



BEASTNATION
TRAIN. PERFORM. LEARN. NUTRITION.

ELASTIC BEAST

RESISTANCE BAND TRAINING PROGRAM



WELCOME

WELCOME TO ELASTIC BEAST

A complete resistance-band routine. It covers band levels and tension, a full library of band exercises with per-level rep guidance, and beginner, intermediate, and advanced workout programs.

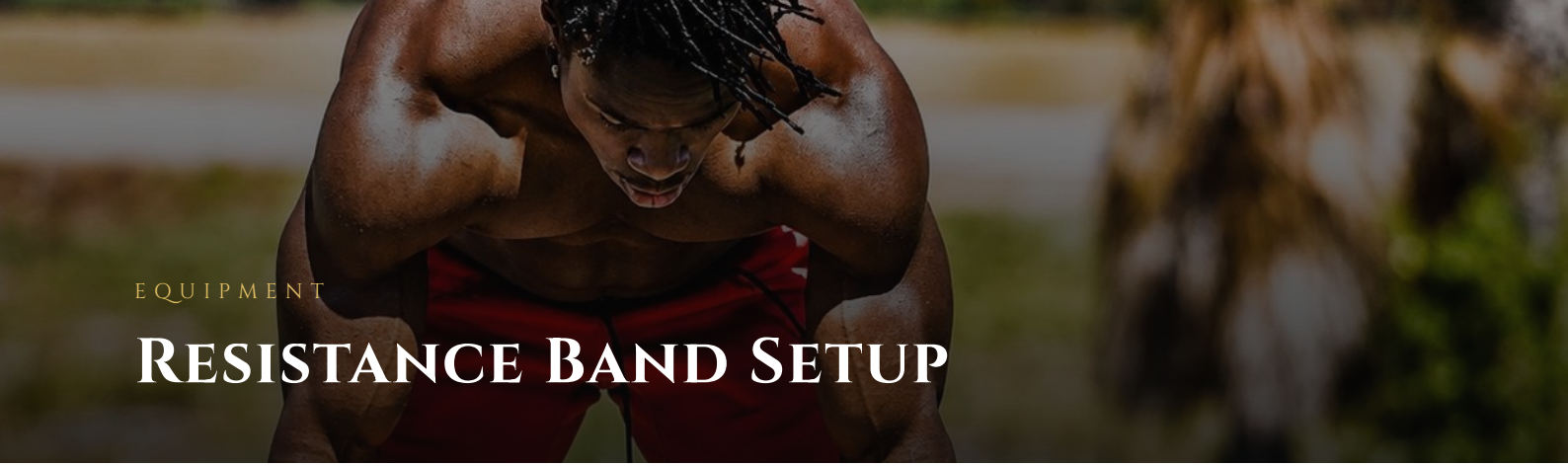
These are advanced-level demonstrations — everyone must start at their own pace. Take your time, don't rush, and stay in control. Train with caution and within your own ability.

What you'll be able to do

- Choose the right band level and adjust tension safely
- Perform a full library of band exercises with correct form
- Train every major muscle group with resistance bands
- Follow structured beginner, intermediate, and advanced programs

HOW TO USE THIS PROGRAM

- **Start with equipment & setup.** Learn the band levels and how to control tension before training.
- **Pick your level.** Beginner, intermediate, or advanced — each exercise lists a prescription for all three.
- **Learn each movement.** Read the exercise card, then watch the matching demonstration inside your Beast Nation member program.
- **Follow the weekly programs.** Use the schedules at the back of the guide.
- **Progress gradually.** Add reps, then tension, then band level — only when your form stays clean.



EQUIPMENT

RESISTANCE BAND SETUP

BAND LEVELS

The bands used here are Muscle Bands, co-founded by Strength Project — quality resistance bands we recommend.

There are two types of band used, in various sizes. Strength Bands (also known as pull-up bands, crossfit bands, or monster bands) and Floss Bands (also branded as Voodoo Floss — originally mobility bands for wrapping joints, but useful across strength training too).

Six Strength Band levels, from lightest to heaviest: Micro-Orange, Red, Black Mini Heavy-Duty, Purple, Green, and Blue.

TENSION

Adjusting tension on the band is simple, with a few different methods to reach your desired tension.

Band stretch: the more the band is stretched, the harder it is to stretch further. Keep this reasonable — too much tension can snap a band (difficult, but possible).

Methods to change tension: stance, grip points, anchoring methods, double looping, and simply changing the band.



TRAINING LEVELS

CHOOSE YOUR LEVEL

Every exercise lists a prescription for all three levels. Most movements follow the standard progression below; the calf press uses a slightly higher rep range.

BEGINNER

3 × 5–10
2× per week

INTERMEDIATE

4 × 15
3–4× per week

ADVANCED

5 × 20+
4–5× per week



SAFETY

TRAINING GUIDANCE

- Always begin light and warm up the shoulders before upper-body work.
- Keep tension reasonable — over-stretching a band can, rarely, cause it to snap.
- Anchor bands on round-edged posts; sharp or square edges fray and weaken them.
- Treat the band deadlift with the same care as a weighted deadlift — neutral spine, don't go heavy until technique is solid.
- Move with control through the full range; stop if you feel joint pain.



SECTION 01

THE EXERCISE LIBRARY

Twenty-two resistance-band movements — setup, execution, and per-level prescriptions.

THE MOVEMENTS

01 SHOULDER WARM-UP

WARM-UP

TARGET Shoulders (activation)

SETUP

Use a light resistance band.

EXECUTION

Always start light with the warm-up. Move through a controlled range to prime the shoulders.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

02 SHOULDER WARM-UP 2

WARM-UP

TARGET Shoulders (activation)

SETUP

Use a light resistance band.

EXECUTION

A second shoulder warm-up variation. Keep it light and controlled.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

03 ROTATOR CUFF

WARM-UP

TARGET Rotator cuff / shoulder health

SETUP

Use a light band.

EXECUTION

A great injury preventive — worth doing before every performance and upper-body session.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

04 FRONT RAISES

SHOULDERS

TARGET Anterior deltoids

SETUP

Stand on the band.

EXECUTION

Raise to the front to train the shoulders, controlling the movement up and down.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

05 STANDING BICEPS CURL

ARMS

TARGET **Biceps**

SETUP

Either stand on the band or loop it through a fixed point.

EXECUTION

Curl against the band's tension. Two ways to load it — by standing on the band, or by looping through a band.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

06 HAMMER CURL

ARMS

TARGET **Grip, forearms, biceps**

SETUP

Step on the middle of a floss band and grab both ends, standing completely upright. Tension depends on grip — the closer to your feet, the more tension.

EXECUTION

Curl with a neutral (hammer) grip. Because of the grip, this works like a dumbbell hammer curl — great for grip, forearms and biceps.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

07 STANDING TRICEPS EXTENSION

ARMS

TARGET **Triceps**

SETUP

Anchor the band overhead, or loop it around an object near floor level.

EXECUTION

Extend the elbows to work the triceps, keeping the upper arms still.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

08 SQUAT CONCENTRATION CURL

ARMS

TARGET **Biceps**

SETUP

Squat down and place your elbow inside your knee. Grab the band lower/closer to your foot for more tension.

EXECUTION

Curl the band, contract, and focus on the biceps.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

09 SEATED CURLS

ARMS

TARGET **Biceps**

SETUP

Sit down on a box.

EXECUTION

Similar to the squat concentration curl, but seated — this lets you focus more on the biceps curl.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

10 TRICEPS PUSH-DOWN

ARMS

TARGET **Triceps**

SETUP

Loop the band through a bar above you.

EXECUTION

With a firm grip, extend your elbows down and keep them in place.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

11 BACK ROW DOUBLE ARM

[BACK](#)

TARGET Back (lats, mid-back)

SETUP

Loop the band around a round-edged post such as a pull-up bar post (round edges protect the band; sharp edges fray it). Best performed from a standing position.

EXECUTION

Grip the band where you want tension and pull, shooting your elbows back and standing upright in a neutral position. Can also be done seated.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

12 BACK ROW SINGLE ARM

[BACK](#)

TARGET Back (each side, isolated)

SETUP

Anchor as for the double-arm row, working one side at a time.

EXECUTION

Row single-arm to isolate and focus more on each side of the back.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

13BAND PULL-APART

[BACK](#)

TARGET **Rear deltoids**

SETUP

Hold the band in front of you with both hands.

EXECUTION

Pull the band apart — a great way to hit the rear delts.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

14LAT PULL-DOWN

[BACK](#)

TARGET **Lats**

SETUP

Anchor the band overhead.

EXECUTION

Pull down to the body — very similar to the lat pull-down machine at the gym.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

15SHRUGS

[BACK](#)

TARGET **Trapezius**

SETUP

Stand on the band.

EXECUTION

Shrug to target the traps. This exercise also works well as a warm-up.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

16 UPRIGHT ROW

[BACK](#)

TARGET Traps and deltoids

SETUP

Stand on the band.

EXECUTION

Pull upright to train the traps and deltoids.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

17 BAND DEADLIFT

[LEGS](#)

TARGET Glutes, quads, hamstrings, calves, grip, lower back

SETUP

Stand on the center of the band. Grab both ends by squatting down — the lower you grab, the more tension. Keep a neutral spine; don't go heavy until your technique is solid.

EXECUTION

From the squat position, stand straight up, keeping your spine neutral. Treat it with the same care as a weighted deadlift.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

18BAND STEP UPS

LEGS

TARGET Legs (quads, glutes)

SETUP

Step on a muscle band with your foot on the box; bring the band around the shoulder and grip it with your hand so it can't slip off.

EXECUTION

Perform step-ups against the added band tension.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

19SIDE BENDS

CORE

TARGET Obliques

SETUP

Hold the band to one side.

EXECUTION

Bend to the side to target the obliques, controlling the return.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

20AB TWISTS

CORE

TARGET Abdominals and obliques

SETUP

Safely anchor the band around a pole and take a firm grip.

EXECUTION

Rotate from the waist, contracting the abdominals and working the obliques.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

21BAND LEG RAISES

CORE

TARGET Lower abs / hip flexors

SETUP

On dip/parallel bars, loop the band through the bar; secure the other side firmly by placing your hand and weight onto it.

EXECUTION

Raise the legs against the added band resistance.

BEGINNER

3 × 5–10 · 2× / week

INTERMEDIATE

4 × 15 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► Video demonstration available inside your Beast Nation member program.

22BAND CALF PRESS

LEGS

TARGET Calves and ankles

SETUP

Place the band under the ball of your foot.

EXECUTION

Press through the calves. A great warm-up for the ankles, calves and legs, and a builder of calf strength and explosive power for tumblers and acrobats.

BEGINNER

3 × 10–15 · 2× / week

INTERMEDIATE

4 × 15–20 · 3–4× / week

ADVANCED

5 × 20+ · 4–5× / week

► *Video demonstration available inside your Beast Nation member program.*

A person with long, dark dreadlocks is shown from the chest up, wearing a black tactical vest. The background is a blurred industrial setting. The text is overlaid on the center of the image.

SECTION 02

WEEKLY PROGRAMS

Structured beginner, intermediate, and advanced schedules.

WEEKLY WORKOUT PROGRAMS

BEGINNER

MONDAY

- Shoulder Warm-Up 4x2 min (each side)
- Triceps Extension 4x15
- Standing Biceps Curl 4x15
- Band Step-Ups 4x10 (each side)

WEDNESDAY

- Triceps Push-Down 4x10
- Lat Pull-Down 4x15
- Calf Press 4x15
- Double Arm Row 4x10

FRIDAY

- Upright Row 3x10
- Shrugs 4x20
- Hammer Curl 4x15

INTERMEDIATE

MONDAY

- Shoulder Warm-Up 4x2 min (each side)
- Dead Lift 4x20
- Triceps Extension 4x20
- Standing Biceps Curl 4x20
- Band Step-Ups 4x10 (each side)

WEDNESDAY

- Shoulder Warm-Up 4x2 min (each side)
- Triceps Push-Down 5x25
- Lat Pull-Down 4x25
- Calf Press 5x30
- Double Arm Row 4x25

THURSDAY

- Shoulder Warm-Up 4x2 min (each side)
- Seated Curls 4x20
- Front Raises 4x20
- Step-Ups 4x15 (each side)

FRIDAY

- Upright Row 4x20 (each side)
- Shrugs 4x25 (each side)
- Hammer Curl 4x20 (each side)
- Single Arm Row 3x20 (each side)

ADVANCED

MONDAY

- Shoulder Warm-Up 4x2 min (each side)
- Dead Lift 5x25
- Triceps Extension 5x25
- Standing Biceps Curl 5x25
- Band Step-Ups 4x20 (each side)
- Front Raises 4x15

TUESDAY

- Upright Row 4x20 (each side)
- Squat Concentration Curls 4x25 (each side)
- Hammer Curl 4x20 (each side)
- Standing Biceps Curl 4x20 (each side)
- Muscle Band Variation 2 4x50

WEDNESDAY

- Shoulder Warm-Up 4x2 min (each side)
- Triceps Push-Down 5x30
- Lat Pull-Down 5x30
- Calf Press 5x40
- Double Arm Row 5x30

THURSDAY

- Shoulder Warm-Up 4x2 min (each side)
- Seated Curls 4x20
- Front Raises 4x20
- Step-Ups 4x15 (each side)

FRIDAY

- Upright Row 4x20 (each side)
- Shrugs 4x25 (each side)
- Hammer Curl 4x20 (each side)
- Single Arm Row 3x20 (each side)
- Muscle Band Variation 2 4x50



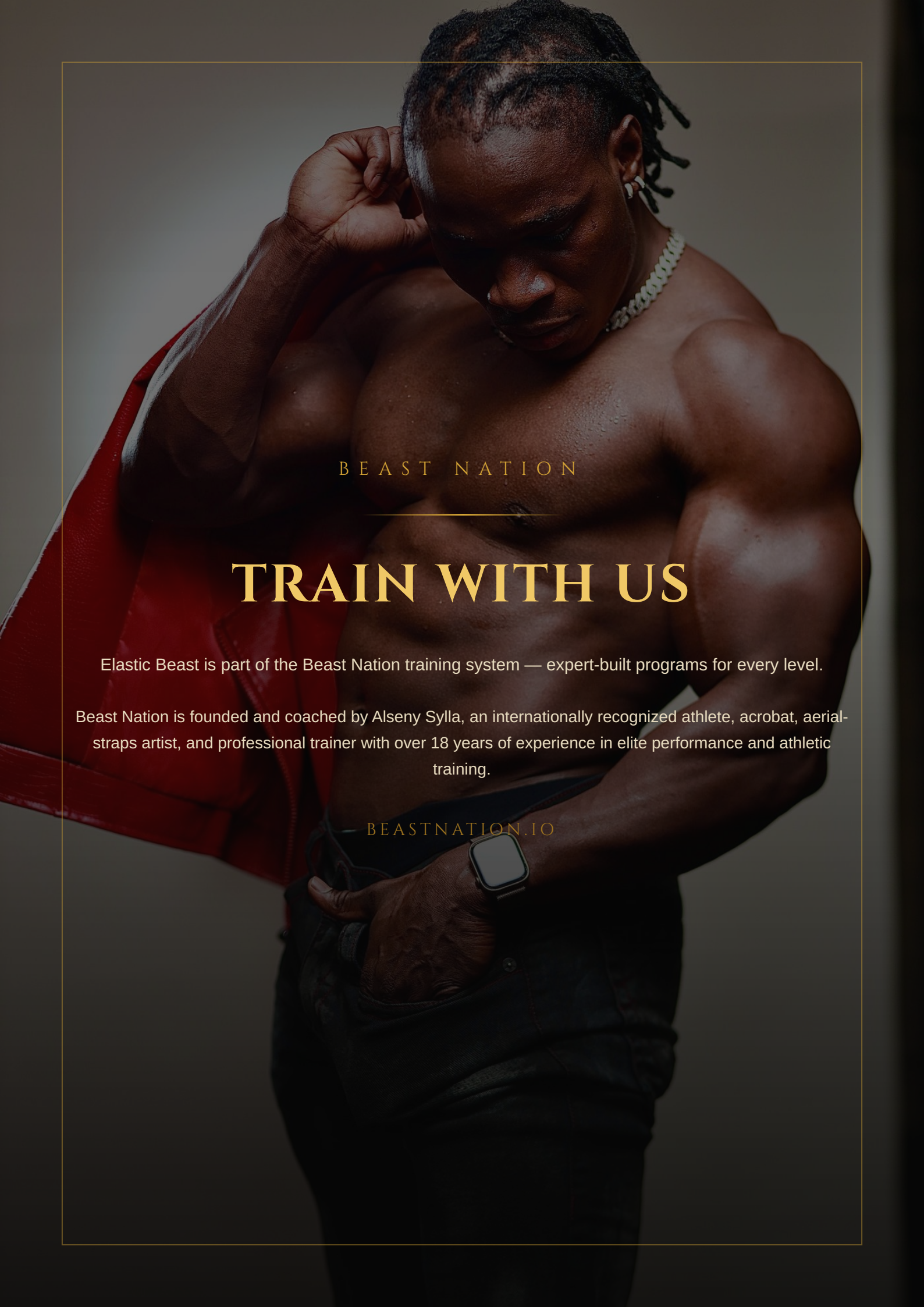
PROGRESSION

PROGRESSION GUIDANCE

Progress in this order, and only when your form stays clean:

- **1 — Add reps.** Work toward the top of your level's rep range first.
- **2 — Add tension.** Adjust stance, grip point, or anchoring to make the same band harder.
- **3 — Step up a band.** Move to the next Strength Band level once the current one feels controlled.
- **4 — Step up a program.** Move from beginner to intermediate to advanced as recovery and technique allow.

Consistency beats intensity. A little, done well and often, outperforms occasional maximal effort.



BEAST NATION

TRAIN WITH US

Elastic Beast is part of the Beast Nation training system — expert-built programs for every level.

Beast Nation is founded and coached by Alseny Sylla, an internationally recognized athlete, acrobat, aerial-
straps artist, and professional trainer with over 18 years of experience in elite performance and athletic
training.

BEASTNATION.IO

IMPORTANT

EXERCISE DISCLAIMER

This guide is provided for general fitness and educational purposes only. It is not medical advice, and Beast Nation does not provide medical care, diagnosis, or treatment.

Consult a qualified physician before beginning this or any exercise program, particularly if you are pregnant, have an injury, or have any medical condition. Resistance-band training carries inherent risks, including band failure and injury from improper technique. Inspect your bands before each use, anchor them securely, and train within your ability.

By using this program you accept that you do so voluntarily and at your own risk, and that Beast Nation and its coaches are not liable for any injury, loss, or damage arising from its use. Stop immediately and seek medical attention if you experience pain, dizziness, or discomfort.



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