



# **ACCELERATION**

**P E R F O R M A N C E**

***WEIGHT TRAINING USING BANDS AND CHAINS***

- The Manitoba Fitness Council and presenters in making this workshop/seminar top quality!

***THANK YOU S....***

- Sherwin Vasallo BA, CSCS, RKC, owner
- Acceleration Performance – Strength Coaching for Elite level Athletes, sports teams and Weekend Warriors.
- Operation since 2004.
- [www.accelerationperformance.ca](http://www.accelerationperformance.ca)
- Total Rehabilitation and Sports Injuries Clinic – Physiotherapy, Athletic Therapy, Thai Massage, Acupuncture, etc.
- [www.totalrehabcenter.org](http://www.totalrehabcenter.org)

## ***Introduction***

- Old School methodology – if you want to get stronger, lift heavier weights!!
- New toys in the market – bosu balls, exercise balls, body blades, kettlebells..
- All great toys to spice up your workouts – keep the body guessing and to keep your clients happy!
- What about chains & bands???

***Weight Training***



**WTF!!**

- 2 x 5 ft 1/4 inch chain
- 2 x 5 ft 5/8 inch chain
- 2 XL carabineers

### *Where to buy??*

- Home Depot
- Cutting Edge Medical Supplies (661-3343)
- Princess Auto
- Trucking and towing centers
- [www.elitefts.com](http://www.elitefts.com)



# ***Equipment***

- Bench press
- Squats
- Deadlifts
- Shoulder press
- Lunges
- Biceps curl
- And anything else you can think of.. Be creative and keep the exercises FUN!

***Exercises***

- Repetitions are dependant on what your goals are or your clients goals.
- No rules to chain usage! Treat them like any other exercise tool.
  - 3 x 10-12
  - 5 x 5
  - 7 x 3
  - Etc.

***Repetitions***

- Chains assist in training the strength curve ie. sticking points (primary)
- Help to overcome plateaus, therefore you must cycle with the chains!
- Chains are heaviest at the height of the movement and lightest at the bottom.
  - chains gather at the bottom therefore, less weight to lift.
- Added balance training – perturbation! (secondary)
- They will 'wobble'...

***How do chains work!?***

- First, determine what your goal for you or your client is going to be – strength, balance, etc.
- Strength: Loop the ¼ inch chain around the bar and connect to large chain with the carabineers.
  - Be sure the chain maintains contact with the ground
- Balance: same set up however, be sure the chain does not maintain contact with the ground.

## The set up

- Giant elastic bands that come in different resistances
- Purchase at
  - <http://www.performance-training.ca/> (tell him Sherwin sent you! ;p)
  - Cutting Edge Medical Supplies p:204-661-3343
- Can be used in similar fashion as chains!
- Can have more uses – partner training, running, etc.

**Bands**

- Bands increase/speed up the eccentric load phase of lifting
- Just like chain work – variable resistance!
- Enhance power development for your client – general training or sport specific!
- working on speed of movement!

***How do bands work?***

- Need a squat cage for set up – easiest for bands set up.
- Loop each band evenly around the base of the cage and wrap around the ends of the bar.
- NOTE: the described set up is for bench, squat, deadlift, split squat, BSS, jumps squats.

## The set up

- There are pros and cons to using bands and/or chains (with respect to weight training)
- Pros (chains):
  - less taxing on the body
  - Less hazardous/easier to use
- Pros(bands):
  - More effective
  - Intense workout
- Always start with a chains cycle for 3-4 weeks before training with a bands

***Should I use bands or chains?***

- Email:
  - [info@accelerationperformance.ca](mailto:info@accelerationperformance.ca)
- phone:
  - 204-415-6491
- website:
  - [www.accelerationperformance.ca](http://www.accelerationperformance.ca)
  - [www.totalrehabcenter.org](http://www.totalrehabcenter.org)



**Contact Info**



**Q & A**