



FUNDAMENTALS

FASHENIC
STYLE

light resistance band



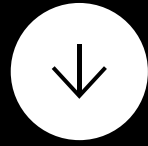


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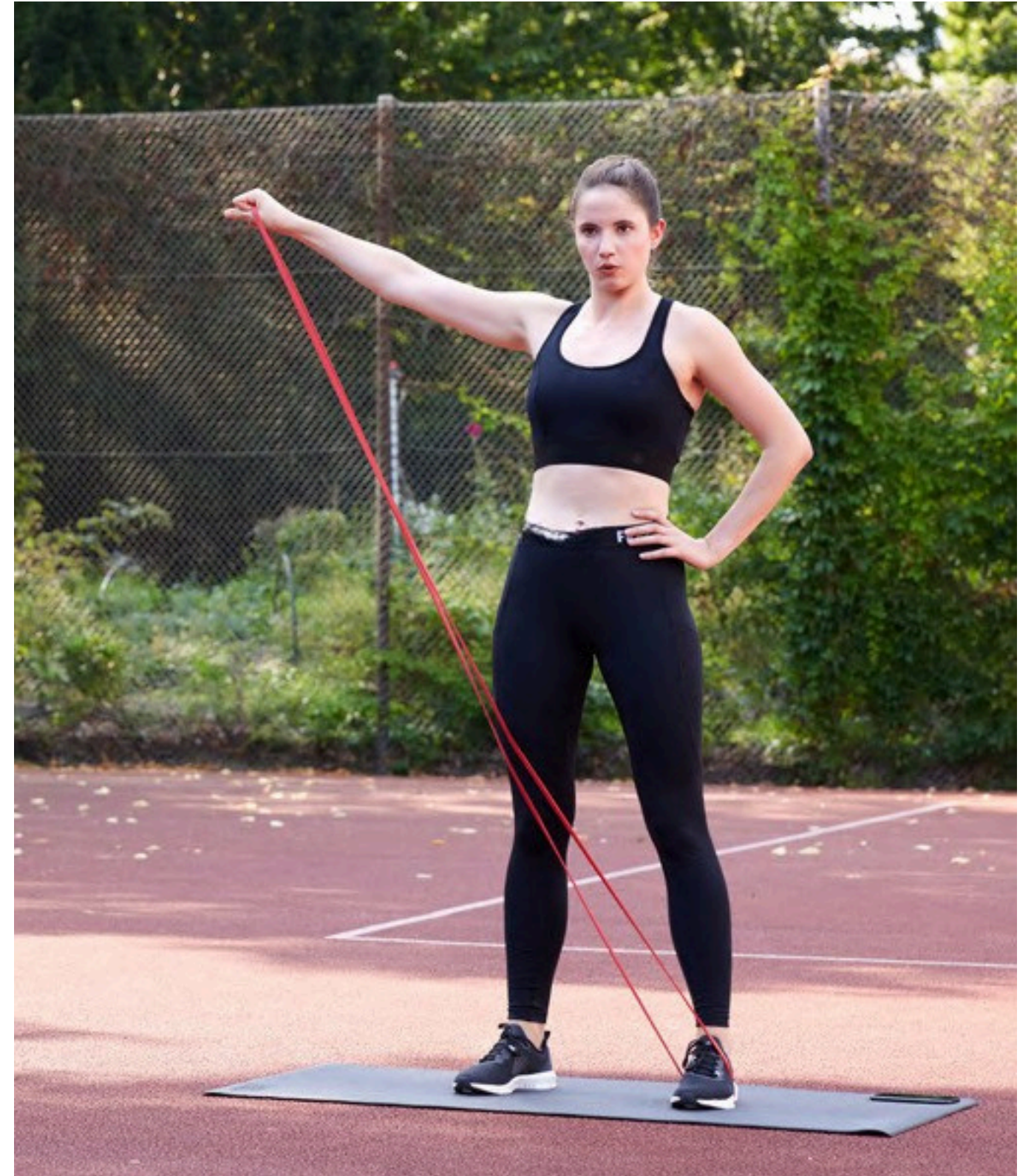
01



Introduction

Resistance bands are an excellent tool for every Free Athlete. They are versatile, lightweight, and portable—making them the perfect addition to your RainShield gym bag. While medium and strong resistance bands have already been covered, this section will focus on maximizing the benefits of light resistance bands.

Lighter bands don't necessarily mean easier exercises! While a large variety of exercises can be performed with any type of resistance bands, the inherent characteristics of light bands offer unique training opportunities that improve your overall physique and help you reach your goals. Let's dive into the various ways in which light bands can contribute to your larger fitness goals.



02



Learning: The benefits of training with light bands

Using resistance bands for warm ups and mobility

Because light resistance bands provide gentle, variable resistance, they are perfect for warm-ups and mobility exercises. Using them during your warm-up helps target and activate specific muscles that will play a key role in your training session. For mobility work, the multidirectional resistance of light bands enables you to move through the full range of motion while maintaining control and focus throughout each exercise.



02 Learning: The benefits of training with light bands

Light resistance bands to target specific muscles



Light resistance bands are useful for adding resistance to compound movements like squats, but they're also excellent for isolating specific muscles. Compound exercises engage multiple joints and several muscle groups simultaneously, requiring more energy, so they're best performed early in a workout before fatigue sets in. Isolation exercises, such as lateral shoulder raises, focus on a single joint and target one muscle. These are less demanding and can be done later in the session depending on your goals. Strengthening individual muscles with a light band can also enhance performance in compound movements—for instance, targeting weak triceps can improve your pushup strength.

Adapt the difficulty and progress to achieve your goals

Light resistance bands go beyond warm ups and mobility. They can also help you get stronger.

A key principle for successful strength training is progressive overload. Progressive overload is the act of consistently applying a tolerable increase of stress on the muscle over time.

THERE ARE THE 5 PARAMETERS OF PROGRESSIVE OVERLOAD THAT WE CAN CONSIDER AND ADJUST:

- 1. Intensity:** Lift more weight or increase the level of resistance from each training session to the next.
- 2. Volume:** You can increase the number of reps, sets, or exercises for a certain muscle group over time.
- 3. Frequency:** You can adjust the number of training sessions that you do on a weekly basis.
- 4. Tension:** You can adjust the duration of each repetition within an exercise from one training to the next.
- 5. Training density:** You can reduce the rest time between sets.

As light bands are easy to handle and adjust, each of the 5 parameters of progressive overload can be integrated into a resistance band workout.

02 Learning: The benefits of training with light bands

METHODS OF ADJUSTING RESISTANCE AND INTENSITY:

1. Reduce the length of the band when grabbing it.
2. Use only one side or the whole loop.
3. When the band is attached to a fix point, move further away from the anchor point while performing the exercise.
4. Make a knot.
5. Combine 2 bands.

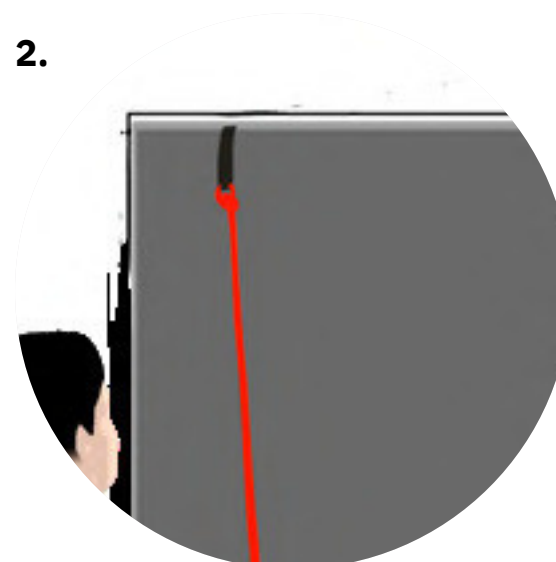
In order to measure your progress in exercises requiring an anchor point you can use floor tiles or any specific marks on the grounds to identify if you're able to complete exercises at higher resistances (i.e. further from the anchor point).

Considering the versatility and progression opportunities of light bands, there really are no excuses!

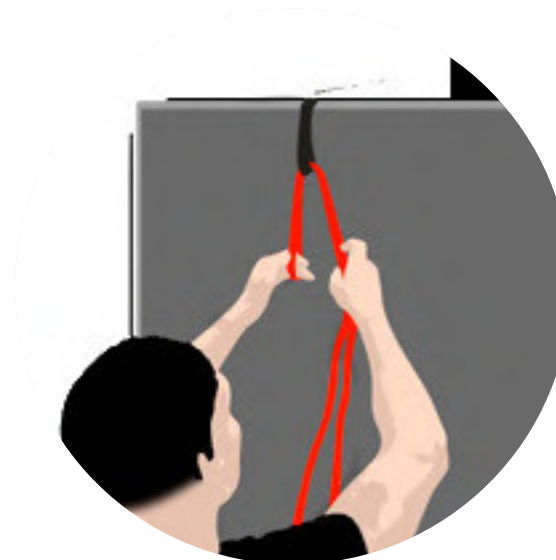
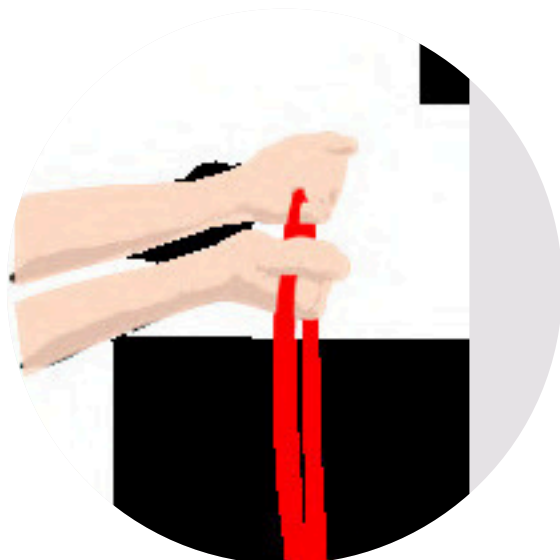
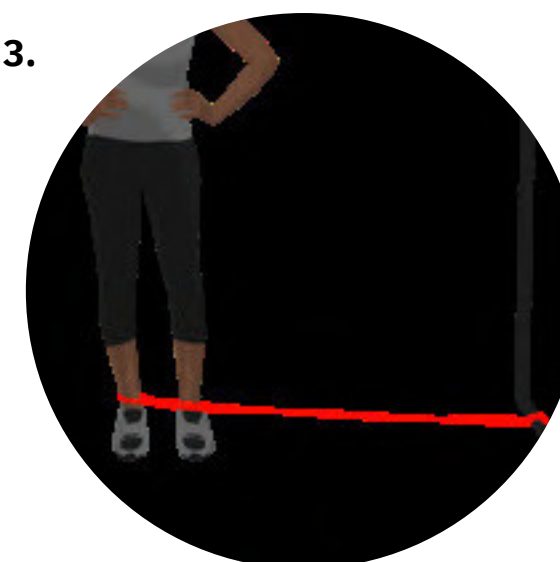
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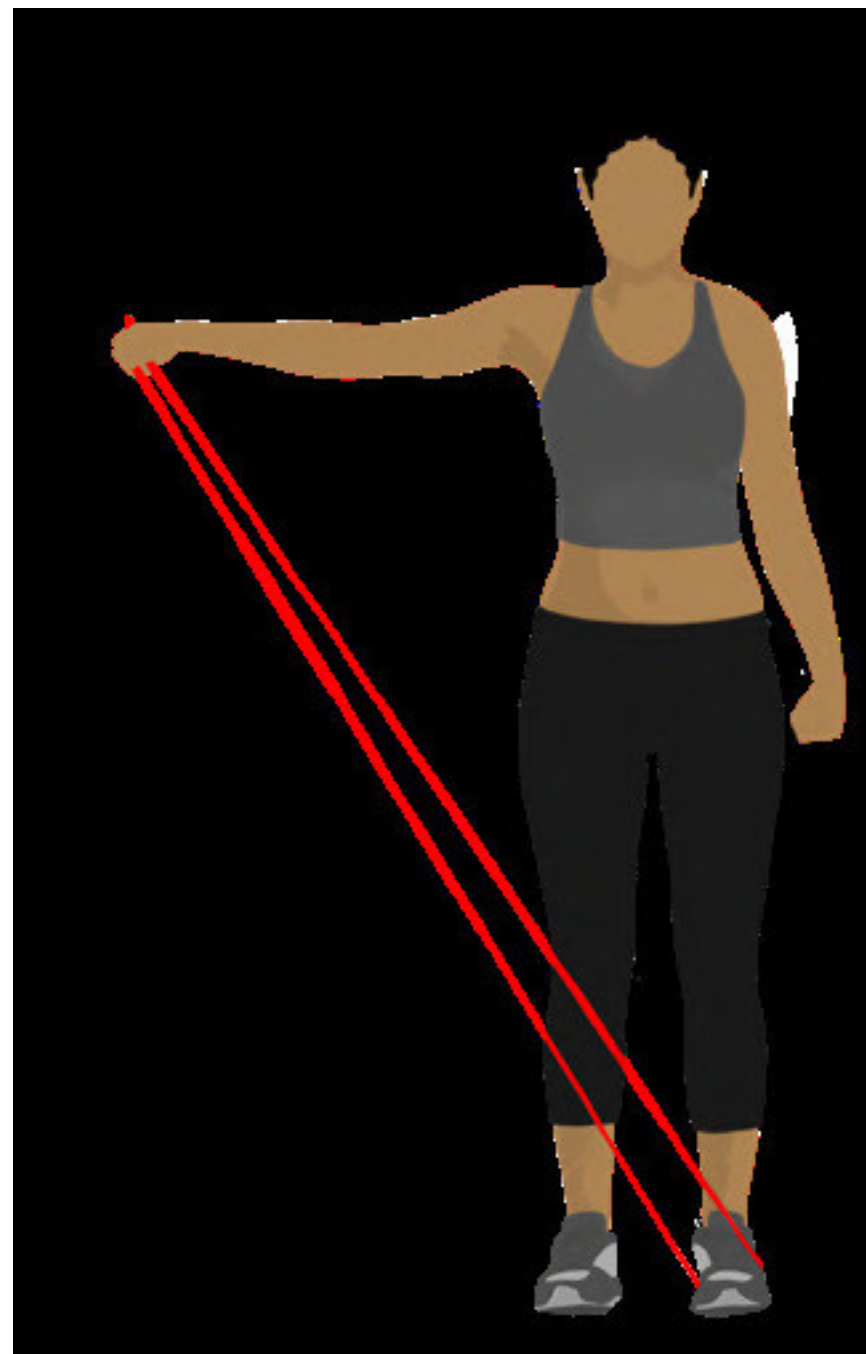


02 Learning: The benefits of training with light bands

Training one side at a time

We focus on efficiency, making the most of every piece of equipment available. Light resistance bands are excellent not only for targeting specific muscle groups but also for unilateral training, which involves working one side of the body at a time. Since most of us have a stronger side, performing bilateral exercises like squats, pushups, or pullups can allow the stronger side to compensate, completing the movement for you. Over time, this imbalance can grow, leading to greater strength discrepancies between sides.

of strength, mobility, and flexibility between the two sides of your body. This over compensation can be a source of fatigue and lead to injury. Training your muscles separately will allow you to build some strength equally on each side of your body. This will help you gain more coordination, stability, and, in the long term, more overall strength when performing any movements.



HERE'S HOW TO BENEFIT MOST FROM TRAINING UNILATERALLY:

- 1.** Begin each exercise with your less-dominant side. Adjust your band so that you can perform between 10 to 20 reps with proper technique.
- 2.** Once those reps are done, take a few seconds to breathe so that your cardio level does not impede your technique or reps when training the other side.
- 3.** Then perform the exercise with your stronger side with the same band adjustment and number of reps as for the other side. In other words, let your less-dominant side set the tone.
- 4.** Perform 3 to 4 sets with 30 to 60 seconds of rest in between.

02 Learning: The benefits of training with light bands

The final step to get that skill

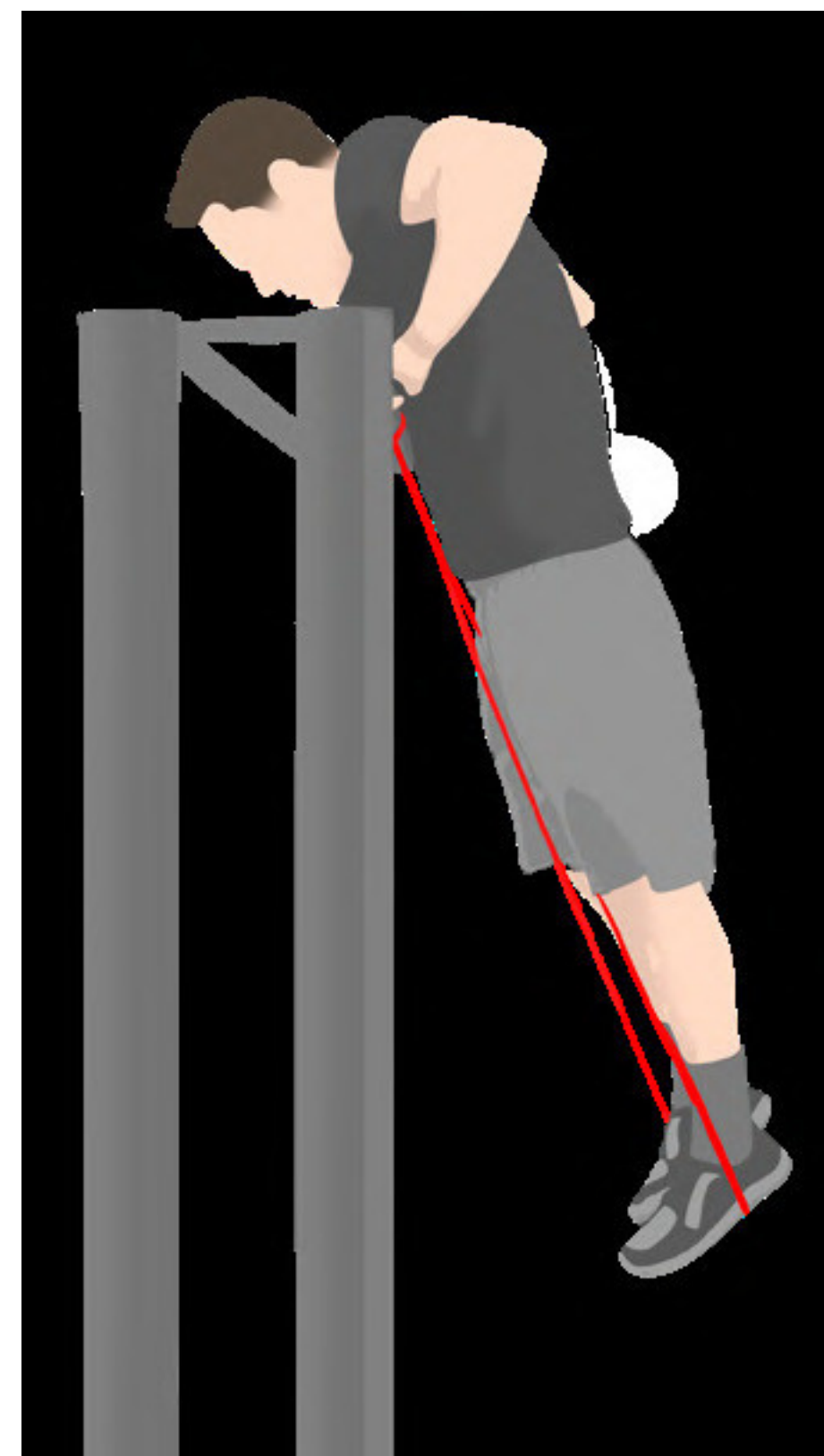
You've been training for a specific advanced movement. You can feel that you're on the edge of finally mastering that skill you've been working towards for so long, but you're still missing some final detail... Enter: Light resistance band.

Training with a light resistance band may just be the final step towards mastering a movement that not so long ago seemed impossible. Whether the goal is pushups, pullups, squats, pistol squats, or muscle ups, light bands provide just enough assistance at the movement's start to eventually build the strength necessary to master the skill using only your bodyweight.

While a strong band contributes towards your first assisted reps, the gap between assisted reps and unassisted reps may still be quite

large. Advanced skills are compound movements that engage a large set of different muscles. Strong bands sometimes allow you to disengage some of these muscles. Meanwhile, the slight assistance provided by light resistance bands require all your muscles to wake up and work towards completing the exercise.

Soon enough, you'll be able to perform your advanced skills without any sort of resistance band. Yet, considering their versatility, they'll always find use in your training journey!



03



Preparing: Safety and care

Safety instructions

1. Inspect your resistance band for any splits, cuts, rips or abrasions before training with it. Do not continue to use the band if it is not in proper condition. Bands can be used with slight abrasions, but make sure to inspect them before you start using them.
2. If you attach your band to an object,
3. or similar unstable objects.

When anchoring the band to a tree, pole, or any fixed structure, ensure there are no sharp edges or rough surfaces that could damage it. If necessary, place a cloth or towel between the band and the anchor—especially when using a tree—for extra protection.



TAKING CARE OF YOUR BANDS

1. Clean bands with water only.
2. Store them in a cool, dry place, protecting them from sunlight and cold temperatures.

Using a door anchor to attach your band and training safely

A door anchor is the ideal accessory to safely and efficiently use your light resistance bands indoors. It can be used as a low, middle, and high anchor point depending on the exercise and your door configuration.

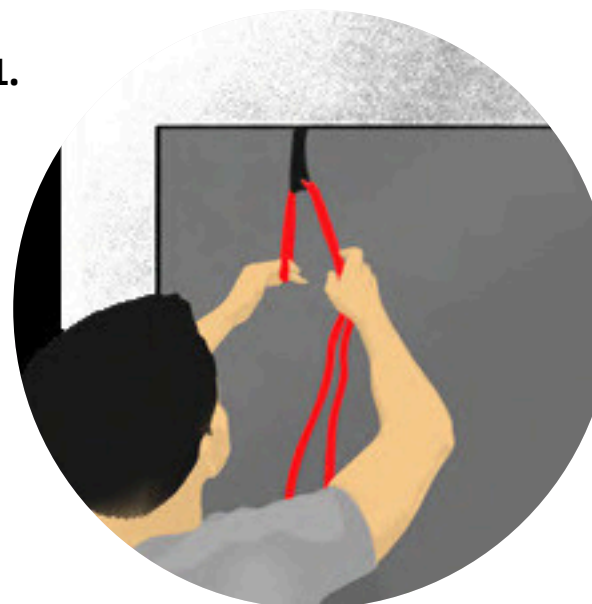
HERE ARE A FEW SAFETY RECOMMENDATIONS:

When attaching the band at a high anchor point, it is better to use a door anchor instead of a doorframe pullup bar.

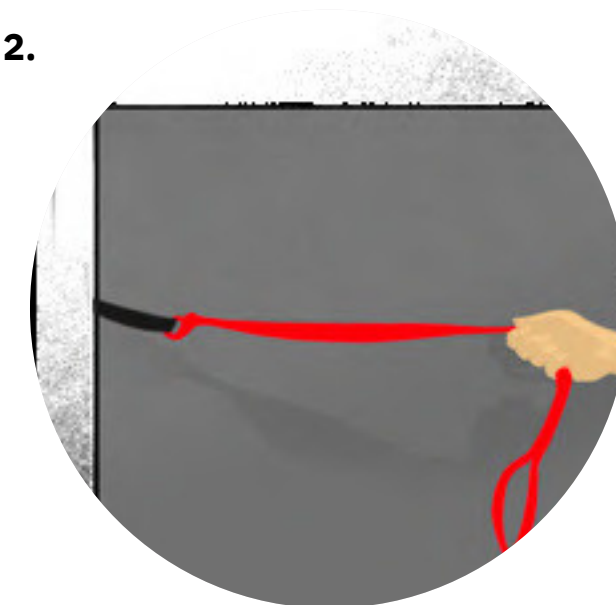
Always place your door anchor as close as possible to the door hinges.

1. High anchor point.
2. Mid anchor point.
3. Low anchor point.

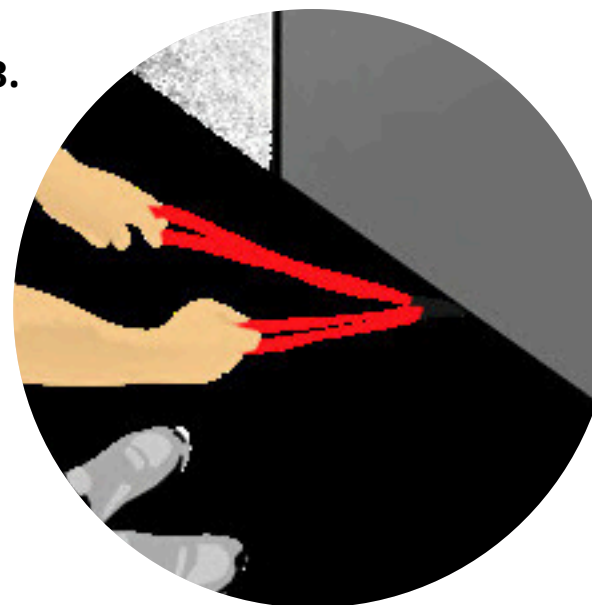
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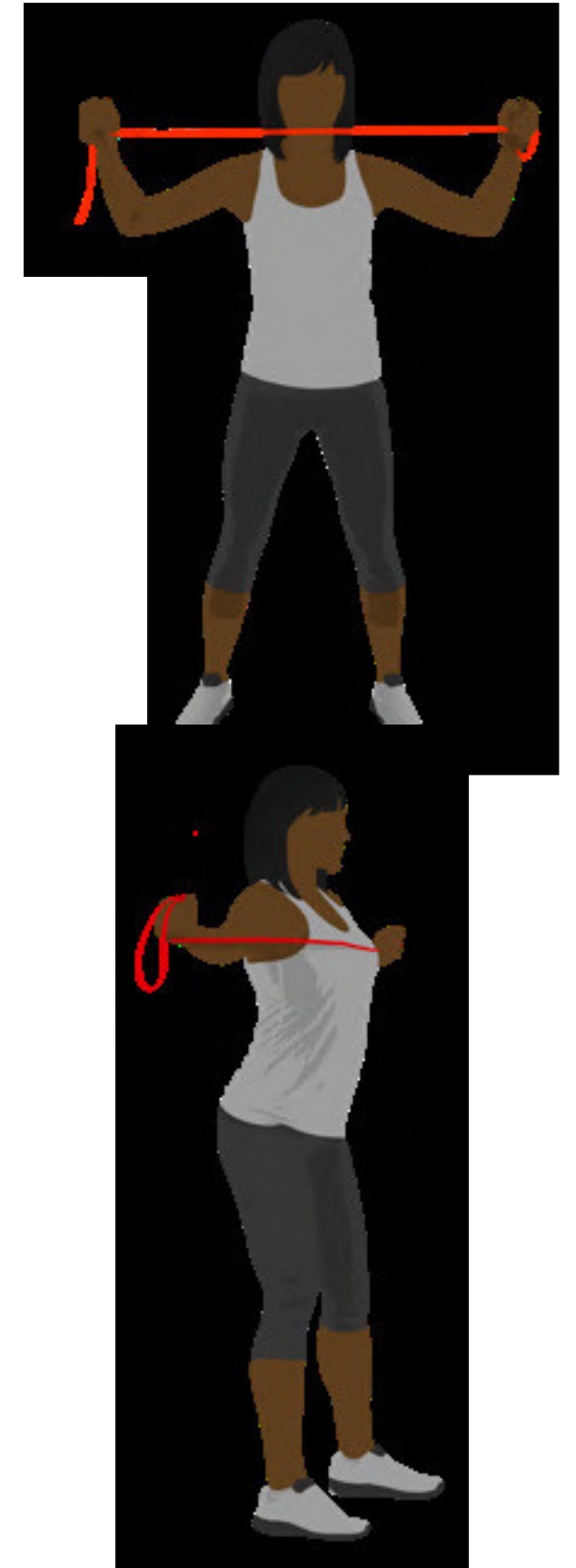
Acting: Exercises

SHOULDERS

Reverse flies

Reverse flies are great for warming up the shoulder muscles as well as balancing push/pull strength.

1. Hold one end of the band in each hand with your arms extended in front of you.
2. Open your chest and keep your core tight.
3. Extend both arms at the same time while keeping them straight. You should feel your rear deltoids engaged.
4. Slowly bring your arms back to the starting position.

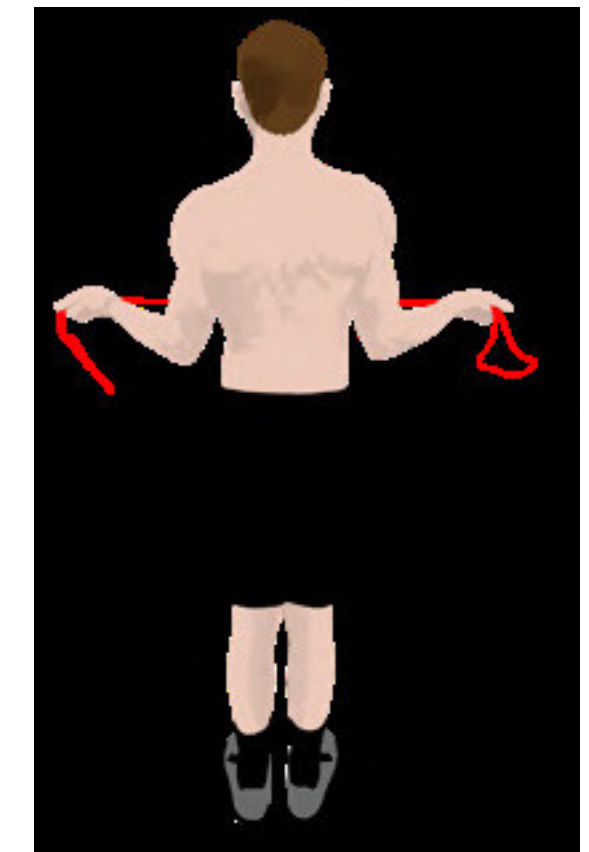
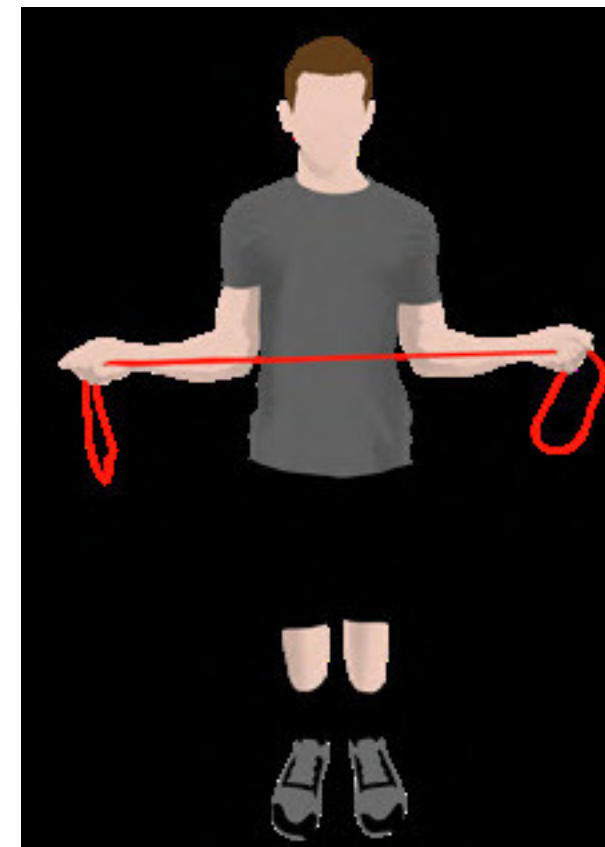
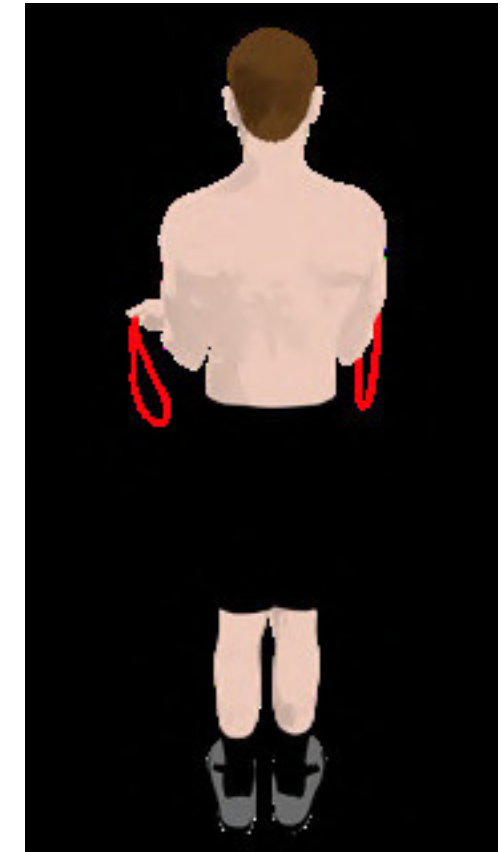
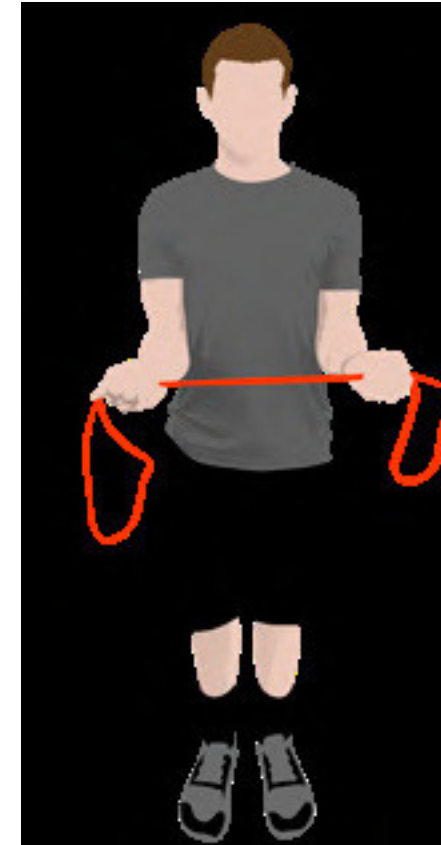


SHOULDERS

External shoulder rotation

External shoulder rotations are an effective shoulder warm-up, targeting the external rotator muscles in preparation for strengthening exercises. The infraspinatus and teres minor work together to stabilize and control outward shoulder movement. Because these muscles are often neglected, activating them beforehand can enhance both posture and overall performance.

1. In a standing position, with your arm close to your body, take a light resistance in a supine grip (thumbs pointing out) and flex your elbows so your forearms are parallel to the ground.
2. Engage your core and take a deep breath. While breathing out, extend
3. both arms laterally and contract your shoulder blades.
4. Come back to the initial position with controlled movements.



SHOULDERS

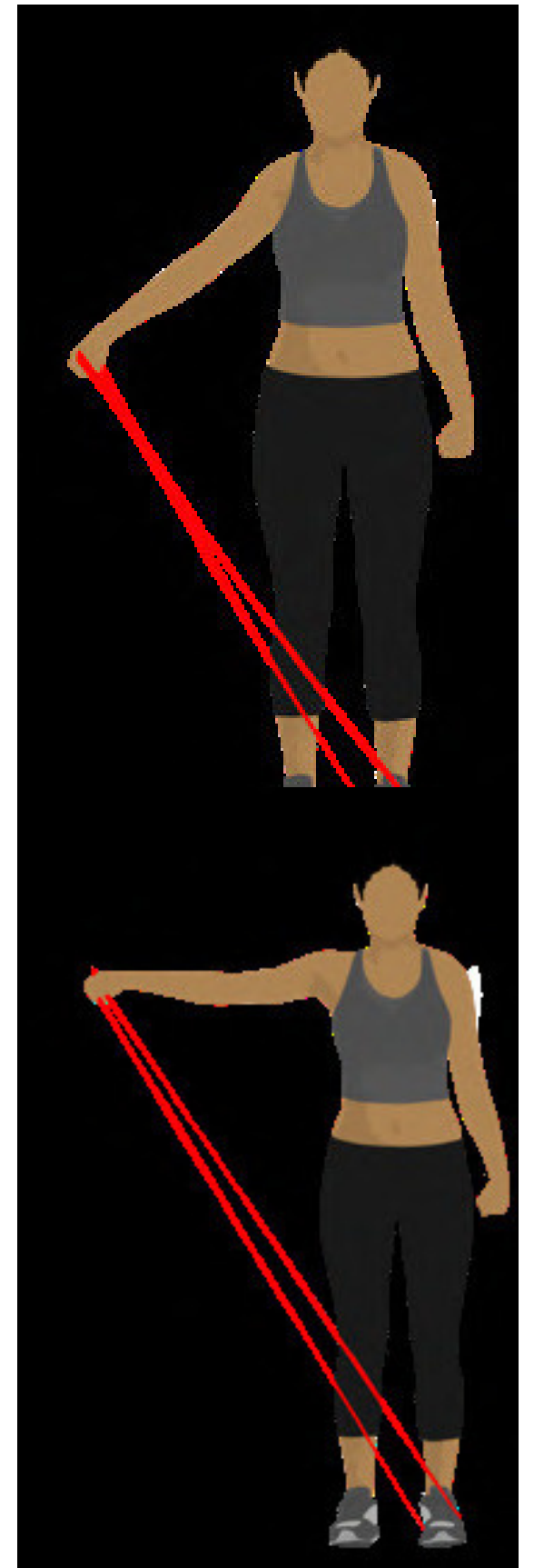
Lateral raise

A nice isolation exercise for your shoulders, mainly targeting the medium deltoid muscle. Perform controlled repetitions, and no need to go above parallel arm position. Bands allow you to have a different strength curve than traditional weights as a nice variation.

FOR MORE INFORMATION ON THE STRENGTH CURVE FROM OUR E-BOOK TRAINING WITH RESISTANCE BANDS:

"As you've probably already noticed, the more you stretch a resistance band, the more difficult it gets to stretch it further. While a free weight or your own body always provides the same resistance across a range of motion, a resistance band offers progressive linear resistance, meaning that it changes instead of just staying the same."

1. Step on the band with your left foot.
2. Grab the band with your right arm.
3. Keep your core tight and back straight.
4. Elevate your right arm laterally, initiating the movement at the elbow.
5. Once your raised arm is parallel to the ground, lower your arm by controlling the movement to the starting position.
6. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left arm.



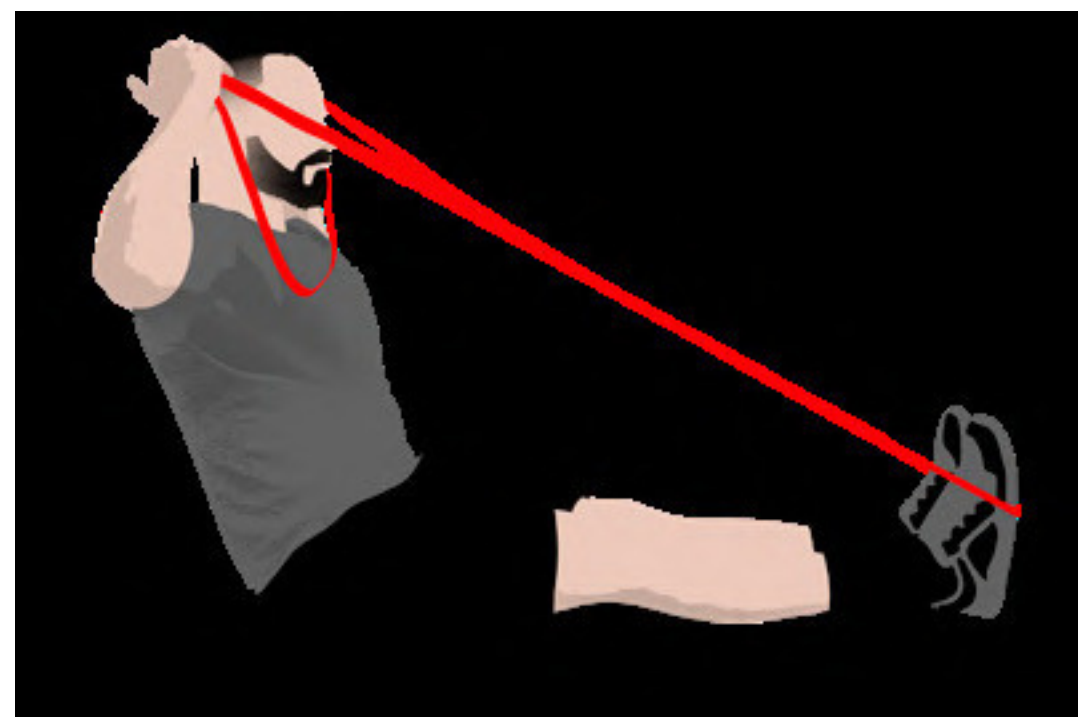
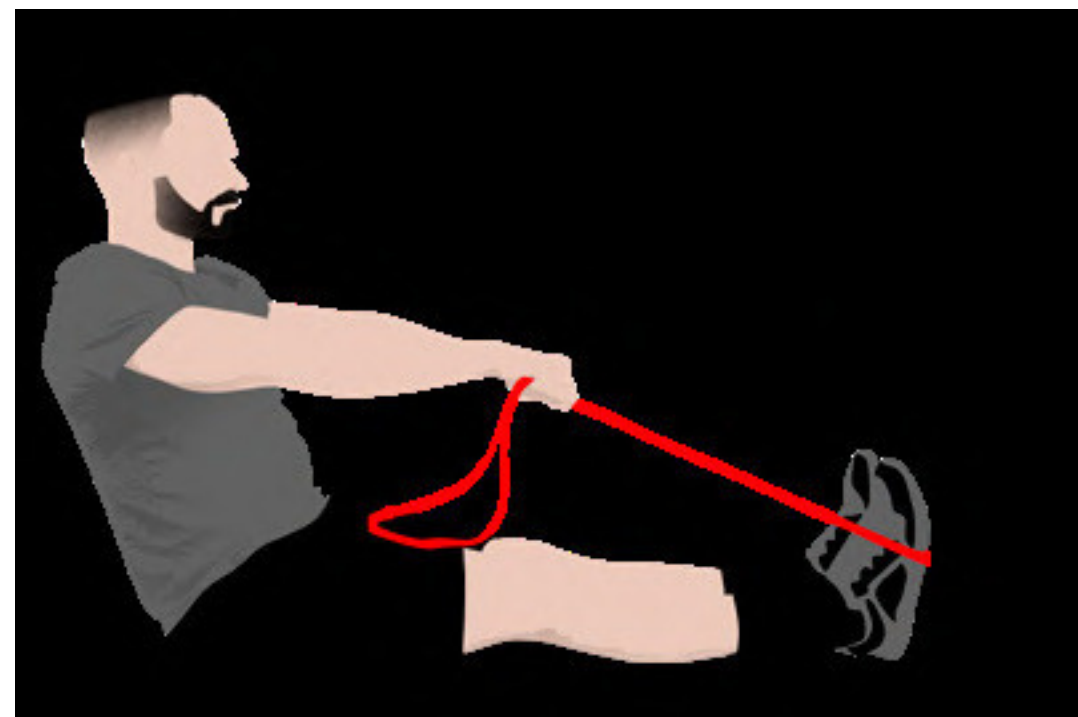
04 Acting: Exercises

SHOULDERS

Face pulls

Like reverse flies, face pulls are essential for anyone looking to enhance upper-body pulling strength. They can be incorporated into your warm-up or included in your main training session. Face pulls can be performed with the band anchored to a pole or while seated with the band secured under your feet.

1. In a seated position with a band under your soles, hold an end in each hand.
2. Keep your core engaged and your arms parallel to the ground and take a deep breath.
3. Retract your shoulders and then pull your elbows back while breathing out. You should feel your upper back engaged.
4. Adjust your hand position so that the tension in the band is not too strong nor too light.



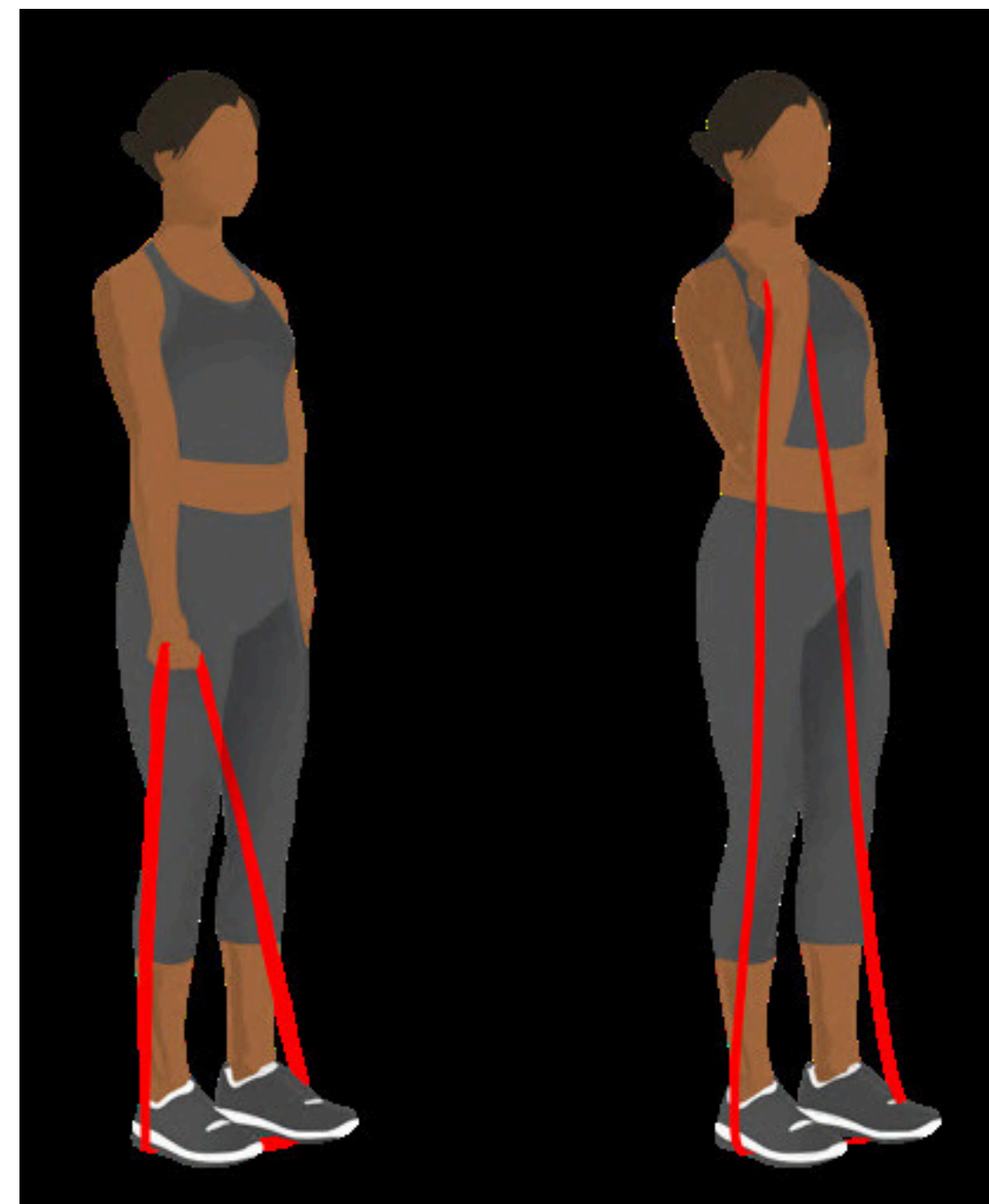
04 Acting: Exercises

ARMS

One arm curls

Light resistance bands are perfect for one-arm curls, letting you concentrate on each arm individually. Simply step on the band, grasp it with one hand, and perform the curl, then repeat the same process with the other arm.

1. Stand on the middle of the band with both feet
2. Hold one end with the right hand, with your palm facing upward and your arm at your side.
3. Curl your right hand up to your right shoulder, keeping your elbow close to your body while breathing out.
4. Slowly bring your right arm back down to the starting position.
5. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left arm.



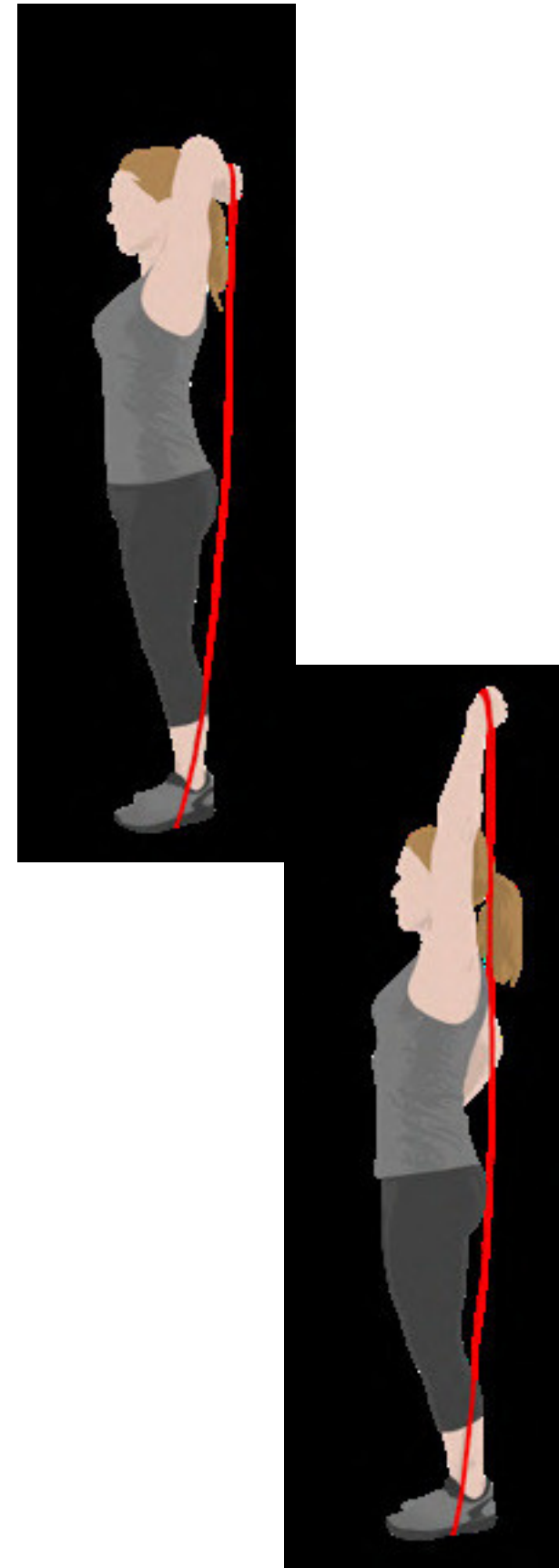
ARMS

One arm tricep extensions

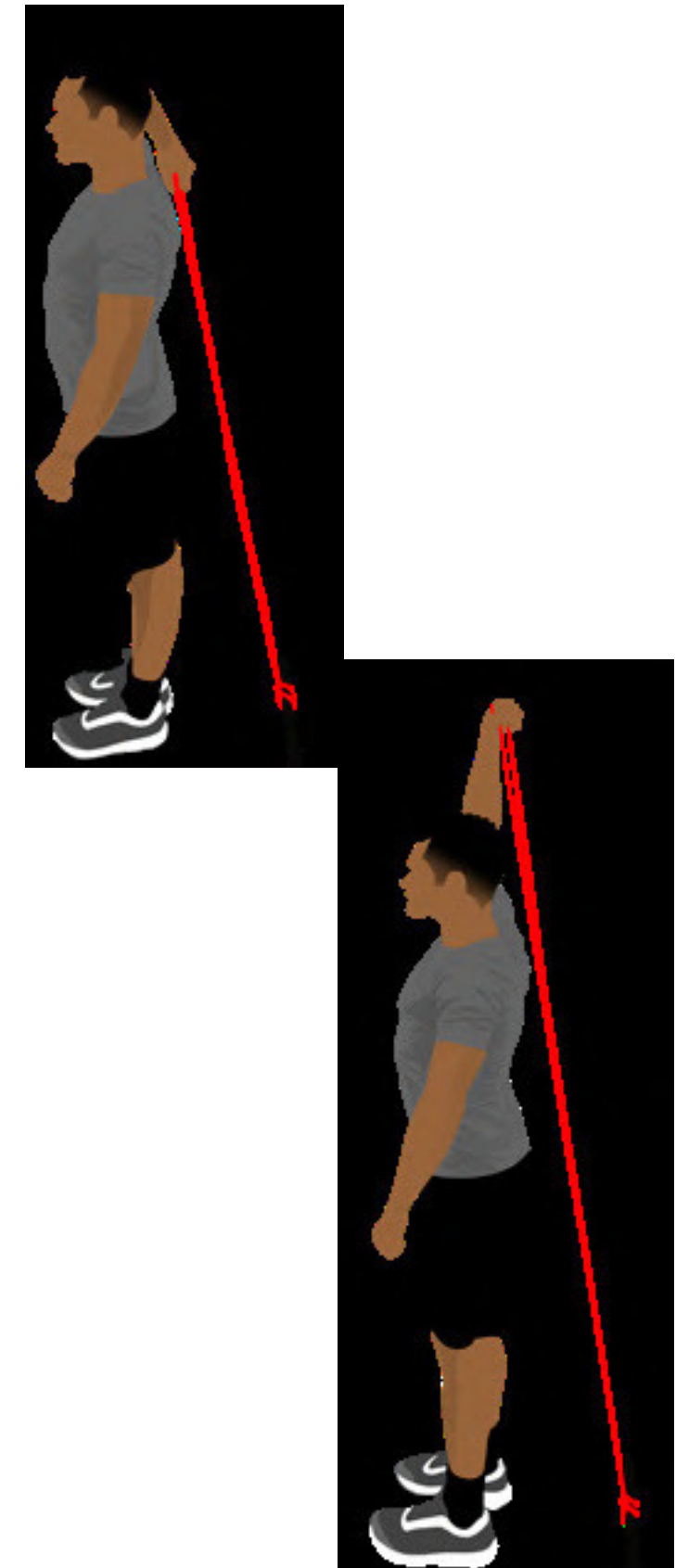
This exercise is an excellent complement to your band curls and works perfectly as a superset. Anchor the band at a low point, such as a door anchor, or secure it under your feet. You also have the option to focus on one arm at a time.

1. Stand on the band with the right foot or attach your band to a low anchor point.
2. Hold the other end of the band behind your head with your right hand. The left hand stays close to your body. Keep your elbow next to your head.
3. Bring your right hand upward until it is fully extended while keeping your elbow next to your head while breathing out.
4. Slowly bring your right hand back to the starting position.
5. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left arm.
- 6.

V1



V2

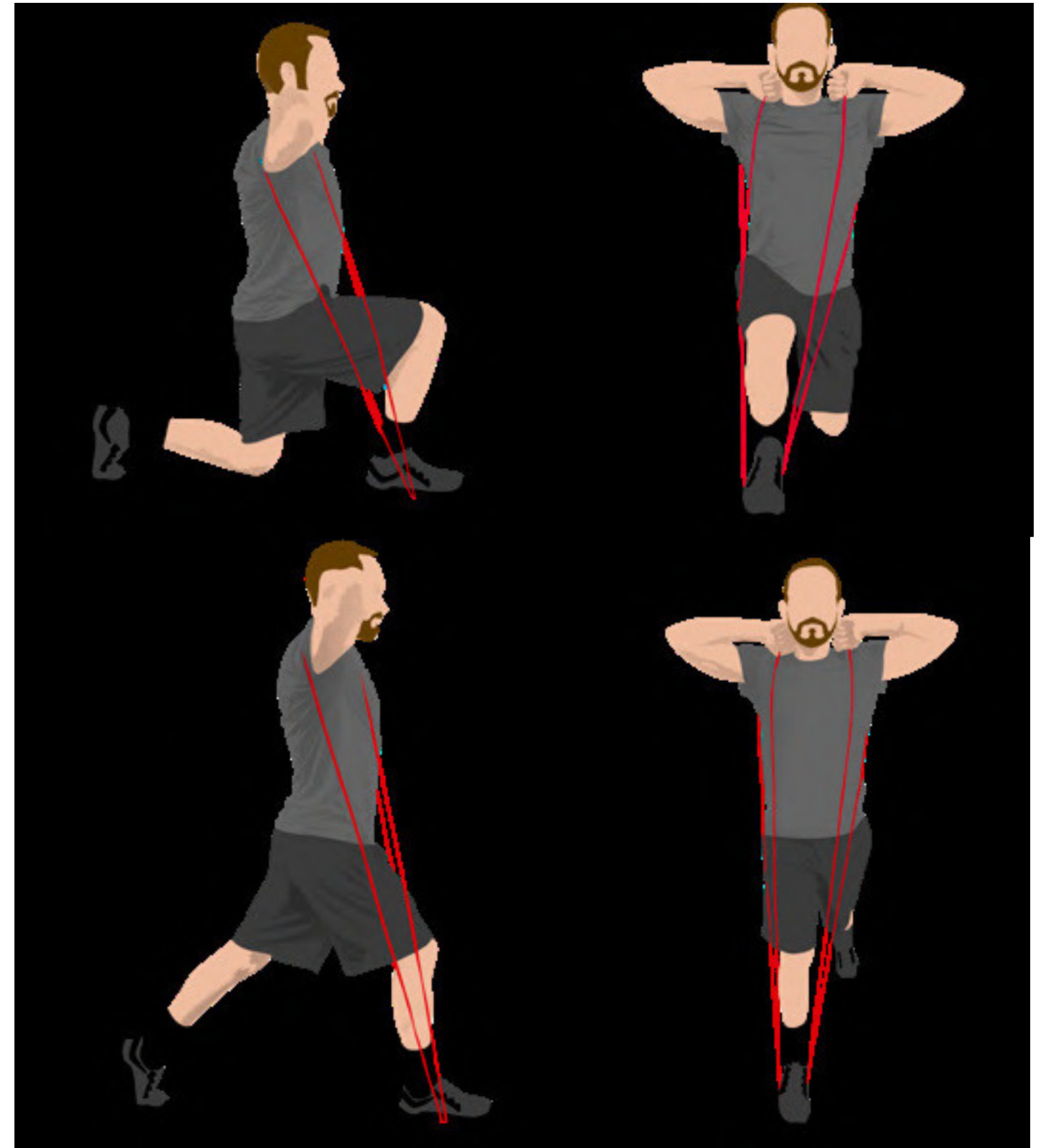


LEGS

Lunges with bands

Using bands during lunges is an effective way to add resistance while still maintaining balance. Lunges are a compound exercise that targets the quadriceps, hamstrings, glutes, and calves. Along with squat variations, they are excellent exercises for engaging and strengthening the entire lower body.

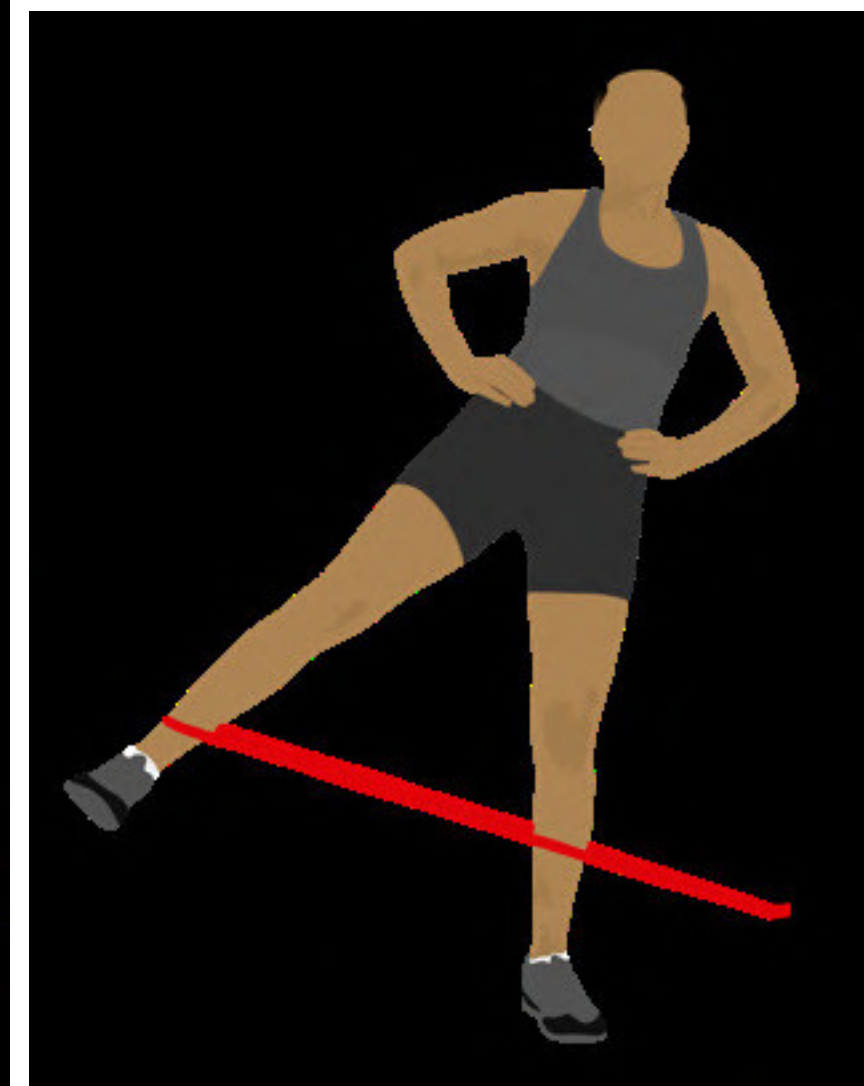
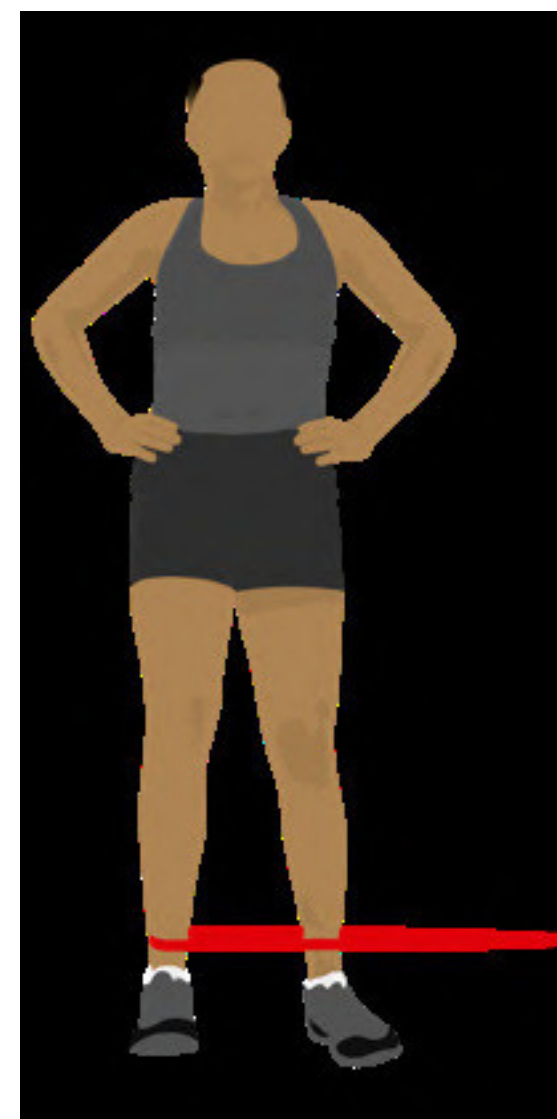
1. Step your right foot on the middle of the band. Take one end of the band in each hand. Step your left foot backward and place your left knee on the ground. Place each end of the band around your shoulder.
2. Breathe in on your way down.
3. While breathing out, return to the standing position by pushing your right heel on the ground and engaging your left posterior chain (glutes and calves).
4. Return to the starting position in a controlled movement by engaging your core.
5. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left leg.



Hip abduction

Hip abductions are often overlooked, yet they are highly effective. They pair well with squat workouts by enhancing knee stability. Anchor the band at a low, fixed point, then extend your leg out to the side while keeping your knee straight. You should feel the middle glute engaging.

1. Attach one side of your band to a low anchor point.
2. Stand laterally 1 to 2 meters away from the anchor point, the right side of your body facing away from the anchor point. Insert your right foot on the other side of the band.
3. With your core engaged and your body straight at all times, extend your right leg laterally while keeping the knee straight. Slowly bring your right foot back to the starting position, engaging your mid glute throughout the movement.
4. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left leg.



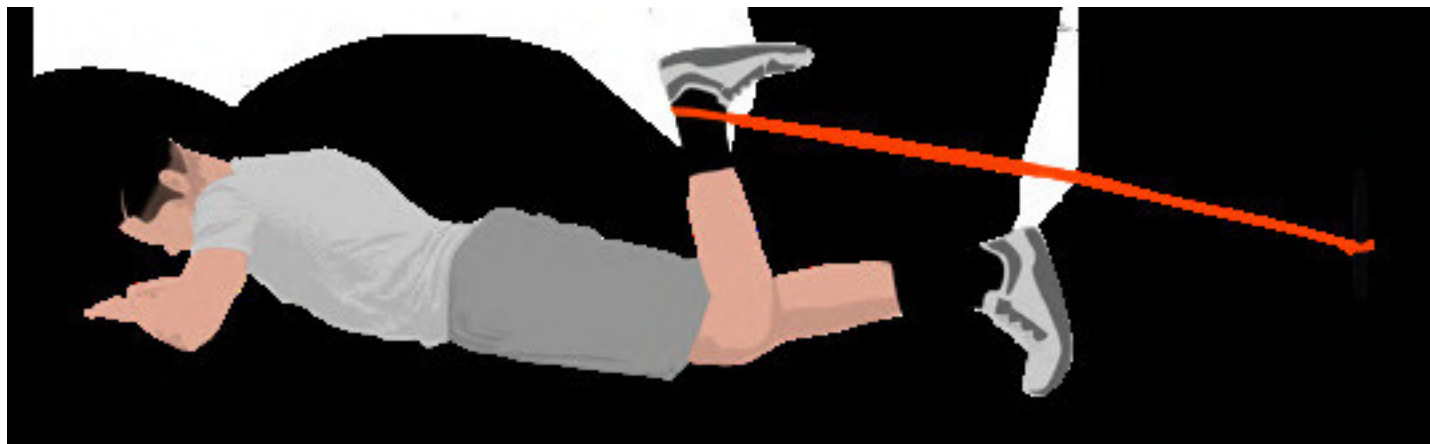
Leg curls with band

Leg curls with a band primarily target the hamstrings. Lying on the ground, the band helps you focus on contracting the muscle fully. This is an effective exercise for strengthening the posterior muscles of the legs.

anchor point.

1. Attach a band to a lower anchor point and put the end of the resistance band around your right heel.

2. Lay on your chest, looking away
3. Breathe in while you're extending your leg.
4. While keeping your chest and thighs on the ground, flex your knee to contract your right hamstring as you breathe out.
5. Return to the starting position by only extending back your right knee.
6. Once you have performed the defined amount of repetitions, change sides to perform the same amount of repetitions with your left leg.



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