

6 Resistance-Band Moves That Take Bodyweight Training to the Next Level

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Want to take your [bodyweight workout](#) to the next level without compromising on convenience? Incorporate resistance bands.

“Resistance bands are great for isometric exercises because they can provide constant tension, and they can be used for fast power movements because of their elasticity,” explains certified strength and conditioning specialist [Noam Tamir](#), founder of [TS Fitness](#) in New York City. “By adding resistance to an exercise, these bands can help strengthen your joints and muscles.” And because of the added resistance, the intensity of the exercise will increase, which can also boost your calorie burn.

Resistance bands are lightweight and generally inexpensive, which makes them the perfect travel companion—even if you just want to take your workout with you to the office. “Plus, you can use them for rehab and warm-up drills, and to help stretch as well,” says Tamir.

Get started with the moves below.

6 Resistance-Band Exercises for Beginners

Bicep Curl

Targets: biceps



Stand with feet shoulder-width apart on top of the center of the resistance band. Holding one end of the band in each hand, bend arms 90 degrees, keeping elbows at sides, palms facing the ceiling. Keeping elbows next to your sides, curl hands up to shoulders. Slowly lower back down. That's one rep. Repeat 12 times.

Lateral Step

Targets: glutes, hips



Wrap the resistance band around shins and calves. Keeping your back straight, bend knees and sit back into a quarter squat. Stay low and step right foot laterally out to the right side, then step the left foot to follow. Walk five steps to the right, then five to the left.

Overhead Press

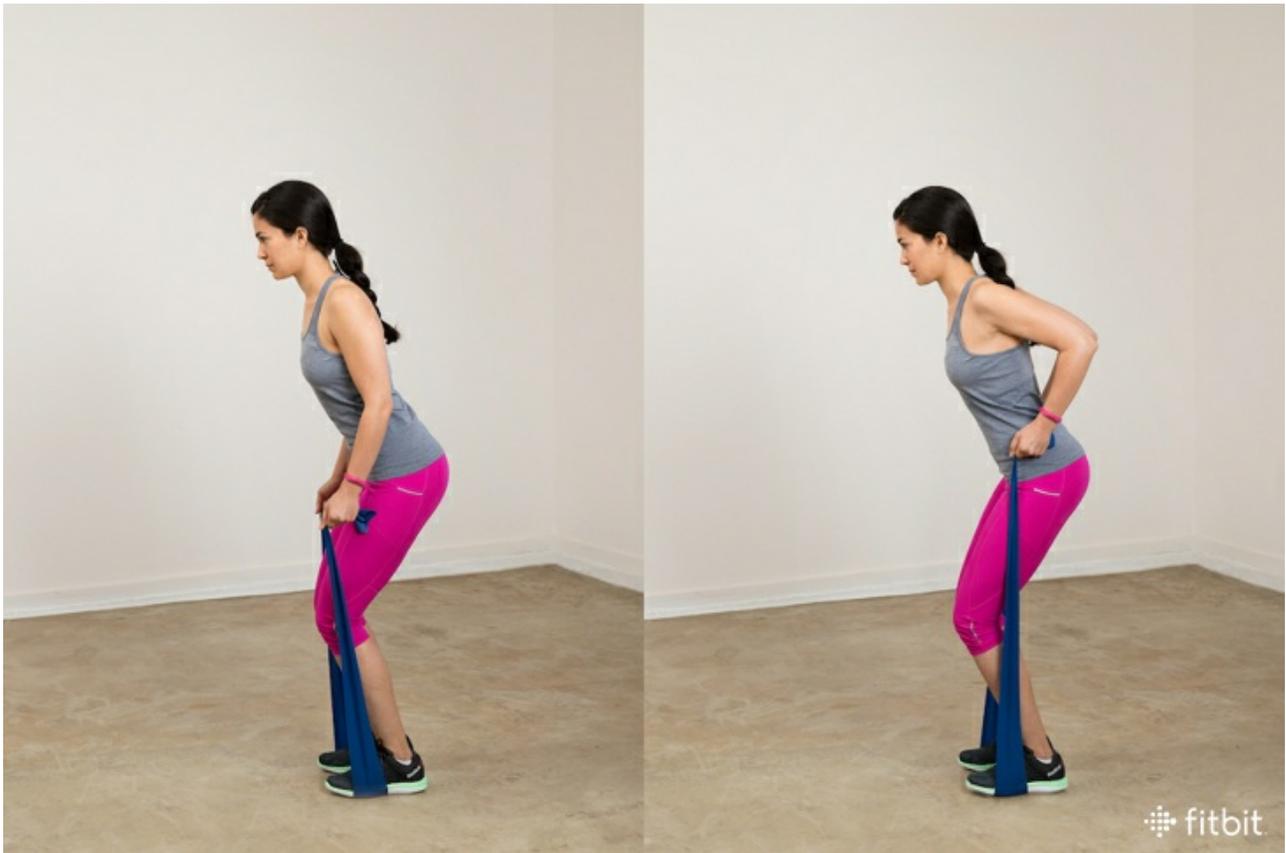
Targets: shoulders



Stand with feet hip-width apart on top of the center of the resistance band. Hold one end of the band in each hand at chest level. Push both arms straight overhead. Slowly lower back to chest level. That's one rep. Repeat 12 times.

Standing Row

Targets: shoulders, back, biceps



Stand with feet hip-width apart on top of the center of the resistance band. Hold one end of the band in each hand slightly lower than hip height. Keeping your knees soft and back straight, hinge slightly forward at hips so chest is facing floor. Squeeze shoulder blades and pull elbows up and back. Slowly lower back down. That's one rep. Repeat 12 times.

Narrow-Stance Squat

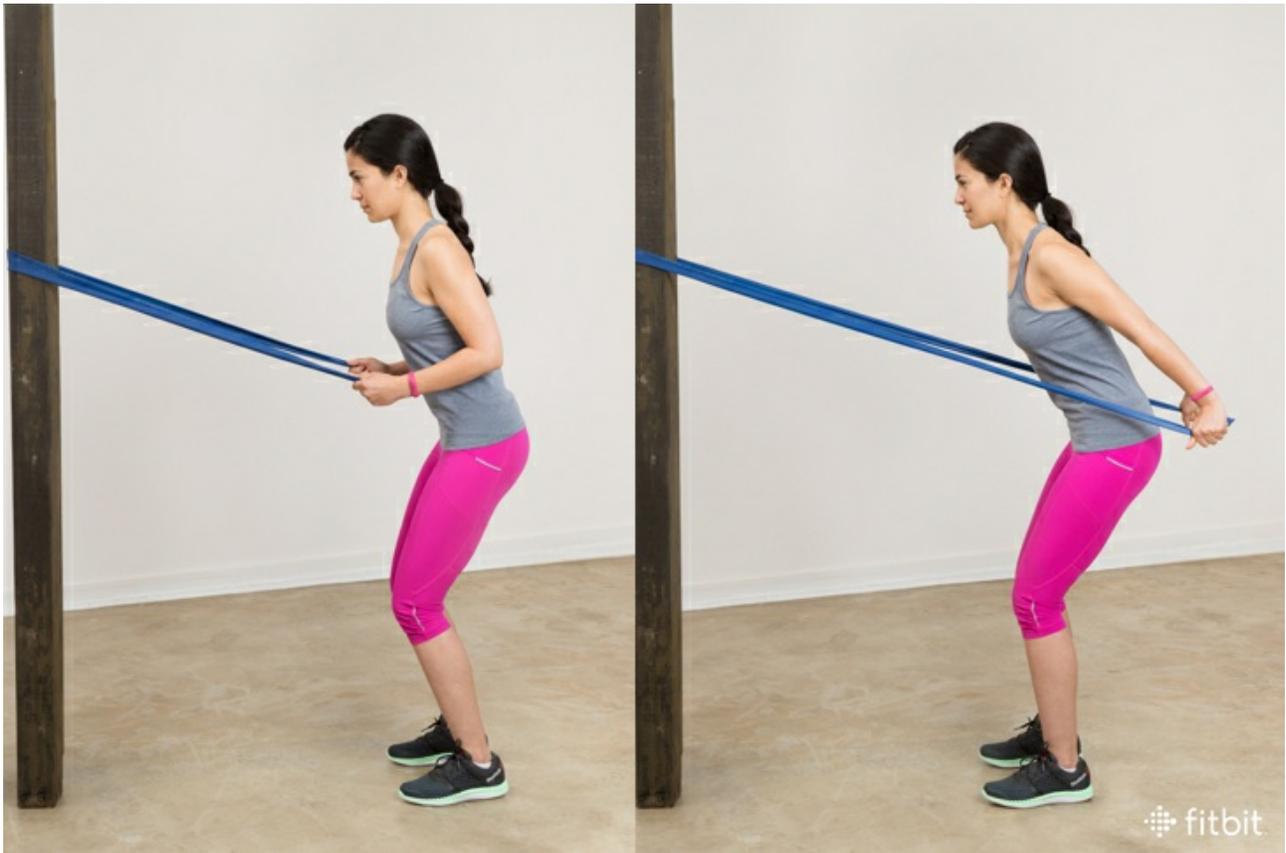
Targets: quads, hamstrings, glutes



Stand with feet slightly closer than hip-width apart on top of the center of the resistance band. Hold one end of the band in each hand at hip height with tension on the band. Keeping your back flat and chest high, slowly sit back into a squat going as low as you can comfortably go without your knees tracking past your toes. Stand back up. That's one rep. Repeat 12 times.

Tricep Kickback

Targets: triceps, shoulders



Wrap the resistance band around an anchor. Stand about two feet away from anchor point, feet hip-width apart, one end of the resistance band in each hand with your elbows bent at 90 degrees, tight to the body. Keeping knees soft and back straight, hinge slightly forward at your hips and push hands down and back, straightening arms behind you. Slowly return to start. That's one rep. Repeat 12 times.

This article is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.

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