

Beginners Resistance Band Workout

Fat Loss After 50

- Perform each exercise for 10–12 reps
- Complete 2 rounds with 30–60 seconds rest between moves
- Do this workout 2–3 times per week

Band Squats – Step on the band with feet shoulder-width apart, hold handles at shoulders, and squat down keeping chest tall.

Seated Rows – Sit on the floor with legs straight, loop the band around your feet, hold ends, and pull elbows back while squeezing shoulder blades.

Bicep Curls – Stand on the band with feet hip-width apart, hold handles, and curl hands toward shoulders.

Overhead Press – Stand on the band, hold handles at shoulder height, and press arms overhead.

Glute Bridges with Band – Place the band just above your knees, lie on your back with feet flat, push knees outward, and lift hips to squeeze glutes.

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