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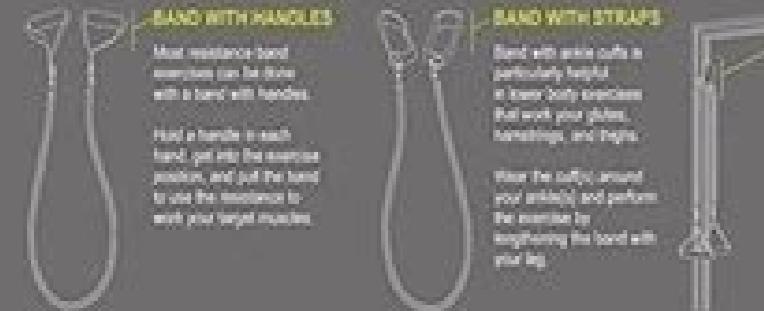
## Resistance tube exercises chart



# RESISTANCE BAND WORKOUT

## GETTING STARTED

WHAT YOU NEED



### SAMPLE WORKOUTS

#### FULL BODY WORKOUT

#### CORE WORKOUT

Days 8-11 (3x 1-4 sets as needed)

- Squat (beginner)
- Bent-Over Rows (beginner)
- Push-Up (intermediate)
- Lateral Raise (intermediate)
- Reverse Wood Chop (intermediate)
- Crunch (advanced)
- Reverse Crunch (advanced)

Fitness Level	Resistance	Repetitions	Sets
Beginner	Light	10-15 reps	1-2 sets
Intermediate	Medium	10-15 reps	2-4 sets
Advanced	Heavy	6-10 reps	1-2 sets

## ARMS

### Biceps Curl

1. Stand with your feet shoulder width apart. Place your foot over the middle of the band. Grasp a handle in each hand with your arms bent forward.
2. Pull your arms toward your shoulders by bending at the top. Return and repeat.

### Triceps Extension

1. Grasp a handle in each hand. Place your left foot on the band and keep your left hand by your side. Place your right foot on the floor. Keep your arms facing up and elbow points to the ceiling.
2. Extend your right arm straight, keeping the traps at the top. Return and repeat.

### Push-up

1. Wrap the band around your back just under the armpits while holding the handles. Keep the band as tight as possible. Bend at the waist to tighten it. Kneel down, placing handles against the floor. Place a mat or a thick pad underneath.
2. Slowly lower chest down to the floor. Press back up until arms are fully extended. Repeat.

## BACK

### Lat Pull

1. Set up the band in a high position and hold both handles. Step back until your arms are straight, with your torso slightly angled away from the floor.
2. Pull the handles toward you until your hands are next to your shoulders. Pause, return, and repeat.

### Seated Row

1. Set up the band in each hand and sit on the floor with your feet flat. Hold the band with your feet and place them on your hips. Lower your torso until it's almost parallel to the floor. Your back naturally arches.
2. Squeeze your shoulder blades together and pull the band up to your upper abs. Pause, return, and repeat.

### Rear Delt Fly

1. Grasp both ends of the band and grasp onto both handles, palms facing in. Bend from the waist and place your feet on the floor. Bring the handles to meet in the center.
2. Keeping your arms straight, raise them out to the sides, increasing the shoulder blades toward your back. Pause at the top. Return and repeat.

## SHOULDERS

### Upright Row

1. Place your feet flat on the floor and grasp onto both handles. Hold the band with your feet and place them on your hips. Turn your torso to the side.
2. Raise the handles toward your shoulders, with your arms straight. Return to the starting position. Pause at the top. Return and repeat.

### Lateral Raise

1. Place both feet flat on the floor and grasp onto both handles, palms facing in. The further apart your feet, the better.
2. Keeping your arms straight, raise the handles, not to the sides, coming up to your shoulder height. Pause at the top. Return and repeat.

### Front Raise

1. Place both feet flat on the floor and grasp onto both handles, palms facing in.
2. Raise your arms straight out in front of you and stop at the shoulder height. Pause at the top. Return and repeat.

## ABS + CORE

### Reverse Wood Chop

1. Set up the band near the floor with one hand. Hold the band with your feet and turn your hip. Take a few steps away to create tension.
2. Keeping the arms straight and tension, rotate your body and bring the band up diagonally. Rotate the band around your hip. Return and repeat.

### Crunch

1. Use the anchor to set the band at a low position and attach the handles around each ankle. Sit on the floor and hold the band with your shoulders.
2. Keeping hands above shoulders and just less off the floor into a crunch. Pause at the top. Return and repeat.

### Reverse Crunch

1. Use the anchor to set the band at a low position and attach the handles around each ankle. Sit on the floor and hold the band with your shoulders.
2. Lift your hips off the floor and crunch toward your chest, contracting your abs. Pause at the top. Return and repeat.

## LEGS & BUTT

### Squat

1. Holding the handles, step on the band with feet shoulder width apart. Place your weight on your heels and point your toes forward. Pull handles to pull behind shoulders.
2. Maintaining the band tension, push your hips back and bending your knees. Pause at the bottom. Return and repeat.

### Kickback

1. Set your band on a low position and attach an ankle strap to the band. Place the band around your feet with the center of the band resting on the right heel.
2. Keeping your head and your chest up, move the selected leg back as far as possible. Return to the starting position. Keep your knee straight. Pause, return, and repeat. Switch legs.

### Donkey Kick

1. Hold the handles and place your shins and ankles onto the band. Place the band around your feet with the center of the band resting on the right heel.
2. Extend your right leg straight out behind you. Return to the starting position. Keep your knee toward, but don't kick toward the ground. Repeat and switch legs.

REPS 8-15 | 1-4  
SETS REPS | SETS

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Resistance tube band exercises chart. Spri resistance tube exercises. Resistance tube exercise chart. Resistance tube exercises for belly fat.

Holding one end in each hand, drive up and away from the floor. But you've probably not got one of those at home. Place your feet in split stance (one foot forwards and one foot backwards). But you can still work your chest without having to fill your living room with metal. Lie flat on your back with a resistance band running under your shoulder blades. Try for two seconds up and four seconds down, to feel a muscle-building burn deep in your shoulders. Resistance Band Bicep Curls Simple but reliable, the bicep curl does exactly what it promises: builds serious arms. Stand on the band, shoulder width apart, then lift both handles to your side and curl the bands up, squeezing the biceps at the top of the movement. Shilliday. The smart way to tighter sleeves is to hit your tris hard. And the kickback is pretty much the best isolation move there is. Anchor the band at around waist height and use a door jammer if you've got one, or loop it round a doorknob and then step back until you feel some resistance. At the top of the squat shift your body weight to one side, lifting the opposite leg as high as you can away from the body. What to Look for in Resistance Bands As with any kit, it pays to do your due diligence when investing in bands. The last thing you want is a band that's going to snap. Bend at the waist and hold the band in one hand, arm bent and fist near your shoulder. Breathe in, brace your core and drive your arms straight up, locking your elbows. Try not to fall over before lowering yourself into the next squat, and switching legs. Struggling to nail a clean squat? If you're letting the tension in the band on the work, you're not getting the full benefit. Resistance Band Squat and Side Lift This squat variation targets your hamstrings, glutes, adductors and core for a movement that builds muscle, balance and mobility. Stand with the band under both feet. begins Lines. Grab the band with EHT OD REDLUOHS RUOY TEL DNA TS TI PEEK . NIHIC Ruoy HTW Level Er'yeht Litnu Sdnah Ruoy Tfli DNA "e'c Gngnivns on" e'c Ruoy Ecarh. Reymaj Rood Onah. 1. Set up the band near the floor with one hand. Hold the band with your feet and turn your hip. Take a few steps away to create tension. 2. Keeping the arms straight and tension, rotate your body and bring the band up diagonally. Rotate the band around your hip. Return and repeat. 3. Maintaining the band tension, push your hips back and bending your knees. Pause at the bottom. Return and repeat. 4. Maintaining the band tension, push your hips back and bending your knees. Pause at the bottom. Return and repeat. 5. Maintaining the band tension, push your hips back and bending your knees. Pause at the bottom. Return and repeat. 6. Maintaining the band tension, push your hips back and bending your knees. Pause at the bottom. Return and repeat. 7. 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