

# B<sup>3</sup> Gymnastics Program

## Band Placement

Place the arm bands in the crease between your biceps and deltoid muscle. Valve facing forward or on the front of the arm. Strap velcro down away from the midline

Place the leg bands high up on the leg or groin. In the back the band will be right under the gluteus muscle. Valve facing forward or on the front of the leg. Strap velcro down away from the midline.

## Increasing Resistance or Weight

- It is desirable to get stronger and progress with more resistance or weight.
- If using tubing and you can do more than 30 reps on both sets 1 and 2, change to the next tubing color or resistance. You should be able to maintain sets of 30/20/15 reps
- If using weights and you can do more than 30 reps on both sets 1 and 2, increase the weight 25%. You should be able to maintain sets of 30/20/15 reps

## Recommended Pressure Settings

Size 1 150

Size 3 250

Size 2 200

Size 4 300

## How tight should you strap the bands to arms or legs?

The bands should be strapped on the arms and legs in a tight but not pinching feeling. Once strapped you should be able to feel your skin moving with the band when you pull up or down on the band.

- If you feel pain or a pinching of the skin, you have the band too tight
- If you can slide the band up or down separately from the skin the band is too loose
- Put the band over one thin layer of clothing or directly on the skin
- The bands will not work effectively over multiple layers of clothing

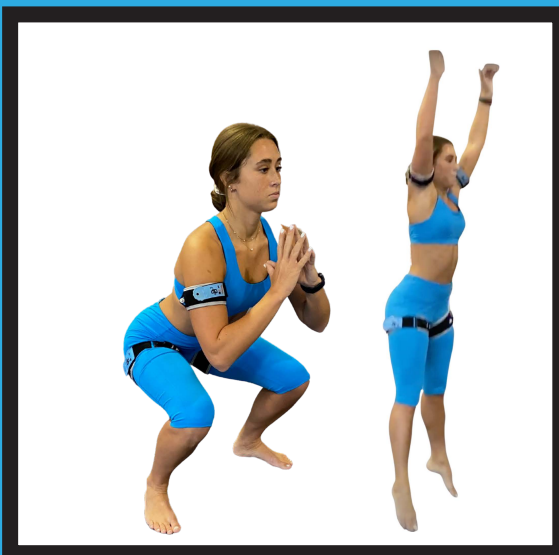
## Safety Precautions

- **Follow recommended pressure settings**
- **Limit Bands on Arms or Legs to 20 minutes**
- **Don't lift heavy weights**
- **Hydrate properly before, during and after**

## Protocol for # of Sets, Reps and Rest

- Do 3 sets of each upper or lower body exercise per workout or training session
- Do 30 reps on each of the 3 sets. Rest only 30 seconds between each set
- Rest only 1 minute when switching to the next exercise
- You should be done in 20 minutes

### Dynamic Legs Circuit



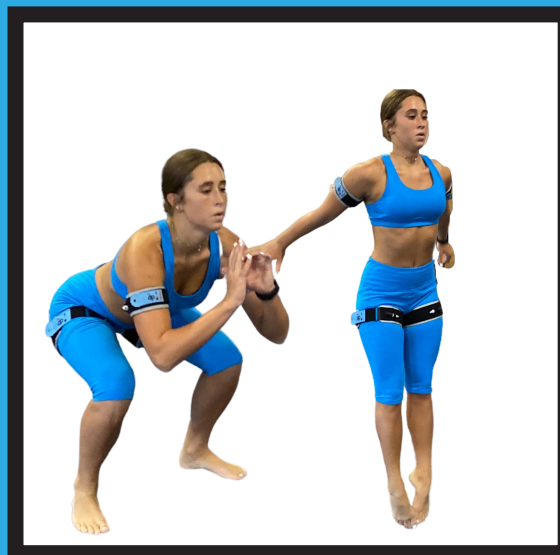
Pulse Squat to  
Squat Jump



Jumping Lunges L



Jumping Lunges R



Out in Squat Jump

### Upper Body Circuit



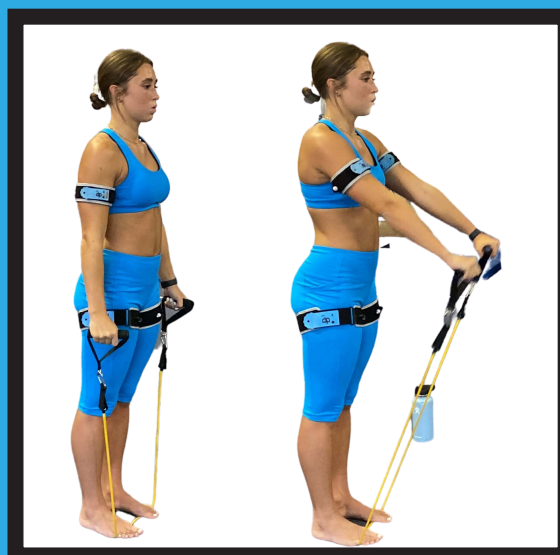
Bicep Curl



Triceps Press



Shoulder Fly

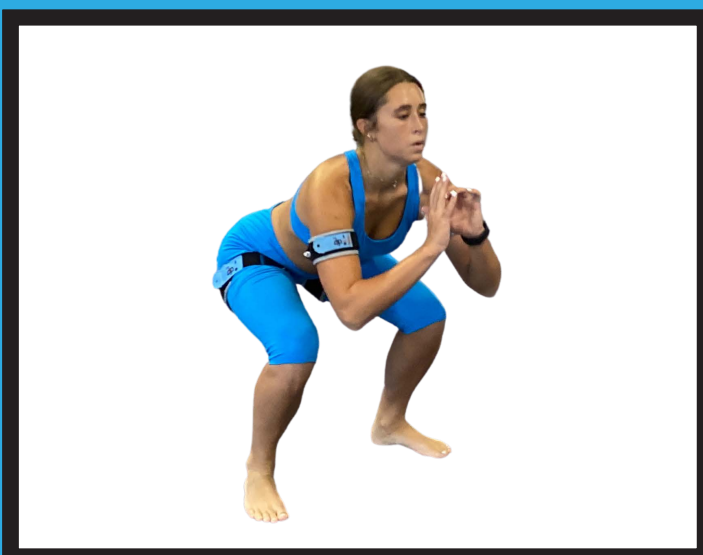


Front Lateral Raises



Plank Hold

### Static Legs Circuit



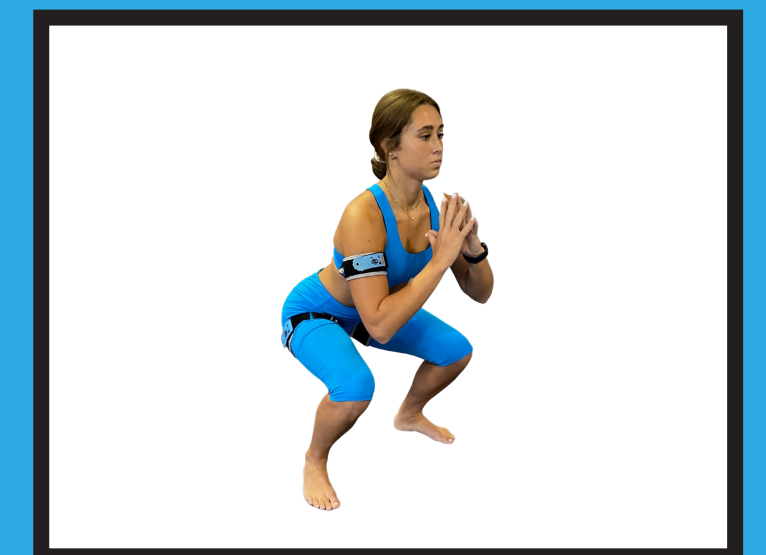
Squat Pulses



Lunge with rear leg kick  
and calf raise (Left)

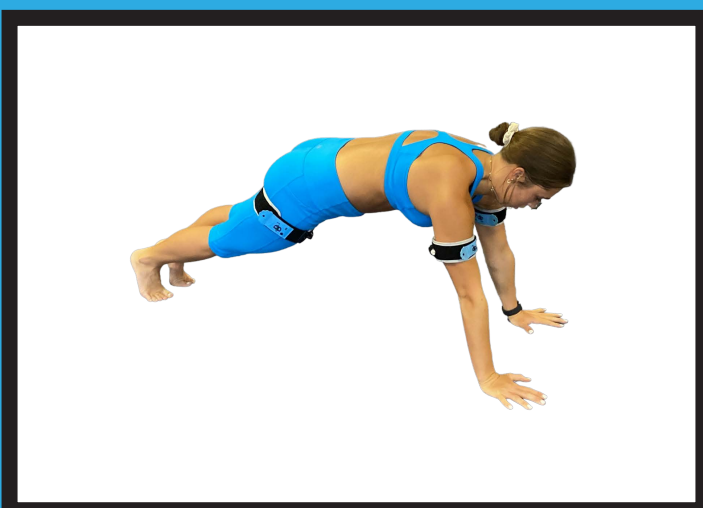


Lunge with rear leg kick  
and calf raise (Right)

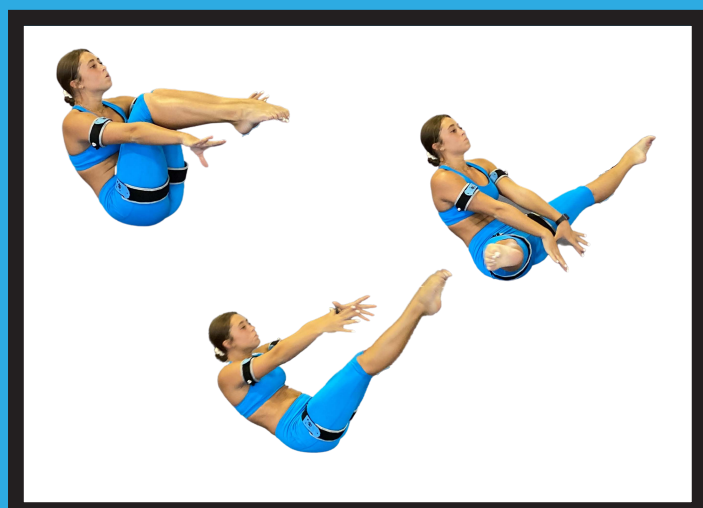


Twerk Squat  
Move knees in and  
out in squat position

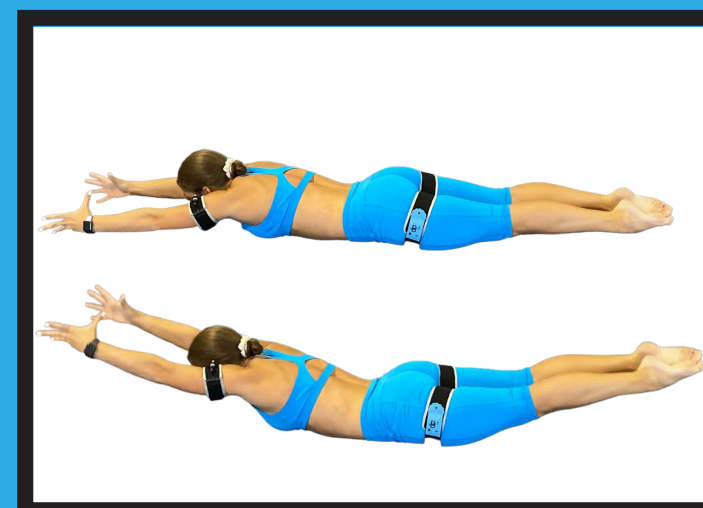
### Core Exercise Circuit



Plank Hold



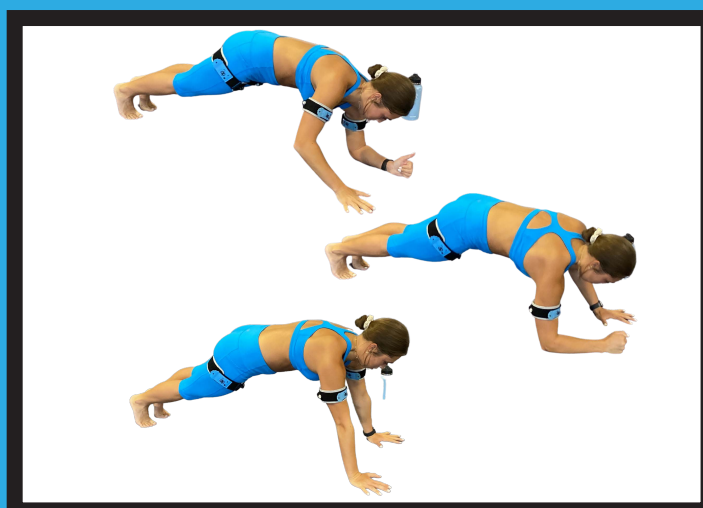
Tuck-Pike-Straddle Ups



Arch Ups



Straddle press lift  
against wall



Up Up Down Downs