



RESISTANCE BAND

WHY USE RESISTANCE BANDS?

Resistance bands allow you to perform strength-training exercises without weights and enable you to complete a full-body workout. Using resistance bands adds variety and intensity to your strength-training exercises. As you work out, resistance is increased throughout the motion, resulting in more endurance and a broader range of motion. Resistance band training can also help you improve stamina and flexibility.

WHAT'S YOUR GOAL?

Increase Muscle Strength
Perform a series of 2-3 resistance exercises for 10-15 seconds between sets.

Increase Muscle Size
Perform a series of 2-3 resistance exercises for 1-2 minutes between sets.

Increase Muscular Endurance
Perform a series of 2-3 resistance exercises for 30-60 seconds between sets.

Squats



Place the resistance band securely under your feet and bring the handles up to chest level, with your arms bent and palms facing backward. Keep your chest up and bend your hips and knees into a squat position until your thighs are parallel to the ground. Rise slowly through your heels back to the start position.

Press-ups



Take a press-up position with the band running around your back and slowly lower your chest to the floor until your elbows reach a 90° angle. Contract your chest and triceps to push back up to the start position.

Chest Presses



Place the band around a solid structure, turn so you are facing away from the structure and place your feet shoulder width apart. Hold a handle in each hand at chest level, and with a forward movement press the handles away from your chest. Hold the position for a second and then slowly return to the start position.

Face Pulls



Place the band around a solid structure and stand facing the structure with your feet shoulder width apart. Hold a handle in each hand, fully extend your arms at chest level and pull the handles towards your face while keeping your elbows high and the position for a second and then slowly return to the start position.

Shoulder Presses



Place the resistance band securely under your feet and bring your hands up to shoulder level, with your palms facing forward. Press the band above your head, hold this position for a second and then slowly bring your hands down to shoulder level.

Lateral Raises



Place the resistance band securely under your feet and hold the handles by your sides, with your palms facing inward. Slightly bend your arms and then raise them out to your sides until they are parallel to the floor. Hold the position for a second and then slowly return to the start position.

Biceps Curl



Place the resistance band securely under your feet and hold the handles by your sides, with your palms facing forward. Contract your biceps, and then as your elbows, so you can pull the handles towards your chest. Hold the position for a second and then slowly return to the start position.

Triceps Pushdown



Place the band around a solid structure above you and stand facing the band. Hold the handles at chest level with your arms bent and palms facing down. Bend your elbows tucked into your side and press the handles forcefully towards the floor until your arms are fully extended. Hold the position for a second and then slowly return to the start position.

MAXIMISE YOUR WORKOUT!

Warm Up your Core & Glutes - Before starting, warm up your core and glutes by performing a series of 10-15 squats, lunges, and glute bridges. This will help to activate the muscles and prevent injury.

Warm Up your Arms & Shoulders - Before starting, warm up your arms and shoulders by performing a series of 10-15 arm circles and shoulder rotations. This will help to activate the muscles and prevent injury.

Warm Up your Legs & Feet - Before starting, warm up your legs and feet by performing a series of 10-15 squats and lunges. This will help to activate the muscles and prevent injury.

Warm Up your Back & Neck - Before starting, warm up your back and neck by performing a series of 10-15 cat-cow stretches and neck rotations. This will help to activate the muscles and prevent injury.

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Gold Gym Resistance Band Exercise Guide

Michael Seilmaier



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