

21 RESISTANCE BAND WORKOUT CHART

To get the most effective exercise with resistance bands, perform these exercises with 5 sets each side, 12 repetitions each set. Band tension is key to achieve maximum results. You should feel tired and have difficulty reaching 12 repetitions by the end.

LOWER BACK



Single Leg Dead Lift

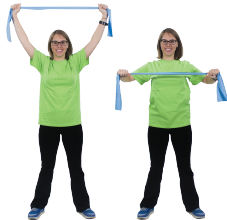
Put band under one foot, raise other foot off ground. Hold band at knee level. Keep back straight, bend at hips until back is parallel with ground. Return to standing position.



Dead Lift

Place band under feet. Keep back straight, knees bent slightly and hands at shin level. Stand up straight with chest outward.

BACK



Lat Pull Down

Hold band above head, more than shoulder width apart. Pull down and out to the side like a pull up squeezing shoulder blades together. Stop at chest level.



Row Standing

Hold band straight out (one fist width between hands). Pull band apart to shoulder width and row towards chest, squeezing shoulder blades together.



Pull Hang

Place band under feet. Hold band with over hand grip at hip level. Bend knees slightly then lift upward toward shoulders.



Reverse Fly

Seated, keep back straight. Place band under feet and crossed to opposite hand. Lift out towards the side.

CORE



Obliques/Abs

Place one end of band under one foot. Grab other end of band with hand on same side. Pull using core and bend to the side.



Roll Up Cross

Lie flat on ground. Loop band around feet and cross ends to opposite hands. Crunch up with abs while raising arms with band up and out.



Leg Raises V

Put feet together, legs off ground 12 inches. Loop band around feet, hands at pelvis. Raise legs and torso to form a V and return.

CHEST



Bench Press

Band wrapped around back, lay on the ground. Grip band right above chest level and push up like doing a bench press.



Prayer Push Out

Wrap band around back at chest level. Place the two ends between palms. Squeeze palms together as you push out away from chest.



Incline Chest Press

Stand in lunge position, front leg slightly bent, back leg straight. Place band under back foot. Hold at chest height and push up and out.

SHOULDERS



Lateral Deltoid Raises

Place band under foot, gripping band at hip level. Start at side and raise straight out to the side. Go as far as you can.



Anterior Deltoid Raises

Place band under foot, gripping band at hip level. Start at side and raise straight in front of you. Go as far as you can.

ARMS



Triceps

Hold one end of band against chest. Grip other end with other hand, elbow bent. Extend elbow upward and away from your center.



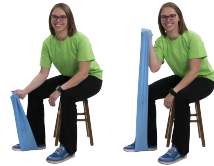
Shrug

Place band under foot, stand with back straight. Grip band with hand at side. Shrug your shoulders for 1 second, then release.



Rotator Cuff

Place band under foot, back straight, shoulder raised to 90 degrees and elbow bent 90 degrees. Rotate upward keeping elbow square.



Biceps

Seated, keep back straight. Place band under one foot. Hold band at side of hip with palm facing up. Curl band upward.

LEGS



Squat

Loop band under feet and hold at sides. Lower yourself, bending at knees, keeping back straight. Stop when thighs are parallel to ground.



Calf Raise

Loop band under feet. Hold band at sides and raise onto toes. Band tension should be high before going up onto toes.



Lunge

Stand in lunge position, loop band under front foot. While grasping band bring hands up to shoulders. Then lunge without moving arms.