



AT HOME STRENGTH WORKOUT WITH RESISTANCE BANDS

STRENGTH TRAINING BEYOND THE DUMBBELL

CHICAGO ATHLETIC CLUBS





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RESISTANCE BANDS: AN INTRODUCTION

Working out from home can be a lot of fun while offering a way to achieve results without the price or scheduling concerns of going into the gym. It can be frustrating, however, if you don't have the space or budget to have a bunch of equipment at home.

Resistance bands are small and can be stored anywhere. They can easily be found at any sporting goods store, or the sports section of stores like Target, Homegoods, or Walmart. Of course, there is also the internet.

The best part is, they are generally very affordable and often overlooked so they are usually in stock.

There are multiple bands on the market. This book is going to focus on continuous latex bands that are often sold separately or in sets. You can often find these bands in our studios and sometimes on the weight floor. If you've done any physical therapy, worked with a trainer or taken a Barre class you may have some experience with these powerful little workout secret weapons.

Here are a couple of review sites to help you if you are purchasing bands: [Men's Health](#) [The Wirecutter](#)

CAC EXPERTS SAY...

"First of all, resistance bands offer an excellent strength workout and alternative to dumbbells because they are: 1. Versatile. 2. Mobile. 2. Cost-effective. 3. Lightweight. 4. Great for travel or at-home workouts. 5. They even come in different resistance levels.

If that's not enough to make you jump on the BANDwagon, bands allow us to change the line of pull and allows us to create resistance in different positions. There is no momentum; bands offer constant resistance. Bands recruit our stabilizing muscles and promote core activation. They teach you to feel what is working and what is not, allowing you to focus on form."

--- ***Sarah Ruhl, Director of Fitness***

Resistance bands are very easy to learn to us and allow for an endless variety of exercises that you can perform. While they help to build strength, they will also help to improve coordination and balance.

A significant benefit from working with resistance bands is they will turn almost any exercise into a compound movement, meaning using several muscles at the same time. They are a true full body training tool.

--- ***Brandon Yates, Director of Personal Training***

THE WORKOUT

LOWER BODY

Each lower body exercise has two parts, an "A" and "B" movement. Do all "A" moves for 12 reps and then follow immediately with "B".



A: Full Range Squats: 12 reps
(feet slightly wider than hips)

After 12 reps, hold the squat & pulse:

B: Squat Hold for 16 pulses
(2" movement)



A: Side Squats: 12 reps
(while holding squat position, step right, step left, etc.)

After 12 reps, hold the squat & pulse:

B: Squat Pulse for 16 pulses
(2" movement)

THE WORKOUT

LOWER BODY



**A: Glute Bridge/Hip Lifts:
12 reps**

*After 12 reps, hold the bridge
at the top and pulse:*

**B: Knee Pulses Out/In:
16 pulses**



**A: Single Leg Bridge Right:
12 reps**

*After 12 reps, staying with the right
leg:*

**B: Bridge Straight Leg Drop
Right: 6 reps**



Repeat with the left leg

THE WORKOUT

LOWER BODY



A: Side Lying Leg Lift Right: 12 reps
(on bottom forearm)

After 12 reps, keep right leg lifted and,
B: Pulse, 16 pulses

Repeat both A and B for the Left Leg



A: Donkey Kicks Right : 12 reps
(table-top position)

After 12 reps, keep right leg lifted at 90 degrees and,
B: Pulse, 16 pulses

Repeat both A and B for the Left Leg



A: Fire Hydrant Right: 12 reps
(abduct leg to side)

After 12 reps, keep right leg lifted and,
B: Pulse, 16 pulses

Repeat both A and B for Left Leg

REST 30 SECONDS. THEN MOVE TO UPPER BODY.

THE WORKOUT

UPPER BODY



Single Arm Bent Over Row Right : 12 reps

(stand on band with Right Foot, hip hinge, pull Right arm up/back, bringing hand to rib cage, elbow straight back)

Repeat Single Arm Bent Over Row Left



Lat Pull Downs, 12 reps

(hold onto band with both hands over head, pull band to collar bone, elbows pushing wide)

THE WORKOUT

UPPER BODY



Biceps Curls Right: 12 reps

(seated, right leg extended, left leg bent; band under right foot and in right hand, elbow on thigh; curl hand towards shoulder and return to straight arm)

Repeat Biceps Curls Left

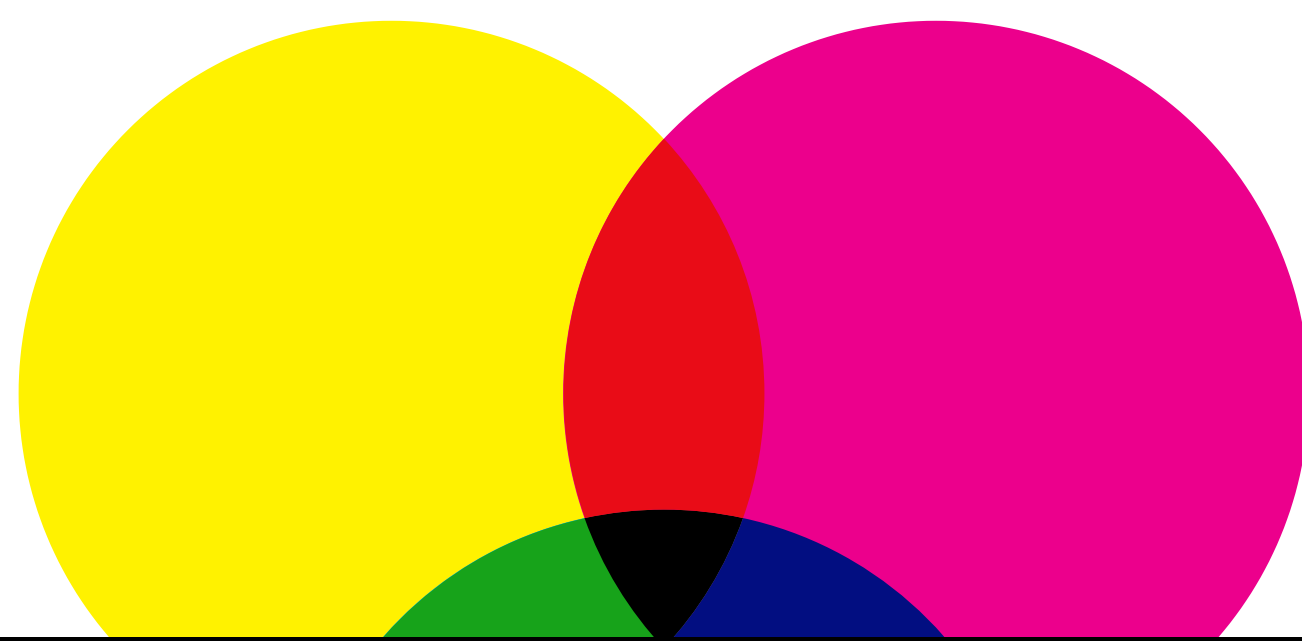


Triceps Extensions Right: 12 reps

(hold band over head with right hand, reach left hand behind back to grasp bottom of band; extend right arm straight up, elbow by ear and bend)

Repeat Triceps Extensions Left

COMPLETE UPPER BODY EXERCISES AND RETURN TO LOWER BODY EXERCISES FOR ANOTHER COMPLETE ROUND OF LOWER AND UPPER BODY. OPTION TO ADD IN A ROUND OF TABATA (CARDIO) IN BETWEEN SETS.



TABATA

WORKOUT

WHAT IS TABATA?

You may have heard of Tabata as a type of High Intensity Interval Training or HIIT. This type of workout alternates all-out effort with short periods of rest. These workouts are intense and therefore tend to be shorter, 30 to 45 minutes.

At CAC you can experience HIIT training with a Personal Trainer, in HIIT classes, Les Mills GRIT, or in some of our small group training programs.

**HIGH INTENSITY CARDIO: TABATA: 20S WORK/10S REST,
REPEAT EACH EXERCISE 8 TIMES FOR ONE FULL ROUND.**

1. PLANK JACKS. (BAND AROUND ANKLES OR KNEES)
2. SHUFFLE THREE STEPS, SIDE TO SIDE.
3. CROSS COUNTRY SKI (BAND ABOVE KNEES),
SCISSOR ARMS

