

Resistance Band training for enhance body weight strength

By: Dave Schmitz

Body weight training has been proven to be one of the best forms of strength training for multiple reasons:

1. Helps develop integrated core stability
2. Increases metabolic output
3. Safe and effective way to for youth strength training
4. Outstanding total body workout and time efficient
5. Can be done absolutely anywhere with no need for additional equipment
6. Creates usable "functional" strength vs. weight room strength
7. Great carryover into recreational activities
8. Helps improve and maintain dynamic flexibility

I can't do a Push-up

Not everyone can do an effective push-up or pull-up. Squats at times can be painful to the knee because of poor gluteal strength, hip stability or a lack of flexibility. As a result, body weight training is often forgotten and machine based training is substituted in.

Granted substituting in machine based training, is better than not training at all. However continual training using machines only will lead to a decline in flexibility, integrated strength, balance and movement coordination.

So instead of discontinuing body weight training, why not institute resistance bands as a way to assist the body while performing traditional body weight movements.

I don't want to do 100 push-ups

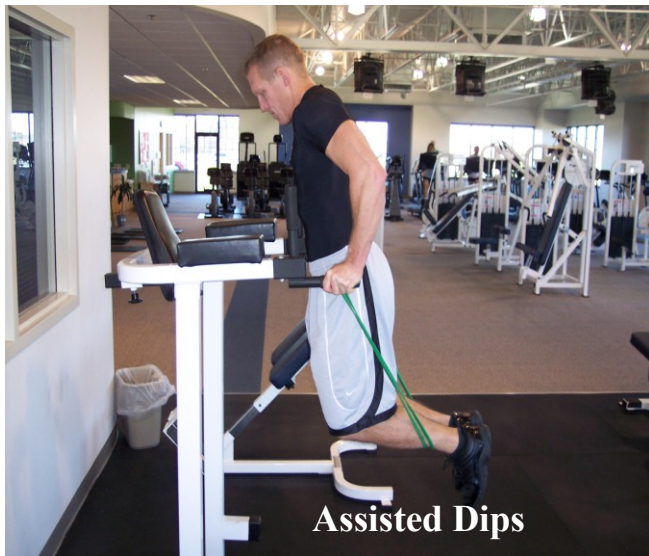
I agree, I am not into high reps. However, adding in a resistance band to resist body weight exercises now makes 4 sets of 6 reps a real challenge and turns a simple body weight movement into an awesome strength training workout.

Time to use resistance bands to enhance body weight strength

Push-Ups, Pull-ups, Squats, Dips and all the unilateral variations can be performed in either an assisted or resisted mode using resistance bands.

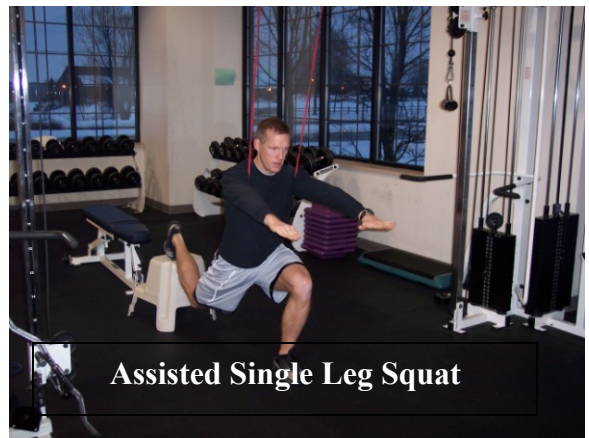
Resistance Band Body Weight Exercises







Assisted Squats



Assisted Single Leg Squat



Resisted Squats



Resisted Single leg

What did **YOU** think??? Make sure you let me know your thoughts by emailing me at info@resistancebandtraining.com or get the [actual video](#) on all of these drills by going to

If you are interested in learning more about bodyweight training with resistance bands www.resistancebandtraining.com is click away.

About the author

Dave Schmitz is a Physical Therapist who developed a systematic resistance band training (**RBT**) approach to enhance functional strength and power. Since 1997, Dave has continued to develop innovative functionally based Resistance Band Training programs that have help 1000's of athletes and fitness enthusiasts.

For More information on Resistance band training tips, drills, techniques, or workouts check out Dave's official website at resistancebandtraining.com and subscribe to his weekly video newsletter, [RBT Live with the Band Man.](#)

