

RESISTANCE *Band* Workout

Total Body	Thruster	Upper Body	Curl	Standing Chest Press	Chest Fly	Push-up
Upper Body	1-Arm Lat Pulldown	Lat Pulldown	Tricep Pushdown	Tricep Kickback	Tricep Extension	
Upper Body	Pulldown	Shoulder Press	Upright Row	Face Pull	Shoulder Rotation	
Upper Body	Front/Side Raise	Core	Kneeling Crunch	Crunch	Reverse Wood Chop	Twist
Core	Russian Twist	Bicycle	Reverse Crunch	Sit-up	Side Bend	
Back	Row	Back Fly	Bent-over Side Raise	Bent-over Row	Lower Body	Squat
Lower Body	Leg Lift	Romanian Dead Lift	Hamstring Curl	Abduction	Adduction	
Lower Body	Standing Kickback	Calf Extension	Pull Through	Hip Flexer	Lunge	

8 RESISTANCE BAND GLUTE EXERCISES FOR YOUR BEST BUTT EVER



Lying Side Leg Raises



Hip Bridge with Pulse



Kneeling Banded Kickbacks



Single Leg Deadlift



Squats



Leg Side Abduction



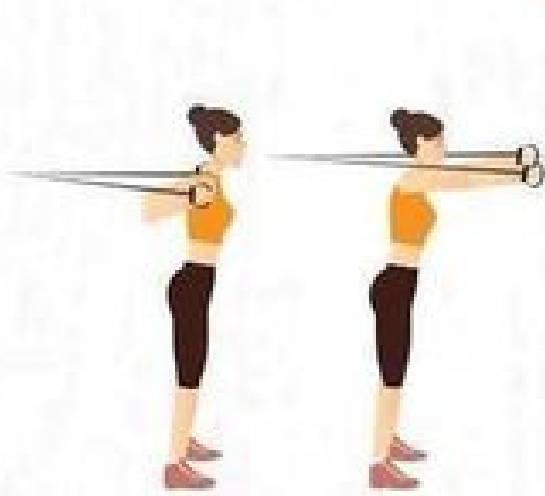
Kick Butt Extension



Jump Squats

PERFORM 3 SETS OF 15-20 REPETITIONS EACH

FULL BODY RESISTANCE BAND WORKOUT



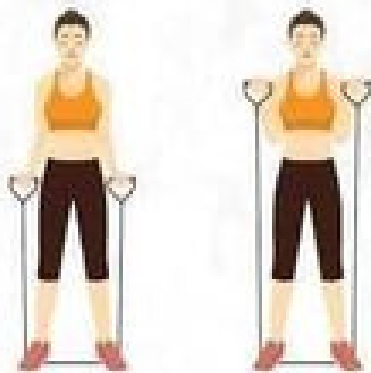
CHEST FLYS
3 SETS X 12 REPS



SQUAT
3 SETS X 12 REPS



SHOULDER PRESS
3 SETS X 10 REPS



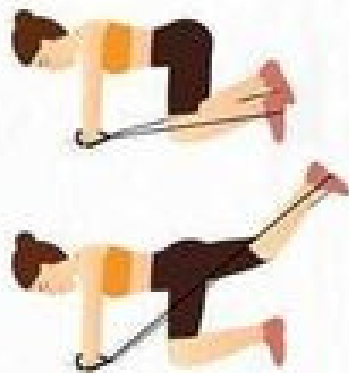
BICEP CURL
2 SETS X 15 REPS



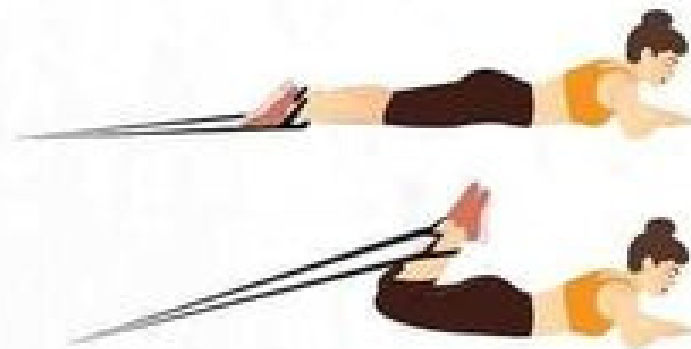
TRICEP EXTENSION
2 SETS X 15 REPS



BENT OVER ROW
3 SETS X 10 REPS



DONKEY KICKBACK
2 SETS X 12 REPS



HAMSTRING CURLS
2 SETS X 12 REPS