

## Band Workout

- Quality over quantity
- Allow the arm to do the work
- Maintain proper technique throughout the set
- Keep pace under control
- Keep arm, body, and mind relaxed
- Maintain fluid breathing pattern
- Make it challenging, but not too difficult:
  - Walk toward fence to reduce resistance
  - Walk away from fence to increase resistance

- **Over-the-head Forearm Extensions**

- BE SURE to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle.
- Elbows stay stationary
- Palms extend forward



- **Side Extensions**

- BE SURE to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (*not round*) the side
- Extend from back hip through fingertips



- **Diagonal Extensions**

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips



- **Forward Flies**

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other



- **Reverse Flies**

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still



- **Elevated Internal Rotation (Alternative)**

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (*wrist over elbow*)
- Keep elbow as stable as possible



- **Internal Rotation**

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip



- **Elevated Internal Rotation**

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip



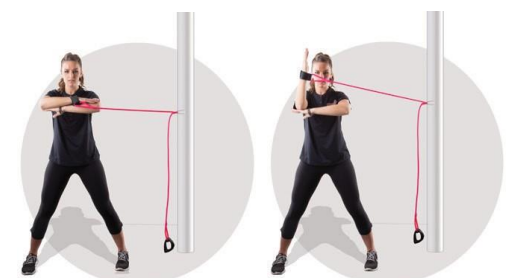
- **External Rotation**

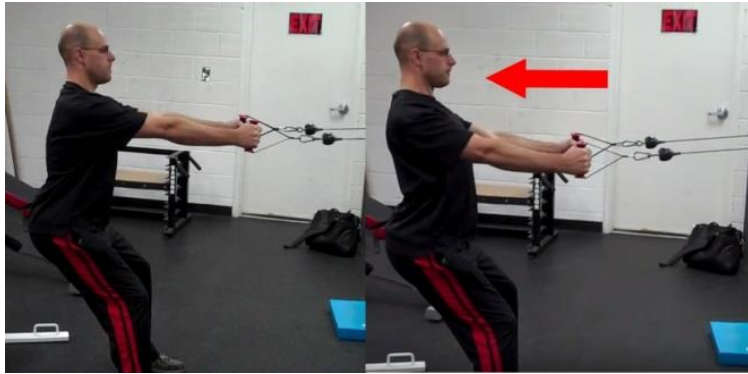
- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders



- **Elevated External Rotation**

- Clip at shoulder height
- Same as Internal Rotation in opposite direction





**Scap retraction – 10 reps**  
**Clip at chest height**

With arms straight and the scaps completely protracted, pull them back and try to pinch them together while keeping arms straight. Return to full protraction.



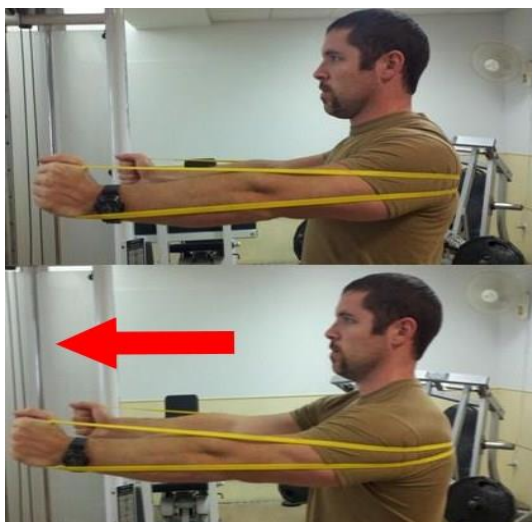
**Face pulls – 10 reps**  
**Clip at chest height**

Hold bands in front with straight arms and tension in bands. Keeping elbows above hands, retract scaps and pull hands towards face. Extend arms and repeat in slow, controlled fashion for specified reps



**Band pull aparts – 10 reps**

**Hold band at chest height.** Stand tall with your abs and glutes tight, keeping a flat back. Hold a band at arm's length straight out with your palms down and hands shoulder-width apart. Pull your hands away from each other and stretch the band toward your chest, moving your arms before you pinch your shoulder blades together. Stop when the band is at your chest and your arms are straight out to the sides. Pause for a second; take care not to drive the scapulae "down and back" too aggressively.



**Scap protraction – 10 reps**  
**Clip at chest height**

Stand tall and extend arms. Keeping the arms straight and using the scaps only, reach forward as if reaching to hug someone.



**Reverse Throwing – 10 reps**  
**Clip at waist height**

Take arm in reverse direction maintaining the same arm and arm slot.



**Shoulder Extension – 10 reps**  
**Clip at waist height**



**Shoulder Raise (Flexion) – 10 reps**  
**Clip at waist height**