

LivingBetter Ideas

SPIDERBANDS

Livingbetteronline.com

**The Only SPIDER You Will Welcome Into Your Home
NEW YORK AREA FITNESS TREND, SPIDERBANDS®, GETS AN AT HOME MAKEOVER**

www.francicohen.com

Spiderbands® is a group fitness class that has taken the New York area by storm. The class uses gravity and your bodyweight to create this total-body cardio resistance workout. Mixing suspension and aerial techniques with rebounding, kickboxing, and indoor cycling, Spiderbands® is the new and improved hybrid workout.

Certified fitness trainer, nutritionist, and founder of Spiderbands® Franci Cohen shares the secrets to become a Spider at home. All you need to cast your web are standard fitness bands with handles.

FLOATING PLANKS:

1. Hook your feet up to the Spiderband handles, making sure the handle fit nicely into the arch of your sneakers.
2. Come down onto the floor and in prone position, lift up on to your hands and feet, with hands directly under your shoulders, and feet together.
3. Hold plank position
4. Once you have established your plank, begin to use your abdominals (don't need your knees to push off the ground) to help thrust your legs in the air. The resistance of the bands will assist you in leveraging your body weight and keeping it suspended for a moment or two, in order to deeply activate your core.
5. Each time you float your body off the floor and then land softly back down, that is 1 floating plank.
6. Perform 3 sets of 15-20 reps, with a 20-30 second rest on your knees between sets.

FLOATING PLANKS at home modification:

1. Grab 2 exercise bands with handles, and hook your feet up by sliding your right foot into the handle of one band and your left foot into the handle of another band.
2. Come into plank position on the floor.
3. Ask a friend or partner to stand on a chair adjacent to your feet and hold the other end of each handle straight up until there is some tension on the bands.



4. Perform floating planks the same way you would in a SPIDER class, and perform the same amount of reps & sets. Although it isn't exactly the same, you will still get some levitation with the exercise bands, enabling you to work deeper into your core muscles than you would holding a regular plank. Plus, you partner will really work their arms and deltoids holding you up! How's that for partner training?

KNEELING SPIDER SWIM

1. Place one hand in each spiderband handle and knee down onto your knees.
2. On your knees walk forward so that you are situated approximately 1 1/2-2 feet in front of your plum line (ceiling rigging point).
3. With the Spiderbands reach your arms out in front of you to straighten them. Arms should be slightly below shoulder height.
4. Keeping arms straight and resistance engaged, open arms wide.
5. In a controlled fashion, slowly pull both elbows out to the side and back, so that you squeeze your shoulder blades toward the center of your spine.
6. You have just completed 1 spider swim. You're basically mimicking a swimmer's breaststroke with the added resistance of the spiderbands, and the needed core engagement to perform the move with the proper speed and control.
7. Perform 3 sets of 32-40 reps

Kneeling Spider Swim at Home Modification:

1. Do the exact same thing but hook the spiderbands up to a door handle, a high dresser, or any stationary and safe anchor point that is higher than 6'-7' tall, where your kneeling body is situated 1 1/2-2 feet in front of wherever you're hooked up to.
2. Want to partner up? You can take a body bar, and slide it through handles of one side spiderbands, and your partner can stand on a bench holding the bar (and therefore the bands) up high to anchor for you. You'll get the killer benefits of the kneeling spider swim, while your partner will fire up their core, deltoids, and triceps!

SPIDER LUNGE N' LIFT

1. Stand with feet hip width apart and with each hand hold on to 1 spiderband handle.
2. With your right leg, lunge straight back behind you as far as you can, so that your chest touches the top of your left thigh.
3. At the same time reach your right hand and spiderband down to touch the floor.
4. Jump up, bringing your right leg back up to starting position.
5. Repeat on the left leg and arm.

SPIDER LUNGE N' LIFT AT HOME MODIFICATION:

Perform the same exercises as the in-studio version, with 2 options.

1. Either eliminate the band completely and replace with a light hand weight
2. Hook your band up to any secure ceiling rigging point (such as a ceiling beam in your garage), and get your spider resistance that way!

TWISTED SPINAL EXTENSIONS with or w/o legs

1. In a seated position, sitting about 1 foot behind your plum line (ceiling points where spiderbands attach), hold one spiderband handle in each hand.

2. Lean back extending your spine not a set number of degrees, but rather until you feel your abdominals engage.
3. Rotating your torso throughout the movement, begin to pull your arms (and spiderbands) in and behind you, so that the elbows touch the floor one at a time in a rhythmic fashion.
*the rotation is key to engage not only the center (rectus) abdominals, but the side abs (obliques) as well.
4. Advanced option only: each time one elbow taps the floor, extend the opposite leg straight out from the body, pointing the toe.
*the lower your leg is to the ground as you extend out, the deeper you work the lower abs below the belly button (transverse abs).

TWISTED SPINAL EXTENSIONS AT HOME MODIFICATION:

Perform the same exercises the same way you would in the spiderbands studio, simply wrap your band around a table leg, through a weight-bearing ceiling hook that you may have a floral plantar hanging from, or even hang you bands outside from your child's swing set (monkey bars work great)!

Meet Franci Cohen:

A No Nonsense Approach to Fitness, Health & Your Life

Franci Cohen is a personal trainer, certified nutritionist, exercise physiologist and creator of **SPIDERBANDS®**, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. "We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change," says Franci. "Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be."

Franci devotes much of her time to Fuel Fitness, a specialty fitness center in Brooklyn, NY and continues to teach group fitness classes, train clients and broaden her perspective in all areas of fitness, nutrition and wellness. She designs unique fitness modules and group exercise programs for her clients utilizing the most effective and popular products, tools and exercise equipment available. "Exercise is one of the most important things you can do for your health, but sometimes it's hard to just get motivated. My goal is to keep it fun and interesting by creating out-of-the-box programs that wow my clients with both the innovative nature of the classes, as well as with the rapid results they see in their bodies! My classes are the ultimate playground where fitness meets fun, and nothing is off limits!"

Education:

- Triple Bachelors Degree
- Masters in Nutrition
- Masters in Exercise Physiology

Certifications:

- Nutritionist

- Group Exercise Instructor
- Group Fitness Specialist
- Personal Trainer
- Lifeguard/Professional Rescuer
- Indoor Cycling Instructor

Certifying Institutions

- Academy of Nutrition and Dietetics (A.N.D.)
- American College of Sports Medicine
- National Academy of Sports Medicine
- American Council on Exercise (ACE)
- American Fitness Association of American (AFAA)
- Mad Dog Athletics
- American Red Cross

Franci has been married for 14 years and currently lives in Brooklyn, NY with her husband and four children.