



Training with Resistance Bands using 4 easy set-ups that will save YOU \$8000 instantly.

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Training with resistance bands may look simple and easy but don't be fooled, they can and will make you get after it.

Training equipment can and typically is very expensive, especially if it can only train one aspect of fitness or performance, one person at a time. As a young up and coming fitness professional in the late 90's, I purchased Bungee cords, Sleds, Pulley systems, Sport Cords, Speed Trainers and I even thought I needed a high speed treadmill. All totaled, I probably spent well over \$18,000K on equipment just to find out I couldn't achieve what I needed with my clients.

- I needed equipment that allowed me to set up easy fitness circuits, train multiple clients/athletes at one time and be able to create unlimited exercise options.
- It had to be light weight, highly portable and adaptable to all levels of strength and fitness.
- It could not cost myself or my clients/athletes "an arm and a leg" to purchase or use.

What I discovered training with resistance bands was that they could do all of that and so much more.

It wasn't that all the other equipment was poor quality or didn't address what it was intended for, it was that it created too much chaos in transporting and

adapting it to my training surroundings. Training with resistance bands made transporting and set-up super easy. Resistance bands also outperformed all of those other tools when it came to exercise versatility, exercise intensity, equipment durability, cost/client and most importantly getting results.

By training with resistance bands I found that:

1. Anyone could train with resistance bands
2. I could train any functional movement in any plane
3. I could actually eliminate gravity and train any force vector including horizontal and especially rotational
4. Everyone trained standing up and eliminated those non-functional positions of sitting and lying down
5. My exercise variety and intensity was unlimited
6. Individuals could train with speed, high force or both
7. I could make simple body weight training intense or easier for those that struggled with push-ups or pull-ups
8. Parks, basketball courts, tennis courts, football fields, soccer fields, wrestling rooms, hotel rooms, and even church recreational rooms became great band training facilities
9. Picnic tables, big tires, goal posts, basketball poles and volleyball poles became immediate strength and speed training equipment.

Bottomline... Training with resistance bands made anything possible when it came to achieving your workout goal.

Attention Coaches, Trainers, Athletes and Fitness Enthusiasts,

What I'm about to share with you are 4 Resistance Band Training Set-ups that I use every day. These set-ups could replace pieces of equipment that would or unfortunately have cost YOU \$\$1000's of dollars to purchase individually.

Training with resistance bands using these easy band set-ups will also allow you to quickly change resistance or transition into multiple resistance band exercises on the fly.

Can you imagine what you can do with all that extra money??? How about putting it towards seminars that teach and training you on how to make resistance bands your ultimate fitness and performance tool???

Remember, any tool is only as good as the operator.

Resistance Band Set-up #1

Double Linked Band Set-up

The **Double-link set-up** (Approximately cost \$20-\$40) will allow individuals to train essentially any resistance band exercise or drill. This is by far the most popular resistance band set-up we use in bootcamp or semi-private training.

These are just a few band exercises and drills preformed with the **Double-link set-up**:

1. All Running Drills with 2 people at a time – 6 Exercise
2. All Multi-directional Lunge Drills – 8 Exercises
3. All Foot Agility Drills and Cone Drills - 10 Exercises
4. Unilateral Upper Torso Strengthening - 10 Exercises
5. Tug of War Drills using Average or Strong Bands



Resistance Band Set-up #2

Single Band Set up

The **Single Band** (approximately a \$20 cost) can train multiple aspects of fitness and performance while creating 100's of resistance band exercises that can be done anywhere.

Single band exercises and drills include:

1. High Pull
2. Bent over rowing
3. All Dead lift variations
4. Front Squats, Single leg squat
5. Db-Band Combination training
6. Hammer Curls
7. Unilateral Pushing & Pulling
8. Overhead Tricep Pressing
9. Reactive Core Training
10. All 2 Step Multi-directional Speed Drills
11. A Complete Dynamic Flexibility Routine
12. All Resisted and Assisted Body Weight Drills – 10 Drills
13. Partner Lunge Drills



Resistance Band Set-up #3

2 Bands in 1 Band

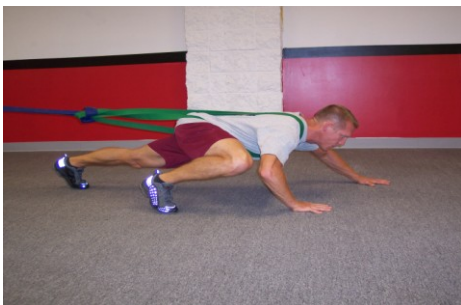
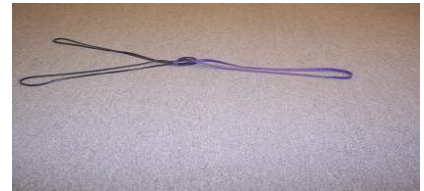
2 Bands in 1 Band (Approximate Cost \$60) allows you to eliminate the need for a pulley system. By linking 2 bands into 1 band, it makes training simultaneous or alternating resistance band exercises a snap. Also there is no need for extra straps or harnesses when using this set-up.

With a **2 Band in 1 Band** resistance band set-up YOU can train a 20 person bootcamp in all aspects of fitness including Cardio, Upper torso strength, Lower Torso Strength and Reactive Core development without ever having to change the set-up.

Lastly, this unique band set-up allows for an increased variance in resistance so anyone can train regardless of strength levels.

Drills that we implement frequently with the **2 Band in 1 Band** set-up include:

1. Resisted Partner Runs
2. Simulated Sled Drags or Pull Variations with heavy bands
3. All Upper Torso Alternating Drills – 10 plus Drills
4. 3 way Partner Quick Foot Drills
5. 3 person Ring of Fire
6. Track Starts
7. Fire Outs



Resistance Band Set-up #4

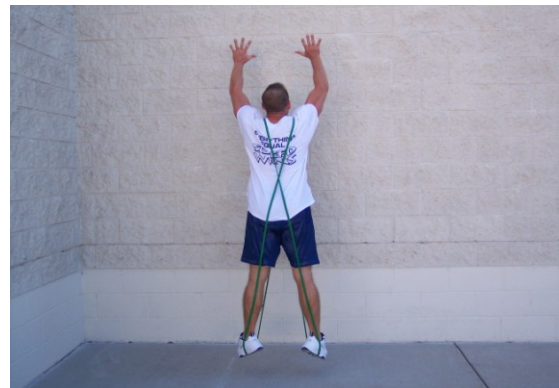
Crossover 2 Band Set-up

The **Crossover 2 Band Set-up** (Approximate cost \$40) is the most universal set-up of them all. This unique crossover configuration fits the X-Pattern Phenomena which replicates the functional force vectors our body uses every day. With this band set-up you can eliminate the need for chains and expensive jumping machines while easily providing additional reactive resistance to any ground based training drill like squats, lunges, and deadlifts or cleans.

This set up alone will save you easily \$3000 to \$4000 by not having to purchase an expensive leaper platform that will cost anywhere from \$2000 to \$3000 per unit and only allow you to train one person at a time in a designated area.

The **Crossover 2 Band attachment** can be used to perform the following band exercises:

1. All Variations of Vertical and Horizontal Jumps
2. Resisted Box Jumps
3. Reactive Squat, Jerk Press, & Dead-lift Training
4. Lunge Training
5. Speed Squats
6. Single Leg Squats



About the Author:

Dave Schmitz is the owner of Resistancebandtraining.com, your #1 resource for [developing reactive strength and power](#) using resistance bands. Find great resistance band training information and [learn to train with resistance band](#) at: Resistancebandtraining.com

