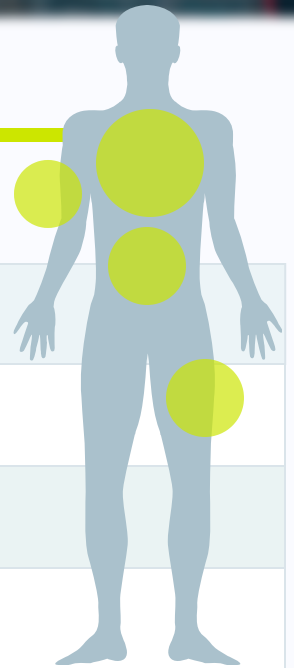


# Resistance Band Workout



## Workout



3 x 8: Band Core Rotation

3 x 8: Chest Press (Staggered legs)

3 x 8: Squat Double Arm Row

3 x 12: Double Arm Swim Pull

3 x 12: Alternating Swim Pull

3 x 8: Straight Arm Lat Pull Down

3 x 8: Military Press (Band under feet)

3 x 45 second: Side Step Squat with Band Around Thighs

3 x 12: Alternating Superman

3 x 8: Band Squat (Band on shoulders)

3 x 8: Fire Hydrant: (Band Around Thighs)

3 x 12 Bicep Curl (Band under feet)

3 x 12 Resistance Push-Up (Band over shoulders)

Abs: (30 each) V-Ups, Suitcases, Crunches, Reverse Crunches, Leg raises, Hollow Hold, Flutter Kicks, Russian Twists

# Band Core Rotation



# Chest Press



# Squat Double Arm Row



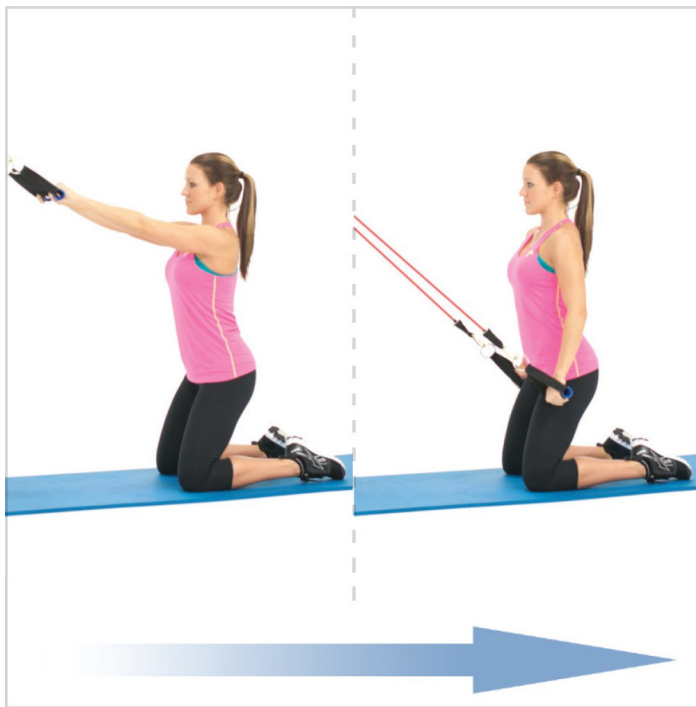
# Double Arm Swim Pull



# Alternating Swim Pull



# Straight Arm Lat Pull Down



# Military Press



# Side Step Squat



# Alternating Superman



# Squat



# Fire Hydrants








# Bicep Curl



# Push Ups



# Abs Exercises

 crunches	 reverse crunches	 flutter kicks	 sitting twists	 knee to elbow	 half wipers
 high crunches	 scissors	 elbow plank	 cross crunches	 knee-to-elbow v2	 arm / leg raises
 sit-ups	 leg raises	 L-sit	 side jack-knives	 dead bug	 wipers
 long arm crunches	 pulse-ups	 star plank	 toe taps	 plank crunches	 plank rolls
 hundreds	 bicycle crunches	 hollow hold	 sitting punches	 side plank crunches	 knee-in twists
 knee crunches	 crunch kicks	 V-ups	 side plank	 V with rotations	 climber taps