

Band Pull Aparts

Benefits: good at recruiting multiple muscle groups

Targets: Shoulders

1. Hold a resistance band with both hands at shoulder width and shoulder height, with your palms facing the floor.
2. Keeping your arms straight but not locked, pull the band in a lateral motion, out past your sides.
3. Pause, then return to the starting position.

That's one rep.

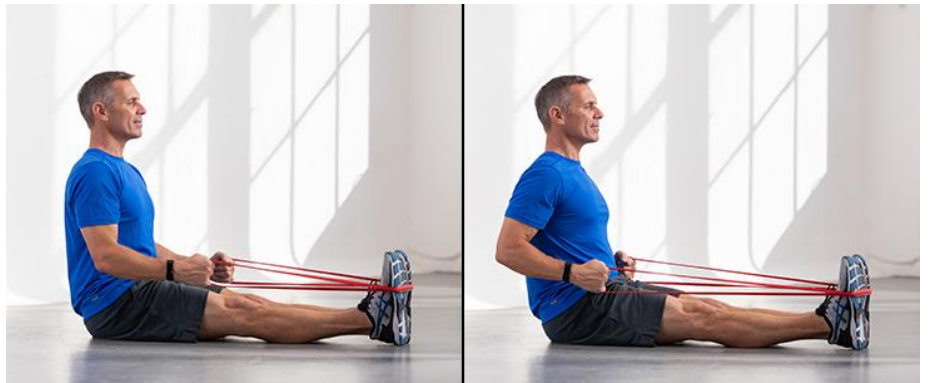


Banded Rows

Benefits: better posture

Targets: Back

1. Sit on the floor with your legs extended straight out in front of you, and loop the resistance band around your feet. Hold the band in each hand (thumbs pointed at the ceiling).
2. Keeping your back straight, slowly pull the band toward your core, squeezing your shoulder blades together. Pause, then slowly extend your arms toward your feet, returning to the starting position.



That's one rep.

Lateral Band Walks

Benefits: exercising your glute muscles can build a stronger, healthier lower back.

Targets: Glutes

1. Loop a band around your ankles. Start with your knees slightly bent and your feet positioned shoulder-width apart.
2. Next, keeping your shins vertical and right over your ankles, take a lateral step with your right foot, followed by a smaller step to the right with your left foot.

That's one rep.



Banded Biceps Curls

Benefits: stronger arms.

Targets: Biceps

1. Hold the resistance band in both hands, keeping your arms at your sides and your palms facing forward. Then, step on the centre of the resistance band with one foot (or two feet, for more resistance).
2. Bend at the elbows and curl the band up toward your shoulders. Pause, then lower your arms to the starting position.

That's one rep.



Banded Push-Ups

Benefits: core and chest workout.

Targets: Chest

1. Loop a resistance band around your back and position the ends around your thumbs.
2. Lower yourself to the ground and place your palms and toes on the floor. Your hands should be directly below your shoulders, and your body should form a straight line.
3. Bend your elbows and lower your body toward the floor until your chest nearly touches the ground. Hold for one second, then return to the starting position.

That's one rep.



Banded Hip Thrusts

Benefits: strengthening hips, glutes, and hamstrings

Targets: Glutes and hamstrings

1. Loop a resistance band around your thighs and place it at your hip crease, then lie face-up on the floor, keeping your knees bent and your arms extended out to the sides.
2. Using your arms to anchor the band to the floor, press through your heels and lift your hip toward the ceiling until your body forms a straight line from your knees to your chest. Remember to squeeze your glute muscles as you raise your hips. Pause, then lower to the starting position.

That's one rep.



Banded Squats

Benefits: Compound movements - work more muscles

Targets: Quads

1. Loop a band around your thighs, just above your knees. Keep your feet positioned shoulder-width apart, your knees slightly bent, and your hands straight out in front of you.
2. Shift your weight back onto your heels and sink down until your thighs are parallel with the floor.
3. Pause, then return to the starting position.

That's one rep.

Variation:

1. Stand on one end of a large looped band with your feet shoulder-width apart. Grabbing the band with both hands, squat down and loop the other end of the band around your neck, (or hold as if lifting a bar, or in the overhead position), and return to standing while continuing to hold onto the band with both hands.
2. Keeping your spine neutral and core tight, shift your hips back while keeping your weight in your heels as you lower down into a squat. Try and lower until your thighs are parallel to the floor.
3. Pause at the bottom, then forcefully press down through your heels to return to standing. Squeeze your glutes at the top of the movement as you press your hips forward.

That's one rep.



3 sets of 15 reps with light bands for warm-up