



In a perfect world, all squat racks would be equipped with powerlifting band pegs.



Band pegs are generally positioned on the bottom support beam. Sometimes they are positioned on the top and bottom. The top positioning is used for reverse band exercises, which will be explained later.



Band pegs can be positioned every few inches to accommodate the lifting preferences of any athlete.



If you don't have a squat rack equipped with band pegs, a "cage" style rack similar to the model shown works best for powerlifting band exercises.



Before applying the bands, lower the barbell to the safety rack and place a dumbbell on each side of the cage.

The dumbbells will serve as anchor points. If possible, use dumbbells weighing 80 pounds or greater. Dumbbells that are too light will come off the floor or move around during exercise.



Grasp the band and "choke" the dumbbell to secure it.



Depending on the exercise being performed, you may need to loop the bands a few times before choking.

This technique will increase the tension of the bands as you perform various lifts. Ideally, bands should have tension during all phases of movement.



If heavy dumbbells are not available, additional weight can be added to keep the dumbbells in place.

To do this, simply thread the band through the hole and set the plate on top of the dumbbell.



The band is now ready to be secured to a barbell.

Note: Hex dumbbells weighing 100+ pounds typically do not require additional weight plates.



If hex dumbbells are not available, round dumbbells can be used, but they must be secured with bar plates.

This will keep the dumbbells from rolling around during exercise.



Depending on how your lifting cage is constructed, you may only need one bar plate (instead of two) to secure a round dumbbell.



Once the dumbbells are in place, loop the opposite ends of the bands around the bar.



Next, squat the bar from the safety rack to the J-hooks, or seek the help of a partner.

If you are working alone, it is easiest to position the safety rack a bit higher than normal. Once you squat the bar up to the J-hooks, you can lower it to the desired height for exercise.



Squat Setup

At this point, there should be enough tension on the bar to perform exercises.

Here, barbells have been added to the outside of the bands to create additional resistance.



This image shows the squat setup using round dumbbells.

Notice how the bar plates are positioned to prevent the dumbbells from rolling.



Bench Press Setup

It is important to secure the bands while the bar is on the safety rack. Reposition the bar by squatting it up to the J-hooks, or have a partner help.



Reverse band exercises can also be performed with a lifting cage. Simply choke the bands around the top frame of the cage.

Caution: The setup for reverse band exercise is tricky because the bar will not sit on the J-hooks (due to the tension from the bands) unless additional weight is added.



Reverse Band Bench Press

With this setup, you will lift the majority of the weight at the top of the movement.

As you push the weight off your chest, the bands will assist you initially, but the resistance will gradually increase as the bands return to their resting length.



Reverse Band Deadlifts

Notice how the bands are choked around the safety rack instead of the top cage frame.

Adjustments may be needed in order to get the right loading/deloading effect.



Reverse Band Squats

In this exercise, the bands will initially help to lift you out of the squat position. However, the further you ascend, the heavier the load becomes.



In some cases, it may be necessary to loop the bands around the frame a few times (before choking the bands) in order to get the desired effect.



If dumbbells are not available, it might be possible to anchor the bands to a safety rack.



In order to create enough tension, the bands must be looped several times around the safety rack.



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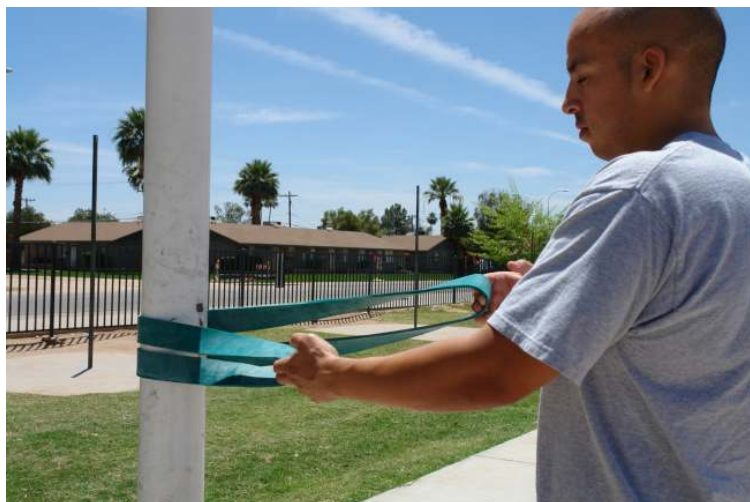
http://www.workoutz.com/shopping/category/resistance_bands_tubes



Ballistic Running Drills

It is best to secure resistance bands to a fixed apparatus (e.g. pole). Alternatively, a partner can hold the bands around their forearm 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 a band to a fixed apparatus is to use the "choke" technique.

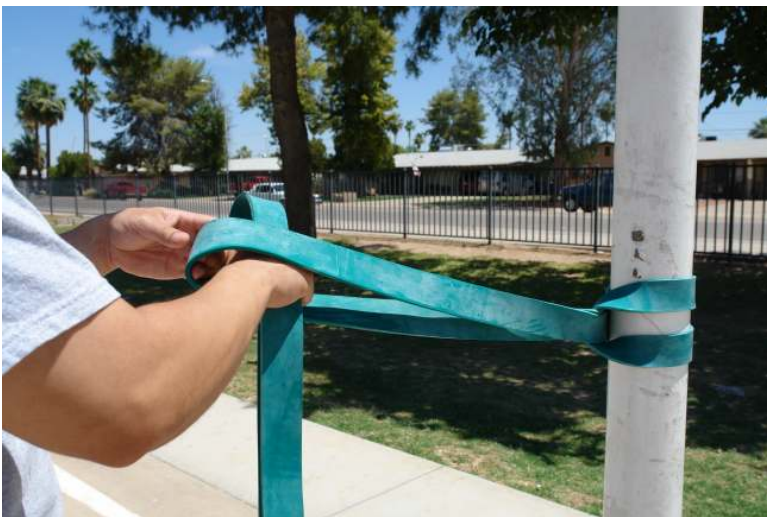
First, loop the band around the pole.



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

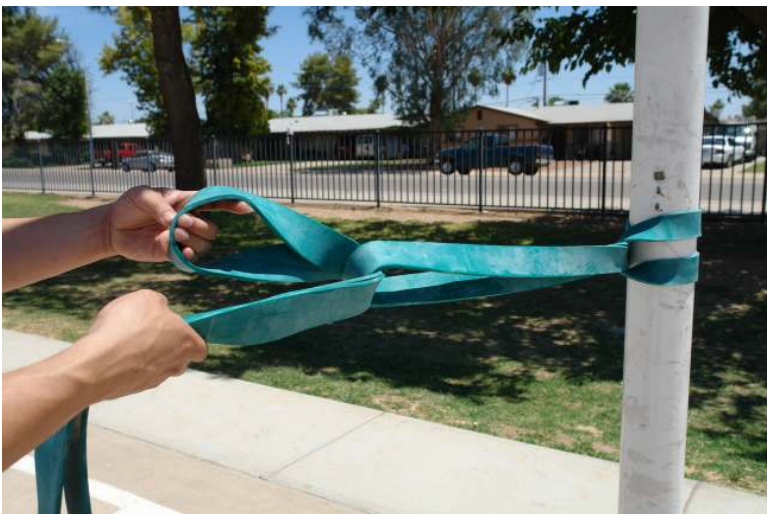


Pull tightly on the band to secure it to the pole.



A "sprinting" resistance band is suggested for resistance running drills. If using the old method of linking multiple heavy duty resistance bands together, then at least 4 bands are suggested. This will ensure that there is a safe operating distance between the pole and the athlete.

NOTE: Bands can be linked to each other via choke technique. To connect one band to another, simply feed it through as shown.



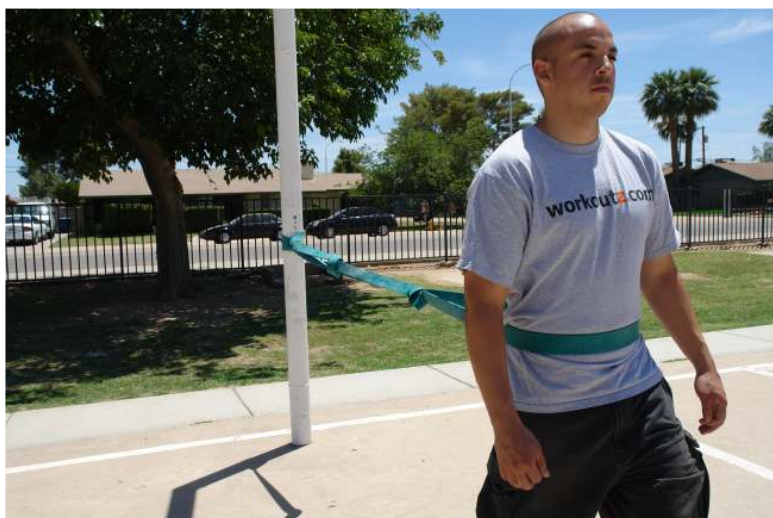
Create a loop at one end.



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 at least three bands linked together, you are ready to begin resistance running drills.

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

Applications: forward, backward, and lateral drills



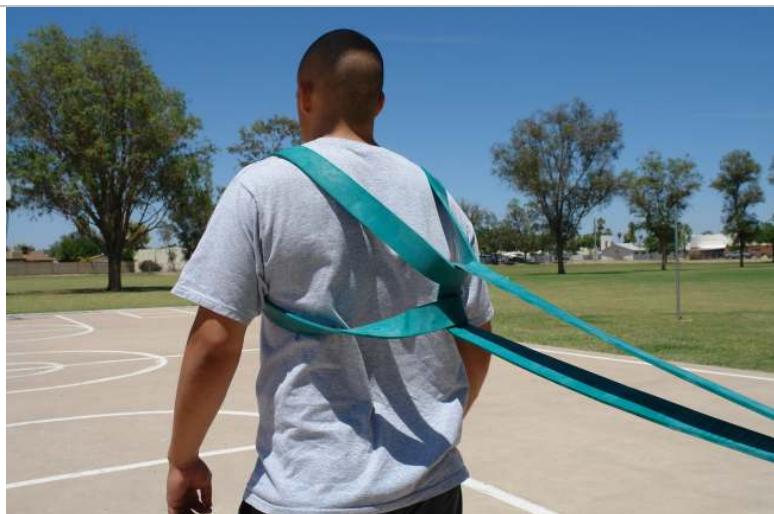
Alternatively, a shoulder harness can be created with the third band. To make a harness, loop the band through as shown.



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.



The back should look like this.

Applications: forward ballistic running drills

Important: Never use "light" bands for ballistic running. Only use medium and higher resistance levels.



Band Assisted Pull-ups

Loop the band over the pull-up bar as shown.



Grasp the looped end and pull it through.



Pull the band to secure it to the pull-up bar.



The band is now choked on the bar and ready for use.



Pull the band down to secure it under your shoe or knee.

Need more assistance while doing pull-ups? Simply loop the band around the bar a few times before choking.



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