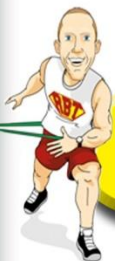
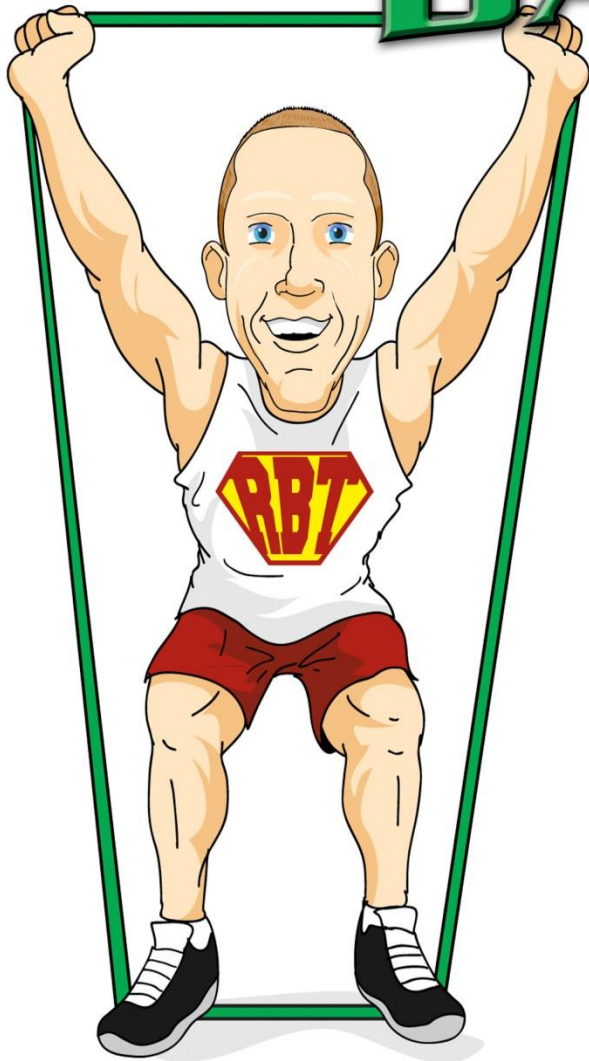


RESISTANCE BAND

*Training
Chronicles*



by **DAVE SCHMITZ**

This ebook is free to distribute on the Internet.

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Inside this **Resistance Band Training Chronicles**, you will find over 100+ videos put into categories for easy reference. These videos will cover many resistance band training set-ups, lower body exercises, upper body exercises, warm-up options, and activation exercise as well as providing you several actual band workouts.

For all the loyal RBT followers...THANK YOU FOR ALL YOUR PAST SUPPORT and for new comers I hope you enjoy this "First Ever" Resistance Band Training collection.

Getting BETTER with BANDS

Dave Schmitz



This ebook is brought to you by:



The #1 Online Resistance Band Training Resource for:

Coaches

Fitness Professionals

Athletes

and

Fitness Enthusiasts

Reactive Resistance Band Training
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BAND SET-UP OPTIONS

[Attachment Free Band Set-up](#)

[Single Band Handle Set-up](#)

[Drop Sets](#)

[Crossover Set-up](#)

[Short Band Set-up](#)

[Big Band Towing Set-up](#)

[Multi-vector Band Set-up](#)

[Linking Bands Together](#)

[Band Utility Strap Instructions](#)

RESISTANCE BAND WARM-UP STRETCHING AND CORE ACTIVATION TRAINING

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Scapula and Rotator Cuff Activation

Resistance Band Mountain Climber

Band Pull-A-Parts

Pillar Training with Bands

Lateral Band Walking

Band training Warm up

Trunk Training for a Better Vertical Jump

Shoulder Stretching

Rotator Cuff Activation Training

Reactive Trunk Training with Bands

Hip rotation stretching

[Training Lateral Plane Stability](#)

[Sea-Saw Trunk Reaction](#)

[3 Way Hamstring Stretching](#)

[Adductor Band Stretching](#)

[Hip rotation Band Stretch](#)

[Locomotion Warm-up](#)

[Modified Turkish Get up](#)

ASSISTED BAND TRAINING

[Assisted Pistol Squats](#)

[Assisted Lunge Reach Training](#)

UPPER BODY RESISTANCE BAND EXERCISES

[Standing Incline Press](#)

[High Pull Variations](#)

[Resisted Push up](#)

[High Velocity Push Press](#)

[High Velocity Horizontal Chest Press](#)

[Upper Body Strength Circuit](#)

[Abs and Chest Dowel Band Training](#)

[Partner Push up – Pull up in the Park](#)

[Resisted Push up - Resisted Pull-up](#)

[Abs and Arms](#)

[Unilateral Chest Training](#)

[Heavy Band Speed Push – Speed Pull](#)

[Resistance Band Pull-A-Parts](#)

LOWER BODY RESISTANCE BAND EXERCISES

[Pistol Squat Training](#)

[Single Leg Strengthening Progression](#)

[Overhead Squats](#)

[Front Squats](#)

[Split Jumps](#)

[Lunge Training with Bands](#)

[High Velocity Front Squats](#)

[Single Leg Bench Squat Variations](#)

[Heavy Band Dead lifts with speed Punching](#)

[Speed Squats and Burpees](#)

[Jumps and Jacks](#)

[Band Lunges](#)

[Reactive Squat Training](#)

[Zercher Squats](#)

COMBINATION TRAINING WITH BANDS

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[Barbell Deadlifts with Bands](#)

[Barbell Front Squats with Bands](#)

[Barbell Squats with Bands](#)

[Barbell Push Press with Bands](#)

[Barbell Bench Press with Bands](#)

[Barbell – Band Training](#)

[Kettlebell-Band Trunk – Shoulder Reactive Strength](#)

[Kettlebell – Band Swing Training Plus](#)

[Band – Tire Combo workout](#)

[DB Crossover Training](#)

[Sandbag-Band Swings](#)

[DB-Band Unilateral Swings](#)

BAND SPEED AND PERFORMANCE

[Thunder Band First Step Speed training Drills](#)

[First Step Speed Drills](#)

[Agility Ladder Band Drills](#)

[Speed Training with Bands](#)

[Heavy Band Starts](#)

[Trunk Training for Lateral Deceleration Speed](#)

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DONE-FOR-YOU RBT WORKOUTS

[Thunder Band Total Body Workout](#)

[Core Interval Workout](#)

[Youth Total Body Single Band Workout](#)

[Youth Core Workout](#)

[Youth Band Stretching](#)

[45-15 Trunk Stabilization Workout](#)

[Tabatas Lower Body Band Reaction Workout](#)

[Crazy 1 Band Workout](#)

[Dumbbell – Crossover Band Combo Workout](#)

[Kettlebell – Crossover Band Combo Workout](#)

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[Bicep-Tricep Workout](#)

[Spartacus Workout 1](#)

[Spartacus Workout 2](#)

[Shoulder Blast Workout](#)

[Sagital Plane Cardio-Strength workout](#)

[Frontal Plane Cardio-Strength workout](#)

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[Tabata Front Squat – Push up Circuit](#)

[30 +Thunder Band Exercises](#)

[Power Skip – Trot Cardio Workout](#)

About Dave Schmitz

Dave Schmitz (aka... The Band Man) is the Co-Owner of Resistance Band Training Systems, LLC and the creator of www.resistancebandtraining.com, the only website exclusively devoted to training with large continuously looped resistance bands. Dave's unique professional background and vast experience as an orthopedic physical therapist, performance enhancement specialist, certified strength and conditioning specialist along with his 27 plus years of living fitness and performance training, has allowed him to turn a simple 41 inch resistance band into an incredible multi-faceted total training experience for 1000's of athletes and fitness enthusiasts around the world, while helping 100's of fitness professionals and coaches help get their clients or athletes BETTER with BANDS.

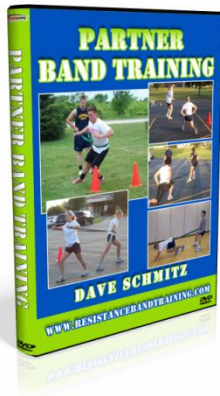


What initially started out as a small basement band gym in his home has evolved into an international full service online and offline fitness company. Resistance Band Training Systems, LLC and www.resistancebandtraining.com were never created to sell bands. Rather it has always been about teaching and training everyone on why resistance bands were a necessity, not an alternative, when it came to developing training and performance programs that get fast and effective results. Even with a growing online business, Dave continues to run his own adult fitness boot camps and monthly athletic performance camps while working in the clinic with 100's of physical therapy patients. He also continues to lecture around the country, teaching coaches and fitness professionals on how to effectively train with resistance bands.

Dave's passion and pursuit of knowledge has allowed him to create over 12 DVDs and write 100's of articles on the Art of Resistance Band Training and Conditioning. As a result it is not a surprise or an accident that Dave Schmitz has become nationally known as "The BAND MAN".

Other Video Products from Dave Schmitz

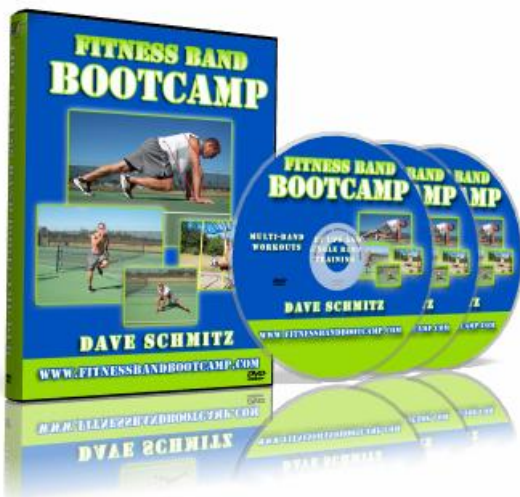
Partner Band Training DVD



Total Flexibility with Resistance Bands



Fitness Band Bootcamp DVD Series



Resistance Bands Unleashed DVD Series



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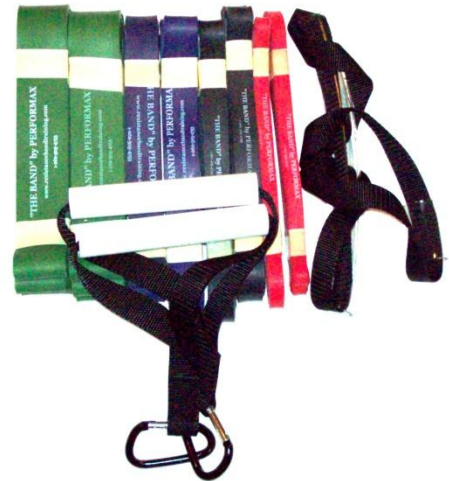
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