

Basic Resistance Band Program

Consult your doctor before starting any fitness program.

Beginner wall push-up (chest, shoulders, triceps)



Face a wall. Place your band around your back and under your arm pits. Standing a little farther than arm's length away, feet shoulder-width apart, lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Advanced Push-up (chest, shoulders, triceps, abs)



Hold on to your resistance band and loop the band behind your back and under your arm pit. Assume a plank position with your hands on the floor so that they're slightly wider than your shoulders. Your body should form a straight line from your ankles to your head. Squeeze your glutes and pull your bellybutton back to your spine as if there were a string pulling it to your spine. Maintain these contractions for the duration of this exercise. Slowly lower your body until your chest nearly touches the floor. Pause at the bottom. Push yourself back to the starting position without locking your elbows out. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Chest Fly (chest)



Take the band behind your back and under your arm pits. Hold on to each end of the resistance band like an airplane. Imagine that you're hugging someone and touching your wrist together while keeping your arms straight. Squeeze the chest for 3-4 seconds. Return to the starting position slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Seated Back Row (upper back, mid back, biceps)



Sit upright on the floor with your legs straight out. Wrap an exercise band around your feet and hold the ends in each hand. Contract your back muscles by drawing your shoulder blades together as you start bending your elbows to row pulling your hands next to your hips. Hold and squeeze 3-4 seconds. Slowly release and return to the start. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Alternating Single Arm & Leg Superman (lower back, upper back, glutes)



Lay flat on your stomach with your face towards the floor and arms stretched out...you want to keep your core (lower back and lower abs) in the stationary position...make sure you lift your RIGHT arm and LEFT leg simultaneously to maximize the effectiveness of the exercise...hold for 10 seconds...lower slowly...now lift your LEFT arm and RIGHT leg simultaneously...hold for 10 seconds...lower slowly...repeat 3 times on each side

Front Shoulder Raises (front deltoids)



Stand on the resistance band with the band under your front foot. Hold the band in front of your waist or thighs with your palms facing each other. Keeping your abdominal muscles and your back muscles tight while lifting the band directly in front of you with your arms straight. Stop once you reach the level of your shoulders. Hold the contraction at the top for 3-4 seconds, keeping your core muscles tight. Return the weight to the starting position slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Side Shoulder Raises (side deltoids)



Place the band under both feet evenly. Step forward with the right and slowly raise your arms up from the sides of your body. Once your arms reach parallel with the floor, hold the top contraction for 3-4 seconds and lower back to starting position, slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Rear Shoulder Raises (upper back and rear shoulders)



Place the band under the front foot, step into a slight lunge, bend your front knee slightly and hinge forward from the waist keeping your back long and abs tight. Open your arms straight out to the sides until hands come to shoulder height. Hold and squeeze the contraction for 3-4 seconds. Start back to the start position slow and controlled That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Bicep Curl



Stand with the front foot on the resistance band holding the band next to your sides with palms facing each other. Glue your elbows to your sides. Slowly curl hands up to shoulders, squeezing biceps and keeping elbows glued to your sides. Hold the contraction for 3-4 seconds. Start back to the starting position slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Tricep Pulldown



Stand with a wide stance. Hold your band in the middle at your heart with your left hand. Grab the band about 4"- 6" apart with your right hand and glue your elbow to your side. Start to pull down while flexing the back of your right arm (tricep muscle). Hold the contraction at the bottom for 3-4 seconds. Start back to the starting position slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets. Switch and repeat on opposite side.

Seated Leg Extension (quads)



Sit on the edge of a chair or couch, feet flat and back straight. Place one end of the resistance band under your right foot. Hold the band with each hand while slowly extending your right foot until your leg is straight, squeezing the top of your leg (quad). Hold the contraction for 3-4 seconds. Start back to the starting position slow and controlled. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets. Switch and repeat on opposite side.

Wall Squats (inner thighs, quads, hamstrings, and abs)



Squat down by pushing your hips back against the wall. Keep your heels flat and knees out in line with ankles. Hold your arms out for balance. Pause for up to 10 seconds. Slide back up the wall to the starting position. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Prone Leg Curl (hamstrings)



Make a small loop with your band and place it around your toes. Lay on your belly and place your elbows under shoulders, head and spine in line with your back. Start to curl your heel towards your butt. Squeeze your hamstring when your leg is at 90 degrees. Hold contraction for 3-4 seconds. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets. Switch and repeat on opposite side.

Clam Shells (side glutes)



Lie on one side with your elbow under your shoulder, knees bent at a 45-degree angle, legs and hips stacked. Contract your abdominal muscles to stabilize your core. Keep your feet in contact with one another as you raise your upper knee as high as you can, without moving the hips or

pelvis. Squeeze at the top of the contraction for 3-4 seconds. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets. Switch and repeat on opposite side.

Glute Bridges



Lay flat on your back with your knees bent. Place the band tightly across your hips. Raise your hips high to the ceiling while pushing through your heels. Squeeze your glutes at the top of the contraction for 3-4 seconds. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets.

Standing Glute Kickback



Make a small loop with your band and tie it off. Put the band around your ankles. Standing straight up with your hands on the wall shoulder height, keep your leg straight and kickback as far as you can without leaning forward. Squeeze your butt cheek (glute) at the top of the contraction for 3-4 seconds. Slowly lower leg. That's 1 rep. Aim for 10-15 repetitions and 1-3 sets. Switch and repeat on opposite side.

Regular Plank



Hold for 1 minute

Elbow Plank



Hold for 1 minute

Side Plank



Hold for 30 seconds. Switch sides and repeat.

Repeat above planks for 2-3 rounds

Plank Knee-ins (advanced exercise)



Try to do 10-15 reps with one leg then switch sides

We also recommend purchasing a Bender Ball and video from Amazon for \$12.99

