

THE **TRAINER**



**RESISTANCE
BANDS**

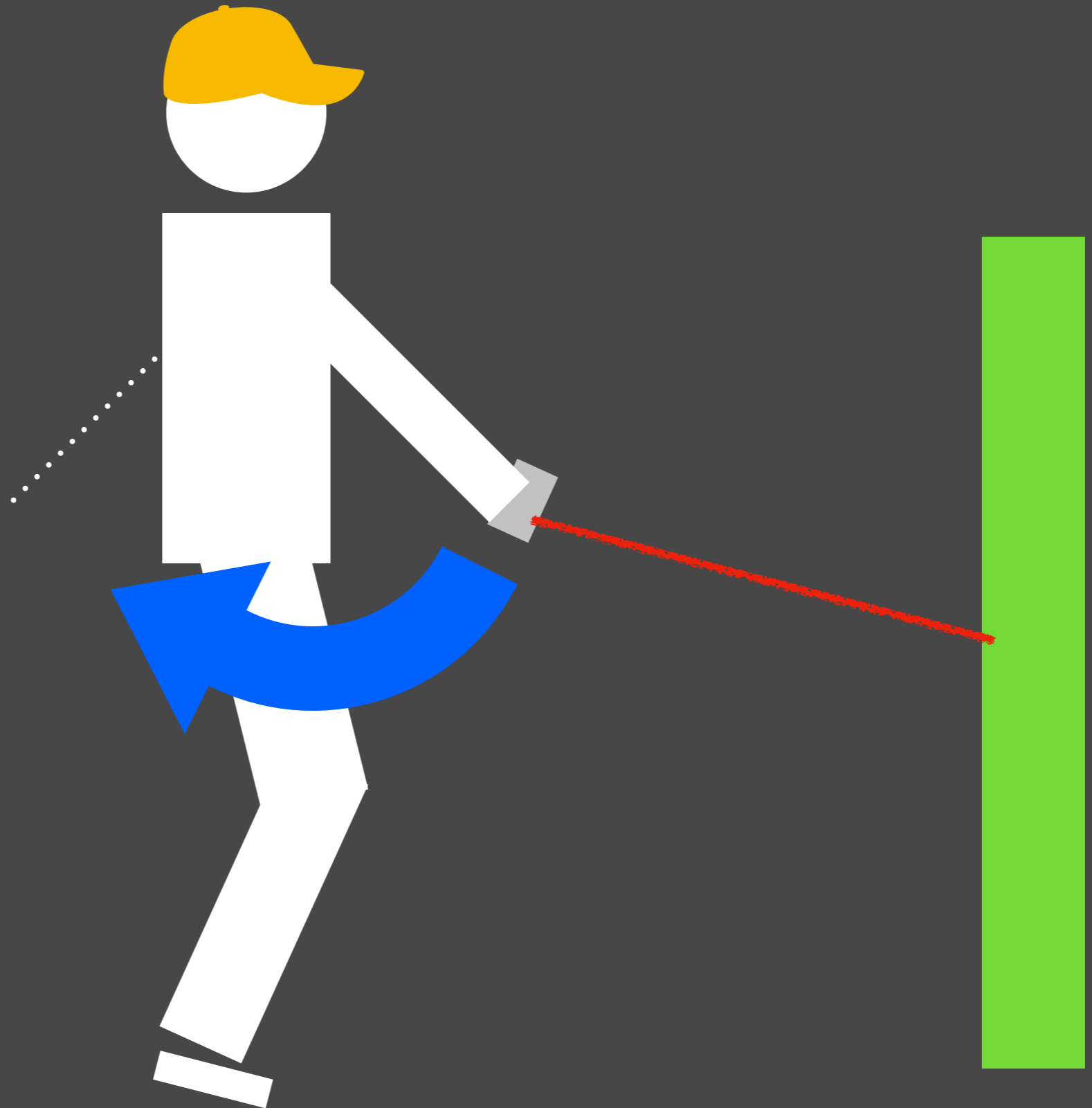
Resistance Bands are a very effective tool for sports people of all ages. They provide varying loads of resistance to different body sections. They have the added advantage of being both light and easily transportable.

Safety is always the first consideration when buying a set of resistance bands. There are many on offer. I would always recommend buying anti snap or a product with a safety sleeve around it.

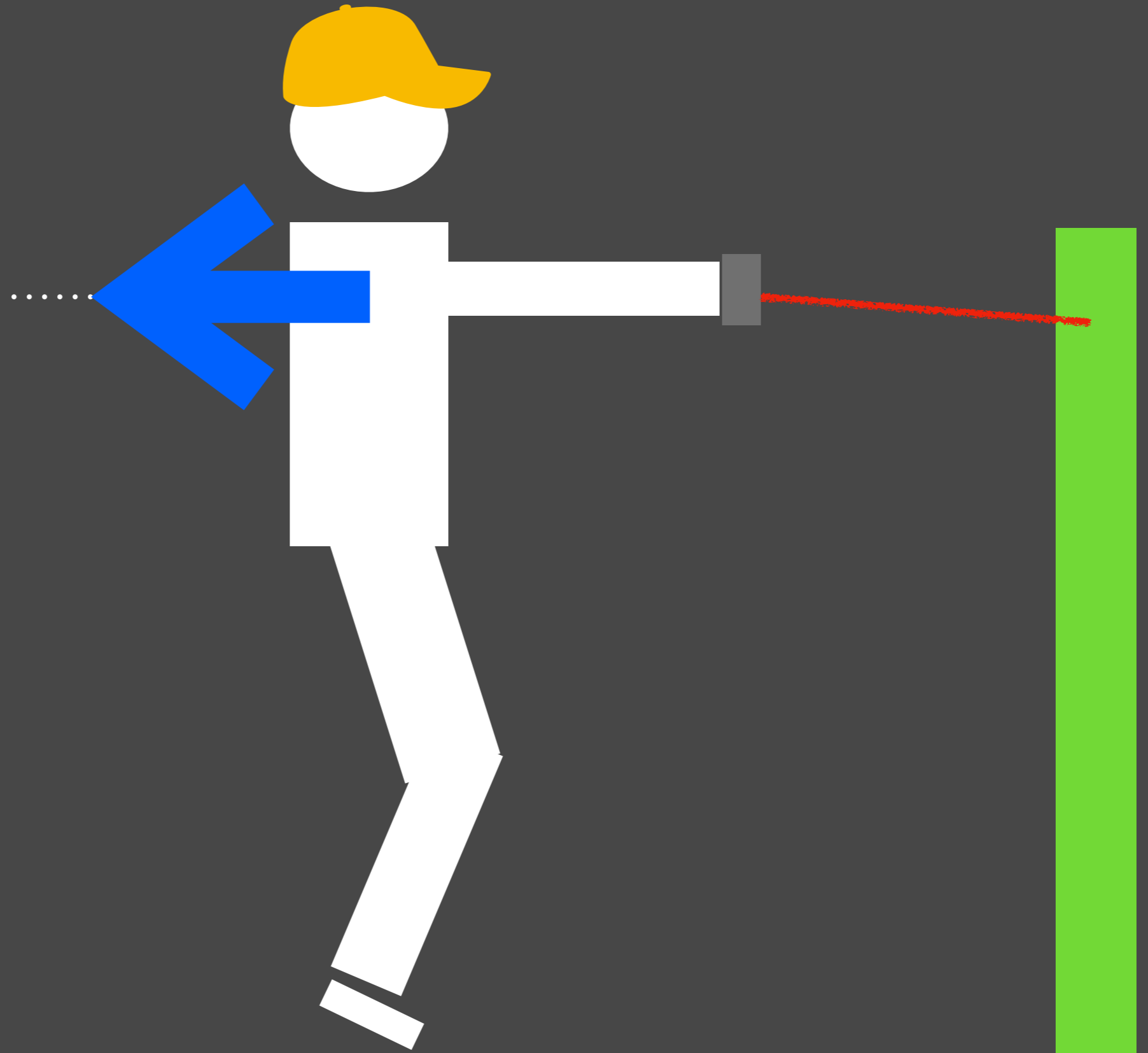
If you have opted for neither of these then a simple set of safety glasses can be used to protect the eyes against the band snapping.

The clip on variety of bands allow you to change the resistance for different exercises. Each pack should come with guidance on how to keep your bands in good condition. Direct sunlight and long term usage are both areas that can damage the bands.

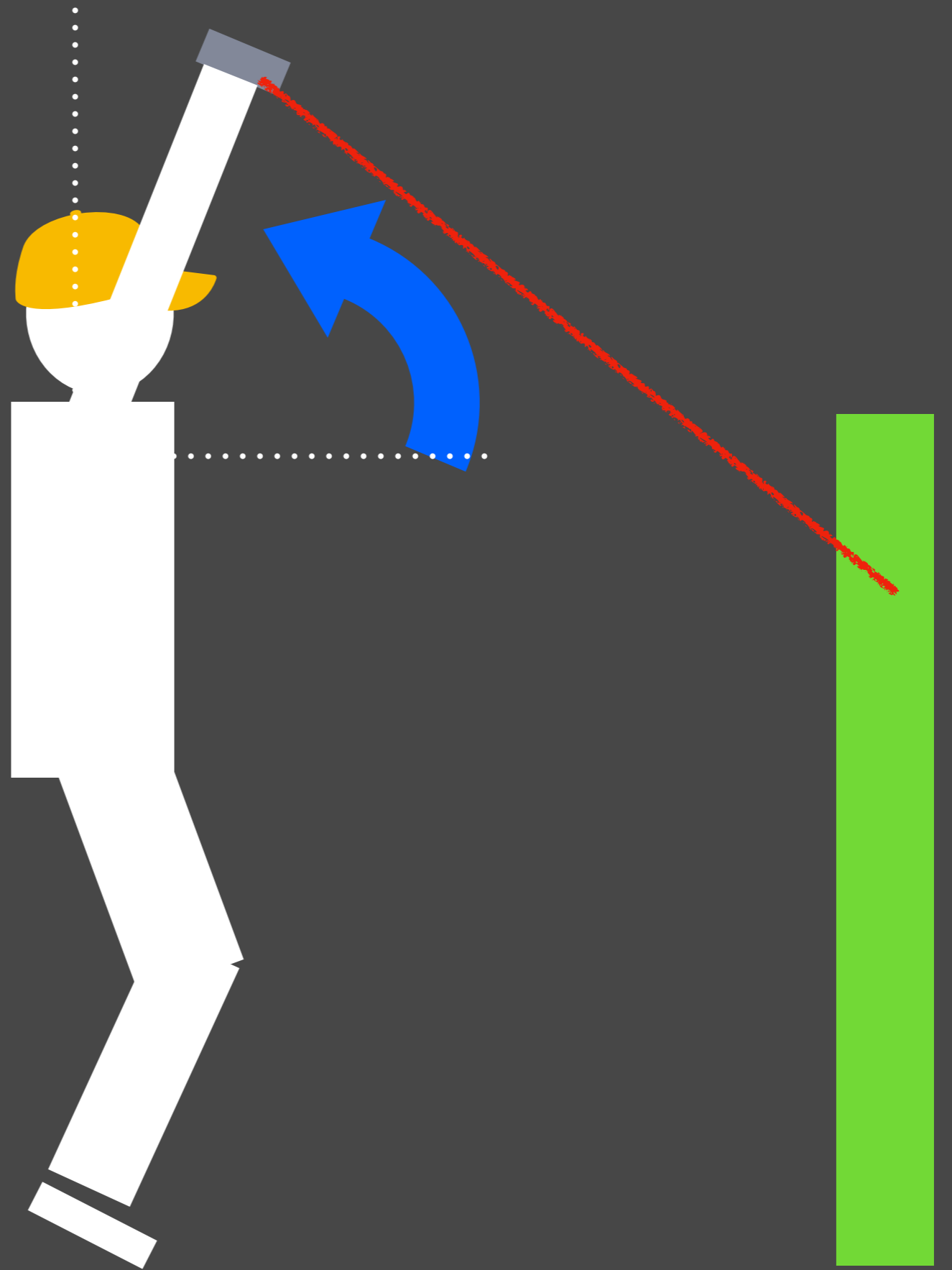
LOW PULL



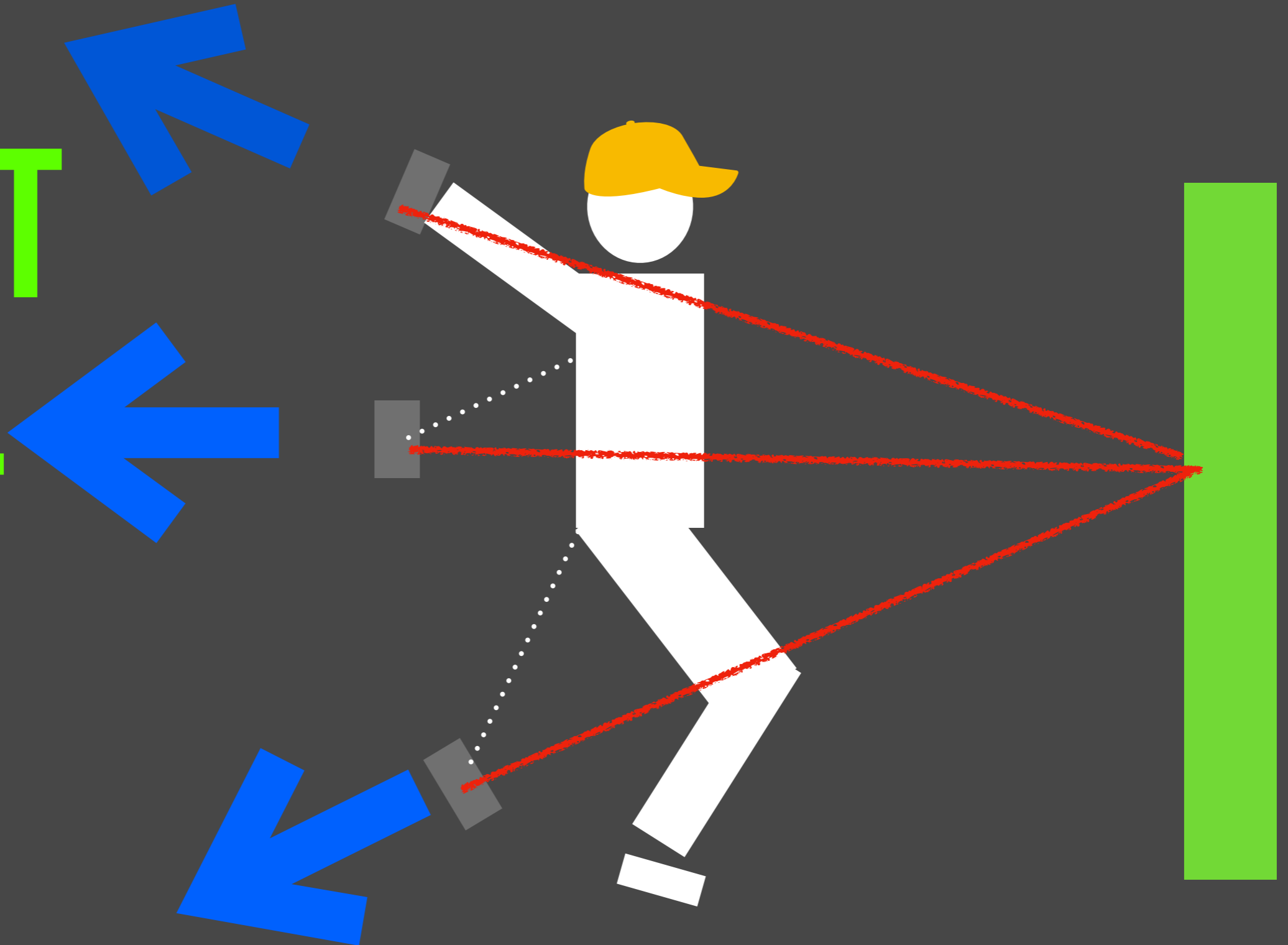
MID PULL



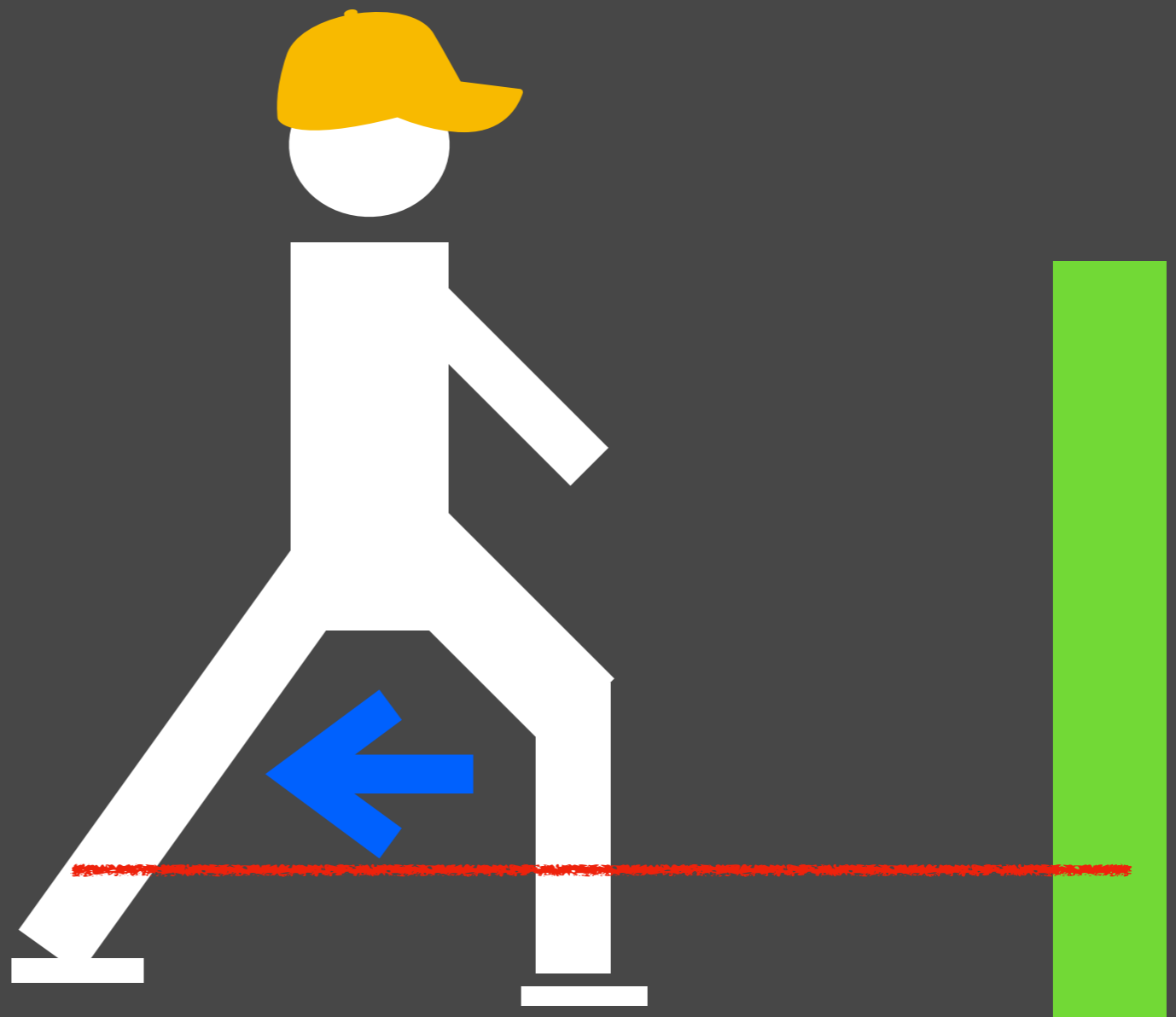
HIGH PULL



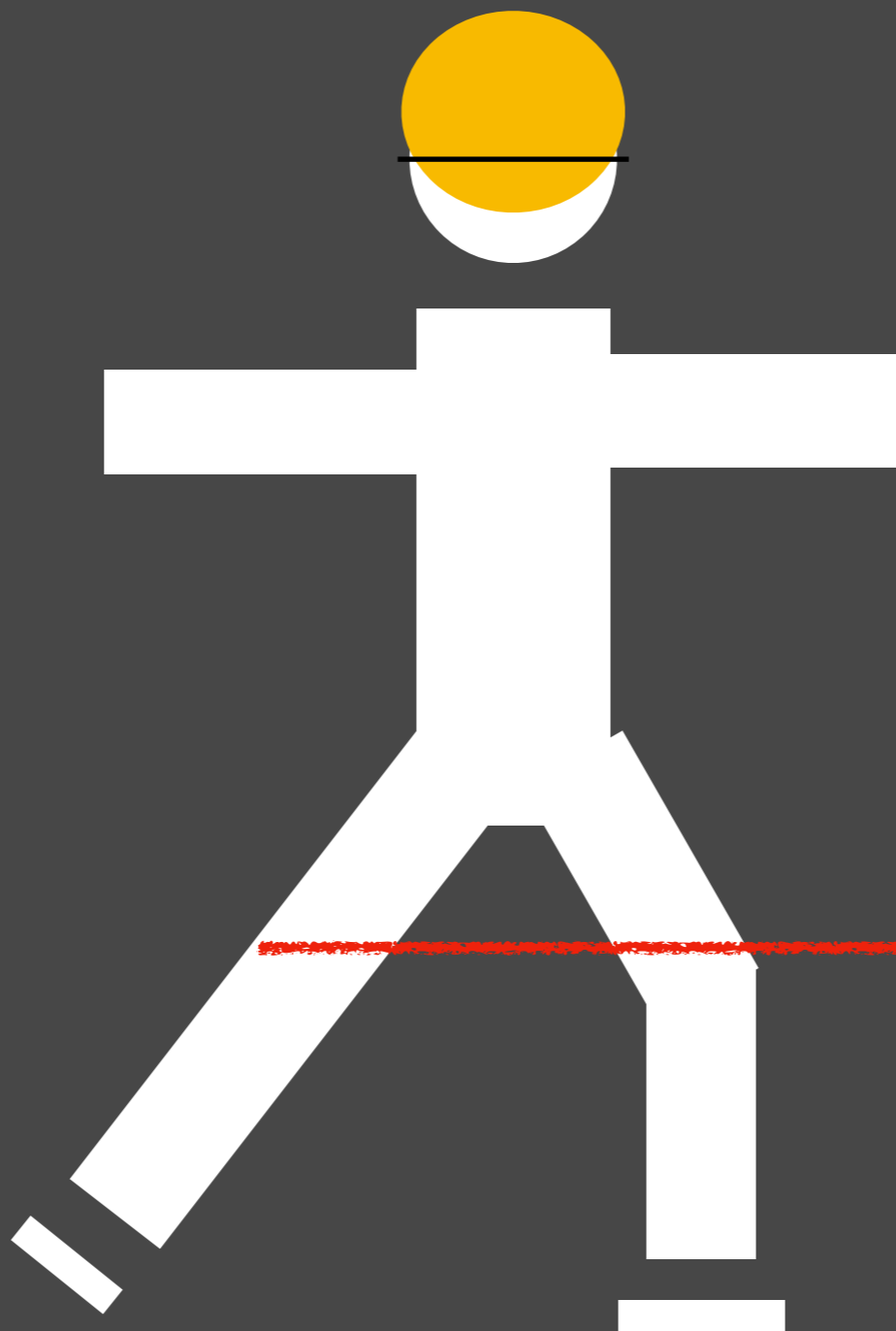
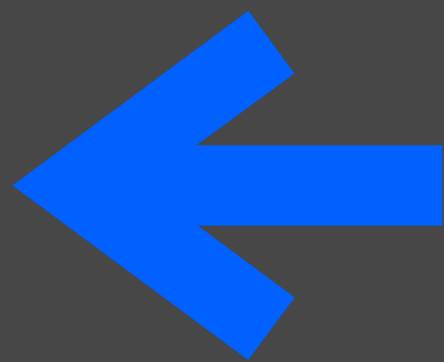
3 POINT PULL



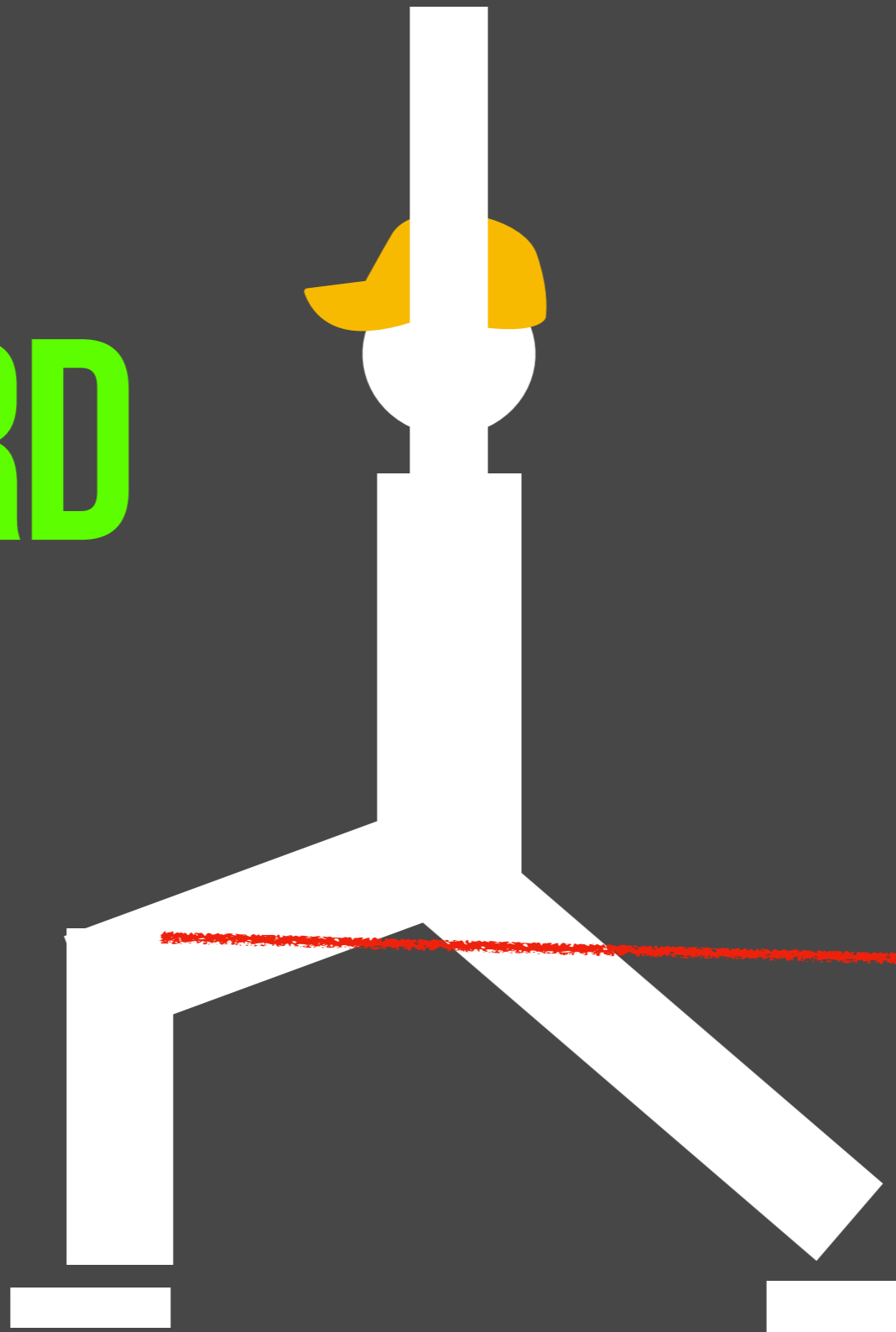
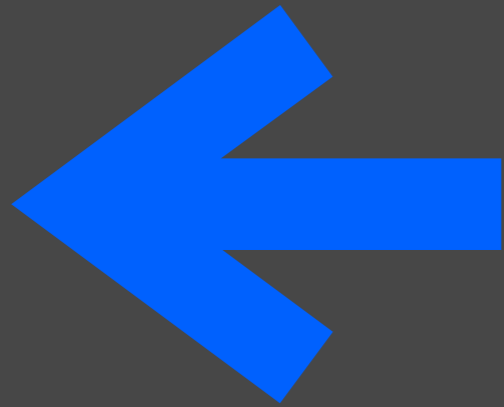
**STEP
BACK**



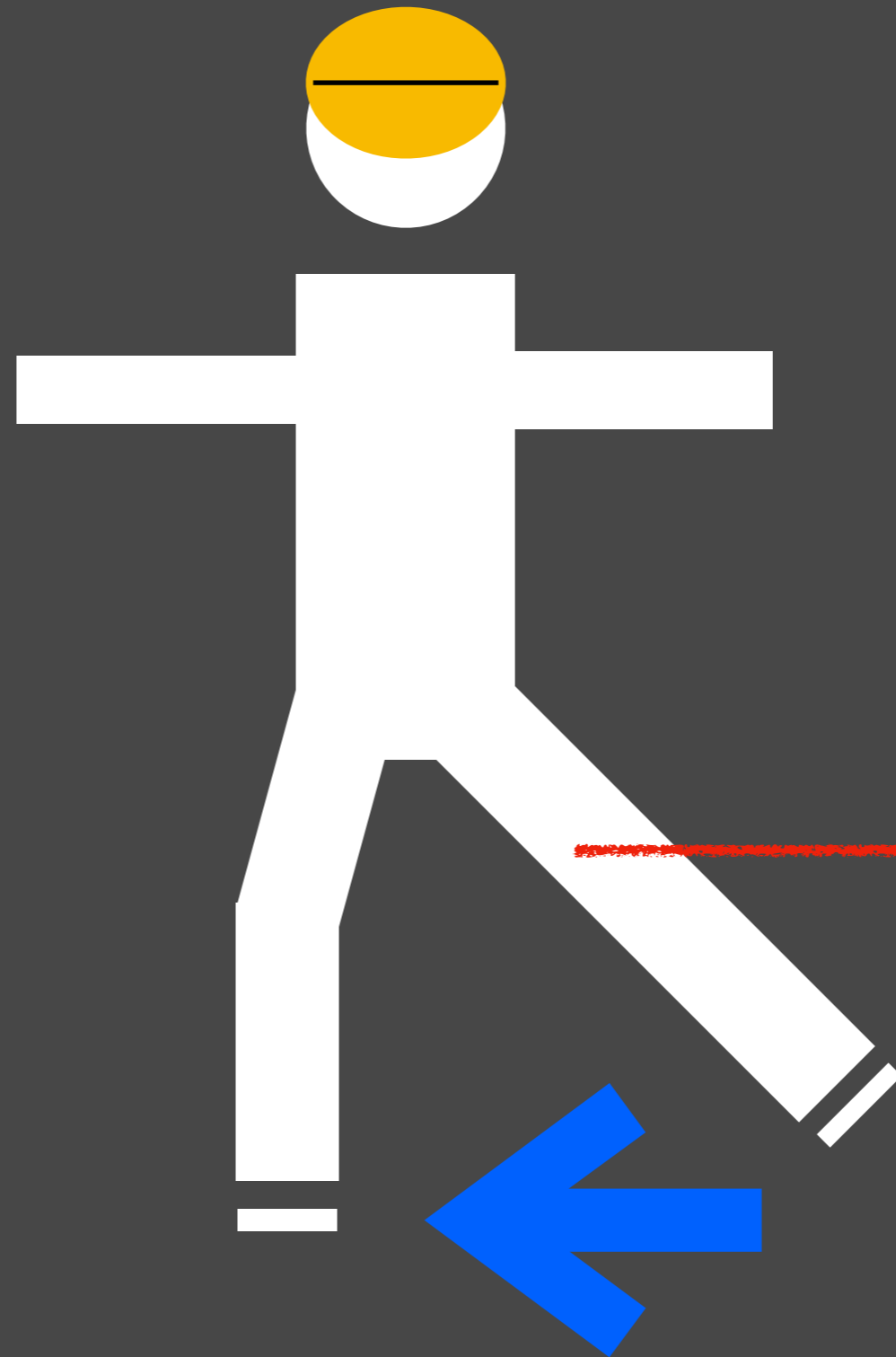
**STEP
OUT**



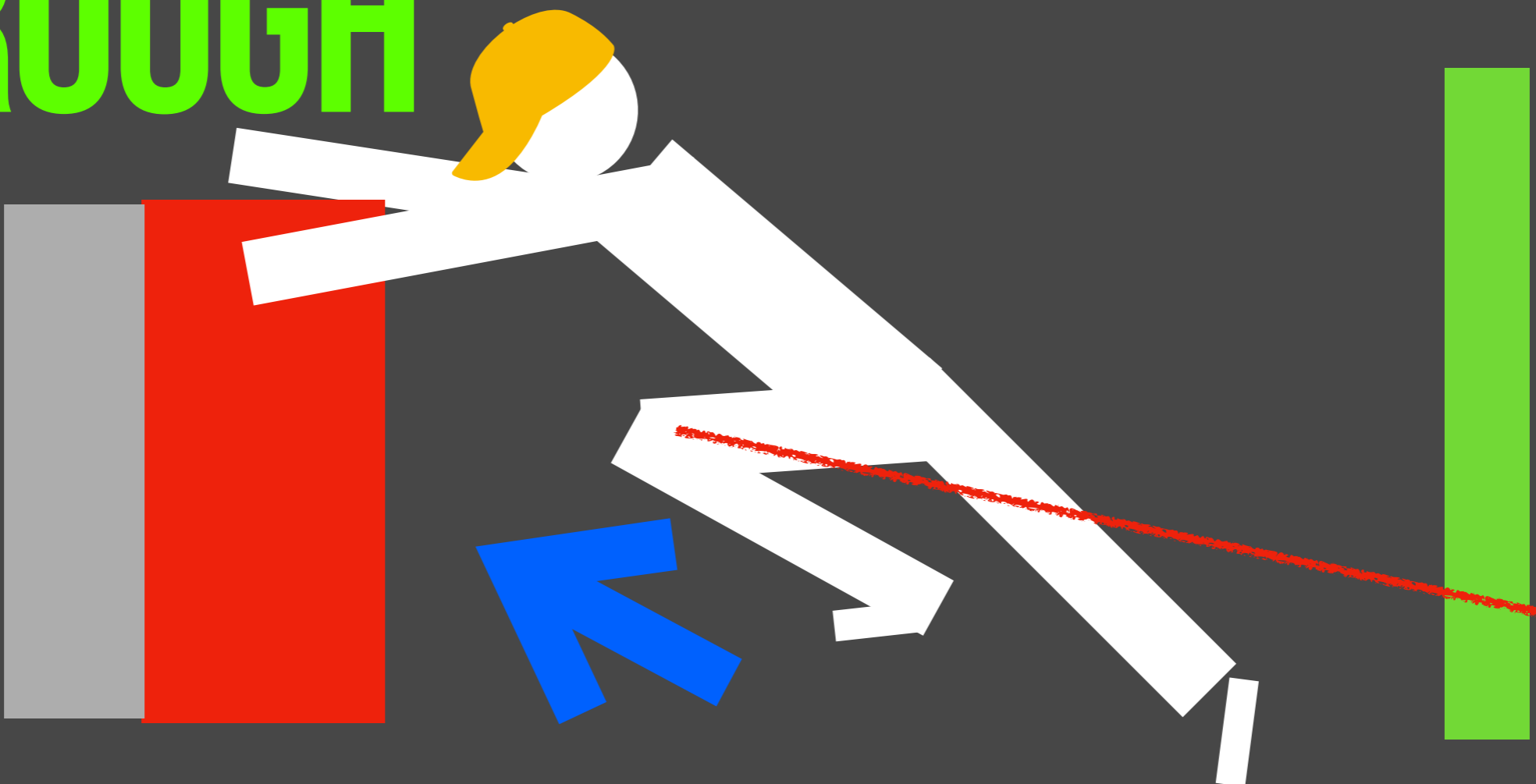
**STEP
FORWARD**



**STEP
IN**



PULL THROUGH



Name..... age. gender.....

PROGRAMME

Start date.....

Exercise	Sets	Reps	Load or colour	Sessions per week	Comments
Low pull					
Mid pull					
High pull					
3 point pull					
Step back					
Step out					
Step forward					
Step in					
Pull through					

Guidance. Print off this programme and keep it with your elastics. As you get stronger the colour of bands will change. Keep a note of the changes. Start your elastics on 1 set of 10 and build up to 3 sets of 10 before increasing the load. Always work the exercises through the full range of movement. If you can not perform the exercise through the full range then lower the band load/colour.

THE RAINER
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