

**Learn How to Create a Convenient Workout Solution that is Joint Friendly, Adapts to All Fitness Levels and Provides YOU With Unlimited Exercise Options to Guarantee Your Workouts Stay Consistency.**



**HOW TO BUILD**  
**YOUR OWN**  
**HOME BAND GYM**

WITH YOUR HOST: **THE BAND MAN...DAVE SCHMITZ**

**RBT™**  
RESISTANCEBANDTRAINING.COM

Train Anytime, Anywhere, Anybody, at Any Intensity!

**Don't Let Unexpected Interruptions Get in the Way of You Working to Look, Feel, and Move Your Best**



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## Introduction

Welcome to **How to Build Your Own Home Band Gym!**

Thank you for purchasing the Owner's Guide and for providing me the opportunity to help you build your Own Home Band Gym.

My name is Dave Schmitz and since 2000, I have helped 1000's of fitness minded individuals learn how to build their own convenient Anytime-Anywhere Home Band Gym and in turn discover the impact resistance band training can have on getting you feeling, moving, and performing at their best.

As a fellow fitness enthusiast, we all understand the importance of making exercise and working out a sustainable lifestyle habit. We also know that to create a habit it requires staying consistent. In a busy daily world of work, family, and unexpected schedule changes, staying consistent with your workouts can be challenging. Especially if having to get in a workout means traveling to a local gym.

As a solution to never missing a workout, I created the owner's guide on "**How to Build Your Own Home Band Gym**". This guide will provide you with all the training and education you need to create a convenient Anytime-Anywhere workout solution that gives you full control of your fitness.

With the help of the Owner's Guide, you are going to discover how easy and budget friendly it can be to create a Home Band Gym that is unlimited when it comes to creating workouts to train all aspects of fitness and performance including:

- Total body usable strength
- Joint mobility
- Muscle flexibility
- Fat loss
- Muscle definition
- Cardiovascular endurance

- Power
- Balance
- Coordination
- Athleticism

Plus, if you are not familiar with my Resistance Band Training Method, you will be excited to discover for yourself how joint friendly and sustainable band training is.

Enjoy this chapter in your resistance band training journey and please feel free to email me ([Dave@resistancebandtraining.com](mailto:Dave@resistancebandtraining.com)) with any questions, comments or suggestions as you begin the process of building your own Home Band Gym.

Get Better-Stay Better with Bands



**Dave Schmitz**

FOUNDER OF RESISTANCEBANDTRAINING.COM

# Determining the Requirements for Your Home Band Gym

Obviously, where you decide to train with bands will determine your space options, so let's start by discussing where you might want to consider creating your home band gym. What you are about to discover is a Band Gym is not a static training location but a portable, multi-faceted training center that will allow you to train any element of fitness and performance wherever you want to.

## Options for Where to Set Up Your Band Gym

One of the benefits of having your own Home Band Gym is portability. Over the years my home band gym has moved from a couple of apartments as well as two homes. Fortunately, it was always an easy relocation process and never required more than an hour of my time to complete.

### A Basement Band Gym

Basements, especially unfinished basements, are great band gym locations because they offer so many attachment site options, like exposed cement walls, ceiling studs, vertical support beams, and doorways. However, unfinished basements also have concrete floors, which are not the best training surface for bands.

My suggestion is to go out to your neighborhood carpet retailer or home building supply store and purchase a large used or clearance-priced carpet square. Go as large as your room and budget can afford because, as you will soon find out, the more space you have, the more training options you have with bands.

While purchasing the carpet, also purchase double-sided tape to adhere the carpet down to the concrete. When installing or laying down the carpet, make sure you secure the carpet to minimize any slippage during training. The larger the carpet square, the

better, so it does not slide or move around during training. A thick but tightly woven carpet is the best surface for band training. I would avoid shag style carpets and try to go with more of a Berber style.

Finished basements may be slightly less convenient and require a little more build out, but still provide ample attachment options with a more conducive training surface. Plus, your just a few steps away from a full workout.

## **A Garage Band Gym**

Every April my wife (Karen) and I turn our garage into a band gym for the spring, summer, and fall by laying down a large carpet square and a small rubber mat. We also have a 2 vertically attached RBT B.A.R.s that allow us to maximize the entire carpeted surface with attached band training. However just like with the unfinished basement concrete floor, make sure you securely attach the carpet if you choose to set your garage up as a band gym.

### Benefits of a Garage Band Gym

1. It allows you to train outside and inside and take advantage of the fresh air.
2. Typically, higher ceilings allow easier overhead training and jumping to be added into your training
3. Allows you to invite in training partners or clients without having to access your home.
4. Allows you and your athletic children to do speed training and other advanced performance drills

5. Provides a more rugged training environment that creates better energy and intensity by being a little more gym like.
6. Can easily and safely bring in other training tools with less concern towards damaging carpeted floors or finished walls
7. Exposed ceiling studs allow you more assisted band training options and overhead attachments for suspension training

One other benefit of band training in a garage is that when weather permits, it allows you to move out into adjacent areas like the:

- Back Yard
- Driveway
- Outdoor Patio



Anytime you can train outside the energy will be increased and the extra Vitamin D never hurts.

## A Park or Playground Band Gym

Parks have been and always will be one of my favorite band training locations due to the unlimited band attachment sites and exercise options. Plus the training surface is always joint friendly. Things like park benches, playground equipment, picnic tables, and even trees are all attachment options when it comes to band training. The key to attaching to these types of structures is to make sure you always protect your bands by utilizing a [Door Anchor Utility Strap](#).



Plus, with [The Band Gym App](#), you can easily bring your workouts with you anywhere.



## Space Requirements for Different Elements of Band Training

Band training space requirements will be determined by how you wish to train with bands. Obviously, the space needed to do attachment-free training, attached training or locomotion training, will be significantly different. Therefore, to assist with determining your space needs, we need to look at different ways you may choose to train with bands and the space requirements that are associated with each of those forms of training.

### Flexibility Training

Stretching with bands requires enough space to lie down and fully lengthen out your arms and legs. Typically, I suggest having at least 2-yards of space along both sides of your body and above your head. I also suggest a wall or solid structure to brace your foot against to help with stabilizing of the non-stretching leg. Being able to lie on carpet or a yoga mat, versus a wood or tile floor, will create friction against the body that will prevent you from sliding while performing the band stretching sequence.



### Running or Locomotion Training

Short burst or stationary running drills are a staple of band training and are among the best fat burning cardio workouts you can perform.

Band running will require the greatest amount of



training space to safely perform because it will require you to link 2 or 3 bands together using a [Link Strap](#). This creates a significantly longer band system that will allow you to run 4 to 6 yards.

Since the band setup is approximately 2 or 3 yards long, the total running surface will need to be about 7 to 10 yards long. From a width standpoint, locomotion training will require 4 to 5 feet of training width. In a perfect world having a training area that is 3-yards wide and 10 yards long would be great.

## **Total Body Attachment-Free Strength Training**

Attachment-Free Band Training can easily be performed using a few single bands in an 8-foot by 6-foot training area. As a result, this will be the most space efficient and travel friendly way to train with resistance bands.



## **Total Body Attached Strength Training**

Band Gym floor space for Attached Band Strength Training will require a 12-foot by 8-foot training area depending on the setup chosen. However, the benefits of attached band training are significant and need to be factor into your Home Band Gym setup if possible.



## [Why Train with Horizontal Resistance](#)

### [3 Band Setups for Upper Body](#) [Attached Band Strength Training Setup](#)

#### **Contrast Band-Free Weight Training**

Combining bands with free weights will require no additional floor space. Obviously, it will require owning free weight tools which will require some additional storage space.

Fortunately, the amount of weight needed will be minimal since the bands can provide most of the total training resistance which means 1 or 2 pairs of dumbbells or couple of light kettlebells will be sufficient.

Also keep in mind that your body weight is also a free weight and that will require no additions to your Home Band Gym.



#### [2 Easy Setups to Combine Bands with Weights in YOUR Band Gym](#)

## Band Strength Training Setups Options

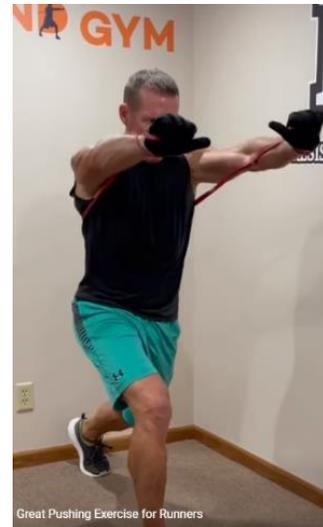
Flat continuous looped resistance bands versus tubular-based bands, provide more attachment options due to their flat construction and not having handles permanently attached. As you will soon discover, certain attachment options will require a slightly higher Home Band Gym budget, but the benefits continue to far exceed the cost.

However, keep in mind that building your own band gym can occur in phases and does not require an all at once approach.

### Attachment Free Strength Training

Attachment-Free training is the most convenient, portable, and cost-effective band training set up. It requires no build out or area preparation. All you need is a small space, your body, and a band.

Flat looped bands can easily attach directly to your body to perform total body movements of pushing, pulling, squatting, and pressing, as well as adding resistance to many bodyweight or free weight exercises.



### [Attachment-Free Strength Training Setups](#)

## **Attached Strength Training**

Attached band strength training is a unique band training approach that creates unlimited exercise variety in your Band Gym. Free weight strength training is gravity dependent versus attached band training is independent of gravity. As a result, attached band free training, using horizontal forces, creates a joint friendly training approach with less joint compression and shear forces.

### **Attaching into a Door**

Every house has a door and therefore one of the simplest ways to perform attached band training is by using a Door Anchor Utility Strap (DAUS). This simple setup does not require any construction. Plus, by adjusting where the DAUS is placed in the door jamb, it creates a multi-positional attachment setup similar to having your own adjustable cable column or pulley system.

### **Door Anchor Utility Strap (DAUS) Recommendations**

1. Attach the DAUS into the hinged side of the door for better strap security
2. Always assess the door security using a smaller band first
3. Make sure the band stays attached onto the 10-inch plastic tube of the DAUS. Allowing the band to migrate down onto the nylon can result in cutting the band over time.
4. Lock the door during training. This will eliminate the door from accidentally opening during training.
5. Make sure to place the small 2-inch nylon tube into the door and allow the larger 10-inch nylon tube available to attach the band to.
6. Always check to make sure the door is completely closed before training.

[Learn More about Attaching into a Door](#)

## Attaching to a Secure Structure

Attaching bands to an existing piece of equipment like a treadmill or squat rack is another option. This may limit your attachment points but will not create a need for additional construction.

However, to avoid any damage to your band, attach the DAUS to the secure structure.

Choosing to attach the band directly to a secure structure can expose the band to sharp or square edges that through repeated training, can cut into the band.



[Learn More About Attaching to a Secure Structure](#)

Secure Structure Attachment Recommendations include:

1. Make sure the piece of equipment or structure you attach onto will support the amount of resistance created by your band setup
2. Make sure to not attach bands directly to a square, sharp or rough surface that could damage your band. We recommend only attaching bands directly to round pipes or poles



## Attaching to The B.A.R.

[The B.A.R. by Resistancebandtraining.com](https://www.resistancebandtraining.com) is specifically designed for attaching continuous loop bands. Designed to be placed in vertical position, the B.A.R allows anyone to train regardless of height or strength level. The BAR's 1" diameter by 48" inch long heavy duty fully welded construction, creates the perfect band attachment point by eliminating all concerns about damaging a band.



Using a vertical versus a horizontal BAR setup configuration will provide you with greater exercise versatility while easily adapting to multiple hip levels when performing hip-attached training.



### B.A.R. Attached Recommendations

1. Secure the BAR to the wall by attaching it into wall studs or concrete
2. The BAR should cover as much area between the shoulder and knee as possible.
3. Make sure the BAR starts at least 12-inches off the ground. For taller individuals, this distance can increase to 18-inches if needed.
4. When attaching bands to the BAR, make sure to tighten the band effectively to avoid band migration.

5. Using a Door Anchor Utility Strap in conjunction with the BAR, which is not necessary but will make adjusting the band attachment height seamless.

[Learn How to Set Up Your BAR](#)

**Additional Helpful Videos**

[6 Things Band Training Does that Free Weights Can't](#)

[How to Shorten a 41" Band](#)

[How to Protect Your Bands](#)

[How to Take a Band With You on a Run](#)

[Towel Band Training In Your Home Band Gym](#)

[Why Resistance Band Accessories are a Must](#)

[Top 3 Resistance Band Setups for Your Home Band Gym](#)

[Attaching Bands Safely to a Secure Structure](#)

[3 Band Setup for Upper Body Strength Training](#)

[2 Easy Band Setups for Combining Bands with Free Weights](#)

## Recommended Home Band Gym Training Packages

There are three **Home Band Gym Packages** to consider when building your own home band gym. Which package you choose to purchase will be based on training interest, strength levels and budget.

Fortunately, resistance bands provide a variable resistance versus a constant resistance like free weights. As a result, each band provides a 30-to-60-pound resistance variability depending on the size of the band. Therefore, a single band can provide optimal resistance for a wide range of individual strength levels.

### Questions to ask yourself when choosing a Home Band Gym Package:

1. Do you want to do both Attachment-Free and Attached band strength training??
2. Do you want to do Band Locomotion training?
3. Do you want to do Band Flexibility and Mobility training??
4. Where is your present strength level

[This Band Resistance Chart](#) will provide specs and additional information about all RBT Quantum bands.

The following three recommended training packages provide different levels of total band resistance but each will provide individuals with everything needed to perform ALL Band Gym workouts, programs and exercises.

## Light Home Band Gym Package

Designed for individuals with below average strength

### 41' Quantum Bands

[1 Pair Orange Micro](#)

[1 Pair Yellow Super Micro](#)

[1 Pair Red Small](#)

[1 Pair Black Medium](#)

### 13" Mini-Band

[1 - Yellow & Green Hip Band](#)

### Band Accessories

[1 - Accessory Kit](#)

Price – \$137.93



ADD LIGHT BAND PACKAGE TO CART

## Medium Home Band Gym Package

Designed for individuals with average strength

### 41' Quantum Bands

[1 Pair Orange Micro](#)

[1 Pair Red Small](#)

[1 Pair Black Medium](#)

[1 Pair Purple Large](#)

### 13" Mini-Band

[1 - Yellow & Green Hip Band](#)

### Band Accessories

[1 - Accessory Kit](#)

Price – \$163.93



ADD MEDIUM BAND PACKAGE TO CART

## Heavy Home Band Gym Package

Designed for individuals with above average strength

### 41' Quantum Bands

[1 Pair Red Small](#)

[1 Pair Black Medium](#)

[1 Pair Purple Large](#)

[1 Pair Green XL](#)

[1 Single Orange Micro Band](#)

*(will use for Shoulder Pre-hab training)*

### 13" Mini-Band

[1 - Green & Blue Hip Band](#)

### Band Accessories

[1 - Accessory Kit](#)



Price – 211.42

ADD HEAVY BAND PACKAGE TO CART

## Additional Equipment Considerations

### The BAR



## Additional Low-Cost Training Items to Consider

Adding in these additional pieces of training equipment will create significantly more training options at a minimal added cost.

1. 5-foot x 1" PVC or Wood Dowel \$5
2. 12" to 18" Stool \$15
3. Stability Ball \$20
4. 10lb Medicine Ball \$25
5. Push up Handles \$10
6. Medium Size Towel \$2
7. 1-Pair of 10, 15 or 20lb Dumbbells \$20 to \$40

## Time to Take Action!!!

### Your 10 – Step Action Plan to Building Your Own Home Band Gym.

#### **Step 1 – Determine HOW you want to train with bands?**

Attached??  
Attachment-Free??  
Locomotion Training??  
Contrast Training??

#### **Step 2 – Where do you want to train?**

At Home??  
On the Road??  
Outside??

#### **Step 3 – Determine your flooring and space needs?**

#### **Step 4 – How are you going to attach your bands??**

In Door??  
To a BAR??  
To a Stable structure??

#### **Step 5 – What Bands and Accessories do I Need??**

#### **Step 6 – Order your Bands?? - [Resistancebandtraining.com](https://www.resistancebandtraining.com) - Store**

#### **Step 7 – Make your space changes while waiting for bands arrive.**

**Step 8 – Order or purchase additional Band Gym training items**

1. 5-foot x 1" PVC or Wood Dowel
2. Stool
3. Stability Ball
4. 10lb Medicine Ball
5. Push up Handles
6. Medium Size Towel
7. 1-Pair of 10, 15 or 20lb Dumbbells
8. 1-Pair of furniture sliders

**Step 9 - Map out your workout week plan.****Step 10 – Start building your own band workouts.**

## Closing Thoughts

I hope you enjoy owning your Own Home Band Gym and I hope this guide provided you with helpful insight on how to successfully get setup. I know my Home Band Gym has been a blessing in so many ways since building creating my first one in 2000. I have also been told over the past decade, by 100's of fitness enthusiasts like yourself, how important having a convenient Anytime, Anywhere workout solution has been in helping them achieve workout sustainability and fitness longevity.



Please remember these ten keys to creating a sustainable fitness routine that keeps your body looking, feeling, and moving it is best while maximizing life's opportunities outside the gym.

1. Strive to make training something you enjoy doing. Design band workouts around activities you want to keep doing for a lifetime and do not forget to take your Band Gym outside when weather provides the opportunity.
2. Keep trying new band exercises and new types of workouts available to you in The Band Gym. It will keep the body guessing and the results coming while preventing overuse type injuries.
3. Any workout is better than no workout. 10-20-30 or 50 minutes can all be productive workout times. The key is consistency and eliminating the “not having time to work out” excuse.
4. Make workouts convenient. Do not allow unexpected schedule changes from interrupting or stealing away your workout time. Have a convenient Anytime-Anywhere workout solution that is always available when needed.

5. Resistance is resistance... bands, deadweight and body weight will all challenge muscles to adapt. However, the variable resistance created by resistance bands along with their unlimited versatility to train all aspects of fitness and performance, is unmatched by any other strength training tool.
6. Do not forget to stretch. As we get older, we will lose mobility. Approach training flexibility and mobility like you would any other aspect of your working out. Fortunately, bands provide an effective way to train flexibility and mobility.
7. Keep learning. [www.Resistancebandtraining.com](http://www.Resistancebandtraining.com) and [The Band Gym](#) are here for you. No other company that retails continuous looped flat bands online or offline, offers you more in proven band training education, training, and coaching.
8. Remember resistance bands train all aspects of fitness and performance. Do not get stuck on just using them to do assisted pullups.
9. Please invite your family to join you in your new Home Band Gym. We need to make sure we are getting the next generation on the right path to staying healthy.
10. GETTING Better and STAYING Better with BANDS starts Now!!

Good Luck and Thank You again for allowing me the opportunity to share my passion with you.



**Dave Schmitz**  
FOUNDER OF RESISTANCEBANDTRAINING.COM