

Band-ITS..... your *Band Independent Training System*



Band-ITS Body

Full body training programme

with Sally Harrison,

Physiotherapist and Corrective Exercise Coach

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Introduction

Thank you for purchasing your Band-ITS ultimate training kit.

This manual is designed to give you some ideas with what to do with your kit to get the best from your training.

The benefit of using the Band-ITS product is that it can be used anywhere. There is no need to find a tether point for the equipment as, quite simply, it attaches to you!

Attachment instructions

Please review the starter video on the video page of the website:

<http://www.pro-align.com.au/bandits/videos/>

The upper limb kit can be attached to the front or rear clips of the leg straps. The best outcome for each exercise is outlined in the manual. It can also be used on the ankle attachments.

There are a couple of exercises using a tether point. You can also use the door jam in the upper limb kit and secure it in a closed door. Ensure the door opens away from you.



How to use this manual

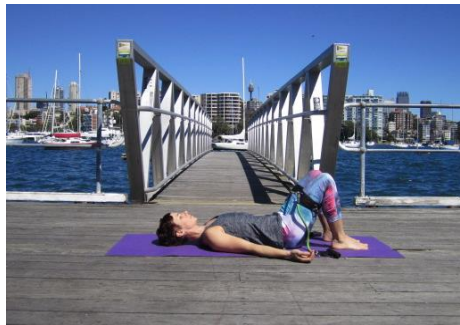
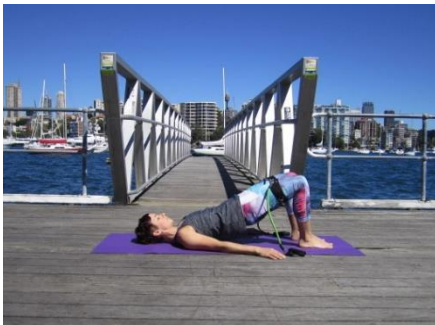
1. Please ensure you can perform the exercises with good quality before you add the resistance bands.
2. Perform a few reps without load as a warm up then strap on the kit and away you go!
3. Start with a low resistance band and then progress as you become more accustomed to the exercises.
4. Aim to manage 10-20 repetitions of each exercise and 2 sets.
5. Pick a section to do as a standalone or add 2-3 sections together. If you have time why not try the whole programme!
6. Some of the exercises are of an intermediate/advanced level so please be mindful when deciding what to do. Remember good quality movement is the desired outcome. Straining and losing form can lead to injury.
7. Control the band at all times, and don't allow it to 'ping' back on itself. The benefits come from being able to control the resistance effectively.
8. All of the exercises should remain pain free.

The *Band-ITS Body* programme, outlining even more variations, can also be performed with our online video class.

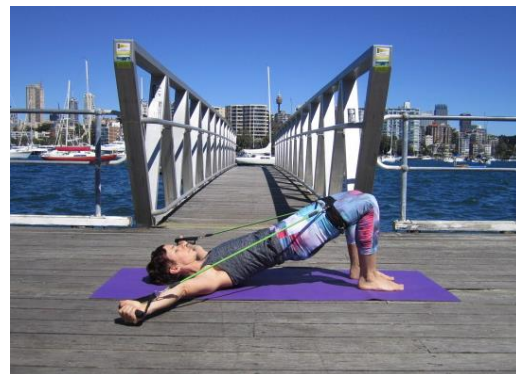
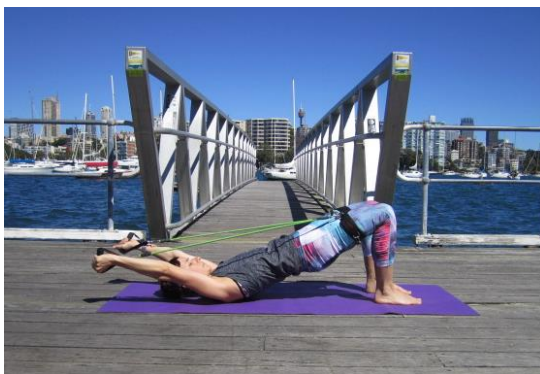
<http://www.pro-align.com.au/product/band-its-body/>

*Remember if you are new to exercise you may need to get clearance from your doctor or allied health professional first.

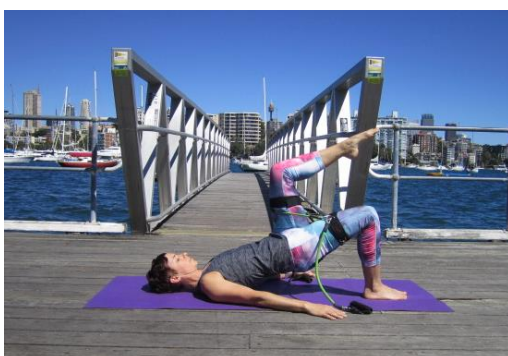
BRIDGING SERIES (upper limb clips at the front)



1. Start on your back in a natural spinal position, shoulders broad, neck long, and a mild connection in your deep tummy. Feet and legs will be parallel and hip width apart.
2. Keep the spine long and lift up using the Gluteals / hips. Keep the spine long and shoulders relaxed and broad.
3. Hold the bridge position and drive the knees out to the side and return. Think of rotating from the hip sockets and keep the hips lifted. Aim for 10-20 repetitions.

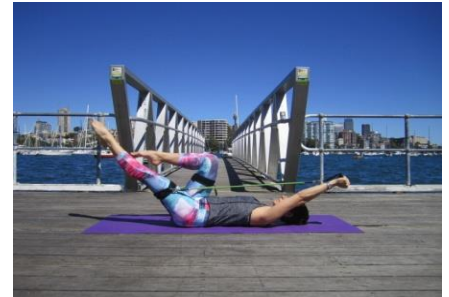


4. Repeat the bridge pattern and take both upper limb bands overhead. Ensure to keep the shoulder blades drawing down towards the hips so you don't shrug. The next variation to take the arms in a wide Y shape. Alternate between these two arm patterns, lifting into bridge as you move the arms and lowering as the hips lower again. You may also try sustaining the bridge position as you move the arms up and down against the resistance.

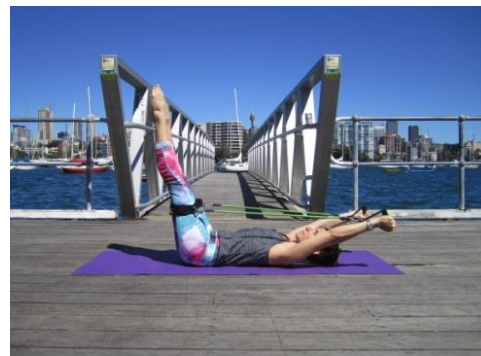
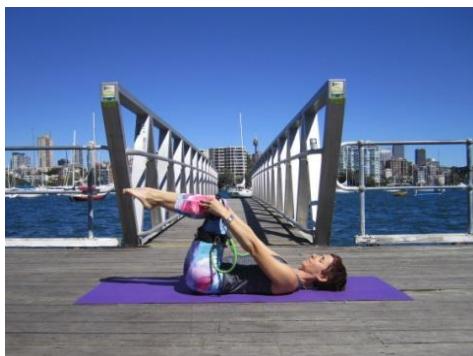


5. This progression shows a single leg bridge. Ensure the spine and pelvis remains level and long as the knee floats up. Press down firmly with both arms onto the floor.

SUPINE SERIES (upper limb clips at the front)



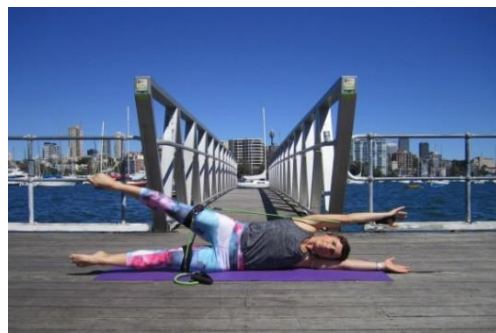
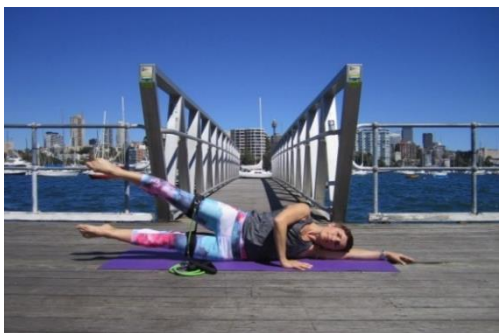
1. Set up on your back; long spine, broad shoulders and a long neck. Imagine pressing onto a large grape under your low back to maintain a small curve in the lumbar spine. Activate your deep tummy and avoid any tummy doming or bulging with these exercises. The knees will start over the hips with the knees at 90°. Bring one knee up at a time.
2. One leg stretch; as you exhale, lengthen one leg away from you and then return to the start. Ensure the tummy remains flat the pelvis stays level and doesn't tilt.
3. Repeat the leg stretch as previously and add an arm stretch overhead using the same arm as leg. Keep the shoulders down, shoulder blades drawing towards the hips. Alternate sides.



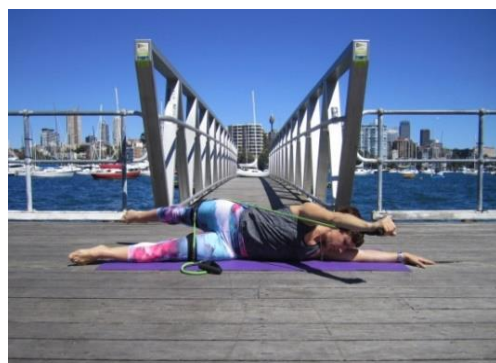
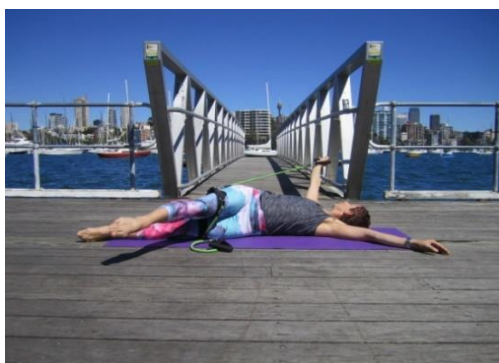
4. Double leg stretch; start as in photo 1 but holding onto both arm straps. Exhale and lengthen both legs and arms away from one another at the same time. Again, watch for the tummy remaining flat and the low back pressing towards the floor and not arching. Always start with the legs towards the ceiling before you start to lower them towards the ground as more of a challenge.

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SIDE LYING SERIES (upper limb clips at the back)



1. Double leg lift; start lying on your side with the hips stacked and the underneath waist lifted. You may want an extra towel or mat underneath the bottom hip for comfort. Connect with your deep tummy and then float both legs off the floor, keeping the ankles together. Hold for 3 seconds and then lower again. Repeat x10.
2. Single leg lift; from the position above add a further lift of the top leg. Keep a lift of the underneath waist and avoid collapsing into the floor. Repeat x20.
3. Add an overhead reach with the upper arm band. Lower the arm and then the leg and then repeat. Aim to keep the underneath leg off the ground the whole time.



4. Forward and back kick; move the upper leg and arm in a rhythmic swing in opposite directions to each other. Keep the moving leg off the floor and allow the spine to rotate with the arm.

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4 POINT SERIES (upper limb clips at the front)



1. Start in a 4 point kneeling position, wrists, elbows and shoulders stacked. Spine in natural curves and knees under the hips.
2. Leg lifts; slide the leg behind you and then hover off the floor. Keep the pelvis level and avoiding leaning over to one side. Avoid movement in the spine.

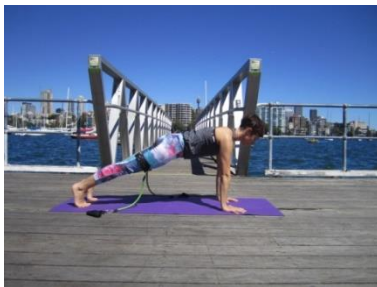


3. Arm lift; reach the arm forwards and then lower. Keep the shoulders level and push through the supporting arm. Vary the direction of the arm from directly forward to out to the side on an angle.
4. Arm and leg lifts; combine the previous two exercises using the opposite arm and leg. Again, aim for a long spine, strong push through the supporting arm and a level pelvis and shoulder platform. Repeat x10 on each side.

PLANKING SERIES (small plank front leg clips)



1. Starting in a 4 point position, tuck the toes under, press firmly through the arms and then hover the knees off the floor.
2. Reach the arm forward holding the arm strap and return. Repeat x5-6 on each side.
3. As a progression, open the arm up to the opposite side of the attachment. The whole body should open and rotate. Ensure you push strongly on the supporting arm.



Long plank (no arm straps)



1. Start in a strong toe plank position. The spine should be long and in neutral, avoid the pelvis dropping down towards the floor. From this position you can then move into the following variations keeping the movements rhythmic and controlled. Move in and out of these positions from starting plank. You shouldn't need to move the feet and hands.
2. Knee towards the outside elbow. Bend in your side waist to draw the knee up.
3. Knee forwards. Allow the body to flex, drawing the tummy up towards the spine.
4. Knee towards the opposite elbow. Allow the pelvis to follow this movement.

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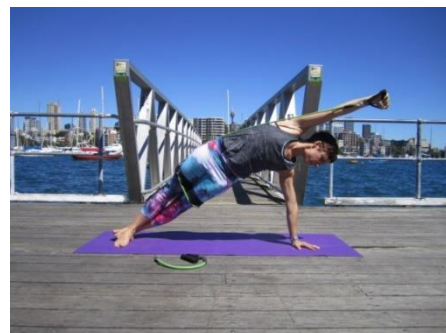
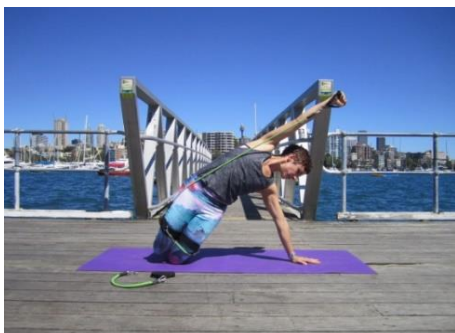


1. Leg extension to 3 legged dog. Lengthen the leg back whilst keeping the pelvis level and momentum travelling backwards. This can be done from plank in a rhythmic motion back and forth.
2. As an addition to this, open up the pelvis and take the foot back towards the hip. This gives a great opening through the front of the thigh and abdominals.



Side plank (back or front leg clips)

3. Start in a modified kneeling side plank with a strong push through the supporting arm. Ensure the body is flat. (Imagine pressing up against a glass window).
4. Push the arm band up towards the ceiling and lower whilst maintaining the plank position. Aim for x20 reps.



5. Push the band overhead and simultaneously lift in the underneath waist to come into a side bend. Drive firmly through the supporting arm.
6. The progression of this can be done with the legs remaining straight.

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STANDING SERIES



Press series (upper limb clips at the front or rear)

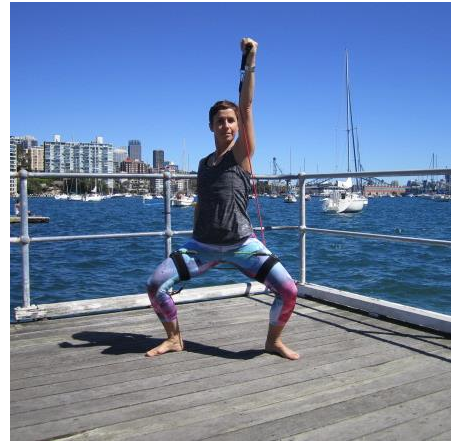
1. Start standing in a good posture, spine stacked and feet together. Press one arm up overhead. Keep the shoulders down and rib cage 'connected and heavy'. Repeat x15-20.
2. Press both hands together for more of a challenge.
3. Press and take a rear lunge with the same side leg as arm press.



Squat series (upper limb clips at the front or rear)

1. Start in an upright standing posture with feet hip width apart. Hinge at the hips and come down into a squat keeping the spine long. Keep pressing out against the bands but keep the knees, shins and feet tracking forward together in the same direction and alignment.
2. Travelling squats; progress your squats by moving to the side. Step to the left and then lower into a squat and return. Keep travelling in one direction for 5-6 squats and then travel back again.

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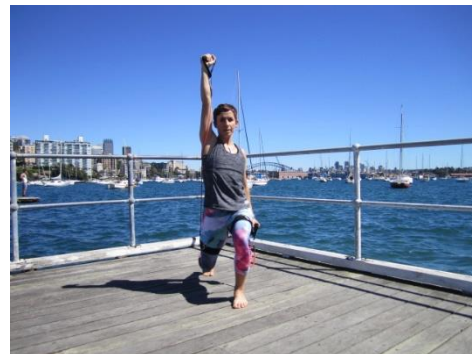
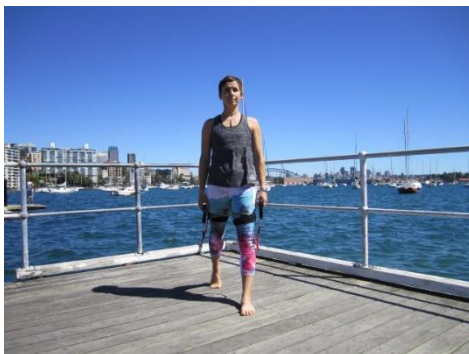


3. Sumo squat and press; start with the feet wide and turned out. With this squat aim at keeping a more upright body position.
4. From the bottom of the sumo squat, add a high reach to either the ceiling or in a forward direction.



Lunge series (upper limb clips at the rear)

1. Side lunge and sword draw; start with the feet wide, left foot turned out. Lunge towards the left keeping the right leg straight. Hold the upper limb band in the left hand and draw it across the body and high as if drawing a sword from the hilt.
2. Use the right arm and press the band up towards the ceiling whilst lunging to the left. After 1-15 repetitions repeat on the other side.

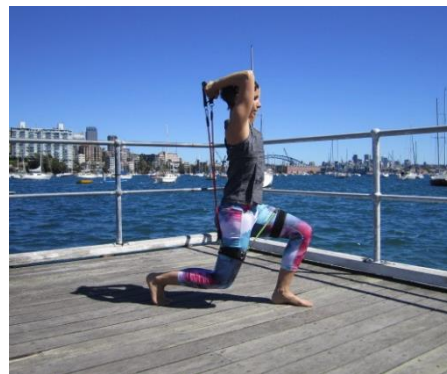
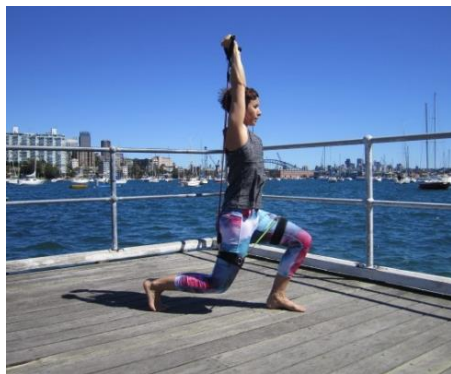


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3. Forward lunge variations; start with the feet split stance and facing forward. Practice going into a deep lunge. (Imagine aiming to kneel upon the floor).
4. One arm press; use the band that is attached to the rear leg. As you lunge down press up high with the band with the same side arm.



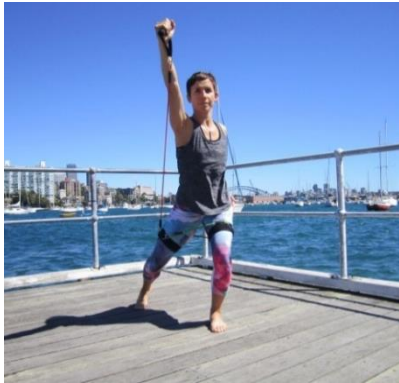
5. One arm bicep curl; as you lunge curl the arm forward bending at the elbow.
6. The offering; use both arm bands this time. As you lunge down reach both arms forwards with the palms facing upwards in a gesture of offering. Return the arms down again and repeat.



7. Tricep press; both arm straps are clipped to the rear leg strap. Start with both arms overhead and the arms bent. Watch to keep the ribs heavy and maintain a long neck. The arms may need to be held further forward if the shoulders are tight. At the bottom of the lunge extend the arms up using the triceps. Repeat up to 15 reps whilst maintaining a low lunge.

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Skater series



1. Skater; start with both feet together and a mild lean forward from the hips, maintaining a long spine. Direct a leg backwards and on the diagonal pushing out against the leg bands. Ensure the band doesn't pull your supporting leg inwards. Repeat up to 20 times on the one side or alternate left to right (imagine you are ice skating)
2. Skater and press; as your leg drives backwards, push up and forward with the same side arm. Allow these movements to occur at the same time. This can be done with the arm band in the opposite hand also.



One leg series (upper limb clips at the rear)

1. One leg stand; start with the feet under the hips and facing forward. Transfer your weight onto one leg and bend the opposite hip and knee. Aim to keep the pelvis level and the body stacked, pelvis, trunk and head. Avoid leaning over to one side. Alternate from left to right.
2. One leg stand and press; repeat as before and add an opposite arm reach.

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3. Pendular; start with the feet facing forwards and the right leg pointing back behind you on the floor. Keeping the rear leg straight, pivot at the hip joint allowing the leg to lift as the body tilts forward. Keep the body and leg in alignment avoiding bending in the middle.
4. Pendular and press; add and arm press as you hinge forward. Use the same arm as leg lengthening along the body from hand to foot.



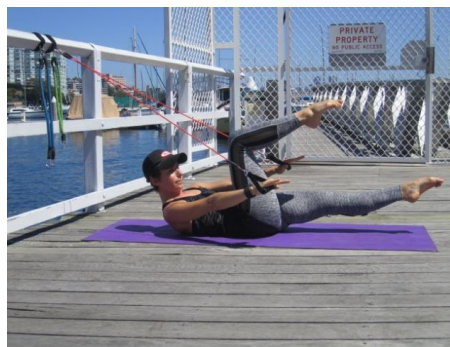
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Using the anchor point (leg straps can be used with the following exercises)

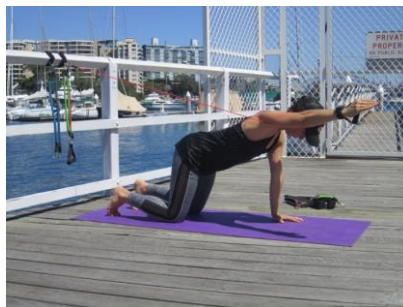
Floor work



1. Bridge and lat pull and single leg progression. This is similar to the earlier bridging series except the vector of pull comes from behind. Ensure all of the same watch points are in place (long spine, active Gluteals, level pelvis and long neck).



2. One leg stretch with lat pull. This is similar to the earlier leg stretch exercise on page 6. This time you have a pull motion with the arms instead of a push motion. Ensure all the same watch points are in place (long spine, core connection and no doming, level pelvis and long relaxed neck).



3. Kneeling plank push. This is similar to the exercise on page 9. Progress from knees on the floor for 6 reps, to a hover and press. Keep the weight between opposite hand and foot and avoid tilting or leaning.

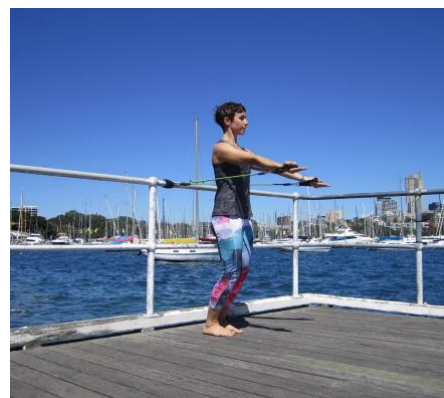
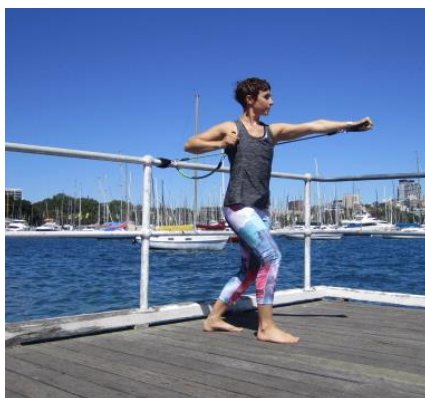
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4. Swimmers pull; face the anchor with the knees soft, spine long and shoulders broad. Draw both arms down towards the hips keeping the arms straight. This is best done on the exhale. Slowly release and repeat.
5. Add a posterior leg slide as you pull down keeping the weight on the front leg which remains bent and stable. This can be done with the leg straps in place also for an added challenge.



6. One arm row; start with feet either parallel or in split stance. Using just one of the straps, pull the band towards you and rotate the body as you pull on the band. The other hand may hold the other strap to work from left to right. Rotate to either side.
7. Take a side step or lunge and pull with the same arm. Alternate from left to right.



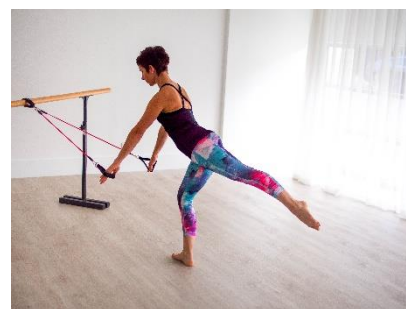
8. One arm push; set up with the band behind you, split stance or parallel and long spine. Push the band forwards and slowly release. You can also alternate arms in more of a boxing motion.
9. The offering; as with the lunge series we are driving both arms forward whilst maintaining a long spine and broad shoulders. Exhale as you take the arms forward to engage into the abdomen.

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I hope you have enjoyed using this manual. Aim to train 3-4 times a week, or maybe combine with other exercise forms.

Sally x

Adding the resistance of band-ITS to dance, Pilates, gym exercises and soccer drills is all too easy. Just strap on and continue with your normal training plan. Enhance not only the strength and stability of the hips and pelvis but now the arms also. Enjoy this full body workout.



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Further resources

Don't forget to subscribe to the Band-ITS YouTube channel for many more free videos and inspiration on how to use your new kit.

BAND-ITS

BAND-ITS is a new resistance training system that allows all users to complete dynamic movement sequences against resistance and offers t... [Show more](#)

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