



Burning (with) Rubber!

The Superband Exercise Guide

The Superband is a very versatile and compact exercise tool that can be taken and used practically anywhere you want to get a fast, intense workout. You control the difficulty by “choking up” more or less on the band. You can also work safely at very slow exercise speeds as well as explosively. Have a look at some of the exercise ideas below. This would be an example of a full body routine. Use your imagination and see what else you can do!

On the standing exercises keep your chin and chest up, spine long (tall), abs tight (braced) and butt squeezed. Breathe rhythmically with your exercise. You can get a Superband at www.performbetter.com .

Exercises	Start	Finish
<p>Split Squat Step on the band, move up and down with no wobbling in the knees or torso. Do not let the front knee cave in or the back foot twist to the outside.</p> <p>8-12 reps</p>		
<p>Band Push-up Wrap the band around you, keep your eyes slightly forward and your body in a tight, plank position.</p> <p>As many reps as possible</p>		

Band Row

Step on the band, look forward and pull to your tightened stomach.

8-12 reps

**Inchworm**

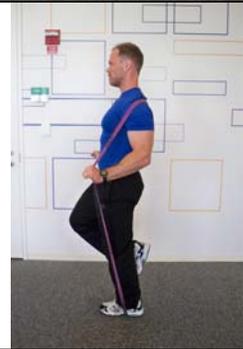
Walk out as far as you can reach, walk in as close to your hands as possible—repeat.

5 reps and up

**Single Leg Good Morning**

Step on band, keep reps smooth and controlled. You must keep tension from your foot to your head in order to keep your balance.

8-15 reps

**Band Shoulder Press**

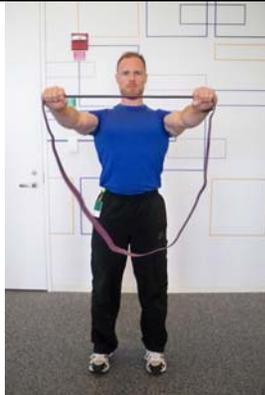
Try one arm or both.

8-15 reps

**Band Pull Apart**

Pull band out to the sides with straight arms. Squeeze shoulder blades together, lift chest.

8-15 reps



Overhead Lat Pull Apart

Pull band apart and down with straight arms. Squeeze shoulder blades together, lift chest.

8-15 reps



V-up

Keep lower back squeezed flat to the floor. Finish with butt and shoulders off floor at same time (pause). Lower and repeat. The straighter your legs, the tougher it is.

20 reps



Band Leg Curl

Anchor band to something sturdy, hook heel and pull toward you (while sitting on something that won't slide).

8-15 reps



Band Curl

Do not rock your torso, keep elbows low.

8-12 reps



Band Front Tricep Pulls

Hold band out front at chest level with elbows bent. Extend arms to the side. Feel the burn!

8-12 reps



Side Band Walk

Loop band around feet, Bend knees slightly (unlock) and walk sideways with an upright torso.

12-15 reps in each direction



Low Woodchop

Anchor band to something sturdy. Stand sideways to anchor point. Rotate your body with the band away from your body. Stay upright, no wobbling or bending. Pausing at top and bottom.

12-15 reps



A few other exercise ideas



The thicker the Superband, the tougher the exercise –1/2 inch is pretty light (smaller women), 1 inch is good for most men, 2 inch is great for lower body exercise! These band exercises can be tougher than they look.