LOWER BODY

BAND WORKOUT GUIDE

1. **Lateral walk**
   - Start in a lunge with left foot forward, band around thighs. Stay low with chest lifted as you step right foot into a cross over lunge position.

2. **Curtsy lunge**
   - In half-squat position, lift right foot and take one step to the right, followed by the left foot. Then, reverse the movement.

3. **Clamshell**
   - On left side with band around thighs, and upper body propped on left forearm. Bend legs so knees face forward. Lift top knee as far as you can toward ceiling, then lower back to start.

4. **Deadlift**
   - Standing with feet hip-distance apart, grab the band at the top, wrap around foot arches. Keep arms straight and push hips backwards.

5. **Glute bridge**
   - Wrap band around thighs and lie on back with knees bent and feet flat on the floor. Press into heels and squeeze glutes to raise hips toward ceiling. Then press knees out wide.

6. **Football shuffle**
   - Run in place as quickly as you can while keeping tension on the band feet slightly wider than hip-width.

7. **Bicycle**
   - With band around feet, hands on floor at sides, curl head, neck, and shoulder blades up to look forward. Pull left knee in towards chest while extending right leg. With the same position switch legs.

8. **Banded donkey kicks**
   - Get down on all fours, wrap band around left ankle and the other end wrap around right foot arch. Kick right foot up toward ceiling. Switch legs and repeat.

9. **Hamstring walk out**
   - Wrap band around thighs, lie down on back, bend knees, plant feet, and lift hips into the air. Keep hips still, inch your way with each foot until knees are fully extended.
**UPPER BODY**

**BAND WORKOUT GUIDE**

**Open-and-close**
Put band around wrists, elbows bent slightly below shoulder height, palms up. Open the hands out an inch, then close in an inch.

**Draw-the-sword**
From a kneeling position, left foot forward, place one part of the band under left foot and the other part in right hand. Pull right elbow toward right shoulder.

**Lunge row**
In lunge position with left foot forward, right foot back. Place one part of the band under left foot, and the other part in right hand. Pull the band with right hand to right hip.

**Triceps extension**
Band in hands, stand feet hip-width apart and hinge forward, keeping back flat. Cross left hand over right shoulder. Extend right arm long, stretching band, then bend it back in.

**Band pull-aparts**
With band around thumbs, stand hip-width apart, arms extended in front of you. Repeatedly pull the band an inch out and in.

**Lat pull downs**
With band around thumbs, arms overhead, pull band apart. Pull right elbow down as the left arm stays extended overhead, then extend arm back overhead.

**Standing band rows**
Stand with arms extended forward at shoulder height, band around thumbs. Keeping left arm extended, pull right elbow back, alternate each side.

**Lateral bear crawl**
Loop band around wrists. From tabletop position, without knees touching the floor. Take two steps right, then two steps left.

**Uneven push-ups**
Start in a kneeling pushup, band on wrists. Step forward with left hand. Lower into pushup. Reverse move to return to start and alternate arms.