

J.C. Band Progressions

By
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Bands are one of the most useful tools in our facility, the Institute of Human Performance (IHP). I designed the JC Bands for Perform Better so that you could use it in a door, or wrap it around any piece of gym equipment. I needed the Tubing to be durable enough for my clients and strong enough for my athletes. At IHP we want a “JC Band” within a 10’ radius from anywhere on the workout floor.

MF distributes a variety of Lifeline band products that will really kick your workout into another gear. To assist MF in its educational efforts, OPS has produced the most comprehensive Band and Pulley Training video set on the market today. These videos will open up your eyes to the wide array of training techniques that you can use with various bands and pulley products. Let’s take a look at some of the basic exercises you can perform with the “JC Bands.”

5 Minute Warm-up

- 1) Walk/run progression (use a weightlifting belt to attach to waist)
30 seconds - 1 minute in each direction
March, jog or run (depending on your level of fitness)
✓ Start with Sagittal Back pull



- 2) Lunges (can try any plane)
✓ Start with a Front Sagittal Pull
✓ Diagonal Frontal Pull
✓ Rotational Transverse Pull
✓ 3 sets of 10 –15 per leg



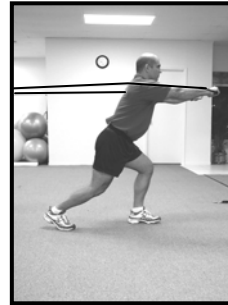
3) Standing Pulls

- ✓ Start with a Simultaneous Pull on 2 feet
- ✓ Alternating Pulls on 2 feet
- ✓ Simultaneous Pulls on 1 foot
- ✓ Alternating Pulls on 1 foot
- ✓ 3 sets of 10 –15 per leg



4) Standing Press

- ✓ Start with a Simultaneous Press
- ✓ Alternating Press
- ✓ 3 sets of 10 –15 per leg



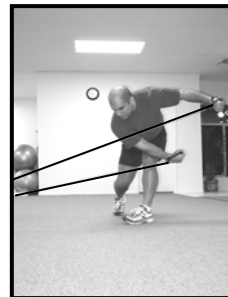
5) Standing PNF Extension

- ✓ From bottom up
- ✓ 3 sets of 10 –15 per leg



6) Standing PNF crunch

- ✓ From bottom or mid range
- ✓ 3 sets of 10 –15 per side



Try this simple workout and you'll see improvements in the way you feel and move. You can perform this workout in succession, in sequence or as a circuit for additional cardiovascular training.

The JC Bands are a great travel partner so there is no excuse for missing workouts. They are easy to pack and can be attached to practically anything!

For more information on "Vector Training" with bands and pulleys order our "Essence of Band and Pulley Training – VOL I & II." It is the most comprehensive work on the use of band and pulleys ever produced in the fitness industry – you have our word on it! For More information and to purchase these videos call **Perform Better** at (800)-556-7464.

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