NMG FITNESS

THE NMG

Resistance Band Handbook

15 exercises, 3 workouts and a 4-week plan you can do anywhere:
at home, in a hotel or on holiday.



LEGS & GLUTES



PUSH



PULL



CORE

START HERE

How This Programme Works

Bands build real strength when you use them well. This handbook gives you the exercises, three ready-made workouts and a simple 4-week plan to follow.

The weekly rhythm

- **Three workouts a week:** for example Monday, Wednesday and Friday, or whichever days suit you.
- **Each workout takes 30–40 minutes** including a quick warm-up.
- **Rest or walk on the other days.** Muscle is built while you recover.
- **Don't miss two in a row.** One missed session is life. Two becomes a habit.

How hard should it feel?

- The last 2 reps of each set should feel tough but doable, with good form. That's about 7–8 out of 10.
- **Tempo:** 2 seconds to stretch the band, a short pause, then 3 seconds to return. Slow is the secret.
- **Rest:** 60–90 seconds between sets.
- If a set feels easy, use a stronger band or slow it down even more. Don't just rush more reps.

Before you start

- Warm up for 3–5 minutes: walk on the spot, shoulder rolls, bodyweight squats and hip circles.
- Check your band for nicks and tears, and anchor it securely. Tug it hard before use.
- **Never let the band snap back.** Control the return every time.

> **A note on safety.** This handbook is general guidance for healthy adults. If you're injured, recovering from surgery or have ongoing pain, check with Neil or your physio or GP first. Stop if you get sharp pain, numbness or tingling.

YOUR KIT

Choosing and Using Your Bands

You don't need much, and it all fits in a bag. Here's what to buy and how to use it safely.



MINI LOOP

LONG LOOP BAND

TUBE + HANDLES

What to buy

- **One mini loop band** for hips and glutes (medium).
- **A set of long loop bands** in light, medium and heavy: the most useful of all.
- **A door anchor** (a few pounds) for pulldowns, face pulls and chops.
- A tube band with handles is a nice extra, but not essential.

Which strength?

- **Legs and glutes:** medium to heavy.
- **Back and chest:** medium.
- **Shoulders and arms:** light to medium.
- **Rule of thumb:** if your form breaks down, go lighter.

Anchoring safely

- Use a door anchor, or loop it round something heavy and fixed.
- Put the anchor on the hinge side and close the door fully.
- Tug it hard before you start.

Look after your bands

- Check for nicks and tears before every use, and bin damaged ones.
- Keep them out of direct sun and away from sharp edges.
- Never overstretch them far beyond double their length.

Which exercises use what?

Mini loop: Banded Glute Bridge (#4), Banded Lateral Walk (#5)

Long loop (stand on it or loop it under your feet): Banded Squat (#1), Banded Romanian Deadlift (#2), Banded Split Squat (#3), Banded Chest Press (#6), Banded Overhead Press (#7), Banded Seated Row (#9), Banded Biceps Curl (#12)

Anchored (door or post): Banded Triceps Pushdown (#8), Banded Kneeling Pulldown (#10), Banded Face Pull (#11), Banded Pallof Press (#13), Banded Woodchop (#14)

15 Band Exercises



Banded Squat

LEGS & GLUTES · QUADS · GLUTES · USES A BAND

1. Stand on the middle of the band with feet shoulder-width apart. Hold the ends at your shoulders.
2. Sit your hips back and down, chest proud, knees tracking over your toes.
3. Go down until your thighs are about level with the floor, or as far as you comfortably can.
4. Press through your whole foot to stand and squeeze your glutes at the top.

⏱ 3 × 10–12

COACHING CUE Keep your heels on the floor and your knees in line with your toes. The band gets harder as you stand, so finish tall.



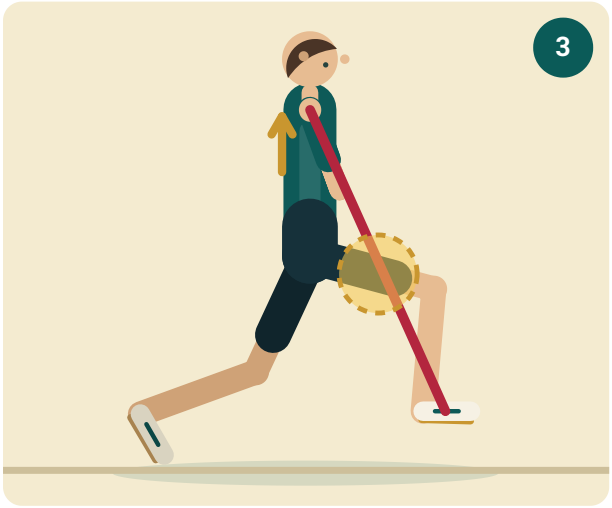
Banded Romanian Deadlift

LEGS & GLUTES · HAMSTRINGS · GLUTES · USES A BAND

1. Stand on the middle of the band, feet hip-width, holding the ends in front of your thighs.
2. Soften your knees and push your hips straight back, sliding the band down your legs.
3. Keep your back flat and lower until you feel a stretch in the back of your legs.
4. Squeeze your glutes to drive your hips forward and stand tall.

⏱ 3 × 10–12

COACHING CUE Hips back, not a bow. If your back rounds, stop higher up.



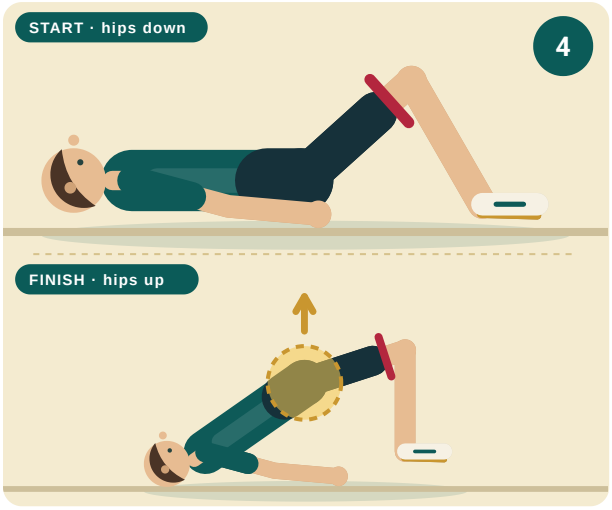
Banded Split Squat

LEGS & GLUTES · QUADS · GLUTES · BALANCE · USES A BAND

1. Stand on the band with your front foot, take a long step back, and hold the ends at your shoulders.
2. Lower your back knee toward the floor, keeping your torso tall.
3. Your front knee should stay over your ankle, and your front heel flat.
4. Press through your front foot to rise. Finish all reps, then switch.

⏱ 3 × 8–10 each side

COACHING CUE Think “straight down, straight up” rather than leaning forward. Hold a wall for balance at first.



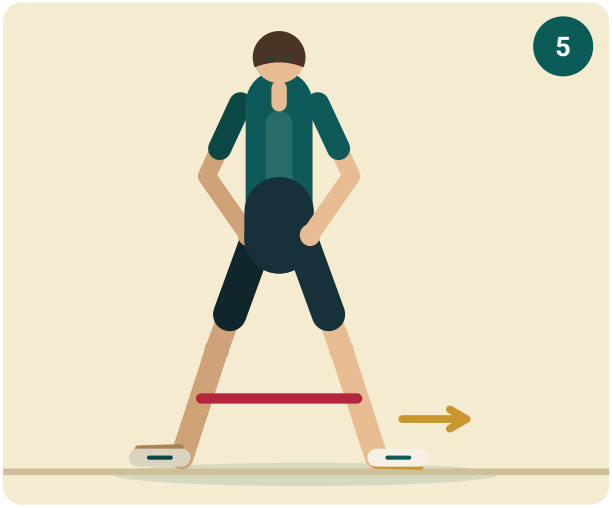
Banded Glute Bridge

LEGS & GLUTES · GLUTES · HIPS · USES A BAND

1. Place a mini band just above your knees. Lie on your back, feet hip-width apart, knees bent.
2. Gently press your knees out into the band.
3. Drive through your heels and lift your hips until shoulders, hips and knees form a straight line.
4. Squeeze the glutes for 2 seconds at the top, then lower slowly.

⏱ 3 × 12–15

COACHING CUE Ribs down. If you feel it in your lower back, tuck your tailbone and lift a little less high.



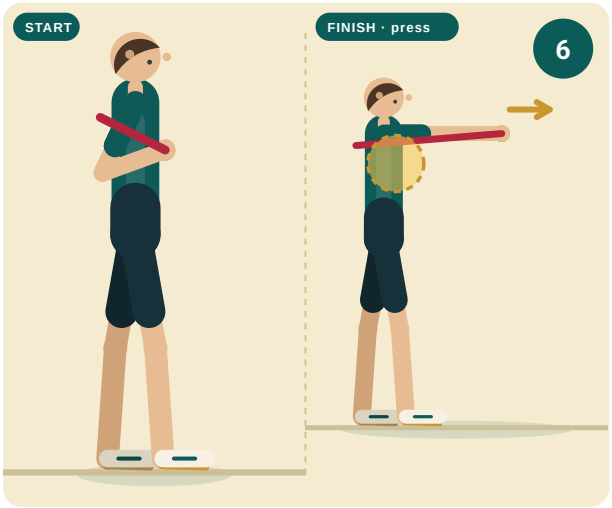
Banded Lateral Walk

LEGS & GLUTES · OUTER HIPS · KNEE STABILITY · USES A BAND

1. Put the mini band just above your knees (around your ankles is harder).
2. Stand with a soft bend in the knees, hips back slightly, toes forward.
3. Step sideways, keeping tension on the band. Don't let your feet touch.
4. Take all your steps one way, then come back.

⏱ 3 × 10 steps each way

COACHING CUE Keep pushing your knees out against the band. If they cave in, use a lighter band.



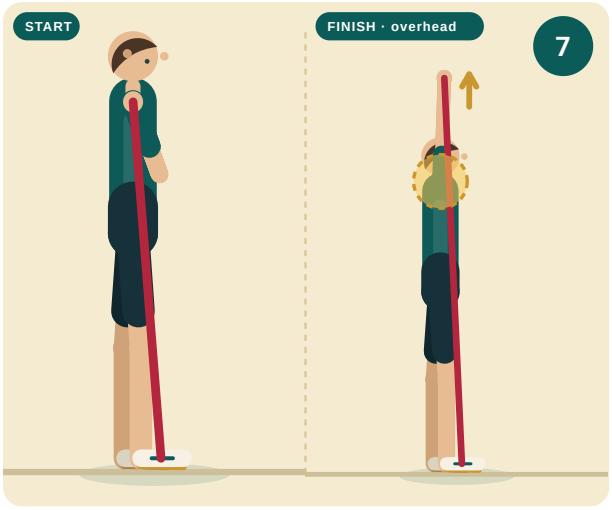
Banded Chest Press

PUSH · CHEST · SHOULDERS · TRICEPS · USES A BAND

1. Wrap the band around your upper back, under your armpits, and hold the ends at your chest.
2. Stand in a split stance with a soft bend in your knees.
3. Press your hands straight forward until your arms are almost straight.
4. Return slowly, keeping your elbows from flaring wide.

⏱ 3 × 10–12

COACHING CUE Keep your ribs down and your shoulders away from your ears. Control the return.



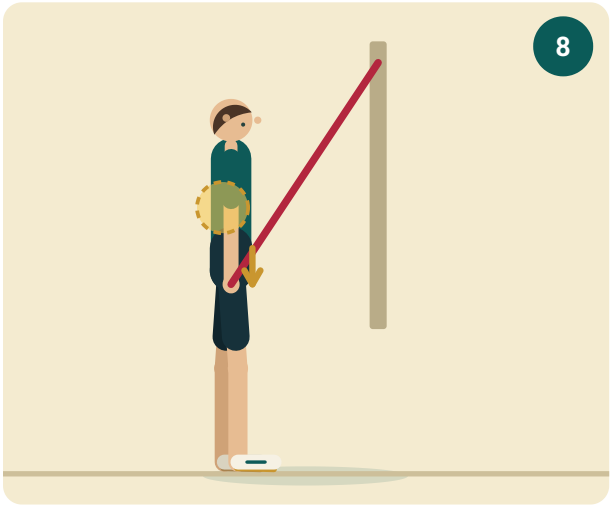
Banded Overhead Press

PUSH · SHOULDERS · TRICEPS · USES A BAND

1. Stand on the middle of the band, feet hip-width apart, and hold the ends at your shoulders.
2. Brace your stomach and squeeze your glutes.
3. Press your hands straight up until your arms are fully straight above your head.
4. Lower slowly back to your shoulders.

⏱ 3 × 8–10

COACHING CUE Don't lean back to get the last few centimetres. Squeezing your glutes keeps your back still.



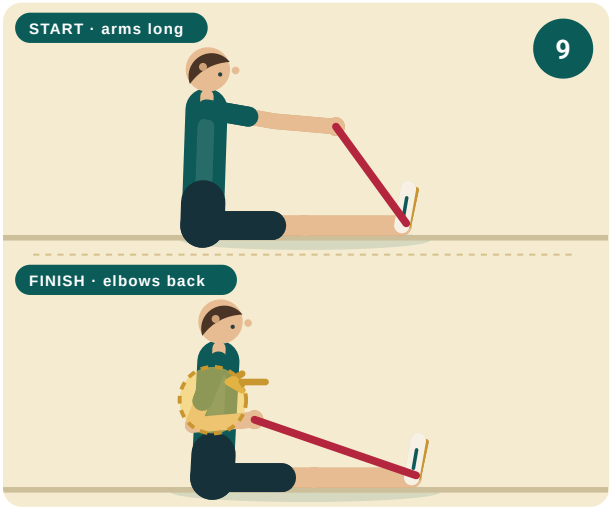
Banded Triceps Pushdown

PUSH · BACK OF THE ARM · USES A BAND

1. Anchor the band above head height (a door anchor works well) and face it.
2. Hold the ends with your elbows tucked into your sides and bent to about 90°.
3. Press your hands down until your arms are straight, keeping your elbows still.
4. Let your hands rise back up slowly.

⏱ 3 × 12–15

COACHING CUE Your elbows are the hinge. Pin them to your sides and don't swing.



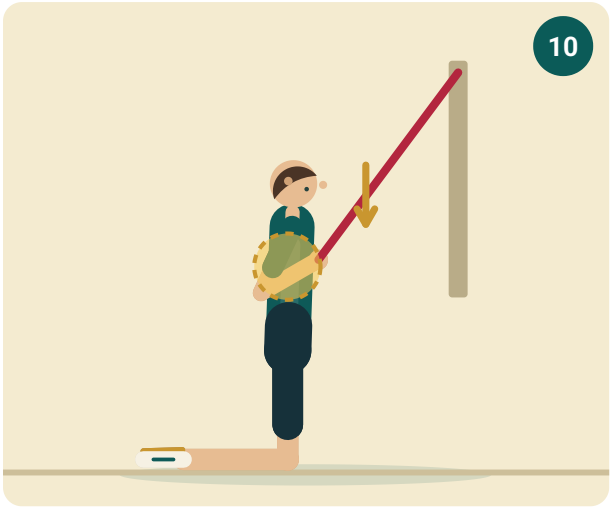
Banded Seated Row

PULL · MID-BACK · POSTURE · USES A BAND

1. Sit tall with legs out in front (soft knees) and the band around the middle of both feet.
2. Hold an end in each hand, arms straight.
3. Pull your elbows back along your ribs and squeeze your shoulder blades together.
4. Pause for a second, then return slowly.

⏱ 3 × 12

COACHING CUE Think “elbows to back pockets”. Keep your shoulders down, away from your ears.



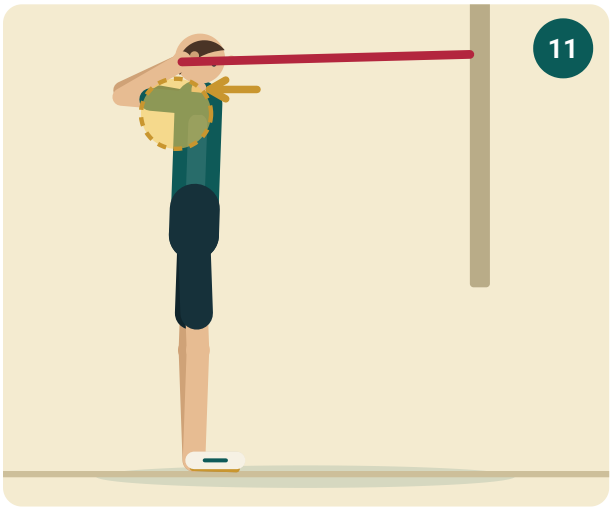
Banded Kneeling Pulldown

PULL · LATS · UPPER BACK · USES A BAND

1. Anchor the band high and kneel facing it, sitting tall.
2. Hold the ends with your arms up and slightly wide.
3. Pull your elbows down toward your ribs, as if you were doing a pull-up.
4. Let your arms rise slowly back up.

⏱ 3 × 10–12

COACHING CUE Lead with your elbows. Don't lean back to pull the band down.



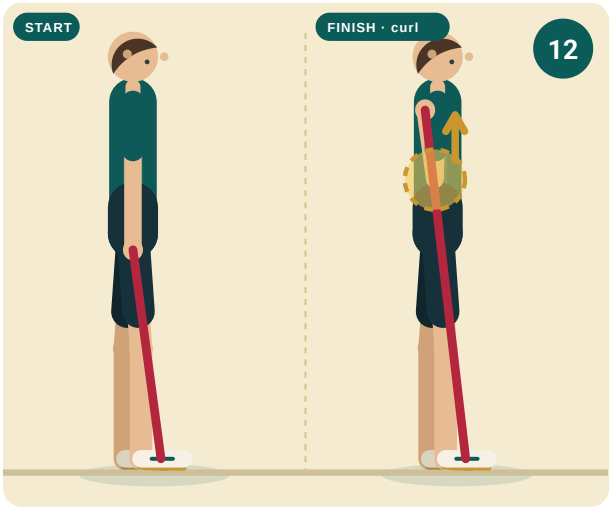
Banded Face Pull

PULL · REAR SHOULDER · UPPER BACK · USES A BAND

1. Anchor a band at about face height and hold an end in each hand, stepping back until it's taut.
2. Pull the band toward your face, elbows high and wide.
3. Finish with your hands beside your ears and squeeze your shoulder blades together.
4. Pause for a second, then return slowly.

⏱ 3 × 15

COACHING CUE Lead with your elbows and keep your ribs down. If you lean back, the band is too heavy.



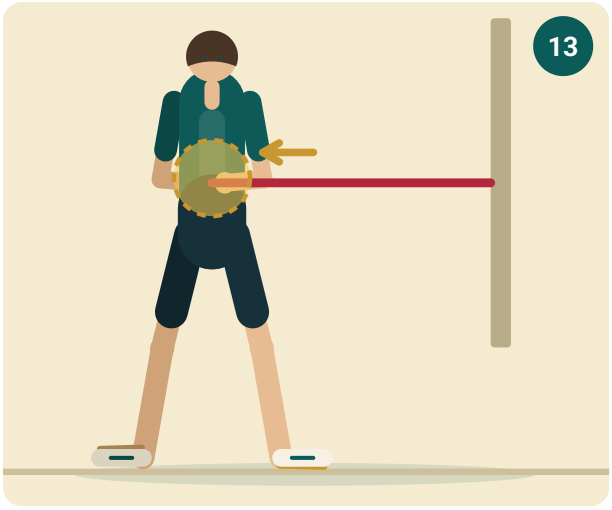
Banded Biceps Curl

PULL · FRONT OF THE ARM · USES A BAND

1. Stand on the middle of the band, feet hip-width apart, arms by your sides holding the ends.
2. Keep your elbows pinned to your sides.
3. Curl your hands up toward your shoulders.
4. Lower slowly over about 3 seconds.

⏱ 3 × 12

COACHING CUE No swinging. The slow lowering is where the work is.



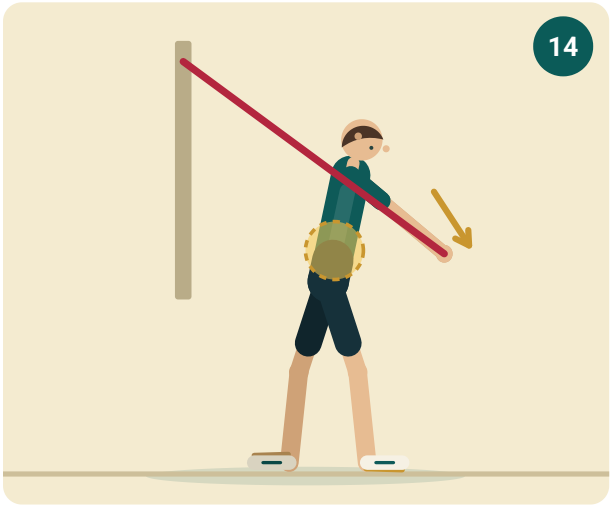
Banded Pallof Press

CORE · CORE · SPINE STABILITY · USES A BAND

1. Anchor a band at chest height to your side. Stand side-on to it, holding the band at your chest with both hands.
2. Feet shoulder-width apart, knees soft, hips and shoulders square.
3. Press your hands straight out in front of you without letting the band twist you.
4. Hold for 2 seconds, then bring your hands back to your chest.

⏱ 3 × 10 each side

COACHING CUE The band is trying to turn you. Your job is to stay square. The picture shows the band from the front.



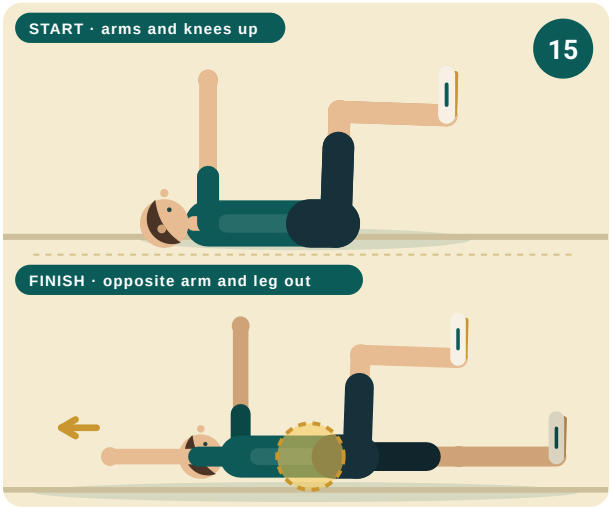
Banded Woodchop

CORE · CORE · ROTATION · USES A BAND

1. Anchor the band high to one side. Stand side-on, feet wider than shoulders, holding the band with both hands.
2. Start with your hands up by the anchor side.
3. Pull the band diagonally down across your body, turning your chest and pivoting your back foot.
4. Return slowly with control.

⏱ 3 × 10 each side

COACHING CUE Turn through your whole body, hips and chest together, rather than just swinging your arms.



Dead Bug (band optional)

CORE · DEEP CORE · NO BAND NEEDED

1. Lie on your back with arms pointing to the ceiling and knees bent over your hips.
2. Press your lower back gently into the floor.
3. Slowly lower one arm overhead and the opposite leg out straight, without your back arching.
4. Return, then switch sides.

⏱ 3 × 8 each side

COACHING CUE Move slowly. If your back arches off the floor, don't go so far.

YOUR WORKOUTS

Three Ready-Made Workouts

Do A, B and C once each in a week. Sets and reps below are for Week 1; the 4-week plan on the next page shows how to progress.

Workout A: Legs & Glutes

About 35 minutes. Rest 60–90 seconds between sets.

1	Banded Squat	2 × 12
2	Banded Romanian Deadlift	2 × 12
3	Banded Split Squat	2 × 8 each side
4	Banded Glute Bridge	2 × 15
5	Banded Lateral Walk	2 × 10 steps each way

Workout B: Upper Body

About 35 minutes. Keep it slow and controlled.

6	Banded Chest Press	2 × 12
9	Banded Seated Row	2 × 12
7	Banded Overhead Press	2 × 10
10	Banded Kneeling Pulldown	2 × 12
11	Banded Face Pull	2 × 15
12	Banded Biceps Curl	2 × 12
8	Banded Triceps Pushdown	2 × 12

Workout C: Full Body & Core

About 35 minutes. Finish with the core block.

1	Banded Squat	2 × 12
9	Banded Seated Row	2 × 12
6	Banded Chest Press	2 × 12
4	Banded Glute Bridge	2 × 15
13	Banded Pallof Press	2 × 10 each side
14	Banded Woodchop	2 × 10 each side
15	Dead Bug (band optional)	2 × 8 each side

YOUR 4-WEEK PLAN

How to Progress

Do your three workouts each week. Each week asks a little more of you. It's small steps that build real strength.

Week 1

Learn the moves

Sets	Reps	Band
2 sets	10–12	Light–medium

Focus on form and the 2-3 second tempo. It should feel easy.

Week 2

Add a set

Sets	Reps	Band
3 sets	10–12	Same band

Add your third set to each exercise. Rest 60–90 seconds.

Week 3

Slow it down

Sets	Reps	Band
3 sets	10–12	Same band

Take 4 seconds to lower. Pause 1 second at the hardest point.

Week 4

Step it up

Sets	Reps	Band
3 sets	8–12	Heavier band

Move up a band on the exercises that felt easy, or keep going with more reps.

Making it harder (or easier)

- ✓ **Too easy?** Use a stronger band, slow the tempo, or add a pause at the hardest point.
- ✓ **Too hard?** Use a lighter band or fewer reps. Good form first.
- ✓ **Short on time?** Do the first 3 exercises of any workout and call it a win.
- ✓ **Sore?** Mild muscle ache is normal. Sharp or joint pain is not: stop and ask.

After four weeks: repeat the plan with the heavier band, or message Neil for a programme built around you.

TRAVEL & ANYWHERE

Your Away-From-Home Kit

Bands are the perfect travel gym. They weigh almost nothing and take up no room. Here's how to keep training wherever you are.

What to pack

- ✓ One mini loop band
- ✓ Two long loop bands (medium and heavy)
- ✓ A door anchor
- ✓ Trainers and a small towel
- ✓ A resistance band bag or pouch to keep it all together

Anywhere, any time

- ✓ **Hotel room:** anchor on the inside of the door, with a towel over the top so it doesn't scratch.
- ✓ **Friends' or family's home:** a banister or sturdy table leg works for anchored moves.
- ✓ **Garden or park:** loop it round a post or a tree.

The 15-Minute Circuit

Do each exercise for 40 seconds, rest 20 seconds, then repeat the circuit 2–3 times.

1. Banded Squat (#1) **2.** Banded Chest Press (#6) **3.** Banded Romanian Deadlift (#2) **4.** Banded Seated Row (#9) **5.** Banded Glute Bridge (#4) **6.** Dead Bug (#15)

The 10-Minute Emergency Workout

No time at all? Do 5 rounds of: **10 Banded Squats + 10 Banded Rows + 10 Banded Chest Presses**. Done.

Staying on track when life gets busy

- ✓ **Train first thing.** The day gets busy and the morning is yours.
- ✓ **Walk it off.** A 20-minute walk after a meal does more than you'd think.
- ✓ **Protein at every meal** keeps you full and holds on to your muscle.
- ✓ **Schedule it.** Put your workouts in your diary like any other plan.

> **The golden rule:** something is always better than nothing. Ten minutes on a busy day keeps your streak alive and your mood up.

KEEP YOURSELF HONEST

My 4-Week Tracker

Tick a circle for every workout you complete. Three ticks a week is a brilliant week.

	M	T	W	T	F	S	S
Week 1	○	○	○	○	○	○	○
Week 2	○	○	○	○	○	○	○
Week 3	○	○	○	○	○	○	○
Week 4	○	○	○	○	○	○	○

My bands and starting weights

How I feel after four weeks

Next step: share your tracker with Neil and he'll help you plan what comes next.

THE NMG HANDBOOK

Questions about any of these?

Message me and I'll adjust anything to suit you, your body and your goals.

NMG FITNESS

Neil McGuigan

07920 046164

neilmcguigan@nmgfitness.co.uk

@_nmgfitness_ · nmgfitness.co.uk

REAL COACHING. REAL RESULTS.