

Workouts Will Get Spiderbands Bungee System

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From spinning to step aerobics, workouts will get **Spiderbands**, a new system of aerial bungee cords.

Spiderbands are similar to TRX, a system made up of suspension cables that influence the weight of the body. Experts of fitness say Spiderbands spin a web of assistance and resistance that are various enough to capture the attention of even the most agitated exerciser.

The owner of New York Brooklyn's Fuel Fitness and fitness trainer **Franci Cohen** created Spiderbands which could be used in gyms where they are connected to the ceiling and attached to the feet and hands of the users. In her gym in Brooklyn, the Spiderbands are used with a floor that is soft matted.

Cohen said about the bands that depending on the type of workouts, boxing gloves, bars and handles are attached to the Spiderbands.

Franci Cohen spent 19 years on developing the Spiderbands which range from yoga to step aerobics. Cohen has a master's in exercise physiology and plans to broaden the business next year. The Spiderbands give a body cardio resistance exercise that utilizes the weight of the body.

"It's basically a pliable inner tubing covered by a bungee outer sheath. Doing bicep curl on the ground, the rest of body is standing still, but with the bands, the body needs to balance. It's as if you have a spotter working with you."

Franci Cohen said.

Franci Cohen said the Spiderbands give the exercisers the possibility to access otherwise unavailable challenging exercises.

Neal Pire, an American College of Sports Medicine expert and exercise physiologist from New Jersey called the Spiderbands an interesting gizmo that combines assistance with resistance.

"If you're doing squats using those bands, it's assistance on coming up; if you're pulling down, it's giving resistance. It looks useful. So long as the exercises are assisted or resisted appropriately you have a good tool with a lot of variety."

He also said the room in which the workout takes place requires an appropriate construction in order of being able to make use of the Spiderbands. But probably, soon enough, many gyms' workouts will get Spiderbands bungee system.