

# Quantum Thunder Band Fitness & Performance Training Guide



**Discover as an athlete or active fitness adult, how to create  
high intensity workouts using a single 73”  
Quantum Thunder Band**

**By: Dave “The Band Man®” Schmitz**

In 2009, as a volunteer high school strength coach, I was not provided a weight room filled with the best equipment money could buy. On the contrary it was a large poorly lit room, filled with equipment that was, in many cases, non-operational and extremely outdated. There was also very little thought to traffic flow which was compounded with loaded up barbells, dumbbells, medicine balls and free weights lying around everywhere.

After reorganizing the room and removing broken outdated equipment, I was left with a large amount of open space. Unfortunately, this open space was going to remain empty due to a very low weight room equipment budget.

Fortunately, Thunder Bands were very affordable, extremely durable and highly versatile which made it easy to create numerous auxiliary exercises and workouts to compliment primary strength lifts. Remember, muscles are dumb and do not know what they were working against which meant athletes could still get stronger even though they were not lifting weight resistance. Flashing forward 11 years, these same Thunder Band training exercises and circuits continue to augment all the primary lifts in the afterschool weightlifting program that now takes place in a brand-new training facility.

However, the high school weight room wasn't the only place the Thunder Band made an impact. At the same time, I began using thunder bands in my adult fitness camps on a regular basis. It's was and still is awesome to be able to take 8 - 73" Thunder Bands, in a small duffel bag, anywhere I want to train 16 fitness minded adults. With each Thunder Band providing 60+ pounds of resistance variability and unlimited exercise options, it makes it easy to provide the right resistance and exercise for almost any active aging fitness adult.

In the following Thunder Band Fitness and Performance Training Guide, I provide you with my best Thunder Band exercises along with several simple workouts designed to improve strength, power, speed and agility while burning tons of calories. All of these workouts can benefit both athletes and active fitness adults as long as progressions and regressions are effectively applied

Get Better – Stay Better with BANDS

Dave Schmitz

## Getting Started with Thunder Band Training

The Thunder Band is a 73 inch continuously looped resistance band that provides athletes and active fitness adults with a heavy duty “All-in-One” band to train strength, speed, agility, power and flexibility as well as create unlimited circuit training workouts. There are several benefits to training with a 73” Quantum Thunder Bands versus a 41’ Quantum Band.

1. Train anywhere there is space
2. Train all aspect of athleticism including agility, speed, strength and power
3. Due to its 73” length, a Thunder Band’s resistance variability is over 60lbs allowing it to accommodate to any high school or college level athlete as well as most active fitness adults.
4. The heavy 5-millimeter band thickness creates increased durability for more aggressive athletic based training
5. Requires no additional storage
6. Adds tremendous versatility to any training program at a minimal cost
7. Expands a weight room or home band gym instantly without additional construction
8. Group training set-ups and clean up takes literally seconds as compared to linking and unlinking 41” bands
9. Eliminating having to link bands together, will reduce band wear and tear

## Quantum Thunder Band Series



## Thunder Band Training Recommendations

1. Each band can stretch 4 yards. As a result, users need to set training distance parameters to avoid bands being continuously overstretched during aggressive training sessions.
2. Due to increased amplitude of movement potential, it is important to closely monitor eccentric phase deceleration speeds and control them until users become more familiar band resistance and training distance.
3. If working in attached partnerships, make sure [holding partners understand](#) how to stabilize and hold effectively
4. Instruct users to complete full ranges of motion to get maximum joint stabilization benefits that occur when training with a variable ascending resistance.
5. Always maintain some level of tension on the band training system to maximize the eccentric training effect and keep muscles continually loaded
6. Clean bands with soap and water when necessary
7. Allow bands to dry if they become wet from perspiration or outdoor training

## Choosing the Correct Thunder Band

The following charts are recommendations for choosing the correct thunder band for a specific user population based on age and exercise chose.

### Male Athlete

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	SPEED TRAINING	CORE TRAINING	HIGH INTENSITY TOWING
10-13	Teal	Teal	N/A	N/A	N/A
14-16	Teal	Teal	Teal	Teal	N/A
16-18	Teal - Maroon	Maroon	Maroon	Teal	Maroon or Royal Blue
18-22	Maroon or Royal Blue	Maroon or Royal Blue	Maroon	Teal	Royal Blue

## Female Athlete

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	SPEED TRAINING	CORE TRAINING	HIGH INTENSITY TOWING
10-13	N/A	N/A	N/A	N/A	N/A
14-16	Teal	Teal	Teal	N/A	Teal
16-18	Teal	Teal or Maroon	Teal	Teal	Maroon
18-22	Teal	Teal or Maroon	Teal or Maroon	Teal	Maroon

## Active Aging Fitness Adult

AGE	UPPER BODY STRENGTH	LOWER BODY STRENGTH	SPEED TRAINING	CORE TRAINING	HIGH INTENSITY TOWING
25-30	Maroon	Maroon	Maroon	Teal	Royal Blue
30-40	Teal	Maroon	Teal	Teal	Maroon
40-55	Teal	Teal	N/A	Teal	Maroon
55-65	Teal	Teal	N/A	Teal	Teal

## Thunder Band Setup Tips

Watch the following videos to learn how to proper attach, grip or position the thunder band on your body during specific movements.

Pushing and Pressing == > [Watch Video](#)

Pulling == > [Watch Video](#)

Hip Attached Training == > [Watch Video](#)

# Thunder Band Exercise Vault

## Attached Exercises by Muscle or Movement

Attached band training is how the Thunder Band was initially designed to be used. With a slightly heavier construction and over 60 pounds of variable resistance the Thunder Band makes horizontal attached training for speed, strength, muscle building and power development, easily achieved.

The following exercise videos will provide you with 50+ exercises to train both muscles and movements. Take time to view each video, pausing as needed to practice the movement variations demonstrated.

### Chest or Pushing

[Assisted Pushup Variations](#)

[Bilateral Chest Press Variations](#)

[Single Arm Chest Press Variations](#)

### Back or Pulling

[Bilateral Rowing Variations](#)

[Single Arm Rowing Variations](#)

[Pillar Row Variations](#)

[Hose Pulls](#)

### Shoulders or Pressing

[Bilateral Bent over Press Variations](#)

[Single Arm Pillar Press Variations](#)

[Pull a Parts](#)

### Arms

[Triceps Overhead Press Variations](#)

[Bent over Curls](#)

## **Legs and Hips**

[Hip Extension Variations](#)

[Squat Variations](#)

[Single Leg Squat Series](#) (Split Squat, Forward Lunge, Side Lunge, Reverse Lunge)

[Reverse Lunges Resisted](#)

[Side Lunges Resisted](#)

## **Trunk**

[Anti-Extension Variations](#)

[Anti-Rotation Variations](#)

[Anti-Side Flexion Variations](#)

## **Hops and Jumps**

[Broad Jumps](#)

[Side Hops](#)

[Skaters](#)

[Split Jumps Facing and Facing Away](#)

[Frog Jumps](#)

[Prisoner Jumps](#)

## **Locomotion and Starts**

[Shuffles Accelerations](#)

[Backpedals Accelerations](#)

[Skaters](#)

[Side Forward Bursts](#)

[Figure 8 Cone Agility Series](#)

[Forward 2 Step Burst Series](#)

[Power Skip](#)

[Stationary Runs](#)

[Side Crawling](#)

[Forward Crawling](#)

## **Attachment Free Exercises by Muscle or Movement**

The Thunder Band is best designed and used with attached band training. However, I felt it important to provide you with 1 or 2 exercises for each muscle group that you can do with the Thunder Band using an attachment free setup.

### **Chest or Pushing**

[Resisted Pushup Variations](#)

[Incline Chest Press](#)

### **Back or Rowing**

[Seated Row](#)

[Single Arm Bent over Row](#)

### **Shoulders or Pressing**

[Push Press](#)

[Split Stance Push Press](#)

### **Arms**

[Triceps Press](#)

[Hammer Curl](#)

### **Legs and Hips**

[Front Squat](#)

[Split Squat](#)

### **Trunk**

[Plank](#)

## 5 Thunder Band easy to perform exercise circuits using a single attached band setup

The following exercise circuits are designed to help build total body muscle, strength, power, agility and quickness. They can also be used to develop metabolic conditioning by incorporating a more aggressive work to rest ratio.

### Workout Design Format Options

#### **Beginner Strength**

Perform a 20-sec of work set followed by a 40-sec rest for all circuit exercises which equals one round. Rest 2-minutes before repeating the next round. Complete as many rounds based on desired workout time.

#### **Intermediate Strength**

Perform a 30-sec work set followed by a 30-sec rest for all circuit exercises which equals one round. Rest 2-min and repeat the next round. Complete as many rounds based on desired workout time.

#### **Advanced Metabolic Strength and Conditioning**

Perform a 40-sec work set followed by a 20-sec rest for all circuit exercises. This equals one round. Rest 2-minutes and repeat next round. Complete as many rounds based on desired workout time. For speed and plyo workouts it is recommended to stay with 30-30 or 20-40 intervals to help maximize quickness and power with longer recovery periods.

#### **Lower Body Strength – [Review Video Instruction](#)**

1. Ground Zero Swings
2. Rhythmical Forward Reaches
3. Alternating Forward Lunge
4. Side Lunge Right
5. Side Lunge Left

**Speed – [Review Video Instruction](#)**

1. Shuffle Right
2. Shuffle Left
3. Repeat Starts
4. Back Pedals

**Upper Body – [Review Video Instruction](#)**

1. Chest Press
2. Squat Pull
3. Pillar Press
4. Hammer Curl
5. Kneeling Triceps Press
6. Hose Pulls

**Core – [Review Video Instruction](#)**

1. Forward or Lateral Bear Crawls
2. Overhead Lateral Mini Hops
3. Core Rotational Press

**Plyos – [Review Video Instruction](#)**

1. Frog Jumps
2. Lateral Hops
3. Split Jumps Towards
4. Split Jumps Away

## 17 Done-for-You Thunder Band 6 Minute Fitness & Performance Workouts

Thunder Bands can be a band enthusiast's "Go To" elastic train tool due to their exercise versatility, unlimited resistance potential, adaptability to any commercial or home gym setting and a high level of training durability. One of the best ways to do this is by performing short 6-minute workouts which incorporate auxiliary exercises that complement the core lift performed that day.

### For Example:

*Core Lift – Bench press or a heavy chest exercise*

Band 6-Minute Workout – Alternating Single Arm Chest Presses Right and Left

*Core Lift – Back squat or heavy leg exercise*

Band 6-Minute Workout - Alternating Attached Split Squats Right and Left

Besides creating a short metabolic effect, these 6-minute band only workouts also challenge the body with an entirely different strength training stimulus using a variable resistance. Next to each workout I provide you with the "core lift or movement of the day" followed by the auxiliary Thunder Band workout.

### Options for Workout Regressions or Progressions

1. Change exercise tempo - Fast concentric phase followed by a slow 3 second eccentric phase is a very common progression that will allow users to increase strength and power while increasing muscle time under tension.
2. Increased rep speed will require greater core stability while increasing metabolic conditioning
3. Increased band resistance by setting a heavier starting band resistance will help improve strength
4. Perform isometric holds at end of the concentric phase. If stability is an issue, performing a 5 second isometric hold at the end of the concentric phase will challenge trunk and primary joint stabilizers more aggressively.

## Individual Workout Templates

### Option 1 - 20-10 x 12

All the following Done-For-YOU Thunder Band 6 Minute Workouts are designed to use the traditional Tabata format of 20 seconds on – 10 seconds off x 12 sets per round. You are provided 17 different exercise pairings that I recommend starting with to ensure training success and easy transitions. Continue to alternate between each exercise using a 10 second transition until you have complete 6 sets of each exercise for a total of 12 sets. Take a 1-minute rest and repeat the same sequence using a different workout. Each exercise pairing requires minimal transition time which will allow users to flow through the workout seamlessly.

As athletes and adult fitness users gain greater knowledge and comfort level with each exercise, they can make modifications on the pairings and workout intervals. Each exercise pairing should be considered an independent 6-minute workout. Users are welcome to couple any of these 6-minute workouts into a large 20- or 30-minute workout station-based workout depending on available workout time and training goals.

### Option 2 - 15-5 x 8 x 1

Another way to attack a difficult body region and create a higher metabolic workload on primary working muscles, is by performing 8 continuous sets of the same exercise before progressing to the next exercise. A typical program design recommended is performing **15-sec** work set followed by **5-sec** rest set x **8** total sets while performing **1 exercise**. The following exercises are very effective at following this advanced training progression.

Either of these options can used with the auxiliary exercises recommended during the Thunder Band workout phase of the following 17 workouts.

## 17 Thunder Band 6 Minute Workouts using 20-10 x 12 Workout Format

Workout #	Exercise 1	Exercise 2	Core Lift Day
<u>Workout #1</u>	Chest Press	Squat Pulls	Bench
<u>Workout #2</u>	Single Arm Chest Press Left	Single Arm Chest Press Right	Bench
<u>Workout #3</u>	Hose Pull Right	Hose Pull Left	Bench or Dead lift
<u>Workout #4</u>	Side Lunge Left	Side Lunge Right	Back or Front Squat
<u>Workout #5</u>	Pillar Press Right	Pillar Press Left	Shoulder Presses
<u>Workout #6</u>	Supine Curl	Tricep Press Variations	Push Press
<u>Workout #7</u>	Ground Zero Swings	Alternating Forward Lunge	Squat
<u>Workout #8</u>	Side Crawl Right	Side Crawl Left	Bench
<u>Workout #9</u>	Repeat Starts	Forward Bear Crawls	Pre-Squat
<u>Workout #10</u>	Shuffle Right	Shuffle Left	Pre-Squat or Deadlift
<u>Workout #11</u>	Frog Jumps	Ground Zero Swings	Squat or Deadlift
<u>Workout #12</u>	Side Hop Left	Side Hop Right	Cleans
<u>Workout #13</u>	Split Jumps Towards	Alternating Forward Reaches	Deadlifts
<u>Workout #14</u>	Forward Bear Crawl	Frog Jumps	Pre-Bench or Cleans
<u>Workout #15</u>	Pillar Press	Pillar Press Right	Push Press
<u>Workout #16</u>	Split Jumps Away	Pull a Parts	Cleans
<u>Workout #17</u>	Split Jumps Towards	Bilateral Chest Press	Snatches or Cleans

## Partner Attached Chaos Circuit Training

As a change of pace during the off-season training, our athletes perform an 8 station-48-minute circuit every Friday. This circuit is done on Fridays after our more explosive heavier lifting had been completed earlier in the week. As a result, it does not impact our athlete's strength or weight gain goals but rather allows us to incorporate a weekly metabolic workout throughout the entire off-season.

This approach is also perfect for HIIT Adult Fitness Bootcamp workouts performed indoor or outdoors. Due to the portability of a Thunder Band, this type of workout can literally be done anywhere using 1 band per 1 adult partnership.

### Circuit Format

Utilizing the same 20-10 x 12 program interval program design, users partner up and follow an "I Go – You Go" training sequence where partners alternate back and forth while completing 6 sets of 1 specific exercise/station.

#### For Example:

*Exercise: Thunder Band Squat Pulls*

Partner A does a 20-second of squats followed by a 10-second transition to Partner B who then does the same 20-second squat set. They continue to alternate back and forth until they have both completed 6 total sets. At that point they should take a 90-sec break as they move to the next station or exercise.

As people begin to perfect partner attached training, it allows thunder band partner chaos circuits to happen literally anywhere, anytime and at any intensity.

The only limitation to this circuit based workout is having enough thunder bands to train your entire group. Fortunately, 1 band trains 2 users. However, another solution to this is to incorporate body weight stations with thunder band stations. This allows you to have less thunder bands and still be able to perform a partner chaos circuit approach.

To assist with helping users that wish to incorporate this type of thunder band partner chaos circuit workout format, I have created 5 done-for-you partner chaos circuit workouts that use thunder bands only or thunder bands with body weight.

**\*\*\*Important \*\*\***

**Make sure to review this partner attached holding instruction video before doing any partner attached Chaos Workout**

[How to Hold for Partner Attached Training Video](#)

## 5- 48 Minute Partner Attached Chaos Circuit Workouts

Station	Workout 1 Band Only	Workout 2 Band and Body Wt	Workout 3 Band Only	Workout 4 Band and Body Wt	Workout 5 Band Only
#1	Shuffles Right	BW Push Ups	Backpedals	BW Mt Climbers	Trunk Anti Rotation Right
#2	Chest Press	Band Squat Pulls	Alternating Forward Lunges	Band Side Hops Right	Trunk Anti Rotation Left
#3	Squat Pulls	BW Squat Jumps	Pillar Press Right	BW 5 Yard Shuttle runs	Repeat Starts
#4	Shuffles Left	BW 3 Step Shuffles	Pillar Press Left	Band Side Hops Left	Backpedals
#5	Split Jumps	Band Supine Curls	Squat Pulls	Band Bentover Rows	Pillar Press Left
#6	Tricep Press	Band Alternating Forward Lunges	Shuffle Right	BW Incline Push ups	Pillar Press Right
#7	Supine Curls	BW Burpees	Shuffle Left	BW Split Jumps	Hose Pull Right
#8	Back Pedals	Band Side Bear Crawls	Split Jumps Away	Band Ground Zero Swings	Hose Pull Left

## Summary

Thank you for your interest in Thunder Band Training. I hope as an athlete, coach or fitness enthusiasts, you have found the following Thunder Band Training Guide helpful at providing you an effective way to diversify your band workouts, expand your home band gym or school weight room while creating yet another way to Get Better and Stay Better with Bands.

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## Quantum Thunder Band Series



### To Order Quantum Thunder Bands

Thunder Bands are available online at the [Resistancebandtraining.com](https://www.resistancebandtraining.com) Store

[== > Click Here](#)

### To Learn more about Thunder Bands or Thunder Band Training

=== > Email [support@resistancebandtraining.com](mailto:support@resistancebandtraining.com) with your questions or feedback