

Resistance Band Whole-body 1

31 min · Abs, Arms, Chest, Legs, Shoulders

It is always good to start with a warm up, to get the joints moving, the heart rate to rise and the body ready for the effort. The oxygen flow is increased too. Try to time all the exercises to get the maximum out of the workout. Sheet 1 is warm-up, then workout, sheet 3 cool-down

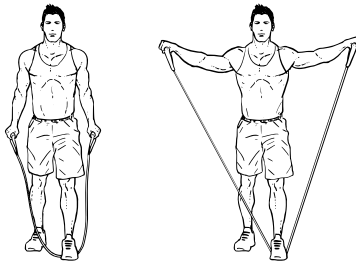
High Knees



1 sets 60 secs

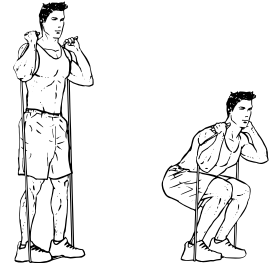
Warm up

Resistance Band Lateral Raises



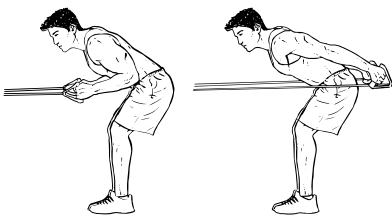
3 sets 10 reps 30 sec rest

Resistance Band Squats



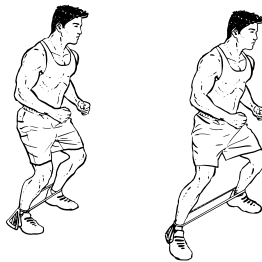
3 sets 10 secs 30 sec rest

Resistance Band Tricep Kickbacks



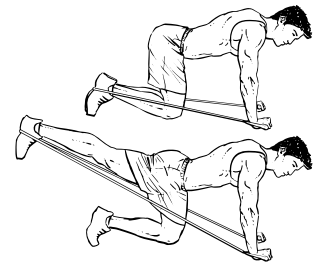
3 sets 10 reps 30 sec rest

Resistance Band Side Steps



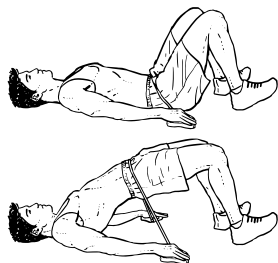
3 sets 20 reps 30 sec rest

Resistance Band Glute Kickbacks



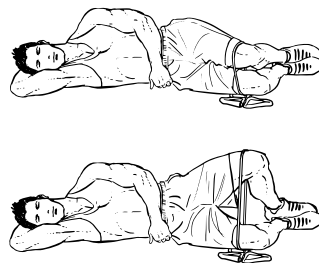
3 sets 20 reps 30 sec rest
10 each side

Resistance Band Glute Bridges



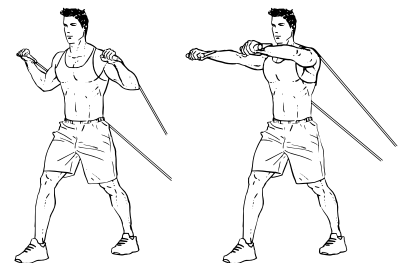
3 sets 20 reps 30 sec rest

Resistance Band Clam Shells



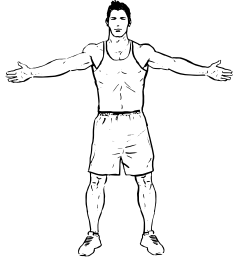
3 sets 10 reps 30 sec rest
10 reps each side

Resistance Band Chest Press



3 sets 10 reps 30 sec rest

Wide Arm Chest Stretch



20 secs

Standing Quadricep Stretch



20 secs

20 sec each side

Shoulder Stretch



20 secs

Straight-Leg Calf Stretch



20 secs

20 sec each side