

Discover the Top 10 Reasons Why TEAM Resistance Band Training will Make YOU A HUGE HIT with YOUR Clients or Team

TEAM.... Together - Everyone - Achieves - More

That is exactly what happens when you start implementing TEAM RBT into your group fitness or conditioning bootcamps.

I have been running a RBT Fitness BootCamp for over 4 years. The camp was initially started at a local fitness facility where I was able to have individuals train with resistance bands independently. However, I had to change location about 3 years ago and lost the ability to hook bands up to independent stations. As a result I was forced to begin exclusively training with partnerships.

What a Pleasant Surprise I was in for

Initially I was very anxious about how this TEAM RBT thing would work even though I knew how versatile RBT was. A few of my major concerns were:

- Pairing up evenly matched partners at each camp
- Creating a challenging workout every time
- Not putting pressure on new camper
- Maintaining a YOU vs. YOU environment
- Creating enough training variety to keep things fresh
- Creating easy transitions throughout the workout

I suspect other trainers have this same phobia about RBT partner training and may be why they do feel RBT is right for them. Interestingly all of these scenarios never became an issue. In over 3 years of doing TEAM RBT, I have had only 1 complaint of miss matching of partners and have had less than a 10% turn over in my camp members.

I am here to tell you all it takes is practice and an understanding of how RBT works to make TEAM RBT an absolute HIT to GET FIT

Fitness Enthusiast, Athletes, Fitness Mom's, Military Training, MMA, Civil Service all love variety, challenges and an energizing environment. TEAM RBT enhances all of these lively hoods and challenges them to reach significantly higher levels of reactive strength.

My TOP 10 Reasons why TEAM RBT will work for YOU and YOUR Clients

1. Downtime is eliminated

Everyone is involved at all times with teammates either holding and stabilizing or working out. The only downtime is when we break for hydration and recovery between circuits.

Not only does this make a 45 minute workout blow by fast but your clients are always challenging their body in some fashion which means greater pillar strength and calorie expenditure.

2. Multi-Sensory Learning

The best way to learn is to take advantage of all the senses we have been blessed with. Team RBT allows individuals to learn regardless if they are a Visual, Auditory or Kinesethic learners. The team approach allows one partner to learn by doing while the other partner/s learns by listening and watching.

I find this to be extremely effective with beginner fitness clients, young middle school athletes and seniors. It also decreases teaching time and increases training time which is always a good thing.

3. Easy Way to monitor Work to Rest Ratio

Training in partners makes setting work to rest ratios easy. While one partner goes the other is resting... Essentially a 1 to 1 work to rest ratio becomes automatic, especially as transitions become easier.

Typically what I will do is set my countdown timer on my watch at the total time I want one partner to work and then add additional time based on what I want total recovery to be. I start my watch and when it reaches the planned work time, we start. When the timer beeps, the second partner has the added time to transition into exercise position while the first partner has transition time to prepare to hold. When the second person is done, the first partner will have recovered for the total exercise time plus 2 transition times.

Example....

- *Set countdown timer at 30 Seconds.....*
- *Start the watch and at 20 second mark start exercising*
- *When the timer beeps, partner 2 prepares to begin exercise and starts*
- *When the timer reaches 20 seconds.*
- *Again when it beeps, partner 1 has 10 seconds before they begin the second exercise.*

This example is a 1-2 work to rest.... 20 second work 40 seconds rest

As your group becomes better conditioned the intensity can be raised easily to a 1-1 ratio and even a 1 to .5 ratio by doing simultaneous exercises.

A second way to set work to rest, that may be easier without needing a watch, is to create Teams of 3 or 4 and then slowly decrease Team size as conditioning improves. As TEAM size gets smaller work to rest ratios decrease as well.

Also this creates greater time for learning.

4. Effective Way to teach large groups

When training in partnerships you are really training only half or one third of the group. For example if you have 30 clients in your BootCamp or fitness camp, while one group of 15 is training, the other 15 are holding and recovering.

If you have teams of 3, that would be 10 training while 20 are holding.

Therefore as a coach or trainer you only need to focus on the 10 or 15 individuals that are training assuming you have taught proper holding techniques to everyone.

5. Builds tremendous Team Chemistry

With partner RBT, obviously teammates depend on each other to get a good workout. Just like in a game situation!

As training sessions continue friendships emerge and individuals begin to encourage each other or on the contrary challenge each other which only adds to the entire bootcamp atmosphere.

Also as a coach or trainer you can match partners that will benefit each other and thus provide greater individual training success.

For example:

- Matching Quarter Backs with Receivers
- Matching aggressive clients with each other
- Matching Moms with Moms
- Even Matching Husbands vs. Wives
- Instructor with New Camper is a great way to teach newbies
- Friends go with their "bring along friend"

All of these scenarios only add to the entire camp training experience

6. Allows training to occur Anywhere at Anytime

Very often group training is done in nothing but an open room, gym, park or aerobics room.

Since RBT is extremely light and portable and with team training, you now even eliminate the need for a stable attachment site which makes location a non-issue.

Now parking lots, gymnasiums, office rooms, or athletic fields all immediately become viable area for bootcamps.

7. Save on YOUR Capital equipment budget

Bands provide incredible resistance that will match anyone's strength or fitness levels. Considering the cost of a 40lb dumbbell or kettlebell can easily be over \$40 compared to a \$20 light resistance band, which can create well over 50lbs of pressure and allows individuals to train all aspects of fitness 1000's of times, resistance bands become a significantly less strain on the training budget.

Also not everyone can lift a 40lb dumbbell but anyone using the right tension can train with a light band because tension will vary based on how much length you apply to the band.

So now you don't need to bring out 8 different dumbbells or kettlebells, you just need 8 light bands.

8. TEAM RBT does not need to be in 2's

Team RBT has the versatility to be performed in groups of 3-4-5 or even as high as 12. The "Ring of Fire" is a common training tool, I often used when I have a very experienced group and want to really maximize my bands and create awesome teamwork.

Typically I will use either a pole, 2 strong bands or myself as the center stabilizing structure.

If you are looking for a single team set-up that brings groups together, The "Ring of Fire" or as some say.... "The Circle of Life" will do exactly that.

9. No need to concern yourself with resistance

Bootcampers come in all shapes, sizes and strength levels. Resistance band's elastic resistance, allows essentially anyone to train at their resistance level based on how much tension they apply to the band.

Therefore, I can have my 65 retired golfing grandma train with my 35 year old soccer mom and neither has to worry about if they can lift the weight.

10. Location Preparation is cut in half

How long does it take to lay out 30 bands? About 5 minutes unless you have all your campers bring their own bands that they purchased before they started your camp. In that case it takes zero time to set up. Just write down the workout on a board and let's go.

TEAM RBT.... It truly makes Bootcamps, athletic camps, and group fitness come alive while making you the trainer or coach look like a genius.

About the Author

Dave Schmitz is a Physical Therapist and Performance Enhancement Specialist as well as a fitness professional, trainer, father of 3 and a life time fitness enthusiast. Since 1996, Dave has spent numerous hours training and developing the art of Reactive Resistance Band Training while writing over 100 articles, E-books and mini course on how and why our body responses to elastic resistance.



The creator and owner of [resistancebandtraining](http://resistancebandtraining.com) Dave continues to speak nationally as well as consult with well over 40 high school in the Midwest on enhancing performance with Reactive RBT.



What to Purchase

Looking for a great beginner training package for your bootcamper or yourself. I suggest the [Total Fitness Package](#) if you are looking for stronger band package that will meet anyone's strength levels while providing them everything they need.

If price is an issue, the [Economy Package](#) will provide awesome resistance at a lower cost and still give you everything you need to get Reactively strong with RBT.

