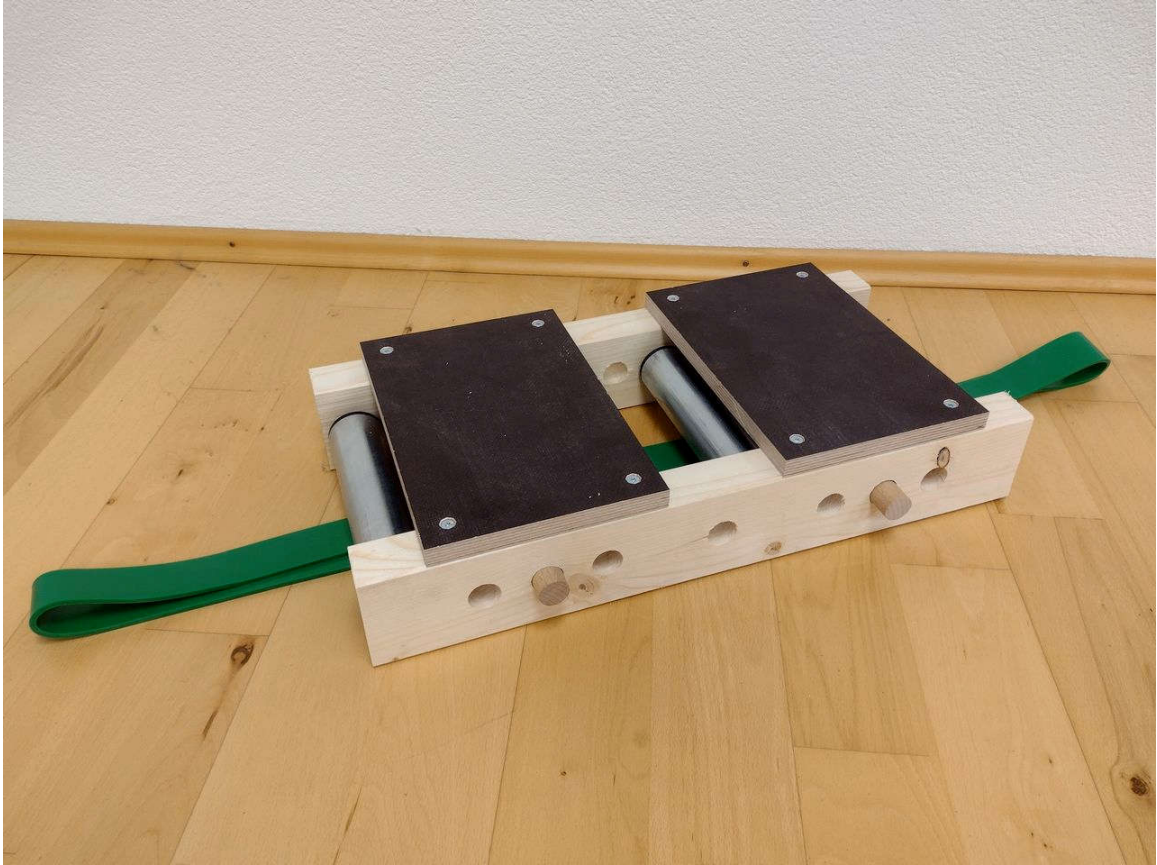


# BandBox instruction manual



## Why train with BandBox ?

BandBox is a “game changer” for resistance training:

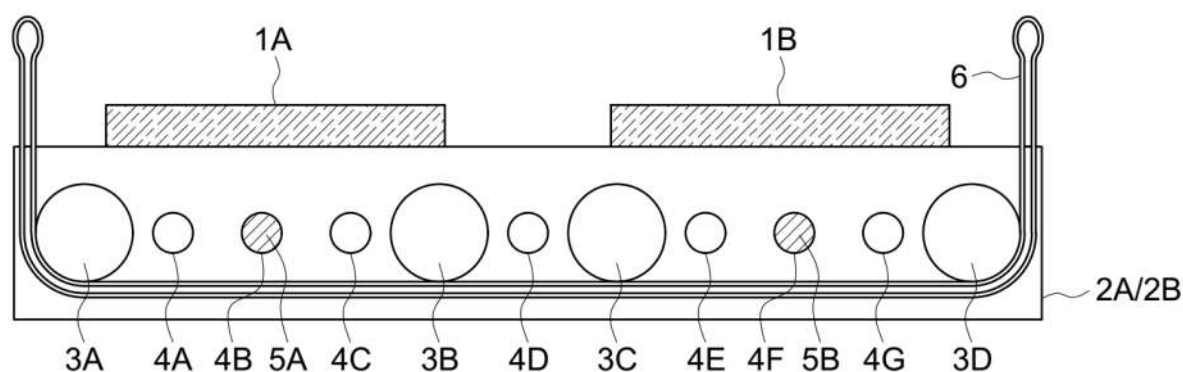
- Together with a set of resistance bands and some accessories, BandBox can replace heavy and expensive weight equipment, such as a trap bar or belt squat.
- BandBox lets you train with heavy loads. The rated working load of the rollers is 160 kg (~ 350 lbs) for unilateral exercises, 320 kg (~ 700 lbs) for bilateral exercises. If you manage to break it, ask me for the “Sasquatch edition”.
- Training with resistance bands is quiet. You can train at any time without disturbing neighbors or other family members.
- Training with resistance bands is time-efficient. Changing bands is much easier and faster than loading and unloading a barbell or dumbbells.
- Multiple bands can be combined or stacked for heavy loads or fine-grained load progression.
- The rollers protect the resistance bands from friction or sharp edges.
- The rollers balance the load on the left and right side.
- The full length of the resistance band is used, no risk of overstretching.
- BandBox lets you adapt the starting position to the exercise and your size (from child to tall adult), and lets you optimize the force curve.

## Training tips

- Try to set up the bands such that you get some resistance at the start of the movement.
- Proper exercise form and bracing is just as important with exercise bands as when you are training with weights. If you load your joints in weird directions, you will reap what you sow.
- Unlike weights, resistance bands have almost no inertia. Explosive movements are quite safe, as the peak force is limited to the weight of the band.
- For the negative / eccentric movement, you have the choice – you can return to the starting position slowly, under control. Or you can let the band pull you back quickly – just control the end of the movement so you don’t slam into the limits of your joints.
- Bands let you push the limits of your muscles quite safely. E.g. on rows, pull as far as you can, and hold the ending position isometrically for a moment. Once you can do the full ROM, it is time to increase the load.
- Try to progress in small steps by combining bands (e.g. green + yellow).
- It is not always easy to load the stretched position well. One option is to use a band that is “too heavy”, and do isometric holds.

Please see my web page [www.goblinsgym.com/flubber.htm](http://www.goblinsgym.com/flubber.htm) for exercise descriptions, videos and sample programs.

## BandBox components



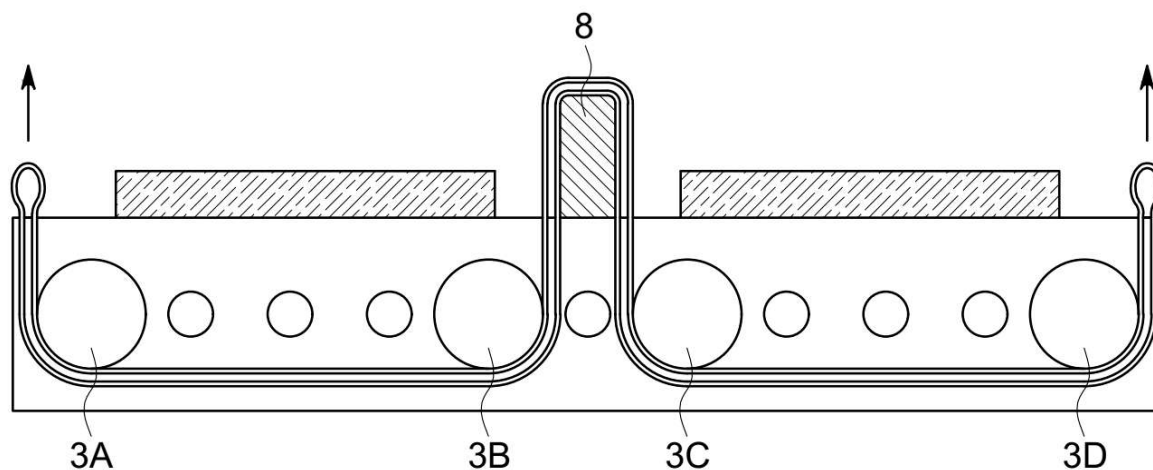
BandBox is deceptively simple. See the following pages for other ways to route the bands.

1. Footplates 1A and 1B.
2. Sides 2A and 2B.
3. Rollers 3A, 3B, 3C and 3D.
4. Holes 4A etc. in the sides.
5. Removable pins 5A and 5B, inserted in holes 4A etc.
6. One or more resistance bands (not included).
7. Optional handles, EZ curl bar or hip belt (not shown).
8. Adjustment block to adjust the starting position (not shown).

## Safety notes

- Never step off BandBox while still holding the band under tension. The box could jump up and hit you where it hurts most.
- With some exercises like the standing calf raise, the box can get unstable if the band centerline is too far from the center of force (e.g. the balls of your feet).
- Do not run resistance bands over sharp edges.
- Do not knot resistance bands. Simple girth hitches around round objects are acceptable.
- Do not stretch resistance bands, in whole or in part, beyond 2.5 to 3x of their relaxed length.
- Do not subject resistance bands to friction, especially against abrasive materials like a rough floor or dirty shoes.
- Exercise form matters !

## Bilateral exercises with one resistance band



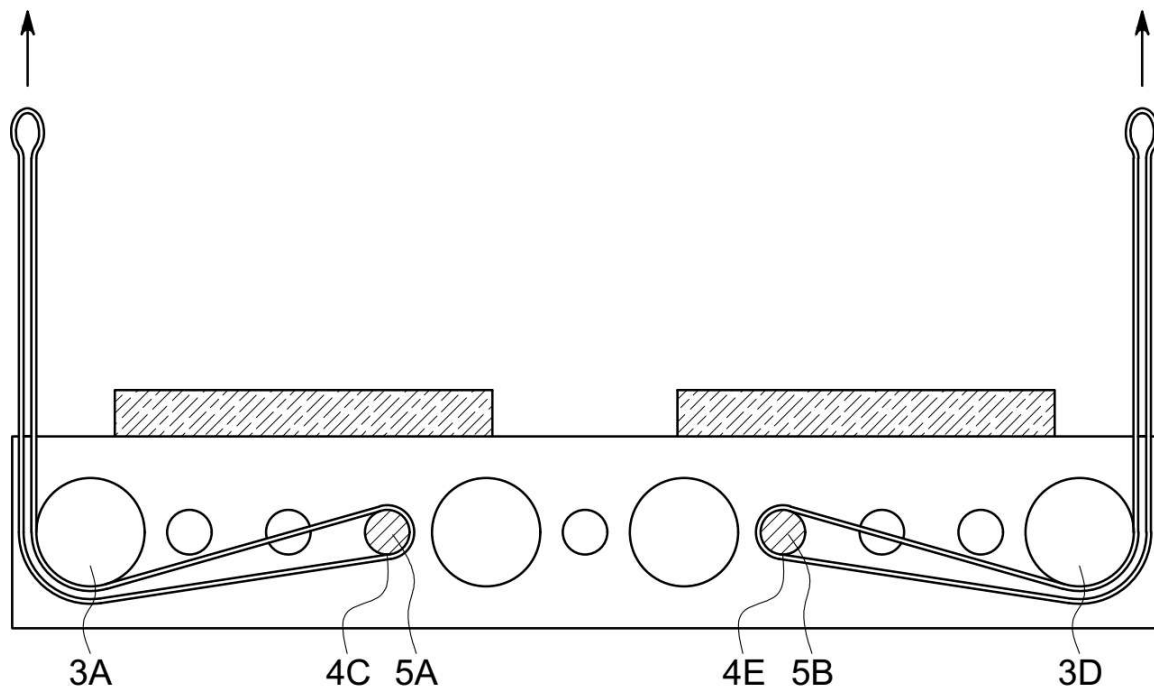
Run a single band around rollers 3A and 3D.

Shorten it by pulling it up between center rollers 3B and 3C, hold up with a pin or spacer block (8).

Use this for exercises similar to:

- Trap bar deadlift
- Zercher squat
- Front squat
- Stiff-legged / Romanian deadlift
- Standing calf raise
- Bent-over row
- High row
- Overhead press
- Shrugs
- Biceps curl

## Bilateral exercises with two resistance bands



Use two resistance bands of equal width to get a high starting point.

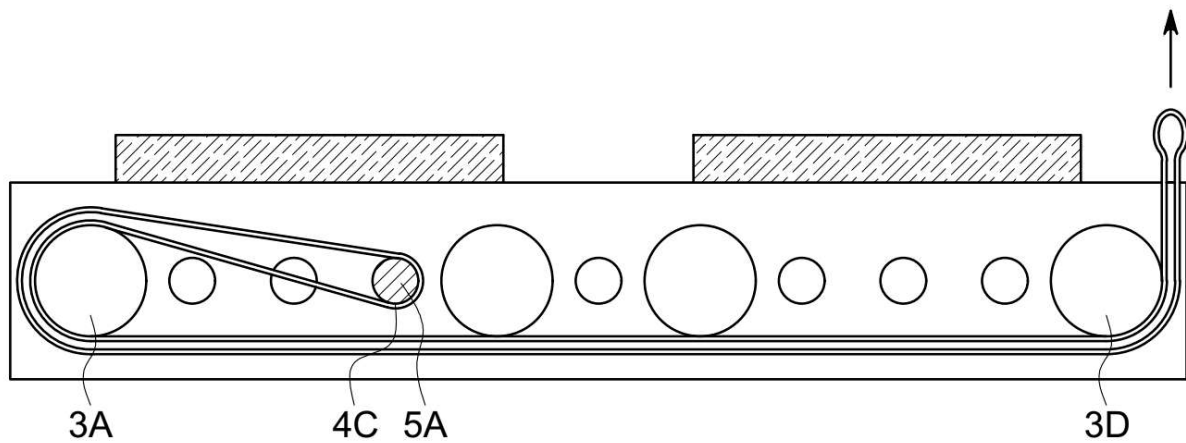
Redirect the bands around rollers 3A and 3D, hold them by pins 5A and 5B.

Set the pins as desired. Run the bands around the center rollers to shorten them.

This configuration is useful for the following exercises:

- Front squat
- Overhead press
- Biceps curl

## Unilateral exercises with a low starting point

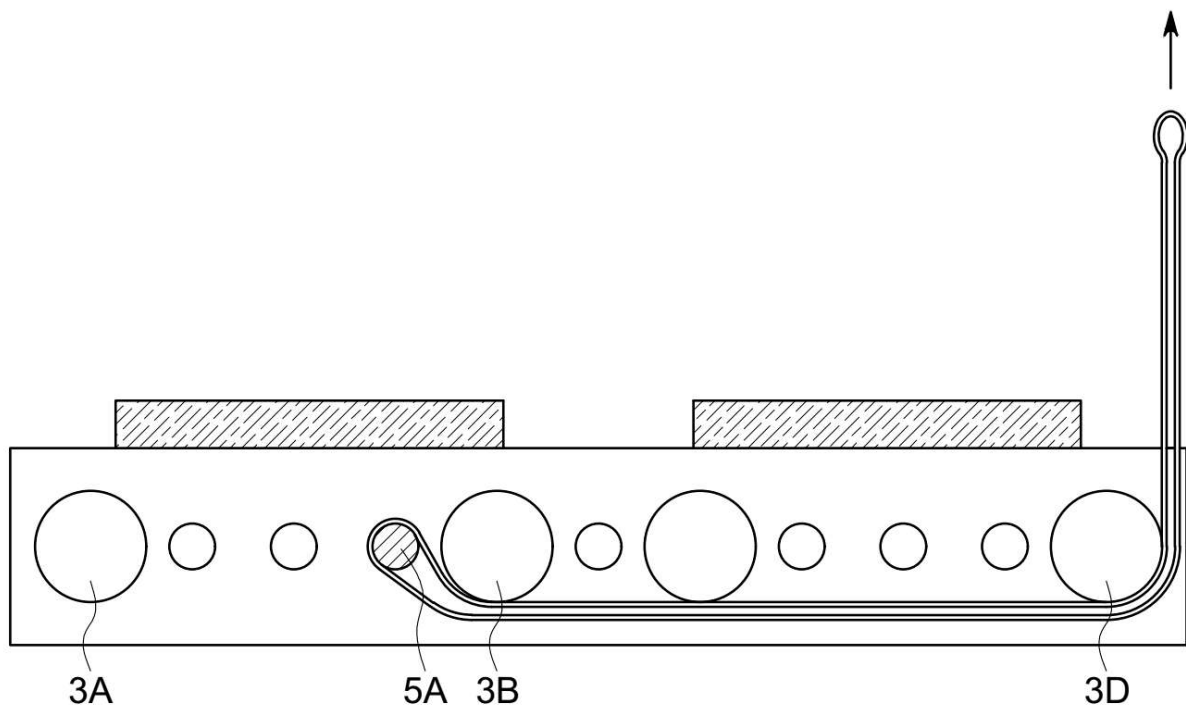


For a low starting point, redirect the band around rollers 3A and 3D. Hold the band with pin 5A, pick the location as needed for the exercise.

This configuration is useful for the following exercises:

- Unilateral row (similar to dumbbell row)

## Unilateral exercises with a high starting point

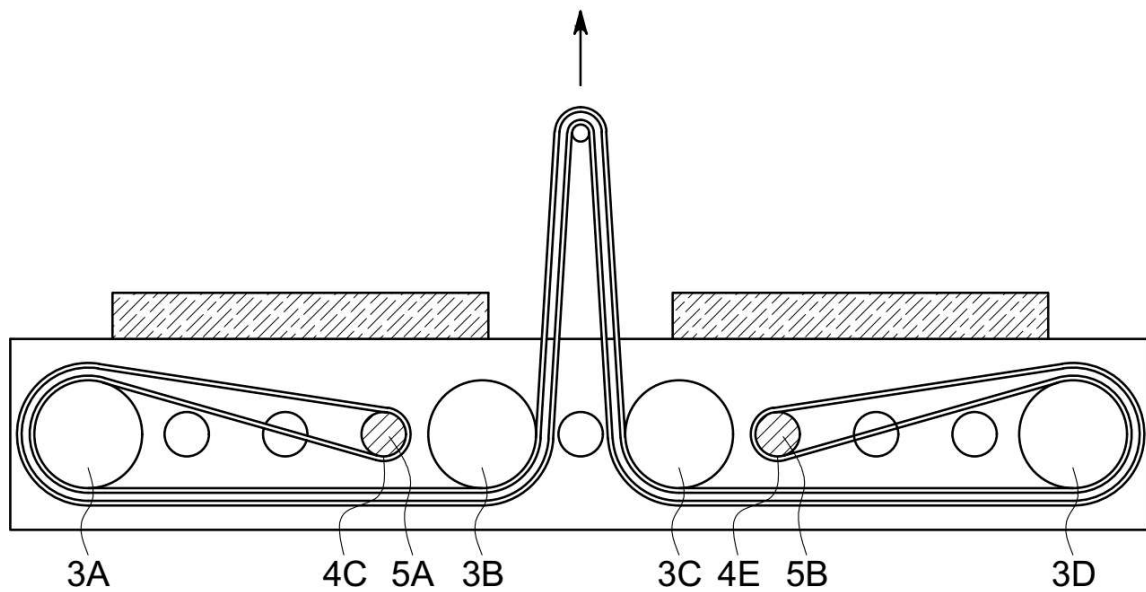


For a high starting point, redirect the band around roller 3D, and hold it in place with pin 5A.

This configuration is useful for the following exercises:

- Unilateral shoulder press

## Center pull



For center loading, route the band as shown. Use one or two handles, a bar or a hip belt to pull up the resistance band. Adjust the pin location as needed.

This configuration allows for exercises similar to:

- Belt squat
- Donkey calf raise