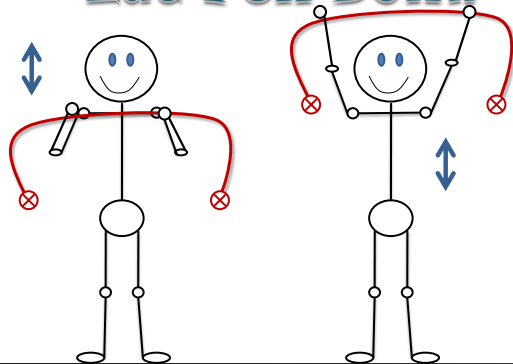




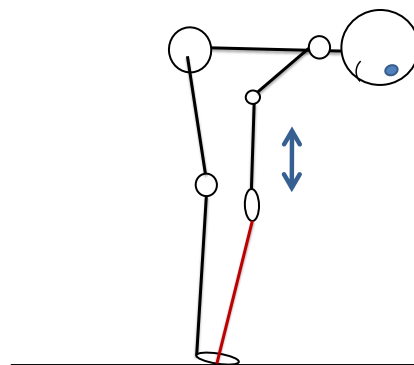
Lat Pull Down



1. Start with hands shoulder width part.
2. As you straighten your arms above your head, stretch the band till you feel resistance.
3. Lower back to start position.



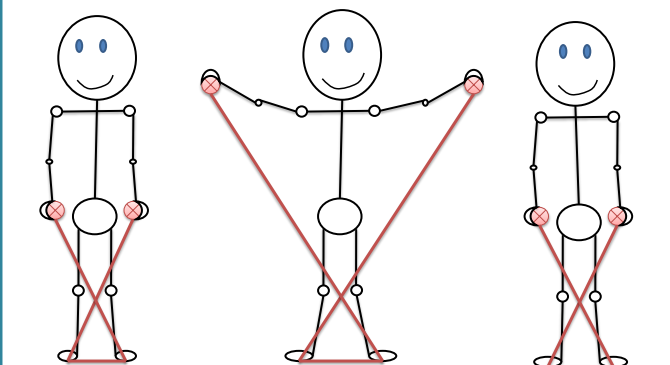
Bent Over Row



1. Raise band to shoulder level.
2. Return to start position.



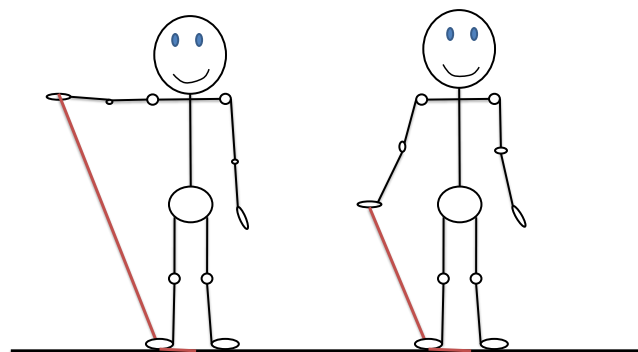
Cross Lateral Raise



Modification: Perform one arm at a time.



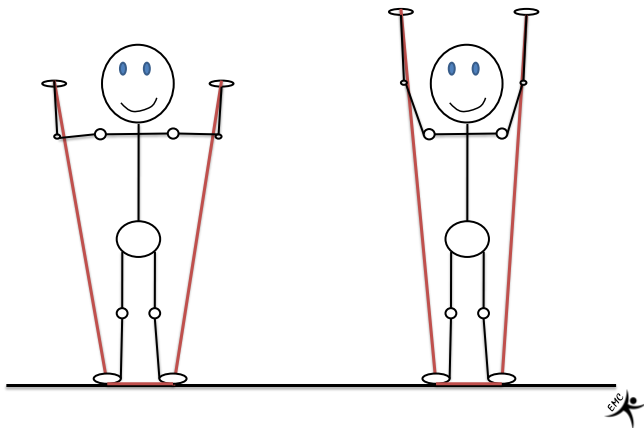
Single Arm Lateral Raise



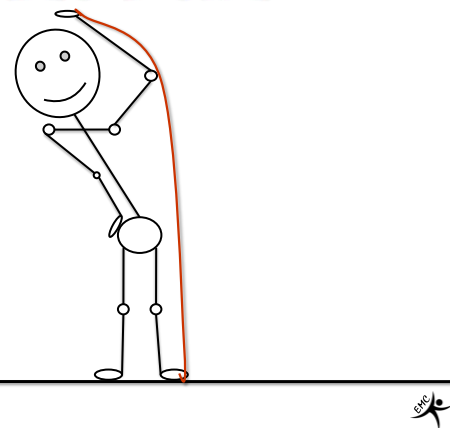
Challenge: Perform a lateral raise with both arms.



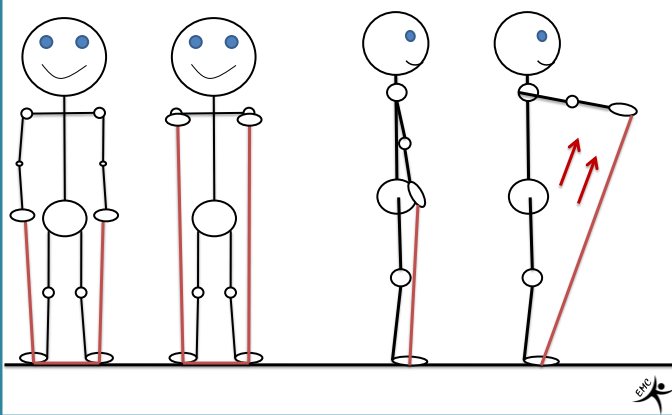
Overhead Press



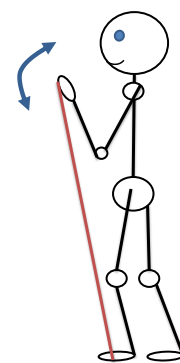
Side Bend



Front Raise

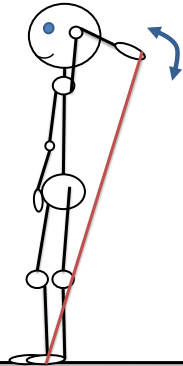


Bicep Curl

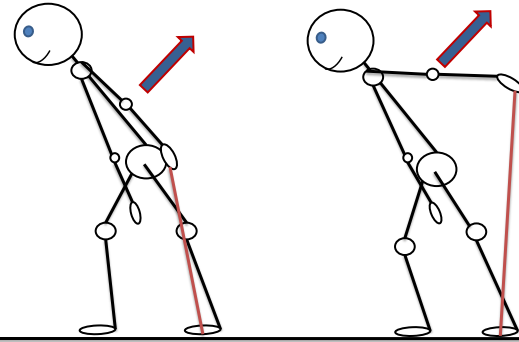


Modification: Use one arm at a time.

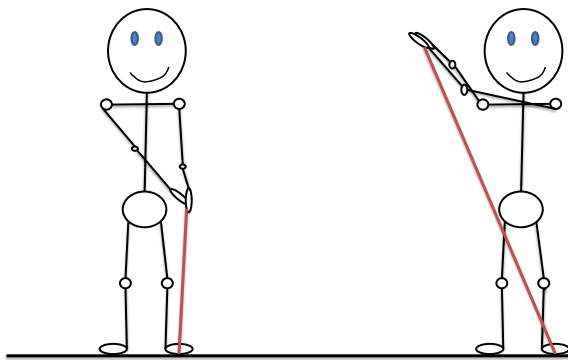
Tricep Extension



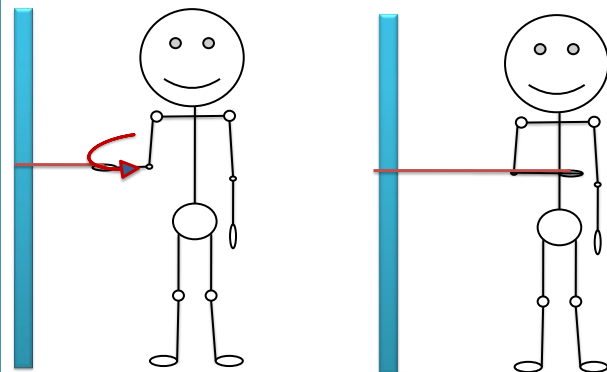
Tricep Kickback



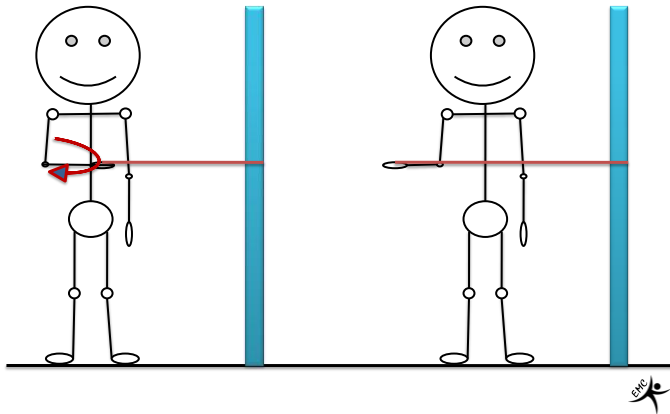
Chop



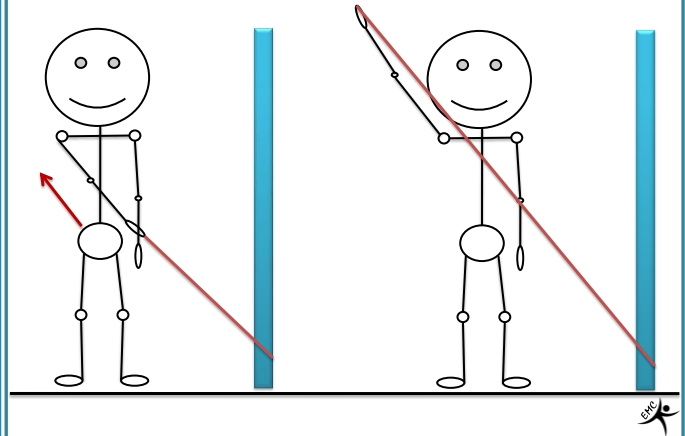
Shoulder Internal Rotation



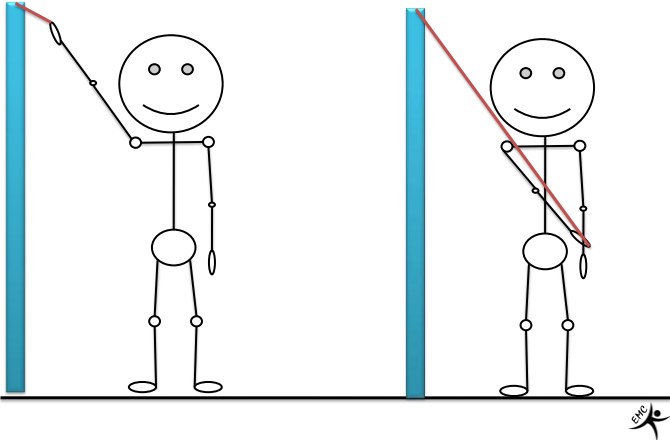
Shoulder External Rotation



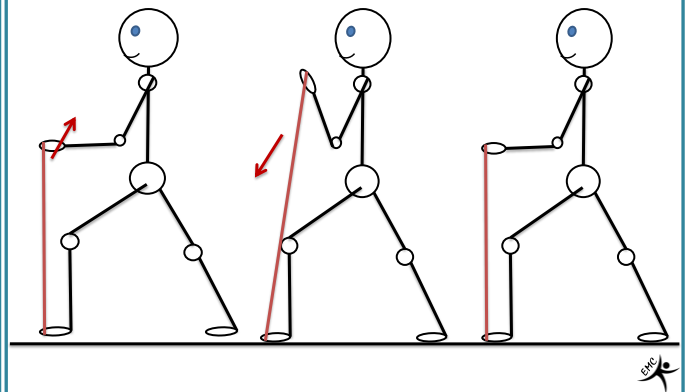
Diagonal Flexion



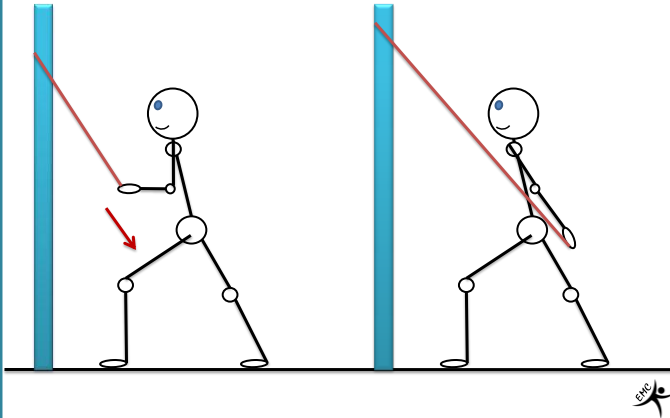
Diagonal Extension



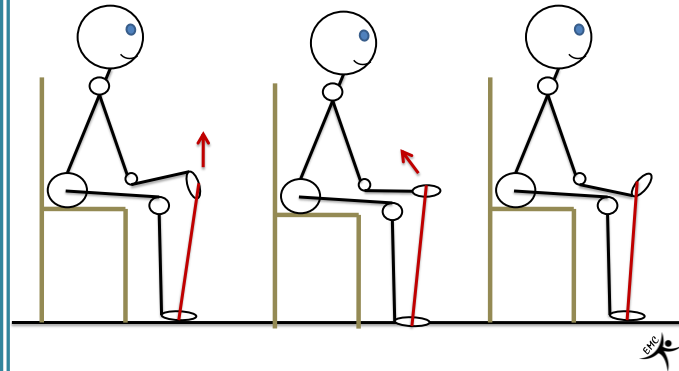
Elbow Curl



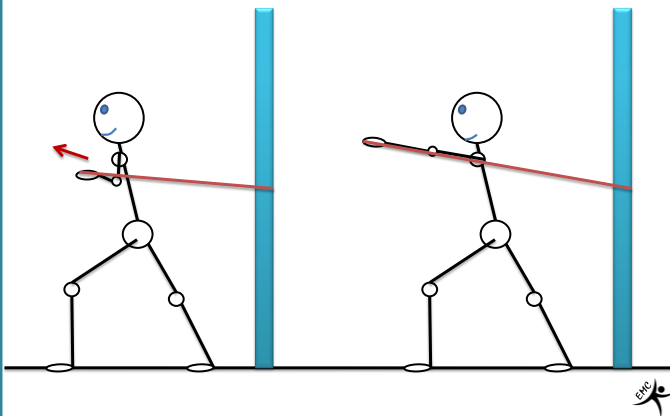
Elbow Extension



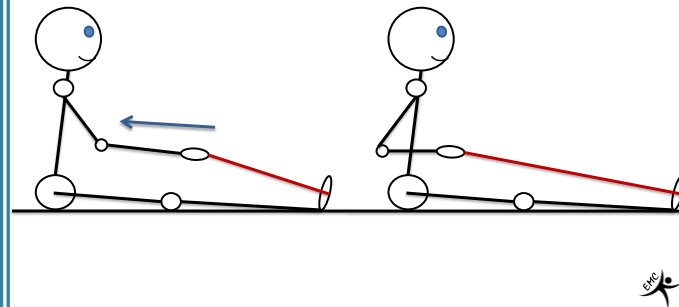
Wrist Flexion/Extension



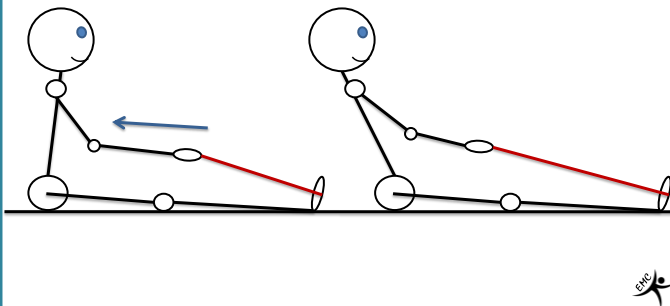
Chest Press



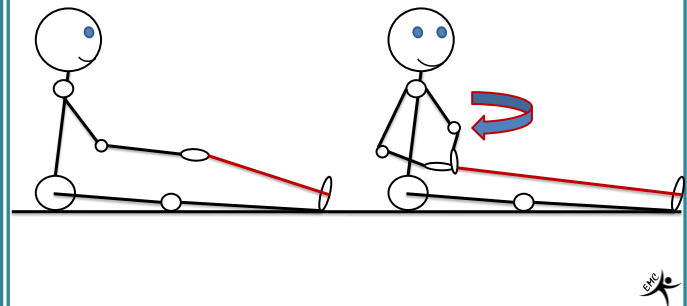
Seated Row



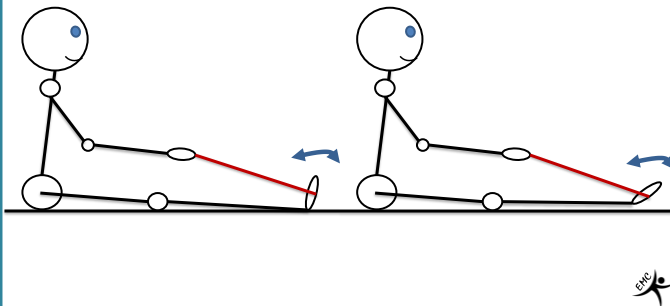
Back Extension



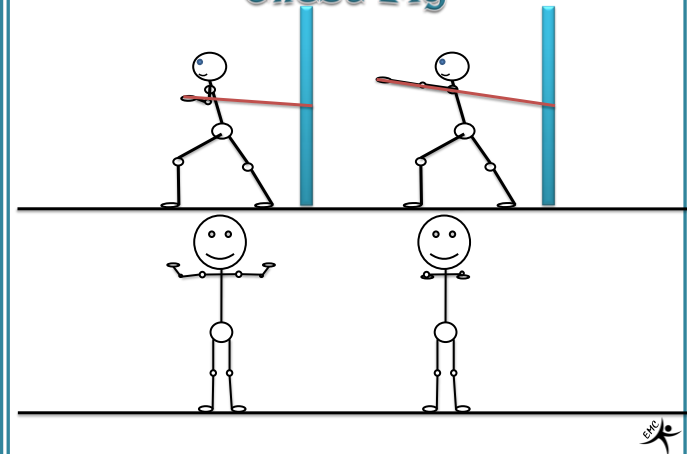
Trunk Twist



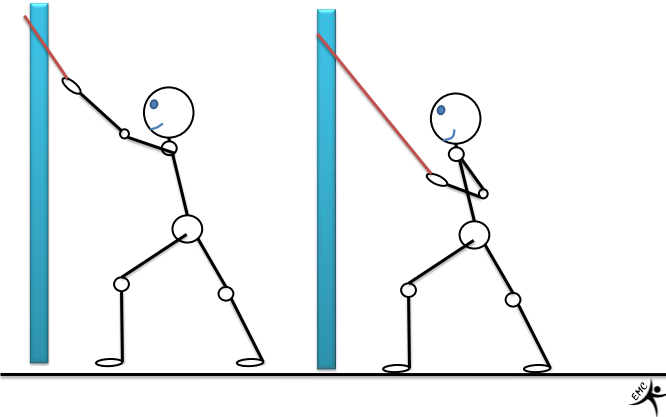
Toe Push



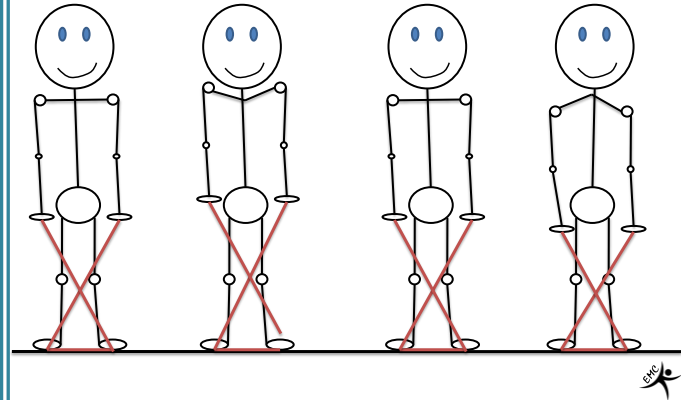
Chest Fly



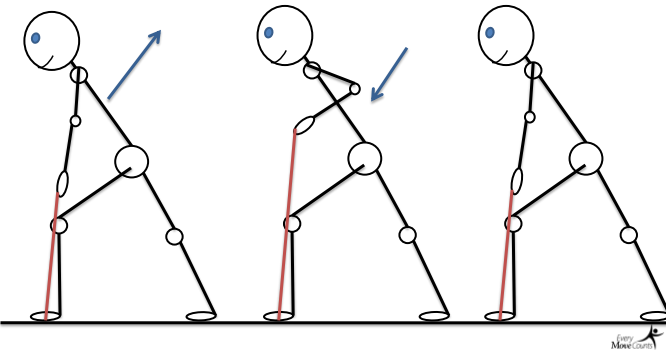
LAT PULL-DOWN



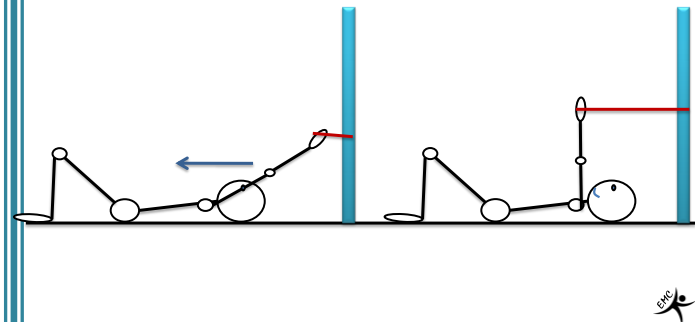
SHRUG



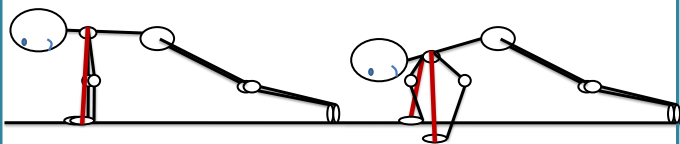
Inclined Row



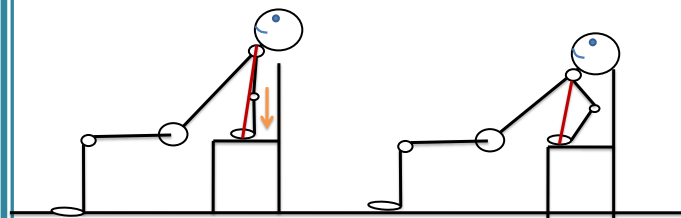
CHEST PULLOVER



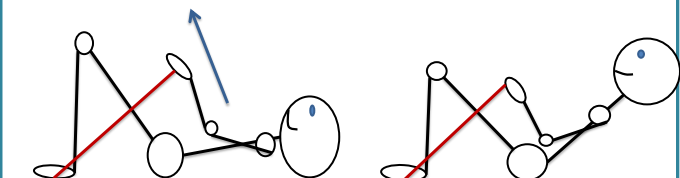
Push-Up



Dip



Sit-up



Toe Raise

