

# HEALTHY HABITS

## FULL BODY WORKOUT WITH BANDS

Resistance bands are great for any type of strength training exercise. Because the bands come in a variety of resistances, they are adaptable for different fitness levels. Resistance bands are inexpensive, easy to store, easy to use, portable, and most of all, effective in strengthening our whole body. Grab a band and get moving with these 11 strengthening exercises! *We advise that you consult with a health care practitioner before beginning any new exercise program.*

### Front Squat

Step on the middle of the band with both feet slightly wider than shoulder-width apart. Bring the ends of the band to your shoulders. Bend knees and lower yourself as if you were sitting in an invisible chair. Keep your chest up, abs tight, and knees behind your toes. Slowly return to the starting position. Repeat 12 to 15 times.



### Seated Row

Sit on the floor with your legs extended. Place the centre of the band under your feet and grab the ends. Sit as straight as possible and bend your elbows to pull the band toward your body in a rowing motion. Squeeze your shoulder blades together. Slowly return to the starting position. Repeat 12 to 15 times.



### Abduction

Secure one end of the band to an anchor at ankle height. Wrap the other end around the leg that is furthest from the support. Stand with a wide stance and sweep the leg with the band to the side, away from the support. Keep your knee straight, squeeze your thighs, and keep your hips level. Slowly return to the starting position. Repeat 12 to 15 times per leg.



### Adduction

Secure one end of the band to an anchor at ankle height. Wrap the other end around the leg that is closest to the support. Stand with a wide stance, and sweep the leg with the band across your body, your standing leg. Keep your knee straight, squeeze your thighs, and keep your hips level. Slowly return to the starting position. Repeat 12 to 15 times per leg.



### Pull Apart

Stand with your knees slightly bent and shoulder-width apart. Grab the resistance band with hands at chest-level with palms facing down. Spread your arms out to your sides. Keep your arms straight and squeeze your shoulder blades together. Slowly return to the starting position. Repeat 12 to 15 times.



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### Lat Pull Down

Secure the middle of the band to an anchor point that is above your head. Stand or kneel in front of the anchor point and grab each end of the band. With arms extended overhead, pull the band down towards the floor while contracting your back muscles. When your hands reach your shoulders, slowly return to the starting position. Repeat 12 to 15 times.



### Chest Fly

Secure the band to an anchor at shoulder-height. Face away from the support and hold the ends of the band with each hand. Keep your chest open and elbows bent at shoulder-height. Press out in front of you until your arms are fully extended. Squeeze the chest muscles. Slowly return to the starting position. Repeat 12 to 15 times.



### Lateral Raise

Use one foot to step on the centre of the band. Hold each end beside you, palms facing inward. Raise your arms to shoulder level with a slight bend in your elbows. Slowly return to the starting position. Repeat 12 to 15 times.



### Rear Deltoid Fly

Step on the band with both feet. Bend your knees and bend forward. Cross the band and hold the ends. Starting with your arms fully extended and palms facing inward, raise your arms to shoulder level. Slowly return to the starting position. Repeat 12 to 15 times.



### Bicep Curl

With your feet shoulder-width apart, step on the centre of the band. Hold the ends with palms facing up. Pull your arms toward your shoulders by bending your elbows. Your palms should now be facing you. Slowly return to the starting position. Repeat 12 to 15 times.



### Tricep Overhead Extension

Sit on a chair or bench with the band under your butt. Hold each end of the band and stretch your arms up over your head. Bend your elbows to about 90 degrees, so your hands are positioned behind your head. With your palms facing the sky, press your arms straight up until fully extended. Slowly return to the starting position. Repeat 12 to 15 times.

