



Resistance Band Full Body Workout

Do 2-3 set of 10 reps for each exercise

Shoulder Press:
Activates Deltoids
Do not lock elbows at the top



Chest Press:
Activates Pectorals, Deltoids, and Triceps
Make sure the band goes on the outside of elbows



Arm Curl:
Activates Biceps
Keep elbows tight to body



Body Squat:
Activates Quadriceps and Hamstrings
The wider your stance the more resistance you will have



Side Lateral Raise:
Activates Abduction of the Deltoid
Keep arms straight



Lunge with a Shoulder Press:
Activates the Hamstrings, Quadriceps and Deltoids.
Try not to let your front knee go over your toes.



Arm Extension:
Activates Triceps.
Keep elbows tight to your head

