

Goal: Post about using resistance bands for triathletes

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Title: Resistance Bands: The Perfect Tool for Swimmers and Triathletes

Athletes and fitness gurus can benefit from the use of [resistance bands or stretch cords](#) because of their versatility. Use resistance bands for a quick workout, as a warm-up tool or for when you travel away from home. These fitness tools are lightweight and easy to take with you anywhere, and they also pack some serious health benefits when used regularly.

Swimmers and triathletes see particular benefits from resistance bands.

Whole-Body Workouts

Resistance bands are really good for isolating muscle groups and providing extremely tailored workouts. There are hundreds of movements you can use with these bands to give your whole body a workout with one muscle group at a time. This is especially handy when trying to strengthen specific muscle groups to avoid injury, or to rehab after an injury or surgery.

[Swimmers find fitness bands especially helpful](#) to perfect stroke mechanics on dry land while still providing the resistance of being in the water. Swimmers take these cords to races when the warm-up time allowance may not be enough to actually get in the pool. Triathletes especially may not be able to get in the water before a race. That's because since the swimming area may be too far from the starting point or time constraints may not allow for a swimming warm up before race time.

Replace Your Gym

Resistance bands can replace a whole gym of equipment. Use for bicep curls, pulls for internal and external rotation, flaps for lateral and deltoid muscles, pulls for lateral and trapezius muscles, and upward extensions for triceps. Those are just the upper-body muscle groups! Check [here](#) for a detailed list of exercises using resistance bands.

Swimmers find resistance bands and stretch cords ideal to work on swimming strokes due to the paddle attachments. These attachments keep the hands and wrists in the correct alignment when pulling against the band so your body attains muscle memory. Using resistance bands can help [avoid shoulder injuries](#) that keep swimmers out of the water.

The four main swimming-specific exercises with resistance bands include:

1. Freestyle stroke with the scull, pull and push phase
2. Recovery stroke mechanics
3. Tricep extension
4. Chest fly and reverse fly

You will find that the flexible and fluid movements of using a resistance band provide a workout similar to pool time. These exercises greatly improve your swimming in the water. These tools give you multiple angles to work both long- and short-axis strokes. Resistance cords give you

both strength and endurance workouts with just the band and one or two optional attachments. In short, they are the perfect workout tool.