



Choosing the Correct Bands for Training

Like with any training tool, “one size does not fit all”. However the good news with resistance bands, as compared to other strength training tools, is that one band will accommodate a large population due to a much larger window of resistance variability.

The following are age and gender based guidelines I have created to assist you with choosing the correct level of band. This information comes from providing 1000’s of recommendations to customers, coaches and clients over the past several years.

Color Codes:

- Micro Orange – M
- Super Micro Yellow – SM
- Small Red – R
- Medium Black – Bk
- Large Purple – P
- X-Large Green – G
- XX-Large Blue – Bu
- XXX-Large Gray - Gr

Youth Female Recommendations

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	SPEED TRAINING	FLEXIBILITY	CORE TRAINING	ASSISTED BODY WEIGHT	HIGH INTENSITY TOWING
10-13	SM-R	R -Bk	R - Bk	R (12-13)	SM	Bk	N/A
14-16	R - Bk	Bk - Few P	Bk - Few P	R - Bk	SM	Bk - P	N/A
16-18	R-Bk-Few P	Bk - P	Bk – Mostly P	R -Bk	R	P -G	G (17-18)
18-22	Few R – Bk – Few P	P	P	Bk	R	P-G	G

Youth Male Recommendations

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	SPEED TRAINING	FLEXIBILITY	CORE TRAINING	ASSISTED BODY WEIGHT	HIGH INTENSITY TOWING
10-13	SM - R	R - Bk	R - Bk	R (12-13)	SM	Bk	N/A
14-16	R - Bk	Bk – Few P	Few Bk - P	R - Bk	SM - Few R	Bk - P	N/A
16-18	Bk - P	P	P	Bk	R	P -G	G – Bu (17-18)
18-22	FEW R – Bk – FEW P	G	P - G	P	R	P-G	Gr

Adult Female

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	LOCOMOTION TRAINING	FLEXIBILITY	CORE TRAINING	ASSISTED BODY WEIGHT	HIGH INTENSITY TOWING
25-40	Bk	Bk - P	Bk - P	R-Bk	R	P -G	N/A
40-55	R-Bk	R-Bk - FEW P	Bk - Few P	R-Bk	SM	P-G	N/A
55-65	SM-R	R-Bk	Bk	R	SM	P	N/A
65 +	O- SM-R	R-Bk	R	SM-R	SM	P	N/A

Adult Male

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	LOCOMOTION TRAINING	FLEXIBILITY	CORE TRAINING	ASSISTED BODY WEIGHT	HIGH INTENSITY TOWING
25-40	Bk – P	P	P	R-Bk	R	P -G	G-Bu
40-55	R-Bk	Bk - P	P	R-Bk	R	P-G	G
55-65	R	R-Bk	B - P	R	R	P	N/A
65 +	SM	R-Bk	Bk	R	SM-R	P	N/A

Questions to consider when preparing to order Quantum bands for YOURSELF or YOUR Clients and Athletes

1. What is the training age??
2. What is the primary training gender??
3. What surfaces do you anticipate training on??
4. What is the general strength level using body weight push-ups, pull up, squats, or lunges as bench marks??
5. What 4 key areas of training do you intend to use bands for??
Example – Flexibility Training, Speed, Strength, Fat Loss
6. If YOU are new to bands, identify 10 exercises you are going to do with bands based on what you've seen or researched??
7. How familiar are you or your clients with resistance band training??
8. How are you intending to set up your training area??
 - Attached Independent Stations
 - Attachment Free Training stations only
 - Partner Attached Training only
 - A combination of the all the above
9. Will the bands be used for athletes or a general fitness population??
10. Are you intending to implement flexibility training??
11. Will you be using the bands outdoors??
12. Will this be for a home gym, high school, club, or training studio??

Now that you have reviewed the above questions, complete the following Questionnaire

Once completed

Band Training Questionnaire

To help me assist you in choosing the best bands for your training please complete the following questionnaire. Once filled out cut & paste into a word doc and email this information to me at dave@resistancebandtraining.com

1. Have you or are you presently training with flat continuously looped resistance bands?? Yes or No

2. Do you presently workout with some type of elastic bands on a weekly basis?
Yes or No

If yes, what type of bands do you use??

If yes, what size bands (in lbs) do you use?

3. Please prioritize 1-5 what will be the key elements of training you plan on using bands for. *(1 being most important and 5 being least important)*

Flexibility training _____ Upper and lower Body Strength training _____

Cardio/running drills _____ Hip and Trunk Training _____ Creating fat loss

metabolic circuits _____ Speed Training _____ Performance Based Training _____

4. For a Trainers or Coaches

What is the average size group you presently train and plan on training??

2-10 _____ 11-20 _____ 20+ _____

5. What are your demographics

Age: _____ Gender : Men _____ Women _____

Fitness level: Poor _____ Fair _____ Good _____ Strong Conditon (very athletic) _____

Athletic refers to the ability for you to comfortably run, squat, do light hopping, as well as perform simple pushups, pull-up variations, overhead pressing and squat or lunge variations

6. How will you be training in bands (Rank 1-5 with 5 being least possible)

- Partner Attached Band Training where partner is holding ____
- Partner Unattached Band Training where partners are not attached ____
- Attachment free where band will not be attached to anything ____
- Independent Attached Station training _____
- Bands will stations with a multi-tool training circuit ____

If you are doing attached based training what are you going to be attaching the bands to?

7. Review Question #5 and #6, provide me your Top 10 exercises you want to implement using flat continuous looped bands

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

8. Where do you presently train and what type of floor surface/s do you plan to train with bands on??

Grass ____ Concrete ____ Wood ____ Carpeting ____ Asphalt _____

Additional Information on surfaces

Email this information to me with dave@resistancebandtraining.com and I be happy to respond back with a quote and/or recommendation