

# City of LA: Exercising with Resistance Bands

## Benefits of Being Active and Staying Fit



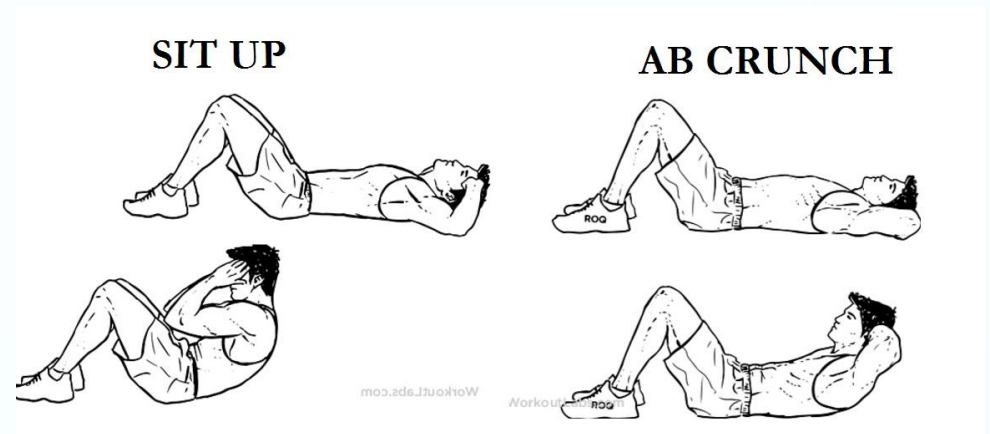
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# Today's Agenda

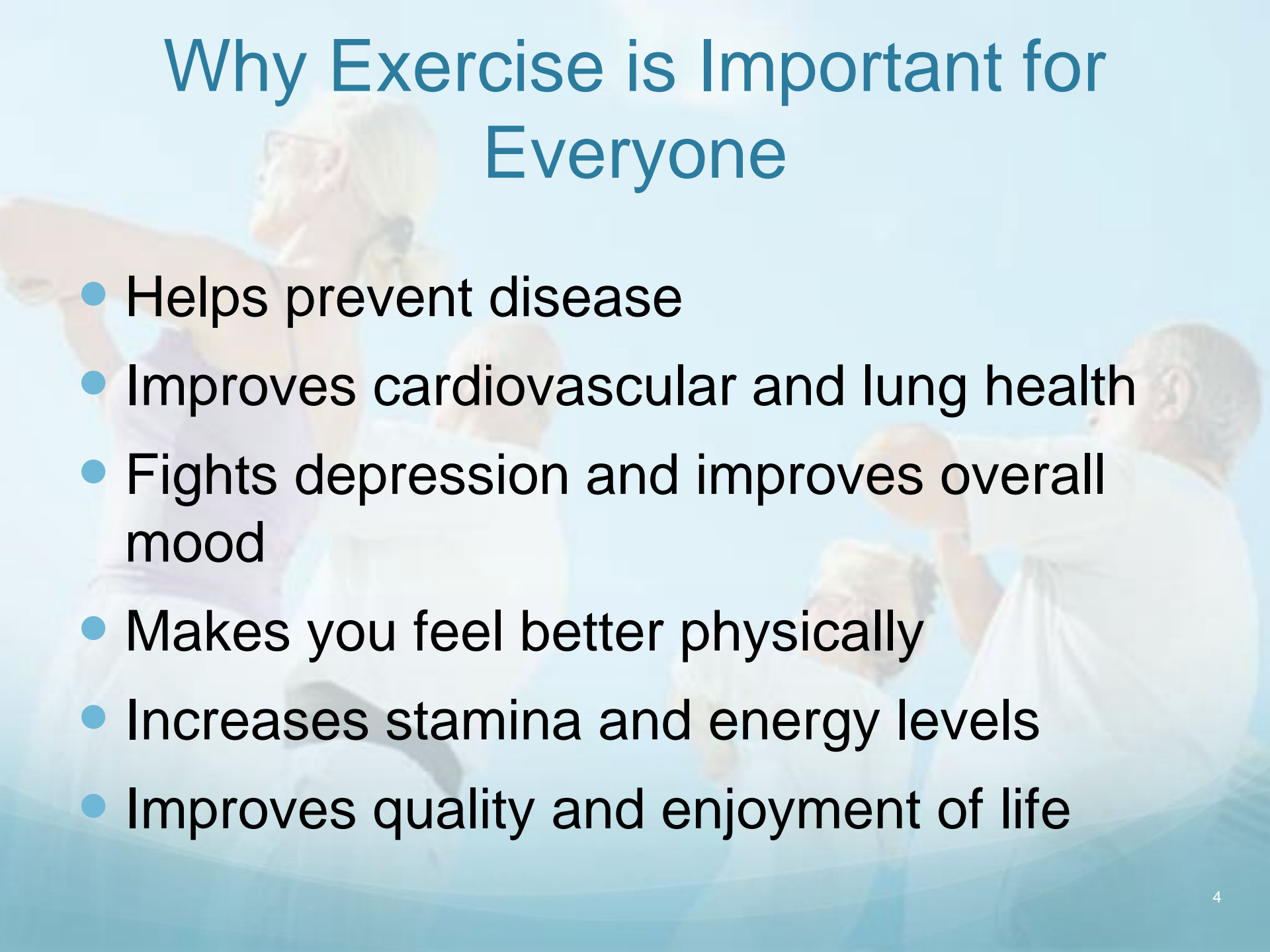
- Understanding the importance of Exercise and Being Active
- Why we should include both Aerobic exercise and Resistance training
- Let's do a workout!





True or False: Sit-ups and Crunches are the best way to loose belly fat?

# Why Exercise is Important for Everyone



- Helps prevent disease
- Improves cardiovascular and lung health
- Fights depression and improves overall mood
- Makes you feel better physically
- Increases stamina and energy levels
- Improves quality and enjoyment of life

# Exercise vs. Being Active

- All healthy adults age 18-65 need moderate-intensity aerobic physical activity for a minimum of 30 minutes five days per week, or vigorous activity for a minimum of 20 minutes three days/week
- Moderate and vigorous exercise combinations can be performed to meet this recommendation
- Moderate-intensity aerobic activity can be accumulated in relatively short bouts
- Every adult should perform muscular strength and endurance activities a minimum of two days/week
- The more active a person is, the greater the health benefits. For improved fitness, reduced disease, and prevention of weight gain, the amounts recommended above may be exceeded



# How Much Exercise Do You Need?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	15 minute jog  Desk push-ups	Weight training	30 minute brisk walk	15 minute jog  crunches	Weight training	30 minute brisk walk

Equivalent of 150 minutes of moderate intensity aerobic activity plus 2 days of resistance training.

# What is Resistance Training?

- Exercises that are done to improve muscular strength and/or muscular endurance
- Movement of a muscle against an added force



# Benefits of Resistance Training

- Improve physical appearance
- Lower blood pressure
- Increase bone density
- Improve body composition
- Improve balance
- Increase metabolism
  - After age 20, we lose an average of ½ pound of muscle each year
  - Muscle burns more calories than fat. One pound of muscle requires 6 kcals/day at rest while 1 lb. of fat uses only 2 kcals/day at rest



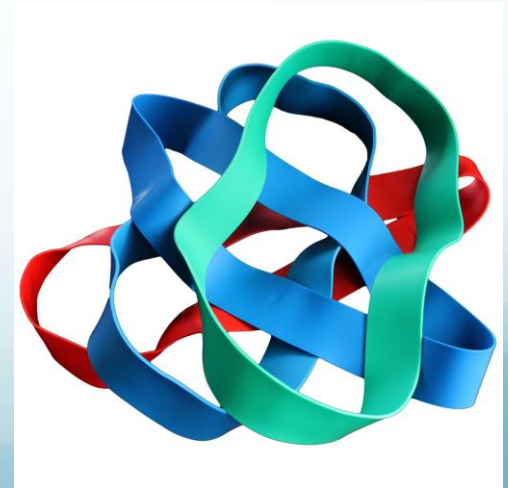


# Types of Resistance Force

- Constant



- Variable



# Myths Concerning Resistance Training

- Resistance training will help me loose fat in a particular area.
  - Sorry. There is no such thing as spot reduction. Fat is lost throughout the body in a pattern determined by genetics, sex and age. Resistance work will burn calories and increase muscle mass
- Resistance training will make me bulky
  - Using heavy weights can add muscle mass. Women do not have enough testosterone to bulk up in the same way a man can
- I don't need to warm up before resistance training
  - Big mistake! Not warming up increases your risk for injury. Allow your body to slowly increase it's core temperature and range of motion at each joint

# Basic Guidelines for Resistance Training

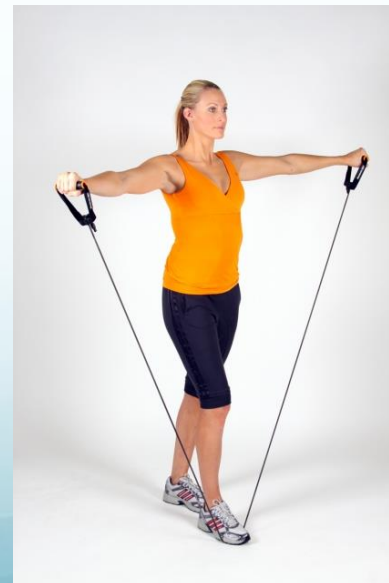
- Warm up before training, include rhythmic ROM exercises and light stretches
- Train all major muscle groups in the upper and lower body
- Do 10-15 reps per exercise, do at least 2 sets
- Use controlled movements, not too fast
- Exercise 2 to 3 times per week
- Focus on functional movements in sitting, standing, supine, prone and side-lying positions
- BREATHE- Exhale during the most difficult phase

# Major Muscle Groups & Exercises

- 
- Chest/Back
  - Shoulders
  - Biceps/Triceps
  - Forearm
  - Abdominals
  - Lower Back
  - Quads/Hamstrings
  - Inner/Outer Thighs
  - Calves/Shins
  - Squats
  - Heel Raises
  - Leg Ab/Adduction
  - Abdominal Crunch
  - Trunk Twists
  - Seated Rows
  - One arm pull downs
  - Chest Press/Flys
  - Rotator Cuff
  - Biceps Curls
  - Triceps Extension
  - Leg curls and extension

# Upper Body Exercise Demo

- Overhead Triceps Extensions
- Biceps Curls
- Front & Lateral Shoulder Raise



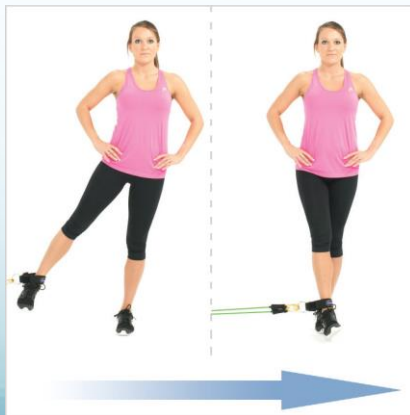
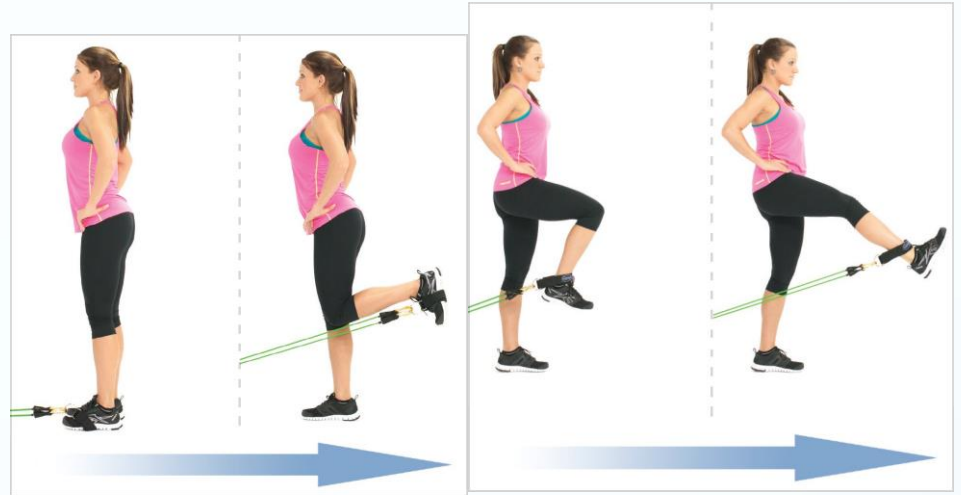
# Upper Body Exercise Demo

- Back Rows & Reverse Flys
- Chest Press & Flys



# Lower Body Exercise Demo

- Leg Curls
- Leg Extensions
- Squats
- Inner/Outer thigh



# What's Your Next Step?

Success

Stick To It

Take Action

Develop A Plan

Define Your Goal



# Resistance Tube Training

## BICEP CURL

- Position the tube underneath the arches of the feet.
- Feet are hip-width apart; arms are extended at sides while maintaining forward grip.
- Slowly curl the arms by raising the hands to the shoulders.



## FRONT RAISE

- Position the tube underneath the arch of the feet while in a staggered stance.
- Grip the tube so palms are facing rear, and fully extend the arms down in front of the body.
- Slowly raise the arms to shoulder height while maintaining a neutral wrist and soft elbows.



## SHOULDER PRESS

- Position the tube underneath the arches of the feet; arms are positioned at a 90° angle at shoulder height.
- Feet are hip-width apart; knees are soft.
- Slowly press the arms into full extension over head.
- Do not allow the back to arch.



## ONE-ARM ROW

- Wrap the tube around the foot, so it comes up the outside of the leg.
- Bend at the hips, shoulders down, back flat; grasp both handles with palm.
- Slowly pull the handles to the side of the chest while squeezing the back muscles.
- Keep the elbows close to the sides.



## TRICEP EXTENSION

- Position the tube underneath one foot; position one hand behind the back to gently guide the tube.
- Grip handle and position arm overhead at a 90° angle.
- Straighten arm above head; use opposite arm to adjust the tension of the tube.
- Keep elbows close to the head during entire movement.



## SQUAT

- Position the tube so that it runs underneath the arches of the feet.
- Feet are shoulder-width apart; arms are positioned at a 90° angle at shoulder height.
- Lower the hips and bend at the knees until thighs are parallel to the floor.
- Keep arms stationary and do not allow the knees to go over the toes.



## SIDE WALK

- Position the tube underneath the arches of the feet.
- Feet are slightly wider than shoulder width; arms are positioned at shoulder height.
- Extend one leg out to the side; bring the legs together.
- Repeat this pattern on each side.



## LEG PRESS

- Wrap the tube around the arch of the foot; position leg at hip height.
- Grasp the handles of the tube; extend the leg until the knee is almost straight.
- Return to the start by allowing movement at the hip.



## LEG EXTENSION

- Wrap the tube around one foot by looping the tube through your handle.
- Grip the tube overhead with both hands.
- Fully extend the knee and return to 90° angle.
- Repeat this pattern on both sides.



## LUNGE

- Place the center of the tube underneath the front foot.
- Arms are positioned at shoulder height with tube running behind the arms.
- Lower the hips, bending knees until they are 90°; back leg will shift onto the ball of the foot.



## DEADLIFT

- Feet are shoulder-width apart; tube is wrapped around the base of each foot.
- Slight bend in the knees, back straight with shoulders down.
- Bend at the waist, lower the hands to the floor, while maintaining same knee bend.
- Stand upright.



## SQUAT WITH SHOULDER PRESS (combination exercise)

- Position the tube so that it runs underneath the arches of the feet.
- Feet are shoulder-width apart; arms are positioned at a 90° angle at shoulder height.
- Lower hips and bend at the knees until thighs are parallel to the floor. Do not allow the knees to go over the toes.
- Return to stand position and slowly press the arms into full extension overhead.



## RESISTANCE TUBING SAFETY

- Always inspect tubing before each use. Look for any cracks, tears, pinches, or other defects that may cause tube to break.
- Never tie the two pieces of tubing together.
- Never stretch tubing more than three times its resting length.
- Never use tape of any kind to attach tubing to stationary objects, or to shorten the length of the tube.
- Keep tubing away from heat, nails, and sharp objects.
- Under normal conditions, tubing products in commercial or institutional settings should be replaced every year due to ordinary wear and tear.

## BENEFITS OF RESISTANCE TUBE TRAINING

- Portable training tool.
- Ability to perform more functional training moves.
- Allows for multidirectional movement for more dynamic workouts.
- Variety of resistance levels.

## CHOOSING THE RIGHT RESISTANCE TUBE

- YELLOW (extra light) — Extra-light tube with 50lbs or less exercise activity.
- GREEN (light) — Those with some exercise activity. Starting size for most women.
- RED (medium) — Advanced beginners and those who regularly exercise. Starting size for most men.
- BLACK (heavy) — More advanced exercisers; good for training large muscle groups.
- BLACK (extra heavy) — Highly trained exercisers with expert technique.

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# RESISTANCE Band Workout

Total Body	Thruster	Upper Body	Curl	Standing Chest Press	Chest Fly	Push-up
	1-Arm Lat Pulldown		Lat Pulldown	Tricep Pushdown	Tricep Kickback	Tricep Extension
Upper Body	Pulldown	Shoulder Press	Upright Row	Face Pull	Shoulder Rotation	
Upper Body	Front/Side Raise	Core	Kneeling Crunch	Crunch	Reverse Wood Chop	Twist
	Russian Twist		Bicycle	Reverse Crunch	Sit-up	Side Bend
Core	Row	Back Fly	Bent-over Side Raise	Bent-over Row	Lower Body	Squat
Back	Side Leg Raise	Romanian Dead Lift	Hamstring Curl	Abduction		Adduction
Lower Body	Standing Kickback	Calf Extension	Pull Through	Hip Flexer	Lunge	
Lower Body						