

# General Resistance Band Program

By Doug Long

B.S. Exercise Physiology, HFI

Pick 8-14 Exercises Working  
All Major Muscle Groups  
Sets: 2-3      Reps: 12-15

Levels of Resistance (Theraband)  
Tan, Yellow, Red, Green, Blue,  
Black, Silver, Gold



**Chest Press**  
With band behind upper back, press band out away from chest. Can be done lying or standing.  
Alt.  
Exercises: Pullovers, Resisted Pushups



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



**Reverse Flys**  
Standing on a criss-crossed band, pull bands out to sides to shoulder level trying to squeeze shoulder blades together.  
Alt Exercise: Incline Lat Pulldown



**Flys**  
With securely attached band at shoulder level, keeping arm straight, bring band across body until arm is straight in front of chest.



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



**Bent Over Rows**  
Standing on band and bending over at the waist keeping back straight, row band up to chest or belly button to work a different part of back.  
Alt. Exercise: Lat Pulls



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



**Front/Side Raises**  
 Standing on band, raise band up to shoulder height either in front or to side of body.  
 Alt. Exercise: Reverse raise



**Upright Rows**  
 Standing on band, start with arms completely extended down in front of body and row upwards to shoulder height.  
 Alt. Exercise: Shrugs



**Internal/Ext. Rotation**  
 Keeping elbows in close to side, move forearm away from center of body(ext.) or in towards center of body(int.) making sure to keep elbows locked.



**Bicep Curl High Curl**  
 With band anchored by feet, curl band up underneath chin or curl band towards head from an extended arm position.  
 Alt. Exercise: Hammer Curls or Concentration Curls



**Skull Crushers**  
 Lying on ground with band underneath shoulders, start with forearms parallel with ground and extend arms upwards above head.  
 Alternate Exercise: Pressdowns, Overhead Extensions



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



**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.





**Glute Raises**  
 Holding band in hand for an anchor, wrap band around same foot. Keeping leg at 90 degrees, raise leg up and out away from body.



**Twists**  
 Attach band in secure position at chest height. Twist from side to side holding band with both hands and moving arms, keeping them straight, from side to side.



**Around the Worlds**  
 Attach band securely to a low post. Raising arms above head, move arms to waist level on each side.



**High Kicks**  
 Wrap band around upper foot and anchor with hands outstretched in front of head. Kick leg up towards head and return slowly to starting position.



**Squats**  
 Standing on band, pull band up to shoulder height. Lower body to squat position (legs parallel with floor). Raise and Repeat.



**Skiers**  
 Wrap band around ankle and keeping band tight, take diagonal steps forward or backwards. Alternate Exercise: 4 Way Hip, Side Steps, Leg Raises



**Leg Curls**  
 Secure band. Lying on ground, wrap band around ankle and by keeping tension, curl the band up towards glutes.