



the ***Dynamic Stabilizer*** **BAND TRAINING** *E-Guide*

Discover...

- ✓ A Simple Solution to "Dormant Butt Syndrome"
- ✓ Why Getting Your Butt "On Board" Makes Every Other Strength Exercise Better
- ✓ How "Turn On" Your Abs To Get a Sexy Six-Pack
- ✓ Proven Ways to Eliminate Knee Pain WITH Squatting & Lunging
- ✓ The Secret to Getting Light on Your Feet & Improving Your Balance
- ✓ How to Eliminate Joint Pain & Feel Like a Kid Again



RBT™

RESISTANCEBANDTRAINING.COM



**The
Dynamic Stabilizer
Band Training
E-Guide**

*Discover The RBT Short Band Short Cut to
a Great Looking High Performance Core*

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Stabilizing Our Functional Foundation

Hip stabilization along with trunk stabilization is truly what allows us to move the way we want to. Without a mobile and stable hip girdle that is integrated into a strong stable trunk, we are not able to safely and effectively handle momentum, gravity and ground reaction forces.

For many, activating the powerful hip musculature is not an automatic response. In working with 100's of adults and young athletes, seeing the knees migrate medially during a simple squat test is a frequent occurrence. Dormant Butt Syndrome (DBS) is often the cause of knee and hip pain. Fortunately, with effective training using the Dynamic Stabilizer "DBS" can quickly be corrected.

The Dynamic Stabilizer is a 12 inch continuously looped band that is 1/2 inch wide and 2.5 millimeters thick. Placed above the knee, this simple resistance band can quickly activate the powerful hip musculature when following a progressive exercise program. By placing the Dynamic Stabilizer above the knee, it immediately creates a proprioceptive stimulus that triggers the activation of the primary hip musculature. Based on which way movement occurs will determine the primary muscles being activated. For instance, lateral movements will activate the frontal plane hip stabilizer or abductors which are primarily the Gluteus Medius. Forward or backward sagittal plane movement will activate the hip flexors and hip extensors or the iliopsoas and Gluteus Maximus muscles respectively.

By activating these muscles immediately upon movement, they are ready to respond to ground reaction forces or changes that occur when the foot hits the ground. This ability to pre-activate key stabilizing muscles not only puts less stress to distal ankle and knee joints but also with the help of the power trunk stabilizers, helps maintain good low back stabilization. As a result the Dynamic Stabilizer indirectly becomes a trunk stabilizer as well, especially when incorporating upper extremity movements along with lower

extremity movements. Essentially well activated hip muscles, make all other standing strength exercises better.

The Dynamic Stabilizer can also be looked upon as way to teach an effective squat which happens to be the “Grand Dad” of all functional movement. Without an effective well integrated squat, the body is not able to perform at a high level. By placing the band above the knee it sends a message to the powerful lateral hip stabilizing muscles, specifically the Gluteus Medius, to contract and continue to contract throughout the entire range of the squat motion which in turn keeps the knee and ankle in proper alignment. Once this simple movement is integrated, various squat progressions like a lunge, reverse lunge or drop squat can be incorporated and done without concern for increased wear and tear on the knee joint.

The second aspect of progression is training the body how to effectively handle ground contact or ground reaction forces and become light on your feet. Since the hip muscles along with the abdominals are the key contributors to achieving this, the dynamic stabilizer is a convenient and effective tool in training the body how to deal with ground impact.

Once the body is able to handle ground impact, the final progression is to teach the body how to powerfully initiate or control movement in all directions at faster speeds which means running becomes better or possible. It has been proven that the Dynamic Stabilizer can become a key training tool in getting the body to become an explosive multi-plane performer which means athletes run faster and fitness enthusiasts get back to running pain free.

Watch Video == > [Introduction to the Dynamic Stabilizer](#)

Non-impact Beginner Drills

The following Dynamic Stabilizer exercises are designed as beginner level exercises that create very no ground reaction impact. As a result they are great for developing hip and core stabilization strength without increase joint compression to knees, hips, ankles and low back.

[Squat Reach](#)

[Balance Reaches](#)

[Hip Rotation Strength Training](#)

[Single Leg Straight Leg Dead-lifts](#)

[Supine Hip Extensions](#)

[Hip Flexor Marching](#)

[Double Band Bilateral Dead-Lifts or Straight Leg Dead-lifts](#)

[Get up Row](#)

[Alternating Reaches](#)

Low Impact Drills

These low impact Dynamic Stabilizer Drills are more intermediate level exercises that will create more ground reaction forces. These exercises are designed for those that have mastered the non-impact drills without having a joint related discomfort. They are also great exercises to use within any lower body or locomotion workout where hip stabilization is important.

[Step Release](#)

[Step Matrix](#)

[Drop Squats](#)

[Prone Hip Activation](#)

[Mt Climber](#)

[Rotational Mt Climber](#)

[Side Mt Climber](#)

[Lateral Walks](#)

[Forward Crawling](#)

[Side Crawling](#)

[Frog Jumps](#)

[Marching](#)

High Impact Drills

High impact Dynamic Stabilizer exercises are more advanced exercises designed for experienced band users or more athletically based fitness enthusiasts that want to really challenge their hip stabilization strength and reaction speed.

[Lateral Hops](#)

[Quarter Eagles](#)

[Multi-step Quickness Drills](#)

[Power Skipping](#)

[Lateral Jacks](#)

[Side Stepper](#)

[Burpee](#)

[Quick Box Forward Switch Drill](#)

[Quick Box Side Switch Drill](#)

[Side 2 Step Shuffle](#)

[Skaters](#)

[Drop Step Shuffle](#)

[In-Outs](#)

Done-for-You Dynamic Stabilizer Workouts

Incorporating the Dynamic Stabilizer into YOUR Fitness Program and Workout Routines

One of the best ways to incorporate Dynamic Stabilizers into a workout routine is as a part of a pre-workout activation program using a time base interval approach. We recommend following a standard Tabatas training format of 20 seconds on followed by 10 seconds recovery. We recommend you alternate between 2 exercises for 12 total sets equaling a 5 minute workout.

6 – 5 Minute Done-for-You Dynamic Stabilizer Workouts

Beginner Dynamic Stabilizer Workouts

Workout 1

Exercise #1 - [Squat Reaches](#) Exercise #2 - [Hip Extensions](#)

Workout 2

Exercise #1 – [Hip Flexor Marching](#) Exercise #2 - [Double Band Dead lifts](#)

Intermediate Dynamic Stabilizer Workouts

Workout 1

Exercise #1 - [Alternating Step Release Right and Left](#) Exercise #2 – [Mt Climber](#)

Workout 2

Exercise #1 – [Drop Squat](#)

Exercise #2 - [Prone Hip Activation](#)

Advanced Dynamic Stabilizer Workouts

Workout 1

Exercise #1 - [Lateral Hops](#)

Exercise #2 - [Power Skipping](#)

Workout 2

Exercise #1 – [Quick Step Box Drill](#)

Exercise #2 - [Lateral Quick Step Box Drills](#)

4 Lower Body Dynamic Stabilizer Workouts

Dynamic Stabilizers are more than an activation band. Programmed out correctly a Dynamic Stabilizer band can be a standalone workout band. The following 2 exercise workouts can be done as individual workouts or combined up for complete 30 to 45 minute routine. Typical program design is 30 seconds on – 15 Seconds off x 12 total sets to complete 1 round. If bundling 2 or more of these workout together, we recommend a 90 second rest after completing the first round.

[Burpee](#) – [Monster Walks](#)

[2 Step Shuffle](#) – [Frog Jumps](#)

[Skaters](#) – [Alternating Reaches](#)

[2 Step Side Crawl](#) – [Drop Squats](#)

Complete 40 Minute Dynamic Stabilizer Interval Workouts

The following proven Dynamic Stabilizer workouts have been preformed multiple times in large group settings with great success. These workouts incorporate multiple planes using various speeds to create a total body strength and cardio interval training effect.

Alternate through all 8 exercises in sequence using a 30 seconds work set followed by a 15 second rest. After completing all 8 exercises, rest for 90 seconds and repeat for 5 total rounds which will be a 33 minute workout.

Workout #1

1. [Lateral Walks](#)
2. [Mt Climbers](#)
3. [Stepovers](#)
4. [Drop Squats](#)
5. [Skaters](#)
6. [Side Crawls](#)
7. [Skipping](#)
8. [2 Step Shuffles](#)

Workout #2

1. [Side Mt Climber](#)
2. [Monster Walks](#)
3. [In-Outs](#)
4. [Frog Jumps](#)
5. [Rotational Marching](#)
6. [Alternating Reach](#)

7. [Drop Step Shuffle](#)
8. [Burpee](#)

Learning more about RBT Quantum Dynamic Stabilizer Bands

The following information, charts and links will provide you additional inform about each band and why Dynamic Stabilizer are the most durable and versatile small continuously looped band available.

There are 3 resistance levels of Quantum Dynamic Stabilizer Bands

[Green – Medium Resistance](#)

[Black – Strong](#)

[Purple – Extra Strong](#)



To Learn More about each
Dynamic Stabilizer Band and determine which is best for you or clients/
athletes

[Review This Chart](#)

To order Quantum Dynamic Stabilizers go to:

<https://resistancebandtraining.com/product-category/dynamic-stabilizer-bands/>

Other Resistance Band Products and Resources for developing great hip and core stabilization along with much more

RBT Fitness Training Package Options

Create your own resistance band training gym with one of these 4 fitness band training packages and a Dynamic Stabilizer Band. Train Any Where, Any Time at Any Intensity in the privacy of your own home or wherever you want to get better with bands

[Learn More](#)



Core Activation Package

Develop your core and so much more with this inexpensive resistance band training package

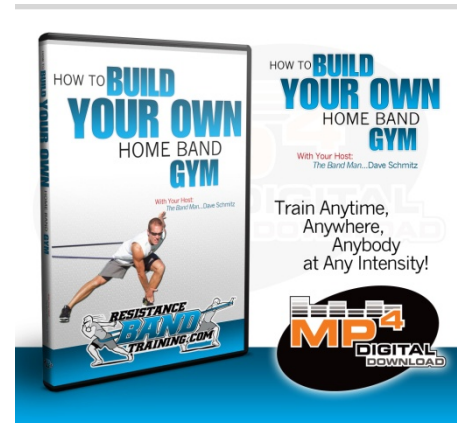
[Learn More](#)



How to Build Your Own Home Band Gym

This is an inexpensive resource that many Resistance Band Training Customers have found to be very helpful especially if you are one of those fitness enthusiasts that wants to or needs to train at home.

[Learn More](#)



Core Chaos 28 Day Training Program

Let me help you build a functionally strong core in the next 28 days by taking you through our Core Chaos program.

[Learn More](#)

