
Using Bands for Pull-ups

Posted by ellabee - 2008/05/16 11:50

Hello all,

I'm a newb - currently on Day 4 (just finished YogaX - it kicked my b*tt!!), and I have a basic question regarding pull-ups/chin-ups. I'd like to try them using the resistance bands, but how do I anchor the band? Is there a door attachment or something I need to have? I saw some sort of nylon webbed loop attachment that fits over the doorknob, but it seems to me that's not high enough. What am I missing here?

Thanks in advance for any help!

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Re:Using Bands for Pull-ups

Posted by Kevin - 2008/05/16 12:35

One newbie to another...well, I've been following along here for several weeks and just decided to jump in!

I'm using bands right now for pull-ups and chin-ups. While I'm fit enough for P90X, my back strength isn't quite enough to pull my nearly 300 pound carcass up in the air...yet!!

I have the good fortune to work out in my basement and I have an I-beam running right down the middle of the workout area. I loop the bands (I'm currently using two 50# bands together that I bought at Beachbody) and use them that way. It's been working just fine for me and I know that I'll be able to get a pull-up bar in the near future as my strength improves and I continue to lose weight.

I realize that this might be a problem for those not blessed with a basement.

Hope this helps...

Kevin

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Re:Using Bands for Pull-ups

Posted by ellabee - 2008/05/16 14:15

Hey Kevin,

Thanks for the reply! Yes, I too am fortunate enough to work out at home. I have my own "workout room" in the house, which is also on the lower level, but we have no exposed beams. The ceiling in the room isn't even suspended - if it was, I could try pushing up a tile and looping over something sturdy up there.

Anyway, thanks again - and keep on bringin' it!

ella

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Re:Using Bands for Pull-ups

Posted by Les - 2008/05/16 18:37

http://www.gofit.net/site/gofit/product/232?link_id=48&link_section_id=62

i got mine at Dick's sporting goods

depending on your door clearance you can use the door anchor under the door and do some super biceps curls by extending the band

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Re:Using Bands for Pull-ups

Posted by isis151miu - 2008/07/15 13:20

Yesterday was my 1st day, and I had problems using the resistance bands for the pullups. I tried looping them around my door knobs, but it wasn't high enough. Sitting was ok, but kneeling not so much. I don't have anywhere secure/sturdy enough to hang it from. There has to be some kind of product to attach to your door or something!

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Re:Using Bands for Pull-ups

Posted by Krantze_ - 2008/07/15 13:40

My girlfriend had similar problems with resistance bands. Basically, you just have to be creative. What we thought of, was to straddle a door half open with each leg on opposite sides of the door. With one band, put the middle of it over the top of the door and use the space between the door and the wall as your anchor. Then you just scoot back to wherever is comfortable and start working out.

That's what I thought of at least, she has been actually doing it so she may have changed it or have better tips for you.

Also, if that doesn't work for you, look around your house and think of anything you could use as an anchor. I'm looking around and thinking the handle of a cupboard would work, or a leg of a table.

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Re:Using Bands for Pull-ups

Posted by he4dhuntr - 2008/07/15 14:41

I got a door anchor with the set that I bought (bodylastics). I find it weird that yours didn't come with one, it's like the most necessary part of using resistance bands, how the hell are you gonna do all those pulls and stuff without a door anchor...? Search for one on Ebay if you didn't get one with your set, it just anchors to your door (top, side, bottom, etc) and you can pull from there. Just slip the bands through the loop, place the anchor on the other side of the door, close the door on the anchor and pull away! Check out iwantsixpackabs.com if you want to see how it's used. There are videos of his routines there where he uses the bands always anchored to a door.

Here's one on Ebay as an example (about 5\$ with shipping):

http://cgi.ebay.ca/Door-Anchor-FITS-Most-Exercise-Resistance-Band-Tube_W0QQitemZ150270795396QQihZ005QQcategoryZ79759QQssPageNameZWVWVWQQrdZ1QQcmdZViewItem

Mine has a bigger "anchor" part than that one, but I'm sure it's secure enough.

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Re:Using Bands for Pull-ups

Posted by Kevin - 2008/07/15 16:35

In my situation, I just looped the bands over an I-beam in the basement. If you're not in the situation where you can do that, I think the door anchor will work.

Over the three months of my first run of P90X I graduated from using the bands for work to a free standing pull-up bar. I'm continuing to work at it and I plan to be able to do an unassisted pull up by the end of the year. Who knows where from there but up!!

Hope this helps...

Kevin

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