

Resistance Bands

PrimeForMen | Practical worksheet | September 18, 2026

Choose by task: mini loop / long loop / tube with handles.
Check product instructions, material sensitivity and stretch limit.
Inspect for cracks, tears, worn seams or damaged connectors.
Verify anchor compatibility and that the supporting structure is secure.
Keep the recoil path away from the face and other people.
Release tension under control; never let go of a stretched band.
STARTER: two nonconsecutive sessions each week.
Row 1-2 x 8-12; curl 1-2 x 8-12 with manufacturer-approved setups.
Unbanded sit-to-stand 1-2 x 6-10; wall push-up 1-2 x 6-12.
Rest 60-90 seconds or longer as needed. Keep a few reps available.
Record stance, anchor height, grip and starting stretch.
Progress one variable. Color alone does not measure load.

Band type / model / condition / attachment instructions checked

Exercise / anchor / stance / grip / reps / effort

Next session and any equipment that needs replacing

Instructions and adaptations: primeformen.com/resistance-bands/

Educational example, not individualized care. Stop for pain or unusual symptoms.