

## 1 Lateral Raise

Stand with feet on middle of resistance band and palms holding handles in front of you. Lift arms out to your sides until they are parallel to the ground, come back down into starting position.



## 2 Chest Flys

Stand feet, hip-width apart. Wrap band around your hands to increase resistance and place just below your shoulder blades. Bring arms together in front of you and then slowly release back out to starting position.



## 3 Good Mornings

Hook your feet into the handles of the resistance band and loop it around your neck, holding onto the band with your hands. Bend forward, keeping your back straight as you lean forward. Come back up slowly completing one rep.



## 4 Overhead Tricep Exentions (both arms)

Stand with left foot in the middle of the band, grab hand with left hand and hold it just behind your ear. Extend your left arm straight up above your head, bring down slowly. Repeat with opposite arm.



# 30 Minute Full Body Resistance Band Workout

Perform 3 sets of 12-15 reps of each move with 30 seconds of rest in between.

## 5 Bent Over Rows

Stand on resistance band, feet hip-width apart, knees slightly bent. Pull arms up and release back down. Wrap band around feet to create more resistance.



## 6 Concentration Curls (both arms)

Sit with back straight on chair or exercise ball, knees at a 90 degree angle and foot on resistance band. Pull arm up toward your shoulder and release slowly back to starting position. Repeat with opposite arm.



## 7 Kneeling Glute Kick-backs (both legs)

Start on hands and knees, place resistance on middle part of foot. Extend leg out until straight and slowly bring it back to starting position. Repeat on opposite leg.



## 8 Russian Twists

Sit with knees slightly bent, resistance band resting in middle of feet and hands holding band on one side. Move hands from one side of body to other while keeping your abs in tight.

