

Exercising using a stretchy band during the covid-19 pandemic

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Disclaimer: This short article does not provide health or exercising instruction, but only shows how the writer improvises using a stretchy to carry out some exercise during the covid-19 pandemic, while stuck at home. When it comes to your health and exercising, you must seek the advice and training of professionals.

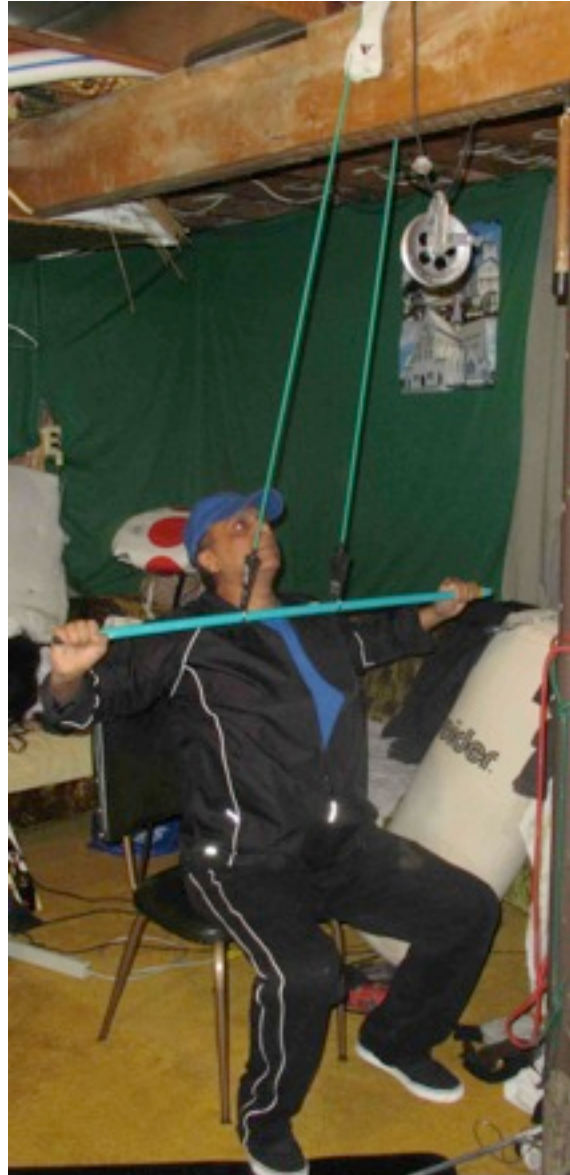


If your fitness center is closed due to the covid-19 pandemic, you can still do lots at home, even if you do not have any exercising equipment. I purchased a stretchy band with rings on each ends for about \$10 to do some exercises. I could have also purchase a band and tie the ends and make each end into a loop. The bands come in different colors for different tension. I will see how green works, which I think gives a 20 lb tension and if I need more tension then I will go to a different color that gives for example a 40 lb tension. I do 3 or 4 sets and do about 15 reps per set.

While at home during the pandemic, for cardio many of us have one of the following: a bike, an elliptical and or a treadmill. I use a stationary bike, which I start riding for about half hour about 4 times a week to get some cardio, getting in shape for when the weather warm up. If I did not have a bike then I would just simply rung on the stop for a few minutes, or jump up and down, or step up and down on the lower step. I also have a bench press where I do some lightweights from my chest and legs.

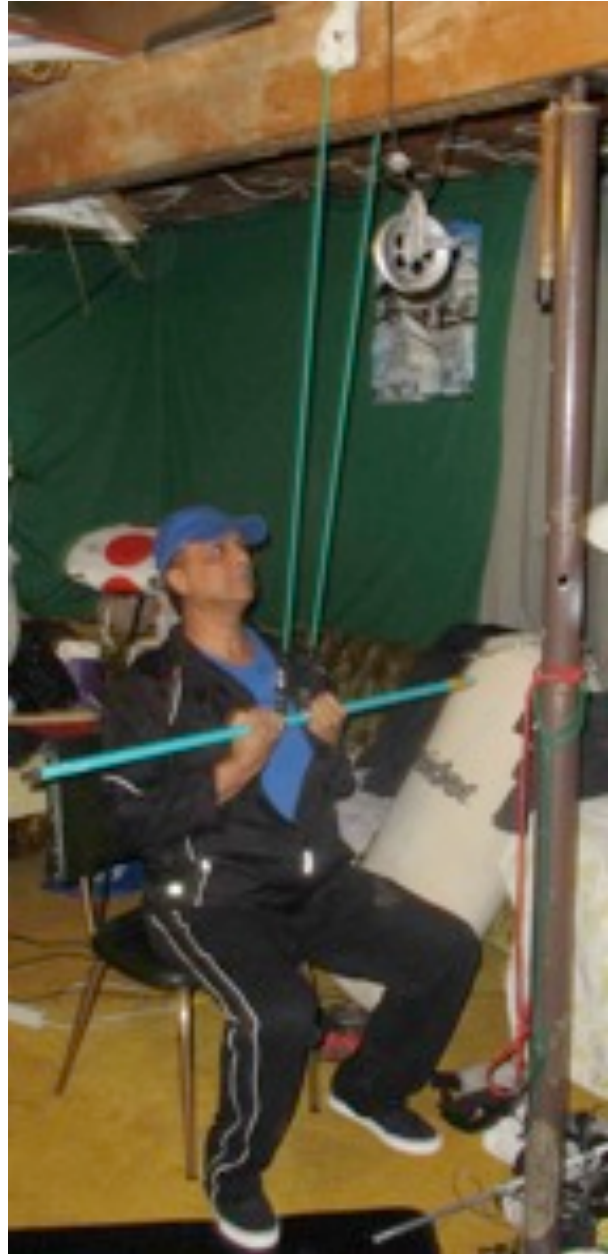
In the undeveloped basement, I pulled the stretch band over the beam and then let it hand down as seen in the diagrams below. If you do not have a beam, you can be creative and come up with something similar. I then placed a broomstick through the two holes to use as a bar since I do not have a metal bar.

Pull downs for the shoulders



Sit on a chair, raise arms and place each hand at the end of the stick and pull down to the chest and then back up, and I repeat doing about 10 to 20 repetitions and about 3 sets

Pull downs for shoulder, back, lats and chest



Sit on a chair, place hands closer and pull down to chest and repeat.

Exercise 1 for rotator cuffs



Loop stretchy band around a post or around a doorknob. Place hand as shown above and pull outwards and back to this position and repeat.

Exercise 2 for rotator cuffs



Place hand as shown and then pull back keeping hand at about a 90 degree angle as you pull back.

Exercise for the lats and back



Hands out as shown above, keep shoulders straight, flex lats and pull in to your chest or to your stomach and back out, and repeat. I do about 10 reps pulling towards my chest and then another 10 reps pulling towards my stomach



Triceps exercise



From the position shown, pull down towards your leg and then back to this position and repeat.

I can also exercise my biceps by removing the band from the beam, and then step of the band and pull the band upwards, exercise my biceps. For my chest, I can hold the band across my chest and pull outwards and then back in.