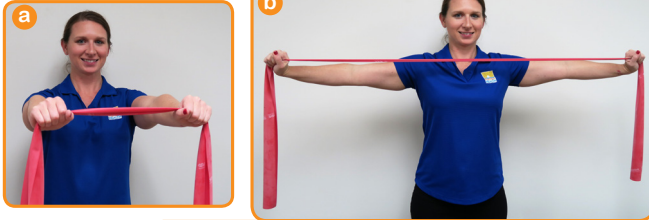


Resistance Band Workout

Warm up with a few minutes of cardio, such as marching in place or going for a walk. Do each exercise 10-15 times before moving on to the next. Complete the entire workout one to three times, depending on your fitness level. If the exercise seems too easy or too difficult, adjust the tension of the band.

1



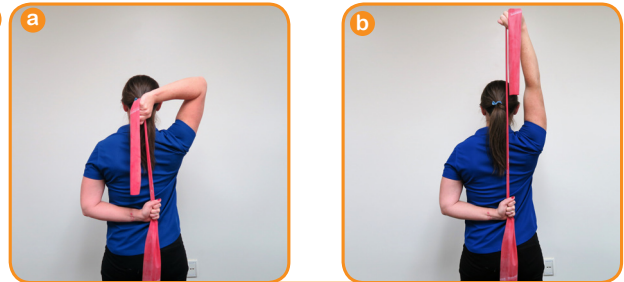
Reverse Fly

(a) Hold band in front of you, arms straight and at shoulder height. (b) Keep arms straight as you move arms out to your sides, stretching the band. Squeeze shoulder blades together. Return to start and repeat.



For exercises 3 and 4, stand on the band as shown in the picture to the left.

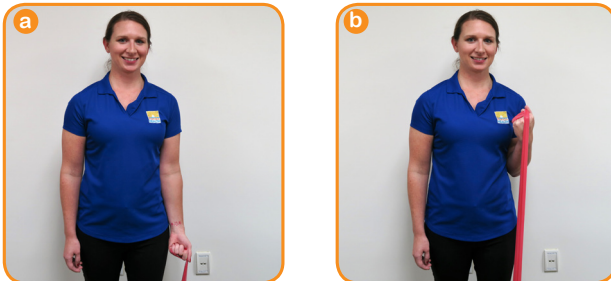
2



Triceps Extension

(a) Grab the end of the band with the right hand. Place that hand at the back of the neck, thumb facing down. Reach back with the left hand to grab onto the band near the low back or waistline, thumb facing up. (b) Keeping left hand still, extend the right hand up and straighten arm. Return to start and repeat for all reps, then switch sides.

3



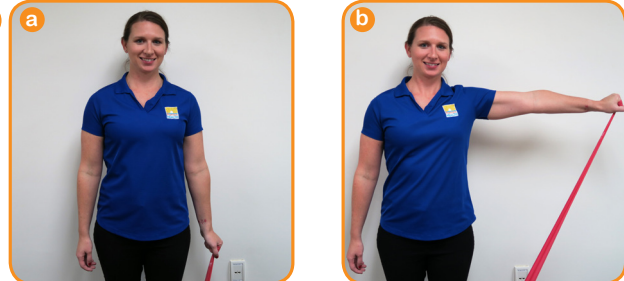
Biceps Curl

(a) Wrap one end of the band around left hand. Place the rest of the band on the floor and stand on it. Stand tall with arms at sides, left palm facing forward. (b) Keeping left arm by side, bend elbow bringing palm to shoulder. Return to start and repeat for all reps, then switch sides.



For exercises 5 and 6, ensure the band is tied securely around ankles. Be careful not to trip on excess band.

4



Shoulder Raise

(a) Wrap one end of the band around left hand. Place the rest of the band on the floor and stand on it. Stand tall with arms at sides, palms facing inward. (b) Keeping left arm straight, lift left arm up to shoulder height. Return to start and repeat for all reps, then switch sides.

5



Side Raise

(a) With feet hip-width apart, tie band securely around ankles. (b) Hold onto a chair, or something sturdy, and lift right leg out to the side, keeping leg straight. Return to start and repeat for all reps, then switch sides.

6



Rear Raise

(a) With feet hip-width apart, tie band securely around ankles. (b) Hold onto a chair, or something sturdy, and lift right leg back, keeping leg straight and engaging the glute. Return to start and repeat for all reps, then switch sides.

Disclaimer: This workout was designed by a certified Group Fitness Instructor. Not all exercises are suitable for everyone and this or any other exercise program may result in injury. Always consult a physician before beginning an exercise program.