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## **FULL BODY WORKOUT – BANDS ARE ALL YOU NEED**

**Coach Bill Jacobs**

*POSTURE + POSITIONING = POWER PERFORMANCE*

### **1. NECK - HEAD / TRICEP - MICRO OR MINI BAND - MAINTAIN POSTURE WHILE MOVING**

- A. FLEXION: BAND BEHIND THE HEAD - CHIN TO CHEST- FLEXION CHIN TO THE ADAMS APPLE
- B. EXTENSION TO CEILING: BAND BEHIND HEAD - BACK TO THE CHIN TO THE CHEST
- C. SIDE TO SIDE: BAND TO THE SIDE RIGHT- LEFT - EAR HOLE TO SHOULDER RIGHT- LEFT
- D. ROTATION: BAND TO THE SIDE OF THE HEAD - CHIN TO SHOULDER RIGHT- LEFT
- E. JUT THE JAW: BAND BEHIND HEAD REPEAT BAND IN FRONT OF THE HEAD - JUT FORWARD AND BACK
- F. SPIRAL: BAND TO SIDE RIGHT THEN LEFT - CHIN TO SHOULDER THEN TO CEILING AND OPPOSITE SHOULDER - DOWN TO UP / UP TO DOWN
- G. TRICEPS / TRICEP EXTENSIONS: BAND BEHIND THE HEAD - DRIVE HANDS OUT AND PULL SHOULDERS BACK AND RETRACT THE SCAPULAS. THUMBS UP – THUMBS 45% - THUMBS DOWN

### **2. TRAPS / BICEPS: MINI OR MONSTER MINI BAND - MAINTAIN POSTURE WHILE MOVING**

- A. BEHIND BACK SHRUGS: ELBOWS TO THE EARS - CHIN TO RIGHT AND TO LEFT SHOULDERS
- B. BEHIND BACK SHRUG: RIGHT ELBOW TO RIGHT EAR - TURN CHIN TO RIGHT SHOULDER AND LEFT SHOULDER - REPEAT TO THE LEFT SIDE
- C. BICEPS: WITH THE BAND BEHIND THE BACK PERFORM BICEP CURLS BOTH ARMS AND ONE ARM MOVING THE CHIN TO RIGHT AND LEFT - THUMBS OUT - THUMBS 45% - THUMBS DOWN - THEN ROTATE AS YOU CURL - THUMBS DOWN TO THUMBS TURNED OUT AT THE TOP OF YOUR BICEP CONTRACTION

### **3. SHOULDERS / RHOMBOIDS: MICRO OR MINI BAND - MAINTAIN POSTURE WHILE MOVING**

- A. FRONT RAISES: THUMBS UP - THUMBS 45% - THUMBS DOWN - ROTATE THUMBS - UP TO DOWN - DOWN TO UP
- B. LATERAL RAISES: THUMBS UP - THUMBS 45% - THUMBS DOWN ROTATE THUMBS DOWN TO UP - UP TO DOWN
- C. REAR DELTS: THUMBS UP - THUMBS STRAIGHT AHEAD - THUMBS DOWN
- D. RETRACTION PULLS: ARMS BENT - MAKE SHOULDERS DISAPPEAR - THUMBS UP - STRAIGHT AHEAD - DOWN
- E. RETRACTION BEHIND THE BACK - SAME THUMB POSITIONS



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- 4. LATS: MINI OR MONSTER MINI BAND - MAINTAIN POSTURE WHILE MOVING**
- A. BENT OVER ROW- BOTH ARMS - SCAPULA RETRACTION AND ROW - ELBOWS PINNED TO THE BACK TOGETHER - SHOULDER FLEXION ONLY- NO BICEP CONTRACTION - ARMS STAY AT 90% FLEXION
  - B. ONE ARM BENT OVER ROW - PROCEED AS ABOVE - ONE ARM AT A TIME BRING THE ELBOW TO THE CENTER OF THE BACK - PULL THRU THE STOMACH TO THE OPPOSITE HIP
- 5. CHEST: MICRO OR MINI BAND - MAINTAIN POSTURE WHILE MOVING**
- A. BENCH PRESS: BAND OVER THE BACK ON THE LOWER TRAPS - SCAPULA RETRACTED AND THEN PRESS - DO NOT ALLOW SHOULDERS TO MOVE FORWARD - KEEP THE SCAPULAS RETRACTED SO AS TO USE ALL CHEST AND BACK MUSCLES - THUMBS UP IN NEUTRAL POSITION - ROTATE THE ELBOWS IN - ELBOWS ALWAYS REMAIN INSIDE UNDER THE ARM PIT – ARCHING THE BACK HELPS MAINTAIN POSTURE
  - B. DB FLYS: BAND OVER THE BACK AS ABOVE - ARMS STRAIGHT AND CRUNCH THE PECS – HIGH - MEDIUM AND LOW
- 6. LEGS / HIPS / POWER CENTER: MINI OR LIGHT BAND - MAINTAIN POSTURE WHILE MOVING**
- A. GOOD MORNINGS: BAND ON THE BACK OF THE NECK OVER THE TRAPS - SLIGHT KNEE BEND - FLEX AND EXTEND OUT OF THE HIPS - SCAPULAS BACK AND HEAD UP - FLAT BACK
  - B. STIFF LEGGED DEAD LIFT: SLIGHT KNEE BEND GRAB THE BAND AS LOW AS COMFORTABLE - PULL UP - SCAPULAS BACK - PUSH THRU THE STOMACH AND PULL THRU THE BUTT AND TIGHTEN THE GLUTES - DRIVE INTO THE INSIDE OF THE HEELS
  - C. DEADLIFT: SAME AS ABOVE BUT BENDING THE KNEES ON THE START AND STRAIGHTENING THE KNEES ON THE WAY UP WITH SCAPULA BACK - CHEST – HEAD UP- PUSH THRU THE STOMACH AND PULL THRU THE GLUTES
  - D. SQUATS: BAND OVER EACH SHOULDER AND UNDER THE OPPOSITE ARCH OF THE FOOT - GRAB AHOLD OF SOMETHING SOLID - DOOR - A PARTNER - PROCEED TO SIT BACK AND SQUAT DOWN COMING UP PUSH THRU THE HEELS AND STOMACH - PULL AND SQUEEZE THRU THE GLUTES - KNEES ALWAYS REMAIN UNDER THE HIPS - ALIGNED BETWEEN THE FIRST AND SECOND TOE OF EACH RESPECTIVE FOOT

#### **ADDITIONAL COACHING POINTS**

1. **START THE ABOVE WITH ONE SET OF 6 HARD REPS – CONTRACTING THE MUSCLES AS HARD AS POSSIBLE THRU EACH MOVEMENT. IF YOU ARE NOT BREATHING HEAVY AFTERWARDS YOU ARE NOT CONTRACTING THE MUSCLES HARD ENOUGH.**
2. **POSTURE MUST BE MAINTAINED IN MOVEMENT - SLOW DOWN AND REDUCE BAND RESISTANCE IF YOU CANNOT MAINTAIN POSTURE**
3. **SEARCH WHEN DOING THE MOVEMENTS TO FEEL OTHER MUSCLES AND MAKE OTHER MUSCLES WORK TOGETHER TO DO THE MOVEMENTS**
4. **THIS PROGRAM SHOULD ALSO BE USED WITH THE DICK HARTZELL STRETCHING ROUTINE AS OFTEN AS POSSIBLE**