

RESISTANCE BAND EXERCISES

Heavy resistance bands are a great tool to use for training, and can be taken on the go! The following is a series of resistance band exercises that use the band to either add resistance (make harder) or to assist the exercise (make easier).

Here are some examples of exercises you can do with resistance bands, but the options are limitless!

Complete 30 seconds of each exercise, for 3 rounds.



RESISTED RUNNING

Place band around hips with the resistance “pull” from behind. Run forwards 3-4 steps against the resistance, and then control your back pedal to return to start. *Repeat for 30 seconds.*



RESISTED LUNGE

Place band around hips with the resistance “pull” from behind. Step forward into a lunge position against the resistance, maintaining an upright posture. *Alternate legs for 30 seconds.*



RESISTED SHUFFLING

Place band around hips with the Resistance “pull” from the side. Shuffle 3-4 steps out, and control the shuffle back to the start position. *Repeat for 30 seconds, complete on both sides.*



ASSISTED PULL UP

Place the band around a tall bar, and step foot on to the band so the assisted “pull” is above you. With hands shoulder width or more apart and palms facing out, pull your chin to the bar, then lower down to the arms extended start position. *Repeat for 30 seconds.*



RESISTED HIP FLEXION

Place band around the knee of your outside leg, with the resistance “pull” coming from the side. Drive the knee up, and control the knee from turning towards the resistance. Place foot back down on the ground. *Repeat for 30 seconds, complete on both sides.*



ASSISTED CHIN UP

Place the band around a tall bar, and step foot on to the band so the assisted “pull” is above you. With hands narrower than shoulders and palms facing you, pull your chin to the bar, then lower down to the arms extended start position. *Repeat for 30 seconds.*



RESISTED BROAD JUMP

Place band around hips with the resistance “pull” from behind. Using an arm swing, jump forward against the resistance as far as you can, while landing upright in a squat. *Walking your feet back to the start position, and repeat for 30 seconds.*

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