

RESISTANCE BAND WORKOUT

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1 CHEST / Chest Press



3 BACK / Arm Pulldown



2 CHEST / Chest Fly



4 BACK / Back Row



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5 LEGS / Squat



7 SHOULDERS / Shoulder Press



6 LEGS / Lunge



Beginner variation: do not use resistance band



8 SHOULDERS / Lateral Raise



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9 BICEPS / Biceps Curl



11 ABS / Ab Crunch



10 TRICEPS / Triceps Extension

12 LOW BACK / Lumbar Stabilization

RESISTANCE BAND WORKOUT – Alternative Exercises

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A CHEST / Incline Chest Press



C BACK / Bent-over Row



B CHEST / Push-up



Variation: perform push-up on knees



D BACK / Reverse Fly

RESISTANCE BAND WORKOUT – Alternative Exercises

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E LEGS | Hip Extension



G SHOULDERS | Front Shoulder Raise



F LEGS | Leg Press



H SHOULDERS | Upright Row

RESISTANCE BAND WORKOUT – Alternative Exercises

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I BICEPS | Hammer Curl



K ABS | Trunk Twist



J TRICEPS | Triceps Kickback



L LOW BACK | Bridge

Instructions

Perform 1–2 sets, 8–12 repetitions of each of the following 12 exercises in succession. Rest 30–60 seconds between sets. Alternative exercises (labeled A–L) can be done in addition to, or in place of, exercises 1–12.

Use correct form and technique – slow, under control, full range of motion, and breathe out on exertion.

Warm up prior to workout, cool down/stretch after.

Safety Guidelines

Remember to consult your physician for medical clearance prior to starting any exercise program.

Exercise at your own pace and to no more than discomfort. Do not participate if you have any injuries or medical conditions that may be adversely affected.

Discontinue exercising should you experience any abnormal response such as muscle, joint, or bone pain, chest pain or tightness, or shortness of breath, and seek medical attention immediately.

Caution: To prevent injury, inspect the band before use and discard any with cut/nick and replace with a new one. Do not stretch beyond 300% elongation, ie. less than 4x the original length.