

TOTAL BODY BAND WORKOUT

WARM UP



ARM CIRCLES

1 Set

10 Reps

10 Sec Rest

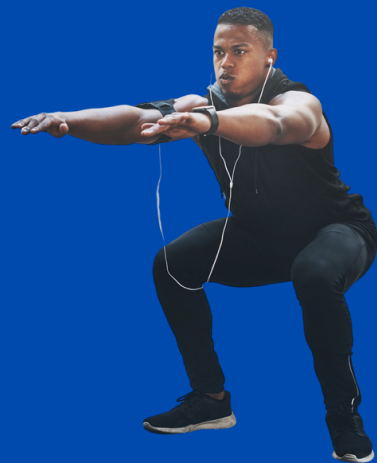


PULL APART

1 Set

10 Reps

10 Sec Rest



AIR SQUAT

1 Set

10 Reps

10 Sec Rest

RESISTANCE TRAINING



REVERSE LUNGE

3 Sets

12 Reps Each

30 Sec rest



DEADLIFT

3 Sets

15 Reps

30 Sec rest



BENT OVER ROW

3 Sets

15 Reps

30 Sec rest



LATERAL RAISE

3 Sets

15 Reps Each

30 Sec rest



TRICEP EXTENSION

3 Sets

15 Reps Each

30 Sec rest



BICEP CURLS

3 Sets

15 Reps

30 Sec rest

CORE & COOL-DOWN



PALLOF PRESS

2 Set

8 Reps Each



INCLINE PLANK

2 Set

30 - 60 Sec



CHEST STRETCH

1 Set

30 Sec



QUAD STRETCH

1 Set

30 Sec Each



CROSSOVER FORWARD BEND

1 Set

30 Sec Each



SEATED FIGURE 4 STRETCH

1 Set

30 Sec