



It is best to secure resistance bands to a fixed apparatus (e.g. pole). Alternatively, you can have a partner hold the bands around the wrist or waist.

Bands are available in different resistance levels. Medium and heavy bands are best suited for resistance running drills.



The easiest way to connect heavy duty resistance bands to a fixed apparatus is to use the "choke" technique.

First, loop the band around the pole.



Next, take one end of the band and feed it through the loop of the other end.

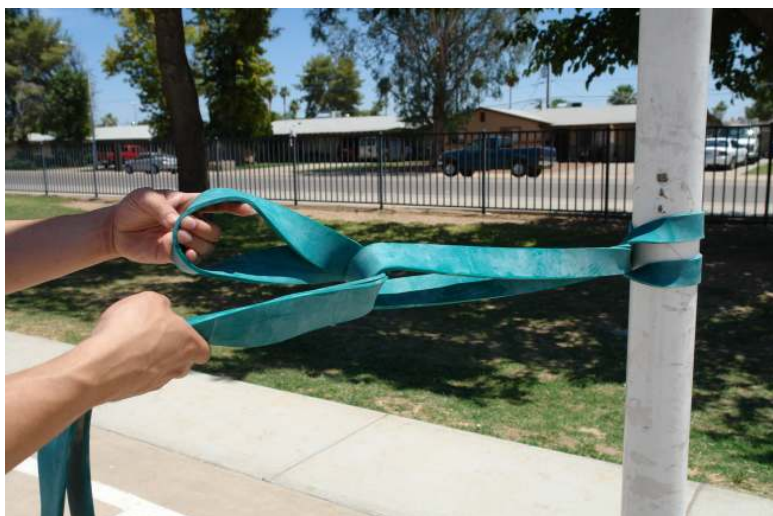


Pull tightly on the band to secure it to the pole.



At least **THREE** bands are recommended for resistance running drills. This will ensure that there is a safe distance between the pole and the runner.

Bands can be linked to each other via choke technique. Simply feed it through as shown.



Create a loop at one end.



Feed the opposite end through the loop, then pull tightly.



If done correctly, the connection between each band should appear as shown.



Once you have the three bands linked together, you are ready to begin resistance running drills.

There are two ways to secure the bands. The first method is around the waist.

Applications: forward, backward, and lateral drills



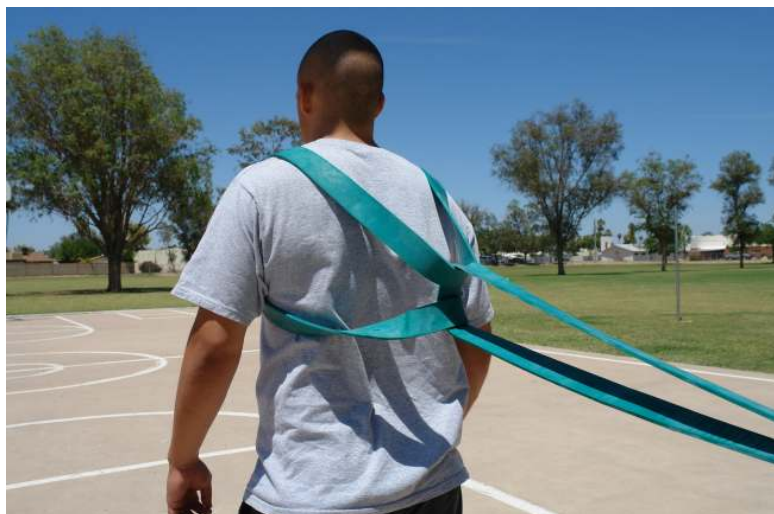
Alternatively, you can create a shoulder harness with one band. To make a harness, loop the band through as shown.



Place one arm through the opening, then place the other arm through the opposite end.



If done correctly, the shoulder harness should look like this from the front.



The back should look like this.

Applications: forward running drills



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