

Resistance Band Tips for Body Conditioning

Tips for effective and safe workouts using Tubing or Stretch Bands

- **Band selection:**
 - Strength or resistance of tubing choice needs be based on your level of strength, ability to stabilize core, using muscle intended and your goals
 - Strength varies may need different color for upper and lower exercises
 - Make sure it is in good condition before you use it(no rips, tears or excessive stretch along the band at rest)
 - Do not use bands which have been tied together
- **Create tension level** with your band choice
 - Keep the tension constant throughout the entire **Range Of Motion(ROM)**
 - No excess slack between the start point and endpoint of the movement
 - Pre-stretch applied to the band can increase the resistance level
 - Do not allow the band to stretch beyond 2x its resting length
 - *Reduce resistance tension of band or color if you experience excessive discomfort or strain near or at any joint or can't go through the full ROM*
- **Gauging the Resistance level:** Is it right for you? The resistance should be enough to complete 10 to 15 repetitions through the full range of motion (ROM)with the first 3 or 4 fairly easy and the last three or so of those repetitions should be somewhat harder to hard to complete. When 15 repetitions is too easy then consider increasing the start tension or changing to a stronger resistance band.
- **Control the resistance level** throughout the entire ROM
 - Especially on the return phase
 - Recommended return phase 2 to 4 seconds
- **Intensity Level of band:**
 - **RED** considered less intense a good beginner level
 - **GREEN** considered more intense than red an advanced beginner level
 - **BLUE** considered more intense than Green an intermediate level
 - **BLACK** considered to be more intense than blue an advanced intermediate level
 - **SILVER** considered to be more intense than black a very advanced level
- **Stability Stance** with tubing under arch or ball of foot depending on exercise:
 - **Novice:** stand in a small stride stance and feet are about hip width apart
 - **Intermediate:** stand in a narrow square stance (feet at or slightly inside hip width)
 - **Advanced:** Stand in a wide square stance (feet just outside hip width)

