

Strength Training With Resistance Bands

<http://exercise.about.com/cs/exerciseworkouts/l/blbandworkout.htm>

The following workout is an upper body strength training routine using a resistance band. You may want to have a variety of resistance bands with different levels of tension for different muscle groups. For more information, check out [Choosing and Using Resistance Bands](#).

- For beginners, start with one set of 16 repetitions of each exercise.
- For int/adv exercisers perform 2-3 sets of 12-16 repetitions.
- Warm up for 5-10 minutes before beginning this routine
- To progress, use thicker resistance bands or adjust your positioning.

Chest Press

Wrap the band around something stable behind you and hold handles in both hands, tubing running along the inside of the arms (under the armpits), palms facing each other. Squeeze chest and press arms out in front of you. Return to start and repeat.



Bent Over Row

Center tube under feet and bend forward at the waist, back flat and abs in. Grab tube close to the feet and bend the elbows to pull the arms up to the torso, squeezing the back. You can also do a seated version (see picture to right) on a ball or chair.



Rear Delt Row

Wrap band around stable object and sit (or stand) facing it, holding the handles with arms out in front, palms down. Pull the elbows back until level with torso, squeezing the shoulder blades and keeping arms parallel to ground.



One-Armed Reverse Fly

With front foot standing on one end of the band, hold other end in one hand and lean over, abs in, torso at 45 degrees. Keeping elbow slight bent and in fixed position, raise arm out to shoulder level, squeezing shoulder blades.



One-Armed Lateral Raise

Sit (or stand) with one end of tube under foot and the other end in one hand. Keeping elbow slightly bent and fixed, lift the arm out to side, to shoulder level.



Overhead Press

Place both feet on tube and grasp handles, bringing hands up just over shoulders with elbows bent and palms in. Press arms up over head and then lower.



Strength Training With Resistance Bands

<http://exercise.about.com/cs/exerciseworkouts/l/blbandworkout.htm>

External Rotation

Attach band to a sturdy object and sit or stand with right side facing object, holding handle in the left hand. Begin with hand in front of belly, elbow at 90 degrees. Keeping elbow in fixed position, rotate the forearm out to the side to about 30-45 degrees (not too far!). Skip this move if you have shoulder problems.



Bicep Curl

Place both feet on tube and grasp handles (the wider the feet, the harder the exercise). Bend the elbows and curl hands up towards shoulder. Lower and repeat.



Cross-Body Bicep

Place left foot on band and hold the handle in right hand. Begin the move with palm facing in and bend the elbow, curling hand up towards the shoulder, going across the body.



Band Kickback

Attach band to sturdy object in front of you in a split stance, bent at the waist with abs in. Hold handle in one hand, elbow bent. Straighten the arm, contracting the back of the arm.



Chest Press

Wrap the band around something stable behind you and hold handles in both hands, tubing running along the inside of the arms (under the armpits), palms facing each other. Squeeze chest and press arms out in front of you. Return to start and repeat.



Bent Over Row

Center tube under feet and bend forward at the waist, back flat and abs in. Grab tube close to the feet and bend the elbows to pull the arms up to the torso, squeezing the back. You can also do a seated version (see picture to right) on a ball or chair.



Rear Delt Row

Wrap band around stable object and sit (or stand) facing it, holding the handles with arms out in front, palms down. Pull the elbows back until level with torso, squeezing the shoulder blades and keeping arms parallel to ground.



One-Armed Reverse Fly

With front foot standing on one end of the band, hold other end in one hand and lean over, abs in, torso at 45 degrees. Keeping elbow slight bent and in fixed position, raise arm out to shoulder level, squeezing shoulder blades.



Strength Training With Resistance Bands

<http://exercise.about.com/cs/exerciseworkouts/l/blbandworkout.htm>

One-Armed Lateral Raise

Sit (or stand) with one end of tube under foot and the other end in one hand. Keeping elbow slightly bent and fixed, lift the arm out to side, to shoulder level.



Overhead Press

Place both feet on tube and grasp handles, bringing hands up just over shoulders with elbows bent and palms in. Press arms up over head and then lower.



External Rotation

Attach band to a sturdy object and sit or stand with right side facing object, holding handle in the left hand. Begin with hand in front of belly, elbow at 90 degrees. Keeping elbow in fixed position, rotate the forearm out to the side to about 30-45 degrees (not too far!). Skip this move if you have shoulder problems.



Bicep Curl

Place both feet on tube and grasp handles (the wider the feet, the harder the exercise). Bend the elbows and curl hands up towards shoulder. Lower and repeat.



Cross-Body Bicep

Place left foot on band and hold the handle in right hand. Begin the move with palm facing in and bend the elbow, curling hand up towards the shoulder, going across the body.



Band Kickback

Attach band to sturdy object in front of you in a split stance, bent at the waist with abs in. Hold handle in one hand, elbow bent. Straighten the arm, contracting the back of the arm.



Intermediate: Do two sets of 16 reps using a variety of bands, 2-3 times a week with at least one day of rest between workouts.

Advanced: Do three or more sets of 16 reps using a variety of bands 2-3 times a week with at least one day of rest between workouts.

Alternating Chest Press

Wrap the band around a sturdy object behind you at chest level. Begin with the elbows bent to 90 degrees, forearms parallel to the floor. Keep the right arm stationary and press the left arm out. Bring the left arm back and then press forward with the right arm. Continue alternating arms for a total of 16 reps on each side.



One-Arm Chest Fly

Attach the band to a sturdy object at about shoulder height (standing or sitting). Hold the handle in right hand and wrap the loop around hand to increase tension if needed. Keeping arm straight (elbow slightly bent) at shoulder level, contract the chest to bring the arm in towards the mid-chest. Return to start and repeat.



Resisted Pushups

Begin on knees or toes and wrap the band over your back, holding onto the ends with both hands flat on the floor. Loop the band to add tension and bend elbows into pushup.



Lat Pulls

Begin with arms straight up overhead, holding the band towards the middle. Adjust hands closer to increase tension. Contract the back and pull the band out while bringing the elbows towards the rib cage. Raise back up and repeat.



Strength Training With Resistance Bands

<http://exercise.about.com/cs/exerciseworkouts/l/blbandworkout.htm>

Rear Delt Fly

Standing or sitting, hold band in the middle, arms straight out in front of you, hands a few inches apart. Squeeze the shoulder blades together and pull band so that arms are out to the sides like an airplane. Return to start and repeat, keeping tension on the band the entire time.



One-Arm Rear Flies

On hands and knees, hold one side of the band in the right hand and grab the other end with the left hand. Keep the right hand in place as you lift the left arm straight up to shoulder level leading with the elbow and squeezing the back and shoulder. Adjust hand placement to increase or decrease tension.



Overhead Press

Place band under ball or stand on band holding handles in both hands. Begin with arms bent in 'goal post', wrists straight and abs in. Contract the shoulders to straighten arms up and lower back down.



Tricep Extensions

Hold the band in both hands at shoulder level with right arm bent so that it's in front of the chest, left arm straight out. Keeping the left arm straight to hold tension on the hand, contract the triceps to straighten the right arm. Return to start and repeat before switching sides.



Bicep Curls

Stand on the band and hold handles with palms facing out. Keeping abs in and knees slightly bent, bend arms and bring palms toward shoulders in a bicep curl. Position feet wider for more tension. Return to start and repeat.



Squats

Stand on the band with feet shoulder-width apart, keeping tension on the band by holding a half-bicep curl. Lower into a squat, keeping knees behind toes, and pulling on the band to add tension. Return to start and repeat.



Lunges

Stand with right leg forward, left leg back and band positioned under right leg. Keeping tension on the band by bending elbows, lower into a lunge until both knees are at 90 degrees, front knee behind the toe. Return to start and repeat.



Side Steps

Tie resistance band around the ankles (make sure you're wearing socks) so that there are a few inches of band when you stand at hip-distance apart. Take 8 steps to the right, contracting the glute and outer thigh. Repeat on the other side.



Butt Blaster

Get on your hands and knees and wrap a resistance band around the right foot. Hold the handles in each hand and begin the move with the right knee bent and flex the foot while extending the right leg straight back, squeezing the glutes.

