

### ***Why are JC's Band Products superior to other band products on the market?***

JC Band Products are made by Lifeline USA. Lifeline uses only dipped rubber tubing, while many of our competitors use extruded rubber. What is the difference between the two processes? Extruded rubber tubing is much cheaper, and is made by forcing rubber through a die, resulting in one thick layer of rubber, similar to how a rubber band is made. If there are any defects in this layer, the band will fail prematurely. Dipped rubber is made similar to how a candle is made, where the tubing is dipped several times in liquid rubber, resulting in several layers. In fact, if you look at the end of our band products under magnification, you will see rings similar to the trunk of a tree. With dipped rubber, if one layer is weak, the other layers will compensate for it and the band will not fail. We know of several customers who have had their bands for 15 to 20 years, and some of the layers of the band are shredded, but they continue to use the band, and it does not break! We must caution you, however, that some bands distributors will tell you that their bands are dipped, and they are not! Armed with the knowledge that you now have, you can look at a cross section of a band product and be able to tell the difference.

### ***Why Bands VS Weights?***

There are several advantages to using band training over free weights or machines. First of all, almost all of our products are portable, and most weigh less than 1 lb; therefore, they travel easy. From a functional standpoint, one of the great advantages of band training is that they provide variable resistance. For example, if you are doing a bicep curl with a 50 lb. dumbbell, the exercise actually gets EASIER as your forearm and the dumbbell get further above a parallel line to the floor. This is due to the leverage of your elbow assisting in the exercise. With band training, the resistance increases as the band is stretched, offsetting the leverage of your elbow. Finally, bands provide a much smoother exercise through the entire range of motion. How many times have you been in a gym and seen someone "throw" the weight up and "catch" it on the way down – you can't do this with a band. Band training kills momentum, making them excellent for strength training and muscle building. Band training also allows you to move explosively without the fear of flying weights, making them an excellent choice for power training. .

### ***How many pounds of resistance does each JC Band represent?***

All of our JC Bands are color-coded, with each color representing a different, the following table applies:

R1 Teal - 10 lbs  
R2 Purple - 20 lbs  
R3 Pink - 30 lbs  
R4 Magenta - 40 lbs  
R5 Orange - 50 lbs  
R6 Red - 60 lbs  
R7 Yellow - 70 lbs  
R8 Green - 80 lbs  
R9 Blue - 90 lbs  
R10 Black - 100 lbs

***These numbers represent a single band. Multiply this number times the number of bands you are pulling on!***

Please remember that resistances in the same color may vary slightly, due to natural variations in latex rubber. If you use the same bands for every workout, you will be the best judge of your progress.

### ***How long will JC Bands last?***

Many people wonder, "How long the JC Bands last?" Well, we have our JC line of band products made by Lifeline USA and they are simply the best at what they do. I hear from customers who have had the same bands for 10 years or more, but, if you use our products regularly, I recommend that you replace them at least once a year. At IHP we put an absolute beating on all of our bands everyday, so we change our bands out every six months or so - just to be on the safe side. You can extend the life of your JC Bands by keeping them in a cool, dry place out of direct sunlight or other heat, and wiping them down regularly. We know many customers who regularly wipe their JC Bands with Armor-All, claiming it keeps them supple and extend the life of the product.

### ***How do I set up the JC Bands and SuperBand?***

The JC line of band products are Big Guns at IHP. You will see the JC Bands attached to everything in IHP. The JC Traveler is 2 feet in length and excellent for training on the road or in small rooms. The JC Sports Band is 4 feet the piece we most recommend for home and gym use. Like the orange for beginners, green for advance and black for elite training.



As you can see, the JC bands have handles and a built in 11 inch strap that allows one to safely attach them to any sturdy structure, such as, a door or a piece of gym equipment.

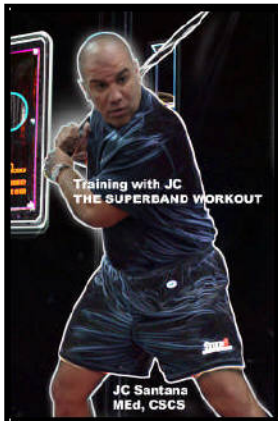
The SuperBand is one of my favorite band products. As a matter of fact, the 1-inch SuperBand is my travel companion; it fits into my computer bag and easily attaches to any door or other structure via my utility strap. I can complete a fast workout in my hotel room in 15-30 minutes and then hit the shower and go about my business. I recommend the ½ inch for beginners, the 1-inch for intermediate to advanced training, and the 1¾ for elite athletes.



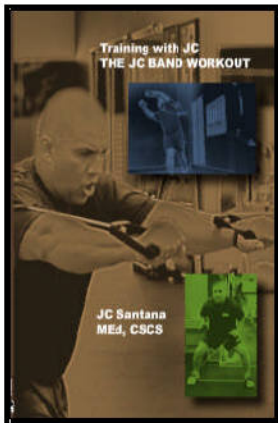
As you can see, the 11-inch utility strap is an excellent way to attach a SuperBand to a door. Putting the folded, double-stitched end through the hinge side of a door provides all of the security you need once the door is closed.

***Which DVDs should I get to learn how to workout with the JC Bands?***

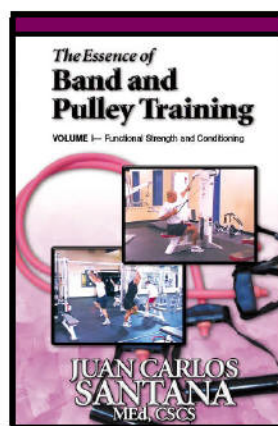
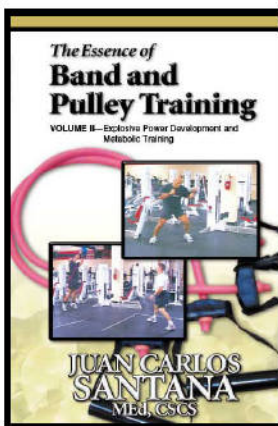
The Superband DVD and the JC BAND DVD re the products that feature workouts! They are perfect for the Fitness Consumer and the Fitness Professional.



***The JC Superband Workout DVD has three excellent workouts plus bonus footage with Judo Olympian Rhadi Ferguson.***



***The JC Band Workout DVD has three excellent workouts plus plenty of bonus footage.***



***The Essence of Band and Pulley Training is the most comprehensive work ever done on band and pulley training. Excellent for the fitness professional!***

For the Fitness Professional wanting a comprehensive work on the theory, science, and application of band training the Essence of Band and Pulley Project is the recommended product. Vol I shows the fitness applications of bands and cables, while Vol II shows the explosive and metabolic applications of band and cable training. The Companion Guide illustrates all of the exercises and more programs. The Essence of Band and Pulley Training project was the first comprehensive Band and Cable project ever published and remains the most complete work on the subject



***What bands are featured in the Men's Health Article?***

The two bands featured in the Men's Health Article are: the Superband (they mentioned the 1/2 inch) <http://www.ihpfit.com/shop/fitness-equipment/superbands.html>, and the JC traveler <http://www.ihpfit.com/shop/fitness-equipment/jc-band-products/202-jc-traveler.html>. The JC Bands already have their attachment straps built in so you can secure them to any structure or door. The Superbands need the 11 inch utility strap to attach to a door or any other structure.

I personally use the GREEN JC band and it can provide me with a good fitness workout -especially at home or on the road. Normally I incorporate band training with my other training modalities..

The Orange JC bands are the MOST popular in the fitness market and at IHP. They are normally used for light and medium level fitness applications.

As for the Superband, I travel with the 1 inch. Beginners and smaller individuals do very well with the 1/2 inch.

None of the bands come with instructions; that is why we added a PDF to our Web site as well an abridged version of the Men's Health workout.

IF you want visual instructions and great workouts the Superband DVD

<http://www.ihpfit.com/shop/dvd/training-with-jc-series/150-super-band-training-featuring-the-jc-superband-13.html> and the JC BAND DVD <http://www.ihpfit.com/shop/dvd/training-with-jc-series/145-jc-band-training-featuring-the-jc-traveler-14.html> are the best in the industry!

With your first order you automatically become a member of our web site, this entitles you to a 10% discount on ALL orders. Our way of saying thank you and helping out during these tight economic times:)

## ***What would a typical BAND workout look like?***

### **The BASIC JC BAND WORKOUT!**

Below I will introduce a pure band / pulley workout. You can perform the entire workout or substitute any of these exercises with more traditional exercises. Experiment with this program and don't be afraid to think outside the box. For a comprehensive work on the use of bands and pulley, we refer you to the Essence of Band and Pulley Training DVD, its Companion Guide, or the SuperBand and JC Band Workout DVDs available at IHP ([www.ihpfit.com](http://www.ihpfit.com), or 561-620-9556 and ask for Eliana)

### **5 Minute Warm-up**

Warming has become an unimportant ritual for many club exercises. However, it may be the most important part of the workout. We turn our warm-up session into a mini conditioning, biomotor skill acquisition workout. It sometimes lasts as long a 15-20 minutes. We use these longer sessions to teach running mechanics and go after neural components of reaction and power. Stationary running, or other skills, can be used to train individuals to be faster on their feet. Examples of drills would be: 5dot drills, jumps, and biomotor drills such as running or skipping. Here is one of my favorites.

### **Instructions**

- Use a weightlifting belt (or other appropriate method of securing the band / pulley to the waist)
- Attach the band or pulley from a low attachment point behind you. This will not only add resistance to forward locomotion, but will add to the pull of gravity.
- Walk forward to add appropriate resistance.

### **Notes:**

*You will be moving in a stationary manner – so use cones or other markers to stay within a safe area. You have to play around with this a bit before you become comfortable with how much resistance to use – be patient.*

### **Protocol**

- Stationary Walk for 10 seconds and rest for 10 seconds X 3 – 1 minute
- Stationary March for 10 seconds and rest for 10 seconds X 3 – 1 minute
- Stationary Power Skip for 10 seconds and rest for 10 seconds X 3 – 1 minute
- Stationary Run for 10 seconds and rest for 10 seconds X 6 – 2 minute

### **Notes:**

*Make sure you use high knees and stay on the balls of feet whenever possible. The more powerful you make movements, the more they will transfer to your everyday life.*

### **Equipment**

- We use the Free-Motion low pull or heavy JC Bands for this exercise. If you don't have either, use a low pulley from any high quality pulley or cable system.



*your  
these*

## **LUNGES - Lower body**

When working the lower body, lunges are one of my favorite exercises. They are particularly effective at training deceleration and changes in direction. Since the warm-up section focused on going forward, the lunges provide excellent deceleration training.

### **Instructions**

- Use a weightlifting belt (or other appropriate method of securing the band to the waist) or use handles and hold the resistance with the hands (shown in picture).
- Attach the band or pulley from to a low attachment point in front of you. This will add to the forward momentum and to the pull of gravity.
- Holding onto the handles, walk back to add appropriate resistance and space for forward lunging.
- Stand straight and take a long step forward. Keep the body erect and core tight.
- Land with a full foot and lower your body to a lunge position.
- Explode back to a standing position. Repeat with other foot.
- We perform anywhere from 3-7 sets X 20 reps of this exercise within a single workout.

### **Notes:**

*There are several types of lunges you can perform. One of our favorite advance versions is the reaching lunge. Follow the above instructions but reach forward as you lunge to the front.*

### **Equipment**

- We use the Free-Motion low pull (i.e. any machine with a low pulley), the Versa Pulley or JC Bands for this exercise. If you don't have any of these items, use a low-pulley from any high quality pulley or cable system.





## **Standing Pulls – Upper body**

Standing pulls are an excellent way to work the total body while emphasizing the posterior back musculature. They provide balance and stability training while pulling. In real life we always pull from our feet, therefore, the standing pull is one of the most functional exercises we perform.

### **Instructions**

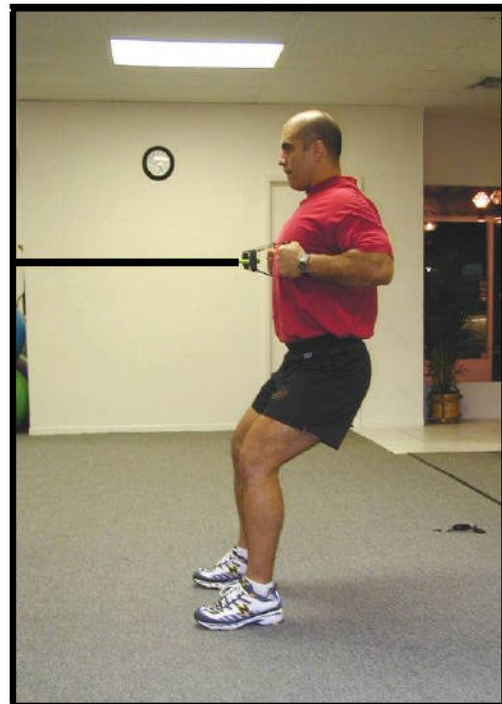
- Attach the band or pulley to a low or mid attachment point in front of you. We prefer the low orientation since it is the most functional.
- Holding onto the handles, walk back to add appropriate resistance and space for the pulling motion.
- Stand straight and keep the body erect and core tight. Keep knees slightly bent and center of gravity lower than normal.
- Pull the cables or pulley handles to you as if you were doing a cable row.
- You can use simultaneous or alternating pulling patterns.
- We perform anywhere from 3-7 sets X 20-40 reps of this exercise within a single workout.

### **Notes:**

*There are several types of pulls you can perform. You can even add a forward reach to the movement, creating a compound row. With the alternating version, you can add foot pivots to further focus on hip rotation. The single leg version of this exercise is also very challenging.*

### **Equipment**

We use the Free-Motion mid or low pull (i.e. any machine with a mid or low pulley), the Versa Pulley or heavy JC Bands for this exercise. If you don't have these items, use an adjustable with mid or low orientation from any high quality pulley or cable system.



## **Standing Presses – Upper body**

Standing presses are an excellent way to work the total body while emphasizing the pressing or pushing motion. This exercise provides balance and stability training while pushing forward. In real life we usually push from a standing position, therefore, the standing press is very functional.

### **Instructions**

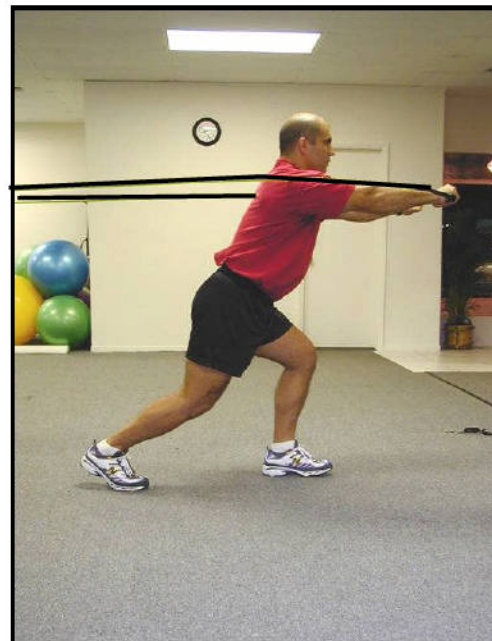
- Attach the band or pulley behind you, from a low or mid attachment point. We prefer the mid orientation to emphasize the core and a forward lean position. However, the low orientation is effective for focusing on the pressing movement.
- Holding onto the handles, walk forward to add appropriate resistance and space for the pressing motion.
- Stand straight and keep the body erect and core tight. We prefer the staggered stance since it provides more stability to the line of pull.
- Press the cables or pulley handles as if you were doing a bench press.
- You can also use the alternating pushing pattern, which resembles more a punching action.
- We perform anywhere from 3-5 sets X 20-40 reps of this exercise within a single workout.

### **Notes:**

*There are several types of presses you can perform. You can even add a forward step to the movement, creating a thrusting action. The single leg version of this exercise is also very challenging.*

### **Equipment**

We use the Free-Motion mid or low pull (i.e. any machine with a mid or low pulley), the Versa Pulley or heavy JC Bands for this exercise. If you don't have these items, use any adjustable high quality pulley or cable system with mid or low orientation.





## **Standing PNF extension**

Standing PNF extensions are an excellent multi-planar core exercise. This exercise emphasizes the extension mechanism, but with a rotational component. Sports, such as tennis and golf, use portions of this movement – making this exercise very popular with our athletes and recreational sport participants.

### **Instructions**

- Attach the band or pulley to your side, from a low attachment point.
- Holding onto one handle with both hands, walk away from the point of attachment to add appropriate resistance and space for the extension movement.
- Stand straight and keep the body erect and core tight. We prefer the parallel stance since it provides more stability to the line of pull.
- Keep the arms straight and locked out in front of your chest.
- Rotate and flex down towards the point of the attachment, reaching down to load the body.
- Use a foot pivot on the outside leg during the downward flexion and rotation. This will allow maximum utilization of the entire body.
- Rotate and extend away from the point of attachment, keeping your arms locked out and in front of your chest at all times. Pivot on the inside foot as you rotated away from the resistance (see picture).
- We perform anywhere from 3-5 sets X 20-40 reps of this exercise within a single workout.

### **Notes:**

*You can also perform the opposite version of this exercise to train rotation and flexion. Use a high orientation of pull and chop downward as you rotate.*

### **Equipment**

We use the Free-Motion low pull (i.e. any machine with a low pulley), the Versa Pulley or heavy JC Bands for this exercise. If you don't have either these items, use an adjustable with mid or low orientation from any high quality pulley or cable system.



## **Standing ABC Crunch**

Standing ABC Crunches offer excellent flexion training for the front of the body, while addressing flexibility of the posterior chain. The ABC pattern provides multi-planar training, especially for the hips.

### **Instructions**

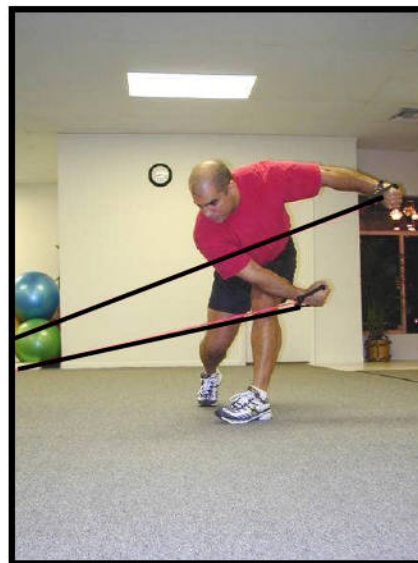
- Attach the band or pulley in front of you, from a mid or high attachment point.
- Holding on the handles, walk away from the point of attachment to add appropriate resistance and space for the crunch movement.
- Stand straight and keep the body erect and core tight. We prefer the parallel stance since it provides more stability for the rotational patterns of the ABC.
- Keep the arms straight and locked out in front of you – at shoulder level.
- Flex down as if performing a crunch while pulling down and in, until the band touches the shoulders. Come back up to the standing position. This is the “C” pattern.
- For the “A” and “B” patterns, flex down as if performing a crunch while rotating and pivoting the foot on the opposite side of the crunch (see picture). This will bring the bands to the outside of the planted leg. Come back to the standing position and perform to the other side.
- The foot pivots during the rotation and flexion really target the hips.
- We perform anywhere from 3-5 sets X 15-30 reps of this exercise within a single workout.

### **Notes:**

*You can also perform the opposite version of this exercise to train rotation and extension. Use a low point of attachment - pulling and extending as you rotate. Use the same ABC pattern for multi-planar training.*

### **Equipment**

We use the Free-Motion mid or high pulley (i.e. any machine with a low pulley), the Versa Pulley or JC Bands for this exercise. If you don't have these items, use an adjustable with mid or high orientation from any high quality pulley or cable system.



Performing this simple workout will allow you to see improvements in the way you feel and move. You can also include some of these exercises into your traditional workouts for added fun and training efficiency. This workout can be performed in succession, in sequence or as a circuit for additional cardiovascular training.