

Spider Bands: gym ceiling

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Are you tired of spinning and the treadmill studio it all, then Spider Bands might be for you.

When Spider Bands cables hang from the ceiling, where your arms and sometimes your feet attached. On the floor is a soft mat. The idea was developed by fitness trainer **Franci Cohen**, owner of Fuel Fitness in Brooklyn (New York). It seems a bit limited, but there are all kinds of exercises. You can attach to the Spider Bands example gloves or other attributes and they are also suitable for yoga exercises. Cohen has a masters degree in exercise physiology and

worked seven years to think of the 19 Spider Band workouts.



Spider Bands play in one of the trends that are expected in 2015, namely to train with your own body weight. This means that your lunges, push-ups and squats do, where this Spider Bands are fine to use it. They give extra resistance and it sometimes takes more or less effort to keep your body in balance. Exercises are also possible, which are normally provided by the force of gravity is not feasible or quite difficult. For example, women have difficulty with chin-ups (pull up to a rod), but to an elastic strap Spider succeed it. Exercises are suddenly very different: if you do a squat, you come with a Spider Band easier back up, but move down when you have to just deal with more resistance.

Below you see a movie where Franci Cohen demonstrates the Spider Bands: