



Land Demo using the StrechCordz® Pool Aqua Band

By, Jackie Lebeau

Warm-up (5:00)

Holding the band taught, perform the following exercises:

Deadlifts

Deadlift to overhead press

Overhead squats

Reverse flys

Lat pulldown Right

*Repeat entire sequence with lat pull left

Footwork Interval #1 (1:30)

Lay the band on the floor and perform the following exercise:

Hot feet (lateral travel performing a double tap on each side of the band)

Resistance Interval #1 (3:30)

All exercises performed unilaterally on the RIGHT:

Upright row

Shoulder press

Bicep curl

Tricep pressdown (at chest)

Footwork Interval #2 (1:30)

Lay the band on the floor and perform the following exercise:

Shuffle around (change direction at the half or at regular intervals like every 4 shuffles)

Resistance Interval #2 (3:30)

All exercises performed unilaterally on the RIGHT:

Leg abduction

Leg adduction

Footwork Interval #3 (1:30)

Lay the band on the floor and perform the following exercise:

Lateral over & backs (triple taps on each side of the band)

Resistance Interval #3 (3:30)

All exercises performed unilaterally on the LEFT:

Upright row

Shoulder press

Bicep curl

Tricep pressdown (at chest)

Footwork Interval #4 (1:30)

Lay the band on the floor and perform the following exercise:

Speed skaters

Resistance Interval #4 (3:30)

All exercises performed unilaterally on the LEFT:

Leg abduction

Leg adduction

Footwork Interval #5 (1:30)

Lay the band on the floor and perform the following exercise:

Corner/Corner (drawing an "X" with the feet hop from one corner to the next, changing direction at the half or at regular intervals like every 4 Xs)

Resistance Interval #5 (3:30)

Intertwine two bands together with partners facing each other.

Standing rows

Intertwine two bands together with partner facing away from each other.

Chest press

Footwork Interval #6 (1:30)

Lay the band on the floor and perform the following exercise:

Long jump/jog back (option for jumping include: leaps with one leg forward, or giant steps)

Resistance Interval #6 (3:30)

Partners each hold one end of one band and performing the following exercise:

Oblique twists (Don't forget to turn around to work the other side!)

Footwork Interval #7 (1:30)

Lay the band on the floor and perform the following exercise:

Hot feet (forward and backward movement performing a double tap on each side of the band)

Resistance Interval #7 (3:30)

All exercises performed from a position on all 4's.

Glute press right

Glute press left

Cool down/Stretch (5:00)