

- MINI BAND EXERCISES -
HONG KONG NETBALL ASSOCIATION

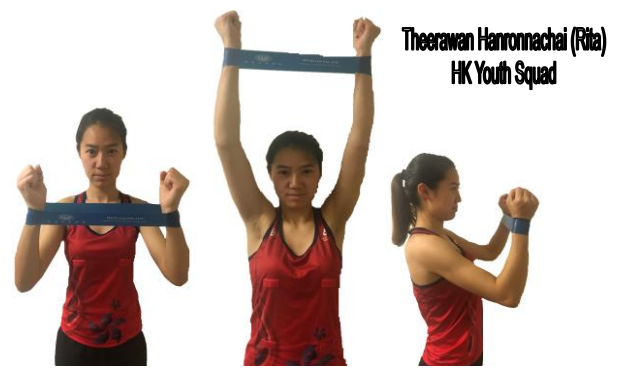


RECOMMENDED: 10-20 reps per exercise, 2 to 3 sets. Each time, pick out 5 to 8 exercises (pick at least one upper, one lower, one core and full body)

PULL DOWN (Upper body – upper back, lats)

START: BAND around back of hands or forearms. Easier if BAND is near the elbow.

EXERCISE: Extend your arms up towards the ceiling. Stand tall, pressing your chest out and bracing your abs. Press out on the band so that there is tension. Keeping tension on the band, pull band down toward your chest. Draw your shoulder blades down and together. Hold for a second at your chest and then extend your arms back up toward you're the ceiling.



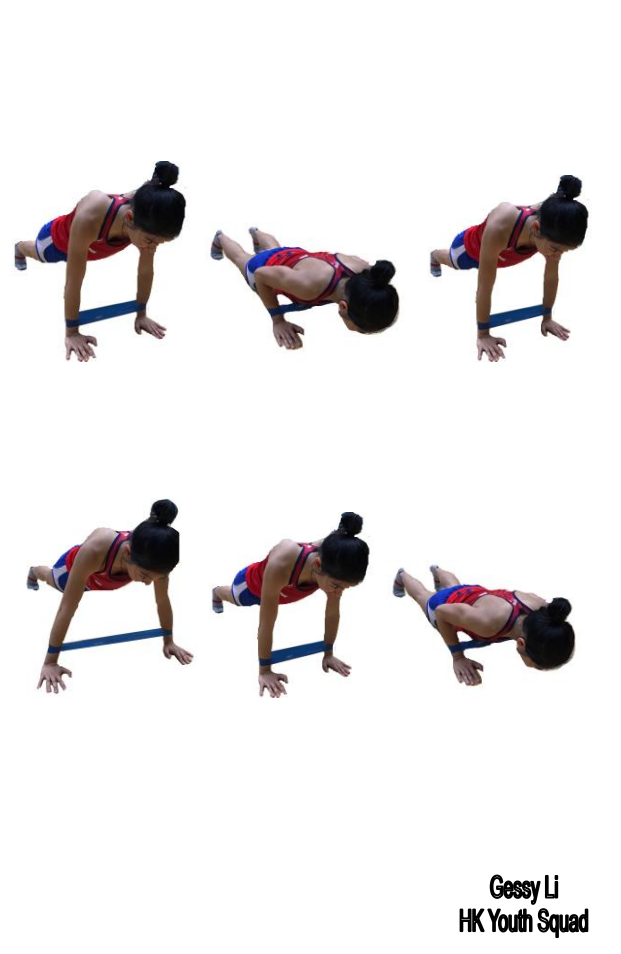
LATERAL PUSH UP WALK (Upper body – chest, shoulders, triceps)

START: Place the band around both arms. The closer to your elbows the band is, the easier the move will be. The closer to your wrists the band is, the harder the move will be.

EXERCISE: Keeping tension on the band, perform a push up, dropping your chest as close to the ground as possible. Push back up to the top and then step your hands and feet to the left so that you are again in a high plank position with your hands about shoulder-width apart. Perform another push up then step again to the side. Keep your body in a nice straight line the entire time you complete the push ups and “walk” laterally.

Make sure to maintain good push up form and keep your core engaged. Do not let your hips drop or your butt go up in the air. You want to make sure you don't feel this move in your low back.

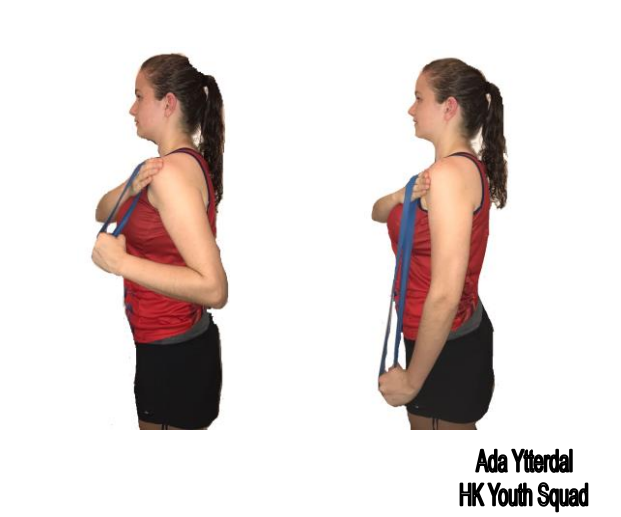
MODIFICATION: If your push up form breaks down or you can't do push ups from your toes, try push ups from your knees. You can then “walk” laterally on your knees or lift up onto your toes to perform the walk.



TRICEPS (Upper body – triceps)

START: Place the band around the middle of your hands and place your left hand on your right shoulder.

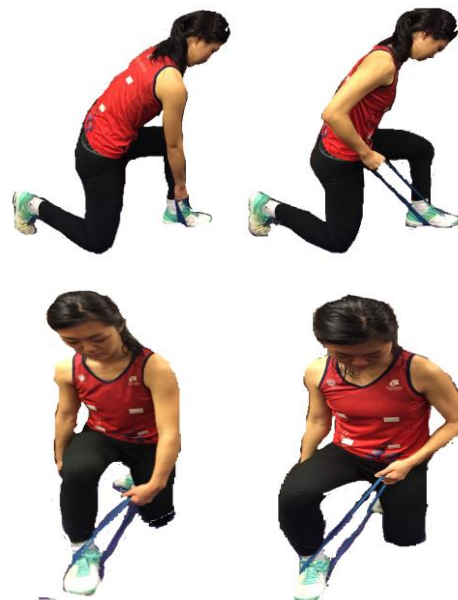
EXERCISE: Make a fist with your right hand and then bend your right elbow to 90 degrees. Slowly press your right hand toward the floor, fully extending your arm and squeezing through your triceps. Pause, then reverse the move. Keep your shoulders back and chest high, and stand with knees slightly bent.



SINGLE ARM ROW (Upper body- shoulders, arms, back)

START: Set up in a half-kneeling position on the ground with one end of the mini band around your front foot and the other side in the opposite hand from the leg that is forward. Your arm should be extended down toward the ground holding the mini band.

EXERCISE: Lean forward over your front leg with your back flat and in a nice straight line from your head to your tailbone. Then row (pull) the BAND up to your side, pulling with your back and driving your elbow back and up as you row. Keep your core tight as you row and do not rotate with the band or shrug your shoulders. Make sure to drive your elbow down and back. Slowly extend your arm back out after rowing the band up to your side. Keep your back flat and abs engaged the entire time. Complete all reps on one side before switching sides.



**Carla Yang
HK Youth Squad**

SQUATS (Lower body – quads, glutes)

START: Slide BAND above both knees. Move your feet shoulder width apart, with your head and chest up.

EXERCISE: Sit your hips back, bending at your knees. Push your knees out and against the BAND as you squat and try to get your thighs parallel to the ground. Once you get parallel, push through your hips and return to the starting position.

MODIFICATION: Beginners may want to perform the squat with band down to a chair or bench to help remind them to sit back as they squat.



**Megan Sahmet
HK Youth Squad**

CLAM SHELLS (Lower body – glutes)

START: Slide BAND above both knees. Lie on the floor on your right side, with your hip and knees bent to about 90 degrees. Your left leg should be on top of your right leg and your feet should be on top of each other with your heels touching.

EXERCISE: Keeping your feet together, raise your left knee as high as you can (going into external rotation), without moving your pelvis and keeping your bottom leg still. When you lift your top knee you will get resistance from the BAND. Pause at the top for a second, then lower your knee back down to the starting position.



**Tai Ka Yan (Mandy)
HK Youth Squad**

SIDE SHUFFLE (Lower body – glutes, quads)

START: Place the band around both legs. If you place higher up the leg, the move will be easier. If you place it around your ankles, or even your feet, the move will be more difficult. Pull the band so your feet are about hip-width to shoulder-width apart. Toes should both be pointing forward and your feet should be parallel.

EXERCISE: Step laterally with one foot and then step in with the other foot. Always keep tension on the band when you are stepping and don't let the feet come together. Always keep them about hip-width to shoulder-width apart. Every time you step try to step as far apart as possible to really work the glutes. Do not drag the back foot when you step back in. Also try not to rock as you shuffle.

MODIFICATION: You can do either a straighter leg side shuffle or a lower, bent knee shuffle.



Niamh Davies
HK Youth Squad

BICYCLES (Core + lower body – abdominals, hips, quads)

START: Place the BAND around your feet and lie on your back with your legs out straight in front of you. Keeping your low back pressed against the ground, raise your legs up off the ground. The closer to the ground you keep your legs as you extend them out, the harder the move will be.

EXERCISE: To do the full BAND Bicycle, place your hands behind your head. As you pull one knee in, rotate your chest toward that knee as if trying to bring the opposite elbow to your knee. As you rotate, drop the elbow on the side you are rotating toward to the ground and really try to get your shoulder blades up off the ground.

Make sure to keep your abs engaged the entire time. If you feel this in your low back, regress the movement and only do the leg portion or keep your legs up higher off the ground.



Caitlin Rawiller
HK Youth Squad

GLUTE BRIDGES (Lower body – glute, hamstring)

START: Place the BAND right above your knees and lie on your back. Bend your knees and put your feet flat on the ground just close enough that you can graze your heels with your fingertips when you stretch your arms down by your side. Do not let your knees cave in with the band. Press out on the band and drive through your heels to lift your glutes off the ground.

EXERCISE: Drive your hips up as high as possible, squeezing the glutes hard. Do not push back off your heels. Make sure you are driving straight up and that your knees aren't caving in.

MODIFICATION: To advance this move, you can do a single leg glute bridge. Lift one foot off the ground and straighten the leg, keeping it in line and parallel to the bent leg. Squeeze your glutes and lift your hips up off the ground as high as possible. Do not let your knees cave in or your body really rotate. Only do the single leg glute bridge if you can get your hips up as high as the two-leg glute bridge. Hold for a second or two at the top and then lower down and repeat on the same side.



Yiu Yim Wa (Ada)
HK Youth Squad

BEAR CRAWLS (Full body)

START: Start by putting the BAND around both wrists. Drop down to the ground so your hands are under your shoulders then rise up onto your feet, so you are on all fours. There should be tension on the BAND that is between your wrists.

EXERCISE: Being up on all fours, move forward about 10 m, keeping the band stretched throughout the entire movement. Make sure you keep your hips and shoulder the same height as you crawl forward and keep pulling the BAND apart with your wrists as you move.

MODIFICATION: You can do this movement backwards and lateral to change up the exercise.



Rachael Telford
HK Youth Squad

PLANK MARCH (Full body)

START: Put the mini bands around both feet. Then go into a plank position with straight arms.

EXERCISE: Pull right knee up to chest until you feel a tension in the BAND, pause and bring it back to plank position. Pull the left knee up to chest, pause and return to plank position. Keep alternating sides. Engage your core and keep your back as flat as possible.

MODIFICATION: Go down to your elbows in a plank position for harder version.



Nicole Ng
HK Youth Squad

MONSTER WALK (Full body)

START: Put the band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet slightly wider than hip width so the band gets tension in it. Bend your knees slightly, keeping your hips back, and keep your head and chest up.

EXERCISE: Take a large step forward with your right foot, followed by a larger step forward with your left foot. Continue to take large steps, walking forward for about 10-20m. During each step, maintain posture and push your knees away from each other.

MODIFICATION: You can go backwards as well to change up the exercise.



Fung Hoi Ching (Jasmine)
HK Youth Squad