

Elastic Band Exercises

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General Points

- Purchase several bands ranging from thin to thick. I like SPRI bands.

<http://www.spriproducts.com/ItemGroup.aspx?ItemGroupID=1&CategoryID=24&ItemGroupTypeID=1>

- Find a way to affix the band to stationary objects. SPRI sells a door strap for this purpose.

ATTACHING THE DOOR STRAP TO THE DOOR



Place the "plugged" end over the top of the door or through the hinged side of the door (depending on the exercise) and close the door. The looped end should be facing you. Pull on the strap to ensure that it is secure. Slide one handle of the Xertube through the loop until the loop is in the middle of the Xertube.

General Points

- There are ten ways to increase the resistance
 1. Choose a thicker band
 2. Move further way from the anchor point increasing the starting length (stretch)
 3. Shorten the band
 4. Double the band
 5. Combinations of two or more of the above.
- Use body positioning and knowledge of the movement pattern to increase variety.

Elastic Band Bicep Curls

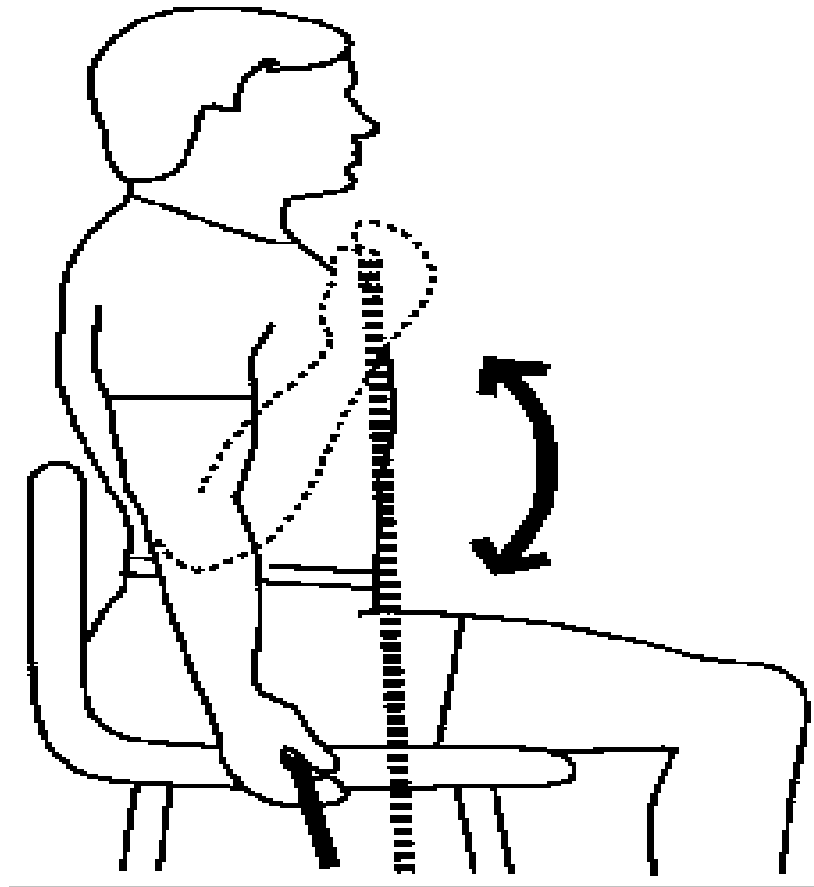
Standing or sit with the band underneath your feet and your feet and shoulders relaxed. Raise the band using your biceps until you have completed a curl as shown. Return to the starting position.



Biceps Curls with Resistance Band



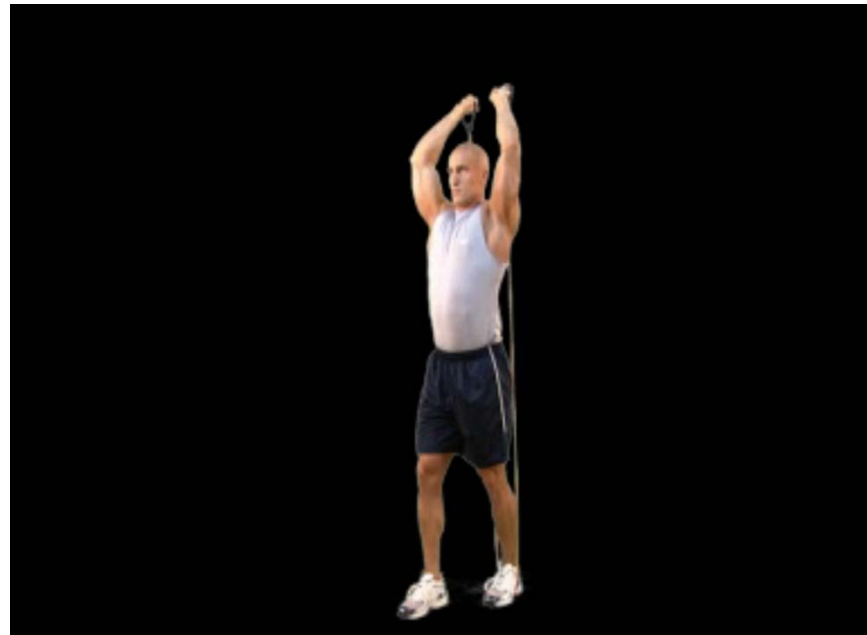
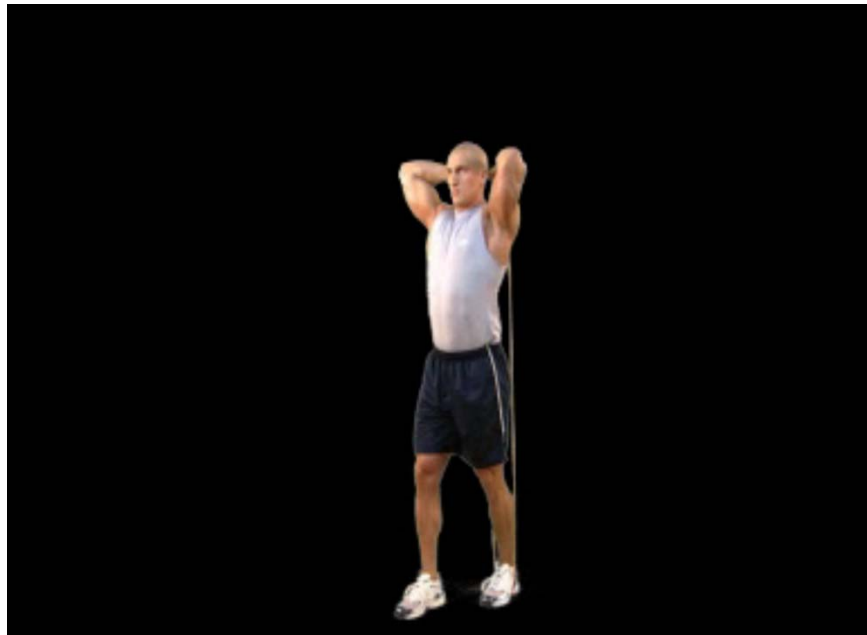
Seat-uni-bicepcurl



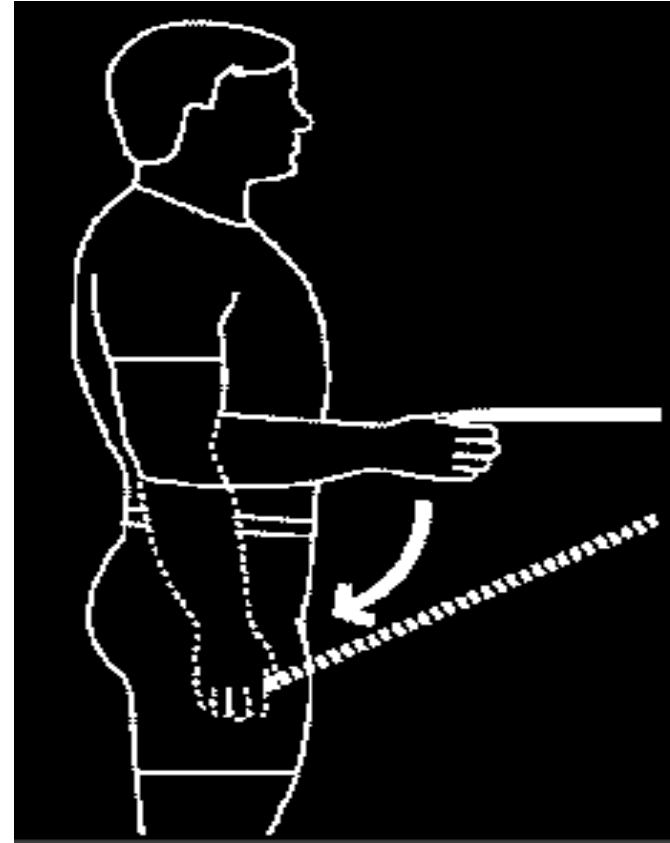
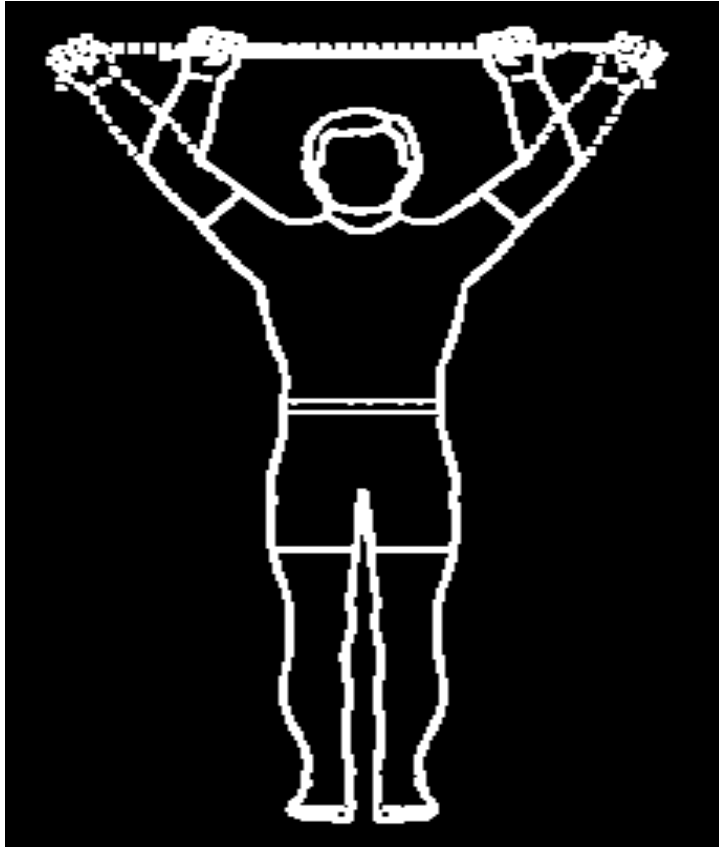
Triceps Extension with Resistance Band



Triceps Extensions



Triceps Extension



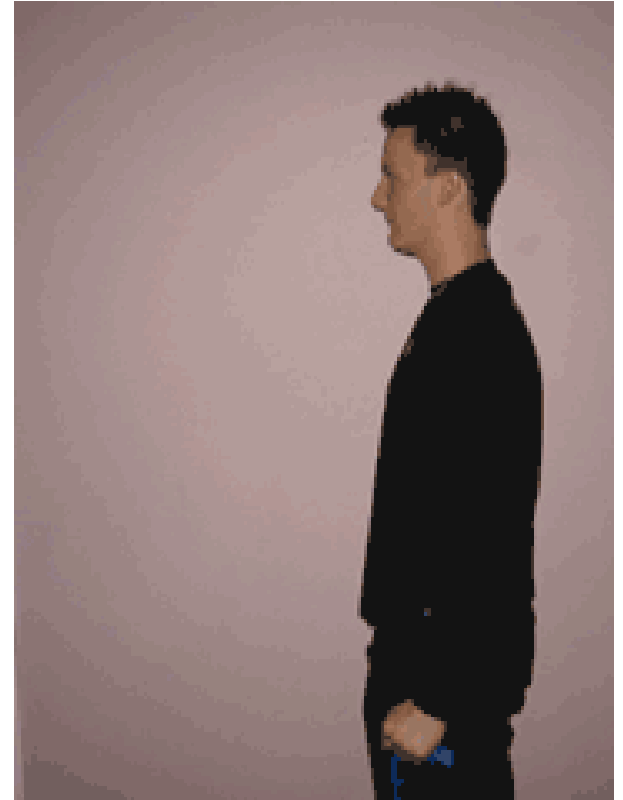
Seated Shoulder Press (Elastic band)

Start with the band underneath your chair and with both hands firmly gripping both ends. With your arms out to the sides and your hands up in the air making a 90 deg angle (see picture) raise your arms to full extension. Lower the band to the starting position.



Elastic Band Front Raises

Stand up and with the elastic band underneath your feet and arms down by your sides. Raise the band to the front with straight arms. Lower back down to the starting position after your arms reach a position parallel with the floor.

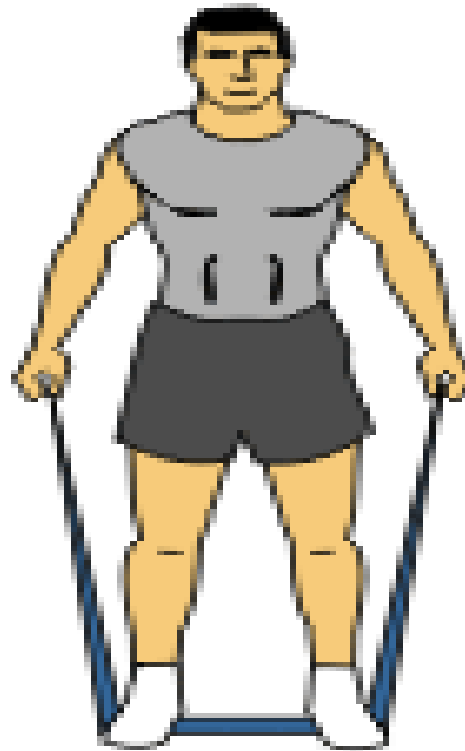


Side Raises (Elastic Band)

Stand up straight and with your hands by your sides and the elastic band underneath your feet. Now with straight arms and both hands gripping both sides of the band raise them by your side so that they end up being parallel to the floor. Return slowly to the starting position.



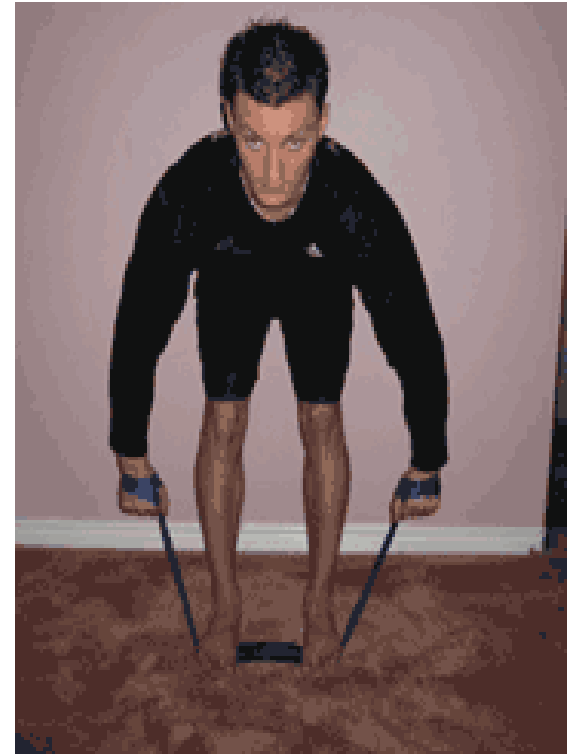
Side Raises Deltoids



Elastic Band Rear Raises

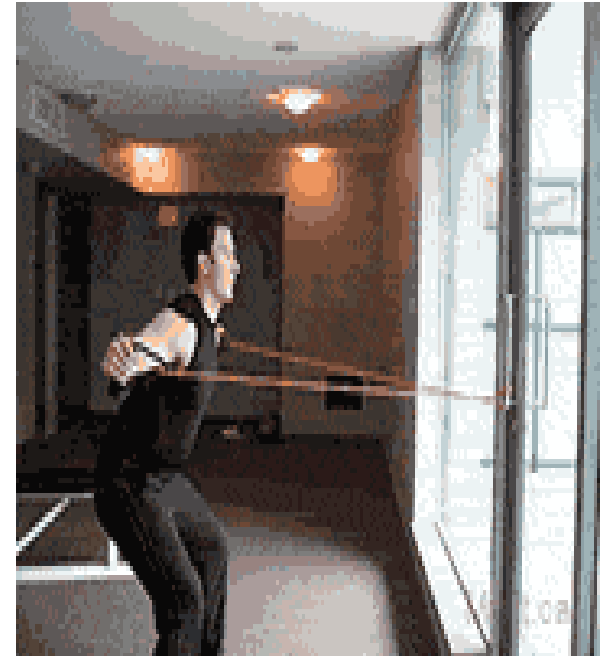
Posterior Deltoid, Trapezius, Rhomboids

Start by bending over with an elastic band underneath your feet and your arms perpendicular to the floor. Raise your arms out to the side so that your arms are now parallel to the floor. Lower slowly and repeat.



Reverse Flies with Exercise Band

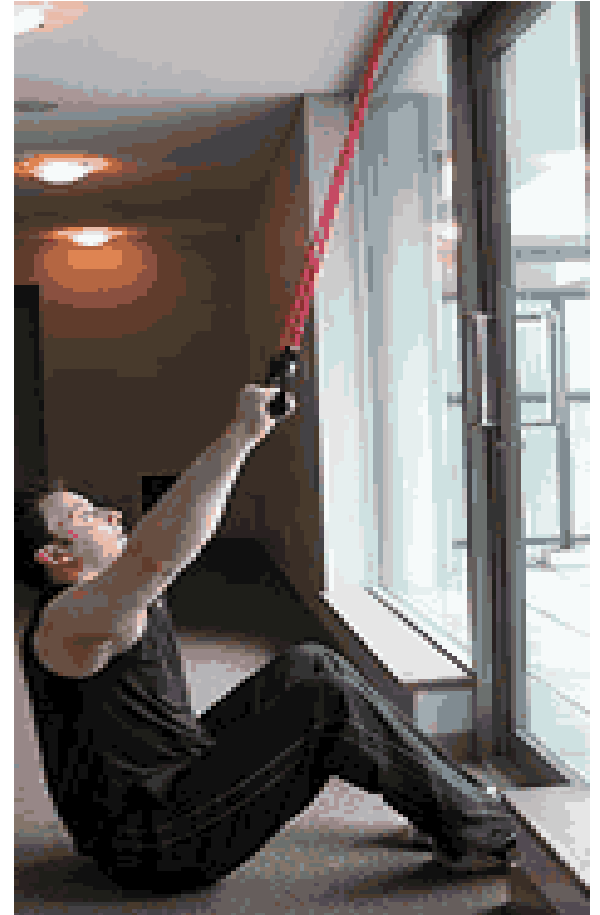
Begin with an exercise band wrapped around something while grasping the elastic by the two hand grips. Slowly bring the handles backwards behind your back with your arms as straight as possible. Focus on isolating your rear deltoids. This is a good exercise for most people because this is the least worked muscle of the shoulder and is of value in improving posture.



Exercise Band Back Lat Pulldowns

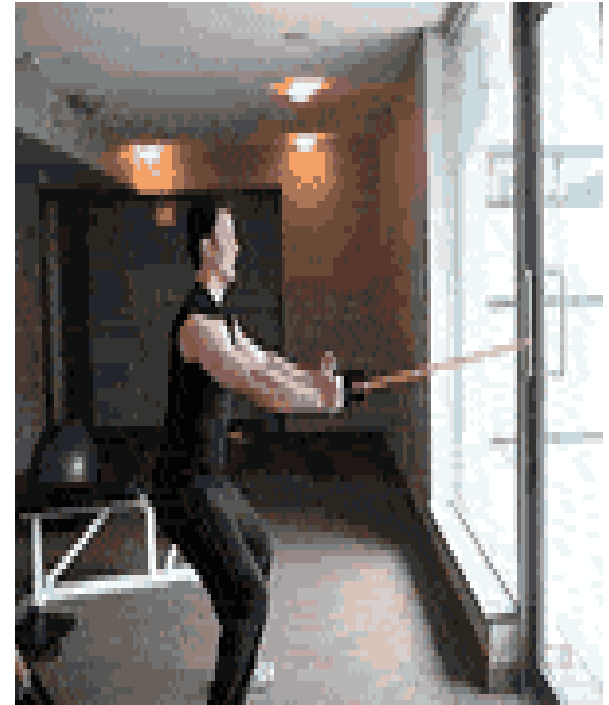
This exercise band lat pulldown exercise can be performed by tying the elastic band around a stationary object high on a wall or around a bar. Sit on the ground with your back straight. To begin, grab the two handles and bring the elastic to your side as shown. Make sure that your lats are doing the work. Be sure to keep your palms facing downward.

You can turn your hands so that your palms face up if you want to use more biceps in the exercise.



Band Standing Back Row

Attach the band to a stationary object such as a door handle or between the door and the door jamb on the hinge side. Begin this exercise by getting in a $\frac{1}{4}$ squat position. Slowly bring the band into your body as you would do during a row. To vary the intensity stand further back. Make sure to keep your elbows in close to your body. Palms down (not shown) will cause the lats to work more with less contribution from the biceps and other elbow flexors.



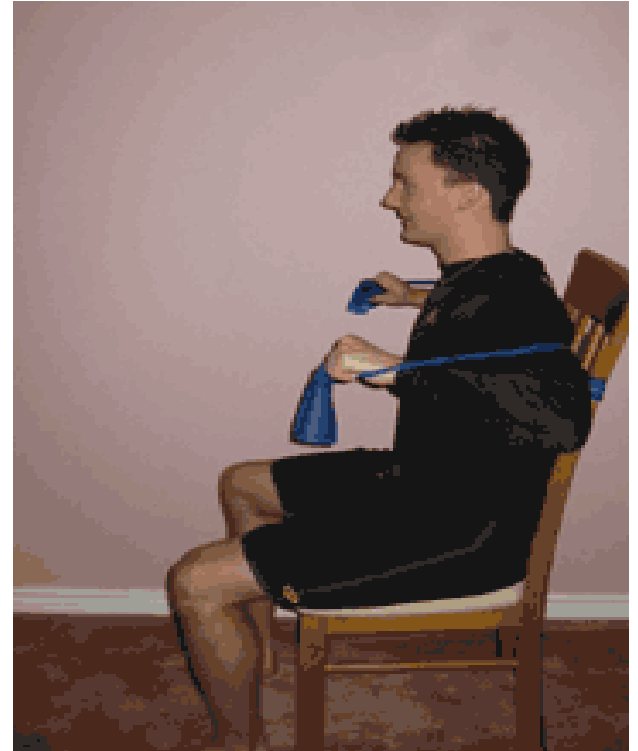
Standing Row (Elastic Band)

Start by standing up straight and have the middle of the band tied to the door knob so you can still grab both ends. Now with your hands grabbing both ends extend fully while keeping tension on the band. Now slowly bring the band in tight to your body contracting your shoulder blades. Now return to the starting position.



Chair Bench Press (Elastic Band)

Sit in a chair and wrap the elastic around your chair. With the elastic coming around from your shoulders and holding your elbows up press your arms out to full extension and then back to where your arms are at 90 deg (make sure you sit perfectly straight).



Incline Chest Press



Stand on the band with the rear foot. The front foot is about 12-18 inches forward. Start with hands at shoulders (left image) and press the band up and forward (right image).
Keep head
And chest high

Chest Fly



Stand on the band with the rear foot. The front foot is about 12-18 inches forward. Start with hands at sides, palms up (left image). Raise both hands up and forward (right image), bringing the hands together at about shoulder level.. Keep head and chest high

Alternate Lying Chest Presses

(Pectoralis major, triceps)



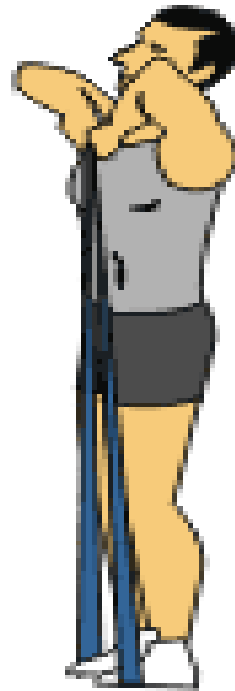
Squats (Elastic Band)

Start with the band underneath your feet and the other ends over your shoulders with both hands gripping either end. Now slowly complete a squat by not letting your knees go over your toes and keeping your back straight. If this is too light for you, you can try ball squats with a weight in your hand



Resistance Band Squats

(Quadriceps, Gluteals, Hamstrings)



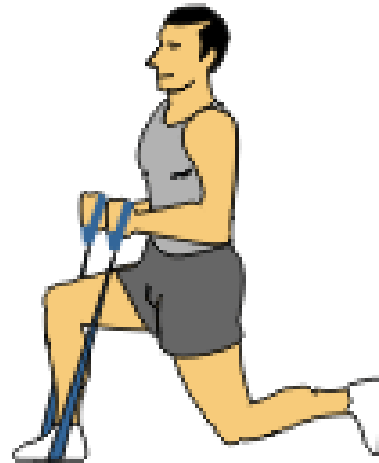
Elastic Band Lunges

Start with the band underneath your feet with one leg out in front and one leg behind you. Now without letting your knee go over your toe let your body come down and without letting your back knee touch the ground, lower your body. Now bring your body back up to the starting position with your front knee slightly bent.

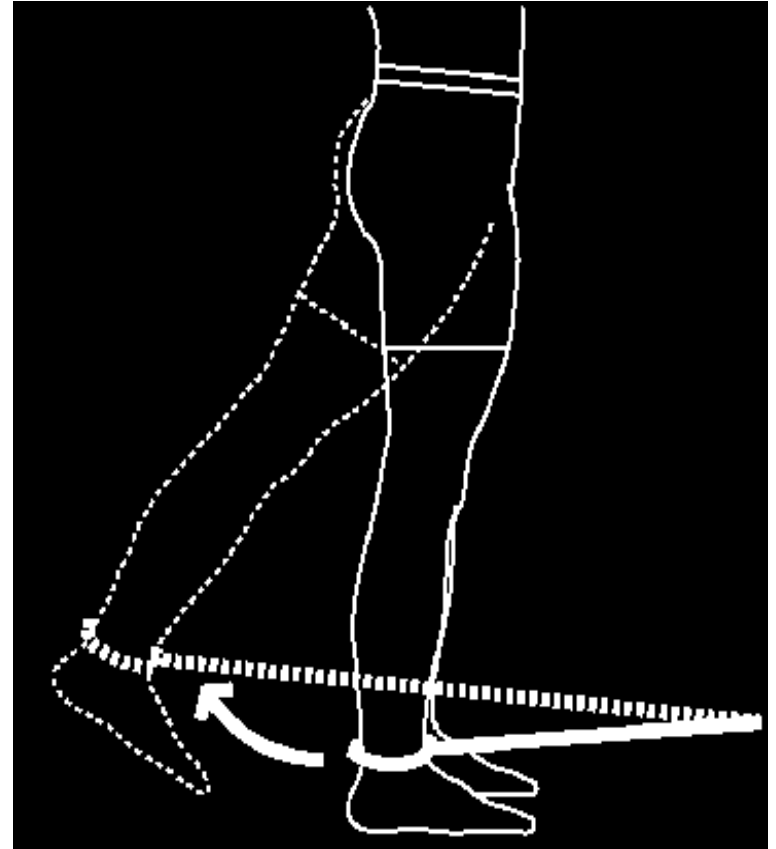
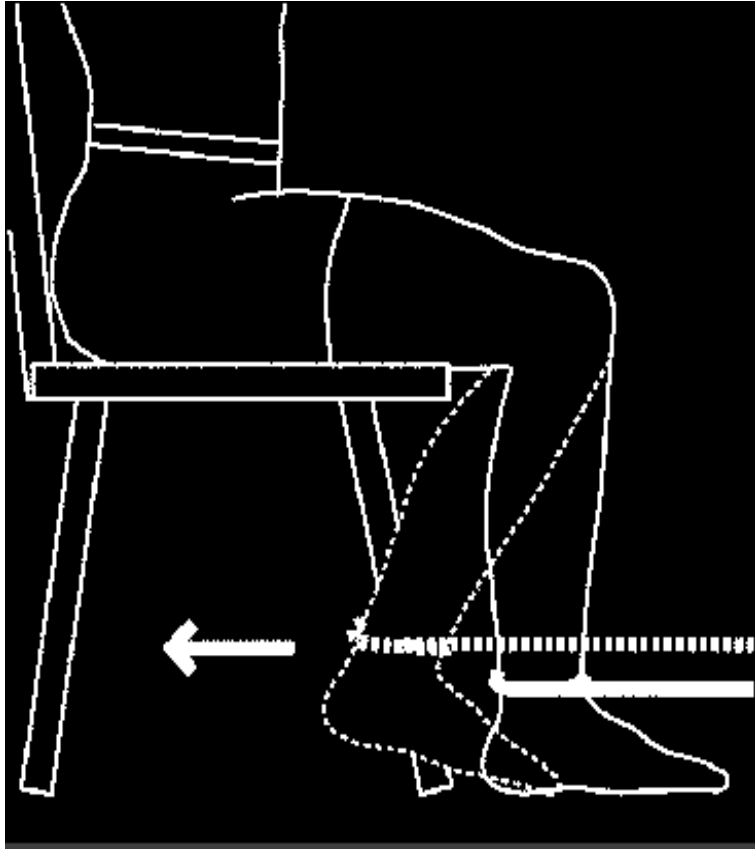


Resistance Band Lunges

(Quadriceps, hamstrings, gluteals)



Rear Thigh (Hamstrings)



Hamstrings and Gluteals



Inner Thigh with Exercise Band

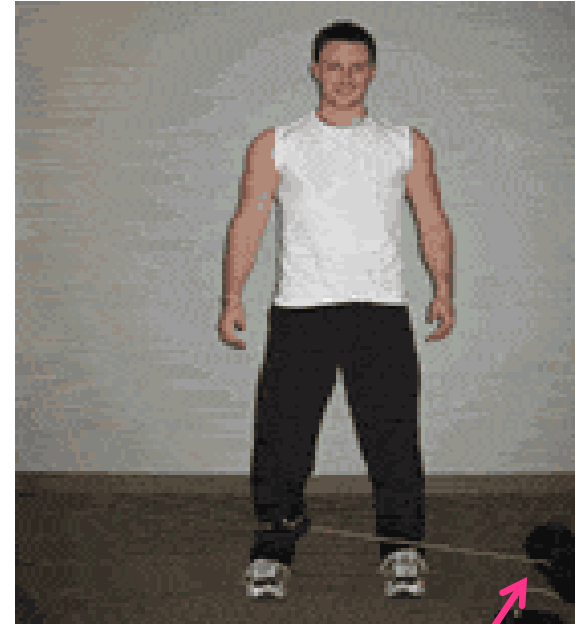
This inner thigh exercise can be performed at home with anything stationary to wrap the elastic band around. To begin the exercise wrap the band around something and then attach it to the bottom of your foot as shown (some bands come with attachments). Now begin by letting your leg out and then bring it into your body as shown. **Remember that if you're trying to decrease the size of your inner thighs this isn't the way to go.** You should try and work your entire body with compound exercises at least 3-4 times per week and completing cardio the same amount.



Dumbbell

Outer Thigh with Exercise Band

This outer thigh exercise can be performed at home with anything stationary to wrap the elastic band around. To begin the exercise wrap the band around something and then attach it to the bottom of your foot as shown (some bands come with attachments). Now begin by letting your leg out and then bring it into your body as shown.



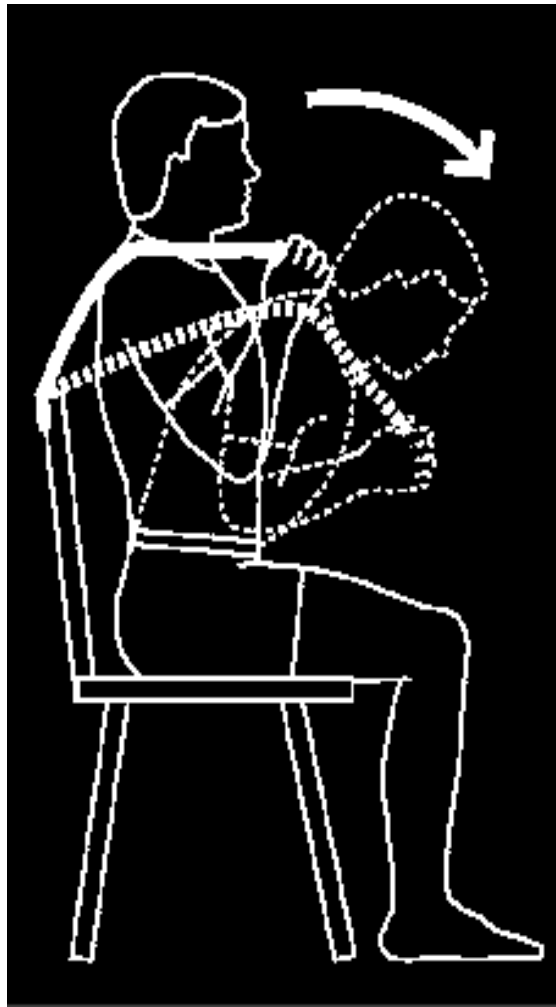
Dumbbell

Exercise Band Ab Ball Crunches



Begin the exercise band abdominal ball crunches by grabbing an exercise band and then lying supine with your hips as high as possible. Now begin to lean your entire body forward using only your abdominals. To make this exercise harder you can try to only use one foot firmly on the floor.

Abdominals



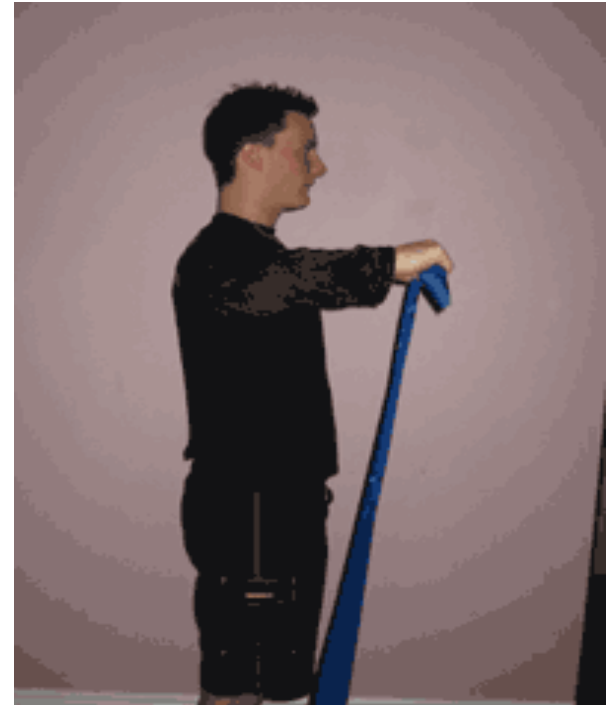
Rotator Cuff (Elastic Band)

This exercise can be done by using a door and a elastic band. Start by wrapping one end around a door knob or something stationary. Then with your opposite arm holding the band and your elbow tight into your body (and at a 90 deg angle) externally rotate your arm so that your palm is now facing the front. Return slowly to the starting position.



Rotator Cuff (Elastic Band)

Start with the elastic band underneath one foot and the other end in the other hand. Now lift your arm up to your side and have your hand in front of you. Now raise your hand to be parallel with your body and return to the starting position.

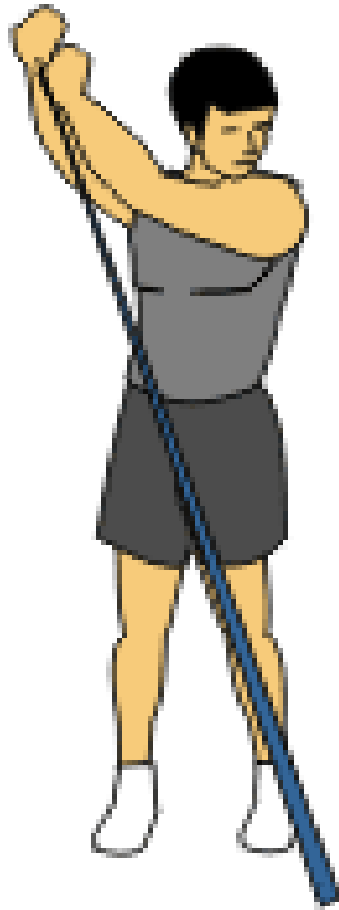


Core



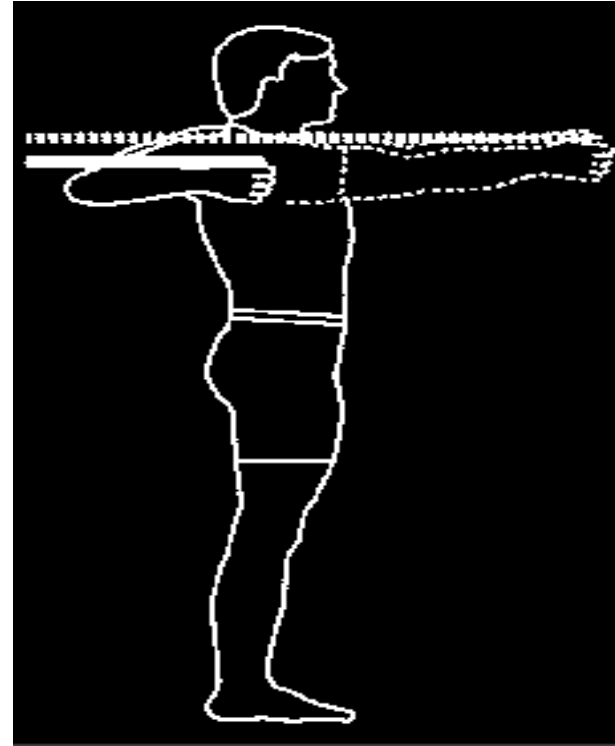
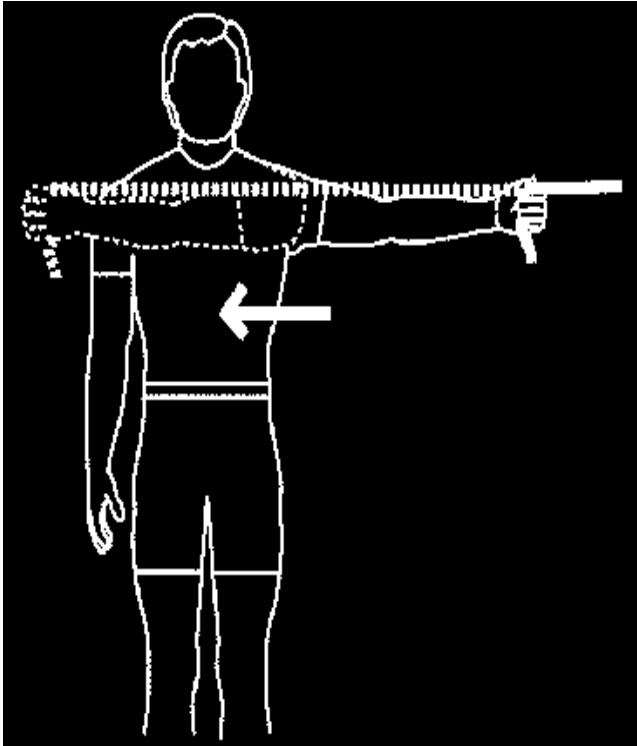
Diagonal Woodchops

(Core, triceps, deltoid, pectoralis, quadriceps)

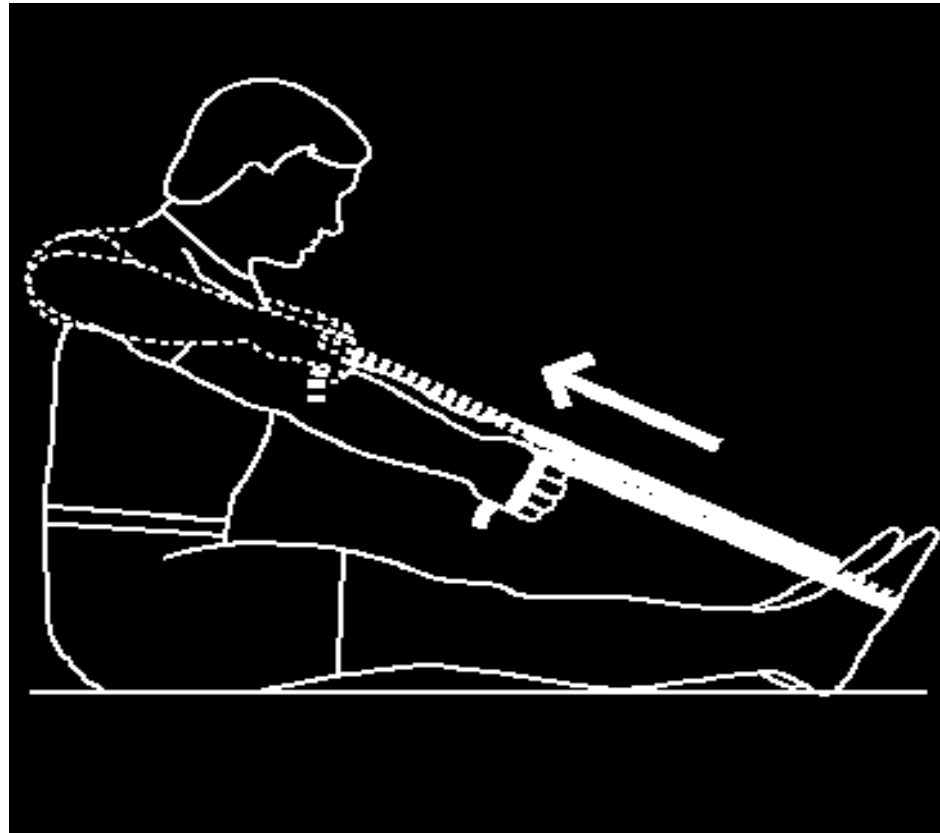


Additional Images

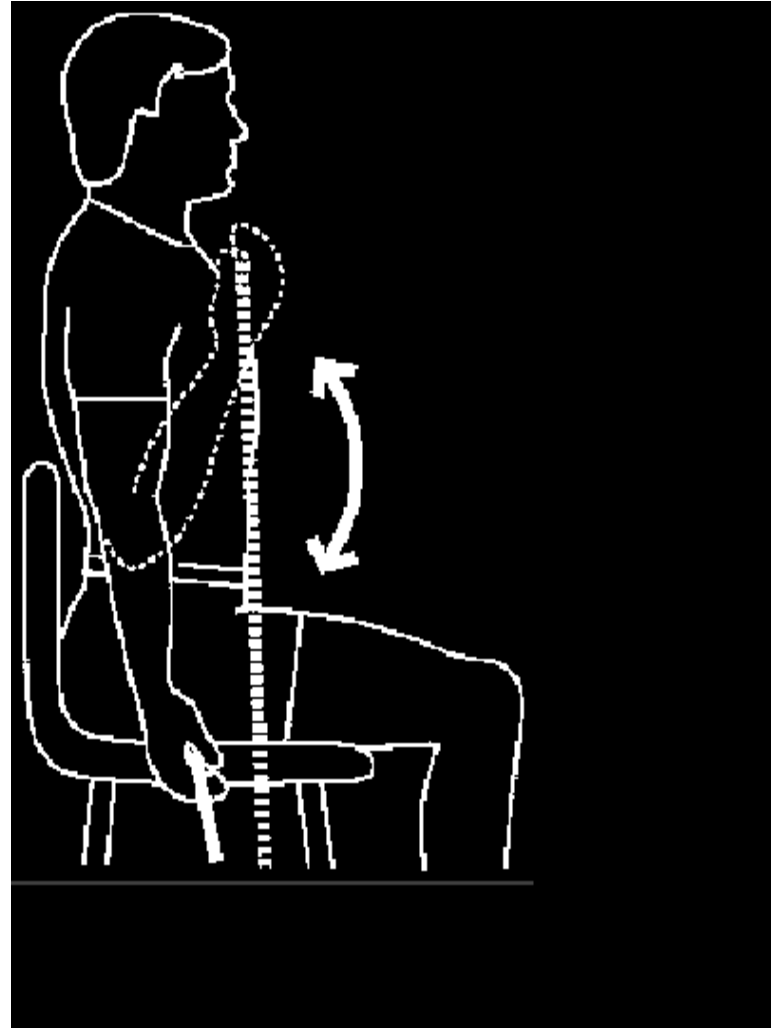
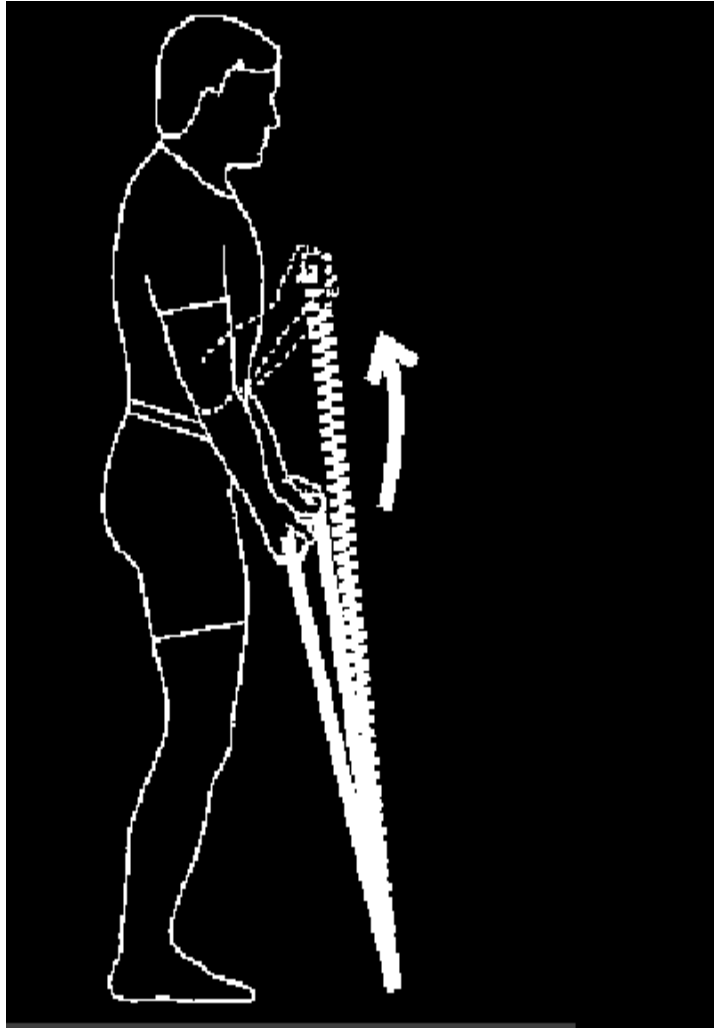
Chest – Flys, Chest Press



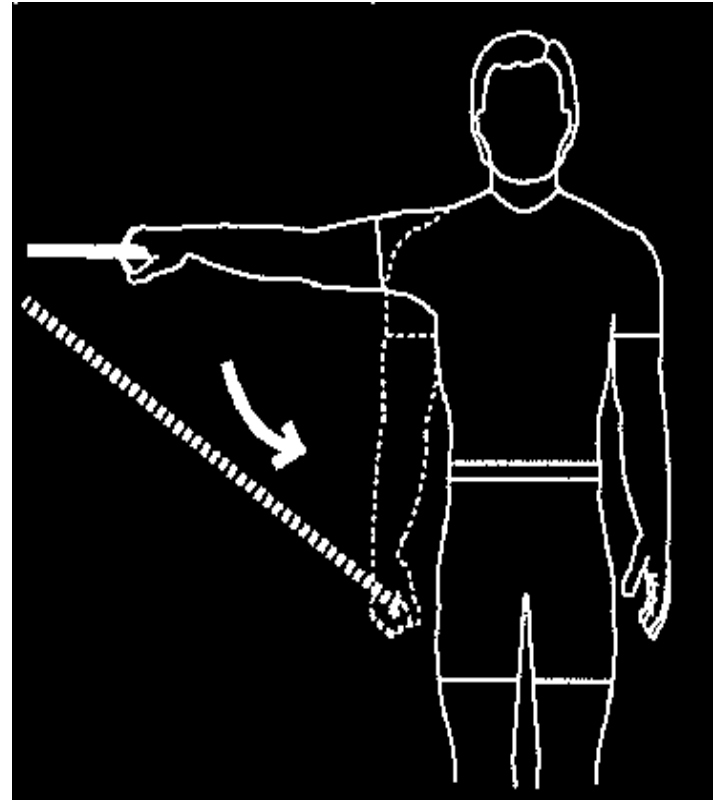
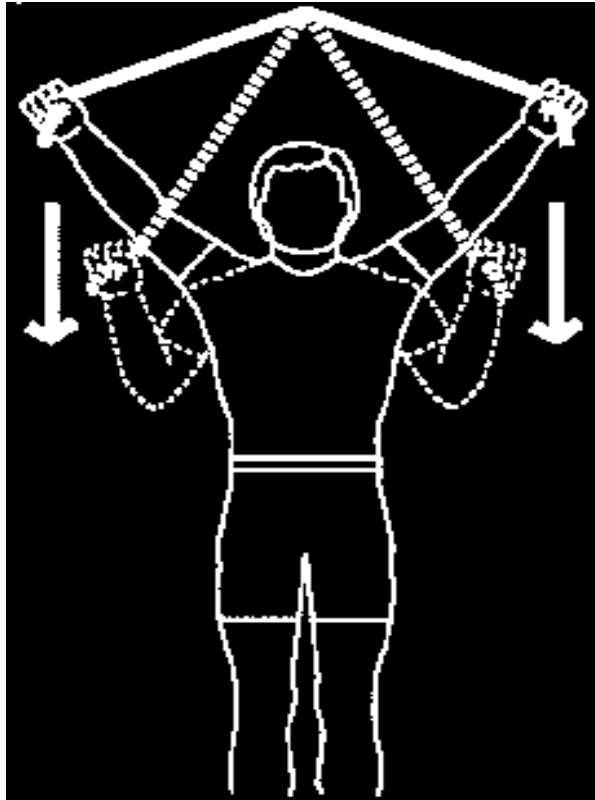
Middle Trapezius, Lat Posterior Deltoid



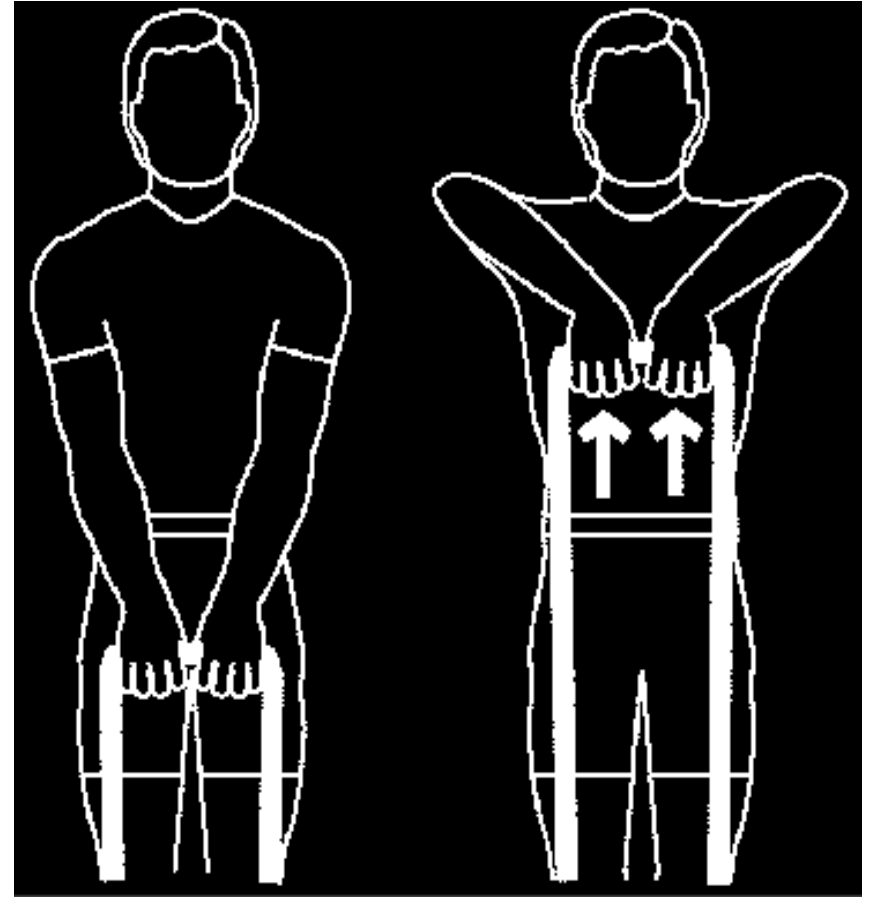
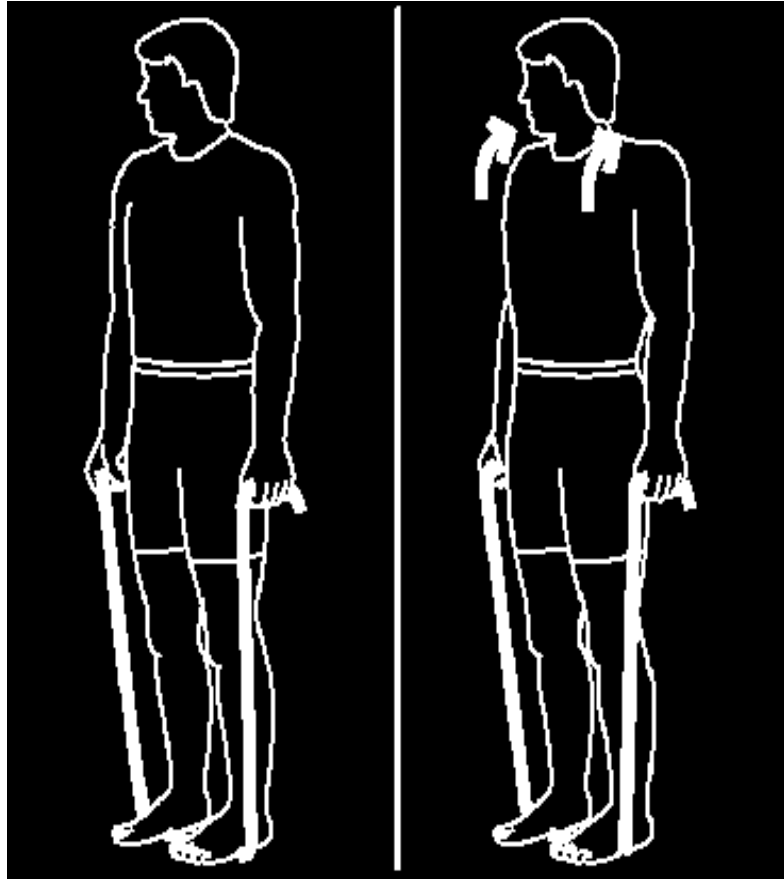
Biceps



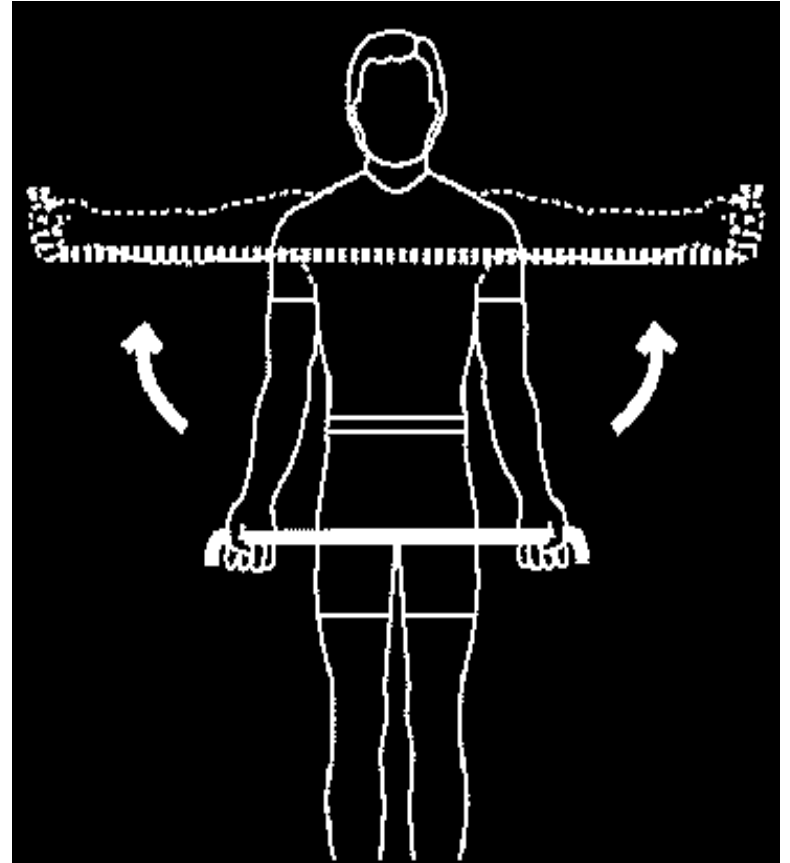
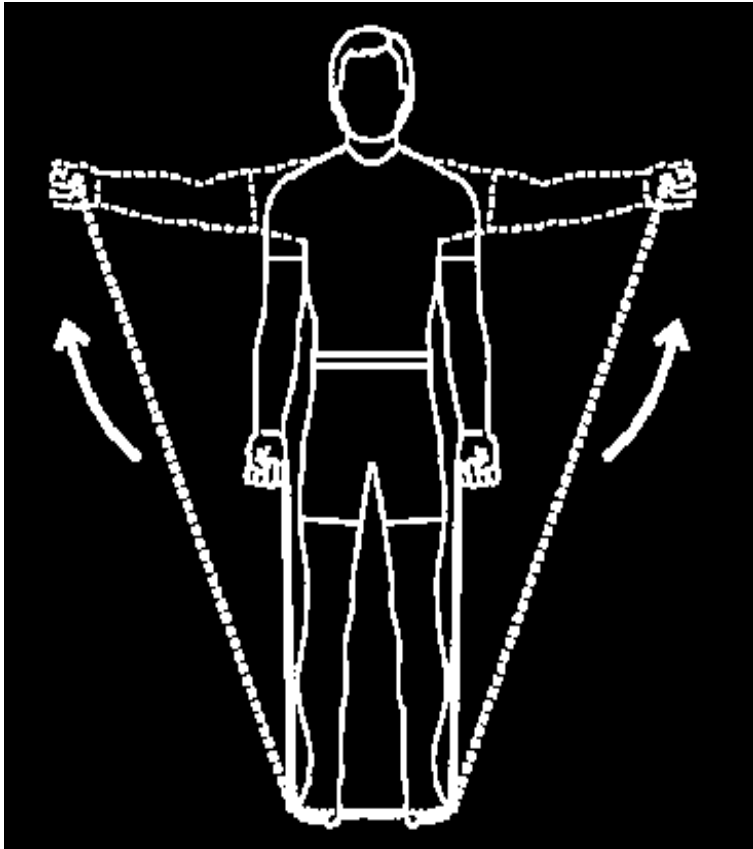
Back (LATISSIMUS DORSI)



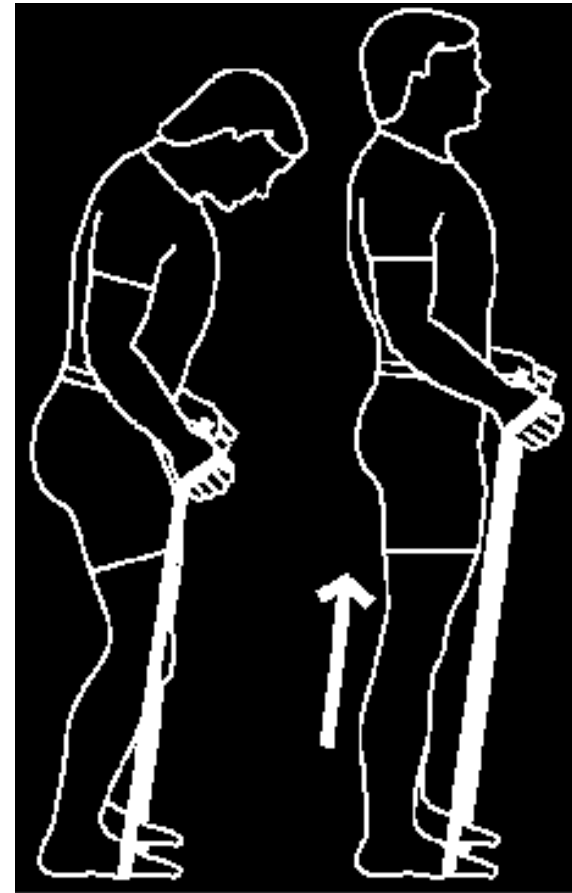
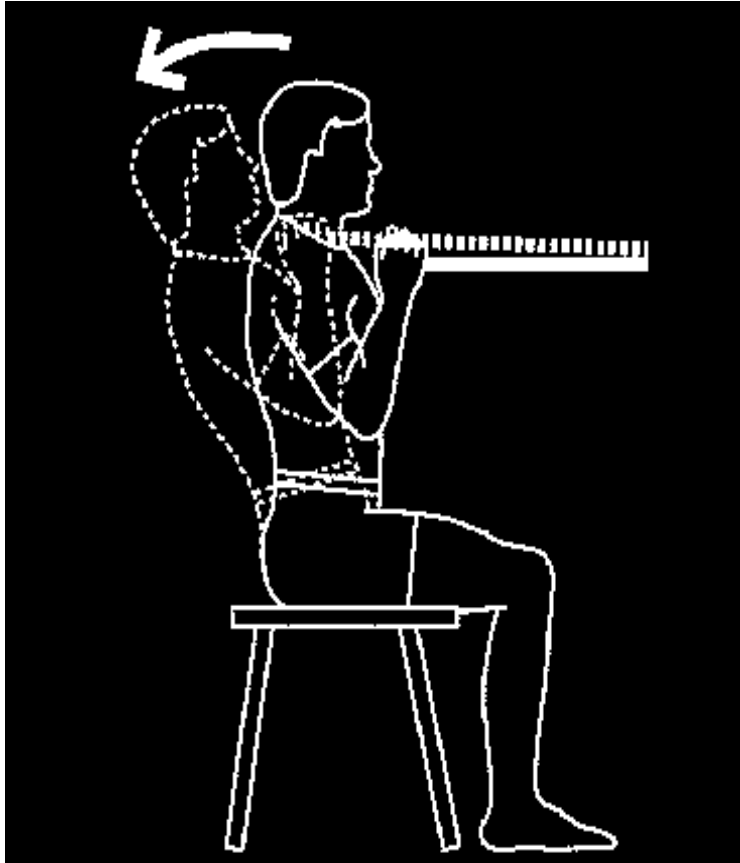
Upper Trapezius



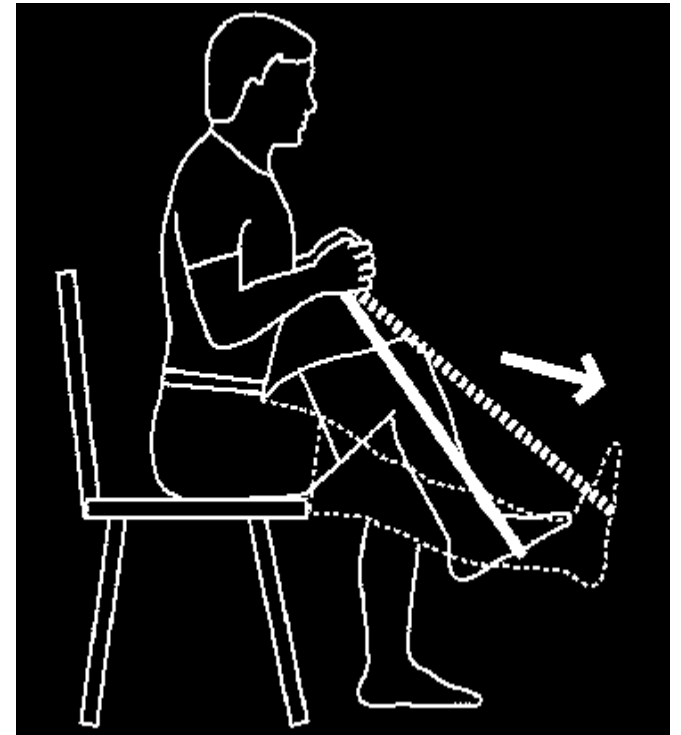
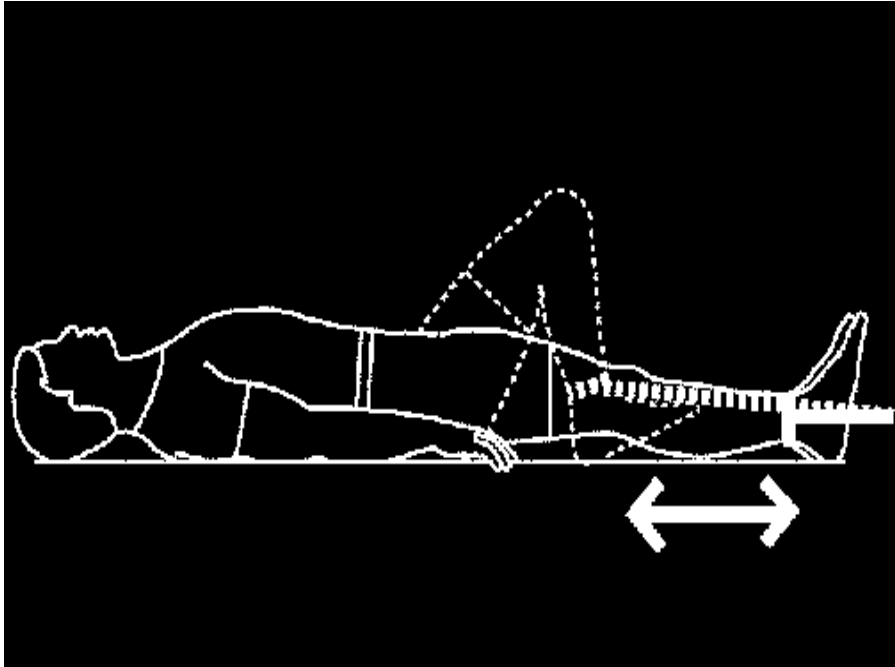
Shoulders



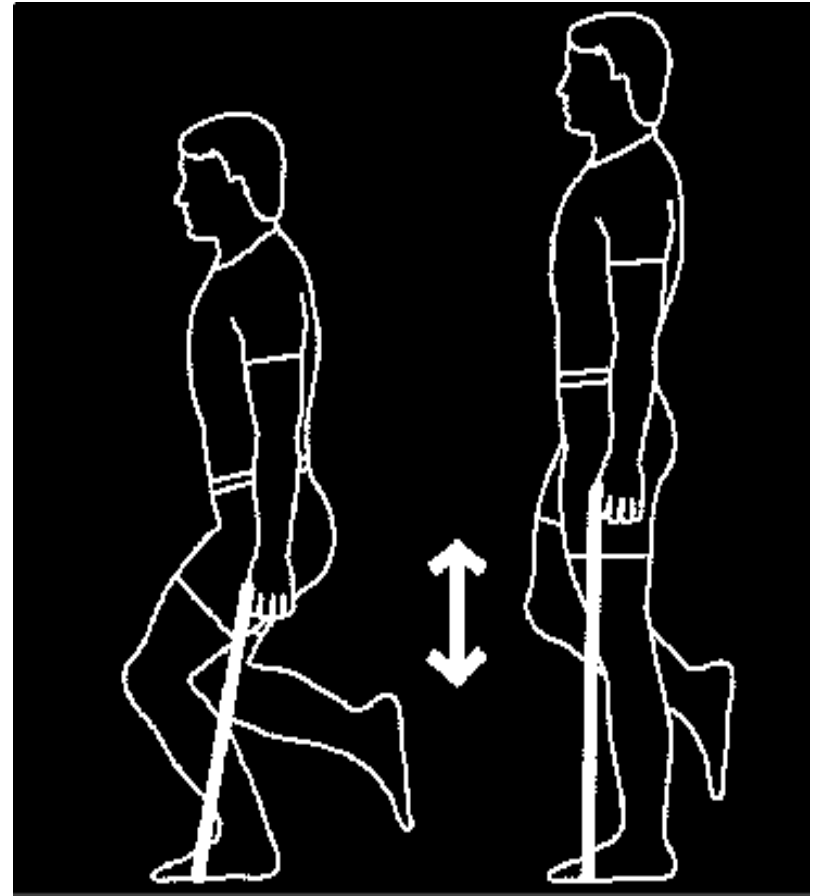
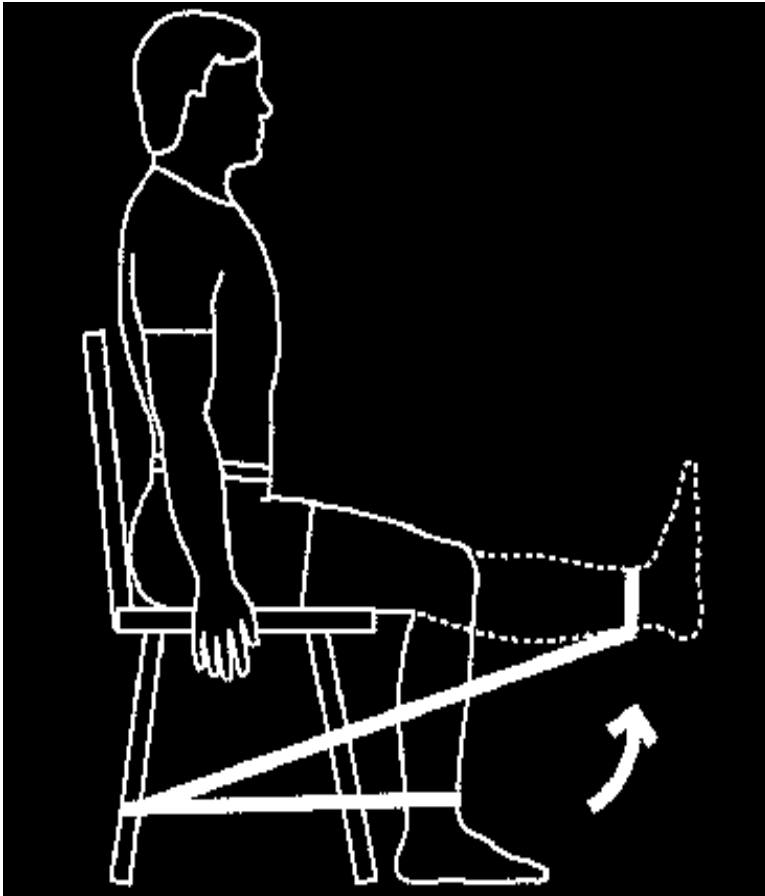
Low Back



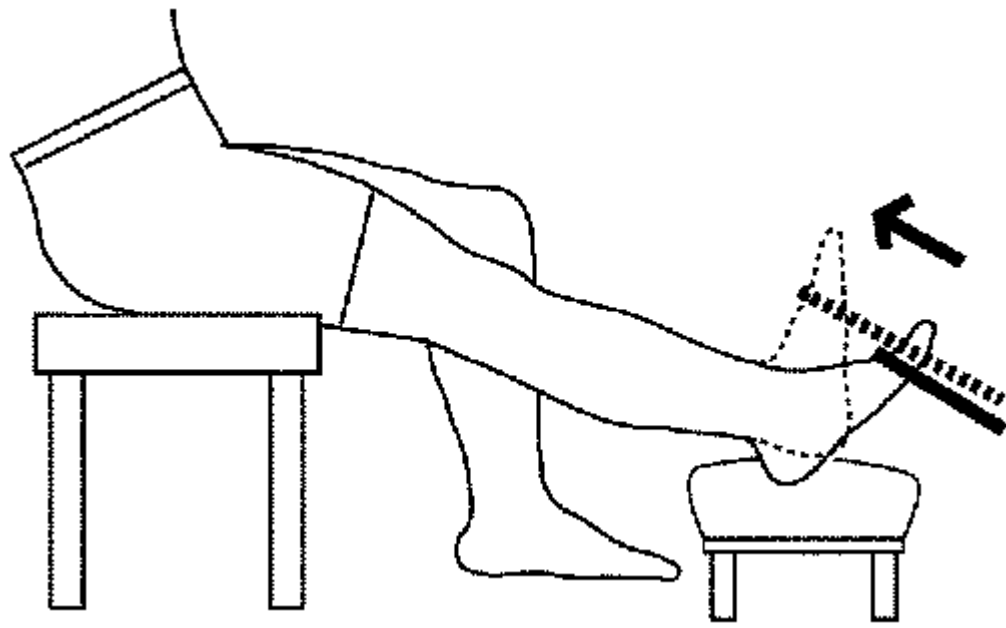
Thigh (Quadriceps)



Thigh (Quadriceps)



seat-dorsiflex













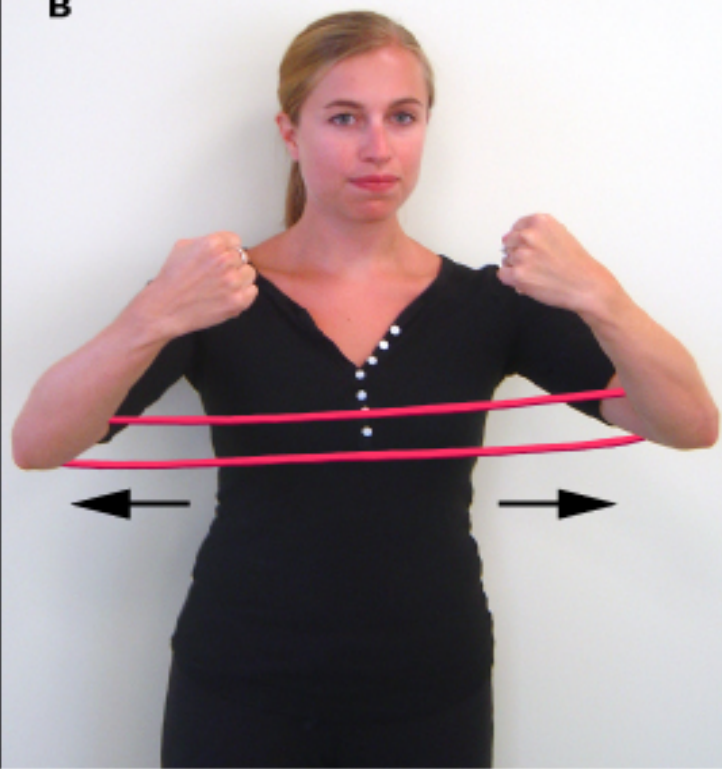


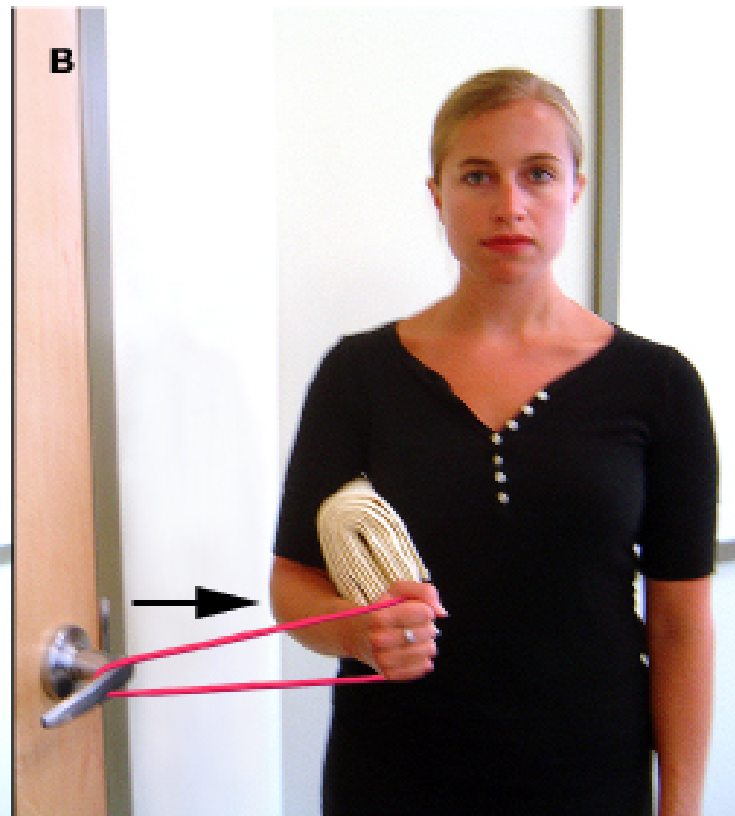
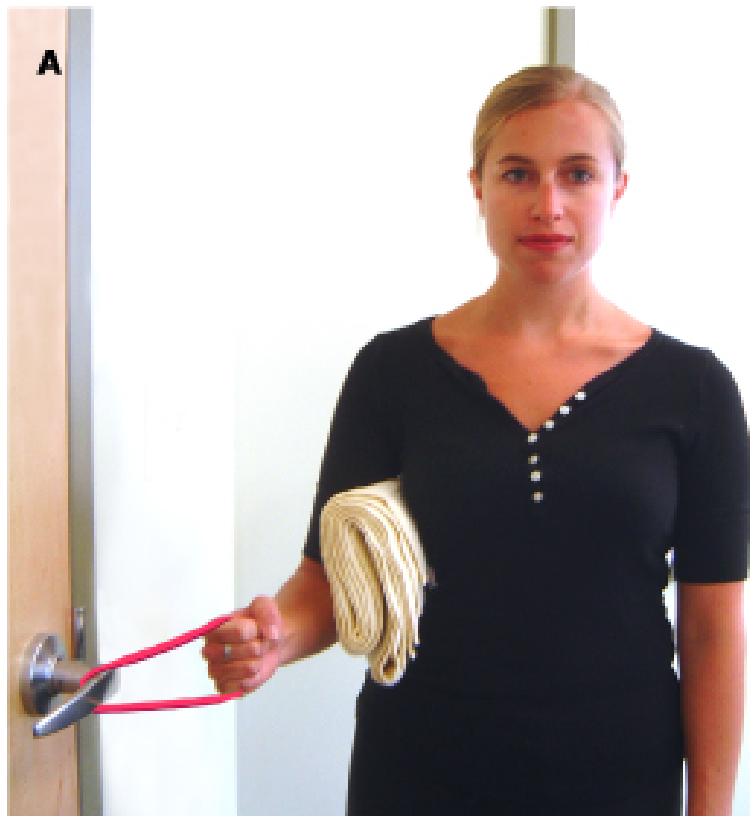


A



B





Double band pullover

Latissimus dorsi, pectoralis major



Resistance Band Bent Over Rows

(Latissimus Dorsi, Trapezius, Rear Deltoid)



Seated Rowing

(Latissimus dorsi, trapezius, rear deltoid)





