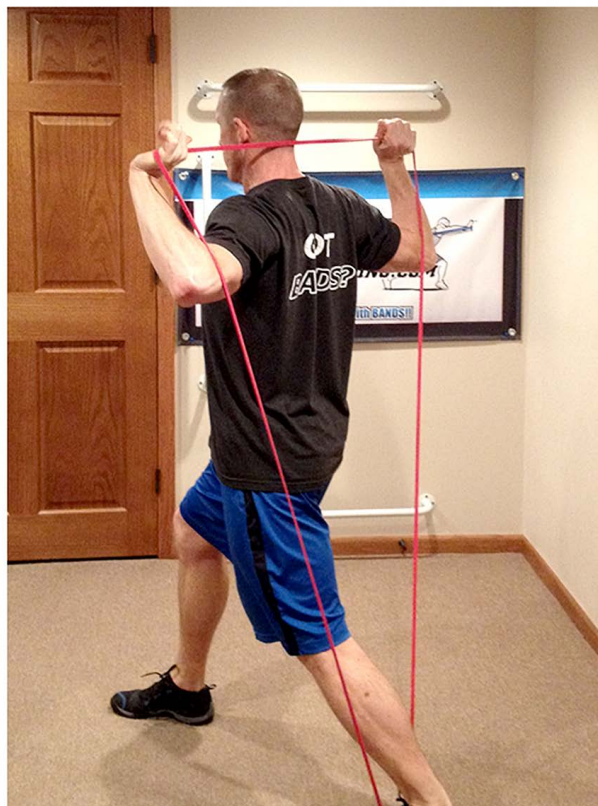
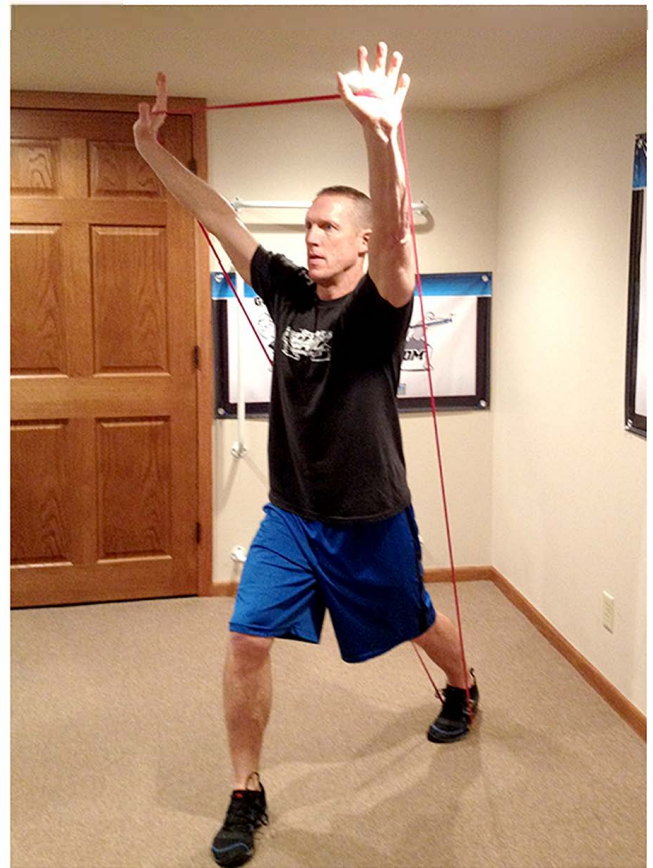


SINGLE BAND TRAINING GUIDE 2.0



DAVE
THE BAND MAN
SCHMITZ



RBTTM
RESISTANCEBANDTRAINING.COM



NOTICE: You Do NOT Have the Right to Reprint and Pass on this Manual!

You Also MAY NOT Give Away
OR Share the Content Herein

Get the RBT Newsletter, Dave's Friday Workout
and New Articles sent to your phone or email box
every week.

CLICK HERE!

"Fastest Way to Get Better with Bands"!!

Disclaimer

No portion of this book may be used, reproduced, or transmitted in any form or by any means, electronic or mechanical, including photocopy, fax, recording, or any information storage and retrieval system by anyone but the purchaser or reviewer for their own personal use. This book may not be reproduced in any form without the express written permission of Dave Schmitz, except in the case of a reviewer who wishes to quote brief passages for the sake of a review written for inclusion in a magazine, paper, journal, or website—and these cases require written approval from Dave Schmitz prior to publication.

The information in this book is for educational purposes only. There is an inherent risk assumed by any participant with any type of business activity. Those wishing or planning to partake in business activities should research their markets and understand the risks before doing so. The author of this book assumes no liability for any adverse outcomes. This is purely an educational book to educate those who are ready to take on such risks.

While the author has made every effort to provide accurate Internet addresses at the time of publication, the author does not assume any responsibility for errors or changes that occur after publication. Furthermore, the author does not have any control over and does not assume any responsibility for third-party websites or their content.

The Goal in Creating the Single Band Training Guide 2.0

The importance of strength training and impact on keeping the body looking, feeling, and moving great is well documented, and most individuals recognize the benefits that come along with following a consistent strength training routine. However for most individuals, finding a strength-training approach that fits into a busy lifestyle filled with commitments of work, family, and friends is challenging, especially if it requires going to gym or having to train at home using heavy weights or equipment that requires designated space.

As a father of 3 children, a husband, a business owner, a trainer, and a fitness enthusiast, I understand the importance of strength training and the issues that come with finding time to incorporate strength training into my weekly exercise routine.

With this as the driving motivation, I created The Attachment FREE Single Band Training E-Guide in 2013. However, over the past 2 years, it has become apparent that people needed even greater guidance and direction when it came to strength training with a single continuously looped layered resistance band. As a result, this manual, SINGLE BAND TRAINING GUIDE 2.0, was created.

It is my goal that, upon reading and performing the exercises and workouts provided in this manual, anyone will have the knowledge to incorporate a resistance band strength training program that gets incredible results anywhere, anytime, while performing any movement at any intensity level.

Good luck, and thank you for your trust.

Let's GET YOU BETTER with BANDS!



Dave Schmitz

Dave "The Band Man" Schmitz

Why Bands?

I have been training with bands since 1996, and during this time, I have had the opportunity to teach thousands of active adults how to get better with bands. Even though during the years I have created numerous band setups, the attachment-free single band setup continues to be my go-to setup on a weekly basis for personal and professional training workouts. Training attachment free with bands requires neither setup time nor designated space, which makes it an extremely portable training option. However, do not be fooled because you will soon discover that this simple continuously looped layered resistance band training approach can become a highly challenging and intense training tool if needed. Attachment-free band training allows you to train key movement skills at a high intensity anywhere and anytime. I have yet to find a training approach that simultaneously allows for unmatched convenience and portability while creating unlimited strength training resistance or intensity.


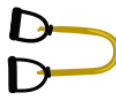


Before you dive into learning the setups, exercises, programming, and actual workouts we have provided you, I would like to share with you why thousands of individuals enjoy this total attachment free band training approach.

1. Unmatched Portability

There is, hands down, no more portable way to strength train than by using a single band in an attachment-free setup. Depending on which [single band package](#) you want, you should have everything you need to strength train any movement with any level of resistance. Business, vacation, personal travel, home workouts, and outdoor workouts are easy to do anytime. The excuse of not having the necessary space, equipment or resistance you need to perform a highly effective strength train routine is eliminated.

2. Unlimited Resistance Potential

Resistance using a quality continuously looped resistance band can range from 5 to 400 plus pounds of resistance or more. As a result, having enough resistance becomes a non-issue. However, what is an even greater benefit to having unlimited resistance is the ability to transport all of that resistance in a small backpack or duffel bag, which is something that is not possible with any other training tool.

	 Quantum Bands	 Tubular Bands	 Molded Flat Bands	 Braided Rubber Bands	 Nylon Covered Tubes	 Thera-Band
No Hazardous Metal Clips	✓	✗	✓	✗	✗	✓
6 Foot Stretch Tolerance	✓	✓	✗	✗	✗	✗
Latex Welded Seam	✓	✗	✓	✗	✗	✗
15 Layered Construction	✓	✗	✗	✗	✗	✗
Manufactured Latex Bonding Process	✓	✗	✗	✗	✗	✗
100% Natural Latex (No Fillers)	✓	✗	✗	✗	✗	✗
No Additional Accessories Needed	✓	✗	✗	✗	✗	✗
No Abrupt Stopping Point	✓	✗	✗	✗	✗	✗
Life Time Manufactured Replacement Warranty	✓	✗	✗	✗	✗	✗

3. Able to Train All Force Vectors

It is well understood that the body is functionally designed to create and absorb force from multiple vectors while following multiple planes of motion. It is also well documented that by strength training using multiple lines of force or vectors while moving in multiple planes of motion, individuals will create a leaner, more sculpted, and well-defined body. The pliability and non-gravity dependent characteristics of a resistance band allows someone to quickly change up planes of motion and lines of force during a workout, which not only keeps workouts fresh but also keeps the muscles constantly guessing and adapting.

4. Seamless Exercise Transitions

One of the most important keys to an efficient and highly productive interval strength training workout is eliminating long transitions between exercises. Having to change weights or take time to pick up a different size dumbbell or kettlebell not only requires greater time but also additional equipment and space. With workout time often being at a premium, being able to move through a high-intensity strength training workout efficiently can often determine the results of that workout. Fortunately, with resistance band training, switching from one exercise to the next often comes down to simply changing foot position, hand position, or band position on the body. All of these changes take literally seconds and require no equipment change, which subsequently keeps the body's fat burning systems performing at a high level.

5. Changing Intensity on the Fly

The key to a great workout is INTENSITY. It's not the tool, the program design, the exercises, or the location; changing tempo and resistance is typically the most common way to alter intensity in a workout. With resistance bands, this means training at a different rep speed or quickly changing the stretch tension on the band by repositioning the body relative to the band attachment site. As a result, if the body is having a high-energy workout, individuals can take advantage of this increased

energy level by increasing intensity instantly, which in turn will make training results even greater.

6. Convenient Metabolic Fat-Burning Workouts

We all know interval strength training is the most effective way to burn unwanted fat and create that all-important after-burn effect. What many individuals do not realize is that muscles are “dumb” and do not know what type of resistance or resistance tool is being used. Muscles simply react and adapt to the resistance and work effort being applied.

Therefore, it is not the tool but rather how much work is being done with the tool in a given period of time. With an unlimited resistance level, time-efficient transitions between exercises, and the ability to train any movement, it becomes obvious why resistance bands are a great fat-burning training option.

7. Bodyweight vs. Bands

Bodyweight training is arguably the most convenient and portable way to train, but it does have significant limitations such as being able to adjust the resistance load, create variety, or perform pulling movements without additional equipment. With resistance bands, pulling is easy to simulate in all planes with no additional equipment needed. Band resistance is obviously very adaptable and can actually assist all bodyweight exercises, which make any bodyweight exercise doable by anyone. As for variety, resistance bands are simply the most versatile training tool in anyone’s training arsenal.

How to Adjust Training Intensity with a Resistance Band

There are several easy ways to increase or decrease the intensity of a workout using a single resistance band.

1. Changing Rep Speed or Tempo

By performing a slow 5 to 10 second repetition or even an isometric hold, it will increase time under tension, which has been proven to help with muscle growth. In contrast, by increasing rep speed, individuals can now begin to impact power by increasing fast-twitch muscle fiber recruitment, which is the leanest of all muscle tissue. As a result, by increasing intensity via rep speed, the body will work harder, increase fast-twitch muscle fiber recruitment, and increase fat-burning potential and lean muscle development. Together, this is known as the “shred effect.”

2. Adjusting Resistance

With bands, this may require increasing starting stretch tension or changing to a higher resistance band, both of which can be accomplished quickly and conveniently.

3. Performing Simultaneous Upper and Lower Body Movement

A body that has to generate force simultaneously in both the upper and lower body is going to have to work harder. With single band training, this is done by simply adding a step to most upper body exercises and a reach to lower body exercises. For example, an overhead press once mastered can quickly become a step and press.

4. Using a Different-Length Band

Since bands have an ascending resistance, the greater the stretch, the greater the resistance. A shorter band means individuals are going to

have work with a higher level of resistance sooner and throughout the entire range of motion.

5. Modifying the Interval Time

Obviously, changing intervals is not specific to band training, but combining one of the above techniques with a variable interval makes the body stay guessing at all times. Performing longer interval sets of 45 seconds to 60 seconds keeps the body under tension while quickly raising the intensity curve.

GETTING STARTED

Like with any new strength training approach, it is important to start by building a foundation of beginner-level exercises that, when mastered, are easily modified to quickly start building a larger exercise library. Attachment FREE Band Training (AFBT) is no different when it comes to following this implementation approach. The following is step-by-step implementation plan I highly recommend following to ensure you have built a safe and successful Attachment FREE Band Training foundation.

To ensure single band training success, please watch these short how-to videos before proceeding to Step 1.

- [Band Setups](#)
- [Taking Care of Bands](#)
- [How to Attach Bands Around YOUR Feet Safely](#)
- [#1 Reason Bands Tear when Training with a Single Band](#)
- [Flat vs. Tubular Bands—The Difference is Durability, Versatility, and Simplicity](#)

Step 1—Workouts 1 & 2

Master the following 8 Primary Single Band Training Exercises by practicing them while watching the instructional videos. This will be considered your first 2 workouts. Mastery is considered being able to perform them without the aid of the video.

Recommended Equipment: 2 or 3 different band resistance levels and some form of an audible workout system (Second App, Gym Boss, or Timex Iron Man—see information on these at end of this manual)

Primary Exercises

1. [Overhead Push Press](#)
2. [Front Squat](#)
3. [High Pull or Upright Row](#)
4. [Deadlift](#)
5. [Split Stance Chest Press](#)
6. [Seated Row](#)
7. [Split Squat Right](#)
8. [Split Squat Left](#)

Step 2—Workouts 3 & 4

With these 8 primary exercises mastered, we now want to put these 8 exercises into a specific workout following a 20-10 interval template. A minimum of 2 workouts should be completed to ensure primary exercises can be effectively performed throughout an entire 30-minute workout while using different levels of band resistance if possible.

Equipment Needed: 2 or 3 different band resistance levels and some form of an audible workout system (Second App, Gym Boss, or Timex Iron Man—see information on these at end of this manual)

To assist with work efficiency and mastery, print the following workout template and posters to provide visual assistance during the workout.

[Printable Workout 3 and 4 Template](#)

[Printable Poster of 8 Primary Exercises](#)

Attachment FREE Band Training Workouts 3 & 4

20 sec	10 sec	2	12	60 sec	4
Work Time	Rest Time	# of Exercises/ Round	Total Sets/ Round	Rest Between Rounds	Total Rounds

Round	Exercise Sequence
1	1a Push Press 1b Front Squat
2	2a High Pull 2b Deadlift
3	3a Staggered Stance Chest Press 3b Seated Row
4	4a Split Squat Right 4b Split Squat Left

Workout Instructions: Alternate between exercise 1a and 1b until 12 total sets are completed (6 of each exercise). Rest for 60 seconds once all 12 sets are completed and move on to exercises 2a and 2b following the same format. Complete all 4 rounds incorporating the exercises denoted for each round.

Step 3—Workouts 5-8

With the 8 primary exercises now mastered and successfully implemented into a workout, you are ready to expand your workout library by substituting 2 new secondary exercises into the next 4 workouts while following the same 20–10 workout interval template. Please take time prior to each workout to review the instructional training videos to become familiar with each new secondary exercise prior to performing the workout.

Secondary Exercises

1. [Triceps Press](#)
2. [Hammer Curl](#)
3. [Pull Apart](#)
4. [Incline Press](#)
5. [Reverse Lunge Right](#)
6. [Reverse Lunge Left](#)
7. [Supine Hip Extension](#)
8. [Pillar](#)

To assist with workout efficiency and mastery, print the following workout templates and posters to provide visual assistance during the workout.

[Printable Exercise Poster Secondary Exercise #9-#16](#)

[Printable Workout #5 Template](#)

[Printable Workout #6 Template](#)

[Printable Workout #7 Template](#)

[Printable Workout #8 Template](#)

Taking Your Single Band Workouts to a NEW LEVEL

Are you ready to ramp up your single band training workouts?

Chances are, once you have completed your first 8 Single Band Workouts, you're going to be looking for more of a challenge, which is totally understandable and anticipated.

I have you covered.

Below are 2 Advanced Workout Templates and the 20-10 Workout Template we used to get you implemented into Single Band Training. My recommendation is that you apply the same exercise sequence we used in the first 8 workouts, but instead of using the 20-10 template, use the 30-15 or 40-20. This will definitely bump up the challenge and work output without having to change up the exercise sequence.

Once you have implemented both the 30-15 and 40-20 interval programs by performing at least 3 workouts using each interval, you are welcome to begin changing up the exercise sequence and start designing your own workouts by printing out the templates and plugging in your own exercise sequence.

Feel free to be creative. Your body is an incredible machine that is unlimited in what it can do, so feel free to keep it guessing. Fortunately, with resistance band training, versatility and exercise options are endless.

Here are a few program ideas:

- Build your own shoulder, chest, leg, and back exclusive workouts.
- Mix in some bodyweight exercises with band exercises.
- Alternate between a bodyweight cardio exercise and a band strength exercise.

- Set up individuals workouts for shoulders + arms, chest + back, and legs + core.

The key is to have fun, be creative, and don't forget to start changing up resistance levels once you have mastered the exercises.

Build YOUR OWN Single Band Training Workouts Using These 3 Single Band Workout Templates

20-10 Interval Template

One round is completed after alternating between 2 exercises for 12 total sets (6 each exercise) with a 1-minute recovery. Repeat this sequence using 2 new exercises in round 2, round 3, and round 4.

20 sec	10 sec	2	12	60 sec	4
Work Time	Rest Time	# of Exercises/ Round	Total Sets/ Round	Rest Between Rounds	Total Rounds

Round	Exercise Sequence
1	1a 1b
2	2a 2b
3	3a 3b
4	4a 4b

[Click to print blank template](#)

30-15 Interval Template

Alternate between 2 exercises for 10 total sets with a 1-minute recovery to complete round 1. Repeat this sequence using 2 new exercises in round 2, round 3, and round 4.

30 sec	15 sec	2	10	60 sec	4
Work Time	Rest Time	# of Exercises/ Round	Total Sets/ Round	Rest Between Rounds	Total Rounds

Round	Exercise Performed
1	1a 1b
2	2a 2b
3	3a 3b
4	4a 4b

[Click to print blank template](#)

40-20 Interval Template

Alternate between 2 exercises for 8 total sets with a 1-minute recovery to complete round 1. Repeat this sequence using 2 new exercises in round 2, round 3, and round 4.

40 sec	20 sec	2	8	60 sec	4
Work Time	Rest Time	# of Exercises/ Round	Total Sets/ Round	Rest Between Rounds	Total Rounds

Round	Exercise Performed
1	1a 1b
2	2a 2b
3	3a 3b
4	4a 4b

[Click to print blank template](#)

Recommend Equipment Needed

Gym Boss

<http://www.gymboss.com/>



Seconds App

<http://www.runloop.com/seconds-pro>



Timex Iron Man

Search Amazon.com or local retailer



Band Packages

[Quantum Single Band Package](#)



11 Additional Single Band Exercises You May Want to Slowly Add to Your Band Training Library Once You Have Mastered the Top 16 Exercises Discussed Previously

1. [Bent Over Row \(attachment free\)](#)
2. [Lawn Mower Pulls](#)
3. [Straight Leg Deadlift](#)
4. [Overhead Squat](#)
5. [Bulgarian Squat](#)
6. [Front Raise](#)
7. [Mt. Climber](#)
8. [Military Press](#)
9. [Hip Drops](#)
10. [Resisted Pushup](#)
11. [Shrugs](#)

About the Author

Dave Schmitz is widely considered the world's leading authority on Resistance Band Training for fitness and performance enhancement. Dave has worked as an orthopedic physical therapist for over 20 plus years as well as training thousands of athletes and fitness clients all while perfecting his resistance band training techniques and program design methodology.



Dave has been assisting hundreds of fitness professionals, athletic trainers, strength coaches, and athletes improve their overall performance both personally and professionally with the use of resistance bands both off-line as well as online at www.resistancebandtraining.com.

www.resistancebandtraining.com has without question become the go to place when it comes to learning how to implement Resistance Band Training as a coach and fitness enthusiasts.

When Dave is not working on RBT, he is found working with the local high school as a volunteer assisted strength and conditioning coach or just spending time with his 3 amazing children (Kelsey, Carter, and Kenzie) or his wife, business partner, and best friend (Karen).

Join the #1 Online Resistance Band Training Community and Let Dave Coach you on how to Look Feel and Move Your Best with RBT

[Take A Virtual Tour](#)

