



**Quick Start
Training Guide**

Read each step and watch video when indicated to assist reviewing the quick start training manual and getting you BandSTRONG faster.

Step 1: Getting to know your bands and accessories

In this first step you will learn the following key components to band training that will ensure you have the exact equipment, set-ups and working knowledge to guarantee success with your first BandSTRONG workout.

[Watch this Video to:](#)

- ✓ Know band colors and strengths
- ✓ Learn how you will be attaching the bands (Bar or BUS)
- ✓ Make sure you know how to link bands
- ✓ Make sure you know how to use the dynamic stabilizer
- ✓ Make sure you know how to attach handles correctly
- ✓ Determine what to use for your interval timing system

Step 2: Understanding the Template Terminology

In this key second step I take you through how to read and interpret the interval templates to eliminate any workout confusion which will allow workouts to flow with greater efficiency.

[Watch this video](#) as you review the following terms

What do these terms mean?

Work Time – Total amount of time exercising during each set

Rest Time – Total amount of time resting/transitioning between sets

Exercises – Total number of exercises being performed during 1 round

Sets/Rd – Total number of work-rest periods performed during 1 round

Recovery between Rounds – Total amount of non-work time between rounds

Total Rounds – Total number of rounds performed to complete a workout

Step 3: How to read each workout quickly

Now in step 3 let me provide you a quick way to read the interval templates and know exactly how to perform the workout at a glance.

Standard interval workout Template

[Watch Video](#)

1. Work time will determine how much time you will be performing a specific exercise which will determine how to set up your interval timing system and choose the correct band strength level
2. Rest Time will help you determine how much rest and/or transition time you have between exercises. Shorter rest will require you understanding how to transition between exercises efficiently.
3. Comparing number of exercises as it compares to number of sets will inform you of how many sets of each exercise you will be performing per round. This will determine how many times you must transition between specific exercises.
4. $\text{Total Work} + \text{Total Rest} \times \text{Sets/Rd} \times \text{Total Rounds} = \text{Total Workout Time}$
This is important to know prior to a workout so you know how long each workout will last or how to modify the number of total rounds to fit your available workout time.
5. Review your exercises to make sure you know how to do the exercises and transition between exercises along with having the necessary attachment sites and band strength levels to optimally perform the workout.

WORK TIME	REST TIME	EXERCISES	SETS/RD	REST BETWEEN ROUNDS	TOTAL ROUNDS
30 SECONDS	30 SECONDS	6	6	60 SECONDS	5

SET #	Exercise Performed
1	Push up Variation
2	Seat Row
3	Drop Squats
4	Dead Lift
5	Split Squat Halo
6	Backpedal – Stationary Power Skip (Alternate 3 Sets of each)

Understanding the Challenge Workout

Challenge workouts are designed to help you determine if you are ready to move on to the next phase of the BandSTRONG program. You will be provided more specific goals and instruction in your 12 Week Manual when you reach this portion of the BandSTRONG program.

Here is the Interval Sequence that will be used.

Complete 1- 60 second set of each of the following exercises with a 15 second transition. Additional transition time is only allowed if bands need to be set up differently.

60 sec	15 sec	12	12	120 sec	1
Work Time	Rest Time	Exercises	Sets/Rd	Recovery Between Rounds	Total Rounds

Step 4 - Determine Your BandSTRONG Starting Point

To Determine which phase to start at do this

Review the exercises in the Week 3 Challenge Test Workout.

Do you know instantly what they are and how to perform each one??

If not, you should start at week 1. If you do, you can try and complete the week 3 Challenge

If you are not able to easily complete the Challenge 3 Test Workout, I recommend starting at week 1

Step 5: Planning out Your Training Week

It is important that on every Sunday you take 5 minutes to schedule in your workouts for the week, assuming Monday is the start of another week for you. I recommend scheduling your workouts the same as if you were scheduling a business call or a lunch date with a friend. By doing it this way, it creates a level of importance, assuming you are one to not miss meetings or appointments. Once scheduled, the key will be to maintain a 100% attendance for the first 3 weeks (or 21 days) as you continue to strengthen the habit of making fitness a lifestyle change.

Step 6: Warming up for Your First Workout

Now that you have determined your starting point it is time to learn how to properly warm-up your body to ensure optimal results on each workout. I recommend scheduling out an additional 10 minutes for the first 3 to 4 workouts to provide the necessary time to learn and perform the Flow Warm-up I provide you. Also it will allow you to effectively learn how to perform the hip stretching series that will be a staple of every BandSTRONG warm up.

If this is not possible, I recommend performing the Flow Warm Up and hip stretches at least one time prior to your first workout. Most individuals do not place a high priority or emphasis on properly preparing their body for a workout. By performing the flow warm up and hip stretches before every workout it will optimally prepare your body and eliminate a potential risk of injury while improving core strength and hip flexibility.

Step 7: Time to perform your First Workout

With your training space prepared, your bands set-up and your interval timing system in place, YOU are ready to start getting BandSTRONG.

Good Luck

Dave