

# RESISTANCE BAND TRAINING GUIDE





# THE MOST UNDERVALUED TYPE OF RESISTANCE.

The use of resistance bands in training is nothing new. They have been used in the fitness and sports performance for years.

However, many people are unaware how to use these bands effectively to produce some incredible strength and muscle building benefits

These bands when strategically used as warm ups and as a main exercise programme can provide an exponential upside to build muscle, get strong and explosive and stay healthy, which is the perfect partnership for the world of synchronised swimming

Here's how to implement band work into each major area of training, from prehab to power development and everything in between.

I hope you enjoy this PDF and you are able to get great benefit from it.

Thank you for your time,

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CD Fitness Coaching  
[www.cdfitness.co.uk](http://www.cdfitness.co.uk)







## 1. GOOD MORNINGS

Place the band underneath your feet and stand with your feet shoulder-width apart. Squat down and place the band around the back of your neck and hold the band in both hands at shoulder level so it doesn't compress your neck. Straighten your legs and stand up from your squat. Hinging at the hips while keeping a flat back, bend forward so that you feel tension in the hamstrings. As you stand back up, squeeze your glutes (Bum)

## 2. OVERHEAD PRESS

Place the band underneath your feet and stand with your feet shoulder-width apart. Lower down into a squat to pick up the band with both hands. Bring your hands to your shoulders and stand up from your squat. Once standing, engage your core and drive your arms up to the sky so that your hands are up and out from your shoulders. Lower back down slowly so the band is inline with your chin and repeat.







### 3. PULL APARTS

Stand with your feet shoulder-width apart. Make sure the band is two bands thick. With your palms facing down, pull the band out and to the sides of your body at chest level. Make sure to keep your core tight as you slowly let the band come back in. You should really feel this in your chest and upper back. If this become too hard, go from double band to a single band.

### 4. DEADLIFTS

Place the band underneath your feet and stand with your feet shoulder-width apart. Lower down into a squat to pick up the band with both hands. Stand up so that you feel tension on the band when you're standing at the top. While hinging at the hip, slowly bend forward while keeping your hips level. Unlike a Good Morning, this will get easier as you bend forward and lower down. As you stand back up, squeeze the glutes and abs to gain control and stand back up. Hands can go to knee or mid shin height.







## 5. SIDE-STEPPING

Place the band underneath your feet and stand with your feet shoulder-width apart. Twist the band and hold the upper edge at chest level so that the band is in an X shape. Pull the band apart with your hands so tension is created in the hip flexors. Lower down into a quarter squat and step out to the side. Be sure to keep your glutes and core engaged. Step together. You can either continue walking in one direction and switch sides when you get to the end of the room or alternate sides with each rep.

## 6. UPRIGHT ROW

Place the band underneath your feet and stand with your feet a little wider than shoulder-width apart. Place the band in your hands and raise your elbows to the sky while keeping your hands close your body. You should try and raise your elbows higher than your shoulders. Slowly lower back down and repeat.







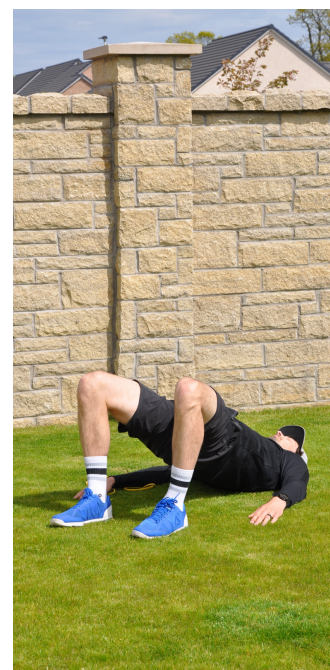
## 7. SEATED TRICEPS EXTENSION

Take a seat on the ground (finally!) and wrap the band around your feet. The other side of the band should be behind you so that you're inside of the circle. Lean slightly forward, engaging the abs, and grab the sides of the band. With palms facing your body and elbows in line with your shoulders, extend your hands back so that you feel it in your triceps. Slowly lower back to the start and repeat.



## 8. GLUTE BRIDGE

Bend your knees and put your feet flat on the ground just close enough that you can graze your heels with your fingertips when you stretch your arms down by your side. Your feet should be about hip-width apart. Drive up through your heels and upper back to lift your glutes off the ground. Drive your hips up as high as possible, squeezing the glutes (Bum) hard. Keep your belly button drawn in so you don't hyper extend your back then lower yourself back down vertebrae at a time. Progression - Hold (squeeze bum) for 2-5 secs at the top of the movement.







## 10. SQUAT JUMPS

Loop the band around your body as shown. Lower down into a squat and explode up and away like shown. Land with knees slightly bent before descending into a squat for the next rep.

**OR** loop band round a sturdy pole so that it's tight in a knot and will stay put. The knot should be at hip level. Stand on the inside of the band and set the band at your hips. Stand far enough away so that there is tension on the band. Repeat the movement as described above.

# PUTTING IT ALL TOGETHER

## POOLSIDE WARM UP

A1. Pull Aparts	10 - 20 Reps
A2. Over Head Press	10 - 15 Reps
A3. Side Stepping	25 Reps Each Direction
A4. Glute Bridge	25 + Reps

Perform as a circuit then rest for a minute once you have completed all the movements.

**Repeat 3-6 times.**

## WORKOUT 1

EXERCISE SELECTION      SETS X REPETITIONS

A1. Good Morning	4 x 15
A2. Deadlifts	4 x 10
B1. Over Head Press	3 x 10
B2. Pull Aparts	3 x 15 - 20
C1. Side Stepping	3 x 10 each side
C2. Glute Bridge	3 x 20
D1. Seated Tricep Extensions	3 x 10
D2. Up Right Row	3 x 8 - 12
E1. Squat Jumps	3 x 10

Rest for 60 seconds

After Every 2nd Movement

## WORKOUT 2

EXERCISE SELECTION      SETS X REPETITIONS

A1. Banded Squats	4 x 15
A2. Good Mornings	4 x 10
B1. Side Stepping	3 x 10
B2. Pull Aparts	3 x 15 - 20
C1. Over Head Press	3 x 10 each side
C2. Up Right Row	3 x 20
D1. Glute Bridge	3 x 10
D2. Seated Tricep Extensions	3 x 8 - 12

Rest for 60 seconds

After Every 2nd Movement





# WHERE CAN I GET THE BANDS?

**Strength Shop** - Strength Shop was established in 2009 to provide high quality, yet affordable strongman/strength orientated goods. In the early years they largely specialised in Strongman, Powerlifting, Olympic Weightlifting and Crossfit - but now have expanded our range of products to cater for every lifter from someone who is just getting into fitness, to the professional athlete performing at the highest level of their sport.

>> **RESISTANCE BAND SET** <<

>> **AMAZON** << I would recommend purchasing the Red and the Black bands

WHAT DO YOU THINK?

ONE BAND, SO MANY EXERCISES! ALL OF THESE  
EXERCISES CAN BE DONE IN

WHICH EXERCISE WAS YOUR FAVOURITE?

WHICH ONE DID YOU FIND THE MOST CHALLENGING?

WHAT ARE OTHER EXERCISES DO YOU LIKE TO PERFORM  
WITH BANDS?

SHARE YOUR THOUGHTS, SUGGESTIONS AND QUESTIONS  
WITH YOUR TEAMMATES AND COACHES AND REMEMBER  
TO TAG **@CDFITNESSCOACHING** ON YOUR SOCIALS WHEN  
PERFORMING THEM.

