

Resistance Band Training Recommendations

Please read before training with resistance bands. Following these guidelines will ensure your safety and will help prolong the life of your bands.

1. Do not stretch a single band greater than 1 ½ - 2 yards past its own length. Doing so will increase risk of damaging the band. If you want to be able to stretch bands further, link bands together. Over stretching also promotes tight knots that are hard to get out and damage the integrity of the band.
2. To help avoid over stretching bands, set training distances and monitor participants. Frequent over stretching is a good indication that the participant is getting stronger. Consider moving to stronger bands.
3. Marking training distances with cones, tape or some other visual marker is a good way to prevent over stretching and helps keep the participant focused on the drill.
4. When attaching bands to a structure, make sure it has a round, edge-free surface. This will help prevent the bands from tearing. Also, make sure the structure is secure, like a metal pipe attached to a wall.
5. Attaching bands together will give you variety in resistance level and movement options. Always choose the appropriate combination of bands.
6. Mixing band sizes when linking bands together can cause an overload on the smaller bands. There are set ups where it is acceptable to link 2 smaller bands to a larger one (like in the 2-band to 1 shoulder attachment).
7. Taking bands apart after training will prolong the life of the band by allowing the latex to relax from the tension it was placed under during training. Always make it a habit to unlink bands after use.
8. Flexibility is an important part of training. Make sure to follow the appropriate warm-up and cool-down programs using the appropriate band.
9. When performing partner drills, it is recommended to pair up participants with similar size and physical ability. This ensures the safety for each partner and helps prevent damage to the bands.

For any questions or concerns please contact us at support@advancedfitnessandwellness.com