

Travel: mini bands



Here's your moves. Just six, that's it. You've got this!

archer
pull

A

mini band
march

B

shoulder
press

C

mini band
deadlift

D

mini band
squat

E

oblique
twist

F

Complete each exercise in alphabetical order.

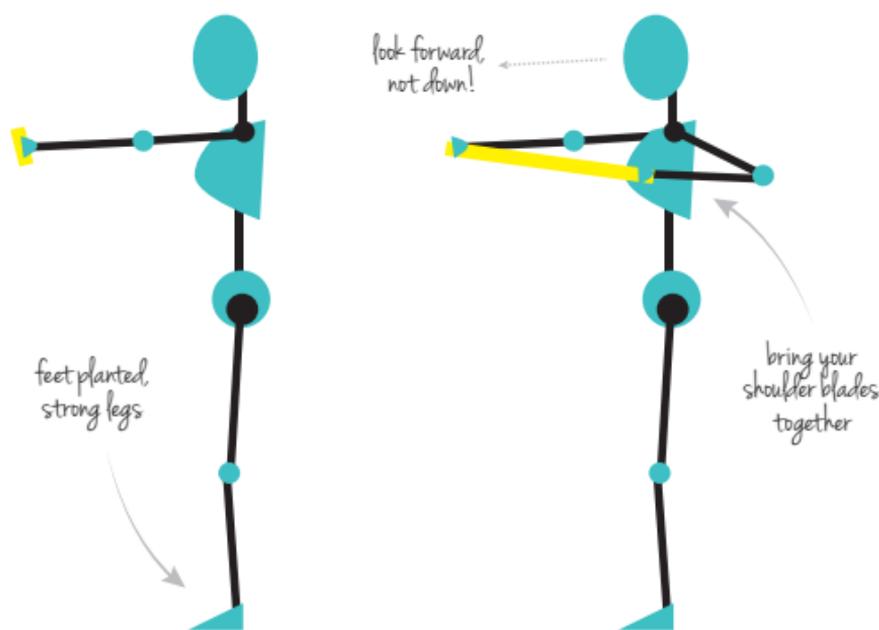
If you're short on time (30 min) perform 2 sets of 16-20 reps

If you have more time (45 min) perform 3 sets of 11-15 reps

Read on for exercise instructions, tips and modifications!

mini band archer pull:

A *mini band archer pull* is a deceptively hard exercise that requires you to work against tension in both a pulling and pushing plane.



Start by holding a mini band in both hands in front of you.

Pull one arm back while keeping the other hand in front of you. Slowly release your hand back to starting position and repeat for reps. Repeat on other side.

modifications:

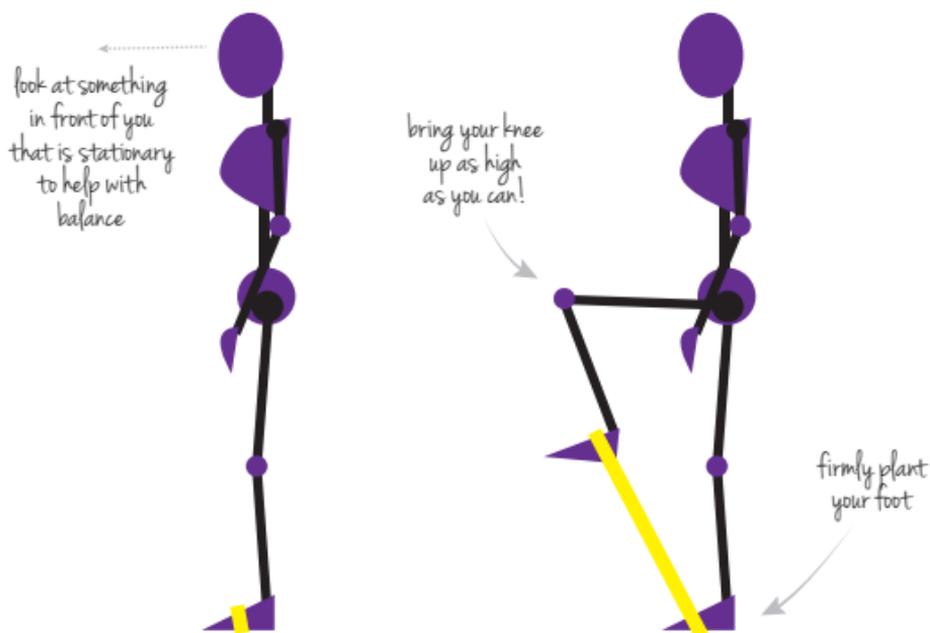
Easier? Use a lighter band.

Harder? Use a harder band, or try performing the move while standing on one foot.

Concentrate on pulling your elbow back in space rather than your hand. Thinking about it this way can help to contract your back muscles better!

mini band march:

A mini band march challenges your balance and works your glutes at the same time.



Start by standing with a mini band looped around both feet.

Bring one knee up to hip height while balancing on your other foot. Return your foot back down to the ground and repeat for reps. Repeat on other side.

modifications:

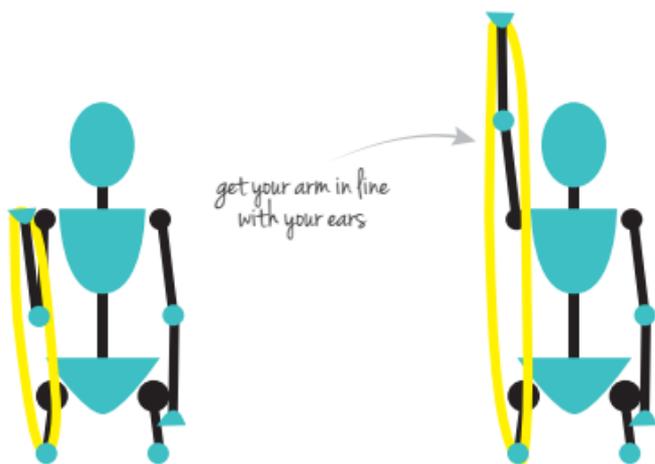
Easier? Use the lightest band you can, or none at all.

Harder? Use a harder band. If you need it to be even harder, try closing your eyes.

Try your hardest not to use momentum for these!

mini band shoulder press

A *mini band shoulder press* uses a mini band to strengthen your shoulders.



Start by kneeling and sitting on your feet with a mini band looped under one knee and in the corresponding hand. Then, bring your hand up to shoulder height, palm facing forward.

Press your hand overhead until your arm comes in line with your ear. Lower your hand back down to shoulder height and repeat for reps. Repeat on other side.

modifications:

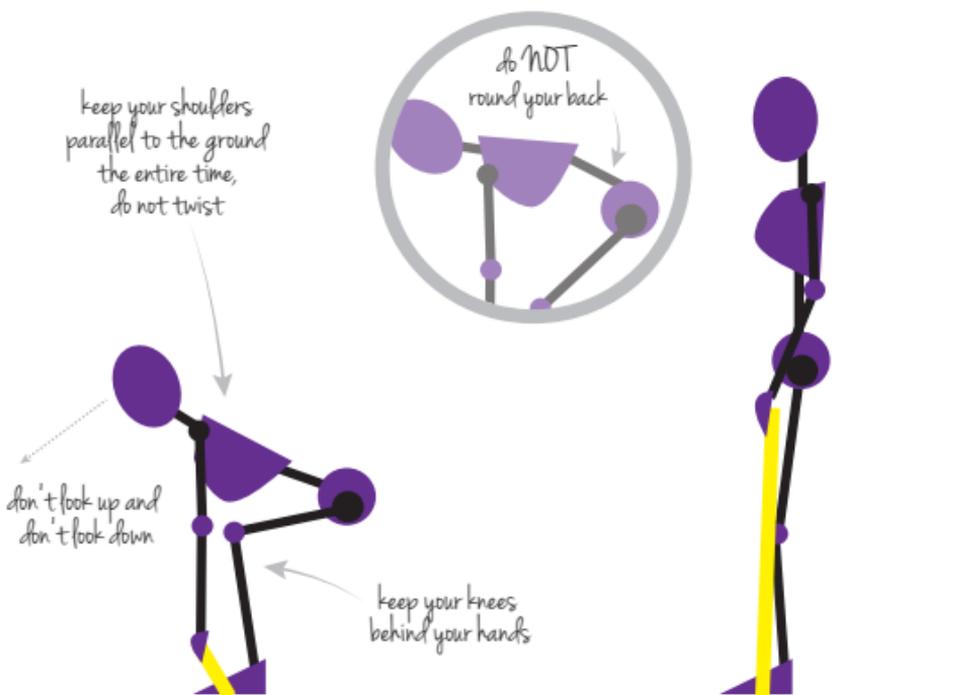
Easier? Use a very light band.

Harder? Use a heavier band. Other options are to kneel with your hips not resting on your feet, or to kneel with only one knee down.

It is easy to rely on momentum for this exercise. Take it slow to avoid doing this!

mini band deadlift:

A *mini band deadlift* uses a mini band as resistance. It still follows typical deadlift procedure: you are simply picking something up off the floor.



Start in a hinged position with a mini band looped around one foot and held in the corresponding hand at shin height. Your feet should be shoulder width, toes facing forward. Stick your butt out and keep a flat back.

Keeping your back straight, press into your heels to bring yourself to standing. Lower back down and repeat for reps. Complete on other side.

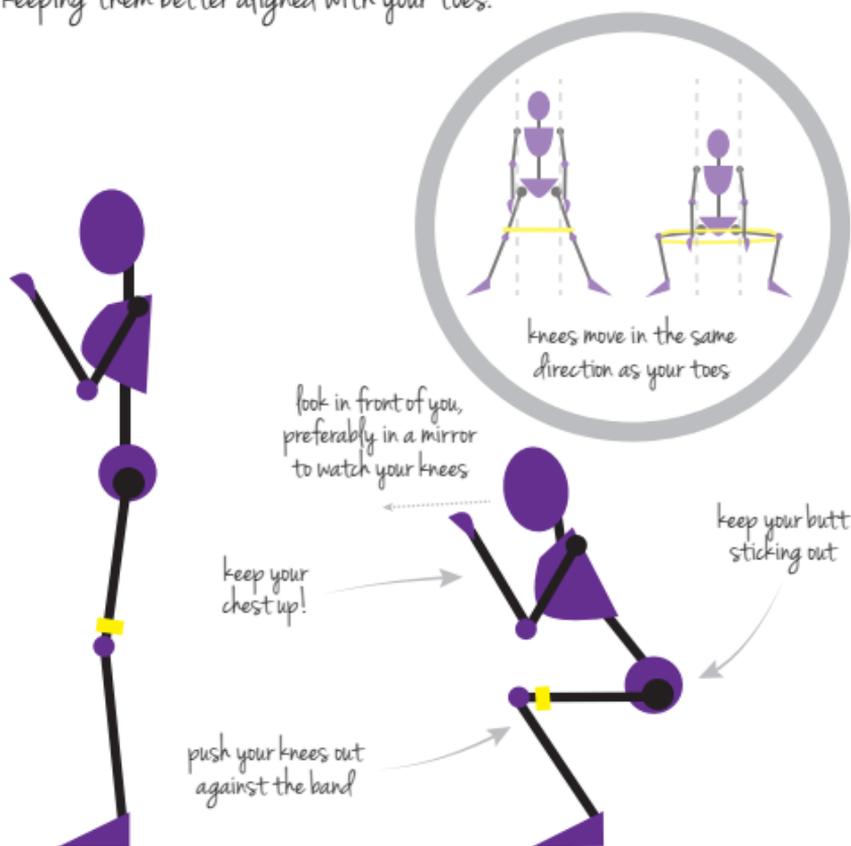
modifications:

Easier? Use a lighter band.

Harder? Use a heavier band. You can also perform the movement extra slow, perform it as fast as you can, or a combination.

mini band squat:

A mini band squat creates resistance around your knees, requiring you to push your knees out, keeping them better aligned with your toes.



Start by standing with a mini band looped around both legs, band placed above your knees. Stand with a standard stance, toes out just enough so they match the direction your knees travel. Hands can be clasped in front of you.

Start the movement by bending your knees and flexing your hips at the same time. Sink your hips back, as if you are sitting in a chair. Keep your butt out and your chest high. Push back up through your heels and repeat for reps.

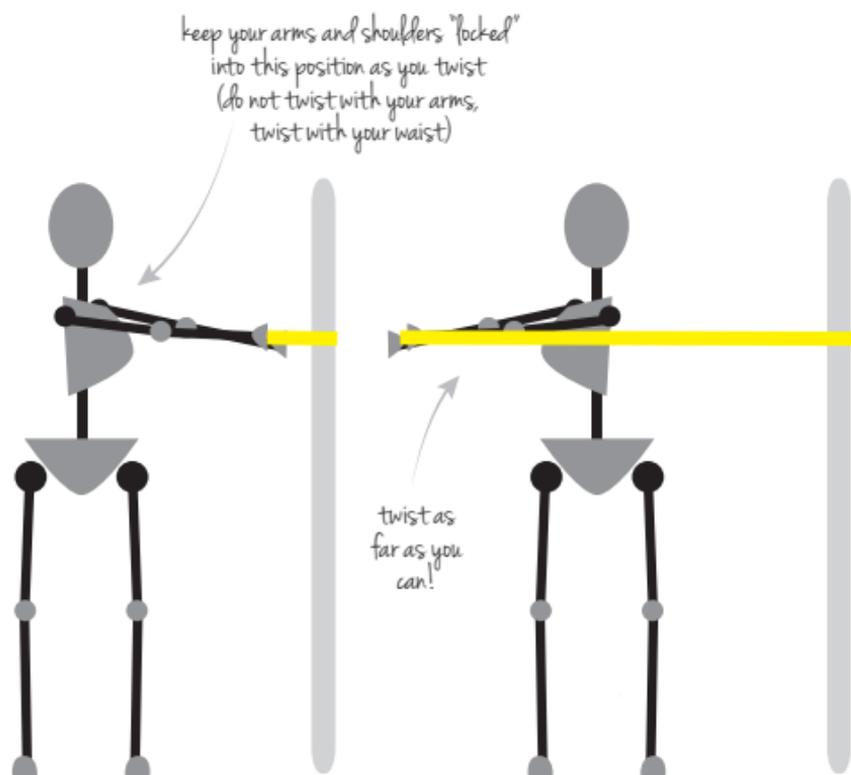
modifications:

Easier? Hold on to TRX straps throughout the movement and use the lightest band you have.

Harder? Increase the strength of the band. You can also squat lower and lower for a greater challenge, but only squat as low as you can without your heels lifting or your hips tucking under. You can also use a sumo stance which requires more pressure against the band.

mini band oblique twist:

A mini band oblique twist is an oblique exercise that challenges your shoulder stability too!



Set up by standing with a mini band attached to a stable object at shoulder height. Reach across your body and hold the band with both hands, arms extended but not locked out.

Twist away from the anchored band, keeping your arms straight. Slowly unwind and repeat for reps. Repeat on other side.

modifications:

Easier? Use a lighter band, or none at all.

Harder? Increase the heaviness of your band. You can also try performing the exercise while standing on only one foot.

Make sure to use your obliques and not your shoulders. Imagine that you are twisting your chest to face the other direction, not just your hands.