

PUMPING UP BACK-STAGE USING A RESISTANCE BAND

By Frances Robinson
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It cannot be guaranteed that there will be weights and benches backstage, so bring your own named resistance band. Resistance bands can be purchased for about \$30 from sports shops.

- Leave pumping up until 20 minutes before going on stage;
- Do not pump up Legs as this could cause them to cramp up. The best thing to do for your legs back-stage is to just flex them and hold the poses;
- Do not pump up Triceps, or Abs, as they will be hard to flex.
- Limit biceps pump to maintain biceps peak;
- Pump up weak body parts and side-delts;
- Don't pump up too much - you don't want to over-pump and appear flat on stage. Remember how exhausted you get at posing practice.
- Some people choose not to pump up. As a result these individuals get harder and fuller as they pose. With pumping up, one runs the risks of overdoing it resulting in your condition degenerating onstage while others around you improve whilst posing;
- Just going through your mandatories backstage a few times will give you a really good pump.
- Stay fully clothed until it is almost time to go. It keeps you warm and your vascularity up;

Chest Flyes

Secure band around a stationary post, at about bum height. Stand with your back to the post, far enough away to create sufficient tension, gripping the band in each hand, palms forward. Keeping your arms straight, bring them across your chest, and squeeze.

Heaps of push-ups on the floor are just as good.

Bicep Curls

Secure the band under one foot, grip the band palm up, and curl as you would with a dumbbell. Or stand on it with both feet, hold both ends and do double bicep curls.

Shoulder Press

Stand on band with both feet, grip each end of the band and press upward as you would a dumbbell press.

Lateral Raises

Stand on band with both feet so tension begins with arms at sides. Keeping your arms straight, raise your arms out to your sides as you would with dumbbell lateral raises.

Upright Rows

Stand on band with both feet, and band short enough so that tension begins with arms at sides. Pull upwards as you would with a barbell upright row.

Seated Row

Sit on the floor, legs out in front, and wrap band under feet. Holding both ends pull back as you would with a cable row.

Rear Flyes

Sit on a chair with band under chair, bend forward and extend rear delts up as you would for rear delt dumbbell raises.