



FITNESS

WITH JUST

RESISTANCE BANDS

Exercise Manual

- ✓ Get in shape with just Resistance Bands
- ✓ Exercise Guide With Pictures



WARM UP & COOL DOWN

When it comes to warm up, we have 2 main goals:

1. Reduce the risk of injury

2. Increase performance

Perform some dynamic warm up of your choice, be it shoulder rotations, elbow rotations, horse kicks (back & forth, side to side).

More importantly, do exercise specific warm ups. If you are doing a squat, make sure to start with a lighter weight and gradually working your way up to your working sets. Warm up sets are not counted in the workout. They should be about 50% of effort. Depending on how heavy you are going, the number of warm up sets will vary.

warming up using RAMP

R

Increase muscle temperature, core temperature, blood flow, muscle elasticity and neural activation. 55-65% of max heart rate (which is about 100-120 bpm for most young adults) 5-10 minutes.

A

Engage key muscles groups in preparation for the upcoming exercises. Usually hips and shoulders. Common movements are rotator cuff exercises and hip band drills.

M

Focus on taking the joints through the full range of motion. This typically involves your dynamic stretches like squat and reach (lower body) and wall slides (shoulders).

P

Progressively pyramid the weight to working sets to psychologically and physically prepare your body for the working sets. You should not be fatiguing your muscles on these warm up sets. A good guideline is going no more than 50% intensity/max effort on your warm up sets. Typically, 3-4 pyramid sets should be sufficient to build your way up to your working sets (this may differ between individuals).

Cooling Down – Stretch the muscle groups that were trained that session, and hold each stretch for ~30s. You can find many forms of stretches online; just remember to feel the correct muscle group.

STRETCHES

Performing some stretches during the day and in between long hours at the desk can help relief some muscle tightness. It is easy for muscle groups such as the chest, and lower body (hip flexors especially) to develop tightness, which results in some form of over-compensation in posture.

Over time, the poor posture can lead to muscular imbalances and pain eventually. On top of strengthening the weaker muscle groups, it is also a good idea to stretch out muscle groups which are tight. Here are 4 stretches that are largely beneficial for long hours at the desk.

CHEST STRETCH



LOWER BACK STRETCH



QUAD / HIP FLEXOR STRETCH



HAMSTRING STRETCH



EXERCISE MANUAL

BANDS

BANDED PUSHUPS



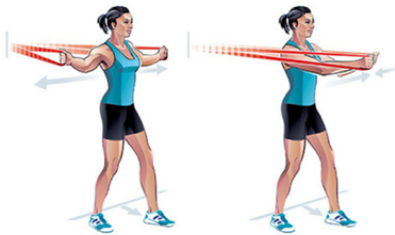
Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Shoulders, Triceps

RESISTANCE BAND CHEST PRESS



Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Shoulders, Triceps

BANDED CHEST FLYS



Primary Target Muscle Group: Chest

BANDED ROWS



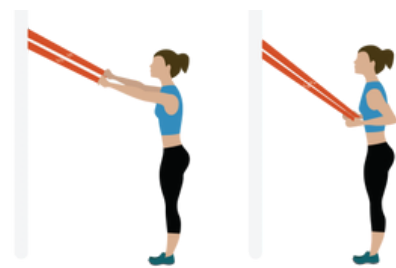
Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

BANDED STRAIGHT ARM PULLDOWN



Primary Target Muscle Group: Back

BANDED SINGLE ARM PULLDOWN



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

EXERCISE MANUAL

BANDS

BANDED SHOULDER PRESS



Primary Target Muscle Group: Shoulders
Secondary Target Muscle Group: Triceps

BANDED FACE PULLS



Primary Target Muscle Group: Rear Shoulders
Secondary Target Muscle Group: Upper Back, Biceps

BANDED PULLAPARTS



Primary Target Muscle Group: Rear Shoulders
Secondary Target Muscle Group: Upper Back

BANDED SIDE RAISES



Primary Target Muscle Group: Side Shoulders
Secondary Target Muscle Group: Upper Back

BANDED FRONT RAISES



Primary Target Muscle Group: Front Shoulders

BANDED UPRIGHT ROWS



Primary Target Muscle Group: Shoulders
Secondary Target Muscle Group: Upper Back

EXERCISE MANUAL

BANDS

BANDED PUSHDOWNS



Primary Target Muscle Group: Triceps

BANDED KICKBACKS



Primary Target Muscle Group: Triceps

BANDED CURLS



Primary Target Muscle Group: Biceps

BANDED LEG EXTENSIONS



Primary Target Muscle Group: Quads

BANDED LEG CURLS



Primary Target Muscle Group: Hamstrings

BANDED SQUATS



Primary Target Muscle Group: Quads, Hamstrings, Glutes
Secondary Target Muscle Group: Core

EXERCISE MANUAL

CORE

CRUNCHES



Primary Target Muscle Group: Abdominals (Upper)

REVERSE CRUNCHES



Primary Target Muscle Group: Abdominals (Lower)

FLUTTER KICKS



Primary Target Muscle Group: Abdominals, Obliques

RUSSIAN TWISTS



Primary Target Muscle Group: Obliques, Abdominals

LYING LEG RAISE



Primary Target Muscle Group: Abdominals (Lower)

MOUNTAIN CLIMBERS



Primary Target Muscle Group: Obliques, Abdominals

EXERCISE MANUAL

CORE / OTHERS

PLANKS



Primary Target Muscle Group: Abdominals

SHOULDER TAPS



Primary Target Muscle Group: Abdominals

CABLE CRUNCH DOWN



Primary Target Muscle Group: Abdominals (Upper)

THRUSTERS



Primary Target Muscle Group: Full Body

BURPEES



Primary Target Muscle Group: Full Body

AB ROLLER



Primary Target Muscle Group: Abdominals