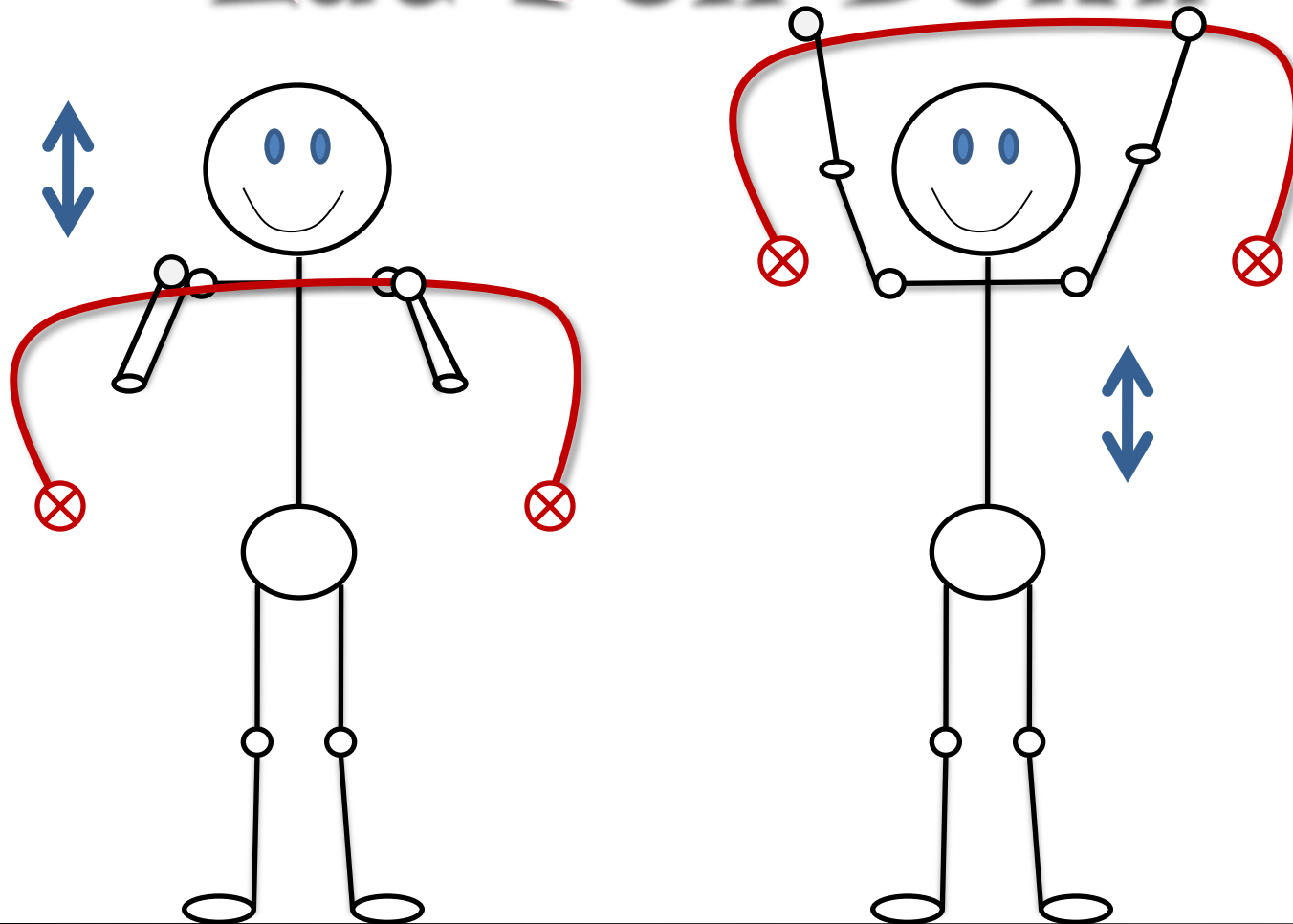




# RESISTANCE BANDS

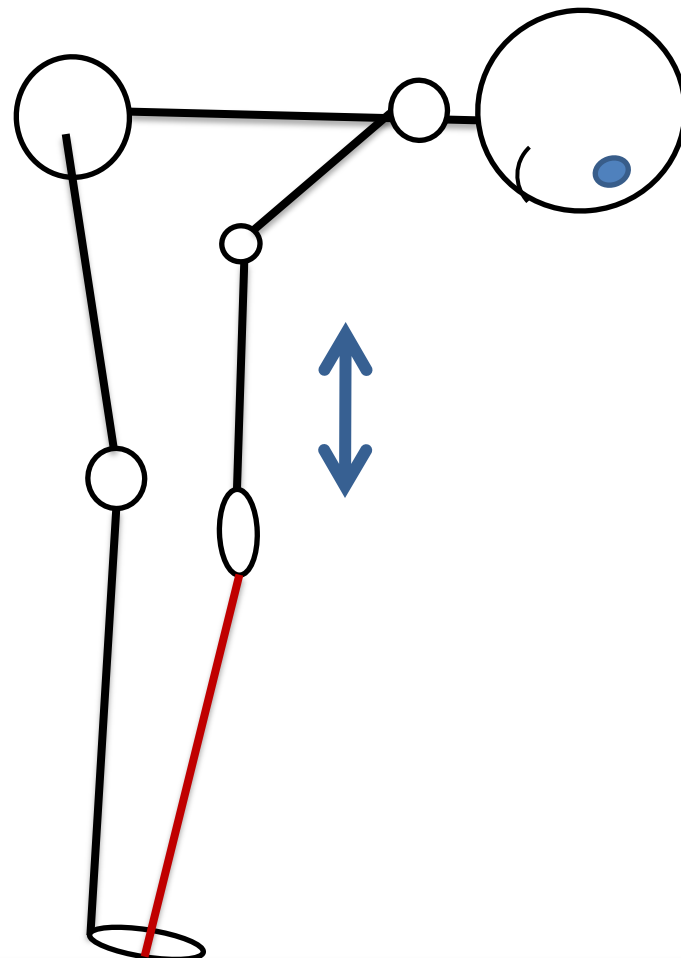


# Lat Pull Down



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.

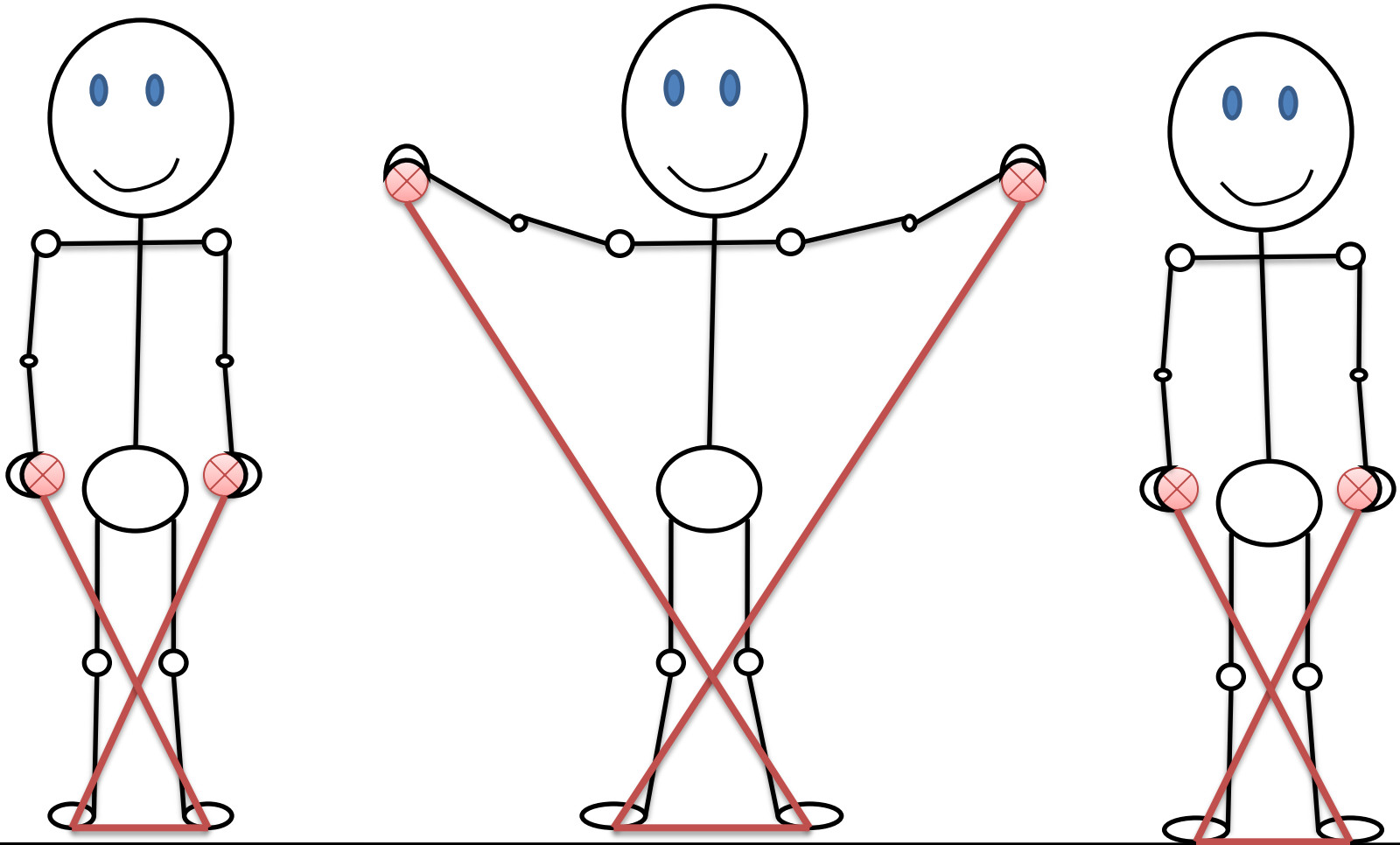
# Bent Over Row



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

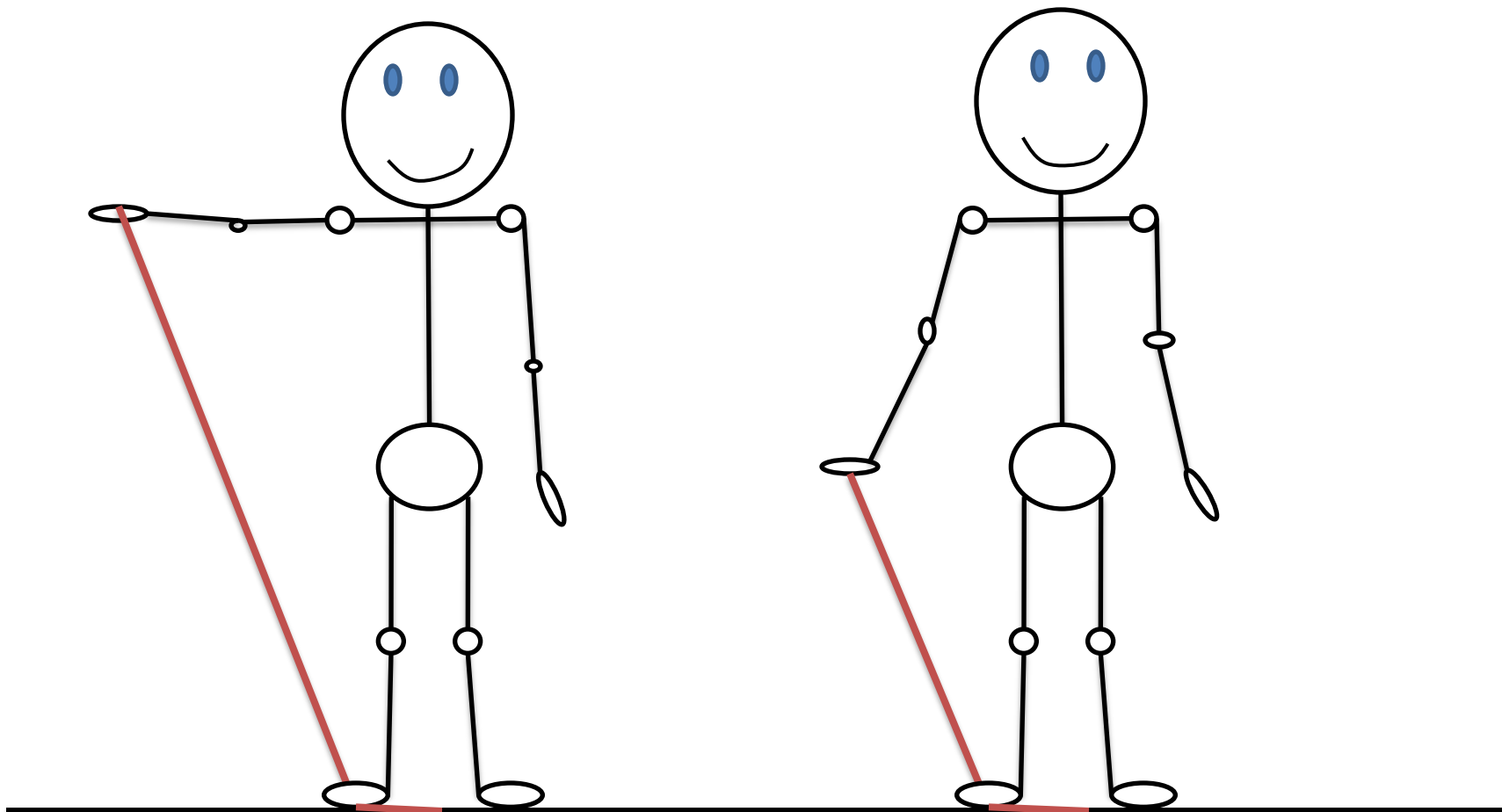


# Cross Lateral Raise



Modification: Perform one arm at a time.

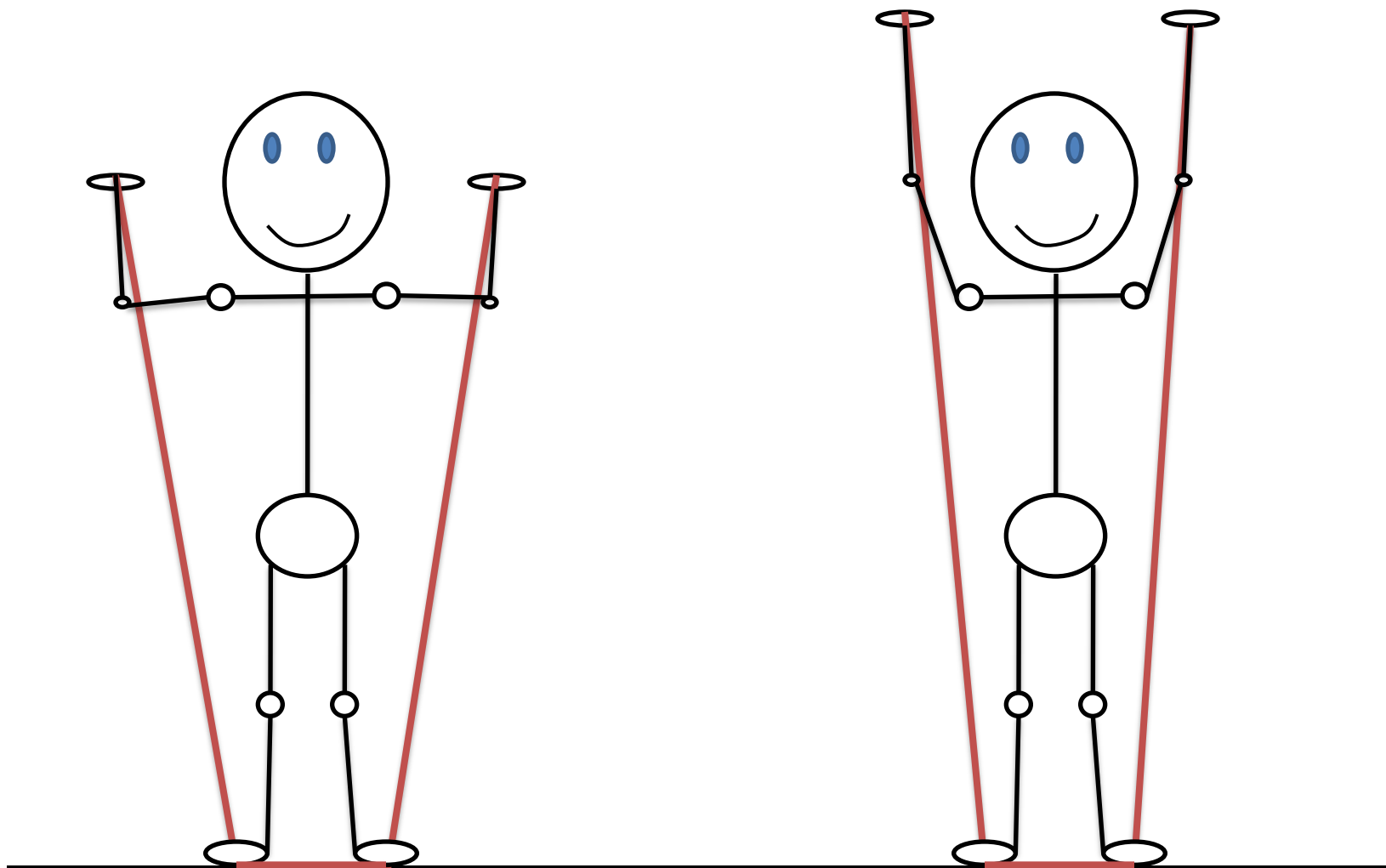
# Single Arm Lateral Raise



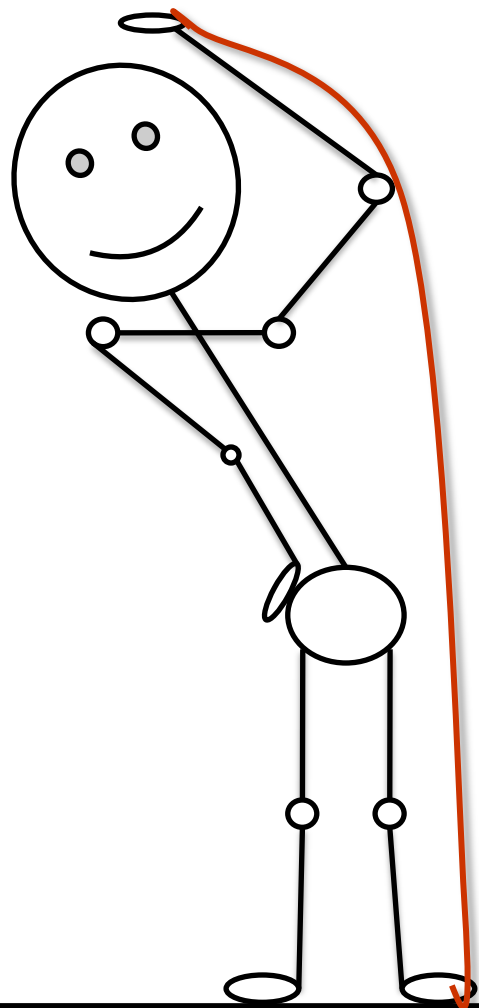
Challenge: Perform a lateral raise with both arms.



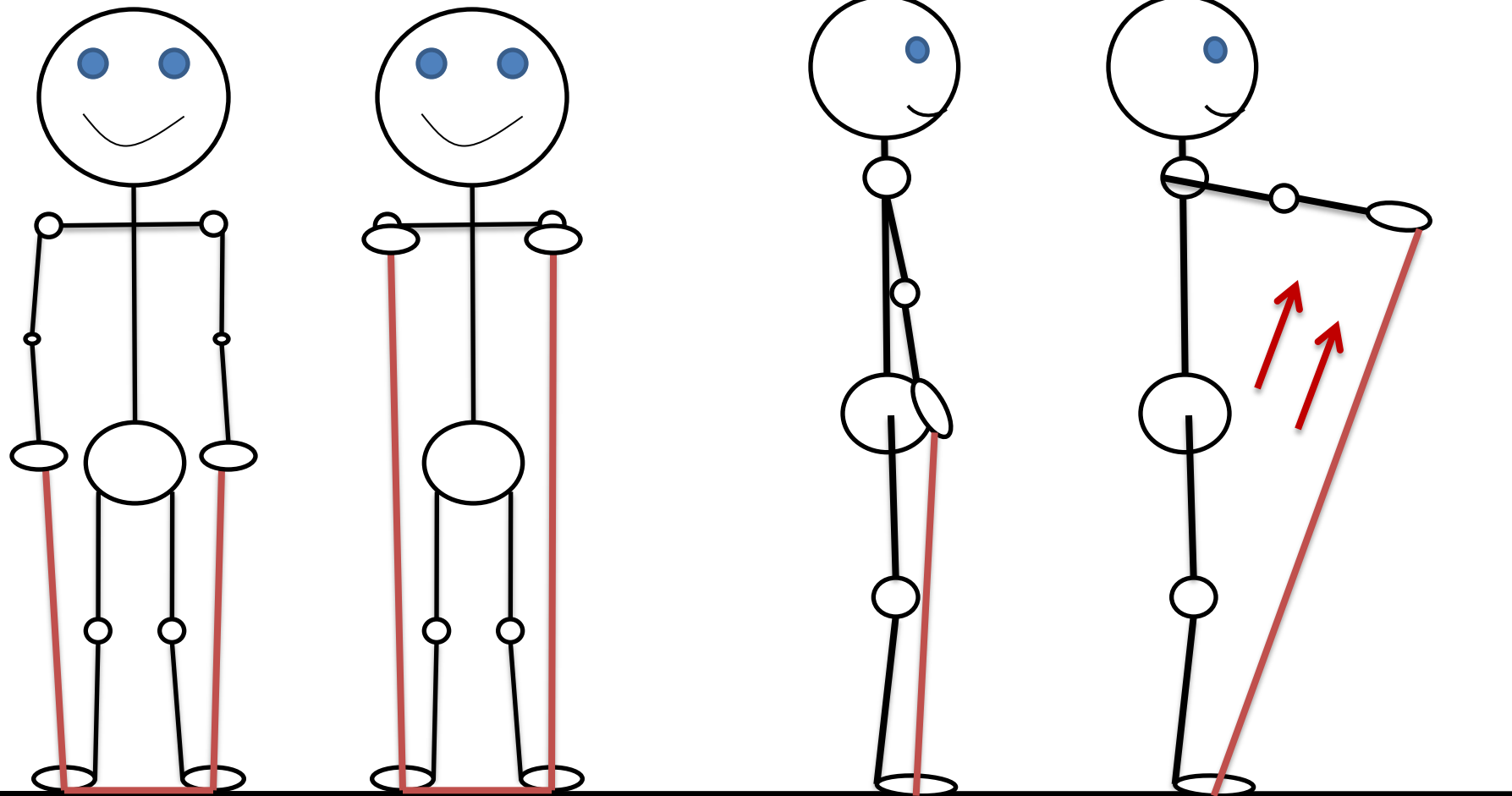
# Overhead Press



# Side Bend

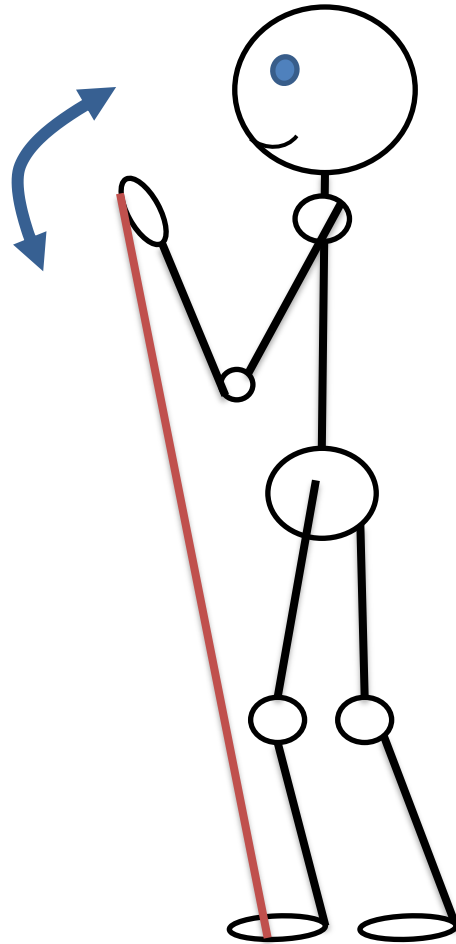


# Front Raise





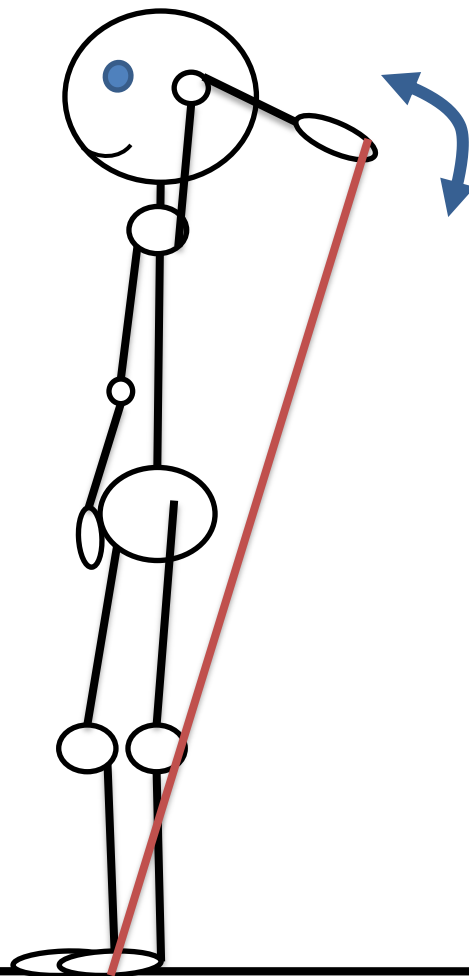
# Bicep Curl



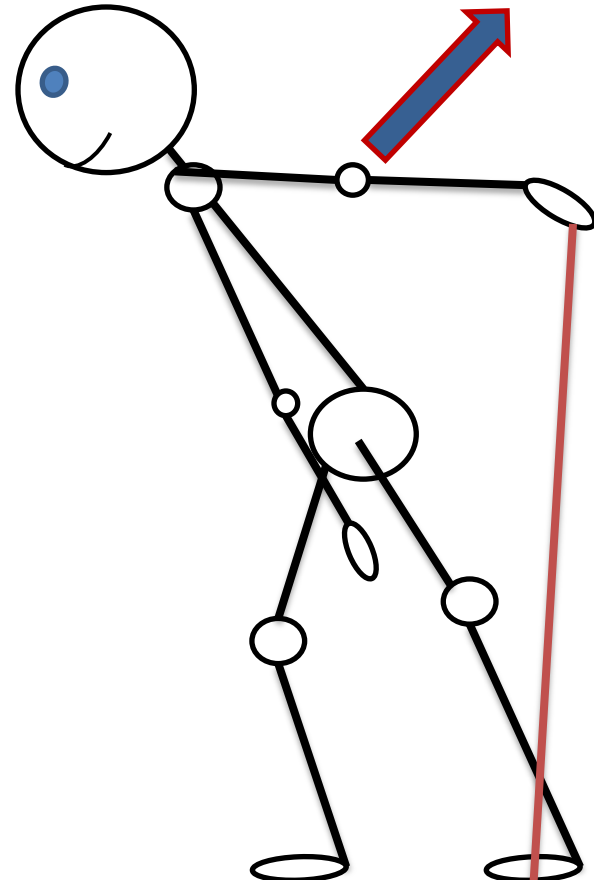
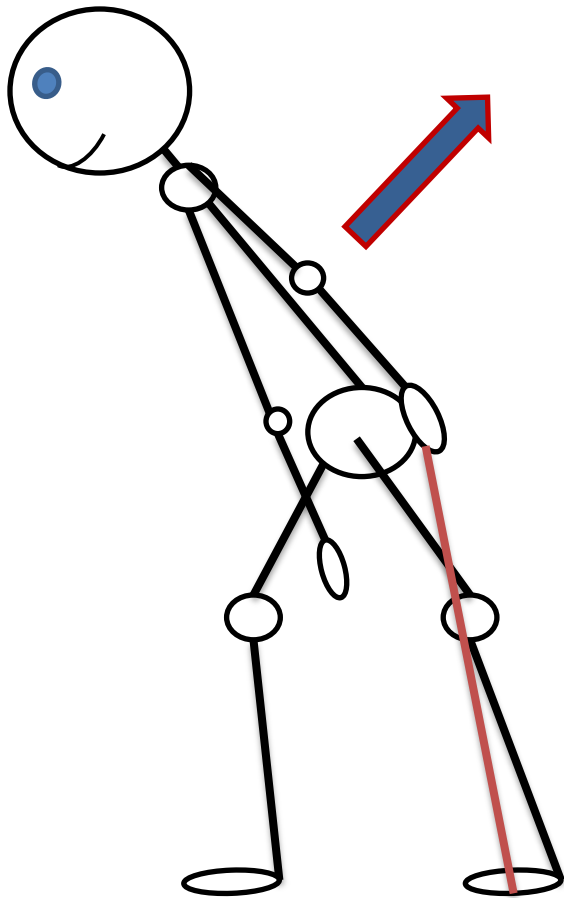
Modification: Use one arm at a time.



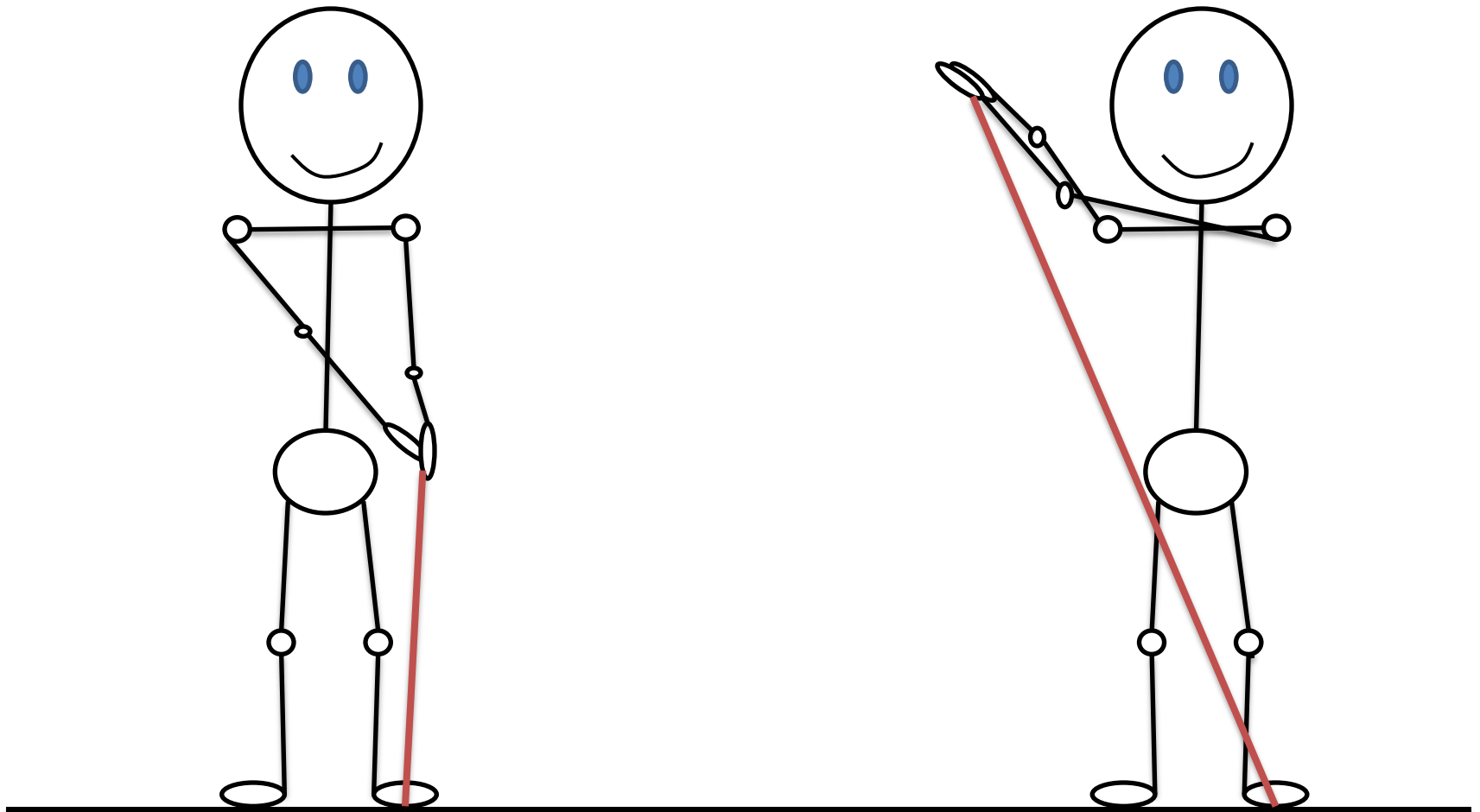
# Tricep Extension



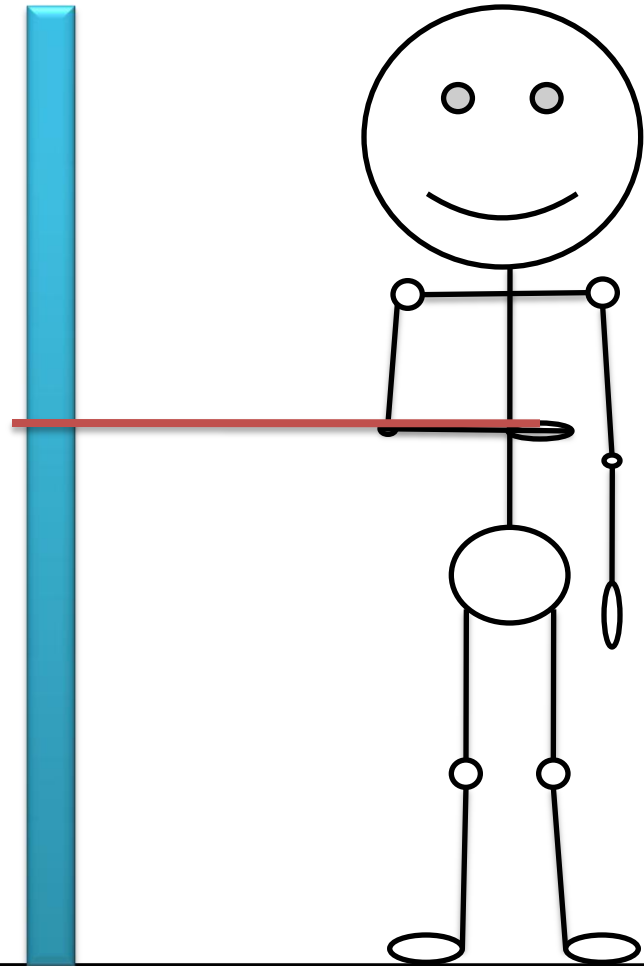
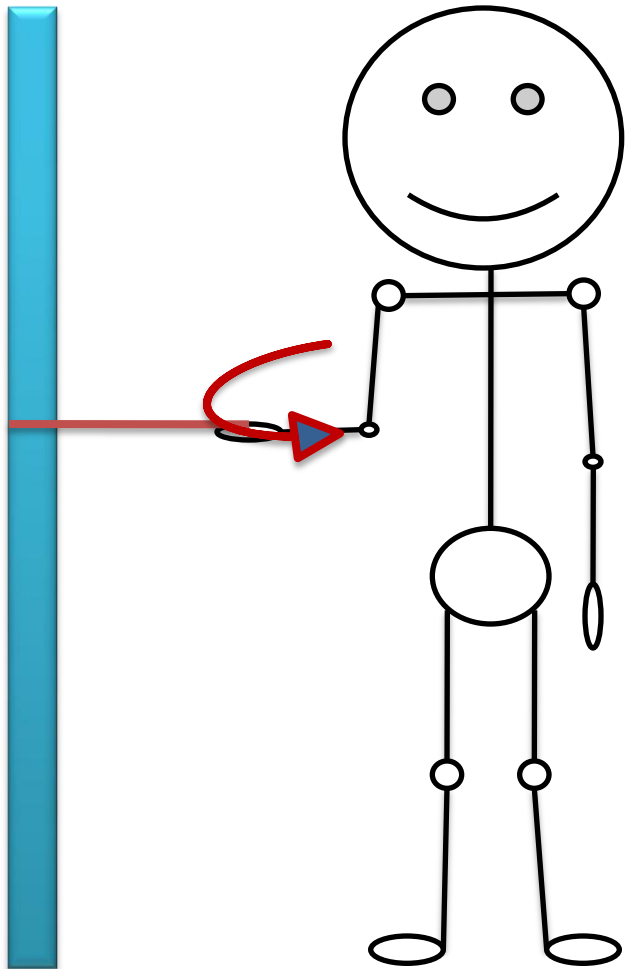
# Tricep Kickback



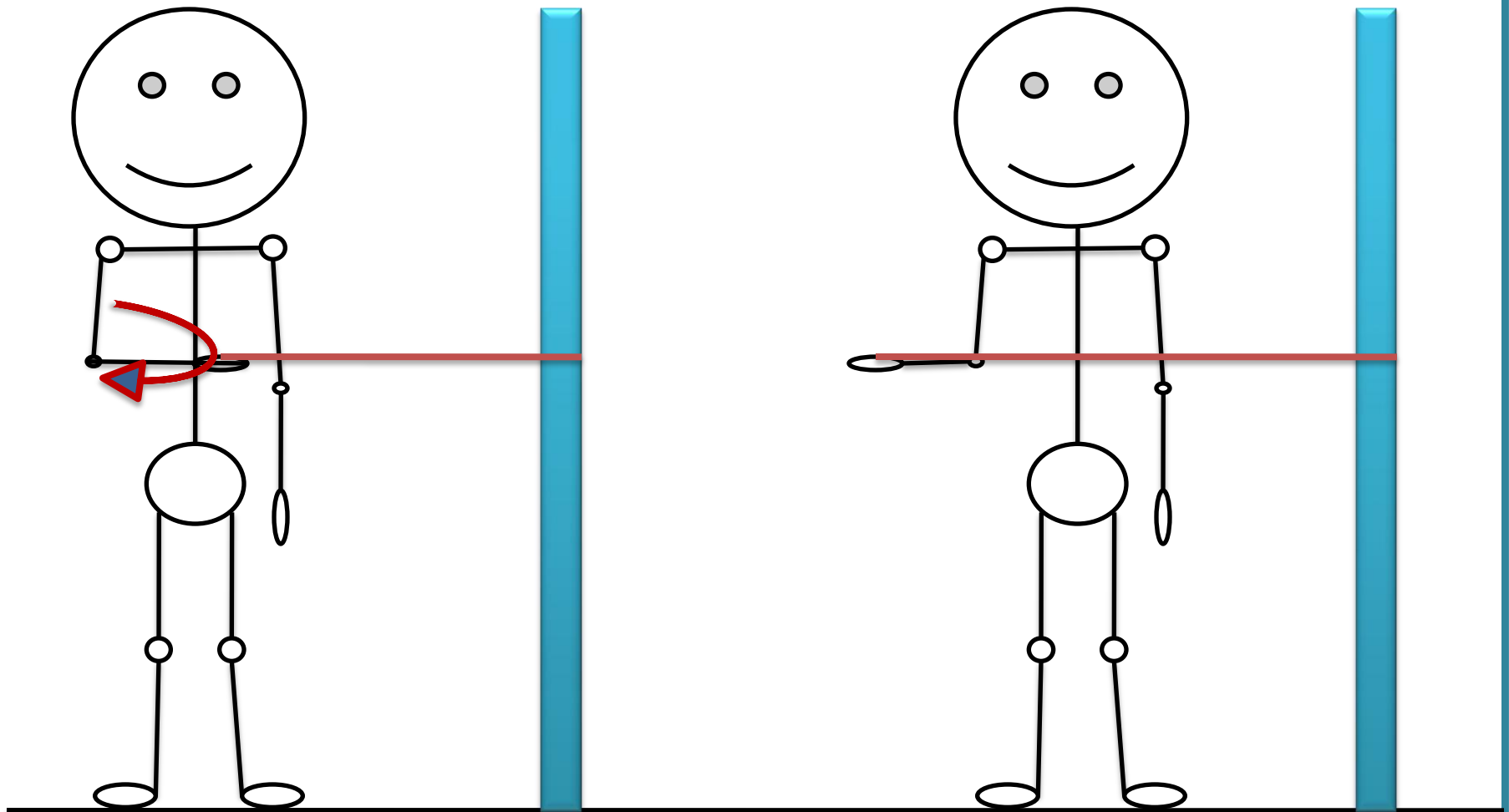
# Chop



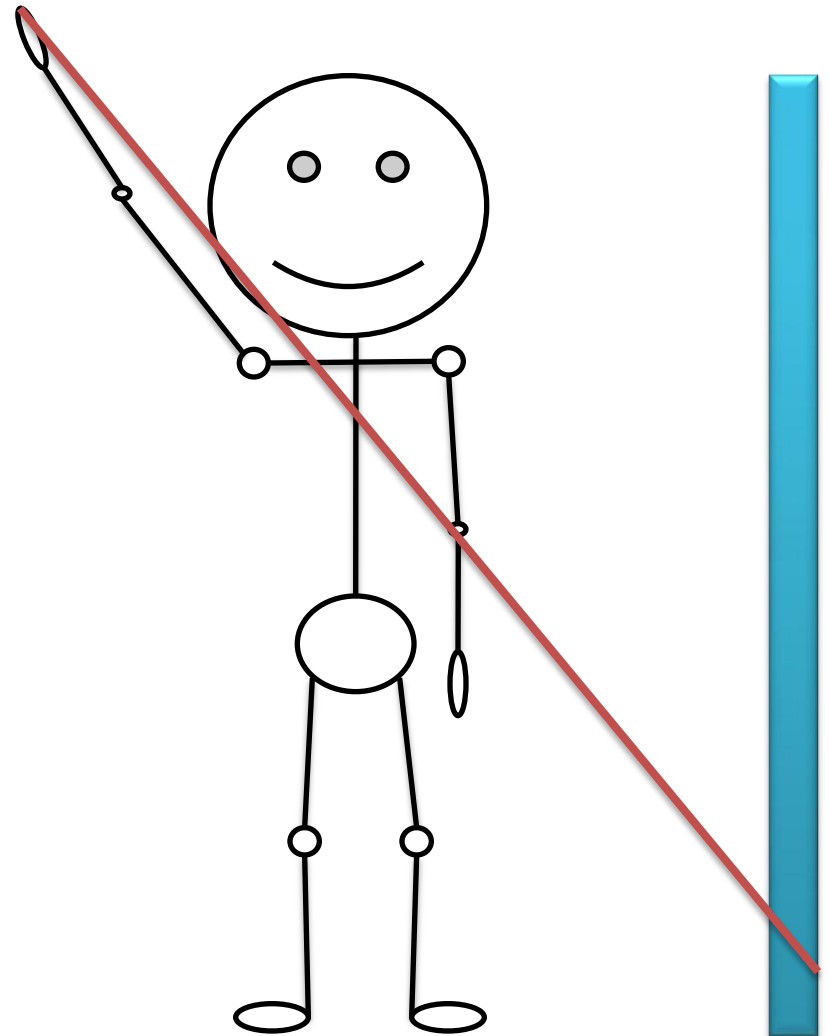
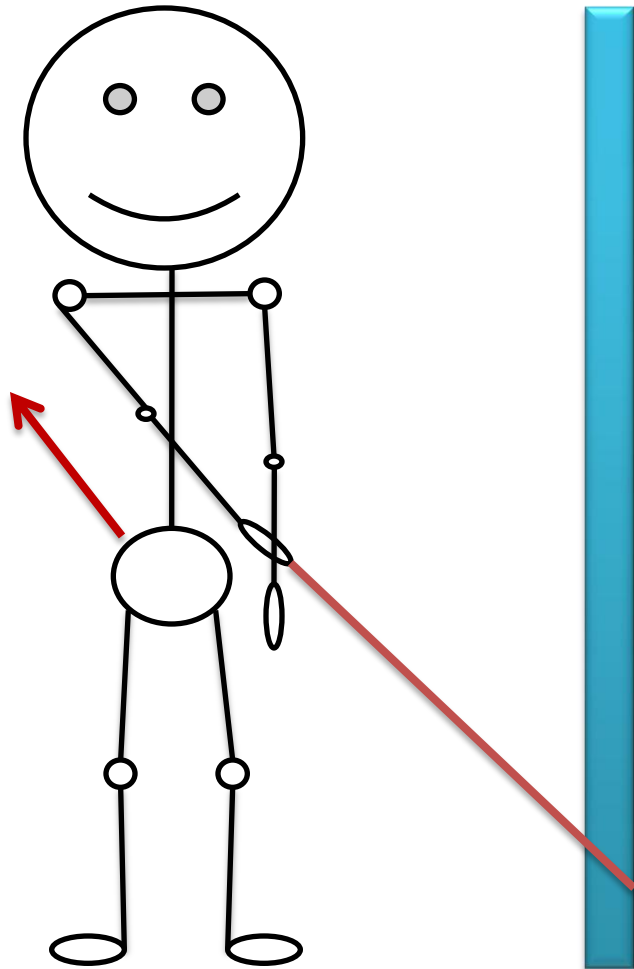
# Shoulder Internal Rotation



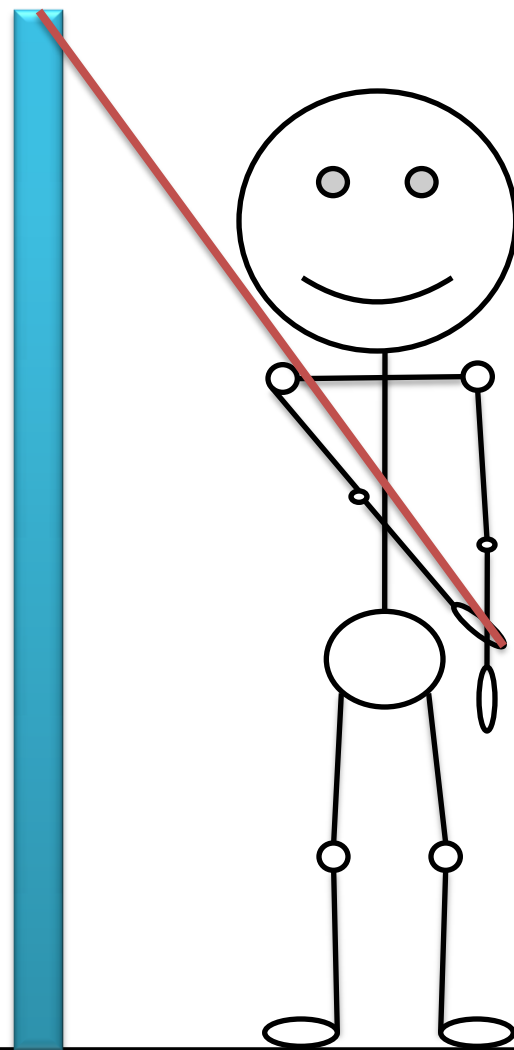
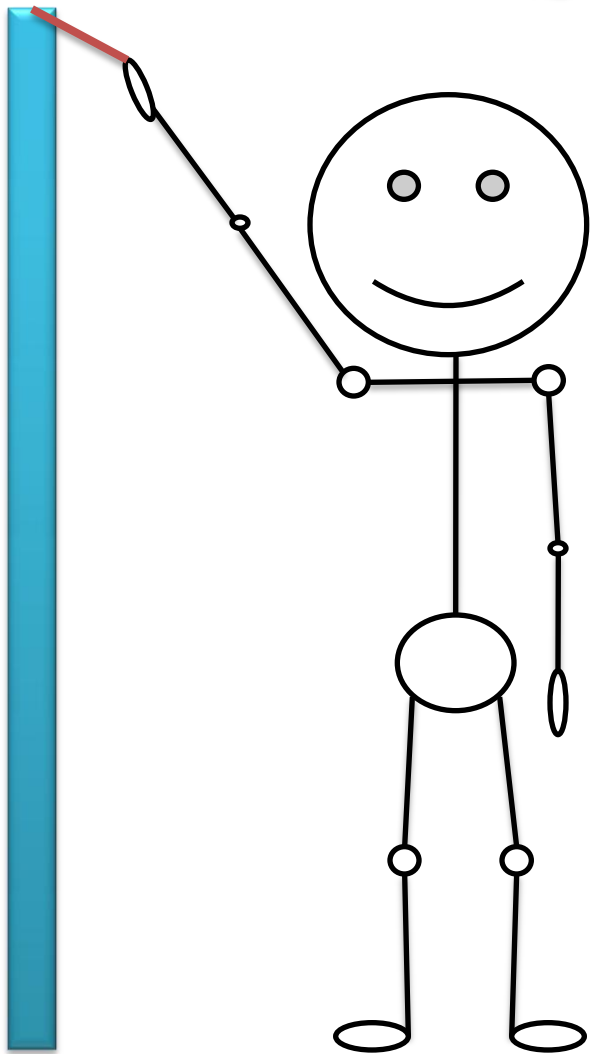
# Shoulder External Rotation



# Diagonal Flexion

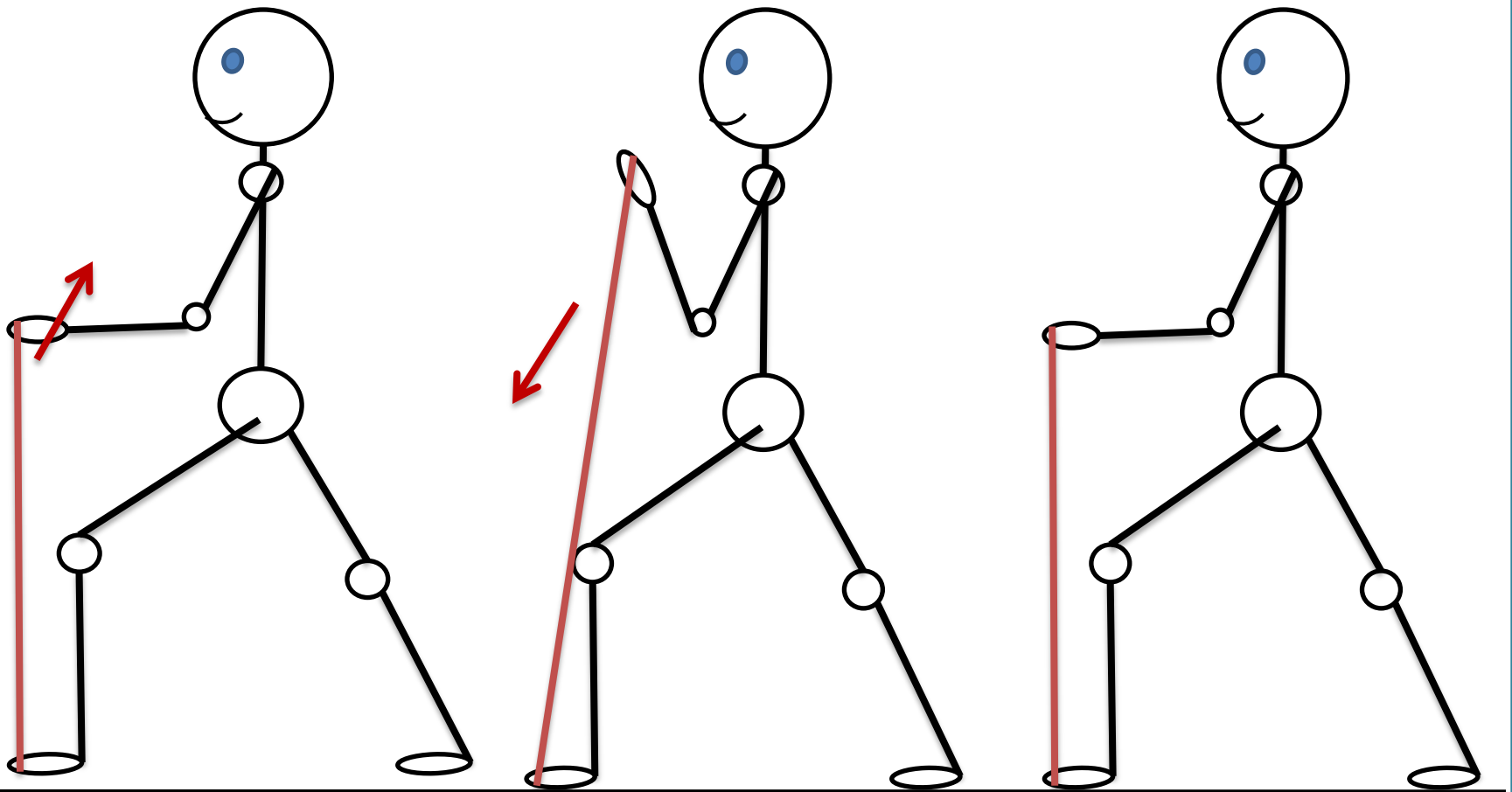


# Diagonal Extension

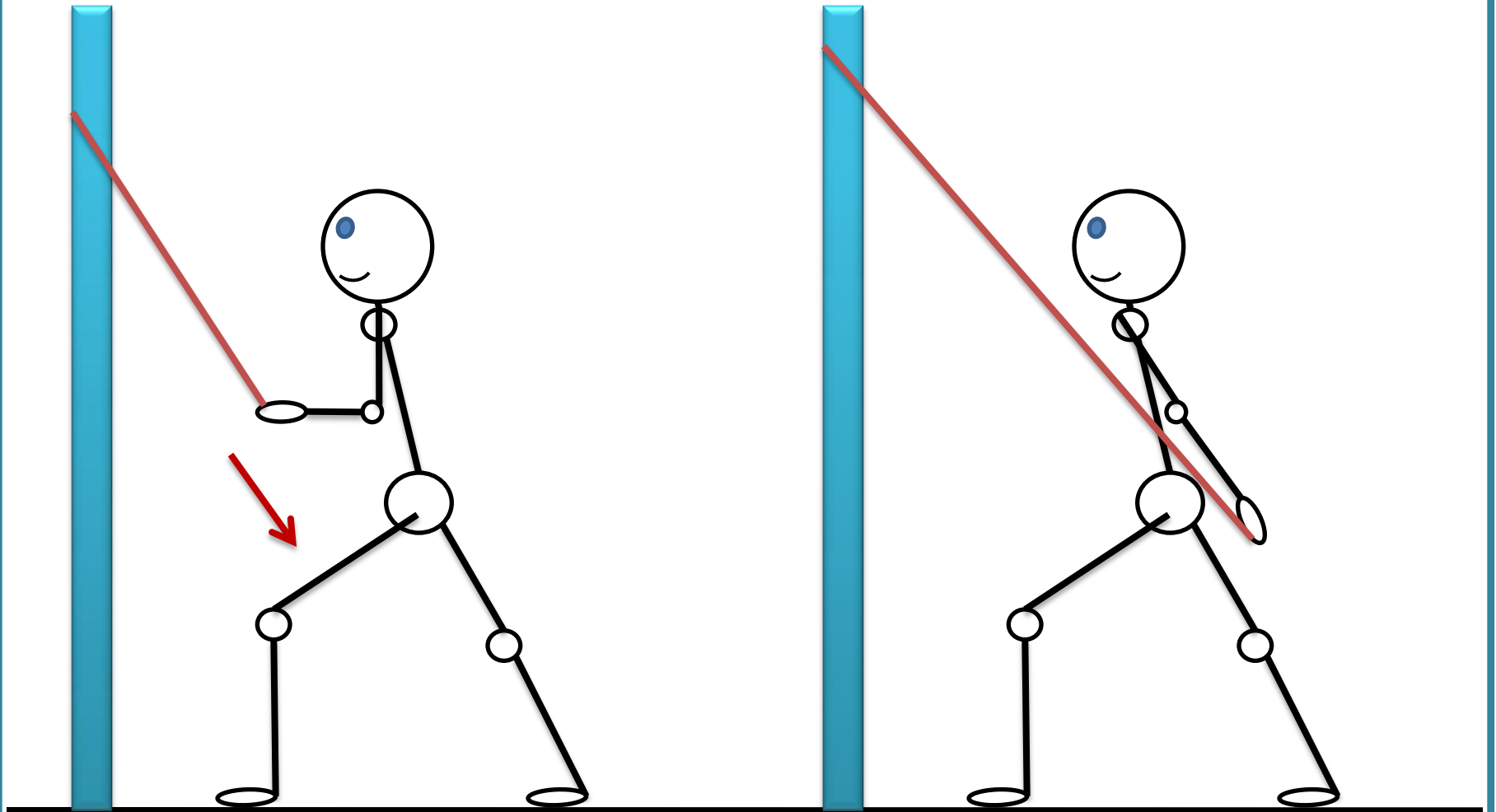




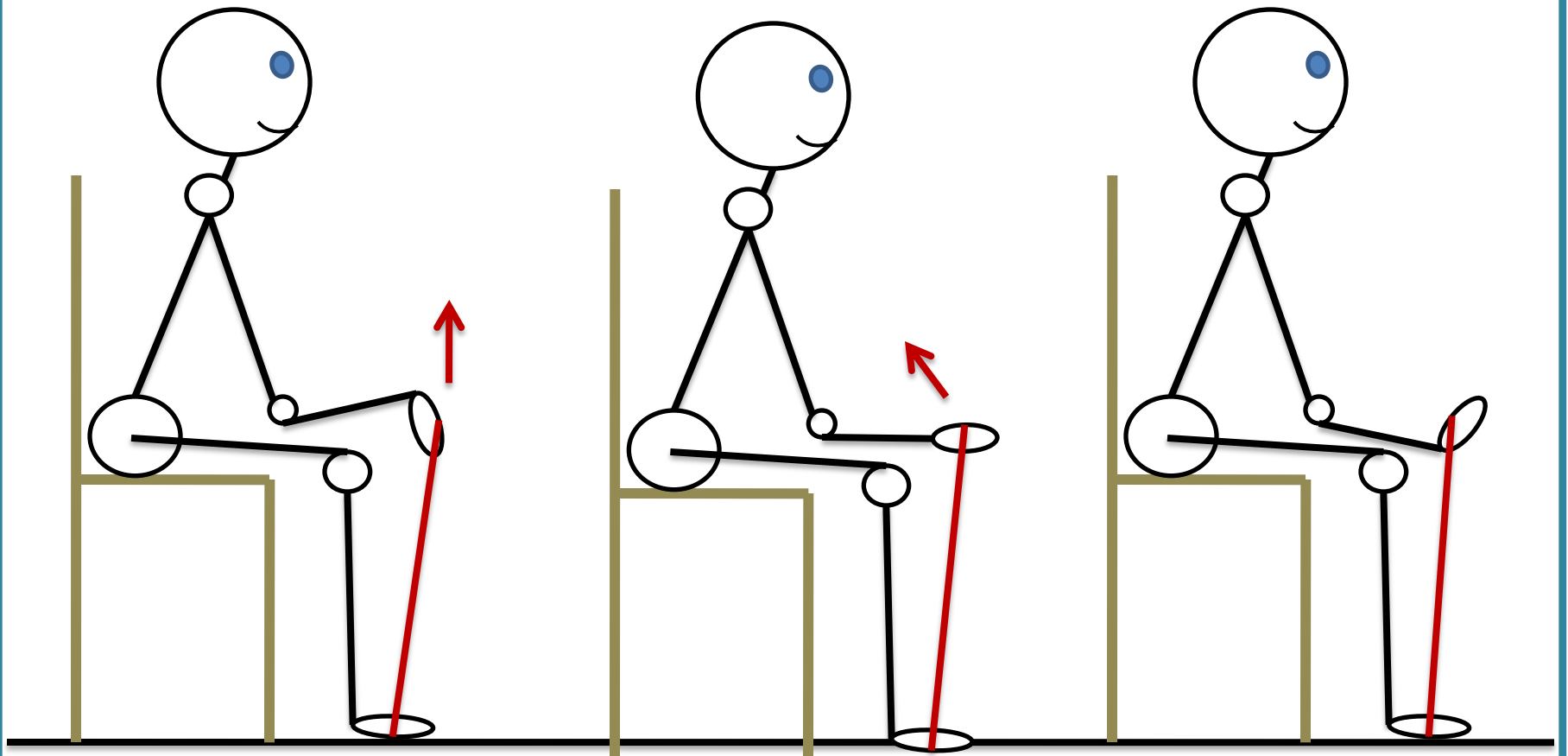
# Elbow Curl



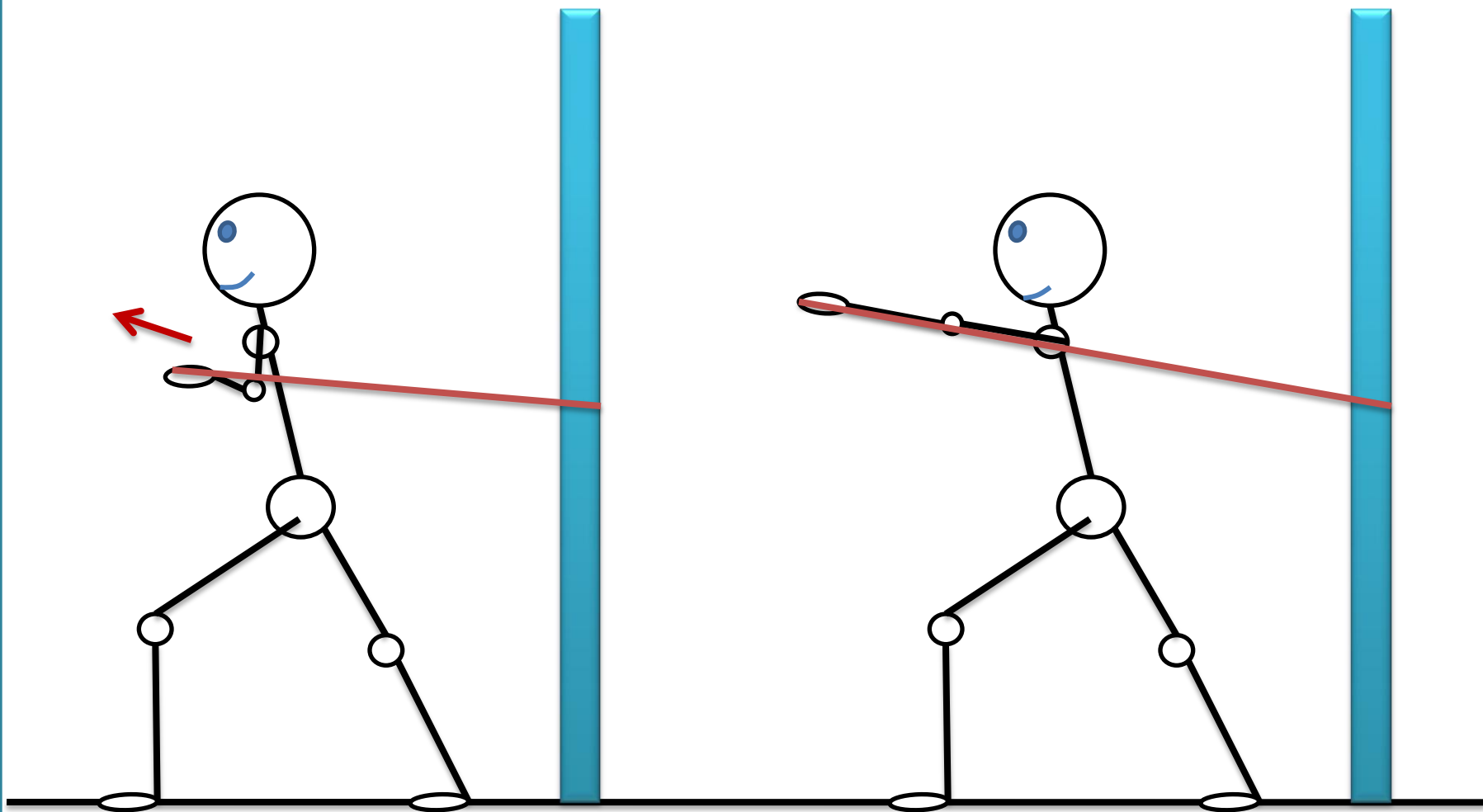
# Elbow Extension



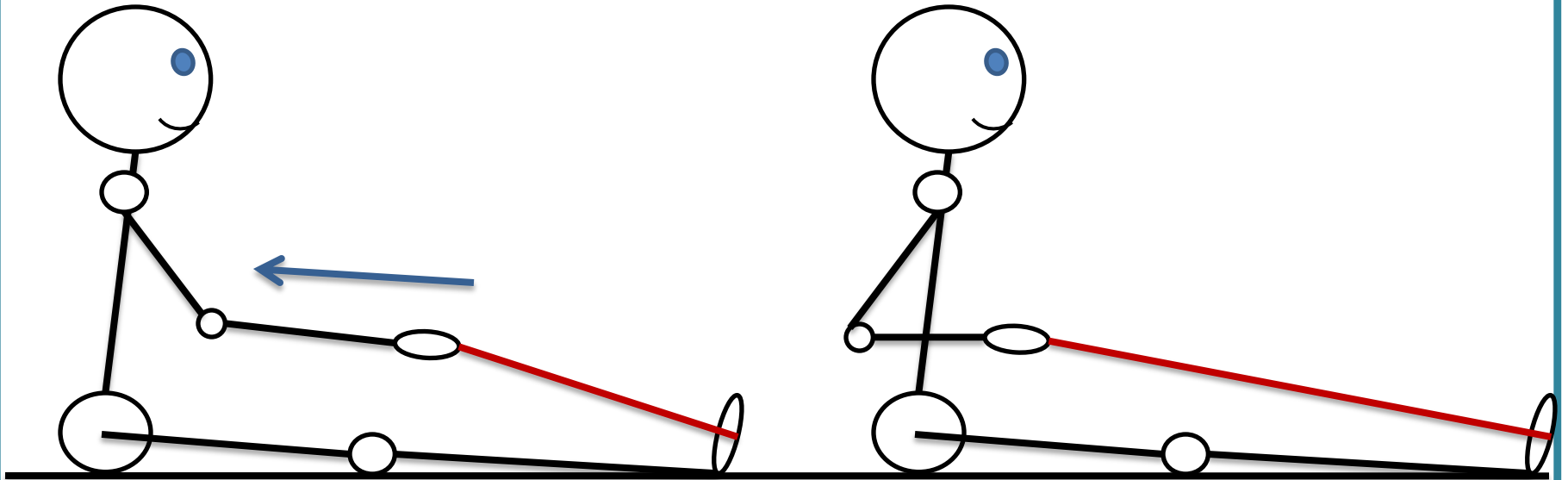
# Wrist Flexion/Extension



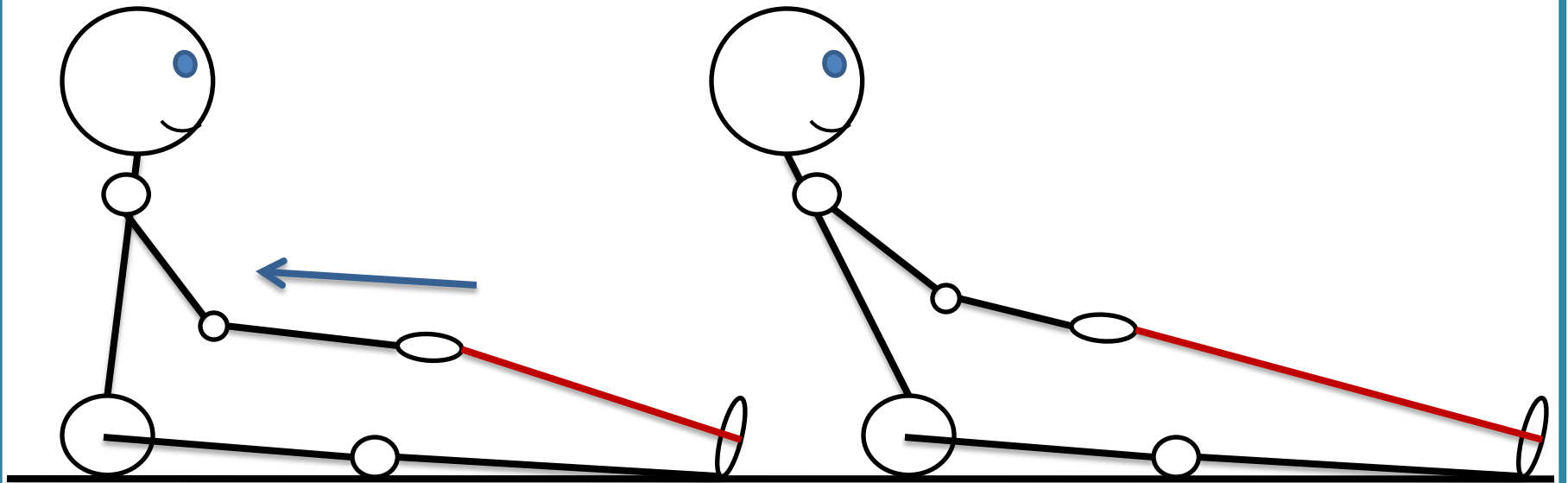
# Chest Press



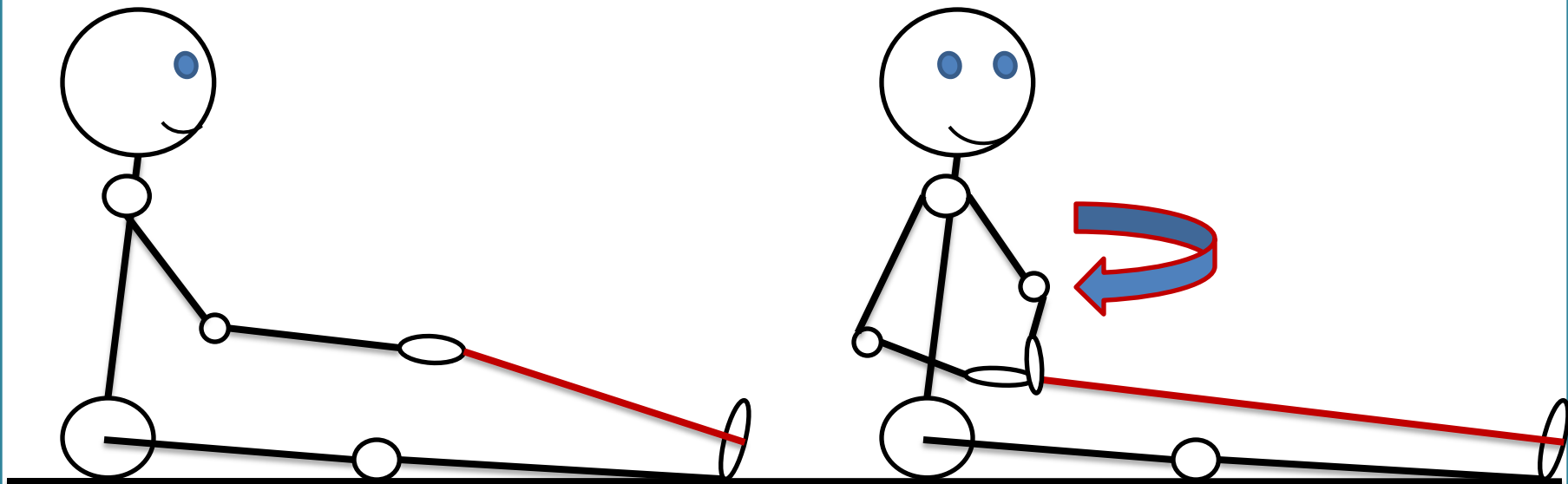
# Seated Row



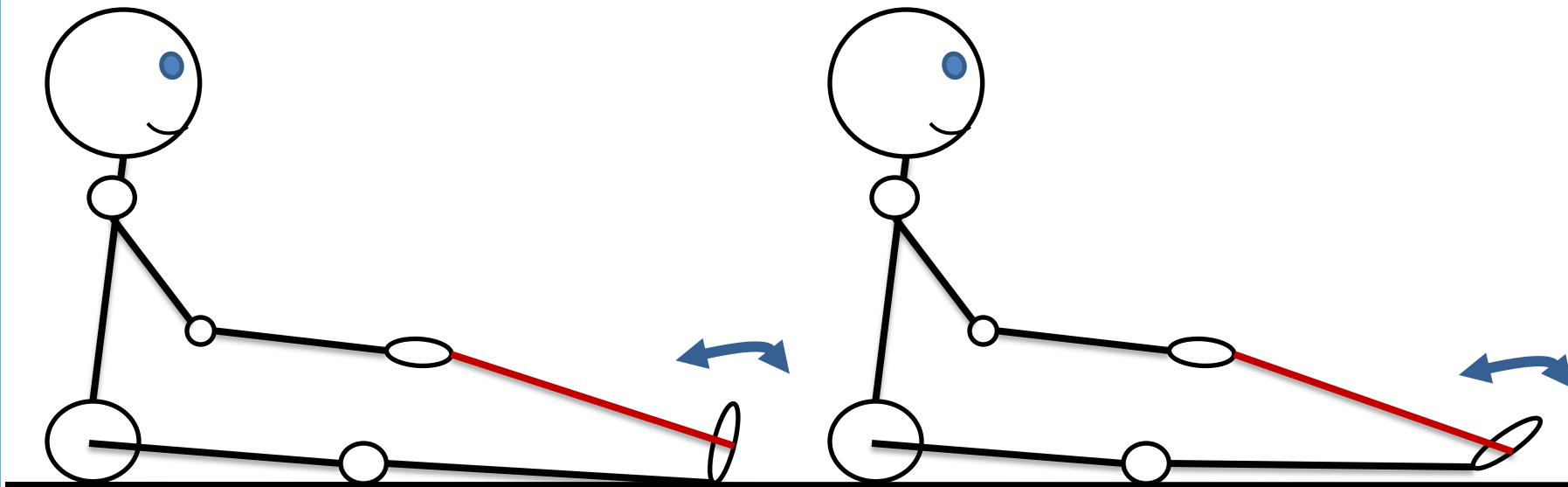
# Back Extension



# Trunk Twist

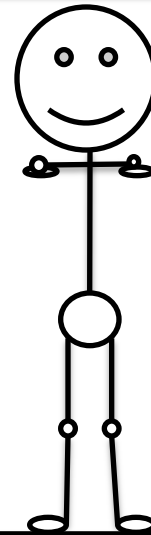
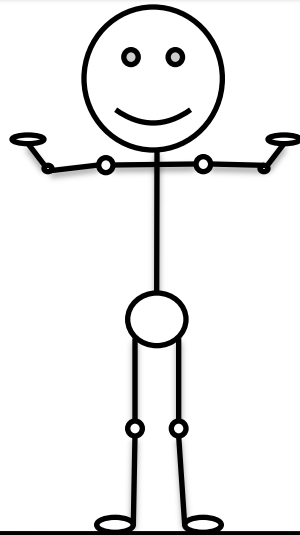
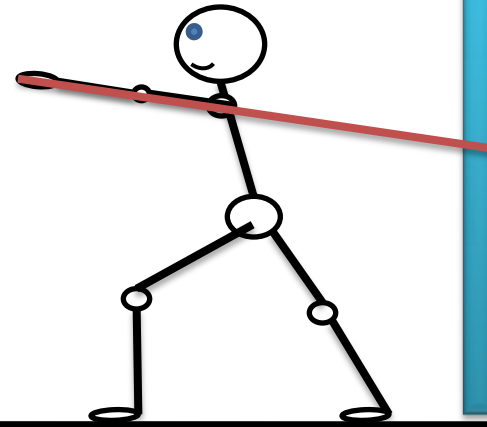
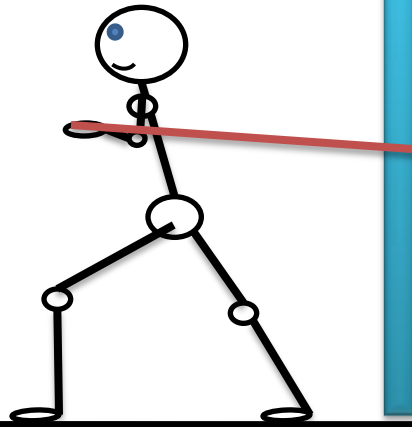


# Toe Push

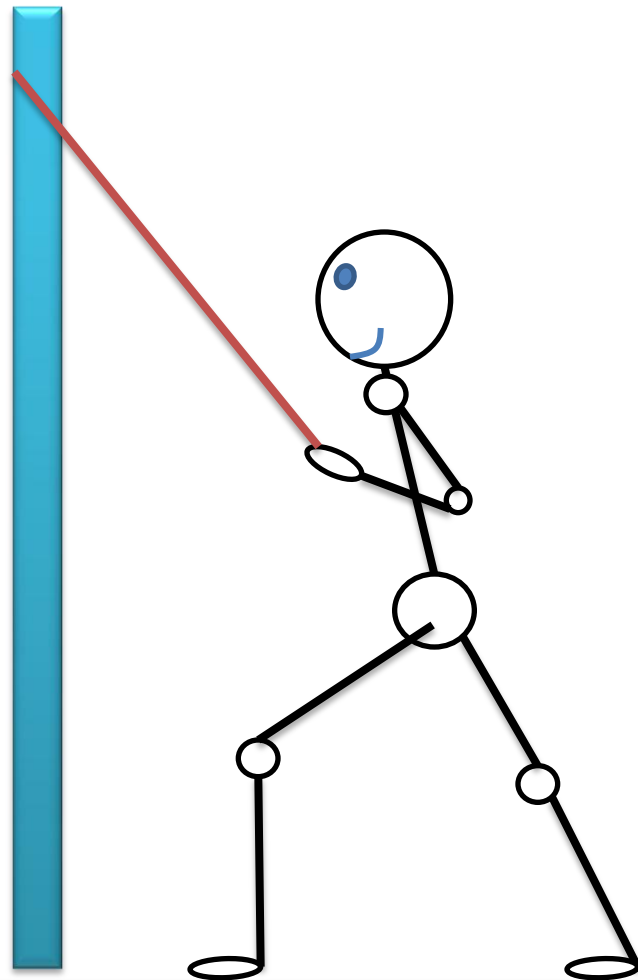
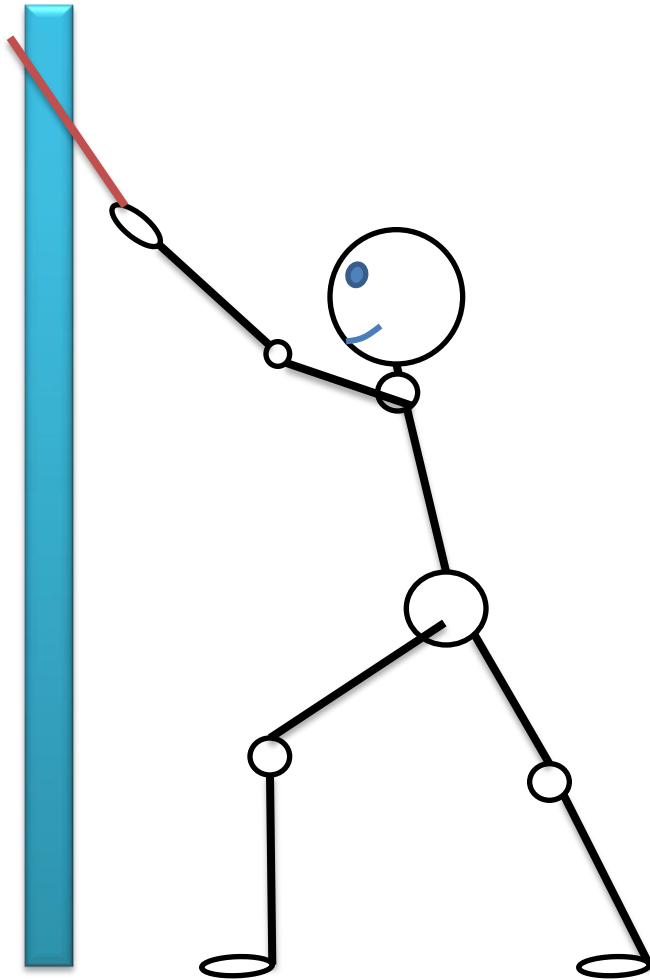




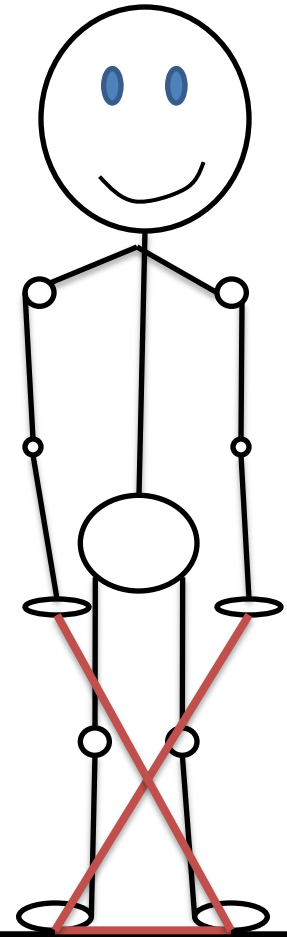
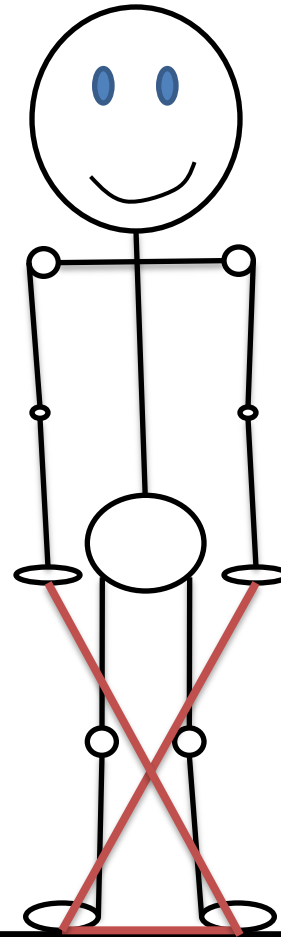
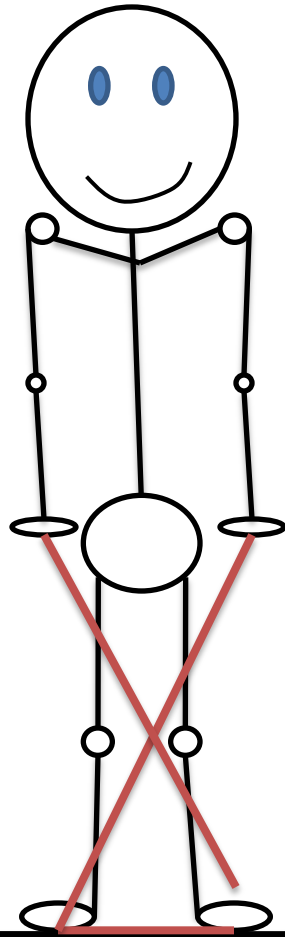
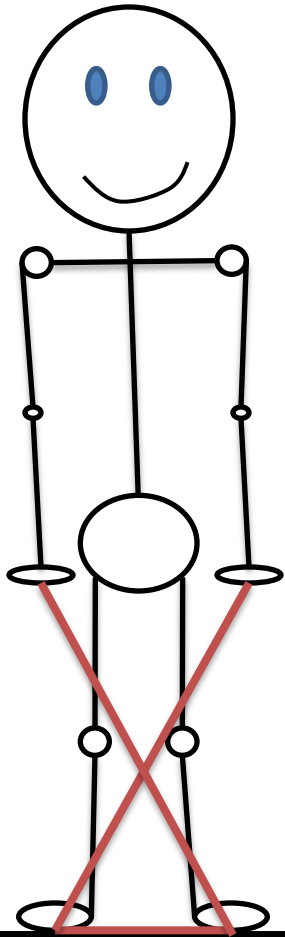
# Chest Fly



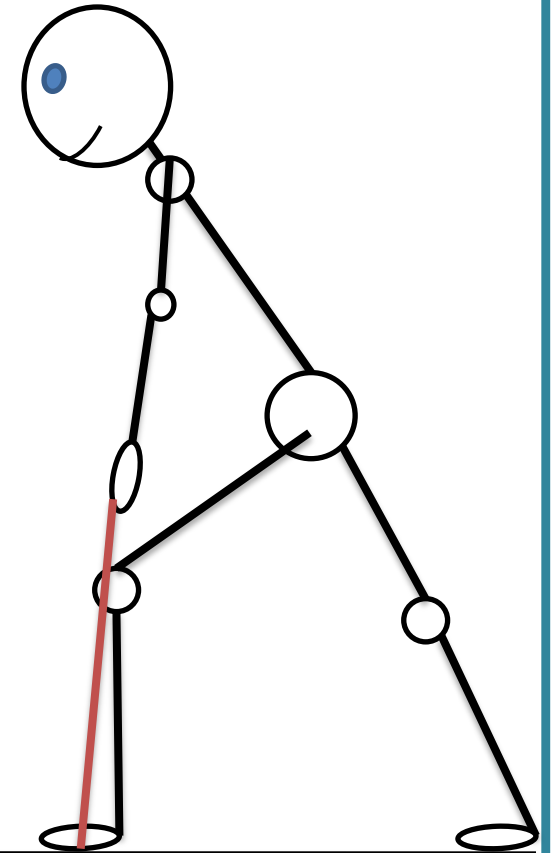
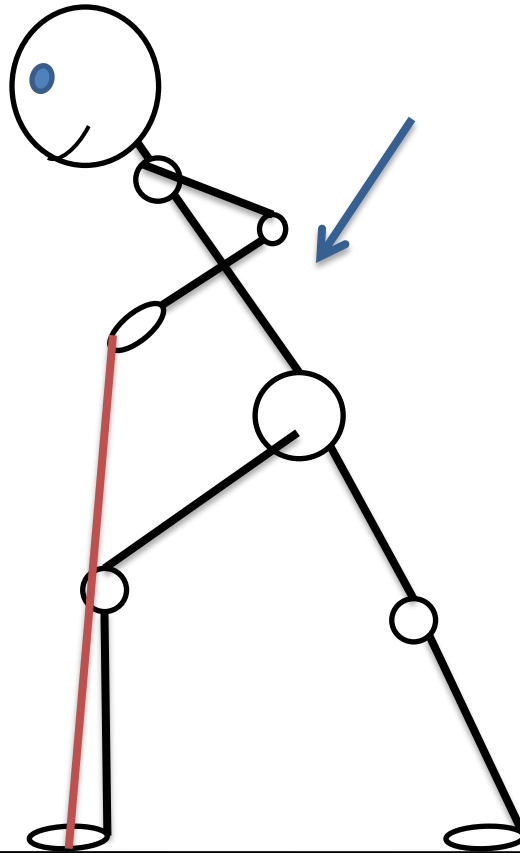
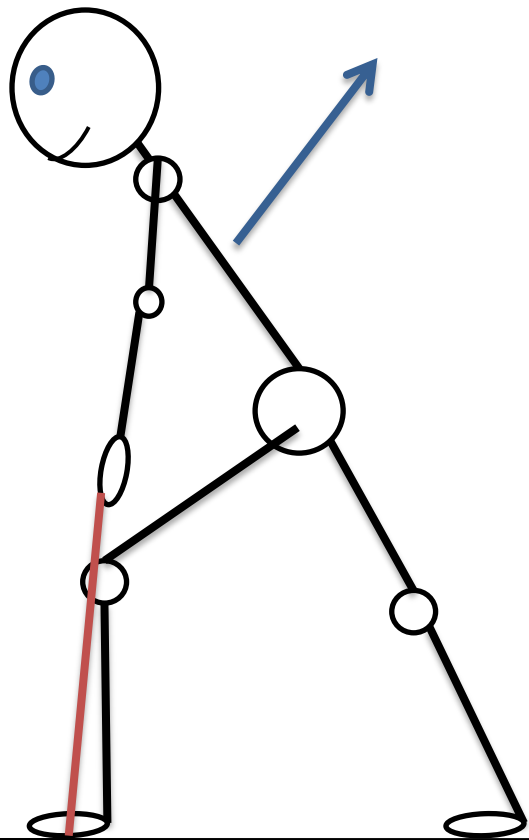
# LAY PULL-DOWN



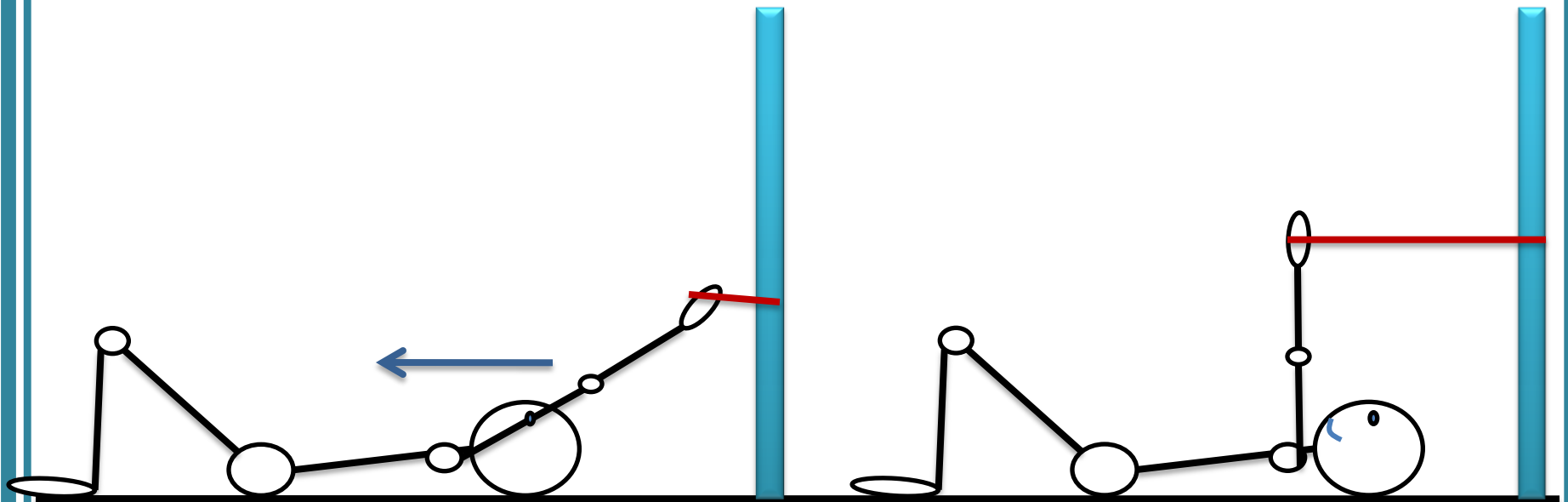
# SHRUG



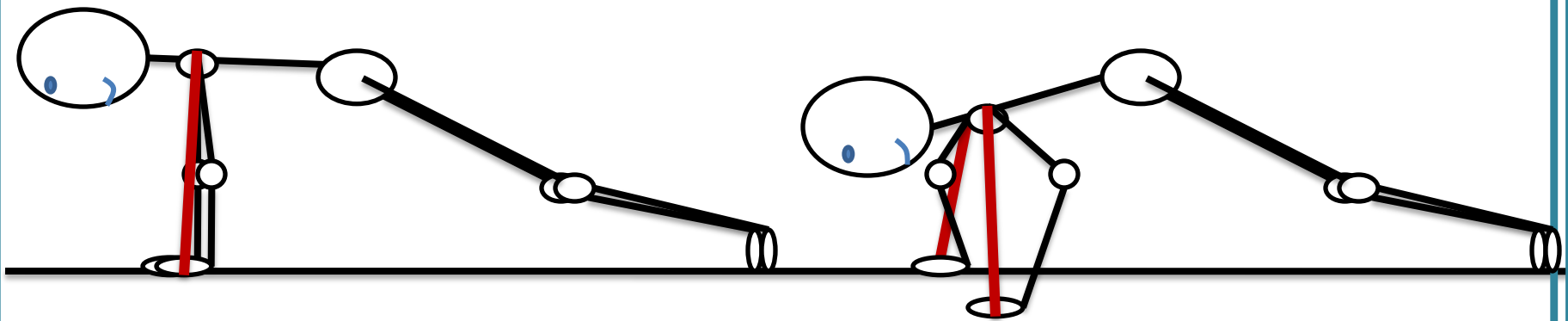
# Inclined Row



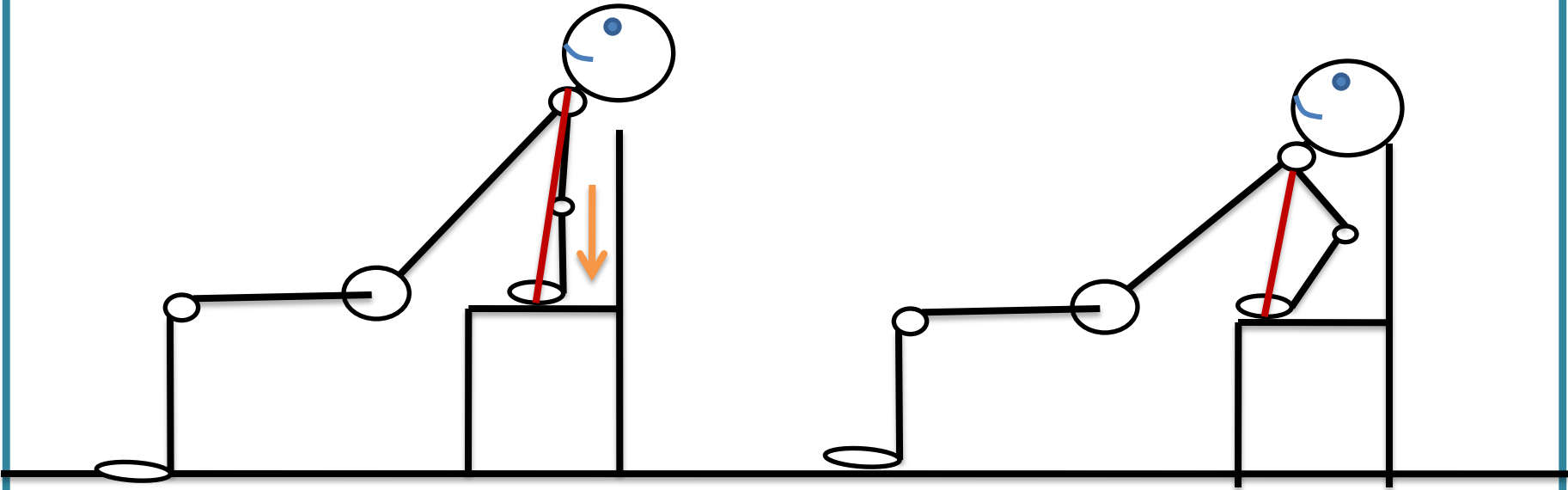
# CHEST PULLOVER



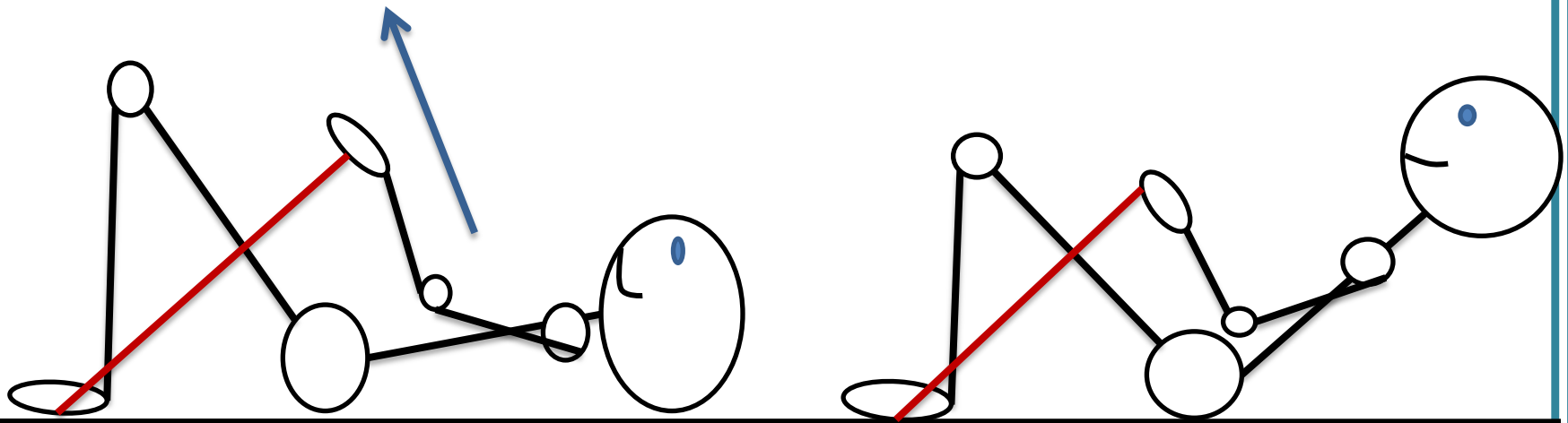
# Push-Up



# Dip



# Sit-up





# Toe Raise

