

Resistance Band Training Course: 4 Hours

Course Summary

The Resistance Band Training Course will teach trainers and coaches unique and highly effective exercises and programming using flat, continuous loop resistance bands. Dave 'The Band Man' Schmitz has used these tools for over 20 years to build resilient, powerful, and athletic clients ranging from youth to the active aging. Trainers will learn how to use bands to load multi-planar and multi-vector routines that address client's functional needs while getting them "real world" strong for both life and sport.

Course Description

The Resistance Band Training Course will teach you how to setup, program and coach clients utilizing flat continuous looped bands. Using both attached and attachment free setups you will learn how to apply joint-friendly assisted resistance to your clients horizontally, vertically and rotationally. This course will also teach you how to quickly adjust, adapt and progress your training program regardless of your client's goal, age, gender or fitness level.

Learn basic push, pull, press, squat, and lunge band exercises that easily progress into fully integrated movements taking functional training to a completely new level. Leave the course with 4-weeks of band exclusive done-for-you workouts, a complete video library, and a training manual to ensure you can quickly and successfully integrate resistance band training into your current training program.

Course Objectives

- Learn how the unique benefits of resistance band training enhance the 3 principles of functional movement:
- Discover why resistance band training dramatically increases training results through its ability to uniquely target flexibility, strength, power, balance, agility, coordination and core stability.
- Learn how to develop, program and coach a "band only" training workout while applying our 3-step training progression using both attached and attachment free band set ups.

Course Outline

Lecture 20 Minutes

A. Evolution of Resistance Band Training Systems - 5 Min

- The Band Man's Story - from Physical Therapy, to performance coach, to ageless fitness training and how he discovered the missing link between strength and function- Resistance Band Training

B. 3 Principles that govern how the body moves - 10 Min

1. All movement must start with loading
 - Importance of dynamic stabilization
 - Deceleration before acceleration
 - Rotation is the key to long term functional strength
2. The body functions in 3 planes of motion as it relates to force production, force reduction, joint ROM and muscle structure
 - Weakest link rules
 - The goal is long and strong
 - Not everything happens vertically
 - Understanding the importance of shear
3. Function is reactive movements driven by gravity, momentum, and ground reaction forces versus a voluntary conscious contraction

C. Ascending Resistance vs. Constant Gravity Dependent Resistance - 5 Min

- Accelerated Concentrics
- Accelerated Eccentrics
- Life is about Reactive Power - Force X Distance / Speed
- Assisted vs. Resisted Strength Training

D. Flat Continuous Loop vs. Tubular Bands - 5 Min

- Durability
- Versatility
- Simplicity

Pre- Lab Warm-Up Introduction - 10 Min

A. Resistance Band Training principles of program progression

1. Movement Progressions with Example

- Stationary - *Muscle Press*
- Mobility - *Squat Press*
- Integrated - *Jack Press*
- Movement amplitude - *Split Squat and Reverse Lunge*
- Speed (concentric & eccentric) - *Chest Press*
- Plane of motion - *Seat row - Rotational Seated row*
- Base of Support - *Plank - Mt. Climber*

2. Load Progressions

- Assisted - Lunge
- Resisted - Lunge

LAB 2.0 Hours

Implementing the 3 Elements of Resistance Band Training

1. Attachment FREE Training

A. Pitfalls

1. Tearing bands with Bilateral foot setup
2. Poor band selection for teaching and training
3. Lack of resistance levels
4. Poor instruction on transition in and out of exercise
5. Poor understanding of hand holds

B. Setups

1. Around Back
2. Over 1 foot
3. Over 2 feet
4. Rack Position (hand hold or Crossover)
5. Around Hands

C. Key Exercises

1. Pillar
2. Supine Hip Extension
3. Push Press
4. Front Squat
5. High Pull
6. Stationery Chest Press
7. Split Squat
8. Pull Apart
9. Reverse Lunge
10. Hammer Curl
11. Triceps Press
12. Seated Row

2. Attached Vector Band Training

A. Pitfalls

1. Attaching bands incorrectly
2. Overstretching bands
3. Setting anatomically correct training height
4. Keeping tension on the system

B. Setups

1. Connexus System
2. Linked
3. Single Band
4. Multi-Band

C. Strength Based Exercises with Progression

1. Horizontal Chest Press - Squat Press
2. Split Squat - Reverse Lunge
3. Bilateral Stationary Row - Squat Row
4. Staggered Bicep Curl - Hip Extension Curl
5. Staggered Overhead Triceps Press - Parallel Press
7. Lateral Reach Squat - Lateral Step Lunge
8. Stationary Anti-Extension - Add a Short Step
9. Stationary Anti-Lateral Flexion - Add a Short Step
10. Stationary Anti-Rotation - Add a Short Step
11. Bilateral Bent-over Row
12. Bilateral Bent-over Press

3. Locomotion Training

A. Pitfalls

1. Setting amplitude
2. Setting resistance
3. Setting speed
4. Linking bands together

B. Base exercises

1. Backpedal
2. Shuffle
3. Skater
4. Stationary March or Skip

C. Speed and Amplitude progressions

Resistance Band Training Programming

A Time vs. Rep Based Sets

1. Benefits of Timed Sets

B Interval Strength Program options

1. 30-30 Beginner
2. 40-20 Intermediate
3. 50-10 Advanced

C. Interval Group Programming Options

1. 25-5-25-5 Alternating Partner
2. 30-15 Strength Circuit
3. 40-20 Cardio Circuit

Final Test - Building your own program - 30 Minutes