

A woman with dark hair in a ponytail is captured in a lunge position on a red running track. She is wearing a blue tank top, black leggings with pink and blue accents, and black New Balance sneakers. She is holding a red resistance band with both hands in front of her. The background shows a clear blue sky, some trees, and a utility pole. A semi-transparent dark blue box is overlaid on the upper half of the image, containing the title text.

Superband Supersets: Resistance Training for Runners on The Go!

www.leagendersfitness.com

Superband Supersets: Resistance Training for Runners on The Go!

Superband Supersets: Resistance Training for Runners On The Go!

I get it, you're a runner, and you don't have a gym membership. You don't need one; the pavement is your gym.

You think you have a pair of five-pound dumbbells in the back of your closet, but your dog might have chewed the rubber off of one of them.

You know you need to strength train to become a stronger runner, but who has the time? Your running schedule takes up most of your free time, and there's no way you're getting up at 5 am for a strength training workout. What's a runner to do?

I am introducing Superband supersets to solve your strength training problems!

I first saw these Superbands when I went to the [IDEA personal trainer convention this year in Dallas](#). Sure, I've written articles and workouts using [those traditional resistance bands with handles](#) before, but these Superbands that are like giant rubber bands are new to me, and I'm in love!

They are great for runners especially because you can take it with you on your outdoor runs (wrap it around your waist a couple of times to carry) and do a strength training circuit outdoors as a warm-up before your running workout. No expensive equipment, heavy weights, or gym membership required for great results.

Superband Supersets: Resistance Training for Runners on The Go!

We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com.

SUPERBAND SUPERSETS

Superband supersets help you get the most of your resistance training workout while maximizing time spent doing the exercises. Supersets are two exercises of opposing muscle groups performed back to back with no rest between moves.

You also can superset with an upper body workout and a lower body exercise. One muscle group gets recovery while you work on another, without taking long rest periods between exercises—effective and efficient.

This workout combines supersets and combo upper & lower body exercises, so you get the most out of your strength training workout, so you can get back to running.

Since it was beautiful in Fort Worth, I took my Superband to the track for strength and running combo workout.

Depending on the time you have available, you don't need to do every exercise here, I wanted to give you a lot of ideas. Do them all in one strength workout, or break them up into shorter workouts to do before or after an easy run.

Superband Supersets: Resistance Training for Runners on The Go!

EQUIPMENT NEEDED FOR THIS WORKOUT

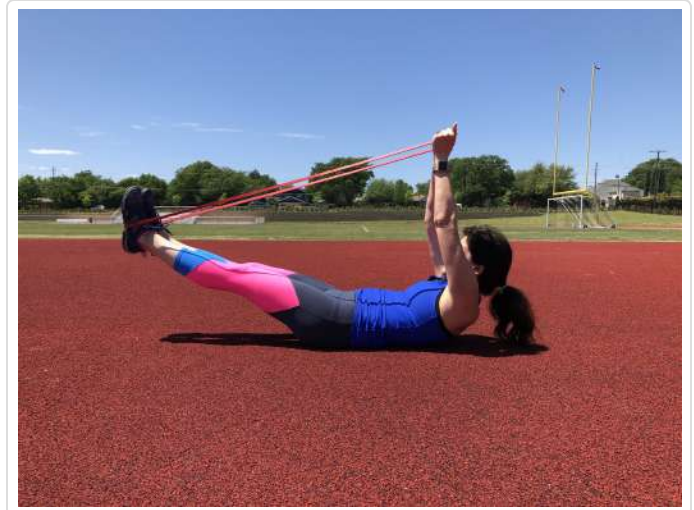
You need a [single Superband](#) to perform this workout; they are inexpensive, portable, and practical. These heavy duty large loop workout bands are available in different resistances, so choose based on your fitness level. The colors and resistance vary from different manufacturers, so read the small print for the appropriate resistance level.



SUPERBAND BRIDGE/SUPERBAND CRUNCH SUPERSET

Perform 12 reps of the bridge exercise, then 12 reps of the crunch with little to no rest between exercises. Perform two to three sets.

Superband Supersets: Resistance Training for Runners on The Go!



BRIDGE

Starting on your back with your knees bent, loop the band in half and place each foot into a loop, then stretch the band around hips. Press into the ground with your shoulders and elbows, push your hips up, so that your body forms a straight line from your knees to your shoulders. Pause in the top position, engaging your abs and glutes, then return to the start position. Repeat for a total of 12 reps.

CRUNCH

Lie flat on the ground with the band looped around your feet on one end and holding the other end of the band with your hands extended behind your head. Lift your legs from the ground, and crunch by lifting your shoulder blades off the ground and bring your arms overhead. Pause in the top position, while engaging the abs while breathing normally.

Superband Supersets: Resistance Training for Runners on The Go!

SUPERBAND FORWARD LUNGE TO CHEST PRESS

Perform six reps on each leg. Perform two sets.



FORWARD LUNGE TO CHEST PRESS

Superband Supersets: Resistance Training for Runners on The Go!

Loop the band around your body at chest height and the other end around a sturdy object. Gripping the front of the band with two hands, step forward into a lunge position until your front thigh is parallel to the ground. While in the low position, straighten your arms to press the band in front of your chest. Return to standing and complete the reps on one side, before repeating on the other leg.

SUPERBAND BACK LUNGE TO ROW

Perform six reps on each leg. Perform two sets.

Superband Supersets: Resistance Training for Runners on The Go!



BACK LUNGE TO ROW

Loop the band around a sturdy object. Hold the band with two hands and step back into a back lunge until your front leg is parallel to the ground. Once in the low position, hold your shoulders back and row the band in towards your chest, keeping your elbows close to your sides. Return to the start position and complete the reps on one side, before repeating on the other leg.

Superband Supersets: Resistance Training for Runners on The Go!

SUPERBAND SQUAT / SUPERBAND TRICEP EXTENSION SUPERSET

Perform 12 reps of the squat, then 12 reps of the tricep extensions back to back with little to no rest between exercises. Perform two to three sets.



Superband Supersets: Resistance Training for Runners on The Go!

SQUAT

Loop the band under your feet and around your shoulders. With your toes pointing straight ahead, push your hips back, keep your back straight and your head up. Bend your knees to lower into a squat position until your thighs are parallel to the ground. Return to standing. Repeat 12 reps before moving on the next exercise.

TRICEP EXTENSION

With the band looped under your heels, hold the top of band with your elbows bent, close to your ears. Straighten your arms to pull the band overhead. Perform 12 reps while keeping your elbows by your ears.

SUPERBAND LATERAL SQUAT WITH STANDING ROWS

Perform 12 steps to the right, then 12 standing rows. Perform 12 steps to your left, then 12 standing rows. Perform two to three sets.

Superband Supersets: Resistance Training for Runners on The Go!



LATERAL SQUAT

Loop the band under your feet and cross in an X in front of your body. Leading with the right leg, lower into a quarter squat position and take a 12 large steps to the right.

STANDING ROWS

Stand up straight and with an overhand grip, pull the bands up to shoulder height, until your thumbs are to your armpits. Perform 12 reps, then repeat the lateral squat in other direction.

Superband Supersets: Resistance Training for Runners on The Go!

SUPERBAND DEADLIFT/SUPERBAND SINGLE ARM SHOULDERS PRESS

Perform 12 reps of the single leg deadlift and single arm shoulder press on each side with little to no rest between exercises. Perform two to three sets.



SINGLE LEG DEADLIFT

Loop the band in half and hold it under your foot. With your back straight and your head up, balance on one leg and hinge at the hips to perform a single leg deadlift. Repeat the reps on one leg before moving on the other side.

Superband Supersets: Resistance Training for Runners on The Go!

SINGLE ARM SHOULDER PRESS

Loop the band under one foot and hold the band at shoulder height with your palm facing forward. Straighten your arm to press overhead. Keep your core tight, do not allow your body to rotate as you press up. Repeat on the other side.

SUPERBAND DEADLIFT/SUPERBAND BICEP CURL SUPERSET

Perform 12 reps of the deadlift and bicep curl with little to no rest between moves. Perform two to three sets.



DEADLIFT

Superband Supersets: Resistance Training for Runners on The Go!

Loop the band in half and step each foot into a loop. Stand with feet wider than shoulder width. With straight legs and soft knees, hinge at the hips with a straight back with an overhand grip on the band. Return to standing and engage your glutes in the top position. Repeat for 12 reps.



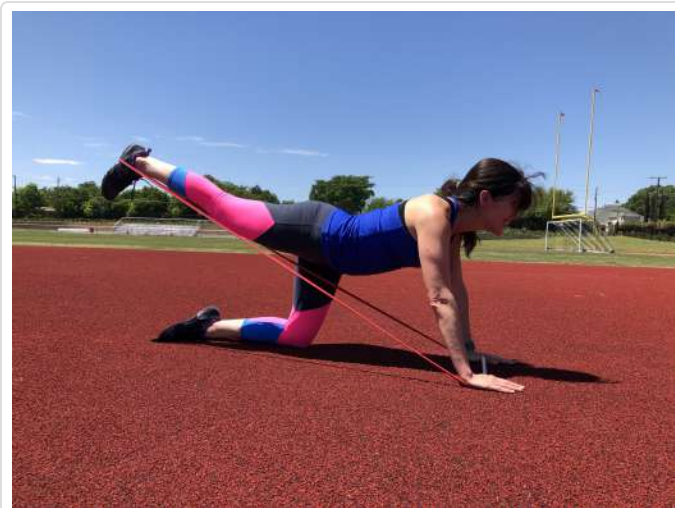
BICEP CURL

Superband Supersets: Resistance Training for Runners on The Go!

Loop the band under your feet, standing with your feet wider than hip width. Grip the band with your palms facing your body and curl the band to your chest keeping your elbows close your sides. Perform 12 reps.

SUPERBAND DONKEY KICKS /SUPERBAND HAMSTRING STRETCH SUPERSET

Perform 12 reps of the donkey kick on each leg and hold the hamstring stretch for 20-30 seconds on each leg. Perform two to three sets.



DONKEY KICKS

Starting on all fours, loop the band around one foot while holding the other end of the band with both hands against the ground. Kick your leg to full extension. Complete the reps on one leg, then switch to the other side.

Superband Supersets: Resistance Training for Runners on The Go!

HAMSTRING STRETCH

Lie on your back with one leg straight in the air, so the bottom of your shoe is parallel to the ceiling (or sky). Grip the band in the middle and pull it towards your chest until you feel a stretch in the your hamstrings on the back of your leg. Hold for 20-30 seconds on each side.

Did you like this post? Do you know someone who might benefit? It helps me when you tell your friends and followers about www.leagendersfitness.com

[Tweet](#)

Questions? I'd love to help.

Coach Lea