

Shoulder (Resistance band)



With one foot out in front, place band under the arch of your foot so it can't slip out. With arms down and slightly out in front of you, as shown in pictures. Raise arms up, keeping elbows straight, until hands are even with your shoulders and drop slowly using a 3 or 4 count. Complete 3 or 4 sets of 20+ with 45 seconds between sets. Choose a light band to start.

Lunge (Resistance Band)



Again with one foot out in front of you, as shown, band under the arch. Perform a standing lunge, stop with knee two or three inches off floor. Stand up, as shown in picture two. Repeat 12+ times with each leg. Complete 3 or 4 sets with 30 second rest between sets. Again start with light band.

Bicep Curls (Resistance Bands)



Complete as many as you can in 1 minute. Do three sets, with a 1 minute rest between each set. Be sure the band is under the arch of your sneaker to ensure it can't slip out.

Reverse Bicep Curls (Resistance Bands)



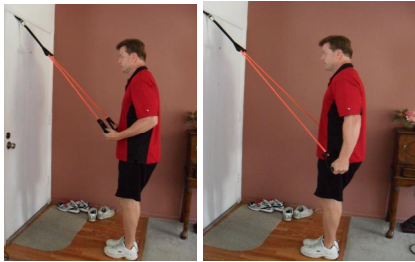
Perform this curls the same as the normal resistance band curls except with your palms down over the handles. Complete three sets of 12 – 14 with a 30 second rest between or as many as you can in 1 minute.

Chest Flys (Resistance Bands)



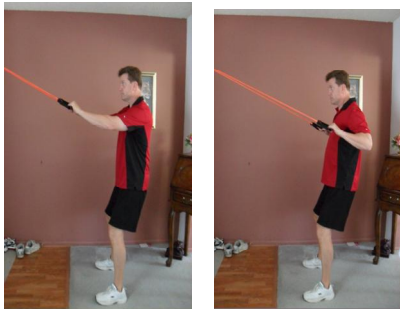
Use the attachment that came with your band. Attached band to the door or equipment if you at a gym, at the level shown in figure 1. Keep your arms out to your side, but not behind you, and with slight bend. Bring arms forward until you fingers touch still keeping your arms straight. Complete 3 or 4 sets of 20+ with 45 second rests between sets.

Tricep Bands



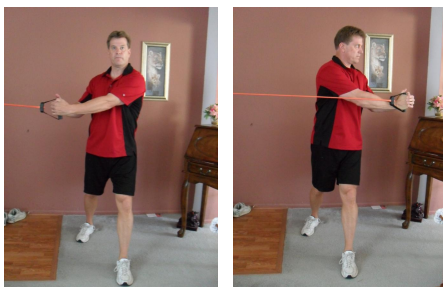
Set up bands as shown in picture. Grasp handles, palms up and elbows pulled back. Move only the arm from elbow down, not at shoulder, until arm is almost straight and slowly back up again to original position, as shown in picture. Perform three or four sets of 30+ reps, at a three count, with a 30 second rest between pictures.

Rows (Resistance Bands)



Use the attachment that came with the bands to secure the bands to a door. Notice the angle of the bands. Legs should be shoulder width apart and knees slight bent. Start with arms extended but slightly bent and pull back, using a 2 – 3 count pulling your shoulder blades together (Cracking the walnut). Complete three or four sets of 50 reps with 30 second rests between sets. Can be done standing on BOSU ball, Med Ball or foam block for added challenge.

Abs Twists (Resistance Bands)



Using the attachment that came with your band, attach to door at a level just below your chest but above your belly button. Start by standing as illustrated in figure one, leg further from door is out. Keeping arms straight and always in front of you, using only your waist, twist as shown in figure 2. Perform 3 sets of 30, each side, using a 2 count.

Single Leg Squat to Row (Resistance Band)



With band at just below chest height perform a single leg squat as shown in figure 1. Arm extended out in front with slight bend. Stand up, on one leg, slightly bent, pulling the bands back, cracking the walnut, keeping arm level as in figure 2. Perform 15 – 20 reps on each leg. Perform 3 sets with 40 second rests between. Can be done on a foam block or BOSU Ball for added challenge.

Band Hamstring/Glute



Start as shown in figure 1, chair can be used. With band attached to each ankle, keep the forward leg bent at all times, kick other leg back and up. The closer the front leg is to bench to more you involve your hamstring moving the leg farther back involves more glutes. Perform 10-15 reps with each leg. Three sets at once with 30 sec rest or between exercises.