



Resistance Band Exercises

The exercises provided here are for general information only and should not be treated as a substitute for professional supervision or advice. By following these exercises you agree to do so at your own risk. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional. The Police Treatment Centres can not be held responsible for any injuries which may occur as a result of these exercises.

The small looped bands have four levels of resistance.

Yellow is the easiest / weakest level of resistance, next Red, then Green and finally Blue is the hardest / strongest level of resistance.

Different exercises may require different coloured bands, just because you have one colour for an exercise does not mean you have to always use that colour. Some movements are harder to perform therefore an easier/weaker resistance will be more beneficial. The use of a harder/stronger resistance band will cause the movement to become compromised and potentially harmful.

Banded exercises can vary from static to dynamic movements and from a standing position or a lying position. Band placement can also vary from ankle and calf, to a higher position above the knee at the base of the thigh.

Squat—band increases gluteal activation, lower limb strength and encourages correct alignment of the lower limbs.



- Place the band above the knee, at the bottom of the thigh.
- Feet hip to shoulder width apart, toes pointing forward.
- Weight through the back of the foot towards the heels.
- Turn headlights on, find the neutral position for your hips/pelvis.
- Perform a squat action, by initiating the movement with the hips, sending the hips back to sit on an invisible chair. Keep heels flat to the ground. Don't let your knees buckle in.

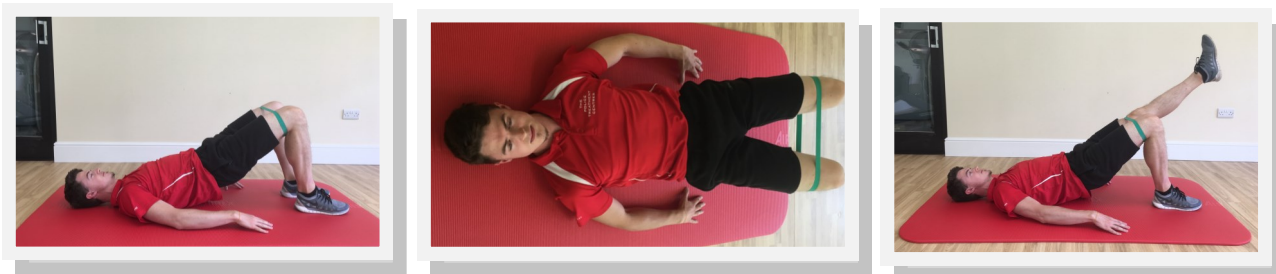


3-Point Touch—increases gluteal, quadriceps, hamstring and adductor activation. Develops balance.



- Place a band around both ankles.
- Start with feet hip width apart. One leg is the balancing/standing leg. The other leg is the moving. A knee bend is optional.
- The moving leg touches forwards, sideways and then behind. After each individual touch the foot returns to hip width stance. E.g. touch forward return to stance then touch sideways and return to stance.
- Make the movement as controlled and smooth as possible, do not rush..

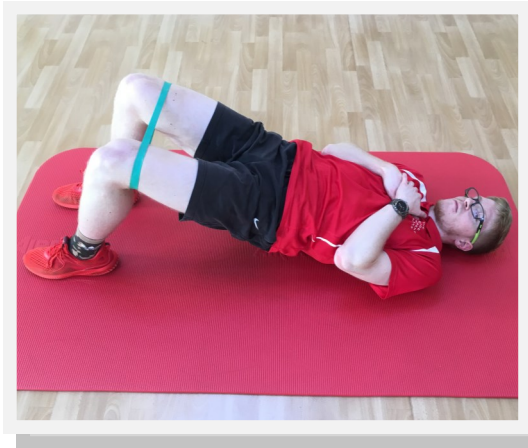
Shoulder Bridge—increase gluteal and hamstring activation.



- Place a band above knees on base of the thighs.
- Lie on your back, feet hip width apart, bend your knees into 'A' frame shape.
- Lift the hips off the ground, keep a soft hip so not to overextend the joint.
- Either hold this position or try repetitions. Allow the hips to sink to the floor without touching the ground then lift the hips back to starting position.
- To add further difficulty, try a one legged bridge. Set up in the same bridge position and extend one leg, so you balance on the opposite leg. Perform the same bridge holds or dips depending on your ability. Keep the hips balanced throughout the exercise.

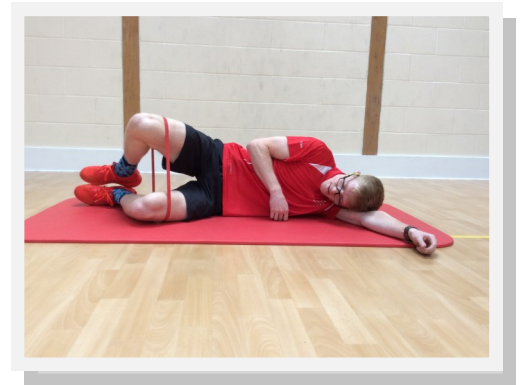
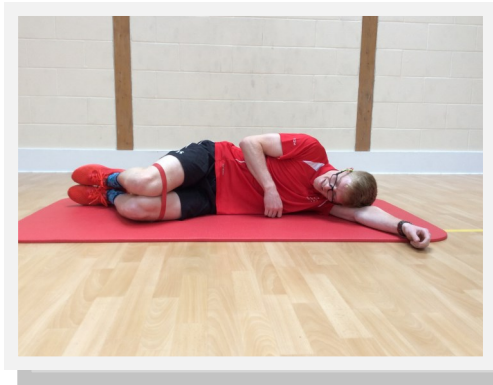


Shoulder Bridge-Hip Twist—increased gluteal and hamstring activation and hip mobility.



- Same set up to the Shoulder Bridge exercise., place bands above knees on base of thighs.
- Lift hips slightly off the ground.
- Keeping hips up and spinal position, with one leg lower the knee outwards to maximum range. Then pull the knee back inwards to the starting position.
- Maintain position with the other leg, do not allow the knee to buckle inwards.

Resisted Clam—strengthens glutes and increases posture muscle activation



- Lying on your side with a bend in the knees and the heels are inline with your glutes and back. Feet and knees together (top knee may overlap).
- Band is around ankles (easier) or thighs (harder).
- Keeping feet together lift the top knee up towards the ceiling, control the return back down.



Hamstring Curl—Holding (Isometric) - hamstring activation and strengthening exercise



- Lie on your front (stomach), place the band around one foot and around the opposite ankle.
- The band around the ankle is the anchor point, the band around the foot is the working leg.
- Bend both knees to roughly 90°, so feet are off the ground. Keep the working leg in the air and lower the anchor leg to the ground. Try to hold this position for 10-30 seconds.
- Avoid arching lower back, if needed place a pillow below the hips. Avoid rolling hips, so one hip is higher than the other. Also try and keep knees on the ground.

Hamstring Curl—Concentric and Eccentric (Isometric) - hamstring activation and strengthening exercise



- Same set up as previous hamstring curl. Band around one foot (working) and opposite ankle (anchor).
- Keep anchor on the ground. Curl the working leg up, taking the heel towards the bum in a smooth controlled action.
- Slowly lower the leg back towards the ground, repeat the action for as many repetitions as desired.
- Avoid back arching, hip rolling and / or knee lifting.



Step Overs—Hip mobility, gluteal, abductor and adductor activation.



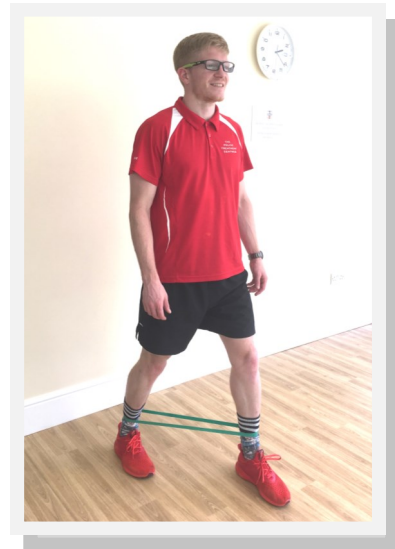
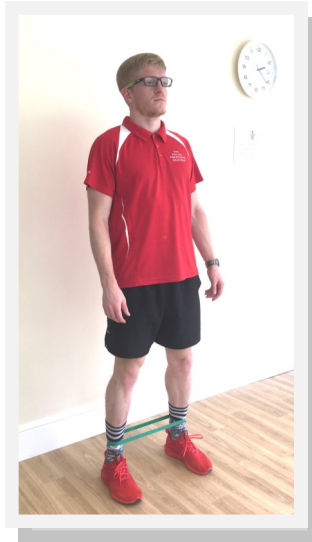
- Stand in a hip to shoulder width stance. Band in preferred position.
- Bring one foot in towards the other leg, without touching the floor return the leg to the starting position. Then repeat the action with the opposite leg.
- Imagine a brick is between your feet and you are lifting your foot over and around the brick each time.
- Control the movement, don't allow the band to pull the feet together.

Bounding Step Overs—increased impact. Hip mobility and gluteal, abductor and adductor activation.

- Same movement as Step Overs. Same stance width.
- Try to move quicker between steps, with the foot leaving the ground when the other foot lands.



Monster Walk—Hip mobility, gluteal, quadriceps and hamstring activation.



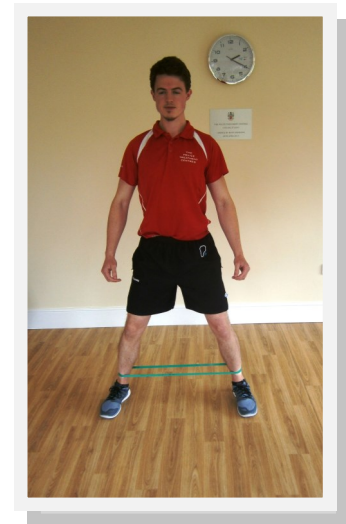
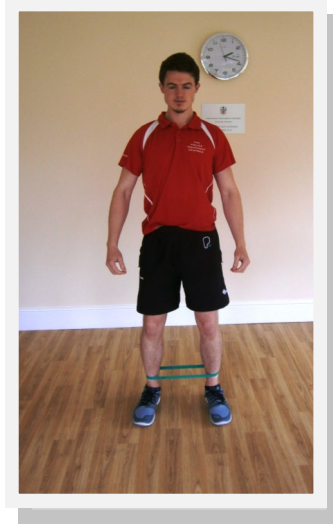
- Start with feet hip width apart, natural stance.. Band in preferred position.
- Step right foot forward, keeping hip width stance.
- Bring left foot in to line with the right leg.
- Step left forward, keep hip width stance.
- Step right forward to bring feet into line.
- Set a distance and walk forwards, don't turn around as you can walk backwards also.

Diagonal Steps—hip mobility, gluteal, quadriceps and hamstring activation

- Combine step overs with monster walk.
- Start in hip width stance.
- Step right foot forward, but outwards into a shoulder width stance.
- Step left foot forwards towards the right foot. Don't touch the floor and carry on moving the left foot forwards and out to a shoulder width stance. Think wax on, wax off movement.



Crab Walk—gluteal strength and activation. Hip mobility.



- Start with a hip width stance, So there is a bit of tension in the band.
- Take the lead leg outwards to a shoulder width.
- Bring the second leg into the lead leg, keeping tension on the band. Control the step, don't allow the band to pull the leg in.
- Once distance is completed, don't turn around, keep facing the same way and repeat in opposite direction.
- Avoid shoulder rocking, keep the upper body relaxed and in the same position.