

- Standing Chest Press
- One Arm Chest Press
- Band Push-up
- Double Arm Overhead Press (1 Band)
- Single Arm Overhead Press (1 Band)
- Double Arm Overhead Press (2 Bands)
  - » See Saw Press

### Upper body focus pull drills

- Upright Row
- Bow & Ar-Row
- Seated Row
- Bent Over Row

### Lower body focus drills

- Cross Body Squat
- Single Leg Deadlift (Band @ chest)
- Reverse Lunge
- Band Deadlift
- Band Good Morning (Band over neck)

## Anchored exercises

### Upper body focus push drills

- Split Stance One Arm Horizontal Press

#### Variation(s):

- » Two Band Horizontal Press
- » Alt Horizontal Press

- One Band Low Anchor Diagonal Press

#### Variation(s):

- » 2 Band Low Anchor Diagonal Press

### Upper Body Focus Pull Drills

- Single Arm Horizontal Standing Row

#### Variation(s):

- » Double Arm Horizontal Standing Row
- » Alternating Arm Horizontal Standing Row

- High Anchored Diagonal Row
- Kneeling High Anchored Vertical Row
- Low Anchored High Pull
- High Anchored Face Pull

### Rotational Drills

- Upward Axe Chop (Low Anchor)
- Downward Axe Chop (High Anchor)
- Horizontal Axe Chop
- Horizontal Press & Hold

### Agility band exercises

- Forward Runs
- Backward Runs
- Lateral Runs
- Bear Crawls
- Crab Walks

### Assistance Moves

- Chins
- Push-ups
- Squats
- Single Leg Squats / Pistols

### De-loading & recovery

- Back De-load
  - » Rotations
- Feet in band
  - » Rotations
- Hip Flexor / Quad Flexibility
- De-load without anchor

# 13. Program design

## 13.1 General guidelines

The following guidelines will help you to effectively program the discussed Power Bands exercises into an effective training program.

- Super set opposing movements, i.e pushing/pulling or upper/lower body.
- Some exercises are better suited to strength.
- When training for strength focus equal attention towards the concentric and eccentric phases of your chosen movement(s). Work within the 3-8 rep range.
- When training for power, minimise the eccentric phase and focus 100% on power output during the concentric phase. Work within the 3-5 rep range.
- Stop your set prior to losing voluntary muscular control.

## 13.2 Tempo guidelines

Tempo represents the speed of movement. It can be broken down into three key phases:

1. The start position
2. Eccentric phase / concentric phase
3. Bottom position / end position
4. Steps 2-3 are repeated during repetitions.

### Different tempos will create a different training effect

These are the safest and most effective tempo patterns to apply to your training with bands, and provide a guideline of tempos to choose when aiming for a specific training outcome.

## Slow eccentric / fast concentric tempos

The combination of the slow and fast movement helps develop strength and power. Additional benefits may be increased muscle mass.

### Recommendations

#### Eccentric Phase:

- Should be performed slow and controlled for a 3-5 second period.

#### Concentric Phase:

- Should be performed by trying to move the band as quickly and safely as possible during the movement.

## Slow eccentric / slow concentric tempos

Helps to develop more even strength through the full range of movement in the selected exercise. Keeping both phases of the movement slow increases time under tension, which can lead to greater hypertrophy stimulus – when used with appropriate total volume. This tempo is a good introduction to band training, and increasing general strength and stability.

### Recommendations

#### Eccentric Phase:

- Should be performed slow and controlled for a 3-5 second period.

#### Concentric Phase:

- Should be performed slow and controlled for a 2-5 second period.

## Fast eccentric / fast concentric tempos

This places the greatest demands on the body. The bands increase the eccentric load, as they accelerate your body through the eccentric phase. This tempo combination will help to increase speed and power development and is most ideally suited to those requiring greater power and speed for sports. Care needs to be taken when prescribing this tempo combination. The person should be well conditioned as to minimise chance of injury.

### Recommendations

#### Eccentric Phase:

- Should be performed as quickly as possible whilst being as safe as possible.

#### Concentric Phase:

- Should be performed by trying to move the band as quickly and safely as possible during the movement.

## Pausing in the start position

This allows for additional recovery and will help prolong power throughout the set. This will allow an increase in overall volume, whilst managing fatigue.

## Pausing in the end position

May help to develop isometric strength and increase strength demands, due to dissipation of elastic energy.

### An example of progressions using the above described tempo combinations are as follows:

- **Beginner:** Slow eccentric / slow concentric tempos
- **Intermediate:** Slow eccentric / fast concentric tempos
- **Advanced:** Fast eccentric / fast concentric tempos

# 13.3 Sample programs

Listed below is a range of programming ideas that can be modified to suit your clients needs.

## Strength endurance routines

This is a template that can be used with any different training zones, set/rep/rest, and time protocols to suit the training requirements of your clients. It involves the combination of an upper body pushing and pulling and a lower body movement in a circuit or triple set.

### Beginner routines

1a) Band Standing Bilateral Push

1b) Band Standing Bilateral Pull

1c) Single Cross Squat

2a) Axe Chop Lift

2b) Axe Chop Right

2c) Band Deadlift

### Intermediate Routines

1a) Band Standing Unilateral Push

1b) Band Standing Unilateral Pull

1c) Double Cross Squat

2a) Axe Chop Down Lift

2b) Axe Chop Down Right

2c) Band Good Morning

### Advanced Routines

1a) Band Standing Unilateral Push + Rotation

1b) Band Standing Unilateral Pull + Rotation

1c) Resisted Back Lunge

2a) Axe Chop Up

2b) Axe Chop Down

2c) One Legged Deadlift

## Advanced traveler routine

There is a set time period, the objective is to increase total reps in them time period or to perform the same amount of reps in a shorter time, this reduces the work to rest ratio and is referred to as density training.

### Max reps in 30 minutes

1a. Resisted Push-up

1b. Resisted Pistol

1c. One Hand Arm Band Row

1d. Band Deadlift

## Working up to Pistol/Chin-up

This is an example of a periodization program. This will help your clients reach their long-term goals. Commonly beginner will want to work up to a chin-up or pistol, but you can use this approach for all your programs.

Use a band to find an assisted 10RM.

Alternate between assisted Pistol and Assisted Chin-ups

### Phase 1

Week 1: Session 1: 3x8 @ same band as test, Session 2: 5x5

Week 2: Session 1: 4x8, Session 2: 6x5

Week 3: Session 1: 5x7, Session 2: 6x6

Week 4: Session 1: 3x7, Session 2: Re-test with the same band and if over 14 reduce band for next phase

### Phase 2

Week 5: Session 1: 3x6 @ same band as test, Session 2: 1x5 @ one band lighter, 4x5

Week 6: Session 1: 4x8, session 2: 3x5 @ one band lighter 2x8

Week 7: Week 6: Session 1: 5x7, Session 2: 4x5 @ one band lighter 2x8

**Week 4: Session 1: 3x7, Session 2: re-test with the same band if over 14 reduce band for next phase**

# 14. Power Bands

41" Bands



12" Bands



Micro Band Pro's



41" Fabric Bands



Complete Power Band Pack



Mobility Pack



SMR Pack



Agility Bands



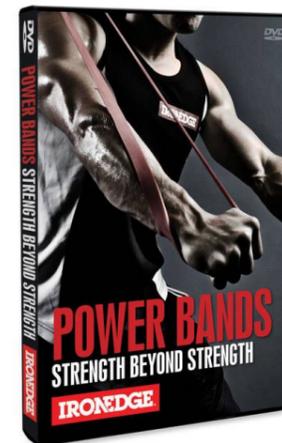
Tune Up Pack



Flat Band Rolls



Power Bands DVD



Micro Bands



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