

Body workout with a band

by Lindy Olsen

Not everyone can get to the gym on a regular basis or can have bulky fitness equipment in their home. A handy and versatile piece of fitness equipment is the resistance band.

Resistance bands have to be one of the simplest and most convenient workout tools available. They are small enough to pack in the smallest of bags, so you can take them on the road and fit in a workout wherever you are. They can be beneficial for both advanced and beginner levels just by changing the tension. You may even find that the extra variety they give your workouts will help keep you motivated and the results will probably surprise you.

If you're just starting out, try to aim for 2 sets of 8-10 reps and build up slowly. For the more advanced, try for at least 3 or 4 sets of 10-12 reps for maximum results. Remember, it's not quantity, but quality that counts. So what are you waiting for? Grab yourself a resistance band and get your body on track. To kick off your workout routine, try my personal Arm Assault!



Seated Curl (Biceps)

Place both feet firmly on the floor with the resistance band under your feet. Sit up straight and tense your abdominals. Bend your arms to resemble a right angle, keeping your upper arms locked by your side and your elbows in line with your hips



You can shorten or lengthen the band to increase or reduce the tension. Make sure there is sufficient tension to make your workout as effective as possible.



Slowly curl your arms up to shoulder level, making sure your elbows don't creep forward. The higher you curl (without moving your elbows), the more resistance you feel. Gently lower your arms and return slowly to the starting position, making sure you don't bounce or use momentum. Repeat.

tip

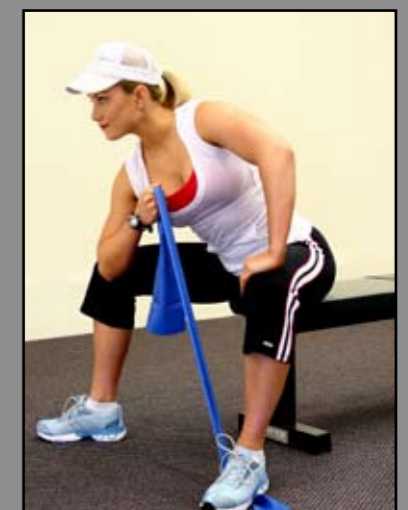
Concentration Curl (Biceps)

Concentration curls target the peak of the biceps and are excellent for creating impressive arms. One word of warning - they must be done with a lighter resistance and very strict form for maximum results!

Place one end of the resistance band underneath one foot. Hold the other end of the band in your opposite hand so there is immediate tension between your hand and foot.



Sitting on a bench or chair, lean over and brace your elbow against the inner part of your knee. Your back should be straight in a 45 degree angle and your arm firmly locked against your leg at all times.



Curl band upwards to shoulder level. Return slowly to the starting position, ensure you don't bounce at the bottom or use momentum. Really focus on controlling the movement and contracting your bicep muscle. The stricter your form, the better your arms will be.

Body workout

tip

Standing Lateral Raise (Shoulders)

This movement really isolates the lateral (middle) deltoid muscle within your shoulders. It can provide a nice curved appearance to the overall shape of your upper arm.



Place one end of the band under your feet and hold the other end in one hand. Keep your shoulders, arms and feet in a straight line. Focus on keeping your shoulders back, don't hunch over.



Slowly raise your arm sideways, away from your body, to shoulder level (or just slightly below). Keep your elbow slightly bent during the motion to prevent strain on your elbow joint. Slowly lower your arm to return to the starting position. If the tension is correct, you should really feel your muscle start to burn after 5-6 reps. Change arms and repeat.

tip

Bent-Over Row (Rear Deltoids)

Rear deltoids are often neglected or ignored, creating an asymmetry in your arms and contributing to bad posture. If you want nice arms, you need to train them thoroughly and regularly.



Sit on a bench or chair with your knees at right angles to the floor. Put the band under your feet and hold both ends with your hands. Lean forward so your chest rests comfortably on your knees. Keep your head up and look straight ahead so your back stays in the neutral spine position.



Slowly raise your arms to the side, leading with your elbows pointing upwards. Keep a slight bend in your elbow to prevent overloading the joint. Gently lower your arms to the starting position and repeat.

To pinpoint the deltoid muscle you're trying to target, you may need to practice this movement before adding resistance.



Tricep Kickback (Triceps)

If your elbow is too high or too low, this exercise will not be as effective. Keep your elbow in line with your body for quicker results and get rid of those wobbles for good!

Place one hand and knee on a flat surface so your back is parallel with the floor. Keep your abdominals pulled in tight.



Keep your upper arm parallel with the floor, in line with your back. Slowly straighten your arm backwards and continue the motion until your lower arm is fully extended. Pause and hold at the top of the extension and squeeze your tricep.



Slowly lower your arm to the starting position and repeat. Change arms for your next set.

This exercise not only works your triceps, it also targets your core stability for a tight, taught, terrific tummy!

Lindy Olsen is a natural figure champion, certified personal trainer (VICFIT), fitness coach and winner of five national and international figure titles. Since losing 25kg almost four years ago, she has transformed not only her body, but her life. Her metamorphosis has made her a role model for men and women of all ages, shapes and sizes. Her personal experience, together with her supportive approach, has helped many people embrace what living and loving life to the fullest is all about.

Continued support is important for Lindy and she is truly grateful for her sponsors, Musashi, Lorna Jane, Elite Fitness, Pearl Izumi and Sun Temple, who allow her to follow her personal dreams and her dreams to help others. For more information about Lindy and her personal success program, visit www.lindyolsen.com.

Photography by Dallas Olsen.

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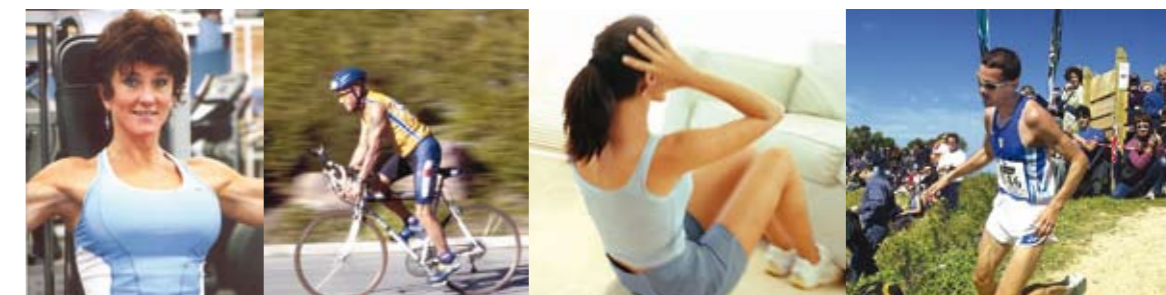
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