



FIRST, YOU NEED



BAND WITH HANDLES

MOST RESISTANCE BAND EXERCISES CAN BE DONE WITH A BAND WITH HANDLES. HOLD A HANDLE IN EACH HAND, GET INTO THE EXERCISE POSITION, AND PULL THE BAND TO USE THE RESISTANCE TO WORK YOUR TARGET MUSCLES.

SAMPLE WORKOUTS

FULL BODY WORKOUT

REPS: 8-15 SETS: 1-4 REST: AS NEEDED

SQUAT (LEGS/BUT)
BENT-OVER ROW (BACK)
PUSH-UP (ARMS)
LATERAL RAISE (SHOULDERS)

CORE WORKOUT

REPS: 8-15 SETS: 1-4 REST: AS NEEDED

DONKEY KICK (LEGS/GLUTES)
REVERSE WOOD CHOP (ABS/CORE)
CRUNCH (ABS/CORE)
REVERSE CRUNCH (ABS/CORE)

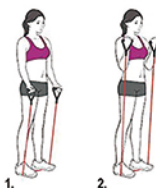
FITNESS LEVEL	RESISTANCE	REPETITIONS	SETS
BEGINNER	LIGHT	12-15 REPS	1-3 REPS
INTERMEDIATE	MEDIUM	10-12 REPS	2-4 REPS
ADVANCED	HEAVY	8-10 REPS	1-3 REPS

ARMS

BICEPS CURL

1. Stand with your feet shoulder-width apart. Place your feet over the middle of the band. Grab a handle in each hand with palms facing forward.

2. Pull your arms toward your shoulders by bending at the elbow. Pause at the top. Return and repeat.



TRICEPS EXTENSION

1. Grab a handle in each hand. Place your left foot on the band and keep your right hand by your side. Raise your right hand up and bend at the elbow. Keep your palm facing up and your elbow pointed to the ceiling.

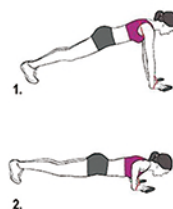
2. Extend your right arm straight up, squeezing the triceps at the top. Return and repeat.



PUSH-UP

1. Wrap the band around your back just under the armpits while holding the handles. Loop the band an extra time around each hand to tighten it. Kneel down, placing handles against the floor then get into a high plank position.

2. Slowly lower the chest down to the floor Press back up until the arms are fully extended. Repeat.

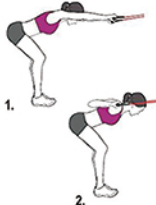


BACK

LAT PULL

1. Set up the band in a mid-high position and hold both handles. Step back until your arms are straight. With your knees slightly bent, lower your torso toward the floor.

2. Pull the handles toward you until your hands are next to your shoulders. Pause, return and repeat.



BENT-OVER ROW

1. Grab a handle in each hand and step on the band with your feet about shoulder-width apart. Hold the band at the arm's length, and bend at your hips. Lower your torso until it's almost parallel to the floor. Keep your lower back naturally arched.

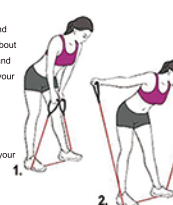
2. Squeeze your shoulder blades together and pull the band up to your upper abs. Pause, return, and repeat.



REAR DELT FLY

1. Place both feet wide on the band and grasp onto both handles, palms facing in. Bend from the waist and keep your back flat. Bring the handles to meet in the center.

2. Keeping your arms straight, raise them out to the sides by squeezing the shoulder blades together. Pause at the top. Return and repeat.

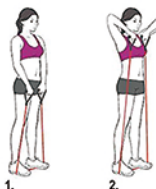


SHOULDERS

UPRIGHT ROW

1. Place your feet on the band and grasp onto the handles. Hold them together in the center with palms facing in.

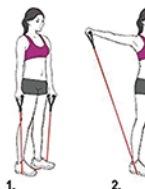
2. Row the handles up towards your chin letting your elbows flare out to the sides. Pause at the top. Return and repeat.



LATERAL RAISE

1. Place both feet on the band and grasp onto both handles, palms facing in. The further apart your feet are, the harder this will be.

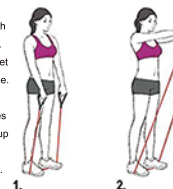
2. Keeping your arms straight, raise the handles out to the sides coming up to your shoulder height. Pause at the top. Return.



FRONT RAISE

1. Place both feet on the band and grasp onto both handles, palms facing in.

2. Raise your arms straight out in front of you and stop at shoulder height. Pause at the top. Return and repeat.



ABS + CORE

REVERSE WOOD CHOP

1. Set up the band near the floor with one handle. Hold the handle with both hands next to your hip. Take a few steps away to create tension in the band.

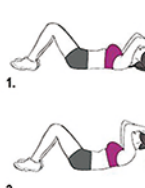
2. Keeping the arms straight and in one motion, rotate your body and bring the arms up diagonally. Rotate the hips and knees as you turn. Pause at the top.



CRUNCH

1. Use the anchor to set the band at a low position and lie with the fixed point behind you, knees bent, and feet flat. Bend your arms to hold the handles above your shoulders.

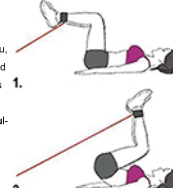
2. Keeping hands above shoulders and curling torso off the floor into a crunch. Pause at the top. Return and repeat.



REVERSE CRUNCH

1. Use the anchor to set the band at a low position and attach the ankle straps around each ankle. Scoot back to create tension in the band. Lie flat back on the floor and bend your knees at 90 degrees.

2. Lift your hips off the floor and crunch toward your chest, contracting your abs. Pause at the top. Return and repeat.



LEGS & BUTT

SQUAT

1. Holding the handles, step on the band with feet shoulder-width apart. Keep your weight on your heels and point your toes forward. Pull handles to just behind shoulders.

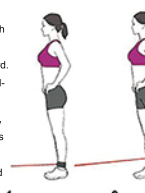
2. Maintaining the hand position, squat down by pushing your hips back and bending your knees. Pause at the bottom. Return and repeat.



KICKBACK

1. Set your band in a low position and attach an ankle strap to your ankle. Facing the fixed point, balance yourself on the other leg.

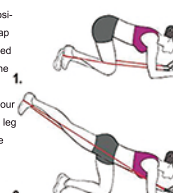
2. Keeping your head and your chest up, move the resisted leg back as far as you can while keeping the knee straight. Pause, return, and repeat. Switch legs.



KICKBACK

1. Hold the handles and place your elbows and knees on the ground. Place the band around your feet with the center of the band resting on the right foot.

2. Extend your right leg straight out behind you. Return by drawing your knee forward, but don't let it touch the ground. Repeat and switch legs.



REPS

8-15

1-4

SETS

REPS

SETS