



A new web of at-home exercises is here thanks to SPIDERBANDS

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One ab workout was all it took for **Franci Cohen** to come up with her revolutionary fitness class, SPIDERBANDS®, a mix of suspension and aerial techniques with rebounding, kickboxing and indoor cycling.

While staring from her sit-up position, she looked at the newly installed trapeze rigging on one side of her gym and turned her head to the pile of bungee cords left on the floor from the previous class.

And the gears started to turn.

“I started thinking how cool it would be, and all the myriad of possibilities, if I somehow hooked the bungees up to the ceiling,” she said. “After numerous prototypes and shipments back and forth to the Orient, we finally nailed it, and SPIDERBANDS was born.”

Having started with just a signature SPIDERBANDS class five years ago, Cohen now has 24 different classes in the spider series offered at her exclusive fitness center, Fuel Fitness, in Brooklyn, NY. Due to its extreme popularity, Cohen even developed “at-home” exercises for those who do not live in the New York area.

And all someone needs to start exercising is a pair of store-bought TheraBands or handheld bands, which can be found at local sporting goods stores or online.

Cohen transformed four SPIDERBANDS exercises into at-home routines with instructions that are easy to follow along. The exercises consist of floating planks, the kneeling spider swim, the spider lunge n’ lift, and twisted spinal extensions.

She said the response to having SPIDERBANDS at home has been great, and with this new business endeavor she looks forward to spreading it throughout the country and helping people of all ages realize they can achieve their health and fitness goals with SPIDERBANDS.

“Exercise doesn’t have to be a drag, and fun exercise can actually yield amazing results,” Cohen said.