Build Your Own Home Band Gym

Owners Guide
Determining the Requirements for Your Home Band Gym

Obviously, where you decide to train with bands will determine your space options, so let’s start by discussing where you might want to consider creating your home band gym. What you are about to discover is a Band Gym is not a static training location but a portable, multi-faceted training option that will allow you to train anywhere, anytime, any way with anybody at any intensity.

Options for where to set up or use Your Band Gym

One of the many benefits of having your own home Band Gym is portability. Over the years my home gym has moved from several venues in my apartment and home. Fortunately, it was always a pretty easy relocation process and never required more than an hour of my time to complete.

Basement

Basements, especially unfinished basements, are great band gyms because they offer so many attachment site options, like exposed cement walls, ceiling studs, vertical support beams, and doorways. However, unfinished basements also usually involve training on a concrete floor, which is not the best training surface to train with bands.

My suggestion is to go out to your neighborhood carpet retailer or home building supply store and purchase a large used or clearance-priced carpet square. Go as large as your room and budget afford because, as you will soon find out, the more space you have, the more training options you have with bands. While purchasing the carpet, also purchase double-sided tape to adhere the carpet down to the concrete. When installing or laying down the carpet, make sure you securely attach the carpet to minimize any slippage during training. The larger the carpet square, the better, so it does not slide or move around during training. A thick but tightly woven carpet is the
best surface for band training. I would avoid shag style carpets and try to go with more of a Berber style.

Finished basements may be slightly less convenient and require a little more build out, but still provide ample attachment options with a more conducive training surface.

**Band Garage Gym**

Every April my wife (Karen) and I turn our garage into a band gym for the spring, summer, and fall by laying down a large carpet square and a small rubber mat. We also have a permanently attached vertical bar that is positioned to allow us to maximize the entire carpeted surface. However just like with unfinished basement flooring, make sure you securely attach the carpet if you choose to set your garage up like this.

**Benefits of a Band Garage Gym**

1. It allows you to train outside and inside but still take advantage of the fresh air
2. Typically higher ceilings allow easier overhead training and jumping to be added in to your training
3. Allows you to invite in partners without having to have them come into your home
4. Allows children to do speed training and more advanced drills
5. Provides a more rugged training environment that often creates better energy and intensity
6. Can easily and safely bring in other training tools with less concern towards damaging carpeted floors or finished walls
7. Exposed ceiling studs allow you more assisted band training options
One other benefit of band training in a garage is that when weather permits, it allows you to move out into adjacent areas like the:

- Back Yard
- Drive Way
- Out Door Patio
Park Training

Parks have been and always will be one of my favorite band training locations due to the unlimited band attachment sites and exercise options. Things like park benches, playground equipment, picnic tables, and even trees are all possible attachment options when it comes to band training. The key to attaching to these types of structures is to make sure you always protect your bands by utilizing a Band Utility Strap.
Space Requirements for Band Training

Band training space requirements will be determined by how you wish to train with bands. Obviously the space needed to do simple attachment-free training versus attached training versus locomotion training will be significantly different. Therefore, to assist with determining your space needs, let’s look at different ways you may choose to train with bands and the space requirements that are associated with each of these forms of training.

Flexibility Training

Stretching with bands requires enough space to lie down and fully lengthen out your arms and legs. Typically, I suggest having at least 2 yards of space along both sides of your body and above your head. I also suggest a wall or solid structure to brace your foot against to help with stabilizing the non-stretching leg. Being able to lie on carpet or a mat, versus a wood or tile floor, will create friction against the body that will prevent you from sliding while performing the band stretching sequence.

Running or Locomotion Training

Short burst or stationary running drills are a staple of band training and are among the best calorie and fat burning cardio workouts you can perform.

Band running will require the greatest amount of training space to safely perform because it will require you to link two bands together. This creates a double length band that will allow you to run approximately 4 yards, or 12 feet. Since the band setup is approximately 2
yards long, the total running surface will need to be about 7 to 8 yards or 21 to 24 feet long. From a width standpoint, locomotion training will require approximately 4 to 5 feet of training space.

Core, Upper and Lower body Strength Training

All upper- and lower-torso training can easily be performed using a single band setup or a 2 band – 2 handle set-up. Horizontal based training will require slightly more floor surface area than attachment-free band training.

Floor space for horizontal vector attached training for the upper- and lower-torso will require approximately a 12 foot by 8 foot training area while attachment-free training will require only about an 8 foot by 6 foot training area.
Band Setup or Attachment Options

Continuously-looped flat resistance bands versus tubular-based bands provide more attachment options due to their flat construction and not having handles permanently attached. As you will soon see, certain attachment options will require you to expand your budget and build out. However, keep in mind that building your own band gym can occur in phases and does not require an all-or-nothing approach.

Option #1 Attachment Free

The easiest, most convenient and cost effective set up for band training is an attachment-free setup. It requires no build out or area preparation. All that is needed is a small space, your body, and a band. Bands can easily be attached directly onto your body to perform total body movements of pushing, pulling, squatting, and pressing, as well as adding resistance to any body weight exercise.
Attached Option #2: Door Attachment

Every house has a door and therefore one of the simplest ways to perform attached band training is by using a Band Utility Strap (BUS) connected into a door jamb. This simple setup does not require any construction and yet, by adjusting where you place the BUS, your door essentially becomes a multi-positional attachment site similar to a cable column or pulley system.

Door attached BUS Recommendations

1. Attach the BUS into the hinged side of the door for greatest strap security
2. Always test your door out using a smaller band to make sure it is secure
3. Make sure the band stays attached onto the 10 inch plastic tube of the BUS. Allowing the band to migrate down onto the nylon can result in tearing the band over time.
4. Lock the door during training and especially if using the hinged side of the door. This will eliminate the door from accidentally being opened up during training.
5. Make sure you place the small 2 inch nylon tube into the door and allow the larger 10 inch nylon tube to be used to attach the band.
6. Always check to make sure the door is closed tightly before training.
Option #3: Attaching to a Secure Structure

Attaching the bands to an existing piece of equipment like a treadmill or squat rack is another option. This will limit your height options but will not create a need for any additional construction. I strongly recommend you attach the Band Utility Strap to the secure structure and then attach the band to the Band Utility Strap.

If you choose to attach the band directly to a secure structure, make sure the structure you attach the band to does not have any sharp or square edges that could possibly damage your band.

Free Standing Secure Attached Recommendations

1. Make sure the piece of equipment or structure you attach onto will support the amount of resistance created by your band setup

2. Do not attach bands to a square or rough surface that could damage your band. We recommend only attaching bands directly to round pipes or poles

3. If doing any running drills using this setup, make sure you have sufficient floor space for returning back off runs and that the floor surface will provide optimal traction.

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Option #4: Attaching to a Vertical Wall Bar

The vertical bar attachment option provides by far the safest and most versatile band training experience. Any resistance band training exercise can be easily performed with a vertical bar attachment, assuming you have ample floor space to perform the exercise.

Using a vertical versus a horizontal bar configuration will provide you with greater exercise versatility while easily adapting to multiple hip levels when performing hip-attached training. The vertical bar should extend from the shoulder to the knee in length, if possible.

Bar Attached Recommendations

1. Secure the vertical bar to the wall by attaching into wall studs or a cement foundation.
2. Make sure you use at least a 4 foot long by 1 inch diameter bar.
3. The bar should cover as much area between the shoulder and knee as possible. This will provide a more angle options for training.
4. Make sure the bar starts at least 6 inches off the ground.
5. Use at least a 1 inch steel bar.
6. When attaching bands to bar, make sure to tighten the band effectively to avoid band migration.
7. Using a Band Utility Strap in conjunction with a vertical bar, which is not necessary, will make adjusting the band attachment height seamless.
Needed Construction Materials

1. 1 - 4 foot x 1.5 inch Galvanized Pipe
2. 2 – 1.5 inch Galvanized Flanges
3. 2 – 1.5 inch 90° elbows
4. 2 – 1.5 inch x 3 inch Galvanized Pipe
5. Appropriate Screws to attach into the wall

**Utilizing a medical handicap bar will allow you to eliminate the need for 1 through 4

Recommended Band Training Packages

There are several band training packages to consider when building your own home band gym. Which you choose to purchase will be based on your budget and how much band resistance you are interested in training with.

Here are few things to keep in mind when it comes to band resistance:

1. Bands are elastic, which means they will provide you a resistance variance of approximately 30 to 40 pounds depending on the size of the band. For example, a single black medium resistance band will vary from 25 to 60 pounds based on the stretch length. This allows a single band to meet a wide range of strength levels.

2. If performing short amplitude movements, a single band can be looped around a vertical bar or a Band Utility Strap. However, this will instantly double the starting resistance and decrease stretch length tolerance from 2 yards to less than a yard. For example, a single black band that is double will have a starting resistance of at least 40 pounds versus 25 when not doubled.
It is also important to remember that this shortened setup will decrease total stretch length by 50% which means that a double single band will only tolerate a one yard or less stretch versus a 2 yard stretch when used in its normal length.

3. Just like adding weights to a barbell, bands can also be combined to increase resistance. For example adding a red band to a black band creates what is close to a purple band level resistance.

4. By linking bands together you significantly decrease the starting tension. For example, a single green band creates a starting tension of approximately 60 pounds. However, by linking 2 green bands together, the starting resistance is now approximately 30 pounds. However, it will require greater floor space to use this setup.
5. Linking bands together can also be done by looping them through each other. For example, looping a black band around a stable structure and then looping a red band through the black band allows you to train bilaterally with two single bands of different strength instead of needing a pair of equal strength bands. However, in this case the stretch tolerance rules do not directly apply, so you will need to be aware of overstretching the smaller strength band. We recommend only going one level up and making sure the smaller band is what you are actually training with.
Recommended Band Packages to Get Your Home Gym Started

**Economy Package**

1 Pair of Red Bands  
1 Pair of Black Bands  
1 Pair of Training Handles  
1 Band Utility Strap  
4 Week Starter Training Program

**Total Fitness Package**

1 Pair of Red Bands  
1 Pair of Black Bands  
1 Pair of Purple Bands  
1 Pair of Training Handles  
1 Band Utility Strap  
4 Week Starter Training Program

**Advance Total Fitness Package**

1 Pair of Red Bands  
1 Pair of Black Bands  
1 Pair of Purple Bands  
1 Pair of Green Bands  
1 Pair of Training Handles  
1 Band Utility Strap  
4 Week Starter Training Program
Additional Band Training Considerations

Because none of the above packages includes orange bands or link straps, purchasing a pair of orange bands and a link strap may be something to consider if you feel red bands may be too challenging for some exercises and if you wish to link bands together.

Additional Low Cost Training Items

For a few more dollars you could add these additional training items and create even more variety to your training gym.

1. 5 foot wooden dowel $5
2. Stool $15
3. Stability Ball $20
4. Medicine Ball $15
5. Push up Bars $10
6. Large Towel $2

Total Cost for these accessories - $67.00 dollars.

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“Life begins at the end of your Comfort Zone”

Neale Walsh

Time to Take Action

I hope you enjoy your new resistance band training center. I know I have for years and have been told by many others since then why they enjoy having their own band training gym at home or wherever they need it to be.

Please remember these 10 keys to keeping your body in great shape using your new band gym.

1. Make training something you enjoy doing. Design band workouts around things you want to get better with bands

2. Keep trying new band exercises and new types of workouts. It will keep the body guessing and the results happening

3. Understand that any workout is better than no workout. 10-20-30 or 50 minutes are all possible times for working out. So I don’t have time is no longer an excuse.

4. Make exercise convenient and on your time. Don’t let business, friends and especially gyms keep you from getting your workouts in.

5. Resistance is resistance… bands, deadweight, body weight are all the same to your body. It’s the variety of how you use them that keeps the mind excited about exercise. Bands offer a lot of variety both from how you use them to what you do with them.

6. Don’t forget to stretch. As we get older we will lose mobility. Approach training flexibility like you would any other aspect of working out. Do it.

8. Remember bands train all aspects of fitness and performance, don’t get stuck on just using it for 1 or 2 things.

9. Please invite your family to join you in your new band gym. We need to make sure we are getting the next generation on the right path to staying healthy

10. Get BETTER with BANDS… Starting today!!

You cannot out train a terrible Diet.

HERE is a FREE manual that is a “Must Read” and I suspect will help you as much as it has helped most of my training Clients.

What to NEVER Eat After You Workout.

Download FREE Shocking Report Here!

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