

# Strength training using Mini Bands (MBs)

# Upper Body

## Scapula flies

**(MB around Elbows – Arms straight forward)**



**Move both arms outward**

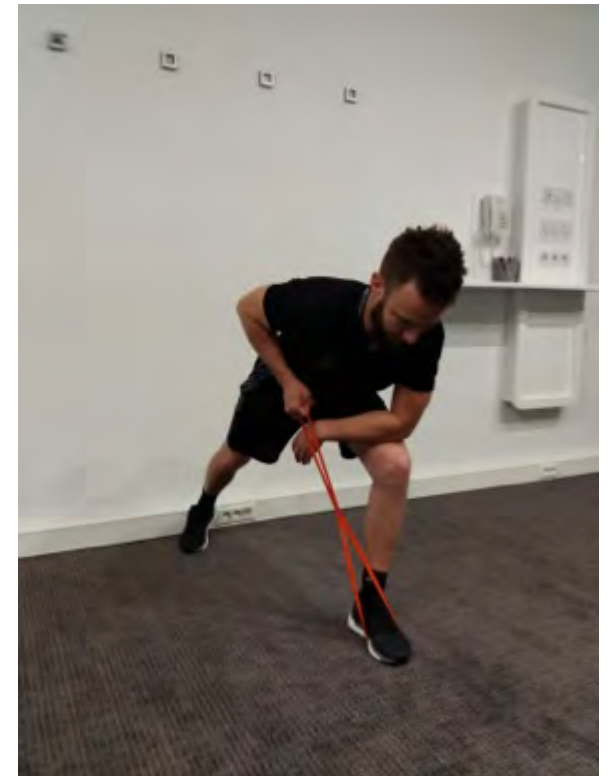


# Upper Body

## Half kneeling single arm row

**(Kneeling on one Knee – Step in MB front foot)**

**Pull back with diagonal arm**



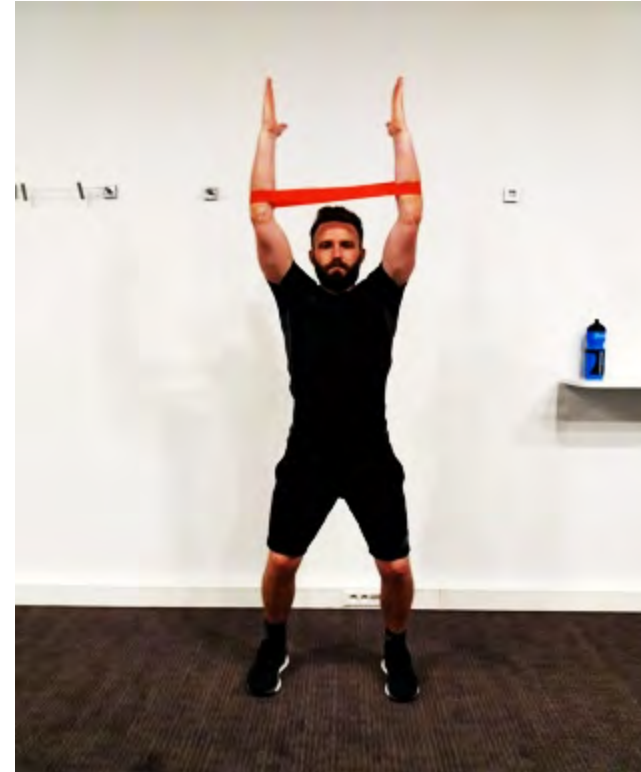
# Upper Body

## Pull down

**MB around elbows in 90\* flexion - create tension both sides - hands pointing to sky)**



**Raise arms to full extension of the elbow and repeat**



# Upper Body Biceps curl

**Step in MB**

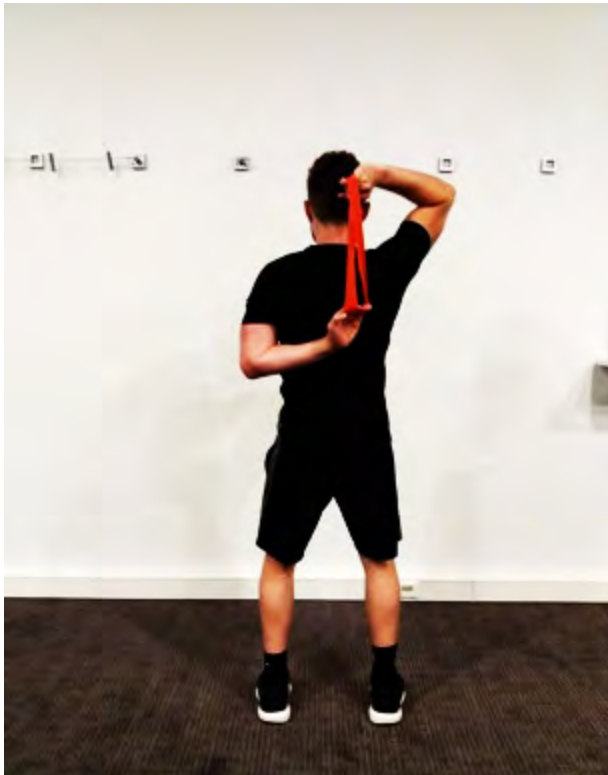


**Half kneeling or Squat position**



# Upper Body

## Triceps overhead extension



# Upper Body

## Lateral pushup walks



# Upper Body

## Cross chest triceps push downs





# Upper Body

## One armed outward rotation

**Keep elbow (active hand) on trunk**



# Upper Body

## Open & close above head

**MB around wrists - arms almost fully extended over the head**



**Move both arms laterally and return to start position**



# Upper Body

## Double arm row

**MB under elbows - tension -  
bent forward**



**Bring elbows to sky**



# Lower Body Clams

**Lay on 1 side - hips flexed -  
MB around knees**



**Open & close -  
feet stay together**



# Lower Body

## Standing abduction

**MB around ankles**



**Move foot sideways and upward**



# Lower Body

## Standing kickback

**MB around ankles**



**Move foot backward  
and forward**



# Lower Body Squats

**MB just under knees  
or on quads**



**Bend the knees to  
produce tension**



# Lower Body Glute bridge

**MB just under the knees**



**Extend the hips to produce tension**





# Lower Body

## Lateral MB walk

**Posture! Chest out, knees flexed,  
but like a „duck“**



**Move 1 leg sideways  
and bring the other  
leg to it**



# Lower Body

**Posture! Chest out, knees flexed,  
but like a „duck“**



**Move 1 leg forward and bring the other  
leg to it**



# Lower Body

## Lunges to side

**Posture! Chest out, knees flexed,  
but like a „duck“**



**Move 1 leg sideways and  
back to start position**



# Lower Body one legged taps

**Posture! Chest out, knees flexed,  
but like a „duck“**



**Move both legs outward and  
back to start position**



# Core

## Mountain climbers

**Stand on both feet and hands**



**Bring one leg to the diagonal elbow and back**



# Core

## Bicycles with rotation

Lay on the back



Bring one leg to the diagonal  
elbow and back



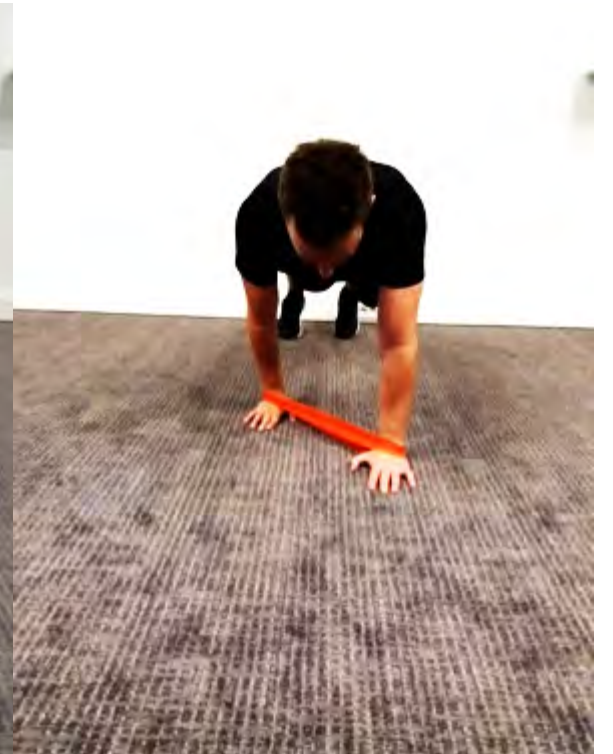
# Core

## Plank with paps

**Stand on both feet and hands**



**Move 1 hand slightly  
In all directions and back**



# Colour legend

- **Brand: Starwoodsports**
- **Blue:** light
- **Green:** medium
- **Red:** strong
- **Black:** Rambo-Style



# Strength Training Upper Body:

- **1:**

- Lateral pushup walks
- Half kneeling arm row
- Open/Close above head
- Biceps curl

- **2:**

- Push ups
- Scapula fly
- Cross chest tricep pushdown
- Double arm row

# Strength Training Upper Body:

- **3: „Posture programme“**
- Scapula fly
- Half kneeling arm row
- One Armed outward rotation shoulder

# Strength Training Lower Body:

- **1:**

- Squats
- Lunge side
- Single leg hip thruster
- One legged taps

- **2:**

- Squats
- Monster Walk (Front/Back)
- Monster Walk (Side to Side)
- Hip Thruster (one legged)

# Strength Training Lower Body:

- **3: „Glute Crusher“ Program**
- Squats
- Lying Abduction + external Rotation
- Clams