

FlexBands for Powerlifters

Flex Bands are the original large, continuous rubber bands developed by Coach Dick Hartzell "The Rubberband Man". These bands are used in a variety of settings for strength training and rehab, and for the past several years, by powerlifters who want to improve bench press, squats, and dead lifts.

The bands provide variable isotonic exercise, meaning that the pressure changes throughout the range of motion. They also help build kinetic energy, giving the lifter extra force at the top of the range of motion. Plus, they are easier to travel with than clanky chains!



the hook-up

Barbell Squats (weight loaded)



Bench Press (de-load)

Bands can be used to de-load, as shown here on the bench press. Bands are hooked from the top of the rack down to the bar, which helps the lifter get the bar off his chest. This works the lockout position, similar to board presses.

The picture at the right shows the "hook-up". The band is slipknotted through itself at the top of the rack and looped around the barbell. Caution: Do not wrap the bands too tightly. This can cause breakage.

Bands can also be used to add resistance, as shown here on the bench press. Simply slipknot two bands together, loop one end over the barbell, take the bands under the bench so that the knot is directly under the bench, and loop the band over the other end of the bar. This is a convenient hook-up when a rack is not available.



Bench Press (load, no rack)

Note: Bands can be purchased singly, but powerlifters usually need them in pairs. Our website shows single band pricing. Visa/MC/Discover/AmEx accepted.

Part #	Description	Resistance
910	Mini Band (color varies)	25 lbs.
910M	Monster-Mini (black)	35 lbs.
950Y	Light Band (purple)	50 lbs.
951Y	Average Band (green)	75 lbs.
952Y	Strong Band (blue)	100 lbs.
953Y	Monster Band (black)	200 lbs.
95set	SET = PAIR each LT, AVG, STR (w/MINI free)	
Set95M	MONSTER SET = PAIR EACH LT, AVG, STR, & MONSTER (w/MINI & MONSTER MINI free)	

Resistance shown is approximation only - depends on the hook-up.

Other items available...please visit our website:
www.jumpstretch.com for pricing.

Note that bands function better when weight is evenly distributed. TO AVOID BREAKAGE, do not wrap them too tightly around the bar.

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 1230 N. Meridian Road
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www.jumpstretch.com



Monster Band Squats shown here with our Base Only (#900)



Monster Band Squats provide about 400 lbs. of pressure at the top of the lift for a person who is 6 ft. tall.

Sumo-Style Dead Lifts shown here with our Extra-Wide Base (#901) and Mini Bands



Assistive Exercises for Squats & Dead Lifts Straight-Leg Pulldowns & Abduction-Adduction



Other practical uses for the base are the straight-leg pulldown and abduction-adduction lifts. The resistance increases as the lifter's joint angles improve, making this a safe and effective alternative training method.

Alternate Bench Hook-up with Mini Bands & Dumbbells



Alternate Dead Lift Hook-up with Monster Minis & No Base



Hooking up the mini bands to the wide base for dead lifts:

1) Loop the band under the crossbar.



2) Criss-cross the band and take it under the bar again. Wrap it to the desired length, keeping it the same on each side. Roll the barbell (with weights on) over the base. Stretch the band over the end of the bar and position it inside the weights. Hook-up shown below.



Hook-up shown below.



Hook-up is not complicated! Simply drape a monster-mini band over the barbell. Step on both sides of the band. You won't believe the resistance!!

Any size band can be used for any lift as needed.

Part #	Description
835	Ultimate Unit (Base, Accessories, 1 Pr. Lt, Avg, Str, & Mini)
850	Heavyweight Unit (Base, Accessories, 2 Pr. EACH Lt, Avg, Str, & Mini)
900	Base Only (approx. 3 ft. wide)
901	Wide Base (no cushion)- for SUMO-style
901up	Substitute Wide Base in either Unit

Tips for Proper Band Care

Bands have a one-year warranty when properly used. Keep bands away from sharp or rusty objects. Make sure bands don't get pinched between weights or clamps. Do not wrap the bands down tightly over a small area (not more than two wraps around the barbell.) Keep bands out of direct sunlight. Avoid extreme temperatures (hot or cold). Do not expose bands to oil-based products. If you have questions about a hook-up, call us at 1-800-344-3539.