

Resistance Band Program for Runners Emphasis on Low Back, Core, and Hips

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Do All Exercises for:
Sets: 2-3
Reps: 15-20
Ask for Assistance if Needed



Resisted Pushup
Making sure band is tight around shoulder blades, perform regular pushup using hands as the band anchor.



Seated Rows
Wrap band around feet with legs extended. With each hand, pull towards chest trying to squeeze shoulder blades together.



Pullthroughs
Anchor band to secure object. With legs and hips slightly bent and back straight, pull band through legs up to chest height.



Squat to Shoulder Press
Standing on band, pull band up to shoulder height. Lower body to squat position (legs parallel with floor). Raise. Press hands up above head bringing them together.



Bicep Curl
With band anchored by feet, curl band up underneath chin.



Tricep Kickback
Anchor band into secure position. Keeping elbow in close to side and being slightly bent at waist, extend arm behind body.



Lunges- Place band underneath lunging foot. Lower back knee towards ground staying on the ball of your foot. Return to starting position.



Side Raises
Wrap band around ankles and raise outer leg up. Repeat with inner leg.

Resistance Band Program for Runners

Emphasis on Low Back, Core, and Hips



Good Mornings
Place band underneath feet and behind neck on upper shoulders. Bend from the waist until parallel with ground and return to starting position.



Ab Crunch on Ball
With band secured to a low attachment, hold handles just behind ears and perform a normal crunch while lying on stability ball.



Woodchops
Attach band to a low attachment. Holding the handle with both hands, make a diagonal movement from your right ankle to over and above your left shoulder.



High Kicks
With band under one foot and over the knee of the opposite leg at 90 degrees, raise knee upwards towards ceiling.



Toe Presses
Wrap band around foot and add desired resistance, press toes towards ground.



Double Crunch
With band attached securely behind head, hold handles with both hands. Then slowly move hands towards your knees while also bringing your knees inward toward hands.



Single Leg Pulls
With band attached securely at waist level, stand on one foot and pull with opposite hand towards body.

