

### Beginner

| Exercise                            | Sets | Reps  |
|-------------------------------------|------|-------|
| Bodyweight Squat                    | 1-2  | 15-20 |
| Band (Tubing) Chest Press           | 1-2  | 15-20 |
| Sliding Hamstring Curl              | 1-2  | 15-20 |
| Seated Band (Tubing) Row            | 1-2  | 15-20 |
| Seated Band (Tubing) Shoulder Press | 1-2  | 15-20 |
| Biceps Band (Tubing) Curl           | 1-2  | 15-20 |
| Triceps Band (Tubing) Kickbacks     | 1-2  | 15-20 |
| Abdominal Crunch / Floor Heel Reach | 1-2  | 15-30 |

\*Equipment required: Exercise Band (Tubing)  
Small Towel

