



The Handbag Gym Tiffany Hall 28/05/10

Work out anywhere, anytime!

Your body is like a rubber band, stretch it out, load it and see it change. Life and all its challenging movements revolve around our ability to react. Our body is constantly dealing with changes in gravity and momentum and my training with Chrissie centres on teaching her body to react, not just contract.

I began training with resistance bands on *Gladiators* so I could train anywhere anytime on long filming days. When my body responded and the bands helped me to get into the best shape of my life, I decided to integrate band training as part of my daily exercise routine.

What are resistance bands?

Resistance bands are pieces of elastic, bungee cord or surgical tubing that you can put in your handbag and carry with you.

Where do I get it?

Local sports stores or online. My favourite website is: www.kettlebells.com.au You can even make your own resistance bands by purchasing a plastic sheath or plastic tubing from a hardware store.

Who can use them?

Absolutely anyone from elite athletes to people discovering exercise for the first time.

What are the benefits?

- 1) The resistance increases your speed.
- 2) Decreases risk of injury because there is no pressure on your joints and the bands work with your body as an extension of you.
- 3) Trains your body on all planes of motion. Not gravity dependent like weights, not motion restrictive like machines.
- 4) Increases your range. Elastic resistance challenges you to lengthen your muscles, building long lean sexy muscles.
- 5) Strength. Challenges speed of loading and momentum and teaches your body how to load more quickly and more efficiently.
- 6) Allows for higher repetitions of exercises so you can get a cardio workout too.
- 7) Versatile. Take your workout from the living room in front of The Circle to the local park.
- 8) Builds core strength.

Beginner exercises as demonstrated in the segment:

Cross over squats

Single leg lunge

Shoulder pull-ups

Push-ups

Bicep curls

Side steps

Ab walks