

# Head to Toe Training with Resistance Bands

**Today's Goals:** Educate. Inspire. Transform.

We believe that Physical Education is the only subject that has the potential to affect how a person feels every moment of every day for the rest of their life.

- Teaching our students *how* to be fit is our main responsibility
- Incorporate fitness into every day
- 12 Minute fitness modules

**Training Functional:** Are you training your students **Functionally**?

- Training on our feet** No artificial support
- Multiple Planes** ALL **THREE** planes of motion, **Sagittal, Frontal** and emphasize the **TRANSVERSE** plane
- Multiple Joints** Incorporating full range of motion that is proprioceptively demanding
- Train MOVEMENTS**, not muscles.
  
- Total-Body Resistance** training involves...
  - PUSHING**
  - PULLING**
  - ROTATING** (or Core Stability)
  - LEGS** (lunging, squatting, etc.)
  
- Training with Bands:**
  - Affordable
  - Portable
  - Effective
  
- Training Uses:**
  - Warm Up
  - Complementary Fitness Activities
  - Fitness Circuits/Stations
  - Alternative Activity (volleyball)
  - Indoor/outdoor fitness courses

# PowR Walk

The PowR Walk is a personal tubing system that connects the hands and feet so any movement can be resisted! Integrated training works the whole body, everyone succeeds and everyone gets properly challenged

## **Training Applications**

- Loco-motor movements
- Cardio Boosters (arm and foot patterns combined)
- Hip Therapy Exercises
- Resistance Exercises (portable dumbbells)

## **Movement Applications**

- Walking/Jogging/Skipping (forward, backward, sideways)
- Slide (change handles to opposite hand) with lateral raise
- Grapevine
- Twist Jumps (forward, backward, lateral)
- Lunge walks (forward, backward)
- Squat walk – “monster walk” – (forward, backward)

## **Training Uses:**

- Movement Warm Up
- Fitness Circuits/Stations
- Alternative Activity (volleyball)
- Staff Wellness
- Indoor/outdoor fitness courses

## **Workout (Task Cards)**

- Core
- Mobility
- Cardio Booster**
- Lower Body
- Upper Body
- Cardio Booster**

# C-Bands

The C-Band is a versatile training tool allows for a variety of total body exercises including pushing, pulling and rotating. C-Bands can be taken anywhere and are great for team building. Students need to communicate and work together in order to perform the exercises correctly.

## **Training Applications**

- Can be used anywhere – in the gym, on the field, or even when traveling
- Effective for core training and upper/lower body training
- Improve functional strength & balance while working all three planes of motion

## **Core Strength Applications**

- Stabilization
- Rotational
- Anti-Rotational
- Functional Movement Patterns

## **Core Workout**

- Twist & Pivot
  - a. Partner "Post"
  - b. Twist & Pivot (facing partner)
  - c. Drop Step (Transverse Lunge) and Twist (facing partner between steps)
- Chop & Lift (chop, lift and Jump is a power level exercise)
- Chop & Twist
- Chop & Twist w/ Partner Low Post (like a forearm pass position)
- Alternating Giant Circles
- Backward Facing Side to Side Touches

# Circuit Trainer

The Circuit Trainer can be used to increase participation in your class by allowing the class/team to train as a group. Training in a group harnesses the energy and improves cohesiveness and communication. The Circuit Trainer allows for unlimited functional movement patterns connecting movement and resistance training together.

## **Training Applications**

- Movement based training
- Portable in the gym, on the field
- Improve functional strength & balance all three planes of motion
- Injury prevention

## **Movement/Strength Applications**

- Functional movement patterns
- Functional resistance training
- Cardiovascular booster

## **Partner Workout**

### **Pushing - Two Armed Press**

- Mirrored/Opposed
- Alternating Lunge mirrored and opposed

### **Pulling – Two Arm Row**

- Mirrored/Opposed
- Squat Row mirrored or opposed

### **Rotating- Cross-cut Saw**

- Mirrored/Opposed
- Alternating Transverse Lunge

### **Movement**

- Carioca (fast out, in slow)
- Back Pedal – cone touch
- Running, but slowly moving out and back
- Form Sprinting

## **Class/Team Workout**

### **Pushing - Two Armed Press**

- Lateral Lunge and Press

### **Pulling – Two Arm Row**

- Lateral Lunge and Row

### **Rotating- Half moon**

- Lateral Facing half-moon
- Chop & Lift Cone

### **Movement**

- 180 degree Jumping Jacks
- 100 Meter Dash Stability Jump & Holds - Lateral Shuffle w/ rebound jump
- Double Jump w/ rappel jump return