

ELASTIC RESISTANCE TRAINING



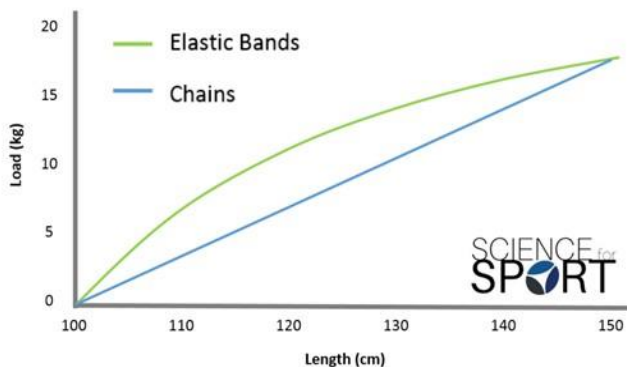
What is it?

The use of elastic bands to assist or resist a lift.



Variable resistance

Elastic resistance training (ERT), like chain resistance training is a form of variable resistance training. Elastic bands have a curve-linear length-load relationship. Therefore the further the bands are stretched, the more resistance is added.



Added load

A common issue with selecting and using elastic bands, is the uncertainty in how much additional load the bands provide. See our full article for our table on the length-tension relationship of elastic bands.



Performance

ERT has been shown to enhance performance in:



Power



Strength



How do bands influence a lift?

Elastic bands may be an effective tool for enhancing the concentric portion of an exercise, by facilitating certain aspects of the eccentric phase (i.e. muscle activity, eccentric rate of force development, eccentric impulse and the rate of loading). It must be noted that using bands may decrease the stability of a lift.



Our summary

ERT has been shown to improve strength and power. There are various physiological mechanisms which may underpin this adaptation. It is difficult to estimate the additional load that bands place on a barbell, fortunately a table presenting this information is available in our full article.