

# Band-ITS



## **Band-ITS Full Body Training Programme**

**With Sally Harrison  
( Physiotherapist and Corrective Exercise Coach )**

# Contents

3	<b>A NOTE FROM SALLY</b>
4	<b>BRIDGING SERIES</b> (upper limb clips at the front)
5	<b>4 POINT SERIES</b> (upper limb clips at the front)
6	<b>SUPINE SERIES</b> (upper limb clips at the front)
7	<b>SIDE LYING SERIES</b> (upper limb clips at the back)
8	<b>PLANKING SERIES</b> – (Small Plank – front leg clips)
9	<b>PLANKING SERIES</b> – (Long Plank – no arm clips)
10	<b>PLANKING SERIES</b> – (Side Plank – back or front leg clips)
11	<b>STANDING SERIES</b> – (Press – upper limb clips at front or rear)
12	<b>STANDING SERIES</b> – (Squat – upper limb clips at front or rear)
13	<b>STANDING SERIES</b> – (Side/Forward Lunge – upper limb clips at rear)
14	<b>STANDING SERIES</b> – (Skater – upper limb clips at rear)
15	<b>STANDING SERIES</b> – (One Leg – upper limb clips at rear)
16	<b>USING AN ANCHOR POINT</b>
17	<b>THANK YOU FROM SALLY</b>
18	<b>BAND-ITS ON YOUTUBE</b>

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# A Note From Sally

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

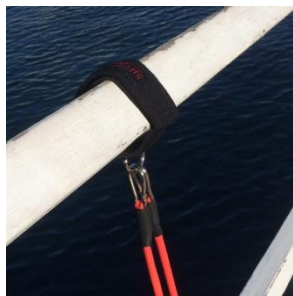
I have designed this complimentary manual to give you examples of ways to get the best out of your kit when you train.

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

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!

There are however a couple of exercises in this manual using a tether point. For the easiest setup, clip the straps to the ankle attachment and wrap around your tether point.

You can use the door jam provided in the upper limb kit. Secure it in a closed door and then attach the ankle straps to the loop in the door jam.



For leg strap attachment instructions, please review the starter video again following the link below

quick start ; <https://youtu.be/hgheBwd1NNE>

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.

## **How to use this manual:**

- Please ensure you can perform the exercises with good quality before you add the resistance bands.
- Perform a few reps without load as a warm up then strap on the kit and away you go!
- Start with a low resistance band and then progress as you become more accustomed to the exercises.
- You can pick a section to do as a standalone or add 2-3 sections together. If you have time why not try the whole programme!
- 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.

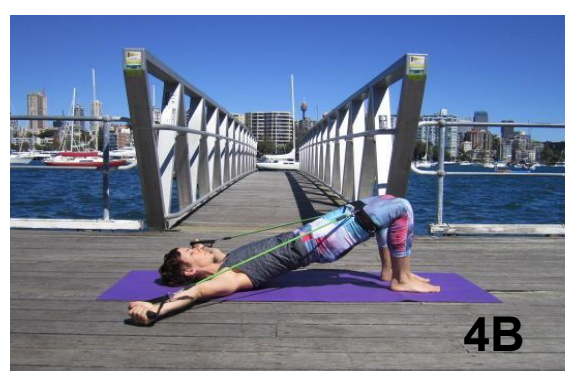
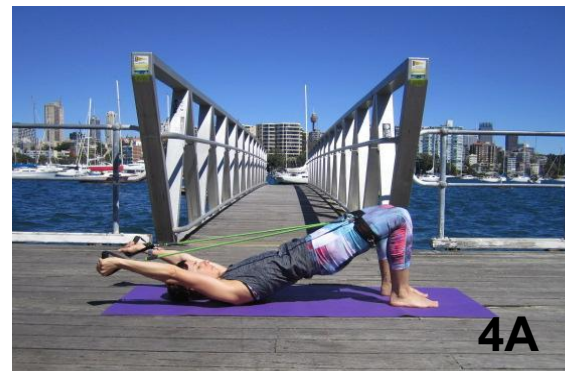
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## BRIDGING SERIES (upper limb clips at the front)



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. **A:** Keeping the spine long and shoulders relaxed and broad, lift-up using the gluteals/hips. Hold for an inhale and then lower. Repeat up to 10 times. **B:** 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.
3. 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 to assist.
4. **A:** Repeat the bridge pattern and take both upper limb bands overhead. Ensure you keep the shoulder blades drawing down towards your hips so you don't shrug. **B:** The next variation is 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

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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 with 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 avoid leaning over to one side.
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 we are aiming for a long spine, strong push through the supporting arm and a level pelvis and shoulder platform. Repeat x10 / side.

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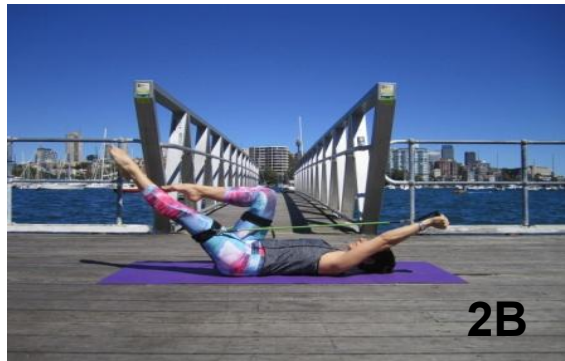
## SUPINE SERIES (upper limb clips at the front)



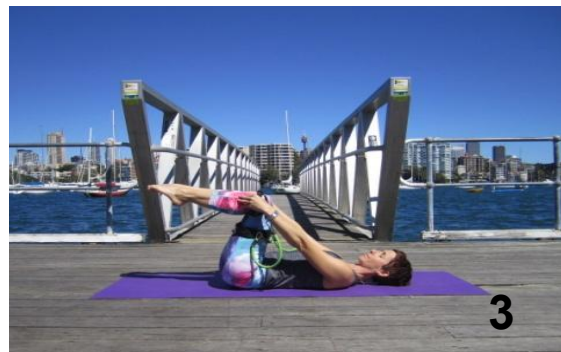
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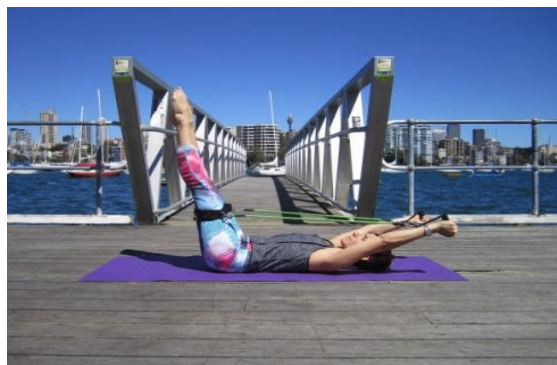
2A



2B



3



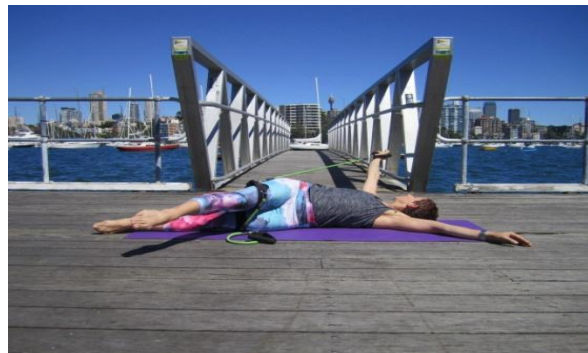
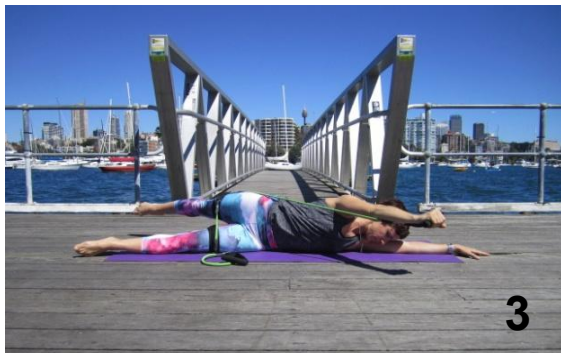
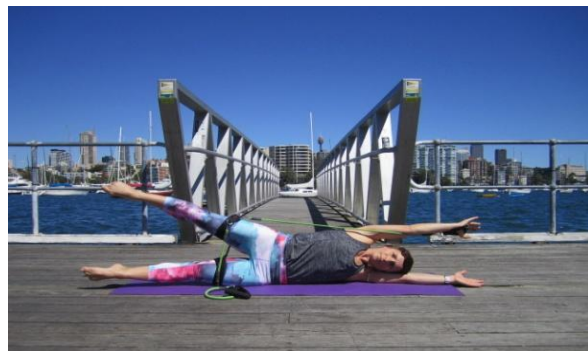
1. Set up on your back; long spine, broad shoulders and a long neck. Imagine gently pressing onto a large grape under your lower back to maintain a small curve in the lumbar spine. Activate your deep tummy and avoid any tummy doming or bulging with these exercises. The knees will start over the hips bent to 90°.
2. **A:** One leg stretch; as you exhale, lengthen one leg away from you and then return to the start. Ensure the tummy remains flat and the pelvis stays level and doesn't tilt. **B:** 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 in a flowing motion.
3. 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)



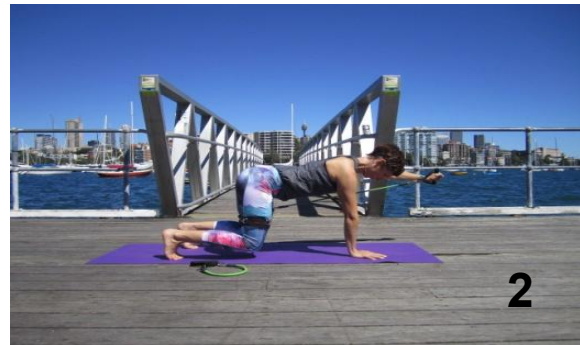
1. Double leg lift; start lying on your side with the hips stacked and the underneath waist lifted. You may want an extra towel/mat underneath the bottom hip for comfort. Connect with your deep tummy and then float both legs off the floor keeping the ankles together. Hold for 3 seconds and then lower again.
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. Add an overhead reach with the arm band. Lower the arm and then the leg and then repeat. Aim to keep the underneath leg off the ground the whole time.
3. 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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## 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. Hold for 5 seconds and lower. Repeat x6
2. Reach the arm forward holding the arm strap and return. Repeat x5-6/side  
As a progression, open the arm up to the opposite side of the attachment.
3. The whole body should open and rotate. Ensure you push strongly on the supporting arm.

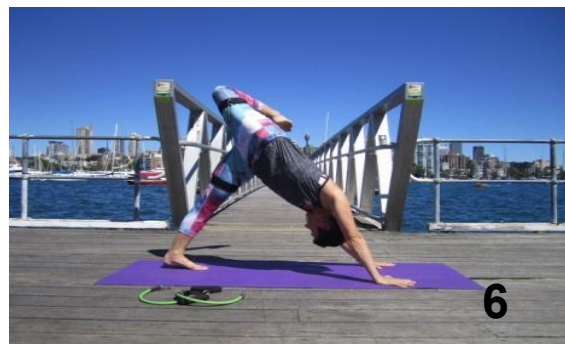
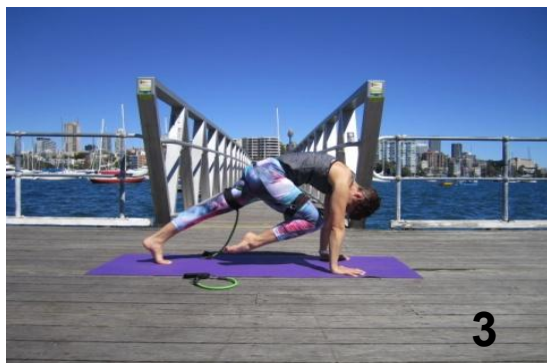
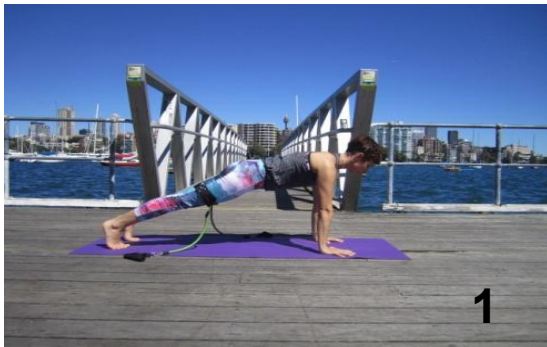
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## PLANKING SERIES



### Long plank (no arm clips)

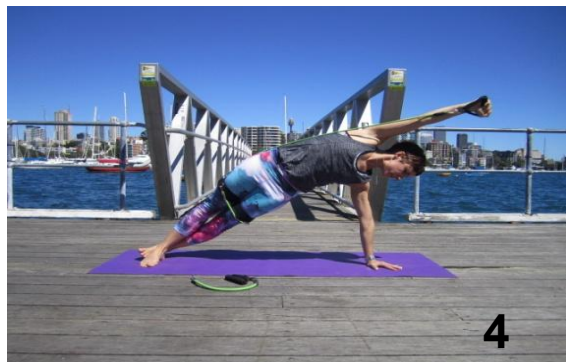
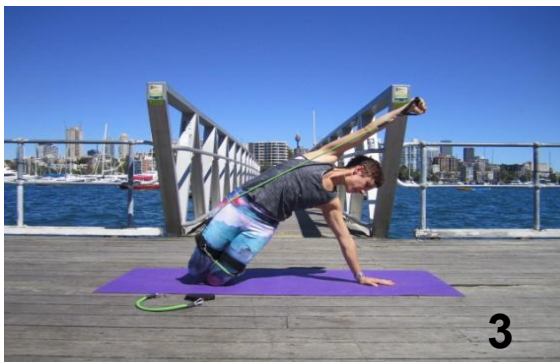
1. Start in a strong toe plank position. The spine should be long and in neutral, avoid the pelvis dropping down towards the floor. From this position you can then move into the following variations keeping the movements rhythmic and controlled. Move in and out of these positions from starting plank. 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.
5. Leg extension to 3 legged dog. Lengthen the leg back whilst keeping the pelvis level and momentum travelling backwards.
6. As an addition to photo 5, 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.

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## PLANKING SERIES



### Side plank (back or front leg clips)

1. Start in a modified kneeling side plank with a strong push through the supporting arm. Ensure the body is flat (ensure the body is flat and in a straight line).
2. Push the arm band up towards the ceiling and lower whilst maintaining the plank position.
3. Push the band overhead and simultaneously lift in the underneath waist to come into a side bend. Drive firmly through the supporting arm.
4. This is an advanced progression of 3 with the side plank on the toes and legs remaining straight.

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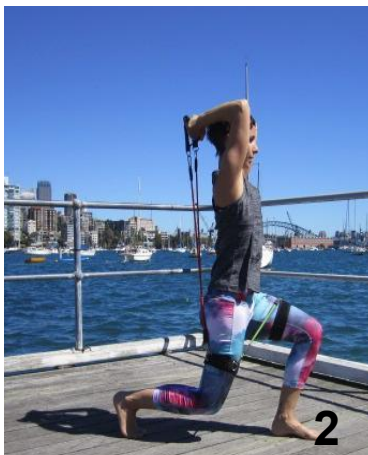
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## STANDING SERIES



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

1. Start standing in a good posture, spine stacked and feet together.  
**A:** Press one arm up overhead. Keep the shoulders down and rib cage 'connected and heavy'.  
**B:** Press both hands up together for more of a challenge.



2. 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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## STANDING SERIES cont



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

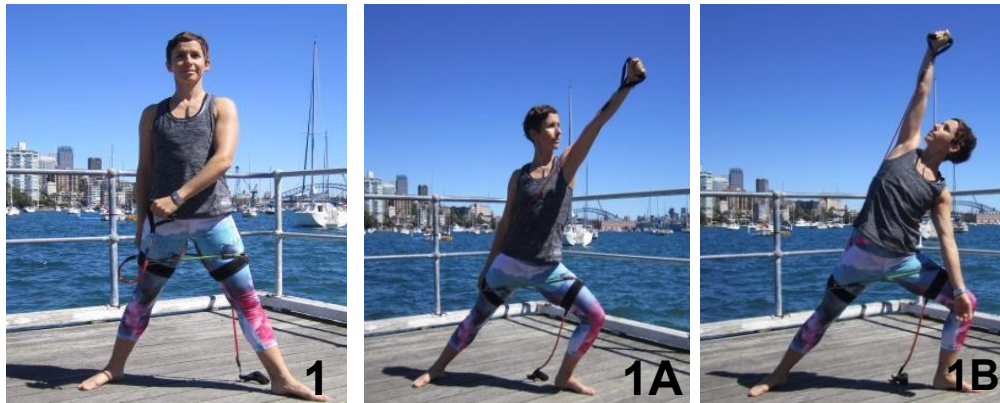
1. Start in an upright standing posture with feet hip width apart. Hinge at the hips and come down into a squat keeping the spine long. Keep pressing out against the bands but keep the knees, shins and feet tracking forward together in the same direction and alignment.
2. Travelling squats; progress 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.
3. Sumo squat and press; start with the feet wide and turned out. With this squat we are aiming to keep a more upright body position.  
**A.** From the bottom of our sumo squat we can then add a high reach to either the ceiling or **B.** in a forwards direction

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## STANDING SERIES cont



### Side Lunge (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.  
**A:** 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.  
**B:** 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.



### Forward Lunge (upper limb clips at the rear)

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).

1. 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.
2. One arm bicep curl; as you lunge curl the arm forward bending at the elbow.
3. 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.

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## STANDING SERIES cont



### Skater series (upper limb clips at the rear)

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 upper limb band in the opposite hand also.

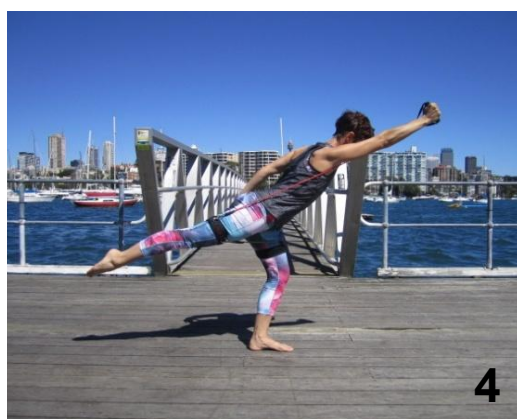
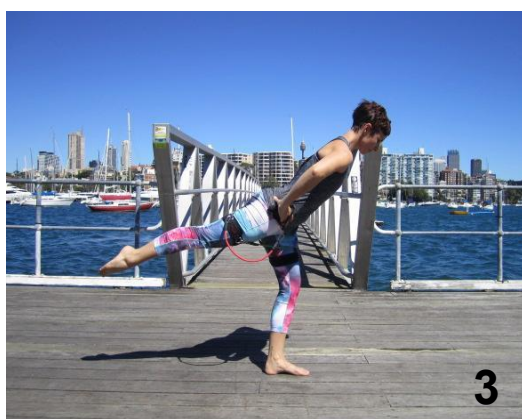
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## STANDING SERIES cont



## 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 with the band.
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.

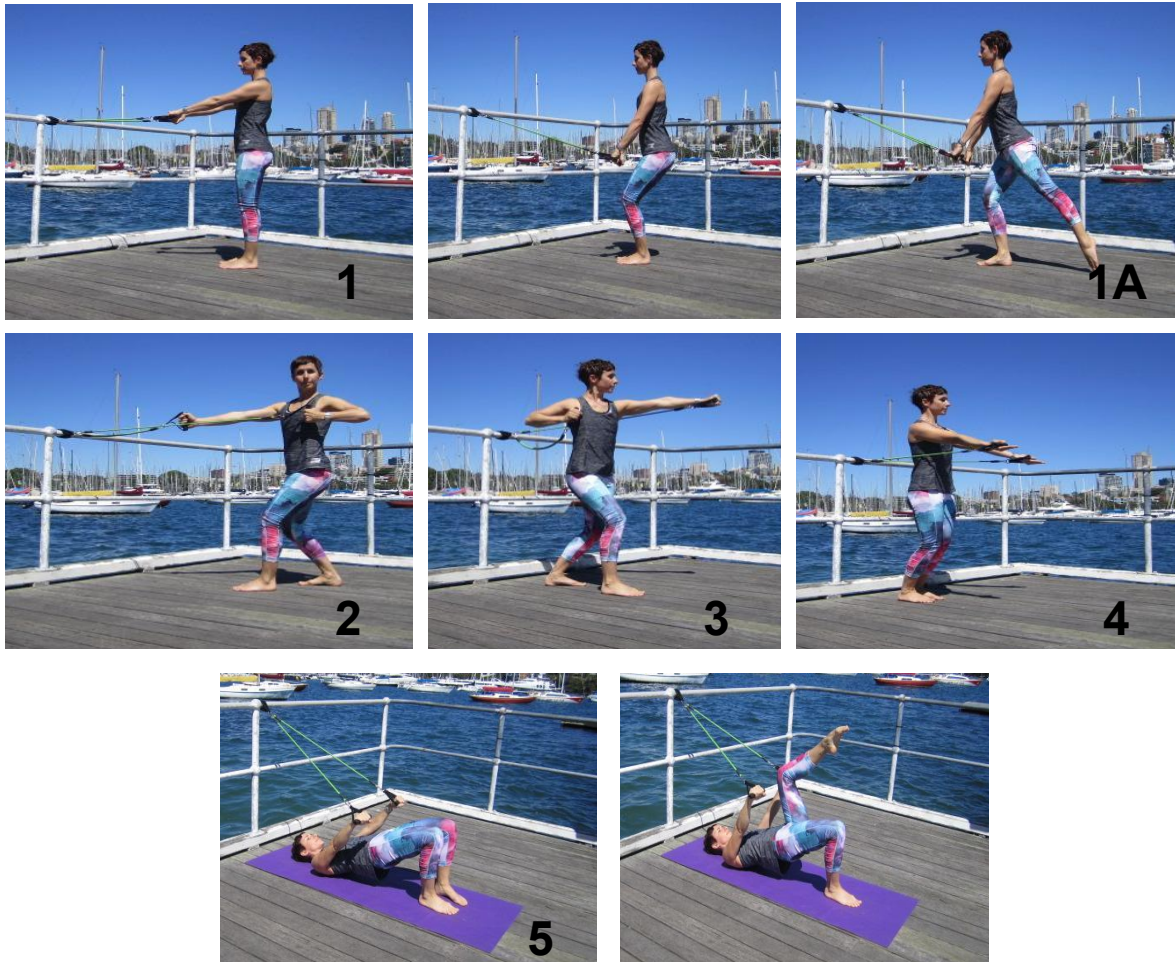
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## USING AN ANCHOR POINT

(leg straps can also be used with the following exercises)



(You can use the ankle strap from the upper limb kit to attach the upper limb bands to a pole or barre. Alternatively use the door jam or the leg straps for a wider pole or door).

1. 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. **A:** 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.
2. 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.
3. One arm push; set up with the band behind you, split stance or parallel and long spine. Push the band forwards and slowly release. Again you can alternate arms in more of a boxing motion.
4. 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.
5. Bridge and lat pull / single leg; this is similar to the 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 )

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I hope you have enjoyed using this manual. Remember **Band-ITS** can be added to any of your current training plans without any restriction.

Adding the resistance of **Band-ITS** to dance, pilates, animal flow 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 also the arms.

Enjoy this full body workout!



## Sally Harrison

( Physiotherapist and Corrective Exercise Coach )

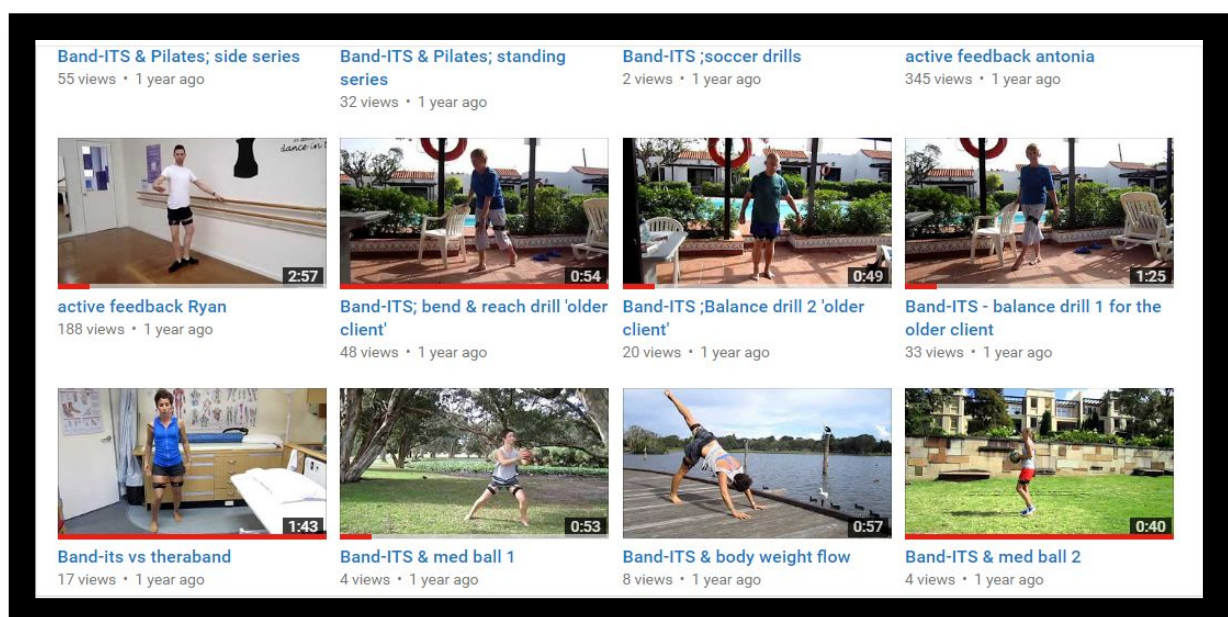
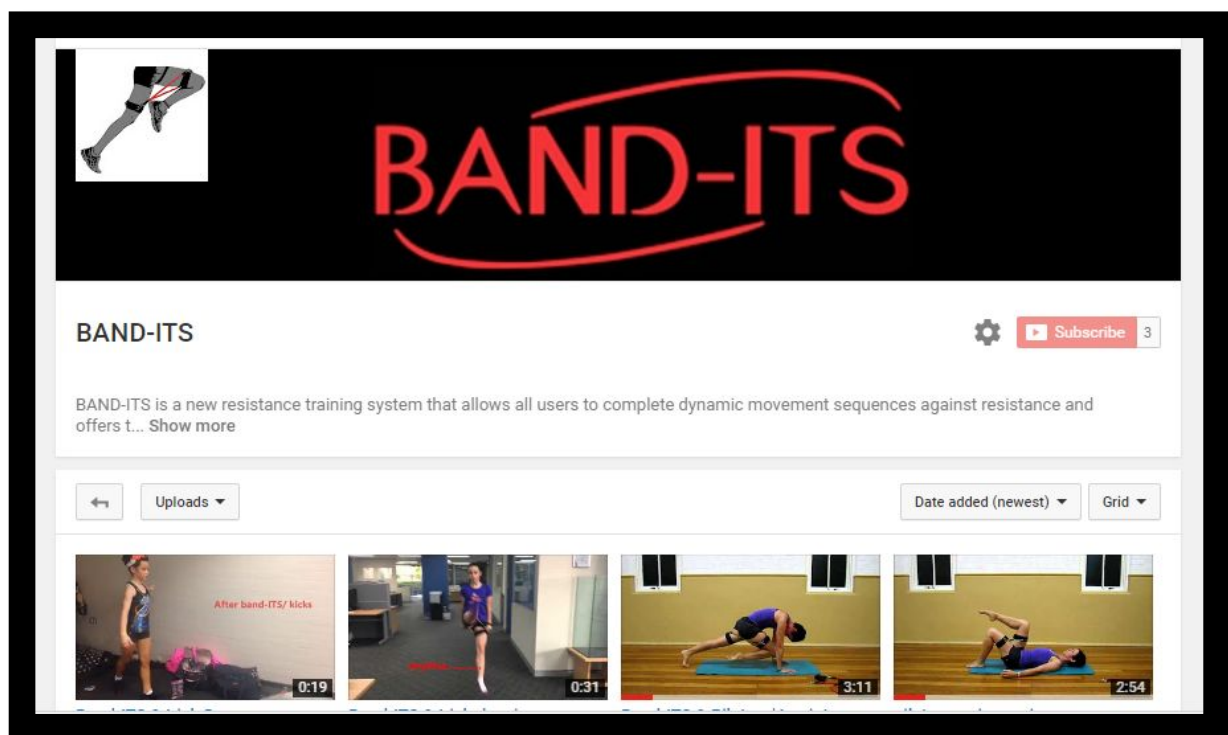
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