

Hoopomania Fitness bands in a short portrait

What is it about?

With these innovative and efficient fitness (resistance) bands in various strengths, different types of training can be carried out, such as, for example, strength training. The function of fitness bands resembles expanders. For a counter-movement, the respective muscle part has to work. However, the advantage of fitness bands is the high flexibility since they can be used practically for all type of exercises.

Hoopomania fitness bands (resistance bands) allow you to train many muscle groups as shown below. For example, the bands can be used for the muscles in the buttocks, legs, arms and shoulder. Apart from the goal-oriented use, these rubber bands train in the long term view the entire body. Gymnastic bands (also called latex tape) are used as well in the field of professional physiotherapy. Typical for these sporty bands is a small thickness and a length between 1 and 3 meters. It is in the nature of things that fitness bands are not closed.

Overview: What are the advantages of fitness bands for sport?

- suitable for every user and fitness level
- efficient support in shaping and strengthening muscles
- improvement of overall balance, endurance, muscle strength and speed
- flexible use for the upper body, the body center or exercises with the lower body (e.g. knee bends, half or full jacks or failure steps)
- ideal for integration into Pilates, Yoga or CrossFit exercises
- the use of resistance bands can prevent injuries
- an individual level of resistance can be defined by using several bands
- can be used instantly with high athletic effectiveness for muscle building or fat burning

How to use the fitness bands right?

1. The workout with such fitness bands trains the whole body, whereby a duration of 30 minutes should not be exceeded. For this purpose, it is advisable to repeat each of the exercises shown 8 to 15 times. It is advisable as well to complete 3 passes for each exercise. Each pass should be followed by a break of 30 to 60 seconds.

2. For a high effectiveness of the exercises, the fitness band should under tension. This is especially helpful for biceps exercises (4). The band is tight between the foot and the stretched arm. It should be so tight that even in the initial position a tension can be felt. At the end of the exercise, the position should be held for 2 seconds.

3. Exercises should be done 3 or 4 times a week. This should not happen on two consecutive days.

Note: The band can also be used without a training partner. Alternatively, it can be wrapped on door latches or bed posts. The position of the attachment depends on the exercise position or body region. A firm hold should definitely be checked before starting the exercises.



Exercises for fitness bands with helpful pictures

Enjoy a new dimension of sporting flexibility as these fitness bands can be used anywhere. They will strengthen the whole body and you have the chance to train individual body regions or muscle groups in a targeted way. As shown in the following, the training with fitness bands is easy and basically recommendable for every target group. With regard to one's own goals or the fitness state, these bands can be ordered in various strengths.

Exercise 1:



In this exercise, you first place yourself on the fitness band with both feet. Alternatively, kneeling is also possible. The ends of the band are wrapped around the hands to achieve a slight pretension.

Now the arms are pulled upwards, until the height of the shoulders is reached. This position should be held for 5 seconds. Then slowly lower the arms downwards. This exercise should be repeated 10 times.



Exercise 2:



Take a straight position with the legs open shoulder wide apart. Now hold the fitness band behind your head and the arms at the shoulder level.

The two elbows describe a 90 degree angle. Now the fitness band is pulled apart, but the arms should not be fully stretched, during the pulling movement the upper arm remains fixed, only the lower arm moves. The view is directed forwards in this exercise.

This exercise should be repeated 8 times.

Exercise 3:



For this exercise, please sit on the floor with your legs almost outstretched. The fitness band is placed as shown in the picture around the feet. The arms are positioned next to the body and the elbows are bent by 90 degrees.

The fitness band is gripped so that it is already a little under tension. Now the elbows are pulled slightly backwards, with the shoulder blades moving towards each other. This end position is held for 3 seconds. This exercise with the fitness band should be repeated 10 times.

Exercise 4:



For this exercise, make a small sidestep with the front leg slightly bent. The fitness band is fixed on the floor and the rear leg is stretched. Both soles should be completely on the ground.

Now wrap the fitness band around your hands while a light basic tension should be achieved. Now, the band is pulled up to the chest, the elbows reach the height of the shoulder, being directed outwards. This position is held for 3 seconds.

We recommend that you complete this exercise a total of 10 times.

Exercise 5:



Take a straight stand and grasp the fitness band as shown with a hand gap of about 30 centimeters. Then the resistance band is positioned in front of the breast.

The right arm points up, the left one down. Now stretch the band apart until both arms are stretched. During this exercise, the back should be straight. The end position should be held for 5 seconds, after that the arms are slowly moved together.

Repeat this exercise 10 times with alternating sides.

Exercise 6:



Get ready for the quadrupedal motion. Lean on the ground with the forearms. The fitness band is placed around the right foot sole as shown in the picture.

The two band ends are tightly wrapped around the palms of the hands (facing the ground). Then the right leg is slowly stretched backwards, the leg and upper body are forming a straight line.

We recommend keeping this position for 3 seconds, then gently lowering the leg.

This exercise should be repeated 10 times, alternately with the right and left leg.

Exercise 7:



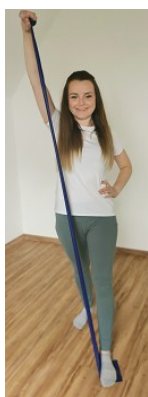
For this exercise, make a small sidestep. The anterior leg is flexed, the posterior stretched, and both feet are fixed on the ground. The fitness band is now fixed on the ground with the front foot.

The back is flexed so far forward that it can form a straight line with the hind leg.

Now the gym band is wrapped around both hands. The arms are pulled laterally outwards until a straight line is formed with the shoulder.

This position should be held for 3 seconds, then lower the arms again. You should do this exercise 10 times.

Exercise 8:



For this exercise, place the left foot on the fitness band. Take the other end of the band into the right hand. Now, move the arm up against the resistance in front of the body.

Hold the end position shown in the picture for 3 seconds. After that, the arm is lowered to the height of the shoulder, the fitness band should still be slightly strained.

From this position, extend the arm again, 10 times in total.



Exercise 9:



With a firm position, keep the fitness band straight in front of your chest. Now wrap it around the hands with a distance of about 30 centimeters.

Then the band is pulled until both arms are stretched. This position is held for 3 seconds, then the arms are slowly moved towards each other.

Repeat this exercise 10 times.

Exercise 10:



In a straight position, open your legs shoulder wide apart. The knees are slightly flexed. The fitness band is wrapped around the hands, with a distance of about 30 centimeters.

The band is now held over the head, with slightly angled arms. The elbows point forward, the palms are directed inwards. From this position, the arms are pulled downwards.

The shoulder blades can move towards each other. The end position is held for 3 seconds. Please repeat this exercise 10 times in total.

Exercise 11:



Take a position as shown in the picture. The center of the fitness band is fixed under the right foot.

The ends of the band are taken into one hand. While the arms are next to the body, the elbows are bent at 90 degrees. The palms of the hands are pointing upwards.

Please hold this position for 3 seconds.

A total of 10 repetitions are carried out. Then place the left foot on the fitness belt and perform this exercise again.

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Exercise 12:



Take a straight position. Wrap the fitness belt around your hands. The distance between both hands should be 30 cm.

Now position the resistance band behind the head so that the left arm is down and the right one is up.

Then both arms are fully stretched. After holding this position for 3 seconds, reconnect both arms.

Repeat this exercise as part of the complete workout 8 times, after that the side should be changed.

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