



VIA FORTIS

EXERCISING WITH **GYMNASTIC BANDS**

The Best Exercises, Tips & Tricks

ABOUT THIS WORKOUT GUIDE

Gymnastic bands (also known as Thera-bands or Yoga Bands) help you to train your whole body in a targeted way. There's almost no limit to the number of exercises you can use, including muscle building, strengthening, flexibility and mobility. There are exercises for every area. They are as good for beginners as they are for professionals. That's why many experienced athletes always have gymnastic bands in their sports bag.

In this Workout Guide you will find 15 exercises for the whole body, and these will give you a great introduction to exercising with gymnastic bands. But this is only the beginning. If you would like to find out more, visit us at **www.viafortis.de/training**. That's where we regularly publish exercises, tips and ideas for training with gymnastic bands. And of course, you can also find us on Facebook and Instagram.

If you have any questions about this Workout Guide, or about gymnastic bands, please just contact us any time by email at **support@viafortis.de**. We will be happy to help you!



WHICH BAND FOR WHICH EXERCISE?

The VIA FORTIS Gymnastic Band Set consists of three bands in a range of strengths – **LIGHT**, **MEDIUM** and **STRONG**. Choosing the right band for each exercise depends very much on your fitness level and strength. In general, you need to try it out for yourself, rather than study the theory. By way of initial introduction, here is an overview of the various strengths:



LIGHT (red)

Very light resistance.
Perfect for warm-up activities and very light exercises.



MEDIUM (purple)

An all-purpose band with medium resistance. Can be used for most exercises.



STRONG (green)

Strong resistance.
Ideal for leg exercises and strenuous upper body exercises.



THE DOOR ANCHOR

The VIA FORTIS Gymnastic Band Set contains a practical door anchor that allows you to attach the bands to doors. This greatly increases the number of exercises you can do, because you can do exercises that involve pulling down from above.

To use the door anchor, just place the thick end over a doorframe and close the door, so that only the loop remains visible. Then simply pull the desired band through the loop, and you are ready to start.

Tip: You can attach the door anchor either to the top or bottom of the door. A great many different exercises are possible, depending on where you choose to attach the band.



YOUR TRAINING SCHEDULE

To start off with, three training sessions per week are ideal, with a pause of at least one day between each session (e.g. training on Mondays, Wednesdays and Fridays).

We recommend that you should do each exercise in this guide twice or three times, with 10 to 15 repetitions each time. You should always pause for one to two minutes between each exercise. If you don't like one of the exercises, or if it's too hard for you, then just omit it.

Depending on your fitness levels, it might be sensible to switch to a different rhythm or a different number of repetitions at a later time.

Important: Please make sure that you do a thorough warm-up before each session, to avoid injuries. Good warm-up activities include skipping, jumping jacks, or light exercises with the LIGHT gymnastic band. The warm-up phase should be at least 10 minutes long. After your training session, light stretches and massages will help to loosen your muscles and prevent stiffness.

We wish you a lot of fun with your workout!

 *Jump to your desired exercise:*

1. LEG PRESS

4. CHEST PRESS

7. STANDING ROW

10. CROSSED SIDE LIFT

13. TRICEPS PRESS

2. SQUAT

5. BUTTERFLY

8. SHOULDER PRESS

11. Y-FRONT LIFT

14. BICEPS CURL

3. DEADLIFT

6. SEATED ROW

9. SHOULDER LIFT

12. PULL APART

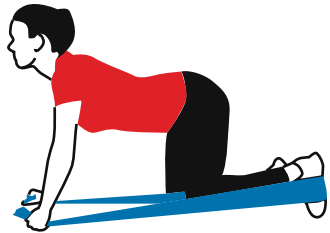
15. STOMACH PRESS/CRUNCH



LEG PRESS

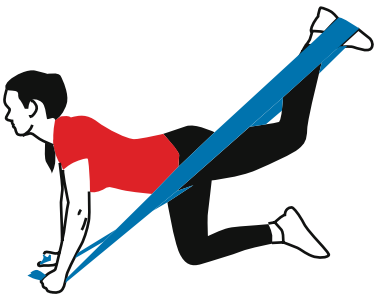
gluteal muscles

1



Put the band round your right foot and place your hands shoulder-width on the floor. Keep your back straight, and do not let it go into a hollow shape.

2



Stretch your right leg slowly backwards and upwards, pause there, and then go back to the starting position. After that, change to the other leg.



SQUAT

thighs, gluteal muscles

1



Secure the band under your feet and hold it in front of your chest at shoulder level. Lean on your hands at shoulder width and pull your feet up and slightly outwards.

2



Go to a crouch position, until the knee is bent at about 90°. Push your bottom backwards as you do this, so that the tips of your toes do not reach further than your knee. Slowly stretch out again.



DEADLIFT

thighs, gluteal muscles, back

1

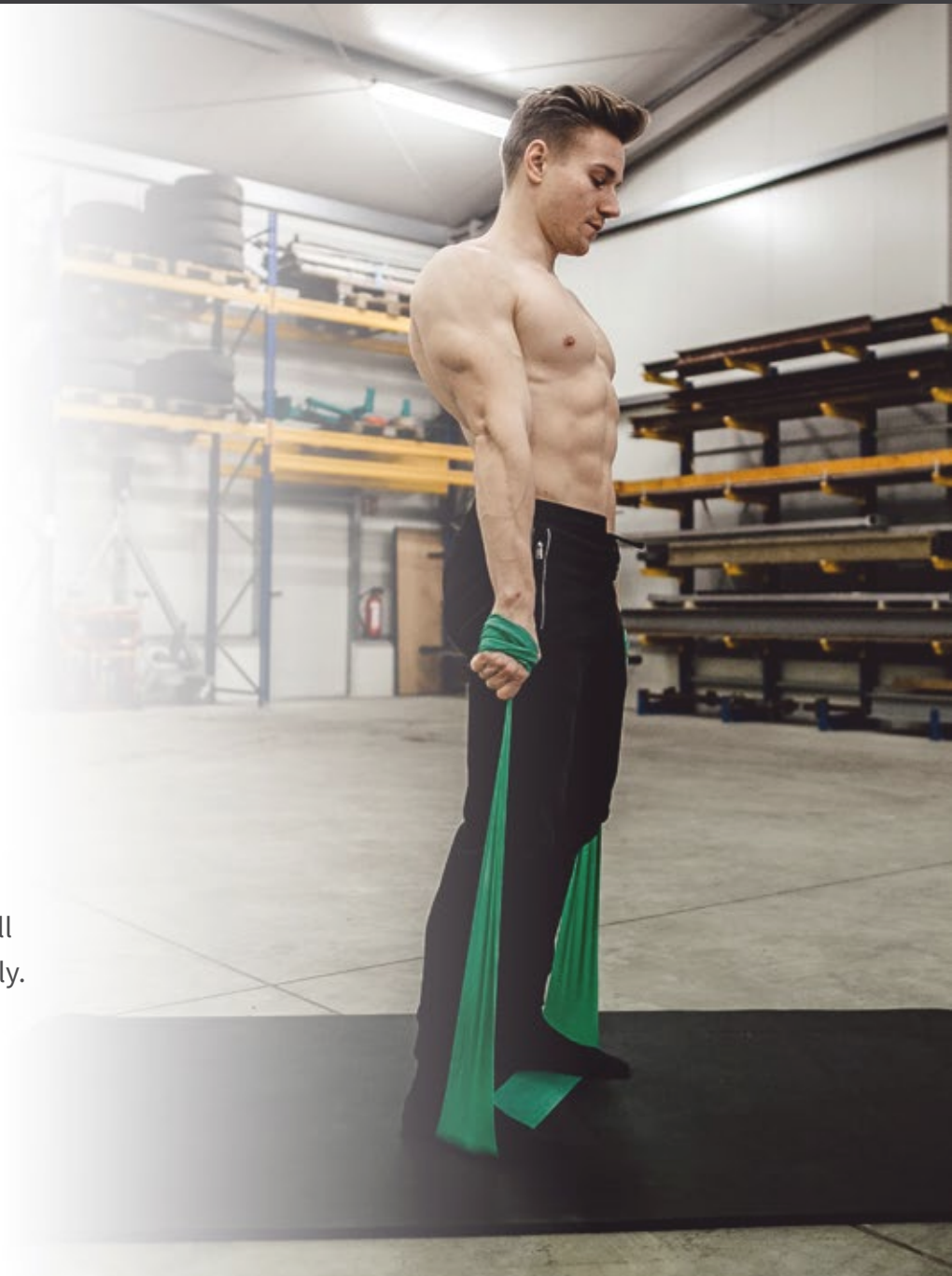


Secure the band under your feet and hold it with both hands at the level of your knees. The upper body leans forwards, the knees are slightly angled. Keep your back straight.

2



Straighten out slowly with a straight back and arms outstretched. At the highest position, pull your shoulders backwards and upwards slightly. Hold it there, and then go back to the starting position.



CHEST PRESS

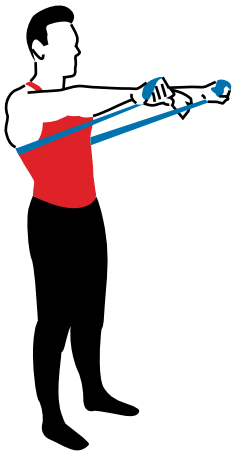
chest

1

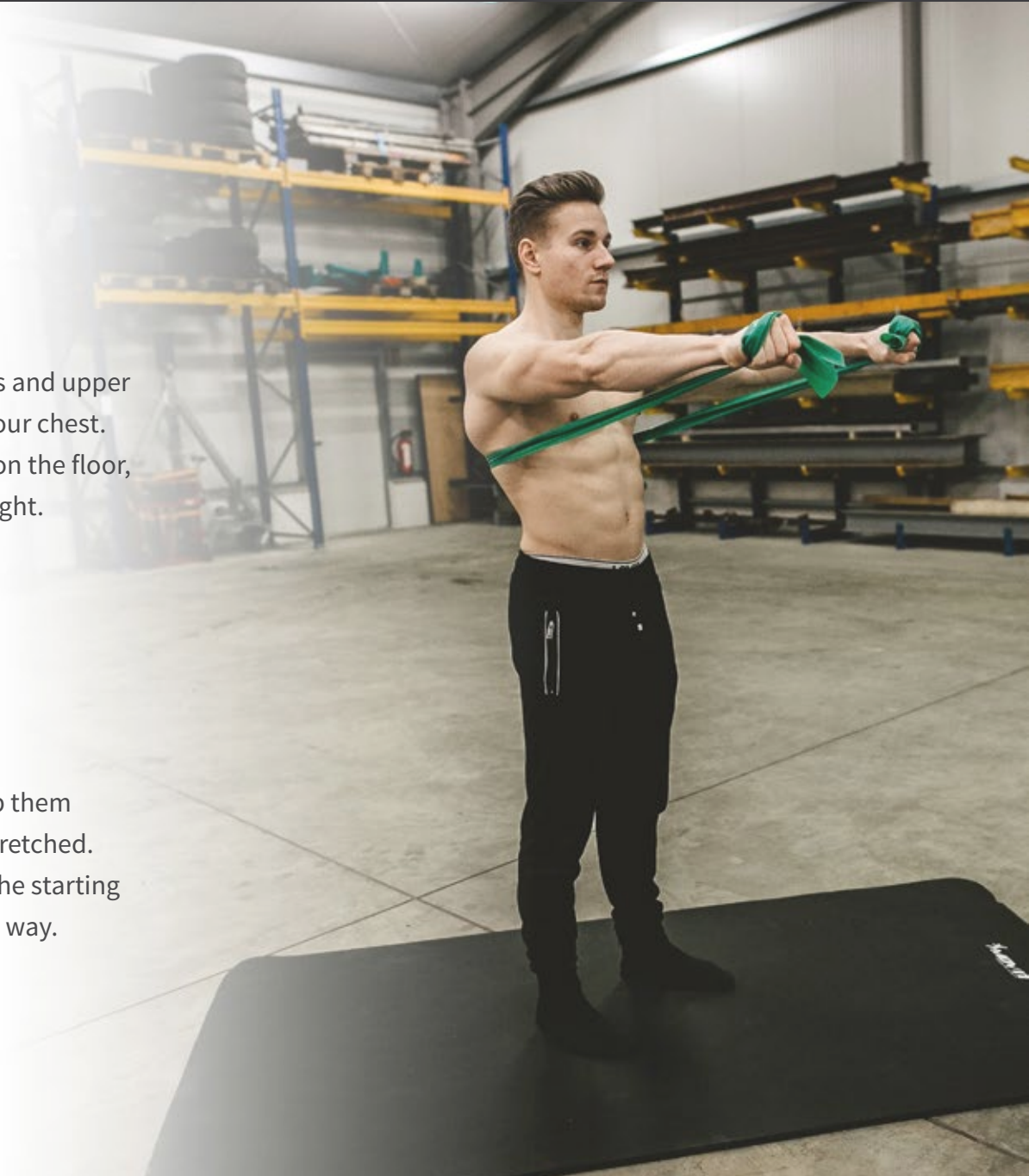


Put the band round your shoulders and upper back and hold it tight, level with your chest. The palms of your hands must be on the floor, and you must keep your back straight.

2

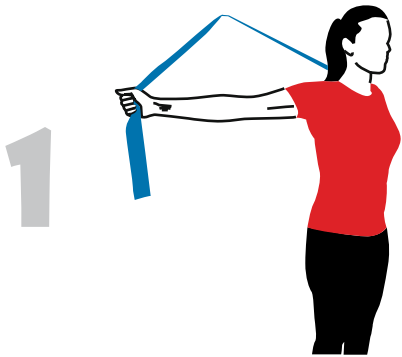


Push your hands forward and keep them straight until your arms are fully stretched. Hold it there and then go back to the starting position slowly and in a controlled way.

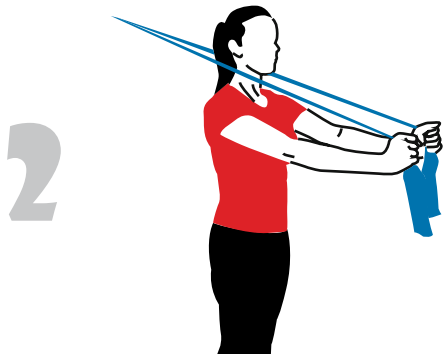


BUTTERFLY

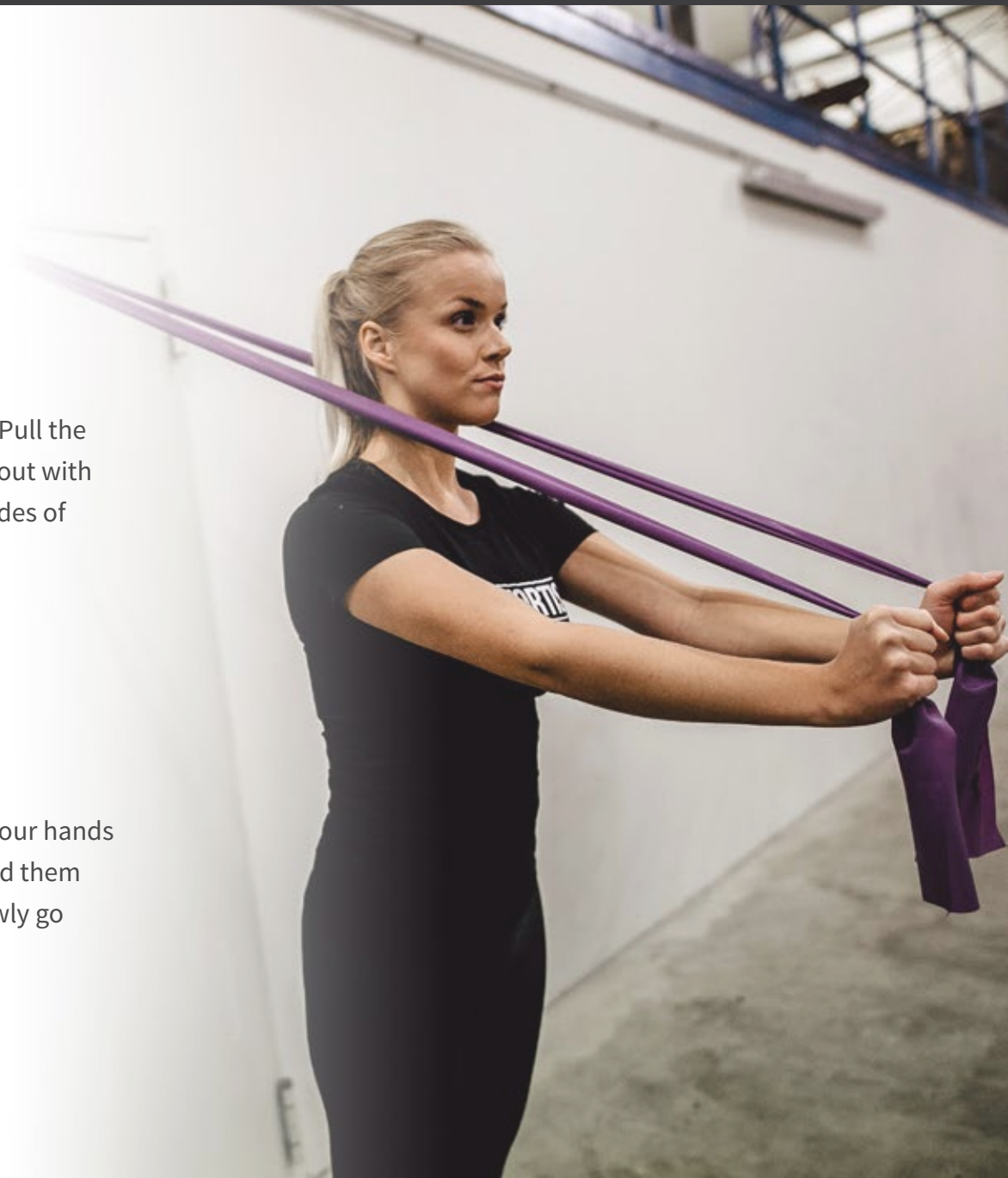
chest, biceps



Attach the door anchor to a door. Pull the band through the loop and reach out with stretched and open arms to the sides of your body.



Keeping your arms straight, pull your hands together in front of your body, hold them there for a moment, and then slowly go back to the starting position.



SEATED ROW

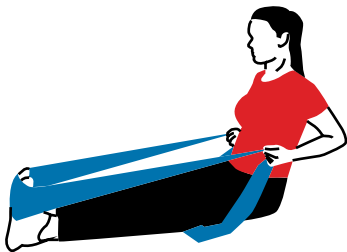
back

1



Sit down with your legs stretched out. Secure the band under your feet and grasp it with outstretched arms. The palms of your hands must face inwards.

2



Pull the band to the top of your stomach and hold it there for a short time. Then slowly go back to the starting position.



STANDING ROW

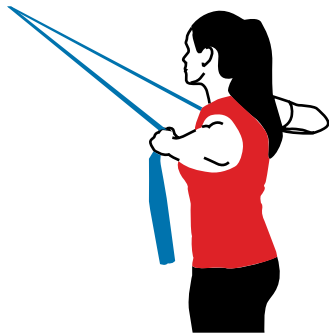
upper back

1

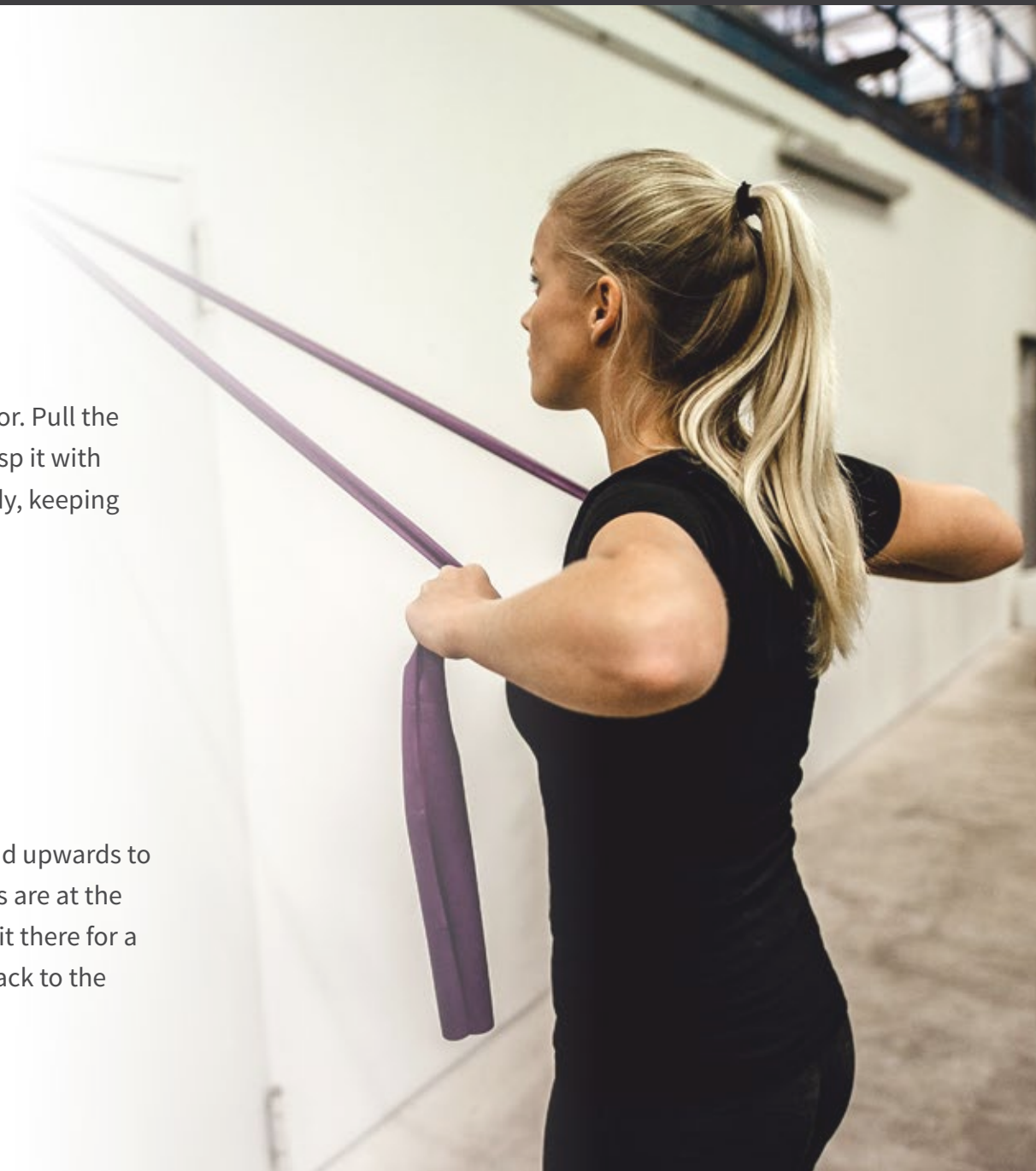


Attach the door anchor to a door. Pull the band through the loop and grasp it with both hands in front of your body, keeping the band taut.

2



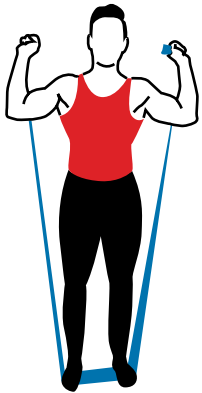
Pull your elbows backwards and upwards to shoulder level, until your hands are at the same level as your chest. Hold it there for a moment, and then go slowly back to the starting position.



SHOULDER PRESS

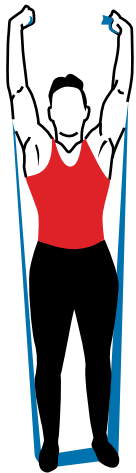
front and sides of shoulder

1



Secure the band under your feet and grasp it with both hands at shoulder level. The palms of your hands should face forwards and your back must be straight.

2



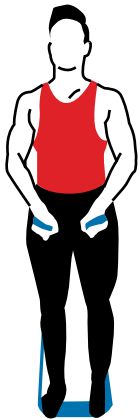
Push your arms in an upwards direction until they are straight and hold it there for a short time. Go back to the starting position slowly and in a controlled way.



SHOULDER LIFT

back of the shoulder, sides of the shoulder, neck

1

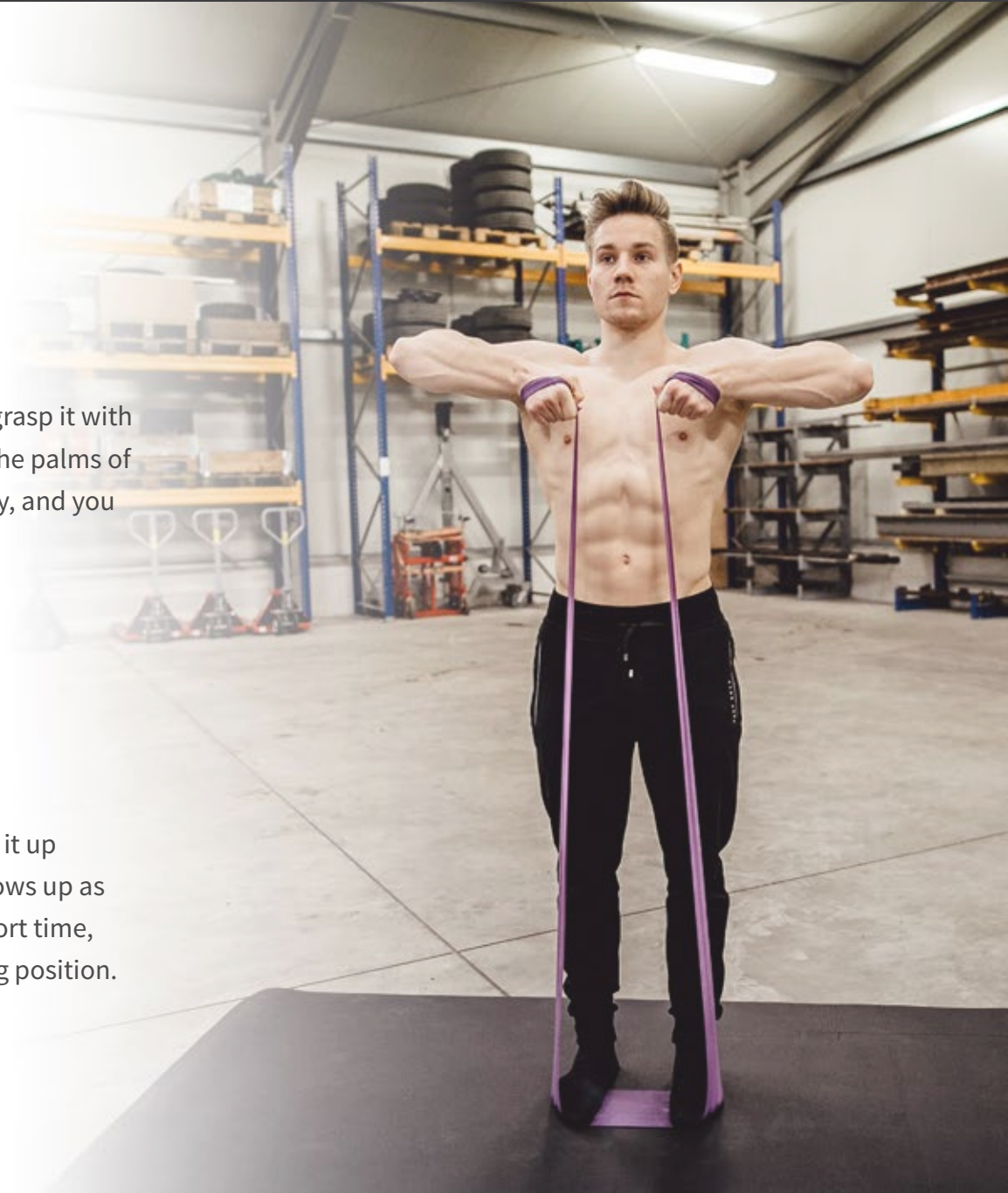


Secure the band under your feet and grasp it with both hands at the level of your hips. The palms of your hands should be facing your body, and you must keep your back straight.

2



With the band close to your body, pull it up towards your chest, and pull your elbows up as high as possible. Hold it there for a short time, and then go slowly back to the starting position.



CROSSED SIDE LIFT

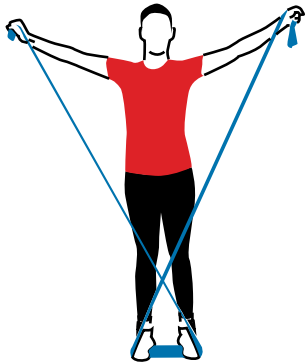
sides of the shoulders

1

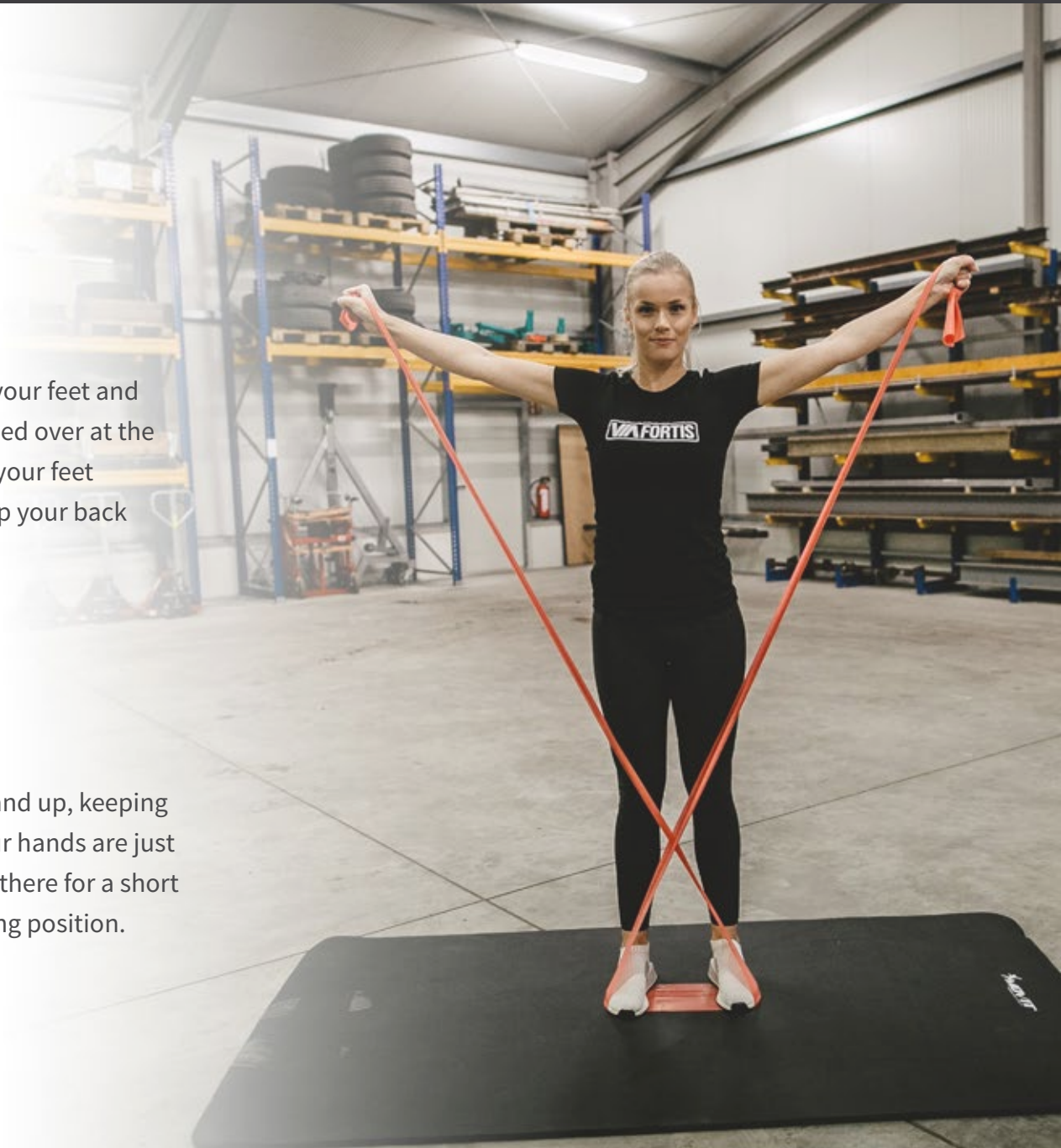


Secure the band underneath your feet and grasp it with both hands crossed over at the level of your hips. Stand with your feet shoulder-width apart and keep your back straight.

2

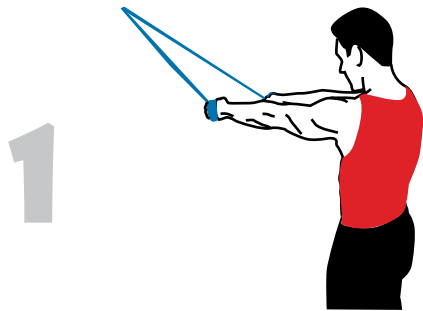


With straight arms, pull the band up, keeping it close to your body, until your hands are just above your shoulders. Hold it there for a short time and go back to the starting position.

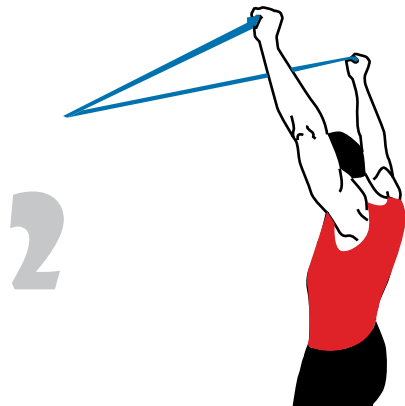


Y - FRONT LIFT

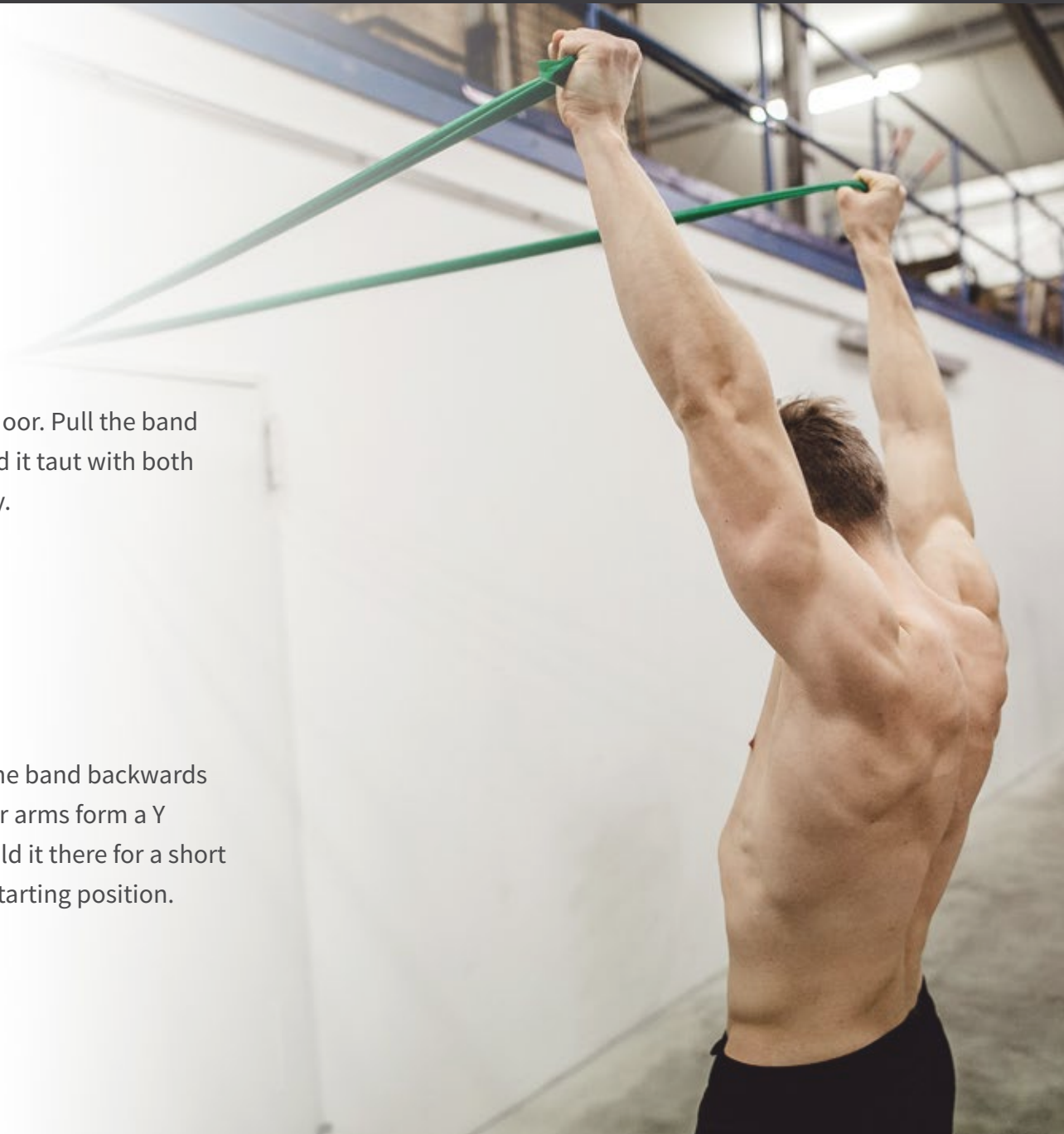
back of the shoulders



Fix the door anchor to a door. Pull the band through the loop and hold it taut with both hands in front of the body.



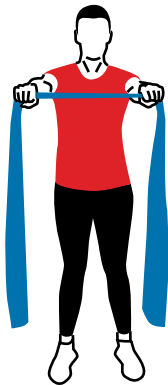
With straight arms, pull the band backwards and upwards, so that your arms form a Y shape with your body. Hold it there for a short time and go back to the starting position.



PULL APART

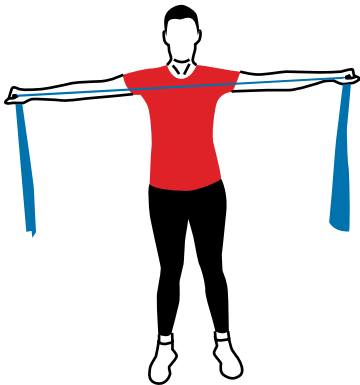
back of shoulders, upper back

1

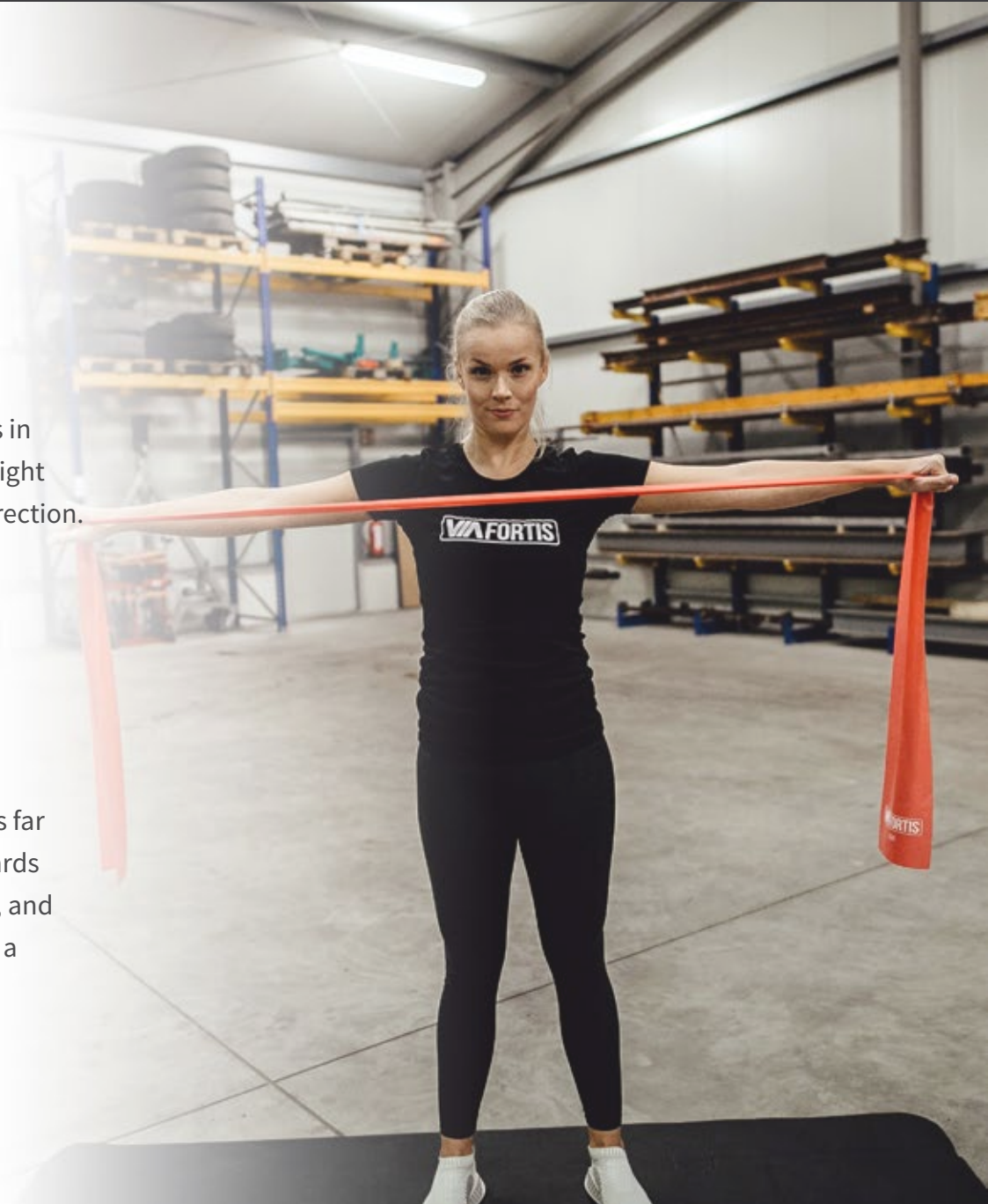


Grasp the band with outstretched arms in front of your body. Keep your back straight and your eyes looking in a forward's direction.

2



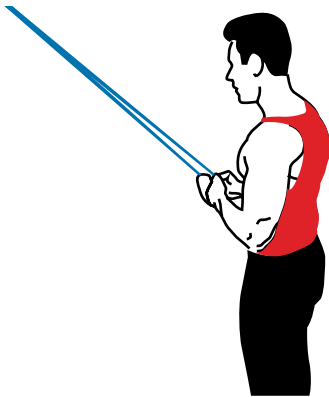
With straight arms, move your hands as far as possible in an outwards and backwards direction. Hold it there for a short time, and then go back to the starting position in a controlled way.



TRICEPS PRESS

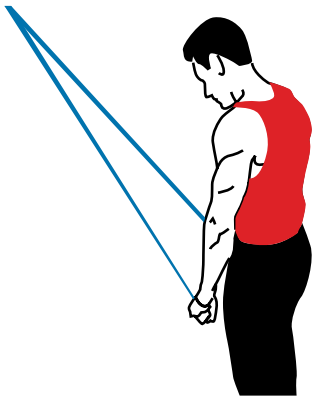
triceps

1

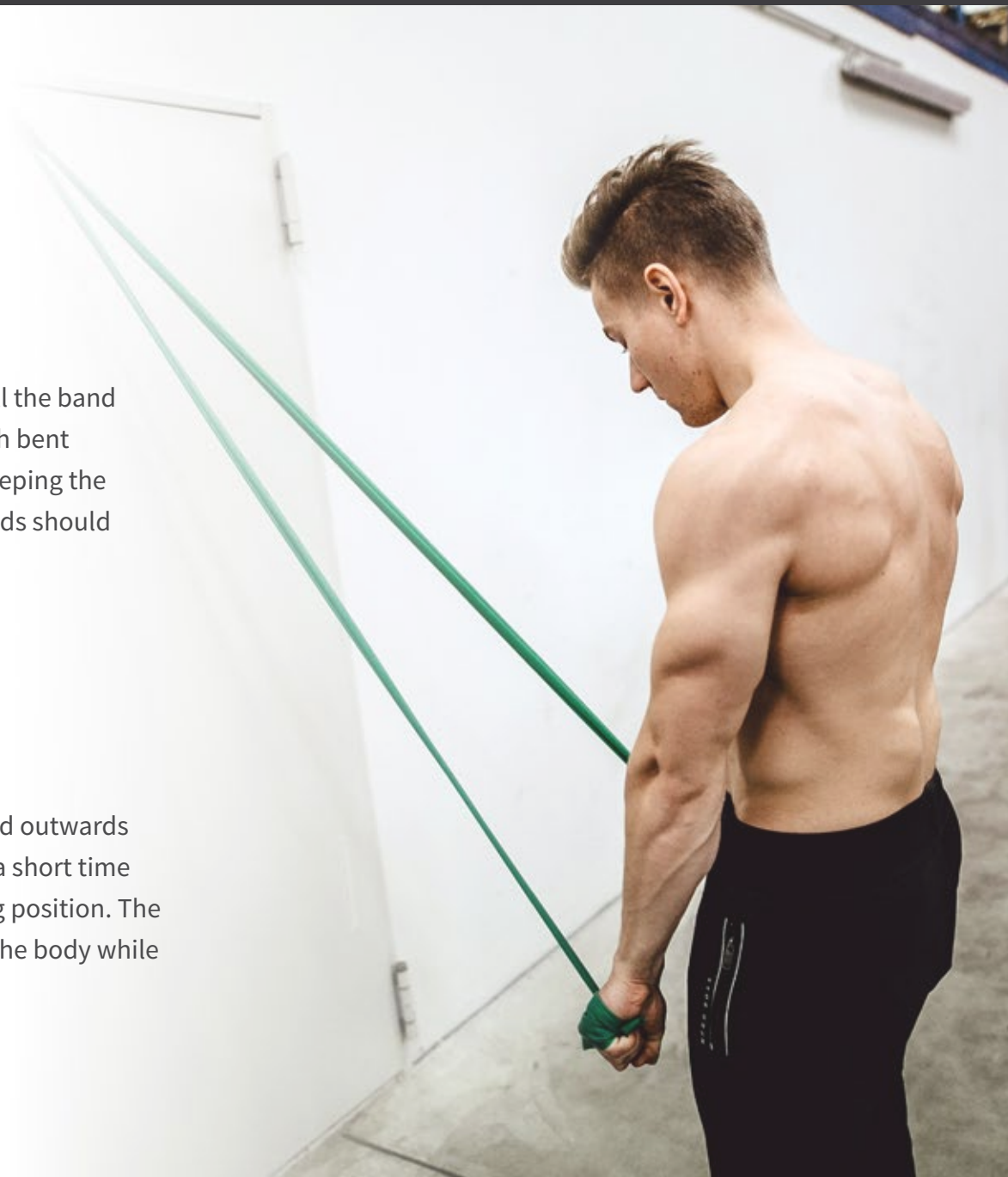


Fix the door anchor to a door. Pull the band through the loop and grasp it with bent arms in front of your stomach, keeping the band taut. The palms of your hands should face inwards.

2



Stretch your arms downwards and outwards from the elbow. Hold it there for a short time and go slowly back to the starting position. The upper arms should stay close to the body while you are doing this.



BICEPS CURL

biceps

1

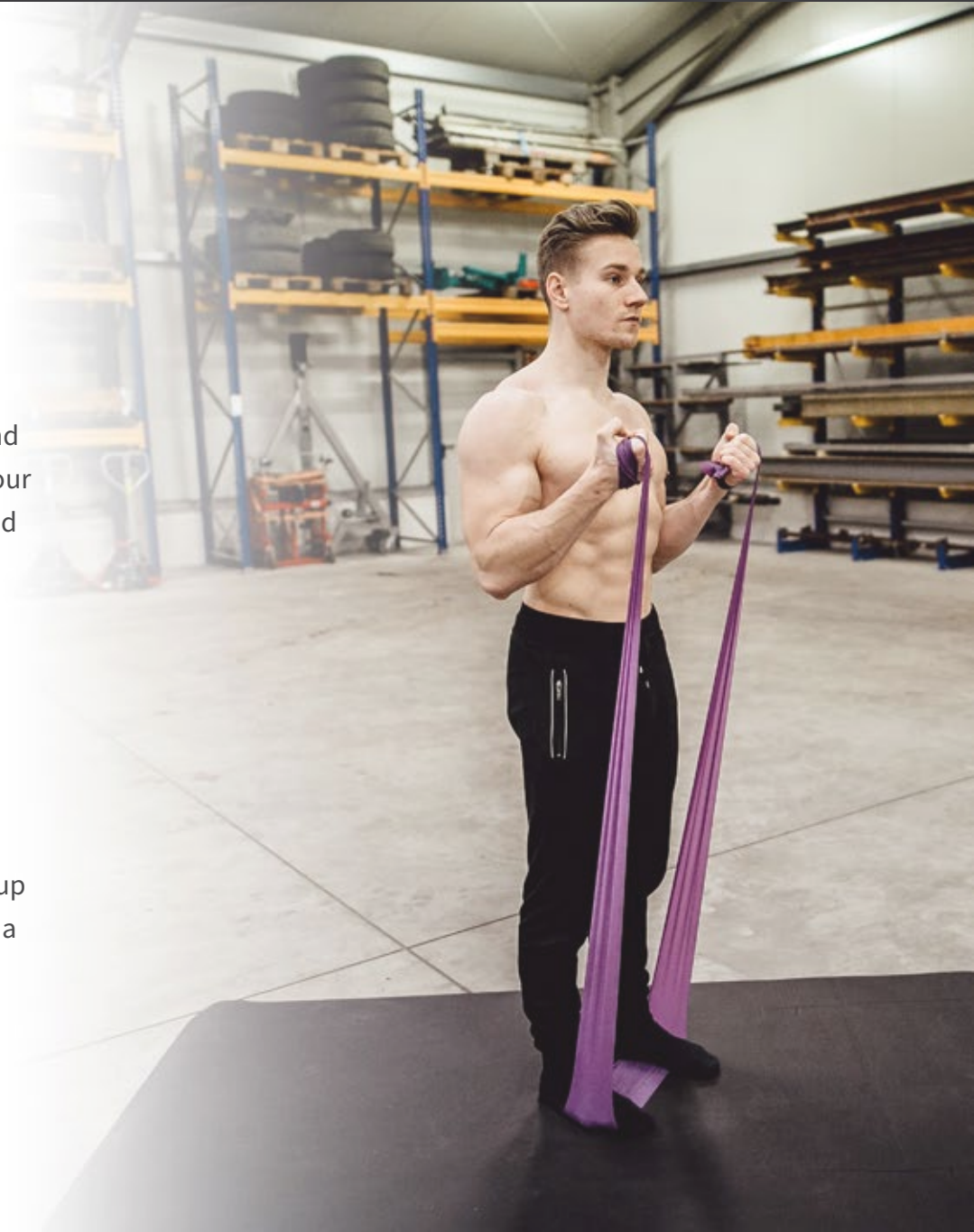


Secure the band underneath your feet and grasp it with both hands at the level of your hips. Your palms should face forwards and your back must be straight.

2



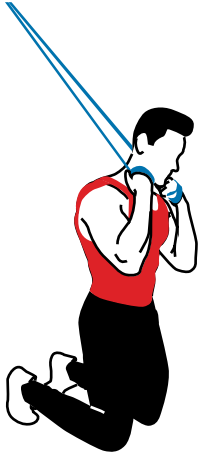
Bend your elbows and bring your hands up towards your shoulders. Hold it there for a short time and go slowly back to the starting position.



STOMACH PRESS / CRUNCH

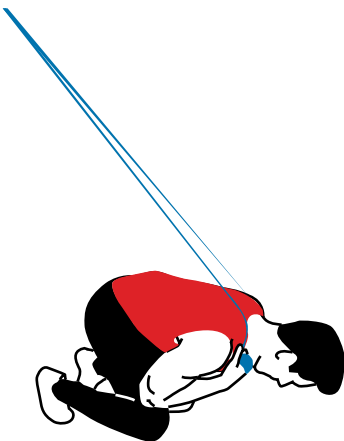
stomach

1

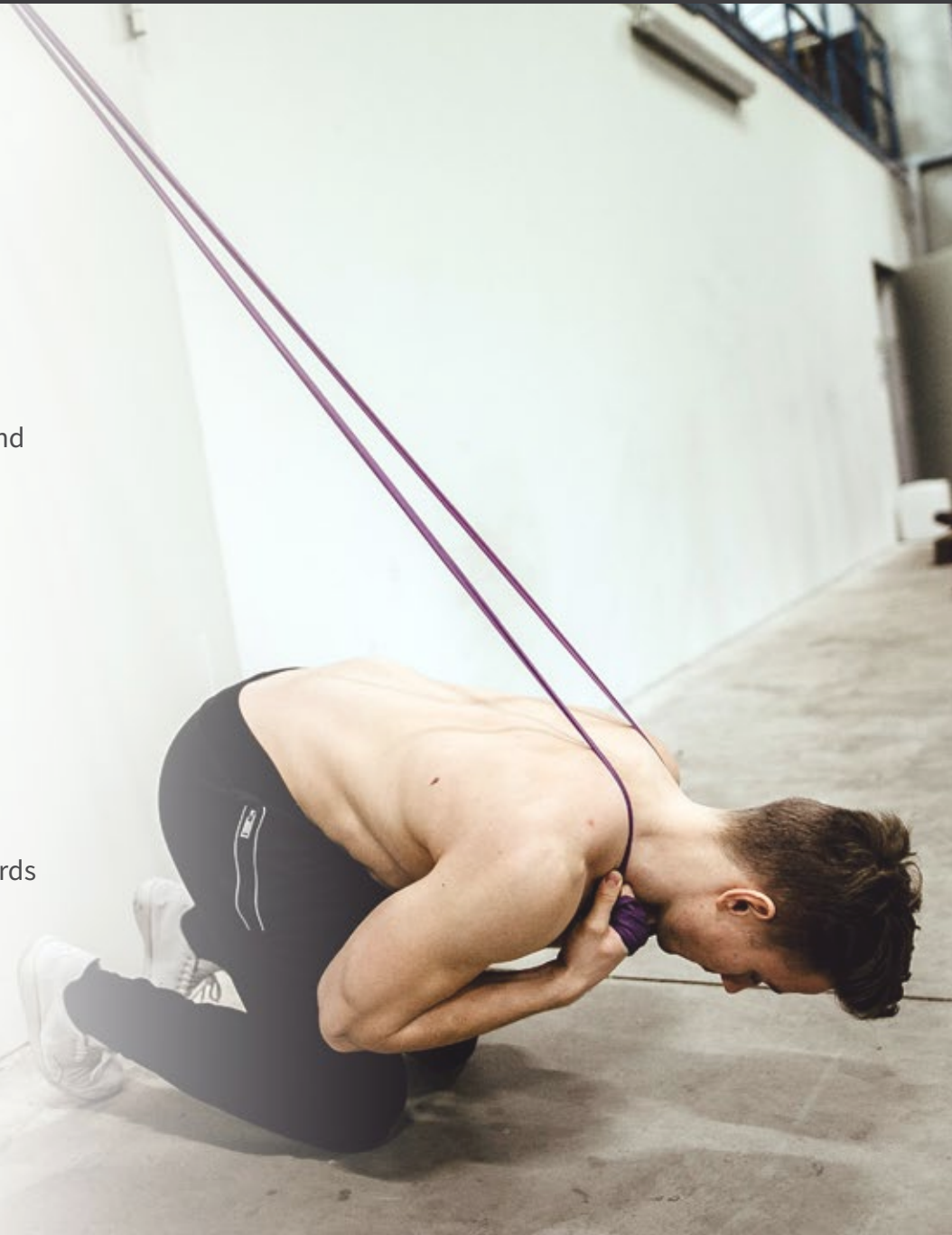


Fix the door anchor to a door. Pull the band through the loop, and grasp it with both hands near your head, keeping the band taut.

2



Using your stomach muscles, bend forwards until the upper body is parallel with the floor. Hold it there for a short time and go back to the starting position.



ADDITIONAL TRAINING INFORMATION



www.viafortis.de/training



www.facebook.com/viafortis



www.instagram.com/viafortis

IMPORTANT NOTICE

Before you start exercising, you should consult your doctor and ensure that there are no reasons that might make it inadvisable for you to start training with gymnastic bands. Make sure also that you know the signs of overexertion. Take regular breaks, stop exercising immediately if you feel unwell, and consult a doctor! This Workout Guide is designed for healthy adults. It is not intended as a medical therapy or treatment but is provided only for informational purposes.

These VIA FORTIS gymnastic bands are a professional sports device and not a toy! They are not suitable for children under the age of 14 years, and they should be kept out of reach of children younger than this. There is a risk of strangulation. Even older children should only use them under the supervision of an adult. Check before each training session that your gymnastic bands have no faults in them, because otherwise there is a danger of injury from them.

We have taken great care in putting together this Workout Guide, but nevertheless, there is no guarantee that it is complete and error-free. If you do the exercises depicted here, then you do so at your own risk. The provider assumes no liability for any harm or consequences and is not responsible for injuries or losses that follow directly or indirectly from using or mis-using this training device and Workout Guide.

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